

Belvedere Heights News & Views October 2012



Grandparent's Brag Corner



Mitchell Ivanov was born May 20th and stopped by for a visit at 13 weeks - His Grandma **Heather Smith** on left is very proud, and his Mom, **Wendy Ivanov** on the right looks like Motherhood agrees with her!



More on Mitchell
This picture was sent to us by Grandma Heather Smith from her son-in-law **Chris Ivanov** with the caption "I set out for fishing and caught something a little bigger! I guess this one is a keeper!"

Inspirational Thought



Rule 123 For a Better Way to Live
Search the Scriptures' precious store
As a miner digs for ore
Search and you will surely find
Treasures to enrich your mind

Residents' Bill of Rights – Revised May 2010

14. Every Resident has the right to communicate in confidence, receive visitors of his or her choice and consult in private with any person without interference.

New Parking Lot will Open Soon!



Veterans Memorial Park is beautiful!



Our Ribbon Cutting Ceremony is planned take place October 5th at 12:00 noon in Belvederes' Veterans Memorial Park.

Minister Tony Clement will be on site for the



Unveiling of the War Memorial Monument.

Pet Corner



Marjorie Ryerse had a lovely visit with her 12-year old Schnauzer Grand puppy, **Sadie**. In the back row (L-R) are Marjorie's daughter, **Madeline Andrews** and **Ed Martin**.

In Memorium

Deepest Sympathy is extended to the families of:

Evelyn Allan
Irene Allen

Support Services Appreciation Day



Darlene O Brien (on left) from the Housekeeping Department received a complimentary Sunday on their Appreciation Day served by our former Belvedere Housekeeping/Laundry Supervisor **Dean**

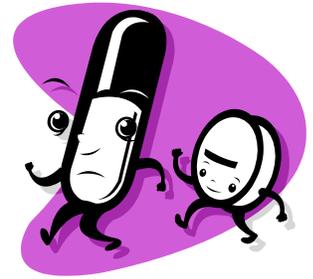
Kingshott, who faithfully volunteers in our Fireside Café now.

Poetry Section

Ode to a Pill

submitted by Vi Whittaker

Little pill, here in my hand
I wonder how you understand
Just what to do,
or where to go
To stop the rigidity that hurts me so
Within your cover lies relief
You work alone in unbelief
You seek regions there below
As down my throat you slowly go
But what I wonder little pill



Is how you know where
I am ill
And just how do you
really know
Just where you are
supposed to go



I've got a tremor;
that is true

My slow motion
needs attention too
So how can anything
so very small
End my troubles
in no time at all
Do you work alone or hire a crew
To do all the good things you do
I'm counting on you mighty strong
To get in there where you
belong

Don't let me down and
please don't shirk
But do your undercover work
So down my throat,
get on your way
And end my immobility another day
Don't make a wrong turn is my plea
'Cause I can't take another pill
till three!



Health & Safety Tips from Tessa Gardner

Did you have a meal before getting ready for work? We encourage our children to eat a healthy breakfast before heading off to school; how about you, before you head off to work?



Guardian Angel - Nancy Carpenter

Congratulations to Nancy Carpenter, this month's Guardian Angel. Nancy receives her angel pin from

Pauline Hind, on behalf of Family Council.



Staff News

Farewell to Lisa Blaney, Nursing Dept. We wish her all the best.

New Staff: Welcome to Mark Ruggles, Dietary Department, and to Courtney Quick, Kimberlee Emerson, Sandra Watkinson and Shannon Konoval, Nursing Dept.

New Babies: Congratulations to Tina Radforth on the birth of Raija Thornton on August 24th, weighing in at 5 pounds, 13 ounces.

Congratulations to Alexsa Fisher on the exciting arrival of her daughter "Miley Ever Dove" weighing in at 8 lbs 2 oz. Miley was born on August 30th at 5 a.m. in their living room recliner at home on Laird Avenue.

Grandma Betty Fisher was there to deliver Miley who just couldn't wait to go to the hospital! The ambulance crew had two patients to transport. Way to go, Betty!

Congratulations to Susan MacCoubrey on the birth of her daughter "Autumn" on September 2nd. Autumn weighed 7 lbs 13 oz.

Congratulations to Erin Saunders (and Grandma Barb) on the birth of Zackery on September 8th.

Quite the Baby Boom we are



having!

Please Note:

The new, improved telephone system will be implemented live on Monday, October 1st.

Thank you for your patience during this time of transition.

Staff Monthly Attendance Draws:

August, 2012 WINNERS

Nursing Staff:

Kevin England

Support Staff:

Chrissy Dumont

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



Falls Tip #2 Clutter



Remember to keep your floor and stairs free of clutter.

Throw mats or scatter rugs are not permitted.



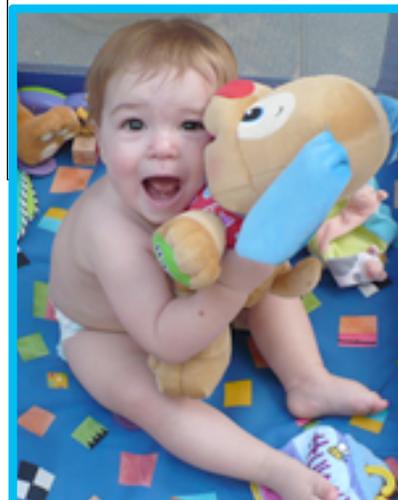
Ever Wonder ...?



Why your husband sleeps better in his lazy boy chair with the T.V. blaring than he does in bed?

Why in the "olden days" we managed quite nicely with just an "on" and "off" switch?

Why we have 3 sizes of clothes in our closets but 2 of them we will never wear?



Another
Fireside Café
Satisfied
Customer

The gift shop at the Fireside Café has been a delightful place for Residents, Staff and Visitors to purchase gifts for their families. Faithful Volunteers keep it stocked. (Yvonne Harvey is famous for buying toys at yard sales, disinfecting them, putting in new batteries and donating them for resale at a reasonable price.)

One of the recipients of Yvonne's TLC Toys is Mary Brear's granddaughter, **Abigail Webb** hugging her dog.



Tried & Tested Recipe

"Baby" Banana Muffins (Crystal Brear's special recipe)

- 3 egg yolks
- 1 tsp vanilla
- 3 tlbs oil
- 2 tlbs maple syrup
- 3-4 bananas mashed (approx. 1 cup)
- ½ tsp baking soda - (include in liquid mixture)

- 1 cup flour (may mix ½ & ½ with wheat germ or flax)
- 1 tsp cinnamon
- 1 tsp baking powder
- ½ cup fresh blueberries, raisins or chopped apple

- Bake at 350 in middle oven rack:
- 20 minutes large muffin pan
- or
- 12 minutes in mini muffin pans.



Check with toothpick, cool on rack, then



remove.

For the Garden of Your Daily Living:

Plant 3 rows of peas:

- Peace of mind
- Peace of heart
- Peace of soul



Plant 4 rows of squash:

- Squash gossip
- Squash indifference
- Squash grumbling
- Squash selfishness



Plant 4 rows of lettuce:

- Lettuce be faithful
- Lettuce be kind
- Lettuce be patient
- Lettuce love one another

No Garden is without turnips:

- Turnip for church
- Turnip for meetings
- Turnip to help each other

To conclude our Garden you must have Thyme:

- Thyme for God
- Thyme for each other
- Thyme for family and friends



Welcome to New Residents: "Bunty" Crosswell & Peter Hannon

New Resident **Bunty Crosswell** received her beautiful lap top cover from **Alice Crossland** made by our dear friend Barb.



Peter Hannon just sat and hugged his "Welcome" Afghan Gift made by Barb Sichewski!