

Folks really brought the glam to our Red Carpet Event!



Just look at the smiles!
We can't possibly thank Brenda enough for sharing these little cuddle bugs with us!



August 2026

The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
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August Birthdays!

Tom P. - 8th
Peggy M. - 11th
Charlotte B. - 14th
Gabrielle R. - 15th
Ashley C. - 19th
Nancy O. - 24th

Celebrating August
Read a Romance Month
Golf Month
Root Beer Float Day
August 6
Purple Heart Day
August 7
Bargain Hunting Week
August 10-16
Social Security Day
August 14
Senior Citizens Day
August 21
Kiss and Make Up Day
August 25
Eat Outside Day
August 31

"The secret of staying young is to live honestly, eat slowly, and lie about your age."

~ Lucille Ball

Armchair Safari: Rhythms of Ghana

Get ready to feel the rhythm! We're thrilled to welcome Shidaa Projects to Westview Meadows for a lively cultural workshop celebrating the music, movement, and traditions of West Africa. This Vermont-based nonprofit brings communities together through dance, drumming, education, and cultural enrichment. Led by Samuel Maama Marquaye, an award-winning Ghanaian dancer, choreographer, percussionist, and comic actor, this program promises plenty of energy, rhythm, and fun. Join us Friday, August 7th at 1:30 p.m.—no passport required!

A West African Drum, Dance & Cultural Workshop with Shidaa Projects

Friday, August 7th at 1:30pm
Main Dining Room



Pack your imagination and get ready to experience the rhythm, movement, art, and traditions of West African life.

Drumming • Dancing • Storytelling • Cultural Connection

What to Expect:

- **West African drumming:** Feel the pulse of traditional rhythms and learn how drum and dance bring communities together.
- **Dance and movement:** Enjoy welcoming movement inspired by Ghanaian and West African cultural traditions (standing or seated.)
- **Storytelling and cultural learning:** Discover how stories, symbols, music, and shared traditions connect people across generations.

Come ready to listen, move, learn, and celebrate Ghanaian culture!

Under the Sea Social

Friday, August 14th at 1:30pm

Main Dining Room

Dive into an afternoon of music, treats, laughter, and ocean-sized fun!



Come make a splash with your neighbors and friends!

- Enjoy seaside music and cheerful conversation
- Try ocean-themed games
- Share snacks, refreshments, and sweet treats
- Wear your favorite blue, beachy, or nautical outfit if you'd like

Everyone is welcome — no swimming required!
We can't wait to *sea* you there!



“The secret of change is to focus all your energy not on fighting the old, but on building the new.”

— Socrates



Mark your Calendars for these Upcoming Live Music Events:

D. Davis – Thursday, August 6th at 11am in the Main Dining Room

Debbie Yacovone – Friday, August 21st at 11am in the Main Dining Room



Growing Together Across Generations

Sara B., LCMHC

Resident & Family Services Director

In our increasingly digital and divided world, social isolation and reported loneliness are on the rise. This makes it even more important to find ways to connect with our community. One important type of relationship is intergenerational, and developing meaningful intergenerational connections can have many long term, mutual benefits. Here are just a few!

1. **A Health Boost:** We've all heard the saying that, “kids keep us young at heart.” Older adults who actively engage with children have been found to have better health, are less likely to experience depression and have higher reported life satisfaction.
2. **Learning and Teaching New Skills:** Intergenerational relationships give both older adults and children the chance to learn new skills and find a new sense of purpose as they have opportunities to be both the teacher and the student. Adults can share a lifetime of wisdom where children benefit from feeling valued and being with people who show genuine interest in them and what they have to say.
3. **A Boost to Brain Health:** Intergenerational connection can provide powerful mental stimulation for older adults. Activities like reading with children, learning new games or technology and having thoughtful conversations can activate different parts of the brain and help to keep it sharp.
4. **Strengthening Community Bonds:** When generations come together the impact goes beyond individual or their family, it can strengthen the wider community as well. These relationships can foster empathy, understanding, and respect across age groups. This can reduce social isolation and build stronger, more compassionate communities.
5. **Help to Embrace Aging:** Engaging with older people allows children to look beyond ageist stereotypes and become more comfortable with their own aging. It gives children a better look at the “whole of their lives” and see where they can go in the future.

Bringing the generations together actually places elders in a position where they can see the hope, enthusiasm and wonder of children, and in turn the children benefit from the wisdom older people can offer. Not only are these relationships enjoyable, but they can bring increased health and wellbeing. Positives all around!

From the Executive Chef Deven S.

The History of Sandwiches

The sandwich is one of the world's most popular and convenient foods. It consists of ingredients such as meat, cheese, vegetables, or spreads placed between slices of bread. Although people had been eating bread with fillings for centuries, the modern sandwich is commonly linked to an 18th-century English nobleman, John Montagu. According to popular tradition, Montagu enjoyed gambling and did not want to leave the gaming table for a meal. He asked for meat to be served between two slices of bread so he could eat with one hand while continuing to play. Other gamblers began ordering "the same as Sandwich," and the name eventually became associated with the food itself. However, the idea of placing food inside bread is much older. Ancient civilizations, including those in the Mediterranean and Middle East, used flatbreads to hold meats and other fillings. These early forms of sandwiches provided a practical way to carry and eat food. During the 19th and 20th centuries, sandwiches became increasingly popular as industrialization and urban life created a demand for quick, portable meals. New varieties emerged around the world, including the club sandwich, the BLT, and the submarine sandwich. Today, countless regional and cultural versions exist, reflecting local tastes and ingredients. From a simple gambling-table meal to a global culinary staple, the sandwich has evolved into a versatile food enjoyed by millions every day. Its simplicity, convenience, and endless variety ensure its enduring popularity across cultures and generations!

Tech Tips, Treats, and a Fond Farewell to Molly

Molly M. has been volunteering at Westview Meadows since November 2024, first providing one-on-one engagement with Residential Care residents and more recently offering technology assistance to both communities. Whether troubleshooting a laptop, transferring files, navigating a smartphone, or helping with other technology challenges, Molly has shown tremendous patience, kindness, and commitment to teaching residents a new skill. As much as we would love to have her continue this much-needed service, she will be starting college at UNH in just a few short weeks. Before she leaves, Molly will offer one last group lesson on common phone and computer challenges. Please join her on **Thursday, August 13th at 1 p.m. in the Main Dining Room**. Refreshments will be served after the presentation, and even if you cannot attend the lesson, please feel free to stop by afterward to enjoy a treat, thank Molly, and help us send her off with our best wishes. We cannot thank Molly enough for sharing her time and knowledge with our residents.