



**Bennington
Project
Independence**
Adult Day Service

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

Spring has Sprung...



BPI Member, Edna P. and BPI Staff, Tori T. work on a beading project. Spring is a perfect time to enjoy a new hobby!

**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.

Come join the fun at BPI!

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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April 2025

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

	Monday	Tuesday	Wednesday	Thursday	Friday	
6	<ul style="list-style-type: none"> ☞ Daily: ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun! 	<ul style="list-style-type: none"> ☞ Star of the Month: Charlie Chaplin ☞ April Fool's Day ☞ BPI Community Meeting <p>Macaroni & Cheese, Stewed Tomatoes, Carrot Coins, Wheat Bread, Apple Crisp, Milk</p> <ul style="list-style-type: none"> ☞ Lifelong Learning: What's Your Verdict? ☞ Daily Chronicle ☞ National Grange of the Order of Patrons of Husbandry <p>Roasted Pork w/Gravy, Mashed Potatoes, Green Beans, Wheat Roll, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Concentration Puzzle ☞ Manly Merriment ☞ Jewelry w/Rachel <p>Chicken Piccata, Whole Grain Spaghetti, Asparagus, Wheat Bread, Pears & Mango, Milk</p> <ul style="list-style-type: none"> ☞ Current Events ☞ Red Hats' Society ☞ Collage Detective 	<ul style="list-style-type: none"> ☞ Sugar Shack Trip ☞ Bible Study ☞ Winter and Spring Categories <p>California Casserole, Mixed Beans, Wheat Roll, Pineapple, Milk</p> <ul style="list-style-type: none"> ☞ Guided Meditation ☞ Golf: BPI Masters Tournament ☞ Short Stories: Fascinations over the Moon <p>Chicken & Gravy, Mashed Cauliflower, Baby Carrots, Wheat Bread, Fruit Cocktail, Milk</p>	<ul style="list-style-type: none"> ☞ Navigating Pet Ownership ☞ April EZ Does It Trivia ☞ Drumming w/Olivia <p>Breaded Fish w/Tartar, Rice w/Mixed Veggies, Cooked Spinach, Wheat Bread, Tropical Fruit, Milk</p> <ul style="list-style-type: none"> ☞ Charoset: A Sweet Symbol of Passover ☞ Market Wagon Trip ☞ Bakers' Corner <p>Vegetable Quiche, Butternut Squash, Roasted Potatoes w/Onion, Wheat Bread, Fruited Jello, Milk</p>	5
7	<ul style="list-style-type: none"> ☞ Darts ☞ Math Mania ☞ Sensing Spring Through Poetry <p>Tacos w/Soft Tortillas, Black Beans & Rice, Sour Cream, Cheese, Lettuce & Tomatoes, Melon Mix, Milk</p>	<ul style="list-style-type: none"> ☞ Mark Harding Performs ☞ A-Z Dog Breeds ☞ Cleaning Tips & Household Hints <p>Spaghetti & Meatballs, Side Salad w/Cranberries, Garlic Knots, Fresh Fruit Mix, Milk</p>	<ul style="list-style-type: none"> ☞ Hannaford Trip ☞ Manicures ☞ The Secret Life of Cats <p>Chicken Fingers w/Dipping Sauce, Carrot Coleslaw, Wheat Bread, Fruit Cocktail, Milk</p>	<ul style="list-style-type: none"> ☞ Music Trivia ☞ Crafters' Club ☞ Spelling Conservation <p>Pepperoni Pizza, Side Salad w/Egg, Bread Sticks, Pears & Grapes, Milk</p>	<ul style="list-style-type: none"> ☞ Arbor Day: Tree Trivia ☞ Trees Surviving the Forest ☞ Spelling Catastrophe <p>Baked Ham w/Pineapple Sauce, Boiled Cabbage, Green Beans, Wheat Roll, Carrot Cake, Milk</p>	12
13	<ul style="list-style-type: none"> ☞ Retro Toys ☞ Doggone Songs ☞ Coins and Currency <p>Chipped Beef on Toast, Cooked Spinach, Mashed Potatoes, Cottage Cheese & Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Carbon Footprints ☞ Comedic Charades ☞ Celebrating Earth Day <p>Caprese Chicken, Caesar Salad w/Groutons, Wheat Bread, Tropical Fruit Mix, Milk</p>	<ul style="list-style-type: none"> ☞ Daily Chronicle ☞ Country Favorites ☞ Sing-A-Long ☞ T.S. Eliot and The Literary Modernism Movement <p>Burgers or Hot Dogs, Mac Salad w/Pears, Broccoli Salad, Watermelon, Milk</p>	<ul style="list-style-type: none"> ☞ Patty K. Performs ☞ Yoga w/Jane ☞ Wii Bowling <p>Baked Fish w/Tartar, Coleslaw, Green Beans, Wheat Bread, Pineapple, Milk</p>	<ul style="list-style-type: none"> ☞ BPI's Easter Celebration 	19
20	<ul style="list-style-type: none"> ☞ Marathon Monday: Boston Marathon Community Market Trip ☞ Challenge for the Day <p>Stuffed Pepper Casserole, Broccoli, Wheat Bread, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Reminiscing w/Senses ☞ BPI Humor ☞ Gifts from the Garden <p>Turkey w/Gravy, Cranberry Sauce, Stuffing, Butternut Squash, Wheat Roll, Tropical Fruit, Milk</p>	<ul style="list-style-type: none"> ☞ Frisbee Golf ☞ Health is Wealth: Stress Awareness ☞ The Power of the Human & Animal Bond <p>Baked Ziti, Side Salad w/Cranberries, Italian Bread, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ OPEN ART STUDIO ☞ TUESDAYS & FRIDAYS ☞ BIBLE STUDY w/DAN ☞ THURSDAYS 10-11 AM 	<ul style="list-style-type: none"> ☞ Bingo ☞ Mondays at 1:45 pm ☞ Fridays at 10:00 am ☞ In-Person and Virtual Contact ☞ Shelagh 802-442-8136 to sign up 	26
27	<ul style="list-style-type: none"> ☞ April IQ ☞ Balloon Baseball ☞ Travel Brief: Meteora, Greece <p>BBQ Chicken, Baked Beans, Cooked Spinach, Wheat Bread, Pears & Grapes, Milk</p>	<ul style="list-style-type: none"> ☞ Reminiscing w/Senses ☞ BPI Humor ☞ Gifts from the Garden <p>Turkey w/Gravy, Cranberry Sauce, Stuffing, Butternut Squash, Wheat Roll, Tropical Fruit, Milk</p>	<ul style="list-style-type: none"> ☞ Frisbee Golf ☞ Health is Wealth: Stress Awareness ☞ The Power of the Human & Animal Bond <p>Baked Ziti, Side Salad w/Cranberries, Italian Bread, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ OPEN ART STUDIO ☞ TUESDAYS & FRIDAYS ☞ BIBLE STUDY w/DAN ☞ THURSDAYS 10-11 AM 	<ul style="list-style-type: none"> ☞ Bingo ☞ Mondays at 1:45 pm ☞ Fridays at 10:00 am ☞ In-Person and Virtual Contact ☞ Shelagh 802-442-8136 to sign up 	28

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

April Activity Highlights



Happy Spring! Now that warmer weather will soon be here we have lined up a lot of fun and interesting activities for April.

Friday the April 4th, join us for BPI's Drumming Circle with Olivia. We host this activity monthly. Our friend Olivia provides us with an array of beautiful drumming instruments. Olivia and BPI Members light up our space with amazing beats, laughter and fun! Drumming has wonderful benefits that not everyone is aware of such as: Reducing tension, anxiety, depression, and stress; boosting the immune system and increasing energy; controlling chronic pain, and releasing negative feelings, among many more. **This class will take place from 1:00-1:45 pm.** Be sure to check our calendar each month for when Olivia is scheduled.

Tuesday the 15th Mark Harding a classy solo entertainer with a full band sound and a vast repertoire of hit songs covering 100 years of swing, country, rock'n'roll, and pop will be here from **1-2:30 to perform.** You will not want to miss it!

Friday the 8th is our Easter Celebration. Join us for a wonderful meal and celebration with friends.

Please see the calendar for more fun and exciting activities happening at BPI this month!

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!

April Birthdays



- Elizabeth M. - 4th
- Lucille R. - 5th
- Michael D. - 11th
- Jennifer S. - 11th
- Joseph H. - 15th
- Michael L. - 25th
- Bradley J. - 25th
- Lois L. - 27th



A Special Thank You to Community Bank for your generous Sponsorship for our upcoming Golf Tournament.



Families Together Monthly Caregiver Gatherings

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

The April Meeting will be held on **Wednesday, April 16th at 1:00 P.M.** Please call (802) 442-8136 or send an email to melissa.stemp@bpiads.org for more information.



BPI Golf Tournament 2025

Sunday June 1, 2025

Mount Anthony Country Club, Bennington VT

11:30 am Registration 1:00 pm Shotgun

18 Hole Scramble, Dinner & Awards

Join us for the 12th Annual Golf Tournament to benefit Bennington Project Independence, a not-for-profit agency that provides cost effective quality Adult Day Service for adults over age 18 facing the challenges associated with aging and or disability serving Bennington County and eastern New York.

Sponsorship Opportunities Available www.bpiads.org/golftournament

Gold Sponsors: \$4000

- Tee Sign on Hole of choice
- Green Fees and Carts for 4 players
- Company logo on all marketing materials
 - Sponsor Gift

Silver Sponsors: \$3000

- Green Fees and Carts for 4 players
- Company logo on all marketing materials
 - Sponsor Gift

Bronze Sponsors: \$2000

- Green Fees and Carts for 4 players
- Company logo on all marketing materials

Golf Cart Sponsors: \$1500

- Your Company logo on all golf carts

Beverage Cart Sponsors: \$750

- Your Company logo on Beverage cart

Putting Green Sponsors: \$750

- Your Company logo Banner on Puttin Green

Tee Sponsor Sign \$200

With your name or Company Logo on printed Tee Sign



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

Operational Donations

- Dr. Robert & Lora Block
- Robert and Denise Taff

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



In-Kind Gifts

- Sue A.** - Picture frames, paper weights, purse
- Tracie B.** - Jewelry, socks, stationary, diamond dot art, markers, stickers, desk lamp, craft supplies
- Mrs. & Mr. William C.** - Umbrella, flashlight, envelopes, address books, hooded poncho, stationary cards
- Merrill & Mary L.** - Necklaces, puzzle books
- Jennifer S.** - Golf putting game, clothes protectors from Amazon wish list
- Mrs. Graciela S.** - Bingo prize, sewing machine
- Pam U.** - Notebooks, note pad, post its, pen, key chain and lanyard, gloves, lotion, vases



Memorial Gifts



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

☛ ***Charles Aaron Downing***

- John Boschetti
- Robin Frasier
- Susan Hull - "*In Memory of my very special Uncle Charles Downing.*"

☛ ***Blanche Grillo***

- Leslie Bayetis

☛ ***Hertha "Hap" Colbath***

- Susan Atland
- Wendy Faller
- Gail Hebert
- Alison Malmborg
- Kayte Miller - "*from the Bennington VA Clinic.*"
- Donnie Pieri
- Graciela Seeger

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.**

What to Do with Your Farmers Market Finds

by *Chelsey Bodenstab, Nutrition Coordinator*

Soon the sun will shine more, the weather will be warming up, and the local farmers' markets are right around the corner. Nothing quite like bringing home a bounty of fresh fruits and vegetables, but what do you do with it all once it's in your kitchen? Having a plan for your market finds is a great way to reduce waste and ensure you enjoy the full flavors of the season. Here's a simple recipe I love to make with my market finds — a perfect way to snack on those fresh tomatoes you just picked up!

Marinated Fresh Tomatoes

Ingredients:

- 1 Pint Cherry Tomatoes
- 1 Cup Red Wine Vinegar
- 3 Tablespoons Extra Virgin Olive Oil
- ¼ Cup Red Onion, thinly sliced
- 3 Cloves Garlic, minced
- 1/2 Cup Fresh Basil Leaves
- 2 Tablespoons Italian Seasoning
- 1 Pinch of Sugar
- Black Pepper, to taste

Instructions:

1. In a jar, combine the red wine vinegar and olive oil. Secure the lid and shake well to mix.
2. Add the red onion, garlic, Italian seasoning, fresh basil, and black pepper to the jar.
3. Slice your cherry tomatoes however you like (halved, quartered, or whole).
4. Pour the jar mixture on your tomatoes and cover.
5. Allow the mixture to marinate for at least 2 hours in the fridge (overnight is even better for flavor).
6. Enjoy as a snack, a side dish, or even toss it on top of a salad or pasta.

These marinated tomatoes are bursting with fresh, tangy flavors and make for the perfect quick bite. The best part? You can easily prep this dish in advance, and it keeps in the fridge for several days, so you have a healthy and delicious snack ready to go whenever hunger strikes.

Farmers markets are full of tomatoes at the height of their season, and this recipe takes full advantage of that freshness while being quick to throw together.

Nothing beats fresh farmers market tomatoes!



Give Back Night at Bennington Chili's

Good Food for a Great Cause!

15% of your ticket proceeds goes towards Bennington Project Independence when you mention or present flyer while ordering.

Also applies to Take Out and Bar purchases
April 29th 2025, from 11am - 10pm

Mention or show the Give Back Flyer with each check to receive credit for the sale. Sale cannot be included in donation amount with flyer. Offer only valid on the date and location stated above. Donations will not be given on sales made prior to or past this date. Flyers are available at BPI and for download on our website.

24 Hannaford Square
 Bennington VT
 802-447-1958

Springing Into Action with BPI!



A Very Special Thank You to The Ukulele String Ensemble and Woodwind Trio Plus for a wonderful St. Patrick's Day Concert!



Olivia M. brings the joy of music to BPI Members like Emily R. and Barbara A. monthly in her Drumming with Olivia class!



BPI Member, Barbara A. and Staff Bailey T. joined in the Mardi Gras festivities.



Let the Fun Begin!
BPI Staff, Robin D. along with BPI Member, Tim Sl. and BPI Volunteer, Tina C. all putting on their "Mardi Gras" masks and join in the BPI Mardi Gras Celebration



BPI Members, Cheryl C. and Janet F., getting ready to play the "Pot O' Gold Game" along with BPI Staff, Megan L.



BPI Members, Larry T., Tim S., and Andy R. showing off their green attire for BPI's St. Patrick's Day Celebration!



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.)