

Belvedere Heights' View from the Hill - February 2017

Happy  
Valentine's  
Day

**Valentine's Day is February 14, 2017!**

LOVE



**Residents' Bill of Rights # 15**

Every Resident who is dying or who is very ill has the right to have family and friends present 24 hours per day.

On December 31, 2016, after 15 years of dedicated service to Belvedere Heights, 7 years as Belvedere's Chief Executive Officer, Donna Dellio retired from Belvedere. Her hard work and dedication will not be forgotten.

**Our new CEO - Marsha Rivers**



On January 1, we welcomed Marsha Rivers to the Belvedere Heights family as our new Chief Executive Officer. Marsha moved to Parry Sound 6 years ago. She holds a bachelorette degree in Nursing Science from McMaster University and in 2016, completed the OANHSS Administrator Leadership program to qualify as a Long Term Care Homes Administrator in Ontario. She has been a registered nurse with the College of Nurses of Ontario since 2004. Prior to becoming our CEO, Marsha was the Trainer and Quality Improvement Co-ordinator at Belvedere. Previous to that, she worked as a Long-Term Care Homes Inspector, Community Health Nurse, Project Manager, Patient Care Supervisor, Clinical Nurse Educator, Certified Diabetes Nurse Educator, Public Health Nurse and Staff R.N. Welcome Marsha!

Please Notice This



**NOTICE TO FAMILY MEMBERS:**

Please bring in resident's  
**2016 Notice of Assessment**

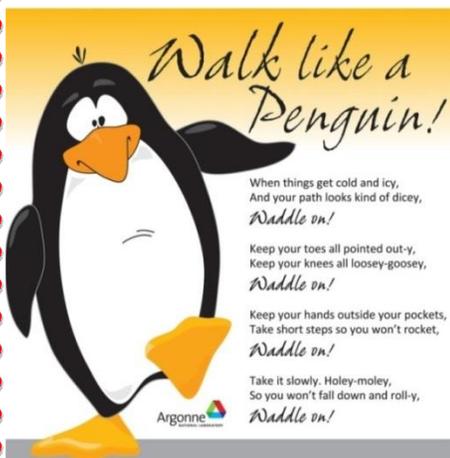
To Administration Office as soon as possible

**If** applying for a

**Reduced Basic Accommodation Rate**



**Health and Safety Committee Safety Tip:**



**Angel Award winner for the month of  
January was:**

Clotilde "Coty" McEachren, PSW



## Origins of Groundhog Day!

This year, Groundhog Day falls on Thursday, February 2, 2017. The origins of Groundhog Day lie in medieval Europe, where the day was known as Candlemas Day. In Scotland, conventional wisdom said, "If Candlemas Day is bright and clear, there'll be twa (two) winters in the year." In England, the saying was somewhat more elaborate: "If Candlemas be fair and bright, come, winter, have another flight. If Candlemas brings clouds and rain, go winter, and come not again." When European settlers came to North America, they brought the February 2<sup>nd</sup> legend with them. There were no hedgehogs in North America, so they transferred the role to the groundhog.

Early settlers hoped for signs of an early spring so they could begin planting and shorten the time to harvest, especially with winter provisions dwindling. What settlers did not realize was that the groundhog sleeps later than the European hedgehog and is less likely to stir even on warm winter days. By February 2<sup>nd</sup>, the worst of winter's weather is usually over in Western Europe, but Canadian winters are generally longer, with much more cold and snow yet to come. In early February, the openings to groundhog burrows are usually buried under deep layers of snow and ice.

In Canada, Wiarton Willie is the primary groundhog predictor. He is an albino groundhog and he has been making his predictions since 1956. Wiarton Willie does not live in a burrow in the wild; he lives in a special house across from Bluewater Park in Wiarton, away from predators. It is unlikely that Willie would appear above ground on his own until early to mid-March, 6-8 weeks after February 2<sup>nd</sup>. He is awakened from hibernation by the town's "Shadow Cabinet" to make his prediction. Wiarton Willie is not alone in his role as weather forecaster; he is joined by groundhogs across the country, including Shubenacadie Sam (Nova Scotia), Brandon Bob (Manitoba) and Balzac Billy (Alberta).

Groundhog Day organizers maintain that the rodents' forecasts are accurate 75 – 90% of the time. However, meteorological records prove that the groundhogs' success rate is closer to 37%.

## Fun Facts about Groundhogs

Groundhogs measure between 17 and 26 inches long including the tail

They weigh between 4.5 and 9 pounds

They are well adapted for digging, with short but powerful limbs and curved, thick claws



Their life span is typically from 2-3 years

Groundhogs are herbivores and eat wild grasses and berries

They especially like tomatoes, green beans and strawberries

They occasionally eat grubs, grasshoppers, insects and snails

Deepest Sympathy is extended to the Friends and Family of:

Eric Lawson

### Resident's Activities

Hymn Sing in the Chapel on January 12, 2017



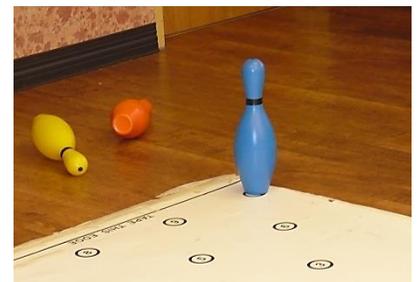
Jack Frost Dance January 17, 2017



Activity for the Soul January 25, 2017



5 Pin Bowling January 26, 2017



## Teri Salt Retires – February 2017



Teri asked me to compose for her a farewell poem  
I replied "I'm retired; my poetic skill's gone!"  
She said "That's okay—you can still do it, Mary"  
So I will try—(Since it's hard to say "No" to Teri)

She then said "Bring some Ambrosia Salad tonight  
The kind with pistachio pudding; made just right  
And bring an extra container of salad for my fridge!"  
(Liz was asked to make some of her awesome fudge)

Teri has planned this evening with great care  
She deserves the best send off we can share  
After forty years she will go out like a queen  
(With knitting from Becky and meatballs from  
Pauline)

So let's take a walk down memory lane tonight  
Celebrating those forty-plus years with delight  
Early recollections include Teri's famous craft room  
Where the Residents happily danced to her tune

Beautiful creations appeared under her direction  
Fall Fairs prizes were won through her selection  
The men entered vegetables from their harvest  
And their wood working articles were deemed the  
best

At the Santa Claus Parades Teri would be seen  
Marching or with Residents at the Dairy Queen  
Boat trips, bus trips, shopping trips she enjoyed  
This little whirlwind worker was happily employed

Her Christmas Bazaars were second to none  
Baking and crafts she solicited from everyone  
"This is for our Residents" she would sweetly say  
"I'm counting on your help!" Then she'd walk away

A Seguin Sarah, then a Red Hat Lady she became  
In great Halloween Costumes she would entertain  
This busy lady juggled many programs with ease  
Her main objective, the Residents to please

For the call of duty she went above and beyond  
Enriching Resident lives with her magic wand  
Many extra treats she purchased with her own  
dime  
Often visiting or helping others on he3r own time

This little girl with her "Sally Ann" heart truly cares  
And quite often throughout her day she shares  
To make others happy is her ultimate vision  
Throughout her day constantly on a mission

Packing up for the Camping trip at Lake Joe  
She organized; all but the kitchen sink, to go  
In her normal work day Teri covered many a mile  
Making her job look easy with her sunny smile

She was proud to be part of the A-Team Crew  
Teri's loyalty to Belvedere has always shone  
through  
Numerous lives have been touched by her kindness  
Tea parties, luncheons; BBQ's; all served with  
finesse

You'll love retirement; just give Charlie some space  
Enjoy tap dancing lessons with a smile on your face  
Your puppy will be happy you've more time to play  
Embrace this new chapter in your life-starting  
today!

Teri, you have been a great inspiration to others  
As you entertained everyone's fathers and mothers  
It is our wish as you retire that you will stay in  
touch  
And know you'll be missed, by all, very much!