



The Thompson Times

Your resource to age well

MAY 2023

May is Older Americans Month



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

In this celebratory month of *Aging Unbound* and in recognition of all that older Vermonters contribute, we want to acknowledge your *wisdom of aging* and hear your stories. Stories build community and connect us. In 500 words or less (about one page), consider the following questions, and write or email us your stories.

Some questions to consider:

- * What is your life's passion or how would you describe your life's work?
- * What accomplishments are you proud of?
- * What are some specific events, experiences, or people that have shaped you?
- * What have been your most treasured memories?
- * What are you most grateful for?
- * How do you hope you have impacted others in your life and how do you hope to be remembered?
- * What is your idea of *aging unbound*?
- * What activities, travel, volunteering, family/friend involvement, work, or creative arts are you involved in now that bring fulfillment to your life and may inspire others?

Please submit to Pam Butler or Shari Borzekowski or email pbutler@thompsonscenter.org by May 10th. Stories will be highlighted in special ways throughout the month.

Join us on Wednesday, May 17th for a special lunch and celebration. Reservations required.

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

Older Americans Month Luncheon Wednesday, May 17, 12:00 pm

All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch. Please sign-up in advance by calling 457-3277. Suggested donation is \$7.

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

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Blakeney, Sally Weglarz, Ed Esmond

Drivers: Tom Morse, Brian McGinty,
Carl Hurd

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

Tri-Valley Transit 802-728-3773

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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

- Free Foot Clinics
- New Evidence-Based programs coming soon
- Chef's Dinner fundraiser
- Trips discussion
- Staff busy times, especially from 11:30am - 1:00pm
- New guests appreciate the welcoming environment when visiting, staff, volunteers, and participants contribute to this

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

Thank You Meals on Wheels Donors



Round-up Campaign



Anonymous
Barbara Butler
Bethany Mennonite Church
Nancy & Fred Doton
Gwen Graft
King's Daughters & Sons
Leonie Luterman
Mary Hitchcock Memorial
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Joyce & Norman Spector
Wendy & John Wannop



The Thompson
Your resource to age well



AGE WELL

An Age Well Series Presentation: Home Modifications to Age in Place

**Presented by Home and Able Home Modification Specialist Dena Wilkie
Thursday, May 11, 1:00 pm**

This presentation will address home modifications, what they are, and how they can be implemented in your home. You will learn high-risk fall areas in the home and some 'low tech' options that can be implemented to help age in place safely. We will discuss the pros of implementing home modifications including saving money, planning for chronic or progressive disease, intergenerational living & 'visitability'. Visual examples and opportunities for attendees to join the discussion will be shared throughout the presentation.

This presentation is geared toward anyone interested in aging in place, home modifications & accessibility design. Attendees will gain insight into areas in the home where they may want to make changes, as well as an introductory understanding of the many home modification options available and what you can do to prepare to age in place. Please register in advance.

COVER Home Repair Services: What You Need to Know Tuesday, May 23, 1:00 pm

Did you know COVER Home Repair's services include the following?

- Safety modifications like installing grab bars in showers and fixing unsafe stairs
- Building ramps for folks with mobility challenges
- Repairing single-story, leaky roofs
- Air sealing leaky homes and insulating the skirting of mobile homes

COVER is now accepting applications for their 2023 home repair season. They serve homeowners who live within a 45-minute drive from our WRJ office and who meet certain income requirements. For more information, come to this presentation to learn how COVER can be of service to you.

Coming in June....

Age Well Series Presentation

Healthy Living for Your Brain & Body:

Tips From the Latest Research

**Presented by the Alzheimer's Association VT Chapter
and the Vermont Department of Health**

Tuesday, June 6, 1:15 pm

AND

Let's Get Moving! Join our Free

Walk with Ease Program

Thursdays, 10:30 – 11:30 AM

Facilitated by Linda Harvey,

Ottawaquechee Health Center Physical Therapist

Meet at East End Park to begin walking at 10:30 AM

The Arthritis Foundation's Walk With Ease program is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. Comprehensive studies demonstrate that Walk With Ease reduces pain, increases balance and strength and improves your overall health.

Free Foot Clinic

with Beverly Sinclair, RN

Thursday, May 18, 9 am - 2:30 pm

Call for your appointment

Free foot clinics for one year are made possible by a congressionally directed grant to The Thompson. Please call to schedule in advance.

Reflexology with Deb Neuhoef

2nd and 4th Tuesdays

Please call for appointment

All clients must be fully vaccinated. Face coverings are required during your treatment.

YOUR VIRTUAL SENIOR CENTER

Senior Learning Network Virtual Programming Continues at The Thompson Tuesdays at 2:00 pm

Please call to reserve your spot and to receive your Zoom link.

The Story of Buffalo Bill-William F Cody: Buffalo Bill Center of the West May 2nd



William F Cody was a fascinating product of the American West. The complicated story of Cody's life and his exploits in the American West and later in performances depicting that "Wild West" will be examined using the Center's collections. A complicated story spanning the mid to late 1800's to 1917 will illuminate both the man and his times. Join us as another favorite, George Miller presents this wonderful story !

"Bravo"- National Portrait Gallery May 16th



Florenz Ziegfeld orchestrating sequined spectacular at the *Follies* ...Charlie Chaplin shuffling his "Little Tramp" across the silent screen...Martha Graham choreographing a vocabulary of modernism into dance ... Duke Ellington elevating jazz to classicism ...Maria Callas

reminding the world about the art of the primadonna. ..Elvis Presley shaking up the cultural landscape.

The creative diversity of the American experience is remarkably expressed in the exuberance, elegance, and dynamism of its performing arts. "Bravo!" presents a vibrant showcase of the performers who brought these arts to life. Beginning in years when artists performed only live and without microphones, "Bravo!" covers the technological evolution that has made performance accessible at the click of a mouse. Throughout, these artists have played a vital role in American life and culture, and their ongoing contributions continue to inspire the national character.

The Johnstown Flood: The Stunning Story of one of America's Greatest Tragedies": Johnstown Flood National Memorial, May 23rd

On Friday May 31, 1889, the South Fork Dam failed sending 20 million tons of water 14 miles down the Conemaugh Valley to Johnstown. The Johnstown Flood killed 2,209 people in one of the country's worst disasters. This program explores the causes and effects including the history of the South Fork Dam, the South Fork Fishing and Hunting Club who owned the dam in 1889, events on May 31, the large-scale recovery effort that followed.

Andersonville National Historic Site, May 9th



Andersonville National Historic Site began as a stockade built about 18 months before the end of the U.S. Civil War to hold Union Army prisoners captured by Confederate soldiers. Located deep behind Confederate lines, the 26.5-acre Camp Sumter (named for the south Georgia county it occupied) was designed for a maximum of 10,000 prisoners. At its most crowded, it held more than 32,000 men, many of them wounded and starving, in horrific conditions with rampant disease, contaminated water, and only minimal shelter from the blazing sun and the chilling winter rain. In the prison's 14 months of existence, some 45,000 Union prisoners arrived here; of those, 12,920 died and were buried in a cemetery created just outside the prison walls.

Andersonville is the deadliest ground of the Civil War. The program will begin with a general overview of Civil War prison statistics and why Andersonville was chosen as a location for a prison site. We will then talk through the of Andersonville using modern photos of the prison and photos from 1860. The program will cover living conditions inside the prison, the experience of prison guards, and the efforts to preserve the site after the Civil War.



PROGRAMS & TRIPS

Springtime Blooms in Belgium

Virtual Walking Tour and Themed Meal

Tuesday, May 2, 10:30 am at The Thompson, Register in advance

Enjoy the spring with its fields of flowers around a Belgian castle with a unique atmosphere. Every year the castle of Grand Bigard (Groot-Bijgaarden) opens its doors for a few weeks for an unforgettable flower experience. This year, the gardeners have planted by hand more than one million bulbs thanks to the participation of major Dutch bulb producers and exporters. Although the tulips usually get special attention with almost 400 varieties, hyacinths and daffodils are also well represented. We will begin our live walking tour admiring the Flemish Renaissance castle built in the 17th century and walk along the unique flower beds that attract many tourists every year from Europe, China Japan and the USA.

Themed lunch menu: *Gentse waterzooi (chicken stew), Belgium Endive Salad with Potatoes, Ham, Hard Egg, and Appleflap (apple turnovers).*

We are flying again!...The Thompson Center and Collette Travel Present *Irish Splendor*

Join us for Special Travel Presentation on May 9th at 1:00 PM



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

Save Energy and Improve Comfort with Window Inserts

An Energy Efficiency Presentation and Demonstration by Sustainable Woodstock

Wednesday, May 24 beginning at 11:30 AM in the Thompson Lobby – Stop by and see!

Did you notice cold drafts coming from your windows this winter? Sustainable Woodstock wants to hear from you! This coming fall we will host our second WindowDressers (WD) Community Build, and will be constructing free insulating window inserts for low and moderate-income community members. Inserts are installed on the interior of the window, acting as interior storm windows. WindowDressers inserts are an excellent way to insulate windows, and last for years if taken care of. Join Jenevra Wetmore, Program Director of Sustainable Woodstock, to learn more.

The Need to Belong: A Genealogical Journey into the World of Lineage Societies

Presented by Adam Boyce on Thursday, May 30, 1:00 pm

Everyone has a family history, but only a handful of individuals have proven their connections to significant historical events, places, occupations, and individuals. You might have an ancestor who came over on the *Mayflower*, or fought in the Revolutionary War; perhaps they were an innkeeper, or an indentured servant; a founder of a religious society, or an early settler of a colony or state; you may even be a descendant of kings and queens—well, YOU may be eligible to join a lineage society!

Adam's first lineage society membership was the Vermont Mayflower Society in 2001, followed by the Pilgrim Hopkins Heritage Society in 2006. To date, Adam has memberships in forty-four such groups.

Through this talk, Adam will share his research, discoveries, and achievements made from 2019-2022. Although not necessarily a "how-to" guide, Adam shares sources and general information to inspire others interested in researching and proving their connections with American and World history.

In addition to his great interest in history, Adam Boyce is a well-known Yankee fiddler, composer, and sugarmaker.



PROGRAM CALENDAR - MAY 2023

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
10 BINGO 10 Ping Pong (at Woodstock Little Theater) 1 Advisory Meeting	10-11:30 PALS Virtual Support 10:30 Tour of Belgium 1 Mahjong 2 SLN: Story of Buffalo Bill 3 Bone Builders	9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1:30 Art with Finnie	10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 3 Bone Builders	Cinco De Mayo 10 BINGO 1 Mahjong
8	9	10	11	12
9 Benefits Assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 10-11:30 PALS Virtual Support 12 Caregiver Support Group 1 Collette Travel Talk 1 Mahjong 2 SLN: Andersonville National Historic Site 3 Bone Builders	9:30-12 Tai Chi 10 Ping Pong 10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	Birthday Day 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 1 Age Well: Home Modifications 3 Bone Builders	10 BINGO 1 Mahjong
15	16	17	18	19
Mother's Day 8:30 Newsletter Folding 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	9:30 Commodities 1 Mahjong 1 Author Talk 2 SLN: National Portrait Gallery 3 Bone Builders	Older Americans Lunch Celebration 8:30 Board Meeting 9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	9-2:30 Foot Clinic 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 1 Share and Listen 1 Community Connections- Blish 3 Bone Builders	10 BINGO 1 Mahjong
22	23	24	25	26
9 Benefits assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 1 Mahjong 1 COVER Program 2 SLN: The Johnstown Flood 3 Bone Builders	9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 11:30 Energy Presentation 12 French Table 1 Gentle Yoga 1 Bridge	Chef's Dinner Fundraiser (No lunch. Center closed during the day)	10 BINGO 1 Mahjong
29	30	31		
CLOSED Memorial Day	1 Mahjong 1 Genealogy Talk 3 Bone Builders	9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge		RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS

MENU - MAY 2023

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Angel Hair Pasta with Bolognese Style Sauce (Cloudland Farms Beef), Hearty Garden Salad, Garlic Bread, Fresh Fruit	Belgium themed meal Gentse waterzooi (chicken stew), Belgium Endive Salad with Potatoes, Ham, Hard Egg, Appleflap (apple turnovers)	Turkey and Cheddar Sandwich Lettuce, Tomato and Pesto Spread Beet Salad with Citrus and Honey Pumpkin Pie	Beef Noodle Soup with Carrots, Leeks and Cabbage, Garden Salad, Dinner Roll Blueberry Pie	Cinco de Mayo Chicken Enchilada Casserole with Salsa Verde Chips, Salsa and Sour Cream Garden Salad with Lime Vinaigrette Fresh Fruit
8	9	10	11	12
Chef's Salad with Grilled Chicken, Ham, Tomatoes, Cucumber, Cheese with Ranch Dressing, Dinner Roll, Fresh Fruit, Cookie	Lasagna with Cloudland Farms Ground Beef, Zucchini, Mushrooms, Spinach, Mozzarella & Pesto Mediterranean Style Salad Red Wine Vinaigrette, Peach Cobbler	Chef's Choice Fish with Lemon and Herbs, Sautéed Green Beans, Tossed Salad, Dinner Roll, Apple Crisp with Granola and Maple Syrup	Birthday Day Hamburger Steak and Onion Gravy, Mashed Potatoes, Mixed Green Salad with Beet Vinaigrette Dressing, Parsnips, Dinner Roll, Apple Crisp with Whipped Cream	Tuna Salad Sandwich on Whole Wheat Bread Lettuce and Tomato, Potato Salad with Garden Vegetables and Fresh Herbs, Fresh Fruit
15	16	17	18	19
Mother's Day Roasted Turkey Breast Mashed Potatoes and Gravy, Green Beans, Mixed Green Salad with Garden Vegetables, Croutons and Green Goddess Dressing, Roll, Panna Cotta with Berries and Maple Syrup	Split Pea Soup with Ham, Dinner Roll, Hearty mixed Green Salad with Carrots, Beets, Chickpeas, Sweet Peppers, Spinach and red Onion, Apple Cobbler	Older Americans Lunch Celebration Baked Chicken Breast with Lemon and Herbs, Roasted Potatoes, Parsnips, Dinner Roll, Yogurt Parfait with Fresh Fruit, Granola and Maple Syrup	Egg Salad Sandwich on Whole Wheat Bread with Lettuce, Carrot salad with Pineapple and Raisins, Oatmeal Chocolate Chip Cookie	Southwestern Style Beef Chili with Beans, Corn, Sweet Peppers and tomatoes, Cole Slaw, Corn Bread, Fresh Fruit
22	23	24	25	26
Ham Salad Sandwich on Whole Wheat Bread, Cole Slaw, Beet and Citrus Salad, Peach Cobbler	Chicken Parmesan, Baked Pasta Primavera with Zucchini, Mushrooms, Spinach and Roasted Peppers with Marinara Sauce, Caesar Salad, Fruit Salad	New England Style Clam Chowder, Diner Roll, Garden Salad with Maple Vinaigrette, Cookies	Chefs Dinner Fundariser No lunch served	Chicken Salad on a bed of Mixed Greens with Cucumber, Tomato, Carrots, Chickpeas, Almonds, Craisins and Country Herb Dressing, Dinner Roll, Ice Cream with Blueberry Compote
29	30	31		
CLOSED Memorial Day	Chicken Vegetable Soup with Noodles and Fresh Herbs, Garden Salad with Blue Cheese Dressing, Dinner Roll, Cookies	Roast Pork Loin with Gravy, Baked Potato with Sour Cream and Scallions, Green Bean Almondine, Dinner Roll, Mixed Green Salad, Key Lime Pie with Whipped Cream	RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am *menu subject to change based upon product availability* *Please make requests for substitutions in advance.	Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, coffee, tea with all meals

ACTIVE AGING

Senior Swim at The Woodstock Athletic Club

Senior Swim offers an affordable option for local older adults looking for an indoor pool. The rate is \$8/visit and is restricted to use of the pool, or you can purchase a discounted 10-pack senior swim package for \$75 and valid for 12 months of use. 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

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.*

Join Anne and Jane for Tai Chi classes on Wednesdays

Join Anne Bower and Jane Philpin for Spring Tai Chi classes. Tai chi's gentle, flowing movements are complex enough to be fascinating but easy to learn. With ample individual instruction everyone can gain the benefits--better balance, greater mindfulness, improved posture, reduced pain from arthritis, and for some folks, even better blood pressure and sleep...and we have fun as we learn.

Wednesdays, 9:30-10:30--Introductory class (Fall Prevention Tai Chi)

Wednesdays, 10:40-11:40--Sun Style Tai Chi (a more advanced form)

Suggested donation is \$3 per class, payable to the Thompson Senior Center. For more information, check out Anne's website: Anne Bower--Tai Chi & Writing

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.

CREATIVE AGING

Author Talk

Jane Dwinell Presents: *Alzheimer's Canyon: One Couple's Reflections on Living with Dementia* by Jane Dwinell and Sky Yardley
Tuesday, May 16, 1:00 pm, Register in advance

When Sky was diagnosed with "probable early stage Alzheimer's" at age 66, he was determined to live as fully with his new reality as possible. He researched dementia, talked about dementia, connected with other people with the disease, and, finally, he wrote about it. With humor and honesty, love and compassion, Sky and his wife Jane describe what it's like to live with a constantly evolving and mysterious new life. "The brain is a mysterious thing," writes Jane, as Sky muses about traveling unmapped roads with no GPS.

Welcome to Alzheimer's Canyon: there is one way in, and no way out. Follow Sky and Jane as they navigate this journey they did not ask to take, a journey that balances pain, loss, and confusion with gratitude, wonder, and transformation.

"An emotional road map for anyone facing an unexpected challenge."

—David Goodman, New York Times bestselling author and host of The Vermont Conversation

Share and Listen: Thoughtful Aging

This month's topic is Aging Responsibly: The Role of Elders
May 18, 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.

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 convener of the North Chapel Amazing Grays. **Please register by calling The Thompson.**

Community Connections

*Farewell and Thank you to Woodstock
Police Chief, Robbie Blish*
Thursday May 18, 1:00 pm

Join us for our last community update from Woodstock Police Chief Robbie Blish as we bid him farewell with our gratitude for his service.



Thompson Beginner Bridge Wednesdays at 1:00 pm

New players have just begun playing in mid March. If you wish to join this group email Pam at pbutler@thompsonseniorcenter.org.

HANDWORK CIRCLE Wednesdays at 10:30

The Handwork Circle group invites anyone to join them in the living room to enjoy coffee and companionship. Contact Jane Soule 457-2442.

Art with Finnie from ArtisTree

Ringling in Spring with Wind Chime Bell(s)
**This two-session art project will take place
on Wednesdays - May 3rd and June 7th.**

From pinch pots and coils we will make our very own ceramic wind chime bell(s) in this two part workshop series. The first session (May) we will form the clay using various methods of hand building and decorating. The second session (June) will be painting and stringing the bells, ready for hanging.

These gorgeous bells will make a lovely addition to your home or garden. All levels of experience welcome.

**If you miss the first session Finnie will have limited supplies for painting in the second session - be sure to sign up early to ensure that she has enough supplies for painting in June.*

RESOURCES

Homesharing is working in our Community!



We are actively seeking Homeshare guests for multiple homes. To learn more about Thompson Homeshare, please visit our website at <https://www.thompsonseniorcenter.org/homeshare/> or call Shari at 802-457-3277.

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.*

Senior Solutions Offers Benefits Assistance Hours At The Thompson

Individual assistance is available at The Thompson by appointment every other Monday by calling The Thompson. May 8 and 22, June 5 and 19



The Hub is 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 in the communities of Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, and Woodstock. For more details and to apply visit their website at <https://apply.thehubneighbors.org/> form, call 802-457-7214 or email at apply@thehubneighbors.org.

Advance Directive Assistance is Available

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

Caregiver Support Group Continues with Carla and 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

Jack Demar - medical equipment
 Barbara Walsh - medical equipment
 Maria Tangredi - greeting cards
 Diane Zonay - birthday flowers
 Dana Kaye - sparkling cider for
 Volunteer Dinner



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



IN MEMORY OF

Bea Robinson

Bruce & Patricia Gould

Key Camp

Stephen & Joan Tarleton

Frank & Elaine Leibly

Steve Rowe

Bruce & Patricia Gould

Connecticut Funeral
 Directors Association, Inc.

Roy & Joanne Bates

Margarete Pierce

Susan Ditto

MAY BIRTHDAYS

1st Betty Stetson	11th Donald Corken	23rd Danelle Sims
2nd Katherine Olgiati	11th Bruce Corkum	24th Bonnie Willis
3rd Millie Cole	11th Gail Emmerson	24th Janet Salstrom
3rd Rene Rowe	12th Bud Spaulding	24th Tom List
4th Roger Scully	12th Jill Leavitt	25th Marge Grob
5th Patricia Wittasek	13th Mary Brand	25th Rob Anderegg
5th Jody Himebaugh	13th Mary Terry	26th Sherry Belisle
5th Joyce Evans	13th Susan Rubel	26th Siobhan Wright
5th Tom Read	13th Adelaide McCracken	26th John Wannop
6th Eleanor Pizzani	14th George Krantz	26th John Coogan
6th Ann Richardson	15th Patricia Hanlon	27th Barbara Winkler
6th James Howe	15th Nancy Doten	27th Jean Thompson
6th Carolyn Kimbell	15th John Snyder	27th Arnie Powell
7th Gary Staples	15th Elizabeth Rivers	27th Annie Rubright
7th Joyce Maura	16th Eleanor Grice	27th Fran Bean
8th Anne Bower	16th Charlotte Danly	28th Erwin Fullerton
8th William Boardman	16th Sharon Hall	28th Barbara A. West
8th Philip Bell	17th Janet Belon	28th Jon Fullerton
8th Karen McGee	17th Sarah Brimlow	28th Marilyn Kalanges
9th Titia Ellis	18th Thomas Morse	28th Constance Campbell
9th Ray Kennedy	19th Susan Ford	28th Joseph Curry
9th Keith Niles	21st Susan Tomlet	29th Brian Maxham
9th Betsy Wheeler	21st Ed Esmond	30th Daniel Kenney
9th Linda Harvey	21st Julia Stride	30th Phoebe Standish
9th Peter Kaufman	22nd Richard Schramm	30th Joseph Sheperd
10th Corwin Sharp	22nd Kathy Beaird	30th Dennis Cogswell
10th Sally Weglarz	22nd Carl Thompson	31st Phyllis Wood
10th Roberta Roy	22nd Andrea Alsup	31st Robert Lambert
10th Betsy Wing	22nd Louise Blakeney	
10th Peggy Levenoood	23rd Patricia March	
11th Richard Brackett	23rd Louise Faherty	
11th Mary Corrigan	23rd Leon Dunkley	
11th Mae Lewis		



The Thompson

Your resource to age well

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonscenter.org

Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091

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TRANSPORTATION

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Local transportation to and from the Thompson Center is provided Monday through Friday between 8:30am – 3:00pm. Please call the Center to request rides with at least 24 hours notice. **Suggested minimum donation:** \$5 per ride round trip

Medical Rides to and from appointments to all Upper Valley providers can be arranged directly through Tri-Valley Transit at 802-728-3773. A minimum of 48 hours notice is requested for scheduling.

Thank You to Our Transportation Sponsors & Grants



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Sign up for our weekly e-news and/or an electronic version of our monthly newsletter by emailing Jen Bloch at: jbloch@thompsonscenter.org

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.