

BELLAIRE AT STONE PORT

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My name is Melinda Clifton, and I am the new Director of Health and Wellness at Bellaire At Stone Port. I am a Licensed Practical Nurse and have held this licensure in good standing since 2004. During my nursing career I have worked in a variety of capacities to include Assisted Living, Skilled Nursing and Nursing Administration.

My philosophy has always been that I treat people the way I want to be treated and I have an expectation that those who work with me do the same. I often tell staff that I expect them to treat the residents they care for as if it were my mother, father or grandparent. On a more personal note, I have been happily married for almost 25 years; my husband's name is Danny. We have two beautiful daughters, Sierra and Cheyenne.



Associate of the Month



Emily Breen is our Associate of the Month. Emily recently transitioned from being a CNA in Memory Care to being our full-time Activities Assistant. Since transitioning to this role, Emily has been a breath of fresh air to our residents. Whether she is playing her guitar for a crowd in Memory Care, passing out activity packets in Assisted Living or helping out with Bible Study, you are sure to find her with a smile on her face and a positive attitude. When you see Emily, please take a moment to congratulate her for being our Associate of the Month.



The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations. Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music. Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint. From the classic candy cane to peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa. There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread. Combining ginger with other spices results in one of the season's tastiest traditions. Making cookies and decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Eggnog. This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.



Activity



Bingo Tips and Tricks

A favorite pastime, bingo is largely a game of chance. But there are a few ways to increase your odds of winning and ensure a fun time for all.

Arrive early. Aim to arrive at a bingo game 10 minutes before it's set to start. This gives you time to choose your seat, get your cards and a beverage or snack, and chat with friends.

Pick a prime spot. Sitting near the caller can help you clearly

Highlights



hear the numbers the first time, allowing you to mark your cards faster.

Play multiple cards. Playing more than one card is the best way to improve your chances of winning a game of bingo. However, avoid dividing your attention among too many cards.

Bring tape. A roll of masking tape or painter's tape comes in handy to stick your cards to the table, preventing them from sliding around.

Have fun! This is the most important rule of a bingo game! Use breaks to socialize with other players. Be a good sport and cheer on others when they win.

The Ap-peal of Handbells

The merry music of handbell choirs is a festive sound that rings in the holiday season.

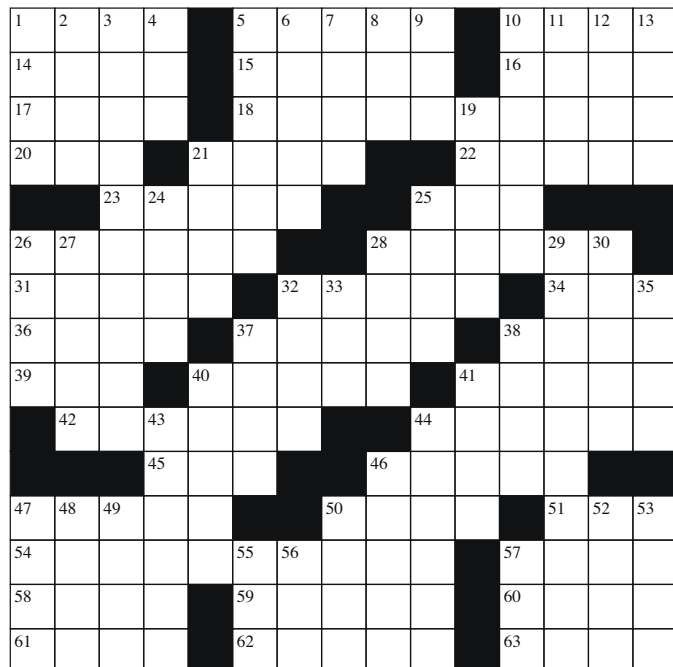
Early forms of handbells were part of ceremonies in many ancient cultures. Later, street vendors, town criers and night watchmen used them to attract attention.

Sets of handbells tuned to a musical scale first appeared in 17th-century England, where the art of ringing large tower bells was popular. But rehearsals could be noisy and disruptive, so small bells were designed to allow the ringers to practice their melodies indoors. Handbell groups soon formed across Europe.

In the 1840s, showman P.T. Barnum introduced the tradition to the U.S. when he brought a group of English bell ringers on a nationwide tour, but it wasn't until the early 20th century that the first handbell choirs were established in America. The ensembles have become a tradition at church services, but community choirs are increasingly popular, and some schools and universities teach handbells in their music curriculum.

Handbells come in a range of sizes. A bell's sound depends on its size; small bells produce a higher pitch, and large bells a lower tone. Because each bell plays only one note, a ringer often handles several bells during a performance.

Crossword Puzzle



ACROSS

1. Cake recipe direction
5. Character on "M*A*S*H"
10. Besides
14. Reps.
15. Black
16. Bug's bane
17. Like a poor excuse
18. Use Louis' method
20. Knot-tier's words
21. Score too few points
22. Biblical weeds
23. Pitfall
25. Barnyard enclosure
26. Sermon advice
28. Thoraxes
31. Was sore
32. Less healthy looking
34. Officeholders
36. Took off
37. Place for dressing
38. Neglect
39. Avenue topper
40. Boxed
41. Crinkled cloth
42. Parts of wood joints
44. Moon's feature
45. "___ Maria"
46. Fight site
47. Moisten poultry
50. Pack away
51. Wooden stick
54. Strong desire
57. Canadian prov.

58. Malcolm-Jamal Warner role

59. ___ Keaton
60. Element in gas lasers
61. Like felled trees
62. Knights' wives
63. Horned vipers

DOWN

1. Indonesian island
2. "Yikes!"
3. Environment
4. Part of Mao's name
5. Student's assignment
6. Lower
7. Prescribed amount
8. Tiny crawler
9. Bread for a Reuben
10. Impressive displays
11. Den
12. Small, medium or large
13. Poetical works
19. Speak
21. Sailor's sighting
24. Requirement
25. Storage building
26. Float
27. Brilliant success
28. ___ in; wearing
29. Schedules
30. ___ at; attack in an underhanded way
32. Opening between mountains
33. Pub order

35. Ending for old or pun
37. On one's rocker?
38. Algerian seaport
40. Blanket
41. Rowing team
43. Spain, Somalia or Sri Lanka
44. Hags
46. Make amends
47. Tub ritual
48. Racket-wielding Arthur
49. Gush forth
50. Setting for "The King and I"
52. On
53. Sunbathes
55. Combine
56. Madre's sister
57. Santa __, California



Word Search

Category: Words (of 3 or more letters) That Rhyme With SEE

A U E Y X E E T I P M K
D E G G L D H G P X N H
B D T D E G S H D E S G
X G H G A E P C E G A E
C S C H C X L K G D S E
V P G F G C E H S C D R
H R L D E V A S K V F H
J E J E K E S G I B F T
A E R K H G C F D T L X
S T E E R F V D H S E C
D D G Y S D B E G D E Q
F C H S W E E X H C X Z

1. Lea
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

1. Bee
2. Fee
3. Flea
4. Flee
5. Free
6. Gee
7. Key
8. Knee
9. Lea
10. Pea
11. Plea
12. She
13. Ski
14. Spree
15. Tea
16. Tee
17. Thee
18. Three
19. Tree
20. Wee

