

# BELLAIRE

## AT STONE PORT



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## October 2017



### The Month of Marigolds

The bright orange and yellow petals of marigolds make them an ideal choice for October's birth flower. These blooms have been used for centuries as a culinary herb, natural dye and insect repellent. The marigold's botanical name is calendula, a word you may recognize from its use in health and beauty products because of its antibacterial and anti-inflammatory properties.

### Full Moon Fatigue

If you're tired from a restless night's sleep, the moon may be to blame. Research shows people report more trouble getting to sleep and staying asleep during a full moon than during other moon phases, but the exact reasons why are unclear. Scientists speculate it could be due to an internal body clock that is synchronized with lunar cycles.

### Fall Is HERE!

Cold weather is upon us! As the leaves fall, so do the temperatures. Please remember to make any seasonal wardrobe changes that your family member may need. A few extra blankets to keep those toes toasty, too.







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

First impressions are important. That's why Chrissy Johnson's smiling face is the first thing you see entering Bellaire. She is our concierge. Chrissy lives in Harrisonburg with her honey, Micheal, of 14 years, her two children and Baby, her toy poodle.

Chrissy admits to having an addiction for the "Twilight" series; she even purchased a jacket from one of the cast members. She and her children plan to visit Forks, Washington in the fall. Traveling back roads state to state is among one of her favorite things to do, finding herself getting distracted by all the roadside attractions. Growing up with a mother who owned her own painting business, she found a love for painting ceramics. Halloween is her favorite holiday! We, the staff and residents, are so blessed to have Chrissy as part of our Bellaire family!



### **Resident of the Month!**

Born and raised in Hiser Creek WV, Lovada Tate is the daughter of coal miner Otmer and Lucy Withrow. Lovada graduated from Dunbar High School in 1945. She is one of seven siblings.

Lovada was happily married to Charles W. Tate for 53 wonderful years. Together they have two children Becky and Steve, 3 grandchildren and 3 great-grandchildren. She worked 25 years for C&P Telephone Company.

Traveling all over the world was something that brought her pure joy. Visiting the Holy Land is the one trip she holds dear to her heart. Not everyone gets to experience walking where Jesus walked! Sewing, ceramics, singing and reading are also a few of Lovada's hobbies. Thank you for all the smiles you bring us here at Bellaire.

## **Spotlight on Alzheimer's**

### **October Events**

- 10/6 Flu Shots
- 10/12 Virtual Dementia Tour
- 10/17 Movie "Away From Here"
- 10/19 "Beyond Mortal"
- 10/21 Alzheimer's Walk
- 10/26 MC Family Night
- 10/30 AL Family Night



### **Crows vs. Ravens**

Is that black bird flying overhead a crow or a raven? The two can look similar, but here's how to spot the difference: A raven is larger and has a heavier bill than a crow. Crows have fan-shaped tail feathers; ravens sport a wedge-shaped tail. Ravens often travel in pairs, but crows in groups. One of the most distinguishing traits is the birds' calls. Crows make a high-pitched cawing sound, while ravens produce a low croak.





### **Bellaire Beauties & Barber Shop**

Meet Carole Homa. She is Bellaire's beautician. Carole will be here on Wednesdays for haircuts, perms, and color. On Thursdays 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



### **October Birthdays**

October 2	Lillie P.
October 5	Santo "Tita" P.
October 6	Millard C.
October 8	Josephine W.
October 15	Hubert R

### **An American Recipe Turns 60**

Despite its name, German chocolate cake is an American creation that debuted in 1957. A Dallas newspaper published a local homemaker's recipe for the coconut and pecan-frosted chocolate layer cake, which used the German's brand of sweet baking chocolate. Both the chocolate and the cake became a favorite after the recipe was reprinted across the country, but the name was shortened to German, without the apostrophe and the "s," giving many the impression it originated in Germany.

### **Popular Pages: 'The Tell-Tale Heart'**

One of Edgar Allan Poe's most famous works, "The Tell-Tale Heart" is a delightfully spooky—and delightfully short—story. At just over 2,000 words, it can easily be read in one sitting. An unnamed narrator begins the tale claiming that he is not insane, insisting his story will prove it. It's up to the reader to decide, based on the events that follow, whether or not the narrator is in his right mind. First published in 1843, the short story has been adapted numerous times for the stage and film.

### **Wit & Wisdom**

"Beware of the night, child.  
All cats are black in the dark."

—Jean Genet

"Cats do not have to be shown how to have a good time, for they are unfailing ingenious in that respect."

—James Mason

"Cats are connoisseurs of comfort."

—James Herriot

"Way down deep, we're all motivated by the same urges. Cats have the courage to live by them."

—Jim Davis

"Cats can work out mathematically the exact place to sit that will cause the most inconvenience."

—Pam Brown

"Cats are intended to teach us that not everything in nature has a function."

—Garrison Keillor

"I read that when cats are cuddling and kneading you, and you think it's cute, they're really just checking your vitals for weak spots."

—Kandyse McClure

"Cats seem to go on the principle that it never does any harm to ask for what you want."

—Joseph Wood Krutch



