



The Thompson Times

Your resource to age well

OCTOBER 2020

Annual Meeting 2020 Responding to Covid: We Thrive Together

Join us for our annual meeting on **Wednesday, October 28th**. Video reports of the year in review will be available on our website. On the 28th, you can pick up your copy of our annual report with a yummy take-out lunch and then join us on a short **zoom meeting at 1pm** for annual meeting business and voting on new council members and board of director members.



Menu, Suggested Donation \$5.00

*Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Potato Salad,
Three Bean Salad, Coconut Macaroon & Pineapple*

Call 457-3277 to order lunch and please RSVP to receive the Zoom link.



Oktoberfest Celebration Friday, October 2, Beginning at noon



Join us as we partake in this celebration – TAKE-OUT STYLE –
with a traditional meal of:

*Beer braised Bratwurst, Warm German Potato Salad, Red Cabbage Sauerkraut
w/ Apples & Warm Apple Strudel.*

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.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
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. Screening questions 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.

Advisory Meeting is Back and we Want to Hear from You!

Monday, October 5 at 12:30 pm

Offered in the Thompson Tent or online via Zoom
Picnic boxed lunch for those in the tent

We miss all of you, your valued input, and suggestions at what was once our monthly advisory meetings and it's time that we gather again, either in the Thompson tent with limited seating, or virtually. Both options will be available. In planning for the next uncertain months, we want to know what *you* want, and plan how we can offer interesting programs, small group gatherings, fun take-out meals, and more. Please join us and encourage others who enjoy The Thompson as well.



BINGO at HOME with The Thompson Center 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.

FUEL ASSISTANCE

Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151. Applications for the 2020-21 heating season must be post-marked by February 28 for eligible households.

HEALTHY AGING

Individual Benefit Assistance—Medicare, Medicaid, Food & Fuel Assistance One on One Meetings are now available at the Thompson Center Friday, October 2 & 23, 9:30—1:00 pm

The Windsor Community Health Clinic (WCHC) is available for 1:1 appointments at The Thompson Center. A staff member can answer your individual 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.

Update on 2020 Flu Clinics

This year, more than ever, getting a flu shot is important. Why? Symptoms of the flu can be similar to COVID-19. Visit the Centers for Disease Control and Prevention (CDC) website for more information on the importance of getting your flu shot this season.

The 2020 Dartmouth-Hitchcock Medical Center (DHMC) community flu clinics will be "drive-thru" only and by appointment only. For details, visit their website at: www.dartmouth-hitchcock.org/flu/dhmc_flu_vaccine_schedule.html

If you develop any symptoms of COVID-19 prior to your appointment, please do not come to your scheduled flu shot appointment. Contact the Flu Hotline for more information.

Schedule your appointment online at myD-H.org. If you do not have a myD-H account, please call the Flu Hotline at 603-653-3731

Mt. Ascutney—Woodstock OHC Clinics by appointment—on Saturday, October 3, 9-12:00 pm, & Thursday, October 8, 1:30-4:30 pm. 802-457-3030

Call The Thompson if you're not able to get online or need assistance at (802) 457-3277

We are still waiting to hear if the VNH will be able to offer a clinic at The Thompson. We will send out a communication as soon as we know.

Woodstock Pharmacy Update

The Thompson has been receiving phone inquiries and hearing concerns about the closing of the Woodstock Pharmacy. Owner Gary Smith shared, "CVS Pharmacy has entered into an agreement to acquire the retail prescription records of Woodstock Pharmacy and CVS is working to ensure that transition is seamless for patients and that their access to pharmacy care is not interrupted." We understand that as of October 5th, you will be able to get prescriptions filled at CVS or call another pharmacy to have them transfer your prescription if you wish. We're all sad about the closing of the Woodstock Pharmacy and will miss it terribly, but we have some good news about deliveries once the prescriptions are moved to CVS. The Ottauquechee Health Foundation, Mt. Ascutney Hospital community health team staff, & The Thompson are working with Sarah and Colleen (long-time Woodstock Pharmacy Staff) to quickly develop a delivery/courier service and ensure a way to pay for that service, if needed. Call the Thompson or Sarah at Woodstock Pharmacy to be added to the list for possible deliveries.

YOUR VIRTUAL SENIOR CENTER

Senior Learning Network Virtual Program Update:

We have had an enthusiastic response and terrific, positive feedback for our new series of virtual programs offered through the Senior Learning Network. Thanks to all those who have tuned in and gotten back to us about the programs you are enjoying. For one example, 116 tuned in to watch the August 18th program on Eleanor Roosevelt, nationwide, and we hear it was a great presentation with interaction with the speaker. Please keep watching and enjoying!

BEGINNING IMMEDIATELY: To better protect the integrity of the Zoom program, Senior Learning Network is asking participants who have registered for a program to be aware of the following guidelines:

- Participants are advised that they will be required to have their name on their screen (no phone numbers)
- Participants will be asked what senior center they are affiliated with.
- Please do not share zoom room IDs with anyone who is not registered

"Animal Adaptations in the Yellowstone Ecosystem" Draper Natural History Museum in the Center of the West Tuesday, October 6, 2:00 pm



Animals truly are amazing! They can survive in their environments through their amazing adaptations. During this lesson, students will discover the basic habitat needs of animals, and explore how living things adapt to seasons and environments. Students will journey through four habitats in the Greater Yellowstone Ecosystem – the alpine, forest, mountain meadow, and plains/basin environments. We will visit immersive museum exhibits that highlight animals in each of these unique habitats.

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



Virtual Tour from the National Museum of the Pacific War Thursday, October 8, 2:00 pm

Come and take a virtual tour of this fabulous museum! Discover the human story of World War II in the Pacific in more than 55,000 square feet of exhibit space spread over three galleries located on six acres in the heart of Fredericksburg, Texas. The National Museum of the Pacific War is the only museum in the continental U.S. solely dedicated to telling the story of WWII in the Pacific.

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

American Impressionism Amon Carter Museum of American Art Thursday, October 15, 2:00 pm

By viewing and discussing art works by Mary Cassatt, William Merritt Chase, Childe Hassam, John Singer Sargent, and others participants discover how the advent of American Impressionism was more than just an imitation of the Impressionist movement in France. The basic tenets of Impressionism, as well as the historical and cultural influences of the time, are discussed.



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

YOUR VIRTUAL SENIOR CENTER

TWO BONUS "MORE ABOUT ELEANOR" PROGRAMS! WEDNESDAY, Oct 21 and THUR., OCT 29

Back by popular demand! We have had some special requests for MORE about ELEANOR- and Jeff with the FDR Presidential Library and Museum has agreed to come back . We will send out more program details closer to the date. Please make note of these TWO Bonus Programs!



Part 1:
Wednesday, October 21, 2:00 pm
Eleanor Roosevelt: Partner in the Whitehouse

Part 2:
Thursday, October 29, 2:00 pm

Eleanor Roosevelt: Casting Her Own Shadow In the Post Whitehouse Years

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



"GOLD"! A Virtual Tour from Columbia State Historic Park Thursday, October 22, 2:00 pm

Columbia State Historic Park is the largest collection of gold rush era buildings in all of California. The brick buildings that date back to the late 1850s-1870s help to tell the story of the diverse merchants and miners who helped create this once booming town. Although Columbia's population has dwindled over time, it was never a ghost town. This virtual tour takes you inside buildings and exhibits for a look at this bygone era.

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

The Songs and their Stories! A Virtual Musical Performance by Rich Araldi

Tuesday, October 27, 1:00 pm via Zoom

Pre-registration required for Zoom link by calling The Thompson.

Rich Araldi has been a performing musician for over 45 years on vibraphone, piano, and drums. He will provide us with an excursion through the great songs of the 20th century and the stories that make them that much more special. Drawing from the jazz age, through the swing era, into modern jazz, the Beatles, and beyond! Songs we love with stories, anecdotes, and trivia. This will be an enjoyable performance for all ages, family friendly and interactive, covering a wide range of music and topics.

See page 8 for virtual exercise class options

PROGRAM CALENDAR - OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
			1	2
			10:30 am Stregthen & Stretch Zoom Class 3-4 pm Bone Builders in the tent	Oktoberfest 9:30-1 pm Benefits Assistance 10 am Phone BINGO
5	6	7	8	9
10 New! Tai Chi with a Chair via Zoom 12:30 Advisory Meeting 1 Jewelry Repair	10:30 am Stregthen & Stretch Zoom Class 2 pm "Animal Adaptations in Yellowstone..." virtual Program 3-4 pm Bone Builders in the tent	9 West Lebanon Shopping 9:45 Fall Prevention Tai Chi in tent 10:45 Sun 73 Forms Tai Chi in tent 1:30 pm Let's Paint with ArtisTree under the tent and via Zoom	10:30 am Stregthen & Stretch Zoom Class 2 pm Pacific War Museum Virtual Tour 3-4 pm Bone Builders in the tent	10 am Phone BINGO
12	13	14	15	16
Columbus Day Closed	10:30 am Stregthen & Stretch Zoom Class 3-4 pm Bone Builders in the tent	9:45 Fall Prevention Tai Chi in tent 10 am Veggie VanGo 10:45 Sun 73 Forms Tai Chi in tent 1:30 pm Monthly ArtisTree Art Project	10:30 am Stregthen & Stretch Zoom Class 2 pm Americana Impressionism Virtual Program 3-4 pm Bone Builders in the tent	10 am Phone BINGO
19	20	21	22	23
10 New! Tai Chi with a Chair via Zoom 12:30 pm Horseshoes with Norm Boyton 1 Jewelry Repair	10:30 am Stregthen & Stretch Zoom Class 3-4 pm Bone Builders in the tent	9 West Lebanon Shopping 10 Fall Prevention Tai Chi via Zoom 11:20 Sun 73 Forms Tai Chi via Zoom 2 pm Eleanor Roosevelt: Partner in the Whitehouse Virtual Program	Birthday Day 10:30 am Stregthen & Stretch Zoom Class 2 pm Virtual Tour from Columbia State History Park 3-4 pm Bone Builders in the tent	9:30-1 pm Benefits Assistance 10 am Phone BINGO
26	27	28	29	30
10 New! Tai Chi with a Chair via Zoom 1 Jewelry Repair	10:30 am Stregthen & Stretch Zoom Class 1 A Virtual Musical Performance by Rich Araldi 3-4 pm Bone Builders in the tent	10 Fall Prevention Tai Chi via Zoom 11:20 Sun 73 Forms Tai Chi via Zoom 1 pm Annual Meeting via Zoom	2 pm Eleanor Roosevelt: Casting Her Own Shadow In the Post Whitehouse Years 3-4 pm Bone Builders in the tent	10 am Phone BINGO

CURBSIDE PICK-UP & MOW MENU - OCTOBER 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
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		Tossed Salad Spinach, Artichoke & cheese Quiche, Roasted Sweet Potato fries, Fresh Fruit	Oktoberfest* Beer braised Bratwurst, Warm German Potato Salad, Red Cabbage Sauerkraut w/ Apples, Warm Apple Strudel
5	6	7	8	9
Tortellini with Asparagus and Lemon topped with Grilled Chicken Served w/ Cucumber, Tomato Salad, Lime and Spice Peach Cobbler	Shepherd's Pie, Vegetable Medley, Poached Pears	Tossed Salad, Macaroni and Cheese w/ Ham, Stewed Tomatoes, Fresh Fruit Salad	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit	Kung Pao Sloppy Joes on Whole Wheat Roll w/ Broccoli, Cauliflower, Kale Slaw., Sweet Potato Fries, Fresh Fruit Parfait
12	13	14	15	16
Columbus Day Closed	Pork and Apple Curry, Scallion Brown Rice, Broccoli, Cauliflower, Kale Slaw, Mandarin Orange Delight	Puff Pastry Chicken Pot Pie, Tossed Salad, Caramel Pumpkin Tiramisu	Tossed Salad, Chili, Corn Bread, Yogurt Cake w/ Peach Puree	Pasta & Broccoli Sausage Simmer, Tossed Salad, Fresh Fruit Salad
19	20	21	22	23
Tossed Salad, Cacciatore Chicken Breasts over Penne Pasta. Crusty Bread, Fresh Fruit Salad	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Brownie	Vegetable & Chicken Stir Fry, Brown Rice, Cookie w/ Fruit	BIRTHDAY DAY* Honey Glazed Ham, Pineapple Chutney, Mascarpone Mashed Potatoes, Green Bean Amandine Roll, Cake and Ice Cream	Turkey Sandwich w/ Lettuce, Tomato, Cheese on a Multigrain Bun, Apple & Squash Soup, Warm Berry Crisp
26	27	28	29	30
Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack cheese) Apple Ginger Crumble	Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Fruit Salad	Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Potato Salad, Three Bean Salad, Coconut Macaroon and Pineapple	Tossed Salad, Beef Stroganoff, Roasted Seasonal Root Vegetables, Blonde Brownie	Almond-Crusted Tilapia, Roasted Potatoes & Veggie Blend, Fruit topped Cookies

ACTIVE AGING

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

Tai Chi this Fall! – Sun Forms 73, Fall Prevention, and Anne's NEW class, Tai Chi with a Chair

Fall Prevention: Wednesdays, in The Thompson Tent, 9:45-10:45am: September series continuing on Oct. 7 & 14

Sun 73 Forms: Wednesdays, in The Thompson Tent, 10:45-11:45am: September series continuing on Oct. 7 & 14.

\$3/per session, payable to the Thompson Center. Class size limited so call the Thompson to reserve your spot for each session - 457-3277.

Zoom Classes:

Fall Prevention: Wednesdays 10-11am, 5 sessions starting Oct. 21

Sun 73 Forms: Wednesdays 11:20am-12:10pm, 5 sessions starting Oct. 21

Payment by contribution mailed to Anne Bower

NEW! Tai Chi with a Chair via Zoom, is a new class for folks who struggle with balance issues, are in recovery from a health problem, or who want a really gentle form of Tai Chi.

Mondays Beginning Oct. 5, 10-11am and run for 6 sessions. If you know someone who could use this type of class, please let them know so they can email Anne.

Welcome Back Bone Builders! Tuesdays and Thursdays 3:00 - 4:00 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

AT THE THOMPSON



Fun with Fall Leaves with ArtisTree **Now offered in The Thompson Tent as Well as Virtually!** **Wednesday, October 14, 1:30 pm – Please note new date**

While working with some fun techniques, we will capture the form and texture of the fall leaves that are changing and tumbling.

Materials: watercolor paints, watercolor paper, crayons, regular paper, brushes, water, paper towel

In-person instruction will have supplies provided. 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.



A Celebration of Horseshoes and Norm Boynton! **Monday, October 19, 12:30pm**

Please join us to play or watch horseshoes with Norm -- after playing horseshoes for 82 years, he's ready to retire from the game and hang up the horseshoes after a final hurrah at The Thomson. RSVP required. Bag lunches will be available under the tent (suggested donation \$5) with horseshoes immediately following. Come help us celebrate Norm

and give him a fabulous day with horseshoes and friends. We'll go "Live" on Facebook so more people can enjoy the festivities!

Jewelry Repair with Yael Returns!

Jewelry Repair Returns to The Thompson on Monday's beginning at 1:00 pm.
Call for your appointment. 457-3277



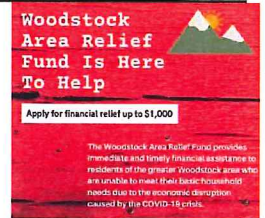
UPDATES & RESOURCES

What is CaptionCall?

CaptionCall is a captioned telephone service that lets you talk on the phone while reading captions of what the other person is saying. This service helps many people with hearing loss understand conversations more easily and effectively. You can enjoy talking with friends and family, plus making your everyday phone calls. It is available at no-cost to people with hearing loss. If you or someone you know has hearing loss that necessitates the use of captioned telephone service, visit CaptionCall.com or call 1-877-865-9228 for more information, or contact the Vermont Representative, John Noerr, at 802-342-8326 or at jnoerr@captioncall.com.

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



NEW DATE AND TIME FOR WOODSTOCK VEGGIEVANGO! Every second Wednesday of the month at 10:00 am at the WUHSMS back parking lot (toward the Union Arena)

VeggieVanGo is a FREE FOOD distribution event provided by the VT Foodbank and sponsored by the WCUD School Nutrition Program. We have moved our VeggieVanGo to every second Wednesday of the month to accommodate the reopening of the WUHSMS campus. The distribution site will be located in the back parking lot at the Union Arena Entrance. We welcome families to pick up and deliver out for other families as well. We have yet to run out of food! ALL ARE WELCOME! Please contact Gretchen Czaja-WCUD School Nutrition Program Director with any questions-gczaja@wcsu.net 802-457-1317, 1123

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.

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

Cathy Lynds - masks
 Laura Robinson - tomatoes, parsley
 John Blanchard - zucchini
 Clover Gift Shop - Bingo prizes
 Lene Bennett - cups & saucers
 Medial Equipment:
 Jim & Nancy Kenison
 Rock & Penny Webster
 Kelsey Swayze
 Corky Bohem
 Lee & Brenda Garsh

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

IN MEMORY OF

Joe Herrick
 Shaun & Tim Clark
 Candace Coburn
 Tim Maguire
 Kedric & Catherine Harriman
 Joanne & Ralph Herrick
 Keller Williams
 Karen Benson
 Ted & Joan Staples
 Jeffrey Rhuda
 Debbie & James Essensa
 Marilyn Garrison
 Richmond & Linda Maxham
 Luana & Bill Little
 Ilinca Butnariu
 Landers Symes

Lysle Chase
 Ad & Mavis Shaw
 Susan R. Lewis
 Richmond & Linda Maxham
 Joan & Ted Staples

Ruth Frizzell
 Judith & Jim Pierce

OCTOBER BIRTHDAYS

2nd Jane Soule	9th Shay Johnson	17th Richard Roy	23rd Martha Stanwood
2nd Regina Cummings	10th Todd Reuben	17th Robert Rosenberger	24th Keith Blake
2nd Elsa Lind	11th Cornelia Kachadorian	17th Toni Vendetti	24th Barbara Leonard
2nd Libbet Downs	11th Don Olson	18th Therese Fullerton	25th Betsy Rhodes
2nd Milton Fullerton	11th Jeff Stanyon	18th Bob Belisle	27th Betty Munro
2nd Dottie Deans	11th Marjorie Wakefield	18th Vassie Sinopoulos	28th Nancy Lewis
5th Fred Blood	12th Tina Miller	18th Lloyd Oldenburg	28th Jim Havill
5th Sam Heath	12th Brady Jones	19th Sandra von Unwerth	28th Dorothy Herrick
5th Willa Nohl	12th Linda Stevens	19th Freda Washburn	28th Honey Donegan
6th Elizabeth Berry	13th Gerald Monroe	19th David Singer	30th Nelson Gilman
7th Blanche Rea	13th Kathy Dudley	20th Dwight Camp	30th Louise Brickelmaier
7th Jeanette Duquette	13th Emma Rikert	20th Brooke Beaird	31st Phyllis Bulmer
7th Kenneth Tatro	13th Susan Scibetta	20th Joan Keramis	
7th Nancy Matthews	14th Allen Dougherty	20th Joseph Matz	
8th Donna Jones	14th Punch Taylor	21st Judith Hills	
8th Robert Hager	14th Edward Durgin	21st Deborah Gravel	
8th Mavis Shaw	14th Alberto Santana	21st Kristi Clark	
8th Diane Atwood	14th Sharon Stead	22nd Mark Knott	
8th Valerie Bridge	15th Daniel Bellmore	22nd Nell Hamlen	
8th Charles Kimbell	15th Dorianne Guernsey	23rd Paula Audsley	
8th Juliette Pierce	15th Charles Martin	23rd Laurence Roberts	
8th Anne Bourne	15th Shirley Garafano	23rd Tom Deedy	
8th Jane Bird	16th Dorothy Forthmann		
9th Daphne Moritz	16th Marie Clement		
	16th Ed Randel		





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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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

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.

Thank You to Our Transportation Sponsors and Grants



Like us on Facebook 