

January 2025



Bennington Project Independence

Adult Day Service

*Celebrating
46 years of service
in our community*

Start the New Year off right at BPI!



(left) BPI Membership Coordinator, Gina A., BPI Member, Don L.(right) BPI Nurse, Amy St. and BPI Members, Nick S. and Edna P. enjoy dancing at the BPI Holiday Party.

This holiday season was a blast at BPI!
We wish everyone a Happy and Healthy 2025!

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.

Reconnect with old friends and make new ones in our expanding 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!

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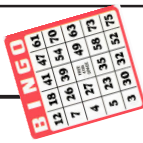


January 2025

☞ 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 In-Person and Virtual Contact Shelagh 802-442-8136 to sign up</p>	<p>OPEN ART STUDIO TUESDAYS & FRIDAYS</p> <p>BIBLE STUDY w/DAN THURSDAYS 10-11AM</p>	<p>BPI Closed</p> <p>HAPPY NEW YEAR</p>	<p>King of the Road: Roger Miller What's New in 2025 The Monthly Gazette</p>	<p>Pondering Prompts Planes, Trains & Automobiles Health is Wealth: Winter Skin Relief</p>
<p>January in History Remembering Erta James' Songs Robert Frost's New England</p>	<p>Guided Meditation BPI Community Meeting The Billionaires' Club</p>	<p>Happy Birthday to the King: Elvis Presley Virtual Tour: Graceland "S'no Jokin"</p>	<p>Jeopardy Trivia Marshall's Shopping Trip Short Stories: The Uninvited Guests</p>	<p>Jeopardy Trivia Marshall's Shopping Trip Short Stories: The Uninvited Guests</p>
<p>Chicken Fingers, Green Beans, Steak Fries, Wheat Bread, Apricots, Milk</p>	<p>Meatloaf w/Gravy, Pasta w/Shredded Carrot, Broccoli, Wheat Bread, Peaches, Milk</p>	<p>Chicken Alfredo w/Spaghetti, Garlic Buttered Spinach, Italian Bread, Mandarin Oranges, Milk</p>	<p>Pepperoni Pizza, Side Salad w/Egg, Wheat Garlic Rolls, Pineapple, Milk</p>	<p>Pepperoni Pizza, Side Salad w/Egg, Wheat Garlic Rolls, Pineapple, Milk</p>
<p>Jewelry w/Rachel Wii Bowling Can You Picture This?</p>	<p>Walking Club Manicures The Power of Imagination</p>	<p>Lifelong Learning: What's Your Verdict? Crafters' Club Musical Memories</p>	<p>Daily Chronicle Market Wagon Trip Snowball Beat the Clock</p>	<p>Word Ladders Table Top Pool That Was the Year: 1951</p>
<p>Chicken Stew, Buttered Asparagus, Homemade Biscuits, Mandarin Oranges, Milk</p>	<p>Burgers on a Bun w/Lettuce & Tomato, Baked Beans, Fresh Fruit Mix, Milk</p>	<p>Fish Sticks w/Tartar Sauce, Brown Rice w/Veggies, Wax Beans & Pimientos, Fruit Cocktail, Milk</p>	<p>Stuffed Shells w/Marinara, Garlic Green Beans, Baby Carrots, Wheat Rolls, Apple Crisp, Milk</p>	<p>Breaded Pork Chops, Mashed Potatoes, Brussel Sprouts, Wheat Bread, Applesauce, Milk</p>
<p>Poetry Corner Letter from Birmingham Memorial to a Great Man</p>	<p>Wheel of Fortune Village Chocolate Shoppe Trip Celebrating Activity Professionals Week</p>	<p>Bakers' Corner Current Events Remembering the Flexible Flyer Sled</p>	<p>Red Hat Society First to 25 Dice Game Bible Study</p>	<p>Ice Fishing Cabin Fever Cures January EZ Does It</p>
<p>Macaroni & Cheese, Stewed Tomatoes, Buttered Corn, Wheat Bread, Pears & Grapes, Milk</p>	<p>Sweet Chili & Corn bread, Sweet Potato Fries, Coleslaw, Wheat Bread, Strawberry Shortcake, Milk</p>	<p>Vegetable Soup w/Crackers, Chef Salad, Wheat Roll, Oranges & Cherries, Milk</p>	<p>Roasted Turkey, Stuffing w/Cranberry Sauce, Butternut Squash, Wheat Bread, Tropical Fruit, Milk</p>	<p>Roasted Turkey, Stuffing w/Cranberry Sauce, Butternut Squash, Wheat Bread, Tropical Fruit, Milk</p>
<p>Mens' Club Idiom in Disguise Travel Brief: Oxford, England</p>	<p>Mini Word Sudoku Puzzles Alice's Adventures in Wonderland Trivia Ollie & Millie Visit</p>	<p>Chinese New Year</p>	<p>Patty K. Performs Yoga w/Jane Mad Libs: The Mail Order Outfit</p>	<p>Snow Cones Hidden Wildlife Sherlock Holmes: Crack the Case</p>
<p>Fish Filet w/Tartar Sauce, Rice Pilaf w/Veggies, Baby Carrots, Wheat Roll, Peaches, Milk</p>	<p>BBQ Chicken, Macaroni Salad, Baked Beans, Wheat Bread, Fruit Cocktail, Milk</p>	<p>Sweet & Sour Pork over White Rice, Broccoli Stir-Fry, Wheat Bread, Pineapple & Fortune Cookies, Milk</p>	<p>Spinach Egg Bake, Wheat Toast, Home Fries w/Onion, Fresh Fruit Mix, Milk</p>	<p>Goulash w/Elbows, Green Beans, Italian Bread, Warm Cinnamon Apples, Milk</p>



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

January Activity Highlights

by Shelagh Muckle, Activities Coordinator



Happy New Year to all of our Members and Friends! All of at BPI are wishing you an abundance of health and happiness in 2025.

January is **Activity Professionals Month**.

Our Activity Professionals continuously share their talents, creativity, spirit, enthusiasm, love and compassion. They bring their heart to our program here at BPI and make an incredible difference to so many! Thank you: Tiffany, Tori, Dan, Megan C., Megan L., Kira and Shelagh for everything you all do! We will be celebrating all week and we hope you can join us!


January Highlights:

- ☛ If you are an Elvis fan you will not want to miss attending **Wednesday, January 8th**. We will be honoring the King himself and may even have a sighting! Also, we will be taking a virtual trip to Graceland.
- ☛ **Wednesday the 29th**, is Chinese New Year, a festival that celebrates the beginning of the New Year on the traditional lunisolar Chinese calendar. Marking the end of Winter and the beginning of Spring, this festival traditionally takes place from Chinese New Year's Eve, the evening preceding the first day of the Year, to the Lantern Festival, held on the 15th day of the year. **Come in and celebrate the year of the Snake!**

We look forward to seeing everyone this coming New Year!




January Birthdays




- Leslie R. - 7th
- Ann Q. - 21st
- Frank H. - 19th
- Andy R. - 31st

January Anniversaries



- Joyce & David R. - 16th




Save The Date

BPI will be holding a
**Basket Bingo on
Wednesday, January 22nd at
the Bennington, Elks Club**
Join us for a fun time and a
good cause!
Doors open at 5:30 pm



Special Thank you to Henry Sampitaco and band mates for your wonderful performance at BPI!



A Special Thank you to The Retired Teachers Association for entertaining us with your fun and interactive songs.

BPI Orchard Level Project Update

The 2025 New Year will bring so many wonderful new opportunities and programs for everyone at BPI with the expansion and completion of our lower Orchard Level.

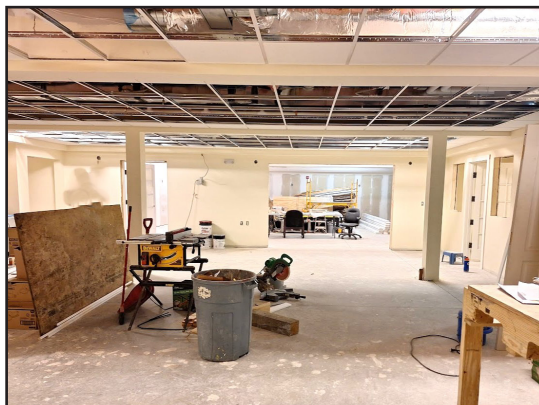
Though we had hoped to have it completed by the end of December, as everyone knows, nothing ever always goes exactly as planned.

Cole Company, Centerline Architects, and Naylor & Breen Construction have been pushing hard and have done an amazing job to get as far as they have in such a short time.

However, we need some more time and to raise some more funds in order to finish the entire project.

2025 will be an exciting time for everyone at BPI.

So, if you would like to help move the project along, you can specifically designate the **Orchard Level Project for your donation to BPI. Thank you so much!**



Orchard Level Expansion Project Donations

- Atlantic Fire and Sprinkler
- Bennington House of Tile and Carpet
 - Charles and Marilyn Boyle
 - Linda Bush
 - Col Co.- Lodie Colvin
 - Robin Dane
- Dr Sarah Dahl and Charles Salem
 - Joe Dziengiel
 - Carol Harrington
 - Maureen Kelly
 - Walter and Dawn King
 - Diane Lamb
- Miles Fuels -David Furray
 - Heather Maneely
- Mrs. Mary Lou Monroe
 - Ned Mulligan
- William and Sandra Parks
- Tom and Martha Paquin
- Linda and Charles Putney
- Repeat Business Solutions
- St. Peters Episcopal Church
 - Wassick Tire Service
 - Marilyn Starkey
 - Margaret Wilson



Families Together Monthly Caregiver Gatherings

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

The January meeting will be held on **Wednesday, January 15th, at 1:00 p.m.**

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

Honorary Gifts

☞ **Andi Crawford**

- Eileen Clegg

☞ **Ed Thompson**

- Patti Thompson

☞ **Terry Volz**

- Howard Volz

BPI Wish List

- "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

See BPI's Amazon Wish list for more gifting ideas.

*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

☞ **George A. Allard**

- Rita Allard

☞ **Bette Bissell**

- Doug Bissell

☞ **Eileen and Cy Bluto**

- Barbara Bluto

☞ **Harvey Bruneau**

- Dr, Linda Morris

☞ **Richard Corsetti**

- From his loving wife Pat

☞ **Anna DeZego**

- Mr. and Mrs. Kevin Taylor

☞ **Thomas Heggie Sr.**

- Evelyn Heggie

☞ **Betty Keyes**

- Kevin and Gayle Keyes

☞ **Harvey Odze**

- Dr. Steve Degenstein

☞ **Dr. David G. Seeger**

- Graceila Seeger

☞ **Eleanore Simpatico**

- Henry Simpatico

☞ **Ken and Mary Skidmore**

- Robin Dane

☞ **Judy Smith**

- Elizabeth Hardesty and John Dyck

☞ **Ann Weeks**

- Amy, Deb, Barbie and Velma at THM

Sun Downing and Seasonal Depression

by Amy St. Onge, RN/Health Coordinator



Caregiving for someone with a cognitive impairment is difficult and in the winter months more challenges can be expected simply because of a reduced amount of daytime sunlight. Someone with Dementia may experience changes in mood, behavior and sleep.

"Sun Downing" is a term used to describe the mood and behavioral changes that occur in people affected by Dementia. This phenomenon occurs when it starts to get dark outside because chemicals in the brain are altered by this change in light. Individuals may become confused or agitated in the afternoon or early evening. Wandering and restlessness are typical. These changes may begin as early as 2 or 3 o'clock in the afternoon.

If you are caring for someone who you think may be "sun downing", talk with a healthcare provider for strategies to help cope. Below are some useful tips that may help both the individual and the caregiver:

- **Remain calm. Anxiety and a loud voice will escalate an agitated person.**
- **Keep a routine to reduce further confusion.**
- **Talk with the doctor about the use of medications to treat depression or psychosis.**
- **Get outside in the sun when possible.**
- **Add daily exercise.**
- **Open and draw shades at the same time each day.**
- **Keep nourished and hydrated.**
- **Call BPI to set up a daytime schedule for your loved one.**

Another seasonal condition making its annual winter appearance is called "Seasonal Affective Disorder". This is a type of depression also linked to changes in brain chemistry resulting from reduced daylight. Anyone can be affected by this disorder, but may cause more challenges for someone with Dementia. People affected may notice a depressed mood, loss of interest, increased sleep, and a heightened craving for carbohydrates. Any type of depression is serious, especially if paired with suicidal thoughts. Medical treatment can be very effective, so it is important for one to recognize early symptoms and follow through with medical advice. Adding light, physical activity and maintaining good nutrition are also important when managing Seasonal Affective Disorder or any type of depression.

For more information about seasonal disorders, or to schedule a visit to see how BPI can help, please contact us at 802-442-8136. We will be happy to "brighten" your winter days and throughout the 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: _____



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

Let The Good Times Roll



Lottery Ticket Basket Raffle Winner, Maureen Kelly, presented by (left) BPI's Executive Director, Linda Wichlac and (right) BPI's Board President, Carol Harrington



Special Thanks to BPI's Bell Choir for your performance at the Holiday Party
(left to right) BPI Staff, Tiffany H., BPI Members: Tammy D., Andy R., Ruby C., Tim Sl., Tiffany C., Jeanne C., and (Not pictured) Patti S.



New friends Wilma P. and Muriel S. enjoying the Holiday party at the Elks Club. Lots of food, fun, and dancing to enjoy!



A Special Thank you to The Steel Pier Jazz Band for the outstanding music played at the BPI Holiday Party!



BPI Members, Emily R., Larry T., Andy R. and Tiffany C. enjoyed making Gingerbread houses at BPI



BPI Member, Barbara A. and BPI Staff, Dan L. dancing to the music played by Henry and his Band mates



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.)