

Belvedere Heights News & Views October 2015



Grandparent's Brag Corner



Teri Salt has a brand new "great nephew" to love! Welcome, **Noah!**



Meet Breezy - **Billie Torbett's** pampered pet.

Residents' Bill of Rights – Revised May 2010

23. Every resident has the right to pursue social, cultural, religious, spiritual and other interests, to develop his or her potential and to be given reasonable assistance by the licensee to pursue these interests and to develop his or her potential.

In Memorium

Deepest Sympathy is extended to the families of:

*Margaret Morden
Joseph Light*

Pet Corner

Staff Monthly Attendance Draws:

2015 WINNERS

Nursing Staff: **Kristine Smith**

Support Staff: **Helen Emerson**

Winning tickets were drawn by
Gail Bauman, Tuck Shop Volunteer.

Guardian Angel

Mary Gwen Lawson (left) presented **Valerie Lemkay** with her angel pin. Congratulations,



Val!

Staff News

New Staff: Welcome to Jolene Jacklin and Vivian Keck in Dietary Dept. and to Billie Torbett in Administration Dept.



Farewell and Best Wishes to:
Sherry Quinn and Sandra Gregoire, Dietary Department, as well as Kevin & Shannon England, Nursing Dept and Mary Brear in Administration Dept.

Inspirational Thought



Rule 159 For a Better Way to Live

Welcome to New Residents:
William Wells
Allan (Harvey) Metcalfe

Viola Baron was welcomed to Belvedere by **Donelda McConnell** with a lovely lap cover from our friend Barb Sichewski.



Bill Wells received a Welcome afghan from **Gerry Williams!**



Harvey Metcalfe enjoying his Welcome afghan.

“Home” Grown tomatoes



J Wood and **John Bennett** enjoyed tasty tomatoes from their very own garden!

Dieting Under Stress – Food for Thought



A lovely Welcome afghan was given to **Herta Ostermann!**

This diet is designed to help you cope with the stress that builds up during the day.

Breakfast:

- ½ grapefruit
- 1 slice whole wheat toast (dry)
- 8 oz. skim milk



Lunch:

- 4 oz. lean broiled chicken breast
- 1 cup steamed spinach
- 1 cup herb tea
- 1 Oreo cookie



Mid Afternoon Snack:

- Rest of the Oreo cookies in the pkg
- 1 pint rocky road ice cream
- 1 jar hot fudge sauce
- Nuts, cherries, whipped cream



Dinner:

- 2 loaves garlic bread with cheese
- 1 large sausage, mushroom and cheese pizza
- 4 cans Coke
- 3 Milky Way candy bars



Late Evening News:

- Entire frozen cheesecake eaten directly from freezer

Rules for this Diet:

1. If you eat something and no one see you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
3. When you eat with someone else, calories don't count if you don't eat more than they do.
4. Food used for medicinal purposes never counts, such as hot chocolate, toast and Sara Lee Cheese cake.
5. If you fatten up everyone else around you, then you look thinner.
6. The following movie-related foods do not have additional calories because they are part of the entire entertainment package and not part of one's personal fuel; such as Milk Duds, buttered popcorn, Junior Mints, Red Hots and Tootsie Rolls.

7. Cookie pieces contain no calories. The process of breaking causes calorie leakage.
8. Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are: peanut butter on a knife when making a sandwich; ice cream on a spoon when making a sundae.
9. Foods that have the same colour have the same amount of calories. Examples are: spinach and pistachio ice cream; mushrooms and white chocolate.

Note: Chocolate is a universal colour and may be substituted for any other food colour.



Tried & Tested Recipe

ORANGE CHICKEN
STIR FRY



For the Sauce: 12 oz. orange marmalade

- 1 tsp. honey
- 2 cloves garlic
- 2 tbsp. soy sauce
- 1 tsp. ginger, minced

For the Stir Fry: 1 lb. boneless chicken breasts, cut in chunks or strips
4 c. broccoli crowns, chopped
1 tbsp. olive oil
Salt and pepper to taste

Directions:

1. Combine the sauce ingredients in a blender. Ensure the garlic is well blended.
2. Saute the broccoli until cooked (up to 10 mins.) To caramelize the broccoli, add a little sauce to the pan. Remove from pan.

3. Saute the chicken until thoroughly cooked. Add some of the sauce and mix well. Once the chicken is cooked, remove pan from heat.

4. Mix the chicken, sauce and broccoli in the pan together. Heat the mixture on low heat until hot.

EVER WONDER WHY hot dogs are sold in packages of 10 and buns are sold in packages of 8?

Ever Wonder ...?



EVER WONDER WHY the sun lightens our hair, but darkens our skin?

Poetry Corner

A Nurses' Hope

I hope your day was better because I came to work today,
I hope I made you smile, and that I blessed your life some way.
I hope that when I passed you, I remembered to say "Hi",
That I was not distracted, and just quickly walked on by.
I hope I stopped, and smiled and asked you if you were okay?
I hope that I looked close enough to see your pain today.
I hope that if you asked a question for the umpteenth time,
That I answered you again, and that my voice was kind.
I hope I am approachable, that you can come to me,
I hope I treated you today, with care and dignity.
I hope that I was positive, and with my time, was fair,
That I made you feel important, and I showed you that I care.
I hope I met your needs today, at least the ones I could.
I hope you felt respected, in the way I know you should.
I hope that I deserve the kind of trust you've placed in me,
And that I've been the kind of nurse I always hoped I'd be.

Written by Dawn Robinson, Nsg. Dept. 2015

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