

January 2018

Celebrating
38 years of
service in our
community



The Dr. Richard A. Sleeman Center

Bennington Project Independence

Adult Day Service

What are Your New Year's Resolutions?



Best Wishes for the New Year!!

Wishing you a Happy and Healthy New Year are BPI staff members: Linda Wichlac, Pat Corsetti, Nancy LeSage, Stephanie Corey, Allison Mullin, Karen Harrington, Robin Dane, Sue Yetto, CJ Dufresne, Amy St. Onge, Chelsey Bodenstab, Tori Therriault, Deb Bruneau, Megan Weber, Melissa Knights, Dan Lampron, Gina Anzivino, Linda Corey, Pam Giuliano, Tiffany Holland and Maureen Kelly Stadnik. Not pictured: Stephen Darr, George Gates, Shelagh Muckle and Melissa Stemp.

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 can help you keep your resolutions to take better care of yourself and your loved one in the New Year!

Our Program Includes:

- ☛ Nursing and Personal Care
- ☛ Meaningful Activities
- ☛ Intergenerational Opportunities
- ☛ Friendship and Fun
- ☛ And Much, Much More!

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☺ Lunches Served With
8oz 1% Milk

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



January 2018





Monday

Tuesday

Wednesday

Thursday

Friday

	1	2	3	4	5	6
	<p><i>Closed New Year's Day</i></p> 	<p>☺ Grace Christian School Students Visit ☺ Art with Kaye ☺ Jeopardy</p> <p>Spaghetti w/Meat Sauce, Garlic Green Beans, Italian Bread, Peaches, Milk</p>	<p>☺ Poetry Circle ☺ Snowball Tournament ☺ Pictionary</p> <p>Honey Garlic Chicken, Pasta w/Vegetables, Cauliflower & Broccoli, Whole Grain Bread, Oranges & Bananas, Milk</p>	<p>☺ Trivial Pursuit ☺ Dollar General Trip ☺ Noodle Balloon</p> <p>Turkey Pot Pie, Roasted Brussels Sprouts, Whole Grain Bread, Pears & Grapes, Milk</p>	<p>☺ Yoga With Jane ☺ Scattergories ☺ Virtual Tour</p> <p>Baked Fish, Rice Pilaf, Peas & Carrots, Whole Wheat Bread, Apple Crisp w/Topping, Milk</p>	
7	8	9	10	11	12	13
	<p>☺ Zumba ☺ Joy Germ Day ☺ Elvis Salute</p> <p>Chicken Parmesan, Whole Grain Pasta w/Marina Sauce, Mixed Beans, Garlic Rolls, Pineapple, Milk</p>	<p>☺ BPI Bakers Club ☺ Wheel of Fortune ☺ Jewelry w/Rachel</p> <p>Vegetable Soup w/Crackers, Ham Salad Sandwich, Pickled Beets, Apricots, Milk</p>	<p>☺ Musical Memories w/Karen ☺ Qigong ☺ \$20,000 Pyramid</p> <p>Chicken & Broccoli Alfredo, Whole Grain Pasta, Butternut Squash, Rye Bread, Peach Crisps, Milk</p>	<p>☺ Bingo ☺ Guggenheim ☺ Veterans' Chat with Melissa</p> <p>Sausage Pizza, Garden Salad, 3 Bean Salad, Tapioca w/Peaches, Milk</p>	<p>☺ Science Fiction ☺ Music w/ Bob ☺ Hobby Share</p>  <p>Hamburger on a Bun, Sweet Potato, Baked Beans, Pears & Mango, Milk</p>	
14	15	16	17	18	19	20
	<p>☺ Martin Luther King ☺ Truth or Consequences ☺ Target Shoot</p> <p>Turkey Trazzini w/Noodles, Mixed Vegetable Blend, Whole Wheat Bread, Cinnamon Apples, Milk</p>	<p>☺ Snow Bocce ☺ Art with Kaye ☺ Bingo</p>  <p>Lasagna, Italian Green Beans, Italian Bread, Tropical Fruit, Milk</p>	<p>☺ Health is Wealth ☺ Walmart Shopping ☺ Pizza Bake</p> <p>Roast Pork w/Applesauce, Mashed Potato w/Gravy, Broccoli Florets, Whole Grain Bread, Applesauce Cake, Milk</p>	<p>☺ Broadway ☺ Bird feeder Craft ☺ Minute to Win It</p> <p>Tomato Basil Soup, Grilled Cheese, Carrot Coins, Pineapple, Milk</p>	<p>☺ Spring Fever ☺ Exploring Herbs with Nancy ☺ Planes, Trains or Automobiles</p> <p>Macaroni & Cheese, Stewed Tomatoes w/Lima Beans, Whole Grain Bread, Peaches, Milk</p>	
21	22	23	24	25	26	27
	<p>☺ BPI Bakers Club ☺ Laugh in ☺ Wii Bowling</p> <p>Breaded Fish, Rice Pilaf Baby Carrots, Whole Wheat Bread, Tropical Fruit, Milk</p>	<p>☺ Fun w/ Science ☺ Sing A Long ☺ Jewelry w/ Rachel</p> <p>Roast Turkey w/ Gravy, Stuffing w/ Cranberry, Green Beans, Whole Grain Bread, Berries & Cream, Milk</p>	<p>BPI BEACH DAY</p> <p>Pineapple Chicken, Sweet Potatoes, Broccoli, Whole Grain Bread, Melon & Grapes, Milk</p>	<p>☺ Fred & Lisa Concert ☺ Snowflake Quilt ☺ Who wants to be a Millionaire?</p> <p>Meat Loaf w/Gravy, Mashed Potatoes, Spinach, Whole Grain Bread, Banana Pudding, Milk</p>	<p>☺ Let's Make a Deal ☺ Reflexology ☺ Bingo</p> <p>Beef Stew over Homemade Whole Grain Biscuit, Squash, Mixed Beans, German Chocolate Cake, Milk</p>	
28	29	30	31			
	<p>☺ Ceramic Snowman Craft ☺ Name that Tune ☺ Church with Father Holden</p> <p>Pulled Pork on a Bun, Baked Beans, Coleslaw, Mandarin Oranges, Milk</p>	<p>☺ Tools of the Trade ☺ Hot Chocolate Salute ☺ Family Feud</p> <p>Vegetable Chili w/Crackers, Cottage Cheese, Carrots, Whole Grain Corn Bread, Peaches & Cream, Milk</p>	<p>☺ 2nd Chance Animal Center Visit ☺ Bingo ☺ Price is Right</p> <p>Stuffed Cabbage Casserole, Mashed Potatoes, Spinach, Apple Betty, Milk</p>	<p>☺ Church Service every Monday at 10:00 am ☺ Bible Studies every Thursday at 12:30</p>	<p>☺ Open Art Studio Every Friday ☺ Qigong Every Wed & Friday ☺ Tai Chi Starts Soon</p> 	

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

Those New Year's Resolutions

by *Melissa Stemp, Social Worker*



"Today we start a new chapter in our life, 365 blank pages, we decide what goes in them, so fill them to make it the best chapter ever." ~Author unknown~

Every year with the best of intentions, like many people, I pick a New Year's Resolution.

And every year, like many people, I don't exactly follow through. But, this past year I've made some progress. I may have fallen off the wagon a few times but it's been easier to jump back on with the encouragement and support of my family and friends. My resolution this year is to continue with this goal, to make more progress.

I encourage you, the caregivers of the world to do the same. Pick a resolution, just one, that has meaning to you. Pick a resolution that will put a smile on your face, something that will give you enjoyment, something just for you! Maybe you just want to get together with a few friends once in a while for a cup of coffee. Go for a walk. Learn a new hobby or pick up an old one that you stopped doing. Go see a movie with your significant other or best friend. The possibilities are endless.

I know, finding time for yourself can seem next to impossible. The excuse in my head tends to be "easier said than done", or "I have too much to do already." But I have to tell you the truth...when I actually do make the time to do something for myself...my world doesn't fall apart like I think it's going to!

There are several things you can do, to make achieving your New Year's Resolution more attainable:

- Pick a realistic goal. Think it through ahead of time. What is it that you want to accomplish? Make changes one at a time if that is what's easier for you.
- Be practical. The best bet is to start slowly and gradually build on it. Maybe you start by doing something once a month and gradually increase

to once a week. "Rome wasn't built in a day." ~ French Proverb

- Write it down! Pencil it in on your calendar. Write exactly what it is that you are going to do and when. It will help by holding you responsible and keep you on track.
- Enlist help and support. If someone offers to help, take them up on it. ASK your family and friends for help. Hire someone, there are people out there, good people that are willing to make sure your loved one is well taken care of while you get the break that you very well deserve.
- Setbacks happen. Understand that this is part of life and don't beat yourself up over it.

Support is a key component in being successful and BPI can offer you the support you need in several different ways. One way is for caregivers to join our support group Families Together. You can receive some heartfelt guidance and support, from other caregivers, the people who really know what you are going through. You could also enroll your loved one in our program and take a well-deserved break. Whether it's for a few hours a week or a few hours a day it's sure to make a positive difference in your life.

Remember, there is no guilt in taking care of yourself. If you don't take care of yourself, you won't be able to take care of your loved one effectively. BPI is here to help "Share the Care."

Call us at 802-442-8136 to learn how we can assist you in the New Year!



Families Together Monthly Caregiver Gatherings

BPI offers a monthly gathering providing caregiver support, laughter and camaraderie. The January meeting will be held on Tuesday, January 30th at 1:00 PM.

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

HOLIDAY DONATIONS

Thank you so much to the generous spirit of our donors who made BPI's Holidays very special!



A Very Special Thank You...



To our "Holiday Angel" Mrs. Lillian Seward

For her generous donation, in memory of her beloved brother
Dr. Richard A. Sleeman, toward the completion of the
Dr. Richard A. Sleeman Center.

Gifts in Honor of

☞ Marion Bourn

- John Brillon

☞ Yvonne LaFlamme

- Patricia and Virginio Perotta, Jr.

☞ June Salmon

- Mr. & Mrs. Don Foster

Memorial Gifts

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



♥ *Rita Anzivino*

- Leonard Anzivino
- Gina Anzivino

♥ *Hazel Candib*

- Leonard Candib

♥ *Monica H. Corcoran, Mary E. Marshall, Joseph D. Corcoran and Daniel J. Corcoran*

- James & Wanda Corcoran

♥ *Joseph DeMasi*

- Theresa DeMasi

♥ *Dr. Richard Fabricius*

- Mrs. Janet Fabricius

♥ *Blanche Grillo*

- Leslie Bayetis

♥ *Arnold K. Harrington*

- Carol Harrington

♥ *Celia M. Long*

- Mr. & Mrs. Thomas Marchinkowski

♥ *Fred Pinsonneault*

- Rita Pinsonneault

♥ *Beulah Racicot*

- Stephen and Cheryl Bennett

♥ *Robert J. Roy*

- Robert and Brandi Roy

♥ *Mary Skidmore*

- Kathy Cardiff
- Gayle Welch & Robin Dane

♥ *Marcia and Herbert Teisch*

- Steve Degenstein

Holiday Program Gifts

- Gloria and Bob Alexander
- Lily Beukenkamp-Delsing
- Raymond G. Bolton
- William and Ruth Botzow
- Marilyn and Charles Boyle
- Mr. & Mrs. Louis Canto
- Lila and Ken Cestone
- Kathleen and Stan Cichanowski
- Eileen Clegg
- Bregt Cullinan
- Chris Damon and Noreen Tiernan-Damon
- Mrs. Rosemary DiGiovanni
- Joe Dziengiel
- Mr. & Mrs. Scott Flanigan
- Carol Griffin
- Mary Henning
- Kevin and Gayle Kees
- Ron and Rosemary Lindsey
- Barbara Miller
- Mr. & Mrs. Franklin ("Sonny") Monroe
- Ned Mulligan
- Viola Myers
- Sandra and William Parks
- Linda and Charles Putney
- Mrs. Pauline Restino
- Christopher and Mary Ann Saccone
- Victoria Santarcangelo
- Timothy Szymanik
- John and Deborah Williams
- First United Methodist Church - Circle 1

In-Kind Gifts

- The Pharmacy - Poinsettia
- Stewart's Shops Inc. - 24 Quarts of Eggnog for Holiday Party
- Mrs. Rosemary Andrews - Christmas Cards
- Tonia Brooks - Lottery tickets for second chance drawing
- Rene Bruneau - Bingo prizes
- Bill Bryan - Holiday Party volunteer
- Kathy Cichanowski - Cookies for Holiday Party
- Doris Cloutier - Bingo prizes, DVDs
- Centerline Architects (Gary Corey) - Holiday cookie platter
- Melanie Deysenroth - Pastel paintings by Denise
- Teresa Duval - Poinsettia in Memory of her mom, Vanessa Littlefield
- Tom & Linda Holland - "The Gift of Christmas" DVD set, Holiday CD
- Linda Holland - Craft items, car window shade, loom, bingo prizes, crocheted mittens and hats, racing ball caps
- Ken James - Playing cards, greeting cards
- Erin Lackey - Dental kit, clothing repair kit
- Dolores Mahlmann - Washcloths, costume jewelry, scarf
- VCIL - Walkers
- Beth McGuire - Personal care products, bingo prizes, photo cards, wooden jewelry box, lunch bag, dry erase markers
- Beth McKee - Clothing
- Shirley O'Dell - Santa hats, winter hats, bingo prizes
- Mr. & Mrs. Tom Pelky - Cinnamon buns for Holiday Party
- Gladys Pike - Lottery tickets for second chance drawing
- Connie Reed - Christmas and greeting cards, calendars, wrapping paper
- Mr. & Mrs. Don Schaffer - Bingo prizes
- Mrs. James Seeger - Sewing machine
- Everley St. Peters - Chocolates for Holiday Party
- Deb Tomasko - Holiday Cookie platter
- Marge VanGeons - Christmas cards
- Nancy VanVoast - Assorted cards, bingo prizes, Bible, hot plate, craft supplies, recipe books, wrapping paper, folding chairs
- Mrs. Joan Walsh - Jigsaw puzzles, blood pressure cuff
- Missionary Alliance Church - Lap blankets

BPI Bulletin Board

January will be "Hot" at BPI...

Even though the weather may be cold outside, we will be warm and snug at the Dr. Richard A. Sleeman Center. In fact, we will be having a Hawaiian Beach Day on the 24th. So, break out your suntan lotion, grass skirts and join us for some hot Summer fun.

The Grace Christian School children will be bringing their warm smiles and energy to us on the 2nd. Who can beat the warm snuggles of the loveable animals from the Second Chance Animal Shelter during their visit on the 31st.

Our BPI Bakers will be creating warm delicious delights for us to enjoy throughout the month. Our Hot Chocolate Salute on the 30th will take the chill off any January day. We also have lots of wonderful new crafts to try.

This new year will also include many favorites including Zumba with Andrea, Jewelry with Rachel, Musical Memories with Karen, Qigong with Debbie and Jeff and Art with Kaye. Our popular community Beginner Fall Prevention Tai Chi also be will be returning. We will also be adding lots of new activities this year!

So don't be left out in the cold, come to BPI this January. For more information about the activities and programs that we will be offering, please contact BPI at 802-442-8136 or info@bpiads.org.

Celebrating our Wonderful Activity Professionals...

January 21st through 27th is National Activity Professional Week. Please join us in saluting the dedicated, creative and fun-loving activity professionals at BPI who make each day so very special.

Thank you so much Shelagh Muckle, Tiffany Holland, Melissa Knights, Debra Bruneau, Tori Theriault, Nancy Le Sage and Daniel Lampron for all that you do!



January Birthday Wishes

- Mary O. - 1st
- Joyce R. - 2nd
- Louis C. - 4th
- Charles C. - 18th
- Ann Q. - 21st
- Madeline S. - 28th
- Andy R. - 31st

Wish List

- ☞ Grocery Gift Cards
- ☞ Padded folding chairs (w/o arms)
- ☞ Rubber non-skid mat
- ☞ Bingo Prize items
- ☞ Large tupperware type bins
- ☞ Jewelry making beads and wire



Complimentary Visit Coupon

You are invited to join us at Bennington Project Independence, Adult Day Service for a full or half day at No Charge. Come Join the fun, meet new friends, try out interesting activities, and enjoy a delicious lunch & snacks. Nursing and Personal care available as needed.

Check us out to see what all the smiles at BPI are about!

Contact Gina Anzivino at BPI to schedule your visit (802) 442-8136

614 Harwood Hill - P.O. Box 1504
Bennington, VT 05201
(802) 442-8136

***All visits must be prearranged. Valid for new participants only.
Not redeemable for cash.***

BPI Holiday Scrapbook



From top L to R: Carol W. and June S. share a fun moment at BPI's Holiday Party; Mary O. and Loretta L. are all smiles; "Santa" makes his arrival and greets Betty G.; and Shirley O. enjoys the company of her daughter, Victoria



L to R: Cosmo D. and Megan Weber make Holiday cookies for our holiday party; Gladys P. and Sharon R. enjoy BPI's Holiday Tea



Bennington Project Independence
Adult Day Service
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 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.)