

Five Benefits of Eating Apples, Kerri-Ann Jennings, MS, RD



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1. Nutrition, Straight Up

Packing in quite a bit of soluble fiber (4 grams per medium apple) for a modest amount of calories (95) makes apples a filling, sweet snack. Plus, a medium apple counts as one cup of fruit, so after eating one, you're well on your way to meeting your daily fruit quota (around 2 cups for adults on a 2,000 calorie diet). They also are a good source of immune-boosting vitamin C (providing 14% of the Daily Value).

2. Weight Loss

Apples satisfy hunger for few calories so it's not surprising that they can be part of a healthy diet that promotes weight loss.

And in a recent study, dried apples also helped participants lose some weight. Women who ate a cup of dried apples daily for a year lost some weight and lowered their cholesterol and heart disease markers. Florida State University researchers think apples' antioxidants and pectin (a type of fiber) are responsible for the benefits — and think that fresh apples would be even more effective.

3. Heart Health

The Florida State study is not the only one to link apple consumption to heart health. Last year, the Iowa Women's Health Study reported that, among the 34,000-plus women it's been tracking for nearly 20 years, apples were associated with a lower risk of death from both coronary heart disease and cardiovascular disease... Experts attribute the heart-healthy benefits to antioxidant compounds found in apples, which help prevent LDL cholesterol from oxidizing and inhibit inflammation. Plus, the soluble fiber in apples has also been shown to lower cholesterol levels.

4. Protect Against Metabolic Syndrome

People who eat apples may be less likely to suffer from metabolic syndrome, a cluster of symptoms linked to an increased risk of heart disease and diabetes. Joyce Hendley reported in EatingWellMagazine that researchers who analyzed National Health and Nutrition Examination Study (NHANES) data, a survey of eating and health habits, found that people who had eaten apples in any form over the past day were 27 percent less likely to have symptoms of metabolic syndrome than those who didn't. The apple eaters also had lower levels of C-reactive protein, a marker of inflammation whose presence in the blood suggests an increased risk for heart disease and diabetes.

5. Exercise Extender

Eating an apple before you work out may boost your exercise endurance. Apples deliver an antioxidant called quercetin, which aids endurance by making oxygen more available to the lungs. One study showed that quercetin — when taken in supplement form — helped people bike longer. (www.eatingwell.com)

Outings



Make sure to check your calendars for the outings. We have such a great time, you won't want to miss out.

Scrabble



Be sure to join us at our next Scrabble game!



# The Devonshire Lifestyle

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September 2017

## Welcome Our New Residents!

Please take the time to introduce yourself to our new resident Mr. Francis Capone in apartment 327.

Remember for every new resident referred by a current resident, there is a \$250 resident referral bonus good off one month's rent.

## Patriot Day

In the United States, Patriot Day occurs on Sept. 11 of each year, designated in memory of the 2,993 killed in the September 11, 2001 attacks. Initially, the day was called the Prayer of Remembrance for the Victims of the Terrorist Attacks on September 11, 2001. On September 4, 2002, President Bush used his authority created by the resolution and proclaimed September 11, 2002 as Patriot Day.

Y	O	M	K	I	P	P	U	R	A	L	L	I	S	O	L
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M	A	G	N	O	L	I	A	S	A	Y	U	I	A	F	L
E	L	I	D	O	F	F	A	D	Z	A	N	S	P	O	L
B	E	A	R	T	R	A	R	A	I	D	S	A	P	O	I
A	A	N	D	E	A	O	E	U	N	T	O	R	H	T	U
C	P	I	E	R	B	I	B	T	Y	O	W	E	I	B	M
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C	Y	A	D	S	T	N	E	R	A	P	D	N	A	R	G
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L	I	L	Y	Y	A	D	K	O	O	B	A	D	A	E	R

## September Word Find

Word Bank	Read a Book Day
September	Hyacinths
Labor Day	Snap Dragon
Autumn	Zinnia
Football	Gerbera
Grandparents Day	Daffodil
Patriot Day	Freesia
Back to School	Iris
Sapphire	Lillium Stargazer
Libra	Magnolia
Yom Kippur	





# Locations

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

**Monday**  
9 a.m.  
Bank Runs

**Tuesday**  
8:30-11 a.m. (Hampton Only)  
Dr. Runs

**Tuesday**  
1-4 p.m. (Newport News Only)  
Dr. Runs

**Wednesday**  
8:30-11 a.m. (Hampton Only)  
Dr. Runs



**Wednesday**  
1-4 p.m. (Newport News Only)  
Dr. Runs

**Thursday**  
11 a.m.  
Lunch Outings

**Friday**  
9 a.m.  
Farm Fresh

**Saturday**  
10 a.m.  
Food Lion

### Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>1</div> <div>9:30 Aldi Grocery 10:15 Forever Fit 1:00 Roses 3:00 Jackpot Bingo</div>	<div>2</div> <div>10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Dillard's 6:00 Chosen Generation Ministries Bible Study, WR 6:00 Cinema Saturday w/Popcorn, AR</div>
<div>3</div> <div>9:20 Sunday School, WR 3:00 Afternoon Tea, AR</div>	<div>4</div> <div>LABOR DAY  9:30 Banks 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:30 Matinee Movie, AR 2:00 Bridge 3:30 Game of Pool, GR</div>	<div>5</div> <div>9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts &amp; Crafts</div>	<div>6</div> <div>9:10 Morning Walk 10:15 Forever Fit 1:30 Name the Famous Actor, AR 3:00 Corn Hole Game</div>	<div>7</div> <div>9:10 Swimmers 11:05 Lunch Outing: Chick-fil-A 2:00 Bowling Outing 4:00 Literature Trivia Hour</div>	<div>8</div> <div>9:30 Farm Fresh 10:15 Forever Fit 12:45 Walmart 1:45 Card Game Uno, AR 3:30 Happy Hour</div>	<div>9</div> <div>10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Trader Joe's</div>
<div>10</div> <div>9:20 Sunday School, WR 3:00 <b>Grandparents Day Social w/ the Lyrics, DR</b></div>	<div>11</div> <div>PATRIOT DAY <b>9:30 Yorktown American Revolution Museum</b>  9:30 Banks 10:15 Forever Fit 2:00 Bridge 3:30 Game of Pool, GR</div>	<div>12</div> <div>9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR <b>2:00 Entertainment by Rose Schlater, DR</b></div>	<div>13</div> <div>9:10 Morning Walk 10:15 Forever Fit 1:00 Nail Care, AR</div>	<div>14</div> <div>9:10 Swimmers <b>10:15 Bookmobile, AR</b> 11:05 Lunch Outing: Picadilly 2:30 Jackpot Bingo, AR</div>	<div>15</div> <div>9:30 Farm Fresh 10:15 Forever Fit 1:00 Hand Massages w/Wanda, WR 1:00 Dollar Tree 3:30 Happy Hour</div>	<div>16</div> <div>10:00 Food Lion 1:00 Resident Canasta, AR 2:00 Kohl's 6:00 Cinema Saturday w/Popcorn, AR</div>
<div>17</div> <div>9:20 Sunday School, WR</div>	<div>18</div> <div>9:30 Banks 10:15 Forever Fit 1:00 Stein Mart 2:00 Bridge 3:30 Game of Pool, GR</div>	<div>19</div> <div>9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts &amp; Crafts</div>	<div>20</div> <div>ROSH HASHANAH BEGINS AT SUNDOWN  9:10 Morning Walk 10:15 Forever Fit 2:00 Entertainment by Rose Schlater, DR 3:30 Happy Hour</div>	<div>21</div> <div>9:10 Swimmers 11:05 Lunch Outing: County Grill <b>2:30 Viva Italia Social!, AR</b></div>	<div>22</div> <div>FALL BEGINS  9:30 Aldi Grocery 10:15 Forever Fit 2:00 Autumn Social, AR</div>	<div>23</div> <div>9:00 Food Lion 10:30 Williamsburg Premium Outlets 1:00 Resident Canasta, AR</div>
<div>24</div> <div>9:20 Sunday School, WR 2:00 <i>Sharon Baptist Church, A/L Dining</i></div>	<div>25</div> <div>9:30 Banks 10:15 Forever Fit 1:00 Hand Massages w/Wanda, WR 1:00 Dollar Tree 2:00 Bridge 3:30 Game of Pool, GR</div>	<div>26</div> <div>9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts &amp; Crafts, CR</div>	<div>27</div> <div>9:10 Morning Walk 10:15 Forever Fit 1:00 Scrabble, AR 3:00 Devonshire Wheel of Fortune, AR</div>	<div>28</div> <div>9:10 Swimmers <b>10:15 Bookmobile, AR</b> 11:05 Lunch Outing: Grey Goose 2:00 Tea &amp; Crumpets 4:00 Horse Shoes</div>	<div>29</div> <div>YOM KIPPUR BEGINS AT SUNDOWN  9:30 Farm Fresh 10:15 Forever Fit 2:00 Birthday Party w/Roberto Henriquez, DR 3:30 Happy Hour</div>	<div>30</div> <div>10:00 Food Lion 1:00 Resident Canasta, AR 6:00 Cinema Saturday w/Popcorn, AR</div>