

# BELLAIRE AT STONE PORT

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August 2020



**July Review**

July was all about finding ways to find fun in the midst of less than desirable circumstances. Residents enjoyed receiving fun cards and pictures from Love for the Elderly, seeing some new films in the Theater and as always getting crafty!

## Associate of the Month



Ruth is an extremely dedicated employee. She is always willing to help anybody, anytime and she always does so with a positive attitude. She works multiple positions in the kitchen, but no matter where she is assigned for that day, she will do whatever needs to be done, regardless of whether or not it is her responsibility. She always strives to do the right thing and isn't afraid to ask if she is unsure about something. She just wants to make sure that our residents are well taken care of.

### Crickets Can Tell You the Temperature

You could call them nature's thermometers. Listening to the chirps of crickets can give you a rough estimate of the outside temperature. The Old Farmer's Almanac provides this formula: Count the number of chirps in 14 seconds, then add 40 to that number. For example, if you hear 30 chirps, add 40, which would be 70 degrees.

### Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

*Make it part of your daily routine.* Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

*Pick a cup and fill 'er up!* An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

*Sip through a straw.* Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

*Find your favorite flavor.* If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

*Adjust the temp.* Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.

### Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

*Stay out of the sun.* If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

*Use sunscreen.* Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

*Dress appropriately.* To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

*Stay hydrated.* Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

*Keep cool.* Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

*Let others know your plans.* Include information such as where you will be and when you'll return.



**Photo**



**Highlights**



**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

**Photos Continued**



**Remembering V-J Day**

The happy news came on Aug. 14, 1945. Calling it “the day we have been waiting for since Pearl Harbor,” U.S. President Harry S. Truman announced to crowds gathered outside the White House that Japan had surrendered unconditionally to the Allies. World War II was finally over.

Three months earlier, fighting had ended in Europe with Germany’s surrender. Now relief and jubilation erupted at word that the battle in the Pacific had been won. In the U.S., millions of people flooded city streets to hold impromptu parades, complete with marching bands, confetti and fireworks.

In New York City’s Times Square, sailors climbed lampposts and waved American flags, while strangers cheered and embraced. One celebratory moment, of a sailor excitedly kissing a woman in a white dress, was captured by photographer Alfred Eisenstaedt and printed a week later in Life magazine. The iconic image is an enduring symbol of Victory Over Japan Day, or V-J Day.

Allied nations also broke out in festivities, which continued through Aug. 15, the date the United Kingdom declared as V-J Day. Japan’s formal surrender took place a few weeks later on Sept. 2.

# Word Search

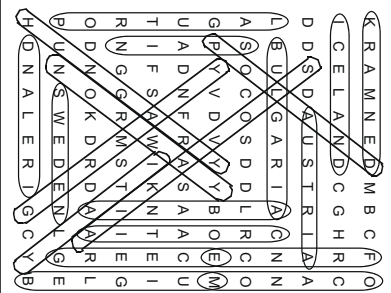
## Category: European Nations

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### Word Search Solution:

1. Albania
2. Austria
3. Belgium
4. Bulgaria
5. Croatia
6. Denmark
7. France
8. Germany
9. Greece
10. Hungary
11. Iceland
12. Ireland
13. Italy
14. Monaco
15. Norway
16. Poland
17. Portugal
18. Slovakia
19. Spain
20. Sweden



## "This Month In History" AUGUST

**1902:** Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer's School of Cookery.

**1938:** Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

**1948:** As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

**1962:** Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

**1975:** The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

**1990:** The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

**2015:** Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.