



The Thompson Times

Your resource to age well

DECEMBER 2019



Thompson Holiday Bazaar & Cookie Walk

Saturday, December 7, 9:00 am - 1:00 pm



Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, wreaths, homemade goodies, jams, jellies, pickles, and more. Santa will visit and we'll have our famous Cookie Walk.

Raffle Items:

- French Braid Twin Size Quilt created by Paula Audsley
- Gift Basket from Sugarbush Farms
- "Maple Grave Winter" Painting by Marilyn Syme
- 1/2 Gallon of Maple Syrup by John Leavitt



Tickets are \$5 each or 6 for \$20. All proceeds help support Thompson Center services.

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*
Dave Bollinger
Mary Bourgeois
Rick Fiske
Susan Ford
Jon Fullerton
Dolores Gilbert
Lisa Gramling
Karl Huck
Lydia Locke
Daphne Moritz
Steve Selbo
Joby Thompson
Sandy von Unwerth

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Brief summary of annual meeting
- Discussion about nonprofit funding
- Welcome new board members
- Discussion about Thompson Cafe days
- Holiday programs announced

Please join our next meeting on December 2nd at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

Congratulations to Jane Soule and Janet Maxham who are our most recent 50/50 Marble Game winners!

Meals on Wheels Drivers Needed!

Being a MOW driver is a very heartwarming experience for many. Volunteers deliver hot, nutritious meals to home-bound seniors Monday through Friday. Our delivery routes begin at 11:00 and may take up to an hour to complete. We are currently looking for someone to help us one day a week of your choice. If you are interested, please contact Siobhan Wright at 457-3277 or swright@thompsonscenter.org.

Winter Closing Policy

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



A Note From Our Library Volunteer:

Due to lack of space on our library shelves, we cannot accept donated books published earlier than 2010 (both hardback and paperback). **Thank you, Priscilla**

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



Sandglass Theater at The Thompson *Sponsored by our Friends at Zack's Place* **Tuesday, December 10, 10:45 am**

PUNSCHI is an enchanting tradition of imaginative puppetry and entertainment. This performance will be an action packed laughing good time performed under a big sun umbrella by second generation puppeteer Jana Zeller of Sandglass Theater and her cast of German hand puppets. Inspired by European fair-ground traditions, they present two hand puppet adventures, clowning and musical interludes on the ukulele, in a show that has delighted family audiences for over 35 years. Please join us for this fun program and stay for lunch!

The Panhandlers Steel Drum Band **Tuesday, December 17, 1:00 pm**



The Thompson is thrilled to welcome the 10 member Panhandlers band, Vermont's largest steel drum band, for their second holiday performance at our Center. Under the leadership of talented band director Jennifer Cohen, the repertoire of the Panhandlers primarily consists of toe tapping, rhythmic music of the islands that brings to mind soft breezes, rustling palms, and sandy beaches. For this performance, imagine holiday lights on those rustling palms when these talented and energetic musicians perform some of your favorite holiday tunes to invoke the spirit of the season. It was great fun last year and we look forward to audience participation again this year.

Grocery Tour with **Sheryl C. Hoehner, MS, RDN, LDN** **Rescheduled: Tuesday, January 14, 1:00 pm** **Snow Date: January 21**



Do you or a family member have type II diabetes or pre-diabetes? Do you want to learn more about healthy eating, shopping, and cooking? Have you ever wished you could visit the grocery store with a registered dietitian? This is your chance. We will tour Mac's grocery store in Woodstock with Sheryl C. Hoehner MS, RDN, LDN. Sheryl will take us through the store making stops to discuss carbohydrate counting, the benefits of including fiber, healthy fats and the best options for meat and seafood just to name a few.

We'll then head back to The Thompson Center to taste a few items we picked up along the way. Please register in advance as there will be limited enrollment.

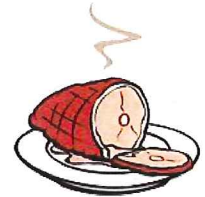
Sheryl is a registered dietician with many years of experience. She started her career working at the USDA as part of a team doing nutrition research. She has also worked as a clinical dietician at Johns Hopkins Children's Hospital as well as serving for almost 23 years in the United States Army. She has also worked as a grocery store dietician for over 20 years. She has taught hundreds of nutrition and cooking classes for folks of all ages. Her passion is helping people to Eat Well: making choices that are easy, tasty, healthy, and affordable.



YANKEE SWAP Thursday, December 19 1:00 pm

Join our holiday fun and bring a gently used, wrapped item to add to our collection of gifts.

All are welcome, the more the merrier!



HOLIDAY DINNER Tuesday, December 17 12:00 pm

Please join us for our annual Holiday meal on December 17th. **Menu:** *Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Cake* **Advance sign-up is required. 457-3277.**

Monthly Art Project with ArtisTree Wednesday, December 4, 1:30 pm

Roll and press clay to create lovely ornaments to use on your tree or give as a thoughtful, hand-made gift for the holiday season. After completion, the ornaments will be brought back to the studio to dry and be fired. All ornaments will be back to The Thompson by Wednesday, December 18th at the latest. Ornaments can be left plain or can be painted with basic paints on your own time - no need for glazing and second firing. *Please sign up in advance.*

Please note: Do you want to paint and learn more from Finnie? She will be leading a new painting series for The Thompson at the beautiful ArtisTree Center. See the program description in this newsletter.

Shirt Painting with Mary Wood Thursday, December 5 1:00 pm, Cost: \$5.00



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

Painting with the Thompson Center at ArtisTree

**Instructor: Finnie Trimpi, ArtisTree Staff
Three Winter/Spring Sessions**

**Session 1: January 13– February 10 (4 weeks)
(no class on January 20)**

Session 2: March 9 – April 6 (5 weeks)

Session 3: April 27 – May 18 (4 weeks)

Day/Time: Fridays, 10:30 am-12 pm

Cost: \$10 per class

Come paint and learn about painting in ArtisTree's beautiful indoor and outdoor settings. Receive instruction in how to work with water-based mediums, or work on projects of your own choice amid supportive and congenial company. Materials are included and all levels of experience are welcome. Transportation is provided from The Thompson upon request.

Finnie Trimpi, Outreach Coordinator at ArtisTree, enjoys working with all mediums and encouraging artists of all abilities and ages to be creative. Finnie holds a BS in Art Education from the University of Vermont. She has spent most of her professional life in public and private classrooms teaching art in elementary schools and non-profit art centers on Nantucket and in Vermont.

Memory Tree for the Holidays



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

AGE WELL

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

Hearing Healthcare and Hearing Aid Updates

Presented by Johnson Audiology

Monday, December 9, 1:00 pm



Hearing loss affects over 36 million Americans and is the third most common health problem in the United States. Audiologist, Dr. Julie Johnson, will discuss the changing landscape of hearing healthcare and how to be a savvy hearing aid consumer and what to look for from a hearing aid provider.

Dr. Johnson was a clinical Audiologist at Dartmouth-Hitchcock before establishing Johnson Audiology, a private practice providing hearing health care to continuing care facilities, including Kendal at Hanover. Dr. Johnson has a working proficiency in American Sign Language (ASL) and is Board Certified by the American Board of Audiology.

Aging and Dementia Informational Sessions at The Thompson Center

Dementia is a progressive brain disease that is projected to affect 13.5 millions Americans. Today, over 5 million Americans are living with the most common form of dementia, Alzheimer's Disease. The Thompson Center is hosting three informational sessions for those looking for information and resources. These workshops will be presented by Jessica Kalb, Regional Vice President of TLC HomeCare, and Positive Approach to Care (PAC) Certified Trainer. More resource information can be found at <https://www.alz.org/vermont>

Normal Aging/Not Normal Aging

Wednesday, January 8, 2:00 – 3:00 pm

This workshop helps learners understand and recognize the differences in “normal” and “not normal” aging. The learner will develop better observational skills to recognize and intervene effectively when behavioral challenges occur. Learners will also develop new skills related to approach, cueing, and ability to connect with people affected by dementia. This workshop also addresses typical issues that occur from early stages of the condition, through mid-disease, and into the final care concerns that are part of the disease progression.

Understanding Alzheimer's And Dementia

An Alzheimer's Association Program

Wednesday, January 22, 2:00 – 3:00 pm

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and FDA approved treatments available for some symptoms, and Alzheimer's Association resources.

Dementia Conversations

An Alzheimer's Association Program

Wednesday, February 5, 2:00 – 3:00 pm

This presentation will include tips and strategies for having difficult but important conversations about changes in memory, thinking or behavior that may be related to dementia. This is for people who are concerned about someone experiencing changes in memory, thinking, or behavior that may be related to dementia.

PROGRAM CALENDAR - DECEMBER 2019

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
8:30 Medicare 1:1 Appts* 10:15 Memoir Group 1 Advisory Meeting	9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1:30 Mah Jongg 3 Bone Builders	8:30 Medicare 1:1 Appts* 9 W. Leb Shopping* 9:30 Beginner Tai Chi 10 Bazaar Workshop 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 Monthly Project with ArtisTree*	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Shirt Painting with Mary Wood* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	Breakfast Day* Holiday Bazaar Set-up 9 Reflexology* 10-12:30 CCC Office Hours* 1:30 Water Aerobics*
9	10	11	12	13
10:15 Memoir Group 1-3 Advance Directives* 1 Hearing Healthcare Program	9 Strengthen & Stretch 10-11 Veggie VanGo 10 Double King Pedo 10 Beginning Italian 10:45 Sandglass Theater Puppet Show 12 Spanish Table 12:45-2:45 Tech Tutoring* 1:30 Mah Jongg 3 Bone Builders	8:30-10:30 Falls Prevention Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	9:30 - 3:30 Foot Clinic* 10-12:30 CCC Office hours* 12 German Language Table 1:30 Water Aerobics*
16	17	18	19	20
8:30 Newsletter Folding 10:15 Memoir Group	Holiday Dinner* 9 Strengthen & Stretch 10-11 Veggie VanGo 10 Double King Pedo 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Panhandlers 1:30 Mah Jongg 3 Bone Builders	8 Board Meeting 9 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 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 1 Yankee Swap 1:30 Mah Jongg 3 Bone Builders	9 Reflexology* 10-12:30 CCC Office Hours* 12 German Language Table 1:30 Water Aerobics*
23	24	25	26	27
Breakfast Day* 10:15 Memoir Group	CLOSED for Christmas Eve	CLOSED for Christmas	9 Strengthen & Stretch 10-12 Chair Massage* 10-12 Wellness Clinic 10 Cribbage 10:00 Italian Study 12 Italian Table 12:30-3 Foot Clinic* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table
30	31			
Birthday Day* 10:15 Memoir Group	Breakfast Day* 9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian		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

MENU - DECEMBER 2019

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Strawberry Sundae	Tossed Salad, Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Lemon Cookie and Fruit	Salisbury Steak, Gravy, Mashed Potato, Green Beans and Carrots, Apple Crisp	Tossed Salad, Pan Seared Tilapia, Roasted Potatoes Succotash, Pumpkin Cake w/ Cream Cheese Frosting	Breakfast Day* (served at 9:00am) Asparagus, Mushroom Frittata, Bacon, Fruit & Yogurt
9	10	11	12	13
Tossed Salad, Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Warm Berry Crumble	Shepherd's Pie, Vegetable Medley, Chocolate Cookies	Tossed Salad Spinach, Artichoke & Cheese Quiche, Roasted Sweet Potato Fries, Hot Fudge Sundae with Banana	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack cheese) Apple Ginger Crumble	New England Clam Chowder, Beef Vegetable Barley Soup, Tossed Salad, Roll, Banana Caramel Bread Pudding
16	17	18	19	20
Turkey Chili, Coleslaw, Cornbread, Apple Turnover	Holiday Dinner* Baked Ham, Scaloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Cake	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries	Beer Battered Haddock, French Fries, Coleslaw, Warm Apple Crisp	Tomato Soup, Grilled Cheese, Italian Wedding Soup, Blueberry Cobbler
23	24	25	26	27
Breakfast Day* Egg Muffins with Sausage Spinach and Cheese, Home Fries, Yogurt & Fruit	CLOSED	CLOSED	Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Cream of Broccoli Soup, Caldo Verde (Spicy Portuguese Sausage) Soup, Tossed Salad, Roll, Coconut Cream Pie
30	31			
Birthday Day* Spiced Roast Pork, Roasted Brussel Sprouts, Roasted Garlic Mashed Red Skin Potatoes, Cranberry Apple Chutney, Roll, Cake and Ice Cream	Breakfast Day* French Toast, Maple Sausage, Fruit and Yogurt		Meal Pricing: \$7 charge for those under age 60 \$5 suggested donation for ages 60 and over	Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes:

Holiday Dinner on the 17th
Birthday Day on the 30th
Breakfast Day on the 6th, 23rd & 31st

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.

Discover Svaroopaa Vidya Meditation and live in the ease, resilience and blissful joy of your own self

Instructor: Ruth Brooke

Thursday, January 9, 10:30 – 11:30 am

Advance Registration Requested

Learn to meditate through this yoga based meditation system, rooted in an ancient tradition and still relevant to your everyday life.

This FREE intro session provides an easy pathway to deep meditation in just one hour.

You will leave with how-to-basics, and be ready to add meditation to your lifestyle.

Benefits include:

- reduced anxiety
- diminished pain
- better focus
- more creativity



Water Aerobics Class Woodstock Athletic Club Fridays until December 20 1:30 - 2:15 pm

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 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.

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.**

Strengthen and Stretch Class Modified Schedule on Tuesdays & Thursdays Led by Certified Fitness Trainer, Liz Hatfield 9:00 - 10:00 am

While Liz is on a short medical leave the schedule has been modified.

Please call The Thompson for details.

This popular class incorporates aerobics, stretching, strength and weight bearing exercises. The benefits of these exercises include strengthening, bone building, balance and overall conditioning and coordination.

Fall Prevention Clinic

At The Thompson Provided by Upper Valley Rehab Physical Therapists
Next Clinic Date: Wednesday, Dec. 11
8:30-10:30 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 physician, and recommendations for treatment if needed. Each comprehensive assessment is about fifteen minutes and will require an appointment.

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.

Advance Directives Clinic

2nd Monday of the month
1:00 - 3:00 pm by appointment

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.**

Wellness and Foot Care Clinics with Carmen Sleeper, RN

Blood Pressure:

4th Thursday of the month
10:00 am - 12:00 pm

Foot Clinics (by appointment):

2nd Friday of the month
9:30 am - 3:30 pm

4th Thursday of the month
12:30 - 3:00 pm

Please call 457-3277 to make your foot care appointment. \$20/bring a towel

Chair Massage at The Thompson Thursdays, 10-12, \$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

Foot or Hand Reflexology

Deborah Neuhof, Certified Reflexologist
Fridays, Dec 6 & 20, 9:00 - 12:00 pm

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

Tech Tutoring at The Thompson Provided by NWPL

Tuesday, Dec. 10, 12:45 - 2:45

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.

TRIPS

FULL

Wait List Only

**Vermont Symphony Holiday Pops
at Rutland's Paramount Theater
Sunday, December 15, 2019**



**Depart Thompson at 1:45 pm for the 3:00 pm Matinee
Cost: \$61 Includes transportation, tickets, and dinner**

Woodstock's **506 On the River Inn** will host a multi-entrée dinner in their unique and cozy dining room immediately following arrival from the theater.

The Vermont Family Style Menu Includes:

Caesar Salad

Statler Chicken with Lemon Cream & Cranberry Relish

Roasted Salmon with Peperonata (a rustic tomato sauce)

Herb Crusted Pork Loin with Maple Honey Mustard

Roasted Green Beans

Dessert Sampler Plate of:

Chocolate Mousse, Panna Cotta, Vermont Berry Crisp, Chocolate Stout Cake, Seasonal Pie

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.

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

David and Joan Evans - pickles and preserves for our Holiday Bazaar
 Barbara Gilbert - medical equipment
 Charlie Seitz - Halloween candy
 Barnard Inn - vegetables



Happy Holidays
**From the Staff at
 The Thompson Center**

**In Honor of
 Jim and Lea
 Kachadorian's 80th
 Birthdays**

Joyce & Robert Evans

**In Memory of
 Nancy Peterson**

Allen & Gail Dougherty

**In Honor of
 Ruth Frizzell's Birthday**

Theresa and Richard Heepe

ONGOING DONATIONS

Daily *Valley News* subscription -
 Woodstock Pharmacy

Birthday Cakes -
 Diane Atwood, Jane Soule & Darleen Griggs

The Vermont Standard Paper

Muffins—Mountain Creamery

*On December 30th
 we will celebrate your
 special day with a
 delicious, complimentary
 meal! Please call to make
 a reservation for lunch
 and join us!*



DECEMBER BIRTHDAYS

1st James Huff	8th Frank Barth	18th Harvey Watson	26th Rodney Leonard
1st Ruth Hunter	8th Denise Martin	18th Joan Fike	26th Katherine Webster
1st Everett Frizzell	9th Leon Stetson	18th Roxie Kendall	26th William Durkee
2nd Dave Bollinger	9th Kristi Rollins	18th Christopher Reilly	26th Katherine Sawyer
2nd Suzanne Lovell	9th Gerry Hawkes	19th Meg Seely	26th Katherine Boynton
2nd Karen McAlister	9th Nicholas Couture	19th Jim Lawrence	26th Bertha Ladd
3rd Beverly Humpstone	9th Virginia Wagoner	19th Ava Harvey	26th Kathleen Paglia
3rd Fred Kendall	10th Lalita Karoli	19th Karen Weinstein	27th Evelyn Dana
4th Stan Talbot	10th John Croteau	19th Rose Mroszczyk	27th Johnna Cassidy
4th Sandra Hack	11th Glenda Osmer	20th Edward Steiner	27th Christopher Gray
4th George Zimberg	11th Margaret Bradley	20th Bert Bosse	28th Nancy Nevin
4th Barbara Butler	11th Ruth Leiter/Churchill	20th Alec Hastings	29th Colin Audsley
4th Penny Wiltz	11th Jim Duff	21st Doris Henderson	29th Russell Milord
5th Sheila Murray	12th Eleanor Zue	22nd Carol Egbert	29th Suzanne Tobiason
5th Candie Gammill	12th Gordon Tuthill	22nd Karen Chalom	30th Drew Wright
6th Rick Kuniholm	12th Luciana Gardner	23rd Glenn Barr	30th Orville Cross
6th Donald Munro	13th Sue Meader	23rd Charles Gundersen	30th Susan Carter
6th Mary Doubleday	14th Grace Staples	23rd Marcia Peterson	31st John King
6th Honore Hager	14th Margaret Kasden	23rd Maggie Meyer	31st Richard Greenspan
6th Kathleen Eiselein	15th Judith Reynolds	24th John Audsley	31st Carolyn Bernstein
6th Jeannie Rickert	15th Myron Beebee	24th Nancy Kendall	31st Hildur Colot
6th Jeanne Rikert	15th Deborah Rice	24th Phil Camp	
7th Carolyn Martin	15th Jennifer Maxham	24th Eileen Duffy	
7th Nick Couture	16th Ryan Martin	24th Patti Beda	
8th Christopher Sparkes	16th Deirdre Donnelly	24th Bonnie Payson-Belisle	
8th Helen Flower	16th Deborah Hewitt	25th Carol Williams	
8th Laurence Werner	16th Pat Hesterberg	26th Carl Kesseli	
8th Anne Marie Hestnes-Harris	16th Karl Huck		
	17th Gordon Pine		
	17th Janice Wakefield		
	18th Edith Williams		



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

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.

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