



VERMONT VETERANS' HOME

VOLUME 6, ISSUE 11

NOVEMBER 2015

The BUZZ WORD



Family like branches on a tree, we all grow in different directions yet our roots remain as one

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:

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

(802) 447-6510

Email:

Barbara.Fitzgerald@vermont.gov



VVH WISH LIST

- CD Players
- CD's of any type of music
- Newspaper Subscriptions
- Costume Jewelry
- Envelopes, Stamps, Pens, Writing Paper
- Men's Caps
- Crossword Books
- Word Search Books
- Universal TV Remotes
- Earphones for TV and Music
- Trivia Books
- DVD Players
- Outdoor Benches
- Monetary Donation to Members' Assistance Fund

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



According to BreastCancer.org, 1 in 8 women (12%) in the United States will develop invasive breast cancer during their lifetime. Over the years, we have been affected emotionally here at the Home by either someone who has lived here or someone who has worked here. This is how we showed our support on pink day. There was pink everywhere.



Pictures taken by Renee Armstrong

Chaplain's Corner...



Howdy Folks,

We are seeing God's wonderful creation of seasons change again, from the greenery of summer to autumn and the vibrant colors of a rainbow. I went out back of my house the other day to check a piece of ground I had just seeded to see if the grass had sprouted. While observing the area, a mild wind blew some bright red maple leaves, canary yellow cherry leaves, and pumpkin orange oak leaves across the lawn. Obviously, fall is upon us. It occurred to me that these leaves had turned to these beautiful colors while in their dying stages. This may not be a good analysis, but I could not help but compare this occurrence to our own lives. All spring and summer the leaves are green and full of life, and when their life cycle is complete they become symbols of beauty.

With us humans we live on our green earth until our time comes, and we can become part of God's everlasting paradise. Like the leaves withstand the winds and rain and environmental elements, we endure the trials and tribulations of life. And like the leaves, we turn color and die. Our earthly remains return to the earth, ashes to ashes and dust to dust. But, God added to us a soul that goes on to enjoy peace and contentment. Remember John 3:16? *For God so loved the world that He gave his only begotten Son, that whosoever believes in Him should not perish but have everlasting life.*

Knowing this reality, we are urged to believe, to follow God's commandments and keep the faith. We simply need to do good, do no harm, and stay in love with God.

On another subject, over 1,000 people (Moslems) were killed at the holy rituals in Mecca recently. Hard to believe that a religion can be so radical in its observances.

Pray for our men and women serving to keep us free around the world. And remember, God is everywhere, even at your wits end.

God Bless,
Chaplain Ken



USS Bennington P.A.C.T. Donation



One of the Members is modeling one of many wonderful jackets that were donated to the Veterans' Home by Mr. and Mrs. Allan Zerfas, members of the USS Bennington P.A.C.T.

Just For Laughs.....

Hanging the Turkey

Young Simon was sitting in his grandmother's kitchen, watching her prepare the Thanksgiving meal.

"What are you doing?" Simon enquired.

"Oh, I'm just stuffing the turkey," his grandmother replied.

"Wow, that's cool." Simon remarked. "Are you going to hang it next to the deer?"





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

Col. Al Faxon, COO/Deputy Administrator
447-6544
allan.faxon@vermont.gov

Steven McClafferty, Business Manager
447-2732
Steven.mcclafferty@vermont.gov

Christina Cullinane, Director of Nursing
447-6543
christina.cullinane@vermont.gov

Cindy Rankin, Food Service Director
447-2815
cindy.rankin@vermont.gov

Michele Burgess, Activities Director
447-6520
michele.burgess@vermont.gov

Christina Cosgrove, Social Services Director
447-2792
christina.cosgrove@vermont.gov

Jon Endres, Environmental Services Director
447-6528
jon.endres@vermont.gov

Patti Parker, Housekeeping and Laundry Supervisor
447-2731
patricia.parker@vermont.gov

Suzanne Willard, Director of Rehab
447-6548
suzanne.willard@genesishcc.com

Karen Divis, Quality Assurance Nurse
447-2888
karen.divis@vermont.gov

Mary Hamilton, MDS
379-5279
mary.hamilton@vermont.gov

Gary Yelle, Admissions Coordinator and
Marketing Director
447-6539
gary.yelle@vermont.gov

*From the Administrator...
Melissa Jackson*

Dear Veterans, Members, and Families,

As October comes to a close we are gearing up for the holidays at VVH. With that in mind I would like to provide a few reminders:

1. Family members can join their loved one for a Holiday meal by signing up at the front desk. The first guest is free and each additional guest is \$10.00 (up to 4 total guests).
2. If your loved one will be going home for the day or overnight, please notify his/her nurse at least a week in advance. This will allow us time to ensure all medications and other supplies are available.
3. When decorating please keep in mind that we cannot have live trees or wreaths in the building. All pre-lit Christmas trees and lights must be UL approved. Decorations cannot interfere with sprinkler heads or smoke detectors.
4. Staff members cannot accept individual gifts; this is per Federal regulations over seeing nursing homes. Staff are aware that they are to decline or return any individual gifts. Please do not put them in this very uncomfortable situation. If you would like to recognize the staff, treats that can be shared with the entire neighborhood or department are acceptable.

On a personal note I will be on medical leave from November 9th thru December 7th. During my absence Al will be acting CEO/Administrator.

Wishing you a very Happy Thanksgiving.

Melissa A. Jackson
BSW, LNHA
CEO/Administrator



***2nd Annual
Vermont Veterans' Home
Walk to Defeat ALS***



F.Y.I.

Upcoming Events

Molly Stark Veterans' Tribute
Tuesday, November 10, 2015 at 10:00 AM
Located in Patriot Hall

Veterans' Day Parade
Wednesday, November 11, 2015 at 11:00 AM
Parade ends at the Vermont Veterans' Home

Books Are Fun
Monday, November 16, 2015
9:00 AM to 3:00 PM
Located in the Canteen

American Legion Gift Program
Saturday, November 21, 2015 at 10 AM
Located in the Luke Crispe Room
For Veterans and Members

Donations

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

Mrs. Louise Gauthier
Phyllis M. Roberts
Niles Callahan
District 1 VFW Department of Vermont
Atlas Private Wealth Management, LLC
Charles & Eleen Magnant/Minister Hills Orchards

In Memory of Dr. Thomas McGrory

James & Lois Bona
Carl & Marcia Donega
Nancy & Alfred George
Lucille Kulp
Robert Maroni
William & Bonnie Mills
Gary & Sandra Tatro
Colleen & David Little
Edmond & Cynthia Grosso
Claire Angeli
Arlon & Anne Nelson

In Memory of Alan Sidella

Joe & Jean Wassick
Mark & Carol Folgert
Curtis Lumber

In Memory of William Praetorius

Carrie Gilbert

In Memory of Donald Hicks

Anita & James Perry
Florence Howard

In Memory of Donald Perkins

Susan Frew
P. Suzanne Hays



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, November 17, 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, November 12, 2015 at 1:00 pm

Namaste Room on American Way

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

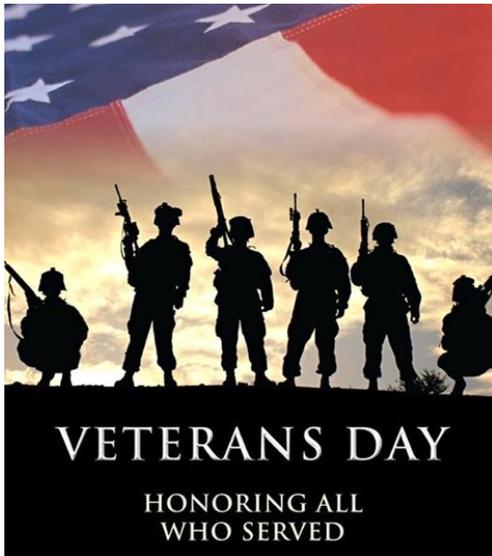


*From Deputy Administrator...
Colonel Al Faxon*



Vermont Veterans' Home family and team: Veteran's Day is almost here and I want to thank you for your service. The importance of your service can never be ignored. I often envision the many sacrifices you encountered because of your unselfish act of joining when our Country was in need. Whether you served two years or thirty years.....you answered the call and put the balance of Freedom in our favor.

Our Country and the world will always need people like you.....without those willing to step up, the reprobates of the world will always feel empowered to fill the void.



The above picture is one of my favorites, it displays the various uniforms we have worn throughout our Nation's history..... which one did you wear!

Our Campus of the Vermont Veterans' Home was again on colorful display this fall. I am continually amazed when at the end of the growing season, before the trees lose their leaves in preparation for winter; we get this fantastic burst of color and life before they fall.....

Thanks for serving....

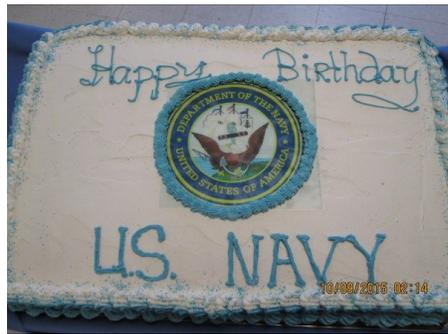
Semper Fi"

AF

240th United States Navy Birthday



The passing of the sword



Birthday Cake made by the dietary department



95 year old WWII Navy Veteran cutting the cake

Tis the Season



Here we go again, another flu season, hard to believe! The number one defense against the flu is to **receive the vaccine**.

Every year much education is done regarding hand hygiene and coughing etiquette. The reality is that if everyone was to consistently perform the two practices mentioned, we would do a great job of protecting ourselves and others.

HAND HYGIENE: This is the **single most effective** way to prevent the spread of infections. If we all practice this we would be in great shape not to spread germs. There are many times we need to wash our hands during the day. To name just a few:

- 1) When entering and leaving the building-Vermont Veterans' Home
- 2) When entering a Veteran's room
- 3) When leaving the room
- 4) When going into the dining room
- 5) After using the restroom
- 6) Before meals



While we do not see germs on items that we touch daily, be it a door knob, railing or wheelchair to mention a few, there are millions of bacteria and viruses living on surfaces waiting to attach to you and give you an infection. Surfaces are all indirect contact, meaning that when a surface is touched the germs are now on the hands if they are not washed.

We are very lucky at VVH to have Purell dispensers in every Veteran's/Member's room, hallways, entrances to dining rooms, dining room tables and more. Also, individual Purell bottles are available to staff to wear on their person.

COUGHING ETIQUETTE: The other most important way of preventing the spread of infections is practicing coughing etiquette. What this means is covering your mouth when you cough. You can cover your cough by placing your elbow up to your mouth. If you cover your cough with your hand and do not wash your hands, you will be spreading germs to everything you touch whether it is a door knob, wheelchair or shaking someone's hand. If you cover your mouth when you cough with your hand or a tissue, it is imperative that you wash your hands immediately after the cough or sneeze.

I believe the staff and Veterans/Members at VVH are doing a great job following hand hygiene and coughing etiquette practices. We all should remind each other when this practice does not occur. By reminding each other, we are protecting ourselves, family and the Veterans for whom we care.

One more important thing to remember is to stay at home if you are ill. It is best to visit your loved one when you are feeling well. So remember to get your flu, vaccine wash your hands and cover your mouth when coughing. This will keep you and our Veterans happier and healthier.



Patricia Babcock, RN IC

Germ Farm



Scrub'em!



Travels With Steve

Dear Veterans,

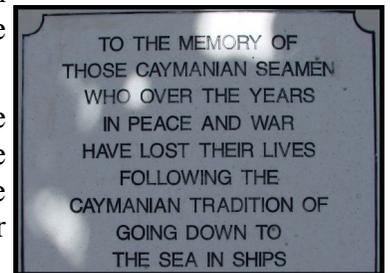
Here we are again, remembering Armistice Day on the 11th hour on the 11th day of the 11th month, not only to celebrate the end of the war to end all wars, but to honor and pay respect to all veterans. It was not until 1926 when in America it became an official national holiday and in 1954 when President Eisenhower signed the bill proclaiming November 11th as Veterans Day.



On my recent travels, I realized veterans are everywhere and are very approachable to talk about their experiences. As I got comfortable in my plane seat sitting in front of me was a veteran. I did not have the opportunity to talk with him until we exited the plane and then I saw he was a Korean War Veteran. I forget his name, but he did tell me that while in Korea he was so cold that his fingers and toes felt frozen. I did ask why he served and his response was, "Duty, Honor, Country". That is the common theme that I continually hear from veterans. They may not say those exact words, but I believe that they would again answer that call if so needed. I would bet anything that if I had the chance to ask a Revolutionary War soldier, a Civil War soldier (both North and South) or a World War I soldier, I would get the same response.



When we arrived in the islands and as we walked along the road into George Town, we noticed a marker in a cemetery that we must have walked passed at least a hundred times, the picture to the right. Veterans may be gone but not forgotten. In town there was a small memorial, too, to their mariners.

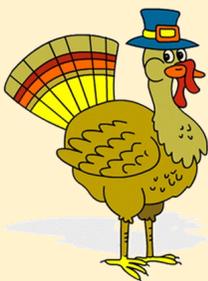


It is an honor and a privilege to work with you here at the Vermont Veterans' Home and to listen to your life experiences.

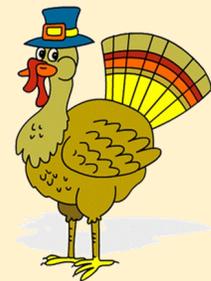
God bless each of you and God bless America.

Steve

Thanksgiving Meal



Roast Turkey with Stuffing
Mashed Potatoes / Gravy
Peas/Carrots
Pumpkin Pie with Whipped Topping



Alternate
Baked Ham with Pineapple

The holidays are quickly coming upon us. We would like to remind families they are welcome to join their veteran/member for a holiday meal. I would like to stress we are very limited with seating in our dining rooms. **Please see the receptionist to make a reservation if you are dining with a veteran/member.** Veteran's spouse or partner is complimentary and any other guest is \$10.00 each. We ask a total limit of 4 guests.



