

# History’s Lifesaving Vaccines

National Immunization Awareness Month during August is a good time to look back at some of history’s most impactful vaccines:

**Smallpox:** In 1796, British doctor Edward Jenner discovered that exposing humans to the cowpox virus protected them from smallpox, a similar disease that had been around for 3,000 years and claimed millions of lives. Thanks to the vaccine, smallpox was officially eradicated in 1980.

**Rabies:** Louis Pasteur, a French chemist and biologist who produced groundbreaking work on germs, developed a rabies vaccine in 1885. This vaccine is unique in that it’s typically given to a person after exposure to the disease, not before.

**Influenza:** First developed in the 1940s, the seasonal flu shot is now offered annually, since the influenza virus constantly changes. With ongoing scientific research, a new vaccine is developed each year to target the most common strains.

**Polio:** Medical researcher Jonas Salk became a global hero in 1955 after developing a vaccine against polio, a highly contagious disease among children that can lead to paralysis. The U.S. has been polio-free since 1979.

**MMR:** This injection that offers protection from measles, mumps and rubella was introduced in 1971, improving upon previous vaccines developed separately for each condition. All three highly contagious diseases were very common before the vaccine became widespread.

Other major vaccines that have benefited global health over the years include immunizations against pneumonia, hepatitis, chickenpox and shingles, and the new COVID-19 vaccines.

# August Employee of the Month

Congratulations to our employee of the month, Caitlin Palmer. She is one of our Servers. She has been with us several years. She is very friendly and easy going. She enjoys working with seniors, talking with them and also hearing their stories. In her spare time, she likes to relax at home and listen to music or spend time with family. Caitlin loves animals and has a cat named Vixen. Her favorite thing to eat is tacos. Her dream vacation would be going to the Bahamas.



# A Fruit Classic

A mix of diced fruit, fruit cocktail is a staple that was created as a sweet solution to satisfy both consumers and canned food companies.

Recipes for salads made of cut fruits were common since the mid-1800s. Then at the turn of the 20th century, commercial canning revolutionized the food industry and made preparing such time-consuming dishes easier for home cooks.

With its many orchards, California is where canned fruit cocktail originated, but one inventor can’t be determined. Food historians say as far back as the 1920s, several canning companies there began selling fruit blends as a way to prevent wasting damaged fruit that couldn’t be used in their whole-fruit products.

By the ’50s, people had embraced the convenience of ready-made canned foods of all types, and fruit cocktail became a stylish dessert, served at weekday family meals and at formal dinner parties. Later, schools, restaurants and the military would make it a staple food.

The U.S. Department of Agriculture has set a standard for the mix of fruit in canned fruit cocktail since 1927, and today’s guidelines are even more demanding. To be labeled fruit cocktail, it must contain 30%—50% diced peaches, 25%—45% diced pears, 6%—16% diced pineapple, 6%—20% whole seedless grapes, and 2%—6% cherry halves.



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# A Note from our Director

Happy August! I hope you all enjoyed a fun and safe Fourth of July with fireworks, friends and family! We have many fun events planned this month, so please be sure to check your Activity Calendar as well as our weekly flyers to see what exciting outings and events are scheduled! We hope to see you all there! Please continue to stay hydrated, since we are in one of the hottest months of the year.

Stay safe!  
Natalie Fox  
Executive Director



# Relax With a Bedtime Routine

A good bedtime routine isn’t just for kids. According to doctors, getting ready for bed with the same healthy habits and activities is essential to getting a good night’s sleep.

Routines help train the brain to behave a specific way. By following certain steps before going to bed, your brain associates those things with winding down and feeling tired, which helps you fall asleep faster.

One of the most effective routines is sticking to the same bedtime, along with waking up at the same time every day. This creates a consistent schedule that makes it easier for your body to rest.

Basic tasks such as brushing your teeth and taking a bath or shower can prep your mind for sleep, especially when you do them in the same order and at the same time. A practical bedtime routine may also include setting out your clothes for the next day.

Many people struggle with falling or staying asleep due to stress and anxiety, but incorporating calming activities before bed can provide relief. Write in a journal or jot down a to-do list before you crawl under the covers. This helps clear your mind of thoughts and worries that could keep you up. Reading a book or magazine, listening to music, eating a light snack, stretching and meditating are other ways to relax before bed.





