

BELLAIRE AT STONE PORT



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



February 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 Kippes
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

February AL Activity Spotlight

- 2/1 Bluestone Elementary Visit
- 2/3 From Our Hearts Music
- 2/5 Resident Council Meeting
- 2/5 Crafts with Courtney
- 2/6 Southern Kitchen Outing
- 2/7 Art: Step by Step Rose Drawing
- 2/8 Happy Hour with Fritz
- 2/11 Spa Experience with Austin
- 2/13 Scenic Drive with Randal
- 2/14 Valentines Day Crush Party
- 2/14 Craft: Abraham Lincoln Bookmark
- 2/15 Happy Hour with Kimball
- 2/17 Music with the Wenger Family
- 2/18 Dear Gabby After Hours with Stanford
- 2/20 Vito's Italian Kitchen Outing
- 2/20 Davis Bradley Music
- 2/21 Craft: Homemade Hand Warmer
- 2/27 Walmart Outing
- 2/28 Craft: Build a Sculpture



Associate of the Month



Cindy Sheffield is our Associate of the Month! Over the past month Cindy has worked extremely hard and been an invaluable resource to the team. She has worked shifts as the Dining Concierge, as a Dietary Aid, and helped with laundry on top of her normal duties.

A few fun facts about Cindy, she has been a med tech since 2008, she has two kids and five grandkids, and she loves the beach. If you see her in the halls, please take a moment to thank her for all her hard work!

Resident of the Month



Sue Grace joined us here at Bellaire four months ago along with her husband Bob. Sue met Bob, a student at Oklahoma A&M, while living in Oklahoma and working as a flight instructor. They will have been married for 62 years as of January 28th.

They spent most of their married life working a farm just outside of Broadway, where they at various times raised cattle, sheep, llamas, turkeys, and goats. Together they had three kids and they now have 5 grandchildren.

Sue has always enjoyed playing Bridge and even made Bob learn before they started dating. She also enjoys gardening, cooking, reading and flower arranging.

Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home—not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands. With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D. Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

Dress warmly. Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.

Watch your step. Wear boots or shoes with nonskid soles, and avoid walkways that are wet, icy or snow-covered. Always hold on to safety railings. If you use a walker or cane, replace any worn tips. After being outside, leave wet shoes by the door to prevent tracking water throughout your home, creating a fall hazard.



Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry "Hap" Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter

Owen Crump quickly produced "Winning Your Wings," a short film starring actor and USAAF pilot Jimmy Stewart. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry—actors, directors, animators and more—the FMPU began producing training films from its base at a Hollywood studio lot. The unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.

The Super Bowl of Car Racing

While much of the country is in the cold grip of winter, a speedway in Florida heats up this month for the "Super Bowl of stock car racing," the annual Daytona 500.

Since the early 1900s, automobile racing on beach courses had been popular in the Daytona Beach area. Bill France Sr. was a former driver and race promoter there who founded NASCAR, the National Association for Stock Car Racing, in 1948. He proposed and then oversaw construction of a permanent racetrack, Daytona International Speedway.

The first Daytona 500 was

held Feb. 22, 1959. It was a close one, with officials taking days to review photos before declaring Lee Petty the winner.

Today, the Daytona 500 is the first and most prestigious event of the NASCAR season. Drivers make 200 laps around the 2.5-mile course, racing a total of 500 miles. The winner earns a prize of more than \$1.5 million.

The race draws more than 100,000 fans to the speedway, and 20 million more tune in for the live TV broadcast.



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

January Activity Photos



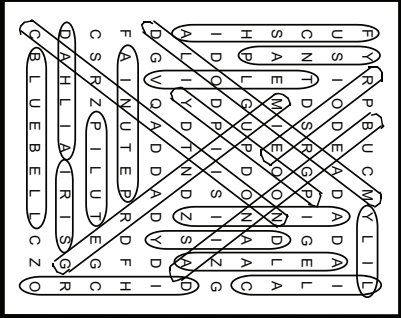
Word Search

Category: Flowers

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8. Geranium
9. Iris
10. Lilac
11. Lily
12. Marigold
13. Orchid
14. Pansy
15. Petunia
16. Poppy
17. Rose
18. Tulip
19. Violet
20. Zinnia



"This Month In History" FEBRUARY

1887: The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

1913: Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

1936: With the mission of conservation, the National Wildlife Federation is formed.

1940: College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

1955: "Sincerely" by the McGuire Sisters tops the pop music chart.

1963: Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

1971: Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

1986: Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

1998: At the Winter Olympics in Japan, 15-year-old American Tara Lipinski wins the ladies' figure skating title, becoming the youngest gold medalist in Winter Games history.

2002: The newly created Transportation Security Administration begins overseeing air travel security.

2011: Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

2018: The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41-33.