

*EastView at  
Middlebury's*

# Vim & Vigor

November 2020

EastView at Middlebury \* (802) 989-7501 \* [www.EastViewMiddlebury.com](http://www.EastViewMiddlebury.com)

**Highlights of the Events  
We Enjoyed On the Terrace  
During the Summer of 2020**



Vermont Symphony Trio



Third Annual Reading of Frederick  
Douglas' *"What, to the American  
Slave, is Your Fourth of July?"*



Shakespeare Soliloquies with  
VT Shakespeare Company



Atlantic Crossing



The Red Clover Trio (twice)

## Staying Vital & Connected *Even in Difficult Times*



The vitality & connection that define EastView's community came into full focus as safety protocols were instituted to keep us safe last spring. Our entire community—staff, residents, families, management, and board—took the threat posed by COVID-19 seriously, following strict guidelines issued by the State and EastView (EV).

Of course, we also got creative. We've connected by gathering weekly as residents and management (ViVa!) to update each other and clarify guidelines. We've enjoyed the routine of matinee movies and small group exercise, both inside and out. Some of us attend in the Community Room, others virtually by Zoom—a new skill now added to almost every resident's resume. We've featured lots of other programs, including some live outdoor events that are highlighted throughout this newsletter.

Our Community Life team has used their skills to consistently provide

engaging days amidst restrictions in our health services neighborhoods. Many residents of GardenSong and Meadow-Sweet regularly attend church services by Zoom, celebrate family occasions remotely, and have built strong cohort groups within each neighborhood for wonderful socializing. A group meets daily to enjoy an afternoon matinee together in MeadowSweet's living room. Technology has certainly enhanced our daily lives, but we also recognize that living together safely in community has minimized loneliness and social isolation.

When the proverbial "spigot" began to open and restrictions became a bit less strict over the summer, we gathered (masked and physically distanced) for a wonderful array of late afternoon musical events on the Terrace. Now, as we heed the Governor's Orders to stay home and stay safe, we are comforted by the strength and depth of our connections in community.



## Connie's Ponderings

I'm currently reading Yale Professor Nicholas Christakis's newly released book *Apollo's Arrow*, an insightful study of pandemic disease that has been a vitally instructive companion for me amidst our current national surge of the Corona-virus. He notes, "Plagues reshape our familiar social order, require us to disperse and live apart, wreck economies,...and cause grief. **But plagues also elicit kindness, cooperation, sacrifice, and ingenuity.**" My invitation to you is to replace your own COVID fatigue with the purposeful challenge of integrating these virtues into your daily approach to living in this "moment". This time calls us to approach each day with our best selves.

What might that look like? It could enable us to replace disappointment with creative intervention as happened last weekend at EastView. The Governor's recent order banning multi-household gatherings required me to clarify for one couple that a long-planned dinner party with two close friends from town was now restricted. In seconds, the disappointment of this news was replaced with renewed energy and ingenuity. "I've just figured out what I will do. I'll go ahead and cook the entire meal I have been planning, pack half of it up and deliver it to their door, and then head back home and we'll eat together by Zoom." Best selves, creative intervention, fun evening, staying home, staying safe.

Let's keep encouraging each other by sharing our stories of leading with kindness, cooperation, sacrifice, and ingenuity. EastView

## Highlights of Events We Enjoyed in the Summer of 2020, cont'd.

- ♦ Pie & Ice Cream Social & Blueberry Social
- ♦ History Matters with Jeff Johnson
- ♦ Antique Tractor Parade
- ♦ Poet Caitlin Gildrien Reads
- ♦ P.R.E.S.T.O. (Poetry, Readings, Exhibits, Songs, Tunes, & Other)
- ♦ "Dismantling Racism" Book Club, with Professor Jonathan Miller-Lane
- ♦ Master Class Series
- ♦ Live From London (series of 8 concerts)
- ♦ Tuesday Writing Group & EV Book Club
- ♦ Art With a Twist
- ♦ The Art of Woodturning with Tom Dunne
- ♦ Lighting the Darkness: The Sculpture of Sarah Ashe
- ♦ Matt Dickinson's Weekly Political Discussions
- ♦ Tech Classes with "Tech Guru" Shawn Cook
- ♦ Short Story Class with Laura Shulman
- ♦ Daily Matinee movies
- ♦ Middlebury College Performing Arts Series
- ♦ First Wednesday Lectures: Ilsley Library
- ♦ Chime Time Bell choir
- ♦ FUNctional Fitness, Tai Chi, Seated Yoga & Gentle Exercise

## EV Fall Fest: "It's Time to Gather"

Residents and staff enjoyed a physically distanced outdoor gathering in September, featuring amazing pizza from Open Hearth. The meal was rounded out with salad and ice cream. Residents of MeadowSweet and GardenSong enjoyed the meal in their respective dining rooms, and pizza was provided for the night staff, as well. The weather was perfect, the foliage superb, and





**“ZOOM” Became a Household Word***Nurse Maria assists with Telehealth appointment**FUNctional Fitness, both in person & via Zoom**Connie Conducts EV Annual Meeting via Zoom***News from Around the Community**

- ◆ EastView launched a new website in early November. Check it out at [www.EastViewMiddlebury.com](http://www.EastViewMiddlebury.com). Following Cari's presentation of the website at a recent ViVa! meeting, one resident commented, "Seeing the new website made me so happy I live at EastView!" Kudos to all involved!
- ◆ Residents raised over \$74,000 for EastView's Annual Giving Fund! This fund is dedicated to advancing the nonprofit mission of EastView. A committee of residents, management, and board members recommend worthy uses of the fund, including appreciation gifts to frontline staff.
- ◆ Due to popular demand from EastView residents in all areas of the community, EastView hired a "Tech Guru" this summer. In addition to "Tech Tuesday" classes, Shawn Cook offers tech assistance to residents in their own homes. Bravo!
- ◆ EastView created a new position: Director of Operations/Chief of Staff. Former member of the EastView Board of Directors, Ted Dunakin, took on this vital role. Alison Bryant, BSN, has taken the helm as Director of Health Services. Ali brings extensive nursing experience to the position. She and Ted are great additions to our team!
- ◆ A new emergency call system throughout the Inn will be operational in December. Health Services can't wait!
- ◆ The Resident Art Committee's "GardenSong Artists" show, which featured the work of Pete Gunn, Mary Peabody, and Wayne Staples, was a great success. The current show, entitled



One of the many ways EastView has expressed thanks for our staff's dedication has been by providing gratis "Family Meals" for every shift since March. *Pictured above: Executive Chef David Merrill prepares yummy chef's salads.*



At their September meeting, EV Residents' Council voted to retain the 2020 slate of officers for 2021: President Kate Barry, Vice President Mort Abramson, Secretary Lois Kraus, Treasurer Peggy Keith, and Representative to the Board of Directors, Betsy Lane. Thanks to all for serving!



