



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 32

OCTOBER 2018

The BUZZ WORD



U.S. AIR FORCE BIRTHDAY

FULFILLING THE PROMISE

www.vvh.vermont.gov



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:

Robyn Boland, Executive Assistant
robyn.boland@vermont.gov
802-447-6523



<http://vvh.vermont.gov>

Administration and Department Directors

Melissa Jackson, CEO/Administrator
447-6533
melissa.jackson@vermont.gov

Col. Al Faxon, COO/Deputy Administrator
447-6544
allan.faxon@vermont.gov

Steven McClafferty, Business Manager
447-2732
Steven.mcclafferty@vermont.gov

Patricia Crossman, Director of Nursing Services
447-6565
Patricia.crossman@vermont.gov

Cindy Rankin, Food Service Director
447-2815
cindy.rankin@vermont.gov

Michele Burgess, Activities Director
447-6520
michele.burgess@vermont.gov

Christina Cosgrove, Social Services Director
447-2792
christina.cosgrove@vermont.gov

Jon Endres, Environmental Services Director
447-6528
jon.endres@vermont.gov

Patti Parker, Housekeeping and Laundry Supervisor
447-2731
patricia.parker@vermont.gov

Jen Morrison, Program Manager of Rehab
447-6548

Karen Divis, Quality Assurance Nurse
447-2888
karen.divis@vermont.gov

Mary Hamilton, MDS
379-5279
mary.hamilton@vermont.gov

Gary Yelle, Admissions Coordinator
and Marketing Director
447-6539
gary.yelle@vermont.gov



From the Administrator... Melissa Jackson



Happy Fall,

VVH has received some wonderful news coverage regarding our Virtual Reality Program and our airsoft rifle and pistol range. Additionally, we added a surrey quad bicycle to our outdoor activities available for our Veterans and Members. We had a great visit with Governor Scott and members of his cabinet last month, we even got the Governor to try out the virtual reality program. The Governor has been a great supporter of the Home and we appreciated his time and visit.

As the weather becomes cooler, now is an excellent time to go through your loved one's clothing, taking home the lighter summer wear and bringing in the warmer fall and winter clothing. Please be sure to have any unlabeled items brought to laundry so that they may be labeled.

I will be providing the following reminder a few times between now and the end of the year: Federal regulations prohibit our employees from accepting individual gifts from Veterans, Members and/or their family members. Staff have been instructed to return any individual gifts given to them. This is often a very awkward situation for them as they do not want to seem unappreciative of the gift. If you would like to acknowledge the staff's hard work, the best way to do this is food that can be shared on the particular unit or in a particular department on all shifts. Of course, something as simple as a thank you card means the world to our staff.

Take Care,

Melissa

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

Due to many Residents having sensitivity to smell, please refrain from wearing perfume/cologne when visiting

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:**

Cindy Harrington
Donald & Donna Fisher
Jim & Grace Collins
Ann Ogden
Eric Subik
Neil Henrikson
Steve Breakstone
Hope Leonard
Carol Ethier—Kipp
Pownal American Legion Aux # 90
Rhonda & Phyllis Roberts
DAV Auxillary Chpt # 4
VFW District # 4
Living Sober
District # 1 VFW Dept of VT
Mary Ryan
American Legion Post # 49
Benn. International Motorcycle Club
Mr. & Mrs. Gary Dickinson
Keith Gamage
Billie—Jo Tift
VSECU
Manchester Post # 38 American Legion
Millersville Manor VFW Post # 7294
MG Black
USS Bennington Pact
Cambridge American Legion Aux.-Cora Conly
VFW Post 1332

In Memory of Theresa Forcier
James & Allen Brown / Norman White

In Memory of R. Clark Lamson
Patricia Cochran
Mark McDermott
Donald G. Poirier
Bob Harley Helferty / Linda Wright
Wayne & Ruby Gibson
Rosamond Pariseau
Chris & Darrell Hoover
Ronald Rogers & Cheryl Rogers
Don & Susan Collins
Gary & Sue St. Pierre
Phil & Lucy LaCross
American Legion Riders-Green Mtn Post #1

Events Calendar

OCTOBER:

31st Halloween Parade - 10:00am American

NOVEMBER:

4th Elk's Dinner at Noon (at Elk's Club)
8th Molly Stark School Veteran's Day
Tribute at 10:00 am in Patriot Hall
11th Veteran's Day Parade 11:00am (parade
ends at VVH)

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
	VVH Pens-\$3
Wind Breakers:	
Unlined-\$23-\$27	Lined-\$27-\$31

In Memory of Richard Coffinger

Helene Nichols Tripp
Northumberland Senior Citizens
Carolyn Pett
Lucy Welden
Mr. & Mrs. Paul Vaugnn
Barbara Van Ness
Wayne Vance
Duane Booth
Susanne Booth
Mr. & Mrs. Kenneth Brownell, Sr
Bette Burnham

In Memory of Barry Quigley

John Cunningham
Scott & Karen Quigley
Susan Pokrzywka
Andrea Quigley



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:

The Buzz Word
Vermont Veterans' Home
325 North Street
Bennington, VT 05201
Kaela Paul
(802) 447-6510
Email: kaela.paul@vermont.gov

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.**



Chaplain's Corner

The prophet Isaiah writes [in Isaiah 40:8] *"The grass withers, the flower fades, But the word of our God stands forever."* We are now in the season of change—Autumn. For many this is their favorite time of year.



The hills and mountains turn brilliant crimson, gold, and orange. The nights are crisp and cool, and the skies are a brilliant blue. For those who garden, this is the time of year when the fruit of their labors are reaped. There are many folks who like nothing better than to wrap themselves in their favorite old sweater and take a walk among the falling leaves. The great American jurist Oliver Wendall Holmes in reflecting on the seasons once wrote—*"The foliage has been losing its freshness through the month of August, and here and there a yellow leaf shows itself like the first gray hair amidst the locks of a beauty who has seen one season too many... September is dressing herself in showy dahlias and splendid marigolds and starry zinnias. October, the extravagant sister, has ordered an immense amount of the most gorgeous forest tapestry for her grand reception."*

Isaiah reminds us that those things which are most important do not change. God's love for each and every one of us remains constant and sure. And in God's Word we read [psalm 136] *"Give thanks to the LORD, for he is good.. His love endures forever. Give thanks to the God of heaven. His love endures forever."*

And so... as you enjoy the beauty of this season of change, always remember the Lord who loves you and whose love is forever unchanging!

Grace and Peace,
Pastor Richard

Picnic

Sponsored by American Legion Post 13 & Post 13 Auxiliary





TWIG'S THOUGHTS:

RICHARD H. VACHON, JR.

You can hear him buzzin' down the halls on his motorized 4-wheel vehicle. Easy to figure his direction when you listen to the buzz – “Hey, Rich, Hi Rich” and his return hellos with their name.

A couple times a day, and in the evening, he tours the entire campus to be sure that nothing is out of order, and if anyone should need a helping hand-he will personally give them that hand or he will direct them to a person who can help.

The man I am talking about is Richard H. Vachon, Jr. He is originally from the Bennington area, but since he came to this facility four years ago, he claims The Vermont Veterans' Home (VVH) as his current address. He has been president of VVH Resident Council for 3 years.

Asked what his greatest accomplishment while at VVH, he said “The apparel store” that he created and operates. He is accountable for every penny raised, and he is the one who is also in charge of handing out the many awards that the program is responsible for. This past year they started a scholarship program. The applicants had to write a letter and explain what they would use the money for. The 2017 recipient was Sam (Samantha) Cross, an aide in the Activities Department. She is now attending Vermont Community College to get the core classes she needs at a reasonable price. She's saving her monies so she can then go to a better school with a RN program.

All of the monies raised by the apparel store are put to good use with members of VVH, local veterans, and local people in need. Last year at Christmas, they put a down payment on an apartment and bought gifts for the holiday for one homeless veteran and also for a woman and her two young children from a battered woman's home. They also sponsored a Food Drive and donated the goods to a local food pantry. All of the monies for these efforts came from the apparel store and the donations from the two excellent cookouts put on by Niles Callanan and his courier service.

Richard wants to remind you all that the Resident's Council meeting is held in the Activities Room on the last Monday of the month at 9:45 a.m. This is your chance to speak up. If they can help you-they will. If they can't help you-they will direct you to those who can help you.

He also wanted to remind you of the Infection Control Team that is run by Patricia Babcock. She has a Germ Team that hands out infectious-control soap at the chow halls before each meal. In 2016-2017, VVH had a quarantine lockdown in different areas for most of the winter—Enter Patricia Babcock with a newly-created Germ Team... for the 2017-2018 season, the quarantines were a lot better contained.

You need to know that they are always looking for more members. If you could give a half hour of your time before meals, it could make a big difference in the health and well-being of all the residents. There are some new projects on the horizon for the coming winter months. Besides the very successful Talent Show, plans are being made for a “Family Show” in November that will include relatives of employees and residents, and a “Dancing with the Admin Show” for February.

Richard, I want to thank you, as I am quite sure many other residents do, for being a friend. I have learned so much about life just by being around you.

P.S. “There isn't anything I wouldn't do for a Veteran and the Veterans' Home.” Richard would like everyone to know he is here to help in any way possible.

Twig Canfield

Governor Scott visits VVH

Also attending: Secretary Al Gobeille (AHS), Secretary of Administration Susanne Young, Commissioners: Beth Fastiggi (DHR), Chris Cole (BGS), June Tierney (DPS), Sen Sears, and Rep Morrissey.





From Deputy Administrator—Colonel Al Faxon

Recent global events whether natural disasters like the recent hurricanes to impact the southern United States, or manmade incidents require families, communities, states, and us at The Vermont Veterans' Home to have Emergency Preparedness Plans in place and ready to roll. Here at the Home we have an Emergency Preparedness Plan. This Plan is reviewed in its entirety at least annually, and exercises to support and test the plan occur throughout the year.



Our plan is termed an "All Hazards" plan, scalable, and adjustable to respond to the event.



At home, you should all have a basic understanding of how you will respond to an event the cuts off power, water, transportation, and anything else you see as a necessity in your life. This link <https://www.fema.gov/media-library/assets/documents/7877> contains An In-Depth Guide to Citizen Preparedness, as well as various checklist to assist in you in being prepared.

As the Boy Scouts say....Be Prepared!

S/F

AF



AIR FORCE BIRTHDAY!



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Strike a pose!

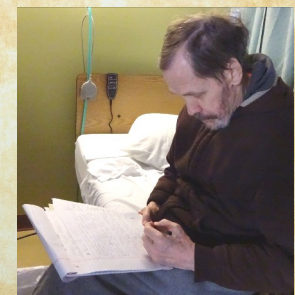


TWIG REMEMBERS... Pat Dillon

I just lost one of my best friends from my Williams' Hardware Store days. Pat worked at McShane Pharmacy as a clerk. They had started a line of generic products and she was always checking labels and switching me to the lower- priced items. In return, my boss, Bob Williams, would have special in-store (not advertised) sales and I would turn her onto them.

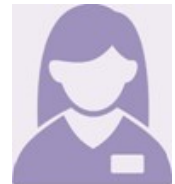
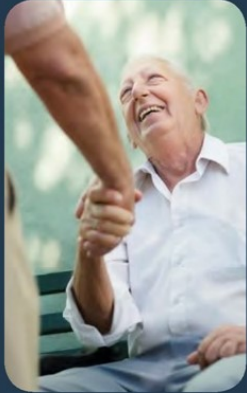
Now, this was friendship enough until one day I tested her sense of humor and told her a tacky joke. Sense of humor—you should have heard the rippers she'd tell back as we became each other's source for some of the best jokes around.

What a special lady, who was a super mom to Kim, with the very best of humor around. God Bless my good friend who I have been wondering about for years – “Pat, did you hear the one about the... ?” “Me neither, but if you do, be sure to come back and let me know!”



Robert “Twig” Canfield

You get what I mean... “Twig Remembers”



What is antibiotic stewardship?

Antibiotic stewardship refers to a set of commitments and actions designed to make sure patients receive the right dose, of the right antibiotic, for the right amount of time; and only when truly necessary. Improving antibiotic use will ensure these life-saving medications are effective and available when we need them.

What can I do to improve use of antibiotics and prevent the spread of germs?

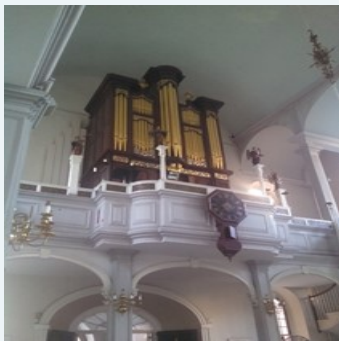
- ◇ Get smart about antibiotics by reviewing the information here and ask the right questions about any antibiotic prescription.
- ◇ Be informed about how your nursing home stops the spread of germs among residents and works to improve antibiotic prescribing practices.
- ◇ Protect yourself by getting vaccines for flu and pneumonia and encourage others around you to do the same.
- ◇ Avoid visiting when you feel ill to protect residents from germs which may be spread in the community.
- ◇ Insist nursing home staff and visitors always clean their hands before touching or caring for your wound or catheter
- ◇ Know what else you can do to prevent the spread of germs (e.g., cover your cough).

Travels with Steve

Greetings all to October!

This month is another short travel to Boston. My cousins came in for a couple of days on their way to Maine last month. Neither one of them have ever been to New England, so why not take a day trip to Boston. They put on their walking shoes and did they ever walk! Starting at the Boston Commons, we made way past the Old Granary Burial Ground near the Statehouse, then down to the site of the Boston Massacre which happened on March 5, 1770. Made the way over to Faneuil Hall which was building in 1743 and which is sometimes referred to as "the Cradle of Liberty". Although fire destroyed the hall in 1761, it was rebuilt in 1762.

After Faneuil Hall we made our way over to have lunch with two of my daughters who live in Boston. After lunch we took the ferry from Long Wharf over to the Charlestown Navy Yard to see the oldest warship in the world still afloat. Yes, it is none other than the USS Constitution whose keel was laid down on November 1, 1794 or 224 years ago, by President George Washington. There were three ships, United States, Constellation and Constitution. In 1997 it sailed for the first time unassisted since 1881. After taking the ferry for the return trip, we ended up in the North End going to Bova's, Mike's and Modern (all pastry shops) to determine which has the best cannoli. In the end, it was tie between them all. We will have to go back for a sudden death play-off. After walking around there, we ended up at the Old North Church. Built in 1723, it still is an active Episcopal church. "One if by land, two if by sea; And I on the opposite shore shall be".



Inside the North Church



The Old North Church



Main deck of USS Constitution



Gun deck on USS



USS Constitution Compass

As always, God Bless each of you and God Bless America.

Steve

FISHING DERBY!

Sponsored by the Elks Club & VVH



