



# The Thompson Times

Your resource to age well

**JANUARY 2020**

## Age Well with The Thompson

Special events, fun exercise classes, interesting programs, tax assistance, free gently-used medical equipment, creative arts programs, and delicious meals are just a few of the things you'll find at The Thompson Senior Center. Our building, staff, and volunteers provide a welcoming and fun environment for people of many ages and backgrounds to gather. But, we're even more than what happens at The Thompson. We have the resources and experience to assist you where you want to be, at home.

### One Number to Call

One number to call for any need — Thompson staff and volunteers 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. Call or email to sign-up.

Inspiration  
to  
AGE WELL  
in the New Year



- Never stop learning & growing
- Maintain a positive outlook
- Be creative
- Create cheerful daily habits
- Be more conscious of your values
- Make new friends
- Give back/feel useful
- Exercise your body and your mind

We hope you'll connect with us in the new year and find the inspiration, friendship, support, and fun to make the most out of 2020. Visit us in person, or online at [www.thompsonseniorcenter.org](http://www.thompsonseniorcenter.org), or contact us at (802) 457-3277



## The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
www.thompsonseniorcenter.org

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonseniorcenter.org  
**Paula Audsley**, Outreach Manager,  
paudsley@thompsonseniorcenter.org  
**Pam Butler**, Program Director,  
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Resource Assistant,  
sborz@thompsonseniorcenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonseniorcenter.org  
**Siobhan Wright**, Front Desk  
Coordinator,  
swright@thompsonseniorcenter.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**  
Ottauquechee Health Center, 457-5414

### BOARD OF DIRECTORS

Liza Deignan—*President*  
Ginny Eames—*Vice President*  
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Lisa Gramling  
Karl Huck  
Lydia Locke  
Daphne Moritz  
Steve Selbo  
Joby Thompson  
Sandy von Unwerth

## BEHIND THE SCENES

### Family Fun at the Thompson Holiday Bazaar

The annual holiday bazaar and cookie walk at The Thompson Center was a success this year raising approximately \$4,500 to benefit the operations of our Center. Thank you to all of the volunteers, cookie bakers, and shoppers for making the Holiday Bazaar and Cookie Walk a success!



### Congratulations to our Holiday Bazaar Raffle Ticket Winners:

**French Braid Quilt** - Fred Hunt  
**Sugarbush Farms Gift Basket** - Mary Riley  
**"Maple Grove Winter" Painting** - Liza Deignan  
**1/2 Gallon of Maple Syrup** - Barbara Leonard



### 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 2020-2021 heating season must be postmarked by February 28 for eligible households.

### 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.

### 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!

A special thank you to Stewart J Guss attorney  
for sponsoring our successful Italian Fundraising  
dinner this past November.



STEWART J. GUSS  
PERSONAL INJURY ATTORNEY  
www.attorneyguss.com



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



## EVENTS & PROGRAMS

### 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.*

### Heart Healthy Meals Workshop

**January 28, 1:00 pm**

**Thompson Senior Center, Woodstock, VT**

**RSVP required so we can have plenty of ingredients to share.**

Join The Thompson's own Chef Ryan Martin with Chelsey Canavan, MSPH, Senior Coordinator for Community Health at Dartmouth-Hitchcock for a workshop about eating to promote heart health and overall wellbeing! Through a hands-on cooking activity, participants will learn how to prepare a quick and tasty low-sodium meal at home. While preparing and sampling foods together, we'll discuss general recommendations for a heart-healthy diet, ideas for how to avoid excess sodium, and tips on label reading and food shopping.

Everyone will be sent home with ingredients and a few recipes to help get you started cooking simple, wholesome meals.

*Chelsey Canavan has 10 years of experience designing and evaluating public health programs toward improving the lives of our world's most vulnerable populations. Her work focuses on the links between health care and food systems, building partnerships to address nutritional inequities. Chelsey joined Dartmouth-Hitchcock's Population Health team in 2019, where she leads strategy development for food and nutrition programs in New Hampshire and Vermont. Chef Ryan is a 2002 graduate of the New England Culinary Institute and has been preparing delicious and nutritious meals as the Chef at The Thompson for the past 9 years.*

## TAX ASSISTANCE AT THE THOMPSON

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. AARP Tax-aides will complete your 2019 taxes free of charge during scheduled appointments on **Mondays, February 3 through April 6 including President's Day**. On the day of your appointment, please come early to fill out a questionnaire.

**Please bring:** Valid picture ID and Social Security card for the taxpayer and spouse, copies of income tax returns you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates, IRA income and copy of your 2019 property tax bill. If you are filing for a Renter's Rebate or Homeowners Property tax rebate, you will need proof of income for everyone in your household. For rental rebate, you will also need Form LC-142 from your landlord. **Please call 457-3277 soon to schedule an appointment. Appointments are limited and will fill up quickly!**



# CREATIVE AGING

## Public Benefits Assistance Help

Now Available at The Thompson

Offered by the Windsor County

Community Health Clinic

Beginning in January!

**Call Shari at The Thompson for dates and times and to schedule your 1:1 appointment**

Assistance will be available for, but not limited to, the following programs:

- Medicare for new enrollees - Parts A, B and D
- 3SquaresVT
- Fuel assistance
- Social Security enrollment
- Medication affordability and grant opportunities



## Painting 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: Mondays, 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.*

## Tech Tutoring at The Thompson

Provided by NWPL

**Thursday, Jan. 16 & Feb. 6, 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.

## Monthly Art Project with ArtisTree



**Wednesday, January 8, 1:30 pm**

For this first month of the new year, we will explore the wonders of paper! With a few folds and snips let's discover our inner creativity while we create art using kirigami and origami techniques.

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

## Jewelry Repair at The Thompson

**Tuesdays, 1:15 - 2:15 pm, by appointment**

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. Sign-up in advance.

## Memory Tree Gifts In Loving Memory Of



Julie (Rene & Nettie)	Barbara Templeton
Perry Maxham	Bill, Ruth & Fred Beebee
Yvonne Rogers	Raymond Jillson
Ernie Mercure	Thelma Jillson
Jack Moore	Henry Howe
Jake Dayton	Sandy, Smokey, Angie &
Ronnie Fullerton	Maggie Mercure
Terry Burr	Lynn Staples Benetti



# AGE WELL

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

## **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 and The Scotland House are co-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.

*The content of these workshops is appropriate for anyone, including those with early stage diagnosis, however, these are group participation based sessions and some of the audience conversational content may be difficult for those who have a dementia diagnosis.*

*Pre-registration for each workshop is requested but walk-ins will be welcome.*

# PROGRAM CALENDAR - JANUARY 2020

Mon	Tue	Wed	Thu	Fri
		1	2	3
<b>BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.</b>	<b>* Indicates that sign-up/reservations are re-quired</b>	<b>CLOSED New Years Day</b>	9 Strengthen & Stretch <b>10-12 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table
6	7	8	9	10
10:15 Memoir Group <b>1 Advisory Meeting</b> <b>1:30 Holiday Bazaar Wrap-up Meeting</b>	9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian 12 Spanish Table <b>1:15 Jewelry Repair with Yael*</b> 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1:30 Monthly Art Project*</b> <b>2 Normal/Not Normal Aging Talk</b>	9 Strengthen & Stretch <b>10-12 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>9-12 Reflexology*</b> <b>9:30 - 3:30 Foot Clinic*</b> <b>10-12:30 CCC Office hours*</b> 12 German Language Table
13	14	15	16	17
<b>8:30 Newsletter Folding</b> 9 Strengthen & Stretch <b>10:30-12 Painting at ArtisTree*</b> 10:15 Memoir Group <b>1-3 Advance Directives*</b>	9 Strengthen & Stretch <b>10-11 Veggie VanGo</b> 10 Double King Pedo 10 Beginning Italian 12 Spanish Table <b>1 Grocery Tour*</b> <b>1:15 Jewelry Repair with Yael*</b> 1:30 Mah Jongg 3 Bone Builders	<b>8 Board Meeting</b> <b>8:30-10:30 Fall Prevention Clinic*</b> <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>3 Gentle Yoga Class</b>	9 Strengthen & Stretch <b>10-12 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit <b>12:45 Tech Tutoring*</b> 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table
20	21	22	23	24
<b>CLOSED Martin Luther King Jr Day</b>	9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian 11:30 Commodities 12 Spanish Table <b>1 Keys to the Valley Program</b> <b>1:15 Jewelry Repair with Yael*</b> 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>2 Understanding Alzheimer's and Dementia Talk</b> <b>3 Gentle Yoga Class</b>	<b>Birthday Day*</b> 9 Strengthen & Stretch <b>10-12 Chair Massage*</b> <b>10-12 Wellness Clinic</b> 10 Cribbage 10:00 Italian Study 12 Italian Table <b>12:30-3 Foot Clinic*</b> <b>1 Music with Bob Horan</b> 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table
27	28	29	30	31
9 Strengthen & Stretch 10:15 Memoir Group <b>10:30-12 Painting at ArtisTree*</b>	9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian 12 Spanish Table <b>1:15 Jewelry Repair with Yael*</b> <b>1 Heart Healthy Meals Workshop*</b> 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>3 Gentle Yoga Class</b>	9 Strengthen & Stretch <b>10-12 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	



# MENU - JANUARY 2020

Mon	Tue	Wed	Thu	Fri
		1	2	3
<b>Meal Pricing:</b> <b>\$7 charge for those under age 60</b>  <b>\$5 suggested donation for ages 60 and over</b>	<b>Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</b>	<b>CLOSED</b> <b>New Year's Day</b>	Spaghetti & Meatballs, Garlic Sautéed Vegetable Medley, Fresh Fruit Salad	Carrot Ginger Soup, Mexican Chicken Soup, Roll, Tossed Salad, Cottage Cheese, Berries and Cream Roll
6	7	8	9	10
Italian Pork Stew, Garlic Bread, Tossed Salad, Caramel Apple Strudel	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad	Stuffed Peppers, Tossed Salad, Strawberry Sundae	Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Fresh Fruit Parfait
13	14	15	16	17
Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries	Hearty Beef & Vegetable Stew, Cole Slaw, Roll, Frosted Banana Bars	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens Salad, Ice Cream w/ Fruit	Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Fruit Short Cake	Shrimp and Corn Chowder, Nordic Winter Vegetable Soup, Cottage Cheese, Roll Tossed Salad, Coconut Cream Pie
20	21	22	23	24
<b>CLOSED</b> <b>Martin Luther King Jr Day</b>	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Fresh Fruit Salad	Puff Pastry Chicken Pot Pie, Tossed Salad, Poached Pear	<b>Birthday Day*</b> Orange and Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Balsamic Roasted Asparagus, Roll, Cake and Ice Cream	Chef's Choice
27	28	29	30	31
Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Apple Crisp	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack Cheese) Rum Raisin Rice Pudding	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, French Fries, Broccoli Slaw, Chef's Choice Dessert	Meatloaf, Mashed Potatoes, Gravy, Mediterranean Vegetables, Strawberry Rhubarb Pie	Thai Turkey Soup, Vegetable Minestrone Soup, Roll, Cottage Cheese, Tossed Salad, Berry Crumble Bars

**Thompson Cafe Soup Days continue every other Friday.** Choice of two soups with salad, roll, cottage cheese and dessert. Join us between 12—1 pm to dine in or pick-up for take-out. Try something new on Fridays at The Thompson!



## Reservations Required

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

### 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.

## **NEW! Gentle Yoga Class**

**With Instructor Linda Harvey, PT**

**Wednesdays, beginning Jan 15 - March 4**

**3:00 - 4:00 pm, Cost: \$3 per class**

In this new class series, Linda, will guide her students through a gentle yoga practice with the option of being seated in a chair or on a floor mat. With practice, benefits of yoga are numerous and include but are not limited to: increased muscle strength and tone, improved respiration, energy and vitality, stress management, and protection from injury. No previous experience is required. Please bring mats if you have one, and wear loose and comfortable clothing. Pre-registration is requested but walk-ins will be welcome.

*Linda has over 30 years of experience as a physical therapist at Mt. Ascutney Hospital and Health Center MAHHC) and Ottauquechee Health Center (OHC) and has practiced yoga for over 20 years. She is currently enrolled in an intensive 200-hour Yoga Teacher Training at Evolution Physical Therapy and Yoga Studio in Burlington VT.*

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

## **Tai Chi for Health & Balance**

**Beginner 9:30 am, Advanced 10:45 am**

**January 8, 15, 22, 29**

**February 5 (Chinese New Year Celebration)**

**12, and 26 (no class Feb. 19)**



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 Dec. 25 & Feb 19. **Cost is \$3 per class.**

## **Strengthen and Stretch Class**

**Will resume its normal M, T, Th schedule beginning January 13 (no class on the 20th)**

**Led by Certified Fitness Trainer, Liz Hatfield**

**9:00 - 10:00 am**

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. **Cost is \$3.00 per class.**





**Fall Prevention Clinic**  
At The Thompson Provided by Upper  
Valley Rehab Physical Therapists  
Next Clinic Date: January 15  
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.

**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  
Friday, January 10, 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.

**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.**



# TRIPS & PROGRAMS

## Keys to the Valley Housing Study Presentation by Sarah Wraight, Regional Planner, TRORC Tuesday, January 21, 1:00 pm

Our region is participating in a housing study called Keys to the Valley. The Two Rivers-Ottawaquechee Regional Commission, Upper Valley Lake Sunapee Regional Planning Commission, and Southern Windsor County Regional Planning Commission are partnering to better understand the housing challenges facing our communities and to develop strategies for tackling those challenges. Please join us to learn more about the project and share your experiences with housing issues in the region.

Following this talk, Deanna Jones will present on the Homeshare Project. The Thompson Center is training to be a Homeshare satellite office. Homesharing can be a rewarding way to find housing and connect people who are living alone and willing to share a home as long as they meet the basic requirements. Come to this talk to learn more on the benefits of homesharing.

## Building Monticello A Vermont Humanities First Wednesdays Talk At The Norwich Congregational Church, Norwich, VT Wed, February 5, 7:00 pm – 9:00 pm Depart from The Thompson Center on the van at 6:00 pm Cost: \$5.00

Jefferson never knew the Monticello of today—in perfect condition, impeccably furnished. Dartmouth senior lecturer Marlene Heck explains the lifelong project Jefferson called his “essay in architecture.”

## 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

In memory of Harry Shepard -  
medical equipment  
Karen & Jules St. Arnaud -  
medical equipment



## IN MEMORY OF

Jack Moore

Gina Moore



*On January 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

Birthday Cakes -  
Diane Atwood, Jane Soule & Darleen Griggs

*The Vermont Standard Paper*

Muffins—Mountain Creamery

## IN HONOR OF

Jim and Lea  
Kachadorian's 80<sup>th</sup>  
Birthdays

David & Joan Evans

## JANUARY BIRTHDAYS

1st Mary Lee	Camp	12th Constance	Fitzcharles	24th Suzan	Harlow
1st Cynthia	Jones	12th Norma	Flanders	24th Shirley	Hammond
1st Rich	Meijer	12th Raymond	Bourgeois	24th Jerome	Morgan
1st Jeanette	Veverka	13th Janet	Smith	25th Jane	Philpin
1st Raymond	McRorie	13th Kathleen	Fiske	25th Dory	Rice
2nd Alan	Perkins	13th Katharine	Mears	25th Larry	White
2nd John	Steinle	14th Patty	Godding	25th Constance	Creed
3rd Linda	Brackett	14th Tom	Hopewell	25th Boris	Pilsmaker
3rd John	Leavitt	15th John	Hunter	26th Paulette	Watson
3rd Carl	Taylor	15th Sandra	Woodward	27th James	Emery
3rd Robert	Hanlon	16th Richmond	Maxham	27th Margaret	Brady
3rd Betty	Hill	16th Patricia	Coogan	27th Margaret	Fullerton
3rd Laurie	Marshall	17th Helen	Leonard	27th Peggy	Fraser
3rd Charles	Humpstone	17th Joyce	Phillips	27th Linda	Palmer
4th Barbara	Steiner	17th Louise	Thibodeau	27th David	Darakjy
7th Janet	Maxham	18th Darrell	Thompson	28th Nancy	Heidt
7th Lynn	Peterson	18th Keith	Thayer	28th Dianne	O'Connor
7th Lydia	Locke	19th Marsha	Fraser	29th Sharon	Schellong
7th Lev	Camara	19th Becky	Watson	30th Mary	Wood
8th Joanne	Stanyon	20th William	Rauscher	30th Sue	Geno
8th Deb	Berryman	20th Akankha	Perkins	30th Cooper	Jones
8th Joan	Williamson	20th Janie	Bell	30th Claudia	Teeter
9th Beverly	Kenney	20th Edward	Gravelle	30th Judith	Moore
9th Beth	Crowe	20th Carmen	Sleeper	31st Uldis	Skuja
9th Carla	Kamel	21st Barbara	Gilbert	31st Elmer	Kruse
9th Susan	Chiefsky	21st Jim	Stehouwer	31st Leona	Webster
10th Gina	Moore	21st Thurston	Twigg-Smith	31st Lance	Brien
10th Joyce	Hurd	22nd Norwood	Long	31st Jean	Kelly
10th Nancy	Nash-Cummings	22nd Joy	Gray		
11th Molly	McDermott	22nd Rita	Boynton		
11th Janice	Lillian	22nd Julie	Woodbury		
11th David	Purviance	23rd Elizabeth	Harley		
12th Sue	Hottenstein	23rd Rachel	Hochman		
		23rd Anne	Sapio		





# The Thompson

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SAVE THE DATE AND JOIN US!

## *Thompson Winter Gala*

*Elegant Dinner, Auction and Dancing with Friends...*

Sunday, February 9, 2020, 5:00 pm, Woodstock Inn Ballroom



For more information and to reserve your place call 457-3277 or visit our website at [thompsonscenter.org/auction2020](http://thompsonscenter.org/auction2020)