

Betty brought her aloe plant to the Repotting Clinic and we were able to separate it into 10 pots!



Thank you Sandra, for an informative tour of our Capitol Building!



This month our 251 Club visited the Sullivan Museum at Norwich University. This little museum is a hidden gem!



August Birthdays Celebration!

The Meadows

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'Tis the Season for Cornhole

Like many sports, the official origin of Cornhole is unknown. Some people believe the sport was founded in the early 1800s in Germany. The official patent came in 1883 by Heyliger de Windt. Others believe the sport was invented by Indigenous Americans called the Blackhawk tribe, which were native to present-day Illinois. Other origin stories depict a man named Jedediah McGillicuddy as the inventor. He was a Kentucky farmer from the 19th century, and they believe he invented the game as a fun pastime.

Although it is usually considered a leisurely pastime for many people, Cornhole is known as a sport. It includes physical movement, ability, and competition. The American Cornhole Association has set official rules for the game, and players are compensated for their victories.

As with any sport, there are various strategies for getting the beanbag into the hole. One tip is to spin the bean bag like a pancake to get it into the hole. Another approach is to keep your balance when throwing the ball. Many people hold other items in their opposite hand when they are learning to toss the bag. This helps you maintain proper balance and increases your chances of making the bag into the hole.

Join us on Thursday, September 7th at 2pm for another round of cornhole outside by the Bocce court.



Alban got a cornhole! Look at his victory cheer!



What a great group that came out to play!!

September Birthdays!

Alban R. – 4th

Jill S. – 6th

Lauren M. – 13th

Sawyer E. – 27th

Joanne B. – 30th

Celebrating September

Classical Music Month

Sewing Month

World Alzheimer's Month

Nutrition Week

September 1–7

Victory Over Japan Day

September 2

Labor Day (U.S.)

September 4

International Day of Charity

September 5

Grandparents Day

September 10

Patriot Day (U.S.)

September 11

Rosh Hashanah

September 15–17

Yom Kippur

September 24–25

World Tourism Day

September 27

MEET YOUR NEIGHBOR

We recently welcomed Fran Krushenick to our Independent Living community. Fran was born in New York City and grew up in Brooklyn, NY. She fondly recalls the joy of being able to play outside without supervision as a child; hopscotch, jump rope, and stoop ball were her favorites. Fran earned her MA equivalent from Bank Street, College of Education. She spent most of her career teaching and directing programs for early childhood development, primarily 3, 4, and 5 year olds. Fran married when she was 27 and moved around a bit after that. They moved from New York to Wisconsin, and then to New Jersey. John was a painter and picture framer. He also taught and directed museums and art galleries. Their three children: Andra, Josh, and Jevon have all settled in New England. Andra, the oldest, lives in Northfield, VT and is a Pre-K teacher at Warren Elementary School. For many years Fran volunteered at Warren Elementary in her daughter's class. Fran says she is especially grateful for Andra's support, as well as her granddaughter Ari's, in helping her move here to Westview Meadows. Her middle child, Josh, is a hearing aid specialist and lives in upstate New York. Her youngest son, Jeron, is married and is a funeral director in Massachusetts.

Fran keeps busy these days by continuing her volunteer work. Every Monday she volunteers at the Unitarian Church of Montpelier for their lunch program. She has been settling in to her new apartment and has been thoroughly enjoying meeting her many new neighbors. Welcome to Westview Meadows, Fran! We look forward to continuing to get to know you!



"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer."

-Helen Hunt Jackson

STAFF SPOTLIGHT

This month we are featuring Melody Richardson in our Staff Spotlight. Melody was born right here in Montpelier, she moved to Middlesex at a very young age and resides there still with her husband, Joe. Joe and Melody have two adult children and three beautiful grandchildren that are the loves of their lives. In Melody's free time you may find her enjoying nature and spending time outdoors. Melody also finds joy in creating with wood, whether it be earrings, coasters, keychains, and so much more.

Melody came to work at Westview Meadows in July, following the flooding of The Gary Residence. She has temporarily filled the position of Activity/Administrative Assistant and we are grateful for all of her help during Jill's absence. Melody has experience in activities and is excited about sharing her passion and ideas, while enriching the lives of the folks here at Westview Meadows. You can't help but feel your spirits lift when Melody walks into the room. Her positive energy is refreshing and always welcome!



ENJOY LUNCH ON THE SPIRIT OF ETHAN ALLEN

Hop on board the Spirit of Ethan Allen for a relaxing lunchtime cruise! Enjoy the scenic narration while savoring their chef's buffet lunch. During this tour, the ship heads north, towards Lone Rock Point. It loops around Juniper Island, goes past Rock Dunder and into Shelburne Bay. From there it heads back through the South End of Burlington. On Wednesday, September 20th, we'll depart Westview Meadows at 10:30am and our ship sets sail at 12pm from the Burlington Waterfront. The cost is \$44.00 and must be paid in advance.



BEST FRIENDS APPROACH TO DEMENTIA CARE

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

The Best Friends approach to dementia care was developed in the 1990's by two professionals, Virginia Bell, MSW and David Troxel, MPH. Their model of care was created based upon their experiences working with persons with dementia in an adult day center and their family members. Bell and Troxel observed the benefits of working with a person with dementia from the perspective of a "best friend." This entails a family member, friend or staff person using empathy and positivity to help the person feel safe, secure and valued. At the center of this approach is the Dementia Bill of Rights, which was created by the Bell and Troxel to identify and acknowledge the basic rights of a person with dementia. There is also a deep appreciation for understanding what it is like to have dementia and the changes that are occurring in the brain, which will enhance a person's ability to communicate effectively and respond to challenging behaviors. And, through the use of a person with dementia's Life Story (a Best Friends tool), caregivers can learn how to best connect with someone's social and personal history, which can help them engage in a meaningful way throughout the day. The Best Friends philosophy will be utilized at Clara's Garden at The Gary Residence and all current and future O.M. Fisher Home staff will be trained in this model, beginning in the last week of August. If you are interested to learn more, spend some time at <https://bestfriends.healthpropress.com/> or meet with Sarah.

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS

- Workshop & Lunch: "Be Walker Positive"**- Thursday, September 7th from 12-1:30pm in the Main Dining Room
- Monarch Butterfly Tagging at North Branch Nature Center**- Monday, September 11th departing at 3:45pm
- Breakfast at The Wayside**- Tuesday, September 12th departing at 8am
- Art Reception**- Tuesday, September 12th at 2pm in the Main Dining Room
- Guided Tour of Hope Cemetery**- Thursday, September 14th departing at 12:30pm
- Oktoberfest Social**- Friday, September 15th at 3pm in the Main Dining Room
- Outing to Pease Farm Stables**- Tuesday, September 19th, departing at 1pm
- Spirit of Ethan Allen Lunch Cruise**- Wednesday, September 20th departing at 10:30am
- Resident Council Meeting**- Thursday, September 21st at 10:30am in the Main Dining Room
- Westview Readers**- Thursday, September 21st at 2pm in the Library
- 251 Club Trip**- Friday, September 22nd departing at 11:30am
- Live music with Donna Thunder**- Tuesday, September 26th at 2pm in the Country Kitchen
- Foot Clinic:**
 - Residential Care*- Thursday, September 28th from 8:30-12:30 in the Country Kitchen
 - Foliage Ride and Lunch at 10 Railroad Station**- Friday, September 29th departing at 11:30am

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY



September is national honey month and the journey of honey, of course, begins with the humble honeybees. Whether buzzing in their hives or foraging for nectar in wide open fields, honey bees are a critical component of today's agricultural market. They perform the vital function of pollination, or the transferring of pollen from plant to plant, thus fertilizing the plants and enabling them to bear fruit. In fact, about one-third of the average person's diet in the United States is derived from insect-pollinated plants. Honey bees are responsible for about 80 percent of that process. That's a lot of reliance on such tiny little creatures! Honey is one of the only foods that is completely self-preserving and never actually spoils. It might get granulated or hard, but it creates an environment that doesn't produce bacteria so it won't ever go bad. The world's oldest honey was discovered in 2012 in Georgi, it was found in ceramic jars and is believed to date back more than 5000 years! While most honey ranges somewhere in the golden hue, certain bee farmers in the southeastern United States have produced a honey that is deep purple but we don't know why this occurs. One worker honeybee produces around 1 ½ teaspoons in its lifetime! That means more than 20,000 bees are needed to make just one jar of honey. I love cooking with honey because it tastes great and has many health benefits. I enjoy using honey in glazes or marinades, and to sweeten my vegetables or fruit. Honey is great as a substitute for sugar in baking, even better to put on top, and lastly it is perfect for sweetening up your favorite cocktail!