

Honey and Health

Honey, the sweet, golden nectar produced by bees, has been treasured for thousands of years not only for its taste, but also its healing properties.

Antioxidants: Honey is full of these powerful compounds that help protect the body's cells from damage and have been linked to a reduced risk of heart attack, stroke and some types of cancer. Dark varieties of honey, such as the kind made from buckwheat flowers, have the highest antioxidant levels.

Antibacterial properties: Ancient Egyptians used honey's antibacterial power to heal wounds and burns, and modern-day health professionals sometimes use medical-grade honey as a wound treatment. Honey's antiseptic qualities and ability to promote healing make it a popular ingredient in skin care products. Honey is also used in hair care products to soothe various scalp conditions.

Anti-inflammatory effects: There's a reason why honey is often touted as a remedy for a sore throat or a cough. Multiple studies have shown honey to be a better cough suppressant than several over-the-counter medicines because of its anti-inflammatory properties. Honey's soothing effect may also provide relief from acid reflux symptoms.

It's important to remember that honey is still sugar and can affect blood sugar levels. Talk to your health care provider about consuming honey.

Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending "just because" cards by mail. With technology such as email, text messaging, video calls and social media websites, it's even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you're apart.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying "I love you" are all simple yet shining ways of being a great grandparent.



The Devonshire Lifestyle



Like Us!



Independent Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • www.devonshireseniorliving.com

SEPTEMBER 2019

Happy September!

I hope you have been enjoying the summer and are as excited as we are to usher in the fall season this month!

I am thrilled to announce we have two new additions to our Devonshire Team. Our new Dining Director, Don Hornberger, has been a successful Chef in the Senior Living industry for several years now. I can't wait for you to enjoy his wonderful food! We also have a new Sales Team member, Brad Fleenor, who has previously worked in the Senior Living industry with a distinguished career in sales and marketing. Please help us welcome Don and Brad and make them feel at home.

We have had a great year so far, but the best is yet to come. We are kicking off the festivities this month with our Labor Day cookout on Sept. 2. I hope you come out and enjoy the fun and entertainment.

We are always striving to do better here at The Devonshire, and I personally want to hear from you. I hope to see you soon and learn from you what we can do to make things better than ever!

Sincerely,

Natalie Fox

Executive Director

Painting With Bob Ross

With his soothing voice and ability to turn a blank canvas into a beautiful painting in just 30 minutes, Bob Ross mesmerized millions of fans who tuned in to his TV show, "The Joy of Painting."

Ross took up oil painting while serving in the U.S. Air Force. The Florida native was stationed in Alaska when he saw snow and mountains for the first time, and both served as inspiration for his paintings. He practiced the "wet-on-wet" technique, in which oil paints are applied on top of one another without waiting for each layer to dry.

After 20 years in the military, Ross returned to civilian life and held painting workshops in shopping malls, then launched his show on public television in 1983. Wearing jeans and a button-down shirt and sporting his signature curly hairstyle, Ross guided viewers through his quick process of painting a landscape, making it look effortless. Audiences were drawn to his soft-spoken voice and words of encouragement, which included gems such as, "We don't make mistakes. We just have happy accidents."

Ross hosted "The Joy of Painting" for 11 years. He also taught classes and created a line of art supplies and how-to videos. Today, certified Bob Ross instructors carry on his legacy by teaching classes to budding artists.



SEPTEMBER 2019

Locations

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

Birthdays

Frank Whitworth, 6th
Frank Steinbach, 7th
James Hunsucker Sr., 11th
Richard Pawlewicz, 13th
Bill Layton, 28th

Transportation Schedule

Monday, 9:30 a.m.
Bank Runs
Tuesday & Wednesday, 8:30-11 a.m.
(Hampton Only)
Doctor Runs
Tuesday & Wednesday, 1-3 p.m.
(Newport News Only)
Doctor Runs
Thursday, 11:10 a.m.
Lunch Outings
Thursday, 2-4 p.m.
Scenic Ride
Friday, 9:45 a.m.
Shopping and Other Outings
Saturday, 10 a.m.
Various Shopping Destinations
Sunday, 9 a.m.-1 p.m.
Church Runs

“An investment in knowledge pays the best interest.”
—American proverb

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Church Runs 1 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 10:30 Billiards Fun, GR 1:00 Scrabble w/ Friends, AR 3:00 Progressive Church, AR 6:00 Evening News	LABOR DAY 2 Game Room w/Friends 10:00 AM Music & Relaxation 10:30 Morning Paper & Talk 10:30 Chair Fitness Video 10:30 Monday Morning Fitness, AR 10:30 Chair Fitness Video 11:30 Labor Day Cookout, DR 1:30 Just for the Guys, GR 3:30 Billiards, GR	9:00 Dr. Prak the Podiatrist on Site 3 10:00 Coffee Hour and Chat, AR 10:00 Let's Play Bridge, GR 1:00 Prize Bingo, AR 2:00 Continuous Crafts, WR 3:00 Netflix Pick Residents' Choice 3:00 Weekly Wal Mart Shopping 4:00 News Update, AR 9:00 Dr. Prak the Podiatrist on Site	9:00 Medical Runs, Request in Advance! 4 10:00 Lounge w/Classical Music, AR 10:30 Flex and Stretch Exercise Class 1:00 Christian Bible Study 1:30 Newspaper Fashion Show, AR 2:15 Reception and Refreshments 4:00 News Updates, AR	9:00 Classical Music and Morning Paper, AR 5 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, GR 11:15 Lunch Outing : Mama Rosa's Italian 3:00 Jackpot Bingo, AR 3:00 Card Games Challenge a Peer, GR 6:30 Fort Monroe Concert	9:00 Lobby Lounging and Chats, AR 6 10:00 Aldi 10:30 Balance Exercise Class, AR 10:30 Prime Movie Choice, GR 11:30 Pre Grandparents Day Luncheon, DR 1:00 Shopping: Gabe's 2:00 Popcorn Friday w/Friends 3:00 Happy Hour, DR 5:30 News Updates	9:00 Saturday Paper w/Friends 7 10:00 Shopping: Farmer's Market 10:30 Adult Coloring, WR 1:00 Puzzles and Table Games, AR 2:00 Netflix Pick — Residents' Choice, WR 3:00 Lounging w/Friends, GR 5:30 Evening News, AR
9:00 Church Runs 8 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 10:30 Billiards Fun, GR 1:00 Scrabble w/ Friends, AR 3:00 Progressive Church, AR 6:00 Evening News	Game Room w/Friends 9 9:30 Bank Runs 10:00 AM Music & Relaxation 10:30 Morning Paper & Talk 10:30 Monday Morning Fitness, AR 10:30 Monday Fun Fitness 1:30 Just for the Guys, GR 2:00 Teddy Bear Raffle 3:30 Billiards, GR	10:00 Coffee Hour and Chat, AR 10 10:00 Let's Play Bridge, GR 1:00 Prize Bingo, AR 2:00 Continuous Crafts, WR 3:00 Weekly Wal Mart Shopping 3:00 Netflix Pick Residents' Choice 4:00 News Update, AR	PATRIOT DAY 11 9:00 Medical Runs, Request in Advance! 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 1:00 Christian Bible Study 1:15 Voter Registration, AR 1:30 Newspaper Fashion Show, AR 1:30 Continuous Crafts Jewelry, AR 2:00 Music w/James Currey in AL 2:30 Town Hall Meeting 4:00 News Updates, AR	9:00 Classical Music and Morning Paper, AR 12 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, GR 11:15 Lunch Outing : Fortune Garden 3:00 Jackpot Bingo, AR 3:00 Card Games Challenge a Peer, GR 6:30 Fort Monroe Concert	9:00 Lobby Lounging and Chats, AR 13 10:00 Shopping: Gabe's 10:30 Balance Exercise Class, AR 10:30 Prime Movie Choice, GR 1:00 Shopping: Ross 2:00 Popcorn Friday w/Friends 3:00 Happy Hour w/ Piña Coladas, AR 5:30 News Updates	9:00 Saturday Paper w/Friends 14 10:00 Shopping: Dollar Tree 1:00 Bridge and Scrabble, AR 2:00 Netflix Pick — Residents' Choice, WR 3:00 Lounging w/ Friends, GR 5:30 Evening News, AR
9:00 Church Runs 15 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 10:30 Billiards Fun, GR 1:00 Scrabble w/ Friends, AR 3:00 Progressive Church, AR 6:00 Evening News	Game Room w/Friends 16 9:30 Bank Runs 10:00 AM Music & Relaxation 10:30 Morning Paper & Talk 10:30 Monday Morning Fitness, AR 10:30 Monday Fitness Strong Legs 1:30 Just for the Guys, GR 2:00 Guacamole Tasting, AR 3:30 Billiards, GR	10:00 Coffee Hour and Chat, AR 17 10:00 Let's Play Bridge, GR 1:00 Prize Bingo, AR 2:00 Continuous Crafts, WR 3:00 Weekly Wal Mart Shopping 3:00 Netflix Pick Residents' Choice 4:00 News Update, AR	9:00 Medical Runs, Request in Advance! 18 1:00 Christian Bible Study 1:30 Continuous Crafts Jewelry, AR 1:30 Newspaper Fashion Show, AR 1:30 Wine and Paint w/Kia, AR 2:30 Scrabble Club, AR 4:00 News Updates, AR	9:00 Classical Music and Morning Paper, AR 19 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, GR 3:00 Jackpot Bingo, AR 3:00 Card Games Challenge a Peer, GR 5:00 Strollin' Down the Strip Casino Night, DR 6:30 Fort Monroe Concert	9:00 Lobby Lounging and Chats, AR 20 10:00 Shopping: Roses 10:30 Balance Exercise Class, AR 10:30 Prime Movie Choice, GR 1:00 Shopping: Food Lion 2:00 Popcorn Friday w/Friends 2:00 Happy Hour w/ Jazz Piano, AR 5:30 News Updates	9:00 Saturday Paper w/Friends 21 10:00 Shopping: Kroger 10:30 Bring Back Bridge Club, GR 1:30 Trip: Scenic Ride 2:00 Netflix Pick — Residents' Choice, WR 3:00 Lounging w/ Friends, GR 5:30 Evening News, AR
9:00 Church Runs 22 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 10:30 Billiards Fun, GR 1:00 Scrabble w/ Friends, AR 3:00 Progressive Church, AR 6:00 Evening News	AUTUMN BEGINS 23 Game Room w/Friends 9:30 Bank Runs 10:00 AM Music & Relaxation 10:30 Monday Fun Fitness 10:30 Monday Morning Fitness, AR 10:30 Morning Paper & Talk 10:30 Sit and Be Fit Exercise Class, AR 1:30 Just for the Guys, GR 2:00 Ice Cream Cone Day 3:30 Billiards, GR	10:00 Coffee Hour and Chat, AR 24 10:00 Voter Registration, AR 10:00 Let's Play Bridge, GR 10:00 Voter Registration 1:00 Prize Bingo, AR 2:00 Continuous Crafts, WR 3:00 Weekly Wal Mart Shopping 3:00 Netflix Pick Residents' Choice 4:00 News Update, AR	9:00 Medical Runs, Request in Advance! 25 10:30 Flex and Stretch Exercise Class, AR 11:00 Inspirational Reading, AR 1:00 Christian Bible Study 1:30 Continuous Crafts Jewelry, AR 1:30 Newspaper Fashion Show, AR 4:00 News Updates, AR	9:00 Classical Music and Morning Paper, AR 26 10:00 Conversation w/ Tea Time, AR 10:00 Scrabble w/Friends, GR 11:15 Lunch at Fort Monroe Tavern 3:00 Jackpot Bingo, AR 3:00 Card Games Challenge a Peer, GR 6:30 Fort Monroe Concert	9:00 Lobby Lounging and Chats, AR 27 10:00 Shopping: Save-A-Lot 10:30 Balance Exercise Class, AR 10:30 Prime Movie Choice, GR 1:00 Shopping: Food Lion 2:00 Popcorn Friday w/Friends 3:00 Happy Hour Ticket Drawing!, AR 5:30 News Updates	9:00 Saturday Paper w/Friends 28 10:00 Cards, GR 10:00 Target 10:30 Netflix Pick Residents' Choice, AR 1:00 Jigsaw Puzzles 2:00 Netflix Pick — Residents' Choice, WR 3:00 Lounging w/Friends, GR 5:30 Evening News, AR
ROSH HASHANAH BEGINS AT SUNSET 29 9:00 Church Runs 9:30 Big Screen Gospel and Bible Word Puzzles, AR 10:30 Open Table Games, AR 10:30 Billiards Fun, GR 1:00 Scrabble w/Friends, AR 3:00 Progressive Church, AR 6:00 Evening News	Game Room w/Friends 30 9:30 Bank Runs 10:00 AM Music & Relaxation 10:30 Morning Paper & Talk 10:30 Monday Morning Fitness, AR 1:30 Crossword Puzzles and Word Games, AR 1:30 Just for the Guys, GR 3:30 Billiards, GR				 	