



Happy Birthday to all those born in January!!!



Our Residential Care community received a kind gift from the 2<sup>nd</sup> grade students at Twinfield Union School. With paperwhite bulbs donated by The Magic Bean Farm, the kids carefully planted each one so that our residents could enjoy a touch of spring!



Aloha! What great fun our luau was!



These ladies sure are crafty!  
The 3-D paper snowflakes came out beautiful!



# The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602  
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## February Birthdays

- Perry B. ~ 1<sup>st</sup>*
- Barbara T. ~ 2<sup>nd</sup>*
- Christina G. ~ 13<sup>th</sup>*
- Sandra E. ~ 13<sup>th</sup>*
- Dena B. ~ 13<sup>th</sup>*
- Lisa B. ~ 17<sup>th</sup>*
- Jeremy P. ~ 23<sup>rd</sup>*
- Lena H. ~ 24<sup>th</sup>*

- CELEBRATING**
- FEBRUARY**
- Canned Food Month**
- Time Management Month**
- Black History Month**
- Pancake Week**
- February 17–23
- Groundhog Day**
- February 2
- Thank a Mail Carrier Day**
- February 4
- Bagel and Lox Day**
- February 9
- Galentine's Day**
- February 13
- Valentine's Day**
- February 14
- International Sword Swallower's Day**
- February 22
- Single-Tasking Day**
- February 22

## BOARD MEMBER SPOTLIGHT



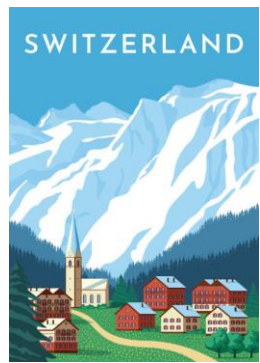
This month the spotlight is on Brian Grearson, who is coming up on his 3rd year serving on our Board of Trustees. Brian is from the area, having been born and raised in Barre. He married his high school sweetheart, Melanie and they've been together for more than 50 years. They have a daughter who is a lawyer in the Boston area and they also have two granddaughters, Maddy and

Maya who are 15 and 11, respectively.

Brian is an avid reader who is almost always in the middle of at least three books. He reads both fiction and non-fiction but concedes it's hard to find a modern fiction that captures his attention. He also likes the noir genre of filmmaking. Classic detective movies from the 30's and 40's are right up his alley. Brian is quite active and does a lot of biking and kayaking in the summer. In the winter he likes to go downhill skiing with his family. He had done some downhill skiing in his youth but didn't really get into it until he was 40 years old. His wife and daughter would head off to the slopes and Brian decided he was not going to miss out, so after a couple of lessons (with a bunch of 10-year-olds,) he got back into the swing of it. He took another break when his daughter went off to school but again, at age 70, he got back on the slopes, with his granddaughters now, and loves it. Brian maintains that if he can learn to ski at age 40, anyone can learn to ski! He strives to stay active, knowing how much it benefits his overall health.

Brian worked as an attorney in his own private practice for almost 30 years. In 2004 Governor James Douglas appointed him as the Superior Court Trial Judge for the State of Vermont, a position he held for 10 years until The Vermont Supreme Court appointed him as the Chief Superior Court Judge. He served in this role, overseeing 30 other trial judges, for 7 years, until his retirement in 2021. After retiring, Brian wanted to stay involved, so when he was invited to join our Board of Trustees, he was glad for the opportunity to use his experiences in a positive manner. Since joining our Board, Brian has appreciated learning about the concerns and challenges related to operating the facilities and what issues impact our communities. He brings a wealth of knowledge and experience as a Trustee and we are fortunate to have his involvement and support.

**CROSSING THE CLOUDS**



Perhaps one of the greatest sightseeing adventures in the world is a four-hour train ride on the Bernina Express from Switzerland to Italy through the Alps. There may be no better time to travel the route than in February, when the land is glistening white with snow.

What makes the journey so special? The railway, which opened in 1904, crosses 196 bridges, passes through 55 tunnels, and climbs more than 7,000 feet (2,100 meters). This marvel of engineering was designed to open isolated mountain villages to the rest of the world. For these reasons, the rail line has been granted status as a UNESCO World Heritage Site.

Get ready, because this month we're taking a tour of Switzerland and you don't even have to pack your bags! On Tuesday, February 18<sup>th</sup> at 1:30pm come to the Main Dining Room for a truly immersive armchair travel experience. You'll learn about the best destinations to visit in the Playground of Europe, you'll taste traditional Swiss foods, and you'll have the opportunity to share your own stories of travel with the group. This is going to be one *Swiss-sational* trip!

**'Winter Wildlife Adaptations' Presented by the Vermont Department of Fish & Wildlife**  
 Thursday, February 6<sup>th</sup> at 10:30am  
 Main Dining Room

*When it gets cold, we humans put on a hat and coat...but what do animals do?*



Join Hannah & Nicole from the Vermont Department of Fish & Wildlife to learn about the incredible adaptations and strategies that wildlife utilize to survive the winter.

**MEET YOUR NEIGHBOR**

We recently welcomed Deborah Johnson-Surwilo to our Independent Living community. Deborah grew up in Philly, in the Juniata Park section. Her childhood home was the gathering place for all family celebrations, whether it be for birthdays or holidays- they were the party house. There were four generations living in the home, so it's no wonder they had many reasons to get together!

Deborah graduated from Johnson State College with a Bachelor's Degree in Education. She worked primarily as a Bookkeeper in various school districts within the Montpelier area. Deborah has two adult children. Her son Doug lives nearby in Williston and has a two-year-old son of his own. Spending time with her grandson is always a great joy for Deborah. Her daughter moved to San Diego this past summer and although they don't see each other as often, they still remain close.

Deborah has dabbled in a number of hobbies. Although she doesn't get on the trails too often these days, she was once an avid hiker. She enjoys photography, dance, poetry, knitting, and paper crafts. She also loves to travel and has been to a number of states and countries. Deborah has made many friends over the years and she cherishes all of them. Her friends are like a second family to her. Since moving to Westview Meadows, Deborah has very much appreciated the warm welcome she's received from everyone and is looking forward to making new friends. She also says how nice it is to feel taken care of. Deborah, welcome to Westview Meadows! We are glad you are here!



**Superbowl LIX Gala**

Sunday, February 9<sup>th</sup> at 6:00 PM  
 Main Dining Room

**Are you ready for some football???**

The game will be broadcast on the big screen and the kitchen will provide hors d'oeuvres and beverages.



**Valentine's Day Dance!!!**

Friday, February 14<sup>th</sup> at 2pm  
 Main Dining Room



*Great music, great food, & great fun!*  
 Put on your dancing shoes and we'll meet you on the dance floor!

**TECHNOLOGY LITERACY**

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

There seems to be no escaping the role of technology in our lives, and we are all being asked more than ever to access technology for communication with medical providers, friends and family, and managing affairs. This can be an intimidating and threatening space for many of us, but luckily, there are now more opportunities being offered for people to gain more knowledge and comfort in the technology realm. There are local organizations collaborating to offer a series of technology literacy classes in February and March. Technology for Tomorrow, Central VT Council on Aging, and Southwestern VT Council on Aging are offering free classes to attend on Zoom. Classes require an email address to send the Zoom link to, and will be held on Wednesdays from 1:00-2:30pm. Here are the offerings and contact information to register:

- 2/5 - Introduction to Internet
- 2/12 - Cloud Storage
- 2/19 - Intro to Social Media
- 2/26 - Dealing with Misinformation in Media
- 3/5 - Online Scam Prevention
- 3/12 - Understanding Smartphones
- 3/19 - Intro to Gmail

To Register, contact Lucas Rose at 802-479-1953 or lrose@cvcoa.org with your name and the course you would like to take.

**FROM THE EXECUTIVE CHEF DEVEN SIERGIEY**

*Chocolate month*

Cooking with chocolate is an exciting adventure that combines science, art, and creativity. Chocolate is not only a popular treat but also a versatile ingredient that can enhance the flavor and texture of many dishes. Whether in desserts, drinks, or savory meals, chocolate plays a significant role in our culinary world. To understand cooking with chocolate, it is essential to recognize the different types available. The most common varieties are dark chocolate, milk chocolate, and white chocolate. Dark chocolate has a higher cocoa content and less sugar, making it rich in flavor and antioxidants. Milk chocolate, which includes milk solids, is sweeter and creamier, while white chocolate, made from cocoa butter, sugar, and milk solids, has no cocoa solids and offers a unique taste and texture. Baking is one of the most popular ways to use chocolate. Recipes like brownies and chocolate cakes are beloved by many. Chocolate is also commonly used in confections. Truffles, toffee, and chocolate-dipped fruits are just a few examples of indulgent treats that can be made with chocolate. In addition to desserts, chocolate can be a surprising and savory ingredient. Many dishes started incorporating chocolate into savory dishes, such as chili and mole sauce. These dishes showcase the depth of flavor that chocolate can add, creating a unique balance with spices and other savory elements. That's why cooking with chocolate is an exciting field that continues to evolve. As our understanding of health and flavor deepens, so do our methods of using this beloved ingredient. From classic desserts to innovative savory dishes, chocolate remains a vital part of culinary creativity. Whether you are baking a cake or trying a new recipe, chocolate can add a touch of magic to your cooking experience.

*"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."*

— Patience Strong