



**Bennington
Project
Independence**
Adult Day Service

April 2024
*Celebrating
46 years of
service in our
community*

Want to Put Some Extra Spring in your Step?



At BPI, we have fun! BPI Members, Erik S., Barb H., Doris C., Janet R., and BPI Staff Kira B., having a blast and getting fit at the same time!

..Try a BPI Membership!

Where you can enjoy...

- ☛ Engaging and meaningful games and activities
- ☛ Personalized Care
- ☛ Delicious, healthy, balanced meals
- ☛ Peace of mind during the day for You and Your Loved One
- ☛ Caregiver Support
- ☛ Lots of Fun!
and Much More....

**Call Gina at BPI
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



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

April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
31	<ul style="list-style-type: none"> ☞ April Fool's Day: Impractical Jokers ☞ The Monthly Gazette ☞ Tickle Your Funny Bone <p>Fish w/ Lemon Caper Sauce, Pasta w/ Veggies, Cooked Carrots, Mandarin Oranges, Milk</p>	<ul style="list-style-type: none"> ☞ Community Meeting ☞ Name The Bird ☞ Stickman Word Game <p>Sloppy Joe on a Bun, Steak Fries, Harvard Beets, Strawberry Short Cake, Milk</p>	<ul style="list-style-type: none"> ☞ Frog Frenzy ☞ Mens' Club ☞ Nine-Hole Showdown ☞ Card Game <p>Turkey Tetrazzini, Butternut Squash, Wheat Bread, Oranges, Milk</p>	<ul style="list-style-type: none"> ☞ Daily Chronicle ☞ Bible Study ☞ Spring Farmers Almanac <p>Rosemary Pork Chops, Mashed Potatoes w/ Gravy, Honey Garlic Carrots, Wheat Bread, Homemade Carrot Cake, Milk</p>	<ul style="list-style-type: none"> ☞ Where Am I? ☞ Drumming w/ Olivia ☞ Whitman's Feed ☞ Store Trip <p>Macaroni & Cheese, Stewed Tomatoes, Garlic Green Beans, Wheat Bread, Tropical Fruit, Milk</p>
7	<ul style="list-style-type: none"> ☞ April IQ ☞ Crafters' Club ☞ Plants & Animals: The Mighty Thistle <p>Chicken Patty on a Bun with Lettuce & Tomato, Sweet Potato Fries, Fruit Cocktail, Milk</p>	<ul style="list-style-type: none"> ☞ Crazy Hat Day ☞ Scottish Folktales ☞ Virtual Tour: Exploring the Solar System <p>Meatloaf, Garlic Herb Mashed Potatoes, Cooked Spinach, Wheat Bread, Mandarin Oranges & Mango, Milk</p>	<ul style="list-style-type: none"> ☞ Jeopardy Trivia ☞ Jewelry w/ Rachel ☞ Lifelong Learning: A Symbol of Freedom <p>Teriyaki Chicken, White Rice w/ Broccoli, Sautéed Vegetable Mix, Wheat Bread, Pineapple & Coconut, Milk</p>	<ul style="list-style-type: none"> ☞ BPI Fishing ☞ Guided Meditation ☞ Scottish Sing-A-Long <p>Chef Salad w/ Dressing on Side, Wheat Bread, Apple Crisp, Milk</p>	<ul style="list-style-type: none"> ☞ ABC It ☞ 70 Years of Cinema ☞ Spring Soccer <p>Grilled Cheese, Tomato Soup w/ Crackers, Baby Carrots & Parsley, Tropical Fruit Cup, Milk</p>
14	<ul style="list-style-type: none"> ☞ Dear Abby ☞ Wii Bowling w/ Senses: Remembering Scouting <p>Baked Brown Sugar Ham, Mashed Sweet Potatoes, Green Beans, Wheat Bread, Fresh Fruit, Milk</p>	<ul style="list-style-type: none"> ☞ Pop Darts ☞ What Am I? ☞ Spring Cleaning <p>Baked Fish & Chips w/ Lemon & Tartar, Pickled Beets, Wheat Bread, Pineapple, Milk</p>	<ul style="list-style-type: none"> ☞ Manicures ☞ Red Hat Society ☞ From the Mouths of Little Sprouts <p>Spaghetti w/ Meat Sauce, Garlic Cooked Spinach, Italian Bread, Warm Cinnamon Apples, Milk</p>	<ul style="list-style-type: none"> ☞ Health is Wealth: Meditation ☞ Three-Peat Dice Game ☞ Hymn Sing <p>Roasted Turkey w/ Gravy, Cranberry Sauce, Stuffing, Butternut Squash, Wheat Bread, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Trivial Pursuit ☞ BPI Art Gala: Bennington Museum ☞ Do You Know Your Neighbor? <p>Pulled Pork on a Bun, Coleslaw, Mixed Vegetables, Fruited Jello w/ Whipped Cream, Milk</p>
21	<ul style="list-style-type: none"> ☞ Passover ☞ Earth Day ☞ Mindful Movements w/ Rachel <p>Bean Chili w/ Corn Bread, Brussel Sprouts, Wheat Bread, Grapes & Mango, Milk</p>	<ul style="list-style-type: none"> ☞ Times Table Bingo ☞ The Language of Poetry ☞ Food for Thought: Scottish Cuisine <p>Hamburger or Hot Dog on a Bun, Lettuce & Tomato on Side, Roasted Green Beans w/ Vinaigrette, Fruit Salad, Milk</p>	<ul style="list-style-type: none"> ☞ Current Events ☞ Umbrella Roulette ☞ The Scottish Highlands <p>Tuna on Buns w/ Lettuce, Vegetable Soup w/ Crackers, Unsalted Potato Chips, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Patty's Musical Performance ☞ Yoga w/ Jane ☞ Bakers' Corner <p>Chicken Pot Pie, Broccoli, Wheat Bread, Tropical Fruit, Milk</p>	<ul style="list-style-type: none"> ☞ Arbor Day ☞ Walking Club ☞ Picture This: Photographic Memory <p>Baked Ziti, Garden Salad w/ Dressing on Side, Garlic Italian Bread, Pears & Kiwis, Milk</p>
28	<ul style="list-style-type: none"> ☞ Scotland Trivia ☞ Star of the Month: Sean Connery ☞ Percussion Performance <p>Corn Chowder w/ Crackers, Egg Salad Sandwich, Shredded Lettuce, Mixed Bean Salad, Fruit Cocktail, Milk</p>	<ul style="list-style-type: none"> ☞ Service Dogs: Ollie & Millie Visit ☞ The Ghosts of Culloden ☞ Planting Up A Storm <p>Homemade Sausage Pizza, Side Salad w/ Hard Boiled Egg, Garlic Bread, Peaches w/ Cream, Milk</p>	<ul style="list-style-type: none"> ☞ Daily: Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Current Events ☞ Music Fun! 	<ul style="list-style-type: none"> ☞ OPEN ART STUDIO TUESDAYS & FRIDAYS ☞ BIBLE STUDY w/ DAN THURSDAYS 10-11AM. 	<ul style="list-style-type: none"> ☞ Bingo ☞ Mondays at 1:45 pm ☞ Fridays at 10:00 am ☞ In-Person and Virtual Contact ☞ Shelagh 802-442-8136 to sign up

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

April Activity Highlights

By Shelagh Muckle, BPI's Activities Coordinator



Spring has sprung and the fun has just begun at BPI!

This April, we are inviting BPI members to **bring a friend to BPI**, that may need and enjoy BPI services. At BPI, we know that it is easier to try something new, if

you have someone familiar to share the experience with. All visits must be pre-arranged with BPI's Membership Coordinator, Gina Anzivino. Please see the complimentary coupon below for information on how to set up your visit.

During the month of April, we are traveling virtually to the "Land of Lochs" Scotland in celebration of Scottish-American Heritage Month, the Edinburgh International Harp Festival, Tartan Day, and the Beltane Fire Festival Bagpipes, kilts, tartans, folklore, and more... this month will be "lochs" of fun!

Tuesday the 9th, is CRAZY hat day- please join us in wearing your favorite hat and you can add some fun to it! If you don't have a crazy hat you will not need to worry we have plenty to share here.

Did you know BPI offers Meditation?

Meditation has been shown to offer many benefits. Although it's well known as a method to reduce stress and anxiety, research shows that it may also help enhance your mood, promote healthy sleep patterns, and boost cognitive skills. We will be talking more about this on **Thursday the 18th**.

Please see the Calendar for activities and join us in April for fun, food and much, much more!

April Birthdays



- Erik S. - 3rd
- Elizabeth M. - 4th
- Tony S. - 4th
- Jennifer S. - 11th
- Brad J. - 25th
- Mike L. - 25th

Meet the Artists of Bennington Project Independence Open Art Studio

at **The Bennington Museum on
Friday, April 19th from 1-2 pm**
with light refreshments.

*Family and friends are free at the
this opening only.*



Regular prices are:

Adults – \$15; Seniors (62+) and
Students

18 and over – \$12; Youth aged 17 and
under– Free.

Please call Shelagh at 802-442-8136,
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 members only.
Not redeemable for cash.***

Foods in Season: Spring Time!

By Chelsey Bodenstab Nutrition Coordinator



The seasons are changing and warmer weather is just around the corner. We'll start to see buds on tree, flowers bloom, and vegetables in our garden! Seasonal springtime treats just starting to grow now:

- Asparagus
- Spring Peas
- Strawberries
- Rhubarb
- Carrots
- Artichokes
- Baby Spinach
- Wild Roses
- Parsley
- Thyme


These all can start to bloom in April and might even be ready to harvest in early May. You can be sure to see this variety first at the local farmers market, or maybe you have a green thumb and plan to grow them yourself.

Although, fruits and veggies are tasty and healthy, some people may have chewing or swallowing issues. At BPI, we believe all our members should enjoy the delicious foods that we serve. BPI offers family style dining, which is prepared to accommodate most chewing and swallowing needs. If you would like tips on helping someone you know with chewing or swallowing needs, contact BPI Health Coordinator Amy St. Onge, RN at 802-442-8136.

Thank you to everyone that supported BPI thru the *Hannaford Bloomin-for-Good Program*



at the Bennington Square Hannaford in February!

Thank you to all who voted for BPI on their Town ballots in March 
 Bennington, North Bennington, Pownal, Arlington and Shaftsbury, VT

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 _____

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 _____

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**

Memorial Gifts

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

☛ Robert Alexander

- Gloria Alexander

☛ Phillip Squires

- Lois Squires



Families Together Monthly Caregiver Gatherings

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

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

Program Gifts

- Dr. Robert and Lora Block
- Ruby Coyne
- Dolores Mahlmann

BPI In-Kind Donating

BPI is asking all In-Kind Gifts be approved before drop off.

BPI is temporarily suspending in-kind donation drop off. We are asking that you call and get your donation pre-approved, before dropping it off to BPI.

If you are donating medical supplies, clothes, please call Amy at ext. 205 and Shelagh at ext. 207 for craft and activity supplies.

Reminder: We do accept gift cards to purchase Bingo Prizes for our Members.

Thank you for your understanding



BPI Member, Wilma P., snuggles with our bunny Gryffin that visits BPI regularly. BPI has many furry friends that visit us. Please see the calendar for when they visit!



BPI has a new milk machine! Serving our members and reducing waste by not using plastic jugs for milk.

BPI Member, Ruby C., and BPI Nutrition Coordinator, Val P. enjoying our new addition!

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

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

March Madness!



A Special Thank you to Henry Simpatico and his band mates for performing at BPI's St. Patricks Day Celebration.



BPI Members, Ruth O., and Deb W. enjoy playing a friendly game of cards during morning Coffee Club.

Food



BPI Staff, Megan L. and BPI Member, John R., sharing some Irish love for St. Patty's Day.

Friends



BPI Member, Erik S. and BPI Activities Coordinator , Shelagh M. share a little "love" at BPI's Valentines' Day Celebration in February.



BPI Members, Frank H., Ruby C. and Don L. along with BPI Staff, Tiffany H, all wishing the Dr. Richard A. Sleeman Center a Happy 15th Birthday!

Fun



BPI Members, Andrea W., Joan W. and Pam S. all toasting to good luck in the coming year!



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.)