OUR MISSION

The Thompson Center will act as resource and advocate for our senior population providing timely support on issues that affect aging in our rural community. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.

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

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.  www.facebook.com/thompsonseniorcenter

Community Care Coordinator (CCC), Carla Kamel has office hours at The Thompson.  
Times and dates noted on the Program Calendar

TOWN MEETING DAY

The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.

According to the National Council on Aging, senior center participants have higher levels of health, social interaction and life satisfaction, and home and community based services are estimated to be one-third the cost of institutional care. With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. In the past year, the Thompson services have reached more than 35.4% of the residents ages 65 and over in the four towns mentioned above, plus dozens from other communities. We serve approximately 1,300 unique individuals with our programs, referrals, meals, and transportation.  Please consider voting and speaking up at your town meeting about the value of these services for seniors. Thank you for your vote!

MARCH FOR MEALS!
A NATIONWIDE CELEBRATION OF NEIGHBORS SERVING NEIGHBORS

Each March, The Thompson Center participates in “March For Meals,” a national campaign held during the month of March initiated and sponsored by the Meals On Wheels Association of America (MOWAA), to raise awareness about senior hunger and nutrition, and to encourage action on the part of local communities. Volunteers for the Thompson deliver between 25 – 30 meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard and Pomfret. Last year we delivered 7,121 Meals on Wheels.

Some marketing efforts planned for March include:

• Elected Official Day–town officials are asked to deliver meals during the nationally recognized week of March 16 through 20
• “Wheels for Meals” Fundraiser–The Thompson, along with local businesses will ask for $1 donations. In return, your name will be prominently displayed on our “wheel”.
• “March” down Central Street where Thompson staff members and others will deliver Thank You’s to local businesses for their support.
• Other fun activities!

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BEHIND THE SCENES

21st Annual Valentine Auction

The 21st Annual Valentine Auction and Dinner was a terrific success raising about $61,000 (net) towards our $450,000 annual operating budget for the Center. See pictures from the event on our Facebook page.

Special Thanks to:
Claire Mayock of Heart Rock Kitchens
The Woodstock Inn Anything Printed
Change the World Kids
Auction Chair, Holly Levison and All of our Volunteers, Donors, and Attendees!

IN APPRECIATION & IN LOVING MEMORY

IN APPRECIATION

Deanna Busch - Assorted bathroom accessories
Fran Gillett, Janet Maxham, Bonnie Atwood, Emily Schanck - Helped clean out craft room
Carol Towne - Votive candle holders

ONGOING DONATIONS:
Daily Valley News subscription - Woodstock Pharmacy
The Vermont Standard weekly papers
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne

Monthly book club selection - Yankee Bookshop

TRANSPORTATION SPONSORS

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

MARCH BIRTHDAYS

1st Charles Luetke 11th Linda O’Neil
2nd Barbara Blacklock 11th Gayle Bielanski
3rd Bert Easlen 12th Mary Klampert
4th Joan Hadden 13th Willem Post
5th Meg Johnson 13th Byron Kelly
6th Mary Cameron 13th Florence Nieworth
7th William Ellis 13th Deborah Phillips
8th Heidi Talbert 13th Lucille Tancreri
9th Edward Thunoth 13th Faith Wishart
10th Susan Harlow 14th Irene Schlier
11th Jen Bloch 14th Polly Bacon
12th James Hassen 14th Joan Yankee
13th Liz Hatfield 15th Renette Bedard
14th Alexander Haden 15th Ernest Kendall
15th Narissa Wilvere 15th Patricia Osborne
16th John Garren 16th Paul Milza
17th Barbara Sanders 16th John Dibble
18th Lorraine Kruse 17th Susan Rose
19th Cecilia Hoyt 18th Pat Tillon
20th Larry Kasden 18th Yvonne Delong
21st Jerry Frederickson 18th Beryl Spencer
22nd Catherine Harriman 18th John Worth
23rd Peter Hall 19th Sally Putnam
24th Betty Putnam 20th Emily Jones
25th Sayon Camara 21st David Crocker
26th David Worth 22nd Marie Willis
27th Linda Willard 23rd Charlotte Groff
28th Ann Sadovsky 24th Armenian
29th Mervin Comes 25th Thomas
30th Joan McGee 26th Lisa Willard
31st John Weiter 27th Catherine Harriman

IN MEMORY OF

ROBERT LEWIS
Sue Hottentzen
John & Marybeth Brand

JOHN CONLEY
Coleman & Cecilia Hoyt

ADELINE JARVIS
Lynn & Nancy Peterson
Ruth Turner

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.

A new online service to help people who receive Social Security benefits with information for their tax returns: If you didn’t receive or misplaced your SSA-1099 or SSA-1042S, you can get an instant replacement. Setting up an account is easy, secure, and convenient. Go to http://www.socialsecurity.gov/myaccount/

Congratulations John Ditcheos, our most recent Marble Game Winner!
WELLNESS PROGRAMS

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 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.

CAREGIVER SUPPORT GROUP
Wednesday, March 18, 12:30 pm

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer’s. Please join our confidential monthly support group (with complimentary lunch) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

Skin Cancer—What you Should Know
Tuesday, March 10, 1 pm

Nikki Gewirz, an NCCPA-certified Physician Assistant at the Gifford Medical Center, is a graduate of the State University of New York Stony Brook Medical University. She will be discussing ways to prevent skin cancer, the different treatments for skin cancers, and what to look for when you are monitoring your skin for changes.

Are you Troubled By Incontinence?
Wednesday, March 25, 1 pm

Dr. Richard Graham, MD returns to the Thompson to discuss different treatment options for incontinence for males and females and different ways to change behaviors to benefit bladder health. A graduate of the Medical College of Virginia, Dr. Richard Graham is board certified and has 27 years of experience with a wide variety of minimally invasive surgeries.

Wellness Clinic & Blood Pressure Screenings
Tuesday, March 24, 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.

Foot Care Clinic
with Mary Wood
Monthly, 9 am - 2:30 pm
on the 2nd Friday & 3rd Wednesday.

Mary Wood, retired RN, runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary on the 2nd Friday, or 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!

A waiting list is kept for each day; PLEASE make sure to let us know if you can’t make your appointment. Cost: $15, please bring your own towel.

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

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

Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can’t make it so that someone else can take your spot and we don’t keep our massage therapists waiting! Cost: 20 minute massage/$20.00

EVENTS & CLASSES

Tax Assistance at the Thompson
The Thompson Center is offering individual tax preparation for seniors and low income persons. free of charge during scheduled appointments on Mondays through April 6th.

Please bring: Valid picture ID for the taxpayer and spouse, Social Security card, copies of income tax 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!

FACEBOOK CLASS
Fridays, March 6 - 27
1:30 - 2:30 pm
$40 for 4 sessions
Instructor: Jürgen Ewert

Session 1: March 6, 2015
How do I establish and manage a Facebook account?

Session 2: March 13, 2015
Which features of Facebook are useful to stay in touch with family and friends?

Session 3: March 20, 2015
How do I include family and friends and how do I find people with the same interest on Facebook?

Session 4: March 27, 2015
How can I avoid getting unwanted friend requests and notifications?

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.

 BOOK GROUP
Wednesday, March 11, 1:00 pm

On March 11th at 1PM we will discuss The White Tiger by Aravind Adiga. It’s about a comic taxi driver in India: all he learns and accomplishes in his native India. The book is narrative genius with a mischief and personality all its own. Amoral, irreverent, deeply endearing, and utterly contemporary, this novel is an international publishing sensation.

APRIL IN PARIS
No need to buy a plane ticket.
Come to the Thompson Center to welcome Spring with some French conversation and croissants.

Friday, April 17, 9:30 to 11:00 $15 includes “café et croissants.”

Please register by April 10.
Zach’s Place Casting Call
Performance Practices Begin
Friday, March 13, 3:00 pm
All work will take place at
The Thompson Center
We’re searching for fun-loving seniors with a passion for writing, acting, singing, and dancing to participate in Zach’s Place Theater Guild’s upcoming production. Our performance will take place in late May or mid June.
To participate in our performance, please contact
Zach’s Place or The Thompson Center

Empty Bowls VIII
Sunday, March 29, 4:00—7:00 pm
Pomfret Town Hall
Thompson Van Service is Available
Choose a bowl in which to enjoy the simple meal of soup and bread. Keep the bowl as a reminder that there are always Empty Bowls in the world. There are two ways of contributing, either a donation of a non-perishable food item for the Woodstock Community Food Shelf, or $5 in exchange for a meal in the bowl you painted or borrowed. The $5 also allows you to keep the bowl. For more information call or to make reservations call: 802.457.3277

AARP Smart Driver Safety Course
Friday, April 24th
9:15am to noon (break for lunch) 1:00 to 2:00 pm
Instructor Bill Cherico returns to teach this four hour instructional course which is the nation’s largest refresher course designed specifically for older drivers. Registration begins at 9:15am. Your driver’s license is required and your AARP card for members.
Course Fee: $15.00 for AARP members and $20.00 for nonmembers.
Please call the Thompson Center to sign up in advance, 802.457.3277. Checks should be made out to AARP Smart Driver.

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

Strength & Fitness
Weekly classes, Monday, Tuesday & Thursday
9 to 10:00 am
This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination. Cost: $3.00/class or 12 classes for $36 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 Derskine, are ongoing on Tuesdays and Thursdays each week. Classes are free. Minimum of six participants required. Please sign up in advance.

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

Tai Chi’s Slow, Gentle Exercise
Great for Fall Prevention, Mind and Body Health
Next round of instruction March 4 - April 1
10:00 - 11:00 am, 5 classes for $25.00
Instruction by Anne Bower and Jane Philpin
Tai Chi’s many health benefits have been proven by clinical studies, but each of us can feel those benefits personally— and really, that’s what matters to US! This gentle form of movement challenges the mind and body to work together, increasing concentration and coordination. Class participants report improved sleep, better moods, a sense of greater energy after class. Tai chi improves our balance and that means we’re less liable to fall. Now no one can keep ice from being slippery or that cute puppy from getting right under your feet. But when you have greater body awareness, better posture, can step with more agility, can breathe and relax as you move—all of which we work on in tai chi—you are more able to maintain balance and avoid falls. And while tai chi has us moving slowly and gently, it’s got surprising ability to increase muscle tone—always a good thing! These same movements can release muscle stiffness, aches and pains. At the same time, because we learn not only individual movements but a sequence of movements, we work our brains—and we all want to maintain strong mental powers.
Cost: $25 for new 5 week session
For more information on how tai chi can benefit you, contact Anne Bower at anniebower@yahoo.com, or check out her website: www.annebower.com

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**TRIPS**

**Trips and Programs**

**Boston Flower Show**

*Seaport World Trade Center*

Offered by Bugbee Senior Center

*Thursday, March 12, Depart Bugbee at 8:00 am on Premier Coach Bus*

Cost: $59 includes transportation and show entry. Lunch is on your own.

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

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**Warren’s Lobster House Trip**

*Wednesday, August 5, 2015*

More details to follow...

**Vermont’s Green Mountain Tours Presents:**

*The Mormon Tabernacle Choir on June 29, 2015*

Depart from The Thompson Center...details to follow!

The Mormon Tabernacle Choir will be performing at the Saratoga Performing Arts Center (SPAC) in Saratoga Springs, New York on Monday, June 29 at 7:30pm. The Choir, who has performed before presidents and kings, has sold millions of records and won scores of awards, will be performing at SPAC for only this one evening. They will perform a varied repertoire that will include classical, popular and patriotic works – from Bach to Broadway. Cost: $255/person. *For 10 plus people, the tour price is $230.*

Your tour package includes:

- Premium Box Seats at SPAC
- Dinner at Maestro’s, located in the historic former Rip Van Dam Hotel, the largest remaining pre-civil war hotel in Saratoga Springs
- Luxurious Premier Coach transportation from The Thompson Center **

Details on dates for reservations and deposit will be advertised soon.....

Payment can be mailed to: Vermont’s Green Mountain Tours, PO Box 2021, Georgia, VT 05468. For more information contact Keith at 802-527-0496.

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**Ocular Nutrition Update**

*Presented by Dr. Chris Fields, OD – Fields of Vision Eyecare*

*Monday, March 16, 2015 1 pm*

Dr. Chris Fields returns to The Thompson and will be presenting an update on ocular nutrition and how we can slow the progression of ocular diseases such as Macular Degeneration and Diabetic Retinal Disease. He will also discuss how to enhance our natural vision through improved nutrition. Please bring your questions for this open format discussion.

---

**An Early Spring Garden Exploration**

*A Photo Presentation of Patsy Highberg’s Gardens*

*Thursday, March 26, immediately following Birthday Celebration Lunch, at 1:00 pm*

Put some color into your winter and come on a “walk” through my garden. My slide show will include pictures of spring trilliums, orchids, and rock alpine plants and bulbs. Abundant, colorful zinnias and marigolds flourish in summer. And finally, In fall you will see more colorful bulbs and the rich autumn colors that nature paints the shrubs and trees. The beautiful photos were taken by local photographer Lynn Bohannon.

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**Programs and Classes**

**Artists of Woodstock**

*Fridays, March 6–April 10*

*10:00 am–12:00 pm*

*6 week session $60.00*

An invitation to discover the pleasure of making art that is your own, to enjoy the process and share the outcomes in the company of others at The Thompson Center. We will work with drawing materials, water-based paints and collage media. Our approach is personalized, guiding you towards carrying out your own intentions and developing your own vision.

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

Sign-up is required. New Students are always welcome!

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**Do You Have Your Wedding Dress?**

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

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*Presented by Dr. Chris Fields, OD – Fields of Vision Eyecare*

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<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<tr>
<td>8:45 Tax Appts*</td>
<td>9 Strength &amp; Fitness</td>
<td>10 Double King Pede</td>
<td>12 Spanish Table</td>
<td>1 Scrabble</td>
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<tr>
<td>9 W. Leb Shopping*</td>
<td>9 Walking Program</td>
<td>10 Tai Chi*</td>
<td>10-12 Chair Massages*</td>
<td>10:30 Handwork Cir.</td>
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<tr>
<td>9 Strength &amp; Fitness</td>
<td>10 Cribbage</td>
<td>10:30 Italian Study</td>
<td>12 Italian Table</td>
<td>1:15 Beginning Italian</td>
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<tr>
<td>10-12:30 CCC Office Hours*</td>
<td>10 Art Class</td>
<td>12 German Table</td>
<td>1:30 Facebook Class*</td>
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**MARCH 2015**

**Mon**
- Tossed Salad, Turkey and Vegetable Noodle Soup, Biscuit, Chocolate Cake
- Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Strawberry Sundae
- Spinach, Mushroom, Red Onion, Olive, Cheese Pizza, Tossed Salad, Cupcake
- Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chef's Choice Dessert
- Citrus Roasted Chicken Leg, Baked Potato, Caramelized Seasonal Vegetables, Berries and Cream Crepes

**TUESDAY**
- St. Patrick's Day
- Asian Pork Burgers on Multigrain Round w/ Lettuce and Sweet & Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw, Chocolate Chip Cookies and Fruit
- Tossed Salad, Chicken Parmesan over Multi-grain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad
- Tossed Salad, Chili, Corn Bread, Yogurt Cake w/ Peach Puree
- Turkey Sandwich on multigrain flat roll, Caldo Verde (Spicy Portuguese Kale and Potato soup w/ sausage), Warm Mixed Berry Crisp

**WEDNESDAY**
- Sweet and Sour Chicken, Vegetable Stir Fry, Rice, Coconut Macarons w/ Pineapple
- St. Patrick's Day*
- Tossed Salad Spinach, Artichoke & Cheese Quiche, Roasted Sweet Potato Fries, Hot Fudge Sundae w/ Banana
- Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Rum Raisin Rice Pudding
- Almond-Crusted Titàpolia, Roasted Potatoes & Veggie Blend, Fruit topped Cookies

**THURSDAY**
- Chicken Caesar Wraps, Hearty Vegetable Minestrone, Cottage Cheese, Pumpernickel Cake w/ Cream Cheese frosting
- Tossed Salad, Beef Stroganoff, Roasted Seasonal Root Vegetables, Brownie Sunnades
- Puff Pastry Chicken Pot Pie, Tossed Salad, Warm Apple Crisp
- Birthday Day*
- Tossed Salad, Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Mixed Fruit cobblers

**FRIDAY**
- Chef's Choice
- Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll

**Monday Pricing:**
- $7 charge for those under sixty
- $5 suggested donations for ages sixty and over

**Indicates that Sign-up/Reservations are required**

*(Birthday Day & special holiday meals)*

Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.

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**THOMPSON TIMES**