



Share the Holidays with Friends



at BPI!

Come meet old friends and new in our state of the art facility on Harwood Hill where you will enjoy:

- ☞ Engaging, meaningful and fun activities
- ☞ Personalized care
- ☞ Delicious, healthy, balanced meals
- ☞ Peace of mind during the day for you and your loved one
- ☞ Caregiver support and much, much more!



Leslie R. and Ruby C. celebrate a delicious Thanksgiving meal and the warmth of sharing the holidays with friends

**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.

Inside this Issue...

Calendar of Activities/Menu	2
December Activity Highlights/ Families Together Meeting	3
Sharing the Holidays/Gifts and Donations	4-5
Holiday Letter	6
Making New Memories	7

☞ Lunches Served with 8oz 1% Milk



December 2024

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

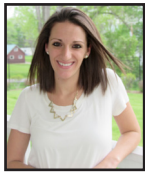
Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <ul style="list-style-type: none"> ☞ Can You Picture This? 2 ☞ Daily Chronicle ☞ Holiday Tree Decorating <p>Pesto Chicken, Noodles w/Spinach, Stewed Tomatoes & Zucchini, Wheat Bread, Chocolate Pudding, Milk</p>	<p>3</p> <ul style="list-style-type: none"> ☞ Toying w/December Trivia ☞ BPI Community Meeting ☞ Feeding Birds <p>Sweet Chili w/Cornbread, Garlic Mixed Beans, Peaches, Milk</p>	<p>4</p> <ul style="list-style-type: none"> ☞ Kirtan Kriya ☞ Gingerbread Mini Golf ☞ Singing Telegrams: Holiday Edition <p>Tomato Soup w/Crackers, Grilled Cheese, Roasted Zucchini & Carrots, Fruit Cup, Milk</p>	<p>5</p> <ul style="list-style-type: none"> ☞ Night Categories ☞ Guided Meditation ☞ Holiday Finish Lines <p>Chicken Patties on a Bun, Lettuce & Tomato, Sweet Potato Fries, Pineapple, Milk</p>	<p>6</p> <ul style="list-style-type: none"> ☞ Candy Cane Science ☞ Drumming w/Olivia ☞ Holiday Shopping Trip <p>Fish Fillet w/Tartar, Rice Pilaf w/Peas, Cooked Spinach, Tropical Fruit Mix, Milk</p>
<p>8</p> <ul style="list-style-type: none"> ☞ Color a Carol ☞ Pine Cone Bocce ☞ BPI Holiday Humor <p>Salisbury Steak, Mashed Potatoes, Buttered Carrot Coins, Wheat Roll, Fruit Cup, Milk</p>	<p>10</p> <ul style="list-style-type: none"> ☞ Reminiscent Corner: Holiday Baking ☞ Star of the Month: Judi Dench ☞ Bell Choir Rehearsal <p>Chicken Pot Pie, Broccoli, Wheat Bread, Mandarin Oranges, Milk</p>	<p>11</p> <ul style="list-style-type: none"> ☞ Wild West Rummy ☞ Gingerbread Jumble ☞ Serenity Singers Perform <p>Sloppy Joes on a Bun, Steak Fries w/Ketchup, Harvard Beets, Fruited Jello, Milk</p>	<p>12</p> <ul style="list-style-type: none"> ☞ Mens' Club ☞ Crafters' Corner: Oven Mitt Door Decor ☞ Calculation Crisscross Puzzles <p>Chicken Noodle Soup, Chef Salad, Saltnines & Wheat Bread, Peaches & Pears, Milk</p>	<p>13</p> <ul style="list-style-type: none"> ☞ Manicures ☞ Reminiscent Corner: The Sears Wish Book ☞ Creating Gingerbread Houses <p>Marinated Pork Chops, Mashed Potatoes w/Chives, Baby Parsley Carrots, Wheat Bread, Tapioca Pudding, Milk</p>
<p>15</p> <ul style="list-style-type: none"> ☞ Wii Bowling ☞ Wrap It Up Sensory ☞ The Trains of Tuscany <p>3-Cheese Pizza, Side of Sautéed Mushrooms, Broccoli Salad, Pineapple, Milk</p>	<p>17</p> <ul style="list-style-type: none"> ☞ Reindeer Games ☞ A Gene Autry Christmas ☞ Radio City Music Hall: The Rockettes <p>Pumpkin Soup w/Crackers, Tuna Salad Sandwich, Unsalted Chips, Chic-Pea Salad w/Feta, Warm Apple Crisp, Milk</p>	<p>18</p> <ul style="list-style-type: none"> ☞ Toy Timeline ☞ Holiday Music Trivia ☞ Jewelry with Rachel <p>Cheesy Chicken Casserole, Butternut Squash, Wheat Roll, Fresh Melon Mix, Milk</p>	<p>19</p> <ul style="list-style-type: none"> ☞ December IQ ☞ The Monthly Gazette ☞ Ukulele String Ensemble & The Wood Wind Trio Perform <p>Spaghetti w/Meatballs, Garlic Mixed Beans, Garlic Bread, Mandarin Oranges, Milk</p>	<p>20</p> <ul style="list-style-type: none"> ☞ BPI Holiday Party @ The Elks 1pm-3pm <p>Macaroni & Cheese, Stewed Tomatoes, Cauliflower & Peppers, Wheat Bread, Strawberries & Grapes, Milk</p>
<p>22</p> <ul style="list-style-type: none"> ☞ Elf-Erercise ☞ Caption This: Holiday Edition ☞ Mindful Movements w/Rachel <p>Turkey Tetrazzini, Roasted Brussel Sprouts, Wheat Bread, Tropical Fruit, Milk</p>	<p>24</p> <ul style="list-style-type: none"> ☞ Snowball Catapult Competition ☞ Celebrating Hanukkah ☞ Healthy No Bake Gingerbread Cookies <p>Pineapple Glazed Ham, Green Bean Casserole, Mashed Yams, Wheat Rolls, Chocolate Parfait w/Strawberry on Top, Milk</p>	<p>25</p> <p>BPI Closed</p> <p></p>	<p>26</p> <ul style="list-style-type: none"> ☞ The History and Stories of Kwanzaa ☞ Yoga w/Jane ☞ Party K. Performs <p>Chicken Parmesan, Side Salad w/Tomatoes, Wheat Bread, Peaches, Milk</p>	<p>27</p> <ul style="list-style-type: none"> ☞ Short Stories: Test Day ☞ Long Live the LEGO ☞ Finishers Word Game <p>Shepherds Pie w/Corn, Green Bean & Carrot Mix, Wheat Roll, Fruit Cocktail, Milk</p>
<p>29</p> <ul style="list-style-type: none"> ☞ Plants: Succulents ☞ Current Events ☞ Travelogue: Montreux, Switzerland <p>Lasagna, Side Salad, Garlic Knots, Pears & Peaches, Milk</p>	<p>31</p> <ul style="list-style-type: none"> ☞ New Year's Eve Celebration <p>Breaded Fish, Rice Pilaf, Broccoli Florets, Wheat Rolls, Pineapple Tidbits, Milk</p>	<p>Reminder!</p> <p>BPI is Closed on Wednesday, January 1st for New Years Day</p> <p>See you next year!!</p>	<p>Green Mountain</p> <p>Mennonite School Students Perform</p> <p>December 17th at 10am</p>	<p>Bingo</p> <p>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></p>



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

December Activity Highlights

by Shelagh Muckle, Activities Coordinator



Tis the Season to be busy decorating, baking, holiday crafting, shopping and of course celebrating!

We will be starting off December with decking the halls, and setting up our

christmas trees to get in the spirit of the Holidays in swing at BPI! If you are interested in helping us decorate, please let staff know so we can let you know when we begin.

BPI's Holiday Party, Friday, December 20th from 1-3pm at the Bennington Elk's Lodge. Members will arrive to BPI at their usual times and we will bus members to the party once they have finished lunch. There will be light refreshments and cookies to enjoy at the party. **Members can bring up to two guests due to spacing.** We look forward to celebrating the Holiday season with you all. **Please ensure that you RSVP no later than December 13th.**

Please visit the calendar to find many musical performances and other happenings throughout the month. If you have any questions, feel free to call 802-442-8136 and speak with Shelagh, our Activities Coordinator. We look forward to sharing the holidays together!



BPI Members, Ruby C. and Andy R. with Staff Tori (not pictured), created a diaper cake for Laurel, BPI's Foyer Greeter, who is expecting a baby girl in December.

Congratulations to Laurel and her growing family!

December Birthdays

- Joan W. - 3rd
- Tiffany C. - 5th
- Luella P. - 11th
- Sharon R. - 12th
- Nick S. - 12th



December Anniversaries



- Chris & Celia B. - 31st
- Muriel & John S. - 31st



Friendly reminder

BPI will be closed on Dec. 25th for Christmas, we will re-open on December 26th, 2024

BPI will be closed on New Years Day and re-open on January 2nd, 2025

BPI Member Holiday Party



Friday, December 20th, 2024

at the Bennington Elks Club

1pm - 3pm

Members can invite up to two guests

- Member Gift Exchange
- Music by the Steel Pier Jazz Band
- Treats and Snacks for everyone
- BPI Bell Choir Performance



All members being picked up privately before 4 pm, will be at the Bennington Elks Club

If you have any questions please call Shelagh at 802-442-8136

Please remember to RSVP by December 13th



Sharing During the Holidays

With the holidays approaching we have been receiving questions about gifts. **The Staff of BPI cannot accept gifts or gratuities.**

There are, however, a few ways in which you may be able to show your appreciation for the care which you have received.

- Monetary donations to the program, Van Replacement Fund, Endowment Fund, or Orchard Level Project are always welcome, greatly appreciated, and benefit everyone!
- You may wish to bring in something that can be shared with everyone, Members and Staff.
- If you wish to send a Letter to the Editor of our local newspaper about how our program has helped you or your loved one or send us a letter of appreciation, we would greatly appreciate it.
- Leave a review on greatnonprofits.org
- We are always happy to see your smiling faces at BPI and to hear the laughter throughout the day.

So spread the news about our program, tell a friend and keep greeting us with your great smile!



Give the Gift of Care

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

***All visits must be prearranged
Valid for new members only
Not redeemable for cash***

info@bpiads.org

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
- Bingo Prizes for Men
- Drawing paper
- Watercolor paper
- Cricut maker or silhouette cameo - digital cutting machine
- Home Depot Gift Cards
- Grocery Store Gift Cards
- Donations to the Orchard Level Project



BPI's Amazon Wishlist for more gifting ideas.



Families Together Monthly Caregiver Gatherings

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

The December meeting will be held on **Wednesday, December 18th, at 1:00 p.m.**

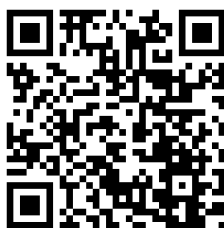
Please call (802) 442-8136 or e-mail melissa.stemp@bpiads.org for more information.



A Special Thank you to the Shaftsbury Elementary School students for honoring BPI Veterans with your wonderful performance.

BPI Veterans: Fred K., Dave H., David R., George C. and (not pictured) John K., and Don L.

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.

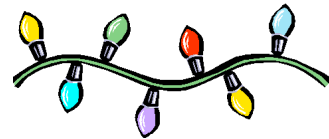
♥ **Caroline Wilwol**

- Jean Barber
- Gina Bromirski
- William Cottrell
- Paul Dunham
- Mark Krieg
- Karen Kulas
- Jane Luke
- Gloria Martinez
- Alison Pine
- Katherine Sheffer
- Michelle Vandemark
- Bruce Weeden
- Dwain Wilwol



Operational Gifts

- Mrs. Mary Lou Monroe



In-Kind Gifts

- Dr. & Mrs. Robert B. - Clothing protectors, whirl ball game, and ladder ball set
- Ruby C. - Envelopes, Wash Cloths, Bath Towel
- Joe H. - Personal Care Supplies
- Don L. - Elongated Shoe Horn
- Bob M. - Watercolor pads, Markers
- David W. - Wooden Rounds for Centerpieces



**Bennington
Project
Independence**
Adult Day Service

Most of us make new memories and cherish the old ones every day.

Dear Friends of BPI,

For people with Alzheimer’s Disease and other related dementias, new memories can be hard to make and cherished ones can disappear a little every day.

We, at BPI, are dedicated to helping individuals and families facing the challenge of Alzheimer’s Disease and other cognitive impairments to live their best lives every day.

You can be part of an exciting opportunity to help!

We are raising funds to create an innovative Memory Care Suite as part of our Orchard level Adult Day expansion project. It will be a calming yet engaging space that will provide unique mental stimulation and specialized dementia care.

Your gift today will make this happen.

Thank you so much for partnering with us to create positive new memories for our Members with Alzheimer’s Disease and their families.

We wish you and yours a very Healthy Holiday and a Happy New Year!

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 _____

Name _____

Address _____

City _____

State _____ Zip _____

Donation Amount: _____

Multi-Month/Year Pledge: _____

In Memory of _____

In honor of _____

Acknowledge to: _____

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+

**Send your donation to:
P.O. Box 1504, Bennington, VT 05201**

Making New Memories



BPI Members, Diane T., Virginia I., Janet R. and Don L., delivered some baked goods they made to our local Rescue Squad to thank them for everything they do!



BPI Members Jeanne C. and Dave H. worked together to craft bird feeders for the winter season for our feathered friends



BPI Staff Haley and BPI Member Helen enjoyed making delicious holiday cookies!



BPI Members Janet R., Virginia I., Terry W., and Ruby C. along with Staff Joe G. and Megan C. (not pictured) enjoyed the MAUHS performance of Beauty and the Beast.





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.)