



**Bennington
Project
Independence**
Adult Day Service

October 2024

*Celebrating
46 years of service
in our community*

Enjoy some Fall Fun at BPI!



BPI Members, Brad J. and Don L. showing off the pumpkin donated by Don! This is the 3rd year Don has donated a home grown pumpkin to BPI! This one weighs in at a whopping 111.4 lbs! **Thanks Don!**

**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.

This Fall, 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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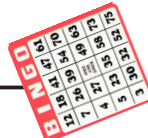
October 2024



☞ Lunches Served with 8oz 1% Milk

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Bingo 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>☞ 10 Clues Game ☞ EZ Does It: ☞ BPI Community Meeting</p> <p>Tuna Boats w/Shredded Lettuce, Vegetable Soup and Crackers, Pickled Beets, Unsalted Chips, Fruit Cocktail, Milk</p>	<p>☞ Rosh Hashanah ☞ Jewelry w/Rachel ☞ Kirtan Kriya w/Meghann</p> <p>Creamy Chicken & Spinach Parmesan, Linguini Noodles w/Sauce, Roasted Zucchini & Onions, Wheat Bread, Peaches, Milk</p>	<p>☞ Bible Study ☞ Star of the Month: ☞ Groucho Marx ☞ Crafters' Corner: Trinket Dishes</p> <p>Chicken Patties on a Bun, Steak Fries, Cooked Spinach, Pineapple, Milk</p>	<p>☞ Challenge of the Day ☞ Drumming w/Olivia ☞ BPI Humor: Bases Loaded with Laughs</p> <p>Build Your Own Taco w/Beef, Cheese & Tomato, Black Beans & Rice, Corn Bread, Pear & Kiwi, Milk</p>
6	<p>☞ Grand Slam Shuffle ☞ The Monthly Gazette ☞ Travel Brief: Redwood National Park</p> <p>Roasted Turkey w/Gravy, Mashed Sweet Potatoes, Peas & Carrots, Wheat Bread, Mandarin Oranges, Milk</p>	<p>☞ Sing & Strengthen Exercises ☞ Candy Corn Bowling ☞ Talkin' Baseball: MLB's New Rules</p> <p>Chicken & Broccoli Alfredo, Broccoli, Garlic Knots, Peas & Grapes, Milk</p>	<p>☞ Fall Memories ☞ Dollar Store Trip ☞ Manicures</p> <p>Shepherd's Pie, Garlic Green Beans, Wheat Bread, Cinnamon Apples, Milk</p>	<p>☞ Musical Baseball ☞ Current Events ☞ Myths & Legends from Around The World</p> <p>Breaded Cod w/Tartar Sauce, Wax Beans & Pimientos, Homemade Coleslaw, Fruited Jello, Milk</p>	<p>☞ Yom Kipper ☞ Scarecrow Social ☞ Lifelong Learning: The Allure & Mystery of Bats</p> <p>Sausage Pizza, Side Salad w/Hard Boiled Egg, Garlic Knots, Peaches, Milk</p>
13	<p>☞ Bakers' Corner ☞ Indigenous People's Day ☞ Pumpkin Patch Trip</p> <p>Chicken & Rice Casserole, Butternut Squash, Wheat Bread, Pineapple Milk</p>	<p>☞ Pumpkin Basketball ☞ Animals: A World Without Bats ☞ Health is Wealth: Reducing Screen Time</p> <p>Meatloaf w/Mushroom Gravy, Pasta w/Veggies, Honey Glazed Carrots, Wheat Bread, Mandarin Oranges, Milk</p>	<p>☞ Trash & Treasure ☞ Pumpkin Painting/Carving Party ☞ Guided Meditation</p> <p>Tuscan Pork Chops, Rice w/Sauteed Veggies, Broccoli, Wheat Bread, Peas, Milk</p>	<p>☞ Fred & Lisa Variety Show ☞ Sentence Inhibitions ☞ World of Wonder: Fire Fighters</p> <p>Macaroni & Cheese, Brussel Sprouts, Stewed Tomatoes, Wheat Bread, Apple Crisp, Milk</p>	<p>☞ Sugar Shack Trip ☞ Breast Cancer Awareness (Wear Pink) ☞ National Baking Week</p> <p>Western Quiche, Mashed Potatoes, Mixed Vegetables, Wheat Bread, Chocolate Cupcake, Milk</p>
20	<p>☞ Wii Bowling ☞ Believable or Batty ☞ Musical Notes: The Rolling Stones</p> <p>Chef Salad w/Turkey, Troutons, Wheat Bread, Peas & Grapes, Milk</p>	<p>☞ Walmart Trip ☞ Bulletin Board Trivia ☞ Can You See the Big Picture?</p> <p>Hearty Beef Stew w/Biscuit, Sweet Potato Fries, Wheat Bread, Tropical Fruit, Milk</p>	<p>☞ Word Puzzle ☞ History in October ☞ Bennington College Percussion Performance</p> <p>Lemon Pepper Fish w/Tartar, Rice w/Mixed Vegetables, Cooked Spinach, Wheat Bread, Peaches, Milk</p>	<p>☞ Yoga w/Jane ☞ Take Me Out to the Ball Game ☞ The Perfect 10 Game</p> <p>Chili w/Corn Bread, Roasted Broccoli & Cauliflower, Wheat Bread, Clementine, Milk</p>	<p>☞ Group Scrabble ☞ Travelogue: Borneo ☞ Virtual Tour: Indonesia & The South China Sea</p> <p>BBQ Chicken, Macaroni Salad, Green Beans, Bread Stix, Pineapple, Milk</p>
27	<p>☞ Navy Day ☞ Food For Thought: Cracker Jacks ☞ Mindful Movements w/Rachel</p> <p>Stuffed Peppers, Broccoli, Butternut Squash, Wheat Bread, Peaches, Milk</p>	<p>☞ Volley Balloon ☞ Daily Chronicle ☞ Anniversary of the Internet</p> <p>Turkey Tetrazzini Casserole, Roasted Zucchini & Squash, Wheat Bread, Tropical Fruit, Milk</p>	<p>☞ Modern Jeopardy ☞ Camouflage in Nature ☞ Name That Country Artist</p> <p>Rosemary Chicken w/Gravy, Mashed Potatoes, Mixed Vegetables, Wheat Bread, Fruited Jello, Milk</p>	<p>☞ Halloween Celebration HAPPY Halloween</p> <p>Ghoulish Grilled Cheese, Squash Bisque w/Cracked Roasted Brussel Sprouts, Pumpkin Clementines, Milk</p>	<p>☞ OPEN ART STUDIO TUESDAYS & FRIDAYS</p> <p>☞ BIBLE STUDY w/DAN THURSDAYS 10-11AM</p>



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

October Activity Highlights



We are always trying to find ways here at BPI on how to encourage better health and exercise. We offer daily exercise classes, Nu-Step Machine as well as our Cubii. This month we will be having a new presenter who will be offering Kirtan Kriya on **Wednesday 10/2** from

11-11:30. Please read below on what Kirtan Kriya is as well as all of the benefits. We hope you all can join!

Kirtan Kriya (which is pronounced KEER-tun KREE-a) is a type of meditation from the Kundalini yoga tradition, which has been practiced for thousands of years. This meditation is sometimes called a singing exercise, as it involved singing the sounds Saa Taa Naa Maa along with repetitive finger movements, or mudras. Kirtan Kriya improves general brain function - it increases blood flow to significant areas in the brain that have to do with memory, improves neurotransmitter function, studies have shown to activate other areas of the brain like the anterior and posterior cingulate gyrus, increases gray matter in the brain, which is a marker of anti-aging, decreases inflammation, improves genetics and improves depression, anxiety and chronic stress. Let us know if you are interested in trying this out!

The **week of the 14th** is National Baking Week, so we will be baking up a storm in our kitchen! We will be providing three small baking groups on Monday, Wednesday and Friday which of course includes tasting. Come in for some tasty treats!

Wednesday 23rd Bennington College students will be joining us for a Percussion Performance at 1:15 in our barn. We would love to show support to this amazing group of students who have been working through the summer on this performance.

Thursday October 31, is BPI's Halloween celebration. We invite members to join BPI staff in dressing up in costume.

This is a fun way to celebrate fall fun and start the Holiday season!

Please see the calendar for a sample of all the wonderful happening at BPI in October and Join us for the fun!



October Birthdays

- Emma R. - 2nd
- Mary H. - 8th
- Terry V. - 10th
- Paul S. - 11th
- Jeanne C. - 14th
- Thomas J. - 19th
- Debbie W. - 20th
- Elaine O. - 21st
- Ricky C. - 22nd
- Jim P. - 23rd
- Muriel S. - 30th

October Anniversary

- Walter & Theresa S. - 21st



SAVE THE DATE:

Wednesday, October 16th, will be our pumpkin carving/painting party! Please bring in a pumpkin for this event. We will have all of the other supplies. We may even bake the seeds to taste afterwards as well.

If you want to join and need to get a pumpkin, There will be a **pumpkin patch trip on Monday, the 14th**. Please see Shelagh to sign up.



Families Together Monthly Caregiver Gatherings

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

The October meeting will be held on **Wednesday, October 16th, at 1:00 p.m.**

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

Annual Vaccination Clinic at BPI

By Amy St.Onge, RN

Respiratory viruses are highly contagious and generally peak in the fall and winter. To maintain protection, adults and children should be immunized for Influenza and COVID-19 viruses. The annual Influenza vaccine and COVID-19 booster are both recommended for BPI attendance. The RSV and Pneumonia vaccines may be recommended by a physician on an individual basis based on age and risk factors.

It may be challenging to determine if viral symptoms are caused by the common cold, Influenza, or COVID-19. The common cold generally produces a cough, congestion, sore throat, runny nose, body aches, and low-grade fever. Symptoms of Influenza are harsher and typically paired with a high fever. COVID-19 symptoms may range from mild respiratory symptoms to severe. Influenza and COVID-19 can still lead to hospitalization and death. Vaccinations and boosters have proven the best method to reduce this risk.

Seniors, young children, and people with depressed immune systems are high-risk populations and should remain up to date on vaccinations. These groups are also at higher risk for developing complications such as dehydration and pneumonia.

Prevention of these viruses is vital in reducing the potential of a widespread community infection. Hand hygiene is critical and is recommended after sneezing, coughing, blowing the nose, before and after eating, with food preparation, smoking, or using the restroom. Remember to use a friction lather for 20 seconds per hand wash. Viruses can be transmitted person-to-person or by indirect contact. Although viruses cannot survive for long periods on a surface, they can live long enough to be picked up by hands and enter another host through the mucous membranes (mouth, eyes, nose). It is essential to refrain from touching hands to the face. Using a properly fitted face mask is still crucial when one demonstrates respiratory symptoms.



Our annual vaccination clinic at BPI is scheduled for October 18, 2024, from 9 a.m. to 12 p.m., and we have the pleasure of co-hosting the clinic with Hannaford Pharmacy. We offer Regular and High Dose Influenza vaccines and the latest COVID-19 booster. Please be sure to register ahead of time with Amy and bring your insurance and COVID-19 vaccination cards with you to the clinic. Please call Amy St. Onge to sign up or plan to receive your vaccinations this season at your doctor's office or local pharmacy.

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.***



A Special Thank You to the Kentucky Fried Wishes for the grant we received toward a new ice machine.

Receiving the Grant are BPI Staff, Gina A., and BPI member, Dave H, and KFC employees, Erica Belville and Jessica Joseph

In-Kind Gifts

- Ruby C. - Second Chance Lottery Tickets
- Mr. & Mrs. Wassim N. - Shoes, shirts, shorts
- Edna & Helen P. - Stuffed animals, elf
- Tim & Juliet S. - Bingo Prizes
- Mr. & Mrs. Gerald V. - Golf Book
- Debbie W. - DVD player, Bingo prizes

Honorary Gifts

- ***Trudy Carter***
- Gertrude Carter

Operational Gifts.....

- Rene Cassano
- Chris Damon & Noreen Tiernan-Damon
 - Steve Degenstein
 - Joe Dziengiel
 - Janice Lerrigo
 - Robert Taff
 - Patty Thompson

Memorial Gifts

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

Len and Rita Anzivino

- Mr. & Mrs. Fred Masnato

Dr. Arunas "Archie" Budnikas

- Andy Beckerman
- Ikeda Douglas
- Stuart Gauvrin
"From the colleagues of Todd Budnikas at OpSense Inc."
- Beth Hardesty
"In honor of his many contributions and wise guidance to BPI over so many years, in thankful remembrance of a wonderful man."
- Carol Harrington
- Linda Putney
- Lori Riley
"To honor and help carry on his service and good works."

Arnold K. Harrington

- Carol Harrington

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





Winter Weather Transportation Policy

With winter weather on the horizon, we would like to remind you of the Inclement Weather Policy at Bennington Project Independence.

There may be days when the weather may make it unsafe for BPI to be open. In that event, closing will be posted on BPI's Facebook Page and website, www.bpiads.org, or announced on our general mailout going message at 802-442-8136. If possible, BPI will notify members and families or caregivers by phone.

There may also be days when the BPI will be open for Members to attend but neither BPI nor GMC (the public transit provider) can provide transportation. In this case, Members or their family members will also be contacted directly. Families or Caregivers are welcome to provide alternative transportation to and from BPI on those days.

There may also be days when BPI or GMC need to delay morning transportation or have to start afternoon transportation earlier than usual. We reserve the right to assess the roads and make our own decision as to when we can safely provide transportation. If we delay or start early, we will call each individual or family directly.

In the interest of ensuring safety for every Member and Staff, we ask that driveways, walkways, steps or ramps be adequately cleaned, salted and/or sanded. If these areas are not well cared for, neither BPI nor GMC will assume responsibility for transportation. People will be welcome to make other transportation arrangements to come to BPI.

We would also like to remind people that if you or your family member will not be coming on the regular scheduled day please remember to call before 7:00 am. We have an answering machine to take your message anytime of night.

Winter weather can be beautiful. It can also create challenges. In the interest of easing any problems and providing safe transportation, we hope you find this clarification of our policy helpful. Please contact Tiffany Holland Transportation Coordinator at BPI, 802-442-8136 if you have any questions.



BPI's Amazon Gift Registry

We 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

See BPI's Amazon Wishlist for more gifting ideas.

September Scrapbook



BPI Members, Tiffany C. and Andrea W., trying out the apple press at BPI's Apple Fest. Thank you to Tim Willams and Tim Guetti for sharing your Apples press with us.



Thank you to 1927 Music Machine Band for your wonderful performance at BPI it was enjoyed by all!



BPI Member, Wanda C. gets some putting practice in during a game of Golf!



BPI Member, Erik S. enjoys visiting with Ollie and BPI Staff, Tiffany with her puppy Bella



BPI Staff, Tori T., along with Members Tony S. and Terry W. enjoy September's Hawaiian Luau!



A Special Thank you to "Flutter" The Clown (Terry W.) and sidekick Sunshine (Tiffany H.) for sharing your talents and making us laugh!



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

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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.)