

# Belvedere Heights News & Views January 2014



## Welcome to New Residents:

Albert (Ed) Martin  
Robert Ransom  
Wilfred Brownley



**Judy Loof**  
(Programs)  
welcomes new  
Resident **Elva  
Harper** with  
one of Barb  
Sichewski's  
beautiful lap  
covers.



**Rena Emlaw** was delighted with  
her new afghan from our friend,  
Barb.



Resident **Bill Draper**  
(left) presented **Ernest  
Bindon** with his  
welcome lap cover.  
These cozy gifts are  
always sincerely  
appreciated.

Ever Wonder ...?



Why whatever hits the fan is not always evenly distributed?  
Why you never hear father-in-law jokes?  
Why plastic bags never open from the end you try first?



Belvedere's War Veterans **George Butler** on left  
and **Gerry Wager** on right were proud to have their  
picture taken with Belvedere's **PSW Danielle Ward**  
on Remembrance Day. Corporal Ward is a Combat  
Engineer who stopped by on her day off in her  
Military Uniform to say "Thank you" to our Vets...for  
all their sacrifices and the freedom we enjoy today!

## Residents' Bill of Rights – Revised May 2010

2. Every Resident has the right to be protected  
from abuse.

## Staff Monthly Attendance Draws:

2014 WINNERS

Nursing Staff: Trish Schmalz

Support Staff: Tammy Frank

Winning tickets were drawn by

**Kay Wilkinson**, Tuck Shop Volunteer.

## You can Help Support our Resident Needs:

We need financial assistance towards purchasing Vac  
Dressing Kits at a total cost of \$2,400.00.

These kits would be used for  
the healing of Resident  
wounds. The Ministry of  
Health does not provide  
funding for this important  
piece of equipment. Thank



you in advance for any assistance you may provide.  
Receipts will be issued for Income Tax  
purposes.



## Staff News

New Staff:

**Special Visit from Corporal Danielle Ward**

Welcome to **Richard Holloway**, *Life Lease Maintenance Assistant*; **Cloty McEachren, Dianna Clarke, Tracy MacFarlane, and Erin McEwen**, *Nursing Dept*; and welcome back to **Dwayne Eckstein**.



**Please Note:**

The office for the **Associate Director of Care** is moving up to **Oakridge** beside the lounge. Please drop by and say Hello to Dace in her new space. If you need to contact her the phone number is still **705 746-5871, ext. 2216**.

**‘Twas Commotion and Chaos**

From Country Magazine – January/December

‘Twas a week before Christmas and oh how I struggle  
 With so much to do and no time to juggle  
 Cards to be sent and letters to write  
 Burning the candle way into the night



There’s sewing pajamas for Susie’s best doll  
 And finishing touches on Grandma’s white shawl  
 The bike in the package still needs a wrench  
 The one out of reach behind the workbench



The shopping is done, I wish I could say  
 But instead that’s a task for some other day  
 The tree isn’t trimmed as our family had planned  
 To make matters worse I can’t find the stand



Three days before Christmas and oh what a hassle  
 No baking is done; no gift has a tassel  
 But we’re off to see Santa to fight through the throng  
 Only to find out what I purchased is wrong



The last days zip by like you wouldn’t believe  
 I frantically race toward the goal to achieve  
 But the night before Christmas this is the scene  
 I’m calm and collected; you might say serene

The house is in order; even Santa won’t guess  
 That one week ago it was simply a mess  
 There’s food in abundance and gifts piled  
 high



Kids snuggled in bed; their thoughts in the sky



I pause in their doorway, taking one last look  
 Deciding it’s worth the effort it took  
 Then I turn my eyes upward and utter a prayer  
 Lord, give me the strength to repeat this next year!

**Santa’s Helpers**



Linda Nolan; (left) did a great job selecting gifts for the Kid’s Christmas Party at Belvedere. **Mary Brear** (right); along with CEO Donna Dellio and Office Manager Dawn Gallinger-Dumont teamed up to wrap the gifts during their lunch break.

**In Memorium**  
**Deepest Sympathy is extended to the families of: Charles (Bob) Blong**  
**George Yocum**

**Donation from L.O.B.A. Ladies**



Our faithful friends from the **L.O.B.A.** No. 166 presented Carol Marshall with two cheques – one for Resident Christmas Activities and one for our Tree of Memories in memory of their “Departed Sisters”. We sincerely appreciate the support of these dear people over the years (L-R) **Vi Whittaker, Joyce Vankoughnett**, Carol Marshall, **Audrey Jeffery** and **Laura Campbell**.

***Inspirational Thought***



**Rule 138 .... For a Better Way to Live**  
 Not to the strong is the battle,  
 Not to the swift is the race;  
 Yet to the true and the faithful  
 Victory is promised through grace.

**An Obituary Printed in the London Times**

Today we mourn the passing of a beloved old friend, **Common Sense**, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such valuable lessons as:  
*Knowing when to come in out of the rain*  
*Why the early bird gets the worm*  
*Life isn't always fair; and*  
*Maybe it was my fault....*



Common Sense lived by simple,  
 sound financial policies  
 (Don't spend more than you can earn)  
 And reliable strategies  
 (Adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student; All only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a *steaming* cup of coffee was *hot*. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death by:  
*His parents, Truth and Trust;*  
*His wife, Discretion;*  
*His daughter, Responsibility;*  
*and by His son; Reason.*

Common Sense is survived  
 By his 5 stepbrothers:  
*I know My Rights;*  
*I want it now;*  
*Someone Else is to Blame;*



*I am a Victim; and*  
*Pay me for Doing Nothing.*

Not many attended his funeral;  
 Because so few realized he was gone.

## Health & Safety Tips by Tessa Gardner



**Tessa Gardner** did an amazing job on the Health & Safety Santa's Checklist Poster. Tessa (left) and **Maryanne Schnock** are deciding its location.

## Creating Soap Gifts at Crafter's Corner



(L-R) around the table: **Teri Salt, Eileen Laing, Ella Higman, Fran McKenzie, Bill Draper, Peggy Sheridan, Muriel Stewart and Sharon Noganosh** show off their lovely soap creations.

## Guardian Angel

### Bill Draper

Bill received his Guardian Angel Pin from

**Carol Marshall.**

Congratulations, Bill!

**Tried & Tested**

**Recipe**

**Diet (Splenda) Crispy-Chewy Oatmeal Raisin Cookies**

(For those who made New Year's Resolutions to



shed some pounds!)

- 1½ cups flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 cup soft butter
- 1 cup SPLENDA® Sugar Blend powder
- 2 large eggs
- 1 tbs molasses
- 1½ tsp vanilla
- 3 cups old-fashioned oatmeal, uncooked
- 1 cup raisins

Preheat oven to 350

Stir together flour, soda, and cinnamon; Set aside.

Beat butter and Splenda until fluffy.

Add eggs, molasses and vanilla, beating until blended.

Gradually add flour mixture, beating at low speed until blended. Stir in oats and raisins.

Drop by spoonful onto lightly greased cookie sheets.

Bake approx. 10 minutes or until lightly browned.

Cool. Remove to wire racks to cool completely.

## Shoebox Program Donation from Residents' Council



**Muriel Stewart** (left) and **Peggy Sheridan** (right); presented **Barbara Swartz-Biscaro** with a financial donation on behalf of our Residents' Council.

### Grandparent's Brag Corner



**Delores Armieri** is thrilled to be "Nonna" now to **Oliver Thomas Valente** - born to her son **Michael** and daughter-in-law **Beth Ann** on December 11, 2013 weighing in at 5 lbs, 10 oz. Delores says "He is the most beautiful baby in all the world!" (We do agree..)

## 3 Steps for Crafting New Year's Resolutions You'll Keep – from Tessa Gardner (Article written by Heather Ratcliff, RN)

When choosing a resolution, base it on concern for yourself, not a concern perceived by others. Do it for you; not for someone else. Set up goals to achieve your result. If you yell at the kids because you are tired, resolve to get more sleep.

Base your goal on your strengths. Tracking calories is a numbers game, but writing down what you eat may be your best way to track calories. Start the year with a resolution that contains a heartfelt "I want". Then choose behaviours to support that desire, which are based on what you're good at and like to do. Keep your promise with yourself and build a base of self-trust towards a meaningful New Year.



## Pet Corner



**Rusty Allen** stopped by for a dog treat in the Administration Office on his way to visit "Uncle" David Poole. This 4 year old Shi-Poo paused for a picture with his owners, **Garnet & Charlene Allen**.