

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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AUGUST 2023

A Note From Our Executive Director



Dear Residents,
My name is Walmeka (Meka) Williams and I am the new Executive Director. I am a native of Williamsburg, Va., and a wife and mother of two kids. I love having fun and finding time to laugh each day. I am so excited to be here and look forward to getting to know all of you while creating beautiful memories! I hope to see you all enjoying the many

different activities planned this month.

With appreciation,
Walmeka Williams

Try This Happiness Challenge

The New York Times issued a "7-Day Happiness Challenge" to their readers, and one of the challenges was to try an 8-minute phone call. Hearing someone's voice while conversing, rather than reading their written messages, eases loneliness and provides a sense of belonging; it also regulates your nervous system and drops stress levels. Simply put, a short, effortless call with a loved one can boost your overall happiness, and it won't take much time out of your day. Sounds like a win-win!



Here's the Scoop on Some Favorite Frosty Treats

Frozen desserts are the most delicious way to cool off on a hot day. The hard part is choosing between all the flavorful options! Help satisfy your next craving by consulting this menu of summer's classic sweet treats.

Ice cream. We all scream for it! In a dish or cone, slow-churned or soft serve, ice cream is the second bestselling treat in the United States, after cookies. Flavors, toppings and mix-ins are practically endless, but vanilla remains Americans' No. 1 choice.

Frozen yogurt. Lighter and tangier than ice cream, froyo is a good source of protein and probiotics. With fun flavor combinations and tasty toppings like fresh fruit and candy bar pieces, kids—and adults!—will never know they're getting extra nutrition.

Snow cones and shaved ice. While similar, these fruity, icy treats have distinct differences. The ice pieces in snow cones are larger, which can be fun to crunch on, and the syrup often settles at the bottom of the cone, resulting in a final sip that's super tasty. Shaved ice is softer and flakier, like actual snow, and absorbs the syrup more evenly, so each bite is full of flavor.

AUGUST 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

8-4 Paul Peters
8-5 Rose Vann
8-24 Gwen Porter

Nutrition





Times a Melon

For a sweet taste of summer that’s healthy, too, load up your plate with melon. Cantaloupe, honeydew and watermelon are full of nutrients, including vitamin C and potassium. Thanks to the fruits’ natural sweetness and high water content, snacking on melon is a great way to quench thirst and stay full without excess calories or sugar.

‘Ballet’ Is One

How many words can you come up with using the letters in “water balloon”?

“The winds and the waves are always on the side of the ablest navigators.”
—Edward Gibbon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1</div> <div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>2:30 Game: Family Feud</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div>	<div>2</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Jackpot Bingo</div> <div>4:45 Port Warwick Summer Concert “Inside Out Band” (Top 40’s)🎶</div> <div>5:00 Dominos</div>	<div>3</div> <div>10:00 Exercise With Legacy</div> <div>10:30 Country Store</div> <div>12:00 Colonial Downs Live Racing🏇</div> <div>1:30 Table Top Games</div> <div>4:00 Easy Listening Music Hour</div>	<div>4</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Harris Teeter🛒</div> <div>1:00 Shopping at Big Lots🛒</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>5</div> <div>9:00 Word Search Puzzles</div> <div>10:00 Buckroe Farmers Market🛒</div> <div>1:30 Movie: Residents’ Choice</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>6</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>2:00 Movie: Residents’ Choice</div> <div>5:30 Tabletop Games</div>	<div>7</div> <div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Manicures & Music</div> <div>3:30 Exercise with Amy</div> <div>4:00 MSNBC Evening News</div>	<div>8</div> <div>International Cat Day</div> <div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>2:30 Funny cat videos & popcorn</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div>	<div>9</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>2:30 Energy Conservation Health Talk w/ Legacy</div> <div>5:00 Dominos</div>	<div>10</div> <div>10:00 Exercise With Legacy</div> <div>10:30 Country Store</div> <div>11:00 Lunch Outing to Dino’s Pizza Shop🍕</div> <div>1:30 Jackpot Bingo\$</div> <div>2:30 Worship with Canaan Baptist Church</div> <div>4:00 Easy Listening Music Hour</div>	<div>11</div> <div>National Popsicle Day</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Food Lion🛒</div> <div>1:00 Shopping at Yorktown Mercantile🛒</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>12</div> <div>9:00 Word Search Puzzles</div> <div>1:00 Scenic Ride 🚗</div> <div>2:00 Movie: Residents’ Choice</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>13</div> <div>International Lefthanders Day</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>2:00 Movie: Residents’ Choice</div> <div>5:30 Tabletop Games</div>	<div>14</div> <div>9:30 Crossword Puzzles</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Movie: Residents’ Choice</div> <div>4:00 MSNBC Evening News</div> <div>5:30 Tabletop Games</div>	<div>15</div> <div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>5:30 Scrabble Club</div>	<div>16</div> <div>8:30 Dr. Appointments</div> <div>9:30 Word Search Puzzles</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Tabletop Games</div> <div>5:00 Dominos</div>	<div>17</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Exercise With Legacy</div> <div>10:30 Country Store</div> <div>1:30 Jackpot Bingo\$</div> <div>2:30 Game: Finish Lines</div> <div>4:00 Easy Listening Music Hour</div>	<div>18</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Lidl🛒</div> <div>1:00 Shopping at Goodwill🛒</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>19</div> <div>World Photo Day</div> <div>9:00 Word Search Puzzles</div> <div>2:30 Worship with Canaan Baptist Church</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>20</div> <div>National Radio Day</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>2:00 Movie: Residents’ Choice</div> <div>5:30 Tabletop Games</div>	<div>21</div> <div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:30 Manicures & Music</div> <div>3:30 Exercise with Amy</div> <div>6:00 Bingo with Northampton Women’s Club, AR</div>	<div>22</div> <div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div>	<div>23</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:00 Town Hall Meeting</div> <div>2:00 Wheel of Fortune on Wii</div> <div>5:00 Dominos</div>	<div>24</div> <div>10:00 Exercise With Legacy</div> <div>10:30 Country Store</div> <div>1:30 Jackpot Bingo\$</div> <div>4:00 Easy Listening Music Hour</div> <div>6:00 Entertainment with Buzz🎵</div> <div>6:00 Special Event “Hawaiian Luau” DR</div>	<div>25</div> <div>9:30 Walking In the Courtyard</div> <div>10:00 Grocery Shopping at Kroger🛒</div> <div>1:00 Shopping at Dollar Tree🛒</div> <div>3:00 Happy Hour</div> <div>4:00 MSNBC Evening News</div>	<div>26</div> <div>9:00 Word Search Puzzles</div> <div>1:00 Trip to Dairy Queen🛒</div> <div>2:00 Movie: Residents’ Choice</div> <div>5:00 Evening News</div> <div>5:30 Scrabble Club</div>
<div>27</div> <div>9:30 Jigsaw Puzzles</div> <div>10:00 Dominos</div> <div>2:00 Movie: Residents’ Choice</div> <div>5:30 Tabletop Games</div>	<div>28</div> <div>National Thoughtful Day</div> <div>9:30 Grocery Orders with Amy</div> <div>10:30 Bank Runs🚗</div> <div>1:00 Trip to Barnes & Noble</div> <div>3:30 Exercise with Amy</div> <div>4:00 MSNBC Evening News</div>	<div>29</div> <div>8:30 Dr. Appointments</div> <div>10:00 Coffee & Pastries, AR</div> <div>11:00 Country Store</div> <div>1:30 Prize Bingo</div> <div>3:30 Exercise with Amy</div> <div>5:30 Scrabble Club</div>	<div>30</div> <div>8:30 Dr. Appointments</div> <div>9:30 Grocery Orders with Amy</div> <div>10:00 Worship with Pastor Davis</div> <div>1:30 Chocolate Chip Cookies & Conversation</div> <div>5:00 Dominos</div>	<div>31</div> <div>10:00 Exercise With Legacy</div> <div>10:30 Country Store</div> <div>11:00 Picnic at Sandy Bottoms Nature Park</div> <div>1:30 Jackpot Bingo\$</div> <div>2:30 Menu Chat with Tom DR</div> <div>4:00 Easy Listening Music Hour</div>	 	

August Employee of the Month



Congratulations to our employee of the month, Charissa Addison. Charissa is a Med Tech in our Assisted Living community. She enjoys helping our residents and hearing stories about their past. She goes above and beyond for our residents and makes them feel like family. She has been employed with The Devonshire for 2 years. She enjoys spending time with her family, cooking, traveling, going to outdoor festivals, and making waist beads. Her favorite food is New York Style Pizza. She is also planning a trip to visit the Dominican Republic in the near future.

Drop Everything and Read

Did you know that we have a great selection of books for you to check out right here in our library on the second floor? Come check it out! And remember, we are always glad to receive donations, so when you are done with that bestseller you're reading, drop it off at our library for someone else to enjoy.

Lifelong Knowledge

"Tell me and I forget. Teach me and I remember. Involve me and I learn." — Xun Kuang

Laugh Lines: A Slice of Fun

- Q: When do you go at red and stop at green?
A: When you're eating a slice of watermelon.
Q: Why are the melons planning a big wedding?
A: Well, they cantaloupe.
Q: Why did the watermelon become a gossip columnist?
A: Because she always has all the juice.
Q: How did the honeydew farmer feel after winning the lottery?
A: Like a melon bucks!
Q: What do you get after a pig finishes eating a watermelon?
A: Pork rinds.
Q: Why do cantaloupes take so long to make decisions?
A: Because they're always melon things over!
Q: What is a postal carrier's favorite fruit?
A: Water-mail-on.
Q: What did Mr. Melon's wife leave on the refrigerator?
A: A honeydew list.
Q: Why do cantaloupes love soap operas?
A: Because of all the melon-drama.
Q: What do you get when you cross a watermelon with a head of broccoli?
A: The saddest vegetable ever—melon-coli.



Post-Spice Protocol

National Hot and Spicy Food Day is held annually on Aug. 19. While some of us stick with mild flavors, others love the burn of a super spicy dish. If you're partaking in this holiday, here are some tips to help cool your mouth down: (1) Drink something acidic. While this may sound counterproductive, the acid will help neutralize the molecules from the spicy dish. Try milk or orange, lemon or tomato juice. (2) Eat carbs like bread, rice or a plain tortilla. You could also opt for a spoonful of honey, a dollop of yogurt or a chunk of chocolate. (3) Most importantly, don't drink water! This will only spread the capsaicin molecules around your mouth—maybe even increasing the pain.

Lightweight Lit

What makes a book a "beach read"? Historically, this term referred to popular books released during the summer that captured a wide audience, similar to blockbuster movies. Now the idea of a beach read has evolved to mean literature that's generally easy to consume, whether it's a page-turning thriller, a joyful romance or a juicy drama. Publishers say readers are drawn to these types of books because they match the carefree mood of the season.