May 2013: Older Americans Month

Since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. It is a proud tradition that shows our nation’s commitment to honor older adults and their achievements.

This year’s Older Americans Month theme—“Unleash the Power of Age!”—emphasizes the important role of older adults. Communities across the nation will recognize older Americans as productive, active, and influential members of society.

While the Thompson Center recognizes these things year-round, Older Americans Month is a great opportunity to show special appreciation! Please join us for: a special lunch on Tuesday, May 7th including door prizes and other goodies; an evening of magical entertainment on May 29th (see below); and look for a special article in our column in The Vermont Standard on May 9th!

Older Americans Month Celebration

DINNER AT THE THOMPSON AND PERFORMANCE BY MARKO THE MAGICIAN

Wednesday, May 29, 2013
5:30 pm (dinner), 6:30 pm (performance)

Marko has astounded and amazed audiences throughout the area with his repertoire of tricks and stunts that defy logic! He will help us unleash the power of laughter and celebrate our ageless vitality. Dinner menu: Mesclun Greens with Vinaigrette, Chicken Parmesan, Steamed Vegetables w/ Lemon Caper Butter Sauce Garlic Bread, Chocolate-Hazelnut Truffle Tart. Cost: $15  Please sign up in advance by May 22nd.

Summer Tea ~ Luncheon
Thursday, June 6, 12 Noon

Don’t miss The Thompson Center’s 3rd Annual Tea! We will be serving a variety of delicious sandwiches, along with cookies and cakes. Please RSVP by June 1st (457-3277), we will start a waiting list after the first 75 people sign up. Fancy hats are welcome and gentlemen are invited too! Suggested donation: $5.00

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BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Discussion of upcoming trips included:  
  - Need to spread the word—everyone help!  
  - Advance sign-up and payment essential to guarantee covering costs (paying non-refundable deposits & confirming trip when deposits are due)

- Discussion about rental fees for our building compared with other similar venues

- Universal appreciation for Easter Dinner and yummy dessert

- Donations are being collected at TSC to help Candle Klampert after devastating loss of her home and pets.

Please join our next meeting on Monday, May 6th at 1pm. All patrons and volunteers are invited to attend. Your feedback is appreciated!

CURIOS ABOUT SOMETHING??

You asked:  
Who donates the birthday roses, and how do you know how many to get?

The answer is:  
The Thompson Center budgets for and gives the roses to our patrons as a gift. Pam orders them in advance from the Farmer’s Market and sends them out to the Thompsons Center patrons and volunteers. We usually run short on roses. You can help though! If you don’t see your name on the birthday list, please let Paula know before birthday day and she can help you get the roses.  

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.

IMPROTANT INFORMATION

IN MEMORY OF

Harold Robinson  
Pat Mangan  
Samuel & Eleanor Grice

Faye Dudley  
Pat Mangan

Ron Leonard  
Pat Mangan

TSC TRANSPORTATION PROGRAM

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

Local transportation to and from The Thompson and 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

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

Motorized Cart—Anne Bower

Flower arrangements—Bayada

Quilting materials—Susan Sarica

Dahlias bulbs & pea seeds—Ginny Christensen

Lucite Frames—Mary Mercure

KIA SOUL - Transportation Sponsors:

Upper Valley Rehabilitation  
Dead River  
Ellaway’s Attic Consignment  
Ottawaquechee Plumbing  
Mark Knott, DDS  
People’s United Bank  
Woodstock Insurance Services

Lang McLaughry Spera Real Estate’s Tambrey Vutech

MEDICAL EQUIPMENT

Currently available at the Center: Bed rail, crutches, Aluminum indoor/outdoor ramp.

IN NEED OF: Wheelchairs, shower chairs, toilet chairs. We’ve given away dozens in the last few months! It’s great to see them re-used!

Call for details. Contact Deanna at 457-3277.

You can also donate or find medical equipment at:

www.getATstuff.com

May Birthdays

1st Betty Stetson  
15th Edna Luce

1st Betty Bond  
15th Nancy Doten

3rd Charlotte Charbeneau  
16th Eleanor Grice

4th Gladys Colby  
20th Polly Foley

4th Vaughan Taylor  
20th Carolyn Harrington

9th Ariel Voepel  
22nd Bob March

10th Corwin Sharpe  
23rd Penny March

11th Dick Bracket  
14th Margaret Maynes

On May 23rd we will celebrate your special day! Please call to make a reservation for lunch and join us!
ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP
Wednesday, May 15
(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
On Wednesday, May 8, 1:00PM, Sherry Belisle will lead a discussion on Peter Gilbert’s book, I Was Thinking: Travels in the World of Ideas. It is comprised of 60 essays culled from Gilbert’s commentaries on Vermont Public Radio. You can read some, or all, and let the group know your favorites. Peter has great insights and memorable thoughts. A critic writes, “The book is perfect for anyone who enjoys ideas and loves learning.” Please note: one hundred percent of the profits from the sale of this book is donated to the Vermont Humanities Council.

CHAIR MASSAGES
AT THE THOMPSON
WEDNESDAYS,
MAY 1, 8, & 22ND
10:00AM 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). 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, 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: $15

WELLNESS CLINIC &
BLOOD PRESSURE SCREENINGS
Tuesday, May 28,
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.

Chair Massages

Thank you,
American Legion
Ora Post 24, for
our new flag!

Photos: Flag Dedication Ceremony on March 26th with Rodney Croft and Dick Brackett. Our flag was dedicated in memory of Harold Robinson. His daughters, Sue & Sandy with their family are pictured below.

Thank you, Cindy!
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Spring Clean Your Financial Affairs
Retirement and Estate Planning Seminar— “Living Your Retirement”
Wednesday, May 22, 4:30 to 6:00PM
You are retired—Congratulations! Are you enjoying this major change in your life? Are you reaching your retirement goals? How do you know if you have saved enough so that you don’t run out of money? Is it time to change your investment allocation? Should you give money to your kids now? How can you best give money to your favorite charities? Is your will or trust up to date? These questions, and many more, will be addressed in this seminar.

PRESIDENTS:
David Otto is a Certified Financial Planner who established Otto and Associates in 1991. Susan Otto Goodell joined the firm in 2007. She and her father divide their time between their offices in New York and Norwich, Vermont. Otto and Associates is a Fee-Only financial planning firm.

Presenters:

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Althea Derstine, Thompson volunteer and UVM Extension Master Gardener, will present a workshop to help people learn innovative ways to grow their favorite veggies in containers. This free workshop was developed for people with chronic pain and is designed to provide information and practical skills in managing chronic pain. Chronic pain is defined as lasting longer than 3 months and may include neck, shoulder, and back pain; fibromyalgia, repetitive strain injury, chronic pelvic pain; whiplash injuries; and muscular pain due to MS. 

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.

French Class
Instructor: Judy Mahood
Dates: watch for new series dates
This class will continue to practice parts one and two of Tai Chi for arthritis and begin to learn Yang 24, the most popular Tai Chi form in the world. For more information, contact instructor Anne Bower at: 802-457-2877; anniebower@yahoo.com; or view www.annebower.com.

Cost: $30.00 (six classes) Try one class for free!
UPCOMING TRIPS - Sign up Soon!

Scenic Trip to the White Mountains
Wednesday, June 5, 2013
We will travel to the scenic mountaintop village of Sugar Hill, NH. to visit two popular tourist attractions, Harmon’s Cheese and Country Store (home of “the world’s greatest cheddar cheese”) 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. We will enjoy brunch at the popular Polly’s Pancake Parlor and then travel to Bretton Woods to ride the Cog Railroad, and complete the day with an early dinner at Chef Joe’s Bistro in Franconia, NH. Depart the Thompson Center on Premier Coach Bus at 8:00AM. Sign-up deadline is May 22nd. 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:
July 10, 2013, 2 pm matinee — New London Barn Playhouse, Singing in the Rain. August 2013—Weston Playhouse—42nd Street
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.

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.
- Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit.

PROGRAMS

Two Part Documentary of Lewis & Clark: The Journey of the Corps of Discovery
Tuesday, May 7, 1:00 to 3:00PM, and Thursday, May 9, 1:00 to 3:00PM
This highly rated documentary produced by Director Ken Burns tells the story of the most important exploration expedition in American history. The professional cast for this production is impressive!

“This is an unforgettable adventure story that chronicles the extreme hardships and perils these brave men faced on their quest for discovery” ~ Viewer

Storyteller at the Woodstock Terrace
May 23, 3:00PM
Simon Brooks is a professional storyteller who takes his listeners to a time and place, far away, drawing from a world of stories. He has achieved acclaim for his expressive storytelling and recordings. Note: We will try to provide van service for this excursion. If we are not able to we encourage people to carpool on their own. Please sign up in advance.

Discussion Group “Heart to Heart”
Friday, May 10, 10:30 – 12 noon
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, from 10:30 to 12:00.

In “Heart to Heart” we will take a look at the different pieces of our lives, like a jigsaw puzzle, and think about how they fit together to make up the big picture. In April, our discussion topic will be “Friendship”. Come share how your experiences of friendship have shaped your life, and listen to what they have meant for other people. We look forward to hearing your stories! Everyone is welcome.
### PROGRAM CALENDAR - MAY 2013

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<td>* Please Sign up/ Reservations Required</td>
<td><strong>BINGO daily at 10:30 am except on birthday day and other special meal days.</strong></td>
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### Meal Pricing:

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

* indicates that sign-up/reservations are required (Birthday Day & special holidays)

### Special Lunch

- Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Sorbet & berries

### Mother’s Day Lunch

- Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Potatoes, Vegetable Medley, Peach Rhubarb Coffee Cake

### Birthday Day

- Grilled Mojito Turkey Breast, Scallion Polenta Cake, Crunchy Avocado Salad, Cake & Ice Cream

### BIRTHDAY DAY

- Grilled Mojito Turkey Breast, Scallion Polenta Cake, Crunchy Avocado Salad, Cake & Ice Cream

### Meal Pricing:

- $7 charge for those under age sixty
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* indicates that sign-up/reservations are required (Birthday Day & special holidays)

Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.

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*Sign up/ Reservations Required*