**MEDICAL EQUIPMENT**

Currently available at the Center:
- Bed rail
- Crutches
- Commode chairs
- Walkers

**IN NEED OF**:
- Wheelchairs
- Wheeled walkers
- Recliner lift 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.getATstuff.com

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**MISSION**
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. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.

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**TSC TRANSPORTATION PROGRAM**
The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

- **Medical Rides** - $10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.
- **Local transportation** - and from your home to The Thompson and other 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

**Monthly shopping trips to West Lebanon** depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. Sign up with the Thompson at least 24 hours in advance.

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**HOLIDAY BAZAAR & COOKIE WALK**

**Saturday, December 7, 2013**

9 AM – 1 PM

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 Dinner for four to reminisce with NBC News Correspondent Bob Hager, a French braid quilt made by Janet Maxham and Bonnie Atwood, and pottery by Miranda Thomas.

**Location**:
The Thompson Center,
99 Senior Lane, Woodstock, VT 05091
For more information call, 457-3277, see more on page 3.
**BEHIND THE SCENES**

A note from the desk of Deanna Jones, Executive Director

Have you checked in through our computer system yet? Although many people said, “I’m not a computer person,” most have found the simple sign-in process easy to master. A swipe of your key card (or entering your first name and phone number if you forget your card) brings up the events of the day and the option to enter volunteer hours. If you haven’t been in to the Center since we switched from paper to the computerized system, we’ll ask you to fill out one of the bright yellow information sheets on your next visit to the Center.

After 5 weeks of using the new system, we have 411 patrons & volunteers active in the system from 31 different VT and NH towns! In addition to these folks, we’ve had 155 one-time guests over the age of 60 (and 28 one-time guests under age 60) sign-in to the system, (these “guests” are people who came for one event like flu shots, Oktoberfest, friends from Zack’s Place, Rutland Senior groups, or other visitors from out of town). In five weeks, we also had 71 volunteers log 680 hours! So much important information is now at our fingertips without any manual counting or piles of paper! Please let me know if you have ANY questions, and thank you for your patience & flexibility as we transition to this new system.

---

**IN LOVING MEMORY & APPRECIATION**

**IN MEMORY OF**

Mickey Morgan
Lori & Roland Pease
William Beebee
Sue & Pete Hottenstein
John Steppacher
Margarete Pierce

Please see previous newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual.

Thank you for your contributions in memory of these dear friends.

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**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

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**IN APPRECIATION**

White Cottage - Hot dog rolls, hot dogs, coleslaw, tomatoes, whipped cream
Rachel Hochman & Mark Knott - ground beef and laptop computer
Jerry Fredrickson & Dina Snider - Weber Grill
Woodstock Elementary School - Hot Sausages

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
SHARE THE HARVEST donations:
Jerry Fredrickson - Apples
Candle Klampert - Tomatoes
Bob Forman - Green beans, lettuce, onions

KIA SOUL - Transportation Sponsors:
Upper Valley Rehabilitation
Dead River Company
Ellaway’s Attic Consignment
Ottauquechee Plumbing
Mark Knott, DDS
Woodstock Insurance Services
Lang McLaughry Spera Real Estate’s Tambrety Vuthec

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**TOWN DAYS WRAP-UP!**

Every year we celebrate each of our surrounding towns by having a special lunch and offering a discounted meal price for the residents of the town on that date. $3 delicious lunch and good company, so invite your friends & neighbors to The Thompson! We’ve had Barnard, Bridgewater, Pomfret, & Reading Day. Next it’ll be: Monday, November 4th – Woodstock Day

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**November Birthdays**

1st Barbara Condict
1st Olive Greenough
1st Norm Boyton
3rd Betty Ann Lantz
4th Sarah Roberts
5th Don Frakes
7th Bunny Strong
8th Judy Mahood

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**On November 21st we will celebrate your special day! Please call to make a reservation for lunch and join us!**

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**Thank You!**
WELLNESS PROGRAMS

Wellness Clinic & Blood Pressure Screenings
Tuesday, November 26, 10 - 12 noon
Wellness clinics (blood pressure & consultation) 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. Please note that the VNA is no longer offering glucose, cholesterol screenings in this setting.

Open Enrollment Medicare Part “D” Assistance
Tuesdays, October 22 to December 10, 2013
1:00-3:00pm
Christine Tschumi from Senior Solutions will provide one-on-one assistance with Medicare part “D” enrollment. This free service is for new members as well as existing members who would like to make changes or review their current plan. Please bring your Medicare card and/or any pertinent insurance cards. Christine will also need a list of your current medications and dosages. Please sign up in advance for your one hour appointment. 457-3277

Chair Massages at the Thompson
Wednesdays, Nov. 6, 13, 27
10:00am to noon
Licensed massage therapists, Sara or Jim, will be available to provide chair massages at the Thompson. 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 and we don’t keep our massage therapists waiting!
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.

Online Resources for Medicare and Supplemental Insurance
1. Visit the National Council on Aging website for great facts and frequently asked questions about Medicare, health insurance, and economic security: www.ncoa.org/enhance-economic-security
2. Visit the State of Vermont website (insurance page) for an excellent introduction to shopping for Medicare Supplemental insurance: www.dfr.vermont.gov/insurance/insurance-consumer/shopping-medicare-supplemental-insurance
3. The Health Insurance page on the Vermont Senior Solutions webpage: www.seniorsolutionsvt.org/services/health-insurance or call 800-642-5119
Online research not for you? Call the Thompson to schedule a one-on-one apt to sign-up or review your plan with an expert from Senior Solutions.

CAREGIVER SUPPORT GROUP
Wednesday, November 20, 12:30PM
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) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

Osteopenia and Osteoporosis and the Bone Builders Exercise Program
Thursday, November 7, 1:00pm
Althea Derstine, who is a retired nurse and a Bone Builders instructor, will speak on the prevention and treatment of osteopenia and osteoporosis. She will describe the Bone Builders exercise program, developed at Tufts University, and explain how the program addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40. There will be an opportunity to sign up for Bone Builders classes if you are interested. Men can sign up as well.
Bone Builders classes will be Mondays and Thursdays from 2:00 to 3:00pm, beginning November 18th. Classes are free. Minimum of six participants required. Please sign up in advance.
Please note: The Bone Builders program incorporates weights and is different from the Strength and Fitness class we offer three times each week. Come to this informational session to learn more.

Annual Thanksgiving Dinner
Thursday, November 14, 12 noon, one seating only
Menu: Roasted turkey, mashed potato, gravy, cranberry sauce, stuffing, peas and carrots, pumpkin pie. Please sign up early. Suggested donation of $5 for those 60 and over. $7 for those under 60.
Music after Lunch: Sherry Belisle will entertain us with popular tunes on the piano and invite people to “name that tune.” Sherry began playing the piano at age 8 and has been teaching piano in the Woodstock area for 42 years.

HOLIDAY BAZAAR & COOKIE WALK
Saturday, December 7, 2013
9AM – 1 PM
DO YOU: Knit, Crochet, Sew, Bake, Make Crafts, Jams & Jellies, Pickles or Candy? While you are preserving, jam, jellies, pickles, etc., please make a few extra for our bazaar and bring them to the Center.
COFFEE CANS
We are looking for clean, small coffee cans for this year’s cookie walk. Please drop them off at the desk if you have any. Small plastic containers and large cans cannot be accepted.
Thank you, Paula, Bazaar Chair.

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 the name of someone they are remembering during the holidays.

PAGE 10 THE THOMPSON TIMES
This is NOT an exercise program! It is a motivational program where you learn how to enhance and track your existing wellness activities (walking, gardening, and participation in Thompson Tai Chi, yoga, Strength and Fitness classes) by combining them with the MOVE program, making you eligible for monthly cash prizes. Come learn more!

MOVE for well-being is an exciting and fun filled year-round initiative for Vermonters 50 and older to participate in a physical fitness program leading to well-being. MOVE is free of charge and welcomes participants at any physical fitness level. MOVE offers the motivation and encouragement towards making regular physical activity enjoyable and a “way of life.” MOVE is a partnership between the Vermont Senior Games Association (VSGA) and the Center on Aging at UVM.

New! AARP Smart Driver Course
Friday, November 15, 2013
9:00 to noon (break for lunch) and 1:00 to 2:00pm

After two years of planning, research, and testing AARP is pleased to announce a new and improved driver safety course. The new curriculum is the result of years of research, input from dedicated volunteers, and insight from experts across the transportation and driver safety industries. It is the nation’s largest refresher course designed specifically for older drivers. This new course is scheduled to launch nationwide on January 1, 2014, but Instructor Bill Cherico, from Plymouth, has completed the formal training and has agreed to offer it at the Thompson Center before the formal launch date.

New Course Fee: $15.00 for AARP members (bring in your card) and $20.00 for nonmembers. Checks should be made out to AARP. Note: The popular Car Fit program will be available following the course. Call Diana for more details or to sign up for a 20 minute time slot.

BETTER BALANCE CLINIC
Presented by Mt. Ascutney Hospital Rehabilitation Services
Tuesday, November 19, 1-2:30pm

The Vermont American Physical Therapy Association’s (APTA) annual initiative to help raise awareness in the community and reduce the risk for falling will be offering “Stay Steady Vermont”, free balance screening events for adults over 65 throughout the state. Licensed Physical Therapists from Mt. Ascutney Hospital and Health Center will be offering an informational session followed by individual balance screenings. Participants can participate in a brief balance screening and receive recommendations based on the results. Please call The Thompson Center to pre-register for your personal balance screening assessment.

**CLASSES & PROGRAMS**

Please call the Thompson Center to register for classes in advance, 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.

**Kripalu Yoga, with Annie Frates**
TUESDAYS, 10:00 - 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.

Cost: $5.00 per class.

**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!

**Senior Skate at Union Arena**
Fridays, 9:30 to 10:30am (excluding Nov. 29, Dec. 27, and Jan. 3)

Sharpen your skates (and your skills) and enjoy skating with friends and family—for free! Seniors are welcome to stay for an additional hour when the ice is open to “moms and tots”—10:30 to 11:30am. The ice rink is open from October 20th to March 14th, excluding holidays.

**T'ai Chi**
For Health and Balance

Beginner Level (B) ~ Wednesdays, 10:40-11:40AM; Nov. 6, 13. Next Session: Dec. 4, 11, 18; Jan. 8, 15, 22. This class is for those who have already learned the Sun Style “tai chi for arthritis and fall prevention,” parts 1 and 2. The class will continue to review these forms and will explore Yang forms. The instructor Anne Bower can be reached at: unniebower@yahoo.com; 457-2877 or website: www.annebower.com.

Advanced Level (Adv) ~ Wednesdays, 10:40-11:40AM; Nov. 6, 13. Next Session: Dec. 4, 11, 18; Jan. 8, 15, 22. This class is for the youngest of the t'ai chi families and the style most oriented towards health. Clinical studies have shown that tai chi helps improve balance and reduce falls. In fact, the Center for Disease Control recommends t'ai chi for fall prevention.

Cost for series of 6 classes: $30.00

**Did you know?**

The Thompson Center has ongoing language tables during our noon time meals, where people can share food, fun, and be exposed to the language of their choice.

The regular schedule is:
Tuesday - Spanish Language Table
Wednesday - French Language Table
Thursdays - Italian Language Table
Friday - German Language Table

The groups meet from noon to 1:00, and all ability levels are welcome!
UPCOMING TRIPS - Sign up Soon!

Irving Berlin’s White Christmas, Northern Stage Theatre, White River Junction

Thursday, December 19, 2:00pm
(Depart on the Thompson Center bus at 1:00 pm)

Enjoy a true Vermont Christmas, filled with romance and song! Two WWII veterans take their song-and-dance act to a Vermont lodge as they pursue the singing Haynes sisters.

Cost: $38.00 (includes gas/transportation) Please sign up by November 30th—space is limited.

LAST CHANCE -- New York City Holiday Trip Sponsored by Vermont Green Mountain Tours

December 14-16, 2013
New York City and the 32nd Deluxe Christmas Tour

Package includes two nights’ lodging at the Roosevelt Hotel in Midtown Manhattan; 7 meals (2 full breakfasts/3 luncheons/2 dinners); tickets for “The Rockettes”; visitor’s pass for the 9/11 Memorial; New York City highlights tour with local guide; baggage service; free time to enjoy the city, and Premier Coach transportation.

Cost per person: $975.00 double, $929.00 triple, $900.00 quad., $1,148.00 single.

For more information or to register (deadline is October 31st) contact:
Vermont’s Green Mountain Tours, PO Box 2021, Georgia, VT. 05468
Phone: (802) 527-1600.
Website: www.greenmtntoursvt.com
Note: Trip brochures are available at the Thompson Center.

The Thompson Center Group Cruise — Norwegian Cruise Line
Boston to Bermuda — 7 nights — May 9 to 16, 2014
“Best Bermuda Itineraries” – Porthole Cruise Magazine

Get ready to be tickled pink—pink sand, that is! Depart from Boston on the Norwegian Dawn, the only cruise line that sails to Bermuda from Boston. A full brochure is available at the Thompson Center, or call Heidi Cunningham at Travel Associates for more details or to make reservations (802) 457-1600.

Mid-ship ocean view stateroom with porthole (block of rooms reserved), $835.00 per person, based on double occupancy. Balcony stateroom, prices available upon request.

A $250.00 deposit per person is due at the time of booking, with final payment due by January 23, 2014.
Note: Group pricing is only available until December 9, 2013.

Shopping Trip to King Arthur Flour, Norwich, VT
Wednesday, November 13, (Depart on Thompson Center Van at 9:00 am)

Tour King Arthur Flour’s new, expanded building and take advantage of some great holiday gift ideas with an additional 10% discount on purchases of $40 or more (excluding bakery items, appliances and books). We will have an opportunity to hear a short history of this thriving business and observe any bakery demonstrations going on that day. There will be ample time to shop and eat lunch at the café. You may also bring your own lunch and buy a “goodie” to top off a scrumptious day!
Note: $5.00 donation. Lunch is on your own. Please sign up in advance.

Poetry Reading
Tuesday, November 12, 1:00pm

Ann Thomas will read from her books of poetry, Safe House, and her most recent one, All Summer’s Ahead. Her daughter, Miranda, a renowned artist and potter, illustrated her recent book, which will be available for sale and signing.

Note: Time permitting we will invite participants to read a special poem of their own.

Photo: Ann in 1946, during her 2nd year at Oxford University. Drawn by her father, Arthur Davis.

PROGRAMS

Poetry Reading
Tuesday, November 26, 1:00pm

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## PROGRAM CALENDAR - NOVEMBER 2013

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<td>BINGO daily at 10:30 am except on birthday day and other special meal days.</td>
<td>* Please Sign up/Reservations Required</td>
<td>12 German Table</td>
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<td>WOODSTOCK DAY*</td>
<td>9 Strength &amp; Fitness 10:00 Double King Pede 12 Spanish Table 1 Yoga*</td>
<td>* Intro to MOVE independent exercise program 1-3 Medicare D Assistance*</td>
<td>9 W. Leb Shopping* 9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)*</td>
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<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Bone Builders Introduction with Althea Derstine</td>
<td>9 – 2:30 Foot Clinic* 9:15 Bar Mitzvah*</td>
<td>12 German Table 1 Heart to Heart</td>
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### Veterans’ Day Closed

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<td>9 King Arthur trip departure* 9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)*</td>
<td>11:45-2 CCC office hrs 12 French Table 1 Book Club</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 12 Thanksgiving lunch* (one seating)</td>
<td>12 German Table 9- 2:00 AARP Driver Course*</td>
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### 8:30 Newsletter Folding

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<td>9 Strength &amp; Fitness 10 Double King Pede 12 Spanish Table 1 Yoga* 1-3 Medicare D Assistance*</td>
<td>9 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group</td>
<td>BIRTHDAY DAY* 9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2 Bone Builders</td>
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### 9 Strength & Fitness 10:15 Memoir Club 11:45-2 CCC office hrs 1 Scarf Tying 2 Bone Builders

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