



# The Thompson Times

Your resource to age well

FEBRUARY 2021

## Thompson Winter Gala Raffle

SUNDAY, FEBRUARY 14, 2021  
5:00 - 6:00 pm



**Sadly, our traditional Winter Gala at The Woodstock Inn has become impossible this year. Instead, we invite you to support The Thompson with your purchase of raffle tickets! Please join us on-line for a toast and a brief soiree on Valentine's Day.**

**Visit [www.thompsonseneiorcenter.org/raffle2021](http://www.thompsonseneiorcenter.org/raffle2021) for details and to buy tickets or call Shari at The Thompson at (802) 457-3277 with questions or to buy paper raffle tickets.**

*All proceeds benefit the operations of The Thompson Senior Center.*

## The Thompson and Tri-Valley Transit are partnering in new ways to bring more transportation options to our region.

The Thompson Senior Center and Tri-Valley Transit, formerly Stagecoach, are excited to announce an expansion to their long-time partnership providing transportation services to people in need in the Woodstock area (Woodstock, Bridgewater, Barnard, & Pomfret). For many years, the two organizations have worked together to provide people access to services in the community. Now, these services will continue, but with Tri-Valley Transit (TVT) playing a more visible role in providing rides, additional benefits for volunteer drivers, and increased access for riders.

TVT will now provide up to four (4) door-to-door rides each month for people 60 years of age or older and those with ADA recognized disabilities through the recently revamped Ticket-to-Ride program. Riders can schedule trips for any purpose, but rides are most frequently requested for access to shopping and medical appointments. People needing rides to appointments for cancer treatment or kidney dialysis are given the highest priority and offered 100% of the rides needed to these appointments.

The Thompson will continue to manage a local transportation program to help older participants access programming at the Thompson Center and offer local trips to stores and services in the downtown Woodstock area.

The "Woodstock Shopper" bus route continues but the twice monthly trips now go to Rutland for shopping instead of West Lebanon due to Covid restrictions. This route connects Randolph, Barnard, Bridgewater, Pomfret, and Woodstock to any retail store in Rutland on the first and third Wednesday each month (advance reservations on this route must be made by the previous Friday).

To schedule rides for medical appointments or shopping, or to volunteer with TVT as a volunteer driver, please call 802-728-3773.

For a ride to/from The Thompson, or for local errands in Woodstock, please call 802-457-3277.



## 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  
**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

Liza Deignan—*President*  
Ginny Eames—*Vice President*  
David McGuire—*Treasurer*  
Wendy Wannop—*Secretary*  
Dave Bollinger  
Mary Bourgeois  
Leon Dunkley  
Rick Fiske  
Susan Ford  
Jon Fullerton  
Dolores Gilbert  
Karl Huck  
Lydia Locke  
Daphne Moritz  
Dan Noble  
Steve Selbo  
Sandy von Unwerth  
Paulette Watson

## COVID Vaccine Update:

The following are links to the most current information about Covid and the vaccines for DH, and VT:

DH Information about Covid and the vaccine is at: <https://www.dartmouth-hitchcock.org/patient-education/covid-19-vaccine.html>

The state of VT information is at:

<https://www.healthvermont.gov/covid-19/vaccine/vermont-covid-19-vaccine-planning>

*The preceding information is from the website of the Dartmouth-Hitchcock Aging Resource Center -agingcenter@hitchcock.org*

## Thompson Annual Appeal

The Thompson Annual Appeal began in September and is still underway. If you haven't made an annual gift and would like to do so, we would be very appreciative. Annual Appeal gifts support the operations of the senior center and allow us to continue critical services like transportation, meals, and other programs. Mail or deliver a gift to 99 Senior Lane, Woodstock, VT, or donate online through our website. Thank you very much!



We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!

## 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.

## 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.**

Sign up for the e-newsletter by emailing Jen Bloch at: [jbloch@thompsonscenter.org](mailto:jbloch@thompsonscenter.org)



# HEALTHY AGING

## **Individual Benefit Assistance—Medicare, Medicaid, Food & Fuel Assistance One on One Meetings are available at the Thompson Center February 12 & 25, 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.

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## **Important Information for Tax Preparation for 2020 taxes**

For the safety of tax preparers and community members, tax preparation will be handled remotely this year. Following all established protocol for personal safety and protection of tax information, the process is as follows:

Step 1. Stop by the Thompson to pick up a Tax preparation envelope with the instructions for this year. Tax envelopes will be available for pick-up between January 25<sup>th</sup> – February 5<sup>th</sup>. The easiest time to pick-up is during our lunch meal curbside pick up between 12 - 12:15 pm, M-F. You will leave your name and number with Thompson staff and then gather all information necessary as listed on the instructions.

Step 2. A tax preparer will contact you to schedule an appointment after February 15<sup>th</sup> to come to The Thompson to review your documents. Tax preparation will be completed remotely.

Step 3. Once your tax return is complete, a third stop at The Thompson will be scheduled for you to get the printed copy of your return and sign form 8879.

### **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**

***Coming in February– a special guest from the Vermont History Center***



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.*

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### Live from the Truman Presidential Library Tuesday, February 2, 2:00 pm

*Take a sneak peek into the new exhibits as the museum comes close to opening in the Spring of 2021!*

In recognition of the 75th anniversary of his presidency, the Truman Library and Truman Library Institute have developed a momentous plan to use Truman's life and legacy to inform, inspire, educate, and engage a 21st-century audience at an increasingly critical time in our nation's history.



### Elephant Sanctuary, Tennessee Tuesday, February 9, 2:00 pm

The Elephant Sanctuary in Tennessee exists to provide captive elephants with individualized care, the companionship of a herd, and the opportunity to live out their lives in a safe haven dedicated to their well-being, and to raise public awareness of the complex needs of elephants in captivity, and the crisis facing elephants in the wild. Located on 2,700 acres in Hohenwald, TN, The Elephant Sanctuary is the largest natural habitat refuge in the country dedicated solely to the care of African and Asian elephants retired from zoos and circuses across North America. As a true sanctuary, the elephant habitats are closed to the public and all the elephants are retired from their lives of performance and exhibition. Through their distance learning program, Using photos, lives-streaming video and storytelling, a member of The Sanctuary's education team will offer a virtual glimpse into the daily life of elephants at The Sanctuary and answer all of your elephant related questions.



# YOUR VIRTUAL SENIOR CENTER



## **Durham Museum: Historic Train Travel** **Thursday, February 11, 2:00 pm**

Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890's steam engine and 1950's caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits!

About the Durham Museum: Beautiful architecture blends with memories of a time gone by at The Durham Museum. Making its home in one of Omaha's most unique treasures, Union Station, The Durham Museum offers a fascinating look at the history of the region and offers a broad-range of traveling exhibits covering subjects ranging from history and culture, to science, industry and more through our affiliation with the Smithsonian Institution and strong ties with the Library of Congress, National Archives and the Field Museum.

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## **Hildene – The Lincoln Family Home** ***Pullman Porters: Unsung Heroes, Former Slaves, Labor Organizers, Middle Class Citizens; Civil Rights Activists*** **Tuesday, Feb. 16, 2:00 pm**



Located in Manchester, Vermont, Hildene was built by Abraham Lincoln's son, Robert Lincoln, in 1905. Today's guests experience the 412 acre estate's Welcome Center and The Museum Store; home and gardens; Lincoln exhibit; 1903 Pullman car, Sunbeam, "Many Voices" exhibit, a site on the Vermont African American Heritage Trail; goat dairy and cheese-making facility; sustainable agriculture project in The Dene; 600' wetland floating boardwalk; and 12 miles of 4 season trails.

Participants will discover what it was like to travel and work on a Pullman car, and engage in discussion about the porters' enduring fight for social change and justice in America. We will examine the critical role that Pullman porters played in giving rise to America's black middle class, the formation of the black labor movement, and the momentum for the civil rights movement. This slice of history spans 100 years beginning with the Emancipation Proclamation.



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## **National Museum of Toys and Miniatures** **Tuesday, February 23, 2:00 pm**

BIG fun with miniatures! Explore the incredible artistry of fine-scale miniatures with Laura Taylor and Kelly Burns from The National Museum of Toys and Miniatures in Kansas City, Missouri. Enjoy a video tour of some of the highlights of the museum's fine-scale miniatures collection, followed by time for Q&A.

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## **General Grant National Memorial** **Thursday, February 25, 2:00 pm**

The final resting place of President Ulysses S. Grant and his wife, Julia, is the largest mausoleum in North America. It testifies to a people's gratitude for the man who ended the bloodiest conflict in American history as Commanding General of the Union Army and then, as President of the United States, strove to heal a nation after a civil war and make rights for all citizens a reality.



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.

<b>PROGRAM CALENDAR - FEBRUARY 2021</b>				
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9 Coffee Talk 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms	10:30 am Strengthen & Stretch Zoom Class <b>2 Truman Presidential Library Virtual Program</b> 3 Bone Builders	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom <b>1:30 Art with Finnie</b>	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9 Coffee Talk 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms	10:30 am Strengthen & Stretch Zoom Class <b>2 Elephant Sanctuary Virtual Program</b> 3 Bone Builders	10 Fall Prevention Tai Chi via Zoom 10 Veggie VanGo 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	10:30 am Strengthen & Stretch Zoom Class <b>2 Durham Museum Virtual program</b> 3 Bone Builders	<b>9:30-1 1:1 Benefit Assistance</b> 10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Closed President's Day</b>	10:30 am Strengthen & Stretch Zoom Class 11:30 Commodities <b>2 Hildene- Lincoln Home Virtual Program</b> 3 Bone Builders	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 am Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9 Coffee Talk 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms	10:30 am Strengthen & Stretch Zoom Class <b>2 National Museum of Toys &amp; Miniatures Virtual Program</b> 3 Bone Builders	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	<b>Birthday Day</b> <b>9:30-1 1:1 Benefit Assistance</b> 10:30 am Strengthen & Stretch Zoom Class <b>2 General Grant National Museum Tour</b> 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
				<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</b>

# CURBSIDE PICK-UP & MOW MENU - FEBRUARY 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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Coleslaw, Beef & Vegetable Stew, Jelly Roll	Singapore Curry Chicken, Rice, Stir Fried Vegetables, Caramel Pumpkin Bread Pudding	Tossed Salad, Macaroni and Cheese w/ Ham, Stewed Tomatoes, Fresh Fruit Salad	Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Rum Raisin Rice Pudding	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Fruit Salad	Tossed Salad Spinach, Artichoke & Cheese Quiche, Roasted Sweet Potato Fries, Fresh Fruit	Pork and Apple Curry, Scallion Brown Rice, Broccoli, Cauliflower, Kale Slaw, Mandarin Orange Delight	Shepherd's Pie, Vegetable Medley, Poached Pears	Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables Casserole, Citrus Ricotta Squares
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Closed President's Day</b>	Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Potato Salad, Three Bean Salad, Coconut Macaroon and Pineapple	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Brownie	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Chocolate Chip Cookies and Fruit	Turkey Sandwich w/ Lettuce, Tomato, Cheese on a Multi-grain Bun, Apple & Squash Soup, Warm Berry Crisp
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Cole Slaw, Chili, Corn Bread, Yogurt Cake w/ Peach Puree	Tossed Salad, Cacciatore Chicken Breasts over Penne Pasta. Crusty Bread, Fresh Fruit Salad	Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, Pink Lemonade Bars	<b>BIRTHDAY DAY*</b> Honey Glazed Ham, Pineapple Chutney, Mascarpone Mashed Potatoes, Green Bean Amandine Roll, Cake	Almond Crusted Tilapia, Roasted Potatoes & Veggie Blend, Fruit topped Cookies
			<b>Meal Pricing:</b> <b>\$7- charge for those under age sixty</b> <b>\$5-Suggested donation for ages sixty and over</b>	<b>* Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance.</b>

# ACTIVE AGING

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

## Register for a Virtual Tai Chi Class This Winter

Stay safe and warm and enjoy Tai Chi at home this winter. Instructor, Anne Bower, is offering 5 classes a week and we encourage you to try a new class or continue Tai Chi. It's slow, gentle but powerful movements will give you energy and multiple health benefits. For more information on any of these classes, please email Anne at [anniebower@yahoo.com](mailto:anniebower@yahoo.com). *Zoom links will be provided at registration with The Thompson.*

**Monday: 10-11** Tai Chi with a Chair

**Monday: 11:10-12:10** Introduction to Sun 73 forms (prior knowledge of Fall Prevention Tai Chi is required)

**Wednesday: 10-11** Fall Prevention Tai Chi

**Wednesday: 11:10-12:10** Sun 73 continuing practice and learning

**Friday: 10-11** Yang 24 continuing practice and learning

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## 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.

For information on how to access the Zoom classes, contact Liz directly at 802-522-9273 or email at [ebhatfield@aol.com](mailto:ebhatfield@aol.com)

### Chair Yoga by Zoom

Wednesdays, 1:00 - 2:00 pm

*This class is 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 Ottauquechee 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](mailto:llharvey56@gmail.com).

## Update from Bone Builders Class from Althea Derstine

Zoom meetings will continue weekly and will now be offered on Tuesdays *and* Thursdays for current students. Participants are also encouraged to continue their practice at home. Exercise routines provided by Althea are available via email or by calling The Thompson.





## Art With Finnie

Wednesday, February 3, 1:30 pm

Join Finnie to paint a landscape inspired by Canadian artist Ted Harrison. We will spend some time observing the brilliant colors and bold shapes that make up Harrison's arctic inspired landscapes, then work to recreate our own landscapes inspired by his style.

### Materials:

- large paper (heavy watercolor is best) or stretched canvas or panel, paints - which ever paint you prefer to work with. If you have acrylics available I encourage you to use them
- Sharpies - if you have multiple colors of Sharpies or even acrylic markers that's good - oil pastels can work too
- Pencil, painters tape, paper towels, palettes, brushes etc.
- Extra preparation - check out Ted Harrison's work online! I am including an image here too - if you have the ability you may want to print out a few of his pieces to have on hand for group observation/discussion.

*Please email Finnie to register and request the zoom link: [outreach@artistreevt.org](mailto:outreach@artistreevt.org)*

## SUDOKU

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9 without repeating any numbers within the row, column or square.

**HAVE FUN!**

					7	5		
7			1				4	
5						2		
		1	3	9				8
3			7	8	6			4
8				4	1	7		
		8						9
	5				3			1
		4	6					

# 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](http://e911.vermont.gov/care). Registration forms are also available at The Thompson Center.

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## Update on WARF

If you live in Woodstock, Barnard, Bridgewater, Killington, Plymouth, Pomfret, or Reading, WARF can help provide immediate financial assistance of up to \$1,000. This is available to anyone in those towns who are unable to meet their basic household needs, such as rent, food, or childcare, due to the economic disruption caused by the coronavirus.

WARF:COVID-19 has money available at least through the winter months. Please don't hesitate to apply, even if you've never asked for help before. WARF is committed to the confidentiality of all participants.

To APPLY [www.woodstockcarearelieffund.org](http://www.woodstockcarearelieffund.org), To ASK QUESTIONS Phone - 802-281-9902, Email - [woodstockcovid19@gmail.com](mailto:woodstockcovid19@gmail.com)



## **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](mailto:questions-gczaja@wcsu.net) 802-

## **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

Karen McAllister - face masks  
 Molly McDermott - earrings  
 In Memory of Joe Rubino -  
 medical equipment  
 Lynne Tracy - jigsaw puzzles

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



## FEBRUARY BIRTHDAYS

1st Dick Atwood	9th Frances Lancaster	18th Susan Copeland	26th James Hollinshead
1st Dick Colantuono	9th John Wiegand	18th Gerry Sandweiss	27th Kedric Harriman
1st Craig Cota	9th Jay Caruso	19th Sandi Anderson	27th Floyd Westover
1st Morey Weiss	9th Zoe Potter	19th Darlene Griggs	27th Brianne Gallagher
2nd James Minnich	10th Janice Standish	19th Rhonda White	28th Jane Simonds
2nd Dorothy Wardwell	10th Sharon Blake	20th Marlene Rand	28th Larry Templeton
2nd Dennis Grady	11th Jeannine Colby	20th Jim Lewis	29th Floyd Van Alstyne
3rd Jeanne Merrill	12th Carol Towne	20th Mary Ann Conrad	
4th Tom Weschler	12th Pauline Holt	21st Linda Atwood	
4th Marilyn Bailey	12th Hilda Conn	22nd Harry Jorgensen	
4th Louise Hansson	13th Alberta Bailey	22nd Jerry Oppenheimer	
4th Barbara Bartlett	13th Kathy Marzalek	22nd Louise Schwebel	
4th Joan Turner	13th Linda Grant	22nd Cynthia Stevens	
4th Kathleen Mahoney	14th Margaret Audsley	23rd Sherry Wian	
5th Ann Blake	14th Phyllis Frechette	23rd David Brown	
6th Miranda Shackleton	16th Corey Mitchell	23rd Tina Kelly	
6th Charlotte Harvey	16th Charles Seitz	24th Susan Botzow	
7th Mia Pine	16th Susan Bitzer	24th Carl McCuaig	
7th Andrew Salamon	17th Joan Lessard	25th Sylvia Doten	
7th Lois Lorimer	17th Judith Persin	26th Wayne Hinson	
8th Debbie Bridge	17th Charles Worrell	26th Susan Menendez	
8th Elaine King-Coss	17th Charles Worrell	26th Janet Burnham	
8th Elizabeth Woodbury	17th Judy Ruffing		
8th Linda Vanderstreet	18th Linda Manning		
9th Julie Johnston	18th Dennis Wright		

## IN MEMORY OF

**Joan Staples**  
 James & Susan Ford  
 Paula Audsley  
 Kedric & Catherine  
 Harriman  
 Richard & Linda Brackett  
 Charles & Kathy English  
 Ann & David Cioffi  
 Ron Willis  
 Richard & Roberta Roy  
 Fred & Nancy Doten  
 Cynthia Hewitt  
 Janet Maxham  
 Helen Gardephe Leonard  
 Keith & Ann Blake  
 Carla J. Kamel

**Joe Herrick**  
 Margaret Gray

**Joe Rubino**  
 Terry Grigsby  
 Martha Loenard  
 Carla J. Kamel

**Alan Perkins**  
 Jane Schmidlapp  
 Joyce Phillips  
 Samuel & Eleanor Grice  
 Elliot H. Kraut  
 Nancy Merrill

**Audrey Fiedelholz**  
 Franklin Fiedelholz

**Fran Gillett**  
 Rhonda & Dan Bruce

**Harvey Watson**  
 Jane S.M. Smith  
 Betty Ann & David  
 McGuire  
 Kathleen Eiselein  
 Catherine Wood

**Lysle Chase**  
 Jay Eason

**Richard Brodrick**  
 Janes & Susan Ford

**Raymond Richmond**  
 Janet Herrick

**Teresa Worth**  
 Keith & Ann Blake  
 Carla J. Kamel

**George Michaels**  
 Carla J. Kamel

**C. William Hoyt**  
 The Kirby Family  
 Foundation



# 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.thompsonseniorcenter.org

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

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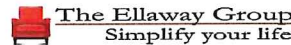
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The Thompson co-sponsors a twice monthly "Woodstock Shopper" bus route with Tri-Valley Transit (formerly Stagecoach) connecting Randolph, Barnard, Bridgewater, Pomfret, Woodstock, and Quechee to retail stores in West Lebanon. This service runs the 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 802-728-3773. 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.

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