

# Belvedere Heights

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## Introducing the re-instatement of the Belvedere Heights Newsletter!

Our home will be issuing a quarterly newsletter for the Belvedere Heights Community (February, May, August, and November) to share all the happenings of the home.

Belvedere Heights Long Term Care sets out to provide a caring, supportive and enriched life for our residents by offering long term care and supports that our residents and their families trust, our employees/volunteers are proud of and our communities value. Our home encourages a positive atmosphere by putting people first, creating a comfortable environment to live in and promoting choice and freedom for our residents.

We would like to thank all of you for your contribution to our resident-centred focus, and are grateful for your willingness to serve as a friend of the Belvedere Heights Community.



**Happy 90<sup>th</sup> Birthday to Mildred Tait!** Mildred had a birthday party in the Front Lounge on Feb. 1<sup>st</sup> in honour of her 90<sup>th</sup> birthday on Feb. 2<sup>nd</sup>. Needless to say the tiara she wore was fitting; a queen must be treated as such, especially on her birthday!

**Pictured below: Belvedere's own Cindy Morden shows off our Home's love for animals and its pet friendly environment by bringing her puppies Khaleesi and Benni in for a visit! Also pictured is staff member Maryanne Schnock—if there is a dog visiting in Belvedere, she'll find it!**

*February is Environmental Services Appreciation Month. Thank you to all our hardworking and lively staff for everything they do for our Home!*



**Pictured on the left is Doug the Pug, Administrator Kami's dog hard at work in the office!**





Pictured above: Several of our beautiful red hat ladies are decked out in their red and purple for a Red Hat Ladies Luncheon. From left to right is residents Helena Boucher, Verna Burden and Jean Clark.



Warning  
by Jenny Joseph



**WHEN I AM AN OLD WOMAN I SHALL WEAR PURPLE**

With a red hat which doesn't go, and doesn't suit me.  
And I shall spend my pension on brandy and summer gloves  
And satin sandals, and say we've no money for butter.  
I shall sit down on the pavement when I'm tired  
And gobble up samples in shops and press alarm bells  
And run my stick along the public railings  
And make up for the sobriety of my youth.  
I shall go out in my slippers in the rain  
And pick the flowers in other people's gardens  
And learn to spit  
  
You can wear terrible shirts and grow more fat  
And eat three pounds of sausages at a go  
Or only bread and pickle for a week  
And hoard pens and pencils and beer mats and things in boxes  
  
But now we must have clothes that keep us dry  
And pay our rent and not swear in the street  
And set a good example for the children.  
We must have friends to dinner and read the papers.  
  
But maybe I ought to practice a little now?  
So people who know me are not too shocked and surprised  
When suddenly I am old, and start to wear purple.

**Welcome To Our New Residents!**



Pictured above: New resident Ed Lusk receives his welcome blanket from resident Claudette Musico.

Pictured below: New resident Bill Russell receives his welcome blanket from staff.



An additional warm welcome to new resident Katharine Beatty (not pictured).

Pictured Below: A friendly game of badminton is played by some of our residents. We promise you resident Don Landrigan wasn't playing badminton against all those lovely ladies all by himself! Though I'm sure he wouldn't have minded if he had! Meanwhile, activity aide Jenn Bernas picks up any birdies that stray too far.



## Staff News

### New Staff:

Belvedere welcomes many new and returning staff to our team as of January!

Rogin Neddumballil, PSW

Melodee Duvall, PSW

Glenn Dekker, Life Lease

Trayvon Henry, Housekeeping/Laundry Aide

Parminder Kaur, RPN

Emmanuel Okoronkwo, RN

Dana Dangl, PSW

Kevin Gauthier, PSW

Randip Kaur, PSW

Maria Rasco, PSW

Harpreet Kaur, PSW

Brooklyn Rockwell, PSW

Welcome back to Tammy Ash, RPN

*Belvedere also welcomed many Canadore Students doing their RPN clinical placement in January!*

*Lauren Beckett, Andrew Burns, Claudia Castillo-Segura, Jaianna Francis, Stacy Frey and Emma Moffatt.*

*along with Nancy Wallace who will be leading the team as Clinical Technician for the students.*

*This month, there is a new placement group of PSW's, of which many are already currently employed at Belvedere!*

Additionally, we have welcomed Debbie Cooper on as a Part-Time Nurse Practitioner.

And that's not all! Several changes to management have occurred as well...

A warm welcome to Kami Johnson who has stepped in as our Home's Administrator.

Sue Thornton has been working as our Acting Director of Care, along with Sam Crocker as Assistant Director of Care.

John Vanderhorst has taken over as Environmental Services Manager.

Betty-Jo Peltomaki has assumed the Programs Manager role, while long-time friend of Belvedere Heights, Carol Marshall, continues to join the team working as an Activity Assistant.

## GET TO KNOW ME: A sneak peek-New Staff

### *Rogin Nedumbalil (PSW)*

Rogin is from Kerala, India.

He has lived in various places in Canada.

He loves fishing, and is excited to get out on Georgian Bay come summertime. Rogin says: "I chose to come to Belvedere because I think the staff is very good and supportive towards residents and other staff. Everyone is really nice—management, residents and employees."

### *Parminder Kaur (RPN)*

Parminder is from Punjab, India. She came to Canada in 2015, and then came to Parry Sound for work. She is happy to be working full-time after working part-time for many years. Parminder loves cooking, drawing, listening to music and watching movies on Netflix.

### *Glenn Dekker (Life Lease)*

Glenn is from Kitchener, Ontario. He enjoys quading, hiking, winter/summer camping and kayaking in his spare time.

## Introductions

### INTRODUCING...Kami Johnson

The new administrator at Belvedere Heights is building on the home's caring culture by using her 16 years of professional experience along with her passion for person-centred care. Kami Johnson moved into the role of Belvedere administrator at the beginning of January as part of a new partnership between Belvedere Heights and West Parry Sound Health Centre. "I believe that the relationships closest to the resident are the ones that matter most," said Johnson, a Registered Nurse with a long history of experience in long term care. "Most importantly, I believe that there is no greater calling in life than to serve the most vulnerable among us, those who have been so lovingly and bravely entrusted to our care."

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Johnson received her administrator's qualification in 2016 through the completion of the Leadership in Long Term Care and Retirement Living certificate at Conestoga College in Kitchener.

As part of an agreement between Belvedere Heights and WPSHC, Johnson has been seconded from her position as Director of Care at Lakeland Long Term Care. As an additional component of the partnership, the health centre is now providing business consulting services. The consulting advice is being provided as requested by Belvedere Heights, involving any support that can be helpful to the delivery of resident-centred care, including business information, such as financial services.

Johnson began her nursing training with experience in an acute care hospital in southern Ontario. Following graduation she found her passion for long term care. Johnson was the director of care at Pinehaven Nursing Home in Waterloo, leading a staff of 75, before moving north to Lakeland Long Term Care in 2016. She has earned nursing leadership award recognition from the Ontario Long Term Care Association and continues to advance her professional development with a wide range of ongoing training, such as: leadership in LTC, falls prevention, wound management, occupational health and safety, and dementia care and assessment.

Now three weeks into her new role, Johnson is actively getting to know residents, families, and her coworkers at Belvedere. She was officially greeted by the Belvedere Heights community during a farewell event for former CEO Marsha Rivers, held in the family lounge on January 10 and then again at a meet & greet event for Johnson and incoming Director of Care Sue Thornton on January 13. Other services formerly directed by the CEO are now directly managed by Linda Taylor at Community Support Services and Glenn Dekker overseeing the Life Lease residences. "I recognize that we have some clearly identified areas where improvement is

#### **INTRODUCING...Sue Thornton**

*Sue Thornton, RN is our new Director of Care. She has been a nurse at Belvedere Heights for 2 years. Sue comes to us with an extensive 32 years of nursing.*

*Sue resides in Parry Sound with her husband and Easton, her Golden Retriever who visits Belvedere Heights regularly.*

#### **INTRODUCING...Sam Crocker**

*Sam Crocker is our interim Assistant Director of Care. Sam has worked on and off for Belvedere Heights since 2009, starting as a Personal Support Worker. Sam went back to school in 2011 to become a Registered Practical Nurse then briefly moved on to WPSHC for a year before again returning to school to obtain a Bachelor of Science in Nursing. Sam returned to Belvedere Heights full time as a Registered Nurse in 2017. Sam's heart lies in long term care and she resides close by with her husband and wild dog, Grizzly.*

required," said Johnson. "That work is being accomplished and I am very confident that we have a strong team with a shared commitment to person-centred care."

The partnership that brings Johnson to Belvedere Heights aligns with the provincial formation of Ontario Health Teams, groups of health service delivery partners who share responsibility for a local population of patients/residents/citizens.

Belvedere Heights, WPSHC, and Lakeland LTC are three of the community partners currently named by the province as an 'in development' OHT.

## Resident Spotlight: Patrick Lamphen

Patrick is intelligent, sensitive and a jokester—he's always up for a good laugh. Patrick was born in Indonesia in the Dutch East Indies, he and his parents moved to Amsterdam when he was young and then they all came to Canada by boat when he was 18. Patrick is the son of John and Jessie Patricia Lamphen. His dad was from Holland and his mother was from Canada, they decided to move to Canada just after World War II because Patrick's mother was "sick of the Germans". Patrick has worked in all kinds of jobs: from working on a farm to working in a bank, there is nothing Patrick can't handle! While working in the bank in Vanderhoof, British Columbia Patrick met his future wife, Anne. Patrick and Anne had one son, Chris Lamphen. When Patrick proposed to Anne, his supervisor at the bank asked him if he had permission from the super intendent in Vancouver to get married! And so Patrick left his job and began working for a stockbroker. He then found a love and fascination for stocks that continues even today, he says he "finds it fascinating what companies do and how they go about it". At the young age of 91, you'll often find him in his room surrounded by books and papers, with his eyes glued to his laptop screen, researching into different companies and stocks, or in the Front Lounge reading Warren Buffet's 'Buffetology'. A fun fact about Patrick, he also played steel guitar at one point for the "Kilima Hawaiians", a well-known Dutch Hawaiian music group that played on the radio! He has worked and travelled all over Canada, and has been from Coast to Coast twice. Patrick says "I've been all over the place, and I've done all kinds of things but mostly, I learned from it all." It is Belvedere's honour and privilege to not only care for Patrick, but to know him in general.



Pictured above is our dear Patrick. Once again, he was found typing away at his computer, with a spreadsheet on stocks in front of him. Patrick would like to note that if anyone needs any assistance this tax season, he would be happy to give advice!

### Quote of the Month:

**"Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness." - Harold Kushner**



**Resident Frank Buda receives his Guardian Angel of the Month pin from Family Council. Frank loves helping people; he says it was the way he raised—to lend a hand whenever someone needs it. Frank is always willing to go above and beyond for others and we appreciate everything he does for us!**