



VERMONT VETERANS' HOME

VOLUME 6, ISSUE 10

OCTOBER 2015

# The BUZZ WORD



## 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:

The Buzz Word Editor  
Vermont Veterans' Home  
325 North Street  
Bennington, VT 05201

(802) 447-6510

Email:

[Barbara.Fitzgerald@vermont.gov](mailto:Barbara.Fitzgerald@vermont.gov)



## 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



## **ARE YOU READY FOR SOME FOOTBALL?....FACTS**



It is that time of year: cool temperatures, pumpkin flavored everything, sweaters, apple pies, falling leaves and of course this Buzz Word editor's favorite, FOOTBALL (Dallas Cowboys' Football to be exact). In honor of football season, here are some NFL football facts:

1. No network footage exists of Super Bowl I. Rumor has it, someone taped a soap opera over it.
2. Tom Landry brought the Cowboys through 20 straight winning seasons. This accomplishment is unmatched by any other professional sports franchise.
3. In 1932, six of the Chicago Bears' games ended in a tie.
4. Following Thanksgiving, Super Bowl Sunday is the largest food consumption day in the United States.
5. In 1927, the New York Giants held opponents to just three touchdowns all season.
6. For a year's supply of NFL footballs, it takes 3,000 cows to supply the leather
7. With almost \$1 billion in yearly revenue, the NFL is the world's richest professional sports league. (That could buy a lot of cows...err footballs!)



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:*

**Mary Ryan, Executive Assistant  
mary.ryan@vermont.gov  
802-447-6523**



<http://vvh.vermont.gov>

## Administration and Department Directors

Melissa Jackson, CEO/Administrator  
447-6533  
[melissa.jackson@vermont.gov](mailto:melissa.jackson@vermont.gov)

Col. Al Faxon, COO/Deputy Administrator  
447-6544  
[allan.faxon@vermont.gov](mailto:allan.faxon@vermont.gov)

Steven McClafferty, Business Manager  
447-2732  
[Steven.mcclafferty@vermont.gov](mailto:Steven.mcclafferty@vermont.gov)

Christina Cullinane, Director of Nursing  
447-6543  
[christina.cullinane@vermont.gov](mailto:christina.cullinane@vermont.gov)

Cindy Rankin, Food Service Director  
447-2815  
[cindy.rankin@vermont.gov](mailto:cindy.rankin@vermont.gov)

Michele Burgess, Activities Director  
447-6520  
[michele.burgess@vermont.gov](mailto:michele.burgess@vermont.gov)

Christina Cosgrove, Social Services Director  
447-2792  
[christina.cosgrove@vermont.gov](mailto:christina.cosgrove@vermont.gov)

Jon Endres, Environmental Services Director  
447-6528  
[jon.endres@vermont.gov](mailto:jon.endres@vermont.gov)

Patti Parker, Housekeeping and Laundry Supervisor  
447-2731  
[patricia.parker@vermont.gov](mailto:patricia.parker@vermont.gov)

Suzanne Willard, Director of Rehab  
447-6548  
[suzanne.willard@genesishcc.com](mailto:suzanne.willard@genesishcc.com)

Karen Divis, Quality Assurance Nurse  
447-2888  
[karen.divis@vermont.gov](mailto:karen.divis@vermont.gov)

Mary Hamilton, MDS  
379-5279  
[mary.hamilton@vermont.gov](mailto:mary.hamilton@vermont.gov)

Gary Yelle, Admissions Coordinator and  
Marketing Director  
447-6539  
[gary.yelle@vermont.gov](mailto:gary.yelle@vermont.gov)

## Chaplain's Corner...



Howdy Folks,

One of the mysteries of God is the *Trinity of God*. Often in discussion about “God, the Father, the Son, and the Holy Spirit,” folks express that they don’t fully understand the *Trinity*. Well, don’t feel you’re alone. Many folks feel the same way, including me.

Hopefully, the following will help:

By the “Trinity of God,” we mean the tri-personal existence as “Father, Son, and Holy Spirit,” ~ three distinct persons in one.

THE FATHER is recognized as God (1<sup>st</sup> Peter 1:2), and is all the fullness of the Godhead invisible (John 1:18).

THE SON is recognized as God (Hebrews 1:8), and is all the fullness of the Godhead manifested in the flesh (John 1:14).

THE HOLY SPIRIT is recognized as God (Acts 5:3~4), and is the fullness of the Godhead acting upon man, convicting him of sin (John 16:12~16).

The Doctrine of the Trinity is not explicit in the Old Testament, but is rather implied, “then God said, Let ‘Us’ make man in our image” (Genesis 1:26). The “Us” is *God, the Son and the Holy Spirit*.

A great book that helped me better understand the Trinity is “The Shack” by William P. Young. I highly recommend it for not only understanding the Trinity, but to know more about forgiveness. And, of course, reading your Bible is a most helpful medium.

God bless and say a prayer for our troops serving around the globe.

God Bless,  
Chaplain Ken



### *B-17 Bomber*



The B-17 Bomber Col. Al Faxon, COO is modeling was crafted by one of our Veterans. This marvelous plane is now located by the Activities room. Stop by and take a look.

### *National Bowtie Day August 28, 2015*



*From the Administrator...  
Melissa Jackson*

Dear Family and Friends,

Early fall is affectionately known as “Budget Season” here at the Vermont Veterans’ Home. This is the time of year we develop our budget for the upcoming fiscal year, which starts July 1, 2016, based on the directions we have received from Montpelier. Our directions are not unfamiliar to us; we are to develop a budget that does not reflect any increase in spending. This is a difficult task to do but I am happy to report we were able to do this without any cuts to the staff or services we provide.

One question that is being asked on a more frequent basis, by individuals who do not know VVH, is:

*Why the Vermont Veterans’ Home, why not just care for our Veterans in private nursing homes, what makes VVH so special?*

I would appreciate hearing from as many of you as possible, why did you choose VVH instead of some private home? What makes us so special? I will list the responses I receive in our budget presentation to the legislature to help them have a better understanding as to why this facility is so important. So please email, snail mail, or stop by with your comments. I am looking forward to having several pages of comments for the Legislatures to review.

Enjoy the beautiful days of fall. Before we know it the snow will arrive.

Melissa A. Jackson  
BSW, LNHA  
CEO/Administrator



*Ludlow American Legion Donations*



American Legion  
Ballard-Hobart  
Unit 36



American Legion Riders  
Chapter #1

Ballard-Hobart  
Unit 36  
Auxiliary



Sons of American Legion

Thank you for your continuing support.

# Donations



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

Sally Carly  
Stephen Leach  
Donald Valerino  
Doug Leplante  
Philip & June Sherwin  
Jane Klonsky  
Lorraine Hunt  
Sophia Healy  
Phyllis M. Roberts  
Michael Ponto P.A.C.T  
American Legion Post 49 Auxiliary Unit  
VFW Bennington County Post 1332  
Daniel & Beverly Seifried/ USS Bennington  
In memory of **Donald Perkins**  
Carol Perkins  
Kenneth & Elaine Coonradt  
Michael Lively  
Helene & Randi Sisserman  
Alice Gagnier  
John & Judith Ladd  
Theresa Dube  
Earl Southgate

Richard Lamb  
Roberta Patten  
Justyna Carlson  
In memory of **Robert McWaters**  
Jeanne McWaters  
In memory of **William Praetorius**  
Kathleen Praetorius  
In memory of **Dr. Thomas McGrory**  
Barbara & Thomas Foggo  
Margaret Senecal  
In memory of **Donald Hicks**  
Nathan & Jessica White  
Diane & Pete Roy  
Amy Caswell  
Barbara & Charles Downing  
Claire Harvey  
William & Sandra Hayes  
Margaret Lillie  
Deborah Mason  
Birgit Talbot  
In memory of **George Welsch**  
Janet Galusha

## 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, October 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

**Thursday, October 8, 2015 at 1:00 pm**

**Namaste Room on American Way**

*Please contact Christina Cosgrove, 802-447-2792, for more information.*



*From Deputy Administrator...  
Colonel Al Faxon*



To all...Veterans, Employees, Families, Legislators, Board Members...heck, anybody who is reading this!

We all know Veterans that require our services, and what better place for them than our Home....The Vermont Veterans' Home.

After visiting many Homes throughout the country and after many conversations...I fully believe we have claimed the Top Spot as the finest Veterans' Home in the Nation! There is no other place with the feeling of community we have.

Our collective positive effort has enabled VVH to rise and be recognized. So let us now set the goal to achieve a consistent census of 130.

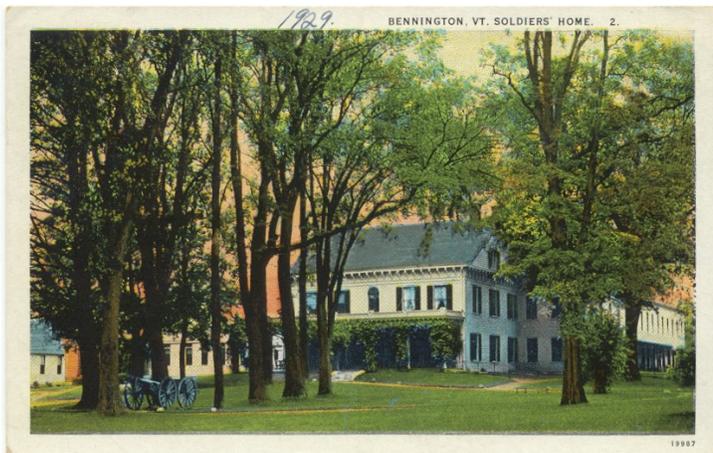
United as a team I am confident we can make it happen!

Semper Fi  
AF



*Vermont Veterans' Home: Then and Now*

**1929**



**Now**



Photo By: John Bibens

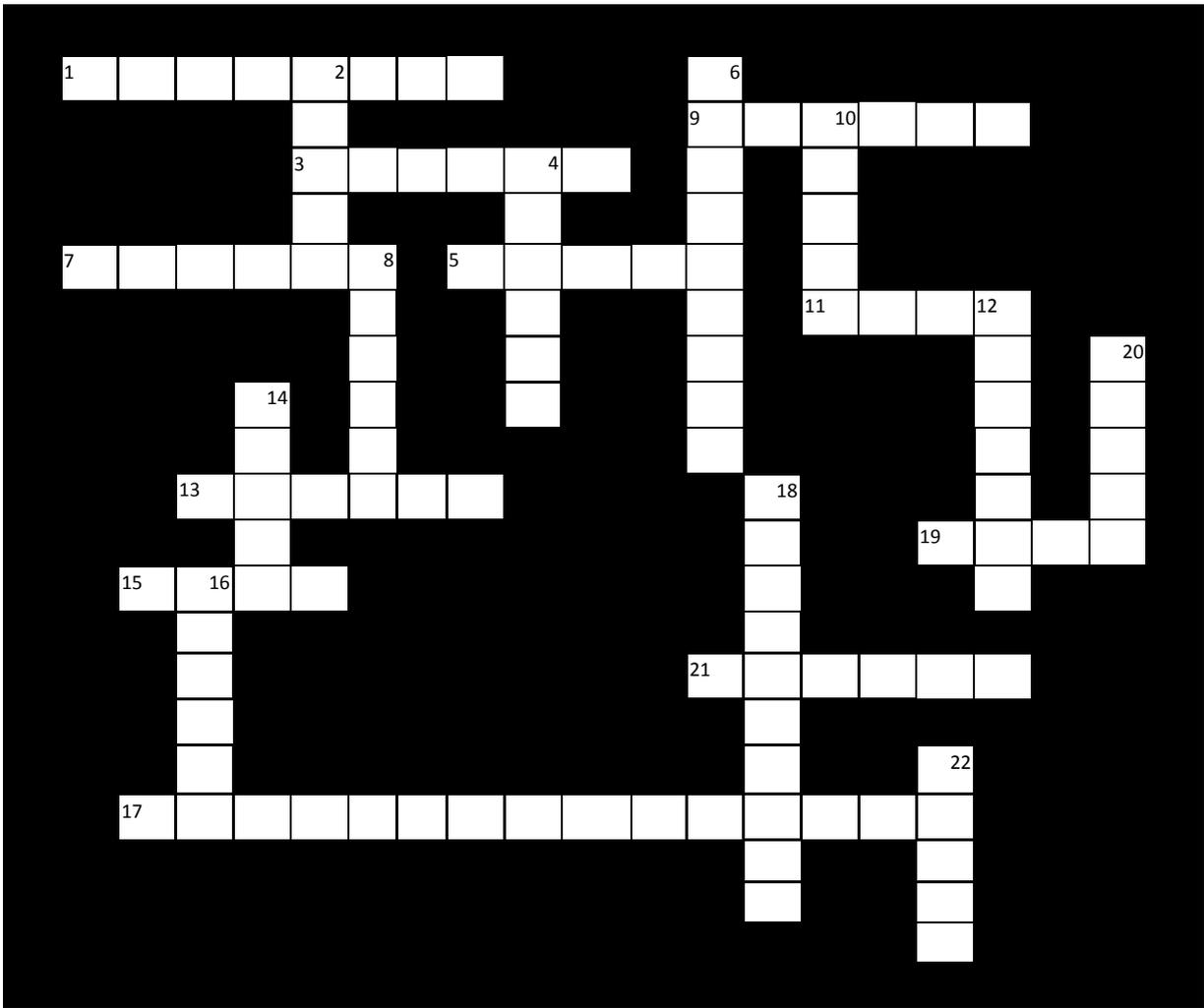
The Vermont Veterans' Home was established in 1887



## Joseph Wooten

(former keyboard player for the Steve Miller Band), took time out of his busy homelessness awareness tour to sing a few songs for the Veterans, Members, and of course, the staff. It was such a treat for all.





**ACROSS**

**Down**

- 1) Permission or Penalty
- 3) Engraved with Acid
- 5) Loathed
- 7) Pearl Producer
- 9) Acquire
- 11) Window Filler
- 13) Brunch Staple
- 15) Wise Birds
- 17) What People Get In Early December
- 19) Roll Call Reply
- 21) Do Again

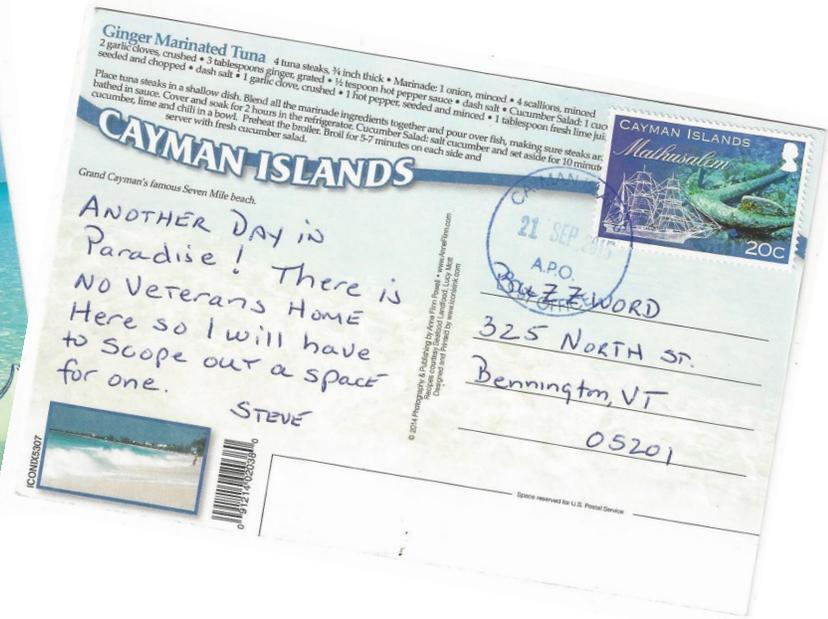
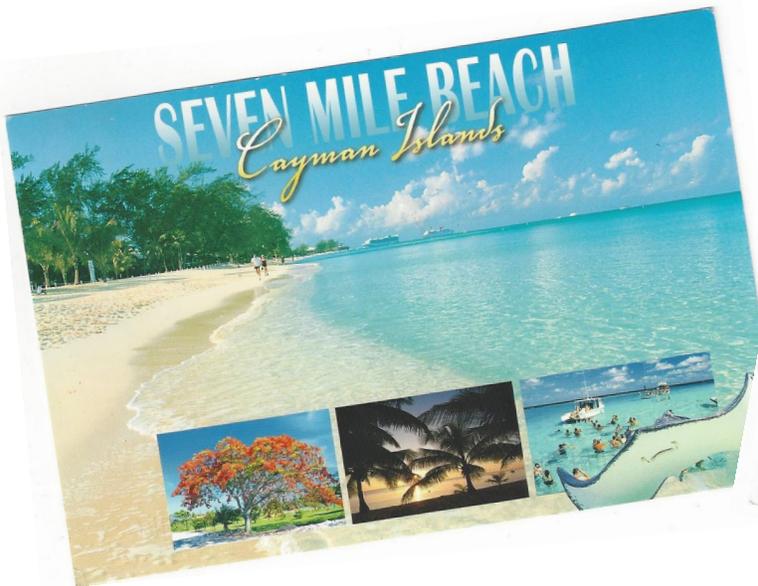
- 2) The Ones Right In Front Of Us
- 4) Delighted
- 6) Silent
- 8) Sell To Consumers
- 10) Garden Bulb
- 12) Made Possible
- 14) Desert Animal
- 16) Fireside Feeling
- 18) 100th Anniversary
- 20) Classic Krispy Kreme Coating
- 22) Horse's Chamber



Across: 1. sanction 3. etched 5. hated 7. oyster 9. obtain 11. pane 13. omelet 15. owls 17. Christmas spirit 19. here 21. repeat Down: 2. these 4. elated 6. soundless 8. retail 10. tulip 12. enabled 14. camel 16. warmth 18. centennial 20. glaze 22. stall



# Travels With Steve



## Showing Respect

On 9/11 the buzz through the building was, “Who is that man outside?”

Melissa Jackson, CEO took a walk outside and introduced herself. The man introduced himself as Marine Cpl. Paul Virtue. He came to honor our fallen soldiers by standing guard. When he finished marching, he came inside to enjoy lunch with the Veterans.

It was an amazing site to watch. There were many teary eyes and goose bumps around the building that morning.



## The Vermont Veterans' Home 0.5 Mile Family Walk to help Find a Cure for ALS



**Community Partner**

An Event to Benefit  
The ALS Association

**Register...Walk...Donate...**

**When: Saturday, October 24th, 2015**

**Rain or Shine**

**Where: Vermont Veterans' Home**

**325 North St, Bennington VT 05201**

**Registration: 12 Noon Kick off: 1:30 P M.**

**followed with music, games and refreshments**

To Register Go to :

<http://webnne.alsa.org/goto/VermontVeteransHomeWalktoDefeatALS>

For more information call  
Christina at 802-447-2792 or  
Colleen at 802-447-6568

## Upcoming Events

F.Y.I.

### **ALS Walk**

October 24, 2015  
Located at the VVH

### **Looking Ahead:**

- \* more information to come
- \*subject to change

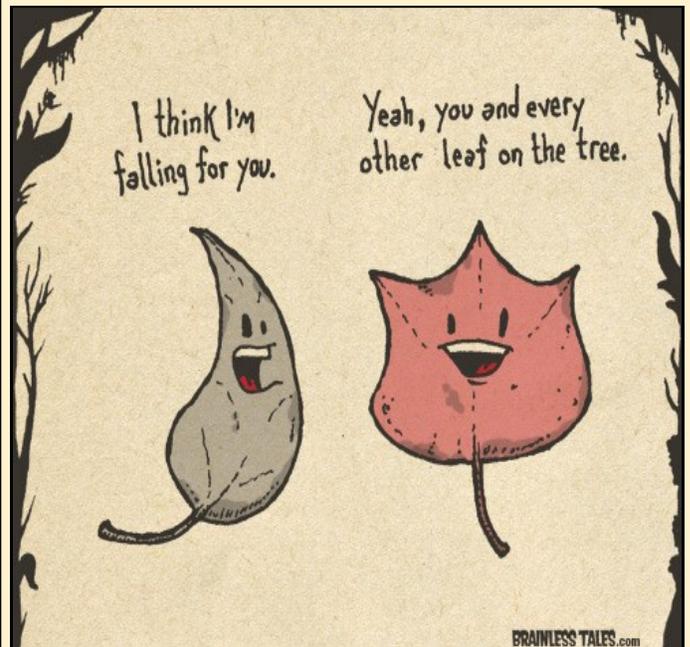
### **November:**

**ELK's Dinner**  
**Veterans' Day**  
**American Legion Gift Program**

### **December:**

**Holiday Tree Lighting**  
**Day of Remembrance**  
**VFW Christmas Party**

## **Just For Laughs.....**



## **VALOR Presents:**

### **The Manchester Music Festival String Quartet**

*Sunday, October 11 2015 at 1:30 PM*  
Located in Patriot Hall  
Open to the Community



**Violinists Joana Genova and Heather Braun, violist Ariel Rudiakov and cellist Benjamin Capps will play music by Mozart, Rachmaninov, Monti and others.**

## **Valor Presented:**

### **Mindfulness and Well-being** By: Thomas Redden, PhD

Professor Thomas Redden spoke about some of the fundamental tenets of Buddhism and meditation as well as the basic technique of mindfulness meditation.

