

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

That's a strike for Alban!



I don't know who looks happier, Claire or Bailey!



The MLK Service Day Project with Norwich University was enjoyed and appreciated by many of our residents.



Aloha everybody! Our luau was such a great "escape" from all this wintery weather! D. Davis and Chris B. sounded like they'd been playing together for years...when really, this was the first time they'd met!



February 2026

The Meadows

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February Birthdays

Barbara T. ~ 2nd
Martha B. ~ 3rd
Kelley K. ~ 3rd
Layla C. ~ 12th
Christina G. ~ 13th
Dena B. ~ 13th
Lisa B. ~ 17th
Lena H. ~ 24th
Chris M. ~ 26th

Celebrating February

Time Management Month
Plant the Seeds of Greatness Month
Spunky Old Broads Day
February 1
Groundhog Day
February 2
Periodic Table Day
February 7
Valentine's Day
February 14
Random Acts of Kindness Week
February 15–21
Chinese New Year (Year of the Horse)
February 17
International Mother Language Day
February 21
Tell a Fairy Tale Day
February 26

Difference Maker: Dena B – Resident Service Assistant



We are featuring Dena B. in our staff spotlight this month. Dena is an RSA here at Westview Meadows and has been working here for a year and a half. She truly enjoys spending time with our residents, listening to their stories, and providing them with person-centered care. Since starting here, Dena has said that working at Westview Meadows "fills her bucket."

Dena and her wife, Elizabeth, have a 14-year-old daughter, who goes by Raven, and 8-year-old twins, Jackson and Lucy. They also have three dogs- a Labradoodle named Cider, Bella, a black Lab mix, and Maple, who is a Terrier mix. They've got two cats too- Mr. Rogers (aka Chunky, who Dena openly admits she's guilty of overfeeding) and Athena, their huntress kitty. Dena *loves* to play basketball! She also enjoys exploring new hiking trails with her family, antiquing, and organizing. She is a proud advocate of social justice and human rights. Her mantra is always, remember to practice kindness.

Dena is a huge asset to our Residential Care nursing team. Residents appreciate her compassionate, caring nature and easy smile. She is the go-to for Thursday night movies in the Country Kitchen and is known as the "plant doctor" because of her green thumb. Her reliability is valued by all, and Westview Meadows is lucky to have her on board. Dena, *thank you* for all that you do for our residents!



CHASING WINTER GLORY

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair.

At the heart of the Games are the timeless Olympic values: teamwork, perseverance, and friendly rivalry. Whether athletes are coordinating flawless relay passes on the ice, supporting teammates in grueling downhill runs, or striving to shave precious seconds off their times, the Olympics showcase how dedication and collaboration turn individual effort into shared achievement. Even the competition itself, while intense, is framed by respect and admiration, highlighting the joy of challenging oneself and connecting with others from around the world.

The 2026 Winter Olympics are shaping up to be a spectacular, heartwarming celebration of skill and spirit. We'll be hosting our own mini-Olympics here at Westview Meadows and our events will be sure to spread plenty of wintertime joy!

Westview Meadows Winter Olympics

Full Schedule of Events:

Friday, February 6th at 2pm in the Main Dining Room – Opening Ceremony

Monday, February 9th at 1:15pm in the Main Dining Room – Air Hockey

Tuesday, February 10th at 9:30am in the Main Dining Room – Pool Noodle Hockey

Thursday, February 12th at 10am in the Main Dining Room – Skip-Bo (Rounds 1 & 2)

Thursday, February 12th at 2pm in the Main Dining Room – Skip-Bo (Rounds 3 & 4)

Monday, February 16th at 3pm in the Country Kitchen – Trivia Challenge

Tuesday, February 17th at 9:30am in the Main Dining Room – Slippery Slope Competition

Friday, February 20th at 1:30pm in the Main Dining Room – Closing Ceremony & Awards

Here's a throwback to our 2024 Summer Olympics:



Afternoon Tea with Harpist Judi Byron

Tuesday, February 10th at 1pm

Main Dining Room

Experience the soothing, peaceful sounds of harp from performer and harp therapist, Judi Byron.



Valentine's Day Dance!!!

Friday, February 13th at 2pm

Main Dining Room

Put on your dancing shoes and head to the Main Dining Room. We'll be serving cream puffs and chocolate covered strawberries.

Try the love potion too!

FROM THE EXECUTIVE CHEF

DEVEN SIERGIEY

Bananas are used in cooking all around the world, both in sweet and savory dishes. While sweet bananas are often eaten raw, cooking bananas such as plantains are usually prepared by boiling, frying, baking, or grilling. When cooked, bananas become softer and develop a richer flavor, making them a versatile ingredient in many cuisines. In many tropical regions, bananas and plantains are a staple food. In parts of Africa and the Caribbean, plantains are sliced and fried to make dishes like tistones or dodo. In Latin America, they are mashed, baked, or added to stews, providing a filling and nutritious base for meals. Bananas are also popular for desserts and baked goods. Ripe bananas add natural sweetness and moisture to foods such as banana bread, muffins, pancakes, and cakes. In Asian cuisines, bananas are often steamed or wrapped in leaves and cooked with coconut milk, sugar, or rice, creating simple but flavorful desserts. Beyond traditional recipes, bananas are used in modern cooking as a healthy substitute for sugar or fat. Mashed bananas can replace butter or eggs in some recipes, and frozen bananas are commonly blended into smoothies or dairy-free "ice cream." This adaptability makes bananas a valuable ingredient in kitchens around the world.

"February, a form pale-vestured, wildly fair. One of the North Wind's daughters with icicles in her hair."

— Edgar Fawcett

A WORD FROM THE HANDIWORK GROUP

For many years, generous Westview Meadows crocheters and knitters have donated yarn and needles to our in-house community. They have also donated their labor in the form of knitted or crocheted baby blankets and hats which have been given to Good Beginnings, a local charitable organization that supports new parents. Our coordinator has long been Dot L. Recently Dot stepped back from the job, and Linda K. took over the role of collecting the crocheted and knitted baby items and delivering them to Good Beginnings. Many of the people who have participated in this project have attended our Sunday afternoon needleworking sessions at three o'clock in the Santa Maria Lounge, where they made progress on their blankets and hats while they gabbed.

Dot also has been generously housing a nice collection of needles and hooks and other supplies which supplement the yarn collection. At a recent Sunday needlework session, Linda and Kathy C. volunteered to dig into the large accumulation of yarn and organize it. They decided to send to a local thrift shop the yarns that were unsuitable for babies or were in poor condition. The suitable yarn skeins are now all together in a bin in the library. In addition, a good collection of knitting needles and crochet hooks as well as stitch holders, yarn bobbins, cable needles, and other useful notions are in the bin. Also in the bin are a number of easy patterns for baby hats.

These materials are available for everyone to use. If you feel that your knitting or crochet skills are rusty, Linda and Kathy and undoubtedly other Sunday needleworkers will happily offer their help.