

**Our Favorite
February Sweet
Treats!**



Activity Director, Deb, came up with these festive and tasty groundhog day inspired treats!



On Valentines Day we celebrated with pink frosted chocolate cupcakes topped with a Hersheys kiss! We also enjoyed some strawberry soda floats!



For Mardi Gras our Chef's whipped up this amazing King cake! It was a staff and resident favorite!

Our best moments in February



Our Mardi Gras Party was a huge hit! Thank you to Activity Coordinator Deb for putting this together! Thank you to Donna Thunder and Partner Chris for the great music and conversation! Another shoutout to the kitchen crew for providing the fabulous drinks and tasty cake!



Aggie had a blast whipping up these Groundhog Day Treats!



Joyce enjoyed a glass of sparkling cider during our Valentine's Day social!

The Gary Residence

March 2023

**Celebrating
March**

**Women's History
Month**

**International
Mirth Month**

**Dr. Seuss Day
March 2**

**Purim Begins
March 6**

**95th Academy
Awards
March 12**

**St. Patrick's Day
March 17**

**Wellderly Week
March 20-24**

**Nowruz Begins
March 21**

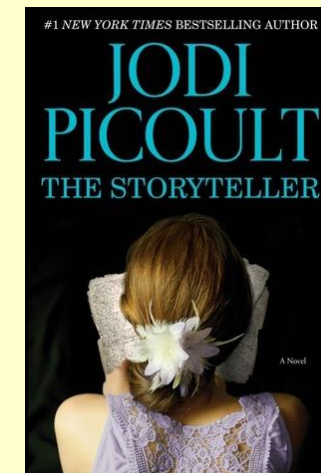
**Ramadan Begins
March 22**

**American
Crossword
Puzzles Week
March 31-April 2**

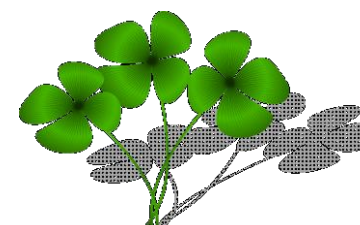


The Gary Residence
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802-223-3881 | thegaryresidence.com

Book of The Month
Check the Gary Residence library for availability!



Sage Singer is a baker. She works through the night, preparing the day's breads and pastries, trying to escape a reality of loneliness, bad memories, and the shadow of her mother's death. When Josef Weber, an elderly man in Sage's grief support group, begins stopping by the bakery, they strike up an unlikely friendship. Despite their differences, they see in each other the hidden scars that others can't, and they become companions. Everything changes on the day that Josef confesses a long-buried and shameful secret—one that nobody else in town would ever suspect—and asks Sage for an extraordinary favor. If she says yes, she faces not only moral repercussions, but potentially legal ones as well. With her own identity suddenly challenged, and the integrity of the closest friend she's ever had clouded, Sage begins to question the assumptions and expectations she's made about her life and her family. When does a moral choice become a moral imperative? And where does one draw the line between punishment and justice, forgiveness and mercy? In this searingly honest novel, Jodi Picoult gracefully explores the lengths we will go in order to protect our families and to keep the past from dictating the future.



In Honor of American Crossword Puzzle Week please enjoy this puzzle from the *New York Times*

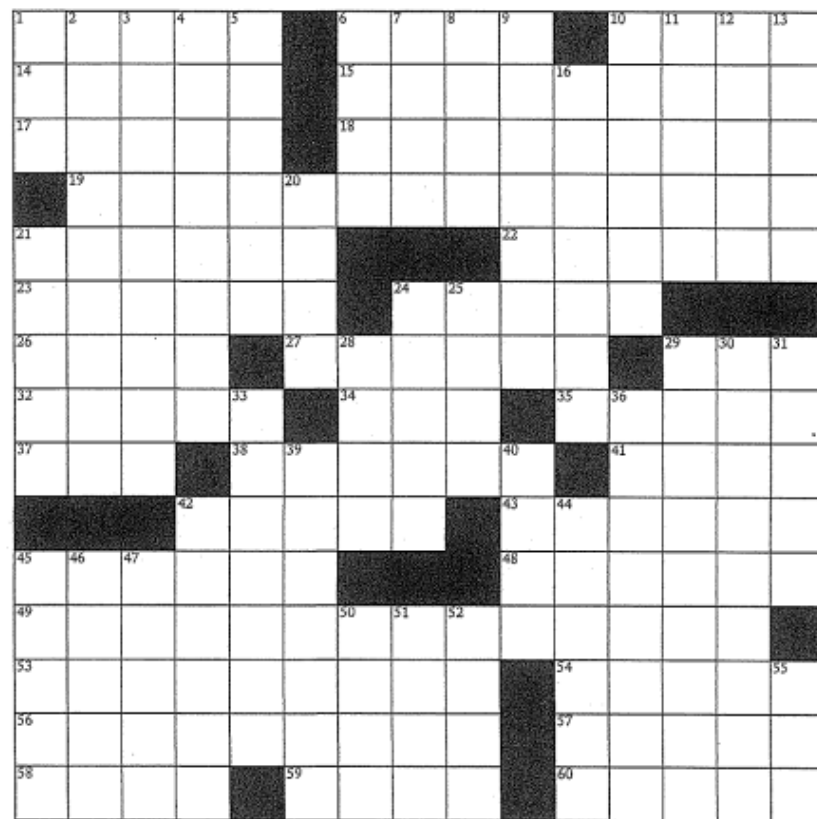
Across

- 1 Less ordinary
- 6 Maker of a "Female Road-Runner Costume"
- 10 French Open playing surface
- 14 Source of allure, maybe
- 15 Certain jagged edge
- 17 Lays flat
- 18 Sets of goals
- 19 Be outstanding, in a way
- 21 "The Stroke" singer Billy
- 22 Colorful playing marbles
- 23 Phenomenon caused by solar activity
- 24 "Cast Away" company
- 26 Existed
- 27 Newspaper piece that runs across the fold
- 29 Part of a lifeguard's training, briefly
- 32 Tiniest
- 34 Cruet liquid
- 35 The Houyhnhnms identify Gulliver as one
- 37 Adjournment
- 38 Collector's superlative
- 41 Paddington Bear's country of origin
- 42 Innocents of the past?

- 43 Herb who won a Grammy for "Rise"
- 45 Prepare for a trip, say
- 48 Red Sox team anthem, or one of their mascots
- 49 Words after a hymn
- 53 Down state?
- 54 Avoid, as a hit
- 56 Poe poem about a Turkic conqueror
- 57 "The sharpest sighted Spirit in all of Heav'n," per "Paradise Lost"
- 58 Asia's Tian ___ Mountains
- 59 Fish with prized eggs
- 60 Beverage at the center of the social-media-based Refresh Project, in 2010

Down

- 1 Wood used by wineries
- 2 Kim Chi or Jujubee
- 3 Walkie-talkie user's question
- 4 Pride and joy
- 5 Unit of bacon
- 6 Possible vaccine side effect
- 7 Soft-soap
- 8 Kemp with two Silver Slugger awards
- 9 Erik whose autobiography is subtitled "My Road From Harlem to Hollywood"
- 10 Narrative turning point
- 11 Sanctioned by law
- 12 Body part affected by the Achilles reflex
- 13 Those in favor
- 16 What's denoted by a frowning mask
- 20 Extended stretches
- 21 Mercury model with an animal name
- 24 Sits in the sun too long, say
- 25 Jellied ___ (English seafood dish)
- 28 Dermal opening
- 29 Fondue Savoyarde, e.g.
- 30 Gruel and grits, for two
- 31 G.P.S. unit's suggestion
- 33 Word before leg or cuff
- 36 Android : Google Play :: iPhone : ___
- 39 Fights a ruling
- 40 Gallery on the Thames
- 42 Bird that might have a colorful partner
- 44 Period preceding a big day
- 45 Rotisserie parts
- 46 Kaaba dedicatee
- 47 Mystery Inc. character who became a queer icon
- 50 Uninspiring
- 51 Site of Hephaestus' forge, in myth
- 52 Get rid of
- 55 Wallach of "The Good, the Bad and the Ugly"



STAFF SPOTLIGHT



For the month of March we are featuring Analise A. our Med tech/ Resident assistant extraordinaire! Analise always brings a warm, inviting smile, a boost of positive energy and the willingness to lend a helping hand! She has been part of the Gary Residence for a little over 6 months and has loved every second. She is always willing to help a resident or a staff member! Her patience, passion and dedication is truly unmatched! Analise resides in Barre VT with her high school sweetheart and her two sons, ages 7 and 11. When she is not at work you may find Analise spending time with her family, breaking a sweat at her Jazzercise group, enjoying some fresh air in the great outdoors or indulging in some delicious seafood! Analise also likes to pass the time by watching her favorite shows *Grey's Anatomy* and *Sweet Magnolias*. Analise is a great asset to the Gary Residence and I think I speak for all when I say we are so lucky to have her!

**Long Term Care
Sarah Sadowsky**

In Vermont, there are about 170 long-care homes. Long term care residences are defined as nursing homes (NHs), assisted living residences (ALRs), and Residential Care Homes (RCHs.) Westview Meadows and The Gary Residence are licensed as Residential Care Homes. It can be complicated to understand the differences amongst them and to understand the level of care that is provided at each of these facilities. All of these types of facilities are licensed by the state of Vermont and have legal differences. To make it more complicated, not all NHs are the same, not all ALRs are the same, and not all RCHs are the same. The state of Vermont published a consumer guide in 2020 and it is available at dhp.vermont.gov, or from Sarah. This may provide support as you and your families have conversations related to changes in care needs, and in what type of environment you may consider receiving care in the future. Expect to see subsequent pieces in the newsletter related to resources on this topic.

**First of the Month – 7:00 pm Special
Wednesday April 12th, 2023**

Join us in the Game room Wednesday April 12th at 7 pm for a virtual discussion as we cover the topic of Disability "Disability, as part of the human condition, has always been with us. But considering disability to be negative is a new concept, shaped by recent history. Professor of philosophy, author, and disability activist Patrick Standen unravels the complicated, fascinating, and controversial history of the concept of disability

**Upcoming Virtual Discussion: May 10th @ 7 pm
Thriving Communities: The Winding VT Road to Abolition and Women's Rights**

Ashley Messier, Executive Director of the Women's Justice and Freedom Initiative, shares her experience with incarceration, trafficking, and addiction, and reveals how she became an abolitionist and what that means. She leads this group discussion on how to achieve thriving communities while recognizing the ongoing marginalization of women and the continued use of punishment in the criminal legal system.

March Birthdays and Years of Service

March Birthdays



March 26th Erika M

Did you know the most popular kind of birthday cake is chocolate cake with chocolate frosting?
Now you do!

Years of Service



Erika M- 3 Years
Eva G- 2 Years
Alana P- 1 Year

**A Word from our Executive Chef
Chris MacIver**

March is upon us. Did you know In the Southern Hemisphere, March is the same as September in the Northern Hemisphere. Spring is in the air and with it comes one of my favorite Holidays... St Patrick's Day. Why is it my favorite holiday you may be wondering? It all has to do with one of my favorite meals of the year. Corned Beef & Cabbage. Yummy Yummy, I can't wait. We will be enjoying this dish on March 17th, make sure to wear something green. Happy St Patrick's day! Ready for a second did you know? Here it goes. Did you know Each year March and June end on the same day of the week. I didn't know that. For you Gardeners out there March is the perfect time to start planting some seeds indoors. There are number of vegetables that you can start seeding indoors (or in a greenhouse) in March, including brussels sprouts, cauliflower, spinach, squash and perennial herbs (all under cover), chili and sweet peppers and celery.

