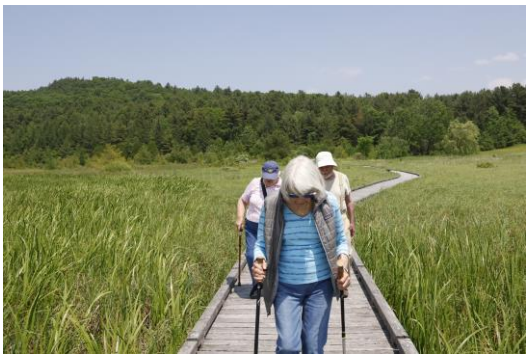




We had a beautiful day for our excursion to Raven Ridge!



On our 251 Club Trip to Isle la Motte, we met a wonderful lady who told us about the Goodsell Ridge Fossil Preserve.



Strawberry shortcake really *IS* the perfect summertime treat!

What a delight to see all these wedding photos! Thank you to all those that shared!



A group of folks from Residential Care met up with their friend, Dawn for a picnic at Elmore State Park.



The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
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JULY BIRTHDAYS!

- Lisa P. – 5th
- Fran M. – 12th***
- Hannah M. – 16th
- Reina O. – 16th
- Gordon O. – 17th***
- Harriet G. – 19th***
- Robert D. – 24th
- Kendi H. – 26th
- Lynn M. – 29th

CELEBRATING JULY

- Grilling Month**
- Family Reunion Month**
- Share a Sunset with Someone**
- You Love Month**
- Canada Day**
July 1
- Tom Sawyer Days**
July 1–5
- Independence Day**
July 4
- Collector Car**
- Appreciation Day and**
- Cheer Up the Lonely Day**
July 11
- Everybody Deserves a**
- Massage Week**
July 13–19
- Moon Day**
July 20
- Hammock Day**
July 22
- Paperback Book Day**
July 30

MEET THE BOARD OF TRUSTEES



This month we are featuring Gloria Rice in our Board Member Spotlight. Gloria was born in San Diego, grew up in Oregon, went to college in Massachusetts, law school in Ohio, then finally settled here in Vermont after meeting and marrying Bill, a native of the state. Gloria and Bill have two kids. Their son lives in Essex Junction so they see get to see him quite often, and their daughter lives in Western Massachusetts. Fortunately, it's a

relatively easy drive to visit because they relish the opportunity to see their two grandkids. Gloria and Bill also have a cat named Abby, who was originally a Westview Meadows house cat while Bill's mother was a resident here. After Bill's mother passed away in 2015, Abby went to live with them. Gloria reports that Abby is a wonderful girl and is happy and healthy!

Gloria is currently the co-owner of Rice & Riley, a law firm in Montpelier. It is a continuation of a firm that she began working at in 1980. She specializes in residential real estate and although she's been thinking about retiring, she's not ready yet. She genuinely likes her work and wants to continue doing it for a bit longer. When she's not working, Gloria enjoys listening to live music. She often attends concerts in Burlington, especially during the summer season when they are outdoors. She also likes traveling and over this past winter while visiting Thailand, she found she had a great liking for the food!

While Gloria's mother-in-law was a resident here, Gloria became quite familiar with our organization, and liked what she saw. She says that she's always been impressed with how well-run Westview Meadows is. With a background in law and finances, she brings a wealth of knowledge to her service on our Board of Trustees. She enjoys the people she collaborates with and truly loves talking with residents when she has the opportunity to. Gloria feels it's important to explore the world with curiosity and learn about what is happening around her. This has allowed her to gain a greater understanding of the people she's met along the way. Gloria, we very much appreciate the time you dedicate to O.M. Fisher Home, Inc., and we thank you for your part in keeping our communities flourishing.



Westview Meadows Presents
COWBOY POET MARK MUNZERT



**Tuesday, July 22nd at 1:30pm
Main Dining Room**

Poetic parlance & rhymical recitin' to make you smile, laugh, tear-up, & ponder. Mark tells the stories & lessons of cowboy life, characters & character, tragedy & triumph. Enjoy y'all.

Int'l Western Music Association 2024 Poet

WANTED

All Cowboys & Cowgirls
We need us a posse for some line dancing at an old-fashioned hoedown!
Round Up is on Tuesday, July 22nd at 2:30pm in the Main Dinin' Room
We'd sure be obliged if you'd join us in your jeans & western duds, so y'all mosey on over for a Rootin'-tootin' good time & lots of good grub.
Yee-haw!!!



REWARD

**Forestry for the Birds:
Growing Habitat, Growing Hope**

A fresh look at how smart forestry protects wildlife & our world

Tuesday, July 29th at 2pm
Main Dining Room



Join us to learn how Vermont Land Trust incorporates an innovative forest stewardship program to strengthen and protect Vermont's role as a globally significant breeding ground for migratory songbirds. Caitlin Cusack, a VLT forester, and the first licensed for Audubon's Foresters for the Birds program, will "walk us through the woods," to learn more about the forestry practices that allow birds to flourish in the forests across Vermont.

MEET YOUR NEIGHBOR



Karen D. is a recent addition to our Independent Living community and has been settling in, getting to know her new neighbors. Karen was born in New York City and recalls the joy of growing up there, playing outside with

her sister and friends. She married when she was 20 years old and shortly after had three children. Over the years Karen and her family lived in Savannah, GA and later Shaker Heights, OH. Karen cherished the years raising her children, watching them grow into adults. Her daughter, Terri currently lives in Marietta, GA and is an event planner, specifically afternoon teas. Her son Marc is married and has 2 children, Mio & Noah and they live in Arlington, VA. Karen's other son, Rob lives locally in Montpelier, and is an artist. Some of you may have met

**FROM THE EXECUTIVE CHEF
DEVEN SIERGIEY**

National Eggplant Month

As we age, maintaining a healthy diet becomes increasingly important. One versatile and nutritious vegetable that can enhance your meals is eggplant. Its unique flavor and texture make it an excellent choice for a variety of dishes. Here we'll look into the benefits of eggplant and ways to prepare it. Eggplants, also known as aubergines, are low in calories and rich in fiber. This makes them a fantastic option for those looking to manage their weight or improve digestive health. They are also packed with antioxidants, especially nasunin, which is found in the skin. Nasunin has been shown to protect brain cells and support overall cognitive function. Furthermore, eggplants contain essential vitamins and minerals, such as vitamin C, vitamin K, and potassium, contributing to a balanced diet. It's important to know how to prepare eggplants properly. Start by selecting firm, shiny eggplants without blemishes. Once at home, wash them gently under cool water and slice off the stem. Depending on the recipe, you may want to peel the eggplant or leave the skin intact for added nutrients and texture. When preparing to cook, it's often recommended to sprinkle the eggplant with salt and let it sit for about 30 minutes. This process draws out excess moisture and bitterness, resulting in a more flavorful dish. Eggplant's adaptability and robust flavor can enhance many recipes, making it an excellent addition to an older adult's diet. Whether baked, stuffed, or stir-fried, eggplants provide a wonderful opportunity to explore new flavors while reaping health benefits. So next time you're in the produce aisle or your garden, don't overlook this delightful vegetable!

Rob as he has been leading a guided meditation group on Wednesday afternoons here at Westview Meadows.

Karen has enjoyed many travels, including areas of Japan, the Middle East, Europe, and 4 countries in Africa. Still quite active these days, she's joined Westview's 251 Club and continues to hike as much as she's able. Karen, it's been a delight getting to know you and we're so happy to have you as part of our community.

STAFF SPOTLIGHT

Sara Billings joined our team this month as our new Resident & Family Services Director. Sara grew up in Richmond, VT and currently lives in East Montpelier. She and her husband, Ross are foster parents to a 2 year old girl. They also have a feisty cat named Princess Cranberry. Sara keeps busy, spending much of her free time working on home improvement projects. She always carves out time however, for daily walks on local Vermont trails and spending quality time with her family. Although she's only been working at Westview Meadows for a short time, she notes the genuine rapport between residents and staff. Sara believes it's important to put out into the world what you'd like to receive back, so she strives to project positivity. Sara has a long history in the field of mental health since receiving her bachelor's degree in



psychology from Gettysburg College in 2009, and has a passion for advocacy, helping individuals reach their own unique goals, and supporting vulnerable Vermonters across the lifespan. This passion led to her pursuing further education and she now holds a master's degree in Clinical Mental Health Counseling. Sara, we are all glad you've decided to join our team and we're looking forward to getting to know you better! Welcome!