



BELLAIRE

AT STONE PORT

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



November 2018



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 Kipps
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

Activity Spotlight: Fun and Fitness

Fun and Fitness is a new seated group fitness class taught Monday through Saturday at 10:45AM in the Elkton Room. The class is taught by a member of the activities team and is appropriate for people of all ability levels! Come check it out!

Activity Spotlight: Sports Talk

Sports Talk is a new activity for the sports fans in our community. Every Monday at 2:00 we gather in the Theater Room and discuss the previous week in sports, while also watching highlights or historical sports clips.



A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924.

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant helium balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- In the early years, balloons were simply released into the air after the parade instead of being deflated.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Macy's is the second-largest consumer of helium in the world, after the U.S. government.
- Each balloon takes about 90 minutes to inflate, and about 90 handlers are needed to control its guide ropes during the parade.
- Around 3.5 million people line the city streets to watch the parade, and about 50 million watch on TV.



Resident of the Month



Margaret Halterman

Margaret Lee Roberts was born on April 28, 1930 in Crozet, VA. She moved to Waynesboro at a very young age and grew up with two younger sisters. Margaret married Richard Kenneth Halterman in 1949 and they were married for 68 years until his death. They had two children, Dick in 1952 and eighteen years later, a daughter, Jennifer. She now has six grandchildren and six great grandchildren

Margaret taught school for thirty five years in the Staunton City Schools. The majority of those years was teaching fourth grade. She was a devoted teacher who often helped her students after school and would drive them home. The last several years of teaching Margaret started a nursing program at Blue Ridge Community College and took evening classes. She graduated several years later with an RN. She always had wanted to be a nurse, even though she loved teaching.

Margaret was very active in her church life and taught Sunday School for many, many years. She also sang in the church choir and led Bible studies at her home.

Margaret loved to take classes and learn new things. She took organ, piano, and violin lessons. She also learned how to weave textiles on a loom, lay bricks for a patio, smock baby dresses, write in calligraphy, draw and paint various styles of art, cane the seats of chairs, weave baskets, quilt bedspreads, and sew just about anything. Her love of painting was one of her favorite hobbies. She had paintings hung in several galleries at different times in her life.

Associate of the Month



Ramona Cleveland

Ramona is an extremely valuable member of the Bellaire at Stone Port team. She brings over 14 years of experience to the job and it shows. She always provides our residents with a safe, clean, and loving environment to thrive in.

Ramona is also extremely reliable. She never calls out and has recently worked a stretch of over 30 days without a break! Please take a moment to congratulate Ramona on being our employee of the month!

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

On the Menu: Sweet Potato or Yam?

Although these two root vegetables resemble each other, they are unrelated plant species. Yams are native to Africa and Asia, are cylindrical in shape, and have a tough skin and dry, starchy flesh. Sweet potatoes have tapered ends, smooth skin, and flesh that is moist and sweet. In the U.S., true yams are hard to find, and those labeled as yams are typically a variety of sweet potato with copper skin and deep-orange flesh.

Geography 101: Cape Cod, Mass.

Weeks before the Pilgrims famously sailed into Plymouth Harbor in 1620, the Mayflower first landed on the shores of Cape Cod, near present-day Provincetown, Mass. Extending 65 miles into the Atlantic Ocean, the hooked peninsula resembles a bent elbow and features more than 400 miles of pristine coastline, a portion of it protected since 1961 as a national seashore. Once a fishing and whaling center, Cape Cod has become a major tourist destination and popular retirement area.

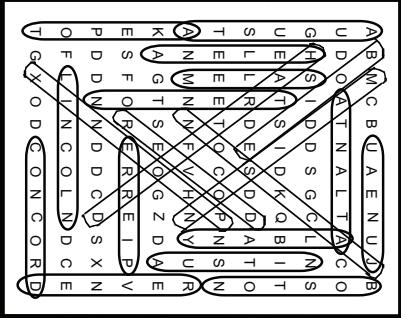
Word Search

Category: U.S. State Capitals

A B M C B U A E N U J B
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 6. Boston
 7. Concord
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 9. Dover
 10. Hartford
 11. Helena
 12. Jackson
 13. Juneau
 14. Lincoln
 15. Madison
 16. Phoenix
 17. Pierre
 18. Salem
 19. Topeka
 20. Trenton



"This Month In History" NOVEMBER

1917: Made up of five Canadian teams, the National Hockey League is created in Montreal.

1926: U.S. Route 66 is officially established. The 2,400-mile two-lane highway from Chicago to Los Angeles became a legendary east-west link.

1931: Homemaker Irma Rombauer self-publishes her favorite recipes in "The Joy of Cooking." The classic cookbook has since sold over 18 million copies.

1941: President Franklin D. Roosevelt signs a bill proclaiming the fourth Thursday in November as the official Thanksgiving holiday.

1954: The U.S. Marine Corps Memorial is dedicated in Arlington, Va. The monument depicts the raising of the American flag at the 1945 Battle of Iwo Jima.

1967: With a cover price of 25 cents, the first issue of Rolling Stone magazine goes on sale in San Francisco.

1972: In response to an international energy crisis, the speed limit on all U.S. highways is lowered to 55 mph to help conserve gasoline.

1984: Fred Rogers, of the children's TV series "Mister Rogers' Neighborhood," presents one of his sweaters to the Smithsonian's National Museum of American History.

1997: Disney's "The Lion King" opens as a Broadway musical.

2010: A groundbreaking ceremony is held for George W. Bush's presidential library in University Park, Texas.

2017: Britain's Prince Harry and American actress Meghan Markle announce their engagement.