

# BELLAIRE

AT STONE PORT



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**Meet Bellaire's New Executive Director**

Lorna Weldon has seven years' experience working in assisted living and memory care in Virginia and is also a Preceptor to train other Administrators. Lorna also possesses certification as a Dementia Practitioner as well as being a CPR/First Aid Instructor and VA Public Notary.

Her passion for people bloomed from her own personal family experiences of growing up in an older family. Lorna has a master's degree in counseling and a post-graduate degree in brain injury.

Her family includes her son and daughter and a grandson, her heart, who is 8! Some of her enjoyments include cooking, swimming and going to the drive-in movies!

Lorna has an open-door policy to meet with residents, staff and families. Please stop by and say Hi!



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### Resident of the Month

Rose Agresto (also known as “Rosie girl”) is not your average lady—not in the least. Just last month she celebrated her 100th birthday! But her 100 years of experiences has not slowed her down one bit. She is still full of energy and always has a smile on her face.

Rose was born and raised in Brooklyn, New York, along with her five siblings. She was always active in sports, such as swimming and basketball. She even went on to receive the Female Gold Medal of the year after completing high school.

Wanting to have a family of her own, Rose married Joseph Agresto. Together they have four children, Joseph Jr, Richard, Patrica and Robert. Rose lived in Washington, D.C., for twenty years and eventually found work as a receptionist. Today, Rose enjoys painting, as well as crocheting hats and blankets for infants in her free time. We are so blessed to have her at Bellaire.



### Spectacular Succulents

Tall and spiky, plump and fuzzy, tiny and delicate—with something for everyone and easy to tend, succulents may be the perfect houseplants.

From the Latin word *sucus*, meaning “juice” or “sap,” a succulent is loosely defined as any plant that stores water in its leaves or stems. Cactuses likely come to mind, but they are just one type of succulent; not all succulents are considered cactuses.

Succulents are popular choices for gardeners of all types. They’re extremely low maintenance, and some experts say they “thrive on neglect.” The plants require very little water and are generally pest-resistant. They come in a wide variety of interesting shapes, sizes and textures, and in practically every color of the rainbow. Some succulents will bloom under the proper conditions.

Growing succulents can quickly become a fun and addictive-yet-harmless hobby.

Many succulents can be grown indoors or outdoors and typically require at least six hours of full sun daily. Popular varieties include hen-and-chicks, aloe vera, jade plants, snake plants and sedum.

### Facts About Dementia

Some loss of mental ability is normal with age; however, a decline in thinking ability that cannot be explained by aging alone may be due to a syndrome called Mild Cognitive Impairment (MCI). MCI can affect one or more areas of thinking (cognition), such as memory, speech, or decision making. Half of individuals with MCI will go on to get dementia.

Symptoms of MCI are often subtle and can be mistaken for normal age-related decline. Individuals with MCI often have balance and coordination problems that are not part of normal aging.



### Green Spaces Linked to Longevity

A National Institute of Environmental Health Sciences study, conducted over an eight-year period, found that women tended to live longer when surrounded by vegetation. The presence of trees, gardens and houseplants can reduce air pollution and improve mental well-being, leading to increased health and happiness.





### Bellaire Beauties & Barber Shop

Meet Carole Homa. She is Bellaire's beautician. Carole will be here on Wednesdays for haircuts, perms, and color. Thursdays she will do shampoos and sets. For an appointment, please call Carole at 540-843-4231.

### Salon Hours

Wednesday ..... 8:00-5:00  
 Thursday ..... 8:00-5:00

### Salon Pricing Guild

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



### Wit & Wisdom

"There is nothing I like better at the end of a hot summer's day than taking a short walk around the garden. You can smell the heat coming up from the earth to meet the cooler night air."  
 —Peter Mayle

"If you saw a heat wave, would you wave back?"  
 —Steven Wright

"When you can't make them see the light, make them feel the heat."  
 —Ronald Reagan

"Maybe we adults idealize our own red-rover days, the hot afternoons spent playing games that required no coaches, eating foods that involved no nutrition, getting dirty in whole new ways and rarely glancing in the direction of a screen of any kind."  
 —Nancy Gibbs

"I'm surprised how hot it gets in the Moab Desert. I knew it got hot, but I didn't think it got, like, Mercury-hot."  
 —Adam Ferrara

"What dreadful hot weather we have! It keeps one in a continual state of inelegance."  
 —Jane Austen

"It ain't the heat, it's the humility."  
 —Yogi Berra



### Hearing at Home, Mobile Hearing Center

Michael Combs and Jimmy Stewart, founders of Hearing at Home, are passionate about offering the highest level of care, while keeping it affordable for everyone.

Hearing at Home will be at Bellaire at Stone Port the first Monday of each month at 1p.m.

They will clean your hearing aid for FREE and do a Free hearing evaluation.

Hearing at Home saves you money, while verifying hearing aid performance in the best possible setting, your everyday listening environment.

### Happy Birthday to the Following Bellaire Residents!

08/02 John H  
 08/06 Toby P  
 08/07 Richard H  
 08/15 Londa H  
 08/20 Vada M  
 08/21 Elray H  
 08/24 Martha



