Each March, The Thompson Center participates in “March For Meals,” a national campaign held during the month of March initiated and sponsored by the Meals On Wheels Association of America (MOWAA), to raise awareness about senior hunger and nutrition, and to encourage action on the part of local communities. Senior Nutrition Programs across the United States, like ours at The Thompson, promote March For Meals through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives.

Volunteers for the Thompson deliver between 25 – 30 meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret. Although the nutritious and delicious daily meal is the primary service of our Meals on Wheels program, we believe the daily visits from our dedicated volunteers are equally important. As a part of our Meals on Wheels program, we also offer Meals for Pets in partnership with Lucy MacKenzie Humane Society.

If you have any questions about our program or you’re interested in volunteering as a Meals on Wheels driver or know of someone who would benefit from receiving home delivered meals, please contact Paula Audsley, Outreach Manager at 457-3277 or paudsley@comcast.net

Hospice Volunteer Training Class
Presented at The Thompson Center by The Visiting Nurse & Hospice of VT and NH and BAYADA Hospice
Thursdays, April 4 - May 23, 2013

The last good thing that may happen in a person’s life is a Hospice volunteer…

The Thompson Senior Center is offering a Hospice volunteer training program with The Visiting Nurse & Hospice of VT and NH and BAYADA Hospice. This is a joint training program that will allow the participants to be certified as Hospice volunteers with both agencies. All volunteers will receive Hospice training for eight consecutive weeks, beginning on Thursday, April 4th from 4:30-6:00pm. Hospice volunteers can help Hospice patients with a variety of tasks, including light meal preparation and housekeeping, running errands, gardening and companionship. Other volunteers help in the Hospice office with routine office tasks, or assist with bereavement correspondence. Regardless of the task, the impact Hospice volunteers make is huge. Please call The Thompson Center at 457-3277 to sign up or for further information.

Valentine Auction Success!
Thank you to all who participated in the 19th Annual Valentine Dinner and Auction. The auction raised approximately $45,000 for the operations of TSC. A very special thanks goes to the auction co-chairs, Reinhart Jeck & Wittie Lynn, and all of the volunteers, donors, and sponsors! Visit our website or facebook page to see more pictures and a full listing of donors and volunteers!

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Pictures: Sepp Schenker & KyuHee Bussod volunteer in the kitchen. Joyce & Carl Hurd and Phyllis Bulmer & daughter, Blair, enjoying the festivities
The paintings hanging in our upstairs hallway were painted by Trina Scharf Hyman (1939-2004). Trina was a local artist who lived most of her life in Lyme, NH. She is best known for the 150+ children's books she illustrated over the course of her career, including Caldecott medal winner "St. George and the Dragon" and Caldecott Honor Books "Little Red Riding Hood," and "A Child's Calendar." In addition to her illustrations, Trina painted portraits using area models as part of a painter's group which met in Bradford and Fairlee, VT from 1989-2004. The portraits on display at TSC are part of this collection and are on loan to the Center by her daughter, Katrin Tchana, your Community Care Coordinator. Please stop by to view and appreciate this collection on display at The Thompson.

Please note: Katrin, the Community Care Coordinator, will be at TSC on Wednesday March 6, 11-1:30, Friday March 15th 11-1:30, and Wednesday March 27, 11-1:30. Please feel free to just stop by or call her at 457-3030 ext. 4 to make an appointment.

WINTER CLOSING POLICY
The Center is always closed when the Woodstock schools are closed. You can find out if the schools are closed after 6:15 AM by checking local news or online at www.sovernet.com/schools/ or by calling 3277. You can also buy, donate, or find medical equipment at: www.getATstuff.com

THANK YOU ALL!
Chair Massages at the Thompson Wednesdays, March 6, 13, & 27th 10:00 AM to Noon

Beat the winter blues with a relaxing chair massage. 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. Reminder: Foot Care Clinic with Mary Wood is on the 3rd Wednesday). The benefits of having a massage on a regular basis are numerous. See for yourself!

Please call in advance to schedule your 15 to 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: 15 minute massage/$15.00; 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, 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, March 26, 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.

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! Participants’ goals may be to compile written memories in a book to be passed down, or to gather miscellaneous written memories as they come to mind. This group is fun and supportive -- come join us!

Book Club

On Wednesday, March 13, 1:00PM, Anne Bower will lead a discussion on the book, *Swamplandia* by Karen Russell. This spooky, funny, adventure-filled novel centers around thirteen-year-old Ava's adventures trying to save her family's failing alligator farm. The writing style is zany, the characters are eccentric, and the setting is that weird territory the Florida Everglades. Stephen King found *Swamplandia* to be “brilliant, funny, original,” and the New York Times review highlighted the book’s “dazzling level of linguistic invention.” We hope you’ll join us for this discussion.

CAREGIVER SUPPORT GROUP

Wednesday, March 20 (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.

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A special evening presentation at The Thompson Center

**A FRANK TALK ABOUT MENOPAUSE**

A special evening presentation at The Thompson Center by Dr. Ellamarie Russo-DeMara, DO

Tuesday, March 12, 2013, 6:00 PM

Menopause is a natural part of aging, and women can expect to live one third of their lives after menopause. The physical changes that occur around menopause should not prevent you from enjoying this time in your life. Let’s take a journey together through the Menopause years with Dr. Ellamarie Russo-DeMara who will discuss symptoms, treatments and options. She is a gynecologist at Gifford Medical Center’s Bethel Health Center and Twin River Health Center in White River Junction. Dr. Russo-DeMara is specially certified as a menopause practitioner, a board certified ob/gyn and a graduate of the New York College of Osteopathic Medicine. She is also a mother of four, a breast cancer survivor, a fitness trainer and a member of the State Board of Health. A compassionate caretaker and eloquent speaker, she has been in practice for more than 20 years.

Cost: $12 AARP members (bring card); $14 non-members

In this condensed Driver’s Safety course instructor Estelle Schwartz will teach defensive driving techniques and talk about special considerations for older drivers (reaction time, etc.) A variety of safety tips will be reviewed. Please check with your insurance company to determine if they offer a premium discount for completing this class. A certificate will be given to you at the end of the day. Please bring your current driver’s license and AARP card. Pen and paper will be provided.

Please sign up in advance and make checks payable to AARP. Minimum of 8 participants required.

NEW! CarFit Program

(sponsored by AARP, AAA, and the American Occupational Therapy Association).

At 2:00PM on Friday, April 12th following the Driver’s Safety Course, a trained professional will assist older drivers in their cars with a series of critical check-points, including: a clear line of sight over the steering wheel, adequate space between the front air bag/steering wheel and the driver’s breastbone; properly adjusted head restraints, proper positioning on gas and brake pedals, proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots. Adaptive Devices are available and discussed to help your vehicle become the perfect fit! Please call to schedule your 20 minute appointment.

**“KEEP YOUR MIND SHARP”**

**MONDAY, MARCH 11, 2013, 1:00PM**

Kimberly J. Betts from the Dartmouth Aging Resource Center’s Brain Café will lead a discussion on brain health and demonstrate activities to keep your mind sharp. She will also provide resources on memory loss, aging and dementia. (Reminder: Another opportunity to keep your mind sharp is the Brain Fitness class offered at The Thompson on Wednesdays at 1pm each week).

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**PROGRAMS**

**LIVE WEBCAST AT THE THOMPSON**
**Senior Slumber: How to Maintain Healthy Sleep with Age**

Presented by Daniel Herrick, MD, at The Dartmouth-Hitchcock Aging Resource Center and viewed online at TSC Thursday, March 21, 1:30–3:00 PM

Sleep related concerns are common among older adults. This live internet presentation will focus on sleep-related changes that are a normal consequence of aging, and how to distinguish those from symptoms suggestive of a sleep disorder or medical illness. Dr. Herrick will discuss ways to maintain optimal sleep hygiene and sleep health.

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**DINNER & A MOVIE**

**Featuring Waking Ned Devine**

Tuesday, March 19, 5:30PM

Dinner will be served at 5:30pm followed by the movie at 6:30pm. In Waking Ned Devine, after discovering that lucky local Ned Devine (Jimmy Keogh) croaked from the shock of hitting the jackpot in the national lottery, Jackie (Ian Bannen) and Michael (David Kelly) mastermind a scheme to impersonate the dead man and collect his prize money. But to pull it off, they'll need buy-in from the rest of Tullamore Mohr's denizens – and not everyone is willing to cooperate. Fionnula Flanagan co-stars in this quirky cinematic charmer. Cost: $5.00

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**Roast Beef Suppers in Hartland**

Saturdays through March 16th beginning at 5PM at the Hartland Congregational Church. Depart TSC at 4:15PM on Thompson van with minimum of 5 riders.

Cost: $14.00 for supper plus $2.00 for transportation.

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**CLASSES**

**ITALIAN STUDY GROUP**

Thursdays, Dates: March 7, 14, 21, & 28.

10:30 AM - Noon

Cost: $44.00 (for 4 classes), $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. For more information call Diana Leskovar at 457-3277.

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**SPANISH CLASS**

Instructor: Susan Copeland

New Time: 10:30 to 11:45AM.

Dates: March 5, 12, 19, 26 and April 2, 9.

Cost: $65.00

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 ¿Qué tal? which can be purchased online.

Please call the Thompson Center to sign up in advance.

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**FRENCH CLASS**

Spring series to begin, watch for dates

Instructor: Judy Mahood

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

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**T’ai Chi for Total Wellness**

Next two sessions: March 6, 13, 20, 27, April 3, 10, and April 24, May 1, 8, 15, 22, 29

This class will help manage the symptoms of diabetes, arthritis, fibromyalgia, joint pain and stiffness, as well as depression. T’ai Chi movements also help to improve coordination, muscle tone, balance, concentration, and stress reduction.

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**Brain Fitness Classes, Wednesdays, 1:00PM**

You have the power to improve your brain!

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, each Wednesday for a variety of fun and challenging brain games and exercises.

$3.00 per class (includes handouts and exercises you can do at home)

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**THE MILL BAND**

Returns for March Birthday Day Music

Thursday, March 28, 2013

1:00PM

Join us for the toe tapping music and sweet harmonies of The Mill Band. They play classic country, folk, bluegrass, and gospel music.
The importance of good posture in the aging population.

On Thursday, February 16, Physical Therapists from Upper Valley Rehabilitation will discuss the importance of good posture as we age. Poor posture can affect balance, mobility and cause pain. Dr. Fields will be joining us for an up-to-date discussion of nutrition and eye health. He will be discussing the “Six Essential Nutrients Your Eyes Need”, and will thoroughly explain how proper nutrition can not only help you to see better, but is clinically used to manage ocular and sight threatening diseases such as macular degeneration, diabetic eye disease, and glaucoma.

Dr. Fields is a 1994 graduate of the Pennsylvania College of Optometry and completed his residency as an Eye Doctor at the Wilmington, DE Veterans Administration Medical Center. He has extensive eye care clinical experience in managing ocular diseases such as glaucoma, macular degeneration, retinal vascular disease, and dry eye. Dr. Fields is in private practice at Fields of Vision Eye Care, in Lebanon, New Hampshire.

Thursday, March 28, 1:30 PM

Presented by Dr. Chris Fields, OD

Nutrition and Eye Health

Preparations for Major Surgery in Later Life

Presented by Kenneth M. Dolkart, MD

(The Dartmouth-Hitchcock Aging Resource Center)

Thursday, March 28, 1:30–3PM

Preparations for Major Surgery in Later Life is a workshop to assist you with planning and what to expect before and after a major surgery. To make your reservation, contact Diana or Pam at 457-3277 soon to schedule an appointment. These appointments fill up quickly!
## PROGRAM CALENDAR - MARCH 2013

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<tr>
<td>9 Tax appointments*</td>
<td>9 Strength &amp; Fitness</td>
<td>10:12 Chair Massages*</td>
<td>10-30 Italian Study Group</td>
<td>9 Strength &amp; Fitness</td>
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<tr>
<td>9:00am Call for rides to vote!</td>
<td>9 Strength &amp; Fitness</td>
<td>10:00 Double King Pede</td>
<td>10:40 Tai Chi (CS)</td>
<td>12 French Table</td>
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<td>10:30 Handwork Circ</td>
<td>10:30 Italian Study Group</td>
<td>9 Strength &amp; Fitness</td>
<td>10 Cabbage</td>
<td>1 Genealogy*</td>
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<td>12 German Table</td>
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<tr>
<td>12 Spanish Table</td>
<td>12 French Table</td>
<td>12:30 Caregiver Support Group</td>
<td>1 Brain Fitness Class*</td>
<td>12 German Table</td>
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### BIRTHDAY DAY*

**10:30am**

**9 Strength & Fitness**

10-30 Italian Study Group

1:30 Aging Resource Center trip*  
1 Mill Band music

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* Please Sign up/ Reservations Required

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### MEAL PRICING

- $7 charge for those under age sixty
- $5 suggested donation for ages sixty and over

### Menu - March 2013

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<tr>
<td>Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Strawberry Cake</td>
<td>Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert</td>
<td>Tossed Salad, Fire Island Zilt (a little spicy, with broccoli, tomatoes, Italian sauce) Monterey Ranch Bread, Berry Baskets</td>
<td>Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables, Lemon Meringue Pie</td>
<td>Tossed Salad, Salmon en Croule, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie Sundaes</td>
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### Food Options

- Vegetarian Lasagna, Steamed Tuscan Style Vegetables, Garlic Bread, Berries and Cream Crespes

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### Special Meals

- Reservations Required

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### 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.