



Bennington Project Independence

Adult Day Service

March 2024

*Celebrating
46 years of
service in our
community*

We are thinking Spring at BPI!



AT BPI, we love to celebrate! In February we celebrated Chinese New Year, that means Spring is around the corner and we can't wait to get the party started BPI Style!

Adorned in their beautiful silk robes and beautiful fans are BPI Member, Kathe L., and BPI Staff, Kira B., and Julie G.



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.

Join us at BPI this Spring
where you can enjoy!

- ☞ Enjoyable and meaningful games and activities
- ☞ Delicious, healthy, balanced meals
- ☞ Peace of mind during the day for You and Your Loved One
- ☞ Caregiver Support
- ☞ Transportation services
- ☞ Lots of Fun!
and Much More....

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



☞ Lunches Served
with 8oz 1% Milk

March 2024



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

Monday

Tuesday

Wednesday

Thursday

Friday

3	 Bingo Mondays at 1:45 pm Fridays at 10:00 am In-Person and Virtual Contact Shelagh 802-442-8136 to sign up	OPEN ART STUDIO TUESDAYS & FRIDAYS BIBLE STUDY w/DAN THURSDAYS 10-11AM 	Did you know that you can join BPI Activities Virtually? Contact Shelagh at 802-442-8136 to find out how to join!	Daily: ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun!	☞ Reminiscing w/Senses ☞ Travelogue: New Jersey ☞ "Sum" Punny Math Humor Chicken Monterey, Rice Pilaf, Green Beans, Wheat Bread, Sliced Naval Oranges, Milk	2
10	☞ Health is Wealth: Importance of Hydration ☞ Theodore Seuss Geisel: You're Only Old Once Cheese Pizza, Marinara Side Cups, Roasted Veggies, Sliced Peaches, Milk	☞ Community Meeting ☞ Walmart Trip ☞ Star of the Month Rex Harrison Beef or Veggie Burgers, Sweet Potato Fries, Creamy Cole Slaw, Pineapple Tidbits, Milk	☞ Mad Scientist ☞ Times Table Bingo ☞ Lifelong Learning: What Makes a Genius Open Face Turkey Sandwich w/Gravy, Garlic Mashed Potatoes, Broccoli, Wheat Bread, Sliced Oranges, Milk	☞ The Monthly Gazette ☞ Category Challenge ☞ Good Luck, Bad Luck Superstitions Pesto Chicken Bites, Brown Rice Pilaf, Steamed Cauliflower, Wheat Rolls, Fruit Cup, Milk	☞ A Cycle of Faith: Ramadan ☞ Daylight Savings ☞ Rhythmic Drumming w/Olivia Spaghetti & Meatballs, Zucchini Sticks, Garlic Knots, Apple Crisp, Milk	9
17	☞ Crafters' Corner: Scrapbooking ☞ Concentration Puzzles ☞ History Lists: Famous Classical Music Composers Grilled Cheese, Homemade Tomato Soup, Crackers, Brussel Sprouts, Fresh Melon, Milk	☞ Mini Golf ☞ Daily Chronicle ☞ Under the Rainbow Group Scrabble Herb Roasted Chicken Breast w/Gravy, Rice Pilaf, Sliced Beets, Wheat Bread, Peaches, Milk	☞ Market Wagon Trip ☞ Jewelry Club ☞ Sing & Spin: Academy Award Songs Beef Stroganoff over Egg Noodles, Tossed Green Salad, Wheat Rolls, Mango Cubes, Milk	☞ Bible Study ☞ Remembering Irish Songs Food for Thought: Brain Foods Turkey Chef Salad w/Cheeddar, Egg, & Croutons, Garlic Knots, Cantaloupe & Grapes, Milk	St. Patrick's Day! Henry Simpatico Performs 1pm-2:30pm Corned Beef & Cabbage, Mashed Potatoes, Carrots, Wheat Bread, Sliced Oranges, Milk	16
24	☞ Crafters' Corner: Scrapbooking ☞ Concentration Puzzles ☞ History Lists: Famous Classical Music Composers Grilled Cheese, Homemade Tomato Soup, Crackers, Brussel Sprouts, Fresh Melon, Milk	☞ First Day of Spring Virtual Tour: The Oregon Trail Einstein-Szilard Letter: A World on Fire Chicken Broccoli Alfredo on Wheat Noodles, Wheat Rolls, Mandarins, Milk	☞ What Am I? ☞ Hoop Shoot Contest ☞ March Madness Basketball Beef Shepherds Pie, Green Beans, Wheat Bread, Peaches, Milk	☞ Sugar Shack Trip ☞ Bakers' Corner ☞ Guided Meditation Roast Turkey w/Gravy, Stuffing, Wheat Rolls, Butternut Squash, Cranberry Sauce, Baked Peas, Milk	☞ Purim ☞ Dr. Richard A. Sleeman Center's 15th Birthday ☞ Musical Notes: Big Band Music & Movement Tuna Boats on Wheat Buns, Tator Tots, Broccoli Salad, Fruit Cups, Milk	23
30	☞ Dollar Store Trip ☞ Jeopardy Trivia ☞ Mindful Movements w/Rachel Cheese Tortellini w/Marinara, Broccoli Florets, Garlic Knots, Apples & Mango, Milk	☞ Short Stories: Hunter Green ☞ Bulletin Board Trivia ☞ Maple Syrup Presentation Meatloaf, Mashed Potatoes, Cooked Spinach, Wheat Rolls, Fresh Orange Slices, Milk	☞ March IQ ☞ Spring Fling ☞ Person, Place or Thing Turkey Pot Pie, 3 Bean Salad, Wheat Rolls, Sliced Peaches, Milk	☞ Patty K. Performs ☞ Yoga w/Jane ☞ Opening Day of Major League Baseball French Toast Casserole, Chicken Sausage, Roast Veggies, English Muffin, Fresh Fruit Cup, Milk	BPI's Easter Celebration Baked Ham, Mashed Potatoes w/Gravy, Carrots, Wheat Rolls, Pineapple, Milk	30

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

March Activity Highlights

By Shelagh Muckle, BPI's Activities Coordinator



Whether March comes in like a lion or out like a lamb, we are ready to have some fun this month at BPI! What you see on our calendar are highlights of activities we have for March at BPI. Here are some dates to look forward to this coming month:

On Monday the 4th, during Health is Wealth we will discuss Hydration. Some people think hydration is only important in the hot summer months of the year, but that is not the case. Staying hydrated all throughout the year is significant for:

- Keeping your skin healthy
- Boosts alertness
- Supports brain function and regulates body temperature.

Monday the 11th, BPI staff will be doing manicures. If you would like your finger nails done, please let staff know and we can fix you right up.

Friday the 15th, Henry Simpatico and his band will be performing during our St. Patrick's Day fun from 1-2:30. Join the BPI staff on this day by wearing green.

Wednesday the 20th, We will have a Hoop Shoot Contest, if you like basketball or just want to try your hand, join us for this fun and competitive activity.

Friday the 22nd, is the 15th Anniversary of Dr. Richard A. Sleeman Center. There is no better way than to celebrate with CAKE. Please join us in celebrating 15 years in our "Home on the Hill!"

March is a wonderful month to start getting out, the snow has melted, and the temperature is on the rise. At BPI, we have over 150 different activities a week no matter what the weather brings, the fun and festivities will continue! Come join us for the month of March and have some fun this Spring!



Cards are a fun pass time, for John M., Larry T. Terry V., and Andrea W. it is another reason to look forward to coming to BPI!

We apologize for the late publication of our newsletter, the copier was down.

March Birthdays

- | | |
|-------------------|------------------|
| • Lucy M.- 4th | • Wanda C.- 24th |
| • Cheryl C.- 10th | • Patti S.- 24th |
| • Carlos B.- 12th | • Jerry V.- 26th |
| • Van C.- 20th | • Pam Sv.- 31st |

February was National Activity Professionals Month. BPI has extraordinary Activity staff
Thank you for all you do!



Activity Staff: Kira B., Tiffany H., Megan C.,
Megan L., Tori T., and Shelagh M.,
(not pictured Dan L.)

**Happy 15th Anniversary
to the Dr. Richard A. Sleeman
Center**



home of **Bennington Project
Independence Adult Day Service.**
Thank you to all of our supporters
who make our program and services
possible.

March is National Social Work Month

BY Melissa Stemp, BPI Social worker



BPI is known for its ability to provide adults in our community with the valuable opportunity to get out of their homes, socialize with peers, participate in a wide range of meaningful adult activities, receive valuable medical oversight and enjoy well balanced, nutritious meals. March is National Social Workers Month and we wanted to take this opportunity to make you aware of the many ways I, as the Social Worker here at BPI, can be of support to you and or your loved one.

As your Social Worker, you will find that the support and guidance that I can give is advantageous in helping meet your needs. One key component to making sure someone's needs are being met is working for seamless coordination of services. This may include making referrals for: housing, home health and case management services, medical specialists and counseling. As a Social Worker I often act as a liaison not only for the person I work with, but also for the family as a whole. In this role I work to make sure that there is open communication as well as active cooperation between all people and providers involved, working to facilitate a "close working relationship." Having a support system in place that can speak with you and on your behalf, to help others understand your concerns and make sure your needs are known and addressed, is a tremendous advantage.

How about that never ending pile of ... paperwork! Medicaid applications and the recertification process can seem daunting and time consuming. I would be more than happy to explain the process to you and provide assistance as needed. Do you know the

benefits of having/do you need to complete a Power of Attorney for Medical and or Financial concerns? Maybe you need to complete one but aren't sure of the differences between a Durable Power of Attorney and a Power of Attorney; contact me. I'd love to provide you with assistance. Sometimes navigating the system is simply overwhelming, we don't know who to reach out to, what questions to ask or even what we can ask for. I tell everyone that I work with "Even if your question has nothing to do with BPI, call me and ask me. If I don't know, I will do my best to help you figure it out." Knowing that you can reach out to someone else for support is a tremendous relief.

For more information contact BPI at 802-442-8139



Families Together Monthly Caregiver Gatherings

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

The March meeting will be held on
Wednesday, March 20th at 1:00 p.m.
Please call (802) 442-8136 or send an
e-mail to melissa.stemp@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.

☛ **Cyril Bluto**

- Charles Bluto

☛ **Richard Corsetti**

- Patricia Corsetti & Family

☛ **Carol Maroney**

- Ron & Rosemary Lindsey

Program Gifts

- Carlos Berstene
- Ruby Coyne
- Wassick's Tire



Need for Medical Equipment?

If you or someone you know is looking for or would benefit from some gently used medical equipment such as wheelchairs, rollators, walkers, scooters, commodes, shower or transfer chairs, BPI may be able to help. Sometimes we also have mens and ladies personal care products available.



All of our equipment and products are free of charge (of course donations are always welcome).

Please contact Amy at 802-442-8136 if you are interested in finding out more about our free medical equipment.

In-Kind Gifts

- Carlos B. - Men's Satchel Bag
- Ruby C. - Second Chance Lottery Tickets, Bath Towels
- Patricia S. - Clothing

Save the date...

BPI's 11th Annual Golf Tournament
Sunday, June 2th, 2024
at Mount Anthony Country Club
more details coming soon.



If you love our work, then tell the world!

Help BPI by Reviewing Us

Did you know that behind recommendations from friends and families that reviews on websites such as greatnonprofits.org impact volunteering and donation decisions?

Won't you help us raise visibility for our work by posting a review of your experience on GreatNonprofits—a review site like Yelp, but for nonprofits? All reviews will be visible to potential donors and volunteers.

It's easy and only takes three minutes! Go to <https://greatnonprofits.org/org/bennington-project-independence-inc> to get started!

Thank you for your support!



**Bennington
Project
Independence**
Adult Day Service

11th Annual Golf Tournament

Sunday, June 2, 2024 1:00 pm Shotgun

Mount Anthony Country Club, Bennington VT

Join us for the 11th Annual Golf Tournament to benefit Bennington Project Independence, a not-for-profit agency that provides cost effective quality Adult Day Service for adults over age 18 facing the challenges associated with aging and/or disability, serving Bennington County and eastern New York.

Sponsorship Opportunities

Gold Sponsors: \$4000

- Tee Sign on Hole of choice
- Green Fees and Carts for 4 players
- Company logo on all marketing materials
- Sponsor Gift

Silver Sponsors: \$3000

- Green Fees and Carts for 4 players
- Company logo on all marketing materials
- Sponsor Gift

Bronze Sponsors: \$2000

- Green Fees and Carts for 4 players
- Company logo on all marketing materials

Golf Cart Sponsors: \$1500

- Your Company logo on all golf carts

Beverage Cart Sponsors: \$750

- Your Company logo on Beverage cart

Putting Green Sponsors: \$750

- Your Company logo Banner on Putting Green

Sponsorship Payment:

☐ CHECK # _____

☐ CREDIT CARD _____

Credit Card # _____

ED _____ CVC _____

COMPANY NAME _____

ADDRESS _____

EMAIL _____

PHONE _____

PLAYER 1 NAME _____

PLAYER 2 NAME _____

PLAYER 3 NAME _____

PLAYER 4 NAME _____

Please send form and payment to BPI:

PO Box 1504, Bennington, VT 05201

For more information on Sponsorships opportunities or participating in the tournament please contact Golf Tournament Chair Lynne Farrell at Lfarrell@corbettindustrial.com

February Scrapbook



BPI Members Dave R., Andy R., Ann T., and Janet R., enjoy trying out "Fill the Bucket" with BPI Staff Megan L.



BPI Members, Luella P. and Wilma P., enjoy exercising on the Cubii. These low impact seated ellipticals are a great cardio workout, and help to improve mobility.



BPI Members, Kathie L., and Erik S. along with BPI Staff, Kira B. and Julie G. enjoyed celebrating Chinese New Year, BPI Style!



BPI Members received wonderful Valentine's Day cards courtesy of the Valentine's Day Project from the Federated Church of East Arlington.

Receiving the cards are BPI Members, Janet R. and Joan W. from Donna Stone a retired teacher.

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



Tiffany C., loves to create jewelry on Wednesdays with Rachel. This activity is at no cost to our Members and they can keep their beautiful creations.



Bennington Project Independence

Adult Day Service

The Dr. Richard A. Sleeman Center

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
- 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.)