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 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 timeconsuming 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.





The Devonshire itestyle



Independent Living Community

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AUGUST 2021

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.





INDEPENDENT LIVING

AUGUST 2021

Locations

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

Birthdays

Rosalie Stillwell, 3rd Annette Murphy, 3rd Rose Vann, 6th Betty Riggin, 14th Lois Ann Jenkins, 14th Mary Duval, 29th

Country Store

Tuesday & Thursday 11 a.m.-Noon

"It's important to enjoy yourself and embrace whatever comes your way."

-Miranda Keri

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Jigsaw Puzzles, AR 0:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR	National Ice Cream Sandwich Day 9:30 Grocery Orders w/Amy, AR 10:00 Bank Runs 10:30 Card Club, AR 1:30 Popcorn & a Movie "Silver Linings Playbook," AR 4:00 Evening News, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Trivial Pursuit, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	National White Wine Day 9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 1:30 Baking Club "Brownies," WR 3:00 White Wine Tasting, AR 3:30 Exercise w/Amy, AR 5:30 Bridge Club, AR	10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/ Sarah, DR 2:30 Trip to Virginia War Museum 2:30 Movie Matinee "Rebecca," AR	9:30 Friday Fitness 6 Walking Group, CY 10:00 Grocery Shopping Trip to Food Lion 1:00 Shopping Trip to Target 3:00 Happy Hour & Root Beer Floats, AR 3:30 Karaoke w/Kia, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 11:00 Trip to the Marine Museum 1:30 Movie (Residents' Choice), AR
9:30 Jigsaw Puzzles, AR 0:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR	9:30 Grocery Orders w/Amy, AR 10:00 Bank Runs 10:30 Manicures & Music, AR 1:30 Popcorn & a Movie "Mother's Day" 4:00 Evening News, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Wii Game "Jeopardy," AR 3:30 Exercise w/Amy, AR	9:30 Grocery 11 Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 1:30 Craft Hour "Leather Earrings," AR 2:30 Book Club Meeting "First Mothers," AR 3:30 Exercise w/Amy, AR 5:30 Bridge Club, AR	10:00 Country Store 10:30 Exercise w/ Legacy, AR 11:15 Lunch Trip to Andersons 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/ Sarah, DR 3:30 Cake Walk, AR	9:30 Friday Fitness 13 Walking Group, CY 10:00 Grocery Shopping Trip to Walmart 10:30 August Trivia & Kool Aid, AR 1:00 Shopping Trip to Dollar Tree 3:00 Happy Hour, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AF 10:00 Board Games, AR 1:30 Movie (Residents' Choice), AR
9:30 Jigsaw Puzzles, AR 0:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR	9:30 Colored Pencil Art, AR 10:30 Card Club, AR 1:30 Movie "Residents' Choice," AR 4:00 Evening News, AR	17 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Choir Club, AR 5:30 Scrabble Club	18 10:00 Worship w/Pastor Thurman, AR 1:00 Health Talk w/ Legacy, AR 2:00 Beginning Knitting, AR 3:00 Board Games, AR 5:30 Bridge Club, AR	10:00 Country Store 10:30 Exercise w/ Legacy, AR 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/ Sarah, DR 3:00 Fresh Baked Cookies, AR	9:30 Friday Fitness Walking Group, CY 10:00 Grocery Shopping Trip to Lidl 2:00 Karaoke w/Kia, AR 3:00 Happy Hour, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AF 10:00 Board Games, AR 1:30 Movie (Residents' Choice), AR
9:30 Jigsaw Puzzles, AR 0:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR	9:30 Grocery Orders w/Amy, AR 10:00 Bank Runs 10:30 Hand Massages, AR 1:30 Popcorn & a Movie "What Dreams May Come," AR 4:00 Evening News, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Colored Pencil Art, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Thurman, AR 1:00 Town Hall Meeting 1:30 Game "Balderdash," AR 2:30 National Banana Split Day!, AR 3:30 Exercise w/Amy, AR 5:30 Bridge Club, AR	10:00 Country Store 10:30 Exercise w/Legacy, AR 1:30 Jackpot Bingo, AR 2:00 Menu Chat w/Sarah, DR 2:30 Painting on Canvas w/Marcella, AR 5:30 Entertainment w/ Eddie Sal, AR 5:30 Special Event "Pirate Gala," AR	9:30 Friday Fitness Walking Group, CY 10:00 Grocery Shopping Trip to Food Lion 1:00 Shopping Trip to Gabes 2:00 Ping Pong, AR 3:00 Happy Hour, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AI 10:00 Board Games, AR 1:30 Movie (Residents' Choice), AR
9:30 Jigsaw Puzzles, AR 0:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents' Choice), AR	9:30 Grocery Orders w/Amy, AR 10:30 Card Club, AR 1:30 Popcorn & a Movie "Ice Road," AR 3:30 Country Store Inventory Meeting, AR	31 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Game "Millionaire Monopoly," AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club				

4:00 Evening News, AR