Flu Facts 2018

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

Flu vaccination should begin soon after vaccine becomes available, by the end of October, if possible. While seasonal influenza outbreaks can happen as early as October, during most seasons influenza activity peaks between December and February.

- It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.
- It is best that people get vaccinated so they are protected before influenza begins spreading in their community.
- 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. The reason for this is that a person's immune protection from vaccination declines over time, so an annual vaccination is needed to get the best protection against the flu.

For older adults, three vaccine options are available:

- **tri-valent** made with 3 strains of flu vaccine
- **quadrivalent** made with 4 strains of flu vaccine
- **high-dose** 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**

At VNH flu clinics the quadrivalent influenza vaccine is given. The rule of thumb is that tri- and quadrivalent immunization are effective for 6 months in adults.

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<th>Vaccine given in</th>
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<tr>
<td>Late September</td>
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<td>October</td>
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<td>Early November</td>
<td>Early May</td>
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The high dose immunization is said to last for 1 year and is given only to adults over 65.

The VNH Flu Clinic at The Thompson will be held on Thursday, October 11, 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 quadrivalent dose will be administered.

Annual Meeting 2018

Inspiration to Age Well

We are surrounded by inspiration. In spending time at The Thompson, it is the thing most loved—the people. We’re a group of vibrant volunteers and participants, talented artists, fitness enthusiasts, activists, life-long learners, Veterans, teachers, spiritual examples, travelers, interesting Vermonters, and caring friends.

**Join us on Wednesday, October 24th at 10:30 am for our Annual Meeting when we’ll give the spotlight to a few of the people that make our community so vibrant and inspire us all to Age Well!**

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

Please RSVP by Friday, October 19th, 457-3277 or sborz@thompsonseniorcenter.org

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

Join us following the meeting for lunch at noon.
**Menu:** Turkey Sandwich, Butternut Squash & Apple Bisque, Warm Apple Crisp
The Thompson Center
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorencenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director, djones@thompsonseniorencenter.org
Paula Audsley, Outreach Manager, paudsley@thompsonseniorencenter.org
Pam Butler, Program Director, pbutler@thompsonseniorencenter.org
Jen Bloch, Marketing Coordinator, jbloch@thompsonseniorencenter.org
Shari Borzecowski, Administrative & Resource Assistant, sborz@thompsonseniorencenter.org
Ryan Martin, Chef, rmartin@thompsonseniorencenter.org
Siobhan Wright, Kitchen Assistant & Meals on Wheels Coordinator, swright@thompsonseniorencenter.org
Drivers: Dwight Camp, Tom Morse, Charlie Seitz, Carl Hurd

Senior Solutions (Formerly Council of Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinator
Carla Kamel, MSW
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS
Liza Deignan—President
Ginny Eames—Vice President
Jerry Fredrickson—Treasurer
Wendy Wannop—Secretary
Sam & Eleanor Grice—Advisory
Dave Bollinger
Susan Citelbaum
Jon Fullerton
Dolores Gilbert
Lisa Gramling
Peter Goulazian
Anne Herz
Susan Inui
David Mcguire
Susan Moor
Daphne Moritz
Tambrey Vutech
Joby Thompson
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS
- Discussion about meal portion sizes and a reminder to ask for small portions if desired
- Suggestion for a "reading" by the memoir group that would be open to all
- Holiday Bazaar crafts and canned goods are needed
- Upcoming program announcements and planning ideas shared

Please join our next meeting on Monday, October 1st at 1:30 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

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 Help Line 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 2018-2019 heating season must be postmarked by February 28 for eligible households.

WOODSTOCK LAST TOWN DAY!
Monday, October 1st

Residents are invited for lunch at The Thompson for the reduced rate of $3.00 on Monday, October 1st.
Please note: The Thompson van can provide transportation for you and your friends. Please call to schedule.

The Thompson is pleased to provide recognition to an important Sponsor!

The Ellaway Group
Simplify your life

Different sponsors are featured here each month. Visit our website to see a complete list.

Sign up for the e-newsletter by emailing Jen Bloch at: jbloch@thompsonseniorencenter.org
What’s on Your Mind?
A Chat with Representative Charles Kimbell
Wednesday, October 10, 1:00 pm

Vermont Representative Charles (Charlie) Kimbell will be available to answer any questions or discuss topics that concern you as a Vermont resident.

Being Mortal ~ A Documentary Film by Dr. Atul Gawande
With Open Discussion Led by Cynthia Stadler, APRN, MSN, CHPN
Community Liaison for Bayada Hospice
Tuesday, October 16, 1:00 pm

Why is it so hard for doctors to talk with their patients about dying? Renowned surgeon and New Yorker writer Atul Gawande explored this question in his best-selling book, Being Mortal. Three years in the making, the Being Mortal film explores the relationships between doctors and patients nearing the end of life, and shows how many doctors – including Gawande – struggle to talk honestly and openly with their patients who are dying. From the Indian hometown of Gawande’s father, whose prolonged dying process catalyzed Gawande’s quest to better understand end-of-life care, to the bedsides of patients in Boston who are navigating the ends of their lives, Being Mortal is an intimate and revealing journey with relevance to all of us.

"You don’t have to spend much time with the elderly or those with terminal illness to see, over and over and over again, how medicine fails the people it is supposed to help," says Gawande, who practices at Brigham and Women’s Hospital and Dana-Farber Cancer Institute in Boston.

Chiara in Cucina! - Italian Cooking Made With a New England Flair
Thursday, October 18, 1:00 - 2:30 pm

Fortunately for Thompson patrons, our very own Italian Instructor, Chiara Tosi-Nelson, has years of experience in dishing out 100% Italian food around the globe with all of the flavor, none of the fuss, and usually just half of the required ingredients.

Come to the Center for a fun chat about how adaptability and creativity are the most important ingredients to both an expat and a home cook.

Chiara will share her favorite Italian recipes, adapted to the Upper Valley climate and fresh produce availability. She will recommend which imported ingredients are worth their price and the ones that are better left to languish on the upper shelves. At the conclusion of her discussion, she will offer a taste of what she preaches with her prepared delectable tastings. Pre-registration is suggested, but walk-ins will be welcome.

BOOK GROUP
October 10th at 1:00 pm

This month we’ll discuss Running the Books by Avi Steinberg. The Harvard graduate couldn’t find "proper employment" so he wrote obituaries for a while. Then he was offered a job as a prison librarian. There's lots of humor, but also, in tender, understated prose, Steinberg brings out the inmates' irrepressible humanity.

See you on Wednesday the 10th at 1:00. We meet in a village home; call 457-2224 for directions.
**Creative Aging**

**Tech Tutoring at The Thompson Center**
Provided by Norman Williams Public Library
Tuesdays, October 9 & 23

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill. Meg is offering 1:1 assistance for any one of your devices: cell phone, laptop, iPad or tablet - free of charge. Forty-five minute appointments are available and you can book more appointments as you need them. Please call to schedule yours at Thompson 457-3277.

**New Duplicate Bridge Club in the Upper Valley**
Mondays at 6:00 pm
**Please arrive by 5:30 pm for sign-in, pairing, and table assignment**

All are welcome... Bridge players, social Bridge players, kitchen Bridge players, aspiring Bridge players, new-to-duplicate Bridge players, experienced duplicate Bridge players. No partner necessary.

Cost: $8 per person, light refreshments and comfortable venue

Director: Dick Tray, ACBL sanctioned club game masterpoints awarded

Contact: Karen Randle 802 225-6640 or randlebridge1430@gmail.com

**Jewelry Repair at The Thompson**
Every Tuesday beginning September 25
1:00 - 2:00 pm

Is there jewelry in your jewelry box that needs a new clasp, or to be restrung? Yael Taylor, volunteer receptionist at the Thompson and local jewelry artist, is available to help for a nominal fee. Bring your jewelry to Yael to see if she can help you.

**Save the Date!**
Thompson Holiday Bazaar & Cookie Walk
Saturday, December 1, 2018

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!

Starting in October after our noon lunch on Wednesdays, Jane Soule will be holding a special craft workshop for items to be made and sold in the Holiday Bazaar. All are welcome to participate. Bring ideas!

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

**Painting at ArtisTree**
Instructor: Murray Ngoma
Session 2: Oct. 26 - Nov. 30
(no class on the 23rd)
Fridays, 10 - 11:30 am
Cost: $50 for 5 weeks or $10/class

**Oktoberfest Celebration**
Friday, October 12
Beginning at noon

Join us as we partake in this celebration with a traditional meal of Wenerschnitzel, 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.

**Halloween Tradition!**

We will celebrate in our usual fashion with a ghoulish lunch and goodies on the 31st at noon. Dress up if you want to join the fun!
Long Term Care Planning
Presented by Counselors at Law, Renee Harvey and
James Thaxton of Caldwell Law
Tuesday, October 30, 1:00 pm

Everyone needs to consider long term care planning—proper planning can make a big difference. Unfortunately, many people wait until it is too late. How you approach your planning may depend on your income and resources. This session will cover the importance of planning for incapacity, some of the resource-neutral basics, and then explore considerations when planning to qualify for needs-based benefits through Medicaid. Advance registration is requested by calling The Thompson Center.

Renee A. Harvey, Counselor at Law, has worked in the New York, Vermont and New Hampshire legal systems since 1990. She is a graduate of Vermont Law School and is licensed to practice law in the state and federal courts of New Hampshire and Vermont. Her practice focuses on estate planning and settlement, she is a Respecting Choices® Advance Care Planning Certified Facilitator, and she is an experienced mediator and elder law practitioner.

James L. Thaxton, Counselor at Law, joined Caldwell Law in October 2015. Jamie received his Juris Doctorate and Master’s Degree in Environmental Law from Vermont Law School in 2001 and is licensed to practice law in the state and federal courts of New Hampshire. His responsibilities include Medicaid and estate planning, real estate transactions, and assisting clients with estate settlement. He is also a Respecting Choices® Advance Care Planning Certified Facilitator

Medicare Open Enrollment: 1:1 Assistance Available
at The Thompson With Eleanor Zue
Thursdays, 10:00 am – 2:00 pm by appointment
October 18, 25 and November 1, 8, 15, 29

The 2019 Medicare Open Enrollment period is from October 15 to December 7. During this Open Enrollment Period (OEP) you can make changes to various aspects of your coverage. If you need assistance, don’t wait!

To make an appointment, please call Shari at The Thompson and bring the following information to your scheduled appointment:
♦ Your new Medicare card for those who have received them. Bring your old card if you have not.
♦ Current 2018 Medicare Part D card or Medicare Advantage Card
♦ A list of prescription medications including drug name, dosage amount and quantity for a month’s use.

You should ask these questions to prepare for the OEP:
♦ Is the cost (premium) of my plan changing?
♦ Will my plan still cover the drugs I need?
♦ Are there any drug restrictions?
♦ How does my plan coordinate with any state or federal benefits, if I receive these? (Examples: V-Pharm, Extra Help-Low Income Subsidy, or Medicaid)
♦ Is there a plan that fits my needs better than my current one?

Help is also available by calling the Senior Solutions Helpline at 1-800-642-5119 or by visiting www.medicare.gov – the official U.S. government site for Medicare.
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<td>Woodstock Day*&lt;br&gt;8-3 Public Benefit Screening*&lt;br&gt;10:15 Memoir Group&lt;br&gt;1 Advisory Meeting</td>
<td>9 Strength &amp; Fitness&lt;br&gt;9:30-12:30 Reflexology*&lt;br&gt;10 Double King Pede&lt;br&gt;10 Beginning Italian&lt;br&gt;12 Spanish Table&lt;br&gt;1 Jewelry Repair w/ Yael&lt;br&gt;2 Mah Jongg&lt;br&gt;3 Bone Builders</td>
<td>8:30 Pickle Ball&lt;br&gt;9:00 W. Leb Shopping*&lt;br&gt;9:30 Beginner Tai Chi&lt;br&gt;10:30 Handwork Circ. &lt;br&gt;10:45 Advanced Tai Chi&lt;br&gt;12 French Table&lt;br&gt;1:30 ArtisTree Poppy Project*</td>
<td>9 Strength &amp; Fitness&lt;br&gt;9-11 Chair Massage*&lt;br&gt;9:30 Fall Foliage Tour*&lt;br&gt;9 Cribbage&lt;br&gt;10:00 Italian Study&lt;br&gt;12 Italian Table&lt;br&gt;1:30 Water Aerobics*</td>
<td>10-12:30 CCC Office Hours*&lt;br&gt;12 German Language Table&lt;br&gt;1 Mah Jongg at NWPL&lt;br&gt;1:30 Water Aerobics*</td>
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<td>Columbus Day CLOSED</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Double King Pede&lt;br&gt;10 Beginning Italian&lt;br&gt;12 Spanish Table&lt;br&gt;1 Jewelry Repair w/ Yael&lt;br&gt;1:30 Tech Help*&lt;br&gt;2 Mah Jongg&lt;br&gt;3 Bone Builders</td>
<td>8:30 Pickle Ball&lt;br&gt;9:30 Beginner Tai Chi&lt;br&gt;10:30 Handwork Circ.&lt;br&gt;10:45 Advanced Tai Chi&lt;br&gt;12 French Table&lt;br&gt;1 Book Group&lt;br&gt;1 Chat with Rep. Charles Kimbell</td>
<td>9 Strength &amp; Fitness&lt;br&gt;9-11 Chair Massage*&lt;br&gt;9 Seasonal Flu Clinic&lt;br&gt;10 Cribbage&lt;br&gt;10:00 Italian Study&lt;br&gt;12 Italian Table&lt;br&gt;1 Mah Jongg&lt;br&gt;3 Bone Builders</td>
<td>Oktoberfest*&lt;br&gt;9:2:30 Foot Clinic*&lt;br&gt;10-12:30 CCC Office hours*&lt;br&gt;10 Painting at ArtisTree*&lt;br&gt;12 German Language Table&lt;br&gt;1 Mah Jongg at NWPL&lt;br&gt;1 Music w/Brent Buswell</td>
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<td>8:30 Newsletter Folding&lt;br&gt;8-3 Public Benefit Screening*&lt;br&gt;8:30 Pickle Ball&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;10:15 Memoir Group</td>
<td>9 Strength &amp; Fitness&lt;br&gt;9:30-12:30 Reflexology*&lt;br&gt;10 Double King Pede&lt;br&gt;10 Beginning Italian*&lt;br&gt;11:30 Commodities&lt;br&gt;12 Spanish Table&lt;br&gt;1 Jewelry Repair w/ Yael&lt;br&gt;1 Being Mortal Screening/Discussion&lt;br&gt;2 Mah Jongg</td>
<td>8:30 Pickle Ball&lt;br&gt;9:00 W. Leb Shopping*&lt;br&gt;2-30 Foot Clinic*&lt;br&gt;9:30 Beginner Tai Chi&lt;br&gt;10:30 Handwork Circ.&lt;br&gt;10:45 Advanced Tai Chi&lt;br&gt;12 French Table&lt;br&gt;12:30 Caregiver Support Group</td>
<td>9 Strength &amp; Fitness&lt;br&gt;9-11 Chair Massage*&lt;br&gt;10 Cribbage&lt;br&gt;10:00 Italian Study&lt;br&gt;10-2 Medicare 1:1 Assistance*&lt;br&gt;12 Italian Table&lt;br&gt;12:45 Lucy Mac Visit&lt;br&gt;1 Italian Cooking Class*&lt;br&gt;2 Mah Jongg</td>
<td>10-12:30 CCC Office Hours*&lt;br&gt;12 German Language Table&lt;br&gt;Open Ping Pong&lt;br&gt;1 Mah Jongg at NWPL&lt;br&gt;1:30 Water Aerobics*</td>
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<td>8-3 Public Benefit Programs Screening*&lt;br&gt;8:30 Pickle Ball&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;10:15 memoir Group</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Double King Pede&lt;br&gt;10 Beginning Italian*&lt;br&gt;12 Spanish Table&lt;br&gt;1 Jewelry Repair w/ Yael&lt;br&gt;1:30 Tech Help*&lt;br&gt;2 Mah Jongg&lt;br&gt;3 Bone Builders</td>
<td>8:30 Pickle Ball&lt;br&gt;10:30 Annual Meeting followed Board Meeting&lt;br&gt;10:30 Handwork Circle&lt;br&gt;12 French Table</td>
<td>Birthday Day*&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;9-11 Chair Massage*&lt;br&gt;10-2 Medicare 1:1 Assist*&lt;br&gt;10 Cribbage&lt;br&gt;10:00 Italian Study&lt;br&gt;Support Group&lt;br&gt;12 Italian Table&lt;br&gt;1 Italian Intermediate&lt;br&gt;1 Music w/Sandi Anderson&lt;br&gt;2 Mah Jongg&lt;br&gt;3 Bone Builders</td>
<td>Breakfast Day*&lt;br&gt;CLOSED in the afternoon while staff attends Aging in VT Conference</td>
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<td>8-3 Public Benefit Screening*&lt;br&gt;8:30 Pickle Ball&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;10:15 memoir</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Double King Pede&lt;br&gt;10 Beginning Italian&lt;br&gt;12 Spanish Table&lt;br&gt;1 Jewelry Repair w/ Yael&lt;br&gt;1 Long Term Planning*&lt;br&gt;2 Mah Jongg&lt;br&gt;3 Bone Builders</td>
<td>Halloween Fun&lt;br&gt;8:30 Pickle Ball&lt;br&gt;9:30 Beginner Tai Chi&lt;br&gt;10:30 Handwork Circ.&lt;br&gt;10:45 Advanced Tai Chi&lt;br&gt;12 French Table</td>
<td>Bingo daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.</td>
<td>* Indicates that sign-up/reservations are required</td>
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<td><strong>Woodstock Day</strong>&lt;br&gt;Traditional Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad</td>
<td>Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap and Fruit</td>
<td>Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Strawberry Shortcake</td>
<td>Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana</td>
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<td><strong>Columbus Day</strong>&lt;br&gt;CLOSED</td>
<td>Salisbury Steak, Egg Noodles, Gravy, Peas &amp; Carrots, Poached Pear</td>
<td>Grilled Tuna &amp; Vegetables in Herb Butter, Brown Rice, Berries and Cream Crepes</td>
<td>Grilled Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker salad, Sweet Potato Fries, Lemon Mousse with fresh Berries</td>
<td>Oktoberfest*&lt;br&gt;Wienschnitzel, Warm German Potato Salad, Red Cabbage Sauerkraut w/ Apples, Warm Apple Strudel</td>
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<td>Tossed Salad, Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cranraisin Cookies and Fruit</td>
<td>Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Fresh Fruit Parfait</td>
<td>Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Pumpkin Chip Cookie</td>
<td>Tuscan White Bean Soup, Tossed Salad, Roll, Blueberry Sour Cream Pound Cake</td>
<td>Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple</td>
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<td>Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Strawberry Cake</td>
<td>Tossed Salad, Hearty Beef &amp; Vegetable stew, Roll, Ice Cream</td>
<td>Turkey Sandwich, Butternut Squash and Apple Bisque, Warm Apple Crisp</td>
<td>Birthday Day*&lt;br&gt;Herb Roasted Pork Loin w/ Peaches Roasted Red Skinned Potatoes, Roasted Asparagus, Roll, Cake &amp; Ice Cream</td>
<td>Breakfast Day* (No Lunch Served)&lt;br&gt;French Toast, Maple Sausage, Fruit and Yogurt</td>
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<td>Chef's Choice</td>
<td>Spaghetti &amp; Meatballs, Garlic bread, Vegetable Medley, Fresh Fruit Salad</td>
<td>Halloween Boneyard Chicken Pot Pie, Sweet Potato and Black Bean Kale Salad, Black Velvet Whoopie Pie</td>
<td>Meal Pricing:&lt;br&gt;$7-charge for those under age sixty&lt;br&gt;$5-Suggested donation for ages sixty and over</td>
<td>* Vegetarian meals &amp; Gluten Free 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 **Woodstock Day on the 1st, Oktoberfest on the 12th, 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. Thank you!
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.

Water Aerobics Class  
Woodstock Athletic Club  
Fridays, Aug. 31 - Nov. 9, 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.

Strength & Fitness  
Mondays, Tuesdays & Thursdays  
9:00 - 10:00 am  
No Monday Class July 2 - Oct 8  
Resume Oct 15

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.

Tai Chi’s Meditation in Motion!  
On Wednesdays  
Beginner Class 9:30 - 10:30 am  
Advanced Class 10:45 - 11:45 am  
Oct. 10, 17, 24, 31, and Nov. 7, 14  
Cost: 6 Classes for $18  
Nov. 28; Dec. 4, 12, 19; Jan. 9, 15, 23, 30  
Cost: 8 Classes for $24

Tai Chi has come into its own as more and more doctors and health organizations recognize the many benefits it provides to those who practice regularly.

Our Tai Chi classes at the Thompson exercise mind and body together. Join our lively, supportive group to learn a short, simplified form of Tai Chi that can help your concentration, balance, mood, blood pressure too. Clinical studies show it’s especially effective for FALL PREVENTION and ARTHRITIS.

Tai Chi’s slow, gentle movements have a meditative quality, so that even as we concentrate to learn, we reduce the stresses and tensions of daily life.

Come try a class at no cost. If you like it, you can then sign up for a series of classes.

Classes at the Thompson are co-led by Anne Bower and Jane Philpin. Anne has been teaching Tai Chi for 15 years and previously taught literature at the Ohio State University. For more information you can check out Anne's website: www.annebower.com or email at

When it comes to finding tools for staying healthy, active, and involved, The Thompson is your resource to age well.

NOTE: Expanded New Schedule
Open Pickle Ball  
Woodstock Athletic Club  
Mondays & Wednesdays, 8:30 am - 10:00 am  
Fridays - schedule to be announced. Call the Athletic Club at 457-6656 or The Thompson

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.
HEALTHY AGING

Foot Care Clinics
Monthly, 9:00 am - 2:30 pm on the 2nd Friday & 3rd Wednesday
And 12:30 to 2:50 pm on every other Month on 4th Wednesday

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 is offering an additional foot clinic every other month on the fourth Wednesday of the month from 12:30 to 2:50 pm following her wellness clinic hours.

Both clinics are $20 and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.

Wellness Clinic & Blood Pressure Screenings
Sept 26, Nov 28, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held every other month on the 4th Wednesday from 10-noon.

Chair Massage at The Thompson
Thursdays, 9-11 am
$15 for 15 minutes

Massage Therapist, Sara Smith, will offer 15 minute massages or you can ask for more or less time when making your reservation. Be kind to yourself and treat your body to a chair massage by calling The Thompson. 457-3277

Seasonal Flu Clinic
Thursday, October 11
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 quadrivalent flu vaccine is designed to protect against four different flu viruses: two influenza A viruses and two influenza B viruses. This is considered the standard dose vaccine.

Advance Directive Clinic
2nd Monday of the Month

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 or Hand Reflexology
Offered by Deborah Neuhof
Certified Reflexologist
October 2 & 16, 9:30 - 12:30 pm

Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being.
30 min/$30, Loose clothing recommended
Call in advance for your 30 minute appointment.

CAREGIVER SUPPORT GROUP
Wednesday, Oct. 17, 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.

Public Benefits Program Screening Available at The Thompson Center
Offered by Senior Solutions
Mondays, 8:00 am - 3:00 pm by appointment

Greetings! My name is Peggy Ramel, and I am an outreach intern with Senior Solutions. I will be available on Mondays at the Thompson to meet with you to determine if you may be eligible to apply for certain public benefit programs. In addition to program eligibility screening, I will be available to help you apply for programs that will provide health care coverage, increase your access to nutritious food, and reduce your monthly electric bill. Please contact Shari to schedule an appointment with me, as I would love to meet with you!
TRIPS

Vermont Marble Museum Fall Foliage Tour
Thursday, October 4, 2018
Depart The Thompson at 9:30 am
Cost: $12 Plus lunch off the menu*

Our Fall Foliage trip will take us to the Vermont Marble Museum the largest marble exhibit in the world, and Yankee Magazine’s Best of Vermont 2018 Editors’ Choice Awards. Through displays, exhibits, galleries, gift shop and grounds, the Vermont Marble Museum tells a unique story of the people and places that make up Vermont’s marble industry, linking historical, artistic and cultural traditions, and connecting the past with the present. We will learn the history of marble, from the fascinating ways of quarrying to famous places – like the Tomb of the Unknown Soldier – where Vermont Marble is being used. After a covered bridge tour, lunch off the menu will follow at the scenic Proctor/Pittsford Country Club.

Van seating is limited so you can choose to drive on your own. Payment will confirm your reservation. *Menu entree choices range from $7.95 – $9.95

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Vermont Symphony Orchestra Holiday Pops
At the Historic Paramount Theater, Rutland, Vermont
Sunday, December 16, 2018 3:00 pm
Dinner will follow at the award winning Red Clover Inn
Depart Thompson at 1:45 pm and return to Woodstock approximately 7:30pm
Cost: $72 Includes transportation, tickets, and dinner

José Daniel Flores-Carabalbo leads the Orchestra and Chorus in a festive program that ranges from an a cappella version of “Jingle Bells” to the blockbuster “Many Moods of Christmas.” We pay tribute to the late great Robert De Cormier with three of his iconic arrangements, and present the Vermont premiere of a sweet ballad, “Little Tree” by Steve Murray. Never fear, the audience has a role to play.... And of course Holiday Pops can’t officially ring in the season without “Sleigh Ride.” Join us for the celebration!

Please note that tickets are pre-paid and non-refundable. We will not be able to refund cancellations unless we can re-sell your ticket. Your reservation will be guaranteed with receipt of payment.

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Springtime Tulip River
Cruise Discovery - April 4 - 12, 2019
Featuring Dutch and Belgian Waterways
9 days - 20 Meals: 7 Breakfasts, 6 Lunches, 7 Dinners

Highlights: Amsterdam, 7-Night River Cruise, Volendam, Arnhem, Middelburg, Ghent, Bruges, Antwerp, Kinderdijk Windmills, Keukenhof Gardens

Final payment due at The Thompson by December 1st for December 5th due date at Collette - check or credit card

For a complete itinerary, fees, and more information visit https://gateway.gocollette.com/link/887097, or call The Thompson Center for a color brochure. 457-3277
IN LOVING MEMORY & APPRECIATION

IN APPRECIATION
Carol Atwood - chocolate chip cookies
Mavis Shaw - lettuce
Quicker Family - eggs
Joyce Dann - lettuce
Caroline Spencer - squash, zucchini, cucumbers
Jacqui Neuwirth - books
Keith Niles & Ann Niles - Medical Equipment
Jill & Tony Amato - TVs
Allison Wade - yarn
Carol Powell - flower centerpieces
Shannon Murphy - flowers
Jo-An Ecker - medical Equipment
Puppies & Pooches - Condiments
Jean & Bob Maynes - Flowers
Mario Maura - Flowers

In Memory of Bill Ellis - medical equipment
Fadia & Ted Williamson - medical equipment
Becky Longley - yarn
George Sadowsky - medical equipment
Ariel Voepel - medical equipment
Bob Foreman - squash, zucchini, beans, cucumbers, tomatoes
Lynn Peterson - blueberries
Joyce and Carl Hurd - tomatoes, cucumbers
Joyce Dann - tomatoes, beans
Tom Morse - tomatoes

ONGOING DONATIONS:

Daily Valley News subscription - Woodstock Pharmacy
The Vermont Standard Paper
Birthday Cakes - Diane Atwood & Jane Soule
Monthly book club selection - Yankee Bookshop
Muffins - Mountain Creamery

IN MEMORY OF

Ruth BeeBee
Bridgewater Grange
Helen Leonard
Joan & Craig Hadden
Elisabeth Alden

Gladys Deatte
Ted & Joan Stables
Helen Leonard
Joan & Craig Hadden
Elisabeth Alden

OCTOBER BIRTHDAYS

2nd Jane Soule
2nd Regina Cummings
2nd Elsa Lind
2nd Libbet Downs
2nd Milton Fullerton
4th Elizabeth Edmunds
5th Fred Blood
5th Sam Heath
5th Willa Nohl
5th Barbara Kahn
6th Elizabeth Berry
7th Judith Lander
7th Kenneth Harmen
7th Blanche Rea
7th Jeanette Duquette
7th William Rose
7th Kenneth Tatro
7th Barbara Alexander
7th Judy Cohen
8th Donna Jones
8th David Schullinger-Krause
8th Robert Hager
8th Mavis Shaw
8th Diane Atwood
8th Valerie Bridge
9th Margaret Johnson
9th Daphne Moritz
10th Nancy Sailer
10th Carmen Noradunghian
10th Todd Reuben
11th Joyce Horton
11th Cornelia Kachadorian
11th Don Olson

12th Tina Miller
12th Lynn Parker
12th Nancy Mitchell
12th Linda Stevens
13th Gerald Monroe
13th Kathy Dudley
13th Cathryn Reed
13th Florence Lenart
13th Emma Rikert
13th Susan Scibetta
14th Miriam Desmona
14th Karen Mansfield
14th Allen Dougherty
14th Kathy Hall
15th Daniel Bellmore
15th Brian Alderfer
15th Dorianne Guennessy
15th Charles Martin
16th Shirley Garafano
16th Karl Wood
16th Dorothy Forthmann
17th Richard Roy
17th Robert Rosenberger
17th Toni Vendetti
18th Therese Fullerton
18th Bob Belisle
18th Wilbert Patterson
18th Vassie Sinopoulos
18th Carolyn Feigenbaum
19th Sandra von Unwerth
19th Freda Washburn
20th Dwight Camp
20th Brooke Beaird
20th Donna Gibson
20th Joan Keramis
21st Barbara Hagan
21st Kimberly Yale
21st Judith Hills
21st Deborah Gravel
21st Frederick Weremy
22nd Mark Knott
22nd Douglas Geno
22nd Nell Hamlen
22nd Phyllis Potter
22nd Isabelle Micale
22nd Mary O'Day
23rd Paula Audsley
23rd Laurence Roberts
23rd Tom Deedy
23rd Martha Stanwood
24th Keith Blake
24th Audrey Barr
24th Margaret Beirne
24th Robert Zamenhof
24th Barbara Leonard
25th Betsy Rhodes
26th Suzanne Wootter
27th Frances Thomsen
27th Betty Munro
28th Nancy Lewis
28th Jim Havill
28th Dorothy Herrick
30th Nelson Gilman
30th Louise Brickelmanier
31st Phyllis Bulmer

On October 25th we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!
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 8:30 AM 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 9 am on the Stagecoach van (returning at approx. 12:15 pm). 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

WOODSTOCK INSURANCE
Ottauquechee
VERMONT

Connected-at-Home

Upper Valley Road

Senior Solutions

Ottauquechee

Trum's Right Touch

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.