

Month in Review – May Memories

May Pole Dance & Lemon Cupcakes



Arm Chair Travel Mexico



Mother's Day



The Gary Residence

The Gary Residence | 149 Main Street, Montpelier, VT 05602 | thegaryresidence.com



June Birthdays!

1st ~ Priscilla P
26th ~ Alana P
29th ~ Aggie O



June Years of Service

Amira D.
6/24/2002
21 Years of Service



Summer Healthy Snacks

Peanut Butter Apple Slices
with White Chocolate
Chips & Coconut Flakes



Yogurt Parfait



Celebrating June

Men's Health Month

Perennial Gardening Month

Caribbean American Heritage Month

Go Barefoot Day
June 1

World Bicycle Day
June 3

D-Day
June 6

Flag Week (U.S.)
June 11–17

Worldwide Day of Giving
June 15

Father's Day
June 18

World Music Day
June 21

Great American Backyard Campout
June 24

The Gary Residence Book of the Month
(This book is available in the Gary Residence Library!)



When Annie Dawson finds a bundle of old letters in the attic of Grey Gables, the lovely Victorian home she has inherited from her grandmother, she feels a rush of nostalgia for the days she spent in Stony Point, Maine, as a child, and for her best childhood friend Susan Morris. Annie had saved these letters and brought them back to Stony Point to share with Susan, but

where is Susan now? Annie's friends in the Hook and Needle Club have conflicting stories, but Susan is definitely not in Stony Point. Annie takes up the search for Susan, and as she digs deeper, she is drawn into a frightening game of hide and seek with strangers who threaten Annie's life and the lives of her friends.

Riddle me this!

What has a forest with no trees, lakes without water, roads with no cars and deserts with no sand?

A word from Chris MacIver, Executive Chef

June is upon us and that brings to mind Father's Day. Did you know Father's Day was founded in Spokane, Washington at the YMCA in 1910 by Sonora Smart Dodd, who was born in Arkansas. Her father, the Civil War veteran William Jackson Smart, was a single parent who raised his six children there. As a father myself I am looking forward to Father's Day and having A juicy steak and A cold Beer.

The weather is warming up. Time to dig out those bathing suits

and Get Wet!!

Make sure you get outside when you can and enjoy the sun. Also Stay Hydrated and drink lots of water.

Gardening tips for June: Fruits and vegetables that require warm soil are best planted in June, such as corn, pumpkins, beans, squash, and cucumbers. Add additional mulch to gardens and flowerbeds to conserve water and minimize weed growth. Grass clippings are a good, inexpensive option.



A word from Sarah Sadowsky, Resident & Family Services Director



June is Alzheimer's & Brain Awareness Month - an opportunity to hold a conversation about the brain, and share the fact that Alzheimer's disease and other dementias are a major public health issue. The Alzheimer's Association capitalizes on this month to raise awareness about Alzheimer's disease and brain health. Age is the greatest risk factor for Alzheimer's disease, but not the only one. While some brain changes are inevitable as we age, there is a growing body of research to suggest that adopting healthy lifestyle behaviors may help our brains age healthier. Here are five tips to promote better brain health and help reduce the risk of cognitive decline: exercise regularly, maintain a heart healthy diet, get proper sleep, stay socially and mentally active, and keep your heart healthy (e.g., treating high blood pressure!). There are countless ways that you can love your brain—it's never too late to incorporate health habits!

A word from Olivia Peterson, Resident Care Director

"Hard to believe June is here already!" I know most of us have been anxiously awaiting the warmer weather and sunshine. I hope you all are taking advantage of the front porch and soaking up the vitamin D. Did you know vitamin D can help support healthy bones, strengthen your immune system, protect your oral health, and positively impact your mood? Even just 20 minutes of sunshine a day can make a difference! Vitamin D is very important when it comes to healthy aging so make sure you soak it up naturally while you can (and don't forget your sunscreen!).

Speaking of health, you may have noticed some healthier snack alternatives being offered in the afternoon! I have been collaborating with the kitchen to come up with some healthier options that incorporate fresh produce (fruits and veggies), more protein, and less added sugar. We have all heard the phrase "everything in moderation" and I believe it holds a lot of truth. Eating sugar is not bad unless we are eating too much of it! Consuming too much sugar can negatively impact our dental health, increase our risk of diabetes, contribute to impaired memory, and lower our energy levels. However, it's important to note that sugar also benefits us in many ways when we eat it in moderation. How we nourish our bodies is so important and I'm hoping this change will positively impact everyone's overall health and wellbeing. And don't worry, there still will be dessert in the evening! It's all about balance, right?? If there is any "healthy" snack you'd like to see please let myself or Chris know and we will work on making it happen! Enjoy!"

Upcoming Events During the Month of June

June 2, Lunch at the Garden of Eatin' Café

June 5, Mani Monday

June 7, Wednesday Walking Trip to Penzo
Pizza for lunch

June 8, Fruit Smoothie Social

June 9, Lunch at Ladder One Grill

June 12, Bragg Farm outing for Creemees

June 14 & 15, Arm Chair Travel to France

June 16, Afternoon Drive to the Floating
Bridge in Brookfield

June 19, Trapp Family Lodge Tour &
afternoon Dessert

June 21, Yogurt Parfait Social

June 22, Small Walking Group

June 23, Bosnian Coffee & Sweets

June 26, VINS Nature Center

June 28, Live Music with Paula Gillis

June 29, Walk to the Kellogg Hubbard
Library

June 30, Live Music with Donna Thunder

Riddle me this Answer

A Map