



Bennington
Project
Independence
Adult Day Service

September 2025

*Celebrating
47 years
of service in our
community*

September is Adult Day Services Month



*Let's
Celebrate*



Friendship



Fun



Joy





☞ Lunches Served
with 8oz 1% Milk

September 2025



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

	Monday	Tuesday	Wednesday	Thursday	Friday
	BPI Closed for Labor Day 	☞ What Am I? ☞ BPI Community Meeting ☞ Reminiscent Corner: School Days Goulash, Garlic Green Beans, Garlic Knots, Tropical Fruit Mix, Milk	☞ Sudoku Puzzles ☞ Kirtan Kriya ☞ Crafters' Club Vegetable Soup w/Crackers, Chicken Salad on a Wheat Roll w/Lettuce & Pickles, Chic-Pea Salad, Fresh Fruit Mix, Milk	☞ Current Events ☞ Monthly Gazette ☞ Back to School Trivia Turkey w/Gravy, Stuffing, w/Cranberry Sauce, Butternut Squash, Wheat Bread, Fruit Cocktail Cup, Milk	☞ EZ Music: Songs of School Days ☞ School Day Supply Kit ☞ National Grandparents Day: Granddad's Grasshopper Cheese Pizza, Side Salad w/Hard Boiled Egg, Homemade Garlic Rolls, Peaches, Milk
7	☞ Fall Poems ☞ Concentration Brainteasers ☞ Lifelong Learning: One Room Schoolhouse Fish & Chips, Carrot Coins, Wheat Bread, Pears & Grapes, Milk	☞ Pumpkin Golf ☞ Word Trivia ☞ Health is Wealth: Benefits of Reading Macaroni & Cheese, Stewed Tomatoes, Broccoli & Cauliflower, Wheat Bread, Mandarin Oranges, Milk	☞ Bible Study ☞ History in September ☞ One Hit Wonders from 50's, 60's, 70's California Casserole, Vegetable Medley, Wheat Bread, Fruit Cocktail, Milk	☞ Google it ☞ Veggie Stand Trip ☞ 9/11 - A Day of Remembrance Teriyaki Chicken, Rice Pilaf, Stir Fry Vegetables, Wheat Bread, Tropical Fruit Mix, Milk	☞ Daily Chronicles ☞ Wacky Wordies ☞ Plants: Give Marigolds their Flowers Baked Ham w/Mustard, Mashed Sweet Potatoes, Green Beans, Wheat Rolls, Pineapple, Milk
14	☞ W'i Bowling ☞ One Hit, That's It! ☞ Food for Thought: School Lunches Chicken Alfredo w/Veggies, Buttered Asparagus, Wheat Bread, Peaches, Milk	☞ Dollar Store Trip ☞ Ollie & Millie Visit ☞ On the Road Again: Central Florida Turkey & Cheddar Sub w/Lettuce & Tomato, Pickled Beets, Fruit Cup, Milk	☞ Jewelry w/Rachel ☞ ABC, Easy as 123 Game ☞ Leroy & The Guys Perform Breaded Pork Chops, Mashed Potatoes w/Gravy, Buttered Carrots, Wheat Bread, Apple Crisp, Milk	☞ Bakers' Corner ☞ Fred & Lisa Perform ☞ Jeopardy Trivia Cheeseburger w/Lettuce, Tomato, & Pickles, Macaroni Salad w/Veggies, Tomato & Cucumber Salad, Watermelon, Milk	☞ BPI Humor ☞ Photographic Memory ☞ Special Guest Performer: DJ Scott Fish Sticks w/Tartar Sauce, Homemade Coleslaw, Wax Beans & Pimentos, Chocolate Cake, Milk
21	☞ Rosh Hashanah ☞ National Adult Day Services Week ☞ Mindful Movements w/Rachel Quiche Lorraine, Roasted Brussel Sprouts, Butternut Squash, Wheat Rolls, Fruited Jello, Milk	☞ Manicures ☞ BPI Spelling Bee ☞ Star of the Month: Michael Douglas Salisbury Steak, Baby Carrots, Mashed Potatoes w/Gravy, Wheat Bread, Mandarin Oranges, Milk	☞ Guided Meditation ☞ Apple Barn Trip ☞ Virtual Tour: Under the Sea Chef Salad, Homemade Wheat Roll, Peaches, Milk	☞ Yoga w/Jane ☞ Patty K. Performs ☞ EZ Does It: Book Ends Cheese Quesadilla w/Lettuce, Tomato and Sour Cream, Black Beans & Spanish Rice, Warm Cinnamon Apples, Milk	☞ Winter Weather ☞ Folklore ☞ America's Funniest Animal Videos ☞ Piano Sing-A-Long w/Megan Baked Ziti, Side Salad w/CROUTONS, Garlic Knots, Pineapple, Milk
28	☞ Apple Picking Trip ☞ Red Hat Society ☞ Travel Brief: Mexico City, Mexico BBQ Chicken, Macaroni Salad w/Veggies, Vegetable Medley, Wheat Bread, Fruit Cocktail, Milk	Apple Fest Tuna Boats on a Wheat Roll w/Lettuce & Pickles, Unsalted Chips, 3-Bean Salad, Pineapple, Milk	Weekly: ☞ Arts and Crafts ☞ BPI Bakers ☞ Open Art Studio ☞ Therapy Dogs Visit ☞ Bible Study	Daily: ☞ Coffee Social ☞ Brain Games ☞ 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.

The Advantages of a BPI Membership

by Gina Anzivino, Membership Coordinator



Throughout our lives, we are Members of something in some way, shape, or form. First off, we're a Member of a family. As a kid in school, maybe you were a Member of the band or chorus. In college, a fraternity or sorority. Perhaps as a working adult, you joined a gym or were a Member of a fraternal organization. Many people are Members of a church. All of these Memberships differ, but they also have many things in common: camaraderie and social opportunities, a chance to give back, a purpose. A BPI Membership is no different. As a part of the BPI family, you can benefit from:

- **Socialization** - Combat isolation by attending our program anywhere from one to five days a week. Meet new friends and reconnect with old ones.
- **Activities** - Thanks to our Activities Coordinator, Shelagh, a variety of groups and activities, run by our excellent Activity Team, are offered throughout the day: cognitively stimulating, physical, musical, creative arts- pick and choose based on your interests.
- **Health** - BPI's nurses, Amy and Julie, provide routine and preventative care, medication administration, coordination of appointments, and liaison with your medical providers.
- **Personal Care** - Dedicated and caring staff are available to provide dignified assistance with personal care needs. Shampoos, showers, and jetted tub baths are available too!
- **Social Work** - Both Members and their families receive support and guidance from our Social Worker, Melissa, who provides guidance and problem solves everyday difficulties, and helps with coping skills during challenging times.
- **Nutrition** - Our nutrition team prepares lunch Monday - Friday onsite in our commercial kitchen. In addition, we serve a light snack at 2:30pm. Our Nutrition Coordinator, Chelsey, is happy to talk to you about any concerns.
- **Transportation** - If you live close by, ride to BPI in one of our three lift-equipped vans, generally piloted by one of our three primary drivers, Joe, Jen or Bailey. For Members who live in the outlying areas, we'll help make alternative transportation arrangements. Our Transportation Coordinator, Tiffany, does her best to accommodate Member and family special requests.

Many people have pre-conceived notions about BPI- what we do, who comes to our program, how we're funded, etc. If you, or someone you know or love, is uncertain about a Membership at Bennington Project Independence, we encourage coming in for a tour. Come meet staff, see the physical layout of the building, observe some activities in action, and most importantly, check out what's for lunch! If we had a nickel for every person who, during a tour, said to us, "Your place is so nice!" or "I had no idea that you did so much!" and "You have 12 bathrooms??" we'd be rich! We even offer a complimentary visit, allowing individuals to come for a day at no charge to "dip their toe in the water", with no commitment. If someone is not ready to come in for a tour, I am happy to make a home visit where I can get to know them a bit, explain the program, share some pictures, and address any questions they or a family member might have.

BPI is proud to be a 47-year resource for the Bennington County community. Please call us today at 802-442-8136 to learn more about our program, to arrange a tour, or a complimentary or home visit.



BPI's Personalized Transportation

We, at BPI, are very proud to be able to provide specialized door-through-door transportation with our own lift-equipped vehicles in the Bennington, North Bennington, Pownal and Shaftsbury areas. Families and members who live in outlying areas may use the public transportation service of Green Mountain Community Network (GMC). We would be happy to assist with the making of these arrangements.

Our primary drivers are Joe Greenhalgh, Jennifer Facto, and Bailey Therriault. Activity staff Megan Cummings LNA and Megan Lobritto (not pictured) also assist with transportation. Transportation Coordinator, Tiffany Holland does her best to meet the special needs of caregivers and members.

We are committed to ensuring the safety, comfort and care of the members that we transport. All of our drivers have complete background checks and are bonded for our member's safety and security.

Celebrating National Adult Day Services Week at BPI

BPI's Activity Coordinator, Shelagh Muckle



National Adult Day Services Week, celebrated annually during the third week of September, is a time to shine a light on the incredible benefits of adult day services, our dedicated staff, and our cherished Members.

This year's National Adult Day Services Week is September 21- 27 2025, and is themed:

"ADS at the Crossroads: Policy, Practice, Progress".

If you're curious about what BPI offers, let's explore a glimpse into our vibrant community:

At BPI, meaningful activities are provided to help Members thrive mentally and physically. Programs include:

Mental Stimulation: Discussions on current events, educational programs, brain games, puzzles, and quizzes to keep minds sharp.

Physical Activity: Exercise programs like chair yoga, tai chi, dance sessions, and walking clubs to improve balance, strength and overall well-being.

Social Engagement: Opportunities to build friendships, participate in group discussions, creative outlets like arts and crafts, and community outings foster a strong sense of belonging and reduce isolation.

Life Enrichment: Activities like baking, bible study, inter generational activities, and meditation groups cater to a variety of interests and passions, enriching the daily experience.

At BPI, every day offers opportunities to share laughter, create memories, and support each other through various experiences, including trying times.

The staff curates a dynamic calendar of highlighted activities monthly. While the calendar provides a snapshot, many activities are offered throughout the day - up to 20-25 daily! **These include:**

Exercise and Wellness: Promoting health and active living.

Trivia and Games: Stimulating the mind and fostering friendly competition.

Community Trips: Exploring local attractions and engaging with the community, planned both in advance and by request. Trip ideas are always welcome!

Reminiscing and Discussion Groups: Fostering social connections and engaging with current events.

Arts and Crafts: Encouraging creativity and self-expression.

Baking and Culinary Activities: Enjoying shared experiences and promoting independence in daily living skills.

Intergenerational Activities: Bridging age gaps and promoting mutual learning and understanding, says wecaremn.org.

Relaxation Techniques: Including meditation and group relaxation to promote well-being.

Both group activities, ranging from large gatherings to intimate settings, and one-on-one interactions are offered to cater to individual preferences and needs. If quiet pursuits are preferred, puzzles, books, adult coloring, Sudoku, and other activities are available for independent enjoyment. The diverse selection ensures that activities can be chosen that suit your interests and preferences.

BPI is also a place to forge new friendships and reconnect with familiar faces. Ideas and suggestions are welcome to continually enhance the program.

Come and experience the fun, BPI style!



BPI's Amazing Activity Team

Brandy K., Tori T., Shelagh M., Dan L., Tiffany H., and Megan C. (Not Pictured) Megan L.

This Activities Team is dedicated to the highest standards of care, support, and compassion for BPI Members

Families Together Meeting

held on the 3rd Wednesday of each month.

Our next meeting will be held on

September 17th at 1:00 p.m.

Please call ahead to reserve your spot!

Call Melissa for more information
(802)442-8136.

Free and Open to the Public.

Adult Day Enriches Lives

by Melissa Stemp, Program Manager, Social Worker



Adult Day Services enriches not only the lives of our members but their caregivers as well. The benefits are truly invaluable! Some of the greatest benefits of our program stem from simply attending (who knew life could be so easy?!).

As the Social Worker here at BPI, I provide a tremendous amount of 1:1 support, guidance and education. In doing so, the reassurance of knowing one is being helped and their needs are being met can significantly reduce the anxiety and stress of our members and their caregivers. I will work side by side with you and the rest of your team in an effort to assure all of your needs are properly addressed. This may include making referrals (for things such as but not exclusive to housing, home health, case management services, medical specialists and counseling); attending meetings; completing necessary paperwork and much more.

Knowing that you have ready access to a number of experienced professionals, who are willing to help and support you in any way, is a tremendous stress relief. The increase in positive mental and emotional health, coupled with one's needs being met in a timely manner truly make for a better quality of life!

Our caregivers have commented time and again over the years about the benefits they receive by having a loved one attend BPI. Many of the benefits are the same as those mentioned above. However, one of the greatest is the relief they feel in knowing that their loved one is in a safe environment. Our caregivers know that they can trust and can count on us to provide quality care, that we will do everything in our power to improve their loved ones quality of life, while providing them (the caregiver) the respite they need and deserve. This provides caregivers with the opportunity to focus on themselves/other things that they need to attend to in their personal lives while sharing our time and knowledge in learning about and obtaining valuable services.

Please join us for our caregivers meeting in September!



Shelagh M. sharing flowers with Liz C. on Mothers Day!

BPI Nursing at a Glance

by Amy St. Onge, RN/Health Coordinator



As new Members mix in with those that have been here a while, we find our census growing and the health program expanding at BPI. Our team dedicated to providing health and personal care include nurses and licensed nursing assistants. Our Physician Consultant, Allison Niemi, MD, assists with policy making and quality assurance. We also cross train activity professionals so that they also can provide personal care, mobility and nutritional services. As the Health Coordinator, it is my job to oversee the health program, provide nursing assessment, intervention, education, training and coordination of care with outside providers.

Now that BPI is settling into the new Orchard level addition, we have ample space to advance our health and wellness program. Members are enjoying daily exercise groups in the Fitness Center and find increased access to the Nustep Recumbent Crosstrainer. We hope to bring back Nina Nunes, Physical Therapy Assistant, to teach another 12 week SAIL class this winter as well.

Members also now have access to our hydrotherapy tub in our newly finished Spa. The tub door opens allowing the person to enter with ease before being filled. A person who cannot stand, can be lifted from a wheelchair using our ceiling mounted lift above the tub. Once inside, warm water circulates from the jets which promotes relaxation, pain relief, circulation and hygiene.

Members will also find access to routine and emergency care with a treatment room on both levels of the building. Our nursing staff provide skilled health services, medication management and a variety of other treatments needed to meet the needs of each individual.

As the Health Coordinator for 22 years, it has been a pleasure seeing the program grow and meet the needs of our community members and their families facing the challenges of aging and disability.



Amy St. Onge RN (left) and Julie Gauthier LPN, (right)



BPI's Nutrition Team: C.J. Dufresne, Cook;
Chelsey Bodenstab, Nutrition Coordinator,
Haley Gauthier, Nutrition Assistant.

Home Cooked Nutrition

The Nutrition staff at BPI is committed to preparing fresh, balanced, and tasty home-cooked meals and snacks. We strive to create meals that are both nourishing and enjoyable. While we do like to serve up some of the fan favorites, we often like to try something new.

BPI's menus follow the guidelines set by the Child and Adult Care Food Program (CACFP) and the Southern Vermont Council on Aging (SVCOA). This ensures that every meal meets the specific dietary needs of adults, promoting health and well-being for everyone.

Food safety is a top priority in our kitchen. From proper storage and handling, to maintaining a clean workspace, we take every precaution to ensure that the meals we serve are safe. By combining nutrition, safety, and a passion for home-style cooking, the Nutrition Staff is proud to support the health and happiness of our community through every meal. Our team takes pride in creating a warm and welcoming food experience that nourishes the body and brings people together.

BPI's Consultants:

Dr. Allison Niemi, Physician Consultant
Patricia Harrison, Registered Dietician
Kaye Shaddock, Art Therapist
Jane Schaeffer, Yoga Instructor
Crystal Gardner, Accounting Consultant
Jean Wheat, Industrial Hygienist

BPI Facilities

The Facilities Team works together to ensure our Members here at BPI have a safe and clean environment to enjoy their daily activities. Bennington Project Independence is a home away from home for many and we aim to make it feel just as welcoming.



Joe Greenhalgh, our Facilities Coordinator, has made the wellbeing of the building a primary concern. He strives to keep the building in top notch working order. All of our Members know him, as one of our primary Van Drivers for BPI transportation.



Ethan Bodestab, our Housekeeper/Facilities Assistant, ensures the cleanliness of the building and helps out wherever needed. With flu season just around the corner, you can be sure your loved ones are coming to a clean facility. Deep cleaning and getting down and dirty is his specialty.

The Facilities Team works jointly to make sure we have a safe and clean environment for each and every one of our Members and Staff here at Bennington Project Independence.



At BPI, we strive to help our members stay active and independent.

Joe H. (BPI member) assists Joe G. (BPI staff) with assembling tables on the Orchard Level.

Follow us on:

Facebook: Bennington Project Independence
Adult Day Service

Website: (www.bpiads.org)

Instagram: (Bennington Project Indep)
#bpiads

Twitter: (Bennington Project Independence)
@bpi_ads

YouTube : BPI or Bennington Project
Independence



BPI's Amazing Administrative Team

From the people who greet you when you arrive at BPI, to those diligently working in the office, we have a team of professionals who strive to ensure that BPI continues to have the highest quality of administrative support and financial oversight to keep our program running smoothly.

Our Administrative Team includes:

BPI's Executive Director; Linda Wichlac, Maureen Kelly Fiscal Operation and Communication Coordinator, Robin Dane Administrative Coordinator; Laurel Deysenroth Administrative Assistant and Foyer Greeter; Kathe Schnopp Foyer Greeter



Linda Wichlac, BPI's Executive Director

BPI Board of Directors



- Graciela Seeger
- Kathleen Cichanowski
- Margaret Wilson
- Linda Putney
- Linda Bush
- Stephanie Savage
- Carole Harrington, Interim President
- Elizabeth Hardesty, Secretary (not pictured)
- Rep. Mary Morrissey (not pictured)
- Rebecca Souza DNP, ANP, ACHPN (not pictured)
- Betsy Bluto Woods (not pictured)

23 BPI Staff

Linda Wichlac 37 Years of Service	Executive Director, Expressive Arts Therapist, Certified Dementia Practitioner, Activity Consultant Certified
Gina Anzivino 36 Years of Service	Membership Coordinator
Tiffany Holland 23 Years of Service	Transportation Coord./LNA/ Activities Assistant
Amy St. Onge 22 Years of Service	Registered Nurse/Health Coordinator
Maureen Kelly 19 Years of Service	Fiscal Operations and Communication Coordinator
Daniel Lampron 18 Years of Service	Activities Assistant
Shelagh Muckle 14 Years of Service	Activities Coordinator/LNA/ ADC
Robin Dane 13 Years of Service	Administrative Coordinator
Melissa Stemp 11 Years of Service	Social Worker/Program Manager
Chelsey Bodenstab 9 Years of Service	Nutrition Coordinator
Megan Cummings 9 Years of Service	Activities Assistant/LNA
Tori Therriault 9 Years of Service	Activities Assistant/LNA
Kathe Schnopp 6 Years of Service	Foyer Greeter
Joe Greenhalgh 4 Years of Service	Facilities Coordinator/Van Driver
Laurel Deysenroth 4 Years of Service	Administrative Assistant/ Foyer Greeter
Julie Gauthier 2 Years of Service	LPN/Health Assistant
Megan LoBrutto 1 Year of Service	Activities Assistant
Haley Gauthier 1 Year of Service	Nutrition Assistant
Bailey Therriault 8 Months of Service	Driver/LNA
Jennifer Facto 6 Months of Service	Driver/Transportation Maintenance Assistant
Ethan Bodenstab 5 Months of Service	Housekeeper/Facilities Assistant
Brandy Krawczyk 3 Months of Service	Activities Assistant
CJ Dufresne 1 Month of Service	Cook/Nutrition Assistant

= 240 Years of Professional, Compassionate Care



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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☐ 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

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 form enclosed 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.)