



Alyx the Magician gave another stellar performance that had residents and staff laughing and scratching our heads!

We'd heard a lot of hype about the creemees at Red Hen, so we had to try one for ourselves...they did NOT disappoint!



Our annual visit to Pease Farm Stables continues to be to be a very special experience. Marie sang to the horses this year and Jeanne never misses the opportunity to hug a horse!



The Meadows

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October Birthdays

Joanne C. ~ 1st

Marvin A. ~ 4th

Olivia P. ~ 5th

Melitta M. ~ 9th

Bill B. ~ 10th

Ana Paula C. 27th

Katherine P. ~ 31st

Celebrating October

Ergonomics Month

Organize Your Medical

Information Month

Cookbook Month

Balloons Around the

World Day

October 1

James Bond Day

October 5

World Day of Architecture

October 6

Pet Peeve Week

October 12-18

Train Your Brain Day

October 13

Chemistry Week

October 19-25

Count Your Buttons Day

October 21

International Artists Day

October 25

Halloween

October 31

BOARD MEMBER SPOTLIGHT



This month I'd like to introduce Kaj Samsom, who has been serving as one of the Trustees on our Board since June. Kaj grew up in Killington, VT and later attended the University of Vermont, earning his Bachelor's Degree in Plant & Soil Science as well as his Master's in Public Administration. He opted to take a few extra classes so that he could pass his CPA exam, then started working for an

accounting firm in South Burlington. He has served as chief auditor for the National Life Insurance Group and also as Vermont's Tax Commissioner. Kaj's extensive experience, working at various roles and capacities, in both local and state government, led to him being appointed as the Commissioner of the Vermont Department of Financial Regulation by Gov. Phil Scott in April of this year.

Kaj lives locally with his wife Lisa and they just celebrated their 25th wedding anniversary. They have two daughters, one who currently works at the University of Vermont and the other is attending Bryant University. Kaj also has two indoor kitty cats. When Kaj is not in the office, he loves to spend time outdoors. He enjoys fishing, hunting, hiking, camping, and of course, skiing. If you guessed that Killington is his favorite place to ski, you're right!

Kaj can almost see The Gary Residence from his home and his office is on the corner of State and Main, so he walks by The Gary Residence every day. He says our communities are ever present on his mind. His motivation to serve on our Board of Trustees stems from his parents' experiences. He's seen the different ends of the spectrum as people age and he's proud to be volunteering for a non-profit that allows individuals to retire with dignity and safety.

Kaj is a funny guy, quite the jokester actually. He brings a lightness to serious situations which helps make people feel at ease. His background brings immeasurable expertise to our Board and we are very lucky to have his input on financial and insurance issues that arise. Kaj, we'd like to extend a very heartfelt thank you for taking an interest in O.M. Fisher Home's communities. Your time and dedication truly make a difference in the lives of both the residents who live here and the staff who work here.

MEET YOUR NEIGHBOR



Last month we welcomed Sharon Wilson to our Independent Living Community. Sharon was born in Ventura, CA and grew up in New York City. She went to High School at St. Mary's in the Mountains in New Hampshire then attended Connecticut College. Sharon spent 30 years working for the State of

Connecticut in their Human Resources department. Sharon has a daughter who lives in Connecticut and teaches middle school life science. She also has a son who lives in Virginia and works for the federal government's Department of Education. Sharon also has 5 grandchildren that she adores. In addition to her family, Sharon also holds dear, her friends. She also treasures living in Vermont and being close to nature. Although she has not been living at Westview Meadows for very long, Sharon is impressed at how friendly and welcoming everyone is, both residents and staff. She also appreciates how everything here is set up to make living easy for a senior population. Sharon, we wish you a very warm welcome to Westview Meadows!

Flu & COVID-19 Vaccine Clinic

Friday, October 10th from
9:30-10:30am
Main Dining Room



Let's get Spooky!



Don't miss this year's Halloween Party & Costume Contest on **Friday, October 31st at 2pm in the Main Dining Room**. There will be ghoulish fun, creepy snacks, and wicked prizes.



It promises to be a terrifyingly good time!

HEALTHCARE FOODSERVICE WORKERS WEEK

This year we recognize all of our wonderful foodservice workers during the week of October 5th-11th. Among the staff at Westview Meadows this includes:

Xiomara B. - Dining Room Manager
Rowan B. - Waitstaff
Amber C. - Kitchen Utility Worker
James Ashley C. - Waitstaff
Maisy C. - Waitstaff
Layla C. - Waitstaff
Robert D. - Dishwasher
Sawyer E. - Waitstaff
Reiss F. - Waitstaff
Abigail G. - Waitstaff
Christina G. - Dining Room Manager
Christopher M. - Cook
Reina O. - Dishwasher
Karla P. - Waitstaff
Celia P. - Dining Services Coordinator
Holli S. - Cook
Deven S. - Executive Chef
Ana Paula V. - Dishwasher

A very huge thank you to all of you! Your contribution to the dining experience at Westview Meadows makes it pleasurable and satisfying for our residents.

VISION MONTPELIER



A Resilient and Healthy Community
BY DESIGN

Design Workshop

Friday, October 24th

1:30 – 3:30 pm

Main Dining Room

All materials provided

Consider your ideas! Get help drawing or collaging them!
Recreation – Community Spaces – Housing – Gardens & Agriculture
Every idea is a good one!

This is an exciting opportunity for *everyone* in Montpelier to develop and share ideas for what our new neighborhood –

Country Club Road – could look like.

Sign up sheet is located under the 1st floor bulletin board! Or drop in! Learn more here:



STAFF SPOTLIGHT



We are featuring Ryan K. in our Staff Spotlight this month. Ryan is our new Maintenance Assistant and has been at his role for about two months. He is a native of the state, having been born in Corinth and now living in Barre. Ryan and his partner have a 16-month

old daughter. Ryan also raises his two wonderful step-children as if they were his own. In addition to spending time with his family, Ryan also loves to ride his motorcycle, play guitar, and go to sporting events. He follows the Philadelphia Eagles and he's also part of a bowling league. Ryan embraces the belief that each day should be lived to the fullest. He strives to be present in the moment without the worry of tomorrow. Since starting here, Ryan has appreciated the atmosphere and the character of both residents and staff. We are very glad to have you on the team, Ryan! Thanks for all that you do!

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

Pizza, a universally adored dish, has quite a fascinating history that reflects the cultural evolution of humanity's culinary preferences. It's simple yet gratifying combination of dough, sauce, cheese, and toppings has captivated food lovers across the globe. But where did this delightful dish originate? The roots of pizza can be traced back to ancient civilizations. In fact, something resembling pizza can be found as far back as the Greeks and Romans, who baked flatbreads topped with various ingredients. The Greeks, for instance, enjoyed a dish called "plakous," which consisted of a flatbread topped with herbs, onion, and garlic. Similar practices were noted among the Romans, who topped their flatbreads with different items like olive oil and spices, showcasing early forms of what would eventually evolve into pizza. However, the true birthplace of modern pizza is, without a doubt, Naples, Italy. In the late 18th century, the working-class citizens of Naples began to create their own unique versions of flatbreads. They topped these with tomatoes, which had recently been brought to Europe from the Americas. Contrary to popular belief, tomatoes were initially thought to be poisonous, but once their edibility was discovered, they quickly became a staple in Italian cooking. The combination of pizza dough and tomatoes soon caught on, along with other ingredients like mozzarella cheese and basil, giving birth to the now-iconic Margherita pizza. The late 19th and early 20th centuries saw significant growth in the popularity of pizza, particularly in the United States. Italian immigrants brought their culinary traditions with them, introducing pizza to American palates. The first pizzeria in the United States, Lombardi's, opened in New York City in 1905 and quickly became a go-to spot for delicious, hot pizza. As the years passed, the dish evolved with regional variations emerging—think Chicago deep-dish and New York-style slices. Each version tells a different story of the cultural influences and preferences of its patrons. Today, pizza is more than just food; it's a cultural phenomenon. It has inspired numerous styles, from gourmet creations with inventive toppings to vegan and gluten-free options, making it accessible to almost everyone. Global chains and local pizzerias alike craft unique takes on this beloved dish, all while remaining rooted in a rich history that spans centuries. From its humble beginnings in ancient civilizations to its place in contemporary cuisine, pizza is a testament to our enduring love for food. So, the next time you savor a slice, take a moment to appreciate its remarkable journey—a delicious story that continues to unfold with every bite.