

Belvedere Heights News & Views January 2012

Grandparent's Brag..Corner.

Julie Armstrong brought her 2 year old granddaughter **Charlotte** in for a visit. What a cutie she is!



Guardian Angel Susan Beggs

Dot Elliott on left presented Susan with her Angel Pin. Congratulations, Susan!



Memory Quilt

A beautiful Memory Quilt was stitched with T.L.C. by Dianne Beggs, Florence Smith and Maureen McGown. Hands on the quilt were traced from staff members and the material is from their uniforms. The purpose of the quilt is to cover Residents with dignity and love on their final journey from Belvedere.



(L-R) Diane, Florence, Carol Marshall and Maureen.

Inspirational Thought



Rule 114 ... For a Better Way to Live
*The Bible is a lamp from God,
A sword of truth and light;
It searches heart and soul and mind,
And helps us know what's right.*



There are Christmas Doves everywhere throughout the Home - compliments of our very talented and big-hearted Co-worker, **Diane Beggs!**

Residents' Bill of Rights – Revised May 2010

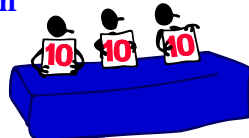
5. Every Resident has the right to live in a safe and clean environment.

Ever Wonder ...?



Why the third hand on your watch is called the second hand?
Why "wise men" and "wise guys" are opposites?
Why we drive on a parkway and park on a driveway?

"When Will the Bay Freeze Over?" Contest will open up to everyone again this year at **\$2.00 per guess.** Half of the profit will be donated to the Resident Fund. Stop by the Admin Office to select your dates early!



**SANTA
CRASHED THE
CANDY CANE
DANCE AND IS
SHOWN
PRESENTING
RESIDENT
DAVE THOMAS WITH A CANDY
CANE!**

In Memorium
Deepest Sympathy is extended to the family of:
Eileen Michaud

Welcome to New Residents:
Dorothy Williamson
Theresa Jeffries
Grace Miller-Watkinson



New Resident Lena Williams proudly displays her lovely “Welcome” Afghan.

The Good Ole Days?

(Emailed among the old timers)



My Mom used to cut chicken, chop eggs and spread mayo on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning. My Mom used to defrost hamburger on the counter and I used to eat it raw sometimes, too. Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting e.Coli. Almost all of us would have rather gone swimming in the lake instead of a pristine pool (talk about boring), no beach closures then. The term cell phone would have conjured up a phone in a jail cell, and a pager was the school PA system.



We all took gym, not PE...and risked permanent injury with a pair of high top Keds (only worn in gym) instead of having cross-training athletic shoes with air cushion soles and built in light reflectors. I can't recall any injuries but they must have happened because they tell us how much safer we are now. Flunking gym was not an option.... Even for stupid kids!

I guess PE must be much harder than gym.



Speaking of school, we all said prayers and sang the national anthem; and staying in detention after school caught all sorts of negative attention. We must have had horribly damaged psyches. What an archaic health system we had then. Remember school nurses? Ours wore a hat and everything. I thought that I was supposed to accomplish something before I was allowed to be proud of myself.



I just can't recall how bored we were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations. Oh yeah... And where was the Benadryl and sterilization kit when I got that bee sting? I could have been killed! We played 'king of the hill' on piles of gravel left on vacant construction sites, and when we got hurt, Mom pulled out the 48-cent bottle of mercurochrome (kids liked it better because it didn't sting like iodine did) and then we got our butt spanked.



Now it's a trip to the emergency room, followed by a 10-day dose of a \$49 bottle of antibiotics, and then Mom calls the attorney to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat. We didn't act up at the neighbour' s house either; because if we did we got our butt spanked there and then we got our butt spanked again when we got home.



I recall my friend from next door coming over and doing his tricks on the front stoop, just before he fell off. Little did his Mom know that she could have owned our house. Instead, she picked him up and swatted him for being such a goof. It was a neighbourhood run amuck. To top it off, not a single person I knew had ever been told that they were from a dysfunctional family.



How could we possibly have known that? We needed to get into group therapy and anger management classes. We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac!

How did we ever survive?

Pet Corner

Dawn Gallinger-
Dumont's Scottish Terrier puppy **Lachan** is shown enjoying his first snowfall at 10 weeks. He spent a few days here and we all just loved him!



Seated: Judge Resident Alice Crossland.

Second Prize Decoration Contest: Pinecrest Care Centre



(L-R) Earl Donnelly, Brenda Stewart,
Alexsa Fisher and
Alice Crossland.

Appreciation Christmas Meal



(L-R) **Bonnie Keith**, Board Member; **Connie Sands-Harris**, Associate Director of Care and **Karen Fournier**, Support Services Manager were captured on camera serving up delicious turkey burgers for Belvedere Staff.



(L-R) Judge Resident **Earl Donnelly**, Staff: **Sherry Bailey**,

Care Centre Christmas Decorating Contest – First Prize: Oakridge



Karen Lowery.

POETRY SECTION

▲ POET ONCE WROTE:

**"THERE WAS A VERY
CAUTIOUS MAN WHO
NEVER LAUGHED OR
PLAYED; HE NEVER RISKED, HE
NEVER TRIED, HE NEVER SANG OR
PRAYED. AND WHEN ONE DAY HE
PASSED AWAY, HIS
INSURANCE WAS DENIED;
FOR SINCE HE NEVER
REALLY LIVED, THEY
CLAIMED HE NEVER
DIED!"**



Tried & Tested Recipe

Grandma Ramsay's Frying Pan Cookies

(perfected by Dolly Horne)

- 1½ cups dates cut up fine
- ½ cup white sugar
- 2 eggs (beaten)
- 2 cups Rice Krispies
- 200 gram bag fine coconut

Place dates, sugar, and eggs in **COLD** frying pan. Heat on medium, stirring constantly until cooked (approximately 10 minutes). Remove from heat; Stir in Rice Krispies. Shape into balls and quickly roll in coconut. Chill in fridge.

Neighbourhood Children Entertain

The talented children who live in the Belvedere area are a very big hit with the Residents when they come to sing and play!



Stroke Group Chinese Luncheon



(L-R) Dave Thomas, Earl Donnelly, Maryanne Schnock, Kelsey Littler, Sharon Noganosh, Carin Mullen, Dawn Smith, Irene Irwin, Fran Brown, Ella Higman, Olavi Laukkanen, and Brittany Massier enjoyed a feast from JJ's Garden.

Carin Mullen & Dawn Smith at the Stroke Luncheon.



“The Belvedere Heights Stroke Support Group gathered together on December 16th for a Christmas luncheon. The group and a few guest enjoyed a time of fellowship, as they shared memories of Christmas when they were children. Several of the Resident’s remember having only a stocking at Christmas, filled with fruit and nuts. They recall with joyful faces the pleasure of waking to this on Christmas morning. One Resident shared how his Mother would always put a nickel or dime in the Christmas cake, stating how that cake got ate up pretty fast. Resident’s recollected Christmas memories from as young as five years of age. The Resident’s shared “We didn’t have a lot, but we were happy with what we had.”

Christmas memories are a treasure, and it was a pleasure for all to share that gift during our time of fellowship. Thank you to all for sharing your treasured memories; we all learn from your wisdom.”submitted by *Maryanne Schnock*.

Health & Safety Tips – from Tessa Gardner

Distractions (5 Top Distractions)

1. **Mental distractions & inattention** go hand in hand if your mind is not on your task.
2. **Poor housekeeping or cluttered areas** can be visually distracting.
3. **Machinery and equipment** requires your full attention.
4. **Hearing distractions** need to be reported so you keep your attention of the job.
5. **Long/unkempt hair** being tidied while on the job takes your attention away from the task you are doing.



Staff Kids Christmas Party



Lauren White organized a wonderful party for all the



children to enjoy.

Staff News:
New Staff:
Welcome



to **Pam Patton**, Programs Department.



CSS Volunteers Donate to Parking Lot

(L-R) Dorit Bartman, Herb Riedel, Lee Riedel, Linda Taylor and Lorena Sabourin helped fundraise for Belvedere's Parking Lot through a Bake Sale, Draw and Chi Gong. Many thanks to everyone!

Stuffed Animal

Staff Christmas Draws: Winners were:

Teddy Bears: Shantelle Wright; **Tigers:** Lynn Raney-McLaughlin; **Monkeys:** Lisa Blaney (shown in picture)

Wee Christmas

Tree Winners:

Marion Beauregard, Nancy Pavuk, Vera Thornborrow, Jake Saastamoinen, Teri Salt, Mary Brear, Shirley Crocker, and Lori Neall (shown in picture)