

Belvedere Heights News & Views September 2013



Feature Profile John Bennett

Interviewed by Mary Brear.

John Bennett was born on March 24, 1937 in Toronto. He was the first born son of Frederick and Violet Bennett, followed by his younger sister Donna who was born a year later. The Bennett family lived in Toronto until John was around 8 years old; then moved to Long Branch and later to Port Credit. John's father was a Garden Centre Operator, and John helped his Dad in the business. They also sold Christmas trees, which was a very busy time of year for them. John attended High School in Port Credit. He joined the RCMP in Toronto and was shipped out to Regina, Saskatchewan for one year of training. The Bennetts were a very close family and after John's training was completed in the prairies he decided to return home as he missed his folks. He joined the Peel Regional Police Force and stayed with them for 24 years. He met Sharon in 1959. It sounds like it was love at first sight. Sharon worked at the race track so John bought a phony ticket on a car and the rest is history! They were married a few years later. John & Sharon had two children. Danielle was their firstborn and John Jr.



arrived the following year. They moved to an apartment in Mississauga when the children were young, and then to Orangeville. John was still with the Peel Regional Police Force. He says being on the force was different back then. The atmosphere was calmer and more respect for authority was shown by the majority of people. He only recalls being involved in two tussles during his whole career and John won in both incidents although he did get his uniform quite muddy in a disagreement which took place in a field.

John worked as a Prisoner Escort for 7 years. Their truck transported prisoners from Metro East, Metro West, and Kingston area and to the Court House for "processing". In those 7 years he only had one prisoner try to escape but John was faster and brought him down before he made it to the door.

After 24 years with the force, John decided it was time for a change and worked for MacDonald-Douglas as a Security Officer for 4 years at Malton where aircraft parts were built.

In the 80's John's wife Sharon decided she would like to become a Real Estate Broker so they moved to "Cottage Country" in Parry Sound where she worked for Re/Max Realty. Sharon was very successful in her chosen career while John

ran the Forest Hill Variety Store across from Oastler Lake Provincial Park. They operated the store for about 15 years and then built a small plaza north of the store. It started out as stores below with a Residential area above, and eventually the building became all Residential area. The Bennett family also ran a Utility Trailer Business a few miles from the store. Sharon and John eventually retired and bought a place in Fort Myers, Florida where they would vacation a month or sometimes 3 months at a time. They both loved to go fishing. Sharon caught a 27 pound cobia; and John remembers catching

numerous sheep head fish which he says were very tasty. They spent about 15 years travelling back and forth between the Parry Sound area and Florida, until Sharon became ill and was unable to travel. John still made a few fishing trips to Key West after that. After Sharon's death, John faced the future alone.

John's favourite pastime is building model aircrafts. He is also very proud of his grandchildren: Lexi was born in 1998; Ella in 2005; Gabrielle in 2007 to his daughter Danielle in Barrie, and quite recently his son John became the proud father of little Samuel who resides right here in Parry Sound with his parents.



While John was enjoying his hobby after he moved to Orillia, he was walking down the hallway reading the instructions to complete a new model aircraft. He tripped on a chair and broke his back. He was sent to Sunnybrook Hospital, then to Lyndhurst for therapy and back to Orillia where he resided at Spencer House. He spent 85 days at the WPSHC recently and finally was admitted to Belvedere near the end of July. John says he is very happy to be here! We at Belvedere are also extremely pleased to meet John and are looking forward to getting to know this delightful gentleman.

John's comments:

"Might I add that John Jr. was extremely ambitious when it came to moving me.....He not only painted the house I was moving out of, but moved all the furniture as well. What he could not sell he put in a garage sale. All the rest, including pictures, boats, planes, he moved to Belvedere Heights where I am living now. I wish I had two of him!"

Grandparent's Brag Corner



George Butler's little Great grandson **Calvin Fraser** (age 6 months) brightened *George's* day immensely during their visit!

Ever Wonder ...?



Why strawberries are the only fruit whose seeds grow on the outside?

Why the tooth is the only part in the human body that cannot heal itself?

Why intelligent people have more zinc and copper in their hair?

Residents' Bill of Rights – Revised May 2010

25. Every Resident has the right to manage his or her own financial affairs unless the Resident lacks the legal capacity to do so.

Staff Monthly Attendance Draws:

2013 WINNERS

Nursing Staff: Valerie Lee

Support Staff: Teri Salt

Winning tickets were drawn by Joan Smith, Tuck Shop Volunteer.

Tried & Tested Recipe

LOW CAL BANANA BREAD - Cousin Merle

1 1/2 cups all-purpose flour
1 cup white sugar - OR 1/4 cup



Splenda.

1 tsp baking soda

1 tsp salt (I use about a 1/4 tsp salt)

1 egg

1 cup mayonnaise

3 bananas (ripe)

1/2 cup chopped nuts

In small bowl mix egg, mayonnaise, bananas and nuts

Add egg mixture to dry ingredients.

STIR by spoon until all mixed

Pour into greased pan. (If not non-stick)

Bake at 350 for 60 - 70 minutes.

Stick knife in middle to check for doneness.

This is so easy and delicious. ENJOY.



The **Veterans BBQ at Belvedere** sponsored by the Royal Canadian Legion Ladies Auxiliary Branch 117 on July 30th was thoroughly enjoyed by all who attended.



Ann Anderson

Bill Draper

New Residents are welcomed to Belvedere with a lovely Afghan created by our friend, Barb Sichewski:

Tammy Frank (on right) welcomes John Bennett

Eileen Laing (left) welcomes Frances McKenzie



Edna Bosley (left) welcomes Ruth Koenemann



Joan Genco (right) welcomes Hilda White



Teri Salt (left) welcomes Ann Anderson

Inspirational Thought



Rule 134 For a Better Way to Live

We don't need more to be thankful for;

We just need to be more thankful!

Health & Safety Tips by Tessa

Do a hazard audit of your work area. A hazard is something that could cause an incident or injury. Identify a hazard. Identify how it is being controlled so that the hazard does not cause an injury. Is the preventative measure working? What could be done differently to control the hazard? Hand your audits in to Tessa. Let's see what the workers see differently than the managers.



(L-R) Back Row: Jack Patterson, Ron Slater, Ed Morden, Earl Donnelly. Middle Row: Les Elliott, George Butler, Earl Norrie, Gerald Wager. Front Row: Esme Avis, Peter Hannon and John Hyatt.



Welcome to New Residents:
Ruth Koenemann Hilda White

Sunshine Hair Shoppe Hours

| Day | Time | Hair STYLIST | Time | Hair STYLIST |
|---|------|--------------|------|--------------|
| Monday | 9-1 | Verity | 1-5 | Verity |
| Tuesday | 9-1 | Verity | 1-5 | Verity |
| Wednesday | 9-1 | Verity | 1-5 | CATHY |
| Thursday | 9-1 | Verity | 1-5 | cATHY |
| Friday – no hairdresser available Verity accepts outside clients Monday-Thursday. | | | | |

Falls Tip #13

Have regular eye check-ups with an ophthalmologist to discern cataracts and glaucoma which may alter depth perception, visual acuity, peripheral vision and susceptibility to glare.

Avoid wearing eye-glasses that need cleaning or sunglasses when indoors.

Staff News

Farewell to our ADOC, Connie Sands-Harris. You will be missed very much, Connie!

Welcome to Judy Burke Nursing Dept; and Kaitlin Gale, Dietary Department as well as Dace Smith who will replace Connie Sands-Harris as ADOC (Associate Director of Care).

In Memorium

Deepest Sympathy is extended to the families of: Louisa Hoddy

Mary Lou Woldnik

Verna Parr

Viola

Ferris

Dr. Ed Fisher

Belvedere's Summer Olympics Parade



Pam Patton, Programs, lead the Olympics Parade with Ida Bryant followed by Eileen Laing with Maryanne Schnock and Ken Ainslie on the right.

Tail end of the Parade: (L-R) Nina Watson, Tammy Frank, June Kingissepp and student Stuart McKinlay.



Thelma Green.

Guardian Angel Sue Laing



Pauline Hind (left) presented Sue Laing with her angel pin. Congratulations, Sue!

Grand entrance of the parade was witnessed by Teri Salt and

Poetry Section

Back to School –



Author Unknown



'Twas the

night before school

When all through
The parents were

started

the town
cheering



It was a riotous sound!

By eight the kids were washed
And tucked into bed
While memories of homework
Filled them with dread

New pencils, new folders,
New notebooks, too
New teachers, new friends
(Their anxiety grew!)



The parents just giggled
When they learned of this fright
And shouted upstairs
“Go to sleep – it’s a SCHOOL NIGHT!”

Family Education Session

Topic: Understanding Dementia

Presented by Melanie Beaulieu

Psychogeriatric Resource Consultant

Thursday October 3, 2013 at 6:30 pm

In the Belvedere Heights Auditorium

Contact Carol Marshall for information

705-746-5871 Ext 2220

TEACHER: “Johnnie, your
composition on ‘My Dog’ is
exactly the same as your
brothers! Did you copy his?”

JOHNNIE: “No, Ma’am.
It’s the same dog!”

