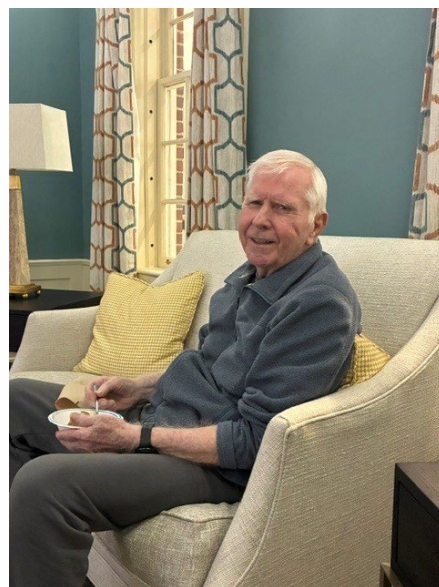


Month in Review: A look back in May...

May was filled with special moments, warm gatherings, and plenty of smiles. From engaging activities to time spent enjoying the spring weather, it was a month to remember.



The Gary Residence

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June Birthdays

In astrology, those born between June 1–21 are Gemini’s Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Those born between June 22–30 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony.

Happy Birthday!

- Heather G- 6/6
- Glenn H- 6/12
- Zoe P- 6/12
- Paul G- 6/16
- Carol D- 6/22
- Mark S- 6/27
- Mackenzie H- 6/29
- Aggie O- 6/29

Celebrating our Difference Makers Who Make Meaningful Impacts!



This month’s Difference Maker is Brooke Marsh!

Brooke brings kindness, dedication, and a positive attitude to our team every day. Her compassionate approach and commitment to caring for others make her a valued member of our residential care family.

Brooke has been a valued member of our team for the past two years, serving as a Med Tech/ RSA. During her time here, she has built

meaningful connections with both residents and coworkers through her caring and compassionate nature. Brooke truly enjoys getting to know you all and hearing about your lives and experiences.

One of Brooke’s favorite parts of her job is helping residents participate in engaging activities, especially flower arranging. She loves creating opportunities for connection and joy while building strong relationships with each resident. In addition to her work here, Brooke is currently continuing her education to become a Registered Nurse (RN), reflecting her passion for healthcare and dedication to helping others.

Originally from Vermont’s beautiful Northeast Kingdom, Brooke enjoys spending time outdoors and staying active. In her free time, she loves hiking, reading, and taking her dog on long walks. Her love for nature and peaceful moments reflects the calm and caring personality she shares with those around her every day.

We are grateful to have Brooke as part of our team and look forward to supporting her as she continues her journey toward becoming an RN!

June is Brain Health Awareness Month, so let's get thinking!

From Lindsay G, RN, BSN Residential Care Director



Your brain loves to stay active, and even small daily habits can make a big difference. One simple way to support brain health is by enjoying colorful fruits, vegetables, whole grains, and healthy fats. These foods

help nourish the mind and keep it functioning at its best. Keeping your mind engaged is just as important. Activities like reading, puzzles, games, or learning something new help strengthen the brain's connections. Be sure to check out the activity schedule—joining the book club is a great way to stay social and keep your mind sharp at the same time. Good sleep habits also play a key role in brain health. Restful sleep helps your brain organize memories, restore energy, and prepare for the day ahead. Remember, these habits don't need to be perfect. What matters most is **consistency, enjoyment, and staying connected**. Every small step you take supports your brain and overall, well-being. Let's make June a month of curiosity, connection, and healthy habits that keep our minds thriving.

June Themed Dinner

June 26th @ 5:30pm in the dining room

🏠 Graduation-Themed Dinner 🏠

Join us for a fun and festive evening celebrating achievement and new beginnings! Enjoy a special dinner, nostalgic touches, and a chance to reminisce. Feel free to wear your favorite school colors—we can't wait to celebrate together!

June Outings

6/11 @ 12:00pm Summer Sweet Garden Nursery and Tea Room

Join us for an upcoming outing to a beautiful local garden and tearoom! Enjoy a relaxing afternoon surrounded by colorful blooms, delicious tea and treats, and wonderful company. Sign up by the library.

6/23 @ 11:00am Morgan Horse Farm Tour and Lunch

Join us for an exciting outing to the Morgan Horse Farm! You will have the opportunity to explore the beautiful farm, learn about the horses, and enjoy lunch together. Sign up by the library.



Community Table of Montpelier

Community Table is a project of four Montpelier Churches, Bethany, Christ Episcopal, Trinity, and Unitarian, that offers a generous lunch to the community, Monday through Thursday, in a central location, at Trinity Church. The group has a coordinating committee made of volunteers from each church and the Montpelier community. There is a Governing Board and Community Table is a 501c3.

Presently nearly 400 lunch meals are served each week, Monday through Thursday between 11:30 and 12:30pm at Trinity Church. Doors open at 8am and close at 1pm. Early morning coffee and breakfast options were added this past winter. There is a growing need for food and the number of guests continues to increase.

Other partnerships are with Vermont Compost, Community Harvest, Vermont Foodbank, local farmers and bakers for delicious desserts.

Challenges abound, since a common kitchen creates a strain on all equipment, each church is responsible for financing their meals and overhead expenses. There is communication and support from Good Samaritan Haven, Capstone, Washington County Mental Health Services, the local police, and People's Health and Wellness Clinic. Hundreds of hours of volunteer time and energy go into this collaboration. We are currently in a state unprecedented emergency. Our "hope in action" is truly put to the test on a daily basis. YOU can be part of this endeavor by volunteering, donating or attending a meal at the Community Table.

The Gary Residence supports the Community Table of Montpelier by donating 5 gallons of soup and rolls each month!



The Importance of Laughter

Sara B., LCMHC Resident & Family Services Director

We've all heard the saying, "laughter is the best medicine", but did you know that laughter really can be a powerful tool for physical health, mental well-being and social connection?

Physical health benefits

When we laugh, our bodies respond with measurable changes. These include heart rate and oxygen intake increase, muscle activation and improved circulation which in turn can support heart health, lower blood pressure and improve immune function. Genuine laughter can also help with pain relief by stimulating endorphins.

Mental and emotional benefits

Laughter reduces stress hormones like cortisol, which can contribute to inflammation, heart disease, and weakened immunity. It also releases endorphins and dopamine, chemicals that promote happiness, reduce anxiety, and help combat depression. For seniors facing loneliness or isolation, humor and shared laughter can foster a sense of belonging and strengthen relationships.

Brain health and cognitive stimulation

Humor activates multiple brain regions: language, memory, emotion, and motor areas and as a result makes it a form of cognitive engagement that can help maintain mental sharpness. This is especially valuable for those at risk of or living with dementia, as shared laughter is an accessible, low-barrier way to stay mentally active.

Social connection

Laughter is universal and easy to share, making it a natural bridge between people. Group activities can build bonds, break down barriers, and encourage participation. These interactions can reduce feelings of isolation and promote a positive outlook on life.

Incorporating laughter into daily life is an easy yet very effective way of increasing our overall well-being. By embracing this form of joyful medicine, we can enhance our quality of life while supporting ongoing healthy aging!



From the Executive Chef Chris MacIver

Food in June feels especially vibrant because the beginning of summer brings an abundance of fresh fruits and vegetables. Farmers' markets become colorful with strawberries, cherries, cucumbers, tomatoes, and sweet corn. Many people enjoy lighter meals during this season, choosing salads, grilled dishes, and fresh juices to match the warmer weather. June is also a popular time for outdoor dining, family picnics, and barbecues with friends.

June is connected to many food traditions around the world. In the United States, summer cookouts often feature hamburgers, hot dogs, and corn on the cob, while Mediterranean countries celebrate seasonal seafood, olives, and fresh herbs. Ice cream and cold desserts become more popular as temperatures rise. Seasonal ingredients not only taste better in June, but they are often healthier and more affordable because they are freshly harvested.

Food in June also creates a sense of community and celebration. School vacations, festivals, and long sunny evenings encourage people to gather around meals together. Restaurants introduce summer menus filled with refreshing flavors, and home cooks experiment with recipes using garden vegetables and ripe fruits. The combination of warm weather and fresh ingredients makes June one of the most enjoyable months for food lovers.