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.

TSC TRANSPORTATION PROGRAM
The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Medical Rides - $10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

Local transportation to and from your home to The Thompson and other Woodstock stops - suggested donation of $1 per ride ($2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277.

Monthly shopping trips to West Lebanon depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. Sign up with the Thompson at least 24 hours in advance.

The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277.

JULY 2015

Dinner and Film Presentation
Thursday, July 2, 2015
5:30 pm Dinner & Meet the Producer, Hank Rogerson, at The Thompson
7:30 pm Movie at Pentangle Theater Town Hall

Join us for dinner and meet the producer at The Thompson Center followed by a showing of “STILL DREAMING.” As a way to boost quality of life for the residents of Lillian Booth Actors Home in Englewood, New Jersey, the Home’s Administrator urges a group of retired actors and entertainers to perform Shakespeare’s “A Midsummer Night’s Dream,” working with a group of creative, young producers. As the rehearsal process unfolds, the actors find themselves experiencing mixed emotions as they become re-immersed in their life’s work amidst the difficulties of old age. This entertaining and thought-provoking film goes right to the heart of the Aging issue, looking at it as a time of positive creative fulfillment rather than decline. This movie demonstrates the awakening of mind, body, and spirit as residents take on this challenge of acting once more. Ultimately the performance serves as a vital reminder of the value of engaging in our dreams and creative pursuits no matter the circumstance.

Menu: Mixed Baby Greens, Baja Rubbed Grilled Roast Beef w/ South Western Summer Vegetables, Fingerling Potatoes, Imperial Peach Sundae, BYOB

This program is brought to you in partnership with Pentangle.

Smiles for Seniors ~ A Place Based Oral Health Pilot Program
July 6 & 20 and Aug 3 & 17
9:00 am—1:30 pm

Who: Adults 65 years and older living on a fixed income.
Where: Thompson Senior Center
When: Mondays beginning in June

To schedule your 45 minute appointment call 457-3277.

Sponsored by the Ottauquechee Health Foundation, Dartmouth-Hitchcock Community Health, Vermont Oral Health Coalition and Alice Peck Day Memorial Hospital Community Health

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BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

• Highlights of the Fall Foliage trip announced
• News shared about upcoming summer activities
• Question about brighter lighting in the lobby

Please join our next meeting on Monday, July 6 at 6:00 pm. All patrons and volunteers are invited to attend.

The Thompson Center is in need of a new Holiday Bazaar Chairperson. Please contact Deanna Jones at 457-3277 if you are interested. Thank you!

Our kitchen is in need of pots for our many tomato plants. If you have any to donate please contact Ryan at 457-3277. Thank you!

REMININDER: Van Policy

Please remember that if you would like a ride to the Center it is necessary to call each and every time you would like a ride, at least 9 AM the morning you would like the ride. This ensures that our driver can plan and accommodate everyone. Thank you.

IN APPRECIATION

Mid VT High School - students who volunteered for cleaning
Eddie English – music book
Judy Mahood – vegetable & herb plants
John Hiers & WHUS students - plants and garden prep
Ellaway - ribbons
Joan Sterling – knitting books
Jackson Family – medical equipment, mattress and wheelchair
Ellen Satterthwaite – crutches
Wes Frye - wheelchair and commode chair
Betty Jillson - shower chair
Barbara and Karen Sanderson - Flowers from Heather (Lewis)
Fernandez & WUHS Wedding
Rita Post & Jerry Frederickson – herb plants for garden

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

Four Seasons Sotheby’s Realty Tambrey Vutech
Gateway Motors – car washes
Ottauqueeche Health Foundation
Mark Knott, DDS

JULY BIRTHDAYS

1st John Gravel
2nd Barbara Kelley
2nd Kimberly Christensen
3rd Neil Jilsson
3rd Odette Hazen
5th Gordon Worth
5th Dorothy Lord
5th Trudi Brock
6th Helga Cognato
7th Ernest Forgione
7th Carol Rauscher
7th Judith Pierce
8th Bud Futschik
8th Howard Jonas
9th Frances Gillett
9th Rosemary Smith
10th Ann McKeilvain
10th Louis Carini
11th Les Bennett
11th Joan Lang
12th Robert Lewis, Sr
12th Robert Griggs, Jr
13th Gerry Fields
14th Lyle Chase

Nancy Schullinger
Ellen Ahrens
Jennifer Kirman
Jennifer Brock
Leon Royce
Judith Topoloski
Priscilla Pannell
David Doubleday
Allie Jenks
Wendy Winsor
Edwin English
Mary Jane Wentworth
Ralph Lessard
Joanne Hershey
Joseph Herrick
Adolf Schlerf
David Sleeper
Fern Kruse
Holly Levison
Margaret Wieche
William Barrows

24th Robert McFadden
25th Wesley Frost
25th Jay Richardson
25th Claire Dibble
25th Lloyd Osmer
26th Sally Kesseli
26th Dwain Manning
26th Marilyn Wilhelm
26th Wendy Otavsky
26th Richard Cole
27th Jackie Durkee
27th Gail Moore
28th Thomas Watson
28th Carol Jones
30th Nancy Pike
31st Pam Butler
31st Carl Hurd
31st Jean Silva
31st Bob Hazen

COMMUNITY CARE COORDINATORS

On July 23rd we will celebrate your special day! Those who attend with a job birthday will receive a complimentary meal on your birthday. Please call to make a reservation for lunch.

Celebration for July 23rd:

10th Dorothy Lord
21st Judith Pierce
28th Howard Jonas
31st Robert Lewis, Sr

IN MEMORY OF

AUDREY POWELL
Edgar & Jean Holsten
ROBERT MCCREDIE
Clover Durfee

JOHN CONLEY, SR
John & Patricia Conley

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.

IN APPRECIATION

MARK KNOTT, DDS

Community Care Coordinator (CCC), Carla Kelam, has office hours at The Thompson.

Times and dates noted on the Program Calendar.

UPCOMING TOWN DAYS

Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of $3.00 on the following Mondays:

Bridgewater – Monday, July 13th
Pomfret – Monday, August 10th
Reading – Monday, September 14th
Woodstock – Monday, October 5th

Please note: The Thompson van can provide transportation for you and your friends.
WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP
Wednesday, July 15, 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.

Get Your Medical Questions Answered by a Gifford Medical Center Health Care Provider
Do you have a medical question that you would like answered by a medical professional? Tune in to the Royalton Community Radio program, “On Call,” on Tuesday evenings from 6:00 – 7:00 pm on FM channel 96.5. If there is a specific topic you would like to hear about, call Nikki Gewirz, P.A. at 802-763-2700 or email her at ngewirz@giffordmed.org.

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.

ADVANCE DIRECTIVE CLINIC
Monday afternoons
Would you like to know about the 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.

Chair Massages at The Thompson
Wednesdays, 10:00 am to noon
Greg Somerville’s July chair massages will be offered on Wednesdays, July 1st, 8th and 22nd. 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

Free Medicare Assistance Available Mondays, July 6, 20, 27, Aug 3, 10, 17, 24, 31 1:00–3:00 pm
We are currently taking appointments for people needing assistance with Medicare plans, including those people turning 65 who will be new enrollees. Assistance for people enrolling in Choices for Care Long-Term Care (Medicaid) will also be available. Please call Shari at 457-3277 to reserve your one hour appointment with Medicare counselor, Rick Greenspan.

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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.

Celebrate Summer at The Thompson Ice Cream Social
Wednesday, July 8, 1:00 pm
Join us as we celebrate summer with a make your own sundae bar, immediately following lunch. Please note that the sundae bar will be in lieu of dessert. Please sign up. Cost is included in regular lunch cost, or Sundae Bar only $3.00

Woodstock Garden Tour
July 16, 2015
Rain Date: Tuesday, July 21
Depart Thompson on our van at 9:45 am
Patsy Highberg will be our hostess at her Woodstock garden where her abundant cutting garden will be full of A-Z color from Achillea (yarrow) to Zinnias. A colorful palette awaits visitors with daylilies in full bloom, along with bug bane, hens and chickens, echinacea (cone flower), and species geraniums along manicured paths. Expect to walk on uneven terrain and narrow paths so sensible shoes are encouraged.
*Please indicate when signing up if you will need transportation.

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A Community of Vermont Elders ~ (COVE) / SMP Hands-on Workshop
Thursday, July 9, 1:00 pm
A representative from the Vermont Attorney General’s office will present this new program offered by COVE and its Vermont Senior Medicare Patrol Program, funded by FairPoint Communications and Google. It will inform seniors about common internet scams, computer viruses and malware, and other suspicious electronic happenings. A computer technician will be on hand to answer your specific questions about your anti-virus programs, how to identify spam, and more. Please prepare to bring your questions to this new and informative program.

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**Programs and Classes**

**Water Aerobics Class**
Woodstock Racquet and Fitness Club

The Thompson Center will provide shuttle service to and from class if needed, departing at 1:00 pm.

Bari Ramirez will be continuing the next series of this popular class in August. Please look for details in the August issue of The Thompson Times or call Pam at The Thompson. In the meantime, feel free to drop in on her class on Friday afternoons, 1:30-2:15, until July 31 at the Fitness Club to learn more.

**Wednesday Walkers ~ Summer Schedule**

**Wednesdays, 9:00 am, Meet outside at Union Arena**

These hearty walkers, with Jerry Fredrickson, will continue to meet at the Union Arena on Wednesdays throughout the summer at 9:00 am. With the groups agreement Jerry would like to explore some Woodstock Village Green or Woodstock Country Club golf course routes as the weather improves. Your suggestions for new walking routes outside are welcome! Adults of all ages are welcome. If leaving from the Thompson Center, we will provide you with a ride to and from the Arena, with advance notice.

**Gardening in the Fall**

**Thursday, August 13, 1:00 pm**

Althea Derstine, UVM Extension Master Gardener, will talk about extending the garden season into fall and early winter. She will follow her own tradition of having door prizes, a "quiz" and, if available, some plants to take home with you. Come for this informative talk even if you do very little gardening.

**Book Group**

**~No meeting in July or August~**

**Wednesday, September 9 at 1:00 pm**

The September read is *The Shadow of the Wind* by Carlos Ruiz Zafon. Daniel Sempere's father takes him to the secret Cemetery of Forgotten Books, a huge library of old, forgotten titles lovingly preserved by a select few people. According to tradition, everyone initiated to this secret place is allowed to take one book from it and must protect it for life. Daniel selects a book called *The Shadow of the Wind* by Julián Carax. The author's storytelling skill is remarkable; his prose doesn't just take you into the story - it transforms you. Susan Morgan of Yankee Bookshop says it is one of the best books ever written.

Newcomers are welcome!

**Exercise Classes**

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

**Kripalu Yoga Returns**

**Ongoing on Tuesdays, 1:45-2:45 pm**

This gentle yoga class is for everyone -- standers, sitters, experienced or not so. Annie Frates will guide students through a variety of yoga poses that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness. This is a drop-in class but pre-registration is always welcome. Cost: $5.00 per class payable to Annie Frates.

**Tai Chi's Slow, Gentle Exercise Great for Mind and Body**

**Our next round of the Wednesday, 10:00 - 11:00 Tai Chi class, taught by Anne Bower and Jane Philpin, runs July 1 through July 29. The five one-hour sessions cost a total of $25.**

**We know from clinical studies that Tai Chi improves balance, memory, coordination, mood, and blood sugar levels. It helps prevent falls, can lower blood pressure, and learning it gives a great sense of satisfaction.**

**Each class participant makes adjustments for his or her own body; sometimes we do seated Tai Chi, though usually we're on our feet. The mood in class is relaxed and fun—we laugh a lot, strive to learn, help each other. Come give it a try!**

**For more information on how tai chi can benefit you, contact: Anne Bower at annebower@yahoo.com, or check out her website: www.annebower.com**

**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.

**Strength & Fitness Weekly classes, Monday, Tuesday & Thursday**

**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.

Liz Estabrook-Hatfield recently became a Certified Functional Aging Specialist, successfully completing Functional Aging Institute’s (FAI) workshop, educational program and Certification Exam. This program provides the most current training techniques adapted for and applied specifically to the needs and interests of aging adults. Liz has been working with the senior population for 15 years. Previous accreditations include:

- AAAI/ISMA’s Older Adult Fitness Trainer Certification
- MaineHealth’s Partnership for Healthy Aging: A Matter of Balance
- AFBA’s Golden Hearts: Senior Fitness Training

Recently, Liz added National Academy of Sports Medicine’s (NASM) Certified Personal Trainer (CPT) to existing credentials with AFAA and AAAI/ISMA. NASM – CPT is one of the most respected personal training certifications in the health- and fitness industry.

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.

See Page 4 for information on the Walking Group and Water Aerobics Program.

-Liz Hatfield, Instructor
TRIPS, TRIPS, TRIPS

Ticket To Ride ~ A Beatles Tribute Band
The Log Cabin, Holyoke, Massachusetts
Tuesday, October 13, 2015
Cost: $88 per person includes transportation, show, and complete dinner
Itinerary: Depart TJC on a Premier Coach bus at 9:00 am and return to Woodstock approximately 5:30 pm

2014 marked the 50th anniversary of the Beatles landing on American shores. Since then the “Fab Four” have inspired generations with their sound, wit and charm. Recreating the Beatles sound and harmonies in the original key, and the Beatles guitar and drum arsenal, Ticket to Ride goes over the top as does the extensive lunch menu which consists of the following: Hors d’oeuvre Welcome Tray, Rolls and Butter, Complimentary Glass of Wine, Chop Chop Salad, Pasta Fagioli, London Broil with Mushroom Bordelaise Sauce Baked Scrod with Seasoned Bread Crumbs, Chef’s Choice of Vegetable, Apple Crisp.

At the Log Cabin, the beauty of fall foliage on top Western Massachusetts Mt. Tom becomes the backdrop for this popular entertainment venue. Enjoy a dash through the past with this Beatles tribute and interactive show. Please call to reserve your space followed by prompt payment. The deadline for reservations is September 28th. Please Note: A minimum of 35 paid reservations must be received by September 28th or the trip is subject to cancellation.

Warren’s Lobster House and Shopping Trip
Wednesday, August 5, 2015
Cost: $82 Includes Lunch and Transportation
Depart Thompson on Premier Coach Bus at 9:00 am and return to Woodstock approximately 6:00 pm

Seats are still available for our annual summer sojourn to Warren’s Lobster House. Payment for reservations is due no later than July 22nd. Please call Shari at The Thompson to reserve your seat and selection from the Captain’s menu: Your choice of: Crab Crusted Salmon, Top Sirloin Steak, 1 1/2 lb. Lobster, Baked Stuffed Lobster Tails, Grilled Chicken with Memphis BBQ, or Haddock Cape Anne. All you can eat salad bar, dessert, and a beverage are included.

Immediately following lunch we will visit the Kittery Premium Outlets, where upon our arrival, complimentary coupon books for shopping discounts will be waiting. Our shopping trip would not be complete without a visit to the Kittery Trading Post, a favorite stop for outdoor enthusiasts. Note: We must have a minimum of 35 paid reservations, or the trip will be cancelled.

See Page 5 for information on the New London Barn Playhouse Trip!

TRIPS & PROGRAMS

Forever Plaid at New London Barn Playhouse Theater
Wednesday, September 2, 2:00 pm performance
(depart on Thompson van at 12:30 pm)
Cost: $35 (includes transportation and ticket for orchestra seating). Please reserve your seat with payment.

A deliciously goofy homage to the pitch-perfect harmonies of the 1950’s. The talented and exuberant boys of “The Plaids” never made it to their first big gig, but now they’re back for their posthumous chance finally to perform the show that never was. This tremendously popular and utterly charming musical revue is packed with oldie hits such as “Heart and Soul,” “Shangri-La,” “Chain Gang,” and “Love is a Many Splendored Thing”.

Early Stage Memory Support Group

This summer a new group will be starting at The Thompson Center for those diagnosed with an early stage memory disorder, co-facilitated by Susan Moor, Anne Herz and Carla Kamel. Alzheimer’s disease, and related disorders, can now be diagnosed earlier in the disease process than ever before, sometimes when people have very few symptoms. This support group will give participants an opportunity to meet others with similar issues, learn how to manage symptoms, and gain support. Care partners and diagnosed individuals are encouraged to attend.

Susan has been working in the field of dementia since 2005. She was the Social Services Manager for an adult day health program in Massachusetts and later held the title of Early Stage Program Coordinator with the Massachusetts/New Hampshire chapters of the Alzheimer’s Association. She has facilitated a variety of support groups over the course of seven years and trained others to facilitate groups. Susan now lives in Woodstock, Vermont with her husband.

Anne has a BS in Social Science from St. Thomas Aquinas College. She worked for the VNA/NH for 17 years, 5 years as Patient Care Coordinator for hospice. More recently she worked as an RN at Mary Hitchcock Memorial Hospital. She retired in 2009 and is the proud mom of four sons.

Carla is one of the Community Care Coordinators for Mt. Ascutney Hospital and works at the Ottauquechee Health Center. She works with community members throughout the Ottauquechee region to promote wellness and help older people age in place. She 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 and is one of the facilitators of the Thompson Center’s Caregiver Support Group.

If you are interested in joining this group, please contact Carla Kamel at 457-5414 or Carla.kamel@mahhc.org
### PROGRAM CALENDAR - JULY 2015

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**Notes:**
- *Indicates that sign-up/reservations are required.
- Medicare Appts" and "Advance Directives*.
- Horseshoes and Chronic Pain Workout*.
- 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 Thurs., Fri.

### MENU - JULY 2015

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</table>

**Notes:**
- Meal Pricing:
  - * $7 charge for those under age sixty
  - $5 suggested donation for ages sixty and over
  - * indicates that sign-up/reservations are required (Birthdays are special holiday meals)
  - Please call ahead with special dietary needs.

**Menu Items:**
- Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Chocolate Lava Chip Cookies and Fruit
- Tossed Salad, Spinach, Ham & Cheese Quiche, Roasted Sweet Potato fries, Chef’s Choice Dessert
- Tortellini with Asparagus and Lemon topped with Grilled Chicken, Tossed Salad, Ice Cream Social
- Grilled Pork Apple Burgers with Caramelized Pineapple Firecracker Salad, Sweet Potato Fries, Raspberry Ice Cream w/ Berries
- Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Chocolate Lava Chip Cookies and Fruit
- Tossed Salad, Spinach, Ham & Cheese Quiche, Roasted Sweet Potato fries, Chef’s Choice Dessert
- Tortellini with Asparagus and Lemon topped with Grilled Chicken, Tossed Salad, Ice Cream Social
- Grilled Pork Apple Burgers with Caramelized Pineapple Firecracker Salad, Sweet Potato Fries, Raspberry Ice Cream w/ Berries

**Additional Notes:**
- Please call ahead with special dietary needs.
- Birthday Day*.
- Closed

**Additional Information:**
- Meal Pricing:
  - * $7 charge for those under age sixty
  - $5 suggested donation for ages sixty and over
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