



# BELLAIRE

## AT STONE PORT

1684 Port Hills Drive • Harrisonburg, VA 22801 • (540) 246-0888



April 2019



- Executive Director**  
Michael Parrott  
ed@bellaireatstoneport.com
- Director of Health and Wellness**  
Austin Payne  
drc@bellaireatstoneport.com
- Memory Care Director**  
Mary Gauldin  
dmc@bellaireatstoneport.com
- Activities Director**  
Andrew Kipps  
activities@bellaireatstoneport.com
- Director of Environmental Services**  
Randall Campbell  
maintenance@bellaireatstoneport.com
- Director of Dining Services**  
Chris Nicholson  
dds@bellaireatstoneport.com
- Marketing Director**  
Stanford Moats  
marketing@bellaireatstoneport.com
- Business Office Manager**  
Courtney Lafkin-Coffman  
bom@bellaireatstoneport.com

### A Look Ahead

April will be an exciting month here at Bellaire in the Activity Department. We will be bringing you Easter fun throughout the month with a variety of activities in both Assisted Living in Memory Care.

Memory Care can also look forward to continuing Monday Bible Studies with Mary, Music with Frank which is now twice a month, a Spa Day with Austin, planting flowers with Nikki, and creating some Easter themed food with Chris. We will also be adventuring out on several Scenic Drives and going on a trip to Ruby Tuesday's.

In Assisted Living we will be hitting the road and heading to Walmart, Vito's and Cracker Barrel. You can also look forward to another Scenic Drive with Randal. In addition we will be watching some Spring themed movies, doing a variety of Easter crafts, and enjoying musical entertainment from Kimball, Davis Bradley, and Fritz Horisk.



## Associate of the Month



Michael joined our Bellaire Team in October 2018 as a Registered Medication Aide. Michael comes to us with 3 years of med tech experience. He has worked in senior living for 4 years and enjoys every minute it. When asking Michael what he likes most about his job at Bellaire he responded with "I enjoy the connections I make with each of the residents and I like knowing that I make an impact on their daily lives. I wouldn't want to work in a setting where I didn't get to follow through with ones care to see how they progress and improve." Michael has been a valuable asset to our team. He is willing to work any shift and assignment without complaint. He is also very generous with picking up shifts from co-workers and ensuring our residents are well taken care of. Please congratulate Michael as the Employee of the Month!

## Resident of the Month



Tena Perinoni was born in Bradshaw, West Virginia. She married her husband Ronald, a Navy man, at the age of 21. Tena Loved traveling and enjoyed being a navy wife, traveling to visit Ronald when he was in port. Together they had one daughter, Sally. Tena now has 4 granddaughters, 2 great granddaughters and one great grandson.

During her life Tena has moved around a lot, she has lived in Maryland, West Virginia, Delaware, Washington State, California, and now Virginia. During World War 2 she worked at a factory making bullets, she also spent lots of time gardening and canning. These days she enjoys listening to music, reading, and participating in activities here at Bellaire.

## Crunchy Carrots

Famous for their crunch and their bright orange color, carrots are one of the most popular produce picks.

Wild carrots grew in Asia at least 3,000 years ago, but they weren't the vegetable we know today. In hues of purple, green, yellow and white, they were tough and bitter, and used mainly for medicinal purposes. Edible orange carrots are thought to have been developed by the Dutch in the 1600s. European settlers brought carrot seeds to Colonial America for cultivating.

Carrots are a root vegetable, and because they grow underground, they absorb nutrients from the soil. Along with fiber and vitamin C, carrots are packed with beta carotene, an antioxidant that the body converts into vitamin A, needed for healthy eyes, skin and immunity. The natural sugar content in carrots provides a subtle sweet flavor to dishes, even desserts such as carrot cake.

Although carrots come in many colors and sizes, baby-cut carrots make up 70 percent of carrot sales. Developed in 1986, these snack staples are full-grown carrots that have been cut and peeled into 2-inch pieces.







Sorry! with JMU Students



Dear Gabby After Hours with Stanford

### April Assisted Living Activity Spotlight

- 4/1 Best of April Fools Day
- 4/2 Resident Council
- 4/3 Vito's Outing
- 4/5 Bluestone Elementary
- 4/8 Exploring Youtube
- 4/10 Scenic Drive with Randal
- 4/11 Movie with Courtney
- 4/12 Happy Hour with Fritz
- 4/17 Cracker Barrel Outing
- 4/18 Easter Scavenger Hunt
- 4/17 Davis Bradley Music
- 4/24 Walmart Outing
- 4/26 Happy Hour with Kimball
- 4/30 Wheel Chair Wash

### Bellaire Beauties & Barbershop

Hours of operation are 8am to 5pm. For an appointment or more information, please call Carole Homa at 540-843-4231.



### Salon Pricing Guide

Haircut	\$15.00
Wash & Set	\$18.00
Color	\$45.00
Perm	\$50.00
Beard & Mustache Trim	\$10.00
Cut, wash, blow dry, set	\$25.00

### Welcome New Associates!

Kaylea Morris	CNA
Taylor Sigrist	DCA
Holly Berg	DCA
Melissa Good	Housekeeping
Jeanne Smith	DCA
Alexis Carrasquillo	DCA
Sage Jackson	DCA
Christine Morgan	Activities
Ashley Shifflet	RMA

### April Memory Care Activity Spotlight

- 4/1 Bible Study with Mary
- 4/4 Burrito Bar
- 4/5 Blustone Elementary
- 4/6 Tasty Treat: Twinkie Day
- 4/7 From Our Hearts
- 4/8 Music with Frank
- 4/12 Music with Fritz
- 4/17 Davis Bradley Music
- 4/22 Music with Frank
- 4/24 Spa Day with Austin
- 4/26 Super Hero Party
- 4/26 Planting with Nikki
- 4/30 Bubble Tea with Mary



Coloring in Memory Care



Cracker Barrel Outing



# Word Search

Category: Things in a Kitchen

R N E V O K E L D A L T D O G G P R E T N U O C G O T H G L D G C A T G E P D A C N A P S U O H V S E K R O F T G D P F A M F C G E E D E V D A W D I V H R G S D C B U O F N X C G A I G J O C R S K D E U S D R K W E C I D G C R D F D F L T I N F E S D <u>S T O V E</u> F M K R T G P L A T T E R	1. Stove 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____
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Word Search Solution:

1. Bowl 2. Counter 3. Cup 4. Faucet 5. Fork 6. Knife 7. Ladle 8. Microwave 9. Mixer 10. Oven	11. Pan 12. Plate 13. Platter 14. Pot 15. Refrigerator 16. Saucer 17. Sink 18. Spoon 19. Stove 20. Toaster
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## "This Month In History" APRIL

**1912:** Considered the first movie palace, the Strand Theatre opens in New York City. The lavish building could seat nearly 3,000 people.

**1924:** The first book of crossword puzzles is published.

**1935:** Congress votes to establish the Works Progress Administration. The WPA created jobs for out-of-work Americans during the Great Depression.

**1947:** A two-lane bowling alley built inside the White House is unveiled. It was an early birthday present for President Harry S. Truman.

**1956:** World heavyweight champion Rocky Marciano retires from boxing undefeated.

**1969:** At the 41st Academy Awards ceremony, Katharine Hepburn and Barbra Streisand tie for best actress. Hepburn won for "The Lion in Winter" and Streisand for "Funny Girl."

**1976:** Barbara Walters is named the first female co-anchor of a network evening news program. She teamed with Harry Reasoner on ABC.

**1983:** Alice Walker wins the Pulitzer Prize for her novel "The Color Purple."

**1993:** The U.S. Holocaust Memorial Museum is dedicated in Washington, D.C.

**2008:** Pop star Beyoncé Knowles weds rapper Jay-Z in New York City.

**2011:** In the largest outbreak ever recorded, more than 300 tornadoes hit 15 states in the southern and eastern U.S.

**2018:** Prince Louis, the third child of England's Prince William and his wife, Catherine, is born in London.