

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • www.devonshireseniorliving.com

Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration to work out by reviewing the top benefits of exercise:

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk. Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.

Enhances social life. Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.



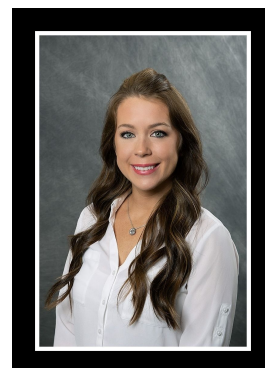
MAY 2023

A Note From Our Executive Director

Dear Residents, Family and Friends,

Spring is in full swing here, and as always we have many fun activities and events planned for you. We have a bus trip planned to visit The American Revolution Museum in Yorktown, a lunch outing to PF Chang's, a Mother's Day Tea party, and our Special Event "Denim & Diamonds" with entertainment by Eddie Sal. Please check out our calendar to find out information on dates and times. We hope you will attend. Wishing all of our moms a Happy Mother's Day!

Sincerely,
Natalie Fox
Executive Director



Salute America's Military

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day.



MAY 2023

Locations

Activities Room, AR
Courtyard, CY
Dining Room, DR
Windsor Room, WR

Country Store

Tuesday 11 a.m.-Noon
Thursday 10 a.m.-11 a.m.

Birthdays

5-3 Arron White
5-12 Elisabeth Meine
5-13 Diane Cummings
5-16 Shirley Hunter
5-21 Sherray White
5-22 Robert Limpus
5-26 Sandra Stevens
5-29 Debbie Hess

A Flower for Moms

Because of its beauty, hardiness and prevalence, the carnation is regarded as the official flower of Mother’s Day. The holiday’s founder, Anna Jarvis, chose the frilly, fragrant bloom because it was her mother’s favorite flower, and 500 white carnations were handed out at the first Mother’s Day observance in 1908.

“Keep a green tree in your heart and perhaps the singing bird will come.”
—Chinese proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Grocery Orders with Amy 10:30 Bank Runs  1:00 Penny Auction with Generations Health 3:30 Exercise with Amy 4:00 MSNBC Evening News	2 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	3 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Hot Dog Bar \$ 2:30 Manicures & Music 3:30 Wheel of Fortune 5:00 Dominos	4 10:00 Exercise With Legacy 10:30 Country Store\$ 11:00 Lunch Outing to PF Chang’s  1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour	5 Cinco De Mayo 9:30 Walking In the Courtyard 10:00 Hand Massages 1:00 Grocery Shopping at Food Lion  3:00 Happy Hour/Cinco De Mayo Celebration 4:00 MSNBC Evening News	6 Kentucky Derby Day 9:00 Word Search Puzzles 1:00 Scenic Ride  1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
7 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	8 9:30 Grocery Orders with Amy 10:30 Bank Runs  1:30 Trip to AMC Movie Theatre  2:30 Card Games 4:00 MSNBC Evening News	9 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Game “Left Right Center” 3:30 Exercise with Amy 5:30 Scrabble Club	10 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Game: Finish Lines 2:30 Better Speech & Hearing Month Health Talk w/ Legacy 3:30 Exercise with Amy 5:00 Dominos	11 Twilight Zone Day 10:00 Exercise With Legacy 10:30 Country Store\$ 1:30 Jackpot Bingo\$ 2:30 The Twilight Zone Episode & Popcorn 4:00 Easy Listening Music Hour	12 9:30 Walking In the Courtyard 10:00 Grocery Shopping at Kroger  1:00 Shopping at Marshalls  3:00 Happy Hour/ 4:00 MSNBC Evening News	13 9:00 Word Search Puzzles 10:00 Breakfast at Hardee’s  1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
Mother’s Day 14 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	15 9:30 Bank Runs  10:30 Tabletop Games 1:30 Movie: Residents Choice 4:00 MSNBC Evening News 6:00 Bingo with Northampton Women’s Club, AR	16 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Mother’s Day Tea Party 5:30 Scrabble Club	17 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 2:00 Spring Theme Painting on Canvas (sign-up) 5:00 Dominos	18 10:00 Exercise With Legacy 10:30 Country Store\$ 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour 5:30 Entertainment with Eddie Sal ♪	19 9:30 Walking In the Courtyard 10:00 Grocery Shopping at Harris Teeter  1:00 Shopping Trip to Dollar Tree  3:00 Happy Hour 4:00 MSNBC Evening News	20 9:00 Word Search Puzzles 1:00 Candy Bingo 2:00 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
21 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	22 9:30 Grocery Orders with Amy 10:30 Bank Runs  1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News	23 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	24 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Game “Codenames” 2:30 Baking Club “Lemon Cupcakes” (Sign-Up) 5:00 Dominos	25 10:00 American Revolution Museum at Yorktown  10:00 Exercise With Legacy 2:30 Menu Chat with Tom 3:00 Jackpot Bingo\$ 4:00 Country Store\$	26 9:30 Walking In the Courtyard 10:00 Grocery Shopping at Food Lion  1:00 Shopping Trip to Pop Shelf  3:00 May Birthday Celebration 4:00 MSNBC Evening News	27 9:00 Word Search Puzzles 10:00 Scenic Ride  1:30 Movie: Residents’ Choice 5:00 Evening News 5:30 Scrabble Club
28 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents’ Choice 5:30 Tabletop Games	29 Memorial Day 9:30 Crossword Puzzles 10:00 Tabletop Games 1:30 Movie: Residents’ Choice 4:00 MSNBC Evening News	30 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:00 Ping Pong 3:30 Exercise with Amy 5:30 Scrabble Club	31 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 11:30 Chick-fil-A Takeout \$ 2:30 Jeopardy on Wii 3:30 Exercise with Amy 5:00 Dominos			

May Employee of the Month

Congratulations to our employee of the month Tasha Ballard. She works as a PCA in our Assisted Living Community. Tasha has been employed with us for 8 months. She enjoys providing care for our residents. Tasha is a mother of five girls. In her free time, she enjoys spending time with her family, shopping, reading, and writing poetry. She enjoys vacations in Mexico and Jamaica. She plans to go to Aruba in the future. Some of her favorite foods are baked spaghetti, macaroni and cheese, and sushi.



Alert for Allergy Weather

It's the season for allergies. Local weather forecasts often include pollen counts. But if you miss those numbers, you can still be prepared with a do-it-yourself weather check. Expect symptoms to flare up when it's windy, warm and dry. During rainy weather and breeze-free days, the pollen level will likely be lower.



Service in the Skies

The first flight attendants took to the skies on May 15, 1930. The idea for the job was piloted by Ellen Church, a nurse who had a license to fly. At that time, women were not hired by airlines for any jobs. But her suggestion that women manage tasks such as handling luggage, serving meals and ensuring passengers' comfort took off, and employing stewardesses became good business in the industry. Today, more than 100,000 flight attendants, men and women, are at work in the U.S.

'Wolf' Is One

How many words can you come up with using the letters in "Flower Moon"?

The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

Honeybee. The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

Bumblebee. Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

Carpenter bee. A bit larger than bumblebees, carpenter bees are recognized by their smooth, mostly black bodies. They're sometimes considered pests because they drill holes and build nests in old wood, including buildings.

Sweat bee. These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.

Leafcutter bee. You may have seen a female leafcutter bee hard at work trimming away pieces of foliage, which she uses to build a nest for her eggs. These solitary bees are efficient pollinators, since the pollen they carry on their bellies, not their legs, easily falls off from plant to plant.

