



Bennington Project Independence

Adult Day Service

March 2026

Celebrating 48 years of service in our community



What is the Pot of Gold at the End of the Rainbow?



BPI Staff, Lee K. with BPI members, Ann Q. and Tiffany C. sending Luck and Love from 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.

A Membership to BPI of Course!

Our program includes

- ☛ Meaningful Adult Activities
- ☛ Personalized care
- ☛ Friendship and laughter
- ☛ Nutrition and delicious Homemade meals
- ☛ Fun and much More!

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



March 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	
1	<ul style="list-style-type: none"> ☞ The Monthly Gazette ☞ Story of Joyous Purim ☞ Old Time Favorites Sing-A-Long <p>Shepherds Pie, Buttered Carrots, Wheat Rolls, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Dollar Store Trip ☞ Drumming w/Olivia ☞ Tongue Twisters with a Twist <p>Vegetable Quiche, Roasted Vegetables, Butternut Squash, Wheat Rolls, Apple Crisp, Milk</p>	<ul style="list-style-type: none"> ☞ Kirtan Kriya ☞ Current Events ☞ Word Up! True or False? <p>Macaroni & Cheese, Stewed Tomatoes, Broccoli Florets, Wheat Bread, Tropical Fruit Mix, Milk</p>	<ul style="list-style-type: none"> ☞ Group Monopoly ☞ "Ducking" Fate ☞ Dr. Seuss: You're Only Old Once <p>BBQ Chicken, Macaroni Salad w/Veggies, Green Beans, Wheat Bread, Mandarin Oranges, Milk</p>	<ul style="list-style-type: none"> ☞ The Doobie Brothers ☞ Daylight Savings Time ☞ Remembering My Fair Lady <p>Fish Sticks, Rice Pilaf, Roasted Sweet Potatoes, Wheat Bread, Peas & Grapes, Milk</p>	
8	<ul style="list-style-type: none"> ☞ Who Am I? ☞ Movie Mash Up ☞ Wellness Program: Combating Isolation <p>Meatball Subs, Prince Edward Medley, Fresh Fruit Mix, Milk</p>	<ul style="list-style-type: none"> ☞ Shuffleboard ☞ Finish the Sports Phrase ☞ Health is Wealth <p>Chicken Bacon Ranch Bowtie Pasta w/Veggies, Carrot Coins, Wheat Bread, Pineapple, Milk</p>	<ul style="list-style-type: none"> ☞ Walmart Trip ☞ Landmarks of the World ☞ Star of the Month: Audrey Hepburn <p>Tater Tot Casserole, Brussel Sprouts, Wheat Rolls, Peaches, Milk</p>	<ul style="list-style-type: none"> ☞ Crafters' Corner ☞ Bible Study ☞ Five Clues: What Tool is it? <p>Pork Chops, Mashed Potatoes w/Gravy, Peas & Carrots, Wheat Bread, Tropical Fruit, Milk</p>	<ul style="list-style-type: none"> ☞ Festival of Colors ☞ Craving Spring ☞ Modern Jeopardy Trivia <p>Chicken Noodle Soup, Grilled Cheese Sandwiches, Broccoli Salad, Green Beans, Apple Pie, Milk</p>	<ul style="list-style-type: none"> ☞ Dr. Richard A. Sleeman Center's 17th Anniversary ☞ Miss Manners ☞ First Day of Spring <p>Eggplant Parmesan, Spaghetti w/Sauce, Asparagus, Wheat Bread, Peaches, Cake, Milk</p>
15	<ul style="list-style-type: none"> ☞ Mark Harding Performs ☞ Minute to Win It ☞ Can You Picture This? <p>Chicken Florentine, Spaghetti w/Sauce, Butternut Squash, Wheat Bread, Mandarin Oranges, Milk</p>	<ul style="list-style-type: none"> ☞ St. Patrick's Day Celebration ☞ The Ukulele String Ensemble & Woodwind Trio+ Perform <p>Corned Beef & Cabbage, Boiled Potatoes & Carrots, Wheat Rolls, Chocolate Mint Chip Cookies, Milk</p>	<ul style="list-style-type: none"> ☞ Healing Ways ☞ The Daily Chronicle ☞ BPI March Madness <p>Sloppy Joe Sandwiches, Sweet Potato Fries, Coleslaw, Cinnamon Apples, Milk</p>	<ul style="list-style-type: none"> ☞ March IQ ☞ Market Wagon Trip ☞ Virtual Tour: London, England <p>Parmesan Crusted Fish w/Tartar Sauce & Lemon, Rice Pilaf, Mixed Vegetables, Wheat Bread, Fruit Cocktail, Milk</p>	<ul style="list-style-type: none"> ☞ Dr. Richard A. Sleeman Center's 17th Anniversary ☞ Miss Manners ☞ First Day of Spring <p>Eggplant Parmesan, Spaghetti w/Sauce, Asparagus, Wheat Bread, Peaches, Cake, Milk</p>	<ul style="list-style-type: none"> ☞ Palm Sunday ☞ Sugar Shack Trip ☞ Guess the TV Tune <p>3-Cheese Pizza, Side Salad, Garlic Knots, Peaches, Cottage Cheese, Milk</p>
22	<ul style="list-style-type: none"> ☞ Wii Bowling ☞ Concentration Puzzle ☞ Teatime Through the Senses <p>Beef Chili, Homemade Cornbread, California Mixed Vegetables, Tropical Fruit Mix, Milk</p>	<ul style="list-style-type: none"> ☞ EZ Does It ☞ Big Yahtzee ☞ Manicures <p>Chef Salad w/CROUTONS, Homemade Wheat Rolls, Pineapple Tidbits, Milk</p>	<ul style="list-style-type: none"> ☞ Word Sudoku ☞ Indoor Gardening ☞ Remembering Handy Work <p>Split Pea Soup w/Crackers, Chicken Salad Sandwiches, Cucumber & Tomato Salad, Oranges & Cherries, Milk</p>	<ul style="list-style-type: none"> ☞ Patry K. Performs ☞ Yoga with Jane ☞ Animal Feature: Giant Pandas <p>Hearty Beef Stew, Biscuits, Coleslaw, Peas & Kiwi, Milk</p>	<ul style="list-style-type: none"> ☞ Palm Sunday ☞ Sugar Shack Trip ☞ Guess the TV Tune <p>3-Cheese Pizza, Side Salad, Garlic Knots, Peaches, Cottage Cheese, Milk</p>	<ul style="list-style-type: none"> ☞ Palm Sunday ☞ Sugar Shack Trip ☞ Guess the TV Tune <p>3-Cheese Pizza, Side Salad, Garlic Knots, Peaches, Cottage Cheese, Milk</p>
29	<ul style="list-style-type: none"> ☞ Short Stories: It Takes a Town ☞ Mindful Movements ☞ Motor Vehicle Trivia <p>Turkey Dinner: Stuffing w/Cranberry Sauce, Mashed Sweet Potatoes, Green Beans, Wheat Bread, Chocolate Pudding, Milk</p>	<ul style="list-style-type: none"> ☞ Baking Club ☞ Spring Tune Up ☞ Guided Meditation <p>Beef Tacos w/Lettuce, Tomato & Cheese, Rice & Black Beans, Oranges & Pineapple, Milk</p>	<ul style="list-style-type: none"> ☞ Daily: Coffee Social ☞ Brain Games ☞ Stretch for Health ☞ Current Events ☞ Music ☞ Fun! 	<ul style="list-style-type: none"> ☞ OPEN ART STUDIO TUESDAYS & FRIDAYS ☞ BIBLE STUDY w/DAN THURSDAYS 10-11AM 	<ul style="list-style-type: none"> ☞ Palm Sunday ☞ Sugar Shack Trip ☞ Guess the TV Tune <p>3-Cheese Pizza, Side Salad, Garlic Knots, Peaches, Cottage Cheese, Milk</p>	<ul style="list-style-type: none"> ☞ Bingo ☞ Mondays at 1:45 pm and Fridays at 10 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.

March Activity Highlights

As the Winter frost begins to melt and the first blossoms of Spring peek through the soil, our BPI community is buzzing with a renewed sense of energy. This month is packed with opportunities to learn, laugh, and celebrate together ~BPI STYLE~

Celebrate St. Patrick's Day & Special Performances

Dust off your green attire! On Tuesday, March 17th, we are celebrating **St. Patrick's Day** in style. We are also thrilled to welcome the **Ukulele String Ensemble and Woodwind Trio+** for a special performance. Music continues throughout the month with live sets from **Mark Harding** Monday, March 16th and **Patty K.** on Thursday, March 26th.

Spring into Wellness

The first day of Spring arriving on Friday, March 20th, we are focusing on health and rejuvenation.

Mind & Body: Join us for **Kirtan Kriya, Yoga with Jane,** or **Guided Meditation** to center yourself.

Don't miss our Wellness Program on "**Combating Isolation**" on Monday, March 9th.

Purim & Cultural Celebrations

On Monday, March 2nd, we kick off the month by sharing the **Story of Joyous Purim** followed by an **Old Time Favorites Sing-A-Long**. Later in the month, we explore global traditions with the **Festival of Colors** on Friday, March 13th and a **Virtual Tour of London** on Thursday, March 19th.

Please see the calendar for more fun and happenings this month. Please join us this March for these activities and much, much more!



BPI Member, Betty R. and BPI Staff, Tiffany H. kick off the BPI Olympics! **Let the Shenanigans begin!**

March Birthdays

- Lucy M. - 4th
- Richard P. - 6th
- Jackie U. - 7th
- Virginia I. - 9th
- Cheryl C. - 10th
- Carlos B. - 12th
- Van C. - 20th
- Joe M. - 22nd
- Rose Wanda C. - 24th
- Patti S. - 24th
- Jerry V. - 26th
- Pam S. - 31st



Join us on **St. Patrick's Day**

March 17th, 2026

for a performance by

The Ukulele String Ensemble and Woodwind Trio+

Performance starts at 1pm



BPI Staff, Tiffany H., and BPI Member, Andy R. are painting the Olympic Banner for the kick-off of BPI's Olympics



BPI Members, Leslie R., Helen P., and Tiffany C. enjoying their "golden" treats. Everyone deserves the Gold at BPI!

National Social Workers Month

By Melissa Stemp, BPI Social Worker



BPI has long been known for its ability to provide adults in our community with the valuable opportunity to get out of their homes, socialize with peers, and participate in a wide range of meaningful adult activities. All while receiving valuable medical oversight, enjoying well balanced and nutritious meals, and receiving support and guidance from me as the Social Worker.

March is National Social Workers Month and we wanted to take the 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.

You will find that as a Social Worker the support and guidance that I can provide 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 (but is not limited to) 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 their family as well. I work to make sure that there is open communication as well as active cooperation between all people and organizations involved, facilitating a 'close working relationship.' Having a support system like this in place will help to assure that your concerns are addressed, and that your needs are known and addressed. This is a tremendous advantage in life.

How about that never ending pile of ... paperwork! Medicaid applications and the recertification process can seem daunting and time consuming. I am more than happy to explain the process to you and provide assistance for Medicaid/other services that are needed. Do you need some education in regards to a Financial or Medical Power of Attorney or a Financial or Medical Durable Power of Attorney? Maybe even Guardianship? If so, I can provide assistance in these areas as well and explain the differences between them.

I provide the 1:1 attention and support that you or your loved one deserve and need. This type of support is valuable as it gives one the opportunity and chance to make their needs known in a private, safe and caring environment.

If you have questions feel free to ask. If needed, I can do a home visit to be another set of eyes and ears, helping identify areas of need. Not only can I provide education and or information in many areas, but I can also provide assistance in making those referrals needed. I am here to work with you and for you. You can reach out to me at 802-442-8136.



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, March 18th, at 1:00 p.m.** Please call (802) 442-8136 or e-mail melissa.stemp@bpicares.org for more information.

You're Invited..

In honor of our completed "Home on the Hill", we would like to invite you for a tour of our building.

On March 24th, 2008, there was a ground breaking ceremony for BPI's "New Home on the Hill." This marked the start of "Phase One," the building of the Dr. Richard A. Sleeman Center. In 2009, it was completed!

In 2025, construction began on "Phase Two," The Orchard Level. We are pleased to announce that, one year later, in 2026, the Orchard Level is complete!

Please call BPI at 802-442-8136 to set up a tour and check out all the Fun!

Memorial Gifts

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



☛ **Cyril & Eileen Bluto**

- Charles Bluto

☛ **Dorothy Kennedy**

- Vickie Bugbee

☛ **Georgia LaBatt**

- Julie Mae Cammer
- Guntlow & Associates
- Ellen Kirby
- Dolores Mahlmann



☛ **Timothy Sleeman**

- Lodie Colvin
- Curt, Annette & Julie Dudley
- Carol & Anna Nickerson
- Gary & Diane Parmenter



☛ **William Vetter**

- Tracy Dorman



At BPI, we are like family.
We are sad to report that the two
longest participating members
Paul Schena (22 years) and
Timothy Sleeman (21 years)



have passed. We will miss them greatly!

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!

**Thank you to Juliet Sleeman for
your generous donation.**

*"In Memory of my Wonderful
Brother Timothy"*



In-Kind Gifts

- Sharon B. - Word Search Books
- Abbie L. - Crossword Books & Gloves -
In Memory of Georgia LaBatt
- Ron R. - Personal Care Items

Operational Gifts

- Ronald & Doris Alderman
- Erik Niemi

BPI's New Website

www.bpicares.org

Please remember to bookmark our
new website in your browser



Email: info@bpiads.org is now
info@bpicares.org

Follow us on:

Facebook: Bennington Project Independence
Adult Day Service

Website: www.bpicares.org

Instagram: (Bennington Project Indep)
#bpiads

YouTube : BPI or Bennington Project
Independence

Save the Date!



BPI Golf Tournament 2026

Sunday June 7, 2026

Mount Anthony Country Club, Bennington VT

11:30 am Registration 1:00 pm Shotgun

18 Hole Scramble, Dinner & Awards

Join us for the 13th Annual Golf Tournament to benefit Bennington Project Independence, a not-for-profit agency that provides cost effective quality Adult Day Service for adults over age 18 facing the challenges associated with aging or disability serving Bennington County and eastern New York.

Sponsorship Opportunities Available

www.bpicares.org/golftournament



Bennington
Project
Independence
Adult Day Service



2025 Sponsors*

RCS Consulting

Bank of Bennington

Centerline Architects

Nailor and Breen Builders

Equinox Terrace

*2026 Sponsors will appear here in 2027

BPI Olympics 2026



Basketball Hoop Shoot

Gold- Larry T.
Silver- Jeanne C.
Bronze- Don H.



Bobsledding

Gold- Barb P.
Silver- Mike B.
Bronze- Tiffany C.



Olympic Torch Race

Gold- Brenda H.
Silver- Tiffany C.
Bronze- Mike B.

Ice Hockey

Gold- Jeanne C.
Silver- Brenda H.
Bronze- Andy R.)

Curling

Gold- Brenda B.
Silver- Tiffany C.
Bronze- Jeanne C.

Alpine Ski Jump

Gold- Tiffany C.
Silver- Edna P.
Bronze- Sharon R.



Snowball Scoop-a-thon

Gold- Larry T.
Silver- Don H
Bronze- Andy R

BPI Superbowl Game Day



Tom B, Megan C. and Joe M.

When the Superbowl comes to around, BPI Staff and Members are excited and love to come together for all the fun and laughter supporting their football teams.



Andrea W. and Megan C.



Shelagh M., Andy R., and Jackie U.



Chelsey B., Andy R., Julie G., and Haley G.



Bennington Project Independence
Adult Day Service

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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:

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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.)