Celebrating our Veterans
Friday, November 12, 12:00 pm

The Thompson annual Veterans Day lunch and ceremony has always been a poignant and joyful celebration as we honor those who have served and who continue to serve. In recognizing our Veterans this year, we invite you to enjoy a meal with us on Friday, November 12 at 12:00 pm and ask that you make reservations as space is limited. Reservations are on a first come, first served basis. Alternatively, you are welcome to either pick-up your complimentary meal or dine in any day during that week. (reservations required).

At 11:45 am the American Legion will lead a short ceremony around the flag. A group photo will be taken.

Thank you to all of our Veterans for your service and your sacrifice which will never be forgotten. *The Thompson will be closed on Thursday, November 11 in recognition of Veterans Day.*

Poppy Art Project with ArtisTree
Wednesday, November 3, 1:30 pm

We will honor our veterans in creating poppy art with Finnie from ArtisTree on November 3 at 1:30 pm. Please join us and pre-register by calling The Thompson. Newcomers are encouraged!

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PARTY OF ONE PARTY!
Monday, November 1, 5:00 pm
at 506 on the River Inn

Come out on your own, and make new friends; gather around a lovely fireplace for some hors d'oeuvres and sparkling conversation. This will be a fun way to go out individually, and to be in good company. Cost: $12.00. Additional food and beverages are optional and will be available at your expense. Please call The Thompson to reserve your spot and to pre-pay.
Please pre-register for all programs. In the event that scheduling changes need to be made, we can let you know.

**ADVISORY MEETING HIGHLIGHTS**

- The Thompson Annual Meeting is on October 27th at 10:30.
- The living room painting will soon be underway, as well as, carpet tile installation. New audio/video recorder installed in the conference room. Smart TV to follow.
- Still working on a car-pool trip to the Christmas Tree Shop in Williston.
- Jennifer is getting ideas for a variety of new games that can be offered to participants in addition to Bingo.
- On October 22nd Thompson will participate in a nationwide Guinness Book of World Records Bingo.
- Hoping to have more people join the Advisory meeting. Suggested starting earlier as most are ready by 12:30. Lunch menu may have an effect.
- No complaints on food other than sometimes what is served is different than published. Deanna explained reason of food supply issues and now locally sourcing some meat & vegetables to offset these issues.

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

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**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
Senior Learning Network Virtual Programming Continues at The Thompson
November 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 on our newly updated large screen tv. Call to reserve your seat.

Eisenhower Presidential Library and Museum
Tuesday, November 2, 2:00 pm

From January 20, 1953-January 20, 1961 Dwight D Eisenhower served two terms as President of the United States; brought armistice to Korean War; promoted Atoms for Peace; dealt with crises in Lebanon, Suez, Berlin, and Hungary and established the U.S. Information Agency. Did you know he also created the Federal Council on Aging? As President he also saw Alaska and Hawaii become states; signed the 1957 Civil Rights Act, the first civil rights legislation since the end of Civil War; sent federal troops to enforce court-ordered integration of Little Rock Central High School and signed the bill creating the National Aeronautics and Space Administration. Join us at the Presidential Library and Museum as we discover more about our 34th President.

National Museum of the Pacific War
Tuesday, November 9, 2:00 pm

In honor of Veteran’s Day, we will take a return visit to the National Museum of the Pacific War. This is always a favorite live tour!

Come and experience key events, numerous artifacts and hear more stories of those who served in the Pacific or the Home Front during WWII. Staff members will take you on an island hopping journey from Pearl Harbor to the surrender of Japan as they move through the George H.W. Bush Gallery.

Elephant Sanctuary
Tuesday, November 16, 2:00 pm

It’s time to re-visit the amazing elephants and hear their stories as we gain an understanding of how they are cared for in captivity. Your audience will foster compassion for animals and an awareness of animal welfare by hearing about the life stories of our resident elephants. We also discuss what goes into caring for the elephants at The Sanctuary, hopefully inspiring the next generation of animal care and non-profit.
A Senior Learning Network Virtual Program continued from page 3.

**Hoover Presidential Library and Museum**  
**Tuesday, November 23, 2:00 pm**

Herbert Clark Hoover, (August 10, 1874–October 20, 1964), mining engineer, humanitarian, U.S. Secretary of Commerce, and the 31st President of the United States. In addition to public service, Hoover devoted his post-Presidential years to social causes such as the Boys Clubs of America and the Hoover Institution, a research center he had established on the Stanford campus in 1919. He also wrote more than 40 books during those years.

Hoover’s attention returned to Iowa late in the 1950s when he agreed to allow friends and associates to construct a “Presidential library” near the site of his birthplace. Hoover insisted that the building be modest in size in accordance with scale of the other buildings in the community. The former President made his last visit to Iowa on August 10, 1962, to dedicate that building to the American people. Join us at the Presidential Library and Museum to discover more!

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.**

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**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 well-being, 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.**
Let’s Go Holiday Shopping!
Wednesday, November 17, depart from The Thompson at 8:30am
We are encouraging vaccinated friends to car pool
together for this outing.

The Christmas Tree Shop has long been a favorite of Thompson shoppers and
though we are unable to provide group transportation as in the past, we encourage
you to collect your shopping friends and plan to carpool. Longhorn Steakhouse is within walking distance
of the Tafts Corners plaza and many other restaurant and shopping options are close by.

Please pre-register with The Thompson by November 12th and indicate if you are willing to drive.

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Thanksgiving Dinner
Tuesday, November 16, Noon
Due to safety concerns, space will
be limited this year.
Please call early to make
your reservation.
Walk-ins will be offered take-out meals,
if available

Menu: Roasted Turkey, Mashed Potato,
Gravy, Squash, Cranberry Sauce, Stuffing,
Peas & Carrots, Pumpkin Pie.

Suggested donation of $5 for those 60 and
over. $7 charge for those under 60 years of
age. 457-3277

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Thompson Holiday Bazaar &
Cookie Walk
Saturday, December 4,
9:00 am - 1:00 pm

Please join us for this annual holiday event
where you’ll find a great selection of
unique holiday gifts, handmade pottery,
ornaments, jewelry, knitted and felted
items, wreaths, homemade goodies, jams,
jellies, pickles, and more! Santa will visit
and the Cookie Walk will be pre-packaged
and pre-orders are encouraged.

Raffle Items:

Watercolor painting by Kate Reeves
Queen size, fall inspired quilt made by
Janet Maxham

Tickets are $5 each or 6 for $20. All
proceeds benefit The Thompson Center.

Masks required for this event.

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Memory Tree
for the Holidays

Each year a tree is set up in the foyer of
The Thompson Center and is dedicated as
a memory tree. For $2 people can have an
ornament placed on the tree with the name
on it of someone they are remembering
during the holidays.
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<tr>
<td>11 Walking Group 1 Advisory Meeting 5 pm Party of One at 506 on the River</td>
<td>10:30 am Strengthen &amp; Stretch Zoom Class 1 Mahjong 2 Eisenhower Library &amp; Museum 3 Bone Builders in tent</td>
<td>9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 1:30 Art with Finnie</td>
<td>Birthday Day 9:1:1 Benefits Assistance 10 Cribbage 10:30 am Strengthen &amp; Stretch Zoom 3 Bone Builders in tent</td>
<td>10 am BINGO 1 Mahjong 1 Cornhole &amp; Horseshoes</td>
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<td>11 Walking Group 1 Advance Directive</td>
<td>9 Reflexology 10:30 am Strengthen &amp; Stretch Zoom Class 12 Caregiver Support in tent 1 Power of Attorney virtual presentation 1 Mahjong 2 National Museum of the Pacific War 3 Bone Builders in tent</td>
<td>9:30 Fall Prevention Tai Chi in tent 10 VeggieVanGo 10:30 Sun 73 Forms in tent 1 Bazaar Craft Workshop</td>
<td>CLOSED for Veterans Day</td>
<td>Veterans Lunch 9:1:1 Benefits Assistance 10 am BINGO 1 Mahjong 1 Cornhole &amp; Horseshoes</td>
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<td>8:30 Newsletter Folding 11 Walking Group</td>
<td>Thanksgiving Dinner 9:30 Commodities 10:30 am Strengthen &amp; Stretch Zoom Class 1 Mahjong 2 Elephant Sanctuary 3 Bone Builders in tent</td>
<td>8:30 Shopping Trip 10:30 Annual Meeting 9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent</td>
<td>9:2:30 Foot Clinic 9:1:1 Benefits Assistance 10 Cribbage 10:30 am Strengthen &amp; Stretch Zoom 3 Bone Builders in tent</td>
<td>10 am BINGO 1 Mahjong 1 Cornhole &amp; Horseshoes</td>
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<td>11 Walking Group</td>
<td>9 Reflexology 10:30 am Strengthen &amp; Stretch Zoom Class 1 Mahjong 2 Hoover Library &amp; Museum 3 Bone Builders in tent</td>
<td>1 Bazaar Craft Workshop</td>
<td>CLOSED for Thanksgiving</td>
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<td>11 Walking Group</td>
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<td>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</td>
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**PAGE 6 THE THOMPSON TIMES**
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<td>Tossed Salad, Turkey Soup, Roll, Gingerbread Pear Cake</td>
<td>Tossed Salad, Multigrain Spaghetti &amp; Meatballs, Garlic Bread, Fresh fruit Salad</td>
<td>Tossed Salad, Bangers &amp; Mashed, Onions &amp; Gravy, Peas, Carrots, Fruit Short Cake</td>
<td>Veterans Day Closed</td>
<td>Veterans Lunch Clay Hill Farm Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas &amp; Baby Carrots Almond Cake w/ Orange Dried Apricot Sauce</td>
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<td>Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies</td>
<td>Thanksgiving* Dinner Roasted Turkey, Mashed Potato, Gravy, Cranberry Sauce, Stuffing, Peas and Carrots, Pumpkin Pie</td>
<td>Beer Battered Haddock and Chips, Kale Salad, Cookie and Fruit</td>
<td>Macaroni and Cheese, Peas &amp; Carrots, Chocolate Chip Cookies and Fruit</td>
<td>Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Black Forest Cake</td>
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<td>Stuffed Peppers, Tossed Salad, Fruit Short Cake</td>
<td>Chicken Milanese, Arugula Salad, Herb Roasted potato, Bread, Fresh Fruit Salad</td>
<td>Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert</td>
<td>Thanksgiving Day Closed</td>
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<td>Tossed Salad, Grilled Tuna &amp; Vegetables in Herb Butter, Brown Rice, Cherry Cheesecake</td>
<td>BBQ Pulled Pork Sandwich, Coleslaw, Bean Salad, Fresh Fruit Parfait</td>
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<td>RESERVATIONS REQUESTED FOR ALL MEALS</td>
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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 Ottauquechee 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 Ottauquechee River

Due to expected seasonal changes, please check in advance with The Thompson.

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.com

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 ehatfield@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.
Get ready! Medicare's Open Enrollment is October 15 - December 7.
The Thompson Center's Individual Benefits Assistance Program offered by
The Windsor Community Health Clinic Can Help on
November 4, 12, 18, & December Dec 2, call for appointment

You can enroll in Medicare health and drug plans from October 15 – December 7. Get ready for Medicare’s Open Enrollment with these 5 tips:

- **Check your mail.** You may get important notices from Medicare or Social Security. If you’re in a Medicare plan, you’ll get an Annual Notice of Changes (ANOC) telling you of any changes in coverage, costs, or service area. Note any 2022 changes to your health coverage or any Extra Help you may get to pay for prescription drugs.

You may also get brochures and other marketing materials from insurance companies that offer Medicare health and prescription drug plans. Remember — plans aren’t allowed to call or come to your home without an invitation from you. Find out how to protect yourself from Medicare fraud.

- **Think about your Medicare coverage needs for 2022.** Carefully review your current Medicare coverage, and note any upcoming changes to your costs or benefits. Decide if your current Medicare coverage will meet your needs for the year ahead. If you like your current coverage, and it’s still available for 2022, you don’t need to take any action to keep it.

- **Review your 2022 “Medicare & You” handbook.** It has information about Medicare coverage and Medicare plans in your area. If you want to get your handbook electronically, you can go paperless by logging into (or creating) your secure Medicare account.

- **Preview 2022 health and prescription drug plans.** We make it easy to compare coverage options and shop for health plans. For a personalized search, log in or create an account (if you have a Medicare Number) to create or access a list of your drugs, compare your current Medicare plan to others, and see prices based on any help you get with drug costs.

- **Get personalized help in your community by calling The Thompson Center for individual in person (or via zoom or phone) appointments during this annual enrollment period. Don’t delay!**

Visit Medicare.gov to sign up to get important news & updates by email from Medicare.

Excerpts from Medicare.gov.

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### Foot Clinic at The Thompson
**with Beverly Sinclair, RN**
**November 18, 9 am - 2:30 pm**
**Call for your appointment**

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.

**Cost: $30 payable by cash or check. Towels are supplied. Face coverings are required during your treatment.**

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### Reflexology at The Thompson!
**Enjoy Reflexology to Relax, Rejuvenate, & Reboot Your Body**
**November 9 & 23, 9- noon**
**Please call for availability**

Certified Reflexologist Deborah Neuhof is offering 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.**
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.

We’re wrapping up our pilot program and opening up our application process to the broader community. To apply visit our website or contact Shari at the Thompson at 802-457-3277 or email at sborz@thompsonseniorcenter.org

Note new time this month of 12:00 pm!
Caregiver Support Group
2nd Tuesday of each month

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 APPRECIATION

Anything Printed: In-kind Services
McCuaig Family: Medical Equipment
Carol Powell: Flower Centerpieces
In Memory of Linn Minard: Medical Equipment
Lindsay Wheeler: Kale
FX Flinn: Medical Equipment
Jon Fullerton: Apples
The White Cottage: Food
Woodstock Varsity Football: Furniture Moving
Ellaways Property: TV Installation

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

IN MEMORY OF

Dick Colantuono
Deb & Doug DeRancy

Jack Moore
Gina Moore
E. Vincent Lisi

NOVEMBER BIRTHDAYS

1st Norman Boynton
1st Barbara Condict
1st Helen Earle
2nd Elizabeth Deignan
2nd Doug Phillips
2nd Jeanne Ward
3rd Lindsay Heath
3rd Betty Ann Lantz
3rd Ruth Wiegand
3rd Eileen Orcutt
3rd Chiara Tosi-Nelson
3rd Steve Wolkwitz
4th Sarah Roberts
4th Dorcas Freeman
5th Carole Pickett
5th Joan Columbus
5th Wallace Orcutt
6th Faith Willis
6th Nancy Stahura
6th Nancy Winn
6th Russell Morgan
6th Bill Corson
7th Bernard Strong
8th Judy Mahood
8th Lynne Bertram
8th Paige Hiller
8th Virginia Wise
9th Bruce Gould
9th James Bradley
9th Loredana Venturi
10th Deanna Jones
10th William Emmons
11th Susan Moor
12th Rhonda Bruce
12th Constance Burnham
13th Loie Havill
13th Elizabeth Hollinshead
14th Constance Hitchcock
14th Patricia Gould
14th Allen Buswell
14th Carol Corette
14th Mike Kelly
16th Nathan Willard
16th Phil Dechert
17th Jack Derevensky
18th Roy Bates
19th Doris Dean
20th Philip Tomlet
20th Regina Lawrence
20th Angela Tessier
21st Pamela Jaynes
21st Sophia Stone
21st Mary Croft
21st James Kachadorian
21st Jeanne Fallon
22nd Neal Campbell
22nd Edgar Matthews
23rd Joan Harvey
23rd Nancy Mills
23rd Susan Wilson
24th Carolyn Maynard
24th Elizabeth Frederick
24th Jules St. Arnaud
25th Margaret Maxham
25th Takis Hinaris
26th Jim Smiddy
26th Beverly Regan
27th Fred Doten
27th James Ford
28th Merle Sanderson
29th Mary Costella
29th Charles Rattigan
29th Carole Sparks
29th Lloyd Cook
30th Mario Gattorna
30th Robert Evans

THE THOMPSON TIMES  PAGE II
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

Thank You to Our Transportation Sponsors and Grants

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.