



The Thompson Times

Your resource to age well

SEPTEMBER 2022



September is National Senior Center Month Strengthening Community Connections

The National Institute for Senior Centers' 2022 theme for National Senior Center Month is Strengthening Community Connections. The 10,000 senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older Americans Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well. Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment!

This has never been as evident as over the past two and a half years during the coronavirus pandemic. Senior centers continue to be lifelines in the community—helping older adults stay safe, stay active, and stay connected, and, often, serving as core partners in emergency response for the whole community. We learned high-tech, low-tech, and no-tech ways to reach older adults outside the centers' walls. Now, as we are all learning to live with the pandemic, senior centers are applying these new strategies to reach people where and how they are most comfortable.

This September, join us and senior centers across the nation to celebrate the impact that senior centers have on the communities that they serve. ***Our Annual Senior Center Month Chicken BBQ will be held on Friday, September 16th, 12:00 pm, with music by The Occasional Jug Band. RSVP Required.***

Madrid's Retiro Park Virtual Live Walking Tour Tuesday, September 20, 10:30-11:30 am



Enjoy a lovely stroll through Retiro Park, the largest park in Madrid. Once home to the Habsburg royal palace, then later a military fortress housing Napoleon's troops and now a wonderful green oasis in the centre of the city. See the stunning Palacio de Cristal, a conservatory made almost entirely of glass, and a beautiful collection of gardens, galleries and even a tranquil lake. A treasured meeting and relaxing place for locals, Retiro park has many impressive statues and sculptures dotted through its gardens, with the most famous being the statue of the fallen angel, Lucifer, sitting at six hundred and sixty six metres above sea level.

Our special themed meal that day is Pollo en Pepitoria (traditional chicken stew with saffron, almonds and sherry), Rice Pilaf, Local Vegetables, Green Salad with Sherry Vinaigrette, Palmeras (cookie) and Fresh Fruit. Please sign-up in advance by contacting The Thompson.

And coming in October...Join us for a virtual live tour of a thousand years of history around Bergen's Harbour. one of the key locations to visit in Norway.

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
Jennifer Maxham, Program Assistant
& Support Staff,
jmaxham@thompsonscenter.org
Andrew Geller, Chef,
ageller@thompsonscenter.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

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

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Thompson's strategic plan process
- Facility maintenance
- Staff coverage during vacations
- Emergency planning
- Writing class question
- Request for pancake breakfast

Please join our next meeting on Sept. 5 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

Chef's Corner September 2022

Thank you all for your continued food donations, they are amazing and always welcome!

This month food from Madrid will complement our travel program on the 20th, we will be serving Pollo en Pepitoria (traditional chicken stew with saffron, almonds and sherry). *Pepitoria* chicken has truly ancient roots: it uses classic Moorish ingredients such as saffron and almonds, and in fact everything on the ingredient list was available in Spain prior to the Spanish colonization of the Americas. As one of the most typical foods in Madrid, you'll often find *pollo en pepitoria* as a lunch option.

We've had several requests for more soups so have added a few new ones to the menu this month. Back by popular demand are Chicken Parmesan, Ravioli, and Eggplant Parmesan.

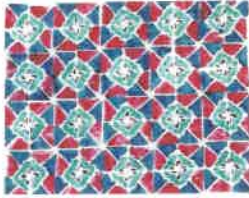
Bon Appétit!



Thank You 2022 Sponsors!



CREATIVE AGING



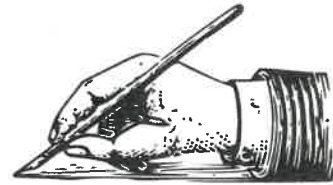
Art With Finnie Returns Wednesday, September 7, 1:30 pm

Craft group is back! This month join Finnie from ArtisTree in creating colorful, repetitive print designs using simple household items. Create a piece to frame or make on a smaller scale as a card to a friend.



Please register in advance by calling The Thompson.

Writer's Workshop with Local Author Robin Fisher Mondays on 9/12, 9/19, 9/26, 10/3, 10/17 and 10/24 1:00 – 3:00 pm , No classes on 9/5 and 10/10 holidays



Storytelling: How to make your story compelling and cinematic, using mood, detail, description and feelings. The workshop will include instruction as well as short writing exercises using prompts.

Robin Gaby Fisher is a Pulitzer Prize winning journalist and New York Times bestselling author who has written 12 non fiction books. Her latest book, Unmasked, with Paul Holes, debuted at No. 3 on the New York Times bestseller list. She retired as Director of the Journalism Program at Rutgers University, Newark campus, last year. She resides full-time in Woodstock with her husband, Loren, co-owner of the Focus Fine Art Photography gallery, and their Bernese Mountain Dog, appropriately named Pudge.

This free workshop requires advance registration and a minimum of 5 people. Students are asked to bring notebooks, ipads or laptops for note taking.

The Occasional Jug Band Friday, September 16, 12-1pm Senior Center Month Celebration



The Occasional Jug Band is a trio of versatile musicians who bring their high enthusiasm and years of professional musical performance to a repertoire packed with traditional Americana, including jug band favorites, blues, fiddle tunes and popular tunes with an irresistible ragtime twist.

Please join us for their toe-tapping performance at The Thompson during our National Senior Center Month Luncheon Celebration.



FALL TRIP- There's still room!

**The Log Cabin, Holyoke, MA
October 4th, Total cost: \$113**

**For details and to sign-up,
contact 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.



Witness History with Mystic Seaport Museum:

Russian Immigrant Inna Belova
Tuesday, September 6, 2:00 pm

Mystic is an SLN favorite, and we are excited to be back with them for another unique program!

This time we will meet one of the Museum role players who specializes in bringing her character to life and transporting people back to the 1800s. Inna Belova, a Russian immigrant in New London, by way of Alaska, shares entertaining personal travel and other stories and engages the participants through show and tell and gets folks moving with a little Russian dancing. We will also have a chance to speak with the educator out of character to learn how she created their character using primary and secondary sources.



Midwest Archeological Center

Tour through Time: Exploring History through Artifacts
Tuesday, September 13, 2:00 pm

The Midwest Archeological Center is dedicated to the study, interpretation and preservation of archeological resources within the National Park System, taking care of archeological collections from national parks. We conduct research on sites ranging from 10,000-year-old American Indian campsites to the garbage in Abraham Lincoln's backyard. Join us as we take a tour of stories of the human past and learn how we care for artifacts!



Abraham Lincoln Birthplace National Park

"Give me a child until he is 7, and I will show you the man." - Aristotle

Tuesday, September 20, 2:00 pm

The Abraham Lincoln Birthplace National Historical Park located in Hodgenville, Kentucky is home to the Sinking Spring Farm, also known as the birthplace of our 16th President Abraham Lincoln. The park is made up of 2 units: The Birthplace Unit and the Boyhood Home Unit at Knob Creek. It was here on these 2 farms, that Abraham Lincoln spent the first 7 years of his life. His Kentucky roots would have a lasting impact on the boy, who would later become President. In the early 20th Century, private citizens would band together to create the park, and the first national monument to Lincoln in the United States. Join Stacy Humphreys, the park's Chief of Interpretation and Resource Management as we explore Lincoln's Kentucky roots and influences, and she shares stories of the park's creation and detail the work that is still being done to tell the story of the early formative years of Lincoln's life.

PROGRAMS & EVENTS

Senior Learning Network Virtual Programs continued.....



Casa Grande Ruins National Monument **Tuesday, September 27, 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!



VERMONT LEGAL AID PRESENTS: **A Free Virtual Legal Advice Clinic for VT Seniors (AGE 60+)** **Thursday, September 29, 9-11:30 am** **To schedule an appointment, CALL: 1-802-318-4169**

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!

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.

Coming in October... Another Chat with The Chief

Thanks to all who attended Woodstock Police Chief Robbie Blish's informal chat at The Thompson in July. It was most informative and we are grateful for the time he afforded us. We look forward to his return in October. A date will soon be publicized.

PROGRAM CALENDAR - SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
			1	2
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS			10 Cribbage 12 Spanish Table 12:30 Tech Support	10 BINGO 10-12 CCC Office Hours 1 Mahjong
5	6	7	8	9
CLOSED For Labor Day	1 Mahjong 2 SLN Program: Mystic Seaport	10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1:30 Art with Finnie	10 Cribbage 12 Spanish Table	10 BINGO 10-12 CCC Office Hours 1 Mahjong
12	13	14	15	16
10 BINGO 11 Walking Group 1 Advisory Meeting 1-3 Writer's Workshop	10:30 Reflexology 12 Caregiver Support Group 1 Mahjong 2 SLN Program: Midwest Archeological Center	9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	9-2:30 Foot Clinic 10 Cribbage 12 Spanish Table 12:30 Tech Support	Senior Center Month Celebration Music with Occasional Jug Band 10 BINGO 1 Mahjong
19	20	21	22	23
8:30 Newsletter Folding 10 BINGO 11 Walking Group 1-3 Writer's Workshop	9:30 Commodities 10:30 Virtual Live Walking Tour: Madrid Retiro Park 1 Mahjong 2 SLN Program: Abraham Lincoln Birthplace 3 Bone Builders	8:30 Board Meeting 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	Birthday Day 10 Cribbage 12 Spanish Table 3 Bone Builders	10 BINGO 1 Mahjong
26	27	28	29	30
10 BINGO 11 Walking Group 1-3 Writer's Workshop	9 Reflexology 1 Mahjong 2 SLN Program: Casa Grande Ruins 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	9-11:30 am Virtual Legal Advice 10 Cribbage 12 Aging Resource Virtual Program 12 Spanish Table 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong

MENU - SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
			1	2
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		Chefs Choice Day	Turkey Club Sandwich with Cheddar and Bacon, Lettuce, and Tomato on Whole Wheat Bread, Tomato, Cucumber, Red Onion Salad, Fruit
5	6	7	8	9
CLOSED for Labor Day	Spaghetti and Bolognese Sauce (Cloudland Farm Beef) Garlic Bread, Mixed Green Salad, Local Vegetables, Fresh Fruit	White Stew with Chicken and Garden Vegetables, Mashed Potato, Garden Salad, Dinner Roll, Pumpkin Pie, Fresh Fruit	Eggplant Parmesan Casserole with Basil Pesto, Kale, Mushrooms and Marinara Sauce, Tossed Green Salad with Quinoa, Fetta and Olives, Fresh Fruit	Tomato Soup and Grilled Cheese Sandwich, Mixed Green Salad with Maple Herb Dressing, Fresh Fruit, Ice Cream with Fruit Compote
12	13	14	15	16
Spinach Ravioli with Chicken, Local Vegetables and White Wine Sauce, Mixed Green Salad with Garden Vegetables, Fresh Fruit	New England Style Clam Chowder Soup, Corn Bread, Tossed Green Salad with Green Goddess Dressing, Fresh Fruit	Chef's Choice Fish of the day, Cauliflower Mash, Local Vegetables, White Wine Sauce, Dinner Roll, Brownies, Fruit	Chicken Parmesan Risotto with Peas and Mushrooms, Local Vegetables, Caesar Salad, Peach Cobbler	Senior Center Month Celebration Chicken BBQ, Maple Baked Beans, Broccoli Brunch Salad, Potato Salad, Fruit Ice Cream w/ Bananas & Butterscotch
19	20	21	22	23
Tuna Salad Sandwich on Whole Wheat Bread, Lettuce and Tomato, Roasted Vegetable Salad, Fresh Fruit	Virtual Travel Day Theme Meal Pollo en Pepitoria (traditional chicken stew with saffron, almonds and sherry), Rice Pilaf, Local Vegetables, Green Salad with Sherry Vinaigrette, Palmeras (cookie), Fresh Fruit	Broccoli Bacon Chowder, Mixed Green Salad, Dinner Roll, Fresh Fruit Salad with Mint & Honey	Birthday Day Pork Tenderloin, Mashed Potato, Local Vegetables, Mixed Green Salad with Ranch Dressing, Apple Cobbler	Cheese Burger on a Whole Wheat Bun with Lettuce, Tomato, Onion and Pickle, House Spread. Potato Salad, Ice Cream Sundae with Fruit Compote
26	27	28	29	30
Beef French Dip on a Whole Wheat Hoagie with Au jus, Mixed Local Vegetables. Tossed Garden Salad With Vidalia Onion Vinaigrette, Fresh Fruit	Chicken Marsala with Roasted Potato and Garden Vegetables, Caesar Salad, Fresh Fruit and a Cookie	Chef's Choice Fish of the day, Rice Pilaf, Local Vegetables, Tossed Garden Salad, Lemon Caper Sauce, Dinner Roll, Ice Cream	Tortilla Soup with Chicken and Avocado and Mixed Vegetables, Mixed Green Salad with Lime Vinaigrette, Dinner Roll, Fruit	Vegetable Lasagna with Marinara Sauce, Local Vegetables, Mozzarella and Parmesan Cheese, Greek Style Salad with Olives, Carrots, Tomatoes and Croutons, Strawberry Sorbet

Share the Harvest

While harvesting your gardens, please consider donating some of your extra vegetables 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.



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 – an Excellent Balance, Memory, and Coordination Practice

Whether you've done tai chi before or not, you are welcome to join our classes at the Thompson. Instructor Anne Bower keeps things upbeat and relaxed and helps you make the adjustments your body requires. Our small classes make learning easy! If you have questions email her at anniebower71@gmail.com.

Tai Chi for Beginners (a fall prevention form): Wednesdays 9:30-10:30, \$3 per class

Sun 73 Forms (a longer, more challenging form): Wednesdays 10:40-11:40, \$3 per class

Schedule: August 3, 10, 24, 31

September 14, 21, 28

October 5, 12, 19, 26

Bone Builders on Tuesdays and Thursdays, 3-4 pm

Led by Certified Instructor, Althea Derstine

No class on Sept. 1, 6, 8, 13, 15

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

AGING WELL

Mark Your Calendars!

Seasonal Drive-Thru Flu Clinic Offered by VNH of Vermont and New Hampshire
Tuesday, October 11, 9:00 a.m. – 2:00 p.m.

Located behind The Thompson Center at Heritage Condos - no appointment necessary
We have been assured by the VNH that high-dose vaccine will be available .

How Do I Find Reliable Health Information Online?

A Dartmouth Aging Resource Center Virtual Program
Thursday, September 29, 12:30 pm to 2:00 pm

Leaders: Pamela Bagley, PhD, MSLIS and Elaina Vitale, MSLIS

Searching for health information online can be intimidating in the best of times—it is hard to know what to trust! This workshop will introduce sources for finding reliable health and wellness information online. You will also learn tips for evaluating online health information, and discuss how to apply these tips to the ever-changing (and overwhelming) amount of online information about COVID-19.

Register at <https://events.dartmouth-hitchcock.org/event/virtual-how-do-i-find-reliable-health-information-online-6/>.

You will receive a zoom link for this class 60 minutes before the class starts. The zoom link will be sent directly to the email you registered with.

Reflexology with Deb Neuhoﬀ

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, September 15, 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.

AARP Smart Driver Class

This 4.5 hour refresher course is open to all drives 50 years and older

Friday, November 4, 8:45 a.m. – 2:30 p.m.

Lunch Break 12:00 – 1:00 p.m.

Cost: \$20 for AARP Members, \$25 for Others



The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and how to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. The class will address Vermont driving regulations, many of which have changed over the years. Many insurance companies offer a discount to drivers who have completed the class. Drivers who have qualified for a discount by taking the course must take a refresher course every 3 years. There are no tests. Register in advance.

RESOURCES

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 COVID-19 TEST KITS** are available to every home in the U.S and can be ordered using this link: <https://www.covidtests.gov/>.

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

No office hours on Sept 16 & 23

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. Please sign-up in advance for lunch.

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!

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Share the Harvest:

Kevin Rice
 Erwin Fullerton
 Wayne Stevens
 Joyce Dann
 Fran Capossela
 Fran Lancaster
 Bob & Darlene Griggs

Charlotte Donaldson - flower centerpieces

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

**Thank
 YOU!**

Thanks to our summer kitchen staff who are heading back to school:

**Ethan Mello
 Cooper Jones
 Harrison Macrae**

IN MEMORY OF

Nancy Lewis
 Judy Eger

Warren "Bud" Jenne
 Susan Ditto

Sharon Schellong
 Merrill & Fern Kruse

Al Colonero
 Merrill & Fern Kruse



SEPTEMBER BIRTHDAYS

1st Beverly Audsley	12th Alex Henzel	23rd Anne Marie Bohn
1st Anne Herz	12th Marianne Ralph	23rd Sherrilyn Sytsma
1st Althea Derstine	14th Bo Gibbs	24th Juris Kaugerts
1st Suzanne Serat	14th Mary Fullerton	24th Jurgen Ewert
2nd Helen Howe	14th Robyn Huck	24th Nancy Schmitt-Gaede
2nd Marian Whitaker	15th Mary Hawkins	24th Hilder Allen
2nd Donald Lovejoy	15th Dale O'Brien	25th Charles Malerich
2nd Raymond Powell	15th Colleen Warren	25th Michelle Spencer
2nd Abraham Oort	16th Martha Leonard	26th Kathleen Kjerulff
3rd James Gebhardt	16th Betty Powell	26th Joanne Smith
3rd Dawn Mathis	16th Noreen Binder	26th Angel Rubino
3rd Vern Harris	17th Roberta Morse	26th Pauline Carr
3rd Gerhard Sihler	17th Robert McElwain	26th Robin Warren
4th Elizabeth Schellhorn	17th Linda Smiddy	27th Neil Marinello
4th Dale Kjerulff	17th Marie Oldenburg	27th Jennifer Schmidtko
5th Joy Corduff	18th Felicitas Leonard	28th Mary Ann Daly
5th Laura Robinson	18th Ruth Harrington	28th Virginia Kiely
6th Ken Woodhead	19th Mary Church	29th Prudence Schuler
6th Debbie Darling	19th Juan Huaman	29th Anita Clark
7th Barbara Scully	20th Patsy Highberg	29th Deb Kalanges
7th Kathleen Camp	20th Veronica Skerker	29th Greg Greene
8th Roy Snell	20th Jean Keleher	30th John Doten Jr
9th Tambrey Vutech	21st Tuesday Wright	
10th Sandra LaCoss	21st Phyllis Arata-Meyers	
10th Albert Whittier	22nd Daniel Bruce	
11th Leland Mahood	22nd Evangeline Monroe	
11th John Moore	22nd Karen Hawkes	
11th Margaret Gray	22nd Roswell Harlow II	



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



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



Like us on



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.