



Month in Review: A Look Back at April...

251 Club Trip to The Vermont History Center & Leahy Library

Cherry Blossom Cocktail Hour



Beautiful spring bouquets!



Things got a little messy during our Easter Eggstravaganza, but we sure had fun!

The tiny terrariums were such a hit, we're making them again in May!!



The Meadows

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In May we Celebrate Birthdays with:

- Pamela W. – 6th
- Jacklyn K. – 6th
- Joyce P. – 6th**
- Debra L. – 11th
- Michelle D. – 11th
- Karla P. – 11th
- Baker B. – 13th
- Yolande C. – 20th**
- Marie T. – 22nd**
- Celia P. – 29th

May Observances

- Adopt a Horse Month
- Older Americans Month
- Mystery Month
- May Day
- May 1
- Star Wars Day
- May 4
- Cinco de Mayo
- May 5
- Mother's Day
- May 14
- International Museum Day
- May 18
- Victoria Day (Canada)
- May 22
- World Lindy Hop Day
- May 26
- Memorial Day (U.S.)
- May 29

CELEBRATE THE HALFWAY POINT TO SUMMER ON MAY DAY

May Day (May 1st) celebrates the return of spring! Did you know that May Day has its roots in astronomy? Traditionally, it was the halfway point between the spring equinox and the summer solstice.

Springtime festivities filled with song and dance celebrated the sown fields starting to sprout. Cattle were driven to pasture, special bonfires were lit, and doors of houses as well as livestock were decorated with yellow May flowers. In the Middle Ages, the Gaelic people celebrated the festival of Beltane. Beltane means "Day of Fire." People created large bonfires and danced at night to celebrate. May Day has a long history and tradition in England, some of which eventually came to America. Children would dance around the maypole, holding onto colorful ribbons. People would "bring in the May" by gathering wildflowers and green branches, weaving floral hoops and hair garlands, and crowning a May king and queen.

THE MAYPOLE DANCE

Did you ever dance around the maypole as a child? Wrapping a maypole with colorful ribbons is a fun tradition that still exists in some schools and communities.

Originally, the maypole was a living tree chosen from the woods. Ancient Celts danced around the tree, praying for the fertility of their crops and all living things! For younger people, there was the possibility of courtship. If a young woman and man paired by sundown, their courtship continued so that the couple could get to know each other and, possibly, marry 6 weeks later on June's Midsummer's Day. This is how the "June wedding" became a tradition.

Don't forget to wash your face in dew on the morning of May 1st! Among the many superstitions associated with May Day was the belief that washing your face with dew on the morning of May 1st would beautify the skin and bring good luck.

Be sure to check out the May Day festivities at Westview Meadows! We will have our Maypole set up by the flag pole if weather permits. If Mother Nature decides to give us rain (or snow) we'll be in the Main Dining Room. Stop by for a sweet treat and take home a posy or two! The May Day merriment begins at 1:30pm!



MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

- May Day Social-** Monday, May 1st at 1:30pm in the Main Dining Room
- Tiny Terrariums-** Tuesday, May 2nd at 1pm in the Main Dining Room
- 251 Club Meeting-** Thursday, May 4th at 10:30am in the Private Dining Room
- Cinco de Mayo Celebration-** Friday, May 5th at 2pm in the Main Dining Room
- Picnic on the Burlington Waterfront-** Tuesday, May 9th departing at 11:30am
- Cocktails & Karaoke-** Thursday, May 11th at 2pm in the Main Dining Room
- Catholic Mass-** Friday, May 12th at 11am in the Main Dining Room
- Live Music with Dan Levine-** Monday, May 15th at 2pm at The Gary Residence
- Art Reception-** Tuesday, May 16th at 1pm in the Main Dining Room
- Bingo Tournament-** Wednesday, May 17th at 1pm in the Main Dining Room
- Resident Council Meeting-** Thursday, May 18th at 10:30am in the Main Dining Room
- Episcopal Church Service-** Thursday, May 18th at 11am in the Fitness Room
- Westview Readers-** Thursday, May 18th at 2pm in the Library
- 251 Club Trip-** Friday, May 19th departing at 9:30am
- Outing to Trombly's Greenhouse-** Tuesday, May 23rd departing at 1pm
- Foot Clinic:**
Residential Care- Thursday, May 25th from 8:30am-12:30pm in the Country Kitchen
- May Birthdays Celebration-** Wednesday, May 31st at 1pm in the Main Dining Room

WESTVIEW READERS

Thanks to the generosity of Elaine Bower's family, we have a whole shelf full of DVDs that are new to us. Stop by the library to borrow one.

Westview Readers will read an interesting and enlightening book by our own neighbor. Katherine Paterson's MY BRIGADISTA YEAR will be our May book. Copies will be available soon. The book discussion will be on Thursday, May 18th at 2pm in the Library.

STAFF SPOTLIGHT

This month we are featuring Agnes Martonik in our Staff Spotlight. Agnes is our new Utility Worker and is a great addition to our Kitchen Staff. Agnes is from San Diego, CA and has family spread out all over the United States and Portugal. Currently Agnes lives in Montpelier with her boyfriend, Ben. Agnes has a crafty side and spends her free time knitting, crocheting, and sewing. She also loves to garden! Agnes has been playing the ukelele for about 7 years now and is modest about her talent. She searched high and low for a specialty ukelele and found the one she wanted in Portland, OR. It's actually part banjo and part ukelele, and it's 100 years old!

Although she has only been working here a short time, Agnes says she is grateful for the positive work environment and sense of teamwork she feels. Her manager noted early on that she is a hard worker and will certainly be a huge help. Agnes has an acquiring mind and continues to learn as much as she can about the world around us. A sense of community is important to Agnes and she strives to have a positive impact on those around her. With her friendly demeanor and industrious work ethic, we are very lucky to have her on our team. Welcome, Agnes!



CREATIVE AGING CELEBRATION

Sarah Sadowsky, MSW, LICSW

Resident & Family Services Director

In a recent newsletter, there was information about the Creative Care Kits that were being offered through the Central Vermont Council on Aging. I thought it relevant to share the news that there will be a Creative Aging Celebration held in Montpelier on June 2! Here are the details on this event:

Creative Aging Celebration – Friday, June 2nd from 2:30 p.m. to 7:30 p.m. at VCFA

The Central Vermont Council on Aging (CVCOA) is hosting a Creative Aging Celebration event on Friday, June 2nd from 2:30 p.m. to 7:30 p.m. at the Vermont College of Fine Arts, College Hall, during Montpelier's Art Walk. This free community event will feature an open gallery exhibit of creative work by older artists in Central Vermont plus fun live workshops and creative activities. Treats and drinks will be available by donation. CVCOA will feature artwork by participants in our Enhancing Social Connection through Arts and Technology program. Through this program, CVCOA provides Creative Care Kits filled with skills-based, practice-focused, and social-centric arts activities for older adults in their homes.

“Grandma”

*While we honor all our mothers
with words of love and praise.
While we tell about their goodness
and their kind and loving ways.
We should also think of Grandma,
she's a mother too, you see...
For she mothered my dear mother
as my mother mothers me.*

~ Anon.



**FROM THE EXECUTIVE CHEF
DEVEN SIERGIEY**

Have you ever wondered which came first, the chicken or the egg? The answer is eggs since humans have been consuming eggs since our first existence. Across the world many different types of eggs are consumed daily, but the most popular is chicken eggs because they are easy to obtain and an excellent source of protein. May is also the month where egg sales are at their highest. Eggs also fit perfectly in meatless fasting days required by several cultures and religions. Eggs weren't used for baking until around 6,000BC when the domestication of chickens began. Since then, the possibilities of cooking with eggs have become endless. Some great ways I like to cook with eggs are simply boiled, poached, fried, whipped up into a quiche, cakes, mayonnaise, desert, or meringue. Eggs truly are the ultimate ingredient for cooking!

WILDLIFE WONDERLANDS

May is Gardening for Wildlife month, offering plenty of time to plant the flowers, shrubs, and trees that are vital habitat for insects, birds, mammals, and more. The first crucial step to providing habitat for wildlife is to plant native species. These are the flowers, trees, and shrubs that are best suited to survive in the local climate. These species often act as invaluable food sources for wildlife. After all, animals have evolved side-by-side with these plant species for millennia. Native plants also provide spaces for animals to hide from predators, take shelter from the elements, and build nests and dens to raise young.

One of the most important contributions native species make is to attract insects. Insects aren't just a food source for animals; they also play a vital role as pollinators. Equally important to a wildlife garden is a water source. This can be a stream or fountain, but a shallow bird bath is often good enough. If you start planting early, you might even spy the endangered monarch butterfly by May 6, Start Seeing Monarchs Day.

Trombly's Greenhouse in Northfield, VT has a wide selection of annuals and perennials, and their greenhouse is full of veggies that will thrive in your garden because they're tried and true for our area. If you're looking for plants to fill your garden this year, join Lauren on Tuesday, May 23rd at 1pm for an outing to Trombly's.