



The Thompson Times

Your resource to age well

JULY 2020

Staff Spotlight: Pam & Siobhan, thank you for all that you do!



Pam Butler: During this period of extended shutdown, if you've had any need for groceries, medications, or even a friendly call, you've probably talked to Pam. Pam is our program director and has been at The Thompson for 12 years. During normal times, she plans interesting programs, works out endless details on fabulous trips, and communicates and plans with many instructors to bring us the best classes and opportunities for learning and life enrichment. We're so thankful for Pam and all that she does and now during these days of COVID, we appreciate her skills on a new level. Pam has been overseeing many daily check-in calls, organizing the grocery shopping, and in general finding a way to meet any need that comes up. Pam and her husband, Stan, live in Barnard with their beloved yellow lab, Josie.

Favorite thing about working at Thompson: *The daily interaction with people who have become like extended family. What moves me most is the lifetime friendships -- people who grew up together and raised their families together and continue to nurture these friendships through congregated meals, reunion meetings and traditional gatherings.*

Favorite Thompson memories: *The variety of dinner programs like our Spring Fling, Italian Dinner night, Marko the Magician and always the volunteer recognition celebration, and pranking with staff members!*

"Two programs stand out in my mind as most memorable, and there have been many: An evening with Meteorologist Mark Breen from VPR because I am a weather fanatic, and Robert Hagar's presentation on the top 10 news stories over his illustrious 40 year career with NBC. Fascinating!"

Hobbies & bucket list: *Anything with snow - snowshoeing, snowmobiling. Hiking and paddle boarding in summer. My bucket list is easy; owning a motorhome and touring the country with my husband Stan and our lab Josie. And, my bucket list will always include a bucket of labs.*

Siobhan Wright: If you've received Meals on Wheels, ordered a take-out meal, or volunteered these past few months, you've definitely talked to Siobhan. Siobhan is our Meals on Wheels and Transportation Coordinator. She has worked every day throughout the shutdown to pack the meal bags, organize routes, schedule volunteers, and distribute meals. Siobhan (or *Show-be* as Alberto calls her) has been at the Thompson for 11 years. In normal times, she also schedules rides and manages the front desk in our entryway. For almost 10 years, Siobhan worked in the kitchen with Chef Ryan and most people remember her pies, desserts, and especially our beautiful tea party treats!

Things you might not know: *Siobhan and her husband, Ross, fell in love with Barnard and moved to Vermont 19 years ago from New Jersey with their 3 kids. Siobhan worked for 7 years at the Barnard General store before Pam encouraged her to come to the Thompson. She worked in the kitchen with Linda at the time.*

Hobbies and favorite things to do: *Time spent with grandchildren, Noah and Hunter. Siobhan says "grandsons are pure joy!" Time at the lake and on the beach at the ocean.*

Favorite thing about working at The Thompson: *"A year and half ago Deanna gave me the opportunity to move away from the kitchen (and washing dishes) to the front desk to coordinate Meals on Wheels and rides. Now I get to see more people face to face, and I can't wait to see everyone again!"*

First steps to
re-opening senior
centers announced.
See page 5

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

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Steve Selbo
Joby Thompson
Sandy von Unwerth

Emergency Operations Guidance to COVID-19

Woodstock Emergency Management hotline (**June 12th Update**):
Woodstock has closed the Emergency Operations Center (EOC) that was
opened due to COVID-19. Emergency response and assistance is still available
as is the hotline number 802-457-7516. If the need arises anytime moving
forward, the EOC will reopen.

Bridgewater Emergency Mgmt Coordinator, Josh Maxham: 802-299-8428

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

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

For state information & resources dial 2-1-1

For online information visit [cdc.gov](https://www.cdc.gov)

Local Grocery Shopping as of June 15th:

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.

Barnard General Store is still offering Curbside Pick-Up & Delivery
requested by older Barnard residents who are quarantined or self-isolating.
Call the store or visit www.bgsvt.com.

Woodstock Farmers' Market is open as of June 9th. "Phase One" shopping
hours are Tuesday-Sunday (closed Monday) from 11 am—5 pm. Farmers'
Curbside online shopping service is still available for those who prefer not to
shop in the store. Visit www.woodstockfarmersmarket.com to learn what to
expect when you shop.

VeggieVanGo—the next VeggieVanGo at Woodstock Union Highschool
parking lot will be on **July 2nd, 9:15 am - 10:15 am**. Please stay in your cars
and follow directions from parking lot volunteers.

Update from Carla Kamel and the Community Health Team

Community Care Coordinator, Carla Kamel, is available for support in navi-
gating 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!

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 & EVENTS

Stay Connected and Stay Safe during COVID-19

Join the Community of Vermont Elders (COVE) every other Wednesday for a discussion of the latest information about scams, fraud, and general safety. We will share what we know and do our best to answer your questions. Learn more about what you can do to protect yourself and your loved ones during this public health crisis.

Have questions you'd like to ask ahead of time? Need help getting connected ? Email: marichel@vermontelders.org

Join by Phone by Calling: 408-428-9388; Access Code: 298 225 125

Join Online via WebEx:

<https://meetingsamer2.webex.com/meetingsamer2/j.php?MTID=m04dfabdfb36d8de0a475ffa5d14fa048>

Meeting Number: 298 225 125

Password: cove802

Need Help with Online Meeting Programs? COVE is offering help!

If you are feeling unsure of how to connect to Zoom, WebEx or other online platforms, COVE can help. We will set up a time to do a 1-on-1 call with you to help you navigate the system and learn how to connect. Online meeting platforms can be intimidating, and knowing how to do what and when can overwhelm any of us. Please reach out and we will set up a time to do a walk through and trial run on the system you are trying to use. Stay Connected! To set up a 1-on-1, email marichel@vermontelders.org or call (802) 595-9872.



A Vermont Humanities Council on Aging Digital Program: The Surprising History of Common Garden Vegetables



Common garden vegetables have long and fascinating histories. Science and history writer Rebecca Rupp will discuss the stories behind many of our favorites, including Vermont's own Gilfeather turnip and Early Rose potato. Find out how George Washington was nearly assassinated with a plate of poisoned peas, and what Benjamin Franklin thought of asparagus.

Rebecca's presentation will be available on the **Digital Programs section of their website** at www.vermonthumanities.org/podcast-garden-vegetables/

VIRTUAL- Not Quite Jeopardy!
Offered by Dartmouth-Hitchcock Aging Resource Center
Monday, July 13, 3:30 - 4:30 pm

This “Not Quite Jeopardy” game has been created to keep us connected and to exercise our brains! The teams will take turns answering a wide variety of questions. Questions include music, images, art, local interests, and lots of surprises. Join us for a little challenge and a lot of fun!

You will receive a zoom link for this class 60 minutes before the class starts. The zoom link will be sent directly to the email you registered with. To register for this free event, visit www.dartmouth-hitchcock.org/classes_events.



Let's Paint Cacti with ArtisTree
Wednesday, July 15, Zoom in at 1:30 pm

Join Finnie in a Zoom room and she will guide you through simple drawing and painting strategies for a cactus 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.

Please email: outreach@artistreevt.org or call (802) 291-0514 if you want to get an invitation to join the Zoom class.

UPDATE ON RE-OPENING FROM THE DIRECTOR

Dear Friends,

The Governor has just announced that Senior Centers could begin the process of re-opening. While we're so excited to hear this news, there are many safety measures that must be implemented before we can actually re-open. Although we had already begun planning for this day, we only received the official state guidance for this process on the day of the Governor's announcement. Senior Centers must individually assess their readiness, develop their re-opening plan based on the guidance received from the state, and safely implement this plan before they can re-open. We are at step one of that process and are currently assessing our readiness and continuing to develop our plan. **We plan to thoughtfully move forward and intend to re-open for limited phase 1 programming on Monday, July 13th.**

Here is a starting point in understanding our plan to safely and slowly re-open The Thompson building in compliance with the state guidelines:

Training & Guidance

- Thompson staff have all completed necessary Vermont Occupational Safety and Health Agency (VOSHA) training for all those working amid the COVID-19 pandemic.
- We follow all recommendations and protocols offered by the Department of Disabilities, Aging and Independent Living (DAIL) and the Vermont Department of Health.
- As members of the National Institute for Senior Centers and Meals on Wheels America, we are following best practices learned through those organizations and share our expertise also.
- Chef Ryan has completed the updated ServeSafe Food Safety training.
- Staff training for new procedures for checking temperatures, logging participant visits, and managing social distancing while participants are on-site will take place on July 9th & 10th.

Protocols and Procedures

- New procedures will include pre-screening of all participants, facial masks for everyone, touchless temperature checks, hand sanitizing stations, physical spacing, and smaller group sizes as recommended by the state.
- All frequently touched surfaces throughout the Center will be sanitized often, every day. Furniture that can't be sanitized between uses will be removed temporarily. Set-up of rooms will accommodate safe physical distancing.
- Reservations will be required for all programs until further notice and a daily record of each person who attends programs or visits the building will be mandatory.
- Because the population we serve is considered most at-risk, we will only proceed with the highest standards of safety. We expect that recommendations and guidance may change, and we will adjust our planning as needed.

Building and Grounds

- We are putting up a large 20 x 30' canopy tent offering new outside space for programming.
- Each space in our building will indicate a safe capacity to accommodate social distancing. Reservations will be required to ensure pre-screening and capacity rules are followed.
- We may have floor stickers in place for safe physical distancing during group activities. Deanna and other staff members or volunteers are required to monitor programs for compliance with safe social distances.

Programming

- We are only allowed to offer programs where safe distancing rules can be followed. Examples might be Tai Chi, Strength & Fitness, Bone Builders, or a Paint-n-Sip under the tent, or horseshoes and cornhole in the back yard. Meals and table games like cards, Mah Jong, or Bingo when participants sit in closer proximity will not be allowed in Phase 1. You can expect that programs will need to be phased in a few at a time or on different schedules to accommodate required social distancing.
- All programs will require reservations until further notice.
- Some classes and programs will be online depending on the class ability to host online and space needs at the Center.

Meals

While it is still unknown when we can re-open our dining room, curbside take-out meals and home delivered Meals on Wheels will continue. We hope that our outdoor tent may allow for some small group summer BBQs and take-out picnic opportunities, but unfortunately that will not be part of Phase 1 of re-opening.

Transportation

We anticipate limited transportation will begin on July 13th, but have to be ready to comply with safety and cleaning guidelines. Riders must sit in the back of the car (not in the front seat) and the driver and riders must wear masks. No more than 2 people are allowed in a vehicle at one time (including the driver).

I know this does not provide all of the answers that we would like, but I hope that this does give you an idea of the procedures we have to implement. And, it gives a starting point to getting us back together in some capacity in a few weeks! We can't wait! More information and schedules will be shared in the coming weeks.

All our best to each of you, and we hope to see you soon,
Deanna and The Thompson Board and Staff Team



THINGS TO REMEMBER WHEN GOING THROUGH TOUGH TIMES

1. Everything can – and will – change.
2. You've overcome challenges before.
3. It's a learning experience.
4. Not getting what you want can be a blessing.
5. Allow yourself to have some fun.
6. Being kind to yourself is the best medicine.
7. Other people's negativity isn't worth worrying about.
8. And there is always, always, always something to be thankful for.

Provided by Thompson friend and volunteer, Linda Grant

SUDOKO

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OX TAILS

Across

- 1 Burst of energy
- 6 Assist crookedly
- 10 Cathedral recess
- 14 Turkish bigwig of old
- 15 Wise old head
- 16 Churchillian gestures
- 17 Surrender site of 1865
- 19 Added stipulations
- 20 Beat the bejeezus out of
- 21 "M*A*S*H" procedure
- 23 Friend, in slang
- 24 "Candid Camera" creator Funt
- 25 Ground-rule _
- 29 Discriminatory, in a way
- 32 Banks or Bilko
- 33 Tool with a bubble
- 34 Hirsute Himalayan beast
- 37 "___ Flux" (Charlize Theron movie)
- 38 Talked wildly
- 39 "SOS" pop group
- 40 FYI part
- 41 Fan club reading, briefly
- 42 Grand jury's activity
- 43 "The buck stops here" president
- 45 Philadelphia university
- 46 Lucy and Ricky's landlady
- 48 Philosopher ___-tzu
- 49 Emerald Isle accent
- 51 Italian noblewoman
- 56 One of the Pentagon's five

- 57 Malady most common among children

- 59 School attended by 007

- 60 Rwandan ethnic group
- 61 Be crazy about
- 62 Call to the first in line
- 63 Pindaric works
- 64 Place with a "vacancy" sign

Down

- 1 Often-filtered mail
- 2 Bearded Smurf
- 3 Snail-mail co.
- 4 Greek P's
- 5 Like potential circus animals
- 6 Baseballer with a star insignia
- 7 Hold back, as breath
- 8 Diva's problem
- 9 Contact by cell phone, in a way
- 10 Is of value to
- 11 Common place for a hockey thug
- 12 Marsh plant
- 13 Krupp Works city
- 18 1/640 square mile
- 22 Commuter option
- 25 Refusing to listen
- 26 Cookie since 1912
- 27 Hardly conventional
- 28 Clearance sale container
- 29 Dwarfs count
- 30 Nights, in ads
- 31 Struck out

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- 33 Clark's Smallville crush
- 35 Cugat ex Lane
- 36 Movie critic Pauline
- 38 Lens holder
- 39 "___ you nuts?"
- 41 Bantu language
- 42 Mets, Jets or Nets
- 44 University big shot
- 45 Like a damp cellar
- 46 Buddy who played Jed Clampett
- 47 Cornball

- 48 Center of activity
- 50 Recording studio effect
- 51 Mention as a reference
- 52 Inner: Prefix
- 53 Dick and Jane's dog
- 54 Really ticked off
- 55 Rink leap
- 58 1963 Paul Newman movie

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

CURBSIDE PICK-UP & MOW MENU - JULY 2020				
Mon	Tue	Wed	Thu	Fri
		1	2	3
Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over	* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	CLOSED Extra meals will be sent in advance for Meals on Wheels. No Curbside meals on Closed days.	CLOSED	CLOSED
6	7	8	9	10
Puerto Rican Chicken and Rice, Caribbean Vegetable Stew, Coconut Pudding	Tossed Salad, Jamaican Jerk Pork Chops, Basmati Rice, Sautéed Peppers, Cherry Clafoutis	Chicken Milano w/ Basil and Sundried Tomatoes served over Penne, Tossed Salad, Fresh Fruit Salad	CLOSED Staff Training Days	CLOSED Staff Training Days
13	14	15	16	17
Grilled Glazed Ham Steak, Summer Potato Salad, Sweet Pepper Panzanella Salad, Cake w/ Berries and Cream	Salisbury Steak, Gravy, Mashed Potato, Green Beans and Carrots, Apple Crisp	Tossed Salad, Cacciatore Chicken Breasts over Penne Pasta. Crusty Bread, Fresh Fruit Salad	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker Salad, Sweet Potato Fries, Strawberry Rhubarb Pie	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Coconut Chocolate Chip Cookies and Fruit
20	21	22	23	24
Egg Roll Noodle Bowl w/Pork, Cabbage, Carrots, Spinach Salad with Asian Salad Dressing, Mandarin Orange Delight	Mediterranean Shrimp Linguine, Vegetable Medley, Garlic Bread, Fresh Fruit Salad	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's choice dessert	Birthday Day Grilled Brined Turkey Breast with Spanish Spice Rub and Sour Orange Sauce, Roasted Spanish Potatoes, Tangy Cabbage & Poblano Slaw, Roll, Cake	Tossed Salad, Macaroni and Cheese w/ Ham, Stewed Tomatoes, Fresh Fruit Salad,
27	28	29	30	31
Kung Pao Sloppy Joes on Whole Wheat Roll w/ Broccoli Cauliflower Kale Slaw. Sweet Potato Fries, Fresh Fruit Parfait	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/ Fruit	Pasta & Broccoli Sausage Simmer, Tossed Salad, Fresh Fruit Salad	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Roll, Peach Rhubarb Coffee Cake	Reubens, Beer Battered Onion Rings, Mediterranean Vegetables, Fruit Salad

ACTIVE AGING

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

Watch for updates about exercise classes and Tai Chi in our tent beginning after July 13th. Schedule to be determined.

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 am

Sun 73 forms Tai Chi Wednesdays 11-12 am

Yang 24 Forms Tai Chi Fridays 10-11 am

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

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



VIRTUAL Online Biking Workshop, Tuesday, July 14, 1:00 pm

Local Motion's Everyday Bicycling Workshop is intended for anyone and everyone who is interested in getting back on their bike, expanding their biking comfort level, or looking for a refresher on bike safety and rules of the road. Everyday Bicycling doesn't mean riding your bike every day - it means using your bicycle to do those everyday trips that we all make, from going grocery shopping, to getting to work, or even picking up the kids from school.

In just one short hour, participants in our Basic Everyday Bicycling Workshop learn:

- What gear you need (and don't need) to stay safe and comfortable
- How to make sure your bike is in good shape for commuting
- How to map out a route that fits with your available time and comfort level
- How to "read" the street and ride safely under a range of conditions

The Everyday Bicycling Project is generously funded by the VTrans GoVT project and is free to all participants. The workshop will be held as a webinar to give participants an opportunity to ask questions about their own biking goals and about biking tips in general. Pre-registration is requested by using this link www.localmotion.org/thompson_senior_center or calling The Thompson Center by July 9th.

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 www.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.



Dartmouth-Hitchcock

Telehealth Virtual Visit Appointments

Dartmouth-Hitchcock, Alice Peck Day Memorial Hospital, and Chesire 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

Foot Clinic Update

We were hoping to find another option for foot care during this time of shut down but at this time VNH has no options to provide foot clinics or alternatives for their patients and Senior Center clients. The foot clinic program has been suspended and VNH will re-evaluate the needs of the community to determine how they can structure a more effective care team to deliver services.

UPDATES & RESOURCES

Tax Assistance Update

AARP Vermont Tax-wise is unable to assist with tax preparation this year because of the liability and process required for doing taxes remotely. SEVCA is providing remote tax services and their number is 800-464-9951. Please call The Thompson if you have questions, to pick-up SEVCA forms, or for referrals to other options.

Transportation

For rides before the Thompson re-opens, you can contact the area transit provider, Stagecoach, for medical appointments or wheel chair lift rides. West Lebanon shopping trips will resume on July 15th. Limited rides through The Thompson will resume on July 13th. Limited West Lebanon Shopping is targeted to resume on July 15th.

<https://stagecoach-rides.org/> or (802) 728-3773

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.



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.

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

IN LOVING MEMORY & APPRECIATION

IN MEMORY OF

David Crocker

Andrew Smith

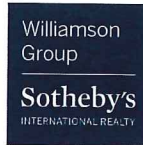
Barbara & Richard Poznysz

Kathryn Lancaster

Atha Hilliard

Sarah Ritchie

Thank you
to our Meals on Wheels
sponsors for a day



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

IN APPRECIATION

Standish Family - medical equipment

Teago Store - groceries & paper products

Linda Markwell - medical equipment

Margaret Bradly - books

Newsletter folding volunteers

Barbara Butler - k-cups

Susan Palmer-Wetherald - medical equipment

Estate of Margaret Thomas - medical equipment

A NOTE ABOUT ITEM DONATIONS :

So many people have been very generous during this time of shutdown with good intentions in dropping off things like books, tapes, magazines, yarn, and much more as they cleanout. As much as we appreciate these donations, we are unable to accept any further donations unless they pertain to things we currently need or can easily distribute, like masks, gloves, hand sanitizer, & medical equipment. Please do not drop off items on our porch or back ramp without talking to a staff member in advance. Thank you for your generosity and understanding

JULY BIRTHDAYS



1st John Gravel	8th Howard Jonas	16th Wendy Wannop	24th Robert McFadden
1st Nina Borzekowski	9th Rosemary Smith	16th Janice Barron	24th Karen Lasky
1st Brian Powell	9th Zaela Strong	16th Judy Williamson	25th Claire Dibble
1st Doug Warren	9th James Leonard	18th David Doubleday	25th Lloyd Osmer
1st Mary Bourgeois	10th Louis Carini	18th Airell Jenks	25th Nancy Anderson
2nd Barbara Kelley	10th Norma Bradley	18th Karen Purviance	25th Barbara Simon
2nd Kimberly Christensen	11th Lene Bennett	19th Edwin English	25th Harriett Worrell
2nd Leslie Friedman	11th Joan Lang	19th Ralph Ward	26th Sally Kesseli
2nd Cora Koop	12th Susan Maxham	19th Lois Lacaillade	26th Richard Cole
2nd John Gilbert	12th Joanne Keyler	19th Ralph Corette	26th Patricia Brent-Sorenson
3rd Neil Jillson	13th Robert Griggs, Jr	20th Joanne Hershey	27th Jackie Durkee
3rd Mary Holland	13th Rollin Rice	20th Michael Mongulla	27th Karen St. Arnaud
3rd Dianne Bumps	13th Eric Piper	21st Joseph Herrick	27th David Westphalen
4th Silvana Serravezza	14th Gerry Fields	21st David Sleeper	28th Thomas Watson
4th Mary Waters	14th Lysle Chase	21st Marcelle Derevensky	28th Janice Fleetwood-Bean
5th Gordon Worth	14th Nancy Schullinger	21st Eileen Wishnia	28th Gordon Holmes
5th Albert Pristaw	14th Jennifer Brock	22nd Fern Kruse	30th Nancy Pike
5th Linnea Minard	14th Chris Prior	22nd Holly Levison	30th Rachel Bosse
5th Joe Dinatale	15th Rob Jones	22nd Joan Cota	31st Pam Butler
6th Norman Martin	15th Judith Topolski	23rd William Barrows	31st Carl Hurd
6th Joanie Metcalf	15th John Sailer	23rd Anne Dean	31st Bob Hazen
7th Carol Rauscher	16th Priscilla Pannell	23rd Anne Marinello	31st Susan Robertson
7th Judith Pierce		23rd Deirdre Crowley	
8th Bud Futschik			



The Thompson

Your resource to age well

Woodstock Area Council on Aging
99 Senior Lane
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(802) 457-3277
FAX: (802) 457-1259
www.thompsonscenter.org

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

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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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jbloch@thompsonscenter.org

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