



# The Thompson Times

Your resource to age well

APRIL 2021

## Thank You Volunteers

*Enjoy a Tropical Day in April!*



It's one of our favorite times of the year – National Volunteer Appreciation in April!

Volunteers are an integral part of what we accomplish at The Thompson throughout the year. We treasure each and every person who gives of their time to deliver meals, fold newsletters, serve on a committee, make our gardens prettier, set tables, call bingo, give a ride, and more – all contributing to fulfill our mission of helping community members to age well.

To honor all of you - many serving currently and some temporarily on standby due to the pandemic – please join us for a ***Tropical Day in April*** on **Tuesday, April 27, at 12:00 pm**. All Thompson volunteers will be treated to a special complimentary and Caribbean-themed curbside lunch and a recognition gift. Grass skirts optional.

When state guidelines allow us to gather again at our Center, we plan to celebrate volunteers in a more traditional way with an ice cream social, live music, and raffle drawings. Something to look forward to!



## 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,  
paulsley@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

## BEHIND THE SCENES

### COVID Vaccine Update:

Vaccinations are underway at clinics statewide. For online registration visit the state of VT at: [www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine](http://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine) or you can call **855-722-7878** for your appointment. *Any homebound person can also make an individual request by calling 802-863-7240 or toll free 833-722-0860. The request line is available M-F from 8:30 am - 4:30 pm.*

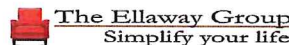
**Please note:** There is not a vaccination location in Woodstock, but if you're struggling with online registration, Thompson staff and volunteers are available to assist you.

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 Ottawaquechee 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.

### Thank You to Our Transportation Sponsors and Grants



Sign up for our weekly e-news and/or our monthly newsletter by emailing Jen Bloch at: [jbloch@thompsonscenter.org](mailto:jbloch@thompsonscenter.org)



# HEALTHY AGING

## Caregiver Support Group Returns via Zoom Tuesday, April 6, 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.*

## Foot Clinic at The Thompson Center with Beverly Sinclair, RN April 8 & 15, 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.

Lucy Mackenzie  
HUMANE SOCIETY

Cabin Fever  
Mac & Cheese  
Take-Out Dinner!

Saturday, April 24



Enjoy a delicious Take-Out  
Mac & Cheese Dinner!

## Lucy Mackenzie's Cabin Fever Dinner is back in 2021!

Our Meals For Pets partner, Lucy Mackenzie Humane Society, is offering their delicious Cabin Fever dinner on Saturday, April 24th. Enjoy a dinner of mac & cheese, salad and dessert for \$15. You can even pick-up your meal right at the Thompson Senior Center parking lot! Call 802-484-LUCY or visit [www.lucymac.org](http://www.lucymac.org) for details and to purchase your meals today.



## Coffee Talk Continues – Let's connect and chat! Mondays at 9:00 am

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!

Grab a cup of coffee or tea, find a cozy chair & dial 1-802-448-5745 to get connected.

# YOUR VIRTUAL SENIOR CENTER

## The Woodstock Railway A Virtual Slideshow Presentation by The Woodstock History Center Thursday, April 8, 1:00 pm

The Woodstock Railway, which ran from 1875 to 1933, was a 13.88 mile long spur line that connected Woodstock to White River Junction, Vermont. Through a virtual slideshow, Jennie Shurtleff of the Woodstock History Center, will provide an overview of the railway's development and long-term implications. *Please call The Thompson to register and receive your zoom link.*

**To our Thompson gardeners** - we will be hosting some virtual Master Gardeners programs in April and May. Please follow our website or call us for more details as this is currently being planned. Spring is on it's way!



### Art With Finnie Kandinsky's Trees Wednesday, April 7 1:30-3:00 pm

Join Finnie to walk through a tree of life drawing inspired by Gustav Klimt. Gather your supplies and channel that good spring energy to draw and paint a beautifully swirly, shining tree.

#### Materials:

- heavy paper (watercolor is best), pencil, crayons or cray-pas, brushes, etc.
- Klimt worked with a lot of gold so if you have access to gold paint or pens bring them to add that extra sparkle!

To register for April's session please email Finnie Trimpi: [outreach@artistreevt.org](mailto:outreach@artistreevt.org)

### New! Virtual programming offered by New Hampshire's AVA Gallery on Fridays

Get a glimpse into the creative minds of individual artists as they take you through the art making process – from beginning with a blank canvas or raw materials, through all the decisions they make about themes, materials, media, colors, techniques, and other aspects of their art making. Free one-hour Zoom programs each week with different artists giving demonstrations and presentations on their work, every Friday at 10:00 am and 2:00 pm.

To register, email Shari at [sborzekowski@thompsonseniorcenter.org](mailto:sborzekowski@thompsonseniorcenter.org) or call 457-3277

## Senior Learning Network Programming on Pause

For those of you who have enjoyed the past many months of diverse virtual programming offered by the Senior Learning Network, we regret to inform you that they have decided to temporarily pause programming beginning in April. Please be assured that we will continue to search for creative virtual programs while our Center's access remains limited. We strive to find the best options to reach the greatest amount of viewers as we look forward to re-opening slowly as directed by state guidelines. As always, your comments and suggestions regarding programming are encouraged and always appreciated.

# YOUR VIRTUAL SENIOR CENTER

## Upcoming Virtual Events offered through VINS FREE and Open to the Public\*



### Bat Conservation in the Time of COVID-19 April 1, 5:30 PM - 6:30 PM

Join VINS and a panel of experts to provide background on coronaviruses, explain why bats may be particularly vulnerable and discuss the critical steps Vermont has taken to protect bat populations during the time of COVID-19.

Register here <https://vinsweb.org/event/part-1-bat-conservation-in-the-time-of-covid-19/>

*\*A \$10 donation is suggested.*



### Rehabbing Bats in the Time of COVID-19 April 15, 5:30 PM - 6:30 PM

Take a tour through the Vermont Bat Center rehab facilities and get a first-hand look at what it takes to rescue and rehabilitate these tiny animals. Learn what protocols are in place to protect vulnerable bat populations.

Register here <https://vinsweb.org/event/part-2-rehabbing-bats-in-the-time-of-covid-19/>

*\*A \$10 donation is suggested.*



### Before Your Time: Send Me a Box Vermont Humanities Council Pre-recorded program from Feb 19<sup>th</sup>

In this virtual program they examine some of the products that people have mailed from and to Vermont, from maple syrup to complete houses and almost everything in between. *To listen to this recording visit their website at [www.beforeyourtime.org/send-me-a-box](http://www.beforeyourtime.org/send-me-a-box)*

# PROGRAM CALENDAR - APRIL 2021

Mon	Tue	Wed	Thu	Fri
			<b>1</b>	<b>2</b>
<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</b>			10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders <b>5:30 Bat Conserva- tion VINS Program</b>	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Easter Lunch</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>1 Caregiver Support Group</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 1:30 Art with Finnie	<b>9-2:30 Foot Clinic</b> 0:30 am Strengthen & Stretch Zoom Class <b>1 Woodstock Railway Program</b> 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>CLOSED FOR SPRING BREAK</b>				
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</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 11:30 Commodities 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>Birthday Day</b> 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
9 Coffee Talk 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms	<b>Volunteer Appreciation Day!</b> 10:30 am Strengthen & Stretch Zoom Class 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	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom

**Spring Break for Thompson Staff** – It has been a full year since our world changed and The Thompson staff have been busy with an increase in packaged meals, along with keeping themselves and their families cared for, schooling at home, and more. The celebrations are well underway that the state will allow The Thompson to re-open in a more normal way in the coming months. Wheels recipients will automatically receive extra meals the week prior. If you normally pick up Curbside meals and messages will be monitored by a Board Member volunteer and medical equipment will be available, if needed. Online zoom

# CURBSIDE PICK-UP & MOW MENU - APRIL 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
			<b>1</b>	<b>2</b>
<b>Meal Pricing:</b> \$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.		Grilled Chicken Breast, Spring Vegetable Fettuccine Alfredo, Tossed Salad, Bread, Fresh Fruit Parfait	Grilled Salmon Burger On Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Easter Lunch</b> Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Carrot Cake	Spring-Thyme Chicken Stew, Tossed Salad, Roll, Creamy Fruit Salad	Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Fruit Salad	Spicy Grilled Turkey Burger on Whole Wheat Bun w/ Cole-slaw and Tomato, Steak Fries, 4 Bean Salad, Chocolate Pudding w/ Strawberries	Tuscan White Bean Soup, Tossed Salad, Roll, Strawberries and Cream Napoleon
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>CLOSED FOR SPRING BREAK</b>				
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Grilled Chicken Breast, Gnocchi Primavera with Spring Vegetables, Spinach Salad, Lemon Mousse w/ Blueberries	Italian Easter Pie (Ricotta, Sausage, Asparagus), Warm Spring Salad (Quinoa, Asparagus, Peas Strawberries)	Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Pineapple Upside down Cake	<b>Birthday Day</b> Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Roasted Asparagus, Garlic Smashed Potato, Roll, Cake	Tossed Salad, Shepherd's Pie, Vegetable Medley, Poached Pears
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Reubens, Beer Battered Onion Rings, Roasted Vegetable Medley, Fresh Fruit	Kahlua Pork Tostadas, Grilled Pineapple Salsa, Caribbean Black Beans, Coleslaw, Coconut Cake	Beef Stroganoff over Egg Noodles, Sautéed Broccoli, Fresh Fruit Salad	Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple	Tossed Salad, Chicken Pot Pie, Cottage Cheese, Apple, Cranberry Ginger Crumble

busier than ever working as "essential workers" to keep up with a wide variety of needs, support calls, and a large Thompson board wants to give them a true break so they have an opportunity to refresh. We hope that with vacation that end, the week of April 12-16, our building will be closed and staff will be off for Spring Break! All Meals on would like to order additional meals in advance, please contact us/Siobhan no later than Wednesday, April 7<sup>th</sup>. Voice programs may be hosted at the discretion of the instructor. 802-457-3277

# ACTIVE AGING

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

## Register for a Virtual Tai Chi Class

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 Via Zoom

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 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](mailto: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.*

## Bone Builders Class

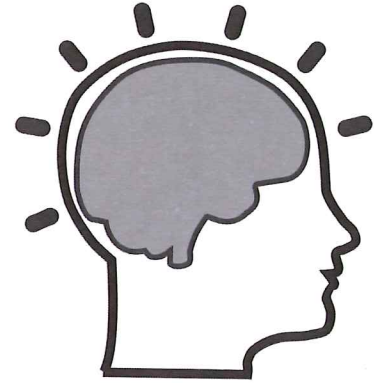
Zoom meetings will continue weekly on Tuesdays and Thursdays for current students. Participants are also encouraged to continue their practice at home. Exercise routines provided by Althea are available via email or by calling The Thompson. 802-457-3277



# HEALTHY AGING

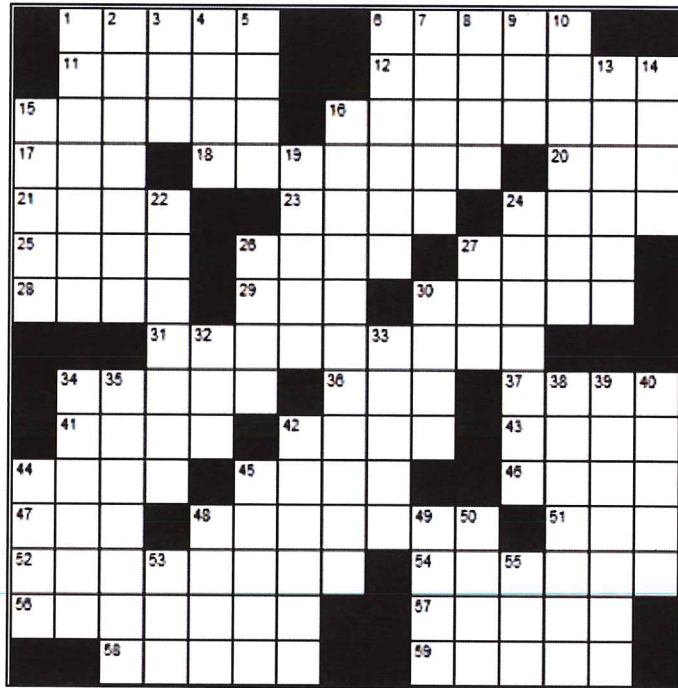
## Solve the Word Scramble!

GITER	○	○	○	○	○	
CKLNO	○	○	○	○	○	
AGTTCU	○	○	○	○	○	○
AESUYQ	○	○	○	○	○	○



### ACROSS

1. Aqualung
6. Adjust again
11. Half of six
12. Found on an eyelid
15. Distributor
16. Clamber
17. Mistake
18. Bristlegrass
20. Not high
21. City in Peru
23. Wicked
24. Spinning toys
25. Skedaddled
26. Small mountain
27. Flake
28. School session
29. Be unwell
30. Squalid
31. Not an activator
34. Courtyards
36. Actress Lupino
37. Being
41. Seize
42. Remnant
43. Iridescent gem
44. Rind
45. Greek cheese
46. Portuguese folksong
47. Ribonucleic acid
48. Part of the inner ear
51. Bite
52. Eccentrics
54. Laud
56. Jungle fever
57. A small island
58. Provide with a permanent fund
59. Mobile phones



1. Barren
2. Ladies' man
3. Website address
4. Meat from cows
5. Relating to aircraft
6. Summon to return
7. Lofty nest
8. Secure against leakage
9. Shade tree
10. Sensationalist journalism
13. Lacking neatness
14. Chops

### DOWN

15. Dutch pottery city
16. Spontaneous abortions
19. Eighteen in Roman numerals
22. Naval officer
24. Thence
26. Laugh
27. Chief Executive Officer
30. Male deer
32. Pen part
33. Something to shoot for
34. Order of business
35. Foot lever
38. A breed of dog
39. They love to inflict pain
40. Run away to wed
42. Remove the claws
44. A formal high school dance
45. Page
48. Credit or playing
49. Sweeping story
50. Backside
53. Prohibit
55. Total

# UPDATES & RESOURCES



## **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](mailto:gczaja@wcsu.net) 802-457-1317, 1123

## **WARF is Still Available to Help**

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

## **Individual Benefit Assistance—Medicare, Medicaid, Food & Fuel Assistance One on One Meetings are available at the Thompson Center 9:30—1:00 pm, Call for Dates**

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

## **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.

# APRIL BIRTHDAYS

1st	Roland	Heijn	9th	Esther	Griffith	20th	Bettyanne	McGuire
1st	Patricia	Mattson	10th	Doris	Johnston	21st	William	Badger
1st	Margaret	Kannenstine	10th	Sara	Widness	21st	Hans	Meijer
1st	Steve	Shama	10th	Linn	Harwell	22nd	Joanna	Frodin
2nd	Ashley	Moore	10th	Jim	Iarrabino	22nd	Lyman	Shove
2nd	Gail	Stickney	11th	Thomas	Dutton	23rd	Nancy	Zuba
2nd	Louis	Vanderstreet	11th	Ronald	Griffith	24th	Peter	Pickett
2nd	Douglas	Audsley	12th	Dorothea	Mongulla	24th	Timothy	Reeves
2nd	Susan	George	13th	Elva	Fish	24th	James	Bulmer
2nd	Beth	Hunt	14th	Bea	Rivers	25th	David	Smith
3rd	Marjorie	Van Alstyne	14th	Shari	Borzekowski	25th	Arlene	Midgley
4th	Lloyd	Nice	14th	Elizabeth	Young	25th	Martin	Hanley
4th	Christine	Apel-Cram	14th	Finnie	Trimpi	25th	Pauline	Reeves
4th	Daniel	Machalaba	15th	Hannah	Harkins	26th	Charlie	English
4th	Molly	Maxham	15th	Ron	Miller	27th	Jennifer	Dembinski
5th	Robert	Moodie	15th	Betsy	Luce	27th	Joan	Oppenheimer
5th	Mona	Foster	15th	Penny	Audsley	27th	Joanna	Long
5th	Keri	Bristow	17th	Mimi	Bergstrom	27th	Sharon	Beauregard
6th	Janice	Prindle	17th	Peter	Goulazian	27th	Bill	Terry
6th	Elaine	Chase	17th	Raymond	Racicot	27th	Gwen	Martin
6th	Fadia	Williamson	18th	Suzanne	Etsy	28th	Ted	Staples
6th	Peggy	O'Neal	18th	Janet	Wilson	29th	Katherine	Lynds
7th	Cynthia	Yanowitz	19th	Barbara	Destefano	29th	Joyce	Blake
7th	Jerry	Blakeney	19th	James	McClelland	29th	Wayne	Stevens
7th	Sabra	Field	19th	Barbara	Folk	29th	Gail	Gardner
7th	David	Green	20th	Gil	Emery	29th	Mary	Wieland
8th	Judith	Hughes	20th	Debra	Werner			
8th	Carol	Powell						
8th	Rita	Post						

## Please help with mailing costs for The Thompson Times!

Each year in April we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091



# 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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## IN APPRECIATION

Blakeley Murrell - Medical Equipment  
Merna Blood - Knit Hats & Blankets  
Marilyn & Deb Kalanges - Medical Equipment  
Althea Derstine & AARP Tax Preparers - Desk Shield  
Karen Hawkes - Butternut Squash  
Mike Geno - Medical Equipment  
Anna Lewis - Medical Equipment

## IN MEMORY OF

**Joan Staples**  
Samuel & Eleanor Grice  
Amy Staples  
Janet Herrick  
  
**Alan Perkins**  
Molly McDermott  
  
**Lysle Chase**  
Molly McDermott  
  
**Kaylee**  
Carla J Kamel



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.

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