When the temperature drops, older adults run a high risk of health problems related to cold. Here are some ideas derived from the American Geriatrics Society Foundation for Health in Aging to help protect you or older loved ones from:

**Hypothermia:** Because older adults have slower metabolisms, they tend to produce less body heat than younger people. Thanks to the way our bodies change as we age, it’s also harder for older adults to tell when the temperature is too low and the body can lose heat very quickly when outside in the cold for too long. The result can be hypothermia, a deadly drop in body temperature.

* Stay indoors when it’s very cold outside, especially if it’s also very windy.
* Wear two or three thinner layers of loose-fitting clothing which is warmer than a single layer of thick clothing.
* In addition to your coat, always wear a hat, gloves or mittens, boots, and a scarf to cover your mouth and nose which protects your lungs from very cold air.
* Know the warning signs of hypothermia: lots of shivering, cold skin that is pale or ashy, feeling very tired, confused and sleepy, feeling weak, problems walking, and slowed breathing or heart rate.

**Frostbite:** Extreme cold can cause frostbite—damage to the skin that goes all the way down to the bone. People with heart disease and other circulatory problems are more likely to get frostbite.

* If your skin turns red or dark or starts hurting, go inside right away.
* Know the telltale signs of frostbite: skin that’s white or ashy or grayish-yellow, skin that feels hard or waxy, numbness. If you think you or someone you know has frostbite, call for medical help immediately. A person with frostbite may also have hypothermia, so check for these symptoms too.

**Falls:** To lower the odds of a fall:
* Be sure steps and walkways to your home are shoveled.
* Wear boots with non-slip soles.
* Buy an ice grip (found at medical supply stores) that fits onto the end of a cane to help you keep from slipping.

(Winter safety continued on page 3)
BEHIND THE SCENES
A note from the desk of
Deanna Jones, Executive Director

The annual holiday bazaar and cookie walk at The Thompson Center was a wonderful success this year raising just over $56,400 to benefit the operations of our Center. Thank you to the dozens of people who worked countless hours to make this a successful bazaar.

A new year always brings excitement about what lies ahead. I expect 2012 to be an excellent year here at the Thompson. We see increasing participation, hear excellent feedback about our meals, services, and programs, and we’re already making plans for lots of activities for the coming months.

A challenge we face in 2012 is our finances. Although we have always strived to be good stewards, during difficult economic times when money is tight for everyone, it becomes even more critical to find new efficiencies and partnerships that make it possible to continue current operations on less. A few recent examples of creativity and efficiency are the “Share the Harvest!” program and the “Grab and Go” take out meals when we have extra food after a noon meal. After some in-depth analysis of our transportation program, by Paula Audsley and board members, Bob Forman and Joe Sheperd, we have set some goals for the transportation program in 2012. We are pursuing the possibility of a smaller fuel efficient vehicle to eventually replace van #2 (used for the Thompson’s medical rides). We also hope to increase donation income related to van usage through education and awareness about the transportation program. I will keep you posted about this important area of our services.

Please contact me at 457-3277 or tsc-execdirector@comcast.net if you have questions or suggestions. Wishing you all a very happy new year! — Deanna

MISSION STATEMENT

It is the mission of the Thompson Center to be a multigenerational 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.

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.

HELP WANTED!

Volunteers are needed as substitutes for Meals on Wheels drivers, and as substitutes for other volunteer positions. Please contact volunteer coordinator, Jen Bloch, at 457-3277 ext. 12, if you can help.

FUEL ASSISTANCE INFORMATION

For assistance with applications for home heating/fuel assistance or for more information, please call Eleanor Zue at the Center at 457-3277 on Tuesday, Thursday or Friday, or Senior Solutions Help Line 1-800-642-5119.

IN APPRECIATION

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
Yarn - Sally Foss
Note Cards - Barbara Kaufman
Fabric & Patterns - Linda Maxham
Magazines - Emily Schanck
Frozen Turkey, Potatoes, Celery - Catherine & Charles English
Salad Greens & makings - Sarah Roberts & Pentangle
Chocolates - Mary Sharpe
Holidays for seniors
Kitchen - Geoff Dates
Present wrapping - Janet Maxham
Decorating - Dick Atwood, Jane Soule, Janet Maxham, Carol Towne

HOLIDAY BIRTHDAYS

29 - Boyd Bishop
30 - Emily Hawkes
31 - Elmer Kruse
2 - William Beebee
3 - Linda Brackett
20 - Mary McCure
5 - Fred Beebee
21 - Jina Stapleton
6 - Perry Maxham
22 - Dick Staples
11 - Molly McDermott
27 - James Emery
12 - Susan Hottenstein
28 - Nancy Heidt
20 - Perry Maxham, Ruth Beebee
31 - Elnor Kruse

On January 26th we will celebrate your special day! Please join us!

JANUARY BIRTHDAYS

HOLIDAY MEETING HIGHLIGHTS

Submitted by Fran Gillett, Advisory

- Thanks and appreciation expressed to all for a very successful Holiday Bazaar.
- Ideas discussed for 2012 BAZAAR: Hope for more pickles and baked goods next year. A volunteer will be needed to take over next year’s Cookie Walk as Mary Cameron has retired from this role after many years of service.
- Annual Appeal update: 45% of goal reached.
- Trips: Diana Leskovar is working on a Spring Trip.
- Discussion and suggestions about the Thompson’s cooperation with the Community Care Coordinator and other local organizations whose goal is to help keep seniors in their own homes.

Please join our next meeting on Monday, January 9th at 1pm.

THE THOMPSON TIMES
BOOK CLUB
Wednesday, January 11, 1 PM

The book club doesn’t meet in December, so have fun reading all those books you choose for yourself. On January 11th, we’ll be discussing The Tiger’s Wife by Tea Obrecht. Although it’s a first novel by a young writer, Obrecht is a major talent; she has a wonderful way with words. Brilliantly using myth and legend from the Balkans, the author tells the story of a young doctor and her grandfather against the backdrop of war. As a child, she accompanied him to the zoo every week, and he read to her from a worn copy of Rudyard Kipling’s The Jungle Book. Later, he told her stories of his own encounter over many years with “the deathless man,” a vagabond who claimed to be immortal and appeared never to age. But the most extraordinary story of all is the one her grandfather never told her, the one Natalia must discover for herself. The book is filled with wondrous moments, small scenes that assemblage into a novel of power and wisdom and beauty.

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.

ANNOUNCING A NEW DIRECTORY OF LOCAL RESOURCES
A new directory of non-profit resources has been produced by Mt. Ascutney Hospital and Health Center with funding provided by the Ottauquechee Health Foundation.

This resource manual can be found in the foyer at the Thompson Center and electronically on our website. Copies are available upon request.

PHOTOGRAPHY

Injury While Shoveling Snow:
When it’s cold outside, your heart works extra hard to keep you warm. Working hard by shoveling snow, for example, may put too much strain on your heart, especially if you have heart disease. You should:

*Ask your health care provider whether it is safe for you to shovel snow or do other hard work in the cold.

Fires and carbon monoxide poisoning:
Keep fireplaces, wood and gas stoves and gas appliances properly vented, and cleaned to reduce your risk of leaking carbon monoxide gas. These and other appliances such as kerosene and electric heaters can also be fire hazards: You should:

*Put a smoke detector and battery operated carbon monoxide detector in areas where you use fireplaces, woodstoves, or kerosene heaters
*Open a window-just a crack-when using a kerosene heater

Keep space heaters at least 3 feet away from anything that might catch fire

Keep a fire extinguisher handy
### SPANISH CLASS

**Tuesdays, January 17 - February 7, 2011  
10:45 - Noon**  
**Instructor: Jennifer Roby**  
**Cost: $50**

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Jennifer Roby teaches Spanish part-time at the Albert Bridge School in Brownsville and has tutored children and adults of all ages. Minimum: 4 students.

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### ITALIAN STUDY GROUP

**Ongoing, Thursdays, 10:30 AM - Noon  
(No December classes. Begin next session, January 5, 2012)**  
**Instructor: Evangeline Monroe**  
**Cost: $11/class**

In this study group we will focus on building comprehension and fluency. Group members will be encouraged to meet after class for lunch at noon. 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.

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### FRENCH CLASS

**New winter series to begin in February. Please call Diana (ext. 21) for details. Advance sign-up required.**

Students in this class will be involved in a variety of activities that will enhance their French language skills and familiarize them with the French culture. 
**Instructor: Judy Mahood**  
(email: judymahood@comcast.net)

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### STRENGTH & FITNESS

**Weekly classes  
on Monday, Tuesday, and Thursday**  
**9:00 AM**

Our popular strength and fitness class, led by Liz Hatfield, is scheduled each Monday, Tuesday, and Thursday from 9:00 - 10:00 AM. The class is offered for $3.00/class or 12 classes for $30 on a punch card.

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### TAI CHI

**Wednesdays, 10:30 - 11:30 AM  
January 4, 11, 18, 25**  
**Instructor: Anne Bower**

Beginning and experienced students will work together to learn the form called “tai chi for arthritis and fall prevention” which was developed from the traditional Sun style.

Clinical studies have shown that tai chi helps alleviate symptoms of arthritis, osteoporosis, diabetes, stress, fibromyalgia, and depression. It reduces frequency and seriousness of falls, too. If you’ve never taken tai chi, this is a great time to start. For more information, visit instructor Anne Bower’s website: www.annebower.com, email her at annie-bower@yahoo.com, or call 457-2877.

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### MIXED MEDIA ART

**Studio Series at Artistree**  
**Tuesdays, January 17 - February 28 (no class on Feb 21), 10:00 AM to Noon**

A six week studio art class series will meet at Artistree (on Route 12, Mount Tom Building) in collaboration with The Thompson. All levels are welcome to develop art skills and experiment with new materials and art forms. Cost: $90

Please call Artistree at 457-3500 to reserve your space or online at: www.artistreevt.org

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### SPRING TRIP

**Isabella Stewart Gardner Museum**  
**Boston, MA**  
**Wednesday, April 4, 2012**

Isabella Stewart Gardner was the visionary and creator of one of the most remarkable collections of art in the world today. Over three decades she traveled the world to amass of master and decorative arts. She carefully installed her collection in such a way as to elicit an intimate response from the viewer. Each room in the museum has a carefully selected mix of paintings, furniture, textiles, and objects from different cultures and periods among well-known European paintings and sculpture. We will enjoy the traditional “April Courtyard” garden featuring an abundance of flowering plants and a display of 15 to 20 foot-long nasturtium vines. For lunch we will dine at the Gardner Café which is now located in an expanded space within the museum’s newly constructed Renzo Piano-designed wing. Since 2002 Café G. has served an inspired seasonal menu with award winning desserts under the leadership of Chef Peter Crowley, a graduate of The Culinary Institute of America.

**Itinerary:**  
9:00  Depart Thompson Senior Center on Premier Coach  
11:30  Arrive at the Gardner Museum and dine in the Café  
12:45  Guided Tour  
1:45  Browse gift shop  
4:30  Arrive back in Woodstock

**Cost:** $75.00

Please sign up in advance and reserve your space with payment.

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### TRIP PAYMENT POLICY

Reservations will be made on a first come basis with payment. If you call to make a reservation, we will put your name on the waiting list until payment is received. We will not cash your check until thirty days prior to the trip when final payments are due to vendors. If you need to cancel for any reason payment cannot be returned unless we are able to fill your spot from a waiting list.
TREAT YOURSELF TO A MASSAGE  
Friday, January 13, Beginning at 9:00 A.M.

Eva Peterson is a licensed massage therapist who has been in our community actively working for 30 years. She will be providing chair massages at the Thompson and you will have the option of a 10 minute massage for $10.00, or 15 minutes for $15.00. Eva has the Woodstock Massage Therapy Clinic at the Woodstock Recreation Center where she specializes in sports rehabilitation. She holds a masters degree in Sports Science from Castleton State College.

Please call The Thompson to sign up for your massage!

REMEMBER WHEN  
With Kathy Wendling  
Thursday, January 19, 1:00PM

The winter storm I can’t forget…we all have one in our minds. Were winters truly harder back in our day or did they just seem so with the passage of time? What winter storm stands out in your mind? Were you snow or ice bound at home? How was your daily life affected? Join Kathy Wendling for a lively discussion on those memorable storms and please peruse your photos to bring in and share. A picture is worth a thousand words…

NEW MARBLE GAME GUIDELINES

In January, the marble game will resume with new guidelines derived from the feedback we received from surveys completed in November. The marble game is a fun game of chance that benefits the Center since we receive half of the ticket money and the person who draws a red marble wins the other half.

THE GAME (for those who choose to play): Tickets will be sold at Jen’s desk in the foyer area on Mondays and Thursdays from 11:30 - noon. Tickets will not be sold at the tables in order to respect lunch time conversation and minimize interruptions. Those who choose to play will get three tickets for $1.00. Marbles will be placed in an opaque container (100 clear marbles, 5 red marbles, 1 yellow marble). At 1 pm, we will draw three tickets. If your ticket number is called, you can pick a marble. The clear ones that are drawn are removed, increasing odds of winning. If you draw a red one, you receive half the pool of money from accumulated ticket sales. If you draw a yellow marble you get a second chance and can draw another marble! Thanks for playing and good luck!

~ NEW MARBLE GAME GUIDELINES ~

STATE REPRESENTATIVE  
Alison Clarkson  
StateRepresentativeAlisonClarkson(1).jpg

WHAT’S ON YOUR MIND?  
MONDAY, JANUARY 30, 1:00PM

State Representative Alison Clarkson will join us for an informal discussion about issues of interest and concern to our community and our seniors. She will also update us on the work going on in various committees in the Vermont Legislature.

Alison has represented the towns of Reading and Woodstock since 2005 and serves on the House Judiciary Committee, the Judicial Retention Committee, the Rural Economic Development Committee, the State Oversight Committee, the Women’s Caucus, and as chair of the Windsor county Caucus.

WORKSHOP: TOUCH SKILLS FOR CAREGIVERS  
Tuesday, January 24, 1:00 - 2:30 PM  
Instructor: Jenny Gelfan  
Cost: $25

This workshop is for people who would like to learn some easy techniques to help their family or friends relax and feel better. Participants will practice on themselves and each other as they sit in chairs. Discover the power of touch as a tool for comfort and healing.

Please sign up in advance. If the fee presents a financial hardship, please contact Diana (ext. 21).”

LOCAL WINTER FUN

The Nordic Center at the Woodstock Inn and Resort and Suicide Six are generously offering incentives for Thompson Center patrons to get out in the snow.

Downhill skiing at Suicide 6 - senior rates:
- Weekdays: $38 full day, $30 half day
- Weekends: $49 full day, $33 half day
- “Two for Tuesdays” - buy one ticket get the other free.
- “Frugal Friday” - $20 for 9:00am - 1:00pm

Cross country skiing or snowshoeing at the Nordic Center at the Racquet and Fitness Center south of the Inn on Rte. 106:
- Weekdays: $20 for 9:00am - 3:00pm
- Weekends: $25 for 9:00am - 3:00pm
- Senior rates:
- “Two for Tuesdays” - buy one ticket get the other free.
- “Frugal Friday” - $20 for 9:00am - 1:00pm

SENIOR SKATE IS BACK!  
Woodstock Union Arena  
Fridays  
10:00-11:00AM

$4.00 fee and $2.50 skate rental (now half price!)  
For more info, call the Union Arena at 457-2500

Senior Swim is available Monday through Friday, 1:30 - 3:00pm for $6.00. Call 457-1100 with questions.
### PROGRAM CALENDAR - JANUARY 2012

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*Please sign up/Reservations required

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* Indicates that sign-up/reservations are required (Birthday Day).