



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 31

SEPTEMBER 2018

The BUZZ WORD



Time spent with great company... Priceless!



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.

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<http://vvh.vermont.gov>

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From the Administrator... Melissa Jackson



Happy September,

With the start of a new school year I ask that you pay extra attention when driving on VVH property. High School activities will begin on the property which means more pedestrian and vehicle traffic. The last week of August Al and I attended the National Association of State Veterans Homes (NASVH) summer conference. We were able to network with the leadership teams of other State Veterans Homes and learn about new best practices and equipment. We brought this information back to the facility and are in the process of sharing it with staff.

I was honored and humbled to be chosen as 2nd Vice President of NASVH. In addition to representing the Association at various functions, I will have increased access to the VA Leadership team and can help guide policy decision related to the care of our Veterans. This new position will not dramatically impact my duties here at VVH and the success of the Home remains my number one priority.

We are looking forward to a visit from the Governor and members of his Cabinet within the next week. Look for an update and pictures of this visit in the next issue of the Buzz Word.

Melissa A. Jackson, BSW, LNHA
Chief Executive Officer
Vermont Veterans' Home
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:

Doris Syrakos
Joel Burrington
P.J. Devito
Hope Leonard
Steve Leach—Veterans Foreign Wars
Karen Murray—Discount Center
Dawn Black
Dorothy Hartmann
Peggy Trickler—Hope Fellowship Church
Anna Mattison
Tim Nolan
Claudia Brown
Department of Vermont Auxiliary VFW
F.O.E. Vermont State Aerie
B.P.O.E.
Belinda Whipple Worth
Art Charron—VFW
Caroline Martel
Rhonda & Phillis Roberts
Lisa Sloan—Bennington Chapter #4
Julie McCarty

In Memory of Louise Ogert

Susan Plante
Mr. & Mrs. Charles Zipprich

In Memory of Raymond Young

Mr. & Mrs. Paul Barton

In Memory of Arnie Young

Mr. & Mrs. Keith Hayes

In Memory of Theresa Forcier

Claire McDonald Harvey

In Memory of Ken Morgan

Charles Murphy

Events Calendar

September:

9- Grandparent's Day Fishing
Derby
22-American Legion Post 13
sponsored picnic



In Memory of R. Clark Lamson

Mark McDermott
Donald G. Poirier
Bob Harley Helferty (Linda Wright)
Wayne & Ruby Gibson
Rosamond L. Pariseau
Chris & Darrell Hoover
Ronald A. Rogers
Don & Susan Collins
Gary & Sue St. Pierre
Phil & Lucy LaCross
American Legion Riders—
Green Mountain Post #1

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	



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

To be added to our lists please contact:

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Dezerae Johnson (Last issue) & Robyn Boland
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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.**

Travels with Steve

Dear All,

Finally, we have returned to Greece. Home of the gods. As I said a couple of years ago when I started these travel articles, Greece is a country rich in both history and culture. While I was there I saw the marvel of the Parthenon atop the Acropolis. The temple took about 8 or 9 years to rebuild after the Persians attacked the city of Athens in 480 BC. The columns are arranged so that when looking at it, the slightly lean back and they are tapered. Interesting to note is that the large marble slabs are held together by lead because it will not expand or contract when it becomes hot or cold outside.



**Both beautiful
photos of Nafplion.**



The Parthenon



**The Porch of
Maidens**



Travelling a west through the Corinth Canal we arrive at Nafplion in the Peloponnese area of Greece. It is a picturesque town that I could easily live in. Nafplion was the first capital of Greece from the start of the Greek Revolution of 1821 until 1834. The cafes and tavernas line the seaside walkway. I was told that one could spend the whole day there without purchasing much more than a cup of coffee. But the “aroma” of Greek history permeates the air in this town. Before I move there, I will have to brush up on my Greek beyond what I know already from my family history.

I hope you enjoyed this short travel, but I will return to Greece again for you.

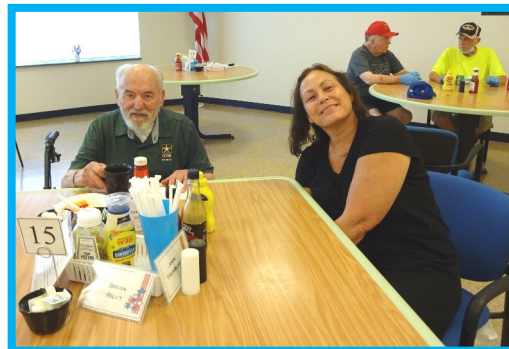
God Bless each of you and God Bless America.

Steve



The USS Bennington Indoor Picnic.

VVH send a **HUDE THANK YOU** to everyone that made this possible!!!



TWIG'S THOUGHTS:

At the Vermont Veterans' Home there is a great group of people working in a department called "Activities". They get their ideas from research - magazines, catalogs, online, and word of mouth. They come up with some really neat activities, and I want to witness and try some to let you know how they work. You never know, maybe more people who are eligible will give them a try, too.

For instance: "Air Rifle/Pistol Range" The other day, three of us were driven out to the new "firing range" and offered only the second session at the range. We were driven out in golf carts and escorted up to the shooting table and put into a very comfortable chair. Col. Al Faxon was the instructor who carefully taught us about the air rifles in a very careful and safe way. We each separately shot 3 times, slowly, safety on, and safety off, at paper targets 20 feet away in front of a ten-foot sand pile. The real "lights out" shooters were Michelle Hunt from Activities and Steve McClafferty (staff) - those two can shoot! The rest of us were beginners, but each of us got better with each level.

I haven't shot since I hunted squirrels with a .22 back in 1958. When they put up the metal targets, I finished by turning 2 out of 4 – not rookie of the year, but not bad.

It was a very safe, relaxing fun-filled time. I'd recommend it to anyone eligible.



Thank you **FOR YOUR SUPPORT**

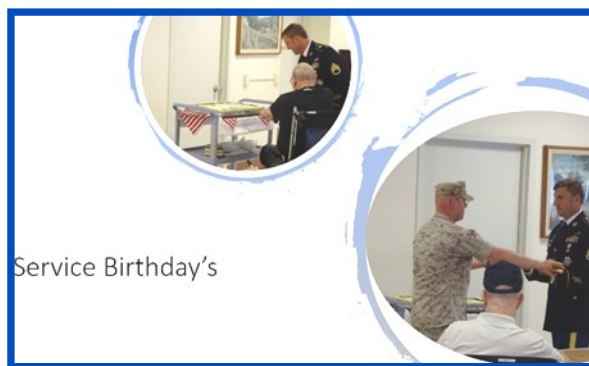




From Deputy Administrator—Colonel Al Faxon

Friends and family of the Vermont Veterans' Home: I can't believe summer is over and some of the trees are beginning to turn... You know frost is just around the corner... We sure are blessed to live in Vermont... I have lived around the world, and I can tell you positively, nowhere compares to the beauty of our Home here.

This time of year, when the leaves begin to change into their glorious colors, I am fully reminded of how great God is... with our Home nestled in between the Taconic and Green Mountain ranges... You can't have a better seat for the show. We have two more service birthdays to celebrate this year... The U.S. Navy in October and the U.S. Marine Corps in November... We all enjoy the tradition of a cake cutting and history. The Dietary Staff does a tremendous job with our service cakes and snacks; thank you for making these events special!



Veterans are approximately 8% of our population here in Vermont, while the census bureau states approximately 7% of the total U. S. population are Veterans. In Vermont we have a warrior tradition that dates back to the Green Mountain Boys and every conflict thereafter. Even before statehood, hard charging Vermonters have been answering the call just like you!

Thanks for serving...

Semper Fi

AF

Great minds get together for rousing games of chess! 4 Vs 1 with Rodney, Sean, Kevin, and Paul all playing individual games of chess against Gary at the same time!



TWIG REMEMBERS... Tony Poalino

He made the best Italian grinder ever. He put all those spicy Italian meats and everything good Italian in it.

His younger brother, Junior, and his wife, Shirley, ran a florist business in Fair Haven that was my favorite stop for selling ads for my dad's newspaper, and then it was my paper. And after that, I still cherished the visits when I sold for "The Fair Haven Promoter".

When it was my dad's paper, Tony's dad "Pop" was working there. I spent seven years at St. Peter's school in the Italian district of Rutland. All of my friends' parents spoke broken English and "Old Pop" reminded me of them.

Going home from school, if I had some extra cash, I would stop at "The California Fruit" for a "super duper grinder" and a visit with Tony.

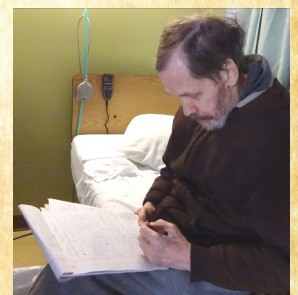
Now it's 20 years later at "Poalino's Florist" and Junior is telling me that when he was in high school, he used to go over to work for Tony. He was downstairs counting bottles and he dropped one, so he quickly cleaned it up and figured he was ok. It was a Saturday, and Tony and the wife were upstairs running the busy store. In that week's paycheck, Tony had deducted two cents for the bottle. It was that "close with the pennies" and the very good business sense that got Tony a lot of money through the years.

In my 2nd musical about my dad, "Larry, Larry" dad is asking his classmate and friend Carl Durfee for advice on how to better manage his monies. Carl told him about advice this old economics professor sang this to them-

'Watch your pennies, watch your pennies, watch your pennies, let them gather, if you'd rather on your shelf. Watch your nickels, watch your nickels and be happy. Watching dollars as they take care of themselves.'

God Bless Tony Poalino – one of those many great Italian men in my life.

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



Robert "Twig" Canfield

The Harmonic Duo!



American Legion Band



Chaplain's Corner



Howdy Folks,

I know this is long, but I think it is worth reading and sharing. This message applies best to us veterans from the WWII, Korea, and Vietnam Era. Not so much for those who served in the middle east, or to our young and vibrant staff here at the Vermont Veterans' Home!!!!

Hey, your day will come!

"You know... Time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams

But, here it is... The back nine of my life and it catches me by surprise... How did I get here so fast? Where did all the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first hole and the back nine was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is... My friends are retired and getting grey... They move slower and I see an older person now. Some are in better and some worse shape than me... But, I see the great change... Not like the ones that I remember who were young and vibrant... But, like me, their age is beginning to show, and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that getting a shower is a real target for the day! And taking a nap is not a treat anymore... It's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so... Now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though I'm on the back nine, and I'm not sure how long it will last... This I know, that when it is over on this Earth... It's over. A new adventure begins! Yes, I have regrets. There are things I wish I hadn't done... Things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the back nine yet... Let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can today, as you can never be sure whether you're on the back nine or not!

You have no promise that you will see all the seasons of your life... So, live for today and say all the things that you want your loved ones to remember... and hope that they appreciate and love you for all of the things that you have done for them in all the years past!!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one! LIVE IT WELL! ENJOY IT TODAY! DO SOMETHING FUN! BE HAPPY! HAVE A GREAT DAY! Remember "It is health that is real wealth and not pieces of gold and silver."

LASTLY CONSIDER THIS:

~Your kids are becoming you... But your grandchildren are perfect

~Going out is good... Coming home is better!

~You forget names... But it's OK because some people forgot they even knew you!

~You realize you're never going to be really good at anything like golf.

~The things you used to care to do, you aren't as interested in anymore, but you really don't care that you aren't as interested.

~You sleep better on a lounge chair with the TV 'ON' than in bed. It's called "pre-sleep".

~You miss the days when everything worked with just an "ON" and "OFF" switch.

~You tend to use more 4 letters words... "What?"... "When?"...???

~You notice everything they sell in stores is "Sleeveless"?!!!

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet... 2 of which you will never wear.

~~~But old age is good in some things: Old songs, old movies, and best of all OLD FRIENDS!!

Stay well OLD FRIENDS! It's not what you gather, but what you scatter that tells what kind of life you have lived.

TODAY IS THE OLDEST YOU'VE EVER BEEN; YET THE YOUNGEST YOU WILL EVER BE, SO ENJOY THIS DAY WHILE IT LASTS!

Do not regret growing older.

It is a privilege denied to many!" - Author Unknown

Let us thank God for life, liberty, freedom, family, and the Vermont Veterans' Home!

God Bless,  
Chaplain Ken

## Hannford's Fyfes & Drums from Underhill, Vermont



Visiting with Paul a former member!

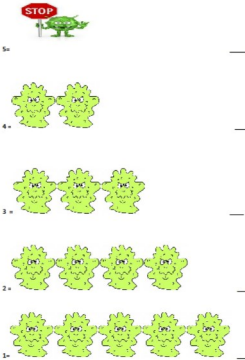


# Clean Hands=Safe Care

The Germ Team, led by Patricia Babcock and featuring their newest member Rodney, rated the staff on how they washed their hands. A 5, with the Germ holding the stop sign, was the best score indicating the cleanest hands while a 1, featuring 5 nasty germs, was the worst!

**Rodney our most recent member of the Germ Team!**

Name: \_\_\_\_\_ Your rating: \_\_\_\_\_



**A HUGE THANK YOU to everyone that participated**



## **Guess what time of year it is already!**

**Patricia Babcock, RN IP**



**It's hard to believe that the flu season will soon be here for the 2018-2019 season. Very soon families and/or residents will be receiving the Vaccination Information Sheet (VIS) and acknowledgement forms to be signed and returned to the facility. The more residents and staff that receive the influenza vaccine the more protection we will all have.**

**Many of our veterans and members are very compromised with major health issues and their immune system simply cannot fight off the flu.**

**Vaccines help our bodies develop immunity by imitating an infection. The "inactivated" vaccine that we receive DOES NOT CAUSE THE FLU. Instead, it produces antibodies in your body.**

**The body is left with a supply of "memory" and the antibodies remember how to fight the disease in the future. Antibodies sound a red alert when they identify bad germs. Also, it is no longer the case that if you have an egg allergy you shouldn't receive the flu vaccine.**

**The FDA has approved a new way of making the flu vaccine that does not use eggs. CDC recommends that you receive the flu vaccine by the end of October. However, getting the vaccine after would also be beneficial.**

**Let's all work together for this year's flu campaign to keep everyone healthy at VVH!!  
Then you can say!**



**If you have questions, please contact Patricia Babcock, RN IP – phone # 802-447-6467 or pager # 742-0306**