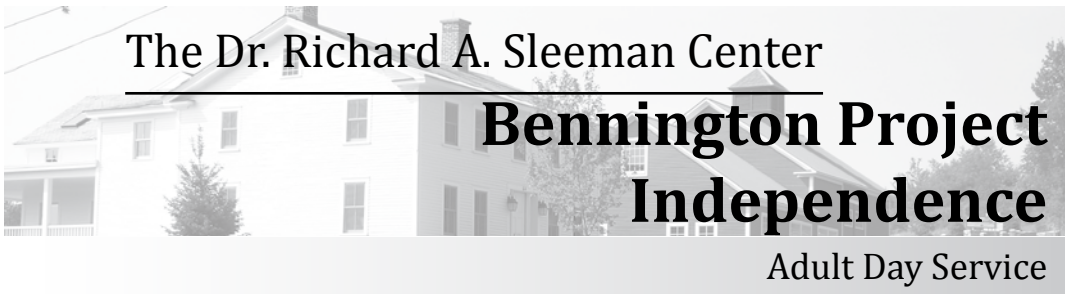


February 2016

*Celebrating
36 years of
service in our
community*



The Dr. Richard A. Sleeman Center

Bennington Project Independence

Adult Day Service

What Makes the Sweetest Gift?



Gift of Love

Isabelle, Jackie, and Tiffany, members of the BPI knitting group, and staff member Kaye, traveled to the Yarns For Your Soul shop in Manchester recently to donate their handmade afghans for Project Linus, an organization that hand makes blankets for critically ill children

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.

The Gift of Loving Care...
received daily by those
attending BPI!



Our program includes:

- ♥ Compassionate Care
- ♥ Conversation & Laughter
- ♥ Meaningful Adult Activities
- ♥ Community Outings
- ♥ Peace of Mind for You and Your Loved One



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



February 2016



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

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | | | | | | | | | | |
|----|--|----|---|--|---|---|---|--|--|----|--|----|--|
| 1 | ☞ Zumba with Andrea ☞ Men's Club ☞ Bingo Fish on a Bun, Spinach, Diced Beets, Peaches, Milk | 2 | ☞ Grace Christian School Visit ☞ Travel Troup ☞ Groundhog Golf Tournament Ham & Cabbage, Boiled Potato, Baby Carrots, Whole Wheat Bread, Pears & Kiwi, Milk | 3 | ☞ Valentine Craft ☞ The Day the Music Died ☞ Shopping Trip Spaghetti w/ Meat Sauce, Garden Salad, Garlic Bread, Oranges & Bananas, Milk | 4 | ☞ Feed the Birds Project ☞ Bird Brain Trivia ☞ American Painters' Day Corn Chowder, Chicken Salad Sandwich, Coleslaw, Fruit Cocktail, Cake, Milk | 5 | ☞ Yoga with Jane ☞ Golden Superbowl Tailgate Party ☞ Weatherperson's Day Hot Dog on a Bun, Baked Beans, Cauliflower, Pineapple Tidbits, Milk | 6 | | | |
| 7 | ☞ Celebration of Chinese New Year: The Year of The Red Monkey Chicken Chow Mein over Brown Rice w/ Fortune Cookie, Broccoli Florets, Oat Bread, Mandarin Oranges, Milk | 8 | ☞ Mardi Gras Bingo ☞ Pancake Race ☞ "Visit" New Orleans Chicken Gumbo, Corn Bread, Pineapple Carrot Slaw, Fruited Jell-O, Milk | 9 | ☞ Musical Memories with Karen ☞ Out to Lunch ☞ Ash Wednesday Macaroni & Cheese, Stewed Tomatoes w/ Corn, Whole Green Beans, Whole Wheat Bread, Apple Crisp, Milk | 10 | ☞ World Radio Day ☞ Singing Telegrams ☞ National Don't Cry Over Spilled Milk Day Vegetable Soup, Turkey Salad Sandwich, 3 Bean Salad, Pears & Grapes, Milk | 11 | ☞ Vocal Concert with Bob ☞ Valentines Day: Mock Wedding day ☞ Wedding Spelling Bee Salmon Pea Wiggle over Wheat Biscuit, Broccoli & Cauliflower, Whole Wheat Bread, Pineapple & Melon, Milk | 12 | | 13 | |
| 14 | ☞ BPI Closed Presidents Day | 15 | ☞ BPI Dog Show ☞ Music and The Movies ☞ Presidential Trivia Broccoli Quiche, Spinach, Diced Beets, Whole Wheat Bread, Peaches & Pears, Milk | 16 | ☞ Dance for Health ☞ Stenciling Craft ☞ Veterans Chat with Melissa Hot Turkey Sandwich, Mashed Potatoes w/ Gravy, Broccoli, Whole Wheat Bread, Peaches, Milk | 17 | ☞ Celebrating Black History Month ☞ Polar Bear Day ☞ Wii Bowling Baked Ziti, Garlic Green Beans, Italian Bread, Oranges & Bananas, Milk | 18 | ☞ Facials with Shea ☞ Bingo ☞ Daytona 500 Tomato Basil Soup, Tuna Salad Sandwich, Sweet Potatoes, Fruited Jello, Milk | 19 | | 20 | |
| 21 | ☞ Zumba with Andrea ☞ George Washington ☞ Cherry Pie Bake Off Teriyaki Chicken, Sesame Noodles, Broccoli Florets, Whole Wheat Bread, Pineapple Tidbits, Milk | 22 | ☞ Native American Storytelling w/ Gil ☞ Art Therapy (every Tuesday) ☞ Wii Bowling Meat Loaf w/ Gravy, Mashed Potatoes, Spinach, Whole Wheat Bread, Melon, Milk | 23 | ☞ Fun with Magazines ☞ Bingo ☞ The Beatles Chicken Stew over Homemade Biscuit, Butternut Squash, Cinnamon Apples, Milk | 24 | ☞ Fred and Lisa Variety Show ☞ Red Hat Society ☞ Shopping Trip Chili w/ Crackers, Coleslaw, Corn Bread, Tapioca w/ Peaches Milk | 25 | ☞ Open Art Studio (every Friday) ☞ Tell a Fairy Tale ☞ Only in the Movies Lemon Pepper Fish, Brown Rice, Baby Carrots, Oatmeal Bread, Oranges & Bananas, Milk | 26 | | 27 | |
| 28 | ☞ Leap Year: It's Party Time! ☞ Bachelor's Day ☞ Leapin' Lizards Chicken Florentine, Garlic Pasta, Whole Green Beans, Italian Bread, Pears, Milk | 29 | ☞ Mondays: Church Service with Father Holden ☞ Wednesday: Communion with Eleanor ☞ Thursday: Bible Study | <p>Stress Relief: Mindful Moves - every Wednesday and Qigong - every Friday</p> | | <p>Weekly: ☞ Arts and Crafts ☞ BPI Bakers ☞ Remember When ☞ Current Events ☞ Brain Games</p> | | <p>Daily: ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Discussion Group ☞ Current Events ☞ Music ☞ Games</p> | | | | | |

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

Taking Risks

by Melissa Stemp, Social Worker



Taking a risk can be scary enough when you are the one taking the risk; but it can be absolutely nerve racking (to say the least) when it's a loved one taking the risk. Watching and even stepping back and allowing our loved ones to take risks is scary for many different reasons.

Some of the risks that immediately come to mind are driving, living independently, repairs around the home and managing one's own medical needs or finances.

One of the unfortunate outcomes of aging is that our "risks" grow. This is mostly due to the fact that our cognition may decline as well as our physical abilities face more challenges. But, isn't taking risks a normal part of life? Think about your past: What risks did you take? What was the outcome? Honestly, taking risks can be very empowering, it builds confidence and in more ways than one it gives definition to who we are as an individual.

Risk often causes a great amount of concern in caregivers. It can create stress and worry in us as caregivers. However, please keep in mind "Risk can be minimized by the support of others, who can be staff, family, friends, etc...individual responsibility for taking risks must be a balance between safeguarding someone from harm and enabling them to lead a more independent life." (<https://www.iwight.com>)

Many of you are probably wondering how to do this appropriately all while weighing the risk of concern for their safety as well as the safety of others. Realistically there are times when the risk presented will be too great and you will simply have to step in to eliminate some aspects of the risk in some way if not completely.

The caregivers that attend BPI's "Families Together" have shared stories addressing this very topic. In talking about their concerns, the caregivers have found ways to address their

concerns with the feedback they received from the other caregivers. Those caregivers that attend "Families Together" serve as a great sounding board. Many of them have "been there, done that" and are able to offer each other sound advice and support.

Having a loved one attend BPI may also serve as a great way to minimize risks, especially if your loved one is home alone during the week. Not only will your loved one benefit from all of the wonderful services we have to offer, but you as a caregiver will have the piece of mind that they are safe and well taken care of

For more information on how BPI can assist you with managing the risks for your loved one, please call us at (802) 442-8136.



Families Together Monthly Caregiver Gatherings

BPI offers a monthly gathering providing caregiver support, laughter and camaraderie. The February meeting will be held on Tuesday, Feb. 23rd at 1:00 PM.

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

Need for Adaptive Equipment?

Would you or a family member benefit from a piece of adaptive equipment (walkers, canes, shower chair, etc.)? Sometimes at BPI we receive extra donations of gently-used items have we try to find appropriate homes for. If you know of a need or have a question, please contact Amy St. Onge, RN our Health Coordinator, at 802-442-8136 or info@bpiads.org.



Donations and Gifts

Memorial Gifts

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

☛ Rita Anzivino

- Leonard Anzivino

☛ Richard Bush

- E.P. Mahar & Son, Inc.
 - Jean Burzimati
- Stanley & Kathy Cichanowski
 - Andrea Crawford
- Richard & Joan Damour
 - Mary Harrington
 - Katherine Marcoux
- John & Norma McShane
 - Diane Morrissey
 - Barbara O'Neil
- Linda & Charles Putney
 - Linda Wichlac

☛ Mr. & Mrs. Henry Simpatico & Mr. & Mrs. Arthur Pella

- Henry & Eleanore Simpatico

☛ Phillip Squires

- Lois Squires

BPI's Replacement Van Fund Update!

Bennington Project Independence's ability to provide most of its own transportation is a huge asset to our participants, their families and our entire program.

Unfortunately BPI's fleet is aging and the need to replace our 2008 van is critical and we are in urgent need of your help.

Thanks to the generosity of Lillian Seward and other donors in our community, BPI is just \$15,000 short of the funds needed to purchase a new van! We are looking for your help to get us the rest of the way there.

Each donation, no matter the amount, helps us toward our goal!

If you would like to help us towards our goal you can donate in a variety of ways: by mailing a check designated to our van fund, using the "Donate Now" button on our homepage at www.bpiads.org or by visiting our GoFundMe page at www.gofundme.com/bpivan.

Thank you for your help to keep us on the road!

Program Support

- | | |
|--|--------------------------------|
| • North Bennington Congregational Church | • Martha Mulligan |
| • Kevin & Sally Bisaccio | • Ned Mulligan |
| • Charles Bluto | • Allison & Erik Niemi |
| • Carol & Jack Griffin | • Senator & Mrs. Richard Sears |
| • Mary Henning | • Phil Surdam |
| • Corey Mears | |



Executive Director, Linda Wichlac, presents Facility Manager, George Gates, with a certificate of recognition for Facility Maintenance Day in January.

In-Kind Gifts

- Sue Bull - Craft items
- Linda Bush - Floral arrangements
- Cheryl Conklin - Artwork
- Linda Corey - Poker chips
- Ruby Coyne - Clothing
- Tammy Dillard - Wrapping paper, bath products
- The Dziengiel Family - Shower chair
- Leah Frank - Oil pastels, women's clothing, vases
- John & Sharron Harrington - Puzzles and caddy
- Pat & Huc Hauser - Christmas lights
- John & Mary Hirst - Puzzles
- Isabelle Holbrook - Puzzle
- Tom & Linda Holland - Bingo prizes
- Yvonne Laflamme - Women's clothing
- Sunny Leporati - ION Profile Pro USB Turntable with Input
- Vanessa Littlefield - Christmas lights, book on houseplants
- Evelyn Miller - Puzzle
- Wills Insurance - Calendars
- Constance Reed - Kitchen utensils
- Juliet Sleeman - Women's clothing
- Robert & Denise Taff - CD, craft items
- Stephanie Taylor - Nutritional drinks, medical supplies
- Melanie & Bill Woodley - Women's thermal socks
- Darlene Young - Christmas lights

Second Chance Lottery Tickets...

If you have lottery tickets that were not winners... don't throw them away!

Give them to BPI and we will enter them in the "Second Chance" Lottery Drawing.



Meet the Newest Member of BPI's Family



Meet BPI's newest addition to the family - our adopted parakeet.

Our older female parakeet has been stressed since the passing of her former companion. Hoping to make her feel better by finding a compatible friend, BPI began by calling some of the local veterinarian's offices to see if they had any suggestions.

Through this effort we were put in touch with an organization called Northeast Avian Rescue

(rescueparrots.org) that had a variety of adoptable birds available and were gracious enough to deliver our new friend from E. Greenbush New York! We hope to have them come in to do a presentation for everyone soon.

When you have a chance, be sure to stop by and say "Hello" to our new addition!

Get out the Vote!

BPI is on the March ballot for town funding in the Towns of Pownal, Shafsbury, Bennington and Arlington.

Please vote to approve BPI's funding request and we thank you for your support!



BPI Bulletin Board

February Activity Highlights

February is a month of many holidays! Some of the highlights include Chinese New Year, Mardi Gras and Valentines Day all in one week!

We will celebrate all three of this month's holidays with special games, trivia and food. On Valentine's Day we will be enjoying a mock wedding! Who will be saying "I do"? You will have to come to find out!

There are some other changes this month with our Art Program. As many of you know, Kaye Shaddock, our lovely and talented art therapist, will be out on maternity leave. Eileen Drukenmiller, a local Art Therapist, will be filling in for Kaye while she is on leave. We will also be starting an Open Art Studio on Fridays with professional Artist, Matt Anderson.

To add to our wellness programming, we have added Qigong and Mindful Moves. Both groups help our minds, bodies and spirits and are very popular here at BPI. Come try one of these new programs!

Facials with Shelagh are a monthly event. If you are interested in having a facial or getting your nails done, please let us know so we can schedule it for you.

For more information on activities in February call us at (802) 442-8136 or send us an email to activities@bpiads.org.



Birthday Wishes

February 2016

- Constance R. - 11th
- Patrick M. - 17th
- Dorothy K. - 18th
- Charles "Mickey" P. - 19th
- Clarence R. - 22nd



"Think Spring"

*and save the date for
BPI's 5th Annual
Golf Tournament*

May 6, 2016





held at the
Mount Anthony Country Club

For more information or to obtain
Tee Sponsor or Registration forms, please
email your request to
info@bpiads.org or call (802) 442-8136.

BPI Wish List

- ☛ **Funds for the 2nd Phase to complete our Lower Level**
- ☛ Grocery Gift Cards
- ☛ Funds for Replacement Van
- ☛ Barrier cream
- ☛ Items for Bingo prizes
- ☛ Seat Covers for Van Driver Seats
- ☛ Halogen Flashlights
- ☛ Volunteer to transfer music from vinyl to PC and CDs
- ☛ Cardigans - Med, large, x-large and 1 xl sizes
- ☛ Men's large, xl and xxl sweatpants
- ☛ Insulated coffee carafe

Anniversaries February 2016

-  Bill & Melanie W. - 1st
-  Patti & Michael S. - 3rd

BPI Scrapbook



Happy New Year!

BPI's New Year's celebration featured a balloon drop (left) and toasts with Sparkling Cider to the New Year with Marie B. and staff member Rachel O'Brien (above)



Sue B. and staff member Shelagh Muckle show off their delicious cupcakes



"Elvis" (played by Tiffany Holland) was "in the building" for his 80th birthday celebration, seen here with Shirley O.



Receiving recognition for Activities Professional Week in January are our amazing and talented activity staff: Dan Lampron, Tiffany Holland, Debra Peters, Tracy Purdy-Martin, Andi Crawford, Shelagh Muckle and Melissa Knights. Not pictured are Kaye Shaddock and Rachel O'Brien.



Visiting Artist, Cheryl Conklin, shares some of her artwork with Kaye Shaddock and Andrea K.



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.)