



BELLAIRE

AT STONE PORT

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January 2019



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Welcome Christopher Nicholson

Originally from Culpeper, VA., Christopher Nicholson has spent the last 5 years in the Shenandoah Valley. Growing up, Chris could always be found in the kitchen with his family. From a very early age, he found a love for cooking and sharing his talent with others. After spending 4 years as the Executive Chef at The Bed & Breakfast at Penmerryl Farm, Chris joins us here at Bellaire with eagerness and enthusiasm. He brings over 10 years of professional experience, and a love for fresh ingredients. In his spare time, Chris enjoys riding and competing FEI Dressage and Eventing with his two Thoroughbred horses, Porter and Dazzle."



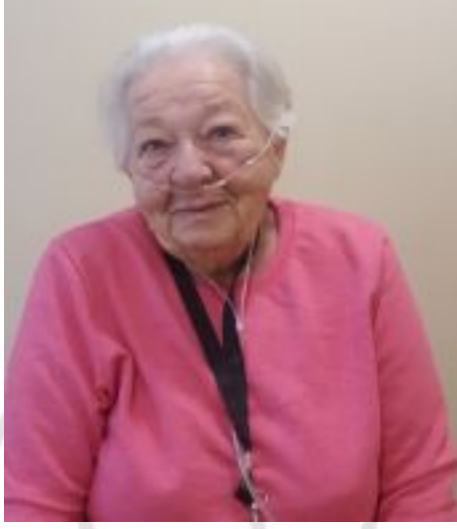
Associate of the Month



For the month of January, we would like to recognize the entire kitchen staff (Michael Davis, Melissa Davis, Sarah Finn, Angie Mason, Candace Willis, and Shonea Watkins) as co-employees of the month. During a time of transition, they have stepped up to the plate to make sure that the kitchen continued to provide quality service. A lot has been asked of them, but they have worked extra hours, taken on extra responsibility, and done an all-around excellent job. Please take a moment to congratulate each of them when you have the chance.



Resident of the Month



Janet Zirkle was born in New Market, Virginia and spent the majority of her life there. She married her beloved husband Bill at the age of 21 and they were married for 65 years. Together they had two amazing daughters. Janet was the second person to move in here at Bellaire at Stoneport after the building opened. She enjoys socializing with other residents in the morning hours while she walks the halls for exercise and being a regular participant in many of the activities that Bellaire offers.

Tips for a Trimmer You

Losing weight is one of the most common resolutions made in the New Year, but for a lot of people, it's also one of the most difficult to achieve. If you want to drop a few pounds this year, there are some simple steps you can take to reach your goal.

Load up on water. The human body is about 65 percent water, and even mild dehydration can make you feel hungry.

Get more sleep. Many studies show that a lack of shut-eye leads to weight gain. Get at least seven hours a night.

Choose wisely. Foods high in protein and fiber make you feel fuller and give you more energy. Stock up on eggs, poultry, seafood, cottage cheese, vegetables, whole grains and seeds.

Make smart substitutions. Saute foods in stock or broth instead of oil. Cut back on high-calorie smoothies and coffee drinks. Choose plain popcorn instead of chips.

Listen to your body. Eat when you are hungry, not bored or stressed. Put down the fork when you feel satisfied—it's OK to leave food on your plate.

Move more. Take the stairs instead of the elevator. Park your car farther away from the door. Do stretches or situps while watching TV. Take a walk break instead of a coffee break.



Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress. Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Increases cognitive skills. From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression. Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills. Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

Word Search Success

A fun way to exercise the brain, expand one's vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in "Everybody's Illustrated Book of Puzzles," published in 1890 in London. Titled "Proverbs Within a Maze," the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for

businesses in Norman, Okla. Calling it an "Oklahoma anagram," he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat's puzzle design eventually spread across the country. Word searches became a staple in newspapers, puzzle books and classrooms.



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

January Activity Highlights

- 1/2 Red Lobster Outing
- 1/3 Craft: Door Decoration
- 1/4 Happy Hour with Kimball
- 1/8 Resident Council
- 1/8 Classic TV: M.A.S.H.
- 1/10 Elvis Celebration
- 1/11 Bluestone Elementary
- 1/15 Word Game with Michael
- 1/16 Chili's Outing
- 1/16 Davis Bradley Music
- 1/17 Bird Feeders with Nikki
- 1/22 New Year, New You
- 1/23 Cracker Barrel Outing
- 1/28 Broadway Showtunes
- 1/29 Jump Rope Team
- 1/30 Walmart Outing
- 1/31 Tea Light Snowman

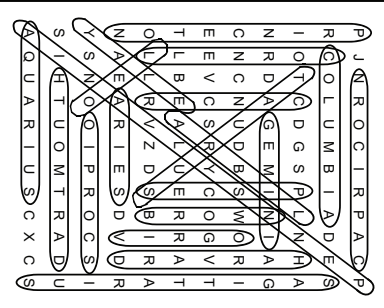
Word Search

Category: Ivy League Schools & Zodiac Signs

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

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

- Word Search Solution:
1. Brown
 2. Columbia
 3. Cornell
 4. Dartmouth
 5. Harvard
 6. Pennsylvania
 7. Princeton
 8. Yale
 9. Aquarius
 10. Aries
 11. Cancer
 12. Capricorn
 13. Gemini
 14. Leo
 15. Libra
 16. Pisces
 17. Sagittarius
 18. Scorpio
 19. Taurus
 20. Virgo



"This Month In History" JANUARY

- 1906:** The sport of football is forever changed when a new game rule makes the forward pass a legal play.
- 1912:** New Mexico joins the union as the 47th state.
- 1924:** The first Winter Olympics are held in Chamonix, France.
- 1943:** Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African-American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California's Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a "new type of space transportation system," the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.