



The Thompson Times

Your resource to age well

OCTOBER 2022

Thompson Annual Meeting *Building our Future Together*

Join us on **Wednesday, October 26th at 10:30 am** for the meeting and a delicious lunch to follow.

The Annual Meeting is also an opportunity to vote on and welcome new board members and council members, celebrate achievements, and review our year-end (unaudited) financial statements. We will be sharing details about our newly adopted 5 year strategic plan and next steps in our Building Renovation Project.

Our Lunch Menu Includes:

Spinach Ravioli with Turkey Bolognese Sauce, Greek Style Salad with Feta and Olives, Garlic Bread, and Fresh Fruit, Suggested Donation: \$5.00

Call 457-3277 or email: sborz@thompsonscenter.org to order lunch and RSVP for the annual meeting. In person and virtual options.



Thompson Wagon Ride at Billings Farm

Thursday, October 13

Meet at Billings Farm Visitor's Center Desk
at 1:15 for 1:30 pm departure.

\$12/person payable to The Thompson Center

We look forward to enjoying the splendor of October foliage on our private wagon ride at Billings Farm. Our route will take us through scenic farm pastures and woods and there will be fall refreshments at the end of our ride.

Please call The Thompson to reserve your seat. Riders are welcome to bring their own blankets as they are not provided.



Oktoberfest Celebration

Friday, October 14, Noon

Join us as we partake in this celebration with a traditional meal of:

Grilled Bratwurst, Kartoffelsalat (German Style Potato Salad), Gürkensalat (German Cucumber Salad), Streuselkuchen (German Crumb Cake)

Please pre-register by calling
The Thompson Center.

We look forward to celebrating with you!

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,
paula@thompsonscenter.org
Pam Butler, Program Director,
pbutler@thompsonscenter.org
Jen Bloch, Marketing Coordinator,
jbloch@thompsonscenter.org
Shari Borzekowski, Aging at Home
Resource Coordinator,
sborz@thompsonscenter.org
Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonscenter.org
Andrew Geller, Chef,
ageller@thompsonscenter.org

Drivers: Tom Morse, Carl Hurd

Senior Solutions (Formerly Council of Aging
for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinator
Carla Kamel, MSW
Ottawa 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
Richard Wacker
Paulette Watson

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Upcoming fall trips and program announcements
- Reminders about reservations for lunch
- Option for smaller portion sizes - notify volunteer wait staff

Please join our next meeting on October 3 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

Lunch Reservation and Grab-n-Go

Just a reminder that we require reservations for all meals by calling The Thompson by **10:30 am the day of or sooner if you're able**, as we are filling up regularly, and meals are on a first-come-first-serve basis. This is especially important with supply chain issues.

Our Grab-n-Go meals have always been intended as a short term solution during Covid and while we had funding allocated for this service. We are no longer receiving that funding and will be discontinuing this meal alternative as of October 1st. Please consider dining in house or transitioning to our Meals on Wheels program if applicable.

Thank you for cooperation and see you at lunch!

Thank You 2022 Sponsors!



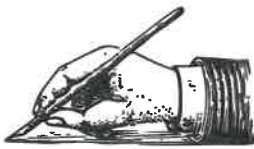
CREATIVE AGING



Art With Finnie from ArtisTree *Van Gogh Sunflowers* Wednesday, October 5, 1:30 pm



Take inspiration from the master of sunflower painting, Vincent Van Gogh. We will walk through sketching and filling in a sunflower still life using the bold colors and distinct markings to create a VanGogh-like painting to brighten your home or a friend's day. *Please register in advance by calling The Thompson.*



Writer's Workshop with Local Author Robin Fisher is **FULL** Mondays on 10/3, 10/17 and 10/24, 1:00 – 3:00 pm



Local Author, Geza Tatrallyay Presents at The Thompson Thursday, October 6, 1:00 pm

Russia's invasion of Ukraine is a horrific and devastating destruction of a country and the lives of its people. Geza Tatrallyay lived through a similar invasion during the Hungarian Revolution in 1956, and like five and a half million Ukrainians, his family escaped during the conflict. In his first memoir, *For the Children*, Geza has written about his experiences as a seven-year-old child when his parents tried three times to leave their country of birth to be able to raise their children in dignity and freedom in the West. These experiences shaped his life and also prepared him for two other approaches later in life by young people who wanted to defect – first at the world's fair, Expo 70, in Osaka, Japan, where he was a host in the Ontario Pavilion and was approached by three Czechoslovak girls, and at the Montreal 1976 Olympic Games, where he represented Canada in épée fencing and helped a Romanian-Hungarian fencer friend defect to Canada. These two subsequent escape events are the subjects of two other memoirs, *The Expo Affair* and *The Fencers*, and the three books together form Geza's Cold War Escape trilogy, and will form the main subject of his talk.

BAZAAR CRAFT WORKSHOP

Wednesdays, October 12, 19, 26 at 1:00 pm

Calling All Crafters! Join us as we prepare for our annual Holiday Bazaar. We will be making an assortment of knitted and sewn items as well as holiday decorations. Our workshops will be held on Wednesdays, 1:00-2:30 pm. We will have projects set up and we need your helping hands to put them together.

Do you have items to donate for us to sell at the Bazaar? If so, please contact Paula.

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.



"Powerful Partnerships" - Civil War Era Couples

National Portrait Gallery

Tuesday, October 4, 2:00 pm

Long before the term "power couple" found its way into English lexicon, dynamic duos had been making their mark on U.S. history. *"Powerful Partnerships: Civil War-Era Couples"* sheds light on the stories and faces of five couples whose work and lives shaped the nation around them during tumultuous times. Featuring photography by the

iconic Mathew Brady Studio, the exhibition introduces visitors to the exploits of Nathaniel and Mary Banks, John and Jessie Frémont, Ulysses and Julia Grant, George and Ellen McClellan, and Charles and Lavinia Stratton (better known to the public as Mr. and Mrs. Tom Thumb).



Celebrate Eleanor's Birthday - at home viewing only with the FDR Presidential Library and Museum

"Eleanor Roosevelt, Tireless Advocate for Change"

Tuesday, October 11, 2:00 pm

Having been First Lady for 12 years, and then pursuing a career as a social activist for 17 years on her own, Eleanor Roosevelt had a tremendous impact on the social conditions in this country, and around the world. This session explores some of the

causes to which she lent her considerable skills and encouragement.



Frederick Douglass National Historic Site, DC

"I would unite with anybody to do right and with nobody to do wrong."

Tuesday, October 18, 2:00 pm

Frederick Douglass spent his life fighting for justice and equality. Born into slavery in 1818, he escaped as a young man and became a leading voice in the abolitionist movement. People everywhere still find inspiration today in his tireless struggle,

brilliant words, and inclusive vision of humanity. Douglass's legacy is preserved here at Cedar Hill, where he lived his last 17 years.



"The Tabors: An Epic Tale of the West"

National Mining Hall of Fame and Museum

Tuesday, October 25, 2:00 pm

H.A.W Tabor lived the 19th century dream migrating to the west and finding wealth. After working as a stone cutter he moved west from Maine with an abolitionist party He took up a farm in Kansas. In 1855 he married a long time sweet heart

Augusta Pierce and brought her from Maine to the Kansas farm. In 1859 they joined the Pikes Peak gold rush. The family including Augusta and their one and one half year old son Maxcy traveled 600 miles in a covered wagon to Auraria (now Denver Colorado where they struck it rich in CA. Gulch (near what is now) Leadville Colorado. According to the 1860 census Augusta was one of 36 women and 2000 men in the gulch. They stayed in the area where he, Augusta and Maxcy were successful in business and mining. In 1874 silver was discovered in the area. By the end of 1878 H.A.W. had accumulated immense wealth from his mining interests. He was elected Lt. Governor of Colorado and served a brief term as U. S. Senator. In 1883 he divorced Augusta his wife of 26 years and married Elizabeth Bonduel McCourt Doe (later known as Baby Doe) 24 years his junior. Stay tuned for the fascinating "rest of the story!"

PROGRAMS & EVENTS

Come Travel with us! **Virtual Live Walking Tour in Norway** October 4, 11am – 12pm



The old and well-preserved Bergen wharf is one of the key locations to visit in Norway. Our knowledgeable guide will start this virtual tour right from Bryggen and will narrate about the history of the Hanseatic League and how it had affected medieval trade. You will learn about the everyday life of the locals and merchants of that time and how they made a living. Then, the tour will proceed to the city port, which has played an enormous role in the city's trade. Eventually, the tour will come to an end near St. Mary's Church, the oldest building in the city and the church that was eventually taken over by German merchants of the Hanseatic League.

Theme Lunch: Norwegian-Style Meatballs with Egg Noodles, Roasted Vegetables, Norwegian-Style Almond Cake, Fresh Fruit. RSVP in advance.

Chat with The Chief Wednesday, October 12, 12 pm followed by 1pm Open Discussion

Woodstock Police Chief Captain, Robbie Blish, will join us for lunch and open discussion on topics of interest and answer any questions about local matters. Please join us and be sure to call ahead for your lunch reservation.



Nunsense – The Funny Nunny Musical At the Grange Theater, October 19, 2:00 pm Matinee Cost \$25 per person with your own transportation

Join the Little Sisters of Hoboken for a hysterically haphazard variety show to raise emergency funds for the convent. After a bad batch of Sister Julia – Child of God's vichyssoise killed off fifty-two of the nuns, the survivors emptied the coffers to bury the deceased but ran out of cash before the last few bodies could be laid to rest. Will their prayers be answered before the health department discovers their secret? With hilarious talent acts, musical numbers, and help from the audience, Nunsense has blessed theatre goers worldwide for over 30 years and is the second longest-running Off-Broadway show in history.

We have purchased a limited number of the first two front rows of seats and payment with your reservation will confirm your seat



VERMONT LEGAL AID PRESENTS:
Free Legal Advice Clinic for VT Seniors (AGE 60+)
Thursday, October 27, 9-11:30 am
To schedule a phone 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!

PROGRAM CALENDAR - OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10 BINGO 11 Walking Group 1 Advisory Meeting 1-3 Writer's Workshop	9-2 Reflexology 11 Norway Virtual Live Tour 1 Mahjong 2 SLN: Civil War Era Couples 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1:30 Art with Finnie	10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 1 Author Talk	9 Breakfast Day 10 BINGO 10-12 CCC Office Hours 1 Mahjong No lunch served
10	11	12	13	14
CLOSED For Indigenous Peoples' Day	9-2 Drive Thru Flu Clinic 10:30-2 Reflexology 12 Caregiver Support Group 1 Mahjong 2 SLN: Celebrate Eleanor's Birthday (ahome) 3 Bone Builders	9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 12 Chat with the Chief 1 Gentle Yoga 1 Bazaar Workshop	10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 1:15 Wagon Ride at Billings Farm	Oktoberfest 10 BINGO 10-12 CCC Office Hours 1 Mahjong
17	18	19	20	21
8:30 Newsletter Folding 10 BINGO 11 Walking Group 1-3 Writer's Workshop	9:30 Commodities 1 Mahjong 2 SLN: Frederick Douglass 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1 Bazaar Workshop 2 Nonsense at Grange Theater	1:1 Medicare Assistance by appt 9-2:30 Foot Clinic 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support	10 BINGO 10-12 CCC Office 1 Mahjong
24	25	26	27	28
10 BINGO 11 Walking Group 1-3 Writer's Workshop	9-2 Reflexology 1 Mahjong 2 SLN: The Tabors 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Annual Meeting 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1 Bazaar Workshop	Birthday Day 9 Virtual Legal Aid 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 1-3 Falls Prevention & Balance Screenings 3 Bone Builders	10 BINGO 10-12 CCC Office 1 Mahjong
31				
10 BINGO 11 Walking Group	1 Mahjong 3 Bone Builders		RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS	

MENU - OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Chicken Salad Sandwich on Whole Wheat Bread with Craisins, Celery, Lettuce & Tomato, Broccoli Brunch Salad, Fresh Fruit	Norway Tour Theme Lunch Norwegian-Style Meatballs with Egg Noodles, Roasted Vegetables, Norwegian Style Almond Cake, Fresh Fruit	Baked Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger and Lemon, Steamed Broccoli, Fresh Fruit Ice Cream	Spaghetti with (Cloudland Farm Ground Beef) Bolognese Sauce, Mixed Green Salad with Vegetables, Croutons & Ranch Dressing, Garlic Bread, Fresh Fruit	Breakfast Day Scrambled Eggs, Vermont Sausage Links, Home Fries, Pancakes, Toast, Fresh Fruit
10	11	12	13	14
CLOSED for Indigenous Peoples' Day	Split Pea Soup with Chicken & Vegetables, Dinner Roll, Yogurt with Granola, Fresh Fruit and Maple Syrup	Braised Pork Chops with Garlic, Tomato Sauce and Fresh Herbs, Soft Polenta, Sautéed Mixed Vegetables, Blueberry Cobbler	Citrus Honey Garlic Baked Chicken Thighs, Steamed Jasmine Rice, Local Fall Vegetables, Fresh Fruit, Cookies	Oktoberfest Grilled Bratwurst, Kartoffelsalat (German Style Potato Salad), Gurkensalat (German Cucumber Salad) Streuselkuchen, German Crumb Cake
17	18	19	20	21
Turkey Club Sandwich with Cheddar Cheese, Bacon, Lettuce, Tomato and Mayo, Bean Salad, Chocolate Chip Brownie	Baked Chicken with Mushrooms and Fresh Herbs, Orzo Pasta w/ Sweet Peppers and Peas, Roll, Caesar Salad, Ice Cream Sundae with Fruit Topping	Vegetable Lasagna with White and Red Sauce, Mozzarella, Parmesan Cheese, Mixed Green Salad, Garlic Bread, Fresh Fruit Salad with Mint and Honey	Beef Chili, Corn Bread, Cole Slaw, Apple Crisp	Grilled Pork Tenderloin, Baked Potato, Local Vegetables, Pumpkin Pie with Whipped Cream, Fresh Fruit
24	25	26	27	28
Butternut Soup, Tossed Salad with Almonds, Cranberries & Citrus Vinaigrette, Roll, Fruit Yogurt Parfait	Chicken Fricassée (French White Stew) with Carrots, Peas & Mushrooms, Mashed Potato, Spinach Salad, Fruit, Apple Crumb Pie	Spinach Ravioli with Turkey Bolognese Sauce, Greek Style Salad with Feta and Olives, Garlic Bread, Fresh Fruit	Birthday Day Roasted Pork Chop with Hunter Style Gravy, Baked Potato, Local Fall Vegetables, Cake & Ice Cream, Fruit	Pulled BBQ Chicken Style Sandwich on a Whole Wheat Bun, Potato Salad, Mixed Green Salad with Ranch Dressing, Fresh Fruit
31				
New England Style Clam Chowder Soup, Corn Bread, Mixed Green Salad, Blueberry Pie	RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am *menu subject to change based upon dietary restrictions & product availability* *Please make requests for substitutions & special items in advance* 2% milk, juice, coffee, tea with all meals			

ACTIVE AGING

Walk with us this Fall on the Ottawaquechee River Trail

Mondays at 11:00 am for a 45 minute walk

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

Join Carla for a leisurely, brisk walk for fresh air, socialization, and overall well-being until colder returns. Walkers should meet at East End Park, Maxham Meadow Way, adjacent to the Ottawaquechee River unless otherwise specified.

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

Wednesday, October 5, 12, 19, 26

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

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 as long as seasonable weather allows.

Strength Stretch and Stability Class Returns to the Thompson

Thursday mornings beginning October 6 at 10:30

We welcome exercise Instructor Liz Hatfield and her students back to The Thompson! For those who wish to continue classes via zoom, this will be a hybrid class and you can continue to exercise from home. A zoom link will be provided as requested. Newcomers are always welcome!

AGING WELL

Seasonal Drive-Thru Flu Clinic

By VNH of Vermont and New Hampshire
Tuesday, October 11, 9:00 am – 2:00 pm

We have been assured by the VNH that the high-dose vaccine will be available.

Located behind The Thompson Center at Heritage Condos - no appointment necessary

The VNH requests that pets be left at home and not in the drive-thru.

Mobile Vaccination Walk-in Clinics

10/1, 10/15, 10/29

9:00 - 11:30 am

The Primary Series (Initial Doses) and Pediatric Covid Vaccines will be available as well as the updated Bivalent Boosters.

For more information visit
www.healthvermont.gov/covid-19/vaccine

Located at the Woodstock HS/MS Parking Lot

Open Enrollment Period –

1:1 Assistance Available at The Thompson by Appointment

October 20, November 3, 7, and December 1

October 15 through December 7, 2022 is the Open Enrollment Period for Medicare Advantage Plans (Part C) and Prescription Drug Coverage Plans (Part D). During this time you are able to join a Medicare Part C or D plan. Your plan will take effect on January 1, 2023. If you already have a Medicare plan, this is the time to re-evaluate your health care needs and compare them to your current plan benefits. If you decide to stay with your current plan there is no further action required to renew it.

Thompson's Annual Falls Prevention Awareness Program and Balance Screenings

Presented by MT. Ascutney Hospital Physical Therapists

Thursday, October 27, 1:00 – 3:00 pm

There are so many things you can do to stay steady and prevent a fall!

- Check your vision yearly
- Pick up clutter
- Review your medications
- Get physically active

Individual balance screenings by licensed Physical Therapists using the CDC-approved STEADI criteria are available by appointment. Participants can participate in a brief balance screen and receive recommendations based on the results. Pre-registration is needed to ensure that time is allotted for screening. For more information and to register, please call The Thompson. Please wear comfortable clothes and shoes.

AARP Smart Driver Class

This 4.5 hour refresher course is open to all drivers 50 years & older

Friday, November 4, 8:45 am– 2:30 pm

Lunch Break 12:00 – 1:00 pm

Cost: \$20 for AARP Members, \$25 for Others (payable to AARP)



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

Fuel Assistance Program Reminder—Do not wait to apply!

It is time to sign up for Vermont's Seasonal Heating Fuel Assistance Program ("LIHEAP"), which can offset winter heating costs from a few hundred to even a few thousand dollars. This program can help you lower your bills whether you heat with oil, kerosene, propane, electric, coal, wood pellets, or cordwood. More information and 1:1 application assistance is available on Fridays by appointment by calling The Thompson Center.

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@thompsonscenter.org

Advance Directive Assistance is Available

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? An Advance Directive spells out your wishes and appoints someone to represent you if you are not able. Trained and caring volunteer will be at the Thompson each month on a Monday afternoon. These volunteers will take the time to explain this simple process. Call The Thompson at 802-457-3277 to schedule an appointment.

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. 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!

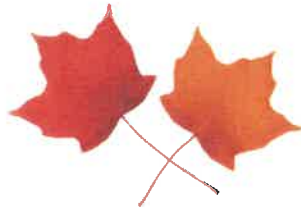
IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Elaine Chase - books
 Medical Equipment Donations:
 Dave & Adele McFarlin
 Sonja Blanchard
 Elizabeth Jones
 In memory of Barbara Gilbert
 In memory of Jane Curtis

SHARE THE HARVEST

Billings Farm
 Wayne Stevens
 Ann Bower
 Opal Evans
 Diane Atwood
 Dick & Linda Brackett
 Robert & Darlene Griggs
 Cat & Ric Harriman
 Peggy Kannenstine
 BJ Dunn
 Woodstock Farmers Market



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



OCTOBER BIRTHDAYS

1st Linda Stackhouse	9th Daphne Moritz	15th Charles Martin	21st Frederick Weremy
1st Barbara Capman	9th Tina Morgan	15th Shirley Garafano	21st Kristi Clark
2nd Jane Soule	10th Todd Reuben	15th Christopher Sluicer	21st Alan Blackmer
2nd Diana Leskovar	10th Donna Ladeau	16th Dorothy Forthmann	21st Cindy Cook
2nd Regina Cummings	11th Joyce Horton	16th Marie Clement	21st Chuck Fenton
2nd Elsa Lind	11th Cornelia Kachadorian	17th Richard Roy	22nd Mark Knott
2nd Libbet Downs	11th Marjorie Wakefield	17th Robert Rosenberger	22nd Kevin Daly
2nd Dottie Deans	11th Anne Denham	17th Toni Vendetti	23rd Paula Audsley
5th Sam Heath	12th Tina Miller	18th Therese Fullerton	23rd Tom Deedy
5th Annie Smith-Jones	12th Linda Stevens	18th Bob Belisle	24th Keith Blake
6th Elizabeth Berry	12th Matthew Maxham	18th Vassie Sinopoulos	24th Margaret Beirne
7th Judith Lander	13th Gerald Monroe	18th Lloyd Oldenburg	24th Barbara Leonard
7th Blanche Rea	13th Joanne Boyle	18th Patricia Herrington	24th Susan Leventoff
7th Jeanette Duquette	13th Kathy Dudley	19th Sandra Von Unwerth	25th Betsy Rhodes
7th Nancy Matthews	13th Susan Scibetta	19th David Singer	26th Martha Virgin
8th Robert Hager	13th Beverly Tourville	19th Gareth Henderson	27th Betty Munro
8th Mavis Shaw	14th Allen Dougherty	20th Dwight Camp	28th Jim Havill
8th Diane Atwood	14th Kathy Hall	20th Brooke Beaird	28th Honey Donegan
8th Valerie Bridge	14th Punch Taylor	20th Joan Keramis	29th Julia Watson
8th Charles Kimbell	14th Edward Durgin	20th Joan Slocum	29th Gretchen Wilson
8th Anne Bourne	14th Alberto Santana	20th Joan Curtis	30th Nelson Gilman
8th Jane Bird	14th Sharon Stead	21st Judith Hills	30th Louise Brickelmaier
8th Judy Bess	15th Daniel Bellmore	21st Deborah Gravel	
	15th Dorianne Guernsey		



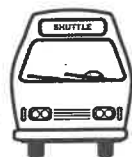
The Thompson

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.