

# BELLAIRE

## AT STONE PORT



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



### Executive Director

Katie K. Meyer

ed@bellaireatstoneport.com

### Marketing Director

Victoria Smith

marketing@bellaireatstoneport.com

### Memory Care Coordinator

### Activities Director

Ginger McLain

activities@bellaireatstoneport.com

### Director of Resident Care

Kathy Graham

drc@bellaireatstoneport.com

### Business Office Director

Darlene Cales

bom@bellaireatstoneport.com

### Maintenance Director

Terry Alger

maintenance@bellaireatstoneport.com

### Food Service Director

Melissa Sutton

fsd@bellaireatstoneport.com

## March 2017

### Alleviate Allergies

For those who suffer from seasonal allergies, spring often means sneezing, congestion and itchy eyes. There are ways to lessen the symptoms and still enjoy the season. Here are a few tips:

*Keep it clean.* Cleaning your home will reduce pollen and other allergens. Vacuum and dust regularly, and wash your sheets weekly. Leave your shoes at the door to prevent tracking allergens throughout your home. Shower or bathe before bed to keep pollen your hair has gathered throughout the day off your pillow.

*Be aware outside.* Avoid going outside on days with particularly high pollen levels. Check [www.Pollen.com](http://www.Pollen.com) or download a smartphone app that offers regular pollen updates. When outside, wear sunglasses to help keep allergens out of your eyes.

*Curb congestion.* Eat more spicy foods to reduce nasal congestion. Chewing gum and eating peppermint can also help. Drinking more water and juice will improve hydration and help clear nasal passageways.

*Consult an allergist.* If your allergies are disruptive to your life, consider seeing a health care professional who specializes in allergies. An allergist can help you pinpoint what you are allergic to and offer guidance on whether prescription medication or allergy shots are right for you.

There are a lot of nasty illnesses going around. If you have a fever, please be considerate of others and avoid spreading germs. Remember to wash your hands frequently.

Thank you to all the Bellaire staff for helping to keep our community and residents healthy!



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### **Bellaire's Staff Member of the Month!**

Growing up locally in the valley as the youngest of two older sisters and brother, Michael Davis is no stranger to working hard in the kitchen. Since Graduating from Turner Ashby in 2012, Michael knew he liked working with his hands and serving others. This led him to work at Bridgewater College in the dining services area before coming to work at Bellaire. This was Michael's first job in the assisted living field and feels like he has found a home!

However, the most exciting thing for Michael is the announcement of his recent engagement to his fiancé, Melissa. We are very fortunate to have great local people like Michael on our team at Bellaire. Make sure the next time you see him, to congratulate him on being our Staff Member of the month and his recent engagement.



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

If you are looking to hear a great story, pull up a chair next to our resident of the month, Gerald Moss. Born in New York City in 1923, he graduated from Syracuse College of Law as an attorney. Gerald chose his profession because he had a yearning to help people defend their rights. He had many memories of different trials, including a case where a female defendant in a divorce trial became violent, and he even served in a trial against our current president Donald Trump. Speaking of our current president, Gerald feels very strongly about our right to vote as United States citizens. He doesn't feel like anyone should complain about the current situation if they do not exercise their right to vote.

He has a love for painting and also lectured on wills. Gerald and his deceased wife, Gladys, were blessed with four successful children and 6 grandchildren.

He believes in living each day well, so that every yesterday will be a dream of happiness, and every tomorrow will be a vision of hope. He has certainly done that. We are very blessed to have Gerald as one of our own at Bellaire at Stone Port.



### **Remember When: TV Dinners**

Microwaveable meals are common these days, but there was a time when heat-and-eat dinners were a novelty. In 1954, fueled by more women joining the workforce and having less time to cook, plus the proliferation of television sets in homes, Swanson introduced the first TV dinner. Consisting of turkey, cornbread dressing, peas and sweet potatoes and packaged in an aluminum tray, the frozen meal could be heated in an oven in less than 30 minutes. More meals were added to the line, and a new industry catering to busy families was born.



### 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. Appointment book is kept at the concierge desk.

If you like to pamper yourself with a pedicure or manicure, then Carolyn Hardy is the lady for you to see. She has polishes in a variety of colors. For an appointment, please see concierge.

### 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



### 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.



Vera L. 3/3      Aliene W. 3/24  
 Marj M. 3/21      Betty H. 3/26

### Wit & Wisdom

"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."

—William Arthur Ward

"If you reveal your secrets to the wind, you should not blame the wind for revealing them to the trees."

—Kahlil Gibran

"A great wind is blowing, and that gives you either imagination or a headache."

—Catherine the Great

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

—Charles Dickens

"A light wind swept over the corn, and all nature laughed in the sunshine."

—Anne Bronte

"Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind."

—Bruce Lee

"The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions."

—Chanakya

