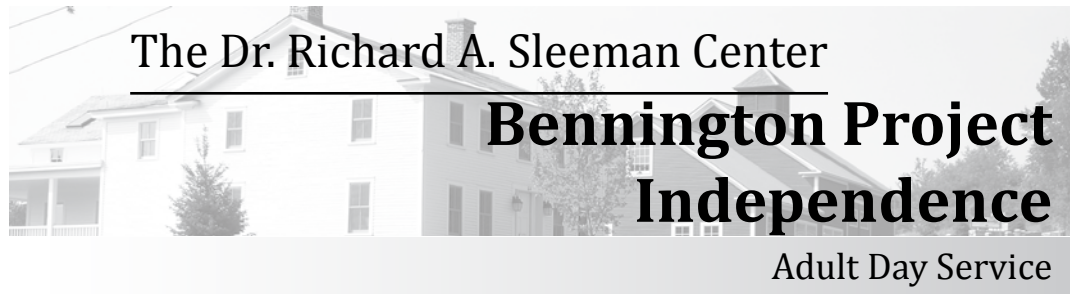


February 2017

*Celebrating  
38 years of  
service in our  
community*



The Dr. Richard A. Sleeman Center

# Bennington Project Independence

Adult Day Service

## *BPI Caring Hearts*



Ed R., Shelagh M, and Cosmo D. are standing with their hearts in their hands in front of the "Art from The Heart" Montage made by the talented Artists at BPI

The Gift of Love, Laughter and Great Care that your loved one will receive at BPI!

### *Our Program Includes:*

- ♥ Compassionate Care
- ♥ Conversation & Laughter
- ♥ Meaningful Adult Activities
- ♥ Community Outings
- ♥ Peace of mind for You and Your Loved Ones
- ♥ Friendship and Fun and much more!

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.

### **Inside this Issue...**

|  |     |
|--|-----|
| Calendar of Activities/Menu              | 2   |
| Help Stop Scammers                       | 3   |
| Gifts and Donations                      | 4-5 |
| "Winter" Poem                            | 5   |
| BPI Bulletin Board - Activity Highlights | 6   |
| BPI Scrapbook                            | 7   |



# February 2017



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

Monday

Tuesday

Wednesday

Thursday

Friday

|  |   |  |  |  |
|--|---|--|--|--|
| <p><b>Save the Date Bingo:</b><br/>Friday 3rd @ 3:00<br/>Tuesday 7th @ 1:45<br/>Wednesday 15th @ 3:00<br/>Thursday 23rd @ 10:15<br/>Monday 27th @ 1:45</p>   | <p><b>Families Together Meets</b><br/>Tuesday 02/28/2017 at<br/>1:00 PM<br/>Please Join Us<br/>For more info contact BPI at<br/>802-442-8136</p>  | <p>☞ Crafters Corner<br/>☞ That was the Year<br/>☞ Karaoke<br/>Chicken Ala King over Noodles,<br/>Broccoli, Whole Wheat Bread,<br/>Honey Dew Melon &amp; Mango,<br/>Milk</p>           | <p>☞ Baking for Superbowl<br/>☞ Minute to Win it!<br/>☞ Person, Place or Thing<br/>Vegetable Bean Soup, Chicken<br/>Salad Sandwich, Carrot Slaw,<br/>Pears &amp; Kiwi, Milk</p>        | <p>☞ Super Bowl<br/>Tailgate Party<br/>☞ Yoga with Jane<br/>☞ Writers Corner<br/>Hot Dog on a Bun, Oven<br/>Roasted Potatoes, Baked Beans,<br/>Berries &amp; Cream, Milk</p> |
| <p>☞ Zumba with Andrea<br/>☞ Ping Pong Poker<br/>☞ Church Service with<br/>Father Holden<br/>Honey Garlic Chicken,<br/>Sesame Noodles, Broccoli,<br/>Pumpnickel Bread, Oranges &amp;<br/>Pineapple, Milk</p> | <p>☞ Musical Memories<br/>w/ Karen<br/>☞ Qigong<br/>☞ Baking for Furry Friends<br/>Macaroni &amp; Cheese, Roasted<br/>Sweet Potatoes, Spinach, Whole<br/>Wheat Bread, Fruit Cocktail<br/>Cake, Milk</p> | <p>☞ The Beatles Salute<br/>☞ Manicures<br/>☞ Golf Around The Clock<br/>Turkey &amp; Rice Soup, Seafood<br/>Salad Sandwich, 3 Bean Salad,<br/>Pears &amp; Grapes, Milk</p>             | <p>☞ Vocal Concert w/ Bob<br/>☞ Chinese New Year<br/>☞ Crazy Bowl<br/>Pork Chow Mein over White<br/>Rice, Broccoli Florets, Whole<br/>Wheat Bread, Oranges &amp;<br/>Bananas, Milk</p> | <p>☞ Jewelry Making<br/>☞ Noodle Balloon<br/>☞ February Word Pictures<br/>Lemon Pepper Fish, Rice Pilaf,<br/>Baby Carrots, Rye Bread, Fresh<br/>Fruit Cup, Milk</p>          |
| <p>☞ Native American<br/>Storytelling with Gil<br/>☞ Grace Christian<br/>Students Visit<br/>☞ American Pie Bake off<br/>Goulash, Italian Green Beans,<br/>Italian bread, Pineapple Tidbits,<br/>Milk</p>     | <p>☞ Shopping Trip<br/>☞ Vet's Chat with<br/>Melissa<br/>☞ Shuffle Board<br/>Chili w/ Crackers, Coleslaw,<br/>Corn Muffin, Peaches, Milk</p>  | <p>☞ Fred and Lisa<br/>Variety Show<br/>Historic February<br/>BPI Bowling<br/>Chipped Beef w/ Boiled Egg over<br/>Biscuit, Spinach, Whole Wheat<br/>Bread, Pears &amp; Mango, Milk</p> | <p>☞ Writer's Corner<br/>☞ Market Wagon Trip<br/>☞ Qigong<br/>Tomato Basil Soup, Tuna Salad<br/>Sandwich, Potato Wedges,<br/>Fruited Jello, Milk</p>                                   | <p>☞ Weekly:<br/>☞ Arts and Crafts<br/>☞ BPI Bakers<br/>☞ Remember When<br/>☞ Current Events<br/>☞ Brain Games</p>   |
| <p><b>BPI Closed For Presidents Day</b></p>  | <p>☞ Wheel of Fortune<br/>☞ BPI Book Club<br/>☞ Facials with Tori<br/>Spaghetti w/ Meat Sauce, Garden<br/>Salad, Garlic Bread, Melon &amp;<br/>Pineapple, Milk</p>                                      | <p>Daily:<br/>☞ Coffee Social<br/>☞ Brain Exercise<br/>☞ Stretch for Health<br/>☞ Discussion Group<br/>☞ Current Events<br/>☞ Music<br/>☞ Fun</p>                                      | <p>☞ Mindful Movements<br/>every Wednesday<br/>☞ Yoga every Wednesday<br/>☞ Qigong every Friday</p>  | <p>☞ Mindful Movements<br/>every Wednesday<br/>☞ Yoga every Wednesday<br/>☞ Qigong every Friday</p>  |
| <p>☞ Art with Kaye<br/>☞ 7 or 11<br/>☞ Name that Tune<br/>Chicken Florentine, Pasta w/<br/>Veggies, Garlic Green Beans,<br/>Italian Bread, Pears, Milk</p>   | <p><b>Mardi Gras Celebration</b><br/>New Orleans Gumbo, Carrot<br/>Slaw, French Bread, Melon,<br/>Milk</p>  | <p>☞ Coffee Social<br/>☞ Brain Exercise<br/>☞ Stretch for Health<br/>☞ Discussion Group<br/>☞ Current Events<br/>☞ Music<br/>☞ Fun</p>   | <p>☞ Mindful Movements<br/>every Wednesday<br/>☞ Yoga every Wednesday<br/>☞ Qigong every Friday</p>  | <p>☞ Mindful Movements<br/>every Wednesday<br/>☞ Yoga every Wednesday<br/>☞ Qigong every Friday</p>  |

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

## Help Stop Scammers

by Melissa Stemp, Social Worker



It's amazing what criminals will do in order to take advantage of others. The scams they come up with are truly sophisticated and it is becoming more difficult to discern between what is real and what is not. We can all fall victim.

The Federal Trade Commission reports that fraud complaints rose at least 47% between 2012 and 2014 for individuals age 60 and older. Unfortunately, the outcome usually results in an innocent person losing their hard earned money and the scammer getting away with their crime.

### **Why do scammers particularly target seniors:**

Scammers are hoping that they have some sort of "nest egg" saved up, or that own their own home, which they could take out a line of credit against. Scammers rely on the people they are contacting finding it difficult to say "No" and to simply hanging up the phone. They know that the seniors are less likely to report fraud because they may not know how to or are too ashamed. They may also not realize they have been scammed or might be worried that family will think they are not competent enough to make their own decisions anymore.

Often scammers use direct mailings and telemarketing ploys. Some of the most common telemarketing ploys are fake IRS calls that a loved one is in trouble legally, calls about false past due utilities as well as fake lotteries and sweepstakes. Some scammers reach their targets by stopping at someone's home to sell fake products or substandard home improvements.

**How can you identify a scam and what signs should you watch out for:** The most obvious red flags are large amounts of mailings and frequent calls from individuals and or businesses that you or your loved one does not regularly do business with. Another would be questionable financial activity such as questionable checks, large withdrawals, and credit card charges. Is your loved one having difficulty paying their bills or have they become secretive and defensive about their finances?

**How to make a report and what you can do to protect your loved one:** If you suspect that someone is the victim of a scam, report it. You can make a report to your local law enforcement agency as well as Adult Protective Services (Vermont 800-564-1612 or 802-871-3317). Reports can also be made with the Federal Trade Commission (877-382-4357). Remind your loved ones to never give out their Social Security number or financial information over the phone. To "opt-out" of receiving direct marketing mailings you can do so at [dmachoice.org](http://dmachoice.org); to stop credit card and insurance offers you may do so by going to [optoutprescreen.com](http://optoutprescreen.com) or calling 888-567-8688. You may also register your home phone and your cell phone with the National Do Not Call Registry at [donotcall.gov](http://donotcall.gov) or 888-382-1222 to reduce calls from telemarketers.

As the Social Worker here at Bennington Project Independence, I am able to assist in identifying concerns and filing reports if needed. I will work closely with you and your loved one to assure that concerns are addressed properly and help prevent some of us from becoming victims. Together we can help stop some scammers.

If you need assistance or additional information on how to protect yourself or your loved one please call BPI 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. 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.

## Memorial Gifts

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



♥ **Lily Bennett**

- Lila and Ken Cestone

# BPI Closed

## February 20, 2017

## Donations to our Van Fund



- Pauline & Joe Restino

### Did you know that you can make a recurring donation to BPI?

You can make recurring donations online by visiting our website ([www.bpiads.org](http://www.bpiads.org)) and clicking the "Donate Now" button, choose your amount and selecting the option "Make this a Monthly Recurring Donation". You can return to JustGive at any time to change this option.

If you prefer to mail in your recurring donation, use the pledge form below and indicate the amount of your "Multi-Month/Year Pledge".

For more information about this process, please contact Linda Wichlac at BPI - 802-442-8136.

## Program Support

- Gloria and Bob Alexander
- Representative Brian Campion and Eric Hatch
- Gary Corey - Centerline Architects
- Carol and Jack Griffin
- Trisha Mahar
- Ned Mulligan
- Nora Parsons and Tim Foley

### Bennington Project Independence Donation Form

Please Designate my Donation toward:

- BPI's Capital Campaign— for Phase 2 of our new home
- BPI's Endowment Fund
- BPI's Van Replacement Fund
- You may use my gift wherever needed
- Other \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Donation Amount: \_\_\_\_\_

Multi-Month/Year Pledge: \_\_\_\_\_

In Memory of \_\_\_\_\_

In honor of \_\_\_\_\_

Acknowledge to: \_\_\_\_\_

**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+

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



**"Winter"**

The cold snow and ice is

Fluffy and nice

To ride a snowmobile across the ice.

The bobsled was very, very fast!

Everybody had a blast!

Evening came and we

Gathered near the

Bonfire to enjoy cocoa and marshmallows

To ring in the New Year!



BPI Poetry Circle

~ 2017 ~

**Ready for Winter to End?**

Think Summer!



Save the Date for  
**BPI's 6th Annual  
Golf Tournament**

**Sunday  
June 25, 2017**

~ **New this year** ~

The Golf Club at Equinox - Manchester, VT  
followed by a barbeque dinner

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

***In-Kind Gifts***

- Gloria Boutin - Bingo prizes
- Maggie Brady - Measuring spoons and cups, spatulas
- Doris Cloutier - Bingo prizes, assorted home goods and clothing
- Barbara Condon - Arm extension grabber, Christmas tree
- Ruby Coyne - Clothing
- Ray Goodermote - Puzzles
- Joanne Green - Clothing
- Patricia Harrington - Books
- Tom Holland - Dry erase markers, bird feeder
- Linda Holland - Puzzles
- Beth McKee - Beads
- Evelyn Miller - Lottery tickets for second chance drawing
- Helen and John Morandi - Assorted CDs
- Shirley O'Dell - Bingo prizes
- Mrs. Luella Root - Bingo supplies
- Ron Salisbury - DVDs
- Harry Sanders, III - Shower chair and walker
- Hap Strohschein - Walker extensions
- Pam Svrcek - Puzzles, CDs
- Grafton Community Library - 34 hardcover books
- Joan and Darlene Young - White Christmas lights, construction paper

## BPI Bulletin Board

### February Activity Highlights

There is so much to celebrate this month at Bennington Project Independence! Thursday the 2nd we will all be waiting to see if the ground hog will see his shadow. While we wait to hear, we will be playing "Ground Hog Minute to Win It." Friday the 3rd we will be putting in our Super Bowl picks and celebrating with our Tail Gate Party. Each participant will be choosing their own football square for the BIG GAME!

- As part of our monthly service project for February we will be baking for our furry friends at Second Chance Animal Shelter. We will prepare homemade dog biscuits and deliver to the shelter on Wednesday the 8th.
- Love will be in the air on Tuesday the 14th. We will have our Valentine's Day Celebration along with our "Wedding Fashion Show!" The day will be filled with sweets, heart crafts, baking, and fabulousness!
- February is Black History Month. We will be discussing this on Tuesday the 21st.
- On the last day of this month we will be celebrating Mardi Gras. If you would like to join in on our celebration please feel free to dress for the occasion. The colors are purple, green, and gold, and of course don't forget your beads!

We look forward to seeing you all this month. Please also see the calendar for many trips and other exciting activities that we have in store for this month.

If you have any questions or suggestion please contact, Shelagh Muckle at (802) 442-8136 or [activities@bpiads.org](mailto:activities@bpiads.org).






Dan Lampron, Activities Assistant, celebrates his 10th Anniversary with us at BPI



Celebrating "National Activity Professionals Week" are Dan Lampron, Tori Therriault, Shelagh Muckle, Rachel O'Brien, Tiffany Holland and Megan Weber (not pictured are Deb Peters and Melissa Knights)

### January & February Anniversaries

-  Hazel and Len C. - Jan. 12th
-  Bill & Melanie W. - Feb. 1st
-  Patti & Michael S. - Feb. 3rd



### January & February Birthday Wishes

#### January:

- Mary O. - 1st
- Sally H. - 22nd
- Andy R. - 31st

#### February:

- Connie R. - 11th
- Patrick M. - 17th
- Clarence R. - 22nd
- Emily R. - 24th

### Wish List

- ☛ US Flag and VT Flag for our Flag Pole
- ☛ Stopwatch
- ☛ Football and Baseball Cards
- ☛ Wedding Gowns



# BPI Scrapbook



Socializing and friendship are a big part of the fun at BPI. Linda H. and Joyce M. enjoy each other's company while making "Promise Boxes"



Sylvia R. and Cheryl C. work together to make "Promise Boxes"



"Elvis has left the building"  
Molly Stark Chorus performs some Golden Oldies for all of us at BPI



Linda H. and Amy S. cutting a rug at a BPI Party



Erin L. and Tiffany Holland prepare special Super Bowl cookies



Millie H. and Gayle W. are having Fun getting ready to bombard Tom G. with balloons





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

PRESORT STANDARD  
 U.S. Postage Paid  
 BENNINGTON, VT  
 PERMIT #73

(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.)