

This month residents painted spring flowers at our watercolor painting session with Pauline. They came out beautiful!



Happy Birthday Alice!



Alban won big during our Afternoon at the Casino event!



Donna, Claire, and Marie took advantage of the nice weather and got some fresh air and exercise!



# The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602  
PHONE (802) 223-1068 ~ FAX (802) 223-3233 ~ WWW.WESTVIEWMEADOWS.COM



## May Birthdays

- Joyce P. - 6<sup>th</sup>
- Karla P. - 11<sup>th</sup>
- Julia B. - 13<sup>th</sup>
- Joan D. - 16<sup>th</sup>
- Yolande C. - 20<sup>th</sup>
- Marie T. - 22<sup>nd</sup>
- Stephany S. - 22<sup>nd</sup>
- Celia P. - 29<sup>th</sup>

- Celebrating May**
- Family Month**
- Arthritis Awareness Month**
- Personal History Awareness Month**
- Global Love Day**

- May 1
- Star Wars Day**
- May 4
- Mother's Day**
- May 10
- International Nurses Day**
- May 12
- New Friends, Old Friends Week**
- May 17-23
- Rescue Dog Day**
- May 20
- Memorial Day**
- May 25

### *In Loving Memory: Celebrating our Difference Makers Who Make Meaningful Impacts*



Last month, one of our beloved team members passed away unexpectedly. Lynn M. worked as a Med Tech/ Resident Service Assistant in our Residential Care community for three years. We are heartbroken by this loss, and we know that many staff members and residents are feeling it deeply.

Lynn was a steady, caring presence, and her absence is felt across our community.

In her role, Lynn supported residents with day-to-day needs while helping to create a safe, respectful, and welcoming environment. She brought professionalism to every shift and treated each person with patience and dignity. Many of us have memories of Lynn's kindness—small moments that made a difficult day easier, a routine task more comforting, or a resident feel truly seen. If you would like to share a story or message, we encourage you to do so, so we can honor Lynn's life and the impact she made here.

Our thoughts are with Lynn's family and loved ones as they grieve. Lynn had very much been looking forward to her daughter's wedding and especially going dress shopping with her. We extend our sincere condolences and gratitude for sharing Lynn with us.

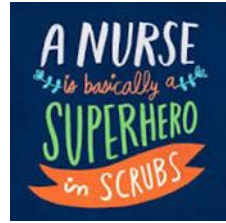
We also want to remind team members that support is available. If you are struggling, please reach out to your supervisor or our Business Office Manager for assistance and information on available grief and counseling resources.

Please keep Lynn and her loved ones in your thoughts. We will remember her for the care she gave, the respect she showed to others, and the difference she made in the lives of the residents we serve.

**NURSE APPRECIATION DAY**

National Nurses Day is celebrated annually on May 6<sup>th</sup> to raise awareness of the important role nurses play in society. It marks the beginning of National Nurses Week, which ends on May 12<sup>th</sup>. The final day of National Nurses

Week is the birthday of Florence Nightingale (1820-1910). The English nurse became known as the founder of professional nursing, especially due to her pioneering work during the Crimean War. Due to her habit of making rounds at night, Nightingale became known as "The Lady with the Lamp". National Nurses Week was first observed in October 1954, the 100th anniversary of Nightingale's mission to Crimea. This year's theme, "Nurses Make the Difference," honors the incredible nurses who embody the spirit of compassion and care in every health care setting.



Here at Westview Meadows, we are lucky to have remarkable nurses who provide our residents with unsurpassed quality care. In honor of Nurse Appreciation Day, we'd like to acknowledge Olivia P., and Mary Francis O. They are dedicated to improving the lives of our residents and they are truly wonderful at what they do!

**THINK FAST**

*Olivia P., RN MSN  
Resident Care Director*

May is Stroke Awareness Month- a good time to learn how to recognize the signs of a stroke and what to do. A stroke happens when blood flow to the brain is blocked or reduced. An easy way to remember the warning signs of a stroke is the acronym FAST: Facial drooping, Arm weakness, Speech difficulty/slurring, and Time to call for help. If you notice any of these signs in yourself or a friend, tell a staff member right away or call for help immediately.

There are ways to lower your risk of a stroke. Staying active, eating balanced meals, drinking enough water, and taking your medications as prescribed are all ways to help keep your body strong. Attending the exercise classes offered at Westview and/or taking a daily walk are good ways to stay active; especially now that the sun is shining and the temperatures are rising!

Most importantly, don't ignore how you feel. Speak up if something seems wrong. We are here to support you!

**Cinco de Mayo Fiesta**

Tuesday, May 5<sup>th</sup> at 1:30pm

Main Dining Room

Relax with a refreshing margarita, try a churro, and see how your luck plays out with a game of Lotería.



**SOUND SENSE**

Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we age, the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation. On May 31, turn down the television, radio, or headphones playing music from your smartphone—it is Save Your Hearing Day.

How loud is too loud? The World Health Organization says that listening to sounds around 80 decibels can be safe if your total exposure stays below about 40 hours a week, but as levels go above that, safe listening time drops quickly. For example, at 90 decibels, the recommended weekly listening time falls to roughly four hours, and at 100 decibels, it's only about 20 minutes per week. So you can still enjoy loud music or TV, but the louder it is, the shorter the safe listening time to protect your hearing.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs or earmuffs. The same advice applies to those engaging in loud recreational activities, such as riding a motorcycle or hunting. For those who find themselves in loud places, such as an airplane or crowded train, noise-cancelling headphones often help make the loud environment more comfortable and tolerable.

It turns out that the best medicine for our ears is to give them a rest. Hearing experts recommend limiting exposure to very loud sounds, such as a 100-decibel rock concert, and following them with extended periods of quiet to reduce strain on the ears. Perhaps the best way to celebrate Save Your Hearing Day is simply to hit the mute button.

**SPRING WELLNESS TIPS**

*Sara B., LCMHC*

*Resident & Family Services Director*

At long last, Spring has arrived! The promise of more sunlight, renewal and new growth makes it a time of hope and joy. It is the perfect time to focus on our well-being, be it physical or mental. Here are some strategies for embracing a new season and maintaining health and wellness.

- **Get moving with outdoor activities**
  - o Take a walk outside around the building with a friend or spend time gardening
- **Stay hydrated**
  - o Drinking plenty of water is important as the days get warmer. Adding tea or infusing it with fresh fruit can help make hydration more enjoyable!
- **Protect your skin**
  - o Using sunscreen, wearing a wide brimmed hat, and light, long sleeved clothing are all strategies for protecting our largest organ from sun damage.
- **Spring clean for a fresh start**
  - o There is no better time than spring to declutter and clean our spaces. This serves many purposes including improving respiratory health, reducing fall risks, and increasing mental clarity.
- **Stay connected with loved ones**
  - o Travel can be harder in the cold months, so take advantage of the warmer days to schedule visits or engage in community groups.

These tips can help you enjoy the rejuvenating energy of spring and help you to build habits that will support health and happiness all year long!

*“Any day spent with you is my favorite day. So, today is my new favorite day.”  
– Pooh (Winnie the Pooh)*



**FROM THE EXECUTIVE CHEF  
DEVEN S.**

The history of the biscuit stretches back thousands of years and reflects humanity's need for simple, durable food. The word "biscuit" comes from the Latin bis coctus, meaning "twice baked." Early versions were developed by ancient civilizations such as the Romans, who created hard, dry bread-like foods that could last for long journeys and military campaigns. These early biscuits were not meant to be tasty but to provide sustenance over time without spoiling. During the Middle Ages, biscuits became a staple for sailors and soldiers across Europe. Known as hardtack, they were made from flour, water, and sometimes salt, then baked until completely dry. While extremely tough and often infested with insects, they could last for months or even years, making them essential for long sea voyages. By the 17th and 18th centuries, biscuits began to evolve into more refined and enjoyable foods. Sugar, butter, and spices were added, transforming them into treats rather than survival rations. In Britain, biscuits developed into a wide variety of crisp baked goods, while in the United States, the term "biscuit" came to refer to soft, leavened bread rolls, often served warm. The Industrial Revolution played a key role in modern biscuit production. Advances in machinery allowed for mass production, and companies began creating popular branded biscuits for widespread consumption. Today, biscuits range from sweet cookies to savory crackers and soft breads, enjoyed worldwide in countless forms. From ancient survival food to everyday comfort snack, biscuits have evolved into a versatile and beloved part of global cuisine.

**Vermont Association for the Blind & Visually Impaired Presentation:  
“Living Better with Vision Loss”**

Wednesday, May 13<sup>th</sup> at 1:30pm  
Main Dining Room

The focus of this discussion will be on adaptive equipment and skills to help people living with vision loss in maintaining their independence with cooking, cleaning, and engaging in their favorite hobbies.

