



Bennington Project Independence

Adult Day Service

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

Why BPI?



Tom and Linda H. like to come to BPI to get out of the house and meet new people.



Cathie L. loves to come to BPI, so she doesn't get lonely. She likes the activities, and thinks the "staff are wonderful!"



Wilma P. thinks BPI is a wonderful place. She loves the people and making new friends, she enjoys doing crafts, bingo, exercises and lots of other activities.

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.

This Summer, we would like to invite everyone to visit BPI and see what services might benefit you and/or your loved one

BPI Offers:

- ☛ **Engaging and meaningful fun 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, much more!**

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☞ Lunches Served with 8oz 1% Milk



August 2024

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



	Monday	Tuesday	Wednesday	Thursday	Friday
	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	Daily: ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun!	☞ August Trivia ☞ The Daily Chronicle ☞ Virtual Tour: Beautiful Gardens Meatloaf w/Gravy, Buttered Parmesan Spaghetti, Roasted Vegetables, Wheat Roll, Peaches, Milk	BPI Member Picnic ☞ Guided Meditation ☞ Polynesian Wayfinding: Navigating the Sea Hamburger or Hot Dog, Macaroni Salad, Baked Beans, Watermelon, Chips, Milk
4	☞ Moon Phases ☞ Group Rummy ☞ BPI Humor: "Beechy" Keen Jokes Macaroni & Cheese, Stewed Tomatoes, Broccoli, Wheat Bread, Chocolate Cookie, Milk	☞ Fish Hatchery Trip ☞ Horse Shoes ☞ BPI Community Meeting Stuffed Cabbage Casserole, Honey Glazed Carrots, Wheat Bread, Peaches, Milk	☞ Baseball Greats ☞ Left Right Left Game ☞ Star of the Month: Bette Midler Creamy Tuscan Chicken, Buttered Penne Noodles w/Veggies, Green Beans, Wheat Bread, Raspberries & Cream, Milk	☞ Famous Detectives ☞ Crafters' Corner ☞ Summer Time Favorites Sing-A-Long Lemon Caper Fish, Rice Pilaf, Brussel Sprouts w/Bacon, Wheat Roll, Tropical Fruit Salad Milk	☞ Golf Trivia & Facts ☞ Golf Putting Contest ☞ Where Am I? Chef Salad w/Dressing on the Side, Wheat Bread, Warm Cinnamon Apples, Milk
11	☞ Short Stories ☞ Elvis & His Generosity ☞ Dog Days of Summer: Ice Cream in a Bag Marinated Pork w/Gravy, Pasta w/Mixed Vegetables, Cooked Spinach, Wheat Bread, Fruit Cocktail, Milk	☞ Science Fun ☞ Dollar Store Trip ☞ Service Dogs Visit: Ollie & Millie French Onion Soup, Cold Turkey Sandwich w/Lettuce, Tomato, Cranberry Mayo, Green Bean Salad w/Feta, Mandarin Oranges, Milk	☞ The Monthly Gazette ☞ Can You Picture This? ☞ Jewelry w/Rachel Sloppy Farmer, Joes on a Bun, Sweet Potato Fries, Carrot Coins, Fruit Cup, Milk	☞ Corner Pocket Pool ☞ Junk Drawer ☞ Conversations ☞ Fred, Lisa & Larry Variety Show Chicken & Broccoli Alfredo, Butternut Squash, Wheat Roll, Warm Cinnamon Peaches, Milk	☞ Norman Rockwell ☞ Bennington Battle Day ☞ 1927 Music Machine Band Plays @ 1-2pm Hearty Beef & Vegetable Stew, Homemade Biscuits, Italian Mixed Vegetables, Cupcake, Milk
18	☞ Creative Musing ☞ Wii Bowling ☞ Who Sang It?: Gene Kelly or Louis Armstrong Goulash, Garlic Green Beans, Garlic Knots, Peaches, Milk	☞ Blueberry Picking ☞ Baking with Blueberries ☞ Health is Wealth Vegetable Soup w/Crackers, Tuna Boats w/Shredded Lettuce Mediterranean Chic-Pea Salad, Fruit Cup, Milk	 Hawaiian Luau Marinated Chicken Kabobs w/Onion & Pepper, Sweet Potatoes, Hawaiian Sweet Rolls, Pineapple Rings, Milk	☞ Bible Study ☞ Movie Theatre Trip ☞ World of Wonder: Pickles Salisbury Steak w/Gravy, Side Salad w/Dressing, Peas & Carrots, Wheat Bread, Apple Crisp, Milk	☞ Jeopardy Trivia ☞ Food for Thought ☞ Looking Hollywood Way Chicken Patty on a Bun w/Lettuce, Tomato, Mayo, Tator Tots w/Ketchup, Peas & Grapes, Milk
25	☞ Wheel of Fashion ☞ A Culinary Icon: SPAM ☞ Mindful Movements w/Rachel Breaded Fish on a Bun, Lemon & Tartar on the Side, Roasted Sweet Potatoes, Fruit Cup, Milk	☞ Manicures ☞ Historical Greats ☞ Motoring Memories: "Woody's Book" Orange Chicken over Lo-Mein Noodles, Roasted Italian Veggie Mix, Wheat Bread, Pineapple & Coconut, Milk	☞ Current Events ☞ Walmart Shopping Trip ☞ Giant Crossword Puzzle Sausage Pizza, Side Salad w/Hard-Boiled Egg, Garlic Knots, Peaches, Milk	☞ Yoga w/Jane ☞ Patty K. Performs ☞ Do You Know: State Abbreviations Burgers on a Bun w/Lettuce, Tomato, Onion, Baked Steak Fries, Homemade Coleslaw, Fruited Jello, Milk	☞ Kickball ☞ Celebrating Labor Day ☞ Reminiscent Corner: Birthday Parties Open-Faced Turkey Sandwich w/Gravy, Stuffing w/Cranberries, Butternut Squash, Mango & Banana, Milk

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

August Activity Highlights



Summer is still in full swing! Let's keep the summer vibes going strong by kicking off August with:

Friday, the 2nd: Join us for an exclusive outdoor picnic (weather permitting) for members only. Due to limited space caused by ongoing construction, we're unable to accommodate families at this time. If you'd like to attend or need to adjust your scheduled day, please let us know. Expect delicious food, fun games, and much more!

Tuesday, the 6th: Don't miss our BPI Community Meeting at 1:00. This interactive session gives members the opportunity to engage with staff and fellow members to discuss our program across all departments. We encourage everyone to share their ideas, thoughts, concerns, and upcoming events. Remember, this meeting takes place every first Tuesday of the month in our Barn at 1:00.

Thursday, August 8th, at 1:00: Experience our new drip paint art, available by sign-up only. Let the staff know your interest in participating and they will add you to the list. If it's not your scheduled day but you'd like to join, feel free to let us know.

Wednesday, the 21st: Mark your calendar for our Hawaiian Luau! Immerse yourself in a day filled with Hawaiian-themed activities, food, and a virtual journey to the island's most scenic spots. Get your grass skirts ready!

Be sure to review the August calendar for more exciting activities and much, much more! Get ready for an unforgettable Summer at BPI!



Celebrating Independence is one of our favorite things to do at BPI!

BPI staff, Gina A. and Megan C. along with BPI members, Dave and Joyce R. kick off BPI's Independence Day Celebration

August Birthdays

- Janet R. - 1st
- John K. - 8th
- Shirley K. - 10th
- Ruth O. - 12th
- David R. - 17th



August Anniversaries



- Dave and Bonnie Hempstead- 3rd
 - Bob and Lora Block- 16th
- Emma and Larry Roberson- 31st



BPI Members, Stein (Erik) S. and Dr. Robert B. enjoy the wonderful "Drumming with Olivia" experience



Families Together Monthly Caregiver Gatherings

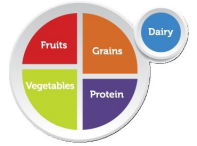
BPI offers a monthly gathering providing caregiver support, laughter and camaraderie.

The August meeting will be held on **Wednesday, August 21st at 1:00 p.m.**

Please call (802) 442-8136 or e-mail melissa.stemp@bpiads.org for more information.

Healthy Meals on the Hill

By Amy St. Onge, RN, Health Coordinator



When we moved to Harwood Hill in 2008, we began preparing and serving home-cooked meals and snacks, creating a true dining experience. Our goal is to provide an appetizing and nutritious meal tailored to meet a variety of health needs. We will have dining on both building levels when we finish our building expansion.

The nutritional aspects of the meals and snacks that are served meet the standards of the Child and Adult Care Food Program (CACFP) and our governing agency, the Department of Aging and Independent Living. Our menus are also reviewed by our Registered Dietician Consultant.

Upon enrollment and then annually, each member or representative is asked to sign a CACFP eligibility form. Maintaining our members in the food program is a win-win. The member is guaranteed a meal that meets USDA nutrition guidelines, and BPI receives a small reimbursement from the State to help with food expenses. We are currently undergoing open enrollment.

When menu planning, we look ahead at our upcoming activities, theme days and holidays to create meals and snacks which coordinate with what is going on. We also like to incorporate member suggestions received during our monthly "Community Meeting." This is a time when members can voice what is important to them – and food is always an important topic at our meetings!

We anticipate that the noon meal served at BPI will most likely be the main meal of the day for many of our members, so it is important for us to make sure it is nutritionally sound and tastes good. Each meal is served with 8 ounces of 1% milk in addition to water and a choice of decaffeinated tea or coffee. Two to four ounces of meat or a meat alternative entrée is paired with fruit and vegetables to equal at least one cup and two-grain servings. A daily snack served at 2:30 is lighter and consists of either milk or juice and a serving of either grain, protein, or produce. Meals are consistently made to be low in fat and sodium and packed with whole grains, protein, vitamins, and fiber.

Dietary accommodations for medical or physical needs are made, but not for individual preferences or dislikes. We encourage our members to review the menu daily before coming in. If desired, one may bring in a bag lunch or request our standard sandwich as an alternative to the entrée. Our menu is posted in the monthly newsletter and in our dining room.

The staff at BPI work hard to provide our members with a nutritious, enjoyable, and social dining experience. We want to thank our nutritional team for preparing, serving, and keeping our dining areas clean and sanitized. We look forward to the return of our Nutritional Coordinator, Chelsey Bodenstab, who has been on parental leave since the birth of her son in May. She will return early this month. If there are questions regarding nutrition services, please feel free to reach out to her or me at (802) 442-8136.

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.***

*In Loving Memory of
my wonderful parents
Richard and Isabell Sleeman*



Juliet & Tim Sleeman

Operational Gifts

- Ruby Coyne
- Hamlin House LLC
- Ann Thomayer



*You can make a donation to BPI
online Please scan the QR Code below
or visit www.bpiads.org*



Memorial Gifts

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

.....
☞ **Robert Alexander**

- Gloria Alexander

☞ **Richard Corsetti**

- Patricia Corsetti

☞ **Thomas Gauthier**

- Patricia Main

☞ **Michael Zack**

- Sherry Monte

In-Kind Gifts

- Carlos B. - Scrabble Game
- Doris C. - Women's Shoes
- Ruby C. - Women's Shoes, Shoe Inserts and Medication Box
- Lucy F. - Italian Cookbooks, Nail Polish, Manicure Set
- Sandy L. - Large Playing Cards, Bracelets, Costume Jewelry
- Barbara P. - Women's Shoes
- Valerie R. - Women's Shoes

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**

Giftng to BPI

With the renovations to the Orchard Level, we do not have alot of space to store the items that people would like to donate to BPI.

However, we have a **Amazon Wish List** that we update with items that we will be using at BPI for special events or activities right now.

You will find the information below to log onto our Amazon wish list, or you can gift an Amazon gift card and we can go purchase the item on Amazon. Thank you in advance for your wonderful donation!

BPI's 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!

BPI Wish List

- "New" DVD Player
- "New" Xbox wireless controller
- Deck of cards
- Pool noodles for activities
- Bingo Prizes for Men
- Drawing paper
- Watercolor paper
- Home Depot Gift Cards
- Grocery Store Gift Cards
- Donations to the Orchard Level Project



BPI Members, Sharon R. and Joan W. enjoy sharing their artistic talents with us

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



BPI Staff, Tiffany H. hosts a ladies "Red Hat Society Tea" at BPI. This fun activity has become so popular among our members that we had to move it to our diningroom.

If you have never been to a "Red Hat Society Tea" at BPI you don't know what your missing!

Join us for our next one.

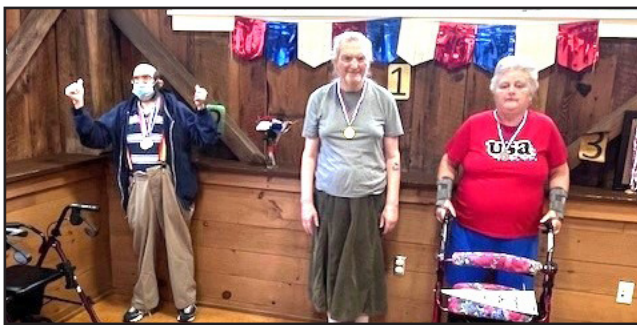
BPI 2024 Summer Olympic Scrapbook



BPI Staff, Dan L. and BPI Member, Carlos lead the parade with our American flags while everyone sang the National Anthem



All the Medalists of 2024 BPI Summer Olympics (left to right) Tim Sl., Wanda C., Larry T., Jackie U., and Janet R., and BPI Staff, Dan L.



BPI Medalists for Basketball: Gold, Jeanne C., Silver, Tim Sl. and Bronze, Wanda C.



BPI Medalists for Soccer: Gold, Jackie U., Silver, Janet R. and Bronze, Wanda C.



BPI Medalists for Table Tennis: Gold, Larry T., Silver, Tim Sl. and Bronze, Joyce R.



BPI Members, Ruby C. and BPI Staff, Megan C., Holding the Olympic flag in support of Tim Sl. passing the torch

A Special Thank you to all who participated in BPI's Summer Olympics, and the to staff who brought it all 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

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.)