

BELLAIRE

AT STONE PORT



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July 2018



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Hello, Bellaire Family! My name is Austin Payne and I am your new Director of Health and Wellness. I originally grew up here in Rockingham County and currently reside in Staunton, VA.

I graduated with my RN-BSN from the University of Virginia in 2015. I have over 8 years' experience working in various Emergency Departments and in the past few years I have served in management roles in the ER, State Prisons, and mostly recently Home Health.

When I am not here at work, you can either catch me in the RMH ED or traveling the country. I am excited to be here with you all now and look forward to meeting and working with each of you.



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

July Highlights

- 07/03 Resident & Food Council
- 07/04 Independence Day
- 07/11 Lunch Outing
- 07/17 Davis Bradley
- 07/18 Scenic Ride



Wit & Wisdom

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."
—Samuel Smiles

"How glorious a greeting the sun gives the mountains!"
—John Muir

"The sun lay like a friendly arm across her shoulder."
—Marjorie Kinnan Rawlings

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."
—Galileo Galilei

"Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."
—Louisa May Alcott

"Remember even though the outside world might be raining, if you keep on smiling the sun will soon show its face and smile back at you."
—Anna Lee

"Humans are natural-born scientists. When we're born, we want to know why the stars shine. We want to know why the sun rises."
—Michio Kaku



Happy Birthday

July Birthdays

- 07/02 Gary Teapole
- 07/06 Gerald Moss
- 07/24 Helen Belcher
- 07/25 Sylvia Brunk

Logic Problem

Beverly's ice cream cone has five scoops of ice cream, each one a different flavor: vanilla, strawberry, chocolate, blueberry and bubble gum. Using the clues below, can you determine the order of the flavors on her cone?

1. The bottom flavor has 10 letters.
2. Vanilla is touching both chocolate and blueberry.
3. Vanilla is somewhere below the chocolate scoop but above the bubble gum scoop.

(Answer: From top to bottom, the flavors of ice cream are chocolate, vanilla, blueberry, bubble gum and strawberry.)

Resident Appreciation Day