

This really is the most wonderful time of the year! So much fun this holiday season!



Semper got the week off and folks got to cuddle this sweet pup instead!



Katherine's readings are always such a treat!



January 2024

The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
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In January we Celebrate

Birthdays with:

Marlene P. – 2nd

JoAnn G. – 3rd

Laura K. – 10th

Nancy B. – 13th

Dot L. – 17th

Caroline F. – 21st

Sarah C. – 22nd

Charlie M. – 29th

Dawn S. – 30th

Peg L. – 31st

Celebrating January

Hot Tea Month

Blood Donor Month

Brain Teaser Month

New Year's Day

January 1

Trivia Day

January 4

Step in a Puddle and Splash

Your Friends Day

January 11

Dress Up Your Pet Day

January 14

Martin Luther King Jr. Day

January 15

Take a Walk Outdoors Day

January 20

Australia Day

January 26

National Seed Swap Day

January 27

Puzzle Day

January 29

MY FRIEND ALBAN

Lauren Pasniewski, Activities Coordinator

I've had the pleasure and privilege of knowing Alban R. for 4 years now and in that time, I've learned a few things about him: Alban starts every day with a hearty breakfast and the perfect cup of tea; He diligently attends morning exercise; Whether it's in song, poem, gardening, or paints, he is an artist in many ways. Alban has a great fondness for the wonders of the natural world and if the weather permits, he gets outdoors for his daily walk. If the weather is crummy, you'll likely find him getting in a mile or two on the exercise bike in the fitness room. He is a rock star at Scrabble and, just recently he started getting lessons on how to play Skip-Bo, proving it's never too late to teach an old dog new tricks! If there is a trip planned, you can almost bet his name will be first on the sign-up sheet. He's up for anything! I could go on and on about the many interests and pursuits that occupy his time. I just can't help but notice and appreciate his drive to do as much as he can in every day.

Alban also, is kind. He shows consideration to his fellow residents, and to all staff. It always brightens my day when he pops into my office with a newspaper clipping about something (usually birds) he thinks I might find interesting. A teacher in his own way, Alban is an inspiring person, someone we could all take a lesson from. I am glad to know him and I'm grateful for all that he has taught me. He recently wrote the following poem and when he shared it with me, I had to ask if it would be ok to share it with all of you. "If you think they will like it," he humbly agreed.

On Being a Nonagenarian

By Alban R.

Lately I have struggled with what to call myself. Senior citizen, super senior, over-the-hill, running on empty, sage, ready for the dust bin? I reject labels. Call me grateful. Grateful for family genes. "A lean horse for a long race." Amazing grace. I once was lost, but have been found alive. And likewise found a place of peace. Westview Meadows, Montpelier, Vermont. Flowers of the field - friends won and lost. Talented, caring staff, nourishment. Choice of activity or merely contemplation of blessings. This my song of praise for life and song these ninety-nine years.



Australia! A land of staggering contrast and spectacular beauty - from coral reefs to ancient rainforests and scorched red deserts. This month we're taking a trip to the land down under! The best part is, you don't even need to pack your bags! Friday, January 26th is Australia Day and we're celebrating like real Aussies do.

Come to the Main Dining Room at 1:30pm for Armchair Travel to Australia. We'll test our knowledge with trivia and fun facts all Aussie related and enjoy a documentary on the landmarks that can't be missed. What trip would be complete without a taste of local food & beverage, so we'll also be serving lamingtons and Bundaberg ginger beer. After this adventure we'll all know what a 'cooee' is and what 'Oi for drongos and galahs' means. For now, I'll just say, "G'day, mate!"



Hawaiian Luau

Friday, January 12th at 2pm
Main Dining Room

If you're tired of the snow and cold weather escape south of the border for a little get together!
Wear your Hawaiian shirts & Hula skirts, then Hula on over for a Blue Hawaiian cocktail!

It's Tiki Time!!!



MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

Hawaiian Luau- Friday, January 12th at 2pm in the Main Dining Room

Live Music with Donna Thunder- Tuesday, January 16th at 1:30pm in the Country Kitchen

Lunch at Red Hen Baking Co.- Wednesday, January 17th departing at 11:15am

Art Reception- Wednesday, January 17th at 2pm in the Main Dining Room

Foot Clinics:

Independent Living- Thursday, January 4th from 8:30am- 12:30pm in the Country Kitchen

Residential Care- Thursday, January 18th from 8:30am-12:30pm in the Country Kitchen

Harpist Judi Byron- Thursday, January 18th at 5pm in the Main Dining Room

Live Music with Jim Ventresca- Wednesday, January 24th at 2pm in the Main Dining Room

Hot Toddy by the Fire- Monday, January 29th at 3pm in the Main Dining Room

Monthly Birthday Celebration- Wednesday, January 31st at 1pm in the Main Dining Room

WISH OF A LIFETIME

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

It always feels good to start a new year with some positivity and so I'm sharing news on a program I just learned about called Wish of a Lifetime. It is a program sponsored through AARP (for which this piece is not an endorsement.) The mission is stated to "shift the way society views and values our oldest generations by fulfilling older adults' dreams and sharing their stories to inspire those of all ages." People can nominate themselves or others for a wish to be fulfilled through this program. Fulfilling the wishes are intended to connect older adults to purpose, passions, and to achieve long held or deeply meaningful dreams. Ultimately, the objectives are also to celebrate aging and change views of aging for individuals to be deserving of opportunity, connection and purpose. Additionally, there are ways to become involved in this wish program through volunteering:
<https://www.aarp.org/volunteer/programs/wish-of-a-lifetime/>.

And for further inspiration, there are many moving "wish stories" to read, which I highly recommend! <https://wishofalifetime.org/wish-stories/>.

RESIDENT COUNCIL

The Resident Council met on December 14th, 2023. A new slate of officers for the upcoming year was approved. A vote of thanks was given to the outgoing officers. The next meeting will be held on January 18th, 2024 in the Main Dining Room.

"January is here,

With eyes that keenly glow—

A frost-mailed warrior striding

A shadowy steed of snow."

—Edgar Fawcett, American poet (1847–1904)

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

January is the time of year in Vermont where you really start to feel the chill of winter and what's better than a warm piece of pie to keep away the chill! January is national pie month and these savory, sweet, hot, or cold pies are one of the ultimate comfort foods. The Romans are believed to have invented pyes (pies) and brought their recipes for pyes (pies) to Europe. The Romans however used not just meat, but oysters, mussels, and fish as the filling and a mixture of flour, oil, and water to keep it all in place. In the Middle Ages in England thick pie crusts were used more as a baking receptacle for meat. The pastry, which was often tough and inedible was designed to be thrown away, or used to feed the servants while the rich ate the contents. The first English settlers took their pie recipes with them to America and over time the popularity of the humble pie has developed so much that today pie is recognized as 'the most traditional American dessert.' Approximately \$700 million in pies (about 186 million units) are sold in grocery stores each year. Pies are so great to bake because the options for the filling and crust are endless. You can go savory such as: tomato, beet, macaroni, or egg pie. For most Americans though, they think of sweet pies like apple, pumpkin, or pecan but anyway you go it will be great!



WEATHER FOLKLORE FOR JANUARY

- Fog in January brings a wet spring.
- A favorable January brings us a good year.
- If grass grows in January, it will grow badly the whole year.
- A summerish January, a winterish spring.

Have a lovely January and a wonderful start to the year!