

# Belvedere Heights News & Views June 2014



## Grandparent's Brag Corner



Elizabeth Neal held her granddaughter Ruby Elizabeth Ruth (age 15 months) for a brag picture. Elizabeth's son **Moe** from Whitby gives his Mom a hug as she admires his daughter Ruby.

## Welcome to New Residents: Donelda McConnell



Adriana Stocco was welcomed to the home by Maryanne Schnock with a lovely afghan made with TLC from our friend **Barb Sichewski**.

**Sakari (Sam) Stenfors** snuggles up in his welcome afghan made by Barb.

Below: **Sam** enjoys a visit with his wife **Henna** and son **Carlo**.



## Inspirational Thought



**Rule 143 .... For a Better Way to Live**  
Could we with ink the ocean fill,  
and were the skies of parchment made,  
Were every stalk on earth a quill,  
and every man a scribe by trade;  
To write the love of God above  
would drain the ocean dry;  
Nor could the scroll contain the whole  
though stretched from sky to sky.

**CONGRATULATIONS TO  
OUR 2014 SNOWMELT  
WINNER:**

**FERN HARRIS**

**APRIL 21, 2014** WAS THE  
LUCKY DATE. WE

THOUGHT THE SNOW WOULD **NEVER** MELT  
AFTER A BRUTAL WINTER. Fern has  
generously donated her half of the money to the  
Residents. Thanks, Fern!



## Staff Monthly Attendance Draws:

2014 WINNERS

**Nursing Staff:** Diane Murray  
**Support Staff:** Rebecca McEwen

Winning tickets were drawn by  
June Cameron, Tuck Shop Volunteer  
and Resident Lena Williams.



**Thank you** to the family of  
**Alaine Newton** for donating a  
wheelchair to Belvedere Heights

in memory of Alaine.



Your knees buckle but your belt won't  
Your back goes out more than you do  
You have too much room in the house  
But not enough room in the medicine chest  
You sink your teeth in a steak and they stay there!



## Thank you

A special bed was generously donated to Belvedere as requested by the late **Leona Cousineau** and is sincerely appreciated.

### Poetry Section

**How to Know You Are Growing Older** Pat Adams

Everything hurts and  
what doesn't hurt doesn't work  
The gleam in your eye is from  
the sun hitting your bifocals  
You feel like the night before and you haven't been anywhere  
Your little black book contains only names ending in "M.D."



You get winded playing cards  
You join a health club and don't go  
You know all the answers,  
but nobody asks you the questions  
You look forward to a dull evening



You need glasses to find your glasses  
You turn out the lights for economic  
rather than romantic reasons



You sit in a rocking chair and can't get it going



YOU WONDER WHY MORE PEOPLE  
DON'T USE LARGE PRINT!

Hope to see you at **our**  
**9<sup>th</sup> Annual Golf**  
**Tournament on**  
**Sunday, June 1<sup>st</sup>**



Ever Wonder ...?



**Why** good judgment comes from experience  
but experience comes from poor judgment?  
**Why** if women are the weaker sex, how come their husbands  
are unable to pull the blankets back to their side of the bed?  
**Why** we are expected to locate  
*our glasses without our glasses on?*

### **Belvedere Bunnies**



(L-R) **Brenda, Sandra and Shelley** from Dietary Department made Easter Sunday special with their "bunny" ears. **Nicole Bloomfield**, Nursing Dept and Resident **Gilda Hindle** (Below) joined in the fun!



Resident **Kay Chapman** (left) receives Chocolate Easter Bunnies and Bingo Prizes from **Kathy Crossman** on behalf of the staff at Selkirk.

**Residents' Bill of Rights – Revised May 2010**

7. Every Resident has the right to be told who is responsible for and who is providing the Resident's direct care.

**Florence Brock is a Winner!**



Florence (seated) was delighted to win the Fireside Café Easter Basket Draw. (L-R) **Yvonne Harvey** and **Pauline Hind** presented Florence with her prize.

**Easter Donation from our Selkirk Friends**



**Remembering Victor Carpenter:**



**The Pessimist complains about the strong wind....**

**The Optimist expects it to change....**

**The Realist simply adjusts the sails!**

It is with regret we announce **Mary Hoskins** of "**Best Foot Forward**" will be discontinuing her Contract with

Belvedere after many years of dedicated service to our Residents. We wish her the very best as she enjoys a well-deserved retirement at the end of



**May.**

**Guardian Angel**

Congratulations to **Joan Smith**, Fireside Café Volunteer. Photo will be in the next Newsletter.

**Welcome Visitors**



Shantelle Wright and Kenzington (4 months) stopped by for a visit. What a sweetheart!

### Staff News

#### New Staff:

Welcome to Sherry Moorhouse, Kortney Matthew and Frank Emoregan, Summer Nursing Students; Michelle Francis and Kim Weber, Nursing Dept. as well as Ken (Butch) Crump, Maintenance Department.

Our Deepest sympathy is extended to Lori Neall on the death of her father-in-law.



standing. The insole of the shoe should then be placed over the tracing to compare foot shape to the shoe. Most of the tracing should be contained within the insole, especially the heel and ball. If it does not, then the shoe will not fit properly.

- **Heel Counter Test** – Heel counter is the hard piece in the back of the shoe that controls the foot's motion from side to side. A strong heel counter increases stability. If heel is not contained snugly, there can be excessive movement resulting in blisters and foot pain. To test the heel counter, place the shoe in the palm of your hand and put your thumb in the mid-portion of the heel counter and try to push the back of the shoe. If the heel counter does not bend very much it will provide superior motion control.

**THANK YOU**  
from the **Joint Health & Safety Committee**  
to **Maryanne Schnock** for thirteen years of dedicated service on the committee.  
"You will be missed!"

**In Memorium**  
Deepest Sympathy is extended to the family of: **Alaine Newton**



Belvedere's Easter Bunny **Diane Beggs** made everyone smile on Easter morning, especially **Joan Genco** who was still sleeping!

### **Testing Shoes for Fit: (TIPS FROM RAI)**

(Pedorthic Association of Canada suggestions)

- **Trace test** – trace an outline of the person's foot while



### **2014 Lift (Coach) Team**

(L-R) Back Row

Shannon & Kevin England, Anne Devos, Connie Harrison and Paula LaFrance.

Front Row

Nicole Robinson & Chris McEwen.



### Tried & Tested Recipe **Baked Maple Mustard Salmon**



- 4 x  $\frac{1}{4}$  pound salmon filets
- $\frac{1}{4}$  cup butter or margarine, melted
- $\frac{1}{4}$  cup Pure Maple Syrup
- 4 tsp Dijon mustard (or Honey Mustard)
- 1 tsp low sodium soy sauce

Place salmon in an 8" x 8" baking dish.

Mix sauce ingredients together;

Pour over salmon.

Bake at 425 degrees for about 12 minutes or until salmon flakes with a fork. Serve hot with extra sauce spooned on top.

## World Hand Hygiene Draw Winner



**Rajani Premalatha** received her prize money from **Krista Nelson** (Left) and **Barb Bennett** (Right) and promptly donated her winnings back to the Residents. Congratulations and Thank you, Rajani!