



# *The Thompson Times*

AT THE CENTER FOR SENIORS AND COMMUNITY

JANUARY 2016

## **A NEW YEAR AT THE THOMPSON!**

### **Memory Issues and Aging/Taking Control**

**Is this normal or should I see a Doctor?**

**Presented by Susan Moor**

**Tuesday, January 5, 1:00 pm**

If you are finding it increasingly difficult to perform daily tasks, having memory issues or are a friend of someone who is, this program will address these common concerns and issues as well as provide the tools to help to manage symptoms and maintain independence.

Issues to be discussed:

- The difference between normal aging and cognitive impairment that disrupts daily life
- Causes of dementia symptoms-reversible and irreversible
- Partnering with your doctor
- Maintaining independence
- Experiencing symptoms and managing them
- Living alone

This is first in a series of programs to be offered at The Thompson Center and it will include information to take home with you to help with these topics. There will be a Question and Answer period at the end of the program.

This program is open and free to all individuals who feel they are having increased difficulties, whether or not there has been a diagnosis. Bring a family member or friend.

**Advanced registration is encouraged to ensure there are resource materials for all participants.**

alzheimer's  association®

800.272.3900 | alz.org®

### **FallScape ~ A New Fall Prevention Program from Vermont Department of Health and Emergency Medical Services.**

**Introductory Talk ~ Wednesday, January 13 at 1:00 pm**

Greetings Vermont Seniors! This winter, the Vermont Department of Health and Emergency Medical Services statewide are introducing a new program to prevent falls and injuries from falls. We all have a story about falls. Hopefully, for most of us, that's where the story ends. Unfortunately, many are not so lucky and can land in the back of an ambulance. Over 95% of hip fractures are caused by a fall. For about 70% of seniors who fracture their hip in a fall, they'll never return home.

Local EMT, Ashley Gabriel, and Paramedic, David Palmer, are trying to change that. They are trying to change the statistics on falls in Woodstock and the surrounding area with the clinically proven program "FallScape". For Ashley and David, it's about changing the "education of attention" as one FallScape participant put it. They are trying to reach seniors before they get called to homes through 911.

*To continue reading about the FallScape program, see page 10.*



## The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
[www.thompsonsniiorcenter.org](http://www.thompsonsniiorcenter.org)

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
[djones@thompsonsniiorcenter.org](mailto:djones@thompsonsniiorcenter.org)  
**Paula Audsley**, Outreach Manager,  
[paudsley@thompsonsniiorcenter.org](mailto:paudsley@thompsonsniiorcenter.org)  
**Pam Butler**, Program Director,  
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**Jen Bloch**, Marketing Coordinator  
[jbloch@thompsonsniiorcenter.org](mailto:jbloch@thompsonsniiorcenter.org)  
**Shari Borzekowski**, Administrative &  
Resource Assistant,  
[sborz@thompsonsniiorcenter.org](mailto:sborz@thompsonsniiorcenter.org)  
**Ryan Martin**, Chef,  
[rmartin@thompsonsniiorcenter.org](mailto:rmartin@thompsonsniiorcenter.org)  
**Siobhan Wright**, Kitchen Assistant,  
Meals on Wheels Coordinator  
[swright@thompsonsniiorcenter.org](mailto:swright@thompsonsniiorcenter.org)  
**Drivers: Dwight Camp, Gordon Worth,**  
**Jim Emery, Nelson Gilman**

Senior Solutions (Formerly Council of  
Aging for Southeastern Vermont)  
**SENIOR HELPLINE: 800-642-5119**

Community Care Coordinators  
**Lonnie Larrow, RN and**  
**Carla Kamel, MSW**  
Ottawaquechee Health Center, 457-5414

### BOARD OF DIRECTORS

Tom Weschler—*President*  
Liza Deignan—*Vice President*  
Jerry Fredrickson —*Treasurer*  
Sarah Roberts—*Secretary*  
Frances Gillett - *Advisory*  
Dick Atwood  
Dave Bollinger  
Bill Emmons  
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Sally Kesseli  
Holly Levison  
Patsy Mathews  
Susan Moor  
Daphne Moritz  
John Snyder  
John Steinle  
Tambrey Vutech

## BEHIND THE SCENES



Thank you to all of the volunteers,  
cookie bakers, and shoppers for making the Holiday Bazaar and  
Cookie Walk a success!

### ADVISORY MEETING HIGHLIGHTS

- Great appreciation to Bazaar Chair, Brianna Maxham, Paula Audsley, and all volunteers
- Trip committee discussion including a survey idea
- Birthday card suggestion and ideas discussed
- Vegetarian meals

**Please join our next meeting on Monday, February 1st  
at 1:00 pm.** All patrons and volunteers are invited to attend.

### Mahjong Anyone?



We have had a few people inquire about starting a Mahjong group at The Thompson. Do you play? If so, give Pam Butler a call and she will try and connect you with some people who share your interest to get a group started.

### Thompson Annual Appeal and Year-end Giving

The Thompson Annual Appeal began in September and is still underway. If you haven't made an annual gift and would like to do so, we would be very appreciative. Annual Appeal gifts support the operations of the senior center and allow us to continue critical services like transportation, meals, and other programs. Mail or deliver a gift to 99 Senior Lane, Woodstock, VT, or donate online through our website. Thank you very much!

**Sign up for the e-newsletter by emailing:**  
**[jbloch@thompsonsniiorcenter.org](mailto:jbloch@thompsonsniiorcenter.org)**



# EXERCISE CLASSES

Please call the Thompson Center to register for classes in advance, 457-3277

## **Tai Chi's Slow, Gentle Exercise Great for Mind and Body Wednesdays, December 2, 9, 16 and January 6, 13, 20**

**Beginners/Intermediate 9:30 am  
Upper Intermediate/Advanced 10:45 am**

We will again have both an introductory tai chi class and a class for those who've been enjoying Anne Bower's classes here for a while. Both classes use movements based on Sun 73 tai chi--the youngest of the tai chi styles and the one most focused on health. We know from individuals' experiences as well as some clinical studies that tai chi can provide joint pain relief, greater balance, meditation, and fall prevention. Many doctors now recommend it to their patients!

Classes meet on Wednesdays, with the next round of classes beginning December 2 and continue for 6 classes. The cost is \$30 for the session. Beginners and Intermediate 9:30-10:30  
Upper Intermediate and Advanced 10:45-11:45  
To inquire about the classes, contact Anne at [anniebower@yahoo.com](mailto:anniebower@yahoo.com) or 457-2877 (website: [www.anniebower.com](http://www.anniebower.com)).

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## **Please Join our Walking Group! Wednesdays at 9:00 am Meet at Woodstock Union Arena**

Cooler temperatures do not daunt us. Our group will continue to meet at Union Arena on Wednesday mornings where our route will be determined based on weather and temperatures. We will walk in the Arena on rainy and snowy days.

## **Strength & Fitness Mondays, Tuesdays & Thursdays 9:00 to 10:00 am**

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.

She holds credentials for Group Fitness instruction in Aquatics, Spinning, TRX, Nordic Walking and Weight Training.

Cost: \$3.00/class or 12 classes for \$30 on a punch card.

## **Senior Skating at Union Arena**



Seniors will be offered a discounted rate of \$5.00 for *any* public skate, or \$6.00 including rental skates. The public skate schedule is Tuesdays, 12:00 - 1:30 pm and Fridays, 1:20 - 2:40 pm. Check the online schedule for periodic changes at [www.unionarena.org](http://www.unionarena.org) or call (802) 457-2500.

## **Bone Builders Tuesdays and Thursdays, 3:00-4:00 pm**

The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.

Bone Builders classes, with instructor Althea Derstine, are ongoing on Tuesdays and Thursdays each week. Classes are free. **Minimum of six participants required. Please sign up in advance.**

***When it comes to finding tools for staying healthy, active, and involved, The Thompson is the place to start!***



# TRIPS



## **Spring 2016 New York City Bus Tour**

**Depart From The Thompson on Friday, April 15 and  
return on Tuesday April 19 – 5 days/4 nights**

**Cost: \$564 per person based on double occupancy which includes gratuities  
for our bus driver, 3 destination tour guides in NY,  
and water and snacks for trip to NYC**

Discover the city that never sleeps on a Diamond Tours bus trip to New York City.

### ***Your trip includes:***

- Transportation on a top quality 54 passenger motor coach
- 4 nights lodging including 4 consecutive nights in the NYC area
- 8 meals including: 4 continental breakfasts and 4 dinners
- Two guided tours of NYC: See Central Park, Rockefeller Center, Times Square, Wall Street, and the 9/11 Memorial
- NYC harbor cruise including visits to Ellis Island and Liberty Island – Home of the Statue of Liberty

*For those of you considering this trip, you can log on to [www.GroupTrips.com/thompsonseneiorcenter](http://www.GroupTrips.com/thompsonseneiorcenter) to get additional information, pictures, and videos of our trip. Reminder: Published prices are based on a minimum of 30 travelers. Trip is subject to cancellation if less than 30 travelers for full refund. **Your first deposit of \$75 is due by an extended deadline of January 8, 2016. The new final balance due date is now 2/8/16.** Individual travel insurance is available at [www.travelconfident.com](http://www.travelconfident.com). Call Pam or Shari at The Thompson at (802)457-3277 to register.*

**Trip Policy:** Payment at time of reservation is necessary to reserve your spot. If reservation is made without payment and the list is full, those who have not paid will be moved to a waiting list. Payment is nonrefundable unless we are able to fill your spot.



## NEWS & EVENTS



### Intergenerational Friendship Project Update

Thank you to all of our Thompson friends that met with the Prosper Valley School second graders in November as part of the Intergenerational Friendship Project.

Upcoming Meetings:

- Thursday, January 14th at the Prosper Valley School
- Thursday, March 10th at The Thompson Center

Transportation is available upon request and the time of our meeting will be 1:00 pm.

**WINTER TEA AT THE JACKSON HOUSE INN**  
**~FULL~ WAIT LIST ONLY**  
**THURSDAY, JANUARY 7, 2016**  
**2:00 - 4:00 PM**

THE  
JACKSON  
HOUSE  
INN



Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 6th Annual Holiday Tea. After the hustle and bustle of the holiday season, relax and enjoy a cup of tea and goodies with friends and our neighbors. Sign up is required as space is limited to 35. Wait list only

### TAX ASSISTANCE AT THE THOMPSON

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. TCE Preparers (Tax Council for the Elderly) will complete your 2015 taxes free of charge during scheduled appointments on **Mondays from February 1st through April 4th** (excluding Feb 15th---President's Day). On the day of your appointment, please come early to fill out a questionnaire.

**Please bring:** Valid picture ID for the taxpayer and spouse, Social Security card, copies of income tax you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates, IRA income and copy of your 2013 property tax bill. If you are filing for a Renter's Rebate, Homeowners Property tax rebate or 2013 Act 68 School Property tax payment application, you will need proof of income for everyone in your household.



**Please call 457-3277 soon to schedule an appointment.**  
**Appointments are limited and will fill up quickly!**



# PROGRAM CALENDAR - JANUARY 2016

Mon	Tue	Wed	Thu	Fri
				1
BINGO daily at 10:30 am except on birthday day and other special meal days.  Location: Dining Room on Mon. & Wed. Upstairs conf room on Tues, Thurs, Fri.	*Indicates that sign-up/reservations are required			CLOSED New Year's Day
4	5	6	7	8
9 Strength & Fitness 10:15 Memoir Group 1 Bridge <b>1 Advance Directives*</b> <b>1 Advisory Meeting</b>	9 Strength & Fitness 10 Double King Ped 12 Spanish Table 1 Scrabble <b>1 Memory &amp; Aging Talk w/ Susan Moor*</b> 3 Bone Builders	9 W. Leb Shopping* 9 Walking Group 9:30 Tai Chi Beginner 10 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table <b>1 Living with Visual Impairment Talk</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 10:30 Journaling Class 12 Italian Table 1 Ongoing Italian Class <b>2 Winter Tea*</b> 3 Bone Builders	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 German Table
11	12	13	14	15
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Bridge	9 Strength & Fitness 10 Double King Ped 12 Spanish Table 1 Scrabble 3 Bone Builders	9:30 Tai Chi Beginner 10 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Book Group <b>1 Falls Prevention Talk</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Table
18	19	20	21	22
CLOSED Martin Luther King Day	9 Strength & Fitness 10 Double King Ped 11:30 Commodities 12 Spanish Table 1 Scrabble 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12:30 Caregiver Support Group	9 Strength & Fitness 10 Cribbage <b>10:15 Low Vision Support Group</b> 10:30 Italian Study 10:30 Journaling Class 12 Italian Table 12:45 Lucy Mac Visit 1 Ongoing Italian Class 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Table
25	26	27	28	29
9 Strength & Fitness 10:15 Memoir Group 1 Bridge <b>1 Advance Directives*</b>	9 Strength & Fitness 10 Double King Ped 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Group 10 Chair Massage* 10:30 Handwork Cir. 12 French Table	<b>BIRTHDAY DAY*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class <b>1 Mill Band</b> 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Table

# MENU - JANUARY 2016

Mon	Tue	Wed	Thu	Fri
				1
* Indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	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.		CLOSED New Year's Day
4	5	6	7	8
Tossed Salad, Macaroni and Cheese w/ Ham, Broccoli and Cauliflower, Sorbet w/ Fresh Berries	Tossed Salad, Hearty Beef & Vegetable Stew, Roll, Frosted Banana Bars	Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus & Mushrooms, Fresh Fruit	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Chip Cookies and Fruit	Chef's Choice
11	12	13	14	15
Chicken Caesar Wrap, Hearty Vegetable Minestrone, Brownie Sundaes	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Apple Crisp	Spinach & Cheese Ravioli w/ Meat sauce, Broccoli & Cauliflower, Garlic Bread, Fresh Fruit Salad	Tossed Salad, Shepherd's Pie, Tuscan Vegetable Medley, Poached Pears	BLT Wraps, Carrot Ginger soup, Cherry Cheese Cake
18	19	20	21	22
CLOSED Martin Luther King Day	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Sweet and Sour Chicken, Steamed Rice, Stir Fried Vegetables, Blueberry Cake	Tuna Melt, Tomato, Vegetable Barley Soup, Cup Cake	Tossed Salad, Chili, Corn Bread, Meringues w/ Pineapple
25	26	27	28	29
Chef's Choice	Meatloaf, Smashed Potato, Gravy, Green Beans, Mixed fruit Cobbler	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	<b>Birthday Day*</b> Herb Roasted Pork Loin w/ Peaches Roasted Red Skinned Potatoes, Roasted Asparagus, Roll, Cake & Ice Cream	Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Ginger Snap and fruit

\* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance.

\* Birthday meal on 1/28 is the only special meal requiring advance sign-up this month.

2% Milk, Coffee, tea, and juices available

## NEWS & PROGRAMS

### MEMORY TREE GIFTS IN LOVING MEMORY OF



RAYMOND JILLSON  
FRANK JENNE  
LUCILLE HARLOW  
EVA JENNE  
HENRY HOWE  
LYNN STAPLES BENETTI  
RONNIE FULLERTON  
PAMELA PINNEY  
MARIAN PAGE  
NANCY, MARY, DICK, BARB,  
TOM, BILL, TIMMY SAWYER  
JOAN PAIGE JENNE  
CHARLES ENGLISH  
LEON & EDNA COBB  
MAITLAND & TINA BLAKE  
LARIS & HELLEN BLAKE  
ROD & EVALYN ENGLISH  
FRANK & SUSIE BROWN

### Meals on Wheels Recipients Reminder to Keep Walkways and Driveways Clear



As winter sets in, we ask that all meal recipients make sure that their walkways and driveways are safe to travel on. As volunteers make the effort to get meals to you, please consider their safety in navigating the ice and snow. If you need help with snowplowing or ice removal, please let us know. We appreciate your cooperation!

### A Collaboration Between The Thompson Center and ArtisTree



**Painting at ArtisTree**  
**Instructor: Murray Ngoima**  
**Friday mornings, 10:00 - 11:30**  
**January 15 - February 12**

Come paint and learn about painting in the beautiful surroundings, inside and out, at ArtisTree in South Pomfret. Work with water-based media with instruction and/or on projects of your own choosing, in supportive and congenial company. The media offered include watercolor, acrylic, gouache, ink, and colored pencil. Materials provided. Complete beginners to experienced painters, all welcome!

Transportation provided as needed on The Thompson van at 9:30 a.m. from Woodstock to ArtisTree, returning to The Thompson in time for lunch. \$50 for five classes or \$12 per class. (5 participants minimum, 12 participants maximum).



### Congratulations to our Holiday Bazaar Raffle Ticket Winners

**1st prize winner** is Linda Grant  
\$500 credit towards winterization for your home

**2nd prize winner** is Ellaway Property Services Dinner for 4 catered by Chef Dresdon Holmes

**3rd prize winner** is Dawn Niles  
Christmas Tree from Maxham Tree Farm



### Birthday Music on January 28, 1:00 pm

The Mill Band returns to help us ring in the new year's first birthday celebration. Join us upstairs immediately following our birthday lunch celebration.



# WELLNESS PROGRAMS

## **Chair Massages at The Thompson 10:00 am to noon**

Greg Somerville's chair massages will be offered on the 1st, 2nd and 4th Wednesdays of the 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 and we don't keep our massage therapist waiting!**

**Cost: 20 minute massage/\$20.00**

## **WELLNESS CLINIC IS BACK!**

We welcome our new VNA Wellness Clinic nurse, Mary Ann Conrad, on the fourth Tuesday of each month from 10 am-12 pm. Mary Ann comes to us with over 30 years of vast nursing experience and recently retired from DHMC where she worked in Neuroscience, Same Day Surgery, and Primary Care. We look forward to welcoming Mary Ann and offering our monthly wellness clinic once again.

## **ADVANCE DIRECTIVE CLINIC Monday afternoons**

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. We have arranged for a trained and caring volunteer to be at the Thompson Center every Monday from 1pm - 3pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule an appointment.

## **CAREGIVER SUPPORT GROUP Wednesday, January 20, 12:30 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) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar



## **Smiles Program Free Oral Health Pilot Program 1/18, 2/15, 3/7, 4/4, 5/2 9:00 am—1:30 pm**

Adults of all ages are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. During the tax season (Feb 1st-April 11th) oral health screening appointments will take place at the Simmons building. The 1/28 appointment will be the last one at the Thompson until 5/2. Call for appointments or transportation. 457-3277.

*Sponsored by OHF and partners.*

## **Foot Care Clinic with Mary Wood Monthly, 9:00 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.**

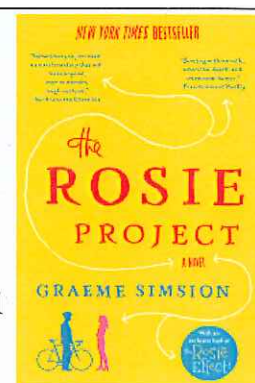


# PROGRAMS

## BOOK GROUP

**Wednesday, January 13 at 1:00 pm**

Our January book club selection is The Rosie Project by Graeme Simsion. A professor of genetics has never been on a second date; he lacks a grasp of social rituals and body language. When his friend suggests he'd make a wonderful husband, he prepares a "Wife Project" that includes an extensive questionnaire to use. Spontaneous, wild, fiery Rosie Jarman does not fit his standards at all but her quest to find her biological father engages him and he comes to the realization that love is not always what looks good on paper. We will talk about Aspergers and Autism. See you on Wednesday, January 13 at 1:00.



## *Continuation from Cover*

**FallScape ~ A New Fall Prevention Program from Vermont Department of Health and Emergency Medical Services.**

**Introductory Talk ~ Thursday, January 13 1:00 pm**

Through the FallScape program, EMTs or Paramedics like Ashley and David meet with older adults in their homes, discussing falls and losses of balance. Unlike some other home visiting programs, FallScape EMTs and Paramedics won't be telling people to move the throw rug or risk losing their independence. They'll be asking you about your falls history and helping guide you to a fall prevention plan that works for you. Through two home visits and weekly phone calls, FallScape has been proven to reduce falls in older adults by 50%. Half as many falls means more time with family, more getting out and about, and staying independent longer.

This program is offered at no cost through the Vermont Department of Health. Join us at this introductory talk and learn more.

*Door prizes of winter safety items will be awarded.*



**Living with a Visual Impairment**

**Wednesday, January 6, 1:00 pm**

**Presented by Melinda Underwood**

**M.Ed., VRT**

***Vermont Association for the  
Blind and Visually Impaired***

Learn about resources and strategies for living with a visual impairment. Participants will have an opportunity to try adaptive equipment and ask questions about the vision rehabilitation process.

**Low Vision Support Group**

**New In January 2016**

**Beginning January 21**

**Every 3rd Thursday of the Month**

**10:15 - 11:45 am**

The Vermont Association for the Blind and Visually Impaired is offering this new support group where participants can share experiences, challenges, and successes of living with a visual impairment at this ongoing monthly meeting. Learn about adaptive aids and strategies that support independence. Led by a Certified Vision Rehabilitation Therapist from



# IN APPRECIATION

## IN APPRECIATION

Susan Lewis - knitted items for Bazaar  
Cathy Harriman - knitted items for Bazaar  
Sue Geno - items for Bazaar  
Sandy Vonunwerth - medical equipment  
Audrey Fiedelholz - items for Bazaar  
Carol Nettleship - angels for Bazaar  
Dwight & Kay Camp - 3 poinsettias

### ONGOING DONATIONS:

**Daily Valley News** subscription -

Woodstock Pharmacy

**The Vermont Standard Weekly Papers**

**Birthday Cakes** - Diane Atwood, Jane Soule,  
Carol Towne

**Monthly book club selection** - Yankee Bookshop



## IN MEMORY OF

**Bert Eiselein**

Joseph & Hilda Conn

### TRANSPORTATION SPONSORS:

Upper Valley Rehabilitation

Dead River Company

Gateway Motors - car washes

Connected-At-Home

Ottauquechee Health Foundation

Ottauquechee Plumbing

Mark Knott, DDS

Cedar Hill Continuing Care Community

## JANUARY BIRTHDAYS

1st	Sharon	Corrigan	12th	Sue	Hottenstein	22nd	Norwood	Long
1st	Joan	Lessard	12th	Constance	Fitzcharles	22nd	Joy	Gray
1st	Mary Lee	Camp	12th	Alex	Gratiot	22nd	Rita	Boynton
1st	Cynthia	Jones	12th	Norma	Flanders	23rd	Elizabeth	Harley
2nd	Alan	Perkins	13th	Janet	Smith	23rd	Mary Ellen	Schwartz
2nd	John	Steinle	13th	Kathleen	Fiske	23rd	Rachel	Hochman
3rd	Linda	Brackett	15th	John	Hunter	23rd	Miranda	Holt
3rd	John	Leavitt	15th	Raymond	Stillson	25th	Jane	Philpin
3rd	Carl	Taylor	15th	Cathy	Quackenbush	25th	Barbara	Richardson
3rd	Robert	Hanlon	16th	Richmond	Maxham	25th	John	Whitney
3rd	Betty	Hill	17th	Helen	Leonard	25th	Dory	Rice
3rd	Laurie	Marshall	17th	Joyce	Phillips	26th	Paulette	Watson
5th	Frederick	Beebe	17th	Sara	Tuthill	27th	James	Emery
5th	Olivia	Breton	17th	Louise	Thibodeau	17th	Margaret	Brady
6th	Winona	Kennedy	17th	Helen	Curtis	17th	Margaret	Fullerton
7th	Janet	Maxham	18th	Barbara	Templeton	28th	David	Darakjy
7th	Lynn	Peterson	18th	Jane	Lewis	18th	Nancy	Heidt
7th	Alice	Jorgensen	19th	Marsha	Fraser	19th	Sharon	Schellong
8th	Jo	Stanyon	20th	William	Rauscher	30th	Mary	Wood
8th	Deb	Berryman	20th	Akankha	Perkins	30th	Sue	Geno
8th	Lyle	Bellimer	20th	Welton	Stott	30th	Noah	Chase
8th	Joan	Williamson	20th	Janie	Bell	31st	Uldis	Skuja
9th	Beverly	Kenney	20th	Emily	Hawkes	31st	Elmer	Kruse
9th	Beth	Crowe	21st	Eliane	Davidson	31st	Leona	Webster
9th	Carla	Kamel	21st	Barbara	Gilbert	31st	Lance	Brien
10th	Gina	Moore	21st	Lucia	Stapleton	31st	Jean	Kelly
10th	Joyce	Hurd	21st	Jim	Stehouwer	17th	Lillian	Phelan
11th	Jane	Adelson						
11th	Molly	McDermott						



On January 28 we will celebrate your day!

**Those who attend with a January birthday will receive a complimentary meal!**

Please make a reservation by calling 457-3277.





Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
(802) 457-3277  
FAX: (802) 457-1259  
[www.thompsonscenter.org](http://www.thompsonscenter.org)

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091

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Save the Date and Join Us!

*The Thompson Dinner Dance*

A Gala Evening  
with Dinner, Dancing & Auction  
Sunday, February 28, 2016, 5:00 PM

The Woodstock Inn Ballroom  
Cocktails & Dinner  
Live Music & Dancing  
Silent & Live Auctions  
Black Tie Optional

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