



Father's Day is Sunday, June 19<sup>th</sup>!

*Belvedere Heights View from the Hill - June, 2016*

**Residents' Bill of Rights - #7**

Every Resident has the right to be told who is responsible for and who is providing the Resident's direct care.

**Belvedere Heights extends a warm welcome to our new Residents:**



Jack Markham receives his "welcome afghan" from resident Allan Hobourn



Ruth Ann Miles is presented with her "welcome afghan" by resident Joan Smith



Dominick Gallagher is shown here with his wife Maureen and his "welcome afghan"

All the afghans given to our new residents are handmade by Barb Sichewski. Thank you Barb!

**NOTICE TO FAMILY MEMBERS**

Please bring in Resident's **2015 Notice of Assessment**  
To the Administration Office as soon as possible  
If applying for a  
**Reduced Basic Accommodation Rate**



**FAMILY COUNCIL WEEK IS JUNE 3 – 10, 2016**

You are invited to a Strawberry Social on Thursday, June 9, 2016 from  
2:00 p.m. – 3:30 p.m. in the Fireside Lounge!

Come out and meet Family Council Members!

As of **June 6, 2016** Valerie Rivett  
Will be providing footcare to our Residents!  
Welcome Valerie!

## Happenings at the Home



May 12/16 was Denim Day. There was a bake sale and hot dog meal event to raise money for breast cancer.



Nurses' Week was May 9 – 13, 2016. Betty Jo displays the cake in honour of Nurses' Week while Allan waits to dig in!



Irene Ruggles enjoys a hotdog served by Volunteer Yvonne Harvey.



Nursing Staff enjoyed hot and delicious *PIZZA!!*



Carol Burke had the winning ticket for the "goodie basket" draw. All proceeds went to breast cancer research.



**Angel of the Month:** This month something different happened! One of our residents won the award! Shown below is Ronald McGary receiving his Angel of the Month pin from Linda McGowan from Family Council.



**The winner of the Mothers Day Bath & Body Basket was:  
Barb Bennett! Congratulations!**

## **Recipe of the Month**

**This was a crowd pleasing (and requested) favourite at Pauline Hind's retirement party!**

### **Sweet Potato Casserole** (donated by Gene Donaldson)

3 cups sweet potatoes (approx. 4 large)  
 $\frac{1}{2}$  cup white sugar  
 $\frac{1}{2}$  cup butter or margarine softened  
 $\frac{1}{3}$  cup milk  
2 eggs beaten  
1 tsp vanilla

#### **Topping**

1 cup firmly packed brown sugar  
 $\frac{1}{2}$  cup all purpose flour  
1 cup chopped pecans  
 $\frac{1}{3}$  cup melted butter or margarine  
Mix well and sprinkle over potatoes.  
Bake at 350 degrees for 25 minutes

#### **Directions**

Boil potatoes, peel and mash  
Combine remaining ingredients  
Add this to potatoes  
Spoon into 13x9 in pan  
Sprinkle with topping



## DAD

You taught me that a bird must leave the nest and fly,  
That in time, I would leave and soar towards the sky.

It was your love and guidance that reinforced my wings...  
You lifted me before I soared towards life's greatest things.

## Origins of Father's Day

There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the sun as the father of the universe. The June solstice occurs around the same time of year as Father's Day so some people saw a link between the two.

The idea of a special day to honor fathers and celebrate fatherhood was introduced from the United States. A woman called Sonora Smart Dodd was inspired by the American Mother's Day celebrations and, early in the 20<sup>th</sup> century, planned a day to honor fathers. The first Father's Day was celebrated in Spokane, Washington on June 19, 1910. Father's Day has become increasingly popular over the years throughout North America and other parts of the world.

Many people in Canada celebrate Father's Day in a variety of ways to express their love and gratitude to fathers or father figures. Father's Day activities include (but are not limited to) participating in Father's Day fun runs and other events in which the proceeds go towards charity or research, buying presents such as neckties and other items of clothing, chocolates, books or equipment for various types of hobbies, giving handmade or purchased cards, special meals at home or in restaurants and taking fathers or father figures out to the movies, the park, the zoo or another place of interest.

Whatever activities you plan and no matter how you and your dad plan to celebrate Father's Day, it will be an enjoyable experience for you both! Thank you to Dad's everywhere and have a Happy Father's Day!

## Tiny Tidbits

A mole can dig a tunnel 300 feet long in just one night.

Peanuts are one of the ingredients in dynamite.

Ancient Egyptians slept on pillows made of stone.

A hippo can open its mouth wide enough to fit a 4 foot tall child inside.

A quarter has 119 grooves on its edge, a dime has 118.

Soldiers from every country salute with their right hand.

**"You miss 100% of the shots you never take" – Wayne Gretzky**