



VERMONT VETERANS' HOME

VOLUME 6, ISSUE 9

SEPTEMBER 2015

The BUZZ WORD



THE SMILE SAYS IT ALL

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

Would you like to have an anecdote about your loved one in the Buzz Word? Send your story to the address or email address above.

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 USS Bennington P.A.C.T. Picnic





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,

Holy moly, I can't believe it, we (my wife and I) wanted to be around here during the 2015 Bennington Battle Day Parade and the Pomp and Ceremony activities but were not able to. Every year for the past 30 + years we, along with our children ~ their children ~ and their children now, go south to Holden Beach, North Carolina for a week of sun and sand. This year our trek south goes into the Battle Day weekend. God willing and the creek don't rise, there will be many more Battle Day weekends for us to participate in.

A couple weeks ago, in sharing with one of our residents and his spouse, the subject of our favorite Psalm came up. For us there are two that hit the spot. The 23rd Psalm is appropriate for any occasion, but the 139th Psalm is a clear reminder that God is all about us no matter our condition or circumstance.

It is too long to include here, so let me cite a few verses. Please take the time to read the entire Psalm 139, it illustrates so well that God is always near and His love is present at all times.

Psalm 139

Search Me, O God, and Know My Heart

O LORD, you have searched me and known me!

² *Thou dost know when I sit down
and when I rise up;*

Thou dost understand my thoughts from afar.

⁷ *Where shall I go from your Spirit?
Or where shall I flee from your presence?*

¹⁴ *I will give thanks to thee,
For I am fearfully and wonderfully made.
Wonderful are Thy works;
And my soul knows it very well.*

²³ *Search me, O God, and know my heart!
Try me and know my anxious thoughts!*

²⁴ *And see if there be any hurtful way in me,
and lead me in the way everlasting!*

Say a prayer for our troops serving around the globe.

God Bless,
Chaplain Ken



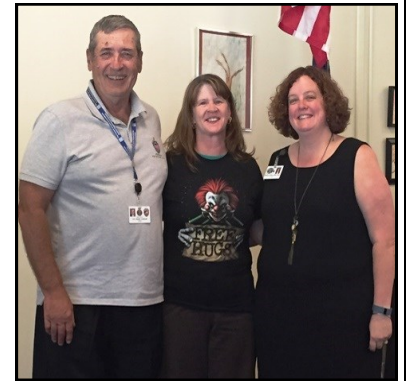
Board of Trustees Employee Recognition



L to R: Joseph Krawzyk, President of the Board of Trustees, Christina Cullinane, Director of Nursing, and Melissa Jackson, CEO.

Christina was recognized for her five years of service.

L to R: Joseph Krawzyk, President of the Board of Trustees, Barb Reilly, Activity Aid, and Melissa Jackson, CEO. Barb was recognized for her impressive thirty-eight years of service.



Valor Presented: Revival and Revolution: The Legacy of Ireland's "Easter Rising" of 1916



***From the Administrator...
Melissa Jackson***

Dear Family and Friends,

It seems like just yesterday I was writing to you about the start of summer and now it is just about over. As we plan for the colder months I ask that you take a few minutes to take an inventory of your loved ones clothing at the facility. Many of their closets and dressers are full to overflowing. Please take home any clothing that is no longer needed or not seasonally appropriate.

I am happy to report that we have completed all of the construction work related to the heating system and are now focused on putting the finishing touches on the design for our new kitchen. This project is slated to take place in spring of 2016.

We are 3 months into the rollout of our new electronic medical record and financial software. Thus far the rollout has gone smoothly and we anticipate having the system fully implemented by December 1st. This means that staff will be completing all of their documentation on computers; I appreciate your patience as we implement this system and work out any bugs that may crop up.

Finally, we appreciate all the help and support our family members provide our Veterans and Members; from transporting residents to helping to pass trays at meal time, these gestures do not go unnoticed. Recently we have had a few family members come into the kitchen at meal time to get trays or other items a Veteran or Member has requested. For safety and infection control reasons I ask that you do not enter the kitchen, at any time, please seek staff assistance.

Melissa A. Jackson
BSW, LNHA
CEO/Administrator



The Patriot Brass Ensemble came and performed for the Veterans and Members. Their mission is to create a better quality of life for all Veterans by bringing music to them. Their goal is to perform at every VA and state home for Veterans once a year.

Bringing A Four Legged Friend To Visit?



Please provide up to date vaccination papers to the receptionist first.

Donations

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

Andrew Dequase
Marie Howe
The Palmer Family
Bill Mattoon
Dr. Valerino
Ellen Lipshutz
Len Capobianco
Beth Daigneault
Gary Bronson
Jean Black

VFW Bennington County Post 1332
Kenneth and Elaine Coonradt
District 1 VFW Department of VT
American Legion– The 49R's (Fair Haven)
American Legion Auxiliary Dept. of VT
VFW Auxiliary Post 1034
Pastor Grimes and Hope Fellowship Church
(along with Children from Beech Court and
Willowbrook Housing)
Mrs. Frances Hicks

Donald Harvey
Ms. Simone

In Memory of Victoria Baker
Mary Linda and Robert Brown Jr.
Jene MetCalfe

In Memory of William Praetorius
William A. Flood, M.D.
Kathy Thibodeau
Lois and William Weiner
Louise Welsch

In Memory of Harold Fair
Eileen Hislop

In Memory of Russell Stewart
Harriet Denko
Harold Stewart
Florence Stevenson

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, September 15, 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, September 10, 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 friends, summer sure came to a slow boil....but when it arrived, August was a hot one. On August 15th I attended the unveiling of the WW II monument at the Vermont Welcome Center on Route 279. You can appreciate from the pictures the turnout was a greatand the weather was tremendous. It was an appropriate day to remember the sacrifices of those Americans that went forward to stop the evil being perpetrated by the Axis Powers of the time.



In uniform above are our friends from the USS Bennington, who just two days prior were in our Home serving us lunch!

To our Veterans'thanks for serving....and to their families, in many regards you had the toughest job of all!

Semper Fi

AF

***The Volunteer Fife and Drum Corps
Hanaford's Volunteers***

The Fife and Drum Corps came all the way from Underhill, VT to perform for our Veterans and Members. They also came down to honor one of our Veterans who is a former member of the group. They presented him with a picture of himself while in the Fife and Drum uniform. Boy was he surprised!



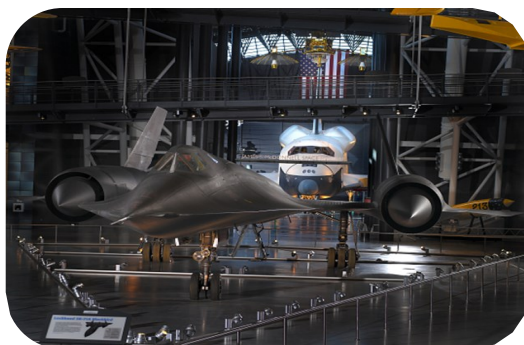


Travels With Steve

Dear Veterans,

A few years ago while visiting the farm in Virginia I had the opportunity to visit the Air and Space Museum at Dulles International Airport in Washington, D.C.

It was the opportunity to see up close and personal a SR-71 Blackbird, an Air France Concorde jet, the first commercial jet to exceed Mach 1 for passengers and a Space Shuttle. The Blackbird and Shuttle are shown below.



As with many WWII anniversaries, we have been looking back on the recent years what happened on August 6, 1945. Seventy years ago, the United States dropped the first atomic bomb on the city of Hiroshima, Japan. The dropping of "Little Boy" from the Enola Gay began the end of WWII in the Pacific theater. The radius of destruction was about one mile which resulted in 69% of buildings being destroyed; 70,000 to 80,000 people being killed of which 20,000 were soldiers. Three days later on August 9, 1945 the second atomic bomb "Fat Man" was dropped on Nagasaki, Japan. Less than a week later on August 15, 1945, Japan surrendered and the documents were signed on September 2, 1945 aboard the deck of the USS Missouri.

I had the humbled opportunity to see the Enola Gay at the Air and Space Museum in Washington, D.C. If that plane had fuel and was off the supports, I think it would easily taxi out to the one of the runways and take off again to roam the skies. The stories it continues to tell....

God Bless each of you and God Bless America.

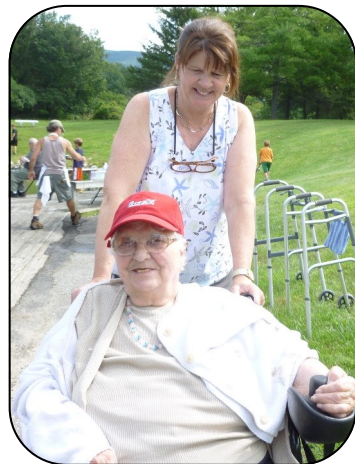
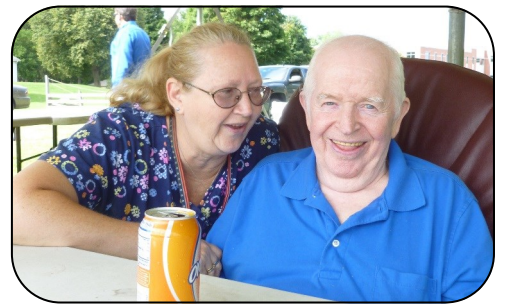
Steve



Fishing is much more than fish...It is the great occasion
when we may return to the fine simplicity of our forefathers.

—Herbert Hoover

***Fishing Derby and Picnic
Sponsored by the Bennington Elks
Lodge #567***





10th Annual Rock Rattle & Drum Pow Wow

Organized By: Fidel Moreno and Susan Jameson
Located on the grounds of the Vermont Veterans' Home



F.Y.I.

Upcoming Events

Veterans' and Members' Bingo

September 2nd, 16th and 23rd at 1:30 PM

September 10th at 7:00 PM



Grandparent's Day Fishing Derby

September 13, 2015 at 10:00 AM

Located at Charron Pond



ALS Walk

October 24, 2015

Located at the VVH

More Information to Come

Just For Laughs.....

Oh, The Things Kids Say

- I had a student rush in all excited to tell me that her ancestors came over on the cauliflower.
- Me: In what country do we live in?
Student: 'Tis of thee
- About halfway through a spaghetti dinner my 3-year-old daughter asked what the green stuff on the pasta was. When I told her it was parsley, she threw up her hands and said, "Well, I've never had it before, and now. My life. Is ruined."



Valor Presents:

Mindfulness and Well-being

By: Thomas Redden, PhD

Monday, September 28, 2015 at 2:00 PM

Located in Patriot Hall

Open to the Community

More Information to Come



Thomas Redden, PhD is a Professor of Social Sciences at Southern Vermont College. He also is an ordained Zen Buddhist priest with a 37-year daily mindfulness meditation practice. He did the Mindfulness-Based Stress Reduction course through UMass Medical Center.



Volunteers Needed

Shopping Trip Companion
(with our transportation)

Bingo Helper

Off Campus Event Companion

In House Event Helper

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 Michelle Burgess at 802-447-6520.

Dedicate some time to a Veteran. It's a rewarding experience.