



VERMONT VETERANS' HOME

VOLUME 6, ISSUE 1

JANUARY 2015

The BUZZ WORD



Having somewhere to go is *HOME*
Having someone to love is *FAMILY*
Having both is a *BLESSING*

DONATION WEEKEND

We would like to thank each and every one of you who made donations to the Vermont Veterans' Home. With your help, we are continuing to fulfill the promise.



Pownal American Legion



St. Albans American Legion Riders



Steve Lynch, far right, representing Vermont State VFW



Rolling Thunder with Wreaths Across America

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

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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325 North Street
Bennington, VT 05201

(802) 447-6510

Email:
Barbara.Fitzgerald@state.vt.us



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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Chaplain's Corner...



Howdy Folks,

Soon we will remember the events of recent past: Advent (preparation time for the birth of the Son of God), Pearl Harbor (Japanese bombing of Hawaii), Hanukkah (Jewish re-dedication of the temple), our memorial, called the Day of Remembrance, for those residents we lost this year, and Christmas (the birth of our Lord Jesus). Hope you all felt the true meaning of these events.

Amid all the commercial hype and trees and lights and plastic characters, we need to remember the real purpose of these special times. Let us never forget that God was present *in* all and *at* all these circumstances and will continue to be present in our lives if we will embrace Him in our hearts. We must have faith and believe.

Now another year is about to pass into our memories, Happy New Year! It is time to determine our resolutions for 2015. Let me offer a few suggestions. Let us resolve to be even more considerate and kind to each other; let's try to wear the other person's moccasins before we come to any conclusions; let's truly appreciate those who are there for us and care for us, the doctors, nurses, laundry folks, housekeepers, activities folks and the cafeteria people to name a few; let's resolve to wake up every morning thanking God for another day, and then let's read some scripture, a daily meditation such as The Daily Bread, The Upper Room or any other spiritual material. Let me know if you need a Bible or religious material. Let us resolve to refrain from cursing or using the Lord's name in vain, and let's act in all circumstances with love. Lastly, let us resolve to put on the armor of God so that we may be able to stand firm against the schemes of the devil (Ephesians 6:11).

The Veterans' Home Board of Trustees and the local management team are up against some tough conditions, so please pray they will make the right decisions for the future..

I have been Heavenly Blessed to serve as Chaplain for another year here at the Vets Home. It is hard to express what a joy it is to mingle and serve my fellow Veterans and employees. Please let me know how I can better serve your spiritual needs.

Please pray for our troops.

Gods Blessings,
Chaplain Ken



and MORE DONATIONS.....



Henry Simpatico of the Bennington Lions Club with Al and Melissa



Roger Pruess, from the Equinox Valley Nursery, makes a donation from Christmas tree sales and brings lovely poinsettias to decorate the Home.

Donations

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

Deedra Bowman
Sandra Hayes
Phyllis and Rhonda Roberts
Kenn Ash
Dean and Annette Dixon
Philip Sherwin
Joe McCusker
John Quinn
Michael Marra
Bryan Willenbring
Charles Thompson
George Corey
Ms. Ramona Ahearn
Tammy Roy
Raymond & Janice Horwitz
Cathy Aliberti
RSVP
Dept. of VT VFW of US
Brattleboro DAR
Bennington DAR
Pownal American Legion
Phyllis M. Roberts
DAV Auxiliary Bennington Chapter #4
VFW Post 1332

VFW Post 1332 Ladies Auxiliary
The American Legion Auxiliary Dist. #1
The American Legion Auxiliary Unit #39
In Memory of Harold Snyder
New York State Police
In Memory of Helena Rice
Linda Patterson
Jane Grandmaison
Barbara Lynch
In Memory of Pauline Stevens
Barry & Andrea Quigley
In Memory of Lee Rich
The staff of Chesterfield School
In Memory of James Morrison
Joreen Ransom
Susan & Charles Owens
Katherine L Sanders
Ellen K Simonds
In Memory of James Carley
Jane Krahmer
Mary Henning
Dean Measeck
In Memory of Alan Gibney
Jeff and Barbara Hickok



BEREAVEMENT SUPPORT GROUP

Tuesdays at 2:30 pm

Located in the Chapel at the Vermont Veterans' Home

For adults living with loss due to a death. Find comfort, coping skills and support Confidentiality is always respected. No fee to attend this group.

CAREGIVERS SUPPORT GROUP

Tuesday, January 20, 2015 at 1:00-2:00

A. Luke Crispe Room

If you have questions, please contact: Bill MacMillan at 802-447-6524

ALS SUPPORT GROUP

January 22, 2015 at 1:00-3:00

Namaste Room on American Way

Meetings are held every fourth Thursday of the month.
Please contact Christina Cosgrove, 802-447-2792, for more information.

*From the Administrator...
Melissa Jackson*

Dear Family and Friends,

Happy New Year!!

As we enter into 2015 I would like to take a moment to reflect on some of the outstanding achievements accomplished by our staff. Once again the facility is 1 of 5 homes in the State of Vermont to be rated by the Centers for Medicare and Medicaid Services as a 5 star facility in staffing. The staff worked diligently to reduce the number of deficiencies found during visits from the State of Vermont Licensing and Protection from 30 in 2012 to 8 in 2014. Lastly, the staff was recognized by the American Health Care Quality Initiative Recognition Program for increasing overall customer satisfaction by 15% in one year and for decreasing readmissions to the hospital by 15% in one year.

2015 has already presented challenges for the facility. As you are aware, the Board of Trustees recently voted to reduce the licensed bed capacity from 171 beds to 130 beds. This decision was made after reviewing 10 years of actual census data for the facility. At no time in the past 10 years has the facility been close to filling all of its beds. The facility pays a Medicaid bed tax on each of our licensed beds, regardless if it is filled or not. This totals over \$850,000 a year. Reducing the beds saves the facility over \$200,000 and not filling 13 open positions saves the facility another \$750,000. The facility staffing hours have been well above the State required minimums of 2 hours of LNA care and 1 hour of nursing care per Veteran or Member per 24 hours.

A reduction in any business is never easy but this is especially true when we care for America's Heroes. These tough decisions are made by first considering what is best for our Veterans and Members. We owe it to future generations of Veterans to ensure the financial viability of this facility so that it will remain available another 100 years from now.

As with any change in operations there are many rumors; many are not true. I strongly encourage you to reach out to the Board, Al or me if you have a question or concern about the facility or just to seek out accurate information.

We look forward to 2015 being the year the facility is removed from the Special Focus Facility designation and the goal of the staff is to achieve a deficiency free survey.

Sincerely,

Melissa A. Jackson
BSW, LNHA



Brandon Boulevard — Keeping Fit and Staying Active





*From Deputy Administrator...
Colonel Al Faxon*

This is a wonderful time of year here at the Vermont Veterans' Home. The number of individuals and organizations that have walked through our front doors to present donations and gifts to our Veterans is incredible.

Our visitors this Christmas and Holiday Season have come to say thank you to all who have served our Great Nation. I, also, would like to get in that line and express my gratitude and best wishes to you and your families.



To the Staff of VVH....

Many of you have gone out of your way to make this a special time of year for the Veterans, members, and colleagues. Thank you for giving of your time and energy to make this a special season for us all.



Merry Christmas and a Happy Holiday Season to all!

S/F

AF



Operation Turkeys — The Board of Trustees presented turkeys to the staff as an expression of their thanks for the dedication and excellent service they provide to our Veterans and Members.



VVH Carols with the Aladdins



And More Wonderful Donations



Jerry Albert of the Bennington Rotary Club, brings gifts for Veterans and members.

Hemmings Motor News delivers "Sox for Seniors"



VFW presents a check to Melissa

Arlington Cub Scouts Bring Gifts to the Veterans



History Of The Challenge Coin

A downed WWI pilot was captured by the French as he tried to make his way through no man's land. The pilot tried to identify himself but they would not listen to him. He was about to be executed but at the last minute, one of the French soldiers recognized his coin. He was not only saved, but they bought him a drink as well.

Nowadays, the Challenge Coin is given to recipients as an award for outstanding service or performance of duty.



Joseph Krawczyk, President of the Board of Trustees, presents Frank Shattuck, Vietnam Veteran of the Marine Corp and holder of the Purple Heart, with the Challenge Coin. Mr. Shattuck now serves the Vermont Veterans' Home and his fellow Veterans. He is well deserving of this recognition.



VERMONT VETERANS' HOME

THANK YOU

On behalf of our Veterans, Gold Star Parents, resident spouses and out-patient clients, the leadership and Board of Trustees of the Vermont Veterans' Home wishes to recognize our dedicated staff, along with the hundreds of active duty military, retired veterans, civilian volunteers, visitors, Veteran service groups and countless others who have contributed so generously and selflessly to make the Home such a warm, friendly and comforting residence for those who have served our country with dignity and honor.

With your help, we are fulfilling our Country's promise to care for those who have borne the battle.

Upcoming Events



American Red Cross

Blood Drive

January 23, Friday
1:00—6:00 pm
Crispe Room

Schedule an appointment at:
1-800-Red Cross or at redcrossblood.org
Drop-ins welcome



FEBRUARY



Valentine's Day Dance

More information will be in the February's Issue



Thanksgiving Dinner With Family and Friends



SIMPLE HOT COCOA FOR ONE

Ingredients:

- 2 Tablespoons unsweetened cocoa powder
- 1 to 2 tablespoons of sugar (depending on how sweet you like it)
- Pinch of Salt
- 1 cup of Milk or any combination of milk, half-and-half or cream
- 1/4 teaspoon vanilla extract

Preparation:

Whisk together the cocoa, sugar, salt and about 2 tablespoons milk in a small saucepan over medium-low heat until cocoa and sugar are dissolved. Whisk in the rest of the milk and heat it over medium heat, whisking occasionally, until it is hot. Stir in the vanilla and serve.

Like your hot cocoa frothy, blend it in the blender.



ENJOY!

THE ROAD NOT TAKEN

By: Robert Frost

Two Roads Diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Word Scramble

MREOVNT RSETVAEN OMHE

EGLAE

SFLGA

AYVN

REDE

IENRAMS

EHT ZBZU DWOR

RAI REOFC

ACOTS GRDAU

MRYA

Just For Laughs..

Worse Punishment?

An Air Force cargo plane was preparing for departure from Thule Air Base in Greenland. They were waiting for the truck to arrive to pump out the aircraft's sewage holding tank.

The Aircraft Commander was in a hurry, the truck was late in arriving, and the Airman performing the job was extremely slow in getting the tank pumped out.

When the commander berated the Airman for his slowness and promised punishment, the Airman responded: "Sir, I have no stripes, it is 20 below zero, I'm stationed in Greenland, and I am pumping sewage out of airplanes. Just what are you going to do to punish me?"

Together for the Holidays

