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.thompsonseniорcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director, djones@thompsonseniорcenter.org
Paula Audsley, Outreach Manager, paudsley@thompsonseniорcenter.org
Pam Butler, Program Director, pbutor@thompsonseniорcenter.org
Jen Bloch, Marketing Coordinator, jbloch@thompsonseniорcenter.org
Shari Borzekowski, Administrative & Resource Assistant, sborz@thompsonseniорcenter.org
Ryan Martin, Chef, rmartin@thompsonseniорcenter.org
Siobhan Wright, Front Desk Coordinator, swright@thompsonseniорcenter.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
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 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 Ottauqueche 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@thompsonseniорcenter.org

PAGE 2 THE THOMPSON TIMES
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’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 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.
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 swirlly, 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

New! Virtual programing
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 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.
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.


*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.


*A $10 donation is suggested.

Before Your Time: Send Me a Box
Vermont Humanities Council
Pre-recorded program from Feb 19th

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
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<tr>
<td>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class 3 Bone Builders 5:30 Bat Conservation VINS Program</td>
<td>10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom</td>
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<td>Easter Lunch 9 Coffee Talk 10 Tai Chi with a Chair via Zoom 11:10 Intro to Sun 73 forms</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class 1 Caregiver Support Group 3 Bone Builders</td>
<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>9-2:30 Foot Clinic 0:30 am Strengthen &amp; Stretch Zoom Class 1 Woodstock Railway Program 3 Bone Builders</td>
<td>10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom</td>
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**CLOSED FOR SPRING BREAK**

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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</td>
<td>Birthday Day 10:30 am Strengthen &amp; Stretch Zoom Class 3 Bone Builders</td>
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<td>10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom</td>
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**Spring Break for Thompson Staff** – It has been a full year since our world changed and The Thompson staff have been working hard. With an increase in packaged meals, along with keeping themselves and their families cared for, schooling at home, and more. Thesciences are moving 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 have questions, messages will be monitored by a Board Member volunteer and medical equipment will be available, if needed. Online zero
## 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

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<td>Mealt 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>
<td>Grilled Chicken Breast, Spring Vegetable Fettuccine Alfredo, Tossed Salad, Bread, Fresh Fruit Parfait</td>
<td>Grilled Salmon Burger On Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp</td>
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<td>Easter Lunch</td>
<td>Spring-Thyme Chicken Stew, Tossed Salad, Roll, Creamy Fruit Salad</td>
<td>Spaghetti &amp; Meatballs, Tossed Salad, Garlic Bread, Fruit Salad</td>
<td>Spicy Grilled Turkey Burger on Whole Wheat Bun w/ Cole-slaw and Tomato, Steak Fries, 4 Bean Salad, Chocolate Pudding w/ Strawberries</td>
<td>Tuscan White Bean Soup, Tossed Salad, Roll, Strawberries and Cream Napoleon</td>
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<td>Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Carrot Cake</td>
<td>Spring-Thyme Chicken Stew, Tossed Salad, Roll, Creamy Fruit Salad</td>
<td>Spaghetti &amp; Meatballs, Tossed Salad, Garlic Bread, Fruit Salad</td>
<td>Spicy Grilled Turkey Burger on Whole Wheat Bun w/ Cole-slaw and Tomato, Steak Fries, 4 Bean Salad, Chocolate Pudding w/ Strawberries</td>
<td>Tuscan White Bean Soup, Tossed Salad, Roll, Strawberries and Cream Napoleon</td>
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<td>Grilled Chicken Breast, Gnocchi Primavera with Spring Vegetables, Spinach Salad, Lemon Mousse w/ Blueberries</td>
<td>Italian Easter Pie (Ricotta, Sausage, Asparagus), Warm Spring Salad (Quinoa, Asparagus, Peas Strawberries)</td>
<td>Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Pineapple Upside down Cake</td>
<td>Birthday Day Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Roasted Asparagus, Garlic Smashed Potato, Roll, Cake</td>
<td>Tossed Salad, Shepherd’s Pie, Vegetable Medley, Poached Pears</td>
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<td>Reubens, Beer Battered Onion Rings, Roasted Vegetable Medley, Fresh Fruit</td>
<td>Kahlua Pork Tostadas, Grilled Pineapple Salsa, Caribbean Black Beans, Coleslaw, Coconut Cake</td>
<td>Beef Stroganoff over Egg Noodles, Sautéed Broccoli, Fresh Fruit Salad</td>
<td>Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple</td>
<td>Tossed Salad, Chicken Pot Pie, Cottage Cheese, Apple, Cranberry Ginger Crumble</td>
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Thinner 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 vac- the week of April 12-16, our building will be closed and staff will be off for Spring Break! All Meals on that day like to order additional meals in advance, please contact us/Siobhan no later than Wednesday, April 7th. Voice programs may be hosted at the discretion of the instructor. 802-457-3277
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. 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

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**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 lharvey56@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._

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**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 OOOOOO
CKLNO OOOOOO
AGTTCU OOOOOO
AESUYQ OOOOOO

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. Kind
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

DOWN
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
11. Journalism
12. Lacking neatness
13. Chops
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
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@wcesu.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. WARFCOVID-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, To ASK QUESTIONS Phone - 802-281-9902, Email - 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.
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