

Our 251 Club trip to VINS was so much fun!



For the 3rd year in a row, we had the most spectacular day for lunch at George's camp on Lake Elmore!



Marie and Lorraine G. sure do enjoy their afternoon strolls together.



What a wonderful and special trip we took to Smuggler's Notch. The universal access boardwalk at Barnes Camp is well worth a visit!



Loved all the costumes on Halloween! Congratulations to Dot, Alban, and Lorraine K. for winning the costume contest!



The Meadows

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November Birthdays

Tom P - 5th
Claire F. - 7th
Pamela F. – 9th
Maisy C. – 12th
Sue G. - 14th
Telia U. - 19th
Ashley H. – 24th
Catherine S. - 25th

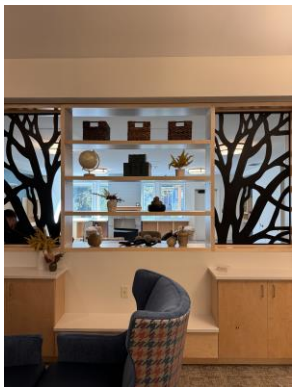
Celebrating November

American Indian Heritage Month
International Games Month
Adopt-a-Turkey Month
Día de los Muertos

November 1
Nachos Day
November 6
World Freedom Day
November 9
Veterans Day (U.S.)
November 11
Diwali
November 12
Rock Your Mocs Day
November 15
International Men's Day
November 19
Thanksgiving (U.S.)
November 23
Square Dancing Day
November 29

WHEN YOU DREAM BIG, BIG THINGS HAPPEN

3 years ago, Executive Director, Dawn Palowski first told residents and staff about her dream to open a Memory Care neighborhood adjacent to The Gary Residence. A plan took shape, one that was constantly evolving, overcoming any setback that threatened to slow the progress. Thanks to a dedicated Board of Trustees, a diligent team of contractors, and her own perseverance that never quit, Dawn's dream for the future is now a reality. Clara's Garden, serving those living with Alzheimer's Disease and other forms of dementia, opened its doors to its first residents on November 1st, 2023. The neighborhood was thoughtfully and purposefully designed and built to provide the utmost comfort, safety, and enjoyment for the residents who live there. This level of care is much needed in our community and O.M. Fisher Home, Inc. is immensely proud to be able to offer accommodations for Independent Living, Residential Care, and now Memory Care for those who need it. If you would like additional information about Clara's Garden and how your loved one can become a resident, please give us a call at 1-802-223-3881.



Mark your Calendars for these
Upcoming Events:

Foot Clinic:
Residential Care- Thursday, November 9th from 8:30am-12:30pm in the Country Kitchen
Independent Living- Monday, November 27th from 8:30am -12:30pm in the Country Kitchen
Veterans Day Ceremony- Friday, November 10th at 1:30pm in the Main Dining Room
Live Music with Fred Grubb- Monday, November 13th at 2pm in the Main Dining Room
Candlelight Remembrance Service- Wednesday, November 15th at 1pm in the Main Dining Room
Holiday Greeting Cards with Arianna- Saturday, November 18th at 10am in the Main Dining Room
Repotting Clinic- Monday, November 20th at 1pm in the Main Dining Room
Ben & Jerry's Ice Cream Social- Tuesday, November 21st at 2pm in the Main Dining Room
November Birthdays Celebration- Wednesday, November 29th at 1pm in the Main Dining Room
Concert Presentations- Thursday, November 30th at 10:30am in the Main Dining Room

RESIDENT COUNCIL

The Residents' Councils annual meeting was held Oct 26th with 41 residents present. Members voted on the upcoming 2024 slate of officers. Annual Reports were given and are on file by all the committees within the council. The next meeting will take place on Thursday, November 16th at 10:30am in the Main Dining Room.

VETERANS DAY CEREMONY

We will hold our annual ceremony to honor all of the veterans at Westview Meadows on Friday, November 10th at 1pm in the Main Dining Room.

“True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.”

-Arthur Ashe

“SHOEBOXES FOR SENIORS”

For the past 10 years Westview Meadows and the Montpelier Senior Activity Center have worked together to bring about the Shoeboxes for Seniors Project. This wonderful holiday tradition brings gifts of cheer to seniors in our community who may not have visitors or presents to open on Christmas morning. We are beginning to collect shoeboxes and items to “stuff” the boxes with. The shoeboxes can be filled with small gifts such as card games, sewing kits, puzzles, or mittens, just to name a few. See below for a full list of items on the Senior Shoebox Wish List. Empty shoeboxes and donated items can be dropped off at Lauren’s office. Stay tuned for more details on how you can participate in this year’s Shoeboxes for Seniors Project!

“Shoeboxes for Seniors” Wishlist

- | | |
|---------------------------------|---------------------------|
| ADDRESS BOOK | LARGE NUMBER CALCULATOR |
| BATH SPONGE | PUZZLES |
| BATTERIES | PUZZLE BOOKS |
| CALENDAR | NAIL CLIPPERS |
| CARD GAMES | MAGNIFYING GLASS |
| COMB & BRUSH | MITTENS |
| COTTON SWABS & | NIGHT LIGHT |
| COTTON BALLS | NON-PERISHABLE FOOD ITEMS |
| DENTAL FLOSS | PEN & PENCILS |
| FACE MASKS | PENCIL SHARPENER |
| FACIAL TISSUE – TRAVEL SIZE | PILL BOX |
| FIRST AID SUPPLIES | POCKET CALENDAR |
| FLASHLIGHT | POST-IT NOTES |
| HAND LOTION – TRAVEL SIZE | POT HOLDER |
| HAND – SANITIZERS – TRAVEL SIZE | SCARF |
| WINTER HAT | SEWING KIT |
| JAR GRIPPER/ OPENERS | SMALL STUFFED ANIMAL |
| KITCHEN TOWELS | SOCKS (NON-SKID COZY) |
| LARGE HANDLE CAN OPENER | STAMPS |
| LARGE PRINT CROSSWORD | TOOTHBRUSH |
| LARGE NUMBER ALARM CLOCK | TOOTHPASTE |
| | WASH CLOTHS |



"May your stuffing be tasty,
May your turkey be plump.
May your potatoes n' gravy
have nary a lump.
May your yams be delicious,
May your pies take the prize,
May your thanksgiving dinner
stay off your thighs."

HOW DO YOU ORGANIZE A SOLAR
ECLIPSE PARTY? YOU PLANET

Last month’s annular solar eclipse took place on Saturday, October 14th between 12:11pm- 2:31pm. Chris B. and Trudy were outside Westview Meadows to observe it. Leave it to a retired Physics teacher to come with the know-how on a way to capture this exciting event!

Chris used binoculars and a sheet of white paper to pull this off. By directing the binoculars toward the sun, without looking at it directly, he then placed the sheet of paper on the ground at a distance below the eyepiece. After that, it’s a matter of simply moving the paper around until you see the sun’s image projected on it.

Weather and location are always factors in determining whether you will be able to see the anticipated celestial event. With 95% overcast skies, it was not looking good for viewing on the 14th. However, a stroke of luck provided a break in the clouds at peak eclipse. At that point about 20% of the sun’s disc was obscured and that was the moment Trudy was able to snap a couple of quick photos using her iPhone. What serendipity!

Mark your calendars because looking ahead to next year, the northern half of Vermont will experience a *total* solar eclipse on Monday, April 8th, 2024, beginning at 3:25pm. During a total solar eclipse, the moon passes between the sun and Earth, blocking the sun's light and darkening the sky as if it were early in the morning or late in the evening. Burlington will enjoy about 3 minutes and 15 seconds of totality. Montpelier is also inside the path however we will not have as long to view it. Some say that a total eclipse of the Sun is the most beautiful sight you will ever see and that nothing can prepare you for the amazing sight when the sky suddenly darkens and the Sun’s corona shines in the sky. "During totality, take a few seconds to observe the world around you. You may be able to see a 360 degree sunset. You may also be able to see some particularly bright stars or planets in the darkened sky," NASA says.

It’s a long way off, but Lauren already has plans in the works on how all of us here at Westview Meadows can safely view the total solar eclipse. Total solar eclipses happen every one to three years, but the events are usually only visible from Earth’s poles or from the middle of the ocean. According to NASA, this will be the last total solar eclipse visible from the contiguous U.S. until August 2044.

FROM THE EXECUTIVE CHEF
DEVEN SIERGIEY

November is a great time of year the air is crisp; the leaves are colorful and of course it’s fig season! Also known as the common fig, they are the fruit of the Ficus tree, which is native to the Middle East. While there are other varieties of Ficus tree the F. Carica Ficus tree is the variety that produces the well-known fruit. It’s thought that figs were one of the first plants cultivated by humans. Their agricultural history stretches back at least 11,000 years to Mesopotamia in what is now known as the Middle East. Some interesting facts about the fig tree is its one of the two sacred trees of Islam and the fruit is an inverted flower. When shopping for figs look for soft but not mushy fruit, that is indicative of ripeness and flavor (hard fruit will not continue to ripen). If they have a sour smell, they are past their peak. Figs come in both green varieties, such as the Kalamata, and dark purple or brown varieties known as Black Mission, Brown Turkey, and Chicago Hardy. Figs are very versatile and require little prep work for cooking other than a rinse and the removal of the stem. They can be roasted, baked into pies, tossed into salads, made into jam, or stuffed in pork loins with herbs. While there are many recipes for fig tarts and the like, sometimes it’s best not to fuss with what nature intended. My favorite two ways to eat figs are to split your figs in half and top the rose-colored fleshy inside with soft cheese and honey or a slice of prosciutto with goat cheese and a pinch of minced rosemary, delicious!

