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 Today, aging is about eliminating outdated perceptions and living the way that suits you best.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 skydiving. 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

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.thompsonseniорcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director,
djones@thompsonseniорcenter.org
Paula Audsley, Outreach Manager,
paudsley@thompsonseniорcenter.org
Pam Butler, Program Director,
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Shari Borzecowski, Administrative &
Resource Assistant,
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Ryan Martin, Chef,
rmartin@thompsonseniорcenter.org
Siobhan Wright, Kitchen Assistant, Meals
on Wheels Coordinator
swright@thompsonseniорcenter.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 Kanel, MSW
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS
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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 high 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@thompsonseniорcenter.org
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.
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.

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.thompsonseniccenter.org
Still Taking deposits
Final Payment Due by August 3rd
Call Pam for Pricing
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.

Home Fire Preparedness Campaign
Reducing fire deaths one home at a time

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 Thompscn 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.
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* Indicates that sign-up/reservations are required.
### MENU - MAY 2017

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

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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 or 457-2877 (website: www.annebower.com).

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.

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.
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.

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.

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 4th 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 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.

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.

ReFlex * ReLax* ReNew
Offered by Deborah Neuhofer
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.
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 pinchng, 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

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

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, 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.
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 Hotenstein

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

Marjorie Swain
Sam & Eleanor Grice

MAY BIRTHDAYS

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26th | Ira     | Wade |
16th | Siobhan  | Wright |
26th | Joe     | McClellan Jr. |
26th | Howard  | Gould |
27th | Robert  | Mitchell |
27th | Jean    | Thompson |
28th | Erwin   | Fullerton |
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28th | Patricia | Carini |
28th | Fiona  | Blunden |
28th | Marilyn | Kalanges |
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29th | Milton  | Hurwtz |
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30th | Daniel  | Kenney |
30th | Phoebe | Stand.sh |
30th | Anne    | Marder |
30th | Dennis  | Cogswell |
31st | Phyllis | Wood |

On May 25th we will celebrate your special day with a delicious meal! Please call to make a reservation for lunch and join us!
Thank You to Our Transportation Sponsors and Grants:

Woodstock Insurance
Connected-at-Home
Ottawaquechee Plumbing
Solutions
Armistead Senior Care

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 Riders - $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 Wednesdays 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

Find us on Facebook

Search for “The Thompson Senior Center” and click “like” for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.