It’s National Senior Center Month!

Besides providing nutritious and delicious meals, transportation and hundreds of fun social and educational opportunities, the Thompson Senior Center:

- Strengthens our community by helping people stay at home longer (home and community based services are estimated to be one-third the cost of institutional care, according the the National Council on Aging.)
- Mobilizes an amazing volunteer force of approximately 170 people who donate 6,000 hours of their time annually.
- Works with dozens of community partners to enhance local opportunities throughout our region.
- Advocates for aging services at a local and national level.

National Council on Aging
Senior Center Facts:
1. There are nearly 11,000 senior centers in the U.S. that serve 1 million adults every day.
2. There are 60 senior centers in Vermont.
3. The average age of participants is 75.
4. 75% of participants visit their center 1-3 times per week, and spend an average of 3.3 hours each visit.
5. More than 60% of senior centers act as focal points where older adults can access multiple services in one place, including meal and nutrition programs, health, fitness and wellness programs, transportation services, public benefits counseling, volunteer opportunities, social and recreational activities, educational and arts programs and intergenerational programs.
6. To maintain operations, senior centers must leverage resources from a variety of sources. These include federal, state, and local governments; special events; public and private grants; businesses; bequests; participant contributions; in-kind donations; and volunteer hours. Most centers rely on 3 to 8 different funding sources.
7. Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.
8. Baby boomers now constitute more than two-thirds of the 50+ population and senior centers are developing new programs and opportunities for this dynamic generation of older adults.

Free Legal Advice Clinic for Seniors (60+)

Friday, October 7, 9:00-12:00 and 1:00-2:00
Half-hour appointments

An attorney for the Senior Citizens Law Project of Vermont Legal Aid will conduct a legal advice clinic for Vermonters age 60 and older at the Thompson Senior Center in Woodstock. This clinic is sponsored by Vermont Legal Aid and by Senior Solutions (formerly the Council on Aging for Southeastern Vermont.) Examples of the types of problems that can be handled are wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI, other public benefits, debt collection, consumer, guardianship, divorce, foreclosure, small claims, bankruptcies, and any other civil legal matter. However, the attorney can’t help with criminal cases or problems and it must be your own problem not a neighbor or family member’s problem. Please call to sign up for your free 20-minute consultation.

You are invited to the Woodstock Area Council on Aging Annual Meeting

Wednesday, October 19, 2011, 8:30 AM
Continental Breakfast at 8:00 AM

Guest Speaker: Beach Conger, M.D. author of Bag Balm and Duct Tape and It’s Probably Nothing: More Adventures of a Vermont Country Doctor

Location: The Thompson Center, 99 Senior Lane, Woodstock, VT 05091

Brief business meeting to follow speaker
RSVP by October 7

September 23 is National Falls Prevention Awareness Day. See page 3 for our September fall prevention program.
Behind the Scenes
by Deanna Jones
Executive Director

DID YOU KNOW...

Many of our patrons expressed concern about the economy and the potential impact on their finances.

This month as Congress and the White House negotiated deficit reduction agreements, I heard more and more concerns expressed by our patrons about financial security and the ability to survive in this economy. Although many factors remain unknown, I want you to know that we’re watching these issues and are in touch with Congress about issues that affect our patrons and our center. We’re updated regularly by the National Council on Aging and our local Area Agency on Aging who receives and distributes federal funding to us for meals on wheels and transportation. The Director for the Council on Aging for Southeastern Vermont (now Senior Solutions), Joyce Lemire, will be speaking to our board and staff members at an upcoming board meeting as well. During these uncertain and scary economic times, please remember that The Thompson Center is a resource to you for information and assistance as well as a meals and transportation provider. Although still in the planning stage, we intend to host a resource fair in the coming months and will continue to schedule educational and helpful talks.

On a lighter note, we’re grateful recipients of the generosity of Bruno Associates who are changing office locations and donated unwanted office equipment to local non-profits. We very happily replaced some rusty file cabinets and antique office chairs with Bruno Associate’s newer ones, and also replaced some rusty file cabinets and ancient office equipment to local non-profits. We very happily updated our inventory to align with our patrons’ needs.

Recent activities and concerns
• Recent activities and concerns
• Upcoming trips and events
• Changes in sign-up procedures for trips
• Lost articles
• Fuel Assistance program
• Participant surveys
• People’s allergies to strong perfume
• Our involvement with the Taste of Woodstock
• Plans for upcoming fair for senior resources
• The Meals on Wheels program
• The “in appreciation” section of the newsletter
• The menu
• The new RSVP Telecare program

Join our next meeting on Thurs., Sept. 8 at 1 PM!

POOL ANYONE?
At The Bugbee Senior Center
Wednesday, September 14, Depart TSC at 11:00AM

When was the last time you shot a game of pool? Some of you may remember when The Thompson had its own pool table. We are taking a jaunt to The Bugbee for their monthly birthday lunch celebration, followed by a game or two of pool in their beautiful pool room. Rumor has it that Gordon, Jim, and Helen are players! Sign up even if you just want to enjoy a good lunch and be a supporting spectator. Who knows, with enough interest perhaps we can get a tournament going in the future.

RSVP Telecare Info Talk
Tuesday, September 20
1:00 PM

RSVP Telecare is a free program offering telephone check-in calls to area seniors who are in need of someone to touch base with them on a regularly scheduled basis. If you are interested in becoming a volunteer or a recipient of these friendly calls come to this informational talk by Linda Husband of Green Mountain RSVP & Volunteer Center.

IMPORTANT INFORMATION

2–Helen Howe
2–Marian Levesque
2–Phyllis Hickory
3–Jim Gelbard
3–Louise Fowler
6–Janet Blood
7–Ruth Ekberg
15–Anna Hanson
18–Millie McGee
23–Cliff Geno
24–Cindy Carroll
26–Charlotte Barr
30–John Doten

IN MEMORY
Donald Atwood
Al and Debra Alessi
Marjorie Swain
John & Patricia Lewis
John & Peg Audsley
Heidi Tucker
Alfred & Lucile Appel
Wayne & Barbara Leonard
Richard & Linda Brackett
Ted & Joan Staples
Roger & Terry Thompson
Pauline Sawyer
Clara Gagnon
Albert & Anna Bassett
Perry & Janet Madham
Charles & Joan Dubau
John & Gina Moore
Jerry & Joan Oppeneheimer
Amy Meyer
W. Bruce Dudley
Albert & Jean Conklin
Dennis & LouAnn Cogswell

2–Millie McGee
23–Cliff Geno
24–Cindy Carroll
26–Charlotte Barr
30–John Doten

Facts
The Thompson Center
99 Senior Lane
Woodstock, VT 05091
Tel: (802) 457-5277
Fax: (802) 457-1259
www.thompsonseniorcenter.org

HOURS:
8-5 Monday-Friday

Directions:
We are located two miles west of the Woodstock Union High School just off Route 4.
Woodstock Area Council on Aging is a non-profit 501(C)3 organization. Contributions are tax-deductible. Dedicated to serving Barnard, Bridgewater, Woodstock and Pomfret.

Staff
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Jennifer Blouch, Volunteer Coordinator
rsvplouregunta@comcast.net
 Eleanor Zorn, Senior Advocate
 Lynn Martin, Chef wc@chef@comcast.net
 Linda Stickney, Assistant Cook
Shubhata White, kitchen Assistant
 Gordon Worth, Van Driver
 Jim Emmery, Medical Driver
 Morris Stickney, Maintenance
 Nelson Gilmam, Medical Driver

Board of Directors
Gerald Frazelbush, President
Lisa Current, Vice President
Lisa Gramling, Treasurer
Linda Harris, Secretary
Dick Atwood
Eleanor Zorn, Senior Advocate
Bryan Martin, Chef wc@chef@comcast.net
Linda Stickney, Assistant Cook
Shubhata White, kitchen Assistant
Gordon Worth, Van Driver
Jim Emmery, Medical Driver
Morris Stickney, Maintenance
Nelson Gilmam, Medical Driver

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 a resource and advocate for our senior population, providing timely support on issues that affect aging in our rural community.
FALL PROGRAMS

IN APPRECIATION

Yankee Bookshop—Book Club Book
Woodstock Pharmacy—Valley News
Jane Soule—Birthday Cakes
Emilie Shank—magazines
Dominic Sarcia—books
Joan Staples—blender
Jane Leonard—magazines
Dottie Forthman—sunflowers
Mary Sharp—chocolates
Bruce Dudley—electronic dart board game
Bruno Associates—file cabinets and chairs
Beda Lavigne—scarves

Thanks for sharing your harvest!
Phyllis Palmer—cucumbers and lettuce
Jim Emery—lettuce
Charlotte Barr—squash
Sue Hottenstein—lettuce, squash
Ruth Beebee—lettuce, squash
Dottie Fortman—soups, cucumbers, zucchini
Jane Leonard—cucumbers and lettuce
Beda Lavigne—lettuce, squash
Dottie Fortman—zucchini
Jane Leonard—zucchini

Fuel Assistance Information

Although winter may seem far away, it is time to think about Fuel/Home Heating Assistance applications now. For assistance with applications or more information, please call Eleanor Zue at the Center, or Senior Solutions (formerly the Council on Aging) Senior Help Line at 1-800-642-5119.

COASEV = Senior Solutions

The Council on Aging for Southeastern Vermont, has changed its name to “Senior Solutions.” COASEV brings us Eleanor Zue and is the agency that funnels federal funding to us for meals on wheels and transportation.

In Appreciation

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for Senior Solutions (formerly the Council on Aging)
information, please call Eleanor Zue at the Center,
about Fuel/Home Heating Assistance applications
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Volunteer News

Help Wanted!
Jen Bloch, our volunteer coordinator, is looking for a few good volunteers. She is seeking Meals on Wheels drivers for any day of the week (pick up meals at 11 AM, takes less than one hour), particularly Mondays. We are looking for volunteers to wait tables on Wednesdays (arrive at 11:30, serve lunch and clear tables, finished by 1:00) and substitutes for all positions, especially the front desk. For more information or to volunteer, contact Jen at 457-3277 ext. 12.

Althea Derstine Honored
RSVP volunteer Althea Derstine received the 2011 Vermont Governor’s Outstanding Community Service Award on Saturday, June 4 in Montpelier. The State House was the venue for this event honoring volunteers from many programs throughout the state. Governor Shumlin was on hand to congratulate each recipient, as well as to take a picture with each person who received an award.
Althea is a long time volunteer of the Thompson Center. She has served as a volunteer tax preparer, has presented many gardening programs, and has performed other volunteer duties here over the years. Congratulations, Althea!

Wellness Clinic & Blood Pressure Screenings
Blood pressure readings with Doug Pinto, RN on Tuesday, Sept. 13 from 10:00-noon. Wellness clinic (blood pressure, glucose, cholesterol screenings) with Doug Davies, RN will be held on Tuesday, Sept. 27 from 10-noon.

Celebrate your Town!
Residents of surrounding towns are invited for lunch at the Center for the reduced rate of $2.00 on the following Mondays. Bring your friends!
Reading Sept. 12
Woodstock Oct. 3

400 MILES DOWN THE CONNECTICUT RIVER

Tuesday, September 13, 1:00 PM

A Vermont Humanities Council Program hosted by the Thompson Center

New England’s longest river, the Connecticut, is rich in history and natural history. Michael Tougias, author of sixteen books about New England, offers a narrated slide presentation that takes the viewer down the entire 410 miles of the river, discussing history from the days of loggers, Indian Wars, steamships, and canals. Natural history and suggested exploration included.

Supported in part by the National Endowment for Humanities (NEH) and the Vermont Humanities Council (VHC). Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or the VHC.

Healthier Living Workshop
Fridays, Oct. 14-Nov. 18, 9:30-Noon

Are you sick and tired of being sick and tired? Do you have an ongoing health condition that is affecting your life such as diabetes, a heart condition, asthma, pain? This free six-week workshop will teach you how to deal with symptoms and to manage your health. Also learn about techniques for relaxation, problem solving, better communication, personal health, diet, and more. Like any skill, managing illness must be learned and practiced. Please sign up in advance. FREE.

Don’t Fall for Fall!

Friday, September 23, 1:00 PM

The staff of Upper Valley Rehabilitation will discuss the cause of falls, fall prevention, how we maintain balance and how this changes with aging. A brief balance screen for the class will also be conducted. Upper Valley Rehab has been serving the Woodstock community for 15 years. Their treatment has included home safety assessment and balance and strength training to maximize functional and recreational activities.

Canning—make the season last!
Monday, September 12, 1:00 PM

Extend fresh flavor from the farmer’s markets or your own garden, by choosing every ingredient that goes into the jar, making it the way you like it—tart, spicy or sweet. We have invited retired Home Economics teachers Barbara Kelly, Barbara Condict, and Jean Conklin to share their wisdom, stories and tips! Learn how to preserve your food safely and easily and experiment with new recipes. This is not a demonstration but an information session.
FALL PROGRAMS

FRENCH CLASS
Please note time change!
Mondays 4:00-5:15 PM
September 12-October 24
(no class Columbus Day, Oct. 10)
Cost: $75
Instructor: Jennifer Roby
In this class students will be involved in a variety of activities with the goal of improving their ability and confidence in speaking French. These activities may include reviewing grammar rules (toujours des exceptions!), oral drills, the French “dictée,” short readings, phonetics for correct pronunciation, some French history, art, geography, cuisine...and the “Expression du Jour.” The ambiance of the class is casual, friendly and encouraging. Please register in advance. Contact the instructor at: judymahood@comcast.net if you have questions.

ITALIAN STUDY GROUP
Fall session begins September 1
Thursdays, 10:30-12:00 PM
Cost: $11/class
Instructor: Evangeline Monroe
In this study group we will focus on building comprehension and fluency. Group members will be encouraged to meet after class for lunch at noon. 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
Tuesdays 10:45-noon
September 21-October 25
Instructor: Jennifer Roby
Cost: $75
This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginner to intermediate learners. Instructor Jennifer Roby teaches Spanish part-time at the Albert Bridge School in Brownsville and has tutored children and adults of all ages. Please register in advance.

TAI CHI
Wednesdays, 10:30-11:30 AM
September 7-October 26
Cost: $35.00
Instructor: Anne Bower
In our Autumn tai chi class, both beginning and experienced students will work together (and sometimes separately) to learn the form called “tai chi for arthritis and fall prevention” which was developed from the traditional Sun style.
Clinical studies have shown that tai chi helps alleviate symptoms of arthritis, osteoporosis, diabetes, stress, fibromyalgia, and depression. It reduces frequency and seriousness of falls, too.
If you’ve never taken tai chi, this is a great time to start. For more information, visit instructor Anne Bower’s website: www.annebower.com, email her at annebower@yahoo.com, or call 457-2877.

“ALIVE, ALIVE-O”
Mondays and Thursdays,
Beginning September 12, 1:15 PM
Cost: $5.00/class or $25/6 classes
Instructor: Karen Swanson
Stretch, strengthen, breathe and balance to big band and classical music! Based on the ancient science of yoga, and applying The Gold Rule internally, we will move with kindness, optimism and good cheer. Breathing practice for anxiety and pain, stretches for arthritis and other challenges and movement to strengthen our core and sense of balance.

CAREGIVER SUPPORT GROUP
Please note new day of the week!
Wednesday, September 21
(ongoing, 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.

FELL & WINTER TRIPS

FALL FOLIAGE TRIP TO THE ADIRONDACKS
Wednesday, October 12
Depart Thompson Center on Premiere Coach bus at 9:00 AM
Return to Woodstock by 5:30 PM
Cost: $67.00 (includes coach bus, round trip ferry, lunch, and museum tour)
We will travel to Grand Isle, VT. and enjoy a scenic ferry ride across Lake Champlain to Plattsburgh, N.Y. We will enjoy lunch at Plattsburgh’s newest restaurant, UNO’s Chicago Grill, choosing from a variety of menu items (not just delicious deep dish pizza). After lunch we will observe breathtaking views as we travel to the North Star North Country Underground Railroad Museum, a world class museum revealing the hidden history of the Champlain Line of the Underground Railroad. This interactive tour will reveal poignant exhibits and compelling stories of fugitives from slavery, who passed through New York and the Champlain Valley on their way to Canada.
A stop by Ausable Chasm, located next door to the museum, will highlight the autumn colors as they outline the Chasm’s rock formation and waterfalls. Our group will have the option to photograph this natural formation from a bridge overlook, or enjoy the views from inside the bus. Our travels home will take us to Peru, NY, with a stop at Rulf’s Orchard. This quaint orchard sells fresh apples, berries and baked goodies; including their famous Apple Cider donuts (they sell over 250,000 a year). Please reserve your space on this trip with your payment. Thank you.

Radio City Christmas Spectacular
Starring The Rockettes
Wang Theatre, Boston
Friday, December 16, 2:00 Matinee
Depart Thompson Center on Premier Coach bus at 10:30 AM
Return to Woodstock by 9:30 PM
Cost: $88.00 (includes theatre ticket and coach bus)
“if you’ve never seen it, go. If you have seen it before, go again. Tweaked from head to toe, the latest ‘spectacular’ boasts fantastic new effects, costumes, and musical numbers.” ~The Daily News
Traditional show favorites will take center stage, including “Parade of the Wooden Soldiers” and “The Living Nativity,” complete with live animals on stage. The audience will be brought to their feet with a NEW Rockette finale “Let Christmas Shine,” which honors and celebrates the Rockettes as the stars of the show. Please pack a lunch for the ride down. Coolers and water will be available. After the show we will stop in Woburn for a delicious dinner at Bertucci’s Restaurant. (order off menu on your own.) Please reserve your space on this trip with your payment. Thank you.
Hang the sign on your door and join the First Annual Thompson Senior Center Fishin’ Derby! Open to fishermen and spectators!

Expert fly fisherman, instructor, stream and river ecologist and genuinely nice person, Ron Rhodes will give us pointers on small stream and pond fly casting.

Upper Valley Trout Unlimited Chapter members will individually assist and encourage us and will provide equipment if needed including rods and reels and dry and wet flies (please let us know if you will need this.) Hayes’ Pond is stocked with rainbows and brookies and a few browns.

We will break for a box lunch by chef Ryan at 12:30 pm. Prizes and trophies will be awarded. Anyone ‘hooked’ on fishing is welcome to stay on for an hour or so after lunch.

**N.H. Museums Tour**

**Depart Thompson Center on Thompson Shuttle at 9:30 AM and return to Woodstock by 4:00 PM**

**Cost:** $20 (includes transportation and admission to both museums. Lunch on your own.)

Our day will start at the Telephone Museum where we will view more than one hundred years of telephone history on display. After lunch at the Foothills Restaurant, we will go down the road to the Mt. Kearsage Indian Museum to learn about the diversity of North American Indian Cultures. Please note: cash or check only at the restaurant.

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**ACTIVITIES-SEPTEMBER 2011**

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**MENU-SEPTEMBER 2011**

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<td>6</td>
<td>Reuben, Roasted Potatoes &amp; Roasted Vegetable Medley Lemon Sorbet w/ Fresh Berries</td>
<td>7</td>
<td>Spinach &amp; Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli &amp; Cauliflower, Fresh Fruit Parfait</td>
<td>8</td>
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<td>9</td>
<td>CHERS’ CHOICE</td>
<td>10</td>
<td>Reading Day*</td>
<td>11</td>
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<td>12</td>
<td>Pan seared Chicken breast. Creamy cheddar polenta, Spinach supreme, Almond Cake w/ Orange Dried Apricot Sauce</td>
<td>13</td>
<td>Chipped Beef and Egg Gravy on Mashed Potato, Brussel Sprouts, Peach Tapioca</td>
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<td>15</td>
<td>Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Coconut Cream Pie</td>
<td>16</td>
<td>Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Strawberry Cake</td>
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<td>17</td>
<td>Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Fresh Fruit Salad</td>
<td>18</td>
<td>Tossed Salad, Beef &amp; Vegetable stew, Black Forest Cake</td>
<td>19</td>
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<td>20</td>
<td>Quiche w/ Spinach, Bacon, Mushrooms, Roasted Vegetables, Pumpkin Cake w/ cream cheese frosting</td>
<td>21</td>
<td>Chef’s Choice Dessert</td>
<td>22</td>
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<tr>
<td>23</td>
<td>Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Cake and Ice Cream</td>
<td>24</td>
<td>Chef’s Choice</td>
<td>25</td>
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<tr>
<td>26</td>
<td>Grilled Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Chip Cookies w/ Fruit</td>
<td>27</td>
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<td>27</td>
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<td>28</td>
<td>Stuffed Meatloaf w/ spinach and cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundaes,</td>
<td>29</td>
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