



The Thompson Times

Your resource to age well

AUGUST 2020

Staff Spotlight: Administrative Staff



Paula Audsley, Business Manager: Paula has been at The Thompson the longest of any Thompson staff member – 17 years! She has touched virtually every part of our program, knows our building inside and out, and tracks our finances through Quickbooks with the most detailed eye. She has managed reporting, recruited volunteers, driven the bus on trips, delivered Meals on Wheels, decorated our building, run the Holiday Bazaar, and so much more.

Favorite thing about working at the Thompson: *Sharing with our Seniors their life stories, friendship, laughter and tears. When my son was in grade school in Barnard I would occasionally pick him up so*

he could join me delivering Meals on Wheels; it gave him an early appreciation of our senior citizens and one of the most important missions of the Thompson – delivering hot meals and checking up on our patrons.

Favorite Thompson memories: *Driving our van full of seniors to local shows, performances and outings and longer trips to such far flung places as Alaska, New York City and Washington DC during which I could get to know some of our patrons so much better. Another favorite memory was when a rather shy, very quiet lady got up at lunch and started yodeling; it was just such a surprise and amazing how well she could yodel!*

Hobbies and bucket list: *Most anything outdoors: fishing, swimming, kayaking, hiking, gardening, long walks with my trusty yellow lab, Pippa and quilting for indoor activities. I recently crossed off my bucket list zip lining (exhilarating)! A trip to Hawaii might be next and exhibiting quilts nationally.*

Jen Bloch, Marketing Coordinator: Jen has been The Thompson's marketing coordinator for 6 years. In this role she has created hundreds of beautiful program flyers, newsletters, posters, website content, and ads that shared critical information about The Thompson with our participants and supporters. Jen also worked with us for a year as our volunteer coordinator a few years prior, and we were so glad to have her come back to us in the marketing role. Jen and her husband, Dave, live in Woodstock with their three sons Evan (20) Christian (18) and Austin (15) and their sweet lab named Ollie.

Hobbies: *I love to read, garden, bake, hike, and get to the beach whenever possible.*

Bucket list items: *A family trip to Scotland, Ireland and Germany (my ancestral background).*

Favorite memories at The Thompson: *My favorite time at the Thompson is during the holidays where it's so festive and cozy. I especially look forward to our holiday meals and spending time with fellow staff during our holiday party.*

Favorite meal at the Thompson: *Hands down the Mac and Cheese*

Favorite thing about working at the Thompson: *One of the most rewarding things about my specific role is that I have the opportunity to communicate such important information to those who need it most. I can visually enjoy the sense of accomplishment whether it be the printed newsletter or an eNews or an invitation or flyer/poster. I like coordinating all of the information into one place and putting my own little creative spin on it. I've learned a great deal and continue to learn which keeps my job super interesting!*



Continued on Page 2

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonsniiorcenter.org
Paula Audsley, Outreach Manager,
paulsley@thompsonsniiorcenter.org
Pam Butler, Program Director,
pbutler@thompsonsniiorcenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonsniiorcenter.org
Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonsniiorcenter.org
Ryan Martin, Chef,
rmartin@thompsonsniiorcenter.org
Siobhan Wright, Front Desk
Coordinator,
swright@thompsonsniiorcenter.org
**Drivers: Dwight Camp, Tom Morse,
Charlie Seitz, Carl Hurd**

Senior Solutions (Formerly Council of
Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinator
Carla Kamel, MSW
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS

Liza Deignan—*President*
Ginny Eames—*Vice President*
David McGuire—*Treasurer*
Wendy Wannop—*Secretary*
Sam & Eleanor Grice—*Advisory*
Dave Bollinger
Mary Bourgeois
Rick Fiske
Susan Ford
Jon Fullerton
Dolores Gilbert
Lisa Gramling
Karl Huck
Lydia Locke
Daphne Moritz
Steve Selbo
Joby Thompson
Sandy von Unwerth

Staff Spotlight Continued...

Shari Borzekowski, Administrative and Resource Assistant:

Shari has been at The Thompson for 5 years and helped to develop her role as our first resource assistant. She writes our thank you notes, processes donations, manages our calendars and building rentals, and assists other staff with administrative tasks. Her role has grown as our communities needs have grown and now includes our Aging at Home program -- managing donated medical equipment and providing referrals to our vetted service providers – one number to call for any Aging at Home need.



“ I live in Killington with my husband and two teenage kids (one's usually in college) and our 3 year old dog. We're a musical family, we all sing and each play a different instrument, sometimes together! I also enjoy hiking and yoga. I love the Thompson patrons and volunteers--I'm inspired by their energy and their positive outlook, even Dwight's gallows humor, which took a while to get used to. I love sitting in the foyer and being in the thick of things. I miss everyone and look forward to your coming back to the Thompson!”



Deanna Jones, Executive Director:

It's hard to believe I've been at The Thompson for 10 years! These have been some of the most rewarding years of my life. I've had 2 of our 4 children since joining the Thompson, and I've loved that they've all had a big extended family with so many people caring for them. Now ranging in age from 4 – 16, they don't join me at the Center as often, but they have a lasting love and respect for our older generation. One of my most special memories is when our older children advocated at their ArtisTree camp for the proceeds of their craft fair to go to Meals on Wheels. Without me knowing, they convinced the class how important the meals are. I've also loved giving many other children the opportunity to experience the special care and attention at The Thompson during our Generation to Generation programs. I also love the holiday gatherings that feel like family get togethers (even when I worry about the Yankee Swap gift stealing of the Vera Bradley purses). Some of my biggest challenges are keeping up with communication and advocating for recognition and funding of the important work of senior centers. Senior Centers are the hidden gems that keep a big part of the community safe and well-fed during normal times and times of crisis. I was at the Thompson during hurricane Irene and now during Covid, and I can't imagine anything more fulfilling than working with this team of staff and volunteers who always go above and beyond.

HEALTH & RESOURCES

New! Foot care in the privacy of your home!



Green Mountain Foot Care: *Traveling with tools in hand to comfort your journey's walk in life.* Professionally pampered feet and skin care provided one on one in the privacy of your home by Helen Kennedy, RN, CFCS (Certified Foot Care Specialist).

Offering 40 minute sessions Monday thru Friday 9am-6pm by appointment only. 25\$ per session. 15\$ additional fee for reflexology including aromatherapy, if desired. All CDC guidelines for infection control are strictly adhered to.

Call Helen directly for your personal appointment at 860-754-7509.

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

Individual Benefit Assistance—Medicare, Medicaid, Food & Fuel Assistance One on One Meetings are now available at the Thompson Center Beginning Tuesdays, August 4 & 25, 9:30—1:00 pm

We want to remind all patrons and community members that WCHC will once again be available to answer your questions about Medicaid, Medicare parts A, B, and D, food and fuel assistance, and dental and medication help. Although now they are offering in person appointments, WCHC staff continue to offer assistance over the phone or via Zoom.

All CDC and state guidelines for infection control and distancing will be strictly adhered to including the wearing of face coverings.

To schedule a one on one, in person appointment, please call the Thompson at 802-457-3277. In the meantime please reach out the WCHC directly if you have any questions about Medicaid, Medicare, food or fuel assistance, dental or medication help at 802-674-7213.

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.

YOUR VIRTUAL SENIOR CENTER



We're excited to launch "Your virtual senior center!"

We're excited to officially launch "Your virtual senior center!" With the safety of our participants in mind and the strict capacity constraints on our physical space (1 person per 200 square feet, allowing us only 15 people in the whole building!), we know that virtual programs are here to stay for the foreseeable future. In addition to the programs we were already offering online, we've added some exciting opportunities through our new partnership with "Senior Learning Network." These LIVE programs will take us all around the country to museums and landmarks that we may never be able to visit otherwise. You'll still call or email the Thompson to register for the programs and we'll send the connection information to registered participants. Check it out here and let us know if you have any questions. We're also hoping to have information soon about connecting people without technology devices, so please be in touch if you're not online and would like to be.



Let's Paint Coi Fish With ArtisTree Wednesday, August 5, Zoom in at 1:30 pm

Join Finnie in a Zoom room as she guides you through this month's creative art project.
Call The Thompson for details or visit our website.

See page 8 for virtual exercise class options



BINGO at HOME with The Thompson Friday mornings, 10:00 am

Use your phone to call in and join. Fun prizes for winners!
For a BINGO card and the call-in number, call 457-3277.

YOUR VIRTUAL SENIOR CENTER

Western Movies 101 **Thursday, August 6, 2:00 pm**

Booth Western Art Museum's Historian, Jim Dunham, will get us up to speed on the early history of Western movies beginning with "The Great Train Robbery" of 1903. The movie is less than ten minutes long but it included most of the standard elements that defined Western movies for the next 100 plus years. He will profile stars like William S. Hart, who was unable to translate his silent performances to the age of "talkies" and Tom Mix, who easily made the transition. Bill Pickett, Will Rodgers through Gary Cooper's 1929 starring role in "The Virginian" will also be highlighted. It will end the era by looking at the first Western to win Best Picture—"Cimarron" in 1931.



Exploring a Northern Elephant Seal Rookery **Hearst Simeon Park, California (live on location,** **CA weather permitting)** **Thursday, August 13, 2:00 pm**

Join the Senior Learning Network for a virtual tour featuring the northern elephant seal. We will hear from a CA park interpreter to learn about this marine mammal's adaptations, their unique life cycle, and their amazing story of overcoming near extinction.

Eleanor Roosevelt: Compassion and Betrayal **FDR Library and Presidential Museum (Jeff Urbin!)** **Tuesday, August 18, 2:00 pm**

Eleanor Roosevelt was born a shy, timid girl in a family of power, position, and wealth. From the outside her life would seem to be charmed, but a closer examination charts a lonely course from one betrayal to another. The compassion that she showered on others, here and around the world, was developed in part by her personal understanding what it feels like to be hurt, left out and neglected. This talk examines the trials and turmoil in the life of one of the greatest and most influential women in the history of our republic.



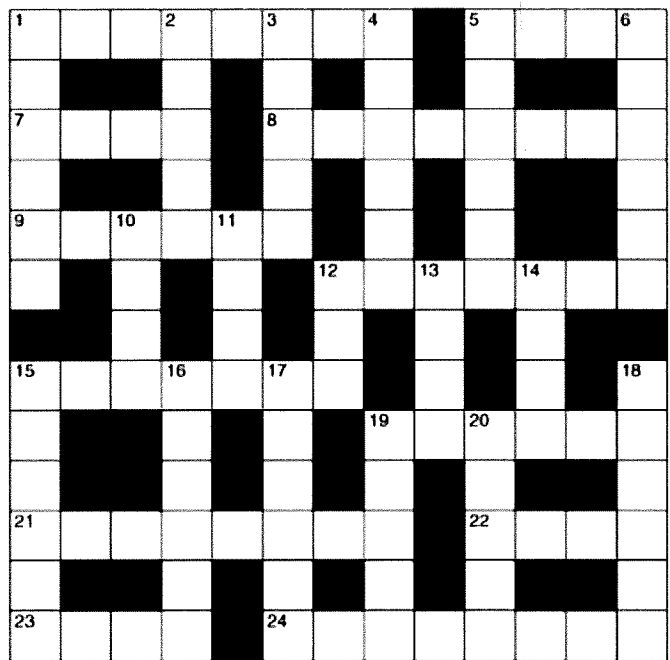
Senior Learning Network Virtual Programs. Register through the Thompson Center to receive the Zoom link. 457-3277

ACROSS

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

DOWN

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



- 15. Native American tribe
- 16. Sport played at Wimbledon
- 17. Earth's glacial period (3,3)
- 18. Portugal and Spain
- 19. Bantu peoples of Natal
- 20. West African nation

PROGRAM CALENDAR - AUGUST 2020				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10-11 am Fall Prevention Tai Chi in tent	9:30-1 pm 1:1 Benefit Assistance 10:30 Stregthen & Stretch Zoom Class 1 & 1:30 pm Drive-by Tye Dye Mask in tent	1:30 pm Let's Paint Coi Fish with ArtisTree via Zoom	10:30 Stregthen & Stretch Zoom Class 2 pm Western Movies 101 Virtual Program	10 am Phone BINGO
10	11	12	13	14
	10:30 Stregthen & Stretch Zoom Class		10:30 Stregthen & Stretch Zoom Class 2 pm Elephant Seal Rookery Virtual Program	10 am Phone BINGO
17	18	19	20	21
10-11 am Fall Prevention Tai Chi in tent	10:30 Stregthen & Stretch Zoom Class 2 pm Eleanor Roosevelt Virtual Program	1 pm Reading with Chuck Gundersen in tent	10:30 Stregthen & Stretch Zoom Class	10 am Phone BINGO
24	25	26	27	28
	9:30-1 pm 1:1 Benefit Assistance 10:30 Stregthen & Stretch Zoom Class 3-4 pm Bone Builders in the tent	10:45 Sun 71 Tai Chi in the tent 1pm Drive-in Ice Cream Social/Music	10:30 Stregthen & Stretch Zoom Class 3-4 pm Bone Builders in the tent	10 am Phone BINGO
31				
10-11 am Fall Prevention Tai Chi in tent				

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

CURBSIDE PICK-UP & MOW MENU - AUGUST 2020				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Chocolate Whoopie Pie	Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and Roll, Chef's Choice Dessert	Almond-Crusted Tilapia, Roasted Potatoes & Veggie Blend, Fruit topped Cookies	Sweet and Tangy Pineapple Chicken Sandwiches, Snap Pea and Cabbage Slaw, Potato Salad, Mandarin Orange Delight
10	11	12	13	14
Tossed Salad, Steak Quesadilla, Grilled Vegetable Medley, Lemon Fool With berries	Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Fruit Crisp	Tossed Salad, Meatloaf, Mashed Potato, Gravy, Green Beans, Fresh Fruit Parfait	Chicken Marsala, Rice Pilaf, Green Beans, Blueberry Pie	Tossed Salad, Pesto Shrimp and Artichoke, Vegetable Medley, Fresh Fruit Salad
17	18	19	20	21
BBQ Chicken, Pinto Beans, Potato Salad, Cole Slaw, Coconut Cream Pie	Tossed Salad, Spaghetti & Meat- balls, Garlic Sautéed Vegetable Medley Fresh Fruit Salad	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens Salad, Poached Pear	Grilled Jammin' Salmon Burgers, Potato Salad, Grilled Vegetable Salad, Cookie and Fruit	Chicken Tostadas w/ Lettuce, Tomato, Cucumbers, Shredded Cheddar Cheese, Olives, Salsa and Sour Cream, Roasted Vegetable Medley, Cookie and Fruit
24	25	26	27	28
Chicken Caesar Wrap, Hearty Vegetable Minestrone Soup, Blueberry Cake	Beer Battered Haddock and Steak Fries, Kale Salad, Fruit Salad	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Cream Pie	Birthday Day* Grilled Baja style Pork Loin Chimichurri Sauce, Spicy Sweet Potato Salad, Braised Greens, Roll, Cake	Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese, Fresh Fruit
31				
Grilled Sweet Italian Sausage w/ Roll, Sautéed Onions and Peppers, Potato Salad, Cole Slaw, Apple Pie			Meal Pricing: \$7- charge for those under age sixty \$5-Suggested dona- tion 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

ACTIVE AGING

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

Bone Builders Update – Tent Classes will begin Soon! Tuesdays and Thursdays beginning August 25, 3-4 pm

We look forward to welcoming our Bone Builders students back to The Thompson during Phase One of re-opening! Classes will begin in our open tent and all CDC and state guidelines for infection control and social distancing will be strictly followed. We have a maximum tent capacity of 11 students and you are asked to pre-register in advance for each class during this Phase One. Please bring your own weights if you have them. Thompson weights and disinfectant wipes will be available. Classes will not be held in extreme heat or in pouring rain. Althea will send out an email or you can call The Thompson on those questionable days. Masks will be required for entrance to the building and to the tent.

Strength, Stretch & Stability Zoom classes will remain in effect until further notice

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

Tai Chi in the Comfort of your Home – and now in The Thompson Tent!

Our creative and generous Anne Bower will continue to offer her Zoom classes for those who want to continue their practice at home. During Phase One of re-opening, The Thompson has an open tent that students can now use. We are following strict CDC and state guide lines for infection control and social distancing and class size will be limited to 10 students. As a result, reservations are required to attend classes in the tent and will be weather dependent. The following is a list of classes which can also be found on our website with links to access the online classes.

As to the schedule, the ZOOM classes for Fall Prevention Tai Chi, Sun 73, and Yang 24 Forms mostly continue except for when Anne has sessions at the Thompson or in WRJ at the Lyman Park pavilion. The Sun 73 classes at the Thompson tent are below. The full schedule is on the "current and planned classes" page of Anne's website—www.annebower.com

Thompson Tent Classes:

Fall Prevention Tai Chi - Mondays 10-11am August 3, 17, and 31 (No Zoom classes on these days)

Sun 73 Tai Chi – Wednesdays 10:45-11:45am July 29 and August 26

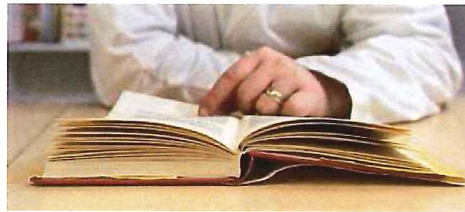
For more information email Anne at anniebower@yahoo.com or visit her website at www.anniebower.com.

AT THE THOMPSON



Drive-By Tie Dye Masks – in our new tent! **Tuesday, August 4, 2 Sessions at 1:00 pm and 1:30 pm**

Deanna will be offering a fun opportunity to tie dye your face coverings outside in our new tent – weather permitting. All supplies will be available at no charge including brand new soft white cotton face masks to personalize. Our space is limited so please register early in advance by calling The Thompson. We look forward to seeing you!



A Reading with Local Columnist and Author, Chuck Gundersen **In The Thompson Tent** **Tuesday, August 18, 1:00 pm**

Chuck Gundersen came to Woodstock in 1976 to be the Chef at The Prince and the Pauper Restaurant. In 1987 he and his wife, Alice, bought the Teago General Store in South Pomfret, which Chuck operated for thirty years before retiring in 2018. He has been a columnist for the Vermont Standard for nearly twenty years, originally as a town correspondent, and then, beginning in 2005, at the invitation of then-editor Kevin Forrest, as author of the weekly column, *You Never Can Tell*.

In 2017, Swallow Tail Press published a collection of Chuck's columns in a book titled, naturally, *You Never Can Tell*. Author Castle Freeman, Jr. said of the book, "*In Chuck's columns, the reader will find short fiction, history, sociology, humor, philosophy, linguistics, personal essay, letters, journalism, Vermont documentary, meteorology, old jokes, new jokes, autobiography, auto-obituary, memoir, stream of consciousness, and Ph.D.-level rock and roll scholarship.*"

Due to strict capacity limitations, pre-registration is required by calling The Thompson.

Drive-in Ice Cream Social **with Music by the Occasional Jug Band** **Wednesday, August 26, 1:00 pm**



Our fun toe-tapping trio is returning to perform on the porch while our audiences will enjoy music from the comfort of your cars. You can bring a chair and sit in front of your car but we ask that social distancing is maintained at all times. Ice cream cones will be served to your cars by staff.

This event is by reservation only as parking space is limited. There can be no exceptions and we thank you for your understanding. Please call The Thompson to make your reservations.

UPDATES & RESOURCES

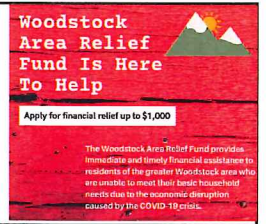


Make Wearing a Mask a Habit

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.

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



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.



A Reminder From AARP

As we continue our precautions against the COVID-19 coronavirus pandemic, AARP has made the difficult decision to cancel all in-person events and activities for the remainder of 2020, which includes AARP Driver Safety events.

Please continue to direct Smart Driver course participants – who may not be able to renew their car insurance discount – to the Smart Driver online course. We will continue to offer a special 25% off discount through December 31, 2020.

Website: www.aarpdriversafety.org

Promo code for 25% off discount: DRIVINGSKILLS

For COVID-19 related emergency town information or any other referrals for COVID support, visit our website at

<https://www.thompsonseniorcenter.org/thompson-community-update-coronavirus-covid-19/>

Caregiver Support Group Update:

The Thompson Support Group Facilitators Carla Kamel and Anne Herz will continue to reach out with regular check in calls. If you wish to be included please let them know by calling 802-457-5414.

IN LOVING MEMORY & APPRECIATION

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

IN APPRECIATION

Pat Gould - lettuce
Ann Marie Harris - kitchen towels
Carl & Joyce Hurd - lettuce
Dick & Bonnie Atwood - rhubarb

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



IN MEMORY OF

Ruth Frizzell

Mrs. Joey Holmes
Joan Charbonneau
Keith & Ann Blake

David Crocker

Marianne & Ted Irrgang
Ralph & Frances Lancaster

Fran Gillette

Mallory Semple
Kathleen & John Curley
Robert & Joan Williamson
Richard & Bonnie Atwood
Susan R Lewis
David & Janet Laughlin
Sandra Von Unwerth

AUGUST BIRTHDAYS

1st Laurie Heijn	6th Samuel Grice	14th Anne Nestler	23rd Ellen Satterthwaite
1st Marilyn Peterson	6th Christopher Luce	14th Alice Gundersen	23rd Priscilla Sands
1st Tracie Murphy	7th Joyce Gilman	14th Elizabeth McCredie	23rd Diana Hayes
1st Diane Currier	7th Carol Corneille	14th Sandy Gilmour	23rd Ralph Robinson
1st Lillian Ware	7th Paul Sawyer	14th Peggy Ramel	23rd Peggy Reed
2nd Linda Maxham	8th Laura Griggs	15th Suzanne Skuja	24th Alden Fiertz
2nd Kenneth Niemczyk	8th Trina Perkins	15th James Sherman	24th Barbara Darling
2nd Dolores Gilbert	8th James Pierce	15th Linda Glock	25th Carolyn Robinson
2nd Candee Christoforides	9th Joseph Rubino	15th Anne Koop	25th Margaret Edwards
2nd Shirley Beda	9th Sarah Lambert	16th Kathy English	25th Megan Westover
3rd Bonnie Atwood	10th David Wheadon	17th Ralph Lancaster	25th Pam Dundy
3rd Yael Taylor	10th Margaret Nielsen	18th Mary Mercure	25th Kenneth White
3rd Margarete Pierce	10th Maria Nitzsche	18th Kathy Avellino	26th Anne Brodrick
3rd Ruth Emery	10th Craig Stedman	18th Diana Perkett	26th Alex Audsley
3rd Tammy Tassie	10th Mareen Harwell	18th Mary Christine Hunter	26th Carol Fontaine
4th Loretta Parker	11th Deborah Heimann	18th Karene Burell	27th Louis Grob
4th Bernadette Darakjy	11th Dan Leavitt	19th Marilyn Gamage	27th Merrill Kruse
4th Gerrie Russell	11th Gary Wood	20th Daniel George	27th Pamela Barrows
5th Sarah Foss	11th Catherine Wood	21st Lisa Gramling	27th Sandy Palmer
5th Joby Thompson	12th George Lander	21st Laura Foley	27th Glenn Fullerton
5th Kathy Connor	13th Veronica Delay	21st Lucille McCarthy	27th Alison Roth
5th Marian x2 Labonte	13th Muriel Poirier	22nd Pam Sheperd	28th George Roy
5th Gaynor Coassin	13th Lydia Borsh	22nd Lucille Staples	28th Jean Goldsborough
5th Charles Frechette	13th Penny Allyn	22nd Jill Hastings	28th Edel Freitag
5th Marshall McKee	14th Judy Wiggin	22nd Jeannie Killam	29th Nan Salamon
6th Douglas Holtz	14th Rick Fiske	22nd Linnea Thompson	29th Lucile Leister
			31st Karen Gilmour



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.thompsonscenter.org

Non-Profit Organization
Postage Paid
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.

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@thompsonscenter.org

Thank You to Our Transportation Sponsors and Grants



Ottauquechee
Plumbing & Heating
802-457-1795



The Ellaway Group
Simplify your life



Dead River
Company



Like us on Facebook