



The Thompson Times

Your resource to age well

MARCH 2022

CELEBRATE MARCH FOR MEALS WITH US!

The month of March mobilizes hundreds of local Meals on Wheels (MOW) programs across the country to reach out to their communities and build the support that will enable them to serve America's elder population all year long. As a member of the national organization, *Meals on Wheels America*, The Thompson participates in this annual celebration. This year also marks the 50th anniversary of the Older Americans Act nutrition program and Meals on Wheels.

In 2021, we delivered 11,247 Meals on Wheels!

Volunteers for The Thompson currently deliver 45 - 50 meals each day (Monday through Friday) to older Vermonters throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret.

The highlights of our March for Meals events this year:

- Our 8th annual ***Thank You Walk*** – Instead of our traditional “march,” this year volunteers and staff will be assigned to deliver cookies and balloons to local businesses who support us.
- Community Champions week is March 21-25 where town officials and local celebrities nationwide are asked to participate in meal deliveries and events.
- Wednesday, March 23 at 10:00 am will be our annual MOW driver meeting providing an opportunity for a review of requirements/procedures, to share ideas, and to **celebrate** the wonderful work of our MOW volunteers!
- Special Thanks to the Woodstock Farmers’ Market for once again making our meals program the beneficiary of their “Round-Up” campaign!
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page for videos and more.



TOWN MEETING DAY

The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.

According to the National Council on Aging, senior center participants have higher levels of health, social interaction and life satisfaction, and home and community based services are estimated to be one-third the cost of institutional care. With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. We serve approximately 1,500 unique individuals with our programs, referrals, meals, and transportation. **Please vote & consider speaking up at your town meeting about the value of these services for older Vermonters.**

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,
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



BEHIND THE SCENES

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

- Covid updates
- Summer Trips with Bugbee Senior Center
- Chef check-in
- Town Meetings & March for Meals events coming up

Please join our next meeting on March 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 postmarked by February 28 for eligible households. **For additional home heating financial assistance, see page 10.**

CREATIVE AGING



Art with Finnie from ArtisTree Tissue paper "paintings" Wednesday, March 2, 1:30 pm

Come join Finnie from ArtisTree to make brightly colored collage "paintings" using layers of tissue paper shapes. We will wash away the mud season browns as we build brightly colored large scale masterpieces!

Pre-register for this class by calling The Thompson.

March Movie Day: Brooklyn Thursday, March 24, 1:00 pm Join us for popcorn and an afternoon movie!

In this romantic period drama, young Irish immigrant Eilis Lacey (Saoirse Ronan) navigates her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. *The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her past disrupts her new vivacity, and Eilis must choose between two countries and the lives that exist within. Please register in advance.*



Fiddler Emerson Gale Performs on St. Patrick's Day Thursday, March 17 at 1:00 pm

Emerson Gale enjoys performing and teaching traditional Celtic dance music around the Upper Valley region of Vermont. He offers classes on various instruments at his music studio in Strafford, VT and at The Sharon Academy. In addition, he serves on the boards of the Vermont Fiddle Orchestra, Seven Stars Arts Center and the Upper Valley Young Professionals.

Due to limited seating we ask that you pre-register in advance.



TRIVIA MONDAYS March 14, 10:00 am

We will be hosting informal trivia on the **2nd 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.



HANDWORK CIRCLE Wednesdays at 10:30 am

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 and newcomers are welcome. Enjoy some coffee and companionship. Contact Jane Soule at 457-2442 with any questions.

YOUR VIRTUAL SENIOR CENTER

Senior Learning Network Virtual Programming Continues at The Thompson March 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.

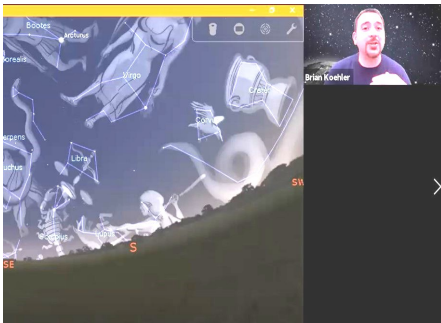


Ford's Theatre: "After the Assassination" Tuesday, March 1, 2:00 pm

After President Lincoln was assassinated at Ford's Theatre on April 14, 1865, an angry public threatened to burn the building to the ground. But Ford's Theatre still stands over 150 years later. Ford's Education explores what happened to the building after the assassination, who occupied it, and how it came to be a working theatre once more. In this interactive program, participants will look at historic images of Ford's Theatre and the Petersen House from the 1860s

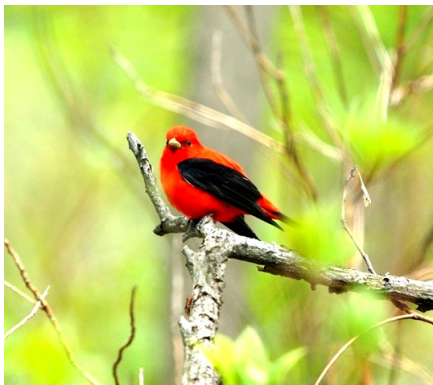
through today. This session is 45 minutes long plus time for Q&A.

Designed with high school and adult learners in mind - appropriate for history enthusiasts who are already familiar with the story of President Lincoln's assassination, and who want to learn more about historic preservation and place-based memory.



Treworgy Planetarium at Mystic Seaport Museum: "Backyard Stargazing" Tuesday, March 8, 2:00 pm

It's time to re-visit a favorite presenter! Brian from the Treworgy Museum will keep you happily stargazing as we explore the current night sky! He will share information about the moon, visible planets, and the constellations that are visible this time of year – where they are and how to find them in the sky. By the end of our program, you'll have learned so much, and have everything you need for backyard stargazing!



Dunes National Park: "Bird Easy" Tuesday, March 15, 2:00 pm

Indiana Dunes attracts a diverse array of birds, including hawks during migration, waterfowl along the shoreline, and colorful tanagers found in the trees and bushes. Join Indiana Dunes park rangers live on camera to learn the basics of birdwatching and what it means to be a "birder"! (Level: beginner)

This 30-45 minute program introduces learners to the 7 S's to consider when learning and identifying bird species. Basic birding tools and techniques will also be discussed.

VIRTUAL PROGRAMS & TRIPS



Adams National Historic Park; "America's First Father and Son Presidents" Tuesday, March 22, 2:00 pm

Join us as we learn how the Adams story includes four generations of Adams, including two Presidents. We will focus on the stories of the two First Ladies, their families, and the collection of artifacts that help tell the stories. Adams National Historical Park encompasses the birthplaces, burial place, and the Old House at Peace field, which provides opportunities to connect with the places that shaped the lives and ideas of the statesmen who, through lengthy domestic and international public service, had a profound and lasting influence on United States nation building, constitutional theory, and international diplomacy. All the objects in our collection are original to the family and were gifts from the Adams family in 1946.

Kelly is the Curator for Adams National Historical Park has directed the Cultural Resource Department for over 30 years. She began her Park Service career as a Park Guide at Adams NHP and began her research in the Adams's papers looking for connections and references to events and objects associated with the Adams's



Social Security Benefits: The Basics A Virtual Presentation by Vermont Legal Aid Wednesday, March 9, 1-2 pm

Leah Burdick, Esq., Attorney with the Elder Law Project at Vermont Legal Aid, will give a presentation on the basics of Social Security benefit programs, including disability benefits, supplemental security income, and retirement. We will also discuss overpayments, appeals, and how to communicate effectively with the Social Security Administration.

Please register with The Thompson for your zoom link.

Trips Are Back! ...

And we are grateful to the Bugbee Senior Center for creating quite a line-up beginning in June, 2022. Here is a peek of what is to come this spring and summer and fall! Costs per trip include: transportation from Bugbee Senior Center in WRJ, lunch, entertainment, and gratuities.

Hildene – We will visit the historic Lincoln mansion just in time to see the peonies in full bloom in their magnificent gardens. June 6th. Total Cost: \$95

Manchester Fisher Cats – For our baseball fans! This trip includes an all you can eat ball park menu! August 10th. Total Cost: \$87

Fosters in York Harbor, Maine – This trip includes the lobster dinner you long for with a visit to York Beach. A stop at Johnson's ice cream on the ride home is planned. September 7th. Total cost: \$89 plus on your own ice cream.

The Log Cabin, Holyoke, MA – An authentic Oktoberfest awaits us with entertainment by the talented Schnitzel Brothers who have performed in Germany. October 4th. Total Cost: \$113.

Our trips will be on our favorite Premier Coach buses that are fully equipped. There will be many more details to follow. Please note that trip payment is due at time of registration to reserve your seat and is non-refundable.



PROGRAM CALENDAR - MARCH 2022

| Mon | Tue | Wed | Thu | Fri |
|-----------------------------------|--|---|---|--|
| | 1 | 2 | 3 | 4 |
| | 9-1 Benefits Assistance 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Ford's Theater SLN 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 | 10:30 am Strengthen & Stretch Zoom Class 10:30-2 Reflexology 12 Caregiver Support 1 Mahjong 2 Treworgy Planetarium SLN 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 1 Social Security Benefits Virtual Presentation | 10 Cribbage 10:30 am Strengthen & Stretch Zoom 1 Medicare Program 3 Bone Builders | 10 am BINGO 10-12 CCC Office Hours 1 Mahjong |
| 14 | 15 | 16 | 17 | 18 |
| 10 Trivia 1 Advance Directives | 9-1 Benefits Assistance 9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Dunes National Park SLN 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 am Strengthen & Stretch Zoom 1 Fiddler 3 Bone Builders | 10 am BINGO 10-12 CCC Office Hours 1 Mahjong |
| 21 | 22 | 23 | 24 | 25 |
| 8:30 Newsletter Folding | 9-12 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 Adams National Historic Park SLN Virtual Program 3 Bone Builders | 9:30 Intro to Tai Chi 10 MOW Driver Meeting 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga | Birthday Day 10 Cribbage 10:30 am Strengthen & Stretch Zoom 1 Movie Day 3 Bone Builders | 10 am BINGO 10-12 CCC Office Hours 1 Mahjong |
| 28 | 29 | 30 | 31 | |
| | 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 3 Bone Builders | 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga | 10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders | RESERVATIONS REQUIRED FOR ALL PROGRAMS |

MENU - MARCH 2022

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|---|
| | 1 | 2 | 3 | 4 |
| RESERVATIONS REQUESTED FOR ALL MEALS menu subject to change based upon product availability. | Braised Pork Chops with Garlic, Tomato Sauce and Fresh Herbs, Polenta Cake, Sauteed Swiss Chard with Apples, Blueberry Cobbler | Roasted Chicken Breast with Lemon and Thyme, Orzo Pesto Pasta, Sauteed Broccoli, Mixed Green Salad, Fresh Fruit | Shepherd's Pie (Cloudland Farm Ground Beef), Mashed Potatoes, Carrots and Peas, Mixed Green Salad Fresh Fruit, Chocolate Chip Cookies | Cheese Ravioli with Turkey Bolognese Style Sauce, Caesar Salad with Parmesan & Croutons, Fresh Fruit Salad with Mint and Honey |
| 7 | 8 | 9 | 10 | 11 |
| Creamy Mac & Cheese with Pulled Pork, Multi-Grain Roll, Mixed Green Salad with Italian Dressing, Fresh Fruit | Chicken Cacciatore, Rice Pilaf with Sundried Tomatoes and Fresh Herbs, Mixed Green Salad, Multi-Grain Roll, Fresh Fruit | Open Face Roasted Turkey Sandwich & Brown Gravy, Mashed Potato, Mixed Green Salad, Stewed Green Beans, Fresh Fruit and Maple Yogurt | Ball Park Style Hot Dogs (steamed), Whole Wheat Bun, Coleslaw, Potato Chips, Fresh Fruit, Ice Cream | Chicken Vegetable Soup, Mixed Green Salad, Whole Grain Roll, Fresh Fruit, Apple Pie |
| 14 | 15 | 16 | 17 | 18 |
| Roast Beef Sandwich on Whole Wheat Roll with Shredded Cabbage, Tomato and Pickles, Broccoli Coleslaw, Oatmeal Raisin Cookies | Chicken Tikka Masala (mild), Rice Pilaf, Naan Bread, Brussels Sprouts, Mixed Green Salad, Fresh Fruit | Roasted Fish of the Day, Mashed Potatoes, Spinach Salad with Strawberries and Candied Walnuts, Fresh Fruit and Ice Cream | St. Patrick's Day Corned Beef & Cabbage, Potatoes and Carrots, Irish Pound Cake and Whipped Cream, Fresh Fruit | Chef's Choice Day |
| 21 | 22 | 23 | 24 | 25 |
| Beef Stroganoff, Egg Noodles with Fresh Herbs, Sautéed Mixed Vegetables, Mixed Green Salad, Fresh Fruit | Baked Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger and Lemon, Steamed Broccoli, Fresh Fruit | Turkey (uncured) Club Wrap with Cheddar Cheese, Bacon, Lettuce, Tomato and Mayo, Couscous Salad with Olives, Tomatoes and Fresh Herbs, Chocolate Chip Raisin Cookies | Birthday Day Grilled Pork Tenderloin, Cauliflower Mash, Spinach Salad with Craisins and Walnuts, Fresh Fruit, Cake and Ice Cream | Braised Chicken with Sundried Tomatoes and Fresh Herbs, Roasted Red Potatoes, Sautéed Green Beans, Mixed Green Salad, Fresh Fruit |
| 28 | 29 | 30 | 31 | |
| Pulled BBQ Chicken Style Sandwich on a Whole Wheat Bun, Potato Salad, Cucumber, Tomato Salad, Coconut Macaroons | Turkey Vegetable Soup, Mixed Green Salad, Fresh Fruit, Pumpkin Pie | Eggplant Parmesan, Sauteed Broccoli, Mixed Green Salad, Whole Grain Roll, Fresh Fruit | Roasted Cod with Lemon and Herbs, Mashed Potatoes, Mixed Green Salad, Fresh Fruit with Yogurt and Granola | 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

Offered by Yoga Instructor, Kathryn Mills

Wednesdays, 1:00-2:00 pm

Cost: 6 class punch card for \$90, or \$20 per class

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.

Something New in our Tai Chi classes!

Both the Fall Prevention Tai Chi class and the Sun 73 forms Tai Chi class will be in "hybrid" format. What does this mean for you? Well--you can show up for class in person (with mask on) or you can join the class from home using Zoom. Our day and time remain the same.

Wednesday 9:30-10:30 Fall Prevention Tai Chi

Wednesday 10:40-11:40 Sun 73 Forms

If you have questions, don't hesitate to email instructor Anne Bower: anniebower@yahoo.com
You'll find lots of information on her website: <http://www.annebower.com> and the link for joining the Wed. classes by Zoom is on the website on the page for winter classes.

Strength, Stretch & Stability Continues Via Zoom

Led by Liz Hatfield, Certified Fitness Trainer, Tuesday & Thursday, 10:30 am - 11:30 am

Join this class and 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

How Medicare, Medicare Supplemental, and Medicare Advantage Plans Can Work For You

Presented by Andrew Hayward, Gateway Retirement Solutions

Thursday, March 10, 1:00 pm

If you are facing retirement and enrollment into Medicare, this presentation will cover the basics of Medicare and how Medicare Supplements and Medicare Advantage plans can work for you. Andy will also be discussing the Medicare prescription plans and how to choose the one that fits best for you.

Andy has been working with retirees and clients since 2007, advising people on navigating retirement, and their health care options. Pre-registration is requested but walk-ins are also welcome.

Reflexology with Deb Neuho

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

4th Tuesday, 9 am - 12 pm

Please call for appointment

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

Foot Clinic with Beverly Sinclair, RN

March 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

In-person Assistance is Now Available beginning March 1

9:00 am – 1:00 pm, by appointment

Find your benefits to Age Well. Individual 1:1 assistance is 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 Squares VT (SNAP), Choices for Care, and Fuel Assistance (LIHEAP).

If you need immediate assistance, call Senior Solutions Outreach Specialist, Tracy Blanchard directly at 802-773-7917.

For those enrolling or new to Medicare, individual assistance is available by contacting The Windsor County Community Health Team at 802-674-7213, or the State Health Insurance Program (SHIP) at Senior Solutions, 802-885-2655.

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

Order your 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 also has a limited number of rapid tests available for participants.

Money For Home Heating Available

- For wood, oil, propane, pellet, electric bills (past & future)
- For Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, Woodstock residents

Complete the online application <https://www.woodstockcommunitytrust.com/winter-home-heating-form> or call 802-457-7214. Funds are limited, apply now!

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,***

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

Eliza Brown - bingo prizes

Medical Equipment:

Elizabeth Green

Liz Schellhorn

Penny Allyn

In memory of Stan Talbot

In memory of Jane Curtis

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



IN MEMORY OF

Dennis F. Murphy, Jr.

Julie Murphy

Fred Blood

Woodstock Lodge #31 F&AM

Ruth Ekberg

Helen Gardephe Leonard

Samuel Grice

Merle & Barbara Sanderson

Adam R. Boyce

Wayne & Barbara Leonard

Richard & Bonnie Atwood

Lawrence & Nancy Morrison

Reading Historical Society

Richard & Clara Gagnon

Jane Cleveland

Helen Gardephe Leonard

Esther Griffith

Howard Sanderson Jr.

Charline Hagar

Nathan & Linda Willard

Warren "Bud" Jenne

Barbara A. West

MARCH BIRTHDAYS

| | | | | | | | | |
|------|-----------|--------------------|------|----------|-------------|------|-------------|---------------|
| 1st | Donald | Doubleday | 11th | Jerry | Fredrickson | 18th | Catherine | Harriman |
| 1st | Jane | Hanley | 11th | Linda | O'Neil | 19th | Sally | Olsen |
| 1st | Virginia | Eames | 11th | Richard | Beda | 20th | Lauran | Corson |
| 2nd | Marilyn | Syme | 11th | Lesley | Marceau | 21st | Tom | Bourne |
| 3rd | Norman | Youknot | 11th | Robert | Harlow | 22nd | Betty | Putnam |
| 3rd | Faith | Hunt | 12th | Susan | Ditto | 22nd | Barbara | Leonard |
| 4th | Donna | Durgin | 13th | Willem | Post | 22nd | Jane | Dutton |
| 5th | Susan | Harlow | 13th | Deborah | Phillips | 23rd | Emily | Jones |
| 5th | Deborah | Neuhof | 13th | Patricia | Campbell | 23rd | David | McGuire |
| 5th | Armande | Boright | 13th | Joe | Warren | 23rd | Chris | Noble |
| 6th | Steven | Selbo | 14th | Irene | Schlerf | 23rd | Sandra | Audsley |
| 7th | Jen | Bloch | 14th | Polly | Bacon | 24th | Father Mike | Augustinowitz |
| 8th | Alexander | Hadden | 14th | Harriet | Stehouwer | 26th | Linda | Willard |
| 8th | Mark | Powers | 15th | Renette | Bedard | 27th | Charlotte | Croft |
| 8th | Liz | Estabrook-Hatfield | 15th | Ernest | Kendall | 27th | Mervin | Comes |
| 8th | Susan | Lewis | 15th | Kate | Reeves | 27th | Joan | McGee |
| 8th | Linda | Machalaba | 15th | Tom | Ripley | 28th | Hillary | Martin |
| 9th | John | Garren | 16th | Gloria | Martin | 29th | Robert | Parker |
| 9th | Barbara | Sanderson | 16th | John | Dibble, Sr | 30th | Meg | Johnson |
| 9th | Cecilia | Hoyt | 17th | Susan | Rose | 30th | Lois | Watson |
| 9th | Larry | Kasden | 17th | Mario | Maura | 31st | Janet | Bourne |
| 9th | Mimi | Baird | 18th | Pat | Tilton | 31st | Susan | Brown |
| 9th | Horace | Carr | | | | | | |
| 9th | Larry | Derstine | | | | | | |
| 10th | Gail | Dougherty | | | | | | |
| 10th | Barbara | Gerstner | | | | | | |
| 10th | Natalie | Billings | | | | | | |



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.thompsonseneiorcenter.org



The Thompson co-sponsors a twice monthly "Woodstock Shopper" bus route with Tri-Valley Transit (formerly Stagecoach) connecting Randolph, Barnard, Bridgewater, Pomfret, Woodstock, and Quechee to retail stores in West Lebanon. This service runs the first and third Wednesday of each month. Reservations on this route must be made in advance by contacting the Tri-Valley Transit office at 802-728-3773. Call to take advantage of this service for grocery or holiday shopping or other necessary errands. Please call with any questions.

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

Like us on Facebook 

Thank You to Our Transportation Sponsors & Grants



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.