Age Well with The Thompson

Delicious meals, interesting and fun online programs, phone-in activities, medical equipment, foot clinics, advance directives, Medicare counseling, vetted referrals, and more -- Even though much has changed over the past year, we are still here with the resources and experience to assist you and improve your day-to-day life where you want to be, at home.

One Number to Call

One number to call for any need — Thompson staff and volunteers are happy to help with any question — from shower chairs to Medicare and everything in between.

Vetted Service Providers

We partner with a wide variety of businesses and individuals to bring you any service you need to AGE WELL at HOME!
We check references and only suggest businesses or individuals who have happily agreed to be an Aging at Home service provider.

Age Well Programs and Outreach

Online classes and programs on a wide variety of topics bring our senior center to you at home. If access to the technology is a challenge, let us know and we’ll direct you to resources to help get you connected!

Our Age Well e-newsletter is published every other month and provides readers with information on ways to age well at home and in their community through current and reliable information on health, lifestyle, diet, and resources. Call or email to sign-up.

We hope you’ll connect with us in the new year and find the inspiration, friendship, support, and fun to make the most out of 2020. Visit us in person, or online at www.thompsonseniorcenter.org, or contact us at (802) 457-3277 or info@thompsonseniorcenter.org

Inspiration to AGE WELL in the New Year

• Never stop learning & growing
• Maintain a positive outlook
• Be creative
• Create cheerful daily habits
• Be more conscious of your values
• Make new friends
• Give back/feel useful
• Exercise your body and your mind
COVID-19 vaccines are currently being reviewed and approved for distribution to hospitals across the country. Dartmouth-Hitchcock Health is encouraged by the CDC and FDA's safety and efficacy statements around these vaccines. We want you to know that there are many doctors, staff and other medical experts throughout Dartmouth-Hitchcock Health who are working towards carrying out the New Hampshire and Vermont vaccination plans for our communities.

We understand that you may have questions about the vaccine such as safety, where you will be able to receive it, and when you might be able to get it. We are in the early stages of planning and may not be able to answer all of your questions today, but please know that we are committed to keeping you informed.

The latest information about the vaccine and our plans for distribution to our communities will be available on our website. Information will also be available through the myD-H Patient Portal. If you do not have a myD-H account, please sign-up by going to myD-H.org.

Please continue to keep each other safe and limit the spread of COVID-19 in our communities. This includes:

- Wearing a mask.
- Practicing social/physical distance.
- Cleaning your hands.

Here’s what we know today

- Early supplies of the vaccine are limited.
- There is no need to call your provider at this time. We are working with the Centers for Disease Control (CDC) and other public healthcare advisory groups to decide who should get the vaccine first. We will continue to share more information about who can get it, when it will be available and where it will be given.
- We are hopeful that over the next few months, most high-risk groups will have had an opportunity to be vaccinated.
- The vaccine will require two doses, given 21 or 28 days apart depending on the vaccine. You will need to take both doses for the vaccine to be effective.

This is an excerpt. To view the original announcement in its entirety, please visit www.dartmouth-hitchcock.org

**UPDATE ON THOMPSON SERVICES:**

With the new state guidelines, all group activities are on hold. Curbside meals and home-delivered meals will continue. One-to-one services like foot clinic and Medicare counseling are able to continue with the established precautions. Please call with any questions.
HEALTHY AGING

Caregiver Support Group Virtual Tea
Thursday, January 28, 1:00 – 2:00 pm
Complimentary curb-side bagged lunch will be provided by The Thompson with registration.

Though the pandemic has prevented this group of devoted caregivers from gathering, you and the challenges you face are not forgotten. As we look forward to encouraging news in the new year, let us connect with each other – on zoom for now – and enjoy a virtual tea. Carla and Anne will be hosting and facilitating and participants are encouraged to socialize and share as you have in the past.

So that everyone has a chance to share within the allotted time, registrations will be limited so please call The Thompson to register for your zoom link early. If you need assistance with zoom, please let us know. We look forward to seeing you!

Chair Yoga by Zoom
Wednesdays, 1:00 - 2:00 pm
In person instruction at The Thompson Center is paused until December 15th pending guidance from the Vermont Department of Health and DAIL. This class will be available on Zoom and suggested $3.00 minimum per 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.

$3.00/class. Questions for her can be directed to llharvey56@gmail.com.

Foot Clinic at 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.

Coffee Talk Continues – Let’s Chat!
Mondays at 9:00 am

Special Guest on December 28th – VINS Research Coordinator, Jim Ambruster
Gary Smith joins Coffee Talk on January 25th!

We invite you to join us on Monday mornings for Coffee Talk by simply dialing in to our toll free phone number (like with Bingo). We’ll catch up with each other, maybe share old stories or talk about current events, and have occasional special guests to share their expertise on a topic of interest.

It’s as simple as using your telephone. So grab a cup of coffee or tea, find a cozy chair & dial 1-802-448-5745 to get connected!
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. Programs start promptly at 2:00 pm
- 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.

Redwood Heroes:
The Women Who Defended the Giants
Tuesday, January 5, 2:00 pm

Redwood forests are one of the most ancient ecosystems on planet Earth. In this program, we will explore these ancient giants, the science concepts of ecosystems, and the history of the preservation of these giants, particularly the women who defend the redwoods from commercial logging. Take an adventure to the towering redwoods to gain a perspective into the past and future!

Live from the Lagoon- More Fun with the Dolphins!
Tuesday, January 12, 2:00 pm

We're going back to visit the dolphins with our friends at Dolphin Research Center! Join us lagoon-side 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.

Gerda III & "Number the Stars"
Thursday, January 14, 2:00 pm

This program uses the resources of several institutions to tell the story of the boat Gerda III, a Danish lighthouse tender that played a critical role in carrying Jews to safety in Sweden during October of 1943. The program explores the similarities found in the popular young adult novel, Number the Stars by Louis Lowry and the story of the Gerda III. We will experience survivor accounts, oral histories, and behind the scenes footage on the vessel. This program is a partnership between The Museum of Jewish Heritage: A Living Memorial to the Holocaust, the Holocaust Center of Pittsburgh, and Mystic Seaport Museum.
Jefferson's Monticello
Tuesday, January 19, 2:00 pm

We're taking a virtual field trip to Thomas Jefferson's Monticello! Monticello was the home of Thomas Jefferson, the author of the Declaration of Independence and 3rd president of the United States of America. His home in Charlottesville, Virginia, is an architectural icon, with its neoclassical design drafted by Jefferson himself.

During this tour, our Monticello educator will use images and Google Street View as well as Q & A time to engage your participants and get a glimpse of life on the "little mountain."

The Art and Architecture of Hearst Castle
Thursday, January 21, 2:00 pm

Located in central California, along the Pacific Coast stands Hearst Castle. This architectural wonder was the home of the famous American newspaper magnate William Randolph Hearst from 1919 to 1947. At one time, christened La Cuesta Encantada or The Enchanted Hill by its famous resident, today it is both a California Historical Landmark and a National Historical Landmark. Hearst, a prolific collector of art and antiques, designed the construction of Hearst Castle to provide space necessary to display his vast collection of artifacts.

Come explore the variety of historical architectural structures, all based on what Hearst himself had seen during his travels around Europe.

National Portrait Gallery
"Every Eye is Upon Me": First Ladies of the United States
Tuesday, January 26, 2:00 pm

From the National Portrait Gallery in Washington, DC, we will take you on a virtual tour of the National Portrait Gallery’s First Ladies exhibition entitled “Every Eye is Upon Me: First Ladies of the United States,” covering First Lady Martha Washington through First Lady Melania Trump. Learn about First Ladies who came to the White House through marriage or as family friends or relatives who filled this important role. Through portraiture, you’ll will learn about their personalities, experiences, and accomplishments.

See page 8 for virtual exercise classes & page 9 for Creative Aging opportunities.
With the new state guidelines, all group activities are on hold. Curbside meals and home-delivered meals will continue. One-to-one services like foot clinic and Medicare counseling are able to continue with the established precautions. Please call with any questions.

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<td><strong>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</strong></td>
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<td><strong>9 Coffee Talk</strong></td>
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<td>10 Fall Prevention Tai Chi via Zoom</td>
<td>9:30 1:1 Public Benefit Assistance</td>
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<td>10 Redwood Heroes virtual program</td>
<td>11 Owls in Winter</td>
<td>10 Fall Prevention Tai Chi via Zoom</td>
<td>Benefit Assistance</td>
<td>10 Yang 24 Forms Tai Chi via Zoom</td>
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**PAGE 6 THE THOMPSON TIMES**
With the new state guidelines, all group activities are on hold. Curbside meals and home-delivered meals will continue. One-to-one services like foot clinic and Medicare counseling are able to continue with the established precautions. Please call with any questions.

<table>
<thead>
<tr>
<th>CURBSIDE PICK-UP &amp; MOW MENU - JANUARY 2021</th>
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<tbody>
<tr>
<td>Call the day before to order take-out &amp; pick-up from your car between 12:00 - 12:30 pm</td>
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<td><strong>Meal Pricing:</strong></td>
<td>$7 charge for those under age sixty</td>
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<td><strong>5-Suggested donation</strong></td>
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<td>New Year's Day</td>
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<td>available daily upon request. Please contact our chef in advance.</td>
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<tr>
<td>Spaghetti &amp; meatballs,</td>
<td>Garlic bread, Tuscan Vegetables, Fresh Fruit salad</td>
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<td>Quiche w/ Asparagus,</td>
<td>Leeks &amp; Gruyere Cheese, Roasted Potatoes, Tossed</td>
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<td>Salad, Warm Berry Cobbler</td>
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<td>Chicken Caesar</td>
<td>Wrap, Hearty Vegetable</td>
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<td>Minestrone, Cottage Cheese, Blueberry Pie</td>
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<td>Beef Stroganoff over</td>
<td>Noodles, Mediterranean Vegetables, Tossed Salad,</td>
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<td>Lime and Spice Peach Cobbler</td>
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<td>Tossed Salad, Grilled</td>
<td>Tuna &amp; Vegetables in Herb Butter, Brown Rice,</td>
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<td>Cherry Cheese-cake</td>
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<td>Pan Seared Chicken</td>
<td>Breast, Creamy Cheddar Polenta, Spinach Supreme</td>
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<td>(Spinach, Sour Cream, Parmesan and Monterey Jack</td>
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<td>Cheese) Chef's Choice Dessert</td>
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<td>Tossed Salad, Turkey</td>
<td>Sandwich, Caldo Verde, (Spicy Portuguese Kale and</td>
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<td>Potato soup w/ sausage) Strawberry Cake</td>
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<td>CLOSED</td>
<td>Chipped Beef and Egg Gravy on Mashed Potato,</td>
<td>Sweet and Sour</td>
<td>Birthday Day</td>
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<td>Dijon Braised Brussel Sprouts, Warm Peach Crisp</td>
<td>Pork, Stir Fried</td>
<td>Orange and Herb</td>
<td>Tossed Salad, Pan</td>
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<td>Vegetables, Brown</td>
<td>Roasted Turkey Breast,</td>
<td>Seared Tilapia,</td>
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<td>Rice, Coconut</td>
<td>Parsnip Mashed Potato,</td>
<td>Succotash, Pumpkin</td>
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<td>Meringues w/</td>
<td>Gravy, Balsamic</td>
<td>Cake w/Cream</td>
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<td>Pineapple</td>
<td>Roasted Asparagus,</td>
<td>Cheese frosting</td>
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<td>Roll, Cake and Ice</td>
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<td>Beef Bourguignon, Roll,</td>
<td>Tossed Salad, Ziti (a little spicy, with Broccoli,</td>
<td>Puff Pastry Chicken</td>
<td>Meatloaf, Smashed</td>
<td>Curried Coconut</td>
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<td>Tossed Salad, Pumpkin</td>
<td>Italian Sausage) Monterey Ranch Bread, Mixed Fruit</td>
<td>Pot Pie, Tossed</td>
<td>Potato, Gravy, Peas &amp;</td>
<td>Chicken, Stir Fried</td>
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<td>Caramel Bread Pudding</td>
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<td>Salad, Creamy</td>
<td>Carrots, Tossed Salad,</td>
<td>Vegetables, Crispy</td>
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<td>Fruit Salad</td>
<td>Fresh Fruit Parfait</td>
<td>Asian Slaw, Scallion</td>
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<td>Brown Rice, Pear</td>
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<td>Ginger Crumble</td>
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Try a Zoom Tai Chi Class This Winter with Anne Bower

Anne Bower has taught Tai Chi for at The Thompson for over 12 years and welcomes students of all abilities. Check out her website at www.annebower.com to learn more about classes and to find the Zoom links and passcodes for each class. If you want to ask a question about Tai Chi classes, email her at anniebower@yahoo.com.

Tai Chi’s gentle glowing movements hold surprising ability to build strength, improve mindfulness, bring a renewed sense of well-being. And we have fun!

Gentle, Easy Tai Chi With a Chair - Mondays, 10-11am
Fall Prevention Tai Chi - Wednesdays, 10-11am
Sun 73 Forms Tai Chi - Wednesdays, 11:10am-12:10pm
Yang 24 Forms Tai Chi - Fridays, 11am-12pm

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

Update from Bone Builders Class from Althea Derstine

Zoom meetings will continue weekly on Tuesdays through January for current students. Participants are also encouraged to continue their practice at home.
CREATIVE AGING

Let's get Zesty!...and Paint with Finnie
Wednesday, January 6, 1:30 pm

Join me to explore line and shape through observation. Bring a lemon (you may want a cutting board and knife to cut into the lemon too), pencil, extra fine sharpie or permanent marker, water soluble markers or watercolor paints and several pieces of paper. Together we will make marks, explore shape and draw lemons. This can lead to bigger pieces in the future, but for now we will hone our skills and enjoy time together.

To register please email: outreach@artistreevt.org for a zoom link

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Owls in Winter
A Virtual Program Presented by VINS
Wednesday, January 6, 11:00 am

Meet two live VINS Education Owls in this 30 minute virtual program!

Have you seen a barred owl this winter? Learn about the natural history of the local owls in our area and some statistics on the number of owls that visit our Center for Wild Bird Rehabilitation in the winter season.

The VINS Educator will be prepared to answer your questions!

Please pre-register by calling The Thompson Center and a zoom link will be provided.

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Two Online Nature Journaling and Natural History Drawing Workshops
Presented by CJ Kinton

Inspiration to get outdoors, intimately connect with nature, appreciate winter and be creative! We'll meet online in a private Facebook group where everyone can chat and share. Each week there will be short teaching videos, natural history drawing and imaginative art, a writing prompt, simple hands-on art activities and natural history information... all of which you can peruse on your own schedule.

1. **Art in Nature: Designs, Patterns and Light:** Four weekly sessions: cones & bark, winter trees, light and shadow, feathers & winter birds. Seattle colored pencil artist extraordinaire, Erin Fox, will join us each week as a guest art instructor. Fee: $50.

2. **Honoring Sun Return, Pathfinding for New Year:** a pagan workshop on how the natural world can provide inspiration and guidance for finding our own personal inner and outer path. Four weekly sessions: Preparing for the Journey (air), The Path Through the Tangled Wood (earth), Alchemy (water), and Shadows and Light (fire). Fee: $40.

Both workshops start Jan 8 and end Feb 4. Sign up deadline is Dec 31. For detailed workshop descriptions, or to sign up, please email Charmaine at earthschoolwitch@gmail.com

**CCJ Kinton is a writer, artist, biologist and educator. She has worked with many scientific and environmental organizations including Allied Whale, the Smithsonian National Museum of Natural History, and the Vermont Institute of Natural Science (VINS). She loves inspiring people to reconnect with the Earth.**
UPDATES & RESOURCES

Citizens Assistance Registration for Emergencies (CARE)
A United Way of Vermont program through Vermont 211

Emergencies can take many forms. Ice storms, floods, fires, major traffic accidents, and similar events can cause power outages, isolate individuals, or prompt the need for an evacuation. Would you need help in an emergency or evacuation? The Citizens Care Registry for Emergencies (CARE) program was created to help. CARE’s key partners are the United Ways of Vermont, Vermont 211, Vermont 911, and Vermont Emergency Management. CARE helps Vermonters who might need special assistance in case of a wide-scale event.

For information on how to register, visit e911.vermont.gov/care. Registration forms are also available at The Thompson Center.

Individual Benefit Assistance—Medicare, Medicaid, Food & Fuel Assistance
One on One Meetings are available at the Thompson Center
January 7, 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.

*Note: WCHC cannot answer questions about supplemental insurance, Medigap insurance, or Avantage Plans.

NEW DATE AND TIME FOR WOODSTOCK VEGGIEVANGO!
Every second Wednesday of the month at 10:00 am
at the WUHMS 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 WUHMS 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.
IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Crafters, bakers, wreath and table decorators - volunteers that helped to make the online Holiday Bazaar a success.
Tom Morse - Christmas tree
Ann Blake - Bingo prizes
Yael Taylor - medical equipment
Barnard Inn - milk, parsley and pumpkin pies
Nancy Johnson - medical equipment
Mary Drewek - medical equipment and
In Memory of Don Olson - medical equipment
WUHS - poinsettias
Kings Daughters - cyclamen plants
Glenda Osmer - Bingo gifts

Thanks to our Board Members and the many generous friends of the Thompson who donated items for our Yankee Swap and holiday baskets in this season of giving.

IN MEMORY OF

Alan Perkins
Cecily & Aaron Wallman-Stokes
Ted & Joan Staples
James Stokes-Buckles
Anonymous
Eleanor Zue
Meg Tallon
Kathy Doyle
Carla J. Kamel

Edwin & Dorothy Thompson
Peter & Thelma Thompson

Harvey Watson
Shirley Howe
John & Polly Timken Jr.
Roy & Joanne Bates

Joe Herrick
Tambrey Vutech
Carla J. Kamel

Lylse Chase
Helen Gardephe Leonard

Richard Brodrick
Alden & Mary Fiertz

Fran Gillett
Steven & Deborah Roecker

Jack Moore
Gina Moore

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

JANUARY BIRTHDAYS

1st Mary Lee Camp
1st Cynthia Jones
1st Jeanette Veverka
1st Ronald Greenough
2nd John Steinle
2nd Patricia Barnes
3rd Linda Brackett
3rd John Leavitt
3rd Laurie Marshall
3rd Charles Humpstone
3rd Ruth Gibud
4th Barbara Steiner
7th Janet Maxham
7th Lynn Peterson
7th Lydia Locke
7th Lev Camara
8th Joanne Stanyon
8th Joan Williamson
9th Beverly Kenney
9th Beth Crowe
9th Carla Kamel
9th Susan Chieflsky
10th Gina Moore
10th Joyce Hurd
10th Nancy Nash-Cummings
11th Molly McDermott
11th Janice Lilien
11th David Purviance
12th Sue Hottenstein
12th Constance Fitzcharles
12th Norma Flanders
12th Raymond Bourgeois
12th Charlie Gordon
13th Kathleen Fiske
13th Katharine Mears
15th Richard Wacker
17th Helen Leonard
17th Joyce Phillips
18th Darrell Thompson
18th Marsha Fraser
19th Becky Watson
19th Sally Garmon
19th Andrew Cole
20th William Rauscher
20th Akanksha Perkins
20th Janie Bell
20th Edward Gravelle
20th Carmen Sleeper
21st Barbara Gilbert
21st Barbara Stehouwer
21st Jim Gray
22nd Joy Boynton
22nd Rita Woodbury
22nd Julie Kolb
22nd Richard Harley
23rd Elizabeth Hochman
23rd Rachel Jones
23rd Gerard Jones
23rd Anne Sapio
24th Suzan Harlow
24th Shirley Hammond
24th Jerome Morgan
25th Jane Philpin
25th Dory Rice
25th Constance Creed
25th Boris Pilsmaier
26th Paulette Watson
27th James Emery
27th Margaret Brady
27th Margaret Fullerton
27th Peggy Fraser
27th Linda Palmer
28th Nancy Heidt
29th Sharon Schellong
30th Mary Wood
30th Cooper Jones
30th Judith Moore
31st Uldis Sukuja
31st Elmer Kruse
31st Leona Webster
31st Lance Brien
31st Jean Kelly

THE THOMPSON TIMES PAGE 11
The Thompson co-sponsors a twice monthly "Woodstock Shopper" bus route with Tri-Valley Transit (formerly Stagecoach) connecting Randolph, Barnard, Bridgewater, Pompert, Woodstock, and Quechee to retail stores in West Lebanon. This service runs the first and third Wednesday of each month, but in light of increased Covid cases and Vermont State travel recommendations, the service will be re-routed to Rutland in November and December. Reservations on this route must be made in advance by contacting the Tri-Valley Transit office at 802-728-3776. Tri-Valley transit has extra safety precautions and dividers in place between seats and all riders must wear masks. Call to take advantage of this service for grocery or holiday shopping or other necessary errands. Please call with any questions.

Thank You to Our Transportation Sponsors and Grants

Woodstock Insurance
Senior Solutions
Ottauquechee Plumbing & Heating

The Ellaway Group
Simplify your life

Ottauquechee
Armstead Senior Care

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