

# Belvedere Heights News & Views February 2012



## Staff Quarterly Attendance Draw



**Thelma Hickey** won the last Staff Quarterly Attendance Draw. She is shown receiving her \$150.00 cheque from

**Dawn Gallinger-Dumont**, Office Manager. There will be monthly staff attendance draws in 2012.

## Residents' Bill of Rights – Revised May 2010

6. Every Resident has the right to exercise the rights of a citizen.

### Tried & Tested Recipe

#### **Cauliflower Cheddar Soup** Yield 4 servings

- 3/4 cup water
- 1 cup cauliflower, chopped
- 1 cup cubed potatoes
- 1/2 cup finely chopped celery
- 1/2 cup diced carrots
- 1/4 cup chopped onion
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 3 cups milk
- salt and pepper to taste
- 4 ounces shredded Cheddar cheese



1. In a large saucepan, combine water, cauliflower, potatoes, celery, carrots, and onion. Boil for 5 to 10 minutes, or until tender. Set aside.
2. Melt butter in separate saucepan over medium heat. Stir in flour, and cook for 2 minutes. Remove from heat, and gradually stir in milk. Return to heat, and cook until thickened. Stir in vegetables with cooking liquid, and season with salt and pepper. Stir in cheese until melted, and remove from heat.

## Family Council Guest Speaker

**Josee Miljours** attended the Family Council meeting to present education information. Josee is a North East Regional Consultant from the Ontario Network for the Prevention of Elder Abuse.



(L-R) Family Council members: **Bob Griffiths**, **Josee**, **Gene Donaldson** and **Peggy Hawthorn**.

### **NOTICE TO FAMILY MEMBERS:**

Please bring in Resident's **2011 Notice of Assessment** To Administration office as soon as possible *if applying for a **Reduced Basic Accommodation Rate.***

### **Grandparent's Brag Corner**

**Val Clark**, Administration Dept. is a proud first time Grandma. Her grandson **Aiden** was born on January 11, 2012, weighing in at 9.9 pounds and is 22 inches long. Congratulations, Val!



*Welcome to New Residents:  
Ralph Greer*

New Residents pose with "Welcome" lap covers.



Theresa Jeffries



Dot Williamson



Grace Miller-Watkinson

Inspirational Thought



*Rule 115 .... For a Better Way to Live  
The riches of this world are vain,  
They vanish in a day;  
But sweet the treasures of God's love -  
They never pass away!*

Staff News

**Deepest Sympathy** goes out from all of us to **Amanda Mehlenbacher** on the tragic loss of her son, Jordan.



Congratulations to **Joyce Waddell**, the winner of the Christmas Doll Draw at the Fireside Café. The Gift Basket was won by **At Middelkoop**.

**Marnie McCabe**,  
Nursing Dept,  
stopped by  
Belvedere to  
introduce her son  
**Colby**, born on  
December 10<sup>th</sup>  
weighing 9  
pounds 8 ounces.  
He is VERY cute!



Ever Wonder ...?



Why no piece of paper can be folded in half more than seven times?  
Why you can lead a cow up steps but not down steps?  
Why Venus is the only planet that rotates clockwise?

In Memorium

*Deepest Sympathy is extended to the families of:  
Art Lalonde*



We need **your** help to reach 225 Cheers to qualify for the Molson Community Cheer

Parking Lot Fundraising Project. Your vote counts! Thank you for your support!

## Follow these Steps to CHEER for Belvedere's Parking Lot Project On line:



1. Find your project/the project you want to support at [www.ourcommunitycheer.com](http://www.ourcommunitycheer.com)
2. Click "insider login/signup" on the page of the project you're interested in - Molson Insider is our program that ensures participants are Canadian residents and legal drinking age.
3. If you are already a Molson Insider, enter your user email and password and click "register" to login
4. If you are **not a Molson insider**, sign up below the register button by completing the full form to sign up (takes about 2 min)! (OR use the Facebook connect button to register through your Facebook account)
5. Once you have registered to become a Molson insider, you will see the option to CHEER (the program will give you an avatar hands image to use as your cheer icon if you have chosen NOT to register through Facebook)
6. If you get an "invalid" email address message, please register using a webmail account such as Hotmail, Gmail, or Yahoo Mail. Newer sites or business email accounts may not be fully registered email domains and may not work for registration purposes.

Become a Molson Insider and you can cheer for a community project.

**Insider Login/Signup**

Email \*

Password \*

Remember Me

**Register**

Or Sign in using your Facebook account!

Register using your Facebook account!

Complete the form below to officially become an Insider!

**Your Login Information**

Email Address

Password

Confirm password

Click "insider login/signup" on the page of the project you're interested in

If you are already a Molson Insider, enter email and password and click "register" to cheer! Only use this area if you are already an insider 😊

If you are not a Molson insider yet, sign up below by completing the full form (OR use the facebook connect button to help register through your facebook account.

6 CHEERS

Please select an image

This project is considered for funding when it reaches 225 cheers

Once you have registered, you will see the option to CHEER (the program will give you an avatar hands image to use as your cheer icon if you have chosen NOT to use facebook register through facebook. Click an image.

**Cheered!**

This project is considered for funding when it reaches 225 cheer

Once you've click, you'll see that you've CHEERED! Continue cheering for other projects or log out.

**We only have from January 17, 2012 – February 17, 2012 to register!**

Project will help develop a landscaped park and parking area which connects to the Town of Parry Sound Trail system around Georgian Bay. The project is a park with landscaped gardens, seating area and historical plaques denoting the history of the location. The community will be able to have an area that can be used by all from individuals to groups. Those with disabilities and handicaps will be able to access the space which has not been available to them to use. The goals is to provide a space where memories can be made, sunsets can be viewed, individuals can be active with families either in the enjoyment of the space or using it to access the trail system. Volunteers will assist in keeping the gardens as part of the community. Visitors will be able to come and participate in events and activities. The community, in its desire to keep people fit and well, will have a venue to develop this as a community. The area will be accessed by everyone in the community - they all walk past it right now but cannot use the space for enjoyment, socialization. There is nowhere to sit or have an activity. Success will be in the use by groups, and the number of people who visit. This will be a space for everyone for the future and the present and it will be a reminder of the history and heritage in our community. Parry Sound while a small town and surrounding area it hosts in the summer months thousands of individuals.

[ourcommunitycheer.com/projectDetails.aspx?id=22](http://ourcommunitycheer.com/projectDetails.aspx?id=22)



### Health & Safety Tips

Watch your step when you are walking or driving during the winter months - black ice can be lethal and is hard to see. Adjust your speed (and steps) to allow for icy surprises!

### A Year Round Valentine Poem

(found online)



I'll love you all through February  
Not just on Valentine's Day;  
I'll cherish you when flowers of spring  
Appear in the midst of May.

I'll adore you in the summer,  
When the air is filled with heat;  
Without you in my life each day,  
I wouldn't be complete.



I'll treasure you in fall,  
When leaves are turning gold;  
I loved you when you were younger;  
I'll love you when you're old.

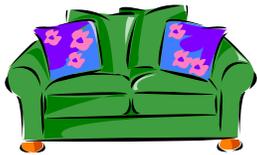
I'll prize you in the winter,  
When colder days are here;  
I'll love you, love you all the time,  
Every minute of the year.



So I'll give to you this Valentine,  
But I want to let you know,  
It's not just today, but always,  
That I will love you so.

### Guardian Angel \* Karen Lowery

Bob Griffiths,  
representing Family  
Council presented  
Karen with her  
angel pin.  
Congratulations,  
Karen!



We have "spruced up" the  
Front Entrance layout at  
Belvedere Heights.

### Pet Corner



Volunteer, Kay Wilkinson from the Residence of Belview by the Bay was the first to try out our new sofa at the front entrance as she posed with her 16-year old Shiatsu, D.D.

### YOU MIGHT BE GETTING OLDER

.....

- IF YOUR KNEES BUCKLE, BUT YOUR BELT DOESN'T
- YOU CAN'T MAKE YOUR ROCKING CHAIR GO ....OR
- BY THE TIME YOU LIGHT THE LAST CANDLE ON YOUR BIRTHDAY CAKE, THE FIRST ONE HAS BURNT OUT!



To Contact Us:



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