

The Gary Residence

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

A Look Back at February



As February comes to a close, we look back on a month filled with great activities and moments of connection. From the Puzzle Race at the Library to afternoon workouts, residents stayed active and engaged throughout the month. Our Balloon Tennis and Ping Pong sessions were a big hit, providing plenty of laughs and friendly competition.

We also enjoyed the calming presence of Pet Therapy, with our furry friends bringing joy to everyone who participated. Crafting was another highlight, with residents making Valentine's Day cards—a perfect way to tap into creativity and spread love. Special performances, like those by Judi Byron, our harpist, and Debbie Yacovone, brightened our days with beautiful music.

The Valentine's Dinner was a lovely way to celebrate the month, filled with delicious food, great conversation, and a true sense of community. As always, we're thankful for the energy and enthusiasm our residents bring to these events, making each one memorable. We look forward to even more fun in March—stay tuned for what's to come!



Meet Beverlee Pembroke Hill – Our Board Member Spotlight for March



This month we are getting to know Beverlee Pembroke Hill, a long-standing Trustee on our Board of Trustees. Bev is approaching the end of her 3rd three-year term serving on our Board and will be retiring in April. She has a deep commitment to O.M. Fisher Home, Inc. and cares profoundly about the success of our three facilities and the residents who call them home. Bev was born in Montpelier, at what was once Heaton Hospital. She's the fifth generation to live on her family's land, previously a dairy farm, which is located on the town lines of Montpelier and Middlesex. The farm is now known as Pembroke Heights in Montpelier. She says that despite the farm being just over the line into Middlesex, since she attended school and church, and spent so much of her time in Montpelier, she considers it her community. The only time Bev left Montpelier for any extended length of time was to get her Associates in Business Sciences Degree at Lasell College in Auburndale, MA. She returned to the area and began her career in the legal field, first as a legal secretary and then a Court Stenographer for the State of Vermont. She left that position in 1987 and started working part time for the City as the Tax Collector. In 1994, she was selected to serve as Interim City Manager for a year while the City searched for a new City Manager. In 1999, the City Council approved her appointment to be Montpelier's first Assistant City Manager, a position she served in till 2012, when she semi-retired and went back to part time Tax Collector and still serves in that capacity.

Bev has been a widow for 35 years but she and her husband, John raised 3 children together. Bev speaks very proudly of her kids. Her oldest, Jack, is a retired Navy Captain who now flies for Delta airlines. Her middle child, Dan, worked for 25 years for the former Anderson Friberg Granite company, where he served as an Estimator, and recently joined the Buttura-Gheradi Granite company in their sales division. Both companies are in Barre, VT. Bev's youngest, Lindsay was appointed by Governor Scott to his cabinet in 2015 as Commissioner of Labor, and presently serves on the cabinet as Vermont's Secretary of Commerce and Community Development. Bev has eight grandchildren ranging in age from a college freshmen to 40 years old. Her greatest joy is visiting with her kids and grandkids. She especially loves attending sporting events that her grandkids participate in. You all may remember one of Bev's grandchildren, Delanee Hill, as she worked at Westview Meadows during high school as one of our Waitstaff. She left to attend college and will be graduating this year with a degree in Music Therapy.

With Bev's knowledge of the community and the connections she's made over the years, she has a thorough awareness of what resources our facilities need to function and the means to secure them. She is impressed with what the Board of Trustees, working closely with our Executive Director Dawn Palowski, has accomplished in recent years. Bev speaks very highly of Dawn and the role she played, initially taking on the ground breaking of Clara's Garden, the subsequent flooding of The Gary Residence, and all of the challenges which ensued from that calamity. Bev has always enjoyed attending board meetings because she loves getting to engage with residents on her way through. She has contributed a tremendous amount of time and expertise over the years and we have been fortunate to have her serve on our Board of Trustees.

Happy Birthday to Our Friends:

Mary Etta C. March 11th

Rob G. March 13th

Tom S. March 29th

Muriel H. March 30th

Spring Ahead: Welcoming the Season of Renewal!

March is here, and with it comes the excitement of warmer days, blooming flowers, and the return of daylight-saving time. As we "spring ahead" on Sunday, March 9th, remember to set your clocks forward one hour—losing an hour of sleep, but gaining an extra hour of daylight to enjoy all the beauty of the season.

Daylight saving time signals the start of spring, a time of renewal, fresh beginnings, and a great opportunity for everyone to embrace new activities and hobbies. Here at The Gary Residence, we encourage residents to take advantage of the longer days and indulge in outdoor walks, gardening, or simply relaxing in the sunshine. It's also a perfect time to reconnect with loved ones, as the daylight hours create more opportunities for visiting and making lasting memories.

To help you adjust to the time change, we'll be offering some fun and energizing activities this month, including:

- **Spring-themed arts and crafts:** Create beautiful *faux stained glass suncatchers* to brighten up your home on Monday the 24th.
- **Outdoor gardening:** We will be *planting spring flowers and herbs* on Friday the 28th.
- **Group fitness sessions:** Get moving with gentle exercises to boost your energy every Thursday, Saturday and Monday.

Let's embrace the new season with open arms, a fresh outlook, and plenty of activities that bring joy and vitality. Spring ahead into a brighter, happier time!

Chef's Corner

March: A Month of New Beginnings and Delicious Delights

As March rolls in, we're not only saying goodbye to winter but also welcoming the promise of spring. Did you know that in the Southern Hemisphere, March is the equivalent of September up north? How fascinating is that? It's like the world is swapping seasons! One of my personal favorite parts of March is the arrival of St. Patrick's Day. Why do I love it so much, you ask? Well, it all comes down to one thing: *Corned Beef & Cabbage*—a dish that never fails to put a smile on my face! We'll be serving up this classic meal on March 17th, so don't forget to wear something green! A hearty *Happy St. Patrick's Day* to everyone! And here's another fun tidbit for you: did you know that March and June always end on the same day of the week? Pretty neat, right? For our gardening enthusiasts, March is an ideal time to start planting seeds indoors. If you've got a green thumb, now's the time to get your hands dirty (or at least your gloves on). You can start growing a variety of vegetables indoors or in a greenhouse, including brussels sprouts, cauliflower, spinach, squash, perennial herbs, chili and sweet peppers, and even celery. It's the perfect time to get a jump on the season!

-Chris McIver Executive Chef at The Gary Residence

Meet Your Neighbor Carol



Please join us in welcoming Carol, who became part of our community a few months ago. Born in Burlington, Vermont, she was raised in nearby Waterbury Center, where she enjoyed many childhood activities, including hopscotch, bike riding, swimming in the brook, and spending time with friends. A proud graduate of the class of 1961, Carol still keeps in touch with a few of her high school classmates, though their last reunion was sadly canceled due to the pandemic.

After high school, she worked as a bank teller for 18 years before becoming the assistant town clerk for Waterbury. Carol was passionate about her work and loved being a part of her community. Her one true hobby has always been golf, though she no longer plays, she fondly remembers the days on the course.

She was married at 18 and is the proud mother of two children, a son who is now retired, and a daughter who is a massage therapist in Tennessee. Carol and her husband, who worked in the construction industry, moved around the country as he was relocated for his job, living in places like California and Alabama—though she admits she never quite warmed up to Alabama before they finally returned to this area.

Carol says she's happy to be "retired and tired," and enjoys the quiet life here at The Gary Residence. She's already made friends and is a welcome addition to our community. Be sure to say hello next time you see her around!

A Note from Our Resident and Family Services Director

Vermont Advance Directive Week

Vermont Advance Directive Week (April 13-19, 2025) is devoted to educating and raising awareness about the importance of advance care planning. Each year, this week coincides with National Healthcare Decisions Day (NHDD), "an annual initiative celebrated on April 16th to encourage and empower people to begin or continue conversations about their wishes for care through the end of life." NHDD is coordinated by The Conversation Project which provides resources to participants in all 50 states and more than 20 countries.

To celebrate Vermont Advance Directive Week, Vermont Ethics Network will be sharing stories, resources, and local events across the state to encourage all Vermonters to have conversations about their health care values and consider completing or updating their advance directives.

How to participate in Vermont Advance Directive Week:

- Complete your own advance directive & share copies with your healthcare agent, loved ones, and your healthcare provider.
- Register your advance directive with the Vermont Advance Directive Registry.
- Tell someone you know about why you completed your advance directive.
- Start a conversation with friends or loved ones about what matters to you regarding your healthcare. If you couldn't speak for yourself, what do those close to you need to know?
- Attend or host local events. Sign up for the Vermont Ethics Network Newsletter to see what events are happening in your area or check out their News and Events page.
 - WEBSITE: vtethicsnetwork.org

– Sarah Sadowsky, MSW, LICSW

Sugar on Snow

Join us on **March 7th @ 3:00 pm** for a taste of Vermont's sweetest tradition—*Sugar on Snow*! This treat is made by pouring hot maple syrup over fresh snow, creating a chewy, sugary delight. Maple syrup is a Vermont staple, and *Sugar on Snow* is a fun way to celebrate it. Whether you're a fan or a first-timer, this event is sure to satisfy your sweet tooth!

Come enjoy this sugary goodness and Vermont charm. We can't wait to see you there!

A March Through Egypt's Charms

March in Egypt brings more than warm sun and ancient wonders—it offers a celestial showstopper. On March 19, during the spring equinox, the Great Sphinx of Giza steals the spotlight as the sun sets perfectly on its shoulder, creating a moment of alignment that is both awe-inspiring and steeped in ancient precision. This phenomenon occurs only twice a year, in March and September, showcasing the sphinx's extraordinary positioning.

The equinox itself is a time of balance, when Earth's hemispheres receive equal sunlight, making day and night the same length. For the sphinx, carved from limestone bedrock and likely modeled after Pharaoh Khafre, it's an ideal occasion to bask in the sun—a cosmic nod to its enduring role as a guardian of Egypt's ancient secrets and astronomical knowledge.

March often coincides with Ramadan, a deeply spiritual time for Muslims in Egypt and worldwide. While days are quiet as people fast, evenings are vibrant with shared meals, colorful lanterns, and a communal spirit. The festive atmosphere often spills into the streets, where vendors offer traditional treats like *kunafa*, a sweet, nutty pastry, and *qatayef*, a pancake stuffed with nuts that is fried and dunked in syrup. Hospitality shines, and visitors are warmly welcomed to experience the unique blend of reflection and celebration.

For travelers, Egypt in spring offers more than history and spirituality. Strolling through Cairo's bustling markets or gliding down the Nile in a traditional felucca boat feels like stepping into an adventure novel. Whether marveling at pyramids or sipping mint tea in the shade, Egypt charms with its timeless appeal. The season's pleasant weather is perfect for exploring Luxor's temples or wandering through the Valley of the Kings without the intensity of summer's heat. The scent of blooming jasmine and the lively sounds of bustling streets remind you that Egypt's vibrant present is as captivating as its ancient past.