



Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
(802) 457-3277  
FAX: (802) 457-1259  
www.thompsonscenter.org

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091



AUGUST 2013

## NEW TECHNOLOGY COMING SOON TO THE THOMPSON

A computerized system called “My SeniorCenter” will soon be in the foyer at The Thompson Center. It will replace the current sign-in book and help the staff to manage all of the sign-ups, sign-ins, and reporting of services. MySeniorCenter is installed in over 700 senior centers. Thompson staff and board members saw the system in action at the Bellows Falls senior center, and it is also in use at the senior center in Montpelier, VT. The system has helped senior centers all over the U.S. to improve their reporting to towns and increase their capabilities to receive funding by more accurately showing what services are being provided. We look forward to this new tool to help us be more efficient and increase funding opportunities.

**What it will look like for you when you come to the Center:**

**1. All patrons will receive a small “key card”** (The card contains NO personal information, but will allow our new system to recognize you).

**2. Instead of signing into our book for lunches or paper sheets for other programs, you’ll present your key card to the scanner or enter your name on the screen.**



**3. You’ll press the touch-screen computer to select each of the programs that you’ll be participating in that day and then press the finish button** (our screen will look similar to the one pictured here).



The system is designed to be very user-friendly, but staff and trained volunteers will be available until all “sign-ins” are going smoothly and easily!  
**More information will also be available at the center and you can try it out during the first week of September!**

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### MISSION

It is the mission of the Thompson Center to be a multi-generational gathering place for our community. Our programs and activities will promote the physical, intellectual and social well-being of the adult community to enhance dignity, self-worth and independence. The Thompson Center will act as resource and advocate for our senior population, providing timely support on issues that affect aging in our rural community.

### MEDICAL EQUIPMENT

**Currently available at the Center:** Bed rail, crutches, Commode chairs, walkers, Depends.

**IN NEED OF:** Wheelchairs, shower chairs, wheeled walkers, recliner lift chair.

We’ve given away dozens in the last few months! It’s great to see them re-used! Contact Deanna at 457-3277 for more details. You can also donate or find medical equipment at: [www.getATstuff.com](http://www.getATstuff.com)

### TSC TRANSPORTATION PROGRAM

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

**Medical Rides** - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

**Local transportation** to and from your home to The Thompson and other Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

**Monthly shopping trips to West Lebanon** depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. **Sign up with the Thompson at least 24 hours in advance.** The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277

The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
www.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonseniorcenter.org  
**Paula Audsley**, Outreach Manager,  
paudsley@thompsonseniorcenter.org  
**Diana Leskovar**, Program Director,  
dleskovar@thompsonseniorcenter.org  
**Pam Butler**, Asst. Program Director,  
pbutler@thompsonseniorcenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonseniorcenter.org  
**Siobhan Wright**, Kitchen Asst.,  
**Gordon Worth**, Van driver  
**Jim Emery**, Van driver & maintenance  
**Nelson Gilman**, Medical driver

Senior Solutions (Formerly Council of  
Aging for Southeastern Vermont)  
**SENIOR HELPLINE:** 800-642-5119

Community Care Coordinators:-  
**Lonnie Larrow, RN, & Katrin  
Tchana, MSW**, Ottauquechee Health  
Center, 457-3030 ext 4

BOARD OF DIRECTORS

Patsy Mathews—*President*  
Pam Jaynes —*Vice President*  
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Joan Oppenheimer  
Lynn Peterson, M.D.  
Liz Schellhorn  
Corwin Sharp  
Eldon Thompson  
Tom Weschler

BEHIND THE SCENES

**TIP:** Find great pictures from our  
summer trips & lots of other fun stuff  
on our **Facebook** page! Pictures,  
updates, announcements and more!



The Thompson staff  
has new email addresses!

We’ve switched to consistent, easy  
to remember ones with our first ini-  
tial then last name followed by  
**@thompsonseniorcenter.org**

It’s a great way to stay in-touch,  
ask questions, or make reservations.  
We would love to hear from you  
anytime!

Marble Madness

The marble game has picked up  
some steam after a big win by  
Janet Maxham who won half of the  
marble “pot” that was over \$300.  
It took over a month for the pot to  
grow that large, but as the pot  
grew so did the enthusiasm for the  
game. Another winner of a smaller  
pot a week later was Audrey  
Fiedelholtz. With more players,  
the pot is growing faster than ever!

We play on Monday & Thursday  
only. Tickets are \$1 for 3 tickets.  
Three tickets are pulled during des-  
ert for a chance for each to pick a  
marble. RED marbles are winners  
and win half the pot (with the other  
half going to support the Center).  
There are 3 red marbles and 100  
clear marbles to start. Clear mar-  
bles are removed when drawn. Join  
the fun!

ADVISORY MEETING HIGHLIGHTS

- Thanks from the Staff for Appreciation Lunch
- Enthusiasm expressed for recent theater trips
- Tunbridge Fair trip planned ~ plan for uneven walking
- Suggestions for other programs included an evening meal with an “old fashioned” square dance to include dancers and spectators, and another karaoke party
- Positive feedback for the idea of the new touch screen computer program
- Big win in recent Marble Game has sparked greater participation
- Discussion about timing of Yoga class and alternative time slots

**Please join our next meeting on Monday, August 5th at 1pm.**  
All patrons and volunteers are invited to attend. Your feedback is needed  
and appreciated!

TOWN DAYS CONTINUE!

Every year we celebrate each of our surrounding towns by having a  
special lunch and offering a discounted meal price for the residents  
of the town on that date. \$3 delicious lunch and good company, so  
invite your friends & neighbors to The Thompson on these dates:

<b>August 12</b>	<b>Bridgewater</b>
Sept 9	Pomfret
Oct 7	Reading
Nov 4	Woodstock

IN LOVING MEMORY

In Memory of  
Mickey Morgan

Dick & Tookie Staples  
Mary Cameron  
American Legion Post #24  
Pat Mangan  
Linda & Richmond Maxham  
Ruth Ekberg  
Dick & Linda Brackett  
Gladys Deatte  
Ted & Joan Staples  
Patsy & John Mathews  
Janet & Perry Maxham  
Jane & Dick Leonard  
Grace Staples  
John & Ruth Wiegand  
Marcia & Brian Alderfer  
Nancy Bassett  
Paul & Janet Gilbreath  
Jack & Gina Moore  
Robert & Nancy Lewis  
Corwin Sharp/Priscilla Pannell  
Albert & Jean Conklin  
Marilyn & Bud Spaulding  
Tom Wright  
Laurence Roberts, Jr.  
Joan Harvey  
Dick & Bonnie Atwood  
Jerry & Arleta Fredrickson  
Wayne & Marie Oldenburg  
John & Shelia Schweitzer  
Emily Hawkes  
Randi Harron  
Dorothy Forthmann  
Lorence DeMelo  
Thelma Jillson  
Ruth Chandler  
Marie Willis  
Barbara Kelley  
Sally & Carl Kesseli  
Patricia & Gordon Richardson  
Mary Riley  
Helen Leonard  
Jane Soule  
Donald & Marlene Adams  
Ken & Renee Howe  
Gray Camp Inc  
Roy & Joanne Bates  
Polly Foley  
Woodstock Insurance/Lisa Gramling

In Memory of  
William Beebee

Robert & Sandra Messer  
The Residents and The Homestead  
Gary & Mary Sitnik-Heitkamp  
Grace Staples  
Albert & Jean Conklin  
Robert Esdon  
Grace Esdon  
Mary Johnstone  
Beatrice Gyra  
Phyllis LeBaron  
Beatrice Robinson  
Mary Cameron  
Charles & Carol Nettleship  
Norman Youknot  
Dorothy Forthmann  
Helen Leonard  
Roma Pulling  
Laurence Roberts, Jr.  
Joan & Ted Staples  
Bridgewater Grange #284

In Memory of  
Mary Goulazian

Jerry & Arleta Fredrickson  
Woodstock Insurance/Lisa Gramling

In Memory of  
Ruth Lewis

John & Lillian Griggs

In Memory of  
Carolyn Moxley Johnson

Gerrish Honda

*Please see previous & future  
newsletters for other memorial  
gifts. Gifts are listed once in  
the monthly newsletter imme-  
diately following when they  
are received; this may not be a  
complete listing of gifts for  
each individual.*

*Thank you for your contribu-  
tions in memory of these dear  
friends.*

~ Gone are the days we used to share  
But in our hearts you’re always there  
Never more than a thought away  
Loved and remembered every day ~



“Getting Old”  
By Mary Maxwell

Blessed are they who understand my  
faltering step and shaking hand;

Blessed are they who know my ears  
today must strain to catch the things  
they say;

Blessed are they who seem to know  
that my eyes are dim and my wits are  
slow;

Blessed are they who looked away  
when I spilled my coffee at the table  
today;

Blessed are those who have a cheery  
smile and take the time to chat for  
awhile;

Blessed are those who know the ways  
to bring back memories of yesterdays;

And Blessed are those who make it  
known I’m loved and respected and  
not alone.

(Read by Eleanor Grice at the staff  
appreciation potluck lunch & included  
in the newsletter by request)





# ONGOING PROGRAMS

## CAREGIVER SUPPORT GROUP WEDNESDAY, AUGUST 21

(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.

## Book CLUB

**Note: The group is taking the summer off to enjoy books on their own. Members are encouraged to bring back a list of their favorite reads.**

**Wednesday, September 11, 1:00PM**

The group will discuss A Good Scent from a Strange Mountain, by Robert Olen Butler. This Pulitzer Prize winning book includes short stories about Vietnamese people displaced to Lake Charles, Louisiana. The author served as an interpreter during the Vietnam War, but he also walked the streets in civilian clothes, conversing with the locals about their history and learning their character and culture. The writing is brilliant and the stories are told with great sensitivity. This book group is open to all---newcomers are always welcome!

## 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... reading is optional!

## CHAIR MESSAGES AT THE THOMPSON

**WEDNESDAYS, AUGUST 7, 14, 28  
10:00AM TO NOON**

Licensed massage therapists will be available to provide chair massages at the Thompson. The benefits of having a massage on a regular basis are numerous. See for yourself!

**Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can't make it so that someone else can take your spot and we don't keep our massage therapists waiting!**

**Cost: 20 minute massage/\$20.00**

## FOOT CARE CLINIC

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

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

A waiting list is kept for each day; **PLEASE** make sure to let us know if you can't make your appointment. **Cost: \$15, please bring your own towel.**

## WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS TUESDAY, AUGUST 27 10:00 AM - NOON

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire will be held on the 4<sup>th</sup> Tuesday of each month from 10-noon. Please note that the VNA is no longer offering glucose, cholesterol screenings in this setting.

# NEWS & EVENTS

## SHRED EVENT AT THE THOMPSON SENIOR CENTER FRIDAY, AUGUST 16, 10:00 TO 2:00PM

As a follow-up to our recent "Frauds and Scams" program, sponsored by AARP, we are hosting a "Shred Event". Reports indicate a dramatic rise in scams using our personal information, often found on daily mail and publications coming to our homes. **It is recommended that we shred as much of our mail and personal identifying information as possible to reduce the chances of identity theft.** The Thompson Center has hired a shredding company to bring a truck to the Center for this event. You are able to watch the large shredding machine gobble up your papers in seconds. Please call the Center for shredding document guidelines, if you are uncertain, as well as other tips for securing your identity.

**This opportunity is open to Thompson Center patrons only.**  
**Donations to help offset the cost of this service are greatly appreciated. Suggested donation is \$6 per box.**

## IN APPRECIATION

Clara Hoisington - Walker

Janet Maxham - Flowers

Paula Audsley - Flowers

Peggy Merrill - Flowers & Cake

Mary Sharpe - Flowers & Candy

Beverly Ritchie- Fabrics

Sandy Hack-Walker

Susan Inui Kelley - Mixer, baking dish,  
small loaf pans, cupcake stand

Deanna Jones - Large Coffee maker

## SHARE THE HARVEST donations:

Joe Hubert - Peas, lettuce, & herbs

Eddie English - Rhubarb

Pat Gould - Lettuce

Dick & Bonnie Atwood - Rhubarb

Lawrence Allen - Rhubarb

Joyce & Nelson Gilman - Parsley

Rita Post - Herbs

Linda Johanson - Eggs



## KIA SOUL - Transportation Sponsors:

Upper Valley Rehabilitation

Dead River

Ellaway's Attic Consignment

Ottauquechee Plumbing

Mark Knott, DDS

People's United Bank

Woodstock Insurance Services

Lang McLaughry Spera Real Estate's Tambrey Vutech



## ONGOING DONATIONS:

**Daily Valley News subscription -**

Woodstock Pharmacy

**Birthday Cakes -** Diane Atwood, Jane Soule,  
Carol Towne

**Monthly book club selection -** Yankee Bookshop

**One Story subscription -** Boyd Bishop

## AUGUST BIRTHDAYS

1st Betty Morgan

2nd Linda Maxham

2nd Nedra Gramling

2nd Allan Atwood

3rd Bonnie Atwood

6th Sam Grice

7th Joyce Gilman

17th Kedra Greaves

17th Lillian deGiacomo

18th Mary Mercure

22nd Lucille Staples

22nd Lucille McCarthy

23rd Priscilla Sands

23rd Diana Hayes

23rd Kathy Wendling

27th Carol Scott

28th Emily Carlson

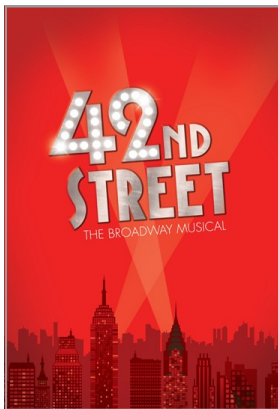
28th Elaine Tracey

31st Cal Callaham



**On August 22nd we will celebrate your special day! Please call to make a reservation for lunch and join us!**

# PROGRAMS & TRIPS



**42<sup>ND</sup> STREET**  
**AT THE WESTON PLAYHOUSE THEATRE COMPANY**  
**WEDNESDAY, AUGUST 14, 2:00 MATINEE**  
**(DEPART ON THE TSC VAN AT 12:45 PM)**

This Tony-winning musical follows Peggy Sawyer, an aspiring chorus girl, as she realizes her dream of opening in a big Broadway musical, only to find herself thrust into the spotlight. With nostalgic favorites like, “We’re in the Money” and “Lullaby of Broadway,” **42<sup>nd</sup> Street** will lift your spirits and bring back fond memories of Broadway’s Golden Age.

**Cost: \$50.00 (includes ticket and gas donation). Sign-up deadline is July 31st.**  
**Note: We will stop for a casual dinner following the show (cost on your own).**

# THE TUNBRIDGE WORLD’S FAIR

**SENIOR CITIZEN’S DAY ~ FRIDAY, SEPTEMBER 13**  
**DEPART TSC ON THE THOMPSON VAN AT 9:00 AM**

Did you know that The Tunbridge World’s Fair has run continuously since 1867 except in 1918, due to the great flu epidemic, and during World War II? If you haven’t been in a while, now is the time! We will spend approximately 4 hours at the fair and an events schedule will be provided. There are many choices for lunch for everyone within the fairgrounds.

**Please note:** There will be lots of walking so please wear comfortable shoes. Wheelchairs can be provided at the fair, if needed. **Cost: \$5 transportation cost, plus lunch on your own, Complimentary Fair passes for Seniors.**

**SUSTAINABLE WOODSTOCK:**  
**HOME ENERGY EFFICIENCY TALK**  
**WEDNESDAY, AUGUST 7, 1:00PM**

Ana DiNatale from Sustainable Woodstock Energy Group will discuss ways in which we can improve the energy efficiency of our homes. From small changes that include switching light bulbs to CFLs to the larger task of re-insulating our homes, Ana will tell us about a variety of resources that can assist us in getting started to lower our energy bills.

**AUGUST BIRTHDAY**  
**CELEBRATION WITH MUSIC**  
**FROM THE BUSWELL FAMILY!**

Our favorite musical family returns to perform on **Thursday, August 22<sup>nd</sup>** immediately following birthday lunch. Please join us in welcoming Brent and Christa Buswell and enjoy the chance to sing-a-long with these talented musicians.

# CLASSES

**Please call the Thompson Center to register for classes in advance, 457-3277**

**SPANISH CLASS**  
**Instructor: Susan Copeland**  
**News Series, Tuesdays, 10:30 - 11:45**  
**September 10, 17, 24, October 1**  
**Cost: \$50**

This class will be conducted in Spanish and English with an emphasis on building conversational skills. It will be geared toward advanced beginners. Instructor Susan Copeland teaches Spanish and English at the Dartmouth College Rassias Center and is a retired high school Spanish teacher. The class will use Spanish for Mastery 1 ¿Qué tal? (1994) which can be purchased online. Min. 4 students required.

**FRENCH CLASS**  
**Thursdays, 10:00 to 11:30AM**  
**October 3, 10, 17, 24, 31**  
**Instructor: Judy Mahood**

Come exercise your rusty French language skills with a friendly group of learners. Students in this class will be involved in a variety of exercises that will enhance their skills and familiarize them with the French culture. **Cost: \$65.00 Please register in advance, the course requires a minimum number of students.** For more information email: [judyamahood@comcast.net](mailto:judyamahood@comcast.net)

**BRAIN FITNESS CLASSES,**  
**WEDNESDAYS, AUGUST , 1:00PM**  
**Note: only 2 classes per month during the summer**  
Neuroscientists have discovered that adults’ brains are constantly changing, growing new neurons and connections, and cognitive training produces proven benefits. Brain exercises can improve overall brain functioning and help prevent the onset of brain disorders and memory impairment. Join Sara Smith, a lover of games and brain fitness exercises, for a variety of fun and challenging brain games and exercises.  
**Cost: \$3.00 per class**

**STRENGTH & FITNESS**  
**Weekly classes, Monday, Tuesday & Thursday**  
**9 to 10:00AM**

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 HEALTH AND BALANCE**

**Beginner Level** ~ Wednesdays, 9:30—10:30AM September 18, 25; Oct. 2, 9, 16, 30; Nov. 6, 13  
Beginners and moderately experienced students will enjoy this series, which will explore seated, standing in place, and moving tai chi. The class uses forms that are based on the Sun style tai chi---the youngest of the tai chi families and the style most oriented towards health. Clinical studies have shown that tai chi helps improve balance and reduce falls. In fact, the Center for Disease Control recommends tai chi for fall prevention.  
**Advanced Level** ~ Wednesdays, 10:40—11:40AM, Sept. 18, 25; Oct. 2, 9, 16, 30; Nov. 6, 13 -- This class is for those who have already learned the Sun Style “tai chi for arthritis and fall prevention,” parts 1 and 2. The class will continue to review these forms and will explore Yang 24 forms. The instructor Anne Bower can be reached at: [anniebower@yahoo.com](mailto:anniebower@yahoo.com); 457-2877 or website: [www.anniebower.com](http://www.anniebower.com).  
**Cost for series of 8 classes: \$40.00**

**KRIPALU YOGA, WITH ANNIE FRATES**  
**NOW ON TUESDAYS, 1:00 - 2:00PM**

This gentle yoga class is for everyone---standers, sitters, experienced and inexperienced. Annie will guide the class through a variety of yoga exercises that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness. **Cost: \$5.00 per class. Please sign up by noon on Thursdays so we can guarantee a minimum of five students.**



UPCOMING TRIPS - Sign up Soon!

FOLIAGE TRIP ON THE WINNIPESAUKEE RAILROAD  
WEDNESDAY, OCTOBER 9, 2013

Fall foliage trip on the Winnepesaukee Railroad, with lunch served on the train by Harts Turkey Farm. Depart the Thompson Center on Premier Coach Bus at 8:00AM.  
Sign-up deadline is September 25<sup>th</sup>. Cost: \$56.00

TWO OPTIONS FOR NEW YORK CITY HOLIDAY TRIPS,  
SPONSORED BY VERMONT GREEN MOUNTAIN TOURS

Option 1:  
December 7 –8, 2013  
New York City and the Rockettes, at Radio City Music Hall

Package Includes:  
1 night’s lodging in New Jersey, about 30 minutes from N.Y.C.  
2 meals—1 dinner, 1 breakfast  
Reserved seating for “The Rockettes” holiday show  
Tour of New York City, or free time  
Luxury Premier Coach transportation  
Cost per person: \$446.00 double, \$425.00 triple, \$398.00 Quad., \$533.00 single  
10% discount for children age 12 and under

Option 2:  
New York City and the 32<sup>nd</sup> Deluxe Christmas Tour  
December 14 -16, 2013

Package includes:  
Two nights’ lodging at the Roosevelt Hotel in Midtown Manhattan  
Seven meals: 2 full breakfasts, 3 luncheons, 2 dinners  
Tickets to the Holiday Spectacular, “The Rockettes”  
Visitor’s pass for the 9/11 Memorial  
New York City highlights tour with local guide  
Baggage service for one suitcase per person  
Free time to enjoy the city  
Luxury Premier Coach transportation  
Cost per person: \$975.00 double, \$929.00 triple, \$900.00 quad., \$1,148.00 single.

For more information or to register contact (OR attend program on August 6th - see below):  
Vermont’s Green Mountain Tours, PO Box 2021, Georgia, VT. 05468  
Phone: (802) 527-0496 or (800) 877-4311; Email: [tourdirector@greenmntntoursvt.com](mailto:tourdirector@greenmntntoursvt.com)  
Website: [www.greenmntntoursvt.com](http://www.greenmntntoursvt.com)  
Note: Trip Flyers are available at the Thompson Center, see Diana or Pam.

IN-THE-WORKS: May 9-16, 2014—Norwegian Cruise Line from Boston to Bermuda.

GREEN MOUNTAIN TOUR COMPANY PRESENTATION AT THE THOMPSON  
TUESDAY, AUGUST 6, 1:00PM



Keith Neil, owner of Green Mountain Tours, will be here to discuss their upcoming holiday trips to New York City (described above) and review his company’s mission and longstanding history of quality tours and popular travel destinations. Please bring your travel questions and interests for future trips. This is a great opportunity for our trip-goers! Don’t miss it!

PROGRAMS

WHAT DOES GRANDMA’S QUILT TELL US?  
PRESENTED BY SANDY PALMER  
TUESDAY, AUGUST 20, 1-2:30PM

Quilt Appraiser Sandy Palmer’s lecture will give you some clues on how to date your heirloom quilt. She will give you information about the quilt that you may have found at a relative’s home that was passed on to you without its history. Studying your quilt and its fabrics can tell you about the time period from which it was created. From that you may be able to determine who may have made it.



Bring a favorite quilt with you and Sandy will take a look. You can also schedule an appointment with Sandy for your own personal quilt appraisal at a later date.

DISCUSSION GROUP  
“HEART TO HEART”  
FRIDAY, AUGUST 9, 1:00 –2:00 PM

If you’ve missed *Remember When* and *Talk and Listen*, a new discussion group, called “*Heart to Heart*” led by, Katrin Tchana meets on the second Friday of every month.

COMMUNITY CARE COORDINATOR  
AT THE THOMPSON

Aug. 9 -- *Heart to Heart* Group at 1:00 pm  
Aug. 14 -- Office hours from 11:00 - 2:00  
Aug. 21 -- Caregiver Support Group at 12:30  
Aug. 28 -- Office hours from 11:00 - 2:00

NAVIGATING THROUGH THE EARLY STAGES OF DEMENTIA,  
PRESENTED BY SUSAN MOOR  
THURSDAY, SEPTEMBER 26, 4:30 TO 5:30PM

This presentation is for care partners and anyone who suspects early stage dementia or has received a diagnosis of Alzheimer’s Disease.

- Topics include:
- Tips for daily living
    1. Managing memory loss
    2. Dealing effectively with other symptoms
    3. Home safety
  - How to share the diagnosis with family and friends
  - Organizing and preparing for the future.

There will be time for questions at the end of the presentation. Susan has been working in the field of dementia since 2005. She was the Social Services Manager for an adult day health program in Massachusetts and later held the title of Early Stage Program Coordinator with the Alzheimer’s Association in that state, until recently relocating to Woodstock, VT. with her husband. Please call the Thompson Center to register in advance, a minimum number of attendees is required. Please call: 802 457-3277. Attendance is free.

PROGRAM CALENDAR - AUGUST 2013				
Mon	Tue	Wed	Thu	Fri
			1	2
* Please Sign up/Reservations Required	BINGO daily at 10:30 am except on birthday day and other special meal days.		9 Strength & Fitness 10 Cribbage 12 Italian Table	12 German Table
5	6	7	8	9
9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting	9 Strength & Fitness 10:00 Double King Pedé 12 Spanish Table 1 Green Mountain Tours - Rockettes trip info and other trip ideas! 1 Yoga*	9 W. Leb Shopping* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Home Energy Efficiency talk	9 Strength & Fitness 10 Cribbage 12 Italian Table	9 – 2:30 Foot Clinic* 12 German Table 1 Heart to Heart discussion group
12	13	14	15	16
BRIDGEWATER DAY* 9 Strength & Fitness 10:15 Memoir Club	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table 1 Yoga*	10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 12:45 Departure for 42nd Street* 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 12 Italian Table 12:30 Lucy Mac Pet Visits	Breakfast Day* 9 Breakfast  12 No lunch, but “grab and go” sandwiches available  10 - 2 Shredding Event - Fraud prevention!
19	20	21	22	23
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club	9 Strength & Fitness 10 Double King Pedé 11:30 Commodities 12 Spanish Table 1 Quilt Program 1 Yoga*	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12 Porsche Club serving lunch ~ cars on display! 12:30 Caregiver Group	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 12 Italian Table 1 Buswell’s Music	12 German Table
26	27	28	29	30
9 Strength & Fitness 10:15 Memoir Club	9 Strength & Fitness 10 Double King Pedé 10 -12 Wellness Clinic 12 Spanish Table 1 Yoga*	10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 12 Italian Table	12 German Table

MENU - AUGUST 2013				
Mon	Tue	Wed	Thu	Fri
			1	2
* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	Menu is subject to change based on availability of food items.  Please call ahead with special dietary needs.	Chef’s Choice	Grilled Pesto Chicken Breast, Lemon Ri-sotto with Peas Mari-nated Vegetable Salad, Peach Short-cake
5	6	7	8	9
Chicken pot pie, Tossed Salad Meringues w/ Pineap-ple	Reubens, Beer Bat-tered Onion Rings, Share the Harvest Vegetables, Sorbet w/ Fresh Berries	Salmon en Croute, w/ Spinach and Mush-rooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	Meatball Hoagies, Sweet Potato Fries, Coleslaw, Cookie Fruit Basket	Chicken Salad, Broc-coli Salad, Tortellini Salad, Lettuce, To-mato, Chef’s Choice Dessert
12	13	14	15	16
Bridgewater Day* Chef Salad w/ Let-tuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Fool	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Salisbury Steak, Mashed Potato, Gravy, Mediterranean Vegetables Strawberry Rhubarb Pie	Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sau-sage) Monterey Ranch Bread, Chef’s Famous Chocolate Chip Cookies w/ Fruit	Breakfast Day* French Toast, Maple Sausage, Fruit and Yogurt  (No lunch, but “grab and go” sandwiches available )
19	20	21	22	23
Tuna Pasta Salad, Pea Salad, Cucumber Salad, Cottage Cheese, Lettuce & Tomato, Fresh Fruit Parfait	Grilled Hot Dogs, Chef’s Slow Cooked Baked Beans, Cole Slaw, Rolled Black-berry Cake	Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Sufferin’ Succotash, Yogurt Cake w/ Peach Puree	Birthday Day* Grilled Mojito Turkey Breast, Scallion Po-lenta Cake, Crunchy Avocado Salad, Roll, Cake & Ice Cream	Chef’s Choice
26	27	28	29	30
Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vege-table Mélange, Apple Crunch Pie	Tossed Salad Spin-ach, Ham & cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Tilapia Florentine (spinach and cheese), herb roasted pota-toes, Lime carrots, Fruit Crisp	Tossed Salad, Shepard’s Pie, Tus-can Vegetable Med-ley, Poached Pears	Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portu-guese Kale and Po-tato soup w/ sau-sage), Strawberry Cake