

Happy
New Year

2016!



January, 2016

Belvedere Heights

View from the Hill

Resident's Bill of Rights - #2

Every Resident has the right to be protected from abuse.



Carol Marshall accepts a cheque from Parry Sound Arts & Crafts members Grant and Libby Scobie. This cheque was used to purchase 5 pocket talkers from Parry Sound Audiology!

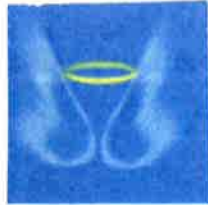
This year our Tree of Memories Christmas Appeal raised \$7,288.00 towards the purchase of a pergola to provide shelter for our Residents on the front patio! A heartfelt THANK YOU goes out to everyone who participated!

Upcoming Events: January 27, 2016 is Winter Fun Day! Watch for posters outlining the activities!

Frances McKenzie was the lucky winner of the New Year's Gift Basket! Thank you to Yvonne Harvey for putting together such a lovely basket!

Guardian Angel for November is:

Tammy Rayner



Guardian Angel for December is:

Rebecca McEwen



Health and Safety Reminder:

Task appropriate footwear will help to prevent slips, trips and falls!



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

Tracy Kennedy, Support Services

Christine Wassenberg, Nursing

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

Happy Retirement Wishes to:

Carol Koebel, Dietician

Carol Marshall will be retiring in June of 2016.

We are pleased to announce that Brittany McCandless will be the new Program Manager.

She will begin on January 4, 2016 learning the responsibilities of this position.

Please welcome her when she starts and support her as part of

The Belvedere Team!

Dietician's Corner: A New Year means new beginnings! Or does it? For most people, even the best intentions for New Year's resolutions can mean that their new beginning leads to an end sooner than later. A recent study showed that 43% of resolutions fail within one month. How can you enhance your chances of success? Well, you have to be smart, of course, and set S.M.A.R.T. goals.

SPECIFIC – a well-defined goal; "Lose five pounds" vs. "Lose weight".

MEASURABLE – How will you track success? How long will this goal take to achieve?

ACHIEVABLE – Is the goal achievable? Five pounds in one month is; whereas 50 pounds in one month is not.

REALISTIC – Is the goal within your availability of resources (such as financial), time and knowledge?

TIMELY – Set a reasonable time limit; too long and you may run out of steam, not long enough and you may set yourself up for disappointment. Break your goals down into small steps. Take one step at a time and work towards your bigger, overall goal. With small goals you will see success more readily and this will provide you with confidence and momentum to keep going!

WINTER SURVIVAL TECHNIQUES!



Dress warmly!



Stay inside and read the paper!



Take a long nap!

Tickle your Funny Bone!



In the Spotlight:



Volunteers - the Heart of Belvedere Heights

Volunteers have been part of the Belvedere Heights Family since 1965 and their numbers and the services they provide have grown along with the Home. Volunteers offer their companionship in a number of ways; L.O.B.A. sponsors some of the Bingo games, entertainers lend their musical talents and volunteers keep the Fireside Café open 7 days a week. Volunteers also provide one on one visits with residents as luncheon companions and competitors when playing card games! They lead Bingos, church services in the Chapel and dances. They bring in their pets to visit residents and staff and lead Sing Songs and Jam Sessions. They provide spiritual, emotional and practical help, doing things for others who can't always do things for themselves. Volunteers are everywhere and they are the Unsung Heroes of Belvedere Heights. So next time you visit the Café, go to a Jam Session or play Bingo, remember it just might be a Volunteer running the show!

Let's not forget our "behind the scenes" volunteers: Friends of Belvedere who are very active in fundraising events, Rebecca McEwen who knits/crochets shawls for the Palliative Program and Barb Sichewski who crochets beautiful afghans to help us welcome our new residents.

*A sincere "Thank You" to all our Volunteers!
Yours is a labour of love!*

In Memorium

Deepest sympathy is extended to the families and friends of:

*Pauline Hill
Betty Marwood
Lise Shea
Gwen Ballantine*