



The Thompson Times

Your resource to age well

FEBRUARY 2022

Age Well. We Can Help.



Delicious meals, interesting and fun online programs, phone-in activities, medical equipment, foot clinics, advance directives, Medicare counseling, vetted referrals, and more --Even though much has changed over the past year, we are still here with the resources and experience to assist you and improve your day-to-day life where you want to be, at home.

One Number to Call

One number to call for any need — Thompson staff and volunteers are happy to help with any question — from shower chairs to Medicare and everything in between.

Vetted Service Providers

We partner with a wide variety of businesses and individuals to bring you any service you need to AGE WELL at HOME!

We check references and only suggest businesses or individuals who have happily agreed to be an Aging at Home service provider.

Homesharing

The Thompson Aging at Home Program can now help facilitate Homesharing, a simple idea where two or more people share a home for mutual benefit. After conducting background and reference checks, we work to find the most compatible match based on your interest, needs, and lifestyle. There are no age or income restrictions.

Age Well Programs and Outreach

Online classes and programs on a wide variety of topics bring our senior center to you at home. If access to the technology is a challenge, let us know and we'll direct you to resources to help get you connected!

Our Age Well e-newsletter is published every other month and provides readers with information on ways to age well at home and in their community through current and reliable information on health, lifestyle, diet, and resources. Call or email to sign-up.

We hope you'll connect with us in the new year and find the inspiration, friendship, support, and fun to make the most out of 2022. Visit us in person, or online at www.thompsonscenter.org, or contact us at (802) 457-3277 or info@thompsonscenter.org.

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,
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
Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonscenter.org
Andrew Geller, Chef,
ageller@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*
Steve Selbo—*Vice President*
David McGuire—*Treasurer*
Susan Ford—*Secretary*
Mary Bourgeois
Leon Dunkley
Rick Fiske
Jon Fullerton
Dolores Gilbert
Greg Greene
Beth Harper
Carolyn Kimbell
Lydia Locke
Dan Noble
Sandy von Unwerth
Paulette Watson
Kelly Welsh

COVID-19

Precautions & Procedures

It is our goal to remain open to serve our community while doing our best to prevent illness and limit exposures. We need everyone's help and cooperation to realize this goal. **Symptoms of Omicron can be as mild as a runny nose, a headache, or fatigue.** If you have **any potential** COVID-19 symptoms, please stay home.

For answers to questions about when to stay home, testing, vaccinations and for additional resources, please visit our website or call The Thompson at 802-457-3277.

ADVISORY MEETING HIGHLIGHTS

- Introduction of Chef Andrew
- New Covid Procedures
- Program updates
- Discussion about lunch seating/timing of meals

Please join our next meeting on Feb. 7 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!



We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!

Thompson Annual Appeal

The Thompson Annual Appeal began in September and is still underway. If you haven't made an annual gift and would like to do so, we would be very appreciative. Annual Appeal gifts support the operations of the senior center and allow us to continue critical services like transportation, meals, and other programs. Mail or deliver a gift to 99 Senior Lane, Woodstock, VT, or donate online through our website. Thank you very much!

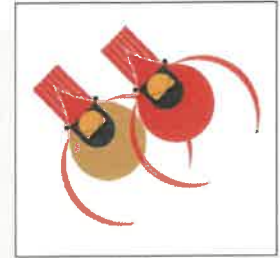
FUEL ASSISTANCE

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 2022-23 heating season must be post-marked by February 28 for eligible households.

CREATIVE AGING



Art with Finnie from ArtisTree
Wednesday, February 2, 1:30 pm
Charley Harper inspired Cardinal collage



Curious artists can gather round to observe the art of Charley Harper, an American modernist artist best known for his highly stylized prints, posters and illustrations. We will specifically observe and be inspired by Harper's cardinals as we make a bold and simplified collage of jovial cardinals in a birch grove. We will use simple materials: construction paper, white paper, scissors, glue, black paint, sharpie and pencil. **Pre-registration is required.**

DIY SPA DAY

Thursday, February 10, 10:00 am



Come join us at 10:00 on Thursday, February 10th for a make-your-own spa products day! Jennifer will show you how to make honey lip scrub, bath salts, and a coconut sugar hand scrub that you can take home. This will be limited to the first 12 people who sign up.

Please call us at the Thompson to register 457-3277.

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.

Mandala Dot Art with Wendi

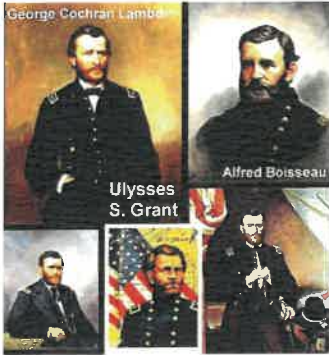
We are now offering a second class on Thursday, February 17 at 10:30 am.

If you missed January's class, register for this upcoming class and be inspired by a world of color, freedom and happiness. This is a free class and supplies will be provided. Please register in advance by calling The Thompson.

YOUR VIRTUAL SENIOR CENTER

Senior Learning Network Virtual Programming Continues at The Thompson February Programs, 2:00 pm

Please call to reserve your spot. Let us know if you would prefer to view from home or watch from the Thompson and leave the technology to us.



Ulysses S. Grant National Historic Site Tuesday, February 1, 2:00 pm

Will the real Ulysses S. Grant please stand up? As the nation celebrates Ulysses S. Grant's 200th birthday in 2022, popular interest in the Civil War general and two-term president is at an all-time high. However, popular stereotypes about Grant's personal characteristics and life experiences remain within popular memory. Was Grant an uncaring general who had no regard for his troops? Was he an alcoholic who engaged in destructive behavior? In this presentation, Park Ranger Nick Sacco (Ulysses S. Grant National Historic Site) looks to address various claims about Grant and uncover the characteristics of a deeply complex person who faced serious challenges during his lifetime.

National Portrait Gallery- It's Presidents' Month! Presidential Portraits Tuesday, February 8, 2:00 pm

In honor of Presidents' Month, we will once again visit the National Portrait Gallery! The nation's only complete collection of presidential portraits outside the White House, this exhibition lies at the heart of the Portrait Gallery's mission to tell the American story through the individuals who have shaped it.



Having designed a fresh exhibition layout for "America's Presidents," the Portrait Gallery has grouped the portraits into six historical chapters. Each of the first five sections is organized around a historical era and leads off with a presidential figure: Washington, Andrew Jackson, Abraham Lincoln, Theodore Roosevelt and Franklin Delano Roosevelt, while a sixth section examines the more recent history of the presidency. Updated content provides visitors with improved ways to understand historical events—both national and international—that coincided with the respective President's time in office.



Andrew Johnson National Historic Site Tuesday, February 15, 2:00 pm

Nestled in a valley of eastern Tennessee sits a quaint town, Greeneville. This town was named after Nathanael Greene a Revolutionary War hero. The county took the same "Greene" name. Years later another famous soldier was born into these same hills, Davy Crockett was his name.

Andrew Johnson our 17th president, born in North Carolina, moved to Greeneville when he was only a teenager and made this his home. Join us as we learn about this little known politician, who assumed the presidency upon the assassination of Abraham Lincoln.

MORE PROGRAMS



Agate Fossil Beds National Monument (Nebraska) Tuesday, February 22, 2:00 pm

No Dinosaurs Here, Only Mammals!

Join an Education Ranger as they introduce students to several species of mammals that once roamed the Nebraska plains during the Miocene epoch some 26-15 Million Years ago. Learn about how climate change, geology and other environmental factors contributed to the evolution and extinction of these species. And some other fun facts as well!

Have you discovered the newest word game craze? Wordle

You start with a five letter word and as you make your guess(es), it'll let you know when you have a letter in the correct place and eliminate letters not included in the word. You have six attempts to solve the word.

Check out the daily puzzle game taking the internet by storm here:
<https://www.powerlanguage.co.uk/wordle/>

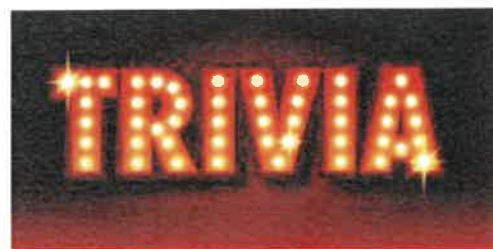
For app users, there is an app with unlimited puzzles called puzzWord.



MOVIE & POPCORN At The Thompson Monday, February 14, 1:00 pm

Come watch a love story on Valentine's day at the Thompson. 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.



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 - FEBRUARY 2022

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Ulysses S. Grant Virtual 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 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
7	8	9	10	11
1 Advisory Meeting 506 Meet-up	10:30 am Strengthen & Stretch Zoom Class 10:30-2 Reflexology 12 Caregiver Support 1 Mahjong 2 National Portrait Gallery Virtual Program 3 Bone Builders	9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	10 Cribbage 10:30 am Strengthen & Stretch Zoom 10:00 Spa Treatment with Jennifer 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
14	15	16	17	18
10 Trivia 1 Advance Directives 1 Movie & Popcorn	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Andrew Johnson Virtual Program 3 Bone Builders	8:30 Board Meeting 9 West Lebanon Shopping 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	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
21	22	23	24	25
CLOSED for Presidents Day	8:30 Newsletter Folding 10 Medication Review & Blood Pressure 9-12 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Agate Fossil Beds Virtual Program 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	Birthday Day 10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
28				
				RESERVATIONS REQUIRED FOR ALL PROGRAMS

MENU - FEBRUARY 2022

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Japanese Style Curry (mild) Pork Stew w/ Carrots, Peas and Potato Steamed Jasmine Rice, Mixed Green Salad w/ Pineapple Sesame Dressing, Whole Grain Roll, Fruit Salad	Chicken Salad Sandwich w/ Lemon, Parsley, Lettuce, Tomato and Roasted Peppers on a Whole Wheat Hoagie Roll, Mixed Green Salad, Lemon Bars	Baked Chicken and Vegetable Pasta Alfredo with Peas, Mushrooms, Sun-dried Tomato and Spinach, Caesar Style Salad, Whole Grain Roll, Fresh Berries, Maple Yogurt and Fruit	Hearty Ham and Yellow Eye Bean Soup, Tossed Green Salad w/ Mustard Vinaigrette, Multi Grain Roll, Chocolate Chip Cookies
7	8	9	10	11
Open Face Roast Pork Sandwich w/ Pearl Onion Gravy on Wheat Bread, Mashed Potatoes, Stewed Greens, Whole Grain Roll, Fruit Salad w/ Mint and Honey	Cloudland Farms Beef Enchilada Casserole, Salsa and Sour Cream, Tossed Salad with Olives and Tomatoes, Black Beans & Rice, Carrot Cake w/ Whipped Cream	Pan Seared Chicken Breast w/ Mushroom Gravy, Brown Rice Pilaf, Spinach Salad w/ Provolone Cheese, Sweet Peppers, Craisins & Cucumber, Whole Grain Roll, Fresh Sliced Fruit	Tender Pork Spare Ribs, Broccoli Cole Slaw, Savory Baked Beans, Sweet Pepper Corn Bread, Apple Crumb Bars, Fresh Sliced Fruit	Linguine w/ Bolognese Sauce, Multi Grain Garlic Bread, Kale Salad w/ Craisins, Quinoa, Almonds and Maple Vinaigrette, Chocolate Brownie
14	15	16	17	18
Shrimp Salad Sandwich w/ Lettuce, Tomato on a Whole Wheat Hoagie Roll, Vegetable Soup, Sliced Fruit (w/ entree), Fruit Salad	Huli Huli Chicken Thighs (Hawaiian Style), Baked Maple Sweet Potatoes with Coconut and Ginger, Macaroni Salad with Peas, Sweet Peppers, Whole Grain Roll, Coconut Ice Cream	Beef Ravioli with Tomato, Basil & Garlic Mixed Green Salad w/ Carrot and Cucumber, Whole Grain Roll, Fresh Sliced Fruit	Turkey Meat Loaf w/ Gravy, Au gratin Potato, Stewed Green Beans, Whole Grain Roll, Pumpkin Pie	Salmon Burgers Sausage w/ Loaded Potato Salad (peas, celery, egg, carrot, scallions), Citrus Beet Salad, Chefs Choice Dessert
21	22	23	24	25
CLOSED for Presidents Day	Sliced Pork Loin w/ Sun-dried Tomato and Rosemary, Pan Gravy *Sautéed Swiss Chard W/ Apples and Peppers, Soft Polenta, Cookies with Dried Blueberries and White Chocolate	Roasted Cod w/ Lemon Caper Remulade, Celery Root Mash, Roasted Brussels Sprout Salad w/ Currants and Fennel, Vanilla Ice Cream with Wild Blueberry Compote	Birthday Day Chicken Parmesan Angle Hair Pesto Pasta, Garlic Flatbread, Spinach Salad w/ Toasted Almonds and Golden Raisins, Fresh Fruit	Beef Stew w/ Carrots, Peas, Mushrooms, Herb Mashed Potatoes, Mixed Green Salad with Tomatoes and Carrots, Whole Grain Roll, Fresh Fruit
28				
Muffulettas, Ham, Roast Beef, Turkey, Provolone Cheese, Shredded Cabbage, Olive Salad, Sun-dried Tomato Pesto, Bulgur Salad with Spinach and Tomato, Fresh Fruit			RESERVATIONS REQUESTED FOR ALL MEALS menu subject to change based upon product availability.	2% milk, juice, coffee, tea with all meals

ACTIVE AGING

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

Gentle Yoga – Come Try This Class **Offered by Yoga Instructor, Kathryn Mills** **Wednesdays, 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. Bring a mat if you have one, and a blanket if you like.

Pre-registration is required by calling The Thompson.

Tai Chi is Great in the Winter

Our two Tai Chi classes will continue, 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

***New Date* Tuesday, February 22, 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!*

Reflexology with Deb Neuhof

2nd Tuesday, 10:30 am - 2 pm,

4th Tuesday, 9 am - 12 pm

Please call for availability

All clients must be fully vaccinated. Face coverings are required during your treatment.

Foot Clinic with Beverly Sinclair, RN

February 17, 9 am - 2:30 pm,

Call for your appointment

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



Medicare Recipients - Find Your Benefits to Age Well & Boost Your Budget - Assistance by Phone is Now Available

Find your benefits to Age Well. Individual 1:1 assistance, currently on pause at The Thompson, is available by phone 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 Squares VT (SNAP), Choices for Care, and Fuel Assistance (LIHEAP).

Individual in house appointments will begin in March. If you need immediate assistance, call Senior Solutions Outreach Specialist, Tracy Blanchard directly at 802-773-7917.

Important Information for 2021 Tax Preparation

Tax preparation assistance will be handled remotely again this year as directed by AARP in light of current COVID case surges.

Things You Should Know:

1. Stop by the Thompson to pick up a Tax Preparation Packet with the instructions for this year. Tax packets are available now. You will leave your name and number with Thompson staff and then follow the instructions to complete the return at home.
2. A tax preparer will contact you to schedule an appointment at the Thompson to scan your documents.
3. Once your tax return is complete, a third stop at The Thompson may be scheduled for you to get the printed copy of your return and sign form 8879

RESOURCES

Get free at-home COVID-19 tests

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are completely free. Please use this link: <https://www.covidtests.gov/>.



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.

To apply visit our website or contact Shari at the Thompson at 802-457-3277 or email at sborz@thompsonseneiorcenter.org

Carla Kamel and the Community Health Team **Friday Office Hours at The Thompson, 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

Now meeting virtually online the 2nd Tuesday of each month until further notice
12:00 pm

Even though meeting in person at The Thompson is temporarily on pause, this group remains a safe place to share ideas, concerns, and constructive feedback with others facing similar challenges. Newcomers are always welcome. Please register in advance for your zoom link.

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

Carol Williams: Jewelry
 Ellen Satterthwaite: Medical
 Equipment
 Cazimir Rozenewski: Turkey
 In Memory of Sam Grice:
 Medical Equipment
 Penny Allyn: Medical Equipment

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

IN MEMORY OF

Chuck Luetke
 Betsy & Ron Rhodes

Fred Blood
 Linda Maxham
 Rhonda & Dan Bruce

**Joan Staples &
 Daughters Lynn & Amy**
 Daniel & Pooja Benetti

Joan Staples
 Fred & Nancy Doten

Ruth Ekberg
 Jane Cleveland

Sam Grice
 Barlow Net
 Rebekah Staples
 Brandy Akers
 Pauline & David Smith
 Richard & Linda Brackett
 Linda Maxham



FEBRUARY BIRTHDAYS

1st Dick Atwood	13th Linda Grant	23rd Sherry Wian
1st Craig Cota	14th Margaret Audsley	23rd Tina Kelly
2nd Dorothy Wardwell	16th Corey Mitchell	24th Carl McCuaig
4th Tom Weschler	16th Charles Seitz	25th Sylvia Doten
4th Marilyn Bailey	16th Susan Bitzer	26th Susan Menendez
4th Louise Hansson	16th Arthur Treanor	26th Janet Burnham
4th Joan Turner	17th Joan Lessard	26th James Hollinshead
5th Ann Blake	17th Judy Ruffing	27th Kedric Harriman
6th Miranda Shackleton	17th Linda Ward	27th Floyd Westover
7th Mia Pine	18th Linda Manning	28th Jane Simonds
7th Lois Lorimer	18th Dennis Wright	28th Larry Templeton
8th Debbie Bridge	18th Susan Copeland	28th Aileen Seitz
8th Elaine King-Coss	19th Darlene Griggs	29th Floyd Van Alstyne
9th Frances Lancaster	19th Rhonda White	
9th John Wiegand	20th Marlene Rand	
10th Janice Standish	20th Jim Lewis	
11th Jeannine Colby	21st Linda Atwood	
11th James McHugh	22nd Harry Jorgensen	
11th Molly Freyer	22nd Jerry Oppenheimer	
12th Carol Towne	22nd Louise Schwebel	
12th Pauline Holt		
13th Alberta Bailey		



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.