

## A Look Back at April



This month was a wonderful mix of movement, creativity, and connection! Residents stayed active with workouts, balloon tennis, drum beat, and mini golf while tapping into their artistic sides through painting, spring wreaths, and flower arranging. We welcomed musical guests, enjoyed movie afternoons, and had great fun with games like Bingo and Scrabble.

Special moments included outings to TJ Maxx and the thrift store, an Easter brunch celebration, and our themed “April Showers Bring May Flowers” dinner. We also honored National Volunteer Week and celebrated birthdays—Happy Birthday, Norma! Thanks to everyone who made April so lively and full of joy. We’re excited to bloom into May together!



May 2025

# The Gary Residence

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



## Celebrating May

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini’s Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they’re often the life of the party.

## May Birthdays

**Olivia W. - May 4<sup>th</sup>**

**Deb L. – May 11<sup>th</sup>**

**Karla P. – May 11<sup>th</sup>**

**Michelle D. – May 11<sup>th</sup>**

**Brooke M. – May 12<sup>th</sup>**

**Elaine M. – May 19<sup>th</sup>**

**Brittany W. – May 19<sup>th</sup>**

**Lily C. - May 31<sup>st</sup>**

**Lindsay G. – May 31<sup>st</sup>**

## Meet John LaRosa Our Board Member Spotlight for May



We are very pleased to introduce John LaRosa, who has been one of our valued board members for a little over a year now. John was born and raised right here in Montpelier, VT. He attended Johnson State College and UVM earning a BS in Business Economics. After graduating from college, John moved to Berlin, where he and his wife Joyce raised their 3 boys.

John retired from NICOM Coatings in 2022 after a 39-year career as VP and General Manager. Though retired, John is never bored. He has many interests and hobbies including refurbishing old wooden boats and British cars. His very first car was a '68 Triumph Spitfire, which he got when he was 16. The car is still road worthy and John still loves driving it! No wonder his favorite movie is The World’s Fastest Indian! John also gives life to antique engines (old, field or boat, steam and gas) and he enjoys building and flying model airplanes. Not to mention, John is also the general contractor for home projects at his sons’ homes, a skill that he brings to serving on our board as well. John’s #1 priority these days however, is being #1 Grandpa! He has three grandchildren and one more on the way and they bring more joy to his life than he ever thought possible. John and Joyce have 3 dogs and 2 cats, which, for the record, John said ‘no’ to all of them. Joyce, however has a pension for rescuing King Charles cavaliers, so, they’re part of the family too. John and Joyce started dating 50 years ago when John was working for Groton State Forest, then eight years ago, they bought a house on Groton Pond, close to their family’s shared camp.

John has an intimate connection with Westview Meadows, which inspired him to become a Trustee. Both of his parents (Tex and Elaine) as well as his father-in-law (Arther) were residents there at one time so John is quite familiar with many of the long-time staff and residents. His dedication to serving on our board comes from a place of appreciation for the care that his family received. John says that when weighing life, there are two factors to consider: have I done enough for my family and have I given back enough. John, we couldn’t be more grateful to have you serving on our Board of Trustees. Thank you for your commitment to O.M. Fisher home’s residents and staff.

**Celebrating All Species Day  
A Montpelier Tradition  
Sunday May 4<sup>th</sup> @ 1:00 pm  
On the Front Porch**

Since 1989, Montpelier has joyfully celebrated All Species Day, an annual event typically held on the first Sunday in May. The festivities begin at noon in Hubbard Park with a ceremonial calling of the creatures from the four directions, honoring the arrival of spring through song, dance, and vibrant puppet pageantry. Participants of all ages are encouraged to come dressed as their favorite species and take part in this unique celebration.

The parade departs Hubbard Park shortly after 1:00 p.m. and makes its way to the Statehouse, arriving around 2:30 p.m. for the Spring Pageant, Maypole dancing, and other seasonal festivities. It's a joyful tribute to the interconnectedness of all life and the beauty of the Earth's renewal.

Here at The Gary Residence, we'll be gathering on the front porch to enjoy the parade as it passes right by our doorstep. We invite residents and staff to join us for refreshments and celebration as we take part in this beloved Montpelier tradition.

**Friends of the Library  
Thursday May 15<sup>th</sup> @ 10:30 am**

Join Us for a Magical May Storytime & Craft Afternoon!

We're excited to welcome families from the neighborhood to a joyful spring gathering at our facility, hosted by our brand-new children's librarian! Come spend the afternoon with us enjoying enchanting stories and interactive storytelling that will spark imagination and delight for children and grown-ups alike. After story time, stay for a fun and festive May-themed craft activity where everyone can create cheerful keepsakes to take home—perfect for celebrating the season. This special event is a wonderful opportunity to connect across generations, welcome new faces, and make memories that brighten the heart.

We can't wait to see you there for this springtime celebration of stories, creativity, and community!

**A Note from Our  
Resident and Family Services Director  
Language Learning**

It's been exciting to hear residents trying out some new language skills on Fridays at Westview Meadows with the guidance of Duolingo. Language learning offers numerous cognitive and personal benefits. It enhances cognitive functions like memory, attention span, and problem-solving skills, while also boosting creativity and decision-making abilities. It can also create opportunities for deeper social connections in your community and open doors to understanding different cultures, traditions and perspectives. Overall, there are some truly profound benefits for brain social/emotional health!

Many of you may already be familiar with this, but the Kellogg-Hubbard Library offers many adult programs, and including different language learning opportunities during the week, on a drop-in basis. The library holds a program called "Language Lounge" daily from 12:00-1:00. Monday is German, Tuesday is Italian, Wednesday is Spanish, Thursday is French, and Friday is English. All skill levels are welcome, and the format is conversational. People are invited to bring a lunch and a language dictionary if they choose.

For more information, stop by Kellogg-Hubbard or visit their website site at [kellogghubbard.org](http://kellogghubbard.org) and go to the Programs and Events menu.

-Sarah Sadowsky LICSW, Resident and Family Services Director

**May Outings**

**Thursday May 1<sup>st</sup> @10:30 am – Mayday Celebration at Westview Meadows**

Join our friends at Westview Meadows as we welcome in spring time by dancing and frolicking around the May Pole. Will be held outside if the weather permits.

**Thursday May 1<sup>st</sup> @12:30 pm**

**Lunch at China Moon Buffet:** Buffet style Chinese food restaurant.

~\$15

**Friday May 9<sup>th</sup> @ 10:30 am**

**Kitty Korner Café:** Interact with cats and kittens in this Barre Café and cat shelter

-\$7 and lasts 30 minutes.

**Sunday May 18<sup>th</sup> @ 3:00ish pm**

**Movie Matinee**

\$10 (plus extra for snacks)

**Thursday May 22<sup>nd</sup> @ 12:30 pm**

**Lunch at the Wayside**

\$10- \$20

**Thursday May 23<sup>rd</sup> @ 2:00 pm**

**Creemees @ Morse Farms**

~ \$5

*At The Gary Residence, we are proud to celebrate National Skilled Nursing Care Week by honoring the incredible staff who bring compassion, expertise, and dedication to our community every day. From May 11–17, we recognize the nurses, caregivers, and support teams whose tireless efforts ensure our residents receive exceptional care in a warm, supportive environment. Thank you for all that you do—you are the heart of The Gary Residence.*

**Sips, Sun and Socializing –  
Mocktails on the Patio**

The sun is finally making its grand return, and we're celebrating with mocktails on the patio! Join us for some sunshine, good vibes, and refreshing sips on **May 7<sup>th</sup>, May 21<sup>st</sup>, and May 28<sup>th</sup> -Memorial Day**. It's the perfect chance to kick back, catch up with neighbors, and soak up the warmth. See you out there!

**Chef's Corner  
Happy May!**

Can you believe May is already here? It's a special month for me—on May 1st, 2015, I married my beautiful wife, Caitlyn. This year, we're celebrating ten wonderful years together!

May also brings a few fun and meaningful celebrations. Cinco de Mayo is just around the corner, commemorating the Mexican army's victory over France at the Battle of Puebla in 1862. We'll be marking the occasion with some delicious Mexican dishes—get ready for a flavorful feast!

Mother's Day is another highlight this month, and I'm looking forward to honoring the incredible mothers in our community with a delicious brunch. On the menu? Bacon-wrapped scallops, roasted vegetable quiche, and applesauce pancakes—just to name a few of the tasty treats we have planned.

As the weather warms up and flowers start to bloom, I hope you'll take some time to get outside and enjoy the sunshine. I'm looking forward to enjoying a few meals outdoors as soon as Mother Nature gives us the go-ahead. Wishing you a joyful and delicious May!

- Executive Chef Chris McIver

**A Conversation with Charlie  
Saturday May 17<sup>th</sup>  
@ 2:30 pm in the Sun Room**

Upcoming on Saturday afternoon, May 24<sup>th</sup>, Gary resident Charlie Morrissey will moderate a group conversation he titles "Records and Reality: My Life and Yours." His intention is to offer several examples in his experience as a historian in which printed records do not accurately represent the "hard facts" of what actually occurred. He'll invite his listeners to share their own memories of similar episodes. All members of the Gary Residence community are invited to participate in this informal seminar-style exchange. Refreshments will be served.

This is the fourth time Charlie has volunteered to lead a Gary Home conversation on history-centered topics. His last session, this past January 24<sup>th</sup>, concerned the foibles of memory- why some memories stick vividly in our minds while others get revised beyond reality of forgotten entirely.

Charlie's conversation on May 24<sup>th</sup> will start at 3:00 pm in the Gary Residence Sun Room.