



**Bennington
Project
Independence**
Adult Day Service

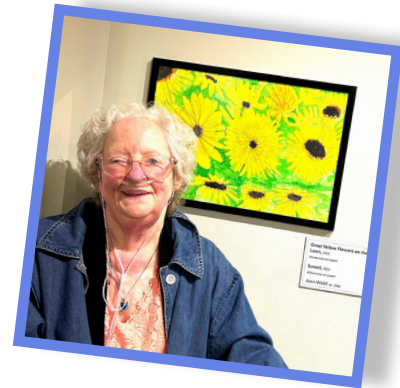
September 2024

*Celebrating
46 years
of service in our
community*

September is Adult Day Services Month ~ Lets Celebrate!



Celebrations



Friendship



Fun

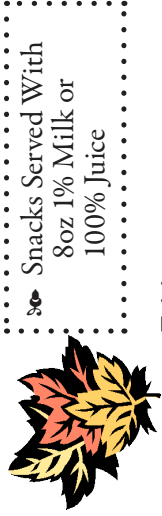


Joy









September 2024



☞ Lunches Served with 8oz 1% Milk

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

	Monday	Tuesday	Wednesday	Thursday	Friday	
1	<p>BPI Closed</p> 	<p>☞ EZ Does It</p> <p>☞ Food for Thought</p> <p>☞ BPI Community Meeting</p> <p>Marinated Pork Chops, Mashed Potatoes w/Gravy, Harvard Beets, Wheat Bread, Apple Crisp, Milk</p>	<p>☞ BPI Humor: Mind Your Manners</p> <p>☞ Apple Barn Trip</p> <p>☞ Kirtan Kriya with Meghann</p> <p>Chicken Ala King, Broccoli Florets, Wheat Roll, Fruit Cocktail, Milk</p>	<p>☞ Songs of School Days</p> <p>☞ Back to School Trivia</p> <p>☞ Lifelong Learning: The One Room Schoolhouse</p> <p>Cheese Pizza, Side Salad w/Hard Boiled Egg, Homemade Garlic Sticks, Peaches, Milk</p>	<p>☞ Drumming w/Olivia</p> <p>☞ Celebrating Grandparents</p> <p>☞ Picture It: Photographic Memory</p> <p>Tater Tot Casserole, Garlic Green Beans, Wheat Bread, Oranges & Pineapple, Milk</p>	7
8	<p>☞ Pumpkin Golf</p> <p>☞ Group Sudoku</p> <p>☞ Celebrating a Mystery Thing: What Am I?</p> <p>Quiche Lorraine, Peas & Carrots, Mashed Sweet Potatoes, Wheat Roll, Peaches & Cream, Milk</p>	<p>☞ Monthly Gazette</p> <p>☞ Market Wagon Trip</p> <p>☞ American Legion & their Mission</p> <p>Macaroni & Cheese, Stewed Tomatoes & Zucchini, Wheat Bread, Mandarin Oranges, Milk</p>	<p>☞ A Day of Remembrance: 9/11</p> <p>☞ Star of the Month: Michael Douglas</p> <p>☞ Health is Wealth</p> <p>Roasted Turkey w/Gravy, Cranberry Stuffing, Butternut Squash, Wheat Rolls, Cinnamon Apples, Milk</p>	<p>☞ Bible Study</p> <p>☞ Daily Chronicle</p> <p>☞ Piano Sing-A-Long: Wacky Wordies</p> <p>Beef Stew w/Homemade Biscuits, Mixed Beans, Tropical Fruit, Milk</p>	<p>Apple Fest!</p> <p>Apple Cider Making @ 1pm</p> 	14
15	<p>☞ Wii Bowling</p> <p>☞ Guided Meditation</p> <p>☞ Celebrating National Adult Day Service Week</p> <p>Lasagna, Side Salad, Wheat Rolls, Fruit Cocktail, Milk</p>	<p>☞ Current Events</p> <p>☞ Virtual Tour: Under the Sea</p> <p>☞ It's As Easy As 1,2,3 Category Game</p> <p>Rosemary Chicken w/Gravy, Mashed Potatoes, Mixed Vegetables, Wheat Bread, Warm Cinnamon Apples, Milk</p>	<p>☞ Jeopardy Trivia</p> <p>☞ Crafters' Corner</p> <p>☞ Red Hat Society</p> <p>Sweet & Sour Chicken Over White Rice, Broccoli Stir-Fry, Wheat Bread, Mandarin Oranges, Milk</p>	<p>☞ Fred, Lisa & Larry Variety Show</p> <p>☞ Wii Bowling</p> <p>☞ Benmont Vegetable Stand Trip</p> <p>Turkey & White Rice Soup, Egg Salad w/Lettuce on a Bun, Cold Broccoli Salad, Pineapple, Milk</p>	<p>☞ Manicures</p> <p>☞ Honey Comb Challenge</p> <p>☞ Religious Sing-A-Long</p> <p>Breaded Cod w/Lemon & Tartar Sauce, Rice Pilaf w/Peas & Carrots, Cooked Spinach, Wheat Roll, Peaches, Milk</p>	21
22	<p>☞ Travel Brief: Mexico City</p> <p>☞ Spelling Bee</p> <p>☞ Mindful Movements w/Rachel</p> <p>Grilled Cheese & Tomato on Wheat Bread, Tomato Soup w/Crackers, Roasted Zucchini, Peas & Grapes, Milk</p>	<p>☞ Google It Game</p> <p>☞ Ollie & Millie Visit</p> <p>☞ Bakers' Corner</p> <p>Meatloaf w/Gravy, Mashed Potatoes w/Chives, Garlic Carrots, Wheat Bread, Fruited Jello, Milk</p>	<p>☞ Short Stories: Class of '74</p> <p>☞ Jewelry w/Rachel</p> <p>☞ Can You Name Book Ends?</p> <p>Pulled Pork on a Bun, Homemade Coleslaw, Baked Beans, Fresh Fruit Mix, Milk</p>	<p>☞ Yoga w/Jane</p> <p>☞ Patty K. Performs</p> <p>☞ Sunrise Breakfast</p> <p>Chicken Pot Pie, Roasted Brussel Sprouts, Wheat Bread, Peaches, Milk</p>	<p>☞ Walmart Trip</p> <p>☞ Weather Folklore</p> <p>☞ One Hit Wonders from the 50's & 60's</p> <p>Honey Glazed Ham, Mashed Sweet Potatoes, Green Beans, Wheat Roll, Oranges & Cherries, Milk</p>	28
29	<p>☞ Kick the Can</p> <p>☞ Hat Chat Fashions</p> <p>☞ More Than Just a Pretty Bloom: Marigolds</p> <p>Beef & Bean Chili w/Corn bread, Tator Tots & Wheat Bread, Tropical Fruit, Milk</p>	<p>OPEN ART STUDIO</p> <p>TUESDAYS & FRIDAYS</p>  <p>BIBLE STUDY w/DAN</p> <p>THURSDAYS 10-11AM</p>	<p>Sunrise Breakfast</p> <p>Thursday, September 26th</p> <p>7:45am-9:00am</p> <p>Not your usual day or time? Ask Shelagh about attending!</p>	<p>Daily:</p> <p>☞ Coffee Social</p> <p>☞ Brain Exercise</p> <p>☞ Stretch for Health</p> <p>☞ Current Events</p> <p>☞ Music</p> <p>☞ Fun!</p>	<p>Bingo</p> <p>Mondays at 1:45 pm</p> <p>Fridays at 10:00 am</p> <p>In-Person and Virtual Contact</p> <p>Shelagh 802-442-8136 to sign up</p> 	

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

The Benefits of Membership

by Gina Anzivino, Membership Coordinator



Contemplating joining Bennington Project Independence but not sure if it's the right fit for you or your loved one? You should come for a tour! A tour allows interested individuals and/or families to observe activities in action, meet some of our fabulous staff, check out what's cooking for lunch in the kitchen, and see the physical layout of our home. All without the commitment of a Membership. Like what you see? Well, then sign up for a complimentary visit to try us on for size. As the Membership Coordinator I can arrange that, hopefully as hassle free as possible.

Sometimes getting through the door is the hardest part, and someone is too nervous or uncertain to come for a tour. In those cases, I'm happy to offer a home visit. A home visit provides a nice opportunity for an individual to learn about our program in the comfort of their own home. It also allows us to get to know one another a bit, which will hopefully put them at ease and more open to visiting BPI.

BPI offers many services, and we tailor what we do to meet each person's individual needs. Benefits of being part of the BPI family include:

- **Nursing:** BPI's two full time nurses, Amy and Julie, provide medical oversight, prevention, intervention, and education to our Members and families. They administer medication, perform treatments and wound care, coordinate appointments and provide liaison with your health team. Essentially, they do it all!
- **Socialization:** So many people are isolated and lonely, which can lead to depression. Being at BPI in a fun, happy environment is a great way to lift your spirits!
- **Social Work:** Melissa is always helping both Members and families. She's here to provide support and guidance, decipher that pieces of mail you got, help apply for food stamps or fuel assistance, or just lend a caring ear.
- **Activities:** Our Activities Coordinator Shelagh and Activities Assistants are responsible for creating and implementing fun, interesting, and engaging groups. We offer brain games to keep minds stimulated, physical groups to keep bodies strong, music, art, bingo, plus lots more! Put in your request and we'll see if we can make it happen!
- **Nutrition:** No one goes hungry at BPI! Our Nutrition Coordinator Chelsey and the kitchen team keep busy

in our commercial kitchen cooking up a delicious lunch and tasty snack every day.

- **Transportation:** Buckle up! BPI offers door through door transportation with our lift equipped vans to local Members. If you happen to live outside our service area, we are happy to arrange a ride with the public transportation agency.
- **Personal Care:** Need a little extra help? BPI staff are available for personalized dignified assistance with personal care needs. We can even help with a shower, and once our renovation is done, a bath!

Bennington Project Independence is a wonderful asset to our community. Call us today at 802-442-8136 with questions, or to arrange a tour or complimentary visit. We're here to help share the care!



BPI Executive Director, Linda Wichlac and BPI Membership Coordinator, Gina Anzivino, have 71 years combined of Adult Day Service experience.

They have been true advocates for our Aging population, from Pleasant Street to Harwood Hill. They have supported BPI's mission and have shown exemplary service to our community.

Complimentary Visit

You are invited to join us at Bennington Project Independence, Adult Day Service for a full or half day at *no charge*.

Contact Gina Anzivino at (802) 442-8136 to arrange your visit!



BPI's Activity Staff: Kira Bisson, Megan Cummings, Tiffany Holland, Dan Lampron, Megan LoBrutto, Shelagh Muckle, Tori Therriault

BPI's Amazing Activities



National Adult Day Services Week is celebrated annually during the third week of September. This is a week where we celebrate our wonderful program, amazing staff and of course, you, our members. If you're wondering what we are all about here is just a little bit of who we are here at BPI.

At BPI we provide meaningful, adult activities to help members become stronger in mind and body. This includes programs that offer mental stimulation, physical activity, social engagement and life enrichment. Every day we share laughs, memories and even trying times. We keep up with current events and learn new things through discussion groups and educational programs. We offer creative outlets to get your mind and spirit flowing. Community trips are planned ahead and by request, so, where do you want to go?

We always welcome ideas. Our activity staff are excited to spend time with you and make your day the best it can be! Each month we provide a calendar of highlighted activities that we offer here at BPI. What we provide in the calendar is just a small sample of the day's events. You may think that is all that we do for that day, but in reality we offer up to 20-25 activities daily. The activities range from exercise/wellness, trivia, physical games, trips, reminiscing, crafts, arts, current events, baking, bible study, intergenerational activities, and group meditation and socialization groups. The activity groups range from large to small as well as offering one to one interactions. If you feel as though you do not want to join in a group we have puzzles, books, adult coloring books, Sudoku and other activities available. We have numerous activities available at once so that you may choose what best suits you and what you may enjoy! This is also a place to make new friends or see some that you haven't seen in some time. We are always welcome to ideas or suggestions. **Come have fun with us BPI style!**



BPI's Transportation Team: Tiffany Holland (not pictured), Joe Greenhalgh, Steve O'Rourke and Mike Miner (not pictured)

BPI's Personalized Transportation

We, at BPI, are very proud to be able to provide specialized door-through-door transportation with our own lift-equipped vehicles in the Bennington, North Bennington, Pownal and Shaftsbury areas. Families and members who live in outlying areas may use the public transportation service of Green Mountain Community Network (GMC). We would be happy to assist with the making of these arrangements.

We are committed to ensuring the safety, comfort and care of the members that we transport. Our primary drivers are Joe Greenhalgh, Steve O'Rourke, and Mike Miner. Activity staff also assist with transportation. Transportation Coordinator, Tiffany Holland does her best to meet the special needs of caregivers and members.

All of our drivers have complete background checks and are bonded for our member's safety and security.

We, at BPI, are extremely proud of our personalized, safe, and timely transportation.



BPI's Art Therapist, Kaye Shaddock continues to provide members with positive ways to express themselves through Art.

There is no better feeling than accomplishing something you didn't think you could do!

BPI Nursing at a Glance

by Amy St. Onge, RN/Health Coordinator



Bennington Project Independence has been assisting individuals and families since 1979. At the time of my employment in 2003, BPI resided in a small section of the Senior Service Building located on Pleasant Street. I had the privilege to move to our State of the Art facility when it was completed on Harwood Hill in 2009. I am now seeing the 2024 expansion project underway which will allow for more space and opportunities to serve our Members. Many long-standing Members who made the move with us in 2009 continue to benefit from our services to the present day. The longevity of staff employment and long-lasting Memberships say a lot about the strength and integrity of our agency.

The healthcare services which I oversee have steadily grown since the agency’s inception. Currently we are staffed with one Registered Nurse, one LPN and several LNAs. We also have a physician consultant (Allison Niemi, MD) and a dietician consultant (Pat Harrison, RD). Our nurses provide skilled services to meet the needs of many acute and chronic health conditions and oversee personal care and therapy assistance. Upon enrollment, each Member is assessed and a care plan

is created to meet their individual needs. Healthcare goals are holistic and intended to assist Members to prevent disease, falls, hospitalizations, and improve outcomes. These measures help to enable our members to safely remain living in their own homes. Establishing a routine attendance at BPI helps an individual in terms of health, memory, mood, and mobility. People begin “living their lives again” and feel a sense of purpose and empowerment. This positively improves health and reduces hospitalization and medical regression.

The nursing staff at BPI are here to “share the care” and work hard in helping each member stay healthy and live an active and fulfilled lifestyle. For more information about the specific health services available at BPI, please visit our website or call to inquire at 802-442-8136.



Julie Gauthier LPN, (left) and Amy St. Onge RN (right)

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Adult Day Enriches Lives

by Melissa Stemp, Social Worker



Adult Day Services enriches not only the lives of our members but their caregivers as well. The benefits are truly invaluable! Some of the greatest benefits of our program stem from simply attending (who knew life could be so easy?!)

Knowing that you have ready access to a number of experienced professionals, who are willing to help and support you in any way, is a tremendous stress relief. The increase in positive mental and emotional health, coupled with one’s needs being met in a timely manner truly make for a better quality of life!

As the Social Worker here at BPI, I provide a tremendous amount of 1:1 support, guidance and education. In doing so, the reassurance of knowing one is being helped and their needs are being met significantly reduces the anxiety and stress of our members and their caregivers. I will work side by side with you and the rest of your team in an effort to assure all of your needs are properly addressed. This may include making referrals (for things such as but not exclusive to housing, home health, case management services, medical specialists, and counseling); attending meetings, completing necessary paperwork and much more.

Join us for BPI’s monthly Families Together Meeting
held on the 3rd Wednesday of each month.
Our next meeting will be held on **September 21st at 1:00 p.m.**
Please call ahead to reserve your spot!
Call Melissa for more information (802) 442-8136.
Free and Open to the Public.



BPI's Nutrition Team: Chelsey Bodenstab, Nutrition Coordinator; Ken Gates, Cook; Haley Gauthier, Nutrition Assistant; Ben Miottko, Cook



BPI's Facilities Team:
Joe Greenhalgh and Tiffany Briggs

Home Cooked Nutrition

Here at BPI the goal of the Nutrition program is to provide tasty and nutritious meals to BPI members and staff. It is our pleasure to provide meals that may be familiar to them, and also new meals to try. BPI offers home cooked meals and a snack every day to assure that nobody has to leave here hungry.

We participate in the Child and Adult Care Food Program (CACFP). They are a federal program that helps us stay up to date on all of the state guidelines for nutrition and meal service. BPI is also a congregate meal site for the Southwestern Vermont Council on Aging (SVCOA). At BPI all guidelines from the CACFP and the SVCOA are strictly followed.

Food safety is also very important to us here at BPI, so we are sure to keep our kitchen as clean as we can and our staff caught up on all of the latest ServSafe training. This ensures that we are bringing you safe and healthy meals to enjoy. So, come on in and have lunch with us here at BPI. You'll be glad you came.

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

BPI Facilities

The Facilities Team works together to ensure our Members here at BPI have a safe and clean environment to enjoy their daily activities. Bennington Project Independence is a home away from home for many and we aim to make it feel just as welcoming.

Joe Greenhalgh, our Facilities Coordinator, has made the wellbeing of the building a primary concern. He strives to keep the building in top notch working order. All of our Members know him, as one of our primary Van Drivers for BPI transportation.

Tiffany Briggs, our Facilities Assistant, ensures the cleanliness of the building and helps out wherever needed. With flu season just around the corner, you can be sure your loved ones are coming to a clean facility. Deep cleaning and getting down and dirty is her specialty.

The Facilities Team works jointly to make sure we have a safe and clean environment for each and every one of our Members and Staff here at Bennington Project Independence.

BPI's Consultants:

Dr. Allison Niemi, Physician Consultant

Patricia Harrison, Registered Dietician

Kaye Shaddock, Art Therapist

Jane Schaeffer, Yoga Instructor

Crystal Gardner, Accounting Consultant

Jean Wheat, Industrial Hygienist



Linda Wichlac, BPI's Executive Director and Maureen Kelly, our Program and Fiscal Operations Coordinator



BPI's Amazing Administrative Team

From the people who greet you when you arrive at BPI, to those diligently working in the office, we have a team of professionals who strive to ensure that BPI continues to have the highest quality of administrative support and financial oversight to keep our program running smoothly.

Our Administrative Team includes: Linda Wichlac, BPI's Executive Director; Maureen Kelly, Program and Fiscal Operations Coordinator; Robin Dane, Administrative Coordinator; Laurel Deysenroth, Foyer Greeter and Administrative Assistant; Foyer Greeter Kathe Schnopp; and Foyer Greeter Tina Christmas.

BPI Board of Directors



- Carole Harrington, Interim President
- Elizabeth Hardesty, Secretary
- Linda Bush
- Kathleen Cichanowski (not pictured)
- Rep. Mary Morrissey
- Elisabeth Nehme (not pictured)
- Linda Putney
- Erica Rogers (not pictured)
- Stephanie Savage
- Graciela Seeger (not pictured)
- Rebecca Souza DNP, ANP, ACHPN
- Margaret Wilson
- Betsy Bluto Woods

24 BPI Staff

- Linda Wichlac**
36 Years of Service
Executive Director, Expressive Arts Therapist, Certified Dementia Practitioner, Activity Consultant Certified
- Gina Anzivino**
35 Years of Service
Membership Coordinator
- Tiffany Holland**
22 Years of Service
Transportation Coord./LNA/Activities Assistant
- Amy St. Onge**
21 Years of Service
Registered Nurse/Health Coordinator
- Maureen Kelly**
18 Years of Service
Program & Fiscal Operations Coordinator
- Daniel Lampron**
17 Years of Service
Activities Assistant
- Shelagh Muckle**
13 Years of Service
ADC/Activities Coordinator/LNA
- Robin Dane**
12 Years of Service
Administrative Coordinator
- Melissa Stemp**
10 Years of Service
Social Worker
- Chelsey Bodenstab**
8 Years of Service
Nutrition Coordinator
- Megan Cummings**
8 Years of Service
Activities Assistant/LNA
- Tori Therriault**
8 Years of Service
Activities Assistant/LNA
- Kathe Schnopp**
5 Years of Service
Foyer Greeter
- Joe Greenhalgh**
3 Years of Service
Facilities Coordinator/Van Driver
- Laurel Deysenroth**
3 Years of Service
Administrative Assistant/Foyer Greeter
- Ken Gates**
2 Years of Service
Nutrition Assistant
- Julie Gauthier**
1 Year of Service
LPN/Health Assistant
- Kira Bisson**
1 Year of Service
Activities Assistant
- Megan LoBrutto**
8 Months of Service
Activities Assistant
- Haley Gauthier**
7 Months of Service
Nutrition Assistant
- Benjamin Miottko**
6 Months of Service
Cook
- Mike Miner**
6 Months of Service
Van Driver
- Steven O'Rourke**
6 Months of Service
Van Driver
- Tiffany Briggs**
5 Months of Service
Housekeeper

= 224 Years of Professional, Compassionate Care



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

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 form enclosed 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.)