

Bella Vista

Gracious Retirement Living

55 Piney Mountain Drive • Asheville, NC 28805 • Phone (828) 255-8255 • www.seniorlivinginstyle.com

MAY 2020 BELLA VISTA STAFF

Managers.....CARY & TAMMY COLE
Assistant Managers THOMAS &
KERRI COFFIELD
Assistant ManagersERIC & AMY BENSON
Executive Chef..... GRAHAM FELLERS
Activity CoordinatorJENNIFER THOMPSON
Maintenance FRANK WINER
Transportation.. DWIGHT VROOM VROOM HAGAN

TRANSPORTATION

**Monday, 9 a.m.-Noon and
1:30-3 p.m.:** Shopping

**Tuesday & Thursday, 9 a.m.-Noon and
1:30-3 p.m.:** Medical Appointments

**Wednesday, 9 a.m.-Noon and
1:30-3 p.m.:** Shopping or Outing

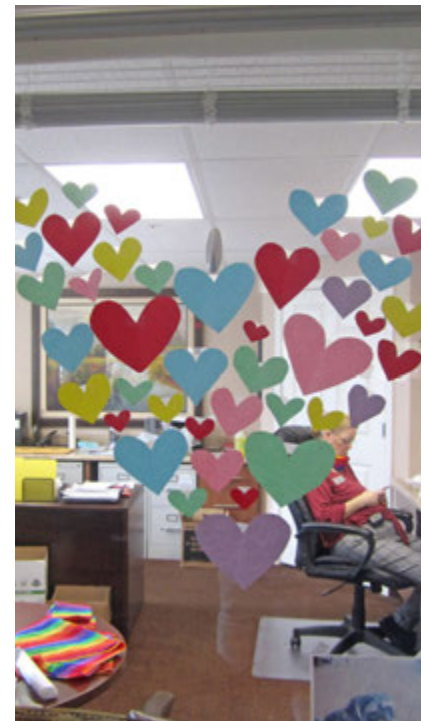
Friday, Will Be Posted: Shopping or Outing

HAWTHORN
SENIOR LIVING

We're All Loving Hearts Here at Bella Vista

There is a movement that is becoming very popular. People are decorating with beautiful heart cut-outs placed in various designs on the windows of homes, businesses, hospitals and retirement communities.

According to CNN News; "It's unclear where or when the effort started, but photos of people putting rainbows, colorful heart cutouts, teddy bears and anything that resembles a sign of hope have been spreading all over social media. Some are participating because they want their neighbors who have been deemed "essential workers" to see some joy on their way out of their homes. Others say they decorated their windows so families taking walks and getting fresh air have a nice reminder that everyone is in this together."



(Continued inside.)



We're All Loving Hearts Here at Bella Vista (Continued)

Jennifer put together packets with templates, directions and colored paper. If you're interested in hanging some hearts in your windows, please call Jennifer and she will get you started. Let's spread love all over the building.



The heart project packets



May Birthdays

Charles Crocker, 2nd

Betty Lee, 2nd

Alene Kinsland, 2nd

Marilyn Nauta, 5th

John Powell, 5th

Carl Howell, 8th

Louise Dachs, 9th

Ed Bryant, 16th

Ida Edge, 17th

Glenda Nicholson, 23rd

Diane Gruenwald, 26th

Evelyn Posey, 26th

Mary Waid, 26th

Wilma Lindsey, 28th

Mountain Home Care

828-684-6444

Legacy Healthcare Services

828-252-1915

Beauty Salon

Hours:

Tuesday-Thursday:
9 a.m.-4 p.m.

Friday: 9 a.m.-2 p.m.

Hairdresser: Belinda Wells,
779-1475



Spring Has Sprung at Bella Vista

Just like its name, Bella Vista or beautiful view, it's beginning to look amazing outside. The bushes around the driveway have gorgeous white blooms, there are purple tulips out front, and pansies are at the front entrance. Our residents Louis and Marilyn have been planting flowers all around the front of the building, on the patio and in the planter around back. We've also got some plants that are coming back from last year: gladiolas, irises and black-eyed Susans. Their little green leaves are starting to poke their heads above the ground, promising lovely color to come.

It is well known that beauty blooms in the garden as well as the heart. If you would like to work in the garden, just let Jennifer know and she'll be glad to get you started. Let's all go play in the dirt!



There are begonias planted around the fountain.



The gladiolas are starting to come up.



Flowers at the front entrance



You can order anything — even cow manure — through Amazon!



Louis has planted very pretty money plants.

"What you do today can improve all your tomorrows."
— Author Unknown.

Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

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

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

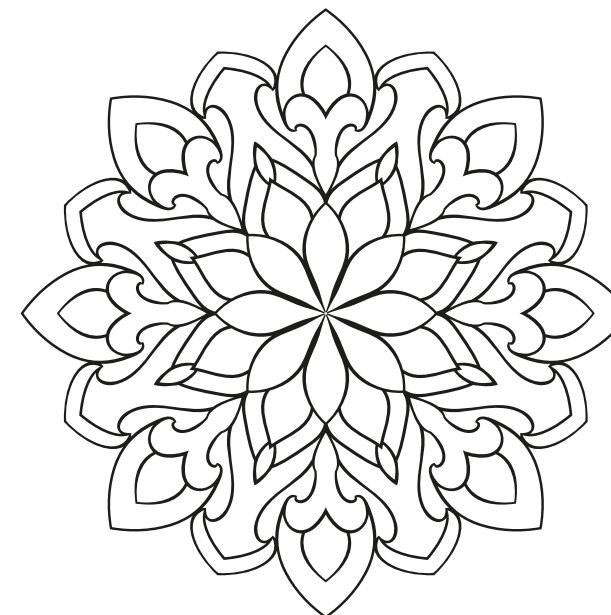


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

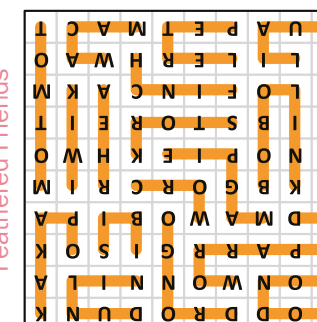
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Wow! We Have a Great Staff!

A big thank-you to all the employees at Bella Vista for all their hard work always, but especially now during the virus pandemic. All the servers/housekeepers have worked so very hard to keep rooms clean, keep up with the ever-changing meal schedule and delivery, and do extra cleaning on the halls, railings, elevators, mailboxes, coffee bar and everywhere else that could be touched. Thank you to the kitchen staff as well. They have had to make tremendous changes during this time. They not only prepare meals, they have to now wrap each individual dish, roll, piece of fruit or dessert in saran wrap or place in a separate box. They keep counts of who is on which floor and wants which meal. Also, thank you to Dwight, who normally drives the bus. Since the bus is only taking residents to the doctor on Tuesdays and Thursdays, he was reassigned to monitoring the front door. He also delivers packages, takes out the trash from each floor and picks up medicine at the pharmacy for residents. Frank helps keep the whole building going. It takes a lot of folks to keep Bella Vista running and we're so lucky to have this great group of people to do it!



Dwight monitoring the doorway



Iris returning after delivering meals to her floor



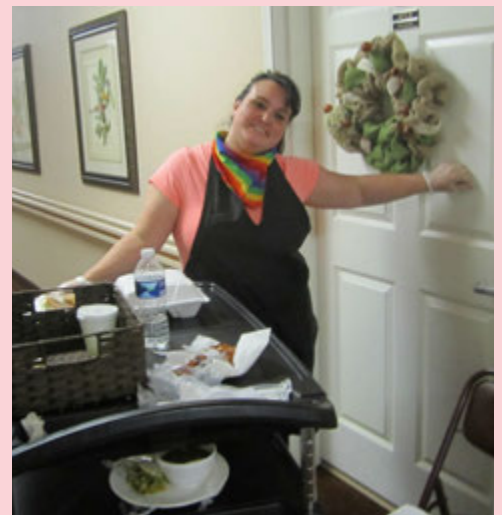
Frank ensuring that popcorn could still be popped — yea!



Wendy delivering meals to residents



Katie pointing up to her floor where she is getting ready to go clean



Tanya delivering meals to her residents



Alec and Graham preparing a great lunch



Jennifer on her way to pick up used dishes



Jane on her way to her next delivery



Adam and Karan preparing lunch



Brian, Brandon and Cassidy preparing the supper meal

Mask Making 101

Necessity is the mother of invention. Before we were asked to stay in our apartments, Gloria and Maureen got together with the internet and figured out how to make a mask from household items. This particular mask uses two coffee filters folded in thirds. Then you pleat each end and put a rubber band over the end. Fold the end over and staple. Repeat for the other side. And there you have it — a homemade mask. Hopefully we won't even be wearing these masks by the time you're reading this, but if we are, isn't nice that we know how to make them? Thank you, Gloria and Maureen.



Jack is testing for the size of his mask.



Norma looks great in hers.



Myrtle proudly wears her mask.



Marilyn is just getting started making her mask.

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SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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