

# BELLAIRE

## AT STONE PORT



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## November 2017



### Taste of Tradition

"Hurrah for the pumpkin pie!" The season's traditional dessert received that tribute in Lydia Maria Child's 1844 poem "Over the River and Through the Wood." While Thanksgiving has been a celebration of gratitude since the first feast nearly 400 years ago at Plymouth Colony, pumpkin pie didn't become part of the holiday menu until the 1800s.

### Hobby Haven

Check out your local library for an array of hobby equipment. Some branches allow patrons to borrow supplies for knitting, sewing and scrapbooking; musical instruments; fishing gear; and tools for woodworking and gardening.

### Gather Together

"It's not so much what's on the table that matters, as what's on the chairs." —W.S. Gilbert



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### **Facts About Dementia and Alzheimer's**

Dementia itself is not a disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease accounts for 60-80 percent of cases. Almost 2/3 of Americans with Alzheimer's are women. Women live longer than men. Someone develops Alzheimer's disease every 67 seconds. Robin Williams was diagnosed with Dementia. Heart disease can raise your risk of getting Alzheimer's disease. A German doctor named Alois Alzheimer first observed Alzheimer's in 1906. A person with Alzheimer's may lose their sense of smell.



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

Jennifer Hoover has lived in Linville for the past 4 years. She and her honey Travis have a 3 year old son and plan to grow their family soon. She enjoys time outdoors on the farm with the many cows and chickens.

Jennifer attended Broadway High School and graduated with her classmates in 2014. She grew up in Singers Glen along with her 3 brothers. She enjoys Scentsy, where she has even begun to sell the product. She also collects 31 bags and truly loves shopping at Target.

Bellaire is blessed with having Jennifer as a CNA/Med. Tech. She brings much joy to the residents and her co-workers. Thank you for all your hard work Jen!



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

Meet Mary Propst, Bellaire's resident of the month. Born and raised in the Mountain Valley, Rockingham area, she graduated from Broadway High School. After high school she wanted to continue her education, and she attended Dunmore Business College, JMU and Blue Ridge Community College. Over a course of time Mary became a paralegal, received her license to sell insurance in the state of VA, and her Realtor's license.

Mary married Toby Propst in January 1964. Together they have one son and three grandchildren. The two owned and operated Propst Lettering and Engraving, and Home Town Cinema.

Collecting antiques, shopping, traveling, and vintage cars are a few of her hobbies.

We are truly grateful to have Mary as a resident at Bellaire at Stone Port!





### Bellaire Beauties & Barber Shop

Meet Carole Homa. She is Bellaire's beautician. Carole will be here on Wednesdays for haircuts, perms, and color. On Fridays she will do shampoos and sets. Hours of operation are 8-5. For an appointment, please call Carole at 540-843-4231.

### 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



11/12	Stanley S
11/21	Myra P
11/30	Carl B

### Bellaire at Stone Port Is A Proud Venue Sponsor for:



### Pneumonia Prevention

In addition to getting the pneumonia vaccine, there are other ways to help prevent the infection: Wash your hands with soap and water often, eat a healthy diet, get plenty of sleep and exercise regularly.

### Ease the Sting of Flu Shots

If the needle prick of your seasonal flu shot makes you anxious, here's some advice that may help: Look away. The medical journal Pain found that patients said the stick of a needle hurt less when they didn't anticipate the sting by watching the process.

### Wit & Wisdom

"May your thoughts turn to gratitude this holiday season and carry on throughout the next year."  
—James A. Murphy

"I find that it's the simple things that remind you of family around the holidays."  
—Amy Adams

"It's like your children talking about holidays; you find they have a quite different memory of it from you. Perhaps everything is not how it is, but how it's remembered."  
—Denis Norden

"There's something about a holiday that isn't all about how much money you spend."  
—Hilarie Burton

"To many people, holidays are not voyages of discovery, but a ritual of reassurance."  
—Philip Andrew Adams

"This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!"  
—D.M. Dellinger

"During the holiday season, it's easy to forget that sometimes the best gift of all is simply the gift of time."  
—Kate Klise



JMU Frat Boys playing poker with residents!

