

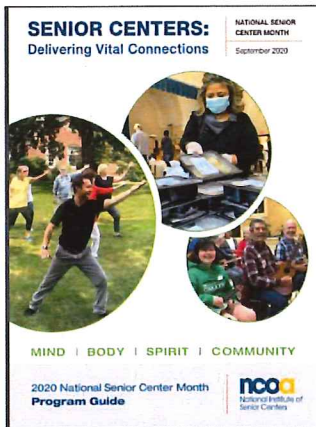


The Thompson Times

Your resource to age well

SEPTEMBER 2020

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!

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

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

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

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

BOARD OF DIRECTORS

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

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@thompsonscenter.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.



A Dartmouth-Hitchcock Affiliate

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

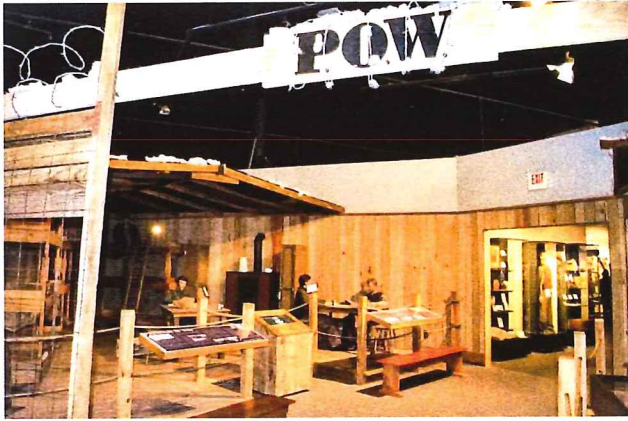
Are you worried about falling? Are you ready to be steady?

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.

YOUR VIRTUAL SENIOR CENTER



"For You the War is Over." National Museum of the Mighty Eighth Air Force

Tuesday, September 1, 2:00 pm

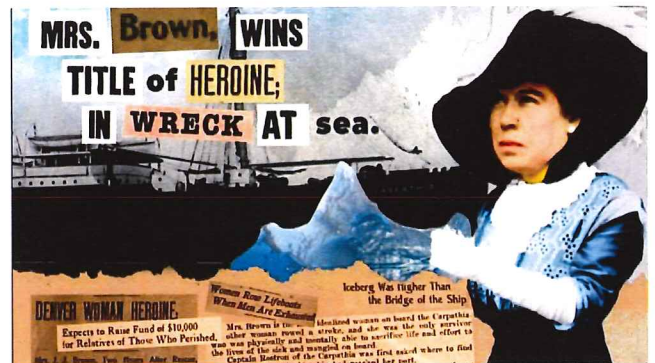
These were often the first words a downed airmen heard when captured. Live from the National Museum of the Mighty Eighth Air Force, join us to learn more about the 8th Air Force POW experience. We will be using personal stories and artifacts from the collection, as well as providing an overall picture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



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!

YOUR VIRTUAL SENIOR CENTER

"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.

PROGRAM CALENDAR - SEPTEMBER 2020

Mon	Tue	Wed	Thu	Fri
	1	2	33	4
	10:30 am Stregthen & Stretch Zoom Class 2 pm National Museum of the Mighty Eighth Air Force Virtual Program 3-4 pm Bone Builders in the tent	1:30 pm Let's Paint with ArtisTree under the tent and via Zoom	10:30 am Stregthen & Stretch Zoom Class	10 am Phone BINGO
7	8	9	10	11
CLOSED Labor Day	10:30 am Stregthen & Stretch Zoom Class 3-4 pm Bone Builders in the tent	1:00 pm the Panhandlers under the tent	10:30 am Stregthen & Stretch Zoom Class 2 pm Molly Brown Virtual Program	10 am Phone BINGO
14	15	16	17	18
	10:30 am Stregthen & Stretch Zoom Class 2 pm Dolphin Virtual Program 3-4 pm Bone Builders in the tent		10:30 am Stregthen & Stretch Zoom Class 1:00 pm Drive-by Tie Dye Masks under tent	10 am Phone BINGO
21	22	23	24	25
Tie Dye Masks rain date	10:30 am Stregthen & Stretch Zoom Class 2 pm Toy & Miniature Museum Virtual Program 3-4 pm Bone Builders in the tent		10:30 am Stregthen & Stretch Zoom Class 3-4 pm Bone Builders in the tent 3-5 pm Zoom Cooking Class	10 am Phone BINGO 12 pm Senior Center Month & Volunteer Appreciation BBQ
28	29	30		
	10:30 am Stregthen & Stretch Zoom Class 3-4 pm Bone Builders in the tent	1-2 pm Fall Prevention Program		

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

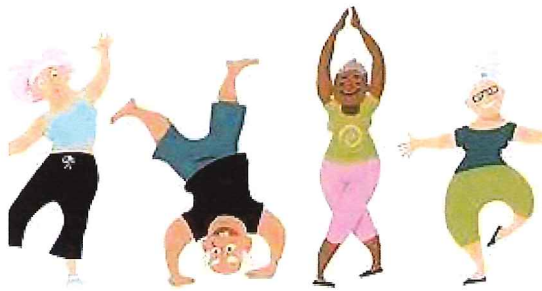
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Chocolate Cake	Cheese Burger w/ Lettuce, Tomato, Onion, Steak Fries, Cilantro Lime Cole- slaw, Fresh Fruit Parfait	Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risot- to with Peas, Mari- nated Vegetable Salad, Chef's Choice Dessert	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker Salad, Sweet Potato Fries, Apple Pie
7	8	9	10	11
CLOSED Labor Day	Chicken Milano w/ Basil and Sundried Tomatoes served over Penne, Tossed Salad, Fresh Fruit Salad	Salmon en Croute, w/ Spinach and Mush- rooms, New Pota- toes, Cucumber/Dill Salad, Brownie	Mongolian Beef Ra- men Noodles, Crispy Asian Slaw, Manda- rin Orange Delight	BBQ Pulled Pork on Sandwich on whole wheat Roll, Sweet Potato Fries, Cole- slaw, Fresh Fruit Parfait
14	15	16	17	18
Lasagna, Steamed Antiguan Vegeta- bles, Garlic Bread, Fresh Fruit Salad	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Grilled Glazed Ham Steak, Summer Potato Salad, Sweet Pepper Panzanella Salad, Cake w/ Berries and Cream	Tossed Salad, Bombay Chicken Breast, Scallion Rice, Curried Roasted Vegetables, Pink Lemonade Bars	Swedish Meatballs over Egg Noodles, Broccoli and Carrots, Fresh Fruit Salad
21	22	23	24	25
Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vege- tables, Fresh Fruit Salad	Tossed Salad, Jamaican Jerk Pork Chops, Basmati Rice, Sautéed Peppers, Cherry Clafoutis	Grilled Sweet Italian Sausage on Bun w/ Peppers and Onions, Macaroni Salad, 4 Bean Salad, Chef's Choice Dessert	Birthday Day* Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Roasted Asparagus, Garlic Smashed Potato, Roll, Cake	Senior Center Month & Volunteer BBQ* Chicken BBQ, Potato Salad, Cole Slaw, Corn Bread, Lemon Fool with Blueberries
28	29	30		
Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Strawberry Cake	Egg Roll Noodle Bowl w/ Pork, Cabbage, Carrots, Spinach Salad with Asian Salad Dress- ing, Mandarin Orange Delight	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	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

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.



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

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.

AT THE THOMPSON

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!

UPDATES & RESOURCES

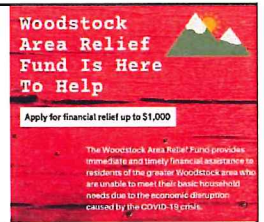


Make Wearing a Mask a Habit

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.

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.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

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 Gillett

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	Beverly	Audsley	14th	Pat	Stark		
1st	Anne	Herz	15th	Mary	Hawkins		
1st	Althea	Derstine	15th	Dale	O'Brien		
2nd	Helen	Howe	15th	Colleen	Warren		
2nd	Marian	Whitaker	16th	Martha	Leonard	23rd	Ruth Ann Lubinsky
2nd	Donald	Lovejoy	16th	Betty	Powell	23rd	Anne Marie Bohn
2nd	Edward	Allen	16th	Noreen	Binder	24th	Juris Kaugerts
3rd	James	Gebhardt	16th	Louise	Rameau	24th	Jurgen Ewert
3rd	Dawn	Mathis	17th	Roberta	Morse	24th	Nancy Randall
4th	Elizabeth	Schellhorn	17th	Robert	McElwain	24th	Todd Shortledge
4th	Lynn	Murrell	17th	Linda	Smiddy	24th	Nancy Schmitt-Gaede
4th	Dale	Kjerulff	18th	Felicitas	Leonard	24th	Hilder Allen
5th	Joy	Corduff	19th	Mary	Church	25th	Wayne Thompson
5th	Laura	Robinson	19th	Madeline	Riederer	25th	Charles Malerich
6th	Ken	Woodhead	20th	Patsy	Highberg	25th	Michelle Spencer
7th	Ruth	Ekberg	20th	Veronica	Skerker	26th	Kathleen Kjerulff
7th	Barbara	Scully	20th	Jean	Keleher	26th	Joanne Smith
7th	Kathleen	Camp	21st	Tuesday	Wright	26th	Angel Rubino
7th	Virginia	Jackson	22nd	Daniel	Bruce	27th	Neil Marinello
9th	Tambrey	Vutech	22nd	Evangeline	Monroe	28th	Linnie Laws
10th	Sandra	LaCoss	22nd	Karen	Hawkes	28th	Mary Ann Daly
10th	Virginia	Philbin	22nd	Roswell	Harlow II	29th	Prudence Schuler
10th	Harold	Booth	22nd	Sandra	Thompson	29th	Anita Clark
11th	John	Moore	22nd	Judy	Green	29th	Deb Kalanges
11th	Glen	Yankee	22nd	Sharon	Rowe	30th	John Doten Jr
14th	Bo	Gibbs	22nd	Noel	Hellinger	30th	David Edsall
14th	Patricia	Bernardi	23rd	Audrey	Putnam		
14th	Mary	Fullerton					





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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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!