



# The Thompson Times

Your resource to age well

FEBRUARY 2023

## The Thompson Winter Gala 2023

*Dinner, Dancing, Auction with Friends...*



**Sunday, February 5, 2023**  
**5:30 pm, Woodstock Inn Ballroom**

The Thompson Winter Gala is our largest annual fundraiser and provides significant support to the operations of our senior center. We're so glad to be back in person this year. Thank you to our many donors, sponsors, and volunteers for making this event a success.

For more information or to reserve your ticket visit our website at [ww.thompsonseniorcenter.org/gala2023](http://ww.thompsonseniorcenter.org/gala2023).

**Let's Celebrate Valentine's Day in Paris!**  
**The Ile de la Cité, Between Parisian Charm and History, A Virtual Tour & Themed Lunch**  
**Tuesday, February 14, 11:00 am**



Be captivated by this tour across the "Île de la Cité", in the city center of Paris. Day or night, you'll be able to enjoy a wide range of mesmerizing views over time from the Roman Empire to nowadays through this ancient neighborhood, which holds a significant place in French and European history. You'll virtually walk alongside prestigious but also less-known monuments in this island, while crossing old streets and listening to thrilling stories. Please register in advance by calling The Thompson Center.

**Menu:** Coq au Vin, Potato Dauphinoise, Garden Salad with Champagne Vinaigrette, Dinner Roll, Gâteau au Yaourt

## 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  
**Andrew Geller**, Chef,  
ageller@thompsonseniorcenter.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

Steve Selbo—*President*  
Mary Bourgeois—*Vice President*  
David McGuire —*Treasurer*  
Susan Ford—*Secretary*  
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Dolores Gilbert  
Greg Greene  
Beth Harper  
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Lydia Locke  
Dan Noble  
Karen Rosene-Montella  
Sandy von Unwerth  
Richard Wacker  
Paulette Watson

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Updates on Town petitions and town meeting reminder
- Trip discussion - overnight travel trips and day trips are being considered
- Building project status update

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



We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!

### Thompson Annual Appeal

The Thompson Annual Appeal began in September and is still underway. If you haven't made an annual gift and would like to do so, we would be very appreciative. Annual Appeal gifts support the operations of the senior center and allow us to continue critical services like transportation, meals, and other programs. Mail or deliver a gift to 99 Senior Lane, Woodstock, VT, or donate online through our website. Thank you very much!

### Fuel Assistance Program Reminder

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.

### 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.

### Meals on Wheels Recipients Reminder to Keep Walkways & Driveways Clear

As winter sets in, we ask that all meal recipients make sure that their walkways and driveways are safe to travel on. As volunteers make the effort to get meals to you, please consider their safety in navigating the ice and snow. If you need help with snowplowing or ice removal, please let us know. We appreciate your cooperation!

# CREATIVE AGING

## Art with Finnie Embroidered Snowflakes Wednesday, February 1 at 1:30 pm



Design and stitch a simple running stitch pattern on linen to create a small snowflake "ornament". Finnie will walk you through the basic steps of drawing, transferring and stitching a pattern and then finishing it for display. Depending on the intricacy of the design, you may have to complete the finish work outside of class. Please register in advance.



## Valentine Heart Craft Monday, February 13, 1:30pm

Join us to make a decorative heart using red buttons and burlap (or newsprint). Please RSVP by February 8th.

## MEMORY TREE GIFTS In Loving Memory Of



Bud Jenne	Arthur Knudsen
Bill, Ruth & Fred Beebee	Minnie Worth
Earl Worth	Jinja Stapleton
Mae Knudsen	Bruce & Faye Dudley
Bud & Mary	Jake Dayton
Mosher	Barb Templeton
Thelma Jillson	

## Local Author Robin Fisher Offers a Third Writer's Workshop Fridays, beginning February 10 – March 17, 1:00-3:00 pm Suggested Donation of \$35



Tell that story! This six-session workshop by bestselling author and Pulitzer Prize winner Robin Gaby Fisher will guide participants to explore a richer understanding of themselves and others through thoughtful conversations and enriched storytelling. The class, for novices and seasoned writers alike, is designed to inspire creativity and develop writing skills and techniques used in fiction and non fiction while enjoying the camaraderie that develops from sharing experiences and ideas. Register in advance.

## Sound Healing Program with Cassie Reed Tuesday, February 21, 1:00 pm Suggested Donation from \$15-25, 6 person minimum, Register in advance

Music therapy & chanting employ "vibrational changes" in the central nervous system, which may play a role in their time-tested and science-backed brain, cognitive, & mood benefits!

The atonal sound experiences Cassie is describing are called Sound Journey. Lying down or seated in a comfortable position—often wearing a blanket and an eye mask—people simply listen and absorb. Cassie begins by leading participants in a few minutes of guided focus on the breath, and then introduces different sounds and frequencies in succession. She encourages participants to allow the sounds to anchor them in the present moment, suggesting that it's best not to get too caught up in judging or analyzing the sounds. She recommends that people merely listen, observe, and experience.

Many people are having difficulty sleeping, especially during the long, cold winter months. This experience nurtures an inner environment of total peace and transformation. The benefits of a Sound Journey offer participants the following: Facilitate deeper sleep & aid in pain management; Find balance, quiet the mind & reduce stress; Release blocked energy & past traumas; Ignite creativity & connect to your higher self.

# 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.



### **“Polynesian Wayfinders”: Mystic Seaport Museum Tuesday, February 7, 2:00 pm**

It's time to join our favorite presenters- Brian from the Planetarium at Mystic! Brian traveled to the Pacific recently and did his own research of the Polynesian skies! This show offers a unique perspective on star lore as well as navigation. We will view the night sky as seen from Honolulu, Hawaii while learning about how the people of Polynesia could find their way across vast distances of ocean without any tools of technology. We will explore how clues from the natural world not only helped Polynesians with direction-finding, but also formed the stories that created their very own constellations.

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### **Selma to Montgomery National Historic Trail Tuesday, February 14, 2:00 pm, Home viewing only**

The Selma to Montgomery National Historic Trail was established by Congress in 1996 to commemorate the events, people and route of the 1965 Voting Rights March in Alabama. The 54-mile-long national historic trail begins at the Brown Chapel African Methodist Episcopal (A.M.E.) Church in Selma and then follows the 1965 historic routes of the Selma to Montgomery voting rights marches through the city and eastward along US Highway 80 through Dallas County and Lowndes County. Crossing into Montgomery County, the Trail continues into the city of Montgomery and ends at the Alabama State Capitol. Join us as we visit this site which stands as an enduring testament to the long struggle and sacrifices made by many individuals to preserve the right to vote as a fundamental cornerstone of American democracy.

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### **Richard M. Nixon Presidential Library and Museum Tuesday, February 21, 2:00 pm**

Born on January 9, 1913, on his parents' citrus farm in Yorba, Linda, California, Richard Milhous Nixon's life spanned eight decades. Join us for a virtual tour of the library and museum from a presenter who will share the stories from the museum that cover much of President Nixon's life and his extraordinary accomplishments prior to becoming the 37th President of the United States. The journey ends with Richard Nixon's post presidency period and his contributions as elder statesman, and his impact on American culture.

# PROGRAMS & EVENTS

## Senior Learning Network Virtual Programs (continued from page 4)



### **New River Gorge National Park, WV**

**Tuesday, February 28, 2:00 pm**

We're off to see America's Newest National Park in "Wild Wonderful" West Virginia! In December 2020, this 73,000- acre slice of paradise, encompassing a whitewater river, limestone cliffs and deep canyons, became the country's newest national park. The lifeblood of the park is the New River, and despite its name it is believed to be one of the oldest rivers in the world. For more than 260 million years, it has run northeasterly from the Blue Ridge Mountains near Boone, North Carolina, through southwest Virginia and into West Virginia, cutting through the Appalachian Plateau and joining with the Gauley River to form the Kanawha River in south-central West Virginia. Join us as discover the breathtaking beauty of this park, and see for yourself why it is referred to as "Almost Heaven"

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### **Share and Listen: Thoughtful Aging**

**February 16, 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.**

### **Community Connections**

***A Visit from the Windsor Central Supervisory Union Superintendent, Sherry Sousa***

**Tuesday, February 28 at 11:00 am**

Come join Superintendent Sherry Sousa and Windsor Central School Board members to get a budget update for the upcoming Town Meeting, as well as hear about exciting plans for a new middle/high school in 2024! Learn about the plans, the costs and get your questions answered.

### **Coming in March...**

The Woodstock Garden Club with a special gardening presentation. Look for details in our next newsletter and online.

# PROGRAM CALENDAR - FEBRUARY 2023

Mon	Tue	Wed	Thu	Fri
		1	2	3
<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b>		<b>9:30 Chronic Disease Self-Mgmt Program</b> 10 Intro to Tai Chi 10 Ping Pong 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga <b>1:30 Art with Finnie</b>	10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table <b>12:30 Tech Support</b> 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong
6	7	8	9	10
<b>8-3 Tax Assistance</b> 10 BINGO 10 Ping Pong (at Woodstock Little Theater) <b>1 Advisory Meeting</b>	<b>Reflexology</b> <b>10-11:30 PALS Virtual Support</b> 1 Mahjong <b>2 SLN: Polynesian Wayfinders</b> 3 Bone Builders	<b>9:30 Chronic Disease Self-Mgmt Program</b> 10 Intro to Tai Chi 10 Ping Pong 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 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong <b>1 Writer's Workshop</b>
13	14	15	16	17
<b>8-3 Tax Assistance</b> 10 BINGO 10 Ping Pong (at Woodstock Little Theater) <b>1:30 Valentine Heart Craft</b>	<b>10-11:30 PALS Virtual Support</b> <b>11 Virtual Tour of Paris</b> 12 Caregiver Support Group 1 Mahjong <b>2 SLN: Selma to Montgomery Trail</b> 3 Bone Builders	8:30 Board Meeting <b>9:30 Chronic Disease Self-Mgmt Program</b> 10 Intro to Tai Chi 10 Ping Pong 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	<b>9-2:30 Foot Clinic</b> 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table <b>12:30 Tech Support</b> <b>1 Share and Listen</b> 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong <b>1 Writer's Workshop</b>
20	21	22	23	24
<b>8-3 Tax Assistance CLOSED for Presidents Day</b>	<b>8:30 Newsletter Folding</b> 9:30 Commodities <b>Reflexology</b> 1 Mahjong <b>1 Sound Healing Program</b> <b>2 SLN: Nixon Presidential Library</b> 3 Bone Builders	10 Intro to Tai Chi 10 Ping Pong 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	<b>Birthday Day</b> 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong <b>1 Writer's Workshop</b>
27	28			
<b>8-3 Tax Assistance</b> 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	1 Mahjong <b>2 SLN: New River Gorge National Park</b> 3 Bone Builders			

# MENU - FEBRUARY 2023

Mon	Tue	Wed	Thu	Fri
		1	2	3
<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>	Quiche with Broccoli, Bacon, Cheddar, and Sweet Peppers, Dinner Roll, Mixed Green Salad, Fresh Fruit	Spaghetti and Bolognese Sauce with Cloudland Farms Ground Beef, Garlic Bread, Mixed Green Salad, Local Vegetables, Fresh Fruit	Cheese Burger on a Wheat Bun with Lettuce, Tomato, Relish and Onions, Baked Wedge Fries, Dutch Apple Pie
6	7	8	9	10
Turkey Corn Chowder, Mixed Green Salad, Dinner Roll, Yogurt Parfait with Granola and Fruit	Roasted BBQ Chicken, Baked Mac n Cheese, Sautéed Corn and Peppers, Garden Salad with Croutons and Ranch Dressing, Fresh Fruit	Eggplant Parmesan, Pasta with Herbs and Butter, Garden Salad with Italian Dressing, Garlic Bread, Cookies	Chef's Choice Fish of the day, Cauliflower Mash, Local Vegetables, White Wine Sauce, Mixed Green Salad with Maple Vinaigrette, Dinner Roll, Fruit	Chicken Salad Sandwich on Whole Wheat Bread with Craisins, Celery, Lettuce and Tomato, Broccoli Brunch, Salad, Cherry Cobbler
13	14	15	16	17
Turkey Sandwich (uncured) with Cheddar Cheese, Lettuce, Tomato and Mayo, Potato Salad, Fresh Fruit	<b>French Themed Meal</b> Coq au Vin, Potato Dauphinoise, Garden Salad with Champagne Vinaigrette, Dinner Roll, Gâteau au Yaourt	Split Pea Soup with Vegetables, Mixed Green Salad, Dinner Roll, Yogurt Parfait with Granola and Fruit	Sweet and Sour Chicken with Sweet Peppers and Onions Steamed Brown Jasmine Rice, Asian Style Cole Slaw, Chocolate Chip Brownie	<b>Breakfast</b> Scrambled Eggs Hash Brown Casserole, Vermont Sausage Link, Pancakes and Maple Syrup, Fresh Fruit
20	21	22	23	24
<b>CLOSED for Presidents Day</b>	Grilled Hot Dog with Wheat Bun, Cole Slaw Bakes Beans, Ice Cream Sundae with Fruit Compote	Baked Herb Chicken Breast with Lemon Herb Wine Sauce, Curried Rice Pilaf, Mixed Vegetables, Fresh Fruit	<b>Birthday Day</b> Roasted Pork Loin, Creamy Anna Style Potatoes, Mixed Vegetables, Garden Salad, Cake and Ice Cream	Chicken Casserole with Peas, Carrots, Corn and Mushrooms, Caesar Salad, Oatmeal Cranberry Cookies
27	28			
Beef Ravioli with Tomato, Basil and Garlic, Mixed Green Salad w/ Carrot and Cucumber, Whole Grain Roll, Fresh Sliced Fruit	Chicken Marsala, Roasted Potatoes w/ Mushrooms and Peas, Caesar Salad, Ice Cream with Fruit Compote			<b>Suggested donation for guests ages 60 and over is \$7</b>  <b>For guests under age 60, the meal price is \$12</b>

# 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 in 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](mailto:anniebower71@gmail.com).

Tai Chi for Beginners (a fall prevention form): Wednesdays 10:00 -11:00, \$3 per class

Sun 73 Forms (a longer, more challenging form): Wednesdays 10:00-11:00, \$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 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 Continues on Wednesdays through February 15 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@hitchock.org. Space is limited.

### Here to Help You During a Crisis

#### The HUB:

- Is a new program that makes it easier for you to get help during a time of need.
- Is a central point of contact for you.
- Is a connection with an experienced community volunteer who responds quickly and will help you get assistance.
- Is confidential and respectful of your situation, whether due to divorce, job loss, family illness, financial stress, and food or heat insecurity.
- Can help you if you live in Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, or Woodstock.
- Works with many local organizations such as Barnard Helping Hands and Ottauquechee Health Foundation.

#### Four Ways to Contact *The HUB*

1. Online: Complete an application at: <https://apply.thehubneighbors.org/form>
2. Phone: 802-457-7214
3. Email: [apply@thehubneighbors.org](mailto:apply@thehubneighbors.org)
4. Pick up an application outside the Ottauquechee Health Foundation office at Simmons House at 30 Pleasant Street, Woodstock.



*The HUB* is a Project of Woodstock Community Trust, a non-profit 501c3 organization.



### 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

## Homesharing is working in our Community!

To learn more about Thompson Homeshare, please visit our website at <https://www.thompsonseneiorcenter.org/homeshare/> or call Shari at 802-457-3277.



## In Person Tax Assistance is Available at The Thompson

Call The Thompson to schedule your one-hour appointment for tax preparation. Tax packets 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](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 still available**

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

Woodstock Elementary &  
Barnard Academy Students -  
holiday cards & gifts  
Bev Audsley & Joan Oppenheimer -  
packing holiday gift bags  
Barnard Inn - bread and pastries  
Diane Zonay - birthday bouquets  
Kings Daughters - Poinsettia  
Family of Nancy Lewis - medical  
equipment



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

## IN MEMORY OF

**Edwin & Dorothy  
Thompson**

Peter & Thelma  
Thompson

**Mary Fox Church**

Mary Estabrook

**Polly Fullerton**

Carla J. Kamel  
Adam & Mary-Anne

**Rodney Croft**

Joan & Glenn Yankee  
Paige Gibbs  
Patricia & Gordon Richardson  
Arthur Friend  
Richard & Bonnie Atwood  
Roy & Joanne Bates  
Len Brown  
Charlotte Croft  
Kedric & Catherine Harriman  
Lawrence & Nancy Morrison  
Richard & Linda Brackett  
James & Susan Ford  
Co-op Food Stores

## FEBRUARY BIRTHDAYS

1st	Dick	Atwood	11th	James	McHugh	22nd	Louise	Schwebel
1st	Craig	Cota	12th	Carol	Towne	22nd	Cynthia	Stevens
2nd	James	Minnich	12th	Pauline	Holt	23rd	Sherry	Wian
2nd	Dorothy	Wardwell	13th	Alberta	Bailey	23rd	Tina	Kelly
3rd	Thomas	Wassel	13th	Kathy	Marzalek	23rd	Mike	Mitchell
3rd	Thomas	Phillips	13th	Linda	Grant	24th	Carl	McCuaig
4th	Tom	Weschler	14th	Margaret	Audsley	25th	Sylvia	Doten
4th	Marilyn	Bailey	14th	Jeffrey	Bender	26th	Susan	Menendez
4th	Kathleen	Mahoney	15th	Dennis	Snider	26th	Janet	Burnham
5th	Ann	Blake	16th	Corey	Mitchell	26th	James	Hollinshead
5th	Gretchen	Pear	16th	Susan	Bitzer	27th	Kedric	Harriman
5th	Deirdre	Brennan	16th	Arthur	Treanor	27th	Floyd	Westover
5th	Nick	Schoville	17th	Joan	Lessard	27th	David	Mora
6th	Miranda	Shackleton	17th	Judith	Persin	28th	Jane	Simonds
6th	Charlotte	Harvey	17th	Judy	Ruffing	28th	Larry	Templeton
6th	Denise	Glatzer	17th	Linda	Ward	29th	Floyd	Van Alstyne
6th	Gail	Nelson	18th	Linda	Manning			
7th	Mia	Pine	18th	Dennis	Wright			
7th	Lois	Lorimer	18th	Susan	Copeland			
7th	Sharon	DiLorenzo	18th	Gerry	Sandweiss			
8th	Debbie	Bridge	19th	Darlene	Griggs			
8th	Elaine	King-Coss	19th	Rhonda	White			
9th	Frances	Lancaster	20th	Marlene	Rand			
9th	John	Wiegand	20th	Jim	Lewis			
9th	Zoe	Potter	20th	Joe	De Foor			
9th	Ann	Shafmaster	21st	Linda	Atwood			
10th	Janice	Standish	22nd	Jerry	Oppenheimer			
10th	Sharon	Blake						
11th	Jeannine	Colby						





# 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**



**WOODSTOCK INSURANCE**  
Serving the Community From the Community



**Senior SOLUTIONS**  
Provided and by for Seniors across the state



**Ottawaquechee Plumbing & Heating**  
802-457-1795



**UPPER VALLEY REHAB**



**The Ellaway Group**  
Simplify your life



**VERMONT**



**OTTAWAQUECHEE HEALTH FOUNDATION**  
GRANTS: FUNDING AND SUPPORT FOR THE GOOD PEOPLE OF THE UPPER VALLEY



**Armistead SENIOR CARE**



Like us on



## 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.