



Bennington Project Independence

Adult Day Service

March 2025

Celebrating
46 years of service
in our community

March is a Great Time ...



A Huge Thank you to our Local Walmart and their Associates for making our Valentine's Day special with their donation of roses, blankets and delicious cupcakes to our BPI Members

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.

..for a BPI Membership

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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with 8oz 1% Milk : 3 Lunches Served

March 202



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

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7		

% Sna 80 80 10	Friday
X	
70	Thursday

	∞	15	22	29	
Friday	Se Food for Thought: The Classic Oven Se Daylight Saving Se Drumming w/Olivia Macaroni & Cheese, Stewed Tomatoes, Broccoli Florets, Wheat bread, Fruit Cup, Milk	14 3• Daily Challenge 3• Bingo Roll Calls 3• Bakers' Corner Vegetable Soup, Tuna Boats W, Lettuce, Cucumber & Chick Pea Salad, Fresh Fruit Mix, Milk	se Lifelong Learning: 21 The Neighborhood Accountant Se Dr. Richard A. Sleeman Center's 16th Anniversary 3-Cheese Pizza, Side Salad w/Eg, Bread Sticks, Peaches, Milk	Se Sugar Shack Trip Se All About Air Plants Se "Health and Wellness" A Show of Hands Breaded Fish on a Whole Grain Bun, Lemon and Tartar Sauce, Green Beans, Mandarin Oranges, Milk	Mondays at 1:45 pm Fridays at 10:00 am In-Person and Virtual Contact Shelagh 802-442-8136 to sign up
Thursday	6 Se Team Spelling Bee Se Yoga w/Jane Se Current Events Pesto Chicken w/Penne Pasta, Carrot Coins, Wheat Bread, Pineapple, Milk	Se The Story of 13 Joyous Purim Se Sense-sational Scent Detectives Se Bible Study w/ Dan Chili &Corn Bread, Brussel Sprouts, Wheat Bread, Pineapple, Milk	Se Basketball Trivia 20 Card Game Se Market Wagon Trip Se Maple Sugaring with Andi at 1 pm Meatloaf w/Gravy, Mashed Potatoes w/Chives, Spinach, Wheat Bread, Apple Crisp, Milk	Se Yoga w/Jane Se Patty K. Performs Charades Charades Grilled Cheese on Whole Grain Bread, Tomato Soup w/Crackers Broccoli & Cauliflower, Spiced Peaches, Milk	Thursday, March 27th BPI's Sunrise Breakfast 7:45 am -9:00 am Please RSVP by March 21st, if you want to attend
Wednesday	Se Ash Wednesday Se Grooming tips from the 40's and 50's Se Ancient Egyptian Trivia Fish Sticks w/Tartar Sauce, Coleslaw, Wax Beans & Peppers, Whole Grain Bread, Fruited	3.6 Cruising the Nile 3.6 Walmart Trip 3.6 Kirtan Kriya Chicken Stew W/ Biscuits, Broccoli Florets, Wheat Bread, Pears & Grapes, Milk	Se Guided Meditation Se The Daily Chronicle Se Music Edition: Guess The Movie by Song Baked Ham, Butternut Squash, Green Beans, Wheat Roll, Pineapple Tidbits, Milk	26 Star of The Month: Anthony Quinn Stepherds Pie, Brussel Sprouts, Wheat Bread, Tropical Fruit Mix, Milk	Daily: Se Coffee Social Se Brain Exercise Se Stretch for Health Se Current Events Se Music Se Fun!
luesday	Mardi Gras Celebration Se BPI Community Meeting Chicken Gumbo, Cooked Asparagus, Wheat Bread, Fresh Fruit Mix, Milk	11 36 Can You Guess the Movie Character? 36 Wacky Wordies 36 Manicures Chef Salad w/Turkey, Wheat Roll, Mandarin Oranges, Milk	Se Tool Time Tuesday 18 Se The Monthly Gazette Se Short Stories: Small Packages & Big Sisters Chicken Patties on Bun, Lettuce, & Tomatoes, Sweet Potato Fries, Broccoli Florets, Fruit Cocktail	XXX XXX	OPEN ART STUDIO TUESDAYS & FRIDAYS BIBLE STUDY W/DAN THURSDAYS 10-11AM
Monday	March IQ The Dr. Suess Museum: Theodore Suess Geisel Caravan of Camels Goulash w/Elbow Noodles, Green Beans, Garlic Knots, Pineapple Tidbits, Milk	10 Se Corner Pocket Pool Se BPI Humor Se Wii Bowling Lasagna w/Parmesan, Side Salad w/Tomatoes, Wheat Bread, Peaches, Milk	St. Patricks Day 17 Celebration The Ukulele String Ensemble Se and The Woodwind Trio Plus perform 1-2 pm Corned Beef and Cabbage, Boiled Baby Carrots, Wheat Roll, Minty Chocolate Pudding, Mill	Se Pass and Go Senet Se Finish The Song Lyric Se Photographic Memory Marinated Pork, Mashed Potatoes, Stewed Tomatoes, Wheat Bread, Cinnamon Apples, Milk	31 So Technology of Today So Ancient Greek Mythology So Jewelry with Rachel Chicken Alfredo w/Broccoli, Cooked Spinach, Wheat Roll, Peaches, Milk
	2	6	16	23	30

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



March Activity Highlights

The moment we have all been waiting for is on its way: SPRING and sunshine! We have a jam packed calendar filled with music performers, brain busters and many trips going out into the

community for the month of March.

Tuesday the 4th, is BPI's Mardi Gras celebration that will be filled with crafts, pancake toss, Mardi Gras Minute to Win It game and Chicken Gumbo for lunch. We will be taking a trip virtually to tour New Orleans and have a look in to their many celebrations. We hope that you can come join in a day of fun!

Thursday the 13th we will be testing our senses with Aromatherapy. Did you know the practice of using essential oils can be used for therapeutic benefit? Aromatherapy has been used for centuries for many different benefits and beliefs. When inhaled, the scent fragments in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional center of the brain. Come boost your wellbeing, support your whole self by mind, body and spirit.

Friday the 21st, will be the celebration of the Dr. Richard A Sleeman Center's 16th Anniversary! We will be having a special celebration at 2:30 snack. We hope that many of you are able to join in this wonderful celebration!

Thursday the 27th, there will be a Sunrise Breakfast held at BPI for our members. The menu will be french toast, sausage, hash browns, fresh fruit, orange juice. Please RSVP By March 21st, if you would like to attend.

See the calendar for more fun and exciting activities happening at BPI!



A heart felt Thank You to James

Moore for your coordination of Local Clubs, Churchs and Community Members that made the cards given to our BPI Members on Valentine's Day. BPI Member, Sharon R. enjoys her special card on Valentines Day.





BPI Member Andy R. receives his blanket and rose from Walmart Associate, Suzanne S.

March Birthdays



- Lucy M.- 4th
- Jackie U- 7th
- Virginia I.- 9th
- Cheryl C.-10th
- Carlos B.- 12th
- Van C.- 20th
- Linda H.-21st
- Wanda C.-24th
- Patty S.- 24th
- Jerry V.- 26th
- Pam Sv.- 31st

BPI's Sunrise Breakfast

Thursday, March 27th 2025

Serving begins

7:45 am -9:00 am

if you would like to attend, please RSVP by Friday, March 21st



Special Thank You to Maddie

(an intern from Bennington College) that worked with us for six short weeks.

While at BPI, she shared her talents and put on a wonderful piano concert for our members.

We wish you the best on your future endeavors!

March is National Social Work Month

By Melissa Stemp, BPI Social Worker

BPI is known for its ability to provide adults in our community with the valuable opportunity to get out of their homes, socialize with peers, participate in a wide range of meaningful adult activities, receive valuable medical oversight and enjoy well balanced, nutritious meals. March is National Social Workers Month and we wanted to take this opportunity to make you aware of the many ways I, as the Social Worker here at BPI, can be of support to you and/ or your loved one.

As your Social Worker, you will find that the support and assistance that I can give is advantageous in helping meet your needs. One key component to making sure someone's needs are being met is working for seamless coordination of services. This may include making referrals for: housing, home health and case management services, medical specialists and counseling. As a Social Worker, I often act as a liaison not only for the person I work with, but also for the family as a whole. In this role I work to make sure that there is open communication as well as active cooperation between all people and providers involved, working to facilitate a "close working relationship." Having a support system in place that can speak with you and on your behalf, to help others understand your concerns and make sure your needs are known and addressed, can be a tremendous advantage in life.

How about that never ending pile of ... paperwork! Medicaid applications and the recertification process can seem daunting and time consuming. I would be more than happy to explain the process to you and provide assistance as needed. Do you know the benefits of having/do you need to complete a Power of Attorney for Medical and or Financial concerns? Maybe you need to complete one but aren't sure of the differences between a Durable Power of Attorney and a Power of Attorney; contact me, I'd love to provide you with the assistance.

Sometimes navigating the system is simply overwhelming, we don't know who to reach out to, what questions to ask or even what we can ask for. I tell everyone that I work with "Even if your question has nothing to do with BPI, call me and ask me. If I don't know, I will do my best to help you figure it out." Knowing that you can reach out to someone else for support is a tremendous relief.

Social workers believe that everyone has the right and potential to lead a productive and fulfilling life. Social workers believe in the importance of human relationships in civil society, and that each person has dignity and worth. http://www.socialworkers.org/pressroom/swmonth/



BPI Social Worker, Melissa Stemp brought her puppy "Brix" into BPI to share with members.

BPI Member, Virginia I. enjoys some special puppy kisses.



Families Together Monthly Caregiver Gatherings

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

The March Meeting will be held on Wednesday, March 19th at 1:00 P.M. Please call (802) 442-8136 or send an email to melissa.stemp@bpiads.org for more information.

Don't Forget March 4th is Town Meeting Day

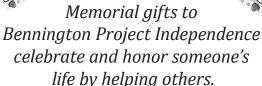


on your ballot!
Arlington, Bennington,
North Bennington, Pownal and
Shaftsbury VT

Operational Donations

- American Legion Post 13
- Barry Brown- Mountain Telecom
- Brian Dziengiel and Kimiyasu Mizoo
- Charles Bluto and Cynthia Jorgensen
- Chris Damon and Noreen Teirnan-Damon
 - Christine Hernandez
 - Cinda Morse
 - Dr. Bernard Bandman
 - Elizabeth and John Dyck
 - John and Karen Ahearn
 - Maru Leon- Mt Anthony Country Club
 - Naylor & Breen Builders Inc.
 - Robert and Denise Taft
 - Sharon Dwyer-Stepp- "Thank you for helping others"

Memorial Gifts



Robert Alexander

• Gloria Alexander

Marian Beukenkamp

• Lily Beukenkamp

> Cyril Bluto

• Charels Bluto and Cynthia Jorgensen

≫ Hertha "Hap" Colbath

- Mr and Mrs. Bylina
- Mr. and Mrs.Larry Callander
 - Ben Hulin
 - Nora Malone

Honorary Gifts

Mark Andi Crawford

Eileen Clegg



BPI Wish List

- "New" Xbox wireless controller
- 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.



Last October we said good bye to our favorite Norwegian, Stein Erik Skoug. His daughter Seline and son in law David stopped at BPI to bring us a donation and yummy treats from them and Erik's Norwegian family, along with a wonderful memorial card that we will treasure with our memories of Erik and the amazing life he lived!

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Happy 16th Anniversary to the Dr. Richard A. Sleeman Center

home of Bennington Project Independence Adult Day Service.

Thank you to all of our supporters who make our program and services possible.



Special Thank you to
BPI Member Larry T. for the
letter and rose for Valentine's
day. BPI Staff and Members are
grateful for your kind words and
loving thoughts.

Below is the letter Larry wrote:

To all Female Staff and Members:

I am giving my rose to represent and honor to all BPI's staff and members. The pedals represent the close knit family we are.

Thank for being a part of our BPI Family.

Sincerely, Brother/ Larry T.

Save the date...

BPI's 12th Annual Golf Tournament at Mount Anthony Country Club June 1st, 2025



Golfer registrations and sponsorship opportunities avaiable on our website: www.bpiads.org

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



Bennington Project Independence Donation Form

Please Designate my Donation towara:	Name
() Complete Lower Level Activity Area	Address
() Van Replacement Fund () BPI's Endowment Fund	City
() You may use my gift wherever needed	StateZip
() Other	Donation Amount:
	Donation Amount.
	Multi-Month/Year Pledge:
	In Memory of
	In honor of
PDF-4D	Acknowledge to:

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

Good Times with Great Friends!



"Love Birds" of 60 years, David and Joyce R. enjoying a special dance together at BPI's Valentines Day celebration.



BPI Super Bowl Game Day!

BPI Member Joe H. and Staff Megan L. trying their luck at "Football Shuffle Board." This game was a hit among our football fans!

Follow us on:

Facebook: Bennington Project Independence

Adult Day Service

Website: (www.bpiads.org)

Instagram: (Bennington Project Indep)

#bpiads

YouTube: BPI or Bennington Project

Independence



BPI Members, Emily R. and Ruby C., enjoy dancing and singing to songs played by Ray Gifford on Valentine's Day. Those who didn't want to dance, enjoyed listening to the music.



Get Fit While you Sit!

AT BPI, we know keeping one's independence is important as we age. We offer many different exercises and balance groups for our members. This lovely group of ladies Jackie H., Barb P., Wanda C., and Janet F., enjoy a friendly conversation while participating in BPI's Cubii Class.

Please see our calendar for more exercises and strength and balance groups offered at BPI.





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 Name:	BPI Newsletter:		
Address:	I		
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:	Mail to:		
Name: Address:	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.)