



The Thompson Times

Your resource to age well

MARCH 2023

CELEBRATE MARCH FOR MEALS WITH US!

MEALS ON WHEELS
For Meals or to Volunteer

Contact: **The Thompson Center**
99 Senior Lane, Woodstock, VT 05091
(802) 457-3277 / thompsonseniorcenter.org

 **The Thompson**
Your resource to age well

MARCH FOR MEALS WITH MEALS ON WHEELS

The month of March mobilizes hundreds of local Meals on Wheels (MOW) programs across the country to reach out to their communities and build the support that will enable them to serve America's elder population all year long. As a member of the national organization, *Meals on Wheels America*, The Thompson participates in this annual celebration.

Volunteers for The Thompson currently deliver 50 meals each day (Monday through Friday) to Vermonters throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret. If you or a neighbor or friend could benefit from home delivered Meals on Wheels, please call us.

In 2022 we delivered nearly 18,000 Meals on Wheels! Ten years ago in 2012 we delivered 5,800 meals! We have exciting plans to expand our kitchen and dining room beginning in 2023.

The highlights of our March for Meals events this year:

- Our 9th annual *Thank You Walk* on March 1. Join us at 10:00 am on The Green in Woodstock to “march” down Central Street to deliver thank you notes, cookies and balloons to local businesses for their support throughout the year.
- Community Champions week is March 20-24 where town officials and local celebrities nationwide are asked to participate in meal deliveries and events.
- Tuesday, March 21 at 10:00 am will be our annual MOW driver meeting providing an opportunity for a review of requirements/procedures, to share ideas, and to **celebrate** the wonderful work of our MOW volunteers!
- Special Thanks to the Woodstock Farmers’ Market for once again making our meals program the beneficiary of their “Round-Up” campaign!

TOWN MEETING DAY

The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.

According to the National Council on Aging, senior center participants have higher levels of health, social interaction and life satisfaction, and home and community based services are estimated to be one-third the cost of institutional care. With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. We serve approximately 1,700 unique individuals with our programs, referrals, meals, and transportation. **Please vote & consider speaking up at your town meeting about the value of these services for older Vermonters.**

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,
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Paula Audsley, Business Office Manager,
paulsley@thompsonseniorcenter.org
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Transportation Coordinator,
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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

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BEHIND THE SCENES

COVID REMINDER

We need everyone's help and cooperation to stay healthy. Covid symptoms can be as mild as a runny nose, a headache, or fatigue. If you have *any potential* COVID-19 or Flu 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/>.

ADVISORY MEETING HIGHLIGHTS

- Trip discussion: interest in visiting Ireland in 2024. Collette plans to come in May to discuss more details. Also interest in a visit to our capital building.
- Programs: Thoughtful Aging meetings are going well and more encouraged to attend February 16th meeting.
- Positive words expressed about staff and financial support from our community.
- A leak in the men's bathroom faucet is scheduled for repair.

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

*Thank you to all who attended, bid,
donated and sponsored!*

*The 2023 Winter Gala was a wonderful success and will
help The Thompson and those we serve in so many ways.*

Thank You 2023 Sponsors!



*For a complete listing of all sponsors and donors, visit
The Thompson website.*

CREATIVE AGING

A Virtual Tour and Themed Lunch *Walking Tour of Bologna, Italy* Wednesday, March 8, 10:00-11:00 am

Bologna is a city characterized by arcades and warm colors. A city that young university students populate and experience making it unique. It is a city with medieval architecture, rich in churches and cultural sites that should not be missed.

On this tour we will visit the historic center, the beating heart of Bologna, with its famous seven secrets that we can discover together.

Themed lunch menu: *Chicken Piccata, Italian Rice, Roasted Cauliflower, Mixed Green Salad with Olives, Red Onion, Tomato, Oregano, Parmesan Cheese and Croutons, Italian Cream Cake, Fresh Fruit*



Are you interested in learning Bridge?

Free instruction is available at The Thompson Center for beginners and those who have never played before. Call The Thompson and your name will be added to a list of those who want to learn.

Wonderful World Card Making Class With Instructor, Karen McNall Wednesday, March 15, 1:00 pm RSVP by 3/13, Cost \$20/person for 4 cards

Create handmade cards from the heart. Card making is a great way to make new friends, socialize, learn a new hobby, and have fun! No experience necessary. All supplies included.

Art with Finnie at ArtisTree Wednesday, March 1, 1:30 pm

Join Finnie for a fun exploration of color and shapes as we dive into the depths of the Central American jungle and try some Amate painting!

We will work through a simple sketch and then fill in with bright colors to reflect the stylization and technique of the Amate, focusing on birds and foliage to escape the early March white and brown of our Vermont landscape for a minute.

Amate bark painting is an ancient Mexican tradition that centralizes on the painting of paper made from tree bark. Sign-up in advance.

An Uncommon Look at the Common Loon Re-scheduled from January Tuesday, March 14, 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.

The Woodstock Garden Clubs presents Laura Trowbridge, Professional Garden Designer at The Thompson Center Friday, March 31, 1:00 pm

Please join us for 12:00 pm lunch before the program. Reservations required

Laura works in garden design and lives in Peterborough, NH, where she has a beautiful long and deep border along a lovely stone wall. After a few years, she realized that the border was quite boring by mid summer, and she wanted to enjoy more color from her kitchen window.

It was then she stated planting unusual and tropical annuals among the subs and perennials. She now has a garden of nonstop color all summer long.

Laura will share with us how to use annuals in our garden and share tips on where to purchase them. For more information visit: <https://www.finegardening.com/article/tour-a-garden-where-annual-and-tropical-plants-steal-the-show>

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.



“America’s Battleground”: Fredericksburg & Spotsylvania National Military Park

Tuesday, March 7, 2:00 pm

Fredericksburg, Chancellorsville, Wilderness, and Spotsylvania, this is America's battleground, where the Civil War roared to its bloody climax. No place more vividly reflects the War's tragic cost in all its forms. A town bombarded and looted. Farms large and small ruined. Refugees by the thousands forced into the countryside. More than 85,000 men wounded; 15,000 killed--most in graves unknown.

Fredericksburg and Spotsylvania National Military Park was established to preserve, protect, interpret, and commemorate the battlefields of Fredericksburg, Chancellorsville, the Wilderness, and Spotsylvania Court House. We will gain an understanding and appreciation of the Civil War with emphasis on causes, consequences, and impacts on the American people. Join us as we hear the stories related to these places and how they are relevant today.



“Whiskeytown Rocks!” National Recreation Area

Tuesday, March 14, 2:00 pm - home viewing only

Come and discover a short history of Whiskeytown, Northern California as we learn how Shasta County became a center point during the California Gold Rush. The focus will be a deep dive to learn about the unique geologic formations that have been described as a “mess” by their own geologist. Shasta Bally, the tallest mountain, is made of decomposing granite that creates a special set of hazards, especially when combined with the devastating effects of the 2018 Carr fire. Come investigate what sets this local geology apart, the hazards it has created, and why we should study the landscape around us.



Abraham Lincoln Home National Historic Site

Tuesday, March 21, 2:00 pm - home viewing only

Abraham Lincoln believed in the ideal that everyone in America should have the opportunity to improve their economic and social condition. Lincoln’s life was the embodiment of that idea. We know him as the sixteenth President but he was also a spouse, parent, and neighbor who experienced the same hopes, dreams, and challenges of life that are still experienced by many people today.

PROGRAMS & TRIPS

Senior Learning Network Virtual Programs (continued from page 4)



Zion National Park

Tuesday, March 28 , 2:00 pm

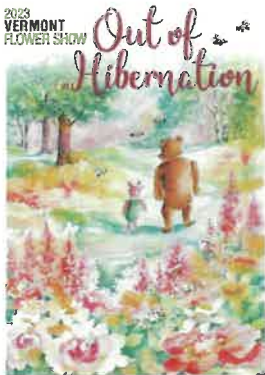
Zion National Park is a southwest Utah nature preserve distinguished by Zion Canyon's steep red cliffs. Zion Canyon Scenic Drive cuts through its main section, leading to forest trails along the Virgin River. The river flows to the Emerald Pools, which have waterfalls and a hanging garden. Along the river, partly through deep chasms, is Zion Narrows wading hike. The highlight of Zion National Park is an expansive canyon. Averaging 2,000 feet deep, Zion Canyon offers hiking opportunities along its floor in the 20 to 30 foot wide area known as The Narrows and the challenging area known as The Subway. Join us as we discover this amazing wonder in our National Park System! (further updated program information may be forthcoming)

Community Connections

With Woodstock Emergency Services

March 7 at 1:00 pm

Woodstock Emergency Services EMT and Training Officer, Jennifer Hutchins, joins us this month to discuss 911 emergency services and will answer your questions.



Vermont Flower Show Trip

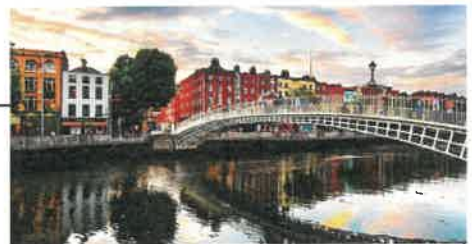
Offered by Hartford Parks and Recreation Department

Friday, March 3, \$65.00 for Harland residents,

\$75.00 non-residents

Trip Schedule and registration can be found on Thompson website.

The Vermont Flower Show is back! After nearly a four-year hiatus due to the pandemic, they return stronger, even more creative, and ready to celebrate their 20th year. This year's Grand Garden Display theme of "Out of Hibernation! Spring Comes to the 100-Acre Wood" is sure to inspire and will be a magical garden journey bringing the original world of Winnie-the-Pooh to life.



We are flying again!...The Thompson Center and Collette Travel Present:

Irish Splendor – an 8 day trip to Ireland in March of 2024 that will include Dublin, Dingle Peninsula, Christ Church Cathedral and much more.

Join us for a special Collette Travel Presentation on May 9th at 1:00 pm to learn all of the details of this trip!

PROGRAM CALENDAR - MARCH 2023

Mon	Tue	Wed	Thu	Fri
		1	2	3
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS		10 Tai Chi Yang Style 10 Ping Pong 10:30 Handwork Circle 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 3 Bone Builders	8:30 Depart for Flower Show Trip 10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong 1 Writer's Workshop
6	7	8	9	10
8-3 Tax Assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater) 1 Advisory Meeting	Reflexology 10-11:30 PALS Virtual Support 1 Mahjong 1 Community Connections 2 SLN: "American's Battleground" 3 Bone Builders	10 Virtual Tour of Bologna, Italy 10 Tai Chi Yang Style 10 Ping Pong 10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga	10 Cribbage 10:30 Strength Stretch Stability 10:30 Find Reliable Health Info (virtual) 12 Spanish Table 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong 1 Writer's Workshop
13	14	15	16	17
8-3 Tax Assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	10-11:30 PALS Virtual Support 12 Caregiver Support Group 1 Mahjong 1 Loon Program 2 SLN: "Whiskeytown Rocks!" 3 Bone Builders	8:30 Board Meeting 10 Tai Chi Yang Style 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Card Making Class	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	St. Patrick's Day 10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong 1 Writer's Workshop
20	21	22	23	24
8-3 Tax Assistance 8:30 Newsletter Folding 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	9:30 Commodities 10 MOW Drivers Meeting 1 Mahjong 1 Medicare Talk 2 SLN: Abraham Lincoln's Home 3 Bone Builders	10 Tai Chi Yang Style 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga	Birthday Day 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong
27	28	29	30	31
8-3 Tax Assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 1 Mahjong 2 SLN: Zion National Park 3 Bone Builders	10 Tai Chi Yang Style 10 Ping Pong 10:30 Handwork Circle 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 1 Woodstock Garden Club Program

MENU - MARCH 2023

Mon	Tue	Wed	Thu	Fri
		1	2	3
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	Baked Ham with Roasted Pineapple and Maple Glaze, Cole Slaw, Savory Baked Beans, Corn Bread, Apple Crisp	Chicken Noodle Soup with Vegetables, Mixed Green Salad with Apples and Walnuts and Maple Vinaigrette, Dinner Roll, Cookies and Fruit	Linguini and Meatballs, Marinara Sauce, Garlic Pull Apart Rolls, Italian Style Salad with Roasted Peppers, Olives, Red Onion, Fresh Mozzarella and Croutons, Fresh Fruit
6	7	8	9	10
Lentil Soup, ½ Chicken Salad Sandwich on Wheat Bread with Lettuce and Tomato, Chef's Choice Cookie and Fresh Fruit	Turkey Club Sandwich with Cheddar Cheese, Bacon, Lettuce, Tomato and Lemon Herb Aioli, Pasta Salad with Fresh Herbs and Roasted Vegetables, Fruit Yogurt and Granola Parfait	Italian Themed Meal Chicken Piccata, Italian Rice, Roasted Cauliflower, Mixed Green Salad with Olives, Red Onion, Tomato, Oregano, Parmesan Cheese and Croutons, Italian Cream Cake, Fresh Fruit	Southwestern Style Beef Chili with Beans, Roasted Corn, Cheddar Cheese and Sour Cream, Southern Style Cole Slaw, Corn Chips, Pumpkin Pie	Slow Roasted Pork Loin and Pan Gravy, Roasted Potatoes with Rosemary and Garlic, Mixed Vegetables, Dinner Roll, Fresh Fruit
13	14	15	16	17
Grilled Lemon Herb Rice Pilaf, Roasted Potatoes, Mixed Vegetables with Cauliflower, Roasted Peppers and Zucchini, Peach Cobbler	Beef Noodle Casserole with Sweet Peppers, Roasted Onions, Corn and Peas, Garden Salad with Peppers, Carrot and Olives, Dinner Roll, Fresh Fruit	Baked Fish of The Day with Lemon and Fresh Herbs, Rice Pilaf, Mixed Vegetables, White Wine Sauce, Greek Style Salad with Croutons, Carrots, Cucumber, Sweet peppers, Olives and Tomatoes, Cookie and Fresh Fruit	Green Enchilada Casserole with Chicken, Sweet Peppers and Onions, Chips, Salsa and Sour Cream, Green Salad with Lime Vinaigrette, Ice Cream with Fruit Compote	St. Patrick's Day Corned Beef and Cabbage with Carrots and Potatoes, Irish Apple Cake, Dinner Roll
20	21	22	23	24
Cheeseburger on a Whole Wheat Bun with Cheddar Cheese, Lettuce, Tomato, Onion and Pickles, House Spread Potato Salad with Hard Egg, Peas and Red Onion, Fresh Fruit Salad	Baked Chicken Legs with Homemade BBQ Sauce, Potato Salad, Cole Slaw, Dinner Roll, Apple Crisp	New England Style Clam Chowder Soup, Garden Salad with Croutons, Sweet Peppers, Carrots and Olives, Dinner Roll, Fresh Fruit Parfait with Granola	Birthday Day Roasted Pork Tenderloin, Creamy Anna Style Potatoes, Mixed Vegetables, Dinner Roll, Cake and Ice Cream, Fresh Fruit	Teriyaki Chicken, Steamed Jasmine Rice, Mixed Vegetables, Garden Salad with Pineapple, Carrots, Cucumber and Sesame Ginger Dressing, Cookies
27	28	29	30	31
Tuna Salad Sandwich on Whole Wheat Bread with Lettuce and Tomato, Cole Slaw, Fresh Fruit, Cookies	Spinach Ravioli with Turkey Bolognese Style Sauce, Basil Pesto and Parmesan Cheese, Garlic Bread, Yogurt and Fruit Parfait	Quiche with Bacon, Cheese and Caramelized Onion, Tossed Garden Salad, Dinner Roll, Ice Cream	Pork Spareribs with Carolina Style BBQ Sauce, Savory Baked Beans, Cole Slaw, Corn Bread, Mixed Fruit Pie	Tuscan Cauliflower Soup with Chicken and Homemade Sausage, Garden Salad with Italian Style Dressing, Dinner Roll, Blueberry Coffee Cake

ACTIVE AGING

Senior Swim at The Woodstock Athletic Club

Senior Swim offers an affordable option for local older adults looking for an indoor pool during the winter. The rate is \$8/visit and is restricted to use of the pool. The hours have been expanded to Monday through Friday 1pm-4pm. For more information contact The Woodstock Athletic Club at 802-457-6656.

Ping Pong at Woodstock's Little Theater

If you enjoy socializing and having fun, then Ping Pong is for you!
Mondays and Wednesdays, Drop in Play, 10:00 am - 11:30 am

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 in March 2023. Group viewing via Zoom will be available at The Thompson 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.

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.

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

How Do I Find Reliable Health Information Online A Virtual Program From the Dartmouth Health Aging Resource Center Thursday, March 9, 10:30 am – 12:00 pm

Program 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.

For questions and to register: Please email www.agingcenter@hitchcock.org or call 603-653-3460. 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.

PALS Virtual Support Group

The Vermont Association of the Blind and Visually Impaired (VABVI) offers Peer Assisted Learning and Support (PALS) monthly virtual support groups on the first and second Tuesday of each month, 10:00-11:30 am 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.*

Share and Listen: Thoughtful Aging March 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.**

Age Well Workshop Series:

How Medicare, Medicare Supplemental, and Medicare Advantage Plans Can Work For You, Presented by Andrew Hayward, Gateway Retirement Solutions Tuesday, March 21, 1:00 pm

If you are facing retirement and enrollment into Medicare, this presentation will cover the basics of Medicare and how Medicare Supplemental and Medicare Advantage plans can work for you. All people turning 65 have 6 months to sign up for Medicare (3 months before and the three months after one turns 65) without a penalty in the future. Andy will also be discussing the Medicare prescription plans and how to choose the one that fits best for you.

Andrew joined Gateway Retirement Solutions in 2021, but has been working with retirees and clients since 2007. Andrew enjoys helping his clients work through the process of retirement, and helping choose the right options that work best for each client. Andrew is licensed in New York, Vermont, and New Hampshire.

- * Medicare A and B overview
- * Medicare Supplemental plans

- * Medicare Part D Prescription plans
- * Medicare Advantage plans

RESOURCES

Homesharing is working in our Community!



To learn more about Thompson Homeshare, please visit our website at <https://www.thompsonseniorcenter.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, 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

Medical Equipment:
 Martha Grots
 The Wiegand Family in
 memory of Ruth Wiegand
 In memory of Karen Bowles
 Memory Tree Donation - in memory
 of Henry Howe
 Diane Zonay - birthday flowers
 Molly McDermott - carrot cake
 Woodstock Inn Spa Professionals
 for their services



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

IN MEMORY OF

Mary Fox Church

Catherine Wood
 Catherine Howland
 Daniel Pitiger
 Sara & Allan Stadler
 Shari Borzekowski

Rodney Croft

Gayle Karow
 Linda Maxham

Polly Fullerton

Gayle Karow
 Linda Maxham

Bea Robinson

Rhonda and Dan Bruce

Kay Camp

James & Susan Ford
 Alden & Mary Fiertz
 Lawrence & Nancy Morrison
 Betty Putnam
 John Wiegand
 Allen & Sally Hall
 Susan Frost
 Jeffrey Knight
 Eric Revene
 Scott & Susan Butler
 Mary Camp
 Sally Garmon
 Philip & Mary Lee Camp
 Mimi Baird
 Nancy Axon
 Richard & Bonnie Atwood
 Carla J. Kamel

MARCH BIRTHDAYS

1st	Jane	Hanley	10th	Natalie	Billings	19th	Sally	Olsen
1st	Virginia	Eames	11th	Jerry	Fredrickson	19th	Michele	Scelza
2nd	Marilyn	Syme	11th	Linda	O'Neil	20th	Lauran	Corson
3rd	Norman	Youknot	11th	Richard	Beda	20th	John	Reuben
3rd	Faith	Hunt	11th	Lesley	Marceau	21st	Tom	Bourne
3rd	Joanne	Shapp	11th	Robert	Harlow	22nd	Betty	Putnam
3rd	Heinrich	Savelberg	12th	Susan	Ditto	22nd	Kay	Rhodes
4th	Donna	Durgin	13th	Willem	Post	22nd	Jane	Dutton
5th	Susan	Harlow	13th	Deborah	Phillips	22nd	Francis	Goodwin
5th	Deborah	Neuhof	13th	Patricia	Campbell	23rd	Emily	Jones
5th	Armande	Boright	13th	Joe	Warren	23rd	David	McGuire
5th	Lyn	Drigert	13th	Arleta	Fredrickson	23rd	Chris	Noble
5th	Louise	Miele	13th	Patsy	Mitchell	23rd	Sandra	Audsley
6th	Steven	Selbo	14th	Irene	Schlerf	24th	Father Mike	Augustinowitz
6th	Karen	Rosene-Montella	14th	Polly	Bacon	24th	Adrian	Garcia-Gonzalez
7th	Jen	Bloch	14th	Harriet	Stehouwer	25th	Rosmarie	Vanderhoof
7th	Carol	Burns	14th	Paul	Bouchard	26th	Linda	Willard
8th	Alexander	Hadden	14th	Deborah	Jillson	26th	Christa	Blanchard
8th	Liz	Estabrook-Hatfield	15th	Renette	Bedard	27th	Charlotte	Croft
8th	Susan	Lewis	15th	Kate	Reeves	27th	Mervin	Comes
8th	Linda	Machalaba	15th	Tom	Ripley	27th	Joan	McGee
9th	John	Garren	16th	Gloria	Martin	27th	John	Gleason
9th	Barbara	Sanderson	16th	John	Dibble, Sr	28th	Hillary	Martin
9th	Cecilia	Hoyt	16th	Barbara	Clark	29th	Robert	Parker
9th	Larry	Kasden	16th	Frances	Ringenberg	30th	Meg	Johnson
9th	Mimi	Baird	17th	Susan	Rose	30th	Lois	Watson
9th	Larry	Derstine	17th	Mario	Maura	31st	Janet	Bourne
9th	Charles	Poltenson	18th	Pat	Tilton	31st	Susan	Brown
10th	Gail	Dougherty	18th	Beryl	Spencer			
10th	Barbara	Gerstner	18th	Catherine	Harriman			





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

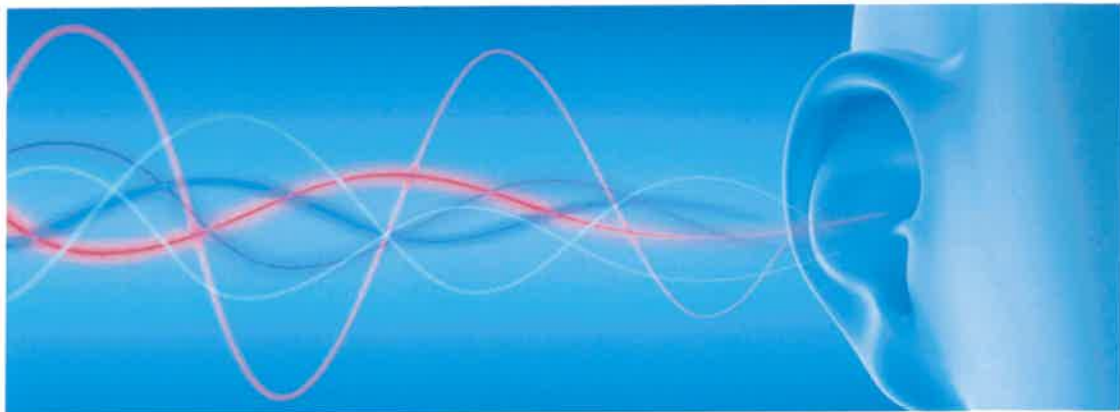
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Help Make a Better Hearing Aid and Earn \$100!



Do you use a hearing aid? Try a new hearing aid designed to better filter background noise and improve speech comprehension

- Sessions will last **60 minutes** and occur **in-person** at The Thompson
- Participants will earn **\$100** and also earn funds for The Thompson
- Participants **must currently use a hearing aid** (either all day or occasionally)

Contact Shari at the front desk to sign up / learn more