The Thompson Times
JANUARY 2015

See What’s Happening in the New Year at The Thompson!

Anne Frank’s Neighbors: What Did They Do?
A Vermont Humanities Council Event
Hosted by The Thompson Center
Wednesday, January 7, 1:00 pm

Although Anne Frank’s Diary is the most widely read nonfiction book in the world after the Bible, little attention has been paid to her neighbors—the people who lived alongside the Jewish population as persecution intensified. Mary Fillmore examines the choices they faced and the decisions they made in the face of those choices. Why did some people ignore the situation, while others felt compelled to resist? What can we learn from them as we face the humanitarian crises of our own time?

Under grant from the National Endowment for the Humanities (NEH). Any views, findings, conclusions or recommendations expressed in this program do not necessarily represent those of the NEH or the Vermont Humanities Council.

Anne Frank’s Neighbors: What Did They Do?

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.

A Question and Answer Discussion on Parkinson’s Disease
Presented by Diane Church, PhD, Coordinator, Parkinson’s Center at DHMC
Wednesday, January 28, 2015, 1:00 pm

Parkinson’s symptoms, progression and responses to treatment vary from person to person to such an extent that some have called Parkinson’s a “designer disease”. Do you have questions about Parkinson’s? Join this question-and-answer session to learn more about this chronic illness and the resources available through the Parkinson’s Center.

Diane Church received her PhD in Biology from Yale University in 1988, and completed a postdoctoral research fellowship with the Jane Coffin Childs Memorial Fund for Medical Research at the University of Wisconsin in 1992. She was an instructor and research associate at Dartmouth College for 14 years, and then joined the DHMC staff in 2006.

WINTER TEA AT THE JACKSON HOUSE INN
TUESDAY, JANUARY 6, 2015
2:00 – 4:30 PM

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 5th 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. *WAIT LIST ONLY*
Thank you to all of the volunteers, cookie bakers, and shoppers for making the Holiday Bazaar and Cookie Walk a success!

**ADVISORY MEETING HIGHLIGHTS**

- Signatures needed on petitions for town funding
- Community Care Coordinator work
- Ottauquechee Health Center open house
- Concerns about the dip in the road near the sidewalk even after a little fixing was done by the town
- Bread & Rolls and the dietician review of menu
- Ice machine will need to be replaced

Please join our next Meeting on Monday, January 5th 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!

**Volunteers Needed!**

We are currently in need of a Meals on Wheels driver for either Mondays or Wednesdays.

Responsibilities Include:

1. Deliver meals to homebound individuals.
2. Act as liaison between the center and the Meals on Wheels patron.
3. Notify the center office staff if any one on your route did not answer their door or you have other concerns.

Please contact our Outreach Manager, Paula Audsley for more information. Call 457-3277.

**IN APPRECIATION & IN LOVING MEMORY**

**IN APPRECIATION**

David Schwartzman—Wheel Chair Ramp
Laurice Hoblin—Fabric
Dave Roseman—Cookware

**ONGOING DONATIONS:**

- 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 Spera Real Estate’s Tambrey Vutch
Gateway Motors - car washes

**IN MEMORY OF**

ROBERT LEWIS
Jane Wood
Nancy Pike
Byron & Jean Kelly
Kathleen & Bert Eiselein
Pat Mangan
Shelley & Glenn Seward
Joan Blackwell
Charles & Frances Haywood
Stephen & Stephanie Caminiti
Debby & Steve Roccker
Marilyn & Bud Spaulding
King’s Daughter & Sons
Nancy Bassett
Alden Fiertz
Joseph & Hilda Conn
Paul & Bev Regan
Roy & Joanne Bates
Janet Allison
Barbara & Donald Burney

**RICHARD STAPLES**

Roy & Joanne Bates

**LOIS LANTHAM**

Samuel & Eleanor Grice

**CHARLENE HALE**

Samuel & Eleanor Grice

**JANUARY BIRTHDAYS**

1st Esther Maynes
1st Joan Lessard
1st Mary Lee Camp
2nd Alan Perkins
2nd John Steine
3rd Linda Brackett
3rd John Leavitt
3rd Perry Maxham
3rd Carl Taylor
3rd Robert Hanlon
3rd Betty Hill
5th Frederick Beebee
5th Olivia Breton
6th E Stanley Coreille
6th Winona Kennedy
7th Janet Maxham
7th Lynn Peterson
7th Alice Schoo
8th Jo Stony
8th Deb Berryman
9th Beverly Kenny
10th Gia Moore
10th Joyce Hurd
11th Molly McDermott
12th Sue Hottenstein
12th Constance Fitzcharles
12th Alex Gratiot
12th Norma Flanders
13th Janet Smith
13th Kathleen Fiske
15th John Hunter
15th Raymond Stillson
16th Linda Jordan
17th Helen Leonard
17th Joyce Phillips
17th Louise Thibodeau
17th Lillian Phelan
17th Helen Curtis
18th Barbara Templeton
19th Marsha Fraser
20th William Rauscher
20th Emily Hawkes
20th Akakulla Perkins
21st Elaine Davidson
21st Barbara Gilbert
21st Lucia Stapleton
22nd Norwood Long
22nd Joy Gray
23rd Elizabeth Harley
23rd Rachel Hochman
25th June Aplin
25th Barbara Richardson
26th Paulette Watson
27th James Emery
28th David Duraskey
28th Nancy Heidt
29th Sharon Schreiber
30th Mary Wood
30th Sue Geno
30th Noah Chase
31st Uldis Skuja
31st Elmer Kruse

Those who attend Birthday day lunch with a January birthday will receive a complimentary meal on Birthday Day. Please call to make a reservation for lunch. 457-3277
ADVANCE DIRECTIVES
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 guide your family members and caregivers at the time you need assistance making healthcare decisions. The Thompson Center is a community-based organization that connects with other local organizations to provide a range of services for individuals and families. 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.

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.

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.

Wellness Clinic & Blood Pressure Screenings
Tuesday, January 27, 2015

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4th Tuesday of each month from 10-noon.

Chair Massages at the Thompson Center
Wednesdays, 10:00 am to noon

Chair massages are offered on the 1st, 2nd, and 4th Wednesday of each month. If there are appointments available, 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

CarGIVER SUPPORT GROUP
Wednesday, January 21, 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.

Wellness ProgramS

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.

CAREGIVER SUPPORT GROUP
Wednesday, January 21, 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.

Winter closing policy

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Events

Holistic Health, Part One
Skills for Physical, Mental and Emotional Wellbeing
Mondays, January 12-February 23 (no class on 1/19 and 2/16) 5-7 pm
Cost: $40. Payable to The Learning Lab
This class is offered at The Thompson Center through Collaboration with The Learning Lab. To Register email at tllwoodstock@gmail.com

Charles & Teresa Baltzell LAc., Orthomolecular Medicine and acupuncturists physicians who have recently moved back home to Vermont. “Holistic Health” is an experiential series introducing you to the lifestyle enhancement skills they have taught their patients since 1985. You can learn about; measurably changing your heart rate variability, neurologically modifying your stress response; making the most powerful anti-inflammatory natural medicine in your kitchen and an ancient lost exercise that rejuvenates. Questions regarding prevention, root cause and alternative treatment options for any health condition can be discussed. Participants can expect to feel better with less pain and greater vitality, flexibility and understanding.

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 16th—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!

A Murder of Crows
A PBS Documentary DVD (approximately one hour in length)
Monday, January 12, 1:00 pm at The Thompson

Crows do not have the best of reputations. They are generally dismissed as spooky – Hitchcock used them quite successfully to frighten moviegoers. But their image is about to take a real turn. New research has shown they are among the most intelligent animals in the world, able to use tools as only elephants and chimpanzees do, able to recognize each other’s voices and 250 distinct calls. They are very social, mate for life, and are able to recognize individual humans and pick them out of a crowd up to two years later. Crow experts around the world sing their praises, and present us with captivating new footage of crows, as we have never seen them before.
In January the book club will be discussing Don’t Let’s Go to the Dogs Tonight subtitled “An African Childhood” by Alexandra Fuller. Whether whites or blacks are ruling, it’s all difficult, and for this British family, it means moving from place to place in unsettling conditions. You will become immersed in the beauty, the sounds and the smells of Rhodesia. You will learn to flow in the language and slang of southern Africa. It will be a great discussion at 1:00 pm on Wednesday, January 14th. Feli Leonard leads.

**GENEALOGY CLASS**
*A Family History Valentine*
Mondays, February 2/9 ~ 3/9 (no class on 2/16) 2015, 1-2:30pm
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—-Gone. 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 NEGenealogist@gmail.com or find her on Facebook at www.facebook.com/denise.picardlindgren.3.

**EXERCISE CLASSES**

**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.

**BOOK GROUP**
Wednesday, January 14, 1:00 pm

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We’ve been alerted to an increase in incidents of scams in the Woodstock community, as well as, a host of holiday related scams. Also to note is the IRS scam which has been, and still is, very prevalent here in VT and across the nation. Below is a link to Fraud Watch Network which outlines the latest scams and frauds. The Attorney General’s CAP program is still the place to call to report questionable call, emails, door to door, etc. VT Attorney General’s Consumer Assistance Program. Consumer Hotline: Toll Free In VT (800) 649-2424 or (802) 656-3183. Here’s a link to their newsletter with a lot of current info you may want to share. https://www.uvm.edu/consumer/?
AARP Fraud Watch Network: http://www.aarp.org/money/scams/fraud/

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!

Students in this ongoing series of classes will work with drawing materials, water-based paints and collage media (photographs, fabric, tile mosaic, handmade paper etc.). Handmade books and small cardboard or paper sculpture may be included along with options proposed by participants. There are no prerequisites for this course. All prior experience is welcome. Encouragement, support and instruction will be provided in the use of tools, materials and media.

Students are asked to bring work aprons and all other materials will be provided.

Cost: $10.00 per class. Sign-up is required.

This next computer class will address the following questions:
1. Setting up and using e-mail
2. How many e-mail addresses do I need?
3. Is it good practice to use the e-mail address suggested by my internet provider?
4. What kind of e-mail service should I use?
5. Review of available free e-mail services (Gmail, gmx, Yahoo, AOL)
6. How do I organize my e-mails?

Instructor Jürgen Ewert is a retired engineer who started his own business, “International Research and Consulting,” that he runs from his home in Woodstock.

Cost: $40.00. Please sign up for this class in advance to ensure a minimum of four students and a maximum of ten. Also, please bring your laptop to each session.

Back by popular demand, Veronica will be offering another Beginning Italian session this winter. This class will focus on basic Italian through conversation and some grammar using textbooks and workbooks. The class will meet following lunch, where an ongoing group of Italian speakers enjoy lunch and relaxed Italian conversation at the “Italian Table”. Instructor Veronica Delay has studied Italian for over 20 years, both in Italy and the United States, and has taught Italian in a variety of settings.

Cost: $80.00 (8 classes). Please register for this class in advance, 457-3277.
### PROGRAM CALENDAR - JANUARY 2015

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<td>BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon &amp; Wed. Upstairs conference room on Tues, Thurs, Fri. *Indicates that sign-up/reservations are required.</td>
<td>New Year’s Day Closed</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 12 Italian Table 3 Scramble 1 Bone Builders</td>
<td>9 Tai Chi 12 Chair Massages 10:30 Handwork Cir. 12 French Table 9 Strength &amp; Fitness 12 Italian Table 1:00 Anne Frank Program 9 W. Leb Shopping 10 Tai Chi 10:12 Chair Massages 10:30 Handwork Cir. 12 French Table 1:00 Book Group</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 12 Italian Table 3 Scramble 1 Bone Builders</td>
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### MENU - JANUARY 2015

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<tr>
<td>Meal Pricing: • $7 charge for those under sixty  • $5 suggested donations for ages sixty and over  *Indicates that sign-up/Reservations are required (Birthday Day &amp; special holiday meals)</td>
<td>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</td>
<td>New Year’s Day Closed</td>
<td>Tossed Salad, Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Mixed Fruit Cobbler</td>
<td>Tossed Salad, Shepherd’s Pie, Vegetable Medley, Poached Pears</td>
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<td>Tossed Salad, Shepherd’s Pie, Vegetable Medley, Poached Pears</td>
<td>Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Warm Apple Crisp</td>
<td>Almond Tiramisu, Roasted Potatoes &amp; Veggie Blend, Fruit topped Cookies</td>
<td>Turkey Sandwich on Multigrain Flat Roll, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/sausage), Coconut</td>
<td>Chicken Enchiladas, Red Beans and Rice, Roasted Vegetables, Magic Cookie Bar w/Fruit</td>
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<td>Martin Luther King Day Closed</td>
<td>Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll</td>
<td>Chef Salads w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Curb Bars</td>
<td>Birthday Day* Herb Roasted Pork Loin w/Peaches Roasted Red Skinned Potatoes, Roasted Asparagus, Cake &amp; Ice Cream</td>
<td>Puff Pastry Chicken Pot Pie, Tossed Salad, Caramel Pumpkin Tiramisu</td>
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<td>Chicken Caesar Wrap, Hearty Vegetable Minestrone, Cottage Cheese, Rum Raisin Rice Pudding</td>
<td>Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae</td>
<td>Chef Salads w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Curb Bars</td>
<td>Asian Pork Burgers on Multigrain Round w/Lettuce and Sweet &amp; Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw, Jelly Roll</td>
<td>Chef’s Choice</td>
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<td>Chef Salads w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Curb Bars</td>
<td>Birthday Day* Herb Roasted Pork Loin w/Peaches Roasted Red Skinned Potatoes, Roasted Asparagus, Cake &amp; Ice Cream</td>
<td>Puff Pastry Chicken Pot Pie, Tossed Salad, Caramel Pumpkin Tiramisu</td>
<td>Chef’s Choice</td>
</tr>
</tbody>
</table>

### MENU NOTATION:

- **BINGO** daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri. *Indicates that sign-up/reservations are required.
- **New Year’s Day Closed**
- **Martin Luther King Day Closed**
- **Birthday Day**
- **Tossed Salad, Shepherd’s Pie, Vegetable Medley, Poached Pears**
- **Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Warm Apple Crisp**
- **Almond Tiramisu, Roasted Potatoes & Veggie Blend, Fruit topped Cookies**
- **Turkey Sandwich on Multigrain Flat Roll, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/sausage), Coconut**
- **Chicken Enchiladas, Red Beans and Rice, Roasted Vegetables, Magic Cookie Bar w/Fruit**
- **Tossed Salad, Shepherd’s Pie, Vegetable Medley, Poached Pears**
- **Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Warm Apple Crisp**
- **Almond Tiramisu, Roasted Potatoes & Veggie Blend, Fruit topped Cookies**
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