



The Thompson Times

Your resource to age well

JUNE 2022



The Thompson Hosts Vermont Make Music Day with Island Times Steel Drum Band

Vermont Make Music Day is part of World Music Day, which happens every year on June 21. Tens of thousands of musicians of all ages from all over the world (120 countries) play music for their communities, celebrating how music crosses borders and brings people together. Musicians of all ages, skill sets and genres are encouraged to participate in this world wide festival by registering to perform for Vermont Make Music Day on June 21 at www.bigheavyworld.com/makemusicvt/. Performers and venues that participate will be on the Vermont Make Music Day map which will have links to their websites and social media...and this will be linked to the National map which will include The Thompson Center. *See more on page 5.*

Program Highlights in this Issue

Tick-borne Illness Prevention &
Safety with Vermont Department
of Health

The 251 Club of Vermont –
One Couple's Journey

See page 5

Coming This Summer!

The Thompson is your place to Age Well and be socially and creatively engaged. These are some of the offerings coming this summer!

- Armchair Travelers Virtual Tours & themed meals
- Hearing screenings with Johnson Audiology
- A theater trip
- The Panhandlers steel drum band
- And don't forget about our group trips with Bugbee Senior Center to the Manchester Fisher Cats on August 10th, and The Log Cabin in early Fall

Chef's Corner



Greetings from the culinary team! As I plan the monthly menu, I look for ways to bring a variety of flavors and to balance lighter fare with favorite dishes -- things that are pleasing to many different palates, can be plated beautifully and packaged neatly, and stay within our budget.

This month, you'll see falafel burger with tzatziki sauce for the first time. Falafel is chickpea with fresh herbs and spices formed into a patty (not spicy). Tzatziki sauce is a middle eastern yogurt-cucumber sauce that is traditionally married with the falafel. I wanted to bring this item to the menu because it is an interesting, full-flavored vegetarian option that I think will be enjoyed.

You'll also find Hawaiian-style chicken thighs and pancit canton on the menu this month. Pancit canton is a Filipino noodle dish with vegetables similar to Chinese lo-mein. Traditionally, Pancit canton is served at all festive occasions in the Philippines. No special event happens without it, and I look forward to hearing what you think of it.

Returning upon request are chicken and dumplings and white lasagna. We'll also have a new twist on eggplant parmesan as a casserole. I'd like to extend a warm welcome to our new culinary team member, Lisa Ruderman. Welcome Lisa!

Bon Appétit!
Chef Andrew

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

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**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

Tri-Valley Transit 802-728-3773

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

- Older Americans Month theme & events to look forward to
- Ideas for Weston theater trip
- Future program planning
- Volunteer banquet feedback
- Suggestions for canes in the dining room, reusable containers, and rising food costs

Please join our next meeting on June 6 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

Thank You

2022 Sponsors!



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

like us on facebook



Art with Finnie from ArtisTree Embroidered Landscapes—Rescheduled from May Wednesday, June 1, 1:30 pm

In June, 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.

Rummikub at The Thompson Wednesdays, June 8, 15, 22, 29, 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.**

Sew Savvy Mondays, June 20, 27 and July 11 and 18, 9:30-11:30 am

Is your child interested in learning how to sew? Barb Kelley, who began her teaching career in Woodstock as a home economics teacher, will be offering a beginner's sewing class to children ages 5-8. Participants can expect to complete 1-2 simple hand sewn projects to take home. All materials are provided and pre-registration is required. If you have sewing skills and would like to help, we can use your assistance. Watch for Barb's next beginner's sewing class coming this summer for ages 9-12!



Join the Thompson TRIVIA TEAM Monday, June 13, 10:00 am



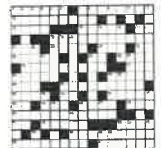
We will be hosting trivia on the **2nd Monday of every month at 10 am**. Come test your knowledge across a variety of topics, and have some fun at the Thompson!
Please call us at 457-3277 to register.

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.

Tabletop Crossword Puzzle Coming in July

Put your puzzle solving skills to the test as we work together to solve a large format crossword puzzle. Clues will be read, and we need your word skills to complete the puzzle! Please call (802) 457-3277 to register.



The Spanish Table is back... Y Estás Invitado!

Thursdays, 12:00 pm, *Pre-register*

Cinco de Mayo marked the official kick off for the resuming of the Spanish speaking language table on May 5th. It was a festive and celebratory new beginning for all who attended and Chef Andrew prepared an authentic Mexican menu. Join this engaging group and use your Spanish speaking language skills.

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.



James A. Garfield National Historic Site Tuesday, June 7, 2:00 pm



At first glance, Abraham Lincoln and James A. Garfield have some obvious similarities: they were both bearded Republican presidents struck down by assassins. But there's much more to the story than that! Lincoln and Garfield knew one another and shared many similar views. In fact, without Lincoln's intervention, James Garfield might never have served in Congress or become President of the United States. But there were also some stark differences between the two as well, and Garfield privately expressed frustration with President Lincoln. This presentation will explore many of the similarities and differences between the nation's sixteenth President, Abraham Lincoln, and its twentieth President, James A. Garfield.



Exploring Lincoln in Washington: National Mall and Ford's Theatre Tuesday, June 14, 2:00 pm, at home viewing only

Ford's Theatre and The National Mall and Memorial Parks join forces to explore what Washington, D.C., was like for President Lincoln and how the city has grown and changed over time. Examine places that mattered to Lincoln during his lifetime and places where he matters to us today, including the U.S. Capitol, Washington Monument, Lincoln Memorial and Ford's Theatre. In this interactive program, participants will look closely at historic and contemporary images of Washington D.C. including maps, photographs and illustrations.



Casa Grande Ruins National Monument Tuesday, June 21, 2:00 pm

The building of the Casa Grande was a major event of the Classic Period (1100 – 1450 C.E.). The best dating methods available indicate that this large, caliche structure was built during the 1300's. The construction appears to have been well planned and organized, requiring tons of material and a huge cooperative effort on the part of many people. Today we can only marvel at the Casa Grande and try to imagine what it was used for. Though many theories have been suggested, we still aren't sure as to its purpose. All we can assume is that the Casa Grande must have been very important to the people who built it. Join us as we learn about this fascinating mystery in Arizona!



Truman Presidential Library: The Upset of the Century Tuesday, June 28, 2:00 pm

Truman's approval in 1948 was at an all-time low. Still, he enjoyed being President. He threw himself into the challenge of his long-shot re-election bid with confidence and verve. His aggressive cross-country "Whistle Stop" campaign began nearly broke.

Flanked by Bess "The Boss" Truman and crowd favorite Margaret, he crisscrossed the country three times by train. He met with Midwestern farmers and cheering crowds in Harlem. He stressed high prices and housing. He attacked the "Do Nothing" 80th Congress. In the last campaign where television did not play a role, Truman spoke directly with voters.

His win over the heavily favored Republican candidate, Thomas Dewey, was one of the greatest upsets in U.S. political history.

PROGRAMS & EVENTS

Tick-borne Illness Prevention & Safety with Vermont Department of Health Tuesday, June 7, 1:00 pm

Tick season is upon us in Windsor County. Learning how to avoid ticks, recognizing what type of ticks carry disease, and identifying steps to take if you find a tick bite can help prevent illness. Join Epidemiologist Lyrica Stelle from the Vermont Department Health for a presentation on tickborne illnesses, how to prevent tick bites, and what to do if you find a tick bite.

The 251 Club of Vermont – One Couple’s Journey Tuesday, June 14, 1:00 pm

Carol and Peter Pickett were eager for something to do in the early days of the pandemic shutdown and decided to hit the road. This began their adventure of discovering many of Vermont’s 251 towns and their subsequent joining of The 251 Club of Vermont, an organization of Vermont enthusiasts whose objective is to visit the 251 towns and cities in Vermont. They will share their experiences from their travels and we invite others to come and share their own Vermont travel experiences.

Island Times Steel Band Returns for Vermont Make Music Day. Tuesday, June 21, 1:00 pm



We are making music again at The Thompson on *Vermont Make Music Day*! Join us in The Thompson tent for one of our favorite bands as we celebrate along with other communities around the world on June 21, *World Music Day*. The Thompson will be on the *Vermont Make Music Day* map which will be linked to the National *World Music Day* map. Let's encourage friends to participate in this world wide event!

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.

In-person Tech Support at The Thompson Appointments on the 1st & 3rd Thursdays of the month, 12:30pm-2:30pm

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!

PROGRAM CALENDAR - JUNE 2022

Mon	Tue	Wed	Thu	Fri
		1	2	3
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS		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 12 Spanish Table 12:30 Tech Support 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
6	7	8	9	10
9-1 Benefits Assistance 10 am BINGO 11 Walking Group 1 Advisory Meeting	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 1 Tick Program 2 SLN Program: James Garfield National Historic Site 3 Bone Builders	9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga 1:15 Rummikub	10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 1 VNH Talk 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
13	14	15	16	17
10 Trivia 10 am BINGO 11 Walking Group 1 Advance Directives	10:30 Reflexology 10:30 am Strengthen & Stretch Zoom Class 12 Caregiver Support Group (in-person) 1 Mahjong 1 251 Club Discussion 2 SLN Program: Exploring Lincoln in Washington (virtual only) 3 Bone Builders	8:30 Board Meeting 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga 1:15 Rummikub	9-2:30 Foot Clinic 10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 12:30 Tech Support 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
20	21	22	23	24
8:30 Newsletter Folding 9-1 Benefits Assistance 9:30 Sewing Class 10 am BINGO 11 Walking Group	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 1 Island Times Steel Band 2 SLN Program: Casa Grande Ruins 3 Bone Builders	10:30 Handwork Circle 1:15 Rummikub	Birthday Day 10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 1 Movie & Popcorn 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong 1 Bookstock Author
27	28	29	30	
9:30 Sewing Class 10 am BINGO 11 4579 Walking Group	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 2 SLN Program: Truman Presidential Library 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga 1:15 Rummikub	9 VT Legal Aid Virtual Advice Clinic 10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 3 Bone Builders	

MENU - JUNE 2022

Mon	Tue	Wed	Thu	Fri
		1	2	3
RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am *menu subject to change based upon product availability*	*Please make requests for substitutions & special items in advance* 2% milk, juice, coffee, tea with all meals	Pulled Pork, Potato Salad, Quick Pickled Cucumbers, Corn Bread, Fresh Fruit	Cobb Salad with Blue Cheese, Chicken, Hard Egg, Tomato, Carrots and Croutons Dinner Roll, Ice Cream Sundae	Chicken and Dumplings with Peas and Carrots, Whole Grain Roll, Mixed Green Salad with Garden Vegetables and House Dressing Fresh Fruit
6	7	8	9	10
Ham and Cheese Sandwich on Whole Grain Bread, Broccoli Brunch Salad, Fresh Fruit with Mint and Honey, Peanut butter Cookie	Penne with Cloudland Farms Ground Beef, Bolognese Sauce, Tossed Mixed Green Salad with Croutons, Fresh Fruit	Cream Of Broccoli Soup with Chicken, Tossed Salad with Almonds, Cranberries and Citrus Vinaigrette, Dinner Roll, Fresh Fruit	Hawaiian Style Chicken Thighs, Pancit Canton (Filipino Noodles w/ Vegetables), Pickled Vegetable Salad, Pineapple Cobbler	Falafel Burger with Tzatziki Sauce, Cucumber, Tomato and Red Onion on a Whole Wheat Bun, Cole Slaw, Oatmeal Raisin Cookies, Fruit
13	14	15	16	17
Quiche with Broccoli, Bacon and Cheese, Mixed Green Salad w/ Tomato, Cucumber and Carrot with Honey Lemon Vinaigrette, Cookies, Fresh Fruit	Chicken Piccata, Tuscan Rice Pilaf, Caesar Salad, Chocolate Pudding with Whipped Cream, Fresh Fruit	Cheeseburger with Lettuce, Tomato and Onion on Whole Wheat Bun, Potato Salad with Peas and Hard Egg, Peach Cobbler	White Lasagna with Ground Turkey, Zucchini and Mushrooms, Tossed Caesar Salad, Garlic Bread, Ice Cream with Cherry Compote	Lemon Herb Chicken Breast, Curry Rice Pilaf, Sautéed Green Beans, Dinner Roll, Fresh Fruit, Vanilla Pudding
20	21	22	23	24
Father's Day Grilled Chicken, Baked Beans, Cole Slaw, Potato Salad, Watermelon, Cookies and Brownies	Baked Haddock, Risotto with Peas and Roasted Peppers, Sautéed Broccoli, Whole Wheat Roll, Fresh Fruit	Chicken Salad Sandwich with Cranberries and Almonds on Whole Wheat Roll, Mixed Green Salad with Green Goddess Dressing, Fresh Fruit Citrus Salad	Birthday Day Grilled Pork Tenderloin, Roasted Mixed Vegetables, Mashed Potatoes With Cheddar and Chives, Cake and Ice Cream	Eggplant Parmesan Casserole with Marinara Sauce, Spinach & Mushrooms, Greek Style Salad with Olives and Feta Cheese, Carrots & Tomato, Pineapple Upside-down Cake
27	28	29	30	
Tuna Salad Sandwich with Lettuce, Tomato, Cole Slaw, Fresh Fruit, Chocolate Brownie	Spinach Ravioli with Marinara Sauce, Mixed Green Salad with Garden Vegetables and Herb Vinaigrette, Garlic Bread, Fresh Fruit	Roasted Cod, Fresh Herbs and Capers, Celery Root Mash, Roasted Zucchini, Cookies, Fresh Fruit	Chef's Choice Day	

ACTIVE AGING

Join Carla's Walking Group in May Mondays at 11:00 am for a 45 minute walk

Walks will begin promptly at 11:00 am, Call to Register

Walkers should meet at East End Park, Maxham Meadow Way, adjacent to the Ottawaquechee River unless otherwise specified.

Join Carla 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.

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

Please ensure that The Thompson has your email address or phone number for notification on walking route changes or inclement weather days.

Try Gentle Yoga - It's Beneficial for Everyone

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 in the Thompson Tent

No classes on JUNE 22, JULY 27, AUG 17

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 have moved outside to the Thompson Tent behind the building at The Thompson Center, weather permitting. 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

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



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

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.

VERMONT LEGAL AID PRESENTS:

A Free Virtual Legal Advice Clinic for Vermont Seniors (Age 60+)
Thursday, June 30, 9:00 – 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.

Reflexology with Deb Neuhof

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

Thursday, June 16, 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

1st & 3rd 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

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 with Complimentary Lunch In-person 2nd Tuesday of each month at 12:00 pm 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. Pre-register for 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

Olive Table - olive oil
 Grace Marriman & Wendy
 Marriman - puzzles
 Beverly Humpstone - Mahjong set
 The Zimberg Family - medical
 equipment
 Chris & Carole Sparkes - foot rest
 Wendy & Jon Spector - tvs



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

IN MEMORY OF

Fred Blood
 Elizabeth Alden

Nancy Lewis
 Alden & Mary Fiertz
 Wayne & Barbara Leonard
 Paul & Beverly Regan
 Dale & Jane Spooner
 Roy & Joanne Bates
 Nancy Bassett
 Linda Prescott & Michael
 Katzenberg
 Elizabeth Billiter & Family
 Jerry & Joan Oppenheimer
 Barbara Burney
 John & Ruth Wiegand

JUNE BIRTHDAYS

1st Ernest Harper	11th Beverly Sinclair	25th Sara Dana
1st Elspeth Lothes	12th Jennifer Ehler	26th Meg Matz
1st Alan Fine	13th Eldon Thompson	26th Debbie Ogden
2nd Carol Nettleship	13th Jean Garren	27th Joanna Garbisch
2nd Larry Luce	14th Bette Anne Sailer	27th Hazel Stoddart
2nd Nancy Bebo	14th Betty Walker	28th Carol Mosher
2nd Emily Dean	15th Mary Sharpe	28th Kevin Lynch
2nd Frederica Steinberg	15th Polly Fullerton	29th Susan Lewis
2nd Eleanor Daly	16th Nina Hunnewell	29th Margaret Schultz
3rd Lorraine Dayton	17th Robert Topolski	30th Gretchen Cole
3rd Linda Hitchcock	17th Lillian Weed	
4th Marcea Ewald	17th Sharon Earn	
4th Khorshed Randeria	18th David Whitney	
5th Janet Herrick	19th Joanne Bates	
5th Timothy Maxham	20th Sandra Pariseau	
6th Jennifer Martel	21st Louine Walker	
6th Missy Cunningham	21st Ronald Weglarz	
6th John Tourville	22nd John Mathews	
7th Jack Rasmussen	23rd Cynthia Hewitt	
7th Suzy Malerich	23rd Arthur Skerker	
8th Noreen Huff	23rd Helen Sawyer	
8th Jennifer Carpenter	24th Harmony Johnson	
8th Sheryl Hoehner	24th Rita Scully	
9th Ralph English	25th Ann Debevoise	
9th Michael Levengood	25th Betty Jane Curry	
9th John Keramis	25th Kelly Welsh	
10th Rebecca Nash		
10th Bruce Kanfer		





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.

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.

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.