

# The BUZZ WORD

Volume	Issue 7
	<b>14</b>
July	2023



Butterflies can't  
see their wings.  
They can't see  
how truly beautiful  
they are, but  
everyone else can.  
People are like  
that too.

-unknown





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 ensuring 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](mailto: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](mailto:melissa.jackson@vermont.gov)

Asa Morin, COO/Deputy Administrator  
447-6544  
[asa.morin@vermont.gov](mailto:asa.morin@vermont.gov)

Mary.Cicirello, Interim Director of Nursing Services  
447-6543  
[mary.cicirello@vermont.gov](mailto:mary.cicirello@vermont.gov)

Steven McClafferty, Business Manager  
447-2732  
[steven.mcclafferty@vermont.gov](mailto:steven.mcclafferty@vermont.gov)

Paul Yerke, Nutritional Services Director  
447-2815  
[paul.yerke@vermont.gov](mailto:paul.yerke@vermont.gov)

Michele Burgess, Activities Director  
447-6520  
[michele.burgess@vermont.gov](mailto:michele.burgess@vermont.gov)

Christina Cosgrove, Behavioral Health Director  
447-2792  
[christina.cosgrove@vermont.gov](mailto:christina.cosgrove@vermont.gov)

Jon Endres, Environmental Services Director  
447-6528  
[jon.endres@vermont.gov](mailto:jon.endres@vermont.gov)

Patti Parker, Housekeeping and Laundry Supervisor  
447-2731  
[patricia.parker@vermont.gov](mailto:patricia.parker@vermont.gov)

Cindy Gadway, Program Manager of Rehab  
447-6548  
[cindy.gadway@partner.vt.gov](mailto:cindy.gadway@partner.vt.gov)

Melinda Crawl, Marketing/Admissions Coordinator  
447-2755  
[melinda.crawl@vermont.gov](mailto:melinda.crawl@vermont.gov)

Sarah Sigsbury, Nurse Case Manager  
447-6539  
[sarah.sigsbury@vermont.gov](mailto:sarah.sigsbury@vermont.gov)

Jeannie Cody, Quality Assurance (QA) Nurse  
447-2782  
[jean.cody@vermont.gov](mailto:jean.cody@vermont.gov)





## *From the Administrator—Melissa Jackson*

Happy Summer,

Our Father's Day Car Show was a huge success despite being pushed off by a day due to rain. We have several upcoming events throughout the remainder of the summer. These include:

- **July 5<sup>th</sup>** ————— Eagles Band Concert 6:30pm
- **July 15<sup>th</sup>** ————— Annual Veteran's Ride—Am. Legion Post 13 Riders
- **July 16<sup>th</sup>** ————— VFW Resident Picnic
- **August 20<sup>th</sup>** ————— American Legion Post 13 Picnic
- **September 10<sup>th</sup>** ——— Grandparents Fishing Derby



I am very excited to announce that VVH will have a new Director of Nursing Services starting July 17<sup>th</sup>. Donna Richards, RN, BSN has accepted the DNS position. Donna has been a member of the VVH team since 2002. She previously worked as a Charge Nurse, an MDS Coordinator, and most recently as the Nurse Manager for Brandon Boulevard. Please join me in congratulating Donna on her new position.

We are closing in on the completion of the Safety and Security Project and we appreciate your patience during this project. We are in the process of developing a plan to replace our nurse call (call bell) system. Once a construction calendar is finalized, we will share this information with you.

As a reminder, if you are taking your loved one outside for a visit, their Nurse has sunscreen that can be applied.

I hope to see you at one of the events listed above.

*Take Care, Melissa*

Melissa A. Jackson, MBA, FACHCA

Chief Executive Officer

[www.vvh.vermont.gov](http://www.vvh.vermont.gov)

## **VVH Nutritional Services** in the spirit of **Red Nose Day**

**Red Nose Day** is an annual fundraising campaign raising money and awareness to end the cycle of child poverty and to ensure a safe and healthy future for all children by empowering them through education.



*From the Deputy Administrator*  
**Asa Morin**



To Our Veterans' Home Families:

### The Benefits of Open Access to the Outdoors

Here at VVH we are very lucky to have the outdoor space and grounds that we do. Research shows that people with dementia who spend more time participating in outdoor activity have improved sleep and less agitation. Additionally, those who spend more time outdoors generally need less psychiatric medication and have a reduction in falls (quantity and severity). To sum it up – spending time outdoors is good for both physical and mental health!

On Cardinal Point, our licensed special care unit for dementia, we have a beautiful, enclosed, outdoor space which has recently been named “Freedom Park.” The goal is to create a recreational space, unrecognizable from any park you would find in the general community. Planned additions to the park include increased seating, garden beds, musical as well as water elements. We also want to replace the existing fence with a safe, yet aesthetically pleasing, more home-like fence. If making a donation to the Home, please consider designating it for this purpose.



*Asa*



Asa Morin, MSW, LICSW, LNHA

Deputy Administrator/COO/CCO

(802) 447-6544

[asa.morin@vermont.gov](mailto:asa.morin@vermont.gov)

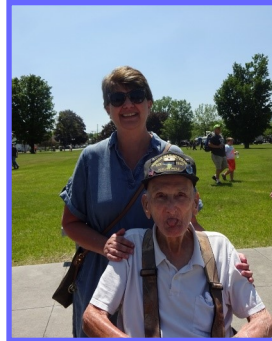


**Grace  
Christian  
School**  
visits VVH.



Students spent time with the Veterans and Members bringing cards and smiles and entertaining them with songs and stories.





Memorial



Day







There are plenty of jigsaw puzzles in the Town Square.

A Vet tackles one of the harder black & white prints.



A few players on the Boys' Lacrosse team came to greet one of the Veterans

who was watching them at practice.

Soon the ENTIRE TEAM came to say hello!



Michelle brought Rick to the Little League field in the golf cart so Rick could watch his grandson's baseball game coached by Rick's son.

The team presented him with a souvenir "game ball".



# Magic Wings Butterfly Conservatory & Garden







## American Legion Auxiliary 2022-2023

### *National President Vickie Koutz*

visited the VVH. Her focus is to honor our Veterans every day and is also working to raise awareness on our country's Prisoners of War and Missing in Action. President Koutz is described as humble, kind and considerate and puts others ahead of herself. She is truly living the ALA motto of Service, Not Self.

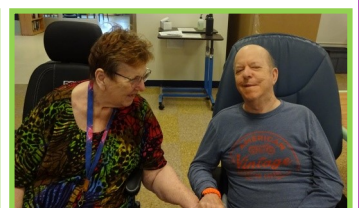
L-R: Past Department President Deb Tiernan, Auxiliary Vice President Deb Graziano, VVH CEO Melissa Jackson, Auxiliary President Kelly Donaldson, ALA National President **Vickie Koutz**, Auxiliary National Committee Member Corinna Colson, Auxiliary Sgt. of Arms John Tester and Past Department Commander and VVH Trustee Catherine Tester.



The American Legion Auxiliary Unit 13 brought poppies and posters for our residents. L-R: Darlene Cumm, Lisa Bump, Denise Colety, Charlotte Budreau, Sandra Sinclair, Mary Morrissey, Brieone Dorsey LNA, Michele Burgess, Activities and Donna Stone.



MAUHS Chorus performed SHOW TUNES for our Veterans and Members.





## ***The Price of Freedom – after the signing 1776***

THEY PAID THE PRICE Americans, you know the 56 men who signed our Declaration of Independence that first 4th of July--you know they were risking everything, don't you? Because if they won the war with the British, there would be years of hardship as a struggling nation. If they lost, they would face a hangman's noose. And yet there where it says, "We herewith pledge, our lives, our fortunes, and our sacred honor," they did sign. But did you know that they paid the price?

When **Carter Braxton** of Virginia signed the Declaration of Independence, he was a wealthy planter and trader but thereafter he saw his ships swept from the seas and to pay his debts, he lost his home and all his property. He died in rags. **Thomas Lynch, Jr.**, a third-generation rice grower and owner of a large plantation, was an aristocrat but after he signed his health failed. He and his wife set out for France to regain his failing health. Their ship never got to France; he was never heard from again. **Thomas McKean** of Delaware was so harassed by the enemy that he was forced to move his family five times in five months. He served in Congress without pay, his family in poverty and in hiding. Vandals looted the properties of **8 additional signers**.

**Thomas Nelson, Jr.** of Virginia raised two million dollars on his own signature for provisions for our allies, the French fleet. After the War he personally paid back the loans wiping out his entire estate but was never reimbursed by his government. In the final battle for Yorktown, Nelson urged General Washington to fire on his (Nelson's) own home then occupied by Cornwallis. He died bankrupt.

**Others suffered as a result of their loyalty:** **Francis Hopkinson's** home was seized; **Francis Lewis'** home and possessions were destroyed and his wife imprisoned dying a few months later. **Richard Stockton** was captured and mistreated, his health broken and his estate pillaged. **Thomas Heyward, Jr.** was captured when Charleston fell. **John Hart** was driven from his wife's bedside while she was dying; their thirteen children fled in all directions for their lives. **Lewis Morris** saw his land destroyed; his family scattered. **Philip Livingston** died within a few months of hardships of the War. **John Hancock**, history remembers best, was one of the wealthiest men in New England. He stood outside Boston one terrible night of the War and said, "Burn Boston, though it makes John Hancock a beggar, if the public good requires it." Of the 56 signers of the Declaration, few were long to survive. **Five** were captured by the British and tortured before they died. **Twelve** had their homes sacked and looted, occupied by the enemy or burned. **Two** lost their sons in the Army; **one** had two sons captured. **Nine** of the 56 died in the War from its hardships or from its more merciful bullets.

I don't know what impression you would have had of these men who met that hot summer in Philadelphia, but I think it's important this July 4, that we remember this about them: they were not poor men, they were not wild-eyed pirates. These were men of means; most of them were rich men who enjoyed the luxury in personal living. Not hungry men--prosperous men, wealthy landowners, substantially secure in their prosperity. But they considered liberty is so much more important than security that they pledged their lives, their fortunes, and their sacred honor. They fulfilled their pledge--they paid the price, and freedom was born. (edited from SOURCE: Paul Harvey, News and Commentary. July 4, 1974.)



"Camo Cake" was created by Dietary as a special tribute for the **248th birthday of the US Army**.



Our Veterans are ready to cut the masterpiece and share it with the residents.







Jim (seated) had been a volunteer for the Bennington Rural Fire Department for many years. Mary, his wife, had a special surprise for him with the help of Tim Burgess and Steve Waters, members of the BRFD, who came to visit arriving in a fire truck.

## PATRIOT HALL GARDEN PROJECT



Sarah and Kim of the Nutritional Services Department initiated the beautification project during Nursing Home Week. As a group effort, perennials were planted in the tiered garden which was created outside of Patriot Hall for the enjoyment and dining pleasure of our Veterans, residents and staff.



Michele, Activities Director, accepts beautifully handmade quilts from Bev Adams-Allen, President of the American Legion Auxiliary Unit 648 Rutland. Gifts included 8 "Arizona" hats.

Bev also brought special Memorial Day cards made by K-5th Grades at South Royalton.



American Legion Riders VT Chapter 1 Post 36 of Ludlow made a stop at the VVH as part of a fundraiser making two very generous donations to the Members Assistance Fund.

Asa, COO, (second from right) and Michele, Activities, (fourth from left) accept the monetary gifts.





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



Stella Stevens, Family & Friends

Phyllis & Rhonda Roberts

Catherine McClure

Marilyn Ficalora

Ballard-Hobart Am. Legion Post 36

American Legion Riders Chapter 1 Ludlow

DAV Auxiliary—Milton

American Legion Auxiliary Unit 648-Rutland

South Royalton School, Grades K-5

American Legion Unit 13

Sacred Heart Middle School Outreach Class

Bill Houran and the State Line Car Club

The DeMaris Family

Bennington Senior Center

Priscilla Lanpher

VFW Auxiliary Department of Vermont

Ed Maroney

Grace Christian School

Berkshire Bank c/o Robert Freeman SVP/CIO

VVH's Public Service Award Winner  
**MARY CICIRELLO, Acting DNS**



Governor Phil Scott presented Mary with the award for her dedication to the VVH.

During the Covid pandemic, Mary took the

lead role to ensure the VVH was following established guidelines and testing regulations. She has been the Acting Director of Nursing and has worn many hats performing each without hesitation. Mary goes above and beyond her normal duties and doing so in the spirit of teamwork. **Congratulations, Mary!**

## VVH Staff Recognition Years of Service

### ACTIVITIES

Rae Ann Woods — 35 years

### ADMINISTRATION

Ivy Schwartz — 8 years

### CLEANING, HOUSEKEEPING, LAUNDRY

Robert Polly — 11 years

Holly Waldron — 6 years

### ENVIRONMENTAL SERVICES

Dale Lampman — 15 years

### NURSING

Tracy Greene — 28 years

Wendy Kunzmann — 13 years

Steve Smith — 13 years

Mary Cicirello — 8 years

Misty Shores — 8 years

Wendy Ford — 7 years

Elizabeth Boyington — 4 years

Victoria Knapp — 2 years

Sheila Thomas — 2 years



## *Congratulations, Quentyn*



Board of Trustees President, Gary De Gasta, presents Quentyn with a Board Challenge Coin in recognition of his personal mission in keeping the VVH grounds beautiful and his participation in VVH projects and activities.

**Thank you, Quentyn, for all you do!**



### 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 (postal)

To be added to our lists please contact:

The Buzz Word  
Vermont Veterans' Home  
325 North Street  
Bennington, VT 05201

Robyn Boland  
(802) 447-6523  
Email: [Robyn.Boland@vermont.gov](mailto:Robyn.Boland@vermont.gov)

### VVH WISH LIST

#### **"Music and Memory" Players**

A monetary donation of \$30.00 provides a customized music player to a Veteran or Member.

#### **We are now accepting Books and Puzzles**

Fidget Blankets

Crafts

Neck Pillows

Aromatherapy Lotions

Relaxation Oils



#### **THANK YOU**

Your donations are gratefully accepted.

Please make the check for monetary donations to:

**Vermont Veterans' Home  
Business Office  
325 North Street  
Bennington, VT 05201**

Please include the purpose in the "memo".

Due to COVID-19, we are still not able to accept:  
CDs or used clothing.

**PLEASE NOTE: WE WILL NO LONGER ACCEPT  
DVDs due to modern technology of TV's and  
streaming availability.**

We will keep you posted when changes are made.  
Thank you for your patience and understanding.

### MONETARY 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 in the memo area of the check 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:**

Memory Music Player

#### **Veteran's Mobility Trail**

Monetary donations toward a paved walkway around the perimeter of the VVH

#### **Wreaths for Veterans**

Donations will go towards the purchase of wreaths for the wreath-laying ceremony

#### **Freedom Park**

Cardinal Point outdoor area enhancement and improvement

Did you hear about the zombie  
bodybuilder that hurt his back?  
He was dead lifting.

Did you hear about the restaurant  
on the moon?  
Great food, but no Atmosphere.

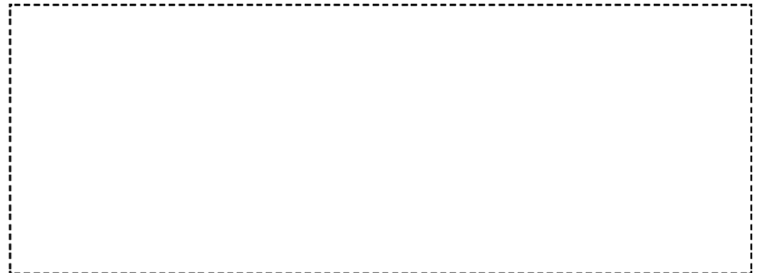
Did you hear about the big Lego sale?  
People were lined up for blocks.

Did you hear about the frog who parked  
illegally?  
It got toad.

welcome  
to the  
groan  
zone



Vermont Veterans' Home  
325 North Street  
Bennington, VT 05201



***“FULFILLING THE PROMISE: Caring for the  
Veterans of Vermont and their families”***



**MEMORIAL DAY**

Remembering the Fallen

Honoring the Living

