

MissionCare

AT BENNINGTON

I am delighted to share the exciting news of the promotion of two exceptional members of the MissionCare team to pivotal positions within our organization. It brings me great joy to announce that Chandler DeGrenier has stepped into the role of Director of Nursing Services, while Kyle Earls has been appointed as Assistant Director of Nursing. Both individuals have consistently demonstrated remarkable performance and unwavering commitment, making them ideal candidates for these roles.

Their leadership, knowledge, and steadfast dedication to both patient care and staff development have been key factors in the success of our nursing department. They have cultivated a positive and collaborative team atmosphere, and their efforts to enhance patient outcomes and boost staff morale have not gone unnoticed.

In their former positions at MissionCare, Chandler and Kyle showcased outstanding abilities in leading nursing teams, mentoring staff, and implementing various programs. Their successful initiatives, including the enhancement of patient satisfaction through the adoption of iCare policies, have significantly benefited our patients and the center as a whole.

As our new Director of Nursing, Chandler, a graduate of Russell Sage, will be instrumental in guiding the future of our nursing department and ensuring the highest standards of care for our patients. We are confident that her leadership and expertise will greatly enrich this role, and we eagerly anticipate the positive changes she will bring. We are equally fortunate to have Kyle, a graduate of Norwich University, not only as part of the MissionCare team but now also stepping into the position of Assistant Director of Nursing. He carries with him an impressive background as our unit manager and a wealth of experience from his tenure as a nursing professor at the University of Vermont, along with his work at UVM Medical Center and the Vermont Psychiatric Care Hospital.

These promotions are a well-deserved acknowledgment of their hard work and commitment, and we are excited to have them at the helm of our nursing team. Congratulations to Chandler DeGrenier and Kyle Earls! We look forward to witnessing your continued success and leadership in these new roles.

Tabitha Davis Barron
Administrator

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Lasting change can only happen when we prioritize mental health. The “SpeakYourMIND” Ice Bucket Challenge is a launching point for us all to proudly commit our support to changing how mental health is viewed and prioritized in society.



MissionCare at Bennington has embraced the movement with our Administrator, Tabitha Davis-Barron, Director of Nursing, Chandler DeGrainer, and Assistant Director of Nursing, Kyle Earls, all agreeing to participate. They have also invited MissionCare at Holyoke, the Bennington Police Department, and United Counseling Services to join the challenge.



The MissionCare team at Bennington is excited to participate in the community-wide #BenningtonGoesBlue initiative, which supports the Bennington County Child Advocacy Center and raises awareness for Child Abuse Awareness Month. Today, we join numerous residents, businesses, and organizations in wearing blue to advocate for the safety and well-being of children in our area.

The Bennington County Child Advocacy Center is a nonprofit organization dedicated to providing a safe haven for children and families impacted by various forms of abuse, offering essential services and support.

Wishing You a Rainbow

Irish Blessing.

Wishing you a rainbow
For sunlight after showers-
Miles and miles of Irish smiles
For golden happy hours-
Shamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends
Each day your whole life through!



Valentine's Day King & Queen



Every year, a King and Queen are chosen at our Valentine's Day Celebration. All residents gathered together to celebrate a day of love with punch, cookies, and music. The residents voted for the King and Queen for the year. The winners this year was Victor and Cheryl!

**For the moon never beams, without
bringing me dreams
Of the beautiful Annabel Lee;**

**And the stars never rise, but I feel the
bright eyes
Of the beautiful Annabel Lee;**

**And so, all the night-tide, I lie down by
the side
Of my darling—my darling—my life
and my bride,**

**In her sepulchre there by the sea
In her tomb by the sounding sea.**

~Annabel Lee, Edgar Allan Poe



Team members proudly participated in National Wear Red Day, the signature event of American Heart Month. Together, we're shining a light on the importance of heart disease prevention.

Employee Spotlight



Jennifer Kelly

Jennifer Kelly has been a dedicated member of the facility for almost two years, taking on multiple roles during her tenure. She began her journey as the business office assistant and receptionist at Bennington Health and Rehab. Her genuine desire to assist others

and support both staff and residents inspired her to pursue a licensed nursing assistance course, allowing her to become a Licensed Nursing Assistant (LNA) while still managing her full-time responsibilities in the business office. However, her ambition didn't stop there. In addition to her office duties, she also serves as a clinical support specialist, with Medi Telecare once a week. Before the transition to MissionCare in September, company executives recognized her talent and team-oriented approach, offering her the newly created position of Human Resources Coordinator. Both staff and residents regard Jennifer as a positive, cheerful, and encouraging presence. She is truly a valued member of the MissionCare team!

Chandler DeGrenier



Director of Nursing Service

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Kyle Earls



Assistant Director of Nursing Service

MissionCare
AT BENNINGTON

Nutrition Corner



Always Available Menu

Salads & Soups

Salad of the Day
Garden vegetables served with your choice of dressing.

Soup of the Day
Selection changes daily. Tomato Soup is always available.

Other Items

Rice & Beans
Served with salsa

Chef's Choice Entree
Selection changes daily

Sandwiches

Grilled Cheese
An American Classic on your choice of white or wheat. Add tomato

Sandwich of the Day
Served on white or wheat w/ your choice of mustard/Mayo/Cheese/Lettuce and tomato

Peanut Butter & Jelly

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Food Connects Us

Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients came from. What's more, health, memories and traditions, seasons and access can all impact our relationship with food.

Mood & Carbohydrates

Poor nutrition may be a causal factor in the experience of low mood, and improving diet may help to protect not only the physical health but also the mental health of the population, say. Depression and anxiety are the most common mental health conditions worldwide, making them a leading cause of disability. Even beyond diagnosed conditions, subclinical symptoms of depression and anxiety affect the wellbeing and functioning of a large proportion of the population. Therefore, new approaches to managing both clinically diagnosed and subclinical depression and anxiety are needed.

In recent years, the relationships between nutrition and mental health have gained considerable interest. Indeed, epidemiological research has observed that adherence to healthy or Mediterranean dietary patterns—high consumption of fruits, vegetables, nuts, and legumes; moderate consumption of poultry, eggs, and dairy products; and only occasional consumption of red meat—is associated with a reduced risk of depression.

Dietetics : Nutrients in Nutrition

O Z I E L U G Z V R V A U R L N U T R I E N T S
J R Q U D K P Y B Z O O C H E M I C A L S I R E
Z T E H V C S U B C L I N I C A L L N H L W Y Y
K Y S J G Q R C D K M T I W V O C Z U Q X R S I
J U G A B Y T V O O X I P Z A D Y V T M Y B E N
R M C Q H M Y P Q M S M C S R O J E R S S S T T
H D A E T U V S P G P H B R W G W W I I T L M E
L M S I L O B A T E M O K E O X A T T N N A N R
O C L Q V G I W Y S E B U X U B M U I A E C M A
J D M E U V G N G L I D X N V W I J O G I I Z C
W W S M W N B Y H R K G A J D K I O N R R M M T
S Y A G W V B G H M O P V A G S S P M O T E M I
Q Z W N P E D E F I C I E N C Y E O Y E U H E O
C A R B O H Y D R A T E S T U M C I K F N C C N
Q F S D G M A C R O N U T R I E N T S V O O H N
E E N B J P Y E X P C Z G F T L A N B A R T A U
K R N D T X D M N H N A E X C X T C P S C Y N L
Z M Q M F H F O G E C R L M L S S X M G I H I X
R E U A L B E J Z U P I X O B E B E K V M P C A
D N R H K K K R U I P O Q O R L U O T F R L A P
J T C V I Q X C M R H O C E L I S Y I K N A L R
M E U Z J P Y L L A A D T Y I L E Q V G S W N S
F D B M T D X C P K L Q X D L Q R S E B O M H P
M Q Y Y U U W H Y L L A C I G O L O I S Y H P N

Physiologically
Carbohydrates
Deficiency
Substances
Nutrition
Thermal

Macronutrients
Zoochemicals
Microbiome
Compounds
Calories

Micronutrients
Subclinical
Mechanical
Fermented
Lycopene

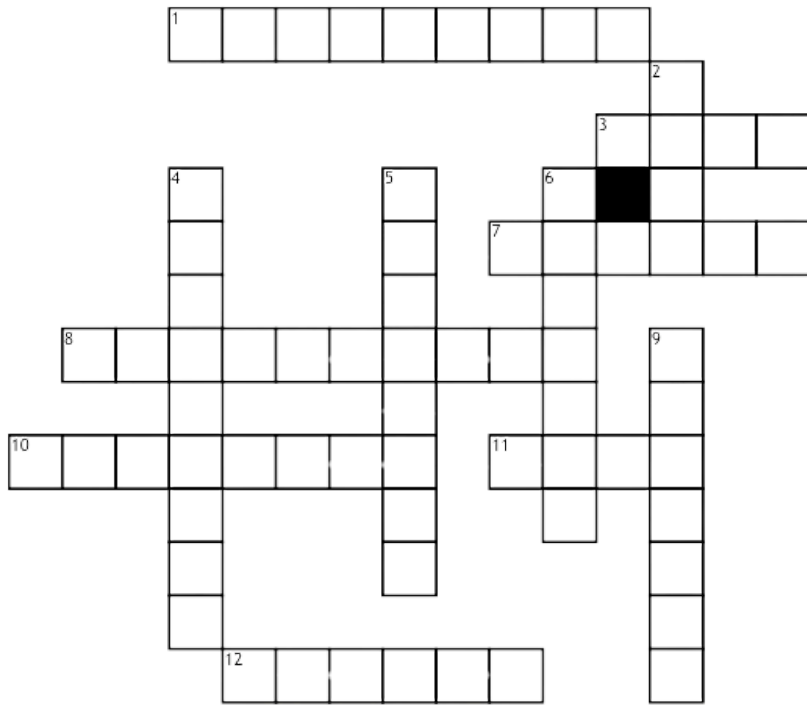
Phytochemicals
Interaction
Metabolism
Nutrients
Organism

Joke JOKE OF THE month



Why should you
always knock on a
refrigerator door
before opening it?

In case there's a
salad dressing.



Across

1. A type of flower that is tall and yellow
3. Something you can fly in the wind.
7. You can grow vegetables and flowers here
8. Something you can eat that is pink and green.

10. You will need this when it rains!

11. A frog lives in a _____.

12. Season that starts in March

Down

2. An animal that builds their nest in a tree.

4. Was once a caterpillar

5. A sport that is usually played in the spring.

6. Something colorful that happens after it rains.

9. An insect that is red and has spots.



MISSIONCARE AT BENNINGTON

802-442-8525

MissionCareatBennington.Com

2 Blackberry Lane
Bennington, Vermont 05201