

# BELLAIRE

## AT STONE PORT



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



### Executive Director

Katie K. Meyer

[ed@bellaireatstoneport.com](mailto:ed@bellaireatstoneport.com)

### Marketing Director

Victoria Smith

[marketing@bellaireatstoneport.com](mailto:marketing@bellaireatstoneport.com)

### Memory Care Director

Ginger Rowe

[activities@bellaireatstoneport.com](mailto:activities@bellaireatstoneport.com)

### Director of Resident Care

Kathy Graham

[drc@bellaireatstoneport.com](mailto:drc@bellaireatstoneport.com)

### Business Office Director

Darlene Cales

[bom@bellaireatstoneport.com](mailto:bom@bellaireatstoneport.com)

### Activities Coordinator

Angela Shull

### Maintenance Director

Terry Alger

[maintenance@bellaireatstoneport.com](mailto:maintenance@bellaireatstoneport.com)

### Food Service Director

Tyler Supko

[fsd@bellaireatstoneport.com](mailto:fsd@bellaireatstoneport.com)

July 2017



### A Figure of Speech

*Phrase:* As American as apple pie

*Meaning:* Authentically American; patriotic

*Origin:* Neither apples nor pie originated in the United States, and the first known recipe for apple pie was published in an English cookbook in 1381. Apple trees and pies were brought to American shores in the 1600s, and the pastry's popularity grew along with the new nation. The phrase "as American as apple pie" was in use by 1860. It became a patriotic slogan during World War II, when American soldiers said they were fighting "for Mom and apple pie."

### True Blue

July is the peak season for blueberries grown in the U.S. For the best-tasting berries, look for fruit with a smooth skin and deep purple-blue color with a silvery sheen, which is called "bloom." This small but mighty super food is full of powerful nutrients, including vitamin C and fiber.





### **"The Calling"**

Do you sometimes wonder?  
Why you do the job you do?  
Did you choose your career?  
Or did your job choose you?  
Way back before you were born.  
God knew there was a need.  
So he picked your fertile heart.  
And planted a caring seed.  
Then He waited and He  
watched.  
Knowing before too long.  
The desire in you to help others  
Would continue to grow strong.  
He guided you throughout life.  
Through the courses that  
you took.  
Because you were a chosen one.  
You are in His book.  
The caring heart He put in you.  
As you put others first.  
Leaving only one path to take.  
In you there was a thirst.  
Not seeking fame or fortune.  
Born with a tender touch.  
You are who you're meant to be.  
That's why you care so much.  
Because caring don't take  
practice.  
It's not something you rehearse.  
You answered a special calling.  
When you became a CNA.



### **Favorite Fair Foods**

Fair season is underway, and one of the highlights of these annual festivals is the delicious fare! Tempt your taste buds with these classic foods:

*Cotton candy.* Originally called "fairy floss," this colorful, fluffy spun sugar was introduced at the St. Louis World's Fair in 1904 and has become a favorite of fairgoers.

*Corn dogs.* Hot dogs dipped in cornmeal batter, deep-fried and served on a stick have been staples since the 1940s.

*Funnel cakes.* Crisp on the outside and light and airy on the inside, this fried dough dessert is traditionally topped with powdered sugar, but fruit, chocolate and ice cream are popular add-ons.

*Candy apples.* Tart, crisp apples are covered in sweet, hard candy or creamy caramel to make this snack-on-a-stick.

*Kettle corn.* Those who can't decide between sweet and salty get the best of both worlds in this popcorn treat seasoned with sugar and salt.

*Deep-fried anything.* Candy bars, Twinkies, butter and salad are just a few of the many foods that fair vendors have dared to serve up battered and deep-fried.

### **Appalachian Adventure**

In the wilderness of the Appalachian Mountains, a path winds for 2,190 miles through 14 states from Georgia to Maine. The Appalachian National Scenic Trail is one of the world's longest and most famous hiking trails.

In 1925, a group of outdoor enthusiasts gathered to discuss their dream of building an extensive footpath that would allow hikers to experience the beauty and splendor of the Appalachian Mountains. The Appalachian Trail was completed in 1937 thanks to volunteers, who formed the Appalachian Trail Conservancy.

Each year, the trail attracts about 3 million visitors, with most walking sections of it in one-day and multi-day trips, but more attention is given to thru-hikers, those who trek the entire trail in one continuous trip. The first person to complete this feat was World War II veteran Earl Shaffer of Pennsylvania, who hiked the trail in 1948, then again in 1965 and 1998 (at age 79!). A typical thru-hiker needs five to seven months to complete the journey's approximately 5 million footsteps.





### Bellaire Beauties & Barber Shop

Meet Carol 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 Carol 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

"The butterfly counts not months but moments, and has time enough."  
 —Rabindranath Tagore

"Just as the bird sings or the butterfly soars, because it is his natural characteristic, so the artist works."  
 —Alma Gluck

"Float like a butterfly, sting like a bee."  
 —Muhammad Ali

"Literature and butterflies are the two sweetest passions known to man."  
 —Vladimir Nabokov

"Love is like a butterfly, a rare and gentle thing."  
 —Dolly Parton

"I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man?"  
 —Chuang Tzu

"Without butterflies, the world would soon have few flowers. There is enough room in the sky for all flyers."  
 —Trina Paulus

"We are closer to the ants than to the butterflies. Very few people can endure much leisure."  
 —Gerald Brenan



### 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

7/02 Gary T      7/06 Gerald M  
 7/22 Bernard W    7/25 Sylvia B

