



# The Thompson Times

Your resource to age well

MAY 2022

## Age my way!



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

**Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you. **What you can do now;** Talk to the Thompson for help in creating your plan to age well at home.

**Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities. **What you can do now;** Check with your church, the Woodstock Job Bank, the Thompson or any nonprofit for volunteer opportunities.

**Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place. **What you can do now;** Check out AARP’s Home Fit guide online or pick up a copy at the Thompson.

**Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community. **What you can do now;** Make your lunch reservation and check out the variety of events in this newsletter to stay connected.

Stay connected to The Thompson to find resources on aging in place with one number to call for any need. Our Aging at Home program provides a variety of services including vetted service providers, education and outreach, HomeShare, active and engaging classes and programs, and nutritious and tasty meals. 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.

### Older Americans Month Luncheon Tuesday, May 17, 12:00 pm

All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch. Please sign-up in advance by calling 457-3277.  
Suggested donation is \$5.

## The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
www.thompsonseniorcenter.org

**CENTER HOURS**  
8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonseniorcenter.org  
**Paula Audsley**, Business Office Manager,  
paulsley@thompsonseniorcenter.org  
**Pam Butler**, Program Director,  
pbutler@thompsonseniorcenter.org  
**Jen Bloch**, Marketing Coordinator,  
jbloch@thompsonseniorcenter.org  
**Shari Borzekowski**, Aging at Home  
Resource Coordinator,  
sborz@thompsonseniorcenter.org  
**Siobhan Wright**, Meals on Wheels &  
Transportation Coordinator,  
swright@thompsonseniorcenter.org  
**Andrew Geller**, Chef,  
ageller@thompsonseniorcenter.org  
**Jennifer Maxham**, Program Assistant  
& Support Staff,  
jmaxham@thompsonseniorcenter.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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## BEHIND THE SCENES

### URGENT COVID REMINDER

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 can be as mild as a runny nose, a headache, or fatigue.** If you have ***any potential*** COVID-19 symptoms, please stay home.

Free at home test kits can be ordered here <https://www.covidtests.gov/>. The Thompson also has a number of rapid tests available for participants and families.

### ADVISORY MEETING HIGHLIGHTS

- Number of meals served has grown significantly in the past 10 years and since the beginning of the pandemic
- Expect a survey in May as part of the Thompson strategic plan process
- The VT Standard is starting a new Senior Section & we can submit content
- Looking to fill a Kitchen Assistant position
- Program updates & idea suggestions
- Chef Andrew joined last half of meeting to encourage feedback and respond to questions.

Please join our next meeting on May 2 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

## Thank You Meals on Wheels Donors



Round-up Campaign Gift  
**\$7,169.97**

Fr. Mike Augustinowitz  
Liza Deignan & Dan Bellmore  
Susan & Les Berge  
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Wendy & John Wannop  
Woodstock Lodge #31 F&AM  
Tuesday & Dennis Wright



# CREATIVE AGING

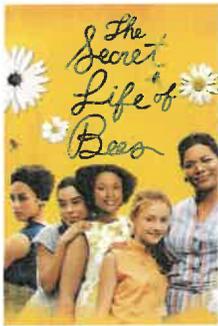


## Art with Finnie from ArtisTree Embroidered Landscapes Wednesday, May 4, 1:30 pm

In May, we will paint an underlayer of a simple landscape and embellish it with colorful threads. Finnie will provide simple landscapes for motivation or participants are welcome to bring in a photo of a meaningful place. Come and learn Finnie's process to create beautiful mixed media snapshots. Please pre-register by calling The Thompson.

### **NEW! Rummikub Comes to The Thompson** Wednesday afternoons beginning on May 18 at 1:15 pm

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong, but much easier! Volunteer facilitator, Kathy Connor has tiles so you don't need to bring your own. This is a fun game for all so invite your spouse, partners, and friends. Call to sign-up in advance. **This group will meet every Wednesday expect for the first Wednesday of each month.**



### **May Movie Day: Secret Life of Bees** Thursday, May 26, 1:00 pm Join us for popcorn and an afternoon movie!

Haunted by memories of her late mother and abused by her father, 14-year-old Lily Owens runs away with her friend and caregiver Rosaleen to the South Carolina town that holds the key to her mother's past. There, Lily meets the Boatwright sisters, who take her in and teach her about beekeeping, honey, and the Black Madonna. Lily also discovers that the truth about her mother is closer than she thinks.  
*Please register in advance.*

### **Join the Thompson** **TRIVIA TEAM** Monday, May 9, 10:00 am

We will be hosting 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.

### **Backyard Games** Tuesday, May 31, 1:00 pm

Join us on May 31<sup>st</sup> for a fun afternoon of Horseshoes, Corn hole, and Supersized Connect-four! The tent will be up for shade, and you can play along starting at 1:00. Please register in advance by calling (802) 457-3277.

### **TRIPS— There's still room!**

**Hildene - June 6th**  
Total cost: \$95  
**Manchester Fisher Cats - August 10th**  
Total cost: \$87  
**The Log Cabin, Holyoke, MA - October 4th**  
Total cost \$113

For more details and to sign-up, contact the Thompson, 802-457-3277.

# YOUR VIRTUAL SENIOR CENTER

## Senior Learning Network Virtual Programming Continues at The Thompson

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.



### **“Our Girls Over There”: The Hello Girls of World War I National Museum of the U S Army Tuesday, May 3, 2:00 pm**

During World War I, over 200 women served the American Expeditionary Forces as telephone operators connecting calls between the front line and higher headquarters. The women, nicknamed the “Hello Girls,” worked tirelessly, under at times combat conditions as the first women to actively support combat operations. Learn more about how these female telephone operators were recruited for specific skills and how their contributions were critical to effective U.S. Army wartime communications.



### **Exploring Southeast Arizona National Parks Tuesday, May 10, 2:00 pm**

Deserts, mountains, and grasslands, oh my! People are often surprised by the diversity one can find in Southeast Arizona. Our three parks are located in the Sky Island region, which is one of the world’s premier biodiversity hotspots. Come explore the unique rock formations of Chiricahua National Monument and more!



### **“Invasion of the Body Snatchers”- The Plot to Steal Lincoln’s Body.**

**Abraham Lincoln Presidential Library and  
Museum/ Illinois State Museum  
Tuesday, May 17, 2:00 pm**

It was a comedy of errors! Incompetent robbers tried to steal Abraham Lincoln’s body and bumbling officials almost let them get away with it. Learn about this dramatic story from Abraham Lincoln Presidential Library and Museum research historian, Jacob Friefeld, Illinois and Midwest Studies Research Historian.



### **Virtual Tour with National Air and Space Museum (VA) Tuesday, May 24, 2:00 pm**

Our own personal docent will take us on a tour of the National Air and Space Museum’s one-of-a-kind collections! Hundreds of historically significant air- and spacecraft, along with thousands of small artifacts, are on display in an open, hangar-like setting. Highlights in this companion museum to the one in DC is the Space Shuttle Discovery; B-29 Superfortress Enola Gay; Concorde, Lockheed Martin SR-71 Blackbird; Boeing Stratoliner.

# PROGRAMS (IN-PERSON & VIRTUAL)

## Veterans Reaching out to Veterans

Learn more about this volunteer opportunity on Wednesday, May 11, 1:00 pm

Senior Solution's Vet to Vet Program matches veteran volunteers with other veterans who need a friend and/or mentor. The two veterans visit each other (due to Covid-19, phone calls, email, zoom, etc. are acceptable alternatives) on a regular basis, sharing stories, enjoying activities together, and developing a friendship that can last a lifetime. Trained volunteers also guide their veteran friends in applying for needed services and benefits. This is a no cost service and includes training and a per mile travel reimbursement to all our volunteers. Please register in advance.

### In-person Tech Support Returns to The Thompson Appointments now available on the 1st & 3rd Thursdays of the month beginning May 5 at 12:30 pm

In collaboration with the Norman Williams Public Library, you can now get 1:1 tech support at The Thompson. Bring in your mobile phones, laptops, iPads and any other type of tablet device you need help with. Multiple devices can be brought to one appointment. Call Shari to book your 1 hour appointment, and don't forget your passwords!

### VERMONT LEGAL AID PRESENTS: A Free Virtual Legal Advice Clinic For VT Seniors (AGE 60+) Thursday, May 26, 9:00 am – 11:30 am

Vermont Legal Aid is hosting a virtual legal advice clinic by phone for free civil legal assistance to Vermont seniors, aged 60 and up, to answer legal questions about COVID-19 related assistance, federal and state benefits, housing, unemployment, debt, or other civil legal issues. Call and book your free 20-minute appointment!

To schedule an appointment, CALL: 1-802-318-4169 Leave a message with your name and number, and the best time to return your call. You can also book an appointment online at <https://vtlawhelp.org/seniors>.

*The phone number above is just for the legal advice clinic. If you have an immediate legal problem, call our general phone number and leave a message: 1-800-889-2047 PLEASE NOTE: Our attorneys cannot help you with criminal issues. Your appointment must involve your own problem, and not a question about a family member or friend's problem. All consultations are confidential. This clinic is by appointment only. The number of available appointments may be limited.*

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### The Thompson Center Welcomes Bookstock in June The Hiking Gardener with Author Celia Ryker Friday, June 24, 1:00 pm

Horse trainer and horticulturist Celia Ryker, author of *Walking Home: Trail Stories*, shares stories from hiking the Long Trail. Along with tales of the challenges of distance hiking, Celia mingles memories of scenic views, plants and flowers, and the wonders of nature every step of the way. Celia Ryker has been a horse trainer, horticulturist, and hiker. *Walking Home: Trail Stories* is about hiking the Long Trail, a decision she made when she reached her sixtieth birthday. But *Walking Home* is about much more than mud, sweat, and blisters; it shares the stories, memories, and people who came to mind as her legs carried her up the mountains and across 273 miles of trail. Celia and her husband Don live between Vermont and Michigan with their border collie, Flurry. Visit [www.celiaryker.com](http://www.celiaryker.com).

# PROGRAM CALENDAR - MAY 2022

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9-1 Benefits Assistance <b>11 Walking Group</b> 1 Advisory Meeting	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 A SLN Program: The Hello Girls of WWI</b> 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga <b>1:15 Rummikub</b> <b>1:30 Art with Finnie</b>	<b>Cinco De Mayo</b> 10 Cribbage 10:30 am Strengthen & Stretch Zoom <b>12 Spanish Table</b> <b>12:30 Tech Support</b> 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Mother's Day Tea</b> 10 Trivia <b>11 Walking Group</b> 1 Advance Directives	10:30 am Strengthen & Stretch Zoom Class 10:30 Reflexology 12 Caregiver Support Group (in-person) 1 Mahjong <b>2 A SLN Program: Arizona National Parks</b> 3 Bone Builders	9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga <b>1 Veterans reaching out to Veterans</b> <b>1:15 Rummikub</b>	10 Cribbage 10:30 am Strengthen & Stretch Zoom <b>12 Spanish Table</b> 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>8:30 Newsletter Folding</b> 9-1 Benefits Assistance <b>11 Walking Group</b>	<b>Older Americans Lunch</b> 9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 A SLN Program: Snatchers</b> 3 Bone Builders	<b>8:30 Board Meeting</b> 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga <b>1 Organizing &amp; Downsizing Program</b> <b>1:15 Rummikub</b>	<b>9-2:30 Foot Clinic</b> 10 Cribbage 10:30 am Strengthen & Stretch Zoom <b>12 Spanish Table</b> <b>12:30 Tech Support</b> 3 Bone Builders	<b>Fundraising DINNER</b> (NO lunch. Center closed during the day)
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>11 Walking Group</b>	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 A SLN Program: National Air &amp; Space Museum</b> 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga <b>1:15 Rummikub</b>	<b>Birthday Day</b> <b>9-11:30 VT Legal Aid Virtual Clinic</b> 10 Cribbage 10:30 am Strengthen & Stretch Zoom <b>12 Spanish Table</b> <b>1 Movie &amp; Popcorn</b> 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
<b>30</b>	<b>31</b>			
<b>CLOSED Memorial Day</b>	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>1 Backyard Games</b> 3 Bone Builders			<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS</b>

# MENU - MAY 2022

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Linguini and Meat Sauce, Caesar Salad, Fresh Fruit, Cookies	New England Style Clam Chowder, Corn Bread, Mixed Green Salad, Blueberry Pie, Fresh Fruit	Grilled Hot Dogs, Baked Beans, Coleslaw, Fresh Fruit, Ice Cream	<b>Cinco De Mayo</b> Albondigas Soup (Mexican Meatball Soup), Dinner Roll, Mixed Green Salad w/ Honey Lime Vinaigrette, Fresh Fruit, Rice Pudding	Roasted BBQ Chicken Breast, Baked Mac n Cheese, Sautéed Corn, Garden Salad, Fresh Fruit
9	10	11	12	13
<b>Mother's Day Tea</b> Assorted Tea Sandwiches, Orzo Pasta Salad, Mixed Green Salad, Cake and Fruit	Chef's Choice Fish of the Day, Smashed Red Potatoes with Dill and Sour Cream, Sweet Peas, Garden Salad, Fresh Fruit	Chicken Parmesan, Capellini Pasta, Mixed Green Salad, Fresh Fruit	Split Pea Soup, Ham and Cheese Sandwich, Fresh Fruit, Brownies	Pork Spare Ribs, BBQ Sauce, Potato Salad, Savory Baked Beans, Fresh Fruit, Ice Cream
16	17	18	19	20
Classic Cheeseburger with Lettuce, Tomato, Pickles and Onions, House Dressing, Cole Slaw, Ice Cream Sundae, Fresh Fruit	<b>Older Americans Lunch</b> Chicken Marsala, Orzo Pasta with Basil Pesto and Parmesan Cheese, Caesar Salad, Sorbet, Fresh Fruit	Cheese Ravioli Marinara with Sweet Italian Sausage, Tossed Mixed Green Salad, Cookies, Fresh Fruit	Chicken Corn Chowder, Wedge Salad with Ranch Dressing, Fresh Fruit, Dinner Roll, Chocolate Pudding with Whipped Cream	<b>Fundraising DINNER</b> (NO lunch. Center closed during the day)
23	24	25	26	27
Baked Herb Chicken Breast, Curried Rice Pilaf, Mixed Vegetables, Chocolate Cake, Fresh Fruit	Roast Pork Loin, Sweet Potato Mash, Baked Zucchini, Mixed Green Salad, Fresh Fruit	Chicken Noodle Soup, Garden Salad, Dinner Roll, Fresh Fruit, Ice Cream	<b>Birthday Day</b> Cloudland Farms Meatloaf, Scalloped Potatoes, Maple Glazed Carrots, Spinach Salad, Fruit, Dinner Roll, Key Lime Pie	Ham Salad Sandwich, Wheat Hoagie Roll, Garden Salad with Citrus Vinaigrette, Fresh Fruit, Cookies
30	31			
<b>CLOSED</b> <b>Memorial Day</b>	Turkey and Cheddar Sandwich, Lettuce, Tomato and Lemon Herb Spread, Beet Salad with Citrus and Honey, Mixed Green Salad, Fresh Fruit, Cookies	<b>RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am</b>  *menu subject to change based upon product availability*	<b>*Please make requests for substitutions &amp; special items in advance*</b>	<b>2% milk, juice, coffee, tea with all meals</b>

# ACTIVE AGING

## Join Carla's Walking Group in May Mondays, beginning May 2 at 11:00 am for a 45 minute walk Walks will begin promptly at 11:00 am

\*Walkers should meet at East End Park, Maxham Meadow Way, adjacent to the Ottawaquechee River for the May 2<sup>nd</sup> walk.

Now that spring will soon be upon us, Carla Kamel's walking group will resume on Monday, May 2<sup>nd</sup>. Join her for a leisurely, brisk walk for fresh air, socialization, and overall wellbeing. Walks will be expanded and will include trails around Billings Farm, Faulkner park, East End park, and throughout Woodstock village. Parking instructions will be available each week by calling The Thompson.

Please Note: Wear comfortable shoes and bring a water bottle.

On inclement weather days, please call or email The Thompson Center in the morning for updates.

### 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.*

### Tai Chi Classes move outdoors in May

We love gathering together to share the Tai Chi experience, and when we are outdoors that experience is so much better--we can be unmasked and perceive our relationship to the world around us so much more deeply.

Fall Prevention Tai Chi and Sun 73 Tai Chi will be held in the Thompson tent behind the building at The Thompson Center starting in May. Please sign in at the front desk, then come through the building to join us outside. Cost remains \$3/class payable to the Thompson Center.

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

**Sun 73 Tai Chi 10:40-11:40**

For more information please check out instructor Anne Bower's website: [www.annebower.com](http://www.annebower.com).

### Bone Builders on Tuesdays and Thursdays, 3-4pm

Led by Certified Instructor, Althea Derstine

The Bone Builders exercise program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures and can even reverse the negative effects of osteoporosis. The Bone Builders program is beneficial exercise for everybody. It includes stretching, balance work, and weight lifting. New students are always welcome and are asked to call The Thompson to register and obtain a medical clearance document to be signed by your medical provider. The class will meet in the Thompson tent beginning in May depending, weather permitting.

### 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](mailto:ebhatfield@aol.com)

**Age Well at Home Series:  
Organizing and Downsizing – Where to Begin  
Wednesday, May 18, 1:00 pm**

Professional organizer Patty Hasson, will be speaking at the Thompson Center on May 18th. She will discuss ways to start the decluttering and downsizing process for all areas of your home that ultimately leads to creating more organized living spaces. Her work also includes file organization and preparing for moving day. Please register in advance.

*Patty lives in Barnard with her husband, Tom and two kitties. She started her organizing business, Yellow House Organizing, in October 2020.*



**VNH Presents: How to Be Successful with Home Health Services  
Thursday, June 9, 1:00pm**

Join the Visiting Nurse and Hospice of VT & NH as they discuss the process for home health services and how a patient can get the most out of the services. This presentation will cover what home health services are, what the process will look like for a patient and what to expect while receiving home health services.

Please register in advance by calling The Thompson.

**Reflexology with Deb Neuhoof**

**2<sup>nd</sup> Tuesday, 10:30 am - 2 pm,**

**4<sup>th</sup> 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**

**Thursday, May 19, 9 am - 2:30 pm**

**Call for your appointment**

**Cost: \$35 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 at The Thompson**

**1<sup>st</sup> & 3<sup>rd</sup> Mondays, 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. 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.*

# RESOURCES

## 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 number of rapid tests available for participants and families.

## The Thompson Aging at Home Program can 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](mailto: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](mailto: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** **In-person meetings resume on May 10** **Virtual participation will still be available upon request**

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) on the 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

### **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

Woodstock Farmers Market - Bread  
 In memory of Anita Kontis - Medical  
 Equipment, phones, slippers  
 Michael Dunn - Flatscreen TV  
 Mountain Creamery - Muffins

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



## IN MEMORY OF

**Barbara F. Leonard**  
 Merle & Barbara Sanderson

**Sarah Vorder Bruegge**  
 Carla J. Kamel

**Shirley Hammond**  
 Merle & Barbara Sanderson  
 Eleanor Grice

## MAY BIRTHDAYS

1st	Betty	Stetson	11th	Mae	Lewis	23rd	Louise	Faherty
2nd	Katherine	Olgiati	11th	Donald	Corken	23rd	Leon	Dunkley
3rd	Millie	Cole	11th	Bruce	Corkum	24th	Janet	Salstrom
4th	Roger	Scully	11th	Gail	Emmerson	25th	Marge	Grob
4th	Jacqueline	Fischer	12th	Bud	Spaulding	26th	Sherry	Belisle
5th	Patricia	Wittasek	12th	Jill	Leavitt	26th	Siobhan	Wright
5th	Jody	Himebaugh	13th	Mary	Brand	26th	John	Wannop
5th	Joyce	Evans	13th	Mary	Terry	27th	Barbara	Winkler
5th	Tom	Read	13th	Susan	Rubel	27th	Jean	Thompson
6th	Eleanor	Pizzani	14th	George	Krantz	27th	Arnie	Powell
6th	Ann	Richardson	15th	Patricia	Hanlon	27th	Annie	Rubright
6th	James	Howe	15th	Nancy	Doten	27th	Fran	Bean
6th	Carolyn	Kimbell	15th	John	Snyder	27th	Lorraine	Kraker
7th	Pauline	Smith	16th	Eleanor	Grice	28th	Erwin	Fullerton
7th	Gary	Staples	16th	Charlotte	Danly	28th	Barbara A.	West
7th	Joyce	Maura	16th	Sharon	Hall	28th	Jon	Fullerton
8th	Anne	Bower	17th	Janet	Belon	28th	Marilyn	Kalanges
8th	Philip	Bell	17th	Sarah	Brimlow	28th	Constance	Campbell
8th	Karen	McGee	18th	Thomas	Morse	28th	Joseph	Curry
9th	Titia	Ellis	19th	Susan	Ford	29th	Brian	Maxham
9th	Ray	Kennedy	20th	Cindy	Beam	30th	Daniel	Kenney
9th	Keith	Niles	21st	Susan	Tomlet	30th	Phoebe	Standish
9th	Betsy	Wheeler	21st	Ed	Esmond	30th	Joseph	Sheperd
9th	Linda	Harvey	22nd	Rodney	Croft	30th	Dennis	Cogswell
9th	Peter	Kaufman	22nd	Richard	Schramm	30th	Brenda	Russell
10th	Corwin	Sharp	22nd	Kathy	Beaird	31st	Phyllis	Wood
10th	Sally	Weglarz	22nd	Carl	Thompson			
10th	Roberta	Roy	22nd	Andrea	Alsup			
10th	Betsy	Wing	23rd	Patricia	March			
10th	Peggy	Levengood						
11th	Richard	Brackett						
11th	Mary	Corrigan						

