

Belvedere Heights News & Views November 2013



In Memorium

Deepest Sympathy is extended to the families of: Florence Richmond
Peter Hannon
At Middelkoop Ann
Anderson
Fritz Leuenberger Christine
Sopher

Belvedere Heights. This adorable team really brightened our day!

Residents' Bill of Rights – Revised May 2010
27. Every Resident has the right to have any friend, family member, or other person of importance to the Resident attend any meeting with the licensee or the staff of the home.

**Guardian Angel *
Monika**

Harrison-Waefler

Pauline Hind

(on right) presented
Monika with her
angel pin.
Congratulations,
Monika!



Inspirational Thought



Rule 136 For a Better Way to Live
Bearing people's heavy burdens,
Shouldering their pain and grief,
Shows the love of Christ to others,
Bringing them His sure relief.

Parkinson "Walk & Roll" 2013



Walk & Rollers gathered in front of Belvedere to have a picture taken before they started on their Mini Walk & Roll around the block to raise funds for Parkinson Disease.

Staff News

Our Heartfelt Condolences go out to Pauline Hind and her family on the sudden loss of Don Stone, Maintenance Supervisor. Don was loved by all and will be greatly missed at Belvedere.



Welcome to Judy Loof, Programs Department.

Staff Monthly Attendance Draws:

2013 WINNERS

Nursing Staff: Sarah Corbett

Support Staff: Sandra Gregoire

Winning tickets were drawn by Dorothy Tonkin, Tuck Shop Volunteer.



Pet Corner
Christine Sopher's Great-Granddaughter **Olivia Sopher** paused for a picture with **Stuart** on a recent visit at



Fran McKenzie (left) supported the Parkinson Disease Bake Sale while **Yvonne Harvey** (centre) and **Teri Salt** (on right) took in the cash!

“Welcome to the Home” afghan!

Welcome to New Residents:

Eugene Fournier

David Poole

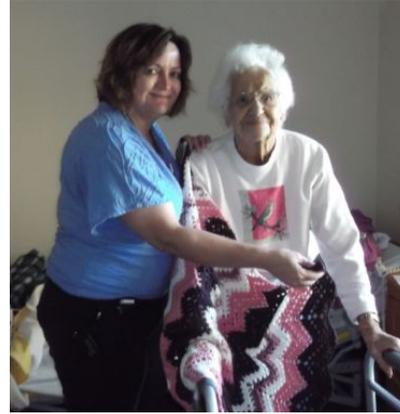
Margaret (Peggy) Sheridan

Hugh Bylow

Susan

Morrow

Hope Hurlbut



Bernice Asselstine received her lap cover from **Maryanne Schnock**.



Bob Giddings (left) receives his welcome afghan from **Ross Thompson** made by our friend **Barb Sichewski**



Ruth Koenemann welcomes **Ruth Bailey** to Belvedere.

Dawn Smith on left presents **Bill Draper** with his afghan.



Bill Draper on left presents **Eugene Fournier** with his welcome lap cover.



June Kingissepp (on left) welcomes **Hilda Bylow**.

David Poole on left is welcomed to Belvedere by **Earl Donnelly**.



Christine Sopher was very thrilled with her purple



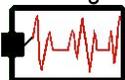
Poetry Section

The Valley – Author Unknown

I have been through the valley of weeping
The valley of sorrow and pain;
But the "God of all comfort" was with me
At hand to uphold and sustain.



As the earth needs the clouds and the sunshine,
Our souls need both sorrow and joy;
So He places us oft in the furnace,
The dross from the gold to destroy.



When He leads through some valley of trouble,
His powerful hand we can trace;
For the trials and sorrows He sends us
Are part of His lessons of grace.



Oft we shrink from the purging and pruning,
Forgetting the Husbandman knows
The deeper the cutting and paring,
The richer the cluster that grows.



Well He knows that affliction is needed;
He has a wise purpose in view,
And in the dark valley He whispers,
"Hereafter you'll know what I do."



As we travel through life's shadowed valley,
Fresh springs of His love ever rise;
And we learn that our sorrows and losses
Are blessings just sent in disguise.



So we'll follow wherever He leadeth,
Though pathways be dreary or bright;
For we've proof that our God can give comfort,
Our God can give songs in the night.



Grandparent's Brag Corner



Three Generations of Sophers:

(L-R) Back Row: **Brenda & Ruth Sopher**;
Front Row: **Olivia and Christine Sopher** with
Grandpuppy **Stuart** on her lap.



Thank you!

Pauline Hind would like to thank
all of the Staff, Residents, Family
Members and Volunteers at
Belvedere for their many acts of
kindness during the past few weeks
since the sudden death of **Don Stone**.
May God bless each one of you!

Thanksgiving Gift from Karin Cowan



Karin generously donated Fall centerpieces and
tablecloths to the Fireside Café. Thanks, Karin!

Tried & Tested Recipe

Upside Down Cake

Whittaker

Soft Butter

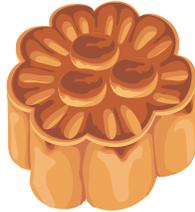
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- 1 cup brown sugar
- 1 can peaches ***
- 1 cup water
- 1 tsp vanilla
- 1 tsp almond or cherry juice (optional)

Grease a 9 x 13 pan. Spread extra soft butter on bottom. Sprinkle brown sugar and put water into the pan. Add vanilla and almond/cherry juice. Pour over peaches. Mix the following ingredients together:

- 2 eggs
- 1 cup sugar
- ½ cup shortening
- 1 tsp vanilla
- 2 cups flour
- 2 tsp baking powder
- ½ tsp baking soda
- 1 cup milk



Drop batter by spoonful on top of peaches. It will spread while cooking. Bake at 350 degrees for 45 minutes. *May use **Pineapple, apple, fruit cocktail** or **cooked cranberries**. Cinnamon can be added to the batter. Serve cake with whipped cream.

Ever Wonder ...?



- Why** since everyone has a cell phone, no one talks about seeing UFOs like they used to?
- Why** in the 60's people took acid to make the world weird; but now that the world is weird people take Prozac to make it appear normal?
- Why** everything weighs one percent less at the equator?



A VERY SPECIAL THANK YOU GOES OUT TO OUR BELVEDERE HEIGHTS' VETERANS:

- EARL NORRIE;
- GERALD WAGER; MARY WAGER
- GEORGE BUTLER; BILL GRIFFITHS
- JOHN HYATT; CLEMON MINTZ
- STANLEY CLELLAND; ESME AVIS
- EUGENE FOURNIER; EARL DONNELLY

- BERT ANDERSON;
- AND LES ELLIOTT.

Care Shawls (A hug from the Home)



Linda Chappel (left) and Rebecca McEwen have very generously made care shawls for our family members as they sit at the bedside of palliative residents. Thanks Linda and Rebecca for your labour of love!

Health & Safety Tips - by Tessa Gardner



Tools, lifts, computers, mops and brooms are all essential pieces of equipment we use to complete our tasks. Treat all these pieces of machinery with respect. We use many of these to make our tasks safer. If these co-workers are in the shop for repairs because they were mistreated, then we have lost a significant safety factor in our tasks we have to perform. Prevent damage to these valuable and often expensive pieces of equipment. Using the lifts as an example, if these are out of service due to preventable damage, what are the consequences?



Guardian Angel: Kevin England
Pauline Hind presented **Kevin** with his angel pin. Congratulations, Kevin!

Retired CSS Staff Member **Marian Beauregard** (on right) has completed Resident **Betty Parson's** quilt for her. This beautiful quilt will be raffled off. Thanks very much, Marian & Betty!

