

Belvedere Heights News & Views June 2013



Pet Corner



Brenna Cook is a 9 year-old retired show dog (Australian Shepherd) who comes in with Marnie to visit Bobby Cook. What a beautiful dog!

Happy 90th Birthday, Stella!

Stella Hardwick was thrilled to have her nine year old great granddaughter **Sitara** share her 90th Birthday Party with her as well as many residents and her family.



Newspaper Gal



Sharon Noganosh wears her new hat proudly as

she delivers the Toronto Star to Residents at Belvedere.....

Sharon brightens our day!



Grandparent's Brag Corner

Tessa Gardner is the proud Grandma of **Lucas** born April 12, weighing 5-11. Congratulations, Tessa!

Residents' Bill of Rights – Revised May 2010

22. Every Resident has the right to share a room with another Resident according to their mutual wishes, if appropriate accommodation is available.

Inspirational Thought



Rule 131 For a Better Way to Live

A Mother Teresa Quote: "If you are discouraged it is a sign of pride, because it shows you trust in your own power. Your self-sufficiency, selfishness and intellectual pride will inhibit His coming to live in your heart because God cannot fill what is already full. It is as simple as that."

Family Day 4 Generations of Clellands & Hornes

Picture on Left: **Stan Clelland** with daughter **Brenda Horne**, grandson **John Horne** and great granddaughter **Kaitlyn Helen Horne**.



Picture on Right: **Bonnie Horne** with son **Jim**, grandson **John**, and great granddaughter **Kaitlyn**.

"Crabbit Old Woman"

What do you see, nurse, what do you see?
What are you thinking, when you look at me?

A crabbit old woman, not very wise,
Uncertain of habit, with far-away eyes,
Who dribbles her food and makes no reply
When you say in a loud voice, I do wish you'd try.
Who seems not to notice the things that you do
And forever is losing a stocking or shoe.
Who, unresisting or not; lets you do as you will
With bathing and feeding the long day is fill.
Is that what you're thinking, Is that what you see?
Then open your eyes, nurse, you're looking at me.
I'll tell you who I am as I sit here so still!
As I rise at your bidding, as I eat at your will.
I'm a small child of 10 with a father and mother,
Brothers and sisters, who loved one another-
A young girl of 16 with wings on her feet,
Dreaming that soon now a lover she'll meet,
A bride soon at 20- my heart gives a leap,
Remembering the vows that I promised to keep.
At 25 now I have young of my own
Who need me to build a secure happy home;
A woman of 30, my young now grow fast,
Bound to each other with ties that should last;
At 40, my young sons have grown and are gone,
But my man's beside me to see I don't mourn;
At 50 once more babies play around my knee,
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead,
I look at the future, I shudder with dread,
For my young are all rearing young of their own.
And I think of the years and the love that I've known;
I'm an old woman now and nature is cruel-
Tis her jest to make old age look like a fool.
The body is crumbled, grace and vigor depart,
There is now a stone where I once had a heart,
But inside this old carcass, a young girl still dwells,
And now and again my battered heart swells,
I remember the joy, I remember the pain,
And I'm loving and living life over again.
I think of the years all too few- gone too fast.
And accept the stark fact that nothing can last-
So open your eyes, nurse, open and see,
Not a crabbit old woman, look closer - See Me!



A Nurse's reply

"To the 'Crabbit Old Woman'"

What do we see, you ask, what
do we see? Yes, we are thinking
when looking at thee! We may
seem to be hard when we hurry
and fuss, But there's many of you,
and too few of us. We would like far more time to sit by
you and talk, To bath you and feed you and help you to
walk. To hear of your lives and the things you have done;
Your childhood, your husband, your daughter, your son.
But time is against us, there's too much to do -Patients
too many, and nurses too few. We grieve when we see
you so sad and alone, With nobody near you, no friends
of your own. We feel all your pain, and know of your fear
That nobody cares now your end is so near. But nurses
are people with feelings as well, And when we're together
you'll often hear tell Of the dearest old Gran in the very
end bed, And the lovely old Dad, and the things that he
said, We speak with compassion and love, and feel sad
When we think of your lives and the joy that you've had,
When the time has arrived for you to depart, You leave us
behind with an ache in our heart. When you sleep the
long sleep, no more worry or care, There are other old
people, and we must be there. So please understand if
we hurry and fuss

-There are many of you, And so few of us.

By: Phyllis McCormack

Belvedere's Harvest Share Donation



(L-R) Sharon Lamore, Dawn Gallinger-Dumont, Tessa Gardner, Donna Dellio and Dorothy Tonkin

pose with overflowing bin of groceries. Thanks to all for generous contributions of food to Harvest Share.

Mother's Day Cupcakes were created by Teri Salt and some of the residents:
(L-R) Muriel Stewart, Elin Anderson, Teri, and Marion Ferguson.



Falls Tip #10



People who take multiple medications are at a much greater risk of falling.



Make sure you have good balance and that you do not feel dizzy after changing from a sitting to standing position.



Ever Wonder ...?



Why the human brain cell can hold five times as much information as the Encyclopedia Britannica?

Why nobody says "It's only a game" when their team is winning?

Why opportunities always look bigger coming than going?

Clothing Store

will be visiting Belvedere on **Thursday, June 20, 2013**
10 am – 3 pm.

In Memorium

Deepest Sympathy is extended to the family of:
Mel Harris

Smitty's Strollers added another generation to their **MS Walk** this year. (L-R) Back Row: **Joy, Alex, Roger, Heather, Carol.** Front Row: **Phoenix, Chris, Mitchel and Wendy.** Mitchel brought his own "Stroller" for the **MS Walk!**



2013 SNOW MELT WINNER!



Congratulations to the winner
of this year's contest



Fern Harris

Correctly guessed April
14.

Fern very generously donated her half of the proceeds to the Residents. Thank you, Fern!

Fern has won 4 times since the contest originated in 2003. Her 3 other winning dates were March 31st, but this year she wisely adjusted her guess!

(Last year's winner was Lori Neall on March 16th, 2012.) Thank you to all who participated.

Katie McEwen, Nursing Dept, earned this Medal in the Mississauga Marathon..... Katie ran 42 kms in 5 hours! Way to go, Katie!

Silvert's Mobile



Staff Monthly Attendance Draws:

2013 WINNERS

Nursing Staff: Karen

Bottrell

Support Staff: Tracy

Kennedy

Winning tickets were drawn by Theresa Barker and Dean Kingshott, Tuck Shop Volunteers.



Health & Safety Tips – by Tessa Gardner

Prevent a trip before it happens:

Survey your work area for bed cords before you start your tasks. Bed cords are a major trip hazard.



Any ideas on how to manage this issue are always welcome. Let's all work together to prevent trips due to bed cords. Staff, residents and visitors can be at risk from this hazard.

Staff News

New Staff: Welcome to Vicky Marshall, Julie Veronneau and Laura Umpleby, Nursing Department.

Deepest Sympathy: to Patty Shurr on the loss of her father-in-law.



Guardian Angel:

Lynn Raney

Lynn received her Angel pin from Alice Crossland. Congratulations, Lynn!



Welcome to New Residents:

John

Bennett

Joan Genco
Esme Avis



Ella Higman (left) presented Esme Avis with a Welcome lap cover made by our friend, Barb.



Joan Genco (on left) was welcomed by Dawn Smith to Belvedere Heights with a beautiful afghan.

Tried & Tested Recipe

Candied Strawberries (Gail Shurr)

2 - 3 oz. Pkgs strawberry Jello

(Keep out 2-3 tlbs Jello powder to mix with 1 tlbs wh. sugar to roll berries in.)

2 cups fine shredded coconut

1 can Eagle Brand milk.

Mix the above ingredients together.

Refrigerate at least 1 hour. (Some recipes call for 1 cup blanched ground almonds.)



Shape into strawberries. Roll in dry Jello and white sugar mixture to coat. Tint almond slivers with green food colouring for strawberry stems. (Put in a jar and shake.) Rubber gloves will keep your hands from being stained. You may freeze berries for special occasions.