



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

NOVEMBER 2015

THE POPPY PROJECT CELEBRATING OUR VETERANS



A COLLABORATION
BETWEEN THE
THOMPSON CENTER
AND ARTISTREE
COMMUNITY ARTS
CENTER
OCTOBER 27 AND
NOVEMBER 3 AT
1:00 PM

Join us as we pay tribute to our veterans and recreate the beautiful poppies once displayed at the Tower of London in honor of the 100th anniversary of WWI. We will be making ceramic red and white poppies with ArtisTree Ceramics Director, Fiona Davis. The red poppies represent remembrance of lives lost during the war while the white poppies signify a peaceful future. Once you've created your poppies you will have the choice to either have them attached to a stake to be set in The Thompson yard or made into a lapel pin. Please call Shari at The Thompson to sign-up.

Detailed information on this program and the history behind this amazing memorial display can be found on our website at www.thompsonscenter.org. *This program is free and requires advance registration.*



VETERANS EAT FREE! NOVEMBER 10TH AT NOON

Veterans are invited for a free lunch at the Thompson on Tuesday, November 10. During the luncheon the finished poppies, from our poppy project, will be staked on the front lawn of The Thompson in remembrance of American Veterans of all the wars in which our men and women have been engaged and are engaged today. After lunch, the poppies will go home with their creators for Veterans Day. Come and celebrate with us. A group picture will be taken. **Reservations Required.**

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, Gordon Worth,
Jim Emery, 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

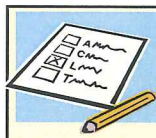
Tom Weschler—*President*
Patsy Mathews—*Vice President*
Jerry Fredrickson—*Treasurer*
Sarah Roberts—*Secretary*
Dick Atwood
Dick Brodrick
Frances Gillett - Advisory
Rachel Hochman
Peggy Kasden
Barbara Kelley
Sally Kesseli
Holly Levison
Susan Moor
Lynn Peterson, M.D.
Liz Schellhorn
John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Positive responses on the recently advertised poppy program
- Trip suggestion to visit the 9/11 memorial site
- Great feedback on the water aerobics class
- Dinner program suggestion
- Walk-in cooler/freezer installation week of 10/8

Please join our next meeting on Monday, November 2 at 1:00 pm. All patrons and volunteers are invited to attend.



November 3rd is Election day. If you will need a ride to vote, please call The Center to make arrangements.

HELP WANTED!

Volunteers are needed for the **reception desk, wait staff and Bingo.**

Volunteers play a major role at the Thompson Center. We can't do it without you! Please call Paula Audsley, Outreach Manager, 457-3277 x 119 to discuss these fun and rewarding volunteer roles.

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. Applications for the 2014-2015 heating season must be postmarked by February 28 for eligible households.

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

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, Oct. 14, 21, 28, Nov 4, 18

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 Oct. 14, and continuing Oct. 21, 28, Nov. 4 and 11 (**note: Oct. 21 only we'll meet at the Little Theater, the brick building beside the Woodstock Recreation Center**). The cost is \$25 for the five classes.

Beginners and Intermediate 9:30-10:30

Upper Intermediate and Advanced 10:45-11:45

To inquire about the classes, contact Anne

at anniebower@yahoo.com or 457-2877

(website: www.anniebower.com).

Please Join our Walking Group!

Wednesdays at 9:00 am

Meet at Woodstock Union Arena

Cooler temperatures do not daunt us...Fall is a beautiful time to get outdoors and walk. Our group will continue to meet at Union Arena on Wednesday mornings where our route will be determined based on weather and temperatures. We will walk in the Arena on rainy days.

Please note that on November 4, our group will meet at Silver Lake State Park in Barnard (pre-registration requested) at 9am for a walk on the paved park roads throughout the park. Transportation will be provided at 8:30 am from Thompson as requested, and departure from Silver Lake State park at 10:00am.

***When it comes to finding tools
for staying healthy, active, and
involved, The Thompson is the
place to start!***

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 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.

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.**

TRIPS and PROGRAMS



Vermont Symphony Orchestra Holiday Pops

**At the Historic Paramount Theater in
Rutland, Vermont**

Sunday, December 13, 3:00 pm

**Depart Thompson at 1:45 pm and return to
Woodstock approximately 7:30 pm**

**Cost: \$66.00 includes transportation*,
tickets and dinner**

Everyone loves a holiday story! So get comfy as the VSO shares music from favorite Christmas movies, a masquerade ball, a fractured fairy tale, and of course the Nutcracker. Comedian and Moth Story SLAM host Hillary Boone emcees a program that also features some of her own humorous family sketches, plus an amazing youth soloist, the VSO brass, and a carol singalong.

Dinner will follow at the award winning Red Clover Inn in Mendon, (Vermont Chamber of Commerce Restaurateur of the Year, 2015, and winner of *Wine Spectator* Award of Excellence, 2013 & 2015).

**In order to keep the cost down and still offer a nice meal, we've chartered a Butler school bus for this short trip to Rutland. Please note that tickets are pre-paid and non-refundable. We will not be able to re-fund cancellations unless we can re-sell your ticket. Your reservation is guaranteed upon receipt of payment no later than November 30th.*

Intergenerational Friendships are a Win-Win Volunteers needed

The Second Graders at the newly formed Prosper Valley School, formerly the Bridgewater and Pomfret Schools, are looking for some very special people to become year-long friends and partners for an Intergenerational project with veteran teacher, Barb Leonard. Barb truly believes that Seniors are our gifts and that our young children can learn much from them about what life was like in the past. This program, in its pilot year, will match a student with a senior who will continue their friendship throughout the school year. The plan is to have 4 sessions of informal visits at both The Thompson Center and at The Prosper Valley School. During their visits the partners will focus on a particular topic for each session such as "How did your family celebrate holidays and special events when you were a child? What do you feel have been the biggest technological changes that have impacted you? What has been a most memorable moment or event in your lifetime? The students will then spend time writing and drawing pictures back at school to capture the essence of what they learned in the session. Plans are to have a culminating project, a published book that will include all of the students and their partners highlighting their experience together. The intergenerational program will provide social, emotional and educational experiences for both generations. The culminating event will be a Special Friends Tea Party and the unveiling of the published books at the end of the year. Please contact Deanna at The Thompson with any questions or to sign up for this meaningful project. 457-3277



NEWS & EVENTS

Medicare Open Enrollment Medicare Part "D" Assistance Offered by a Medicare Volunteer SHIP Counselor From Senior Solutions at The Thompson

Tuesdays, October 20, 23, November 10, 13, 17, December 1

One hour free consult appointments 11 am – 2 pm, Call The Thompson to Schedule

Please bring to your appointment:

1. Medicare card – the red white and blue card with your SSA #
2. Current 2015 Medicare Part D card & Green Mountain Care/VPharm card if you have one
3. All health insurance cards
 - ☐ If currently working from your current employer or spouse's employer if you are covered under your spouse's Employer Group Health Plan (EGHP)
 - ☐ If retired your former employer's retirement plan card
 - ☐ If currently on Medicare bring your Medigap supplemental plan or Medicare Advantage health insurance cards
4. A list of all medications/drugs - this information needs to be taken from pill bottles for accuracy
 - ☐ Name of the drug
 - ☐ Dosage (EX: 10 mg, 20 mcg, whether it's a cream or ointment)
 - ☐ Usage: How many pills of this drug taken each day - EX: 3 pills each day is 90 pills usage each month.
5. Any letters received from Medicare, state of Vermont: VPharm, Green Mountain Care/Medicaid and Social Security: Social Security retirement benefits, Social Security Disability Income (SSDI) or



Thompson Holiday Bazaar & Cookie Walk Saturday, December 5, 2015 9:00—1:00 pm

Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, wreaths, homemade goodies, jams, jellies, pickles, and more! This year we have some new items such as tie-dye t-shirts, wrap bracelets, homemade treats for pets, and wooden centerpieces! Santa will visit and our famous Cookie Walk will be upstairs in the conference room. Arrive early to pick your favorites!

We will be offering raffle prizes once again this year and items will be advertised shortly. Tickets are \$5, or 6 for \$20. **All proceeds benefit The Thompson Senior Center.**



MEMORY TREE FOR THE HOLIDAYS

Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. For \$2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.



PROGRAM CALENDAR - NOVEMBER 2015

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9 Strength & Fitness 10:15 Memoir Group 1 Advisory Meeting 1 Bridge 1 Advance Directives*	9 Strength & Fitness 9 Poppy Project* 10 Double King Pede 10-12 Spiritual Health* 12 Spanish Table 1 Scrabble 3 Bone Builders	9 W. Leb Shopping* 9 Walking at Silver Lake* 9:30 Tai Chi Beginner 10 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Book Club 1 Bracelet Making*	Thanksgiving Dinner* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 3 Bone Builders 1 Ongoing Italian Class	10 Painting at Artis-Tree* 10-12:30 CCC Office Hours* 12 German Table
9	10	11	12	13
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	Veterans Eat Free* 9 Strength & Fitness 10 Double King Pede 10-12 Spiritual Health* 11 Medicare Assistance* 12 Spanish Table 1 Scrabble 3 Bone Builders	CLOSED Veterans Day	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 10:30 Journaling Class 12 Italian Table 1 Recycling Program 1 Ongoing Italian Class 3 Bone Builders	10 Painting at Artis-Tree* 9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 11 Medicare Assistance* 12 German Table
16	17	18	19	20
8:30 Newsletter Folding 9 Smiles for Seniors* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pede 11 Medicare Assistance* 11:30 Commodities 12 Spanish Table 1 Scrabble 1 Hyacinth House Program 3 Bone Builders	8:30 Board Meeting offsite Retreat 9 W. Leb Shopping* 9 Walking Program 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 Group	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Ongoing Italian Class 3 Bone Builders	9 Pancake Breakfast* 10 Painting at Artis-Tree* 10-12:30 CCC Office Hours*
23	24	25	26	27
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Program 10:30 Handwork Cir. 12 French Table	CLOSED Thanksgiving Day	CLOSED
30				
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* VSO Trip Payment Deadline			BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon. & Wed. Upstairs conf room on Tues, Thurs, Fri.	*Indicates that sign-up/reservations are required

MENU - NOVEMBER 2015

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Fresh fruit parfait	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Blueberry Cake	Thanksgiving Dinner* Roasted Turkey, Mashed Potato, Gravy, Squash, Cranberry Sauce, Stuffing, Peas and carrots, Pumpkin Pie	Chef's Choice
9	10	11	12	13
Tossed Salad, Hearty Turkey and Vegetable Soup, Roll, Gingerbread pear cake	Veterans Lunch* Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries	Veterans Day Closed	Tossed Salad, Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Meatball Hoagies, Sweet Potato Fries, Coleslaw, Cookie Fruit Basket
16	17	18	19	20
Chili with Cheddar Cheese, Corn Bread, Cole Slaw, Lemon Mousse with Blueberry Compote	Tossed Salad, Bombay Chicken Breast, Scallion Rice, Stir Fried Vegetables, Pink Lemonade Bars	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Birthday Day* Grilled Baja style Pork Loin, Chimichurri Sauce, Citrus Sweet Potato Mash, Braised Greens, Roll, Cake & Ice Cream	Breakfast Day* Blueberry Pancakes, Maple Sausage, Fruit and Yogurt
23	24	25	26	27
Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Mixed Fruit Cobbler	Salmon en Crouete w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Coconut Cream Pie	Thanksgiving Day Closed	Closed
30				
Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Warm Apple Crisp		Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.	Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	* Indicates that sign-up/ reservations are required (Birthday Day & special holiday meals)

2% Milk, Coffee, tea, and juices available

PROGRAMS

A Collaboration Between The Thompson Center and ArtisTree



Painting at ArtisTree
Instructor: Murray Ngoima
Friday mornings, 10:00—11:30
November 6 - December 11

Come paint and learn about painting in the beautiful surroundings, inside and out, at ArtisTree in South Pomfret. Work with water-based media with instruction and/or on projects of your own choosing, in supportive and congenial company. The media offered include watercolor, acrylic, gouache, ink, and colored pencil. Materials provided. Complete beginners to experienced painters, all welcome!

Transportation provided as needed on The Thompson van at 9:30 a.m. from Woodstock to ArtisTree, returning to The Thompson in time for lunch. \$50 for five classes or \$12 per class. (5 participants minimum, 12 participants maximum).



**Happy
Thanksgiving!**

Annual Thanksgiving Dinner
Thursday, November 5 at 12 noon,
one seating only, Reservations Required

Menu: Roasted turkey, mashed potato, gravy, squash, cranberry sauce, stuffing, peas and carrots, pumpkin pie. **Please sign up early. Suggested donation of \$5 for those 60 and over. \$7 for those under 60.**



**Vermont's Universal Recycling
Law – Learn More**
Thursday, November 12, 1:00 pm

Ham Gillett is the Outreach Coordinator for the Greater Upper Valley and the Southern Windsor/Windham Counties Solid Waste Management Districts. He focuses mainly on Act 148, the new Vermont Universal Recycling Law. Ham will speak briefly about the reasons for the law, its content, timeline, and how it affects every day Vermonters. Bring your questions, concerns, confusions, and complaints (about the new law.)



**Join us for a
Pancake Breakfast**
November 20, 9:00 am
Please RSVP!

**An Afternoon with Jane Soule ~
Memories, Menus, and Memorabilia
Of Hyacinth House**
Tuesday, November 17 1:00 pm

Who stays in a guest house in the 1930s and 1940s? Where does the guest house get its meats, vegetables, and other necessities? What was going on in the Kedron Valley at that time? Jane will take us back to the early days and share mementos from her South Woodstock Hyacinth House.

WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP **Wednesday, November 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.

WELLNESS CLINIC UPDATE

Our wellness clinic nurse, Michelle Chiesa will be leaving VNA this month for another position and we wish her well, with our gratitude. We have been assured by VNA that our monthly wellness clinic will continue once Michelle's replacement is hired and candidates are now being interviewed. In the meantime, we appreciate your patience and understanding.

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 1pm - 3pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule an appointment.

Chair Massages at The Thompson **10:00 am to noon**

Greg Somerville's chair massages will be offered on Wednesday, November 4th only this 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 and make sure to cancel in advance if you can't make it so that someone else can take your spot and we don't keep our massage therapists waiting!

Cost: 20 minute massage/\$20.00



Smiles for Seniors **Free Oral Health Pilot Program** **November 16, 9:00 am—1:30 pm**

You are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. Dental goodie bags are given to all participants. This program has received rave reviews from all who participate! Call 457-3277. *Sponsored by OHF and partners*

Foot Care Clinic **with Mary Wood** **Monthly, 9:00 am - 2:30 pm** **on the 2nd Friday & 3rd Wednesday**

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

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

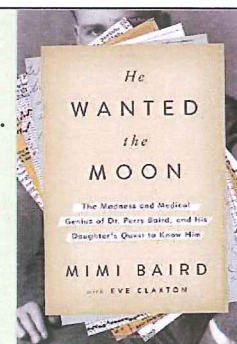
PROGRAMS and CLASSES

BOOK GROUP

Wednesday, November 4 at 1:00 pm

Our October book is He Wanted the Moon subtitled "The Madness and Medical Genius of Dr. Perry Baird, and His Daughter's Quest to Know Him" by Woodstock author Mimi Baird.

When Mimi was 6 years old, her father disappeared from her life with no explanation for his daughter. When she turned 56, a package arrived on her doorstep that contained her father's diary of his mental illness. As a brilliant doctor, he documented his bipolar disorder in hopes of helping the scientific community help those who suffered as he did. His research even led him to the medicine that helps bipolars today, but the medical community was not ready to hear it. Since publication of the book, Mimi has traveled to many universities and hospitals to speak about this unique record. She has graciously offered to attend our discussion, so come, even if you haven't read the book. See you on Wednesday, November 4 at 1:00 upstairs.



Bracelet Making Workshop for our Center

Wednesday, November 4, 1:00 pm

Do you like playing with color and texture? Love working with your hands? Would you like to contribute something for The Thompson's annual Holiday Bazaar? Join us at this workshop when we will create jewelry to sell at the Thompson Holiday Bazaar. All workshop materials will be provided, but if you have tools or supplies to share, please bring them with you. There is no charge for this workshop, but please sign up soon as space is limited.

Thank you, Yael Taylor, for volunteering your time and skills for this event.



Duty's Faithful Child: A Visit with Louisa May Alcott Wednesday, December 2, 1:00 pm

A Vermont Humanities Council History Alive Event Hosted by The Thompson Center

Famous as the author of *Little Women* and other books for young people, Louisa May Alcott was herself a fascinating character. Her life was formed in the intellectual and philosophical hotbed of 19th-century Concord, Massachusetts, home of Emerson, Thoreau, Hawthorne, and her own philosopher father, Amos Bronson Alcott. Jeanne Austin draws on the life and writings of this remarkable woman, shaping them into an exciting and educational living history experience.

Jeanne Austin has played roles in off-broadway, regional stock and dinner theater, made radio and television commercials, and appeared in theatrical and television movies.

This program is free and open to the public. Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or the Vermont Humanities Council.



IN APPRECIATION

IN APPRECIATION

Bob Forman - green beans
 Jerry Fredrickson - apples
 Dick & Bonnie Atwood – cat food in memory of Missy
 Gordon Worth - apples
 Sally Kesseli - binders
 Eric Plump - puzzles
 Woodstock Pharmacy - candy
 Linda and Dick Brackett - veggies
 Susan Moor - veggies
 Godette Hazen - embroidery floss
 Mary Riley - set of placemats
 Nancy Heidt – cat food
 Barbara Kelley—tie-dying help
 Peggy Kaden, Ann Herz, Bonnie Atwood – flu clinic volunteers



Medical Equipment:

Kathleen Eiselein
 Jim & Barbara Scully
 Gretchen Pear
 Frank Hastings
 Gail Smith

IN MEMORY OF

Bert Eiselein

Ad & Mavis Shaw
 Jerry & Joan Oppenheimer

Trevor Moore

Ad & Mavis Shaw

*Special thanks to everyone who participated in **Share the Harvest** and brought us produce!*

ONGOING DONATIONS:

Daily Valley News subscription -
 Woodstock Pharmacy

The Vermont Standard Weekly Papers

Birthday Cakes - Diane Atwood, Jane Soule,
 Carol Towne

Monthly book club selection - Yankee Bookshop

TRANSPORTATION SPONSORS:

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

NOVEMBER BIRTHDAYS

1st	Norman	Boynton	11th	Susan	Moor	21st	Theresa	Baribeau
1st	Barbara	Condict	11th	Coleman	Hoyt	22nd	Eileen	Mallon
1st	Olive	Greenough	12th	Rhonda	Bruce	22nd	Theo	Howe
2nd	Alice	Frick	12th	Constance	Burnham	22nd	Nancy	Jonas
2nd	Lyle	Hall	12th	Patricia	Powers	23rd	Joan	Harvey
2nd	Elizabeth	Deignan	12th	Taylor	Schanck	23rd	Elizabeth	Marciano
3rd	Lindsay	Heath	13th	Loie	Havill	24th	Carolyn	Maynard
3rd	Betty Ann	Lantz	13th	John	Ketola	24th	Michael	Beirne
4th	Sarah	Roberts	13th	Constance	Hitchcock	25th	Margaret	Maxham
4th	Dorcas	Freeman	14th	Patricia	Gould	26th	Jim	Smiddy
5th	Don	Frakes	14th	John	Brand	26th	Beverly	Regan
5th	Carole	Pickett	15th	Nathan	Willard	27th	Richard	Brodrick
6th	Faith	Wills	16th	Margaret	McCracken	27th	Gladie	Cleveland
6th	Nancy	Stahura	17th	Diane	Frake	27th	James	Ford
7th	Bernard	Strong	19th	Rose	Kwiatkowski	28th	David	Smith
7th	Craig	Hadden	19th	Doris	Dean	28th	Merle	Sanderson
8th	Judy	Mahood	20th	Philip	Tomlet	28th	Fred	Doten
8th	Thelma	Jillson	20th	Barbara	Fagerberg	28th	Sara	Cooke
8th	Betty	Bowen	20th	Dawn	Krantz	29th	Mary	Costella
9th	Margaret	Thomas	21st	Pamela	Jaynes	29th	Rhoda	Moore
9th	Bruce	Gould	21st	Sophia	Stone	29th	Charles	Rattigan
10th	Deanna	Jones	21st	Mary	Croft	29th	Carole	Sparkes
10th	Richard	Eary				29th	Anita	Richardson
10th	Betty Lou	Skottet				29th	Lloyd	Cook



On November 19th we will celebrate your day!
Those who attend with a November birthday will receive a complimentary meal!
 Please make a reservation by calling 457-3277.



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

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

MISSION

It is the mission of the Thompson Center to be a multi-generational 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.



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.

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

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