The 2015 Valentine Dinner & Auction at The Thompson Center is bigger and better than ever!

You could be walking on this beach… And supporting The Thompson Center on the way!

Valentine Dinner & Auction at The Thompson Center, Saturday, February 7
Cocktails & Silent Auction: 5:30 pm
Dinner: 7:00 pm, Live Auction following dinner

Exciting Live and Silent Auction Items

Our Live and Silent Auctions include travel packages to exciting new destinations around the world, and more than 100 other fabulous items ranging from food and lodging to one-of-a-kind art pieces. Plus, we’ve added two High-end Raffles with a limited number of tickets for sale. Imagine winning a fabulous weeklong vacation in the Bahamas for just $50, or a three-night stay at the Woodstock Inn for only $25.

If you can’t attend the event, you can still bid on auction items and buy raffle tickets!

Most important, 100% of the proceeds from the Valentine Dinner & Auction benefit the Thompson, and help to achieve its mission of supporting active and healthy aging in our area.

Winter Closing Policy

The Center is always closed when the Woodstock schools are cancelled. You can find out if the schools are closed after 6:15 AM by checking local news. We may also close when we feel driving conditions are not safe for our participants. If the weather seems questionable, please call the Center after 8 am and if we are closed, there will be a message on our machine. We also post on Facebook.

Fuel Assistance

Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151. Applications for the 2014-2015 heating season must be postmarked by February 28 for eligible households.

Our 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.
BEHIND THE SCENES

Congratulations Marie Willis as January 8th Marble Game Winner!

We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!

ADVISORY MEETING HIGHLIGHTS

- Deanna introduced John Steinle as a new board member
- Trip discussion and arrangements made for Green Mountain Tours to come on January 13th to discuss in more detail
- Other topics discussed: less than perfect road repair job out front, maintenance of sidewalk during winter, temperature of food, level of crustiness of baguettes at lunch and a request for closer attention on keeping the coffee flowing

Please join our next Meeting on Monday, February 2 at 1 pm. We URGE all patrons (and especially trip goers) to attend. It is an opportunity to give us your ideas before planning is completed!

Meals for Pets is offered for our patrons who have Meals on Wheels deliveries. This partnership with the Lucy MacKenzie Humane Society allows us to deliver pet food for those who need this service. Call Pam Butler at 457-3277 for more information.

IN APPRECIATION & IN LOVING MEMORY

Ethel Cone—large print books and cushions

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

TRANSPORTATION SPONSORS

Upper Valley Rehabilitation
Dead River Company
Connected-At-Home
Ottauquechee Plumbing
Mark Knott, DDS
Woodstock Insurance Services
Lang McLaughry Sera Real Estate’s Tamberly Vutech
Gateway Motors - car washes

IN APPRECIATION

FEBRUARY BIRTHDAYS

Search for “The Thompson Senior Center” and click “like” for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place. www.facebook.com/thompsonseniorcenter

Sign up for the e-newsletter by emailing: jbloch@thompsonseniorcenter.org

IN MEMORY OF

ROBERT LEWIS
Paula Reynolds
Connecticut State Medical Society
Lawrence & Marilyn White
Karl & Phyllis Wood
Peter & Julie Oberstoetter
Lisa & Patrick Lemieux
Joan & Jerry Oppenheimer

JOHN CONLEY
Barbara Conley
Jerry & Joan Oppenheimer
Mona Hoadley
Dick & Linda Brackett

CHARLENE HALE
Dorothy Forthmann

PAUL LENETT
Thomas & Diane Hayes

IN MEMORIAM

Thank you for your contributions in memory of dear friends.

Memorial Note: Please see previous/future 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 dear friends.

Those who attend Birthday day lunch with a February birthday will receive a complimentary meal on Birthday Day. Please call to make a reservation for lunch. 457-3277
WELLNESS PROGRAMS

ADVANCE DIRECTIVES
Monday afternoons
(No appointments on 2/16 and 2/23)
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.

FREE VISION SCREENINGS OFFERED AT THE THOMPSON
Wednesday, February 18, 9 – 3 pm
Please call to make your appointment
Dr. Dean Barcelow of EyeCare for You in Bethel, VT will be returning to the Thompson Center to provide vision screenings at no cost. Vision screenings will include visual acuity (how well you see), an anterior segment evaluation (a look at the front of your eye), and a posterior segment evaluation (a look at the back of your eye). Vision screenings are not meant to take the place of regular eye care and each individual is encouraged to keep their regular appointments with their primary eye care provider. Please come prepared with any eye questions you may have as Dr. Barcelow has set aside some time at each 30 minute appointment to answer them.

CAREGIVER SUPPORT GROUP
Wednesday, February 18, 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 challenges.

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.

Chair Massages at the Thompson
Wednesdays, 10:00 am to noon
Chair massages are offered on the 1st, 2nd, and 4th Wednesday of each month IF there are appointments. 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

EVENTS

Early Stage Memory Loss
Panel Discussion
Wednesday, February 11, 2015, 5:00 – 6:00 pm
at the Norman Williams Public Library
This interactive program is designed to inform and answer questions about early memory loss. Our panelists are some of our community members who have been diagnosed with early memory loss and/or early Alzheimer’s, along with their care partners. They can answer your questions to provide insight and clarity about the issues they face, what it feels like to have memory loss and moments of confusion. This one-hour event can help to dispel myths and negative stereotypes about Alzheimer’s and related diseases that contribute to the stigma and secrecy about a diagnosis. Come to this event to listen or to ask questions. The panelists will speak about the diagnosis, complexities of daily life and lifestyle changes that have helped them cope with everyday activities to maintain independence. Our moderator is Susan Moor, Thompson Board Member, who has worked with family members and individuals experiencing early stage memory loss, Alzheimer’s disease and related disorders. This Thompson Center program will be hosted by the Norman Williams Public Library, in the Mezzanine, on Wednesday, February 11, 2015, 5pm to 6pm. Watch for future Thompson programs at the library and in other community locations as a part of our Center-Without-Walls and Aging in Community initiative.

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 2014 taxes free of charge during scheduled appointments on Mondays from February 2nd through April 6th (excluding Feb 6th—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 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!

Paint a Bowl and Help Raise Hunger Awareness
Wednesday, February 25, 1 pm
The Empty Bowls Project
Empty Bowls is an international grass roots movement with the goal of raising money to help organizations fight hunger. We invite you to join us at The Thompson to decorate an empty pottery bowl created by potter Judi Greene. Your handmade decorated pottery bowl will then be used at the Pomfret Empty Bowls Dinner on Sunday, March 29 for a simple meal of soup and bread. 100% of the money collected on that evening will be donated to hunger fighting organizations. The Thompson will be providing transportation to the dinner event. Look for details in the March edition of The Thompson Times.
BOOK GROUP

Wednesday, February 11, 1:00 pm

Our February read is the best seller The Signature of All Things by Elizabeth Gilbert. If you read Eat, Pray, Love by this author, expect something totally different. This is a fictional story of Alma Wittaker, a female botanist in the 19th century. The research is commendable; the scientific facts have been laid out in a manner almost poetic. The style of writing reminds one of Jane Austen. Begin it now for a lovely, long read.

GENEAOLOGY CLASS

“A Family History Valentine”

Mondays, February 2/9 ~ 3/9 (no class on 2/16) 2015, 1-2:30 pm
Cost: $35 for 4 sessions
Minimum of 5 students requested

It is a commonplace in genealogy that oral family history is lost within the space of three generations. You—Your children—Your grandchildren—Done. What memories do you have that you want your descendants to know? The best way to ensure that memories are passed down is to write them down. This needn’t be an elaborate, intimidating process.

In this workshop you will select a small portion of your family history that you want to share. It could be about you, your children, your parents, your grandchildren—even a dear classmate or neighbor. We’ll brainstorm how to best share that history, depending on what artifacts you do or do not have. At the end of the class, you will be well on your way to having “A Family History Valentine” to present to your loved ones. We’ll finish our work together a bit past February 14th, but this present is so sweet that your recipients won’t mind waiting.

A lifelong writer, editor, and teacher, Denise Picard Lindgren is also a professional genealogist who holds the Certificate in Genealogical Research from Boston University and has studied Advanced Genealogical Methods at the Salt Lake City Institute of Genealogy, New Hampshire. She lectures throughout New England on genealogical topics and will next appear in April 2015 at the New England Regional Genealogical Conference in Providence, R.I. Contact her by email at NENGenealogist@gmail.com or find her on Facebook at www.facebook.com/denise.picardlindgren.3

STRENGTH & FITNESS

Weebly classes,
Monday, Tuesday & Thursday 9 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. Cost: $3.00/class or 12 classes for $30 on a punch card.

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.

Walking Group at Union Arena
Wednesdays, Beginning Feb 4, 9 am at Union Arena
It’s been a few years since the Thompson Trotters have met for winter walking at the Union Arena. We invite adults of all ages to meet at the Arena at 9am each Wednesday to walk the inside circumference. Jerry Fredrickson will be the group’s leader and direct walkers behind the bleachers on the south side of the building and continue the complete loop which includes some stops behind the north side bleachers. Dress warmly, bring a friend, and enjoy your own pace with the camaraderie of friends. If leaving from the Thompson Center, we will provide you with a ride to and from the Arena, with advance notice.

EXERCISE CLASSES

Tai Chi's Slow, Gentle Exercise
Great for Fall Prevention, Mind and Body Health

Next round of instruction begins March 4th,
10:00 - 11:00 am, 5 classes for $25.00
Instruction by Anne Bower and Jane Philpin

Tai Chi’s many health benefits have been proven by clinical studies, but each of us can feel those benefits personally—and really, that’s what matters to us! This gentle form of movement challenges the mind and body to work together, increasing concentration and coordination. Class participants report improved sleep, better moods, a sense of greater energy after class. Tai chi improves our balance and that means we’re less liable to fall. Now no one can keep ice from being slippery or that cute puppy from getting right under your feet. But when you have greater body awareness, better posture, can step with more agility, can breathe and relax as you move—all of which we work on in tai chi—you are more able to maintain balance and avoid falls. And while tai chi has us moving slowly and gently, it’s got surprising ability to increase muscle tone—always a good thing! These same movements can release muscle stiffness, aches and pains. At the same time, because we learn these same movements can release muscle stiffness, aches and pains. At the same time, because we learn

Senior Skating at Union Arena
Seniors will be offered a discounted rate of $4.00 for any public skate, and $1.00 off any skate rental fee. For the public skate schedule, please visit www.unionarena.org or call (802) 457-2500.
Introducing Carla Kamel
The New Community Care Coordinator

Please welcome our new Community Care Coordinator, Carla Kamel, who brings with her extensive experience in community based care. She will be available at The Thompson every Friday by appointment from 10 a.m. to 12:30 pm. Carla can help facilitate access to health care, address barriers to healthcare such as financial challenges, lack of transportation, cognitive problems or mental status such as depression or dementia that can interfere with making appointments. Her role involves helping patients transition from hospital or rehab center to home. Also as part of the Blueprint for Health initiative she is available to provide education and support to people with chronic illnesses, as well as, provide support to caregivers of the elderly and disabled and support the Aging in Community initiative by making sure elders are matched with the resources they need to stay safe and comfortable.

Carla Kamel received her B.A. in Psychology and Counseling from Norwich University in 1998. She was a Primary Case Manager with the S.E. Council on Aging from 1998-2001, and for the past fourteen years, a Reach Up Case Manager with the State of Vermont.

Carla Kamel with the State of Vermont.
1998

Case Manager with the S.E. Council on Aging.

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In celebration of this year’s theme, Season of Enchantment, twelve displays will feature hats and wands created and decorated with horticultural elements of the designer’s choice incorporating flowers, foliage, nuts and seeds. For more information contact the Bugbee Senior Center at 295-9068 or visit www.bostonflowershow.com.

The Bugbee Senior Center will be the perfect setting for the Annual Boston Flower Show. Enjoy a day of relaxation while being pampered by the Spa at the Woodstock Inn and Resort. Schedule a 15 minute manicure and/or a 20 minute chair massage. Several technicians from The Spa at the Woodstock Inn and Resort will volunteer their time and talents to pamper you on this special day at The Thompson Center at no charge. Sign up early, these spots will fill up quickly!

Boston Flower Show
Seaport World Trade Center
Offered by Bugbee Senior Center

Thursday, March 12, Depart Bugbee at 8:00am on Premier Coach Bus
Cost: $59 includes transportation and show entry. Lunch is on your own

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The Woodstock History Center is preparing an exhibit – Love in Woodstock: 200 Years of Wedding Gowns. Working collaboratively, we would like to bring a fashion show of wedding gowns to The Thompson and visit the History Center’s exhibit of gowns from the 1840s to the 1960s. If you’re willing to lend a gown to be exhibited on a mannequin please send a photo of your gown via email to info@woodstockhistorical.org or mail a photo to the Woodstock History Center, 26 Elm Street, Woodstock, VT 05091. If you would like your gown to be modeled in our spring fashion show, please contact Pam Butler at The Thompson Center. Details to follow.
### PROGRAM CALENDAR - FEBRUARY 2015

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### Notes
- *Indicates that sign-up/reservations are required
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- Meal Pricing: $7 charge for those under age sixty and $5 suggested donation for ages sixty and over

### Dinner Menu
- **BLT Wraps, Apple & Squash Soup, Cannoli Cake**
- **Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables Casserole, Citrus Ricotta Squares**
- **Closed for Valentine Auction Set-up**
- **Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad**

### President’s Day
- **Closed**

### Chef’s Choice
- **Multigrain Spaghetti & meatballs, Garlic bread, Tossed Salad, Fresh Fruit salad & Lemon Cookie**
- **Salmón en Crouite, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Frosted Banana Bars**
- **Closed for Valentine Auction Set-up**

### Valentine’s Day
- **Mixed Green Salad, Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cream Puffs**
- **Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies**
- **Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables**
- **Closed**

### Chicken Caesar wrap,
- **Hearty Vegetable Minestrone, Cottage Cheese, Hot Fudge Sundae with banana**
- **Rubens, Beer Battered Onion Rings, Mediterranean Vegetables, Sorbet w/ Fresh Berries**
- **Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack) Cookies and Fruit**
- **Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake and Ice Cream**
- **Chefs choice dessert**

### Seniors Lunch
- **Menu Pricing**
- **Closed**

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*Please call ahead for availability of food items.*

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