

July 2017

Celebrating
38 years of
service in our
community



The Dr. Richard A. Sleeman Center

Bennington Project Independence

Adult Day Service

Where Can You Have Fun All Summer Long?



At BPI, our Summer fun involves many special visitors. Pictured is Jacky C. meeting a chick brought in by a community member for everyone to enjoy.

Why at BPI of course!

Join us this Summer
and enjoy:

- ✦ Trips & Tours
- ✦ Delicious Summer Treats
- ✦ Connecting with Old Friends and New
- ✦ Meaningful Activities
- ✦ And Lots of Fun!!



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.

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Follow us on Facebook!

July 2017



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

- ☞ Lunches Served With
- ☞ 8oz 1% Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
3	<ul style="list-style-type: none"> ☞ Zumba with Andrea ☞ 4th of July Celebration Library Trip 	<p>Closed For Independence Day</p>	<ul style="list-style-type: none"> ☞ BPI Basketball ☞ Say it with Music ☞ Baking with Blueberries 	<ul style="list-style-type: none"> ☞ Sports News ☞ Golf Around The Clock ☞ Manicures with Tori 	<ul style="list-style-type: none"> ☞ Hop Scotch Bean Bag Toss ☞ Summer Foods ☞ Pictures from the Past
9	<ul style="list-style-type: none"> ☞ BBQ Chicken, Macaroni Salad, Pickled Beets, Whole Wheat Bread, Berries & Cream, Milk 	<ul style="list-style-type: none"> ☞ Chicken Soup for the Soul ☞ July Spelling Bee ☞ Ice Cream Trip 	<ul style="list-style-type: none"> ☞ Goulash, Garlic Green Beans, Italian Bread, Peaches & Pears, Milk 	<ul style="list-style-type: none"> ☞ Hot Turkey Sandwich, Mashed Potatoes, Spinach, Whole Wheat Bread, Fruited Jell-O, Milk 	<ul style="list-style-type: none"> ☞ Smoked Ham, Baked Beans, Carrot Coins, Whole Wheat Bread, Tropical Fruit, Milk
10	<ul style="list-style-type: none"> ☞ Paper Airplane Design Contes ☞ Art with Kaye ☞ Bulletin Board Trivia 	<ul style="list-style-type: none"> ☞ Scalloped Potatoes w/Ham & Cheese, Garden Salad, Whole Wheat Roll, Pears & Mango, Milk 	<ul style="list-style-type: none"> ☞ Musical Memories with Karen ☞ Crafters Corner ☞ Hoop Shoot 	<ul style="list-style-type: none"> ☞ Veterans Chat with Melissa ☞ Guess The Year ☞ Motoring Memories 	<ul style="list-style-type: none"> ☞ Jewelry Making with Rachel ☞ Hubbard Hall ☞ Irish Dancers Perform at 3PM
16	<ul style="list-style-type: none"> ☞ Chicken Ala King over Noodles, Yellow Beans, Whole Wheat Bread, Peaches, Milk 	<ul style="list-style-type: none"> ☞ Art with Eileen ☞ Word Chains ☞ Bakers Corner 	<ul style="list-style-type: none"> ☞ Tuna Macaroni Salad, Fruit Salad, Cottage Cheese w/ Tomato, Waldorf Salad, Whole Wheat Roll, Brownies, Milk 	<ul style="list-style-type: none"> ☞ Breaded Fish, Rice Pilaf, Broccoli Florets, Oatmeal Bread, Mandarin Oranges, Milk 	<ul style="list-style-type: none"> ☞ Turkey Sandwich w/Lettuce & Cranberry Mayo, Coleslaw, Pickled Beets, Jell-O Cake, Milk
17	<ul style="list-style-type: none"> ☞ Animal Trivia ☞ Church Service with Father Holden ☞ Celebrating National Ice Cream Sundaes 	<ul style="list-style-type: none"> ☞ Meatloaf w/Gravy, Parsley ☞ Noodles, Spinach, Whole Wheat Bread, Apricots, Milk 	<ul style="list-style-type: none"> ☞ Native American Story ☞ Telling with Gil ☞ Qi-gong 	<ul style="list-style-type: none"> ☞ Secret Recipes ☞ Soccer ☞ Facials with Tori 	<ul style="list-style-type: none"> ☞ Yoga with Jane ☞ Laughter is the Best Medicine ☞ Deal or No Deal
23	<ul style="list-style-type: none"> ☞ Baked Chicken w/Gravy, Sweet Potatoes, Diced Beets, Whole Wheat Bread, Oranges & Pineapple, Milk 	<p>BPI Beach Day</p>	<ul style="list-style-type: none"> ☞ Breaded Chicken on a Bun w/ Lettuce & Tomatoes, Oven Roasted Red Potatoes, Pears & Grapes, Milk 	<ul style="list-style-type: none"> ☞ Seafood Salad, Cottage Cheese w/Tomato, Macaroni Salad, Pickled Beets, Dinner Roll, Tropical Fruit, Milk 	<ul style="list-style-type: none"> ☞ Roast Turkey w/Gravy, Stuffing w/Cranberry, Butternut Squash, Wheat Dinner Roll, Peach Crisp, Milk
24	<ul style="list-style-type: none"> ☞ Group Crossword ☞ Puzzle ☞ Croquet ☞ Hot Diggity Dog 	<ul style="list-style-type: none"> ☞ Hamburger on a Bun, Oven Fries, 3-Bean Salad, Watermelon, Milk 	<ul style="list-style-type: none"> ☞ Second Chance ☞ Animal Center Visits ☞ Small Picnic at The Deer Park 	<ul style="list-style-type: none"> ☞ Fred and Lisa ☞ Variety Show ☞ History Riddles ☞ Reminiscent Corner 	<ul style="list-style-type: none"> ☞ Volley Balloon ☞ Musical Tic Tac Toe ☞ Slang Words
30	<ul style="list-style-type: none"> ☞ Macaroni & Cheese, Stewed Tomatoes w/Corn, Broccoli Florets, Whole Wheat Bread, Peaches, Milk 	<p>"The Shadow" (radio show)</p>	<ul style="list-style-type: none"> ☞ Roast Pork w/Gravy, Mashed Potatoes, Cauliflower, Whole Wheat Bread, Fruit Cocktail Cake, Milk 	<ul style="list-style-type: none"> ☞ Baked Ziti, Garden Salad w/ Chick Peas, Italian Bread, Fruited Jell-O, Milk 	<ul style="list-style-type: none"> ☞ Fish on a Bun, Carrot Coins, Pineapple & Melon, Milk
31	<ul style="list-style-type: none"> ☞ Famous Inventions of the 20th Century ☞ Superman 	<p>IT'S SUMMER!</p>	<ul style="list-style-type: none"> ☞ Daily: ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Discussion Group ☞ Current Events ☞ Music ☞ Fun 	<ul style="list-style-type: none"> ☞ Weekly: ☞ Arts and Crafts ☞ BPI Bakers ☞ Remember Whenth ☞ Current Events ☞ Brain Games 	<p>BPI Bingo Dates:</p> <p>Mon, July 3rd @ 10:15 am</p> <p>Tues, July 11th @ 1:45 pm</p> <p>Wed, July 19th @ 10:15 am</p> <p>Thurs, July 27th @ 3:00 pm</p>

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

Making Sense of Advance Directives

by Amy St. Onge, RN/Health Coordinator

It is often difficult for people to discuss End-of-Life wishes with family – but so important to get those wishes in writing. Many people know very little about the paperwork and feel it may be overwhelming to get it finalized. Many people don't want to think about the possibility of illness, disability or death and these important documents are often not completed. After reading this short article, I hope that readers will understand that the process and documentation may not be so complex.

The first step in the process is understanding the documents. A Vermont Advance Directive for Health Care is a standard document. It was revised by the Vermont Ethics Network in 2011. Part One of the form allows an individual to name an “agent” and an “alternative agent” to make health care decisions for

you if you are unable or unwilling to do so. The agent should be someone you have discussed your wishes with and agrees to act on your behalf. If you don't wish to identify an agent, you may still complete Part Two of the form. Part Two allows you to state your treatment goals and wishes. Your medical team will follow your goals and wishes to the best of their ability based on your written instructions if you did not identify an agent. Part Three of the form allows you to express Limitations of Treatment. Such treatments may include CPR, breathing machines, feeding tubes and antibiotic use. Part Four allows you to state your wishes about organ and tissue donation, funeral, and burial wishes. Part Five is for signatures. You must sign and date the document. It must be witnessed by 2 individuals. Witnesses cannot be your Agent or Alternative Agent, a spouse or family member. Once this form is completed, it can be submitted to the Vermont Advance Directory, a database available for you or your medical providers to access the document when needed. An Advance Directive may be changed or rescinded if you decide you need to make changes.

Part Three of the Advance Directive is important and should be followed up with a clinical order from your physician. This two part clinical order is signed by a physician and is important, especially if you choose to allow natural death (request no resuscitation, otherwise known as a Do Not Resuscitate or DNR). Simply stated, if you show no signs of life, you wish to allow natural death to ensue. Medical providers would not attempt CPR or defibrillation. You may also choose to check the box stating you wish to have full resuscitation. This clinical order is called a COLST form. COLST stands for Clinical Orders for Life Sustaining Treatment. Part Two of the COLST form follows-up on treatments such as breathing machines, artificial hydration, feeding tubes, antibiotic use and comfort care.

Many people who complete an Advance Directive, believe that to be a clinical order. To clarify, it is not. A COLST form must be on file at Bennington Project Independence and other non-hospital settings for medical staff to act on your behalf in an emergency. If you have stated that you want to allow natural death (DNR), this wish needs to be on a COLST form for staff or EMS providers to carry out your wish. If the COLST isn't on file, medical staff will be required to initiate resuscitation.

Both the Advance Directive and COLST forms are available at BPI. Staff are happy to complete the paperwork with individuals in need and will follow-up with family and the physician to ensure the document is accurate, complete, and signed. Once completed, file a copy with BPI and your healthcare providers. Keep a copy in your personal records and post the COLST on your refrigerator at home for emergency responders. For more information about this, or to set up an appointment, please call Amy St. Onge, RN 442-8136.

In-Kind Gifts

- Tonia Brooks - Tickets for Second Chance Lottery Drawing
- Mr. & Mrs. Leonard Candib - Luggage
- Barbara Condon - American flag
- Jackie Hall - Magazines, bingo prize
- Beth McGuire - Cucumber plants
- Evelyn Miller - Puzzle
- Manuel Noquera - Medical supplies
- Gladys Pike - Tickets for Second Chance Lottery Drawing
- Yvonne Pratt - Women's clothing
- Ann Quiel - Envelopes, travel packs, bingo prizes and ticket for Second Chance Lottery Drawing
- Connie Reed - Bingo prizes
- June Salmon - Bingo prizes
- Helen Skidmore - Book
- Edna Winslow - Books

Program Support

- Leonard Candib



Van Fund Donations

- Pauline Restino

Wish List

- ☛ Padded folding chairs without arms
- ☛ Stopwatch
- ☛ Football and Baseball Cards
- ☛ Wedding Gowns
- ☛ Combination Record, CD and iPod compatible player
- ☛ Grocery Gift Cards
- ☛ Tomato stakes
- ☛ Rudbeckia Plants - Yellow
- ☛ New (un-used) Hairbrushes and Combs
- ☛ Beads & Beading Wire - Supplies for Jewelry Making



BPI's 2017 Golf Tournament was a huge success, raising money to support the programs and services that we offer to the community.

Pictured above, golfer Chris Cole registers for the Tournament. He is assisted by BPI Board Member Kathy Cichanowski.

Special Thanks...

A special thank you to Eric Peterson of Old Castle Theatre for the donation of four tickets to see Moonlight & Magnolias for our participants.

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.

Garden Helper - Do you love gardening? BPI could use a volunteer to help us water and care for our garden. For more information, please call Shelagh 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.

Bennington Project Independence
Adult Day Service

6th ANNUAL GOLF TOURNAMENT

Thank you to our generous sponsors and community for your support!

Hole in One Sponsors:

\$50,000 – The BPI Board of Directors

\$10,000 – Friends of the Sun

\$10,000 – The Richards Group

Tee Sponsors:

- Raymond G. Bolton, Attorney at Law
- rk Miles, Inc.
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Silver Sponsors:

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- Bennington Car Wash & Havoline Xpress Lube
- Cole Engineering & Construction
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- Hathaway Electric, Inc.
- Mary A. Morrissey

Other Sponsors:

- Bennington Physical Therapy, P.C.
- Monument Electric
- RAVNAH
- Amy St. Onge

Tournament Winners:

- Jamie Hill, TJ Ripley,
Rob Thurber, Mike Greene

Lottery Basket Winner:

- Jon Sherman

Skills Contest Winners:

- Women's Longest Drive: Wendy Beatty
- Men's Longest Drive: John Murphy
- Closest to the Pin: Mike Greene

Golf Basket Raffle Winner:

- Rob Thurber

Special Thanks to:

Equinox Golf Club
GVH Studio
The BPI Board of Directors

BPI Staff and the many volunteers who helped make this event a success!

BPI Bulletin Board

July Activity Highlights...

We will be starting off the month with our 4th of July celebrations on Monday, July 3rd. Please join us in wearing red, white & blue and expect to have a fun-filled day of patriotic festivities!

Monday the 10th, we will decorate and have a paper airplane contest to see whose design can go the furthest.

On Friday the 14th we will have jewelry making with Rachel at 12:30.

Also on Friday the 14th, the Hubbard Hall Irish dancers will be coming to perform at 3:00. You will be blown away with the amazing talent these ladies have. If you normally leave at 3, let us know if you are interested in staying later for this show.

Sunday the 16th is National Ice Cream Sundae Day and we will be celebrating with making our own sundaes on Monday the 17th. Who doesn't love an afternoon with ice cream!! Thanks to Stewart's Shops for the generous donation of ice cream sundae kits.

Tuesday the 25th will be BPI's Beach Day. The day will be filled with beach fun and games. Come dressed for fun. It will be hot and sunny here.

Please also take a look at the list of weekly trips. Note that we do not list all of the trips that we provide, so if you are interested in going on an outing, come and let Shelagh know.

We look forward to seeing everyone in July for a fun filled month!

Senior Companion Program Opportunity

BPI is pleased to announce that we are partnering with the Southwest Vermont Council on Aging to be a Senior Companion Station. If you are interested in becoming a Senior Companion at BPI, contact Linda Wichlac at (802) 442-8136.



BPI's wonderful Licensed Nursing Assistants were honored in May. Pictured are: Shelagh Muckle, Allie Mullin, Tori Therriault, Megan Weber, Melissa Knights and Tiffany Holland.



Staff members Amy St. Onge and Shelagh Muckle accept an award from Wendy Klein for involvement with the Mount Anthony Union High School Career Development Program



July Birthday Wishes

- Isabelle H. - 2nd
- Anne T. - 3rd
- Sara B. - 7th
- Francis L. - 14th
- Gayle W. - 15th
- Alfred B. - 18th
- James K. - 20th
- Tonia B. - 22nd
- Lew L. - 24th
- Terrilyn W. - 29th
- Ruby C. - 30th

July Anniversaries



Ann and Kevin Q. - 24th

BPI Scrapbook



June S. and staff member, Tori Therriault don some festive hats for our first summer picnic



Dancing to the tunes of DJ Scott - Tom and Linda H. and Tom G. and Tiffany C.



Beth M. and Ron S. enjoy a spin around the dance floor



Jackie H. visits with a newborn lamb



Gladys P. with her guests at BPI's June picnic



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.)