



# The Thompson Times

Your resource to age well

JULY 2022

## Tips to Avoid Scams and Fraud - Be Aware and Be Informed

Scams and fraud attempts are on the rise and can happen to anyone. Learn how to protect yourself.

As of early June, Attorney General T.J. Donovan is warning Vermonters about a new variation of the family emergency scam in which scammers are demanding that cash be handed over in person to a “courier.” By presenting a fake emergency in which their loved one needs help getting out of trouble, scammers pressure panicked family members, including grandparents, into acting before they can realize it’s a scam. Until recently, scammers took a hands-off approach in collecting money, demanding gift cards, wire transfers, or virtual payments. Now, the Attorney General’s Consumer Assistance Program (CAP) is receiving reports that scammers are enlisting “couriers” to collect cash directly from unsuspecting family members at their homes to resolve the fake emergency. Vermonters who receive these calls should resist the urge to act immediately and take steps to verify the caller’s identity.

“These scenarios are designed by scammers to be emotional and high pressure,” said Attorney General Donovan. “If you are presented with this type of scenario—pause, hang up the phone, and call a friend or family member to verify. Do not give money to someone coming to your home. Instead, call local law enforcement and the Consumer Assistance Program to identify and report the scam.”

**If you or someone you know has lost money to this scam, contact law enforcement and report the scam to CAP at 1-800-649-2424.** Learn more about family emergency scams by watching CAP’s Avoiding the Family Emergency Scam video and reviewing steps to verify at <https://ago.vermont.gov/cap/family-imposter/> and attend our upcoming program on July 21.

CAP advises Vermonters to slow down and follow a plan to not get scammed. Use the SLOW method in urgent situations.

**S SLOW DOWN.**  
Scammers pressure you to act urgently. Don't!

**L LOG THE CONTACT.**  
Write down the info of the contact and disengage.

**O ONE CALL.**  
Make one call to a primary contact and discuss the incident.

**W WHO CARES?**  
Call CAP to identify and report scams at 1-800-649-2424.

According to CAP, the top 5 scams to be aware of in Vermont as of June are:

- Imposter Scams (romance, grandchild, family/friend/business)
- Computer Tech Scam
- Free Money Scam (Publisher’s Clearing House)
- Computer Tech Scam claiming purchase was made (Amazon)
- Online Listings (Craigslist)

*Information taken in part from [www.ago.vermont.gov](http://www.ago.vermont.gov)*

### Age Well: Avoid Scams Thursday, July 21, 1:00 pm

Join us for a collaborative presentation by AARP Vermont Fraud Watch Network and The Consumer Assistance Program (CAP) on Thursday, July 21 at 1:00 pm. This 2-hour presentation will address fraud trends and behavior, prevention strategies, and resources for fraud identification and where to go if you have become a victim. Reservations required. In-person & virtual.

## 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  
**Jennifer Maxham**, Program Assistant  
& Support Staff,  
jmaxham@thompsonseniorcenter.org  
**Andrew Geller**, Chef,  
ageller@thompsonseniorcenter.org  
**Lisa Ruderman**, Kitchen Assistant

**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

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## BEHIND THE SCENES

### COVID REMINDER

We need everyone's help and cooperation to stay healthy. Covid 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 limited number of rapid tests available for participants and families.

### Chef's Corner



You'll see a few favorites returning on the July menu as well as some special request meals suggested by our Advisory Council members. Chipped beef in white gravy will make a return for the first time this year but will be served the traditional New England way with a cornbread Johnny Cake. For birthday day, we'll have a delicious turkey dinner. So, if you're one of us who thinks we should have Thanksgiving dinner more than once a year in November, you'll want to make a reservation and join us on the 21<sup>st</sup>.

We continue to enjoy local Cloudland Farm beef and plan to bring in local produce as it is available this month. If your garden is bursting, we'll gladly use any extra produce.

The menu for our annual Bastille meal on the 20<sup>th</sup> was planned with our French language table that meets for lunch at The Thompson every Wednesday. This classic menu, Salade Niçoise, (French pronunciation: [sa'lad ni'swaz]) originated in the French Riviera town of Nice in the latter part of the 19<sup>th</sup> century. Traditionally served on a large platter, the salad includes fresh tomatoes, sliced hard-boiled eggs, Niçoise olives, tuna and an olive oil dressing. There are many renditions of the classic salad, however, and the dish varies with the seasons, and often includes green beans and potatoes.

Bon Appétit!

## Thank You

### 2022 Sponsors!



### TRIPS— There's still room!

#### Manchester Fisher Cats

August 10th, Total cost: \$87

#### The Log Cabin, Holyoke, MA

October 4th, Total cost: \$113

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

## Art with Finnie from ArtisTree



Finnie's monthly art classes will continue in September after a summer break. Please visit [artistree.org](http://artistree.org) for a list of all of their summer classes or call 802-457-3500.

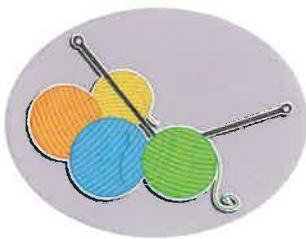
### **Rummikub at The Thompson** **Wednesdays, July 6, 13, 20, 27, 1:15 pm** ***This group will take a break in August***

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.



### **Sew Savvy ~ Children and Adults Working Together** **Beginner's Class on July 11 and 18** **9:30-11:30 am**

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 9-12. Participants can expect to learn the basics on sewing machine operation and complete a small project 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.



### **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.

### **Language Tables** **are Back** **at The Thompson!**



Our long tradition of offering a lunch space for those speaking French and Spanish is back. For those who enjoy conversing in French, the French language table meets every Wednesday at noon. If Spanish is your language, your group meets on Thursdays at noon. Registration is required for anyone attending lunch.

*Please note that the French Table will be enjoying a traditional Bastille Day celebration and menu on Wednesday, July 20<sup>th</sup>. Tue s invite!*



## 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.



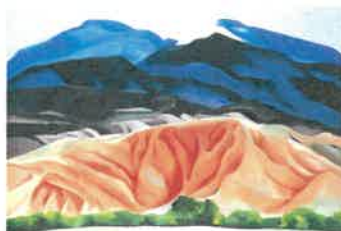
### **The Energy Crisis (of the 70s)** **Jimmy Carter Presidential Library** **Tuesday, July 5, 2:00 pm**

Have you heard the phrase: “not since the ‘70s” lately? On February 2, 1977, less than two weeks after assuming the Presidency, Jimmy Carter addressed the nation in a televised “fireside chat” to speak to Americans about the looming Energy Crisis. What tools and resources does the Constitution provide the Executive branch to take on such a crisis? What role do the other branches of government play? This program will examine the 39th President’s response to this crisis through the lens of primary sources of the Carter Library and National Archives.

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### **John Muir National Historic Site** **Tuesday, July 12, 2:00 pm**

Located in Martinez, California, the John Muir National Historic Site and National Historic Landmark is where Muir lived and worked during the period of his greatest influence in conservation. Muir’s marriage to Louisa (Louie) Strentzel in 1880 and role in the management of her family’s extensive fruit ranch provided him with the financial security, social connections, and support necessary to commit himself to the movement. From his “scribble den” on the second floor of the Victorian-Italianate Strentzel-Muir house, Muir mounted letter writing campaigns and penned his most important books including *The Mountains of California* (1894) and *Our National Parks* (1901). Muir’s writing and advocacy during his years in Martinez were instrumental to the establishment of early national parks and forest reserves. The Muir Home also offers opportunities to grapple with critical interpretations of Muir’s life and legacy. The property reveals tensions and intersections between the various sides of Muir as the solitary mountaineer, the wealthy grower and family breadwinner, and the passionate advocate for nature.



### **“Making Her Mark”** **Amon Carter Museum of American Art** **Tuesday, July 19, 2:00 pm**

Join us as we enjoy a new presentation from Amon Carter! Explore works by women artists in the Carter’s collection who have demonstrated courageous talent despite adversity and made their mark in the art world.



### **Gateway Arch National Park** **Tuesday, July 26, 2:00 pm**

The process of creating the Gateway Arch took many years before its completion in 1965. In this virtual program, a National Park Ranger will share Eero Saarinen’s story and take us back to the 1960s to learn about the process of conceiving, designing, and building the tallest national

# PROGRAMS & EVENTS

## **A Chat with The Chief** **Tuesday, July 5, 1:00 pm**



Join us when Woodstock Police Chief Robbie Blish visits The Thompson for an informal chat about what's going on about town and things you should know. Chief Blish will be happy to answer any of your questions during this informal discussion.



## **Vet Centers Have Got Your Six** **What you Need to Know About Your Vet Center** **Thursday, July 14, 1:00 pm**

Morgana Isenberg, Veterans Outreach Program Specialist from the WRJ Vet Center will speak about Vet Center services, programs and eligibility. Vet Centers are community-based counseling centers that provide a wide range of social and psychological services. Various types of counseling services are offered in addition to referral and connection to other VA or community benefits and services. Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief, and transition after trauma. Morgana will also answer questions related to eligibility for VA health care and benefits. Pre-registration is required.



## **Beekeeping in Vermont** **Tuesday, July 19, 1:00 pm**

Tita Manice is a second generation Vermont beekeeper, a passion that began when she accompanied her beekeeper father throughout Costa Rica and Long Island, NY delivering bees when she was a child. She loves to share her story and talk about her labor of love. Come join us on July 19<sup>th</sup> to hear her story, a little taste of honey, and a chance to try her popular Best Bee Savvy, a skin product that combines her skills as a beekeeper with her passion for organic, healthy living.

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

# PROGRAM CALENDAR - JULY 2022

Mon	Tue	Wed	Thu	Fri
				<b>1</b>
<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b>				10 am BINGO 1 Mahjong
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>CLOSED for Independence Day</b>	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>1 Chat with the Chief</b> <b>2 SLN Program: The Energy Crisis</b> 3 Bone Builders	<b>9 Hearing Screenings</b> 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga <b>1:15 Rummikub</b>	10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table <b>12:30 Tech Support</b> 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>9:30 Sewing Class</b> 10 Trivia Team 10 BINGO 11 Walking Group	10:30 Reflexology 10:30 am Strengthen & Stretch Zoom Class 12 Caregiver Support Group (in-person) 1 Mahjong <b>2 SLN Program: John Muir Historical Site</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>1:15 Rummikub</b>	10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table <b>1 Vet Center Talk</b> 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>8:30 Newsletter Folding</b> 9-1 Benefits Assistance <b>9:30 Sewing Class</b> 10 BINGO 11 Walking Group	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>1 Beekeeping Talk</b> <b>2 SLN Program: Amon Carter Museum</b> 3 Bone Builders	<b>Bastille Day Lunch</b> <b>8:30 Board Meeting</b> 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms <b>1:15 Rummikub</b>	<b>Birthday Day</b> <b>9-2:30 Foot Clinic</b> 10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table <b>12:30 Tech Support</b> <b>1 Fraud Program</b> 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
10 BINGO 11 Walking Group	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 SLN Program: Gate- way Arch National Park</b> 3 Bone Builders	10:30 Handwork Circle 1 Gentle Yoga <b>1:15 Rummikub</b>	10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong

# MENU - JULY 2022

Mon	Tue	Wed	Thu	Fri
				<b>1</b>
<b>RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am</b>  <b>*menu subject to change based upon product availability*</b>	<b>*Please make requests for substitutions &amp; special items in advance*</b>  <b>2% milk, juice, coffee, tea with all meals</b>			Chicken Parmesan, Pasta with Marinara Sauce, Sautéed Broccoli, Garlic Bread, Fresh Fruit
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>CLOSED for Independence Day</b>	Grilled Hot Dogs, Cole Slaw, Baked Beans, Ice cream Sundae, Fresh Fruit	Turkey Club Wrap with Bacon and Cheddar Cheese, Lettuce and Tomato, Macaroni Salad, Peach Cobbler with Whipped Cream	Spaghetti with Cloudland Farms Ground Beef Bolognese Sauce, Mixed Green Salad with Vegetables, Croutons, Ranch Dressing, Garlic Bread, Fresh Fruit	Pulled BBQ Chicken on a Roll with Carolina Style BBQ Sauce, Potato Salad, Mixed Green Salad with Blue Cheese Dressing, Ice Cream
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Baked Herb Chicken Breast, Rice Pilaf, Sautéed Mixed Vegetables, Dinner Roll, Fresh Fruit	Split Pea Soup with Ham, Tossed Green Salad with Green Goddess Dressing, Dinner Roll, Blueberry Pie or Fresh Fruit	Eggplant Parmesan With Marinara and Basil Pesto Sauce, Garlic Bread, Cheese Cake, Fresh Fruit	Chipped Beef in White Gravy, Johnny Cakes, Steamed Broccoli, Fresh Fruit Salad With Mint and Honey	Chicken Salad Sandwich on Multi Grain Bread with Lettuce and Tomato, Tossed Garden Salad with Italian Dressing, Chocolate Chip Brownie
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Grilled Hamburgers with Cheddar Cheese Lettuce, Tomato, Onions and House Spread, Tomato, Red Onion and Cucumber Salad, Pasta Salad, Fresh Fruit	Roasted Pork Chops with Pan Gravy, Baked Potato Wedges, Broccoli Cole Slaw, Dinner Roll, Fresh Fruit or Cherry Cobbler	<b>Bastille Day Lunch</b> Niçoise Salad with Tuna, Hard Egg, Croutons, Green Beans, Roasted Potato, Olives and Tomatoes with Lemon Vinaigrette, Vanilla Ice Cream with Blueberries, Strawberries and Whipped Cream	<b>Birthday Day</b> Roast Turkey Dinner, Mashed Potatoes and Gravy, Cranberry Sauce, Roasted Squash, Cole Slaw, Dinner Roll, Fresh Fruit, Hot Fudge Sundae	Minestrone Soup, Caesar Salad with Croutons and Parmesan Cheese, Ice Cream, Fresh Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Cheese Ravioli with Chicken, Spinach and Mushrooms, White Wine Sauce, Lemon and Fresh Herbs, Garden Salad with Red Wine Vinaigrette, Fresh Fruit, Chocolate Brownie	Roast Beef and Cheddar Sandwich on Honey Wheat Bread with Ranch Spread, Lettuce and Tomato, Tossed Mixed Vegetable Salad, Chocolate Chip Cookies, Fresh Fruit	Vegetable Lasagna, Spinach Salad with Candied Walnuts and Dried Cranberries, Maple Vinaigrette, Garlic Bread	Enchilada Casserole with Cloudland Farms Ground Beef, Jack and Cotija Cheese, Salsa and Sour Cream, Garden Salad with Honey Lime Vinaigrette, Fresh Fruit	Chef's Choice Day

## Share the Harvest

When you're planting your garden, please consider dedicating a row or two for vegetables to be donated to the Thompson. Even if you have a little extra that you're afraid will go to waste, we can use it. By sharing your harvest you help provide Chef Andrew with fresh, local, seasonal produce for our daily luncheon and MOW program. Thank you, every little bit helps!





# ACTIVE AGING

## Join Carla's Walking Group

**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 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](http://www.annebower.com)

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

**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)





## Johnson Audiology Returns Get Your Free Hearing Screening at The Thompson Wednesday, July 6, 9am – 12 pm

Dr. Julie Johnson from Johnson Audiology in Hanover will be offering complimentary hearing screenings at The Thompson Center. Your approximately 15 minute screening will be followed by your test results and possible options for follow-up if needed. Please call The Thompson Center to reserve your appointment. For more information about Johnson Audiology and the services they provide, visit [www.Johnsonaudiology.org](http://www.Johnsonaudiology.org).

### VERMONT LEGAL AID PRESENTS:

**A Free Virtual Legal Advice Clinic for Vermont Seniors (Age 60+)**  
Thursdays, June 30 & August 25, 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

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, July 21, 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

3<sup>rd</sup> Monday of the month, 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.*

## 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 Ottawaquechee 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 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.

# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

Althea Derstine- tomato plants  
 Dr. Kathy Geagan, MAH  
 Pediatrics - medical equipment  
 Janice Fleetwood-Bean - rhubarb  
 In memory of Norman Martin -  
 medical equipment  
 Heidi & Marie Tucker - rhubarb  
 The Lewis Family - medical  
 equipment  
 Mary Bourgeois - silk flowers  
 Suzanne Stofflet - peonies for  
 Meals on Wheels  
 Linda Stackhouse - serving  
 platters & buffet dishes  
 In memory of Lloyd (Cookie)  
 Cook - medical equipment



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

## IN MEMORY OF

**Fred Blood**  
 Joyce Phillips

**Jack Moore**  
 Gina Moore

**Lloyd Cook**  
 Richard & Bonnie Atwood  
 Mary Arend-Oster  
 Catholic Charities  
 Dennis Cogswell  
 Joyce Phillips  
 Susan & Tom Van Riper

**Nancy Lewis**  
 James & Susan Ford  
 Phyllis Wood  
 Gail McDonald  
 Catherine Wood  
 Mary Fox Church

## JULY BIRTHDAYS

1st John Gravel	9th Zaela Strong	18th Airell Jenks	25th Barbara Simon
1st Nina Borzekowski	10th Norma Bradley	18th Karen Purviance	25th Margaret Spencer
1st Brian Powell	10th Paul Hutt	18th William Hagar	26th Sally Kesseli
1st Doug Warren	10th Wayne Oldenburg	19th Edwin English	27th Jacquie Durkee
1st Mary Bourgeois	11th Lene Bennett	19th Ralph Ward	27th Gail Moore
1st Linda Brown	11th John Fabian	19th Ralph Corette	27th Karen St. Arnaud
1st Paul Highberg	12th Susan Maxham	19th Emily Hood	27th David Westphalen
2nd Barbara Kelley	12th Ray DeReyna	20th Joanne Hershey	28th Thomas Watson
2nd Kimberly Christensen	13th Robert Griggs, Jr	20th Michael Mongulla	28th Janice Fleetwood-Bean
2nd Cora Koop	13th Eric Piper	21st David Sleeper	29th Wendy Jenne
2nd John Gilbert	14th Gerry Fields	21st Marcelle Derevensky	30th Nancy Pike
2nd Michael Manning	14th Nancy Schullinger	21st Anne Ladabouche	30th Eliza Brown
3rd Neil Jillson	14th Jennifer Kirkman	21st Barbara Arata	31st Pam Butler
3rd Dianne Bumps	14th Jennifer Brock	21st Ralph Mavilla	31st Carl Hurd
4th Mary Waters	14th Chris Prior	22nd Fern Kruse	31st Bob Hazen
5th Gordon Worth	14th Gayle Karow	22nd Holly Levison	31st Susan Robertson
5th Albert Pristaw	15th Rob Jones	22nd Joan Cota	31st Susan Kelley-Outten
5th Joe Dinatale	15th Judith Topolski	22nd Tara Melrod	
6th Hudson Maxham	15th John Sailer	22nd Lyn Kolb	
7th Carol Rauscher	15th Patti Storey	23rd William Barrows	
7th Judith Pierce	16th Priscilla Pannell	23rd Anne Dean	
7th Nancy Bartlett	16th Wendy Wannop	23rd Anne Marinello	
7th Holly Pierce	16th Janice Barron	25th Lloyd Osmer	
8th Bud Futschik	16th Judy Williamson	25th Nancy Anderson	
8th Anita Bonna	18th David Doubleday		
9th Jennifer Barnes			
9th Rosemary Smith			





# 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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## TRANSPORTATION

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

**Local transportation** to and from the Thompson Center is provided Monday through Friday between 8:30am – 3:00pm. Please call the Center to request rides with at least 24 hours notice. **Suggested minimum donation:** \$5 per ride round trip

**Medical Rides** to and from appointments to all Upper Valley providers can be arranged directly through Tri-Valley Transit at 802-728-3773. A minimum of 48 hours notice is requested for scheduling.

**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.