

# Belvedere Heights News & Views January 2010



## Grandparent's Brag Corner



June Brown enjoyed a wee visit with her cute great great-granddaughter **Aiyanna** who was not quite one month old at the time.

*In Memorium*  
Deepest Sympathy is extended to the families of:

*Congratulations to our new Chief Executive Officer, Donna Dellio. Donna will transfer to her new position effective January 4<sup>th</sup>, 2010.*



Donna Dellio (left) receives a Congratulatory Gift on her CEO Promotion from Elaine Melse, on behalf of the Friends of Belvedere. They are standing by the Tree of Memories Christmas Appeal that was well received again this year.

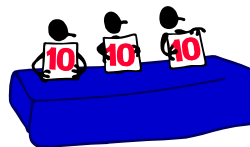
## Inspirational Thought



*Rule Ninety... For a Better Way to Live  
We're always sowing seeds in life  
By everything we do and say,  
So let's make sure the fruit we reap  
Comes from the good we do each day.*

## **Pet Corner**

Kenena Thompson in her Halloween costume proudly holds her new pup, Bruno, at Belvedere. Cute little Bruno was 10 weeks at the time of the picture and is a Pug-Cocker Spaniel.



**“When Will the Bay Freeze Over?” Contest will open up to everyone again this year at \$2.00 per guess.**

**Half of the profit will be donated to the Residents Activity Fund. Stop by the Administration Office to select your dates early!**

*Welcome to New Residents:*



## Poetry Section

### **Bev**

by Mary Brear 2009

Bev joined us in the year two thousand and seven  
Welcomed by our panoramic view of Heaven  
Unpaved “paradise” loomed just across the street

As neighbours stopped by for a “Meet and Greet”

With her lovely smile, friendships she soon did form  
Showing kindness to all; with her personality, warm.  
St. Luke’s loss of Bev proved to be our gain  
(We hoped this city gal appreciated rocky terrain)

Bev and Mike with two pretty daughters are blest  
They also have two grandsons to enhance their nest  
Judging by stories and pictures shared by Bev  
Vacations filled with fun, the Preuss Family have

Residents loved Mrs. Preuss right from the start  
She took time to listen, with a compassionate heart  
Policies and Procedures were revised (*once again*)  
Bev dated and signed each with her Belvedere pen

The Management Team rallied around their new boss  
While the Municipalities studied our Profit and Loss  
The Board of Management welcomed Bev as well  
General Staff Meetings became “Show and Tell”

Inspectors from the Province kept our Bev on her toes  
As she competently tackled the concerns and woes  
Findings shared with staff at all levels in the Heights  
Operational Reviews caused some sleepless nights

Bev introduced our Memorial Christmas tree Appeal  
Donations arrived thanks to Elaine & friends’ zeal  
Friends of Belvedere were impressed with our Chief  
As Bev guarded their Park Art from a possible thief

The Phase 3 Folks finalized their life lease plan  
So Construction of Belview by the Bay began  
The Parking crisis; another challenge to meet  
Then the Town implemented our *one-way* street

During her term, Bev has dealt with multiple issues  
Laughter has been mixed with tears in those tissues  
But through it all she has kept her head held high  
With grateful hearts, we bid Bev a tearful Good-Bye

Ever Wonder ...?



Why in the winter we try to keep the house as warm as it was  
in the summer when we complained about the heat?

Why when your harbor bitterness,  
happiness docks elsewhere?

Why whenever you try to catch something that’s falling off the  
table, you always manage to knock something else over?

## **Residents’ Rights**

**17 Every Resident** “has the right to manage his or her own financial affairs where the resident is able to do so, and where the resident’s financial affairs are managed by the long-term care facility, to receive a quarterly accounting of any transactions undertaken on his or her behalf and to be assured that the resident’s property is managed solely on the resident’s behalf.”

*In other words.....*

*You have the right to manage your own money while you are in the long-term care home.*

*There are three ways you can do this:*

- *You can do it yourself if you are able.*
- *You can choose someone else to take care of your business. This can be a friend or someone else from outside the home.*
- *The home can keep your money for you in a special account called a trust account. You must get regular statements that show what has been done with your money.*

*Remember, it is your money.*



**New Resident:  
Jan  
Sumeghy**

was welcomed to Belvedere with the traditional afghan to keep

her cozy this winter.

### Tips for 'Flu Season from our Dietitian Carol Koebel as per Dietitians of Canada Updates:

With cold and 'flu season upon us, certain nutrients such as vitamin C, zinc and selenium are often touted to provide protection against seasonal illness. While these nutrients do boost the immune system, more is not better! "Almost all vitamins and minerals play some role in ensuring an optimal immune response," says Catherine Field, RT spokesperson for Dietitians of Canada, "but high doses do not help and may do harm. Here's the 'straight goods':

**Vitamin C Facts:** Optimal vitamin C status has been identified as important for the immune cells involved in defense against viruses. The main function of vitamin C is to help heal cuts and wounds; keep gums, teeth, and bones healthy; keep blood vessel walls strong and helps absorb iron from the foods we eat. Despite being studied for



over 40 years, there is insufficient evidence to advise taking more vitamin C will prevent colds or the flu. The Recommended Daily Allowance (RDA) is 75 mg for women and 90 mg for men with an additional 35 mg added for smokers. This is easily obtained by having 1-2 servings of broccoli. Vitamin C is also added to a number of foods routinely consumed by Canadians, such as apple juice. A higher dose of vitamin C is not without side effects such as causing digestive problems.

**Zinc Facts:** Zinc is important for the cells involved in defense against viruses. Zinc is also involved in many bodily functions. It supports normal growth and development during pregnancy, childhood and adolescence. It is also required for a proper sense of smell and taste so that low zinc status can influence your appetite and enjoyment of food. The current RDA for zinc is 8 mg for women and 11 mg for men. The best sources of zinc are seafood, meat, seeds, cooked dried beans, peas and lentils. A serving of beef (75 g or 2 ½ oz) provides approximately 4.6 mg of zinc and a serving of lentils (175 mL or ¾ cup) provides almost 2 mg of zinc. Plant sources are less reliable as the level of zinc in plants depends on the content in the soil. Vegetarians who mainly depend on plant sources of nutrients are advised to consult with a dietitian to insure their needs are being met.



**Selenium Facts:** Although selenium is important for a healthy immune system, there is little evidence of a deficiency in the Canadian population or evidence that consuming selenium supplements reduces risks of viral infections. Recommended amounts are small, only 55 micrograms daily for adults, readily obtained from nuts, seafood, organ meat, pork and whole grains. Half a cup (125 mL) of cooked brown rice provides 8-10 micrograms of selenium and a serving of mixed nuts (60 mL or ¼ cup) has about 150 micrograms of selenium.

**Feed a cold and starve a fever? Not good advice!**

**Facts:** Viral infections, such as the flu, are often associated with a fever. There is no evidence that "starving a fever" by reducing the amount of food eaten will reduce a fever. A fever is a helpful means used by our immune system to fight off viral infections. If we stop eating, the immune system doesn't work as well and all the nutrients mentioned above are important to the immune system. "While it may be tempting to eat less when you're unwell, try to eat smaller more frequent meals and healthy snacks to support your body's defenses and drink plenty of water," says Field. "The key to good health is eating a well-planned balanced diet that focus on variety to help your

immune system respond to the effects of the flu and contribute to life-long health!"

**Thank You!!!!**  
To everyone who contributed towards our  
successful Resident Christmas Bazaar  
Profit totaled \$747.00

### Staff News

#### New Staff:



Belvedere joined the Parry Sound "Community" of Volunteers for the **Santa Claus Parade**. Representing Belvedere (in the rain): (L-R) **Mary Brear, Krista Harper, Pat Adams and Pauline Hind**. Our "elf" Krista, carried the Belvedere sign.

### L.O.B.A. Donations

Belvedere Heights were the recipients of a \$500.00 donation from the L.O.B.A. Ladies recently, as were the Salvation Army, and Harvest Share. Representatives from the L.O.B.A. presented the cheques to each group.



Back Row: L-R Laura Campbell, Audrey Jeffery, Kathleen Hardy, Captain vanDuinen. Front row Eleanor Tyndall, Joyce Vankougnett, Carol Marshall, Vi Whittaker, Geraldine Tucker.

### **Tried & Tested Recipe**

## Guardian Angel

### **To Contact Us:**

**Belvedere Heights Home for the Aged**

**21 Belvedere Avenue**

**Parry Sound, Ontario P2A 2A2**

Administration (705) 746-5871

Press 1 for CSS                      Press 2 for

**Nursing**

Fax # (705) 774-7300

Email [bh@zeuter.com](mailto:bh@zeuter.com)

Visit our Website: [www.belvedereheights.com](http://www.belvedereheights.com)

