



The Thompson Times

Your resource to age well

JUNE 2020

Staff Spotlight: In the Kitchen

Although our building has been closed since March 16th, the kitchen has been as busy as ever. Since the beginning of the Covid shutdown, 82 unique individuals have received 2,574 home-delivered Meals on Wheels, and 1,375 curbside take-out meals have been picked up by 203 unique individuals. With all of the wonderful meals coming from the kitchen, we thought you might enjoy knowing a little more about these guys behind the meals. Next month we'll get to know some of the other staff working behind the scenes too.



Chef Ryan has been with us at The Thompson since 2007. He's a graduate of the New England Culinary Institute in Montpelier. He and his family live in Windsor with their two huskies.

Favorite holiday meal to cook at The Thompson: Bastille Day. He likes trying the different menu items that the French table requests.

Favorite food: He doesn't have one and says he likes everything that's why he's a chef, but he does admit that his famous chocolate chip cookies are his favorite cookie.

Favorite sports teams: Red Sox, Celtics, Patriots, and Bruins, of course! He enjoys teasing Ted Staples & Alberto about the Yankees and has been known to give them tissues to dry their tears from time to time.

Favorite memory at The Thompson: He likes playing horseshoes with Norm and "the guys" and has fond memories of the table setting volunteers over the years (now Helen and Mary, but he mentioned missing Gladys Deatte, Bernice Atwood, Phyllis Hickory, and Catherine Adams who all volunteered, "more or less peacefully" but they always had fun)

On Ryan's bucket list: Skydiving! Riding more roller coasters, and swimming in a cage with sharks! Oh my!

Alberto came to the Thompson last year and has been a terrific addition to our kitchen team. He also cleans the building before his kitchen shift. He moved to the United States from Puerto Rico when he was 18 years old. He and his two sons live in North Pomfret.

Favorite meal at The Thompson: Meatloaf

Favorite Sports Team: The Yankees

Favorite things to do besides working: Playing pool, hiking, and having a bonfire

On Alberto's bucket list: Going to Hawaii and having his own cleaning business

Favorite thing about working at The Thompson: The people. He "loves everybody" and just wants everyone to come back.



Thank you, Chef Ryan and Alberto for all that you do!

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*
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Steve Selbo
Joby Thompson
Sandy von Unwerth

Update from Deanna Jones, Executive Director

"WHEN will The Thompson be able to re-open?" is the question on all of our minds. As of this printing, the official word from the State is that senior-focused community services are not authorized to re-open for anything beyond essential services and cannot host any programs (even outside). The Governor's order continues to recommend that older adults age 65 and older "shelter in place." We are working on our re-opening plan that includes required staff training, new safety procedures, and social distancing rules for when we are able to open. We have also purchased a tent that will be used for outdoor space, and we'll be ready to greet you all as soon as we're able to. We can't wait!

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.

Anne and Carla continue to reach out to Caregiver Support group members. OHC is grateful to all patrons who donated cloth masks (PPE). They remain in need of PPE-masks which can be dropped off at the main entrance to OHC. *Thank you for helping us keep our patients healthy and safe in our community!*

COMMUNITY NEWS



Vermont Legal Aid/Legal Services Vermont Presents:
Free Legal Advice Clinic for Eligible Area Seniors (AGE 60+)
Friday, June 26, 9:00—4:00 pm, by PHONE appointment only.
Call The Thompson to schedule your phone appointment.

Vermont Legal Aid and Legal Services Vermont will each have a licensed Vermont attorney available 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.

Sponsored by your local Area Agencies on Aging

Back Yard Composting
Presented by Ham Gillett, Outreach Coordinator
Greater Upper Valley & Southern Windsor/Windham Counties
Solid Waste Management Districts



Act 146 Outreach Coordinator, Ham Gillett discusses the final phase of Vermont Act 148, Universal Recycling Law, which mandates that as of July 1, 2020 food scraps can no longer be disposed of in the trash. To learn about back yard composting, watch a recorded version of his April 29th Zoom presentation which can be found as a link on our website and Facebook page.



2020 Census - Shape your Future
Please Respond Online, by Phone, or by Paper Copy

It starts with each of us doing our part. And how we do this is by completing the 2020 Census questionnaire. You can complete it online or by phone. It is easy, safe and takes around 10 minutes to complete.

Completing the questionnaire allows you to influence the amount of money that comes to Vermont for many of our essential programs...programs that benefit our health and safety, that pay for our roads, for local government, for schools, for hospitals, and for so much more...

All households should receive an invitation with a 12-digit Census ID to go online and complete the questionnaire. But you can complete the questionnaire at any time without the census ID by going to the official Census website, [my2020Census.gov](https://my2020census.gov). When you get there you will see a link: "If you don't have a Census ID, click here". It will ask you for your physical address and from there you can complete the questionnaire.

If you prefer not to use the internet, you can complete the questionnaire by phone! You can call: 844-330-2020 to get help in English. There are 12 other language options for completing the questionnaire as well.

If you have questions, or need help, please call Melissa Roy at 802-210-5383

CREATIVE AGING



Looking for a Good Book?

Nan Bourne is a fan of Rosamunde Pilcher and provides the following review:

The 4 large final novels of Rosamunde Pilcher, an English writer, recently deceased, whose books I find invariably offer both stimulation and comfort; her first best-seller, The Shell-Seekers, published in the early '80's, paved the way for 3 more blockbusters, equally "pagy" (400 pages plus); September, Coming Home, and her final one, published not too long before her death, Winter Solstice. I invariably reread them with enormous pleasure during any challenging time; Hurricane Irene being one, our current pandemic being the most recent. Her settings are alluring; Highland Scotland where she lived after her marriage, & Cornwall where she grew up, inspire her to wonderful descriptions of atmosphere, and her characters are invariably appealing; Pilcher manages to invite us into deep interest in their situations, problems and solutions, leaving us (me, at least) relaxed, contented, also wanting MORE!

Her stories all take place within her own lifetime (1920s — 2000) and many of her plots are inspired by her own life, or by people familiar to her. Like most of the characters in Downton Abbey, another favorite of mine, hers are goodhearted, interesting, thoughtful, and complex. She is an extraordinary story-teller who skillfully conveys a deep range of relationships and emotions, and manages to keep one avidly ready for the next twist in the road. Problems get resolved, but like those in the afore-mentioned Downton Abbey, in an organic, convincing way that seems to leave everyone in some manner altered. I've just finished (once more!) her last one and am trying to decide which of the others I most want to reread!

There are those who would dismiss Pilcher as a "romance writer" with a "Pollyanna" approach to life. I would suggest that it may be "women writers," often scorned for their happy endings, who may offer genuine inspiration & comfort during a difficult, even frightening time. In my view, "happy endings" simply mean resolved problems; and right now we're in dire need of same; and don't anyone tell me there's no such thing as a solved problem!! Grrrr!

Lets Paint Tulips together with ArtisTree!

**Join Finnie in a Zoom room -
Wednesday, June, 10, 1:30 pm**



Finnie Trimpi will guide you through a simple tulip still life. Set up your supplies and paint along or just join us for company and conversation.

*If you need help gathering supplies please connect with the Thompson center and we can work on finding materials for those who may not have supplies at home.

Materials:

- heavy paper - watercolor paper is ideal
- watercolor paints (can be pan tray, tube or liquid watercolor - whatever you have on hand. You can even use water-based markers and plain water to turn your coloring into a watercolor look). If you prefer acrylic, tempera or oils feel free to join us with that too!
- brush(es)
- water, water cup and paper towels

***Optional:**

- painters tape - you can use this to hold your paper in place and create a clean border - completely not necessary if you don't have access to it
- If you want to work from a still life, feel free to buy a lovely bunch of tulips to look at while you are painting ;)

Please email: outreach@artistreevt.org if you want to get an invitation to join! The number is 802-291-0514.

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. Barnard Helping Hands and Barnard BEES have volunteers in place for deliveries.

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

As restrictions in Vermont continue to ease, The Thompson will be limiting our volunteer responsibilities regarding grocery shopping. We ask that you limit your requests to local shopping for necessities only. If you can ask a local family member who can safely provide this shopping for you, please do so.

Macs Market in Woodstock is now providing a specific time for older shoppers to shop on Tuesdays, 8-9am. Please be in touch with Pam to discuss your specific situation and needs as we enter this next phase.

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

Grocery Store Special Hours

Mac's Market	Special hours for high risk and individuals 60+ 8-9am, Tuesdays
Walmart	Special hours for high risk and individuals 60+ 6-7am, Tues order groceries online https://grocery.walmart.com for delivery to your car
Shaws	Special hours for high risk and individuals 60+ 7am-9am, Tues and Thurs
Price Chopper	Special hours for high risk and individuals 60+ 6am-7am, daily
Hannaford	Special hours for high risk and individuals 60+ 6am-7am, Tues-Thurs
BJs	Special hours for high risk and individuals 60+ 8am-9am, daily
Co-op Food Stores	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, 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.

VeggieVanGo – The next VeggieVanGo at Woodstock Union Highschool parking lot will be on **June 4th, 9:15am – 10:15am**. Please stay in your cars and follow directions from parking lot volunteers.

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. **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.

For more information visit vermontfoodbank.org or call 1-800-585-2265, Email: info@vtfoodbank.org

Start to Finish

Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Eskimo canoe.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

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

CURBSIDE PICK-UP & MOW MENU - JUNE 2020				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Chicken Milano w/ Basil and Sun-dried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Strawberry Cake	Grilled Salmon Burger On Multigrain Roll, Potato Salad, Grilled Vegetable Sal- ad, Warm Berry Crisp	Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterra- nean Vegetables Casserole, Citrus Ricotta Squares	Grilled Ham and Swiss Sandwich on Wheat- berry Bread with Tomato, Broccoli and Cheese Potato Soup, Creamy Fruit Salad
8	9	10	11	12
Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Cookie and Fruit	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Tossed Salad, Spa- ghetti & Meatballs, Garlic Sautéed Vegetable Medley Fresh Fruit Salad	Tossed Salad, Bombay Chicken Breast, Scallion Rice, Curried Roasted Vegetables, Pink Lemonade Bars	Tossed Salad, Shepherd's Pie, Vegetable Medley, Apple Pie
15	16	17	18	19
Father's Day Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Lime and Blueberry Pie	Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Brownie with Raspberries and cream	Summer Stuffed Peppers w/ Beef, Brown Rice, Vegeta- bles, Tossed Salad, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit	BBQ Pulled Pork on Sandwich on whole wheat Roll, Sweet Potato Fries, Cole- slaw, Fresh Fruit Parfait
22	23	24	25	26
Grilled Sweet Italian Sausage w/ Roll, Sautéed Onions and Peppers, Macaroni Salad, Broccoli Salad, Fruit Short Cake	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Fresh Fruit Salad	BBQ Chicken, Pinto Beans, Potato Salad, Cole Slaw, Coconut Cream Pie	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Twice Baked Potato, Roasted Asparagus, Roll, Cake	Grilled Chicken Greek Slaw Sandwiches, Couscous Salad, Strawberry Rhubarb Pie
29	30			
Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Coconut Macaroons w/ Pineapple	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Chocolate Cake	* Vegetarian meals & Gluten Free avail- able daily upon re- quest. Please con- tact our chef in ad- vance. 2% Milk, Cof- fee, tea, and juices available	*Indicates that sign- up/reservations are required (Birthday Day & Special holiday meals)	Meal Pricing: \$7- <u>charge</u> for those under age sixty \$5-Suggested dona- tion for ages sixty and over

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

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

Sun 73 forms Tai Chi Wednesdays 11-12 am

Yang 24 Forms Tai Chi Fridays 10-11 am

Introduction to Tai Chi Saturdays 11-12 am

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

Strength, Stretch & Stability Zoom Exercise Class

**Led by Liz Hatfield, Certified Fitness Trainer
Tuesday & Thursday, 10:30 am - 11:30 am**

Motion is Lotion! Now is the time to focus on ourselves. We must stay positive and strong. In the short term, exercise can help the immune system find and deal with pathogens, and in the long term, regular exercise slows down changes that happen to the immune system with aging, therefore reducing the risk of infection.

Join this class, move your body and feel physically, mentally and emotionally better.

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

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.

Scams Spread as Fraudsters Follow the Headlines Get Help to Report Scams and Fraud



To report a scam or to get help if you or a loved one has fallen victim, contact the **AARP Fraud Watch Network Helpline**. If you get a suspicious call, text or email (for example, requesting your bank account number, instructing you to buy a gift card or promising an expensive prize), or if you, a relative or a friend has given money or financial information to someone you now suspect was a scammer **CALL 877-908-3360 or visit www.aarp.org/fraud for more information**



Make Wearing a Mask a Habit

Governor Scott and Health Commissioner Mark Levine, MD reiterated the importance of wearing face coverings as Vermont gradually reopens. Recent evidence indicates masks do seem to reduce respiratory droplet transmission, Dr. Levine said, but compliance must be high for this strategy to work. Taking our masks with us when we go out is as important as is taking our car keys and wallets. Even with a mask, we still need to keep 6 feet between ourselves and other people.

How to Gain Access to Mt. Ascutney Hospital and Health Center Telehealth Services

Mt. Ascutney Hospital and Health Center, (MAHHC) is asking patients of the Hospital and of Ottauquechee Health Center (OHC) in Woodstock, Vermont who have not already done so, to sign up for the myMAHHC Patient Portal, in order to gain access to telehealth services.

These new services through the myMAHHC Patient Portal will offer a safe, convenient way for patients to receive ongoing medical consultations from a medical professional while they stay home to slow the spread of the coronavirus. Hospital staff are currently contacting patients to sign them up, but they encourage people to initiate enrollment at their convenience.

To enroll in myMAHHC, people are asked to have their email address ready, and go to mtascutneyhospital.org/mymahhc-patient-portal to sign up. Or they can call (802) 674-7300, and choose option #3 for the Primary Care Clinic and speak with a representative. Patients using the services of the Ottauquechee Health Center in Woodstock may call (802) 457-3030 to enroll.

Telehealth Virtual Visit Appointments



**Dartmouth-
Hitchcock**

Dartmouth-Hitchcock, Alice Peck Day Memorial Hospital, and Cheshire Medical Center are offering appointments with providers from the comfort and safety of your home.

This means that you are able to use technology such as a telephone, tablet, computer or smart phone to receive medical care from your provider and care team without needing to go to your doctor's office.

For more information visit: go.d-h.org/virtual-visits.

Telehealth Technology Help Line: Toll-Free Phone: (888) 353-3462

Information provided by Dartmouth-Hitchcock Health

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.

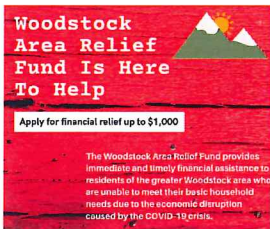
Tax-Aide Leader, Althea, is optimistic that if we can resume tax assistance in June, there should be enough time for those with existing appointments to meet the July 15th filing deadline. Thompson staff will call anyone who has an appointment when there are details that can be confirmed. Thank you for your patience as we all work through this together.

Advance Directive Assistance is Available

The Thompson Center's group of trained and caring volunteers will be resuming Advance Directive assistance remotely. Please contact The Thompson Center if you would like a remote appointment with a volunteer and you will be contacted directly by Meg, Judy, or Anne. They will determine the best type of appointment be it via phone, Zoom, Facetime, or conference call, that works best for you. After your initial call to The Thompson, a staff member will send an Advance Directive form and a booklet from the Vermont Ethics Network to help you prepare for your appointment.

NWPL Update as of May 18, 2020

The Norman Williams Public Library has begun a "Stage 1" plan consisting of "curbside" pickup. Please visit their website for information on how to check out books and materials "curbside." Click on this link for their full newsletter and further information about their Stage 1 "curbside" pickup, including how, when, and where.



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. To apply go to: www.woodstockarearelieffund.org or call 802.281.9902

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 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.

Update from Ottauquechee 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.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Judi & Greg Greene - puzzles
 Betty Frederick - greeting cards
 Eileen Orcutt - face masks
 Paula Audsley - material for face masks
 WUHS Agriculture Dept and John Hiers - tomato plants
 Victoria Pringle - face masks

A Special Thank You to the
Vermont Standard
 for their donation of newspapers.

Thank you
to our Meals on Wheels
sponsors for a day



Williamson
 Group
Sotheby's
 INTERNATIONAL REALTY

IN MEMORY OF

Carl Taylor

Alden & Mary Fiertz

Richard Leonard Jr.

Dennis & Julie Murphy

A Special Thank You to
Billings Farm and Museum
 for their generous help folding and labeling April & May newsletters

JUNE BIRTHDAYS

1st Ernest Harper	10th Rebecca Nash	23rd Arthur Skerker
2nd Carol Nettleship	13th Eldon Thompson	24th Harmony Johnson
2nd Larry Luce	13th Jean Garren	24th Linda Labriola
2nd Nancy Bebo	13th Courtney Maxham	24th Rita Scully
3rd Lorraine Dayton	13th George Michaels	25th Ann Debevoise
3rd Linda Hitchcock	13th Amanda Maxham	25th Betty Jane Curry
4th Carole Pye	14th Bette Anne Sailer	26th Doris LeBaron
4th Khorshed Randeria	14th Betty Walker	26th Meg Matz
5th Janet Herrick	15th Mary Sharpe	28th Carol Mosher
5th Timothy Maxham	15th Polly Fullerton	29th Susan Lewis
6th Jennifer Martel	17th Robert Topolski	30th Gretchen Cole
6th Missy Cunningham	17th Lillian Weed	
7th Jane Curtis	17th Sharon Earn	
7th Jack Rasmussen	19th Mae Knudson	
7th Suzy Malerich	19th Joanne Bates	
7th Carl Wulfestieg	20th Sandra Pariseau	
8th Noreen Huff	21st Louine Walker	
8th Roy Aloisio	21st Ronald Weglarz	
8th Jennifer Carpenter	22nd John Mathews	
8th Sheryl Hoener	23rd Cynthia Hewitt	
9th Ralph English		
9th Michael Levengood		





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

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

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.

Prefer Electronic Version of Newsletter?

Did you know that you can receive The Thompson Times Newsletter in an electronic version? Please email Jen if you would like to change your delivery option at

jbloch@thompsonseneiorcenter.org

Thank You to Our Transportation Sponsors and Grants



Ottauquechee
Plumbing & Heating
802-457-1795



The Ellaway Group
Simplify your life



Dead River
Company



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