

The Devonshire *Lifestyle*



Like Us!



Independent Living Community

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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.

OCTOBER 2023

A Note From Our Executive Director

October is here! I'm looking forward to a month of fall weather and fun festivities. Be sure to check the calendar for our daily activities and special events, and plan to join us for a good time! You don't want to miss our Oktoberfest this month. We will have Jon Durfee here to play some German music for us. It's a joy to have you here, and feel free to stop by my office anytime with questions or comments.

Sincerely,
Walmeka Williams
Executive Director



Shoo the Flu

For the maximum protection, it's important to get a flu shot early in the season. The Centers for Disease Control and Prevention advises that the flu vaccine is especially critical for people 65 years and older since they are at high risk of developing serious complications from the flu.



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

October Birthdays

10-8	Howard Stanley
10-9	Sadie Bourne
10-22	Barbara Richards
10-25	Beverly Beck

Have a Cozy Night In

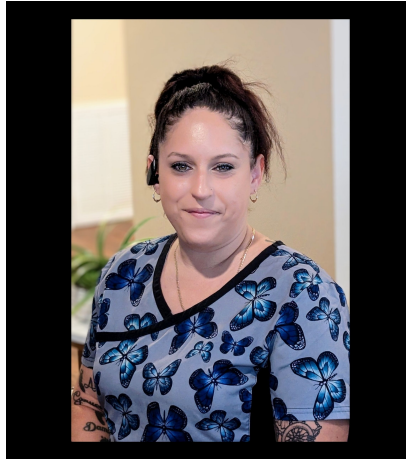
Why go out when you can stay in and have an evening all to yourself? If you find yourself feeling guilty for saying no to activities and relaxing instead, focus on making your night at home a special one. Dress in your coziest socks and sweats, warm up a soothing beverage, dim the lights, and settle in with a book or feel-good movie for some ultimate me time.

**"Hope is like the sun, which,
as we journey towards it,
casts the shadow of our
burden behind us."
—Samuel Smiles**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents' Choice 5:30 Tabletop Games	2 9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:00 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News	3 8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club 6:00 Resident Council Meeting AR	4 8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:30 Game: Finish Lines 3:30 Exercise with Amy 5:00 Dominos	5 9:30 Country Store 10:00 Exercise With Legacy 11:00 Lunch Outing to Olive Garden!🍴 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour	6 9:30 Walking In the Courtyard 10:00 Grocery Shopping at Harris Teeter🚗 1:00 Shopping Trip to Five Below🚗 3:00 Happy Hour 4:00 MSNBC Evening News	7 9:00 Word Search Puzzles 1:00 Scenic Ride🚗 1:30 Movie: Residents' Choice 5:00 Evening News 5:30 Scrabble Club
8 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents' Choice 5:30 Tabletop Games	9 Columbus Day 9:30 Grocery Orders with Amy 1:30 Trip to Barnes & Noble🚗 3:30 Exercise with Amy 4:00 MSNBC Evening News 5:30 Tabletop Games	10 8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	11 8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 2:30 Fall Carnival Event w/ Legacy 5:00 Dominos	12 10:00 Exercise With Legacy 10:30 Country Store 1:30 Jackpot Bingo\$ 2:30 Game: Codenames 4:00 Easy Listening Music Hour 6:00 Resident Council Meeting AR	13 9:30 Walking In the Courtyard 10:00 Grocery Shopping at Food Lion🚗 1:00 Shopping Trip to CHKD Thrift Store🚗 3:00 Happy Hour 4:00 MSNBC Evening News	14 9:00 Word Search Puzzles 10:00 Outing to Sweet Beans Coffee Bar🚗 1:30 Movie: Residents' Choice 5:00 Evening News 5:30 Scrabble Club
15 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Popcorn & A Movie 5:30 Tabletop Games	16 9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:00 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News 6:00 Bingo with Northampton Women's Club, AR	17 8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	18 8:30 Dr. Appointments 9:30 Grocery Orders with Amy 10:00 Worship with Pastor Davis 1:00 Town Hall Meeting 2:00 Book Talk "Yearning to Breathe Free" with Dr. Andrew Billingsley 5:00 Dominos	19 10:00 Exercise With Legacy 11:00 Country Store 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour 6:00 Entertainment with Jon Durfee DR 6:00 Special Event: Oktoberfest DR	20 9:30 Walking In the Courtyard 10:00 Grocery Shopping at Walmart🚗 1:00 Shopping Trip to Dollar Tree🚗 3:00 Happy Hour 4:00 MSNBC Evening News	21 9:00 Word Search Puzzles 1:30 Netflix: "Anne With An E" 5:00 Evening News 5:30 Scrabble Club
22 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents' Choice 5:30 Tabletop Games	23 9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:30 Baking Club: Chocolate Cupcakes WR 3:30 Exercise with Amy 4:00 MSNBC Evening News	24 8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club	25 8:30 Dr. Appointments 9:30 Grocery Orders with Amy 1:00 Jackpot Bingo 2:30 Craft: Holiday Cards 4:00 MSNBC Evening News 5:00 Dominos	26 10:00 Health & Wellness Fair (10-2pm) 11:00 Country Store 2:00 Menu Chat with Tom DR 2:30 Outing to St. George Brewing Company🚗 4:00 Easy Listening Music Hour	27 9:30 Walking In the Courtyard 10:00 Anne With An E 1:00 Shopping Trip to Food Lion🚗 3:00 October Birthday Celebration 4:00 MSNBC Evening News	28 9:00 Word Search Puzzles 11:00 Lunch Outing to Picadilly🚗 1:30 Movie: Residents' Choice 5:00 Evening News 5:30 Scrabble Club
29 9:30 Jigsaw Puzzles 10:00 Dominos 2:00 Movie: Residents' Choice 5:30 Tabletop Games	30 9:30 Grocery Orders with Amy 10:30 Bank Runs🚗 1:00 Manicures & Music 3:30 Exercise with Amy 4:00 MSNBC Evening News	31 8:30 Dr. Appointments 10:00 Coffee & Pastries, AR 11:00 Country Store 1:30 Prize Bingo 3:00 Halloween Party 5:30 Scrabble Club				

October Employee of the Month

Our October employee of the month is Rosanne Lopez. Rosanne is an RMA in our Assisted Living community. She has been working here for a year and a half now. She really likes working here and enjoys caring for our residents. She enjoys spending time with her kids, drawing, and she loves animals. She also enjoys Mexican food and going to Water Country during the summertime. She would love to visit Hawaii one day.



Happy Halloween!

We hope you have a spook-tacular holiday!



Five Fun Facts About Black Cats

1. Sailors and fishermen used to keep black cats on their ships for good luck.
2. After spending time in the sun, a black cat's fur can turn a reddish-brown color. Like a suntan, the color will fade after a while.
3. Popular names for black cats include Shadow, Smokey, Boo and Midnight.
4. Often, black cats have golden yellow eyes.
5. Scientists have discovered that black cats can fight off certain diseases better than other colors of cats. How lucky!



'Mouse' Is One

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

Simple Ways To Make Someone Smile

World Smile Day, the first Friday in October, 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.