

A look back in July...

July was filled with fun, friendship, and memorable moments. Enjoy these snapshots of our residents participating in activities, celebrating together, and making the most of summer!



The Gary Residence

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



August Birthdays

In astrology, those born between August 1 and 22 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals. Those born between August 23 and 31 are Virgos. Virginal Virgos are considered shy, pure of spirit, and self-sufficient. They take incredible pride in their work, show diligent habits, and are well respected in their circles.

Happy Birthday!

8/27- Charlotte G

8/11- Peggy M

8/18- Katherine B

8/27- Amira D

8/28- Maissa J

8/31- Alycia D

Celebrating our Difference Makers Who Make Meaningful Impacts!



This month's Difference Maker spotlight shines on Estherline, one of our dedicated Med Techs who has been part of our team for the past 2½ years.

She first joined our community as a Resident Services Assistant (RSA) while beginning nursing school, looking for hands-on experience in healthcare. As her knowledge and confidence grew, she became a Med Tech, gaining an even deeper understanding of caring for others. Today, she is continuing her education with plans to pursue a

career in Healthcare Management.

When asked what she enjoys most about her job, her answer is simple: the people. She values the relationships she has built with both residents and coworkers and loves being part of a community that supports one another.

One accomplishment she is especially proud of is how much she has grown in responding to different situations. Through experience, she has developed greater confidence and adaptability, allowing her to provide the best possible care for our residents.

Her advice to others is thoughtful and encouraging: "Do what you see yourself doing long term, and love what you do."

Outside of work, Esther enjoys relaxing at home with a good book, doing a little online shopping, cooking, going to the movies, and spending quality time with her family. Although she was born in Haiti, she grew up right here in Montpelier, Vermont.

If there's one thing Esther wants her coworkers to know about her, it's that she's very friendly and a great listener—qualities that make her such a valued member of our team.

Thank you, Estherline, for your dedication, compassion, and the positive impact you make every day. We are grateful to have you as part of our community!

Nutrition Spotlight: Understanding Gluten-Free Diets

Lindsay, RN BSN

Gluten-free diets are becoming increasingly popular but are essential for individuals with celiac disease. Celiac disease is an autoimmune condition in which the immune system mistakenly attacks the small intestine when gluten is consumed, leading to intestinal damage and reduced nutrient absorption. Gluten is a protein found in wheat, barley, and rye. It is important to monitor food labels as these items can commonly be hidden in packaged foods and may be missed, if unsure check the label! Fortunately, many nutritious foods are naturally gluten-free, including fresh fruits and vegetables, lean meats, poultry, fish, eggs, nuts, seeds, and legumes. For people with celiac disease, it is important to remember that the best management is a strict gluten-free diet to reduce symptoms and improve overall health.

August Outings

August 20th Cold Hollow and Ben and Jerry's

Residents are looking forward to a fun day exploring two Vermont favorites! We'll visit Ben & Jerry's for a sweet treat before stopping at Cold Hollow Cider Mill to enjoy fresh cider, cider donuts, and local country charm!

August 25th Trapp Family Lodge

Join us for a memorable outing to the Trapp Family Lodge Restaurant! Residents will enjoy a delicious meal, breathtaking mountain views, and wonderful company at one of Vermont's most picturesque destinations.

Hidden in Plain Sight



If you believe that one person's trash is another person's treasure, then you'll be happy to hear that the second Saturday in August is Garage Sale Day. Some lucky folks do find rare treasures at garage sales. In 1989, a man bought an ugly painting for four dollars at a flea market because he liked the frame. Imagine his surprise when under the painting he found an original printed copy of the Declaration of Independence that sold for \$2.4 million in 1991. Then there's the story of the scrap metal dealer who found a Russian Fabergé egg, which was one of only 50 created as an Easter gift for Alexander III's wife, Empress Maria Feodorovna. Valued at more than \$30 million, that is one valuable "nest egg."

Sara B., LCMHC Resident & Family Services Director

In our increasingly digital and divided world, social isolation and reported loneliness are on the rise. This makes it even more important to find ways to connect with our community. One important type of relationship is intergenerational, and developing meaningful intergenerational connections can have many long term, mutual benefits. Here are just a few!

1. **A Health Boost:** We've all heard the saying that, "kids keep us young at heart." Older adults who actively engage with children have been found to have better health, are less likely to experience depression and have higher reported life satisfaction.
2. **Learning and Teaching New Skills:** Intergenerational relationships give both older adults and children the chance to learn new skills and find a new sense of purpose as they have opportunities to be both the teacher and the student. Adults can share a lifetime of wisdom where children benefit from feeling valued and being with people who show genuine interest in them and what they have to say.
3. **A Boost to Brain Health:** Intergenerational connection can provide powerful mental stimulation for older adults. Activities like reading with children, learning new games or technology and having thoughtful conversations can activate different parts of the brain and help to keep it sharp.
4. **Strengthening Community Bonds:** When generations come together the impact goes beyond individual or their family, it can strengthen the wider community as well. These relationships can foster empathy, understanding, and respect across age groups. This can reduce social isolation and build stronger, more compassionate communities.

Bringing the generations together actually places elders in a position where they can see the hope, enthusiasm and wonder of children, and in turn the children benefit from the wisdom older people can offer. Not only are these relationships enjoyable, but they can bring increased health and wellbeing. Positives all around!

From the Executive Chef Chris MacIver

August is a month that celebrates the final days of summer with warm sunshine, long evenings, and an abundance of fresh, flavorful foods. Gardens and farmers' markets are overflowing with ripe tomatoes, sweet corn, cucumbers, peppers, peaches, blueberries, and juicy watermelon. It is the perfect time to enjoy meals outdoors, whether it's a family picnic, a neighborhood barbecue, or a relaxing dinner on the patio. Fresh seasonal ingredients make healthy eating both easy and delicious.

Food brings people together throughout August as families and friends gather to make the most of the summer season. Grilled hamburgers, hot dogs, chicken, fresh salads, and garden vegetables are favorite menu items for cookouts. Many people also enjoy homemade desserts made with fresh berries or peaches, along with refreshing treats like ice cream and fruit smoothies. Sharing meals and trying seasonal recipes creates lasting memories before the busy fall season begins.

As August comes to an end, it reminds us to appreciate the harvest and the simple pleasures of good food shared with others. It is also a great time to preserve summer's bounty by canning, freezing, or drying fruits and vegetables for the months ahead. Whether enjoying a fresh tomato sandwich, sweet corn on the cob, or a slice of watermelon, August offers countless opportunities to celebrate the flavors of summer while looking forward to the changing seasons.

August Themed Dinner

August 14th @ 5:30pm Lobster Night at the Beach in the dining room

Get ready to kick back and enjoy the flavors of summer at our upcoming Lobster Night at the Beach themed dinner! Look forward to a delicious meal, beach-inspired décor, and a fun evening filled with good food and great company.

