

Month in Review: A look back in March...

March was a busy and enjoyable month for our community. Residents took part in fun activities, spent time with friends, and welcomed the early signs of spring. From games and gatherings to quiet moments together, there was something for everyone to enjoy. We look forward to more good times ahead as we move into April!



April 2026

The Gary Residence

The Gary Residence | 149 Main St, Montpelier VT, 05602 | 802-223-3881 | www.thegaryresidence.com



Celebrating our Difference Makers Who Make Meaningful Impacts!

APRIL BIRTHDAYS

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. As eternal optimists, no odds are ever considered insurmountable. Those born April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

HAPPY BIRTHDAY!

Norma W- April 9th

Chris M- April 11th



This month we are featuring Heather as this month's Difference Maker. Heather is an RSA who has been with the company for about a year and a half.

A little bit about Heather...

She lives here in Vermont with her two dogs Loki and Journey. They enjoy all things nature- like most Vermonters, hiking, bird watching and enjoying a cup of coffee outside. Heather loves Vermont, the people, mountains and what Vermont stands for.

Heather prides herself on caring for people and being there for you all in times of need! She loves how our community is so tight knit and really feels like home. Her favorite thing to do is participate in activities like singing and dancing with all of you, as she loves bringing smiles to all your faces. We appreciate Heather's dedication and passion to providing the best care possible. Thank you for being you!

Be sure to say hello next time you see her!

Drawn to Birds



Draw a Bird Day, celebrated on April 8 each year, dates to 1943, when seven-year-old Dorie Cooper visited her uncle, a wounded war veteran, in the hospital. He was in poor spirits, and Dorie tried to cheer him up by requesting he draw a bird for her. Dorie couldn't help but

laugh at the resulting picture, but she did, indeed, boost her uncle's spirits. With each subsequent visit to the hospital, Dorie was greeted with pictures of birds drawn by the soldiers, some good and many bad, but all of them evoking smiles. On April 8, put your talents to work drawing a bird. And don't feel too bad if your work isn't quite as beautiful as the paintings of famous ornithologist John J. Audubon, whose birthday is celebrated on April 26.

April Themed Dinner: Casino Night!

Join us for a fun dining experience

April 21st as we turn our dining room

into a Vegas casino! Expect casino

themed foods and Vegas themed

décor. Prior to dinner we will have

casino themed games such as cards

and dice!

April Outing!



Cold Hollow Cider Mill

April 14th @ 1:30pm

This month we are taking a trip to Stowe to the Cold Hollow Cider Mill! Cold Hollow offers fresh pressed apple cider, famous cider donuts, a bakery, café, and an authentic farm experience. If you would like to come please sign up on the sheet outside of Maria's office.

Letters in Action

National Scrabble Day, celebrated every April 13, is the perfect excuse to dust off your tiles and show off your word skills. Since its creation in 1938 by Alfred Butts, Scrabble has challenged players to turn letters into clever combinations, scoring big points while occasionally learning a new word or two. From casual family game nights to competitive tournaments, Scrabble brings people together and sparks a bit of friendly rivalry.

On National Scrabble Day, players embrace the challenge of crafting the highest-scoring words and reveling in the joy of landing a triple-word score. Even if you're not a seasoned pro, the day is a fun reminder that words can be playful, powerful, and sometimes tricky.

Some enthusiasts share words or post photos of game boards mid-battle on social media. Schools, libraries, and community centers often host Scrabble events to encourage literacy and spark a love of language. So grab your tiles, find a worthy opponent, and celebrate the delightful challenge of Scrabble.



Embracing Gratitude and Positivity

Sara B., LCMHC Resident & Family Services Director

One of my favorite sayings is, "what you look for, you will find." To me this encompasses how much our attitude dictates our experiences. If we go into situations looking for the negative, we will most certainly be met with it. If we take the alternative path and enter situations looking for the good, we will generally find that.

A great way to adopt this mindset is to take time to recognize the small, good things in life and practice gratitude. Here are some simple acts that can support the development of gratitude and a positive attitude:

- **Journaling:** This can be as simple as writing down a few things each day that you are thankful for. The repetition will make it the norm, and you will start to see the positives that do exist all around you.
- **Spending time in Nature:** As spring approaches, we will have the chance to get outside more. Take time to feel the sun on your face, hear the birds chirping and see the signs of new life that are presenting themselves.
- **Giving gratitude to others:** Taking the time to identify what you are grateful for in others is an amazing way to practice gratitude and positivity. A fun way to do this is through letters.
- **Practice Mindfulness:** Pause during the day to take in your surroundings. One easy mindfulness activity is the Five Senses Exercise. This involves pausing and taking a moment to identify things you can see, hear, touch, smell and taste.

For seniors, practicing gratitude can support mental well-being and allows for grounding in the present moment. By adopting these practices, we can allow ourselves to experience more joy in the day to day. This serves to increase overall quality of life and well-being!

From the Executive Chef Chris MacIver

Easter is a holiday closely associated with special foods that bring families together. Traditional Easter meals often include dishes like roasted lamb or ham, symbolizing celebration and renewal. Sweet treats are also an important part of the holiday, especially chocolate eggs, hot cross buns, and colorful candies. Many cultures have their own unique Easter recipes, but they all share a sense of joy and festivity centered around food.

The month of April is strongly connected to Easter, as the holiday usually falls sometime during this spring month. April represents new beginnings, warmer weather, and the blooming of flowers, which matches the themes of Easter. Seasonal ingredients like fresh vegetables, herbs, and light desserts become more popular, reflecting the shift from winter to spring. Families often gather outdoors or enjoy meals that highlight the freshness of the season.

Together, Easter and April create a time filled with celebration, tradition, and seasonal change. The foods enjoyed during Easter not only satisfy hunger but also carry meaning and history. Whether it's sharing a large family meal or enjoying simple sweets, the connection between Easter foods and the spirit of April makes this time of year feel special and memorable.

Easter Egg Decorating: A Creative Tradition

Join us this April for a delightful activity: decorating Easter eggs! On April 3rd we'll have a set time for decorating, but feel free to participate anytime that works for you.

This fun activity is open to residents and staff, no artistic experience required. We can't wait to see your colorful creations!