

How Friends Keep Us Happy and Healthy

Friends laugh with us when things are good and give us support when we are down. They accept us as we are and want only our friendship in return. Besides the warmth and camaraderie that these special relationships provide, research shows they benefit our health, too.

The link between friendship and mental well-being is clear. Friends help reduce stress by offering a listening ear during challenging times. Spending time with a friend, especially when having fun such as playing a game or watching a movie, can provide a welcome distraction from negative thoughts and worries.

Friends can provide the motivation and support we may need to improve ourselves and our health by breaking bad habits and embracing good ones. They also give us a sense of belonging and acceptance, which can boost happiness and increase our self-worth—a natural antidote for depression and loneliness.

Additionally, studies have found that people in strong friendships have lower blood pressure, heart rate and cholesterol, lowering the risk of disease.

Be an Alzheimer’s Advocate

When President Ronald Reagan declared the first National Alzheimer’s Disease Awareness Month in November 1983, fewer than 2 million Americans had the disease. Today, there are more than 6 million.

This month, join the cause to help raise awareness about Alzheimer’s. Here are some ideas:

Walk for a cure — The Alzheimer’s Association Walk to End Alzheimer’s is an annual event that takes place in communities nationwide throughout the year, with many walks occurring in the fall. Invite friends and family to join your community’s team to raise funds for Alzheimer’s care, support and research.

Put on some purple — The color purple is used to represent Alzheimer’s awareness. Go further than just wearing a purple ribbon—why not dress head to toe in purple? You can also hang a purple wreath or banner on your door.

Honor a caregiver — November is also National Family Caregivers Month, and this is no coincidence—Alzheimer’s affects caregivers as well as those with the disease. Send a card or special treat to a caregiver, letting them know they are appreciated.

November Employee of the Month

Our Employee of the Month is Cherrelle McIntyre. Cherrelle is a Dining Room Server and has been with us for 5 months. She has a great attitude and is always willing to help out. She really enjoys talking to the residents and getting to know them. In her spare time, she likes spending time with her daughter, baking, shopping, and reading. Her favorite foods are chicken Alfredo and cinnamon rolls. Her favorite vacation spot is Cancun.

Cherrelle wanted to say thank you to Natalie, Stacy, and Michael for giving her the opportunity to work here and showcase her skills.



The Devonshire Lifestyle

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

Like Us!

NOVEMBER 2021

Veterans Pinning Ceremony

Last month we had a Veterans Pinning Ceremony for our own veterans. The Kappa Lambda Chi came in to give the veterans pins and present their certificates. It was a great opportunity for them all to get together and reminisce.



The First Thanksgiving

Four centuries ago, the Pilgrim settlers at Plymouth Colony and neighboring American Indians met for a joyous feast, celebrating both friendship and a fruitful harvest. While festivals of gratitude were and remain common in many cultures, this 1621 event is traditionally recognized as America’s first Thanksgiving.

Sailing from England aboard the Mayflower, the Pilgrims arrived in present-day Massachusetts in the fall of 1620, yet remained on the ship for several months. When the colonists moved ashore the following spring, they were visited by two English-speaking American Indians, Samoset and Squanto, who showed the Pilgrims how to hunt and grow their own food. Squanto also served as an interpreter and mediator between the settlers and the neighboring Wampanoag tribe.

Sometime between Sept. 21 and Nov. 1, the Pilgrims organized a feast to celebrate the success of their first crop. Around 90 Wampanoag, including Chief Massasoit, joined the colonists for the festivities, which lasted for three days and included games, singing and dancing, in addition to the elaborate meal.

NOVEMBER 2021

Locations

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

Birthdays

Karen Cabell, 6th
Jane Ozmer, 8th
Marjorie Hunter, 13th
Sandra Jones, 18th
Patricia Dixon, 27th


Country Store

Tuesday
11 a.m.-Noon

Thursday
10-11 a.m.

“Say thanks every night
with a full heart. Each
day is a precious gift to
be savored and used.”

—Regina Brett

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 10:30 Exercise w/Amy, AR 1:30 Ping Pong 2:30 Manicures & Music, AR 4:00 Evening News, AR 5:30 Card Games, AR	ELECTION DAY National Deviled Egg Day! 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	9:30 Grocery Orders w/Amy 10:00 Worship w/ Pastor Davis, AR 1:30 Craft Hour “Leather Earrings,” AR 3:30 Wii Game “Jeopardy, AR 5:30 Bridge Club, AR	10:00 Country Store 10:30 Exercise w/ Legacy, AR 11:15 Lunch Trip to Outback Steakhouse 2:00 Menu Chat w/ Michael, DR 3:00 Jackpot Bingo, AR 4:00 “Easy Listening Music Hour”	9:30 Walking in the Courtyard, CY 9:45 Trip to Virginia Living Museum 3:00 Happy Hour, AR 3:30 Karaoke, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 1:30 Movie (Residents’ Choice), AR 5:30 Scrabble Club, AR
DAYLIGHT SAVING TIME ENDS 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 10:30 Exercise w/Amy, AR 1:30 Hot Cocoa & Conversation, AR 2:30 Card Games “Rummy,” AR 4:00 Evening News, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:00 Hot Dog Bar, AR 2:30 Prize Bingo, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	9:30 Grocery Orders w/Amy 10:00 Worship w/Pastor Davis, AR 1:00 Craft Hour: Christmas Ornaments, AR 2:30 Health Talk w/ Legacy, AR 3:30 Game “Trivial Pursuit,” AR 5:30 Bridge Club, AR	VETERANS DAY 10:00 Country Store 10:30 Exercise w/ Legacy, AR 2:00 Menu Chat w/ Michael, DR 3:00 Jackpot Bingo, AR 6:00 Special Event “Giving Thanks,” DR 6:00 Entertainment w/ Charles Carter, DR	National Chicken Soup for the Soul Day 9:30 Walking in the Courtyard, CY 10:00 Grocery Shopping Trip to Food Lion 2:30 Shopping Trip to Target 3:00 Happy Hour, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 1:30 Movie (Residents’ Choice), AR 5:30 Scrabble Club, AR
9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	9:30 Bank Runs 1:30 Holiday Movie, AR 4:00 Evening News, AR 5:30 Card Games, AR 6:00 Bingo w/ Northampton Women’s Club, AR	National Peanut Butter Month 10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	9:30 Grocery Orders w/Amy 10:00 Worship w/ Pastor Davis, AR 1:00 Town Hall Meeting, AR 2:00 Baking Club “Dump Cake” 5:30 Bridge Club, AR	10:00 Country Store 10:30 Exercise w/ Legacy, AR 2:00 Menu Chat w/ Michael, DR 3:00 Jackpot Bingo, AR 4:00 “Easy Listening Music Hour” 6:00 Special Event “Giving Thanks,” DR	9:30 Walking in the Courtyard, CY 10:00 Grocery Shopping Trip to Lidl 1:00 Shopping Trip to Gabes 3:00 Happy Hour & Birthday Celebration, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 1:30 Movie (Residents’ Choice), AR 5:30 Scrabble Club, AR
9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 10:30 Exercise w/Amy, AR 1:30 Manicures & Music, AR 4:00 Evening News, AR 5:30 Card Games, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Wii Game “Wheel of Fortune,” AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	9:30 Grocery Orders w/Amy 10:00 Worship w/ Pastor Davis, AR 1:30 Jackpot Bingo, AR 2:30 Thanksgiving Word Search Puzzles, AR 5:30 Bridge Club, AR	THANKSGIVING DAY 10:00 Word Search & Crossword Puzzle Sheets, AR 1:30 Board Games, AR 4:00 “Easy Listening Music Hour” 5:30 Scrabble Club	9:30 Walking in the Courtyard, CY 10:00 Grocery Shopping Trip to Food Lion 1:00 Shopping Trip to JCPenney 3:00 Happy Hour, AR 4:00 Evening News, AR	9:00 Individual Word Search Puzzles, AR 10:00 Board Games, AR 1:30 Movie (Residents’ Choice), AR 5:30 Scrabble Club, AR
HANUKKAH BEGINS AT SUNSET 9:30 Jigsaw Puzzles, AR 10:00 Scrabble Club, AR 1:30 Word Search Puzzles, AR 2:00 Movie (Residents’ Choice), AR	9:30 Grocery Orders w/Amy, AR 9:30 Bank Runs 10:30 Exercise w/Amy, AR 1:30 Craft Hour “Polymer Clay Ornaments,” AR 4:00 Evening News, AR 5:30 Card Games, AR	10:00 Coffee Shop & Fresh Pastries, AR 11:00 Country Store 1:30 Prize Bingo, AR 2:30 Game “Codenames,” AR 3:30 Exercise w/Amy, AR 5:30 Scrabble Club	