

# America's Railroad

While some may consider traveling by train part of the past, America's passenger railroad service, Amtrak, is still chugging along. From the late 1800s through the 1920s, trains were the main form of transportation in the U.S. At the industry's peak, in 1916, 98% of travel between cities was done by railway. Yet in the following decades, passenger train service began to dwindle, facing competition from cars and planes. By 1970, many of the country's passenger railroad companies were on the verge of failure. However, the federal government saw a need to preserve and improve train travel to help save energy, support railroad jobs, and maintain a balanced, efficient transportation system. That year, Congress passed the Rail Passenger Service Act, which merged the country's 20 passenger railroads into one service, the National Railroad Passenger Corporation, branded as Amtrak—America's track. Amtrak service began May 1, 1971, with 21 routes across 43 U.S. states. That's now grown to 33 routes, serving 46 states and three Canadian provinces, transporting over 30 million passengers each year.

# May Employee of the Month

Congratulations to our Employee of the Month, Tina. She has been a CNA with us for 2 years. The residents love her and always have a positive experience. She is very dependable and always goes the extra mile. She will often pick up extra shifts when needed. We are lucky to have her here at The Devonshire. She is from London, United Kingdom. Before she became a CNA, she worked as an esthetician. Her favorite place to vacation is Hawaii, and her favorite food is fish and chips with salt and vinegar.



Tina

# The Case for Calcium

No bones about it, calcium is an essential mineral that provides support for many of the body's functions. About 99% of the calcium in the human body is in the bones and teeth. The nutrient is required to help bones grow when we're children, and it keeps bones strong as we age. Older adults, especially women, have a higher risk of osteoporosis, which is a loss of bone density, so they need to get enough calcium to help protect their bones from weakness and breaking. Calcium also plays a major role in heart health. Muscles need calcium in order to contract, and the heart, the most important muscle, can't beat without it! Additionally, calcium helps blood vessels circulate blood throughout the body, allows blood to clot properly, and helps maintain blood pressure. Calcium also affects how nerves function and the release of certain hormones. Because the body doesn't make calcium, we need to get it from the food we eat to keep a steady supply. Foods with high levels of calcium include dairy products such as milk, cheese and yogurt; dark, leafy greens; salmon, sardines and shellfish; tofu; white beans; almonds; and sesame seeds. To absorb calcium, the body needs vitamin D, which comes from sunlight and some foods, including salmon, eggs and mushrooms.



# The Devonshire Lifestyle



Independent Living Community  
2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • [www.devonshireseniorliving.com](http://www.devonshireseniorliving.com)

MAY 2021

# Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes. **Explore their stories** — Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org. **Tune in to a TV tradition** — On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories. **Post a tribute** — If you have a loved one who is a fallen hero, post a photo and story about them on social media. **Send a letter** — Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas. **Visit a memorial** — Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials. **Pause at 3 p.m.** — Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.

# Flower of Remembrance

It's a flower that has come to represent all those who have given their lives in times of war. Around Memorial Day, Buddy Poppies start popping up. The bright red artificial flowers, each with a tag that says "Wear It Proudly," are given out by members of the Veterans of Foreign Wars. The group began the tradition in 1922. The flowers got the name Buddy Poppies because they honored the many military buddies who never came home. Today, men and women in Veterans Affairs hospitals and homes assemble the poppies, an activity that provides them with financial help and a form of physical therapy. VFW posts distribute the poppies to the public, and the donations collected for them are used to fund programs for veterans and military families. Using the poppy as a memorial flower was inspired by the famous battlefield poem "In Flanders Fields," written during World War I by Canadian army doctor John McCrae. Poppies were later adopted as symbols by veterans groups in the U.S., Canada, the U.K., Australia, New Zealand and parts of Europe.



MAY 2021

Locations

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

Birthdays



Shirley Hunter, 16th  
Sherray White, 21st  
Debbie Hess, 29th

Country Store

Tuesday & Thursday  
11 a.m.-Noon

“We’re all different.  
That’s what makes  
us special.”  
—Carrie Underwood

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>MAY DAY</div> <div><b>Kentucky Derby Day</b> 9:00 Individual Word Search Puzzles, AR 10:00 Card Club, AR 11:00 Snack Cart, AR 1:30 Movie (Residents’ Choice), AR</div>
<div>9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR <b>2:00 Movie (Residents’ Choice), AR</b></div> <div>2</div>	<div>9:30 Grocery Orders w/Amy, AR 10:30 Game “Finish Lines,” AR 11:00 Card Club, AR <b>1:30 Popcorn &amp; a Movie “Annie,” AR</b> 4:00 MSNBC News Hour, AR</div> <div>3</div>	<div><b>Star Wars Day</b> 10:00 Coffee &amp; a Movie “Star Wars,” AR 11:00 Country Store 1:30 Prize Bingo, AR <b>2:00 Entertainment w/ Roberto, AR</b> 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR</div> <div>4</div>	<div><b>Cinco De Mayo</b> 9:30 Grocery Orders w/Amy <b>10:00 Worship w/Pastor Thurman, AR</b> 10:30 Fresh Fruit Basket 1:30 Ping Pong, AR 2:30 Cinco De Mayo Celebration, AR 3:30 Exercise w/Amy, AR</div> <div>5</div>	<div><b>10:30 Exercise w/ Legacy, AR</b> 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/Sarah, DR 2:30 Board Games: Chess, Boggle, Sorry, AR 4:00 “Easy Listening Music Hour”</div> <div>6</div>	<div>9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 May Trivia, AR 1:30 Karaoke, AR 2:30 Happy Hour, AR 4:00 News Watch “MSNBC,” AR</div> <div>7</div>	<div>9:00 Individual Word Search Puzzles, AR 10:00 Card Club, AR 11:00 Snack Cart, AR 1:30 Movie (Residents’ Choice), AR</div> <div>8</div>
<div>MOTHER’S DAY</div> <div>9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR <b>2:00 Movie (Residents’ Choice), AR</b></div> <div>9</div>	<div>9:30 Grocery Orders w/Amy, AR 10:30 Trivial Pursuit, AR 11:00 Card Club, AR <b>1:30 Popcorn &amp; a Movie “Wildlife,” AR</b> 4:00 MSNBC News Hour, AR</div> <div>10</div>	<div>10:00 Coffee Shop &amp; Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Book Reading “First Mothers,” AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR</div> <div>11</div>	<div>9:30 Grocery Orders w/Amy <b>10:00 Worship w/Pastor Thurman, AR</b> 10:30 Fresh Fruit Basket 1:30 Ten Pin Bowling, AR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour</div> <div>12</div>	<div><b>10:30 Exercise w/ Legacy, AR</b> 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/Sarah, DR <b>2:30 Mother’s Day Event “Manicures &amp; Mimosas,” AR</b> 4:00 Easy Listening Music Hour, AR</div> <div>13</div>	<div>9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 Trivial Pursuit, AR <b>1:30 Make Your Own Sunday Event w/Legacy, AR</b> 2:30 Happy Hour, AR 4:00 News Watch “MSNBC,” AR</div> <div>14</div>	<div><b>National Chocolate Chip Day</b> 9:00 Individual Word Search Puzzles, AR 10:00 Card Club, AR 1:00 Fresh Baked Chocolate Chip Cookies, AR 1:30 Movie (Residents’ Choice), AR</div> <div>15</div>
<div>9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR <b>2:00 Movie (Residents’ Choice), AR</b></div> <div>16</div>	<div>9:30 Grocery Orders w/Amy, AR 10:30 Ping Pong, AR 11:00 Card Club, AR <b>1:30 Popcorn &amp; a Movie “Dances w/Wolves,” AR</b> 4:00 MSNBC News Hour, AR</div> <div>17</div>	<div>10:00 Coffee Shop &amp; Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Wii Game “Jeopardy” 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR</div> <div>18</div>	<div>9:30 Grocery Orders w/Amy <b>10:00 Worship w/Pastor Thurman, AR</b> 10:30 Fresh Fruit Basket 1:30 Craft Time “Spring Painting,” AR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour</div> <div>19</div>	<div><b>10:30 Exercise w/ Legacy, AR</b> 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/Sarah, DR <b>2:30 Mad Hatter’s Party, AR</b> 4:00 “Easy Listening Music Hour”</div> <div>20</div>	<div>9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 Game “Finish Lines,” AR 1:30 Wii Game “Wheel of Fortune,” AR 2:30 Happy Hour, AR 4:00 News Watch “MSNBC,” AR</div> <div>21</div>	<div>9:00 Individual Word Search Puzzles, AR 10:00 Card Club, AR 11:00 Snack Cart, AR 1:30 Movie (Residents’ Choice), AR</div> <div>22</div>
<div><b>Lucky Penny Day</b> 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR <b>2:00 Movie (Residents’ Choice), AR</b></div> <div>23</div>	<div>9:30 Grocery Orders w/Amy, AR 10:30 Game “Penny Ante,” AR 11:00 Card Club, AR <b>1:30 Popcorn &amp; a Movie “The Peanut Butter Falcon,” AR</b> 4:00 MSNBC News Hour, AR</div> <div>24</div>	<div><b>National Wine Day</b> 10:00 Coffee Shop &amp; Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Wine &amp; Cheese Tasting, AR 3:30 Exercise w/Amy, AR 4:00 “Classical Music Hour,” AR</div> <div>25</div>	<div>9:30 Grocery Orders w/Amy <b>10:00 Worship w/Pastor Thurman, AR</b> 10:30 Fresh Fruit Basket 1:30 Game “Codenames,” AR 3:30 Exercise w/Amy, AR 4:00 Golden Oldies Music Hour</div> <div>26</div>	<div><b>10:30 Exercise w/ Legacy, AR</b> 11:00 Country Store 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/Sarah, DR 2:30 Craft Time “Handmade sugar scrub,” AR 4:00 “Easy Listening Music Hour”</div> <div>27</div>	<div>9:30 Grocery Orders 10:00 Friday Fitness Walking Group, CY 10:30 Game “Five Second Rule,” AR 1:30 Karaoke, AR 2:30 May Birthdays Celebration, AR 4:00 News Watch “MSNBC,” AR</div> <div>28</div>	<div>9:00 Individual Word Search Puzzles, AR 10:00 Card Club, AR 11:00 Snack Cart, AR 1:30 Movie (Residents’ Choice), AR</div> <div>29</div>
<div>9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR <b>2:00 Movie (Residents’ Choice), AR</b></div> <div>30</div>	<div>MEMORIAL DAY</div> <div>11:00 Card Club, AR 1:30 Movie: Residents’ Choice, AR 4:00 MSNBC News Hour, AR</div> <div>31</div>	