

# The BUZZ WORD

Volume **Issue 11**  
**10**  
November 2019



**PHIL LEADING THE "DANCE TO DINE"**

***"FULFILLING THE PROMISE"***

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



VERMONT VETERANS' HOME

*Fulfilling the Promise*

**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](mailto: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, Nutritional Services 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, Director of Social Services  
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)

Cindy Gadway, Program Manager of Rehab  
447-6548

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

Melinda Crowl, Marketing/Admissions Coordinator  
447-2755  
[Melinda.crowl@vermont.gov](mailto:Melinda.crowl@vermont.gov)







*From the Administrator... Melissa Jackson*

## Happy Fall!!

As we are fast approaching the end of the year and the holiday season, I wanted to provide a friendly reminder that per Medicare regulations VVH staff cannot accept individual gifts from Veterans, Members or their family members. Individual cards and notes of thanks are permitted. Baked goods or other items that can be enjoyed by the entire neighborhood or department are acceptable.

I encourage all visitors coming to VVH to obtain a flu shot - not only to protect yourself, but also our Veterans and Members. In our population, the flu can be deadly. Please refrain from visiting if you have any symptoms of illness. With today's modern technology, we can arrange a skype or facetime call between you and your loved one while limiting their risk of exposure to illness.

I wish you and your family a very Happy Thanksgiving.

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



## HALLOWEEN PET PARADE

The Veterans were very delighted to see all the dogs in their costumes!







**THE ACTIVITIES DEPT. DID AN  
AWESOME JOB WITH COSTUMES FOR  
OUR RESIDENTS - THE KIDS ENJOYED  
TRICK OR TREATING AT VVH !!**





## Strumming the Ukeleles



### TWIG REMEMBERS... Raymond “Bunk” Bunker “One of a Kind”

It all started with his love for animals. Four years old and he begged his dad to take him to the farm with him and see what dad’s job was like. The Sheldon’s took a liking to him and gave him odd jobs to do around the farm and would give him a reward or treat. He got to know the hired hands, the delivery people, the guy in the oil truck – before long, he knew them all and they all knew him.

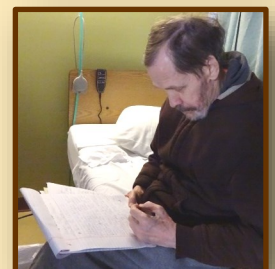
In Fair Haven High School and at college at UVM, it was always the same thing: “Hi Bunk.” “Oh, hi Jimmy.” Later on, he taught science at Poultney High School and the students enjoyed Bunk and had a lot of fun with him. In Fair Haven, his hometown, there isn’t a single person who doesn’t know who Bunk is.

Bunk and I have spent quite a bit of time together at the Vets Home and both have a lot in common: old guys, diabetics, and both knowing a lot of people. Being diabetic and old can cause mood swings... when Bunk and I would have spats, I would introduce him as my grandfather. His response would always be “Twigsy, you’re a bad, bad boy.”

I know I will never meet another guy like him..

May God be with you, Bunk.

You get what I mean... ***“Twig Remembers”***



Robert “Twig” Canfield

## CHAPLAIN'S MESSAGE

Howdy Folks,

Have you ever given thought about religion or religions? The origin of religions? Do all religions worship the same God? How many religions are there? Etc, Etc. In gleaning a number of books and theological books, an attempt is made to answer some of the many questions about religions.

### What is Religion?

A religion is a set of beliefs and practices often associated with a supernatural power that shapes or directs human life and death - or a commitment to ideas that provide coherence for one's existence. Adherence to a religion implies a belief in a divine force, as well as offering moral guidance for believers. Religions also bind people into communities with goals and values. There are many religions in the world. Some are practiced within specific geographical areas, but five (Hinduism, Buddhism, Judaism, Christianity, and Islam), have spread throughout the world and have millions of followers.

Religion influences almost everything in our lives - from buildings, to the foods we eat, the books we read, to the rituals of marriage and death - and the customs of justice and government. Religion shapes our beliefs, moral codes, and nations' identities. Both individuals and nations describe themselves in religious terms, such as Hindu or Muslim, Shinto or Buddhist, and Christian or Jew.

Every religion is different, with their own beliefs, rituals, art, dress, and festivals. However, it is surprising how many of the myths, deities and moral codes from different parts of the world show striking resemblance.

In future Buzz Word newsletters, we will try to glean from the myriad of materials about religions and a bit about each one.

With November, comes Thanksgiving and the first snow fall! Don't forget to be thankful for our Vermont Veterans' Home, our old and new friends and acquaintances, and the outstanding freedom of movement we enjoy here.

Say a prayer for our troops everywhere.

God Bless,  
Chaplain Ken



**THANK YOU** to Phyllis Blanchard and Karen Williams for bringing over this beautiful donation made by one of the members of the American Legion Auxiliary Rutland Unit #50. It now sits on display in Patriot Hall so all can enjoy.

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

Shaftsbury Medical Associate, Inc.

VFW Riders

VFW Post 1332

Bennington Int'l Motorcycle Club

Hilda Parks

Phyllis & Rhonda Roberts

VFW Post 648

Beverly Mamley

Donald Hein

Shirley Mason

American Legion Aux. Rutland Unit #31

Sharon L. Corey

Andrew Squires

American Legion Aux. Castleton Unit #50

Pownal American Legion Aux. Unit #90

DAV Auxiliary Bennington Chapter #4

VFW District #4

**In Memory of Dewey DelSignore III**

Machnick Builders, Ltd.

Teal, Becker & Chiaramonte, CPAs, P.C.

Guiseppe's Restaurant

Linda & Gary Dickinson

Callanan Industries, Inc.

**In Memory of Thurston Mattison**

Audrey Jones

**In Memory of Rodney Day**

National Life Group Foundation

Bruno & Lori LaCroix

Cynthia Gable

**In Memory of Walter Tubbs**

Susan Webster

**In Memory of Dennis Boland**

Ronald & Sharon Mack

# Events Calendar

**Nov. 11** Veteran's Day Parade 11:00 am. Parade ends at VVH. Ceremony to follow at VVH

**Nov. 23** American Legion Gift Program  
(for Residents only)

**Dec. 4** Community Christmas Tree Lighting,  
Front Gazebo at 5:30 pm

**Dec. 11** Day of Remembrance, Chapel, 2:00 pm

**Dec. 14** Wreaths Across American, Cemetery at  
noon

**Dec. 15** VFW Christmas, Patriot Hall at 1:30 pm

**OUR APOLOGIES** for the  
misidentification last issue, and a big  
**THANK YOU**, to VFW Commander  
Tom Holland and the  
**VFW POST 648** in Rutland  
for the beautiful outdoor Telescope  
furniture. Our Veterans will get a lot of  
use from it as they enjoy being outside!

## **Show your Support at the VVH Apparel Store!**

T-Shirts-\$15

Sweatshirts-\$25

Sweatpants-\$20

Zip Hoodie-\$35

Polo Shirts-\$25

Baseball Cap-\$20

Winter Hat-\$12

Scarf-\$12

Ornaments- \$8

VVH Pens-\$3

Small Totes- \$15

Large Totes-\$20

Wind Breakers: Unlined: \$23 - \$27

Lined: \$27 - \$31



## *From Deputy Administrator—Colonel Al Faxon*

### Season to be Thankful

Life sure moves fast...occasionally you must force yourself to slow down and consider the many blessings we have had; for me this is especially important during Thanksgiving. I have a tremendous hardworking family, and a wife that somehow continues to put up with my shenanigans.

I am beyond thankful to have been born in this wonderful country and grateful for the many opportunities it affords us as compared to other countries in the world.



### THANKSGIVING



World War 2



Korean War



Vietnam  
(Thanksgiving day)



Iraq



Afghanistan

Thank you.

I am very thankful for the continued opportunity to work here with you, our Veterans and Members, and this unbelievable staff. Being here with you in our Home is a true honor. Each and every day I enjoy walking, talking, and working for you. Your stories of life are engaging and truly describe what being an American is.

You have built and protected our great nation during your lifetimes... for my opportunity to be here with you... I am forever Thankful!

Semper Fi

AF



## *Employee Appreciation!*

The staff enjoys an afternoon of pizza as a show of appreciation for doing such great work the past year.





### 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

To be added to our lists please contact:

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

Kiauna Wait  
(802) 447-6510  
Email: [Kiauna.wait@vermont.gov](mailto:Kiauna.wait@vermont.gov)

### VVH WISH LIST

I-Pod Shuffles  
(4th Generation)



Pinball Machine/Game  
Neck Pillows      Body Pillows  
CD Players      I-Tune Cards  
Costume Jewelry      Stamps  
Newspaper Subscriptions      Outdoor Benches  
(New) Men's Belts and Suspenders  
Earphones for TV and Music  
Two pocket front wheelchair/walker bags

**Please make check for monetary donations  
out to Vermont Veterans' Home:**

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

**Your donations are gratefully accepted.**

**THANK YOU**

We are looking for people with music talent and or special talents of any kind who would like to give time to our veterans and members on our special care unit. Please contact Michele Burgess at [michele.burgess@vermont.gov](mailto:michele.burgess@vermont.gov) or call 802-447-6520.

### 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.**

## Norovirus Season

This is the time of the year that we become more concerned about certain viruses that occur and the Norovirus is one of them.

### Here are some interesting facts:

Noroviruses are viruses that cause gastroenteritis, an illness that usually includes diarrhea and/or vomiting.

Noroviruses are very infectious, highly contagious and can spread rapidly. The average incubation period for norovirus-associated gastroenteritis is 12-48 hours.

Norovirus infections are seen in all age groups, however, severe outcomes and longer durations of illness are most likely to be reported among the elderly, especially the immune compromised. The elderly population become dehydrated quickly and will need medical attention, especially if they vomit and have diarrhea. Water, jello, popsicles, ginger ale and gatorade-like beverages can help but avoid drinks with caffeine.

This pathogen is estimated to be the causative agent in over 21 million gastroenteritis cases each year in the U.S. alone. It is a virus so it cannot be treated with an antibiotic as antibiotics only treat bacteria infections.

According to the CDC, the usual time from exposure to onset of symptoms is 24 to 48 hours, but can be as short as 12 hours, and can last 24-64 hours.

The virus continues to be present in the stool for as long as 2-3 weeks after the person feels better, so strict hand washing is extremely important.

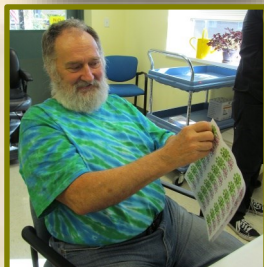
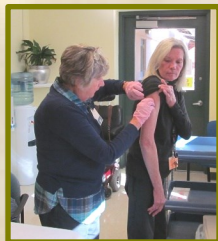
It spreads through direct contact with another person who is infected. It is in vomit and diarrhea.

**PLEASE WASH YOUR HANDS when you come into the Veterans' Home and when you leave!**  
**Please do not visit if you are ill.**

We are always taking measures to keep our Veterans safe and healthy, and we want everyone to have a safe and healthy Holiday Season!!

Patricia Babcock, RN

## staff Flu Clinic



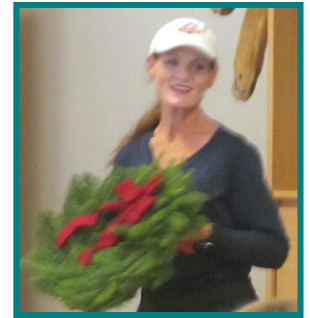


## Cathy Powers "Runs Fir Wreaths"

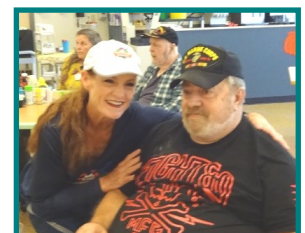
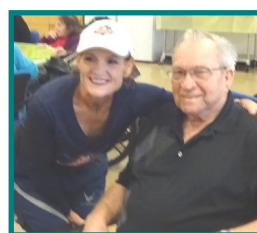
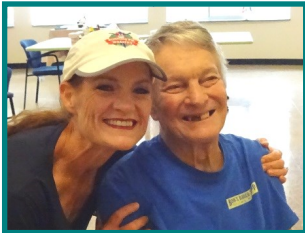
Cathy, a Gold Star Mother", informed the Veterans and



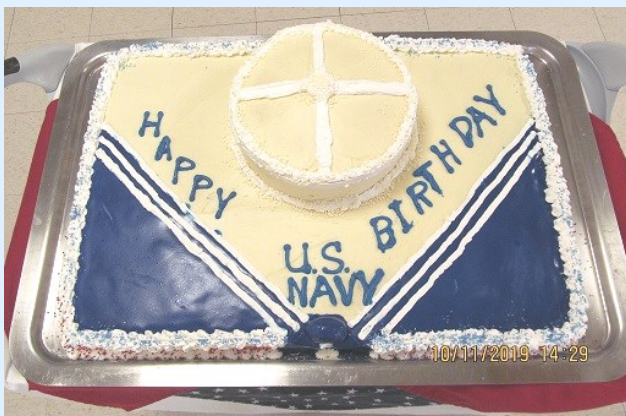
Members that she is on a mission to raise awareness and funds for "Wreaths Across America" in honor of her son who was killed while on active duty. Her goal is to run 1000 miles in 2019, including a portion of each State on her journey to place 7,777 wreaths on the graves of Veterans in Arlington Memorial Cemetery on December 14, 2019



In December 2018, over 200 community volunteers and VVH staff participated in Wreaths Across America. As the name of the Veteran was read, a wreath was placed on the headstone.



## "HAPPY 244<sup>TH</sup> BIRTHDAY" U.S. NAVY



"Always Courageous" "Not for self but country"  
Charles participated in the cake cutting ceremony

