

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

April has been filled with meaningful moments—from engaging activities to shared laughter and time spent together. Our Gardening Club has begun to bloom, and the start of spring activities has brought fresh energy, creativity, and a renewed sense of community.



May 2026

The Gary Residence

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



May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Gemini's love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues.

Happy Birthday!

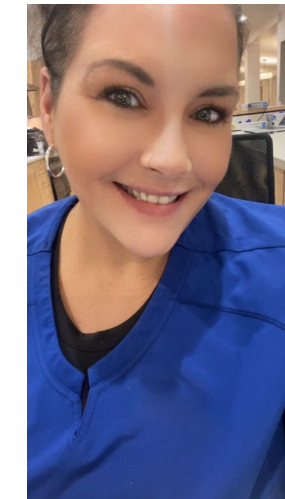
Karla P- 11th

Brooke M- 12th

Michael D- 28th

Lindsay G- 31st

Celebrating our Difference Makers Who Make Meaningful Impacts!



This month, we're excited to shine the spotlight on Mary Benford, one of our dedicated Resident Support Aides (RSA) and Medication Technicians. Mary will be celebrating her one-year anniversary with us this month, and in that short time, she has made a meaningful impact on both residents and fellow team members.

Mary brings warmth, compassion, and attentiveness to her role every day. Her favorite part of the job is spending time with residents—getting to know them, sharing moments, and ensuring they feel happy,

comfortable, and well cared for. Her genuine kindness and commitment help create the supportive and uplifting environment we strive for.

Outside of work, Mary enjoys spending time outdoors with her husband, with whom she has lived in Vermont for the past nine years. She also loves arts and crafts and enjoys working on hands-on projects, a creative passion that reflects her thoughtful and engaging personality.

Mary says one of the things she loves most is how tight-knit everything feels—like one big family. And we couldn't agree more. Her positive energy and heartfelt dedication truly embody what makes this place feel like home.

Thank you, Mary, for all that you do!

National Fitness Month

From Lindsay G, RN, BSN Residential Care Director



May is national physical fitness month! Physical fitness is essential for healthy aging, including staying mobile, improving brain health, and improving sleep quality. Regular movement helps maintain mobility and strength, making daily activities easier and reducing the risk of falling or injury. It also enhances brain health by improving circulation and supporting memory, focus, and overall cognitive function. Another major benefit is improved sleep quality—exercise helps regulate the body’s natural rhythms, reduces restlessness, and promotes deeper, more restorative rest. Even a single session of physical activity can offer immediate advantages, such as lowering blood pressure, boosting mood, and helping the body unwind more easily at night. Over time, consistent activity strengthens the heart, muscles, and bones, increases energy levels, and contributes to improved confidence. Check in with Reed or Tiffany about upcoming exercise activities and jump in when you can!

May Outings

Sarducci’s in Montpelier May 14th @ 12:00pm

Join us for a delightful lunch outing at Sarducci’s in Montpelier! Enjoy delicious Italian cuisine, a warm atmosphere, and great company. —be sure to sign up!

Shopping in Montpelier May 19th @ 2:00pm

Join us for an upcoming shopping trip to charming Montpelier, Vermont! Residents will enjoy exploring local boutiques, discovering unique finds, and spending time together. Don’t miss this fun and relaxing day out—sign up today!

May Themed Dinner

Join us for a festive Cinco de Mayo-themed dinner! Enjoy a flavorful meal, lively atmosphere, and time with friends as we celebrate together. Cinco de Mayo-themed activities will take place throughout the day, adding to the fun.

Game for Life



While May has earned the nickname Tennis Month, tennis has earned the nickname “the sport for a lifetime.” Dr. Jack Groppe, health expert in fitness

and nutrition, calls tennis the most healthful sport due to its wide-ranging health benefits for players of all ages.

Tennis not only provides a vigorous physical workout but scientists at the University of Illinois believe that it exercises the brain as well. Tennis requires such a high level of alertness and tactical thinking that, regardless of age, playing the sport prompts our brains to grow new nerve connections. Furthermore, researchers at Southern Connecticut State University have discovered that tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports. There’s only one catch: in order to reap these many benefits, you have to start playing tennis now. So this May, grab a racket and a tennis ball, and put your mind and body to work.

Spring Wellness Tips

Sara B., LCMHC Resident & Family Services Director

At long last, Spring has arrived! The promise of more sunlight, renewal and new growth makes it a time of hope and joy. It is the perfect time to focus on our well-being, be it physical or mental. Here are some strategies for embracing a new season and maintaining health and wellness.

- **Get moving with outdoor activities**
 - o Take a walk outside around the building with a friend or spend time gardening
- **Stay hydrated**
 - o Drinking plenty of water is important as the days get warmer. Adding tea or infusing it with fresh fruit can help make hydration more enjoyable!
- **Protect your skin**
 - o Using sunscreen, wearing a wide brimmed hat, and light, long sleeved clothing are all strategies for protecting our largest organ from sun damage.
- **Spring clean for a fresh start**
 - o There is no better time than spring to declutter and clean our spaces. This serves many purposes including improving respiratory health, reducing fall risks, and increasing mental clarity.
- **Stay connected with loved ones**
 - o Travel can be harder in the cold months, so take advantage of the warmer days to schedule visits or engage in community groups.

These tips can help you enjoy the rejuvenating energy of spring and help you to build habits that will support health and happiness all year long!

From the Executive Chef Chris MacIver

May is upon us and that means Mother’s Day!! Mother’s Day is a special time to celebrate the love, care, and sacrifices that mothers make every day. Families often come together to show appreciation through thoughtful gestures, and one of the most meaningful ways to do that is by sharing food. Whether it’s breakfast in bed, a homemade lunch, or a dinner out, meals become a way to express gratitude and create warm memories.

Food on Mother’s Day often reflects comfort and care. Many people prepare their mom’s favorite dishes, such as pancakes, fresh fruit, or a hearty brunch spread. Others might bake desserts like cakes or cookies as a sweet surprise. Cooking for someone you love adds a personal touch, and even simple meals can feel special when they’re made with intention and shared together.

Going out to eat is also a popular way to celebrate. Restaurants often offer special menus or brunch options just for the occasion, making it easy for families to relax and enjoy time together. No matter how it’s done, food plays a central role in bringing people closer on Mother’s Day, turning an ordinary meal into a meaningful celebration of love and appreciation.