



The Thompson Times

Your resource to age well

NOVEMBER 2020



Celebrating Our Veterans November 9-13

The Thompson annual Veterans Day lunch and ceremony has always been a poignant and joyful celebration as we honor those who have served and who continue to serve. In recognizing our Veterans this year, we invite Veterans to enjoy your favorite Thompson meals in our dining room in small groups of 8 with appropriate distancing between tables. Veterans and their spouses are encouraged to call The Thompson for a lunch reservation on one of 4 days - November 9th, 10th, 12th, or 13th at 12:30pm. Curbside meals will also be available and all Veterans may choose from any day for a complimentary meal (reservations required). Thank you to all of our Veterans for your service and your sacrifice which will never be forgotten.

The Thompson will be closed on Wednesday, November 11 in recognition of Veterans Day



Painting Poppies to Honor Our Veterans Wednesday, November 4, 1:30 pm Please note new date due to observance of Veterans Day on November 11

Join Finnie for a guided painting class in honor of Veterans Day. We will find our inspiration from the poem, *In Flanders Fields*, and paint a lovely poppy field.
See page 9 for details.

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,
paula@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*
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Susan Ford
Jon Fullerton
Dolores Gilbert
Karl Huck
Lydia Locke
Daphne Moritz
Dan Noble
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!
Monday, November 2, 12:30 pm
Limited capacity and Zoom option
Lunch included

October Meeting Notes:

- Updates & announcements from The Thompson
- Flu shots, voting, pharmacy update
- Planning for small group meals, language tables, or holiday meals at The Thompson during winter months. Capacity remains limited but now is 1 person per 100 square feet
- Phone conference book group or reading suggested
- Transportation update



**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 new 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 Fridays, November 5, 12, 19, 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.

New! Chair Yoga in The Thompson Living Room Wednesdays, beginning November 4, 1:00 - 2:00 pm (excluding the November 11 Veterans Day Holiday)

Please sign up in advance as class space is limited. Arrival time should allow for COVID-19 screening prior to each class. This class will also be available on Zoom and is \$3.00/class.

We invite you to join a new yoga class focusing on gentle stretching, strengthening and balance using a chair for support. Breathing and relaxation are part of the practice we all need in these times of change and challenges. Instructor, Linda Harvey, is a registered physical therapist and certified yoga teacher who has worked in multiple settings with an interest in falls prevention and overall wellness.

Linda is presently working at Mt. Ascutney Hospital and Otauquechee Health Center in outpatient rehab and aquatic therapy. Her practice includes a therapeutic approach and inclusivity for all people who are curious about the physical, mental and spiritual aspects of yoga.

Questions for her can be directed to llharvey56@gmail.com.

Foot Clinic Returns to The Thompson Center with Beverly Sinclair, RN Cost: \$30 payable by cash or check. Towels are supplied.

Call for your appointment and please plan on earlier arrival for COVID-19 screening

Beverly Sinclair has been a practicing registered nurse for 22 years with extensive experience as a staff nurse and in nurse management. She has been providing local foot care service for older Vermonters for the past 6 years.

Prescription Delivery Service Now Available

Sarah Lamb, formerly of Woodstock Pharmacy, has started a business to assist those in getting prescriptions and essentials from Upper Valley pharmacies. For fee and delivery information please contact her at:

Sarah's RX Express & Beyond, LLC
Courier Services & Care
Sarah F Lamb, Owner
1-802-774-8012, sarahsrxexpressandbeyond@gmail.com



YOUR VIRTUAL SENIOR CENTER

Zoom Protocol For Senior Learning Network (SLN) Programs

When signing on for SLN programs, please remember the following:

- Stay muted unless otherwise instructed. SLN cannot accept new participants later than 15 minutes after start of program.
- Display your name on zoom room (first name is fine)
- Participants will be asked what senior center they are affiliated with
- Please do not share Zoom room IDs with anyone who is not registered to better protect the integrity of the Zoom program.

Try this zoom tutorial if you need some assistance: <https://youtu.be/9isp3qPeQ0E>

Register for Senior Learning Network Virtual Programs in advance through the Thompson to receive the Zoom link.



"I Want My Mummy!" - Penn Museum Tuesday, November 10, 2:00 pm

Mummies, intentionally or naturally preserved human (or animal) remains, hold a special fascination in popular culture. The very word, “mummy” typically brings to mind a mysterious ageless land, ancient Egypt, where mummification of the dead in preparation for a successful afterlife persisted for millennia. However, when we think of ancient Egypt’s mummies, we commonly associate them with books and movies that portray them as reanimated, vengeful monsters returning from death to wreak havoc upon the living. Where did such notions come from, and why? This workshop addresses that question by engaging participants in a close examination into the at least 500-year history that led to why ancient Egypt’s mummies hold such a special fascination in our own culture. Unpublished images of actual ancient Egyptian mummies, including royal mummies such as Ramses II as well as human remains recovered as part of Dr. Phillips’ own excavations in Egypt, are used to illustrate how and why the Egyptians mummified their dead (including their pets!). Please note: This program includes photography of human remains.

Wright Brothers National Memorial Thursday, November 12, 2:00 pm

How did small barrier islands off the coast of North Carolina become the site of the first successful flights of human history? In this presentation by the rangers at Wright Brothers National Memorial, you'll learn about what made two brothers from Dayton, Ohio, travel to Kitty Hawk, North Carolina and how they used the perfect conditions of the Outer Banks to conduct their flying experiments and make the impossible possible.



YOUR VIRTUAL SENIOR CENTER



Red Rock Canyon Park "A Walk Through Time on the Desert View Trail"

Thursday, November 19, 2:00 pm

Join us as we explore the climate change that has occurred at Red Rock Canyon over the millions of years including the beginning of the drying period approximately 12,000 years ago. We will then discuss the various animal fossils found and how mother nature goes through a system of change and adaptation. Learn about general flora and fauna and how the Native Americans used various plants for medicinal purposes. Discover the Three Hundred Year Flood the park experienced in 1997, including a story told by one of our past volunteers that was camping at the park with his grandson during the flood.

Virtual Bookstock 2020

A Partnership Between Bookstock and Norman Williams Public Library

Thursday, November 19

Please register by calling The Thompson Center and a link will be provided

The festival's tradition of celebrating Vermont will continue! These intimate, engaging online events, will be streamed live from each authors' living room and audiences will be able to engage in online Q&A in real-time.

On Thursday, November 19th, Bookstock will feature Dr. Francois Clemmons of Mr. Rogers neighborhood fame and his memoir, *Officer Clemmons*, about his role as Mister Rogers' Neighborhood's Officer Clemmons. Dr. François S. Clemmons is the Grammy Award-winning founder and director of the Harlem Spiritual Ensemble; and from 1997 until his retirement in 2013, Clemmons was the Alexander Twilight Artist in Residence and director of the Martin Luther King Spiritual Choir at Middlebury College in Vermont, where he currently resides.

Annual Holiday Bazaar & Cookie Sale

The Holiday Bazaar and Cookie sale will be online and curbside pick-up this year! If you have a hand-crafted specialty item that you would like to donate for the benefit of the senior center, please let Paula know. 457-3277 or paulsley@thompsonseniorcenter.org



See page 8 for virtual exercise class options

PROGRAM CALENDAR - NOVEMBER 2020

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
10 New! Tai Chi with a Chair via Zoom 12:30 Advisory Meeting 1 Jewelry Repair	10:30 am Strengthen & Stretch Zoom Class 12:30 Dine-in Lunch	9 West Lebanon Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga 1:30 pm Painting Poppies with ArtisTree	Birthday Day 9:30-1 1:1 Benefit Assistance 10:30 am Strengthen & Stretch Zoom Class 12:30 Dine-in Lunch	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
9	10	11	12	13
10 New! Tai Chi with a Chair via Zoom 12:30 Veterans Dine-in Lunch 1 Jewelry Repair	10:30 am Strengthen & Stretch Zoom Class 12:30 Veterans Dine-in Lunch 2 "I Want my Mummy" Virtual Program	CLOSED Veterans Day	9:30-1 1:1 Benefit Assistance 10:30 am Strengthen & Stretch Zoom Class 12:30 Veterans Dine-in Lunch 2 Wright Brothers National Memorial Virtual Program	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom 12:30 Veterans Dine-in Lunch
16	17	18	19	20
10 New! Tai Chi with a Chair via Zoom 1 Jewelry Repair	10:30 am Strengthen & Stretch Zoom Class 11:30 Commodities 12:30 Dine-in Lunch	9 West Lebanon Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 am Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga	Thanksgiving Dinner* Virtual Bookstock 9:30-1 1:1 Benefit Assistance 10:30 am Strengthen & Stretch Zoom Class 12:30 Dine-in Lunch 2 Red Rock Canyon Virtual Program	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
23	24	25	26	27
10 New! Tai Chi with a Chair via Zoom 1 Jewelry Repair	10:30 am Strengthen & Stretch Zoom Class 12:30 Dine-in Lunch	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga	CLOSED Thanksgiving	CLOSED
30				
10 New! Tai Chi with a Chair via Zoom 1 Jewelry Repair			RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES	

CURBSIDE PICK-UP & MOW MENU - NOVEMBER 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
2	3	4	5	6
Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Blueberry Crisp	Grilled Glazed Ham Steak, Citrus Sweet Potato Mash, Roasted Brussel Sprouts, Cake w/ Berries and Cream	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens Salad, Poached Pear	Birthday Day Roast Beef, Au Jus, Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake	Chicken Marsala, Rice Pilaf, Green Beans, Blueberry Pie
9	10	11	12	13
Hearty Beef & Vegetable Stew, Cole Slaw, Roll, Frosted Banana Bars	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	Veterans Day Closed	Veterans Day Lunch Meatloaf, Mashed Potato, Gravy, Green Beans, Cake w/ Berries and Cream	Chicken Parmesan over Whole Grain Spaghetti, Garlic Sautéed Vegetable Medley Fresh Fruit Salad
16	17	18	19	20
Tossed Salad, Steak Quesadilla with Peppers and Onions, Vegetable Medley, Lemon Fool With berries	Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Cookie and Fruit	Chicken Caesar Wrap, Caldo Verde (Spicy Portuguese Sausage) Soup, Chocolate Chip Cookies and Fruit	Thanksgiving Dinner Roasted Turkey, Mashed Potato, Gravy, Cranberry Sauce, Stuffing, Peas and Carrots, Pumpkin Pie	Grilled Salmon Burger On Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp
23	24	25	26	27
Chili, Coleslaw, Cornbread, Apple Turnover	Chicken Milano w/ Hearty Beef & Vegetable Stew, Cole Slaw, Roll, Fresh Fruit Salad	Tossed Salad, Orange Tilapia, Rice Pilaf, Sautéed Broccoli, Brownie with Raspberries and Cream	Thanksgiving Day Closed	Closed
30				
Hot Dogs, Cole Slaw, Baked Beans, Watermelon, and a Cookie		RESERVATIONS REQUIRED FOR ALL MEALS	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.

ACTIVE AGING

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

ZOOM CLASSES with ANNE BOWER

NEW: TAI CHI WITH A CHAIR, Mondays, 10-11 am

For people who have never done Tai Chi and would like a gentle introductory form that restores balance, core strength, body alignment, mindfulness, and concentration. This class is FREE

To join click on the link and enter passcode when requested:

<https://us02web.zoom.us/j/84530289066> Passcode= 899989

FALL PREVENTION TAI CHI, Wednesdays, 10-11 am, 4 sessions starting Oct. 28

<https://us02web.zoom.us/j/83915283828> Passcode= 937052

SUN 73 FORMS TAI CHI, Wednesdays, 11:10-12:10 pm, 4 sessions starting Oct. 28

<https://us02web.zoom.us/j/84345845767> Passcode= 500342

YANG 24 FORMS TAI CHI Fridays, 10-11 am, 5 sessions starting Oct. 23

<https://us02web.zoom.us/j/89418123116> Passcode=137473

Payment for these sessions is by contribution mailed to Anne at P.O. Box 74, South Pomfret, VT 05067. For more information visit Anne's website at www.annebower.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

Bone Builders will be suspended in the colder months

"Keep using the weights at home as you have been doing in class. If you need an increase in amount of weight, please contact Thompson for help" -Althea

AT THE THOMPSON & VIRTUAL

Let's Share a Meal Together!

Tuesdays & Thursdays in November at 12:30 pm

We are now allowed to host 1 person per 100 square feet in our building. This gives us the opportunity to begin hosting some small group lunches in the Thompson Dining Room (not to exceed 8 diners, 1 server, and a staff member). After securing a reservation by calling the Thompson, individuals will be seated 1 per table, unless you are with a close family member or you are part of a couple who can sit together. Tables are spaced adequately to maintain safe distancing while close enough to enjoy conversation with other diners. Small lunches in The Thompson dining room will begin on November 3rd and will be offered each Tuesday and Thursday at 12:30 beginning November 3rd (check calendar for menu. Not open on Thanksgiving day).

Screening prior to entry into the building (hand sanitizing, temperature check, health questions) is required and face coverings will be required at all times except while eating. Curbside meal pick-up will continue daily from 12- 12:15pm, so please plan not to arrive before 12:15 for the 12:30 dining room meals. Rides are available upon request. We look forward to hosting you and sharing a meal together again!



Painting Poppies to Honor Our Veterans

Wednesday, November 4, 1:30 pm – *Please note new date due to observance of Veterans Day on November 11*

Join Finnie for a guided painting class in honor of Veterans Day. We will find our inspiration from the poem, *In Flanders Fields*, and paint a lovely poppy field.

Due to the uncertainty of the weather, this class will be offered via zoom only. Please email Finnie: outreach@artistreevt.org if you would like to join.

Materials list:

- stretched, primed canvas - or heavy weight paper
- acrylic paint (suggested colors): titanium white, mars black, ultramarine blue, green oxide, chrome yellow, fire red, burnt umber (brown)
- paint brushes: small, medium and large size and style of your choice - having a variety is nice for a variety in strokes
- water cup
- Paper towel(s)

Jewelry Repair with Yael Returns!

Jewelry Repair returns to The Thompson on Mondays beginning at 1:00 pm.
Call for your appointment. 457-3277



UPDATES & RESOURCES

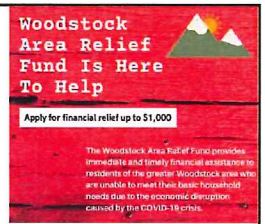
COVID Support Counseling

COVID Support VT is excited to announce that they have three Support Counselors, now available Mondays-Fridays, 8am-8pm, to provide emotional support, connections to community resources and to be a listening ear. Support Counselors are available by calling 2-1-1. All support calls are anonymous and free.

To learn more about COVID Support VT, visit their webpage at www.covidsupportvt.org.

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

Webster Family - medical equipment
Robin Ellis - medical equipment

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

IN MEMORY OF

Edel Freitag
Peter Freitag

Joe Herrick
Labell Family
Carl & Joyce Hurd

Lysle Chase
Bob & Mary Rooney
Steve & Dianne Torok
Barbara Kelly



NOVEMBER BIRTHDAYS

1st	Norman	Boynton	9th	James	Bradley	21st	Jen	Daks
1st	Barbara	Condict	10th	Deanna	Jones	22nd	Neal	Campbell
1st	Helen	Earle	10th	William	Emmons	22nd	Edgar	Matthews
2nd	Elizabeth	Deignan	11th	Susan	Moor	23rd	Joan	Harvey
2nd	Doug	Phillips	12th	Rhonda	Bruce	23rd	Nancy	Mills
2nd	Jeanne	Ward	12th	Constance	Burnham	23rd	Susan	Wilson
3rd	Lindsay	Heath	13th	Loie	Havill	24th	Carolyn	Maynard
3rd	Betty Ann	Lantz	14th	Constance	Hitchcock	24th	Elizabeth	Frederick
3rd	Ruth	Wiegand	14th	Patricia	Gould	24th	Jules	St. Arnaud
3rd	Eileen	Orcutt	14th	Allen	Buswell	25th	Margaret	Maxham
3rd	Chiara	Tosi-Nelson	14th	Carol	Corette	25th	Takis	Hinaris
4th	Sarah	Roberts	14th	Mike	Kelly	26th	Jim	Smiddy
4th	Dorcas	Freeman	16th	Nathan	Willard	26th	Beverly	Regan
5th	Carole	Pickett	16th	Phil	Dechert	27th	Fred	Doten
5th	Joan	Columbus	17th	Jack	Derevensky	27th	James	Ford
5th	Wallace	Orcutt	17th	Bonnie	Gallagher	28th	Merle	Sanderson
6th	Faith	Wills	18th	Roy	Bates	28th	Dora	White
6th	Nancy	Stahura	19th	Doris	Dean	29th	Mary	Costella
6th	Nancy	Winn	20th	Philip	Tomlet	29th	Charles	Rattigan
6th	Suzan	Mulder	20th	Regina	Lawrence	29th	Carole	Sparkes
6th	Russell	Morgan	20th	Angela	Tessier	29th	Lloyd	Cook
6th	Bill	Corson	21st	Pamela	Jaynes	30th	Mario	Gattorna
7th	Bernard	Strong	21st	Sophia	Stone	30th	Robert	Evans
8th	Judy	Mahood	21st	Mary	Croft			
8th	Lynne	Bertram	21st	James	Kachadorian			
8th	Paige	Hiller	21st	Jeanne	Fallon			



The Thompson

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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 