



The Thompson Times

Your resource to age well

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.

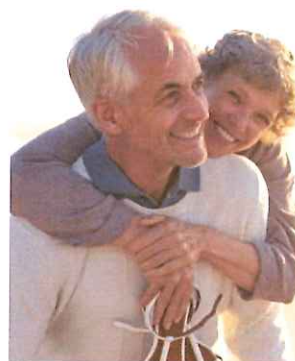
<u>Vaccine given in</u>	<u>Provides immunity through</u>
Late September	Late March
October	April
Early November	Early May

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.

OCTOBER 2018

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.thompsonsniiorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonsniiorcenter.org
Paula Audsley, Outreach Manager,
paulsley@thompsonsniiorcenter.org
Pam Butler, Program Director,
pbutler@thompsonsniiorcenter.org
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Shari Borzekowski, Administrative &
Resource Assistant,
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Ryan Martin, Chef,
rmartin@thompsonsniiorcenter.org
Siobhan Wright, Kitchen Assistant &
Meals on Wheels Coordinator
swright@thompsonsniiorcenter.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
Ottawaquechee Health Center, 457-5414

BOARD OF DIRECTORS

Liza Deignan—*President*
Ginny Eames—*Vice President*
Jerry Fredrickson—*Treasurer*
Wendy Wannop—*Secretary*
Sam & Eleanor Grice—*Advisory*
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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 1:00 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 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 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@thompsonsniiorcenter.org

PROGRAMS

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.

**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, lap top, 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
at The Quechee Club**

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 Ngoima

**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!

AGE WELL

The Thompson is committed to helping community members age well at home

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.*

Renée 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.

PROGRAM CALENDAR - OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Woodstock Day* 8-3 Public Benefit Screening* 10:15 Memoir Group 1 Advisory Meeting	9 Strength & Fitness 9:30-12:30 Reflexology* 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 2 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:00 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 ArtisTree Poppy Project*	9 Strength & Fitness 9-11 Chair Massage* 9:30 Fall Foliage Tour* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table 1 Mah Jongg at NWPL 1:30 Water Aerobics*
8	9	10	11	12
Columbus Day CLOSED	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Tech Help* 2 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Book Group 1 Chat with Rep. Charles Kimbell	9 Strength & Fitness 9-11 Chair Massage* 9 Seasonal Flu Clinic 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders	Oktoberfest* 9-2:30 Foot Clinic* 10-12:30 CCC Office hours* 10 Painting at ArtisTree* 12 German Language Table 1 Mah Jongg at NWPL 1 Music w/Brent Buswell
15	16	17	18	19
8:30 Newsletter Folding 8-3 Public Benefit Screening* 8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 9:30-12:30 Reflexology* 10 Double King Pede 10 Beginning Italian* 11:30 Commodities 12 Spanish Table 1 Jewelry Repair w/ Yael 1 Being Mortal Screening/Discussion 2 Mah Jongg	8:30 Pickle Ball 9:00 W. Leb Shopping* 9-2:30 Foot Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 10-2 Medicare 1:1 Assistance* 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Cooking Class* 2 Mah Jongg	10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1 Mah Jongg at NWPL 1:30 Water Aerobics*
22	23	24	25	26
8-3 Public Benefit Programs Screening* 8:30 Pickle Ball 9 Strength & Fitness 10:15 memoir Group	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Tech Help* 2 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 10:30 Annual Meeting followed Board Meeting 10:30 Handiwork Circle 12 French Table	Birthday Day* 9 Strength & Fitness 9-11 Chair Massage* 10-2 Medicare 1:1 Assist* 10 Cribbage 10:00 Italian Study Support Group 12 Italian Table 1 Italian Intermediate 1 Music w/Sandi Anderson 2 Mah Jongg 3 Bone Builders	Breakfast Day* CLOSED in the afternoon while staff attends Aging in VT Conference 10 Painting at ArtisTree* 1 Mah Jongg at NWPL 1:30 Water Aerobics*
29	30	31		
8-3 Public Benefit Screening* 8:30 Pickle Ball 9 Strength & Fitness 10:15 memoir	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1 Long Term Planning* 2 Mah Jongg 3 Bone Builders	Halloween Fun 8:30 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 changes based on the day's schedule.	* Indicates that sign-up/ reservations are required

MENU - OCTOBER 2018

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Woodstock Day* Traditional Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap and Fruit	Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Strawberry Shortcake	Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana
8	9	10	11	12
Columbus Day CLOSED	Salisbury Steak, Egg Noodles, Gravy, Peas & Carrots, Poached Pear	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Berries and Cream Crepes	Grilled Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker salad, Sweet Potato Fries, Lemon Mousse with fresh Berries	Oktoberfest* Wienerschnitzel, Warm German Potato Salad, Red Cabbage Sauerkraut w/ Apples, Warm Apple Strudel
15	16	17	18	19
Tossed Salad, Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin Cookies and Fruit	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Fresh Fruit Parfait	Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Pumpkin Chip Cookie	Tuscan White Bean Soup, Tossed Salad, Roll, Blueberry Sour Cream Pound Cake	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple
22	23	24	25	26
Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Strawberry Cake	Tossed Salad, Hearty Beef & Vegetable stew, Roll, Ice Cream	Turkey Sandwich, Butternut Squash and Apple Bisque, Warm Apple Crisp	Birthday Day* Herb Roasted Pork Loin w/ Peaches Roasted Red Skinned Potatoes, Roasted Asparagus, Roll, Cake & Ice Cream	Breakfast Day* (No Lunch Served) French Toast, Maple Sausage, Fruit and Yogurt
29	30	31		
Chef's Choice	Spaghetti & Meatballs, Garlic bread, Vegetable Medley, Fresh Fruit Salad	Halloween Boneyard Chicken Pot Pie, Sweet Potato and Black Bean Kale Salad, Black Velvet Whoopie Pie	Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over	* Vegetarian meals & Gluten Free available daily upon request. Please contact our 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 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!

ACTIVE AGING

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.



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, 16, 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.

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!



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.

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 made 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

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-Caraballo 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.



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-Ann 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 Deatle

Ted & Joan Staples

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	Marguerite	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	Desmond
14th	Karen	Mansfield
14th	Allen	Dougherty
14th	Kathy	Hall
15th	Daniel	Bellmore
15th	Brian	Alderfer
15th	Dorianne	Guernsey
15th	Charles	Martin
15th	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	Wooten
27th	Frances	Thomsen
27th	Betty	Munro
28th	Nancy	Lewis
28th	Jim	Havill
28th	Dorothy	Herrick
30th	Nelson	Gilman
30th	Louise	Brickelmaier
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!





The Thompson

Your resource to age well

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



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.