

A Look Back at December



December was a month filled with holiday cheer, creativity, and plenty of fun. Residents enjoyed drum beat sessions, balloon tennis, and plenty of puzzles, while exploring their artistic side with acrylic painting and flower arranging.

Music lovers were treated to performances by Jim Thompson, Paula Gills and George and Sandy, bringing festive tunes to the season.

The holiday spirit was in full swing with events like our Holiday concert, friends of the library songs and crafts, and Holiday carolers. Residents also got crafty with Holiday card making, ornament crafting, and had a chance to shop during the Holiday mall trips.

Movie nights featured classics like *White Christmas*, *It's a Wonderful Life*, and *Rudolph the Red-Nosed Reindeer*.

Residents stayed active with morning workouts, balloon tennis, and ping pong, while the month wrapped up with a New Year's Resolution Party complete with karaoke and Lisa dealing at blackjack.

Thanks to our wonderful residents and staff for making December so special. We look forward to a bright and exciting 2025!



January 2025

The Gary Residence

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

January Birthdays

Those born between January 1–19 are Capricorns, the Sea Goat. Capricorn is the most stable and serious sign of the zodiac. Reliable, resourceful, and determined, Capricorns make excellent leaders and managers. Those born between January 20–31 are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests.

Dotty K. – 2nd

Maria D. – 3rd

Lydia P. – 8th

Chuck M. – 10th

Phil M. – 14th

Janet M. – 18th

Delaney P. – 30th



It turns out that January is a magical month. First, January 16 is Appreciate a Dragon Day. In Eastern cultures, dragons are powerful beings of wisdom, magic, and longevity, and their symbolism is often used by emperors and leaders. European cultures tend to view dragons as fearsome fire-breathing foes. These winged beasts can fly, and perhaps this is why the word *dragon* comes from a Greek word meaning “I see clearly,” as if dragons can see the entire world from above.

Then January 19 is Brew a Potion Day. Potions are believed to heal, bewitch, or poison others. In olden days, traveling salesmen and charlatans would travel across the land selling snake oil panaceas, promising to heal any and every possible ailment. Even in modern times, we see television infomercials selling products guaranteed to clear our skin, regrow our hair, or clean our upholstery. In lieu of these potions, concoct your own magical mixture or recipe and give it to someone you love on January 19.

If the magic of fantasy is too far-fetched for you this month, you could instead engage in another sort of magic: January 2 is Science Fiction Day. The mysteries of science can sometimes be even more baffling than dragons and potions. After all, who could have foretold rovers roaming Mars? A person falling to Earth in a 24-mile free dive from the edge of space? The ability to hold a computer in the palm of your hand? Of course, all of these achievements are mere science. For them to become science *fiction*, the scientific advancement must present some dreadful and unforeseen challenge.

This January, the biggest challenge may be to allow your imagination to take flight and consider dragons, potions, and scientific calamities. Then February will bring us firmly back to Earth.

Monthly Meeting with House Manager Maria – Your Voice Matters!

Thursday January 16th @ 10 am in the Dining Room

We invite all residents to join us for an open forum with our House Manager, . This is your opportunity to share your thoughts, suggestions, and concerns in a relaxed and welcoming environment. We truly value your feedback and want to make sure your voice is heard. Whether it's ideas for activities, improvements, or anything else on your mind, come and have your say. We look forward to seeing you there!

**A Note from Our Resident and Family Services Director
Wellness in Winter**

There are many reasons to enjoy and appreciate the winter, however; the change in seasons also means lower temperatures and fewer daylight hours. Some people experience dramatic changes in their physical and emotional health with the onset of winter.

For some, this can manifest into experiencing seasonal affective disorder (S.A.D.), which is a distinct type of depression. Less sunlight can disrupt sleep patterns and cause a drop in vitamin D and serotonin—lowering sleep quality, affecting chemical balance in the brain, and negatively impacting overall health. These changes can contribute to having symptoms of depression, which may manifest as persistent sleepiness and fatigue, weight gain, loss of interest in activities, lack of energy, and a sense of hopelessness, amongst others.

Fortunately, there are actions you can take this time of year to guard against S.A.D. and keep yourself thriving. One popular and well researched option is light therapy with the use of special clinical grade sun lamps. *It is necessary to consult with a doctor first before pursuing this treatment. Even being outside in the weaker winter sunshine, combined with fresh air, is beneficial. Additionally, frequent exercise and boosting energy levels through a clean diet rich in vitamin D is recommended. Avoiding alcohol and eliminating sugary foods are an important part of prevention as well. Also consider practicing mindfulness meditation and sticking with your hobbies/activities in your community here.

It is normal to have some winter days when you feel down, but keep a close eye on your sleep, eating patterns and energy to help you thrive during these winter months.

-Sarah Sadowsky MSW, LICSW

Chef's Corner

Happy New Year!

As we welcome January, did you know that the month originally had 30 days until Julius Caesar added the 31st? January is also considered the coldest month of the year in the Northern Hemisphere. If you're planning a walk outdoors, be sure to bundle up! Layering is key—if you get too warm, simply remove a layer; if you're feeling chilly, add one back on. It's an easy way to stay comfortable.

I always look forward to cozy soups, hearty stews, and a cup of hot chocolate to stay warm during these chilly days. Don't forget to keep an extra pair of socks handy! Spring will be here before you know it.

Mark your calendars! January 4th is National Spaghetti Day, a perfect opportunity to indulge in this classic Italian dish. We'll be celebrating by serving a delicious pasta meal right here at home. Whether you enjoy it with a rich marinara sauce, savory meatballs, or a creamy Alfredo, it's sure to be a satisfying way to warm up on a chilly winter evening. Be sure to join us for this tasty celebration and enjoy every bite!

For all the Chinese food enthusiasts, January 29th marks the celebration of Chinese New Year. We'll be celebrating with a special Chinese dinner prepared right here in the Gary Kitchen.

Stay warm, and stay classy!

-Chris McIver, Head Chef at The Gary Residence

Staff Appreciation Days:

Jan 24th - National Activities Professionals Day

Feb 19th- Resident Services Assistant Day (3rd Weds in Feb)

March 4th - Maintenance Worker Appreciation Day

March 7th - Employee Appreciation Day

March 18th - World Social Work Day

March 20th - National Marketing Day

Apr. 23rd - Administrative Professionals Day

May 6th - Nurse's Appreciation Day

June 17th- Nursing Assistants/CNA Day

Aug. 20th - Medical Transportation Appreciation Day

Sept. 17th - Housekeeping Appreciation Day

Oct 8th- Healthcare Foodservice Workers Day

You're invited to a Conversation with Charlie

Some Memories Do Endure: Sharing Mine with Yours

Saturday January 25th @ 3:00 pm in the Sunroom

We are excited to welcome one of our very own residents, Charlie, for a special guest speaker session! Charlie, with an impressive oratorical background, was a weekly voice on WDEV radio in Waterbury for 38 years, sharing his insights on state history and much more. He is also the author of several articles on oral history methods and applications. Join us for this fascinating talk as Charlie reflects on his rich experiences and shares stories that have endured over time. Don't miss this opportunity to engage with Charlie's captivating memories and historical perspectives.

Special Events

Musical Guest Debbie Yacovone

January 16th @ 2:00 pm in Clara's Garden

Debbie brings a warm, inviting energy with her folk music and heartfelt sing-alongs. With her acoustic guitar and charming, slightly off-key vocals, she creates a fun, relaxed atmosphere for everyone to join in and enjoy.

Fraud Prevention Presentation

January 17th @ 10:30 am @ Westview Meadows

Join us next month for an important Fraud Prevention lecture at Westview Meadows! Learn valuable tips and strategies to protect yourself from fraud, identify common scams, and stay informed about the latest threats.

No Strings Attached Marionette Puppets

January 20th @ 2:00 pm in Clara's Garden

Get ready for a magical performance from the No Strings Attached Marionette puppeteers! With colorful puppets, captivating storytelling, and lively characters, this show promises to delight audiences of all ages. Don't miss the fun!

Musical Guest Paula Gills

January 24th @ 2:00 pm in Clara's Garden

Paula is a vibrant performer with a passion for music that shines through every song she plays. With her guitar and soulful voice, she brings fan favorites to life, captivating listeners with her energy and charm. Her presence is always a hit.

Meet The Board of Trustees



I'd like to introduce you all to our newest board member, Steve Mackenzie, who became a Trustee in October, 2024. He may be the new kid on the block however Steve brings with him a wealth of civic service experience. Steve's 37 year career as a Professional Engineer was with DuBois and King, Inc. consulting engineers of Randolph, VT, serving as Senior Vice-President and senior owner at the time of his engineering "retirement". Steve left DuBois and King, Inc in 2010 to accept appointment as Barre City Manager. At the time of his retirement in 2022, his 12-year tenure was the longest of any Manager for the City of Barre.

Steve is a native Vermonter, having grown up and lived in Barre his whole life, so perhaps this is where his passion for civic service and dedication to improving the Barre community stems from. He has raised his two children, Nicholas and Nealee, in town, and has retired here with his wife, Claudia. In his retirement, Steve enjoys working on home improvement projects saying, he's not a carpenter, but he gets things done. He also has a Harley Davidson that he loves to ride, but not as often as he'd like. Steve and Claudia live a stone's throw away from Barre City Cow Pasture and Steve relishes his strolls through the woods with his golden retriever named Sully.

Steve has only been serving on the Board for a short time however he is thinking long term. He knows that it will take at least a full year cycle to get a strong understanding for the flow of O.M. Fisher Home, Inc. As someone who has been civic minded since his start, serving on a school board 30 years ago, Steve is undoubtedly an asset to our Board of Trustees.