



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 23

JANUARY 2018

# The BUZZ WORD



**MAGGIE AND KEVIN SHARING SOME HOLIDAY JOY**

**FULFILLING THE PROMISE**

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



VERMONT VETERANS' HOME

*Fulfilling the Promise*

**325 North Street  
Bennington, VT 05201**

**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:*

**Mary Ryan, Executive Assistant  
mary.ryan@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)

Col. Al Faxon, COO/Deputy Administrator  
447-6544  
[allan.faxon@vermont.gov](mailto:allan.faxon@vermont.gov)

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

Patricia Crossman, Director of Nursing Services  
447-6565  
[Patricia.crossman@vermont.gov](mailto:Patricia.crossman@vermont.gov)

Cindy Rankin, Food Service Director  
447-2815  
[cindy.rankin@vermont.gov](mailto:cindy.rankin@vermont.gov)

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

Christina Cosgrove, Social Services 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)

Jen Morrison, Program Manager of Rehab  
447-6548

Karen Divis, Quality Assurance Nurse  
447-2888  
[karen.divis@vermont.gov](mailto:karen.divis@vermont.gov)

Mary Hamilton, MDS  
379-5279  
[mary.hamilton@vermont.gov](mailto:mary.hamilton@vermont.gov)

Gary Yelle, Admissions Coordinator  
and Marketing Director  
447-6539  
[gary.yelle@vermont.gov](mailto:gary.yelle@vermont.gov)

...and the VVH stockings were  
hung by the chimney with care...



## Chaplain's Corner...

Howdy Folks,

Did you ever notice how some children look just like their mom or dad? Sometimes even beyond their appearance, their traits and mannerisms are surprisingly like their parents. In these cases, there is no denying who their mom or dad is. We do not need a degree in genetics to recognize how family traits are carried forward and can be recognized by others.



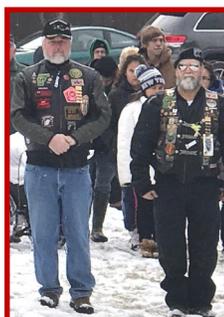
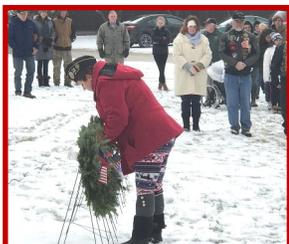
"We are God's children now" says the First Letter of John. Our life in God's family, our place within God's family, is a gift to all who have faith according to the Gospel of John. Those who receive God, receive "power to become children of God" (John 1:12), and this life is meant to be carried forward in the way we live. The Christian Church says that we, made children of God through faith and sacraments, are called to lead a life of the gospel of Christ.

The traits of God's family which are passed along from one generation of faith to another, are summed up in the reading from Colossians: "compassion, kindness, humility, gentleness, patience, sharing burdens and extending forgiveness" (3:12-13). All this is done in Jesus' name and meant for God's own praise. We should pray that God will constantly renew these traits in us. Then, by what we do and say, people around us will recognize us as children of God. Please say a prayer for our troops.

God Bless-Chaplain Ken Coonradt



## WREATHS ACROSS AMERICA





## Reminders from “The Germ Team @ VVH”



We are in Flu Season now. Flu activity most commonly peaks in the United States between December and March.

**REMINDERS:** Please wash your hands before you eat, after using rest rooms, entering and leaving VVH, to name a few. Hand sanitizer is available by all entrances at VVH, and in all Veteran/Member rooms.

**HAND WASHING IS THE MOST IMPORTANT THING WE CAN ALL DO TO PREVENT THE SPREAD OF INFECTION.**

There are masks and hand sanitizers available at all entrances. When you visit, please utilize, if necessary. Please delay your visit to VVH and your loved ones if you are ill——we will all THANK YOU.

Our goal is to have **ZERO** outbreaks throughout the winter months, let’s do it together!! We need everyone’s help.

Thank you in advance for your assistance with this important matter!!!!

Your friendly IP, Patricia Babcock, RN



Here is the “Germ Team” hard at work on Hand Hygiene Inspection Day



### Living History at the Vermont Veterans’ Home



The saying goes that History repeats itself and there is no better example than our own Lucille Austin who is a current resident.



Lucille’s father, Col. Edward A. Tobin, was the Commandant of the VVH from July 10, 1941 to January 18, 1946. She spent her childhood playing on the grounds, visiting with the Veterans and exploring the nooks and crannies of the house.

Lucille must have had many fond memories while living at the Home and she added one more when her wedding ceremony was performed on the front porch. Thank you, Lucille, for the memories.

Richard Vachon, President of the VVH Resident Council, presents a \$1,000 check to the Bennington County Coalition for the Homeless Executive Director, Chris Oldham. Also shown, Melissa Jackson, CEO of VVH, and Jack



Williams, (far right) Vice President of the Resident Council. The Resident Council also donated \$500 to Shriners Hospitals for Children. Funds were raised through bake sales, cookouts, VVH apparel sales and donations.

*From the Administrator... Melissa Jackson*



Happy New Year!!

The holidays were truly magical at the Home this year. We had many visitors and donations for our Veterans and Members. By far, our Wreaths Across America ceremony was my highlight. To see hundreds of individuals from Bennington and the surrounding communities join us was incredible. I was especially touched by the number of young children who participated. To see them carry wreaths to gravesites, wipe the snow from the headstone, take the time to read the individual's name and then salute them, was very touching.

I would like to thank Amy Maroney of Bennington who made it her mission to ensure each gravesite had a wreath. Her efforts not only ensured that this happened, but we were able to offer wreaths to members of the community to place at Veterans' gravesites throughout Bennington County.

As we begin a new year, VVH staff continues to maintain a high level of care for our Veterans and Members. We are a 5 Star CMS rated facility, only 1 of 10 in the State. The staff has been very busy learning the recent regulation changes and preparing for upcoming State and VA inspections.

Wishing you a safe and healthy New Year.

Melissa

Melissa A. Jackson, BSW, LNHA  
Chief Executive Officer  
[www.vvh.vermont.gov](http://www.vvh.vermont.gov)

**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.

**PLEASE BE VERY CAREFUL ON SIDEWALKS**

Environmental Services will focus on clearing the **4 MAIN ENTRANCES FIRST**, then work their way around to secondary sidewalks after storms are done.

**PLEASE** use the following:

**FRONT ENTRANCE**

**B-WING ENTRANCE**

**EAST WING ENTRANCE**

**CRISPE ROOM ENTRANCE**

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

Green Mtn Bulldog Chapter of the ATCA  
Dave Zsido  
Peaches Hart & Molly Stark 4th Graders  
Bennington Elks Lodge No. 567  
Pownal American Legion  
DAV Auxiliary Chapter 4  
VFW District 4  
Phyllis & Rhonda Roberts  
Southern Vermont WCTU-Sandra Harris  
C. Quackenbush  
Niles Callanan and "The Drivers"  
Vermont State Grange  
George Lesperance  
Jean Ulman  
American Legion Auxiliary Dept. of VT Inc.  
Don Keelan & The Keelan Family Foundation  
Windham Wanderers #1  
Captain Maxson Unit #634—Lynne MacNeil  
Cambridge American Legion Auxiliary  
C. Conly  
Am. Legion Aux.-Mount Mansfield Unit #35  
Helping Hand-Natalie Caler  
Barbara Sarvis  
Stephanie Savage  
Brambleboro Chapter DAR  
Stella Stevens & Harriet Maynard  
Rosie Stadie  
Peg Whalen  
Stuart Hurd & Justine Scanlon  
Carl & Doris Korman  
Comcast  
State of Vermont American Legion Auxiliary  
Kathleen Praetorius  
Price Chopper  
Rein Tofer  
American Legion Post #69  
Russ Wylde  
Phil LaCross, Albert Nichols, Clark  
Lamson, Mark Powers and the  
American Legion Riders  
Heartwellville Service Station

# Events Calendar

HAPPY★NEW★YEAR

## **January:**

**19th** Blood Drive 1-6 pm in the  
Crispe Room

## **CONGRATULATIONS:**

**AILISH HAZEN** for earning her  
BACHELOR of SCIENCE in NURSING !!

**STACY MOLNER** on passing the  
RN BOARDS !!

WAY TO GO ...



Cyndi Candiloro & Mark Braman  
Heartwellville Service Station  
Readsboro Community Library  
Carol Ross & Ann Bowen  
Bennington Rotary Club—Mike Day  
Blue Spruce Grange #574  
Warren Lizotte  
Lisa Schultheis & Lynda Dailey  
Julie McCarty  
David & Carol Tiffit-The Mattison Family  
Brambleboro VFW Post #1034 Auxiliary  
Phyllis Curron  
Mr. & Mrs. Glenn Comar  
Charles & Ellen Magnant  
Fran Endres, Roberta McLaughlin  
And their "Social Group"  
Vermont VFW Post #771—Steve Leach

## **In Memory of David Eldred**

Ken & Ruth Hedberg



### *From Deputy Administrator—Colonel Al Faxon*

Winter is here...this morning when I started my truck it was -6 and at least 8 inches of snow on the ground. When you venture outside, **remember to keep warm and maintain your body heat... Wear the proper clothing** even if you are getting into a vehicle...they do break down!

Several of our Veterans here at VVH are fellow cold weather warriors...and we all know those that fought in the Korean War know well the effects of extremely cold weather on both people and equipment in combat as do many of our WW II European Theater Warriors.

Our equipment has improved drastically the last twenty or so years. The invention of Gore-Tex was probably the single most important development to improve cold weather sustainability and comfort. Being waterproof, as compared to the wool and cotton I began my Marine Corps career with, has totally enhanced comfort and survivability in extreme conditions. Improvements with the layering system of clothing and boots are almost as impressive.



I can tell you...not even the new clothing helped in this picture ...

Again, please remember to dress for the weather when you go out!

(I bet Niles has his shorts on today!)

## **A SALUTE TO MILITARY BRATS via THE DANDELION—PART 2**

As a medicine it filters the liver, removes toxins from the blood, and is helpful in treating anemia, hepatitis, arthritis, rheumatism, scurvy, warts, hives, eczema—in a nutshell, almost every ailment that would plague the newcomers. They did not know why the dandelion could treat so many ailments; they only knew that it did, in fact, work. Today, researchers in Canada are having great success with using a dandelion coffee to treat cancer. There are even whispers of a cure for some blood cancers.

There are one hundred species of dandelion and all are beneficial. Rich in vitamins and minerals, the dandelion has more Vitamin A than spinach (hear that, Popeye?), more Vitamin C than tomatoes. It is also a good source of iron, calcium, potassium, niacin, magnesium, sodium and the list goes on. Now, we know what the Puritans did not; we know why the dandelion worked for their ailments.

Every part of the dandelion is useful. In the spring, after a long, hard winter the dandelion is the first to open its flowers to attract the honey bee with its nectar. Although bitter like chicory or endive, its flowers, leaves, and roots can be eaten: roasted, fried, baked into pancakes, etc. Its stem oozes a milky white substance, a latex, that can be chewed like gum, used as a mosquito repellent, and as a substitute for rubber. Its flowers can be made into a tea or a coffee, or wine, or a soothing facial cream. Yellow, green, and purple dyes can also be prepared using the plant. And the puffball of seeds? They are for wishes!

**TO BE CONTINUED:** This is Part 2 of a 5 part monthly series written by our very own weekend receptionist, Marion Ryberg. Look for Part 3 in the February 2018 issue of the Buzz Word!

# HOLIDAY FESTIVITIES AT VVH



## 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

Please contact:

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

(802) 447-6510

Email: [mary.ryan@vermont.gov](mailto:mary.ryan@vermont.gov)

## VVH WISH LIST

Pinball Machine/Game  
Foosball Table  
Air Hockey Game  
Neck Pillows  
I-Pods & I-Tune Cards  
CD Players  
CDs of any type of music  
Newspaper Subscriptions  
Costume Jewelry  
Envelopes, Stamps, Pens  
Men's Caps  
Men's belts and suspenders  
Earphones for TV and Music  
DVD Players  
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 or clothing at  
this time. THANK YOU to all who  
have donated to our Veterans at  
VVH.**

# DONATION WEEKEND



**Steve Leach-VFW Post 771  
Springfield, VT**

Add **CORNHOLE** to the fun things to do at VVH thanks to Sam Molner and Kaylea Niles, who made and appropriately designed the Cornhole boards with the VVH emblem and a flag. Al Faxon (left) was happy to accept their fine workmanship. Also shown: Abbi Molner, Stacy Molner, and Sam Molner. Stacy is a LPN here at VVH.



**The St. Albans Legion Riders shown with our Resident, George: Phil LaCross, Albert Nichols, Clark Lamson and Mark Powers**



**ELKS LODGE # 1560  
SPRINGFIELD, VERMONT**



**Officer Mike Morin delivers Christmas cards from Stamford Elementary School**



**Tray favors from the VFW**



**ROLLING THUNDER OF VERMONT**



While not hard at work at VVH in the Environmental Services Division, our Steve Sauer has been busy at home making this wooden plinth for the "Patriot Tribute" statue in the front reception lobby area. Pictured left to right: Melissa Jackson, Steve Sauer, Al Faxon and Jon Endres. What a beautiful addition.

## TWIG REMEMBERS...

Back home in Fair Haven, Vermont, 14 miles west of Rutland, I had 17 years of columns in the Lakes Region Free Press titled “Twig Remembers” in which I would write about friends who had passed on. In them I would write about how the person related to each other during our long friendships. It gave me a place to write some very special stories that were often very funny. I plan on dropping one in the Buzz Word now and then. Here goes: Twig Remembers Frank Chizmar.

Late 1940’s, local electrician Bud Beach sent a letter to the University of Chicago asking for a top-rated electrical student to help bring power to most of the houses in Fair Haven and Poultney (population 2,500 each). Bud Beach set up John with the local electric company (Petelle Electric). Best move John ever made was getting his brother-in-law Frank Chizmar to come and work.

Frank had grown up on a farm back in the 1930’s and 40’s. Now this was when farm kids could fix anything with a roll of baling twine and some coat hangers. If a tractor broke down, they’d take it apart, find out what was wrong, and find a way to fix it. John was a very bright bookkeeper and businessman, and Frank worked in the shop patching and fixing all kinds of machinery and electric motors for all kinds of people from all over Rutland county: \$50 versus a \$500 new unit—the word was out.

Now that old farm boy had a hankering for pies (apple, blueberry, it didn’t matter), square dancing and the ladies. Now going into people’s houses to fix things could get you a lot of those last two. So, I’m working at Poultney’s Williams’ Hardware and Frank would come in looking for weird pieces of hardware that would help him with a project. When he gathered his stuff, he would tell me how he would bend it and shape it and by tapping a couple of holes and inserting a couple of thumb screws, he would fix this old girl’s favorite oven to make her pies.

One day this very attractive lady who was brand new to the area, was in her late 50’s, but she was all there. In conversation she told me that her husband had passed on five years back and she had stayed on in Pennsylvania and was lonely thinking of him in that house, so she decided to move to Poultney, Vermont, where she had gone to college. Then she asked if I knew someone who could fix her favorite stove as they had stopped making them and it was perfect for her baking but the door had grown crooked and she couldn’t get it to close completely. I gave her Frank’s phone number and told her he was fair and honest. I also mentioned he might want to sample a very special pie she’d be baking that day.

A couple days later Frank stopped in to tell me about this very special Pennsylvania Dutch apple pie that she flavored with spiced blueberries-“best I ever had”. He shopped for a few things, and then as he headed out the door, he stopped and said, “Hey, Twig, thanks” and gave me a big wink of the eye. To this very day, I don’t exactly know what that wink was for – or do I? I guess I’ll let you people figure that one out. But don’t forget... “Twig Remembers”

Robert “Twig” Canfield

## VVH EMPLOYEES RECEIVE THEIR HOLIDAY TURKEY FROM THE BOARD OF TRUSTEES

