



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.**

*For any Further Questions Please Contact:*

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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](http://www.vvh.vermont.gov)  
Click on About Our Home  
Click on Newsletters
- ◆ Email
- ◆ Mailing List

Please contact:

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(802) 447-6510

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

*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 8<sup>th</sup>. 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 Commitment

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



Jennie LaBrake,  
LPN



Mary Longtin,  
LNA  
25 Years



Esther McGarvin  
LNA—5 years





*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 Eppy , 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 Margaret
- 21 Behind — (in jail)
- 22 First victim
- 23 Halves of weekends
- 27 "Little Women" woman
- 29 Sea eagle
- 30 Prognosticator
- 32 Pharmaceu tical
- 34 Cracker type
- 37 Teeter-totter
- 39 Tilted
- 42 Pulitzer Prize category
- 44 Find 9-Across
- 45 "Dracula" author Stoker
- 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



  
**Thanks  
for your  
donation!**



## **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

# reciipes

## 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.