



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

OCTOBER 2017



Annual Meeting 2017 Age at Home

We are all "Aging at Home" but if you're living independently in your own house, you may be faced with particular challenges to remain safe and confident.

We heard your needs in more than 500 responses to our Aging at Home survey, and we're thrilled to share details about the plans we've developed over the past year.

Join us on Wednesday, October 25th, 10:30 am, at The Thompson Center, to hear about:

- One number to call for all aging at home resources and referrals
- "Days of Service" to assist with odd jobs
- "Quick Fixes" for help with things like changing a hard to reach light bulb or smoke detector battery
- Transportation ideas being analyzed

The **Annual Meeting** is also an opportunity to vote on and welcome new board members and associate members, celebrate achievements, and review year end (unaudited) financial statements.

Please RSVP by Friday, October 20th, 457-3277 or info@thompsonseniorcenter.org

Location: The Thompson Center
99 Senior Lane
Woodstock, VT 05091

Join us following the meeting for lunch at noon. **Menu: Hearty Turkey Vegetable Noodle Soup, Cottage Cheese, Roll, Green Salad and Pear Ginger Crumble.**

Flu Facts

Flu vaccination is an important preventative tool to reduce the risk of flu-associated symptoms among older adults and people with chronic health conditions.

While seasonal influenza outbreaks can happen as early as October, during most seasons influenza activity peaks in between December and February.

- It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection
- There is some evidence that immunity may decline more quickly in older people.

The Center for Disease Control (CDC) recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season.

For older adults, two vaccine options are available. One is the standard dose and the other is the 'high-dose' vaccine, which is designed specifically for people 65 and older. This vaccine contains a higher dose of antigen (the part of the vaccine that prompts the body to make antibody), which is intended to create a stronger immune response in this age group. Speak with your care provider to find out which dose he/she recommends that you receive. (Adapted from: CDC website)

The VNH Flu Clinic at The Thompson will be held on Thursday, October 12, 9:00 am - 12:00 pm.

Adults 18 years and older are eligible. Please bring your Medicare Part B insurance card for direct billing. Fee for all others is \$25. At VNH flu clinics the standard dose of vaccine will be administered.

Vaccine given in

Late September

October

Early November

Provides immunity through

Late March

April

Early May

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,
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Siobhan Wright, Kitchen Assistant, Meals
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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

- Sharing of positive outcome of Generation to Generation camp
- Working with ArtisTree to hold a holiday gift making workshop here as a one-day afterschool program for students and senior center participants who enjoyed the Generation to Generation camp
- Feedback on rolls requesting softer ones occasionally instead of the crusty variety
- Announcements about October programs & Annual Meeting
- Questions related to the Flu shot clinic for follow-up

Please join our next meeting on Monday, October 2nd at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

Halloween Tradition!



We will celebrate in our usual fashion with a ghoulish lunch and goodies on the 31st at noon. Dress up if you to join the fun!

OUR LAST TOWN DAY OF THE YEAR!

Monday, October 2nd

Residents of **Woodstock** are invited for lunch at The Center for the reduced rate of **\$3.00**.

Please note: The Thompson van can provide transportation for you and your friends. Please call to schedule.



Congratulations to Linda O'Neal who was our August Marble Game winner!

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.

NEWS & EVENTS



A Playground for Empire: Historical Perspectives on Cuba and the U.S.A.

A Vermont Humanities Council Event

Hosted by The Thompson Center

Thursday, October 19, 7:00 pm

Dinner to precede lecture at 6:00 pm at The Thompson Center. Dinner is \$20 per person. Reservations required

Menu: Cuban Spiced Pork Loin, Citrus Sweet Potato Mash, Green Beans, Pear Ginger Galette

The Spanish-American war of 1898 ended Spain's four hundred year rule of Cuba. Cuba became a U.S. protectorate and decades of instability followed, culminating in Batista's military dictatorship. The 1959 Cuban Revolution is one of the great underdog stories in history, in which a tiny band of young rebels prevailed against all odds. This nationalist revolution quickly fell under the sway of the USSR and Cuba's previously close ties with the U.S. were abruptly severed.

This illustrated presentation by novelist and lecturer Tim Weed, a long-time observer of the island, will highlight recent changes in light of Cuba's long struggle for sovereignty.

Tim Weed is an award-winning novelist and lecturer who teaches at GrubStreet in Boston and Western Connecticut State University.

Supported in part by the National Endowment for the Humanities (NEH) and the Vermont Humanities Council (VHC). Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or VHC. This talk is free, open to the public, and accessible to those with disabilities.



Medicare Annual Open Enrollment Informational Event Presented by Senior Solutions at The Thompson Center

Thursday, October 12, 1:00 - 2:30 pm

This event will help you make informed choices about keeping or changing your Medicare Drug plan, and/or Medicare Advantage plan. The Open Enrollment period is from **October 15th – December 7th** each year. Plan **EARLY** as this is the time to review your coverage.

Example of questions you might be asking yourself:

Will my Medicare Part D plan be the same in 2018 as it was in 2017?

How will I know what changes my plan is making for 2018?

If I decide to change plans, how and when should I do it?

Senior Solutions - State Health Insurance Program will have up to date information to guide you. You can bring your Medicare Drug plan card with you and you will learn what the information on it means to you and your Pharmacist. **Please call The Thompson at 457-3277 to register but walk-ins are also welcome.**

TRIPS



K-1 Express Scenic Gondola Ride and Lunch at The Peak Wednesday, October 4th

Depart Thompson at 10:15 am. Please bring a sweater or jacket for cooler temperatures at the top of the Mountain. Good sensible shoes are essential! Your lunch cost will most likely exceed the cost of the \$10 voucher.

The Vermont Handcrafters' Holiday Fine Craft and Art Show

Friday, November 17, 2017

Sheraton Conference Center, Burlington, VT

Depart Thompson on our van at 9:00 am. After the craft show we will have lunch of our own at a local restaurant followed by a stop at the Christmas Tree shop on the way home.

Cost: \$16 for show entrance and transportation. Lunch is on your own.

Vermont Symphony Orchestra Holiday Pops At the Historic Paramount Theater, Rutland, Vermont

Sunday, December 10, 3:00 pm Matinee

Dinner will follow at the award winning Red Clover Inn

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

Cost \$70 includes transportation, tickets, and dinner



VERMONT
SYMPHONY
ORCHESTRA

The Vermont Symphony Orchestra's 2017 Holiday Pops features festive music from around the world, a carol singalong, and a special appearance by the Bronze Ambassadors, an award-winning student bell choir from Newport. Syrian composer Suad Bushnaq will join us for a performance of her beautiful Tomorrow, bringing a message of hope and peace. Russia is well represented with Glazunov's "Winter" and selections from the Nutcracker, then back to America for Chadwick's Jubilee & Noel, and – of course – Sleigh Ride! The VSO will be led by Guest Conductor Anne Decker. A family style dinner will follow at the Red Clover Inn in Mendon.

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 only with receipt of payment.

PROGRAMS

Home Energy Improvements for Comfortable Living

Presented by Sustainable Woodstock

Thursday, October 5, 1:00 pm

Many Vermont homes are old and drafty and can be very expensive to heat in the winter time. Weatherization work can make your home more airtight so that you are spending less on heating bills to make your home warmer and more comfortable. Zach Ralph, from Sustainable Woodstock, helps homeowners navigate the weatherization process and the different local, state, and federal home energy improvement incentive programs. Join us for a presentation on these different programs and how you can start to make your home feel more comfortable: **Home Performance with Energy Star, COVER Home Repair, Weatherization Assistance Program and The Mobile home Replacement Program**

Christmas Icicle Crafting Project

Friday, October 6

10:00 am

Candy Elssa will teach the art of making an icicle crafted from 4 mm fire-polished crystal beads and seed beads using a variation of the Spiral stitch. The Icicle is approximately 12 cm long by 1.5 cm at it's widest point. The Christmas Icicle looks lovely on a tree or in a window and will make a great gift or family heirloom. Call Thompson to pre-register. 457-3277. **Pre-registration required. Fee is \$10**

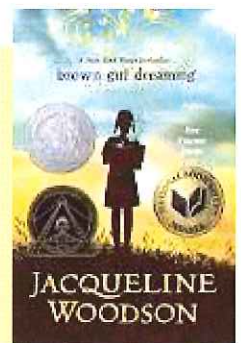
Vermont Reads Project

Join us for our start-up discussion with The Thompson Book Group!

October 11, 1:00 pm

Presented by Anne Bower

With a grant from the Vermont Humanities Council, the Abbott Memorial Library, the Prosper Valley School and ArtisTree have planned an exciting group of events around Jacqueline Woodson's wonderful memoir-in-poems, *Brown Girl Dreaming*. A memoir of the author's childhood in beautifully voiced poetry, *Brown Girl Dreaming* is this year's Vermont Reads selection. The Thompson Center Book Group will host the start-up discussion on Wednesday, Oct. 11th at 1 p.m. Anne Bower, retired Assoc. Prof. of Literature, will lead the conversation, putting the book in context of African American literature, but we'll all share our favorite sections of the book and how they open us up to deeper understanding of our shared culture. Books to borrow will be available at the Abbott Memorial Library and at the Thompson, but must be returned after the October 11th discussion so they can be used in following events. Materials will be available to make quilt squares that capture our reactions to the book.



PROGRAM CALENDAR - OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Woodstock Day* 10:15 Memoir Group 1 Advisory Meeting 1-3 Advanced Directives	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 12:30 Mahjong 1:00 Care Trak Presentation 3 Bone Builders	9 W. Leb Shopping* 9 Pickle Ball 9:30 Beginner Tai Chi 10:15 Depart for Gondola Ride* 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 Veteran Poppy Project*	9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 Sustainable Woodstock Presentation 2 Mahjong 3 Bone Builders	9 Pickle Ball 10-12:30 CCC Office Hours* 10 Christmas Icicle Project* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
9	10	11	12	13
Columbus Day CLOSED	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10 Veggie VanGo at MAH 12:30 Mahjong 3 Bone Builders	9 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Book Group	9 Strength & Fitness 9 - 12 Seasonal Flu Clinic 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 Medicare Open Enrollment Talk 2 Mahjong 3 Bone Builders	Oktoberfest* 9 Pickle Ball 9 - 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 German Language Table 1 Brent Buswell 1:30 Water Aerobics*
16	17	18	19	20
8:30 Newsletter Folding 9 - 2 1:1 Medicare Counseling* 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30 Mahjong 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 9 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	Late Opening for Dinner Program at 5:30 pm (There will be no noon meal served today due to late opening)	9 Pickle Ball 10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
23	24	25	26	27
10:15 Memoir Group	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 10-12 Wellness Clinic 12 Spanish Table 12:30 Mahjong 12:30 - 2:45 Foot Clinic* 3 Bone Builders	9 Pickle Ball 10: 30 Annual Board Meeting 10:30 Handwork Cir. 12 French Table	Birthday Day* 9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	Pickle Ball 10-12:30 CCC Office Hours* 10 ArtisTree Painting* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
30	31			
10:15 Memoir Group	Halloween Fun 9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 3 Bone Builders	9 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri,	* Indicates that sign-up/ reservations are required

MENU - OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Woodstock Day* Grilled Ham and Swiss Sandwich on Wheatberry Bread with Tomato, Broccoli and Cheese Potato Soup, Creamy Fruit Salad	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Herb Roasted Potatoes, Cauliflower Salad, Sorbet and Fruit	Tomato Cucumber Salad, Lime Herb Chicken, Roasted Potatoes, Succotash, Yogurt Cake w/ Peach Puree	Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie	Chili, Cornbread, Coleslaw, Coconut Meringues w/ Pineapple
9	10	11	12	13
Columbus Day CLOSED	Tomato Cucumber Salad, Hearty Beef & Vegetable stew, Roll, Frosted Banana Bars	Beer Battered Haddock and Steak Fries, Kale Salad, Ginger Snap and Fruit	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Cole-slaw, Sweet Potato Fries, Fresh Fruit Salad	Oktoberfest* Beer braised Bratwurst, Warm German Potato Salad, Red Cabbage Sauerkraut w/ Apples, Warm Apple Strudel
16	17	18	19	20
Reubens, Beer Battered Onion Rings, Mediterranean Vegetable Salad, Sorbet w/ Fresh Berries	Puff Pastry Chicken Pot Pie, Caprese Salad, Warm Peach Crisp	Shepherd's Pie, Vegetable Medley, Apple Pie	VHC Dinner*(No lunch Served) Cuban Spiced Pork Loin, Citrus Sweet Potato Mash, Green Beans, Pear Ginger Galette	Chef's Choice
23	24	25	26	27
Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Rolled Blackberry Cake	Meatloaf, Mashed Potato, Gravy, Green Beans and Carrots, Roll, Strawberry Sundae	Hearty Turkey Vegetable Noodle Soup, Cottage Cheese, Roll, Green Salad, Pear Ginger Crumble	Birthday Day* Mixed Greens Salad, Roast Beef, Au Jus, Roll, Roasted Fingering Potatoes, Caramelized Baby Carrots and Green Beans, Cake & Ice Cream	Turkey and Swiss Sandwich w/ Lettuce and Tomato on Wheatberry Bread, Broccoli and Cheese Potato Soup, Fresh Fruit Salad
30	31			
Chef's Choice	Halloween Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Pumpkin Chip Cookie	Meal Pricing: " \$ 7 <u>charge</u> 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)	Vegetarian meals & Gluten Free are available upon request. Please contact chef in advance. 2% Milk, Coffee, Tea and Juices available

* Reservations Required *

Please sign-up in advance for special meals and Birthday Day. This month includes **Woodstock Day on October 2nd, Oktoberfest on the 13th, and Birthday Day on the 26th**. 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

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.

BRAIN BUILDER

The Right Count

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

71	10	94	82
65	27	3	67
61	36	16	44
24	60	11	29

Strength & Fitness

Tuesdays & Thursdays

9:00 - 10:00 am

Please note that Monday classes will resume on November 6th and not on October 16 as previously publicized

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.

Tai Chi's Slow, Gentle Exercise

Great for Mind and Body

Wednesdays

Beginner Class 9:30 - 10:30 am

Advanced Class 10:45 - 11:45am

Ongoing, October 4, 11, 18

Nov 1, 8, 15, 29 & Dec 6, 13

Cost is \$18

The July 2017 *Consumer Reports* featured an article, "To Prevent Falls, Try Tai Chi." TSC's seniors have found that tai chi really does help your balance. This gentle, slow exercise also helps with arthritis, back pain, high blood pressure, blood sugar control, sleep problems, and concentration. Posture improves and so does stress reduction. As the article emphasizes, tai chi can be more effective for fall prevention than physical therapy, stretching exercises, yoga, and balance training! We apply our tai chi moves to actions in daily life (walking, housework, yardwork, etc.), and we're also practicing deep breathing, body alignment, and strengthening our leg and core muscles. TSC's instructors have many years of experience and love seeing the progress class participants make. "Each person makes adjustments for their own body," Anne Bower explains. "Tai chi is not about learning the moves perfectly but about learning them in a way that makes sense for your own structure." Give tai chi a try! Your first class is always free. Hand-outs are provided and you can also purchase a DVD to practice at home.

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

For more information contact Anne at anniebower@yahoo.com or 457-2877 (website: www.anniebower.com).

Open Pickle Ball
Woodstock Athletic Club
Fridays, 9:00 - 10:30 am



Cost: \$10 per 1.5 hr court time session. Walk-ins welcome and equipment is provided. Ride service available from The Thompson with advance notice.

WELLNESS PROGRAMS

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

No October Meeting due to Dinner Program

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.



Seasonal Flu Clinic **Thursday, October 12** **9:00 am - 12:00 pm**

Adults 18 years and older are eligible. Please bring your Medicare Part B insurance card for direct billing. Fee for all others is \$25. The standard dose of vaccine will be administered.

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.

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.

Medicare Open Enrollment: 1:1 **Assistance Available at The Thompson in** **October and November**



For 2018 Medicare coverage, the open enrollment period is from October 15 to December 7. During this annual enrollment period (AEP) you can make changes to various aspects of your coverage. A Senior Solutions volunteer will be available at The Thompson for appointments this fall. Call for schedule

CAREGIVER SUPPORT GROUP **Wednesday, October 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 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.

ONGOING CLASSES & PROGRAMS

Oktoberfest Celebration Friday, October 13 Beginning at noon



Join us as we partake in this celebration with a traditional meal of bratwurst, sauerkraut, potatoes, and apple strudel. Brent Buswell will perform immediately following our Oktoberfest meal at 1:00 pm. *Hinten Hoch! (Bottoms up!)*

RSVP is required for this lunch. Please also specify "RSVP for the German Language Table" if you speak German and wish to sit at the language table.



Painting at ArtisTree A Collaboration Between The Thompson Center and ArtisTree Instructor: Murray Ngoima

Friday mornings, 10:00 - 11:30 am

Session 1: Sept 15 - Oct 13, Cost \$50

Session 2: Oct 27 - Dec 1, Cost \$40

No Class on 11/10 or 11/24

\$10 Drop in Fee for either session

To register call The Thompson 457-3277.

The Poppy Project ArtisTree at The Thompson Wednesdays October 4 & 18 1:30 pm



In commemoration of Veteran's Day 2017, ArtisTree will once again be offering a two-day class where potter, Fiona Davis, and Finnie

Trimpi will instruct us in the art of making clay Remembrance and Peace poppies. The finished product will have the option to be staked or worn on a lapel.

On Thursday, November 9th, we will wear or stake our poppies in The Thompson front yard in honor of Veteran's Day. *We gratefully acknowledge Diana Hayes for starting this project, and ArtisTree, to help make it an annual event to honor those who serve.*

Care Trak Northeast: Tracking Technology to Aid in the Search for Those Who Have Wandered Tuesday, October 3, 1:00 pm

For those with cognitive impairment, be it dementia, traumatic brain injury, or illness who may be prone to wander, imagine how much time it takes to organize a search and rescue team and several volunteers to find your loved one. Care Trak Northeast provides the service and equipment which consists of a transmitter that is worn 24 hours a day. This transmitter allows trained law enforcement to respond with a receiver tuned to the frequency that your loved one is wearing to expedite finding them. There is a fee for this tracking service. Please come to this talk to learn more.



Therapy Dogs of Vermont Presentation and Pet Visit Wednesday, October 11, 1:00 pm



Therapy Dogs of Vermont is a non-profit organization of highly-trained dogs and their volunteer handlers. Their teams bring joy and comfort to hospital patients, students in educational settings, residents of nursing & retirement homes, and correctional facilities. They also travel to area schools and universities, giving presentations in the community to bring young people in touch with really great dogs and show them what can be accomplished with love, training, and a desire to help others. Please join us for this special presentation.

Please do not bring your pets to this program.

Save the Date!

Thompson Holiday Bazaar & Cookie Walk on Saturday, Dec. 2nd

Our plans for the Holiday Bazaar are underway. **DO YOU:** knit, crochet, sew, craft, bake, make jams & jellies, pickles or candy? While you are preserving jam, jellies, pickles, etc., please make a few extra for our bazaar and bring them to the Center. **Also we are not accepting coffee cans for this year's event!**

IN APPRECIATION

IN APPRECIATION

Susan Moor - scarves for birthday raffle
 Bonnie Burton - Medical Equipment
 Carol Powell - Flowers
 Paula Audsley - Flowers
 Arthur Berndt - Medical Equipment
 Vassie Sinopoulos - Yarn
 Kim Jackson - Medical Equipment
 Deb Rice - Cat food in memory of Willie
 Jo-Ann Ecker - Picnic Supplies
 Joyce & Carl Hurd - blueberries, cucumbers, beets
 Lynn & Nancy Peterson - lettuce, blueberries
 Mavis Shaw - tomatoes, cucumbers
 Laura Robinson - tomatoes, herbs
 Woodstock Inn - medical equipment
 Welch's True Value - blowing up balloons



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



*On Oct. 26th we will celebrate
 your special day with a delicious
 meal! Please call to make a reservation for
 a complimentary lunch!*

OCTOBER BIRTHDAYS

2nd	Jane	Soule	12th	Nancy	Mitchell	21st	Deborah	Gravel
2nd	Regina	Cummings	13th	Gerald	Monroe	22nd	Mark	Knott
2nd	Elsa	Lind	13th	Kathy	Dudley	22nd	Nell	Hamlen
2nd	Libbet	Downs	14th	Miriam	Desmond	22nd	Phyllis	Potter
5th	Fred	Blood	14th	Karen	Mansfield	22nd	Isabelle	Micale
5th	Sam	Heath	14th	Kathy	Hall	23rd	Paula	Audsley
5th	Willa	Nohl	15th	Daniel	Bellmore	23rd	Laurence	Roberts
6th	Elizabeth	Berry	15th	Brian	Alderfer	23rd	Tom	Deedy
7th	Judith	Lander	15th	Charles	Martin	24th	Keith	Blake
7th	Kenneth	Harmen	15th	Shirley	Garafano	24th	Audrey	Barr
7th	Jeanette	Duquette	16th	Karl	Wood	24th	Barbara	Leonard
7th	Barbara	Alexander	16th	Dorothy	Forthmann	25th	Maureen	Malone
8th	Donna	Jones	17th	Richard	Roy	25th	Betsy	Rhodes
8th	David	Schullinger-Krause	18th	Therese	Fullerton	26th	Suzanne	Wooten
8th	Robert	Hager	18th	Carolyn	Feigenbaum	27th	Betty	Munro
8th	Mavis	Shaw	18th	Bob	Belisle	28th	Nancy	Lewis
8th	Diane	Atwood	18th	Vassie	Sinopoulos	28th	Jim	Havill
9th	Marguerite	Johnson	19th	Sandra	Vonunwerth	28th	Dorothy	Herrick
9th	Daphne	Moritz	20th	Dwight	Camp	30th	Nelson	Gilman
10th	Nancy	Sailer	20th	Brooke	Beaird	30th	Patricia	Soule
10th	Carmen	Noradunghian	21st	Kimberly	Yale	31st	Phyllis	Bulmer
10th	Todd	Reuben	21st	Judith	Hills			
11th	Joyce	Horton						
12th	Tina	Miller						



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

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



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.

Thank You to Our Transportation Sponsors and Grants:



Ottawaquechee Plumbing



MISSION

The Thompson helps seniors to age well in our rural community. We provide timely support and services, and are a resource and advocate on issues related to aging. Our programs and activities foster the physical, intellectual, and social well being of our adult community to enhance dignity, self-worth, and independence.