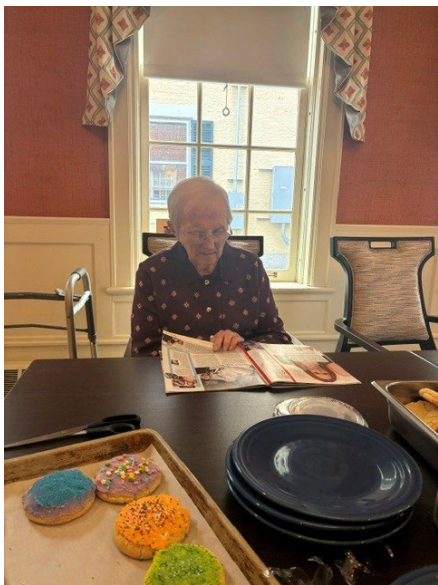


A look back in September...



The Gary Residence

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



October Birthdays

In astrology, those born October 1–22 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill. Those born between October 23–31 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all—but betray a Scorpio and suffer the scorpion sting. Befriend a Scorpio and you will have not just a friend for life, but an advocate and confidant.

Happy Birthday!

Betty B- 10/8

Charles C- 10/3

David G- 10/14

Mike Y- 10/29

Tasha- 10/20

Olivia- 10/20

Aleah- 10/7

Celebrating our Difference Makers Who Make Meaningful Impacts!

This month, we are proud to shine the spotlight on Shirley Gamelin, RSA/Med Tech, and celebrate the difference she makes every day! Shirley has been a valued member of our team for the past 8 months, and in that time, she has quickly become someone our residents and coworkers know they can count on. Shirley loves her coworkers and residents and truly enjoys coming to work each day. For her, there is nothing better than having fun, working together as a team, and making each day a little brighter for those around her.

And if you know Shirley, you know she is also funny and always ready to share a laugh! Her wonderful sense of humor and playful personality bring so much joy to the workplace. She has a special way of making people smile and helping create a fun, positive environment for both residents and staff. Before joining our team, Shirley spent 30 years working in a medical office. After three decades in that setting, she decided she wanted a change—one that would allow her to help people more personally and be involved in their daily lives. That decision brought her to us, and we are so grateful it did!

Shirley is known for being kind, compassionate, caring, and dedicated. She genuinely enjoys taking care of others and has a wonderful way of brightening everyone's day. Our residents mean a great deal to her, and she takes pride in making sure they feel cared for, respected, and valued. Whether she is helping with daily needs, sharing a laugh, or simply spending time with someone who needs a friendly face, Shirley brings warmth and positivity wherever she goes.

When Shirley isn't at work, she enjoys traveling to Boston to visit her family, shopping, eating, and listening to her favorite K-Pop music. She knows how to have fun both on and off the clock!

When asked what advice she would give to others, Shirley shared: "Be confident in what you do, always stay positive, and be kind and compassionate."

Those words truly reflect the way Shirley approaches her work and the people around her.

We love having Shirley as part of our team! She cares deeply about her job, our residents, and everyone she works with. Her positive attitude, compassion, teamwork, great sense of humor, and ability to make people smile make a meaningful difference every day. She never fails to brighten our day, and we are so fortunate to have her here.

Thank you, Shirley, for being a true Difference Maker!

A Squirrel’s Tale



Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature’s most nimble and adaptable creatures. Squirrels are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month.

Squirrels inhabit every continent except Australia and Antarctica. There are 265 different species but three basic kinds: tree squirrels, ground squirrels, and flying squirrels. They come in all different sizes, from the mouse-sized African pygmy squirrel, which is only three inches long, to the Indian giant squirrel, which grows up to three feet in length. Squirrels are very cunning, often pretending to bury nuts in order to fool other spying squirrels. But they sometimes forget where they buried the real nuts! As a result, you may spy new trees in your yard come springtime. Perhaps we should consider ourselves lucky to live in such close quarters with these amazing little critters.

October Outing

Oct 20th

Come along for a delightful outing to Wayside Diner in Montpelier! We’ll enjoy a change of scenery, delicious food, and plenty of time to relax, chat, and share some laughs with friends. It’s the perfect way to enjoy a meal and make some wonderful memories together!



October Themed Dinner

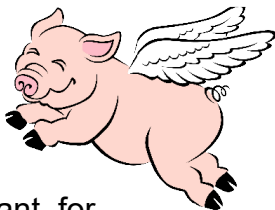
Oct 15th @ 5:30pm

Get ready to step back in time for a fun-filled evening at our 50’s Diner Themed Dinner! Join us for classic diner favorites, great music, and a little taste of the good old days. We’ll be turning back the clock with retro décor, nostalgic tunes, and plenty of fun! Come dressed in your favorite 50’s style and enjoy an evening of food, memories, and good company.



Say It Silly

Sometimes we say the silliest things, but feel free on October 13 to use as many silly sayings as you want, for it’s Silly Saying Day. “When pigs fly” is a saying used when you mention something that will never happen, just like a pig flying. Did you ever stop to “chew the fat” with a friend? This means to chat or gossip, but it’s a nautical expression from early sailors who, when work was slow, would talk while chewing on a snack of salt-hardened fat. You’ve likely never used the expression “enough to cobble dogs with,” which means that you have a lot of something, as though a shoe cobbler had so much leather he could make many tiny shoes for all of our four-legged friends. And there you have it, “Bob’s your uncle.” Don’t know that one? It means everything is all right, done, and successful, sort of like saying, “And that’s that.” No word, though, on who Bob was or why



Sara B., LCMHC Resident & Family Services Director

Mindful Moment

Mindfulness is a critical strategy for self-regulation and keeping our bodies present and calm at any given moment. One accessible mindfulness tool is breathing. By increasing oxygen exchange, breathing exercises can slow the heart down, ease abdominal tension and reduce blood pressure. As these changes affect your body, your mental state changes. Concentrating on breathing can be helpful in relaxing and gaining mindfulness. You can do breathing exercises when you'd like to reduce anxiety or stress. Mindful breathing can be used at any point in the day, to help you relax to prepare for sleep or even if you’re feeling frustrated.

Here is a mindful breathing exercise you can try to help you relax and focus your mind:

Box Breathing

1. Sit comfortably with your eyes closed
2. Inhale deeply for a count of 4
3. Hold your breath inward for a count of 4
4. Exhale completely for a count of 4
5. Hold your breath outward for a count of 4
6. Repeat this breathing sequence until you feel completely relaxed and at ease

From the Executive Chef
Chris MacIver

October brings cooler temperatures, colorful leaves, and the beginning of the fall season. It is a wonderful time of year for warm and comforting foods such as soups, chili, roasted vegetables, apple dishes, and freshly baked breads. Fall flavors like pumpkin, cinnamon, apples, and maple become popular as families enjoy meals together and celebrate the changing season.

Halloween is one of October’s most exciting traditions, especially when it comes to food and treats. Children look forward to trick-or-treating and collecting candy, while families may enjoy Halloween-themed cookies, cupcakes, caramel apples, popcorn, and other festive snacks. Foods can also be decorated with fun Halloween colors and shapes to make meals and parties more enjoyable.

Halloween also provides a great opportunity to bring people together over food. Families, friends, and communities can celebrate with Halloween parties, potluck dinners, and seasonal desserts. Whether enjoying a warm bowl of soup on a chilly October evening or sharing a sweet Halloween treat, food helps make the month of October feel festive, welcoming, and special.