CELEBRATE MARCH FOR MEALS WITH US!

The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will enable them to serve America's elder population all year long. As a member of the national organization, Meals on Wheels America, The Thompson participates in this annual celebration now in its 19th year. And, boy do we have a reason to celebrate!

In 2020, we delivered 12,296 Meals on Wheels (MOW) — a dramatic increase over the 9,808 meals delivered in 2019! During last March to July alone, we served 76 new MOW recipients! Volunteers for The Thompson currently deliver 40 meals each day (Monday through Friday) to older Vermonters throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret.

The highlights of our March for Meals events this year:

- Our 7th annual Thank You Walk — Instead of our traditional “march,” this year volunteers and staff will be assigned to deliver cookies and balloons to local businesses who support us.
- Community Champions week is March 22 -26th where town officials and local celebrities nationwide are asked to participate in meal deliveries and events.
- Monday, March 30th will be our annual MOW driver meeting providing an opportunity for a review of requirements/procedures, to share ideas, and to celebrate the wonderful work of our MOW volunteers!
- Special Thanks to the Woodstock Farmer’s Market for making our meals program the beneficiary of their “Round-Up” campaign!
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page for videos and more.

TOWN MEETING DAY

The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.

According to the National Council on Aging, senior center participants have higher levels of health, social interaction and life satisfaction, and home and community based services are estimated to be one-third the cost of institutional care. With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. In the past year, the Thompson services have reached more than 57% of the residents ages 65 and over in the four towns mentioned above, plus dozens from other communities. We serve approximately 1,500 unique individuals with our programs, referrals, meals, and transportation. Please vote & consider speaking up at your town meeting about the value of these services for seniors.
COVID Vaccine Update:

Vermonters 75+ are eligible to receive a vaccine
Vaccinations have started at clinics statewide.
For online registration visit the state of VT at:

Please note: There is not a vaccination location in Woodstock, but if you’re struggling with online registration, Thompson staff and volunteers are available to assist you.

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

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News on Woodstock’s New Pharmacy

The pharmacy that will be opening in the Ottauquechee Health Center (OHC) will be owned and operated by Smilin’ Steve Pharmacy group and will be independent from OHC. There is currently no anticipated opening date as of this printing, due to logistics on the pharmacy’s side that need to be completed prior to opening. The anticipated plan (hope) is that when the pharmacy opens, the hours of operation will be the same as OHC – 8:00 am – 5:00 pm. The Thompson will publish more details as they become available.

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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!

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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.

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

Individual Benefit Assistance—Medicare, Medicaid, Food & Fuel Assistance
One on One Meetings are available at the Thompson Center
March 11 & 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.

Tax Preparation Assistance Update – February 10th

All AARP Tax-Aide packets that were available have been picked up by those who registered to receive one. We understand that this has posed a hardship for many who are accustomed to getting this assistance each year. Unfortunately, the required process due to Covid allows volunteers to prepare fewer taxes this year. If you need a list of tax preparation resources including financial assistance, please call Shari at The Thompson.

For those of you who have your AARP Tax-Aide packets, please wait for a tax preparer to contact you. You will be called a second time to schedule a visit to the Thompson for your documents to be checked and scanned. Once your return is complete, an appointment will be scheduled for you to pick up a copy of your return and sign Form 8879, the declaration document and signature authorization for an e-filed return.

Foot Clinic at The Thompson Center with Beverly Sinclair, RN
March 11 & 18, 9:00 am - 2:30 pm
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 connect and chat!
Mondays at 9:00 am
On March 1st we welcome special guest Carla Kamel from the Community Health Team
On March 8th we welcome a special guest from Lucy Mackenzie Humane Society

Our Coffee Talk on Monday mornings is becoming quite popular as more people call in. We have discussed all types of topics, like back yard bird feeding, skiing on barrels stays, and even 3 holers! Our special guests have included VINS research coordinator, Jim Ambruster, Woodstock Pharmacy owner Gary Smith, and the Woodstock History Center. Dial in on Monday mornings and connect with us - you never know who will be on the other end of the line!
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

Please contact The Thompson Center by calling 802-457-3277 or by emailing Shari at sborg@thompsonseniorcenter.org as soon as you select your programming. Senior Learning Network (SLN) has a deadline of Mondays at noon for the week’s programming but you can register as early as you like for advertised programs so please don’t wait. SLN will no longer accept late registrations after Monday at noon.

Penn Museum ~ Personally Guided African Galleries Tour
Tuesday, March 2, 2:00 pm

What better way to learn about the culture of another place than through the eyes of someone who grew up there? Through the Global Guides Program, the Museum offers virtual tours led by Philadelphians who grew up in countries around the world! In addition to sharing historical information about the museum artifacts on display, our guide from Africa will combine personal experiences and stories to interpret objects from their home country.

The Lost Colony ~ Ft. Raleigh National Historic Park:
An in-depth look at the complex history and mystery of England’s start in North America
Thursday, March 4, 2:00 pm

Join park rangers to explore the events and unknowns surrounding the first English colony in North America. The program begins at the historic Waterside Theater and will cover the multiple English voyages, the interactions between the English and Native people and some theories about what happened to the Lost Colony. The program will continue with a tour to the archaeology site of the 1585 scientific workshop (this is not an active dig site but rather where known parts of the story exist) and the earthen fort which is a reproduction of one from the 1580's. Continuing through the forest and ending at the north shore of the island provides an opportunity to discuss the, yet to be discovered, location where the colonists built their homes.
First 100 Days of FDR
Presented by: Roosevelt Presidential Library on Tuesday, March 9, 2:00 pm

The first 100 days of the Roosevelt Administration was the most legislatively active period in American history. This session explores the flurry of dramatic actions taken by FDR as he sought to pull the United States from the grips of the Great Depression in the opening days of his presidency.

Lovingly, Marion ~
McNay Art Museum
Thur., March 11, 2:00 pm

Join us for a tour of the McNay Collection! This tour highlights Marion Koogler McNay's bequest of her home and art collection with particular emphasis on 20th and 21st-century modernist artists Paul Cézanne, Marc Chagall, Pablo Picasso, Georgia O'Keeffe, and Diego Rivera among others.

Marion Koogler McNay was an American painter, art collector, and art teacher who inherited a substantial oil fortune upon the death of her parents. She later willed her fortune to be used to establish San Antonio's first museum of modern art, which today bears her name.

The Story of Amistad
Mystic Seaport Museum
Thursday, March 18, 2:00

This new joint program of Mystic Seaport Museum and Discovering Amistad tells the story of the Amistad and how it serves as an example of how citizens and communities, working together, can bring about landmark change. Using the legacy of the 1839 Amistad uprising, the program bridges history and the challenges of that time to present-day issues of inequity. The program features behind the scenes footage from the vessel itself, and a special Planetarium show that showcases changes in the night sky as seen by the Amistad Africans on their return trip to Sierra Leone, and the role that celestial navigation played in this local story.

Virtual Tour at Mitchell Caverns
Tuesday, March 23, 2:00 pm

Mitchell Caverns, within the Mitchell Caverns Natural Preserve, is a trio of limestone caves, located on the east side of the Providence mountains. For many years the caves were thought to be "dead", that is, the formations were no longer growing. However, recent studies have found some signs of life. Numerous paleontological and archaeological finds have been made in and around the caverns. Scientists have found the remains of several prehistoric animals, including a sloth. The caverns were a sacred place for the Chemehuevi Indians, and a number of tools and fire pits have been found. Join us for a virtual tour with California State Park Interpreter Andrew Fitzpatrick, taking us through a crash course in desert and cave ecology and local history of the Mitchell Caverns in the Mojave Desert.
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>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 1:30 Art with Finnie</td>
<td>10-12 Virtual Cooking Class 10:30 am Strengthen &amp; Stretch Zoom Class 2 Ft. Raleigh National Historic Park 3 Bone Builders</td>
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<td>10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom</td>
<td>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</td>
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PAGE 6 THE THOMPSON TIMES
Update on Curbside Meal Pickup:
We love seeing you all at lunch time! And now that the weather is much colder and snowier, we ask that you pick up your meals between 12 and 12:15. If you need more time, just let us know and we can leave your meal on the porch. Thanks for your understanding!

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<td>Ham &amp; Swiss Wrap w/ Lettuce &amp; Tomato, Corn Chowder, Coleslaw, Molasses Cookie w/ fruit</td>
<td>Stuffed Peppers, Tossed Salad, Blueberry Cake w/ Cream Cheese Frosting</td>
<td>Italian Pork Stew over Pasta, Garlic Bread, Pinto Bean &amp; Spinach Salad, Fresh Fruit Salad</td>
<td>Orange and Herb Roasted Chicken Breast, Sautéed Garlic Baby Spinach, Rice Pilaf, Ginger Snap and Fruit</td>
<td>Three Onion, Mushroom and Spinach, Quiche, Roasted Potatoes, Tossed Salad, Gingerbread Cake</td>
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<td>BBQ Pulled Pork Sandwich, Coleslaw, Bean Salad, Fresh Fruit Parfait</td>
<td>Tossed Salad, Chicken Parmesan, Garlic Bread, Steamed Vegetables, Fresh Fruit Salad</td>
<td>Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas &amp; Baby Carrots, Almond Cake w/ Orange Dried Apricot Sauce</td>
<td>Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Chef's Choice Dessert</td>
<td>Beer Battered Haddock and Chips, Kale Salad, Cookie and Fruit</td>
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<td>Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cranberry Cookies w/ Fruit</td>
<td>Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese, Mixed Berry Crisp</td>
<td>St. Patrick’s Day* Corned Beef Cabbage, Baby Carrots, New Potatoes, Guinness Stout Cake</td>
<td>Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll</td>
<td>Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Fresh Fruit Salad</td>
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<td>Sweet and Sour Chicken, Vegetable Stir Fry, Rice, Coconut Macaroons w/ Pineapple</td>
<td>Kung Pao Sloppy Joes on Whole Wheat Roll w/ Broccoli Cauliflower Kale Slaw. Sweet Potato Fries, Strawberry Shortcake</td>
<td>Tossed Salad, Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Cookies and Fruit</td>
<td>Birthday Day* Grilled Baja style Pork Loin Chimichurri Sauce, Citrus Sweet Potato Mash, Braised Greens, Roll, Cake</td>
<td>Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream</td>
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<td>Chicken Salad Sandwich, Caldo Verde, (Portuguese Kale and Potato Soup w/ Sausage, Molasses Cookie w/ Fruit</td>
<td>Swedish Meatballs over Egg Noodles, Broccoli &amp; Carrots, Fresh Fruit Salad</td>
<td>Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccini, Tossed Salad, Fresh Fruit Salad</td>
<td>Meal Pricing: $7 - charge for those under age sixty $5-Suggested donation for ages sixty and over</td>
<td>*Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance.</td>
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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. 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

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

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 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 lhharvey56@gmail.com. Payments should be made out to Linda Harvey and mailed to The Thompson Center. Punch cards are available for $15/5 classes or $30/10, and the cards will also be honored when we return to in-person classes at The Thompson Center.

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, March 3, 1:30 pm

Discover the meditative form and function of a mandala pattern. We will explore line, shape and symmetry to create a radial design that can be left in simple black and white or filled with color - your choice!

Materials: paper, pencil, fine black permanent marker

Optional: markers, colored pencils, watercolors - whatever you may want to use to add color if you choose

To register email Finnie: outreach@artistreevt.org

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Virtual Cooking Class with Fadia Fayad Williamson  
Thursday, March 4, 10:00 - 12:00 pm

The Thompson invites you join Fadia Fayad Williamson for a cooking class. Fadia was born in Beirut, Lebanon, and moved to the United States as a child with her brother & parents. Fadia and her husband, Ted, lived and worked in the Middle East for 25 years before moving to Barnard, Vermont. With a love of cooking and gracious hospitality, Fadia maintains her ties to Lebanese culture. She also speaks fluent Arabic and visits Beirut periodically. She will be preparing three to four classic Middle Eastern dishes, providing recipes and step-by-step instructions for those who sign up for the class.

Please register for your zoom link by calling The Thompson Center. You will be sent a list of ingredients that you should have to participate.

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Big Bend National Park ~ Texas’ Gift to the Nation  
Thursday, March 25, 2:00 pm

There is a place in Far West Texas where night skies are dark as coal and rivers carve temple-like canyons in ancient limestone. Here, at the end of the road, hundreds of bird species take refuge in a solitary mountain range surrounded by weather-beaten desert. Tenacious cactus bloom in sublime southwestern sun, and diversity of species is the best in the country. This magical place is Big Bend...

During this program, we will view the mountains, river, and desert of Big Bend, and be introduced to a few animals that live in each area. We will also learn what tourists love to do --learning to canoe down the river, or backpack in the mountains. See you at Big Bend!

Call or email the Thompson to register and receive your Zoom link. 802-457-3277 or sborz@thompsonseniorcenter.org. Deadline to register is the Monday of the week of the program.

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Caregiver Support Group Returns via Zoom
Monday, March 1, 1:00 pm

We welcome the return of the Caregiver Support Group where support and education can make a critical difference for family members and caregivers of people with memory loss or disorders such as Alzheimer’s. Carla and Anne welcome you to join this confidential support group virtually, until the group is able to meet again in person at The Thompson. This gathering remains a safe place to share ideas, concerns, and constructive feedback with others facing similar challenges.

Complimentary curb-side bagged lunch will be provided by request with registration. Please let us know if you need assistance with using zoom.

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. To ASK QUESTIONS Phone - 802-281-9902, Email - woodstockcovid19@gmail.com

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. 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@wesu.net 802-457-1317, 1123

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

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

Medical Equipment:
Ann Suokko
Robert McCarthy
Rob Foote
Doug Van Dalinda
Mary Church - hand carved canes

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

IN MEMORY OF

Jack Moore
Bo & Randi Harson

Joan Staples
Roy & Joanne Bates
Joan Lessard
Grace Staples
Nancy & Nelson Bebo
Donald Lovejoy
Daniel & Pooja Benetti
Linda Maxham
Stephen & Joan Tarleton
Ad & Mavis Shaw
Barbara Kelley
Rhonda & Dan Bruce

Teresa Worth
Barbara Kelley

Peter Fox Smith
Ad & Mavis Shaw

Richard Brodick
Ad & Mavis Shaw

MARCH BIRTHDAYS

1st Charles Luetke
1st Donald Doubleday
1st Jane Hanley
1st Virginia Eames
1st Charlotte Cassidy
1st Larry Lacailade
2nd Barbara Blai klock
3rd Norman Youknot
4th Heidi Talbert
4th Donna Durgin
5th Edward Thumith
5th Susan Harlow
5th Deborah Neuhof
5th Armande Boright
5th Beverly Kinne
6th Steven Selbo
7th Jen Bloch
7th James Hasson
8th Alexander Hadden
8th Mark Powers
8th Liz Estabrook-Hatfield
8th Susan Lewis
8th Linda Machalaba
9th John Garren
9th Barbara Sanderson
9th Cecilia Hoyt
9th Larry Kasden
9th Mimi Baird

9th Horace Carr
9th Larry Derstine
10th Gail Dougherty
10th Barbara Gerstner
11th Jerry Fredrickson
11th Linda O'Neil
11th Richard Beda
11th Harry Homeier
11th Lesley Marceau
12th Susan Ditto
12th Beverly Cook
13th Willem Post
13th Deborah Phillips
13th Lucille Tancreti
13th Patricia Campbell
13th Joe Warren
14th Irene Schlerf
14th Harriet Stehouver
15th Renette Bedard
15th Ernest Kendall
15th Phil Lewis
15th Kate Reeves
15th Edward Corliss
15th Tom Ripley
16th Gloria Martin
16th John Dibble, Sr
16th Linda Fisher
17th Susan Rose
17th Mario Maura
18th Pat Tilton
18th Beryl Spencer
18th Catherine Harriman
19th Sally Olsen
20th Lauran Corson
21st Tom Bourne
22nd Betty Putnam
22nd Barbara Leonard
23rd Emily Jones
23rd David McGuire
23rd Sandra Audsley
26th Marie Willis
26th Linda Willard
26th Robert Plattner
27th Charlotte Croft
27th Mervin Comes
27th Joan McGee
28th Olivia Witasek
28th Hillary Martin
29th Robert Parker
30th Meg Johnson
30th Lois Watson
31st Janet Bourne
31st Susan Brown

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Your resource to age well

Woodstock Area Council on Aging
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Woodstock, VT 05091
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FAX: (802) 457-1259
www.thompsonseniorcenter.org

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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