



The Thompson Times

Your resource to age well

JANUARY 2021

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.thompsonseneiorcenter.org, or contact us at (802) 457-3277 or info@thompsonseneiorcenter.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

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,
paudsley@thompsonscenter.org
Pam Butler, Program Director,
pbutler@thompsonscenter.org
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Ryan Martin, Chef,
rmartin@thompsonscenter.org
Siobhan Wright, Front Desk Coordinator,
swright@thompsonscenter.org
Alberto Santana, Kitchen Assistant

**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

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Announcement from DHMC on December 14, 2020 COVID-19 Vaccine Update

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.

Sign up for the e-newsletter by emailing Jen Bloch at: jbloch@thompsonscenter.org



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!

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. 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.

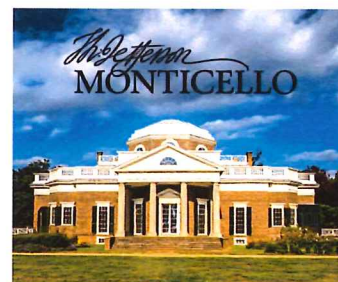


YOUR VIRTUAL SENIOR CENTER

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.

PROGRAM CALENDAR - JANUARY 2021				
Mon	Tue	Wed	Thu	Fri
				1
RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES				CLOSED New Year's Day
4	5	6	7	8
9 Coffee Talk 10 Tai Chi with a Chair via Zoom	10:30 am Strengthen & Stretch Zoom Class 2 Redwood Heroes virtual program	10 Fall Prevention Tai Chi via Zoom 11 Owls in Winter 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom 1:30 Monthly ArtisTree Project	9:30 1:1 Public Benefit Assistance 10:30 am Strengthen & Stretch Zoom Class	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
11	12	13	14	15
9 Coffee Talk 10 Tai Chi with a Chair via Zoom	10:30 am Strengthen & Stretch Zoom Class 2 More Fun with the Dolphins virtual program	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 10 Veggie VanGo 11:10 am Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	10:30 am Strengthen & Stretch Zoom Class 2 Gerda III & "Number the Stars" virtual program	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
18	19	20	21	22
CLOSED Martin Luther King Jr	10 am Phone BINGO 10:30 am Strengthen & Stretch Zoom Class 11:30 Commodities 2 Jefferson's Monti- cello virtual program	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	10:30 am Strengthen & Stretch Zoom Class 2 Hearst Castle virtual program	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
25	26	27	28	29
9 Coffee Talk with guest speaker Gary Smith 10 Tai Chi with a Chair via Zoom	10 am Phone BINGO 10:30 am Strengthen & Stretch Zoom Class 2 National Portrait Gallery virtual program	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	Birthday Day 10:30 am Strengthen & Stretch Zoom Class 1 Caregiver Support Tea	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom

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.

CURBSIDE PICK-UP & MOW MENU - JANUARY 2021

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			1
Meal Pricing: \$7- <u>charge</u> for those under age sixty \$5-Suggested do- nation for ages six- ty and over	* Vegetarian meals & Gluten Free available daily up- on request. Please contact our chef in advance.			CLOSED New Year's Day
4	5	6	7	8
Spaghetti & meat- balls, Garlic bread, Tuscan Vegetables, Fresh Fruit salad	Quiche w/ Aspara- gus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Berry Cobbler	Pea Soup w/ Ham, Cole Slaw, Cottage Cheese, Biscuit, Banana Cake w/ Cream Cheese Frosting	Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight	Chicken Quesadillas, Bean Salad, Cole Slaw, Fruit Salad
11	12	13	14	15
Chicken Caesar Wrap, Hearty Vegetable Minestrone, Cottage Cheese, Blueberry Pie	Beef Stroganoff over Noodles, Mediterra- nean Vegetables, Tossed Salad, Lime and Spice Peach Cobbler	Tossed Salad, Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Cherry Cheese- cake	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portu- guese Kale and Potato soup w/ sausage) Strawberry Cake
18	19	20	21	22
CLOSED	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Peach Crisp	Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple	Birthday Day Orange and Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Balsamic Roasted Asparagus, Roll, Cake and Ice Cream	Tossed Salad, Pan Seared Tilapia, Succotash, Pumpkin Cake w/Cream Cheese frosting
25	26	27	28	29
Beef Bourguignon, Roll, Tossed Salad, Pumpkin Caramel Bread Pudding	Tossed Salad, Ziti (a little spicy, with Broccoli, Tomatoes, Italian Sausage) Monterey Ranch Bread, Mixed Fruit Cobbler	Puff Pastry Chicken Pot Pie, Tossed Salad, Creamy Fruit Salad	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Tossed Salad, Fresh Fruit Parfait	Curried Coconut Chicken, Stir Fried Vegetables, Crispy Asian Slaw, Scallion Brown Rice, Pear Ginger Crumble

ACTIVE AGING

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

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



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.

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 Advantage Plans.



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.

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.



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

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



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.thompsons seniorcenter.org

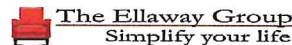
Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091



The Thompson co-sponsors a twice monthly "Woodstock Shopper" bus route with Tri-Valley Transit (formerly Stagecoach) connecting Randolph, Barnard, Bridgewater, Pomfret, 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.

Like us on Facebook 

Thank You to Our Transportation Sponsors and Grants



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@thompsons seniorcenter.org