

Holiday Floral Arrangements



Christmas Cookie Decorating!



Marbled Christmas Trees



Watercolor Painting with Myrna



Wrapping "Shoeboxes for Seniors"



The Meadows

Westview Meadows ~ 171 Westview Meadows Rd. Montpelier, VT 05602
Phone (802) 223-1068 ~ Fax (802) 223-3233 ~ www.westviewmeadows.com



WESTVIEW MEADOWS & THE MONTPELIER SENIOR ACTIVITY CENTER (MSAC): UNITED WITH A COMMON GOAL

Lauren Pasniewski, Activities Coordinator



When the covid19 pandemic began, both MSAC and Westview Meadows took the necessary precautions to protect those most vulnerable to the virus, the seniors in our community. One safeguard we implemented was to limit the number of visitors coming in and out of our facilities. This meant Westview Meadows could no longer host MSAC classes which have always been well attended by both our residents and those in the surrounding community. This past September, after 3 years, we were able to open our doors to welcome back MSAC instructor, Erik Nielsen, for a new Music Appreciation class, this one featuring the admirable works of Beethoven. This popular class drew a crowd of 22 participants and our main gathering room was filled once again, both with people and the moving strains of Beethoven's compositions. It was a true delight for all those involved and we hope that Erik will return for another class in the springtime.

For the past **10 years** Westview Meadows has partnered with MSAC for the "Shoeboxes for Seniors" fundraiser. In early December both locations collect donations of non-perishable gift items which are then packed and wrapped by the residents at Westview Meadows. This year we stuffed 62 boxes, jam packed full of goodies, then MSAC delivered the boxes to seniors who are part of the Meals on Wheels program. Our residents look forward to participating in this fundraiser every year! They're able to help in whatever way suits them; whether it's a monetary donation, a donated item, or helping on the assembly line packing and wrapping the boxes, everyone feels good at the end of the day when they see the stack of wrapped shoeboxes ready to be delivered. The magic of the season sweeps in and our busy little elves make sure everyone has something special to open on Christmas morning! The "Shoeboxes for Seniors" fundraiser continues to be the perfect opportunity for Westview Meadows and MSAC to collaborate on a shared goal, spreading joy and giving back to the seniors in our community.

Westview Meadows and MSAC are always looking for ways to connect and discover new opportunities that promote a healthy active life for our aging seniors. With a dynamic team on both sides new ideas are constantly springing up. Keep an eye on the bulletin boards and on MSAC's website (<https://www.montpelier-vt.org/297/Montpelier-Senior-Activity-Center>) for upcoming events.

JANUARY BIRTHDAYS!

*Marlene P. – 2nd
JoAnn G. – 3rd
Janice A. – 10th
Laura K. – 10th
Nancy B. – 13th
Dot L. – 17th
Emily M. – 19th
Caroline F. – 21st
Sarah C. – 22nd
Charlie M. – 29th
Dawn S. – 30th
Peg L. – 31st*

Why I Can't Leave Vermont By Anonymous

It's winter in Vermont
And the gentle breezes blow
72 miles per hour at 52 below.

Oh how I love Vermont
When the snow's up to your butt
You take a breath of winter air
And your nose, it freezes shut.

Yes, the weather here is wonderful
So I guess I'll hang around.
I could never leave Vermont
Cause I'm frozen to the ground.

MARK YOUR CALENDARS FOR THESE
UPCOMING EVENTS:

Repotting Clinic: Wednesday, January 3rd at 1pm in the Main Dining Room
Donna Thunder Live Performance: Thursday, January 5th at 1:30pm in the Main Dining Room
Cocktails by the Fire: Friday, January 6th at 3pm in the Main Dining Room
Art Reception: Thursday, January 12th at 1:30pm in the Main Dining Room
Catholic Mass: Friday, January 13th at 11am in the Main Dining Room
Manicouagan Impact Crater Presentation with Andrew: Sunday, January 15th at 4pm in the Main Dining Room
“Start the Conversation” Workshop with CVHHH: Wednesday, January 18th at 1:30pm in the Main Dining Room
Foot Clinic:
Residential Care- Thursday, January 19th from 8am-12pm in the Country Kitchen
Cocktails & Karaoke: Wednesday, January 25th at 1:30pm in the Main Dining Room
Hawaiian Luau: Tuesday, January 31st at 1:30pm in the Main Dining Room



HOPPING INTO THE NEW YEAR

The Chinese New Year on January 22nd rings in the Year of the Rabbit. When the Jade Emperor invited the animals to his palace to determine the order of the zodiac, Rabbit proudly, perhaps arrogantly, believed that his speed would certainly make him first. Rabbit set off and did arrive first, but thinking that he had plenty of time, he took a nap. When Rabbit awoke, he found that three other animals had beaten him: Rat, Ox, and Tiger. The arrival of Ox irked him most of all because Rabbit had always considered himself faster and superior to the slow, plodding Ox.

The Westview Meadows kitchen will prepare a special meal on January 20th to celebrate the Chinese New Year!

Chop sticks are optional, but definitely encouraged!

STAFF SPOTLIGHT

We are featuring our Executive Chef at The Gary Residence, Chris MacIver, in this month’s Staff Spotlight. Chris has been at The Gary Residence for almost six years and recently we have been seeing more of him here at Westview Meadows as he has been helping us out, filling in as needed in the kitchen. Chris grew up in Waterbury, VT and now lives in Montpelier with his wife, Caitlyn, and their three children. Grace, their oldest daughter is 22, and like her father, she is serving in the U.S. Armed Forces. Where Chris joined the U.S. Army, Grace has chosen to serve in the Marine Corps, a point that brings about good natured jesting between the two. Their son, Clay, is 18 years old and Laurel, the youngest, is 13. Their full house is even fuller when you count the 4 cats they share it with. Trooper, Sparkles, Sir Francis, and Railroad are part of the family and, like most kitties, they rule the roost!

It’s no wonder that Chris makes the best macaroni and cheese- it’s one of his favorite foods! When Chris isn’t coming up with delicious meals to serve, he likes to spend time in the woods. Hiking is one of his favorite pastimes, along with disc golf. Both pursuits allow Chris to quiet his mind with the sounds of nature. If he can’t get to the forest, Chris enjoys playing a number of video games and stays occupied indoors.

Chris appreciates the family culture both at The Gary Residence and here at Westview Meadows. He takes pride in providing tasty, healthy meals for our residents and his upbeat, comedic approach keeps the residents smiling. We’re grateful for your help, Chris, and your witty quips are always welcome!



ADVOCACY SERVICES

*Sarah Sadowsky, MSW, LICSW
Resident & Family Services Director*

As is often the case with this portion of the newsletter, I’d like to use it as an opportunity to let residents know about a beneficial resource, related to advocacy services. This tends to be a time of year when people are reviewing the important documents that reflect their medical and financial wishes, and are talking with the important people in their life about their goals and needs for planning. This process involves identifying others to assume decision making and advocacy roles, and there are instances in which a family member or close friend is unable to take on this responsibility.

KJM Guardianship is an organization in Vermont that can provide these types of services. They can act in the role of power of attorney (financial and/or medical) or guardian, and can provide general consulting services as well as custodial services. Their staff is available 24 hours a day, and can attend to their clients when they are in the emergency room or need a companion/advocate at a doctor’s appointment. For more information on this organization, visit www.kjmguardianship.net or call 802-448-3735. They will provide an initial consultation free of charge. (Please note that O.M. Fisher Home does not endorse this company but would like to make you aware of this available service to use at your discretion.)

WESTVIEW READERS

In January, Westview Readers will tackle Henrik Ibsen's play, A DOLL'S HOUSE. Some books are available and although they are not in very good shape, they can be read. The group will meet on **Thursday, January 19th at 2:00pm in the Library.**

Meaningful To-do List
FOR JANUARY

- Visualize your highest self
- Dance to an upbeat song
- Explore a new city
- Do what you've always wanted to do
- Make plans instead of resolutions
- Spend quality time with loved ones

FROM THE EXECUTIVE CHEF
DEVEN SIERGIEY

Walk into any grocery store and your eyes are dazzled by color, as oranges, grapefruits, lemons, limes and other citrus varieties fill the produce department because its national citrus month. I don’t know about you, but just a few minutes of squeezing fresh citrus to make my own juice is all the aromatherapy I need to get me through even the coldest, snowiest winter day. Oranges are the most popular citrus fruit in the U.S., grown mostly in California, Arizona and Florida. Roughly 90% of Florida’s orange crop goes into juice production—most Americans consume far more oranges as juice than as fresh fruit. While most people are familiar with Navel oranges which are mostly used for eating, the Valencia’s variety is mostly what is used for juicing. There are several other orange varieties available, including the Marrs, which is seen most often in Texas. Mandarins are an entire family of loose-skinned oranges which are the easiest to peel with segments that separate easily. This orange family includes Clementines, Dancy’s, Minneola’s, Tangerines, and Satsumas.

Next up for the citrus family is Grapefruit, named for its fruit clusters, which are somewhat like that of grapes, grapefruit is the largest variety of domestic citrus. Florida grows 70% of the world’s supply of grapefruit. Consumers have been familiar with the “white” Marsh variety of grapefruit as the standard for years. However, pink, and red grapefruit have become increasingly popular of late and are available under a host of different names, including Pink Marsh, Ruby Red, Ray Ruby, Rio Star, Star Ruby, Rio Red and Red Flame. Although there’s a common belief that pink and red grapefruit are sweeter than white grapefruit, the microclimate where the grapefruit is grown has the greatest effect on a grapefruit’s sweetness or lack thereof.

Finally, there are lemons, most lemons in the U.S. are grown in California or Arizona, although some newer varieties can tolerate Florida’s humidity and periodic cold spells. Everyone knows the Eureka variety—the one you can find in any grocery store. But Meyer lemons are catching up in popularity quickly. Meyer lemons tend to be somewhat smaller, rounder and less hardy than Eureka. They have smooth, thinner skins, and the juice contains far less acidity, which makes it much sweeter. Both aroma and juice have a slight floral note. Meyer lemons are probably the result of a natural cross between a lemon and an orange.

Some great ways to cook with citrus fruits are to use them as a marinade in meats and seafood because it will help naturally tenderize the proteins. Another great option is to make a citrus vinaigrette for salads which make them fresher tasting and healthier. Citrus used in desserts are a great way to cut the sweetness of the dessert and add flavor. Lastly, nothing is better than fresh squeezed lemonade on a hot summer day!