



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 28

JUNE 2018

# The BUZZ WORD

*Family, where life begins*



*Love never ends*

**FULFILLING THE PROMISE**

[www.vvh.vermont.gov](http://www.vvh.vermont.gov)



VERMONT VETERANS' HOME

*Fulfilling the Promise*

### **Business Name**

**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:*

**Robyn Boland, Executive Assistant  
robyn.boland@vermont.gov  
802-447-6523**



<http://vvh.vermont.gov>

## Administration and Department Directors

Melissa Jackson, CEO/Administrator  
447-6533  
[melissa.jackson@vermont.gov](mailto:melissa.jackson@vermont.gov)

Col. Al Faxon, COO/Deputy Administrator  
447-6544  
[allan.faxon@vermont.gov](mailto:allan.faxon@vermont.gov)

Steven McClafferty, Business Manager  
447-2732  
[Steven.mcclafferty@vermont.gov](mailto:Steven.mcclafferty@vermont.gov)

Patricia Crossman, Director of Nursing Services  
447-6565  
[Patricia.crossman@vermont.gov](mailto:Patricia.crossman@vermont.gov)

Cindy Rankin, Food Service Director  
447-2815  
[cindy.rankin@vermont.gov](mailto:cindy.rankin@vermont.gov)

Michele Burgess, Activities Director  
447-6520  
[michele.burgess@vermont.gov](mailto:michele.burgess@vermont.gov)

Christina Cosgrove, Social Services Director  
447-2792  
[christina.cosgrove@vermont.gov](mailto:christina.cosgrove@vermont.gov)

Jon Endres, Environmental Services Director  
447-6528  
[jon.endres@vermont.gov](mailto:jon.endres@vermont.gov)

Patti Parker, Housekeeping and Laundry Supervisor  
447-2731  
[patricia.parker@vermont.gov](mailto:patricia.parker@vermont.gov)

Jen Morrison, Program Manager of Rehab  
447-6548

Karen Divis, Quality Assurance Nurse  
447-2888  
[karen.divis@vermont.gov](mailto:karen.divis@vermont.gov)

Mary Hamilton, MDS  
379-5279  
[mary.hamilton@vermont.gov](mailto:mary.hamilton@vermont.gov)

Gary Yelle, Admissions Coordinator  
and Marketing Director  
447-6539  
[gary.yelle@vermont.gov](mailto:gary.yelle@vermont.gov)

*From the Administrator... Melissa Jackson*



During the month of June, we celebrate Flag Day, June 14<sup>th</sup>. Lately I have received a lot of questions regarding why our flags are flown at half-staff. So, in honor of Flag Day I decided to review the protocol for flying the flag at half-staff. The American Flag is flown at half-staff on the following days each year:

May 15<sup>th</sup>      Peace Officers Memorial Day  
Memorial Day      half-staff until noon only  
July 27<sup>th</sup>      Korean War Veterans Armistice Day  
September 11      Patriot Day  
December 7<sup>th</sup>      Peral Harbor Day

Additional day or days throughout the year the flag may be flown at half-staff by the order of the President of the United States and the Governor of the State of Vermont.

VVH receives email notifications from various sources when the flags should be lowered to half-staff and for how long they are to remain that way. You can receive email or text notifications with this information from most vendors who sell American flags.

I hope this helps to clear up the confusion about this topic.

Happy Flag Day,

Melissa A. Jackson, BSW, LNHA  
Chief Executive Officer  
Vermont Veterans' Home  
[www.vvh.vermont.gov](http://www.vvh.vermont.gov)

## **SMOKING POLICY**

Per State and Federal Regulations all Veterans and Members who smoke at VVH must have a smoking assessment completed. At no time may a VVH nursing home resident keep a lighter, matches, etc. in their rooms. These ***must*** be kept with their nurse. Cigarettes may be left with the Veteran or Member as outlined in their smoking assessment. Please check with your loved one's nurse prior to leaving any cigarettes in their rooms.

## **ATTENTION: NEW MEDICARE CARD ARRIVING IN 2018**

In an effort to help reduce identity theft, the federal government is removing social security numbers from Medicare cards. The new cards will have an individual identification number. It is very important the facility receive a copy of this new card to ensure timely and accurate billing. **Please drop off or mail a copy of the card to our Finance Office.**

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

Frank Snow  
Patricia Garrett—DAVA State of Vermont  
Karen Rantilla  
Arlington American Legion Auxiliary  
Joan Noble  
Natalie Cayler—Helping Hand  
Betty Raurke  
Donald Place  
Alen LeRay  
Donna Young  
Pownal American Legion Auxiliary, Unit# 90  
Phyllis Roberts  
DAV Auxiliary Bennington Chapter# 4  
Julie McCarty—VFW District 4  
Aditi Patel—MAU HS

**In Memory of Dr. Richard Fabricious**

Janet Fabricious

**In Memory of Lucille Austir**

Dennis & Marcelaine McCarthy

**In Memory of William Basso**

Barbara Westine

**In Memory of Ray Bentley**

Judith Light  
Arlone & Anne Nelson  
Sandra & Richard Pizani  
Brenda Piscioneri  
Brenda & Kurt Gabel  
Bruce & Debra Frye

**In Memory of David Kilgus**

Dennis & Marcelaine McCarthy

**In Memory of Albert Greene**

Stasha Greene

**In Memory of Helen Gioino**

Katherine McLeod

**In Memory of Evelyn Monhollen**

Randy Monhollen

# Events Calendar

## June:

3rd Fishing Derby—11:00—Trout Pond  
3rd Alan Gibney Memorial Pavilion  
Dedication—12:00  
16th Father's Day Car Show—10:00  
20th 2nd Annual talent Show—2:00—Patriot  
Hall  
23rd VVH Picnic—12:00

## July

7th Vet's Motorcycle Run  
11th Eagles Band Concert

## Show your Support at the VVH Apparel Store!

Ornaments-\$8	T-Shirts-\$15
Small Totes-\$15	Sweatshirts-\$25
Large Totes-\$20	Zip Hoodie-\$35
Baseball Cap-\$20	Sweatpants-\$20
Winter Hat-\$12	Scarf-\$12

**\*NEW\* Wind Breakers in blue or green.**

**Unlined-\$23-\$27**

**Lined-\$27-\$31**

**\*NEW\* VVH Pens - \$3**



## 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: [dezerae.johnson@vermont.gov](mailto:dezerae.johnson@vermont.gov)

## VVH WISH LIST

Pinball Machine/Game  
Air Hockey Table/Game  
Neck Pillows  
Body Pillows  
I-Pods & I-Tune Cards  
CD Players  
Newspaper Subscriptions  
Costume Jewelry  
Stamps

(New) Men's Belts and Suspenders  
Earphones for TV and Music  
Outdoor Benches

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**

*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

### NEW: Veteran's Mobility Trail

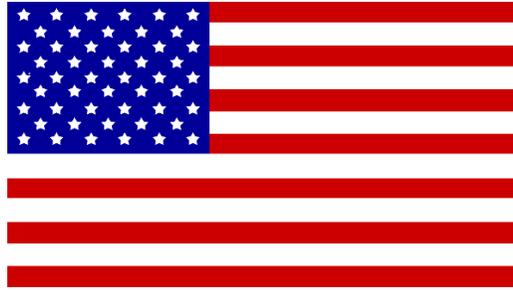
Monetary donations toward  
a paved walkway around  
the perimeter of the VVH

PLEASE NOTE:

**\*\* We will NOT be accepting books, magazines, VCR tapes or clothing at this time. THANK YOU to all who have donated to our Veterans at VVH.**

## Travels with Steve

Dear All,



On June 14, 1777, the Second Continental Congress passed the Flag Resolution which stated:

**“Resolved, That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation.”**

**“You're a grand old flag, you're a high flying flag  
And forever in peace may you wave.  
You're the emblem of the land I love.  
The home of the free and the brave.  
Ev'ry heart beats true 'neath the Red, White and Blue,  
Where there's never a boast or brag.  
Should auld acquaintance be forgot, keep your eye on the grand old flag.”**

What a way to start the month of June! Reading the resolution from the Second Continental Congress in 1777 and words from George M. Cohan's song written 112 years ago in 1906. June 14<sup>th</sup> is Flag Day and it is a great time to remember the flag that all of you have bravely served and fought for. Over the course of our nation's history, we have had many flags. The Betsy Ross Flag, Gadson Flag (Don't Tread On Me), and many others that have graced our streets, houses, and public buildings. Our soldiers proudly wear it on their shoulders to show the world who we are, in both times of war and peace. To me it is real interesting that we never hear of other countries flags being desecrated or burned.

Whenever some people or organizations do not like the USA or our beliefs, what do they do? Protest, burn, and stomp on our Flag. I think they believe that weakens us when, in actuality, it makes us stronger.

I absolutely love seeing the flag flown on the George Washington Bridge in New York City; seeing it fly in foreign countries as my travels have taken me to Greece, France, and Italy. Seeing it at Lafayette's grave in Paris and the US military cemetery at Normandy, France, brought tears to my eyes. We have seen it supported by two fire trucks at local events and look no further than the entrance to the Vermont Veterans' Home now. The US flags are flying all the way to your home.

However, for me the greatest US Flag anywhere is when I return from my foreign travels and see it hanging at the Customs station at the airport. Then I know I am home. Francis Scott Key wrote it so eloquently following the battle at Fort McHenry in 1814 with the following words, “O say does that star-spangled banner yet wave, O'er the land of the free and the home of the brave.”

Keep the flag waving high in the breeze, our hands over our hearts when the National Anthem is played, and stand when it goes by us in a parade.

God Bless each of you and God Bless America.

Steve

# The Elks Lodge Dinner

We want to give a special Thank You to everyone who made this possible for our Veterans!



# Mother's Day Tea

To the world you are a  
Mother,  
but to your family you are the  
World!





*From Deputy Administrator—Colonel Al Faxon*

Memorial Day is clearly a day set aside to remember our fallen brothers and sisters, and to give pause and thanks for their many sacrifices. I usually think of it as “What if Day”. What if we did not have the caliber of citizen that unselfishly thinks beyond themselves, and has the willingness to lay their life on the line for others? No doubt the borders of our Great Nation would be different... What if the South had won the Civil War and we remained divided... Europe’s borders might possibly be nonexistent except for a big swastika in the center. The Far East, who knows... but I can tell you many counties in that part of the world would be flying flags different from the ones they currently have.

To those who have given the ultimate sacrifice, I humbly give thanks to you in Heaven for the many freedoms we enjoy in this country, and for those who remain free throughout the world because of you.

To our Veteran’s here at the Vermont Veterans’ Home... I know Memorial Day is for those who died in battle... However, I would also like to thank you for all of your sacrifices and your devotion to duty... Without you, the above would not be true... To us, you are all heroeses’!

What if?

S/F

AF



## National Nursing Home Week



*Thank you Board of Trustees for the lunch & service!*

**MAY 13<sup>th</sup>-19**  
**CELEBRATING LIFE STORIES**

## VNA Hospice Grief Support Group

**Meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month.**

**Time: 11:00 a.m.**

**Place: 188 School Street  
Bennington, VT 05201**

**For more information, call:  
(802) 442-5502**



## TWIG REMEMBERS... Dominic Sbardella, Jr.

The Post 49 American Legion in Fair Haven can be interesting. The bar is open before the meetings and some of the younger guys can really interrupt by asking a lot of non-related questions. However, there have always been people to step up and put a halt to the foolishness.

In the 1960's when my dad was Commander (4 times), he was on top of this and had big support from old Clayton Presson (President of Smith Garage right where Fair Haven Auto is today). In the 1970's it was Ed Pushee (who owned a successful garage where Stewart's stands). He had a young good mechanic named Dave Stikeman, and Mickey Welch pumped gas.

Well, young Dom Sbardella was paying attention and took charge in the late 1970's and continued well into the 1990's. Dom's family had purchased the low Hampton Restaurant (with bar) from Jerry Romania and called it Sbardella's Fireside (after the John Tolan slate fireplace in the dancehall).

My two best memories: Mother Carmen's (Minnie) cheeseburgers (Grade A beef cooked in olive oil) Yummy! They got the big color TV at the bar and the only one who could tune it properly was Dom-who was color blind.

God Bless Dom Sbardella – overseer of conduct at Post 49 while in his 50's.

You get what I mean... "Twig Remembers"



Robert "Twig" Canfield

# Happy Anniversary



*Guy & Janet*



*Rhoda & Art*



*Dave & Lisa*

## Bowling



Pictured: Kyleen, Gov. Phil Scott, and Patricia Crossman

## Congratulations Kyleen Norse!

For being chosen for the 2018 State of Vermont  
Public Service Recognition Award!

Kyleen Norse joined the Vermont Veterans' Home staff as a new nurse and has developed into an outstanding nurse and leader. Kyleen demonstrates excellent clinical skills, judgment, and is a resource for her co-workers. When asked to perform the duties of supervisor, she does so without hesitation, and with confidence. It is Veterans' Home nurses like Kyleen who are "Fulfilling the Promise" by providing "Five Star" quality resident centered care and services to its Veterans and other residents.

Congratulations

To

Joi-Lynn

Christopher

Aileen

Christina

Giselle

For graduating a 170 hour LNA Class



## Chaplain's Corner

Dear VVH friends,

Someone has said- "These fallen heroes represent the character of a nation who has a long history of patriotism and honor - and a nation who has fought many battles to keep our country free from threats of terror. "And that is something you and I need to remind ourselves of from time to time. This day is not simply the start of summer, picnics and ballgames, and trips to the beach. This day is far more profound than all that. This is a solemn day of remembrance- "lest we forget." Our very liberties themselves are in grave peril if we forget just what it took to maintain those liberties. Early American patriot Thomas Paine once said- "Those who expect to reap the blessings of freedom, must, like men, undergo the fatigue of supporting it. "How very true that is. And each of us can support those blessings in our own particular way. We may not be privileged to wear our nations uniform, but we can in our own given station in life uphold our nations colors. One of our nations mottos is "E Pluribus Unum-" from One Many. Out of the nations of the world a unique people were formed and from these various peoples this entity called "the United States of America" came into existence. We have a precious heritage indeed! So, on this Memorial Day, as we observe the parades, gather with loved ones, and revel in the beautiful spring weather, let us not forget why we celebrate this day. Real freedom you see is the freedom to serve, to sacrifice, to give. The apostle Paul in writing to the Galatians (5:13) said- "You were called to freedom, brothers and sisters; only don't let this freedom be an opportunity to indulge your selfish impulses but serve each other through love." May God bless you this Memorial Day and may God bless America!



Regards,

Pastor Richard, Chaplain



The Germ Team: (Back left to right) Aileen, Charles, Patricia, Joi-Lynn, Giselle, Christina, and Audrey.  
(Front left to right) Barb, Bill, Richard, Willy, and Brother Robert.

The "Germ Team" met on May 8, 2018 to welcome a new Veteran, Bill, and the graduates of the LNA class to the team!

The team has been in existence since 2015 and meets to come up with new ideas on spreading the word of how important it is for residents and staff to wash their hands.

They also man the entrances of Patriot Hall and American Way dining rooms to remind everyone to wash up before and after meals.

There has been great success with this project and the team continues to be totally involved and take it very seriously. Please thank them for keeping us all germ free.

Patricia Babcock R.N. I.P.

Thank you The One Man Band, The Hale Mountain Pickers, Sheila, and Jimmy Ramer and Company for bring music to our world.

“Music expresses that which cannot be said and on which it is impossible to be silent.”



We are Harwood Homestead, a veteran owned farm. We are a family of 5 hardworking, fun loving Vermonters. We love farming and we use grassroots principles, regenerative practices above a deep passion to provide healthy, humanely raised meat, eggs, and vegetables for our community.

Ashley enlisted in the Marine and left for boot camp on Parris Island, South Carolina in August of 2000. He graduated Marine Corps boot camp with Platoon 1089 1st Battalion Delta Company on November 10, 2000. Ashley served first as a rifleman as all Marines do and as a motor transport mechanic. He deployed to Kuwait in January of 2003 for Operation Iraqi Freedom. Before being honorably discharged October 11, of 2004 he was promoted to the rank of sergeant. He has continued his service to our community joining first the Vermont State Police, and then as a civil service police officer on Camp Lejeune. He currently works with the Postal Service in Wilmington, Vermont. Although Ashley works a full-time job, this is the first time we can honestly say that we are living for a living. We do what we love and we think it shows.

We feel both proud, and humbled that families would chose to trust us to provide them with healthful food.



Sunday, May 27 was our first official Veterans farmers carving station. Harwood Homestead in Pownal sent us Red Ranger (breed) chickens. They are pasture raised, free range and organic. We set up our new carving station in Patriot Hall and carved as ordered. This is a new service in Patriot Hall we are giving our veterans. Bringing back the feeling of going to grandmas for Sunday dinner.

If you have any questions, please contact me.

Cindy Rankin, CDM, CFPP

## A visit from a furry friend!

