

# The Devonshire

## Lifestyle



Like Us!



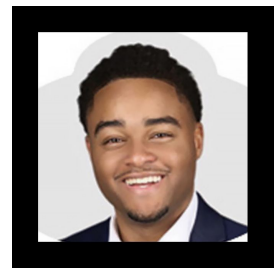
Independent Living Community

2220 Executive Drive • Hampton, VA 23666 • (757) 827-7100 • [www.devonshireseniorliving.com](http://www.devonshireseniorliving.com)

## AUGUST 2024

### A Note From Our Executive Director

Hello everyone! Please remember to stay hydrated and drink plenty of fluids during this heat. We always have water with fruit in the lobby area. We have some cool activities this month as well. We have a trip to the Hampton Roads Naval Museum scheduled for August 29th. We will also have a Family Night/Special Event "Mystic Greece" with Entertainment by Sentimental Journeys on August 15th. Looking forward to seeing everyone there.



### Fall Back Asleep

The medical journal Sleep Medicine reports that at least three times a week, roughly one-third of Americans wake up in the middle of the night. And nearly half of them struggle to fall back asleep. Sound familiar? If so, these tips may help:

- Turn on as few lights as possible. Make sure you can safely get up if you need to, but use a lamp or flashlight instead of switching on a main light.
- Don't check the clock—knowing just how many hours you have before you need to rise can make you more anxious and less likely to drift back to dreamland.
- Change your scenery. If it's been 20 minutes and you're still awake, get up and go to a different room. The distraction of being in a new setting can make you drowsy, as well as help you associate your bed with sleeping instead of tossing and turning.



### Here's the Scoop on Some Favorite Frosty Treats

Frozen desserts are the most delicious way to cool off on a hot day. The hard part is choosing between all the flavorful options! Help satisfy your next craving by consulting this menu of summer's classic sweet treats.

*Ice cream.* We all scream for it! In a dish or cone, slow-churned or soft serve, ice cream is the second bestselling treat in the United States, after cookies. Flavors, toppings and mix-ins are practically endless, but vanilla remains Americans' No. 1 choice.

*Frozen yogurt.* Lighter and tangier than ice cream, froyo is a good source of protein and probiotics. With fun flavor combinations and tasty toppings like fresh fruit and candy bar pieces, kids—and adults!—will never know they're getting extra nutrition.

*Snow cones and shaved ice.* While similar, these fruity, icy treats have distinct differences. The ice pieces in snow cones are larger, which can be fun to crunch on, and the syrup often settles at the bottom of the cone, resulting in a final sip that's super tasty. Shaved ice is softer and flakier, like actual snow, and absorbs the syrup more evenly, so each bite is full of flavor.

### Good Vibrations

"With the right vibes and the right people, it's easy to create something magical." —Dinah Jane

**AUGUST 2024**

**August Birthdays**

Rose Vann 8-5  
Gwen Porter 8-24

**Locations**

Activities Room, AR  
Courtyard, CY  
Dining Room, DR  
Windsor Room, WR

**Country Store**

Tuesday 11 a.m.-Noon  
Thursday 11 a.m.-Noon

**Quench Thirst With Lemonade**

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.

**"It's never too late in life to have a genuine adventure."  
—Robert Kurson**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>10:00 Exercise With Amy 10:30 Country Store <b>11:00 Lunch Outing to Surf Rider!!</b> 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour</p>	<p>2 9:30 Walking In the Courtyard 10:00 Hand Massages🚗 <b>1:00 Grocery Shopping at Food Lion🚗</b> <b>3:00 Happy Hour</b> 4:00 MSNBC Evening News</p>	<p>3 9:00 Word Search Puzzles <b>10:00 Candy Bingo</b> 2:30 Movie: Residents' Choice 5:30 Scrabble Club</p>
<p>4 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games</p>	<p>5 9:30 Grocery Orders with Amy <b>10:30 Bank Runs🚗</b> <b>1:30 Trip to Barnes &amp; Noble🎵</b> 3:30 Exercise with Amy 4:00 MSNBC Evening News <b>5:30 Ladies Night</b></p>	<p>6 <b>8:30 Dr. Appointments</b> <b>9:45 Coffee &amp; Pastries, AR</b> 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club <b>6:00 Resident Council Meeting AR</b></p>	<p>7 <b>8:30 Dr. Appointments</b> 9:30 Grocery Orders with Amy <b>10:00 Worship with Pastor Davis</b> <b>1:30 Ice Cream Social wi/ At Home Care</b> 2:30 August Trivia 5:00 Dominos</p>	<p>8 <b>10:00 Exercise With Legacy</b> 10:30 Country Store 1:30 Jackpot Bingo\$ <b>2:30 Fresh Popped Popcorn</b> 3:00 Game: Finish Lines 4:00 Easy Listening Music Hour</p>	<p>9 9:30 Walking In the Courtyard <b>10:00 Grocery Shopping at Harris Teeter🚗</b> <b>1:00 Shopping Trip to Goodwill Thrift Store🚗</b> <b>3:00 Happy Hour</b> 4:00 MSNBC Evening News</p>	<p>10 9:00 Word Search Puzzles <b>10:00 Buckroe Farmers Market🚗</b> 2:30 Movie: Residents' Choice 5:30 Scrabble Club</p>
<p>11 9:30 Jigsaw Puzzles 10:00 Dominos <b>1:00 Popcorn &amp; A Movie "Joyful Noise"</b> 5:30 Tabletop Games</p>	<p>12 9:30 Grocery Orders with Amy <b>10:30 Bank Runs🚗</b> <b>1:30 Manicures &amp; Music🎵</b> 3:30 Exercise with Amy 4:00 MSNBC Evening News</p>	<p>13 <b>8:30 Dr. Appointments</b> <b>9:45 Coffee &amp; Pastries, AR</b> 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club</p>	<p>14 <b>8:30 Dr. Appointments</b> 9:30 Grocery Orders with Amy <b>10:00 Worship with Pastor Davis</b> 1:30 Game: Codenames <b>2:30 Painting on Canvas🎨</b> 5:00 Dominos</p>	<p>15 <b>10:00 Exercise with Amy</b> 10:30 Country Store 1:30 Jackpot Bingo\$ 4:00 Easy Listening Music Hour <b>6:00 Entertainment w/ Sentimental Journeys🎵</b> <b>6:00 Family Night "Mystic Greece"</b></p>	<p>16 9:30 Walking In the Courtyard <b>10:00 Grocery Shopping at Walmart Neighborhood Market🚗</b> <b>1:00 Shopping Trip to Ollies Bargain Outlet🚗</b> <b>3:00 Happy Hour</b> 4:00 MSNBC Evening News</p>	<p>17 9:00 Word Search Puzzles <b>10:00 Scenic Ride🚗</b> 2:30 Movie: Residents' Choice 5:30 Scrabble Club</p>
<p>18 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games</p>	<p>19 9:30 Puzzles <b>10:30 Bank Runs🚗</b> 1:30 Wheel of Fortune on Wii 4:00 MSNBC Evening News <b>6:00 Bingo with Northampton Women's Club, AR</b></p>	<p>20 <b>8:30 Dr. Appointments</b> <b>9:45 Coffee &amp; Pastries, AR</b> 11:00 Country Store 1:30 Prize Bingo 5:30 Scrabble Club</p>	<p>21 <b>8:30 Dr. Appointments</b> <b>10:00 Worship with Pastor Davis</b> 1:00 Uno 2:00 Movie: Residents' Choice 5:00 Dominos</p>	<p>22 <b>10:00 Exercise With Legacy</b> 10:30 Country Store 1:30 Jackpot Bingo\$ <b>2:30 Fresh Baked Cookies</b> 3:00 Dominos 4:00 Easy Listening Music Hour</p>	<p>23 9:30 Walking In the Courtyard <b>10:00 Grocery Shopping at Lidl🚗</b> <b>1:00 Shopping Trip to Dollar Tree🚗</b> <b>3:00 Happy Hour</b> 4:00 MSNBC Evening News</p>	<p>24 9:00 Word Search Puzzles <b>10:00 Breakfast at Hardee's!!</b> 2:30 Movie: Residents' Choice 5:30 Scrabble Club</p>
<p>25 9:30 Jigsaw Puzzles 10:00 Dominos 1:30 Movie: Residents' Choice 5:30 Tabletop Games</p>	<p>26 9:30 Grocery Orders with Amy <b>10:30 Bank Runs🚗</b> <b>1:30 Manicures &amp; Music🎵</b> 3:30 Exercise with Amy 4:00 MSNBC Evening News <b>5:30 Visit with Therapy Dogs Hattie &amp; Lulu</b></p>	<p>27 <b>8:30 Dr. Appointments</b> <b>9:45 Coffee &amp; Pastries, AR</b> 11:00 Country Store 1:30 Prize Bingo 3:30 Exercise with Amy 5:30 Scrabble Club</p>	<p>28 <b>8:30 Dr. Appointments</b> 9:30 Grocery Orders with Amy <b>10:00 Worship with Pastor Davis</b> 1:30 Jackpot Bingo\$ 3:30 Exercise with Amy 5:00 Dominos</p>	<p>29 <b>9:45 Trip to Hampton Roads Naval Museum🚗</b> 10:00 Jigsaw Puzzles 10:30 Country Store 1:30 Dominos <b>2:30 Menu Chat with Tom DR</b> 4:00 Easy Listening Music Hour</p>	<p>30 9:30 Walking In the Courtyard <b>10:00 Grocery Shopping at Food Lion🚗</b> <b>1:00 Shopping Trip to Ross Dress for Less🚗</b> <b>3:00 August Birthday Celebration</b> 4:00 MSNBC Evening News</p>	<p>31 9:00 Word Search Puzzles <b>1:00 Scenic Ride🚗</b> 2:30 Movie: Residents' Choice 5:30 Scrabble Club</p>



## Wild World: Macaw

These striking, intelligent birds have brightly colored feathers, helping them hide among the fruits, flowers and trees of the Central and South American rainforests they call home. Macaws are the largest members of the parrot family and are easily recognized by their long tails and impressive beaks, which are strong enough to crack nuts. Also feeding on fruit, seeds and insects, the social birds often live in large flocks of up to 30. Some species can live 80 to 90 years, and if macaws spend time around people, they can teach themselves to mimic human speech.

## A Magical Summer

"Everything good, everything magical happens between the months of June and August." —Jenny Han

## History's Lifesaving Vaccines

National Immunization Awareness Month during August is a good time to look back at some of history's most impactful vaccines:

**Smallpox.** In 1796, British doctor Edward Jenner discovered that exposing humans to the cowpox virus protected them from smallpox, a similar disease that had been around for 3,000 years and claimed millions of lives. Thanks to the vaccine, smallpox was officially eradicated in 1980.

**Rabies.** Louis Pasteur, a French chemist and biologist who produced groundbreaking work on germs, developed a rabies vaccine in 1885. This vaccine is unique in that it's typically given to a person after exposure to the disease, not before.

**Influenza.** First developed in the 1940s, the seasonal flu shot is now offered annually, since the influenza virus constantly changes. With ongoing scientific research, a new vaccine is developed each year to target the most common strains.

**Polio.** Medical researcher Jonas Salk became a global hero in 1955 after developing a vaccine against polio, a highly contagious disease among children that can lead to paralysis. The U.S. has been polio-free since 1979.

**MMR.** This injection that offers protection from measles, mumps and rubella was introduced in 1971, improving upon previous vaccines developed separately for each condition. All three highly contagious diseases were very common before the vaccine became widespread.

Other major vaccines that have benefited global health over the years include immunizations against pneumonia, hepatitis, chickenpox and shingles, and COVID-19.



## Bright Beacons

The concept of lighthouses was born from simple bonfires built on hillsides. Over time, these beacons evolved into the iconic towers we know today.

Lighthouses aid mariners navigating the sea by warning them of hazardous conditions, notifying them land is near and establishing location.

The two major components of a lighthouse tower are the light source, known as the lamp, and the lens, which concentrates the light. These are housed in the lantern room at the top of the tower.

Through the years, lamps were fueled by coal, oil and kerosene. Lighthouse keepers replenished fuel, cleaned the lenses and handled overall operation of the structures.

In the early 20th century, electricity began replacing fuel, and, as technology evolved, lighthouse operations became automated.

Perhaps the oldest known lighthouse, the Pharos of Alexandria in Egypt, was built between 280 and 247 B.C. At more than 400 feet, it was among the tallest manmade structures on Earth for centuries and was considered one of the Seven Wonders of the Ancient World.

The first lighthouse in what would become the United States was built in 1716 on Little Brewster Island in Boston Harbor. It was destroyed by British troops in 1776 but rebuilt in 1783.