



# The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

MAY 2017

**OLDER  
AMERICANS  
MONTH**



**AGE OUT LOUD: MAY 2017**

**Older Americans Month Luncheon  
Thursday, May 11, 12:00 pm**

All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch. Please sign-up in advance by calling 457-3277.

## Older Americans Month 2017: Age Out Loud

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by sky-diving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

While The Thompson provides programs and services year-round, Older Americans Month 2017 offers an opportunity to emphasize the way older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages. Throughout the month, The Thompson will conduct activities and share information in celebration of older Americans.

### **Effective Communication Strategies**

**An Education Program by the Alzheimer's Association**

**Led by Pamela Beidler, Director of Programs and Research, Vermont Chapter  
Wednesday, May 17, 1:00 - 2:30 pm**

alzheimer's  association®

800.272.3900 | alz.org®

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us for this FREE program as we explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**Please register in advance by calling The Thompson Center.**

## 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,  
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  
swright@thompsonscenter.org  
**Drivers: Dwight Camp, Tom Morse,  
Nelson Gilman, Charlie Seitz**

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

Liza Deignan—*President*  
John Steinle—*Vice President*  
Jerry Fredrickson—*Treasurer*  
Sarah Roberts—*Secretary*  
Sam & Eleanor Grice—*Advisory*  
Dick Atwood  
Dave Bollinger  
Ginny Eames  
Bill Emmons  
Peter Goulazian  
Anne Herz  
Peggy Kasden  
Holly Levison  
Susan Moor  
Daphne Moritz  
John Snyder  
Tambrey Vutech  
Wendy Wannop  
Tom Weschler

## BEHIND THE SCENES

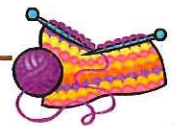
### ADVISORY MEETING HIGHLIGHTS

- Discussed trip options for 2018 & 2019
- Update from Deanna on her senior center visit in Waterbury and recently attended Reframing Aging Workshop
- No suggestion box items
- The enthusiastic attendance was much appreciated!

**Please join our next meeting on Monday, June 5th at 1:00 pm.**  
All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

**Congratulations to Barbara Sanderson who  
is our most recent Marble Game winner!**

### Looking for Santa's Helpers!



Please join our Handiwork Circle on Wednesdays at 10:30 am in the Center's living room and help us work on items for the Senior Center Holiday Bazaar. We are currently working on knitted items and jewelry, but if you have a craft you are willing to share please bring it with you. If you have good quality items you are willing to part with, we would love to see them too. Thank you all for your time and efforts.  
Briana Maxham, Holiday Bazaar Chair

### MISSION

It is the mission of the Thompson Center to be a multigenerational gathering place for our 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. 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.

**Brain Builder Answer: 1, 7, 25, 29, 51, 63, 65, 97**

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

# NEWS & EVENTS



## **Nesting Season – Raptors and Their Homes**

**Tuesday, May 23, 1:00 pm**

**Presented by VINS at The Thompson ~ with Their Raptor Guests**

Humans aren't the only creatures that build amazing homes for their families! Nesting season is the most important time of the year for bird populations, and we can take actions that help them out. In this program, VINS staff will discuss what to do if you find a baby bird, and how to become a citizen scientist through conservation projects like NestWatch. You'll find out what bird parents are busy doing at this time of year, and meet three live raptors up close to learn from the experts themselves.



## **Sunapee Singers Return**

**Thursday, May 25, 1:00 pm**

New Hampshire's Sunapee Singers return to The Thompson Center on **Thursday, May 25** for their 1:00 p.m. performance immediately following our Birthday Lunch Celebration. Please join us for this most entertaining and popular group.

## **Family Caregivers: Learn the Steps to Effective and Positive Caregiving**

**A Three Part Series Presented by Susan Moor**

**June 13, 20, 27 at 1:00 – 2:30 pm**

This is a three part series to learn about adapting to changes during the caregiving journey; what is going on in the brain to cause changes in memory, language, vision and other changes associated with dementia.

This series will give you the tools to take control and understand which actions can make life easier for the caregiver as well as the person with increasing confusion in life's activities.

Topics included:

- Brain Tour: understanding Alzheimer's disease and related disorders, the brain changes and disease stages.
- How to work with challenging behaviors, repetition and changing abilities.
- Activities of Daily Living – bathing, dressing, eating, toileting. Learn the steps to simplify the process.
- Failure-free activities to provide structure, interest and self-esteem for the individual with dementia symptoms
- Caring for the caregiver

This is a free event but registration is important so that there will be enough handouts for attendees to bring home.

## TRIPS



### **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 10:30 am 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***

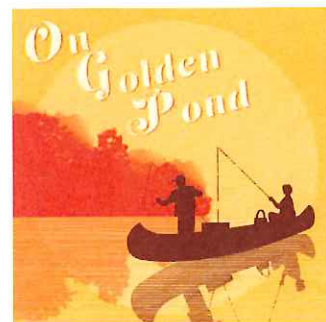
**At New London Barn Playhouse**

**Wednesday, August 23, 2:00 pm performance**

**(Depart on Thompson Van at 12:30 pm)**

*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.



**Still Taking deposits  
Final Payment Due by August 3rd**

**Call Pam for Pricing**

### **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](http://www.thompsonseniorcenter.org)**

## PROGRAMS & TRIPS

### **Spring Flower Pot Project Part 2** **Presented by ArtisTree at The Thompson** **Wednesday, May 3, 1:30 pm**



If you created a pinch and coil flower pot with us in our April class, we will be painting and planting our pots at this month's class, just in time for our spring blooms.



### **Red Cross Home Fire Preparedness** **Campaign Presentation** **Wednesday, May 10, 1:00 pm** **With Special Guests** **Woodstock Fire Chief, David Green and** **Assistant Chief, Misha McNab**

The American Red Cross New Hampshire & Vermont Region is making homes fire resistant for Vermont and New Hampshire residents through the **Red Cross Home Fire Preparedness Campaign**. At no cost to you, they would like to demonstrate some simple changes in the home that will help you protect your family against fire. In addition, the Red Cross will install a **FREE** smoke alarm within your home. Red Cross representative Linda Nordman will talk about this program.



### **AARP Smart Driver Safety Course** **Friday, May 19th, 9:00 am 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 9:00 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.

*Thank you to those who attended our April advisory meeting to discuss trip options for 2018. After a polling of those who attended, the majority of those in attendance expressed an interest in Collette Travel's Southern Charm trip. Read on for more information*

### ***The Thompson Center presents*** **Southern Charm ~ featuring Charleston, Savannah, Jekyll Island, St. Augustine and More** **October 14 – 20, 2018**

Please join us for a special travel presentation by Collette Travel on Tuesday, **June 6, at The Thompson at 1pm**. A Collette representative will discuss all trip details and 7 day itinerary, including payment and travel protection options.

# PROGRAM CALENDAR - MAY 2017

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9 Strength & Fitness 10:15 Memoir Group <b>1:30 Advisory Meeting</b>	9 Strength & Fitness 10 Double King Pede <b>10 Clay Class at ArtisTree*</b> <b>10-2:30 Ping Pong</b> <b>10 Beginning Italian*</b> 12 Spanish Table 12:30 Mahjong 3 Bone Builders	<b>9 W. Leb Shopping*</b> 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table <b>1:30 ArtisTree Project: Flower Pots Part 2*</b>	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 10 Painting at ArtisTree 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9 Strength & Fitness <b>9-3Smiles Program*</b> 10:15 Memoir Group <b>1-3 Advanced Directives*</b>	9 Strength & Fitness 10 Double King Pede <b>10 Clay Class at ArtisTree*</b> <b>10-2:30 Ping Pong</b> <b>10 Beginning Italian*</b> 12 Spanish Table 12:30 Mahjong 3 Bone Builders	9:30 Tai Chi Beginner <b>10-12:30 Reflexology Appointments*</b> 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 1 Book Group <b>1 Red Cross Home Fire Campaign</b>	9 Strength & Fitness 10:30 Italian Study <b>12 Older Americans Lunch*</b> 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>9 - 2:30 Foot Clinic*</b> <b>10-12:30 CCC Office Hours*</b> 10 Painting at ArtisTree 12 German Language Table <b>Open Ping Pong</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Mother's Day Luncheon*</b> <b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10:15 Memoir Group 1 Bridge	9 Strength & Fitness 10 Double King Pede <b>10 Clay Class at ArtisTree*</b> <b>10-2:30 Ping Pong</b> <b>10 Beginning Italian*</b> 11:30 Commodities 12 Spanish Table 12:30 Mahjong 3 Bone Builders	<b>8:30 Board Meeting</b> <b>9 W. Leb Shopping*</b> <b>9-2:30 Foot Clinic*</b> 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 12:00 Caregiver Support Group <b>1 Alzheimer's Program</b>	9 Strength & Fitness 10:15 Low Vision Support Group 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>9 AARP Driver*</b> <b>10-12:30 CCC Office Hours*</b> 10 Painting at ArtisTree 12 German Language Table <b>Open Ping Pong</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9 Strength & Fitness 10:15 Memoir Group 1 Bridge	9 Strength & Fitness 10 Double King Pede <b>10 Clay Class at ArtisTree*</b> <b>10-2:30 Ping Pong</b> <b>10-12 Wellness Clinic</b> <b>10 Beginning Italian*</b> 12 Spanish Table 12:30 Mahjong <b>12:30 - 2:45 Foot Clinic*</b> <b>1 VINS Raptor Program</b> 3 Bone Builders	9:30 Tai Chi Beginner <b>10-12:30 Reflexology Appointments*</b> 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table	<b>Birthday Day*</b> 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Italian Intermediate <b>1 Sunapee Singers</b> 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 10 Painting at ArtisTree 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
<b>29</b>	<b>30</b>	<b>31</b>		
<b>Memorial Day CLOSED</b>	9 Strength & Fitness 10 Double King Pede <b>10 Clay Class at ArtisTree*</b> <b>10-2:30 Ping Pong</b> <b>10 Beginning Italian*</b> 12 Spanish Table 12:30 Mahjong 3 Bone Builders	9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table	<b>BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon &amp; Wed. Upstairs conference room on Tues, Thurs, Fri,</b>	<b>* Indicates that sign-up/reservations are required.</b>

# MENU - MAY 2017

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Turkey Sandwich w/ Lettuce, Tomato, Cheese on a Multigrain Bun, Apple & Squash Soup, Warm Berry Crisp	Salisbury Steak, Mashed Potato, Gravy, Mediterranean Vegetables, Strawberry Rhubarb Pie	Spinach and Cheese Ravioli w/ Meat Sauce, Broccoli and Cauliflower, Garlic Bread, Fresh Fruit Salad	Beef Bourguignon, Roll Tossed Salad, Lemon Meringue Pie	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker salad, Sweet Potato Fries, Berries and Cream Crepes
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Chef's Choice</b>	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots, Fresh Fruit Parfait	Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Fruit Crisp	<b>Older Americans Lunch*</b> Lasagna, Tossed Salad, Garlic Bread, Spiced Peach Cobbler	Grilled Ham and Swiss Sandwich on Wheatberry Bread with Tomato, Broccoli and Cheese Potato Soup, Creamy Fruit Salad
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Mother's Day*</b> Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Lime and Blueberry Pie	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens Salad, Sorbet and Fruit	Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Chocolate Chip Cookies	Curried Coconut Chicken, Stir Fried Vegetables, Crispy Asian Slaw, Scallion Brown Rice, Pear Ginger Crumble	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Sausage, Coconut Macaroons w/ Fresh Pineapple
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Italian Pork Stew, Garlic Bread, Tossed Salad, Caramel Apple Strudel	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	<b>Birthday Day*</b> Roast Beef, Au Jus, Sour cream and Chive Twice Baked Potato, Asparagus with Hollandaise, Roll, Cake and Ice Cream	<b>Chef's Choice</b>
<b>29</b>	<b>30</b>	<b>31</b>		
<b>Memorial Day Closed</b>	<b>Grill Day</b> Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait	<b>Meal Pricing:</b> <b>\$7 charge for those under age sixty</b> <b>\$5 suggested donation for ages sixty and over</b>	<b>* Vegetarian meals &amp; Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</b>

## \* Reservations Required \*

Please sign-up in advance for special meals and Birthday Day. This month includes **Older Americans Month Luncheon on the 11th, Mother's Day on the 15th, and Birthday Day on the 25th.** 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. **Also, please remember to cancel if you can't make it so that others can attend! Thank You**

# EXERCISE CLASSES

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

## BRAIN BUILDER

In the following grid, sort the odd numbers in ascending order as quickly as possible.

29	63	7	51
32	1	25	40
14	65	64	58
97	18	96	20

Answer on page 2

### Tai Chi's Slow, Gentle Exercise Great for Mind and Body

**Next Session: Wed, May 3, 10, 17, 24, 31**  
**Classes rescheduled from March - June 7&14**  
**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](mailto:anniebower@yahoo.com) or 457-2877 (website: [www.anniebower.com](http://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.**

**NEW!**

### Water Aerobics Class

**Woodstock Athletic Club**  
**Fridays, May 26 - July 28**  
**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.



# 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.

## **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. You can call 457-3277 to schedule an appointment.

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

### ***May Discussion: Part 1 Video - Living with Someone with Low Vision***

The Vermont Association for the Blind and Visually Impaired is offering this 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.

## **Smiles Program** **Free Oral Health Program** **Monday, May 8, 2017** **9:00 am—3:00 pm**



Adults of all ages are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. Call for appointments or transportation. 457-3277. *Sponsored by The Ottauquechee Health Foundation (OHF) and partners.*

**OTTAUQUECHEE**  
HEALTH FOUNDATION  
GRANTS, FUNDING AND SUPPORT BECAUSE GOOD HEALTHCARE MATTERS TO US ALL

## **Wellness Clinic & Blood Pressure Screenings** **4th Tuesday, 10 - 12 noon**

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

## **CAREGIVER SUPPORT GROUP** **Wednesday, May 17, 12:00 pm** ***Note: New time for May only***

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.

## **ReFlex \* ReLax\* ReNew** **Offered by Deborah Neuhof** **Certified Reflexologist** **May 10 & 24, 10:00 - 12:30 pm**

Experience Reflexology techniques to de-stress and promote a balanced, holistic 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.

# ONGOING CLASSES & PROGRAMS



**Clay Class at ArtisTree**  
**With Fiona Davis**  
**Ceramics Director**  
**April 25 through May 30**  
**Tuesdays, 10:00 – 11:30 am**  
**\$75 for all 6 weeks or \$15 per class**

Come explore working with clay in ArtisTree's well-equipped ceramics studio. Learn basic hand building skills, including pinching, coiling, and working with slabs, to create functional and sculptural work in clay. You will have opportunities to decorate and glaze your pieces to bring your work to completion.

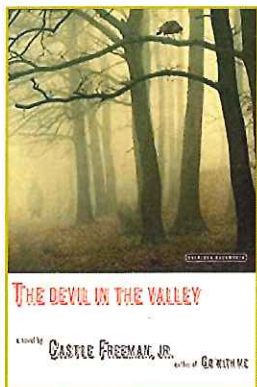
All levels of experience are welcome. Bus transportation is provided from The Thompson to ArtisTree, with students returning to The Thompson in time for lunch. Register at The Thompson or call ArtisTree - 457-3500

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



**Painting at ArtisTree**  
**Instructor: Murray Ngoima**  
**Friday mornings, 10:00 - 11:30 am**

**Session 3: April 28– June 2**



**BOOK GROUP**  
**Wednesday, May 10th at 1:00 pm**

On July 28th, the first day of Bookstock, author Castle Freeman, Jr. will come to the center to talk about his book, *The Devil in the Valley*, and ask for your thoughts about it. It will also be an opportunity to chat with Freeman about the writing process.

Sell your soul to the Devil? A crabby alcoholic teacher in rural Vermont makes this pact, but instead of asking for money or material goods, he performs one good, generous deed after another. Does he deserve to go to Hell then? You'll love the characters and their names. This short novel is engaging, wise and funny. Let's all read it and meet on May 10th as a prelude to the Bookstock event.

## Weekly Game Schedule

### Bingo

**Daily at 10:30 am**  
**(based on availability of caller)**

### Bridge

**Mondays at 1:00 pm**  
**(Except 1st Monday of month)**

### 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**

## Bridge Returns to Thompson



Our Bridge group will re-convene on Monday May, 15th at 1:00 pm and will meet on the second, third, and fourth Mondays of each month. Please call Shari if interested in joining this group. 457-3277

# IN APPRECIATION

## IN APPRECIATION

Medical Equipment from:

The Lewin Family  
Lene Bennett  
Kedra Greaves  
Alden Fiertz

Marjorie and Floyd VanAlstyne - maple syrup

Meredith Bjork - walker basket, pill boxes, alarm



## 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

## IN MEMORY OF

### **Ed McGee**

Nancy & Nelson Bebo  
Ann Marie & Joseph Boyd  
Glen Barr  
Sue Hottenstein

### **Marie Aldrich**

Therese Fullerton  
Ann Herz  
Virginia & John Little  
John & Mary Beth Brand

### **Marjorie Swain**

Sam & Eleanor Grice

## MAY BIRTHDAYS

1st	Betty	Stetson	11th	Mae	Lewis	23rd	Patricia	March
2nd	Katherine	Olgiati	11th	Barbara	Keszyinki	23rd	Louise	Faherty
4th	Vivian	Mornis	12th	Joyce	Breault	24th	Lawrence	Bernstein
4th	Marilyn	Spets	12th	Bud	Spaulding	25th	Marge	Grob
4th	Roger	Scully	12th	Jill	Leavitt	25th	George	Lyons
5th	Patricia	Wittasek	13th	Mary	Brand	26th	Sherry	Belisle
5th	Kaitlin	Reid	13th	Mary	Terry	26th	Ira	Wade
5th	Jody	Himebaugh	13th	Robert	Forman	16th	Siobhan	Wright
6th	Eleanor	Pizzani	15th	Edna	Luce	26th	Joe	McClellan Jr.
6th	Joan	Eaton	15th	Patricia	Hanlon	26th	Howard	Gould
6th	Ann	Richardson	15th	Nancy	Doten	27th	Robert	Mitchell
6th	James	Howe	15th	John	Snyder	27th	Jean	Thompson
7th	Pauline	Smith	16th	Eleanor	Grice	28th	Erwin	Fullerton
7th	Virginia	Kurtz	17th	Susan	Thumith	28th	Barbara	West
8th	Anne	Bower	17th	Christine	Dunleavy	28th	Patricia	Carini
8th	Philip	Bell	17th	Elisa	Sawyer	28th	Fiona	Blunden
9th	Ariel	Voepel	17th	JoAnn	Milza	28th	Marilyn	Kalanges
9th	Donald	Carr	17th	Janet	Belon	28th	Briana	Maxham
9th	Titia	Ellis	17th	Sarah	Dembinski	29th	Ann	Niles
9th	Ray	Kennedy	17th	Gerda	Gaetgens	29th	Milton	Hurwitz
9th	Keith	Niles	18th	Thomas	Morse	29th	John	DiGioia
10th	Corwin	Sharp	20th	Cindy	Beam	30th	Daniel	Kenney
10th	Sally	Weglarz	21st	Susan	Tomlet	30th	Phoebe	Standish
11th	Richard	Brackett	22nd	Rodney	Croft	30th	Anne	Marder
11th	Mary	Corrigan	22nd	Richard	Schramm	30th	Dennis	Cogswell
			22nd	Carl	Thompson	31st	Phyllis	Wood
			22nd	Arnold	Skottet			

*On May 25th we will celebrate your special day with a delicious meal! Please call to make a reservation for lunch and join us!*





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

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

┌

┐

└

┘

**Thank You to Our Transportation Sponsors and Grants:**

WOODSTOCK INSURANCE  
Serving the Community From the Community

Gateway Motors  
We stand your wheels!

VERMONT  
OFFICIAL ROTARY INSURANCE

Connected-at-Home

Dead River Company

Ottawaquechee Plumbing

Senior SOLUTIONS  
Council on Aging for Southwestern Vermont

Armistead SENIOR CARE

MARK D. KNOTT DDS

**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



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.