



# The Thompson Times

Your resource to age well

NOVEMBER 2021

## 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.*



**artistree**  
community arts center & galleries

## 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!

## 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.*

## 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**, Business Office Manager,  
paula@thompsonscenter.org  
**Pam Butler**, Program Director,  
pbutler@thompsonscenter.org  
**Jen Bloch**, Marketing Coordinator,  
jbloch@thompsonscenter.org  
**Shari Borzekowski**, Aging at Home  
Resource Coordinator,  
sborz@thompsonscenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonscenter.org  
**Siobhan Wright**, Meals on Wheels &  
Transportation Coordinator,  
swright@thompsonscenter.org  
**Alberto Santana**, Kitchen Assistant  
**Jennifer Maxham**, Program Assistant  
& Support Staff,  
jmaxham@thompsonscenter.org

**Drivers: Dwight Camp, Tom Morse,  
Carl Hurd**

Senior Solutions (Formerly Council of Aging for  
Southeastern Vermont)  
**SENIOR HELPLINE: 800-642-5119**

Community Care Coordinator  
**Carla Kamel, MSW**  
Ottawaquechee Health Center, 457-5414

### BOARD OF DIRECTORS

Liza Deignan—*President*  
Ginny Eames—*Vice President*  
David McGuire—*Treasurer*  
Wendy Wannop—*Secretary*  
Dave Bollinger  
Mary Bourgeois  
Leon Dunkley  
Rick Fiske  
Susan Ford  
Jon Fullerton  
Dolores Gilbert  
Karl Huck  
Lydia Locke  
Daphne Moritz  
Dan Noble  
Steve Selbo  
Sandy von Unwerth  
Paulette Watson



## BEHIND THE SCENES

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 27<sup>th</sup> 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 22<sup>nd</sup> 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!

## Thank You 2021 Sponsors!



### FUEL ASSISTANCE

Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151. Applications for the 2022-22 heating season must be post-marked by February 28 for eligible households.

# YOUR VIRTUAL SENIOR CENTER

## 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 34<sup>th</sup> 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 31<sup>st</sup> 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.**

---

## **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.***

# PROGRAMS & EVENTS

## 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 12<sup>th</sup> and indicate if you are willing to drive.



### 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



### 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.**

### 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.

# PROGRAM CALENDAR - NOVEMBER 2021

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
11 Walking Group <b>1 Advisory Meeting</b> <b>5 pm Party of One at 506 on the River</b>	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 Eisenhower Library &amp; Museum</b> 3 Bone Builders in tent	9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent <b>1:30 Art with Finnie</b>	<b>Birthday Day</b> 9 1:1 Benefits Assistance 10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
11 Walking Group <b>1 Advance Directive</b>	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class <b>12 Caregiver Support in tent</b> <b>1 Power of Attorney virtual presentation</b> 1 Mahjong <b>2 National Museum of the Pacific War</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>CLOSED for Veterans Day</b>	<b>Veterans Lunch</b> 9 1:1 Benefits Assistance 10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8:30 Newsletter Folding 11 Walking Group	<b>Thanksgiving Dinner</b> 9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 Elephant Sanctuary</b> 3 Bone Builders in tent	8:30 Shopping Trip <b>10:30 Annual Meeting</b> 9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent	<b>9-2:30 Foot Clinic</b> 9 1:1 Benefits Assistance 10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 1 Mahjong 1 Cornhole & Horseshoes
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
11 Walking Group	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 Hoover Library &amp; Museum</b> 3 Bone Builders in tent	<b>1 Bazaar Craft Workshop</b>	<b>CLOSED for Thanksgiving</b>	<b>CLOSED</b>
<b>29</b>	<b>30</b>			
11 Walking Group	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 3 Bone Builders in tent			<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</b>

# MENU - NOVEMBER 2021

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Curried Coconut Chicken, Stir Fried Vegetables, Crispy Asian Slaw, Scallion Brown Rice, Pear Ginger Crumble	Italian Pork Stew, Garlic Bread, Tossed Salad, Caramel Apple Strudel	Hearty Beef & Vegetable Stew, Cole slaw, Roll, Frosted Banana Bars	<b>Birthday Day*</b> Spiced Roast Pork, Roasted Brussel Sprouts, Roasted Garlic Mashed Red Skin Potatoes, Cranberry Apple Chutney, Roll, Cake and Ice Cream	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert
8	9	10	11	12
Tossed Salad, Turkey Soup, Roll, Gingerbread Pear Cake	Tossed Salad, Multigrain Spaghetti & Meatballs, Garlic Bread, Fresh fruit Salad	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	<b>Veterans Day Closed</b>	<b>Veterans Lunch</b> Clay Hill Farm Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots Almond Cake w/ Orange Dried Apricot Sauce
15	16	17	18	19
Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies	<b>Thanksgiving* Dinner</b> Roasted Turkey, Mashed Potato, Gravy, Cranberry Sauce, Stuffing, Peas and Carrots, Pumpkin Pie	Beer Battered Haddock and Chips, Kale Salad, Cookie and Fruit	Macaroni and Cheese, Peas & Carrots, Chocolate Chip Cookies and Fruit	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Black Forest Cake
22	23	24	25	26
Stuffed Peppers, Tossed Salad, Fruit Short Cake	Chicken Milanese, Arugula Salad, Herb Roasted potato, Bread, Fresh Fruit Salad	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	<b>Thanksgiving Day Closed</b>	<b>Closed</b>
29	30			
Tossed Salad, Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Cherry Cheese-cake	BBQ Pulled Pork Sandwich, Coleslaw, Bean Salad, Fresh Fruit Parfait			<b>RESERVATIONS REQUESTED FOR ALL MEALS</b>

# 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](mailto: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**

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

---

## 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](http://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](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.



## **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.

### **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.***

### **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.*

# 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.

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

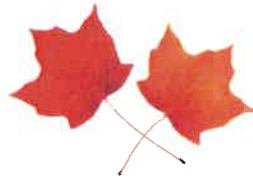
### **Technical Assistance Available at The Thompson or in Your Home**

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 LOVING MEMORY & APPRECIATION

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



# 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

Γ

7

L

J



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.