



The Thompson Times

Your resource to age well

JANUARY 2022

Welcome our New Chef, Andrew Geller!

We're very pleased to announce that we have a talented new chef joining our team in January! Chef Andrew Geller has over 30 years of experience in the culinary field in restaurants and resorts, banquets/catering, as Executive Chef, and Chef and restaurant owner. He is a graduate of The Culinary Institute of America. Most recently he and his family owned and operated Drewski's On The River in Bridgewater Corners beginning in 2009. Before moving to Vermont, his culinary talent led him to a resort in Maui, Hawaii, The Ritz Carlton in Naples, Florida, and as a traveling Corporate Chef for a Five Star Luxury Hotel Group where his main focus was on team building, culinary innovation, and cost control. Chef Andrew not only brings wonderful experience but also a brilliant smile and loads of enthusiasm for the Thompson. We're also so pleased that his son was a participant in one of our Generation to Generation programs a few years back and told his dad what a fun place this would be to work! We agree and look forward to the delicious meals and fun to come. Join us in January to meet Chef Andrew.



Age Well Workshop Series at The Thompson Home Safety and Modifications *How to create a safe home environment* Tuesday, January 18, 4-6 pm

The panel will cover how to prepare your home for safety modifications, discuss fall risk assessments as well as provide payment resources for making modifications to your home.

Panel: Linda Bowden, AARP HomeFit; Linda Harvey and Stephanie Cicalis, OHC PT; Beth Robinson, OHF; Helen Hong, COVER; and Misha McNabb, Woodstock EMS.

Ends with a home safety and modifications resource fair to further explore local options

Workshops are FREE and open to the public. In-person (masks required) and virtual option.

Please Preregister:

Call The Thompson (802) 457-3277

Please specify your preference of in-person or virtual attendance when you call.



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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Shari Borzekowski, Aging at Home
Resource Coordinator,
sborz@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

Wendy Wannop & Ginny
Eames—*Co-Presidents*
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Carolyn Kimbell
Lydia Locke
Dan Noble
Sandy von Unwerth
Paulette Watson
Kelly Welsh

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

COVID-19 UPDATE FROM THE THOMPSON

Because of the current cases in our local communities and the variants that are spreading, we are again requiring masks for all participants, staff, & volunteers (regardless of vaccination status) whenever you're not eating. During exercise classes, masks can be removed if 6 foot distancing can be maintained.

We also ask that everyone is especially mindful of potential symptoms. Even being more tired or achy can be a potential symptom. If you have any cold symptoms, muscle or neck aches, or any other symptoms, please get tested and don't come to the center until you have negative test results. The Woodstock Smilin' Steve Pharmacy at the Health Center has drive-up testing and it's a very simple process. 802-332-0015.

**A final big thank you to all of our 2021 sponsors!
We are now gathering sponsorships for 2022.
Please contact Deanna if interested.**



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 January 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.**



Amon Carter Art Museum's Art of the American West

Tuesday, January 4, 2:00 pm

Join us as we view the Carter Legacy galleries housing the original collection of Frederic Remington and Charles Russell objects

We will also discover how other artist of the time and modern and contemporary artists have depicted the American west.

Ste. Genevieve National Historical Park Tuesday, January 11, 2:00 pm

Come discover the unique history of Ste. Genevieve! Established by 1750, Ste. Genevieve was the first permanent European settlement in Missouri. Early French Canadian settlers were drawn here by the rich agricultural land known as Le Grand Champ (the Big Field). After the flood of 1785, the town relocated to its present location on higher ground approximately three miles to the northwest of its original site. A true embodiment of the "melting pot" metaphor, Ste. Genevieve is rich with history, telling the stories of the people that lived and settled the land.



Gerald R. Ford Presidential Museum

Tuesday, January 18, 2:00 pm

No group viewing this day

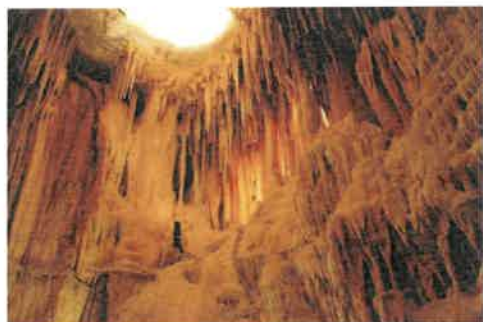


Did you know the Ford Presidential Library and Museum is the only split Presidential museum? The Library is located in Ann Arbor on the University of Michigan's campus. The Museum is located in Grand Rapids, Michigan.

Join Kristin Phillips, Public Affairs Specialist, as she gives you a glimpse inside the Gerald R. Ford Presidential Library and Museum. Find out why there are two separate facilities, and more fun facts about the 38th President Gerald R. Ford.

MORE VIRTUAL PROGRAMS

Senior Learning Network Virtual Programs continued from page 3



Mitchell Caverns

Tuesday, January 25, 2:00 pm

Mitchell caverns are the only limestone caves in the California State Park system. The caverns were created during the Pleistocene epoch, when ground water with a high carbonic acid content ate into the surrounding marble and sedimentary limestone. Stalactites, stalagmites, and other cave formations were formed from calcium carbonate left by dripping mineral water. For many years the caves were

thought to be "dead", that is, the formations were no longer growing. However, recent studies have found something different.

Our park ranger, Andrew has asked us to return to see a special presentation of the caverns in the Providence Mountains with their new and improved internet connections.

Guardianship: Help or Harm? A Virtual Presentation by Vermont Legal Aid Wednesday, January 12, 1:00 pm

In this virtual presentation, Leah Burdick, Esq. Staff Attorney at the Elder Law Project at Vermont Legal Aid, Inc., will discuss the legal framework of a guardianship and what being under a court-ordered guardianship really means in Vermont.

Please register with The Thompson for your zoom link.

Communicating with Animals – a Virtual Zoom Presentation by Animal Communicator, Jeannie Lindheim Thursday, January 27, 1:00 pm

Do you ever wonder what your animal is thinking and feeling? Jeannie Lindheim, author of *Loving Animals: Conversations with an Animal Communicator*, will discuss how animal communication works and techniques she uses. She will tell some touching stories and share some techniques that you can use with your animals. There will also be time for Q and A.

Jeannie cannot answer specific questions about your animal as that would require a consultation but generic questions are welcome

Jeannie Lindheim studied with animal communication pioneer, Penelope Smith. Jeannie consults with pet lovers from all over the U. S. who are trying to understand how their animal feels and what they want. She has communicated with dogs, cats, horses, ferrets, hedgehogs, pigs, alpacas, bearded dragon lizards, rabbits, many types of birds, steer, insects and many other species. 100% of the proceeds from her book are donated to animal rescue organizations.



Mandala Art with Wendi

Thursday, January 20, 10:30 am

Do you love arts and crafts? Are you inspired by color? Do you value time to explore your creativity and let go of the stresses of the day? Then maybe the art of DOTTING is for you!

Wendi Germain is a self-taught DOT artist. She needed an excuse to purchase beautiful colors of paint and a way to escape some of life's challenges.

DOTTING is a way for her to dive into a world of color, freedom, and happiness. She loves to share what she's learned and how she's figured things out along the way.

Join her for a free Mandala DOTTING class at the Thompson where all inspiration will be provided! Pre-registration is requested by calling The Thompson.

Snow Sculpture at The Thompson – Our First! Let's Embrace our Vermont Winter's Beauty Together January 24-January 26



Tony Perham has been sculpting snow professionally for six years. He started in his front yard to put smiles on people faces passing by and took to it like a penguin to ice water. He competitively sculpts with a team called the Pour Saps and has attended the US national Snow Sculpting Competition four different years, taking a national championship in 2020. Additionally, he and his team were on the Today show for winning nationals that year and they continue to win awards for their unique craft.

Tony will be creating a special snow sculpture at The Thompson (or an ice sculpture if snow doesn't cooperate) beginning on January 24th with the final sculpture viewing on Wednesday the 26th. Join us to watch the sculpting process any time and for our winter celebration with hot chocolate on the 26th after lunch. Hot chocolate and blankets provided daily on our cozy porch for viewing the sculpting.

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.

MOVIE & POPCORN MONDAYS



We will be showing movies at the Thompson twice a month, starting **January 24 at 1:00pm!** Popcorn will be available, too! Stay tuned for the movie name release. Come out to the Movies! Please register in advance by calling us at 457-3277.



Art with Finnie from ArtisTree Wednesday, January 5, 1:30 pm

We will start this new year of artistic inspiration with a Kandinsky inspired landscape class. Finnie and her students will work from a photograph of their choice to create a dark, bold outline drawing and fill in with Kandinsky's signature bright colors. Newcomers welcome!



TRIVIA BUFFS TAKE NOTE

We will be hosting informal trivia on the **second Monday of every month at 10 am.** Come test your knowledge across a variety of topics, and have some fun at the Thompson!
Please call us at 457-3277 to register.

PROGRAM CALENDAR - JANUARY 2022

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
1 Advisory Meeting	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Amon Carter Museum SLN Program 3 Bone Builders	9 West Lebanon Shopping 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga class 1:30 Art with Finnie	10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
10	11	12	13	14
10 Trivia 1 Advance Directives	10:30 am Strengthen & Stretch Zoom Class 10:30-2 Reflexology 12 Caregiver Support 1 Mahjong 2 Ste. Genevieve Park SLN Program 3 Bone Builders	9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Guardianship Virtual Program	9 1:1 Benefits Assistance 10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
17	18	19	20	21
CLOSED Martin Luther King Jr. Day	Newsletter Folding 9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 1 Bird of a Flower Program 2 Gerald Ford Presidential Museum SLN Program 3 Bone Builders 4-6 Age Well Workshop	8:30 Board Meeting 9 West Lebanon Shopping 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms	9-2:30 Foot Clinic 10 Cribbage 10:30 Mandala Art 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
24	25	26	27	28
Snow Sculpture Begins 1:00 Movie & Popcorn	9-12 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Mitchell Caverns SLN Program 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms	Birthday Day 10 Cribbage 10:30 am Strengthen & Stretch Zoom 1 Animal Communication virtual program 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
31				
				RESERVATIONS REQUIRED FOR ALL PROGRAMS

MENU - JANUARY 2022

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Roasted Chicken, Rice, String Beans, Blueberry Crisp	Lemon Fusulli w/ Chicken & cheese Broccoli, Asparagus, and Tomatoes, Salad, Bread, Fruit Salad	Turkey Wrap w/ Stuffing, Cranberry Sauce, Salad, Ice Cream & Fruit	Salad, Cod w/ Lemon Noodles, Broccoli Almondine, Apple cake	Pork and Veggie Stir Fry, Rice, Chocolate Cookie and Fruit
10	11	12	13	14
Ham Salad Sandwich, Bean Salad, Chocolate Chip Cookie and Fruit	Bolognese, Salad, Bread, Fruit	Turkey Soup, Salad, Roll, Cranberry Apple Cake	Pork Chops, Applesauce, Egg Noodles, Broccoli, Fruit Salad	Baked BBQ Chicken Breast, Loaded Potato Salad, Mixed Green Salad w/ Quinoa, Tomatoes and Crou-tons, Corn Bread,
17	18	19	20	21
CLOSED Martin Luther King Jr. Day	New England Style Clam Chowder, Whole Wheat Pesto Flatbread, Mixed Green Salad, Fruit Salad, Cheese Cake	Salisbury Steak w/ Mushroom and Onion Gravy, Roasted Red Potatoes w/ Fresh Herbs and Butter, Tossed Green Salad w/ Italian Dressing, Whole Grain Roll, Fresh Fruit	Chicken Parmesan, Garlic Herb Angel Hair Pasta, Stewed Green Beans, Caesar Salad, Whole Grain Roll, Angel Food Cake	BLT, Chef's Choice Soup, Cottage Cheese, Fruit
24	25	26	27	28
Char Su Pork Loin, Steamed Brown Rice, Mixed Stir Fry, Vegetables, Sesame Ginger Slaw, Coconut Cream Pie	White Lasagna w/ Mush-rooms, Spinach, Kale, Sun-dried Tomatoes Tossed Green Salad, Multigrain Garlic Bread, Cinnamon Bundt Cake	Mothers Meat Loaf, Mashed Potatoes & Gravy, Maple Glazed Carrots, Dinner Roll, Iced Blueberry Bars	Birthday Day 26 Chicken & Dump-lings Stew w/ Carrots, Peas and Corn, Mixed Green Salad, Whole Grain Roll, Fresh Fruit, Cake & Ice Cream	Baked Mahi Mahi w/ Mango Salsa, Curried Brown Basmati Rice w/ Almonds and Golden Raisins, Sautéed Sweet Peppers, Naan Bread, Apple Tart
31				
Chicken Apple Sausage w/ Loaded Potato Salad (peas, celery, egg, carrot, scallions), Roasted Beet Salad, Whole Grain Roll, Chocolate Bundt Cake			RESERVATIONS REQUESTED FOR ALL MEALS menu subject to change based upon product availability.	2% milk, juice, cof-fee, tea with all meals

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 Athletic Club, please contact Bill Corson at billcorson59@gmail.com.



Gentle Yoga – Come Try This New Introductory Class for an Upcoming Class Series

Offered by Yoga Instructor, Kathryn Mills
January 5, 1:00-2:00 pm

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced seated, standing, and reclining poses focusing on developing/increasing alignment, strength, balance, and flexibility. Modifications are offered and props are optional. No experience or flexibility required. Please call to register.

Tai Chi is Great in the Winter

Our two Tai Chi classes will continue, starting on Wed., January 5, with instructors Anne Bower and Jane Philpin offering supportive instruction. Cost is \$3 per class, payable to the Thompson.

Wednesdays 9:30-10:30--Introduction to Tai Chi. We use a short form based on Sun style, with participants choosing whether to sit or stand (or some mix). This form is easy to learn and helps improve your balance, coordination, alignment, relaxation, focus, and serenity.

Wednesdays 10:40-11:40--Sun 73 Forms. This longer and more challenging form is great for those who already have some tai chi experience. We take our time and enjoy the opportunity to move in various directions, improving balance, memory, concentration, posture too.

If we have to cancel in-person classes for any reason, Anne will contact you on Tuesday by 5 p.m. and substitute a Zoom class at the same time as the regular class would have been; she will provide the link in her message.

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.

AGING WELL

HomeMeds and Pill Maps

**Come Learn about Two Important Medication Review and Management Programs Followed by a Free Blood Pressure Clinic
Tuesday, February 8, 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!*

Tax Assistance at The Thompson



Tax season will soon be upon us and it is our expectation that The Thompson Center will once again be a host site for the AARP Tax Aide volunteers and 1:1 scheduled appointments. The volunteers will be in the beginning planning stages in early January for tax preparation and details will be made available as quickly as we can provide them. If we are able to schedule 1:1 in person appointments, this will not happen until after January 10th. We and our hardworking Tax Aide volunteers appreciate your patience!



Foot Clinic at The Thompson with Beverly Sinclair, RN January 20, 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!

**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@thompsonscenter.org



Coming in February ...

Medicare Recipients – Find Your Benefits to Age Well & Boost Your Budget *Join us in February for this Brief Introductory Talk from Senior Solutions Outreach Specialist, Tracy Blanchard

Find your benefits to Age Well. Individual assistance will be available at The Thompson to help Medicare recipients find the programs you may be eligible for including application assistance. Those programs include: Medicare Savings Plans, Prescription Drug Assistance, 3 SquaresVT (SNAP), Choices for Care, and Fuel Assistance (LIHEAP)

**Individual appointments will begin in February. If you need immediate assistance, call Tracy directly at 802-773-7917.*

Carla Kamel and the Community Health Team

Friday Office Hours at The Thompson beginning January 7, 10am-12pm

Community Care Coordinator, Carla Kamel, is available for support in navigating resources and discussing community-based services. Carla expertly and compassionately can identify your needs and goals, and provide information, support and connection to resources to meet individual goals. She is available at the Ottauquechee Health Center (OHC) for a health and social wellness phone visit at 457-5414 or at carla.kamel@mahhc.org, even if it's a five-minute phone conversation. *While walk-ins are welcome, making an appointment is advised by calling The Thompson.*

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 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.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Dan Kenney, John & Dolores Gilbert,
 Paulette & Tom Watson - potato peelers
 Marilyn Syme - help baking for cookie sale
 Tom Morse - Christmas tree set-up
 In Memory of Cpl Steven O. Armstrong,
 USMC: - medical equipment
 Cynthia Hewitt - fabric
 Bo Gibbs - fabric
 Peirre Baker - zippers
 Martin Grots - Medical Equipment
 Lois & Mike - Apples
 Barbara Kahn - Medical Equipment
 Liza Deignan & Dan Bellmore - Christmas
 Decorations
 Tina Rebideau, The Tyson Store - Deli Food
 Margaret Fullerton - canned goods
 Kate Reeves - artwork
 Janet Maxham - quilt
 Carol Powell - wreaths
 Linda Maxham - donuts
 Thompson Crafters - craft sale items
 Mike & Lois Deenihan - apples
 Barb Leonard - cards

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

IN MEMORY OF

Dick Colantuono
 Catherine Wood

Jack Moore
 Bo& Randi Harron

Ruth Ekberg
 David & Janet Laughlin



JANUARY BIRTHDAYS

1st Sharon	Corrigan	11th Molly	McDermott	23rd Rachel	Hochman
1st Mary Lee	Camp	11th Janice	Lillian	23rd Gerard	Jones
1st Cynthia	Jones	11th David	Purviance	23rd Anne	Sapio
1st Jeanette	Veverka	12th Sue	Hottenstein	24th Suzan	Harlow
1st Paul	Leonard	12th Norma	Flanders	24th Jerome	Morgan
2nd John	Steinle	12th Raymond	Bourgeois	25th Jane	Philpin
3rd Linda	Brackett	13th Kathleen	Fiske	25th Gaal	Crowl
3rd John	Leavitt	13th Mary	McCuaig	25th Roberta	Reuben
3rd Laurie	Marshall	15th Richard	Wacker	26th Paulette	Watson
3rd Charles	Humpstone	16th Ellen	Cooper	26th Michael	Perry
3rd Ruth	Gibbud	17th Helen	Leonard	27th James	Emery
3rd Jeannette	Sawyer	17th Joyce	Phillips	27th Margaret	Fullerton
4th Barbara	Steiner	19st Sally	Garmon	27th Peggy	Fraser
7th Janet	Maxham	19th Diana	Snider	28th Nancy	Heidt
7th Lynn	Peterson	20th William	Rauscher	29th Mary Lou	Ewasko
7th Lydia	Locke	20th Akankha	Perkins	30th Mary	Wood
7th Christopher	Lloyd	20th Janie	Bell	30th Cooper	Jones
7th Shannon	Parker-Ferentinos	21st Barbara	Gilbert	30th Wendy	Hunter-Higgins
8th Joanne	Stanyon	21st Jim	Stehouwer	31st Uldis	Skuja
8th Deb	Berryman	22nd Norwood	Long	31st Elmer	Kruse
8th Joan	Williamson	22nd Joy	Gray	31st Leona	Webster
9th Beverly	Kenney	22nd Rita	Boynton	31st Lance	Brien
9th Carla	Kamel	22nd Julie	Woodbury		
9th Susan	Chiefsky	22nd Richard	Kolb		
10th Gina	Moore	23rd Elizabeth	Harley		
10th Joyce	Hurd				
10th Nancy	Nash-Cummings				
10th Jean	Day				



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 & 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



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.