



The Thompson Times

Your resource to age well

MARCH 2021

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.**

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,
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Paula Audsley, Outreach Manager,
paulsley@thompsonscenter.org
Pam Butler, Program Director,
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Shari Borzekowski, Administrative &
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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
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS

Liza Deignan—*President*
Ginny Eames—*Vice President*
David McGuire —*Treasurer*
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Jon Fullerton
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Karl Huck
Lydia Locke
Daphne Moritz
Dan Noble
Steve Selbo
Sandy von Unwerth
Paulette Watson

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:
www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine or you can call **855-722-7878** for your appointment.

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>

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.



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!

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,

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

YOUR VIRTUAL SENIOR CENTER

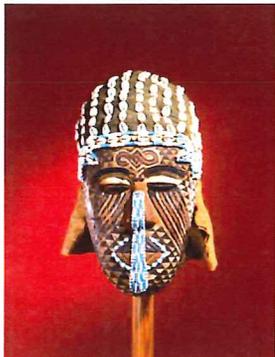
Zoom Protocol For Senior Learning Network (SLN) Programs

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>

Please contact The Thompson Center by calling 802-457-3277 or by emailing Shari at sborz@thompsonscenter.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.

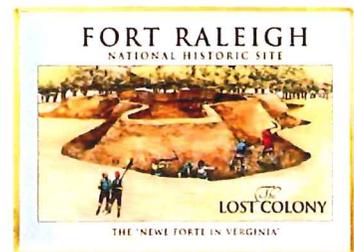


Penn Museum ~ Personally Guided African Galleries Tour Tuesday, March 2, 2:00 pm

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.



YOUR VIRTUAL SENIOR CENTER



First 100 Days of FDR

Presented by: Roosevelt Presidential Library on Tuesday, March 9, 2:00 pm

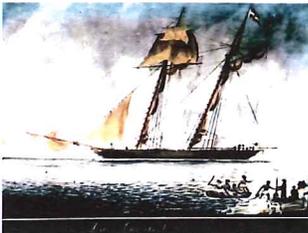
The first 100 days of the Roosevelt Administration was the most legislatively active period in American history. This session explores the flurry of dramatic actions taken by FDR as he sought to pull the United States from the grips of the Great Depression in the opening days of his presidency.



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

Join us for a tour of the McNay Collection! This tour highlights Marion Coogler 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 Coogler 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.

PROGRAM CALENDAR - MARCH 2021

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
9 Coffee Talk w/ guest Carla Kamel 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms 1 Caregiver Support Group	10:30 am Strengthen & Stretch Zoom Class 2 Penn Museum Virtual Tour 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 1:30 Art with Finnie	10-12 Virtual Cooking Class 10:30 am Strengthen & Stretch Zoom Class 2 Ft. Raleigh National Historic Park 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
8	9	10	11	12
9 Coffee Talk w/ guest from Lucy Mackenzie 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms	10:30 am Strengthen & Stretch Zoom Class 2 Virtual Program 100 Days with FDR 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	9-2:30 Foot Clinic 9:30-1 1:1 Benefit Assistance 10:30 am Strengthen & Stretch Zoom Class 2 McNay Art Museum Virtual Tour 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
15	16	17	18	19
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 11:30 Commodities 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	9-2:30 Foot Clinic 9:30-1 1:1 Benefit Assistance 10:30 am Strengthen & Stretch Zoom Class 2 The Story of Amistad Virtual Program 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
22	23	24	25	26
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 2 Virtual Tour at Mitchell Caverns 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	Birthday Day 9:30-1 1:1 Benefit Assistance 10:30 am Strengthen & Stretch Zoom Class 2 Big Bend National Park Virtual Tour 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
29	30	31		
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 3 Bone Builders MOW Driver Meeting	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom		RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES

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!

CURBSIDE PICK-UP & MOW MENU - MARCH 2021

**Call the day before to order take-out & pick-up from your car
between 12:00 - 12:15 pm**

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Ham & Swiss Wrap w/ Lettuce & Tomato, Corn Chowder, Coleslaw, Molasses Cookie w/ fruit	Stuffed Peppers, Tossed Salad, Blueberry Cake w/ Cream Cheese Frosting	Italian Pork Stew over Pasta, Garlic Bread, Pinto Bean & Spinach Salad, Fresh Fruit Salad	Orange and Herb Roasted Chicken Breast, Sautéed Garlic Baby Spinach, Rice Pilaf, Ginger Snap and Fruit	Three Onion, Mushroom and Spinach, Quiche, Roasted Potatoes, Tossed Salad, Gingerbread Cake
8	9	10	11	12
BBQ Pulled Pork Sandwich, Coleslaw, Bean Salad, Fresh Fruit Parfait	Tossed Salad, Chicken Parmesan, Garlic Bread, Steamed Vegetables, Fresh Fruit Salad	Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots, Almond Cake w/ Orange Dried Apricot Sauce	Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Chef's Choice Dessert	Beer Battered Haddock and Chips, Kale Salad, Cookie and Fruit
15	16	17	18	19
Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cranberry Cookies w/ Fruit	Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese, Mixed Berry Crisp	St. Patrick's Day* Corned Beef Cabbage, Baby Carrots, New Potatoes, Guinness Stout Cake	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Fresh Fruit Salad
22	23	24	25	26
Sweet and Sour Chicken, Vegetable Stir Fry, Rice, Coconut Macaroons w/ Pineapple	Kung Pao Sloppy Joes on Whole Wheat Roll w/ Broccoli Cauliflower Kale Slaw. Sweet Potato Fries, Strawberry Shortcake	Tossed Salad, Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Cookies and Fruit	Birthday Day* Grilled Baja style Pork Loin Chimichurri Sauce, Citrus Sweet Potato Mash, Braised Greens, Roll, Cake	Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream
29	30	31		
Chicken Salad Sandwich, Caldo Verde, (Portuguese Kale and Potato Soup w/ Sausage, Molasses Cookie w/ Fruit	Swedish Meatballs over Egg Noodles, Broccoli & Carrots, Fresh Fruit Salad	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccini, Tossed Salad, Fresh Fruit Salad	Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over	* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance.

ACTIVE AGING

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

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 llharvey56@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.

YOUR VIRTUAL SENIOR CENTER



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

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.



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@thompsonscenter.org. Deadline to register is the Monday of the week of the program.

UPDATES & RESOURCES

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 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. 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

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:

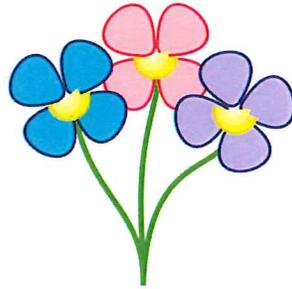
Ann Suokko

Robert McCarthy

Rob Foote

Doug Van Dalinda

Mary Church - hand carved canes



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



IN MEMORY OF

Jack Moore

Bo & Randi Harron

Joan Staples

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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 Brodrick

Ad & Mavis Shaw

MARCH BIRTHDAYS

1st	Charles	Luetke	9th	Horace	Carr	17th	Mario	Maura
1st	Donald	Doubleday	9th	Larry	Derstine	18th	Pat	Tilton
1st	Jane	Hanley	10th	Gail	Dougherty	18th	Beryl	Spencer
1st	Virginia	Eames	10th	Barbara	Gerstner	18th	Catherine	Harriman
1st	Charlotte	Cassidy	11th	Jerry	Fredrickson	19th	Sally	Olsen
1st	Larry	Lacaillade	11th	Linda	O'Neil	20th	Lauran	Corson
2nd	Barbara	Blaiklock	11th	Richard	Beda	21st	Tom	Bourne
3rd	Norman	Youknot	11th	Harry	Homeier	22nd	Betty	Putnam
4th	Heidi	Talbert	11th	Lesley	Marceau	22nd	Barbara	Leonard
4th	Donna	Durgin	12th	Susan	Ditto	23rd	Emily	Jones
5th	Edward	Thumith	12th	Beverly	Cook	23rd	David	McGuire
5th	Susan	Harlow	13th	Willem	Post	23rd	Sandra	Audsley
5th	Deborah	Neuhof	13th	Deborah	Phillips	26th	Marie	Willis
5th	Armande	Boright	13th	Lucille	Tancreti	26th	Linda	Willard
5th	Beverly	Kinne	13th	Patricia	Campbell	26th	Robert	Plattner
6th	Steven	Selbo	13th	Joe	Warren	27th	Charlotte	Croft
7th	Jen	Bloch	14th	Irene	Schlerf	27th	Mervin	Comes
7th	James	Hasson	14th	Harriet	Stehouwer	27th	Joan	McGee
8th	Alexander	Hadden	15th	Renette	Bedard	28th	Oliver	Wittasek
8th	Mark	Powers	15th	Ernest	Kendall	28th	Hillary	Martin
8th	Liz	Estabrook-Hatfield	15th	Phil	Lewis	29th	Robert	Parker
8th	Susan	Lewis	15th	Kate	Reeves	30th	Meg	Johnson
8th	Linda	Machalaba	15th	Edward	Corliss	30th	Lois	Watson
9th	John	Garren	15th	Tom	Ripley	31st	Janet	Bourne
9th	Barbara	Sanderson	16th	Gloria	Martin	31st	Susan	Brown
9th	Cecilia	Hoyt	16th	John	Dibble, Sr			
9th	Larry	Kasden	16th	Linda	Fisher			
9th	Mimi	Baird	17th	Susan	Rose			



The Thompson

Your resource to age well

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

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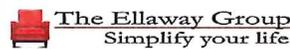
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The Thompson co-sponsors a twice monthly "Woodstock Shopper" bus route with Tri-Valley Transit (formerly Stagecoach) connecting Randolph, Barnard, Bridgewater, Pomfret, Woodstock, and Quechee to retail stores in West Lebanon. This service runs the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