

The Veterans Voice



Newsletter of the New Hampshire Veterans Home, Fall, 2014

Commandant's Report

Margaret "Peggy" LaBrecque



Getting to be the season

Greetings to all:

As the autumn leaves have turned colors and dropped, activities have shifted into high gear here at the Home, as they do each Fall.

Shopping trips, excursions to museums and sporting events, trips to special events like the Veterans Day Ceremony at the State Veterans Cemetery in Boscawen and in-house entertainments and games have helped our residents fight the loneliness and boredom that can lead to depression.

We've also been blessed by two very spirit-lifting visits to the Home this Fall from recipients of the nation's highest military honor. Sammy L. Davis, who received the Medal of Honor for heroism in Vietnam in 1968, spoke here in October. New Hampshire's own Ryan Pitts, decorated for his actions in the battle of Wanat in Afghanistan in 2008, gave the address at the Home's own Veterans Day ceremony.

If you want to make a gift to a veteran, please see our guide to the holidays at NHVH inside. But as the flurry that surrounds the Thanksgiving-to-Christmas season approaches, it's important to remember that at this time of year – or really any time -- the greatest gift any of our residents can receive is a visit from you. Visits help keep the loneliness of missing loved ones at bay. Visits remind our residents that they are not forgotten, that they are loved by those that they love the most – you.

I look forward to seeing all of you over the next couple of months as the Home celebrates Thanksgiving, Christmas and rings in the New Year.

Peggy LaBrecque



Resident Bud King works on an ornament with Tilton School junior Jane Salach.

Decking out D.C.'s Tree

In conjunction with the National Christmas Tree Lighting Ceremony in Washington every December, each state and territory is asked to produce 24 ornaments for the state's tree on the Walk of Peace display on the Ellipse in President's Park in Washington, D.C., one of America's

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Armand Plourde joins NHVH Staff

Armand Plourde, the deputy administrator of the Glencliff Nursing Home in Benton, has joined the staff of the New Hampshire Veterans Home as Director of Administrative Services.

Armand started his new job Nov. 14. He steps into a key

administrative role that supervises most of the support and non-clinical functions of our facility. He fills the office vacated in June by Melissa Milione, who moved to Florida when her husband retired.



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Armand Plourde



The Idea Guy

Dave Goss is on a mission to keep everyone inspired

You've seen his work all around the building, those red-white-and blue shadow boxes featuring different kinds of sayings: some inspirational, some humorous, and all thought-provoking.

The man behind the "inspiration" boxes is Davis Goss, a World War II veteran who's worn a lot of career hats over the years — consultant, designer, inventor, author and many others.

The boxes are an idea that grew from his book "Living Better Forever," that's loaded with ideas about how to change life for the better.

They were put together over late summer and early fall with lots of tape, spray paint, and help from Recreation's Don Giguere, Social Worker Kristen Griffin, and many others.

With Dave, there's always more to come.



Marilyn Dunnett works on an ornament with her partner, Tilton freshman Maddie Vanderpool.

Tree

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national parks.

The ornaments are usually made by school children, but this year, the Granite State's contribution went intergenerational, done by old and young partners from the New Hampshire Veterans Home and our next-door neighbor, the Tilton School.

For a couple of Tuesdays in October, the weekly intergenerational activity group turned into brainstorming and crafting sessions to make the two dozen uniquely New Hampshire globes, shown here. All kinds of

materials were used, from magazine pictures to pipe cleaners to found items including leaves and pine cones.

The partnership was facilitated by the New Hampshire Department of Cultural Resources/New Hampshire State Council of the Arts. The National Christmas Tree lighting and related events are run by the National Park Foundation, the official charity of America's national parks, and the National Park Service. The 2014 National Christmas Tree lighting is set for Thursday, Dec. 4.

Plourde

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A New Bedford, Mass., native who moved to New Hampshire in 1971, Plourde spent most of his career as executive vice president of Riverside Millwork Co. in Penacook, with wide responsibilities for everything from manufacturing and purchasing operations to IT and customer service. Since then, he has worked in the Grant Accounting section of the Department of Environmental Services, and for the past four years as deputy administrator at Glencliff, in charge of daily operations.

He has a bachelor's degree in accounting from UMass Dartmouth and an MBA from Plymouth State College.

Plourde is married with four children and lives in Gilford with his wife Linda. He enjoys boating, fishing, and kayaking and says he's "eagerly looking forward to becoming a member of the Veterans Home family."

Quasiquicentennial

It's a big word that means 125 years, and the New Hampshire Veterans Home will reach that milestone in early December 2015.

Watch future Veterans Voice Newsletters for updates on the anniversary.

Celebrating the Holidays at NHVH



Planning on dining out with your loved one on Thanksgiving or Christmas? Please let the social worker on your resident's unit know as far in advance as possible. Or arrangements can be made to share a meal here at the Home, although we can't accommodate large groups. An accurate head count helps out with planning and makes life just a bit easier for Food Service Director Lynn Hilbrunner and her dedicated staff, who nourish our residents 365 days of the year.

Please Sponsor a Veteran's Christmas Present

Dear Friends of the New Hampshire Veterans Home:

I am writing to ask for your support in making this another successful holiday season at the Home.

A few years ago, we changed the process for collecting holiday gifts for our residents. In lieu of donors purchasing individual items, we began asking for cash contributions to our annual Christmas Fund.

This has been a great success that has let us provide every one of our residents with the gift they hoped for. Not a single gift has had to be returned.

This process enables us to identify residents' needs, shop and wrap gifts for Santa to distribute, and ensure a gift is under the Christmas tree for each resident on Christmas Day.

We care for around 200 residents at the Veterans Home; our goal is to raise \$50 per person.

We hope, with your support, to get a good jump on the project this year. Last year your generous donations made sure that every resident was sponsored.

And you'll still be able to sponsor a particular resident or group of residents under this policy. The gift will note you as the

sponsor. Contact Patty Copeland or Maureen Campbell in our Recreation Department — 527-4816 or 527-4889 if you want to sponsor a particular person or group.

Please help us continue to make the holidays a special time at the Veterans Home. We ask you to make out checks to: "NHVH Resident Benefit Fund" and reference "Christmas" and the resident's (or group of residents') name(s).

Please mail your donation to the NH Veterans Home Christmas Fund for Residents, 139 Winter Street, Tilton, NH 03276.

We thank you again for your steadfast support of those who served.

A handwritten signature in blue ink that reads "Peggy LaBreegue".

Decoration Guidelines

To minimize potential fire hazards associated with holiday decorations, please observe these guidelines. Questions? Contact the Safety Department, x4451.

- No live or natural cut Christmas trees, garland or wreaths.
- Artificial trees must be small and labeled "flame retardant" or "flame resistant," and UL-approved. No Fiber optic trees or decorations.
- No electric lights or devices of any kind allowed in resident care areas. Unbreakable ornaments and battery operated lights are an alternative.
- Before using electrical light strings for decorations in nonresident care areas, they must be checked by the Maintenance and/or Safety Department for proper operation (fraying, bare wires, loose connections, cracked plastic parts).
- Electrical light strings used for decorations MUST be unplugged at the end of the day.
- All decorations must be labeled non-combustible and flame retardant. Proxylin plastic and crepe paper decorations aren't permitted.
- Decorations may not impair the proper operation of the fire system (pull stations, smoke/heat detectors, fire extinguishers).
- Nothing may be attached or hung from fire sprinkler heads or ceiling tiles.
- Decorations or displays may not obstruct any exit corridor, doorway, or stairway.
- All decorations must be kept away from exit signs, and all lights.
- Wall decorations may not exceed 20 percent of wall surface in resident care areas, 30 percent in non-resident care areas. Excessive amounts of Christmas cards should not be hung on doors or walls.
- Open flames of any type, including candles, are prohibited.

Thank you and have a happy and safe holiday season.

NHVH Safety & Security Department

A reminder on holiday gifts

As the holidays approach, residents and their families may want to show their appreciation for the care they or their loved ones receive here at NHVH. Please remember that under the New Hampshire Veterans Home's Ethics and Professional Conduct Policy, staff members are not to accept any gifts or money from residents or families. Only group gifts for the entire staff are acceptable. The generosity of the gesture is deeply appreciated. We don't want to hurt anyone's feelings, but we must refuse any individual gifts.



New Hampshire Veterans Home

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Upcoming Events

- 12/6 Corvette Club Ice Cream Social
- 12/7 Pearl Harbor Remembrance: 9:30 a.m., Town Hall
- 12/13 Elks Holiday party: 2:30 p.m., Town Hall
- 12/14 Veterans Joint party: 2:30 p.m., Town Hall
- 12/18 39th Army Band Concert, 7 p.m. Town Hall
- 12/26 Service of Lessons & Carols, 2 p.m., Town Hall
- 12/31 New Year's Eve Party, 2:30 p.m., Town Hall



ABOVE: Rev. William Paige, NHVH Chaplain, leads last year's Pearl Harbor Remembrance Ceremony. This year's is on December 7 at 9:30 a.m. in Town Hall.

LEFT: Members of New Hampshire's 39th Army Band, which will play a concert in Town Hall at 7 p.m. December 18.