

Festive Fall Crafts

Let nature bring a touch of autumn to your space with these fun and easy crafts:

Door décor — Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a ready-made grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid fabric for a cozy, rustic look.

Pumpkin planter — Cut the top off a real or artificial pumpkin and fill it with a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

Festive foliage — Gather fallen leaves in rich hues of red, orange and yellow, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

Artsy acorns — Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun! Once dry, display the acorns in a bowl or vase.

A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Take note of an important reminder from nutritionists: Many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes are seasonal menu favorites that should be indulged in as an occasional treat.



The Devonshire

Lifestyle



Independent Living Community

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OCTOBER 2020

A Handful of M&M's Trivia

It's the chocolate covered in a candy shell that "melts in your mouth, not in your hand." Munch on some facts about M&M's.

- A product of Mars Inc., about 400 million M&M's are made every day at the company's New Jersey and Tennessee factories.
- They were introduced in 1941 as U.S. military rations during World War II.
- The candies originally came in six colors: red, orange, yellow, green, purple and brown.
- When peanut M&M's debuted in 1954, they were only made in the color tan.
- The trademark "m" was first stamped on the pieces in 1950.
- When Mars wanted to replace its tan M&M's in 1995, they let fans choose the new color. In a choice between blue, pink or purple, blue won with 54% of the vote.
- A typical package today contains a mix of 30% brown candies, 20% each of yellow and red, and 10% each of orange, green and blue.
- M&M's are provided as a snack for astronauts aboard the International Space Station.
- Souvenir boxes of red, white and blue M&M's have been given out by the White House since 1988.
- The popular M&M's "spokescandy" characters first appeared in TV commercials in the 1950s.
- Today, chocolate lovers have their pick of M&M's in a variety of flavors and sizes.

Simple Ways To Make Someone Smile

World Smile Day, Oct. 2, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.



OCTOBER 2020

Locations

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

Birthdays


Ruth Saunders, 19th
Elizabeth "Liz" Green, 20th
Robert "Bob" Davis, 21st
Sandra Hall, 22nd
Barbara Richards, 22nd
Vida Williams, 23rd
Shirley Price, 27th
Marjorie Riley, 30th
Richard Pawlewicz, 30th

Country Store

Tuesday, Thursday & Sunday
11 a.m.-Noon

"Autumn's the mellow time."

—William Allingham

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
4	5	6	7	8	9	10
9:30 Individual Art Work 1:30 Temperatures and Scone Carts	9:30 Grocery Orders 10:00 Temperatures 1:30 Popcorn & a Movie, AR	Mad Hatter Day 10:00 Temperatures 10:00 Coffee Shop 11:00 Country Store 1:30 Bingo 1st Floor, AR 3:30 Exercise 2nd Floor, AR	9:30 Grocery Orders 10:00 Temperatures 10:30 Exercise w/Legacy 1:30 Bingo 2nd floor, AR 3:00 Wine Tasting	10:00 Temperatures 10:00 Craft Time 11:00 Country Store 1:30 Bingo 2nd Floor, AR 1:30 Ice Cream Cart 3:30 Activity Room Exercise 1st Floor, AR	9:30 Grocery Orders 10:00 Temperatures 11:00 Morning Walk in the Courtyard, CY 1:30 Happy Hour: 3rd Floor, AR 2:30 Happy Hour: 1st Floor, AR 3:30 Happy Hour: 2nd Floor, AR	10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR
11	12	13	14	15	16	17
9:30 Individual Art Work 1:30 Temperatures and Scone Carts	COLUMBUS DAY 9:30 Grocery Orders 10:00 Temperatures 1:30 Popcorn & a Movie, AR	10:00 Temperatures 10:00 Coffee Shop 11:00 Country Store 1:30 Bingo 1st Floor, AR 3:30 Exercise 2nd Floor, AR	National Dessert Day 9:30 Grocery Orders 10:00 Temperatures 10:30 Exercise w/Legacy 1:30 Bingo 2nd floor, AR 1:30 Cupcake Decorating	10:00 Temperatures 10:00 Harvest Fest, AR 1:30 Bingo 2nd Floor, AR 3:30 Activity Room Exercise 1st Floor, AR	Bosses Day 9:30 Grocery Orders 10:00 Temperatures 11:00 Morning Walk in the Courtyard, CY 1:30 Happy Hour: 3rd Floor, AR 2:30 Happy Hour: 1st Floor, AR 3:30 Happy Hour: 2nd Floor, AR	10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR
18	19	20	21	22	23	24
9:30 Individual Art Work 1:30 Temperatures and Scone Carts	9:30 Grocery Orders 10:00 Temperatures 1:30 Popcorn & a Movie, AR	10:00 Temperatures 10:00 Coffee Shop 11:00 Country Store 1:30 Bingo 1st Floor, AR 3:30 Exercise 2nd Floor, AR	9:30 Grocery Orders 10:00 Temperatures 10:30 Exercise w/Legacy 1:30 Bingo 2nd floor, AR 3:00 Scrabble, AR	10:00 Temperatures 10:00 Craft Time 11:00 Country Store 1:30 Bingo 2nd Floor, AR 3:30 Activity Room Exercise 1st Floor, AR	9:30 Grocery Orders 10:00 Temperatures 11:00 Morning Walk in the Courtyard, CY 1:30 Happy Hour: 3rd Floor, AR 2:30 Happy Hour: 1st Floor, AR 3:30 Happy Hour: 2nd Floor, AR	10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR
25	26	27	28	29	30	31
World Opera Day 9:30 Individual Art Work 1:30 Temperatures and Scone Carts	9:30 Grocery Orders 10:00 Temperatures 1:30 Popcorn & a Movie, AR	10:00 Temperatures 10:00 Coffee Shop 11:00 Country Store 1:30 Bingo 1st Floor, AR 1:30 Fresh Fruit Delivery 3:30 Exercise 2nd Floor, AR	9:30 Grocery Orders 10:00 Temperatures 10:30 Exercise w/Legacy 1:30 Bingo 2nd floor, AR 3:00 Book Club	10:00 Temperatures 10:00 Craft Time 11:00 Country Store 1:30 Bingo 2nd Floor, AR 3:30 Activity Room Exercise 1st Floor, AR	National Candy Corn Day 9:30 Grocery Orders 10:00 Temperatures 11:00 Morning Walk in the Courtyard, CY 1:30 Happy Hour: 3rd Floor, AR 2:30 Happy Hour: 1st Floor, AR 3:30 Happy Hour: 2nd Floor, AR	HALLOWEEN Halloween 10:00 Temperatures 1:30 Shire Hallway Juice Cart, AR