

Belvedere Heights News & Views May 2014



Grandparent's Brag Corner

Katie Brear is delighted to have more girls join her family tree after raising two sons.



(L-R) Granddaughter Lori, Katie, and Great-Granddaughter Tonya introduce Great-Great Granddaughter Georgia May (on Katie's lap). Georgia was 1 month old and weighed 9-11 at the time of this photo. She sure is a little sweetheart!

Staff Monthly Attendance Draws:

2014 WINNERS

Nursing Staff: Paula LaFrance

Support Staff: "Lucky" Chrissy Dumont

Winning tickets were drawn by Marilyn Hurd, Tuck Shop Volunteer.

Residents' Bill of Rights – Revised May 2010

6. Every Resident has the right to exercise the rights of a citizen.



Lovely Irish singer, Betty Langford from the 3rd Change Band paused for a picture with "Uncle

decked out in Day Hat.



Kenneth" (Ainslie) his St. Paddy's

Poetry Section

Bring on the Blackflies!

With winter ongoing we must say
We wonder what will happen in May
The dreaded black fly will we embrace
Or more blizzards must we face?



We hate to whine but here's the thing
Snowbanks are still 4 feet this spring
There's also 4 feet of ice in the bay
The ice breaker ship can't make its way



The tombstones are barely visible
Cottage roofs not so invincible
Birds are confused by frigid weather
Beaks well tucked under their feathers



Bears in hibernation are still at rest
Squirrels try to cuddle in their nest
Heating bills have hit the all-time high
Lack of Sunlight makes everyone sigh

We wanted more water in our lake
But not this much, for Heaven's Sake!
For the melt, spare sump pumps are kept
We're praying basements won't be *too* wet

If this winter ends we'll celebrate
And not complain because spring is late
We'd love to go straight into summer time
Welcoming those bugs; we will *not* whine



With no complaints about humidity
Heavy traffic or tourist stupidity
We'll be eternally grateful for summer heat
As we frolic about in our bare feet



Dandelions on our lawn we won't mind a bit
Through Construction delays we'll patiently sit
So bring on the multitude of swarming flies
We'll be ecstatic there's no snow in the skies

Our shovels are broken and we're broken too
But we've formed a plan and here's what we'll do
Next year we'll simply pack up our gear
And move down to Florida for half a year!

(by Mary Brear March 2014)



In Memorium
Deepest Sympathy is
extended to the family of:

Legion Donations to Belvedere

Belvedere Board Member **Rod Smith** (on left) accepts cheque from the Ontario Provincial Legion Branch delivered by local Legion Member **Ernie Watthey**. This cheque will go towards the purchase of Lifts.



CEO of the Home **Donna Dellio** (on right) accepts cheque from the Parry Sound Royal Canadian Legion, Branch 117 from Legion Member **Hector Lebert**. This cheque is from the Poppy Fund and will be used towards new Vac Dressing Kits for the Residents.

Staff News

New Staff:

Welcome to **Danielle Liscombe**, *Dietary Dept.*, and to **Lisa Hurst**, *Nursing Dept.*



Ever Wonder ...?



Why by the time you're old enough to know your way around, you're not going anywhere?

Why God made man first? (To give him time to think of an answer for his wife's first question)

Why the happiest people don't have the best of everything; but make the most of everything they have?

Fitting Shoes: (TIPS FROM RAI)

- Proper fitting footwear should feel comfortable from the first time they are tried on. The old saying that a snug-fitting shoe will stretch over time is a myth, snug shoes can cut off circulation

to the foot, cause blisters or other painful wounds.

- There should be a minimum of ¼" of space in the shoe beyond the longest toe of your largest foot. This should be measured while standing.
- The shoes should fit snugly around the heel, but not dig in.
- Measure both feet – the size can change throughout your life and sometimes one foot is larger than the other.
- Match foot and shoe shape – avoid shoes with pointed toes. If the foot looks wide and square then the shoe should mirror it and have a wide toe box. Shoes should also bend where the foot bends.
- Purchasing shoes with removable insoles allow replacement of the insoles when they wear out.

Lions Club Donates to the Heights



Belvedere Board Member **Bonnie Keith** (on left) and CEO **Donna Dellio** (on right) received a cheque from Lions Club Representative **Keith Gardner**. This money will assist with the purchase of Vac Dressing Kits for the Residents.

Easter Treats from the folks at the Fireside Café!



Welcome to New



**Residents:
Adriana Stocco
Sakari "Sam"
Stenfors**



It was Lynn Whitely who welcomed Edith DiMartin to Belvedere. (Sorry, Susan!)

New Residents Lorne Ferris and Alaine Newton received welcome afghans but were both "camera shy".



**Tried & Tested Recipe
Cauliflower Bake**

1 large cauliflower and/or broccoli, cut into florets

1/4 cup butter

2 cups sliced fresh mushrooms

1/3 cup finely chopped celery

2 tlbs flour

1/4 tsp dry mustard

1 1/4 cup milk

1 cup shredded Swiss cheese

Toasted almonds or walnuts (optional)

1/2 cup Corn Flake crumbs

1 tlbs melted butter

Preheat oven to 350 degrees F. Cook cauliflower/broccoli in large pot until tender-crisp; drain. In

medium pot melt 1/4 cup butter. Sauté mushrooms and celery until tender.

Blend in flour and dry mustard.

Gradually stir in milk. Cook and stir over medium heat until mixture boils

and thickens. Remove from heat, add cheese and stir until melted. Season with salt and pepper to taste.

Place cauliflower in casserole dish and pour sauce over top. Combine Corn Flake crumbs and melted

butter; sprinkle over casserole. Bake 20 minutes.



NOTICE TO FAMILY MEMBERS:

Please bring in Resident's

2013 Notice of Assessment

to Administration office as soon as possible **if** applying for a **Reduced**

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Date: **May 02, 2014**

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Inspirational Thought



Rule 142 For a Better Way to Live

Keep your **thoughts** positive because your thoughts become your **words**.

Keep your **words** positive because your words become your **behaviour**.

Keep your **behaviour** positive because your behaviour becomes your **habits**.

Keep your **habits** positive because your habits become your **values**.

Keep your **values** positive because your values become your **destiny**. (Ghandhi)

Guardian Angel

Congratulations to this month's Guardian Angel, PSW, **Danielle Ward!**



Danielle wears lots of hats and has a very tender heart for the Residents at Belvedere.

18th Annual National Denim Day



....takes place at Belvedere in May during Nursing Week. Watch for details....wear denim and support this Cure for Cancer Campaign.

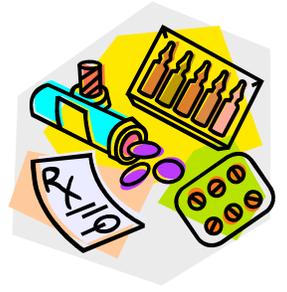


Happy Mother's Day



“Breakfast in bed for Mother’s Day!
Can you reach the stove from here, Dear?”
Different Drug Problem..... (Author Unknown)

The other day, someone at a store in our Methamphetamine Lab had found this old newspaper clipping in a farmhouse county and asked a rhetorical question, “Why didn’t we have a drug problem when you and I were growing up?” He then shared this old clipping he had found which speaks volumes:



“I had a serious drug problem when I was young: on Sunday morning, I was **drug** to church for weddings and funerals; I was **drug** to family reunions and community socials no matter how much I protested!

I was **drug** by my ears when I was disrespectful to adults; **drug** to the woodshed when I disobeyed my parents, told a lie, had a bad report card, did not speak with respect, spoke ill of the preacher, or if I didn’t put forth my best effort in every part of me. I was **drug** to the kitchen sink to have my mouth washed out with soap if I uttered a profanity. I was **drug** out to pull weeds in the flower beds and cockleburs out of Dad’s fields. I was **drug** out to mow the yard, repair the clothesline, or chop some firewood. If my mother even suspected that I took a single dime from someone else, she would have **drug** me back to the woodshed.

Those drugs are still in my veins and they affect my life in everything I do, say, or think. They are stronger than cocaine, hash or marijuana and, if some of today’s children had this kind of drug problem, the world would be a better place. God bless the parents who drugged us!”

To Contact Us:



Belvedere Heights Home for the Aged
21 Belvedere Avenue
Parry Sound, Ontario P2A 2A2

Administration (705) 746-5871
Press 2 for **Nursing** Press 3 for **CSS**
Fax # (705) 774-7300

Email bh@zeuter.com
Visit our Website: www.belvedereheights.com