



The Thompson Times

Your resource to age well

DECEMBER 2021



Thompson Holiday Bazaar & Cookie Sale 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 ornaments, handbags, knitted and quilted items, wreaths, homemade goodies and more! Santa will visit and the Cookie Sale will be pre-packaged. Pre-order boxes of homemade cookies and donuts by December 1st. \$8 per box of cookies and \$3 per bag of 6 donuts. Grab and go lunch of corn chowder will be available for purchase.

Raffle Items - Tickets are \$5 each or 6 for \$20:

- * Barn Watercolor by Kate Reeves
- * Milkweed Pod Watercolor by Kate Reeves
- * Star Quilt, 81" x 102" made by Janet Maxham

**All proceeds benefit
The Thompson**
Masks required for this indoor event.



Christmas at The Grange Matinee Wednesday, December 22, 2:00 pm



Join us for a fun-filled afternoon of Christmas songs and Holiday Broadway Hits! Your stocking will be filled with familiar musical treats and unexpected surprises that would even warm the heart of Ebenezer Scrooge.

There is a special priced matinee for area seniors of \$20 per person. There is orchestra and mezzanine seating available. Call or stop by Artistree to reserve your seat BEFORE December 3rd! More details at: <https://artistreevt.org/christmas-at-the-grange-theatre.html>.

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, Business Office Manager,
paulsley@thompsonscenter.org
Pam Butler, Program Director,
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Transportation Coordinator,,
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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

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Eames—*Co-Presidents*
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Beth Harper
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Carolyn Kimbell
Lydia Locke
Dan Noble
Sandy von Unwerth
Paulette Watson
Kelly Welch



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

ADVISORY MEETING HIGHLIGHTS

- Thompson Staff vaccination policy update
- Holiday meal capacity limits - sign up required
- Program updates and review
- Newsletter folders needed each month
- Thompson Aging at Home support program referrals for help at home

Please join our next meeting on December 6 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 December 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.**



National Museum of Toys & Miniatures Tuesday, December 7, 2:00 pm

The National Museum of Toys and Miniatures in Kansas City, Missouri is home to the world's largest collection of fine-scale miniatures and one of the largest collections of historic toys currently on public display. With the holiday season upon us, join museum educator Kelly Burns for a virtual presentation exploring the stories behind some of the toys in the museum's

collection that were holiday gifts to the children who loved them. Then, share your story of a favorite toy you received as a holiday gift!



New River Gorge National Park

Thursday, December 9, 2:00 pm

***Please note* No group viewing available this day**

We're off to see *America's Newest National Park in "Wild Wonderful" West Virginia*

In December 2020, this 73,000-acre slice of paradise, encompassing a whitewater river, limestone cliffs and deep canyons, became the country's newest national park.

The lifeblood of the park is the New River, and despite its name it is believed to be one of the oldest rivers in the world. For more than 260 million years, it has run northeasterly from

the Blue Ridge Mountains near Boone, North Carolina, through southwest Virginia and into West Virginia, cutting through the Appalachian Plateau and joining with the Gauley River to form the Kanawha River in south-central West Virginia. Join us as we discover the breathtaking beauty of this park, and see for yourself why it is referred to as "Almost Heaven"!



Clinton Presidential Library and Museum

Thursday, December 14, 2:00 pm

We have another Presidential library on our list! Clinton Presidential Library and Museum is located within the Clinton Presidential Center and Park, which includes the Clinton Foundation (Little Rock office) and the University of Arkansas Clinton School of Public Service. In addition to the archival collections and research facilities, the Clinton Presidential Library and Museum features exhibits that utilize documents, photographs, videos and interactive

stations. The museum includes replicas of the Oval Office and the Cabinet Room. A timeline and alcoves highlight domestic and foreign policy, while other exhibits focus on life in the White House.

PROGRAMS & EVENTS

A Senior Learning Network Virtual Program continued from page 3.



FDR Presidential Library and Museum Christmas at the White House! Thursday, December 16, 2:00 pm

If you have ever heard Jeff Urbin share about Christmas at the Roosevelt White House, you'll know he has plenty to say! There's always something new to learn, and we'll have lots of fun while we're at it. Join us for our last program of the year celebrating the holidays with the Roosevelts!

The Salty Truth About Sodium

**A Community Webinar presented by VNH and the Northeast Council on Aging
Wednesday, December 15, 12:00 pm**

Are salt and sodium the same thing? What's the big deal about eating less sodium? How much am I actually eating? We'll dig up these questions and more to help you understand what sodium does in our bodies, why it is an important nutrient to watch, and strategies on how to eat the right amount for you.

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

COMING

SOON!

**New Year
New Start!**

Here's a sneak peek for some of our upcoming programs in January.

What you need to know about Guardianship - January 12th

Birds of a Flower photo presentation - January 18th

Mandala Art Class with Wendi Germain - January 20th

Animal Communication with Jeannie Lindheim - January 27th

PROGRAMS & EVENTS

Art with Finnie from ArtisTree Whimsical Trees Wednesday, December 1, 1:30 pm



We will create fun, whimsical winter trees using felt and sticks. Add them to your personal holiday decoration or donate them to the holiday bounty for The Thompson Holiday Bazaar. Please pre-register by calling The Thompson. Newcomers are always welcome!

HOLIDAY DINNER

Thursday, Dec. 9, 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: Ham, Kugel, Maple Green Bean Casserole, Cranberry Chutney, Roasted Potatoes, Molasses Cake

Music with the Panhandlers

December 9, 1:00 pm

We are delighted to welcome The Panhandlers, Vermont's largest steel drum band, back to The Thompson for their 3rd holiday performance with us. This toe tapping and joyfully interactive performance will immediately follow our Holiday noon meal.

Seating for both the holiday meal and the performance will be limited this year and we appreciate your understanding. Please register early!



YANKEE SWAP December 15 1:00 pm, following Birthday Lunch

Join our holiday fun and bring a gently used, wrapped item to add to our collection of gifts.

All are welcome, the more the merrier!

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.

HANDWORK CIRCLE



The Handwork Circle group invites anyone to join them on **Wednesdays at 10:30** in the living room. You do not need to be a knitter, all projects welcome. Enjoy some coffee and companionship. Contact Jane Soule at 457-2442 with any questions.



Coming in January!

Pull up a chair and show your stuff! Trivia questions will be asked from a variety of categories. This will be an informal game; join the fun!

Please call The Thompson to register.

PROGRAM CALENDAR - DECEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1	2	3
		9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi 10:30 Sun 73 Forms 10:30 Handwork Circle 1 Bazaar Craft Workshop 1:30 Art with Finnie	9 1:1 Benefits Assistance 10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	9 Pancake Breakfast Day 10 am BINGO 1 Mahjong No lunch
6	7	8	9	10
1 Advisory Meeting	10 Medication Program & Blood Pressure Clinic 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 National Toy Museum program 3 Bone Builders	9:30 Fall Prevention Tai Chi 10 VeggieVanGo 10:30 Sun 73 Forms 10:30 Handwork Circle	Holiday Dinner 10 Cribbage 10:30 am Strengthen & Stretch Zoom 1 Panhandlers 2 New River Gorge National Park 3 Bone Builders	10 am BINGO 1 Mahjong
13	14	15	16	17
1 Advance Directives	10:30 am Strengthen & Stretch Zoom Class 10:30-2 Reflexology 12 Caregiver Support 1 Mahjong 2 Clinton Presidential Library & Museum 3 Bone Builders	Birthday Day 8 Board Meeting 8:30 Shopping Trip to Burlington 9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi 10:30 Sun 73 Forms 10:30 Handwork Circle 12 Sodium Webinar 1 Yankee Swap	9-2:30 Foot Clinic 10 Cribbage 10:30 am Strengthen & Stretch Zoom 2 FDR Presidential Library & Museum 3 Bone Builders	10 am BINGO 1 Mahjong
20	21	22	23	24
8:30 Newsletter Folding	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 3 Bone Builders	10:30 Handwork Circle 2 pm Christmas at The Grange	9 Breakfast Day 10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders No lunch	CLOSED
27	28	29	30	31
CLOSED	10:30 am Strengthen & Stretch Zoom Class 9-12 Reflexology 1 Mahjong 3 Bone Builders	10:30 Handwork Circle	10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	CLOSED

MENU - DECEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1	2	3
RESERVATIONS REQUESTED FOR ALL MEALS menu subject to change based upon product availability.	2% milk, juice, coffee, tea with all meals	Fusilli Pasta with Broccoli, Arugula, Parmesan, and Lemon Cream Sauce, Salad, Roll, Fruit	Beef Stew, Bread, Salad, Chocolate Cookies & Fruit	Breakfast Day Pancakes, Sausage, Home Fries, Scrambled Eggs, Fruit No lunch
6	7	8	9	10
Butternut Squash Ravioli w/ Brown Butter Sage Sauce, Salad, Garlic Bread, Fruit	Meat Lasagna, Salad, Fruit Parfait	Veggie Quesadilla (Onions, Peppers, Tomatoes), Refried Beans, Salsa, Ice Cream w/ Berries	Holiday Dinner Ham, Kugel, Maple Green Bean Casserole, Cranberry Chutney, Roasted Potatoes, Molasses Cake	Egg Salad Tartan, Roasted Beet Salad, Chocolate Cake
13	14	15	16	17
Meatball Sub with Provolone, Salad, Fruit Salad	Mushroom Spinach Crepes, Salad, Bread, Cream Puffs w/ Strawberries	Birthday Day Roasted Chicken Legs, Brussel Sprouts, Pilaf, Cake & Ice Cream	Tuna in Herb Butter with Veggies, Noodles, Apple Turnover	Ham Steak, Roasted Veggies, Egg Noodles, Bread, Fruit
20	21	22	23	24
Italian Sausage Soup, Salad, Cottage Cheese, Cookie & Fruit	Cod with Garlic Herb Rice, Roasted Broccoli & Cauliflower, Fruit	Broccoli Cheddar Soup, BLT, Cottage Cheese, Fruit	Breakfast Day Veggie Frittata, Bacon, Home Fries, Fruit No lunch	CLOSED
27	28	29	30	31
CLOSED	Chicken with Orange Rice, Roasted Veggies, Salad, Fruit	Macaroni & Cheese, Broccoli, Berries & Cream	Chef's Choice	CLOSED

ACTIVE AGING

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

TRY PICKLEBALL

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



Tai Chi with Anne Bower

No Classes: Dec. 22, Dec. 29

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 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 ebhatfield@aol.com

Bone Builders Meets Tuesdays and Thursdays at The Thompson

Please bring your weights and water bottles and continue to sign in at the kiosk in the front lobby.

The Thompson Center's Individual Benefits Assistance Program offered by The Windsor Community Health Clinic can help with Medicare Open Enrollment December 2, call for appointment

HomeMeds and Pill Maps

**Come Learn about Two Important Medication Review and Management Programs Followed by a Free Blood Pressure Clinic
Tuesday, December 7, 10:00 am**

Community Outreach Nurse Anne White, from Senior Solutions, will be offering a free blood pressure clinic and presenting a new **FREE** service offered to anyone 60 years of age or older, in the Windham or Windsor County areas called HomeMeds & Pill Map. HomeMeds is a medication review program of both prescribed and over the counter medications and is designed to keep people at home and out of the hospital by addressing medication safety. HomeMeds reviews medications focusing on potential adverse effects, drug to drug interactions, and drug side effects, such as falls, confusion, vital sign fluctuations and determines if medications may be a part of the cause. Pill Maps works as a guide to help fill medications planners, identify medications, or in an emergency can be used as a tool to assist emergency responders with important information needed about a client's medical conditions, medical history, emergency contacts, medications, and if brought to the hospital can be used to identify a client's PCP and pharmacy. Anne will be available for questions at time of presentation and can assist you with making a follow-up appointment. Please join us! Pre-register. *And don't forget to get your blood pressure taken at this clinic following the presentation!*

Foot Clinic at The Thompson with Beverly Sinclair, RN December 16, 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

2nd Tuesday, 10:30 am - 2 pm

4th Tuesday, 9 am - 12 pm

Please call for availability

Certified Reflexologist Deborah Neuhof is offering appointments at The Thompson. Please call Shari to schedule your appointment on the second or 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. All clients must be fully vaccinated. 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@thompsonseneiorcenter.org

Caregiver Support Group 2nd Tuesday of each month at 12:00 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. Please pre-register for both the group and the lunch.

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

In memory of Jan Marshall -
 medical equipment
 Betty & Arnie Powell - medical
 equipment
 Cleveland Gardner - food
 Laurie Marshall - food
 Martin Grots - medical equipment



*From the Staff at
 The Thompson*

IN MEMORY OF

Dick Colantuono
 Melissa Cunningham

Harvey Watson
 David & Nancy Corkum

Joan Staples
 Joyce Phillips

Mae Knudson
 Thomas Legendre
 Jane Schmidlapp
 Jack & Sandi Simonds

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



DECEMBER BIRTHDAYS

1st James Huff	11th Jerri Cole	22nd Carol Egbert
1st Ruth Hunter	11th John Souter	22nd Karen Chalom
2nd Dave Bollinger	12th Gordon Tuthill	23rd Glenn Barr
2nd Suzanne Lovell	12th Christine Tschummi	23rd Charles Gundersen
2nd Karen McAlister	12th Evelyn Luce	24th John Audsley
3rd Beverly Humpstone	13th Gerald Parker	24th Nancy Kendall
4th Stan Talbot	13th Anita Rogerson	24th Phil Camp
4th Sandra Hack	14th Grace Staples	24th Patti Beda
4th George Zimberg	14th Margaret Kasden	24th Sawyer Jones
4th Penny Wiltz	14th Dan Noble	25th Carol Williams
4th Roger Logan	14th Cameron Ewasko	26th Carl Kesseli
5th Rosemary McGinty	14th Robert Borsh	26th Rodney Leonard
5th Norm Frates Sr.	15th Deborah Rice	26th Katherine Webster
6th Rick Kuniholm	15th Jennifer Maxham	26th Katherine Sawyer
6th Donald Munro	15th Kim Jackson	26th Bertha Boynton
6th Mary Doubleday	15th Laura Wolkwitz	26th Joan Sakalas
6th Honore Hager	16th Deborah Hewitt	26th Jane Jenks
6th Kathleen Eiselein	16th Pat Hesterberg	27th Johnna Dana
6th Jeanne Rikert	16th Karl Huck	27th Christopher Cassidy
7th Carolyn Martin	16th Tom Hitchcock	27th William Sjogren
7th Dave Cook	17th Gordon Pine	28th Nancy Gray
8th Christopher Sparkes	18th Edith Williams	29th Colin Nevin
8th Helen Flower	18th James Sawyer	29th Russell Audsley
8th Laurence Werner	19th Meg Seely	29th Suzanne Milord
8th Anne Marie Hestnes-Harris	19th Ava Harvey	30th Ross Wright
8th Denise Martin	19th Karen Weinstein	30th John Carter
8th Michele Perkins	20th Rose Mroszczyk	30th Tayo Kirchhoff
9th Gerry Hawkes	20th Edward Steiner	31st Carolyn Bernstein
11th Glenda Osmer	20th Alec Hastings	31st Hildur Colot



The Thompson

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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.

Thank You to Our Transportation Sponsors and Grants

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Armistead SENIOR CARE

VERMONT

Ottawaquechee Plumbing & Heating
802-457-1795

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