

BELLAIRE AT STONE PORT



1684 Port Hills Drive • Harrisonburg, VA 22801 • (540) 246-0888



Executive Director

Michael Parrott

ed@bellaireatstoneport.com

Director of Health and Wellness

Sherry Jenkins

drc@bellaireatstoneport.com

Memory Care Director

Ginger Rowe

reflections@bellaireatstoneport.com

Activities Director

Activities@bellaireatstoneport.com

Director of Environmental Services

Randall Campbell

maintenance@bellaireatstoneport.com

Director of Dining Services

Bobby Siever

fsd@bellaireatstoneport.com

Marketing Director

Stanford Moats

marketing@bellaireatstoneport.com

Business Office Manager

Karen Bourne

bom@bellaireatstone.com

April 2018

Bellaire at Stone Port Friends and Family Night

Please join us for our Bellaire at Stone Port Friends and Family Night on Thursday, May 17th, from 5PM to 7PM. Please RSVP by Monday, May 14th.



Daisies Greet the Day

Bright and simple, the classic variety of daisy is actually made of two flowers, the rays of white petals and a center cluster of tiny yellow florets. A cousin of the sunflower, the daisy gets its name from the Old English words meaning "day's eye," since its petals close at night and open at dawn.

Jackie Robinson Day

Each year on April 15, everyone in big-league baseball is No. 42. On Jackie Robinson Day, MLB players, managers, coaches and umpires wear the Hall of Famer's number, which has been retired for all teams, to honor his legacy and commemorate the date of his 1947 debut as the first African-American MLB player.



LIKE US ON

facebook



Bellaire's Staff Member of the Month!

Leslie comes to us from Winchester, Virginia. In 2014, Leslie graduated from John Handley High School. Upon graduating from high school, Leslie received her Associate Degree from Lord Fairfax Community College. She is now attending James Madison University where she is working to receive her Bachelor's Degree to become a neonatal or psychiatric nurse.

In her spare time, Leslie enjoys being outdoors, traveling, and spending time with two younger sisters and friends.

Being a CNA has changed the way she views elderly care. Working in the Memory Care Department brings its own set of challenges and every day is different; however, Leslie has found herself loving the adventure!

We are so blessed to have Leslie as part of the Bellaire family.



Bursting With Spring Blossoms

This month, cities around the country are celebrating the bursting colors of spring blossoms with festivals dedicated to regional flora.

Skagit Valley Tulip Festival.
Tulip farms scattered throughout Washington state's Skagit Valley begin blooming in April, and that's when thousands of visitors crowd area roads for a scenic driving tour of the spectacular fields of flowers.

North Carolina Azalea Festival.
The port city of Wilmington, N.C., draws more than 200,000 people to a weeklong celebration of the millions of lush, showy shrubs that come alive with blooms of pink, purple and red.

Atlanta Dogwood Festival.
Flowering dogwood trees provide a beautiful backdrop for this Georgia tradition that dates back to 1936.

Meriden Daffodil Festival.
During the last two weekends in April, thousands of people gather in this Connecticut city to view a sea of 650,000 sunny yellow and white daffodils in bloom.



Bellaire's Resident of the Month!

It is our pleasure to introduce Kim Kiser as Bellaire Resident of the Month! Mr. Kiser was born during the month of April and spent his early childhood growing up right here in the valley. He attended Mt. Clinton Elementary School then graduated from Turner Ashby High School and Blue Ridge Community College.

Mr. Kiser served as a volunteer fireman with Hose Co. #4. He also worked as an Allen Organ Representative, specializing in electronics. Some of his many duties included installing organs and sound systems in schools, churches and courthouses in Virginia, West Virginia, and Georgia. He founded and ran two businesses. Mr. Kiser has been happily married for 43 years. They have two sons and five beautiful grandchildren. He is an active member of Providence Baptist Church.

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



Healthy Reasons to Laugh

Kidding around has some serious benefits—and not just for your funny bone!

Provides a workout. A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system. Laughs produce positive

Happy Birthday



April Birthdays

04/01	Christian "Jack" Harner
04/05	Reaburn Judy
04/07	Alex Moskovic
04/13	Marjorie Leonand
04/20	Mary Propst
04/27	Bernice Lyman
04/28	Margaret Halterman
04/30	Bonnie Warner

thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits. Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations.

Keeps you connected. Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is a way to bond with loved ones as well as make new friends.



Welcome to Bellaire!

Mary Leak
Robin Branigan
Alex Moskovic
Fred Schiesser
Virginia Foltz
Lois Hess



Transports

Transports are on Tuesdays and Thursdays. There is a 24-hour notice on any transport. Please let the concierge know of appointment dates and times. Thank you!

It's That Time Again!

The seasons are changing, and the time has come to update your loved one's wardrobe. Please be sure that he or she has clothing appropriate for the season. When you bring in new items, please also remove any clothing that is out of season or has been worn or damaged. This will make finding the right clothes for the right season that much easier. Thank you!



Meet Kathryn!



Men's Club...Airplane building