

# Belvedere Heights View from the Hill - September, 2016

**Labour Day is Monday, September 5, 2016!**



## **Residents' Bill of Rights - #10**

Every Resident has the right to keep and display personal possessions, pictures and furnishings in his or her room subject to safety requirements and the rights of other Residents.

## **Belvedere Heights extends a warm welcome to our new Residents:**



Joan Smith presents one of our new Residents, Lorraine Nason with her "welcome afghan". Welcome Lorraine!



One of our newest residents, Jerry Daley receives his "welcome afghan" from Earl Donnelly. Welcome Jerry!

We also welcome Allan Milne to our Belvedere Heights Family! Welcome Allan!



**Deepest Sympathies are extended to the families of:**

*Clemon Mintz*

## Residents' Activities



Teri shows everyone the Olympic Torch and opens the Belvedere Heights Olympic Games Bowling Tournament. Let the Games begin!



Richard carried the torch when he lived in Brampton and it went on to open the 2009 Special Olympics in Vancouver!



Allan with his numerous medals from the Special Olympics he has participated in. Most of the medals are for snow shoeing and bowling. Several years ago he carried the torch to open the Games!



Bill was the first bowler up and showed all of us how it's done! Great job Bill!



Susan was up next and also bowled a great game! Well done Susan!



Here's Robert trying his luck! Way to go Robert!



A rainy day on August 17, 2016 didn't dampen the spirits of residents or staff as the "travelling" Lemonade Stand hit the road, carefully driven by Brittany Massier!

### Healthy Tips for Shift Workers

1. Eat your main meal before going to work. Have a small meal and healthy snacks during your shift.
2. Avoid fatty, fried and spicy foods which can lead to heartburn.
3. Avoid sugary foods and drinks. May give a quick boost of energy but later you could experience an energy low.
4. Don't rush when you eat.
5. Stay hydrated.
6. Watch the caffeine. It can stay in your system for eight hours and affect your sleep.
7. Avoid alcohol. It may make you feel relaxed but can disturb your sleep.
8. Maintain a healthy body weight.

Guardian Angel for the month of August was:

**Brittany Massier!**



Brittany Massier receives her "angel pin" from Chris Peters, Member Family Council with Brittany McCandless, Programs Manager.

Congratulations Brittany!

## Tiny Tidbits

Until 1796, there was a state in the U.S. called Franklin. Today it's known as Tennessee.

More people use blue toothbrushes than red ones.

Your ribs move about 5 million times a year, every time you breathe.

Owls are the only birds that can see the color blue.

Cats can hear ultrasound.

A hummingbird weighs less than a penny.

The average person has over 1,460 dreams a year.

**"The richest man is not he who has the most,  
but he who needs the least."**

**Author Unknown**

## How do you see it?

