



VERMONT VETERANS' HOME

VOLUME 6, ISSUE 3

MARCH 2015

The  
**BUZZ WORD**



**Life may not be the party that we hoped for but  
while we're here, we might as well dance.**

## Bald Eagle Facts

**Did you know the male eagle is smaller than the female eagle?** Male eagles normally weigh in around 10lbs and female eagles weigh approximately 14lbs. The male uses his smallness to his advantage. It helps him to fly faster so he can swoop in and grab his prey. The female uses her size to keep her chicks warm. Her body protects them from the rain, shades them from the hot sun and warms them in the cooler temperatures.



**Did you know eagles do not migrate?** Eagles only travel as far as they have to in order to keep themselves fed. Adults stay within a 1 to 6 square mile territory year round as long as there is open water nearby as a food source. If they can't find food during a bad winter, they will move as far South as they have to in order to find food.



**Did you know a baby eagle is called an eaglet?**

Eaglet's first flight is usually about 9 or 10 weeks of age, and will be nearly full grown. Around 17 weeks the parents no longer want to be bothered by the babies. The young will then leave the territory in search of their own. They usually do not settle in until around age 4.



**Did you know the bald eagle was chosen as the USA emblem on June 20, 1782?** It was chosen because of the long life span, great strength and majestic look. The eagle represents the freedom that our men and women of the military protect everyday.



## 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

## 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@state.vt.us



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:*

**Mary Ryan, Executive Assistant  
mary.ryan@state.vt.us  
802-447-6523**



## Administration and Department Directors

Melissa Jackson, CEO/Administrator  
447-6533  
melissa.jackson@state.vt.us

Col. Al Faxon, COO/Deputy Administrator  
447-6544  
allan.faxon@state.vt.us

Steven McClafferty, Business Manager  
447-2732  
Steven.mcclafferty@state.vt.us

Christina Cullinane, Director of Nursing  
447-6543  
christina.cullinane@state.vt.us

Cindy Rankin, Food Service Director  
447-2815  
cindy.rankin@state.vt.us

Michele Burgess, Activities Director  
447-6520  
michele.burgess@state.vt.us

Christina Cosgrove, Social Services Director  
447-2792  
christina.cosgrove@state.vt.us

Jon Endres, Environmental Services Director  
447-6528  
jon.endres@state.vt.us

Patti Parker, Housekeeping and Laundry Supervisor  
447-2731  
patricia.parker@state.vt.us

Suzanne Willard, Rehabilitation Program Manager  
447-6548  
suzanne.willard@genesishcc.com

Karen Divis, Quality Assurance Nurse  
447-2888  
karen.divis@state.vt.us

Mary Hamilton, MDS Director  
379-5279  
mary.hamilton@state.vt.us

Gary Yelle, Admissions Coordinator and  
Marketing Director  
447-6539  
gary.yelle@state.vt.us

## Chaplain's Corner...



Howdy Folks,

Good news for Catholics and Christians of Vermont, Auxiliary Bishop of Indianapolis was named the new Bishop of the statewide Roman Catholic Diocese of Vermont on 26 January 2015. His name is Christopher Coyne. He grew up in the Boston area.

The installation of Bishop Coyne was impressive indeed. About 2000 people attended the Catholic Cathedral in Burlington and about 500 were invited from outside the Catholic faith. Bishop Coyne wants to be a ecumenical Priest. He is versed in cyberspace and is our first blogging Bishop. He promises a joyful church.

In Bishop Coyne's homily, he committed to visit all 72 parishes in Vermont and to mingle with as many parishioners as possible. Hopefully, Father Holden and I will be able to get The Bishop to visit the Veterans' Home Chapel when he visits the Bennington area.

Let's pray that Bishop Coyne will indeed create a joyful church and thoroughly love his stay in Vermont.

Thank you to Al Faxon, Steve McClafferty, Fred Dunn and Gary Yelle for assisting in the memorial of the Four Chaplains on 5 February. The ceremony honored Chaplains Fox ( Methodist), Goode ( Jewish), Poling (Reformed) and Washington (Catholic) who went down with the ship Dorchester after it was hit by an enemy torpedo on 3 Feb. 1943. These four Army Chaplains gave their life jackets, coats and gloves to others and helped them get into life boats. With arms linked together and heads bowed in prayer, they sank into the icy waters of the Atlantic. Of the 902 soldiers on the ship, only 230 survived. The self-sacrifice of the Four Chaplains was a heroic act. It was not only a heroic act on the Dorchester, it was the identity of these four young men, representing three great faiths of the American people, that adds symbolism to their sacrifice.

Thank God for all his blessings.

Chaplain Ken



## THE FOUR CHAPLAINS CEREMONY



Colonel Al Faxon



Veterans and Members



Fred Dunn, Al Faxon and Gary Yelle



Chaplain Coonradt



Lighted candles in remembrance



Four empty spaces for the four Chaplains



Steve McClafferty

# Donations

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

Arlene Saunders  
Mike and Sharyn Brush  
John Quinn  
Elizabeth Levesque  
Bill and Kathy Cotrofeld  
Mary Dewitt  
Phyllis Roberts  
Bondville Ladies Auxiliary VFW  
American Legion Auxiliary Post #60  
West Rutland American Legion Auxiliary Unit #87  
Airoc Court #42 Ladies—  
Oriental Shrine of North America  
Linda and Michael diMonda  
Steve Robertson II and Vivian Wolf  
Marine Corp League Donald Cook Detachment  
BPOE 567  
VFW Bennington CO Post #1332  
Greater Bennington W.B.A.U.S.B.C.  
Pam Prouty  
Robert Sausville  
American Legion Auxiliary Harry N. Cutting Unit #59

**In Memory of John Maguire**  
Ann Fair  
Marilyn and Charles Boyle  
All Service Citgo  
Terese and Michael Comar  
Donald Cone  
Gary and Daigneault  
D.E. and L.R. Harvey  
Richard Kobik  
Carmela Kovage  
James and BJ Maguire  
Catherine and Stephen McClure  
Armand and Jean Patenaude  
MAUHS Counseling Department  
Francis and Diane Roy  
James and Lauri Wright  
Rick and Joan Pinsonneault  
**In Memory of Sheila Poole**  
G.W. and N.H. Goodale  
Catherine Poole  
**In Memory of Wendell Walker**  
Kenneth and Elaine Coonradt

## BEREAVEMENT SUPPORT GROUP

**Tuesdays at 2:30 pm**

**Located in the Chapel at the Vermont Veterans' Home**

For adults living with loss due to a death. Find comfort, coping skills and support Confidentiality is always respected. No fee to attend this group.

## CAREGIVERS SUPPORT GROUP

**Tuesday, March 17, 2015 at 1:00-2:00**

**A. Luke Crispe Room**

*If you have questions, please contact: Bill MacMillan at 802-447-6524*

## ALS SUPPORT GROUP

**March 27, 2015 at 1:00-3:00**

**Namaste Room on American Way**

Meetings are held every fourth Thursday of the month.  
*Please contact Christina Cosgrove, 802-447-2792, for more information.*

*From the Administrator...  
Melissa Jackson*

Dear Family and Friends,

Sincerely, Mother Nature is sure flexing her muscles this month keeping our Maintenance Department very busy with snow removal and ensuring our heating system is up to snuff. Most of their work goes unnoticed but they do a great job every day to ensure that our Veterans, Members, Staff, and Visitors have a safe and comfortable environment to live, work, and visit in. When the opportunity presents itself please take a moment to thank them for a job well done

It seems like there isn't a day that goes by without some news coverage regarding VVH and our budget woes. I want to assure you that the Board of Trustees, Al, Steve, and I have kept the Legislature and Administration up to date on our need for funding. We provided testimony to both House and Senate Appropriations at the beginning of February regarding our need for general fund money to support the Home. This testimony was well received by both committees.

As the State struggles to fill a \$112 million budget deficit I am sure there will be more news reports on VVH, our budget woes, and our future. The Board of Trustees and I are committed to ensuring that this facility remains in operation for years to come. Please do not hesitate to contact the Board of Trustees, Al or me if you have any questions or concerns, especially about what you are reading or hearing in the news. We will be more than happy to answer any questions or address any concerns you may have.

On a brighter note our eagle has returned to his perch in the large tree beyond the trout pond and appears to have brought a companion with him. His return is a sure sign that spring will be here soon. As with last year; eagle watching is a favorite activity of many of our Veterans and Members and I enjoy receiving the daily updates from the Veterans and Members about the eagles' activities.

Our front lobby renovation is just about complete. Barb, our receptionist, has returned to her office and the front entrance is now open. The placement of furniture and art work will take place over the next few weeks. We appreciate your patience and understanding while we improved this area.

I am hoping that the next time I write to you that the snow will be gone and mud season will be in full swing, in the meantime stay warm.

Take Care,

Melissa A. Jackson  
BSW, LNHA



*A Little Guy Time.....*





*From Deputy Administrator...  
Colonel Al Faxon*



Wow, what a winter so far....recording breaking snow and low temps...guess I'll blame it on the groundhog seeing his shadow!

I would like to thank the staff for your superb efforts 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), First Medal of Honor for WW II awarded to 2<sup>nd</sup> 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).

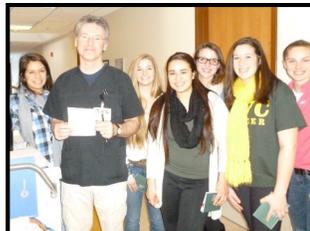


These are but a few of the many events that occurred militarily during the month. Our Veterans currently living here at the Vermont Veterans' Home participated in some of these....but not the Alamo.

If you are aware of a Veteran or spouse who requires the services our Home has to offer, 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

**SOUTHERN VERMONT COLLEGE GIRLS  
CAME FOR A VISIT**



# HOOSICK FALLS CENTRAL SCHOOL JAZZ BAND



## *IS SPRING COMING?*

According to the online Farmers' Almanac we have a month of wintery/rainy conditions ahead of us. They are predicting March 8th through March 11th to be very mild. Let's hope their prediction comes true. It seems we move right into rain showers when April arrives with an unseasonably warm spell April 28th through April 30th. Again I repeat, let's hope their prediction comes true. Here are some February weather statistics to make us really hope Spring is on the way:

### *February 2015 Weather Facts Making History*

**Average February Temperature:** 12.6 degrees \* 2nd coldest February since 1820 \* 4th coldest winter ever  
\*This winter there have been 19 days that had below zero weather.

**Average February Snowfall:** 30.6 inches \*5th snowiest February since 1885

With all that being said, the Farmers' Almanac predictions do not look so bad. Here's to hoping Spring is really on the way.

**Upcoming Events**

**Bluegrass Folk Band**  
*Sunday, March 8, 2015 at 2:00 PM*  
Located in Patriot Hall

**40th Army Band Ensemble**  
*Thursday, March 19, 2015 at 2:00 PM*  
Located in Patriot Hall

**Las Vegas Day**  
*Sunday, March 22, 2015 at 1:30 PM*  
Located in Patriot Hall



**Patriot Hall Hours**

**Breakfast**  
7:00 am – 7:45 am

**Lunch**  
11:30 am – 12:45 pm

**Supper**  
4:30 pm – 5:45 pm

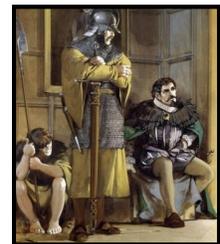
**VALOR** presents:

**Gallowglass in Ireland**

By: John Miles

*Saturday, March 21, 2015*  
2:00 PM

Located in the Crispe Room  
Open to the Community



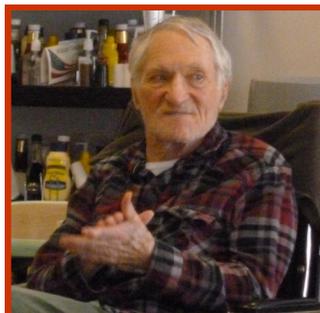
The gallowglass were a class of elite mercenary warriors who were principally members of the Norse-Gaelic clans of Scotland between the mid 13th Century and the late 16th Century.

**EXERCISE TIME**





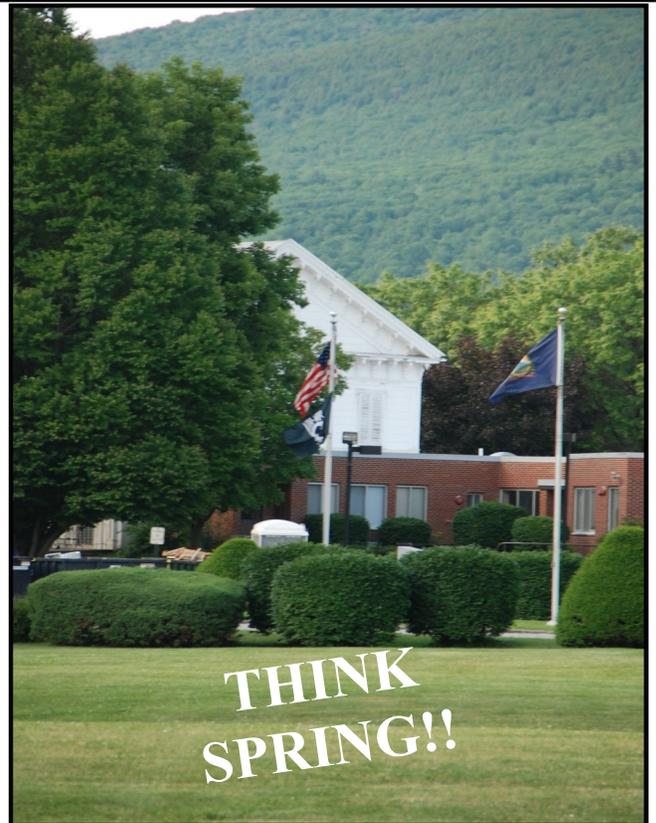
Valentine's Day Dance  
Featuring Cat Bird Trio



## Garden Bird Scramble

Answers on bottom of the page

1. RDPWOEKECO: \_\_\_\_\_
2. DVOE: \_\_\_\_\_
3. INGEOP \_\_\_\_\_
4. LAWOSLW \_\_\_\_\_
5. NLSAGTRI \_\_\_\_\_
6. OLW \_\_\_\_\_
7. AMIPEG \_\_\_\_\_
8. BACBLKIDR \_\_\_\_\_
9. RHSHTU \_\_\_\_\_
10. TWSIF \_\_\_\_\_
11. EWNR \_\_\_\_\_
12. ONRIB \_\_\_\_\_
13. CNFHHAFC \_\_\_\_\_
14. PORRAW \_\_\_\_\_



## JUST FOR LAUGHS....



### Change Your Course Now

*This is a transcript of an actual radio conversation of a US naval ship with Canadian authorities off the coast of Newfoundland in October, 1995. Radio conversation released by the Chief of the Naval Operations on November 10, 1995.*

**Americans:** Please divert your course 15 degrees to the North to avoid a collision.

**Canadians:** Recommend you divert YOUR course 15 degrees to the South to avoid a collision.

**Americans:** This is the Captain of a US Navy ship. I say again, divert YOUR course.

**Canadians:** No. I say again, you divert YOUR course.

**Americans:** THIS IS THE AIRCRAFT CARRIER USS LINCOLN, THE SECOND LARGEST SHIP IN THE UNITED STATES' ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS, AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH, THAT'S ONE FIVE DEGREES NORTH, OR COUNTER-MEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS SHIP.

**Canadians:** This is a lighthouse. Your call.

## The Robin

By: Emily Dickinson

The Robin is the one  
That interrupts the morn  
With hurried, few, express reports  
When March is scarcely on.

The robin is the one  
That overflows the noon  
With her cherubic quantity,  
An April but begun.

The robin is the one  
That speechless from her nest  
Submits that home and certainty  
And sanctity are best.



© Tom Zurawski