

March 2017

*Celebrating  
38 years of  
service in our  
community*



The Dr. Richard A. Sleeman Center

# Bennington Project Independence

Adult Day Service

## Sharing Life's Little Joys



Loretta L., Jackie C. and Shelagh Muckle visit with "Lexie" an American Shelter Dog visiting from Second Chance Animal Center

Join us this Spring at the  
Dr. Richard A. Sleeman Center  
on Harwood Hill  
where you'll enjoy:

- ♣ Meaningful Adult Activities
- ♣ Personalized Care
- ♣ Friendship and Laughter
- ♣ Nutritious Homemade Meals
- ♣ Peace of Mind for You and Your Loved One



BPI offers meaningful adult activities for your loved one and peace of mind for you.

**Call us to schedule a visit!  
(802) 442-8136**



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### 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.



Follow us on Facebook!

# March 2017



- ☞ Lunches Served With 8oz 1% Milk
- ☞ 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>☞ Current Events</li> <li>☞ Brain Games</li> </ul>	<ul style="list-style-type: none"> <li>☞ Native American Storytelling with Gil</li> <li>☞ Ash Wednesday with Father Holden</li> </ul> <p>Macaroni &amp; Cheese, Stewed Tomatoes w/Corn, Broccoli Florets, WW Bread, Pineapple Upsidedown Cake, Milk</p>	<ul style="list-style-type: none"> <li>☞ Market Wagon Trip</li> <li>☞ Wii Bowling</li> <li>☞ Giant Crossword Puzzle</li> </ul> <p>Split Pea Soup, Chicken Salad Sandwich, Coleslaw, Berries &amp; Cream, Milk</p>	<ul style="list-style-type: none"> <li>☞ Yoga with Jane</li> <li>☞ Knit and Crochet</li> <li>☞ Shabbat Traditions</li> </ul> <p>Veggie Lasagna w/Tomato Sauce, Spinach Salad, Italian Bread, Pears and Grapes, Milk</p>	4
5	<ul style="list-style-type: none"> <li>☞ Zumba with Andrea</li> <li>☞ Jewelry Making</li> <li>☞ Church Service with Father Holden</li> </ul> <p>Creamy Mushroom Chicken, Parsley Noodles, Broccoli Florets, Whole Wheat Bread, Cinnamon Apples, Milk</p>	<ul style="list-style-type: none"> <li>☞ Country Favorites</li> <li>☞ Sing-a-Long</li> <li>☞ Facials with Tori</li> <li>☞ Bennington Book Store Trip</li> </ul> <p>Pulled Pork on a Bun, Spinach, Oranges &amp; Bananas, Milk</p>	<ul style="list-style-type: none"> <li>☞ Musical Memories w/ Karen</li> <li>☞ Qigong</li> <li>☞ BPI Humor</li> </ul> <p>Baked Ham w/Fruit Sauce, Sweet Potatoes, Baby Carrots, Wheat Dinner Roll, Chocolate Pudding Parfait, Milk</p>	<ul style="list-style-type: none"> <li>☞ Sounds of Yesterday</li> <li>☞ Women in History</li> <li>☞ Let's Make a Deal</li> </ul> <p>Cream of Broccoli Soup, Grilled Cheese Sandwich, Roasted Sweet Potatoes, Peaches &amp; Pears, Milk</p>	<ul style="list-style-type: none"> <li>☞ Vocal Concert w/ Bob</li> <li>☞ Daylight Savings</li> <li>☞ Wheel of Fortune</li> </ul>	11
12	<ul style="list-style-type: none"> <li>☞ March Word Pictures</li> <li>☞ Chocolate Chip Muffin Baking</li> <li>☞ Art with Kaye</li> </ul> <p>Baked Chicken w/Gravy, Scalloped Potatoes, Brussels Sprouts, Whole Wheat Bread, Peaches, Milk</p>	<p><i>Sunrise Breakfast: 7:30 - 8:45</i></p> <ul style="list-style-type: none"> <li>☞ Grace Christian Students Visit</li> <li>☞ "Pi" Day</li> </ul> <p>Goulash, Italian Green Beans, Garlic Bread, Melon Mix, Milk</p>	<ul style="list-style-type: none"> <li>☞ Reminiscent Corner</li> <li>☞ Serenity Singers</li> <li>☞ Yoga with Ali</li> </ul> <p>Roast Turkey &amp; Stuffing, Mashed Potatoes &amp; Gravy, Broccoli Florets, Wheat Dinner Roll, Pineapple Tidbits, Milk</p>	<ul style="list-style-type: none"> <li>☞ NCAA March Madness Trivia</li> <li>☞ Virtual Tour: Nature Walk</li> <li>☞ Music of Yesterday</li> </ul> <p>Hamburger on a Bun, Oven Frites, Coleslaw, Fruited Jell-O, Milk</p>	<ul style="list-style-type: none"> <li>☞ St. Patrick's Day Celebration with D.J. Scott</li> </ul> <p>Corned Beef and Cabbage, Boiled Potato, Carrot Coins, Whole Wheat Bread, Pistachio Pudding, Milk</p>	18
19	<ul style="list-style-type: none"> <li>☞ Zumba with Andrea</li> <li>☞ Spring Fling</li> <li>☞ Hannaford Shopping Trip</li> </ul> <p>Honey Garlic Chicken, Sesame Noodles, Broccoli Florets, Rye Bread, Coconut Pineapple, Milk</p>	<ul style="list-style-type: none"> <li>☞ BPI Spelling Bee</li> <li>☞ Art with Eileen</li> <li>☞ Sit Down and Dance</li> </ul> <p>Meatloaf w/Gravy, Parsley Noodles, Spinach, WW Bread, Mandarin Oranges, Milk</p>	<ul style="list-style-type: none"> <li>☞ That Was the Year</li> <li>☞ Jewelry Making</li> <li>☞ Home Remedies</li> </ul> <p>Roast Pork w/Gravy, Mashed Potato, Butternut Squash, WW Bread, Pears &amp; Grapes, Milk</p>	<ul style="list-style-type: none"> <li>☞ BPI's Birthday</li> <li>☞ Veteran's Chat with Melissa</li> <li>☞ Trumpet Concert with Gina</li> </ul> <p>Western Quiche, Roasted Brussels Sprouts, WW Bread, Apricots, Milk</p>	<ul style="list-style-type: none"> <li>☞ Manicures with Tori</li> <li>☞ Tongue Twisters</li> <li>☞ Crossover Cloggers</li> </ul> <p>Baked Fish w/Lemon, Rice Pilaf, Baby Carrots, French Bread, Peaches, Milk</p>	25
26	<ul style="list-style-type: none"> <li>☞ Crafters Corner</li> <li>☞ Men's Club</li> <li>☞ Visit to Bennington Early Childhood Center</li> </ul> <p>Spaghetti w/Meat Sauce, Garlic Mixed Beans, Italian Bread, Pears &amp; Mango, Milk</p>	<ul style="list-style-type: none"> <li>☞ Scrapbooking</li> <li>☞ Mindful Movements</li> <li>☞ 21 Dice Game</li> </ul> <p>Vegetable Soup, Ham Salad Sandwich, Pineapple Carrot Slaw, Fruit Cocktail Cake, Milk</p>	<ul style="list-style-type: none"> <li>☞ Shopping Trip</li> <li>☞ Health is Wealth</li> <li>☞ Spring Fever Game</li> </ul> <p>Turkey Pot Pie, Broccoli and Cauliflower, WW Bread, Pineapple &amp; Melon, Milk</p>	<ul style="list-style-type: none"> <li>☞ Fred &amp; Lisa Variety Show</li> <li>☞ Person, Place or Thing</li> <li>☞ Chicken Soup for the Soul</li> </ul> <p>BBQ Chicken, Macaroni Salad, Spinach Salad, Tropical Fruit, Milk</p>	<ul style="list-style-type: none"> <li>☞ Writer's Corner</li> <li>☞ Sip n' Paint</li> <li>☞ Qigong</li> </ul> <p>Tomato Basil Soup, Tuna Salad Sandwich, Coleslaw, Fruited Jell-O, Milk</p>	31

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

# Living with Congestive Heart Failure

by Amy St. Onge, RN/Health Coordinator



Having the diagnosis of Congestive Heart Failure (CHF) is alarming. It is important to know, however, that it does not mean the heart has stopped working – or is about to. What it means is the heart muscle’s ability to pump is weaker. Millions of people in the US live with CHF.

There are many causes of CHF such as: heart attack, heart valve disease, Cardiomyopathy, high blood pressure, viral infection of the heart, diastolic dysfunction and excessive alcohol use. Kidney and Lung diseases also play a role. Whatever the cause may be, the symptoms are similar case to case.

As the heart is not pumping at 100% efficiency, it can no longer process the body’s blood volume. As a result, fluids from the blood leak through the vessel walls into tissues. The fluid tends to build primarily in lower extremities, the abdomen, and lungs. Activity becomes difficult and one will feel short of breath and bloated.

Drugs are prescribed to increase the pumping ability of the heart and potentiate the removal of excess fluids. One may require oxygen and other medications as the disease progresses. It is important for one to follow the prescribed medication regime carefully to avoid exacerbations. Some patients are required to limit the amount of fluids consumed during the day.

No matter how advanced CHF may be, it is important for patients to weigh themselves daily.

After getting up and using the bathroom, take a weight and mark it in a journal. A three pound weight gain in 24 hours should be reported to the MD. This dramatic weight gain is a sign fluid is building and medications may need adjustment. Reducing dietary sodium intake to 2 grams a day is another important factor when living with CHF. On a cellular level, sodium pulls fluid into tissues making fluid retention more of a problem.

Becoming compliant with diet and medications and keeping regularly scheduled appointments will help manage CHF. Becoming involved in a CHF clinic for education and monitoring is a good idea if the CHF is not under good control.

For more information on this topic, or to find out how BPI can help manage CHF care, please call Amy at 442-8136.



### Families Together Monthly Caregiver Gatherings

BPI offers a monthly gathering providing caregiver support, laughter and camaraderie. The March meeting will be held on

Tuesday, March 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.



## 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.**

## Memorial Gifts

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



♥ **Richard Bush**

- Linda Bush

♥ **Mae Candib**

- Leonard Candib

♥ **Dorothy Kennedy**

- Vickie and Roland Bugbee

## Program Support

- Thomas and Eleanor Dyett
- Kelvin Edwards-Perez

## In-Kind Gifts

- Gloria Boutin - Clothing, puzzles, tote bags, bingo prizes
- Rose Carey - Bingo prize
- Cheryl Conklin - Bingo prizes
- Mr. & Mrs. Edward Cotter - Games, puzzles
- Joanne Green - Bingo prizes, clothing and shoes
- Richard Jorgensen - Guardian Alert Systems, rollator walker (on behalf of Robert Torseso)
- Pat Lindsay - Ornaments, personal care items
- Beth McGuire - Souvenir Flag
- Evelyn Miller - Puzzle
- Shirley O'Dell - Bingo prizes
- Tracy Purdy-Martin - Bingo prizes
- Jennifer Thompson - Flowers

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

You can easily make a donation online by visiting our website ([www.bpiads.org](http://www.bpiads.org)) and clicking the "Donate Now" button. Thank you for your support!

### 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.



## 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 \_\_\_\_\_

**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+

Name \_\_\_\_\_

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City \_\_\_\_\_

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

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

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

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

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

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

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

## Guidestar Platinum Level

Bennington Project Independence, Adult Day Service is pleased to announce that we have recently achieved top-rated "Platinum" status with GuideStar USA, Inc.



GuideStar is the on-line informational resource for donors and grantmakers who seek corporate and financial information about non-profit organizations like BPI. Platinum status reflects the ultimate in the fiscal and corporate transparency that is so important when donors and grantmakers are considering supporting an organization or charity.

Bennington Project Independence is proud of our achievement of Platinum status for our donors, funders and our program.

BPI is also a Top Rated Non-Profit with Greatnonprofits.org

## 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 Barbecue Dinner

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

## Join Us...



for

## BPI's Sunrise Breakfast



Tuesday, March 14, 2017  
from 7:30 - 8:45 *only*

*Please reserve your space  
by Wednesday, March 8th -*

*(802) 442-8136.*



## Coming Soon...

Our next **Lottery Ticket Basket Raffle!**

## Invite Your Friends...

Don't let your friends miss out on all the Spring fun at BPI! Invite them to join you and enjoy a complimentary visit to see all that BPI has to offer.

We have openings Monday through Friday and would welcome your assistance in referring your friends to our program. Complimentary visits can be arranged by calling Gina Anzivino at (802) 442-8136.

Current participants who would like to increase their attendance may also contact Gina at BPI.

## BPI Bulletin Board

### *March Activity Highlights*

Yippy!! Spring has sprung- well, not until the 20th, but we will be counting down the days. We will celebrate the first day of Spring with our "Spring Fling" game and the beginning stages of planning our garden. If you are interested and have a green thumb please let us know that you would like to join! The more green thumbs the merrier.

Other dates to look forward to this month are:

1st-7th We will be celebrating National Cheerleading week. The wonderful and talented cheerleaders from MAYCA Studio will come to perform Wednesday March 1st and Friday March 3rd from 3:45-4:15. You will NOT want to miss this performance. Please let staff know if you would like arrange a later take home time, so that you don't miss this magnificent performance.

-Thursday 2nd Mount Anthony High School students will be joining us from 3-4 to challenge us all in a game of "Minute to Win It!"

-Tuesday 14th we will be having a Sunrise Breakfast from 7:30-8:45. If you would like to attend please RSVP by Wednesday March 8th. We will have delicious delights for everyone to enjoy!

-Wednesday 15th our friends, the Serenity Singers, will be blessing us with their amazing voices.

-Thursday 16th will be the start of NCAA March Madness Trivia. We will be filling out our brackets for the tournament. We will also be taking you all on a virtual tour of famous national parks for a nature walk.

-Friday 17th will be our St. Patrick's Day celebration!! We will celebrate with games, trivia, dancing and food of course! We will be having corned beef and cabbage, but will offer a meatless alternative for those who would like a different option due to Lent. Don't forget to wear your green!

-Monday 20th is National Chocolate Week come prepared to satisfy your sweet tooth!

-Tuesday 28th we will be having a Scrapbooking Group. For those who have books that you have started or would like to start one please bring in your pictures. We will have some supplies to decorate your pages.

-Friday 31st at 1:00 we will be having our own BPI "Sip and Swirl." We will provide "mocktails", snacks and Kaye will walk us through a beautiful spring painting. You do not have to be an artist to participate.

We look forward to seeing you all this month! Happy Spring!

If you have any questions on this month's activities or have suggestions for new ones, please give Shelagh a call at (802) 442-8136.



### *March Birthday Wishes*

- Loretta L. - 4th
- Jackie C. - 5th
- Susan H. - 6th
- Anne S. - 6th
- Cheryl C. - 10th
- Dana G. - 15th
- Andrew M. - 20th
- Linda H. - 21st
- Millie H. - 22nd
- Rose C. - 24th
- Patricia S. - 24th
- Pam S. - 24th
- Irene M. - 27th
- Pamela S. - 31st



### *Wish List*

- ☛ All-weather US Flag and VT Flag for our exterior Flag Pole
- ☛ Stopwatch
- ☛ Football and Baseball Cards
- ☛ Wedding Gowns
- ☛ Combination Record, CD and iPod compatible player
- ☛ Beginner acrylic paint sets

### *March Anniversaries*



Olevia & Tony R. - 8th

# BPI Scrapbook



Ruby C. shares her great nephew, Ohlin



“All in the Family”

BPI’s “Bridal Show” staff member Tiffany with her Mom and Dad, Tom and Linda and Tiffany’s daughter, Amber

## BPI’s “Men in Plaid”

Solving the world’s problems are Bruce A., Tom H., Bill W., Andrew (student intern) and Ron S. Thanks Men in Plaid.



BPI Bakers Linda H., Sylvia R., Joyce M. and Tom H. deliver homemade treats for the dogs at Second Chance Animal Center



“Lexie” waits patiently for Tiffany C. to give her a treat



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.)