

August 2017

Celebrating
38 years of
service in our
community



The Dr. Richard A. Sleeman Center

Bennington Project Independence

Adult Day Service

Cool Treats and Warm Smiles



Enjoying delicious ice cream sundaes generously donated by Stewart's Shop, are participants Tiffany C. and Anna D. along with staff members Megan Weber, Tori Therriault and Linda Corey



BPI offers meaningful adult activities for your loved one and peace of mind for you.

**Call us to schedule a visit!
(802) 442-8136**

BPI Mission Statement

To provide safe, caring and exceptional Adult Day Services that will offer meaningful, individually tailored programs and care designed to enhance the dignity, independence, joy and quality of life of older persons, younger adults with disabilities, provide support and respite for their families and caregivers and serve as an informational resource for our communities.

Keep cool and comfortable this Summer at BPI where you can enjoy:

- ☛ Friendship & Fun
- ☛ Respect
- ☛ Personalized Care
- ☛ Attention to Safety
- ☛ Peace of Mind for You and Your Loved One



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Follow us on Facebook!

☞ Lunches Served With
8oz 1% Milk

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



August 2017

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Daily: ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Discussion Group ☞ Current Events ☞ Music ☞ Fun</p>	<p>1 ☞ Shopping Trip ☞ National Geographic ☞ Tish B'Av Applesauce Pancakes, Sausage Patties, Home fries, Peaches, Milk</p>	<p>2 ☞ Reflexology ☞ Clowning Around ☞ Gardening Club Chicken & Broccoli, Alfredo, Peas & Carrots, Italian Bread, Peas & Kiwi, Milk</p>	<p>3 ☞ Crafter's Corner ☞ Science Experiment Fun ☞ Facials with Tori Pulled Pork Sandwich, Steak Fries, Carrot Slaw, Watermelon, Milk</p>	<p>4 ☞ Yoga with Jane ☞ Musical Note: Louis Armstrong ☞ Minute to Win It Lasagna, Garden Salad, Italian Bread, Fresh Fruit Cup, Milk</p>	<p>5</p>
6	<p>☞ Zumba with Andrea ☞ Creative Musing ☞ Root Beer Float Day Pesto Chicken, Parsley Noodles, Baby Carrots, Whole Wheat Bread, Oranges & Bananas, Milk</p>	<p>7 ☞ Country Western Sing A Long ☞ Bulletin Board Trivia ☞ Farmers Market Trip Sloppy Joe on a Bun, Cauliflower, Green Beans, Berries & Cream, Milk</p>	<p>8 ☞ Musical Memories with Karen ☞ Reminiscent Corner ☞ Men's Club Mac & Cheese, Stewed Tomatoes w/Zucchini, Brussel Sprouts, Whole Wheat Bread, Tapioca Pudding w/ Peaches, Milk</p>	<p>9 ☞ Wii Bowling ☞ August Birthday Trivia ☞ Wheel of Fortune Chicken & Gravy over Homemade Biscuits, Broccoli Florets, Whole Wheat Bread, Pineapple, Milk</p>	<p>10 ☞ Vocal Concert with Bob ☞ Jewelry making with Rachel ☞ August Word Pics Turkey Salad Sandwich, Coleslaw, 3 Bean Salad, Fruited Iello, Milk</p>	<p>12 </p>
13	<p>☞ Virtual Tour : Lighthouses ☞ Current Events ☞ Health is Wealth Spagherti & Meat Sauce, Garlic Green Beans, Italian Bread, Tropical Fruit, Milk</p>	<p>14 ☞ Art with Eileen ☞ Ping Pong Basketball ☞ History of the Wild West Tomato Basil Soup, Ham Salad Sandwich w/ Tomato, Coleslaw, Peaches & Pears, Milk</p>	<p>15 ☞ Brown Bag Picnic ☞ Bennington Battle Day ☞ Serenity Singers Perform at 1:15 PM Roast Turkey w/Gravy, Stuffing w/Cranberry, Broccoli Florets, Wheat Dinner Roll, Chocolate Cake, Milk</p>	<p>16 ☞ Toys through the Ages ☞ Veterans Chat with Melissa ☞ Croquet Meatloaf w/Gravy, Parsley Noodles, Spinach, Whole Wheat Bread, Pears, Milk</p>	<p>17 ☞ Qigong ☞ Most Embarrassing Moments ☞ Cloggers Perform Tuna Salad Sandwich, Carrot Slaw, 3 Bean Salad, Melon Mix, Milk</p>	<p>18 ☞ Qigong ☞ Most Embarrassing Moments ☞ Cloggers Perform Tuna Salad Sandwich, Carrot Slaw, 3 Bean Salad, Melon Mix, Milk</p>
20	<p>☞ Church Service with Father Holden ☞ Old Wives Tales ☞ Sit Down and Dance Chicken Teriyaki, Rice Pilaf, Broccoli Florets, Wheat Bread, Pineapple Tidbits, Milk</p>	<p>21 ☞ Trumpet Concert with Gina ☞ Young Love ☞ Manicures with Tori Beef Stroganoff over Noodles, Spinach, Whole Wheat bread, Oranges & Bananas, Milk</p>	<p>22 ☞ Pictures from the Past ☞ BPI Humor ☞ Name That Tune Turkey Terrazzini, Butternut Squash, Wheat Dinner Roll, Peaches, Milk</p>	<p>23 ☞ Native American ☞ Storytelling with Gil ☞ Noodle Balloon ☞ Market Wagon Trip Breaded Chicken on a Bun w/ Lettuce, Tomato, 3 Bean Salad, Pears & Mango, Milk</p>	<p>24 Fiesta Picnic <i>Music by DJ Scott</i> Fiesta Burgers & Hot Dogs, Potato Salad, Macaroni Salad, Watermelon, Milk</p>	<p>25 Fiesta Picnic <i>Music by DJ Scott</i> Fiesta Burgers & Hot Dogs, Potato Salad, Macaroni Salad, Watermelon, Milk</p>
27	<p>☞ Art with Kaye ☞ Motoring Memories ☞ Group Yahtzee Breaded Fish, Rice Pilaf, Stewed Tomatoes w/ Zucchini, Whole Wheat Bread, Peaches, Milk</p>	<p>28 ☞ Blueberry Picking ☞ Family Feud ☞ Tennis Ball Mania Goulash, Garden Salad, Garlic Bread, Berries & Cream, Milk</p>	<p>29 ☞ 2nd Chance Animal Shelter Visits ☞ Person, Place or Thing ☞ Tools of the Trade Roast Pork w/Applesauce, Mashed potato w/Gravy, Spinach, Whole Wheat Bread, Peanut Butter Brownies, Milk</p>	<p>30 ☞ Fred and Lisa ☞ Variety Show ☞ Bakers' Corner ☞ That was the Year Grilled Ham & Cheese, Coleslaw, 3 Bean Salad, Fruit Cocktail Cake, Milk</p>	<p>31 BPI Bingo Dates: <i>Tuesday 1st @ 10:15</i> <i>Wednesday 9th @ 3:00</i> <i>Friday 18th @ 1:45</i> <i>Thursday 24th @ 3:00</i> <i>Monday 28th @ 1:45</i></p>	

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

Sharing Your Loved One's Story

by Melissa Stemp, Social Worker

Sharing a loved one's story... and documenting their history can be therapeutic for all involved and is most certainly a treasure for anyone who will have the opportunity to read it in the future.



Why is this so important? Sharing their story will allow others to connect with them on a more personal level, making interactions more meaningful, helping caregivers better understand them so they are better able to meet their needs. All of this equates to the most important outcome of all...that your loved one's quality of life is improved.

There are many books available about collecting biographies but here are some tips to get started:

- Start of by asking some simpler questions that you know they are able to share information about. Everyone is different so this could vary greatly. Most often, one's short-term memory diminishes first so the long-term memories are more concrete. Ask them questions about their family (grandparents, parents, siblings) and other relationships that may have been important to them; where they lived, where they received their education and where they worked.
- Add in some things you might know about them that could be considered pertinent and ask them to contribute as well: things they like or don't like (foods, music, pets/animals, are they okay with crowds and loud noises); vacation spots; hobbies; groups or clubs they were members of; achievements; volunteer work they may have done; are they social; do they like to exercise and be physical; traditions; religious beliefs; values and moral; etc.
- While helping them write their story listen to the terms they are using such as "I am a..." or "I was a..." it will help you determine and understand where their reality is, which is where we as caregivers want to be with them.

- When writing their story you can consider including copies of pictures of those things that are and were important to them. This will help to positively fuel conversations and interactions with others, visual clues are invaluable in many ways.
- My final piece of advice is that while assisting your loved one in writing their story, attempt to keep it as positive as possible.

If you are able to share this information with us, our staff use it to help us get to know your loved one, as well as being helpful to us in our daily interactions with them. We truly love learning about the history of the individuals we work with. The knowledge that we gain about their history and who they are, positively shapes our interactions with them and helps us provide a more meaningful experience. This information also gives us a knowledge base to provide the appropriate supports and comfort that is needed when someone is confused, anxious or scared into more positive thoughts and interactions.

Sharing your loved one's life can be a treasured legacy and create very special moments.

"We have a hunger of the mind which asks for knowledge of all around us, and the more we gain, the more is our desire, the more we see, the more we are capable of seeing."

~Maria Mitchell



Families Together Monthly Caregiver Gatherings

BPI offers a monthly gathering providing caregiver support, laughter and camaraderie. The August meeting will be held on Tuesday, August 28th at 1:00 PM.

Please call (802) 442-8136 or send an email to info@bpiads.org for more information.

Memorial Gifts



Memorial gifts to
Bennington Project Independence
celebrate and honor someone's
life by helping others.

.....

**In Loving Memory of My
Wonderful Parents, Richard
and Isabell Sleeman**

- Juliet Sleeman

Program Support

- Ronald & Doris Alderman
- Leonard Candib

In-Kind Gifts

- Jerry Baranowski - Coloring books and colored pencils
- Dr. Budnikas - Baseball cards
- Mrs. Barb Canto - Clothing
- Leo and Monda Gauthier - Cover ups
- Jaqueline Hall - Handmade blanket, shoes
- Dean Hurley - Sports cards
- Linda Holland - Handmade "spinning" bottle
- Kathy O'Dell - Health care products
- Shirley O'Dell - Potatoes, bingo prizes
- Deanna Peaslee - Medical supplies
- Ann Quiel - Bingo Prizes
- Helen Reeve - Magazines
- Everley St. Peter - Beads, wire, pliers and cutters for jewelry making, health care products, bingo prizes
- Joe Wassick - Tomato stakes, AM/FM CD player
- Mr. & Mrs. Robert Welch - Puzzles
- Edna Winslow - Puzzles and books

Click and Give - Online Donations...

You can easily make a donation to BPI online by visiting our website (www.bpiads.org) and clicking the "Donate Now" button. Your donation will make a difference in the lives of so many people.

Thank you for your support!

Volunteers Wanted -

Kitchen Helper - We are looking for a person who would enjoy helping us out with dining room set up and clean up. For more information, please call Maggie at 802-442-8136.

NuStep Coach - Assist people safely on and off of the machine, monitor progress and visit with people while they exercise. It's always more fun to have a friend keep you company while you work out. For more information, call Amy at 802-442-8136.

Wish List

- Padded folding chairs (without arms)
- Stopwatch
- Wedding Gowns
- Grocery Gift Cards
- New (un-used) Hairbrushes and Combs
- Beads & Beading Wire - Supplies for Jewelry Making
- Old Jewelry Box
- Costume Jewelry

Hannaford Helps BPI with “Bag4myCause”

We are delighted to announce that Bennington Project Independence, Adult Day Service has been selected to be a part of the exciting Hannaford Helps “Bag4myCause” program, designed to help nonprofits like BPI raise funds to support the wonderful services that they provide for individuals and families throughout Bennington County.

For every reusable Hannaford Helps bag with the “Good Karma” message on it purchased during the month of August at the Hannaford store located in Hannaford Square in Bennington, \$1 will be donated to BPI! The bag retails for just \$2.50 and is located on the reusable bag rack.

We hope everyone will purchase at least ONE bag. Imagine if everyone bought TWO! The beautiful Hannaford Helps “Good Karma” bag can support the wonderful services available at BPI while also protecting our environment by helping to reduce paper/plastic use!

To learn more about this amazing opportunity, please visit www.hannaford.bags4mycause.com.

Please help us get started! We can begin by spreading the news to our friends and family by sending emails, calling, and posting on your social media! The more people who learn about the program and purchase the Hannaford Helps “Good Karma” bags during the month of August, the more money we will raise for BPI!

We thank you so much for joining Bennington Project Independence and Hannaford to purchase your “Good Karma” bags this August.



Bennington Project Independence Donation Form

Please Designate my Donation toward:

- Complete Lower Level Activity Area
 Van Replacement Fund
 BPI's Endowment Fund
 You may use my gift wherever needed
 Other _____

Level of Support:

- Friend \$1 - \$99
 Supporter \$100-\$249
 Sponsor \$250-\$499
 Benefactor \$500-\$999
 Silver Founder \$1000+
 Gold Founder \$5000+
 Platinum Founder \$10,000+
 Diamond Leader \$100,000+

Name _____

Address _____

City _____

State _____ Zip _____

Donation Amount: _____

Multi-Month/Year Pledge: _____

In Memory of _____

In honor of _____

Acknowledge to: _____

Send your donation to:
P.O. Box 1504, Bennington, VT 05201

BPI Bulletin Board

August Activity Highlights...

Happy August! Summer celebrations are in full swing here at BPI. We have some fun and exciting trips planned for this month. If you see any trips that interest you please sign up early as they fill fast.

- August 1st - Walmart shopping trip
- August 8th - Farmers Market
- August 16th - Bag Lunch Picnic
- August 24th - Market Wagon shopping
- August 29th - Blueberry picking

If you have any ideas for trips, please let Shelagh know where you might like to go.

Monday the 7th we will be celebrating National Root Beer Float Day with our snack. We will delight your sweet tooth.

Monday the 14th we will be going on a virtual tour of light houses around the world. We will share memories about any that you may have gone to visit or would have liked to see.

The Serenity Singers will be here to perform the 16th at 1:15. Come and enjoy their lovely voices.

On Friday the 25th we will be having our Fiesta themed picnic. Dress for the occasion if you would like. DJ Scott will be back to perform as well as many South of the Border themed games, food & fun. Participants may bring up to 3 guests. Please be sure to RSVP by Friday the 18th. We will begin seating at 11 and will be serving lunch from 11:15-12:15. We look forward to seeing you all.

There's so much more to see and do this August, so join us for some wonderful Summer fun!

August Anniversaries



Steve and Rosemary D. - 23rd



Staff member Debra Bruneau is given a surprise wedding shower by her friends and co-workers at BPI. She is pictured with Doris C.

Invite Your Friends...

Don't let your friends miss out on all the Summer fun at BPI! Invite them to join you and enjoy a complimentary visit to see all that BPI has to offer.

We have openings Monday through Friday and would welcome your assistance in referring your friends to our program. Complimentary visits can be arranged by calling Gina Anzivino at (802) 442-8136.

Current participants who would like to increase their attendance may also contact Gina at BPI.

Falls Prevention Class...

Basic Tai Chi classes will be starting in September. Stay tuned for more information.



August Birthday Wishes

- Bob C. - 4th
- Harvey B. - 5th
- John K. - 8th

BPI Scrapbook



Sharon R. and Linda H. make some bird feeders for our feathered friends



Leah F. and a visitor enjoy jewelry making with presenter Rachel O'Brien



"Men's Club" members Bill W., Earl G. and Tom H. sort through donated sports cards



Joyce R. and Gayle W. enjoying BPI "Beach Day"



Jacky C. visits with "Cuddles," a visitor from Second Chance Animal Center



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
- Tri-State Learning Collaborative on Aging

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 enclosed form 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.)