



# The Thompson Times

Your resource to age well

MAY 2020



MAKE YOUR MARK: MAY 2020

## Older Americans Month 2020: Make Your Mark

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.

For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the [Administration for Community Living](#) (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens.

This year's OAM theme, *Make Your Mark*, highlights older adults' unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action. Communities that support and include their members of all ages are stronger!

Check out a few ways our awesome older Americans are making their mark!



Please join The Thompson in a virtual toast to our older citizens in celebration of the impact they make on our community!

## 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,  
paula@thompsonscenter.org  
**Pam Butler**, Program Director,  
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Resource Assistant,  
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**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

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## 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

**For state information & resources dial 2-1-1**  
**For online information visit cdc.gov**

### 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.*"

### 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.



# COMMUNITY NEWS

## Woodstock Area Relief Fund COVID-19

The Woodstock Area Relief Fund provides immediate and timely financial assistance to residents of the greater Woodstock area who are unable to meet their basic household needs due to the economic disruption caused by the COVID-19 crisis.



- The Fund is 100% supported by private donors and managed by a team of 19 I impassioned local volunteers.
- All Windsor Central Supervisory Union area residents are currently eligible for one-time funds of up to \$1,000 to assist with household needs that arise as a result of the COVID-19 crisis. (Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, and Woodstock).
- All applications and donations are confidential.
- The Fund can assist with paying for basic household needs (food, medicine, shelter) that are not covered by other local, state, or federal relief programs.
- WARF is administered by Woodstock Community Trust, a 501(c)(3) not for profit organization, and contributions will be tax-deductible.

### Ways to Donate

Our community has always stepped up to take care of each other in difficult times. Please join us in supporting our neighbors during this crisis with a tax-deductible donation.

1. Online: [www.woodstockarearelieffund.org](http://www.woodstockarearelieffund.org)
2. Checks payable and mailed to: Woodstock Area Relief Fund (WARF)  
PO Box 802, Woodstock, VT 05091

### How to Apply

Go to: [www.woodstockarearelieffund.org](http://www.woodstockarearelieffund.org)

Applications are open to all residents living within the Windsor Central Supervisory Union area.

Questions: [woodstockcovid19@gmail.com](mailto:woodstockcovid19@gmail.com) or 802.281.9902

[www.woodstockarearelieffund.org](http://www.woodstockarearelieffund.org)

Facebook: [@woodstockarearelieffund](https://www.facebook.com/woodstockarearelieffund)

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## Vermont Legal Aid/Legal Services Vermont Presents:

### *A Free Legal Advice Clinic for Eligible Area Seniors (AGE 60+)*

**Friday, June 26, 9:00—4:00 pm, by appointment only**

#### WHAT IS IT?

Vermont Legal Aid and Legal Services Vermont will each have a licensed Vermont attorney on site to provide free legal assistance to eligible area seniors, aged 60 and up, who are experiencing a civil legal problem (not criminal). Civil law topics include:

- Advanced planning documents (Wills, Powers of Attorney, Advanced Health Care Directives);
- Housing (Landlord-tenant issues, Evictions, Subsidies);
- Health care benefits (Medicaid, Medicare, Social Security, 3SquaresVT food benefits);
- Debt collection (Foreclosure, Small claims proceedings, Bankruptcy);
- Guardianship; and
- Relief from Abuse/Exploitation/Neglect.

**PLEASE NOTE:** Attorneys cannot help you with criminal cases or problems. Your appointment must involve your own problem, and not a question about a family member or friend's problem. All consultations are confidential.

#### WHERE IS IT?

The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091.

#### WHEN IS IT?

Friday, June 26, 2020, from 9:00am until 4:00pm. This clinic is by appointment only. All appointments are 45 minutes long. Please call the Thompson Senior Center at (802) 457-3277 for more information. Spots fill quickly, but there will be a waiting list!

**Sponsored by your local Area Agencies on Aging**

# CREATIVE AGING

## Looking for a Good Book?



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

### ***From Janice Prindle:***

*Afterlife* by Julia Alvarez, 2020

At one point near the emotional climax of this profound, lyrical novel, Antonia, who has recently retired and has just lost her husband, ponders how often a milestone in her life has been marked by a major public tragedy. The publication of *Afterlife* on April 7 (the first adult novel from Julia Alvarez in nearly fifteen years) amidst an unfolding pandemic is an eerie case of life imitating art—just as Antonia, a Vermonter of Dominican background, a writer and teacher of literature, appears to be based upon Alvarez herself. Though Alvarez is not a widow, that is where her writer's art rises above any mere imitation of life. Antonia's groping to stir herself out of isolation, to reconnect with others and re-envision her sense of self and purpose, is stunningly accurate (to this twice-widowed reader) and all the more moving for its brevity, poetry and even humor. It is a rare case of an idiosyncratic, particular character deeply and generously representing all humanity, as Antonia wrestles with competing demands she would rather avoid, and that fundamental question: *Who is the most important one?*

### ***From Beryl Spencer:***

*The Professor and the Madman*, by Simon Windiester, 1998

This is a fascinating true account of the creation of the "NEW ENGLISH DICTIONARY ON HISTORICAL PRINCIPLES" or in short – a complete dictionary of the English language. It took 70 years to compile with the aid of volunteers who helped research origins and histories of specific words. Work started in 1857 under the direction of Dr. James Murray of the British Philological Society.

In 1872 Dr. W.C. Minor, an American physician and Civil War Veteran, committed murder in Lambeth Marsh, London. He confessed to the crime and spent over 20 years in an asylum for the criminally insane. This book is a fascinating account of a 20 year long collaboration in the production of the dictionary between two strangers.

*Paper Money*, by Ken Follet, 1977

Ken Follet states in his Introduction that, unlike *Eye of the Needle* and other books, this book was of small sales but the plot is the "cleverest I have ever devised". There is not a single protagonist to follow throughout the novel and all events occur in a single day. It is a fun read

***Have a book review to share? Send it to [jbloch@thompsonseneiorcenter.org](mailto:jbloch@thompsonseneiorcenter.org) for our June Newsletter.***

## **NEED A LIBRARY CARD? GET ONE FREE FROM NWPL**

If you don't already have a library card and want one, please email our circulation desk and we'll get one to you. Cards are free for six months to help people take advantage of e-books, audiobooks, online class and resources during the coronavirus pandemic.

email: [circulation@normanwilliams.org](mailto:circulation@normanwilliams.org)

## **Free Coloring Pages by World Folk Artist, Willow Bascomb**

Artist Willow Bascom's world folk art coloring pages are now available for the asking. Her unique art designs are based on her exposures to a variety of world cultures and can provide hours of enjoyment. Email Willow at [WillowBascom@gmail.com](mailto:WillowBascom@gmail.com) with COLORING in the subject line and she will email back with free coloring pages



# AGE WELL

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

## Local Grocery Shopping Options During COVID-19 Community Response

Barnard General Store is 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 [barnardstore@gmail.com](mailto:barnardstore@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](http://woodstockfarmersmkt.com)

Thompson Center volunteers are in place in all of the communities we serve to help shop for and deliver vital necessities. Thompson volunteers will typically shop on Tuesdays and Fridays – those days are subject to change based on volunteer availability - and ample advance notice is requested by calling The Thompson Center.

Each town has resources and plans in place to assist people during their time of need. In the event of needing more support please call your town's emergency phone number listed on page 2.

### Grocery Store Hours

<b>Walmart</b>	Special hours for high risk and individuals 60+ 6-7am, Tues order groceries online <a href="https://grocery.walmart.com">https://grocery.walmart.com</a> for delivery to your car
<b>Shaws</b>	Special hours for high risk and individuals 60+ 7am-9am, Tues and Thurs
<b>Price Chopper</b>	Special hours for high risk and individuals 60+ 6am-7am, daily
<b>Hannaford</b>	Special hours for high risk and individuals 60+ 6am-7am, Tues-Thurs
<b>BJs</b>	Special hours for high risk and individuals 60+ 8am-9am, daily
<b>Co-op Food Stores</b>	Special hours for high risk and individuals 60+ 8am-9:30am, daily

The **Vermont Foodbank** is taking all measures possible to ensure we can be there to help people access food during this challenging time. If you or someone you know is in need of help getting food, they can help. The following list will help you access food and programs that best fit your needs:

**3SquaresVT** – Has your household lost pay? 3SquaresVT is here for you and your family. You could be eligible to receive a 3SquaresVT benefit or increase the benefit you already receive. We can help you apply. Visit our 3SquaresVT page, email [3svt@vtfoodbank.org](mailto:3svt@vtfoodbank.org), call 1-855-855-6181 or text VFBSNAP to 85511

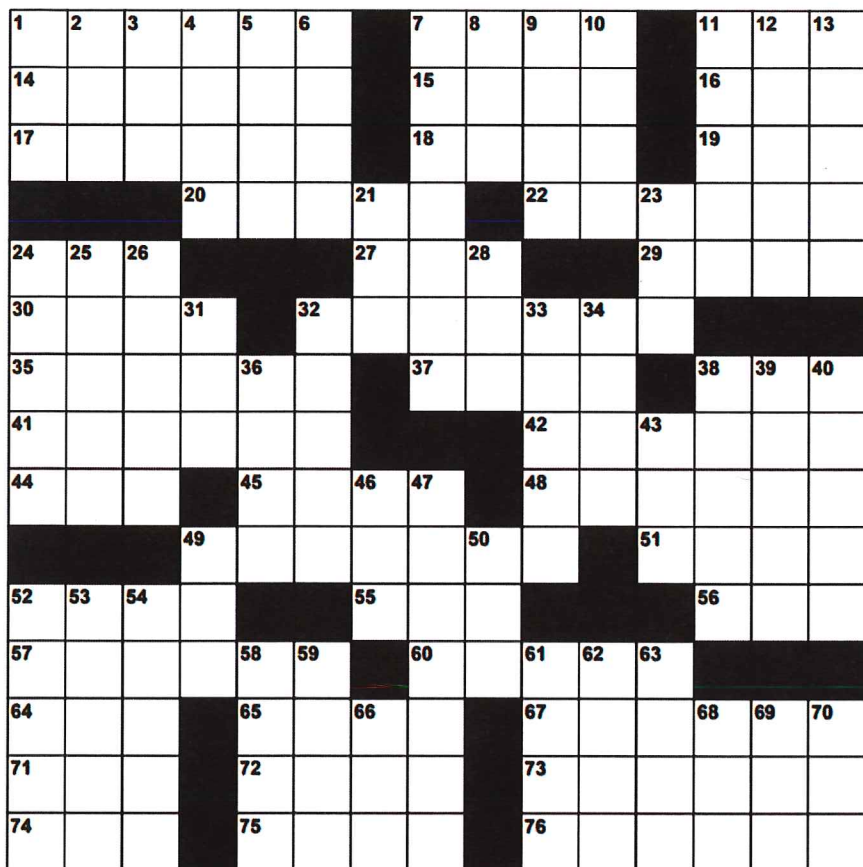
**CSFP** – The Commodity Supplemental Food Program (CSFP) is a federal nutrition program which offers free monthly nutrition information and nutritious foods to income-eligible older adults.

**Find a food shelf** – The Vermont Foodbank partners with 215 food shelves, meal sites, senior centers, homeless shelters and out of school programs across the state. Find a site close to you through our food shelf listings.

**VeggieVanGo** – The next VeggieVanGo at Woodstock Union Highschool parking lot will be on **May 7<sup>th</sup>, 9:15am – 10:15am**. Please stay in your cars and follow directions from parking lot volunteers.

For more information visit [vermontfoodbank.org](http://vermontfoodbank.org) or call 1-800-585-2265 , Email: [info@vtfoodbank.org](mailto:info@vtfoodbank.org)

**Woodstock Community Food Shelf** hours are Monday 4-6 pm, Wednesday 1-3 pm, and Saturday 10-12 pm. 802-457-1185. All are welcome.



## ACROSS

- 1** Control  
**7** Brisk  
**11** Enact  
**14** Ancient Greek city  
**15** Region  
**16** Water closet  
**17** Constellation  
**18** Place to rest  
**19** Weapon  
**20** Impressionist painter  
**22** Parents and children  
**24** Accountant  
**27** Sun's name  
**29** Totals  
**30** Professional football team  
**32** Underground well  
     necessity  
**35** Steep  
**37** Eye liquid  
**38** Morning moisture  
**41** Season after winter  
**42** Come out  
**44** Remit  
**45** Ocean movement  
**48** Mother \_\_\_\_  
**49** Shout of joy

- 51** Old  
**52** Homeless person  
**55** Congressional vote  
**56** Pigpen  
**57** Source  
**60** Legends  
**64** Sticky black substance  
**65** Less than usual in size,  
     power or character  
**67** Lubricators  
**71** Limited (abbr.)  
**72** Double-reed instrument  
**73** Opp. of singular  
**74** Affirmative  
**75** Optical device  
**76** Stabilize

## DOWN

- 1** Chinese seasoning  
**2** Imitate  
**3** Surface to air missile  
**4** Prune  
**5** Volcano  
**6** Precipitation  
**7** Exiled (2 wds.)  
**8** Unrefined metal  
**9** Green part of tree  
**10** Information  
**11** Chilly  
**12** Might  
**13** Frozen pizza brand  
**21** Lawyer's title  
**23** Deface  
**24** Brisk  
**25** South American plain  
**26** Cupboard or pantry  
**28** Tell a tall tale  
**31** \_\_\_\_ Lanka  
**32** Armor plate  
**33** Matador's passes at bull  
**34** Writer Bombeck  
**36** Preposition  
**38** Medicines  
**39** Heron

- 40** Overgrown  
**43** Estimated time of arrival  
**46** Mother's \_\_\_\_  
**47** Foes  
**49** Shoat  
**50** No  
**52** \_\_\_\_ disputed  
**53** Speak in public  
**54** Winged animals  
**58** Movie star  
**59** Northeast by east  
**61** Crests  
**62** Sword handle  
**63** Swerve  
**66** Day of wk.  
**68** Time period  
**69** Radiation dose  
**70** Cunning



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

## CURBSIDE PICK-UP & MOW MENU - May 2020

Mon	Tue	Wed	Thu	Fri
				<b>1</b>
				Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Fresh Fruit Salad
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Chef Salad w Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Curd Bars	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries & Cream Roll	Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens Salad, Cookie w/ Fruit	Orange Tilapia, Rice Pilaf, Sauté Broccoli, Blonde Brownie with Raspberries and Cream
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Mother's Day*</b> Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Lime and Blueberry Pie	Tossed Salad Spinach, Artichoke & Cheese Quiche, Roasted Sweet Potato Fries, Fresh Fruit Parfait	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert	Chicken Parmesan over Multigrain Spaghetti, Garlic Bread, Tossed Salad, Fresh Fruit Salad
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Turkey Sandwich on Multigrain Flat Roll, Caldo Verde (Spicy Portuguese Kale and Potato Soup w/ Sau- sage), Warm Mixed Berry Crisp	Tossed Salad, Macaroni and Cheese w/ Ham,, Stewed Tomatoes, Fresh Fruit	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Cookies and Fruit	Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple	Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Dessert
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Memorial Day CLOSED</b>	<b>Grill Day</b> Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Spinach & Cheese Ravioli w/ Meat Sauce, Garlic Bread, Broccoli & Cauliflow- er, Garlic Bread, Fresh Fruit Salad	<b>Birthday Day*</b> Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Roasted Asparagus, Garlic Smashed Potato, Roll, Cake	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Chef's Choice Dessert
		<b>* Vegetarian meals &amp; Gluten Free avail- able daily upon re- quest. Please con- tact our chef in ad- vance. 2% Milk, Cof- fee, tea, and juices available</b>	<b>*Indicates that sign- up/reservations are required (Birthday Day &amp; Special holi- day meals)</b>	<b>Meal Pricing: \$7- charge for those under age sixty \$5-Suggested dona- tion for ages sixty and over</b>

# HEALTHY AGING

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



## Take Tai Chi in the Comfort of your Home!

**All Zoom classes will continue in May except for Saturday, May 9<sup>th</sup>**

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 am**

**Yang 24 Forms Tai Chi Fridays 10-11 am**

**Sun 73 forms Tai Chi Wednesdays 11-12 am**

**Introduction to Tai Chi Saturdays 11-12 am**

For more information, email Anne at: [anniebower@yahoo.com](mailto:anniebower@yahoo.com) or visit her website at [www.anniebower.com](http://www.anniebower.com).

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

## 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.

## Strengthen and Stretch Class through Zoom

**Led by Certified Fitness Trainer, Liz Hatfield  
Tuesday & Thursday, 10:30 am**

Exercise is more important now more than ever to keep our immunity and bodies physically and mentally strong. Liz is now offering online classes via Zoom. The schedule will be every Tuesday and Thursday at 10:30 am until May 28.

### Suggested Equipment:

Dumbbells, Soup Cans (14oz is approx. 1lb), Bag of Beans or Rice (1lb) or Filled Water Bottles

Dish Towel or Pillowcase

**Two Paper plates, Rags or Furniture Gliders/Coaster (NOT RUBBER)**

**12 Plastic cups (e.g. "Solo" cups) - 6 Red & 6 Blue -**  
Linda Grant has left 10 sets at The Thompson in a bag if you would like to pick them up.

For information on how to access the Zoom classes, contact Liz directly at 802-522-9273 or email at [ebhatfield@aol.com](mailto:ebhatfield@aol.com)

## AARP Smart Driver Safety Course Class on June 19 Cancelled



Promo code for 25% discount: **DRIVINGSKILLS**  
Good through: **Aug 31, 2020**

Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

All AARP Smart Driver Safety Courses have been cancelled until July 1, therefore canceling the Thompson Class on June 19<sup>th</sup>. It is likely that The Thompson Center will be scheduling a class this Fall, 2020 pending guidance from CDC and the Vermont governor. In the meantime, for those people who are in need of the class for their insurance discount can take the online course. While the online course fulfills the minimum requirements for insurance companies, it does not discuss Vermont laws and Vermont roads. It is not interactive.



# HEALTHY AGING

## Taking Care of YOU! By Pat Harrison, Registered Dietician

Nutrition and health maintenance have never been more important than now when we are striving to limit our risk in terms of contracting the coronavirus.

What can we do?

Besides the social distancing, (staying 6 feet away from anyone else), staying clear of anyone sick, washing our hands frequently and so on, here are a few quick tips to consider...

**Get adequate rest** – Sleep! Even a little extra rest might help you improve your immunity/resistance to illness

**Drink plenty of healthy fluids** – water, juice & milk can all help you to stay hydrated and decrease the risk of a fall or other medical issues

**Keep a schedule of having healthy meals and snacks on a regular basis** Don't skip meals – help maintain your strength and ability to stay healthy by eating well. Focus on having a variety of foods at each meal – remember the basic 4 food groups? Try to hit them all at each meal.

Dairy – milk, cheese, yogurt

Fruits & Vegetables

Grains – breads, cereal, pasta, rice

Meat (includes poultry, eggs, peanut butter, beans, other protein).

To that end, you may have encountered crowds of people at grocery stores. How do you keep your distance when the store is busy? Some stores have hours when they are open only for seniors – you may want to take advantage of that... or you might ask someone else (ideally younger & healthy) to pick up a few things for you. Without hoarding, here are some good ideas for foods you may want to have handy:

### **Dairy**

- Yogurt has a good shelf life – often it is dated for 1 month+
- Milk – usually is good for 1 week
- Cheese – especially hard cheese like cheddar lasts 2-4 months or 5-6 months if unopened kept in the freezer

### **Fruits & vegetables**

- consider a few fresh fruits on shopping day (apples, pears, bananas, oranges?) but pick up the 4-6 packs of fruits or applesauce to have shelf stable fruits on hand for later

### **Vegetables**

- get a few fresh vegetables, but consider buying bags of frozen vegetables – especially the steam in the bag – they are so easy! You can eat some & refrigerate the remainder for the next day's serving.
- Canned vegetables are ok too – consider getting some spaghetti sauce for a quick spaghetti dinner
- Potatoes & sweet potatoes last a month in the pantry, longer if kept in the refrigerator.

### **Grains**

- pick up some pasta or rice
- Consider getting an extra loaf of bread or a pack of English muffins to put in your freezer
- Get a box of dry cereal or some hot cereal packets for an easy snack or breakfast

### **Meat/Protein**

- Eggs are often dated with a “best by” date of 3 weeks+
- Have some peanut butter on hand
- You may want a few frozen dinners like Healthy Choice or Lean Cuisine (they have less salt)
- Purchase a lb. of ground meat to divide into 4 patties & freeze individually in baggies in the freezer – you can always thaw one or 2 to break up & put into spaghetti sauce.
- Consider a small package of boneless chicken breasts or thighs - similarly divide into portions and freeze
- Pick up a can of tuna fish
- Consider lentils, split peas or beans (dry or canned) for a good protein source – soup?
- Some peanuts or almonds make for a good snack

**Lastly, keep moving** – you may not be able to go outside as frequently as you'd like, but keep busy at home, be active & turn off the news on TV! Try a jigsaw puzzle, read a book, or play a game of solitaire as a more positive experience.

We'll get through this – it's a matter of time. Hang in there and take care.

# UPDATES & RESOURCES



## Tax Assistance Update

The AARP Tax-Aide program is still suspended but will be moving forward with service options that allow for self-preparation or volunteer-assisted self-preparation. A team comprised of volunteers and staff, continues to test elements of the models to make sure they are viable for volunteers and taxpayers; they are also in regular consultation with the IRS. Further details will be provided soon. *Tax-Aide Leader, Althea, is optimistic that if we can resume tax assistance in June, there should be enough time for those with existing appointments to meet the July 15<sup>th</sup> filing deadline. Thompson staff will call anyone who has an appointment when there are details that can be confirmed. Thank you for your patience as we all work through this together.*

## 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.

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

**Call Directly for Assistance, 802-674-7213  
or email: [Samantha.ball@mahhc.org](mailto:Samantha.ball@mahhc.org)**

## 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](http://www.dartmouth-hitchcock.org/aging_resource_center/community_classes_and_events.html)

On that website people can get 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](mailto:info@uvrehab.com) to schedule a virtual visit.

## SUMMER THEATER TRIP UPDATE

Due to the COVID-19 pandemic, both the Weston Playhouse Theatre Company and the New London Barn Playhouse are cancelling their entire 2020 seasons. Both theater companies are working on a reimagined season, one with a variety of dynamic projects that will bring people together for exciting and joyful entertainment. We at The Thompson Center will be working diligently to inform our communities about these entertainment opportunities in the future.

## Travel Presentation Postponed until further notice

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

#### Discover Switzerland, Austria & Bavaria, April 2021, 10 days ~ 12 Meals

A journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries with Collette Travel. 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.

Trip details and a brochure will soon be available!



# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

On the Edge Farm - meat  
 Pete & Gerry - eggs  
 Gloria Martin - eggs  
 Kathy Lynds, face masks  
 Tina Tuckerman - face masks  
 Eileen Orcutt - face masks  
 Silo Distillery - hand sanitizer  
 Jennifer Maxham - face masks  
 Lisa Purvis - chocolates  
 Donna Miles - face masks



## 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

David Darakjy  
 Merrill & Fern Kruse

Evelyn Rowlee-Vittum  
 Edwin English



A Special Thank  
 You to the Vermont  
 Standard for their  
 generous paper donations.

## MAY BIRTHDAYS

1st	Betty	Stetson	10th	Betsy	Wing	23rd	Patricia	March
1st	Kit	Corliss	11th	Richard	Brackett	23rd	Louise	Faherty
2nd	Katherine	Olgati	11th	Mary	Corrigan	23rd	Leon	Dunkley
2nd	Devon	Laycox	11th	Mae	Lewis	25th	Marge	Grob
2nd	Donald	Allen	11th	Barbara	Keszyinki	26th	Sherry	Belisle
3rd	Millie	Cole	11th	Donald	Corken	26th	Siobhan	Wright
3rd	Lynne	Rilleau	12th	Joyce	Breault	26th	Howard	Gould
3rd	Rene	Rowe	12th	Bud	Spaulding	26th	Patricia	Gould
4th	Vivian	Mornis	12th	Jill	Leavitt	26th	John	Wannop
4th	Roger	Scully	13th	Mary	Brand	27th	Barbara	Winkler
4th	Jacqueline	Fischer	13th	Mary	Terry	27th	Jean	Thompson
4th	Stephen	Zsenai	13th	Robert	Forman	27th	Elliott	Kraut
5th	Patricia	Wittasek	13th	Susan	Rubel	27th	Arnie	Powell
5th	Kaitlin	Reid	15th	Patricia	Hanlon	27th	Annie	Rubright
5th	Jody	Himebaugh	15th	Nancy	Doten	28th	Erwin	Fullerton
5th	Joyce	Evans	15th	John	Snyder	28th	Barbara A.	West
5th	Marie	McCarthy	15th	Warren	Jenne	28th	Patricia	Carini
6th	Eleanor	Pizzani	16th	Eleanor	Grice	28th	Jon	Fullerton
6th	Ann	Richardson	16th	Charlotte	Danly	28th	Fiona	Blunden
6th	Janelle	Dunklee	16th	Sharon	Hall	28th	Marilyn	Kalanges
6th	James	Howe	17th	Susan	Thumith	28th	Constance	Campbell
6th	Karen	Mills	17th	Janet	Belon	29th	Ann	Niles
7th	Pauline	Smith	18th	Thomas	Morse	29th	Milton	Hurwitz
8th	Anne	Bower	19th	Phyllis	Kruse	29th	Brian	Maxham
8th	Philip	Bell	19th	Susan	Ford	30th	Daniel	Kenney
8th	Karen	McGee	20th	Cindy	Beam	30th	Phoebe	Standish
9th	Donald	Carr	21st	Susan	Tomlet	30th	Anne	Marder
9th	Titia	Ellis	21st	Carol	Duff	30th	Joseph	Sheperd
9th	Ray	Kennedy	22nd	Rodney	Croft	30th	Dennis	Cogswell
9th	Keith	Niles	22nd	Richard	Schramm	30th	Lori	Leonard
10th	Corwin	Sharp	22nd	Kathy	Beaird	31st	Phyllis	Wood
10th	Sally	Weglarz	22nd	Carl	Thompson			
10th	Roberta	Roy	22nd	Andrea	Alsop			



# 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.thompsonseneiorcenter.org](http://www.thompsonseneiorcenter.org)

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091

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## Beware of Stimulus Check Scams

Your stimulus check will either be directly deposited into your bank account or by paper check in the mail, depending on how you've filed your taxes in the past. Scammers are already using this opportunity to steal the money coming your way or your identity by getting access to your personal information. Beware of the following:

- **Fake Stimulus Checks.** There are fake checks circulating right now. It will take at least three weeks for direct deposits to land and up to 10 weeks for paper checks to arrive by mail. If you receive any checks now, it is a fraud. Telltale signs are checks written in odd amounts or include cents, or a check that requires you to verify receipt online or by calling a number.
- **Facebook, text, or social media messages claiming to get in touch with you.** Scammers are reaching out to people online on social media platforms or by sending text messages with claims they are from the IRS or other government agency and are trying to get in touch with you regarding your stimulus check. Ignore these messages. The U.S. Government will never reach out to you via any social media platform or by text.
- **US Emergency Grants Federation is a fake website.** Scammers pose as a government agency and will send a link to this website or something similar for you to verify personal information. The government does not do this. The government already has the information they need and will not reach out to you for verification of your social security number or other personal identification.
- **Processing Fee.** Scammers pose as the IRS or other government agency claiming you can receive your stimulus check faster if you pay a processing fee. There is no such thing and there is no way to speed up the IRS payment process.
- **Any correspondence with the IRS or U.S. Treasury.** The IRS will never call or email you to verify any personal information. This includes your social security number, bank account number, or anything that allows access to your identity. As soon as you receive a call or email saying they are from the IRS or U.S. Treasury, hang up or trash it.

*To report a scam call or email, contact the Vermont Attorney General's Consumer Assistance Program at 1800-649-2424.*

**Information provided by our friends at COVE (Community of Vermont Elders).**