

## Belvedere Heights News & Views April 2015



**Welcome to New Residents:**  
*Joseph Shalla      Joan Smith*  
*Virginia (Jinny) Higgins*



Our former faithful Fireside Café Volunteer, **Joan Smith** (on right) received her afghan from Fireside Café Volunteer, **Sharon Lamore**.



**Joseph Light** was very happy with his new lap cover, compliments of our friend Barb Sichewski.



**Joe Shalla** was pleased with his welcome afghan and also to be reunited with his wife, Claire!



New Resident **Jessie Mullen** (on left) received her lovely Welcome afghan from **Ella Higman**.



**Marg and Ed Morden** were welcomed to Belvedere Heights by **Donelda McConnell**,

(centre) with lovely pink and blue lap covers made with T.L.C. by Barb.



**Jinny Higgins** (right) received her Welcome afghan from **Vera Tabobandung**.  
**Belvedere Heights 50<sup>th</sup> Anniversary**



Join us on Saturday July 25, 2015 from 1 pm-4 pm to celebrate this special occasion at our **Family Fun Afternoon!**

The first 200 guests will receive a 5" Belvedere Heights' 50<sup>th</sup> Anniversary decorated cake...Watch for details!

Residents' Bill of Rights – Revised May 2010

17. Every resident has the right to raise concerns or recommend changes in policies and services on behalf of himself or herself or others to the following persons and organizations without interference and without fear of coercion, discrimination or reprisal, whether directed at the resident or anyone else,

- i) The Residents' Council,
- ii) The Family Council,
- iii) The licensee, and, if the licensee is a corporation, the directors and officers of the corporation, and, in case of a home approved under Part VIII, a member of the committee of management for the home under section 132 or of the board of management for the home under section 125 or 129,
- iv) Staff members,
- v) Government officials,
- vi) Any other person inside or outside the long-term care home.

*Inspirational Thought*



*Rule 153 .... For a Better Way to Live*

*If you want to be miserable, look within;  
If you want to be distracted, look around;  
If you want to be peaceful, look up!*

**Silence**  
is the best  
reply to a fool!



**NOTICE TO FAMILY**

**MEMBERS:**

Please bring in Resident's **2014 Notice of Assessment** to Administration office as soon as possible *if applying for a **Reduced Basic Accommodation Rate.***



## Guardian Angel – Allan Hobourn



Allan Hobourn (front and centre) was thrilled to receive the coveted Guardian Angel Pin this month. He is an angel, always waiting at the front entrance to help anyone he can and certainly deserves his pin! Family Council Members were all available to pose with Allan at his "Angel Party" as he called it! Back Row: (L-R) **Mary Carruthers, Lynda McGowan, Suzanne Pausner, Mary Gwen Lawson, Wilma Tweedle, Yvonne Harvey, Bob Griffiths, Bunny Davis.** Front Row: **Chris Peters, Allan and Vi Whittaker.**

### Katie Brear

Celebrated her 95<sup>th</sup> Birthday with her family including FIVE Generations:



Back Row: (L-R) son **Wayne**, Grandchildren **Dwayne, Lori, Teresa**, Great granddaughter **Tonya** (holding Great-great-granddaughter **Georgia**);

Front Row: **Katie**, Great grandchildren **Lily, Terral and Garrett.**

### In Memorium

*Deepest Sympathy is extended to the families of:*

*Hilda Stratton      Inge Kantor  
Doris Stoneman*

## BELVEDERE HEIGHTS' COUNCILS & COMMITTEES

### RESIDENT'S COUNCIL

Donelda McConnell – CHAIR  
Lynn Whitely – CO-CHAIR

### FAMILY COUNCIL

Lynda McGowan – CHAIR  
Suzanne Pausner – CO-CHAIR

### FOOD SERVICES COMMITTEE

Donelda McConnell  
Dawn Smith  
Ed Morden & Marg Morden  
Hilda Bylow

Ever Wonder ...?



**Why** the Support Group for Procrastinators hasn't met yet?

**Why** nap time that seemed like punishment as a child now feels like a mini-vacation for seniors?

**Why** lemon juice is made with artificial flavor, while dishwashing liquid is made with real lemons?

## Beautiful Women's Month

**Age 3:** She looks at herself and sees a **Queen**.

**Age 8:** She looks at herself and sees **Cinderella**.

**Age 15:** She looks at herself and sees an **Ugly Sister**.



*(Mom, I can't go to school looking like this!)*

**Age 20:** She looks at herself and sees "too fat/too thin, too short/too tall; too straight/too curly"- but decides she's going out anyway.



**Age 30:** She looks at herself and sees "too fat/too thin, too short/too tall; too straight/too curly" - but decides she doesn't have time to fix it, so she's going out anyway.

**Age 40:** She looks at herself and sees "I am too fat/too thin, too short/too tall, too straight/too curly" - but says, "At least, I am "clean" and goes out anyway.

**Age 50:** She looks at herself and sees "I am too fat/too thin, too short/too tall; too straight/too curly" and goes wherever she wants to go.



**Age 60:** She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore. She goes out and conquers the world.

**Age 70:** She looks at herself and sees wisdom, laughter and ability, and goes out to enjoy life.

**Age 80:** Doesn't bother to look. Just puts on her purple hat and goes out to have fun with the world.

## JOIN US FOR OUR 10<sup>th</sup> ANNUAL Belvedere Heights' Golf Fun Day\_

(Best Ball Format) at the Parry Sound Golf & Country Club Sunday afternoon, **May 31, 2015** (rain or shine). Numbers less than four are welcome.



If you register as part of a team please indicate the other golfers on your team.

### **18 Holes: Tee Times to be confirmed**

Members of Parry Sound G.C.C.	\$75.00
Non-members	\$135.00

### **9 Holes: Tee Times to be confirmed**

Members of Parry Sound G.C.C.	\$75.00
Non-members	\$115.00

**Youth Fees available** (18 years and under)  
Entry fee includes dinner at the golf course.  
(Approximately 6:00 pm)

**Individual "dinner only" tickets: \$25.00**

### **HOLE SPONSOR**

\$125.00

Complimentary power carts sponsored by Belvedere Heights' Residents' Council.



Please send registration and cheques (payable to Belvedere Heights)

by May 22, 2015 c/o Carol Marshall, Belvedere Heights, 21 Belvedere Ave, Parry Sound, On P2A 2A2.

Phone: 705-774 7320.

Your participation/donations will help send our Residents to their Annual Camping Trip at the CNIB Camp in September.



## Pet Corner

**Jax Trudeau** came to visit "Grandma" **Kay Trudeau** with her owners **Marie & Mark Trudeau**. This gentle 6 year old Jack Russell is a "bush dog" who happily resides by Georgian Bay.

**Cook of the week**

By Carol Marshall

## Nutritious recipe is a hit with family

Belvedere Heights' resident Kay Trudeau, was named "Cook of the Week" for her nutritious recipe for pasta.

"I find that this is a very nutritious meal," she said. "Lots of vegetables and meat, and it's easy to make. It is easy to get together, and it is good for you. I will be a hit with mine."

**Ingredients:** 1 cup of whole wheat pasta, 1 cup of ground beef, 1 cup of onion, 1 cup of mushrooms, 1 cup of tomatoes, 1 cup of carrots, 1 cup of celery, 1 cup of zucchini, 1 cup of spinach, 1 cup of cauliflower, 1 cup of broccoli, 1 cup of green beans, 1 cup of peas, 1 cup of corn, 1 cup of kidney beans, 1 cup of chickpeas, 1 cup of lentils, 1 cup of black beans, 1 cup of white beans, 1 cup of chickpeas, 1 cup of lentils, 1 cup of black beans, 1 cup of white beans, 1 cup of chickpeas, 1 cup of lentils, 1 cup of black beans, 1 cup of white beans.

Kay Trudeau, a resident of Belvedere Heights, was named "Cook of the Week" for her nutritious recipe for pasta. She said, "I really should prepare this recipe more often. My family always loves it."



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## Poetry Section

Author Unknown

### The Legend of the Dogwood Tree



When Christ was on earth,  
The dogwood grew to a  
Towering size with lovely hue.

Its branches were strong and interwoven  
And for Christ's cross; its timbers were chosen.

Being distressed at the use of this wood,  
Christ made a promise which still holds good:

"Not ever again shall the dogwood grow  
To be large enough for such a tree,  
And so slender and twisted  
It shall always be

with cross-shaped blossoms for all to see.

The petals shall have bloodstains  
Marked in brown and in the  
Blossom's center a thorny crown.

All who see it will think of Me,  
Nailed to a cross from the dogwood tree.  
Protected and cherished this tree shall be  
A reflection to all of my agony."