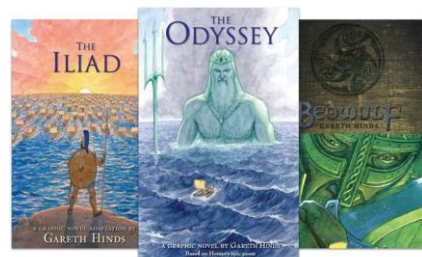


Month in Review: A look back at May...

It was a beautiful day to frolic around the May Pole!!



Gareth H.'s presentation was sensational! What an extremely talented artist and storyteller.



Margaritas and churros were the perfect way to celebrate on Cinco de Mayo!



There was some good competition during cornhole!



The Balloon & Noodle Game is great exercise *and* great fun!



June 2025

The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
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JUNE BIRTHDAYS

Charles H. – 1st
Claudia L. O. – 7th
Melanie N. – 18th
Xiomara B. – 18th
Susan S. – 21st
Deven S. – 27th
Amalia D. – 27th
Lauren P. – 29th

CELEBRATING JUNE

Fireworks Safety Month
Women's Golf Month
Great Outdoors Month
Say Something Nice Day

June 1

Turtle Races Day

June 7

Yarn Bombing Day

June 11

Old Time Fiddlers Week

June 16–21

International Sushi Day

June 18

Flip-Flop Day

June 20

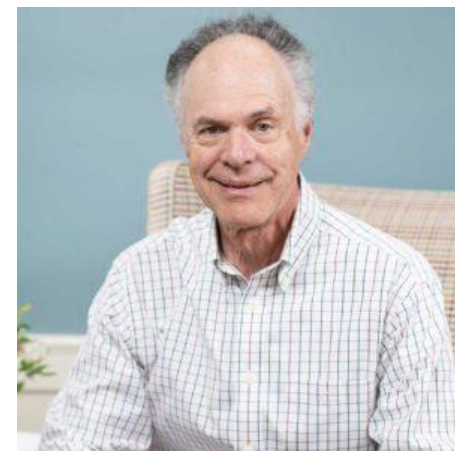
Lightning Safety Awareness Week

June 22–28

Day of the Seafarer

June 25

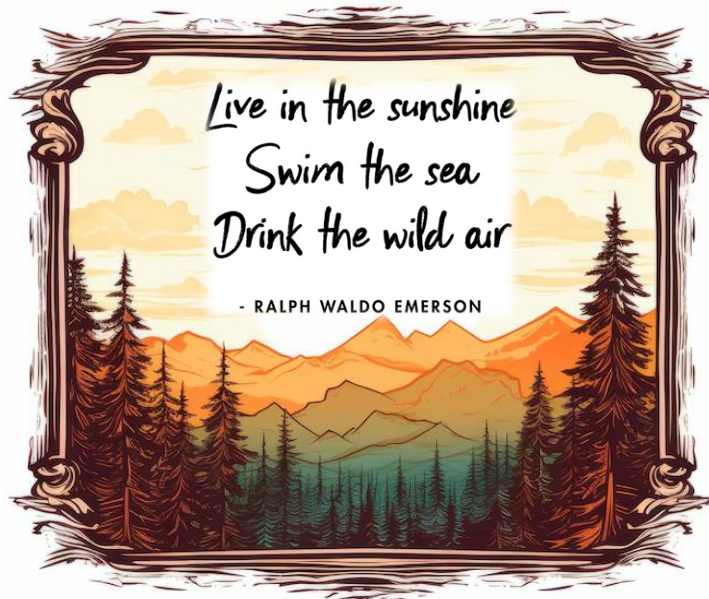
MEET THE BOARD OF TRUSTEES



This month the spotlight is on one of our longest serving board members, Jim McQuestion. Jim was born in Northampton, MA and it was a job offer at National Life that brought him to Vermont. After a long career in their Law Department, he is now happily retired alongside his wife, Agathe. Jim and Agathe have a daughter, Camilla who currently lives in Bend, OR and works seasonally, either training

dogs or teaching classic cross-country skiing and skating. Jim spends his free time walking/hiking and tries to get out every nice day that he can. Jim strives to enjoy what each day brings and he often explores the trails through Hubbard Park along with other local places in the Montpelier area. He recalls a trip they took to Acadia National Park to do some hiking and he says there's nothing like standing on top of a mountain and being able to see the ocean. Jim is also an avid supporter of the Savoy Theater and appreciates the varied menu of shows they offer.

Jim brings a wealth of knowledge to his service as Secretary on our Board of Trustees. From his time working as a lawyer and corporate secretary, he is quite familiar with legal matters governance. In fact, if you have any questions about our by-laws, Jim is likely the most knowledgeable fellow on the subject. It's important to Jim to at least in the best way he can, make a contribution to society. He also enjoys the interactions with other board members and affirms that they are a great group of individuals. Jim's connection to Westview Meadows goes back to a time when his mother-in-law was suffering health issues and couldn't live on her own anymore. He and his wife agreed to move her to Vermont to be closer to them. Coincidentally the Residential Care community at Westview Meadows had just opened up, so they decided to "move Mom in." I'm not sure if Jim learned this right off the bat, or if it took some time, but he states "Westview Meadows is special," and I have to agree with him there. Thank you, Jim, for serving on our board for the past 11 years! We truly appreciate your dedication, time, and knowledge.



THE TRADITION OF THE JUNE BRIDE

Many sources say that the tradition of the June bride actually began in ancient Roman times. The month of June is named for the Roman goddess Juno. Juno, wife of Jupiter, was not only thought of in connection with feminine vitality, fertility and considered a protectress of Roman women, but also considered the equivalent of Hera, the Greek goddess of love and marriage.

It is also often cited that the popularity of a June wedding in European tradition is because bathing was much less frequent during middle-ages than in modern times. During this time period bathing was thought by many to increase the chance of disease so nobility tended to only bathe monthly or a few times a year. The peasant class might only bathe once a year, if that often and that bath usually happened in late spring. So, it made sense to marry in June because people would have smelled better for their weddings. Brides also carried bouquets of fragrant herbs and flowers to help keep everything smelling sweet. Luckily, bathing came into vogue during the eighteenth century, but the tradition of carrying flowers was carried on.

You may have already guessed that our theme this month is weddings: the momentous occasion that links two lives together. We are going to showcase resident and staff wedding photos throughout the Main Dining Room this month, so bring your wedding photos to Lauren or Carrie and they will scan and print them.

We are also going to have a very special **Show & Tell on Tuesday, June 24th at 1:30pm**, where we'd love for you to bring a photo, story, or memento from your wedding to share with the group.

STAFF SPOTLIGHT

This month, we're excited to shine a spotlight on our Resident Care Director at The Gary Residence, Lindsay Gerrish. Lindsay has been in this role for just over a year, and her dedication to ensuring smooth and compassionate healthcare operations has made a meaningful impact on our community.



A Barre native, Lindsay brings a strong sense of local pride and personal warmth to her work. She is currently engaged to her long-time partner of 13 years, and together they share an adorable 8-month-old son, Irving. The name "Irving" is a heartfelt tribute to

Lindsay's grandfather, whose influence inspired both the name and her decision to pursue a career in nursing. Thanks to Grandpa Irving, we're fortunate to experience Lindsay's kindness, professionalism, and commitment every day at The Gary Residence.

Lindsay's favorite part of working at The Gary Residence is the opportunity to form genuine connections with residents and their families. She also deeply values the incredible team she works with, praising her colleagues for their compassion and dedication.

Outside of work, Lindsay is an avid animal lover. Her at-home menagerie includes a tortoise named Pachio, two bearded dragons (Marley and Arpie), a cat named Miss Kitty, and three axolotls: Wilmy, Lee, and Honey. (If you've never seen an axolotl before, be sure to ask Lindsay for a photo, they're absolutely adorable!)

Her idea of a perfect day? Expressing her creativity through coloring and painting, curling up with a good book, and maybe watching her favorite movie Titanic. Add in savoring a black diamond steak and being surrounded by her favorite color, pink, and it's the ultimate day of relaxation.

We are so grateful for the passion and dedication Lindsay brings to The Gary Residence each day. Her ongoing commitment to learning and excellence in nursing is inspiring, and we already think she's nothing short of amazing.



Open Discussion with Vermont Legal Aid

Wednesday, June 18th at 2:30pm
Main Dining Room

Join representative Dawn D. from Vermont Legal Aid for an opportunity to learn about the services they offer, how they help, and who they help. She will discuss the Long-Term Care Ombudsman Project and how they work to promote the rights of Vermonters receiving long-term care services.

Light refreshments will be served!

THANK YOU WESTVIEW MEADOWS NURSING TEAM

Nursing is our Nation's largest healthcare profession, with an estimated 4.3 million actively licensed registered nurses. Nurses have shown an unwavering commitment to those in need, serving others and providing hope, help, and healing during times of crisis. On May 6th we recognized Olivia P. for her role as our Resident Care Director, as well as our LPNs Mary Francis O. and Hailey S. This month we want to give a shoutout to the dedicated crew of staff supporting them.

National Nursing Assistants Week in 2025 is observed from June 12th to June 18th. This is an annual event to celebrate and recognize the vital role of Certified Nursing Assistants (CNAs) in healthcare. The history of National CNA Week dates back to the establishment of the National Network of Career Nursing Assistants (NNCNA). The NNCNA was founded in 1977 by Laurie J. White to advocate for the recognition, education, and advancement of nursing assistants as a vital part of the healthcare workforce.

At Westview Meadows, we have a group of outstanding individuals that make up our nursing team. Over and over, whether it's a pandemic, flood, or other emergency, whenever they are called upon, they step up and no matter what, continue providing high quality care to our residents. We could not ask for a better assembly of professionals so *thank you all*, for your dedication, compassion, and the assistance you provide for our residents.

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

Cucumbers have been around for a long time, and their history is pretty interesting! These crispy, refreshing veggies trace their roots back over 3,000 years to India, where they were most likely first cultivated. Ancient records show that cucumbers were a popular food in many civilizations, including the Egyptians, who loved them so much that they even carved them into their tombs for the afterlife. Fast forward a bit, and during the time of the Greeks and Romans, cucumbers really started to spread. They were cultivated across Europe and were a common part of the diet. In the Middle Ages, cucumbers made their way to England and were a staple in both gardens and kitchens. They were originally grown in gardens as valuable fresh food, but over time, the types of cucumbers multiplied and different varieties began to take shape. Fast forward to the 19th century, and cucumbers were gaining popularity in the United States, too. They became a pickling favorite, leading to classic dishes like dill pickles that we still enjoy today. Today, cucumbers are grown all over the world and come in a variety of shapes and sizes, from the standard long green ones to the adorable little Persian cucumbers. Whether they're being tossed in a salad, pickled, or blended into a refreshing drink, these cool veggies have certainly made their mark throughout history. So next time you crunch into a cucumber, remember you're enjoying a little slice of history!



Strawberry Shortcake Social Tuesday, June 17th at 2pm

Come to the Main Dining Room
and enjoy the perfect
summertime treat, made with
fresh, local strawberries!