

Roger the Dog, The Cutest Pumpkin Ever, Tillie the Flapper,
& Dr. Pepper were this year's costume contest winners.



So fun to see some of our
Residential Care folks do
the polka at our Oktoberfest
celebration!



We had some very creative
pumpkin painters this year!

Thank you, Eric, for leading
the tour of Hope Cemetery!



A couple of residents attended
the Vision Montpelier Design
Contest workshop. They were
hard at work developing their
vision for hours!

It was a great gathering for Dot
A's going away party!



The Meadows

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November Birthdays

Kathy C. ~ 1st
Sara B. ~ 4th
Tom P. ~ 5th
Claire F. ~ 7th
Pamela F. ~ 9th
Maisy C. ~ 12th
Sarah F. ~ 18th
Telia U. ~ 19th
Judy C. ~ 20th
Jeanne C. ~ 23rd
Catherine S. ~ 25th

CELEBRATING NOVEMBER

Aviation History Month
Sleep Comfort Month
Novel Writing Month
**Marooned Without a
Compass Day**

November 6
Nurse Practitioner Week
November 9-15
World Kindness Day
November 13
Homemade Bread Day
November 17
International Men's Day
November 19
**Celebrate Your Unique
Talent Day**
November 24
Thanksgiving Day (U. S.)
November 27

LATE SEPTEMBER AT WESTVIEW

Written by Jeanne C.

Early mornings are cool now, and foggy. This is the time of day the foliage is most beautiful, I think. Yellow and red trees emerge from the gray fog, subtle and very still. An impressionist painting outside my window.



Later, after the fog clears, I walk outside on a day that could not be any more perfect. There's a nip in the air, a harbinger of the weather to come, but today, the sun is bright, the air is clean and clear and crispy as we Vermonters say. A gentle breeze has come up. Dry leaves float from the trees, skitter around my feet and crunch when I step on

them. I smell the autumn – a very dry, deep sweetness, a gift from the dying leaves and grasses and blossoms. This smell, more than anything about autumn, always provokes a certain melancholy in me. Not sadness, exactly, but acute awareness of change.

The path circles a small pond, and I walk around and around it. On the east side, the grass is still green. This area is carefully tended, with tree and bush plantings, raised flower beds tended by residents, and even a fenced in garden still lush with daisies, sunflowers, bright orange nasturtiums and a stately row of pole beans, whose ancestral seeds were brought from Italy by Catherine's distant relatives. A copse of dwarf blue Arctic willows looks soft enough to sink my arms into.

But I prefer the west side of the pond, where the path meets the meadow. There is a wild abundance of natural beauty here. Huge swaths of switchgrass line the path, almost as tall as I am, and when a breeze catches it, it dances in the sun. Here, in one spot on the meadow side of the path, the grass has been matted down to the ground, as if a deer has fashioned a bed in the meadow. A meadow bed. I like that.



The meadow grass has turned brown and dry, but here and there I see clumps of purple atop tall stems. When I bend close, I see each clump contains a bouquet of tiny blossoms with impossibly delicate purple petals surrounding a yellow center. They look so fragile, yet stand brilliant among the dying grasses. Solitary stalks of goldenrod make me sneeze.

(Continued on the following page)

MEET YOUR NEIGHBOR



I'd like to extend a warm welcome to one of the newest members of our Residential Care community, Alice B. Alice spent a good deal of her childhood in Evansville, IN but has also lived in PA, NY, and CT. She has so many wonderful memories from her youth. She recalls the hum of cicadas in the trees during Indiana summers, her grandmother's flower and vegetable garden and fruit trees, swimming in the Ohio River on family outings, her father, brother, and uncle singing Gilbert & Sullivan songs, and many more cherished times. Alice later studied Psychology, Philosophy, Political Science, and English Literature at Swarthmore College in PA. She speaks highly of their faculty and says she loved every minute of being there as a student. Alice has worked in several capacities over the

years. She has been Editorial Assistant for a magazine called Physics Today, a nursery school teacher, an Educational Administrator at Goddard College, and the Coordinator of Consumer Affairs at Ben & Jerry's Ice Cream, which she declares is the best job she ever had. In that role she answered consumer mail and talked to consumers on the phone discussing Ben & Jerry's philosophy that "businesses have a responsibility to give back to the community."

Alice married and had two children: a boy and a girl and says she can't help but be immensely proud of them. She raised her family in East Calais, VT. They had a farmhouse with a barn, which was transformed into a theater, one you may have heard of. The Unadilla Theater in Calais was founded by her husband in 1982, and it was a tremendously successful venture. Their children acted in all of the plays as did many enthusiastic community members.

Alice enjoys reading the NY Times, writing and thinking. Thinking about ideas is a favorite pursuit which she likes to share with others. She also says that after living a long life, she has come to believe that the most important thing is truth; truth in relationships, both with oneself and with others, in any endeavor involving intellect or the imagination in the sense of being true to life. In the time since Alice has moved to Westview Meadows, she has found that both the staff and the residents seem to her, to be persons who "sincerely respond to all that they encounter in their path through life," to quote her favorite author, E.M. Forster. She says Westview Meadows has managed to gather a compassionate and caring community who are motivated to help others enjoy life as much as possible and that she is in awe of it.

Alice has a wealth of insight and stories that she is open to sharing so please don't hesitate to reach out and introduce yourself. She is a wonderful addition to our Residential Care Neighborhood and we are so pleased that she's decided to make Westview Meadows her home. Welcome, Alice!!

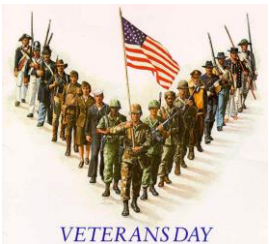
CANDLELIGHT REMEMBRANCE CEREMONY



The Westview Meadows community will continue the ritual this year of the annual Candlelight Remembrance service. It will be held on **Friday, November 7th at 1:30pm in the Main Dining Room**, and all community members and staff are welcome and encouraged to attend. This event creates the opportunity to gather and reflect upon our friends and community members whose losses we have experienced this past year. It is beneficial as a community to share space to acknowledge the grief as well as the healing processes that everyone is going through. We will again gratefully host Carolyn's Angel Band ("hospice singers") whose voices bring an added depth to our service. You will be welcome to share your own reflections, a reading, song, or a poem, with the community and hope you will feel open to doing so.

Veterans Day Celebration

Tuesday, November 11th at 1:30pm
Main Dining Room



Please join us for a very special ceremony to honor all those who have given their service to our country.

(Late September at Westview - continued from page 1)

Something small and dark is moving fast across the path in front of me, headed for the meadow. I can't tell if it's a fuzzy caterpillar or a big beetle or a tiny creature from the pond. It's moving fast, so probably not a caterpillar, I guess. Every time it moves into my shadow, it stops. When I move and it sees the sun, it scoots. We play tag like this for a few minutes until he disappears into the meadow. I hear a bullfrog croak from the pond. I wonder where frogs go in the winter. Into the mud?

From the tree line, there is a constant concert of bird song. Sometimes one or two of them fly and tumble above me. Is it too late for them to leave for the south or do these small birds winter over?

There's a bench beside the path where I love to sit, and this morning, I sit for a long time looking west. The meadow rises from the path, and then layers of hills, then mountains, and finally, the outline of Camel's Hump. That's as far as I can see.

There's something odd about all this. I am legally blind. But on a morning like this, the world opens to me. I use what I have learned about looking sideways at things and today, it seems like I can see everything.

"Peering from some high window, at the gold of November sunset and feeling that if day has to become night, this is a beautiful way."

- E. E. Cummings

FROM THE EXECUTIVE CHEF
DEVEN SIERGIEY



Pomegranates, with their ruby-red seeds and tangy-sweet flavor, have been celebrated as symbols of abundance, fertility, and even immortality throughout history. Originating in the region spanning modern-day Iran and surrounding areas, these nutrient-rich fruits have journeyed across the globe, enriching diverse cuisines along the way. Toady we'll explore the fascinating history of pomegranates and how they can be made a star ingredient in your cooking. The history of the pomegranate dates back thousands of years. Ancient Egyptians revered the fruit, associating it with prosperity and eternal life. They even placed pomegranates in tombs as offerings for the afterlife. In Greek mythology, the pomegranate is famously linked to the story of Persephone, where the fruit played a crucial role in explaining the changing seasons. Similarly, it has been a significant element in Hinduism and Buddhism. As pomegranates traveled with traders and explorers, their cultivation spread throughout the Mediterranean, Asia, and eventually the Americas. In cooking, the versatility of pomegranates cannot be overstated. Their seeds, known as arils, pack a burst of flavor that can elevate both sweet and savory dishes. The juice of the pomegranate is also a sought-after ingredient, commonly used in dressings, sauces, and beverages. Additionally, pomegranate molasses, a thick syrup made from reduced pomegranate juice, adds a unique tartness to various recipes. So go out and add this healthy fruit to your dishes today!

STAFF SPOTLIGHT



Let's give a warm shoutout to Delaney, The Gary Residence's very own Residential Care Director! Delaney first joined The Gary Residence team as an RSA/Med Tech back in December 2023. Her dedication, compassion, and natural leadership quickly made her a standout, and in May of this year, she proudly stepped into her new role as Residential Care Director. Since then, she's been working hard to make positive, lasting changes that have helped the community thrive. Delaney also fills in and provides assistance to our nursing team here at Westview Meadows as needed.

Originally from a big family (she's one of seven siblings and right in the middle!) Delaney brings that same sense of teamwork and togetherness to everything she does.

She's also a proud pet mom to two adorable cats, Alvin and Ollie, and a sweet pup named

Nico. When she's not keeping things running smoothly at TGR, you might find her shopping, spending quality time with friends, or diving into her latest true crime podcast obsession. She's a big fan of Mamma Mia, loves a good taco, and enjoys listening to all types of music. A clean house (and car!) makes her heart happy.

What does Delaney love most about working at The Gary Residence? "The collaborative staff, the welcoming residents, it all feels like family," she says. For her, caring deeply about the people around her isn't just part of the job, it's who she is.