

October 2017

Celebrating  
38 years of  
service in our  
community



The Dr. Richard A. Sleeman Center

# Bennington Project Independence

Adult Day Service

## Harvest New Opportunities at BPI!



Everyone was able to enjoy some delicious Fall cider when Doris C. and Andy R. assisted presenters Tim Guetti and Tim Williams with a demonstration of apple cider making.

Join our Adult Day Program this Fall and experience all that BPI's programs provide in our warm and cozy home on Harwood Hill:

- ☛ Compassionate Care
- ☛ Meaningful Adult Activities
- ☛ Conversation & Laughter
- ☛ Attention to Safety
- ☛ 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**

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

# October 2017



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

Monday

Tuesday

Wednesday

Thursday

Friday

|    |  |    |   |    |   |    |  |    |  |    |  |    |  |  |
|----|--|----|---|----|---|----|--|----|--|----|--|----|--|--|
| 1  | ☞ Church Service w/ Father Holden<br>☞ Bakers Corner<br>☞ Reminiscent Corner<br>Breaded Fish, Parsley Noodles, Peas & Carrots, Whole Grain Bread, Peaches, Milk          | 2  | ☞ Jewelry Making w/ Rachel<br>☞ Honoring Firefighters' Week<br>☞ Finish The Lyrics<br>Hot Dog w/Sauerkraut, German Potato Salad, Diced Beets, German Chocolate Cake, Milk | 3  | <b>Octoberfest</b><br><i>Music by DJ Scott</i><br>  | 4  | ☞ New England Leaf Peeping Virtual Tour<br>☞ Qigong<br>☞ Crafters Club<br>Chicken Pot Pie, Spinach, Pears & Grapes, Milk   | 5  | ☞ Pumpkin Bowling<br>☞ Harvest Moon<br>☞ Chicken Soup for the Soul<br>Chili w/ Crackers, Coleslaw, Homemade Corn Bread, Apple Betty, milk            | 6  | ☞ Yoga with Jane<br>☞ Sukkot<br>☞ Musical Pumpkin<br>Vegetable Beef Soup, Tuna Salad Sandwich, Carrot Slaw, Oranges & Bananas, Milk                                  | 7  |  |  |
| 8  | ☞ Columbus Day<br>☞ Bennington Monument Trip<br>☞ Bulletin Board Trivia<br>Chicken Parmesan, Pasta w/ Marinara, Garlic Green Beans, Italian Bread, Peaches & Pears, Milk | 9  | ☞ Zumba with Andrea<br>☞ October Birthday Trivia<br>☞ Manicures with Tori<br>Mac & Cheese, Stewed Tomatoes, Green Beans, Whole Wheat Bread, Tropical Fruit, Milk          | 10 | ☞ Bakers Corner<br>☞ Science Fun<br>☞ Musical Note : Paul Simon<br>Hamburger on a Bun, Oven Frites, Pickled beets, Apple Cake, Milk   | 11 | ☞ Musical Memories w/ Karen<br>☞ BPI Humor<br>☞ Spelling Bee<br>Roast Turkey w/Gravy, Apple Stuffing, Mashed Potatoes, Asparagus, Wheat Dinner Roll, Fruited Jello, Milk | 12 | ☞ Sports Theme Day<br>☞ Veteran's Chat<br>☞ Home Run Baseball<br>Meatloaf w/Gravy, Parsley Noodles, Spinach, Whole Wheat Bread, Melon & Grapes, Milk | 13 | ☞ Vocal Concert with Bob<br>☞ Apple Barn Trip<br>☞ That was the Year<br>Baked Ham, Sweet Potatoes, Broccoli Florets, Pineapple Bread Pudding, Milk                   | 14 |  |  |
| 15 | ☞ Beat The Clock<br>☞ What Kind of 'Nut' are You?<br>☞ Sing A Long<br>Pineapple Chicken, Sweet Potatoes, Broccoli Florets, Whole Wheat Bread, Oranges & Pineapple, Milk  | 16 | ☞ Forrest Ward Students Visit<br>☞ Origami<br>☞ Facials with Tori<br>Scalloped Potatoes w/Ham and Cheese, Butternut Squash, Whole Grain Bread, Melon, Milk                | 17 | ☞ Trumpet Concert with Gina<br>☞ Creative Musing<br>☞ Pumpkin Bocce<br>Cream of Broccoli Soup, Turkey Salad Sandwich, 3 Bean Salad, Apple Crisp, Milk                       | 18 | ☞ Health is Wealth<br>☞ Bowling Trip<br>☞ October in History<br>☞ Hoop Shoot<br>Roast Pork w/Gravy, Mashed Potatoes, Carrot Coins, Pineapple Tidbits, Milk               | 19 | ☞ Fred & Lisa Show<br>☞ Fall Foliage Excursion<br>☞ Wii Fun<br>Baked Ziti, Garden Salad, Garlic Bread, Berries & Cream, Milk                         | 20 | ☞ Technology of Today<br>☞ Open Art Studio with Kaye<br>☞ Pumpkin Coin Toss<br>Chicken Stew over Homemade Biscuit, Coleslaw, Whole Wheat Bread, Pears & Grapes, Milk | 21 |  |  |
| 22 | ☞ Zumba with Andrea<br>☞ Shopping Trip<br>☞ Reflexology<br>Chicken Ala King over Noodles, Brussel Sprouts, Whole grain Bread, Peaches, Milk                              | 23 | <b>Halloween Celebration</b><br><i>Costumes</i><br><i>Welcome</i><br><br>Spooky Spaghetti with Meat Sauce, Garlic Green Beans, Dread Sticks, Carmel Apples, Milk          | 24 | ☞ 2nd Chance Animal Center Visit<br>☞ Qigong with Jeff<br>☞ Broadway Bound<br>Turkey Sandwich w/Lettuce & Cranberry, Mayo, Potato Salad, Pickled Beets, Fruit Cocktail Cake | 25 | ☞ Daily:<br>☞ Coffee Social<br>☞ Brain Exercise<br>☞ Stretch for Health<br>☞ Discussion Group<br>☞ Current Events<br>☞ Music<br>☞ Fun                                    | 26 | ☞ Arts and Crafts<br>☞ BPI Bakers<br>☞ Remember When<br>☞ Current Events<br>☞ Brain Games  | 27 | ☞ Wheel of Fortune<br>☞ National Chocolate Day<br>☞ Nesting Owl's Game<br>Breaded Fish, Rice Pilaf, Broccoli, Wheat Bread, Pineapple Tidbits, Milk                   | 28 |  |  |
| 29 |  | 30 |   | 31 | <b>BPI Bingo Dates:</b><br><i>Friday 6th @ 1:45</i><br><i>Tuesday 10th @ 10:15</i><br><i>Wednesday 18th @ 3</i><br><i>Thursday 26th @ 3</i><br><i>Monday 30th @ 10:15</i>   |    |  |    |  |    |  |    |  |  |

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

# Influenza Vaccine Clinic

by Amy St. Onge, RN/Health Coordinator



You're doing a great thing for yourself and the health of your community when you make the choice to have the Flu shot. Remember the old adage "An ounce of prevention is worth a pound of cure."

Getting the Influenza vaccine reduces your chance of getting Influenza, a virus responsible for severe body aches, high fever, fatigue, cough and sore throat.

Symptoms of the flu vary from individual to individual and may resemble the common cold – but it is more severe. Generally you may be back on your feet in one or two weeks, but during the time you are sick, you are probably passing the virus to others. Influenza travels in the air on droplets found in the mucous membranes and respiratory tract. One sneeze or cough releases thousands of viral cells into the air like a dynamite explosion. These droplets transmit disease to others either directly or indirectly. They fly through the air then

land on surfaces and are picked up on the hands of another. It is highly contagious.

People who are very young or old, those who have immune system abnormalities and people confined to the same space are at high risk for developing Influenza. They also have the most difficulty fighting the infection. Influenza can be very serious and even cause death.

There are different flu vaccines available and your healthcare provider can help determine which one is right for you.

Once annually, Bennington Project Independence offers an Influenza vaccination clinic. This year we are co-hosting our clinic with the VNA and Hospice of the Southwest Region. The clinic will be held on October 11, 2017 at 12:30 at our facility. Please call Amy at BPI 442-8136 to schedule your flu shot if you are a participant or caregiver. Most insurances are accepted without co-pay.

For more information, contact Amy St. Onge at BPI (802) 442-8136.

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## Certified Dementia Practitioner



Bennington Project Independence, Adult Day Service, is pleased to announce that Linda Wichlac, our Executive Director, besides having her Masters in Expressive Arts Therapy and being an Activities Consultant Certified (ACC), is now also a

Certified Dementia Practitioner (CDP). She recently received her credentialing through the National Council of Certified Dementia Practitioners, the "global leader in dementia education and certification for healthcare professionals".

This level of certification is another demonstration of BPI's commitment to and history of providing truly person-centered care for individuals and their families at each stage of Alzheimer's Disease

and for every type of dementia or level of cognitive impairment.

We'd like to congratulate Linda on her achievement and look forward to her assistance to continue to enhance the range of care and services that BPI provides to individuals and families throughout Bennington County.



### Families Together Monthly Caregiver Gatherings

BPI offers a monthly gathering providing caregiver support, laughter and camaraderie. The October meeting will be held on Tuesday, October 31st 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.*

### ☞ Hazel Candib

- Telescope Office Committee
- Christine Boudreau & Edward Burgess
  - Robert Brozetti
  - Susan Caffey
- Mr. & Mrs. Rene Cassano
  - Bernice Florek
  - Arthur Lemieux
- Dr. Charles Salem Sr.
  - Ann Smith
- Friso van der Oord

### ☞ Robert DeZego

- Mrs. Anna DeZego

### ☞ Dr. Richard Fabricius

- Mrs. Janet Fabricius

### ☞ Garfield Gardner

- Mrs. Mary Gardner

### ☞ Blanche Grillo

- Leslie Bayetis

### ☞ Theresa B. Harrington

- John & Sharron Harrington

### ☞ Sally Hoffman

- MRU Sunshine Fund
  - Loni Gordon
- David & Jane Hodkinson
  - Douglas Robbins

### ☞ Betty Kees

- Kevin & Gayle Kees

### ☞ Flora Mason

- Southwestern Vermont Medical Center - Peri Operative and Sterile Processing Staff
  - Gerald Mayer
  - Albert & Virginia Ray
  - Marion Riddle

### ☞ Anna Pezzulich

- Dr. Robert Pezzulich

### ☞ Fred Pinsonneault

- Rita Pinsonneault

### ☞ Adeline Strohschein

- Hap Strohschein & Keith Colbath

### ☞ Julia Wandrei

- John Wandrei

## Honorary Gifts

### ☞ Ed Rice

- Mrs. Edgar Rice

### ☞ Gayle Welch

- Robert Welch

### ☞ Norman Wilder's 100th Birthday

- Duncan Campbell

## Hannaford "Bag4myCause" Results

BPI is delighted to report that the Hannaford "Bag4myCause" promotion was a success and generated \$64 in donations to Bennington Project Independence. Thank you to everyone who supported this fundraiser and to Hannaford for making this program possible!

## Program Support

- Gloria & Bob Alexander
- Leonard Candib
- Ken & Lila Cestone
- Jim & Lodie Colvin
- Breght Cullinan
- Anna DeZego
- Joe Dziengiel
- Terry Volz

## Wish List

- ☞ Padded folding chairs (w/o arms)
- ☞ Wedding Gowns
- ☞ Grocery Gift Cards
- ☞ Old Jewelry Box
- ☞ Costume Jewelry
- ☞ White Wash Cloths
- ☞ Rubber non-skid mat
- ☞ Bingo Prize items
- ☞ Birthday Cards



## *United Way Day of Caring*

All of us at BPI are so very grateful to the United Way and the wonderful Day of Caring volunteers who recently washed and refinished the marmoleum floor in our 1785 Barn. Pictured here are Sarah Truax, Mary Disney, Lorianna Weather, Michelle Manocco, Chris Gaylor and Adrianna Hazelton. They used their elbow grease and energy to add a new sparkle to our Barn. Thank you so much!!




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### *In-Kind Gifts*

- Sue Bull - Craft items
- Doris Cloutier - Calendars, game
- Jeanne Cole - Movies
- Barbara Condon - Digital stop watch, pencils, sketch pad
- Cheryl Conklin - Bingo prizes, blank CDs
- Tammy Dillard - Plastic storage container
- Cathy Giorgi - Lottery tickets for second chance drawing
- Ray Goodermote - Books and magazines
- Nancy Hall - Yarn
- Joanne Harrington - Calendars
- Tom & Linda Holland - Bingo prizes, puzzles, game
- Dan Lampron - Book
- Nancy LeBarron - Household items, craft items, health care items, picture frames
- Dolores Mahlmann - Jewelry making items, socks, erasers
- Family of Flora Mason - Cards, personal care items, cards
- Joyce Metcalfe - Pens
- Evelyn Miller - Lottery tickets for second chance drawing
- Mary Miner - Greeting cards
- Carolyn Moors - Yarn and ribbon
- Colleen Nerney - Walker bags
- Louise Philputt - Books
- Sue Pike - Puzzles, bingo prizes
- Vicky Potter - Sewing goods, fabric, crochet cotton, patterns
- Ann Quiel - Palm support, walker, contact solution
- Betsey Ratelle - Yarn, game, clothing protectors, nutrition drinks
- Sylvia Ray - Jewelry box, hand sanitizer
- Connie Reed - Jewelry, combs
- Mrs. Edgar Rice - Lego Meccano Maker system
- Mrs. Charles Salem, Sr. - Necklace
- Mr. & Mrs. Don Schaffer - Beads and bingo prizes
- Mr. & Mrs. James Seeger - Reader's Digests, postcards, body wash, personal care items, bingo prizes, beads
- Helen Skidmore - Books
- Everley St. Peter - Cowbells, game, personal care items
- Sally Ann Stemp - Comb sets
- Pam Svrcek - Bingo prizes
- Andrea Tobin - Plastic canvas, pattern books
- Caroline Valentine - Books
- Gayle Welch - Book, puzzle
- Lisa Wessner - Beads

## BPI Bulletin Board

### *October Activity Highlights...*

We have a jam-packed month filled with Fall games, baking, and crafts. We will have excursions to enjoy the Fall foliage so please let our staff know if this is something you are interested in and we will add you to this list.

October highlights:

- 2nd: Baking homemade pumpkin cookies
- 3rd: Oktoberfest celebration with DJ Scott
- 4th: Crafters club: participants will be creating an owl nest game to play on Friday 27th
- 12th: please feel free to wear your favorite sports team attire as we celebrate sports day! The day will be filled with sports activities: basketball, baseball and many more.
- Kaye will be having an Art therapy group Tuesday 3rd & Tuesday 17th from 10-11 along with Open Art Studio every Friday.
- Jewelry making with Rachel will be Tuesday 10th & Tuesday 24th beginning at 12:30
- For those who have a sweet tooth you won't want to miss celebrating National Chocolate day with us on Friday the 27th. We will be having something sweet for all to enjoy.
- 31st will be our Halloween celebration. Please feel free to dress in costume. The day will be filled with many games, contests, and spooky fun. We will also be providing treats for trick or treaters that are able to stop by throughout the day/afternoon. We would love to see children dressed for the occasion.

Of course we have many more exciting things happening throughout the month so please check the calendar to be sure you are not missing out! Also, let staff know of any trips of interest and we will be sure you add you onto the list. We look forward to seeing you all!



The original BPI Executive Director, Maureen Curley, stopped by for a visit and tour of our new facility. She is pictured (right) with our current Executive Director, Linda Wichlac.



### *September & October Birthday Wishes*






#### **September**

- Edna W. - 5th
- Evelyn M. - 16th
- Stan K. - 17th
- Pauline M. - 19th
- Anna D. - 20th
- Doris C. - 22nd
- Henry F. - 22nd
- Rolande B. - 24th
- Robert M. - 27th
- Antoinette H. - 29th

#### **October**

- Pauline E. - 3rd
- Barbara M. - 4th
- James S. - 8th
- Terry V. - 10th
- Paul S. - 11th
- Ray G. - 12th
- William W. - 12th
- Bill W. - 12th
- Jeanne C. - 14th
- Erin L. - 20th
- Deborah W. - 20th
- Marion B. - 21st
- Cosmo D. - 26th

### *September & October Anniversaries*

-  Louis & Barbara C. - 9/8
-  Sonny & Mary Lou M. - 9/8
-  Stan & Carol K. - 9/25
-  Pauline & Lew E. - 10/9
-  Bruce & Rosemary A. - 10/24



# BPI Scrapbook



Ann Q. and Tori Therriault sport a fashionable new look for "Tie Day"



Terry V. gets to know a special visitor from Second Chance Animal Center



Enjoying an outing to a local orchard on a beautiful Fall day are Allie Mullin, Tiffany C., Cheryl C., Berenice R., and Caroline W.



Tom G. looks like he's got a "ringer" during "Sombbrero Toss" at our Fiesta Picnic



Dancing the afternoon away are Gayle W. and Vermont Associates volunteer, Debbie Tomasko



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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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.)