

# BELLAIRE AT STONE PORT



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## January 2018

### Welcome, Michael Parrott

Michael Parrott, Director of Sales & Marketing, joined Bellaire at Stone Port on December 4, 2017. Michael has a wife, Susan Parrott, and two children, Griffin (7) and Virginia (4). Michael has lived in the city of Harrisonburg for the last 12 years and has loved every minute. Michael is very excited about being a part of this incredible community and hopes to make a positive impact quickly. Bellaire welcomes Michael with open arms!



## HAPPY MLK DAY



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### **Staff Member of the Month!**

Donna Walker is one of Bellaire's finest. She has one son and two wonderful grandchildren. Being helpful to family and others and serving the Lord are the things that Donna cherishes.

On her down time, Donna enjoys reading, baking and watching a good movie.

Taking care of others is something that comes easy for Donna. She puts others before herself, and goes above and beyond to provide great care. Thank you, Donna, for all you do for Bellaire!

**HAPPY MLK DAY**



### **Resident of the Month!**

Jerry Bennett spent most of his life working and traveling. He was a purchasing coordinator for HEC. Jerry married Lana Sours; together they have a daughter Jana.

Traveling, along with being a volunteer firefighter, lifeguard at the beach, winning a sock hop dance contest, and square dance club president are some of Jerry's accomplishments. Jerry is a very social person and enjoys good company. We are proud to have Jerry as our resident of the month at Bellaire at Stone Port.



### **Cozy Comforts**

The weather outside looks frightful, but you're inside safe and warm, wrapped in a snuggly blanket, enjoying a steaming mug of cocoa and a good book. This experience is a classic example of hygge, the Danish way of living that focuses on coziness and contentment.

Central to Denmark's culture since at least the 1800s, hygge—pronounced "hoo-gah"—has become a popular décor and lifestyle trend. Fuzzy socks, thick blankets, warm drinks and crackling fireplaces are just some examples of the concept. But hygge is more than just familiar, comforting objects; it's also about appreciating the simple things in life and connecting with loved ones.

The heart of hygge is creating a warm atmosphere, both literally and figuratively. Surrounding yourself with friends and family, playing a board game and listening to each other's laughter, is just as important as wearing a treasured sweater and curling up in your favorite chair. Another essential element is the food—typically hot beverages, homemade desserts and comforting dishes such as chicken pot pie.







## Bellaire Beauties & Barbershop

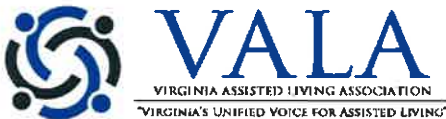
Hours of operation are 8-5. For an appointment or more information, please call Carole Homa at 540-843-4231.

## 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

## Memorable Melody: 'Auld Lang Syne'

Millions around the globe ring in the New Year by singing this Scottish folk song. The title translates to "Old Long Since," and the lyrics refer to remembering friends and days gone by. The ballad was passed down orally until poet Robert Burns wrote down the words and added new verses in the 1780s. Popular bandleader Guy Lombardo started the song's holiday tradition in 1929, when he played it at the stroke of midnight during a New Year's Eve broadcast from New York City.



Bellaire at Stone Port is a proud Venue Sponsor for VALA and NCCDP



## Day of Service

Martin Luther King Jr. once proposed, "Life's most persistent and urgent question is: 'What are you doing for others?'" Honor King's legacy by volunteering on the annual holiday and national day of service. To find service opportunities in your area, go to [Serve.gov/Volunteer](http://Serve.gov/Volunteer).



## Happy Birthday

### January Birthdays

01/04	Golden B.
01/10	Hugh C.
01/23	Josef P.



## Wit & Wisdom

"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals."

—Melody Beattie

"Set your goals high, and don't stop till you get there."

—Bo Jackson

"What you get by achieving your goals is not as important as what you become by achieving your goals."

—Zig Ziglar

"Life's up and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as steppingstones to build the life you want."

—Marsha Sinetar

"Your goals are the road maps that guide you and show you what is possible for your life."

—Les Brown

"A goal is not always meant to be reached; it often serves simply as something to aim at."

—Bruce Lee

"Many are stubborn in pursuit of the path they have chosen, few in pursuit of the goal."

—Friedrich Nietzsche

"One way to keep momentum going is to have constantly greater goals."

—Michael Korda



GINGERBREAD HOUSES IN REFLECTIONS, WITH JMU

