

Belvedere Heights News & Views September 2015



Residents' Bill of Rights – Revised May 2010

22. Every resident has the right to share a room with another Resident according to their mutual wishes, if appropriate accommodation is available.



Roger Ewin
and his
grandson
Mitchel
Ivanov are
patiently
waiting for
the big one!

John Sands
Organ Concert
Sunday, Oct 18/15
2:30 p.m.



Fundraiser for Belvedere Heights
Sponsored by the Friends of Belvedere
At St. James United Church, Mary Street, Parry Sound
Tickets \$ 15.00 in advance; \$20.00 at the door
Tickets Available at: Belvedere Heights Impressions in
Colour, or The Kitchen Cupboard Hope to see you there!

Pet Corner

Pam

Avis-Pollock stopped by to introduce her 9 week-old American Cocker Spaniel, **Whisky**. They were in to visit **Esme Avis**.

Chocolate Chip Cookie Dough Truffles

Ingredients

- ½ cup (1 stick) butter, room temperature
- ¾ cup packed brown sugar
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 can (14 oz) sweetened condensed milk
- ½ cup semi-sweet chocolate chips
- ½ cup finely chopped walnuts or pecans
- 1 pound chocolate candy coating pieces



Instructions

1. In a bowl combine butter and sugar on medium-high speed until light and fluffy, about 2 minutes.
2. Beat in the flour, sweetened condensed milk and vanilla until incorporated, beating well after each addition.
3. Stir in chocolate chips and walnuts.
4. Cover with plastic wrap and refrigerate for about 1 hour or until firm enough to handle.

Tried & Tested Recipe – Mary Brear

5. Shape mixture into 3/4 inch balls by rolling a spoonful in the palm of your hand, since the dough is sticky, roll your fingers into flour. This will make it easier to roll.
6. Place on waxed paper-lined baking sheets. Loosely cover and refrigerate for 15-20 minutes or until firm again.
7. In a bowl melt chocolate candy coating pieces.
8. Dip the cookie dough balls on a teaspoon into the chocolate and place on parchment paper.
9. Let the truffles sit until hard, about 15 minutes.
10. Once set, remelt remaining candy coating.
11. Place in a small baggie and cut a small hole in one corner.
12. Carefully drizzle chocolate over truffles.
13. Store in the refrigerator and serve cold.

These can also be frozen for longer storage.

Please Note Dining Room Time Changes:

Oakridge Lunch 12:30 p.m.

Oakridge Dinner 5:30 p.m.

Cedar/Maple Breakfast 8:30 a.m.

Pinecrest H.S. 7:15 p.m.

(All other times will remain the same.)



Inspirational Thought



*Rule 158 For a Better Way to Live
Whenever life's burdens oppress you
And trials are too much to face
Remember God's strength in your weakness
He'll give you His power and grace*

EATING IN THE FIFTIES

Pasta had not been invented; it was macaroni or spaghetti. Curry was a surname. A take-away was a mathematical problem. Pizza? Sounds like a leaning tower somewhere. Bananas and oranges only appeared at Christmas time. All chips were plain. Rice was a milk pudding, and never, ever part of our dinner. A Big Mac was what we wore when it



was raining.

Brown bread was something only poor people ate.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Cubed sugar was regarded as posh.

Chickens didn't have fingers in those days.

None of us had ever heard of yogurt.

Healthy food consisted of anything edible.

Cooking outside was called camping.

Seaweed was not a recognized food.

'Kebab' was not even a word, never mind a food.

Sugar enjoyed a good press in those days, and was regarded as being white gold.

Prunes were medicinal.



Surprisingly muesli was readily available. (It was called

cattle feed.) Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.

Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it they would have become the laughing stock of the town...



Something that we never ever had on at our table in the fifties was elbows or hats!

Staff Monthly Attendance Draws:

2015 WINNERS

Nursing Staff: Debra Rosewell

Support Staff: Heather Campbell

Winning tickets were drawn by Iris Hunter, Tuck Shop Volunteers.

Tom Tucker Celebrates his 90th Birthday!



(L-R) Tom's Grandson **Tommy** and Tom's sister **Mary** had their picture taken with **Tom** (centre) during his birthday celebration on August 3rd at Belvedere.

Staff News

New Staff:

Welcome to Giselle Lefvre and Susan Arnold in Community Support Services Dept.



*Welcome to New Resident:
Herta Ostermann*



Guardian Angel
***Congratulations to
Valerie Lemkay!***



Ever Wonder ...?



Why a good time to keep your mouth shut is
when you are in deep water?

Why there are no new sins;
the old ones just get more publicity?

Why no one has more driving ambition than the
teenage boy who wants to buy a car?

**Mary Brear's
30 Years at Belvedere**

I love being a Grandma, Mother and Wife
But Belvedere's captured two thirds of my life
If God spares me to 90 and I reside here
I'll be quite at "Home", so don't shed a tear

In the nineteen-eighties I was invited by Fern
To attend an interview; a life-changing turn
I met Mr. Barker, Brenda and Marlene
Then decided to join their Admin Team

'Twas the fall of Eighty-five I did begin
Rescued from my summer boot camp at The Inn
But climbing McDougall Road hills in freezing rain
Made my winter commute from Hurdville a strain

In Eighty-six we moved in to the Sound
I could "slide" to work on frozen streets, I found
Don Barker played piano concerts at four
(While I sorted Board Packages on the floor!)

A huge ledger for the Payables to balance
Kept me awake nights; in search of 3 cents
Dispatching the Belvedere Bus for Doreen
Was challenging; comparable to a bad dream

Computers not implemented until Eighty-eight
Cheques were typed manually before the due date
After Mr. Barker left, Fern filled in as the Boss
Capably running the Home's Profit & Loss



Administrator Jack Agema arrived on the scene
Formed Resident Council and a Management Team
My new "fit in" job was the CSS cheque run
With nursing office duties thrown in just for fun

A new fax machine ensured mail was not late
Computerization brought us up to date
Now the tractor-feed printer, my cheques ate
(On the manual typewriter I would re-create!)

Two months of work hit by lightning disappeared
Our new computer system was one to be revered
Then we implemented telephone voice mail
This promised to make my job smooth, without fail

But when dealing with seniors it was not received well
(They pressed 0 for Reception with live stories to tell)
After several years Jack Agema retired
A new CEO, Reg Crawford, was then hired

This man on a mission brought a new vision to us
Managing redevelopment with little fuss
More Policies and Procedures to go on each floor
Plus racing to drop off Purolator Packs at four

A Ground Breaking Ceremony; then no time to rest
Revised Change Orders put our fax machine to the
test

Reg taught me how to hurry up and then wait
He had his own Agenda with a relaxed gait

We survived construction in the old location
Resident Rooms became our new work station
All projects were completed to perfection
The enhanced Belvedere passed each inspection

After Reg, Sharon was promoted to CEO
Our former Director of Nursing was "in the know"
She liked to have fun (a new boss for me to train)
More "revised" Policies during her one year reign

Beverly Preuss filled Sharon's vacant position
This kind lady prepared us for Accreditation
Donna Dellio now directs a skilled regiment
Overseeing the Heights
And Life Lease Management

Donna capably distributed her heavy load
(Like having me take Notes
at Meetings of the Board)
I've really enjoyed my 30 years at Belvedere
158 "News & Views"; were my main highlight
here

The Residents became like family to me
Not get too attached? (That I never could see!)
Everyone that I've met became part of my life



I was sad if they declined or experienced strife

Each day I spent at the Home was a pleasure
Precious memories over the years I'll treasure
Within these walls my heart will remain
'Till I'm Admitted; then we'll meet again

I'll miss each one but can't wait to sleep in
My folks beckon to spend more time with them
Farewell everyone, I'm now free to roam
Take good care of all my friends at the Home!



Grandparent's Brag Corner



Four Generations: Great Grandma **Marjorie Ryerse** (centre) holds baby **Wyatt Alexander Garside** (11 weeks) while Grandma **Madeline Andrews** kneels on the right. On the left are his parents **Mike** and **Aislynn**. What a cutie!

Thinking of Retirement?



A few years ago, my wife and I moved into a retirement development on Florida's southeast coast. We are living in the "Delray/Boca/Boynton Golf, Spa, Bath and Tennis Club on Lake Fake-a-Hatchie". There are 3,000 lakes in Florida; only three are real. Our biggest retirement concern was time management. What were we going to do all day? No longer! Let me assure



you, passing the time is not a problem.

Our days are eaten up by simple, daily activities. Just getting out of our car takes 15 minutes. Trying to find where we parked takes 20 minutes. It takes a half-hour in the check-out line in Wal-Mart, and one hour to return the item the next day.



Let me take you through a typical day: We get up at 5:00 am, have a quick breakfast and join the early morning Walk-and-Fart Club. There are about 30 of us, and rain or shine, we walk around the streets, all talking at once. Every development has some late risers who stay in bed until 6:00 am. After a nimble walk, avoiding irate drivers out to make us road kill, we go back home, shower and change for the next activity.

My wife goes directly to the pool for her underwater Pilate's class, followed by gasping for breath and CPR. I put on my 'Ask me about my Grandchildren' T-shirt, my plaid mid-calf shorts, my white socks and sandals and go to the clubhouse lobby for a nice nap. Before we know it, it's time for lunch. We go to Costco to partake of the many tasty samples dispensed by ladies in white hair nets. All free! After a filling lunch, if we don't have any doctor appointments, we might go to the flea market to see if any new white belts have come in or to buy a Rolex watch for \$2.00.

We're usually back home by 2:00 pm to get ready for dinner. People start lining up for the early bird about 3:00 pm, but we get there by 3:45 because we're late eaters. The dinners are very popular because of the large portions they serve. We can take home enough food for the next day's lunch and dinner, including extra bread, crackers, packets of mustard, relish, ketchup and Splenda, along with mints.

At 5:30 pm we're home, ready to watch the 6 o'clock news. By 6:30 pm we're fast asleep. Then we get up and make five or six trips to the bathroom during the night, and it's time to get up and start a new day all over again. Doctor-related activities eat up most of our retirement time. I enjoy reading old magazines in sub-zero temperatures in the waiting room, so I don't mind. Calling for test results also helps the days fly by. It takes at least a half-hour just getting through the doctor's phone menu. Then there's the hold time until we're connected to the right party. Sometimes they forget we're holding, and the whole office goes off to lunch.

Should we find we still have time on our hands, volunteering provides a rewarding opportunity to help the less fortunate. Florida has the largest concentration of seniors under five feet and they need our help. I myself am a volunteer for 'The Vertically Challenged Over 80.' I coach their basketball team, The Arthritic Avengers. The hoop is only 4-1/2 feet from the floor. You should see the look of confidence on their faces when they make a slam dunk.

Food shopping is a problem for short seniors or 'bottom feeders' as we call them, because they can't reach the items on the upper shelves. There are many foods they've never tasted. After shopping, most seniors can't remember where they parked their cars and wander the parking lot for hours while their food defrosts.

Lastly, it's important to choose a development with an impressive name. Italian names are very popular in Florida. They convey world travelers, uppity sophistication and wealth. Where would you rather live: Murray's Condos or the Lakes of Venice? There's no difference -- they're both owned by Murray, who happens to be a cheap bastard. I hope this material has been of help to you future retirees. If I can be of any further assistance, please look me up when you're in Florida. We live near the Leaning Condos of Pisa in Boynton Beach.