



The Thompson Times

Your resource to age well

AUGUST 2023

Growth, Gratitude and Welcome!

After fifteen years of dedicated service to The Thompson and those we serve, our Program Director, Pam Butler, is ready to semi-retire. Program planning is being transitioned to a new staff member, Morgan Heavisides, but we'll still see Pam around for special projects like Veggie Van Go and vaccine clinics.

Thank you, Pam!

Fifteen years of fun, thousands of programs planned, hundreds of trips executed, numerous hearing screenings, foot clinics, and flu shots, immeasurable caring calls, chairs moved, grocery shopping organized, and requests juggled — for all of this and much more, we thank you, Pam! With your program planning and incomparable attention to detail, you've helped us enjoy many, many days, given us experiences, educated, and helped us live healthier, better lives. For those who don't know her, her commitment to service of our participants and community members is off the charts excellent! Just ask Sylvia how she got her bathing suit from her camp in the middle of winter before her trip to Hawaii (hint: it involves Pam on snowshoes)! So, please join us in thanking Pam for her dedication and service -- not only for the wonderful, fun programs, but also for her extraordinary customer service through two floods and a pandemic!



Welcome, Morgan!

We're excited to introduce Morgan Heavisides to our Thompson team. Morgan's new role as Assistant Director combines program planning as well as help with fundraising, technical support for staff, and more. This new full-time position is an important next step in our 5 year strategic plan that focuses on growing the Thompson and expanding to meet the needs of our community. Here is a little more from Morgan:

I knew from a young age that working with people within the community was something that I wanted to do. Much of this inspiration came from watching many of my family work in the healthcare setting, coach sports, and countless hours in the truck with my Grandpa, who knew just about everyone. I spend much of my time playing softball in the Upper Valley, traveling to see my horse, Roux, in New York, and spending time with my 2 dogs, Boost and Ollie.

Spending a large portion of my college years in Woodstock, VT I knew that I wanted to return eventually. I have spent the last several years working as an Orthopaedic fitter, and most recently as a medical practice manager. My time in these fields has allowed me to grow, both personally and professionally, as well as to build relationships within my community. I also spent the better part of 6 years serving at the Inn at Weathersfield, developing my customer experience skills. I am so excited to bring my organizational skills, experience, and community focus to the Thompson Senior Center.

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonscenter.org
Morgan Heavisides, Assistant Director,
mheavisides@thompsonscenter.org
Paula Audsley, Business Office Manager,
paudsley@thompsonscenter.org
Jen Bloch, Marketing Coordinator,
jbloch@thompsonscenter.org
Shari Borzekowski, Aging at Home
Resource Manager,
sborz@thompsonscenter.org
Pam Butler, Aging at Home Support,
pbutler@thompsonscenter.org
Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonscenter.org
Andrew Geller, Chef,
ageller@thompsonscenter.org

Culinary Assistants: Lanie Orcutt, Louise
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

BOARD OF DIRECTORS

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BEHIND THE SCENES

We at The Thompson are deeply saddened to see the recent flooding devastation of many friends and neighbors. We are also immensely grateful to our town emergency services, community partners, volunteers, and staff, who have been so supportive of us and those we serve. Potable water is still a challenge as we write this newsletter, but home-delivered Meals on Wheels and grocery deliveries have continued and check-in calls were made even during the height of the flooding. Volunteer drivers with trucks delivered meals, ATVs took meals the final miles on washed-out roads, and we coordinated with emergency services to get people on closed roads out and to dialysis to get treatment. The way our communities came together was just as heart-warming as it was during the height of the pandemic and during Hurricane Irene. I wish we didn't have so much practice with emergencies, but I'm always so amazed at the lengths community members will go to aid The Thompson in providing critical services.

First, special thanks go to The Woodstock Farmers Market for donating grocery items even at their own most challenging hours. Thanks to WFM we were able to deliver over 65 bags of essential grocery items -- on Tuesday after the flood, people were hoping for milk, bread, eggs, and cereal, and on Wednesday, we were able to deliver those things and more. One case manager told us that the only food in her patient's refrigerator was food that we delivered. Special thanks also goes to the Woodstock Inn & Resort, for giving us use of their kitchen at Saskadena Six to prepare Meals on Wheels while our kitchen had to be closed. Woodstock town manager, Eric Duffy, and Tess Malloy from Woodstock Aqueduct, also helped with arranging the use of a kitchen. The Emmons at Cloudland Farm and other restaurants with wells also offered to help. David Green, Ed Earle and other emergency personnel have been a phone call or text away about the status of roads. Diane Zonay of Moore's Orchard and Sherburne Farms delivered sunflowers to go out with meals to brighten our rainy, muddy days. Volunteers Greg Greene, Dolores & John Gilbert, Jen Kirkman, Bob Borsh, Carolyn Kimbell, Susan Copeland, and many others have been on-call for us for any delivery need. Last but not least, our Thompson staff have worked many extra hours, moved kitchens, sorted & packed food, made extensive calls, and adjusted however needed to carry out our mission and care for those we serve.

With immense gratitude and love, Deanna Jones, Executive Director

ADVISORY MEETING HIGHLIGHTS

- Deanna attended the National Senior Center Conference in Washington, DC this past June, bringing back great ideas and inspiration.
- A new Assistant Director has been hired to support Deanna, as well as, the scheduling of programs and activities. Pam will train Morgan and work part time on special assignments.
- Discussed some successful June programs and upcoming events.
- Encouraged more sign-ups for a day trip on July 24 for a scenic pedal powered Rail-Bike Ride near Concord, NH. Cost is \$45 depending on interest.
- We are offering some grant funded, evidence-based programs made free to patrons. Eat Smart, Move More, Weigh Less—online program, Walk with Ease—An Arthritis control program, Foot Clinic, Locally Yours—Fruits and Vegetables from local farmers distributed at The Thompson.
- Participant Questions/Comments include:
 - Renovation timeline which has been moved out
 - Suggestions for day trip ideas
 - Request for more cruises

Please join our next meeting on August 7 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

AGE WELL

Common Scams and How to Protect Yourself

Tuesday, August 15, 1:00 PM

Please pre-register by calling The Thompson Center

Jay Fish, Branch Relationship Manager at Bar Harbor Bank, will discuss the most prevalent scams where fraudsters are targeting people, and that includes people within our community. She will also discuss steps one should take if they think they have become victimized and how to be vigilant in protecting personal information. Learn more about:

IRS scam, Grandparent scam, Romance scam, Lottery/Sweepstakes scam, Telephone/internet scams

Learn the Latest About Cyber Scams – Do you know what ChatGPT Is?

Presented by OSHER Instructor, Jürgen Ewert

Rescheduled to Thursday, August 31, 1:00 PM

Chances are that many of us have not heard of ChatGPT which is an AI (Artificial Intelligence) chatbot that uses natural language processing to create humanlike conversational dialogue. This is yet another creative method by which scammers use to target older adults. Think of the Grandparent scam where scammers phone their potential victims using a voice that sounds like a grandchild in distress. If it sounds scary to you, it is. Frauds aimed at older adults are becoming more creative and fraudsters stay on top of whatever is new whether its zoom, COVID-19 vaccines, online shopping, and much more.

Why are older adults targeted? Because fraudsters and con artists believe this population is more vulnerable and have accumulated more wealth. *We all* need to be aware! In this slide presentation we will learn about the latest scams and how to defend ourselves against cyber-crime.

How to Read Your Medicare Summary Notice

Protect Yourself From Medicare Fraud

Presented by Vermont Senior Medicare Patrol

Tuesday, August 29, 1:00 PM

Medicare Summary Notices, or MSNs, are monthly statements from Medicare that detail medical expenses and reimbursements. These are important documents, but can be difficult to read. The SMP staff can help you read and understand the statements, and explain how they are an invaluable practice to protect yourself from Medicare fraud, errors, and abuse. In addition, participants receive the SMP Healthcare Tracker, a guided notebook that helps you track medical procedures and prescriptions.

It's Fresh Produce Season!

Locally Yours Offered at The Thompson Center Weekly Through
October on Thursdays Beginning at 10AM



We're excited to promote, Locally Yours, a new free program that gives us access to fresh, locally grown produce. There is no income restriction and the program is available to all Thompson patrons. Our Locally Yours partner, Neil and Alice Lamson's Fox Crossing Farm in Pomfret, will be delivering fresh produce to The Thompson weekly.

What is it?

This program helps older Vermonters get locally grown produce, benefitting both senior nutrition needs and our local farms. Locally Yours is made possible through congressionally delegated grant funds

How does it work?

It's as easy as stopping at The Thompson on delivery days or letting us know to include produce with your home delivered meals if you receive them. *We encourage you to take only as much as you think you can use as it helps share the crops with more people.*

HEALTHY AGING



Eat Smart, Move More, Weigh Less

Available August Classes for Registration

Wednesday, Aug. 9, 8:30pm—9:30 pm & Thursday, Aug. 10, 12pm-1pm

Eat Smart, Move More, Weigh Less is a 15-week ONLINE weight-management program based upon evidence-based strategies for weight loss and weight maintenance. Each hour-long weekly lesson includes: 1) discussion about behaviors important for weight loss or weight maintenance, 2) information on how friends and family can provide support, and 3) strategies for adopting the behavior. Planning, tracking and living mindfully are the key components of the program and are incorporated into each lesson.

The program is delivered ONLINE, live in real-time using the Zoom platform. Classes are delivered by a live Registered Dietitian Nutritionist (RDN) instructor, hired and trained by North Carolina State University. Participants can choose a time of the day that works best for them – evening and lunchtime classes are available. Participants attend the sessions remotely on individual computers or mobile devices and can see and hear their instructor. The real-time environment allows for discussion with others in the class. Outside of the live sessions, participants also have access to a secure, online portal whereby they track their weekly progress and communicate with their instructor.

Call the Thompson for more information and to sign up for a free access code.

This is \$235 value that we're able to offer for free because of a Wellness Grant through the Vermont Association of Senior Centers and Meal Providers from a Congressional Delegated funding to bring evidence-based programs to senior centers.

Hands Helping Hands Reflexology is Available at The Thompson

Tuesday, August 15 & 29

**Enjoy Reflexology to Relax, Rejuvenate, &
Reboot Your Whole Body**

**\$35 for 30 minute hand, or foot treatment
or \$65 for 60 minutes**

Certified Reflexologist Deborah Neuhof is resuming appointments at The Thompson. Experience Reflexology techniques and benefits to de-stress and promote a balanced, holistic well being.

Please wear loose fitting clothing and arrive a few minutes early to complete a health & disclaimer form.



FREE Foot Clinic with Beverly Sinclair, RN **Thursday, August 17, 9am - 2:30pm,** **Call in advance for appointment**

Beverly Sinclair has been a practicing registered nurse for 22 years with extensive experience as a staff nurse and in nurse management. She has been providing local foot care service for older Vermonters for the past 8 years.

Free foot clinics for one year are made possible by a congressionally directed grant to The Thompson.

PROGRAMS



Summer Supper Club *Please join us at Quechee Pizza Chef* **Tuesday, August 1, 6:00 pm**

Summer is short and we want to take advantage of the opportunity to gather and enjoy a fun meal together. Join Deanna and friends at Quechee Pizza Chef on Tuesday, August 1st at 6:00 PM. This will be a dine and pay on your own event where orders are placed individually. We ask that you register with

The Thompson in advance. Call a friend, offer a ride if you can, and enjoy a summer evening with your Thompson friends.



Let's Go Cruisin'! **Tuesday, August 8, 1:00 pm** *Ice Cream Social with Sunny Day Scoops* *and Classic Car Rides*

Who doesn't love the mystique and thrill of an antique car or convertible? Let's go cruising. Thanks to some generous Thompson friends, we are offering an afternoon of cruisin' around the Woodstock area in some pretty cool vintage vehicles after our ice cream social. Register ahead so you are sure to get a ride. Be prepared for some top-down convertible cruisin' and some nostalgia!



Cannes – Glamour and Beyond **A Virtual Tour on the French Riviera** *French Themed Lunch* **Tuesday, August 22, 1:00 PM**

Welcome to our live virtual tour of Cannes, one of the most iconic destinations on the French Riviera! Our tour will start at the top of a small hill, where you will see the breathtaking panoramic view of Cannes. Here, we will learn about its history, how it started as a small fishermen's village, and how it gradually grew into the city of glamour that we know today.

We'll then make our way down through the old town of Cannes, you'll see charming architecture, quaint boutiques, and we will window shop for some local food as well.

Our next stop will be the famous Croisette, a palm-lined boulevard that stretches along the shore. We'll walk along the promenade and make our way to the Festival Palace, the home of the Cannes Film Festival. Here, we'll try to see the iconic red carpet where the world's biggest movie stars have walked. You'll also learn about the festival's history and how it has helped to put Cannes on the map as one of the most glamorous cities in the world.

Please join us on this exciting virtual tour of this French Riviera gem after our French themed noon meal. Registrations is required.

Community Connections **With Windsor County Sheriff, Ryan Palmer** **Wednesday, August 23, 1:00 PM immediately following lunch**

Sheriff Ryan Palmer took office in February of this year and he would like to share WCSD's recent achievements including an update on all the changes that have been made at the Sheriff's Department. Sheriff Palmer will provide a glimpse of what the future plans are for the department and improvements in rural law enforcement.

PROGRAM CALENDAR - AUGUST 2023

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS	10-12 Memoir Writing 1 Mahjong 1-3 Memoir Writing 3 Bone Builders 6pm Supper Club	9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1:30 Art with Finnie	10 Cribbage 10:30 Strength Stretch Stability 12:30 Tech Support 3 Bone Builders	10 BINGO 1 Mahjong
7	8	9	10	11
10 BINGO 1 Advisory Meeting	10-12 Memoir Writing 11:30 Lucy Mac Pet Visit 1 Mahjong 1-3 Memoir Writing 1 Let's Go Cruisin! 12 Caregiver Support Group 3 Bone Builders	9:30-12 Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength Stretch Stability 3 Bone Builders	10 BINGO 1 Mahjong
14	15	16	17	18
9 Benefits Assistance 10 BINGO	Reflexology 9:30 Commodities 10-12 Memoir Writing 1 Common Scams Presentation 1-3 Memoir Writing 1 Mahjong 3 Bone Builders	8:30 Board Meeting 9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	9-2:30 Foot Clinic 10 Cribbage 10:30 Strength Stretch Stability 12:30 Tech Support 3 Bone Builders	10 BINGO 1 Mahjong
21	22	23	24	25
8:30 Newsletter Folding 10 BINGO	10-12 Memoir Writing 11:30 Lucy Mac Pet Visit 1 Mahjong 1 Cannes, France Virtual Tour 1-3 Memoir Writing 3 Bone Builders	9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Community Connections with Sheriff Ryan Palmer 1 Gentle Yoga 1 Bridge	Birthday Day 10 Cribbage 10:30 Strength Stretch Stability 1 Music 3 Bone Builders	10 BINGO 1 Mahjong
28	29	30	31	
9 Benefits Assistance 10 BINGO	Reflexology 1 How to Read your Medicare Statement 1 Mahjong 3 Bone Builders	9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength Stretch Stability 1 Cyber Scam Program 3 Bone Builders	

MENU - AUGUST 2023

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
<p>*menu subject to change based upon product availability*</p> <p>*Please make requests for substitutions 24 hours in advance.</p>	Tuna Salad on a bed of Mixed Greens with Pickled Red Onion, Cucumber, Carrots, Local Tomatoes, Broccoli and Lemon Herb Dressing, Whole Wheat Dinner Roll, Cookie	Eggplant Parmesan with Marinara Sauce, Parmesan and Mozzarella Cheese, Basil Pesto Mixed Greens with Chicken and Garden Vegetables, Fresh Fruit	Pozole Verde – (Mexican) Pork and Hominy Soup with Tomatillos and Mild Green Peppers, Corn Bread, Palmeras Cookie, Fresh Fruit	Grilled Herb Chicken, Roasted Potatoes, Local Vegetables, Whole Wheat Dinner Roll, Brownie and Fresh Fruit
7	8	9	10	11
Linguini and Meat Balls with Marinara Sauce, Spinach Salad with Toasted Almonds, Craisins, Carrots, Radish and Tomatoes with Maple Mustard Dressing, Ice Cream, Fruit	Baked BBQ Style Chicken Leg Quarters, Cole Slaw, Garden Pea Salad, Baked Beans, Dinner Roll Ice Cream Social after lunch	Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion, Pickles and House Spread, Potato Salad, Tomato, Cucumber and Red Onion Salad, Mixed Fruit Cobbler	Grilled Chicken Breast with Lemon and Fresh Herbs, Mashed Potatoes, Local Vegetables, Dinner Roll, Fresh Fruit	Chef's Salad with Ham, Turkey, Cucumber, Croutons, Tomatoes, Peppers, Cheese and Carrots and Creamy Country Herb Dressing, Roll, Ice Cream Sundae with Blueberries, Maple Syrup
14	15	16	17	18
Quiche with Broccoli, Bacon, Sweet Roasted Peppers, Vermont Cheddar, Mixed Green Salad with Garden Vegetables with Maple Vinaigrette, Fresh Fruit and a Cookie	Beef Ravioli with Pesto Sauce, Garden Vegetables, Mixed Green Salad with Balsamic Dressing, Garlic Bread, Fresh Fruit	Turkey Club Wrap with Cheddar Cheese, Bacon, lettuce, Tomato, Pickles and Lemon Herb Spread, Pasta Salad, Fresh Fruit	Baked Chicken Breast with Mild Middle Eastern Spices and Yogurt Dill Sauce, Rice Pilaf with Toasted Almonds, Lemon and Fresh Herbs, Local Vegetables, Mixed Fruit Cobbler	Penne Pasta with Beef Bolognese Sauce using Cloudland Farms Beef, Local Vegetables, Tossed Mixed Green Salad with Garden Vegetables, Fresh Fruit and a Cookie
21	22	23	24	25
Chicken Salad on a bed of Mixed Greens with Cucumber, Olives, Sweet Roasted Peppers, Lemon, Craisins, Local Peas, Red Onion with Green Goddess Dressing, Roll, Yogurt Parfait with Granola, Fruit and Maple Syrup	French Themed meal Coq au Vin w/ Chicken, Carrots, Pearl Onions, Mushrooms and Turnips, Mashed Potato, Garden Salad with Local Vegetables and Herb Lemon Dressing, Rolls, Fruit Salad	Clam Chowder Soup Garden Salad with Garbanzo Beans, Beets, Orange Segments, Carrots and Cucumber, Cottage Cheese, Peach Cobbler	Birthday Day Roasted Pork Loin with Gravy, Baked Potato, Green Beans, Caesar Salad, Fruit, Cake and Ice Cream	Grilled Hot Dog on a Whole Wheat Bun, Cole Slaw, Baked Beans, Tossed Green Salad with Garden Vegetables, Fresh Fruit, Cookie
28	29	30	31	
Hearty Chicken Noodle Soup with Garden Vegetables, Tossed Mixed Green Salad, Cottage Cheese, Roll, Fresh Fruit	Salisbury Steak and Onion Gravy, Mashed Potatoes, Local Vegetables, Garden Salad with Strawberries and Feta Cheese, Pumpkin Pie	Chef's Choice Day	Indian Style Butter Chicken, Rice Pilaf with Saffron and Fresh Herbs, Roasted Local, Vegetables, Garden Salad, Roll, Cookie	<p>Suggested donation for guests ages 60 and over is \$7</p> <p>For guests under age 60, the meal price is \$12</p> <p>2% milk, juice, coffee, tea with all meals</p>

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 Postponed

We are saddened to hear the extent of flood damage that the Little Theater sustained. As a result Thompson ping pong will be postponed until the building can be re-opened.

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 Summer Tai Chi Classes

Wednesdays in the Thompson Tent

Join Anne Bower and Jane Philpin for Summer 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: <http://www.annebower.studio/>

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



Please join us in welcoming this up and coming Musician Thursday, August 24, 1:00 pm

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

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

Travel Committee Meeting

Monday, September 11, 2:00 pm or immediately following Advisory meeting

Please join us to meet and talk about your ideas for upcoming trips. All are welcome.



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.

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@thompsonscenter.org.



Introduction to Memoir Writing

Facilitator: Margaret Edwards

Continues on August 1, 8, 15, 22, 10am-12pm and 1-3pm



This introductory workshop is the "gateway" to all that might follow. People who have taken this course often will keep on writing, working on their own memoirs or on family histories, attending "Memoir Reunion Workshops." To begin a memoir is not an act of egotism, it's an act of generosity. Writing it, you will leave behind for family members—and for students of history—an account of your particular era as well as a narrative of your personal life. What lessons you've learned, what difficulties you've overcome, what people you've known who deserve commemoration, and what good fortune you feel you should celebrate—all of this is valuable and interesting. A class gives you the discipline to sit down and actually write, as well as an audience for your output. Fear you can't get started? This class (and its facilitator) will get you going. Fear you don't know how to organize all that's happened? Be aware that starting is the hard part, and continuing is the challenging part, but shaping all that you've written—the final chore--will actually prove easy. So come on... *do it!*
Don't just think about doing it!

RESOURCES

Homesharing is working in our Community!



We are actively seeking Homeshare host and guest applications. To learn more about Thompson Homeshare, please visit our website at <https://www.thompsonscenter.org/homeshare/> or call Shari at 802-457-3277.

Senior Solutions Offers Benefits Assistance Hours At The Thompson

- VPharm (prescription drug applications)
- 3Sqs (money for food program)
- Fuel assistance
- Green Mt Power discount
- Medicare/Medicaid applications

Individual assistance is available at The Thompson by appointment every other Monday by calling 802-457-3277

Affected by the Flood? The HUB can Help



If you live in Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, or Woodstock and are experiencing financial distress related to the flood, please contact The HUB to see how we can assist you. Can't get to work because your truck was damaged by rising water? Can't access medicine because the flood blocked access to your house? Need a dry place to shelter temporarily? The HUB can help with such flood-related emergencies. The HUB is collaborating with our community partners to pool resources and to coordinate financial relief.

For ways to contact the HUB, apply online at <https://apply.thehubneighbors.org/form>, call 802-457-7214, email: apply@thehubneighbors.org, or pick up an application outside the Ottauquechee Health Foundation office at Simmons House, 30 Pleasant Street, Woodstock.

Subscribe to VTAlert messages to get emergency alerts, important road information, and critical weather alerts delivered directly to you. Go to <https://vem.vermont.gov/vtalert> to sign up.

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

Jennifer Maxham - jewelry prizes for Bingo
 Eliza Brown - fans, knitted items for holiday bazaar, large playing cards
 Kathleen Dolan - ping pong table
 Megan & Kathy Mahoney - herbs
 Shannon Murphy - flower Centerpieces
 Diane Zonay - monthly birthday flowers
 Jill Hastings - rug hooking supplies
 A Special Thank You to the Vermont Standard for their ongoing donation of newspapers.
 Medical Equipment:
 In memory of Sandra Murner
 Joan Racicot
 Melinda Haas
 Thadeus Wilkinson
 Debra Kappel



IN MEMORY OF

In honor of Bill & Cathy Emmons
 Benjamin & Kathryn Brickner

Helen Gardephe Leonard
 Mary, John, Michael & Bethany Jackson
 Wayne & Barbara Leonard
 Denise & Rober Salmonson
 Richard & Bonnie Atwood
 William Weinstein

Kay Camp
 M&T Bank Radnor PA

Thomas Deedy
 Catherine Fallon



AUGUST BIRTHDAYS

Laurie	Heijn	1st	Margaret	Nielsen	10th	Diana	Hayes	23rd
Marilyn	Peterson	1st	Deborah	Heimann	11th	Ralph	Robinson	23rd
Linda	Maxham	2nd	Dan	Leavitt	11th	Robert	Armstrong	23rd
Kenneth	Niemczyk	2nd	Catherine	Wood	11th	Alden	Fiertz	24th
Dolores	Gilbert	2nd	George	Lander	12th	Barbara	Darling	24th
Ethan	Mello	2nd	Veronica	Delay	13th	Debi	Dean	24th
Deborah	Goodwin	2nd	Lydia	Borsh	13th	Bev	Anderson	24th
Bonnie	Atwood	3rd	Penny	Allyn	13th	Elaine	Pauley	24th
Yael	Taylor	3rd	David	Corkum	13th	Al	Lorie	24th
Margarete	Pierce	3rd	Kendall	Taylor	13th	Carolyn	Robinson	25th
Ruth	Emery	3rd	Kathy	Lembo	13th	Margaret	Edwards	25th
Tammy	Tassie	3rd	Judy	Wiggin	14th	Megan	Westover	25th
Byron	Quinn	3rd	Rick	Fiske	14th	Lana	Reuss	25th
Andrew	Hayward	3rd	Anne	Nestler	14th	Carol	Fontaine	26th
Loretta	Parker	4th	Alice	Gundersen	14th	Anne	Brodrick	26th
Gerrie	Russell	4th	Sandy	Gilmour	14th	Treva	Stephens	26th
Joby	Thompson	5th	Peggy	Ramel	14th	Louis	Grob	27th
Kathy	Connor	5th	Suzanne	Skuja	15th	Merrill	Kruse	27th
Marian	Labonte	5th	Anne	Koop	15th	Pamela	Barrows	27th
Marshall	McKee	5th	Ralph	Lancaster	17th	Sandy	Palmer	27th
Douglas	Holtz	6th	Mary	Mercure	18th	Glenn	Fullerton	27th
Joyce	Gilman	7th	Diana	Perkett	18th	Jean	Goldsborough	28th
Carol	Corneille	7th	John	Peters Sr	18th	Andrew	Geller	28th
Paul	Sawyer	7th	Terry	Harlow	18th	Toby	Borzekowski	30th
Kathy	Reynolds	7th	Tracy	Blanchard	19th	Joan	Fariel	30th
Drew	Ewald	8th	Rebecca	Mitchell	19th	Karen	Oldenburg	30th
Laura	Griggs	8th	Brian	McGinty	20th	Jeninne	Hagar	30th
Trina	Perkins	8th	Lisa	Gramling	21st	Ron	Willis	31st
James	Pierce	8th	Barbara	Abraham	21st	Karen	Gilmour	31st
Sarah	Lambert	9th	Lucille	McCarthy	22nd	Noelle	Nunes	31st
Deane	Jillson	9th	Lucille	Staples	22nd	Rachel	Obbard	31st
David	Wheadon	10th	Jill	Hastings	22nd			
			Jeannie	Killam	22nd			
			Ellen	Satterthwaite	23rd			



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

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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.

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.

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

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