



# The Thompson Times

Your resource to age well

OCTOBER 2019



## Annual Meeting 2019

The Thompson is growing in so many ways - more patrons and diners, more programs and services and even more fun. We are focusing on ways to improve our beloved Thompson farmhouse to meet these needs. We'll need your help, your guidance and increase financial support from many sources. Let's start the conversation at our 2019 annual meeting.

The Annual Meeting is also an opportunity to vote on and welcome new board members and council members, celebrate achievements, and review our year-end (unaudited) financial statements.

**Join us on Wednesday, October 23<sup>rd</sup> at 10:30 am for our Annual Meeting.**

**Please RSVP by Friday, October 18<sup>th</sup> 457-3277 or [sborz@thompsonsseiorcenter.org](mailto:sborz@thompsonsseiorcenter.org)**

**Location: The Thompson Center  
99 Senior Lane,  
Woodstock, VT**

Join us following the meeting for lunch at noon. *Menu: Tuscan Chicken with Peppers and Tomatoes, Brown Rice, Tossed Salad, Roll, and Lemon Meringue Pie*

**Our National Parks:  
One Couple's Road Trip Through Them All  
A Special Dinner Program Presentation  
Thursday, October 3, 2019  
6:00 pm Dinner, followed by 7:00 pm Presentation  
Cost: \$20, please RSVP at 457-3277**



**Menu: Coq Au Vin, Parsley Potatoes, Green Beans, Mesculin Greens with Vinaigrette,  
Sabayon with Strawberries**

Following Mark Twain's advice from their favorite inspirational quote, Fred & Laura Jolly 'threw off the bowlines' after they retired and hit the road in a 30' motorhome. They spent two-and-a-half years traveling over 80,000 miles to visit all 59 (at the time) national parks and all 50 states. Their journey took them around to another 100+ national park units -- battlefields, monuments, memorials, etc. -- where they re-learned U.S. history, reflected on our nation's past, and downright enjoyed the little things and pleasures of a less-complicated life. Settled in southwest Michigan now, they reflect back on this great adventure in a 90-minute program that they share with fellow travelers and national park enthusiasts. Join us as they share stories, magnificent images, and insights into their epic journey.  
[[www.jollyoutthere.com](http://www.jollyoutthere.com)]



## 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,  
paulsley@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*  
Wendy Wannop—*Secretary*  
Sam & Eleanor Grice—*Advisory*  
Dick Atwood  
Dave Bollinger  
Susan Copeland  
Jon Fullerton  
Dolores Gilbert  
Lisa Gramling  
Peter Goulazian  
Karl Huck  
Lydia Locke  
Daphne Moritz  
Steve Selbo  
Tambrey Vutech  
Joby Thompson

## BEHIND THE SCENES

### LAST TOWN DAY IS OCTOBER 7th

Residents of **Woodstock** are invited for lunch at The Thompson for the reduced rate of **\$3.00** on Monday, October 7 at noon.

*Please note: The Thompson van can provide transportation for you and your friends. Please call to schedule.*

### Halloween Tradition!



We will celebrate in our usual fashion with a ghoulish lunch and goodies on the 31st at noon. Dress up if you want to join the fun!

### 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 2019-2020 heating season must be postmarked by February 28 for eligible households.**

### 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.



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



## EVENTS & PROGRAMS

### **AARP Smart Driver Safety Course Friday, October 4 9:00 am to noon (break for lunch); 1:00 to 2:00 pm**



Instructor Bill Cherico will be at The Thompson to teach this four hour instructional course which is the nation's largest refresher course designed specifically for older drivers. Registration begins at 8:45 am. **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, 457-3277.**

### **The Trees and Seeds Project A Slide Show Presentation from Malawi, Africa Wednesday, October 9, 1:00 pm**

Teachers John Hiers and Keri Bristow will present information about their non-profit organization, Trees and Seeds, and their recent trip to Malawi in southeastern Africa this past summer to plant trees and work with children in several small villages. Their slide show will illustrate their trip and explain their purpose in traveling to countries like Malawi. Trees and Seeds hopes to create a greater understanding in the world by sending out teams to locations of need. Working side by side with local communities around the globe, they seek to develop sustainable projects which will improve health, promote equality, develop new friendships and give all involved a new vision of global citizenship in an increasingly interdependent world. John and Keri will also discuss future travel opportunities and answer questions.

### **Walk-In Seasonal Flu Clinics – Get Vaccinated! Thursday, October 17 at The Thompson Center, 9:00 am-12:00 pm**

Adults 18 years and older are eligible. Please bring your Medicare Part B insurance card for direct billing. Fee for all others is \$25. High dose vaccine will be available only for those 65 and older and will be covered by Medicare. If anyone is paying cash for the High Dose it will be \$65.

*In partnership with Ottauquechee Health Foundation (OHF), The Thompson Center will also be providing free van transportation to and from Bridgewater Community Center and Ottauquechee Health Center to the following Upper Valley FREE Flu Clinics.*

*\*Please call The Thompson Center to schedule pick-up times as seating will be limited.*

**Date:** Saturday, October 5<sup>th</sup>

**Pick up Locations and Times:** Bridgewater Community Center, 9:30am and OHC main entrance, 10:00 am

**Clinic Location:** Dartmouth-Hitchcock Medical Center

**Description:** Adults and children 9 and older who are not afraid of needles will be immunized in the Auditoria. Children less than 9 years of age, or afraid of needles, will be immunized at reception 3D. They will be offering both regular dose vaccine and FLUAD, which has been designed specifically for people 65 years and older. There will be signs and volunteers to direct you from the Main entrance parking lot at DHMC where the van will drop off/pick up passengers. more info: [https://www.dartmouth-hitchcock.org/flu/dhmc\\_flu\\_vaccine\\_schedule.html](https://www.dartmouth-hitchcock.org/flu/dhmc_flu_vaccine_schedule.html)

**Date:** Tuesday, October 22nd

**Pick Up locations and Times:** Bridgewater Community Center, 4:30pm & OHC main entrance 5pm

**Clinic Location:** Yates Common Room at Vermont Law School, South Royalton, VT

**Description:** The Public Health Council of the Upper Valley is hosting a FREE flu vaccine clinic in the Yates Common Room at Vermont Law School. Vaccines are available to anyone aged 10 and older. They will be offering both regular dose vaccine and FLUAD, which has been designed specifically for people 65 years and older. All vaccines are preservative-free.



# CREATIVE AGING

## FALL SERIES

### Painting with ArtisTree

With Instructor Murray Ngoima

6-week Series on Fridays

Sep. 20 – Oct. 25, 10–11:30 am

Cost: \$60 for 6 weeks or \$10/class

**Intro: 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. For registration and to arrange transportation from The Thompson to ArtisTree and back, call The Thompson at 457-3277.



**Monthly Art Project with  
ArtisTree at The Thompson  
Wednesday, Oct. 2, 1:30 pm**

Falling in love with art! We will be inspired by the changing season colors to create a simple, mixed media masterpiece.

*We are trying something new for this year's Poppy Project on November 6<sup>th</sup>. Finnie will guide us in creating small paper poppies to place on a large wreath that we will make as a group. This wreath will then be displayed as part of our Veteran's Day Ceremony at The Thompson flag pole on November 8<sup>th</sup>.*

**Please sign-up in advance at 457-3277.**



**Save the Date!  
Thompson Holiday Bazaar  
& Cookie Walk  
Saturday, December 7, 2019**

**Our plans for the Holiday Bazaar are underway.**

**DO YOU:** knit, crochet, sew, craft, bake, make jams & jellies, pickles or candy? While you are preserving jam, jellies, pickles, etc., please make a few extra for our bazaar and bring them to the Center. **Also we are no longer accepting coffee cans.**

**Starting on Wednesday, October 9 at 10:00 am and each Wednesday following, Jane Soule will be holding a special craft workshop for items to be made and sold in the Holiday Bazaar. All are welcome to participate. Bring ideas!**

## Tech Tutoring at The Thompson

Provided by NWPL

Tuesday, October 15, 12:45 - 2:45 pm

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill. Meg offers 1:1 assistance for any one of your devices: cell phone, lap top, iPad or tablet - free of charge. 45 minute appointments are available and you can book more appointments as you need them. Please call to schedule yours at The Thompson 457-3277.



**Coffee is on at The Thompson  
Join us in the Morning!**

At The Thompson, we enjoy the pleasures of good conversations and fellowship at our community noon meal – why not join us for coffee?

We invite our visitors to come in for complimentary coffee and muffins beginning at 8:30 am any weekday morning. Bring a friend, neighbor, business associate, or perhaps you will meet someone you know. Enjoy the comfort of our living room or dining room and enjoy a visit over a good mug of coffee.

## Oktoberfest Celebration

Friday, October 11  
Beginning at noon



Join us as we partake in this celebration with a traditional meal of bratwurst, Apfel- Rotkohl, (braised red cabbage and apples), warm potato salad, and apple strudel. Brent Buswell will perform immediately following our Oktoberfest meal at 1:00 pm. *Hinten Hoch! (Bottoms up!)* **RSVP is required for this lunch. Please also specify "RSVP for the German Speaking-Language Table" if you speak German and wish to sit at the language table.**

# AGE WELL

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

## **Healthier Living Workshop: Chronic Pain Management**

**A Workshop facilitated by community health teams from**

**Gifford Medical Center and Mt. Ascutney Hospital**

**Free Six Week Series: Tuesdays, October 1,8,15,22,29 and November 5, 12:30-3:00 pm**

### **What the Program Offers:**

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Exercises to improve your strength, flexibility, and endurance
- Tips for talking with family, friends, and health care professionals about pain

### **Who It's For:**

People living with chronic pain for more than 3-6 months. Some chronic conditions are: musculoskeletal, fibromyalgia, post surgical pain that lasts beyond 6 months, neuropathic pain, and post stroke pain. This workshop can also benefit people with persistent headache, Crohns disease, Irritable Bowel Syndrome, diabetic neuropathy, or those with severe muscular pain from conditions such as multiple sclerosis.

**To register, please call The Thompson.**

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## **Dementia Care Training**

**Presented by TLC Homecare at The Thompson Center**

**A Series of 3 Workshops developed by Teepa L. Snow, Dementia Care and Training Specialist, MS, OTR/L, FAOTA**

**Utilizing Positive Approach to Care (PAC) Training**

**Wednesdays, October 23 & 30 and November 6, 2:00-4:00 pm**

**October 23<sup>rd</sup>, Workshop A** – Normal Aging/Not Normal Aging helps learners understand and recognize the differences in normal and not normal aging.

**October 30<sup>th</sup>, Workshop B** – Positive Physical Approach (PPA) and Hand-under-Hand (HuH) focuses on PAC's care partnering techniques that enable care partners to shift from simply dealing with the behaviors to creating a positive and caring environment.

**November 6<sup>th</sup>, Workshop C** – Teepa's GEMS®; Using Skills that Make a Difference offers an overview of Teepa Snow's brain change model.

These free workshops are intended for professional caregivers, family caregivers, and for individuals interested in a better understanding of dementia. These workshops can help care partners recognize the difference between normal and non-normal aging, give you skills to handle difficult situations as they arise, and give you knowledge and experience to make sure your cherished loved ones are safe and supported.

***More information about each workshop can be found on our website at [www.thompsonscenter.org](http://www.thompsonscenter.org). Please pre-register by calling The Thompson Center.***

# PROGRAM CALENDAR - OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
<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>	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table <b>12:30-3 Pain Management Workshop*</b> 1:30 Mah Jongg 3 Bone Builders	<b>9 W. Leb Shopping*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1:30 Monthly ArtisTree Project*</b>	<b>Late Opening for Dinner and Our National Parks Presentation Beginning at 5:30 pm</b>  (There will be no noon meal served today due to late opening)	<b>9 AARP Smart Driver* 10-12:30 CCC Office Hours*</b> 12 German Language Table
7	8	9	10	11
<b>Woodstock Day*</b> 10:15 Memoir Group <b>1 Advisory</b>	9 Strengthen & Stretch <b>9:30 Reflexology*</b> <b>10-11 Veggie VanGo</b> 10 Double King Pede 10 Beginning Italian 12 Spanish Table <b>12:30-3 Pain Management Workshop*</b> 1:30 Mah Jongg 3 Bone Builders <b>5:30 VHC Workshop</b>	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1:00 Africa Slide Show</b>	9 Strengthen & Stretch <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>Oktoberfest*</b> <b>10-12:30 CCC Office hours*</b> 12 German Language Table <b>1 Music with Brent Buswell</b>
14	15	16	17	18
<b>CLOSED for Columbus Day</b>	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 11:30 Commodities <b>12:45 Tech Tutoring*</b> 12 Spanish Table <b>12:30-3 Pain Management Workshop*</b> 1:30 Mah Jongg <b>2 Collette Travel Presentation</b> 3 Bone Builders	<b>9 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 <b>12:30 Depart for VINS Forest Canopy Walk*</b>	<b>9-12 Flu Clinic</b> 9 Strengthen & Stretch <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> <b>10 Painting with ArtisTree*</b> 12 German Language Table
21	22	23	24	25
<b>8:30 Newsletter Folding</b> 9 Strengthen & Stretch 10:15 Memoir Group	9 Strengthen & Stretch <b>9:30 Reflexology*</b> 10 Double King Pede 10 Beginning Italian 12 Spanish Table <b>12:30-3 Pain Management Workshop*</b> 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi <b>10:30 Annual Meeting</b> 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>2-4 Dementia Care Training*</b>	<b>Birthday Day*</b> 9 Strengthen & Stretch <b>9-11 Chair Massage*</b> <b>10-12 Wellness Clinic</b> 10 Cribbage 10:00 Italian Study 12 Italian Table <b>12:30-3 Foot Care Clinic*</b> 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> <b>10 Painting with ArtisTree*</b> 12 German Language Table
28	29	30	31	
9 Strengthen & Stretch 10:15 Memoir Group	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table <b>12:30-3 Pain Management Workshop*</b> 1:30 Mah Jongg 3 Bone Builders	<b>8:30 Balance Clinic*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>2-4 Dementia Care Training*</b>	<b>Halloween Fun</b> 9 Strengthen & Stretch <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>* Indicates that sign-up/reservations are required</b>

# MENU - OCTOBER 2019

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
<b>Meal Pricing:</b> " \$ 7 <u>charge</u> for those under age sixty " \$ 5 suggested donation for ages sixty and over	Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Blueberry Cake	Asian Pork Burgers on Multigrain Round w/ Lettuce and Sweet & Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw, Fresh Fruit Parfait	<b>Our National Parks Dinner Presentation*</b> (No lunch served) Mesclun Greens w/ vinaigrette, Coq Au Vin, Parsley Potatoes, Green Beans, Sabayon with Strawberries	Chili, Corn Bread, Cole Slaw, Pineapple Upside Down Cake
7	8	9	10	11
<b>Woodstock Day*</b> Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cake	Shepherd's Pie, Tuscan style Vegetables, Chef's Choice Dessert	Beefy Baked Ravioli, Garlic Bread, Greek Salad w/ Mixed Greens, Roasted Red Peppers, Olives, Toma- toes, Cucumber, Feta Cheese, Fresh Fruit	Salmon en Croute, w/ Spinach and Mush- rooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	<b>Oktoberfest*</b> Bratwurst, Apfel- Rot- kohl, (braised red cabbage and apples), Warm Potato Salad, Apple Strudel
14	15	16	17	18
<b>CLOSED for Columbus Day</b>	Chicken Milano with Basil and Sundried Tomatoes served over Fettuccini, Tossed Salad, Fresh Fruit Salad	Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes	Tortellini with Aspara- gus and Lemon topped with Grilled Chicken served with Cucumber, Tomato Salad, Lime and Spice Peach Cobbler	Chef's Choice
21	22	23	24	25
Tossed Salad Chicken Ala King, Vegetable Medley Biscuits, Fresh Fruit	Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Chocolate Whoopie Pie	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Brown Rice, Roll, Lemon Meringue Pie	<b>Birthday Day*</b> Grilled Maple-Garlic Marinated Pork Loin, Citrus Sweet Potato Mash, Green Bean Amandine, Cake & Ice Cream	Tossed Salad, Hearty Turkey Vegetable Soup, Roll, Ginger- bread Pear Cake
28	29	30	31	
Beef Lentil Soup, Tossed Salad, Roll, Pumpkin Bread Pud- ding	Greek Chicken w/ Lemon Rice, Mediter- ranean Medley Salad, Honey Cherry Walnut Brownies	Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream	Stuffed Peppers, Tossed Salad, Fruit Short Cake	<b>Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</b>

## \*Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Dinner Presentation on the 3rd, Woodstock Day on the 7th, Oktoberfest on the 11th, and 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.

## Strengthen and Stretch Class

**No Mondays until Oct. 21**

**Continues on Tuesdays & Thursdays**

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

Stretching and balance work will be incorporated into these classes. Monday class will resume in early October. All levels and abilities are welcome! Mats will be provided but you are encouraged to bring your own if you have one.



## NEW Water Aerobics Class

**Woodstock Athletic Club**

**Fridays, beginning October 11**

**No class on 11/1 & 11/29**

**1:30 - 2:15 pm, Cost \$80 for 10 week class**

The Thompson will provide shuttle service to and from class if needed. Please register in advance with payment by calling 457-3277.

**Tai Chi for your Balance,  
Coordination, and Relaxation**  
**Beginner 9:30 am, Advanced 10:45 am**  
**Every Wednesday except 10/23, 11/27 & 12/25**



Our Thompson Tai Chi classes provide a weekly hour of enjoyable time when you can improve your balance, body alignment, coordination, memory, and pleasure in movement. The slow, gentle steps of tai chi have surprising ability to strengthen the legs, while the arm gestures engage muscles in the back and core. Many class participants find tai chi a great stress reducer! Instructors Anne and Jane offer encouragement and really enjoy teaching.

Fall classes for the remainder of 2019 will start up Wednesday, Sept. 4th, right after Labor Day. The beginner/intermediate class runs from 9:30-10:30 and the more advanced group meets from 10:45-11:45. If you have questions, please call Anne at 457-2877. We'll have classes every Wednesday except Oct. 23, Nov. 27, and Dec. 25. **Cost is \$3 per class.**

**When it comes to finding tools for  
staying healthy, active, and  
involved, The Thompson is your  
resource to age well.**



# HEALTHY AGING

## Fall Prevention Clinic

At The Thompson Provided by Upper Valley Rehab Physical Therapists  
Next Clinic Date: October 30  
8:30-10:30 by appointment

Call The Thompson for your personal fall assessment screening with a licensed Physical Therapist.

## 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.

## Yoga Pain Clinic with Karobi Sachs CSYT, RYT 500, E-RYT 500

Offered by Central Street Yoga & Meditation at The Thompson Center  
Tuesday, November 12, 4:00 – 6:30 pm  
Please register at <https://svaroopaa.org/ypc-taftsville-191112> or by calling The Thompson Center

Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life! Svaroopaa® yoga can reduce and eliminate pain – come and see how. Find out how yoga can help you with your aches and pains. Learn what is going on from yoga's perspective and experience a few body-friendly yoga poses selected specifically for those in attendance. At the end of the program, you will know if classes or private therapy sessions will be likely to help you.

## Caregiver Support Group

3rd Wednesday of each month, 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 and Foot Care Clinic

with Carmen Sleeper, RN

Fourth Thursday of each month

10:00 am - 12:00 pm

Foot Clinic - 12:30 - 3:00 pm

by appointment

Carmen will be offering foot care as well and will eventually fill Mary Wood's bi-monthly schedule for foot care by mid fall. Please call The Thompson to schedule an 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.**

## Vermont Health Connect Workshop:

Presented by Samantha Ball, Coordinator

Windsor Community Health Clinic

Mt. Ascutney Hospital and Health Center

Tuesday, October 8, 5:30-6:30 pm

**Free - No Registration Required**

Information included in this workshop includes but is not limited to the following:

- Tax Credits
- What are the "metal levels?" Bronze, Silver, Gold or Platinum?
- Picking a Plan
- Will I get a penalty if I don't sign up?
- How to sign up
- When to change a plan

## Foot or Hand Reflexology

Deborah Neuhof, Certified Reflexologist

Tuesdays, October 8 & 22

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



## TRIPS

### VINS Forest Canopy Walk

**Wednesday, October 16, 1:00 pm. Depart Thompson at 12:30 pm.**

**Please call The Thompson to pre-register and indicate if you will need transportation.**

**Cost: \$12.50**

A new exhibit is coming to the VINS Nature Center – the Forest Canopy Walk. Designed so people of all levels of ability can enjoy it, this new feature will offer every generation a new perspective and way to experience the beauty of the landscape. Visitors will move from forest floor to treetops without a climb. Connecting to the existing McKnight Trail, the Walk will be reached by a combination of ground-level trail and a newly constructed, ADA-accessible boardwalk. The increase in elevation from the start of the trail to the entrance will be minimal to accommodate the greatest diversity of visitors. At the highest points, visitors will be an amazing 65 feet above the forest floor getting eye-to-eye with tiny warblers, woodpeckers and squirrels! Three special features and five Interpretation Nodes will also be built into the Walk, including an oversized nest that visitors can climb into and see the world from an eagle's vantage point.



### Vermont Symphony Holiday Pops at the Rutland Paramount Theater

**Sunday, December 15, 2019**

José Daniel Flores-Caraballo leads the Orchestra and Chorus in a festive program that ranges from an a cappella version of “Jingle Bells” to the blockbuster “Many Moods of Christmas.” .... And of course Holiday Pops can’t officially ring in the season without “Sleigh Ride.” Join us for the celebration!

*This trip has been a fun holiday tradition! Tickets are not yet available. Please let Pam or Shari know if you would like to attend again this year and if you would like to consider a different dinner venue.*

### **New Trip for Fall 2020!**

**Collette Travel presents:**

**Mackinac Island – featuring the Grand Hotel & Chicago**

**September 18 – 25, 2020**

**8 days – 11 meals**

Trip Highlights include Chicago, Millennium Park, Charlevoix Mushroom Houses, Mackinac Island, Grand Hotel, Frankenmuth, Ford Museum and Greenfield Village.

\$3,249 per person/double and includes round trip airfare from Logan Intl Airport.



***Travel presentation on Tuesday, October 15, 2019, 2:00 pm***

### **THOMPSON DAY TRIP POLICY**

- ♦ To make your reservation, contact Shari at 457-3277 .
- ♦ Reservations are taken on a **first paid basis**. **Your name will be entered on the trip sign-up sheet once we receive your payment.** Checks will be deposited 30 days prior to trip date.
- ♦ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ♦ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
- ♦ Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit.



# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

In memory of Nancy Peterson  
Medical equipment

### Share the Harvest:

Patsy Highberg - cucumbers  
Rhonda Bruce - apples  
Carol Powell - flowers, zucchini, tomatoes, cucumbers  
Mavis Shaw - cucumber, lettuce, tomato, squash  
Laura Robinson - tomatoes, assorted herbs, cucumbers  
Tom Morese - cucumbers, tomatoes  
Ann Bower - cucumbers  
Lynn Peterson - blueberries  
Economic Development Council - potato salad



## ONGOING DONATIONS

Daily *Valley News* subscription -  
Woodstock Pharmacy

The *Vermont Standard Paper*

Birthday Cakes -  
Diane Atwood, Jane Soule & Darleen Griggs

Monthly book club selection -  
Yankee Bookshop

Muffins - Mountain Creamery

## IN MEMORY OF

Nancy Peterson

Carla Kamel

In Honor of  
Ruth Frizells's  
Birthday

Richard & Theresa Heepe

*On Oct. 24 we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!*

## OCTOBER BIRTHDAYS



2nd Jane Soule	9th Marguerite Johnson	15th Charles Martin	22nd Mary O'Day
2nd Diana Leskovar	9th Daphne Moritz	15th Shirley Garafano	23rd Paula Audsley
2nd Regina Cummings	9th Shay Johnson	16th Karl Wood	23rd Laurence Roberts
2nd Elsa Lind	9th Candice Witt	16th Dorothy Forthmann	23rd Tom Deedy
2nd Libbet Downs	10th Carmen Noradunghian	16th Kaila Lemmer	23rd Martha Stanwood
2nd Milton Fullerton	10th Todd Reuben	17th Richard Roy	24th Keith Blake
2nd Dottie Deans	10th Donna Ladeau	17th Robert Rosenberger	24th Audrey Barr
4th Elizabeth Edmunds	11th Joyce Horton	17th Toni Vendetti	24th Margaret Beirne
5th Kate Andrews	11th Cornelia Kachadorian	18th Therese Fullerton	24th Robert Zamenhof
5th Fred Blood	11th Don Olson	18th Bob Belisle	24th Barbara Leonard
5th Sam Heath	11th Jeff Stanyon	18th Michael Maya	25th Betsy Rhodes
5th Willa Nohl	12th Tina Miller	18th Vassie Sinopoulos	26th Suzanne Wooten
5th Barbara Kahn	12th Brady Jones	18th Carolyn Feigenbaum	26th Patty Castellini
6th Elizabeth Berry	12th Lynn Parker	18th Kristin Brodie	27th Betty Munro
6th Emmie Martin	12th Linda Stevens	19th Sandra von Unwerth	27th Patricia Fowler
7th Judith Lander	12th Matthew Maxham	19th Freda Washburn	28th Nancy Lewis
7th Gary DiBlasio	13th Gerald Monroe	19th John Fike	28th Jim Havill
7th Kenneth Harmen	13th Kathy Dudley	19th David Singer	28th Dorothy Herrick
7th Blanche Rea	13th Cathryn Reed	20th Dwight Camp	28th Honey Donegan
7th Michael Pasetasetno	13th Florence Lenart	20th Brooke Beaird	30th Nelson Gilman
7th Jeanette Duquette	13th Emma Rikert	20th Donna Gibson	30th Louise Brickelmaier
7th Kenneth Tatro	13th Susan Scibetta	20th Joan Keramis	30th Sally Cowdrey
7th Barbara Alexander	14th Miriam Desmond	21st Barbara Hagan	31st Phyllis Bulmer
7th Judy Cohen	14th Allen Dougherty	21st Kimberly Yale	
7th Richard Bump	14th Kathy Hall	21st Judith Hills	
8th Donna Jones	14th Punch Taylor	21st Deborah Gravel	
8th David Schullinger-Krause	14th Edward Durgin	21st Frederick Weremy	
8th Robert Hager	14th Alberto Santana	22nd Mark Knott	
8th Mavis Shaw	15th Daniel Bellmore	22nd Nell Hamlen	
8th Diane Atwood	15th Brian Alderfer	22nd Phyllis Potter	
8th Valerie Bridge	15th Dorianne Guernsey	22nd Isabelle Micale	
8th Charles Kimbell			
8th Robert Wallace			
8th Juliette Pierce			



# 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](http://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



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