

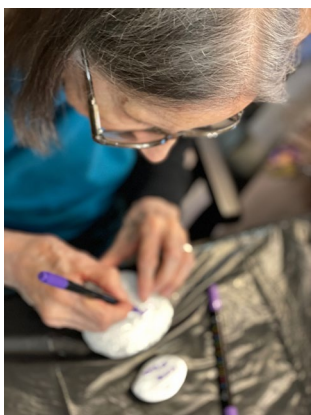
The Gary Residence

The Gary Residence | 149 Main Street Montpelier, VT | (802) 223-3881



A Look Back at August

August was a vibrant and engaging month at The Gary Residence! We kicked off the month by painting kindness rocks, where residents expressed their creativity and spread joy. Our fun continued with balloon tennis, live Wack-a-mole, and giant bowling, which added an element of excitement and friendly competition. We also enjoyed interactive activities like Mad Libs, air hockey, and a paint-and-sip party which brought lots of laughter and comradery. Ping pong and other games rounded out the month, ensuring that everyone had a chance to stay active and engaged. It's been a memorable August filled with creativity, fun, and community spirit!



Virgo Season Begins

Those born between September 1st and the 22nd are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23rd and 30th, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

September Birthdays

Evan F – September 3rd

Jan L – September 8th

Mary Jo B – September 13th

Celebrating September

World Alzheimer's Month

National Guide
Dog Month

Civic Awareness Month

National Honey Month

Chef's Corner

September is Upon us. Did you know September comes from the Latin root septem-, meaning "seven," because in the original Roman republican calendar September was the seventh month of the year. Labor Day is coming up Monday September 2ND. I hope all of you are looking forward to a Nice BBQ inside for lunch. We are going to have Hot dogs, Seafood Salad Roll, some grilled BBQ Chicken Thighs & Baked Beans. Yummy!!

September 26th is Johny Appleseed Day! Be on the lookout for some tasty apple treats and desserts that week. Here are 5 fun facts about Johny Appleseed.

1. He Was a Real Dude

Unlike a lot of other legendary figures of the American Midwest, Johnny Appleseed was a real person. Born in Massachusetts in 1774, John Chapman was a professional orchardist and nurseryman who began his travels to plant apple trees sometime in the early 19th century. Although a well-known figure in his day due to his constant travels, his legend grew during the years after his death.

2. He Actually Had Profit in Mind

Everywhere that Chapman traveled, he did more than just plant trees. And despite popular lore, he didn't just scatter apple seeds randomly wherever he traveled. Instead, he established entire apple nurseries by claiming land in the frontier where no one else had settled (apple orchards established legal land ownership in many settlement regions). He would plant these orchards, leave, let them grow for a while, wait for people to settle in the region, and then return years later to sell the trees for a high profit.

3. Johnny Appleseed's Apples Weren't for Eating

If you tried to eat one of John Chapman's apples, it wouldn't be a tasty experience. The trees he planted yielded small, tart apples that were destined for distilleries, where they were used to produce hard cider and applejack (a kind of brandy), two of the primary alcoholic beverages of the day. (This part got edited out of the legend pretty quickly.)

4. He Also Planted Ideas

Chapman considered himself a missionary of the New Church, a Christian denomination that became established the late 18th century and preached that nature and God are intertwined. He spread these teachings wherever he planted his seeds.

5. He Didn't Really Wear a Tin Pot on His Head

Most depictions of Johnny Appleseed show him with a tin cooking pot on his head. In reality, Chapman favored a tin hat. (He did eat out of his hat, though, which is where the legend probably originated.) As for the threadbare clothes and shoeless feet we see in popular culture, those were real.

Even though Summer is Almost over do not pack up those bathing suits just yet! We have nice warm weather to look forward to for a few more weeks. Happy September!

- Head Chef, Chris MacIver

Operation Paperback

The Gary Residence is excited to announce that we are celebrating Civic Awareness month with a special project! We are collecting and donating books to support our troops via Operation Paperback.

Operation Paperback is a national, non-profit organization, whose volunteers collect gently-used books and send them to American troops overseas, as well as veterans and military families here at home. Since 1999, they have shipped over 2.9 million books to countries all over the world.

Our service members and their families make sacrifices every day for our country. It takes so little to let them know that they are appreciated. When you donate to Operation Paperback, you will let America's military community know that you appreciate their service and their sacrifices.

In addition to overseas locations, Operation Paperback provides books to wounded warrior programs and veterans' hospitals located within the United States, as well as USO centers at US Airport transit points. In addition, past projects include:

- Providing books from military Professional Reading Lists to support servicemember professional development goals.
- Supporting Chaplains as they counsel troops, both before redeployment and after reunification, with a variety of specifically-requested titles.
- Supplying books for the annual book give away at NSA Souda Bay in Crete, Greece for service members and their families.
- Supplying children's books to deployed soldiers who read to their children via webcam or on DVDs.

A collection space will be designated in the facility or you can give your donations directly to Kate Shippee. Books for donation will be collected from September 1st – September 31st.

Please – only new or gently used books will be accepted.

This Old State

I recently came upon a series that Seven Days has been publishing throughout 2024 called *This Old State*, about the implications of Vermont's aging population, which is one of the oldest in the U.S. I had noticed they were producing more aging related articles, but hadn't realized it was part of a focused series. Luckily, it's never too late to catch up on any missed articles, as they are all on the Seven Days website. There are notable pieces centered on aging well, including one on a class called *Weaving your Story* and one on seniors redefining their retirement through their passions. Additionally, there are poignant pieces on the reality of isolation for older Vermonters, particularly once driving is no longer part of their lives. For some really interesting reading, visit Seven Days website or look in our library for past paper editions. You can even write in with any insights, tips or feedback to thisoldstate@sevendaysvt.com.

- Sarah Sadowsky LICSW

Special Events

What: Cooks Corner
When: September 10th @ 2:15 pm
Where: Living Room

Monthly meeting with Head Chef Chris MacIver in the living room. Come discuss anything food related with our intrepid leader of the culinary arts.

What: Celebration of Bees
When: September 12th @ 2:30 pm
Where: Living Room

It's national Honey Month and to celebrate we are going to take a deep dive into those most industrious of creatures that help sustain our way of life. Join us on the patio for a honey taste test, charcuterie board, bee inspired drinks, and a visual of how bees see the world. It's sure to be the bee's knees.

What: Meeting with Maria
When: September 17th @ 11:15 am
Where: Living Room

Please join your fellow residents in the living room for coffee and a discussion about life at The Gary Residence. We pride ourselves on the level of care we provide for the residents in our house, and want you to know that anything you are feeling is valid. We want to give you an opportunity to voice any suggestions, complaints, shout outs to staff, or just come and have a chat with Maria.

What: No Strings Marionette Puppet Show
When: September 17th @ 2:00 pm
Where: Clara's Garden

Puppeteers Barbara Paulson and Dan Baginski's engaging shows are a seamless blend of movement, music and masterful manipulation that captivate young and old alike. Once the mind believes there are no strings...this realm becomes real...and the adventure begins.

What: Oktoberfest Celebration Dinner
When: September 27th @ 5:30 pm
Where: Dining Room

Oktoberfest kicks off this month and to celebrate we at The Gary Residence are going to live it up! This lunch smorgasbord will include German food, music, root beer floats for toasting and maybe some dancing for dessert. Be sure to make an appearance at dinner- and bring your lederhosen or dirndl.

Musical Guests

September 6th – Bronwyn Fryer
Talented local singer and guitar player. She will be joining us solo, singing and playing a variety of classic rock and folk songs from the 60s.

September 11th – Jeanne Whiting
Amazing songstress who plays resident favorites on the Ukelele.

September 18th – Debbie Yacovone
With impressive vocals, guitar, and harp playing, Debbie is a regular performer for us. Residents love to sing along.

September 27th – Paula Gills
Longtime performer for The Gary Residence and beyond, Paula creates new set lists every time – and every time our residents smile, sing, and dance.

September Outings

Kitty Korner Café – September 9th @ 1:30 pm
This local feline shelter also doubles as a café and cat retreat. You can enjoy a delightful cup of joe while you visit with cats waiting to be adopted.

Penzos Pizza Lunch – September 13th @ 12:00 pm
Neighboring the Gary Residence is this delightful woodfired pizza eatery. Be bold and try a new unique pizza or stick to good ole' pepperoni. They have something for everyone.

Wayside Lunch – September 26th @ 12:15 pm
Local staple that has been serving up comfort food for 106 years. Daily specials, breakfast all day, and familiar faces await you at the Wayside.

Wii Bowling Tournament

When: September 5th @ 2:15 pm
Where: The Living Room

The Gary Residence is excited to announce our first Wii bowling tournament for all residents! Get ready to roll, bowl, and laugh your socks off as we bowl our way to glory. Join us for an afternoon of games, laughter, and fun! Everyone is welcome to participate, whether you're a seasoned bowler or new to the game. Expect prizes for the best bowler and most enthusiastic cheerleader. Put on your best bowling face and come enjoy a great time with friends and neighbors.

LET'S STRIKE UP SOME FUN!

Meet your Neighbor



We are delighted to introduce our newest resident John, who has recently joined our community. At 89 years old, John brings a wealth of life experience and a heartwarming story to share. John hails from Nashua, New Hampshire, where he grew up in a bustling household as one of 13 siblings. His early years were marked by modest means – his father worked tirelessly at a papermill, while his mother dedicated herself to raising their large family. Despite the scarcity of luxuries, John found joy in the simple pleasures of life, such as the occasional carnival or circus that visited their small town.

Life presented challenges early on. At 16, John left school to support himself and soon thereafter, married his sweetheart at the age of 17. Together, they had three wonderful children, who remain a source of immense pride for John. Throughout his career, John worked in various roles but spent the majority of his professional life as a truck driver for a cement company in Massachusetts. His dedication and hard work are a testament to his character and resilience. John never let hardships define him.

In his free time John enjoys reminiscing about his childhood and the chores that shaped his work ethic. One of his favorite pastimes is fishing, a hobby that brings him relaxation and a sense of connection to nature. We are thrilled to welcome John into our community and look forward to the stories and warmth he will bring. Please join us in making him feel at home.

PLEASE SEE KATE IF YOU WANT TO REQUEST A MAIL IN BALLOT FOR THE 2024 ELECTION