

Belvedere Heights News & Views November 2014



Residents' Bill of Rights – Revised May 2010

12. Every Resident has the right to receive care and assistance towards independence based on a restorative care philosophy to maximize independence to the greatest extent possible.

Staff Monthly Attendance Draws:

2014 WINNERS

Nursing Staff: Jennifer Anderson

Support Staff: Pauline Hind

Winning tickets were drawn by
Karin Cowan and Chris Peters

Welcome to Cristy-Ann Vallas and Welcome Back to Alexa Fisher, in Nursing Department.

Ever Wonder ...?



Why apples are more efficient than caffeine to wake you up in the morning?
Why pearls dissolve in vinegar?
Why a duck's quack does not echo?

Belvedere Heights' Resident Fundraiser for Parkinson Disease



Pat Adams, Yvonne Harvey and Pauline Hind manned the Bake Table. Proceeds totaled \$244.75!



Residents, staff and friends gathered for their annual Walk 'n Roll on an overcast day but did not get wet!

Tried & Tested Recipe

Heather Smith's Pumpkin Soup

2 tsp Olive Oil
1 cup chopped onion
1 tsp minced garlic
1 tsp grated ginger root
1 tsp curry
 $\frac{1}{2}$ tsp ground cumin
4 cups chicken broth
2 cups peeled diced apple
2 cups cooked pumpkin or squash
1 cup grated or cooked carrot
 $\frac{1}{4}$ tsp pepper
 $\frac{3}{4}$ cup milk
Heat oil and cook onion; add ginger & spices. Add broth, apple, carrot and pumpkin or squash. Bring to a boil and cook 15 minutes. Add milk and puree.



Staff News

New Staff:



In Memorium

Deepest Sympathy is extended to the families of:

Hope Hurlbut Albert (Ed) Martin
David Poole Adriana Stocco
Fran Brown Roberta Cook

Poetry Section

An Old Outhouse Poem – Author Unknown



The service station trade was slow
The owner sat around,
With sharpened knife and cedar stick
Piled shavings on the ground.

No modern facilities had they,
The log across the rill
Led to a shack, marked His and Hers
That sat against the hill.



"Where is the ladies restroom, sir?"
The owner leaning back,
Said not a word but whittled on,
And nodded toward the shack

Welcome to New Residents:

Harry Johnson Claire (Marie)
Shalla
Devina Crisp Connie Craddock
George Classen Marilyn Holmes



George Watkinson loved his welcome afghan made with TLC by Barb Sichewski!

Resident Lost & Found Articles will be on

display in the Community Room on **November 4, 2014** from **10 am to 3 pm**. Please stop by to check for lost items.



Thank you to all the Staff at Belvedere

"The family of **Hope Hurlbut** would like to thank all the staff for their kindness and loving care of Hope during her eleven months at Belvedere. Donna Dellio helped Hope so much with her transition from her home in Mactier to Belvedere and she quickly came to love her new home. Thank you to the nurses and the PSWs on Cedar who worked so patiently with Hope, particularly with her slow communication. Your valiant efforts to learn and use some sign language meant so much to Hope. Each department member had his or her own special place in Hope's heart because of the help and support they gave her. Hope had many visitors and they were so impressed with the care she received and the beautiful setting she

lived in. Our heartfelt thanks to each one of you who touched Hope's life during this final struggle with ALS."

Myrtle, Ian, Peter, Cindy and Jan

Seize the Moment!

A young soldier and his commanding officer got on a train together. The only available seats were across from an attractive young woman who was traveling with her grandmother. As they engaged in pleasant conversation, the soldier and the young woman kept eyeing one another; the attraction was obviously mutual. Suddenly the train went into a tunnel and the car became pitch black. Immediately two sounds were heard - the soft sigh from a kiss, and a "whack". The grandmother thought "I can't believe he kissed my granddaughter, but I'm glad she gave what he deserved for his impertinence."

The commanding officer thought, "I don't blame the boy for kissing girl, but it's a shame that she missed him and hit me instead."

The young girl thought, "I'm glad he kissed me, but I wish my grandmother hadn't taken retribution."

And as the train broke into the sunlight, the soldier could not wipe the smile off his face. He had just seized the opportunity to kiss a pretty girl and smack his commanding officer - which he'd been wanting to for some time and he had gotten away with both!



John Tuck from the Parry Sound Fire Department gave a smoke demonstration in their miniature house and instructed everyone in attendance on the importance of fire safety procedures.

Trivia for Potato Lovers

....Did you know?

During the Alaskan Klondike gold rush (1897-1898) potatoes were practically worth their weight in gold. They were valued for their Vitamin C; and gold at that time was more plentiful than nutritious foods.

In October 1995, the potato became the first vegetable to be grown in space.

During the 18th century, potatoes were served as a dessert, hot and salted, in a napkin.

The Irish are best known for their love of potatoes. They were so dependent upon potatoes that when the potato crops were destroyed by blight in 1845 and 1846 over one million people died and another million left Ireland to find food.

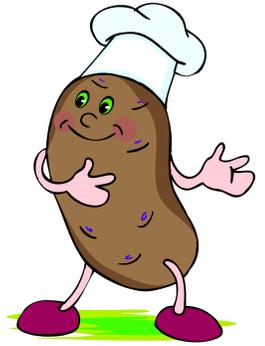
Potatoes are the world's 4th food staple (after wheat, corn and rice.)

Contrary to popular myth and misconception, potatoes are an extremely nutrient-rich vegetable.

One medium potato contains 45 percent of the daily recommended amount of Vitamin C.

Potatoes provide one of the affordable and concentrated sources of potassium - more than bananas, tomatoes, broccoli and oranges!

About 20% of potato nutrition is found in the skin; the majority is in the flesh. Keeping the skin on for potato salad means you'll get all the great nutrients!



Best wishes to Resident **Joan Genco** who will be transferring to another facility to be closer to her family.

Fire Prevention Presentation to Residents & Volunteers



New Bench for Beloved

Sincere thanks to the Timm Family for the donation of a beautiful bench in Memory of Helga. "Forever in Our Hearts"





Handsome Labradoodle **Merlin**, just one month shy of a year, posed for a photo during a recent visit with his proud owner **Bob Griffiths**.

Guardian Angel – Paula LaFrance



Paula LaFrance receives her Angel Pin from **Whitney Tucci** on behalf of Family Council. Congratulations, Paula!



Inspirational Thought



***Rule 148 For a Better Way to Live
You can build a fire in the hearth and stay in
where it's warm or you can build a fire in your
soul;
and go out to pursue your vision with a passion!
What matters is not the years in your life,
But the life in your years!***

Pet Corner