



BELLAIRE

AT STONE PORT

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August 2019



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I am Miranda Cummings, a registered nurse, and I am so honored and excited to be at Bellaire at Stone Port as your new Director of Health and Wellness. I grew up in Mount Solon, Virginia. I graduated from Buffalo Gap High School where I was involved in softball, soccer and cheerleading. I attended Bridgewater College my first year of studies where I also was involved in cheerleading. I transferred to New River Community College and obtained my business management degree and nursing degree. I moved back to the area to be closer to my family and took a full-time position in the Emergency Department at Sentara Rockingham Memorial Hospital. *Continued on page 2.*



Associate of the Month



Christine Morgan is our Associate of the Month. Christine joined us as an Activities Assistant just a few months ago but in that time has shown that she is a star. Whether it is in Memory Care or Assisted Living she brings a vibrant and infectious enthusiasm to the activities she leads. She always goes above and beyond to be helpful and is a joy to be around for both residents and staff. When you see Christine please take a moment to congratulate her on being our Associate of the Month.

Resident of the Month



Sandy is a ray of sunshine. She has a great love of people and is a very loving and kind-hearted woman. She is a woman who has always been respected and admired in both her professional and personal life. Before retiring she worked and managed a retail clothing store- her customers and employees loved and admired her. She is a loving and devoted mother to her daughter, Christie, who she is very close with. She was also a doting pet-owner and is now a proud grandmother to her new granddog. Sandy is a lover of not only people and animals but also music, bacon, sunshine, and a good joke. Sandy lives in our Memory Care Neighborhood where her smile and cheerful hums brighten any room.

Getting to Know Your New Director of Health and Wellness - Continued From Page One

After working in the ER for five years, I was offered an opportunity to work in the Cardiac Catherization Laboratory. While taking on a new position in cardiology, I enrolled in Western Governors University to obtain my bachelor's in nursing. This goal will be met before Christmas 2019! I am so grateful to be a part of this community and to get to know each and every one of you personally.

Photo Highlights





Residents enjoy a delicious snack with a show as well as getting in the 4th of July spirit with firework paintings.

August Assisted Living Activity Spotlight

- 8/1 Q&A with Austin
- 8/1 Fan-tastic Watermelon
- 8/5 Wheelchair Wash
- 8/6 Resident Council
- 8/6 Watercolor Painting
- 8/7 Cracker Barrel
- 8/9 Fritz Horisk Music
- 8/12 Chair Yoga with Miranda
- 8/14 Scenic Drive with Randal
- 8/15 Rock Painting
- 8/18 Popsicles on the Porch
- 8/21 Cracker Barrel
- 8/21 Davis Bradley Music
- 8/23 Beer and Wine Tasting
- 8/28 Walmart
- 8/29 Nebula Painting
- 8/30 Kimball Swanson Music

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

Photo Highlights



Residents enjoying Noodle Ball!

August Memory Care Activity Spotlight

- 8/2 Drumtastics Debut!
- 8/4 Mt. Zion Bible Church
- 8/5 Red Lobster
- 8/9 Music with Fritz
- 8/9 Drink A Coca Cola Day
- 8/12 Music with Frank
- 8/13 Walking Club
- 8/14 Smores with Mary!
- 8/19 Scenic Drive with Andrew
- 8/20 Watercolor Painting
- 8/21 Davis Bradley Music
- 8/23 Quality Time
- 8/23 Ice Cream Cone Party
- 8/26 Music with Frank
- 8/26 Bible Study with Mary
- 8/28 Puff and Polish
- 8/29 Noodle Ball!



Cornhole and Painting were some of the most popular activities this month!

Word Search

Category: Bugs

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

1. Moth _____
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Word Search Solution:

1. Ant	11. Hornet
2. Aphid	12. Katydid
3. Bee	13. Locust
4. Beetle	14. Mosquito
5. Cicada	15. Moth
6. Cricket	16. Roach
7. Earwig	17. Silverfish
8. Flea	18. Termite
9. Fly	19. Wasp
10. Gnat	20. Weevil

"This Month In History" AUGUST

1902: Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer's School of Cookery.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1948: As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

1962: Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.