

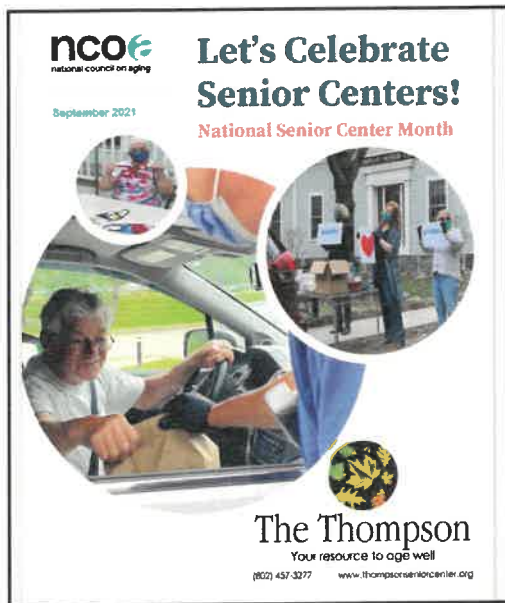


# The Thompson Times

Your resource to age well

SEPTEMBER 2021

## Celebrating National Senior Center Month!



Senior centers are where engagement and innovation take place for older adults in their communities daily. They are vibrant sources of physical and social wellbeing and are essential services for older adults. Every September, Senior Center Month emphasizes the tremendous potential that senior centers deliver in their communities, including programming that empowers older adults to age well and to strengthen mind, body, spirit, and community connections.

What words come to mind when you think of your senior center, **The Thompson**? *Resilient, creative, helpful, evolving, innovative, caring, a life-saver, fun...* are just a few words we hear describing The Thompson, especially over the past year. Definitely, all reasons to celebrate together the special community of volunteers, staff, participants, and community partners that are The Thompson. We have another fabulous month planned with in-person and virtual programs to engage and support you wherever you want to be. This newsletter is

packed --make sure to check out the new Film Screening on page 5, the new virtual programs on page 4, and a new Age Well series starting with Life Transitions on page 9.

Join us on September 10 at our noon meal as we celebrate National Senior Center month with Chicken BBQ, Potato Salad, Cole Slaw, Corn Bread, and Ice Cream with guest BBQ Chef, Nate Willard, and family. We'll have raffles, music, horseshoes, cornhole and music with the Occasional Jug Band. RSVP at 457-3277.

### Thompson's Annual Falls Prevention Awareness Program and Balance Screenings

Presented by Mt. Ascutney Hospital Physical Therapists  
Tuesday, September 14, 1:00 – 3:00pm

Are you worried about falling? Are you ready to be steady?

There are so many things you can do to stay steady and prevent a fall!

- Check your vision yearly
- Pick up clutter
- Review your medications
- Get physically active

Linda Harvey, PT, will lead this discussion on what things contribute to falls and how to best prevent them. Participants can then take part in a brief balance screen and receive individual recommendations based on the results. ***Pre-registration is needed to ensure that time is allotted for screening. For more information and to register, please call The Thompson. Please wear comfortable clothes and shoes.***

# BEHIND THE SCENES

## 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,  
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**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*  
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Dan Noble  
Steve Selbo  
Sandy von Unwerth  
Paulette Watson



## Volunteer Opportunities 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  
or call 802.457.3277.

*Thank you!*



### Advisory Meetings Resume on 1st Monday of the Month

We are very happy to report that Dick  
and Bonnie Atwood will be our new  
Advisory Council Members They will  
facilitate our meetings held on the 1st  
Monday of every month at 1:00 pm. Our

September meeting will be on Tuesday, September 7 as our office  
will be closed for Labor Day.

## SENIOR DISCOUNTS

**KOHL'S** Wednesday 15% 60+

**MICHAEL'S** 10% 55+

**SALVATION ARMY** Mon, Tues & Weds.  
10% born 1958 or prior

**DENNY'S** AARP or AAA card 15% any day

**APPLEBEES** 10% 65+ excludes 2/\$20 & happy hour apps

**SEVCA** Good Buy Thrift Stores Weds. 20% 60+

**UV Food Coop** 5% on Tuesdays

**WALGREENS** 20% off 55+ 1st two days of the month on most  
regular priced items

**RITE AID** 20% 1st Weds. of the month/enroll in Wellness 65+



## Thank You

2021 Sponsors!



# AT THE THOMPSON

## Mills of our Past on Local Waterways in Bridgewater

Thursday, September 16, 1:00 pm

*This program will be presented outside in The Thompson Tent, weather permitting.*

Chris Stevens from the Bridgewater Historical Society will discuss the local mills of our past with some photographs and maps. Join us for a step back into our local history! *Pre-registration is always appreciated.*

## WEDNESDAY AFTERNOON BAZAAR CRAFT WORKSHOPS

2nd & 4th Wednesdays of the Month Beginning September 8, 1-2:30 pm

Calling All Crafters! Join us as we prepare for our annual Holiday Bazaar. We will be making an assortment of knitted and sewn items as well as holiday decorations. Our workshops will be held the second and fourth Wednesdays of each month up to the Bazaar from 1:00-2:30 pm. We will have projects set up. We need your helping hands to put them together.

Do you have items to donate for us to sell at the Bazaar? If so, please contact Paula.

## 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.



## 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.

## ArtisTree Classes at Thompson Returns this Fall

Finnie will return this fall beginning on October 6th with new creative projects. Classes will resume on the first Wednesday of each month at 1:30 at The Thompson. Please bring your creative self!



# YOUR VIRTUAL SENIOR CENTER

## Medicare Classes for Those New to Medicare

*Virtual Presentations Offered by Senior Solutions*

**September 9, 10:00 – 11:30 am**

**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.

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## Senior Learning Network Virtual Programming Continues! September Programs

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.**

### **Mystic Seaport Museum - Tuesday, September 7, 2:00 pm**

Come sail with us and learn about the true tale that inspired Herman Melville to write Moby-Dick. Explore the history of 19th century whaling through the lens of the last wooden whaleship in the world, and one of the star artifacts at Mystic Seaport Museum, the Charles W. Morgan. Learn how and why Americans went to sea for more than a century, in search of the great leviathans, and see rare artifacts from the Museum's collection that connect to American whaling history.

### **Smithsonian National Portrait Gallery - Tuesday, Sept 14, 2:00 pm**

Experience portraiture beyond the frame. Our collections present people of remarkable character and achievement. These Americans—artists, politicians, scientists, inventors, activists, and performers—form our national identity. They help us understand who we are and remind us of what we can aspire to be. Get to know us at the National Portrait Gallery. We look forward to sharing the faces and stories of inspiring Americans with you.

### **FDR Presidential Library and Museum/ Jeff Urbin - Tuesday, Sept 21, 2:00 pm**

#### **Books, Boots and Bridles: The Story of the Horse Back Librarians**

Join one of our favorites, Jeff Urbin- as he shares the story of the Pack Horse Library initiative, a little known program of the Roosevelt Administration's WPA. Its mission, carried out almost entirely by women, was to deliver and distribute reading materials to the far off corners of Appalachia during the darkest hours of the Great Depression.

### **Buffalo Bill Center of the West—Tuesday, September 28, 2:00 pm**

#### **What's all the hoot about owls? ( Yellowstone Park)**

Many humans have a fascination with owls. Found across the globe, in almost every type of habitat, owls have managed to survive as a group for more than 80 million years. What has allowed owls to thrive and become a vital part in the balance of nature? Using visual aids and a real, live owl, this program will explore the adaptations such as hearing and silent flight that make owls some of the top predators in the Greater Yellowstone Ecosystem and the world.

# PROGRAMS & TRIPS

## Hood Museum Meet-Up

### Gallery Talk: "Both Sides of the Lens; Portrait Photography"

Wednesday, September 22, 12:15 pm

Come hear a presentation on the photos and portraits from the Bernstein collection. The photographers include famous practitioners from Matthew Brady (American, 1823–1896) to Annie Leibovitz (American, born 1949). Their subjects have in common that they all earned their fame for intellectual, artistic, or literary work, including Anaïs Nin and Albert Camus, Henri Matisse and Frida Kahlo, and Edgar Allen Poe and Alice Walker. This talk will consider the special balance of creative power required between a portraitist and their subject.

We will meet at The Hood Museum at 12:15. Please register through the Thompson so we can reserve seats. This is a free event.

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## FAST-FORWARD

*An award-winning documentary to inspire important discussions  
between multiple generations*

Tuesday, September 28, 5:30 pm

Presented in collaboration with Pentangle at the Woodstock Theater

Refreshments and informal discussion to follow in the theater lobby immediately following  
this 60-minute film

FAST-FORWARD follows four millennials and their parents as they travel through time to meet their future selves. Wearing an MIT-produced "aging empathy suit" and working with professional make-up artists, they grapple with the realizations, conversations and mindset required to age successfully. Ultimately, the families learn they have more control over how they age than they thought.

Director, Michael Eric Hurtig's Statement:

*"As we developed the film, in speaking to experts about the primary drivers of successful aging, we learned that intergenerational family dynamics play a key role. While we knew bringing millennials and boomers together to have "the conversation" would be an underlying dynamic of our film, we still needed something to jolt our cast into an exploration of their greatest aging fears and expectations. Using M.I.T.'s immersive A.G.N.E.S. aging suit as a starting point, we brought their futures to life..."*

## 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.

## Thompson AARP Safe Driving Class Canceled for September 13th

**A note from AARP:** *Due to the continued spread of COVID-19, with the new variant, and its impact on the vast majority of our upcoming courses, we have made the very difficult decision to extend our nationwide in-person event closure until October 1, 2021.*

When The Thompson can schedule another class this fall, we will do so. Please look for more information in our newsletters as well as online.

# PROGRAM CALENDAR - SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
		<b>1</b>	<b>2</b>	<b>3</b>
<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</b>		9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent	<b>9:30 1:1 Benefits Assistance</b> 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Labor Day Closed</b>	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>1 Advisory Meeting</b> <b>2 Mystic Seaport Program</b> 3 Bone Builders in tent	9:30 Fall Prevention Tai Chi in tent 10 VeggieVanGo 10:30 Sun 73 Forms in tent <b>1 Bazaar Craft Workshop</b>	<b>9-2:30 Foot Clinic</b> <b>10 Medicare Classes</b> 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	<b>Senior Center BBQ</b> 10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9 Coffee Talk 11 Walking Group	10:30 am Strengthen & Stretch Zoom Class <b>1 Caregiver Support in tent</b> 1 Mahjong <b>1 Falls Prevention Program</b> <b>2 Smithsonian National Portrait Gallery Program</b>	<b>8 Board Meeting</b> 9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent	<b>9:30 1:1 Benefits Assistance</b> 10:30 am Strengthen & Stretch Zoom <b>1 Mills Program</b>	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>8:30 Newsletter Folding</b> 9 Coffee Talk 11 Walking Group	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 FDR Presidential Library &amp; Museum Program</b> <b>4 Life Transitions: Home vs. Move Discussion- Virtual</b>	9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent <b>12:15 Hood Museum Meet-Up</b> <b>1 Bazaar Craft Workshop</b>	<b>Birthday Day</b> 10:30 am Strengthen & Stretch Zoom	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
9 Coffee Talk 11 Walking Group	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 Buffalo Bill Center of the West Program</b> 3 Bone Builders in tent <b>5:30 Fast Forward at Pentangle</b>	9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent <b>1 Medicare Program</b>	<b>9:30 1:1 Benefits Assistance</b> <b>9-2:30 Foot Clinic</b> 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	

# MENU - SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
		<b>1</b>	<b>2</b>	<b>3</b>
<b>RESERVATIONS REQUESTED FOR ALL MEALS</b>		Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Fruit Salad	Tossed Salad, Ginger Lemon Cod, w/ Broccoli, Scallion Brown Rice, Mandarin orange delight	BBQ Pulled Pork Sandwich, Cole-slaw, Bean Salad, Fresh Fruit Parfait
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Labor Day Closed</b>	Stuffed Meatloaf w/ Cloudland Farm Beef, Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Green & Yellow Local Beans, Almond Cake w/ Orange Dried Apricot Sauce	Chicken Marsala, Rice Pilaf, Green Beans, Blueberry Pie	Tossed Salad, Shepherd's Pie, Vegetable Medley, Poached Pears	<b>Senior Center BBQ</b> Chicken BBQ, Potato Salad, Cole Slaw, Corn Bread, Ice Cream Cone
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Beef Bourguignon, Roll Tossed Salad, Lemon Meringue Pie	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie Sundae	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Roll, Peach Rhubarb Coffee Cake
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Local Vegetables, Blueberry Crisp	Pork and Apple Curry, Scallion Brown Rice, Broccoli, Cauliflower, Kale Slaw, Mandarin Orange Delight	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries	<b>Birthday Day</b> Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Grilled Asparagus, Garlic Smashed Potato, Roll, Cake & Ice Cream	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Puff Pastry Chicken Pot Pie, Tossed Salad, Sorbet w/ Berries	Beef Stroganoff over Egg Noodles, Roasted Seasonal Root Vegetables, Lemon Fool w/ Berries	Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Pineapple Upside down Cake	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert	



# ACTIVE AGING

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

## Join us For a Walk 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.*

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## Late Summer and Fall Tai Chi with Anne Bower

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](http://www.annebower.ocm)

**Please note:** *September 20 - 24 is National Falls Prevention Awareness Week. Tai Chi is proven to be beneficial in maintaining balance and now is a good time to consider taking a class with Anne! Also, please register for The Thompson Fall Prevention Clinic on September 14. Details on the front cover.*

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## 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](mailto: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.

**Please note:** *No classes on September 14, 16, 21 and 23*



# HEALTHY AGING

## How Medicare, Medicare Supplemental, and Medicare Advantage Plans Can Work For You

Wednesday, September 29, 1:00 pm

Andrew Hayward from Gateway Retirement Solutions has been working with retirees and clients since 2007, advising people on navigating retirement, and their health care options. His talk will include:

- Medicare A and B overview
- Medicare Part D Prescription plans
- Medicare Supplemental plans
- Medicare Advantage plans

*Pre-registration is requested but walk-ins are also welcome.*

## Age Well at Home Series at The Thompson Center

*Life Transitions: Home vs. Move Discussion*  
Tuesday, September 21 from 4 pm—5:30 pm

*How to Hire a Caregiver & Resource Fair*  
Tuesday, October 19 from 4 pm –6 pm

This series includes a panel discussions with area experts and is being offered in partnership with Mt Ascutney Hospital, the Ottauquechee Health Foundation, and The Thompson.

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

## 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*



## Reflexology at The Thompson!

*Enjoy Reflexology to Relax, Rejuvenate, & Reboot Your Whole Body*

Deb Neuhof will not be taking appointments in September but will resume in October.

## Foot Clinic at The Thompson with Beverly Sinclair, RN

September 9 & 30, 9:00 am - 2:30

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

Call for your appointment. 457-3277



## Individual Benefits Assistance— Medicare, Medicaid, Food & Fuel Assistance

1:1 Meetings are available at The Thompson  
September 2, 16 & 30, 9:30 am - 2:00 pm

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.*

# 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@thompsonscenter.org](mailto:sborz@thompsonscenter.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

Arnie & Betty Powell - New Puzzle  
& Cribbage board  
In Memory of Pia Nichols - Medical  
Equipment  
Joyce Dann - Lettuce  
Sari White - Medical Equipment  
Arnie & Betty Powell - Cribbage &  
puzzles  
Nora Mitchell - Orchids and stands  
Carol Powell - Flower centerpieces  
Bridgewater Grange - Quilt by Kathy  
Lynds  
Andrea Ferguson - Medical  
Equipment  
Dana Kaye - Zucchini and squash  
Wayne Stevens - Vegetables  
Peggy Kannenstine - Cucumbers

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



## IN HONOR OF

**Barbara Kelley**  
R. Evan and Susan Fox



## SEPTEMBER BIRTHDAYS

## IN MEMORY OF

**Claire Dibble**  
Joan Lessard

**Daniel Machalaba**  
Allen & Gail Dougherty

**Dick Colantuono**  
Barbara Kelley

Bruce & Patricia Gould  
Susan L. Hamilton

Colleen & James MacDonald  
Betty Ann & David McGuire

Elinor & Richard Huntley  
Jim & Donna Bold

Roy & Joanne Bates  
Mary Corrigan

Jan Swallow  
Woodstock Ladies Golf Association

**William "Bear" Massey**  
Barnard General Store

**Donna Jones**  
Barbara Kelley

1st Beverly	Audsley	16th Martha	Leonard	25th Charles	Malerich
1st Anne	Herz	16th Betty	Powell	25th Michelle	Spencer
1st Althea	Derstine	16th Noreen	Binder	26th Kathleen	Kjerulff
2nd Helen	Howe	17th Roberta	Morse	26th Joanne	Smith
2nd Marian	Whitaker	17th Robert	McElwain	26th Angel	Rubino
2nd Donald	Lovejoy	17th Linda	Smiddy	26th Robin	Warren
3rd James	Gebhardt	18th Felicitas	Leonard	27th Neil	Marinello
3rd Dawn	Mathis	19th Mary	Church	28th Mary Ann	Daly
3rd Vern	Harris	20th Patsy	Highberg	28th Virginia	Kiely
4th Elizabeth	Schellhorn	20th Veronica	Skerker	29th Prudence	Schuler
4th Dale	Kjerulff	20th Jean	Keleher	29th Anita	Clark
5th Joy	Corduff	21st Tuesday	Wright	29th Deb	Kalanges
5th Laura	Robinson	22nd Daniel	Bruce	29th Greg	Greene
6th Ken	Woodhead	22nd Evangeline	Monroe	30th John	Doten Jr
7th Barbara	Scully	22nd Karen	Hawkes	30th George	Sadowsky
7th Kathleen	Camp	22nd Roswell	Harlow II		
9th Tambrey	Vutech	22nd Sharon	Rowe		
10th Sandra	LaCoss	23rd Audrey	Putnam		
10th Albert	Whittier	23rd Anne Marie	Bohn		
11th John	Moore	24th Juris	Kaugerts		
11th Margaret	Gray	24th Jurgen	Ewert		
12th Alex	Henzel	24th Todd	Shortledge		
14th Bo	Gibbs	24th Nancy	Schmitt-Gaede		
14th Mary	Fullerton				
15th Mary	Hawkins				
15th Dale	O'Brien				
15th Colleen	Warren				



# 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.thompsonscenter.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.

**Thank You to Our Transportation Sponsors and Grants**

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



## 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.