



# Bennington Project Independence

Adult Day Service

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

## Dads Like to have Fun too!



BPI Members, Bob B., Nick S., and Kathie L. enjoying a late afternoon of dancing to their favorite music with BPI Staff, Megan L.



A Membership at BPI includes Friendship, Fun and so much more!

### BPI offers:

- ☛ Good times with old friends and new
- ☛ State-of-the-art healthcare
- ☛ Delicious and nutritious homemade meals
- ☛ Peace of Mind for you and your loved one
- ☛ Fun and much, 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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# June 2024



☞ Lunches Served with 8oz 1% Milk

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

Monday		Tuesday		Wednesday		Thursday		Friday	
2	<ul style="list-style-type: none"> <li>☞ The Monthly Gazette</li> <li>☞ Travel Brief: Africa</li> <li>☞ Window Washing Days</li> </ul>	<ul style="list-style-type: none"> <li>☞ Star of the Month: Liam Neeson</li> <li>☞ Gardening Tools of the Trade</li> <li>☞ Community Meeting</li> </ul>	<ul style="list-style-type: none"> <li>☞ Bakers' Corner</li> <li>☞ Guess that TV Tune</li> <li>☞ Real or Phony Fish</li> </ul>	<ul style="list-style-type: none"> <li>☞ D-Day</li> <li>☞ Honeymoon Travels</li> <li>☞ Health is Wealth</li> </ul>	<ul style="list-style-type: none"> <li>☞ Ice Cream Trip</li> <li>☞ Drumming w/Olivia</li> <li>☞ Bulletin Board Trivia</li> </ul>	<ul style="list-style-type: none"> <li>☞ Turkey Tetrazzini w/Penne, Mixed Beans &amp; Carrots, Wheat Bread, Tropical Fruit, Milk</li> <li>☞ Word Pics</li> <li>☞ Wii Bowling</li> <li>☞ Scrapbooking BPI Pictures</li> </ul>	<ul style="list-style-type: none"> <li>☞ Fish &amp; Chips w/Ketchup, Honey Garlic Carrots, Wheat Bread, Pears &amp; Mango, Milk</li> <li>☞ June IQ</li> <li>☞ Jewelry w/Rachel</li> <li>☞ Anything Goes with Cole Porter</li> </ul>	<ul style="list-style-type: none"> <li>☞ Western Quiche, Butternut Squash, Cooked Spinach, Wheat Bread, Chocolate Chip Cookie, Milk</li> <li>☞ Bible Study</li> <li>☞ Market Wagon Trip</li> <li>☞ Plants &amp; Animals: Glorious Giraffes</li> </ul>	<ul style="list-style-type: none"> <li>☞ Baked Ham w/Mustard, Mashed Sweet Potatoes, Broccoli, Wheat Bread, Oranges &amp; Cherries, Milk</li> <li>☞ Flag Day</li> <li>☞ Our Heroes: Peace &amp; Then Love</li> <li>☞ Celebrating All Fathers</li> </ul>
3	<ul style="list-style-type: none"> <li>☞ History in June</li> <li>☞ Can You Predict: Animal Calls in Nature</li> <li>☞ Guided Meditation</li> </ul>	<ul style="list-style-type: none"> <li>☞ Iced Tea Social</li> <li>☞ Manicures</li> <li>☞ Growing Up: Our Southern Belle</li> </ul>	<ul style="list-style-type: none"> <li>☞ Juneteenth</li> <li>☞ Walmart Shopping Trip</li> <li>☞ Remembering w/Senses</li> </ul>	<ul style="list-style-type: none"> <li>☞ Meteor Toss</li> <li>☞ Daily Chronicle</li> <li>☞ First Day of Summer</li> </ul>	<ul style="list-style-type: none"> <li>☞ BPI Humor</li> <li>☞ Home Run Derby</li> <li>☞ Old Time Fiddlers</li> </ul>	<ul style="list-style-type: none"> <li>☞ Spaghetti &amp; Meatballs, Garlic Green Beans, Garlic Rolls, Strawberry Shortcake, Milk</li> <li>☞ Tomato Soup w/Crackers, Grilled Cheese on Wheat Bread, Cold Broccoli Salad, Pineapple, Milk</li> </ul>	<ul style="list-style-type: none"> <li>☞ Roasted Turkey w/Gravy, Stuffing w/Granberries, Mashed Potatoes, Cooked Carrots, Wheat Bread, Fruit Cocktail, Milk</li> <li>☞ Beef Chili, Side Salad with Dressing, Homemade Cornbread, Peaches, Milk</li> </ul>	<ul style="list-style-type: none"> <li>☞ Sweet &amp; Sour Chicken over Rice, Asian Chopped Salad, Wheat Bread, Mandarin Oranges, Fortune Cookies, Milk</li> <li>☞ Hawaiian Chicken w/Pineapple, Rice Plat, Mashed Sweet Potatoes, Wheat Bread, Apricots, Milk</li> </ul>	<ul style="list-style-type: none"> <li>☞ Pepperoni &amp; Cheese Pizza, Garlic Parmesan Roasted Vegetables, Garlic Wheat Rolls, Peaches &amp; Cream, Milk</li> <li>☞ Macaroni &amp; Cheese, Stewed Tomatoes, Roasted Zucchini, Wheat Bread, Tapioca Pudding w/Peaches, Milk</li> </ul>
9	<ul style="list-style-type: none"> <li>☞ Tall Tales</li> <li>☞ Frisbee Golf</li> <li>☞ Mindful Movements w/Rachel</li> </ul>	<ul style="list-style-type: none"> <li>☞ French Toast w/Powdered Sugar, Sausage Patties, Home Fries, Strawberry Parfait, Orange Juice, Milk</li> </ul>	<ul style="list-style-type: none"> <li>☞ Gratitude Kits</li> <li>☞ Current Events</li> <li>☞ The Good Old Days on Wheels</li> </ul>	<ul style="list-style-type: none"> <li>☞ June Birthday Trivia</li> <li>☞ Patty K. Performs</li> <li>☞ Yoga w/Jane</li> </ul>	<ul style="list-style-type: none"> <li>☞ Modern Jeopardy</li> <li>☞ Creative Musing</li> <li>☞ Foods That Have Shaped America</li> </ul>	<ul style="list-style-type: none"> <li>☞ Meteor Toss</li> <li>☞ Daily Chronicle</li> <li>☞ First Day of Summer</li> </ul>	<ul style="list-style-type: none"> <li>☞ Roasted Pork w/Gravy, Bowtie Pasta w/Vegetables, California Mixed Vegetables, Wheat Bread, Applesauce, Chocolate Pudding, Milk</li> </ul>	<ul style="list-style-type: none"> <li>☞ BINGO</li> <li>☞ Mondays at 1:45 pm</li> <li>☞ Fridays at 10:00 am</li> <li>☞ In-Person and Virtual Contact</li> <li>☞ Shelagh 802-442-8136 to sign up</li> </ul>	
16	<ul style="list-style-type: none"> <li>☞ Did you know that you can join BPI Activities Virtually?</li> <li>☞ Contact Shelagh at 802-442-8136 to find out how to join!</li> </ul>	<ul style="list-style-type: none"> <li>☞ OPEN ART STUDIO TUESDAYS &amp; FRIDAYS</li> <li>☞ BIBLE STUDY w/DAN THURSDAYS 10-11AM</li> </ul>	<ul style="list-style-type: none"> <li>☞ Daily: Coffee Social</li> <li>☞ Brain Exercise</li> <li>☞ Stretch for Health</li> <li>☞ Current Events</li> <li>☞ Music</li> <li>☞ Fun!</li> </ul>	<ul style="list-style-type: none"> <li>☞ Fred, Lisa &amp; Larry Variety Show</li> <li>☞ Thursday, June 20th from 1-2pm</li> </ul>	<ul style="list-style-type: none"> <li>☞ Shepherd's Pie, Green Beans, Wheat Bread, Fruit Cocktail, Milk</li> </ul>	<ul style="list-style-type: none"> <li>☞ Chef Salad w/Turkey &amp; Cheese, Wheat Bread, Pineapple, Milk</li> </ul>	<ul style="list-style-type: none"> <li>☞ Did you know that you can join BPI Activities Virtually?</li> <li>☞ Contact Shelagh at 802-442-8136 to find out how to join!</li> </ul>		
23									
30									

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

## June Activity Highlights



As we step into the vibrant month of June, we are met with a array of significant events and cultural celebrations. Join us at BPI for all the fun.

**BPI Community Meeting- June 4th:** Mark your calendars for June 4th as we come together once again for BPI's monthly Community Meeting. It's an opportunity to foster collaboration, share insights, and strengthen the bonds that make our community resilient and vibrant.

**Flag Day - June 14:** We will be honoring the symbol that unites us all - our flag. Whether by proudly waving it or displaying it with reverence, let's celebrate the spirit of our nation embodied in the stars and stripes.

**Father's Day - June 16:** As we celebrate Father's Day on June 16th, let's express our gratitude to the fathers, grandfathers, and father figures who have shaped us with their love, guidance, and wisdom.

**Juneteenth - June 19:** Juneteenth, also known as Freedom Day or Emancipation Day, commemorates the end of slavery in the United States.

**Fred, Larry and Lisa Variety Show- June 20th-**The dynamic trio is back for a performance at BPI. Join us in singing and dancing along with the music. This performance is from 1-2 p.m. You won't want to miss it!

June is indeed a month filled with significance and meaning, offering us opportunities to connect, and celebrate.

Please see the Activity calendar on page 2 for some highlighted activities. Join us for even more!



**Thank you To Bennington College Students Percussion Class and teacher, Michael Wimberly for the excellent performance at BPI!**

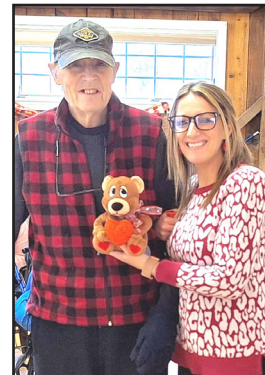
## June Birthdays



- Leah F. - 8th
- Ann T. - 21st
- Marian M. - 17th
- Barbara H. - 25th



**A Special Thank you to Mrs. Green and the Shaftsbury Elementary Student Choir for your wonderful musical performance at BPI! We all enjoyed it very much!**



**Treat your Dad to a visit at BPI!**

During the month of June, We are offering a complimentary visit to all Dads!

Please call Gina, BPI's Membership Coordinator at 802-442-8136 to set up a visit!

**Come see what we are all about!**

# Life after Caregiving

By BPI Social Worker, Melissa Stemp



Years ago during one of our Families Together meetings a group member referred to life after caregiving and asked the question "What is my purpose now?" This is a question that I am sure many of you have asked yourselves. What do you see as your purpose now that you are no longer needed to provide care for someone else? As the saying goes "the sky's the limit" your purpose in life can be whatever you want it to be...it will be whatever you make it.

Initially there will be a grieving period. Start slow. Take the time to identify, understand and address the feelings that you are experiencing. It's normal to feel lost and confused when your duties as a caregiver end. It's also normal to feel a sense of relief and you may feel this for many different reasons.

Once you feel like you can, switch your focus to figuring out what you want to do with your life. Take the opportunity to put yourself first. You can do this and to be honest, you need to. As time moves on you will find that putting yourself first feels wonderful, it's therapeutic. Take the time to rewrite your life and explore the freedom in front of you.

There's so much you can do. The opportunities at hand are endless. Here's a few to help you get the proverbial ball rolling: Rekindle those damaged or lost relationships, develop new ones. Do you have any hobbies that you miss? Maybe there is something new you want to try. Pursue those goals that you put on hold when you became a caregiver. If you miss being a caregiver and want to share what you have learned here's a few ideas on how to do this: become a volunteer at a nursing home (sit with them, hold their hand, read to them, give them the 1:1 that they need and deserve); pursue a career in healthcare where you can build upon and utilize your skills and knowledge as a caregiver; attend Families Together, where you can offer your support and guidance to other caregivers.

"In the midst of caregiving, our time is not our own. We are pulled in a hundred different directions and worn thin like an old blanket...There's little left of us but frayed edges and we are faded like an old pair of jeans..." (<http://www.iseniorsolutions.com/blog/care-giving/after-caregiving/>) Don't discount those 'old blankets and worn out jeans.' They may be worn thin or have frayed edges but they still offer a tremendous amount of comfort and have amazing stories to share.

There is Life after Caregiving and it can be Good!



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

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

The June meeting will be held on **Wednesday, June 19th at 1:00 p.m.** Please call (802) 442-8136 or send an e-mail to [melissa.stemp@bpiads.org](mailto:melissa.stemp@bpiads.org) for more information.

## **Did You Know?**

According to the 2018 US Surgeon General:

Loneliness is as dangerous as smoking 15 cigarettes a day. It increases a persons risk of developing dementia by 50%, heart disease by 29% or having a stroke by 32%.

A membership at BPI can help combat loneliness and helps maintain good health

### Operational Gifts

- Elizabeth Titus & Bruce Putnam

### Program Gifts

- Marilyn B.



### Memorial Gifts



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

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#### ☞ Edel Cassano

- Renee & Lynne Cassano



#### ☞ Ann Weeks

- Amy, Debi, Barbie & Velma at T.H.M.



Bennington Project Independence is a certified adult day health center for the Veterans Administration.

For more information about VA Adult Day health services available at BPI, or to schedule a visit, please contact Gina Anzivino at (802) 442-8136

### Follow us on:

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

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

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

**YouTube :** BPI or Bennigton Project Independence

## 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**



## Silo For Sale!

This is an opportunity for anyone looking to purchase a Silo that is in excellent condition, for a fraction of the price of a new one!

This Silo has held soft wood pellets at BPI that were used to heat our building.

We purchased it brand new from the manufacture Farmer Boy AG Systems in 2010. The new owner will be responsible for the take down and removal of the Silo.

Also available, soft wood pellets that are currently in the Silo. These wood pellets can be used for bedding or burning.

For more information, you may stop by BPI during business hours or contact, Linda at 802-442-8136 or email [info@bpiads.org](mailto:info@bpiads.org)

## Calling all Golfers

### Sign-up and save your spot for BPI's 11th Annual Golf Tournament

### Sunday, June 2, 2024



### Space is running out!

Please call BPI at 802-442-8136 or sign up on-line at [www.bpiads.org](http://www.bpiads.org)

Single players are welcome, we can put you on a team

### 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**

## May Scrapbook



BPI Members, Robert B., Doris C., Wanda C., and Barbara H., enjoy an afternoon game of Noodle Balloon Fun



BPI Members, Debra C., Janet R., Larry T., and BPI Staff, Kira B. are preparing "Cinnamon Churros" Chex Mix for BPI's Cinco de Mayo Celebration



Drinks anyone! BPI's wonderful kitchen staff with the help of BPI Member, Larry T. and BPI Staff, Shelagh M. prepared a refreshing treat for everyone to share!



BPI Members Andrea W., and Joan W., raise their glasses to the magic of Cinco De Mayo (BPI Style) and the joy of celebrating together!



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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U.S. Postage Paid

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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
- 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.)