September is recognized nationally as Senior Center month. According to the National Council on Aging (www.NCOA.org), senior center participants are happier and healthier. Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, emotional, mental, and economic well-being.

Besides providing nutritious and delicious meals, transportation, and hundreds of fun social and educational opportunities, the Thompson Center strengthens our community by helping people stay at home longer. Home and community based services are estimated to be one-third the cost of institutional care, according the National Council on Aging. These are just a few of the many reasons to get involved and recognize senior centers nationwide for their important contributions!

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Medicare Open Enrollment Medicare Part “D” Assistance
Offered by a Medicare Volunteer SHIP Counselor
From Senior Solutions at The Thompson
Tuesdays, October 20, 27, November 3, 10, 17, December 1
One hour free consult appointments 11 am – 2 pm, Call The Thompson to Schedule

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 Supplemental Security Income (SSI)

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BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Trip updates - VT Country Store & live birds at VINS
- Walk - in cooler/freezer project
- Meals discussion – likes and dislikes
- Craft program discussions
- Comment cards on tables

Please join our next meeting on Monday, September 14 at 1:00 pm. All patrons and volunteers are invited to attend.

The Peapickers Return…mark your calendars for Thursday, October 1 when Bob Dean returns with this popular toe-tappin’ trio.

$ADVICE CALLER NEEDED
If you are looking for a volunteer opportunity then helping as a Bingo caller! The hours are 10:30-11:30, Tuesday-Friday. Please call Paula at 457-3277 if you are able to help any or all of those days. Thank you!

The Thompson Center
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

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

Senior Solutions (Formerly Council of Senior Citizens)

SENIOR HELPLINE:
Senior Solutions (Formerly Council of Senior Citizens)

Contact Information:
Dwight Camp, Gordon Worth, Siobhan Wright, Ryan Martin, Shari Borzekowski

STAFF
John Snyder
Lynn Peterson, M.D.
Susan Moor
Holly Levison
Sally Kesseli
Barbara Kelley
Kathleen Tambrey
Beverly Rolfe

For information on programs and services, please contact the Senior Center at 457-3277.

Communication Coordinator
Communication Coordinator

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.

IN APPRECIATION

Audrey Fiedelholtz - hats
LouAnn Cogswell & Wendy Windsor – birthday raffle
Shirley Fenner - wheel chairs, shaver & toilet sheets, walkers
Sue Hottenstein – silver tea set
Joe Rubino - medical equipment
Sterling Family - salad
Rotary - potatoes, corn, coleslaw
Karen Harrkis – coleslaw
Ellaway Properties - Apple computer

SHARE THE HARVEST
Joyce Gilman – cabbages
Mavis Shaw – zucchini
Lynn Peterson – blueberries & green beans
Ann Bower – organic cucumbers
Gordon Worth – apples

ONGOING DONATIONS:
Monthly book club selection
Birthday Cakes
The Vermont Standard Weekly Papers
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne
Monthly book club selection - Yankee Bookshop

SEPTMBER BIRTHDAYS

On September 24th we will celebrate you special day.
Those who have been attending on an August birthday will receive complimentary meal.
Please call 457-3277 to make a reservation for lunch.

IN MEMORIAL OF

BERT EISELEIN
Charles and Kathy English
Bob and Janet Forman

MAE & AL OLSEN
Carol Powell

FRANCES DRURY
Grace Staples
Ted & Joan Staples
Patricia & John Mathews
Ed Drury
Kathi Decker, Sue Cox & Rick Wehmueller

TRANSPORTATION SPONSORS:
Upper Valley Rehabilitation
Dead River Company
Gateway Motors – car washes
Connected-At-Home
Ottawauchee Health Foundation
Ottawauchee Plumbing

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Wellness Clinic & Blood Pressure Screenings
Tuesday, September 22, 10 - 12 noon
Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4th Tuesday of each month from 10:00 am - noon.

Chair Massages at The Thompson
10:00 am to noon
Greg Somerville’s chair massages will be offered on Wednesdays, September 2, 9 and 23. 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

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.

Smiles for Seniors
Free Oral Health Pilot Program
September 21, 9:00 am – 1:30 pm
Adults age 65 years and older are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. Call 457-3277. Sponsored by OHF and partners.

NEWS & EVENTS

Thank you to our terrific volunteers who ran our booth at the Taste of Woodstock and to Hannah and Jaime Harkins for decorating the cupcakes!

Understanding and Responding to Dementia-Related Behavior
An Alzheimer’s Association Program presented by Susan Moor
Tuesday, September 15, 1:00 pm

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia.

To help caregivers decipher behaviors and determine how best to respond, the Alzheimer’s Association offers the Understanding and Responding to Dementia-Related Behavior program. By the end of the session, attendees will be able to:

• Identify common triggers for behaviors associated with dementia.
• Explain the process for assessing and identifying challenging behaviors.
• List strategies to address some common dementia-related behaviors.

Through practical information, resources, and interviews with experts, this program will help caregivers to address the challenges of dementia-related behavior. Please note: This program is open and free to the public but not suitable for those diagnosed with a dementia – caregivers and family members only please.

“Take Another Look” Volunteers Needed for a Photo Art Exhibit Project

We’re looking for people who are 65 and over that would be willing to share their honest experiences on what it is like to age in our rural area. This might mean sharing success stories (or challenges) about anything from health care to home maintenance. Participants would be interviewed by trained individuals and photographed by photographer, Laurie Levinger. The benefit of participating is not only to help raise awareness throughout our community about the realities and diversity of our aging in place population, but interview responses will also be compiled and used confidentially to help improve our health care and community based services for older adults. Photos and select short stories will be used in art exhibits and in a photo book called “Take Another Look” to help raise awareness of the landscape of aging. Please call or speak to Deanna Jones at The Thompson if you’re interested in participating or have any questions. 457-3277 or djones@thompsonseniorcenter.org. Individual appointments are now being scheduled!

This project is being managed by the United Valley Interfaith Project (UVIP) Aging with Dignity Campaign, and ReThink Health. Read more about the UVIP Aging with Dignity Project and Take Another Look on our website.
**PROGRAMS and CLASSES**

**BOOK GROUP**  
**Wednesday, September 9 at 1:00 pm**

The September read is *The Shadow of the Wind* by Carlos Ruiz Zafon. Daniel Sempere’s father takes him to the secret Cemetery of Forgotten Books, a huge library of old, forgotten titles lovingly preserved by a select few people. According to tradition, everyone initiated to this secret place is allowed to take one book from it and must protect it for life. Daniel selects a book called *The Shadow of the Wind* by Julián Carax. The author’s storytelling skill is remarkable; his prose doesn’t just take you into the story - it transforms you. Susan Morgan of Yankee Bookshop says it is one of the best books ever written.

**Have You Been to VINS Lately?**  
**Wednesday, September 16 – Depart TSC at 1:00 pm**  
**Cost: $13 includes admission and transportation**

Join us when we will get up close to eagles, falcons, owls and more. More than 40 raptors call the VINS Nature Center home. These avian predators have sustained injuries and conditions that prevent them from ever living in the wild again. Our visit will include the new *Birds Are Dinosaurs Exhibit* and snapping turtle and raptor feeding times. From amphibians as small as gray tree frogs, to reptiles like our wood turtle, to birds as large as eagles, you’ll discover what it takes to care for all of these unique and wonderful creatures.

**Spiritual Health and Spiritual Fitness**  
**Presented by The Learning Lab**  
**Led by Spiritual Director, Jane Lee Wolfe**

Two, three-week sessions, beginning Tuesdays, September 22 and October 27, 10 a.m. – noon at The Thompson Center. The course fee is $35. Checks should be made payable to The Woodstock Learning Collaborative.

Please mail registration payment to: The Learning Lab at P.O. Box 283, Woodstock, VT 05091. For more information about this and other Learning Lab classes call (802) 310-2169 or visit www.thefearninglabwoodstock.com.

**AARP Smart Driver Safety Course**  
**Friday, September 25, 9:15 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 9:15am. 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, 457-3277. Checks should be made out to AARP Smart Driver.

**EXERCISE CLASSES**

**Tai Chi’s Slow, Gentle Exercise**  
**Great for Mind and Body**  
**Sept. 9, 16, 23, 30; Oct 7**

Our next round of the Wednesday, 10:00 - 11:00 Tai Chi class, taught by Anne Bower and Jane Philipin, runs September 9 – October 7. The five one-hour sessions cost a total of $25.

We know from clinical studies that Tai Chi improves balance, memory, coordination, mood, and blood sugar levels. It helps prevent falls, can lower blood pressure, and learning it gives a great sense of satisfaction.

Each class participant makes adjustments for his or her own body. The mood in class is relaxed and fun, we laugh a lot, strive to learn, help each other.

For more information on how tai chi can benefit you, contact: Anne Bower at anniebower@yahoo.com, or check out her website: www.anniebower.com

**Strength & Fitness**  
**Monday, Tuesday & Thursday 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.

**Wednesday Walkers**  
**Wednesdays, 9:00 am, Meet outside Union Arena**

These hearty walkers, with Jerry Fredrickson, will continue to meet at the Union Arena on Wednesdays at 9:00 am. Your suggestions for new walking routes outside are welcome. Adults of all ages are invited. If leaving from the Thompson Center, we will provide you with a ride to and from the Arena, with advance notice.

**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.

The Thompson Center will provide shuttle service with advance notice. You will be picked up at your curb and returned after the class. Minimum of six participants required.

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

**Water Aerobics - FULL!**

**Woodstock Racquet and Fitness Club**  
**Fridays, Aug 28 – Oct 16, 1:30 – 2:15 pm**

The Thompson Center will provide shuttle service with advance notice to and from class if needed.

Water aerobics is a safe and low impact way to exercise your body. It can be a cardiovascular aerobic work-out to the degree you choose, by making it easier or more challenging for yourself. Fitness Instructor, Bari Ramerez will be using water weights for strength, which are optional. The most important aspect of water aerobics is that it can provide a greater range of flexibility from working in the water. The water creates a nice resistance for your body to move through and because of that you can move your muscles and joints farther and more protected than if you were on land, all in the comfort of an 82 degree pool.

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TRIPS, TRIPS, TRIPS

Forever Plaid at New London Barn Playhouse Theater
Wednesday, September 2, 2:00 pm performance
(depart on Thompson van at 12:30 pm)
Cost: $35 (includes transportation and ticket for orchestra seating). Please reserve your seat with payment.

A deliciously goofy homage to the pitch-perfect harmonies of the 1950’s. The talented and exuberant boys of “The Plaids” never made it to their first big gig, but now they’re back for their posthumous chance finally to perform the show that never was. This tremendously popular and utterly charming musical revue is packed with oldie hits such as “Heart and Soul,” “Shangri-La,” “Chain Gang,” and “Love is a Many Splendored Thing.”

You have requested ~ and we are happy to comply!

Vermont Country Store Trip to Weston, Vermont
Monday, October 19, Depart TSC on our van at 8:45 am
Cost: $10 plus lunch on your own at the 1827 Bryant House

Take a journey into the general store of yesteryear at The Vermont Country Store, Vermont’s original store. As the purveyors of practical and hard-to-find products, they offer a host of quality merchandise from around the block and around the world.

Ticket To Ride ~ A Beatles Tribute Band
The Log Cabin, Holyoke, Massachusetts
Tuesday, October 13, 2015
Cost: $88 per person includes transportation, show, and complete dinner
Itinerary: Depart TSC on a Premier Coach bus at 9:00 am and return to Woodstock approximately 5:30 pm
Registration Deadline is September 23rd

2014 marked the 50th anniversary of the Beatles landing on American shores. Since then the “Fab Four” have inspired generations with their sound, wit and charm. Recreating the Beatles sound and harmonies in the original key, and the Beatles guitar and drum arsenal, Ticket to Ride goes over the top as does the extensive lunch menu which consists of the following: Hors d’oeuvre Welcome Tray, Rolls and Butter, Complimentary Glass of Wine, Chop Chop Salad, Pasta Fagioli, London Broil with Mushroom Bordelaise Sauce, Baked Scrod with Seasoned Bread Crumbs, Chef’s Choice of Vegetable, Apple Crisp.
At the Log Cabin, the beauty of fall foliage on top Western Massachusetts Mt. Tom becomes the backdrop for this popular entertainment venue. Enjoy a dash through the past with this Beatles tribute and interactive show. Please call to reserve your space followed by prompt payment. The deadline for reservations is September 23rd. Please Note: A minimum of 35 paid reservations must be received by September 23rd or the trip is subject to cancellation.

TRIPS, TRIPS, TRIPS

Medicare D ~ Annual Open Enrollment Review and Discussion
Wednesday, October 7, 2015, 1 - 2:30 pm
* See Back Cover for Dates on Individual Appointments*

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 2016 as it was in 2015?
How will I know what changes my plan is making for 2016?
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.

Save the Date!

Thompson Holiday Bazaar & Cookie Walk
Saturday, December 5, 2015

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 years event!

We are pleased to welcome Briana Maxham as our new Chair person.
### PROGRAM CALENDAR - SEPTEMBER 2015

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<td>BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon. &amp; Wed. Upstairs confer room on Tues, Thurs, Fri.</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 3 Bone Builders</td>
<td>9 W. Leb Shopping 9 Walking Program 10 Tai Chi 10-12 Chair Massage 12 Italian Table 2 Forever Plaid Trip</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Journaling Class 12 Italian Table 3 Bone Builders</td>
<td>10-12:30 CCC Office Hours 12 German Table 1:30 Water Aerobics</td>
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<td>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</td>
<td>Salisbury Steak, Mashed Potato, Gravy, Mediterranean Vegetables, Strawberry Rhubarb Pie</td>
<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Steamed Vegetables, Fresh Fruit Salad</td>
<td>Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries</td>
<td>Steak Salad with Grilled Red Onions w/ Tomatoes, Cucumber, Baby Greens, Blue Cheese, Roll, Chef's Choice Dessert</td>
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<tr>
<th>Thu</th>
<th>Fri</th>
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<tr>
<td>Closed Labor Day</td>
<td>Closed Labor Day</td>
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<tr>
<td>Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad</td>
<td>Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Blueberry Cake</td>
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<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>Tossed Salad, Spinach, Arugula &amp; watercress Quiche, Hot Fudge Sundae w/ banana</td>
<td>Tossed Salad, Spinach, Artichoke &amp; cheese Quiche, Hot Fudge Sundae w/ banana</td>
</tr>
</tbody>
</table>

### Labor Day

- Fairfield, Totsadale w/ Lettuce, Tomato, Cucumbers, Shredded Cheddar Cheese, Olives, Salsa and Sour Cream, Roasted Vegetable Medley, Coconut Meringues w/ Pineapple
- Chef's Choice

### Reading Day

- 9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 3 Bone Builders
- 8:30 Newsletter Folding 9 Smiles for Seniors 10-12 Wellness Clinic 10-12 Spiritual Health 10 Double King Pede 12 Spanish Table 1 Scrabble 3 Bone Builders

### Closed Labor Day

- Dipon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll
- Tossed Salad, Spinach, Arugula & watercress Quiche, Hot Fudge Sundae w/ banana

### Birthday Day

- Holiday Meals: Roast Beef, Au Jus, Sour Cream and Chive Twice Baked Potato, Roasted Asparagus, Roll, Cake and Ice Cream (Please RSVP)

### Chef's Choice

- Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Rum Raisin Rice Pudding
- Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Peach Shortcake

### 2% Milk, Coffee, tea, and juices available

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