During this month of Thanksgiving we thought it would be nice to feature writings from a recent memoir group “prompt” on gratitude. A few submissions are copied in full.

“I am very grateful for my four daughters. In so many families it seems some members don’t get along. My daughters do. That’s not to say that they never disagree or that everything was peaceful and quiet when they were growing up. However, as adult women they and their families can all gather for any occasion and really enjoy each other’s company. Their children aren’t always “best buddies” with their cousins but they like and respect them. They appreciate each other’s good qualities and overlook idiosyncrasies and failings they might have. We can be sure that we can have a gathering and not have to tiptoe around one person’s feelings. I’m so grateful for peaceful and happy (though not quiet) family gatherings!”

~ Barbara Condict

“We lived for a number of years on Cape Cod in Brewster, Mass. This particular year in the late eighties we had invited all our immediate family for Thanksgiving, including my mother and mother-in-law. Our daughter and her family from New Hampshire had driven down Wednesday night. Our second daughter was to drive her grandmothers down from the Worcester area. All plans were in place with one exception—there was a heavy snowstorm on the East Coast. I called around to see if a sister-in-law near Worcester could add three more to her holiday table. She had a large crowd and this made it impossible. Our Daughter set out. Two grandmothers didn’t say a word as she navigated close to 100 miles through treacherous conditions. We paced around our house ever so anxious for their safe arrival. Remember, in the late 80’s there were no cell phones.

Nothing can compare with our joy, relief and deep gratitude when the three arrived at our snowy but shoveled driveway and the driver burst into tears as all the tension was released.”

~ Sally Kesseli

“Gratitude is an emotion of connectedness, which reminds us we are part of a larger universe with all living things.”

~ Melanie A. Greenberg

In Thanksgiving

HOLIDAY BAZAAR & COOKIE WALK
Saturday, December 1, 2012, 9 AM - 1PM

Join us at the Thompson Center Annual Holiday Bazaar where you’ll find a great selection of holiday gifts, decorations, handmade pottery, and homemade goodies. We’ll also have our famous Cookie Walk, quality cards, sewn items, ornaments, jams, jellies, pickles, candies, knitted items, and more!

Don’t forget to get your raffle tickets to win a Sleigh Ride or Carriage Ride for two, a panoramic print from Mt. Tom by Wm. Hoyt, and Beaded Jewelry by Leslie Marceau.

Location: The Thompson Center, 99 Senior Lane, Woodstock, VT 05091
Call 457-3277 for more information.

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A note from the desk of
Deanna Jones, Executive Director

We ended our fiscal year on September 30th and the October Annual meeting marks the end of the terms of some outstanding Directors on our board. I’d like to thank Dick Colantuono, Liza Deignan, Jerry Fredrickson, and Joe Shepherd for their outstanding dedication and support. They each made a unique difference here over the many years that they served on our board, and we’re happy that they will continue volunteering in some capacity at the Center. Thank you, Dick, Liza, Jerry, and Joe! With the new budget year upon us, we have some challenges to face with funding. Transportation funding for this year from Senior Solutions (Federal & State funded) has been eliminated. We planned for this with the lease of the smaller sponsored vehicle and appreciate the rider donations to help support the transportation program. Having tested the smaller vehicle since January, we know that we can provide the needed services and have now eliminated one of our larger vans. Lastly, with significantly rising food costs, the time has come to increase our suggested donation amount for meals. For those age 60 and over, the suggested donation will increase from $4 to $5. For those under age 60, the cost per meal will increase from $6 to $7. Please see me if this creates a hardship or if you have any questions or concerns.

Please note:
Katrin Tchana, the Community Care Coordinator from the Ottauquechee Health Center, will be at TSC in November on these dates:
- Wednesday, November 7, from 11:2-3:00pm
- Friday, November 16th, from 10:00-2:00pm
- Friday, November 30th from 10:00-2:00pm
She will be in the Senior Solutions office, and she invites every one to stop in and see her.

ADVISORY MEETING HIGHLIGHTS
- Fiscal year ended very close to budget
- Repair work being done on siding and ridge pole
- Rack cards about the Thompson distributed around town
- One van and the Kia now supplying transportation needs
- Meal prices will be raised to compensate for increasing food costs and budget constraints due to funding changes
- Holiday Bazaar Crave needs more participants
- Pre-ordered “Pies to Go by Siobhan” being considered as new Bazaar feature
- Ryan’s chili wins Second Prize at Cook-off
Please join our next meeting on Monday, November 4th at 1pm. Your input is needed and appreciated!

BEHIND THE SCENES

MEDICAL EQUIPMENT
Currently available at the Center: Canes, walkers, shower chairs, crutches, and wheelchairs - FREE Available: Aluminum indoor/outdoor ramp, call for details, small refrigerator/dorm size
Looking for: Lift chair - electronic recliner style, more shower chairs. Contact Deanna at 457-3277.

FUEL ASSISTANCE INFORMATION
For assistance with applications or more information, please call Senior Solutions (formerly the Council on Aging) Senior Helpline at 1-800-642-5119

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 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

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.

IMPORTANT INFORMATION

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 & craft supplies - Kathleen Lanphere
Knotted items - Carol Atwood
Rolls - Nelson Gilman
Canned goods - Harry Jorgensen
Lift Recliner Chair - Bill Ellis
Food donation from rehearsal dinner - Paul & Faith Sears
Window treatments in dining room - Paul & Faith Sears

SHARE THE HARVEST
Karl Wood - Beans & Squash
Carol Powell - Tomatoes
Cathy & Charlie English - Lettuce
John Audsley - Turnips & Tomatoes
Dwight Camp - Tomatoes
Paula Audsley - Tomatoes
Sue Hottenstein - Cucumbers
Crystal Blanchard - Duck eggs
Eleanor Grice - Carrots
Ted Taylor - Apples
Bob Forman - Lettuce & Arugula

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 Sera Real Estate’s Tambre Vutch

LIFT CHAIRS
Available:
- Shower chairs, crutches, and wheelchairs
- Lift chair - electronic recliner style, more shower chairs

November Birthdays
1st Olive Greenuong 8th Priscilla Britton
1st Norm Boyton 8th Thelma Jillson
3rd Betty Ann Lantz 9th Margaret Thomas
7th Bunny Strong 9th Ginny Gould
7th Polly Williams 10th Deanna Jones

On November 29th we will celebrate your special day! The Mill Band will provide music after lunch! Please join us!
**CAREGIVER SUPPORT GROUP**
Wednesday, November 21st
(On-going, 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.

**JOIN OUR 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 discussion and lively discussion. *No pressure… read one to two pages each week often triggering group discussions.*

**BOOK CLUB**
Wednesday, November 14, 1:00 PM
Please call Diana Leskovar for the November book. 457-3277

**HANDBWORK 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.

**SCRABBLE CLUB**
Ongoing, Mondays, 1 PM
This newly formed group wants to have fun while keeping their brains active and challenged. The National Scrabble Association “cheat sheets” and playing boards are available. Let’s play - the more the merrier!

**Happy Feet!**
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

**THANKSGIVING DINNER**
Thursday, November 8th
Join us for a delicious Thanksgiving Dinner!
Please sign up in advance. Space is limited!
First seating: 11:30 AM
Second seating: 1:00 PM
Reservations are required. Thank you!

**MEMORY TREE FOR THE HOLIDAYS**
Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. For $2 people can have an ornament placed on the tree with someone’s name on it that they are remembering during the holidays.

**EXPERIMENTAL STUDIES**
If you think you may have changed something in your brain, join John Thompson in this group! Ongoing, once a month.
Reservations are required.

**BREAST CANCER SUPPORT GROUP**
Ongoing, Mondays, 1 PM
For information please contact Susan at 457-6037.

**FREQUENTLY VISITED SITES**

http://www.rnc.edu/
http://www.mayohealthsystem.org/
http://www.healthfinder.gov/
http://familydoctor.org/
http://medlineplus.gov/
http://nihseniorhealth.gov/
http://cancer.gov/
http://www.cdc.gov/

**NEWS & PROGRAMS**

**Program Highlights**

For those of you who missed last month’s program “Finding Reliable Health Information Online” we are sharing some of the top ten most useful consumer health websites from the Medical Library Association. For more information contact Cindy Stewart, MLS, Associate Director, Dartmouth Biomedical Library at (603) 650-4967 or at cindy.stewart@dartmouth.edu.

Cancer.gov (http://www.cancer.gov/) This is the official website for The National Institutes of Health (NIH), one of eight agencies that compose the Public Health Services (PHS) in the Department of Health and Human Services. (DHHS).

Center for Disease Control and Prevention (http://www.cdc.gov/) This is an agency of the DHHS that is dedicated to promoting “health and quality of life by preventing and controlling disease, injury, and disability.” There are also health recommendations for travelers worldwide under “Travelers Health.”

Familydoctor (http://familydoctor.org/) This site is operated by the American Academy of Family Physicians (AAFP) and all the information on this site has been written and reviewed by physicians and patient education professionals at the AAFP.

Healthfinder (http://www.healthfinder.gov/) Menu lists on this site’s home page provide links to online journals, medical dictionaries, minority health, and prevention and self-care.

MayoClinic (http://www.mayoclinic.com/) Editors of the site include more than 2,000 physicians, scientists, writers and educators at the Mayo Clinic.

MEDLINEplus (http://medlineplus.gov) This site is a consumer oriented Website established by the National Library of Medicine. An alphabetical list of “Health Topics” consists of more than 300 diseases, conditions, and wellness issues. Consumer drug information is available by generic or brand name.

NIH Senior Health (http://nchs.nih.gov/) Aging related health information is easily accessible and easy to understand and type size can be increased for easier viewing. Well illustrated and readable, it includes some short videos and links out to MEDLINEplus for additional information.

Thank you!
Start The Conversation
Wednesday November 7, 1:00PM
Presented by The Visiting Nurse and Hospice of VT and NH
In life we prepare for everything... college, marriage, children, and retirement. Despite the conversations we have for these important milestones, rarely do we have conversations about how we want to be cared for at the end of our lives. Talking is the single most important thing that you can do to prepare for the death of someone you love. While difficult, the end of life can be amazingly rich. Talking about this time makes a rich end more likely. Often such conversations are avoided out of an understandable desire to spare each other’s feelings. They need not be. The Visiting Nurse and Hospice of VT & NH have prepared helpful materials and resources to help you start the conversation with your loved ones.

THE MILL BAND
THURSDAY, NOVEMBER 29, 1:00 PM
The popular MILL BAND returns to the Thompson for our November birthday celebration. If you’re a fan of bluegrass, classic country, or gospel music, you won’t want to miss this toe tapping good time!

Flamenco Dance Project
At TSC
Friday, November 9th
1:15PM
A special preview performance of the Flamenco Dance Project at the Thompson Center. Enjoy a dynamic company of artists as they showcase Flamenco dance and music. See their full performance at Pentangle, November 9th at 7:30pm!

“Remember When”, with Kathy Wendling
Thursday, November 15th
1:00PM
Are you having trouble ‘remembering when’? Do you find yourself apologizing for forgetting people’s names, as you wonder how you know them? Short term memory loss is a fact of aging, but sometimes memory impairment can seriously affect daily life. Kathy would like to facilitate an honest discussion on memory loss and encourage people to share their experiences and coping strategies.
Please note: Kathy will be retiring as the facilitator of this program, so she can fully enjoy this phase of her life. She has led many interesting and stimulating programs over the course of ten years and she will be missed. We wish her all the best!

FREE HEARING SCREENINGS
Friday November 16, 9:00-3:00PM
An Avada Hearing Care Specialist will return to the Thompson to conduct a thorough hearing examination and provide consultations at no charge. Hearing instrument demonstrations will also be available. Call early to reserve your 45 minute appointment.

THE MILL BAND
Thursday, November 29, 1:00 PM
The popular MILL BAND returns to the Thompson for our November birthday celebration. If you’re a fan of bluegrass, classic country, or gospel music, you won’t want to miss this toe tapping good time!

FRENCH CLASSES
Watch for dates & times for new series in the December newsletter
Instructor: Judy Mahood
Email: judymahood@comcast.net
Advanced Beginner Students in this class will participate in a variety of activities that will enhance their French language skills and familiarize them with the French culture. Students will learn some useful vocabulary and expressions for travel and will have an opportunity to refresh their rusty or forgotten skills.
Please contact Judy if you are interested in the next session.

ITALIAN STUDY GROUP
Thursdays, November 1st & 8th
10:30 AM - Noon
Cost: $33 for 3 classes
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.

SPANISH CLASS
Watch for dates and times for an early spring series.
Instructor: Susan Copeland
This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Susan Copeland taught Spanish part-time in Hartford High School in Hartford, VT and has worked with the Rassias Foundation teaching both English and Spanish. The class will be using Communicating In Spanish (Novice Level) by Conrad Schmitt and Protase Woodford (Jan 1, 1991), and 5-Minute Spanish by Berlitz (Jul 15, 2009) (CD optional). Minimum: 4 students. Please sign up in advance by calling 457-3277.

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 - WIN, WIN, WIN
Wednesdays, October 17, 24, 31 and November 7, 14, 28
Note: There will be no Tai Chi classes for the month of December. Winter class dates are: January 2, 9, 16, 23, 30, and February 6.
Clinical evidence is confirming that tai chi benefits your body, mind, and spirit. Tai Chi movements help with body coordination, muscle tone, balance, and overall concentration.
Tai Chi also helps reduce the symptoms of arthritis, fibromyalgia, joint pain and stiffness, as well as depression.
Tai Chi for Beginners, 9:30 - 10:30AM (dates above)
This class will learn the form known as “Tai Chi for arthritis”, designed by a doctor and based on Sun style Tai Chi. The form is easy to learn and is appropriate for beginners and those needing review.
Tai Chi for Continuing Students, 10:40-11:40AM (dates above)
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; annebower@yahoo.com, or view www.annebower.com.
Cost: $30.00 (six classes)
The Temptations, Lebanon Opera House, Lebanon, NH.
Friday, November 30th 7:30PM (Depart on Thompson Shuttle at 6:30PM, or drive on own)

LIVE! With their fine-tuned choreography—and even finer harmonies—The Temptations became THE renowned male vocal group of the 1960’s. They have weathered the storm of a changing culture and consumer tastes with rare dignity and grace. Cost: $49.50 (gas donation appreciated, if taking the van)

A CHRISTMAS CAROL
AT NORTH SHORE MUSIC THEATRE,
BEVERLY, MA

Saturday, December 8, 2012
Depart from The Thompson Center on Premier Coach Bus at 8:30AM

Enjoy this holiday favorite with dazzling special effects, colorful costumes and traditional songs. A Christmas Carol tells the tale of the miserly Ebenezer Scrooge, who is visited by ghosts of Christmases Past, Present and Future and ultimately discovers the true spirit of the holiday season. This popular musical adaptation of the Charles Dickens novel is brought to life in the intimate setting of the North Shore Theatre in the round. We will enjoy a deluxe buffet lunch at the Beverly Depot, a Reader’s Choice award winning restaurant housed in a historic 1890’s train station. Buffet will include Chicken Marsala, Roast Beef Au Jus, roasted potatoes, fresh garden salad, rolls, drink, and dessert.

Arrive back in Woodstock at approximately 7:00PM. Coolers will be available on the bus if you would like to bring a snack for the ride home. Cost: $102.00 (includes coach bus, theatre ticket, and deluxe buffet lunch)

NEW NOTE: Minimum of 40 needed for this trip to be able to go — please let us know by October 23rd!

Peter Pan, Northern Stage, White River Junction, VT.
Friday, December 21st 2:00PM
(Depart on Thompson Shuttle at 1:15PM)

Don’t want to grow up? Join Peter Pan, Tinker Bell and their pals on an unforgettable trip to Never Land. Based on the play by James M. Barrie this is one of the world’s most celebrated musicals. You will enjoy popular songs such as, “I Won’t Grow Up”, “I’m Flying”, and “Never Never Land.” Professional Broadway performers join talented local children in this timeless tale. Cost: $40.00 (includes gas donation) Note: Price goes up for this holiday performance on December 26th — so see it with us!

Jeopardy at the Thompson, with Shane Roya
Monday, November 19, 1:00 to 3:00PM

Sharpen your cognitive skills and get ready to slam the buzzer—just like the TV show! Shane Roya (who was here in September with his Karaoke set-up) will moderate the game of Jeopardy in our living room. People will divide up into small groups and Shane will review the rules and directions. Then, the fun will begin! (Prizes available for winners). Please sign up in advance by calling 802 457-3277. A donation toward the cost of the program appreciated.

Holiday Bazaar News

Christmas Revels, An Irish Celebration of the Winter Solstice
Wednesday, December 12, 7:00PM

Dress rehearsal performance at the Hopkins Center for the Arts, Hanover, NH. Get tickets available on a first come first served basis. Quantities are limited, so please call early to reserve your ticket (transportation is not provided).

Wellness Clinic & Blood Pressure Screenings

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.

DAY TRIP POLICY
• To make your reservation, contact Diana or Pam at 457-3277.
• Reservations are taken on a first paid basis and are not considered confirmed until full payment has been received. 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.

An Alzheimer’s Association Workshop:
“Know the 10 signs: Early Detection Matters” presented by, Susan Moor
Tuesday, November 13, 1:00 to 2:30PM

This workshop provides attendees with an understanding of the difference between age-related memory loss and Alzheimer’s and what to do if they or someone they know has signs of the disease. Participants will view video footage of real people who are living with the early stages of dementia and their families. This workshop will address fears and myths associated with Alzheimer’s disease and cover warning signs, risk factors, getting a diagnosis, and the benefits of early detection. A guided discussion will follow the video.

Susan Moor has been intensively working in the field of dementia since 2005, first in Social Services in Adult Day Health, then as Early Stage Program Coordinator with the Alzheimer’s Association. She is currently actively involved in developing and facilitating support groups for those with memory issues and their care partners. She and her husband reside in Woodstock, VT. Please call the Center at 457-3277 to sign up for this workshop. Cost: free

Senior Skate, Woodstock Union Arena
Wednesdays, 10:00 to 11:00AM
Join a fun and committed group of skaters each week as they socialize, exercise, and sharpen their skills (and skates). Free for those 55 years and older.

LIVE! With their fine-tuned choreography—and even finer harmonies—The Temptations became THE renowned male vocal group of the 1960’s. They have weathered the storm of a changing culture and consumer tastes with rare dignity and grace. Cost: $49.50 (gas donation appreciated, if taking the van)
## PROGRAM CALENDAR - NOVEMBER 2012

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* Indicates that sign-up/reservations are required (Birthday Day & special holiday meals)

Menu 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.