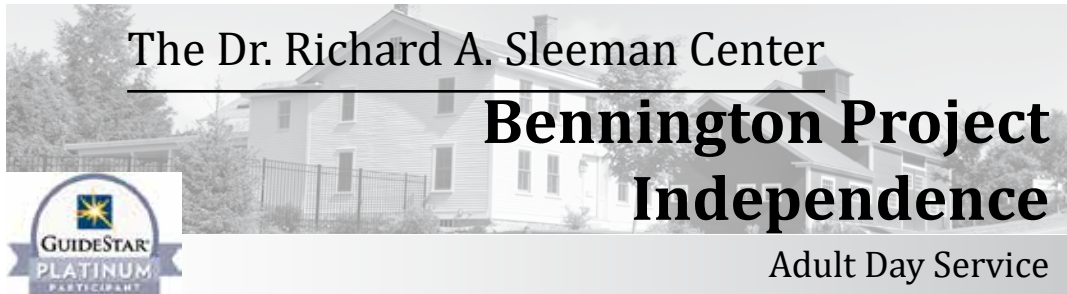


December 2017

Celebrating  
38 years of  
service in our  
community



The Dr. Richard A. Sleeman Center

# Bennington Project Independence

Adult Day Service

## Holidays are for Sharing at BPI



Tammy D. shares a warm hug with Maggie Brady. In November, BPI bid a fond farewell to Maggie, who has retired as our Nutrition Coordinator.

We wish Maggie a healthy and fun retirement!

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.

BPI provides a safe and warm environment that includes loving care and support for your entire family.

Our Program Provides:

- ☛ Friendship and Fun
- ☛ Respect and Care
- ☛ Peace of Mind for You and Your Loved One



### Inside this Issue...

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Follow us on Facebook!

☞ Lunches Served With  
8oz 1% Milk



# December 2017



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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<p>Daily:</p> <ul style="list-style-type: none"> <li>☞ Coffee Social</li> <li>☞ Brain Exercise</li> <li>☞ Stretch for Health</li> <li>☞ Discussion Group</li> <li>☞ Current Events</li> <li>☞ Music</li> <li>☞ Fun!</li> </ul>	<p>Weekly:</p> <ul style="list-style-type: none"> <li>☞ Arts and Crafts</li> <li>☞ BPI Bakers</li> <li>☞ Remember When</li> <li>☞ Open Art Studio</li> <li>☞ Brain Games</li> </ul>	<p>Don't Miss our Holiday Lottery Raffle Basket! <i>Win \$50 in Tickets</i> <i>Tickets are \$5 for 6 chances</i></p>	<p><i>BPI Bingo Dates:</i> <i>Thursday 7th @ 3</i> <i>Wednesday 13th @ 10:15</i> <i>Tuesday 26th @ 3</i></p>	<p>2</p>	
3	<ul style="list-style-type: none"> <li>☞ Crafters Corner</li> <li>☞ Facials with Tori</li> <li>☞ Church Service with Father Holden</li> </ul> <p>Marinated Chicken, Pasta w/ Veggies, Baby Carrots, Whole Grain Bread, Oranges &amp; Pineapples, Milk</p>	<ul style="list-style-type: none"> <li>☞ Grace Christian School Students Visit</li> <li>☞ Art with Kaye</li> <li>☞ Holiday Shopping Trip</li> </ul> <p>Roasted Pork w/Applesauce, Mashed Potatoes w/Gravy, Spinach, Whole Grain Bread, Peaches, Milk</p>	<ul style="list-style-type: none"> <li>☞ Ginger Bread Houses</li> <li>☞ Creating Holiday Cards</li> <li>☞ Bell Choir Practice</li> </ul> <p>Breaded Chicken on a Bun w/ Lettuce &amp; Tomato, Roasted Sweet Potatoes, 3 Bean Salad, Jello Cake, Milk</p>	<ul style="list-style-type: none"> <li>☞ Holiday Super Bingo</li> <li>☞ Tree Decorating</li> <li>☞ Holiday Cookie Bake</li> </ul> <p>Meat Loaf w/Gravy, Parsley Noodles, Peas &amp; Carrots, Whole Grain Bread, Melon &amp; Grapes, Milk</p>	<p>9</p>	
10	<ul style="list-style-type: none"> <li>☞ Zumba with Andrea</li> <li>☞ Holiday Sing a Long</li> <li>☞ Virtual Tour: NYC</li> <li>☞ Rockefeller Center</li> </ul> <p>Breaded Fish on a Bun, Baby Carrots, Baked Beans, Berries &amp; Cream, Milk</p>	<ul style="list-style-type: none"> <li>☞ Jewelry with Rachel</li> <li>☞ Hanukkah</li> <li>☞ Winter Pictionary</li> </ul> <p>Chicken Stew over Homemade Biscuit, Cauliflower, Fruited Jello, Milk</p>	<ul style="list-style-type: none"> <li>☞ Musical Memories with Karen</li> <li>☞ Chocolate Shop Trip</li> <li>☞ Manicures with Tori</li> </ul> <p>Spaghetti w/Meat Sauce, Garlic Green Beans, Garlic Rolls, Melon Mix, Milk</p>	<ul style="list-style-type: none"> <li>☞ Veterans Chat with Melissa</li> <li>☞ Bible Study</li> <li>☞ Chair Dancing</li> </ul> <p>Broccoli w/ Cheddar Soup, Turkey Sandwich w/Lettuce, Cranberry Mayo, Coleslaw, Peaches &amp; Pears, Milk</p>	<p>16</p>	
17	<ul style="list-style-type: none"> <li>☞ Forrest Ward School Performs: Holiday Skit</li> <li>☞ Winter Craft: Snowflakes</li> </ul> <p>Breaded Fish, Rice Pilaf w/Gravy, Broccoli, Rye bread, Pineapple &amp; Oranges, Milk</p>	<ul style="list-style-type: none"> <li>☞ Molly Stark performs "Melton the Snowman"</li> <li>☞ Green Mountain Mennonite School Christmas Caroling</li> </ul> <p>Chili w/Crackers, Homemade Whole Grain Corn Bread, Baby Carrots, Tropical Fruit, Milk</p>	<ul style="list-style-type: none"> <li>☞ Reflexology</li> <li>☞ Qigong with Jeff</li> <li>☞ Italy Slide Show with Gina</li> </ul> <p>Baked Chicken w/Gravy, Parsley Noodles, Peas &amp; Carrots, Whole Grain Bread, Peaches, Milk</p>	<ul style="list-style-type: none"> <li>☞ Health is Wealth</li> <li>☞ Wii Bowling</li> <li>☞ December Birthdays Trivia</li> </ul> <p>Tomato Soup, Turkey Salad Sandwich, 3 Beans Salad, Pears, Milk</p>	<p>23</p>	
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Meals and snacks are planned in accordance with USDA guidelines. USDA is an equal opportunity provider and employer.

# Winter Trips and Slips!

by Amy St. Onge, RN/Health Coordinator



Ice and snow are on the Vermont forecast for the next few months! It is a good time to review your risk for falling and take preventive measures to keep yourself on your feet. Falls account for the most common cause of nonfatal injury for older

persons. Falls may lead to hospitalization and may prevent you from leading an independent life. The VT Department of Health recognized Bennington County as having the highest fall rate by adults over 60 in the state!

- Impaired vision, balance, cognition and reduced strength all increase fall risk. Other contributing factors are medication use, depression, dizziness and environmental hazards.
- Balance and strength can be improved with regular walking and by simple exercises to strengthen the legs and ankles. While holding on to your countertop in the kitchen, simple knee bends, squatting and heel-to-toe rolls can help within just a few weeks of practice. Joining our Stretch for Health class daily and enjoying other active groups at BPI is a "Must-Do" on the 2018 resolution list.
- Using protective eyewear in the sun to limit glare and using corrective lenses will help reduce vision related falls. Snow reflects sunlight which may temporarily impair your sight and throw you off balance. In the home, keep your living areas well lit and use a night light for those midnight trips to the restroom.
- Keeping the mind sharp with brain games, routine activity and rest will help to enhance cognition and mental alertness. This helps to reduce making poor safety decisions.
- Many medications have side effects which may cause dizziness, balance disturbance, or changes in the blood pressure. Alert your healthcare provider if you feel you may be experiencing a side effect. Take time to make position changes.

Try sitting on the edge of the bed for a few minutes to allow the blood pressure to regulate before standing upright. Managing chronic diseases such as Hypertension, Cardiac Disease and Depression may also help to prevent a fall.

- Environmental hazards such as snow, ice, debris, uneven surfaces and clutter within your living space can cause tripping and slipping falls. Using assistive devices such as a walker or cane and/or using another person for assistance may help in these instances. Having grab bars and bed rails are useful in the bathroom and bed for assisting off the toilet or out of bed safely. Having a lifeline unit installed in the home won't prevent falls, but will benefit an individual who is not able to get off the floor independently or who is injured.

Prevention of all falls is not always possible, but taking steps to maintain a safe environment and a healthy body will aid in preventing many falls and injury.

The staff at BPI are experienced in assisting individuals to improve their balance, strength and independence. For the upcoming year, make a priority to enroll at BPI and stay safe. Contact Amy St.Onge, RN for more information at 442-8136.



### Families Together *Monthly Caregiver Gatherings*

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

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

## *In-Kind Gifts*

- Tiffany Cole - Bingo prizes
- Mr. & Mrs. Robert Condon - White washcloths
- Robin Dane - Food
- Bill Hartz - Yarn
- Mr. & Mrs. Joe Hoffman - Ladies coat, puzzles, books magazines, blanket, personal and health care items, bingo prizes
- Isabelle Holbrook - Puzzle
- Tom & Linda Holland - Bingo prizes
- Tiffany Holland - Office supplies, bingo prizes
- Nancy Hoyt - Puzzles
- Anne Humphrey - Acrylic paint, Christmas crafts, Christmas cards, calendars, magazines, bingo prizes
- Erin Lackey - Mittens, book, puzzle, art supplies, bingo prizes
- Yvonne LaFlamme - Coats, liner
- Dolores Mahlmann - Craft supplies, bingo prizes
- Mary Miner - Bingo prizes, tape recorder, Christmas decorations
- Mr. & Mrs. Sonny Monroe - Costume jewelry, iron
- Florence Nolan - Cards
- Beverly and Tedi Petrelis - Jewelry
- Gladys Pike - Bingo prizes, Christmas ribbon and cards, jewelry
- Rita Pinsonneault - Tickets for second chance lottery drawing
- Connie Reed - Blood pressure cuff, bingo prizes
- Sharon Renaud - Bingo prizes
- Patricia Smith - Halloween costume
- Karen & Steven Trubitt - Farm products
- Joan Walsh - Puzzles
- Joe Wassick - Cards and costume jewelry

### *Holiday Gifts*

- Linda Bush

### **Click and Give - Online Donations...**

You can easily make a donation to BPI online by visiting our website ([www.bpiads.org](http://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!**

### ***Last Minute Christmas Shopping?***

#### ***Shop and Support BPI at the Same Time!***

After you designate BPI as your charity, Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Bennington Project Independence whenever you shop on AmazonSmile.

- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support BPI by starting your shopping at [smile.amazon.com](http://smile.amazon.com).

#### **Shop at AmazonSmile**

and Amazon will make a donation to:  
Bennington Project  
Independence

[Get started](#)

**amazon**smile

### ***Wish List***

- ☛ Grocery Gift Cards
- ☛ Padded folding chairs (w/o arms)
- ☛ Rubber non-skid mat
- ☛ Bingo Prize items
- ☛ Large tupperware type bins
- ☛ Sewing Machine
- ☛ White Towels and Bath Sheets



***A Special Holiday Thank You!***  
***BPI would like to express our gratitude***  
***to our very special donor***

***Mrs. Lillian Seward***

Her exceptional generosity in memory of her beloved brother, educator, and community leader, Dr. Richard Sleeman has made the purchase of a new van a reality!

It is pictured above, with transportation staff George Gates, Karen Harrington, Megan Weber and Tiffany Holland.

We would also like to extend a warm thank you to all the other generous donors, without whom this would not have been possible!

***Give the Gift of Care...***

***"I wish I had joined sooner."***

*-Participant*



This Holiday Season consider giving the gift of care that BPI provides. BPI offers comprehensive, person-centered services Monday through Friday from 7:00 a.m. to 6:00 p.m. We offer a flexible schedule, to meet each person's individual needs.

Give them a gift from the heart and invite them to give BPI a try with the coupon below.

### **Complimentary Visit**

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

***Please contact us at (802) 442-8136 to arrange your visit!***

## **Sharing During the Holidays**

With the holidays approaching, we have been receiving questions about gifts. The Staff of BPI cannot accept gifts or gratuities, but there are, however, a few ways in which you may be able to show your appreciation for the care which you have received.

- Monetary donations are always welcome, greatly appreciated, and benefit everyone!
- You may wish to bring in something that can be shared with everyone including Participants and Staff.
- If you wish to send a Letter to the Editor of our local newspaper about how our program has helped you or your loved one or send us a letter of appreciation, we would greatly appreciate it.
- We are always happy to see your smiling faces here and to hear the laughter throughout the day. So spread the news about our program, tell a friend and keep greeting us with your great smile!



**Please note that BPI will be closed to observe the following Holidays:**

\* Monday, December 25th

\* Monday, January 1st



Participants Tammy D., Ron S., and Tom G. assist staff member, Allie Mullin, in decorating a BPI Christmas Tree

# BPI Bulletin Board

## December Activity Highlights...

The holiday season is here and with it come lots of wonderful activities and special adventures to be enjoyed at BPI.

The Dr. Richard A. Sleeman Center will be filled with the wonderful scents of fresh baked homemade holiday cookies and gingerbread houses. There will be lots of opportunities for our Participants to enjoy making some unique holiday crafts and gifts. We'll do our best to offer some shopping trips for those last minute gifts.

We love having the students join us particularly during this special time of year. The students from Grace Christian School will be joining us on Dec 5th. The Students from Molly Stark will be performing "Melton the Snowman" (always a crowd favorite) on the 19th. The Green Mountain Mennonite School students will be treating us to some Holiday Caroling also on Dec 19th. The Students from Forest Ward School will be performing a Holiday Play on the 18th.

Music will fill BPI this month. Our own Gina (our Membership Coordinator) will treat us to a trumpet concert on the 22nd. Fred and Lisa will bring their

delightful variety show to us on the 28th. DJ Scott will get BPI rockin' with our New Year's Party on the 29th.


You won't want to miss our Annual BPI Holiday Party on the 15th at the Elks. The music will be by the Steel Pier Jazz Band and our own BPI Bell Choir. Reservations are required so contact us today.

From Christmas to Hanukkah to Kwanzaa there is so much going on at BPI this month you'll just have to join us so that you don't miss out on any of the fun.



Linda H. and student Dante, work on a Thanksgiving craft project







### *December Birthday Wishes*

- Joan W. - 3rd
- Tiffany C. - 5th
- Sharon R. - 12th
- Francis M. - 16th
- Bill B. - 16th
- Shirley O. - 16th
- Thomas G. - 23rd
- Gloria V. - 24th
- Sylvia R. - 25th
- Jennie G. - 29th

### *December Anniversaries*

-  Bob and Barbara C. - 31st
-  Ken & Sally Ann S. - 31st

## BPI's Holiday Party

Friday, December 15th 

at the Elks Club  
1:00 - 3:00 p.m.\*

Music by the Steel Pier Jazz Band

\*Limit of 2 guests -  
Please RSVP to 442-8136

***Enjoy food, friends and fun!***



# BPI Scrapbook



**Halloween Fun!**

Gina Anzivino, Beth M. Deb W and Sylvia R. (left) and "Dorothy" (Tiffany Holland) with her father, Tom (above)



Joyce M. makes a turkey craft with student, Abigail (above) while Patricia S. admires the turkeys made by students (right)



Tiffany C. makes a new friend from Second Chance Animal Center



Steve D. celebrates his birthday with his friends at BPI



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.)