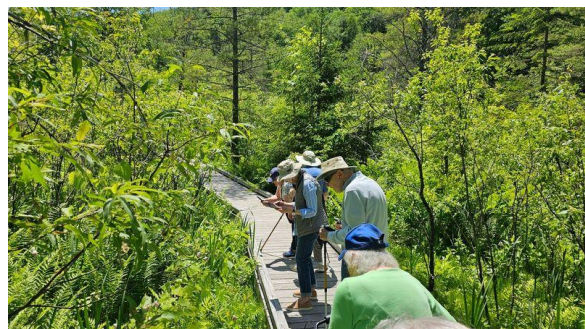


We had perfect weather for our outing to Eshqua Bog



Our 251 Club trip to Cady's Falls was so pleasant. What a magical, peaceful place to visit.



The strawberry shortcake social was a hit! There's nothing like fresh, local berries from Dog River Farm!



The buttercups & lupines are lovely in June!



Fresh flowers sure do have a way of making people smile!



The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
PHONE (802) 223-1068 ~ FAX (802) 223-3233 ~ WWW.WESTVIEWMEADOWS.COM



JULY BIRTHDAYS!

- Lucas A. – 6th
- Fran M.* – 12th
- Michelle M. – 14th
- Gordon O.* – 17th
- Harriet G.* – 19th
- Robert D. – 24th
- Lynn M. – 29th

COUNTDOWN TO PARIS

The upcoming Summer Olympics in Paris are generating anticipation worldwide as the city prepares to host this prestigious event for the third time in history. Paris offers a rich tapestry of culture, history, and modernity, making it an ideal setting for the Olympic Games. From its famous landmarks to its vibrant culinary scene, Paris promises a memorable and unique experience for visitors.

The Olympics provide an opportunity for athletes to showcase their skills and compete on a global stage. It's a chance for nations to come together in the spirit of sportsmanship and camaraderie. As the countdown to the Paris Olympics continues, excitement is building among sports enthusiasts worldwide. Whether you're a fan of track and field, swimming, or gymnastics, the 2024 Summer Games are sure to offer thrilling moments and unforgettable memories. Mark your calendars and get ready to witness the world's best athletes in action against the backdrop of beautiful Paris. We'll be broadcasting many of the events during the Paris 2024 Olympics on the large screen in the Main Dining Room so feel free to pop in and watch your favorite event!

Celebrating July

- Cell Phone Courtesy Month**
- Women's Motorcycle Month**
- Ice Cream Month**
- Farriers Week**
July 7-13
- Zookeeper Week**
July 21-27
- Independence Day**
July 4
- World Kiss Day**
July 6
- Bastille Day**
July 14
- Caviar Day**
July 18
- Amelia Earhart Day**
July 24
- Talk in an Elevator Day**
July 26
- Rain Day**
July 29

2024 Westview Meadows Summer Olympics

While the world's top athletes compete in Paris, we will host our very own mini-Olympics! Westview Meadow's 1st Olympic Games will begin with an opening ceremony on Friday, July 26th at 1:30pm in the Main Dining Room. Later that night residents can enjoy a splendid culinary experience while our kitchen prepares a traditional Parisian dinner. As for the events, there will be challenges of both athleticism and wit, with individual and team competitions, and a staff relay! Residents can choose one or all of the events to compete in. We will also need cheerleaders on the sidelines, cheering and waving those pom poms! After the fun there will be an awards ceremony for all of our competitors. A complete listing of events, locations, and times is listed on the following page.



Westview Meadows Summer Olympics

Full Schedule of Events:

Friday, July 26th at 1:30pm in the Main Dining Room-
Westview Olympics Opening Ceremony MDR

Monday, July 29th at 1:30pm in the Main Dining Room
Trivia Challenge
Balloon Volleyball

Friday, August 2nd at 1:30pm at the Bocce Court
Water Balloon Toss
The Aim Game

Monday, August 5th at 1:30pm at the Bocce Court
Disc Golf
Bounce to Score

Thursday, August 8th at 10am at the Bocce Court
Staff Relay
Cornhole

Friday, August 9th at 1pm in the Main Dining Room
Awards & Closing Ceremony

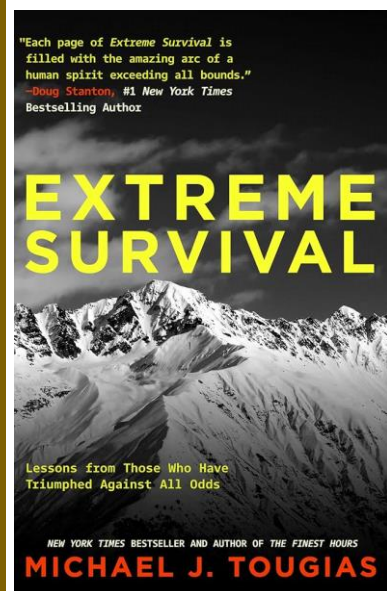
All outdoor events are weather permitting

Extreme Survival

Lessons from Those Who Triumphed Against All Odds

A narrated slide presentation from New York Times
Bestselling author Michael J. Tougias

Monday, July 8th at 11am
Main Dining Room



We have all heard amazing stories of survival that rendered us awestruck. But too often, we don't realize that there is a wealth of information to learn from people who make it to the other side of life's most daunting challenges. In *Extreme Survival* author Michael J. Tougias first captivates the audience by chronicling harrowing survival stories and then discusses the lessons learned. Tougias uses slides from some of the survival events to give the audience an edge-of-your-seat experience that also provides useful techniques that we can all use when faced with adversity or aspire to achieve a difficult goal. Tougias has interviewed over 100 people who survived against all odds, and researched many historical figures who have achieved the near-impossible. He supplements their stories with a handful of first person accounts from some of the toughest survivors in history.

THE JOY OF COOKING

Sarah Sadowsky, MSW, LICSW
Resident & Family Services Director

Summertime offers such an abundance of delicious, fresh produce and ingredients with which to cook. This time of year, I am often inspired to get more creative in my cooking and am always looking for ways to use all of the best ingredients of the season and to gather with others to collaborate. I personally feel that the act of preparing food has many benefits, and doing it with others even more so! Have you ever considered enrolling in a cooking class? There is much to gain from learning to cook in a classroom setting and it can also create more social benefits. You may already have well-established cooking abilities, but being able to learn something new means that cognitive skills can be enhanced and polished. Learning new cooking skills in a social setting in particular can also improve self-confidence, can allow for opportunities to establish new relationships with like minded people, enhances body coordination, and helps to exercise memory. The wellness benefits are abundant, not to mention it's fun! You'll also have a delicious item to consume (or share) when you're done! Perhaps you will find inspiration to explore this idea as a wellness opportunity – you can look for options at Montpelier Senior Center, King Arthur Baking, and the Richmond Community Kitchen just to name a few.

FROM THE EXECUTIVE CHEF
DEVEN SIERGIEY

July is the first full month of summer and that means corn season! Corn as we know it today would not exist if it weren't for the humans that cultivated and developed it. It is a human invention, a plant that does not exist naturally in the wild and it can only survive if planted and protected by humans. Scientists believe people living in central Mexico developed corn at least 7,000 years ago, it was started from a wild grass called teosinte. Teosinte looked very different from our corn today, the kernels were small and were not placed close together like kernels on the husked ear of modern corn. Also known as maize, Indians throughout North and South America, eventually depended upon this crop for much of their food. From Mexico, maize spread north into the Southwestern United States and south down the coast to Peru. About 1,000 years ago, as Indian people migrated north to the eastern woodlands of present-day North America, they brought corn with them. When Europeans like Columbus made contact with people living in North and South America, corn was a major part of the diet of most native people. When Columbus "discovered" America, he also discovered corn, up to this time, people living in Europe did not know about corn. The corn plant is made up of many different parts, the tassel, ear, silk, husk, leaves, stalk, and roots. The tassel is the top part of the plant, and it attracts bees and other insects. The ear, which is the kernels and cob of the corn plant. The silk on the ear grows out of the top of the cornhusk and may be colored green, yellow or brown, depending on the corn variety. The husk is the green leaves surrounding the corn ears, these protect the kernels of the corn. The leaves, like any plant, can have numerous leaves on the stalk. The stalk is the main body of the plant, the stalk can grow several feet high and is quite sturdy to support the ears of the corn. Finally, the roots, which hold the corn crop in place in the ground. Corn is one of the most versatile plants in the world for edible products and non-edible products. It plays a vital role in many foods such as cakes, cookies, dessert mixes, baby food, cereals, chewing gum, carbonated beverages, bread, chips, chocolate, soups, corn dogs, ice cream, jams, marshmallows, pet food, doughnuts, and many more! Some cool facts about corn are that it grows on every continent except Antarctica. Corn is an ingredient in more than 4,000 everyday grocery items. A single bushel of corn can sweeten about 400 cans of soda. In an average year, Iowa produces more corn than most countries and if Iowa were a country, it would rank 4th in corn production. Iowa livestock consumes 292 million bushels of corn. In 2012-2013, the USDA estimated 4.5 billion bushels of corn in the US would produce 14 billion gallons of ethanol!

Congratulations to the winners of this year's Indoor Bocce Playoffs. For the second year in a row Sandra E. and Esther F. have taken the win! This year, with twenty residents involved in the Tuesday games, there was a lot of interest *and fun* in the playoffs.

On June 13th, 2024 a donation of \$71.00 was given to the food pantry.
Thank you to all who contributed!



Fairbanks Museum & Planetarium

Tuesday, July 9th departing at 9:15am

There will be time to explore the museum exhibits at your leisure followed by a planetarium show at 11:30am.

TONIGHT'S SKY with a live presenter:

Take a guided tour of the cosmos with an astronomy presenter. You'll be introduced to the stars, planets, and constellations that are visible in the night sky.

Museum admission is \$19.00 and includes the planetarium show. This must be paid to Carrie in advance.

Bag lunches can be provided by the Westview Meadows kitchen or you can bring your own.

Check in with Carrie with any questions.

Please sign up if you'd like to go!!!

