



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 26

APRIL 2018

The BUZZ WORD



TOGETHER... a GREAT place to be!

FULFILLING THE PROMISE

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.

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<http://vvh.vermont.gov>

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Chaplain's Corner...

Dear VVH friends,

In the Old Testament book of the **Song of Solomon (2:12-13)** we read *“The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land.”* For many this is a special time of year. There are times in the depths of winter when it seems that Spring will never come. But then, almost without notice at first, the days grow a little longer, the snow stays a little shorter, and then those first little blossoms of spring push through the last of winter's snows. It may be said of this season that it is a time of hope realized.

We have gone through the worst and now we have better days ahead to look forward to. We can say of our troubles (as we do say of the severest of winters) *“and this too will pass”*. We simply have to place our trust and confidence in the same God who has brought us through our challenges before.

On April 22, 1864 the motto **“In God We Trust”** was included on all newly minted U.S. coins by an Act of Congress. It reminded the American people (who had just come through the great Civil War) that the God who had seen them safe thus far would continue to be with them in the years ahead. We too, on a more personal level, can have the same confidence. You see, as the Reformer Martin Luther has said, *“Our Lord has written the promise of resurrection, not in books alone, but in every leaf in springtime.”* May God richly bless each and every one of you in the days ahead!

Gratefully,

Chaplain Richard

A SALUTE TO MILITARY BRATS via THE DANDELION—PART 5

I have always loved dandelions. I never saw them as contemptible weeds but as hundreds of tiny embroidered suns floating on a sea of velvet green. I collect pictures and poems of dandelions and anything dandelion-related. In school, I used the dandelion to teach different kinds of writing and we had a hands-on lesson out in the fields behind the school. The students loved the unit, as did I. I love everything about the dandelion but could never explain exactly why. In my searches for “anything dandelion” I happened upon the answer. Now I know that the indomitable dandelion is a visible thread that connects me to the world as a Military Brat—born and bred!

In 1998, the awesome dandelion was chosen as the “Official Flower of the Military Brat.” Think about it. Military Brats float and fly, as the seeds of the dandelion, from one corner of the earth to the next following their parental deployments. Wherever they land, they must put down roots as the dandelion. Military Brats must be survivors in new climates, settings, cultures as the dandelion. The Military Brat, as the dandelion, “blooms where they are planted.” Both must learn to flourish. Military Brats are sturdy, steadfast, sincere, and unpretentious as the dandelion. Military Brats must adapt to survive in new surroundings, as the dandelion. Military Brats must keep traveling every one to two years. The dandelion seeds travel hundreds of miles on the roads of the wind. The official motto of the Military Brat is “Children of the world, blown to all corners of the world, we bloom anywhere.” **April is the month of the Military Brat** and purple is its color—a combination of Army green, Coast Guard blue, Air Force blue, Navy blue and Marine red. Strangely, my favorite color is purple.

Above all else, the Military Brat and the dandelion are survivors! They are of a hardy stock. Military Brats' roots are strong, as the dandelion, but “cultivated deep in the culture of the military.” So, Military Brats, everywhere, May I compare thee to a ... Dandelion? Yes, it's a fitting tribute, is it not? Respect for the Military Brat. Respect for the dandelion. Hoorah!



By: Marion Ryberg, Weekend Receptionist

Official Logo of the Military Brat

OUR RESIDENTS ENJOYED MUSIC BY MO AND FRED DURING THE VISIT FROM JELLYBEAN, THE EASTER BUNNY!



TWIG REMEMBERS... John Heald, Jr.

Somewhere Restaurant back in the 1970's, John's mother, Rita, was co-managing the business with Fred Smith. John and his sister, Faith, moved up from Connecticut to be closer to their mother. I got to know John better at Williams' Hardware when he opened his auto garage in Poultney-he was a regular for nuts, bolts, and accessories for his work. We'd talk about his Harley and big chatter before and after his annual trip to the Loudon, NH Speedway for the big race.

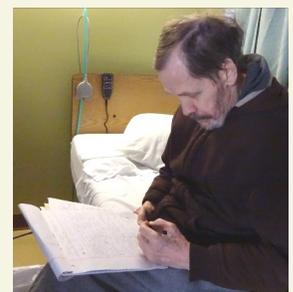
Let me tell you about John the mechanic. He had this knack for fixing the hard stuff that nobody else wanted to do. If you asked him if he needed money down he would say, "No, just a handshake." When the job was done, you just couldn't believe how fair his price was.

When John was Vice Commander for State American Legion, he started raising money for a special room at the Vets Home where I live now. He said once the word was out, guys with a lot of money were writing checks for thousands of dollars-he raised enough money to renovate the guest room like a 5-Star quality hotel room. In late November, I was taking a nap and in walks John. He had driven down (to VVH). I said "Motorcycle?" He answered "No, I couldn't" and told me that the cancer he had for 10 years had finally gotten into his bone marrow, but he was hopin' to get stronger.

He came down to take a look at the completed project-a guest room for families that travel a distance to stay overnight in. We had a great visit for about 45 minutes. I could tell that he was hurting from the ride.

God bless Legionnaire John Heald, the originator of his Post 39, Poultney's Motorcycle Riders, who raised monies for many organizations, and especially this Vermont Veterans' Home.

You get what I mean... "Twig Remembers"



Robert "Twig" Canfield

From the Administrator... Melissa Jackson



Happy Spring,

The temperatures are finally warming up and we have more and more Veterans and Members outside. This is my frequent reminder that the speed limit on the property is 15 miles per hour. Our speed bumps will be returning very soon to serve as a reminder. Please pay particular attention when passing parked cars. Many of our Veterans and Members will walk or propel their wheelchairs between the cars and enter the driveway.

I have received a few phone calls and questions regarding the use of marijuana by VVH residents once it becomes legal on July 1st. The use of marijuana will not be allowed on VVH property. We receive federal funding, and part of accepting those funds we must certify that we are in compliance with all Federal laws. As we know, the use and possession of marijuana, even for medical purposes, is prohibited by Federal law. If a Veteran or Member chooses to use marijuana while off VVH property, we ask that you inform your nurse when you return to the building. The nurse will then consult with your physician to determine if any of your medications should be held to avoid potential negative interactions between the marijuana and prescribed medications.

Communication between the facility and family members has been identified by our pinnacle surveys as an area that we need to improve on. We are looking for family members and Veterans/Members to become involved in a Performance Improvement Project (PIP) to improve our communication. If you are interested in participating in the PIP, please contact Karen Divis or Melissa Jackson. Our first meeting will be scheduled by the end of April.

Melissa A. Jackson, BSW, LNHA
Chief Executive Officer
Vermont Veterans' Home
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:

Ken & Elaine Coonradt
Arlington American Legion Post #69
Pownal American Legion Post #90
Rhonda & Phyllis Roberts
DAV Auxiliary-Bennington Chapter #4
VFW District #4
Donald Tuller
Mark Warren
Gail Anderson
Mark R. Smith
Helping Hand-Natalie Caler
Bennington VFW Post #1332
Dave Zsido
Green Mtn. Bull Dawgs-ATCA
Jamie Zsido
Coca Cola—Rutland
Carolyn and Larry Lord
Missionary Alliance Church Crafting Club
Brattleboro Chapter DAR—Stella Stevens
Scarlett Burgess

In Memory of John Heald, Jr.
Sons of the American Legion Post #50
Charles and Catherine Smid

Events Calendar

April:

- 8th Las Vegas Day, 1:30 pm, Patriot Hall
- 10th Music with Sheila, 2:00 pm, Patriot Hall
- 14th Vietnam Veteran's Flag Raising at Noon
- 14th Spring Dance, 2:00 pm, Patriot Hall
Music by Harmonic Duo

May:

- 6th Elk's Dinner at the Elk's Club, Bennington
Noon
- 16th 4-String Quartet, 1:30, Patriot Hall

(Music with Sheila will be the 2nd Tuesday of every month at 2:00 p.m. Sponsored by the Resident's Council.)



(BUNNY) JELLYBEAN



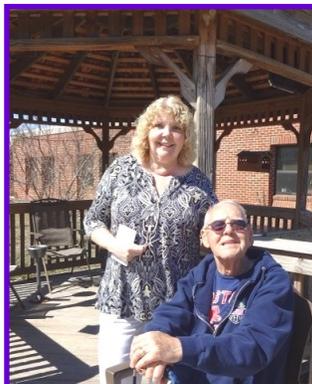
(CAROL)

+

(DOG) SHADOW = FRIENDS



**OUR
RESIDENTS
ENJOYING
A
BEAUTIFUL
SUNNY
DAY...
FINALLY!!**





From Deputy Administrator—Colonel Al Faxon

Welcome to spring... similar to last year, March was a big snow month. The fact that Niles was wearing long pants told me winter was not over yet. Hopefully, April will be more spring-like and we can get outside. The Gazebo is ready for picnics, fishing derbies...and the car show. We just need some decent weather!

The other day when I arrived at VVH the deer yard was full of ducks, squirrels, chipmunks, and of course, deer. The woodchucks must still be sleeping. As we did last year, we must keep the bird and squirrel feeders away from the building because of the critters that come to feed, (including skunks)... sorry about that!



S/F

AF

**A wonderful visit from the
Easter Bunny
Jellybean**



WE LOVED THE VISIT FROM OUR FURRY FRIEND, BELLA



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

VVH WISH LIST

Pinball Machine/Game
Air Hockey Table/Game
Neck Pillows
I-Pods & I-Tune Cards
CD Players
Newspaper Subscriptions
Costume Jewelry
Stamps
(New) Men's Caps
(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.**

Travels with Steve

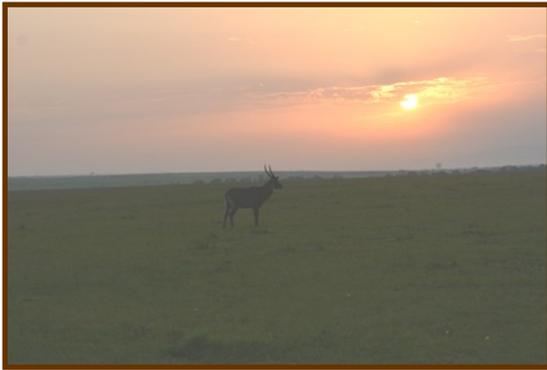
Dear All,

It has been a few months since I last did a travel article and I have been to a place or two since then. In February I was visiting my friend Sam who just returned from a 10-day safari in Africa. He took almost 2,200 pictures and I helped him to reduce it first to 650 and then to 220 of the "best" pictures that he took. His pictures included elephants, cheetahs, lions, rhinos, landscapes, giraffes, alligators, and most other animals that we had seen on Mutual of Omaha's Wild Kingdom. Below are a few of the pictures that I think are amongst his best. Thank you, Sam, for being a guest Travel writer.

Next month I will share some photos from my last trip to the Cayman Islands back in November to help chase away Winter and welcome Spring.

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

Steve (with the help of Sam)



LAS VEGAS DAY



Sunday, April 8



1:30 p.m. Patriot Hall

Take a "Gamble" and "Ante" up. "Bet" you could be the next "High Roller". Let the "Chips" fall where they may!





The ways we have fun!

Poker
Shopping
Crafts
Yahtzee
Bingo
Matinee
Trivia

