

BELLAIRE

AT STONE PORT



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Emerging Monarchs

A new generation of monarch butterflies will emerge and start fluttering about in May. Easily recognized by their brilliant black, orange and white-patterned wings, the monarchs' main task is searching for milkweed plants on which to lay eggs, which will hatch as caterpillars and transform into the next generation to take flight.

Daydream Away

Folks who daydream can rejoice in this research: Studies show that daydreaming may be a vital cognitive tool that is linked to improved problem-solving, creativity and better social skills.

Beefed-Up Barbecues

The unofficial start of the season of sun and fun, Memorial Day is often ushered in with picnics and cookouts. Likely to be on the menu is beef, typically in the form of hamburgers and steaks. The holiday is said to be the biggest beef-eating day of the year.



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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

Bellaire Would Like to Welcome!

Hubert R.
 Evylean R.
 Florence S.
 Mary Margaret N.



Interesting Facts About Dementia

There are more than one hundred conditions that cause dementia. Although dementia is far more common in the geriatric population, it may occur as a child. Dementia is currently the 2nd largest cause of disability burden after depression. Alzheimer's disease, the most common cause of dementia, accounts for between 50 percent and 70 percent of all cases.

Dementia reduces the ability to learn, reason, retain or recall past experience and there is also loss of patterns of thoughts, feelings and activities. More than 5 million of the US population suffer from Alzheimer's disease.

In the coming years dementia is projected to be the largest source of burden of disease for women and the 5th largest for men. Dementia, though often treatable to some degree, is usually due to causes that are progressive and incurable. Chronic use of substances such as alcohol or recreational drugs can also predispose the patient to cognitive changes suggestive of dementia.

There are now an estimated twenty-four million people living with some form of dementia in the world. Alzheimer's disease is the 7th leading cause of death in the United States.



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.

Celebrate Mothers

In 1905, Anna Jarvis began a campaign to make Mother's Day a recognized holiday in the United States. Jarvis' own mother had been a peace activist who cared for wounded soldiers on both sides during the Civil War. Celebrate the mothers in your life on the second Sunday in May.