



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

MARCH 2017

MARCH FOR MEALS! A NATIONWIDE CELEBRATION OF NEIGHBORS HELPING 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 America (www.mealsonwheelsamerica.org), to raise awareness about senior hunger and nutrition, and to encourage action on the part of local communities. Volunteers for the Thompson deliver between 30 – 35 meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard and Pomfret. Last year we delivered 8,424 Meals on Wheels.

The highlights of our March for Meals events this year:

- Community Champions Day, Friday, March 24th - town officials and local celebrities nationwide are asked to deliver meals during the nationally recognized week of March 20 through 24.
- Our 3rd annual *Thank You Walk* on March 8th. Join us at 1:30 pm as we “March” down Central Street to deliver special “Thank You’s” to local businesses for their support throughout the year.
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page for pictures and testimonials from our recipients and volunteers.
- Pomfret residents: The Thompson will be providing lunch at The Pomfret town meeting again this year on Tuesday, March 7th, at the town hall. Enjoy a delicious soup, sandwich, and cookie prepared by our talented chef, and support the Thompson Meal program too!

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 40% of the residents ages 65 and over in the four towns mentioned above, plus dozens from other communities. We serve approximately 1,500 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.**

The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
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,
paula@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
swright@thompsonscenter.org
**Drivers: Dwight Camp, Tom Morse,
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

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John Steinle—*Vice President*

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Wendy Wannop

Tom Weschler

BEHIND THE SCENES

Thompson Dinner Dance 2017

Thank You to all of Our Sponsors and Donors

UNDERWRITERS

Townsend & Shoshana Belisle Frank & Barbara O'Connell
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DIAMOND SPONSORS

Barnard Inn <-> Lynne Bertram <-> Chippers
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Discovery Bicycle Tours <-> Ellaway's Attic Selective Consignment
Ennis Construction <-> Chef Ted Fondulas <-> Harper Environmental
Diana & Tom Hayes <-> Hull Maynard Hersey Insurance <-> Sal & Barbara Ianuzzi
Jasper & Prudence Floral & Events <-> Lawrence & Margaret Kasden
Lake Sunapee Bank <-> Michael Mongulla CPA <-> Northern Stage
NFP Insurance <-> Ottawaquechee Physical Therapy Ottawaquechee Plumbing & Heating
Joan & Jerry Oppenheimer <-> Pentangle Arts Council <-> Lynn & Nancy Peterson
Kate Reeves <-> Rigali Orthodontix <-> Dr. Mark Stickney
Stonewall Manor <-> Subaru of Claremont
Two Rivers Ottawaquechee Regional Commission <-> Upper Valley Endodontics
Upper Valley Eye Associates Williamson Sotheby's International Realty
Woodstock Home & Hardware
Woodstock Sports <-> Woodstock Terrace

See even more donors on our website and visit our Facebook page
for photos from the event.

NEWS & EVENTS



Vermont's Bald Eagle Restoration Project

**A special dinner program presented by Wildlife Biologist, John Buck
Wednesday, March 29, 2017**

Dinner at 6:00 p.m. followed by 7:00 p.m presentation

Cost: \$22

**Menu: Cuban Pork Chops with Mojo, Roasted Fingerling Potatoes,
Watercress With Tomato and Avocado Salad, and Apple Galette**

In light of so much recent news about eagles, and eaglet hatchings on Live Cam in Florida, The Thompson Center is thrilled to offer this new program brought to us by Vermont's Fish And Wildlife Department. John's slide presentation will include an overview of Bald Eagle biology, the Department's restoration efforts that include hatching, habitat protection, and nest monitoring, and a summary of eagle population to date. *This program is open to adults of all ages.*

John Buck is a *Wildlife Biologist, and Migratory Birds Biologist*, in the Barre Office of Vermont Fish and Wildlife. John has worked for Fish & Wildlife since 1980. He holds a M.S. in wildlife biology from the University of Vermont. As one of the department's wildlife biologists, John is responsible for directing the recovery of threatened and endangered bird species including bald eagle, grasshopper sparrow, whip-poor-will, spruce grouse, common nighthawk and black tern. In addition, he also directs the management of bird species of special concern including black-backed woodpecker, golden-winged warbler and bicknell's thrush. John also is charged with monitoring post-recovery bird species, habitat management and conservation of bird species of greatest conservation need, habitat and facilities management of 11 wildlife management areas covering approximately 7,000 acres of land. During his time off, John enjoys participating in choral ensembles, playing guitar, home brewing, maple sugaring, sailing, hunting, fishing and photography.

Medicare Boot Camp for New Enrollees

Tuesday, March 14, 1 - 2:45 pm

Presented by Senior Solutions



Are you almost 65 years of age and thinking about signing up for Medicare? Are you retiring and losing your health insurance benefits? Come and learn when and how to enroll in Medicare. State Health Insurance Plan (SHIP) counselor, Patricia Coogan, will be presenting this class for those individuals who will be signing up for Medicare. Patricia will discuss the different levels of Medicare coverage options such as supplement plans, and Advantage plans as well as the current prescription drug plans.

Please call The Thompson Center to register in advance.

TAX ASSISTANCE AT THE THOMPSON

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. TCE Preparers (Tax Council for the Elderly) will complete your 2016 taxes free of charge during scheduled appointments on **Mondays, through April 10th**. On the day of your appointment, please come early to fill out a questionnaire. **Please call 457-3277 soon to schedule an appointment. Appointments are limited and will fill up quickly!**



TRIPS & PROGRAMS

King Arthur Baking Class: Biscuits and Scones

**Tuesday, April 4, Depart from the Thompson Center at 9:15 am, Return to Woodstock by 3:00 pm
Cost: \$69 Includes Transportation and 3 Hour Baking Class. Lunch is on your own.**

You are invited to join a Thompson private baking class where we will learn the heart of making feathery-light biscuits and tender scones in a state of the art baker's classroom. Our 3 hour class will be followed by lunch on your own at King Arthur's café, and some shopping. *Maximum guests for this class is 16 – come alone or pair up with a friend. Please inform us if you need a ride. Payment reserves your seat.*

Nature of the Lakes Cruise on Squam Lake, Holderness, NH Followed by Lunch With Lake View Dining at Walter's Basin Restaurant Wednesday, July 12, 2017

**Depart Thompson at 8:00 am on Coach Bus for a 10:30am cruise
Followed by lunch at 12:15 pm. Return to Woodstock approximately 4:00 pm.
Cost: \$77 Transportation, Cruise, and Lunch**

We will uncover the rich natural history of Squam Lake with an experienced naturalist educator and observe Loons and Bald Eagles and their nesting sites along with other wildlife. Learn how animals survive and adapt to their aquatic world. Gain an appreciation and deeper understanding of Squam Lake from mountain ranges to island stories to quiet spots during this memorable lake experience.

Our cruise will be 90 minutes in length on canopied pontoon boats with padded seats and will depart from the dock on Route 3 at the bridge, next to Walter's Basin Restaurant in downtown Holderness. Binoculars are available for wildlife viewing at no additional cost.

Travelers are encouraged to wear sneakers or something similar, and bring sunscreen and a light jacket. Payment is due at time of reservation to guarantee your seat.

On Golden Pond

At New London Barn Playhouse

Wednesday, August 23, 2:00 performance (Depart on Thompson Van at 12:30pm)

Please notify the Thompson kitchen if you would like an earlier lunch before departing

Cost: \$34 Space is limited so please reserve your seat with payment

A funny and bittersweet story about the complex, deeply felt ties binding one American family together. The tranquility of the idyllic New Hampshire lake where Ethel and Norman Thayer have spent the past 48 summers is about to be broken by the arrival of their daughter and her entourage. Love, family, and the passage of time intertwine in this Tony Award-winning play.



**Deposits Due by March 27th
Final Payment Due by August 3rd**

**Book Before April 3 & Save \$170 Per
Person /\$3,009 Double if booked by 4/3**

The Thompson Center Presents Canyon Country 2017 Featuring Arizona, Utah & Nevada October 2 – 10, 2017

9 days * Meals: 7 Breakfasts, 4 Dinners

**Trip Highlights include Scottsdale, Grand Canyon, Lake
Powell, Bryce Canyon National Park, Las Vegas,
and much more!**

Visit our website for more details at www.thompsonseniorcenter.org

PROGRAMS

Celtic Knot Project
Presented by ArtisTree at The Thompson
March 1, 1:30 pm



In recognition of Saint Patrick's Day this class will focus on the traditional Irish symbol, the celtic knot. Participants will be guided through a step by step process to create a colorful wall-worthy nod to Irish culture and tradition. Pre-register by calling Shari at 457-3277.

Fall Prevention Talk and Balance Screenings
Thursday, March 9, 1:00 - 3:00 pm

Have you fallen recently? About 30% of older people who have fallen lose their self-confidence and as a result begin to avoid venturing out and doing the things once enjoyed with confidence. If you feel unsteady when standing or walking or worry about falling, now is your opportunity to get back on track.

Ottauquechee Health Center Physical Therapists will be at The Thompson Center conducting free balance screenings. Participants will receive recommendations based on your individual screening results.

Pre-registration is needed to ensure that time is allotted for screening. Contact Shari at 457-3277. Please wear comfortable clothes and shoes.

Contact Linda Hazard, PT, at the Ottauquechee Health Center, at 802-457-5409 if you have any questions pertaining to the balance screening.



The Empty Bowls Project
Paint a Bowl and Help Raise Hunger Awareness
Thursday, March 16, 1:00 pm

Empty Bowls is an international grass roots movement with the goal of raising money to help organizations fight hunger. We invite you to join us at The Thompson to decorate an empty pottery bowl created by local potters. Your handmade decorated pottery bowl will then be used at the Pomfret Empty Bowls Dinner at Pomfret Town Hall on **Sunday, April 2nd from 4:00 - 7:00 pm** for a simple meal of soup and bread. 100% of the money collected on that evening will be donated to hunger fighting organizations. **Please register in advance by calling Shari at 457-3277.**

Fiddler Beth Telford Performs on St. Patrick's Day
Friday, March 17, 1:00 pm



Beth Telford is one of Vermont's prominent fiddle players and has been playing fiddle for more than 20 years at festivals, dances, coffeehouses, and backyards in New England and beyond. Since 1996, she has concentrated on learning the tunes and stylings of Cape Breton music. For the past 3 years, she has organized and taught week-long Cape Breton fiddle camps with her mentor, Master Cape Breton Fiddler, Jerry Holland.

PROGRAM CALENDAR - MARCH 2017

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 conference room on Tues, Thurs, Fri,	9 W. Leb Shopping* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 1:30 ArtisTree Project*	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
6	7	8	9	10
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Advisory Meeting	9 Strength & Fitness 10 Double King Pede 10-2:30 Ping Pong 12 Spanish Table 12:30-2:30 Mahjong 3 Bone Builders	9:30 Tai Chi Beginner 10-12:30 Reflexology Appointments* 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 1 Book Group 1:30 Thank You Walk	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 1 Fall Prevention* 2 Mahjong 3 Bone Builders	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
13	14	15	16	17
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Advanced Directives*	9 Strength & Fitness 10 Double King Pede 10-2:30 Ping Pong 12 Spanish Table 12:30-2:30 Mahjong 1 Medicare Boot Camp* 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10:15 Low Vision Support Group 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Ongoing Italian 1 Empty Bowls Project* 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table 1 Fiddler Program Open Ping Pong 1:30 Water Aerobics*
20	21	22	23	24
8:45 Tax Appts* 8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pede 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30-2:30 Mahjong 3 Bone Builders	9:30 Tai Chi Beginner 10-12:30 Reflexology Appointments* 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 1 Incontinence Talk	Birthday Day* 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 1 Music Bingo 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
27	28	29	30	31
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pede 10-2:30 Ping Pong 12 Spanish Table 12:30-2:30 Mahjong 3 Bone Builders	Late Opening for Wildlife Biologist, John Buck at 5:30 pm (There will be no noon meal served today due to late opening)	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table Open Ping Pong 1:30 Water Aerobics*

MENU - MARCH 2017

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	* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	Tossed Salad, Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Warm Berry Crumble	Reubens, Sweet Potato Fries, Marinated Vegetable Salad, Strawberry Cake	Salmon en Crouete, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Sorbet w/ Fruit
6	7	8	9	10
Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana	Tossed Salad Spinach, Ham & Cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries	Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Pineapple Upsidedown Cake	Tossed Salad, Shepherd's Pie, Vegetable Medley, Poached Pears	Puff Pastry Chicken Pot Pie, Tossed Salad, Caramel Pumpkin Tiramisu
13	14	15	16	17
Tuscan White Bean Soup, Tossed Salad, Roll, Blueberry Pie	Tossed Salad, Meatloaf, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Ginger Snap and Fruit	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	St. Patrick's Day* Corned Beef, Cabbage, Baby Carrots, New Potatoes, Guinness Stout Cake
20	21	22	23	24
Chicken Caesar Wrap, Hearty Vegetable Minestrone, Cottage Cheese, Chocolate Chip Cookie and Fruit	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Apple Crisp	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries	BIRTHDAY DAY* Orange and Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Balsamic Roasted Asparagus, Roll, Cake and Ice Cream	Beer Battered Haddock, Steak Fries, Coleslaw, Warm Apple Crisp
27	28	29	30	31
Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Fresh Fruit Salad	Tossed Salad, Spaghetti & Meatballs, Garlic Sautéed Vegetable Medley Fresh Fruit salad	Dinner Event (No lunch served) Cuban Pork Chops with Mojo, Roasted Fingerling Potatoes, Watercress With Tomato and Avocado Salad, and Apple Galette	Sweet and Sour Pork, Stir fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple	Chef's Choice

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **St. Patrick's Day on the 17th and Birthday Day on the 23rd**. Volunteers, if you are working and eating on that day you will also need to sign-up at the front desk. Our fire code limits us to 80 guests. Thank you!

EXERCISE CLASSES

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

BRAIN BUILDER

Pay Attention
(Medium Difficulty)

Read and memorize the following series of letters

Letters: I, Y, H, X, O, P

Now, cover the letters and try to recall them in the reverse order in which they were listed above.

Water Aerobics Class
Woodstock Athletic Club
Fridays, March 3 - May 5
1:30 - 2:15 pm
Cost: \$80 for 10 week class

The Thompson Center will provide shuttle service to and from class if needed. Please register in advance by calling 457-3277. Payment is due at time of reservation and must be received prior to the start of class series.

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.

Tai Chi's Slow, Gentle Exercise
Great for Mind and Body
Wednesdays, March 1, 8, 15, 22, 29
Next Session: Apr 5, 12, 19, 26
Beginners/Intermediate 9:30 am
Upper Intermediate/Advanced 10:45 am

We will again have both an introductory tai chi class and a class for those who've been enjoying Anne Bower's classes here for a while. Both classes use movements based on Sun 73 tai chi--the youngest of the tai chi styles and the one most focused on health. We know from individuals' experiences as well as some clinical studies that tai chi can provide joint pain relief, greater balance, meditation, and fall prevention. Many doctors now recommend it to their patients!

Cost: \$3.00/class with all of the proceeds going to support programs at The Thompson.

To inquire about the classes, contact Anne at anniebower@yahoo.com or 457-2877 (website: www.anniebower.com).



Strength & Fitness
Mondays, Tuesdays & Thursdays
9:00 - 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.

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.

WELLNESS PROGRAMS

Foot Care Clinics
Monthly, 9:00 am - 2:30 pm
on the 2nd Friday & 3rd Wednesday
And 12:30 to 2:50 pm on the
4th Tuesday

In addition to Mary Wood's clinic on the second Friday and third Wednesday of each month, we are happy to offer more foot clinic availability with our wellness clinic nurse, Mary Ann Conrad. Mary Ann will be offering an additional foot clinic on the fourth Tuesday of the month from 12:30 to 2:50 pm following her wellness clinic hours.

Both clinics will now be \$20 and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.

CAREGIVER SUPPORT GROUP
Wednesday, March 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 Alzheimers. 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.

Low Vision Support Group
Every 3rd Thursday of the Month
10:15 - 11:45 am
March Discussion:
Balance strategies for those with low
vision/chair yoga

The Vermont Association for the Blind and Visually Impaired is offering this new support group where participants can share experiences, challenges, and successes of living with a visual impairment at this ongoing monthly meeting. Learn about adaptive aids and strategies that support independence. Led by a Certified Vision Rehabilitation Therapist from VABVI.

Plumbing Issues?... You *Can* Find Relief
Wednesday, March 22, 1:00 pm
Presented by Rebecca Nash
Doctor of Physical Therapy

Please join Dr. Nash, for an enlightening discussion on the subject of incontinence, an issue that affects both genders and people of *all* ages. Learn about the different types of incontinence and how posture plays an integral role in pelvic floor health. The discussion will also include simple tips for improving the symptoms of incontinence.

ADVANCE DIRECTIVE CLINIC
2nd Monday of the Month

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 2nd 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

Wellness Clinic &
Blood Pressure Screenings
4th Tuesday, 10 - 12 noon
No clinic in March

Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held on the 4th Tuesday of each month from 10-noon.

ReFlex * ReLax* ReNew
Offered by Deborah Neuhof
Certified Reflexologist
March 8 & 22 , 10:00 - 12:30 pm

Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being.

Face*Ears*Hands*Feet

Select one or all four: 25 min/\$30

Loose clothing recommended

Call in advance for your 25 minute appointment.

CLASSES & PROGRAMS

Parking notice



- Handicap access is in back of building near the kitchen. No parking in handicap parking near the kitchen/without a sticker/tag.
- Front of building is for drop off/pick-up only. No stopping in cross walk.
- When parking in main parking lot please be conscientious about parking close enough to the next car as to NOT take two spaces. We're having a full parking lot many days each week and will have more spaces available if everyone takes note of how they're parking.

BINGO

Music Bingo

Thursday, March 23, 1:00

Do you enjoy "Name That Tune"? Would you like to play Bingo but with song titles instead? Join Sherry Belisle for a fun game with the lyrics to all those songs you've loved. Whether or not you recall all the words, Music Bingo is fun for everyone.

Weekly Game Schedule

Bingo

Daily at 10:30 am

(based on availability of caller)

Double King Pede

Tuesdays at 10:00 am

Mahjong

Tuesdays at 12:30 pm

Thursdays at 2:00 pm

Ping Pong

Tuesdays, 10:00 am - 2:30 pm

Fridays - all day



Mahjong Lessons For Beginners

If you are interested in learning this intriguing game, The Thompson Center will be offering free lessons. Based on your interest, time and dates will be determined. For more information please contact our group leader Gail Stickney glavinstickney@yahoo.com



Painting at ArtisTree A Collaboration Between The Thompson Center and ArtisTree

Friday mornings

10:00 - 11:30 am

Instructor: Murray Ngoima

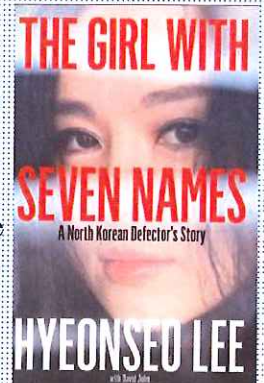
Session 3: Apr 28 - June 2 (6 weeks)

BOOK GROUP

Wednesday, March 8th at 1:00 pm

This month's book is *The Girl With Seven Names* by Hyeonseo Lee.

Unlike many memoirs about escaping North Korea, this one is told by a woman who grew up on the border with China in comfortable means. As a teen, on a whim, she crossed the line one day and found herself alone in a country with a very different culture. After ten dangerous years alone as an alien there, she fled to South Korea. In this honest tale, you will learn much about the three countries and will be inspired by Ms. Lee's strength, her determination and resilience. See you on the 8th. **Newcomers are welcome!**



IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Polly Holt - printer
 Wendy Winsor in memory of June Mitchell -
 medical equipment
 Carol Powell - printer
 Welch's True Value - candy

Congratulations to Laura Robinson who is our most recent Marble Game winner!

On March 23rd we will celebrate your special day with a delicious meal! Please call to make a reservation for lunch and join us!



IN MEMORY OF

JACK MOORE

Randy Harron
 Bo Harron

ONGOING DONATIONS:

Daily Valley News subscription -
 Woodstock Pharmacy
The Vermont Standard Paper
Birthday Cakes - Diane Atwood,
 Jane Soule, Carol Towne
Monthly book club selection -
 Yankee Bookshop
Muffins - Boris at Mountain Creamery

MARCH BIRTHDAYS

1st	Charles	Luetke	12th	Mary	Klampert	17th	Susan	Rose
1st	Jane	Hanley	12th	Susan	Ditto	18th	Pat	Tilton
1st	Virginia	Eames	12th	Jean	Strong	18th	Yvonne	DeLong
2nd	Barbara	Blaiklock	13th	Willem	Post	18th	Beryl	Spencer
2nd	Nathaniel	Kennedy	13th	Byron	Kelly	18th	Catherine	Harriman
2nd	Janice	Elder	13th	Byron	Kelly	18th	Jessica	Martin
3rd	Joan	Hadden	13th	Jacqueline	Neuwirth	21st	Peter	Hall
4th	Phil	Mallon	13th	Deborah	Phillips	22nd	Betty	Putnam
4th	Heidi	Talbert	13th	Lucille	Tancreti	23rd	Emily	Jones
4th	Donna	Durgin	13th	Faith	Wishart	23rd	Sayon	Camara
5th	Edward	Thumith	13th	John	Wolfgang	23rd	Lorraine	Bottino
5th	Susan	Harlow	13th	John	Wolfgang	24th	Andrea	Robinson
5th	Deborah	Neuhof	13th	Patricia	Campbell	25th	Lori	Morgan
7th	Jen	Bloch	13th	Andrea	Rivers	15th	Mary	Godette
8th	Alexander	Hadden	14th	Irene	Schlerf	16th	Marie	Willis
8th	Narissa	Willever	14th	Polly	Bacon	26th	Linda	Willard
8th	Mark	Powers	14th	Joan	Yankee	26th	Macy	Lawrence
8th	Susan	Lewis	14th	Joan	Yankee	26th	Christa	Blanchard
9th	John	Garren	14th	Harriet	Stehouwer	26th	Christa	Blanchard
9th	Barbara	Sanderson	15th	Renette	Bedard	27th	Charlotte	Croft
9th	Cecilia	Hoyt	15th	Ernest	Kendall	27th	Ann	Sadowsky
9th	Larry	Kasden	15th	Ernest	Kendall	28th	Oliver	Wittasek
9th	Mimi	Baird	15th	Patricia	Osborne	28th	David	Thomas
10th	Donald	Wieche	15th	Phil	Lewis	29th	Robert	Parker
10th	Janice	Grant	16th	Paul	Milza	19th	Robert	Rand
11th	Jerry	Fredrickson	16th	Gloria	Martin	30th	Claude	Richter
11th	Linda	O'Neil	16th	Jack	Dibble	30th	Meg	Johnson
11th	Vernon	Fish	16th	Patrick	Morris	31st	Susan	Brown
11th	Richard	Beda	16th	Patrick	Morris	31st	Stephen	Duclos



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

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Thank You to Our Transportation Sponsors and Grants:



Ottawaquechee Plumbing



FUEL ASSISTANCE

Seasonal fuel assistance applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151.

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