

Recent Highlights (Continued)



Aromatherapy and Memory

Have you ever caught a whiff of perfume that reminded you of a loved one? Or smelled vanilla and recalled eating freshly baked cookies as a child? Smell is one of the most powerful of the five senses and closely tied to memory. Breathing in scents to tap into pleasant memories is a form of aromatherapy.

Ancient cultures in China, India, Egypt and Greece added aromatic plants to balms and oils, believing they had physical and psychological benefits. In the early 1900s, a French chemist coined the term “aromatherapy” and wrote a book on the medical use of natural essential oils and extracts from plants.

Aromatherapy often involves breathing in essential oils or applying them to your skin, but it can also be as simple as smelling favorite foods or flowers, as well as using scented lotions, soaps or sprays. Odors activate areas of the brain that control emotions, which is why scents can stir such vivid memories. When a fragrance evokes happy memories, it can have a calming effect and boost mood.

Peppermint, vanilla, lavender, lemon, and eucalyptus are some of the scents used in aromatherapy.

The Ap-peal of Handbells

The merry music of handbell choirs is a festive sound that rings in the holiday season.

Early forms of handbells were part of ceremonies in many ancient cultures. Later, street vendors, town criers and night watchmen used them to attract attention.

Sets of handbells tuned to a musical scale first appeared in 17th-century England, where the art of ringing large tower bells was popular. But rehearsals could be noisy and disruptive, so small bells were designed to allow the ringers to practice their melodies indoors. Handbell groups soon formed across Europe.

In the 1840s, showman P.T. Barnum introduced the tradition to the U.S. when he brought a group of English bell ringers on a nationwide tour, but it wasn't until the early 20th century that the first handbell choirs were established in America. The ensembles have become a tradition at church services, but community choirs are increasingly popular, and some schools and universities teach handbells in their music curriculum.

Indulging in Eggnog

Rich, creamy, sweet and spicy, eggnog is a favorite holiday treat.

Before evolving into the drink we know today, eggnog began as a medieval English punch called posset, which was served hot. Since its ingredients of milk, eggs, some type of alcohol, and spices were expensive, posset was reserved for special occasions and used when toasting to prosperity and good fortune.

In the 1700s, settlers brought their posset recipes with them to Colonial America. Historians believe the name “eggnog” emerged around this time and may derive from the word “noggin,” the term for a wooden cup used to serve drinks like posset, or “grog,” an alcoholic beverage.

Before the days of refrigeration, eggnog was more likely to be whipped up during the winter months. This led to it becoming a staple beverage served at holiday parties.

Along with homemade versions, more than 15 million gallons of commercially made eggnog are sold in the U.S. each year. The drink's popularity has inspired a range of eggnog-flavored products, such as coffee, ice cream and baked goods. Dairy-free varieties of eggnog are also available.

The Devonshire

Lifestyle

Independent Living Community

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DECEMBER 2019

Recent Highlights

Enjoy these recent highlights that include our Pink and Purple Walks that celebrated the courageous people who have fought Alzheimer's Disease and Breast Cancer. Look at how much food we collected for the Food Bank!



(Continued on back)

Greetings, Devonshire Residents

November was all about kindness and giving back. We were able to collect over 100 pounds of non-perishable food items for the food bank; thanks for your help! We will keep the donation box near the

Independent Living Activity Room through the holidays if you would like to continue to contribute.

It was wonderful to see your families at the Thanksgiving Luncheon last month. We had a wonderful time.

We also enjoyed celebrating our veterans at our Veterans Day Ceremony. We continue to thank you for sacrifices you made for our country.

I look forward to a prosperous New Year with you here at The Devonshire. 2020 has great things in store for us!

Happy Holidays,
Natalie Fox
Executive Director



