



VERMONT VETERANS' HOME

VOLUME 6, ISSUE 5

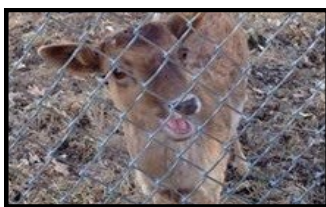
MAY 2015

# The BUZZ WORD



**Sometimes the Littlest Things  
Take up the Most Room in Your Heart  
--Winnie the Pooh**

### ***The Deer***



We know you might be visiting with us now that the weather is nice. Please do not feed us junk food because it could cause serious health risk to the herd. We will however, enjoy some apples and bananas if you want to bring us a treat.

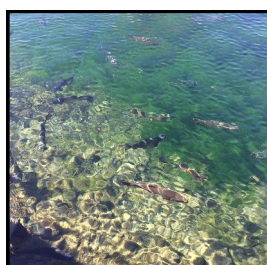


### ***The Fish***

VVH is extremely proud of Charron Pond and the beautiful trout that swim in it. It is nice to sit on the benches and take in all the beauty that surrounds the area.



We just simply ask that no fishing of any kind be done in our pond (except during the fishing derbies or if you live at the VVH). Also, please do not feed the fish anything other than fish pellets. The pellets can be picked up at the receptionists' desk during the hours of 8:00 AM and 4:30 PM.



### **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](mailto: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](mailto:mary.ryan@state.vt.us)**  
**802-447-6523**



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## Chaplain's Corner...



Howdy Folks,

Something pretty neat is happening with our Bible study sessions that we hold every Thursday at 2:30 to 3:00 P.M. While we still use the serendipity Bible as a medium to study God's word, we've evolved into a sharing of our individual faiths, gifts, or interests which are of great interest to all. One of our participants shared the love for decorative eggs (those Russian Faberge), and another person shared an 85 year old photo of a Sunday School class called Tom Thumb Wedding.

It is amazing how memories come to the surface in our gatherings. This is a bit like the paintings that some of the residents have displayed on the halls and in the Crispe room.

Everyone is urged to come and share a hobby, gift or story that inspires others. God surely meant for us to share His blessings through memories and things we have done or are doing. It is a chance for us to share our faith through our favorite activities.

Come, share with us and show or tell about your interests.

God bless and pray for all our troops everywhere.

Chaplain Ken



*A joy that is shared is a joy made double.*

### Resolution Reading



On 15 April 2015, World War II Veterans were honored for their faithful service in defense of our Nation at the Vermont State House in a special resolution reading. Two Veterans from The Vermont Veterans' Home attended the event; Willi Rondeau, U.S. Army Air Corp who served in the Pacific-Tarawa area of operations, and Joe Parks who served with the U.S. Army in Europe and received a Purple Heart for injury's suffered in Germany. The Vermont Veterans' Home would like to thank every Veteran, past and present for their service to our Nation in both peace and war.



**IT'S  
BASKETBALL  
TIME**



## *Donations*

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

VFW Bennington County Post 1332  
American Legion Auxiliary District 5  
VFW Bennington County Post 1332

Leo Bisson  
Jeannette Cyphers  
Fred Gros-pin  
Delta Kappa Gamma ETA Chapter  
Thomas Weakley  
Totyawna Brochu  
Matt Placey  
Bronson  
Jim Donnelly

**In Memory of James V. Betti**

Nancy L. Horan  
Eleanor George  
Linda Gliesman  
Susan Montes

**In Memory of Edwin Colvin**  
Dennis and Marcelaine McCarthy

**In Memory of Richard Laroche**  
Christine Daigneault  
Mary Norris  
Joan Laroche  
Lureen George

**In Memory of Slavtore J Clarino, Jr.**  
William Vargas  
Thomas and Janet Maguire  
Timothy and Anita Waite

**In Memory of Rudy Van Veghten**  
Rudy Van Veghten



### 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, May 19, 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

**May 14, 2015 at 1:00 pm**

**Namaste Room on American Way**

*Please contact Christina Cosgrove, 802-447-2792, for more information.*

*From the Administrator...*  
*Melissa Jackson*

Dear Family and Friends,

Memorial Day has been referred to as the “Unofficial Start of the Summer.” For major retailers it is yet another day for a “One Day Sale.” I frequently come across individuals asking me to wish the Veterans at the Home a “Happy Memorial Day”. I try very hard not to lecture or scold but the terms “Happy” and “Memorial” do not go together like Happy Thanksgiving, Happy Easter, or Happy Holidays.

I have to remind myself that I have been exposed to the military my entire life and have been taught since a very young age the true meaning of Memorial Day. Not everyone has had the same experiences I have had.

Memorial Day was originally called Decoration Day. It wasn't until 1966 that the day became officially known as Memorial Day. Borne out of the Civil War, Decoration Day was a day set aside each year to honor those that died during the Civil War by decorating their graves. The term decorating meant strewing with flowers.

New York State was the first state to recognize Decorating Day; the South had established their own day to honor those who died in combat. It wasn't until after World War I that the South accepted the last Monday in May as Memorial Day.

Memorial is distinctly different than Veterans Day. On Memorial Day we remember and honor those who made the ultimate sacrifice for our freedoms and on Veterans Day we honor all who served.

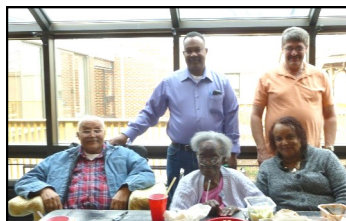
So as you enjoy time with your family and friends on Monday May 25<sup>th</sup>, please take a moment or two out of your day to remember those who died protecting our freedom.

Take Care,

Melissa A. Jackson  
BSW, LNHA  
CEO/Administrator



***CANDID SHOTS OF FAMILY, FRIENDS AND MEMORIES***





*From Deputy Administrator...  
Colonel Al Faxon*

**First...congratulations and thanks to our awesome staff for their tremendous performance during our recent VA and L&P surveys....talk about bringing your “A” game....all departments....all employees. Senator Sanders’ Office doesn’t say we are among the Top State Veterans’ Homes for nothing!**

**We are at the top because we live and work according to our Core Values. These values are the traits and qualities that represent our top priorities, our beliefs, and core fundamental driving forces to care for our Veterans’ and Members. These are the values we desire to resonate with those we serve at VVH and for those looking in from the outside.**

**Commitment** - We must be fully dedicated to becoming the very best at our jobs in order to carry out the mission of the Vermont Veterans’ Home.

**Stewardship** - We will ensure responsible stewardship of our Veterans and Members, financial resources, natural resources, as well as the data and information entrusted to us.

**Team Work** - We all must work together in a positive and productive manner to accomplish the mission and goals of the Vermont Veterans’ Home.

**Respect** - We must respect and preserve the dignity of every Veteran and Member, their families, visitors, volunteers, and employees we come in contact with.

**Integrity** - First and foremost, we must always strive to do what is right and in the best interest of our Veterans and Members.

**Professionalism** - Must be on display at all times; our success depends on maintaining a highly-skilled and compassionate workforce.

**Excellence** - We must strive to attain the highest level of quality and satisfaction in delivering person-centered care to our Veterans and Members.

**Service** - We will treat all Veterans and their families with the utmost dignity and compassion; and consistently demonstrate care, concern, and understanding in every encounter.

**S/F**

**AF**

**There’s one advantage of being 102. There’s no peer pressure.**

— Dennis Wolfberg, Humorous Quotes for All Occasions





## Travels With Steve

Memorial Day 2015.

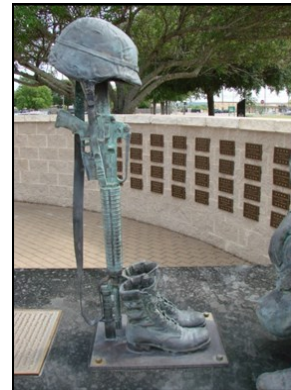
My recent travels brought me to Ft. Hood in Killeen, Texas to visit my brother. I had the opportunity to review the grounds along with the memorials that are on base. Ft. Hood currently is home to the 1<sup>st</sup> Cavalry Division with Maj. General Michael Bills in command. Here are a few pictures with my comments.



There is a memorial on base with the names of those soldiers who have given the ultimate sacrifice. Their names are recorded on the bronze plaques and there are many of them. Here are two names of those soldiers.



Additionally, there is a bronze statue with a small child looking over a kneeling soldier in front of the soldiers cross. The bronze for this statue came from one of Sadaam Hussein's palaces and was melted down to create this. I know a little more details because my brother was in charge of arranging to have this made. With all the current news regarding the display of the soldier's cross at cemeteries, rest assure that it is okay here at Ft. Hood.

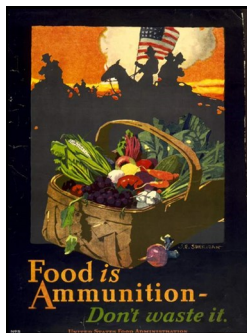


Happy Memorial Day 2015. God Bless each of you and God Bless America.

Steve



The Vermont Veterans' Home Dietary Department is pleased to announce that we will be purchasing produce from our local farmers. The program is called YAP --Youth Agriculture Project. This program launched in spring of 2012 with a few select farms in Southern Vermont. The original gardens are maintained by the YAP youth crews.



The YAP Food Network sells to other businesses in the Bennington area, one of which is the Southwestern Vermont Medical Center. Fresh premium produce is picked the same day they are delivered. From tomatoes to cut flowers we will be able to purchase produce all season long. During the winter months limited produce is still available. We are anticipating a delicious season.



### Guest Meals

**Did you know that you can join your loved one for breakfast, lunch or dinner?**

Families are welcome to dine with our Veterans and enjoy a meal together. A **24 hour** notice is very much appreciated and we ask that there only be **four** guest total, as space is limited especially for the holidays.

Meals are reasonably priced at:

<b>Breakfast</b>	<b>\$7.00</b>
<b>Lunch</b>	<b>\$10.00</b>
<b>Dinner</b>	<b>\$7.00</b>

On the following special occasions, the Veteran or Member is able to sponsor **one** guest for free and have **three** additional paying guests.

**Veteran/Member Birthday**  
**Easter Sunday**  
**Thanksgiving**  
**Christmas Day**  
**New Year's Day**

Meal tickets may be purchased at the receptionist's desk from 8:00 to 4:30 PM. Please present your meal ticket to the server at the time of your seating.



### Lunch Menu

Vermont Chicken Bleu  
 Twice Bake Potato  
 Summer Vegetables  
 Creampuffs

### Alternate

Sliced Pork Loin with Peppercorn Gravy

\*Please sign up and pay monies at the  
 reception desk\*

### Watermelon Cucumber Salad

#### Ingredients

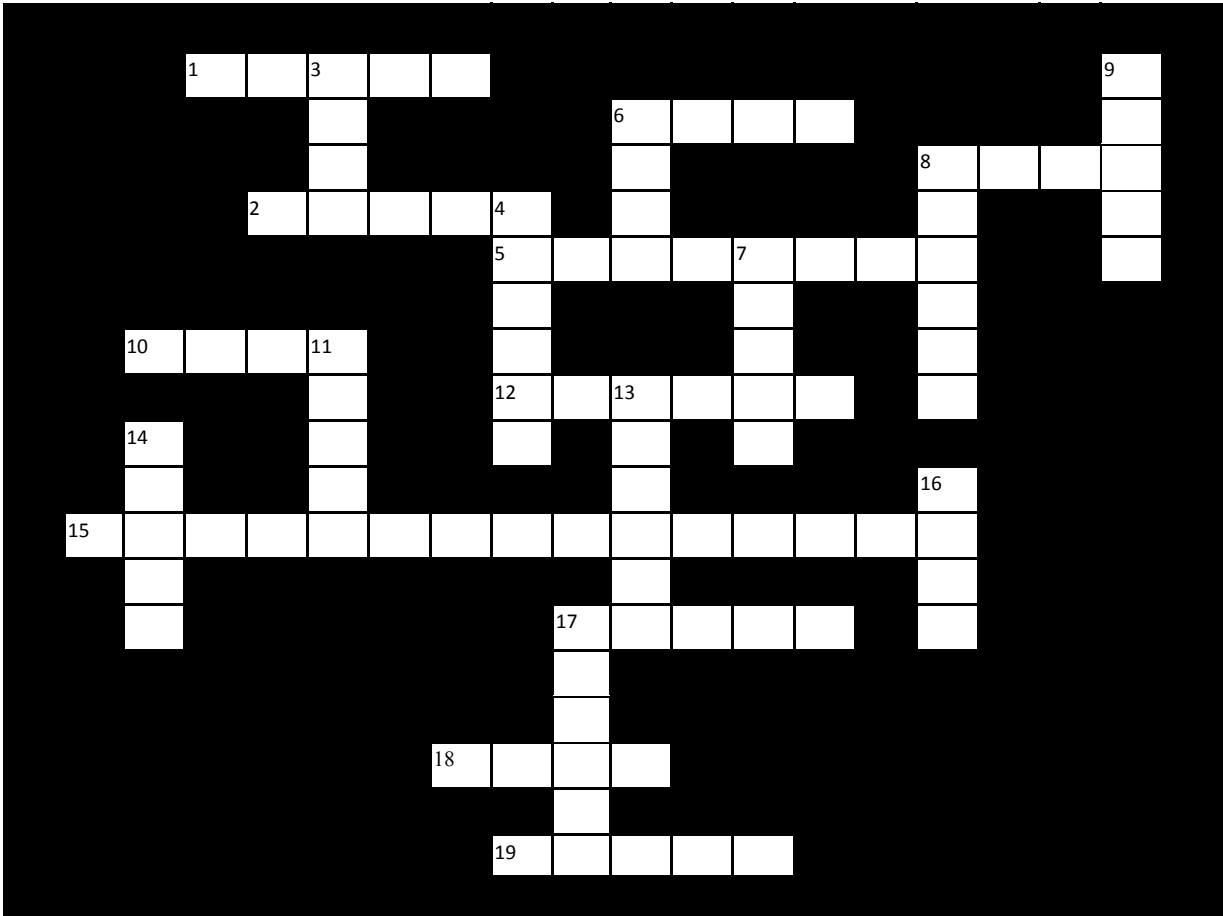
6 cups diced watermelon  
 3 Persian Cucumbers  
 3 tbsp. olive oil  
 3 tbsp. red wine vinegar  
 1 tsp. Sea Salt  
 1 tsp. pepper  
 1/4 cup crumbled feta  
 1/4 cup mint leaves



In a large bowl, combine watermelon, cucumbers, olive oil, red wine vinegar, sea salt, and pepper; toss to combine. Divide between salad plates and garnish evenly with crumbled feta and mint leaves.

<http://www.countryliving.com>

# A Bundle of Words



ANSWERS DOWN BELOW

## ACROSS

1. Rumor Squelchers
2. Increased
5. Goes back over one's steps
6. Like a bug in a rug
8. Exam answer
10. Smooch
12. Place on payroll
15. What the hardly serious ape was doing?
17. American symbol
18. Guilty, e.g.
19. Keep entertained

## DOWN

3. Farmer's Pride
4. Cash register part
6. Coin opening
7. Great pretender
8. Got the salad ready
9. Kind of music
11. Touch or hearing, e.g.
13. Kind of top or bottom
14. Broker's concern
16. "Hey, What's the big \_\_\_\_?"
17. Hold in respect



## Upcoming Events

### Bennington ELKS Dinner

*Sunday, May 3, 2015 at 12:00 PM*

**Please see the Activities Department for sign up.**

### Mother's Day Tea

*Sunday, May 10, 2015 at 1:30 PM*

**Located in the Activities Room**

### National Nursing Home Week

*Sunday, May 10 - Saturday, May 16*

**Fiesta activities planned for the week**

**More information to come**

### Memorial Day Parade

*Monday, May 25, 2015*

**More information to come**

**Summer Fun Activities to come!!!**

## Valor Presents:

### Yokes on the Trail of Tears

By: Pat Musick and Jerry Carr

Saturday, May 23, 2015 at 2:00 PM

Located in the Crispe Room

Open to the Community

In the year 2000 Pat Musick and Jerry Carr took a sculpture they had created across Northern Arkansas following the Native American Trail of Tears that occurred in 1838. Five Indian tribes were displaced from their homes in the East by the US Government and sent on the Trail to the Oklahoma Territory where they were relocated. They walked, some bare footed, in the dead of winter. Pat and Jerry located sites along the original Trail, set the sculpture up and photographed it in each of twenty-three locations. Pat wrote poetry about the trek, and the couple created a book about the story. They will discuss the history of the original Trail and the story of their contemporary adventure.



**Calling all car enthusiasts! Mark your calendars!** The Vermont Veterans' Home and the State Line Car Club invite you to our Fathers' Day Car Show on June 21, 10:00 AM to 2:00 PM. Show off your automobile or to enjoy the afternoon with a host of great vehicles on display. **Admission is free** and over 2000 people attended last year. With the Bennington Car Show potentially cancelled for this year, we hope to see you on our beautiful campus. Further information will be provided in the months to come.



**SOON THE TREES WILL LOOK  
LIKE THIS. HANG IN THERE,  
WE'RE ALMOST THERE.**

## JUST FOR LAUGHS....

### *Passing The Buck*

Our drill instructor was at the end of his rope: An airman's ineptitude was driving him crazy.

Getting in the airman's face, he demanded, "Whoever told you to join the Air Force?!"

Snapping to attention, the airman proclaimed, "The Navy recruiter, Sir!"

