

Fresh flowers sure do brighten up the dark winter days!



The Senior Shoebox Project is a wonderful way to spread holiday cheer.



Trimming the trees at Westview Meadows!



# 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)

## JANUARY BIRTHDAYS!

*Marlene P. – 2<sup>nd</sup>*

*JoAnn G. – 3<sup>rd</sup>*

*Laura K. – 10<sup>th</sup>*

*Nancy B. – 13<sup>th</sup>*

*Dot L. – 17<sup>th</sup>*

*Caroline F. – 21<sup>st</sup>*

*Karen F. – 21<sup>st</sup>*

*Sarah C. – 22<sup>nd</sup>*

*John N. – 29<sup>th</sup>*

*Charlie M. – 29<sup>th</sup>*

*Dawn S. – 30<sup>th</sup>*

*Peg L. – 31<sup>st</sup>*

## CELEBRATING JANUARY

**Adopt a Rescued Bird Month**

**Mentoring Month**

**International Creativity Month**

**Universal Letter-Writing Week**

January 12–18

**Twelfth Night**

January 5

**National Word Nerd Day**

January 9

**Cut Your Energy Costs Day**

January 10

**National Hat Day**

January 15

**Belly Laugh Day**

January 24

**Bubble Wrap**

**Appreciation Day**

January 27

**Chinese New Year**

January 29

## MEET THE BOARD OF TRUSTEES

I'd like to introduce you all to our newest board member, Steve MacKenzie, who became a Trustee in October, 2024. He may be the new kid on the block however Steve brings with him a wealth of civic service experience. Steve's 37 year career as a Professional Engineer was with DuBois and King, Inc. consulting engineers of Randolph, VT, serving as Senior Vice-President and senior owner at the time of his engineering "retirement". Steve left DuBois and King, Inc in 2010 to accept appointment as Barre City Manager. At the time of his retirement in 2022, his 12-year tenure was the longest of any Manager for the City of Barre.



Steve is a native Vermonter, having grown up and lived in Barre his whole life, so perhaps this is where his passion for civic service and dedication to improving the Barre community stems from. He has raised his two children, Nicholas and Nealee, in town, and has retired here with his wife, Claudia. In his retirement, Steve enjoys

working on home improvement projects saying, he's not a carpenter, but he gets things done. He also has a Harley Davidson that he loves to ride, but not as often as he'd like. Steve and Claudia live a stone's throw away from Barre City Cow Pasture and Steve relishes his strolls through the woods with his golden retriever named Sully.

Steve has only been serving on the Board for a short time however he is thinking long term. He knows that it will take at least a full year cycle to get a strong understanding for the flow of O.M. Fisher Home, Inc. As someone who has been civic minded since his start, serving on a school board 30 years ago, Steve is undoubtedly an asset to our Board of Trustees.



### Scams & Fraud Prevention with Northfield Savings Bank

Friday, January 17<sup>th</sup> at 11am  
Main Dining Room



It seems that scams are everywhere these days! Join us for an informational presentation that will address the most common types of fraud and what to do if you are scammed.



### NATIONAL ACTIVITY PROFESSIONALS DAY



This year National Activity Professionals Day takes place on January 24<sup>th</sup>, 2025. It's a special day to recognize and honor all the activity professionals who provide enriching and active experiences for the residents in care homes around the country. Did you know that the lifespan of Americans

has increased in recent years, and due to this, there is a great need for patient-centered eldercare? This is where activity professionals come in. They inspire, engage, enrich, and make the lives of care home residents so much better and more interesting!

At Westview Meadows, our Activity department is comprised of Carrie and Lauren, a dynamic duo dedicated to making sure all of you stay active and thriving in our community.

### PARKINSON'S DISEASE MUTUAL AID GROUP

An informal meet-and-greet session will meet on Tuesday, January 7<sup>th</sup>, 2025 at 1pm at The Old Meeting House in East Montpelier Center. The goal is to share experiences and information and is open both to those persons experiencing the disease and to those providing care. For further information please call Goddard Graves at (802) 456-1177.

### WELLNESS IN WINTER

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

There are many reasons to enjoy and appreciate the winter, however; the change in seasons also means lower temperatures and fewer daylight hours. Some people experience dramatic changes in their physical and emotional health with the onset of winter. For some, this can manifest into experiencing seasonal affective disorder (S.A.D.), which is a distinct type of depression. Less sunlight can disrupt sleep patterns and cause a drop in vitamin D and serotonin—lowering sleep quality, affecting chemical balance in the brain, and negatively impacting overall health. These changes can contribute to having symptoms of depression, which may manifest as persistent sleepiness and fatigue, weight gain, loss of interest in activities, lack of energy, and a sense of hopelessness, amongst others.

Fortunately, there are actions you can take this time of year to guard against S.A.D. and keep yourself thriving. One popular and well researched option is light therapy with the use of special clinical grade sun lamps. \*It is necessary to consult with a doctor first before pursuing this treatment. Even being outside in the weaker winter sunshine, combined with fresh air, is beneficial. Additionally, frequent exercise and boosting energy levels through a clean diet rich in vitamin D is recommended. Avoiding alcohol and eliminating sugary foods are an important part of prevention as well.

Also consider practicing mindfulness meditation and sticking with your hobbies/activities in your community here. It is normal to have some winter days when you feel down, but keep a close eye on your sleep, eating patterns and energy to help you thrive during these winter months.

### Hawaiian Luau Wednesday, January 22<sup>nd</sup> 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!



### FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

#### Prune Month

The history of prunes in the United States stands out from its contemporaries, as it is one of the few propagated fruits whose farming was popularized to combat the European imports of the time. The California prune industry dates back to the mid-1800s — right at the dawn of the era of the California Gold Rush when the state became a hotspot for innovation, immigration, and fortune. Among the hoards setting camp in the golden state was a French statesman by the name of Louis Pellier, who grafted a plum tree with d'Agen rootstock of his country. In a couple of years, the tree spouted a special fruit, which later came to be known as California Prunes. Soon enough, the offspring became a distinguished delicacy in itself and spread through the entire San Jose farming belt. The rest of the state caught wind of the product pretty fast and within 15 years, American homegrown prunes took over the European imports. Prunes are also amazing for your health. A single serving of five prunes contains three grams of dietary fiber. In addition to this, prunes also offer ample carbohydrates to keep you energetic and full for the day. High in potassium and entirely fat-free, adding prunes to your daily bowl of breakfast is the best way to get some healthy nutrients in your body. Cooking with prunes is really fun and versatile because prunes are very neutral tasting and will go great with most flavors. Some fun interested ways to cook with prunes are Ribs with Prune BBQ Sauce, Polish Prune Borscht, Spiced Prune Cous Cous or Roasted Root Vegetables with Prunes. Prunes reign supreme though in desserts for me. Such as hiding them in chocolate cake or Chocolate brownies for extra moisture. Or my favorite ending the night with ice cream and a salted caramel and Prune Sauce!

*"The snow did not even whisper its way to earth, but seemed to salt the night with silence"*

- Dean Koontz

### MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

- Foot Clinic-** Thursday, January 9<sup>th</sup> from 8:30am-3:30pm in the Country Kitchen
- Live Music with Debbie Yacovone-** Friday, January 10<sup>th</sup> at 11am in the Main Dining Room
- Hot Toddy by the Fire-** Wednesday, January 15<sup>th</sup> at 3pm in the Main Dining Room
- Resident Council Meeting-** Thursday, January 16<sup>th</sup> at 10:30am in the Main Dining Room
- Episcopal Church Service-** Thursday, January 16<sup>th</sup> at 11am in the Fitness Room
- Westview Readers-** Thursday, January 16<sup>th</sup> at 2pm in the Library
- Fraud Presentation with Northfield Savings Bank-** Friday, January 17<sup>th</sup> at 11am in the Main Dining Room
- Hawaiian Luau-** Wednesday, January 22<sup>nd</sup> at 2pm in the Main Dining Room
- Out to Lunch: Sarducci's-** Thursday, January 23<sup>rd</sup> departing at 11:30am
- January Birthdays Celebration-** Wednesday, January 29<sup>th</sup> at 1pm in the Main Dining Room
- Emmaus Communion Service-** Thursday, January 30<sup>th</sup> at 10:30am in the Private Dining Room

