



# The Thompson Times

Your resource to age well

NOVEMBER 2018



## LUNCHEON & CEREMONY NOVEMBER 9TH AT 11:45

Veterans are invited for a **free** lunch at the Thompson on **Friday, November 9th**. At 11:45 am the American Legion will lead a short ceremony around the flag. During the ceremony the finished poppies from our poppy project will be displayed in honor of American Veterans of all the wars in which our men and women have been engaged and are engaged today. After lunch, the poppies will go home with their creators for Veterans Day. Come and celebrate with us. A group picture will be taken. **Reservations Required. 457-3277**



**MENU:** Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots, Almond Cake with Orange Dried Apricot Sauce

## Long Term Care Planning Presented by Counselors at Law, Renée 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*



## The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
[www.thompsonscenter.org](http://www.thompsonscenter.org)

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
[djones@thompsonscenter.org](mailto:djones@thompsonscenter.org)  
**Paula Audsley**, Outreach Manager,  
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**Ryan Martin**, Chef,  
[rmartin@thompsonscenter.org](mailto:rmartin@thompsonscenter.org)  
**Siobhan Wright**, Kitchen Assistant &  
Meals on Wheels Coordinator  
[swright@thompsonscenter.org](mailto:swright@thompsonscenter.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

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## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- A/C & heat changes
- Aging in Vermont conference
- Flu shot with VNH is not high dose
- Veggie VanGogh dates will be listed on calendar
- Reminder to join Wednesday morning handwork and Wednesday projects for holiday bazaar
- Upcoming program plans

Please join our next meeting on November 5th at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!



November 6th is Election day. If you will need a ride to vote, please call The Center to make arrangements.

### Meals on Wheels Drivers Needed!

Being a Meals on Wheels driver is a very heart warming experience. Volunteers deliver hot, nutritious meals to home-bound seniors Monday through Friday. Our delivery routes generally take about an hour to complete and begin at 11:00 am. We have routes located in the Woodstock, Pomfret, Barnard and Bridgewater areas. **If you are interested, please contact Siobhan Wright at 457-3277 or [swright@thompsonscenter.org](mailto:swright@thompsonscenter.org). Thank you!**

**Congratulations to Pauline Smith, our most recent 50/50 marble game winner!**

### Winter Closing Policy

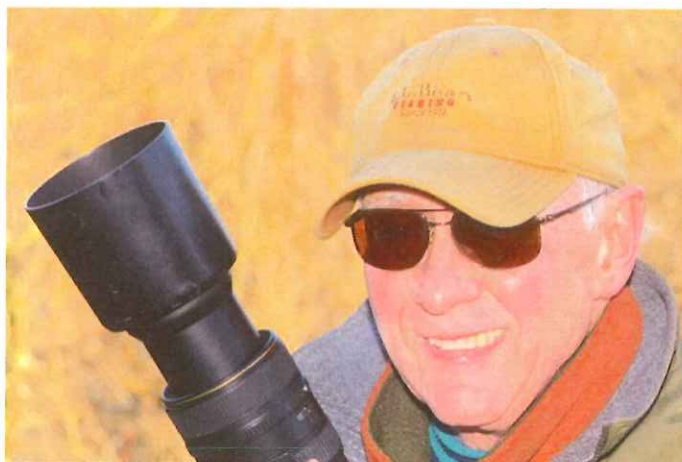
The Center is always closed when the Woodstock schools are cancelled. You can find out if the Woodstock schools are cancelled after 6:15 AM by checking local news. We may also close when we feel driving conditions are not safe for our participants. Call the Senior Center after 8 AM. If we are closed, there will be a message on our machine. We also post on Facebook.



Sign up for the e-newsletter by emailing Jen Bloch at: [jbloch@thompsonscenter.org](mailto:jbloch@thompsonscenter.org)



## PROGRAMS & EVENTS



### **The Art in Birding** **Slide Show Presentation and Lecture** **Thursday, November 15, 1:00 pm**

The Thompson Center welcomes, P. Brian Machanic, a Charlotte-based author / photographer / lecturer for his presentation, *"The Art In Birding"*. Brian's lecture and slide show is part of a state-wide tour subsequent to his authoring of a book, *"This Book Is For The Birds"*, which is a tribute to the beauty and grace of the avian world that surrounds us. The book, which will be available for sale, features 38 species of birds indigenous to the Eastern U.S., with most being found

in Vermont. Each bird is beautifully photographed, with an accompanying narrative devoted to that species. Tom Slayton, Editor Emeritus of Vermont Life magazine, offered the following review accolade :

***"Brian's remarkable photographs reflect his lifelong love of nature and his special affinity for wild birds"***

*A native Vermonter, Brian developed a passion for nature and its wildlife during his youth, while roaming the fields, wetlands and forests of Vermont's Northeast Kingdom. Despite the demands of a medical profession, Brian's photography has received regional and national awards, and has been featured in a number of publications, including Vermont Life, Birders' World, Vermont Woodland, Natural New England, Livin' the Vermont Way, Tourist News (Maine), Vermont Outdoorsman, Ranger Rick and Turkey Call (NWTF).*

### **People Skills ~ Basic Communication Tools for Successful Relationships**

**Presented by Rich Blackstock, Ph.D**

**Wednesday, November 28, 1:00 pm**

***This class is open and free to adults of all ages. Advanced registration is requested by calling The Thompson.***

This one hour presentation will include: 1) facts about listening and why it is so difficult to listen—given our current culture; 2) facts about family life and why we don't learn about communication skills at home or in school; 3) opportunity to learn one of the skills of effective communication; i.e. reflective listening. Rich can offer a way of ending any argument or conflict in 60 seconds or less—which can be very helpful to husbands, wives, parents, kids—anyone who wants to end conflict and live in peace with almost everyone!

***To read Rich Blackstock's biography, visit our website at [www.thompsonscenter.org](http://www.thompsonscenter.org)***

### **Thompson Holiday Bazaar & Cookie Walk**

**Saturday, December 2nd, 9:00 - 1:00 pm**

Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, wreaths, homemade goodies, jams, jellies, pickles, and more! Santa will visit and our famous Cookie Walk will be upstairs in the conference room. For those generous volunteers who provide us with these delicious cookies we can use an extra dozen this year.

**RAFFLE ITEMS: 1. A queen-sized quilt with delicate water color palette by Janet Maxham, 2. Two - one hour exercise sessions with Bari Ramirez, 3. Pending**

Tickets are \$5, or 6 for \$20. All proceeds benefit The Thompson Senior Center.



# CREATIVE AGING

## Tech Tutoring at The Thompson Center

Provided by Norman Williams Public Library  
Tuesdays, November 13 & 27, December 11  
1:30 - 4:30 pm

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

**\*New Time\* Mondays at 1:00 pm, Please arrive by 12:30 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](mailto:randlebridge1430@gmail.com)

## Jewelry Repair at The Thompson Every Tuesday, 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.

## Monthly Art Project with ArtisTree at The Thompson

Wednesday, November 7, 1:30 pm

For November's project we will be working with Indian corn to create a colorful work of art to bring seasonal joy and conversation to our fall gatherings. *Please register in advance. 457-3277.*

## 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

## Shirt Painting with Mary Wood

Tuesday, November 6, 1:00 pm

Cost: \$5.00

Our creative Mary is at it again! She will bring her abundant collection of appliques and paints for another fun workshop at The Thompson. Please bring any shirt of your own choosing, and a pair of scissors, and *register in advance by calling The Thompson.*

## BOOK GROUP

November 14th at 1:00 pm

*Eleanor Oliphant is Completely Fine* by Gail Honeyman. You may not like her at first, but by the time she and Raymond reach out to help an old man, you'll cheer her on. The waxing salon visit and shopping expeditions will make you laugh out loud. The story is beautifully written and you won't want it to end. See you on the 10th at 1:00 pm. We meet in a village home; call 457-2224 for directions.



## Holiday Bazaar Workshop Wednesdays, 1:00 pm

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!



# AGE WELL

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

## **Medicare Open Enrollment: 1:1 Assistance Available at The Thompson With Eleanor Zue Thursdays, 10:00 am – 2:00 pm by appointment 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](http://www.medicare.gov) – the official U.S. government site for Medicare.*

## **How Do I Find Reliable Health Information Online? Presented by Amanda Scull from Matthew-Fuller Library, DHMC Tuesday, November 27, 1:00 – 2:30 pm**

While Google is a great tool, there are specific websites that offer reliable health and wellness information for all ages. This workshop will help participants browse sites for drug information, health news, and more. You will also learn tips for evaluating online health information. Hands-on time is included in this workshop\*.

*\*Please bring any one of your devices if you have one; cell phone, lap top, iPad, or tablet. If you don't have a device, there will be a PowerPoint presentation to watch.*



## **Vetted Service Providers**

We at The Thompson Center partner with a wide variety of businesses and individuals to bring you any service you need to AGE WELL at HOME! We check references and only suggest those who have happily agreed to be an Aging at Home service provider. Contact Shari, Administrative & Resource Assistant at 457-3277.

# PROGRAM CALENDAR - NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
			1	2
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		9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10-2 Medicare 1:1 Assistance* 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table 1 Mah Jongg at NWPL 1:30 Water Aerobics*
5	6	7	8	9
8-3 Public Benefit Screening* 8:30 Pickle Ball 8:45 Depart for Tafts Corner Shopping Trip* 9 Strength & Fitness 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 Shirt Painting* 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 Bazaar Workshop 1:30 ArtisTree Project*	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10-2 Medicare 1:1 Assistance* 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders	Veterans Day Lunch* 9-2:30 Foot Clinic* 10-12:30 CCC Office hours* 10 Painting at ArtisTree* 12 German Language Table 1 Mah Jongg at NWPL 1:30 Water Aerobics*
12	13	14	15	16
CLOSED for Veterans Day	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-11 Veggie VanGo 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Tech Help* 2 Mah Jongg 3 Bone Builders	Thanksgiving Dinner* 8:30 Pickle Ball 9-2:30 Foot Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Book Group 1 Bazaar Workshop	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 Art in Birding Program 2 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong 1 Mah Jongg at NWPL
19	20	21	22	23
8:30 Newsletter Folding 8-3 Public Benefit Programs 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 2 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:00 W. Leb Shopping* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group 1 Bazaar Workshop	CLOSED for Thanksgiving	CLOSED
26	27	28	29	30
8-3 Public Benefit 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 Health Info Talk 1 Jewelry Repair w/ Yael 1:30 Tech Help* 2 Mah Jongg 3 Bone Builders	8 Board Meeting 8:30 Pickle Ball 9:30 Beginner Tai Chi 10 Wellness Clinic 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Foot Clinic* 1 Bazaar Workshop 1 Communication Class*	Birthday Day* 9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 10-2 Medicare 1:1 Assistance* 12 Italian Table 2 Mah Jongg 3 Bone Builders	Breakfast Day* CLOSED in the afternoon  10 Painting at ArtisTree* 1 Mah Jongg at NWPL



# MENU - NOVEMBER 2018

Mon	Tue	Wed	Thu	Fri
			1	2
<b>Meal Pricing:</b> \$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		Boneless Pork Chops with Apple Cider Glaze, Herb Roasted Potatoes, Harvest Vegetable Medley, Apple Cookies	Caprese Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Salad
5	6	7	8	9
Grilled Hot Dog, on a Bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Fresh Fruit	Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Warm Berry Crumble	Beer Battered Haddock, Steak Fries, Coleslaw, Warm Apple Crisp	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lemon Cookie and Fruit	<b>Veterans Day Lunch*</b> Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots Almond Cake w/ Orange Dried Apricot Sauce
12	13	14	15	16
<b>Veterans Day Closed</b>	Macaroni and Cheese w/ Ham, Broccoli & Cauliflower, Poached Pears	<b>Thanksgiving Dinner*</b> Roasted Turkey, Mashed Potatoes, Gravy, Squash, Cranberry Sauce, Stuffing, Peas & Carrots, Roll, Pumpkin Pie	Cucumber & Tomato Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait	Hearty Turkey and Vegetable Soup, Roll, Tossed Salad, Chef's Choice Dessert
19	20	21	22	23
Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Ginger Snap and Fruit	Beef Bourguignon, Roll Tossed Salad, Lemon Meringue Pie	<b>Chef's Choice</b>	<b>CLOSED for Thanksgiving</b>	<b>CLOSED</b>
26	27	28	29	30
<b>Chef's Choice</b>	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad	Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese Sorbet and Fruit	<b>Birthday Day*</b> Roast Beef Au Jus, Sour Cream and Chive Twice Baked Potato, Asparagus with Hollandaise, Roll, Cake and Ice Cream	<b>Breakfast Day*</b> Egg & Veggie Burrito, Maple Sausage, Yogurt and Fruit



## Annual Thanksgiving Dinner on Wednesday, November 14, 12:00 pm ONE Seating - Reservations Required

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

### Homemade Pies for Sale!

During the week of Thanksgiving the kitchen will be offering homemade pies for sale. Siobhan has generously offered to make apple, pumpkin and blueberry pies for \$12.00 each. Make your holiday planning easier and purchase one of our delicious homemade pies!





# 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, Through 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**

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination.

She holds credentials for Group Fitness instruction in Aquatics, Spinning, TRX, Nordic Walking, and Weight Training.

**Cost:** \$3.00/class or 12 classes for \$30 on a punch card.

## Tai Chi's Meditation in Motion!

**On Wednesdays**

**Beginner Class 9:30 - 10:30 am**

**Advanced Class 10:45 - 11:45 am**

**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](http://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.**

## 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**



**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– Nov. 28**

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, Nov. 21, 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 am 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 am 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

**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

## 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 Neuhoﬀ Certified Reflexologist

**November 6 & 20 , 9:30 - 12:30 pm**

***Also available by special appointment on  
the morning of Oct. 30***

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



## TRIPS

### Tafts Corner Shopping Center Trip

**Monday, November 5, 2018**

**Depart TSC at 8:45 AM on The Thompson Van**

**Shop until noon when we will take a break for lunch.**

**Lunch – On Your Own in Shopping Area**

**Cost for transportation: \$10 (Lunch not included)**

**Depart for Woodstock by 2:00 pm, or earlier**

We are returning to the Christmas Tree shop among other Tafts Corner favorites for a day of pre-holiday shopping. Please wear comfortable shoes. *Please note: Register early as seating on our van is limited.*



### Vermont Symphony Orchestra Holiday Pops

**At the Historic Paramount Theater, Rutland, VT  
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.*



VERMONT  
SYMPHONY  
ORCHESTRA

**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

Barbara Folk - tiny painted cards for Holiday Bazaar  
 E.Barnard Community Club - apple crisp, ice cream, stuffing  
 Lynn Peterson - beans  
 Linda and Dick Brackett - zucchini  
 Mario Maura - cucumbers and patty pan squash  
 Bob Foreman - cucumbers and beans  
 Adi Alsop Donation from cookie sale  
 John Audsley - tomatoes  
 Joyce Dann - tomatoes  
 Masonic Temple - turkeys  
 Marge Gray - lots of wool fabric

## 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

**Millie McGee**

Green Mountain Girls

**Gladys Deatte**

John & Peg Audsley

Jean Conklin

Carla Kamel

**Ruth Beebee**

John & Peg Audsley

Edith Williams



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

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



## MEMORY TREE FOR THE HOLIDAYS

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

## NOVEMBER BIRTHDAYS

1st	Norman	Boynton	7th	Gail	Bernard	16th	Paul	Wildasin	23rd	Joan	Harvey
1st	Barbara	Condict	8th	Judy	Mahood	17th	Margaret	McCracken	23rd	Elizabeth	Marciano
1st	Helen	Earle	8th	Thelma	Jillson	17th	Jack	Derevensky	23rd	Nancy	Mills
2nd	Lyle	Hall	8th	Betty	Bowen	17th	Bonnie	Gallagher	23rd	Robert	Leister
2nd	Elizabeth	Deignan	9th	Margaret	Thomas	18th	Sally	Patterson	24th	Carolyn	Maynard
2nd	Doug	Phillips	9th	Bruce	Gould	18th	Carol	White	24th	Michael	Beirne
2nd	Jeanne	Ward	9th	James	Bradley	18th	Cheri	Bergeron	24th	Elizabeth	Frederick
3rd	Lindsay	Heath	10th	Deanna	Jones	18th	Roy	Bates	24th	Jules	St. Arnaud
3rd	Betty Ann	Lantz	10th	Betty Lou	Skottet	19th	Diane	Frake	25th	Margaret	Maxham
3rd	Ruth	Wiegand	10th	William	Emmons	19th	Rose	Kwiatkowski	26th	Jim	Smiddy
3rd	Eileen	Orcutt	11th	Susan	Moor	19th	Doris	Dean	26th	Beverly	Regan
3rd	Chiara	Tosi-Nelson	11th	Coleman	Hoyt	19th	Ron	Baker	27th	Richard	Brodrick
4th	Sarah	Roberts	11th	Grace	Hedderman	20th	Philip	Tomlet	27th	Fred	Doten
4th	Dorcas	Freeman	12th	Rhonda	Bruce	20th	Barbara	Fagerberg	27th	James	Ford
5th	Don	Frakes	12th	Constance	Burnham	20th	Dawn	Krantz	27th	Lorraine	Crawford
5th	Carole	Pickett	12th	Patricia	Powers	20th	Regina	Lawrence	27th	Valentina	Melnichenko
5th	Joan	Columbus	13th	Taylor	Schanck	21st	Pamela	Jaynes	27th	Terry	Heath
5th	Wallace	Orcutt	13th	Loie	Havill	21st	Sophia	Stone	27th	Claudia	Townsend
5th	Margaret	Levesque	13th	Ellyn	Bradley	21st	Mary	Croft	28th	Merle	Sanderson
6th	Faith	Wills	14th	Constance	Hitchcock	21st	Josephine	Royle	29th	Mary	Costella
6th	Nancy	Stahura	14th	Patricia	Gould	21st	James	Kachadorian	29th	Rhoda	Moore
6th	Nancy	Winn	14th	Allen	Buswell	21st	Jeanne	Fallon	29th	Charles	Rattigan
7th	Bernard	Strong	16th	Nathan	Willard	22nd	Eileen	Mallon	29th	Carole	Sparkes
7th	Craig	Hadden				22nd	Nancy	Jonas	29th	Anita	Richardson
						22nd	Neal	Campbell	29th	Lloyd	Cook
									30th	Mario	Gattorna

*On November 29th 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](http://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

## Thank You to Our Transportation Sponsors and Grants



**Ottawuechee**  
Plumbing & Heating  
802-457-1795



**Dead River**  
Company



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## 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.