

March 2020

*Celebrating
42 years of
service in our
community*



The Dr. Richard A. Sleeman Center

Bennington Project Independence

Adult Day Service

Don't stay home waiting for Good Luck....



These Lucky Lads and Lassies, Alfred B. and Andy R., Shelagh & Tori, followed Mary Lou C.'s rainbow and it brought them all to BPI.

***Call us to arrange a visit
today!***

(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 us this Spring at
The Dr. Richard A. Sleeman
Center on Harwood Hill for*

- ☛ Companionship
- ☛ Delicious, healthy meals
- ☛ Community excursions
- ☛ Enjoyable and stimulating brain games and activities
- ☛ Peace of mind during the day for You and Your Loved One
- ☛ Lots of Fun!

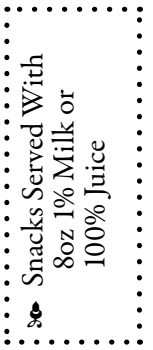
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Follow us on Facebook!

614 Harwood Hill, P.O. Box 1504, Bennington, VT 05201, Tel: (802) 442-8136
www.bpiads.org



March 2020

☞ Lunches Served
With 8oz 1% Milk

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

	Monday	Tuesday	Wednesday	Thursday	Friday
1	☞ Zumba w/ Andrea ☞ Home Depot Trip ☞ Crafters Club	☞ Grace Christian Students Visit ☞ Women's History Month ☞ Tongue Twisters	☞ Reminiscent Corner ☞ Bible Study ☞ Shuffle Board	☞ Manicures ☞ Wii Bowling ☞ Current Events	☞ Yoga w/Jane ☞ Daylight Savings ☞ Purim
2	Honey Garlic Chicken, Whole Grain Rice Pilaf, Baby Carrots w/Thyme, Whole Grain Wheat Bread, Peaches, Milk	Baked Fish w/Lemon Sauce, Pasta w/Veggies, Stewed Tomatoes & Zucchini, Whole Grain Bread, Oranges & Pineapple, Milk	Rosemary Roasted Pork, Applesauce & Gravy, Sliced Beets, Cooked Spinach, Whole Grain Bread, Pears & Peaches, Milk	California Casserole w/Egg Noodles, Green Beans, Whole Grain Bread, Pineapple Tidbits, Milk	Vegetable Quiche, Cauliflower & Broccoli, Roasted Potatoes, Whole Grain Bread, Fruited Jello, Milk
8	☞ On Broadway ☞ Bulletin Board Trivia ☞ Church Service w/Father Holden	☞ March Birthday Trivia ☞ Historical Catastrophes ☞ Virtual Tour: The Oregon Trail	☞ Jewelry w/Rachel ☞ Walmart Shopping Trip ☞ Musical Memories w/Karen	☞ 50's Favorites ☞ Sing A Long ☞ Veterans Chat w/Melissa ☞ Creative Musing	☞ BPI Pie Day ☞ Bake Off ☞ Fables and Folk Tales ☞ Guided Meditation
15	☞ March Madness Basketball ☞ That was the Year ☞ Zumba w/Andrea	Seasoned Chicken Breast w/Gravy, Garlic Butter Pasta, Green Beans w/Chic Peas, Whole Grain Bread, Pears & Grapes, Milk	Macaroni & Cheese, Stewed Tomatoes, Asparagus, Whole Grain Bread, Apple Crisp, Milk	Chicken Noodle Soup, Sliced Turkey on WG Bread w/Cheddar, Lettuce, Tomato & Mayo, Moroccan Cold Beet Salad, Tropical Fruit, Milk	Breaded Fish w/Tartar, Pasta w/Vegetables, California Mixed Vegetables, Rye Bread, Peaches, Milk
22	☞ Dr. Richard A Sleeman Center's 11th Anniversary	☞ BPI Humor ☞ Knitting Group ☞ Hoop Shoot	☞ 2nd Chance Animal Center Visits ☞ Foot Reflexology ☞ Science Fun	☞ Fred, Lisa and Larry Variety Show ☞ Opening Day of Major League Baseball ☞ Facials	☞ Musical Note: Big Band Music ☞ Holistic Script: Mindful Collage ☞ Market Wagon Trip
29	☞ Healing Ways ☞ 56th Anniversary of Jeopardy Deal or No Deal?	☞ Therapy Dogs Visit ☞ Paula's Weaving Workshop Trip ☞ Jewelry w/Rachel	March Bingo: <i>Monday 2nd @ 3</i> <i>Tuesday 10th @ 1:45</i> <i>Wednesday 18th @ 10:15</i> <i>Friday 27th @ 3</i>	☞ First Day of Spring ☞ Spring Fling ☞ Person, Place or Thing Turkey w/Cranberry Sauce, Whole Wheat Stuffing, Butternut Squash, Green Bean Casserole, Wheat Roll, Jello Cake, Milk	☞ March Word Pictures ☞ Baker's Corner: Maple Fudge Lemon Pepper Fish w/Tartar, Buttered Garlic Noodles, Stewed Tomatoes, Whole Grain Bread, Spiced Peaches, Milk
		☞ Chicken Cacciatore w/White Rice, Brussels Sprouts, Whole Grain Bread, Pears & Mango, Milk	Sloppy Joe on a Whole Grain Bun, Roasted Potatoes, Spinach, Pineapple, Milk	Sliced Ham w/Pineapples, Mashed Potatoes w/Chives, Mixed Beans, Whole Wheat Bread, Tropical Fruit, Pineapple Tidbits, Milk	Tuna on Whole Grain Roll, 4-Bean Salad, Coleslaw, Peaches, Milk
		☞ Chicken Ala King, Honey Garlic Carrot Coins, Whole Grain Bread, Warm Cinnamon Apples, Milk	Hamburger w/Bun, Ketchup, Mustard, Relish, Sweet Potato Fries, Baked Beans, Apricots & Yogurt Parfait, Milk	Virtual Dementia Tours March 4th & 18th Tours begin at 12:30 Please call 802-442-8136	Daily: ☞ Coffee Social ☞ Brain Exercise ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun!

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

National Social Workers Month

By BPI Social Worker Melissa Stemp



BPI is known for its ability to provide adults in our community with the valuable opportunity to get out of their homes, socialize with peers, participate in a wide range of meaningful adult activities, receive valuable medical oversight and enjoy well balanced, nutritious meals. March is National Social Workers Month and we wanted

to take this opportunity to make you aware of the many ways I, as the Social Worker here at BPI, can be of support to you and or your loved one.

As your Social Worker, you will find that the support and guidance I can give is versatile, on a multitude of levels. One key component to making sure someone's needs are being met is working for seamless coordination of services. This may include making referrals for housing, home health and case management services, medical specialists and counseling. As a Social Worker I often act as a liaison not only for the person I work with, but also for the family as a whole. In this role I work to make sure that there is open communication as well as active cooperation between all people and providers involved, working to facilitate a close working relationship. Having a support system in place that can speak with you and on your behalf, to help get your concerns across to others, to make sure your needs are known and addressed is a tremendous advantage.

How about that never ending pile of ... paperwork! Medicaid applications and the recertification process can seem daunting and time consuming. I have experience in assisting with and completing these. I would be more than happy to explain the process to you and provide assistance as needed. Do you know the benefits of having/do you need to complete a Power of Attorney for Medical and or Financial concerns? Maybe you need to complete one but aren't sure of the differences between a Durable Power of Attorney and a Power of Attorney; contact me, I'd love to provide you with the assistance you need.

Sometimes navigating the system is simply overwhelming, we don't know who to reach out to, what questions to ask or even what we can ask for. I tell everyone that I work with "Even if your question has nothing to do with BPI, call me and ask me. If I don't know, I will do my best to help you figure it out." Knowing that you can reach out to someone else for support is a tremendous relief.

For more information, please call Melissa Stemp at 802-442-8136

BPI is chosen for a National Study

Bennington Project Independence, Adult Day Service is pleased to announce that we have been selected to partner with Johns Hopkins School of Nursing & University of Minnesota School of Nursing on an exciting new nationwide research study. This research study entitled "Improving Outcomes for Families and Older Adults: Adult Day Service Plus" (ADS Plus) is sponsored by the National Institutes of Health.

The purpose of the Adult Day Services Plus (ADS Plus) research study is to evaluate a new program, ADS Plus. The ADS Plus program is delivered by a BPI Staff to assist family caregivers of persons with dementia manage daily care challenges and take care of themselves.

BPI is extremely pleased to be able to offer our members and caregivers the opportunity to learn about this study. This project will advance knowledge in the field leading to further improvements in care for those with dementia and for their family caregivers.

If you are interested in learning more about the ADS Plus project, please contact Melissa Stemp, BPI Social Worker at 802-442-8136



Melissa and Ann Q. share their love of crocheting, during "BPI's Crafters Corner"

Families Together Monthly Caregiver Gatherings



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

March meeting will be held on
Tuesday, March 31st at 1:00 PM.

Please call (802) 442-8136 or send an email to info@bpiads.org for more information.

Editor's Note: Due to all the love in the air in Febraury, the editor's mind was somewhere else. In last months newsletter there is a name correction for a donation made in Honor of Charles J. Dziengiel Jr. it should have read from Ron Dziengiel & Elaine Povich

In-Kind Gifts

- Paula A.- Jewelry making supplies
- Kathleen C.- Bingo prizes
- Doris C.- Womens clothes
- Ruby C.- Womens turtleneck
- Tammy D.- Puzzles
- Autumn D.- Mens briefs
- Jackie H.- Magazines
- Dean H.- Basket, blue zipper bags
- Carol H.- Walmart gift card
- Lillian K.- Hannaford gift card, mens clothes, calendar planner
- Evelyn M.- 2nd Chance lottery tickets
- Elisabeth N.- Hannaford gift card, small tupperware containers w/lids
- Ruth O.- Womens clothes
- Hilda P.- Case of mens briefs
- Suzanne S.- Bingo prizes
- Patti S.- Green beans, necklace/earring sets
- Gloria V.- Red hat
- Meike W.- beads for crafts & jewelry making
- Unitarian Universalist Fellowship of Bennington- Bingo prizes, jewelry

Memorial Gifts

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

.....

☛ Len Anzivino

- Charles & Linda Putney
- Gloria Van Derzee
- Patricia & Kathleen Zemianek

☛ Norman Wilder

- Duncan & Ann Campbell

Virtual Dementia Tours

March 4th & 18th

Join us for a Unique Family Caregiver Experience

The Virtual Dementia Tour is an evidence-based, patented program designed to give people the opportunity to experience what dementia is like through an individualized, experiential tour.

Tours begin at 12:30, for more information, Please call Bennington Project Independence Adult Day service at 802-442-8136

This Caregiver Experience is sponsored in part by the National Family Caregiver Grant through the Southwestern Vermont Council on Aging

Bennington Project Independence Donation Form

- Please Designate my Donation toward:**
- Complete Lower Level Activity Area
 - Van Replacement Fund
 - BPI's Endowment Fund
 - You may use my gift wherever needed
 - Other _____

- Level of Support:**
- Friend \$1 -\$99
 - Supporter \$100-\$249
 - Sponsor \$250-\$499
 - Benefactor \$500-\$999
 - Silver Founder \$1000+
 - Gold Founder \$5000+
 - Platinum Founder \$10,000+
 - Diamond Leader \$100,000+

Name _____

Address _____

City _____

State _____ Zip _____

Donation Amount: _____

Multi-Month/Year Pledge: _____

In Memory of _____

In honor of _____

Acknowledge to: _____

Send your donation to:
P.O. Box 1504, Bennington, VT 05201



Save the Date!

Bennington Project Independence
Adult Day Service

9th Annual Golf Tournament
Sunday, June 7, 2020

*Pre-Tournament
Swing Clinic
with
LPGA Hall-of-Fame
Instructor, Kay McMahon*

The Golf Club at Equinox

**Call (802) 442-8136
To Reserve your Spot**

Click and Give Online Donations...

You can easily make a donation to BPI online by visiting our website (www.bpiads.org) and clicking the "Donate Now" button. Your donation will make a difference in the lives of so many people.



Are you on Facebook?

Maaz, a student from Bennington College who worked with us at BPI, was very impressed with BPI and the work we do. He wanted to do something nice and give back to BPI

Maaz decided to start a fundraiser on Facebook for BPI.

If you go to our Facebook page at **Bennington Project Independence Adult Day Service** you can donate through Facebook. Also, if you could Like and Share the post, it could help us raise more money for BPI and our Mission.

Please Donate Today!

Volunteers Wanted -

We are looking for people who would enjoy helping out at BPI. We have many different volunteer opportunities.

Immediate need is for a Kitchen Helper Volunteer, who enjoys working in the kitchen or with set up and clean up of the dining room.

Please call Shelagh at 802-442-8136, to learn more about volunteer opportunities at BPI.

Lottery Ticket Raffle Basket



Ticket Price:

\$1.00 Each—or 6 for \$5.00

Drawing to be held:

Sunday, June 7, 2020*

Tickets can be purchased online at www.bpiads.org

or at the Dr. Richard A. Sleeman Center on Harwood Hill Rd, Bennington VT 05201

Please call for 802-442-8136 for more information

If you love our work, then tell the world!

Won't you help us raise awareness of our work by posting a review of your experience on **GreatNonprofits**. All reviews will be visible to potential donors and volunteers.

It's easy and only takes three minutes! Go to <https://greatnonprofits.org/org/bennington-project-independence-inc> to get started!

Thank you for your support!



BPI Activity Highlights

Spring has sprung, and the fun has just begun at BPI! We have so many special occasions to celebrate in the month of March! Even though the ground is still thawing, BPI Gardening Club will be meeting the last week of the month. We will start gathering ideas and thoughts about what we would like to plant in our BPI garden. If you have a "Green Thumb" and are interested in helping, please let Shelagh know. Did you know that BPI serves the fresh vegetables we grow for our delicious lunches?

On *Tuesday the 3rd*, Grace Christian School students will be visiting BPI, they have planned a craft for us to do together in Celebration of Dr. Suess's Birthday on March 4th. Come in and join the fun!

March 9th-13th we will be celebrating Pie Day, by having our very own pie bake-off. Bakers Corner will be held Monday, Wednesday and Friday that week and we will have a pie tasting contest on Friday the 13th at 2:30 at snack. If you have any recipes and are looking to participate, please let any staff know and we will sign you up.

On *Tuesday the 17th*, DJ Scott will be coming in from 1-3 in celebration of St. Patrick's Day. Wear your green and get ready to dance the Irish Step Dance. Maureen, our Administrative Coordinator, from 11-11:30 will be sharing a sample of tasty Irish Brown Bread with us and her very special photos and memories from her trip to Ireland

Monday the 23rd is the **11th Anniversary of the Dr. Richard A. Sleeman Center**. Please join us for this wonderful opportunity to gather and celebrate all the hard work and dedication of this beautiful building, and the extraordinary people it serves in our community. We will have a celebration at 2:30 pm. *Please Join Us!*

On *Thursday the 26th* is Opening Day for Major League Baseball. Wear your favorite Baseball Team apparel if you would like.

Happy Spring! Come join us for all the fun!

*Happy 11th Anniversary
to the
Dr. Richard A. Sleeman
Center
March 26, 2020*

March Birthday Wishes



- Loretta L.- 4th
- Cheryl C.- 10th
- Andrew M.- 20th
- Linda H.- 21st
- Patti S.- 24th
- Pamela S.- 31st

BPI Wish List

- ☛ Grocery Gift Cards and Walmart Gift Cards
- ☛ Bingo Prizes for Men & Women
- ☛ Medium Plastic Storage Bins w/Covers
- ☛ Small rectangular shaped clear tupperware type storage containers w/ covers
- ☛ Wooden Chess Game
- ☛ Large pieces of fabric for clothes protectors
- ☛ Donations for a New Van
- ☛ Donations for Phase 2 of The Dr. Richard A. Sleeman Center

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 participants only.
Not redeemable for cash.***

BPI Scrapbook



Sharing the "Love" on Valentines Day are Bailey and Steve D. (Left) , Tori (Staff) Terry V. (bottom)



Sue B. and Ruby C. enjoying BPI's Sunrise Breakfast. Who can resist a hot delicious breakfast while visiting with good friends?



A Very Special Thank You to *Grace Christian School Students* for their wonderful donation.



Lillian K. and Andrea K. accept a donation from the Grace Christian School students. They collected assorted items for BPI Bingo prizes.



Jackie H. loves when the therapy dogs come to visit BPI.



Open Art Studio with Kaye is on Thursdays and Fridays at BPI. Megan (staff) and Frank H. are sharing their artistic talents.



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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(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.)