



It is always a delight to have Judi play the harp at one of our tea parties!



These two were tearing up the dance floor on Valentine's Day!



Beads and bling—it's a Mardi Gras thing!



Happy birthday to our sweet Perry, and to all those born in February!!

The Meadows

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In March we Celebrate Birthdays with:

Betty M. – 6th
Andrew N. – 8th
Luna D. – 13th
Carrie B. – 21st
Trudy O. – 22nd
Erika M. – 26th
Dot A. – 27th
Rodney C. – 28th
John M. – 31st

Celebrating March Umbrella Month Optimism Month Irish American Heritage Month

Iditarod Race

March 2

Namesake Day

March 3

Wellderly Week

March 18–23

Napping Day

March 11

Quilting Day

March 16

Tea for Two Tuesday

March 19

Memory Day

March 21

Pencil Day

March 30

Jeopardy's Journey

Television quiz shows came under fire in the 1950s when it was discovered that contestants were given help and sometimes even answers by quiz show producers. The incredibly popular shows *Quiz Show*, *Twenty-One*, *Dotto*, and *The \$64,000 Question* were all revealed to have been rigged, with contestants playing along to increase the dramatic tension and make the show more enjoyable for viewers. In 1960, Congress finally passed a law banning all fixing of quiz shows.

It's not surprising that many television networks were hesitant to produce any new quiz shows. But audiences craved them. In 1964, television producer Merv Griffin wanted to come up with a new game show. His wife, Julann, pitched him this idea: a show where the contestants were given the answer and challenged to come up with the question. For example, if the answer is 5,280, the question is, "What is, 'How many feet are in a mile?'" From that simple idea, the hit show *Jeopardy!* was born.

On March 30, 1964, *Jeopardy!* debuted, hosted by actor Art Fleming. It was a successful show, but after 11 years it folded. It was revived in 1984, this time hosted by Alex Trebek. For over three decades, Trebek reigned as the quintessential host of *Jeopardy!* With his poised demeanor and unmistakable voice, Trebek guided contestants through the challenging questions with wit and charm. He personified knowledge, embodying the essence of the beloved quiz show.

After Trebek's death in 2020, the show embraced a rotating roster of hosts, including notable figures like former contestant Ken Jennings and actress Mayim Bialik. Each host brought their unique flair while honoring Trebek's legacy. Beginning with Season 40, Jennings took the reins as full-time host. As the winner of 74 games of the show, there is no doubt that he's qualified for the job!



STAFF SPOTLIGHT



We are featuring Mary Francis O’Neil in our Staff Spotlight this month. Mary Francis was born in Fort Worth, Texas but her family moved to Fort Lauderdale, Florida when she was four years old. She loved growing up by the ocean, fishing, skin diving and looking

for shells! She is one of eleven and has 9 brothers and one younger sister; she is right smack in the middle! She moved to Vermont when she was 20 years old and graduated from Trinity College in Burlington. Her son Tom was born in 1995; a native Vermonter! Mary Francis really enjoys working at O.M. Fisher with Tom.

Her sweetheart, Bob is a talented craftsman and builder and they have what Bob calls a “hobby farm.” Some of the animals they have had include, 3 loud beautiful white geese; 6 wonderful egg-laying chickens, lovely cooing homing pigeons, dancing pigs, and tall turkeys. Bob gets all the credit because he does all the care and feeding for the lot of them! (Mary Francis gets credit for the fact that the pigs dance! They seem to really enjoy her singing!)

Mary Francis has been working at O.M. Fisher Home, Inc. for over 10 years. She is a licensed practical nurse (LPN) and often tells people “I almost always look forward to coming to work because of the support of my co-workers and the community of kind and interesting residents with amazing life experiences, that if you are lucky, they share with you!” She prays each morning that she can contribute to healing and do no harm. Sometimes people comment to her that she seems to be “happy all the time.” She may not be happy *all* the time, but says she has a lot to be grateful for. So, if you see her smiling...that is why. Mary Francis, we are grateful for *you*, your dedication to our residents, and the cheer you spread so generously.



MEET YOUR NEIGHBOR

In January, we welcomed Jeanne Cook to our Residential Care community. Jeanne grew up on a dairy farm in Massachusetts with her three sisters and one brother. She says it truly was the “greatest childhood ever!” Jeanne attended the New England Deaconess School of Nursing in Boston and although she was a nurse for 40 years, she says writing and music are her passions. She earned her MFA in writing at the Vermont College of Fine Arts and has had several books published. She wrote a delightful book called *Pumpkin Hollow Sketches*, which details her life growing up on the farm. She also wrote a book of poetry, *Stunned by Illumination*, and a book of essays called *Voices from the Flood*, which recounts the experiences many had after the flooding from Tropical Storm Irene. All three of her books are beautifully written and equally poignant. Jeanne is also an exceptional piano player and has provided professional piano accompaniment at concerts for the Vermont Opera Theater, Baroque Court Onion River Chorus, Brunch with Bach, and Randolph Singers, to name a few. Jeanne met her future husband, Alan, while she was working at the Children’s Hospital in Boston and he was attending law school nearby. They married and had two daughters. Their older daughter and her husband live in Boston and their youngest lives in Edinburgh, Scotland with her family. Jeanne’s two cherished grandchildren may live thousands of miles away but she still remains close with them through phone calls, zoom, and family reunions, which she eagerly looks forward to every year.



Jeanne and her family spent a significant amount of time traveling, which comes with the territory when your husband is a JAG officer. They lived in Germany for four years, then in Washington D.C. while her husband worked at the Pentagon. Even after Alan was discharged from the army, travel remained a big part of their lives. They traveled throughout most of Europe, Scandinavia, the UK, Russia, and China. In addition to her family, Jeanne truly values and appreciates her friends, music, and sleep! She has been settling in and is an absolutely wonderful addition to our community. Welcome to Westview Meadows, Jeanne!

AGE STRONG VERMONT

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

Age Strong VT is a new 10-year visionary plan with strategies for making Vermont a great place for all ages and stages of life and to create an inclusive and livable state for all. Our older population is our fastest growing age group, and by 2030, one in three people here will be over the age of 60. Vermont recognizes that being a state that is vibrant and age-friendly will benefit the happiness and wellness of all residents, as well as foster economic growth. The priorities of the Age Strong VT plan are: self-determination; safety and protection; financial security; optimal health and wellness; social connection and engagement; housing, transportation and community design; family caregiver support; and having a coordinated and efficient system of services. This plan includes benefits for all residents in Vermont, regardless of age or ability, with the intention of building a stronger future for our community. There are ways for everyone to share what matters to them and participate in the execution of this plan. Spread the word about this important, new initiative and visit HealthVermont.gov/AgeStrongVT for more information.

RESIDENT COUNCIL NEWS

The Resident Council held their regular monthly meeting on February 15th, 2024. Members sponsored a “Give Away Fair,” with all items free and available to residents and staff. Popular items were books, jewelry, clothes and household items. The next council meeting will be on Thursday, March 21st, at 10.30am in the Main Dining Room

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

- Alyx the Magician**- Wednesday, March 6th at 1pm in the Main Dining Room
- VAS Solar Eclipse Presentation**- Thursday, March 7th at 1:30pm in the Main Dining Room
- Sugar on Snow at Morse Farm**- Friday, March 8th departing at 1:30pm
- Shamrock Shenanigans**- Thursday, March 14th at 1:30pm in the Main Dining Room
- Out to Lunch at Ladder 1 Grill**- Friday, March 15th departing at 11am
- Celtic Company Dancers**- Saturday, March 16th at 10am in the Main Dining Room
- Live Music with Iaian MacHarg**- Sunday, March 17th at 12pm in the Main Dining Room
- Vermont Supreme Court Gallery**- Friday, March 22nd departing at 1:30pm
- 251 Club Trip**- Friday, March 29th departing at 11am

FROM THE EXECUTIVE CHEF
DEVEN SIERGIEY

March is National Flour Month and holds an important spot in the baking world. Flour is a versatile, ancient ingredient that has many uses in a bakers’ sweet world but has its uses in savory foods as well. All whole wheat grain consists of three parts: bran, endosperm, and germ. In the milling process, flour can contain all three parts or can be separated which creates the different protein content of that flour. That’s why flours have different percentages that are important in determining what type of texture you want for your baked goods. The five main flours that are used are cake flour, a white flour typically bleached that doesn’t have much gluten made from soft wheat. Pastry flour, a weak flour with low gluten that you can use for pies, cookies, biscuits, and high-ratio cakes. All-purpose flour, the most used and known flour, this flour was made to be a versatile ingredient to a household pantry that’s used for both sweet and savory foods. Bread flour, whole wheat flour, or high gluten flour is used to make yeast baked goods, mainly bread and bagels. Self-rising flour, white flour that has baking powder and sometimes salt added to it. Whatever you’re making, whether it be cakes, bread, muffins, bagels, crusts, or thickening a stew, flour is essential for your everyday baking and cooking.

"When spring came, even the false spring, there were no problems except where to be happiest."

-Ernest Hemingway

