



The Thompson  
Your resource to age well



# Annual Report 2019

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Pam Butler, Program Director  
Paula Audsley, Outreach Manager  
Shari Borzekowski, Aging at  
Home Resource Assistant  
Jen Bloch, Marketing Coordinator  
Ryan Martin, Chef  
Siobhan Wright, Front Desk  
Coordinator (Meals on Wheels &  
Transportation Dispatcher)  
Dwight Camp, Driver  
Tom Morse, Driver  
Charlie Seitz, Driver  
Carl Hurd, Driver  
Alberto Santana, Housekeeping  
& Kitchen Assistant

## A message from our President and Executive Director

Here at The Thompson, we are focused on aging well - safely and happily - in our rural communities. For 28 years, the Thompson has provided stimulating programs, wide-ranging activities and wonderful meals which are considered the hallmark in Vermont. The Thompson staff and partner resources provide timely support and services for most any need, and the staff is here to advocate for us as we age.

As the demographics in Vermont shift towards an older population, the need for the services of The Thompson also grows. We have consistently served an average of 250 new participants each year for the past 4 years.

We truly are unique in our field with exciting things on the horizon as we grow to meet the needs of our community. We hope that as you read this report you'll note the generosity of many who believe in our purpose and support The Thompson mission. Thank you donors, staff, volunteers, Board of Directors, and our communities for ensuring that The Thompson remains a vibrant resource for all of us.

Please join us in the coming months for a Thompson experience or activity you haven't had before, and let's Age Well together!

Liza Deignan, *President, Board of Directors*  
Deanna Jones, *Executive Director*



Liza Deignan & Deanna Jones

## A message from our Treasurer

I am happy to report that the Thompson is financially sound and stable thanks to the highly professional staff, historically wise board stewardship, many, many donors, investors and volunteers, and a great group of caring and concerned communities. In the fiscal year ending September 30, 2019, total operating expenditures exceeded \$600,000. Through annual private and public funding and a planned supplement from the invested funds we accomplished our budgetary plan to attain full funding.

(continued on page 12)

# Our Community Counts on The Thompson



## **21,076 Meals**

Including 9,808 home delivered Meals on Wheels

## **3,594 Rides**

Local Transportation,  
Medical Rides, Shopping



## **More than 35,000 total interactions/contacts**

at fitness and educational classes, dining, and enrichment opportunities: Memoir, Creative Arts, Card Games, Music, Book Club, Guest Speakers, Holiday programs, Horseshoes, Intergenerational Programs, and more!

*\*Number of annual participants (as signed-in to MySeniorCenter)*

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## Our Mission

The Thompson helps seniors 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.





# Age Well with The Thompson

## One Number to Call



One number to call for any need — Thompson staff are happy to help with any question — from shower chairs to Medicare and everything in between.

## Vetted Service Providers

We partner with a wide variety of businesses and individuals to bring you any service you need to AGE WELL at HOME!

We check references and only suggest businesses or individuals who have happily agreed to be an Aging at Home service provider.



## Age Well Education Series and Outreach

Monthly educational talks are presented on topics ranging from legal planning, fall prevention, funeral planning options, Smart Driver safety course, nutrition and cooking, downsizing, hospital to home transitions, advance directives, and more.

Our Age Well e-newsletter is published every other month and provides readers with information on ways to age well at home and in their community through current and reliable information on health, lifestyle, diet, and resources.



# Volunteer Spotlight

**More than 180 volunteers gave over 8,000 hours last year!**



The enthusiasm, dedication, and joyful spirit of our volunteers is the heartbeat of The Thompson.

## **Volunteers give their time in these critical roles:**

Board Member  
Committee Work (Holiday Bazaar, Auction, Aging at Home, Strategic Planning)  
Decorator  
Driver  
Guest Speaker  
Handyman  
Kitchen Help  
Library Volunteer  
Medicare Assistance  
Meals on Wheels Driver  
Musicians  
Newsletter Folder  
Office Helper  
Program Facilitator  
Receptionist  
Table Setting  
Tax Assistance  
Ticket Seller & Bingo Caller  
Wait Staff  
Yard Work



**Photos (starting at the top left):** 1. Linda Maxham and granddaughter Amanda Maxham volunteering at the Holiday bazaar. 2. Sandy vonUnwerth, Corwin Sharp, Chris Apel-Cram wait staff at Oktoberfest. 3. American Legion volunteers serve at Thanksgiving dinner. 4. Meg Brazill from Norman Williams Public Library provides Tech Tutoring. 5. Volunteer receptionists Joanne Fox-Smith and Mavis Shaw at the Volunteer Banquet. 6. Helen Howe and Mary Mercure set tables daily. 7. Meals on Wheels driver Don Munro and Bingo caller/ticket seller/newsletter folder Edwin English at the Volunteer Banquet. 8. Kitchen helper Barbara Scully at the Volunteer Banquet. 9. Carol Powell selling wreaths at the Holiday Bazaar



# We're Growing...

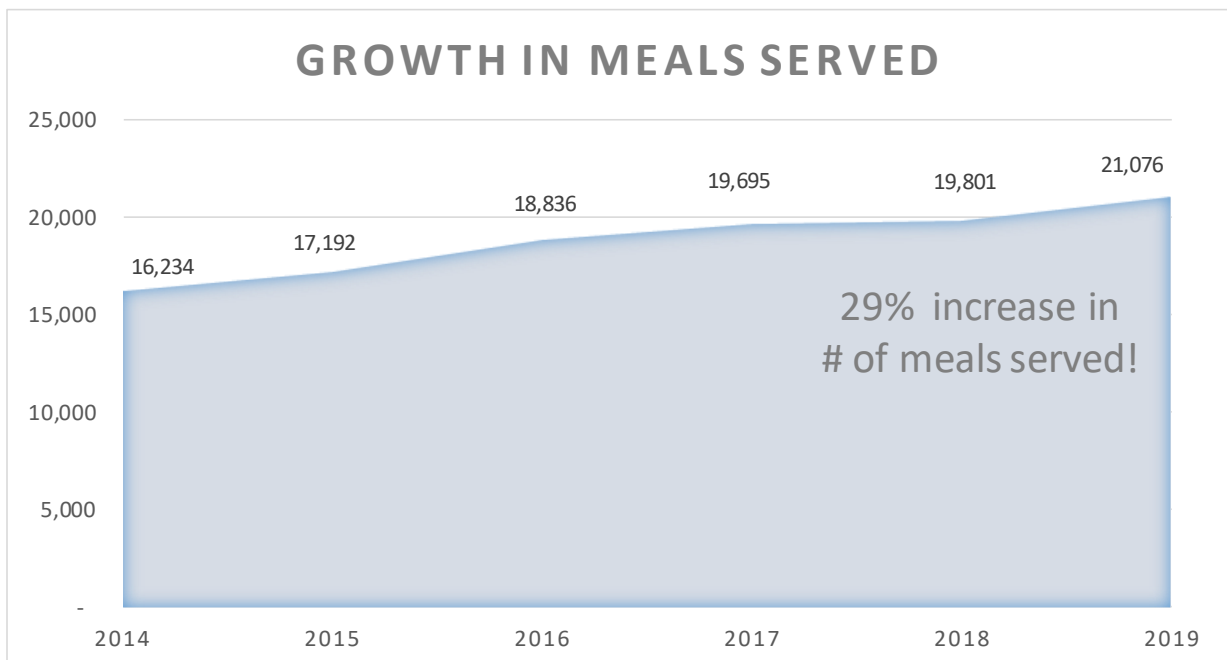


Chef Ryan Martin



**...in the most delicious way!** Our Nutrition program grew by 1,275 meals last year alone — a growth trend you can see is consistent over the past several years. Meals on Wheels continues to be a vital service providing a daily check-in as well as a nutritious, delicious meal. Daily lunches in the dining room are often full to overflowing and dinner programs and holidays always mean a waiting list. We made a change this year in an effort to improve our services and now have a staff member, Siobhan Wright, as the Meals on Wheels and transportation dispatcher working at the front desk each morning to handle the many calls and daily changes.

Chef Ryan continues to prepare interesting and fresh menus, accommodating dietary restrictions upon request, and meeting the Older Americans Act (OAA) nutrition requirements that allow us to receive a portion of the OAA meal funding through our region's Area Agency on Aging, Senior Solutions. This year we were very pleased to receive a grant gift from Dartmouth-Hitchcock to pilot a special medically tailored meal project providing low- sodium meals for patients with Congestive Heart Failure. We hope to continue this work, that many others are also researching, to be able to show that FOOD IS MEDICINE. It's been an exciting year, and we're planning another great year ahead. Bon appetit!



# Program Highlights

Program Director, Pam Butler, brought us more than 90 unique programs and trips throughout the year. Whether it was a talk about a floating bridge, composting, or spring cleaning our legal affairs, going kayaking, learning Italian, taking Tai Chi, or having our balance checked, we did it all ... and we brought new meaning to the phrase Aging Well! We are!

MahJong became the most popular game of the year, while Bridge and Cribbage are starting to catch up to Double King Pede. Italian classes remain very popular as do Strength & Stretch, Bone Builders, water aerobics, Tai Chi, and creative arts classes with ArtisTree. We're thankful to have expert instructors and volunteers for these terrific classes.

Many special events, celebrations, and trips were enjoyed throughout the year, reminding us of the value of social engagement with friends old and new. Thank you, Pam, for bringing the fun, education, and life enrichment to us!



## Generation to Generation Project at The Thompson

*Creating intergenerational moments that will last a lifetime*

The proven benefits of intergenerational activities are numerous and meaningful to both generations. Older people have abundant skills and life experience to share. Younger people thrive with the support of caring adults in their lives. The Thompson hosted the 3rd annual Generation to Generation week in August when young people in our community come together with seniors for learning, fun, and to make meaningful connections.



Special thanks to Barbara Leonard, Jennifer Gubbins, Finnie Trimpi, ArtisTree, Vermont Farmstead Cheese, and The Woodstock History Center.





# Annual Appeal Donors 2018 -2019

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# Annual Appeal Donors 2018 -2019

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Mary Wood  
Woodstock Area Jewish Community  
Woodstock Insurance: Lisa Gramling  
Woodstock Lodge #31 F&AM  
Eugene & Georgia York  
Stephen & Abigail Zsenai

## **Sustainer: \$500 - \$999**

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Dave Bollinger  
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## **Benefactor: \$1,000 plus**

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*Thank  
You*

We are grateful to all of our donors. Please let us know if you spot an error.

# THANK YOU

## TO THESE BUSINESSES AND INDIVIDUALS FOR THEIR GENEROUS DONATIONS TO THE THOMPSON WINTER GALA AND AUCTION

37 Central Clothiers 3 Coffee Bums	Green Mountain Plumbing & Heating	Mascoma Savings Bank Mertens House	Sarah & David Roberts Shackleton Thomas
Allen & Gail Dougherty Angkor Wat Ardmore Inn ArtisTree Community Arts Armistead Senior Care	Harper Environmental Harrington Greenhouse Harvey & Lois Watson Heart Rock Kitchen Hull Maynard Hersey Insurance	Michael & Nancy Sargent Mimi Baird Montshire Museum of Science Mont Vert Cafe Mountain Creamery Mundy Wilson Piper & Win Piper	Sheehey, Furlong & Behm Soulfully Good Cafe SP Land Killington Stonewall Manor Susan Moor Susan & Les Berge
Barnard General Store Barnard Inn Bayada Home Health Care Bentleys Bethel Mills Bill & Louise Burgin Billings Farm & Museum Body by Bari, Certified Personal Trainer Brown Furniture	Jake's Market Jane Soule Janice Graham & Company Jerry Fredrickson Joe Kelley John & Laurie Chester Jon & Margaret Fullerton	Mutasia Children's Entertainment	Tambrey Vutech The Golf Dudes The Jackson House Inn The Prince & The Pauper The Taftsville Country Store Thistle Hill Farm Thompson Senior Center Board
Canoe Club Carmen Noradunghian Wedding Photography Charleston House Chef Ted & Linda Fondulas Chippers Chris Campbell Cloudland Farm Clover Gift Shop Creative Custom Sewing	Kedron Valley Garage Kedron Valley Inn Kelli Guss King Arthur Flour	Northern Stage NFP NT Ferro Jewelers	Three Tomatoes Trattoria Tita Manice TLC Homecare Tocco Terra Pottery Two Rivers Ottauquechee Regional Commission
Dale Gordon Salon Darkside Snowboards Dawn & Edward D'Alelio Dead River Company Dick & Anne Broderick	Lake Sunapee Bank Lawrence & Margaret Kasden Leanne Tapley Lynn Bertram Lynn & Nancy Peterson	On the River Inn Opera North Okemo Mountain Resort Ottauquechee Physical Therapy Ottauquechee Plumbing & Heating	Unicorn Union Arena Community Center Upper Valley Endodontics Upper Valley Rehab
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Farmhouse Pottery Fat Hat Clothing Company F H Gillingham & Sons Frank Spindler First Impressions Footprints Frank & Barbara O'Connell Frameworks Studio of Woodstock Friends of Lucy Mackenzie Humane Society		Reading Greenhouse & Garden Center Red Wagon Toy Company Reinhart Jeck Rigali Orthodontix	Ward Brothers Welch's True Value Hardware Whippletree William Raveis Real Estate Williamson Group Sotheby's International Realty Woodstock Beverage Woodstock Farmer's Market Woodstock Home & Hardware Woodstock Inn & Resort Woodstock Insurance Woodstock Pharmacy Woodstock Sports Woodstock Terrace
		Salon del Sol Salvatore & Barbara Iannuzzi	Zuri's Salon

### Giving Tree for Meals on Wheels

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100% OF THE PROCEEDS FROM THE AUCTION GOES DIRECTLY TO  
THE SUPPORT OF MEALS ON WHEELS, TRANSPORTATION  
PROGRAMS, AND OTHER VITAL SERVICES AND PROGRAMS  
PROVIDED BY THE THOMPSON.



# Thompson Winter Gala & Auction



Special Thanks to Wittie Lynn  
and Reinhart Jeck for their  
many years of service on the  
Auction committee

Visit our website for more information about the  
Annual Thompson Dinner Dance and Auction.

[www.thompsonseneiorcenter.org/auction2019/](http://www.thompsonseneiorcenter.org/auction2019/)

# Treasurer's Report Fiscal Year 2018 - 2019

<b><u>OPERATING INCOME</u></b>	<b>Fiscal Years Ending</b>			
	<b>9/30/2016</b>	<b>9/30/2017</b>	<b>9/30/2018</b>	<b>9/30/2019</b>
Transportation Donations	\$ 7,050	\$ 10,689	\$ 12,232	\$ 11,358
Meal Donations	50,249	48,832	47,645	57,573
Fundraisers & Donations	214,136	245,063	223,777	212,675
Senior Solutions (OAA funding)	77,215	92,160	72,948	87,554
Grants	37,717	25,648	38,451	48,585
Town Funding	54,897	55,620	54,745	58,390
Program Income	26,940	20,018	21,713	23,393
Rental Income	2,815	3,205	2,137	2,410
Memorial Donations	3,740	6,826	6,585	6,865
Gift for Affiliate (Scotland House)	0	0	10,000	0
Other Income	5,459	2,334	5,190	8,350
Building Improvement Donations	4,550	5,000	0	12,400
<b>Total Operating Income</b>	<b>\$484,768</b>	<b>\$515,395</b>	<b>\$495,423</b>	<b>\$529,553</b>
<b><u>OPERATING EXPENSES</u></b>				
Fundraising Expense	\$ 24,273	\$ 30,005	\$ 24,237	\$ 25,673
Insurance - General	8,281	7,753	8,223	6,991
Occupancy	42,348	42,145	48,258	51,517
Personnel-Wages, Insurance, Taxes	285,810	284,547	308,818	332,396
Food & Kitchen Expense	70,013	74,539	81,693	87,692
Programs & Trips	30,737	24,412	24,038	30,195
Vehicle Expense	14,767	14,892	17,623	18,423
Administrative Costs	41,653	42,279	44,109	49,541
Gift for Affiliate (Scotland House)	0	0	10,000	0
Contingency Fund	3,864	3,866	0	0
<b>Total Operating Expenses</b>	<b>\$521,746</b>	<b>\$524,438</b>	<b>\$566,999</b>	<b>\$602,428</b>
<b>NET OPERATING INCOME (LOSS)</b>	<b>\$(36,978)</b>	<b>\$ (9,043)</b>	<b>\$(71,576)</b>	<b>\$(72,874)</b>
Capital Expenditures	(45,403)	(6,172)	(13,400)	(18,277)
<b>NET INCOME (LOSS)</b>	<b>\$(82,381)</b>	<b>\$(15,215)</b>	<b>\$(84,976)</b>	<b>\$(91,151)</b>

*Stated as of October 1, 2019. Subject to independent accountant financial review and year end adjustments.  
Reports available upon request.*

<b>Invested Funds</b>					
Fiscal Year End	9/30/2016	9/30/2017	9/30/2018	9/30/2019	Total
Beginning Balance	\$ 943,336	\$ 977,893	\$ 1,067,272	\$ 1,134,614	
Gains (appreciation)	84,557	139,379	104,023	36,000	<b>363,959</b>
Gifts to Invested Funds			26,719	100,000	
Balance	1,027,893	1,117,272	1,198,014	1,270,613	
Withdrawals for Operations/Capital	50,000	50,000	63,400	60,000	<b>223,400</b>
Ending Balance	<b>\$ 977,893</b>	<b>\$ 1,067,272</b>	<b>\$1,134,614</b>	<b>1,210,614</b>	

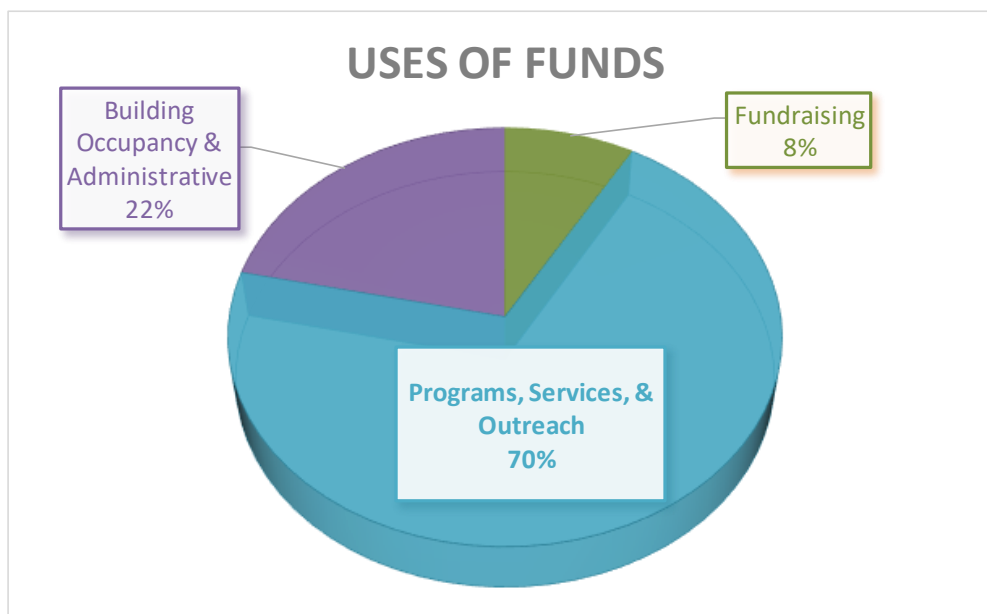
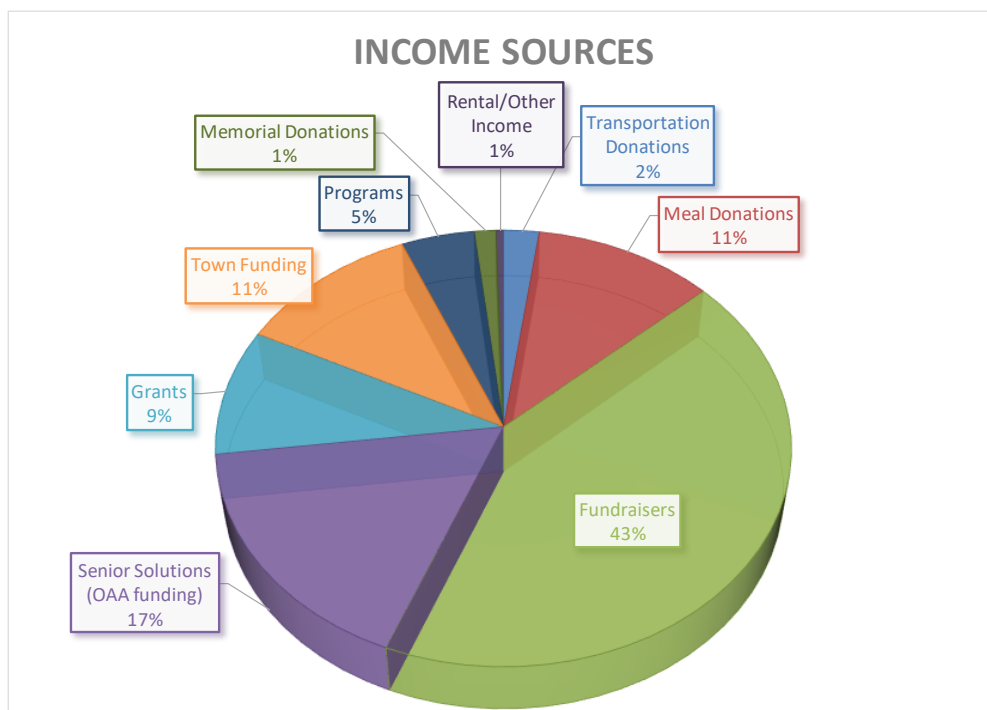


(A message from our Treasurer continued from page 1)

We have achieved record participation in our programs including meals, transportation, exercise, fitness and balance, health screening, foreign language, educational seminars and dinners and much more. Still there is much more work to be done. Our staff led by Deanna Jones has efficiently and cost effectively tailored activities to a growing population despite space constraints. Our building is the same size it was in 1991 when it opened on Senior Lane. Our longer term goals include modernizing and maximizing the usefulness of that space to serve the generations to come. I know we will all work together toward that plan.

Over 50 % of our budget comes from private donations and fundraisers. We appreciate and are grateful to all who help.

Respectfully, David McGuire, Treasurer, for the Board of Directors



# Council Members

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 Melissa Cunningham  
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 Veronica Delay  
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 Clover Durfee  
 Kathleen Eiselein  
 Ruth Ekberg  
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 Gerald Fredrickson  
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 Frederick Hunt & Mary MacVey  
 Carl & Joyce Hurd  
 Ronald & Pamela Jaynes  
 Margaret Kannenstine  
 Peggy Kasden  
 Barbara Kelley  
 Carl & Sally Kesseli  
 Jeannie Killam  
 Mark Knott & Rachel Hochman  
 Marian Koetsier  
 Joan Lang  
 Macy Lawrence  
 Helen Leonard  
 Martha Leonard  
 Richard Leonard  
 Wayne & Barbara Leonard  
 Holly Levison  
 Nancy Lewis  
 Susan R. Lewis  
 Lydia Locke  
 L C & Robin Lombard  
 Charles Luetke  
 Oliver & Tita Manice  
 John Mathews  
 Janet Maxham  
 Richmond & Linda Maxham  
 David McGuire  
 Mark Melendy  
 Susan Moor  
 John Moore  
 Karen Morgan  
 Daphne Moritz  
 Jerry & Joan Oppenheimer  
 Lynn Peterson  
 Guy Pfefferman & Irene Crowe  
 Joyce Phillips  
 Margarete Pierce  
 Janice Prindle  
 David & Karen Purviance  
 George & Linda Racicot  
 Nancy Randall  
 Paul & Sharon Rigali  
 David & Sarah Roberts  
 Laurence Roberts  
 Heinrich & Meme Savelberg  
 Mark & Elizabeth Schellhorn  
 Richard Schramm  
 Bruce & Meg Seely  
 Steven Selbo  
 Charles & Miranda Shackleton  
 Corwin Sharp & Priscilla Pannell  
 Ad & Mavis Shaw  
 Joseph Sheperd  
 James Smiddy

Gary Smith  
 Jane Smith  
 John & Ellen Snyder  
 Jane Soule  
 Ted & Joan Staples  
 Lucille Staples  
 John Steinle  
 Gail Lavin Stickney  
 Mark Stickney  
 Sophia Stone  
 Carl & Ching-Wen Taylor  
 Larry & Dinny Templeton  
 Joby Thompson  
 Eldon Thompson  
 Carol Towne  
 Kimann Vollers  
 Sandra Von Unwerth  
 Tambrey Vutech  
 John & Wendy Wannop  
 Harvey & Lois Watson  
 Thomas & Paulette Watson  
 Katherine Webster  
 Thomas Weschler & Mary Hawkins  
 Chet Williamson  
 Marie Willis  
 Charles & Elizabeth Wilson  
 Michael Zsoldos & Elizabeth Reaves



**Holiday Bazaar Photos:** 1. Carol Atwood and Carol Towne at 2. Emily Schanck, Janet Maxham and Bonnie Atwood



# Memorial Gifts

## **In Memory of Gladys Deatte**

Sam & Lindsay Heath  
James & Noreen Huff

## **In Memory of Ruth Beebee**

Carol Powell  
James & Noreen Huff

## **In Memory of Taylor Schanck**

Richard & Linda Brackett  
Ted & Joan Staples  
Siri Ann Tellefsen  
Janet Maxham  
Sheila Satzow  
Polly Foley  
Grippin, Donlan & Pinkham  
Sally Lorentzen  
Dick & Bonnie Atwood  
Carol Powell

## **In Memory of Jack Moore**

Bo & Randi Harron  
Gina Moore

## **In Memory of Jinja Stapleton**

Janet & Tony Wilson

## **In Memory of Patsy Mathews**

John Mathews

## **In Memory of Thelma Jillson**

Sandi & Jack Simonds

## **In Memory of Perry Maxham**

Dan & Rhonda Bruce  
Ted & Joan Staples  
James & Noreen Huff  
Sam & Eleanor Grice

## **In Memory of Fred Beebee**

Carla Kamel

## **In Memory of Allan Atwood**

Zaela Strong

## **In Memory of Nancy Peterson**

Carla Kamel

## **In Memory of Alice Schou**

Lorene DeMelo



Ruth and Fred Beebee  
on a Thompson trip in  
the very early years

## Legacy Society

Those who make arrangements in their will or estate planning to leave a gift for the Thompson become members of our Legacy Society. A gift of any size is appreciated, celebrated, and will help the Thompson Center to continue operating in the future. **Here is what recent Legacy Society members shared with us about their decision to make a legacy gift:**

*"We moved to Woodstock six years ago and have never been happier. The Thompson Senior Center has played a large part in our love for this beautiful area. From the moment we entered the Thompson Center we were welcomed by staff, volunteers, and fellow patrons. We have met so many wonderful, caring people at the lunches, programs, and many events we have attended. It is amazing to see how much the Thompson Center contributes to making the lives of senior citizens richer and more rewarding. For these reasons we have decided to leave a legacy gift to the Thompson Senior Center to help those who come after us enjoy these same benefits that we so appreciate. We encourage you to do the same."*

**You've supported The Thompson and its mission during your lifetime. Please consider leaving a legacy that continues the good work being done by The Thompson Center.**

*Please note that due to timing some gifts for these beloved friends and family members may have appeared in last year's annual report.*

# Supporting Foundations and Grants 2018-2019

Cullen Family Foundation  
Dartmouth-Hitchcock  
Glad Rags  
Kirby Family Foundation  
Laurance & Mary Rockefeller/  
Woodstock Foundation Fund  
McCollom Family Foundation  
Mill Park Foundation, Inc.  
Mushlin Fund  
National Council on Aging  
Point of View Foundation  
Senior Solutions  
VTrans/Stagecoach  
Lois and Harvey Watson  
Woodstock Garden Club  
Woodstock Rotary Club

*Fiscal Year 10/1/18 - 9/30/19*

## TRANSPORTATION CAR SPONSORS:

Armistead Senior Care  
Dead River Company  
The Ellaway Group  
Mark Knott, DDS  
Ottauquechee Plumbing and Heating  
Upper Valley Rehabilitation  
Woodstock Insurance Services, Inc

# *Thank You*

### On the front cover:

Poppies from Poppy project with ArtisTree. Jim Hasson and Veterans group photo at special luncheon. Pam Butler waves with Charlie Kimbell and others at Senior Center Month celebration. Linda Maxham painting with Finley at Generation to Generation camp. Friends enjoying a laugh at Oktoberfest.

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, Vermont 05091  
(802) 457-3277  
[www.thompsonseniorcenter.org](http://www.thompsonseniorcenter.org)



## The Thompson

Your resource to age well

Woodstock Area Council on Aging is a  
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