

September 2017

Celebrating
39 years of
service in our
community



The Dr. Richard A. Sleeman Center

Bennington Project Independence

Adult Day Service

Celebrating Adult Day Services

Help us celebrate National Adult Day Services Week - an opportunity to recognize an amazing service for families and highlight the dedicated and professional staff that make this wonderful service possible.

Join us at BPI this Fall and experience:

- Activities that Enhance Quality of Life
- Friendship & Fun
- Great Care and Concern for Safety
- Respect
- Peace of Mind for You and Your Loved One



Call us to arrange a visit today!

(802) 442-8136

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September 2017



☞ Lunches Served With
8oz 1% Milk



☞ Snacks Served With
8oz 1% Milk or
100% Juice


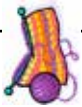




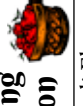

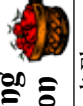

Monday

Tuesday

Wednesday

Thursday

Friday

3	<p>Daily: ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Discussion Group ☞ Current Events ☞ Music ☞ Fun</p> <p>Closed For Labor Day</p> 	<p><i>Families Together Group</i> Tuesday 09/26/2017 at 1:00 PM Please Join Us</p> <ul style="list-style-type: none"> ☞ Baker's Corner ☞ Creative Reflections: Signs of Fall ☞ Hole in One Golf <p>Macaroni & Cheese, Stewed Tomatoes w/ Zucchini, Broccoli, Whole Wheat Bread, Pears & Mango, Milk</p>	<p>BPI Bingo Dates: Monday 25th @ 10:15 Tuesday 19th @ 1:45 Wednesday 13th @ 10:15 Thursday 7th @ 1:45 Friday 1st @ 3:00</p> <ul style="list-style-type: none"> ☞ Facials with Tori ☞ Qigong ☞ Remembering School Days <p>Roast Turkey w/ Gravy, Stuffing w/ Cranberry, Baby Carrots, Wheat Dinner Roll, Fruited Jello, Milk</p>	<p><i>Tai Chi Class</i> Starts Thursday, September 21st @ 9:30 am Space is limited PLEASE CALL 802-442-8136</p> <ul style="list-style-type: none"> ☞ Apple Barn Trip ☞ September Word Pictures ☞ Candy Bar Bingo <p>Roast Pork w/ Gravy, Mashed Potatoes, Yellow Beans, Whole Wheat Bread, Cinnamon Apples, Milk</p>	<p>☞ Yoga with Jane ☞ Crafters' Club ☞ Labor Day</p>  <p>BBQ Chicken, Macaroni Salad, Roasted Mixed Squash, Whole Wheat Bread, Watermelon, Milk</p>	2
4	<p>☞ Zumba with Andrea ☞ Church Service with Father Holden ☞ NFL Huddle</p>  <p>Spagherti w/ Meat Sauce, Garlic Green Beans, Italian Bread, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Art with Eileen ☞ Farmers' Market Trip ☞ BPI Humor <p>Beef Stew over Homemade Biscuits, Coleslaw, Pears & Grapes, Milk</p>	<ul style="list-style-type: none"> ☞ Musical Memories with Karen ☞ Honey Presentation w/ Andi 10:00 am ☞ Reflexology <p>Chicken Monterey, Pasta w/ Veggies, Broccoli Florets, Garlic Rolls, Apple Crisp, Milk</p>	<ul style="list-style-type: none"> ☞ Veterans Chat with Melissa ☞ Wii Bowling ☞ Motoring Memories  <p>Turkey Reuben, Spinach Salad w/ Chick Peas, Pickled Beets, Melon Mix, Milk</p>	<ul style="list-style-type: none"> ☞ Vocal Concert with Bob ☞ Jewelry Making with Rachel ☞ Grandparents Day <p>Fish on a Bun, Roasted Sweet Potatoes, Spinach Salad, Jello Cake, Milk</p>	9
10	<p>☞ Virtual Tour: Around the World Celebrating National Adult Day Service Week</p>  <p>☞ Pet Memories</p> <p>Baked Chicken, Sweet Potatoes, Broccoli Florets, Whole Wheat Bread, Milk</p>	<ul style="list-style-type: none"> ☞ Art with Eileen ☞ Farmers' Market Trip ☞ BPI Humor <p>Beef Stew over Homemade Biscuits, Coleslaw, Pears & Grapes, Milk</p>	<ul style="list-style-type: none"> ☞ Old Time Favorites ☞ Sing A Long ☞ Shopping Trip ☞ Manicures with Tori <p>Roast Beef w/ Gravy, Mashed Potatoes, Cauliflower, Whole Wheat Bread, Melon Mix, Milk</p>	<ul style="list-style-type: none"> ☞ Tai Chi ☞ Table Top Shuffle Board ☞ Wear a Tie day  <p>Smoked Ham, Baked Beans, Roasted Zucchini, Whole Wheat Bread, Fruit Cocktail Cake, Milk</p>	<ul style="list-style-type: none"> ☞ Open Art Studio ☞ with Kaye ☞ September Birthday Trivia ☞ Group Yatzee <p>Hamburger on A Bun, Oven Roasted Potatoes, Baby Carrots, Tropical Fruit Cup, Milk</p>	16
17	<p>☞ Zumba with Andrea ☞ Person, Place or Thing ☞ Crazy Bowl</p> <p>Pesto Chicken, Garlic Pasta, Garlic Green Beans, Italian Bread, Peaches, Milk</p>	<p>Apple fest</p> <p>Cider Making Presentation</p>  <p>Turkey Pot Pie, Broccoli Florets, Whole Wheat Bread, Apple Crisp, Milk</p>	<ul style="list-style-type: none"> ☞ 2nd Chance Animal Shelter Visits ☞ Reminiscent Corner ☞ Musical Notes: Buddy Holly <p>Meat Loaf w/ Gravy, Parsley Noodles, Spinach, Whole Wheat Bread, Fresh Fruit Cup, Peanut Butter Brownies, Milk</p>	<ul style="list-style-type: none"> ☞ Tai Chi ☞ Table Top Shuffle Board ☞ Wear a Tie day  <p>Smoked Ham, Baked Beans, Roasted Zucchini, Whole Wheat Bread, Fruit Cocktail Cake, Milk</p>	<ul style="list-style-type: none"> ☞ Health is Wealth ☞ Rosh Hashanah ☞ Writer's Club ☞ Open Art Studio <p>Goulash, Garden Salad, Garlic Bread, Fresh Fruit Cup, Milk</p>	23
24	<p>☞ Zumba with Andrea ☞ Person, Place or Thing ☞ Crazy Bowl</p> <p>Pesto Chicken, Garlic Pasta, Garlic Green Beans, Italian Bread, Peaches, Milk</p>	<p>Apple fest</p> <p>Cider Making Presentation</p>  <p>Turkey Pot Pie, Broccoli Florets, Whole Wheat Bread, Apple Crisp, Milk</p>	<ul style="list-style-type: none"> ☞ 2nd Chance Animal Shelter Visits ☞ Reminiscent Corner ☞ Musical Notes: Buddy Holly <p>Meat Loaf w/ Gravy, Parsley Noodles, Spinach, Whole Wheat Bread, Fresh Fruit Cup, Peanut Butter Brownies, Milk</p>	<ul style="list-style-type: none"> ☞ Fred and Lisa Variety Show ☞ That was the Year ☞ Bakers' Corner <p>Lemon Pepper Fish, Rice Pilaf, Stewed Tomatoes, Apricots, Whole Wheat Bread, Milk</p>	<ul style="list-style-type: none"> ☞ Fall Foliage Excursion Ride ☞ Nature Trivia ☞ Men's Club  <p>Breaded Chicken on a Bun w/ Lettuce & Tomatoes, Baked Beans, Oranges & Bananas, Milk</p>	30

Meals and snacks are planned in accordance with USDA guidelines. USDA is an equal opportunity provider and employer.

Nursing and Health Care at BPI

by Amy St. Onge, RN/Health Coordinator



Amy St. Onge, RN

Upon enrollment, the nursing process begins at BPI as needs are assessed. Our Nurses meet with participants and/or their caregivers and develop a plan of care. This plan tailors the care to meet the individual needs of each person. The plan may include personal care, medication administration, therapy assistance, nutritional counseling or exercise. It may also include more specific nursing monitoring and treatment. Generally needs can be accommodated quite well and discretely in our beautifully equipped home. As needs and goals change, the plan is evaluated and tailored to promote the most optimal outcome.

When not providing routine nursing care, BPI nurses can be found providing liaison with other healthcare

BPI's Social Work Services

by Melissa Stemp, Social Worker



BPI provides an environment that is welcoming and safe, a place where individuals receive the attention, support and guidance that they need and truly deserve.

As the Social Worker here at BPI, you will find that the support and guidance that I will give you and your family member may be invaluable. If you or your loved one have any concerns or issues I will work with you and the rest of your team in an effort to assure that they are properly addressed. This may include making referrals (for things such as, but not exclusive to housing, home health, case management services, medical specialists and counseling); attending meetings; completing necessary paperwork and much more.

Most of the individuals that I work with find paperwork to be the most overwhelming and Medicaid is at the top of the list. Medicaid applications and the recertification process can be daunting and time consuming. I am more than

providers, supporting caregivers, assisting an individual with medical paperwork, pre-pouring a medication box, training staff, reviewing a menu or writing a facility policy or protocol. Our nursing team includes a full time Registered Nurse, two LPNs and several LNAs. Our solid team allows for nursing coverage throughout each day. There is one fulltime LPN position open at this time.

Our Physician Consultant is Dr. Allison Niemi.

One local physician quoted, "Everyone gets better when they go to BPI".

For more specific information on the nursing services available at BPI, or to learn more about the LPN position, please feel free to contact Amy St. Onge, RN/Health Coordinator at (802) 442-8136.

happy to explain the process to you as well as provide assistance as needed. If you have any questions related to a General or a Durable Power of Attorney for either financial and or medical needs please contact me. I can explain the difference between them, which will help you decide which one will better meet your needs. I can also assist in completing these forms appropriately.

As the Social Worker I provide a lot of 1:1 support in the form of listening as well as reassurance. I provide this not only to the individuals that we work with directly but also their family members and caregivers.

For more information on Social Work services at BPI, please call Melissa Stemp at (802) 442-8136, ext. 208.

*Join us for
our monthly
Families Together Meeting.*
The Sept. meeting will be held 9/26 at 1:00 pm
Call Melissa for more information
(802) 442-8136.

Activities at BPI

by Shelagh Muckle, Activities Coordinator

Beautiful autumn is upon us, which for BPI means autumn baking, crafts and excursions to find the first pop of color in the trees of Vermont.

At BPI we provide meaningful, adult activities to help participants become stronger in mind and body. This includes programs that offer mental stimulation, physical activity, social engagement and life enrichment. Every day we share laughs, memories and even trying times. We keep up with current events and learn new things through discussion groups and educational programs. We have a wide range of outside presenters who generously share their interests with us. We offer creative outlets to get your mind and spirit flowing. Community trips are planned ahead and by request, so where do you want to go? We always welcome ideas. Our activity staff are excited to spend time with you and make your day the best it can be!

Each month we provide a calendar of highlighted activities that we offer here at BPI. What we provide in the calendar is just a small sample of the day's events. You may think that is all that we do for that day, but really we offer up to 20-25 activities daily. The activities range from exercise/wellness, trivia, physical games, trips, reminiscing, crafts, arts, current events, baking, bible study, and socialization groups. The activity groups range from large to small as well as offering one to one interactions. If

you feel as though you do not want to join in a group we do have puzzles, books and cards available. We have numerous activities available at once so that you may choose what suits best for you and what you may enjoy! This is also a place to make new friends or see some that you haven't seen in some time. We are always welcome to ideas or suggestions. One of our goals is to hear much laughter and see many smiles from all while attending.

This month Tai Chi for Fall Prevention starts on September 21st at 9:30 a.m. Call us to pre-register at (802) 442-8136. We will also be holding our next Sunrise Breakfast on September 19th from 7:30-8:45 am. So don't miss out. Come join the fun at BPI!



BPI's dedicated and talented activity staff: Megan Weber, Tiffany Holland, Tori Therriault, Melissa Knights, Dan Lampron, Shelagh Muckle, Allie Mullin and Deb Bruneau

Home Cooked Nutrition

by Margaret "Maggie" Brady

As BPI's Nutrition Coordinator, it is my pleasure to ensure that each day our participants enjoy nutritious, delicious home-cooked meals, especially using fresh vegetables from our own garden.

BPI participates in the Child & Adult Care Food Program (CACFP), which is a Federal program that ensures our meals meet the Federal guidelines for nutritious meals and snacks as well as providing ongoing training to our staff.

BPI is also a congregate meal site for the Southwestern Vermont Council on Aging. Our Registered Dietician, Patricia Harrington, helps us

continue to explore new and healthier options.

Maggie and her staff follow strict CACFP and ServSafe standards. They also always welcome your suggestions and feedback.



BPI's nutrition staff: Maggie Brady, Chelsey Bodenstab and CJ Dufresne

Why BPI? The Benefits of Membership

by Gina Anzivino, Membership Coordinator

We all know them- the neighbor who never has company or gets out of the house, the husband



who is caring for his wife with Alzheimer's Disease, the daughter juggling her job with caring for her aging father as well as her family, the widow grieving the loss her husband of 57 years.

All of these people could benefit from the services that BPI offers, but making that first call can be difficult. This is where you can help - tell them about us! Ask them if it's ok for you to give us their number. As BPI's Membership Coordinator I will call them to explain our program and hopefully set up a complimentary visit. I am also happy to visit them in their home. This allows individuals the opportunity to learn more about our services in a familiar setting. It gives them a chance to have any questions they may have answered, and it is also an ideal way to develop a relationship with a BPI Staff Member. This will hopefully help them become comfortable and more open to giving BPI a try.

Bennington Project Independence is a wonderful place to meet and make new acquaintances, as well as reconnect with friends from days gone by. Many people come to our program purely for the socialization aspect of the program. They might have an age-related health problem, which our top notch nursing staff will monitor, but what they really need is a chance to get out of the house, have someone to talk to. A purpose.

We do our best to make each person feel as comfortable as possible with accessing our services. If you or someone you know would like more information or would like to schedule a home or complimentary visit please call Gina at (802) 442-8136.

Complimentary Visit

You are invited to join us at Bennington Project Independence, Adult Day Service for a full or half day at No Charge.

Contact Gina Anzivino at (802) 442-8136 to arrange your visit!

BPI's Personalized Transportation

By Tiffany Holland, Transportation Coordinator

We, at BPI, are very proud to be able to provide specialized door-through-door transportation with our own lift equipped vehicles in the Bennington, North Bennington, Pownal and Shaftsbury areas. Families and participants who live in outlying areas may use the public transportation service of Green Mountain Community Network (GMC). We would be happy to assist with the making of these arrangements.

We are committed to ensuring the safety, comfort and care of the participants that we transport. Primary drivers are George Gates and Karen Davis. Activity staff also assist with transportation. Transportation Coordinator Tiffany Holland and her assistant Megan Weber do their best to meet the special needs of caregivers and participants.

All of our drivers have complete background checks and are bonded for our participant's safety and security.

We, at BPI, are extremely proud of our personalized, safe, and timely transportation.



BPI's transportation team: Tiffany Holland, Megan Weber, Karen Davis and George Gates

BPI's Amazing Administrative Team

From the people who greet you when you arrive at BPI, to those diligently working in the office, we have a team of professionals who strive to ensure that BPI continues to have the highest quality of administrative support and financial oversight to keep our program running smoothly.

Our Administrative Team includes Linda Wichlac, BPI's Executive Director, Expressive Arts Therapist and Activity Consultant Certified, Maureen Stadnik, Administrative Coordinator and Webmaster, Robin Dane, Administrative Assistant and Foyer Greeters Patricia Corsetti and Suzanne Yetto.



BPI's Administrative Team: Linda Wichlac, Maureen Stadnik, Pat Corsetti, Sue Yetto and Robin Dane

Thank You to our BPI Volunteers

During the FY 2016-2017 year BPI was assisted by a number of wonderful volunteers who provided over 1,600 hours of service. Our volunteers include community members, school age children, college students, interns, Dept. of Employment and Training affiliations, as well as community service youth and adult placements.

If you would like to volunteer please call BPI at (802) 442-8136.

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: *Sign up for BPI's Newsletter by Email* :

: To request our monthly newsletter by email :
: please send an email to info@bpiads.org with :
: "Newsletter" in the subject line and include :
: your name and phone number (in case we have :
: questions). :
:.....

Housekeeping at BPI

by Linda Corey, Housekeeper

Being described as the Housekeeper at BPI may sound quite mundane to most people. I'm actually very proud to be just that! We are so fortunate to be surrounded by such a caring staff. I marvel at the teamwork and compassion that I'm privileged to be a part of every day.



I strive to ensure that the Dr. Richard A. Sleeman Center is as clean as it can be. The positive feedback is a small part of my satisfaction. My real reward is in the chance to offer my arm to a participant that is feeling unsteady or confused. Listening to experiences of someone who was born 80 or 90 years ago is a resource that today's technology cannot rival. If I witness a need, I always stop whatever I'm cleaning and happily inform the person that they are my priority - that the cleaning will wait.

If you love our work, then tell the world!

Help BPI by Reviewing Us

Did you know that behind recommendations from friends and families that reviews on websites such as greatnonprofits.org impact volunteering and donation decisions?

Won't you help us raise visibility for our work by posting a review of your experience on GreatNonprofits—a review site like Yelp, but for nonprofits? All reviews will be visible to potential donors and volunteers.



It's easy and only takes three minutes! Go to <https://greatnonprofits.org/org/bennington-project-independence-inc> to get started!

Thank you for your support!

BPI Staff

Linda Wichlac	Executive Director, Activity Consultant Certified
Gina Anzivino	Membership Coordinator/ Licensed Practical Nurse
Chelsey Bodenstab	Nutrition Assistant
Margaret Brady	Nutrition Coordinator
Debra Bruneau	Licensed Practical Nurse/ Activities Assistant
Linda Corey	Housekeeper
Patricia Corsetti	Foyer Greeter
Robin Dane	Administrative Assistant
CJ Dufresne	Nutrition Assistant
George Gates	Van Driver/Maintenance
Karen Harrington	Van Driver
Tiffany Holland	Transportation Coordinator/ LNA/Activities Assistant
Melissa Knights	LNA/Activities Assistant
Daniel Lampron	Activities Assistant
Shelagh Muckle	Activities Coordinator
Allison Mullin	Activities Assistant
Amy St. Onge	Registered Nurse/ Health Coordinator
Maureen Kelly Stadnik	Administrative Coordinator/ Webmaster
Melissa Stemp	Social Worker
Tori Therriault	LNA/Activities Assistant
Megan Weber	Transportation Assistant/ LNA/Activities Assistant
Suzanne Yetto	Foyer Greeter



Karen Gallagher, BPI's
Music Therapist

BPI Board of Directors

Lillian Seward	Honorary Lifetime Member
Linda Putney	President
Kathleen Cichanowski	Vice President
Dr. Arunas Budnikas	Treasurer
Cinda Morse	Secretary
Andy Beckerman	
Gloria Boutin	
Carol C. Harrington	
Mary Morrissey	
Michael Nigro	



BPI is fortunate to have a wonderful Art Therapist, Kaye Shaddock - who comes in once a week to work with our participants.

BPI's Consultants:

Dr. Allison Niemi, Physician Consultant
 Patricia Harrison, Registered Dietician
 Eileen Druckenmiller, Art Therapist
 Karen Gallagher, Music Therapist
 Kaye Shaddock, Art Therapist
 Jane Schaeffer, Yoga Instructor
 Teresa Birns, Accounting Consultant
 Jean Wheat, Industrial Hygienist



Bennington Project Independence
Adult Day Service
 The Dr. Richard A. Sleeman Center
 614 Harwood Hill - Route 7A
 P.O. Box 1504
 Bennington, VT 05201

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(Check one) Please ADD or DELETE my name to/from the mailing list for the BPI Newsletter:

Name: _____

Address: _____

Please check this box if you would like to receive additional literature about our services and how Bennington Project Independence, Adult Day Service can assist to share the care.

Please add a new BPI friend to your mailing list:

Name: _____

Address: _____

Mail to:

Bennington Project Independence
 P.O. Box 1504
 Bennington, VT 05201

Organizational Affiliations:

Bennington Project Independence is approved annually by the Vermont Department of Aging and Disabilities and complies with all the state standards for adult day care. BPI is a certified Veterans Administration Adult Day Health Center. In addition, BPI is a member of the following:

- National Adult Day Services Association
- Vermont Association of Adult Day Services
- Bennington Area Chamber of Commerce
- National Family Caregiver Association



Editors Note:

If you are not currently on our mailing list and would like to receive our monthly newsletter or you know of someone who would enjoy receiving our newsletter, please send in the form enclosed or call BPI at (802) 442-8136. (If you are a caregiver and feel that someone you care about would enjoy learning more about our services, you may sign them up to receive the newsletter temporarily.)