

The flowers in the community garden are simply breathtaking!



Our 251 Club visited the Groton Nature Center and had a picnic at Boulder Beach. It was a lovely day!



We had quite a turnout for our homemade ice cream social! What flavor should we try next time?...I'm open to suggestions...

These ladies have been taking advantage of the beautiful weather with an afternoon stroll.



Sarah from the Magic Bean Farm brought fresh blooms for flower arrangements and they came out stunning!



September 2025

The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
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September Birthdays

Alban R. ~ 4th

Grace T. ~ 16th

Eric O. ~ 20th

Sawyer E. ~ 27th

Karen D. ~ 29th

Celebrating September Intergeneration Month World Alzheimer's Month

Labor Day

September 1

Eat an Extra Dessert Day

September 4

**International Day of
Charity**

September 5

Bald Is Beautiful Day

September 13

Balance Awareness Week

September 14–20

Respect Day

September 18

Centenarian's Day

September 22

**Women's Health
and Fitness Day**

September 23

Good Neighbor Day

September 28

BOARD MEMBER SPOTLIGHT



Our featured board member this month is Claudia Brousseau. Claudia is originally from Montpelier but now lives in Virginia with her two pups, Luke and Lola. Her daughter, Lauren, lives in Maine and is a paralegal at a law firm. Claudia holds a Bachelor's Degree from

Norwich University and a Master's Degree from Golden Gate University. She is a Certified Public Accountant and telecommutes for work in Essex, VT. In her down time, Claudia likes to ride her e-bike, knit, sew, and she especially enjoys walking. Claudia is also an excellent cook! She often starts out following a recipe and then in experimental fashion, she adds her own personal touch to give the meal her own flare. Claudia serves as the Treasurer on our Board of Trustees and she plays a large role in keeping our three facilities financially stable. It has always been important to Claudia to feel like she is making a positive impact on the world around her and serving on our Board feels like a worthwhile investment of her time. She strongly believes that O.M. Fisher Home is a great organization and is proud to play a part in maintaining its longevity. Claudia strives to be true and kind, someone good in a world with many evils. Westview Meadows is fortunate to have had such a dedicated person serving on our board for the past 11 years. Claudia, thank you for your continued support and commitment to our residents and staff.



MEET YOUR NEIGHBOR



We recently welcomed Linda K. to our Independent Living Community and she is truly embracing all that Westview Meadows has to offer its residents. From being able

to relax in her sunny apartment to strolling through our lovely grounds, the various activities, and scrumptious food, Linda has been taking it all in. She really likes the community spirit and has been enjoying getting to know her new neighbors, hearing about their background and life experiences has been very interesting for her. Linda herself was born in Bridgeport, CT and when she was a young girl her family moved to Gilmanton, N.H. Linda went from attending a double session school to a 3-room school house, which was quite a change! As a kid she remembers climbing trees, roller skating, walking to friends’ houses, and playing outside at night. She knew the day’s play was over when Mom blew the whistle to call everyone home. Linda loved to spend time gardening with her mom and she also recalls the many visits to her grandparent’s home where the aroma from homemade soup or Italian gravy would permeate her senses and leave her anticipating mealtime.

Linda met her future husband at a ski club in Hartford, CT. He taught her how to ski (she laughs recalling how patient he was!) During this time Linda was working at Mt. Sinai Hospital, also in Hartford, CT. After 5 years in suburbia, they decided to move north, to ski, and also to be more self-sufficient while living off the land. They searched the VT state map for a ski area in a small community. They landed in Burke, right across the valley from Burke Mt. Ski Area. It was perfect! During this time Linda and her husband were part of the “back to land” movement in the ‘70s. They raised all their own food, which included sheep, chickens, pigs, and turkeys. They had a 3-sided sheep barn, a huge garden, and a sugar stand where they tapped their own trees for maple syrup. Back then there was no YouTube or Google, so they learned how to do everything from neighbors, books,

HOUSEKEEPER APPRECIATION WEEK

We’d like to acknowledge the exceptional effort of our housekeeping staff don September 9th. Telia is our Housekeeping Supervisor, primarily working in Residential Care, but she goes wherever she is needed. She is a gem! Not only is she diligent in her effort to maintain a high standard of cleanliness for our residents, she is also genuinely thoughtful towards everyone.

We are also very lucky to have Melanie as the Housekeeper for our Independent Living community. Melanie’s sweet nature has won the hearts of all our residents. Thank you, Telia and Melanie, for making Westview Meadows shine.



and just plain trial and error. One of Linda’s greatest joys was opening the gates on the big pen in springtime the and watching all of the sheep “jump for joy” as they headed out to pasture. Linda’s primary vocation was as school nurse in Burke, VT. She attended 3 years at N.H.

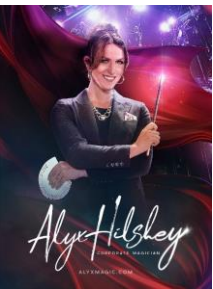
Hospital in Concord to obtain her RN degree, as well as 2 years at Maine Medical where she received an external degree B.S. Once settled in Burke, Linda accepted the role of school Nurse and *loved it!* She knew all of the families in her new community and watched their kids grow and become wonderful adults. She was the medical mother to 325 children in Burke! Linda and her husband did also raise 3 of their own children during this time- 2 girls and one boy. Needless to say, Linda had her hands full, and loved all of it.

Linda, your zest for life and joy to be a part of our community are palpable. We’re so happy that you’ve decided to make Westview Meadows your home and we all look forward to getting to know you more in the coming months.

Alyx the Magician

Wednesday, September 10th
at 11am

Main Dining Room



Vermont Magician Alyx Hilshey left us scratching our heads after her last magic show. She is returning to Westview Meadows to “wow” us once again! Alyx is a comedy entertainer and sleight of hand expert! Her stand-up magic show is entertaining, engaging, and *fun!* You won’t want to miss it!

CHEF APPRECIATION WEEK IS
SEPTEMBER 7TH – 14TH

This month we’d also like to shout out to our Cooks for always preparing delicious, healthy meals that keep our residents’ bellies full and satisfied. As the Executive Chef, Deven faces the challenge of creating menus that are equally nutritionally balanced, and enticing to eat. He steadily manages to encompass both. With the support of our Cooks, Chris and Holli, the kitchen at Westview Meadows can be counted on to consistently create culinary delights. From the monthly birthday cake to Residential Care’s afternoon snacks, their devotion to food preparation is phenomenal. They are the behind-the-scenes talent that provide meals everyone appreciates! Thank you, Deven, Chris, and Holli for keeping everyone so well fed!

“A recipe has no soul. You as the cook must bring soul to the recipe.”
-American chef Thomas Keller



FROM THE EXECUTIVE CHEF
DEVEN SIERGIEY

Sourdough bread is more than just a culinary delight; it embodies a rich history that spans thousands of years and has become a beloved staple in kitchens around the world. This unique bread is characterized by its tangy flavor and chewy texture, brought to life through the slow fermentation process involving natural yeast and lactic acid bacteria. For those embarking on the journey of cooking with sourdough, understanding its history and techniques is essential for creating delicious loaves that echo centuries of tradition. The roots of sourdough can be traced back to ancient civilizations. Archaeological evidence suggests that sourdough fermentation began in the Fertile Crescent around 6,000 BC, contributing to the earliest forms of bread making. Unlike modern bread, which uses commercial yeast, sourdough relies on wild yeast present in the environment and the flour used in the process, resulting in a distinct flavor profile and texture. This ancient method of leavening bread allowed our ancestors to produce loaves that were not only nourishing but also hearty enough to last for days. As cultures evolved, so did sourdough recipes and techniques. In Ancient Egypt, for instance, bakers quickly realized that allowing dough to ferment naturally would yield a bread that was lighter and more palatable. The Greeks adopted this technique and introduced sourdough to other parts of Europe, where different regions began developing their unique adaptations. The famous San Francisco sourdough, for example, is known for its particularly tangy flavor, which is a result of the unique strain of lactobacillus found in the region. For those looking to dive into the world of sourdough cooking, the first step is creating a starter. This “mother” of sourdough is cultivated by mixing flour and water and allowing it to ferment over several days, fostering a diverse colony of wild yeast. Once your starter is bubbly and active, you’re ready to begin the bread-making process. Sourdough bread involves mixing flour, water, salt, and the active starter, followed by a series of stretch and fold techniques that develop gluten. Fermentation is where the magic happens. After mixing, the dough needs to rise slowly—sometimes for several hours or even overnight—allowing the flavors to develop. Once the dough has doubled in size, it is shaped and left to proof again before being baked in a hot oven, ideally with steam to create a crisp crust and then you enjoy!

“Let your life lightly dance on the edges of Time like dew on the top of a leaf.”

— Rabindranath Tagore