



The Thompson Times

Your resource to age well

APRIL 2020

Stay Home, Stay Well, We're Here for You!

Dear Friends,

It is hard to imagine that the day-to-day life that we're so accustomed to can change so quickly, but everything sure is different from what it was just a few short weeks ago when we published our last newsletter. I miss walking in to The Thompson to find volunteers setting the dining room tables and friends chatting in the living room over a game of Double King Pede or a puzzle; it's different not hearing the thump of happy feet from an exercise class and the laughter from the Italian study group. And at noon the dining room is sadly quiet. I can't wait until we're all together again sharing stories over a delicious lunch and our building is back to bustling and bursting at the seams with friendly faces and fun activities.

One thing you can count on that remains the same at The Thompson is that our dedicated staff, along with some amazing volunteers, continue to get meals prepared, packaged, and delivered to homes throughout Barnard, Bridgewater, Pomfret, and Woodstock. 40-45 meals on 6 different routes are going out daily, Monday - Friday, and the requests keep coming in. We've also gotten into a good rhythm with the curbside take-out meals. Call ahead, preferably the day before, or by 9:00am the day of, and pick-up a delicious hot meal between 12:00 - 12:30pm, Monday through Friday. Please pull up in front of The Thompson and stay in your car. We also have *The Vermont Standard*, a selection of books, puzzles, and necessities available. We hope that you're staying home and out of the grocery store so we have volunteers and staff available to get groceries to you. We're trying to consolidate shopping to two days per week, on Tuesdays and Thursdays, so please give us a few days advance notice to get groceries/necessities to you. We've been working closely with each town's emergency management department for volunteers and support, so please don't hesitate to reach out. It is our mutual goal to keep people home and well. We also hope you'll call with any question or concern. We're grateful to be here for you during happy as well as these challenging times.

In closing, I'd like to share a few thoughts about our volunteers. The month of April is traditionally our annual celebration for Volunteer Appreciation Month. We look forward to hosting a volunteer recognition dinner when we can gather together again, but we can't let this month pass without recognizing our wonderful volunteers. Over 7,000 hours were given over the past year by 180 amazing people! Most of you won't be surprised to hear that the average age of our volunteers is 72 years, and in fact, more than 110 volunteers are over 70. Thinking about the current environment when this age group is most at risk, and we've asked you to stay home for your own safety, it is even more obvious the impact that volunteers and older citizens have on our community. Under normal circumstances it is mostly people in their 60s, 70s, 80s, and 90s, who deliver meals, set tables, fold newsletters, and serve in so many other ways, and I'd like to shine the volunteer spotlight on this vibrant group of older citizens who give their time and talents year in and year out. We value your service and contributions to our community. I'd also like to recognize the group of community members who quickly stepped forward to fill-in for Meals on Wheels deliveries during this time so that we could ask many of our regular drivers to stay safely at home. This is a very special community that supports each other in times of need.

Please stay well and be in touch with us -- Pam, Shari, Siobhan, Paula, Jen, Dwight, Tom, Charlie, Carl, Chef Ryan, Alberto, and Deanna -- We are all wishing you the best and are here for you. We miss you!

With warmest regards,

Deanna Jones, Executive Director, (802) 457-3277 djones@thompsonseneiorcenter.org

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*
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Lisa Gramling
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Lydia Locke
Daphne Moritz
Steve Selbo
Joby Thompson
Sandy von Unwerth

Woodstock, Bridgewater, Pomfret & Barnard Emergency Operations Guidance to COVID-19

Should a member of the community find themselves in a self-quarantine or mandated quarantine situation, there are resources and plans in place to assist them or their families during their time of need. In the event of needing more support (Food/Water/Medicine), please call our town emergency phone numbers below:

Woodstock Emergency Management hotline at 802-457-7516.

townofwoodstock.org/COVID-19/

Emergency Manager - David Green

Bridgewater Emergency Management Team:

Selectboard Chair - Lynne Bertram: 802-342-0784

Town Health Officer - Ellen Quinn: 802-281-0615

Emergency Management Coordinator - Josh Maxham:

802-299-8428

Barnard Emergency Management Team:

Contingencies and updates will be concentrated on the Barnard town website: www.barnardvt.us

Selectboard Chair - Rock Webster: 802-234-9391

Town Health Officer - Tom Morse: 802-356-3576

Emergency Management Coordinator - Mike Manning: 802-234-5263

Pomfret Emergency Management Team:

Emergency Management Director - Kevin Rice: 802-356-7643

Town Health Officer - Hugh Hermann MD: 802-457-1200 office,
802-457-1300 home

See more specifics on grocery shopping on page 3.

For state information & resources dial 2-1-1

For online information visit cdc.gov

COMMUNITY UPDATES

Update from Carla Kamel and the Community Health Team

Community Care Coordinator, Carla Kamel, is available for support in navigating resources and services and discussing community-based services. Carla wants our readers to know that she is available at the Ottawaquechee Health Center (OHC) for a health and social wellness phone visit at 457-5414 or at carla.kamel@mahhc.org, even if it's a five-minute phone conversation. A favorite quote of Carla's by Henry Ford is "*Coming together is a beginning; keeping together is progress; working together is success.*" Which as Carla acknowledges, "*sums up what we do best in the Ottawaquechee region.*"

The Community Health Team of OHC and MAHHC health is looking for clean and gently used scrubs of any size for medical professionals at our local medical facilities.. If you are a retired medical professional or someone who has scrubs to donate, please drop them off at The Thompson Center in a the tub on our front porch or at OHC in an identified container by the coat rack, M-F, 8:00 am—5:00 pm.

Update from Ottawaquechee Health Foundation (OHF)

OHF will continue to offer financial assistance for health and wellness needs through grants to those living in any of their nine service towns which include Woodstock, Barnard, Bridgewater, and Pomfret. If you or someone you know is experiencing financial stress in light of COVID-19 or other health reasons, please contact OHF. They will continue to serve the community by being available via email at info@ohfvt.org or by calling 457-4188, Monday-Thursday, 9am-4pm. Applications for financial assistance can be found on their website at www.ohfvt.org or by calling The Thompson Center.

Local Grocery Shopping Options During COVID-19 Community Response:

Barnard General Store: Offering Curbside Pick-Up & Delivery. Free Delivery service is only for Barnard Residents who are elderly, or who have compromised immune systems or are quarantined. There will be a limit of one delivery per week, per household. Curbside pick-up of groceries is also available for Barnard residents. Call the Barnard General Store for details at 234-9688 or email barnard-store@gmail.com. Barnard Helping Hands and Barnard BEES have volunteers in place for deliveries.

Woodstock Farmers Market: Offering Curbside Pick-Up. 457-3658 or woodstockfarmersmkt.com

In addition to The Thompson Center providing deliveries of necessities, volunteers are in place in all of the communities we serve to help shop for and deliver vital necessities. Please refer to the resources listed on page 2, or call The Thompson with any questions. 457-3277

The Elder Justice Project

If you have a friend, neighbor or loved one who may need assistance we are here to help! The Elder Justice Project provides confidential support, information and assistance with any of the difficult situations described below. We take a client-centered approach, which means you drive the bus along the way. **The Elder Justice Project advocates for what you want.**

Abuse in later life (ALL) refers to willful abuse, neglect, or financial exploitation of an older adult that occurs within an ongoing relationship where there is an expectation of trust. Power and control dynamics are often present in these deeply personal cases and thus present unique challenges that require a specialized response.

These cases are often complicated. Older victims may be healthy and active, or they may have physical or cognitive limitations. These victims may be in contact with the justice system, social services, health care, faith communities, and the aging services network. The abuser may be a spouse, intimate partner, family member, or caregiver. All situations are different and unique to your life.

If you would like assistance, please feel free to contact Keely Marie at The Elder Justice Project, 802-698-8310, kmarie@seniorsolutionsvt.org. Helpline at Senior Solutions Toll Free 866-673-8376 or locally 802-885-2669.



Looking for a Good Book?

Two of our avid readers have suggestions for some good reads right now.

From Beryl Spencer:

Running the Books, by Avi Steinberg, 2010. The author was born in Jerusalem, raised in Cleveland and Boston. He had extensive education in Talmudic studies and a degree from Harvard. He accepted a job with the Boston Globe writing obituaries. In a bad economy he left the Globe and accepted a position as librarian at the Suffolk County House of Correction. This is an entertaining account of his interactions and support/restrictions with con men, pimps, psycho killers, bank robbers, gun runners, gangsters and prison staff.

And from Sherry Belisle:

The Sound of Music is probably America's favorite movie of all time, and there are 5 books about the family and the movie. The book on which the movie was based is "*The Story of the Trapp Family Singers*" by Maria Auguste Trapp. Maria also wrote "*Around the Year with the Trapp Family Singers*". She shares the traditions they followed, stories, recipes and illustrations by her daughter Rosmarie.

Captain von Trapp's oldest daughter (not Leisel, but Agathe) wrote "*Memories Before and After The Sound of Music*". Some years ago, I was privileged to see and hear Agathe at a bookstore in West Lebanon, now gone. She sets some history straight, such as the fact that her mother was as musical as Maria and taught the children to sing. Also, Tom Santopietro has written "*The Sound of Music Story*", by and Julia Antopof Hirsch has written "*The Sound of Music, the Making of America's Favorite Musical*".

Have a book review to share? Send it to jbloch@thompsonseniorcenter.org for our May Newsletter.

Update from Yankee Book Shop & Norman Williams Public Library

Looking for a book, or book suggestions? Need a card or a board game instead of a book? While closed, Yankee Bookshop in Woodstock is taking orders by phone, email, and on their website - all for curbside pickup or for delivery/shipping.

Here's how things will work - which is always subject to change:

- Call for orders: 802-457-2411 on M, T, TH, F
- Visit their website 24/7: www.yankeebookshop.com for book recommendations
- You can also email them anytime: info@yankeebookshop.com
- They are providing Front Porch Delivery every Tuesday & Friday, call the store for details, and extending free media mail shipping to those they cannot reach directly through April 30th. *Please note: Thompson Center volunteers are in place to pick up and deliver pre-paid books if you want to stay home.*

Update from the Norman Williams Public Library website, www.normanwilliams.org:

All late fees will be suspended and due dates extended during the closure period.

Through the Library website, there is access to e-books and other online resources. - Stay tuned to further communications on their webpage, Facebook, email newsletter and the Woodstock Listserv.

AGE WELL

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



Update on Tax Assistance

In response to COVID-19, AARP Tax-Aid has been suspended until further notice. Vermonters are advised that income tax filing due dates for the following taxes have been extended from April 15, 2020 to July 15, 2020:

- Vermont Personal Income Tax
- Vermont Homestead Declaration and Property Tax Claims
- Federal Income Tax

This means taxpayers can file and pay these taxes on or before July 15, 2020 without any penalty or interest. This includes any tax year 2020 estimated payments that were due for these taxes on April 15th, 2020.”

Please be assured that we will call you to reschedule once AARP Tax-aides are up and running again.



3SquaresVT

3SquaresVT (3SVT also known as SNAP) can boost your grocery budget! Thousands of Vermonters use their monthly 3SVT benefit to purchase more of the foods they love. Many Vermonters are eligible and don't even know it!

Income Limits:

Household Size	Monthly Income Limit
1 person	\$1,926
2 people	\$2,609
3 people	\$3,290
4 people	\$3,971
5 people	\$4,653

Limits are for 10/1/19 through 9/30/20

The Vermont Foodbank's 3SVT Outreach Team is available to answer any questions and to provide 1:1 application assistance over the phone, out in your community, or even in the comfort of your home.



Get more at the store with 3SVT and Vermont Foodbank! Text VFBSNAP to 85511 or call 855-855-6181 to get signed up for 3SquaresVT. We are here to provide guidance through the application process.

Are you 60 years or older? You may qualify for a monthly box of food through CSFP.

CSFP is a federal nutrition program that offers free monthly boxes of food filled with staple food items. Deliveries are made to The Thompson on the 3rd Tuesday of each month and other designated locations throughout Vermont, and you can have a friend or family member pick up your food for you! Signing up is easy, and actually helps ensure that this program can continue to be available for Vermonters who need it.

Find out more by calling the Vermont Foodbank at 1-800-214-4648 or by visiting: <https://www.vtfoodbank.org/share-food/csfp>



SUDOKU

Where's the Needle?

N E G A K C A P J M L X W X N L V
 A W I N T H E Q U I L T M Z N R G
 R Y O N K L T B B Y N I D E W L T
 M R Q G V L Q X T Z X L E N Y K K
 O L O V T D L J N E D D E S R B X
 F N Q O Y H B T D Y L R P B A T E
 C O P M L M G W D E Q O S R O N Y
 H I X P T F I I B W O E O T I R B
 A H N W K T E O N L W F Z H N A D
 I S J R H B X H O N S M C T T N Y
 R U Y P Q L L F T O I A X T L M R
 D C I N V V T O A N M N I N Y M J
 R N N Y M H P P U Y O N E Z T M Z
 S I R Y R A B R B S G N V D J N Q
 X P K E N D L Y J T E V G B D N T
 M D A T G L P J M R M D R X X I X
 T D S N M L D W P Q W T L R G N H

HIDDEN IN NIGHTGOWN
 ROBE
 ARM OF CHAIR
 SEWN TO PANTS
 ON THE FLOOR

MIXED WITH PINS
 SPOOL OF THREAD
 PINCUSHION
 NEEDLE BOX
 PACKAGE

BAR OF SOAP
 BY MACHINE
 IN THE QUILT
 BLOUSE
 BATTING

Sudoku is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid contain all of the digits from 1 to 9.

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Around The World

ACROSS

- US volcano, Mount ... (2,6)
- Supersonic planes
- Taj Mahal city
- Cambridge & Oxford universities
- Treeless Arctic zone
- Coniferous tree found in Europe
- Vienna is there
- Croatian capital
- Peninsula in southwest England
- Manchurian river
- Central attraction of Piccadilly Circus
- Region that includes Japan, China and Korea (4,4)

DOWN

- Roughly built settlements, ... towns
- Large African antelope
- Nasty disease named after a river in the Democratic Republic of the Congo, ... virus
- Underground train system
- City of northwest India
- People from Stockholm
- Scotland's monster lake, Loch ...
- German industrial region
- Washington-based spy group (1,1,1)
- Italy's Leaning Tower of ...
- Kuwaiti ruler

1			2		3		4		5			6
7					8							
9		10		11								
							12		13		14	
15			16		17							18
								19		20		
21										22		
23							24					

- Native American tribe
- Earth's glacial period (3,3)
- Bantu peoples of Natal
- Sport played at Wimbledon
- Portugal and Spain
- West African nation

**Call the day before to order take-out & pick-up from your car
between 12:00 - 12:30 pm**

CURBSIDE PICK/UP & MOW MENU - APRIL 2020				
Mon	Tue	Wed	Thu	Fri
		1	2	3
* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	*Indicates that sign-up/reservations are required (Birthday Day & Special holiday meals)	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/ Fruit	Fish Florentine (spinach and cheese), Herb Roasted Potatoes, Lime Carrots, Blueberry Lime Pie	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Fresh Fruit Parfait
6	7	8	9	10
Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Strawberry Short Cake	Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots Almond Cake w/ Orange Dried Apricot Sauce	Quiche w/ Aspara- gus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Peach Cobbler	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Poached Pear	Good Friday Beer Battered Haddock, French Fries, Coleslaw, Warm Apple Crisp
13	14	15	16	17
Easter Lunch* Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Lemon Buttermilk Pound Cake with Lemon Glaze	Tossed salad, Multigrain Spaghetti & Meatballs, Garlic Bread, Fresh Fruit Salad	Broccoli Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap and Fruit	Beef Stroganoff over Egg Noodles, Sautéed Broccoli, Fresh Fruit Salad	Lemony Chicken with Spinach, Artichoke & Roasted Potatoes, Strawberry Cake
20	21	22	23	24
Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterra- nean Vegetables Casserole, Citrus Ricotta Squares	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Fresh Fruit Salad	Birthday Day* Grilled Baja Style Pork Loin, Citrus Sweet Potato Mash, Braised Greens, Cake	Chef's Choice
27	28	29	30	
Tossed Salad, Ziti (a little spicy) with Broccoli, Tomatoes, Italian Sausage) Monterey Ranch Bread, Mixed Fruit Cobbler	Spring-Thyme Chicken Stew, Tossed Salad, Roll, Lemon Mousse w/ Berries	Stuffed Peppers w/ Beef and Rice, Tossed Salad, Hot Fudge Sundae w/ Banana	Chef's Choice	Meal Pricing: \$7- charge for those under age sixty \$5-Suggested dona- tion for ages sixty and over

Commodity Supplemental Food Program Update

The Commodity Supplemental Food Program offered by the Vermont Foodbank will continue to deliver commodities to The Thompson Center on the third Tuesday of each month. **We are doubling up on our distribution of food boxes for older adults. Program participants will receive both April and May food boxes at once (April 21). There will be no deliveries in May.** Please call The Thompson Center prior to pick-up of your items and a staff member will bring it out to your car. This nutrition program is a vital defense against hunger for our older Vermonters. If you or someone you know might be eligible for this important nutrition program, please contact the Vermont Foodbank at 1-800-214-4648 or visit vtfoodbank.org.

HEALTHY AGING

Please call the Thompson Center to register for classes in advance, 457-3277

Take Tai Chi in the Comfort of your Home!

Tai Chi Instructor, Anne Bower, has organized a schedule of online Tai Chi classes offered through Zoom, a FREE wireless screen sharing app. The following is a list of classes which can also be found on our website with live links to access the online classes.

Fall Prevention Tai Chi Mondays 10-11 a.m. every Monday starting 3/30

Yang 24 Forms Tai Chi Fridays 10-11 a.m. every Friday starting 4/3

Sun 73 forms Tai Chi Wednesdays 11-12 a.m. every Wed. starting 4/1

Introduction to Tai Chi Saturdays 11-12 a.m. every Sat. starting 4/4

For more information, email Anne at: anniebower@yahoo.com or visit her website at www.anniebower.com.

A Note from Liz Hatfield Strength & Stretch

Exercise is more important now more than ever to keep our immunity and bodies physically and mentally strong. Here are some tips from Strength and Stretch Class Exercise Instructor Liz Hatfield until online classes can be offered.

- Take walks
- Wall or counter push-ups
- Low impact jumping jacks
- Squats and leg extensions (kicks)
- And full body stretching... everyday!

Liz is offering online classes via Zoom. Contact her directly for instructions. 802-522-9273 or ebhatfield@aol.com

Bone Builders Update

Bone Builders Instructor, Althea Derstine, is encouraging her students to keep exercising and to borrow weights from The Thompson Center during closure. Please call The Thompson staff who will be happy to put your requested weights outside on the front porch for pick-up.



AARP Smart Driver Safety Course

Friday, June 19, 9:00 am to noon
(break for lunch) 1:00 to 2:30 pm

Please call the Thompson Center to sign up in advance, 802-457-3277.

Postponed until further notice

Caregiver Bootcamp at The Thompson
Presented by Jessica Talb, Regional Vice President of
TLC HomeCare and Community Educator
Wednesdays, April 29, May 6 and 13, 1:00 – 2:30 pm

The Thompson Center, in collaboration with TLC HomeCare, will be offering *Caregiver Bootcamp* at The Thompson. This three-part series is designed to assist anyone caring for someone either at home or in a structured living environment. We welcome attendees to come to one or all three classes.

Sewing Masks for Healthcare Workers

Dartmouth-Hitchcock Health is in need of fabric masks in response to the Center for Disease Control's guidance that fabric masks are a crisis response option when other supplies have been exhausted.

If you would like a kit of fabric to get you started, please call ahead for availability to our Lebanon donation center hotline at 603-650-4217. This number is open Monday - Friday, 7:00 am to 3:30 pm.

Postponed until further notice

Medicare For New Enrollees – What You Need to Know

Presented by *Samantha Ball, Coordinator, Windsor Community Health Clinic*
Tuesday, April 7, 5:30 pm

Public Benefits Assistance Help Offered by the Windsor County Community Health Clinic

Call Directly for Assistance at 802-674-7213 or email: Samantha.ball@mahhc.org

Caregiver Support Group Update:

The Thompson Support Group Facilitators Carla Kamel and Anne Herz can be reached by calling 802-457-5414. Carla and Anne are also making regular check-in calls and if you wish to be included, please let them know.

Update from Dartmouth-Hitchcock Aging Resource Center

The Aging Resource Center is trying to deliver more programs virtually. Please visit their website at www.dartmouth-hitchcock.org/aging_resource_center/community_classes_and_events.html

On that website people can access to the **quick start guide for Zoom users**. They will also try to provide technical support for those who experience issues accessing their virtual programs.

Upper Valley Rehabilitation is offering Tele-health



Tele-health or Tele-rehabilitation offers one on one physical or occupational therapy through an internet enabled device with a camera. These virtual visits with a licensed therapist are live video sessions so patients do not have to visit a clinic for treatment.

Call or email directly at 802-457-4213 or info@uvrehab.com to schedule a virtual visit.



Prescriptions from Woodstock Pharmacy

- Call (802) 457-1306
- Someone will be available to answer your calls Monday through Saturday from 9 AM-5 PM, but you won't be able to enter the store to check on a prescription.
- Please call in your prescription refill, or have your doctor send or call in a new prescription, and pay by phone. A pickup time will be provided. Call or knock on the door upon arrival.
- Please minimize cash and check payments. Leave your credit card on file for faster service.
- The Thompson Center has volunteers in place to deliver your paid pharmaceuticals and supply needs to your home. If you can use this service call 457-3277 to make arrangements.

Dementia Caregiver Support Group Available via Zoom at DHMC Aging Resource Center, Wednesdays, 12:30-2 pm

This is an open support group for caregivers of loved ones with dementia. This group will meet virtually every Wednesday from 12:30 –2:00 pm until they can resume in person meetings.

TRIPS

The Thompson Center, in Partnership with Woodstock Recreation Center, Presents:

Discover Switzerland, Austria & Bavaria, April 2021 – A journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries with Collette Travel. 10 days ~ 12 Meals.
Trip details and a brochure will soon be available!

Postponed until further notice

Travel Presentation: Thursday, April 16, 1:00 pm. Please call The Thompson to pre-register 10 days ~ 12 Meals, Trip highlights include Bern, Lucerne (the Swiss Paradise on the Lake), Innsbruck, and the GoldenPass panoramic train from Montreux to Gstaad, and much, much more.

SUMMER THEATER TRIPS—PENDING

We live in a culturally rich area with opportunities for great summer theater. Please consider a trip with us this summer to these wonderful venues for live professional theater and emerging artists.

Sunday, June 28, 3:00 pm:

Ring of Fire – The Music of Johnny Cash

at The Weston Playhouse, Cost: \$62

Wednesday, July 8, 2:00 pm:

Titanic – *at New London Barn Playhouse, Cost: \$35*

Wednesday, August 26, 2:00 pm:

Steel Magnolias – *at the Weston Playhouse, Cost: \$62*

Details for these productions will be in the next issue of The Thompson Times and at

www.thompsonseniorcenter.org

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

Many new volunteers!
 Billings Farm - newsletter folding volunteers
 Banard Inn - food
 Gillingham's - food
 Woodstock Farmer's Market
 Ginny Eames - Girl Scout cookies
 VNH - hand sanitizer
 Rhonda Bruce - greeting cards
 Playing cards in memory of Dick Leonard
 Candee Christoforides - medical equipment
 Silo Disillery - hand sanitizer for MOW drivers



ONGOING DONATIONS

Daily *Valley News* subscription - Woodstock Pharmacy
 Birthday Cakes - Diane Atwood, Jane Soule & Darleen Griggs
 The *Vermont Standard Paper*
 Muffins - Mountain Creamery
 Prepared Food - Woodstock Farmer's Market

IN MEMORY OF

Dick Leonard
 Dick & Linda Brackett
 Ted & Joan Staples

Father John "Bud" Ahearn
 R. Evan & Susan Fox

In Honor of Barbara Kelly
 R, Evan & Susan Fox

APRIL BIRTHDAYS

1st Roland Heijn	10th Sara Widness	20th Patricia Alden
1st Patricia Mattson	10th Linn Harwell	20th Debra Werner
1st Margaret Kannenstine	11th Thomas Dutton	20th Bettyanne McGuire
1st Steve Shama	11th Ronald Griffith	21st William Badger
2nd Gail Stickney	12th Dorothea Mongulla	21st Hans Meijer
2nd Louis Vanderstreet	12th Cathy Bigelow	22nd Joanna Frodin
2nd Douglas Audsley	12th Elizabeth Stuart	22nd Lyman Shove
2nd Susan George	13th Elva Fish	22nd Pamela Burnett
3rd Marjorie Van Alstyne	14th Bea Rivers	23rd Sallie Farlow
3rd Rena Spencer	14th Shari Borzekowski	23rd Nancy Zuba
4th Rachel Archer	14th Elizabeth Young	24th Peter Pickett
4th Lloyd Nice	15th Hannah Harkins	24th Timothy Reeves
4th Christine Apel-Cram	15th Ron Miller	24th James Bulmer
4th Daniel Machalaba	15th Betsy Luce	25th David Smith
5th Robert Moodie	15th Penny Audsley	25th Arlene Midgley
5th Mona Foster	15th Jacqueline Schmidt	25th Martin Hanley
6th Janice Prindle	16th Annabelle Conner	25th Pauline Reeves
6th Elaine Chase	16th Mildred Eastwood	26th Charlie English
6th Fadia Williamson	17th Mimi Bergstrom	27th Jennifer Dembinski
6th Peggy O'Neal	17th Peter Goulazian	27th Joan Oppenheimer
7th Cynthia Yanowitz	17th Raymond Racicot	27th Joanna Long
7th Jerry Blakeney	18th Suzanne Esty	27th Sharon Beauregard
7th Sabra Field	18th Janet Wilson	27th Bill Terry
8th Judith Hughes	19th Barbara Destefano	28th Ted Staples
8th Carol Powell	19th James McClelland	28th Cory Barbis
8th Rita Post	19th Ruth Zamenhof	29th Katherine Lynds
9th Joan Staples	19th Barbara Folk	29th Joyce Blake
9th Esther Griffith	19th Ron Baker	29th Wayne Stevens
10th Doris Johnston	20th Gil Emery	29th Gail Gardner



The Thompson

Your resource to age well

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FAX: (802) 457-1259
www.thompsonsniiorcenter.org

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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.

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