



Bennington Project Independence

Adult Day Service

August 2025

*Celebrating
46 years of service
in our community*

Friendships, Family and Fun at BPI



Don L. celebrating his 87th birthday with his BPI family!



Andy R., Beverly B., and Lois L.,
having fun playing the drums



Sharing coffee and conversation on a Starbucks Trip- Terry W., Jenn S., Mike B., Jackie U., and Ricky C.

At BPI, we value our commitment to your Person Centered Care as well as the need to enjoy ourselves and just have a little fun!

Join us for:

- ☛ Engaging, meaningful and fun activities
- ☛ Excellent Nursing and Personalized care
- ☛ Delicious, healthy, balanced homemade meals
- ☛ Trips, Tours and Picnics
- ☛ Friendship and Fun!

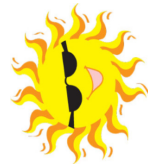
Call Gina at BPI
to schedule a visit!
(802) 442-8136

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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August 2025

☞ Lunches Served
with 8oz 1% Milk

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

Monday		Tuesday		Wednesday		Thursday		Friday		
 Bingo Mondays at 1:45 pm Fridays at 10:00 am In-Person and Virtual Contact Shelagh 802-442-8136 to sign up		Do Good w/ CHIPOTLE FUNDRAISER TO BENEFIT BPI! AUGUST 26TH 4-8 PM		Daily: ☞ Coffee Social ☞ Brain Games ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun!		Weekly: ☞ Arts and Crafts ☞ BPI Bakers ☞ Open Art Studio ☞ Therapy Dogs Visit ☞ Bible Study		☞ Lucky Dog ☞ Current Events ☞ Antique Kitchen Tools Tuna Boats w/Shredded Lettuce, Cucumber Chic-Pea Salad, Unsalted Chips, Mandarin Oranges, Milk	1	2
	3	4	☞ Men's Club ☞ Blueberry Picking ☞ Old Time Favorites Sing-A-Long Chicken Salad on Wheat Bread w/Shredded Lettuce, 3-Bean Salad, Fruit Cocktail, Milk	5  ☞ Historical Greats ☞ Ice Cream Trip ☞ BPI Community Meeting Breaded Fish w/Tartar, French Fries, Buttered Asparagus, Wheat Bread, Mandarin Oranges, Milk	6  ☞ Kirtan Kriya ☞ Baseball Greats ☞ A Cruise Down Memory Lane Cheese Pizza, Side Salad w/Egg, Peaches, Milk	7 ☞ Claim to Fame ☞ Travel Trivia ☞ Wii Bowling Chicken Patty on a Bun, Coleslaw, Green Beans, Mandarin Oranges, Milk	8 ☞ What's On Your Plate? ☞ American Folklore ☞ Drumming w/Olivia Salisbury Steak, Mashed Potatoes w/Gravy, Peas & Carrots, Wheat Bread, Apple Crisp, Milk		9	
10	11	☞ Balloon Tennis ☞ Happiness Happens ☞ Pictures from the Past Western Quiche, Butternut Squash, Brussel Sprouts, Wheat Bread, Tropical Fruit, Milk	12 ☞ Woodstock Fair ☞ Bakers' Corner ☞ Golf Putting Contest Turkey on a Sub Roll w/Lettuce & Tomatoes, Summer Cucumber Feta Salad, Cinnamon Apples, Milk	13 ☞ Market Wagon Trip ☞ Junk Drawer Detective ☞ Jewelry w/Rachel Shepherds Pie, Green Beans, Wheat Bread, Fresh Fruit, Milk	14 ☞ Science Fun ☞ Bible Study ☞ TV Game Show Hosts Baked Chicken w/Lemon Capers, Pasta w/Shredded Carrots, Broccoli, Wheat Bread, Diced Peaches & Pears, Milk	15 ☞ Deer Park Picnic ☞ Bennington Battle Day ☞ Songs You Know and Love  Chef Salad, Wheat Bread, Pineapple, Milk	16			
17	18	☞ Golfing Facts ☞ Minute to Win It ☞ Table Top Shuffle Board Chicken Parmesan, Caesar Salad w/CROUTONS, Wheat Bread, Mandarin Oranges, Milk	19  ☞ Hoop Shoot ☞ Manicures ☞ Motoring Memories Meatloaf Squares, Mashed Potatoes, Carrot Coins, Wheat Bread, Peach Cobbler, Milk	20 ☞ Health is Wealth ☞ Wheel of Fortune ☞ NFL Pre-Season Pineapple Chicken, Buttered Noodles, Roasted Beets, Wheat Bread, Pears & Grapes, Milk	21 ☞ Family Feud ☞ Trip to Ocean ☞ State Job Lots ☞ Fred & Lisa Variety Show Beef & Cheese Sliders, French Fries, Seasonal Mixed Beans, Tropical Fruit Mix, Milk	22 ☞ Old Wives Tales ☞ World's Best ☞ Traveling Games ☞ Virtual Tour: Light Houses Macaroni & Cheese, Stewed Tomatoes, Broccoli, Wheat Bread, Fruited Jello, Milk	23			
24	25	☞ Toys Through the Ages ☞ All About Astrology ☞ Mindful Movements w/Rachel Spaghetti, Garlic Green Beans, Garlic Knots, Peaches, Milk	26 ☞ Musical Notes: Chubby Checkers ☞ World of Wonder: Storms ☞ Fish Hatchery Trip Turkey Casserole, Butternut Squash, Wheat Bread, Pineapple, Milk	27  ☞ Bird Trivia ☞ Aviation History ☞ The Ultimate Cleaning Guide Tomato Soup w/Crackers, Grilled Cheese, Buttered Baby Carrots, Pears & Cherries, Milk	28 ☞ Yoga w/Jane ☞ Carnival Games ☞ Patty K. Performs Chicken & Gravy, Mashed Potatoes, Vegetable Medley, Wheat Bread, Fruit Cocktail, Milk	29 BPI Picnic w/Steel Jazz Band 1-3pm  Burgers or Hot Dogs, Macaroni Salad, Broccoli Salad, Unsalted Chips, Watermelon, Milk	30			

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

August Activity Highlights

We are going to be hanging onto summer as long as we can here at BPI.

Friday the 1st, we will be reminiscing with antique kitchen gadgets. Not only were they functional tools but also a reflection of culinary history and design. Inventions and design trends shaped the tools used in kitchens, offering glimpses into domestic life in previous eras.

Monday the 4th, we will be taking a trip to the Blueberry patch in the morning. It is an honor system that will be cash only. If you are interested in going on this trip please let staff know.

CALLING ALL Golf Enthusiasts: Sink or Swim, Join Our BPI Putting Contest on **Tuesday, August 12th at 1:00**. Get ready to showcase your putting expertise by testing your skills on the green. **No golfing experience needed!** All are welcome to join!

Friday the 29th, is our last BPI picnic for this summer! Members can invite up to 2 guests. Please RSVP by Wednesday 20th.

Please see the calendar for more fun activities, trips, delicious meals and lots more!



Mike B., Don H., and Andy R. enjoying the remote car racing activity. They enjoyed it so much, we have added remote control cars to our Amazon Wish list!

August Birthdays



- John K. - 8th
- Barbara O. - 9th
- Bruce B. - 11th
- Sarah M. - 11th
- Ruth O. - 12th
- Patricia S. - 13th
- June C. - 15th
- David R. - 17th

Join us

Friday, August 29th, 2025

for a

Country Western Picnic at BPI

Lunch is served at 11:30

the **Steel Peer Jazz Band** will be

performing 1-3 pm

Members may bring 2 guests

Please RSVP by Wednesday 20th

Hot Dogs and Hamburgers

Macaroni Salad

Broccoli Salad

Chips

Watermelon



Donnie D., drumming with Olivia. She visits BPI monthly, if you missed her in July, come on in Aug. 8th to join.

**A very Special Thank you
to Chris and Celia Berks** for your very
generous donation

Thank you to Linda Putney for your
generous donation in
Memory of Elizabeth Calleo

Thank you to Carol Harrington for
your generous donation in
Memory of Arnold K. Harrington

Operational Gifts

- ☞ Lodie Colvin
- ☞ Steve Corcoran
- ☞ Sarah Davenport & John Davis
- ☞ Charles "Joe" Dziengiel
- ☞ Irene Hackett
- ☞ Mary Henning
- ☞ Dolores Mahlmann
- ☞ Sandra Parks
- ☞ Rita Pinsonneault
- ☞ Robert & Denise Taff



*BPI is raising money for our
"Pull-up a seat" fundraiser.*

If you would like to donate, please use the QR
code below or send checks directly to BPI.



Thank you for your support!

Memorial Gifts

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

☞ ***Robert Alexander***

- Gloria Alexander

☞ ***Richard Bush***

- Linda Bush

☞ ***Anna Dezego***

- Barbara Taylor

☞ ***Tom Gauthier***

- Linda Knapp

☞ ***Harvey Odze***

- Steve Degenstein

☞ ***Anna Pezzulich***

- Robert Pezzulich

☞ ***Erica Rogers***

- Linda Putney

☞ ***Hap Stroschein***

- Keith Colbath

Honorary Gifts

☞ ***Mary Hall***

- Joe Hall

☞ ***Donna Ryan & Ryan Family***

- Donna Ryan

☞ ***Terry Volz***

- Howard Volz

☞ ***William Weckerley***

- Alison Malmberg

There is strength in support!

By BPI Social Worker, Melissa Stemp



The Staff at Bennington Project Independence understand that caregivers need and benefit from support just as much as those they are caring for. Who better to provide that support than other caregivers, peers who are going through similar experiences? This is just what happens at Families Together!

Talking openly about our concerns and feelings isn't easy. There is often concern for judgment, that others simply won't understand what you are going through. I assure you that you will not find that in these meetings. What you will find is a tremendous amount of validation and support. Validation of your feelings and, most importantly, it's validation without judgment. You will find that other caregivers in the group truly understand and that another group member has gone through the same thing (or something similar) and even felt the same way as you. With understanding from the other caregivers in the group will come the emotional support that you need and deserve. Some of the benefits of this include reduced anxiety and depression in caregivers, as well as access to information on potentially beneficial resources.

Past caregivers who have attended these meetings have talked about how much they looked forward to attending them every month. At times, caregivers arrive at the meeting feeling broken, tired, and defeated. However, with the support of their peers and the group facilitator, they leave feeling encouraged, with a smile on their faces. It's truly remarkable how the support of a peer (who truly understands) can change our outlook on a situation at hand.

Please join us on the third Wednesday of every month from 1 pm to 2:30 pm when our Social Worker, Melissa Stemp, facilitates "Families Together." This support group is open to all caregivers, it's confidential, and it's free!



Families Together Monthly Caregiver Gatherings

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

The August meeting will be held on
Wednesday, August 20th, at 1:00 p.m.

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

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

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR BENNINGTON PROJECT INDEPENDENCE

25% OF EVENT SALES GET DONATED TO THE CAUSE

TUESDAY, AUGUST 26TH | 4-8PM
106 NORTHSIDE DR, BENNINGTON, VT, 05201

ORDER ONLINE FOR PICKUP USING CODE **M8RJWM9**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

Creative Suite Scrapbook



Rhonda (VAE) and Janet F. brainstorming some ideas as to what she will be creating

BPI's creative suite is a huge hit with our members



Donna R. cutting out her clay creations



(Left) Tammy D. and Tiffany C. having fun while moving on to the next step in their creative process



(Right) Pat S. and Andrea W. creating "sparkle" art during Open Art Studio with Kaye

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.***



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

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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.)