

The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
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Alyx the Magician
certainly had everyone
laughing, and
scratching their heads!



There's nothing like
sugar on snow from
Morse Farm!

March
Birthdays
Celebration!



St. Patrick's Day Fun!



TRIVIA ANSWER: C, on May 10, 1869. (A. April 19, 1775;
B. April 28, 1789; D. April 11-17, 1970)

In April we Celebrate Birthdays with:

- Pamela M. – 2nd
- Sarah S. – 3rd
- Amelia W. – 14th
- Mary Beth W. – 17th
- Ryan C. – 21st
- Karen G. – 25th
- Betsy W. – 26th**

Celebrating April

Lawn and Garden Month

Humor Month

Welding Month

Laugh at Work Week

April 1-7

National Volunteer Week

April 21-27

Peanut Butter and Jelly Day

April 2

World Rat Day

April 4

Teflon Day

April 6

National Gardening Day

April 14

Take a Wild Guess Day

April 15

Earth Day

April 22

Talk Like Shakespeare Day

April 23

International Jazz Day

April 30

“Wait for spring”

Hidden from crusting ice and snow
Deep in soil they wait.
They stay quiet and rest
Not too soon, not too soon.

The winter's long and the days too short
Gloomy days make tempers brittle
Waiting for spring, waiting for a sign
Waiting for the signs of spring.

Even before seeds respond to the call
The hidden roots send their buds searching
Upward toward the light and life
Even before the warmth reaches down.

Then weak spring sun
Strikes through frozen ground
To reach black loam beneath
The earth stirs and seeds rouse.

And, everywhere, green shoots rise up
In field and meadow – milkweed shoots
In swamp and woods – fiddleheads
A surfeit of greens pay us back
For all our winter patience.

Surely, they have some message from dark earth
For the hidden months they lay quiescent
But why search for meaning from what is?
Accept and embrace for what they are.

-Esther F.



MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

Watercolor Painting with Pauline- Monday, April 1st and 22nd at 1:15pm in the Main Dining Room

Live Music with Jim Ventresca- Wednesday, April 3rd at 2pm in the Main Dining Room

VABVI Presentation- Thursday, April 4th at 1pm in the Main Dining Room

“Reflections on Thru-Hiking the Appalachian Trail at Age 70”- Thursday, April 11th at 1:30pm in the Main Dining Room

Foot Clinics:

Residential Care- Thursday, April 11th from 8:30am-12:30pm in the Country Kitchen

Independent Living- Thursday, April 25th from 8:30am-12:30pm in the Country Kitchen

Art Reception- Monday, April 15th at 2pm in the Main Dining Room

Live Music with Donna Thunder- Tuesday, April 23rd at 1:30pm in the Country Kitchen

April Birthdays Celebration- Wednesday, April 24th at 1pm in the Main Dining Room

251 Club Trip- Friday, April 26th departing at 11am

TRIVIA CORNER

Which event did not happen in April?

- A. “Shot heard ’round the world”/Battles of Lexington and Concord
- B. Mutiny on the HMS Bounty
- C. First transcontinental railroad completed at Promontory Summit in Utah Territory
- D. Harrowing flight of Apollo 13

See back page for the answer

NATIONAL ADMINISTRATIVE PROFESSIONALS' DAY



National Administrative Professionals' Day, also known as Secretaries Day or Admin Day, recognizes the professionals who keep an office running smoothly every day. During World War II, there was a shortage of skilled administrative personnel in the United States due to Depression-era birth-rate decline and booming post-war business. The National Secretaries Association, founded in 1942, was formed to recognize the contributions of administrative personnel to the economy, support their personal development, and to help attract workers to the administrative field. We celebrate these professionals on the Wednesday of the last full week in April of each year. The day recognizes the work of secretaries, administrative assistants, receptionists, and other administrative support professionals. Central to any business, these professionals keep an office organized and efficient.

Our Business Office Manager (BOM), Erika Mayo is certainly all of the above. With a manner that is both professional yet friendly, she plays an integral role as an essential, front-line person for both residents and staff. Erika has the ability to see the bigger picture and her foresight allows for sound decision making. She has been our BOM for about 4 years and we are very grateful for her dedication and zeal to maintaining this wonderful community. We would also like to acknowledge Carrie Barrett, our Administrative/ Activity Assistant. Carrie has a number of merits that allow her to excel in her role, especially her ability to multi task while maintaining her quick wit and smile. In addition, we also have Jill Cunningham in our Business Office. Jill is the Admissions/Marketing Assistant and her sunny nature allows her to shine in her position! We have a dynamic team in our Business Office and are appreciative of the tremendous effort put forth by all three of these lovely ladies!

STORY SHARING

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

Story sharing is an inspiring way to connect socially with those around you and create opportunities for reminiscing and reflection. There are so many benefits to this practice which can enhance your well-being and help you access positive emotions and humor. There are various outlets for this practice as a form of wellness and sharing connections, such as Storyworth. And there is a new opportunity locally for you to exercise this practice! I know that many of you have been in Vermont for years are lovers of nature and recreation, and have likely spent much time in Vermont State Parks. VSP is celebrating their 100th anniversary this year! They are collecting stories from people who have made meaningful memories there or just have a fond appreciation of time spent there. They have an online site for story sharing your special memories and I hope you'll consider doing so! Visit vermontparksforever.org/share-your-park-story

NATIONAL VOLUNTEER MONTH

The history of National Volunteer Month dates back to the mid-20th century when numerous organizations and nonprofits began acknowledging the immense contributions of volunteers. For example, in 1943, Canada established a National Volunteer Week to recognize women who were helping in the World War II effort. President Richard Nixon established a National Volunteer Week in the United States in 1974 and this year it begins on April 21st. Over time, the week evolved into a movement that gained widespread recognition and support. The entire month of April is now designated as National Volunteer Month, and it serves as a reminder that even small acts of kindness can create a ripple effect of positivity, inspiring others to join the movement of volunteerism.

Westview Meadows has a solid crew of resident volunteers who carry out various tasks that benefit all who live here. Whether it's delivering a newspaper to someone who looks forward to reading the news every morning, maintaining a garden that the entire community can enjoy, welcoming a new resident who may be worried if they will make new friends, or spearheading any number of the resident run committees, our volunteers put in a tremendous amount of work, energy, and time. We are all very grateful for the many things our volunteers do. We thank you for being so selfless with your time and for making a difference in our lives every day.

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

April brings warmer weather, sunshine, and one of the biggest harvests of tomatoes from Florida of the year. The large harvest from FL is perfect timing since most places are too cold in April to grow tomatoes. The tomato is considered a berry and can be traced back to the early Aztecs around 700 A.D. In the 15th century, the Spanish conquered the Aztecs and found tomatoes among other plants, which the Spanish explorers took back to Europe and introduced to its settlers. In the early 1700s, North America as a British colony grew tomatoes in the part of the country known as South Carolina today. However, during that time the tomato was mostly grown as an ornamental plant, and not for food. This was because people at that time believed it was poisonous. A well-known man named Thomas Jefferson, who ate tomatoes in Paris, sent some seeds back to America. Advocates campaigning for the culinary use of tomatoes soon arose, and tomato breeders were encouraged to develop several varieties of tomatoes. The year 1870 marked the start of a great tomato enterprise, and today the crops are cultivated in every state in the country, with Florida being the second-highest producer of tomatoes. When you want fresh flavor, nothing beats a delicious, farm-grown tomato. Tomatoes are one of the most versatile fruits out there and have endless options from side dishes, drink, entrée, soup, salad or even a healthy dessert! During warmer summer months I love to make great sandwiches like a BLT, mozzarella & tomato sandwich or turkey sandwich with tomato and basil Jam. A perfect pairing for these sandwiches is a spicy bloody Mary! For colder months I like to make a Margherita pizza or a hearty bowl of spaghetti and meatballs any way you go, it can't be beat!



RESIDENT COUNCIL

The Residents' Council regular monthly meeting was held March 21st, 2024.

The next meeting will take place on Thursday, April 11th, 2024, at 10:30am in the Main Dining Room.

