Senior Centers: Delivering Vital Connections!

This year’s theme for national senior center month was chosen by the National Council on Aging to highlight how senior centers deliver vital connections to support older adults aging well. This is more evident now than ever before! Critical home delivered meals, grocery delivery, friendly check-in calls, virtual & onsite programs, and even phone Bingo have helped to keep our community members safer and happier at home during this challenging time. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources.

The Thompson plays a vital role in our community! Our staff, volunteers, and participants promote a positive image of aging. Together we are a vibrant, supportive senior center that thrives inside and outside of our walls and reaches far into the towns and countryside of our beautiful area. If you’re not a regular participant or volunteer, we invite you to get engaged by trying out a class, volunteering, or checking in with staff about other opportunities to enrich your life.

Fun Facts that show just how vital The Thompson has been these last months at keeping community members safe:

- **Meals on Wheels served since March 16th**: 5,542 (same time frame last year 3,546)
- **We’ve had 69 new recipients for home delivered Meals on Wheels!**
- **Curbside take-out meals with our dining room closed**: 2,710 meals to more than 300 unique individuals.
- **Hundreds of check-in calls, grocery & prescription deliveries, & virtual programs to help beat the Covid blues!**

National Senior Center Month Celebration & Senior Center Volunteer Appreciation!

Friday, September 25, 12:00 pm

Join us for our annual chicken BBQ and senior center month celebration – TAKE-OUT STYLE – on Friday September 25th!

Although we are operating under much different circumstances than this time last year, it will not deter us from celebrating National Senior Center month AND, our beloved Thompson Center volunteers!

These have been trying times, and we acknowledge each and every volunteer whether you were sidelined by pandemic restrictions, or jumping in to help as a new volunteer. You play a critical role in making The Thompson one of the very best senior centers around! We have so much to celebrate!

On Friday, September 25th our favorite guest BBQ Chef, Nate Willard, and family will be grilling the chicken and Chef Ryan will serve potato salad, coleslaw, corn bread and lemon fool on the hill with blueberries. You must RSVP, but take-out lunches will be free for all of our volunteers and raffle prizes will be drawn from all who are registered for lunch! $5 minimum suggested donation for non-volunteers.

Thank you to all of you for your continued contribution to the success of our Center – your Center!

*Please pre-register by calling The Thompson Center. We look forward to celebrating with you!*
Here's what you can expect when you visit the Thompson for in-person programs:

1. The screening questions (below) will be asked over the phone at the time you sign-up for a program:
2. At the time of the scheduled program, enter the Thompson through the front porch door and use the hand sanitizing station. A staff member will be waiting to check your temperature and confirm that your answer to the screening questions have not changed.
3. You'll get a sticker indicating that you've been checked in and you can then proceed through the building to the program area.
4. Please wear your mask to and from the tent. Masks may be lowered during exercise or other programs as long as 6 foot distances are maintained.
5. If you use the restrooms, please note the cleaning instructions and use provided supplies to wipe door handles, faucets, and counter.

Screening Questions

1. Have you been in close contact with a person who has COVID-19?
2. Do you have a temperature?
3. Do you feel unwell with any symptoms consistent with COVID-19? For example, have you had a cough, fever, shortness of breath, difficulty breathing, chills, fatigue, repeated shaking with chills, muscle pain or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea, vomiting or diarrhea?
4. Have you traveled into Vermont in the past 14 days from any other state or country?

Please do not plan to attend if you can't answer a definitive no to each of these questions.

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@thompsonseniorcenter.org

Watch for the Staff Spotlight: Driver Interviews in next month's issue.

Like us on Facebook
Individual Benefit Assistance—Medicare, Medicaid, Food & Fuel Assistance
One on One Meetings are now available at the Thompson Center, 9:30—1:00 pm
Call the Thompson to schedule your 1:1 appointment

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.

Thompson’s Annual Virtual Falls Prevention Awareness Program and Self-Guided Balance Screenings
Presented by Linda Harvey, Mt Ascutney Physical Therapist
Wednesday, September 30, 1-2 pm via zoom

Are you worried about falling? Are you ready to be steady?
There are so many things you can do to stay steady and prevent a fall!

- Check your vision yearly
- Pick up clutter
- Review your medications
- Get physically active

This virtual event will offer an informational session followed by Linda guiding participants in a self assessment for balance using the CDC-approved STEADI criteria. Please register for this event by calling The Thompson Center and you will be notified with the zoom link information. You will need a sturdy chair and comfortable clothes and shoes.
"For You the War is Over."
National Museum of the Mighty Eighth Air Force
Tuesday, September 1, 2:00 pm

These were often the first words a downed airmen heard when captured. Live from the National Museum of the Mighty Eighth Air Force, join us to learn more about the 8th Air Force POW experience. We will be using personal stories and artifacts from the collection, as well as providing an overall picture of the museum itself.

Register in advance through the Thompson Center to receive the Zoom link.

"The Outrageous Times of Molly Brown"
From the Home of the "Unsinkable"
Margaret "Molly" Brown"
Thursday, Sept. 10, 2:00 pm

Trace Margaret “Molly” Brown’s life from her early childhood in Hannibal, Missouri, to Leadville, Colorado, where she met and married J.J., and finally to her days of glory in Denver and New York. This program promises to be fun and entertaining, coming from the Molly Brown House and Museum in Denver, CO.

Register in advance through the Thompson Center to receive the Zoom link.

Dolphins- Live from the Lagoon!
Tuesday, Sept. 15, 2:00 pm

Join us lagoon-side at Dolphin Research Center for an exciting and interactive session all about dolphins! One of our trainers will be chatting with you while conducting a training session with a member of our dolphin family. You will be inspired by these magnificent marine mammals during this presentation. Participants will be able to chat questions to the trainer during and after the session with the dolphin. We hope to "sea" you soon!

Register in advance through the Thompson Center to receive the Zoom link.
"Writing a Memory"
Toy and Miniature Museum
Tuesday, Sept. 22, 2:00 pm

The National Museum of Toys and Miniatures educates, inspires, and delights adults and children through the museum’s collection and preservation of toys and miniatures. The museum, located in Kansas City, Missouri, contains the world’s largest collection of fine-scale miniatures and one of the nation’s largest antique toy collections on public display.

THE PROGRAM- Come ready to participate!
Toys can hold some of our most cherished memories. Join Kelly Burns, Museum Educator at The National Museum of Toys and Miniatures, as she shares the story of the Nettie Wells dollhouse and the special memories held by its items. Come with a memory (picture, or actual toy!) to share!!

Register in advance through the Thompson Center to receive the Zoom link.

Mediterranean Night: A Journey to Provence, France - A Cook-Along-Zoom Class with the Co-Op Culinary Learning Center
September 24, 3 – 5 pm, $10.00 per person due at registration

Provençal cuisine is high-spirited, yet simple food, which focuses on seasonal and fresh ingredients; it is the Mediterranean’s la cuisine de grand-mère. In less than two hours, we will transport you to Provence with a simple weeknight dinner that is low on fuss and high on flavor. Our main dish will be spiced-rubbed pork tenderloin with fennel, tomatoes, artichokes and olives. Suggested side dishes include a simple salad and Israeli couscous and we will start by mixing up a simple olive oil cake for dessert. Add a glass of your favorite beverage, and this is a meal to be savored.

Join Hanover Food Co-op Food Educator Lindsay Smith for this fun and delicious cook-along class. Recipe, directions, and zoom link instructions will be emailed two weeks prior to the class. Please pre-register by calling The Thompson Center.

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.
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<td></td>
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<td>1:30 pm Let's Paint with ArtisTree under the tent and via Zoom</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>10 am Phone BINGO</td>
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<td>1</td>
<td></td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>2 pm National Museum of the Mighty Eighth Air Force Virtual Program</td>
<td>3-4 pm Bone Builders in the tent</td>
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<td>10:00 pm the Panhandlers under the tent</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>2 pm Molly Brown Virtual Program</td>
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<td>8</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>2 pm Dolphin Virtual Program</td>
<td>3-4 pm Bone Builders in the tent</td>
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<td>14</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>2 pm Toy &amp; Miniature Museum Virtual Program</td>
<td>3-5 pm Zoom Cooking Class</td>
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<td>15</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>1:00 pm Drive-by Tie Dye Masks under tent</td>
<td>10 am Phone BINGO</td>
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<td>16</td>
<td>Tie Dye Masks rain date</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>2 pm Bone Builders in the tent</td>
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<td>17</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>3-4 pm Bone Builders in the tent</td>
<td>10 am Phone BINGO</td>
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<td>18</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>12 pm Senior Center Month &amp; Volunteer Appreciation BBQ</td>
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<td>21</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>3-4 pm Bone Builders in the tent</td>
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<td>1:2 pm Fall Prevention Program</td>
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<td>10 am Phone BINGO</td>
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<td>28</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>3-4 pm Bone Builders in the tent</td>
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<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>3-4 pm Bone Builders in the tent</td>
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<td>10:30 am Strengthen &amp; Stretch Zoom Class</td>
<td>3-4 pm Bone Builders in the tent</td>
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### CURBSIDE PICK-UP & MOW MENU - SEPTEMBER 2020

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

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<tr>
<td>Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Chocolate Cake</td>
<td>Cheese Burger w/ Lettuce, Tomato, Onion, Steak Fries, Cilantro Lime Cole-slaw, Fresh Fruit Parfait</td>
<td>Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Chef's Choice Dessert</td>
<td>Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker Salad, Sweet Potato Fries, Apple Pie</td>
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<tr>
<td>CLOSED Labor Day</td>
<td>Chicken Milano w/ Basil and Sundried Tomatoes served over Penne, Tossed Salad, Fresh Fruit Salad</td>
<td>Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie</td>
<td>Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight</td>
<td>BBQ Pulled Pork on Sandwich on whole wheat Roll, Sweet Potato Fries, Cole-slaw, Fresh Fruit Parfait</td>
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<tr>
<td>Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Fresh Fruit Salad</td>
<td>Quiche w/ Asparagus Leek &amp; Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Grilled Glazed Ham Steak, Summer Potato Salad, Sweet Pepper Panzanella Salad, Cake w/ Berries and Cream</td>
<td>Tossed Salad, Bombay Chicken Breast, Scallion Rice, Curried Roasted Vegetables, Pink Lemonade Bars</td>
<td>Swedish Meatballs over Egg Noodles, Broccoli and Carrots, Fresh Fruit Salad</td>
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<tr>
<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad</td>
<td>Tossed Salad, Jamaican Jerk Pork Chops, Basmati Rice, Sautéed Peppers, Cherry Clafoutis</td>
<td>Grilled Sweet Italian Sausage on Bun w/ Peppers and Onions, Macaroni Salad, 4 Bean Salad, Chef’s Choice Dessert</td>
<td>Birthday Day* Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Roasted Asparagus, Garlic Smashed Potato, Roll, Cake</td>
<td>Senior Center Month &amp; Volunteer BBQ* Chicken BBQ, Potato Salad, Cole Slaw, Corn Bread, Lemon Fool with Blueberries</td>
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<tr>
<td>Reubens, Beer Battered Onion Rings, Marinaded Vegetable Salad, Strawberry Cake</td>
<td>Egg Roll Noodle Bowl w/ Pork, Cabbage, Carrots, Spinach Salad with Asian Salad Dressing, Mandarin Orange Delight</td>
<td>Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll</td>
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* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available
Tai Chi in the Comfort of your Home — and now in The Thompson Tent!

During the Covid-19 pandemic Tai Chi classes have continued, mostly by ZOOM and occasionally via in-person instruction in the Thompson tent. We’ve kept learning and want to do more of that as we move into autumn. Instructor Anne Bower is taking a break from teaching, Sept. 1-13, and will be planning a schedule of classes to begin shortly after that. If you have suggestions for times and Tai Chi subjects, please email Anne at anniebower@yahoo.com.

Welcome Back Bone Builders!
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.

All participants must be screened on our front porch before attending class. Please do not go directly to the tent but only through our building after being screened. Masks will be required for entrance to the building and to the tent.

Please note: Althea has paperwork for every student to complete prior to class which will be available at The Thompson or can be emailed to you.

Strength, Stretch & Stability
Zoom classes remain 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 at ebhatfield@aol.com
Let’s paint a whimsical tree/bird scene!
with ArtisTree
Now offered in The Thompson Tent as well as virtually!
Wednesday, September 2, 1:30 pm

Inspired by this lesson, we will walk through painting a soft background of a sunny, blue sky. Then we will tackle a tree form and add some birds to give it whimsical life.

Suggested medium is watercolor, but folks are welcome to bring their own interpretation to the table.

In-person instruction will have supplies provided (watercolor sets, watercolor paper, brushes, pencils, sharpies)

Virtual participants can gather suggested materials or choose their favorite medium to work with.

ALL participants must pre-register and please check in at our front porch for screening before going to the tent.

Welcome Back to the Panhandlers!
Wednesday, September 9, 1:00 pm under The Thompson Tent
Rain date: To be announced

The Thompson is thrilled to welcome a smaller version of the 10 member Panhandlers band, Vermont’s largest steel drum band, for their third performance at our Center. Under the leadership of talented band director Jennifer Cohen, the repertoire of the Panhandlers primarily consists of toe tapping, rhythmic music of the islands that brings to mind soft breezes, rustling palms, and sandy beaches.

Reservations for Tent seating is very limited so please make your reservations by calling The Thompson. Seating outside the tent is welcome providing people remain 6 feet apart and with face coverings. We invite our Heritage Condominium neighbors to join us with your own chairs.

Drive-By Tie Dye Masks Return!
Thursday, September 17, 1:00 pm
Rain Date: Monday, September 21 at 1:00 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!
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.

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.

For COVID-19 related emergency town information or any other referrals for COVID support, visit our website at https://www.thompsonseniорcenter.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

Paulette Watson - face masks

From the Garden:
Don Munro - zucchini
Wayne Stevens - zucchini, green beans, squash & cucumbers
Laura Robinson - herbs & cherry tomatoes
Heather & Nic Suprenant/Moonlighting Farm - cucumbers & squash
Carol Powell - lettuce
The Blanchard Family - summer squash
Dick and Linda Brackett, zukes and cukes
Tom Morse - tomatoes, zukes and cukes
Paula Audsley - tomatoes, zukes and cukes
Pat Gould - frozen blueberries

Medical Equipment:
Eleanor Pizzani
Ellen Satterthwaite
Joann Webb
Cat & Ric Harriman
Marilyn Bailey
The Barr Family

IN MEMORY OF

Fran Gillette
Lisa & Timothy Burditt
Margaret Thomas
Ted & Joan Staples
Ruth Frizzell
Bernice Colby
Dunbar Free Library
Charlotte Croft

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

SEPTEMBER BIRTHDAYS

1st         Beverley  Audsley
1st         Anne       Herz
1st         Althea     Derstine
2nd         Helen      Howe
2nd         Marian     Whitaker
2nd         Donald     Lovejoy
2nd         Edward     Allen
3rd         James      Gebhardt
3rd         Dawn       Mathis
4th         Elizabeth Schellhorn
4th         Lynn       Murrell
4th         Dale       Kjerulff
5th         Joy        Corduff
5th         Laura      Robinson
6th         Ken        Woodhead
7th         Ruth       Ekberg
7th         Barbara    Scully
7th         Kathleen   Camp
7th         Virginia   Jackson
9th         Tambrey    Vutech
10th        Sandra     LaCoss
10th        Virginia   Philbin
10th        Harold     Booth
11th        John       Moore
11th        Glen       Yankee
14th        Bo         Gibbs
14th        Patricia   Bernardi
14th        Mary       Fullerton

14th        Pat        Stark
15th        Mary       Hawkins
15th        Dale       O'Brien
15th        Colleen    Warren
16th        Martha     Leonard
16th        Betty      Powell
16th        Noreen     Binder
16th        Louise     Rameau
17th        Robert     Morse
17th        Robert     McElwain
17th        Linda      Smiddy
18th        Felicitas  Leonard
19th        Mary       Church
19th        Madeline   Riederer
20th        Patsy      Highberg
20th        Veronica   Skerker
20th        Jean       Keleher
21st        Tuesday    Wright
22nd        Daniel     Bruce
22nd        Evangeline Monroe
22nd        Karen      Hawkes
22nd        Roswell    Harlow II
22nd        Sandra     Thompson
22nd        Judy       Green
22nd        Sharon     Rowe
22nd        Noel       Hellinger
23rd        Audrey     Putnam
23rd        Ruth Ann   Lubinsky
23rd        Anne Marie Bohn
24th        Juris      Kaugerts
24th        Jurgen     Ewert
24th        Nancy      Randall
24th        Todd       Shortledge
24th        Nancy      Schmitt-Gaede
24th        Hilder     Allen
25th        Wayne      Thompson
25th        Charles    Malerich
25th        Michelle   Spencer
26th        Kathleen   Kjerulff
26th        Joanne     Smith
26th        Angel      Rubino
27th        Neil       Marinello
28th        Linnie     Laws
28th        Mary Ann   Daly
29th        Prudence   Schuler
29th        Anita      Clark
29th        Deb        Kalanges
30th        John       Doten Jr
30th        David      Edsall

THE THOMPSON TIMES  PAGE II
Have you completed your 2020 census?

Here is the situation:
The State of Vermont has one of the lowest response rates to the 2020 U.S. Census in the country. It is really important for us to get more people to participate because the 2020 Census results will help determine how hundreds of billions of dollars in federal funding flow into our towns, county, and state every year for the next decade. This money means better health care, schools, roads, job opportunities, housing assistance, disaster assistance and more. With so much at stake for Vermonters, every response counts!

Here is a solution:
Get more people to complete their census in the next few weeks using one of these methods:

Online: Go to www.2020census.gov and complete a very short questionnaire on-line. If you have a 12-digit code that you received in the mail you can use that to register otherwise, when you get to the webpage click on the words If you do not have a Census ID, click here. When you click that link you can proceed to take the census without having a code.

By Phone: Call 844-330-2020 to get started. The 2020 Census can be completed by phone

By Mail: All homes that do not respond online or by phone will receive a paper questionnaire. Simply respond using a blue or black ink pen, and return the questionnaire in the envelope provided.

Someone from the Census department will be at the Market on the Green for the next few weeks to help you complete your census if you would rather do the is person. Stop by between 3 and 6pm on Wednesdays. You don’t need any confidential information beyond an address and birth date.

However you decide to do this, please take an action today!