



## The View from the Hill

### Resident's Bill of Rights: #1

Every Resident has the right to be treated with Courtesy and Respect and in a way that fully recognizes the Resident's individuality and respects the Resident's dignity.

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



Donald Debruge receives his "welcome" afghan from Heather Campbell!



Robert Bond receives a welcome hug from Laura White

### Resident Christmas Bazaar at the Fireside Lounge on Saturday, November 28, 2015 raised :

**\$930.75!!**



Dorothy Tonkin greets Spot from Sue's Groom Room



Residents presenting Jason Predie with a cheque for \$250.00 for the EMS Toy Drive!



John Hyatt meeting Maple!

## Upcoming Events



**Christmas Carolers – Dec 18 (5 pm)**  
Each Dining Room

**CARF Survey:** Thank you to our CARF Surveyors.  
Kathy Romasjaeger and  
Andree Spekkens who reviewed  
1237 standards and made 12  
recommendations! Thank you to  
Marsha Rivers and all who  
contributed to make CARF a huge  
success!

**Guardian Angel of the Month:**  
**Butch Crump**



**Family Christmas Dinners**  
Dec. 8, 12, 16, 17 (5:30 pm)

**Dietitian's Corner:** Follow these tips to ensure you don't over-indulge this Christmas Season!  
Eat breakfast-regular meals help to stabilize blood sugars. Decide prior to eating which foods you want most. Don't drink your calories. Alternate your calorie containing drink with water to keep you hydrated. Put away candies and cookies. Replace them with fresh fruit or veggies. Fill up on fibre and protein. They fill you up faster and you'll eat less. Be mindful and plan ahead.

## **DECEMBER IS PIE MONTH!**

### **If you love...**

Apple Pie  
Pecan Pie  
Chocolate Pie  
Pumpkin Pie

### **Describe yourself as:**

independent  
thoughtful  
loving  
funny

**Winners of the Staff Attendance Draw (for perfect attendance for a month):**

**Cheryl Haskim – Support Services**

**Brenda Stewart – Nursing**

**Yvonne Harvey, Volunteer at the Fireside Café, drew the winning names!**

**Happy Retirement Wishes to:**

**Anne Devos – Nursing**

**Just a Reminder:** As of January, 2016 we will no longer be mailing the Newsletter to families of residents. If you would like a copy emailed to you please let us know! Our email address is [bh@zeuter.com](mailto:bh@zeuter.com). Or if you wish, you can view the Newsletter on our Website!

## Christmas Traditions Around the World:

In **RUSSIA**, on Christmas Eve after the first star appears, people eat **SOCHIVO**, a porridge made from wheat or rice. If you throw a spoonful on **SOCHIVO** on the ceiling and it sticks, you will have good luck and a good harvest!

In **VENEZUELA**, many people believe that if you wear yellow on New Year's Eve, you will have good luck all year!

In **INDIA**, Santa Claus delivers presents to children from a horse and cart!  
He's known as Christmas Baba!

In **POLAND**, a place is often left empty at the meal table, for an unexpected guest. In some houses, the empty place is to commemorate a relative who has passed away, or for a family member who couldn't come to the meal.

## Tickle Your Funny Bone!

How do sheep in Mexico say Merry Christmas?  
**FLEECE NAVIDAD!**

Why does Santa have 3 gardens?  
**SO HE CAN HO-HO-HO!**

## All Decked out for Christmas!



## Our Veterans - November 11, 2015



**Thank you to all our VETERANS for your SERVICE to our country!**

- Esme Avis
- Earl Donnelly
- Harry Johnson
- Ed Morden
- William Wells
- Bert Anderson
- Eugene Fournier
- Betty Marwood
- Thomas Tucker
- Clement Beninger
- John Hyatt
- Clemon Mintz
- Gerald Wager

### In The Spotlight:

#### Gordon Bradley – Belview by the Bay



Mr. Bradley was in the R.C.A.F. from 1943 – 1946 when he was Honourably Discharged. He found there was nothing for him in civilian life so he re-enlisted and spent another 15 years in the R.C.A.F. His two brothers and two sons also served. He was later hired by the Town of Ajax as Recreation Director.

After enlisting he was sent to England and later to Burma where he helped to liberate Rangoon. A local man, Don Corbett, told Mr. Bradley that his father had been a prisoner when Rangoon was liberated and it was Mr. Bradley's skipper who helped to free him.

**Thank you Mr. Bradley for your SERVICE to our country.**

### *In Memorium*

**Deepest sympathy is extended to the families of:**

Sam Stenfors  
Herbert Anderson  
Marjorie Ryerse