



**Bennington
Project
Independence**
Adult Day Service

January 2024

*Celebrating
45 years
of service in our
community*

New Year, New You with BPI!



Fitness



Delicious Healthy Meals



A Little
Pampering



Celebrate "BPI Style"!

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

Our Program Includes:

- ☞ Engaging and Stimulating Activities
- ☞ Intergenerational Opportunities
- ☞ Fitness, Fun
- ☞ Nursing Care
- ☞ And Much, Much More!

Inside this Issue...

Calendar of Activities/Menu	2
Activity Professionals/ Caregivers Meeting	3
Amazon Gift registry	4
Gifting and Donations	5
"Letter To the Editor" written by Elisabeth Nehme	6
BPI 2023 Holiday Scrapbook	7

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.

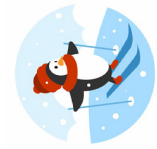


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and



Instagram



☞ Lunches Served with 8oz 1% Milk



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

January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
31	<p>BPI Closed for New Years</p>	<ul style="list-style-type: none"> ☞ Food For Thought ☞ Group Scrabble ☞ What's Your New Years Resolution? <p>Salisbury Steaks, Mashed Potatoes, Butternut Squash, Wheat Rolls, Mandarins, Milk</p>	<ul style="list-style-type: none"> ☞ Jeopardy Trivia ☞ Tools of the Trade ☞ Jewelry w/Rachel <p>Spaghetti & Meatballs, Garlic Rolls, Green Beans, Applesauce, Milk</p>	<ul style="list-style-type: none"> ☞ Historical Greats ☞ NBA Basketball Trivia ☞ Snowball Beat the Clock <p>Roast Chicken, Mashed Potatoes, Sliced Carrots, Wheat Rolls, Apples & Grapes, Milk</p>	<ul style="list-style-type: none"> ☞ Wheel of Fortune ☞ Ice Fishing ☞ Shopping Trip <p>Baked Cod w/Parmesan Bread Crumbs & Capers, Rice, Roasted Green Beans, Wheat Bread, Peaches, Milk</p>
7	<ul style="list-style-type: none"> ☞ Happy Birthday to the King: Elvis Presley ☞ Virtual Tour: Graceland ☞ Wii Bowling <p>Beef Shepherds Pie w/Mashed Potatoes & Corn, Roasted Beets, Wheat Rolls, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Sudoku ☞ Community Meeting ☞ Shipments from the Sea <p>Bow Tie Carbonara w/Julienenned Ham, Peas & Carrots, Wheat Rolls, Sliced Naval Oranges, Milk</p>	<ul style="list-style-type: none"> ☞ Daily Chronicle ☞ Crafters' Club ☞ On the Road: Robert Frost's New England <p>Chicken Bites w/Honey Mustard, Roasted Potatoes, Cooked Spinach, Wheat Bread, Pineapple Tidbits, Milk</p>	<ul style="list-style-type: none"> ☞ Family Feud ☞ Chocolate Shop Trip ☞ The History of Astrology & the Zodiac <p>Tender Beef Stew, Wheat Rolls, Tossed Green Salad w/French Dressing, Warm Baked Pears, Milk</p>	<ul style="list-style-type: none"> ☞ Who Am I? ☞ BPI Humor ☞ Guided Meditation <p>Macaroni & Cheese, Stewed Tomatoes, Wheat Rolls, Fruit Cup, Milk</p>
14	<ul style="list-style-type: none"> ☞ Z-A Musical Trivia ☞ Travelogue: Zambian Safari ☞ Discussing Martin Luther King Jr. Day <p>Tuna Boats, Corn Chowder w/Crackers, Garlic Green Beans, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Broadway Show: Hello Dolly 1964 ☞ The Monthly Gazette ☞ Ollie & Millie Visit <p>Chicken Cacciatore over Fettucini, Wheat Rolls, Cooked Spinach, Pears, Milk</p>	<ul style="list-style-type: none"> ☞ Cabin Categories ☞ Market Wagon Trip ☞ Star of the Month: Betty White <p>Sausage Home Fries Casserole, Egg & Veggie Quiche, English Muffins, Spinach, Baked Apples, Milk</p>	<ul style="list-style-type: none"> ☞ Word Builder ☞ Manicures ☞ Bible Study <p>Turkey Tetrazzini, Peas & Carrots, Wheat Rolls, Mandarins, Milk</p>	<ul style="list-style-type: none"> ☞ Hibernation Day ☞ Open Art Studio w/Kaye ☞ Getting to School: Winter 1945 <p>Bratwurst, Creamy Mashed Potatoes, Sauerkraut & Honey Mustard, Roasted Beets, Wheat Bread, Fruit Cup, Milk</p>
21	<ul style="list-style-type: none"> ☞ Handwriting Analysis ☞ Activity Professionals Week ☞ Mindful Movements <p>Goulash w/Parm, Wheat Rolls, Broccoli, Diced Mango & Apples, Milk</p>	<ul style="list-style-type: none"> ☞ Horseshoes ☞ Dollar Store Trip ☞ Current Events <p>"Texas" Chili w/Cheese & Sour Cream, Rice, Roasted Butternut Squash, Cornbread, Melon, Milk</p>	<ul style="list-style-type: none"> ☞ Bakers' Corner ☞ Tu B' Shevat ☞ Sing-A-Long <p>Baked Ham, Brussel Sprouts, Mashed Potatoes, Wheat Bread, Pineapple, Milk</p>	<ul style="list-style-type: none"> ☞ History in January ☞ Patty K. Performs ☞ Yoga w/Jane <p>Chicken Patty on a Wheat Bun, Baked Sweet Potato Fries, Green Bean Casserole, Pear Crisp, Milk</p>	<ul style="list-style-type: none"> ☞ Winter Vacations ☞ Concentration Puzzles ☞ Planes, Trains & Automobiles <p>Cheese Pizza, Marinara on Side, Arugula Salad, Garlic Knots, Fruit Cup, Milk</p>
28	<ul style="list-style-type: none"> ☞ Creative Musing ☞ Snowball Bocce ☞ Walmart Trip <p>Grilled Cheese Sandwich, Tomato Soup, Chopped Green Salad w/Buttermilk Ranch, Mandarins, Milk</p>	<ul style="list-style-type: none"> ☞ Picture This ☞ Cranium Crunches ☞ Health is Wealth: Winter Skin Relief <p>Crispy Baked Fish Sticks, Wheat Buns, Cheesy Roasted Potatoes, Coleslaw, Pineapple, Cocktail or Tartar Sauce, Milk</p>	<ul style="list-style-type: none"> ☞ Science Fun ☞ Cubii Exercise ☞ Which Happened Last <p>Turkey Pot Pie, Tator Tots, Wheat Rolls, Green Bean Salad, Cinnamon Applesauce Cake, Milk</p>	<ul style="list-style-type: none"> ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun! 	<p>Bingo</p> <p>Mondays at 1:45 pm Fridays at 10:00 am</p> <p>In-Person and Virtual Contact Shelagh 802-442-8136 to sign up</p>

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

Activity Professionals



Happy New Year to all of our members and friends! All of us here at BPI wish you all an abundance of health and happiness in this New Year.

The fourth Friday in January was designated to celebrate Activity Professionals annually and later on it was expanded to include the entire week. As an Activity Professional, we're part of a vitally important profession that helps people live a life that is full of fun and meaningful activities. At BPI, our Activity Professionals strive all year long to provide gratifying and enjoyable memories to our member's daily lives. Our hope is to bring smiles and laughter to each and every one of you. The week of January 22nd, we will be celebrating all 7 of our amazing Activity Professionals team: Tiffany, Tori, Dan, Megan, Kira, Jessica and Shelagh. Please help us thank our spectacular team! Each and every one bring their talents, creativity, spirit, enthusiasm and energy to our program. We hope that you join in on our week long celebration.

Please see the calendar and join us for even more happenings, fun and festivities this month.

A Special Thank You

to

The Ben and Jerry's
Foundation

and all who donated to

"MOO-La" for Milk

We have reached our Goal!



Families Together Monthly Caregiver Gatherings

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

The January Meeting will be held on
Wednesday, January 17th at 1:00 p.m.
Please call (802) 442-8136 or send an email
to melissa.stemp@bpiads.org
for more information.

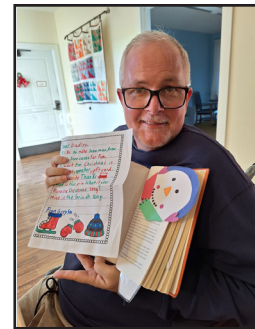
January Birthdays

- ☛ Joyce R.- 2nd
- ☛ Leslie R.- 7th
- ☛ Rick D.- 14th
- ☛ Frank H.- 19th
- ☛ Russel B.- 24th
- ☛ Lillian L.- 24th
- ☛ Andy R.- 31st



January Anniversaries

- ☛ David and Joyce R.- 16th



BPI Members were hard at work making ornaments to give to their Pen Pals at Monument School. They took pride in making them and truly enjoyed the activity.

(Member) Brad J. is showing off what he received in return from his Pen Pal.

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



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!

In-Kind Gifts

- ☛ Carlos B. - Men's razors & disposable blades
- ☛ Karen B. - Canvas set & wireless headphones
- ☛ Kathy C. - Purses, frames artwork
- ☛ Jola C. - Children's books
- ☛ Ruby C. - Socks
- ☛ Tammy D. - Wrapping paper
- ☛ Nancy F. - Socks, picture frames, manicure set, purses, stationary, key ring, bracelet, glasses, fairy statue
- ☛ Michael L. - Ornament
- ☛ Mr. & Mrs. Wassim N. - Gift cards & darts game
- ☛ Redeemer Lutheran Church - Craft supplies, rug kit, coasters, jewelry, pins
- ☛ Estelle R. - Electric Bible player w/headphones, knit snowman, snowman Beanie Baby
- ☛ Judy R. - Handmade scarves
- ☛ Mary S. - Uno Attack game
- ☛ Graciela S. - Lottery tickets, jewelry, towels
- ☛ Dave V. - Books, drawing paper
- ☛ Diane Z. - Lotion, hand sanitizer, razors, books, crafts, greeting cards

BPI Wish List

- ☛ Donations to BPI
- ☛ Donations for the Orchard Level at BPI
- ☛ Grocery Gift Cards and Walmart Gift Cards
- ☛ Home Depot Gift Cards
- ☛ Drawing paper
- ☛ Watercolor paper
- ☛ Cardigans
- ☛ New "Sturdy" Portable Coat Rack- *see Amazon wish list*

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



Did Santa bring you a
Gift Card that you can't or won't
use?

Please consider donating it to BPI!

You can drop it off at 614 Harwood Hill Road, or mail it to us at P.O. Box 1504, Bennington, VT 05201.

Click and Give - Online Donations...

You can easily make a donation to BPI online by visiting our website (www.bpiads.org) and clicking the "Donate Now" button. Your donation will make a difference in the lives of so many people.

Thank you for your support!

Donation FAQ...

Did you know that you can gift stocks or bonds to BPI?

BPI has a process in place to easily accept the donation or transfers of stocks or bonds from donors. Your charitable donation will reflect the value of the stock or bond upon their liquidation.

For more information about this process or other planned giving options, please contact Linda Wichlac at BPI - 802-442-8136.

Memorial Gifts

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

☛ **George & Angela Allard**

Rita Allard

☛ **Len & Rita Anzivino**

Mr. George Williams

☛ **Adrian Beukenkamp**

Lily Beukenkamp-Delsing

☛ **Edel Cassano**

Rene and Lynne

☛ **Tom Gauthier**

Patricia Main

☛ **Theresa Harrington**

John & Sharron Harrington

☛ **Melestine Harrison**

Tanya Harrison-Houston

☛ **Thomas Heggie**

Evelyn Heggie

☛ **Ron Loomis Sr.**

Mrs. Florence Loomis

☛ **Mary H. Martin**

Jean & Armand Patnaude

☛ **Stephen McClure**

Catherine McClure

☛ **Jane Ann Potter**

Christina Hernandez

☛ **James Seeger**

Alison Malmborg

☛ **Adeline Strohschein**

Hap Strohschein & Keith Colbath



*A Special Thank You to Henry Sampatico
and fellow Musicians who came to BPI and
entertained us with wonderful Christmas
Music in December*

We look forward to your next visit!

Holiday Gifts

- ☛ Atlantic Fire Sprinkler
- ☛ Doug Bissell
- ☛ Raymond G. Bolton
- ☛ Mrs. Linda Bush
- ☛ Jim & Lodie Colvin
- ☛ Donald & Mary Cone
- ☛ Chris Damon & Noreen Tiernan-Damon
- ☛ Joe Dziengiel
- ☛ Mrs. Janet Fabricius
- ☛ Elizabeth Hardesty & John Dyck
- ☛ Lonergan & Thomas Staff - Gary, Leah, Sharon,
Diane & Katie
- ☛ Mr. & Mrs. Bill Lyons
- ☛ MEM & Associates
- ☛ Jason Morrissey
- ☛ Cinda Morse
- ☛ Ned Mulligan
- ☛ Tom & Martha Paquin
- ☛ William & Sandra Parks
- ☛ R.K. Miles
- ☛ James Corcoran - Redeemed Repair
- ☛ Eric Scott
- ☛ John Sheehan via Town Fair Tire Foundation
- ☛ Rebecca Souza
- ☛ Sharon Stepp
- ☛ Marilyn Strakey



Honorary Gifts

☛ **Andi Crawford**

• Eileen Clegg

☛ **Gina Anzivino**

• Holly Skea

☛ **Ed Thompson**

• Patty Thompson

☛ **Terry Volz**

• Howard Volz

☛ **Linda Wichlac for
35 Years of Service to BPI**

• Linda Putney

Everyday Compassion at Bennington Project Independence

"Compassion is a verb,"

This simple yet profound truth was stated by the renowned peace activist and author Thich Nhat Hanh. And every day, at BPI, the remarkable and devoted caretakers of our community's seniors and people in need demonstrate what caring compassion is all about.



The root meaning of "com" in the word compassion is "with". Along with many others, my nearly 91-year-old mom spends almost every weekday with people who care, with people who encourage her, with people who make her laugh, with people who know how to listen, with people who give comfort, with people who have chosen to work in a place that requires a compassionate heart.

Every day, but especially in this season, I wish for these amazing people to know the gratitude I have. It's good to have people to look up to, to emulate, to remind us that looking after each other is noble. I'm inspired every day by all of them.

To Gina Anzivino, Kira Bisson, Chelsey Bodehstab, Nancy Burgess, Megan Cummings, Robin Dane, Laurel Deysenroth; Autumn Dorman, Owen Doucette, Julie Gauthier, Ken Gates, Joe Greenhalgh, Jessica Harrington, Tiffany Holland, Maureen Kelly, Dan Lampron, Shelagh Muckle, Valerie Prentiss-Reppin, Kathe Schnopp, Amy St. Onge, Melissa Stemp, Tori Therriault, and Linda Wichlac. You exemplify the spirit of the heart.

Written By
Elisabeth Nehme
Shaftsbury, Vermont



Complimentary Visit Coupon

You are invited to join us at Bennington Project Independence, Adult Day Care 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!

All Visits must be prearranged.

Your Day to attend is:

614 Harwood Hill
Bennington, Vt 05201
(802) 442-8136

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

Not Redeemable for cash.

Bennington Project Independence

2023 Holiday Scrapbook



Thank You to the BPI Bell Choir, who performed at our BPI Holiday Party!
(left to right) BPI Members, Tammy D., Jeanne C., Andy R., Tim S., BPI Staff & Bell Choir Conductor, Tiffany H. Tiffany C., Ruby C., Patti S., and Doris C.



BPI "Santa" and his "Elves" showed up for BPI's Holiday party and passed out presents to all our Members.

Thank you to: BPI Staff, Tiffany H., Megan C., Owen D. and Shelagh M. for sharing your Holiday Spirit!



BPI Member, Frank H. receiving his gift from BPI Santa at our Holiday party.



Thank you to the Steel Pier Jazz Band for performing at our BPI Holiday Celebration.



BPI Staff, Tiffany H. and BPI Member, Serena M. enjoy cutting the rug to bring in the New Year!



BPI Members, Ruby C., Emily R., Leslie R. and BPI Staff Tiffany H. party at BPI's New Years Eve Celebration 2024!



Bennington Project Independence

Adult Day Service

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

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.)