



VERMONT VETERANS' HOME

VOLUME 7, ISSUE 10

OCTOBER 2016

# The BUZZ WORD



## THE BUZZ WORD

Three ways for you to receive the Vermont Veterans' Home monthly newsletter:

- ◆ Vermont Veterans' Home website:  
[www.vvh.vermont.gov](http://www.vvh.vermont.gov)  
Click on About Our Home  
Click on Newsletters
- ◆ Email
- ◆ Mailing List

Please contact:

The Buzz Word Editor  
Vermont Veterans' Home  
325 North Street  
Bennington, VT 05201

(802) 447-6510

Email: [Barbara.Fitzgerald@vermont.gov](mailto:Barbara.Fitzgerald@vermont.gov)

*Honoring  
Those Who Have  
Served*

## DONATION INFORMATION

Your donations are gratefully accepted. Please make check out to Vermont Veterans' Home:

**Vermont Veterans' Home  
Business Office  
325 North Street  
Bennington, VT 05201**

Please indicate to which fund(s) you are donating:

### Members Assistance:

Directly to Veterans/Members  
Furniture  
Haircuts  
Clothing  
Other personal needs

### Namaste Program Fund:

Oils for relaxation  
Supplies  
Equipment

### Unrestricted Fund:

Facility equipment  
Large purchase

### Activities Fund:

Entertainment

### Music & Memory Fund:

iPods  
Headphones  
iTunes cards

**\*\* We will not be accepting books or magazines at this time. THANK YOU to all who have donated to our Veterans at VVH.**

## *LNA Class Graduates*



**L to R: Patricia Babcock, RN, LNA Class Administrator; (Students) Tina Cole; Courtney Springer; Marissa Mazzola; Natasha Chambers; Wendy Ford and Sara Green.**



**2016 Vermont Veterans' Home  
LNA Class Graduates**

\* See more pictures of class time and graduation inside

## Chaplain's Corner...



Howdy Folks,

Here's a poem which should excite your conscience a bit. The bible tells us we should always be prepared for the Lord. The power, honor and glory are His and as such our lives should reflect that in all we say and do. This poem (author unknown) expresses just how we should wait in prayerful, obedient expectation at all times.

### **If The Lord Comes To Your Room/House**

*If the Lord came to your room to spend some time with you,  
if He came unexpected, I wonder what you'd do.  
Oh, I know you'd treat him real nice and as an honored guest.  
And you would keep assuring him you're glad to have Him there,  
That serving Him in your room is a joy beyond compare.  
But when you saw Him coming, would you meet him at the door  
With arms stretched in welcome to your heavenly visitor?  
Or would you have to change your clothes before you let Him in.  
Or hide some magazines and put the Bible in their place.  
Would you hide your worldly music and put some hymn books out?  
Would you let the Lord right in, or would you rush about?  
And I wonder if the Lord spent a day or two with you,  
Would you go right on doing the things you always do?  
Would you go on saying the things you always say?  
Would life for you continue as it does from day to day?  
Would you take the Lord with you everywhere you go?  
Or would you change your plans for a day or so?  
Would you be glad to have him meet your friends or comrades?  
Or would you hope they stay away, until this visit ends?  
Would you be glad to have him stay forever?  
Or would you sigh relief when he is gone?  
It might be interesting to know the things you would do,  
If the Lord came in person, to spend time with you.*

Let us remember that our bodies are the temple of the Holy Spirit and as such it is our choice to acknowledge it and let Him rule our lives.

Say a prayer for our troops.

God Bless -  
Chaplain Ken Coonradt



**Autumn, The Years' Last, Loveliest Smile**  
**-William Cullen Bryant**





VERMONT VETERANS' HOME

*Fulfilling the Promise*

**325 North Street  
Bennington, VT 05201**

**The Vermont Veterans' Home was established in Bennington in 1884. It is governed by a Board of Trustees appointed by the Governor. The VVH offers a complete range of specialized care services for its residents. VVH goals focus on insuring the dignity, independence, and the highest possible care and quality of life for each resident.**

**VVH is licensed to meet all levels of care for its residents and the VVH's departments and staff work together to provide those levels of care.**

*For any Further Questions Please Contact:*

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<http://vvh.vermont.gov>

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*From the Administrator...*  
*Melissa Jackson*

Happy Fall!

I am very excited to announce that Pat Crossman has been promoted to the position of Director of Nursing Services. Pat brings a wealth of knowledge and experience into her new role. Please join me in congratulating Pat on her new role.

With Pat's promotion we are actively recruiting for an Assistant Director of Nursing Services (ADNS), several interviews are planned in the upcoming weeks. I hope to be able to announce a new ADNS in the November Buzz Word.

I had the honor of representing the Vermont Veterans' Home at Senior Crime Stoppers Banker's conference in Nashville, TN October 6<sup>th</sup> and 7<sup>th</sup>. The Senior Crime Stoppers Organization reached out to VVH and asked us to provide a presentation on the unique care and services we offer our Veterans. I had looked forward to share the hard work and dedication of our staff to this organization.

Take care,

Melissa A. Jackson, BSW, LNHA  
CEO



***Resident Council VVH Polo  
Shirt September Raffle Winner***



This Veteran was the first winner of the monthly Resident Council raffle. All proceeds go to Resident Council. The raffle is open to all.

***Kitchen Information***

Construction on the kitchen will be starting soon. Holiday meals for the families may be affected because space is anticipated to be very limited. More information to come in the November Buzz Word.

***Resident Council October Raffle***

**Want to win a VVH Hoodie?**

**Tickets \$1.00 each or 6/\$5.00**

**See Richard Vachon for tickets**



## *Donations*

**On behalf of the Veterans/Members, we sincerely thank the following for their generous donations.**

Mr. & Mrs. Axel Blombery  
Irene Mccarthy  
Robert & Julie Jones  
Phyllis and Rhonda Roberts  
Samantha Maxon  
Home Depot  
Alicia Babcock  
Walter Crawford  
Clara Howard & Shawna Guetti  
Charles Thompson

**In Loving Memory of Lynn Belanger**  
Susan Argotsinger

**In Loving Memory of Carmen Denatale**  
Jack & Angela Appelman

## VVH WISH LIST

CD Players  
CD's of any type of music  
Newspaper Subscriptions  
Costume Jewelry  
Envelopes, Stamps, Pens, Writing Paper  
Men's Caps  
Men's belts and suspenders  
Crossword Books  
Word Search Books  
Universal TV Remotes  
Earphones for TV and Music  
Trivia Books  
DVD Players  
Outdoor Benches  
Monetary Donation to Members' Assistance Fund

Your donations are gratefully accepted. Please make check for monetary donations out to Vermont Veterans' Home:

**Vermont Veterans' Home**  
**Business Office**  
**325 North Street**  
**Bennington, VT 05201**

**THANK YOU**

## *Welcoming The New Director of Nursing Services*



**L to R: Patricia Crossman, DNS and Melissa Jackson, CEO.**

We are excited to announce Patricia Crossman, BSN, RN, ADNS has been selected as the Director of Nursing Services for the Vermont Veterans' Home. She will be responsible for overseeing all aspects of clinical services within her Department which includes: Nursing, Social Services, Therapy Services, and Dietitian Services. Melissa Jackson said "Several remarkable professionals applied for this position; however, I am very pleased our first choice, Patricia Crossman accepted". Further stating "Pat has the compassion, experience and love for our Veterans this position requires".

Patricia Crossman has 11 years experience in Long Term Care management and experience in the Level 1 Adult trauma setting. She was the Assistant Director of Nursing for 5 years at the Home prior to being selected as the Director of Nursing Services. She holds a Bachelor of Science in Nursing from Chamberlain College of Nursing and an Associate Degree in Nursing from Vermont Technical College.



## From Deputy Administrator... Colonel Al Faxon



Friends and family of the Vermont Veterans' Home, I can't believe summer is over and the trees are turning from green to red ...in fact we've already had a little "frost on the pumpkin" in some of the valleys. We sure are blessed to live in Vermont....I have lived around the world, and I can tell you confidently, nowhere compares to the beauty of our Home here.

This time of year when the leaves change into their glorious colors I am fully reminded of how great God is...with our Home nestled in between the Taconic and Green Mountain Ranges.....you can't have a better seat for the show.

We have two more service birthdays to celebrate this year...the U.S. Navy in October and the U.S. Marine Corps in November...we all enjoy the tradition of a cake cutting and history. The Dietary Staff does a tremendous job with our service cakes and snacks; thank you for making these events special!



Veterans are approximately 10% of our population here in Vermont, while the census bureau states approximately 8% of the total U. S. population are Veterans. In Vermont we have a warrior tradition that dates back to the Green Mountain Boys and every conflict thereafter. Even before statehood, hard charging Vermonters have been answering the call just like you!

Thanks for serving....

Semper Fi"  
AF

## 69th Air Force Birthday Celebration



## *Tis the Season!!*

Here we go again, flu season! Seems to come faster every year.

Did you know that getting the flu vaccine is the best way to protect yourself and your family?.



The more people who get vaccinated, the more people will be protected.

What's new this flu season?

To name a few:

- 1) Only injectable flu shots are recommended for use this season.
- 2) Flu vaccines have been updated to better match circulating viruses for 2016-2017 seasons.
- 3) The recommendations for vaccination of people with egg allergies have changed. Please check with your Doctor.

**When and how often should you get vaccinated?** Per CDC you should get a flu vaccine every year by the end of October, if possible. Remember the flu vaccine takes two weeks to become effective. However, getting vaccinated later is OK.

It is not possible to predict what this flu season will be like. Flu spreads every year, the timing, severity, and length of the season varies from one year to another.

Flu activity most commonly peaks in the United States between December and March.

Reminders: please wash your hands before you eat, after using rest rooms, entering VVH and leaving to name a few. Hand sanitizer is available by all entrances at VVH,

and in all Veteran/Member rooms.



At all entrances at VVH, masks available to use if you have a cough when you visit your loved ones.



Please delay your visit to VVH and seeing your loved ones if you are ill, we will all THANK-YOU.

Last year VVH had 0 outbreaks throughout the winter months, let's do it again!!

Please we need your help to do it again!!

Thank you in advance for your assistance with this important matter!!!!

Your friendly Infection Preventionist Nurse,  
Patricia Babcock, RN



## Mark Your Calendars

**Southern VT Natural History**  
*Tuesday, October 11, 2016 at 2:00 PM*

**Navy Birthday Celebration**  
*Thursday, October 13, 2016 at 2:00 PM*

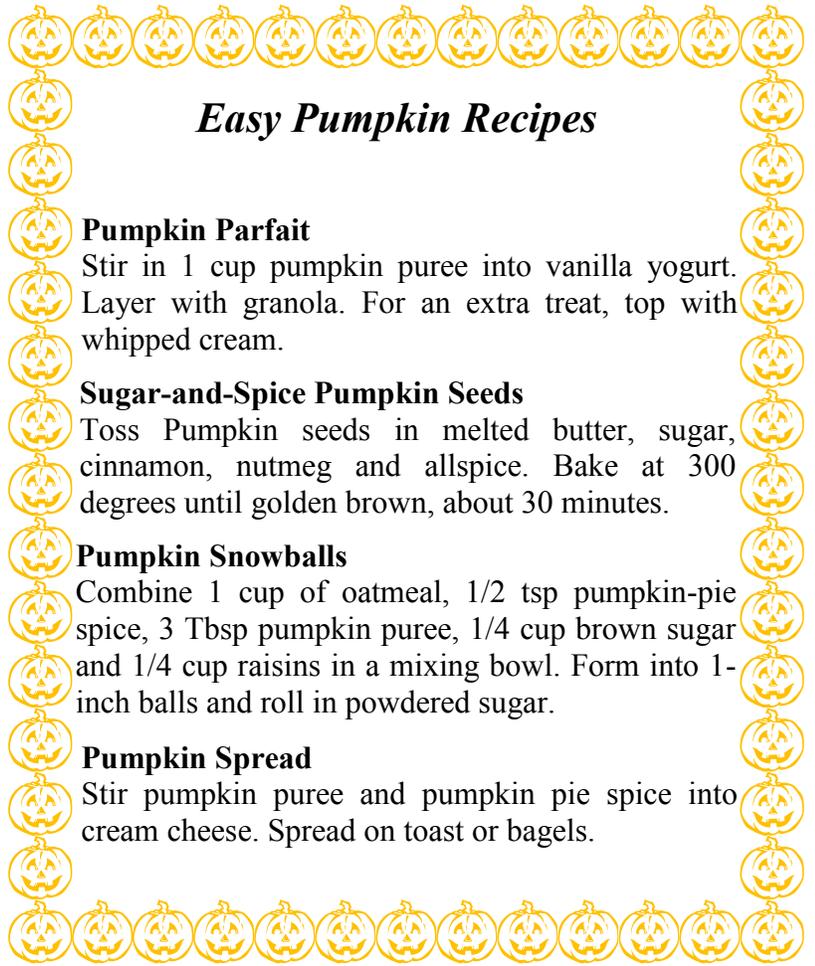
**Elvis Impersonator**  
*Sunday, October 16, 2016 at 1:30 PM*

**One Man Band**  
*Sunday, October 30, 2016 at 2:00 PM*

\*\*\*\*\*

### Looking Ahead:

**Elk's Dinner**  
*Sunday, November 6, 2016 at 12:00 PM*



## Easy Pumpkin Recipes

### Pumpkin Parfait

Stir in 1 cup pumpkin puree into vanilla yogurt. Layer with granola. For an extra treat, top with whipped cream.

### Sugar-and-Spice Pumpkin Seeds

Toss Pumpkin seeds in melted butter, sugar, cinnamon, nutmeg and allspice. Bake at 300 degrees until golden brown, about 30 minutes.

### Pumpkin Snowballs

Combine 1 cup of oatmeal, 1/2 tsp pumpkin-pie spice, 3 Tbsp pumpkin puree, 1/4 cup brown sugar and 1/4 cup raisins in a mixing bowl. Form into 1-inch balls and roll in powdered sugar.

### Pumpkin Spread

Stir pumpkin puree and pumpkin pie spice into cream cheese. Spread on toast or bagels.



## Volunteers Needed

Shopping Trip Companion  
(with our transportation)

Bingo Helper

Off Campus Event Companion

In House Event Helper

Helping with outside events

And More!

If you have a skill you would like to share with our Veterans, please let us know.

For more information about our Volunteer Program, please call :

Michele Burgess at 447- 6520

Dedicate some time to a Veteran. It's a rewarding experience.

## Just For Laughs.....

A defendant isn't happy with how things are going in court, so he gives the judge a hard time.

**Judge:** "Where do you work?"

**Defendant:** "Here and there."

**Judge:** "What do you do for a living?"

**Defendant:** "This or that."

**Judge:** "Take him away."

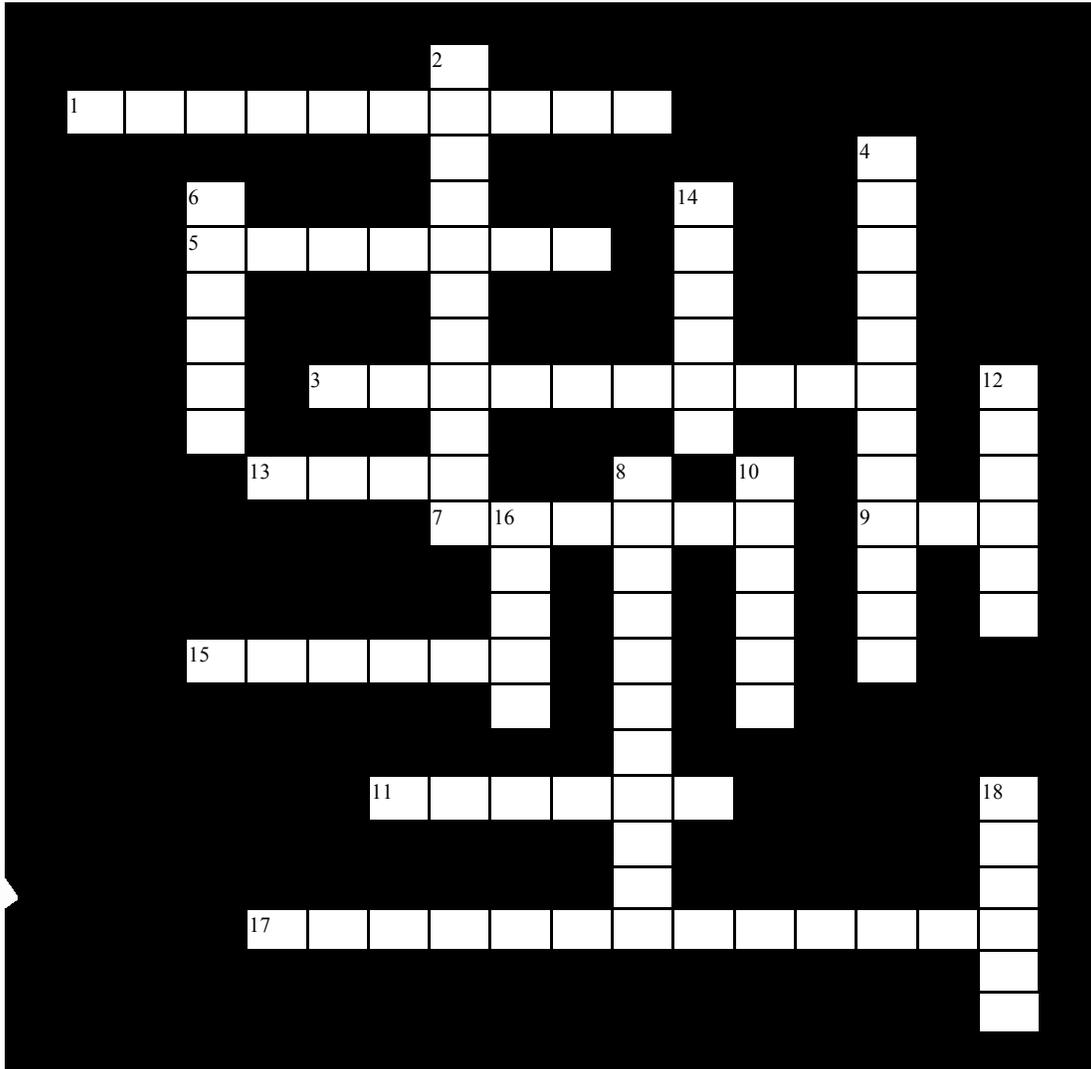
**Defendant:** "Wait; when will I get out?"

**Judge:** "Sooner or later."

*Joke from Reader's digest : Dumb Criminals*



# WORDS OF THE SEASON



## ACROSS

1. Native Bird of North America - often consumed on Thanksgiving.
3. The horn of plenty
5. Costume buying month
7. Acorn \_\_\_\_\_
9. Pumpkin, apple, blueberry
11. Indian Summer
13. Crisp
15. Color of fall
17. Flavor of the season

## DOWN

2. Jellied or Whole-berries
4. Punt
6. Light and Filmy
8. Full moon near or on the autumnal equinox
10. Brr- It's \_\_\_\_\_!
12. Autumn yard workers
14. Autumn
16. At peace
18. Honeyed (color)



**Across:** 1. wild turkey 3. cornucopia 5. October 7. acorn 9. pie 11. Autumn 13. ripe 15. orange 17. pumpkin spiced  
**Down:** 2. cranberries 4. football play 6. cob web 8. harvest moon 10. chilly 12. rakers 14. season 16. quiet 18. golden

# *LNA Class Graduation and Class Time Pictures*

