



# Bennington Project Independence

Adult Day Service

May 2025

*Celebrating  
46 years of service  
in our community*

## Give the Best Gift this Mother's Day....



BPI Member, Bea B. and BPI Membership Coordinator, Gina A. share a their adorable bunny ears at our Easter Celebration.

**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.

## A Membership to BPI!

### **Where she can 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!**

### **Inside this Issue...**

|   |     |
|---|-----|
| Calendar of Activities/Menu   | 2   |
| May Activity Highlights /<br>Caregivers Meeting   | 3   |
| BPI's 12th Annual Golf Tournament<br>Sponsorship Opportunities /<br>Golfer Registration | 4-5 |
| Gifts & Memorials   | 6   |
| Easter Scrapbook  | 7   |



# May 2025



☞ Lunches Served  
with 8oz 1% Milk

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

|    | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |       |
|----|---|---|---|---|---|-------|
|    | <b>Bingo</b><br>Mondays at 1:45 pm<br>Fridays at 10:00 am<br>In-Person and Virtual<br>Contact<br>Shelagh 802-442-8136<br>to sign up   | <b>OPEN ART STUDIO</b><br>TUESDAYS & FRIDAYS<br><br><b>BIBLE STUDY w/DAN</b><br>THURSDAYS 10-11AM   | <b>Daily:</b><br>☞ Coffee Social<br>☞ Brain Exercise<br>☞ Stretch for Health<br>☞ Current Events<br>☞ Music<br>☞ Fun!   | ☞ <b>May Day</b><br>☞ <b>Chocolate Barn Trip</b><br>☞ Being Fit and Factual<br><br>Split Pea Soup w/Crackers,<br>Ham Salad on a Roll, Broccoli<br>Salad, Fresh Fruit Mix, Milk  | ☞ Health is Wealth:<br>The Healing<br>Power of Herbs<br>☞ <b>Drumming w/Olivia</b><br>☞ 2025 Kentucky Derby<br><br>Shepherd's Pie, Brussel Sprouts,<br>Wheat Bread, Cinnamon Apples,<br>Milk      | 3     |
| 4  | ☞ <b>Cinco de Mayo</b><br><br>Tacos w/Soft Tortillas, Black<br>Beans & Rice, Sour Cream,<br>Cheese, Lettuce, Tomato,<br>Pineapple & Oranges, Milk                                       | ☞ <b>BPI Community Meeting</b><br><br>☞ <b>Walmart Trip</b><br>☞ <b>Bakers' Corner</b><br><br>Macaroni & Cheese, Stewed<br>Tomatoes, Broccoli, Wheat<br>Rolls, Mandarin Oranges, Milk               | ☞ <b>Kirtan Kriya</b><br>International Inventions<br>☞ Flower Arranging<br><br>Baked Ham w/Mustard,<br>Roasted Sweet Potatoes,<br>Parmesan Zucchini & Tomato,<br>Wheat Bread, Pears & Cherries,<br>Milk | ☞ Scripps National<br>Spelling Bee<br>☞ Golf Around the World<br>☞ <b>Bible Study</b><br><br>Meatloaf w/Gravy, Mashed<br>Potatoes & Chives, Buttered<br>Carrot Coins, Wheat Bread,<br>Apple Crisp, Milk   | ☞ Bingo Roll Calls<br>☞ Word Mining<br>☞ <b>Mother's Day</b><br><br>Turkey Tetrazzini, Butternut<br>Squash, Wheat Bread, Peaches,<br>Milk   | 9 10  |
| 11 | ☞ Word Webs<br>☞ Category Trivia<br>☞ <b>Monument School</b><br>☞ <b>Pen Pals Visit 10-11</b><br><br>Fish Sticks w/Tartar Sauce,<br>Coleslaw, Wheat Rolls, Fruit<br>Cocktail, Milk      | ☞ The History and<br>Symbolism of Batik<br>☞ <b>Market Wagon Trip</b><br>☞ Current Events<br><br>Goulash, Brussel Sprouts,<br>Garlic Bread, Peaches, Milk   | ☞ Busy Beavers<br>☞ Name That Tune<br>☞ <b>Monument School</b><br>☞ <b>Pen Pals Visit 10-11</b><br><br>Chicken Fingers, Sweet Potato<br>Fries, Green Beans, Wheat<br>Bread, Fresh Fruit, Milk           | ☞ Barrel Riding<br>Board Game<br>☞ Food for Thought:<br>Strawberries<br>☞ Vanderbilt's Guide<br>to Etiquette<br><br>Marinated Pork, Bowtie Pasta,<br>Asparagus, Wheat Bread,<br>Tropical Fruit Mix, Milk  | ☞ Picture This<br>☞ Armed Forces Day<br>☞ <b>Ray Gifford Concert</b><br><br>Beef Stroganoff w/Egg Noodles,<br>Vegetable Medley, Wheat Bread,<br>Pineapple, Milk                                   | 16 17 |
| 18 | ☞ Kick Ball<br>☞ Victoria Day<br>☞ Wii Bowling<br><br>Open Face Turkey Sandwich<br>w/Gravy, Cranberry Sauce,<br>Mashed Potatoes, Green Bean<br>Casserole, Wheat Bread,<br>Peaches, Milk | ☞ Star of the Month:<br>Vincent Price<br>☞ Indoor Gardening<br>☞ Virtual Tour:<br>The Great Lakes<br><br>Homemade Sweet Chili, Corn<br>Bread, Homemade Apple<br>Coleslaw, Pineapple, Milk           | ☞ Daily Chronicle<br>☞ <b>Jewelry w/Rachel</b><br>☞ Guided Meditation<br><br>Pepperoni Pizza, Side Salad<br>w/Egg, Cheesy Bread Sticks,<br>Diced Peaches & Pears, Milk                                  | ☞ <b>Deer Park Picnic</b><br>(reservation only)<br>☞ <b>Crafters' Club</b><br>☞ Reminiscent Corner:<br>Paddles, Picnics &<br>Past Times<br><br>Crunchy Baked Chicken,<br>Butternut Squash, Broccoli<br>& Cauliflower, Wheat Bread,<br>Fruited Jello, Milk | ☞ <b>Honoring</b><br><b>Memorial Day</b><br>☞ Splashy Tunes<br>☞ Shot Put Competitions<br><br>Burgers w/Lettuce, Tomato,<br>Onion & Cheese, 3-Bean Salad,<br>Unsalted Chips, Fresh Fruit,<br>Milk | 23 24 |
| 25 | <b>BPI Closed for<br/> Memorial Day</b><br>   | ☞ Fresh Water<br>Fishing Trivia<br>☞ <b>Ollie &amp; Millie Visit</b><br>☞ BPI Sing-A-Long<br><br>Chicken Patty on a Bun, Lettuce<br>& Tomato, Potato Salad, Green<br>Beans, Chocolate Pudding, Milk | ☞ Table Topics<br>☞ Not-So Smooth Sailing:<br>Ship Wrecks of<br>The Great Lakes<br><br>Tomato Soup w/Crackers,<br>Grilled Cheese on Wheat Bread,<br>Sweet Potato Fries, Pears &<br>Grapes, Milk         | ☞ <b>Yoga w/Jane</b><br>☞ <b>Patty K. Concert</b><br>☞ Short Stories:<br>Escape and Escapade<br><br>Baked Lemon Caper Fish, Rice<br>Pilaf, Garlic Green Beans, Wheat<br>Bread, Peaches, Milk  | ☞ <b>Junk Music</b><br><b>Performance</b><br>☞ <b>Spice and Nice Trip</b><br>☞ The Great Lakes<br>Workout<br><br>Turkey Chef Salad, Wheat Rolls,<br>Fruit Cup, Milk                               | 30 31 |

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

## May Activity Highlights

by Shelagh Muckle, Activities Coordinator



May has bloomed, and we start the fun on **May 1st**, with the celebration of **May Day**, which has ancient roots. It marks the halfway point between the spring equinox and the summer solstice and celebrates the return of spring and the beginning of summer. We are ready! Join us to create our May Day crowns and learn about this ancient festival.

On **Monday May 5th, Cinco de Mayo** is a celebration of Mexican heritage. The day will be filled with themed games, delicious Mexican food, and more.

On **Friday, May 9th**, we will honor all the Moms' with a Mothers Day Treat! We wish all of the Moms' a very Happy Mother's Day!

**Monument Elementary 4th and 5th graders** will visit with their BPI pen pals. We have two dates that they will be visiting, the first group will be **Monday, May 12th**, and the second group will be **Wednesday, May 14th**. They have been corresponding all year and are excited to meet each other! It's a wonderful time for the students and our members to connect and meet in person while they have been writing, sharing stories, and making strong connections. This is something they all look forward to each year, and it has so many benefits for everyone.

On **Friday, May 16th, Ray Gifford** returns to BPI. This performance is one of our members' favorites. He performs an array of Country hits and will play as many special requests as possible.

**Reminder: Monday, May 26th**, we will be closed for Memorial Day.

**Join us on Friday, May 30th**, for the "Junk Music Performance." This performer has traveled worldwide performing "Junk Music." We were able to have him come to BPI and perform for our members. This is an outstanding performance to see and one you will not want to miss! If this is not a regularly scheduled day, let Shelagh know you would like to come in, and we can try to make arrangements.

May is a busy month at BPI. We are gearing up for summer and all the fun there is to be had. If you see something on the calendar that is on a day you are not scheduled, please let us know, and we can try to arrange for you to join!

Visit us at BPI for even more fun! We look forward to seeing you all.

## May Birthdays

- Angela G. - 8th
- Robert M. - 14th
- Tim S. - 14th
- Tammy D. - 17th
- Kathe L. - 17th
- David H. - 29th



## May is National Volunteer Month!

**A Very Special Thank you to all of the Volunteers** that have graced out hallways and assisted BPI Staff and Members!

If you would like to volunteer at BPI. Please contact Linda Wichlac at BPI, 802-442-8136 to learn more about our volunteer opportunities



BPI Staff receive certificates for National Administrative Professionals Day on April 23rd.

BPI Foyer Greeter, Kathe S. Administrative Coordinator, Robin D., Program and Fiscal Operations Coordinator, Maureen K., and Foyer Greeter /Administrative Assistant, Laurel D.



## Families Together Monthly Caregiver Gatherings

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

The May meeting will be held on **Wednesday, May 21st, at 1:00 p.m.**

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





**Bennington  
Project  
Independence**  
Adult Day Service

# 12th Annual Golf Tournament

*Sunday, June 1, 2025 1:00 pm Shotgun*

## Mount Anthony Country Club, Bennington VT

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

### 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 Putting Green

### Sponsorship Payment:

- CHECK # \_\_\_\_\_
- CREDIT CARD \_\_\_\_\_

Credit Card # \_\_\_\_\_  
ED \_\_\_\_\_ CVC \_\_\_\_\_

COMPANY NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

PLAYER 1 NAME \_\_\_\_\_

PLAYER 2 NAME \_\_\_\_\_

PLAYER 3 NAME \_\_\_\_\_

PLAYER 4 NAME \_\_\_\_\_

**Please send form and payment to BPI:**

**PO Box 1504, Bennington, VT 05201**

For more information on Sponsorships opportunities or participating in the tournament please contact  
Golf Tournament Chair Lynne Farrell at  
Lfarrell@corbettindustrial.com

PO Box 1504, Bennington VT 05201 802-442-8136 [www.bpiads.org/golftournament](http://www.bpiads.org/golftournament)



**Bennington  
Project  
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Adult Day Service

# 12th Annual Golf Tournament

*Sunday, June 1, 2025 1:00 pm Shotgun*

[www.bpiads.org/golftournament](http://www.bpiads.org/golftournament)

**Mount Anthony Country Club**

18 Hole Scramble Format \$150 per player / \$600 per team

## Registration Form

Your entry fee includes: Golf, Cart, Tee Gift, Dinner and Awards  
Additional Opportunities to support BPI by participating in 50/50 Raffle,  
Basket Raffle, Silent Auction, Mulligans and Door Prizes

TEAM NAME \_\_\_\_\_

PLAYER 1 NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

PLAYER 3 NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

I am unable to play but included is my donation \$ \_\_\_\_\_

PAYMENT TYPE : Check \_\_\_\_\_

Credit Card # \_\_\_\_\_

ED \_\_\_\_\_ CVC \_\_\_\_\_

If paying by check, please endorse checks to BPI and  
mail to PO Box 1504, Bennington, VT 05201

If you have any questions please email Golf Tournament  
Chairperson: Lynne Farrell at  
[Lfarrell@corbettindustrial.com](mailto:Lfarrell@corbettindustrial.com)

PLAYER 2 NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

PLAYER 4 NAME \_\_\_\_\_

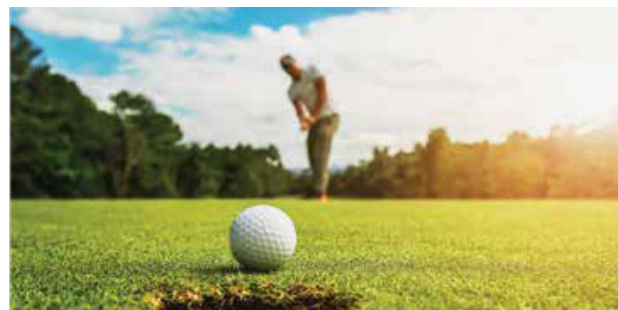
EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

TEE SPONSOR \$200.00 \_\_\_\_\_

NAME \_\_\_\_\_

PHONE \_\_\_\_\_



PO Box 1504, Bennington VT 05201 802-442-8136 [www.bpiads.org/golftournament](http://www.bpiads.org/golftournament)

## Honorary Gifts

### ☛ BPI Staff

- Pat Corsetti

## Operational Gifts

- Raymond Bolton
- Ruby Coyne
- Chris Damon & Noreen Tiernan-Damon
- Lois Squires

## Memorial Gifts

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

### ☛ Edel Cassano

- Rene Cassano - "In Memory of Mom's 100th Birthday - Edel Cassano, 1925-2025."

### ☛ Charles Downing

- Champlain Water District



**BPI's Sunrise Breakfast was a huge success!**

BPI Members, Virginia I., Tim S., and Leslie R.  
enjoying their breakfast together.

If you missed this Sunrise Breakfast, don't worry we  
have Sunrise Breakfasts throughout the year.

Join us for our next one.

***You can make a donation to BPI  
online Please scan the QR Code  
below or visit [www.bpiads.org](http://www.bpiads.org)***



## BPI Wish List

- "New" Xbox wireless controller
- 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.

## WHY BPI?

BPI Members and Families tell us  
why coming to BPI is worth a try...

At First, I didn't want to become a member, but  
now, I know how important it is for me to be here  
- BPI Member

BPI has just about been the best things that has  
happened for me!- BPI Member

BPI has been a wonderful, life changing  
opportunity for me- Caregiver



# BPI Easter Scrapbook



**Special Thank You to BPI Nutrition Staff,**  
Ben M., Chelsea B., and Haley G., who  
cooked a delicious homemade  
Easter Meal at BPI.



BPI Members, Wilma P., and Muriel S., became  
friends after meeting at BPI. You never know  
how many new friends you will make at BPI



BPI's Social Worker, Melissa S. and  
BPI Member, Joe H. enjoy snuggles from  
the "real" bunny Gryffin at our  
Easter Celebration.



BPI Member, John K. and BPI Staff, Dan L.  
try their hand at "indoor" Cornhole game.  
The beautiful Cornhole boards and bean bags  
were handmade and donated to BPI from the  
Shaftsbury Lions Club.



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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PRESORT STANDARD  
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BENNINGTON, VT  
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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.)