



**Bennington  
Project  
Independence**  
Adult Day Service

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

## Give the Gift of BPI this Mother's Day....



Jackie H., and BPI Staff Melissa S. enjoy smiles and caring friendship



Doris C. and Kathie L. making a "diaper cake" for Staff Member, Chelsey who is expecting



Sharing a possible once in a lifetime experience, BPI Staff Amy, and BPI Members, Janet R., and Leslie R., observing the Solar Eclipse

### **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.

We aren't just a program,  
We are a Family!

### **Did you know BPI offers:**

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



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

Calendar of Activities/Menu	2
April Activity Highlights/ BPI's Pen Pal Project	3
Gifts and Donations/ Parkinson's Disease & Exercise	4-5
BPI Golf Tournament Sponsorship form	6
BPI "April Scrapbook"	7

☞ Lunches Served with 8oz 1% Milk



# May 2024

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Bingo</b> 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>	<p><b>OPEN ART STUDIO</b> TUESDAYS &amp; FRIDAYS</p> <p><b>BIBLE STUDY w/DAN</b> THURSDAYS 10-11AM</p>	<p>Nature Trivia May Day Monument School Pen Pals Visit</p> <p>Salisbury Steak &amp; Gravy, Mashed Potatoes, Buttered Carrots, Wheat Bread, Chocolate Parfait, Milk</p>	<p>Balloon Golf Bible Study On the Road Again: Rural Roots</p> <p>Caprese Chicken, Linguini w/Marinara, Brussel Sprouts, Wheat Bread, Pineapple, Milk</p>	<p>Cinco De Mayo Kentucky Derby</p> <p>Build Your Own Soft Taco w/Lettuce, Tomato, Cheese on Side, Dirty Rice, Black Beans w/Salsa, Corn Bread, Bananas &amp; Cream, Milk</p>
5	<p>Ice Breakers Life According to Mother Goose Take it Away with Tuba</p> <p>Chicken Monterey, Mashed Potatoes w/Chives, Honey Garlic Carrots, Wheat Bread, Fruit Cocktail, Milk</p>	<p>Walmart Trip Coins of America Community Meeting</p> <p>Shepherds Pie, Pasta w/Vegetables, Wheat Bread, Peaches, Milk</p>	<p>Target Shoot Manicures Famous TV Shows</p> <p>Soup w/Crackers, Grilled Turkey &amp; Cheddar on Wheat Bread, Sweet Potato Puffs, Tropical Fruit, Milk</p>	<p>Scrap Booking Paul Newman Racing Smiling Our Way to Health</p> <p>Lemon Pepper Fish w/Lemon &amp; Tartar, Brown Rice Pilaf, Italian Mixed Vegetables, Wheat Bread, Warm Cinnamon Apples, Milk</p>	<p>Spelling Challenge Drumming with Olivia Mothers Day Tea</p> <p>Macaroni &amp; Cheese, Stewed Tomatoes, Green Beans, Wheat Bread, Pears &amp; Peaches, Milk</p>
12	<p>Daily Chronicle Shaftsbury School Chorus Concert Tickle Your Funny Bone</p> <p>Grilled Cheese on Wheat Bread, Cauliflower w/Red Peppers, Tomato &amp; Cucumber Salad, Apple Pie, Milk</p>	<p>Riddle Me This Star of the Month: Henry Fonda Health is Wealth: Herb Power</p> <p>Beef Stroganoff over Egg Noodles, Broccoli, Buttermilk Biscuit, Pineapple &amp; Oranges, Milk</p>	<p>May in History The Monthly Gazette Market Wagon Trip</p> <p>Four Cheese Pizza, Side Salad, Garlic Bread, Peaches &amp; Cottage Cheese, Milk</p>	<p>Creative Musing Bulletin Board Trivia Virtual Tour: Taiwan</p> <p>BBQ Chicken on a Bun, Baked Beans, Mashed Sweet Potatoes, Pears &amp; Grapes, Milk</p>	<p>Armed Forces 7 or 11 Dice Game Reminiscent Corner: Moving Day</p> <p>Scalloped Potatoes w/Ham, Roasted Brussel Sprouts, Wheat Bread, Mixed Berries &amp; Cream, Milk</p>
19	<p>Corn Hole Crafters' Club Victoria Day: Slang Trivia</p> <p>Quiche Lorraine, Butternut Squash, Mixed Vegetables, Wheat Bread, Fruited Jello, Milk</p>	<p>Loaded Questions Guided Meditation That Was the Year: 1955</p> <p>Meatloaf w/Gravy, Garlic Herb Mashed Potatoes, Parsley Carrots, Wheat Bread, Strawberries &amp; Cream, Milk</p>	<p>Jewelry w/Rachel Bakers' Corner with Rhubarb Vanderbilt's Guide to Etiquette</p> <p>Open Faced Turkey Sandwich, Stuffing w/Cranberries, Cooked Spinach, Wheat Bread, Apple Crisp, Milk</p>	<p>Wii Bowling Scrabble Slam Spice &amp; Nice Trip</p> <p>Breaded Fish w/Tartar &amp; Lemon, Broccoli, Homemade Coleslaw, Wheat Bread, Fruit Cocktail, Milk</p>	<p>Travel Brief: Nevada, USA Honoring Memorial Day Lag B'Omer &amp; Shavuot</p> <p>Burgers w/The Works on the Side (Lettuce, Tomato, Cheese, Pickles), Potato Salad, Sweet Potato Fries, Tropical Fruit, Milk</p>
26	<p><b>BPI Closed for Memorial Day</b></p>	<p>Sayings Walking Club Concentration Puzzles</p> <p>Baked Ziti, Side Salad, Garlic Bread, Sliced Peaches, Milk</p>	<p>May Word Pictures Sip &amp; Paint Sing-A-Long</p> <p>Chef Salad w/Turkey &amp; Cheese, Wheat Bread, Oranges &amp; Bananas, Milk</p>	<p>Yoga w/Jane Patty K. Performs Tri-City Valley Cat's Baseball Game</p> <p>Chicken ala King over Egg Noodles, Butternut Squash, Wheat Bread, Mango &amp; Pears, Milk</p>	<p>Joyful Reflections Deer Park Picnic Current Events</p> <p>Beef Stew w/Homemade Biscuits, Sweet Potato Fries, Mandarin Oranges, Milk</p>

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



## May Activity Highlights

By Shelagh Muckle, BPI's Activities Coordinator



May is bringing everything to bloom not only outdoors, but we are blooming here at BPI as well. You may notice traffic and construction happening here at our building as we are getting ready to expand our

Orchard (basement) level. This will be bringing new and exciting things to our program once the project is complete later this year. Stay tuned for more updates as time goes on as the summer may look a little differently with celebrations.

Wednesday the 1st, Monument Elementary students will be visiting their BPI pen pals. We will be doing a spring craft and games during their visit. If this is not your planned schedule day to attend, we will be in touch to plan for this fun event.

Cinco De Mayo, the celebration of Mexican Heritage will be on Friday the 3rd. The day will be filled with themed games, crafts, food, and fun. We hope that you all attend!

Friday the 10th, please join us for our Mothers' Day Tea. Join us in celebrating all Moms!

Monday the 13th, we will be entertained by Shaftsbury Elementary Chorus Students for a musical presentation from 1-2. Please join us for this special event.

Monday May 27th, BPI will be closed for Memorial Day

For more May happenings please see the attached calendar or call Shelagh at 802.442.8136



BPI Members, Andy R., Carlos B., and Teresa W. create a "Quilt Block" for a local community mural.



## May Birthdays



- Angela G. - 8th
- Robert M. - 14th
- Tim Sl. - 14th
- Tammy D. - 17th
- Kathie L. - 17th
- Dave H. - 29th



### Families Together Monthly Caregiver Gatherings

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

The May meeting will be held on **Wednesday, May 15th 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.



BPI Members had the pleasure of hosting our wonderful 5th grade Pen Pals from Monument Elementary.

The bonds formed through letter exchanges became real-life connections as laughter filled the room and stories were shared. It's moments like these that truly highlight the power of friendship and inter-generational connections.

Here's to many more moments of joy, learning, and friendship ahead! Stay tuned for more Pen Pal updates to come!

## Parkinson's Disease and Exercise

Amy St.Onge, RN, Health Coordinator

When it comes to changing lifestyle patterns, getting more exercise seems to be one of the most difficult things to modify for any age group. It is often difficult to break old habits, and may seem especially daunting when a chronic disease is added to the equation. For people who have Parkinson's Disease (PD), adding exercise should be considered equally important as taking medications.

Parkinson's disease is a neurological disorder in which the brain cells responsible for the production of a neurotransmitter called dopamine are damaged or lost. This loss creates problems with (but is not limited to) balance, mobility, tremor, voluntary movements and cognition. Exercise (in particular vigorous exercise) is proven to be a protective benefit in the treatment of PD. Data is also proving to show it slows the progression of the disease. Types of vigorous exercise include running and biking. Another exercise showing promise to PD patients is punching bag boxing. Large and wide movements are also recently proven to be effective.

Realistically, PD patients (or any older adult) may not be conditioned well enough to start a vigorous exercise routine. Starting slow is key. The National Parkinson Foundation, as seen in their "Falls Prevention Workbook" lists 6 steps one can take to begin to increase the amount of exercise in their daily lives.

- Start the day with stretching in bed. Once out of bed, take walks around the house, through hallways or out to the mailbox. While the coffee is brewing, hold the countertop with your hands and do some marching, stretching and squats. Move the extremities in wide circular movements or try following along with Tai Chi videos on YouTube.
- Walk with a friend. You will find that you can motivate and support one another.
- Set realistic goals and take things easy at first. Finding time for 10 minutes of light exercise 3 times a day adds up to 30 minutes a day. Work up from there.
- Keep an exercise log. This will help you to keep motivated. You will be pleased when you see how much you are accomplishing week to week.
- Form a habit. Do activities that are enjoyable to you. Perhaps you can exercise during your favorite show or listen to your favorite music. Exercise will become habit and eventually become part of your daily lifestyle.
- Make the change fun. Join a club, a group, or team up with a close friend. The rewards of exercise include better sleep, reduced stress, more energy, improved self-esteem, weight loss, relaxation and disease prevention.

Having PD or not, the above tips are great for any person in need of starting an exercise program. BPI is a great way to increase activity and exercise in your routine too! Exciting and diverse opportunities are offered regularly and include: Stretch for Health, Balance Class, Mindful Movements, Yoga, Qi-gong, Walking and NuStep cross training. Please call BPI's Health Coordinator, Amy ST. Onge RN, to ask about our opportunities and inquire about how you can enroll at 802- 442-8136.

Source: National Parkinson Foundation



Doris C. using the Nustep  
Cross Trainer



Wilma P. strengthening her  
legs with the Cubii



Barb H. enjoying  
fitness with friends



### Memorial Gifts



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



#### Edel Cassano

- Renee & Lynne Cassano

#### Ann Weeks

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



## Calling all Golfers

before time runs out!

Sign-up and save your spot for **BPI's 11th Annual Golf Tournament**  
**Sunday, June 2, 2024**

Limited space available!

Please call 802-442-8136 to reserve your spot!



### BPI In-Kind Donations

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



### Follow us on:

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

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

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

**YouTube :** BPI or Bennington 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**





**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:**

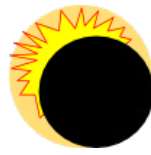
**PO Box 1504, Bennington, VT 05201**

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

# April Scrapbook



BPI Staff, Shelagh M. and BPI Member, Cheryl C. watching the Solar Eclipse



BPI Member, Erik S. points out the Solar Eclipse to the surrounding Staff and Members



Artist, Andy R.



Art Therapist, Kaye S. and Artist, Jeanne C.

BPI is thrilled to share the incredible Art work at our recent Art Gala, featuring the remarkable talents of the Members of our adult day program! From vibrant paintings to textile artworks, each piece showcased not only artistic skill but also the unique perspectives and creativity of our community.

Thank you to everyone who joined us in celebrating the beauty of creativity and the limitless potential within each and every one of us.



Bennington Museum Exhibition

**A Special Thank you to Kaye Shaddock and the BPI Artists** who exhibited their Artwork at the Bennington Museum in April.

- Carlos Berstene
- Van Church
- Jeanne Cole
- Tiffany Cole
- Cheryl Conklin
- Tammy Dillard
- Leah Frank
- Frank Harwood
- David Hempstead
- Brad Jelley
- Mike Leger
- Donald Lewis
- Lucy Malack
- Andy Rockwell
- Janet Rogers
- Anne Tobin
- Terry Volz
- Joan Walsh



Artist, Joan W.



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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(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.)