



The Thompson Times

Your resource to age well

SEPTEMBER 2023

September is National Senior Center Month Discover Yours....

ncoe | National Institute of Senior Centers | September 2023

National Senior Center Month
Discover your...

Thompson Senior Center
82 Senior Lane
Woodstock, VT 05091
802.457.3277
thompsonseniorcenter.org

The Thompson
Your resource to age well

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults. They offer a place for older adults to discover their unique interests, talents, and aspirations.

Today, nearly 11,000 senior centers serve one million older adults, connecting them to vital services every day. In fact, older adults who participate in senior center programs experience better psychological well-being compared to non-participants.

Throughout September we will be featuring Discover Yours Demonstrations for Walk with Ease, Gentle Yoga, Tai Chi for Fall Prevention, Strength and Fitness, Reflexology, and Bone Builders. Stay tuned for date announcements, as well as videos of our classes that will illustrate the many ways people are discovering the benefits of The Thompson and the ways participation here enriches lives.

This September, join us and senior centers across the nation to celebrate the impact that senior centers have on the communities that they serve. **Our Annual Senior Center Month Chicken BBQ by Nate Willard including maple creemee pies will be held on Friday, September 8th, RSVP. Schedule: 11am Community Connections with Senator Alison Clarkson, 12pm BBQ, 1pm music "Oh Patsy Cline"**.

"Oh Patsy Cline"

Come join us on Patsy Cline's birthday, Sept. 8 following our BBQ! Oh Patsy Cline will delight you as you hear stories about Patsy's life and career and sing along with many of her greatest hits. So come on in, sit right down, and join performer Marybeth Lang as we celebrate Patsy Cline!

September 18-22 is National Falls Prevention Awareness Week

Monday, September 25, 1:00 PM - Schedule your free balance screening at The Thompson Center with Mt. Ascutney Hospital Licensed Physical Therapists. Your individual screening will include recommendations by a Physical Therapist. Read more on page 4.

DRIVERS WANTED
CLASSIC & ANTIQUE CARS

Meals on Wheels Delivery

Volunteer for the Meals on Wheels
Antique and Classic Delivery Day
September 21 (Rain date Sept. 22)

Call the Thompson to participate in this
Statewide senior center month event.

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,
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Morgan Heavisides, Assistant Director,
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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

ADVISORY MEETING HIGHLIGHTS

- Update on building renovation plans
- Deanna obtained additional grant money to continue offering free, evidence-based programs
- Annual Senior Center Month BBQ is September 8th
- Patron comments include
 - Discussed the popularity of Supper Club and suggestions were made for future gatherings
 - Enjoyed scenic pedal powered rail-bike ride
 - Praise for the staff and volunteers
 - Asked if there are ways to sign-up online for programs

Please join our next meeting on September 11 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

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.

Thank You 2023 Sponsors!



AGE WELL EDUCATIONAL SERIES

Know Your Options for End of Life

Green Burials - Making a Clean (Energy) Getaway: Eco-friendly Funeral Practices and Products

**Thursday, September 21, 1:00 PM at The Thompson Center
Presented by Funeral Reform Advocate and Author, Lee Webster**

How we care for our dead has a tangible impact on the earth. We'll take a look at the increased environmental and cultural awareness around funeral practices in the US, including the age-old practice of burying naturally in biodegradable caskets or shrouds instead of cement vaults and toxic chemicals. We will also take a closer look at processes and products such as alkaline hydrolysis, natural organic reduction, mushroom suits and other trending concepts to see where they fit into the climate resiliency picture. Join us to learn more about the principles of sustainable funeral options and what we can each do to plan for a more affordable, meaningful, and planet-friendly exit. If you're looking for home funeral and green burial how-tos and why-fors, join us!

Introduction to Death Journaling: Planning, Preparing, and Processing

Thursday, September 28 at Norman Williams Public Library, 5:30 PM

Join community doula, Francesca Lynn Arnoldy, for an introduction to "Death Journaling," the inspiration behind her new book, *The Death Doula's Guide to Living Fully and Dying Prepared*. During this workshop, participants will feel gently invited to reflect back, turn inward, and plan ahead with intention and insight, focusing on introspection as well as extending care to others.

Topics include:

- The Practice of Death Journaling
- Planning, Preparing, & Processing
- Cultivating a Compassionate Presence
- Core Connections
- Storying the Past
- Exploring Beliefs and Values
- Tools for Times of Stress and Suffering
- Prompts for Internal Reflection

Who is this event for? Curious mortals interested in exploring death wellness.

Your Options, Your Autonomy—Virtual Program at The Thompson

End-of-Life Options including Medical Aid in Dying under Vermont's Act 39

**Presented by Audrey Winograd, JD, MSW, Program Manager, Patient Choices Vermont,
Medical Social Worker and Psychotherapist**

October 6, 10:30 am - 11:45 am

Audrey Winograd will lead an open discussion about end-of-life decision making including medical aid in dying under Vermont's Act 39. This is an opportunity to learn, ask questions, and share stories. These conversations are life affirming and empowering. People often discuss their experiences with the dying process of loved ones and express their desires for what they would or would not like when they consider their end-of-life choices. Topics will include medical aid in dying, who qualifies, and how it works, as well as the role of hospice and palliative care. Audrey will discuss how to talk with your doctor and recent legislative updates to Act 39. A guest speaker, whose mom used medical aid in dying will hopefully join us to share her family's story.



OTTAWAQUECHEE
HEALTH
FOUNDATION

*These programs are brought to you in partnership with
Norman Williams Public Library and
Ottawaquechee Health Foundation*



THE
NORMAN WILLIAMS
PUBLIC LIBRARY

HEALTHY AGING

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.*

September 18-22 is National Falls Prevention Awareness Week.

Falls Prevention Awareness Week is a national health campaign with the goal of increasing awareness around falls health and injury prevention. Falls are the leading causes of fatal and non-fatal injuries for seniors. You can find proven programs that can help you prevent falls. For one example, many studies have shown Tai Chi to be one of the most effective exercises for preventing falls. Tai chi for Arthritis and Falls Prevention helps people with arthritis to improve all muscular strength, flexibility, balance, stamina, and more. Call The Thompson Center to learn more about upcoming Tai Chi Classes this fall, as well as other evidence-based exercise programs.

Monday, September 25, 1:00 PM - Schedule your free balance screening at The Thompson Center with Mt. Ascutney Hospital Licensed Physical Therapists. Your individual screening will include recommendations by a Physical Therapist.

Holistic Reflexology Presentation with Focus on Hand Reflexology and Self-Help Presented by Deborah Neuhof, Certified Reflexologist Friday, September 29, 10:30 am

Deborah is continuing her practice at The Thompson and invites you to this introductory presentation to learn more about reflexology pressure points and techniques and how to give yourself self-help for overall well-being.



Eat Smart, Move More, Weigh Less
Next session begins Sept. 6, 10:45-11:45am
or Sept. 10, 7-8pm
Sign up today! First come, first serve basis

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.

Call the Thompson for more information and to sign up for a free access code. **Spaces fill up fast!**

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.



Stories from Manhattan Project National Historic Park Tuesday, September 5, 2:00 pm

The Manhattan Project, a top secret US military project leading to the creation of the first atomic bombs, ushered in the nuclear age. Join a park ranger from Manhattan Project National Historical Park in exploring the World War II history of the three secret cities constructed for the project;

Hanford, Washington, Los Alamos, New Mexico, and Oak Ridge, Tennessee. Hear the stories of the 130,000 scientists, engineers, construction workers, and everyday Americans who worked across these sites and their contributions to the American Homefront..(By special request!)

Virtual Tour of the Bush Family Home Tuesday, September 12, 2:00 pm

Join us for a virtual tour of the Bush Family Home, which boasts 2 Presidents, 2 Governors and a First Lady (and another nearby First Lady). The Bushes lived in the home from 1951-1955 and is where they lived when Robin died and Jeb and Neil were born.



North Carolina Maritime Museum in Beaufort, SC The Cape Lookout Lighthouse Tuesday, September 19, 2:00 pm

Shortly after it was completed, it became apparent that the 1812 Cape Lookout Lighthouse was ineffective. Almost half a century later--following administrative and policy changes in the Light House Board--the second Cape Lookout Lighthouse was completed. This new, taller tower was better suited to warn mariners of the dangers of Lookout Shoals. However, shortly after the improved tower was activated, war broke out between the states. The light was extinguished to prevent Union ships from using it to navigate the treacherous North Carolina coast. The light was reestablished with a third order Fresnel lens in 1863 and shone for most of the remainder of the war. Join us as we learn more of the history of the Cape Lookout Lighthouse, an iconic landmark of Carteret County, known as "The Diamond Lady".

Art Collection at The Longfellow House Washington's Headquarters: National Historic Site Tuesday, September 26, 2:00 pm

The Longfellow House is well known for the depth of its history and literary connections, but did you know that there's also an incredible art collection? The fine art collection numbers about 2,000 works on exhibit and in storage. It includes paintings, drawings, prints, and sculpture that range in date from the seventeenth to the early twentieth century. Ranging from marble sculptures to drawings by the Longfellow children, the collection spans multiple continents and centuries. Join Ranger Kate for a virtual tour of what's on display in the house and a conversation about what makes art worth preserving.



PROGRAM CALENDAR - SEPTEMBER 2023

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|--|
| | | | | 1 |
| RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS | | | | 10 Bingo 1 Mahjong |
| 4 | 5 | 6 | 7 | 8 |
| CLOSED Labor Day | 1 Mahjong 2 SLN: The Manhattan Project 3 Bone Builders 6pm Supper Club | 9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge | 10 Cribbage 10:30 Strength Stretch Stability 12:30 Tech Support 3 Bone Builders | Senior Center Month Annual BBQ 10 BINGO 11 Alison Clarkson 1 Mahjong 1 Patsy Cline Music |
| 11 | 12 | 13 | 14 | 15 |
| 9 Benefits Assistance 10 BINGO 10:30 Grandparents Day Family Trees 1 Advisory Meeting 2 Travel Committee Meeting | Reflexology 11:30 Lucy Mac Pet Visit 1 Mahjong 12 Caregiver Support Group 2 SLN: Bush Family Home 3 Bone Builders | 9:30-12 Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge | 9-1 Foot Clinic Extra 10 Cribbage 10:30 Strength Stretch Stability 1:30 Art with Finnie 3 Bone Builders | 10 BINGO 1 Mahjong |
| 18 | 19 | 20 | 21 | 22 |
| 8:30 Newsletter Folding 10 BINGO 11-12 Walk with Ease | 9:30 Commodities 1 Mahjong 2 SLN: Cape Lookout Lighthouse 3 Bone Builders | 8:30 Board Meeting 9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge | MOW Antique & Classic Delivery Day 9-2:30 Foot Clinic 10 Cribbage 10:30 Strength Stretch Stability 12:30 Tech Support 1 Green Burials Program 3 Bone Builders | 10 BINGO 1 Mahjong 1-2 Walk with Ease |
| 25 | 26 | 27 | 28 | 29 |
| 9 Benefits Assistance 10 BINGO 11-12 Walk with Ease 1 Balance Screenings | Reflexology 11:30 Lucy Mac Pet Visit 1 Mahjong 2 SLN: The Longfellow House 3 Bone Builders | 9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge | Birthday Day 10 Cribbage 10:30 Strength Stretch Stability 1 Music 1-3:30 Card Making Class 3 Bone Builders 5:30 Age Well Program: Death Journaling | 9:30 National coffee Day 10:30 Reflexology Presentation 10 BINGO 1 Mahjong 1-2 Walk with Ease |

MENU - SEPTEMBER 2023

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|--|
| | | | | 1 |
| <p>*menu subject to change based upon product availability*</p> <p>*Please make requests for substitutions 24 hours in advance.</p> | <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> | | | <p>New England Clam Chowder, Garden Salad with Fresh Vegetables, Dinner Roll, Yogurt Parfait with Maple Syrup, Fresh Fruit & Granola</p> |
| 4 | 5 | 5 | 7 | 8 |
| <p>Closed Labor Day</p> | <p>Grilled Chicken Breast Roasted Red Potatoes, Local Fall Vegetables, Garden Salad with Vegetables and Green Goddess Dressing, Dinner Roll, Fresh Fruit</p> | <p>Braised Pork Chop, Soft Polenta, Roasted Squash, Tossed Mixed Green Salad with Ranch Dressing, Apple Pie</p> | <p>Albondigas Soup (Mexican Meatball Soup) with Garden Vegetables, Avocado and Tortilla Chips, Mixed Green Salad with Lime Dressing, Cookies, Fresh Fruit</p> | <p>Senior Center Month Annual Chicken BBQ Cole Slaw, Baked Beans, Stewed Local Green Beans, Corn Bread, Ice Cream Sundae</p> |
| 11 | 12 | 13 | 14 | 15 |
| <p>Chicken Salad Sandwich on Whole Wheat Bread with Craisins, Celery, Red Onion, Topped with Lettuce and Tomato, Pasta Salad, Fresh Fruit, Cookie</p> | <p>Butternut Squash Soup, Half Ham and Cheese Wrap, Fresh Fruit, Cookie</p> | <p>Chicken Lasagna with Spinach, Mushrooms and Mozzarella Cheese, Garlic Bread, Mixed Green Salad with Garden Vegetables, Fresh Fruit</p> | <p>Baked Cod with Fresh Lemon and Herbs, Saffron Rice Pilaf, Seasonal Vegetables, Mixed Green Salad, Ice Cream with Fruit</p> | <p>Spaghetti with Meat Sauce, Garlic Rolls, Garden Salad with Beets Carrots, Tomatoes and Maple Vinaigrette, Brownie</p> |
| 18 | 19 | 20 | 21 | 22 |
| <p>Chicken Tortilla Soup with Tomato, Black Beans, Corn, Sweet Peppers Topped With Sour Cream, Tortilla Chips and Guacamole, Garden Salad with Green Goddess Dressing, Dinner Roll, Fresh Fruit</p> | <p>Steak and Cheese Casserole with Sweet Peppers, Mushrooms, and Kale, Caesar Salad, Fruit Cobbler</p> | <p>Baked Chicken Breast with Lemon and Herbs Couscous, Local Garden Vegetables, Garden Salad and Blue Cheese Dressing, Fresh Fruit</p> | <p>Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies</p> | <p>Turkey Club Sandwich on Whole Wheat Bread with Cheddar Cheese, Bacon, Lettuce and Tomato, Potato Salad, Fresh Fruit, Cookie</p> |
| 25 | 26 | 27 | 28 | 29 |
| <p>Cheese Ravioli with Chicken, Marinara Sauce and Parmesan Cheese, Mixed Green Salad, Garlic Bread, Strawberry Ice Box Cake</p> | <p>Ham Salad Sandwich on Whole Wheat Bread with Lettuce and Tomato, Pasta Salad with Garden Vegetables, Parfait with Maple Yogurt Granola and Blueberries</p> | <p>Roasted Pork Loin and Gravy, Baked Potato, Maple Glazed Carrots, Garden Salad, Dinner Roll, Fresh Fruit</p> | <p>Birthday Day Lunch Tender Pork Spare Ribs, Home Made BBQ Sauce, Baked Potato, Stewed Green beans, Tossed Garden Salad, Fresh Fruit, Birthday Cake</p> | <p>Grilled Hamburgers on a Whole Wheat Bun with Cheese, Lettuce, Tomato, Sweet Onion and Pickles and House Spread, Fall Vegetable Salad, Cole Slaw, Fresh Fruit, Ice Cream</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.

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 Fall Tai Chi Classes

Wednesdays

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

Let's Go Fishing Card Class

Thursday, September 28, 1-3:30 pm

Register by Sept 24, Cost: \$20, payable to Karen McNall

- Create handmade cards from the heart
- No experience necessary
- All supplies included
- Card making is a great way to make new friends, socialize, learn a new hobby and, most of all, have fun!
- Bring a new stamper to class and you both will receive a gift of thanks.

Art Class with Finnie from ArtistTree

Thursday, September 14, 1:30 pm

Welcome back to Craft Club with Finnie! Join us on a new day, Thursdays for our monthly craft time. To start our season off we will be exploring line and color to create a calming seascape using a meditative practice called neuroart. Start with some very simple lines (no rulers needed), and end with bright colors focusing on warm and cool.



National Coffee Day September 29, 9:30 am

Join us on National Coffee Day for coffee tastings, scones and muffins. All are welcome!

Community Connections

with Senator Alison Clarkson
Friday, September 8th

Senator Clarkson will be visiting us and updating us on what's happening at our State House. Bring your questions.

Grandparents Day Family Trees

Monday, September 11, 10:30 am

Help us celebrate national grandparents day on September 11th. Bring in photos (or email them to be printed) of your grandchildren to proudly display on your own pictorial family tree! The Thompson will provide family tree templates and crafting supplies. Don't forget to register in advance.



Let's Get Moving!

Join our Free, 6-week, Walk with Ease Program Facilitated by Linda Harvey,
Ottawaquechee Health Center Physical Therapist

Mondays beginning Sept. 18, 11am-12pm and Fridays beginning Sept. 22, 1-2pm

- Our first meeting will be at The Thompson Center
- Wear comfortable shoes and bring water
- Walking sticks or canes are encouraged if needed
- Pre-register with The Thompson and pick up your free program guide book
- Contact Linda Harvey with any program questions at 802-355-0376 or llharvey56@gmail.com

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.

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.thompsonseneiorcenter.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

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

The HUB can Help

If you live in Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, or Woodstock and are experiencing financial distress, please contact The HUB to see how we can assist you.



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.

Advance Directives

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. A trained and caring volunteer is available by appointment. These volunteers will take the time to explain this simple process. Call The Thompson at 802-457-3277.

Caregiver Support Group Continues with Carla and Co-facilitator Anne Marinello

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:

Lisa Harlow

Richardson Farm

In memory of Jennifer Brock

In memory of Rick Rideout

Share the Harvest:

Woodstocker B&B

Lene Bennett

Tyler Audsley - grading of
parking lot



IN MEMORY OF

David Smith

Dick & Linda Brackett

Thomas Deedy

Kathleen Kane



SEPTEMBER BIRTHDAYS

| | | | | | | | | |
|------|-----------|------------|------|------------|--------------|------|----------|---------------|
| 1st | Beverly | Audsley | 15th | Dale | O'Brien | 24th | Juris | Kaugerts |
| 1st | Anne | Herz | 15th | Colleen | Warren | 24th | Jurgen | Ewert |
| 1st | Althea | Derstine | 15th | Elisabeth | Galton | 24th | Nancy | Schmitt-Gaede |
| 1st | Suzanne | Serat | 16th | Martha | Leonard | 24th | Hilder | Allen |
| 2nd | Helen | Howe | 16th | Noreen | Binder | 25th | Charles | Malerich |
| 2nd | Marian | Whitaker | 16th | Arman | Kamyab | 25th | Michelle | Spencer |
| 2nd | Donald | Lovejoy | 17th | Roberta | Morse | 25th | Karen | Shea |
| 2nd | Raymond | Powell | 17th | Robert | McElwain | 25th | Julia | Keating |
| 3rd | James | Gebhardt | 17th | Robert | McElwain | 26th | Kathleen | Kjerulff |
| 3rd | Dawn | Mathis | 17th | Linda | Smiddy | 26th | Joanne | Smith |
| 3rd | Vern | Harris | 17th | Marie | Oldenburg | 26th | Angel | Rubino |
| 3rd | Gerhard | Sihler | 18th | Felicitas | Leonard | 26th | Pauline | Carr |
| 4th | Elizabeth | Schellhorn | 18th | Ruth | Harrington | 26th | Robin | Warren |
| 4th | Dale | Kjerulff | 18th | Pamela | Gerstmayr | 26th | Dagney | Trevor |
| 4th | Michelle | DiStefano | 19th | Juan | Huaman | 27th | Neil | Marinello |
| 5th | Laura | Robinson | 19th | Eleanor | Coffey | 28th | Mary Ann | Daly |
| 5th | Deborah | Darling | 20th | Patsy | Highberg | 29th | Prudence | Schuler |
| 6th | Ken | Woodhead | 20th | Veronica | Skerker | 29th | Anita | Clark |
| 7th | Barbara | Scully | 20th | Jean | Keleher | 29th | Deb | Kalanges |
| 8th | Roy | Snell | 20th | Tuesday | Wright | 29th | Greg | Greene |
| 8th | Julia | Boulbol | 21st | Phyllis | Arata-Meyers | 29th | Karen | Harkins |
| 9th | Tambrey | Vutech | 21st | Emma | Schmell | 29th | Ilse | Soar |
| 10th | Sandra | LaCoss | 22nd | Daniel | Bruce | 30th | John | Doten Jr |
| 10th | Albert | Whittier | 22nd | Evangeline | Monroe | 30th | George | Sadowsky |
| 10th | Leland | Mahood | 22nd | Karen | Hawkes | | | |
| 10th | Janet | Kelsey | 22nd | Roswell | Harlow II | | | |
| 11th | John | Moore | 22nd | Sharon | Rowe | | | |
| 11th | Margaret | Gray | 23rd | Anne Marie | Bohn | | | |
| 12th | Alex | Henzel | | | | | | |
| 14th | Bo | Gibbs | | | | | | |
| 14th | Mary | Fullerton | | | | | | |
| 14th | Robyn | Huck | | | | | | |
| 15th | Mary | Hawkins | | | | | | |



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.

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.

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