An Evening At The Thompson with Rick Libbey, “The MooseMan”

Tuesday, July 30, 2013
5:30 Dinner
6:30 Presentation

Enjoy an evening with New England’s premier photographer of moose wildlife, who chronicles their behavior with stunning pictures in their natural habitat. In his own words, “My approach is quite unique, I choose to work from a kayak rather than be married to a tripod. After years of working from a canoe, I finally figured it out. I work from a monopod and use wind direction to increase my chance at success. My love of moose and loons has evolved to a place of respect for them. By educating myself on their habits and tendencies I have found a way to work with them peaceably and I simply love it when I get the job done without disturbing them from feeding. When I am out there in the wilderness with the moose and the other wildlife, I feel it deep inside of me. It is what I am supposed to be doing.”

Dinner Menu: Spinach & Strawberry Salad, Chicken Prosciutto Marsala with pasta, and carrot cake with cream cheese frosting.

Cost: $15.00    Advance registration required.

Summer Tea ~ Luncheon
Thursday, June 6, 12 Noon

Don’t miss The Thompson Center’s 3rd Annual Tea! Fancy hats are welcome and gentlemen are invited too! Please RSVP by June 1st (457-3277), we will start a waiting list after the first 75 people sign up. Menu: Ham salad sandwich, chicken salad with mandarin oranges, olive roll-ups, tarts, biscotti, tea cakes.

Suggested donation: $5.00

SHARE THE HARVEST

When you’re planting your garden please consider dedicating a row or two for vegetables to be donated to the Thompson Senior Center. Even if you have a little extra that you’re afraid will go to waste, we can use it.

By sharing your harvest, you help provide Chef Ryan with fresh, seasonal, local produce for our daily luncheon and Meals on Wheels Programs. Your donation helps to provide good nutrition to our patrons and helps with the food budget. The Thompson serves over 20,000 delicious, nutritious meals each year so every bit helps!

THANK YOU to each of our 2012 Share the Harvest contributors!

The harvest donated last year was included in at least 100 of the daily menus for a period of five months!! Please see the special section of our newsletter on page 11 titled IN APPRECIATION each month for Share the Harvest contributors. Reminder: you can find all of our newsletters on our website at www.thompsonseniorcenter.org

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**TSC TRANSPORTATION PROGRAM**

Medical Rides - $10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling.

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

**STAFF**

Deanna Jones, Executive Director, tsc-execdirector@comcast.net
Paula Audsley, Outreach Manager, paudsley@comcast.net
Diana Leskovaar, Program Director, dleskovaar@comcast.net
Pat Butler, Asst. Program Director, pbutler-tsc@comcast.net
Ryan Martin, Chef, tsc-chef@comcast.net
Siobhan Wright, Kitchen Asst., gordonworth, Van driver
Jim Emery, Van driver & maintenance
Nelson Gilman, Medical driver

**MEDICAL EQUIPMENT**

Currently available at the Center: Bed rail, crutches, Commode chairs, shower chairs. 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.get4Tstc.com

**STAFF**

Tom Weschler
Corwin Sharp
Liz Schellhorn
Lynn Peterson, M.D.
Reinhart Jeck
Rachel Hochman
Lisa Gramling
Frances Gillett
Bob Forman
Dick Brodrick
Dick Atwood
Sarah Roberts
Lonnie Larrow, RN, Community Care Coordinator:

**SENIOR HELPLINE:**

Aging for Southeastern Vermont
Senior Solutions (formerly Council of Aging)
Nelson Gilman, Medical Director

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
Pat Jaynes —Vice President
John Moore —Treasurer
Sarah Roberts —Secretary
Dick Atwood
Dick Brodrick
Bob Forman
Frances Gillett —Advisory
Lisa Gramling
Rachel Hochman
Reinhart Jack
Barbara Kelley
Joan Oppenheimer
Lynn Peterson, M.D.
Liz Schellhorn
Corwin Sharp
Eldon Thompson
Tom Weschler

**REPRESENTATIONAL MEETING HIGHLIGHTS**

- Explanation of relationship between Senior Center and Senior Solutions, the Council on Aging.
- Update on Cindy Carroll's move to California and Patsy Mathews' fulfillment of Cindy's unexpired term as President of the TSC Board.
- Representatives from ArtisTree solicited suggestions for classes and/or projects appealing to Seniors.
- Proposal of a luncheon excursion to the newly reopened Barnard General Store.
- Discussion about the possibility of an Ice Cream Social.
- Suggestions included cane holders in the dining room and assistance in the Computer Room.

Please join our next meeting on Monday, June 3rd at 1pm. All patrons and volunteers are invited to attend. You're feedback is appreciated!

**MISSION**

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.

**IN MEMORIAL OF**

Harold Robinson
Helen Leonard
Ron Leonard
Wayne & Barbara Leonard

**IN APPRECIATION**

Anne Bower — Motorized Scooter
Helen Curtis — Medical Equipment
Rich Kozlowski — Glass bowl/stand
Ryan Martin — Horse shoe pit supplies
Shire Apothecary — candy
John Hieler & UVM Horticultural students — Garden prep
Val Chase — Gardens clean up & edging
Althea Derstine — tomato plants

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

**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 Tambrely Vutech

**THANK YOU ALL!**

**JUNE BIRTHDAYS**

1st Paul Lenett
11th Betty Wood
19th Emily Schanck
2nd Micky Morgan
14th Bud Leavitt
22nd John Mathews
2nd Carol Nettleship
15th Mary Sharpe
22nd Pat Mangan
5th Janet Herrick
15th Polly Fullerton
22nd Dick Leonard
5th Tim Maxham
16th Bettie Vawdever
26th Doris LeBaron
7th Ruth Beebee
17th Lillian Weed
27th Linda Stickney
8th Noreen Huff
18th June Johnson

On June 27th we will celebrate your special day! Please call to make a reservation for lunch and join us!
ON GOING PROGRAMS

CAREGIVER SUPPORT GROUP
Wednesday, June 19
(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.

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!

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!

CHAIR MASSAGES
AT THE THOMPSON
WEDNESDAYS, JUNE 5, 12, & 26TH
10:00AM TO NOON
Licensed massage therapists will be available to provide chair massages at the Thompson three times each month (on the 1st, 2nd, and 4th Wednesday of each month). 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!
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, JUNE 25,
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.

KRPALU YOGA, WITH ANNIE FRATES
THURSDAYS, 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. Annie Frates is a certified Kripalu Yoga teacher and has been in the fitness industry for over 20 years. Cost: $5.00 per class. Please sign up by noon on Thursdays so we can guarantee a minimum of five students.

LOCAL TRIP TO
ARTISTREE COMMUNITY ARTS CENTER & GALLERY
BILL JAMES EXHIBIT
TUESDAY, JUNE 11, 2013, 10:15AM
2013 marks the centennial of a painter who captured the people and places familiar to the Woodstock area over 50 years ago. Bill James, grandson of the philosopher and psychologist William James, spent a prolific period working in the Woodstock area making lasting connections. This exhibit powerfully illustrates those connections.
Depart on the Thompson Center van at 10:15am. Enjoy the exhibit and a gallery talk, along with light refreshments, and return to The Thompson Center by noon. Free. Please sign up in advance.

FRUDS AND SCAMS
TUESDAY, JUNE 18, 1:00PM
John Creagh, a retired insurance agent, will discuss some of the most prevalent scams and fraud schemes. Unfortunately, we are hearing about new and different scams with increasing frequency. John will review phone, email, website, and other types of scams. This presentation is a product of research and information gathered by volunteers at the New Hampshire office of AARP. John is a long time resident of the Upper Valley.

2ND ANNUAL STAFF APPRECIATION
POT-LUCK LUNCH
TUESDAY, JUNE 25, 2013, 12 NOON
Join the fun and share your favorite dish, salad, or dessert at this once a year special event to show the TSC staff how much they’re appreciated. Sign-up requested. Coordinated by Dick & Bonnie Atwood & Jane Soule. Please make a lunch donation if you can’t make a dish to share.

THE THOMPSON TIMES
TRIPS

Music Man
at the New London Barn Playhouse
Wednesday, June 26, 2:00 matinee
(depart on TSC van at 12:30PM)

This family classic is the story of a con man, Harold Hill, whose plans backfire when beautiful Marian the Librarian teaches him a lesson in music, and in love. The show features “76 Trombones”, “Til There Was You”, and “Trouble”, among other favorites. Cost: $30.00 (includes gas donation) Sign-up deadline is June 12th.

Note: We will stop for a casual, light dinner following the show.

Cost: $50.00 (includes ticket and gas donation). Sign up by June 6th.

3rd Annual Fly Fishing Derby in South Woodstock
Wednesday, June 12, Depart TSC at 9:30AM

Join us at HAYES’ HOMESTEAD DERBY for a fly fishing ‘non-contest’ that will get you waterside in South Woodstock. Skilled or needing to brush up with the fly rod, we always have a wonderful time that includes the high probability of catching and releasing some pretty little rainbows. A yummy brown bag lunch by Chef Ryan is part of the noon time break. We will learn about Project Healing Waters, a national Wounded Warriors fly fishing program from a VA Hospital volunteer and veterans who will get you waterside in South Woodstock. Call Pam or Diana 457-3277 to reserve a spot and for information on transportation. A few extra rods are available. Cost: $7.00 (brown bag lunch and transportation).

42nd 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,” 42nd 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, light dinner following the show—location to be announced.

CLASSES

Italian Study Group
Thursdays, Dates: June 6, 13, 20, 27
10:30 AM - Noon
Cost: $44/4 classes or $11/per class
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.

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 Russias 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
Instructor: Judy Mahood
Mondays, 10:00 to 11:30 AM, June 3, 10, 17, 24
Cost: $50
Students in this class will be involved in a variety of exercises that will enhance their French language skills and familiarize them with the French culture. email: judymahood@comcast.net

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 Total Welli
Call for summer dates and times
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.

For more information, contact instructor Anne Bower at: 802 457-2877; anniebower@yahoo.com; or view www.annebower.com.

Brazilian Jiu Jitsu
This popular class is held on the 1st, 2nd, and 4th Wednesday)
Note: no class on the 3rd Wednesday
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. (Class runs 3 weeks per month on the 1st, 2nd, and 4th Wednesday) Cost: $3.00 per class.

Brain Fitness Classes, Wednesdays, June 5, 12, & 26th, 1:00PM
Note: no class on the 3rd Wednesday

Call the Thompson Center to register for classes in advance, 457-3277

Evangeline is a retired Foreign Service officer who worked at the U.S. Embassy in Rome from 1989 to 1991.

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UPCOMING TRIPS - Sign up Soon!

**Scenic Trip to the White Mountains**
**Wednesday, June 5, 2013**

Last chance for shopping, food, & train ride! Sign-up deadline is May 22nd.

We will travel to the scenic mountaintop village of Sugar Hill, NH, to visit two popular attractions: Harmon’s Cheese and Country Store and the Sugar Hill Sampler Shop and Museum. These historic landmarks are located on a Lupine covered hilltop that offers one of the most famous views in the White Mountains. Brunch at the popular Polly’s Pancake Parlor, ride the Cog Railroad, and then an early dinner at Chef Joe’s Bistro in Franconia, NH. Depart the Thompson Center on Premier Coach Bus at 8:00AM. Cost: $96.00 (includes coach bus, brunch, Cog RR, and dinner).

**Warren’s Lobster House & Fuller Gardens**
**Tuesday, July 9, 2013**

Trip to Kittery Maine to dine at Warren’s Lobster House, followed by a tour of the Fuller Garden in North Hampton, NH. This estate garden features a large variety of roses, a Japanese Garden, a conservatory with orchids, and more. Depart the Thompson Center on Premier Coach Bus at 8:30AM. Sign-up deadline is June 25th. Cost: $74.00 (Please select your menu option when you call to sign up).

**Foliage Trip on the Winnipesaukee Railroad**
**Wednesday, October 9, 2013**

Fall foliage trip on the Winnipesaukee 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 25th. Cost: $56.00

IN-THE-WORKS:
December 2013—(one overnight) Rockettes trip to New York City, facilitated by Yankee Holiday Travel. May 9-16, 2014—Norwegian Cruise Line from Boston to Bermuda. Prices and itineraries are still to be determined.

**MARK VAN GULDEN AND KATHLEEN DOLAN PERFORM ON BIRTHDAY DAY**
**Thursday, June 27, 1:00PM**

Mark is a freelance jazz musician who enjoys entertaining groups with his repertoire of music, including popular tunes from the 30’s, 40’s, to the present. Mark plays the piano, vibraphone, and the ukulele. Kathleen accompanies him on the flute. This musical duo encourages their audiences to sing-a-long with them!

**FREE HEARING SCREENINGS**
**Friday, June 21, 9AM—2:30PM**

Hearing Care Specialist Chris Gulick returns to The Thompson to offer thorough hearing examinations and hearing instrument demonstrations. Please sign up for your 30 minute appointment.

**FRUSTRATED WITH PAPERWORK?? NEW ASSISTANCE IS AVAILABLE!**

We are fortunate to have two volunteers trained by Mt. Ascutney Hospital working to support our Community Care Coordinators, Katrin & Lonnie, with Medicare, Medicaid and other benefits related applications.

These volunteers, Rick and Jane, will be volunteering at TSC by appointment. Both have experience working with Medicare D enrollment, and will be available to assist people with Medicaid applications, Medicare D enrollment, and with the new Health Care Exchange coming in October.

Please call the Ottauquechee Health Center at 457-3277.

**IT’S TIME FOR HORSESHOES AGAIN!**

Now on Mondays (weather permitting) at 1PM following lunch. Everyone is welcome regardless of your experience level! Thank you Sam Grice and Chef Ryan, for getting the horseshoe pits fixed up for the season!
### PROGRAM CALENDAR - JUNE 2013

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<td>9 Strength &amp; Fitness</td>
<td>10 French Class*</td>
<td>10 Double King Pede</td>
<td>12 Spanish Table</td>
<td>8 Departure for White Mt trip on Premier Bus*</td>
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<td>9 Strength &amp; Fitness</td>
<td>10 French Class*</td>
<td>10 Double King Pede</td>
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<td>8:30 Newsletter Folding</td>
<td>9 Strength &amp; Fitness</td>
<td>10 French Class*</td>
<td>10-12 Chair Massages*</td>
<td>10:30 Handwork Cir.</td>
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<tr>
<td>9 Strength &amp; Fitness</td>
<td>10-12 Wellness Clinic</td>
<td>10 Double King Pede</td>
<td>12 Spanish Table</td>
<td>12 Staff Appreciation pot-luck lunch*</td>
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### MENU - JUNE 2013

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<tr>
<td>Chicken Tacos, Red Beans &amp; Rice, Roasted Vegetables, Fruit Cobbler w/ Vanilla Ice Cream</td>
<td>Vegetable Quiche, Roasted Potatoes, Roasted Vegetable Medley, Lemon Ricotta Cheesecake squares</td>
<td>Meatloaf stuffed with spinach and cheese, mashed potatoes with gravy, green beans, Fruit Cobbler</td>
<td>Summer Tea* Ham salad sandwich, chicken salad with mandarin oranges, olive roll-ups, tarts, biscotti, tea cakes</td>
<td>Broccoli Salad, Tortellini Salad, Three Bean salad, cottage cheese, Lettuce, Tomato, Roll, Chef's Choice Dessert</td>
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<td>Chef's Choice</td>
<td>Almond Chicken w/ Strawberry-Balsamic Sauce, Baked Potato, Grilled Asparagus, Mint Brownie Cupcakes</td>
<td>Meatball Hoagies, Sweet Potato Fries, Cole slaw, Cookie Fruit Basket</td>
<td>Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Rum Raisin Rice Pudding</td>
<td>Flag Day Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Rolled Berry Cream Cake</td>
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<td>Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Ice Cream Sandwich Cookies</td>
<td>Reubens, Beer Battered Onion Rings, Mediterranean Vegetable Salad, Sorbet w/ Fresh Berries</td>
<td>Grilled Tuna &amp; Vegetables in herb butter, Brown Rice, Cherry Cheesecake</td>
<td>Spinach &amp; Cheese Ravioli w/ Meat sauce, Broccoli &amp; Cauliflower, Garlic Bread, Fresh Fruit Salad</td>
<td>Breakfast Day* (no lunch served) Asparagus &amp; Mushroom Crepes w/ Béchamel Sauce, Canadian Bacon, Home Fries, Yogurt &amp; Fruit</td>
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<td>Bombay Curry Chicken, Rice, Stir Fried Vegetables, Hot Fudge Sundae with banana</td>
<td>2nd Annual Staff Appreciation Potluck lunch*</td>
<td>Signed up, bring a dish if you can, and join the fun!</td>
<td>Grilled Salmon Burger, Roasted Steak Fries, Fruit Mousse Tart</td>
<td>Birthday Day * Beef Shish kebabs, w/ Peppers Onions Zucchini, Tomato, Mushroom, Mediterranean Orzo Salad, Cake &amp; Ice Cream</td>
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### Two Special Requests:
- Please sign up in advance when programs or events require it and cancel when you’re unable to make it. We keep waiting lists for these programs.
- As a courtesy to our facilitators and other patrons please arrive on time to programs.

### Meal Pricing:
- $7 charge for those under age sixty
- $5 suggested donation for ages sixty and over

### Please call ahead with special dietary needs.
* indicates that sign-up reservations are required (Birthday Day & special holi-day meals)

Menu is subject to change based on availability of food items.