



*The Thompson*  
AT THE CENTER FOR SENIORS AND COMMUNITY

## Living Well at Every Age

Committed to helping seniors stay healthy, active, and involved

### Annual Report 2015





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Nelson Gilman, Medical Driver  
Meg Johnson, Housekeeping

## Dear Friends,

As the local resource and advocate for more than 1,500 seniors in Barnard, Bridgewater, Pomfret, Woodstock, and surrounding communities, The Thompson is so much more than our building located in West Woodstock.

The Thompson encourages and enables all those in our area to “age well”—offering services and programs that enhance independence and involvement, and promote physical, intellectual, and social wellbeing.

We are a vibrant community of active participants, energetic volunteers, dedicated staff, expert advisors and teachers, and generous donors. Together, we enrich the experience of aging in our area through meals, exercise, speakers and classes, transportation, and a myriad of other activities and opportunities for socialization.

Our challenges—and needs—increase as the senior population in our area continues to grow in size and in age. In fact, people over 65 represent the fastest growing age group nationally, and in our Woodstock area.

As you read this report, please take note of the generosity of many who believe in our purpose and want to support our mission. Thank you to our donors, staff, volunteers, Board of Directors, and the wider community for making the Thompson Center a vibrant resource for our local communities.

Tom Weschler, *President, Board of Directors*  
Deanna Jones, *Executive Director*



## A Quick Summary of Who We Serve

- ◆ More than 1,500 people ages 55 - 98 and their families
- ◆ 61% are female participants and 39% are male participants
- ◆ Participants between the ages of 70 -74 are the largest age group
- ◆ Participants ages 85 and over have the highest usage of services
- ◆ Participants come from 31 different Vermont and New Hampshire towns

**The Thompson Center acts as a resource and advocate for our senior population, providing timely support on issues that affect aging in our rural community. Our programs and activities promote the physical, intellectual, and social well-being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center provides a gathering place for our community.**



# Council Members 2014 - 2015

Mr. & Mrs. Jim Adams  
 Diane Atwood  
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 Michael Zsoldos & Elizabeth Reaves



## ***Photos (top to bottom):***

1. Garden tour at the home of Patsy Highberg
2. Sisters Diana Hayes and Priscilla Sands at our annual holiday tea at The Jackson House Inn





# 21ST ANNUAL VALENTINE AUCTION & DINNER



Thank You to our  
**SPONSORS**



## DIAMOND \$1,000

Lois and Carl Kuniholm  
Ellen and John Snyder  
Anne and Dick Brodrick  
Gail and Allen Dougherty



## GOLD \$500



Peter Goulazian  
Barbara and Ron Baker  
Louise and Bill Burgin  
Latin Languages Tables



## SILVER \$250 - \$499



Barbara and Frank O'Connell  
George and Ann Sadowsky  
Mini Baird



Janet and Bob Forman  
Nancy and Lynn Peterson  
Law Offices of Peter Vollers



Les Berge  
Rebekah Lucier  
& Michael Pryles



Mark and Gail Stickney  
Liz and Mark Schellhorn  
German Language Table  
Wright & Reeves, PLC, Attys  
Michael Mongulla, CPA



Thank you to all of the sponsors, donors, bidders, volunteers, and attendees that made the Valentine Auction & Dinner a success!



# Our Community Counts on The Thompson!



## 17,192 Meals

Served annually including 7,947 home delivered Meals on Wheels

## 3,460 Rides

Local Transportation, Medical Rides, Shopping



## 1,985 Education & Wellness\*

Language, Finance, Medical Talks, Wellness Clinics, Flu Shots

## 2,700 Fitness\*

Strength & Fitness, Yoga, Tai Chi, Bone Builders, Walking Group, & Water Aerobics



## 4,500 Socialization\*

Memoir, Card Games, Music, Book Club, Bingo, Guest Speakers



*\*Number of annual participants by category  
(as signed-in to MySeniorCenter)*

## 185 Volunteers give 8,500 hours annually!

Waitstaff, Meals on Wheels Drivers, Medical Drivers, Receptionists, Guest Speakers, Bingo Callers, Board Members, and many more!





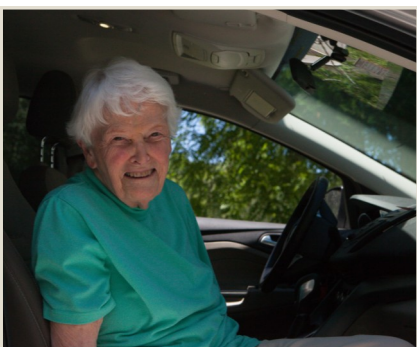
# We Are The Thompson

"I get a lot of pleasure from the association with people my age. The Thompson does so much good for so many people—like Meals on Wheels, different programs, exercise, and other things. It's great that we have The Thompson Senior Center here because it is something that so many people get benefit from and enjoy. I'm so happy that I started going here. I think it makes life happier. I like to exercise too, and one of the ways I exercise is through horseshoes. I've been playing horseshoes for some 65 years." ~ **Norm Boynton, Participant**



"We are very lucky to have The Thompson here in Woodstock. I love the exercise classes and playing in a bridge group. As a volunteer, I serve in the dining room and co-facilitate the caregivers support group. I get back more than I give."

~ **Anne Herz, Participant and Caregiver Support Group Facilitator**



"At The Thompson, they go out of their way to help people. They provide transportation if someone needs something, or has a medical ap-

pointment or wants to come to the Center. I think The Thompson makes life more pleasant and more comfortable for everybody." ~ **Fran Gillett, Participant and Volunteer Receptionist**



"Living by myself I found I was wasting a lot of food. It was also difficult for me to stand to cook and I ended up with a couple of nasty burns. I felt that wasn't good at all, and I decided to

ask for Meals on Wheels. It has turned out that they've been very, very helpful. Each meal is a pleasant surprise, a nice variety. When I was cooking for myself I ended up eating the same things over and over. With Meals on Wheels you get a good variety and a lot of fresh fruit and vegetables. The drivers that deliver the meals are always pleasant and really terrific. Another hidden benefit is that my blood pressure has gone way down. I tended to cook with more salt than Ryan does. So for that I am also grateful!" ~ **Margaret Thomas, Meals on Wheels Participant**



"The Senior Center is always ready to help, whenever there is a need. People come here for assistance, and we take help to people where they are. My wife and I enjoy serving the elderly by volunteering at The Thompson." ~ **Dick Atwood, Board Member, Participant, and Meals on Wheel Driver**

# Memorial Gifts

## **In Memory of Jane Deignan**

*(in addition to memorial  
gifts in last year's report)*  
John & Kathryn Cardos

## **In Memory Of Dick Staples**

Jane & Dick Leonard  
Kedric & Catherine Harriman  
Susan & Michael Brown  
The Vermont Standard  
Joyce Phillips  
Joan & Ted Staples  
Jean Conklin  
Carl & Sally Kesseli  
Pat Mangan  
Ann & David Dibenedetto  
Norman & Gloria Martin  
Grace Staples  
Janet & Perry Maxham  
Ed & Karen McGee  
Roy & Joanne Bates  
Ron & Ellen Willis

## **In Memory of Lois Lantham**

Samuel & Eleanor Grice

## **In Memory of Charlene Hale**

Samuel & Eleanor Grice  
Dorothy Forthmann

## **In Memory of John Conley**

Coleman & Cecilia Hoyt  
Dick & Linda Brackett  
Mona Hoadley  
Barbara Conley  
Jerry & Joan Oppenheimer  
John & Patricia Conley

## **In Memory of Bernice Atwood**

Karen & Ed McGee  
Lucille Staples  
Ted & Joan Staples  
Grace Staples  
The Brattleboro Memorial  
Hospital Physical Therapy and  
Occupational Therapy Department  
Bonnie, Randy Mayhew and Jeri  
Lynn Atwood  
Stephen and Joan Tarleton

## **In Memory of Robert Lewis**

Jane Wood  
Nancy Pike  
Byron & Jean Kelly  
Joan & Jerry Oppenheimer  
Barbara Levine  
Lawrence & Marilyn White  
Paula Reynolds  
Karl & Phyllis Wood  
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Lisa & Patrick Lemieux  
Kathleen & Bert Eiselein  
Pat Mangan  
Shelley & Glenn Seward  
Joan Blackwell  
Charles & Frances Haywood  
Stephen & Stephanie Caminititi  
Debby & Steve Roecker  
Marilyn & Bud Spaulding  
King's Daughter & Sons  
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Roy & Joanne Bates  
Janet Allison  
Barbara & Donald Burney  
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John & Marybeth Brand  
Deborah Phillips  
Laurence Roberts, Jr.

## **In Memory of Adeline Jarvis**

Lynn & Nancy Peterson, M.D.  
Ruth Turner

## **In Memory of Audrey Vittum**

Merle & Barbara Sanderson

## **In Memory of Robert McCredie**

Clover Durfee

## **In Memory of Audrey Powell**

Edgar & Jean Holsten

## **In Memory of Bert Eiselein**

Jerry & Joan Oppenheimer  
Jerry & Arleta Fredrickson  
Allen & Gail Dougherty  
Kathy & Charlie English  
Ad & Mavis Shaw  
Bob & Janet Forman

## **In Memory of Mae & Al Olson**

Carol Powell

## **In Memory of Frances Drury**

Grace Staples  
Ted & John Staples  
Patsy & John Mathews  
Edwin & Linda Drury  
Mary, Kathi Decker, Sue  
Cox, & Rick Wehueller  
John and Sylvia Doten  
Bernard Strong

## **In Memory of Trevor Moore**

Ad & Mavis Shaw

**We dedicate our  
Annual Report in  
Loving Memory of all  
those who passed away  
this year.**

Memorial Gifts were made  
in Memory of:

Jane Deignan  
Dick Staples  
Lois Lantham  
Charlene Hale  
John Conley  
Bernice Atwood  
Robert Lewis  
Adeline Jarvis  
Audrey Vittum  
Robert McCredie  
Audrey Powell  
Bert Eiselein  
Mae & Al Olson  
Frances Drury  
Trevor Moore



## Will You...

Let us celebrate you during your lifetime by joining the Thompson Legacy Society? Those who make arrangements in their will or estate planning to leave a gift for the Thompson become members of our Legacy Society and are celebrated at special events each year. A gift of any size is appreciated, celebrated, and will help the Thompson Center to continue operating in the future.

**You've supported The Thompson and its mission  
during your lifetime. Please consider leaving a legacy  
that continues the good work being done by The  
Thompson Center.**

# Treasurer's Report Fiscal Year 2014 - 2015

Thank you to all the organizations, towns, and people that choose to support our Mission by contributing to the Thompson. This year our Meals on Wheels program received well-deserved attention and support. Our Annual Valentine's Dinner and Auction was very successful, introducing new trip items that had significant interest. Grants increased from 2014. Total expenses were under control versus budget despite major repair expenses for the sprinkler system, kitchen, and van. Capital expenditures were for the new walk-in refrigerator/freezer and fundraising software. The Board and staff continue to be committed to control expenses and sustaining fundraising revenue, but we are unable to break even and must continue to depend on our invested funds.

Respectfully Submitted, Jerry Fredrickson, Treasurer

## Fiscal Years Ending

### OPERATING INCOME

	9/30/2012	9/30/2013	9/30/2014	9/30/2015
Van Donations	\$ 5,594	\$ 6,636	\$ 9,287	\$ 9,539
Meal Donations	39,679	36,398	36,812	51,092
Fundraisers	153,929	159,370	158,117	166,160
Senior Solutions (OAA funding)	77,570	55,950	61,123	77,946
Grants	51,173	54,603	39,073	59,328
Town Funding	43,000	49,075	47,750	49,900
Programs	30,600	23,038	28,074	17,456
Rental	2,625	3,010	2,500	4,065
Memorial Donations	675	5,552	6,315	4,960
Other Income	2,050	5,225	7,853	1,491
Building Improvement Donations	0	20,275	4,950	2,000
<b>Total Operating Income</b>	<b>\$ 406,895</b>	<b>\$ 419,132</b>	<b>\$ 401,854</b>	<b>\$443,937</b>

Stated as of  
October 1,  
2015

~

Subject to  
Audit  
and Year End  
Final  
Adjustments

### OPERATING EXPENSES

Fundraising	\$ 11,220	\$ 13,436	\$ 11,388	\$ 12,512
Insurance	5,920	7,033	7,589	7,898
Occupancy	34,954	35,855	37,476	47,533
Personnel	258,719	247,412	251,506	259,685
Food & Kitchen	59,792	58,604	62,232	68,008
Programs	29,511	23,544	25,549	22,956
Vehicle Expense	23,222	23,222	21,550	19,500
Administrative Costs	25,888	26,017	26,601	35,760
<b>Total Operating Expenses</b>	<b>\$ 449,226</b>	<b>\$ 429,721</b>	<b>\$ 443,891</b>	<b>\$473,851</b>
<b>NET OPERATING INCOME (LOSS)</b>	<b>\$ (42,331)</b>	<b>\$ (10,589)</b>	<b>\$ (42,037)</b>	<b>\$ (29,914)</b>
Capital Expenditure	0	(37,858)	(22,686)	(21,106)
<b>NET INCOME (LOSS)</b>	<b>\$ (42,331)</b>	<b>\$ (48,447)</b>	<b>\$ (64,723)</b>	<b>\$ (51,020)</b>

Reports  
available  
upon request

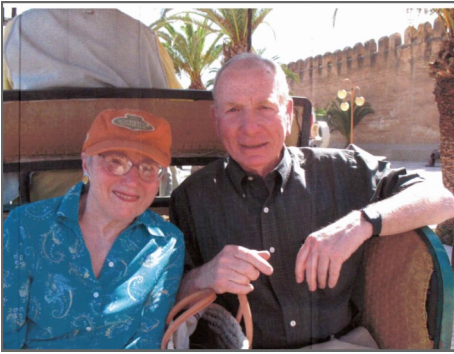
Invested Funds					
Fiscal Year End	9/30/2012	9/30/2013	9/30/2014	9/30/2015	Total
Beginning Balance	\$ 782,217	\$ 836,305	\$ 905,632	\$ 961,437	
Gains (appreciation)	106,088	123,827	120,868	(8,101)	<b>342,682</b>
Gifts to Invested Funds				70,000	
Balance	888,305	960,132	1,026,500	1,023,336	
Withdrawals to Operations/Capital	52,000	54,500	65,063	80,000	<b>251,563</b>
Ending Balance	\$ 836,305	\$ 905,632	\$ <b>961,437</b>	\$ <b>943,336</b>	



# A Legacy of Giving

The Thompson has been blessed with many wonderful supporters who believe in our mission and make sure that we can carry out the critical services needed in our community. This year we would like to recognize and thank two very special couples for their long-term support and commitment to sustaining The Thompson. In 2015, both couples made additional contributions that improved the capacity and sustainability of the Center.

## Marjorie & Peter Behr



### Sustaining Gift To Our Investment Funds

The Behrs have been involved with the Senior Center since before it moved to its current location on Senior Lane more than 20 years ago. Peter served a number of years on the Board of Directors and has remained active as a member of our Investment Committee even after moving full-time to Florida. Peter knows first-hand how much the operations of our Center depend on the strength of our invested funds. In fact, we depend on around 5.5% of our investments annually (our target and limit also stated in our strategic plan) to fund our budget short-fall for operations and continue running the Center. Additionally, the investment funds also make it possible to complete capital projects, like replacing the rotting roof and porches in recent years. In 2015, the Behrs made a wonderful gift to our Investments that will help to sustain us into the future. Their belief in the importance of the work of the Center and making a gift in this way is appreciated beyond words. Thank you, Peter and Marjorie.

## Lois & Harvey Watson



### Dollar-for-Dollar Matching To Benefit our Meals Program

The Watsons have been faithful friends and generous supporters of The Thompson for many years. They've taken an active interest in the services we offer and have helped to make sure that we are sustained into the future with Charitable Remainder Trust gifts through the Vermont Community Foundation. As with many donors, it is important to them that we are managed well and that people who use the Center also believe in and give generously to support the meals and programs. With their matching grant donation this year, they gave us the opportunity both to help increase awareness regarding the cost to run our meal program and to increase support through a matching gift. Many people don't realize that the donations that we receive for our meals and the grants we receive don't cover the cost to produce these meals. As a result of The Watson's matching challenge, the meal income donations were greater this year than ever before, and awareness about our costs increased as well. We're so thankful to Lois & Harvey for this opportunity and for their generous support over many years.

## SERVICES

### - Health -

Fitness classes ♦  
delicious meals in our dining room or delivered to your home ♦ programs on aging well ♦ safe driving classes ♦ medical talks ♦ foot care clinics ♦ free hearing, vision & balance screenings ♦ blood pressure clinics ♦ flu shot clinic ♦ dental screenings ♦ medical talks

### - Socialization -

Speakers and programs ♦  
music ♦ card games ♦ bingo ♦ holiday events ♦ movie night ♦ book clubs ♦ hand crafts ♦ horseshoes ♦ gardening ♦ classes ♦ quilting ♦ genealogy ♦ lunch-time language tables ♦ trips

### - Transportation -

Medical appointments ♦  
daily ride service ♦ shopping trips

### - Senior Advocacy -

Referrals for: Aging at home resources ♦ financial help and fuel assistance ♦ benefit assistance ♦ caregivers ♦ tax help ♦ medical equipment.

We partner with Senior Solutions, the Community Care Coordinators, AARP, and others to provide these and many other resources.

### - Volunteering -

There are many ways you can help from waiting tables at lunch ♦ delivering Meals-On-Wheels ♦ serving as a receptionist ♦ driving to medical appointments ♦ helping in the gardens.

# Annual Appeal & Special Project Donors 2014-2015

*Thank You*

## Friend: up to \$99

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Paul & Helen Aron  
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Harriett Goodwin  
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Joan Keyes  
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Robert Parker  
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Emma Robinson  
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Barbara Simon  
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Grace Staples  
Lucille Staples  
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Judith Williamson  
Willis Consulting Engineers, Inc.  
Marie Willis  
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Tony & Janet Wilson  
Karl & Phyllis Wood

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John & Laurie Chester  
James Churchill  
Dennis & Lou Ann Cogswell

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& Ginny Eames  
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& Gregory Gosselin  
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Lyle & Lisbeth Hall  
Constance Hitchcock  
Pauline Holt  
Jeffrey Horrell & Rodney Rose  
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Coleman & Cecilia Hoyt  
Jim & Noreen Huff  
Fred Hunt & Mary MacVey  
Barbara & Salvatore Iannuzzi  
Peter & Geri Jensen  
Robert & Deanna Jones  
Vince & Cindy Jones  
Lawrence & Margaret Kasden  
Barbara Kelley  
Jane Kendall  
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1. March for Meals "Thank you Walk" and  
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*Thank You*

### On the front cover:

**Top row:** 1. Norm Boynton & Sam Grice;  
2. Fran Gillett in our Ford Escape

**Middle row:** 1. Floyd and Marjorie Van  
Alstyne, 2. Annabelle Conner

**Bottom Row:** 1. Jerry Fredrickson (top),  
2. Joe Rubino (bottom), 3 Polly & Erwin  
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Woodstock Area Council on Aging  
99 Senior Lane

Woodstock, Vermont 05091  
(802) 457-3277

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