



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 33

NOVEMBER 2018

The BUZZ WORD



Do what makes you happy, be with who makes you smile, laugh as much as you
breathe, and love as long as you live.

Rachel Ann Nunes



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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robyn.boland@vermont.gov
802-447-6523**



<http://vvh.vermont.gov>

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From the Administrator... Melissa Jackson



November is the start of our busy holiday season with many activities and visitors. I would like to provide the following reminders:

1. Please do not visit if you have cold or flu symptoms. The flu can be deadly to our Veterans and Members. Don't forget to get your flu shot!!
2. Staff members cannot accept individual gifts. Items that can be shared by an entire neighborhood or department (flowers, food, or cards of thanks) are allowed.
3. Live greenery in any form is not allowed in the building. This is a national fire code standard for nursing homes. Live greenery will be removed, no exceptions.
4. The national fire code also prohibits the use of open flames, i.e. candles.
5. If you, family or friends will be giving the gift of clothing this holiday season, please be sure to have the items brought to our laundry department where they can be labeled and returned to our Veterans and Members.
6. Please do not offer food to other Veterans and Members without checking with the nursing staff first. Many of our Veteran and Members have special diets including special consistencies to prevent choking.

Also remember holidays are not always happy and festive to all individuals; depression and stress around the holidays is not uncommon. Being away from family/friends and loneliness are a leading cause of depression during the holiday season. The biggest cause of stress is unrealistic expectations – that everything has to be perfect. Some signs or symptoms of stress and/or depression include: headaches, insomnia, over eating, excessive drinking, tiredness, fatigue, crying spells, irritability, trouble with concentration and decreased activity level.

If you are concerned that your loved one may be experiencing depression, stress or anxiety, please let their nurse know immediately. If you or a loved one are experiencing depression, there are many community resources that can help you through this time. This county in Vermont has a Mental Health Counseling Service and/or Crisis line than can be reached at 800-639-6071.

Wishing you and yours a very Happy and Safe Thanksgiving.

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:**

The Highland Quilt Guild
Leslie Prendergast
Gail Anderson
LaVerne McIntyre
Marie Polczwartek
Judy Bernard
Blackinton Union Church
Pownal American Legion
Rhonda and Phyllis Roberts
DAV Auxiliary - Benn. Chapter #4
VFW District 4
Luella Root
Kathy Decker
Brattleboro Chapter D.A.R.
Stella Stevens
The Congregational Church
Southern Vermont WCTU - Sandra Harris
Lynn Andrews
Tom Weakley
Bea Masterson
Leslie "Red" Cole
Michael Davenport

In Memory of William Praetorius
Kathleen Praetorius

In Memory of Theresa Forcier
CDC Day Care - Pamela Upright

In Memory of Margaret Martin
Joyce Lanoue
McLain & Peck, DDS
Mr. & Mrs. Richard Rabideau

In Memory of Richard Coffinger
Allen & Patricia Wood
Brian & Jennifer Thomas
Thomas Poultry Farm, Inc.

Events Calendar

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)
16th American Legion Gift Program

DECEMBER:

5th Tree Lighting, Front Gazebo at 5:00pm
12th Day of Remembrance, in the Chapel at
3:00pm

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

A VERY SPECIAL AND WARM

THANK YOU TO:

RHONDA & PHYLLIS ROBERTS

**FOR DONATING BIRTHDAY CARDS
EVERY MONTH (with a hand-written note
inside) TO ENSURE THAT EACH AND
EVERY RESIDENT RECEIVES A
GREETING ON THEIR BIRTHDAY.**

THANK YOU !

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
Robyn Boland
(802) 447-6510
Email: robyn.boland@vermont.gov

VVH WISH LIST

Winter Hats - Mittens
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

Howdy Folks,

Chaplain McSherry found this passage. I thought it was a good piece to share with you.



The English language can be confusing when a word has several different meanings understood only in context. How difficult it must be for those moving to the United States from another country.

The word UP is a good example of how confusing our language can be. It's easy to understand when it means "towards the sky" or "at the top of a list", but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP or decide to shut UP? Why are officers UP for election, and why is it UP to the secretary to write UP a report?

People stir UP trouble, line UP for tickets, work UP an appetite and think UP excuses. A drain must be opened UP because it is clogged UP. We open UP a store in the morning and close it UP at night.

When it looks like rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it doesn't rain for a while, things dry UP.

UP is used several times in the Bible to teach an important fact about Jesus in connection with an amazing Old Testament miracle. Notice the word UP in John 3:14: "As Moses lifted up the serpent in the wilderness, even so must the son of man be lifted up..." (The Term "Son of man" refers to "Son of God the Father.")

In John 8:28, Jesus said, "When ye have lifted up the Son of man, then shall ye know that I am he."

And in John 12:32, "I, if I be lifted up from the earth, will draw all men unto me." Not everyone will be saved, but God draws not only Jews, but people from every tribe and nation.

The reference to Moses lifting UP a serpent is from Numbers 21:5-9 when the Israelites sinned by complaining against God. He allowed serpents to bite them to discipline them, and they heeded His discipline by repenting. Then God told Moses to put a large brass serpent on a pole and those who looked UP at the serpent in faith were healed.

Looking Up was an act of faith. Likewise, we too must look UP to Jesus who died for our sins on the cross in our place. Rejoice that Jesus was lifted UP on the cross and receive Him today. Paul J. Twist.

Thanksgiving is coming so do not forget to be thankful for LIFE, LIBERTY and HAPPINESS.

Please pray for our troops serving around the globe.

God Bless,
Chaplain Ken.



Left: "Red" Cole donated a bench to be placed at Charron Pond. Accepting the donation is Al Faxon, COO.

Right: Melissa, CEO, and Michele accept donated quilts from Mr. Al Becker on behalf of Kathy Becker.





Vermont Veterans' Home Pig Roast

Raised on the Veteran owned farm
Harwood Homestead Farm in Pownel VT



Scott Betit our own IT man....his team won the event



Great Day at the Vermont Veterans Golf Tournament

VVH Board of Trustee Members Art Charron and Mike diMonda
both recognized with Distinguished Service Awards for the work
with Veterans



Col Al Faxon's team did not....

If YOU want to be happy, make OTHERS happy.
This small act of kindness just may make someone's day.



Competitive Volleyball — BRING IT ON!!!



From Deputy Administrator—Colonel Al Faxon



Life sure is interesting... sometimes you must force yourself to slow down and contemplate the many blessings we have had in our time; for me this is especially important during Thanksgiving. I have a great family and a wife that continues to put up with me.



I am beyond thankful to have been born in this wonderful country and grateful for the many opportunities it affords us as compared to other countries in the world.

THANKSGIVING



World War 2



Korean War



Vietnam
(Thanksgiving day)



Iraq



Afghanistan

Thank you.

www.facebook.com/gratefulky1a

I am very thankful for the continued opportunity to work here with you, our Veterans and members, and this unbelievable staff. Being here with you in our Home is a true honor. Each and every day I enjoy walking, talking, and working for you. Your stories of life are engaging and truly describe what being an American is.

You built and protected our great nation in its time of need... for my opportunity to be here with you... I am forever Thankful!

S/F

AF

VNA Hospice Grief Support Group

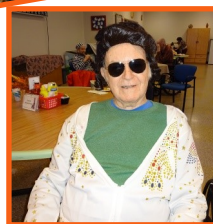
Meets the 1st and 3rd Thursday of each month.

Time: 11:00 a.m.

Place: 188 School Street
Bennington, VT 05201

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

Costume winners are Al Fagon, Charles Ulrich and Joseph Dragotta



Halloween at the VVH

TWIG REMEMBERS... Ken Colville

1955, my dad purchased the newspaper in Fair Haven that he had worked at in high school. We lived in Rutland, and I would hitchhike over on Wednesdays after school to help him “put the issue to bed”.

When he was going up street to the Allen bank – “Anybody want to go?” I would always say yes. It was so cool to watch all the attention he got. People out of every store front “Hi Larry, ‘Lo Larry”. One day he and another gent carried on for quite a spell. I said “Who was that guy? You didn’t introduce me.” “I don’t know his name, but in this town either he or a friend of his will let you know, so just be good and say Hi to everyone.” It stuck!

Now, Ken Colville ran a little news stand right where Dave and Ann Marie Calvi have insurance. On the right were hundreds of magazines, paperbacks, fix-its and comic books. Ken sat behind the counter across the way and kept a careful eye on things. One day as we talked, he asked what I liked to read. “I can’t read too long. I get headaches and everything looks backwards.” He would point out some short reads and quick reads, one of which was “The Power of Positive Thinking” by Norman Vincent Peale.

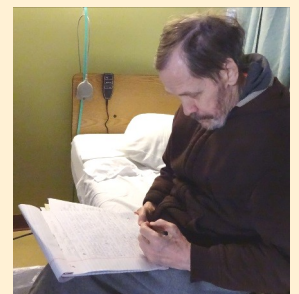
Ken was a very unique person as he had no legs. He and a friend put together a car with special gadgets on the dashboard that allowed him to operate the gas, brakes, etc. Ken and the guy had made out of a creeper (that mechanics go under cars with), a shorter version, that he could get around with. His brother, Alan, (Dutch) would help him early morn, unload and set up the book side. Later I worked with Dutch at the post office. It was his brother Ken who introduced me to Jumbo Word Puzzles, and every time I bought that little book we would do a couple. One Saturday morning in from a 10-mile frigid hike, Pete Alex, Neal Parker, Ambrose Duran and Dutch were working on the weekly puzzle in the New York Daily News. Pete says “Twig, how ‘bout an extra set of eyes to help us complete it.” They were shocked with my answer.

Ken also owned a motor boat that he kept at a rented dock at the creek on Bomoseen. The boat was also set up with special levers for him to operate it. Ken did most stuff using his upper body and was very strong. I saw huge strong quarry men come in to arm wrestle – they would get him headed down and he would muster all his might and put them down. I only saw a few matches, but I never saw him lose.

You know, I think I got his special treatment because I was Larry’s son. What made me think of Ken was the Norman Vincent Peale “Power of Positive Thinking”. If you can eliminate all the negatives, you can think past them. And do almost anything you tackle, such as Laura Loso and the boys.

God Bless Ken Colville – a very unique and special man.

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



Robert “Twig” Canfield



FLU VACCINATIONS WHY YOU SHOULD GET ONE

1. It can save your life
2. Increases your chances of staying healthy
3. Friends and family will thank you for it
4. It will save you money by not going to the doctors or buying medications
5. You will be protected for months
6. It does not hurt

That time of the year — FLU SEASON!

Reminders to Prevent the Spread:

1. Please wash your hands before you eat, after using rest rooms, entering VVH and leaving, to name a few. Hand sanitizer is available by all entrances at VVH and in all Veteran/Member rooms.
 2. Please cover your mouth when you cough. At all entrances at VVH, there are masks available if you have a cough when you visit your loved ones.
 3. If you are ill, please delay your visit to VVH and your loved ones.
- Thank you in advance for your assistance with this important matter!!!!

Patricia Babcock, RN, IP

If you have questions or concerns, contact Patricia Babcock at (office) 447-6467 or Pager # 742-0624.

Travels with Steve

Dear All,

At the 11th hour of the 11th day of the 11th month, World War I came to end. The formal and diplomatic end of WWI occurred on June 28, 1919 with the Treaty of Versailles. More importantly, it is Veteran's Day or in other times, Remembrance Day. Let's take a trip to Versailles.

The Palace at Versailles was the hunting lodge and chateau of Louis XIII in the early 1600's. At the time the monarch resided at the Louvre in Paris. It was not until Louis XIV in 1682, moved the principal royal residence from the Louvre in Paris to Versailles. The land is over 2,000 acres, of which 1,976 acres are gardens. The palace is over 721,000 square feet and can house up to 20,000 people with its 700 rooms and has its own chapel (so you are not late for mass). The pictures below do not do the place justice. One room is called the Gallery of Battles with over 30 paintings of battles that influenced the history of France. All paintings are of battles that occurred in Europe except for one. This painting is the Siege of Yorktown because of a young (24 years old) Major General, the Marquis de Lafayette's involvement. Two years after this battle in October of 1791, England signed the Treaty of Versailles recognizing the independence of the United States of America.



Versailles Gardens from the Palace



Hall of Mirrors



Battle Room



Palace from the Gardens

As

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

Steve



SPIRIT OF THE ADA AWARDS

GOVERNOR'S COMMITTEE ON THE EMPLOYMENT OF PEOPLE WITH DISABILITIES

Montpelier, Vermont, September 25, 2018 –The Vermont Governor's Committee on the Employment of People with Disabilities (GCEPD) announced the employer award recipients for the "Spirit of the ADA" Awards. Awards are given to employers who reflect the spirit of the Americans with Disabilities Act in their employment practices and successfully meet the following criteria:

1. Recruitment outreach and equal accessibility in the application, interviewing and hiring procedures for people with disabilities.
2. Use of on-the-job accommodations, modifications, progressive employment methods, and/or creative solutions for successful training and employment of people with disabilities.
3. Accessible physical structures, buildings, work stations and equipment, and services.
4. Support for the employment of a person(s) with a disability as an overall employment strategy.

Special Recognition Awards
State of Vermont Agency Award: Vermont Veterans' Home



The **Governor's Committee on the Employment of People with Disabilities Award** recognizes the Vermont Veterans' Home as an employer who reflects the spirit of the Americans with Disabilities Act in its employment practices and offers appreciation for its support of the mission to promote the employment of the citizens of Vermont of all abilities.

Patti Parker, Executive Housekeeping (center), was given an award for the diversity within her department. Melissa Jackson, CEO and Representative Mary Morrissey are pictured with Patti.



LNA Graduation October 2018



Back row: Cindy Murray, Melissa Jackson, Patricia Babcock
Seated (l-r): Krystyna Borowy, Zaynah Poore, Taylor Schnoop and Jamie Davis.

Thanksgiving

C	P	U	M	P	K	I	N	P	I	E	A	G	T
A	U	T	U	M	N	I	P	L	N	F	S	H	M
K	F	W	Y	H	L	W	F	M	P	U	A	V	A
P	L	R	L	S	A	V	G	I	U	N	K	L	Y
T	S	R	I	G	L	R	L	M	K	E	R	T	F
T	P	T	M	R	R	G	V	S	F	E	I	G	L
S	N	N	A	A	R	A	G	E	A	Y	S	I	O
A	R	I	F	I	U	I	V	T	S	K	Y	A	W
E	O	G	M	L	V	N	S	Y	A	T	U	V	E
F	C	S	E	I	E	T	U	R	K	E	Y	I	R
I	A	E	N	P	E	L	L	A	F	C	F	R	Y
O	P	G	Y	A	D	I	R	F	K	C	A	L	B
V	I	S	T	U	F	F	I	N	G	M	A	A	M
U	A	C	E	L	E	B	R	A	T	E	U	A	P

PILGRIMS
 BLACK FRIDAY
 FALL
 GRAVY
 AUTUMN
 CORN
 PUMPKIN PIE
 TURKEY
 STUFFING
 FAMILY
 THANKSGIVING
 MAYFLOWER
 FEAST
 CELEBRATE
 HARVEST



A traditional Thanksgiving dinner will be celebrated at the Vermont Veterans' Home on November 22 with service beginning at 11:30 in the main dining hall. (An alternate will also be available.)

The first guest per Veteran/Member is free of charge and additional guests are \$10.00 per person with a maximum of four (4) guests.

Space is limited and reservations are preferred as service will be on a **FIRST COME, FIRST SERVED** basis. We encourage you to register with the Receptionist providing the Veteran/Member who you will be visiting and the number of guests. Please call 802-447-6510 or stop by the Reception desk to make arrangements. Thank you.