Volume 12 Issue 5
May 2021

The BUZZ WORD

The best times are always found when friends & family gather round

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 ensuring 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

Welcome to May,

I have a feeling by the time you are reading my update, the information will be outdated. To keep up to date on the happenings at VVH related to visiting and COVID-19, I encourage you to participate in our regular Zoom Family Meetings. The link to the current meeting can be found on our website in our 'Coronavirus Information' section under VVH Notices: **COVID Update Zoom Invitation** You can also request this information by contacting the facility.

After almost a year and a half, we welcome back Wendy Larson, the facility's beautician/barber. Wendy will be here on Mondays and Wednesdays. She will be on one unit for each day of her visit. April 26th she will be on Cardinal, April 28th on Brandon, May 3rd on American, and May 5th on North. She will start by ensuring everyone who would like a haircut receives one and then will move on to colors and perms. Wendy will maintain this unit-rotating schedule until we deem it safe and appropriate for Veterans and Members to travel to the beautician/barber area in the facility.

Small group activities are restarting as well. We hope to leverage the warmer weather and have larger group activities outside where social distancing is not limited, whereas it is by the size of an indoor room. We will not be inviting the community, at this time, to any outdoor activities as these will be reserved for our Veterans and Members. When it is safe to do so, we will begin to invite family members and the community back to our campus for outdoor events.

Starting **May 1st**, visitation will be scheduled via our online scheduling program. You can sign up at the following link: https://signup.com/go/sXFsfta and this allows you to schedule a visit at any time.

The following are the current rules for scheduling visits:

All visits must be scheduled at least 24 hours in advance.

Visits are now 1 hour long, and up to 3 visitors per Veteran or Member.

Multiple weekday visits are permitted but only 1 weekend visit is currently allowed.

If you have extenuating circumstances or a special occasion, please reach out to your loved one's Social Worker to discuss this situation.

Family members who cannot visit during the week or who are traveling from out of town are permitted to have two weekend visits.

When scheduling an appointment, if you do not see the time you are looking for, that means it has been reserved by someone else. Only VVH staff can see who has scheduled appointments and any personal information provided.

If you do not have computer access or run into issues with the scheduling program, please call 802-447-6539. There is a mobile app for this scheduling software but there is a nominal charge for its use.

Take care,

Melissa

Melissa A. Jackson, MBA, FACHCA
Chief Executive Officer
Vermont Veterans' Home
www.Vvh.vermont.gov

From the Deputy Administrator,
Asa Morin

To the VVH Family,

It has been more than a year since Governor Scott first declared the State of Emergency in response to the COVID19 pandemic. Now, our doors have re-opened for indoor visitation, and it is heartwarming to see the reunions of our Veterans and Members and their families and friends.

Despite the positive energy this brings, we continue to live in an environment of ever-changing guidance and infection control measures, which does take a toll on mental health. At this point, you are probably familiar with the phrase "Covid Fatigue".

Here are some ways to cope:

- One of the best things for mental health is exercise, even a simple walk goes a long way.
- Talk about your frustrations and your struggles with a trusted friend, family member or even a professional, if needed.
- Try to practice gratitude every day. Take a breath and think about the good things in life.
- Take things day by day. Some days will be harder than others so try to cherish the good days and the moments of joy and laughter.
- Acknowledge how resilient you have been over the past year. Be kind to yourself and try to stay positive. Recognize that there have been struggles and you have persevered.

-Asa Morin, COO

Asa Morin, MSW, LICSW
COO/Deputy Administrator
Vermont Veterans' Home
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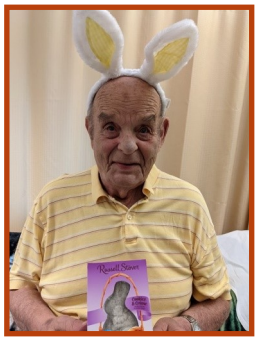
Here comes the sun - and spring

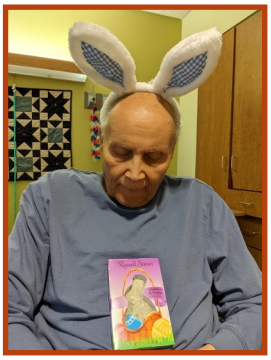
BRANDON

BUNNIES

NORTH VILLAGE

RABBITS





Introduced in 1999 by Sen. John McCain and honored every May, Military Appreciation Month encourages Americans to reflect on the sacrifices made by soldiers, sailors, and all current and former military personnel.

May is an appropriate month for a military remembrance, since the month also includes VE Day which commemorates the end of World War II in Europe, and culminates in Memorial Day, observed on the last Monday of May to honor veterans who died in service.

Armed Forces Day is a special holiday for people all over the world to come together and thank the men and women of the United States Armed Forces. First conceived by President Harry S. Truman, the holiday was established in 1949. The creation of a single-day celebration for all five branches of the United States military made sense due to its recent unification under the Department of Defense. Today, Armed Forces Day is celebrated on the third Saturday of every May, this year falling on May 15.

Military Appreciation Month also recognizes the sacrifices of the spouses on Military Spouse Appreciation Day, designated by President Reagan in 1984 and to be observed the Friday before Mother's Day.

Today, the U.S. military is the world's largest employer, with close to 3.5 million personnel employed in one way or another. The U.S. Department of Defense hires more people than any other organization or corporation in the world. Military personnel work in a variety of jobs and many never see combat at all. After their service, they go on to hold important civilian jobs in many fields including IT, information security, commercial airline flight, corporate management, and more.

Military Appreciation Month honors everyone who has served in a branch of the U.S. military and reminds us that we owe many of our freedoms to the sacrifices made by military personnel. In addition to keeping the country safe during wartime, the U.S. military also conducts important research that has led to many important and useful civilian technologies that we use every day like GPS, canned food, and jet engines.

Cinco de Mayo Trivia **Did You Know……..**

"Cinco De Mayo (Spanish for **"fifth of May")** is an observed celebration day that commemorates the Mexican army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862, under the leadership of Mexican General Ignacio Zaragoza Seguín. It is a holiday observed in the U.S. and Mexico to celebrate Mexican heritage and Mexico's freedom from France.

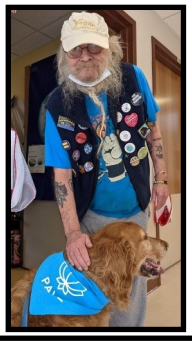
The **Colors** Cinco de Mayo are all about the celebration of Mexican heritage and pride, so it is no wonder that the colors of the Mexican flag (red, green, and white) are traditional for this event. **Red** stands for union, **Green** symbolizes independence and **White** represents religion.

The Mexican victory was a symbolic win and burst of hope for Mexico and its people. Thus, there are **several symbols** of Cinco de Mayo that represent the Mexican culture and spirit.

- **Mexican flag** represents the Mexican nation and the power of this country.
- **Maracas** is a symbol of supernatural beings and the spirit of the nation.
- **Taco** is a symbol of Mexican cuisine.
- **Mariachi** music symbolizes the national identity.
- **Sombrero** hat is a national and cultural symbol of Mexico.

There is no official explanation, but Margaritas have somehow become the "unofficial" celebratory drink. OLE!!

American Way Cottontails



PAVE - Assault Awareness Month

The **Project Against Violent Encounters** not only brought an important message to the Home, but the message was delivered in a way that will make it easy to remember.

Sometimes all you need is a little fresh air.

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

Bisson Family
Blue Star Mothers of Vermont
Amy McCooey
Mr. John L. Adams
Carolyn Peckham
American Legion Aux. Unit #49– Fair Haven
Judi Estes
American Legion Aux. Unit #13– Bennington
Norman H. Hawley
Betty Andrews
Stephen A. Leach
Debi Craig
William "Bill" Hartz
Phyllis & Rhonda Roberts
Hyde Park VFW Post #7779
American Legion 4th District Funds
Fair Haven Eagle Riders #3907, Inc.
Congragational Church– United Church of Christ
John H. Rhodes Revocable Trust
Jeffrey D. Nielson Trustee
American Legion Aux. Unit #69– Arlington
Gerald & Sharon Gras
Kenneth & Elaine Coonradt

In Loving Memory of Julie LeBlanc
Treff LeBlanc

In Loving Memory of Leo A. Bisson
Joe Bisson

In Loving Memory of Guy Nido
Janet Nido

In Loving Memory of Louise Gauthier
John Gauthier

If April showers bring May flowers, what do May flowers bring?

Pilgrims!

* Joke provided by B. Bardsley *

VVH Staff Recognition
Years of Service

Deputy Administrator
Asa Morin - 7 years

Activities
Michelle Hunt – 16 years
Samantha Cross – 4 years

Cleaning/Housekeeping/Laundry
Rick Cottrell -16 years
Belinda Matte -10years

Dietary
Carla Lambert - 7 years
Mary McLoughlin - 6 years

Finance
Althea Kane - 4 years

Environmental Services
Jon Endres, Director - 7 Years
John Boulger -16 years
Anthony Antonio - 4 years
Stephen Bennett - 2 years

Nursing
Melissa Walsh – 28 years
Sara Sweet – 13 years
Courtney Zazzaro – 12 years
Jennie Pratt – 9 years
Jessica Degree-Muise – 7 years
Danielle Record – 7 years
Christine Weeden – 7 years
Alexis Hoyt – 2 years
Shannyn MacVicar – 2 years
Tara Bills – 1 year
Sean Eubanks – 1 year

Receptionist—Administration
Marion Ryberg – 9 years

Social Services
Jacob Rogers-Martin – 2 years

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 (postal)

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

VVH WISH LIST

I-Pod Shuffles
(4th Generation)

Newspaper Subscriptions
Bingo Prizes
Crafts
Neck Pillows
Stamps
CD Players
I-Tune Cards
Body Pillows
Costume Jewelry
Outdoor Benches
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

Due to COVID–19, we are not able to accept: books, CDs, puzzles or used clothing. We will keep you posted when changes are made. Thank you for your patience and understanding.

DONATION INFORMATION

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

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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

American Legion Auxiliary Crippen-Fellows Unit #50 presented Michele Burgess with a very generous donation of colorful neck pillows.

CHAPLAIN'S CORNER

Howdy Folks,

As Chaplain for the American Legion, Department of Vermont, I had the opportunity and pleasure of attending the Department Leadership Training on 10 April 2021 at Post 31 in Rutland. The training was informative, educational and appropriate.

One of the presentations dealt with the duties and responsibilities of Department Officers. It was noted that the bullet on Chaplain read, "Chaplain – Moral and Intellectual Leadership." While this statement is not wrong, it is a far cry from the real duties and responsibilities of the Chaplain. To provide just a touch of the actual work of a Chaplain, the Chaplain's "How-To Manual" reads, "Chaplains seek to minister to the spiritual needs of people wherever there is a need."

For many Legionnaires, Chaplains are the only ministers or priests they will ever know as they have no affiliation with either church, synagogue, or other religious institution. The role of the Chaplain is ever-increasing due to the aging of our membership.

Each Chaplain should be alert to the physical and Spiritual needs of his/her comrades. The Chaplain should be notified when there is a death, illness, or special concern in the membership. At that point, the Chaplain should provide all ministry and service available!! The "How-To Manual" denotes 6 pages to the history, purpose, qualifications, work, tools, and calendar of events that apply to Chaplain duties.

It is my hope that in the event of future training events, my superiors will allow me to present a more comprehensive description of the Post/Department Chaplain responsibilities. Regrets that I did not offer to do so at this recent session.

It is indeed a blessing to serve as Chaplain here at the Vermont Veterans' Home. It is such a pleasure to join with Father Holden for Mass each Wednesday and to hold the All Faiths Service immediately after. Father Holden and I are anxious to be able to have folks come to the Chapel for services. We do talk with some of our Heroes on the phone, but that is not at all like face-to-face fellowship and worship. All the duties noted above apply directly to our work here at the Veterans' Home.

Let us be thankful that progress is being made toward elimination of the Covid-19 pandemic. "Praise the Lord!"

Please pray for our Veterans and those servicing around the globe.

God Bless,

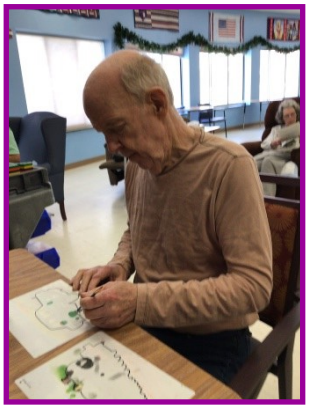
Chaplain Ken

Dancing Shaving Cream Art

ACTIVITIES

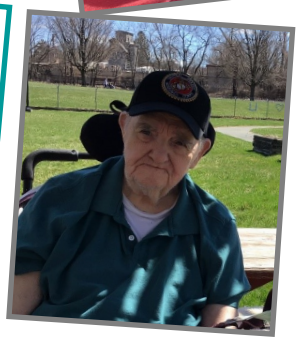
Outdoor Rides Art & Crafts

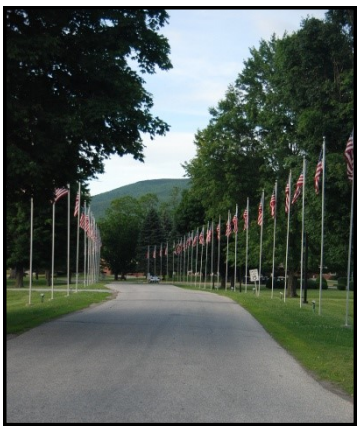
just Chillin'



Some old-fashion
things
like fresh air and
sunshine
are hard to beat

Laura Ingalls Wilder



"FULFILLING THE PROMISE"

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