

# Belvedere Heights News & Views December 2013



**Welcome to New Residents:**  
 Charles "Bob" Blong  
 Ernest Bindon  
 Elva Harper  
 Rena Emlaw

Dawn Smith (right) welcomed Susan Morrow with a lovely lap cover from our friend, Barb Sichewski.



Hilda Bylow welcomed her husband **Hugh Bylow** to join her at Belvedere Heights.

Ella Higman (on right), welcomes **Peggy Sheridan** to the Home with another beautiful afghan made by Barb.



Sharon Noganosh (on right) welcomed **Hope Hurlbut**.

## Inspirational Thought



**Rule 137 .... For a Better Way to Live**  
**Thanks for roses by the wayside,**  
**Thanks for the thorns their stems**  
**contain.**  
**Thanks for homes and thanks for**  
**fireside**  
**Thanks for hope, that sweet refrain!**

## New Equipment for Belvedere!

The Friends of Belvedere, thanks to the donation of cans and bottles from the community, have been able to purchase a Deluxe Cordless Carpet Sweeper from Glen Martin Ltd for the Housekeeping Department at Belvedere Heights. Three of their nine members presented the machine to the staff on November 13<sup>th</sup>.



Back Row: (L-R) Glen Martin Ltd Sales Representative: Mike Duncan, Staff: Chrissy Dumont, Shellie Wolfe, Friends of Belvedere Members: Elaine Melse, Carolyn Cuzner, Shirley McIntosh, Belvedere's CEO: Donna Dellio, Staff: Patti Shurr, Gary Hickey, Corrie Appleby, Support Services Manager: Karen Fournier.

Front Row: Staff: Nancy Carpenter, Helen Emerson and Elaine Kirkham.

## Resident Clothing Lost & Found Day

**December 3, 2013**

**in the Community Room 10 am - 3 pm.**

## A Tribute to Carol Marshall by Mary Brear



Carol Marshall's well-loved at Belvedere  
 She shares our happiness and sorrows here  
 This organized lady plans events with great skill  
 Coordinating what's happening on the hill

Carol Manages Programs Department with ease  
 This cool Manager, the A-Team strives to please  
 The Monthly Event Calendars Carol must do  
 No matter how busy, she always comes through

She makes ample time for Person Centered Care  
 With Residents a priority; she's always there  
 For Carol, Family members frequently ask  
 She's willing and able to complete their task



Active in Family & Resident Council  
 Gentle guidance she imparts with skill  
 Volunteers' acknowledged with appreciation  
 Her encouragement promotes their dedication

Golf Tournaments, Christmas Dinners; a huge process  
 But Carol makes it look easy; with great finesse  
 CNIB Camp demands more of Carol's expertise  
 Up for the occasion, she comes through like a breeze

Parkinson's Walk 'n Roll is planned to perfection  
 With Residents, Volunteers and staff participation  
 There is always something happening in the Home  
 Under Carol's leadership events are second to none

Fireside Café Socials with Pauline and crew  
 Include Staff Appreciation, Birthday parties, too  
 Carol now dons her Master of Ceremonies hat  
 A welcoming host, assisting with this and that

No activity for Carol is too large or too small  
 Public Relations in the Community, she does it all  
 For the Palliative Care Committee she has a passion  
 Her Spiritual encouragement is filled with compassion

When in distress Residents and Staff to Carol turn

She's our In-House Chaplain supporting each one  
 Quarterly Memorial Services are held in our chapel  
 Grief Counselling Carol imparts freely with all

Carol's gentle spirit  
 Reflects her Christian heart  
 She treats everyone equal,  
 Without taking part  
 She takes the time  
 To show that she cares  
 God's love for others,  
 She openly shares



Even though this lady has many a  
 busy day

She is never too rushed to take time to pray  
 She visits funeral homes after Residents die  
 With a smile and a hug she joins in to cry

Her sense of humor cheers on the gloomiest day  
 Her hearty chuckle chases our cares away  
 This lady is beautiful on the inside and out  
 A huge asset to Belvedere, there's no doubt

Words can't express the admiration we feel  
 For this wonder woman who is so real  
 She is amazing, through and through  
 Carol Marshall, WE SINCERELY LOVE YOU!!!!



### Ever Wonder ...?



**Why** when you are finally holding all the right cards,  
 everyone wants to play chess?  
**Why** rabbits run and hop and only live 15 years  
 while turtles do mainly nothing and yet live for 150 years?  
**Why** we run out of money at Christmas time  
 before we run out of friends to buy  
 for?

## Grandparents Brag Corner

This handsome wee  
 man is **Samuel Bennett**.  
 His very proud Grandpa  
 is **John Bennett** and



equally proud Daddy is **John Bennett Jr.**



**“When Will the Bay Freeze Over?”** Contest will open up to everyone again this year at \$2.00 per guess. (You can't guess that it won't freeze over!) Half of the profit will be donated to the Resident Fund. Stop by the Administration Office to select your dates early!



Yvonne received her angel pin from Lynda McGowan (on right) surrounded by Family Council (L-R) Vi Whittaker, Bunny Davis, Suzanne Pausner, Jan Rempel, Mary Gwen Lawson and Audrey Jeffrey.

**In Memorium**  
**Deepest Sympathy is extended to the families of: Bill Griffiths  
Les Elliott  
Bunty Crosswell Helga Timm**

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

1. Every Resident has the right to be treated with courtesy and respect and in a way that fully recognizes the Resident's individuality and respects the Resident's dignity.

**Staff Monthly Attendance Draw Winners:**  
**Nursing Staff: Jackie Belanger**  
**Support Staff: Dawn Gallinger-Dumont**  
(Dawn generously donated her winnings towards prizes for Resident Bingo Games.)  
Winning tickets were drawn by Muriel Crawford, Tuck Shop Volunteer, and Eileen Laing, Resident.



**Health & Safety Tips**

by Tessa Gardner  
Check out Santa's Health & Safety check list on the Health & Safety Board. Season's Greetings to all from your Joint Health and Safety Committee.

**Staff News**

**Congratulations to Rebecca McEwen** who will transfer to the RAI Office to assume the position of **RAI Coordinator**. Rebecca has accepted the position left vacant by **Lori Neall** who will be replacing **Barb Saunders** as **Training Coordinator** when **Barb** retires at the end of the year. Best wishes all around!



**Guardian Angel – Yvonne Harvey**

**Dave Thomas Receives the Governor General's Caring Canadian Award.**



The family of Dave Thomas (L-R) Front Row: Tim, Frances and Marcie Scandlan surround their Dad

to celebrate the presentation of Dave's prestigious award! Back Row: Son Keith Thomas, Mayor Jamie McGarvey and Marianne King-Wilson complete the group. "For over 30 years Dave compiled thousands of photographs and family stories to document and preserve Parry Sound's history. With his collection, he traveled to schools, community gatherings and seniors' residences to share the town's story. David Thomas' work is now part of the community's identity, and has been a lynch-pin of heritage preservation efforts in the region." Congratulations, Dave!

Thanks to **Kevin & Shannon England** and their sons **Tyson & Jaxon**, we had really neat jack-o-lanterns at Hallowe'en to be viewed by staff, residents, and over 200 neighbourhood kids!



**Tried & Tested Recipe**

## Healthy Peanut Butter & Jam Muffins

- 1 cup all-purpose flour
- 1 cup oat bran
- $\frac{1}{2}$  cup packed brown sugar
- 2 tsp baking powder
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp baking soda
- 1 cup 2% milk
- $\frac{1}{2}$  cup unsweetened applesauce
- $\frac{1}{3}$  cup peanut butter
- 1 egg white
- 2 tbs honey
- $\frac{1}{4}$  cup seedless strawberry jam



1. In large bowl, combine dry ingredients.
2. In small bowl beat milk, applesauce, peanut butter, egg white and honey on low speed until smooth; stir into dry ingredients just until moistened.
3. Fill 12 greased or lined muffin cups half full. Drop 1 tsp jam into the centre muffins. Cover with remaining batter.
4. Bake at 400 for 15-20 minutes or until a toothpick inserted in muffin comes out clean. Cool 5 minutes before removing from pan to wire rack. Serve warm.

## Pet Corner

**Brownie** is the pride and joy of his Owner, **Uma Goms....** and what a handsome fellow he is!



## Infection Control Week

Infection Prevention and Control Week – IPC – October 21<sup>st</sup> to October 25. Thanks to those who participated in answering the “Breaking the Chain of Infection” Quiz and Draw. Draws were held daily and the winners this year were: **Teri Salt, Susan MacCoubrey, Carole Vowels, Elaine Kirkham, and Tessa Gardner.** Breaking the “Chain of Infection” is our responsibility as staff, visitors/family and volunteers. It involves everyone. Let’s not be the source of infection and/or the way organisms can exit, so focus on being as healthy as you can, get vaccinated, cover your cough effectively, dispose of those used Kleenex right after use and *clean those hands and clean those hands and clean those hands.* Always use Routine Practices



and assess the risk of exposure to fluids and handling body fluids through appropriate use of gloves and/or other Personal Protective Equipment (PPE). Properly and carefully dispose of wastes and excretions. Keep paying attention to what you have done with your hands (gloved or not) and what you are going to do next. Always disinfect equipment and articles between residents. Infection Prevention and Control is everyone’s business. Let’s keep breaking the Chain of Infection. The Infection Prevention and Control Week Fair was held with the Northeastern Regional Infection Prevention and Control Network (NEORICN)



representatives and the North Bay Parry Sound District Health Unit. Over 40 staff attended and seemed to enjoy the information and challenges of the Public Health IPC Game. Krista Harper won the IPC Fair quiz and draw. The time of sharing with staff was invaluable and I personally thank staff for their IPC feedback with the aim of improving Infection Prevention and Control.

Barbara Bennett, RN, – IPC Consultant.



**Krista Harper & Elaine Kirkham are winners!**