



# The Thompson Times

Your resource to age well

## 7 Winter Safety Tips for Older Vermonters

Wintertime certainly poses challenges as we age, but with a bit of planning and awareness, you will stay healthy and experience the joys of spring soon enough.

1. **Avoid Slipping on Ice** - Make sure to wear shoes with good traction and replace a worn cane tip to make walking easier.
2. **Dress for Warmth** - Cold weather can lead to frostbite and hypothermia so don't let indoor temperatures get too low and dress in layers. Going outside? Wear warm socks, heavy coat, warm hat, gloves and scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees.
3. **Fight Wintertime Depression** - Many have less contact during cold months as it can be difficult to get around. Arrange visits with friends, volunteer, or come to the senior center to help avoid winter blues. Seniors can also arrange a check-in system with neighbors and friends.
4. **Check the Car** - Get your car serviced before wintertime hits or ask family members to bring it to a garage for you. Checking things like the oil, battery and wipers can make a big difference on winter roads. Also look for other transportation options—call The Thompson.
5. **Prepare for Outages** - Winter storms can lead to power outages. Make sure you have easy access to flashlights and battery powered radio, stockpile warm blankets, keep supply of non perishable food and if power goes out wear several layers of clothing. Move around a lot to keep body temperature up. During extended power outages, The Thompson is a warming station during the day and the Woodstock Recreation is in the evening. Call the Thompson for other resources.
6. **Eat a Varied Diet** - Spending more time inside may lead to eating smaller variety of foods. Vitamin D is recommended and can be found in milk, grains, and seafood options like tuna and salmon.
7. **Preventing Carbon Monoxide Poisoning** - Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure safety by checking batteries on your carbon monoxide detector and buying an updated one if you need to.

### The Thompson Winter Closing Policy

The Center is always closed when the Woodstock schools are cancelled. We may also close when we feel driving conditions are not safe for our participants but we do have a generator when the power is out for extended periods of time. We are open if schools are open and welcome people to warm up, have a hot meal, charge their devices, get water, or just hang out and watch TV in our cozy living room. Call the Center after 8:00 am to find out if we are open. We will have a message on our machine if we are closed. We also post to Facebook.

JANUARY 2019

## Family Fun at the Thompson Holiday Bazaar



The annual holiday bazaar and cookie walk at The Thompson Center was a success this year raising approximately \$4,600.00 to benefit the operations of our Center. Thank you to all of the volunteers, cookie bakers, and shoppers for making the Holiday Bazaar and Cookie Walk a success!

### Congratulations to our Holiday Bazaar Raffle Ticket Winners

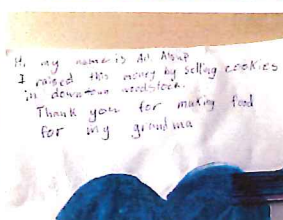


**Quilt** - Carl Hurd  
**Bari Ramirez Exercise Classes** - Geraldine Fowler  
**Veronica Delay Pottery** - Gail Dougherty

## A Granddaughter's Love

Ten year old Adi Alsop recently made and sold cookies so that she could donate the money to the Thompson Meals on Wheels program.

We appreciate this very special thank you gift.





## 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,  
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**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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Joby Thompson

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Discussion about menu items - "Fried fish" is actually "baked haddock" - if someone didn't want that they could ask Chef Ryan in advance for a substitution. Gluten free meals, vegetarian meals, dairy-free meals, etc. are able to be accommodated, but please do talk with Chef Ryan before arriving at the noon meal
- Holiday bazaar appreciation and ideas for next year shared
- Programs being planned for the new year were discussed

**Please join our next meeting on January 7<sup>th</sup> at 1:00 pm.**  
All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

### Memory Tree Gifts In Loving Memory Of



Thelma Jillson  
Henry Howe  
Yvonne Rogers  
Ronnie Fullerton

Jacob Dayton  
William & Ruth Beebee  
Lynn Staples Bennetti



**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.

### 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.**



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



## History of Brookfield's Floating Bridge

Thursday, January 17, 1:00 pm

Join us for a presentation on the history of Brookfield's famous Floating Bridge, a 300-foot span of Vt. Route 65 that crosses Sunset Pond. Perry Kacik, member of the Brookfield Historical Society Board of Trustees and chair of the 2015

Floating Bridge Opening Celebration committee, will discuss the bridge's history from its first construction – one of strapped together logs in 1820 – to its eighth reconstruction in 2014-2015, as well as all the high jinks that have surrounded this unique landmark through the years.



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## World War III– How the Cold War Might Have Ended

Presented by OSHER@Dartmouth Instructor, Jurgen Ewert

Mondays, February 4 - March 25, 1:00 - 3:00 pm. Cost: \$20, minimum of 5 students

Pre-register by calling The Thompson

This course is based on Robert Stone's film, *World War III* - a 1998 German alternate history television pseudo-documentary - and class discussion will examine the state of the world in 1989 and the potential for a gloomy end to the Cold War. Instructor Jurgen Ewert writes:

*After leaving East Germany in August 1989 I was not expecting any substantial changes. Mikhail Gorbachev's rise to power in 1985 had changed the politics of the Soviet Union. Hungary opened the border to Austria in June 1989 and the East German government was desperately looking for help from the Soviet Union.*

*Gorbachev had made it clear at the 40th anniversary of East-Germany in October, 1989, that the Honecker regime could not expect help from its "Big Brother".*

*I pondered on the following:*

*How did the hardliners in the Soviet Union assess the situation created by Gorbachev's politics of Glasnost and Perestroika?*

*Were there plans for a coup d'état in 1989?*

*Was there a possibility for a military conflict between the Warsaw Pact and NATO after a possible coup d'état in 1989?*

*How close did Eastern Bloc countries come to civil war?*

*The Warsaw Pact and NATO were equipped with a giant arsenal capable of destroying the world – could World War III have happened?*

*Fortunately the coup d'état in the Soviet Union did not take place in 1989 but the hardliners were still powerful enough in 1991 to give it a try.*

Course content will include PowerPoint slides, on-line content and video.



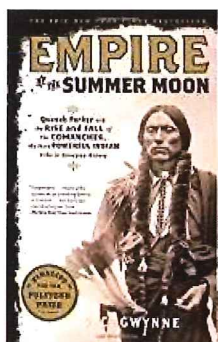
## Tech Tutoring at The Thompson Center Provided by Norman Williams Public Library Tuesdays, January 8 and 29 1:30 - 4:30 pm

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.

## Monthly Art Project with ArtisTree at The Thompson Wednesday, January 2, 1:30 pm

We will start this new year monthly series off by painting and create a beautiful winter scene in a step-by-step guided canvas painting adventure. All level of experience is always welcome. **Please register in advance by calling The Thompson.**

*Coming in February: We will paint bowls for the Empty Bowls Project - an international project to fight hunger, personalized by artists and art organizations, such as ArtisTree, on a community level. The 10th annual Empty Bowls Project dinner will be held on March 31, 2019 at The Pomfret Town Hall. All funds will benefit the Woodstock Food Shelf and Change the World Kids.*



## Book Group January 9th at 1:00 pm

On January 9th we will be discussing *Empire of the Southern Moon* by S.C. Gwynn. This is the story of the Comanche nation, the Texas Rangers who fought them and a captured three year old white girl who ultimately became the mother of the Comanche chief. See you on the 9th at 1:00 pm.

We meet in a village home; call 457-2224 for directions.

*The Thompson Book Group will meet for the last time on January 9<sup>th</sup> and we gratefully acknowledge Sherry Belisle for facilitating this group for many years at The Thompson. Sherry has been a devoted Thompson volunteer, in many capacities, and her recommended reads have brought delight and camaraderie to her faithful, avid readers. If anyone is interested in facilitating a book group at The Thompson, please contact Pam Butler.*

**To Sherry and your readers, we say... Thank You!**

## Birthday Lunch Entertainment! Thursday, January 24, 1:00 pm



Fiddler Adam Boyce and vocalist-guitarist Merv Combs will perform our favorite tunes immediately following our Birthday Lunch celebration.



## Painting at ArtisTree A Collaboration Between The Thompson Center and ArtisTree Instructor: Murray Ngoima Class Dates: Two 6-week Sessions Session 1: March 1 – April 5 Session 2: April 26 – May 31 Day/Time: Fridays, 10–11:30 am Cost: \$60 for 6 weeks or \$10 per class Ages: Adults

Explore the wonderful world of painting in this class for Thompson Center participants. Come paint and learn about painting in ArtisTree's beautiful indoor and outdoor settings. Receive instruction in how to work with water-based mediums, or work on projects of your own choice amid supportive and congenial company. Materials are provided and all levels of experience are welcome! Van transportation is provided by request from your home or from the Thompson to ArtisTree and back.



# AGE WELL

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

## Aging and Driving

**Presented by Valori Petrin, Occupational Therapist, Kendal at Hanover**  
**Wednesday, January 9, 1:00 pm**

In this presentation, we will discuss how aging affects driving, describe the skills needed to continue to drive safely, the warning signs of unsafe driving and what to do if a person you know is no longer safe to drive.

*Valorie Petrin has been an OT at Kendal at Hanover for the past 20 of her 22 year career, and has completed over 400 driving safety screens. She is a Certified Aging in Place Specialist and is commonly known as the "Adaptive Equipment Queen" among her patients and peers.*

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## Fall Prevention Clinic at The Thompson

**Provided by Upper Valley Rehab Physical Therapists**  
**Wednesday, January 9th, 9-10:30 by appointment**



Falls are *not* a normal part of aging and can result in more serious injuries over time, but the risks can be reduced by working on all the possible causes.

Upper Valley Rehab will be offering a Fall Prevention Clinic at the Thompson Center and will provide free comprehensive fall risk Screenings for people who have fallen or who have a fear of falling. At the Clinic/Assessment, a licensed physical therapist will ask participants to complete a fall assessment screen which will include a history of previous falls and what might be causing them. Additionally, a therapist will screen participant's gait, balance, range of motion, strength and sensation and ask questions regarding home environment, fear of falling concerns, and pertinent medical history that can contribute to falls. This total assessment will include your screen results, which can be sent to your primary care physician, and recommendations for treatment if needed. Each comprehensive assessment is about fifteen minutes and will require an appointment.

*Please wear or bring the shoes you wear most often inside and outside of your home. Please bring devices*



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## TAX ASSISTANCE AT THE THOMPSON

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. AARP Tax-aides will complete your 2018 taxes free of charge during scheduled appointments on **Mondays, February 4 through April 7 including President's Day.** On the day of

your appointment, please come early to fill out a questionnaire.

**Please bring:** Valid picture ID and Social Security card for the taxpayer and spouse, copies of income tax returns you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates, IRA income and copy of your 2018 property tax bill. If you are filing for a Renter's Rebate or Homeowners Property tax rebate, you will need proof of income for everyone in your household. For rental rebate, you will also need Form LC-142 from your landlord.

**Please call 457-3277 soon to schedule an appointment. Appointments are limited and will fill up quickly!**

# PROGRAM CALENDAR - JANUARY 2019

Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.</b>	<b>CLOSED</b> <b>New Years Day</b>	8:30 Pickle Ball <b>9:00 W. Leb Shopping*</b> 10:30 Handwork Cir. 12 French Table <b>1:30 ArtisTree Pro-ject*</b>	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table 1:30 Mah Jongg at NWPL
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>8-1 Public Benefit Screening*</b> 8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group <b>1 Advisory Meeting</b>	9 Strength & Fitness <b>9:30-12:30 Reflexology*</b> <b>10-11 Veggie VanGo</b> 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael <b>1:30 Tech Help*</b> 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball <b>9 Fall Prevention Clinic*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1 Aging and Driving</b> 1 Book Group	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>9-2:30 Foot Clinic*</b> <b>10-12:30 CCC Office hours*</b> 12 German Language Table 1:30 Mah Jongg at NWPL
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>8:30 Newsletter Folding</b> <b>8-1 Public Benefit Screening*</b> 8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group <b>1-3 Advanced Directives*</b>	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	<b>8:30 Board Meeting</b> 8:30 Pickle Ball <b>9:00 W. Leb Shopping*</b> <b>9-2:30 Foot Clinic*</b> 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 <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit <b>1 History of Floating Bridge Program</b> 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table Open Ping Pong 1:30 Mah Jongg at NWPL
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>CLOSED</b> <b>Martin Luther King Jr Day</b>	9 Strength & Fitness <b>9:30-12:30 Reflexology*</b> 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi <b>10-12 Wellness Clinic</b> 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>12:30 -2:50 Foot Clinic*</b>	<b>Birthday Day*</b> 9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table <b>1 Music with Adam Boyce &amp; Merv Combs</b> 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table Open Ping Pong 1:30 Mah Jongg at NWPL
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg <b>1:30 Tech Help*</b> 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1:00 Advance Care Planning</b>	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1:30 Mah Jongg 3 Bone Builders	<b>* Indicates that sign-up/reservations are required</b>

# MENU - JANUARY 2019

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
<b>Meal Pricing:</b> <b>\$7- charge for</b> <b>those</b> <b>under age sixty</b> <b>\$5-Suggested</b> <b>donation for</b> <b>ages sixty and</b> <b>over</b>	<b>CLOSED</b> <b>New Years Day</b>	Tossed Salad, Chick- en Pot Pie, Cottage Cheese, Apple, Cran- berry Ginger Crumble	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sand- wich Roll, Coleslaw, Sweet Potato Fries, Rice Pudding	Grilled Hot Dog, on a bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Des- sert
7	8	9	10	11
Turkey Sandwich w/ Lettuce, To- mato, Cheese on a Multigrain Bun, Apple & Squash Soup, Warm Ber- ry Crisp	Tossed salad, Multigrain Spaghetti & Meatballs, Garlic Bread, Fresh Fruit Salad	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad	Hearty Beef & Vegeta- ble Stew, Cole slaw, Roll, Frosted Banana Bars	Chef's Choice
14	15	16	17	18
Chipped Beef and Egg Gravy on Toast, Dijon Braised Brussel Sprouts, Warm Peach Crisp	Tossed Salad, Pesto Chicken Breast, Lem- on Risotto with Peas, Marinated Vegetable Salad, Lemon Cookie and Fruit	Tossed Salad, Orange Tilapia, Rice Pilaf, Sautéed Broc- coli, Brownie with Raspberries and Cream	Dijon Crusted Chicken Breasts, Horseradish Mashed Potato, Gravy, Spinach, Cornbread, Jelly Roll	Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple
21	22	23	24	25
<b>CLOSED</b> <b>Martin Luther</b> <b>King Jr Day</b>	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lemon Mousse with Fresh Berries	Stuffed Peppers, Tossed Salad, Fruit Short Cake	<b>BIRTHDAY DAY*</b> Orange and Herb Roast- ed Turkey Breast, Pars- nip Mashed Potato, Gra- vy, Balsamic Roasted Asparagus, Roll, Cake and Ice Cream	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Fresh Fruit Parfait
28	29	30	31	
Chef's Choice	Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots Almond Cake w/ Orange Dried Apricot Sauce	Beer Battered Baked Haddock and Chips, Kale Salad, Cookie and Fruit	Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Coconut Maca- roon and Pineapple	<b>* Vegetarian meals &amp; Gluten Free avail- able daily upon re- quest. Please con- tact our chef in ad- vance. 2% Milk, Cof- fee, tea, and juices available</b>

## Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Birthday Day on the 24th**. 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!



# HEALTHY 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.

## Open Pickle Ball Woodstock Athletic Club Mon & Wed, 8:30 am



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

## Thinking About Advance Care Planning Presented by Bayada Hospice Wednesday, January 30, 1:00 pm

Advance Care Planning is about more than simply filling out the forms and filing them at the lawyer's office or in your safe deposit box. It involves asking yourself important questions about what you value and what really matters. It involves thinking about how you want to live your life to the very end. And, it involves talking about it. Join Cynthia Stadler APRN, Community Liaison for BAYADA Hospice to discuss Advance Directives and Advance Care Planning. She will clarify terms and explain the various forms, talk about how to make the forms a living document, and how to increase the probability your wishes will be followed at end of life.

*In addition to this talk, The Thompson Center offers an Advanced Directive Clinic on the second Monday of each month. Trained volunteers are available by appointment to explain the document and answer any questions.*

## Tai Chi's Meditation in Motion!

**On Wednesdays**

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

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

**Continues on 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 [anniebower@yahoo.com](mailto:anniebower@yahoo.com).

## 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.



# 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 every other  
Month on 4th Wednesday - Jan 23<sup>rd</sup>**

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, January 16, 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 Final Appointments on Mondays January 7 and 14, 8 - 1 pm

Peggy Ramel will conclude her year of service with Senior Solutions in her capacity as a public benefits intern and we extend our thanks to her for her time and expertise. Assistance and resource information will continue to be available by calling Shari at The Thompson Center.

## Skating Opportunities at Union Arena

The Union Arena offers opportunities to skate when the ice rink is less populated and more open, with the exception of vacation weeks. Public skate is \$5.00. For more information about ice time including the Adult Stick and Puck program, visit [www.unionarena.org](http://www.unionarena.org).

**Public Skate – Tuesday: 11 to 12:15 pm**  
**Stick & Puck – Wednesday: 11 to 12:00 pm**  
**Public Skate – Wednesday: 2 to 3:10 pm**

## Wellness Clinic & Blood Pressure Screenings Wednesday, Jan. 23, 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

## Advanced Directives 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 January 8 & 22 9:30 - 12:30 pm

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.



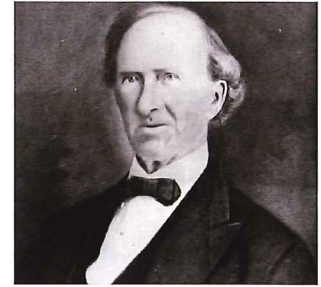
## PROGRAMS Coming in February!

### **What Say You, Elder? The Life and Lore of Rev. Daniel Field**

**A Vermont Methodist Minister of the 19th Century**

**Presented by Adam Boyce - Vermont Fiddler,  
Yankee Fiddler, Author and Living History Portrayer  
Wednesday, February 6, 1:00 pm**

Rev. Daniel "Elder" Field (1805-1883) was born in Springfield, Vermont. He was "called" to become an itinerant Methodist minister, serving various communities throughout Vermont, New Hampshire, and New York State.



**CIRCA 1880**

Rev. Field retired from the full-time ministry in 1863 to a small farm in Williamstown, Vermont where he spent the remainder of his life, occasionally filling in at local churches as a "supply" minister. It was during this time that many stories about "Elder" Field, as he was known, began to accumulate, showing his droll, wise, and sometimes eccentric ways.

Adam Boyce, whose great-grandparents purchased the former "Elder" Field farm in 1896 which remains in the Boyce family today, relates stories handed down from his family and other sources about the pithy parson.

*Adam Boyce has been a life-long student of history. Besides taking an interest in "Elder" Field, he was actively involved for many years with the Williamstown Historical Society in his former hometown of Williamstown, Vermont, along with holding various elected positions in local town government, including town moderator. He learned to play the fiddle from longtime Chelsea fiddler, Harold Luce (1918-2014), and has been involved in nearly every aspect of traditional music and dance history for over 20 years, including the composition of over 100 tunes.*

*Adam became a speaker and living history presenter through the Humanities Council in Vermont and New Hampshire, starting in 2001. In addition to his love of history, he is an avid collector of antique clocks, and succumbs to the annual Spring rite of passage in Vermont, known as maple sugaring time. Adam and his wife, Mary-Anne, live in West Windsor, Vermont.*

### **Don't Be A Target....or a Victim!**

**Presented by AARP Vermont Fraud Watch Network**

**Tuesday, February 19, 1:00 pm**



Every day another older Vermonter is ripped off by a telephone, Internet or mail scam. Aggressive scam artists are targeting older Americans across the country to the tune of billions! Find out how you can recognize a con, protect yourself and avoid becoming the next victim. Join us for expert presentations from the AARP Vermont Fraud Watch Network and get the knowledge to protect you and your family from frauds and scams.

*The Thompson has hosted these types of programs in the past and will continue to do so as scam artists continually change their tactics. Learn what to watch for by attending this very important presentation, even if you have attended in the past.*

***Advance registration is requested by calling the Thompson Center.***



# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

Santa - wine for Holiday dinner  
 The Kings Daughters - flowers for MOW  
 Emily Schanck - medical equipment  
 Mary & Charlie Katomski Family - medical equipment  
 Mary Wilfert - medical equipment  
 In Memory of Thelma Jillson - medical equipment  
 Melanie McGovern - greeting cards  
 Leslie Friedman - medical equipment  
 Edie Williams - medical equipment  
 Daniel Paczkowski - holiday turkeys



## 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

Jack Moore

Bo & Randi Harron

Taylor Schanck

Richard & Bonnie Atwood

Polly Foley

Sally Lorentzen

Grippin, Donlan &

Pinkham, PLC

## JANUARY BIRTHDAYS

1st	Sharon	Corrigan	11th	Molly	McDermott	21st	Lucia	Stapleton
1st	Mary Lee	Camp	11th	Janice	Lillien	21st	Jim	Stehouwer
1st	Cynthia	Jones	11th	David	Purviance	21st	Thurston	Twigg-Smith
1st	Rich	Meijer	12th	Sue	Hottenstein	22nd	Norwood	Long
1st	Jeanette	Veverka	12th	Constance	Fitzcharles	22nd	Joy	Gray
2nd	Alan	Perkins	12th	Alex	Gratiot	22nd	Rita	Boynton
2nd	John	Steinle	12th	Norma	Flanders	22nd	Julie	Woodbury
3rd	Linda	Brackett	12th	Raymond	Bourgeois	23rd	Elizabeth	Harley
3rd	John	Leavitt	13th	Janet	Smith	23rd	Mary Ellen	Schwartz
3rd	Perry	Maxham	13th	Kathleen	Fiske	23rd	Rachel	Hochman
3rd	Carl	Taylor	13th	Katharine	Mears	23rd	Miranda	Holt
3rd	Robert	Hanlon	14th	Patty	Goddig	23rd	Anne	Sapio
3rd	Betty	Hill	14th	Tom	Hopewell	24th	Suzan	Harlow
3rd	Laurie	Marshall	15th	John	Hunter	25th	Jane	Philpin
4th	Barbara	Steiner	15th	Hannah	Putnam	25th	John	Whitney
5th	Frederick	Beebee	15th	Sandra	Woodward	25th	Dory	Rice
5th	Olivia	Breton	16th	Richmond	Maxham	25th	Larry	White
7th	Janet	Maxham	16th	Patricia	Coogan	25th	Constance	Creed
7th	Lynn	Peterson	17th	Helen	Leonard	25th	Boris	Pilsmaker
7th	Alice	Jorgensen	17th	Joyce	Phillips	26th	Paulette	Watson
7th	Lydia	Locke	17th	Louise	Thibodeau	27th	James	Emery
8th	Joanne	Stanyon	17th	Barbara	Templeton	27th	Margaret	Brady
8th	Deb	Berryman	18th	Jane	Lewis	27th	Margaret	Fullerton
8th	Joan	Williamson	18th	Darrell	Thompson	27th	Peggy	Fraser
8th	Doris	Brettell	18th	Keith	Thayer	27th	Linda	Palmer
9th	Beverly	Kenney	18th	Marsha	Fraser	28th	David	Darakjy
9th	Beth	Crowe	19th	Becky	Watson	28th	Nancy	Heidt
9th	Carla	Kamel	19th	Rick	Corso	28th	Dianne	O'Connor
10th	Gina	Moore	19th	William	Rauscher	28th	Sharon	Schellong
10th	Joyce	Hurd	20th	Akankha	Perkins	29th	Mary	Wood
10th	Nancy	Nash-Cummings	20th	Janie	Bell	30th	Sue	Geno
			20th	Glendine	Piper	30th	Cooper	Jones
			21st	Barbara	Gilbert	31st	Uldis	Skuja
						31st	Elmer	Kruse
						31st	Leona	Webster
						31st	Lance	Brien
						31st	Jean	Kelly

On January 24<sup>th</sup> 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  
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Woodstock, VT 05091

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SAVE THE DATE AND JOIN US FOR OUR ANNUAL

## *Thompson Winter Gala*

Sunday, February 10, 2019  
5:00 pm  
The Woodstock Inn Ballroom

*An elegant evening of dining, dancing, and auction  
to benefit The Thompson*

802.457.3277 / [ThompsonSeniorCenter.org/Auction2019](http://ThompsonSeniorCenter.org/Auction2019)