



The Thompson Times

Your resource to age well

JANUARY 2023

WINTER Fun with the Thompson!

An Uncommon Look at the Common Loon

Thursday, January 12, 1:00 pm

Loons are one of the North Country's icons. Their haunting calls echoing are a highlight of living near a pond. The chance to see them carrying their chicks on their backs is a treat. Join us as photographer Ian Clark gives us an inside view of their lives with his presentation "An Uncommon Look at the Common Loon." Since 2012, Ian has spent a couple thousand hours photographing on ponds throughout New England and the Adirondacks following loons. Common loons are large, territorial birds. Loons are devoted parents and a pair will raise one or two chicks each year. Ian's presentation will show them courting, defending their territory and raising their chicks.

Writing a "Legacy Letter": Sharing Your Values with Loved Ones

An online presentation by Jay Sherwin

Tuesday, January 24, 1:00-2:30 PM, Cost: \$20

A legacy letter (also called an "ethical will") is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A Legacy letter is not a formal legal document or a full-length memoir; it's a brief personal statement, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for your family, friends and loved ones. This workshop is designed to introduce the concept of legacy letters and to help you craft your own legacy letter. It includes discussion and a few brief writing exercises. Jay will offer advice to help you complete your legacy letter, share it with loved ones and preserve it for future generations.

Jay Sherwin has practiced law, given away money for five charitable foundations and served as a hospital chaplain. Drawing on all those experiences, Jay created the Life Reflections Project to educate people about legacy letters and ethical wills; he now teaches classes and workshops on legacy writing and helps people create their own legacy documents. You can read more on Jay's website at www.jaysherwin.com.



Music in January!

Brent Buswell returns on Jan. 5th

New musician Kirsten Becker joins us on Jan. 26th

Learn more on page 3.



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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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Transportation Coordinator,
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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
Ottawaquechee Health Center, 457-5414

Tri-Valley Transit 802-728-3773

BOARD OF DIRECTORS

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BEHIND THE SCENES

Thompson Winter Gala

Elegant Dinner, Auction, Dancing

Sunday, February 3, 2022

Live Music by House on Fire

RSVP at 802.457.3277 or

www.thompsonscenter.org/gala2023

ADVISORY MEETING HIGHLIGHTS

- Holiday Bazaar review and special thanks to Paula Audsley and all volunteers
- Upcoming holiday events and January program announcements
- New Share & Listen program will begin in January. This is an opportunity to share thoughts about topics like the experience of aging, the role of elders, grief, joy, and more.
- Discussion about meals and other Thompson happenings

Please join our next meeting on January 9 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

Winter Weather Closing Policy

Our weather policy is to close the center if our school district is closed or delayed. We will post on Facebook if we are closed, and we will also change the voicemail message at the center by 6:30am. Those who are registered for programs will also receive a call after 8am. Snow day meals are sent out in advance of any expected storm. Virtual programs continue as scheduled.

A final big thank you to all of our 2022 sponsors!
We are now gathering annual sponsorships for the 2023 Winter Gala

Thank You 2022 Sponsors!



CREATIVE AGING

Art with Finnie

Always on the first Wednesday of each month, January 4 at 1:30 pm



We will acknowledge the Chinese New Year with another fun art project. 2023 is the year of the RABBIT!

The year of The Rabbit is one where the sacrifices of the past are rewarded generously. All the seeds of effort we have sown shall finally bear fruit whose sweetness is determined by the purity of our heart's intent. Join Finnie for this fun, easy-going craft group. This month we will focus on the Zodiac symbol "rabbit" observing the traditional red paper cuts and we will create our own rabbits to commemorate the Chinese New Year. Please register in advance.

Returning and new musicians join us in January!

Music with Brent Buswell
Thursday, January 5, 1:00 pm



We welcome Brent's return to the keyboard and accordion for our listening pleasure.

Music with Kirsten Becker
Thursday, January 26, 1:00 pm

As the daughter of a pastor, Kirsten Becker had many opportunities to play the piano and coordinate music at her local church. She performed her first classical piano concert for friends and family at the age of twelve, and continued to perform in statewide venues and competitions throughout high school. In 2020, Kirsten completed her Bachelors of Music degree in piano performance at Keene State College. During her time at Keene State, she was the recipient of the Music Talent Scholarship, the Dr. Bartlett C. Swett Visual and Performing Arts Scholarship, the Presser Scholar Award, and the Keene State College Instrumentalist of the Year Award.

She has since recorded two albums and written over fifty pieces for an assortment of ensembles, including solo piano, soprano and piano, choir, instrumental duets and concert band. In 2020, she formed The Becker Sisters duo with her sister, Alyssa (KSC alumni, class of '22) and together they tour New England performing originals from their debut album, "Love and Thought".



Share and Listen: Thoughtful Aging
Meeting on the 3rd Thursday of each month
Beginning on January 19, 1:00 pm

The Thoughtful Aging Group provides an opportunity to share your thoughts and feelings about getting older and, in the process, to hear and support others sharing their stories. In the first five meetings of the group, we will talk about (1) Being Older: The Good and the Bad, (2) the "Morning" and the "Afternoon" of our Lives, (3) Strategies for Aging Positively, (4) Aging and Creativity, and (5) Aging Responsibly: The Role of Elders.

There will be a few short readings and prompting questions for each session. The group gathering will be facilitated, a talking stick will be used, everyone will be asked to speak from their experience and to listen without comment to what others have to say, and everything shared will be considered confidential.

The first five meetings of the group will be facilitated by Richard Schramm, a retired professor and the founder and convenor of the North Chapel Amazing Grays. **Please register by calling The Thompson.**

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.



Burial Grounds National Monument, Manhattan **Tuesday, January 10, 2:00 pm**

Come hear the story of African Burial Ground, - a sacred space in lower Manhattan, the oldest and largest known excavated burial ground in North America for both freed and enslaved Africans. It protects the historic role slavery played in building New York. The African Burial Ground is widely acknowledged as one of America's most significant archeological finds of the 20th century. Learn about this once forgotten piece of New York history and how the rediscovery of the burial ground united a community committed to honoring, preserving, and teaching this important history to generations that follow.



National Museum of the Pacific War: **Admiral Nimitz-Lessons in Leadership** **Tuesday, January 17, 2:00 pm**

This museum is a favorite, and we return for a new program-- on Admiral Nimitz. Chester W Nimitz was born in Fredericksburg TX in 1885, and served as the Commander-in-Chief of Allied Forces, Pacific Ocean Area during World War II, rising to the rank of Fleet Admiral. "As considerable as his tactical skills were, perhaps Nimitz's greatest gift was his leadership ability. Naval historian Robert Love writes that Nimitz possessed "a sense of inner balance and calm that steadied those around him." He also "had the ability to pick able subordinates and the courage to let them do their jobs without interference. He molded such disparate personalities as the quiet, introspective Raymond A. Spruance and the ebullient, aggressive William F. Halsey, Jr. into an effective team." Join us as we learn what made this remarkable man's life a lesson in leadership.



Plains Indian Culture: **Yesterday and Today, Buffalo Bill Center of the West** **Tuesday, January 24, 2:00 pm**

Join our presenters journeying from past to present, as they share the vibrant cultures of Plains Indian tribes. This program will focus on how northern Plains Indian people's resiliency and grit have endured and flourished in the face of adversity throughout their history. We will learn about the traditions and cultures of these tribes' past and how many of these endure and are celebrated today through art, powwow, family, language, and other important components of their cultures.

PROGRAMS & EVENTS

Senior Learning Network Virtual Programs (continued from page 4)



Federal Hall National Monument Tuesday, January 31, 2:00 pm

When the Constitution was ratified in 1788, New York remained the national capital. Pierre L'Enfant was commissioned to remodel the City Hall for the new federal government. The First Congress met in the now Federal Hall and wrote the Bill of Rights. George Washington was inaugurated here as the country's first President on April 30, 1789. When the capital moved to Philadelphia in 1790, the building again housed city government until 1812, when Federal Hall was demolished. The current structure on the site was built as a Customs House, opening in 1842. In 1862, Customs moved to 55 Wall Street, and the building became the US Sub-Treasury. Millions of dollars of gold and silver were kept in the basement vaults, until the Federal Reserve Bank replaced the Sub-Treasury system in 1920.

Community Connections A Visit from the Woodstock Chamber Tuesday, January 10, 1:00 pm

Woodstock Chamber of Commerce Director, Beth Finlayson will join us for an informal discussion on Woodstock events and news from the Chamber. Wait until you hear how many visitors have come through the Woodstock Welcome Center! Please join us and learn more about the goings on in our beautiful shire town.



Travel With Us to Ireland! Galway – The City of Tribes Wednesday, January 25, 10:30 – 11:30 am

Galway City is the real version of Ireland most tourists come to see on their vacation. It's a modern city, and with a comparatively younger population, Galway nonetheless retains a distinctly Irish identity and character - something many Irish towns have lost in recent times.

We'll start our 60 minute stroll around Ireland's Western capital at Lynch's Castle where the term 'lynching' was first coined following an infamous murder in 1493. Our guide will tell us about how a monkey once rescued a baby from a house fire, and you'll also hear the story behind Galway's famous moniker 'City of the Tribes'.

You'll learn why Christopher Columbus would never have discovered America but for his visit in 1477 to the City of Galway, and the true love story of Richard Joyce and Sarah Curran which led to the creation of the first Claddagh Ring in 1689.

We'll cover the city's rich history from ancient times, its long-standing cultural and architectural links with Spain - and we will learn a little Gaelic along the way.

Following this program we will have a themed meal of *Irish Potato Soup, Irish Style Cole Slaw, and Bread Pudding with Nutmeg.*

PROGRAM CALENDAR - JANUARY 2023

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
CLOSED New Years	1 Mahjong 3 Bone Builders	9:30 Intro to Tai Chi 10 Ping Pong (at Woodstock Little Theater) 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 Music with Brent Buswell 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong
9	10	11	12	13
10 BINGO 10 Ping Pong (at Woodstock Little Theater) 1 Advisory Meeting	Reflexology 10-11:30 PALS Virtual Support 12 Caregiver Support Group 1 Mahjong 1 Woodstock Chamber Discussion 2 SLN: Burial Grounds National Monument Program 3 Bone Builders	9:30 Intro to Tai Chi 9:30 Chronic Disease Self-Mgmt Program 10 Ping Pong (at Woodstock Little Theater) 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 1 Loon Program 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong
16	17	18	19	20
CLOSED Martin Luther King Jr. Day	8:30 Newsletter Folding 9:30 Commodities 10-11:30 PALS Virtual Support 1 VABVI Program 1 Mahjong 2 SLN: National Museum of the Pacific War 3 Bone Builders	8:30 Board Meeting 9:30 Chronic Disease Self-Mgmt Program 9:30 Intro to Tai Chi 10 Ping Pong (at Woodstock Little Theater) 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	9-2:30 Foot Clinic 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 1 Share and Listen 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong
23	24	25	26	27
10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 1 Mahjong 1 Writing a Legacy Letter Virtual program 2 SLN: Plains Indian Culture 3 Bone Builders	9:30 Intro to Tai Chi 9:30 Chronic Disease Self-Mgmt Program 10 Ping Pong (at Woodstock Little Theater) 10:30 Irish Virtual Tour 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	Birthday Day 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 1 Music with Kirsten Becker 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong
30	31			
10 BINGO 10 Ping Pong (at Woodstock Little Theater)	1 Mahjong 3 Bone Builders 2 SLN: Federal Hall National Monument			RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS

MENU - JANUARY 2023

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
CLOSED New Years	Chicken Fricassée (French White Stew) with Carrots, Peas and Mushrooms, Mashed Potato, Spinach Salad, Fresh Fruit, Cookies	Curry Pork Stew w/ Carrots, Peas and Potato, Steamed Jasmine Rice, Mixed Green Salad w/ Pineapple Sesame Dressing, Apple Ginger Cobbler	Spaghetti w/Cloudland Farms Ground Beef Bolognese Sauce, Mixed Green Salad with Vegetables, Croutons and Ranch Dressing, Garlic Bread, Fresh Fruit	Grilled Hot Dogs with a Whole Wheat Roll, Baked Beans, Cole-slaw, Ice Cream with Fruit Compote
9	10	11	12	13
New England Style Clam Chowder, Whole Wheat Roll, Mixed Green Salad, Fruit Salad, Cookie	Grilled Cajun Chicken Sandwich with Bacon and Cheddar Cheese, Lettuce, Tomato and Lemon Aioli, Potato Salad, Fresh Fruit	Chicken Parmesan, Garlic Herb Angel Hair Pasta, Stewed Green Beans, Caesar Salad, Brownies	Hamburger Steak with Onion Gravy, Mashed Potatoes, Mixed Vegetables, Dinner Roll, Ice Cream	Mac & Cheese with Pulled Pork, Multi-Grain Roll, Mixed Green Salad with Italian Dressing, Fresh Fruit
16	17	18	19	20
CLOSED Martin Luther King Jr. Day	Turkey Salad Sandwich on Whole Wheat Bread with Lettuce & Tomato, Pasta Salad with Roasted Peppers and Fresh Herbs, Fruit Parfait with Granola	Braised Pork Chops with Garlic, Tomato Sauce and Fresh Herbs, Polenta Cake, Sautéed Swiss Chard with Apples, Blueberry Cobbler	White Vegetable Lasagna, Mixed Green Salad with Chicken Garlic Bread, Fresh Fruit	Minestrone Style Soup, Caesar Salad with Croutons and Parmesan Cheese, Cottage Cheese, Dinner Roll, Ice Cream, Fresh Fruit
23	24	25	26	27
Baked Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger and Lemon, Steamed Broccoli, Fresh Fruit	Cheese Ravioli with Chicken, Spinach, Sun-dried Tomato and Basil, Whole Wheat Dinner Roll, Fresh Fruit	Irish Themed Meal Irish Potato Soup, Irish Style Cole Slaw, Bread Pudding with Nutmeg	Birthday Day My Mothers Meat Loaf made with Cloudland Farms Beef, Mashed Potatoes & Gravy, Roasted Butternut Squash, Dinner Roll, Cake and Ice Cream	Eggplant Parmesan, Pasta with Marinara Sauce, Caesar Salad, Chef's Choice Cookies, Fresh Fruit
30	31			
Tomato Soup, Garden Salad with Chicken, Parmesan Cheese and Croutons, Dinner Roll, Fresh Fruit, Chef Choice Cookie	Beef Stroganoff, Egg Noodles with Fresh Herbs, Sautéed Mixed Vegetables, Mixed Green Salad, Whole Grain Roll, Fresh Fruit	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	Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12

ACTIVE AGING

Ping Pong at Woodstock's Little Theater **Mondays and Wednesdays, Drop in Play, 10:00 am - 11:30 am**

If you enjoy socializing and having fun, then playing ping pong is for you!

"Table tennis raises the heart rate, helps strengthen muscles, mobilizes the joints and, importantly, sharpens reaction times and hugely improves hand-eye coordination...all of which help to improve one's quality of life." From Heart Matters Magazine, British Health Foundation

This program is offered by The Thompson Center in collaboration with The Woodstock Recreation Center.

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 **All classes will be offered virtually only January, February, and March 2023. Group viewing via Zoom will be available at The Thompson for the Beginner's Class only (fall prevention form) with prior registration**

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 with Instructor Liz Hatfield **Thursdays – In person (resuming Jan 5) and on Zoom 10:30 – 11:30 am** **Tuesdays – Zoom Class Only 10:30 – 11:30 am**

Cost: \$5 per class for virtual or in-person payable to The Thompson Center

For those who wish to continue classes via Zoom, Thursdays will be a hybrid class and you can continue to exercise from home. A zoom link will be provided upon request and newcomers are welcome.

AGING WELL

Living a Healthy Life: Chronic Disease Self-Management Program **This is a virtual event offered by the Dartmouth Health Aging Resource Center** **Wednesdays, Beginning January 11 – February 15 2023** **9:30 am to 12:00 pm**

This is a free 6-week, online, evidence-based program to help you with symptoms of chronic illness. Participants will receive a copy of the book “Living a Healthy Life with Chronic Conditions,” an exercise CD, and a relaxation CD. They will also make weekly action plans, share experiences, and help each other address any issues with their self-management.

If you have any questions or would like to register, call 603-653-6847 or email Sharon.M.Feeney@hitchcock.org. Space is limited.

The Vermont Association of the Blind and Visually Impaired (VABVI) **Comes to The Thompson on Tuesday, January 10, 1:00 PM**

If you, or someone you know, has a visual impairment this will be a good opportunity to learn about the resources available through the VT Association for the Blind and Visually Impaired. This includes access to the Talking Book Library, additional support through the state division if you have vocational needs, and information about low to high technology (bold line pen to cell phone apps) that helps people stay safe and independent. Large print calendars will be available for \$6.

Peer Assisted Learning and Support (PALS) monthly virtual support groups are held on the second and third Tuesday of each month, 10:00-11:30am by Phone and on Zoom.

Call The Thompson for the phone-in number or for a zoom link. Or call VABVI's Melinda Underwood (802-254-8761) for more information.

If you need ice picks for support canes (\$10) or Yak Traks for boots (generic version is \$6), these items are also available.



Help make products better for older adults!

**PROVIDE FEEDBACK | MAKE A DIFFERENCE |
EARN FOR YOURSELF AND THE THOMPSON**

Get paid for your opinion and raise money for The Thompson! Join our product research group and participate in focus groups and interviews that allow you to directly influence the direction of products built for you. Projects are virtual or in-person and you only participate when you want to. There is no obligation and you'll never be asked for money.

This innovative project is a partnership between The Thompson and SnowDay, a market research company specializing in products and services for older adults. Please reach out to Deanna with any questions or contact Shari to sign-up.

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.

In Person Tax Assistance is Available at The Thompson

Call The Thompson to schedule your one-hour appointment for tax preparation. Tax booklets are available if you would like one in advance.

Please be sure to bring these items:

1. Last year's tax return envelope that contains the printed returns (Federal and VT) AND all of your supporting documents
2. Driver's license/picture ID AND Social Security Card
3. Tax documents you have received in January which may include:
 - a. Social Security statement (SSA-1099, pink)
 - b. W-2 for wages earned
 - c. 1099s for all retirement income (pensions, IRA distributions) as well as interest, dividends, broker statements for sales of stocks/bonds, unemployment income, any self-employment income.
 - d. List of deductible expenses (charitable donations, medical, etc)
 - e. VT Property Tax bill for 2022-23

Thompson COVID protocols will be followed AND masks will be required for our one-on-one meetings.

Carla Kamel and the Community Health Team Friday Office Hours at The Thompson, 10:30am-12:30pm

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 still 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 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

Help with Thanksgiving Preparations:

Dolores & John Gilbert
 Paulette & Tom Watson
 Debbie & Dave Sleeper
 Judy & Greg Greene

Christmas tree & set-up on porch -
 Tom Morse

Medical Equipment In memory of Mary
 Fox Church

Medical Equipment - Lewis Family

Auction Item - Linda Fondulas

Bingo Prizes - Dorothy Forthmann

Holiday Bazaar Donations:

Darlene Griggs
 Margaret Fullerton
 Joyce Hurd
 Joan Oppenheimer
 Barbara DeStefano
 Betty Stetson

Ceramic Heater - Carole & Chris Sparkes

Poinsettias - Woodstock HS

Horticulture Club

Holiday Gift Bag Donations:

Thompson Board Members
 King's Daughters
 Dr. Mark Knott
 Dr. Dean Barcelow



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

IN MEMORY OF

Charlie Magwire

Carla J. Kamel
 Shari Borzekowski
 Paula Audsley

Jack Moore

Bo & Randy Harron

Kathy English

James & Phyllis Bulmer

Mary Fox Church

Bo & Randy Harron
 James & Phyllis Bulmer
 Nancy Pike
 Nancy Bassett



JANUARY BIRTHDAYS

1st	Mary Lee	Camp	10th	Jean	Day	22nd	Julie	Woodbury
1st	Cynthia	Jones	10th	Laura	Scalabrin	22nd	Richard	Kolb
1st	Jeanette	Veverka	11th	Molly	McDermott	23rd	Elizabeth	Harley
1st	Paul	Leonard	11th	Janice	Lillien	23rd	Rachel	Hochman
1st	Edith	White	11th	David	Purviance	23rd	Gerard	Jones
1st	Aiala	Reizer	12th	Sue	Hottenstein	23rd	Anne	Sapio
2nd	John	Steinle	12th	Norma	Flanders	23rd	Sigrid	Sihler
2nd	Patricia	Barnes	12th	Raymond	Bourgeois	24th	Suzan	Harlow
3rd	Linda	Brackett	13th	Janet	Smith	24th	Jerome	Morgan
3rd	John	Leavitt	13th	Kathleen	Fiske	25th	Jane	Philpin
3rd	Laurie	Marshall	13th	Mary	McCuaig	25th	Gaal	Crowl
3rd	Charles	Humpstone	13th	Allen	Charest	25th	Roberta	Reuben
3rd	Ruth	Gibbud	14th	Anne	Hildreth	26th	Paulette	Watson
3rd	Jeannette	Sawyer	15th	Cathy	Quackenbush	26th	Barbara	Otranto
3rd	Duane	Harrington	15th	Richard	Wacker	27th	James	Emery
3rd	Ann	Bragdon	16th	Ellen	Cooper	27th	Margaret	Fullerton
6th	Marty	Quinlan	17th	Helen	Leonard	27th	Peggy	Fraser
7th	Janet	Maxham	17th	Joyce	Phillips	27th	Renee	Frate
7th	Lynn	Peterson	17th	John	Griggs	28th	Nancy	Heidt
7th	Lydia	Locke	17th	Avery	Jones	29th	Mary Lou	Ewasko
7th	Christopher	Lloyd	19th	Sally	Garmon	29th	Sandra	Birajiclian
7th	Shannon	Parker-Ferentinos	19th	Diana	Snider	30th	Mary	Wood
8th	Joanne	Stanyon	20th	William	Rauscher	30th	Cooper	Jones
8th	Deb	Berryman	20th	Akankha	Perkins	30th	Wendy	Hunter-Higgins
8th	Joan	Williamson	20th	Janie	Bell	31st	Uldis	Skuja
9th	Beverly	Kenney	21st	Jim	Stehouwer	31st	Elmer	Kruse
9th	Carla	Kamel	21st	Joyce	Babbitt	31st	Leona	Webster
9th	Susan	Chiefsky	21st	Wendy	Wolfe	31st	Lance	Brien
10th	Gina	Moore	22nd	Norwood	Long			
10th	Joyce	Hurd	22nd	Joy	Gray			
10th	Nancy	Nash-Cummings	22nd	Rita	Boynton			



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.thompsonseniorcenter.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



Woodstock Insurance
Serving the Community, From the Community.



Senior SOLUTIONS
Commitment to Aging in Place and Active Living



Ottawaquechee Plumbing & Heating
802-457-1795



UPPER VALLEY REHAB



The Ellaway Group
Simplify your life



VERMONT



OTTAUQUECHEE HEALTH FOUNDATION
Supporting Local and Supportive Housing for Older Adults in the Region



Armistead SENIOR CARE



MISSION

The Thompson helps older adults 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.