



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

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



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

*“Everyone should see this. STILL DREAMING is a candid, open, and life-affirming film that will inspire viewers to keep chasing their dreams and pursuing ambitions, regardless of age.”- Tim Carpenter, founder EngAge and host of Experience Talks*

**Dinner Cost: \$15 (movie is free), RSVP in advance**  
**The Thompson van is available after dinner to transport to Pentangle.**

*This program is brought to you in partnership with Pentangle.*

### 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.



Find us on  
**Facebook**

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.

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

### 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

### 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.

**What:** Free Oral Health Screening, Education, and Fluoride. Varnishing provided by a licensed Public Health Dental Hygienist.

**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*



Mary Davis, Public Health  
Dental Hygienist

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The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
www.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonseniorcenter.org  
**Paula Audsley**, Outreach Manager,  
paulsley@thompsonseniorcenter.org  
**Pam Butler**, Program Director,  
pbutler@thompsonseniorcenter.org  
**Jen Bloch**, Marketing Coordinator  
jbloch@thompsonseniorcenter.org  
**Shari Borzekowski**, Administrative &  
Resource Assistant,  
sborz@thompsonseniorcenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonseniorcenter.org  
**Siobhan Wright**, Kitchen Assistant ,  
Meals on Wheels Coordinator  
swright@thompsonseniorcenter.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**  
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS

Tom Weschler—*President*  
Patsy Mathews —*Vice President*  
Jerry Fredrickson —*Treasurer*  
Sarah Roberts—*Secretary*  
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Rachel Hochman  
Peggy Kasden  
Barbara Kelley  
Sally Kesseli  
Holly Levison  
Susan Moor  
Lynn Peterson, M.D.  
Liz Schellhorn  
John Snyder  
John Steinle  
Tambrey Vutech

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 1:00 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!*

REMINDER: 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,  
before 9 AM the morning you would like the  
ride. This ensures that our driver can plan and  
accommodate everyone. Thank you!

**Community Care Coordinator (CCC), Carla Kamel,  
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.*

IN APPRECIATION

IN APPRECIATION

Mid VT High School - students who volunteered for cleaning  
Eddie English – music book  
Judy Mahood – vegetable & herb plants  
John Hiers & WUHS students - plants and garden prep  
Ellaway - ribbons  
Joan Sterner - 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 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 Book-  
shop

Transportation Sponsors:

Upper Valley Rehabilitation	Four Seasons Sotheby’s Realty Tambrey Vutech
Dead River Company	Gateway Motors – car washes
Connected-At-Home	Ottauquechee Health Foundation
Ottauquechee Plumbing	Mark Knott, DDS

IN MEMORY OF

AUDREY POWELL

Edgar & Jean Holsten

ROBERT MCCREDIE

Clover Durfee

JOHN CONLEY, SR

John & Patricia Conley

**Memorial Note:** *Please see previous/future newslet-  
ters 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 contribu-  
tions in memory of dear friends.*

JULY BIRTHDAYS

1st	John Gravel	14th	Nancy Schullinger	24th	Robert McFadden
2nd	Barbara Kelley	14th	Ellen Ahrens	25th	Wesley Frost
2nd	Kimberly Christensen	14th	Jennifer Kirman	25th	Jay Richardson
3rd	Neil Jillson	14th	Jennifer Brock	25th	Claire Dibble
3rd	Odette Hazen	15th	Leon Royce	25th	Lloyd Osmer
5th	Gordon Worth	15th	Judith Topolski	26th	Sally Kesseli
5th	Dorothy Lord	16th	Priscilla Pannell	26th	Dwain Manning
5th	Trudi Brock	18th	David Doubleday	26th	Marilyn Wilhelm
6th	Helga Cognato	18th	Airell Jenks	26th	Wendy Otavsky
7th	Ernest Forgione	18th	Wendy Winsor	26th	Richard Cole
7th	Carol Rauscher	19th	Edwin English	27th	Jackie Durkee
7th	Judith Pierce	19th	Mary Jane Wentworth	27th	Gail Moore
8th	Bud Futschik	20th	Ralph Lessard	28th	Thomas Watson
8th	Howard Jonas	20th	Joanne Hershey	29th	Carol Jones
9th	Frances Gillett	20th	Michael Mongulla	29th	Doris Simpson
9th	Rosemary Smith	20th	Patricia Whitney	29th	Eric Johnston
10th	Ann McKelvie	21st	Joseph Herrick	30th	Nancy Pike
10th	Louis Carini	21st	Adolf Schlerf	31st	Pam Butler
11th	Lene Bennett	21st	David Sleeper	31st	Carl Hurd
11th	Joan Lang	22nd	Fern Kruse	31st	Jean Silva
12th	Robert Lewis, Sr	22nd	Holly Levison	31st	Bob Hazen
13th	Robert Griggs, Jr	23rd	Margaret Wieche		
14th	Gerry Fields	23rd	William Barrows		
14th	Lysle Chase				



On July 23rd  
we will cele-  
brate your  
special day!  
**Those who  
attend with  
a July birth-  
day will re-  
ceive a com-  
plimentary  
meal on  
birthday  
day.**  
Please call to  
make a reser-  
vation for  
lunch.



## 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](mailto:ngewirz@giffordmed.org).

### 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.

### Wellness Clinic & Blood Pressure Screenings Tuesday, July 28, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4<sup>th</sup> Tuesday of each month from 10:00 am - noon.

### 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 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.

### 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**

## NEWS & EVENTS



### Celebrate Summer at The Thompson Ice Cream Social Wednesday, July 8, 1:00pm

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.*

### Safe Use of the Internet for Elders 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.



Thank you to all of the  
pot-luck cooks, bakers, and  
donators for Staff  
Appreciation Day.  
What wonderful food and  
fun!



## 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 1:00pm.*

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.*



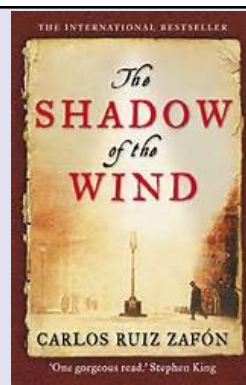
### GARDENING IN THE FALL Thursday, August 13, 1:00 pm

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 [anniebower@yahoo.com](mailto:anniebower@yahoo.com), or check out her website: [www.anniebower.com](http://www.anniebower.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:

- AAI/ISMA's Older Adult Fitness Trainer Certification
- MaineHealth's Partnership for Healthy Aging: A Matter of Balance
- AFAA'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 AAI/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***



## 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 TSC 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 28<sup>th</sup>. Please Note: A minimum of 35 paid reservations must be received by September 28<sup>th</sup> 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 reservation is due no later than July 22<sup>nd</sup>. 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”.

alzheimer's  association®

800.272.3900 | alz.org®

### **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 Ottawa-Quechee Health Center. She works with community members throughout the Ottawa-Quechee 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](mailto:Carla.kamel@mahhc.org)

PROGRAM CALENDAR - JULY 2015				
Mon	Tue	Wed	Thu	Fri
		1	2	3
*Indicates that sign-up/reservations are required	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.	9 W. Leb Shopping* 9 Walking Program 10-12 Chair Massage* 10 Tai Chi 10:30 Handwork Cir. 12 French Table 12 Patriotic Lunch*	Late Opening for Dinner Program 5:30 Dinner, Still Dreaming Film to follow at Pentangle	CLOSED
6	7	8	9	10
9 Strength & Fitness 9 Smiles for Seniors* 10:15 Memoir Group 1 Bridge 1 Advisory Meeting 1 Advance Directives* 1 Medicare Appts* 1 Horseshoes 1 Chronic Pain Workshop*	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1:45 Yoga 3 Bone Builders	9 Walking Program 10-12 Chair Massage* 10 Tai Chi 10:30 Handwork Cir. 12 French Table 1 Ice Cream Social*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Safe Use of Internet Program 3 Bone Builders	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
13	14	15	16	17
Bridgewater Day 9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class 1 Bridge 1 Advance Directives* 1 Horseshoes 1 Chronic Pain Workshop*	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1:45 Yoga 3 Bone Builders	BASTILLE DAY* 8:30 Board Meeting 9 Walking Program 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10 Tai Chi 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group	9 Strength & Fitness 9:45 Garden Tour* 10 Cribbage 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 3 Bone Builders	10-12:30 CCC Office Hours* 1:30 Water Aerobics*
20	21	22	23	24
8:30 Newsletter Folding 9 Strength & Fitness 9 Smiles for Seniors* 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Medicare Appts* 1 Horseshoes	9 Strength & Fitness 9:45 Garden Tour Rain Date* 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 Scrabble 1:45 Yoga 3 Bone Builders	9 Walking Program 10-12 Chair Massage* 10 Tai Chi 10:30 Handwork Cir. 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
27	28	29	30	31
9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class 1 Bridge 1 Horseshoes 1 Advance Directives* 1 Medicare Appts*	9 Strength & Fitness 10-12 Wellness Clinic 10 Double King Pede 12 Spanish Table 1 Scrabble 1:45 Yoga 3 Bone Builders	9 Walking Program 10 Tai Chi 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*

MENU - JULY 2015				
Mon	Tue	Wed	Thu	Fri
		1	2	3
Meal Pricing: .. \$ 7 charge for those under age sixty .. \$ 5 suggested donation for ages sixty and over	* indicates that sign-up/reservations are required (Birthday Day & special holiday meals) Please call ahead with special dietary needs.	Patriotic Lunch* Grill Day Hot Dogs & Burgers, Macaroni Salad, Spinach Strawberry Salad, ice cream cone	Still Dreaming Film & Dinner (no lunch served) Mixed Baby Greens, Baja Rubbed Grilled Roast Beef w/ South Western Summer Vegetables, Fingerling Potatoes, Imperial Peach Sundae	CLOSED
6	7	8	9	10
Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Chocolate 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	Chef's Choice	Tossed Salad, Bombay Chicken Breast, Scallion Rice, Curried Roasted Vegetables, Pink Lemonade Bars
13	14	15	16	17
Tossed Salad, Chicken Quesadilla, Grilled Vegetable Medley, Lemon Fool	Steak Salad with Grilled Red Onions w/ Tomatoes, Cucumber, Baby Greens, Blue Cheese, Roll, Blueberry Cake	Bastille Day* Coq Au Vin, Parsley Potatoes, Green Beans, Mesclun Greens w/ Vinaigrette, Creme Brulee Tartlet	Grilled Pork Apple Burgers w/ Caramelized Pineapple Firecracker Salad, Sweet Potato Fries, Raspberry Ice Cream w/ Berries	Spinach & Cheese Ravioli w/ Meat Sauce, Broccoli & Cauliflower, Garlic Bread, Fresh Fruit Salad
20	21	22	23	24
Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll Sorbet with Fresh Fruit	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Spanish Moroccan Tilapia w/ Tomatoes, Peppers, Olives Served on Couscous w/ Garbanzo Beans, Tossed Salad, Rum Raisin Rice Pudding	Birthday Day* Grilled Mojito Turkey Breast, Scallion Polenta Cake, Crunchy Avocado Salad, Roll, Cake & Ice Cream	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple
27	28	29	30	31
Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad plate, Chef's Choice Dessert	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots Almond Cake w/ Peach Puree	BLT served on Toasted Wheatberry Bread, Hearty Vegetable Minestrone, Cottage Cheese, Brownie Sundaes	Chef's Choice	Chicken Tostadas w/ Lettuce, Tomato, Cucumbers, Shredded Cheddar Cheese, Olives, Salsa and Sour Cream, Roasted Vegetable Medley, Chef's Choice Dessert