

Month in Review: A look back at April...



The silk flower arrangements came out beautiful!



Chris & Trudy entertained with some “elevator music” on April Fool’s Day



It’s hard to resist that puppy breath! Too cute for words!



Our journey ‘Back to the 50’s’ was so much fun!!



May 2025

The Meadows

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May Birthdays

Joyce P. – 6th
Reiss L. – 8th
Karla P. – 11th
Yolande C. – 20th
Fran K. – 21st
Marie T. – 22nd
Stephany S. – 22nd
Celia P. – 29th
Hailey S. – 30th

Celebrating May

Clean Air Month
Military Appreciation Month
May Day/Lei Day
May 1
Kentucky Derby
May 3
International Firefighters Day
May 4
Wildflower Week
May 4–10
Windmill Day
May 10
Mother’s Day
May 11
World No-Tobacco Day
May 31

MEET THE BOARD OF TRUSTEES



I am very pleased to introduce John LaRosa, who has been one of our valued board members for a little over a year now. John was born and raised right here in Montpelier, VT. He attended Johnson State College and UVM earning a BS in Business Economics. After graduating from college, John moved to Berlin, where he and his wife Joyce raised their 3 boys. John retired from

NICOM Coatings in 2022 after a 39-year career as VP and General Manager. Though retired, John is never bored. He has many interests and hobbies including refurbishing old wooden boats and British cars. His very first car was a '68 Triumph Spitfire, which he got when he was 16. The car is still road worthy and John still loves driving it! No wonder his favorite movie is The World’s Fastest Indian! John also gives life to antique engines (old, field or boat, steam and gas) and he enjoys building and flying model airplanes. Not to mention, John is also the general contractor for home projects at his sons’ homes, a skill that he brings to serving on our board as well. John’s #1 priority these days however, is being #1 Grandpa! He has three grandchildren and one more on the way and they bring more joy to his life than he ever thought possible. John and Joyce have 3 dogs and 2 cats, which, for the record, John said ‘no’ to all of them. Joyce, however has a pension for rescuing King Charles cavaliers, so, they’re part of the family too. John and Joyce started dating 50 years ago when John was working for Groton State Forest, then eight years ago, they bought a house on Groton Pond, close to their family’s shared camp.

John has an intimate connection with Westview Meadows, which inspired him to become a Trustee. Both of his parents (Tex & Elaine) as well as his father-in-law (Arther,) were residents here at one time so John is quite familiar with many of our long-time staff and residents. His dedication to serving on our board comes from a place of appreciation for the care that his family received. John says that when weighing life, there are two factors to consider: have I done enough for my family and have I given back enough. John, we couldn’t be more grateful to have you serving on our Board of Trustees. Thank you for your commitment to O.M. Fisher home’s residents and staff.

A MOM-ENTOUS OCCASION

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 11. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.

Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never married nor had children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

To all of the moms out there, we wish you a very happy Mother's Day!



BREATHE INTO BALANCE



Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that do not calm or soothe us. Like so

many things that improve with practice—playing an instrument, passing a football, doing your taxes—maintaining a calm and clear mind takes practice, too. Just how does one train the mind to remain calm and focused? One way is meditation. As luck would have it, May is also Meditation Month.

What is the goal of meditation? For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals at work or in the home. Still others use meditation for pain relief.

The benefits of meditation are proven and this month, we are pleased to announce that there will be a weekly Open Meditation session facilitated by Karen D's son, Rob. **Open Meditation begins on Wednesday, May 7th at 4pm in the Private Dining Room.**

LANGUAGE LEARNING

Sarah Sadowsky, MSW, LICSW

Resident & Family Services Director

It's been exciting to hear residents trying out some new language skills on Fridays at Westview Meadows with the guidance of Duolingo. Language learning offers numerous cognitive and personal benefits. It enhances cognitive functions like memory, attention span, and problem-solving skills, while also boosting creativity and decision-making abilities. It can also create opportunities for deeper social connections in your community and open doors to understanding different cultures, traditions and perspectives. Overall, there are some truly profound benefits for brain social/emotional health!

Many of you may already be familiar with this, but the Kellogg-Hubbard Library offers many adult programs, and including different language learning opportunities during the week, on a drop-in basis. The library holds a program called "Language Lounge" daily from 12:00-1:00. Monday is German, Tuesday is Italian, Wednesday is Spanish, Thursday is French, and Friday is English. All skill levels are welcome, and the format is conversational. People are invited to bring a lunch and a language dictionary if they choose. For more information, stop by Kellogg-Hubbard or visit their website site at kellogghubbard.org and go to the Programs and Events menu.

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

National asparagus month

Asparagus, a vegetable known for its unique taste and nutritional value, Asparagus boasts a rich history that stretches back thousands of years. Its journey from a wild plant to a cultivated delicacy is a testament to its enduring appeal across cultures and time. The history of asparagus begins in ancient times, with evidence suggesting its consumption as early as 3000 BC in Egypt. The Romans were particularly fond of asparagus, cultivating it extensively and even developing methods for preserving it for year-round consumption. They valued it not only for its taste but also for its purported medicinal properties. Over the centuries, asparagus cultivation techniques have evolved significantly. From basic farming practices, advancements in agricultural science have led to the development of improved varieties, more efficient farming methods, and better understanding of the plant's needs. Today, major asparagus-producing countries include China, Peru, Mexico, Germany, and the United States. In recent years, there has been a growing awareness of the health benefits of asparagus, which is rich in vitamins, minerals, and antioxidants. This has further grown its popularity, with asparagus featuring prominently in various cuisines around the world. My favorite ways to cook with asparagus are to make a Creamy Asparagus Soup: Pureed with potatoes and herbs, this soup is comforting and healthy. Asparagus with Hollandaise Sauce is Perfect for brunch or special dinners. For a healthy lunch or dinner options you can make an asparagus Salad: Combine with cherry tomatoes, feta, and a balsamic glaze. For more hearty options make a crunchy asparagus Pizza with roasted asparagus spears for a fresh twist or a Wrap with Asparagus: Roll with turkey and cheese in whole-wheat wraps. Cooking with asparagus is endless and your imagination can take over!

MORE THAN MARGARITAS

Cinco de Mayo—which is Spanish for "Fifth of May"—is often a cause for celebration among Mexicans and most anyone else interested in Mexican food, drink, and music. Some less-informed revelers will claim Cinco de Mayo as the day of Mexico's independence. Those in the know will tell you it celebrates the Mexican army's 1862 victory over the French at the Battle of Puebla, led by General Zaragoza.

In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated the French. Six years later, France withdrew its claim on the country. But it was this May 5 David-versus-Goliath moment that instilled a new sense of patriotism and national pride in the young country of Mexico.

Starting at 1pm on Monday, May 5th, you'll have the chance to experience a bit of authentic Mexican culture while we set forth on our next Armchair Travel experience. And the best part? You don't even need to pack a bag! We'll show a travel documentary on the top 10 destinations in Mexico and afterwards you can try a churro and relax with...you guessed it...a margarita!!!

"Keeping the Keys" Workshop with AAA of New England



Friday, May 16th at 1pm
Main Dining Room

Keeping the Keys is a workshop designed to help keep senior drivers on the road for as long as safely possible.

Workshop topics include:

- How driving changes with age
- How to safely adapt driving
- How medications may impact driving
- Vehicle safety, comfort, and fit
- Resources to extend driving career

