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2020 In Review

I think it is safe to say that 2020 was a year none of us will ever forget. One of the most polarizing elections in United States history, the Australian Wildfires, the Hong Kong Protests and of course, the Coronavirus Pandemic, which has had a great effect on all of us. I for one am proud of our community for how we have managed the crisis. Thank you to residents for following all of the guidelines set out for you and for keeping your heads up in very difficult times. Thanks to our associates for working daily to keep the virus out of our community while still handling their jobs with grace and compassion. Thank you to our residents' families for your patience and understanding as our visitation policies have evolved to protect our residents. We look forward to 2021 and the hope of getting back to a more normal day-to-day.



Associate of the Month



Jenn Hoover is our Associate of the Month! Jenn works primarily Memory Care on the weekends. Jenn is a favorite of her colleagues and is known for being a calm head when things aren't going according to plan. Her stoic presence on the weekends helps our community tremendously. If you ever see Jenn, please take a moment to thank her for all her hard work!



Your Year in Review

The year has come to a close, and a new year full of possibilities lies ahead. Join family and friends to talk about the last 12 months and your expectations for the future.

- Looking back, what is one word you would use to sum up the previous year?
- What were some highlights of last year? Did you go on any special outings or trips? What about memorable holiday celebrations? Share photos and memories of these occasions, and talk about the people who were with you making those memories.
- How did the year compare with years past? Are there any experiences you would want to repeat?
- Have you changed in any way? Did you learn something new or grow in an unexpected way?
- What was your biggest accomplishment? Did you set any goals, and did you reach them? What motivated you to succeed?
- Have you made any resolutions for the year ahead? What are they? Did you learn anything from last year that will help you reach your goals? Share helpful advice with the group.
- What are you looking forward to the most this year? Why?

Memories of Wintertime

There's something about freshly fallen snow that turns many adults into kids again. Cozy up to a discussion about winter memories.

- What were winters like where you grew up? Was snow common or rare?
- Do you remember the first time you saw snow? Where were you? How old were you?
- Describe how you bundled up to go outside on a winter day. What clothing and gear did you wear? Did you have snow boots? Have you ever worn snowshoes?
- Have you ever built a snowman? What did you use to decorate it? Did you make snow forts or have snowball fights?
- Did you go sledding as a kid? Was there a favorite spot where you and your friends went? What kind of sled did you have?
- Have you ever gone ice skating? If so, was it on a pond, lake or rink? Have you played ice hockey? What about other winter sports, such as skiing, snowboarding, curling or ice fishing?
- Did you ever have a snow day from school or work? How did you spend the day?
- Nowadays, what do you like to do on a wintry day?

Activity



Highlights



Beat the Winter Blues

Does it seem like winter has been going on forever, and you just want to curl up under the covers and stay there until the daffodils start blooming?

It's not uncommon to feel sad, irritated or less energetic during the winter months. Studies show about 20 percent of adults in America experience seasonal mood changes.

The good news is there are many steps you can take to lift your mood, and remember, spring is right around the corner.

Exercise has been proven to reduce symptoms of depression. Bundle up for a walk, swim indoors, do yoga at home or head to the gym.

Make an effort to get exposure to sunlight. Place exercise equipment or your work area near a window. Take a lunchtime stroll outdoors. People in particularly dark regions sometimes purchase special lamps that mimic natural outdoor light.

Start a decluttering project, and clean out closets or purge old paper files. Take up a hobby like knitting, painting or blogging. Plan a movie night for yourself and some friends, and choose a laugh-out-loud comedy. Even just listening to upbeat music has been shown to make people feel happier.

If your sadness or lethargy won't go away or make it hard for you to function, check in with your health care provider.

Category: U.S. Cities

R E N O S I H P M E M J
C H I C A G O D D I C G
D M F T S I U O L T S H
E L T T A E S W D O G O
K R A W E N A D M G D U
O B S D T U N A S E E S
D U D A K U H I L I T T
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A F E D D L T S S N O N
L A S V E G A S A A I D
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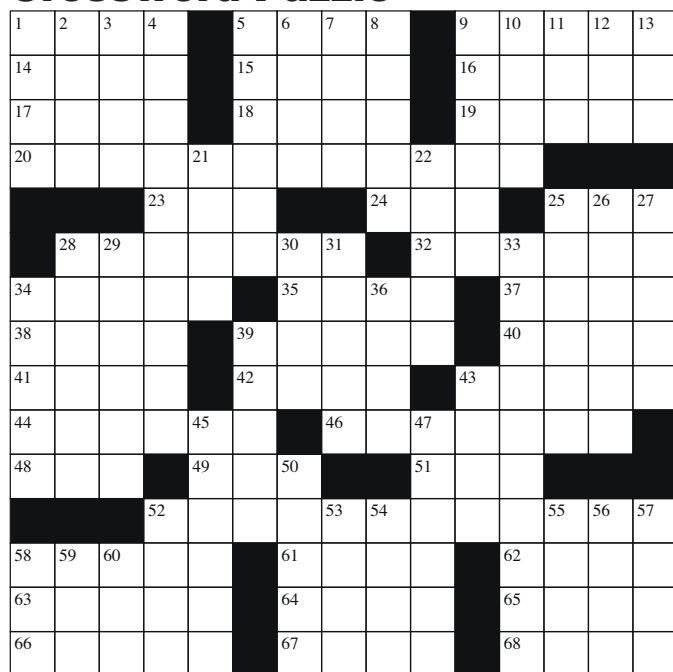
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| 1. | Chicago |
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Word Search Solution:

1. Buffalo
2. Chicago
3. Cincinnati
4. Dallas
5. Dayton
6. Detroit
7. Houston
8. Las Vegas
9. Los Angeles
10. Memphis
11. Milwaukee
12. Newark
13. Omaha
14. Orlando
15. Reno
16. San Diego
17. Seattle
18. St. Louis
19. Toledo
20. Tulsa

RENOSSIHMEM
CHCAGODDIC
DMFTSIULTS
ELTTAESWDO
KRAWEADWNG
SADTUNASSES
DUDAKUHILIT
ZFEELALOCDR
AFEDDLTSSNZ
ASVEEGSAALD
KOTIYAS
SELEGNASOD

Crossword Puzzle



ACROSS

1. Grows gray
5. Padres' stats
9. Full
14. Nag
15. Apiece
16. Door support
17. Pointed, projecting part
18. Request
19. Mr. John
20. Title role for
Barbara Stanwyck
23. Musical notes
24. Use a hand shuttle
25. Feather's partner,
in phrase
28. Natural environment
32. Pick
34. Mountaineer's spike
35. Amount to be swallowed
37. Stiffly formal
38. Aleutian island
39. Transmitted electronically
40. Biblical twin
41. Ollie's partner
42. Foreign leader's title
43. Golf shop purchases
44. Cattleman
46. Solicit votes
48. English rhos
49. "Hurray!"
51. Bit of cereal

52. People who seek
a homeland

58. Curtin and Pauley
61. Lamentor's word
62. Sad item
63. Sudden and sharp
64. Drink much and often
65. Island goose
66. Apportioned
67. Notorious German
68. Quit
- DOWN**
1. Plays a part
2. Canter, for one
3. White-tailed eagle
4. Fascinated
5. Meal
6. Like Telly
7. ___ cake; apply frosting
8. Commandment word
9. Blase case
10. Is in poor health
11. Trinitrotoluene, familiarly
12. Conceit
13. Private area
21. Form of "to lie"
22. Spiked the punch
25. Trunks
26. Afghans and others
27. Twin brother of Romulus
28. Batter
29. Damask rose oils

30. First of zillions
31. Poisonous
33. "ectomies"
34. Turkish title
36. Blood fluids
39. Wild
43. ___ the Terrible
45. Wiped out
47. Bangs and clatters
50. Shrub
52. ___ Seeger
53. Blackthorn fruit
54. Touches lightly
55. Assist in crime
56. Chihuahua child
57. Bit of progress
58. Strawberry concoction
59. Part of a blackjack
60. Kook

