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# Bennington Project Independence

Adult Day Service

**January 2026**

*Celebrating  
48 years of service  
in our community*

## Start Something New This Year...



The Staff at BPI would like to wish everyone a  
**Happy and Healthy New Year!**

We look forward to all the fun we are going to  
have in 2026!



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.

### *Like a Membership to BPI!*

BPI can help combat boredom, encourage movement and foster independence in our beautiful cozy "home" on the hill

*Join us for the New Year  
where 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, and more!!

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January 2026



- Lunches Served with 8oz 1% Milk

Lunches Served  
with 8oz 1% Milk

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bingo</b> Mondays at 1:45 pm and Fridays at 10 am In-Person and Virtual Contact Shelagh 802-442-8136 to sign up	<b>Weekly:</b> Arts and Crafts BPI Bakers Stretch for Health Bible Study Meditation Furry Friends Visit	<b>Daily:</b> Coffee Social Brain Games Stretch for Health Current Events Music Fun!	<b>BPI Closed</b>	1 Pondering Prompts Snowball Beat the Clock
			Top Secret Word Game Breaded Fish w/Lemon, Rice Pilaf w/Veggies, Cooked Spinach, Wheat Bread, Strawberry Shortcake, Milk	
4	Ice Fishing Current Events Tales of the Last Frontier	The Daily Chronicle The Monthly Gazette <b>BPI Community Meeting</b>	<b>Kirtan Kriya</b> <b>Red Hat Society</b> Collect Four: Card Game	7 BPI Humor Virtual Tour: Graceland Happy Birthday to the King: Elvis Presley
	Sweet & Sour Beef over Rice, Parsley Carrots, Wheat Bread, Pineapple Tidbits, Milk	Chicken & Gravy, Mashed Potatoes, Green Beans, Whole Grain Rolls, Carrot Cake Muffins, Milk	Ham Salad on Wheat Bread, Broccoli Cheddar Soup, Buttered Carrots, Tropical Fruit Mix, Milk	8 BPI Pizza, Side Salad w/Egg Bread Sticks, Sliced Peaches, Milk
11	Table Tennis Weather Detective <b>BPI Cook Off:</b>	<b>Bakers' Corner</b> EZ Does it Trivia Alaskan Scavenger Hunt	6 <b>Chocolate Shop Trip</b> Food for Thought: On the Trail of Moose Tracks	9 Travel Brief Music Trivia Animal Hibernation and Brumation
			13 <b>60's Sing a Long</b> <b>Hannaford Trip</b> The Call of the Wild	10 Early Radio Shows Who Am I? How to Attract Winter Birds
18	Mens' Club The Majestic Alaskan Moose Martin Luther King Jr Day	Star of the Month: Jason Bateman <b>Therapy Dogs Visit</b> Planes, Trains & Automobiles	20 <b>Guided Meditation</b> <b>Market Wagon Trip</b> Concentration Puzzles	11 Manicures <b>Hannaford Trip</b> The Call of the Wild
	Chicken Pot Pie, Buttered Asparagus, Wheat Rolls, Mandarin Oranges, Milk	Tomato Soup w/Crackers, Grilled Cheese on Wheat Bread, Roasted Vegetables w/Ranch, Fresh Fruit Cup, Milk	21 <b>Bible Study</b> Light Debate Wii Bowling	12 Early Radio Shows Who Am I? How to Attract Winter Birds
25	Lifelong Learning: The Alaska Purchase <b>Mindful Movements</b> Country Song Titles	26 Word Mining <b>Dollar Store Trip</b> The Ice King: Wayne Gretzky	22 Group Sudoku <b>Jewelry w/Rachel</b> Short Stories: The Backyard Ghost	13 Group Yahtzee Health is Wealth: Cabin Fever Cures Remembering Birthday Parties
			27 28 29	14 15 16
31			Patty K. Performs Yoga w/Jane Crafters' Club	17 18 19
			30 31	20 21 22
				23 24 25
				26 27 28
				29 30 31

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

## January Activity Highlights

Happy New Year! **BPI is closed on January 1st** to observe the holiday. We will be **reopening on Friday, January 2nd, 2026**

We have a fantastic lineup of events and fun activities to kick-start the New Year. There's something for everyone to enjoy, from trips and crafting to trivia and virtual tours. Join us for the fun!

### Educational and Informational:

**Friday, January 9th**, Animal Hibernation and Brumation: Learn about how different animals survive the winter months.

**Monday, January 19th**, The Majestic Alaskan Moose: A fascinating look at one of Alaska's most iconic animals.

**Monday, January 26th**, Lifelong learning: The Alaska Purchase: Explore the historical details of this significant acquisition.

**Tuesday, January 27th**, The Ice King: Wayne Gretzky, A tribute to one of hockey's great legends.

### Trips and Outings

Space is limited, so please sign up in advance if you would like to go on a trip.

**Wednesday, January 14th**, Chocolate Shop trip. Indulge your sweet tooth with a visit to a local shop.

**Thursday, January 15th**, Hannaford trip: A convenient way to meet your grocery needs.

**Wednesday, January 21st**, Market Wagon trip: This is a popular place to get local fresh deli meats, sandwiches, salads, and tasty baked goods.

**Tuesday, January 27th**, Dollar Store trip: Find great deals and everyday essentials.

### Health and Wellness:

**Wednesday, January 7th**, Kirtan Kriya: Participate in this meditative practice.

**Friday, January 23rd**, Health is wealth: Cabin Fever Cures (Jan 23): Discover ways to stay healthy and happy during the winter.

**Monday, January 26th**, Mindful Movements with Rachel: Gentle movement and stretching.

**Thursday, January 29th**, Yoga with Jane: A relaxing start to your day.

### Entertainment and Fun:

**Thursday, January 8th**, Happy Birthday to King Elvis Presley: Celebrate with a virtual tour of Graceland and Elvis-themed activities.

### BPI Cook-off: Winter Soups Monday, January 12th:

Share your favorite warm soup recipes or taste-test others'.

**Monday, January 19th**, Martin Luther King Jr Day: Join us in honoring the life and legacy of Martin Luther King Jr.

**Thursday, January 29th**, Patty K performs: Enjoy an exceptional musical performance.

**BPI Community Meeting Monday, January 6th**, : Stay updated on BPI's community news. Share your insights and thoughts about activities happening at BPI.

Check our daily schedule for ongoing activities, including card games, trivia, exercise classes, and much, much more!

We look forward to a vibrant January 2026 with all of you. Happy New Year!

### January Birthdays



- Joyce R. - 2nd
- Leslie R. - 7th
- Frank H. - 19th
- Ann Q. - 21st
- Michael B. - 22nd
- Andy R. - 31st

### January Anniversaries



- Neil & Nelle K. - 4th
- Joyce & David R. - 16th



## Winter Slips and Trips

Amy St.Onge, RN Health Coordinator

As Vermonters know, snow and ice are in the forecast for the next few months! It is a good time to review your risk for falling and take preventive measures to keep yourself on your feet. Falls account for the most common cause of nonfatal injury for older persons. Falls also lead to hospitalization and may prevent you from leading an independent life.

Impaired physical condition, eyesight, cognition, medications and environment hazards can all impact your fall risk.

**Balance and strength** can be improved with regular walking and by simple exercises to strengthen the legs and ankles. While holding on to your counter top in the kitchen, simple knee bends, squatting and heel-to-toe rolls can help with just a few weeks of practice. Joining our Stretch for Health class daily and enjoying other active groups at BPI is a “**Must-Do**” on the 2026 resolution list. Currently Members are enjoying our new Fitness Center located on the new Orchard Level (open for all ages) and some have enrolled in our second SAIL exercise class (for those over age 60). **SAIL – “Stay Active and Independent for Life” is a 12 week instructor-led strength and balance course.**

Using **protective eyewear** in the sun to limit glare and using corrective lenses will help reduce vision related falls. Snow reflects sunlight which may temporarily impair your sight and throw you off balance. In the home, keep your living areas well-lit and use a night light for those midnight trips to the restroom.

Keeping the **mind sharp** with brain games, routine activity and rest will help to enhance cognition and mental alertness. This helps to reduce making poor safety decisions.

Many **medications** have side effects which may cause dizziness, balance disturbances, or changes in blood pressure. Alert your healthcare provider if you feel you may be experiencing side effects. Take time to make position changes. Try sitting on the edge of the bed for a few minutes to allow the blood pressure to regulate before standing upright. Consuming enough water to maintain hydration and managing chronic conditions will also help to prevent a fall.

**Environmental hazards** such as snow, ice, debris, uneven surfaces and clutter within your living space can cause tripping and slipping falls. Using assistive devices such as a walker or cane and / or using another person for assistance may help in these instances. Having grab bars and bed rails are useful in the bathroom and bedroom. Having a lifeline unit installed in the home won’t prevent falls but will benefit an individual who is not able to get off the floor independently. Having a blanket and phone handy on a surface close to the floor will be of benefit should you be unable to stand up.

Prevention of **all** falls is not possible, but taking steps to maintain a safe environment and a healthy body will aid in preventing many. The staff at BPI are experienced in assisting our members to improve their balance, strength and independence.

For the upcoming new year, make it a priority to attend regularly or enroll in a membership at BPI. Contact Amy St.Onge, RN at BPI for more information at 802-442-8136.



## Memorial Gifts

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



- **Richard Bush**
  - Linda Bush
- **Joan Wood**
  - Walter King
- **Harvey Odze**
  - Steve Degenstein
- **Anna DeZego**
  - Barbara Taylor
- **Erik Skoug**
  - Seline Skoug & David Van de Water
- **Jane Ann Potter**
  - Christina Hernandez
- **Margaret Hustler**
  - Hattie Hustler
- **Patricia Grzywaczewski**
  - Jeffrey Grzywaczewski
- **Ann Weeks**
  - Amy, Debi, Barbie & Velma
- **Diane Tobin**
  - Quadra Tek

## Honorary Gifts

- **Andrea Crawford**
  - Eileen Clegg
- **Donald Lewis**
  - Sallie Genevich
- **Terry Volz**
  - Howard Volz

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!

## Operational Gifts

- Rita Allard
- Carol Harrington
- Tom Bennett
- Mary Henning
- Celia & Chris Berks
- Elisabeth Nehme
- Doug Bissell
- Billy Parks
- Marilyn Boyle
- Jean Patnaude
- Lodie Colvin
- Nancy Pearlman
- Donald & Mary Cone
- Kyle Perry
- Steve Corcoran
- Mike Rogers
- Joe Dziengiel
- Marilyn Strakey

## In-Kind Gifts

- Anonymous - Storage cubes, men's suspenders
- Chris D. & Noreen T.D. - Gift cards, second chance lottery tickets
- Carol H. - Acrylic markers from Amazon Wishlist
  - Ann K. - Home Depot Gift Card in memory of Leonard Anzivino
- Linda P. - Thanksgiving decor and supplies
  - Susan S. - Puzzle Table

## Strength in Connections Monthly Caregiver Gathering

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

The January meeting will be held on **Wednesday, January 21st, at 1:00 p.m.**  
Please call (802) 442-8136 or e-mail [melissa.stemp@bpicares.org](mailto:melissa.stemp@bpicares.org) for more information.

## Follow us on:

**Facebook:** Bennington Project Independence Adult Day Service  
**Website:** [www.bpicares.org](http://www.bpicares.org)

**Instagram:** (Bennington Project Indep) #bpiads  
**YouTube :** BPI or Bennington Project Independence



**Congratulations to Linda Wichlac,  
BPI's Executive Director,  
on being awarded  
Community Partner of the Year,  
by the SVCOA**



A Special Thank You to Saxy Santa, The Serenity Singers, The Mennonites Choir, and all the other members of our community that came together to make this a magical holiday season at BPI!

## BPI's Amazon Wish List Registry

This is a great way to gift BPI and our staff. Item purchased can be used by our staff and members for activities.

We will 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 so much!



Thank you to **Keith Colbath** for your very generous donation in **Memory of Hertha and Adeline Strohschein**.



Thank you to **Henry Simpatico** for your thoughtful donation in **Memory of Eleanore Simpatico**.

Thank you to **Heather Maneely** for your generous donation to our Holiday Fundraiser.

Thank you to **William Fausett** for your donation to our Holiday Fundraiser from the **Foundation for the Preservation and Protection of the Green Mountain Boys**.



Thank you to Henry Simpatico and the Ukulele and Woodwind Trio for a holiday performance!

## BPI's new website



[www.bpicares.org](http://www.bpicares.org)

Please remember to bookmark our new website in your browser

Email: [info@bpicads.org](mailto:info@bpicads.org) is now [info@bpicares.org](mailto:info@bpicares.org).

## Christmas Party Scrapbook 2025



BPI Member Donna R. (right) and her daughter Sonya K. (left) celebrate together



BPI Staff Gina A. (center) sharing conversation with BPI Member Chris B. (right) and his wife Celia B. (left).



BPI Member Ruby C. always has a great time at the BPI Holiday Party!



BPI Staff Megan C. and Tiffany H. (ends) boogie with BPI Member Larry T. (center).



BPI Staff Shelagh M. shares a dance with BPI Member Tom B.



BPI Member Tim S. and his sister Juliet S. make room for Larry T. (BPI Member) this holiday season.





Bennington Project Independence  
*Adult Day Service*  
614 Harwood Hill - Route 7A  
P.O. Box 1504  
Bennington, VT 05201

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\_\_\_\_\_

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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.)