

## Healthy Reasons to Laugh

**Kidding around has some serious benefits** — and not just for your funny bone! Here's how laughter can improve your life:

**Provides a workout** — A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

**Boosts your immune system** — Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

**Lifts your spirits** — Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

**Keeps you connected** — Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is also a common way to bond with loved ones as well as make new friends.



## Winged Wartime Heroes



As part of the U.S. Army Pigeon Service, homing pigeons provided a vital service during World War I and World War II. These specially trained messengers took on lofty missions and saved thousands of lives.

Their intelligence, speed and homing ability made carrier pigeons a proven communication tool. In 1917, at the request of Gen. John J. Pershing, a pigeon unit of the Army Signal Corps was created. During World War I, 600 of the birds were used, and over 90 percent of the messages sent by pigeons were received.

World War II saw the peak of the winged force, with 56,000 pigeons managed by 150 officers and 3,000 enlisted men. The birds were bred and trained to travel far and fast, flying up to 600 miles at about 40 mph, even under fire, at night and over open water. They couriered messages encased in small tubes on their legs or pouches looped over their backs. They also parachuted with troops.

With colorful names such as GI Joe, Cher Ami and Thunderbird, several pigeons became famous for their heroics and were awarded medals for valor.

After advances in technology, the Pigeon Service ended in 1957, and the veteran birds found homes in zoos or were sold to the public.

# The Devonshire Lifestyle



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Independent Living Community

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APRIL 2018

## A Hobby to Strike Your Fancy

Back in the day, a common sight at restaurants, hotels and other businesses was a free book of matches, offered to patrons in need of a light. But for many people, much more intriguing than the matchbook's practical use was the design on the cover. This fascination sparked an interest in collecting matchbooks, a hobby called phillumeny. Safety matches were invented in 1844, but matchbooks were not created until the late 1800s. Soon after, the Diamond Match Company purchased the two patents for the thick, bendable paper booklets in which matches were stapled. Businesses realized the books were blank canvases for advertising, and brands from every industry soon struck on the idea. Supermarkets, gas stations and banks gave away matchbooks featuring their business names and products. Personalized matchbooks for weddings and other social events were also popular.

From the 1930s to the 1970s, collecting matchbooks was a popular hobby. For many, the books served as souvenirs from places they'd been. Digging through a bowl of matchbooks was a way to revisit the past.

## A Note From The Executive Director

To my new friends at the Devonshire,

As your new Executive Director, I am so happy to introduce myself and give you all a little background about me. My name is Lara Kelly. I started working in your home, The Devonshire, in February, but before that time, I had been in the senior living field since 2013.

I started my career in senior living as a business Office Manager in an assisted living and memory care community in the Northern Neck of Virginia. Shortly after I started that job, I moved to the Sales and Marketing Director position, where I enjoyed meeting new residents and helping them transition to Assisted Living. After two years in the sales position, I became the Senior Sales and Marketing Director for the same company, where I began training other sales people.

In 2015, I started an AIT (Administrator In Training) program and studied hard! By September 2016, I had passed my board exam and had attained my license. I am also a certified Dementia Practitioner. I went to College in Richmond at VCU, where I received a BFA in Communication, Arts and Design.

I live in Kilmarnock, Va., with my family. I'm lucky to have my parents and my husband's parents near me. I have three children, two of whom are grown. My youngest, a son, is 13 years old. My oldest son is in the Navy and stationed at Little Creek, Norfolk. My middle child, a daughter, is 20 years old and lives and works near my home.

Thank you all for a very warm welcome this past month. I am so proud and happy to be working at The Devonshire with wonderful teammates and an incredible group of interesting and vibrant senior citizens.

Lara Kelley, LALA, CDP





## Locations

Activities Room, AR  
Court Yard, CY  
Craft Room, CR  
Dining Room, DR  
Game Room, GR  
Windsor Room, WR

Monday 9:30 a.m.

Bank Runs  
Tuesday & Wednesday  
8:30-11 a.m. (Hampton Only)  
Dr. Runs

**Tuesday & Wednesday**  
1-4 p.m. (Newport News Only)  
Dr. Runs

Thursday 2-4 p.m.  
Shopping

Thursday 2-4 p.m.  
Scenic Ride

Thursday 11:10 a.m.  
Lunch Outings

Friday 9:45 a.m.  
Farm Fresh & Aldi

Saturday 10 a.m.  
Food Lion

Sunday 2-4 p.m.  
Scenic Ride

## Birthdays

Diane Coates, 1st  
Robert Collie, 4th  
Ann Bassler, 11th  
Karl Birkhofer, 19th  
Bonnie Rice, 19th  
Lisa Wander, 28th

—Henry Wadsworth  
Longfellow

*Activities Subject to Change*

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
EASTER 1		2		3		4		5		6		7	
9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR		9:30 Banks 10:15 Forever Fit 1:00 Crossword Puzzle, AR 1:15 Trivia, AR 3:30 Billiards in Game Room, GR		9:10 Swimmers 10:00 Coffee Klatch, AR 10:30 Trip: Aldi Grocery, AR 1:00 Prize Bingo, AR 3:00 Ukrainian Egg Decorating, CR 4:00 World News, AR		10:15 Forever Fit 1:00 Poker, AR 2:15 Card Making, AR 3:30 Scrabble, AR 4:00 News Update		World News, AR 9:10 Swimmers 10:00 Chair Zumba 10:45 What’s the Buzz?, AR 11:10 Lunch Outing : Joe’s Crab Shack 2:00 Trip: Scenic Bus Ride 3:30 Armchair Travel: Italy, AR		9:45 Farm Fresh 10:15 Forever Fit 1:00 Trip: DAV Thrift Store 2:00 Book Club, AR 3:00 Trip: JC Penney’s 3:30 Happy Hour		10:00 Trip Outing: Stein Mart 10:30 Trip: Aldi Grocery, AR 1:00 Resident Canasta, AR 3:00 Spades Card Game, AR 6:00 Cinema With Popcorn, AR 6:00 Chosen Generation Ministries Bible Study, WR	
8		9		10		11		12		13		14	
9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR		9:30 Banks 10:15 Forever Fit 1:15 Trivia, AR 3:00 Scrabble, AR 3:30 Billiards, GR		9:10 Swimmers 10:00 Coffee Klatch, AR 10:30 Trip: Aldi Grocery, AR 1:00 Prize Bingo, AR 2:15 Resident Dining Meeting, DR 3:00 Painting, AR 4:00 World News, AR		10:15 Forever Fit 1:00 Nail Care, AR 1:30 Trip: Dollar Tree 3:00 Second Rule, AR 4:00 News Update, AR		World News, AR 9:10 Swimmers 10:20 Bookmobile, AR 11:10 Lunch Outing: Yorktown Pub 2:00 Trip: Scenic Bus Ride 3:15 Jackpot Bingo, AR 6:30 Riverdale Quartet, DR		10:00 Trip: Home Store 10:15 Forever Fit 1:00 Walmart 2:00 Horse Shoes, WR 2:00 Book Club, AR 3:30 Happy Hour		10:00 Shopping: The Dollar Store 10:30 Trip: Aldi Grocery, AR 1:00 Shopping: Stein Mart 3:00 Spades, AR 6:00 Cinema Saturday w/Popcorn, AR	
15		16		17		18		19		20		21	
9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR		9:30 Banks 10:15 Forever Fit 1:15 Trivia, AR 3:30 Billiards in Game Room, GR 6:00 North Hampton Women’s Club		TAX DAY 9:10 Swimmers 10:00 Coffee Klatch, AR 10:30 Trip: Aldi Grocery, AR 1:00 Prize Bingo, AR 2:00 April Trivia 4:00 World News, AR		10:15 Forever Fit 1:00 Poker, AR 2:00 Health Talk, AR 3:30 Scrabble, AR		World News, AR 9:10 Swimmers 10:00 Chair Zumba 11:10 Lunch Outing: Olive Garden 1:25 Corn Hole, CY 2:00 Trip: Scenic Bus Ride 6:30 Celebrating “The Roaring Twenties,” DR		9:45 Farm Fresh 10:15 Forever Fit 1:00 Trip: Fort Monroe Museum 2:00 Book Club, AR 3:30 Wine Tasting (Happy Hour), AR		10:30 Trip: Aldi Grocery, AR 1:00 Resident Canasta, AR 3:00 Spades Card Game, AR 6:00 Cinema With Popcorn, AR	
EARTH DAY 22		23		24		25		26		27		28	
9:20 Sunday School, WR 2:00 Scenic Bus Ride 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:30 Bible Study Life Group, WR		9:30 Banks 10:15 Forever Fit 1:15 Trivia, AR 3:00 Scrabble, AR 3:30 Billiards, GR		9:10 Swimmers 10:00 Coffee Klatch, AR 10:30 Trip: Aldi Grocery, AR 1:00 Prize Bingo, AR 1:30 Trip: Target 3:00 Arts & Crafts: Painting, CR 4:00 World News, AR		10:15 Forever Fit 1:00 Nail Care, AR 2:30 Trip: Dollar Tree 3:30 Wear a Red Hat Social, AR		World News, AR 9:10 Swimmers 10:20 Bookmobile, AR 2:00 Trip: Scenic Bus Ride 3:15 Jackpot Bingo, AR 3:15 Jackpot Bingo, AR 3:15 Jackpot Bingo, AR 11:10 Trip: Lunch Anderson Nursery		10:15 Forever Fit 1:30 Monthly Birthday Party: II, DR 3:30 Happy Hour		9:30 Trip: Kmart 10:30 Trip: Aldi Grocery, AR 1:30 Trip: Bed Bath and Beyond 3:00 Spades, AR 6:00 Cinema Saturday w/Popcorn, AR	
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