

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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

Owl You Aware?

The world is home to more than 200 species of owls, which are categorized into two families. Most are typical owls, which have round faces, and 20 species are barn owls, characterized by their heart-shaped faces.



To Your Health: Sip Some Soup

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.

Make a Difference Day

Even the smallest act of kindness can change someone's day. Do what you can on Make a Difference Day, the fourth Saturday in October.

OCTOBER 2022

A Note From Our Executive Director



October is here! I'm looking forward to a month of fall weather and fun festivities. Our Special Event this month is a German themed "Oktoberfest". We are also having a Health Fair. Be sure to check the calendar for our daily activities and special events, and plan to join us for a good time! It's a joy to have you here, and feel free to stop

by my office anytime with questions or comments.

Fall Splendor

In many parts of the country, brilliant autumn leaves are on display during nature's annual art show. Weather patterns throughout the year play a big part in how vibrant the colors will be. A warm, rainy spring; mild summer; and a fall with sunny days and crisp, cool nights are the ideal conditions for creating a colorful palette.



OCTOBER 2022

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

10-2 Ellen Oustinoff
10-7 Georgia Turner
10-8 Howard Stanley
10-9 Sadie Bourne
10-20 Michael Ozmer
10-22 Barbara Richards
10-25 Beverly Beck

Famous Faces
Born in
October

Oct. 2, 1938: Rex Reed
Oct. 3, 1951: Dave Winfield
Oct. 8, 1997: Bella Thorne
Oct. 11, 1976: Emily Deschanel
Oct. 18, 1984: Lindsey Vonn
Oct. 20, 1979: John Krasinski
Oct. 28, 1967: Julia Roberts
Oct. 29, 1947: Richard Dreyfuss

“If everyone started off the day singing, just think how happy they’d be.”
—Lauren Myracle

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div>1</div> <div>9:00 Word Search Puzzles 10:00 Board Games 11:00 Lunch Outing to Burger King 1:30 Movie: Residents’ Choice 5:30 Scrabble Club</div>
<div>2</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Word Search Puzzles 2:00 Movie: Residents’ Choice</div>	<div>3</div> <div>9:30 Grocery Orders with Amy 10:30 Bank Runs 1:00 Trip to AMC Movie Theatre 1:30 Card Games 4:00 MSNBC Evening News</div>	<div>4</div> <div>10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Game “Trivial Pursuit” 3:30 Exercise with Amy 5:30 Scrabble Club</div>	<div>5</div> <div>Do Something Nice Day! 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Game: Family Feud 2:30 Brain Games w/ Legacy, AR 3:30 October Trivia 5:00 Dominos</div>	<div>6</div> <div>10:00 Country Store 10:30 Exercise With Legacy 11:00 Lunch Trip to Olive Garden 1:30 Jackpot Bingo\$ 2:30 Game “Codenames” 4:00 Easy Listening Music Hour</div>	<div>7</div> <div>9:30 Walking In the Courtyard, CY 10:00 Grocery Shopping at Harris Teeter 1:00 Shopping Trip to Big Lots 3:00 Happy Hour, AR 4:00 MSNBC Evening News</div>	<div>8</div> <div>Fire Prevention Day 9:00 Word Search Puzzles 10:00 Board Games 1:00 Scenic Ride 1:30 Movie: Residents’ Choice 5:30 Scrabble Club</div>
<div>9</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Word Search Puzzles 2:00 Movie: Residents’ Choice</div>	<div>10</div> <div>Columbus Day 9:30 Grocery Orders with Amy 10:30 Bank Runs 1:30 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News</div>	<div>11</div> <div>10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Game “Five Second Rule” 3:30 Exercise with Amy 5:30 Scrabble Club</div>	<div>12</div> <div>9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Popcorn & Games 2:30 Medicare Health Talk with Legacy 3:00 Painted Wine Glasses (sign up) 5:00 Dominos</div>	<div>13</div> <div>9:30 Hand Massages 10:00 Country Store 10:30 Exercise With Legacy 1:30 Jackpot Bingo\$ 3:00 Poetry Reading 4:00 Easy Listening Music Hour</div>	<div>14</div> <div>World Egg Day 9:30 Walking In the Courtyard, CY 10:00 Grocery Shopping at Walmart Neighborhood Market 12:00 Shopping Trip to Dollar Tree 3:00 Happy Hour, AR 4:00 MSNBC Evening News</div>	<div>15</div> <div>9:00 Word Search Puzzles 9:45 Bus Trip to Buckroe Farmers Market 10:00 Board Games 1:30 Movie: Residents’ Choice 5:30 Scrabble Club</div>
<div>16</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Word Search Puzzles 2:00 Movie: Residents’ Choice</div>	<div>17</div> <div>Wear Something Gaudy Day 9:30 Grocery Orders with Amy 10:30 Bank Runs 1:00 Trip to the YMCA 3:30 Exercise with Amy 4:00 MSNBC Evening News 6:00 Bingo with Northampton Women’s Club, AR</div>	<div>18</div> <div>10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 2:30 Game on Wii “Wheel of Fortune” 3:30 Exercise with Amy 5:30 Scrabble Club</div>	<div>19</div> <div>9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 2:30 Brain Games w/ Legacy, AR 3:30 Music Hour 5:00 Dominos</div>	<div>20</div> <div>10:00 Country Store 10:30 Exercise With Legacy 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour 6:00 Entertainment with Lyle & Linda Dowling 6:00 Special Event “Oktoberfest”</div>	<div>21</div> <div>National Nacho Day 9:30 Walking In the Courtyard, CY 10:00 Grocery Shopping at Food Lion 1:00 Shopping Trip to At Home 3:00 Happy Hour, AR 4:00 MSNBC Evening News</div>	<div>22</div> <div>9:00 Word Search Puzzles 9:45 Scenic Ride 10:00 Board Games 1:30 Movie: Residents’ Choice 5:30 Scrabble Club</div>
<div>23</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Word Search Puzzles 2:00 Movie: Residents’ Choice</div>	<div>24</div> <div>9:30 Bank Runs 10:00 Board Games 1:30 Movie: Residents’ Choice 4:00 MSNBC Evening News 5:30 Scrabble Club</div>	<div>25</div> <div>World Opera Day 10:00 Coffee & Pastries, AR 11:00 Country Store 1:00 Popcorn & A Movie “Phantom of The Opera 3:45 Exercise with Amy 5:30 Scrabble Club</div>	<div>26</div> <div>9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Prize Bingo 2:30 Brain Games w/ Legacy, AR 3:15 Manicures & Music 5:00 Dominos</div>	<div>27</div> <div>10:00 Heath & Wellness Fair (10am-2pm) 2:30 Menu Chat with Tom 3:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour 5:00 Table Games</div>	<div>28</div> <div>9:30 Walking In the Courtyard, CY 10:00 Grocery Shopping at Lidl 1:00 Shopping Trip to CHKD 3:00 October Birthday Celebration! 4:00 MSNBC Evening News</div>	<div>29</div> <div>9:00 Word Search Puzzles 10:00 Board Games 10:30 Candy Bingo 1:30 Movie: Residents’ Choice 5:30 Scrabble Club</div>
<div>30</div> <div>9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Word Search Puzzles 2:00 Movie: Residents’ Choice</div>	<div>31</div> <div>Halloween 9:30 Grocery Orders with Amy 10:30 Bank Runs 1:30 Halloween Party 3:30 Exercise with Amy 4:00 MSNBC Evening News</div>					

October Employee of the Month



Congratulations to our employee of the month, Andrea Hayes. Andrea is a Med Tech and has been employed with us for 3 months. When asked what she likes about working with seniors she said, "I love to help those that can't help themselves. The smile on their face is payment enough. No two days are ever the same." In her spare time she enjoys gardening, painting, and cooking. She is a Mom to a 22 year old and 2 fur babies. For her birthday every year she goes to the West Indian Day Parade on Eastern Parkway in Brooklyn, New York. When she was looking for her next career, she was looking for a place to grow and have a work family. She said that The Devonshire has been very warm and inviting since she has been here.

Come and Sit With Me

"A true friend encourages us, comforts us, supports us like a big easy chair, offering us a safe refuge from the world." —H. Jackson Brown Jr.

German Heritage

Oktoberfest ends in early October, but you can still celebrate your German ancestry all month long: October is German-American Heritage Month, with National German-American Day on Oct. 6.



Simple Ways To Make Someone Smile

World Smile Day, Oct. 7, 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 home, workplace or community. Put a note in your mailbox saluting the letter carrier.

Your actions speak volumes. Do a chore without being asked to or offer to cook a meal.

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.

Tap into technology and upload some feel-good vibes. In a few minutes and with a few clicks, help a friend begin their day on a happy note by sending them a good morning text. Post a recommendation on a local business's social media site or reply to a post that brought you a smile.

Q: What's a monster's favorite dessert?

A: Ice scream!