

Our Art Committee does a wonderful job of selecting artists to feature on our art wall!



Claire L. led an informational talk on basketweaving for our Residential Care residents. This month she will teach a small group the actual art of basketweaving!



The raised garden beds outside of Residential Care look beautiful every summer!



The May Day Frolic is a welcome tradition! It sure feels great to say "Hello Spring, Goodbye Winter!"

# The Meadows

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## June Birthdays

- Charles H. – 1<sup>st</sup>
- Leeds B. – 13<sup>th</sup>
- Mackenzie D. - 16<sup>th</sup>
- Melanie N. – 18<sup>th</sup>
- Xiomara B. – 18<sup>th</sup>
- Susan S. – 21<sup>st</sup>
- Alexandra A. – 22<sup>nd</sup>
- Deven S. – 27<sup>th</sup>
- Amalia D. – 27<sup>th</sup>
- Lauren P. – 29<sup>th</sup>

## Celebrating June

- Great Outdoors Month
- Women's Golf Month
- Audiobook Appreciation Month

- Say Something Nice Day  
June 1
- Corn on the Cob Day  
June 11
- World Blood Donor Day  
June 14
- Men's Health Week  
June 15–21
- Father's Day  
June 21
- Day of the Seafarer  
June 25
- Take Your Dog to Work Day  
June 26
- "Happy Birthday to You" Day  
June 27

## Celebrating our Difference Makers Who Make Meaningful Impacts



This month, we are proud to feature Kendi H. in our Difference Maker spotlight. Kendi has been a Med Tech with us for the past two years. She is also an LNA, although she does not serve in that role here at Westview Meadows. A Vermont native, Kendi grew up in Waterbury

Center and, last year, purchased a home in the lovely town of Northfield Falls. She shares her life with her energetic German Shorthaired Pointer, Tiny, and says there is never a dull moment with her. On her days off, Kendi loves taking Tiny to the dog park. She also enjoys arts and crafts of all kinds, especially creating handmade gifts for friends and family. In addition, she likes tackling indoor and outdoor house projects, swimming, and running. Kendi strives to make a positive impact on the people in her life, and it is easy to see that spirit

reflected in her work each day. It is no surprise that her favorite part of working at Westview Meadows is interacting with our residents and learning from the experiences and wisdom they share. Kendi, thank you for your hard work, dedication, and the compassionate, high-quality care you provide to our residents. We are so grateful to have you as part of the Westview Meadows team.



**THANK YOU WESTVIEW MEADOWS NURSING TEAM**

Nursing is our Nation’s largest healthcare profession, with an estimated 4.3 million actively licensed registered nurses. Nurses have shown an unwavering commitment to those in need, serving others and providing hope, help, and healing during times of crisis. On May 6<sup>th</sup> we recognized Olivia P. for her role as our Resident Care Director, as well as our LPN, Mary Francis O. This month we want to give a shoutout to the dedicated crew of staff supporting them.

National Nursing Assistants Week in 2026 is observed from June 11<sup>th</sup> to June 17<sup>th</sup>. This is an annual event to celebrate and recognize the vital role of Certified Nursing Assistants (CNAs) in healthcare. The history of National CNA Week dates back to the establishment of the National Network of Career Nursing Assistants (NNCNA). The NNCNA was founded in 1977 by Laurie J. White to advocate for the recognition, education, and advancement of nursing assistants as a vital part of the healthcare workforce.

At Westview Meadows, we are fortunate to have an exceptional nursing team. Time and again—whether during a pandemic, flood, or other emergency—they rise to the occasion with professionalism, compassion, and an unwavering commitment to providing high-quality care for our residents. We are deeply grateful for all that they do and could not ask for a more dedicated group of professionals. Thank you all for the care, support, and kindness you show each day.

“June is a love song written by nature.” – Patience Strong

**Golden Diploma Celebration**

Wednesday, June 10<sup>th</sup> at 1:30 PM  
Main Dining Room

Join us for a joyful and heartfelt celebration as we revisit the graduation days of long ago and honor the beautiful memories, hopes, and dreams that helped shape each life’s journey.

Residents and staff are invited to bring graduation photos, yearbooks, or keepsakes to share as we remember those cherished days and the stories that made them unforgettable. *(Photos can be scanned and printed for display!)*



It will be an afternoon of laughter, memories, and graduation-day nostalgia as we reflect on a meaningful milestone from long ago and celebrate the journeys that followed.

*Refreshments and light fare will be served!!!*



**251 Club Trip to Eshqua Bog**

Tuesday, June 16<sup>th</sup> departing from the Lobby at 9:30am



Eshqua Bog is a botanical wonderland of cold-climate holdovers. This preserve contains a diverse array of bog and fen plants and our trip is planned during the peak bloom for showy lady slippers!

For universal accessibility they’ve installed a 460-foot boardwalk so that more people could enjoy Eshqua's natural treasures from its multiple viewing platforms and benches.

We’ll bring bag lunches and have a picnic at nearby East End Park.

Look for the sign up sheets under the 1<sup>st</sup> floor Independent Living and Residential Care bulletin boards.

**Please note: you do *not* have to be a member of our 251 Club to go on the trip. Anyone is welcome to sign up!**



**THE IMPORTANCE OF LAUGHTER**

*Sara B., LCMHC*

*Resident & Family Services Director*

We’ve all heard the saying, “laughter is the best medicine”, but did you know that laughter really can be a powerful tool for physical health, mental well-being and social connection?

**Physical health benefits**

When we laugh, our bodies respond with measurable changes. These include heart rate and oxygen intake increase, muscle activation and improved circulation which in turn can support heart health, lower blood pressure and improve immune function. Genuine laughter can also help with pain relief by stimulating endorphins.

**Mental and emotional benefits**

Laughter reduces stress hormones like cortisol, which can contribute to inflammation, heart disease, and weakened immunity. It also releases endorphins and dopamine, chemicals that promote happiness, reduce anxiety, and help combat depression. For seniors facing loneliness or isolation, humor and shared laughter can foster a sense of belonging and strengthen relationships.

**Brain health and cognitive stimulation**

Humor activates multiple brain regions: language, memory, emotion, and motor areas and as a result makes it a form of cognitive engagement that can help maintain mental sharpness. This is especially valuable for those at risk of or living with dementia, as shared laughter is an accessible, low-barrier way to stay mentally active.

**Social connection**

Laughter is universal and easy to share, making it a natural bridge between people. Group activities can build bonds, break down barriers, and encourage participation. These interactions can reduce feelings of isolation and promote a positive outlook on life.

Incorporating laughter into daily life is an easy yet very effective way of increasing our overall well-being. By embracing this form of joyful medicine, we can enhance our quality of life while supporting ongoing healthy aging!

**FROM THE EXECUTIVE CHEF**

**DEVEN S.**

*Milk in cooking*

Dairy plays a significant role in cooking, contributing flavor, texture, and nutritional value across a wide range of cuisines. Ingredients like milk, butter, cream, yogurt, and cheese are foundational in both everyday meals and gourmet dishes. One of dairy’s most essential functions is enhancing flavor. Butter, for example, adds richness and depth to baked goods and savory dishes alike, while cheese can provide sharpness, creaminess, or umami depending on the variety. Cream and milk help mellow strong flavors and create balanced, cohesive dishes. Texture is another key benefit. Dairy products are essential for achieving smooth sauces, tender baked goods, and creamy soups. Techniques like emulsification—used in sauces such as béchamel or hollandaise—rely heavily on butter and milk to create stable, silky textures. In baking, dairy contributes moisture and helps with structure and browning. Nutritionally, dairy is a valuable source of calcium, protein, and essential vitamins. These nutrients support bone health and overall wellness, making dairy not only a culinary asset but also a dietary one. Finally, dairy’s versatility makes it indispensable. From breakfast staples like yogurt and milk to dinner favorites like cheesy pastas and creamy curries, dairy adapts to countless cooking styles and traditions. Its ability to transform simple ingredients into rich, satisfying dishes is what makes it so important in the kitchen!

**Strawberry Shortcake Social**

Wednesday, June 17<sup>th</sup> at 1:30pm

Come to the Main Dining Room and enjoy the perfect summertime treat, made with fresh, local strawberries!

