



# The Thompson Times

Your resource to age well

OCTOBER 2023



## Thompson Annual Meeting Grow with Us

Join us on **Wednesday, October 25th at 10:30 am** for our annual meeting and a delicious lunch to follow.

The Annual Meeting is an opportunity to vote on and welcome new board members and council members, celebrate achievements, and review our year-end (unaudited) financial statements.

We have lots to celebrate this year! The Thompson services are growing and we continue to serve more older adults each month. Over 200 new participants join us each year, as well as, many guests and family members. We have kicked off the first year of our new strategic plan and move steadily towards an exciting future.

### Our Lunch Menu Includes:

*Beef Stew with Parsnips and Potato, Caesar Salad, Dinner Roll, Fresh Fruit, Cookie*  
**Suggested Donation: \$7.00**

*Call 457-3277 or email [sborz@thompsonscenter.org](mailto:sborz@thompsonscenter.org) to order lunch and RSVP for the annual meeting. In person and virtual options.*



### Last Chance to visit Warren's Lobster House!

**Friday, October 20th**

**Cost: \$115 includes all inclusive Lunch,  
Transportation & Gratuities**

**Depart Thompson on Premier Coach Bus at 8:30  
am and return to Woodstock around 6:00 pm**

Join us for possibly the last chance to dine at a pastime favorite waterfront restaurant, Warren's Lobster House (recently sold & planning to close in 2024). Immediately following lunch we will have the chance to visit the Kittery Premium Outlets for some light shopping.

Payment is due at time of reservation. Please see Morgan at The Thompson with your payment to reserve your spot.

All staff will be participating in this fun trip so The Thompson will be closed for the day. We hope that you'll join us.



### Jacks are Wild

**Friday, October 6, 1:00 pm**

Join us to welcome Marian, Mario, Bella, and Reggie as they present "Jacks are Wild". Mario and Bella are a spirited pair of Jack Russell Terriers that love to perform tricks and amaze their audience! They can do a variety of tricks from jumping rope to skate boarding, rolling on a barrel to a walking handstand and many others. It's a unique show and shouldn't be missed!

Please register with Morgan in advance.



## The Thompson Center

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

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

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

Steve Selbo—*President*  
Mary Bourgeois—*Vice President*  
David McGuire—*Treasurer*  
Susan Ford—*Secretary*  
Leon Dunkley  
Janet English  
Rick Fiske  
Jon Fullerton  
Dolores Gilbert  
Greg Greene  
Beth Harper  
Carolyn Kimbell  
Lydia Locke  
Dan Noble  
Karen Rosene-Montella  
Sandy von Unwerth  
Richard Wacker  
Paulette Watson



## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- My Active Center should be rolled out by Nov. 1
- Discussed Warren's Lobster Trip
- Excitement about travel committee meeting
- No new updates on the building project

**Please join our next meeting on October 2 at 1:00 pm.** All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

**Please sign up for all programs and events in advance by contacting Morgan Heavisides at [mheavisides@thompsonseniorcenter.org](mailto:mheavisides@thompsonseniorcenter.org) or 802-457-3277**

# Thank You 2023 Sponsors!



# EVENTS & PROGRAMS

## **Community Connections with Hali Robinson** **Wednesday, October 4, 1:00 pm**

Come join us for a chat after lunch with Hali Robinson, the new Executive Director of Ottauquechee Health Foundation.



## **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.



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



## **Oktoberfest Celebration** **Friday, October 13, Noon**

Join us as we partake in this celebration with a traditional meal of:

***Grilled Bratwurst,  
Braised Cabbage,  
Potato Salad, Fresh Fruit,  
German Nut Roll Pastry***

Pre-register by calling The Thompson.

***We look forward to celebrating with you!***



## **Supper Club at White Cottage** **Thursday, October 5, 5:00 pm**

Join Deanna and friends for our last Supper Club of the season at White Cottage on Thursday, October 5 at 5:00pm. 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 fall evening with your Thompson friends.

## 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 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. *We encourage you to take only as much as you think you can use as it helps share the crops with more people.*



### Eat Smart, Move More, Weigh Less

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!**  
Contact Morgan for details and availability

## Age Well: Arthritis talk with Dr. Moschetti

Thursday, October 19, 1:00 pm



Over 70% of North Americans over the age of 65 are affected by osteoarthritis, a condition representing inflammation of one or more joints. It is the most common form of arthritis that affects joints in the hand, spine, shoulders, knees and hips. There are many treatment options available ranging from non-operative modalities, over the counter medications, physical therapy, injections and surgery. A panel of providers from Dartmouth Hitchcock will review arthritis, it's causes, the symptoms associated with it, and options for treating it. Providers who focus on non-operative and operative treatment options will be available to present information and answer questions. Pre-register.



### Reflexology with Certified Reflexologist, Deb Neuhof

Tuesday, October 10 & 24

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

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

Monday, October 2, 9-1pm

Thursday, October 19, 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.

## 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. 802-457-3277

### Fort Frederica: History Comes Alive on Beautiful St Simons Island!

Tuesday, October 3, 2:00 pm



Three years after founding Georgia in 1733, Gen. James Edward Oglethorpe established Fort Frederica to defend the fledgling colony against Spanish attack from Florida. The first settlers in Georgia arrived in 1733. Sailing up the Savannah River, they established a settlement on a defensible bluff that General Oglethorpe selected for that reason. He would spend the next ten years working to make the colony succeed. Georgia's fate was decided in 1742 when Spanish and British forces clashed on St. Simons Island. Fort Frederica's troops defeated the Spanish, ensuring Georgia's future as a British colony. Today, the archeological remnants of Frederica are protected by the National Park Service. Join us as we learn about this beautiful island that is both a popular vacation spot as well as an important time and place in US History.

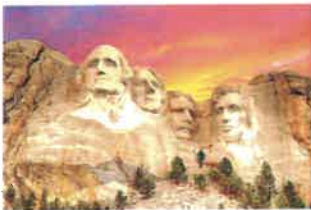
### Music of the Sea at The Mystic!

Tuesday, October 10, 2:00 pm

*"What shall we do with a drunken sailor?"* Join us with one of our favorite partners, The Mystic Seaport Museum as we listen and learn! We will hear all about the history of sea chanteys and their use, as we listen along in interactive songs with a live musician!



Sing along with one of the museum's renowned musician educators, as the chantey staff can make sailors' work come alive with stories told through music. We will join with crew members as they sing a chorus, picture the events in a ballad or use a chantey as a tool to help accomplish hard work like raising the sail or swabbing the deck!



### American History, Alive in Stone: Mt Rushmore!

Tuesday, October 17, 2:00 pm

Majestic figures of George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln, surrounded by the beauty of the Black Hills of South Dakota, tell the story of the birth, growth, development and preservation of The United States. From the history of the first inhabitants to the diversity of America today, Mount Rushmore brings visitors face to face with the rich heritage we all share. Join us as we discover the carving history and current conditions of Mount Rushmore National Memorial.

### Wind Cave National Park: Discover Two Parks in One!"

Tuesday, October 24, 2:00 pm

Wind Cave National Park protects two very different worlds - one deep within the earth, the other a sunlit world of many resources. Bison, elk, and other wildlife roam the rolling prairie grasslands and forested hillsides of one of America's oldest national parks. Below the remnant island of intact prairie sits Wind Cave, one of the longest and most complex caves in the world. Join us as we learn more about this beautiful national park!



# PROGRAM CALENDAR - OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9-1 Extra Foot Clinic</b> 10 BINGO <b>11-12 Walk with Ease</b> 1 Advisory Meeting	1 Mahjong <b>2 SLN: Fort Frederica</b> 3 Bone Builders	9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge <b>1 Bazaar Workshop</b> <b>1 Community Connections</b>	<b>10 Locally Yours</b> 10 Cribbage 10:30 Strength Stretch Stability 12:30 Tech Support 3 Bone Builders <b>5 Supper Club at White Cottage</b>	10 Bingo <b>10:30 Age Well: Your Options, Your Autonomy</b> <b>1 Jacks are Wild</b> 1 Mahjong <b>1-2 Walk with Ease</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>CLOSED for Indigenous Peoples' Day</b>	Reflexology 11:30 Lucy Mac Pet Visit 12 Caregiver Support Group 1 Mahjong <b>2 SLN: Music of the Sea at Mystic</b> 3 Bone Builders	9:30-12 Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge <b>1 Bazaar Workshop</b>	<b>10 Locally Yours</b> 10 Cribbage 10:30 Strength Stretch Stability 3 Bone Builders <b>1:30 Art with Finnie</b>	<b>Oktoberfest</b> 10 BINGO 1 Mahjong <b>1-2 Walk with Ease</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
8:30 Newsletter Folding 9 Benefits Assistance 10 BINGO <b>11-12 Walk with Ease</b>	9:30 Commodities 1 Mahjong <b>2 SLN: Mt. Rushmore</b> 3 Bone Builders	9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge <b>1 Bazaar Workshop</b>	<b>10 Locally Yours</b> 10 Cribbage <b>9-2:30 Foot Clinic</b> 0:30 Strength Stretch Stability 12:30 Tech Support <b>1 Arthritis Talk</b> 3 Bone Builders	<b>8:30 Warren's Lobster Trip</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10 BINGO <b>11-12 Walk with Ease</b>	Reflexology 11:30 Lucy Mac Pet Visit 1 Mahjong <b>2 SLN: Wind Cave National Park</b> 3 Bone Builders	<b>10:30 Annual Meeting</b> 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge <b>1 Bazaar Workshop</b> <b>2 Little Shop of Horrors</b>	<b>Birthday Day</b> <b>10 Locally Yours</b> 10 Cribbage 10:30 Strength Stretch Stability <b>1 Music with Ali T</b> 3 Bone Builders	10 BINGO <b>10:30 Chocolate Tasting</b> 1 Mahjong <b>1-2 Walk with Ease</b>
<b>30</b>	<b>31</b>			
9 Benefits Assistance 10 BINGO <b>11-12 Walk with Ease</b>	1 Mahjong 3 Bone Builders <b>Halloween—Prize for Best Costume</b>			<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b>

# MENU - OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Curried Pumpkin Soup, Mixed Green Salad with Chicken, Craisins, Almonds and Garden Vegetables and Maple Vinaigrette, Cookies and Fruit	Angel Hair Pasta with Bolognaise Style Sauce, Mixed Green Salad with Garden Vegetables, Dinner Roll, Blueberry Pie	Chicken Teriyaki Stir Fry, Steamed Brown Rice, Mixed Vegetables, Salad with Sesame Soy Dressing, Pineapple Cobbler	Quiche with Ham, Cheddar, Spinach, Mushrooms and Sweet Peppers, Tossed Garden Salad Cookie, Fresh Fruit	Baked Chicken Leg ¼'s, Mixed Garden Vegetables, Baked Potato, Ice Cream with Mixed Fruit Topping
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>CLOSED for Indigenous Peoples' Day</b>	Tuna Salad Sandwich on Whole Wheat Bread with Lettuce and Tomato, Cole Slaw, Fruit Salad, Cookie	Chicken Breast with Lemon and Herbs, Roasted Red Potatoes, Green Beans, Dinner Roll, Fresh Fruit	Broccoli Cheddar Soup with Chicken, Mixed Green Salad, Cottage Cheese, Dinner Roll, Fruit Salad, Brownie	<b>Oktoberfest</b> Grilled Bratwurst, Braised Cabbage, Potato Salad, Fresh Fruit, German Nut Roll Pastry
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Italian Wedding Soup with Meatballs and Garden Veggies, Tossed Mixed Green Salad, Dinner Roll, Peach Cobbler	Chicken and Dumplings, Fresh Garden Salad, Fruit, Pumpkin Pie	Roasted Haddock with Lemon and Capers, Rice Pilaf, Fall Vegetables, Tossed Green Salad, Dinner Roll, Fresh Fruit, Ice Cream	Baked Chicken Parmesan, Pasta Casserole, Green Beans, Caesar Salad, Fresh Fruit, Cookie	<b>CLOSED for Warren's Lobster Trip</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Chicken Salad with Craisins, Celery, Baby Spinach, Beets, Red Onion, Chick Peas and Carrots, Dinner Roll, Fruit Filled Turnover	Turkey Lasagna, Spinach, Winter Squash, Mozzarella Cheese, Garden Salad, Fresh Fruit, Garlic Roll	<b>Annual Meeting</b> Beef Stew with Parsnips and Potato, Caesar Salad, Dinner Roll, Fresh Fruit, Cookie	<b>Birthday Day</b> Baked Ham, Potato Casserole, Green Beans, Mixed Green Salad, Cake and Ice Cream	Corned Beef Reuben Sandwich on Rye Bread with Sauerkraut, Swiss Cheese and Dressing, Potato Salad, Fresh Fruit
<b>30</b>	<b>31</b>			
Pozole Verde with Pork, Hominy, Avocado and Radish, Tossed Salad with Citrus Vinaigrette, Dinner Roll, Fresh Fruit	Chicken Cacciatore with Mushrooms, Onions and Sweet Peppers, Egg Noodles, Mixed Green Salad with Maple Vinaigrette, Dinner Roll, Ice Cream		<p><b>*menu subject to change based upon product availability*</b></p> <p><b>*Please make requests for substitutions 24 hours in advance.</b></p>	<p><b>Suggested donation for guests ages 60 and over is \$7</b></p> <p><b>For guests under age 60, the meal price is \$12</b></p> <p><b>2% milk, juice, coffee, tea with all meals</b></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

The Wed. 9:30-10:30 beginners' class will incorporate Seated Tai Chi at every class. Doing tai chi in a chair turns out to have amazing power for stress reduction, and it improves posture and stability as well. We will also do standing form where working the balance becomes more important.

The class for those with experience in tai chi, Wed. 10:40-11:40, will continue reviewing Sun 73 Forms and welcomes new learners to join them. This group will also play with Yang 24 Forms, very gradually adding movements, but taking their time to get comfortable with the Yang style.

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.

*Suspended Until Further Notice*

### **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 in-person payable to The Thompson Center**





## **Birthday Music with Ali T** **Thursday, October 26, 1:00 pm**

Alison Turner, better known as Ali T, is a singer-songwriter and producer based in Vermont. Once described as “a less-neurotic Alanis Morissette”, the songstress performs original favorites and puts her own spin on popular tunes. Having started writing songs at the age of seven, and picking up the guitar when she was 11, Ali has developed into an introspective songwriter and versatile performer. Vermont’s Seven Days named Ali T the winner for Best Pop Artist in 2023. She has also been a finalist for Best Vocalist and Best Pop Artist 2018-2023. In 2022, Ali was a nominee in the New England Music Awards for “Rising Star - Vermont”.

## **National Chocolate Day** **Chocolate tasting with** **Mel’s Distinctive Treats** **Friday, October 27, 10:30 am**

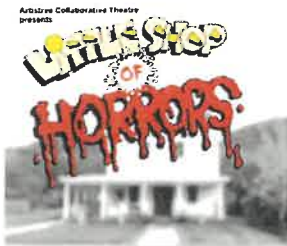
Join us on National Chocolate Day for chocolate tastings with Mel’s Distinctive Treats. All are welcome!



## **Art Class with Finnie from ArtistTree** **Apple Study** **Thursday, October 12, 1:30 pm**

Lets play with shape and color as will observe and paint falls favorite fruit, the apple? Inspired by Cesanne's still lifes and our own creative expression participants will practice with composition, light and color using pencil and paint on paper to make a fun little painting. Register in advance.

## **Little Shop of Horrors** **Special matinee for The Thompson Center** **Wednesday, October 25th at 2pm. Special Ticket price \$25!**



A deviously delicious Broadway and Hollywood sci-fi smash musical, Little Shop Of Horrors has devoured the hearts of theatre goers for over 30 years. Howard Ashman and Alan Menken (Disney's The Little Mermaid, Beauty And The Beast, and Aladdin) are the creative geniuses behind what has become one of the most popular shows in the world

Register directly through ArtisTree at [www.artistree.org/performances](http://www.artistree.org/performances) to pay and pick your seat or pay by check through The Thompson. Transportation or carpool on your own. Please contact Morgan for help with registration and any transportation needs.

## **HOLIDAY BAZAAR CRAFT WORKSHOP** **Wednesdays at 1:00 pm**

Calling All Crafters! Join us as we prepare for our annual Holiday Bazaar. We will be making an assortment of knitted and sewn items as well as holiday decorations. Our workshops will be held on Wednesdays, 1:00-2:30 pm. We will have projects set up and we need your helping hands to put them together. Do you have items to donate for us to sell at the Bazaar? If so, please contact Paula.

# 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.



## Fuel Assistance Program Reminder—Do not wait to apply!

It is time to sign up for Vermont's Seasonal Heating Fuel Assistance Program ("LIHEAP"), which can offset winter heating costs from a few hundred to even a few thousand dollars. This program can help you lower your bills whether you heat with oil, kerosene, propane, electric, coal, wood pellets, or cordwood. More information and 1:1 application assistance is available by appointment by calling The Thompson Center.

### 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. 802-457-3277

### Seasonal Flu Clinic Update:

The VNH has informed us that they are unable to provide our seasonal flu clinic this fall. We are using our best efforts to provide a clinic at The Thompson but have not been successful to date. While we continue to explore other alternatives, we suggest you check with your local provider to obtain your vaccine or check this online resource for clinics in the Upper Valley. [www.uvpublichealth.org/2023-community-flu-vaccine-clinics](http://www.uvpublichealth.org/2023-community-flu-vaccine-clinics) Flu Hotline 603-653-3731

## 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](mailto:apply@thehubneighbors.org), or pick up an application outside the Ottauquechee Health Foundation office at Simmons House, 30 Pleasant Street, Woodstock.



## 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

Greeting cards:  
Betty Putnam  
Barb Leonard  
In memory of Penny March

Produce:  
Don Oakland

Medical Equipment:  
In memory of Roberta S. Hurlburt

Nate Willard & Pete Sanderson for  
Chicken BBQ cooking



## IN MEMORY OF

**Joyce Phillips**  
Carol Welch  
Pauline Carr  
Linda O'Neil  
Richard & Bonnie Atwood  
Rhonda White  
Keith & Ann Blake  
Alize Quinones  
Richard & Bonnie Sargent  
Linda Maxham  
Sue Chiefsky  
Keri Bristow

**Gina Moore**  
Nancy Bassett  
Bo & Randi Harron  
Roy & Joanne Bates

**Janet Maxham**  
Richard & Linda Brackett  
Lawrence & Nancy Morris  
Emily Schanck  
Carla J. Kamel  
Linda Maxham  
Shari Borzekowski

**Aldona Krantz**  
Carla J. Kamel

**Barbara Scully**  
Sally Garmon  
Gloria Hanchett-Dean  
Richard & Bonnie Sargent

**Helen Gardephe Leonard**  
Ellen Eisner

## OCTOBER BIRTHDAYS

1st	Barbara	Capman	11th	Jason	Kuo	20th	Celia	Curtis
2nd	Jane	Soule	12th	Tina	Miller	21st	Judith	Hills
2nd	Diana	Leskovar	12th	Linda	Stevens	21st	Deborah	Gravel
2nd	Regina	Cummings	13th	Gerald	Monroe	21st	Frederick	Weremy
2nd	Elsa	Lind	13th	Kathy	Dudley	21st	Kristi	Clark
2nd	Libbet	Downs	13th	Susan	Scibetta	21st	Alan	Blackmer
2nd	Dottie	Deans	14th	Allen	Dougherty	21st	Cindy	Cook
4th	Elizabeth	Edmunds	14th	Kathy	Hall	21st	Chuck	Fenton
4th	Marsha	Aiken	14th	Punch	Taylor	22nd	Mark	Knott
5th	Sam	Heath	14th	Edward	Durgin	22nd	Phyllis	Potter
5th	Annie	Smith-Jones	14th	Shirley	Ackley	22nd	Kevin	Daly
5th	Judy	Maynes	15th	Daniel	Bellmore	23rd	Paula	Audsley
6th	Elizabeth	Berry	15th	Dorianne	Guernsey	23rd	Carol	Kolenski
7th	Judith	Lander	15th	Charles	Martin	24th	Keith	Blake
7th	Blanche	Rea	15th	Shirley	Garafano	24th	Margaret	Berine
7th	Jeanette	Duquette	15th	Christopher	Sluicer	24th	Barbara	Leonard
7th	Nancy	Matthews	16th	Dorothy	Forthmann	24th	Susan	Leventoff
8th	Robert	Hager	16th	Marie	Clement	25th	Betsy	Rhodes
8th	Mavis	Shaw	17th	Richard	Roy	25th	Louise	Bouchard
8th	Diane	Atwood	17th	Robert	Rosenberger	25th	Jack	Nelson
8th	Valerie	Bridge	17th	Toni	Vendetti	25th	Jack	Nelson
8th	Charles	Kimbell	18th	Therese	Fullerton	26th	Martha	Virgin
8th	Anne	Bourne	18th	Bob	Belisle	27th	Phillip	Maynes
8th	Jane	Bird	18th	Vassie	Sinopoulos	28th	Jim	Havill
8th	Judy	Bess	18th	Lloyd	Oldenburg	28th	Honey	Donegan
9th	Daphne	Moritz	19th	Sandra	Von Unwerth	28th	Janet	English
9th	Tina	Morgan	19th	David	Singer	29th	Julia	Watson
9th	Morgan	Heavisesides	19th	Gareth	Henderson	29th	Gretchen	Wilson
10th	Todd	Reuben	19th	Dorothy	Cummings	30th	Nelson	Gilman
11th	Joyce	Horton	20th	Dwight	Camp	30th	Louise	Brickelmaier
11th	Cornelia	Kachadorian	20th	Brooke	Beaird	30th	Donald	Watson
11th	Marjorie	Wakefield	20th	Joan	Keramis			
11th	Anne	Denham	20th	Joseph	Matz			
			20th	Joan	Slocum			



# The Thompson

Your resource to age well

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

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



## TRANSPORTATION

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

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

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

## 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



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

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