



The Thompson Times

Your resource to age well

OCTOBER 2021

Annual Meeting 2021: Staying Connected

As we reflect on our year in preparation for the Annual Meeting, we keep coming back to what is most important -- the connections to the people we serve-- YOU! It hasn't been easy getting together with friends and family, and leaving the safety of home can definitely cause anxiety. We know and have seen the benefits of staying connected with each other. Social connectedness impacts our health by improving memory and cognitive skills, increasing motivation for self-care, giving us stronger immune systems, resulting in a happier and longer life! We are truly better together. Annual meeting guest speakers will reflect on this and share inspiration.

Join us on **Wednesday, October 27th at 10:30 am** for the meeting and a delicious lunch to follow.

The Annual Meeting is also an opportunity to vote on and welcome new board members and council members, celebrate achievements, and review our year-end (unaudited) financial statements.

**Menu: Butternut Squash Soup, Turkey Wrap Sandwich
Cottage Cheese, Apple Pie
suggested donation: \$5.00**

**Call 457-3277 or email: shorz@thompsonseniorcenter.org to
order lunch and RSVP for the annual meeting.
In person and virtual options.**



Honky Tonk Angels at the Grange Theater at ArtisTree

October 20 at 2:00 pm

Join us for a matinee of the show that is sweeping the nation! "Combining over 30 classic country tunes with a hilarious story about three gutsy gals who are determined to better their lives and follow their dreams to Nashville. The all-hit song list includes I'll Fly Away, Stand by Your Man, 9 to 5, Coal Miner's Daughter, Ode to Billy Jo, These Boots Are Made for Walking, Rocky Top, and I Will Always Love You. This charming, foot-stompin' musical has played to sold-out audiences across the country."

The performance is available to us at a special rate of \$20/ticket made possible by the generous sponsorship from Junction Fuels. Prepayment and reservations through The Thompson are required. ArtisTree requires proof of vaccination at the door, as well as masks inside the theater.

artistree
community arts center & gallery




Junction Fuels

The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonscenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonscenter.org
Paula Audsley, Outreach Manager,
paula@thompsonscenter.org
Pam Butler, Program Director,
pbutler@thompsonscenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonscenter.org
Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonscenter.org
Ryan Martin, Chef,
rmartin@thompsonscenter.org
Siobhan Wright, Front Desk Coordinator,
swright@thompsonscenter.org
Alberto Santana, Kitchen Assistant
Jennifer Maxham, Program Assistant &
Support Staff
jmaxham@thompsonscenter.org

**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*
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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

Please pre-register for all programs. In the event that scheduling changes need to be made, we can let you know.

ADVISORY MEETING HIGHLIGHTS

- Masks are required for those who are not vaccinated. Masks are optional for fully vaccinated. Many are choosing to wear them indoors regardless of vaccination status.
- Work on our building, particularly the living room and bathrooms, is underway. Damage caused by flooding in the men's room will be repaired in September and October.
- Trip suggestions were shared and upcoming events discussed. New ideas for Yankee Swap.
- Also discussed was a suggestion for background music in the dining room and ideas for outreach to participants who haven't been back since our building opened up.

Please join our next meeting on October 4 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!



PARTY OF ONE PARTY!

Come out on your own, and make new friends; meet for some appetizers and sparkling conversation. Details coming soon for this social gathering in November.

Volunteer at The Thompson!

WAITSTAFF: Tuesdays and Wednesdays from 11:30 am until 1:30 pm.

MEALS ON WHEELS DRIVERS: One route a week starting at 11:00 am or back-up driver.

If you have any interest in volunteering, please contact Siobhan Wright at swright@thompsonscenter.org

Thank You

2021 Sponsors!



PROGRAMS

Learn More About The Woodstock Town Hall Rejuvenation Project At The Thompson Monday, October 4, 1:00 pm

Perhaps you've heard that the Woodstock Selectboard has authorized the project to rejuvenate the Town Hall and Theater. If you'd like to learn more details, please join Wendy Spector, chair of the Campaign to Save The Town Hall, and member of the Town Hall Rejuvenation Project Leadership Team, for this informative discussion.

Wendy will take you through some of the fascinating history of the building, the genesis of the rejuvenation effort, current stage of the project, and the Leadership Team's vision for the building. The kick-off of the public phase of the project will follow soon; this will give you an opportunity to ask questions and share your thoughts in a more direct way. Call to sign-up in advance.

VINS CANOPY WALK October 5, 12:45 pm

Join us at VINS for a visit to the raptors, followed by the Canopy Walk. Designed so people of all levels of ability can enjoy it, this wonderful feature offers every generation a new perspective and way to experience the beauty of the landscape. We will drive on our own, and meet at VINS at 12:45. Please register, and let us know if you would like an early lunch at The Thompson at 11:45.



Bessie's Story - Watching the Lights Go Out Wednesday, October 6, 1:00 pm

Join us for this inspiring story about a charming, brave, chocolate Lab who gradually loses her eyesight. The author leads the reader from the unexpected diagnosis of terminal blindness for his beloved four-year-old pet through the two-and-a-half year transition to sightlessness. In the process, Bessie unwittingly becomes an expert mentor and teacher for the high-wire act of growing older with grace and optimism. Call to pre-register.

Art with Finnie Returns! Thursday, October 7, 1:30 pm

Want to play with chalk pastels? Let's welcome the fall by drawing the yummy tastes of fall. Using a warm slice of pumpkin pie as our inspiration, we will play with colors, light and shadows while getting to know the joys of chalk pastel. This is a very basic introduction to simple composition and color layering to come up with a bright and playful fall-inspired final "piece"!

Materials: paper, chalk pastel, spray fixative or hairspray, pencils, erasers.

Please note that going forward, our monthly classes will continue on the first Wednesday of the month starting in November. Please register in advance.

HOOD MUSEUM AT DARTMOUTH MEET UP October 13, Meet at 12:15 - Program runs until 1:30. Free

Join the curators for a talk on the exhibit; **Form and relation: Contemporary Native Ceramics**. Artist **Anita Fields** and **Jami Powell**, curator of Indigenous art, as they discuss the installation *So Many Ways to Be Human* and other works by Fields. Take time to review the Exhibit before or after the talk. Please register with The Thompson so we can reserve your seat.

YOUR VIRTUAL SENIOR CENTER

Medicare Classes for Those New to Medicare *Virtual Presentations Offered by Senior Solutions* **October 14, 2:00 – 3:30 pm**



Senior Solutions staff provides unbiased information about the Medicare system. These virtual presentations are presented using zoom.

The classes are for Vermonters who reside in Windsor and Windham counties and are new to Medicare. Family members who help these beneficiaries may also find it useful. Medicare has strict enrollment periods, and these Medicare classes help prepare participants to make timely decisions about drug plans and supplemental plans as well as many other issues. Topics covered also include error, abuse and fraud, as well as financial assistance programs.

Pre-registration is required by calling the Senior Helpline at 802-885-2669. Individual Medicare counseling is also available at The Thompson, call for the schedule and to sign-up in advance.

Senior Learning Network Virtual Programming Continues! **October Programs, 2:00 pm**

Please note that these are all group viewings so leave the technology issues to us and watch with friends in the comfort of The Thompson. **Call to reserve your seat.**

Scotts Bluff National Monument - "Nebraska, honestly, it's not for everyone."

Tues., Oct. 5- However, there's a real gem of a natural area and historic site along the North Platte River in western Nebraska that draws visitors from all over the country and the world. Learn what there is to see and do at Scotts Bluff National Monument. Ponder the travels of the pioneers who saw the bluffs here as a landmark on their travels to Oregon, California and the Salt Lake Valley of Utah. Discover some unique geology. Enjoy the scenery of the North Platte River Valley from the summit of the bluff. Honestly, *we think there's something for everyone at Scotts Bluff National Monument.*

Return to Hearst Castle: "From Campsite to Castle" Julia Morgan, Architect

Tues., Oct 12- Julia Morgan designed nearly 700 buildings, more than any other architect of the 20th century. Her best known project, Hearst Castle, is world-renowned for its dramatic beauty. The project became one of the longest and most fascinating collaborations between architect and client, William Randolph Hearst. Join us in a unique presentation with a guide from Hearst Castle who highlights the achievements of the architect and the fascinating, 28 year- long building process of the estate. Showcasing a miniature model of the castle and several historic images, we will see the transformation from a small bungalow on Hearst's family's campsite overlooking San Simeon Bay to the amazing "castle" it is today.

Jimmy Carter Presidential Library - "The Extraordinary Life of Jimmy Carter "

Tues., Oct. 19- Throughout his life, President Carter has found himself in extraordinary circumstances faced with extraordinary opportunities, many of which were brought about by the American Presidency. This presentation will examine civic engagement and discuss the primary sources of the Carter Library and National Archives to address the question, *"What is the secret to an extraordinary life?"*

National Mall and Memorial Parks in Washington, D.C - "A Visit to America's Front Yard"

Tues. Oct. 26- Visit with a Park Ranger from National Mall and Memorial Parks in Washington, D.C, for a virtual tour of the park sometimes referred to as America's Front Yard. We will explore the history and symbolism of memorials, such as Lincoln, Thomas Jefferson, Franklin D. Roosevelt, and Martin Luther King, Jr and more!

Community Cookbooks—A Surprising History and Endurance **Presented by Anne Bower** **Tuesday, October 12, 1:00 pm**

Community or Fund-raising cookbooks are older than most of us realize and have had powerful effects on the women who compiled them, the organizations they supported, and their surrounding communities. Even today, there's an enduring market for these charitable cookbooks and they have profound effects on their makers and buyers.

During her academic life, Anne Bower published books and articles about these cookbooks and will take you on the adventure of what she discovered about them. Please bring your own favorite community cookbook to share and compare.

For those interested in compiling a charitable cookbook, Anne will offer tips, ideas, and encouragement. Pre-register by calling The Thompson.

What, Where, and Why Fiber **A Community Webinar by Visiting Nurse and Hospice and** **Central Vermont Council on Aging** **Friday, October 15, 12:00 pm**

Are you unsure of the difference between soluble and insoluble fiber? Do you wonder which foods are good sources of fiber? Do you know why fiber is important? If you answered yes to any of these, questions, this presentation is for you.

This webinar can be viewed on the VNH Facebook page : www.facebook.com/VNHcare

How to Hire a Caregiver & Resource Fair **How to find the right caregiver and pay for it** **Tuesday, October 19 from 4 pm –6 pm**

The panel will cover home care options as well as demystify the transition from hospital to home and establishing ongoing care. Panel: Bayada, VNH, and Carla Kamel, OHC Community Care Coordinator. You'll also hear voices of lived experience. Ends with a caregiver resource fair to further explore options.

Please Preregister by calling The Thompson, 802-457-3277

alzheimer's  association®

800.272.3900 | alz.org®

Educational Programming by the Alzheimer's Association

Understanding Alzheimer's and Dementia
Wednesday, October 20, 1:00 pm

Effective Communication Strategies
Wednesday, October 27, 1:00 pm

Both programs will be offered virtually via Zoom at The Thompson as well as available for individual home viewing. For more information and to register in advance, contact Pam.

PROGRAM CALENDAR - OCTOBER 2021

Mon	Tue	Wed	Thu	Fri
				1
RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES				10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes
4	5	6	7	8
11 Walking Group 1 Advisory Meeting 1 Learn About Woodstock Town Hall Rejuvenation Project	10:30 am Strengthen & Stretch Zoom Class 12:45 VINS Canopy Walk 1 Mahjong 2 Scotts Bluff National Monument Program 3 Bone Builders in tent	9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 1 Bessy's Story	10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent 1:30 Art with Finnie	Oktoberfest 10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes
11	12	13	14	15
CLOSED Columbus Day	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Caregiver Support in tent 1 Community Cookbooks Program 1 Mahjong 2 Return to Hearst Castle Program 3 Bone Builders in tent	9:30 Fall Prevention Tai Chi in tent 10 VeggieVanGo 10:30 Sun 73 Forms in tent 12:15 HOOD Meet-up 1 Bazaar Craft Workshop	9-2:30 Foot Clinic 10:30 am Strengthen & Stretch Zoom 2-3:30 Medicare Classes 3 Bone Builders in tent	10 am BINGO 12 What, Where, Why Fiber Program 1 Mahjong 1 Cornhole & Horseshoes
18	19	20	21	22
8:30 Newsletter Folding 11 Walking Group	9-2 Flu Clinic 9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 1 Understanding Alzheimer's & Dementia 2 Jimmy Carter Presidential Library Program 4-6 How to Hire a Caregiver & Resource Fair 3 Bone Builders in tent	8 Board Retreat 9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 1 Understanding Alzheimer's 2 Honky Tonk Angel	10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes
25	26	27	28	29
11 Walking Group	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 National Mall & Memorial Parks Program 3 Bone Builders in tent	9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 10:30 Annual Meeting 1 Bazaar Craft Workshop 1 Effective Communication Strategies	Birthday Day 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes

MENU - OCTOBER 2021

Mon	Tue	Wed	Thu	Fri
				1
RESERVATIONS REQUESTED FOR ALL MEALS				Tossed Salad, Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Warm Berry Crumble
4	5	6	7	8
Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Roll, Peach Coffee Cake	Tossed Salad, Orange Tilapia, Rice Pilaf, Sautéed Broccoli, Brownie with Raspberries and Cream	Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight	Oktoberfest Tossed Salad, Bratwurst, Apfel-Rotkohl (braised red cabbage and apples), Warm Potato Salad, Apple Strudel
11	12	13	14	15
CLOSED Columbus Day	Tossed Salad, Chicken Pot Pie, Cottage Cheese, Apple, Cranberry Ginger Crumble	Tossed Salad, Beef Stroganoff, Roasted Seasonal Root Vegetables, Brownie Sundaes	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple	Chili with cheddar cheese, Corn Bread, Cole Slaw, Lemon Mousse with Blueberry Compote
18	19	20	21	22
Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Fresh Fruit Parfait	Tossed Salad, Spinach, Artichoke & Cheese Quiche, Roasted Sweet Potato Fries, Hot Fudge Sundae with Banana	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad	Tossed Salad, Jamaican Jerk Pork Chops, Basmati Rice, Sautéed Peppers, Cherry Clafoutis	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Cookie and fruit
25	26	27	28	29
Beer Battered Haddock and Oven Roasted Fries, Kale Salad, Cookie and Fruit	Stuffed Peppers, Tossed Salad, Fruit Short Cake	Butternut Squash Soup, Cottage Cheese, Turkey Wrap Sandwich, Apple Pie	BIRTHDAY DAY* Honey Glazed Ham, Pineapple Chutney, Mascarpone Mashed Potatoes, Green Bean Amandine Roll, Cake and Ice Cream	Grilled Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker salad, Sweet Potato Fries, Fruit

ACTIVE AGING

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

TRY PICKLEBALL THIS FALL

If you are interested in playing pickleball at the Woodstock Courts on Vail field, please contact Bill Corson at billcorson59@gmail.com.



Walk with us this Fall on the Ottawaquechee River Trail

**Mondays, 11:00 am for a 45 minute walk, The walk will begin promptly at 11:00 am
Meet at East End Park, Maxham Meadow Way, adjacent to the Ottawaquechee River**

Carla Kamel's walking group has had a great response! Join her for a leisurely, brisk walk for fresh air, mindfulness, and overall wellbeing. Walks can be expanded and varied depending on interest. Ample parking is available. Bring a friend!

Please Note: Wear comfortable shoes and bring a water bottle. On inclement weather days, please call or email The Thompson to check the status.

Late Summer and Fall Tai Chi with Anne Bower

No Classes: Wed. Nov. 24, Dec. 22, Dec. 29

Tai Chi at the Thompson continues this fall--either under the tent behind the building or, when weather is inclement, upstairs inside the building.

Wednesdays: 9:30-10:20 a.m. - Our beginners' class offers individualized instruction for people who want to try the gentle, relaxing, yet very beneficial movements of tai chi. Those who wish to remain seated during class will find our seated form works really well.

Wednesdays: 10:30-11:30 a.m. - Experienced students can study Sun 73 with its special challenges and combination of slow gentle movements with the excitement of some kicks and punches. We always suggest adaptations so that each person can enjoy the form.

Instructor Anne Bower also offers Zoom instruction in beginner tai chi (Fall Prevention Tai Chi), Sun 73, and Yang 24 on Mondays throughout September. In October, Zoom classes switch to Fridays.

For Anne's full schedule and to learn more, check out her website: www.annebower.ocm

Strength, Stretch & Stability Continues Via Zoom

Led by Liz Hatfield, Certified Fitness Trainer, Tuesday & Thursday, 10:30 am - 11:30 am

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

Bone Builders Meets Tuesdays and Thursdays at The Thompson

Class will continue to meet in The Thompson Tent, or inside in inclement weather. Please bring your weights and water bottles and continue to sign in at the kiosk in the front lobby.

HEALTHY AGING



Oktoberfest Celebration

Friday, October 8, Noon



Join us as we partake in this celebration with a traditional meal of:
*Bratwurst, Apfel-Rotkohl (braised red cabbage and apples), Warm Potato Salad,
Tossed Salad, Apple Strudel*

Please pre-register by calling The Thompson Center . *We look forward to celebrating with you!*

Flu Clinic

Seasonal Drive-Thru Clinic Offered by VNH
of Vermont and New Hampshire
Tuesday, October 19, 9:00 a.m. – 2:00 p.m.
Located behind The Thompson Center at
Heritage Condos - no appointment necessary
*We have been told by the VNH that the
high-dose vaccine will be available*

Foot Clinic at The Thompson with Beverly Sinclair, RN

October 14, 9 am - 2:30

Cost: \$30 payable by cash or
check. Towels are supplied.

Call for your appointment. 457-3277

Face masks required during treatment.



Reflexology at The Thompson!

Enjoy Reflexology to

Relax, Rejuvenate, & Reboot Your Body

October 12 & 26, 9-3 pm

Please call for availability

Certified Reflexologist Deborah Neuhof has resumed appointments at The Thompson. Please call Shari to confirm a morning appointment beginning at 9:00 am on the second and fourth Tuesdays of the month. \$35 for 30 minute hand or foot treatment or \$65 for 60 minutes.

Please wear loose fitting clothing and arrive a few minutes early to complete a health & disclaimer form. Face coverings are required during your treatment.

Individual Benefits Assistance—

Medicare, Medicaid, Food &
Fuel Assistance

1:1 meetings are available at The Thompson
Call for October dates & times

The Windsor Community Health Clinic (WCHC) is offering in person appointments but will continue to offer assistance over the phone or via Zoom.

To schedule a one on one, in person appointment, please call the Thompson at 802-457-3277 or WCHC directly if you have any questions at 802-674-7213.

Note: WCHC cannot answer questions about supplemental insurances, Medigap insurance or Advantage plans but other resources are available by calling Shari at The Thompson.

THE POWER OF A POWER OF ATTORNEY

A virtual Presentation

November 9, 1:00 pm

A legal Power of Attorney document can be a powerful tool to safeguard your financial wellbeing, but it can also lead to serious consequences if not done correctly. Attorney Leah Burdick will explain the ins and outs of what a Power of Attorney document is, how it is created, and what it means to be a named agent in a Power of Attorney under Vermont law. Leah Burdick, Esq. is an Elder Law attorney within the Elder Law Project at Vermont Legal Aid, Inc. Her practice areas include advanced planning for aging, Medicare/Medicaid, Social Security, housing, and individual rights. *Please register through the Thompson to receive your Zoom link.*

RESOURCES



The Thompson Aging at Home Program can now help facilitate Homesharing!

Homesharing is a simple idea where two or more people share a home for mutual benefit. A person offers a private bedroom and shared common space in exchange for rent, help around the home or a combination of the two. After conducting background and reference checks, we will work to find the most compatible match possible based on your interests, needs, and lifestyle. There are no age or income restrictions to be eligible for the program.

Contact Shari at the Thompson at 802-457-3277 or sborz@thompsonsniiorcenter.org

Caregiver Support Group 2nd Tuesday of each month at 1:00 pm

We welcome participants to The Thompson where this gathering remains a safe place to share ideas, concerns, and constructive feedback with others facing similar challenges. Newcomers are always welcome.

A complimentary lunch will be provided with advance registration.

Advance Directive Assistance is Available

Trained and caring volunteers are available to assist you with creating your advance directive at The Thompson Center on the second Monday of the month, by appointment, 1:00 and 2:00 pm time slots.

Please call Shari at 457-3277 to schedule an appointment.

Senior Solutions Tablet Program – A Great Opportunity to Get Connected

Are you yearning to connect to the internet for your telehealth appointments and connections with others but don't have a device? Senior Solutions is assisting older Vermonters with obtaining devices (Fusion tablets) and offering technical support through instruction and training. Help is available for you to set up your computer, create an email address and train you on some of the programs. Comcast offers a low cost option called Internet Essentials for internet access and you don't have to be a Comcast customer. Call Pam at The Thompson for more information on how to get connected or the Senior Helpline at 802-885-2669.

Technical Assistance Available at The Thompson or in Your Home

If you have questions about a device that you are using, help is available on a fee for service basis by a qualified local individual. Please call Shari to learn more.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Peggy Kannenstine: Cucumbers
 Althea Derstine: Veggies
 Carol Powell: Flower Centerpieces
 & Veggies
 Wayne Stevens: Veggies
 Pat Gould: Peaches
 Rhonda Bruce: Apples
 Peggy Kasden: Nectarines
 In Memory of Arlene Midgley:
 Medical Equipment
 In Memory of Leon Stetson: Medi-
 cal Equipment
 In Memory of Maxwell Putnam:
 Medical Equipment
 Judy Dossett: Medical Equipment
 Janet & David Laughlin: Medical
 Equipment
 Carol Pickett: Medical Equipment
 Joanne & Roy Bates: Puzzles



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



IN MEMORY OF

Arlene Midgley

Carla J. Kamel
 Anne Herz

Dick Colantuono

Mark & Elizabeth Schellhorn
 Ginny Eames
 Bernadette Eastman
 Beverly & Walter Zembko
 Norman & Yvonne Frates Sr.
 Ray & Mary Bourgeois
 Suzanne & James Brian
 Kathleen Eiselein

Ad Shaw

Kathleen Eiselein

OCTOBER BIRTHDAYS

2nd Jane Soule	13th Gerald Monroe	21st Judith Hills
2nd Diana Leskovar	13th Kathy Dudley	21st Deborah Gravel
2nd Regina Cummings	13th Susan Scibetta	21st Frederick Weremy
2nd Elsa Lind	13th Beverly Tourville	21st Kristi Clark
2nd Libbet Downs	14th Allen Dougherty	21st Alan Blackmer
2nd Dottie Deans	14th Kathy Hall	21st Cynthia Cook
5th Fred Blood	14th Punch Taylor	22nd Mark Knott
5th Sam Heath	14th Edward Durgin	22nd Nell Hamlen
6th Elizabeth Berry	14th Alberto Santana	23rd Paula Audsley
7th Judith Lander	14th Sharon Stead	23rd Tom Deedy
7th Blanche Rea	15th Daniel Bellmore	24th Keith Blake
7th Jeanette Duquette	15th Dorianne Guernsey	24th Barbara Leonard
7th Kenneth Tatro	15th Charles Martin	25th Betsy Rhodes
7th Nancy Matthews	15th Shirley Garafano	27th Betty Munro
8th Robert Hager	15th Christopher Sluicer	28th Nancy Lewis
8th Mavis Shaw	16th Dorothy Forthmann	28th Jim Havill
8th Diane Atwood	17th Richard Roy	28th Dorothy Herrick
8th Valerie Bridge	17th Robert Rosenberger	28th Honey Donegan
8th Charles Kimbell	17th Toni Vendetti	30th Nelson Gilman
8th Juliette Pierce	18th Therese Fullerton	30th Louise Brickelmaier
8th Anne Bourne	18th Bob Belisle	31st Phyllis Bulmer
8th Jane Bird	18th Vassie Sinopoulos	
8th Patty Harrigan	18th Lloyd Oldenburg	
8th Judy Bess	19th Sandra von Unwerth	
9th Daphne Moritz	19th David Singer	
10th Todd Reuben	19th Gareth Henderson	
11th Joyce Horton	20th Dwight Camp	
11th Cornelia Kachadorian	20th Brooke Beard	
11th Marjorie Wakefield	20th Joan Keramis	
12th Tina Miller		
12th Linda Stevens		



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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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. Reservations on this route must be made in advance by contacting the Tri-Valley Transit office at 802-728-3773. Call to take advantage of this service for grocery or holiday shopping or other necessary errands. Please call with any questions.

Sign up for our weekly e-news and/or an electronic version of our monthly newsletter by emailing Jen Bloch at: jbloch@thompsonseniorcenter.org

Like us on Facebook

Thank You to Our Transportation Sponsors and Grants

WOODSTOCK INSURANCE
Senior SOLUTIONS
UPPER VALLEY REHAB
The Ellaway Group
Simplify your life
Ottawaquechee Plumbing & Heating
VERMONT
Ottawaquechee HEALTH FOUNDATION

MISSION

The Thompson helps seniors to age well in our rural community. We provide timely support and services, and are a resource and advocate on issues related to aging. Our programs and activities foster the physical, intellectual, and social well being of our adult community to enhance dignity, self-worth, and independence.