



The Thompson Times

Your resource to age well

MAY 2019



Older Americans Month Luncheon Monday, May 6, 12:00 pm

All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch. Please sign-up in advance by calling 457-3277.

Older Americans Month: *Connect, Create, Contribute*

Each year, older adults are making a positive impact in and around Woodstock. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

Connect with friends, family, and local services and resources.

Create through activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experience to benefit others.

We here at The Thompson will celebrate OAM by promoting ways that community members of *all* ages can take part in helping our community thrive. We encourage you to:

Connect: Join us for Older American's Lunch, participate in our summer Gen-2-Gen program, or join us for any of the social events or meals offered each month. Bring a friend or come make a new one!

Create: Register for our monthly art project with ArtisTree, sign-up for Tech Tutoring, Diabetes Management class or join our Book group.

Contribute: Become a Meals on Wheels driver, help serve lunch, or volunteer at one of the many volunteer opportunities in our community.



CONNECT, CREATE, CONTRIBUTE MAY 2019

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

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Paula Audsley, Outreach Manager,
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Siobhan Wright, Front Desk
Coordinator,
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**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

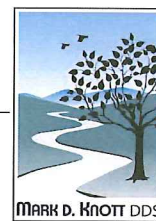
- May is Older Americans Month and The Thompson will be celebrating with a special meal and programs throughout the month.
- Program update:
 - Legal Talk Series in May
 - Intro to Medicare and Safe Driving courses coming in June.
 - New 6 week Diabetes Self Management Workshop beginning in May.
- Scotland House update
- Deanna has been busy advocating for senior centers with the state. This year is the first “Older Vermonters Caucus”. Possible group visit with interested patrons.
- No May Advisory meeting

Please join our next meeting on June 3 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!



WANT LESS PAPER?

Electronic or paper newsletter? What's your preference? If you currently receive paper but would like to switch to electronic, please email Jen at jbloch@thompsonscenter.org



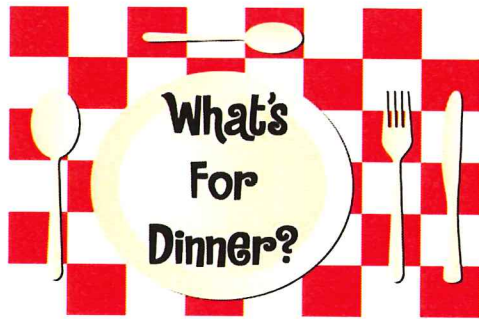
The Thompson is pleased to provide recognition to an important Sponsor!

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



Sign up for the e-newsletter by emailing jbloch@thompsonscenter.org

PROGRAMS & EVENTS



Cooking with GEORGE
Presented by Pat Harrison, RD
Thursday, May 9, 1:15 pm

Please Register in Advance

457-3277

- Are you on your own, not interested in elaborate meal preparation but trying to eat healthy?
- Are you dealing with some medical issues that require you to follow some dietary restrictions, like limiting salt or sugar? Or do you have arthritis that interferes with your ability to stand long to prepare a meal?
- Interested in some easy to prepare, limited clean-up meal ideas that don't leave you eating the same food for the week?

Join us for another one of Pat's fun cooking classes! This one will be a demo & food tasting with loads of ideas, recipes and information on cooking with a George Foreman grill. We will cook some entrees, sides and if time allows, try some sandwiches too.

By attending this class, you will have a chance at winning a George Foreman grill to take home.

Spring Clean Your Legal Affairs

**Estate Attorney Daphne Moritz returns to The Thompson Center
to present this invaluable three-part series**

April 29 at 1:00 pm, May 14 at 10:00 am and May 28 at 1:00 pm

***These programs are open and free to the public. Advance registration is
requested by calling The Thompson***

Spring is always a good time to take stock of our affairs whether we are cleaning our houses and preparing our garden beds, or clearing out our clutter. Spring is also a great time to get our legal houses in order. With estate planning, that means reviewing your existing documents which may have grown stale, and educating yourself on new aspects of the law which may not have been relevant to you only a few years ago.

Whether you have already completed your estate planning, but you think it needs updating, or you are eager to learn more about the documents you should have, but on which you have not yet taken action, *Spring Cleaning your Legal Affairs* is a series for you.

April 29 Your Top Five Essential Estate Planning Documents

May 14 Long Term Care Planning and Aging Well (Including Residence Options)

May 28 Specific Topics in Estate Planning family dynamics, real estate matters, pet trusts and more

Come prepared with your questions about estate planning, wills and trusts, probate, long-term care concerns and Medicaid planning, health care powers of attorney, advance directives, guardianship, and unusual topics.

Daphne Moritz is an estate planning and elder law attorney with Sheehey Furlong & Behm P.C. She focuses her practice on estate planning, estate and trust administration, elder law, families with special needs, and related matters. She frequently lectures to a variety of audiences about estate planning and elder law matters. Find more information at <https://www.sheeheyvt.com>.

CREATIVE AGING

Tech Tutoring at The Thompson Center Provided by Norman Williams Public Library Tuesday, May 7 & 21 1:30 - 3:30 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.

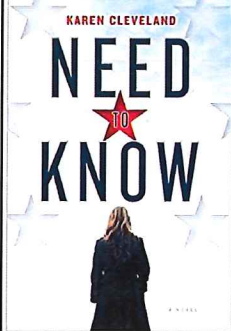
artistree



Monthly Art Project with ArtisTree at The Thompson Wednesday, May 1, 1:30 pm *Flower Still Life*

Be inspired by the masters in observing several flower still life compositions and then creating your own.

*Please register in advance by calling
The Thompson. 457-3277*



Thompson Book Group Monday, May 20, 1:00 pm

Karen Cleveland's
Need to Know: A Novel

A chilling psychological thriller from a CIA insider: in hot pursuit of a Russian spy ring on U.S. soil, a CIA analyst uncovers a deadly secret that will test her loyalty to the agency--and to her family. The Expats meets The Americans meets The Girl Before.

All are welcome to attend!



Fiddler Adam Boyce Performs Accompanied by Guitarist and Vocalist Merv Comes Thursday, May 23, 1:00 pm immediately following Birthday Lunch Celebration.

GRANDparenting: a support group of grandparents who are raising or caring for their grandchildren Meet & Greet, Kick-off Meeting May 21, 8:30 to 9:30 am at The Thompson

Join us for breakfast on Tuesday, May 21st at the Thompson to meet the support group facilitators and talk about what a GRANDparenting support group could mean in your life. This kick-off meeting will introduce the possible discussion topics that may include nutrition, behavior, legal guardianship, public benefits, therapeutic supports, and more. There will be gift card giveaways for participants attending. The ongoing support group will commence in the Fall of 2019 and will meet at the conference room at the SAU building at the Woodstock High School Campus on the 2nd Tuesday of each month, 11 a.m. to Noon. This is a collaborative effort with the Woodstock school district, Senior Solutions (Area Agency on Aging), Mt. Ascutney community health team, and The Thompson.

End Game – A Documentary Film Presented in partnership with Bayada Home Health Care, Ottauquechee Health Foundation, and The Thompson Center Wednesday, May 22, 2019 5:30 pm At Woodstock Town Hall Theater



Facing an inevitable outcome, terminally ill patients meet extraordinary medical practitioners seeking to change our approach to life and death. *End Game* follows visionary medical practitioners in a San Francisco hospital who are working on the cutting edge of life and death and are dedicated to changing our thinking about both. Discussion will follow this film presentation.

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.

AGE WELL

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

Identity Theft: Steal Your Name, Steal Your Life

An AARP Fraud Watch Network Presentation in Partnership with Norman Williams Public Library and The Thompson Center
Tuesday, May 21, 2:00 -3:30 pm at NWPL

The AARP Fraud Watch Network provides resources to spot and identify theft and fraud so you can protect yourself and your family. Learn how to get alerts and stay up to date on con artist's latest tricks. This program is open and free to the public.

Women and Heart Disease Learn the Facts

Presented by Rita Rice, RN BSN CRNI
Mt. Ascutney Hospital and Health Center
Cardiac Rehab
Thursday, May 16, 1:00 pm

Cardiovascular diseases, which include stroke, claim the life of a woman about every 80 seconds, but... about 80% of cardiovascular diseases may be prevented! This program will be a discussion about facts on heart disease in women, screenings, risk factors, symptoms, physical activity, nutrition, and new blood pressure guidelines.

Rita Rice has been a practicing nurse for 43 years with an extensive background in critical care, emergency care and home care. She is a certified IV nurse and was formerly the Critical Care Coordinator at MAHHC. She runs the Cardiac Rehab program at MAHHC and has worked with the Disaster Team for Eastern United States and Europe. She is most proud of the 2018 national certification of the MAHHC Cardiac Rehab program. Rita says, "I believe we all have a job to live a long, happy, and healthy life."

Scotland House

A Health and Wellness Program Providing Compassionate, Social, Physical, and Emotional Care to Aging Adults
Tuesday, May 14, 1:00 pm

Gretchen Cole, Executive Director of Scotland House, will discuss services, participant engagement, and benefits for families and caregivers. This is a very informative session for those considering adult day health and wellness services for their loved ones. *"Caregivers and families, you are our foundation"* – Gretchen Cole.

Healthier Living with Diabetes

A workshop facilitated by specially trained leaders from Gifford Medical Center and Mt. Ascutney Hospital
Free Six-Week Class: Wednesdays
May 1, 8, 22, 29 and June 5, 12 (no class on May 15) 1:00—3:30 pm

What the Program Offers:

- Problem solving & action planning
- Healthy eating
- Exercise
- Monitoring blood sugar
- Managing stress
- Handling sick days

Whos's it for?

For those diagnosed with Type 2 Diabetes and their caregivers and family members.

Through this Diabetes Self-Management Program you can get the support you need to better manage your Diabetes and help prevent serious health problems like heart disease, blindness, and kidney failure.

To register, please call The Thompson. For more information contact Pam Butler at The Thompson Center or Megan Sault, Gifford Community Health Team 728-9324.

AARP Smart Driver Safety Course

Friday, June 7, 9:00 am to noon (break for lunch); 1:00 to 2:00 pm

Instructor Bill Cherico returns to teach this four hour instructional course which is the nation's largest refresher course designed specifically for older drivers. Registration begins at 9:15am. **Your driver's license is required and your AARP card for members.**

Course Fee: \$15.00 for AARP members and \$20.00 for nonmembers. **Please register in advance.**



PROGRAM CALENDAR - MAY 2019

Mon	Tue	Wed	Thu	Fri
		1	2	3
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	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 Diabetes Workshop* 1:30 Monthly Art Project*	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
6	7	8	9	10
Older Americans Month Lunch* 8:30 Pickle Ball 9 Stretch & Balance 10:15 Memoir Group	9 Strength & Fitness 9:30-12:30 Reflexology* 10-11 Veggie VanGo 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 1:30 Tech Tutoring* 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Diabetes Workshop*	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:15 Cooking with George* 1:30 Mah Jongg 3 Bone Builders	9-2:30 Foot Clinic* 10-12:30 CCC Office hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
13	14	15	16	17
Mother's Day* Pickle Ball 9 Stretch & Balance 10:15 Memoir Group 1-3 Advanced Directives*	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 10 Spring Clean Legal Affairs* 12 Spanish Table 1 Jewelry Repair w/ Yael 1 Scotland House Program 1:30 Mah Jongg 3 Bone Builders	8:30 Board Meeting 8:30 Pickle Ball 9-2:30 Foot Clinic* 9:00 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 1 Heart Disease Talk 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong 1:30 Water Aerobics* 4:45 pm Depart for Post Mills Hot Air Balloon Show*
20	21	22	23	24
8:30 Newsletter Folding 8:30 Pickle Ball 9 Stretch & Balance 10:15 Memoir Group 1:00 Book Group	8:30 GRANDparenting-Kick Off Meeting 9 Strength & Fitness 9:30-12:30 Reflexology* 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 1:30 Tech Tutoring* 2 Identity Theft Program 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Diabetes Workshop* 5:30 pm End Game Film at Pentangle	Birthday Day* 9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10-12 Wellness Clinic 10:00 Italian Study 12 Italian Table 12:30-3 Foot Clinic* 1 Italian Intermediate 1 Fiddler Adam Boyce & Merv Comes 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong
27	28	29	30	31
Memorial Day CLOSED	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Spring Clean Legal Affairs* 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Diabetes Workshop*	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong

MENU - MAY 2019

Mon	Tue	Wed	Thu	Fri
		1	2	3
Meal Pricing: ** \$ 7 charge for those under age sixty ** \$ 5 suggested donation for ages sixty and over	* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	Spring-Thyme Chicken Stew, Tossed Salad, Roll, Lemon Mousse w/ Berries	Tacos w/ Ground Beef, Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Fresh Fruit	Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese Berries and Sorbet
6	7	8	9	10
Older Americans Lunch* Chicken Parmesan over Multigrain Spaghetti, Garlic Bread, Tossed Salad, Fresh Fruit Salad	Salisbury Steak, Mashed Potatoes, Gravy, Steamed Vegetables, Fresh Fruit Parfait	Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit	Swedish Meatballs over Egg Noodles, Broccoli and Carrots, Fresh Fruit Salad
13	14	15	16	17
Mother's Day* Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Lime and Blueberry Pie	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Quiche w/ Crab, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lemon Cookie and Fruit	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and Roll, Chef's Choice Dessert
20	21	22	23	24
Chef's Choice	Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight	Stuffed Peppers, Tossed Salad, Ice Cream Sandwich Cookies	Birthday Day* Citrus Grilled Pork Loin with Mint Fig Sauce, Roasted Baby Spring Vegetables w/ Fingerling Potatoes, Asparagus, Carrots, Radishes, Roll, Cake and Ice Cream	Chicken Caesar Wrap, Hearty Vegetable Minestrone, Cottage Cheese, Hot Fudge Sundae with Banana
27	28	29	30	31
Memorial Day Closed	Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream	Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Fruit Crisp	Chef's Choice

*Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Older Americans Lunch on the 6th, Mother's Day on the 13th and Birthday Day on the 23rd**. 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

Balance Clinic hours will resume on June 12th, by appointment. New dates and schedule will be posted on The Thompson website and in this newsletter.

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.

20 REASONS TO TAKE TAI CHI at the Thompson Center

Next round of classes:

**May 1, 8, 15, 22, 29- \$15 for 5 weeks
Beginner 9:30, Advanced 10:45**



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
20. We laugh a lot!

Stretch and Balance Class

**Led by Certified Fitness Trainer, Liz Hatfield
Mondays, 9:00 -10:00 am**

Monday morning Strength and Fitness class will now focus on gentle stretching, flexibility, and balance. Liz will guide her class through a series of stretching exercises which can be done on a floor mat for those who choose to, or while seated. All levels and abilities are welcome! Mats will be provided but you are encouraged to bring your own if you have one.

Regular Strength and Fitness class will remain the same on Tuesdays and Thursday mornings, 9:00 – 10:00 am.

HEALTHY AGING

Introduction to Medicare for New Enrollees

Tuesday, June 4, 1:00 - 2:30 pm

Presented by Senior Solutions

Are you almost 65 year of age and thinking about signing up for Medicare? Are you retiring and losing your health insurance benefits? Come and learn when and how to enroll in Medicare. State Health Insurance Plan (SHIP) counselor, Pati Kimball, will be presenting this class for those individuals who will be signing up for Medicare. She will discuss the different levels of Medicare coverage options such as supplement plans, and Advantage plans as well as the current prescription drug plans. **Walk-ins are welcome but pre-registration is advised.**

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.

Foot or Hand Reflexology

Offered by Deborah Neuhof

Certified Reflexologist

May 7 & 21, 9:30-12:30

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.

Talk, Listen and Connect (TLC) Group

Please call The Thompson for date/time

All are Welcome!

The TLC Group provides an opportunity to talk about things that are meaningful, to get to know others on a more authentic level and to offer and receive mutual encouragement and support. Our next gathering will provide *an opportunity to share our thoughts and feelings about some of the big questions we currently face, where these questions may be taking us, or, in other words, what we are called to at this time in our lives.* After this sharing there will be an opportunity to share with a listening and supportive group any special joys or concerns that may be weighing on your mind.

Foot Care Clinics

Monthly, 9:00 am - 2:30 pm

on the 2nd Friday & 3rd Wednesday

Mary Wood's foot clinic is at The Thompson on the second Friday and third Wednesday of each month from 9:00 to 2:30 pm.

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

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.**

Caregiver Support Group

Wednesday, May 15, 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.

Wellness Clinic & Blood Pressure Screenings Resumes Monthly Schedule

4th Thursday of each month, 10 am - 12 pm with Foot Clinic 12:30 - 3 pm

On your next visit to The Thompson Wellness Clinic, please welcome our new Clinic nurse, Connie Powell. Connie has been a nurse for 19 years and started her career as a cardiac nurse in a hospital. She continues to teach nursing students in addition to her working a busy clinic schedule with the VNA/VNH. Her new position enables her to fulfill her passion of contributing to communities. Connie will also provide foot clinic hours in addition to Mary Wood. Please support our monthly Wellness Clinic by checking in with Connie for a wellness check.

TRIPS

Post Mills Hot Air Balloon Show

Friday, May 17, Depart Thompson at 4:45 pm for anticipated 6 pm flights, weather permitting
Cost \$5

Experience the magic of flight at a Post Mills private airport where only homemade and experimental balloons and airships from all over the world may participate. Local groups provide food and entertainment.

At time of reserving, please let us know if you will be joining us on the van or driving on your own.

Gloucester Harbor Lobster Cruise and Rockport Shopping

Tuesday, June 25 - Depart Thompson at 7:00 am on Premier Coach Bus

Harbor/Lunch cruise: 11:30 am – 2:00 pm

Depart for Woodstock at 4:00 pm after Rockport shopping

Cost: \$120 Includes Transportation and Lobster Lunch

Full payment will confirm your reservation and is due by June 5th without exception

Please note: A minimum of 35 reservations must be sold for this trip or it is subject to cancellation as per Beauport contract

Our excursion on Beauport Cruiselines will take us into the oldest seaport in America, historic Gloucester harbor with extraordinary views of the city's downtown, Rocky Neck, Eastern Point, Ten Pound Island, Stage Fort Park, and Hammond Castle. We will dine on fresh lobster on the promenade deck where live music will be included. Just minutes away is the charming coastal town of Rockport where we will have time to stroll historic Main street and its one-of-a-kind shops.

Traditional New England Lobster Bake Menu: Freshly baked rolls, New England Clam Chowder Bar, Steamed 1 ¼ pound Lobster, Barbecue Chicken, Cole Slaw, Corn on the Cob, Roasted Red Bliss Potatoes, Chocolate Mousse

The Odd Couple

New London Barn Playhouse Theater

Friday, July 12, 2:00 pm, Cost: \$36

The Barn is proud to present the biggest hit from the enduring king of comedy, Neil Simon. The Odd Couple last played the Barn in 2007, and the Barn is thrilled to bring back this witty, hilarious comedy that's inspired film adaptations, TV shows, and even a cartoon series. Come meet the uptight Felix Ungar and the disheveled Oscar Madison, and see what happens when two polar opposites are forced to share a home and a life together.

Always....Patsy Cline

Weston Playhouse at Walker Farm

August 2019—Pricing and dates are not yet available and will be publicized soon

When an unlikely encounter in a Texas honky-tonk lands Patsy Cline at her biggest fan's kitchen table, the rising star finds a fast friend and a savvy business partner. Late night conversations between Patsy and Louise, a Southern housewife, create a bond that lasts a lifetime. Listen in and hum along as Patsy and Louise belt their way through hits such as "Walkin' After Midnight," "Crazy," and "Back in Baby's Arms." Written by Ted Swindley

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. \$535 per person/double occupancy.

\$75 deposit due upon signing. Final payment due by June 20, 2019.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Nelson & Joyce Gilman—medical equipment
In memory of Annette Brown—afghans



On May 23rd we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!

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



MAY BIRTHDAYS

1st Betty Stetson	9th Ray Kennedy	18th Thomas Morse	26th Arthur Jackson
2nd Katherine Olgiati	9th Keith Niles	20th Cindy Beam	27th Barbara Winkler
2nd Devon Laycox	10th Corwin Sharp	20th Virginia Armstrong	27th Robert Mitchell
3rd Millie Cole	10th Sally Weglarz	21st Susan Tomlet	27th Jean Thompson
4th Vivian Mornis	11th Richard Brackett	21st Carol Duff	27th Elliott Kraut
4th Marilyn Spets	11th Mary Corrigan	22nd Rodney Croft	27th Arnie Powell
4th Roger Scully	11th Mae Lewis	22nd Richard Schramm	28th Erwin Fullerton
4th Jacqueline Fischer	11th Barbara Keszyinki	22nd Kathy Beard	28th Mariah Davis
4th Stephen Zsenai	11th Donald Corken	22nd Carl Thompson	28th Barbara West
5th Patricia Wittasek	12th Joyce Breault	22nd Arnold Skottet	28th Patricia Carini
5th Kaitlin Reid	12th Bud Spaulding	22nd Andrea Alsop	28th Jon Fullerton
5th Jody Himebaugh	12th Jill Leavitt	22nd Andrea Alsop	28th Fiona Blunden
6th Eleanor Pizzani	13th Mary Brand	23rd Patricia March	28th Marilyn Kalanges
6th Joan Eaton	13th Mary Terry	23rd Louise Faherty	28th Briana Maxham
6th Ann Richardson	13th Robert Forman	23rd John Ahearn	28th Karen Hansen
6th Janelle Dunklee	15th Edna Luce	23rd Leon Dunkley	29th Ann Niles
6th James Howe	15th Patricia Hanlon	24th Bonnie Willis	29th Milton Hurwitz
6th Karen Mills	15th Nancy Doten	25th Marge Grob	29th John DiGioia
7th Pauline Smith	15th John Snyder	26th Sherry Belisle	30th Daniel Kenney
7th Virginia Kurtz	15th Addison Begley	26th Siobhan Wright	30th Phoebe Standish
8th Anne Bower	16th Eleanor Grice	26th Joe McClellan Jr.	30th Anne Marder
8th Philip Bell	16th Charlotte Danly	26th Howard Gould	30th Joseph Sheperd
8th Karen McGee	16th Sharon Hall	26th Patricia Gould	30th Dennis Cogswell
8th Jeffrey Lue	17th Susan Thumith	26th Lisa Lemmer	31st Phyllis Wood
9th Ariel Voepel	17th Christine Dunleavy		
9th Donald Carr	17th Elisa Sawyer		
9th Titia Ellis	17th Janet Belon		



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

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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



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