



VERMONT VETERANS' HOME

VOLUME 6, ISSUE 6

JUNE 2015

The BUZZ WORD



Memorial Day: “Our debt to the heroic men and valiant women in the service of our Country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.”
—President Harry S. Truman

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@state.vt.us

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

Father's Day Car Show

Calling all car enthusiasts! The Vermont Veterans' Home and the State Line Car Club invite you this Fathers' Day to our Home to show off your automobile or to enjoy the afternoon with a host of great vehicles on display. Last year over two thousand attended the Car Show on our campus. With the Bennington Car Show taking this year off, we encourage you to attend ours, and **admission to the car show is free!**

Mark your calendars for June 21st and join us from 10:00AM to 2:00PM. Parking is available either in the employee parking lots behind the main building or at the State Office building.



If you would like more information about this topic, please contact Gary Yelle at 802-447-6510 or email at gary.yelle@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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802-447-6523**



<http://vvh.vermont.gov>

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Chaplain's Corner...



Howdy Folks,

Here is a quote by a famous Christian having to do with Heaven. Let me know if you recognize the Author:

Heaven is our home.

People ask me about death and whether I look forward to it and I answer, "Of Course", because I am going home.

Dying is not the end, it is just the beginning. Death is a continuation of life.

This is the meaning of eternal life; it is where our soul goes to God, to speak to God,

To continue loving him with greater love because in Heaven we shall be able to love him

With our whole heart and our soul because we only surrender our body in death—our body heart and our soul live forever.

When we die we are going to be with God, and with all those we have known who have gone before us; our family and our friends will be there waiting for us.

Heaven must be a beautiful place. Every religion has an eternity, another life.

People who fear death are the ones who believe this is the end. I have not known anyone to die in fear if they have witnessed the love of God. They have to make their peace with God, as do we all.

People die suddenly all the time so it could happen to us too at any moment.

Yesterday is gone and tomorrow has not yet come, so we must live each day as if it were our last, so that when God calls us we are ready, and prepared to die with a clean heart.

Let's not forget to praise God for all those souls who have given us our freedoms and liberties. Take a moment to remember them every day and especially on Memorial Day.



God Bless,
Chaplain Ken

Kimberly Farms Horseback Riding Adventure



Christina Cosgrove, Social Services Director and Ailish Hazen, Clinical Care Coordinator for North Village took two Veterans to Kimberly Farms to spend some time horseback riding. Kimberly Farms offers free horseback riding to all Military Veterans. As you can see by the smiles on their faces, they loved every minute they got to spend with the horses.

Donations

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

Rosemary Cone
Terri Kindl
William Potter
Terese Comar
Steve Leach with VFW of the United States
Michael and Lynne McCann
Robert Dawson
Bennington Free Library
Betty Beals
Craig and Patti Becker
American Legion Auxiliary Unit 23
American Legion Aux Dept of Vermont
American Legion Fair Haven Post 49
AL Aux Sorrell-Maynard Unit #63

In Memory of Robert Kindl

Paul and Nancy Robbins, Sr.
Arthur and Margaret Ruben
VFW Post 420

In Memory of Charles Parslow

Susan Muscatello

In Memory of Mabel Davis

Kenneth and Elaine Coonradt
Cathleen and Marshall Williams
Gregory and Janice Wright
Jo and Craig Berry
Kenneth and June Nicholson

In Memory of Rudy Vanveghen

Adoniram Chapter #22 O.E.S

In Memory of George Welsch

Janet Fabricius

Gregory and Catherine Gorton

In Memory of Joan Kelly

Larry and Melissa Telford, Jr.
The Tollner Family

In Memory of Robert Lake, Jr.

Ken Coonradt

In Memory of Salvatore Clarino, Jr.

Richard and Jeannie Powell

Bonita Hayes

Albert Clarino

Patricia Tyree

Wayne and Sherrie Pickett

Claire Clarino Schutt

George and Maryjean Costello

Col. William and Mary Gladski

Winthrop and Phyllis Roberts

Eugene and Daniel Koellhoffer

Margaret C Clarino

James and Maris Rock

Vincent and Catherine Miola, Sr.

In Memory of Richard Laroche

Georgianne Bonifanti

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, June 16, 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

June 11, 2015 at 1:00 pm

Namaste Room on American Way

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

*From the Administrator...
Melissa Jackson*

Dear Family and Friends,

What an incredible few months here at VVH. In March we received a deficiency free VA Inspection and in April we received a deficiency free CMS Inspection. Both inspections are a direct reflection of our hard working and dedicated staff.

Despite all the recent discussion in Montpelier about the Home's future, the staff remained focused on the job at hand, caring for America's heroes and their spouses. Both inspection results reflect the incredible job our staff does each and every day not just when inspectors are in the building.

Continuing with the good news, our Kitchen Project is scheduled to begin in the spring of 2016. Initial drawings are impressive and the new design will help to improve the delivery of food at the facility.

Home Depot has once again provided grant money for a project that will benefit the Veterans and Members of the Home. Over the past two years they have provided the plants and raised planting beds in the garden on Brandon Boulevard and replaced the deck and gazebo roof in the American Way garden. This year they will be installing two new putting greens, one on Cardinal Point and one our front between the gazebo and the deer park.

As the weather finally warms up please be mindful of the increase in the number of Veterans and Members outside. Please obey the posted speed limit signs.

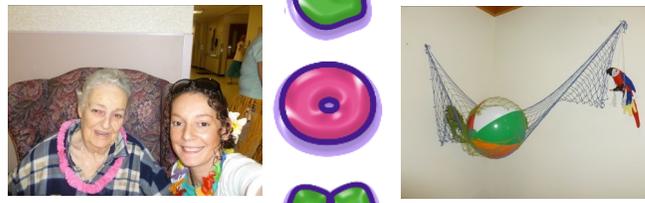
Melissa A. Jackson
BSW, LNHA
CEO/Administrator



Ice Cream Social



Beach Day



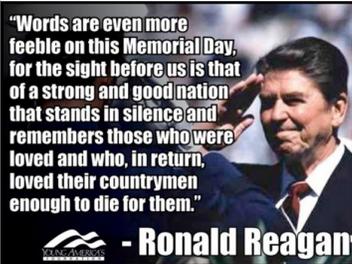


*From Deputy Administrator...
Colonel Al Faxon*

Memorial Day is a day set aside to remember our fallen brothers and sisters, and to give pause and thanks for their many sacrifices. I usually think of it as "What if Day". What if we did not have the caliber of citizen that unselfishly thinks beyond themselves, and has the willingness to lay their life on the line for others? No doubt the borders of our Great Nation would be different...what if the South had won the Civil War and we remained divided...Europe's borders might possibly be nonexistent except for a big swastika in the center. The Far East, who knows...but I can tell you many countries in that



part of the world would be flying flags different from the ones they currently have.



To those who have given the ultimate sacrifice, I humbly thank you for the many freedoms we enjoy in this country, and for those who remain free throughout the world because of you.

To our Veteran's here at the Vermont Veterans' Home...I know Memorial Day is for those who died in battle...however, I would also like to thank you for all of your sacrifices and your devotion to duty...without you, the above would not be true...To us, you are all heroes!

S/F
AF

Watching the Memorial Day Parade



Bennington ELKS Steak Dinner



Thank you Bennington ELKS for providing VVH's Veterans and Members with another delicious meal.



Staff Appreciation Breakfast



L to R: Jon Endres, Director of Environmental Services, Steve McClafferty, Financial Director and Col. Al Faxon, Deputy Administrator check to make sure the food is just right for the staff.

Melissa Walsh, LNA is being served breakfast by Steve McClafferty, the Financial Director. It was just one way the Administration at VVH showed appreciation of their staff during nursing home week.



L to R: Melissa Jackson, CEO standing with Colleen Dewey, Education Coordinator, Rae Anne Wood, Activities Aid and Melissa Walsh, LNA. All staff received breakfast along with new VVH travel coffee mugs.

Resident Council BBQ



(L:) Niles Callahan donated his time and food to cook up some delicious burgers and chicken sandwiches. All proceeds made from the BBQ went to the VVH's Resident Council.

(R:) Niles serving Mr. Cole up one of his delicious burgers. A big thank you to Niles and his crew for all that they do for the Veterans and Members at the VVH.



(L:) The VVH's staff, Veterans and Members come together to enjoy the first Resident Council BBQ of the season. It was an enjoyable, delicious afternoon.

Cranky Old Man?

What do you see nurses? . . . What do you see?
 What are you thinking when you're looking at me?
 A cranky old man,not very wise,
 Uncertain of habit with faraway eyes?
 Who dribbles his food and makes no reply.
 When you say in a loud voice 'I do wish you'd try!'
 Who seems not to notice the things that you do.
 And forever is losing A sock or shoe?
 Who, resisting or not lets you do as you will,
 With bathing and feeding The long day to fill?
 Is that what you're thinking?. Is that what you see?
 Then open your eyes, nurse you're not looking at me.
 I'll tell you who I am As I sit here so still,
 As I do at your bidding, as I eat at your will.
 I'm a small child of Ten with a father and mother,
 Brothers and sisters who love one another
 A young boy of Sixteen with wings on his feet
 Dreaming that soon now a lover he'll meet.
 A groom soon at Twenty my heart gives a leap.
 Remembering, the vows that I promised to keep.
 At Twenty-Five, now I have young of my own.
 Who need me to guide. And a secure happy home.
 A man of Thirty My young now grown fast,
 Bound to each other With ties that should last.
 At Forty, my young sons have grown and are gone,
 But my woman is beside me to see I don't mourn.
 At Fifty, once more, Babies play 'round my knee,
 Again, we know children My loved one and me.
 Dark days are upon me My wife is now dead.
 I look at the future I shudder with dread.
 For my young are all rearing young of their own.
 And I think of the years And the love that I've known.
 I'm now an old man and nature is cruel.
 It's jest to make old age look like a fool.
 The body, it crumbles grace and vigor, depart.
 There is now a stone where I once had a heart.
 But inside this old carcass A young man still dwells,
 And now and again my battered heart swells
 I remember the joys I remember the pain.
 And I'm loving and living life over again.
 I think of the years, all too few gone too fast.
 And accept the stark fact that nothing can last.
 So open your eyes, people open and see.
 Not a cranky old man Look closer ~ **see me**



Past Exalted Ruler Arthur Charron presents Col. Al Faxon, Deputy Administrator of the VVH with the Bennington Elks Citizen of the Year Certificate

Summer Food and Drinks

Unscramble each word

HTO SGDO

ECI ERCMA NCEOS

ORTMEWEAENL

RCNO NO ETH BCO

EBBERUAC ICHKNCE

EWETS CIE AET

SBRWRRETAY ETOKARSHC

STAAP ALASD

LSPOPCEI

MLCA BEAK

OPTATO DLAAS

BLERTSO LRLO



Steve Leach (R), representing the Veterans of Foreign Wars of the United States presented Michele Burgess, Activities Director and Col. Al Faxon, Deputy Administrator (L) with phone cards for the Veterans and Members to use when they call their loved ones.



Representatives of the Missionary Alliance Church in Bennington presented Col. Al Faxon, Deputy Administrator a wonderful donation for the VVH. .

A word from the Infection Control Department....

Tis the Season!! Sneezing, Teary Eyes, Runny Nose *Patricia Babcock, RN, Infection Control*

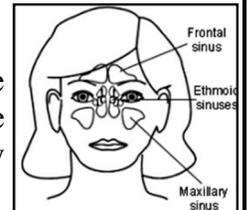
At this time of the year many people are suffering from allergies. How do you know if it is an allergy, sinus infection or a common cold?

Right now the pollen count is through the roof. You many have a stuffy or runny nose, watery eyes, sneezing, a cough and chest discomfort as well. If you have other symptoms such as facial pain or fatigue it could be something else.

How do you know what it might be – allergies, a sinus infection, or the common cold?



Typically, **allergies** are the result of an individual's sensitivity to substances (which can be seasonal or year round) such as pollen, plants, food, pet dander, etc. Avoiding the substances that trigger symptoms and using preventative medications are extremely important. This may also reduce the chance of a sinus infection. A saline nasal spray can also be beneficial for allergy sufferers.



A **sinus infection** is caused by a bacteria usually resulting in a blockage of one or more sinuses causing them not to drain properly. It is common to experience facial pain near the area of infection, fever and headache. This type of infection is caused by bacteria and may need an antibiotic to treat.



The common cold (more common in the fall and winter) occurs because when we are indoors we are very good at sharing our germs. Symptoms of the common cold could include a mild fever, slight headache, stuffy nose and/or sore throat. Using a humidifier will enhance the body's natural defenses to help avoid colds. Most colds are caused by viruses, so an antibiotic will not help. A typical cold should go away in four to six days.



Your best defense against all of the above conditions is to follow a healthy life style - eat a well-balanced diet, exercise, get enough sleep, and the #1 way is to always remember to WASH YOUR HANDS!!

Deficiency-Free VA and State Inspections

The staff pictured below took a few minutes out of their busy day to celebrate the VA and State inspection success. Having deficiency free surveys is almost unheard of. The VVH has many different departments but we are one **team**.

Picture Below: Staff representing North Village and American Way.



Picture Below: Staff representing Freedom Village.



Picture Below: The VVH's Social Service Department.



Picture Above: Staff representing Environmental Services.



Picture Above: Staff representing the Dietary Department.



Upcoming Events

Bennington College Performance
Saturday, June 2, 2015 at 2:30PM
Located in Patriot Hall

Mount Anthony High School Chorus
Friday, June 5, 2015 at 2:15PM
Located in Patriot Hall

Army's 240th Birthday Celebration
Friday, June 12, 2015 at 2:00PM
Located in Patriot Hall

Father's Day Car Show
Sunday, June 21, 2015 at 10:00AM
Located on the VVH Campus

VVA Picnic
Saturday, June 27, 2015 at 12:00PM

Fishing Derby
Sunday, June 28, 2015 at 10:00AM
Located at Charron Pond

Valor Presents:

Why We Love Listening to Music

By: Joanne Beck, MA

Saturday, June 20, 2015 at 2:00PM
Located in the Crispe Room
Open to the Community



Joanne Beck, MA is a Music Educator and Music Therapist. Career focus has been on using music as a treatment modality for addictions, PTSD, aphasia, Alzheimer's Disease, Dementia, Autism Spectrum Disorder and developmental disabilities. Currently trained in Neurologic Music Therapy, Joanne employs techniques using music to stimulate and support specific areas of the brain. Now that all three children are on their own, Joanne lives with her husband Matthew and two dogs in Winhall, VT.

The VVH's New Sign-in Name Tags

We now have sign in and wear name tags. When you enter the building, please go to the receptionist's desk and sign and place the name tag where staff are able to read it. When writing on the tag, press hard so it copies to the next page. When you are getting ready to leave, just place it back in the book and put your time out on it.

We thank you for your cooperation with this. It helps us to identify who is in the building in case of an emergency. We want to keep our Veterans, Members and visitors as safe as possible.

JUST FOR LAUGHS....

A Sergeant was addressing a squad of 25 and said: "I have a nice easy job for the laziest man here. Put up your hand if you are the laziest." 24 men raised their hands, and the sergeant asked the other man "why didn't you raise your hand?" The man replied: "Too much trouble raising the hand, Sarge."

