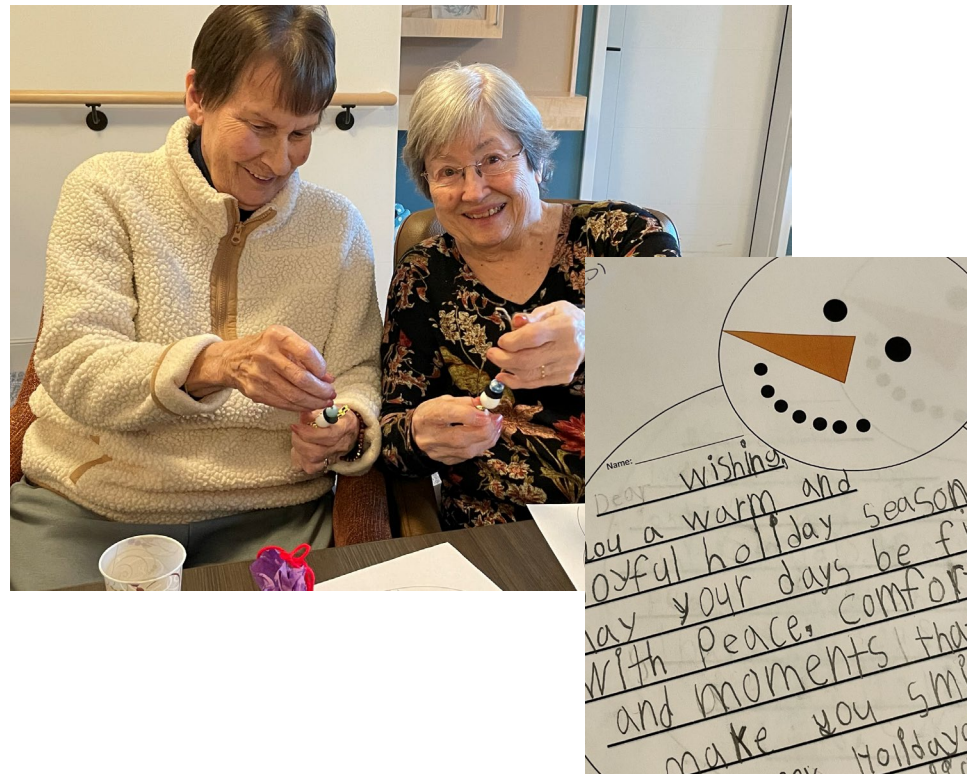




Enjoying another cuddly visit with Bailey.



Receiving gifts from 2nd graders!



Bosnian coffee with treats.

The Gary Residence

149 Main Street, Montpelier, VT 05602 | 802-223-3881 |



February Birthdays

In astrology, those born February 1–18 are **Aquarian Water Bearers**. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

Those born between February 19–29 are **Pisces**. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Happy Birthday!

- Sue D.- 11th
- Ginger K.- 26th
- Helen A.- 20th
- Camile C.- 28th

Celebrating our Difference Makers Who Make Meaningful Impacts!

Meet Zoie



This month we are featuring two of our amazing Resident Services Assistants. Zoie, a resident service assistant and med tech, has been working with us for 9 months. She loves taking care of others and being there for those in need. Her favorite part of her job is spending quality time with you all and getting to know each one of you! Zoie has lived in Montpelier for her whole life with her two brothers (one of which is her twin!) as well as her mom and dad. She enjoys playing sports, her favorite being tennis, and watching her favorite show, Grey's Anatomy.

Meet Ginger

Ginger-jack of all trades is a Resident Services Assistant, housekeeper, and more recently a Med-Tech. She has been with us since June. She joined our community so she could learn and grow more and make a difference in your lives. Her favorite part of this job is making you all smile every day! She spends her free time with her family and best friend. She grew up in rural Vermont and enjoys riding dirt bikes, and spending time in nature. She also loves trying new foods, and listening to her favorite podcast called Other World podcast- if you enjoy other worldly stories and the paranormal, check it out!

We are so lucky to have both Zoie and Ginger as part of our staff. Their positive energy and commitment to their jobs adds so much light to our community here at The Gary Residence. We are also lucky to have such wonderful and inspiring residents, thank you for making our jobs fun!



Good Deeds & Good Fortune



February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away.

Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, *Losar* rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, the dead, and the spirits of the enlightened. Since it's common to hurl barley flour, known as *tsampa*, as a spiritual offering, it may be a good thing their neighbors have a broom handy.

Musical Guests & Special Events

**February 2nd- Jim Thompson
@ 2pm in Clara's Garden**

**February 6th- Night in Italy Themed Dinner
& Opening Night of the Winter Olympics
@ 5:30pm in the Dining Room**

**February 8th- Super Bowl Watch Party
@ 6:30pm in the Living Room**

**February 12th- Musical Guest Judi Byron
@ 2pm in Clara's Garden**

**February 19th- Debbie Yacovone
@ 2pm in Clara's Garden**

**February 27th- Paula Gills
@ 2pm in Clara's Garden**

Dancing the Divine

Ballet is not only a beautiful and elegant dance form, but it's also the perfect civilizing art, says ballerina, critic, and historian Jennifer Homans. Throughout its history, ballet has been used to refine the body, mind, and soul. Since its origins as a dance of wealthy Italians during the Renaissance, ballet grew beyond the dance floors of the rich. To develop its fluid and balanced movements, choreographers used math and geometry, then taught by ballet teachers to their students. The dance was thought to be so harmonious and perfect that it was given religious significance. In their view, mastering ballet could actually improve the soul. With results like that, why not try a few steps on February 7, Ballet Day?



February Aloha

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Spring is just a month away, but who can think of spring when the snow's still falling? Drive away the chill on February 1 with Hula in the Coola Day.



Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing.

Hula has been performed during religious rituals, rites of passage, social gatherings, and even football games. So if you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher. Ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola. Famed Hawaiian musician Samuel Kamaka explained that the ukulele was first played in the islands in 1879 by João Fernandes, an immigrant from Portugal. His fingers rapidly strummed a four-stringed *braguinha*, which the native Hawaiians nicknamed *ukulele*, a word meaning "jumping fleas."

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu (his uncle was Moe Keale), he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.

February Outings

**February 20th- Lunch outing to
Wayside- sign up**

This month, we're heading to The Wayside Restaurant, a cherished spot in our community that has been serving up comforting, hearty meals for over a century! With a wide range of menu options, there's truly something for everyone to enjoy. Whether it's your first visit or your fiftieth, join us for an unforgettable dining experience that highlights the history and warmth of a restaurant that's been a staple for generations.

February 24th- Outing to Ben and Jerry's~ Tour and Ice Cream!

We will also be headed to Ben and Jerry's Factory. Join us to learn how our favorite ice cream is made, and to enjoy some of their famous ice cream afterwards!

FROM THE EXECUTIVE CHEF CHRIS MACIVER

January is recognized as National Apricot Month. The history of apricots dates back to ancient times, with evidence suggesting that they were first cultivated in Armenia around 3,000 BCE. Apricots were highly prized by the ancient Greeks and Romans, who believed the fruit to have originated from Armenia. In terms of cooking history, apricots have been used in a variety of sweet and savory dishes throughout the centuries. In the Middle Ages, apricots were commonly stewed with honey and spices to make a popular dessert know as 'apricot pudding'. In modern-day cooking, apricots are a versatile and flavorful ingredient that can add a unique twist to both savory and sweet dishes. From apricot-glazed salmon to apricot and goat cheese-stuffed chicken breasts, the options are endless. For those with a sweet tooth, apricots can be caramelized and served over vanilla ice cream or blended into a refreshing smoothie. They can also be incorporated into a variety of baked goods, such as apricot scones or apricot almond tart. With their natural sweetness and vibrant color, apricots are sure to enhance any dish and bring a touch of sophistication to your culinary creations.