



Lauren M. retired from Westview Meadows in March and she left residents with a parting gift... a brand new cornhole set! Residents wasted no time in playing a few rounds in the Main Dining Room and are looking forward to warmer days so they can play outside.



Everyone was in a Mardi Gras state of mind at our Big Easy Bash! "Laissez les bons temps rouler," (which translates to "Let the good times roll," in French.)



Thank you to the Celtic Company dancers from Green Mountain Performing Arts! They made their 3rd annual visit to perform for us here at Westview Meadows. This is such a special event, for the dancers and our residents alike!

This month our 251 Club took a trip to Hardwick, VT for a visit to the Cabot Creamery at the Yellow Barn.



Everyone enjoyed the shamrock shakes on St. Patrick's Day!



The Meadows

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



April Birthdays!

Judith H. ~ 2nd

Sarah S. ~ 3rd

Morganne M. ~ 28th

- Celebrating April**
- Stress Awareness Month**
- Jazz Appreciation Month**
- Adopt a Greyhound Month**
- Golden Rule Week**

April 1-7

Passover

April 12-20

Tartan Day

April 6

Metric System Day

April 7

International Moment of Laughter Day

April 14

Easter

April 20

Earth Day

April 22

DNA Day

April 25

Hug an Australian Day

April 26

Meet the Board of Trustees



We are featuring Mike Dellipriscoli in our Board Member Spotlight this month. Philadelphia, born and raised, Mike moved to Montpelier in 1989 when he was offered a job at National Life. At the time, he and his wife, Sue, had two young children and they later had three more. All of Mike's kids are grown up now and not too long ago, he was blessed with his first grandchild, Allora. He reports that two more grandkids are expected by the end of the year and he couldn't

be more excited! Coincidentally, all of Mike's kids are settled in Philly these days, so naturally Mike and Sue are planning to move back to his hometown, and will enjoy many precious moments with their family.

Mike is an avid sports fan and follows basketball, baseball, football, and especially soccer. For a number of years Mike coached basketball at Main Street Middle School and Montpelier High School. All five of his kids were all-star basketball and soccer players in their time, which is a source of great pride. Mike graduated from Villanova University with a degree in mathematics and earned his MBA in Finance from the Wharton School of the University of Pennsylvania. After 40 years in the financial services industry Mike had advanced to become the Assistant Vice President for Strategic Analysis at National Life. Though he is now retired, Mike is not idle. For the past six years, he has been teaching, part-time in the University of Vermont's Business School. In addition to serving on our Board of Trustees, Mike also serves on the board of UVMHN – Central Vermont Medical Center, where he is the immediate past Board Chair and is Chair of the Operational Risk Committee. He also serves on the Board of the University of Vermont Health Network, where he is the Board Secretary and Chair of the Audit Committee. One aspect of serving on our Board that he enjoys, is overseeing market management and the considerations needed to provide high quality care for our residents at their varying levels of need.

Mike's expertise is evident and his contributions to our Board of Trustees is immeasurable. Thank you, Mike for generously sharing your time, knowledge, and vision to help make Westview Meadows a safe and thriving community.



ADMINISTRATIVE PROFESSIONALS DAY

National Administrative Professionals' Day, also known as Secretaries Day or Admin Day, recognizes the professionals who keep an office running smoothly every day. During World War II, there was an increased need for skilled administrative personnel, particularly in the United States. The National Secretaries Association was formed to recognize the contributions of secretaries and other administrative personnel to the economy, to support their personal development and to help attract people to administrative careers in the field. The association's name was changed to Professional Secretaries International in 1981 and, finally, the International Association of Administrative Professionals (IAAP) in 1998. IAAP now has an international orientation and continues to provide education and training and set standards of excellence recognized by the business community on a global perspective. The first National Secretaries Week was organized in 1952 in conjunction with the United States Department of Commerce and various office supply and equipment manufacturers. This year Administrative Professionals Day falls on April 23rd and here at Westview Meadows we'd like to recognize Morganne and Carrie for their hard work maintaining our Business Office. Reliable administrative support is necessary to build a solid foundation for any organization and we are lucky to have both of them on our team.

Chair Yoga & Dance

Thursdays at 9:30am
Main Dining Room

Starting on Thursday, April 3rd, we are offering a new option for exercise! Dance to 6 familiar and inspiring songs that are bound to infuse your body with pure JOY. This unique experience is designed as an all-seated class, ensuring that everyone can partake in the fun, regardless of mobility. Come on over and give it a try!
Run Time: 20 minutes

LAUGH IT OFF

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown because April is Humor Month.

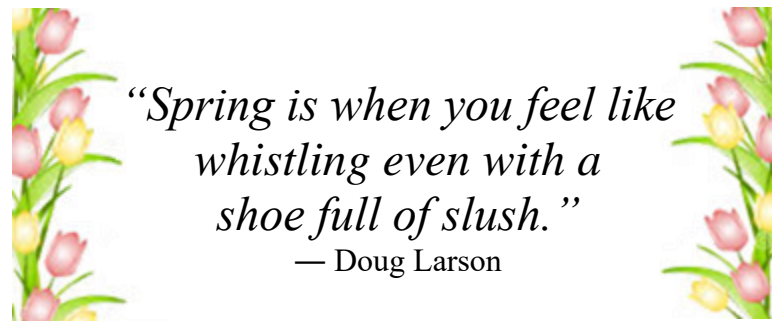
Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies. Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins. One doctor believes laughing is such good exercise that he calls it "internal jogging." One minute of laughing, he says, is equal to 10 minutes on a rowing machine.

Laughter is not just good for the body; it's also good for the mind. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience. All April long, make sure to take "laughter breaks" every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler with reckless abandon, and your body will thank you.

On Monday, April 14th at 1:30pm, we're going to get silly in the Country Kitchen with a round of Laughter Yoga. Come on over and join us!!

"With mirth and laughter let old wrinkles come."
-William Shakespeare



TRASH TRAMPS

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

The Montpelier Senior Center (MSAC) has many offerings for the community, including some that are at no cost and/or of a "drop-in" nature. Given that spring is here, the snow is melting, and many of us have a renewed hankering for being outside, I wanted to shed a spotlight on a civic minded community activity that MSAC facilitates, called Trash Tramps. This is a volunteer opportunity that checks off many boxes: community engagement, socialization, outdoor exercise, and environmentalism! This drop-in group meets Tuesdays at 1:50pm at MSAC before heading out around town to pick up litter together and clean the city up. All are welcome, and there is no age requirement to participate. Seven Days featured this group in article last year, and it sounds like this group has a pretty good time together! Read on at sevendaysvt.com (search Trash Tramps) to get inspired!

NATIONAL VOLUNTEER MONTH

The history of National Volunteer Month dates back to the mid-20th century when numerous organizations and nonprofits began acknowledging the immense contributions of volunteers. For example, in 1943, Canada established a National Volunteer Week to recognize women who were helping in the World War II effort. President Richard Nixon established a National Volunteer Week in the United States in 1974 and this year it begins on April 20th. Over time, the week evolved into a movement that gained widespread recognition and support. The entire month of April is now designated as National Volunteer Month, and it serves as a reminder that even small acts of kindness can create a ripple effect of positivity, inspiring others to join the movement of volunteerism.

Westview Meadows has a solid crew of resident volunteers who carry out various tasks that benefit all who live here. Whether it's delivering a newspaper to someone who looks forward to reading the news every morning, maintaining a garden that the entire community can enjoy, welcoming a new resident who may be worried if they will make new friends, or spearheading any number of the resident run committees, our volunteers put in a tremendous amount of work, energy, and time. We are all very grateful for the many things our volunteers do. We thank you for being so selfless with your time and for making a difference in our lives every day.

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

This month we're diving into the crunchy and versatile world of celery. Often overlooked, this green stalk is not just a crispy snack but a fantastic ingredient that can elevate your dishes. Celery is low in calories, high in fiber, and packed with vitamins K and C. Plus, it adds a refreshing crunch that can complement a variety of dishes. Whether you are munching on it raw, adding it to soups, or using it as a base for your stir-fries, celery is a powerhouse of flavor and nutrition. Celery is very versatile vegetable here's some ways I like to use it. Celery with Hummus it's a classic snack that's perfect for any time of day! Simply cut fresh celery stalks into sticks and serve them with your favorite hummus. It's not only healthy but also super satisfying. For a light and refreshing salad, combine diced celery with apple chunks, walnuts, and a drizzle of lemon juice and add over your favorite greens. Stir fried celery with Chicken is a great way to use celery in a hearty entrée. Just Slice celery into thin strips and toss it into a quick stir-fry with chicken and other veggies. Add a splash of soy sauce and ginger to amp up the flavor. Serve it over rice for a Healthy meal! Some tips to keep your celery fresh and crunchy, store it in the refrigerator wrapped in a damp paper towel or in a container with a small amount of water. This will help it retain its crispness longer! There you have it -some simple and tasty ways to incorporate celery into your meals. So, next time you're at the market, grab a bunch of celery and get cooking!

**WHO'S YOUR PERSON? WHAT'S YOUR PLAN?
START YOUR ADVANCE DIRECTIVE TODAY!**

The Vermont Ethics Network will be at Westview Meadows during Advanced Directives Week to offer an important, informational presentation. Topics covered in this presentation will include:

- Tips for having advance care planning conversations with your loved ones and clinicians.
- The tools are available to plan for your healthcare (advance directives, DNR/COLST, disease-specific addendums).
- How to complete your advance directive and other health planning documents.
 - What decisions can we make in advance directives?
 - How to use advance directives to make a plan for serious illness or end-of-life circumstances.
- How to use the Vermont Advance Directive Registry.

****Save the date- Monday, March 14th at 11am in the Main Dining Room****

