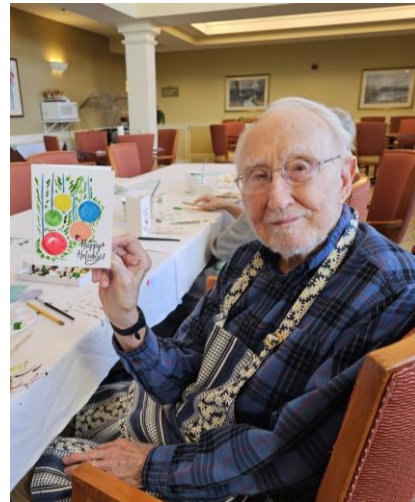




Whether we're painting or doing a craft...we always have fun!



Our Veterans Day was made especially meaningful by these fine gentlemen who folded the American flag during our ceremony.



We have all enjoyed seeing the fine artwork created by our very own, Dawn Schabner.



December 2024

# The Meadows

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

## December Birthdays

Chester G. ~ 5<sup>th</sup>  
Ruth F. ~ 6<sup>th</sup>  
Esther F. ~ 8<sup>th</sup>  
Nan P. ~ 9<sup>th</sup>  
Lorraine K. ~ 11<sup>th</sup>  
Holli S. ~ 28<sup>th</sup>  
Karla Iveth P. ~ 29<sup>th</sup>  
Elizabeth E. ~ 30<sup>th</sup>

## Celebrating December

Safe Toys and Gifts Month  
National Tie Month  
Computer Science  
Education Week  
December 9-15  
Eat a Red Apple Day  
December 1  
Sacher Torte Day  
December 5  
Pearl Harbor  
Remembrance Day  
December 7  
Weary Willie Day  
December 9  
Cocoa Day  
December 13  
Cat Herders Day  
December 15  
Eggnog Day  
December 24  
Christmas Day  
December 25

## HOLIDAY *Open House*

This year's Friends & Family Holiday Open House at Westview Meadows will be held on Wednesday, December 18<sup>th</sup> from 2-5pm. Harpist, Judi Byron will be here to delight with all your favorite holiday jingles. We hope you'll join us for great music, scrumptious appetizers, and plenty of merriment!





Vermont Philharmonic  
Orchestra: Handel’s Messiah

Sunday, December 8<sup>th</sup>, departing at 1pm  
Barre Opera House



Tickets are \$20 and must be paid to  
Carrie/Lauren by Tuesday, December 3<sup>rd</sup>

CALLING ALL BINGO LOVERS

Bingo is celebrated throughout December in church halls and community centers because December is Bingo Month. The game dates all the way back to 1530, when Italians played a game called *Lo Gioco del Lotto d’Italia*. Some even say that this game was used to fight government corruption. Instead of winning a pot of money, those holding winning numbers were elected as local leaders.

The French first introduced a playing card full of numbers. Then in the 1800s, the Germans used the game as a tool to teach children math and spelling. It first appeared in America in 1929 at a carnival near Atlanta, Georgia, where it was called “Beano.” When an excited winner shouted out the word *bingo* by mistake, an entrepreneur named Edwin S. Lowe overheard the faux pas, renamed the game, and employed a Columbia University mathematician named Carl Leffler to create 6,000 randomly numbered bingo cards. Leffler purportedly went insane from the task. A Catholic priest asked Lowe to show him the game as a way of raising money for the church. Bingo has been a church hall mainstay ever since.

We’ll have a round of holiday BINGO in the Main Dining room on Monday, December 9<sup>th</sup> at 11am.

THE POWER OF SONG

Sarah Sadowsky, MSW, LICSW

Resident & Family Services Director

A group of volunteers, named Carolyn’s Angel Band, recently (and have in past years) performed at Westview Meadows at the annual remembrance ceremony. This is a group comprised of singers who perform their craft at the bedside of terminally ill patients. It is a very moving experience to hear them sing, and I wanted to bring more attention to the origins of the hospice singing movement in Vermont.

Music’s healing and comforting properties are often utilized to provide powerful experiences to people who are experiencing end of life care, and, in the last twenty years, there have been several volunteer groups that have formed all over Vermont with the goal of fulfilling needs for comfort, solace and connection through singing. Hospice singing is a practice that involves singing for the terminally ill to comfort them and their families. In compassionate care through the end of life, treatments other than medicines can make a crucial difference. Bedside singing is a centuries-old tradition around the world, carried out by Benedictine monks in medieval Europe and Indigenous American tribe members alike.

This practice in Vermont originated with a group called the Hollowell singers, who came together in the Brattleboro area and are affiliated with their local hospice agency. The singers typically visit a dying person in their home or hospital room to sing a number of songs, and are very sensitive in their approach and in their presence. They are accustomed to being as least intrusive as possible when entering and exiting a space. All of the singers receive specialized hospice training. Hospice singers’ repertoire can range from spiritual to secular, and can include anything the person would like to hear. It’s a special and peaceful experience, for the hospice patient and their family members, to share this sense of intimacy and comfort through the power of song. There are now several hospice choirs associated with hospice practices throughout the state, and the country. If you are interested in learning more, the founder of the Hollowell singers, Kathy Leo, who is responsible for teaching other fledgling hospice choirs around New England, has published a book called *On the Breath of Song: The Practice of Bedside Singing for the Dying*. Also, there is a documentary in which the Hollowell singers are featured called *Holding our Own: Embracing the End of Life*.

“SHOEBOXES FOR SENIORS”

For over a decade now, 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. Mark your calendars for our big wrapping event on Monday, December 16<sup>th</sup> at 1pm in the Main Dining Room.

“Shoeboxes for Seniors” Wishlist

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



*"Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmastime."*

– Laura Ingalls Wilder

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

- Trimming the Tree in the Country Kitchen:** Monday, December 2<sup>nd</sup> at 1:30pm
- Holiday Reading with Katherine P.:** Wednesday, December 4<sup>th</sup> at 3pm in the Main Dining Room
- Live Music with Debbie Yacovone:** Friday, December 6<sup>th</sup> at 11am in the Main Dining Room
- Vermont Philharmonic Orchestra- Handel’s Messiah at the BOH:** Sunday, December 8<sup>th</sup> at 1pm
- Celtic Holiday Presentation with Iain MacHarg:** Tuesday, December 10<sup>th</sup> at 1:30pm in the Main Dining Room
- Wrapping Event for the “Senior Shoebox Project”:** Monday, December 16<sup>th</sup> at 1pm in the Main Dining Room
- Caroling & Cocoa by the Fire:** Tuesday, December 17<sup>th</sup> at 1:30pm in the Main Dining Room
- Friends & Family Holiday Open House:** Wednesday, December 18<sup>th</sup> from 2-5pm
- Resident Council Meeting:** Thursday, December 19<sup>th</sup> at 10:30am in the Main Dining Room
- Episcopal Church Service:** Thursday, December 19<sup>th</sup> at 11am in the Fitness Room
- Emmaus Communion Service:** Thursday, December 26<sup>th</sup> at 10:30am in the Private Dining Room
- New Year’s Eve Celebration:** Tuesday, December 31<sup>st</sup> at 1pm in the Main Dining Room