



BELLAIRE

AT STONE PORT

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



October 2018



Hi all! My name is Courtney Lafkin-Coffman and I am the new Business Office Manager. I'm very excited to get to know everyone and be a part of this great family. I am originally from Illinois and currently live in Shenandoah, Virginia. I have a background in human resource and resort management. My most recent adventure was HR Manager for several manufacturing clients.

When I'm not here at work, you can find me at soccer and ballet practices, school and church functions with my family. My favorite thing to do is jump in muddy puddles with my 6-year-old daughter Ava (thankfully the weather has cooperated with this activity).

Thank you in advance for everyone's support in this new adventure that I get to go on with you here at Bellaire!



Executive Director

Michael Parrott

ed@bellaireatstoneport.com

Director of Health and Wellness

Austin Payne

drc@bellaireatstoneport.com

Memory Care Director

Mary Gauldin

dmc@bellaireatstoneport.com

Activities Director

Andrew Kipp

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

Courtney Lafkin-Coffman

bom@bellaireatstoneport.com



Resident Spotlight



Bellaire would like to welcome Bill Cochran and his wife Betty to the community! They moved here from the Preston Lake area of Harrisonburg this July. Prior to that they lived in St. Louis for 17 years and in Philadelphia for 34 years.

Bill has been married to Betty for 61 years and they have two daughters and five granddaughters. During his working days Bill was a salesman for American Can Company. Bill was an avid golfer and now enjoys classical music and keeping up with the news on his computer.



Associate of the Month



Tonya Brandon has been the ultimate team player since the day she started here at Bellaire at Stone Port. She is always available to answer a question or pick up a shift when necessary. She has been getting rave reviews from our residents and families, they really appreciate her personal touch when providing care. Please congratulate Tonya when you see her on earning Employee of the Month.

Sweets in Military Service

Providing energy, calories and a little taste of home, candy served America's fighting forces during World War II. Sample some of the treats included in troops' field rations:

Chocolate bars. The military knew that chocolate could provide soldiers needed calories in an emergency, but melting was a problem. The Hershey Chocolate Co. solved the problem by producing special 4-ounce ration bars, which had a high melting point, but were hard, dense and bitter.

M&M's. After the U.S. entered the war, the chocolate candy with a hard sugar shell was made exclusively for the military since it was heat-resistant in tropical weather and its original cardboard tube package was easy to carry.

Tootsie Rolls. These chewy, chocolate-flavored candies could withstand a variety of climates, so the military put them on the front lines with U.S. troops.

Life Savers. Ads from the era explained that "some soldier, sailor or Marine is enjoying it somewhere," and that the hard "candy with the hole" could be hard to come by. More than 20 million boxes of Life Savers were supplied to the military.





Welcome Mary Gaudin!

Mary is a Nationally Certified Dementia Practitioner and Nationally Certified Alzheimer’s and Dementia Disease Care Trainer as well as a Certified Activities Director. She has additional training and certifications in Music & Memory, Memories in the Making, Aroma Therapy, and Pet Therapy. She has been working in long-term care, specifically with Alzheimer’s and Dementia patients for over a decade. She started her career as an Activities Assistant and fell in love with caring for and creating purposeful, person-centered communities for those living with dementia.

Prior to moving to Harrisonburg, VA to work at Bellaire she was living in the wild, wild west of Abilene, TX where she resided for 15 years and worked as the Director of Activities and Dementia Education at a 120 + bed dementia focused nursing community. In Abilene, she attended Abilene Christian University where she studied Family Studies and Christian Ministry. She also was the Young Advocate for Texas for the North Central Texas Chapter of the Alzheimer’s Association and longtime volunteer.

Mary is also a dedicated dog mom. She has a 11-month-old yellow lab mix named Abbey Ann. Abbey Ann has recently completed her good citizenship training and will be completing her Therapy Dog training this Fall. She attends doggy daycare and Mary hopes to soon bring her up to Bellaire for regular visits. In addition to caring for Abbey Ann she enjoy arts & crafts, painting, reading, listening and playing music, hosting parties, baking, gardening, fishing, hiking, traveling, date nights with Heath, and spending time with her family.

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



- 10/01 Lois Hess
- 10/05 Santos "Tita" Clouse
- 10/06 Millard Clouse
- 10/08 Josephine Wolford
- 10/15 Hubert Rohrer
- 10/30 Helene Golden
- 10/31 Earline Cornell



"Then & Now"

A Roundup of TV Westerns

Cowboys first rode onto the small screen in the late 1940s, blazing a trail for dozens of TV Westerns. Saddle up for a look back at some fan favorites.

Decade	TV Westerns
1940s	"Hopalong Cassidy," "The Lone Ranger"
1950s	"The Cisco Kid," "Gunsmoke," "Cheyenne," "Wagon Train," "Rawhide," "Bonanza"
1960s	"The Virginian," "The Big Valley," "The Wild Wild West," "Laredo"
1970s	"Alias Smith and Jones," "Kung Fu," "Barbary Coast," "How the West Was Won"
1980s	"Bret Maverick," "The Young Riders," "Lonesome Dove"
1990s	"Dr. Quinn, Medicine Woman," "The Magnificent Seven," "Harts of the West"
2000s	"Ponderosa," "Comanche Moon"

"This Month In History"
OCTOBER

- 1900:** The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.
- 1907:** One of the world's landmark hotels, the Plaza opens in New York City.
- 1915:** Woodrow Wilson becomes the first U.S. president to attend a World Series game.
- 1929:** The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

- 1935:** Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.
- 1947:** Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.
- 1950:** Charles Schulz's "Peanuts" comic strip debuts in several newspapers.
- 1962:** The Beach Boys release their debut album, "Surfin' Safari."
- 1972:** Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

- 1986:** The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.
- 1998:** Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.
- 2007:** Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.
- 2016:** Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.