



Bennington Project Independence

Adult Day Service

June 2025

*Celebrating
46 years of service
in our community*

A Little Love Goes a Long Way...



BPI Member Tom B. and Staff Bailey T. enjoy one of the many delicious and nutritious meals our kitchen staff provides!

**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.

**This Fathers Day give
your Dad the gift that
keeps on giving...**

A Membership to BPI!

Where he can enjoy:

- ☛ Engaging, meaningful and fun activities
 - ☛ Personalized care
 - ☛ Delicious, healthy, balanced meals
 - ☛ Meet New Friends or Connect with Old Friends
- and much, much more!**

Inside this Issue...

Calendar of Activities/Menu	2
June Activity Highlights / Caregivers Meeting	3
BPI "SAILS" Above/ Pen Pals Meet	4-5
BPI Wish List & Donations	6
May Activity Scrapbook	7



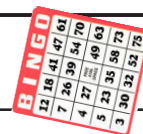
June 2025



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

☞ Lunches Served
with 8oz 1% Milk

Monday			Tuesday			Wednesday			Thursday			Friday		
1	☞ About Shavuot ☞ Lessons from the Book of Ruth ☞ Gardens, Gnomes, and Fairies Trivia Lasagna, Side Salad w/Tomatoes, Wheat Bread, Peaches, Milk	2	☞ Bakers' Corner ☞ BPI Community Meeting ☞ Travel Brief: Cologne, Germany Cowboy Quiche, Broccoli, Mashed Sweet Potatoes, Wheat Bread, Fresh Fruit Mix, Milk	3	☞ Home Depot Trip ☞ Kirtan Kriya ☞ Vermont Art's Exchange: Print Making Cheesy Bacon Ranch Chicken, Bowtie Pasta & Veggies, Roasted Zucchini, Wheat Bread, Pineapple, Milk	4	☞ Bible Study ☞ Weather Folklore ☞ Elvis the Pelvis Day Deli Turkey on Wheat Bread w/Bacon, Broccoli Salad, Unsalted Chips, Fruit Cocktail, Milk	5	☞ Bingo ☞ Drumming w/Olivia ☞ BPI Humor: Tickle Your Funny Bone Breaded Pork Chop, Mashed Potatoes & Gravy, Carrots, Wheat Bread, Oranges & Cherries, Milk	6	7			
8	☞ Crafters' Club ☞ Hidden in Plain Sight ☞ Donald Duck's Performance Chicken Pot Pie, Roasted Brussel Sprouts, Wheat Bread, Cinnamon Apples, Milk	9	☞ Remembering Dean Martin Songs ☞ Plant Feature: Amazing Aloe Vera ☞ Virtual Tour: Hot Air Balloon Rides Spaghetti & Meatballs, Honey Garlic Carrots, Garlic Knots, Fruit Cocktail, Milk	10	☞ Name That Tool ☞ Jewelry w/Rachel ☞ Sing-A-Long Meatloaf Squares, Mashed Potatoes, Cooked Spinach, Wheat Rolls, Peaches, Milk	11	☞ Market Wagon Trip ☞ A Deep Dive into Jaws ☞ BPI US Open Golf Tournament Fish & Chips, 3-Bean Salad, Wheat Bread, Pears & Grapes, Milk	12	☞ Father's Day ☞ Flag Day ☞ BPI Member Picnic Burgers or Hot Dogs, Unsalted Chips, Homemade Coleslaw, Macaroni Salad, Watermelon, Milk	13	14			
15	☞ Dining Etiquette ☞ Wii Bowling ☞ Floral Melodies Broccoli Cheddar Soup, Ham Salad on a Roll w/Lettuce, Unsalted Chips, Cucumber & Chic-Pea Salad w/Feta, Fruit Cocktail, Milk	16	☞ "Gnome" Pun Intended ☞ Reminiscing w/Senses ☞ Health is Wealth Tuscan Chicken, Caesar Salad w/CROUTONS, Wheat Bread, Mandarin Oranges, Milk	17	☞ Short Stories: The Giant Trout ☞ Manicures ☞ Star of the Month: Maureen Stapleton Sloppy Joe on a Bun, Wax Beans & Pimento, Fresh Fruit Mix, Milk	18	☞ The Monthly Gazette ☞ Juneteenth ☞ Fred & Lisa Variety Show Turkey Chef Salad, Wheat Roll, Pineapple, Milk	19	☞ Summer Solstice ☞ Nature's Masked Bandits ☞ Ice Cream Trip 3-Cheese Pizza, Side Salad, Peaches, Cottage Cheese, Milk	20	21			
22	☞ Daily Chronicle ☞ Getting to Know You ☞ Mindful Movements w/Rachel Beef & Cheese Sliders, French Fries, Green Beans, Pineapple, Milk	23	☞ Current Events ☞ Nature Therapy ☞ Drive It, Dig It or Drink It Baked Fish w/Lemon, Noodles w/Veggies, Vegetable Medley, Wheat Bread, Peaches, Milk	24	☞ Who Am I? ☞ Garden Gnome Scavenger Hunt ☞ Lifelong Learning: Miniature Magic Pulled BBQ Chicken on a Bun, Coleslaw, Green Beans, Fruited Jello, Milk	25	☞ Yoga w/Jane ☞ Patty K. Performs ☞ Community Market Trip Cheese Quesadilla w/Sour Cream, Lettuce & Tomato, Black Beans & Rice, Tropical Fruit, Milk	26	☞ Scrabble Dash ☞ Can You Picture This ☞ Open Art Studio w/Kaye Macaroni & Cheese, Stewed Tomatoes, Broccoli, Apple Crisp, Milk	27	28			
29	☞ Trivia Time ☞ Guided Meditation ☞ Price Chopper Trip Beefy Cheese Noodle Casserole, Cauliflower & Parsley, Wheat Roll, Peaches, Milk	30	Did you know that you can join BPI Activities Virtually? Contact Shelagh at 802-442-8136 to find out how to join!			Daily: ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun!			Bingo Mondays at 1:45 pm Fridays at 10:00 am In-Person and Virtual Contact Shelagh 802-442-8136 to sign up					



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

June Activity Highlights

by Shelagh Muckle, Activities Coordinator



We are ready to enjoy the great outdoors of fresh air, the beautiful sun and have you all join us for the month of June with many fun happenings.

Here are some highlights for the month:

Tuesday the 3rd, is our monthly BPI Community Meeting. This is your chance, as a BPI Member, to speak up about any questions, ideas or concerns you may have. We want to hear what you think!

Thursday the 12th, will be our very own BPI US Open Golf Challenge. Let's see who takes home the winning championship rankings!

PICNIC TIME IS HERE: Friday June 13th, will be our first BPI member summer picnic of the year! We will have outdoor games of corn hole, Frisbee, cooking on the grill and great music! We hope that you all can join us for a fun filled day. This picnic will be Members only due to the construction. Please **RSVP by Monday, June 9th** if you do plan to attend.

Friday the 20th, will be our first ice cream trip of the summer! If you're interested in going, make sure to let Shelagh know so you can be added to the list. Spots are limited, so grab one while you can!

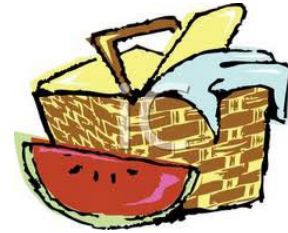
Tuesday the 24th, we will be speaking about the therapy of nature. Nature Therapy, which is also known as Eco Therapy or Green Therapy, consist of using a holistic approach in nature to improve mental and physical health. It incorporates a wide range of activities in natural settings, such as: forest bathing, community gardening, and outdoor meditation, all aimed at promoting healing and well-being. It has also been known to help with anyone who suffers from: depression, stress and anxiety as well as health difficulties and the feeling of isolation. We hope to see everyone join in!

Join us for these activities and so much more this summer! If you're interested in coming on a non-scheduled day, call Shelagh at 802-442-8136 to ask about adding a day!

June Birthdays



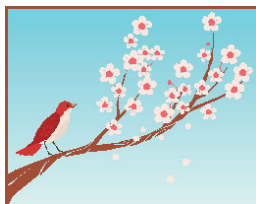
- Tom H. - 4th
- Tom B. - 5th
- Leah F. - 8th
- Bob Mc. - 14th
- Marian M. - 17th
- Nancy L. - 18th
- Janet F. - 20th



Fred and Lisa's Variety Show

Returning to BPI for the Summer months, are Fred and Lisa. BPI Members enjoy their music and love to sing and dance with them.

Please see the calendar to see the dates they will be performing at BPI.



Families Together Monthly Caregiver Gatherings

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

The June meeting will be held on

Wednesday, June 18th, at 1:00 p.m.

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

BPI “SAILS” Above

Amy St. Onge, RN, Health Coordinator

BPI had the recent pleasure of hosting a balance and fall prevention exercise program called SAIL (Staying Active and Independent for Life). This 12 week program was led by Nina Nunes a Physical Therapist Assistant from the SVMC Physical Therapy Department. This specific program is geared towards seniors over 65 years of age looking to improve balance, mobility and independence. Members who enrolled attended one hour sessions twice per week. The SAIL curriculum entailed a series of aerobics, strengthening and balance exercises. Members enjoyed the lively music and camaraderie of fellow students week to week while improving their physical and mental wellness.

Adding a routine exercise program geared to prevent falls and maintain independence is so important for our Members of all ages. Benefits include lowering cardiovascular risk factors, developing and maintaining muscle strength, adding flexibility, improving balance and reducing depression or anxiety. These key areas of self-improvement directly impact one's ability to maintain mobility and live an independent life.

As BPI prepares to open our new addition, Members will be given more opportunities to engage in regular programs similar to SAIL and also work independently with equipment during supervised open exercise sessions. Our new space provides a cheerful and sunny area to engage in a variety of physical opportunities for our current Members or for those ready to enroll! Please contact our Membership Coordinator, Gina Anzivino, if you are ready to enroll in our program and SAIL above your current baseline



Special Thank you to our SAILS instructor, Nina Nunes for a beneficial and enjoyable class.



**A shout out to our Member Larry T. who displays his SAIL award for perfect attendance.
Great work Larry!**



**National Nurses Week is in May
Thank you to BPI Nurse, Julie G., LPN,
and BPI Health Coordinator, Amy S., RN
for all your care and compassion for
BPI Members and Staff!**



Arya & Leah

Monday, May 12th the 4th Grade class came with their teacher Mrs. Marcoux
 Wednesday, May 14th the 5th grade class came with their teacher Ms. Wennberg/Mrs. Viens

New friendships and positive connections continue to be made through our ongoing Pen Pal program with Monument Elementary School.



***John & Carter,
with BPI Social Worker Melissa S.***



Jackie & Nathan

Intergenerational activities have always been one of our favorite activities here at BPI. Our members look forward to every step, from writing to their Pen Pals each month, to getting a letter back and ultimately getting to meet in person...this activity is something that they all look forward to. The positive impact of this activity on our members is not lost on our staff. Seeing the shared smiles and the animated conversations between our members and the students when they came to visit us in mid-May truly feed all of our souls. We want to thank our Pen Pals, their teachers and the Administration at Monument Elementary for supporting the continuation of this program.



Monument Elementary's 4th Grade Class, with Mrs. Marcoux

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!

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.**

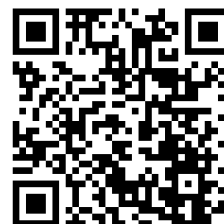


BPI would like to Thank everyone for their patience while we get the Orchard level complete. Although, we are still not taking donations without pre- approval. There are ways of you helping with donations at BPI.

We have our Amazon Wish List which has items we will need for members and the Orchard Level. We also would love gift cards and gift certificates to stores in which we can purchase the items we need for BPI and our program.



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



Complimentary Visit Coupon

You are invited to join us at Bennington Project Independence, Adult Day Service for a full or half day at No Charge. Come Join the fun, meet new friends, try out interesting activities, and enjoy a delicious lunch & snacks. Nursing and Personal care available as needed.

Check us out to see what all the smiles at BPI are about!

Contact Gina Anzivino at BPI to schedule your visit (802) 442-8136

614 Harwood Hill - P.O. Box 1504
Bennington, VT 05201
(802) 442-8136

***All visits must be prearranged. Valid for new members only.
Not redeemable for cash.***

May Scrapbook



**Thank You to the
Vermont Art Exchange,
for our new weekly
Art program at BPI.**

Members, Tiffany C. and
Andy R. enjoy creating their
masterpieces.



BPI Members Carlos B.
and Muriel S. spend some
time getting to know their
pen pals Sal and Grace.



BPI Members Larry T. and Terry W. enjoy good food and
great conversation, while adorned in "formal" clothing
protectors donated to BPI.



BPI Members Brad J. and Ricky C. try out
a new craft with their pen pals Greyson and
Kaydin, with BPI Volunteer Jean M.



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 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.)