



VERMONT VETERANS' HOME

VOLUME 8, ISSUE 2

FEBRUARY 2017

The BUZZ WORD



Think



Spring





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!



In my wanderings around the last few weeks several of you have asked about the special Christian days for 2017. So, here is a rundown of the Christian year and the dates for the events:

ADVENT--- we celebrated this period of expectation which is the four Sunday's before Christmas . You will recall we displayed the Advent candles in the Chapel.

CHRISTMAS SEASON ---this season started on Christmas Day and continued thru January 6, the Epiphany of the Lord. During these 12 days Christians rejoiced in the incarnation of the Word in Jesus Christ.

SEASON AFTER EPIPHANY--- this period from January 7 to Ash Wednesday has no central theme and is one of two seasons of Ordinary time. Sunday's during this period are designated as Sunday's after Epiphany. Ash Wednesday falls on 1 March this year.

LENT---lent begins with Ash Wednesday, which comes forty days before Easter ,not counting Sunday's, and ends on the Saturday before Easter Day (April 16). Lent is a period of repentance and preparation for baptism.

EASTER SEASON--- also known as the Great Fifty Days, this season crowns the Christian year. It begins with Easter and includes the seven following Sunday's thru the Day of Pentecost (4 June). The seventh Sunday of Easter is often observed as Ascension Sunday. This season is a time of great joy in the risen Christ by the power and gift of the Holy Spirit.

SEASON AFTER PENTECOST--- also called OrdinaryTime or Kingdomtide, this period may include as few as 23 or as many as 28 Sunday's. The season begins with Trinity Sunday (11 June) and continues thru the day before the first Sunday of Advent (2 December).

Remember the 18th of February!!!!!! At 10 am members of American Legion Posts 13 (Bennington) and Post 69 (Arlington) will perform the Four Chaplains Memorial in the Chapel. In attendance will be the leading candidate for National Commander of the American Legion, the first woman to do so.

God Bless -
Chaplain Ken Coonradt



"MEN, I NEED A VOLUNTEER TO TELL ME HOW DEEP THIS WATER IS!"



Solution time: 21 mins.

Answers

— King Crossword —

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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*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

**** We will not be accepting books or magazines at this time. THANK YOU to all who have donated to our Veterans at VVH.**

Hope Fellowship of Grace Christian School with Melissa & Al.



DONATIONS

Bennington Elks Lodge #567
L-R, Al Faxon, Michele Burgess, Art Charron, Melissa Jackson and Charlie Boyle



From the Administrator...
Melissa Jackson

Welcome to winter.

Well the groundhog saw his shadow by the looks of all the snow at VVH. I ask that you take extra special care driving and walking in our parking lots and sidewalks. Our maintenance staff does an incredible job trying to keep the grounds snow and ice free but extra caution is encouraged.

Al and I have made several visits to the State House in Montpelier to present our Fiscal Year 18 operating and capital budget requests. All of our presentations were well received. Governor Phil Scott requested \$93,000 be put in the Capital Budget to replace resident furniture at the Home. Al and I were able to personally thank the Governor for this request when we visited with him on February 8th. As the legislative session has just started, it will be several months before we know if our budget requests are approved; we will keep you updated.

Our new country kitchens started operating this week. The initial rollout has gone well. There are a few kinks to work out but the nursing and dietary staff are working closely to make sure that our Veterans and Members receive a great dining experience. In the next week, the main kitchen will begin renovation; watch for construction updates in future additions of the Buzz Word.

Stay Warm,

Melissa A. Jackson, BSW, LNHA
CEO



Jack, a WWII Veteran and his therapy dog, Luka.



Upcoming event

Valentine's Day Dance



**February 12
Sunday
1:30 p.m.
Patriot Hall**

Put on your dancing shoes, its time to boogie!

To the "Cat Bird Trio"



Recognizing Committment

**Pictured with Col. Krawczyk, President of the
Board of Trustees and Melissa Jackson, CEO**

**Joanne Burke, LPN
23 years**

**Pat Crossman—5 years
RN. BSN**



Barbara Reilly—39 years Activities



**Jackie
Sullivan,
Activities
24 years**



**Chrisitne
Cross, LNA
Retired after
28 years of**

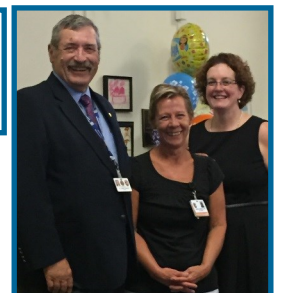


**Mary Longtin,
LNA
25 Years**



**Esther McGarvin
LNA—5 years**

**Jennie
LaBrake,
LPN**





*From Deputy Administrator...
Colonel Al Faxon*



Thus far we have been fortunate regarding severe winter weather....you know what that means....it's probably coming! In our discussions, I've learned several of our Veterans are fellow cold weather warriors....and we all know our Korean War Veterans intimately understand the effects of this weather on both people and equipment in combat.

I've told a story to some that it reminds of a time when I was participating in an exercise in Northern Norway, 250 miles above the Arctic Circle. The unit I was with was conducting a ski march to contact during a driving snow storm. We were staying in three man tents or snow caves....believe it or not the snow caves are warmer. We took a break to catch our breath and check our equipment in the minus 25 degree weather. With pride I looked at my Marines and remarked "Marines, we are among the toughest individuals on the planet".



We continued our ski movement towing our sleds laden with equipment and supplies literally in the middle of nowhere, when wouldn't you know it.... crossing directly in front of us waving and towing their own sleds was a Norwegian family of four. The two kids were no older than 10 years old also on skis towing their gear.....at this point I turned around, looked at my Marines and commented...."guess we're not the toughest in the land.....oh well".

When you do go outside, remember to keep warm and maintain your body heat. Wear the proper clothing.....and above all....enjoy the season!

Have you seen the Bald Eagle snacking on our trout?

Playing in the snow

5,834 snow fighters came together to exchange frozen barrages to create the largest snowball fight in the world on January 12, 2013

8,962 people in North Dakota plopped down in the snow to waggle their arms and legs to make snow angels in 2007

Rehabilitation Open House



Benchmark Therapies Team:

Front row: Jackie Hoffmaster, Jen Morrison, Ann Mattice, Cora Barilone, Jerry Duggan
Back row: Brittany Aurand, Megan Zanmiller, Kathy Piispanen, Mary Reynolds, Mark Jaeger, Brock Epply, President

The Rehabilitation Center at the Vermont Veterans' Home hosted an Open House in December 2016 to showcase the new equipment received to enhance the services provided to our Veterans and members and those who utilized out patient therapy.

Left: Sling lift is demonstrated which supports the individual for balance and



King Crossword

ACROSS

- 1 Space
4 Angels' illuminants
9 Total
12 Past
13 Vote into office
14 Gorilla
15 Moon, for instance
17 Youngster
18 CDs' forerunners
19 Winter weasel
21 Easter egg container
24 Golf props
25 "The — Daba Honey-moon"
26 Water barrier
28 Vaults
31 On pension (Abbr.)
33 In medias —
35 Tragic
36 Speaks unclearly
38 Guy's counterpart
40 Away from WSW
41 Regretted
43 Maestro, e.g.
45 Wisconsin, the — State
47 Slight amount
48 Genetic messenger

1	2	3		4	5	6	7	8		9	10	11
12				13						14		
15				16						17		
				18				19		20		
21	22	23					24					
25				26		27		28			29	30
31				32		33		34		35		
36				37		38		39		40		
				41		42		43		44		
45	46						47					
48				49		50				51	52	53
54				55						56		
57				58						59		

- 49 Duke Ellington classic
54 Whatever number
55 "Excavating for —"
56 Trouble
57 More (Sp.)
58 Subsided
59 Ram's mate
- DOWN**
1 Petrol
2 Khan title
3 Cauldron
4 Lent a hand
5 Outstanding athlete
6 Islander's neckwear
7 Group of
- 8 Cordwood measures
9 Content
10 "Once — a time, ..."
11 Apportion (out)
16 Wapiti
20 Anthropologist
21 Behind — (in jail)
22 First victim
23 Halves of weekends
27 "Little Women" woman
29 Sea eagle
30 Prognosticator
- 32 Pharmaceutical
34 Cracker type
37 Teeter-totter
39 Tilted
42 Pulitzer Prize category
44 Find 9-Across
45 "Dracula" author
46 Actress Paquin
50 Can material
51 Have bills
52 Depressed
53 Shelter wire

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MILITARY HUMOR

- My high school assignment was to ask a veteran about World War II. Since my father had served in the Philippines during the war, I chose him. After a few basic questions, I very gingerly asked, "Did you ever kill anyone?"
- Dad got quiet. Then, in a soft voice, he said, "Probably. I was the cook."

Donations

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

American Legion Post 84
Chuck Thompson
Clipper fellows Legion Unit 50
Equinox Valley Nursery
Windam Wonderers
American Legion Post 69
VFW Bennington County Post 1332
OES Red Mountain Chapter 41
Ann Story Chapter DAR
Winthrop & Phyllis Roberts
Richard & Mary Lou Emmons
Adoniram Lodge 42
VFW Post 7823
Living Sober Group
Louise James & Robert Patriquin
Stuart Selikowitz
Imagine Nation Books LTD
Marlene Black & Tom Ganse



IN LOVING MEMORY

Stephen Holsapple
Robert & Donna Overfield

Robert Culver
Carol Bunce

James Horrigan
E. P. Mahar and Son Funeral

Volunteers Needed

Shopping Trip Companion
(with our transportation)

Bingo Helper

Off Campus Event Companion

In House Event Helper

Helping with outside events

And More!

If you have a skill you would like to share
with our Veterans, please let us know.

For more information about our Volunteer
Program, please call :

Michele Burgess at 447- 6520

recipes

POOR MAN'S MEAL

1 lg. package egg noodles
1 to 1 1/2 lb. hamburger
1 medium potato
1 large carrot
Some onion, optional
Salt
Pepper
1 or 2 cans mushroom soup



Prepare egg noodles according to directions on package first. Break hamburger into bowl as for meat loaf. Grate potato, carrot, and onion into hamburger. Mix together, seasoning to taste. Place cooked, drained noodles in casserole dish or 13 x 9 x 2 inch pan. Make meatballs of hamburger mixture. Place on top of cooked noodles. Pour mushroom soup (to which 1 can milk or water has been added) over meat balls and noodles mixture. Cover and cook for 1 to 1 1/4 hours, until meat is done.

Chocolate Crazy Cake Recipe AKA Depression Cake

Ingredients:

1 1/2 Cups flour (all-purpose)
3 Tbsp. cocoa (unsweetened)
1 Cup white sugar
1 tsp. baking soda
1/2 tsp. salt
1 tsp. white vinegar
1 tsp. pure vanilla extract
5 Tbsp. vegetable oil
1 Cup water

Directions:

Preheat oven to 350 degrees F.
Mix first 5 dry ingredients in a greased 8" square baking pan. Make 3 depressions in dry ingredients - two small, one larger (see #3 in photo below). Pour vinegar in one depression, vanilla in the other and the vegetable oil in third larger depression. Pour water over all. Mix well until smooth.

Bake on middle rack of oven for 35 minutes. Check with toothpick to make sure it comes out clean. Cool. Top with your favorite frosting. Enjoy!

Easy Chocolate Frosting

Make 1-1/4 cups

Ingredients:

1 cup semisweet chocolate chips
1/4 cup canned evaporated milk (may substitute almond milk, if desired)
2 tablespoons butter (may substitute coconut, canola or vegetable oil, if desired)
1/2 teaspoon vanilla extract
1 cup powdered sugar

Directions:

Combine chocolate chips, evaporated milk, butter and vanilla in microwave-proof bowl. Microwave on full power for 30-40 seconds. Remove and whisk until chocolate chips melt in and mixture is smooth (return to microwave for a few seconds if necessary). Add powdered sugar and continue whisking until smooth.