

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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AUGUST 2022

Sips of Hibiscus

The big, bright blooms of hibiscus flowers are a showy symbol of the season. Often associated with Hawaii, where the yellow hibiscus is the state flower, the plant is a popular ingredient in herbal teas. Tart and slightly sweet, hibiscus tea is being studied as a natural remedy to help lower blood pressure and boost good cholesterol levels.



Write It Down

Need help remembering something? Write it down. Handwriting engages more parts of the brain than typing, and it is easier to recall something once you've written it on paper.

Celebrate Secondhand

Want great clothes at a discount, while also helping the Earth? That's what Secondhand Wardrobe Day, each Aug. 25, is all about. Local thrift stores, as well as secondhand shopping apps and websites, may offer extra savings on this date to help spread the word about sustainable fashion.

A Note From Our Executive Director



Happy August! We are so happy you have made your home in our community. If you have any questions or concerns, or simply want to say "hello," please stop by my office! My door is always open, and I would love to hear from you. We also have a Town Hall meeting in the Activity room every month. That is a great opportunity to ask us any

questions, talk about upcoming events and even meet new people! Speaking of events, we are looking forward to another Hawaiian Luau this month on Thursday, August 18th. We had so much fun at our Luau last year. You do not want to miss it!

Sincerely,
Natalie Fox
Executive Director

Green Gem

August's birthstone, peridot, is known for its lime-green color, which varies in intensity due to the amount of iron present. The Romans called it "the evening emerald," as the gem appeared dark green in lamplight.



AUGUST 2022

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

8-3 Rose Vann
8-4 Paul Peters
8-14 Lois “Ann” Jenkins
8-14 Betty Riggin

Upcoming Events

8-4 Bus Trip to the Zoo
8-6 Buckroe Farmers’ Market
8-10 Penny Auction
8-11 Lunch at Red Lobster
8-15 Painted Wine Glasses
8-17 Town Hall Meeting
8-18 Hawaiian Luau
8-20 Scenic Ride
8-24 Painting on Canvas
8-31 Hot Dog Bar

Pick of the Crop

Sweet and crisp, Gala apples are the top-selling variety of the fruit in America.

“There wouldn’t be a sky full of stars if we were all meant to wish on the same one.”
—Frances Clark

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Grocery Orders with Amy 10:30 Bank Runs 🚌 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News	2 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Wii Game: Jeopardy 3:30 Exercise with Amy 5:30 Scrabble Club	3 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Cookies & Conversation 1:30 Jackpot Bingo\$ 2:30 Brain Games w/ Legacy, AR 5:00 Dominos	4 National Chocolate Chip Cookie Day 9:30 Bus Trip to the Virginia Zoo 🚌 10:30 Exercise With Legacy 3:30 Rummy 4:00 Easy Listening Music Hour	5 International Beer Day 9:30 Walking In the Courtyard, CY 10:00 Grocery Trip to Kroger 🚌 1:00 Bus Trip to Ollies 🚌 3:00 Happy Hour, AR 4:00 MSNBC Evening News	6 9:00 Word Search Puzzles 9:30 Board Games 10:00 Bus Trip to Buckroe Farmers’ Market 🚌 1:30 Movie: Residents’ Choice 5:30 Scrabble Club
7 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Word Search Puzzles 2:00 Movie: Residents’ Choice	8 9:30 Grocery Orders with Amy 10:30 Bank Runs 🚌 1:00 Bus Trip to YMCA 🚌 2:00 Game: Finish Lines 3:30 Exercise with Amy 4:00 MSNBC Evening News	9 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 August Trivia & Treats 3:30 Exercise with Amy 5:30 Scrabble Club	10 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Penny Auction with JenCare 2:30 Brain Games w/ Legacy, AR 5:00 Dominos	11 10:00 Country Store 10:30 Exercise With Legacy 11:00 Lunch Outing to Red Lobster 🚌 1:30 Jackpot Bingo\$ 2:30 Menu Chat with Tom 4:00 Easy Listening Music Hour	12 9:30 Walking In the Courtyard, CY 10:00 Grocery Trip to Food Lion 🚌 1:00 Bus Trip to Design & Consign 🚌 3:00 Happy Hour, AR 4:00 MSNBC Evening News	13 9:00 Word Search Puzzles 10:00 Board Games 1:30 Movie: Residents’ Choice 5:30 Scrabble Club
14 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Word Search Puzzles 2:00 Movie: Residents’ Choice	15 9:30 Grocery Orders with Amy 10:30 Bank Runs 🚌 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News 6:00 Bingo with Northampton Women’s Club, AR	16 International Joke Day 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Comedy Hour 3:30 Exercise with Amy 5:30 Scrabble Club	17 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 2:00 Ice Cream Social 2:30 Brain Games w/ Legacy, AR 5:00 Dominos	18 10:00 Country Store 10:30 Exercise With Legacy 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour 6:00 Entertainment with Buzz, DR 🎵 6:00 Special Event “Summer Luau”, DR	19 9:30 Walking In the Courtyard, CY 10:00 Grocery Trip to Lidl 🚌 1:00 Shopping Trip to Target 🚌 3:00 Happy Hour, AR 4:00 MSNBC Evening News	20 9:00 Word Search Puzzles 10:00 Board Games 1:00 Scenic Ride 1:30 Movie: Residents’ Choice 5:30 Scrabble Club
21 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Word Search Puzzles 2:00 Movie: Residents’ Choice	22 9:30 Bank Runs 🚌 10:30 Tabletop Games 1:30 Movie: Residents Choice 4:00 MSNBC Evening News 5:30 Scrabble Club	23 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Crossword Puzzles 5:30 Scrabble Club	24 10:00 Worship with Pastor Davis 1:00 Painting on Canvas with Marcella 🎨 2:30 Brain Games w/ Legacy, AR 5:00 Dominos	25 10:00 Country Store 10:30 Exercise With Legacy 1:30 Jackpot Bingo\$ 2:30 Menu Chat with Tom 4:00 Easy Listening Music Hour	26 9:30 Walking In the Courtyard, CY 10:00 Board Games 1:00 Shopping Trip to Dollar Tree 🚌 3:00 August Birthday Celebration 3:00 Entertainment with Sentimental Journeys 🎵	27 9:00 Word Search Puzzles 10:00 Grocery Trip to Walmart 🚌 1:30 Movie: Residents’ Choice 5:30 Scrabble Club
28 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Word Search Puzzles 2:00 Movie: Residents’ Choice	29 9:30 Grocery Orders with Amy 10:30 Bank Runs 🚌 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News	30 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Game “Mille Bournes” 3:30 Exercise with Amy 5:30 Scrabble Club	31 National Trail Mix Day 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Hot Dog Bar\$ 2:30 Brain Games w/ Legacy, AR 3:30 Make Your Own Trail Mix			

Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.



Positive Thought

"Even the simplest choice can make a jaw-dropping difference in our world." — Tom Hanks

August Employee of the Month



Anna-Kay is our August employee of the month. She is a CNA for our Assisted Living Community. She has been with us at The Devonshire for 3 months. When asked what she loves most about working with seniors she said, "I get to meet people from all walks of life and hear their stories." She loves to make people happy and likes to get things accomplished. In her spare time, she likes to cook, shop, read, and spend time with family and friends. A couple of places that she would like to visit are Mexico & Dubai. One of her career goals is to become a Nurse Practitioner.

Immunization Awareness

August is Immunization Awareness Month and a good time to check with your physician to make sure you are up to date on all of your vaccinations. Remember, flu season is approaching, and it's important to get your flu shot when it becomes available.

Time for Lunch

A quick break, usually around noon, lunch is a time to feed your body, rest your brain and recharge for the next part of your day. We've packed up some info about lunch in America and abroad.

- The average lunch break for those who work outside the home is about 30 minutes.
- Leftovers from last night's dinner or a sandwich, soup and salad are popular go-to lunch meals.
- Sandwiches are standard lunch fare in England, France and the Netherlands.
- Why do we call it lunch? It's a short form of the word luncheon, which was used as far back as the 1500s to describe a light meal in between two bigger meals.
- The midday bite to eat became an essential and portable meal away from home during the Industrial Revolution of the 1800s. Workers needed the break to keep up with their long hours at factory jobs.
- In some countries, such as Brazil, Spain, Russia and Saudi Arabia, lunch is often the main meal of the day and may take place later in the afternoon.
- Serving about 5 billion meals to U.S. schoolkids every year, the National School Lunch Program was created in 1946.
- Mickey Mouse became the first licensed character to appear on a lunchbox back in 1935.
- Lunches in Japan are packed into wooden or plastic bento boxes, which have small compartments to separate different foods. In India, round metal tiffin boxes are used to carry meals.