

The BUZZ WORD

Volume
April

Issue 4
15
2024



We just like to build things and do things.

Andrew Mason

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 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
802-447-6523



<http://vvh.vermont.gov>

Administration and Department Directors

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

Asa Whitcomb, (formerly Morin) COO/Deputy Administrator
447-6544
asa.whitcomb@vermont.gov

Donna Richards, Director of Nursing Services
447-6543
donna.richards@vermont.gov

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

Paul Yerke, Nutritional Services Director
447-2815
paul.yerke@vermont.gov

Marjorie LaFountain, Activities Director
447-6520
marjorie.lafountain@vermont.gov

Christina Cosgrove, Behavioral Health Director
447-2792
christina.cosgrove@vermont.gov

Environmental Services
447-6528

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

Cindy Gadway, Program Manager of Rehab
447-6548
cindy.gadway@partner.vt.gov

Melinda Crowl, Marketing/Admissions Coordinator
447-2755
melinda.crowl@vermont.gov

Sarah Sigsbury, Nurse Case Manager
447-6539
sarah.sigsbury@vermont.gov

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

April

From the Administrator—Melissa Jackson



Greetings,

Spring is trying to make its presence known at VVH, so it is time for my yearly reminder to watch your speed on the property as more and more Veterans and Members enjoy the nicer weather. The speed limit on the property is 15 miles per hour. Please be on the lookout for Veterans and Members walking or wheeling between cars, by the fish pond and near the pavilions. Did you know that you can ask for fish food from the receptionist? Our fish are always hungry and enjoy the extra attention. Our deer love apples and bananas so if you have any extra, feel free to share them with the herd - you may get an up close and personal visit from them.

We will be sharing our summer events schedule with you soon. We will have the annual Father's Day Car show, picnics with the various Veterans Service Organizations, and music concerts. New this year, we will be hosting a Veteran, Member, Staff and Family Member picnic during Nursing Home Week (the week of May 12th). More information on this event will be shared soon.

Take Care, Melissa



Melissa A. Jackson, MBA, FACHCA

Chief Executive Officer

www.vvh.vermont.gov

AMERICAN WAY CONSTRUCTION UPDATE APRIL



We have spent the past month choosing exterior designs for the building and memory care garden. We are now working on interior design and finishes for common areas, dining rooms, and resident rooms. Once these items are finalized, we will share some of the conceptual drawings with you. There are still plans to design a 3d mock up of a resident room for residents, staff, and family to see and to make comments on prior to the final plans being created.

NATIONAL OCCUPATIONAL THERAPY MONTH



This month we recognize and celebrate our vital professional and the meaningful differences she makes in the lives of our Veterans and Members.

Please say ***thank you*** to

CINDY GADWAY

of Benchmark Therapies for taking excellent care of our residents and Veteran out-patients.

*From the Deputy Administrator
Asa Whitcomb*



To Our Veterans' Home Families:

In May we will be celebrating National Skilled Nursing Care Week from the 12th to the 18th. During this week, we will be awarding two staff recognition awards.



The first is the DAISY award. The DAISY Award recognitions honor the super-human work nurses do for patients and families every day wherever they practice, in whatever role they serve, and throughout their careers – from Nursing Student through Lifetime Achievement in Nursing.

The second is the VVH Perseverance Award which recognizes a VVH staff member from a non-nursing role for their outstanding persistence in caring for and honoring those we serve.

If there is a staff member that you would like to nominate for either award, you may find the nomination forms on our website at vvh.vermont.gov under Employee Recognition or you may find forms at the front reception area. Forms may be emailed to me or placed in any of the secure "Feedback" boxes throughout the Home. The deadline to submit forms is May 1.

Asa

Asa Whitcomb (formerly Morin), MSW, LICSW, LNHA, CPM, CDS

Deputy Administrator/COO/CCO

(802) 447-6544

Some things in life... are so petty.
Like which one didn't put the seat down or up
in the restroom.
Fix it, end of subject.
Like, don't wear your baseball cap
backwards.
Who cares how you wear it, really.
Esp...with all the funky shades of hair dyes on
folks these days.
Life really is about finding peace, not wars.
Told from our Lord, peace be with you
not war between you..
Let me emphasize... Peace be with you.
Don't let nagging become your past time.
Let kindness and Love blossom from your



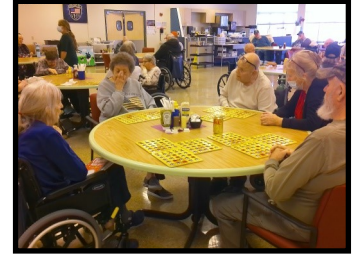
CA Crawford

SPOTLIGHT ON BUCKY

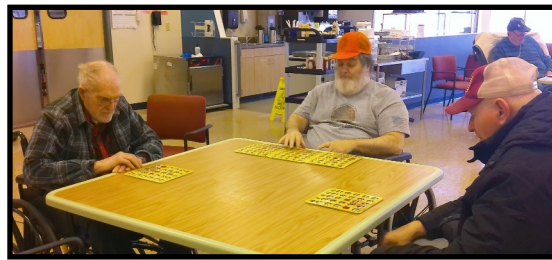
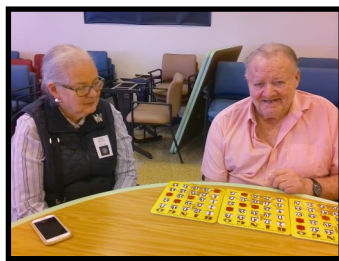
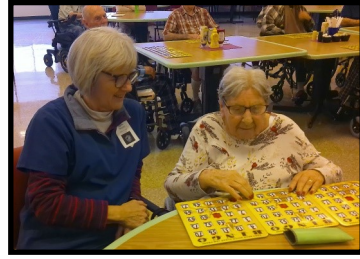


Bucky transformed the Mt. Anthony Union HS Nordic teams into state champions in the late 60s and early 70s. He also founded the Bill Koch Youth Ski league which continues today. His waxing abilities were legendary. He volunteered for many years after he retired from coaching to help the BKL kids wax at the annual BKL festival.

Bucky Broomhall (seated) made a recent visit to Prospect to say hello. Along with Steve Whitham, (2nd from right) Bucky designed and helped construct the first Nordic trails at Prospect in 1982.



B
I
N
G
O



In the Activities room, Kelly reads the newspapers and the daily chronicle while moderating discussion among the residents about local and world events.



Las Vegas Day



Hosted by the
Bennington
Elks



CULINARY GROUP—
This week it's
CUPCAKES

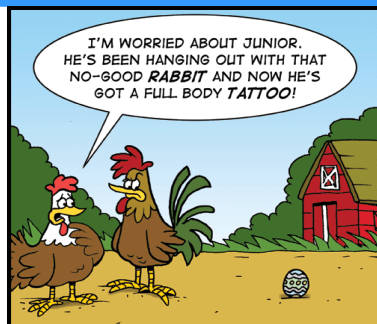
**WHAT'S ON
THE MENU
FOR NEXT
WEEK?**



CULINARY GROUP —
mmm-mm good



I just replaced the can of
air freshener in the office
restroom with an air horn.
And now we wait....



I'M WORRIED ABOUT JUNIOR.
HE'S BEEN HANGING OUT WITH THAT
NO-GOOD RABBIT AND NOW HE'S
GOT A FULL BODY TATTOO!



DOH!



Why you can never tell a
dog a knock-knock joke

Knock
Knock..

BARK
BARK
YIP ARF YIP ARF

FEATURE ARTICLE: "The Legion of Merit Award"

Michael McIntyre, a resident of the Brandon Neighborhood, has been awarded "The Legion of Merit Award" by the United States Army. The Legion of Merit is a military award of the United States Armed Forces that is given for exceptionally meritorious conduct in the performance of outstanding service, fidelity, achievement and loyalty in either combat or noncombat positions.



The Legion of Merit medal was authorized by Congress in 1942 to award members of the Armed Forces and is the first medal that could be awarded to citizens of other nations. Michael is certainly in the company of some notable recipients of The Legion of Merit, as is evidenced by a few of its most famous honorees below:

- | | |
|---|--|
| Dwight D. Eisenhower - General and President of the United States | |
| George S. Patton - General | John McCain III - Pilot and U.S. Senator |
| Norman Schwarzkopf, Jr - General | Chuck Yeager - Test Pilot |
| Charles de Gaulle - General France | Scott Carpenter - Pilot and Astronaut |
| Sir Bernard Montgomery - General Great Britain | |



Michael was most recently a resident of Whitefield, NH, and served on active duty for 26 years in the United States Army and retired as a Command Sergeant Major (E-9). In addition to the Legion of Merit, Michael is also the recipient of the Bronze Star, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, Meritorious Unit Commendation, Good Conduct Medal, Vietnam Service Medal, National Defense Service Medal, along with various other awards and commendations.

Written by Mr. Lloyd Johnson



Culinary Group starts the afternoon with some cupcakes, and then...

BALL DRUMMING



FLOWERING



JIGSAW

P U Z Z L E



Jesus' Enduring Presence



CHAPLAIN RICHARD SETZER CORNER

Life can feel like a complicated puzzle sometimes, with lots of uncertainties and challenges. Jesus tells us He is always with us, no matter what. His presence is like a reliable compass, guiding us in the right direction as we navigate the twists and turns of life and as we consistently draw close to Him, He draws near to us.

If you have ever had a trustworthy friend who was faithful to walk with you in tough times, you know just how invaluable such companionship can be. Jesus is the greatest and most loving friend we could ever have—guiding, comforting and giving us strength. In His presence, we can find peace, courage and the assurance that we are never alone whether things are going well or not.

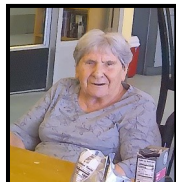
God wants us to talk with Him. Jesus said if we have a need, we are to ask; if we seek answers, we will find them; if we want opportunities to open up, He will respond when we knock. Even so, many of us do not spend as much time in prayer as we should and it could be costly finding ourselves on a slippery slope, sliding through weariness, discouragement, and doubt.

Hauling all our worries and cares around is exhausting but God does not intend for those burdens and the weight they carry to fall on our shoulders. The Bible tells us to cast those loads on the Lord — then picture Jesus' shoulders just above your own with Him bearing your problems. The burden may not disappear, but it feels blessedly lighter when you hand it over to the Lord.

PEANUT BUTTER COOKIES with a KISS



made by

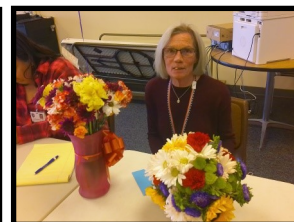


the
Culinary
Group



Melissa, CEO, presented Michele Burgess a plaque in recognition of her 47 1/2 years at the Veterans' Home.

Staff celebrated the milestone and wished her well on retiring having many memories of life with Veterans.



Paul moonlights
for FTD!

Upcoming Diet Changes

Wouldn't it be great if we all used the same terminology? "Yes" said everyone in health care! Welcome to a new initiative to classify diet textures consistently and decrease confusion. Every nursing home and hospital has their own lingo to describe their diet textures... mech-soft, ground, nectar thick, puree, chopped, soft, etc. This can be problematic when patients need to go to the hospital and when they come back to their long-term care facility. To help alleviate this problem, an "International" diet has been created and in general will be followed by most health care facilities across the globe! VVH is proud to embrace this new initiative.

The changes will include new names as well as some differences in how things are served. The International Dysphagia Diet Standardization Initiative (IDDSI) created global standardized terminology and definitions for texture-modified foods and thickened liquids to improve the safety and care for individuals with dysphagia, which affects an estimated 590 million people worldwide.

The IDDSI is composed of a large group of volunteer professional experts in multiple fields that are directly involved in the treatment of dysphagia, including nutrition and dietetics, speech language pathology, occupational therapy, nursing, patient therapy, food science, and technology from nine countries around the world. In January 2017, the Academy of Nutrition and Dietetics and the American Speech-Language-Hearing Association together announced their support of a new global initiative to standardize diets for the treatment of people who suffer from swallowing disorders.



- The final dysphagia diet framework consists of eight levels (0-7) and includes both foods and liquids on a single continuum
 - Levels are identified by numbers, text labels, and color codes
 - Drinks are measured from Levels 0-4, while foods are measured from Levels 3-7
 - There are expanded levels of liquid consistencies.
- ⇒ National Dysphagia Diet (NDD) levels (3): Nectar → Honey → Pudding Thick
- ⇒ IDDSI Levels (4): Mildly → Moderately → Extremely Thick to replace National Dysphagia Diet levels, with the addition of Slightly Thick which is between Thin and Mildly Thick
- Level 3 includes moderately thick liquids and liquidized foods, which share similar characteristics and descriptions.
 - Level 4 includes extremely thick liquids and pureed foods, which share similar characteristics and descriptions.
 - Level 5 contains minced particle sizes of 4mm, which happens to be the size of food particles after chewing and are "swallow-ready" so this diet requires minimal chewing
 - Level 6 contains bite sizes that are 1.5cm or 15mm, so that if a chunk falls into the airway, the person will not choke/asphyxiate. The size of 15mm is about the size of an adult thumbnail, and is smaller than the typical adult airway
 - There are now specific, and practical tests of consistency (without using expensive rheology equipment) that can be used to distinguish between levels (i.e. the IDDSI Flow Test and Fork Test using a 10 mL syringe)
 - A category for transitional foods will be provided

Please stay tuned for more information and trainings as well as upcoming dates of things changing!

Beth Webb, RD and Taylor Johnston, MS, CCC-SLP

THANK
you

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

Phyllis & Rhonda Roberts
April Erwiski

Helping Hands Thrift Store

Dept. of Vermont VFW Auxiliary

Bennington Police Department

James Kinney

Fair Haven Eagle Riders #3907 Inc.

Victoria Thorpe

Bennington Elks #567

We Apologize and Thank

The VFW Post 792, Brown Johnson Post in Montpelier, for the very, very generous donation.

We apologize for the omission in the Buzz Word recognizing the support shown by the VFW to our Veterans and Members.

VVH Staff Recognition Years of Service

CLEANING, HOUSEKEEPING & LAUNDRY

Particia Brochu — 4 years
Marian Crandall — 2 years

DIETARY

Michael Lampron — 8 years
Paul Krasselt — 2 years
Kerry McGuire — 2 years

ENVIRONMENTAL SERVICES

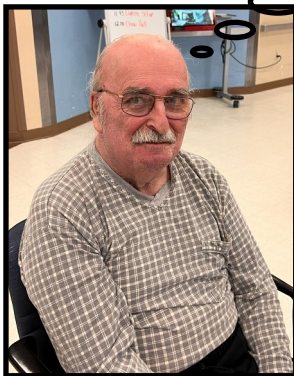
James Kinney — 18 years

NURSING

Amy Harrington — 17 Years
Jared Ameden — 13 years
Christine Lanfair — 4 years
Stacey Whitten — 3 years
Colleen Moore — 2 Years



Think I'll just sit this one out



BUST A MOVE

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 The Buzz Word
- ♦ 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

VVH WISH LIST

"Music and Memory" Players

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



Due to your overwhelming generosity, we no longer need blankets, lap blankets or afghans.

We will accept **only new or like-new** Books and Puzzles

Appreciated by Veterans and Members:

Craft Items or Kits Neck Pillows
Aromatherapy Lotions Relaxation Oils

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".

We are still not accepting: 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 Fund:
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:
Music and Memory Players

Veteran's Mobility Trail Fund:
Monetary donations toward a paved walkway around the perimeter of the VVH

Wreaths for Veterans Fund:
Donations will go towards the purchase of wreaths for the wreath-laying ceremony

Freedom Park Fund:
Cardinal Point outdoor area enhancement and improvement

TO: VETERANS, MEMBERS, FAMILIES & FRIENDS

If you have scheduled a medical appointment for a resident, please let our friendly Scheduler know.

Contact:
TAMMY SHIELDS
802.447.6542

Tammy.shields@vermont.gov



Vermont Veterans' Home
325 North Street
Bennington, VT 05201



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

THE ACTIVITIES DEPARTMENT

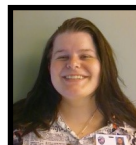
If you see our staff, please thank them for all they do.



OUR AMAZING STAFF:

Josh Aldrich, Virginia Harrington,
Kelly Brown, Samantha Caron, Leslie Bayetis,
Marjorie LaFountain, Director of Activities
and Danielle Record

(not pictured: Sara Green and Rae Ann Woods) Amber Hicks



SHORT LIST OF ACTIVITIES:

- | | | |
|------------------|-----------------|---------|
| TRIVIA | HANGMAN | PUZZLES |
| EXERCISE GROUPS | HOST DANCES | |
| CURRENT EVENTS | COOK AND BAKE | |
| ARTS AND CRAFTS | HOST PARADES | |
| DECORATE | GOLF CART RIDES | |
| POPCORN WAGON | EGG HUNTS | |
| AND OF COURSE... | BINGO! | |