

Belvedere Heights News & Views – November, 2015

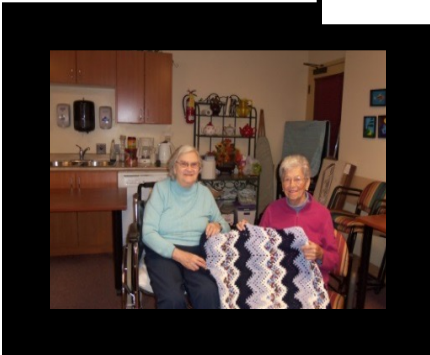


Residents' Bill of Rights – Revised May 2010

24. Every resident has the right to be informed in writing of any law, rule or policy affecting services provided to the resident and of the procedures for initiating complaints.

Welcome to our New Residents:

IDA CLAIRMONT
STELLA MAREK
DOUGLAS DEBRUGE



Ida Clairmont receiving her welcome afghan from Norma Taylor. Welcome Ida!



Stella Marek receiving her welcome afghan from Lynn Whitely. Welcome Stella!

Our Guardian Angel for this month is:
KAY WILKINSON!
Congratulations Kay!

Monthly Staff Attendance Draws
2015 WINNERS
Nursing Staff: Shauna Cumming
Support Staff: Elaine Kirkham
Winning tickets were drawn by
Gayle Bauman, Tuck Shop Volunteer

Staff News
Please welcome:
Jennifer Bernas to the
Programs Department.

Please say good-bye to:
Debra Rosewell, Nursing
& Vivian Keck, Dietary

November is Sweet Potato Month!

Did you know???

Sweet potatoes are roots, compared to regular potatoes which are underground stems.

Chicken & Sweet Potato Spicy Stew

125 ml Canola Oil
1 fresh chopped onion
4 cloves minced garlic
455 g sweet, peeled, cubed potato
125 g chopped yellow peppers
540 g diced cooked chicken
875 ml tomato diced in juice
500 ml water
3 g salt
15 g chili powder
2 g ground cumin
2 g dried oregano
2 g cocoa powder
0.5 g ground cinnamon
0.4 g cayenne pepper
10 g all purpose flour
30 ml water
165 g frozen whole kernel corn
500 ml red kidney beans, canned, drained
25 g chopped cilantro



Heat oil in large pot over medium heat. Stir in onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.

Stir in sweet potato, bell pepper, chicken, tomatoes, and water.

Season with salt, chili powder, cumin, oregano, cocoa powder, cinnamon and cayenne. Increase heat to medium-high and bring to a boil.

Dissolve flour in water, and stir into boiling stew. Reduce heat to medium-low, cover and simmer until the sweet potatoes are tender but not mushy, 10 to 20 mins. Stir the stew occasionally to keep it from sticking.

Once the sweet potatoes are done, stir in corn and kidney beans. Cook a few minutes until hot, then stir in cilantro before serving.



Our Residents enjoyed shelling out to all the Trick or Treaters who visited the Fireside Lounge.

Thank you to everyone who donated goodies.



Resident Profile – Bruce Miller



Bruce Miller was born on January 18, 1927, at home on the farm, in Magnetawan, Ontario. He was born to Harold Hanna Miller and Estella Alberta Miller (nee Mumford). He grew up in Chapman Valley, a small community close to Magnetawan. Bruce had 2 brothers, Ralph and Allan. He attended No. 6 School until Grade 8. He had to help on the farm and also with the maple syrup business in the sugar bush. In 1950 his father went into the maple syrup business. With 3900 buckets, he sold the syrup to neighbours and always had an order for 24 gallons for customers in Toronto. Syrup sold for \$2.00 a gallon and it took 32 gallons of sap to make 1 gallon of syrup. When the sap was running, two teams of horses and sometimes six men worked to gather the sap. A bitter cold winter meant sweeter sap. Taxes on the farm were \$75.00 per year. One load of cattle, about 15 animals “ fetched” around the same amount of money.

Bruce bought his own farm in 1948 with “no girlfriend and no prospects”. Later, Estella came from Cobourg to preach at the Magnetawan Church in 1948. He later fell in love with her and they got married in April, 1950. They had 3 children; Alice, Grace and Paul.

Alice Rae lives in the Parry Sound area. Grace Miller is a Chartered Psychologist in Lac La Biche, Alberta. Paul Miller works as a Sr. Developmental Engineer in Calgary and in Fort McMurray, Alberta.

Bruce and Estella lived on the farm in Magnetawan for almost 50 years. He enjoyed farming, milking the cows and had a couple of horses. His favourite horse was a Western horse named Chip.

Bruce and Estella moved to River St. in Parry Sound in 1998. Estella suffered from Alzheimer’s and was admitted to Belvedere in December, 2006 where she passed away in February, 2009.

After his stroke, Bruce was at his home in Parry Sound for 2 or 3 months until he came to Belvedere Heights on June 10, 2014.

Bruce’s favourite programs on TV are Joyce Meyer and Joel Osteen. He attends chapel services when he can and enjoys Christian music and hymns.

Bruce with Bill and Barney

