Older Americans Month 2016: “Blaze a Trail”

Older adults are a vital and growing part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation’s economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation’s older citizens. This year’s theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

While The Thompson provides programs and services year-round, Older Americans Month 2016 offers an opportunity to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. Throughout the month, The Thompson will conduct activities and share information in celebration of older Americans.

Marko The Magician Performs at The Thompson!
We happily bring you this program co-sponsored by Zack’s Place
Monday, May 16, 1:00 pm

Marko has astounded and amazed audiences throughout the area with his repertoire of tricks and stunts that defy logic! He is a highly skilled sleight-of-hand magician with the unique ability to make magic happen in your hands. His magic brings people together in a common state of amazement and laughter.
The Thompson Center
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniormanagement.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director, djones@thompsonseniormanagement.org
Paula Audsley, Outreach Manager, paudsley@thompsonseniormanagement.org
Pam Butler, Program Director, pbutler@thompsonseniormanagement.org
Jen Bloch, Marketing Coordinator, jbloch@thompsonseniormanagement.org
Shari Borzekowski, Administrative & Resource Assistant, sborz@thompsonseniormanagement.org
Ryan Martin, Chef, rmartin@thompsonseniormanagement.org
Siobhan Wright, Kitchen Assistant, Meals on Wheels Coordinator, swright@thompsonseniormanagement.org
Drivers: Dwight Camp, Gordon Worth, Jim Emery, Nelson Gilman

Senior Solutions (Formerly Council of Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-6-2-5119

Community Care Coordinators
Lonnie Larrow, RN and Carla Kamel, MSW
Ottawaquechee Health Center, 457-5414

BOARD OF DIRECTORS
Tom Weschler—President
Liza Deignan—Vice President
Jerry Fredrickson—Treasurer
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Peggy Kasden
Sally Kesseli
Holly Levison
Patsy Mathews
Susan Moor
Daphne Moritz
John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

Thank you, Fran

For more than 9 years Fran Gillett served as the Advisory Committee Chair leading our monthly participant advisory commit-tee and reporting to the Thompson Board of Directors. Her report was always a highlight of board meetings, and her dry humor and quick wit in keeping the board up-to-date on the happenings at our Center will be missed. Thank you, Fran, for your many years of service in this role!

New Advisory Committee Meetings Kick-off
Monday, June 6, 1:00pm

With Fran Gillett’s retirement from the Advisory board member role, we welcome Sam Grice to the position of Advisory Committee Chair. Sam and Eleanor Grice live in Reading, VT, and are active participants and volunteers at The Thompson.

After a few months without an advisory meeting, we’ll be starting meetings again in June with some new ideas for involving participants in the Advisory Committee. You’ll see a new suggestion box in the foyer in May. Ideas submitted will be used to create the monthly agenda for the Advisory Meetings. Please share your thoughts, attend the meetings, and help make The Thompson the best it can be!

Not sure what the purpose of the Advisory Committee is? According to our By-Laws, the role of the participant Advisory Committee is to work with the Executive Director to make recommendations to the Board, evaluate day-to-day services of The Thompson, and give participants a voice in the decision making process of our senior center. All participants are invited to join us on the first Monday of each month at 1:00pm, starting June 6th.

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes Birthday Day on May 26th, Mother’s Day Lunch on May 9 and Older Americans Lunch on May 24.

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!
Spring Clean Your Legal Affairs
Estate Attorney Daphne Moritz returns to The Thompson Center to present this invaluable three part series continuing on May 10 and May 17 at 1:00 pm

Spring is always a good time to take stock of our affairs whether we are cleaning our houses and preparing our garden beds, or clearing out our clutter. Spring is also a great time to get our legal houses in order. With estate planning, that means reviewing your existing documents which may have grown stale, and educating yourself on new aspects of the law which may not have been relevant to you only a few years ago. Whether you have already completed your estate planning, but you think it needs updating, or you are eager to learn more about the documents you should have, but on which you have not yet taken action, Spring Cleaning your Legal Affairs is a series for you.

May 10th  Long Term Care Planning and Aging Well (Including Residence Options)
May 17th  Advance Directives and Legacy Letters

Come prepared with your questions about wills and trusts, long-term care concerns and Medicaid planning, health care powers of attorney, and advance directives.

Daphne Moritz is a partner in Melendy Moritz PLLC. She focuses her practice on estate planning, estate and trust administration, elder law, families with special needs, and related matters.

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Alive Inside: A Story of Music and Memory
An Award Winning Alzheimer's Documentary Presented by Susan Moor
Thursday, May 12, 1:30 pm

Alive Inside follows social worker Dan Cohen as he introduces iPods with personalized playlists to those who have Alzheimer's disease or related disorders. The filmmaker had planned to follow Mr. Cohen for one day but was so fascinated that it turned into a 3-year project. We all can think of a time we heard a song on the radio and it took us back to the first time we heard it, or brought us back to a happy time earlier in our lives. In Alive Inside, we can see this happening as familiar songs from their youth are played for nursing home residents. A piece of familiar music serves as a soundtrack for a mental movie that starts playing in the mind. It calls back memories of a particular person or place and the association is established between the two things – music and memories. This documentary powerfully shows the physical and emotional effects of music for these residents.

Alive Inside won the 2014 Sundance Film Festival Audience Award. It is a must-see if you know anyone with Alzheimer’s disease or another type of dementia.

This documentary is 77 minutes in duration and is free and open to the public.
**Older Americans Month Luncheon**
**Tuesday, May 24, 2016 at 12:00 pm**
All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch.
**Menu:**
Stuffed meatloaf with spinach & cheese, parsnip mashed potatoes, gravy, peas & baby carrots,
Lime and spice peach cobbler
**Please sign-up in advance by calling 457-3277.**

**Mother’s Day Luncheon**
**Monday, May 9, 12:00 pm**
Menu: Quiche with asparagus, leeks, and gruyere cheese, roasted potatoes, strawberry spinach salad with goat cheese, Strawberry Rhubarb Crepes
**Please sign-up in advance by calling 457-3277**

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**Trip Committee Update**

Thank you to those who attended the April trip committee meeting. We shared lots of good ideas and are still looking for volunteers to take the lead in forming a committee to plan trips that you, our traveling patrons, want. Deanna and Pam have met to discuss upcoming trip possibilities and they are as follows:

- A summer lobster lunch at Tozier’s restaurant
- A July 27 afternoon Boston Red Sox Game at Fenway
- An August trip to New London Barn Playhouse to see Crazy For You or The 39 Steps
- A fall trip to the Ogunquit Playhouse in Ogunquit, Maine to see Seven Brides For Seven Brothers in September or Million Dollar Quartet in October. If you have a preference for either show, please let Pam know. More information can be found by visiting www.ogunquitplayhouse.org.
- And finally, a December Vermont Symphony Holiday Pops concert at Rutland’s Paramount Theater.

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**Intergenerational Friendship Project**
**Final meeting: Thursday, May 26, 1-2:30 pm**
**Prosper Valley School**

Thompson friends of Prosper Valley second graders will meet for the final time at the Prosper Valley School for a tea party and book presentation. Friendship partners are also invited on a school field trip to Shelburne Museum on June 1st. Details of that trip will be forthcoming. **Please inform Pam Butler if you are not able to attend this last meeting by emailing her at pbuster@thompsonseniorcenter.org.**

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**Picture of the Family Memory Museum**
EXERCISE CLASSES

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

Tai Chi's Slow, Gentle Exercise
Great for Mind and Body
Wednesdays, April 13, 20,
May 4, 11, 18, 25
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!

Classes meet on Wednesdays, with the next round of classes beginning April 13 and continue for 6 classes. The cost is $30 for the session.

Beginners and Intermediate 9:30-10:30
Upper Intermediate and Advanced 10:45-11:45

Strength & Fitness
Mondays, Tuesdays & Thursdays
9:00 to 10:00 am

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates acrobic, 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.

Walking for Fitness: Getting Started
First, Second, and Fourth Wednesdays of
the Month at 9:00 am
Meet at Woodstock Union Arena

With spring upon us, we will continue to meet at the Union Arena and on nice days we will walk outside. Our walking program is for everyone regardless of how fast or slow you walk. At first walk only as far as you find comfortable and then from there slowly build on your duration. Remember, 5 minutes of exercise is better than none at all and we welcome your attendance.

Please note: We ask that you register in advance when possible by calling the Thompson Center. This will enable group leader Jerry Fredrickson to know who to anticipate.

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.

Next Class in June!
Water Aerobics Class
Woodstock Athletic Club
Fridays, June 3 - August 5
1:30 – 2:15 pm
Cost: $80 for 10 week class
The Thompson Center will provide shuttle service if needed

Call 457-3277 to register
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<td>9 Walking Group</td>
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<td>10:15 Memoir Group</td>
<td>10 Double King Pede</td>
<td>9 W. Leb Shopping*</td>
<td>10:30 Italian Study</td>
<td>10 Painting at ArtisTree*</td>
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<td>1 Bridge</td>
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<td>9:30 Tai Chi Beginner</td>
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<td>8:30 Newsletter Folding</td>
<td>9 Strength &amp; Fitness</td>
<td>8:30 Board Meeting</td>
<td>9 Strength &amp; Fitness</td>
<td>9 AARP Driver Safety Course*</td>
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<td>11:30 Commodities</td>
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<td>10:30 Italian Study</td>
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<td>Older American’s Luncheon*</td>
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<td>10 Wellness Clinic*</td>
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<td>10 Double King Pede</td>
<td>10:30 Handwork Cir.</td>
<td>1 Ongoing Italian Class</td>
<td>1:30 Water Aerobics*</td>
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<td>12 Spanish Table</td>
<td>10:45 Tai Chi Advanced</td>
<td>1 Intergenerational Project Meeting at</td>
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<td>12:30 - 2:45 Foot Clinic*</td>
<td>12 French Table</td>
<td>Prosper Valley School</td>
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<td>1 Scrabble</td>
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<td>1:30 Memorial Day Flag Ceramics*</td>
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<td>3 Bone Builders</td>
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**BIRTHDAY DAY**

9 Strength & Fitness
10:30 Italian Study
12 Italian Table
1 Ongoing Italian Class
1 Intergenerational Project Meeting at Prosper Valley School
3 Bone Builders

* Indicates that sign-up/reservations are required.
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<td>Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Coconut Cream Pie</td>
<td>Salisbury Steak, Mashed Potato, Gravy, Mediterranean Vegetables Casserole, Fresh Fruit salad and Lemon Cookie</td>
<td>Pesto Olive Chicken, Broccoli &amp; Cauliflower, Herb Roasted Red Potatoes, Tossed Salad, Casserole, Citrus Ricotta Squares</td>
<td>Tossed Salad, Chili, Corn Bread, Brownies &amp; Fruit</td>
<td>Chef’s Choice</td>
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<td>Mother’s Day Luncheon*</td>
<td>Chipped Boof and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Warm Apple Crisp</td>
<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait</td>
<td>Tilapia Florentino (spinach and cheese), herb roasted potatoes, Lime carrots, Crusty Bread, Fruit Cobbler</td>
<td>Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus &amp; Mushrooms, Garlic Bread, Fresh Fruit</td>
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<td>Chef’s Choice</td>
<td>Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Blueberry Cake</td>
<td>Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes over brown rice, Roll, Fresh Fruit Salad</td>
<td>Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries</td>
<td>Grilled Sweet Italian Sausage with Peppers &amp; Onions on a roll, Potato Salad, Fire Cracker Salad, Lemon Mousse wth Berry Compote</td>
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<td>Cheese Pizza, Greek Salad w/ lettuce, cucumber, pepper, olives, feta cheese, Chocolate Chip Cookie and fruit</td>
<td>Older Americans Lunch Event*</td>
<td>Grilled Jammin’ Salmon Burgers on multi-grain roll, Potato Salad, Grilled Vegetable Salad, Creamy fruit salad</td>
<td>BIRTHDAY DAY*</td>
<td>Breakfast Day*</td>
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<td>Memorial Day CLOSED</td>
<td>Grill Day</td>
<td>Meal Pricing: $7 charge for those under age sixty</td>
<td>Menu is subject to change based on availability of food items.</td>
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<td>Hot Dogs &amp; Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake</td>
<td>$5 suggested donation for ages sixty and over</td>
<td>Please call ahead with special dietary needs.</td>
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</table>

**Reservations Required**

Please sign-up in advance for special meals and Birthday Day. This month includes **Birthday Day on May 26th, Mother’s Day Lunch on May 9 and Older Americans Lunch on May 24.**

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!
**Do Not Become a Victim of Fraud! It Can Happen to You!**
Report suspect fraud to the Vermont Consumer Assistance Program by calling 800-649-2424. If you have been a victim of fraud, call the Fraud Watch Network at 877-908-3360. For identity theft, call the Identity Theft Hotline at 1-877-ID-THEFT (1-877-438-4338). For more information on how to protect yourself, visit aarp.org/fightfraud or call.

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**Weekly Game Schedule**

- **Bingo** - Daily at 10:30 am
- **Bridge** - Mondays at 1:00 pm
- **Double King Pede** - Tuesdays, 10:00
- **Scrabble** - Tuesdays at 1:00 pm
- **Mahjong** - Wednesdays at 1:00 pm

~Sign-up is encouraged~

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**A Collaboration Between The Thompson Center and ArtisTree**

**Painting at ArtisTree**

Instructor: Murray Ngoima
Friday mornings, 10:00 - 11:30 am
Next Session: April 29 - May 27

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**Mahjong Update**

We are extremely grateful to Thompson friend and board member Peggy Kasden for volunteering her time and expertise in teaching our new Mahjong students in March. Players will be meeting regularly beginning on April 6th on Wednesdays at 1:00 pm at The Thompson. If you wish to join the group, please contact Gail Stickney at glavinstickney@yahoo.com. Also, if anyone has a Mahjong set to donate, The Thompson Center could use one for our group.

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**Journaling Group**

The Second and Fourth Mondays of each Month
10:30 am-12:00 pm, Facilitated by Sue Geno

The Journaling Group supports personal journeys of discovery, creativity and reflection in a nurturing, open environment. We draw upon prompts, poetry, images and natural objects to inspire and practice a variety of journal modes—writer's journals, daybooks, spiritual journals, nature journals, artistic journals and more. We work collaboratively to shape our direction as a group, and sometimes even to create collaborative writing or art. Bring your journal in whatever form you keep it, along with your favorite tools, a willingness to experiment, and your own ideas. You'll be invited but never expected to share anything, and we do not critique each other's work. We do set one ground rule: confidentiality. All levels of experience are welcome. Newcomers are always welcome!

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**Medical Equipment**

Did you know we have lots of medical equipment for you to have or to borrow for as long as you need? We have a supply of Commode Chairs, Walkers, Ramps, Shower Chairs, Depends in different sizes, Wheelchairs, Knee Scooters, and more!

Contact Shari at 457-3277 for more details.
You can also donate or find medical equipment at: [www.getATstuff.com](http://www.getATstuff.com) 1.888.827.2714
WELLNESS PROGRAMS

Chair Massages at The Thompson
10:00 am to noon
Greg Somerville’s chair massages will be offered on the 1st, 2nd and 4th Wednesdays of the month. 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. Cost: 20 minute massage/$20.00

Wellness Clinic & Blood Pressure Screenings
Tuesday, May 24, 10 - 12 noon
Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held on the 4th Tuesday of each month from 10-noon.

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 1 pm - 3 pm. 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.

Low Vision Support Group
Every 3rd Thursday of the Month
10:15 - 11:45 am
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.

CAREGIVER SUPPORT GROUP
Wednesday, May 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.

Smiles Program
Free Oral Health Pilot Program
Mondays, 9:00 am—1:30 pm
Adults of all ages are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. Oral health screening appointments will now take place at the Simmons building. Call OHF for appointments. 457-4188.
Sponsored by OHF and partners.

Foot Care Clinics
Monthly, 9:00 am - 2:30 pm
on the 2nd Friday & 3rd Wednesday
"More Appointments Available!"
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 beginning on April 26th 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 2:45 pm following her wellness clinic hours. Both clinics will now be $20 beginning in April and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.
Memorial Day Flag Ceramics  
At The Thompson With ArtisTree  
Tuesdays, May 3 and 24 at 1:30 pm

Fiona and her students will roll out the clay in May and using templates or working free hand, we will craft our own flags. You can design your own using your own symbols or create your own Old Glory. Once fired, the flags can be painted to take home the same day or glazed for the second firing.

New Insights into Parkinson’s Disease for the Non-scientist  
Presented by Diane Sherman, PhD, Coordinator,  
Neurology Resource Center/Parkinson’s Center  
Wednesday, May 4, 1:00 pm

Parkinson’s disease is a “movement disorder” but so much more. It causes motor symptoms such as tremor, stiffness and gait issues, but also affects mood and behavior, sleep and cognition. And the avenues of research are as varied as the symptoms! Dr. Sherman will discuss some of the interesting research into the causes of and treatments for Parkinsons.

BOOK GROUP  
Wednesday, May 11 at 1:00 pm

The May book club read is A Man Called Ove, by Fredrik Backman. Ove is a 59 year old curmudgeon whose wife has died and who has been retired for a younger person to take his place. He wants to commit suicide (he creates unusual ways) in order to join his beloved wife, but his neighbors inevitably interrupt, and eventually, he becomes a changed man. You’ll learn about Swedish culture. One reviewer wrote "This is one of those books you just want to hug." Join us on Wednesday, May 10 at 1:00. All newcomers welcome!

AARP Smart Driver Safety Course  
Friday, May 20th, 9:00 am to noon (break for lunch) 1:00 to 2:00PM

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 9:00 am. 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.
IN APPRECIATION

Welches Hardware - greeting cards
Emily & Taylor Schanck - birthday raffle basket
Jennifer Cota - medical equipment in memory of her mother June Johnson
Terry Aquilino - various groceries for MOWs
Sarah Gilroy - various groceries for MOWs
Jerry Pendleton - ensure and replete

TRANSPORTATION SPONSORS:
Upper Valley Rehabilitation
Dead River Company
Gateway Motors - car washes
Connected-At-Home
Ottauquechee Health Foundation
Ottauquechee Plumbing
Mark Knott, DDS
Cedar Hill Continuing Care
Community
Woodstock Insurance

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

IN MEMORY OF

Vince Jones
Anonymous
Mary Cameron
Ted & Joan Staples
Alex & Paula Audsley
Joan McGee
Lucille Staples
Ruth Ekberg
Mallory Semple
Richard A. Paul Jr., CPA, P.C.
Joe & Virginia Little
KL Accounting, Inc.
Joyce Phillips
Jerry & Joan Oppenheimer
Jean Conklin
Pat Mangan
Joe & Hilda Conn
Elizabeth Frederick
Lorraine Kruse
Elmer Kruse

MAY BIRTHDAYS

1st Betty Stetson 13th Mary Terry 24th Leonard Bernstein
Betty
2nd Katrin Tchana 13th Robert Forman 24th Bonnie Willis
3rd Vivian Mernis 14th Margaret Maynes 24th Buss Grob
4th Marilyn Spets 15th Edna Luce 25th Marge Grobs
5th Roger Scully 15th Patricia Hanlon 25th George Lyons
6th Jacqueline Fischer 15th John Snyder 26th Sherry Belisle
7th Patricia Witasek 16th Eleanor Thumith 26th Mona Hoadley
8th John Blake 17th Susan Dunleavy 26th Ira Wade
9th Katrina Reid 17th Christine Milza 26th Siobhan Wright
10th Eleanor Pizzani 17th JoAnn Belon 26th Joe McClellan Jr.
11th Ann Richardson 17th Janet Belon 26th Joe Gould
12th Pauline Smith 17th Sarah Dembinski 26th Howard Gould
13th Virginia Kurtz 17th Cindy Beam 26th Paty Lemmer
14th Anne Bower 20th Carolynn Harrington 26th Lisa Hoadley
15th Mirjam Pajala 20th Polly Foley 26th Mona McCosker
16th Jennifer Seibert 20th Dorothy Tomlet 27th Pat Winkler
17th Ariel Voepel 21st Susie Doten 27th Jean Thompson
18th Donald Carr 21st Nancy Croft 27th Barbara Fullerton
19th Titia Ellis 22nd Wayne Richard 27th Barbara West
20th Mary Kennedy 22nd Nancy Arnold 28th Barbara Carini
21st Ray Sharp 22nd Kathy Schramm 28th Erwin Fullerton
22nd Sally Weglarz 22nd Carl Beard 28th Barbara West
23rd Richard Brackett 22nd Patricia Thompson 28th Barbara Carini
24th Mary Corrigan 23rd Louisa Skottet 28th Barbara Fullerton
25th Mae Lewis 23rd Emma March 28th Barbara Blunden
26th Barbara Kesziyki 23rd Fahnert 28th Barbara Blunden
27th Joyce Breault 23rd Robinson 28th Barbara Blunden
28th Bud Spaulding 23rd Jean Howe
29th Mary Brand

On May 26 we will celebrate your day with a complimentary meal! Please make a reservation by calling 457-3277.
MISSION
The Thompson Center will act as a resource and advocate for our senior population providing timely support on issues that affect aging in our rural community. Our programs and activities will promote the physical, intellectual, and social well-being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.

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

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

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

Monthly shopping trips to West Lebanon depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. Sign up with the Thompson at least 24 hours in advance. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277

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