

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



Executive Director

Beth Wells

ed@bellaireatstoneport.com

Director of Health and Wellness

Christine Weaver

dhw@bellaireatstoneport.com

Memory Care Director

Whitney Hicks

dmc@bellaireatstoneport.com

Activities Director

Andrew Kipps

da@bellaireatstoneport.com

Director of Environmental Services

Randal Campbell

des@bellaireatstoneport.com

Director of Dining Services

Michael Greczy

dds@bellaireatstoneport.com

Marketing Director

Stanford Moats

dsm@bellaireatstoneport.com

Business Office Manager

Nikki Sheffield

bom@bellaireatstoneport.com



July 2020



Bellaire Strong has been a major theme lately and the Friends and Family Promenade proved just how strong our community here is! We had a fantastic turnout and a great time was had by participants and watchers alike! Participants included directors dressed up as dinosaurs, and others riding scooters while dressed as a clown and even driving a go-cart! We also had several beauty queens, Fox Rehab and many families! Additionally we got to experience a flyover courtesy of Dynamic Aviation! Looking ahead to July we hope to keep up the excitement as we celebrate the 4th of July and continue to ramp up our activity schedule!





Cheyenne Rodriguez is our Associate of the Month! She has been a valued member of our team here for a long time and has consistently been one of our hardest workers. She is known for being extremely reliable and often picks up shifts to help out her teammates. When you see Cheyenne in the halls please take a moment to thank her for all her hard work and congratulate her on being our Associate of the Month!



A 'Beautiful' Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a Massachusetts newspaper, The Congregationalist, on July 4, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne." But it was a hymn titled "Materna," composed in 1882 by Samuel A. Ward, that became the most common music for Bates' lyrics and is still used today. Ward, a church musician from New Jersey, never met the poet, but their combined talents resulted in what has been called "an expression of patriotism at its finest."

A Taste of Summer

Grilled burgers, garden-fresh tomatoes or a scoop of ice cream ... nearly everyone has a menu of foods they enjoy when the temperature soars. Sink your teeth into a discussion about summertime eats.

- What were your favorite summer foods when you were growing up? Are they still your top picks?
- Did you ever have a garden, or know someone who shared their garden bounty with you? What homegrown goodies do you think are the tastiest?
- For many people, grilled food is synonymous with summer. What meats or vegetables do you enjoy fresh off the grill? Have you tried something more unusual, for example, grilled fruits or pizza?
- Do you like eating salads in the summertime? Which do you prefer: veggie salads, fruit salads or pasta salads? Why?
- Talk about your favorite frozen treats, such as ice cream or ice pops. What flavors or toppings do you like? Do you have a favorite ice cream parlor?
- Refreshing drinks are a warm-weather staple. Do you enjoy iced tea, lemonade or cold sodas?
- When was the last time you went on a picnic? What did you eat and drink?

Friends and Family Promenade Highlights





Activity 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

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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

Memorable Melody: 'In the Good Old Summertime'

"There's a time in each year that we always hold dear," and according to this American standard, it's the "good old summertime." The cheerful lyrics list the relaxing pleasures of the season, but publishers initially passed on the song, fearing it would be forgotten when autumn arrived. An appearance in the 1902 musical "The Defender" made the tune an instant hit, with audiences singing along to the chorus. Judy Garland starred in the 1949 movie named after the song, and numerous artists have recorded versions, including Bing Crosby, Connie Francis and Nat King Cole.

Word Search

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SDDGRANDAMBA	19. Seville	9. Cutlass
ROCSELANDE I	18. Sable	8. Cougar
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	16. Neon	6. Corolla
	15. Mustang	5. Civic
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"This Month In History"

1922: Johnny Weissmuller breaks a world record. The future Olympic champion and Hollywood actor was the first person to swim 100 meters in under one minute.

1938: On the 75th anniversary of the Battle of Gettysburg, President Franklin D. Roosevelt dedicates the Eternal Light Peace Memorial at the Civil War site in Pennsylvania. An eternal flame burns atop the monument's 47-foot-tall stone tower.

1957: Jack Paar debuts as host of TV's "Tonight" show.

1969: Apollo 11 astronaut Neil Armstrong takes "one giant leap for mankind," becoming the first man to walk on the moon.

1972: "Lean on Me" by Bill Withers is the No. I song on the music charts.

1985: After three months of consumer complaints about New Coke, the Coca-Cola Co. announces it is bringing back the soft drink's original formula.

1991: Major League Baseball approves adding two new teams, the Florida Marlins and the Colorado Rockies.

2003: The last classic-style Volkswagen Beetle rolls off the production line.

2012: The 30th Summer Olympics open in London.

2018: In Thailand, 12 boys and their soccer coach are rescued after being trapped in a cave flooded by monsoon rains. The 18-day mission riveted the world.