



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



JUNE 2015

## Transportation Spotlight!

With very limited public transportation in our rural area, getting around can be tricky, especially if you've given up your keys (21% of Vermonters over the age of 65 no longer drive).

### Did you know that the Thompson transportation program provides on average 340 rides each month?

Here are some important details about our transportation opportunities:

**Local transportation** to and from your home to The Thompson Center and other local stops are provided Monday through Friday between 8:30am – 3:00pm. Please call the Center by 8:30am to request rides for that day. Local stops can be arranged daily with the driver, and longer grocery shopping trips to Mac's are accommodated on Wednesdays and Fridays. Suggested minimum donation: \$1 per ride (\$2 round trip)

**Medical Rides** daily to and from appointments to all Upper Valley providers can be arranged through the Thompson vehicles or with a volunteer driver. A minimum of 48 hours notice is requested for scheduling. When scheduling your medical appointments, please be aware that we try to arrange Lebanon/Dartmouth-Hitchcock trips on Tuesday/Thursday. Suggested minimum donation per medical appointment (round trip): \$10

**West Lebanon Shopping Trips** depart from the Thompson Center on the first and third Wednesday of each month at 9 am on the Stagecoach van (returning at approximately 12:15pm). Stops at various locations throughout W. Leb. can be arranged with the driver on the day of the trip. Please sign up at least 24 hours in advance. All ages welcome. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated.

**Please contact our Outreach Manager, Paula Audsley, with any questions or to schedule a ride. 457-3277**

Please note: Although we give priority to seniors and disabled and those in our service area, we try to accommodate others on our routes whenever possible.

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.



*Thank you!*

Thank you to everyone who supports our operations (including transportation) through the Annual Appeal and in other ways.

**The following Transportation Sponsors and Grantors provide support specifically for the transportation program:**

**Sponsors:**

Dead River Company,  
Connected-At-Home (The Ellaway Group),  
Four Seasons' Realtor Tambrey Vutech,  
Ottauquechee Plumbing,  
Upper Valley Rehabilitation,  
Woodstock Dentistry, Mark Knott, DDS,  
Woodstock Insurance Services, and  
Gateway Motors (car washes).

**Grants:**

The Ottauquechee Health Foundation, and  
Woodstock Rotary.

*A companion program to the Healthier Living Workshop*

## CHRONIC PAIN self-management

A FREE PROGRAM FOR PEOPLE  
LIVING WITH CHRONIC PAIN



People of all ages can attend. A friend, neighbor, family member, or caregiver is welcome to attend with you.

**Each person with chronic pain is different.**  
While it may not be possible to get rid of chronic pain, there are many things you can do to feel better. You will learn which tools and strategies work best for you, and how to manage your chronic pain.

This workshop includes gentle movement, please wear comfortable clothing.



### UPCOMING SESSION!

**Thompson Senior Center**  
**99 Senior Lane, Woodstock VT**  
**Mondays**  
**June 8 – July 13**  
**1:00 to 3:30 p.m.**

limited to 18 people, 10 person minimum.

### Chronic Pain Self-Management

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

TO ENROLL CALL **802-674-7089** OR Email: [CHO@mahhc.org](mailto:CHO@mahhc.org)  
OR Mail: CHO at MAHHC, 289 COUNTY ROAD, WINDSOR, VT 05089

The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
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Phone: 802-457-3277  
Fax: 802-457-1259  
www.thompsonscenter.org

CENTER HOURS  
8 AM-3 PM, Monday-Friday

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

BOARD OF DIRECTORS  
Tom Weschler—*President*  
Patsy Mathews —*Vice President*  
Jerry Fredrickson —*Treasurer*  
Sarah Roberts—*Secretary*  
Dick Atwood  
Dick Brodrick  
Frances Gillett - Advisory  
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

- Receptionist training to be scheduled
- Advisory meeting notes will be posted on our lobby bulletin board
- Conversation about terminology of patrons versus members
- Suggestion box now located in lobby

Please join our next meeting on Monday, June 1 at 1:00 pm.  
All patrons and volunteers are invited to attend.

Have You Visited Our Cozy Library?

Located on the 2nd floor of our Center, you’ll find a nice variety of fiction & non-fiction books carefully arranged by volunteer librarians: Sally & Carl Kesseli and Mia & Gordon Pine.

Some of the special features of our library are:

- An Enlarger/Reading Machine (donated by NWPL, pictured below left)
- A collection of Aging Resource literature & Dementia related material
- Local & Vermont History (donated by Kathy Wendling)



AND

Free  
Wi-Fi

Check it out!



TOWN DAYS ARE BACK!

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

Barnard ~ Monday, June 8th  
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

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Taylor & Emily Schanck-netted bags  
Jackson House Inn-Orchid (faux plant)  
Arta Gramling—medical equipment  
Gwen Taylor-puzzles  
Tippy Gould-medical equipment

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  
Ottawaquechee Plumbing  
Mark Knott, DDS  
Woodstock Insurance Services  
Four Seasons Sotheby's Realty Tambrey Vutech  
Gateway Motors - car washes  
Ottawaquechee Health Foundation



IN MEMORY OF

ROBERT LEWIS

Lawrence Roberts, Jr.

**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.**

On June 25 we will celebrate your special day!

**Those who attend with a June birthday will receive a complimentary meal on birthday day.**

Please call to make a reservation for lunch.



JUNE BIRTHDAYS

2nd	Betty	Jillson	8th	Noreen	Huff	19th	Mae	Knudson
2nd	Carol	Nettleship	10th	Sally	Alloway	19th	Emily	Schanck
2nd	Larry	Luce	11th	Elizabeth	Wood	19th	Carolyn	Johnston
2nd	Nancy	Bebo	12th	Donald	Corrigan	19th	Joanne	Bates
2nd	John	McDonald	12th	Judith	Cayer	21st	Louine	Walker
3rd	Eric	Johnson	13th	Eldon	Thompson	22nd	Patricia	Mangan
4th	Carole	Pye	13th	Jean	Garren	22nd	John	Mathews
4th	Marcea	Ewald	14th	Bud	Leavitt	22nd	Richard	Leonard
5th	Timothy	Maxham	14th	Doris	Earle	23rd	Viola	Peeler
5th	Janet	Herrick	15th	Mary	Sharpe	25th	Ann	Debevoise
6th	Jennifer	Martel	15th	Polly	Fullerton	25th	Anna	King
7th	Ruth	Beebee	17th	Robert	Topolski	26th	Doris	Lebaron
7th	Glenna	Barr	18th	June	Johnson	27th	Deborah	Spear
7th	Debbi	Castellini	18th	Mary	Boudro	27th	Linda	Stickney
7th	Jane	Curtis	18th	Becky	Longley	29th	Grete	Heller
			18th	Marjorie	Bridge	30th	Constance	Byam Shaw



## WELLNESS PROGRAMS

### CAREGIVER SUPPORT GROUP Wednesday, June 17, 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, May 4 and 11, June 8, 15, 22, 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 457-3277 to reserve your one hour appointment with Medicare counselor, Rick Greenspan.

### Wellness Clinic & Blood Pressure Screenings Tuesday, June 23, 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.**

### Smiles for Seniors Coming to the Thompson Center!



**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

Want more information? Call Sherry Thornburg, Ottawaquechee Health Foundation 802-457-4188

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

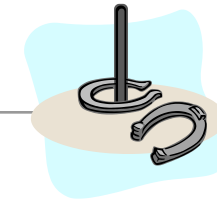
Chair massages are offered on the 1st, 2nd and 4th Wednesday of each month IF there are appointments. The benefits of having a massage on a regular basis are numerous. See for yourself!

**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**

## NEWS & EVENTS

### It's time for horseshoes!



The horseshoe pits are open and you can play anytime, but every Monday (weather permitting) at 1:00 pm a group will play following lunch. Everyone is welcome regardless of your experience level! Talk to Norm Boynton or Jim Emery if you're interested.

### 4th Annual Staff Appreciation Pot-luck Lunch Wednesday, June 10, 2015 12:00 pm

Join the fun and share your favorite dish, salad, or dessert at this once a year special event to show the TSC staff how much they're appreciated. Coordinated by Dick & Bonnie Atwood & Jane Soule. Please make your regular lunch donation if you can't make a dish to share. Sign-up requested.

### 6th Annual Summer Tea and Luncheon Tuesday, June 30, 12:00pm



Don't miss The Thompson Center's 6th Annual Tea. Fancy hats are welcome and gentlemen are invited too. Please RSVP by June 23 (457-3277), we will start a waiting list after the first 75 people sign up.

**Menu:** Hearty tea sandwiches, and a variety of tarts, biscotti, tea cakes, punch, and tea.

**Suggested donation: \$5.00**



### You're Invited How to Hire a Caregiver – A Panel Discussion Wednesday, June 10, 5:30 pm - 6:30 pm at the Norman Williams Public Library

#### PANELISTS:

- ♦ Deanna Jones, Thompson Senior Center Executive Director, Facilitator
- ♦ Carla Kamel, Community Care Coordinator, MAHHC
- ♦ Sherry Thornburg, Executive Director, Ottawaquechee Health Foundation, HIRS Caregiver Referral Service and Respite Grant program
- ♦ Janice Graham, CPA, Payroll and Tax Information for Hiring a Caregiver outside an agency
- ♦ Robert Ellis - TLC - Hiring a caregiver through an agency
- ♦ Liza Deignan, President, Connected-at-Home Inc., Managing a caregiver in your home
- ♦ Eric Fritz, Executive Director, Woodstock Terrace, Recognizing when staying in your home isn't the best option

Free, Open to All, Light Refreshments Served.

*An Aging in Community Program Sponsored by  
Norman Williams Public Library, the Ottawaquechee Health Foundation, and the Thompson Senior Center*

# PROGRAMS and CLASSES

## Journaling Class Returns Mondays, 10:30 am - 12:00 pm June 1, 15, 29

Sue Geno, a retired psychologist, has been journaling most of her life. She is excited to share her passion for this age old art form, which is on the decline in our busy world of emails and Internet. Sue will talk about different types of journals, share resources, and discuss how journaling can be fun, creative, and spiritually rewarding.

Please bring a journal or writing paper and a favorite pen. There is no charge for this class. Class size is limited to 10 participants. *Please sign up in advance.*

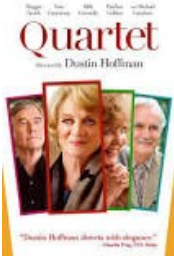
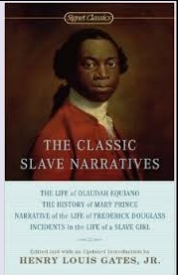
## Zack's Place Theater Guild Presents *Tea for Tut* June 2, 5:30 pm at WUHS

Join Zack's Place and the Thompson Senior Center participants in a trip across the Atlantic to explore The Thompson Hotel at Zackton Abbey in Yorkshire, England. Help us solve the mystery of the missing ancient Egyptian artifacts from King Tut's Tomb. Tea, Tut and Mystery....music, dancing and romance! We'll be Leaving on a Jet Plane on June 2nd at 5:30 pm, so bring your boarding pass, your passport, your friends and Be Our Guest for a night full of fun and surprises! Free to All, Donations Gratefully Accepted!



## BOOK GROUP Wednesday, June 10, 1:00 pm

Inspired by our May spirited conversation about Blacks in Nigeria and America, we decided to delve deeper by reading the autobiography of Frederick Douglass. The book *Classic Slave Narratives* contains 4 stories of blacks including Douglass', a 1749 text of "The Life of Olaudah Equiano," "The History of Mary Prince: A West Indian Slave" and "Incident in the Life of a Slave Girl." One of the outstanding black history professors of our time, Henry Louis Gates, Jr. compiled the edition. *Newcomers are welcomed!*



## Movie Night is back! *Quartet* Monday, June 15, 2015 5:30 pm Dinner, 6:30 pm Movie

Lifelong friends Wilf and Reggie, together with former colleague Cissy, are residents of Beecham House, a home for retired opera singers. Every year on Giuseppe Verdi's birthday, the residents unite to give a concert to raise funds for their home. But when Jean Horton, a former grande dame of the opera fallen on hard times, also Reggie's ex-wife and the fourth and most celebrated member of their former quartet, moves into the home to everyone's surprise, the plans for this year's concert start to unravel.

*QUARTET* is a wickedly comic film about redefining old age and growing old with hope; demonstrating how art illuminates life and the human spirit remains undimmed even as the brightest stars start to fade. Quartet is actor Dustin Hoffman's directorial debut, and was nominated for a 2013 Golden Globe for Maggie Smith's performance.

**Menu:** Springtime pasta primavera with grilled chicken breast, grilled garlic toast, tossed salad and keylime pound cake. **Cost: \$5.**

# EXERCISE CLASSES

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

## 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. 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.**

## New! Water Aerobics Class Woodstock Health and Fitness Center Fridays, Beginning June 12, 1:30 – 2:15 Cost: \$8/class (series of 8 classes is \$64) *The Thompson Center will provide shuttle service to and from class if needed, departing at 1:15pm.*

Water aerobics is a safe and low impact way to exercise your body. It can be a cardiovascular aerobic work-out to the degree you choose, by making it easier or more challenging for yourself. Fitness Instructor, Bari Ramirez will be using water weights for strength, which are optional. The most important aspect of water aerobics is that it can provide a greater range of flexibility from working in the water. The water creates a nice resistance for your body to move through and because of that you can move your muscles and joints farther and more protected than if you were on land, all in the comfort of an 82 degree pool. *Please note: A minimum of 10 students is requested for this*

## Tai Chi's Slow, Gentle Exercise Great for Mind and Body ~No Classes in June~

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 [annie-bower@yahoo.com](mailto:annie-bower@yahoo.com), or check out her

## Wednesday Walkers Wednesdays, 9:00 am at Union Arena

These hearty walkers, with Jerry Fredrickson, will continue to meet at the Union Arena on Wednesdays in June 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.*



## TRIPS, TRIPS, TRIPS

### Love in Woodstock: 200 Years of Wedding Gowns and Accessories Woodstock History Center, Tuesday , June 16, 1:15 pm *\*Departure from The Thompson Center*

Join us when we visit the Woodstock History Center's much anticipated new exhibit. The exhibit includes 19 wedding gowns and a variety of fans and other accessories. The gowns, which range from the 1780s to the present, cover a wide array of sartorial styles and range from charmingly casual and simplistic dresses to lavish gowns. Interpretive panels explaining early matrimonial customs, as well as wedding collages -- showing local couples, their friends, and their families -- comprise the backdrop for the exhibit.

*\*Please call to reserve your seat on the van or indicate if you will be driving on your own.*

### Bugbee Senior Center Trip to *GYPSY* at New London Barn Playhouse Wednesday, June 24, 2015 Cost: \$91

A Premier Coach bus leaves Bugbee Senior Center at 11:00 am. Your ticket package includes transportation and lunch at Coach House restaurant with a choice of two menu entrees: (1) Lemon roasted chicken, whipped potatoes, spinach, haricots vert, mustard jus, or (2) Horseradish crusted cod, crispy leeks, rosemary roasted potatoes, tarragon cream sauce; a choice of coffee, tea, or soda, followed by Chef's seasonal dessert offering. Please contact the Bugbee Senior Center at 802-295-9068 for your reservation.



### Warren's Lobster House and Kittery Shopping Trip Wednesday, August 5, 2015

We return to Warren's Lobster House picturesque setting overlooking the Piscataqua River in Kittery Maine. Lunch will include an entrée from the popular "Captain's Menu"---with a 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, along with the salad bar, dessert, and beverage choice. 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. Shoppers will enjoy vast selection of brand name recreational gear, clothing, footwear and specialty gifts for the entire family.

#### Itinerary:

9:00 am Depart Thompson Center on Premium Coach Bus

12:00 - 1:30 pm Lunch at Warrens

2:00 - 3:15 pm Shopping at Outlets

6:00 pm Arrive in Woodstock

*Please call to reserve your space on this trip followed by prompt payment and mention your menu selection. The deadline for reservations is July 22<sup>nd</sup>. Cost: \$82.00 Includes Meal and Transportation.*

**Please Note: We must have a minimum of 35 paid reservations by July 22nd, or the trip will be cancelled. So please sign up soon!**

## PROGRAMS

### The Arctic, Fifty Years Ago A Photo Presentation and Talk Wednesday, June 3, 1:00 pm

Research Meteorologist Roy Bates will present a slide show of his photos taken from fifty years ago while conducting research in the Arctic. His research included studies of snow and ice properties and their effects on military systems from Barrow Alaska, across the Arctic Basin, to Greenland and northern European cold region nations. While in Greenland, his research included work at Camp Century, a city built under the glacial snow cover. Now retired, Mr. Bates started a consulting firm, Weather Service Associates.

*Note: This program was originally scheduled for December 9, 2014 and was cancelled due to inclement weather.*

### 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 Moore, 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.

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)



**Don't Be a Target...or a Victim!**  
**Wednesday, June 24, 1:00 pm**



You're invited to a free, informational presentation about the latest scams and how to prevent a loss.

Every day another older Vermonter is ripped off by a telephone, Internet or mail scam. Aggressive scam artists are targeting seniors across the country to the tune of billions! Find out how you can recognize a con, protect yourself and avoid becoming the next victim.

Join trained AARP Vermont Volunteers for a free program to learn more about Fraud Prevention.

PROGRAM CALENDAR - JUNE 2015				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class 1 Bridge <b>1 Advance Directives*</b> <b>1 Advisory Meeting</b> 1 Horseshoes	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table 1 Scrabble 3 Bone Builders <b>5:30 Zach’s Play</b>	<b>9 W. Leb Shopping*</b> 9 Walking Program 10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table <b>1 Arctic Program</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Table 12 John Conley memorial lunch 3 Play Practice
8	9	10	11	12
<b>Barnard Day</b> 9 Strength & Fitness 10:15 Memoir Group 1 Bridge <b>1 Advance Directives*</b> <b>1 Medicare Appts *</b> 1 Horseshoes <b>1 Chronic Pain Workshop*</b>	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Program 10-12 Chair Massage* 10:30 Handwork Cir. <b>12 Staff Appreciation potluck</b> 12 French Table <b>1 Book Group</b> <b>1:30 Water Aerobics*</b> <b>5:30 Caregiver Panel Discussion</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 3 Bone Builders	<b>9 – 2:30 Foot Clinic*</b> <b>10-12:30 CCC Office Hours*</b> 12 German Table
15	16	17	18	19
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class 1 Bridge <b>1 Advance Directives*</b> <b>1 Medicare Appts *</b> 1 Horseshoes <b>1 Chronic Pain Workshop*</b> <b>5:30 Movie Night*</b>	9 Strength & Fitness 10 Double King Pedé 11:30 Commodities 12 Spanish Table 1 Scrabble <b>1 History Center Visit*</b> 3 Bone Builders	<b>8:30 Board Meeting</b> 9 Walking Program <b>9 W. Leb Shopping*</b> <b>9 – 2:30 Foot Clinic*</b> 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group <b>1:30 Water Aerobics*</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 3 Bone Builders	<b>Breakfast Day</b> <b>No lunch served</b> <b>10-12:30 CCC Office Hours*</b>
22	23	24	25	26
9 Strength & Fitness 10:15 Memoir Group <b>12 Father’s Day Lunch/ Texas BBQ*</b> 1 Bridge <b>1 Advance Directives*</b> <b>1 Medicare Appts *</b> 1 Horseshoes <b>1 Chronic Pain Workshop*</b>	9 Strength & Fitness 10 Double King Pedé 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Program 10-12 Chair Massage* 10:30 Handwork Cir. 11 Bugbee Trip 12 French Table <b>1 Fraud Program</b> <b>1:30 Water Aerobics*</b>	<b>BIRTHDAY DAY*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Table
29	30			
9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class 1 Bridge 1 Horseshoes <b>1 Advance Directives*</b> <b>1 Chronic Pain Workshop*</b> <b>2 Mormon Tabernacle Trip</b>	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table <b>12 Summer Tea*</b> 1 Scrabble 3 Bone Builders		<b>*Indicates that sign-up/ reservations are required</b>	<b>BINGO daily at 10:30 am except on birthday day and other special meal days.</b>  <b>Location: Dining Room on Mon. &amp; Wed. Upstairs conf room on Tues, Thurs, Fri.</b>

MENU - JUNE 2015				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Coconut Macaroons w/ Pineapple	Tossed Salad, Meatloaf, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Multigrain Spaghetti & meatballs, Garlic bread, Tossed Salad, Fresh Fruit salad and Lemon Cookie	Grilled Jammin' Salmon Burgers, Potato Salad, Grilled Vegetable Salad, Almond Joy Sundae	BBQ Chicken legs, Potato Salad, Firecracker salad, Peanut Butter and Chocolate Sandwiches w/ fruit
8	9	10	11	12
<b>Barnard day</b> Lemony Chicken with Spinach, Artichoke & Roasted Potatoes, Strawberry Cake	Reubens, Beer Battered Onion Rings, Mediterranean Vegetable Salad, Sorbet w/ Fresh Berries	<b>Pot Luck Staff Appreciation Day</b>	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Peach Short-cake	<b>Chef's Choice</b>
15	16	17	18	19
Chicken Burritos w/ cheese, Peppers, onions, Salsa and Sour Cream Roasted South Western Salad, Margarita Cup cake	Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Chef's Choice Dessert	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Coconut Chocolate Chip Cookies and Fruit	<b>Breakfast Day*</b> French Toast, Maple Sausage, Fruit and Yogurt
22	23	24	25	26
<b>Father's Day Lunch Texas BBQ</b> BBQ Smoked Beef Brisket, Pinto beans, Potato Salad, Cole-slaw, Banana Pudding	Tossed Salad Spinach, Ham &cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries	Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Warm Berry Crisp	<b>Birthday Day*</b> Roast Beef, Au Jus,Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake and Ice Cream	Tuna Pasta Salad, Pea Salad, Cucumber Salad, Lettuce & Tomato, Fresh Fruit Parfait
29	30			
<b>Chef's Choice</b>	<b>Summer Tea*</b> Assorted Tea Sandwiches and Pastries	<b>Meal Pricing:</b> <ul style="list-style-type: none"> <li>\$7 charge for those under sixty</li> <li>\$5 suggested donations for ages sixty and over</li> </ul>	<b>Menu is subject to change based on availability of food items.</b>  <b>Please call ahead with special dietary needs</b>	<b>*Indicates that Sign-up/ Reservations are required (Birthday Day &amp; special holiday meals)</b>