

Genesis Rehab Services

Hello Residents,

We are the rehabilitation team from Genesis Rehab Services, who recently began to provide in-house physical therapy and speech-language services here at the Devonshire Retirement Community. We are looking forward to becoming an integral part of the facilities team. We are here to serve your needs. Our physical therapists assist in the restoration of function in areas such as ambulation (walking), balance, muscle strengthening and pain management. The occupational therapists provide education and training that includes dressing, grooming, eating and memory impairment. The speech-language pathologists address communication (speech, language and memory skills), swallowing dysfunction and diet recommendations. Our objective is to assist you in reaching and/or maintaining your highest level of functional independence. Our office is conveniently located on the second floor, Apartment 241.

If you desire additional information please give us a call: 757-690-9211

Please look out for an upcoming Open House, but until then, swing by to say hello!

Joanne Burrell, DPT, Director of Rehab

Megan Hine, OT

Raquel Laws, PTA

Word Scramble

- OHT EOTCCALHO _____
- _____
- RCSFA _____
- IHLSGE LSLBE _____
- RDNGAIRBGEE _____
- ESLWAONKF _____
- TSRCMIASH _____
- ATKEJC _____
- NNSAOMW _____

See Jasmine for answer key.

Pumpkin Decorating!

Residents and staff had so much fun! Lyn, our volunteer, won first place, and pictured below, Clara Robinson won second place! Great job to all who participated.



“The holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us.” — Terri Marshall



The Devonshire Lifestyle



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

December 2017

Special Sprouts

With the look of miniature cabbages, Brussels sprouts offer maximum nutrition.

Like cabbage, Brussels sprouts are cruciferous vegetables, a group that also includes broccoli, cauliflower, kale and collard greens. These plants are known for powerful compounds that may protect the body from cancer. Additionally, Brussels sprouts are low in calories but high in fiber and protein, and a 1-cup serving contains more than 100 percent of the recommended daily amount of vitamins C and K. Among the vegetable's other valuable nutrients are vitamin A, folate, potassium, iron, calcium and omega-3 fatty acids.

In season throughout the fall and winter, Brussels sprouts grow along a tall stalk, which can grow as high as 3 feet and produce 20 to 40 sprouts. Some varieties are as tiny as 1 inch in diameter, while others can be as large as golf balls. The sprouts are often prepared steamed, roasted or sautéed, or shredded raw into salads.

The vegetable is believed to be native to a region in Belgium near the capital of Brussels, the sprouts' namesake. After World War I, the popularity of Brussels sprouts spread across Europe and the U.S., where California currently grows most of the domestic crop.

WORD BANK

- GINGERBREAD
- DECEMBER
- HOLIDAY
- CHRISTMAS
- HANUKKAH
- HOLLY
- KWANZAA
- REINDEER
- MISTLETOE
- WINTER
- CRANBERRY
- TOYS
- ELF
- SANTA
- TREE
- GIVING
- POINTSETTIA
- JOY

E	O	T	E	L	T	S	I	M	H	R	A
W	I	N	T	E	R	A	D	E	A	R	I
Y	R	R	E	B	N	A	R	C	N	E	T
G	L	F	R	O	S	Z	J	E	U	B	T
N	L	L	J	Y	A	N	F	E	K	M	E
I	I	S	O	W	N	A	L	D	K	E	S
V	M	T	Y	H	T	W	E	N	A	C	N
I	S	E	F	L	A	K	E	I	H	E	I
G	I	N	G	E	R	B	R	E	A	D	O
H	O	L	I	D	A	Y	T	R	A	K	P
C	H	R	I	S	T	M	A	S	Z	O	K
B	E	R	R	E	E	D	N	I	E	R	T

Remember for every new resident referred by a current resident, there is a \$250 resident referral bonus good off one month's rent.



DECEMBER 2017

Locations

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

Transportation Schedule

Monday
9:30 a.m.
Bank Runs
Tuesday
8:30-11 a.m. (Hampton Only)
Dr. Runs
Tuesday
1-4 p.m. (Newport News Only)
Dr. Runs
Wednesday
8:30-11 a.m. (Hampton Only)
Dr. Runs
Wednesday
1-4 p.m. (Newport News Only)
Dr. Runs
Thursday
11:10 a.m.
Lunch Outings
Friday
9:45 a.m.
Farm Fresh & Aldi
Saturday
10 a.m.
Food Lion

Birthdays

Roy Palmer, 1st
Sarah Cureton, 5th
Suzanne Anderson, 12th

“Each day offers a reason to celebrate. Find it and experience true bliss.”

—Amy Leigh Mercree

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
9:20 Sunday School, WR 3 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:00 Bible Study Life Group, WR	9:30 Banks 4 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 10:45 Goodtime Singers, DR 1:00 Dollar Tree 2:00 Bridge 3:30 Billiards in Game Room, GR	9:10 Swimmers 5 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR 4:00 Hot Toddys, AR	9:45 Indoor Morning Walk 6 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:30 Christmas Karaoke, AR 2:30 Christmas Trivia Hour, AR 3:45 Horse Shoe Game, AR	9:10 Swimmers 7 10:20 Bookmobile, AR 11:10 Lunch Outing 2:00 Matinee Idlers Barbershop Chorus, DR 2:15 Corn Hole 3:15 Jackpot Bingo, AR	9:45 Farm Fresh 1 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 2:00 Tree Trimming Party 3:30 Happy Hour, AR	10:00 Food Lion 2 1:00 Resident Canasta, AR 2:00 Kmart 3:00 Spades Card Game, AR 6:00 Chosen Generation Ministries Bible Study, WR
9:20 Sunday School, WR 10 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:00 Bible Study Life Group, WR	9:30 Banks 11 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Act II Consignment 2:00 Bridge 3:30 Scrabble, AR 6:00 Celebration of Lights	HANUKKAH BEGINS AT SUNDOWN 12 9:10 Swimmers 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:15 Resident Dining Meeting, DR 3:00 Gingerbread House Contest, DR	9:45 Indoor Morning Walk 13 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Nail Care, AR 3:45 Conversation & Hot Cocoa, AR	9:10 Swimmers 14 11:10 Lunch Outing 2:00 Festival of Trees, AR 3:15 Jackpot Bingo, AR	Ugly Christmas Sweater Day! 15 9:45 Farm Fresh 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 12:30 Goodwill 2:00 Resident & Staff Holiday Party, DR 3:30 Happy Hour, AR	10:00 Food Lion 16 10:00 York County Gospel Choir, DR 1:00 Sears 1:00 Resident Canasta, AR 3:00 Spades Card Game, AR 7:00 Tradoc Band Holiday Concert at Ft. Monroe
9:20 Sunday School, WR 17 2:30 The Lyrics, DR 6:00 Cinema Sunday, AR 6:00 Bible Study Life Group, WR	9:30 Banks 18 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Dollar Tree 2:00 Bridge 3:30 Billiards in Game Room, GR	9:10 Swimmers 19 10:00 Coffee Klatch, AR 11:30 Winter Picnic, WR 2:00 Prize Bingo, AR 3:15 Arts & Crafts, CR	9:45 Indoor Morning Walk 20 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:30 Cookie Decorating Contest, AR 2:30 National Sangria Day Social!, AR	WINTER BEGINS 21 9:10 Swimmers 10:20 Bookmobile, AR 11:10 Lunch Outing 2:30 First Day of Winter Social, AR	9:45 Aldi Grocery Store 22 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 Target 3:30 Happy Hour, AR	10:00 Lidil Grocery Store 23 12:45 Chkd Thrift Store 2:30 Big Lots 6:00 Cinema Saturday w/Popcorn, AR
CHRISTMAS EVE 24 9:20 Sunday School, WR 3:00 Resident Card Game, AR 6:00 Cinema Sunday, AR 6:00 Bible Study Life Group, WR	CHRISTMAS 25 10:30 Resident Chair Exercise, AR 2:00 Bridge 3:30 Scrabble, AR	9:10 Swimmers 26 10:00 Coffee Klatch, AR 1:00 Prize Bingo, AR 2:30 Arts & Crafts, CR	9:45 Indoor Morning Walk 27 10:15 Forever Fit 10:30 Resident Chair Exercise, AR 1:00 If No Dr. Runs There Will Be a Store Outing 3:00 Word Scramble Contest, AR	9:10 Swimmers 28 11:10 Lunch Outing 2:15 Indoor Mini Golf, AR 3:15 Jackpot Bingo, AR	10:15 Forever Fit 29 10:30 Resident Chair Exercise, AR 12:45 Walmart 2:00 Birthday Party w/ the Taylors, DR 3:30 Happy Hour, AR	10:00 Food Lion 30 12:45 Ross Dress for Less 2:30 Dillards 3:00 Spades Card Game, AR
NEW YEAR'S EVE 31 9:20 Sunday School, WR 3:00 Resident Card Game, AR 6:00 Bible Study Life Group, WR 8:00 New Year's Eve Party!, AR						