



**Bennington  
Project  
Independence**  
Adult Day Service

**December 2023**



*Celebrating  
45 years  
of service in our  
community*

## Holidays are for Sharing



BPI Members, Lillian L., Lucy M., and Ruby C. enjoy sharing tasty treats and tea along with their stories at the Red Hat Society meeting.

Call Gina BPI's Membership  
Coordinator to arrange a visit  
today!

(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.

BPI provides a safe and warm environment that includes loving care and support for your entire family.

### **This Winter Join Us For:**

- \* Friendship and Fun
- \* Respect and Care
- \* Peace of Mind for You and Your loved one

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

Calendar of Activities/Menu	2
December Holiday Party/ Activity Highlights	3
Holiday Gifting at BPI	4
Winter Weather Letter/ The Gift of Care	5
Holiday Letter	6
BPI Scrapbook/ Online Donating	7



Follow us on **Facebook**








and **Instagram**

# December 2023



☞ Lunches Served with 8oz 1% Milk

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

	Monday	Tuesday	Wednesday	Thursday	Friday	
3	<p><b>Bingo</b> Mondays at 1:45 pm Fridays at 10:00 am In-Person and Virtual Contact Shelagh 802-442-8136 to sign up</p> <p>☞ December IQ ☞ Wii Bowling ☞ Holiday Decorating</p> <p>Eggplant or Chicken Patty Parmesan w/Whole Wheat Pasta, Brussel Sprouts, Whole Grain Rolls, Melon Cubes, Milk</p>	<p><b>OPEN ART STUDIO</b> TUESDAYS &amp; FRIDAYS  <b>BIBLE STUDY w/DAN</b> THURSDAYS 10-11AM</p> <p>☞ Community Meeting ☞ Holiday Shopping Trip ☞ Elf on the Shelf</p> <p>Grilled Cheese &amp; Tomato, Strawberry Spinach Salad, Homemade Tomato Soup, Crackers, Diced Mango, Milk</p>	<p>Did you know that you can join BPI Activities Virtually? Contact Shelagh at 802-442-8136 to find out how to join!</p> <p>☞ Tree Decorating ☞ Current Events ☞ Jewelry w/Rachel</p> <p>Baked Lasagna, Tossed Green Salad, Garlic Knots, Cooked Spinach, Baked Apple Crisp, Milk</p>	<p><b>Daily:</b> ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun!</p> <p>☞ Plants: Mistletoe &amp; Holly ☞ Hanukkah Begins ☞ Daily Chronicle</p> <p>Turkey Pot Pie, Green Bean Salad, Cranberry Sauce, Whole Grain Rolls, Pears, Milk</p>	<p>☞ Roll &amp; Bowl ☞ Snowball Shot Put ☞ Can You See the Big Picture?</p> <p>Chili Cheese Dogs on a Wheat Bun, Sweet Potato Fries, Coleslaw, Fruit Cup, Milk</p>	2
10	<p>☞ Health is Wealth ☞ The History of Trees ☞ Holiday Gift Wrapping</p> <p>White Pepperoni Pizza w/ Arugula &amp; Marinara, Roasted Veggies, Garlic Knots, Mandarin Oranges, Milk</p>	<p>☞ Bakers' Corner ☞ History of Strongman ☞ Virtual Tour: Lights in the Park of NYC</p> <p>Beef Stroganoff over Egg Noodles, Garlic Green Beans, Whole Grain Rolls, Vanilla Yogurt w/Berries, Milk</p>	<p>☞ Winter Relay Race ☞ Serenity Singers Perform ☞ Stocking Stuffer Stumper</p> <p>Sliced Turkey w/Gravy, Mashed Sweet Potatoes, Cauliflower, Wheat Bread, Cranberry Sauce, Sliced Peaches, Milk</p>	<p>☞ Bible Study ☞ Holiday Movie Trivia ☞ Feeding Birds 365 Days a Year</p> <p>Beef or Veggie Burger on Wheat Buns, Pasta Salad, Sliced Carrots, Applesauce, Milk</p>	<p><b>BPI</b> 15 <b>Holiday Party at The Elks</b> </p> <p>Macaroni &amp; Cheese, Stewed Tomatoes, Wheat Bread, Fruit Cup, Milk</p>	16
17	<p>☞ Christmas Carolling ☞ Mindful Movements ☞ Santa After the Civil War</p> <p>Cod Fillets on Wheat Buns w/Tartar, Baked Fries, Coleslaw, Pineapple, Milk</p>	<p>☞ Snowball Bocce ☞ Gingerbread Houses ☞ Mens' Group</p> <p>Cheese Ravioli w/Meat Sauce, Green Beans, Whole Grain Rolls, Mango, Milk</p>	<p>☞ Guided Meditation ☞ Toys from Childhood ☞ Hot Chocolate Social</p> <p>Parmesan Crusted Chicken, Mashed Potatoes, Zucchini Casserole, Whole Grain Rolls, Fruit Cup, Milk</p>	<p>☞ Winter Solstice ☞ Radio City Music Hall ☞ Henry Simpatico Performs</p> <p>French Toast Casserole, Chicken Sausage, English Muffins, Orange Juice &amp; Fruit Cups, Milk</p>	<p><b>BPI</b> 22 <b>Holiday Celebration</b> Wear your favorite holiday sweater </p> <p>Holiday Baked Ham, Mashed Potatoes w/Gravy, Broccoli, Whole Grain Rolls, Peach Crisp, Milk</p>	23
24	<p><b>BPI Closed for Christmas</b> </p>	<p>☞ Pinecone Bocce ☞ Kwanzaa Begins ☞ The European Circus</p> <p>Tuna Noodle Casserole, Peas, Whole Grain Rolls, Mandarin Oranges, Milk</p>	<p>☞ Facials ☞ What Am I? ☞ Circus Music History</p> <p>Meatloaf, Mashed Potatoes, Butternut Squash, Wheat Bread, Baked Apples, Milk</p>	<p>☞ Yoga w/Jane ☞ Patty Keough Performs ☞ Modern Jeopardy</p> <p>Stuffed Shells, Cooked Spinach, Whole Grain Rolls, Fresh Melon, Milk</p>	<p><b>BPI</b> 29 <b>New Years Celebration</b> </p> <p>Apple Baked Pork Loin, Sweet Potato Mash, Cooked Spinach, Whole Grain Rolls, Pears, Milk</p>	30

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

## December Holiday Highlights



Welcome to our busiest time of the year! December's Calendar is filled with lots of Holiday festivities!

**Monday December 4<sup>th</sup>** we will start off by "Decking the Halls" at BPI, with Christmas trees, lights, and garland. BPI's Christmas trees will be set up and decorated throughout the week so Members can join in decorating the halls with us!

**Tuesday, December 12<sup>th</sup>** come on in and take a virtual tour with us and see the beautiful Christmas lights of NYC. We invite our members to share their stories of the big, beautiful City at Christmas.

The **BPI Members Holiday party is Friday, December 15<sup>th</sup>** at Elks Lodge from 1-3 pm. Members will come to BPI at their usual times, and we will transport people to the party after lunch. Members can bring up to two guests to enjoy the afternoon fun! There will be light refreshments and holiday cookies too. If you are inviting a child, and you want that child to receive a gift from "Santa", you must provide the gift, and the BPI Elves will make sure Santa gets it. If you have any questions, please feel free to call Shelagh at 802.442.8136.

Join us at BPI for the Green Mountain Mennonites' Holiday Caroling performance **on Monday, December 18<sup>th</sup> at 10:00.**

**Friday December 22<sup>nd</sup>,** Join BPI Staff by wearing your favorite Holiday sweater to celebrate more Holiday games and fun at BPI. We look forward to celebrating with you all this month.

Join us for even more fun daily.  
**Happy Holidays "BPI Style"**



### **Families Together Monthly Caregiver Gatherings**

BPI offers a monthly gathering providing caregiver support, laughter and camaraderie.

The December Meeting will be held on **Wednesday, December 10<sup>th</sup> at 1:00 p.m.** Please call (802) 442-8136 or send an email to [melissa.stemp@bpiads.org](mailto:melissa.stemp@bpiads.org) for more information.

## December Birthdays

- ☞ Recky E. - 2nd
- ☞ Tiffany C. - 5th
- ☞ Sharon R. - 12th



**Special Thank You to The Pharmacy** in Bennington for conducting a Flu Clinic at BPI in November. They were able to Vaccinate 45 Members and Staff combined.  
left to right Pharmacy Supervisor Mike Leake and BPI's Health Coordinator Amy St. Onge, RN



## BPI Member Holiday Party

**Friday, December 15<sup>th</sup>, 2023**

at the Bennington Elks Club

1pm - 3pm

Members can invite up to two guests



- Member Gift Exchange
- Music by the Steel Pier Jazz Band
- Treats and Snacks for everyone
- BPI Bell Choir Performs
- Santa Visit

All members being picked up privately before 4 pm, will be at the Bennington Elks Club

If you have any questions please call Shelagh at 802-442-8136

**Please remember to RSVP by December 5<sup>th</sup>**



## Sharing During the Holidays

With the holidays approaching we have been receiving questions about gifts. The Staff of BPI cannot accept gifts or gratuities.

There are, however, a few ways in which you may be able to show your appreciation for the care which you have received.

- Monetary donations to the program, Van Replacement Fund, Endowment Fund, or Orchard Level Program Space are always welcome, greatly appreciated, and benefit everyone!
- You may wish to bring in something that can be shared with everyone, Members and Staff.
- If you wish to send a Letter to the Editor of our local newspaper about how our program has helped you or your loved one or send us a letter of appreciation, we would greatly appreciate it.
- Leave a review on [greatnonprofits.org](http://greatnonprofits.org)
- We are always happy to see your smiling faces at BPI and to hear the laughter throughout the day.

*So spread the news about our program, tell a friend and keep greeting us with your great smile!*



***BPI Bessie says***

***Thank you for all who donated***

to “MOO-La” for Milk on  
#Giving Tuesday



## ***BPI's Amazon Wish List Registry has Launched!***

BPI's excited to announce that we now have an Amazon Gift registry.

We will add items that BPI would love to have for our program. You, as the donor, can

Go to **Amazon Registry & Gifting** under **Accounts & Lists** and click on **Find a registry or gift list**.

- Enter **Bennington Project Independence** in the search box and click on **Search**.
- You will see **BPI's Wish list**. Click on the one you want to view.
- You can browse the items on the registry or gift list, and purchase them as gifts for our program.

**Thank you so much!**



## ***BPI Wish List***

- ☛ Bingo Prizes for Men
- ☛ Donations to BPI
- ☛ Donations for the Orchard Level at BPI
- ☛ Grocery Gift Cards and Walmart Gift Cards
- ☛ Home Depot Gift Cards
- ☛ New "Sturdy" Portable Coat Rack
- ☛ Drawing paper
- ☛ Watercolor paper
- ☛ Cardigans

*See more gifting options on-line on BPI's Amazon Gift registry*

## **Special Thank you to the BPI Board Members**



who conducted the Bake Sale  
and Raffle to raise money for

**BPI**



# Winter Weather Transportation Policy



By Tiffany Holland, Transportation Coordinator

With Winter weather on the horizon, I would like remind you of the Inclement Weather Policy at Bennington Project Independence.

There may be days when the weather may make it unsafe for BPI to be open. In that event, BPI will call each Member or family directly.

There may also be days when we will be open for Members to attend but neither BPI nor GMC (the public transit provider) can provide transportation. In this case, Members or their family members will also be contacted directly. Families or Caregivers are welcome to provide alternative transportation to and from BPI on those days.

There may also be days when BPI or GMC need to delay morning transportation or have to start afternoon transportation earlier than usual. We reserve the right to assess the roads and make our own decision as to when we can safely provide transportation. If we delay or start early, we will call each individual or family directly.

In the interest of ensuring safety for every Member and

Staff, we ask that driveways, walkways, steps or ramps be adequately cleaned, salted and/or sanded. If these areas are not well cared for, neither BPI nor GMC will assume responsibility for transportation. People will be welcome to make other transportation arrangements to come to BPI.

We would also like to remind people that if you or your family member will not be coming on the regular scheduled day please remember to call before 7:00 am. We have an answering machine to take your message anytime of night. If BPI makes an unnecessary trip to your home, you may be charged for the trip. In the case of GMC, unnecessary trips may jeopardize any future transportation.

Winter weather can be beautiful. It can also create challenges. In the interest of easing any problems and providing safe transportation, I hope you find this clarification of our policy helpful. Please contact Tiffany Holland Transportation Coordinator at BPI, 802-442-8136 if you have any questions.

.....

## A familiar question this time of year...

What do you get for the loved one that has everything or does not want anything?

**Give the Gift of Care...**



This holiday season consider giving the gift of care with a membership to BPI. BPI offers comprehensive, person-centered services Monday through Friday 7:00am to 6:00 pm. We offer a flexible schedule to meet each person's individual needs.

Give them a gift from the heart and invite them to try BPI using our Complimentary Visit Coupon.

Call Gina at BPI 802-442-8136 to arrange a visit.

.....

## The Gift of Care

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.

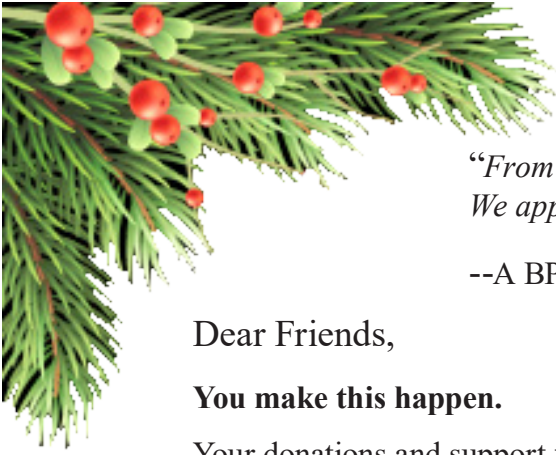
**Check us out to see what all the smiles at BPI are about!**

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 members only.  
Not redeemable for cash.**



*“From the first day we came through your door, we knew we weren’t alone. We appreciate the kindness and the compassionate care both of us received.”*

--A BPI Family Member

Dear Friends,

**You make this happen.**

Your donations and support for Bennington Project Independence make it possible for so many individuals and families to receive the care and support they need for their loved ones to help them continue to be engaged and active members of our community.

Your support makes it possible for older persons and younger adults with disabilities to live their lives with purpose and joy regardless of the challenges they may face.

**Thank you!!!**

We hope that this holiday season you will again help even more families throughout Bennington County with your donation to Bennington Project Independence, Adult Day Service.

**Thank you for Giving Today!**

All of us at Bennington Project Independence thank you so much for the difference that you are making in the lives of our BPI Members, their Family Caregivers and our Communities.

We wish you and yours a very Healthy Holiday and a Happy New Year!

**Bennington Project Independence Donation Form**

*Please Designate my Donation toward:*

- Complete Lower Level Activity Area
- Van Replacement Fund
- BPI’s Endowment 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: \_\_\_\_\_



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

# ***BPI Scrapbook***



BPI Staff Nancy and BPI Members Lillian L. and Brad J. worked together to make a bird feeder for the birds this winter!



BPI Member, Frank H. and BPI Nutrition Coordinator, Val P. enjoy making the delicious pies for our BPI Thanksgiving Dinner



Dressed for success is BPI Membership Coordinator, Gina A. and BPI Member, Erik S, showing off their special looks this past October.



BPI Member Patti S. and BPI Staff, Kira B. and Megan C. dance to the song "Monster Mash" while at the BPI Halloween Bash.

**To Donate to BPI**  
please scan the code below:



## ***Follow us on:***

**Facebook:** Bennington Project Independence  
Adult Day Service

**Website:** (www.bpiads.org)

**Instagram:** (Bennington Project Indep)  
#bpiads

**Twitter:** (Bennington Project Independence)  
@bpi\_ads

**YouTube :** BPI or Bennington Project  
Independence



**Bennington Project Independence**

*Adult Day Service*

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

**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 form enclosed 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.)