

December 2024

The Gary Residence

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

A Look Back at November



What a wonderful month we've had at The Gary Residence! November was full of fun, creativity, and connection. We embraced our artistic side with flower arranging, painting, and fall wreath making. Laughter echoed through the halls during ping pong matches, Jeopardy games, and the lively life-sized Whack-a-mole! We also explored new experiences, from a Bosnian coffee tasting to an imaginative journey through the Midwest. Add in some shopping, special movie nights, and our delicious Thanksgiving feast, and it's safe to say November was one for the books. Here's to even more memorable moments in the month ahead!



December Birthdays

If you were born between December 1–21, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind during new encounters. Those born between December 22–31 are Capricorns, the Goat. Capricorns are the most stable and serious signs of the zodiac. Reliable, resourceful, and determined, they make excellent leaders and managers.

- December 1st- Mary Francis O.
- December 13th- Kate S.
- December 17th- Amera S.
- December 21st- Donna I.
- December 30th- Elizabeth K.
- December 30th- Mary Jean C.

You're Invited to Our Friends and Family Holiday Open House



Join us on **Thursday, December 19th** from **2:00 pm – 5:00 pm**, for a festive afternoon filled with holiday cheer! Bring your loved ones and celebrate the season with us. Enjoy delicious treats, live entertainment, and the warm company of our wonderful community. It's the perfect opportunity to connect, share smiles, and create lasting memories together. We look forward to seeing you there! Happy Holidays!

Meeting with Maria

Thursday December 19th @ 10 am in the Dining Room

You are invited to sit down with house manager Maria Duggan and discuss anything that is on your mind. Please join us for coffee and tea while we collectively chat about house issues, suggestions, or anything you're happy about. We at the Gary Residence want you to feel comfortable in your home, so please join us in making this the place you want it to be. An open discussion is the first step into making positive changes.

Looking forward to seeing you.

Friends of the Library

Thursday December 5th @ 10:30 am

This special event, led by our local librarian Autumn, brings neighborhood children and their adults to our facility for an afternoon of connection and creativity. Together, we'll enjoy enchanting stories and interactive storytelling that is sure to spark joy and imagination for all ages.

After the storytelling session, everyone will participate in a delightful holiday craft activity, creating festive keepsakes to cherish. This event is a wonderful opportunity to build bridges between generations and celebrate the holiday season with a little extra magic.

Mark your calendars and join us for this memorable experience. Let's create moments that warm the heart and brighten the holidays.

We can't wait to see you there!

Senior Shoeboxes: Annual charity drive

We are beginning to collect shoe boxes and donations for our wonderful holiday tradition. The list of suggested donation items to be put in the boxes is located in the Sun Room (or see Kate). Each year, we collect toiletries, clothing pieces and other items, then pack them into shoeboxes, and donate them to local seniors who may not have these resources. Please deliver items to the shelf in the Residential Care Sun Room. If you would like to make a monetary donation rather than pick up items at the store, that would be great! Any monetary donations can be left with Kate or Lisa.

Our goal this year is to wrap 60 boxes!!! The biggest wrapping event of the season will take place on Monday, December 16th at 1pm in at Westview Meadows.

A Note from Our Resident and Family Services Director

A group of volunteers, named Carolyn's Angel Band, recently (and have in past years) performed at Westview Meadows at the annual remembrance ceremony. This is a group comprised of singers who perform their craft at the bedside of terminally ill patients. It is a very moving experience to hear them sing, and I wanted to bring more attention to the origins of the hospice singing movement in Vermont.

Music's healing and comforting properties are often utilized to provide powerful experiences to people who are experiencing end of life care, and, in the last twenty years, there have been several volunteer groups that have formed all over Vermont with the goal of fulfilling needs for comfort, solace and connection through singing. Hospice singing is a practice that involves singing for the terminally ill to comfort them and their families. In compassionate care through the end of life, treatments other than medicines can make a crucial difference. Bedside singing is a centuries-old tradition around the world, carried out by Benedictine monks in medieval Europe and Indigenous American tribe members alike. This practice in Vermont originated with a group called the Hallowell singers, who came together in the Brattleboro area and are affiliated with their local hospice agency. The singers typically visit a dying person in their home or hospital room to sing a number of songs, and are very sensitive in their approach and in their presence. They are accustomed to being as least intrusive as possible when entering and exiting a space. All of the singers receive specialized hospice training. Hospice singers' repertoire can range from spiritual to secular, and can include anything the person would like to hear. It's a special and peaceful experience, for the hospice patient and their family members, to share this sense of intimacy and comfort through the power of song. There are now several hospice choirs associated with hospice practices throughout the state, and the country. If you are interested in learning more, the founder of the Hallowell singers, Kathy Leo, who is responsible for teaching other fledgling hospice choirs around New England, has published a book called *On the Breath of Song: The Practice of Bedside Singing for the Dying*. Also, there is a documentary in which the Hallowell singers are featured called *Holding our Own: Embracing the End of Life*.

-Sarah Sadowsky, MSW, LICSW

Chefs Corner

Jingle, Jangle, Jingle. December is upon us. Did you know The month of December brings the winter solstice in the Northern Hemisphere? This is the shortest day of the year (the day with the least amount of daylight). In 2024, the solstice occurs on Saturday, December 21. Santa's real name is Saint Nicholas, a 4th century bishop known for his kindness to children and the poor. The name Santa Claus comes from the Dutch name Sinterklaas, which is a shortened version of Saint Nicholas.

Christmas is my favorite holiday. The best part for me is the Honey Glazed Spiral ham my wife cooks every Christmas. I look forward to bringing this delicious dish to you on Christmas Day with an assortment of sides that is sure to put a smile on your face and fill you with Christmas Joy. Merry Christmas and Happy New Year!!
-Chris McIver *Head Chef*

Ring in the New Year with Us!

Monday December 30th @ 3:00 pm

Join us for an unforgettable New Year's party at The Gary Residence. Let's say goodbye to 2024 and welcome 2025 in style with fun, laughter, and great company.

We've planned an exciting afternoon for everyone to enjoy! Snack on delicious treats, sip on refreshing drinks, and sing your heart out during karaoke. Feeling lucky? Test your skills at the blackjack table with our very own Lisa as the dealer!

There will be prizes to win, resolutions to make, and plenty of noise to celebrate the season. Let's create memories together as we look forward to a wonderful new year.

Don't miss out – we can't wait to celebrate with you!

Movie Matinee at the Montpelier Theatre

We are excited to announce our very first trip to the local movie theatre! This special trip is a wonderful opportunity to enjoy an afternoon at the movies with friends and immerse yourself in the magic of the big screen.

We're planning for a matinee showing around 2 pm on Sunday, Dec. 8th. As the date approaches, we'll select the perfect movie and confirm the exact time to ensure a delightful experience for everyone.

Whether you're a fan of heartfelt dramas, laugh-out-loud comedies, or thrilling adventures, this outing promises something for everyone. It's a great chance to get out, have fun, and enjoy some buttery popcorn while sharing the joy of cinema.

Stay tuned for more details, and be sure to reserve your spot!

December Movie Preview

Dec 1st – Big (1988)

American fantasy comedy-drama film directed by Penny Marshall and stars Tom Hanks as Josh Baskin, an adolescent boy whose wish to be "big" transforms him physically into an adult.

Dec 3rd- Follow the Fleet (1936)

When the fleet puts in at San Francisco, sailor Bake Baker tries to rekindle the flame with his old dancing partner, Sherry Martin, while Bake's buddy Bilge Smith romances Sherry's sister Connie.

Dec 10th- White Christmas (1954)

American musical film directed by Michael Curtiz and starring Bing Crosby, Danny Kaye, Rosemary Clooney, and Vera-Ellen.

December 15th- On Golden Pond (1981)

Curmudgeon Norman is estranged from his daughter Chelsea. Nevertheless, at Golden Pond he and his wife agree to look after Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms.

December 17th- Meet Me in St. Louis (1944)

Divided into a series of seasonal vignettes, starting with Summer 1903, it relates the story of a year in the life of the Smith family in St. Louis leading up to the opening of the World's Fair in the spring of 1904.

December 22nd- Rudolph the Red Nosed Reindeer (1964)

The stop motion classic that has been aired on TV every year since its release. Come visit the island of misfit toys once again.

December 24th- It's a Wonderful Life (1946)

James Stewart stars as George Bailey, a man who has given up his personal dreams in order to help others in his community. George's guardian angel comes to him in his darkest hour. The angel, Clarence, helps him see what life would have been like for those he loves if he had never existed.

December 29th – Woman of the Year (1942)

The film's plot is about the relationship between Tess Harding—an international affairs correspondent, chosen "Woman of the Year"—and Sam Craig—a sportswriter—who meet, marry, and encounter problems as a result of her unflinching commitment to her work.

December 31st – Dealer's Choice

Pick one from the library.