



Happy St. Patrick's Day!



Belvedere Heights View from the Hill - March 2016

Residents' Bill of Rights - #4

Every Resident has the right to be properly sheltered, fed, clothed, groomed and cared for in a manner consistent with his or her needs.

Belvedere Heights extends a warm welcome to our new Residents:



Royce Alves show us his welcome afghan, made by Barb Sichewski

Welcome



Peter Novak receives his welcome afghan, also made by Barb, from Laura White



Deepest Sympathies are extended to the families of:

*Gerald Wager
Charles Bassingthwaighte*

NOTICE TO FAMILY MEMBERS

Please bring in Resident's

2015 Notice of Assessment

To Administration Office as soon as possible

If applying for a

Reduced Basic Accommodation Rate

Dietitian's Corner: The average Canadian eats around 100 meals a month so "Take a 100 Meal" journey where the goal is to make small changes for lasting success, one meal at a time. Think small, realistic changes that can lead to bigger changes over time. Try these ideas on your plate over the next 100 meals this month: fill at least half your plate with vegetables and eat these first; choose whole grain breads—fibre fills you up; serve smaller portions—use your hand as a guide; enjoy fruit or veggies for a snack; drink water instead of juice, pop or artificially sweetened beverages. Make small changes over 100 meals this month and see what happens in April!

Health and Safety Reminder: Now that you have done the WHMIS training for February, check out the MSDS binders to see what an MSDS/SDS sheet looks like. Familiarize yourself with an actual copy before you need to use it when an incident occurs. They are located at each care centre and the H&S table. Be prepared!

Guardian Angel for the month of February was:

Mark Ruggles shown here with Yvonne Harvey



In the Spotlight:

Belvedere Heights is fortunate to have many service providers looking after the needs of our residents. These include Motion Specialties, Ontario Wheelchair and Shoppers Home Healthcare who look after fitting and repairing wheelchairs, Cogeco who looks after Cable TV and telephones, and Elevator One who inspect the elevators and make sure they are working safely.

This month the spotlight falls on Jamie Power. Jamie delivers the mail to the Administration Office everyday for distribution to our residents. Jamie hails from Dublin, Ireland. When he finished college he went backpacking throughout Australia with a couple of friends from home. He met his girlfriend, Niki Phillips, in Melbourne, early in 2009. They have been together ever since. After spending three years in Australia and New Zealand, Jamie and Niki decided to come home. They wanted to stay together and at the time, they felt Canada was the better option to live in, since Ireland was still deep in recession. Niki sponsored Jamie and six months later he was granted residency by the Canadian government. Jamie has lived here for four years. He enjoys his job, he and Niki bought a nice little house and have a beautiful son, Jack. Jamie would like to wish everybody a happy and fun filled St. Patrick's Day!





RESIDENTS' ACTIVITIES

Couples' Luncheon-Feb. 11/16



Heart shaped grilled cheese sandwiches—enjoyed by all!



Sing Song with Jo – Feb. 23/16



Jo Kennedy leads the sing song!



Residents enjoying the music led by Sarah Gardner, volunteer!

Residents' Birthday Party-Feb. 4/16



Everyone enjoyed a piece of delicious birthday cake and great music courtesy of Edmund Lea!



Bowling-Feb. 17/16



Clem Beninger aims for a strike!



Joan Smith shows us how it's done!

A Little Leprechaun told me:

That the average height of an Irish man is 5'8" and the average height of an Irish woman is 5'5"!

That the shortest man in Irish history was Raymond O'Brien who was only 1'11" tall!

That only 9% of the Irish population are redheads!

That 57% of the Irish population wear glasses or contacts!

That cats outnumber dogs 2 - 1 as Ireland's most popular pet!

That Dublin boasts 1 pub for every 100 people!

That Ireland reports the lowest number of annual UFO sightings!

Irish Blessings

May you always walk in sunshine,
May you never want for more.
May Irish angels rest their wings,
Right beside your door.

May joy and peace surround you,
And contentment latch your door.
And happiness be with you now,
And bless you evermore.

Fun Facts about Leprechauns

In early Irish folklore, leprechauns didn't look like we picture them today having a red beard and wearing green. They were short beings who dressed in red and wore tri-cornered hats.

There are no female leprechauns. Leprechauns are offspring of fairies who were deemed "defective children because of their size and disposition".

Leprechauns are a protected species under European law.

A 2' long patch of carefully landscaped land sits in the middle of a road in Portland, Oregon and is a park dedicated to Leprechauns. Local legend says that a reporter wrote a series of columns about leprechauns and spotted one digging a hole in the spot outside his window and captured it. He used his wish to get a park of his own, but the leprechaun tricked him and gave him the small patch of ground instead.

Pub owner P.J. O'Hare claimed to have seen a leprechaun in 1989 in Carlingford, Ireland.