



VERMONT VETERANS' HOME

VOLUME 10, ISSUE 27

MAY 2018

The BUZZ WORD



Stanley and Irene The Cookie Lady!



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...



Howdy folks, can you recite the Ten Commandments? These are the rules or conditions that God gave the Israelites through Moses on Mount Sinai. Most of us (Hopefully) are familiar with these famous Commandments that God laid out for the people. Please go to Exodus 20: 1-17 where they are listed.

Don't have a Bible? Let us know, we will see that you get one.

Four of the Commandments have to do with our relationship with God and the remaining six deal with our relationships with one another. Now go to John 13: 34 where Jesus gives us another, the eleventh Commandment. He tells his followers that not only should they love one another but they should treat one another in the same way He has treated them, with love. This eleventh Commandment links God's love for us in Christ with our love for one another.

This eleventh Commandment is not always easy to live out. Our earthly feelings get in the way. Jesus' love for his disciples and followers did not rely on his mood or on how well things were going. It did not depend on the faithfulness of the disciples or on their understanding of what He taught. Jesus loved. Just like His Father, Jesus is love.

As human beings we often find reasons not to love. Maybe someone is not so nice or has done someone wrong so we fail to love them. Often, we chose sides and it causes us to lose a friend or friendships. We find reasons to separate ourselves from one another. Jesus loved. He meant this Commandment to teach us to love others like He loved us.

His Commandment to us is to love not in the way people love but in the way He loves us.

Remember, God so loved the world that He gave His only Son (Jesus) that whosoever believes in Him should not perish but have everlasting life. The triune God, the Father, the Son (Jesus) and the Holy Spirit loves you just the way you are!

Please say a prayer for our troops serving around the world.

God Bless everyone.

Chaplain Ken Coonradt



The Spring Dance



A wonderful performance from The Junior American Legion Axillary



TWIG REMEMBERS... Shirley Davenport

You know how they say opposites attract... well, the perfect example would be George and Shirley Davenport of Poultney, Vermont. Now if George got upset with something, you could hear him spouting off all the way down the other end of the store. Shirley-she was quiet like a church mouse. If she got upset, you'd hear an old dry humor line from the 1940's. The whole family were regulars at Williams' Hardware.

My favorite time with George was a couple weeks before Christmas-he'd be in the store looking for me to help him pick out a \$5 gift for Shirley for their Yankee Swap. We'd walk the whole store looking for things that were weird or different. If instead one of the boys got it at the Swap, he'd tell them he was hoping that they would get it, but then on the sly he would tell Shirley the same thing.

Like I said, the whole family shopped there, even her grandson named Tud. So anyway, Tud is in the store and says he's taking up bowling. I ask him about it and he says he keeps getting better and better and that his goal is to beat his grandma.

Well, Shirley has been bowling for years in a Fair Haven league, probably to get out of the house and give George some time to himself. I told Shirley about the challenge and she said "Well, he's just a young lad and he's got a lot to learn. And, Twig, he's especially got a lot to learn about his gramma."

God Bless Shirley Davenport-Best Bowler in that household!

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



Robert "Twig" Canfield

From the Administrator... Melissa Jackson



The calendar says spring, but Mother Nature is still trying to make up her mind. The Buildings and Grounds crew has been very busy doing the annual spring clean up on the grounds while adding snow removal as needed. They do an incredible job keeping VVH looking awesome.

As mentioned in the April Buzz Word VVH is going to be working to improve our communication between us, Veterans and Members, and families and staff. To that end, our first Communication PIP (Performance Improvement Project) meeting is May 9th at 2pm in the Upstairs Board Room. I realize this time may not work for everyone and I will be rotating the days and times of each future meeting. If you are interested in participating, please let me know. If you cannot make the meetings but have suggestions on how to improve our communication, please share those with me as well.

Recently I was chosen by Senator Elizabeth Dole to be a Fellow for the Elizabeth Dole Foundation. I have received many questions on how this will impact my role here at VVH. Let me start by saying that VVH has and will continue to be my number one priority. I recently had the opportunity to meet with Senator Elizabeth Dole and was able to share all the great things we do at VVH with her.

My appointment as a Fellow is a 2-year term and it provides me with the opportunity to continue to advocate for our Veterans and their caregivers and well as share additional resources that are available outside of the VA. Caregiver resources can be found at www.hiddenheroes.org and foundation information can be found at www.elizabethdolefoundation.org

Mark you calendar: We are dedicating the Alan Gibney Memorial Pavilion at our first fishing derby on June 3, 2018 at 12pm. Please join me and Alan's family in celebrating his incredible gift to those who reside at VVH.

Melissa A. Jackson, BSW, LNHA
Chief Executive Officer
Vermont Veterans' Home
www.vvh.vermont.gov

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:

Jerry Gras & Lois Gras
Kenneth Clayton Sr.
Kimberly Tuttle
Linda Dickinson
Elks #567-Andrew M. Jones
Arlington American Legion Unit #69
Eugene "Sonny" Gates
Missionary Alliance Church
Bobby Faxon-Mclaughlin
Tom Mahar
Linda Hale
VFW-Art Charron
Tunbridge Church-Lorraine Withington
Mark Bollhardt
Paul Leonard
Sacred Heart School-Madison Burgess
Daughters of Isabella St. Ann Circle #1401-
Collette Herbert
Margaret Caron
Margie Kaat
Zoey Zazzaro
Helping Hand-Natalie Caler
Paul Kipp
Ann Story Chapter D A R VT-1001
Gerald and Patricia Carr

In Memory of Ray Bentley

Franklin Risatti
Mr. & Mrs. Henry Bolte
Don & Betty DeMarsico
John & Donna Blair

In Memory of William Bass

William Anderson

In Memory of Audrey Rowe

E.P. Mahar

Events Calendar

May:

6th Elk's Dinner at the Elk's Club, Bennington
13th-18th National Nursing Home Week
16th 4-String Quartet, 1:30, Dirks Room
17th American Legion Auxiliary National President, 10:00-ish
19th Hale Mt. Pickers, 2:00
28th Memorial Day

June:

3rd Fishing Derby & Alan Gibney Memorial Pavilion Dedication, 12:00
16th Father's Day Car Show
20th 2nd Annual talent Show
23rd VVH Picnic

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 |

***NEW* Wind Breakers in blue or green.**
Unlined-\$23-\$27 Lined-\$27-\$31





From Deputy Administrator—Colonel Al Faxon

Below are the Core Values for those of us blessed to work at the Vermont Veterans' Home. These values are the traits and qualities that represent our top priorities, our beliefs, and core fundamental driving forces to care for our Veterans' and Members. These are the values we desire to resonate with those we serve at VVH and for those looking in from the outside.

Commitment - We must be fully dedicated to becoming the very best at our jobs in order to carry out the mission of the Vermont Veterans' Home.

Stewardship - We will ensure responsible stewardship of our Veterans and Members, financial resources, natural resources, as well as the data and information entrusted to us.

Team Work - We all must work together in a positive and productive manner to accomplish the mission and goals of the Vermont Veterans' Home.

Respect - We must respect and preserve the dignity of every Veteran and Member, their families, visitors, volunteers, and employees we come in contact with.

Integrity - First and foremost, we must always strive to do what is right and in the best interest of our Veterans and Members.

Professionalism - Must be on display at all times; our success depends on maintaining a highly-skilled and compassionate workforce.

Excellence - We must strive to attain the highest level of quality and satisfaction in delivering person-centered care to our Veterans and Members.

Service - We will treat all Veterans and their families with the utmost dignity and compassion; and consistently demonstrate care, concern, and understanding in every encounter.

I am honored to work at the Vermont Veterans' Home with a staff that strives to meet these values each and every day.



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

Las Vegas Day

The money may not be real,
but the fun is!



Gambling:
The Sure Way
Of Getting
Nothing For
Something.



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:

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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,

Now that winter is finally behind us, let's think of summer and what better way than to visit the islands. In particular my favorite islands, located just south of Cuba, the Cayman Islands. This past autumn we had the chance to visit and explore some new areas. We were fortunate enough to be there during Pirate Week (ARRRRRRR!).

In the center of town is a plaque that gives thanks to the US Coast Guard who served as protection during the war because there were German U Boats off the coast of the Cayman Islands (now that must have been a nice deployment)! I notice again, I cannot go anywhere in the world without seeing a marker that commemorates the US Veterans.

In a future Travels article, I will show some pictures from the Turtle Farm, Rum Point, and Stingray City. I should try to get on the activities calendar for a 30-minute program once a month to show some pictures and videos of where I have had the opportunity to visit. So, without any delay, here are some pictures.



Wild Stingray



Col. Faxon's Flag Ship



Captain Jack Sparrow



Without your commitment in keeping the United States safe, I would not have the opportunity to visit all these places. From the bottom my heart, thank you.

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

Steve



ROAST PORK CARVING STATION & Ice Cream Cart

A special meal was served on
Sunday, April 22nd.

All the food was sourced from
Vermont Veteran run farms!



Vaccine Celebration

In my last article, I wrote about current efforts to use antibiotics only when they offer a benefit that is greater than the risks of developing resistant bacteria and side effects from the antibiotic itself. I would like to now talk about one way to avoid getting into a situation that might require an antibiotic in the first place: VACCINATION.

By all accounts, vaccines are a medical miracle. The 1918 influenza pandemic killed about 50 million people worldwide and about 500,000 in the US and now the US death rate averages, with some variability, approximately 36,000 per year in the era of influenza vaccination. When is the last case of tetanus (lockjaw) that you have heard of? There are only about 31 cases per year in the US, largely in people who have not had the vaccine or who have not had a booster to maintain their protection. This compares with worldwide deaths of 59,000 in 2013 which includes areas where the vaccine is not available. Measles outbreaks are quite rare and is primarily limited to unvaccinated travelers bringing the illness back to the US and infecting others. The death rate for measles related pneumonia was 300 out of 1000 cases before the vaccine was available and now is 3 per 1000 with our immunized population. I'm old enough to remember other kids with polio in my elementary school in the 1960's but it is unheard of today.

This kind of story is similar with many other vaccines that are currently available. Side effects are generally mild and self-limited. At times, stories are circulated about alleged serious vaccine side effects, but it is important to evaluate vaccine information from reliable sources (for example: cdc.gov) and talk it over with your medical provider regarding the risk of receiving a vaccine. Many times, claims of vaccine side effects have proven to be false so be sure to get accurate information before making a decision to refuse a vaccination.

The effectiveness of a vaccine in preventing spread of disease is much better when most of the community has taken the vaccine. This is called "herd immunity" and greatly slows down the progress of an outbreak through a large group of people. This helps avoid exposing those with immune problems, young children, and the elderly to the serious consequences of infection by ensuring far fewer people get sick.

I encourage everyone to speak to their medical provider to make sure your vaccines are up to date. Keeping your vaccines current may both help you and your loved ones stay healthy but also decrease your need for antibiotics in the future.

Peter King M.D.
Vermont Veterans' Home Medical Director