



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 29

JULY 2018

# The BUZZ WORD



**Guy and Bella**  
Animals bring great joy  
to our Veterans and Members



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:*

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**802-447-6523**



<http://vvh.vermont.gov>

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*From the Administrator... Melissa Jackson*



Happy Summer,

Our Communication PIP is in full swing. The group has met 3 times already. Currently the committee is made up of Veterans, Members and staff; we would love to have a few family members join us as well. We addressed concern around communication for transportation to and from outside appointments. This appears to have improved but will continue to be monitored. The committee is currently working on how to improve communication between nurses and LNAs at shift change. A survey is being conducted seeking input from the nursing department on what is working, what isn't working, and what suggestions for improvements they might have. This survey is due back July 6th.

Our first band concert is just around the corner on July 11th at 6:30pm-the Eagles Concert Band will perform on our front lawn. Bring your lawn chair or blanket and enjoy the summer evening and some great music.

The Alan Gibney Memorial Pavilion dedication took place on June 3rd during the Elks first fishing derby of the year. The weather was perfect, and we were honored to have Alan's sister, Janet Pilliard, brother-in-law Edward Pilliard, and sister-in-law Sally Gibney join us. They shared their memories of Alan and thanked the staff for the wonderful job they do each day.

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

## **SMOKING POLICY**

Per State and Federal Regulations all Veterans and Members who smoke at VVH must have a smoking assessment completed. At no time may a VVH nursing home resident keep a lighter, matches, etc. in their rooms. These ***must*** be kept with their nurse. Cigarettes may be left with the Veteran or Member as outlined in their smoking assessment. Please check with your loved one's nurse prior to leaving any cigarettes in their rooms.

## **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.**

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

Adam Burritt & Roger Cooper—  
American Red Cross  
Pat Musik & Col Jerry Carr  
American Legion Post #49  
Living Sober

Disabled American Veterans Auxiliary  
Janet & Russell Sleigh  
Donna & Arnold Young  
American Legion Auxiliary-VT  
Bev Gilluuly & Robert Lapan  
Ben Russo—Home Depot  
Jennifer Metcalf's First Graders  
Bennington Walmart  
Bill & Gail Eleck

Sandy Young—Post 30 American  
Legion Auxiliary  
Ed Garrett—DAV  
Virginia Laon

Cyndi Candiloro—Reedsboro Library  
Phyllis Roberts  
DAV Auxiliary Bennington Chapter# 4  
Julie McCarty—VFW District 4  
Aditi Patel—MAUHS  
Mike Sullivan—VFW Post 6689  
Dave Farnum

**In Memory of Marie Burke**

American Legion Auxiliary Barre Unit 10

**In Memory of Vernard Aiken**

James Stokes

**In Memory of Florence Santo**

Nick Santo

**In Memory of Duane Parks**

Candace Parks

# Events Calendar

## July:

7-Vet's Motorcycle Run  
11-Eagles Band Concert—6:30—Front Lawn  
15-State of Vermont VFW Picnic  
26-One Man Band—2PM

## August:

17-USS Bennington Visit and indoor picnic.



## Show your Support at the VVH Apparel Store!

Ornaments-\$8      T-Shirts-\$15  
Small Totes-\$15      Sweatshirts-\$25  
Large Totes-\$20      Zip Hoodie-\$35  
Baseball Cap-\$20      Sweatpants-\$20  
Winter Hat-\$12      Scarf-\$12  
Wind Breakers  
Unlined-\$23-\$27      Lined-\$27-\$31  
VVH Pens-\$3  
Post Cards-Free



## 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 Editor  
Vermont Veterans' Home  
325 North Street  
Bennington, VT 05201  
Dezerae Johnson  
(802) 447-6510

## VVH WISH LIST

Pinball Machine/Game  
Air Hockey Table/Game  
Neck Pillows  
Body Pillows  
I-Pods & I-Tune Cards  
CD Players

Newspaper Subscriptions  
Costume Jewelry

Stamps

(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.**



# THE Talent SHOW



The Resident's Council would like to give a special **thank you** to all of the very talented contestants that participated and our judges panel Cathy, Karen, Larry, Althea, and Coleen.

VVH would like to give a huge **thank you** to Richard Vachon President of the Resident's Council for organizing the 2nd Annual Talent Show and being our Master of Ceremonies.



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C





Here are just a few of the amazing people who have donated items to VVH for our Veterans and Members.

This means the world to both them and to us so **thank you** again to everyone that donates to us to help us make a better quality of life for our Veterans and Members.



*Musick*

ENVIRONMENTAL ARTIST

We received an amazing art donation from Pat Musick & husband Col Jerry Carr

Pat Musick's mixed media, large and small scale, wall and freestanding artwork is noted for its response to the clients' personal needs. Her art evokes a quiet, harmonious, peace and in doing so has a transforming power to inhabit a space and tell the owner's story

American Way Dining Room Installation

Gerald Paul "Jerry" Carr, is a United States Marine Corps officer, naval aviator, and former NASA astronaut. He was Commander of Skylab 4, the third and final manned visit to the Skylab Orbital Workshop, from November 16, 1973 to February 8, 1974.



*From Deputy Administrator—Colonel Al Faxon*

Summer has finally arrived at The Vermont Veterans' Home and it sure took its time getting here! Picnics... Car Shows... Fishing Derby's... Concerts... Veterans Motorcycle Night/Ride... etc.



Incredible!

We are a true community - we have more events and activities at VVH during the summer than most of the surrounding towns!



These events require considerable organization and effort, so to all our great employees involved in these happenings; thank you for making our home special.

I want to recognize those of you who keep and maintain the Vermont Veterans' Home in the state of cleanliness it is **ALWAYS** in. Individuals within the Housekeeping Department do an outstanding job! This is by far, the cleanest... most shipshape... facility of this type I have ever been in. I am proud

to walk and tour people through our home, and this is mostly because of your efforts!

Thanks  
Semper Fi'  
S/F

AF



*VNA Hospice Grief Support Group*

**Meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month.**

**Time:** 11:00 a.m.

**Place:** 188 School Street  
Bennington, VT 05201

**For more information, call:** (802) 442-5502

Staff Sergeant Mark Slade and Al Faxon Colonel, U.S. Marine Corps (Ret)  
Helping us celebrate the Army's 243rd birthday!



TWIG REMEMBERS... Joel Williams "Contemporaries"

When two young writers do their work during the same time period, they are called contemporaries.

In the 1980's when I wrote for Fair Haven's "Promoter", Joel had his own Area News in the nearby Poultney. We had opposite approaches. Mine was the soft "not to offend anyone" approach (which didn't always work as you were dealing with humans, who can be opinionated). Joel, on the other hand, was from the 1960's, protesters, and was a "tell it like it is" writer. Now that style can lead to a lot of negatives. You get after one guy and all his friends stop advertising. Ads pay for everything. No ads-no paper.

A couple of years ago, Joel (who comes in the Hardware store all the time with his wife Jane) says "I don't know anybody else who would write those articles, and you don't know what you are doing for the people left behind" (speaking of the Twig Remembers articles that I write). I have a favor to ask. If you pass first, could I write your remembrance?" I replied "Only if I can return the favor." Contemporaries.

And here I write for a man six years my junior. God Bless Joel Williams, a very gifted writer.

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



Robert "Twig" Canfield

# Some of our Residents experiencing Virtual Reality!



The Resident Council wants to give a **HUGE THANK YOU** to Niles Callanan for putting together the BBQ Benefit, James Kinney for helping grill, Mark and Willy for helping with the set up, Dezeræ Johnson for supplying homemade cookies, and Audrey and Debbie for helping collect donations and assisting with food!





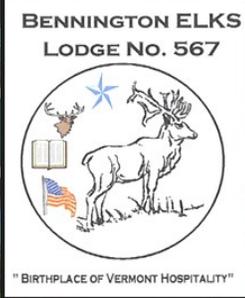
Elks Picnic and Fishing Derby Abundant fun at The Vermont Veterans' Home



Some of the Elk's Team!



Checking out the ones that Got away!



Trout action!

Thank you Elks !

ALAN W. GIBNEY PAVILION  
Captain, U. S. Army

A GREAT DAY DEDICATING  
THE PAVILION



## Chaplain's Corner



Have you ever thought about what it means to practice religion? Is it simply a matter of keeping rules and participating in rituals? To be sure, it does involve keeping God's laws. This is a basic requirement for living out faith. Jesus, a thoroughly observant Jew, proclaims, "I have not come to abolish the new law but to fulfill it". The Ten Commandments revealed to Moses are still in effect. Religion does not call for virtuous living according to God's rules.

Writing in the Corinthians, however, Saint Paul teaches that eternal observance of the letter of the law is not complete without the "Spirit". Rigorous adherence to the law can be routine and joyless, but life in the Spirit is glorious. In the Spirit we celebrate the life of Christ who came among us, sharing our life and conquering evil, sin, and death forever. Following Christ, we live in faith with the power and love of the Spirit.

Practicing the Christian faith includes both the law and the Spirit. The law guides us in living our days in righteousness and the Spirit enlightens us with the power and truth of our faith in Christ. Following Christ, our practice of religion brings us to the reality of integration. Our external actions flow from our internal actions. We are whole, our inside and our outside are in harmony. The law and the Spirit come together as we live our days in fidelity, following Christ who shows us the way.

Summer is here, praise the Lord. Let's enjoy the green, the colors, and the sun.

Please pray for our troops serving around the world.

God bless,

Chaplain Ken

### Antibiotics

Taking your antibiotic correctly requires following directions offered by your doctor, nurse and pharmacist

- Antibiotics work best when the amount of medicine in the body is kept at a constant level. Do this by taking the medication at evenly spaced intervals throughout the day.
- Continue to take the antibiotic even if symptoms disappear after a few days. Stopping the antibiotic too early may allow bacteria to continue to grow, resulting in a relapse of the infection.
- If a dose of antibiotic is missed, take it as soon as remembered unless it is almost time for the next dose. If it is nearly time for the next dose, skip the missed dose and resume the usual dosing schedule. Do not "double up" dose without the physician's approval.
- Direct sun exposure while taking an antibiotic can contribute to photosensitivity leading to a rash. It is recommended to wear a sun screening agent during direct exposure to sun during antibiotic treatment.
- Always take antibiotic with a full glass of water (8oz).

The following antibiotics should **NOT** be taken within at least two hours of other supplements such as: iron, calcium, magnesium, zinc, vitamin with minerals, and dairy products.

Antibiotic example:

Tetracycline, Doxycycline, Levofloxacin, and Ciprofloxacin.

If you have any questions regarding how to take your antibiotic always consult your health care providers.

Prepared by Robert Kewley Consultant pharmacist at the Vermont Veterans Home.

**We want to thank everyone who helped make this possible!  
Especially everyone who brought their cars!**





**We wish we could showcase all 186 cars that were here!  
Thank you all for a great show and we'll see you next year!**