



# Bennington Project Independence

Adult Day Service

October 2025

*Celebrating  
47 years of service  
in our community*

## Harvest New Opportunities this Fall at BPI



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.

Join our Adult Day Program and experience all that BPI provides in our warm and cozy home on Harwood Hill

### You can enjoy:

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




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☞ Lunches Served  
with 8oz 1% Milk

# October 2025

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

Monday		Tuesday		Wednesday		Thursday		Friday	
<div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div><div>31</div></div><div><div><div>Bingo</div><div>Mondays at 1:45 pm</div><div>Fridays at 10:00 am</div><div>In-Person and Virtual</div><div>Contact Shelagh</div><div>802-442-8136</div><div>to sign up</div></div></div></div>		<div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div><div>31</div></div><div><div><div>Daily:</div><div>☞ Coffee Social</div><div>☞ Brain Games</div><div>☞ Stretch for Health</div><div>☞ Current Events</div><div>☞ Music</div><div>☞ Fun!</div></div><div><div>☞ M&amp;Ms &amp; Sweet, Sweet Music</div><div>☞ BPI Community Meeting</div><div>☞ Drumming w/Olivia</div><div>Chili w/Cornbread, Broccoli Salad, Wheat Bread, Fruit Cocktail, Milk</div><div>☞ CLUB Categories</div><div>☞ Letter Sudoku Puzzles</div><div>☞ Pumpkin Basketball</div><div>Chicken Gumbo, Sweet Potato Fries, Wheat Bread, Pears &amp; Cherries, Milk</div><div>☞ Current Events</div><div>☞ Pumpkin Spice Mining</div><div>☞ ZING: History's Sharpest Comebacks &amp; Insults</div><div>Chicken Stew w/Biscuit, Butternut Squash, Wheat Bread, Fresh Fruit Cup, Milk</div><div>☞ Walmart Trip</div><div>☞ Ruthless Rhymes</div><div>☞ Bakers' Corner</div><div>Vegetable Soup w/Crackers, Turkey &amp; Cheddar on Wheat Bread, 3-Bean Salad, Unsalted Chips, Mandarin Oranges, Milk</div></div></div></div>		<div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div><div>31</div></div><div><div><div>☞ Yom Kippur</div><div>☞ Candy Corn Bowling</div><div>☞ Kirtan Kriya Exercise</div><div>Turkey Casserole, Vegetable Medley, Wheat Rolls, Tropical Fruit, Milk</div><div>☞ Travel Brief: California Dreamin'</div><div>☞ Jewelry w/Rachel</div><div>☞ "Orange" Trivia Time</div><div>Chef Salad, Wheat Roll, Peaches, Milk</div><div>☞ Crafters' Corner</div><div>☞ Daily Chronicle</div><div>☞ Reminiscent Corner: Hay Rides</div><div>Tamale Pie, Stir Fry Veggie Mix, Wheat Bread, Tropical Fruit Mix, Milk</div><div>☞ Virtual Tour</div><div>☞ Pumpkin Patch Trip</div><div>☞ Ponderable's: Food &amp; Beverage Edition</div><div>Macaroni &amp; Cheese, Stewed Tomatoes, Green Beans, Wheat Bread, Cinnamon Apples, Milk</div><div>☞ Science Fun</div><div>☞ Cheerful Calendulas</div><div>☞ Would you Rather: Autumn Edition</div><div>Tuscan Chicken, Pasta w/Veggies, Wheat Bread, Peaches, Milk</div></div></div></div>		<div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div><div>31</div></div><div><div><div>☞ Bible Study w/Dan</div><div>☞ The Monthly Gazette</div><div>☞ On the Road Again: Fort Collins, CO</div><div>Broccoli Cheddar Soup w/Crackers, Ham Salad on a Bun w/Lettuce &amp; Pickles, Carrot Slaw, Peaches, Milk</div><div>☞ Health is Wealth</div><div>☞ You Be the Mechanic</div><div>☞ Star of the Month: Arnold Schwarzenegger</div><div>Beef Stroganoff over Noodles, Baby Carrots w/Honey Garlic, Wheat Bread, Pineapple, Milk</div><div>☞ Dollar Store Trip</div><div>☞ Fred &amp; Lisa Perform</div><div>☞ Short Stories: Bethany Gets Boored</div><div>Chicken Parmesan, Spaghetti w/Sauce, Garlic Buttered Asparagus, Garlic Knots, Mandarin Oranges, Milk</div><div>☞ Guided Meditation</div><div>☞ Classy Clown Fish</div><div>☞ Exploring Our Senses During Harvest Time</div><div>Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots, Wheat Bread, Peaches &amp; Pears, Milk</div><div>☞ Yoga w/Jane</div><div>☞ What Am I?</div><div>☞ Patty K. Performs</div><div>Fish Sticks w/Tartar Sauce, Homemade Coleslaw, Broccoli, Wheat Bread, Pineapple, Milk</div></div></div></div>		<div><div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div><div>31</div></div><div><div><div>Oktoberfest</div><div></div><div>Bratwurst or Hotdog on a Bun, German Potato Salad, Roasted Brussel Sprouts, Pineapple, Milk</div><div>☞ Sugar Shack Trip</div><div>☞ All About Autumn</div><div>☞ Reminisce: Arcade &amp; Video Games</div><div>Sloppy Joes on a Bun, Baked Beans, Cauliflower &amp; Pimientos, Fruited Jello, Milk</div><div>☞ BPI Humor</div><div>☞ Sing-A-Long</div><div>☞ Modern Jeopardy Trivia</div><div>Pepperoni Pizza, Side Salad w/Egg, Garlic Rolls, Peaches, Milk</div><div>☞ October IQ</div><div>☞ Three-Piece Suit Card Game</div><div>☞ Pumpkin Carving/Decorating Party - Bring in a Pumpkin</div><div></div><div>Grilled Ham Steak, Potatoes Au Gratin, Broccoli, Wheat Bread, Strawberry Shortcake, Milk</div><div><div>Happy Halloween</div><div></div></div><div>Spooky Spaghetti w/Meatballs, Garlic Green Beans, Garlic Knots, Ghostly Cookies, Milk</div></div></div></div>	

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

## October Activity Highlights

Fall is here and we are starting it off with celebrating Oktoberfest. The day will be filled with wonderful German food, themed games and traditions. Oktoberfest is the world's largest folk festival, held annually in Munich, Germany. The multi-week celebration attracts millions of visitors who come to experience traditional Bavarian culture. The original festival dates back to 1810 in Munich. **Come celebrate with us on Friday the 3rd, for our Oktoberfest!, ~BPI Style~**

**Friday the 24th will be our annual pumpkin carving/painting party!** We are asking members to bring in their own pumpkins and we will offer the carving and painting supplies. If you are interested in our **pumpkin patch trip on the 22nd**, please let staff know, so we can ensure the opportunity for members to have access in buying one. We will save the pumpkin seeds to bake and taste!

**Friday the 31st, will be our Halloween bash!** Dress to impress or dress to scare! (but not too scary) If you are in need of a costume or would like some ideas for a costume, all of our staff will be happy to assist, just let us know! We look forward to a fun filled month of many activities, trips and friends!

Join us this October for even more interesting and fun opportunities!

BPI Members had a special guest visit BPI.

Our friend DJ Scott hosted a "Dance Party" while he was visiting Bennington. This was a special treat, everyone had a wonderful time! **Thank you DJ Scott, we hope to see you again soon!**



BPI Members, Tammy D., Tiffany C., BPI Staff, Tiffany H. and DJ Scott having a blast doing the "Monster Mash" dance.

(Left) BPI Member Jackie H., like other Members, join in the fun by dressing the part by wearing party hats.

## October Birthdays



- Irene H. - 2nd
- Terry V. - 10th
- Paul S. - 11th
- Jeanne C. - 14th
- Thomas J. - 19th
- Elaine O. - 21st
- Ricky C. - 22nd
- Jim P. - 23rd
- Beverly B. - 29th
- Donna R. - 31st

## October Anniversaries



- Walter & Theresa S. - 21st

## Strength in Connections Monthly Caregiver Gathering



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

The October meeting will be held on  
**Wednesday, October 15th, at 1:00 p.m.**

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

## TRICK OR TREATING AT BPI

**Friday, October 31st, 2025**  
**from 12 pm - 5:30 pm**

Parents are invited to stop in at BPI with the kiddos to show of their costumes to our members.



We will have treats for the kids and BPI Staff and Members will be in costume



**Thank you to Juliet & Tim Sleeman**  
for your generous donation  
"In Loving Memory of my Wonderful  
Parents **Richard and Isabell Sleeman**"

A very **Special Thank you**  
to **Stuart and Colleen Hoskins** for  
your very generous donation

### **Operational Gifts**

- ☛ Chris Damon & Noreen Tiernan-Damon
- ☛ Pamela Fielding
- ☛ Elinor Hyjek



### **In-Kind Gifts**

- ☛ Robin D. - Adaptive silverware and puzzles
- ☛ Pam E. - Craft supplies and beads
- ☛ Carol H. - Harmonica, bookcase
- ☛ Amanda J. - Framed print by Jane Wooster Scott
- ☛ Ed K. - Puzzles
- ☛ Mrs. Lynne M. - Games, bingo prizes
- ☛ Dr. William T. - Furniture Stand
- ☛ Jackie U. - Wii

If you would like to donate to BPI, please  
use the QR code below or you can send a  
check 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.*

#### ☛ **Harvey Bruneau**

- Linda Morris

#### ☛ **Hazel Harrington**

- Diane Mead

#### ☛ **Norman Wilder**

- Janice Lerrigo

### **Honorary Gifts**

#### ☛ **Donald Lewis**

- Sallie Genevich

#### ☛ **Serena Mattison**

- Rick Mattison

#### ☛ **Ed Thompson**

- Patty Thompson



**BPI is growing and  
evolving!**

Our newest growing pain will be the changing of  
the information of our online presence.

First is our staff emails:

**our domain has changed from bpiads.org to**

**bpicares.org**

for example, info@bpiads.org is now  
info@bpicares.org.

Please update your information. The former email  
addresses will forward to the new ones for a short  
time.

The website still remains wwwbpiads.org, we will  
announce the new website when it is ready to be  
launched.

## Fall Health Highlights — By Amy St.Onge, RN, Health Coordinator

### COVID & Influenza



As we begin settling into cooler weather, we anticipate Flu and COVID cases will rise in the community as they usually do. It is still recommended that our staff and members receive vaccine updates for both viruses. Our **October vaccine clinic is scheduled for Friday, October 17, 2025 from 9 a.m. to 12 p.m.** We will offer the standard and high dose Influenza vaccines and the new Monovalent COVID-19 booster. Please call Amy to register. As we co-host with Hannaford Pharmacy, we will need your health insurance card to process payments. Generally speaking, it will be your Medicare card (red, white and blue wallet card) or a Green Mountain Care Medicaid card.

BPI does ask that if you are sick with a new cough, sore throat or fever, to stay home until you are well. If you do test positive for COVID, BPI does uphold the 5-Day protocol in which you stay home for 5 days then mask for five days.

### Peanut Allergy Protocol



**BPI has just transitioned to a peanut-free space.** This change came about to protect others who may have a severe peanut allergy. In a nutshell (no pun intended), BPI meals and snacks will no longer be produced using any peanut products. BPI asks that staff and members not bring in lunches or snacks which may contain peanuts or peanut products. This may include - but not limited to - such things as granola bars, candy bars, M&Ms, baked goods and / or peanut butter sandwiches. We are asking full compliance with this new protocol to prevent accidental exposure to someone who may be severely allergic by oral or airborne transmission.



### Emergency Care

**BPI ensures that all staff remain certified in First Aid and CPR/AED.** Our newest staff members have just been certified through The American Red Cross which has given us a 100% training compliance standing. We have emergency kits on each level of our building and house one AED (Automated External Defibrillator). We ask that members who have a medical DNR order (Do Not Resuscitate), to be sure we have a copy on file. Please call Amy for any questions regarding COLST forms which is the accepted Vermont form to indicate either a DNR status or a resuscitation status.



Please call Amy St.Onge, RN, Health Coordinator with any questions regarding the above at 802-442-8136 or to sign up for the October vaccine clinic.

### *Follow us on:*

**Facebook:** Bennington Project Independence  
Adult Day Service

**Website:** ([www.bpiads.org](http://www.bpiads.org))

**Instagram:** (Bennington Project Indep)  
#bpiads

**YouTube :** BPI or Bennington Project  
Independence



BPI Staff goes thru many hours of yearly training so that we can provide the best care to you or your loved ones. This picture is from our yearly fire safety training.

## 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!**



### Tea and Crumpets anyone?

BPI's ladies enjoyed tea and sweet treats at our Red Hats Society Tea.

Do you know what color hat you would need to wear if you were to come to a Red Hat Tea Party? and Why? Join us for our next Red Hat Tea to find out...



**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 helping with donations at BPI.

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

BPI is an exceptional place to be a member and staff!

At BPI, we foster member independence and encourage members to tell their histories, life stories and share their talents.

It is the same for staff! Our talented activity assistant Megan L. shares her wonderful singing voice and piano playing talents with our members.

If you would like to volunteer and share a talent with our Members, please call shelagh at BPI, 802-442-8136, for more information.

## 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.***



## 2025 BPI Art Show



VAE artist, Rhonda Ratray, and BPI Artist Tiffany C., proudly stand next to the tiles that all the amazing artists created



Surprise guest from the VAE, Artist Matthew Perry came to view all of the BPI Artists' Creations

BPI Artist, Janet F. and BPI Staff, Brandy K., enjoying their conversation with Matthew about how the tiles were made.



BPI Artist Terry W., enjoys viewing the beautiful art work that all artists including her created.



Andy R. shows off the apple tile that he made. This is only one of many other ceramic pieces he had on display at the show.



BPI Artist Theresa C., shows off the beautiful tiles she created for the art show!



**A Special Thank You to Rhonda Ratray and the Vermont Arts Exchange,** for coming to BPI sharing your talents, and helping our artists create and discover theirs.



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.)