

# BELLAIRE

AT STONE PORT



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June 2017



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### Meet Bellaire's New Chef!

Bellaire at Stone Port has a new addition! We are proud to have Tyler Supko as our head chef.

Tyler grew up with a love of cooking and began working for Sean Murphy in Richmond of Savory Grains. He interned there for five years before being named a chef. His signature dish is shrimp and grits. Tyler also has been named the People's Choice Award for three years running for his delicious Pork Belly Sliders. One of Tyler's favorite dishes to make is Shepherd's Pie, because of its comforting qualities.

When Tyler is not in the kitchen, his other passion is music. Tyler began playing piano at five years old and can play over thirteen instruments. Tyler is a member of the band Prairie Dog and loves to draw in his spare time.

Tyler has traveled throughout the world and even lived in California. He is happy to call Harrisonburg home with his beloved dog, Jefferson Davis.

We just can't wait to see what he serves up next in the kitchen! Welcome Tyler!





### **Bellaire's Resident of the Month!**

If friends could describe Rose Agresto, they would say that she is one of the most loving, caring helpful people they know. Anyone at Bellaire would say the same!

Rose was born on June 22nd, 1917 in Brooklyn, New York. She had two sisters and three brothers. In school, Rose loved to play sports. She finished high school with the female gold medal of the year, competing in swimming and basketball. As a young adult, she spent time in Washington, D.C. and worked as a receptionist. She and her husband, Joseph, had four children, Joseph Jr., Richard, Robert and Patricia. Rose considers her children as one of her greatest accomplishments and is proud that they are successful in life.

Rose loves to work with her hands. She enjoys painting and crocheting as well as plays piano by ear. One of her fondest memories is sewing her daughter's wedding dress. She looks forward to outings at Bellaire and this month she will celebrate her 100th birthday!

Happy Birthday to you, Rose!



### **Alzheimer's and Agitation**

A person with Alzheimer's may feel anxious or agitated. He or she may become restless, causing a need to move around or pace, or become upset in certain places or when focused on specific details. Anxiety and agitation may be caused by a number of different medical conditions, medication interactions or by any circumstances that worsen the person's ability to think. Ultimately, the person with dementia is biologically experiencing a profound loss of their ability to negotiate new information and stimulus. It is a direct result of the disease. Situations that may lead to agitation include: moving to a new residence; changes in environment, such as travel or hospitalization; fear of fatigue resulting from trying to make sense out of a confusing world.

Anyone experiencing behavior symptoms should receive a thorough medical checkup, especially when symptoms appear suddenly. Treatment depends on a careful diagnosis, determining possible causes and the types of behavior the person is experiencing. With proper treatment and intervention, symptoms of agitation can be reduced.

Tips to help prevent agitation: Create a calm environment. Remove stressors. Try soothing rituals and limiting caffeine use. Avoid environmental triggers. Noise, glare and background distraction (such as having the television on or loud music) can act as triggers. Monitor personal comfort. Check for pain, hunger, thirst, constipation, full bladder, fatigue, infections and skin irritation. Make sure the room is a comfortable temperature.

### **Playgrounds Made for Seniors**

Playgrounds aren't just for kids anymore. Senior and multigenerational play spaces are becoming more common, giving older adults a place to work out, walk, swing and simply have fun. Already popular in Asia and Europe, the trend is spreading across the U.S. with several companies building the outdoor facilities, which are designed with low-impact exercise equipment that promotes flexibility, balance and coordination. The fitness parks also serve as social hubs for seniors.





### Bellaire Beautics & 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



### Remember When: Iceboxes

Keeping food and drinks cool was a chore before electric refrigerators and freezers became common household appliances. At the turn of the 20th century, nearly every home's kitchen or pantry had an icebox—a wooden cabinet that was lined with zinc or tin and kept cool by a large block of ice. As the ice melted, it drained into a drip pan that had to be emptied often. Some iceboxes included an exterior access door so the iceman could deliver ice without having to come into the house.

### Remember When: Clotheslines

Before many homes had clothes dryers, laundry often dried in the breeze on backyard clotheslines. After garments were washed, they were hauled in baskets to the line and hung with wooden clothespins to dry. Fresh air and sunshine created a distinctive scent that lingered on the clothes long after they were taken down. Clotheslines were also meeting spots for neighborhood women to chat, give advice and share news.



### 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.

### June Birthdays

Clare S. 06/05  
 Winfield F. 06/05  
 Nellie N. 06/06  
 Helen K. 06/09  
 Barbara J. 06/14  
 Rose A. 06/22  
 Dorothy W. 06/24

### Wishing All Our Dads a Happy Father's Day!





Mother's Day Tea Party



Mother's Day Tea Party