

BELLAIRE

AT STONE PORT



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March 2020



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A Look Ahead

March will be another exciting month of activities here at Bellaire. Memory Care can look forward to several lunch outings to Harrisonburg destinations as well as a multitude of crafts this month. As usual both Assisted Living and Memory will be visited by a variety of musicians, and this month both can also look forward to a dog show! In Assisted Living we will have a variety of St. Patrick's Day programming, including the addition of several more art days. We will also have a variety of fresh movies in the theater including *Jackie*, which shows the life of Jackie Kennedy in the days following the JFK assassination.



Associate of the Month



We are happy to announce that James Spainhour has been named our Associate of the Month. I'm sure this comes as no surprise to anyone. James is one of the most helpful people you will ever meet, and it shows daily through his interactions with residents, their families, and the rest of us who work here at Bellaire. James is known for going out of his way to help residents. It's a common site to see him walking down the hallway on the way to fix a resident's TV or drop off a package. James is also extremely helpful to the director team and never complains when a task is thrown his way. When you see James, please take a moment to congratulate him!

Symbols of Luck

Since the beginning of civilization, people have used various symbols to bring them good luck.

Four-leaf clover. Irish legend claims this green plant will bring luck—if a person can spot the rarity. Scientists say the odds of finding a four-leaf clover in the wild are 1 in 10,000.

Ladybug. These insects, recognized by their bright red bodies with black spots, are beneficial to farmers and gardeners because they feast on plant-eating pests, which may be why many cultures admire "lucky ladybugs."

Horseshoe. Ancient folklore was full of mischievous fairies who were afraid of metal, so people hung iron horseshoes above their doors to keep them away. Some believe that hanging a horseshoe with the ends pointed up collects good fortune; others say that pointing the ends down allows luck to flow onto those below it.

Penny. You've probably heard the saying, "Find a penny, pick it up, and all day long you'll have good luck." The coin is said to be lucky only if found face side up.

Rainbow. Legend has it that a pot of gold can be found at the end of a rainbow, explaining why the colorful sight is a sign of good fortune.

Global Ways To Get Happy

Various cultures across the globe have approaches to creating happiness and well-being in everyday life.

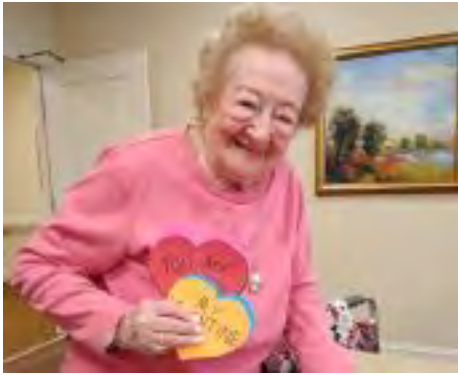
Hygge. This Danish concept, which focuses on coziness and comfort, has become a worldwide lifestyle trend. Soft blankets, warm beverages and simple pleasures, such as reading, can create *hygge* in your daily routine.

Lagom. Sometimes called the Goldilocks principle, this Swedish philosophy is about balance and determining what's "just right" for you. For example, eating until you feel full, but not stuffed, is practicing *lagom*.

Wabi-sabi. The ancient Japanese concept of *wabi-sabi* celebrates life's imperfections by embracing the beauty in broken or worn objects, as well as one's personal flaws.

Gezellig. At the heart of Dutch culture, *gezellig* can be loosely translated as the enjoyable things in life. Being social is a key element, since anything can be considered *gezellig*—even something unpleasant, such as waiting in a long line—if you're with a friend.





Assisted Living Activity Spotlight

- 3/2 Mosaic Art
- 3/3 Resident Council
- 3/4 Wood Grill Outing
- 3/5 Craft: Scrabble Coaster
- 3/5 Movie: Castaway
- 3/6 Bluestone Elementary
- 3/11 Scenic Drive
- 3/11 Davis Bradley Music
- 3/12 St. Patrick's Day Puzzle
- 3/13 Music with Fritz
- 3/18 Cracker Barrel
- 3/19 Shamrock Wreath
- 3/20 Happy Hour with Kimball
- 3/22 Music with the Wengers
- 3/24 Movie: Jackie
- 3/25 Walmart Outing
- 3/27 Happy Hour with Trivia

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

Photo Highlights



Memory Care Activity Spotlight

- 3/2 Cracker Barrel
- 3/4 Shamrock Wreath
- 3/5 Noodle Ball
- 3/6 Bluestone Elementary
- 3/9 Music with Frank
- 3/11 Davis Bradley Music
- 3/11 St. Patrick's Day Craft
- 3/13 Music with Fritz
- 3/16 Applebee's Outing
- 3/17 Watercolor Painting
- 3/18 Mosaic Craft
- 3/20 Drumtastics
- 3/22 Music with the Wengers
- 3/23 Music with Frank
- 3/25 Rock Painting
- 3/29 Mt. Zion Bible Church
- 3/30 Hank's BBQ



Word Search

Category: Musical Instruments

Z I T H E R K V I N T V
 D D D O N A I P M R U I
 F F S C G O H D O C B O
 G I M A L O N M R E A L
 D G F I X B B B G L M T
 S H N E D O S H A G R B
 R A C X N E P C N U X A
 A L V E X G C H M B C N
 T O L O C C I P O Q V J
 I I F L U T E X S N B O
 U V E E Q T H A R P E C
 G C E L L O F I D D L E

1. Viol _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
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16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

1. Banjo	11. Piano
2. Bugle	12. Piccolo
3. Cello	13. Saxophone
4. Fiddle	14. Trombone
5. Fife	15. Trumpet
6. Flute	16. Tuba
7. Guitar	17. Viol
8. Harp	18. Viola
9. Oboe	19. Violin
10. Organ	20. Zither

"This Month In History" MARCH

1923: The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

1933: President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

1941: Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

1950: Silly Putty goes on sale.

1968: Country music legend Johnny Cash marries singer-songwriter June Carter.

1988: Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

1990: To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

2006: The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

2011: NASA's Discovery space shuttle completes its 39th and final mission.

2019: England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.