**Tax Assistance at The Thompson**

Do you need assistance with your tax returns? The Thompson Center will offer individual sessions with TCE Preparers (Tax Council for the Elderly) free of charge to complete your 2012 taxes. This program will be offered Mondays from February 4th through April 8th except on February 18th (Presidents Day). If you are unable to travel to the Center, special arrangements can be made to accommodate a home appointment. On the day of your appointment, please come early to fill out a questionnaire.

**PLEASE BRING:** Valid picture ID for taxpayer and spouse, Social Security card, copies of income tax you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates and rebates, IRA income and copy of your 2012 property tax bill. If you are filing for a Renter’s Rebate, Homeowner Property tax rebate or 2012 Act 68 School Property tax payment application, you will need proof of income for everyone in your household. Please call 457-3277 soon to schedule an appointment. These appointments fill up quickly!

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**Eleanor Zue at her retirement party at TSC on 12/6.**

**Morris & Linda Stickney as Santa & Mrs. Claus during our Yankee Swap on 12/12.**

**WUHS Girls Chorus caroling at TSC during our Holiday lunch.**

**Leon Stetson at the Yankee Swap modeling the silver purse he opened first.**

**Diana Hayes & Pauline Holt enjoying the Holiday lunch on 12/12/12.**

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**Holiday Tea at The Jackson House**

**Wednesday, January 9, 2013, 2:30pm - 4pm**

Kathy and Rick Terwelpl of The Jackson House Inn welcome Thompson guests for the 3rd Annual Holiday Tea. Enjoy holiday cheer, tea and goodies with friends and our neighbors. **Sign up is required** as space is limited to 35. RSVP by January 4th at the Center, or by calling 457-3277. Donation appreciated.

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**IN THIS ISSUE**

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Happy New Year to each of you! 2012 was a wonderful year here at the Thompson Center! Some of the year’s highlights are: transportation program improvements (new Kia Soul), new Meals for Pets program, the Aging in Community project, numerous health related talks & programs (fall prevention, colon health, OTC and supplement safety, heart health, incontinence talk, dementia, Medicare, foot clinics, wellness checks, flu shots, healthier living workshops, exercise, Tai Chi, eye & hearing screenings), genealogy series, a music filled summer, garden tours, fishing, gold mining, railroad talk, women in the White House series, VT Statehouse visit, magic with Marko, dinner and movie nights, language classes, author talks, caregiver support group, book club, memoir class, fraud alert program, and taxes! We also enjoyed trips to Lake George, to the Isabella Stewart Gardner museum in Boston, to York for fresh Maine lobster, and to the Fryeburg Fair with a full bus and all of the Thompson staff (if we do that again we’ll have to figure out a way to avoid sitting in traffic)! 2013 promises to be just as active and fun-filled. A sneak peak at some of the ideas for the year: brain builders’ programs, dinner talks, art classes & an art show, Alzheimer’s coping & adapting workshops, financial planning talks, line dancing, political round table, computer classes, author talks, healthy aging programs, and more! If you have ideas or suggestions, please be in touch! (802) 457-3277 or tsc-execdirector@comcast.net

Please join our next meeting on Monday, January 7th at 1pm. Your input is needed and appreciated!

Please note: Katrin Tchana, the Community Care Coordinator, will be at TSC on these dates:
- Wednesday, January 3rd, from 11:00 -1:30 pm
- Friday, January 11th, from 11:00 -1:30 pm
- Friday, January 25th, from 11:00 -1:30 pm
- Wednesday, January 30th, from 11:00 -1:30 pm

She will be in an upstairs office. Please feel free to just stop by or call her at 457-3030 ext 4 to make an appointment.
**ONGOING PROGRAMS**

**CAREGIVER SUPPORT GROUP**

Wednesday, January 16  
(Ongoing, on the third Wednesday of each month, 12:30 - 1:30 PM)
Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer’s. Please join our confidential monthly support group (with complimentary lunch) and share ideas, concerns, and constructive feedback with others facing similar challenges.

**JOIN OUR MEMOIR CLUB**

Ongoing, Mondays, 10:15 AM - Noon

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion. No pressure… read one to two pages each week often triggering group memories and lively discussion. No pressure… read-

**BOOK CLUB**

January’s read is Ann Patchett’s State of Wonder. Jane Philpin will lead book club on Wednesday, January 9th.

An ordinary scientist from Minnesota is sent to the Amazon jungle to find her missing colleague and to check up on the ruthless Dr. Annick Swenson, a surly researcher studying an amazing tribe whose women go on bearing children into old age. Wonderful characters, poison arrows, loss, sacrifice, wonder and beauty, and much to ponder regarding the development of new drugs.

**HAPPY FEET!**

with Mary Wood

Monthly, 9 am - 2:30 pm on the 2nd Friday & 3rd Wednesday

Mary Wood, our wonderful retired RN runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary between 9 - 2:30 pm on the 2nd Friday or the 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you! Cost: $20

**WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS**

Tuesday, January 22, 10:00 AM - Noon

Wellness clinics (blood pressure, glucose, cholesterol screenings) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire will be held on the 4th Tuesday of each month from 10-noon.

**HANDWORK CIRCLE**

Need moral support starting or finishing a project? Join our handwork circle on Wednesdays at 10:30 AM for tips, advice, coffee, and a few laughs.

**SCRABBLE CLUB & BRIDGE CLUB**

Ongoing, Mondays, 1 PM

**NEWS & PROGRAMS**

**THANK YOU, LINDA GRANT!**

Linda Grant led the “Talk and Listen” group for close to ten years. Her committed group of followers thrived on her warm and generous spirit—each month looking forward to their gathering. Linda’s caring facilitation encouraged them to “talk and listen”—to share and be heard. She always found ways to make each participant feel special, whether it was a special comment or remembrance, or an extra-
gant luncheon to honor a holiday. Linda plans to spend more time with her husband Jim, traveling and enjoying friends and family. She promises to stay in touch. We thank Linda for being the special person that she is and for her many years of service!

**BOOK CLUB**

Thank you to everyone who helped to make the Annual Holiday Bazaar and Cookie Walk a success!

**NEWS & PROGRAMS**

**DO YOU HAVE A VIAL OF LIFE?**

**Lifesaving Information for Emergencies**

The Vial of Life is designed to speak for you when you can’t speak for yourself. The Vial contains important medical information that can assist emergency personnel in administering the proper medical treatment. Inside the Vial you will find a Medical Information Form, a sticker for your front door window, and a magnet for your refrigerator door directing EMS responders to the Vial stored in your refrigerator. Thanks to the generosity of Dartmouth-Hitchcock Aging Resource Center, The Thompson has a free ample supply so please come in and help yourself to your Vial Of Life, or see Pam if you have any questions.

**NEEDED**

Temporary Front Desk Volunteer needed for the months of January and February for the Friday afternoon shift from 11:30 AM - 2:30 PM.

Volunteers play a major role at the Thompson Senior Center. We can’t do it without you! Please call Paula Audsley, Outreach Coordinator, 457-3277 x 19.
Bob Horan: Singer–Musician–Storyteller
Thursday, January 3, 1:00 PM

Bob has been called a “folk singer” because he loves a good story and his early musical career was influenced by popular musicians such as Judy Collins, Tom Paxton, Arlo Guthrie, John Denver and others. In fact Bob’s musical style incorporates a little country, rock ‘n’ roll, big band, and reggae. One agency director said, “Mr. Horan’s knowledge of the universal language of music entices all. He reaches out to everyone as if he’s singing directly to each one. His large repertoire covers many generations of music and makes people feel like he is family.”

Sam Heath’s Musical Debut at the Thompson
Thursday, January 17, 1:00PM

Our friend and neighbor Sam Heath will share with us his little known side, as artist and musician. Sam wrote and produced three albums as a singer and guitarist for a Florida based band called “Building Rockets.” Sam’s musical genius began in a bedroom, on a cassette 4-track, as he attempted to write and record a song every day for as many days as he could keep it up. Soon Sam’s songwriting moved from a bedroom to a shed/rehearsal area, where his songs were recorded by a legitimate band. He will be singing some of these early songs with his guitar, which he has named Constance.

WINTER CLOSING POLICY

The Center is always closed when the Woodstock schools are cancelled. You can find out if the schools are closed after 6:15 AM by checking local news or online at www.sovernet.com/school closings. We may also close when we feel driving conditions are not safe for our participants. Call the Center after 8 AM; if we are closed, there will be a message on our machine.

Sugar and Salt—Learn the “Scoop”
Tuesday, January 22, 1:00PM

Do you know how much salt you are using? Sugar is sweet, but how much is too much? Michelle Chiesa, RN, will share some important information about these two commonly used food enhancers. Her goal is to help us be informed consumers for our health. Warning: Michelle makes learning important healthcare information fun—plan on laughing out loud!

The Holiday Bazaar wrap-up meeting is Friday, January 11, 2013, at 11:00 A.M. Please come and share your views, ideas, and concerns to help make next year an even greater success.

STRENGTH & FITNESS

SINGING FOR TOTAL WELLNESS

FRENCH IMMERSION CLASS
Friday, January 25, 9:00 - 11:30 AM

Instructor: Judy Mahood

Start the New Year with a fun and instructional immersion class. Cost is $20 (includes coffee & croissants). Please sign up by calling 457-3277. For questions, contact Judy at judymahood@comcast.net

ITALIAN STUDY GROUP
Thursdays, Dates: Jan. 10, 17, 24, & 31.
10:30 AM - Noon
Cost: $44.00 (for 4 classes)

Instructor: Evangeline Monroe

In this study group we will focus on building comprehension and fluency. All levels of fluency are welcome. Evangeline is a retired Foreign Service officer who reported on Italian politics while serving at the U.S. Embassy in Rome from 1989 to 1991. For more information call Diana Leskovar at 457-3277.

SPANISH CLASS
Watch for dates and times for an early spring series.

Instructor: Susan Copeland

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Susan Copeland taught Spanish part-time in Hartford High School in Hartford, VT and has worked with the Rassias Foundation teaching both English and Spanish. The class will be using Communicating In Spanish (Novice Level) by Conrad Schmitt and Protase Woodford (Jan 1, 1991), and 5-Minute Spanish by Berlitz (Jul 15, 2009) (CD optional). Minimum: 4 students. Please sign up in advance by calling 457-3277.

A French immersion class is also being offered, as well as a French–English immersion class. Please sign up by calling 457-3277.

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination. Cost: $3.00/class or 12 classes for $30 on a punch card.

TAI CHI FOR TOTAL WELLNESS

Tuesdays, January 1, 8, 15, 22, 29, & February 5, 12, 19, 26.
9:30 – 11:00 AM
Cost: $30.00 (six classes)

Tai Chi helps reduce the symptoms of diabetes, arthritis, fibromyalgia, joint pain and stiffness, as well as depression. Tai Chi movements also help with body coordination, muscle tone, balance, concentration, and stress reduction.

T’ai Chi for Beginners (B), 9:30 – 11:00AM (dates above)
This class will learn the form known as “T’ai Chi for Arthritis”, designed by a doctor and based on the Sun style T’ai Chi. The form is easy to learn and is appropriate for beginners and those needing review.

T’ai Chi for Continuing Students (CS), 10:40 – 11:40AM (dates above)
This class will continue to practice parts one and two of T’ai Chi for arthritis and begin to learn Yang 24, the most popular T’ai Chi form in the world. For more information, contact instructor Anne Bower at: 802 457-2877; anniebower@yahoo.com; or view www.anniebower.com. Cost: $30.00 (six classes)

Come try one class for free!
TRIPS

TRIP TO RHODE ISLAND,
“FROM GILDED AGE TO TODAY’S GOURMET”
SUNDAY, MAY 5 TO WEDNESDAY, MAY 8, 2013

Notch Above Tour Package Includes:
- 3 Nights accommodations
- 3 Breakfasts
- 3 Lunches – Including picnic lunch at the Elms!
- 2 Dinners
- Guided tour of St. Ann Arts and Cultural Center
- Tour at Green Animals
- Tour at the Marble House
- Visit at Rosecliff Mansion
- Tour at The Breakers

Wine Tour and Tasting at Newport Vineyards
Free time at Bannister’s Wharf
Oyster Farm Tour
Tour at Smith’s Castle
Bakery Tour and Demonstration
Cooking demonstration at Geppetto’s
Baggage service for 1 piece of luggage per traveler
Full-time escort
Roundtrip transportation on a luxury motorcoach
Taxes and Gratuities

Detailed itinerary is available at The Thompson

Pricing Information: (based on 38 paid travelers)
- Per Person Double Occupancy: 748.00
- Per Person Triple Occupancy: 681.00
- Per Person Quad Occupancy: 647.00
- Per Person Single Occupancy: 940.00

Please call Heidi Cunningham at Travel Associates for further information (802) 457-1600. Terms: Reservations should be made with a $250.00* non-refundable deposit by January 25, 2013. * subject to exceptions (contact Heidi for details).

Note: A trip planning committee will be meeting on Thursday, January 10th at 1:00PM. Anyone who would like to offer input and assistance for our upcoming trips is welcome.

THOMPSON DAY TRIP POLICY
- To make your reservation, contact Diana or Pam at 457-3277.
- Reservations are taken on a first paid basis. Your name will be entered on the trip sign-up sheet once we receive your payment (Note: we can no longer sign you up without a payment, due to the risk of last minute cancellations). Checks will be deposited 30 days prior to trip date.
- If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.

PROGRAMS

Art Learning Collaborative

Friday, January 11 to February 1, 10:00 to noon

Do you have art supplies you’ve been meaning to use? Do you have an art project you haven’t had the motivation to finish? Would you like to make art in the company of friends? Get back into doing the kinds of arts and crafts you like, and learn new tricks through professional, individualized instruction. Beginners and experts are welcome, and any art form is accepted – painting, drawing, quilting, and crafts. Don’t have any art supplies or previous knowledge? No problem! Wendy will provide art and craft supplies as well as instruction to anyone who wants to learn or relearn something new. Come make art, socialize, and learn in a supportive, welcoming environment.

Wendy is a graduate of the University of Vermont's Art Education Program. She has a strong interest in alternative, hands-on education and has interned and worked teaching art in a variety of settings with diverse populations. She has taught art in public and private schools, summer camps, specialized centers and institutions, as well as privately. Wendy is also a practicing artist and has shown her art in venues around the Upper Valley and Burlington, Vermont. Wendy is currently living and working in the Upper Valley as an artist and educator.

Cost: $48.00 (make up class scheduled, February 8th, if needed)

Materials required: any art supplies you wish to use. If you have no art supplies, you may pay an extra $15 for the class series and use Wendy’s fine art painting and drawing supplies.
Minimum 3 students required. Please call the Thompson to sign up in advance, 457-3277.

Alzheimer’s Workshop:
Coping, Adapting and Maintaining Independence

Thursdays, February 14, 21, 28 & March 7, 1:00 to 3:00PM

This four week workshop is designed for people diagnosed with early stage Alzheimer’s disease, or related disorders, and their care partners. The purpose of the series is to educate and support participants as they strive to engage in a full and healthy life now, as well as plan for the future. The following subjects will be discussed: overview of dementia, coping strategies, symptom control, treatments, disclosing the diagnosis, changing relationships, communication, establishing a care team, lifestyle choices, stress management, safety issues, medications, stigma, planning for the future, adaptations to daily routines and tools to maintain independence.

Please call the Thompson Center to register for this series by February 8th, at (802) 457-3277. Attendance at each workshop is encouraged, for participants and their care partners.
Cost: $75.00 for the series (includes detailed hand-outs and resources)
### Program Calendar - January 2013

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<td><strong>New Year’s Day! CLOSED</strong></td>
<td>9 W. Leb Shopping*</td>
<td>9 Strength &amp; Fitness 10 Cribbage 12 Italian Table 1 Bob Horan Music</td>
<td>12 German Table</td>
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<td>9 Strength &amp; Fitness 10:15 Memoir Club 9:30 Tai Chi (B) 10:30 Handwork Circ. 10:40 Tai Chi (CS) 12 French Table 1 Book Club</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group 1 Trip planning committee kick-off meeting</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group 1 Music with Sam Heath</td>
<td>9 - 2:30 Foot Clinic* 9 Art Learning Collaborative* 12 German Table</td>
<td>9 - 2:30 Foot Clinic* 10 Art Learning Collaborative* 11 Holiday Bazaar Wrap-up meeting 12 German Table</td>
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<td>9 Strength &amp; Fitness 10:15 Memoir Club 10 Double King Pede 11:30 Commodities 12 Spanish Table 4-6 Karaoke*</td>
<td>8 Board Meeting</td>
<td>9 W. Leb Shopping*</td>
<td>9 Board Meeting</td>
<td>9 - 2:30 Foot Clinic* 10 Art Learning Collaborative* 12 German Table</td>
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<td><strong>Martin Luther King Day CLOSED</strong></td>
<td>8:30 Newsletter Folding</td>
<td>9 Strength &amp; Fitness 10:15 Memoir Club 10:30 Handwork Circ. 10:40 Tai Chi (CS) 12 French Table</td>
<td><strong>BIRTHDAY DAY</strong></td>
<td>9-11 French Immersion Class* 9 Art Learning Collaborative* 12 German Table</td>
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<td>9 Strength &amp; Fitness 10:15 Memoir Club 10 Double King Pede 12 Spanish Table</td>
<td>9 Strength &amp; Fitness 10:15 Memoir Club 10:30 Handwork Circ. 10:40 Tai Chi (CS) 12 French Table</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group</td>
<td><strong>BINGO daily at 10:30 am except on birthday day and other special meal days.</strong></td>
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### Menu - January 2013

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<td><strong>New Year’s Day CLOSED</strong></td>
<td>BLT Wraps, Carrot Ginger soup, Apple Cranberry Pear Crisp</td>
<td>Tossed Salad, Bangers &amp; Mashed, Onions &amp; Gravy, Peas, Carrots, Fruit Short Cake</td>
<td>Tossed Salad, Chili, Corn Bread, Pumpkin Almond Joy Pie</td>
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<td>Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Chef’s Choice Dessert</td>
<td>Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae</td>
<td>Fish Chowder, Corn Bread, Coleslaw, Streusel Peach Pie</td>
<td>Chef’s Choice</td>
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<td>Grilled Hot Dogs, Chef’s Slow Cooked Baked Beans, Cole Slaw, Fruit Tarts</td>
<td>Spaghetti &amp; Meatballs, Mediterranean Vegetables, Garlic Bread, Fresh Fruit</td>
<td>Smoked Turkey and Broccoli Quiche Roasted Sweet Potato fries, Roasted Vegetables, Hot Fudge Sundae with banana</td>
<td>Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sauces), Strawberry Cake</td>
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<td><strong>Martin Luther King Day CLOSED</strong></td>
<td>Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Brownies &amp; Fruit</td>
<td>Spinach &amp; Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli &amp; Cauliflower, Garlic Bread, Cranberry Mousse</td>
<td>Birthday Day* Tossed Salad, Turkey Piccata, Braised Greens, Herb Roasted Red Skin Potatoes, Roll, Cake and Ice Cream</td>
<td>Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Chef’s Famous Chocolate Chip Cookies w/ Fresh Fruit</td>
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<tr>
<td>Chef’s Choice</td>
<td>Tossed Salad, Beef &amp; Vegetable Stew, Oatmeal Cran-Raisin Cookies/fruit</td>
<td>Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Apple Crisp</td>
<td>Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Peach Parfait</td>
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Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.

* Indicates that sign-up/reservations are required (Birthday Day & special holiday meals)