

The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
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Look at this crowd!! Folks sure enjoyed the hors d'oeuvres during Superbowl LIX!



What a great turnout for August Burns's art reception

Everyone looked so festive for Valentine's Day!



March Birthdays

- Grace D. – 1st
- Olivia K. – 7th
- Maruja H. – 7th
- Betty M. – 6th*
- Andrew N. – 8th*
- Payton D. – 18th
- Carrie B. – 21st
- Trudy O. – 22nd*
- Dot A. – 27th*
- Rodney C. – 28th*

Celebrating March

- Women's History Month**
- Save Your Vision Month**
- Women in Construction Week**
March 2–8
- Learn What Your Name Means Day**
March 5
- World Plumbing Day**
March 11
- Quilting Day**
March 15
- St. Patrick's Day**
March 17
- French Bread Day**
March 21
- Quirky Country Music Song Titles Day**
March 27

MEET THE BOARD OF TRUSTEES



This month we are getting to know Beverlee Pembroke Hill, a long-standing Trustee on our Board of Trustees. Bev is approaching the end of her 3rd three-year term serving on our Board and will be retiring in April. She has a deep commitment to O.M. Fisher Home, Inc. and cares profoundly about the success of our three facilities and the residents who call them home. Bev was born in Montpelier, at what was once Heaton Hospital. She's the fifth generation to live on her family's land, previously a dairy farm, which is located on the town lines of Montpelier and Middlesex. The farm is now

known as Pembroke Heights in Montpelier. She says that despite the farm being just over the line into Middlesex, since she attended school and church, and spent so much of her time in Montpelier, she considers it her community. The only time Bev left Montpelier for any extended length of time was to get her Associates in Business Sciences Degree at Lasell College in Auburndale, MA. She returned to the area and began her career in the legal field, first as a legal secretary and then a Court Stenographer for the State of Vermont. She left that position in 1987 and started working part time for the City as the Tax Collector. In 1994, she was selected to serve as Interim City Manager for a year while the City searched for a new City Manager. In 1999, the City Council approved her appointment to be Montpelier's first Assistant City Manager, a position she served in till 2012, when she semi-retired and went back to part time Tax Collector and still serves in that capacity.

Bev has been a widow for 35 years but she and her husband, John raised 3 children together. Bev speaks very proudly of her kids. Her oldest, Jack, is a retired Navy Captain who now flies for Delta airlines. Her middle child, Dan, worked for 25 years for the former Anderson Friberg Granite company, where he served as an Estimator, and recently joined the Buttura-Gheradi Granite company in their sales division. Both companies are in Barre, VT. Bev's youngest, Lindsay was appointed by Governor Scott to his cabinet in 2015 as Commissioner of Labor, and presently serves on the cabinet as Vermont's Secretary of Commerce and Community Development. Bev has 8 grandchildren ranging in age from a college freshmen to 40 years old. Her greatest joy is visiting with her kids and grandkids. She especially loves attending sporting events that her grandkids participate in. You all may remember one of Bev's grandchildren, Delanee Hill, as she worked at Westview Meadows during high school as one of our Waitstaff. She left to attend college and will be graduating this year with a degree in Music Therapy.

With Bev's knowledge of the community and the connections she's made over the years, she has a thorough awareness of what resources our facilities need to function and the means to secure them. She is impressed with what the Board of Trustees, working closely with our Executive Director, Dawn Palowski, has accomplished in recent years. Bev speaks very highly of Dawn and the role she played, initially taking on the ground breaking of Clara's Garden, the subsequent flooding of The Gary Residence, and all of the challenges which ensued from that calamity. Bev has always enjoyed attending board meetings because she loves getting to engage with residents on her way through. She has contributed a tremendous amount of time and expertise over the years and we have been fortunate to have her serve on our Board of Trustees.



The Vermont Department of Fish & Wildlife gave a very interesting and engaging presentation on winter wildlife adaptations!



Flower arranging is always a popular activity! The fresh blooms sure do brighten up these winter days!



For the past several months, Jeanne C. has been leading a Creative Writing Group called Put your Memories to Paper. It has sparked a flurry of writing in our Residential Care community! Throughout the week those involved could be seen busily writing in their journals, preparing for the next session. The group is currently on hiatus, however everyone involved has gained new insights on their joy in writing and how it can be a keepsake for always. Thank you, Jeanne for the time and effort you've given to inspire your friends and neighbors. Ruth F. composed the following short essay and agreed to share it with all of you. Enjoy!

“The Country Kitchen”

I find the Country Kitchen to be a location of serenity and comfort. One is struck by the welcoming yellow walls complimented by the red geometric fabric coverings for window valences. The wall-to-wall carpet of large red squares is rimmed in yellow with swirling green flowers. It's eye catching. The room exudes “country.” Warren Kimble's red and green art prints grace the walls. This is a very comfortable room.

At times the aroma of cookies permeates the room when cookie makers, Lauren and Amalia, are busy at work. This is a multi-purpose room where puzzles are put together and games are played. I go there to unwind, to read, or reflect, and sit in my favorite rocking chair to look at the panoramic view of the Worcester range. I prepare for a meteorologic event known as snow showers. A sparkle is seen when the sun is reflecting off the individual ice crystals of a recent snowfall. That is when the Worcester range glitters with jewels, an event not to be missed.



We want to shout out to Sarah Sadowsky in recognitions of **World Social Work Day**, which is falls on March 18th. Sarah is our Resident & Family Services Director and she excels in this role. It's not always easy and she is often tasked with having difficult, but necessary conversations with residents and their families. Sarah has a true heart of gold and always has the best interest of our residents in mind, so thank you, Sarah, for your sincere dedication to supporting our residents.

This month we also celebrate **National Marketing Day** on March 20th. Jill Cunningham is our Admissions/Marketing Assistant and she positively shines in this role! Her outgoing personality really allows her to showcase Westview Meadows to prospective residents and their families while giving a tour. Thank you, Jill, your genuine fondness for our residents is evident in all that you do.

VERMONT ADVANCE DIRECTIVE WEEK

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

Vermont Advance Directive Week (April 13-19, 2025) is devoted to educating and raising awareness about the importance of advance care planning. Each year, this week coincides with National Healthcare Decisions Day (NHDD), "an annual initiative celebrated on April 16th to encourage and empower people to begin or continue conversations about their wishes for care through the end of life." NHDD is coordinated by The Conversation Project which provides resources to participants in all 50 states and more than 20 countries.

To celebrate Vermont Advance Directive Week, Vermont Ethics Network will be sharing stories, resources, and local events across the state to encourage all Vermonters to have conversations about their health care values and consider completing or updating their advance directives.

How to participate in Vermont Advance Directive Week:

- Complete your own advance directive & share copies with your healthcare agent, loved ones, and your healthcare provider.
- Register your advance directive with the Vermont Advance Directive Registry.
- Tell someone you know about why you completed your advance directive.
- Start a conversation with friends or loved ones about what matters to you regarding your healthcare. If you couldn't speak for yourself, what do those close to you need to know?
- Attend or host local events. Sign up for the **Vermont Ethics Network Newsletter** to see what events are happening in your area or check out their **News and Events page**.
- WEBSITE: vtethicsnetwork.org

Maintenance Worker Appreciation Day falls on March 7th, 2025 and so we'd like to thank Chuck and Jeremy for all of their hard work throughout the year. Whether they're shoveling, hauling out the trash, hanging pictures, moving furniture, or any number of other odd tasks, these two are rarely idle. They do all of the heavy lifting around here and let's face it, that's A LOT of heavy lifting! We couldn't be more grateful for the incredible effort you both put in to help keep Westview Meadows looking and running so splendidly.

**FROM THE EXECUTIVE CHEF
DEVEN SIERGIEY**

Peanuts, despite their name, are legumes, not nuts. This distinction aside, peanuts are a globally significant crop, featured prominently in cuisines worldwide. Their versatility in cooking stems from their unique flavor profile, offering a savory, slightly sweet taste with a satisfyingly rich texture. From savory dishes to sweet treats, peanuts contribute a distinctive and delicious element to countless recipes. One of the most common uses of peanuts in cooking is in the creation of peanut butter. This wonderful spread has become a staple in many households, providing a convenient and nutritious source of protein and healthy fats. Beyond peanut butter, peanuts are integral components in numerous global dishes. In Southeast Asian cuisine, peanuts are frequently incorporated into curries, satay sauces, and stir-fries. The nutty flavor complements the spices and other ingredients beautifully, adding depth and complexity to the dish. For example, peanut sauce, a staple in many Southeast Asian countries, is typically made from a blend of roasted peanuts, chili, garlic, and other aromatics, creating a flavorful and versatile condiment. The rise in popularity of these cuisines globally has increased the awareness and use of peanuts in diverse culinary traditions. In Western cooking, peanuts are often found in desserts and confectioneries. Peanut brittle, a classic candy, showcases the peanut's ability to caramelize and create a satisfyingly crunchy texture. Similarly, peanut cookies and cakes are popular treats, demonstrating the versatility of peanuts in both savory and sweet applications.

In conclusion, peanuts play a significant role in culinary arts worldwide. Their adaptability, diverse applications and rich flavor profile contribute to the creation of a wide array of savory and sweet dishes. From the Protein packed peanut butter to sophisticated gourmet creations, peanuts continue to hold a prominent place in the culinary landscape.

*“March is a tomboy with tousled hair,
a mischievous smile, mud on her shoes,
and a laugh in her voice.”*

— Hal Borland

