



# The Thompson Times

Your resource to age well

FEBRUARY 2019

## THE THOMPSON WINTER GALA: DINNER, DANCING & AUCTION



THE THOMPSON WINTER GALA AT THE WOODSTOCK INN BALLROOM  
ON SUNDAY, FEBRUARY 10, 2019

COCKTAILS & SILENT AUCTION: 5:00 PM

DINNER: 7:00 PM FOLLOWED BY LIVE AUCTION, MUSIC & DANCING

The Thompson Dinner Dance is a gala evening with dinner, dancing and auction. Join us for this fun and festive event at the Woodstock Inn Ballroom with music by Bob Merrill and the Swing Four, a fabulous dinner and exciting auction.

Read about all of the exciting live and silent auction items and check out our incredible sponsors on our website. This event is our largest annual fundraiser and provides significant support to the operations of the senior center. Have some fun in support of the Thompson! Black tie optional.

Purchase raffle tickets online by visiting our website at [www.thompsonsSeniorcenter.org/auctionraffle2019](http://www.thompsonsSeniorcenter.org/auctionraffle2019).

To make your reservation, call or email us at [Djones@thompsonsSeniorcenter.org](mailto:Djones@thompsonsSeniorcenter.org) or visit our website.



*Buy raffle tickets and you might be enjoying a 3-night retreat at The Woodstock Inn & Resort while supporting The Thompson. Tickets are priced at \$35 each or 4 for \$100.*

Two fabulous “runner-up” prizes will be drawn as well – Gift baskets from Vermont Farmstead Cheese with a selection of fine artisanal foods.

## 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

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonscenter.org  
**Paula Audsley**, Outreach Manager,  
paula@thompsonscenter.org  
**Pam Butler**, Program Director,  
pbutler@thompsonscenter.org  
**Jen Bloch**, Marketing Coordinator  
jbloch@thompsonscenter.org  
**Shari Borzekowski**, Administrative &  
Resource Assistant,  
sborz@thompsonscenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonscenter.org  
**Siobhan Wright**, Front Desk  
Coordinator,  
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

Liza Deignan—*President*  
Ginny Eames—*Vice President*  
David McGuire —*Treasurer*  
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Dolores Gilbert  
Lisa Gramling  
Peter Goulazian  
Karl Huck  
Susan Inui  
Lydia Locke  
Daphne Moritz  
Steve Selbo  
Tambrey Vutech  
Joby Thompson

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Richard Schramm from the U.U. Church attended and will be facilitating a new group called “Talk, Listen & Connect”
- “Age Well” newsletter—sign up for emails or request copies
- Staff changes include Siobhan as front desk coordinator and new staff member in kitchen
- Pam reported on upcoming programs
- Patrons expressed interest in shuffleboard and line-dancing

**Please join our next meeting on February 4 at 1:00 pm.**  
All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

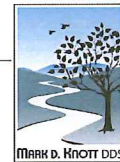
We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!



**Congratulations to Nancy Heidt who is our most recent Marble Game winner!**

**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.



### Thompson Annual Appeal

The Thompson Annual Appeal began in September and is still underway. If you haven't made an annual gift and would like to do so, we would be very appreciative. Annual Appeal gifts support the operations of the senior center and allow us to continue critical services like transportation, meals, and other programs. Mail or deliver a gift to 99 Senior Lane, Woodstock, VT, or donate online through our website. Thank you very much!



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

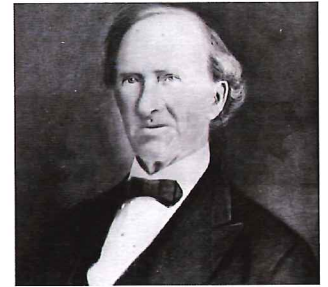
## PROGRAMS & EVENTS

### 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.

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.

CIRCA 1880

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.*



### Spa Day at The Thompson

Offered by Woodstock Inn and Resort Spa Professionals

Tuesday, February 12, 9:00 am – 12:00 pm



Once again, our friends from the Woodstock Inn and Resort Spa are offering complimentary limited manicures, chair massages, and reflexology sessions. These free appointments for your much deserved self-indulgence will fill up quickly so make your reservations soon and please remember to cancel if you can't make it.

### Smart Phones 101

Tuesday, February 12, 1:30 pm

Do you have a new cell phone? Or a cell phone you don't really know how to use? Join us for an hour-long workshop of cell phone basics. Technology consultant Meg Brazill from NWPL will lead this workshop and maybe you can even share a tip or two. No prior knowledge required – just a willingness to try. If it's fun and helpful, we'll do it again! Bring your cell phone (make sure it is fully charged) and your log-in and passwords for your phone. *Advance registration requested by calling The Thompson Center.*

**Tech Tutoring at The Thompson Center**  
Provided by Norman Williams Public Library  
Tuesday, February 26  
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 The Thompson 457-3277.

**Talk, Listen and Connect (TLC) Group**  
Organizing and Planning Meeting  
Tuesday, February 5, 1:00 pm

Are you interested in a once a month gathering to talk about things that are meaningful to you, to get to know others on a more authentic level and to offer and receive mutual encouragement and support? You are invited to a planning meeting on February 5<sup>th</sup> to share your interests and shape what this group will look like. The TLC Group will build on the popular Talk and Listen Group at the Thompson Center that was organized and facilitated by Linda Grant for ten years. Richard Schramm, a retired teacher and the facilitator of the Amazing Grays, at the Woodstock North Chapel, will be working with the Center to start this new group. All are welcome, and we encourage you to take this opportunity to share your stories and get to know others in a safe and supportive group setting.



**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



**Monthly Art Project with ArtisTree**  
at The Thompson  
Wednesday, February 6, 1:30 pm

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. We've done this project before and everyone has a great time for a great cause. *Please register in advance by calling The Thompson.*

*The 10<sup>th</sup> annual Empty Bowls Project dinner will be held on March 31 at The Pomfret Town Hall. All funds will benefit The Woodstock Food Shelf and Change the World Kids.*

**Bob Horan**  
Musician and Story Teller  
Thursday, February 28, 1:00 pm  
immediately following the  
Birthday Lunch Celebration



As a singer, guitarist and story teller, Bob Horan's music career has spanned thirty years of sharing his life through music.

His repertoire includes a mixture of old and new songs which underscore a variety of life experiences. He delights in sharing humorous events and more poignant moments from his life, and how they relate to his audience.

**The New Thompson Book Group**  
A Meet and Greet Start-Up Gathering  
Thursday, February 21, 1:00 pm  
at The Thompson

The Thompson Book Group will meet for the first time with volunteer and Woodstock resident, Eileen (Lanie) Orcutt as group leader and facilitator. Lanie is an avid reader and has some great reads to suggest and is looking forward to starting this new group with your input for it's direction. All are welcome to attend this first meeting. As in the past, we thank Yankee Bookshop for their donation of the monthly book selection.

# AGE WELL

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

## 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.**

## 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 1 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! Please make sure to cancel if you're unable to keep your appointment.**

## Aging and Driving \*Rescheduled from January 9\*

Presented by Valori Petrin, Occupational Therapist, Kendal at Hanover

Tuesday, February 26, 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.*

# PROGRAM CALENDAR - FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri
				<b>1</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>* Indicates that sign-up/reservations are required</b>			<b>10-12:30 CCC Office Hours*</b> 12 German Language Table 1:30 Mah Jongg at NWPL Open Ping Pong
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>8:00 - 2:30 Tax Appts*</b> 8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group <b>1 Advisory Meeting</b> <b>1-3 World War III Class*</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael <b>1 TLC Group Planning Meeting</b> 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball <b>9:00 W. Leb Shopping*</b> <b>10-12 Free Tai Ci Chinese New Year Party</b> 10:30 Handwork Cir. 12 French Table <b>1 What Say you Elder? Talk</b> <b>1:30 Monthly Art Project*</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>9-2:30 Foot Clinic*</b> <b>10-12:30 CCC Office hours*</b> 12 German Language Table 1:30 Mah Jongg at NWPL Open Ping Pong
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>8:00 - 2:30 Tax Appts*</b> 8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group <b>1-3 Advanced Directives*</b> <b>1-3 World War III Class*</b>	9 Strength & Fitness <b>9-12 Spa Day*</b> <b>10-11 Veggie VanGo</b> 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael <b>1:30 Smart Phones 101*</b> 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball <b>9-10:30 Fall Prevention Clinic*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	<b>Valentine's Day</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>10-12:30 CCC Office Hours*</b> 12 German Language Table 1:30 Mah Jongg at NWPL Open Ping Pong
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>CLOSED President's Day</b>  <b>8:00 - 2:30 Tax Appts*</b>	<b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12 Spanish Table <b>1 AARP Fraud Talk</b> 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	<b>8:30 Board Meeting</b> 8:30 Pickle Ball <b>9-2:30 Foot Clinic*</b> <b>9:00 W. Leb Shopping*</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 New Book Group</b> 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 Open Ping Pong
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<b>8:00 - 2:30 Tax Appts*</b> 8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group <b>1-3 World War III Class*</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 12 Spanish Table <b>1 Aging and Driving</b> 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>Birthday Day*</b> 9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table <b>1 Bob Horan-Music</b> 1:30 Mah Jongg 3 Bone Builders	

# MENU - FEBRUARY 2019

Mon	Tue	Wed	Thu	Fri
				<b>1</b>
<b>Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over</b>	<b>* Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</b>	<b>*Indicates that sign-up/reservations are required (Birthday Day &amp; Special holiday meals)</b>		Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Cole-slaw, Chef's Choice Dessert
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Beef Lentil Soup, Tossed Salad, Roll, Pumpkin Bread Pudding	Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Sweet and Sour Chicken, Stir Fried Vegetables, Brown Rice, Coconut Mer-ri-ngues w/ Pineapple	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Sal-ad, Lemon Cookie and fruit	Tossed Salad, Ziti (a little spicy, with Broccoli, Tomatoes, Italian Sausage) Monterey Ranch Bread, Mixed Fruit Cobbler
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Tossed Salad, Chicken Parme-san over Multi-grain Pasta, Gar-lic Bread, Fresh Fruit Parfait	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Hot Fudge Sundae with Banana	Beer Battered Haddock and Steak Fries, Kale Salad, Ginger Snap and Fruit	<b>Valentine's Day*</b> Mixed Green Salad, Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cream Puffs	Turkey Sandwich on Multigrain Flat Roll, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Coconut Cream Pie
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>President's Day Closed</b>	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Tossed Salad, Maca-roni and Cheese w/ Ham, Broccoli & Cauliflower, Poached Pears	Chili, Corn Bread, Cole Slaw, Pineapple Up-side Down Cake	Chef's Choice
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Lasagna, Steamed Anti-guan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Peach Crisp	Tossed Salad, Chick-en Marsala, Rice Pilaf, Green Beans, Blueberry Cake	<b>Birthday Day*</b> Grilled Maple-Garlic Marinated Pork Loin, Citrus Sweet Potato Mash, Green Bean Amandine, Cake & Ice Cream	

## Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Valentine's Day on the 14th and Birthday Day on the 28th**. 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.



## Fall Prevention Clinic at The Thompson Provided by Upper Valley Rehab Physical Therapists

**Wed, February 13, 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 you use for walking like a cane or walker.*

## 20 REASONS TO TAKE TAI CHI at the Thompson Center

**Next round of 5 classes starts Wed. Feb. 13<sup>th</sup>**

**9:30 - 10:30 - \$15**

**Chinese New Year Party on Wed. Feb. 6<sup>th</sup>**

**10-12 pm- Free!! Learn something new**

**Share snacks & gifts**



1. Improves balance
2. Improves coordination
3. May lower blood pressure
4. May help control blood sugar levels
5. May help you sleep better!
6. Reduce arthritis pain
7. It's fun to learn something new
8. Can improve posture
9. Two teachers—more individual attention
10. Great social activity
11. Helps prevent falls
12. Can reduce stress
13. Improves leg strength
14. We start with a short form
15. Enjoy gentle, low-impact movement
16. No competition, no pressure
17. Low cost
18. Scholarship assistance available
19. Mindful, meditative practice

## 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 the 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, February 20, 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.

## Water Aerobics Class

**Woodstock Athletic Club**

**Fridays, March 8—May 17, 2019**

**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.

## Dental Health Care for Older Adults

**Presented by Kristin Schiessl-Alf, RDH and Jayne Hull, Patient Coordinator**

**Thursday, March 21, 1:00 pm**

By the year 2030, twenty percent of the U.S. population will be age 65 or older. In Vermont, this percentage is expected to be even greater, at twenty-nine percent. Historically, as people have aged, their oral health has declined. However, a combination of advances in dental technology, public health initiatives, and continued education from dental professionals has allowed people of all ages to improve and maintain their oral health.

Kristin Schiessl-Alf, Registered Dental Hygienist with thirty-three years of experience, and Jayne Hull, Patient Coordinator, with over twenty years of experience, have worked together for many years at Dr. Mark Knott's and Dr. J. David Laughlin's offices. Kristin and Jayne will offer a brief, interactive presentation on Dental Health Care for older adults at the Thompson Center. Topics will include: prescription medications and dry mouth, the relationship between oral bacteria and chronic systemic diseases, periodontal disease, jaw joint and jaw muscle issues, and prevention of tooth decay.

## Wellness Clinic &

**Blood Pressure Screenings  
Wednesday, March 27, 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**

**Call for dates and times**

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

**We are working on some new and familiar trips for 2019. Here is the preliminary line-up as we continue to get more details which will be posted online and in the Thompson Times.**

**Gloucester, MA Lobster Cruise and shopping in Rockport – June**

**New London Playhouse Theater – *The Odd Couple* - July**

**Weston Playhouse – *Always...Patsy Cline* - August**

**Washington D.C.** by Diamond Tours– **September 6 – 10.** 5 Days/4 Nights with guided tours of Washington, D.C. that include the WW II Memorial, Capitol Hill, the Smithsonian, the new Museum of the Bible and much more

**Spotlight San Antonio** by Collette Tours – **November 10 – 14.** 5 days and a single hotel stay that includes a river cruise along the Paseo del Rio (The River Walk), LBJ's Texas White House, the Alamo, and more.

**Mackinac Island and the Great Lakes Region** by Collette Tours – **September, 2020.** This trip will begin with a locally guided tour of Chicago and continue on to the historic Grand Hotel on Mackinac Island. Tour highlights will include Traverse City on Lake Michigan, Frankenmuth and the world's largest Christmas store – Bronners, and the Henry Ford Museum

**Boston Flower & Garden Show**  
**Offered by Hartford Parks and Recreation**  
**Thursday, March 14, 8:15 a.m. – 7:00 p.m.**  
**\$63 includes Coach Bus and Admission**



The Boston Flower & Garden Show is about inspiring, educating and motivating the region's gardeners. Whether for curb appeal, backyard, kitchen, indoor, rooftop or community gardens, this is where New England's green lovers go to discover new ideas while having fun with family and friends.

This year's Show theme is "The Beauty of Balance," which is a key factor in design decisions, plant and material choices, and in cultivating the right-sized garden for our lives and budgets. We explore the harmony we create within our gardens, vases and living spaces.

*Purchase your ticket(s) at [hartfordrec.com](http://hartfordrec.com), by calling 802-295-5036, or visiting their office located in the Hartford Town Hall, 1st Floor.*

# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

Daniel Paczkowski at  
Black River Produce -  
Meat donation  
Mary Joe Palmer -  
medical equipment



## 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**

Gina Moore

**Carol Powell**

Ruth BeeBee  
Taylor Schanck

## FEBRUARY BIRTHDAYS

1st Dick Atwood	8th James Carlson	18th Linda Manning	22nd Kayla Robinson
1st Dick Colantuono	8th Elaine King-Coss	18th Dennis Wright	22nd Louise Schwebel
1st Craig Cota	9th Julie Johnston	18th Susan Copeland	23rd Sherry Wian
1st Morey Weiss	9th Frances Lancaster	18th Gerry Sandweiss	24th Susan Botzow
2nd James Minnich	9th John Wiegand	19th Sandi Anderson	24th Bernard Pierce
2nd Dorothy Wardwell	10th Janice Standish	19th Darlene Griggs	24th Suzanne Deedy
2nd Ernest Harper	10th Sharon Blake	19th Rhonda White	25th Sylvia Doten
2nd Kathy Hankins	11th Jeannine Colby	19th Ronald Gaetgens	25th Abigail Keller
3rd Jeanne Merrill	11th Miles Mushlin	20th Gail Smith	26th Wayne Hinson
4th Tom Weschler	12th Carol Towne	20th Marlene Rand	26th Susan Menendez
4th Marilyn Bailey	12th Pauline Holt	20th Jim Lewis	26th Francis Stoddard
4th Demo Sofronas	12th Rusty Rodriguez	20th Phyllis Regione	26th Janet Burnham
4th Louise Hansson	12th Hilda Conn	20th Mary Ann Conrad	27th Kedric Harriman
4th Barbara Bartlett	12th Leonard Adkins	20th Ron Bascom	27th Floyd Westover
4th Joan Turner	13th Robert Flower	20th Carol Ackley	28th Jane Simonds
4th Arthur Norton	13th Alberta Bailey	21st Linda Atwood	28th Larry Templeton
5th Ann Blake	14th Margaret Audsley	22nd Harry Jorgensen	28th Julie Abernathy
5th Gretchen Pear	14th Phyllis Frechette	22nd Jerry Oppenheimer	29th Floyd Van Alstyne
6th Miranda Shackleton	14th Maryanne Murphy	22nd Louann Rodenbeck	29th Yvette Clark
6th Molly Hutchins	14th Marge DuMond		
6th Charlotte Harvey	15th Linda Greenan		
7th Mia Pine	16th Corey Mitchell		
7th Paul Eldredge	16th Charles Seitz		
7th Andrew Salamon	16th Susan Bitzer		
7th Lois Lorimer	17th Joan Lessard		
8th George Burgess	17th Judith Persin		
8th Debbie Bridge			



*On February 28 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.thompsonscenter.org

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091

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## 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** - \$20 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 \$5 per ride round trip. 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



Like us on Facebook 

## 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.