

Belvedere Heights News & Views December 2011



Residents' Bill of Rights – Revised May 2010

4. Every Resident has the right to be properly sheltered, fed, clothed, groomed and cared for in a manner consistent with his or her needs.

Poetry Section

Christmas Magic

Found Online



Are we too grownup to feel a thrill
As we light the Christmas tree?
Are we immune to cookies
Christmas cards and Christmas glee?

Are we too adult to
"Oooh" and "Awww"
At the Christmas
candle's glow?
Are we offhand



about our gifts
Do we shun the mistletoe?

Are we too mature for carols
For merry or for jolly?
Do the decorations
leave us cold
The ornaments and holly?



Fat chance!
We'll never grow too old
To love the Christmas magic
A year without a Christmas
Would be boring, even tragic!

So bring it on! The candy canes,
The feasting and good cheer;
O Christmas, blessed Christmas,
You're the highlight of the year!



In Memorium
Deepest Sympathy is extended to the families of:
Barbara Mollison
Susan Ferris
Hilda Stoneman



Pet Corner

Marlene Bissonette's dog Lola showed up all decked out for Hallowe'en and was a big hit with everyone!



Welcome to New Residents:
Phyllis Lawson
Lena Williams



New Resident Inge Kantor was presented with a welcome lap cover by Renate Koslowski.

TREE OF MEMORIES DONATION

EILEEN
LAING
HAS



FAITHFULLY SUPPORTED OUR
TREE OF MEMORIES EVERY YEAR
IN MEMORY OF HER HUSBAND

FRED AND IN HONOUR OF HER DAUGHTER SUZANNE. EILEEN IS SHOWN PLACING HER TAG ON OUR 5TH ANNUAL MEMORY TREE. THE RESPONSE THIS YEAR HAS BEEN EXCELLENT!

Ever Wonder ...?



Why Honey is the only food that doesn't spoil?
 Why do we press harder on a remote control when we know the batteries are getting weak?
 Why do banks charge a fee due to insufficient funds when they already know you are broke?

Belvedere Veterans Acknowledged

Veterans at Belvedere wore their poppies proudly at the “Tribute to our Veterans” on Remembrance Day.



(L-R) Larry Olds, Residents: Stanley Olds, Les Elliott, Gerald Wager, Earl Donnelly, Mary Wager, Earl Norrie, John Hyatt, Bert Anderson, Bill Griffiths and George Butler.

Inspirational Thought



*Rule 113 For a Better Way to Live
 Lord, help me stop complaining
 When things don't go my way;
 Instead, give me a thankful heart
 For all You do each day.*

New Staff: Welcome to **Donna Elliott**, and **Jennifer Marshall** Dietary Dept; **Jamie Hammond**, **Shantelle Wright**, and **Tara Smalldon**, Nursing Dept; and to **Michael White**, Maintenance Department.

Deepest Sympathy is extended to **Tammy Rayner** on the death of her father and to **Shelley Stoneman** on the loss of her Grandma Stoneman.

The Girlfriends' Dinner

A group of 15-year old girlfriends decided to meet for dinner at the Dairy Queen next to the Ocean View Restaurant because they only had \$6.00 among them and Jimmy Johnson, the cute boy in Social Studies lived on the street.



10 years later the group of 25-year old girlfriends decided to meet for dinner at the Ocean View Restaurant because the beer was cheap, snacks were free; the band was good; there was no cover charge and lots of cute guys.

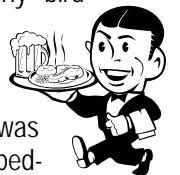
10 years later the group of 35-year old girlfriends decided to meet for dinner at the Ocean View Restaurant because the cosmos were good, it was near the gym and if they went late enough there wouldn't be too many whiny kids.

10 years later the group of 45-year old girlfriends decided to meet for dinner at the Ocean View Restaurant because the martinis were big and the waiters looked great!

10 years later the group of 55-year old girlfriends decided to meet for dinner at the Ocean View Restaurant because the prices were reasonable, the wine list was good, there were windows that opened (in case of hot flashes), and the fish good for cholesterol.

10 years later the group of 65-year old girlfriends decided to meet for dinner at the Ocean View Restaurant because the lighting was good with an early bird special.

10 years later the group of 75-year old girlfriends decided to meet for dinner at the Ocean View Restaurant because the food was not too spicy and the place was handicapped-accessible.



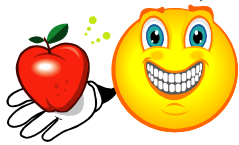
10 years later the group of 85-year old girlfriends decided to meet for dinner at the Ocean View Restaurant because they had never been there before!

Button Brigade





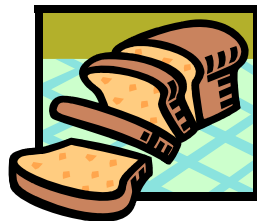
Teri Salt had the Residents sewing buttons to enhance their cushions at Crafters Corner. (L-R around the table) Velma Weir, Eileen Michaud, Eileen Laing, Elin Anderson, Teri Salt, Hester Black, Muriel Stewart, Hilda Stoneman, Esther Green and Ella Higman.



Tried & Tested Recipe

Apple Bread - Carin Mullen

- 1½ cups all-purpose flour
- 1 tsp ground cinnamon
- ½ tsp baking soda
- ½ tsp salt
- ¼ tsp baking powder
- ¼ tsp ground nutmeg
- 1 beaten egg
- 1 cup sugar
- 1½ cups finely shredded peeled apple
(Granny Smith or Macintosh)
- ¼ cup cooking oil



1. Grease the bottom and ½ inch up sides of an 8x4x2 inch loaf pan. Set aside. Combine flour, cinnamon, baking soda, salt, baking powder and nutmeg.

2. In another bowl combine egg, sugar, oil and apple. Add flour mixture to liquid mixture. Stir until combined, spoon batter into pan.

3. Bake in a 350 degree oven for 50-55 minutes or until a toothpick inserted near center comes out clean. (If using mini-loaf pan, bake for 20 minutes.)

Guardian Angel – Ella Higman



Bob Griffiths on behalf of Family Council presented Resident **Ella Higman** with her Guardian Angel Pin. Congratulations, Ella!

Grandparent's Brag Corner



Alice Crossland enjoyed a visit with 3 generations! (L-R) great granddaughter **Erin**, granddaughter **Lynda**, great granddaughter **Lindsay**, daughter **Betty**, great granddaughter **Reilly**, and family friend, **Kasia**.

L.O.B.A. Donation



The L.O.B.A. # 116 presented generous donations to Belvedere. One of the cheques will go towards Christmas events at Belvedere. A tag was also purchased for our Tree of Memories in memory of their "Departed Sisters." The ongoing loyal support and love from this special group is very touching!

(L-R) **Laura Campbell, Eleanor Tyndall, Joyce Vankoughnett, Programs Manager Carol Marshall, Audrey Jeffery, Vi Whittaker and Geraldine Tucker.**



Guardian Angel * Mary Ann Beaudin:
Peggy Hawthorn presented Mary Ann with her angel pin.

Guardian Angel * Muriel Stewart:
Roger Ewin of Family Council congratulates this month's guardian angel, Muriel.



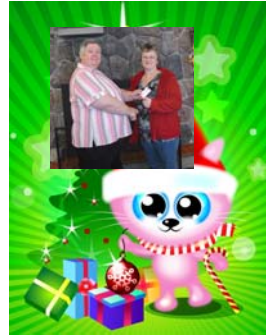
Guardian Angel * Linda Rettie
Mary Hoskins presents Linda with her angel pin on behalf of Family Council.

Guardian Angel * Betty Jo Peltomaki
Dot Elliot on left presents Betty Jo with her angel pin.



Guardian Angel * Carin Mullen
Carin (on right) received her angel pin from Family Council Rep, **Dot Elliott.**

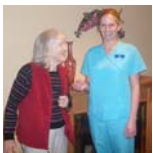
Guardian Angel * Teresa Cadorette
Peggy Hawthorn from Family Council presented Teresa with her Angel Pin.



Guardian Angel * Ella Higman
Bob Griffiths on behalf of Family Council presented Resident Ella Higman with her Guardian Angel Pin.

Guardian Angels 2011

Guardian Angel * Samantha Crocker
Peggy Hawthorn, on left, representing Family Council presented **Sam** with her Guardian Angel Pin.



Guardian Angel * Tina Radforth
Tina received her angel pin from Family Council member, **Hazel Carpenter.**



Guardian Angel * Kristine Smith
Marilyn Fiskari (left) presents Kristine with her Guardian Angel Pin.



Guardian Angel * Anne Devos
Gene Donaldson presents Anne with her Angel Pin on behalf of Family Council.



Guardian Angel * Valerie Lee
Congratulations, Val, from Family Council!

STAFF CHRISTMAS DRAW DECEMBER 21, 22 AND 23



**ALL STAFF NAMES WILL BE PUT
IN A BIN AND THREE LUCKY
WINNERS WILL TAKE HOME
ONE OF THESE LARGE STUFFED
ANIMALS FOR CHRISTMAS!**

**A Hot Drink Vending
Machine is being
installed at Belvedere ...**
Visitors and staff may
now purchase a hot drink
when the Fireside Café is
closed.



The machine will be located
across from the Community
Room on the Main floor beside
the pop machine.

Health & Safety Tips

Christmas tree safety tips are timely.
One in five Christmas tree fires began with a
heat source too close to the tree. Do not set up
your tree so it blocks an exit. Check the holiday
lights before putting them up. Make sure your
real Christmas tree has plenty to drink so it
does not dry out.