

We saw some great competition and a lot of smiles during our Westview Winter Olympics!



There was singing, there was dancing, and a whole lotta fun at our Valentine's Day Dance!



# The Meadows

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## MARCH BIRTHDAYS

**George M. – 2<sup>nd</sup>**

**Alex Y-H. – 4<sup>th</sup>**

**Betty M. – 6<sup>th</sup>**

**Andrew N. – 8<sup>th</sup>**

**Carrie B. – 21<sup>st</sup>**

**Trudy O. – 22<sup>nd</sup>**

**Linda K. – 23<sup>rd</sup>**

## CELEBRATING MARCH

**Irish American**

**Heritage Month**

**Mad for Plaid Month**

**Women's History Month**

**Employee Appreciation**

**Day**

**March 6**

**Iditarod Begins**

**March 7**

**Daylight Saving Time**

**Begins**

**March 8**

**Plant a Flower Day**

**March 12**

**St. Patrick's Day**

**March 17**

**World Poetry Day**

**March 21**

**International Hug a**

**Medievalist Day**

**March 31**

## *Celebrating our Difference Makers Who Make Meaningful Impacts!*

Alex A. recently joined our nursing team as a Resident Service Assistant. Alex is originally from Alsace, France. She came to Vermont 25 years ago for a tourism internship and it didn't take her long to realize that this was where she belonged. Like so many, she fell in love with this state, and although she's kept her charming accent, she's a Vermonter through and through. Alex has a 16-year-old son who will soon be driving. He loves sports and is full of energy, unlike Alex who likes quieter activities. They have a 9-year-old dog named Tycho, who loves the snow and cold. They take him for walks in their neighborhood all the time! Alex is a nature lover and spends much of her free time outdoors walking, mountain biking, swimming, kayaking, or cross-country skiing in the winter. She is also a Reiki practitioner, life coach, and volunteers at an equine assisted therapeutic center. Maintaining a healthy body and mind are paramount in Alex's life.

Alex has been working at Westview Meadows for 2 months and truly enjoys providing care for our residents. She also can't help but comment on how GREAT the view is from up here on the hill! Alex has a gentle, caring nature which is why she is so fantastic in her role. Alex works the morning short-shift so that means she is here to help our Residential Care residents get their day off to a good start. In the short time she's been working here she's proven to be dependable and kind to everyone she's met. Alex, we are grateful for the support you afford to your coworkers and the care you give to our residents. Thank you!



# Live Performance: Celtic Dancers



Saturday, March 14<sup>th</sup>  
10:00am  
Main Dining Room

Come watch Celtic Company dancers perform Highland and Irish dances to traditional Celtic music.

This is the perfect way to start celebrating St. Patrick's Day!

Celtic Company has been sharing its love of Celtic dance across the northeastern United States at every opportunity. The group rehearses on a weekly basis at Green Mountain Performing Arts, a nonprofit organization providing dance, theatre and music programming located in Waterbury, Vermont.



## Maintenance Worker Appreciation Day

falls on March 6<sup>th</sup>, 2026 and so we'd like to thank Chuck, Ryan, and Brody for all of their hard work throughout the year. Whether they're shoveling, hauling out the trash, hanging pictures, moving furniture, or any number of other odd tasks, these gentlemen are rarely idle. They do all of the heavy lifting around here and let's face it, that's A LOT of heavy lifting! We couldn't be more grateful for the incredible effort they put in to help keep Westview Meadows looking and running so splendidly.

This month we also celebrate **National Marketing Day** on March 20th. Jill C. is our Admissions/Marketing Assistant and she positively shines in this role! Her outgoing personality really allows her to showcase Westview Meadows to prospective residents and their families while giving a tour. Thank you, Jill, your genuine fondness for our residents is evident in all that you do.

## NURTURING CONNECTIONS: THE IMPORTANCE OF SOCIAL ENGAGEMENT

Sara B., LCMHC

Resident & Family Services Director

Building positive relationships is one of the most fulfilling aspects of life. Social connection and engagement not only bring joy but also enhance our overall well-being. Some of the benefits of social connection in seniors include: reduced risk of depression, improved physical and mental health, increased cognitive function and increased life satisfaction.

There are many ways that we can grow our connection to others and this in turn can increase our sense of belonging and purpose. Here are some ideas for activities to add to your daily routine.

- Regular phone calls or video chats: While technology has its flaws, one benefit is that it allows us to connect with family and friends we may not otherwise be able to see. Video calls can maintain this connection. Did you know both Westview Meadows and The Gary Residence have tablets available and we can help support you in making video calls?

- Participating in activities and community events: Participating in daily activities is a great way to have fun, fill time and share experiences with others. While it can be nerve wracking to try something new, pushing yourself can lead to making new connections and seeing others in a new light that can lead to even more fulfilling connection.

- Joining clubs or classes: Learning never ends, there is always more to take in and see. In addition to the activities and groups that take place at Westview Meadows and The Gary Residence, places such as the Montpelier Area Senior Center offer many classes and enrichment opportunities.

- Volunteer work: Helping others cultivates a sense of community and purpose. Local libraries, schools and food shelves are often looking for volunteers. Social engagement has a profound impact on mental and emotional health. It also has a snowball effect, the more you engage the easier it will become and more important it will be in your life. Structuring our days to prioritize these connections will serve to create a joyful rhythm in life.

*"May you have warm words on a cold evening,  
a full moon on a dark night, and a smooth road  
all the way to your door."*

- Irish Blessing

## NOURISH TO FLOURISH

Olivia P., RN MSN

Resident Care Director

March is national nutrition month focusing on promoting informed food choices and healthy lifestyles! Eating a well-balanced and nutrient dense diet is a vital aspect of maintaining health as we age. Westview is fortunate to have Chef Deven preparing nutritious and well-balanced meals each and every day!

There are a few key nutrients that can make a big impact on our overall health as we age. One of those nutrients is, Protein. As we age, we need a higher protein intake to prevent muscle loss and support mobility. Examples of food that is high in protein include: lean meats such as chicken and turkey, seafood, eggs, beans/lentils, and dairy. Incorporating high protein foods at every meal can help ensure you meet the recommended protein intake and stay strong mentally and physically. Another vital nutrient is fiber. Fiber is essential for maintaining optimal digestive health, preventing constipation, and supporting heart health. Foods that are high in fiber include: Beans, oatmeal, berries, broccoli, and almonds. Fiber is a nutrient that you want to increase gradually as to prevent discomfort- it's all about sustainable balance in our diets! Additionally, fiber works best when paired with optimal hydration! Staying hydrated can be challenging as the thirst sensation can decrease with age. Aiming for 6-8 cups of water daily is a great goal!

We want to shout out to Sara B. in recognitions of **World Social Work Day**, which is falls on March 17<sup>th</sup>. Sara is our Resident & Family Services Director and she excels in this role. It's not always easy and she is often tasked with having difficult, but necessary conversations with residents and their families. Sara has a true heart of gold and always has the best interest of our residents in mind, so thank you, Sara, for your sincere dedication to supporting our residents.



## FROM THE EXECUTIVE CHEF DEVEN S.

March is national noodle month! Noodles are important because they are a major source of food for people around the world. Made mainly from wheat, rice, or other grains, noodles provide carbohydrates that give the body energy. They are affordable, easy to store, and simple to prepare, which makes them a reliable staple in many households. Beyond nutrition, noodles hold cultural and social importance in many countries. In China, long noodles symbolize longevity and are often eaten during birthdays and celebrations. In Italy, pasta dishes are central to family gatherings and traditions. Many countries have their own unique noodle dishes that reflect local history, ingredients, and customs. Because of their global presence and cultural meaning, noodles are more than just food—they are a symbol of connection, tradition, and shared meals across cultures. Cooking with noodles is a simple and versatile way to create delicious meals from ingredients you likely already have at home. Whether you prefer pasta, rice noodles, egg noodles, or ramen, they cook quickly and pair well with vegetables, meats, and flavorful sauces. You can toss them in a rich tomato or creamy Alfredo sauce, stir-fry them with garlic, soy sauce, and fresh vegetables, or simmer them in a comforting broth for soup. Noodles absorb flavors beautifully, making them perfect for experimenting with different herbs, spices, and seasonings. With just a pot of boiling water and a bit of creativity, noodles can transform into a satisfying dish for any time of day.



## Immunization Presentation provided by the Central Vermont Council on Aging

Thursday, March 5<sup>th</sup> at 10:30am  
Main Dining Room

Please join Dr. Robert Penney Jr, MD as he will give a presentation on the importance of immunization and how it has changed over the years. He is a family medicine physician in Burlington, VT and has over 50 years of experience in the medical field. He graduated from University of Vermont and State Agricultural College in 1975. After the presentation there will be time for questions and answers.