

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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SEPTEMBER 2023

A Note From Our Executive Director

Hello, everyone! September promises to be another great month at our community. Fall will be here soon, bringing cooler temperatures and the rich colors of falling leaves. Check out this month's calendar and be on the lookout for details about our upcoming special event "Casino Night" and our other fun activities. As always, please feel free to stop by my office at any time. Have a great September! With appreciation.
Walmeka Williams



Self-Care Corner: A Better Brew

Chock-full of antioxidants, coffee can be a healthy beverage, but "too much of a good thing" is a saying for a reason! National Coffee Day arrives on Sept. 29, so use this month to make your regular brew healthier in some way. Crave a sweet beverage? You can use less sugar by adding ground cinnamon, vanilla extract or unsweetened cocoa for a flavor boost. If coffee upsets your stomach—but you love it anyway!—check out a low-acid blend. Struggling with sleep? Avoid drinking coffee after 2 p.m.



Hello, Yellow!

Cheerful and bright, yellow is the color of sunshine, sunflowers and smiley faces. It's a hue that is often associated with happiness and optimism. Even the brain agrees: It releases serotonin, the feel-good hormone, at the sight of yellow. The color's light waves are believed to stimulate the brain, increasing alertness and boosting mood.

Check Your Cholesterol

September is National Cholesterol Education Month. Adults over the age of 20 should have their levels tested every four to six years. Assess your knowledge on this subject:

1. What year was the first statin, a cholesterol-lowering medicine, approved in the U.S.?
2. True or False: Eating healthy, fiber-rich foods can lower cholesterol.
3. High cholesterol is connected to what leading cause of death?

(Answers: 1. 1987; 2. True; 3. Heart disease)

Take a Breath

"Nature does not hurry, yet everything is accomplished." —Lao Tzu

SEPTEMBER

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.

Happy Birthday to You

We're sending warm wishes to all our residents celebrating a birthday this month. We hope you have a wonderful day!

Birthdays

- 9-1Gaines Dupree
- 9-1Ricky Griffin
- 9-3Ina Keene
- 9-7Frank Steinbach
- 9-11James Hunsucker
- 9-12Henrietta Boyd
- 9-12George Hyman
- 9-15Marion Harris
- 9-28William Layton
- 9-30Harold Dobbins

'Ripe' Is One

How many words can you come up with using the letters in "apple cider"?

"Be curious always!

For knowledge will not acquire you;

you must acquire it."

—Sudie Back

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div><div>National Food Bank Day</div><div>9:30 Walking In the Courtyard, CY🚗</div><div>1:00 Trip to the Food Bank (Donation Drop Off)🚗</div><div>3:00 Happy Hour</div><div>4:00 MSNBC Evening News</div></div>	<div><div>9:00 Word Search Puzzles</div><div>10:00 Grocery Shopping at Food Lion🚗</div><div>1:30 Movie: Residents' Choice</div><div>5:00 Evening News</div><div>5:30 Scrabble Club</div></div>
<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>	<div><div>Labor Day</div><div>10:00 Crossword Puzzles</div><div>1:30 Movie: Residents' Choice</div><div>4:00 MSNBC Evening News</div><div>5:30 Scrabble Club</div></div>	<div><div>8:30 Dr. Appointments</div><div>10:00 Coffee & Pastries, AR</div><div>1:00 Dominos</div><div>1:30 Movie: Residents' Choice</div><div>5:30 Scrabble Club</div></div>	<div><div>National Read A Book Day</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 Prize Bingo</div><div>3:00 Exercise with Amy</div><div>5:00 Dominos</div></div>	<div><div>10:00 Exercise With Legacy</div><div>11:00 Lunch Outing to Vancostas🚗</div><div>1:30 Jackpot Bingo\$</div><div>2:30 September Trivia</div><div>3:00 Country Store</div><div>4:00 Easy Listening Music Hour</div></div>	<div><div>9:30 Walking In the Courtyard</div><div>10:00 Grocery Shopping at Games Farmers Market🚗</div><div>1:00 Shopping Trip to Marshalls🚗</div><div>3:00 Happy Hour</div><div>4:00 MSNBC Evening News</div></div>	<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>
<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>	<div><div>9:30 Grocery Orders with Amy</div><div>10:30 Bank Runs🚗</div><div>1:00 Trip to AMC Movie Theatre🚗</div><div>2:00 Rummy</div><div>4:00 MSNBC Evening News</div></div>	<div><div>National Butterscotch Pudding 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 Pudding & Poetry</div><div>3:30 Exercise with Amy</div><div>5:30 Scrabble Club</div></div>	<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 Ice Cream Sundae Bar (Fundraiser)\$</div><div>2:30 Safety in Motion Health Talk w/ Legacy</div><div>5:00 Dominos</div></div>	<div><div>10:00 Exercise With Legacy</div><div>11:00 Country Store</div><div>1:30 Jackpot Bingo\$</div><div>2:30 Painting on Canvas (sign up)</div><div>4:00 Easy Listening Music Hour</div></div>	<div><div>9:30 Walking In the Courtyard</div><div>10:00 Grocery Shopping at Kroger🚗</div><div>1:00 Shopping Trip to Dollar Tree🚗</div><div>3:00 Happy Hour</div><div>4:00 MSNBC Evening News</div></div>	<div><div>9:00 Word Search Puzzles</div><div>10:00 Breakfast at Hardee's🚗</div><div>1:30 Movie: Residents' Choice</div><div>5:00 Evening News</div><div>5:30 Scrabble Club</div></div>
<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>	<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>6:00 Bingo with Northampton Women's Club, AR</div></div>	<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>	<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>1:30 Jackpot Bingo</div><div>5:00 Dominos</div></div>	<div><div>10:00 Exercise With Legacy</div><div>11:00 Country Store</div><div>1:00 Outreach Program with the Mariner's Museum "The Mediterranean"</div><div>2:30 Worship with Canaan Baptist Church</div><div>6:00 Special Event "Casino Night" AR</div></div>	<div><div>9:30 Walking In the Courtyard</div><div>10:00 Grocery Shopping at Food Lion🚗</div><div>1:00 Shopping Trip to Design & Consign🚗</div><div>3:00 Happy Hour</div><div>4:00 MSNBC Evening News</div></div>	<div><div>9:00 Word Search Puzzles</div><div>1:00 Scenic Ride</div><div>1:30 Movie: Residents' Choice</div><div>5:00 Evening News</div><div>5:30 Scrabble Club</div></div>
<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>	<div><div>9:30 Grocery Orders with Amy</div><div>10:30 Bank Runs🚗</div><div>1:30 Baking Club "Pull Apart Herb Bread" WR</div><div>3:30 Exercise with Amy</div><div>4:00 MSNBC Evening News</div></div>	<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 Wheel of Fortune on Wii</div><div>3:30 Exercise with Amy</div><div>5:30 Scrabble Club</div></div>	<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 Game "Codenames"</div><div>3:30 Exercise with Amy</div><div>5:00 Dominos</div></div>	<div><div>10:00 Exercise With Legacy</div><div>10:00 Trip to Hampton University Museum🚗</div><div>1:30 Jackpot Bingo\$</div><div>2:30 Menu Chat with Tom DR</div><div>3:00 Country Store</div><div>4:00 Easy Listening Music Hour</div></div>	<div><div>9:30 Walking In the Courtyard</div><div>10:00 Grocery Shopping at Lidl🚗</div><div>1:00 Shopping Trip to Ollie's Bargain Outlet🚗</div><div>3:00 September Birthday Celebration & Music Therapy with Kayla</div><div>4:00 MSNBC Evening News</div></div>	<div><div>9:00 Word Search Puzzles</div><div>10:00 Candy Bingo</div><div>1:30 Movie: Residents' Choice</div><div>5:00 Evening News</div><div>5:30 Scrabble Club</div></div>

September Employee of the Month



Please congratulate Lee Thomas for being recognized as our employee of the month for September. Lee has been employed at The Devonshire for 6 months. He works in the kitchen as a dishwasher. Lee is very laid back, hardworking, and dependable. Lee served in the US Army. He also works in the tree removal business. He enjoys Caribbean food, listening to music, working on cars, and visiting with family.

On the Calendar

Labor Day, a federal holiday observed on the first Monday of September, celebrates the contributions workers have made to the strength and well-being of the United States.



Popcorn Pick: 'Hamilton'

Inspired by a 2004 biography by Ron Chernow, this musical drama about the life of founding father Alexander Hamilton premiered on Broadway in 2015. The instant hit became famous for its sold-out shows, record-breaking ticket sales and 11 Tony Awards. The live Broadway production was caught on camera in 2016, and Disney released it as a nearly three-hour film in 2020. This pick allows audiences to get a taste of history amidst the upbeat show tunes—a mix of hip-hop, jazz and R&B—right from home. Among its many awards, the 2020 release won two Primetime Emmys (outstanding variety special and outstanding direction and camerawork).

Sporty September

September marks the beginning of the NFL season, and the MLB season is nearing an exciting end. Two of the most popular sports in America, football and baseball share just one person in their halls of fame: Cal Hubbard, who was a linebacker for three NFL teams and spent 16 seasons as an MLB umpire.

Constitution Q&A

On Sept. 17, the country celebrates Constitution Day, recognizing the date in 1787 when it was signed by the Founding Fathers. How well do you know this important document?

1. The Constitution is composed of how many articles and amendments?
2. Which article describes the duties of the executive branch, including the president?
3. The process for amending the Constitution is outlined in which article?
4. Where in the document is the Constitution proclaimed as "the supreme Law of the Land"?
5. The first 10 amendments are known as what?
6. What are the five freedoms protected by the First Amendment?
7. What was outlawed by the 13th Amendment?
8. Which right is covered by the 15th Amendment?
9. According to Article I, what majority vote is needed from both houses of Congress to override a presidential veto?
10. True or false: The word "democracy" does not appear anywhere in the Constitution. (Answers: 1. Seven articles and 27 amendments; 2. Article II; 3. Article V; 4. Article VI; 5. Bill of Rights; 6. Religion, speech, press, assembly and petition; 7. Slavery; 8. The right to vote; 9. Two-thirds; 10. True)

