



Bennington Project Independence

Adult Day Service

March 2025
*Celebrating
46 years of service
in our community*

March is a Great Time ...

..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!**



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.

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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 well-being, 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, Churches 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*



OTE Yes for BPI

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"**

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.



Memorial Gifts



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

☛ **Robert Alexander**

- Gloria Alexander

☛ **Adrian 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

☛ **Andi Crawford**

- Eileen Clegg



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!



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

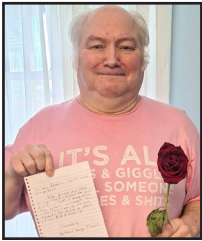
home of **Bennington Project
Independence Adult Day Service.**
Thank you to all of our supporters who
make our program and services possible.

Save the date...

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



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



**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:

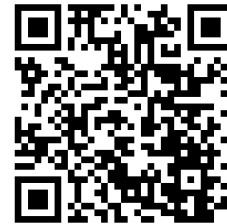
To all Female Staff and Members:

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.

**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 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**

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 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.



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!



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.

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





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.)