



Feb.14-Valentine's Day



Feb. 15-Family Day

Belvedere Heights View from the Hill - February 2016

Resident's Bill of Rights - #3

Every Resident has the right not to be neglected by the licensee or staff.

Belvedere Heights extends a warm welcome to our new Residents:



Brittany McCandless "welcomes" Rowena Casement with a lovely afghan made by Barb Sichewski.



Jacqueline Burford receives her "welcome" afghan, made by Barb, from Donna Homewood.



Margie Meisner is "welcomed" by Kathleen Chapman with a lovely afghan, also made by Barb.

NOTICE TO FAMILY MEMBERS:

Please bring in Resident's
2015 Notice of Assessment
to Administration Office as soon as possible
if applying for a
Reduced Basic Accommodation Rate

RESIDENT'S ACTIVITIES

Snowflake Dance – January 19, 2016



Everyone had fun dancing to the music of Third Change!

Red Hat Ladies' Luncheon – January 21, 2016



**The Ladies enjoyed a hearty lunch in the Fireside Lounge.
Don't they look lovely in their red hats?**

Winter Fun Day - January 27, 2016!



Dietitian's Corner:

Fluids are essential and play many important roles. They move nutrients and waste through the body, keep your blood pressure normal, protect and cushion your joints and organs, controls your body temperature and lowers your risk of dehydration and heat stroke. DEHYDRATION occurs when you lose more fluid than you take in so stay HYDRATED by drinking fluids often, even before you feel thirsty.

When will the Bay Freeze? Contest is taking place again this year. A \$2.00 "bet" earns you a chance to win! The "Jackpot" will be split 50/50 between the winner and the Resident Fund. A calendar is in the Administration Office so come in and "place your bets".

Health and Safety Reminder:

February's H & S learning theme is WHMIS. Enjoy the assigned Power Point lessons by **Safety Talks** on SURGE Learning. They are short (just over 3 mins. each). Do it now before a quiz is attached to them. Quizzes are scheduled to be uploaded on Feb. 15th.

Guardian Angel for the month of January was:



Diane Murray! Congratulations!

Meet the newest member of our Belvedere Family:
Eva Marie born on Dec. 19/15 to Renu Shaju and Aben Joseph.
Congratulations Renu and Aben!



In the Spotlight:

Kalen Espe, Computer Technician from Georgian Bay Software

Kalen graduated from Parry Sound High school in 2007 where he developed an interest in computers. At first he didn't like computers, but became intrigued with what they could do. He studied with Canadore College



taking on-line courses and had an apprenticeship with Georgian Bay Software. He got a job there in 2008. Kalen comes to Belvedere Heights twice a week to maintain our computer systems and fix small problems we may be having. He writes scripts to help automate functions and enjoys 3D design. He enjoys snowmobiling, fishing and hiking. So if you see Kalen at a computer, you can be sure he's keeping everything up to date and running smoothly.

Tickle Your Funny Bone

Do you remember any of these? We were all HOME SCHOOLED in many ways!

My father taught me LOGIC: "Because I say so, that's why."

My mother taught me MORE LOGIC: "If you fall out of that swing and break your neck, you're not going to the store with me!"

My father taught me about ANTICIPATION: "Just wait until we get home!"

My mother taught me about RECEIVING: "You're going to get it from your father when we get home!"

My father taught me about JUSTICE: "One day you'll have kids, and I hope they turn out just like you!"

My mother taught me about WISDOM: "When you get to be my age, you'll understand!"

POETRY CORNER - A poem to which many seniors can relate

I remember the bologna of my childhood, and the bread that we cut with a knife,
When the children helped with the housework, and the men went to work not the wife.

The cheese never needed a fridge, and the bread was so crusty and hot.
The children were seldom unhappy and the wife was content with her lot.

I remember the milk from the bottle, with the yummy cream on the top.
Our dinner came hot from the oven and not from a freezer or shop.

The kids were a lot more contented, they didn't need money for kicks.
Just a game with their friends in the road and sometimes the Saturday flicks.

I remember the shop on the corner where candies for pennies were sold.
Do you think I'm a bit nostalgic? Or is it...I'm just getting old?

Bathing was done in a wash tub with plenty of rich foamy suds.
But the ironing seemed never ending as Mama pressed everyone's "duds".

I remember the slap on my backside and the taste of soap if I swore.
Anorexia and diets weren't heard of and we hadn't much choice what we wore.

Do you think that bruised our ego? Or our initiative was destroyed?
We ate what was put on the table and I think life was better enjoyed.