



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 25

MARCH 2018

The BUZZ WORD



When we have each other... We have EVERYTHING

FULFILLING THE PROMISE

www.vvh.vermont.gov



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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Chaplain's Corner...

Howdy Folks,

What a joy it was for Rev. McSherry and me to observe Ash Wednesday by imposing the ashes on the forehead of 60 or more residents and staff here at the Vets Home. Some individuals indicated they were not Catholic so didn't want the mark. The placing of ashes in the sign of the Cross is for all Christians... regardless of denomination.

It is a sign to all Christians of our mortality and penitence, so that we may remember that only by God's gracious gift are we given everlasting life. When imposing the ashes the words "REMEMBER YOU CAME FROM ASHES AND TO ASHES YOU SHALL RETURN, REPENT AND BELIEVE THE GOSPEL" or words meaning the same depending on the denomination.

We hope and pray the flu bug that has invaded our midst will soon depart and that those stricken will soon recover.

We are developing a list of Clergy from the area churches so when the occasion dictates, it will be easier for the nursing stations to contact the right Clergy person.

The Reverend Billy Graham, great Evangelist and leader in Christ's work, recently passed at the age of 99. May he rest in peace.

Please pray for our troops.

God Bless everyone.

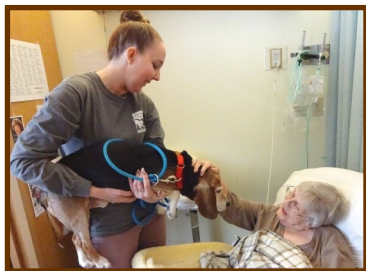
Chaplain Ken Coonradt



THERE IS HOPE... **SPRING** BEGINS MARCH 20 !!

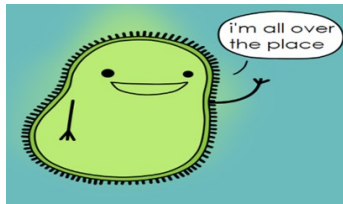


*WE SURE ENJOY VISITS FROM
OUR FOUR-LEGGED FRIENDS,
ESPECIALLY WHEN THEY DO
TRICKS FOR US!!*



From your Infection Control Team at VVH (Germ Team)

I'm sure you're thinking, Oh No!!!!, another article about Hand Washing !!!!



We all use our hands more than anything we come in contact with each day.

Here are just a few facts about hand hygiene you might not have thought of:

- 1) Damp hands are 1000x more likely to spread bacteria than dry hands. The reality is that only 20% of people dry their hands after washing them.
- 2) 80% of communicable diseases are transferred by touch. Touch can refer to one's own mouth, eyes, and nose; also, items such as door handles, remotes, cell phones. It is not simply person-to-person contact.
- 3) Studies show that only 67% of people practice any sort of hand hygiene.
- 4) Studies have also shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or flu.

The best way to prevent spreading infection is to **WASH YOUR HANDS!!**

When you see a member of this team in the facility, thank them for their help with hand hygiene to keep us Germ Free! They are much appreciated!

Thank you for your help-it is appreciated.

Patricia Babcock, RN, IP



TWIG REMEMBERS... Bev Davidson

I first remember Bev as a young lady working with her mom, Connie Gibbs, at Coon's General Store at Castleton Corners, Vermont. Young guys were there for the many unique old-fashioned things, including fruits and candy, but most young men were in there to get a look at Connie's beautiful daughter.

Bev was ahead of her time as a very civic-minded lady. She was on the Castleton Select Board, as well as several other positions. At one point, she filled in as Town Manager. Now that lasted about 2 years and she was doing a great job. I believe the others were stalling replacing her because of her good efforts. She finally gave them a date ultimatum and they hired a new guy.

Bev was also President of the Rutland Fair Association, and during her tenure there were great profits. In later years, she suffered a stroke that changed her looks, but never touched her great personality or sense of humor. For years (over 40, but probably closer to 50) her constant companion was Dave Murray-a gent I had met when I was eleven and living in Rutland. There were complications and some rough years, but Dave stayed with her all the way. I have great respect for Dave--now that was true love. If I ever get to heaven, I know Dave will be a greeter.

Whenever I think of Bev now, it's that young girl working with her mom at Coon's General Store, with the Hollywood looks--and the personality and charm to match.

God Bless the always beautiful Bev Davidson.

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

Robert "Twig" Canfield

From the Administrator... Melissa Jackson



Al and I attended the National Association of State Veterans Homes (NASVH) winter conference the week of February 12th. Two days of this conference were educational offerings and the third we spent visiting with Vermont's Congressional Delegation. During these meetings we provided Senator Leahy, Senator Sanders, and Congressman Welch with an update on the Home and thanked them for their continued support.

As you may know, we have had a few cases of the Flu in the building. We continue to ask that you do not visit if you are experiencing any signs or symptoms of a cold or other infectious illness. Please wash your hands upon entering the building, every time you enter or exit your loved one's room, after using the bathroom, and when leaving the facility. We cannot be too careful. Our Veterans and Members are at a higher risk of contracting illness and we need your help in preventing the introduction and spread of illness in the facility.

Mark your calendars: The Alan Gibney Memorial Pavilion will be dedicated during our first fishing derby of the year on June 3rd. I hope to see you there as we officially dedicate this wonderful gift from Alan.

Melissa A. Jackson, BSW, LNHA
Chief Executive Officer
Vermont Veterans' Home
www.vvh.vermont.gov

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.**

PLEASE BE VERY CAREFUL ON SIDEWALKS

Environmental Services will focus on clearing the **4 MAIN ENTRANCES FIRST**, then work their way around to secondary sidewalks after storms are done.

PLEASE use the following:

FRONT ENTRANCE

B-WING ENTRANCE

EAST WING ENTRANCE

CRISPE ROOM ENTRANCE

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

Pownal American Legion Post #90
Rhonda & Phyllis Roberts
DAV Auxiliary-Bennington Chapter #4
VFW District #4
Pownal Valley Swinging Seniors
Joel Millington
Dianne Marchinkowski
Missionary Alliance Church
Gail Anderson
Mark R. Smith
Helping Hand-Natalie Caler
Marty & Reba Lemnah
Donna LaFromboise-Perretta
VNA of Chittenden & Grand Isle Counties
Karlene DeVinci
Vergennes Residential Care Home
West Rutland American Legion Aux. Unit #87
Rutland County 4-H Program-Kimberly Griffin
Hildegard Film
Janet Nido
Clifford Harrington
Pauline Restino
Living Sober
Todd & Bridget Bolio
Gloria Rodgers
North Country Slate
Mary Lou Marcellcameron
James Carbin
Mr. & Mrs. Winthrop Roberts
American Legion Aux.-Department of VT, Inc.
Greater Bennington USBC WBA
American Legion Riders Chapter #1
Ballard-Hobart Post #36
Lewis Graham, Jr.
American Legion Post #49
Bennington VFW Post #1332

In Memory of Richard L. Lemnah

Marlys A.P. Lemnah

In Memory of Jay Canedy

Chapman's Antiques

Events Calendar

March:

13th Music with Sheila, 2:00 pm
Patriot Hall

18th Las Vegas Day, 1:30 pm Patriot Hall

April:

1st Easter Lunch at 11:30 am

14th Spring Dance, 2:00 pm
Patriot Hall Music by Harmonic Duo

(Music with Sheila will be the 2nd Tuesday of
every month at 2:00 p.m. Sponsored by the
Resident's Council.)

Donations Continued:

In Memory of Lucille Austin

Mr. & Mrs. Henry Martinka
Viola Myers
Mr. & Mrs. Harold Peters

In Memory of Fred Bishop, Jr.

Mr. & Mrs. Art Whitman
Milt Pratt
Sharon Stewart

In Memory of John Heald, Jr.

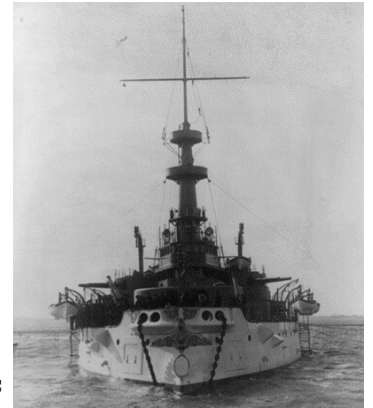
American Legion Department of Vermont
American Legion Club, Inc.
American Legion J. Claire Carmody
Sons of the Legion Post #39 SAL
Fair Haven Aerie #3907, Inc.
Georget & Wheatley Bergen
Shirley Carignan
Mr. & Mrs. Veno
Mr. & Mrs. Shane Newell
Mr. & Mrs. Russell Stiles
Damon & David Williams
Wendy & Urgel Cadieux
Paul & Barbara Trepanier
Faye Heald Colm Alsop
American Legion Auxiliary Unit #39
David Levack



From Deputy Administrator—Colonel Al Faxon

I would like to begin by thanking the staff for your superb effort this winter. First, making it in to work... greatly appreciated! Snow removal, impeccably clean building despite the salt and dirt tracked in, tremendous meals, superb infection control, laundry never stops... everyone, thank you.

Historically, last month was a busy month. Following are just a few events tied to our military past in no particular order; 1943 we captured Guadalcanal, Dorchester hit by a torpedo (four Chaplain's Chapel named after this event), First Medal of Honor for WW II awarded to 2nd Lt. Nininger for the Battle of Bataan, the Battle for Iwo Jima/Flag Raising, daylight raids over Dresden Germany, 1898 Battleship Maine blown up in Havana, Desert Storm Allied grounds offensive began, The Tet Offensive in Vietnam, The Alamo Col. Travis "Victory or Death", Merrill's Marauders begin Burma Campaign, USS Ranger (first aircraft carrier launched), BB-1 USS Indiana (first Battleship launched).



BB-1 USS INDIANA

These are but a few of the many events that occurred militarily during the month. Some of these, our Veteran's currently living here at the Vermont Veterans' Home, participated in... fairly certain not the Alamo.

This is a difficult time of year for some not living at our Home, thus if you are aware of a Veteran or spouse who requires the services of our Home, please pass our information along, or have them contact the Admissions Department. We have a great community living and working here at VVH... We know some of our brothers and sisters may be alone and in-need of our Home. We have a great place for them... Spread the Word!

S/F

AF

A SALUTE TO MILITARY BRATS via THE DANDELION—PART 4

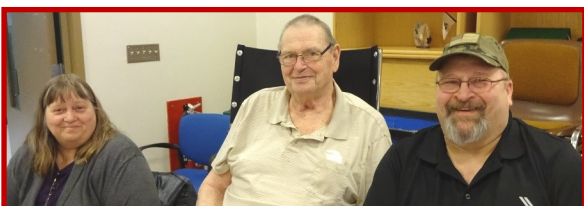
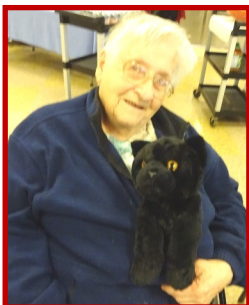
As masters of survival, the dandelion can take root almost anywhere: between cracks in the concrete on city sidewalks, in wastelands, barren habitats, rural and urban landscapes for example. It is difficult to kill and its seeds can travel up to one hundred miles with a good, strong wind. Roots extend ten to fifteen feet into the soil. Ironically, dandelions actually help your grass to grow and should be welcomed in your yards. Their long roots loosen hard-packed soil, aerate the earth, reduce erosion, and fertilize the grass pulling nutrients from deep in the soil.

Today, if you were to guess which item in a grocery store would be the most expensive among prime rib, lobster, filet mignon, swordfish and dandelion; I doubt your answer would be correct. Dandelion caffeine-free coffee sells for \$31.75 per pound! It may become the world's most important cash crop. India already cultivates the dandelion and Vineland, New Jersey is known as the "Dandelion capital of the world!" Ironically, grass is the largest threat to dandelion production.

The dandelion is a symbol of hope, summer, and childhood and is the only flower that represents the three celestial bodies: yellow flower, the sun; puffball, the moon; and the dispersing seeds, the stars. Therefore, a child giving you a bouquet of dandelions is symbolically gifting you the sun, moon, and stars! Cherish that bouquet.

TO BE CONTINUED: This is Part 4 of a 5 part monthly series written by our very own weekend receptionist, Marion Ryberg. Look for Part 5 in the April 2018 issue of the Buzz Word!

VALENTINE'S DAY DANCE



THE BUZZ WORD

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

- ♦ Vermont Veterans' Home website:
www.vvh.vermont.gov
Click on About Our Home
Click on Newsletters
- ♦ Email
- ♦ Mailing List

Please contact:

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Email: mary.ryan@vermont.gov

VVH WISH LIST

Pinball Machine/Game
Air Hockey Table/Game
Neck Pillows
I-Pods & I-Tune Cards
CD Players
Newspaper Subscriptions
Costume Jewelry
Stamps
(New) Men's Caps
(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.**

QAPI CORNER

(Quality Assurance Performance Improvement)

We are welcoming in the New Year by starting some new QAPI projects. We will be publishing our Performance Improvement Projects for all Veterans/Members, staff and families to see in the "BuzzWord" and they will be posted in common areas. If anyone is interested in joining any project, please let us know.

CURRENT PROJECTS ARE:

Dietary-Use produce from local farms and from veteran-owned local farms

Education-All staff attend annual education day. Cindy will also be providing drill days.

Reorganizing the classroom

Nursing-Falls, Medication Error Rate & Pressure Ulcers

Social Services-The Club- bringing joy and happiness to Cardinal Point

Rehab-Transition of care, meal tickets

Environmental Services-Bed safety, lost clothing, Water quality and rounds on all the neighborhoods

Medical Director-Antipsychotic meds, Antibiotic Stewardship & Credentialing and Privileges

Infection Control-Antibiotic use, Flu vaccine

We will keep you updated on the projects. Let us know if you have any questions or are interested in joining a PIP (Performance Improvement Project).

I will be providing education about our QAPI Plan over the next few months. We are all here to improve the quality of care and the quality of life for our Veterans/Members! So, let's work together!

Questions/Comments can be directed to:

Karen Divis RN QCP, Phone 447-2888

LAS VEGAS DAY



Sunday, March 18

1:30 p.m. Patriot Hall



Take a "Gamble" and "Ante" up. "Bet" you could be the next "High Roller". Let the "Chips" fall where they may!





Melissa Jackson named a Caregiver Fellow of the Elizabeth Dole Foundation

Melissa Jackson, CEO/Administrator of VVH has been named a Caregiver Fellow of the Elizabeth Dole Foundation, a veterans' advocacy organization. Melissa of Dorset, VT and Betty O'Brien of Belchertown, MA are the only two New Englanders and will serve two year terms.

The Elizabeth Dole Foundation was founded in 2012 by Dole, a U.S. Senator (2003-2009) from North Carolina. The Foundation's mission is to "Strengthen and empower America's military caregivers and their families by raising public awareness, driving research, championing policy, and leading collaborations that make a significant impact on their lives." It also describes itself as "the preeminent organization empowering, supporting, and honoring our nation's 5.5 million military caregivers; the spouses, parents, family members, and friends who care for America's wounded, ill, or injured veterans."

In her role as a Dole Caregiver Fellow, Melissa will advise the Foundation, its coalition partners, and government and community leaders on the most pressing issues concerning military caregivers, as well as mobilize her community to strengthen, support and develop resources for these hidden heroes, our Veterans.

In her own words, Melissa states: "In my role as a Dole Caregiver Fellow, I hope to shed more light on the various caregiver support services outside of the VA. I also hope to provide information and education on non-pharmalogical interventions for pain." As a Navy wife whose husband served 21 years as a submariner and the daughter of a Vietnam Navy Veteran, Melissa has first-hand experience on the important issues facing our Veterans and their families.

More information about the Caregiver Fellow of the Elizabeth Dole Foundation can be found on the website www.elizabethdolefoundation.org.

H/Mary ryan/aa Buzz Dole foundation