



The Thompson Times

Your resource to age well

JANUARY 2024

Age Well with The Thompson

Delicious meals, interesting and fun online programs, phone-in activities, medical equipment, foot clinics, advance directives, Medicare counseling, vetted referrals, and more — we are here with the resources and experience to assist you and improve your day-to-day life where you want to be, at home.

One Number to Call

One number to call for any need — Thompson staff and volunteers are happy to help with any question — from shower chairs to Medicare and everything in between.

Vetted Service Providers

We partner with a wide variety of businesses and individuals to bring you any service you need to AGE WELL at HOME!

We check references and only suggest businesses or individuals who have happily agreed to be an Aging at Home service provider.

Age Well Programs and Outreach

Online classes and programs on a wide variety of topics bring our senior center to you at home. If access to the technology is a challenge, let us know and we'll direct you to resources to help get you connected!

Our Age Well e-newsletter is published every other month and provides readers with information on ways to age well at home and in their community through current and reliable information on health, lifestyle, diet, and resources. Call or email to sign-up.

Things to look forward to in 2024

- New Aging at Home Membership card to assist those transitioning from the hospital or rehab to home.
- Expanded Homeshare area as we are now an official satellite of HomeShare Vermont. See page 10 for details on a presentation by HomeShare Vermont on January 12 at 1pm.
- Friendly daily reassurance check-in calls by trained volunteers.

We hope you'll connect with us in the new year and find the inspiration, friendship, support, and fun to make the most out of 2024. Visit us in person, or online at www.thompsonscenter.org, or contact us at (802) 457-3277 or info@thompsonscenter.org

Inspiration
to

AGE WELL

in the New Year



- Never stop learning & growing
- Maintain a positive outlook
- Be creative
- Create cheerful daily habits
- Be more conscious of your values
- Make new friends
- Give back/feel useful
- Exercise your body and your mind

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

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Transportation Coordinator,
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Andrew Geller, Chef,
ageller@thompsonscenter.org

Culinary Assistants: Lanie Orcutt, Louise
Blakeney, Sally Weglarz, Ed Esmond,
John Saggese

Drivers: Tom Morse, Brian McGinty,
Jim Robinson

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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Dick & Bonnie Atwood- Advisory

BEHIND THE SCENES

Thompson Winter Gala - SOLD OUT

Elegant Dinner, Auction, Dancing

Sunday, January 28, 2024

Live Music by House on Fire

www.thompsonscenter.org/gala2024

Holiday Bazaar Raffle Winners:

Dogs in Sweaters Quilt - Mary Mahoney

Cashmere Gloves - Carol Mosher

Hooked Ski Pillow - Charlotte Donaldson

Winter Weather Closing Policy

Our weather policy is to close the center if our school district is closed or delayed. We will post on Facebook if we are closed, and we will also change the voicemail message at the center by 6:30am. Those who are registered for programs will also receive a call after 8am. Snow day meals are sent out in advance of any expected storm. Virtual programs continue as scheduled, if possible. This is a great time to remind everyone to register, so that you'll get a call from us. Also please note that we use our automated call system, the call comes from a Belmont, MA (617) number but will be Deanna Jones' voice on the recording.

A final big thank you to all of our 2023 sponsors!
We are now gathering sponsorships for 2024.
Please contact Deanna if interested.

Thank You 2023 Sponsors!



Anonymous
Deb & Roger Amato
Dave Bullinger
Anne Brodrick
Barbara Butler
Laurie & John Chester
Max Collins
Edward & Dawn D'Alena
Gail & Allen Dougherty
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Kelli & Stewart Guss
Claire Mayock
John Moore
Barbara & Frank O'Connell
Sarah & David Roberts
Anne & Charlie Sincerbeaux
Ellen & John Snyder
Dr. Peggy Stone
Tombray Vitucci, Realtor
Lois Watson

DHMC Orthopaedics Hand/Wrist/Shoulder Talk– January date to come

The Thompson will be welcoming 2 more orthopaedic specialists from DHMC to discuss surgical and non-surgical procedures related to the hand, wrist, and shoulder. Some topics will include: Arthritis surgery of the hand and wrist, osteoarthritis and rheumatoid arthritis of the hand, and shoulder/elbow arthritis.



Vincent D. Pellegrini Jr., MD, hand/wrist

As an orthopaedic surgeon, my focus is on improving my patients' quality of life by helping restore function so they can get back to doing the things they enjoy.

Many people are in pain or anxious when they first come to see me, so I first try to reassure them and help them understand that they are in control of the final decisions about their care.

To help them make these decisions, I spend time talking with them and educating them about their disease or illness. I want them to ask questions, and to understand their illness and their options. I ask them, "What are your goals? What do you want to be able to do?"



Daniel C. Austin, MD, MS, Shoulder surgery

I chose to be an orthopedic surgeon because it gives me the opportunity to help people address the aches, pains, and injuries that are holding them back from living their best life. I understand the profound impact that musculoskeletal issues can have on a person when they cannot pursue the activities they love.

I help patients learn about their diagnosis and the non-surgical and surgical treatment options available to them. I review the risks, benefits, and research for each option with my patients, and then encourage them to choose the path that works best for them. My goal is to help patients get back to the sports, activities, and hobbies they enjoy. There's nothing better than seeing patients long after their injury and learning about how well they are doing.

Lifeline Medical Alert System Presentation

Thursday, January 11, 10:30 am

Lifeline Specialist Michael Barron will be talking about the Lifeline experience and explain how Lifeline medical alert devices can support independent living for older adults.

Some topics he will discuss include:

- Understanding of your needs/process
- An overview of Lifeline
- Show and tell of our products
 - Landline
 - Cellular
 - Mobile
 - Mini
 - Smartwatch
 - Pearl



Please register in advance with Morgan at The Thompson.

CARE (Citizens Assistance Registry for Emergencies)

Emergencies can take many forms. Ice storms, floods, fires, major traffic accidents, and similar events can cause power outages, isolate individuals, or prompt the need for evacuation. For elders, or for people with certain disabilities, such events, if prolonged, can become life-threatening if no one is available to help.

CARE was created to help. CARE's key partners are the Vermont Enhanced 911 Board, Vermont Emergency Management, United Ways of Vermont, and Vermont 211. These agencies have worked together to provide a means for emergency responders to identify and aid CARE registrants in the event of a wide-scale emergency.

You can register online at <https://e911.vermont.gov/care> or a paper copy will be available at the Thompson center and sent out with meals. You can return it to us and we will mail it, or you can mail it directly to the registry address on the form. (State of VT Enhanced 911 Board, 6 Baldwin St. 2nd Fl, Montpelier, VT 05633).

MY HEALTHY
VERMONT

HIGH BLOOD
PRESSURE
WORKSHOPS

Online Workshop: High Blood Pressure Management Tuesdays, January 30 to March 26, 11:30 am—1:00 pm

This small group workshop is led by a trained health coach and designed to provide support and skills to help people take control of their blood pressure. Participants learn the basics of managing high blood pressure, including help with medications, quitting tobacco, healthy eating, physical activity and stress management.

This 1.5 hour, 8 week workshop is for Vermonters age 45 and older who have been diagnosed with high blood pressure or hypertension. A support person such as a spouse or friend is welcome to attend the workshop as well.

Please call Morgan at The Thompson to register in advance. Let us know if you would prefer to view from home or watch from the Thompson and leave the technology to us.

Welcome to AARP Tax Aide for Tax Year 2023

Appointments for tax preparation will be made by calling The Thompson Senior Center 802-457-3277 beginning in January. Plan on spending 1-2 hours at the Senior Center while we prepare your return with you. Tax booklets will be available in advance from the Senior Center, if you would like to get ready ahead of your appointment.

Please be sure to bring the following items:

- Last year's tax return envelope that contains the printed returns (Federal and VT) AND all of your supporting documents. It will be helpful to review these documents to ensure you are bringing the same information for 2023.
- Driver's license or picture ID and Social Security Card
- Applicable tax documents you have received in January such as: your social security statement, 1099s for all retirement income, broker statements for sales of stocks/bonds, and your Vermont Property Tax bill for 2023-24.

Benefits Assistance Hours At The Thompson January 8 & 22, 9:30-12:30pm, by appointment

Individual assistance is available at The Thompson by appointment with Senior Solutions Benefits Counselor, Liz Carey. Call for your appointment.

PROGRAMS & EVENTS

Senior Learning Network Virtual Programs

Please call to reserve your spot and let us know if you plan to view from home or from The Thompson.



Voyageurs National Park

Tuesday, January 9, 2:00 pm

The voyageur - a French word meaning traveler - the namesake of Voyageurs National Park - began journeying through these interconnected waterways over 250 years ago; waterways that are one of the most important segments of the fur trade route used to open the "Great Northwest".



Glenn Echo Park- The Carousel

Tuesday, January 16, 2:00 pm

During Glen Echo Amusement Park's glory days as an amusement park, the Dentzel Carousel was the jewel of the park. The carousel remains the park's treasured centerpiece.



The Vaqueros- Briscoe Western Art Museum

Tuesday, January 23, 2:00 pm

Who were the origin, al Texas Cowboys? Join the Briscoe Museum to learn about Vaqueros! A museum educator will lead the group to discover who they were, where they came from, and why they were important to the development of the west.



The Statue of Liberty- A Fresh Look

Tuesday, January 30, 2:00pm

Between 1886 and 1924, almost 14 million immigrants entered the United States through New York. The Statue of Liberty was a reassuring sign that they had arrived in the land of their dreams. To these anxious newcomers, the Statue's uplifted torch did not suggest "enlightenment," as her creators intended, but rather, welcome."

Osher Lifelong Learning Institute through DHMC *Pictures, Poems, and Prose: An Ekphrastic Experience* Thursdays, January 11, 18, 25, Feb. 1, 12:30-2:30 pm Cost \$30/person, subject to change based on participation

Ekphrastic writing is inspired by works of art, sculpture, architecture, and photography. Derived from the Greek word Ekphrasis, meaning "description," artistic visual prompts offer inspiration for imagining and amplifying reflections on people, places, events, and memories.

In ancient Greece, the term was applied to the skillful description of the subject matter with vivid detail. We will be using visual images to expand our writing skills as we set the scene, develop characters, and use our imagination to explore what has occurred. Ekphrastic writing is a wonderful way to stretch your powers of observation and find stories hidden in the world of art.

Writing prompts will be provided weekly as "homework" to be shared and critiqued in class. Come prepared for visual treats and writing rewards!

Pre-register through the Thompson Center. **Available to participate at the Thompson or at home.**



PROGRAM CALENDAR - JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
CLOSED New Years	1 Mahjong 3 Bone Builders	10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 12:30 Tech Support 3 Bone Builders	10 Bingo 1 Mahjong
8	9	10	11	12
9:30-12:30 Benefits Assistance Appts 10 BINGO 1 Advisory Meeting	Reflexology Appts 12 Caregiver Support Group 1 Mahjong 2 SLN: Voyageurs National Park 3 Bone Builders	10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Lifeline Medical Alert Talk 12:30-2:30 Pictures, Prose and Poems 1:30 Art with Finnie 3 Bone Builders	10 Bingo 1 Mahjong 1 Homeshare Presentation
15	16	17	18	19
CLOSED Martin Luther King Jr. Day	8:30 Newsletter Folding 9:30 Commodities 1 Mahjong 2 SLN: Glenn Echo Park 3 Bone Builders	8:30 Board Meeting 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	8:30-3 Foot Clinic 10 Cribbage 12:30-2:30 Pictures, Prose and Poems 12:30 Tech Support 3 Bone Builders	10 BINGO 1 Mahjong
22	23	24	25	26
9:30-12:30 Benefits Assistance Appts 10 BINGO	Reflexology Appts 1 Mahjong 2 SLN: Briscoe Western Art Museum 3 Bone Builders	10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	Birthday Day 10 Cribbage 12:30-2:30 Pictures, Prose and Poems 3 Bone Builders	10 BINGO 1 Mahjong
29	30	31		
10 BINGO	11:30-1 Blood Pressure Management Workshop 1 Mahjong 2 SLN: The Statue of Liberty 3 Bone Builders	8:30-3 Foot Clinic 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS	

MENU - JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
CLOSED New Years	Turkey Vegetable Soup with Kale, Carrots, Parsnips, Bulgur and Corn, Dinner Roll, Brownie, Fresh Fruit	Slow Cooked Pork Loin, Roasted Red Potatoes, Steamed Mixed Vegetables, Dinner Roll, Cookies, Fresh Fruit	Chicken and Gnocchi with Carrots, Peas and Mushrooms, Whole Grain Roll, Garden Salad, Apple Pie	Linguini with Bolognese Style Sauce Garlic Rolls, Garden Salad with Beets, Carrots, Tomatoes and Maple Vinaigrette, Fresh Fruit Salad
8	9	10	11	12
Chicken Corn Chowder with Bacon and Broccoli, Tossed Garden Salad with Quinoa, Dinner Roll, Mixed Fruit Crisp	Shepherd's Pie, Garden Salad with Mixed Greens, Tomatoes, Cucumber, Oranges and Beets with Maple Vinaigrette Dinner Roll, Ice Cream Sundae with Fruit Topping	Baked BBQ Style Chicken Leg Quarter, Baked Macaroni and Cheese, Steamed Broccoli and Carrots, Tossed Garden Salad with Croutons, Apple Pie	Turkey Lasagna with Spinach, Winter Squash, Mozzarella Cheese, Garden Salad, Fresh Fruit Salad, Garlic Roll	Quiche with Ham, Cheddar, Spinach, Mushrooms and Sweet Peppers, Mixed Green Salad, Cookie, Fresh Fruit
15	16	17	18	19
CLOSED Martin Luther King Jr. Day	Curried Pumpkin Soup Mixed Green Salad with Chicken, Apples, Craisins, Almonds and Garden Vegetables and Maple Vinaigrette, Dinner Roll, Mixed Fruit Crisp	Baked Ziti with Sausage, Broccoli, Roasted Peppers and Marinara Sauce, Caesar Salad, Whole Wheat Garlic Rolls, Mixed Fruit Salad	Chicken Tetrizzini with Cauliflower, Peas and Mushrooms, Garden Salad, Whole Wheat Roll, Fresh Fruit, Cookie	Mixed Deli Club (turkey, ham, roast beef) Sandwich on Whole Wheat Bread with Cheddar Cheese, Lettuce and Tomato, Potato Salad Fruit, Chefs Choice Dessert
22	23	24	25	26
Beef Chili Tex-Mex Style with Beans, Corn, Tomato and Roasted Sweet Peppers Topped with Sour Cream and Cheddar Cheese, Corn Bread, Cole Slaw with Pineapple, Cookies	Roasted Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger & Lemon, Fresh Mixed Vegetables, Garden Salad with Sesame Dressing Fresh Fruit	Roasted Fish of the Day with Fresh Lemon and Herbs, Saffron Rice Pilaf, Seasonal Vegetables, Mixed Green Salad, Whole Wheat Dinner Roll, Ice Cream with Fruit	BirthDay Day Slow Roast Pork Loin, Baked Potato, Roasted Winter Squash, Tossed Garden Salad, Dinner Roll, Cake and Ice Cream, Fresh Fruit	Baked Lemon Herb Chicken Breast with White Wine Sauce, Sautéed Mixed Vegetables, Rice Pilaf with Raisins, Almonds and Peas, Dinner Roll, Fresh Fruit
29	30	31		
Chicken Tortilla Soup with Tomato, Black Beans, Corn, Sweet Peppers topped With Sour Cream, Tortilla Chips & Guacamole, Garden Salad with Green Goddess Dressing, Dinner Roll, Fresh Fruit	All Beef Hotdogs on a Whole Wheat Bun, Cole Slaw, Baked Beans, Apple Cake with Whipped Cream	Breaded Pork Cutlet Spätzle, Baked Squash, Country Gravy, Fresh Green Salad, Fruit Filled Turnover	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance.	Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, coffee, tea with all meals

ACTIVE AGING



Regular exercise can help older adults stay independent and prevent many health problems.

Experts recommend that older adults engage in:

- Moderate exercise for at least 30 minutes five days a week.
- Muscle-strengthening activities for two or more days a week that work all major muscle groups.

Statistics show that less than one-third of Americans aged 65+ meet this recommendation. The Thompson offers these fun and proven programs:

Eat Smart, Move More, Weigh Less (ESMMWL) is a 15-week online weight management program that uses evidence-based strategies proven to work to help participants achieve and maintain a healthy weight. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. The Thompson has a limited number of free ESMMWL class codes to offer (a \$235 value). Call for more details and to sign up!

Tai Chi for Arthritis and Fall Prevention's goals are to: 1) Improve movement, balance, strength, flexibility, immunity and relaxation; 2) Decrease pain and falls; 3) socialization and sustainability. Tai Chi with Anne and Jane is offered virtually on Wednesdays until March 2024. The beginner class is 9:30-10:30am and the class for those with more experience is 10:40-11:40am. Suggested donation is \$3/ class, payable to The Thompson Senior Center. For more information visit www.annebower.studio.

Bone Builders is offered on Tuesdays and Thursdays from 3:00-4:00pm. This class is led by certified instructor, Althea Derstine and 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 is offered on Thursdays in person and on Zoom from 10:30 – 11:30 am and Tuesdays (Zoom class only) is 10:30 – 11:30 am and is led by instructor Liz Hatfield. Cost is \$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.

Gentle Yoga is offered at The Thompson on Wednesdays from 1:00-2:00pm and is led by yoga instructor, Kathryn Mills . The cost for a 6 class punch card is \$90 or \$20 per class. Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. No experience necessary of flexibility required. Bring a mat and blanket if you like. Pre-register with The Thompson.

The new year is a great time to check them out and start a new routine.



Art With Finnie from ArtisTree Klimt Trees

Thursday, January 11, 1:30 pm

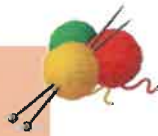
We will gain inspiration from the beautiful works of Gustav Klimt and together we will walk through creating our own Tree of Life drawings. Using metallic pens and other sparkly adornments our trees will add some special shimmer to the long days of winter! Register in advance.



Beginner Bridge every Wednesday at 1:00 pm

Learn the game or improve your skills in a low intensity, friendly setting. Everyone welcome!
Coached by Bill Boardman, bridge teacher for decades.

HANDWORK CIRCLE



The Handwork Circle group invites anyone to join them on **Wednesdays at 10:30** in the living room. You do not need to be a knitter, all projects welcome. Enjoy some coffee and companionship. Contact Jane Soule at 457-2442 with any questions.

MEMORY TREE GIFTS In Loving Memory Of



Jack	Mom & Dad Brickman
Bob Leavitt	Mom & Dad Lancaster
Edwin Leavitt	Mary & Bud Mosher
Henry Howe	Janet & Perry Maxham
Leon Stetson	

The Ping Pong Place at the Little Theater Mondays and Wednesdays, Drop in Play, 10-11:30am

We have two tables now. Come and try your hand at singles or doubles! All are welcome and encouraged to drop in and play!



Reflexology with Certified Reflexologist, Deb Neuhof Tuesday, Jan. 9 & 23, \$35 for 30 or \$65 for 60 minutes

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, Jan. 18 & 31
Call in advance for appointment



HomeShare Vermont Presentation

Friday, January 12, 1:00 pm



Homeshaaring is an excellent opportunity to allow individuals to remain in their home while receiving help and/or additional income.

HomeShare Vermont and The Thompson have now joined to expand our homesharing program to cover most of Windsor County.

On Friday, January 12th, Connor Timmons and Ric Cengeri of HomeShare Vermont will join us just after lunch to explain the comprehensive screening and matching service.

Faulkner Fund Offers Financial Help to Woodstock Residents

Need help with car payments, utility bills, medical bills, repair bills or other financial needs? The Faulkner Fund was established in 1959 from a bequest in the will of Marianne G. Faulkner to The American Red Cross. The purpose was to “help in the care, support and maintenance of needy and deserving persons living in Woodstock”. Grants are available to Woodstock residents via a confidential application. Contact Paula Audsley, vice chair of The Faulkner Fund via email: paudsley@thompsonscenter.org or call 802-457-3277. Brochures (listing committee members and their contact information) and applications are available at The Thompson Senior Center and The Ottauquechee Health Foundation.

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.

The HUB is here to help!

The HUB is committed to ensuring everyone in our community is safe and cared for. If you’ve had a setback or change in circumstances that makes it difficult to pay your bills and live in Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading or Woodstock, we’re here to help!

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.

The HUB is a Project of Woodstock Community Trust, a non profit 501c3 organization.



In-person Tech Support at The Thompson

Appointments on the 1st & 3rd Thursdays of the month, 12:30 pm-2:30 pm

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 complimentary lunch.**

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

The American Legion - waitstaff for our Thanksgiving meal
 Terry Closterman/King Arthur Baking Co. - Veterans Day Gift Certificates
 The Masons - salad
 Pam & William Barrows - Holiday Bazaar crafts
 Tom Morse - Christmas tree & set-up on porch
 Courtney Maxham - volunteer help with Holiday Dinner and Yankee swap
 Woodstock High School 9th Graders - soup



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



IN MEMORY OF

Ted and Joan Staples
 Gary Staples

Barbara Condict
 Judy Adams

John Matthews
 Robert & Honoré Hager

Paul Highberg
 Patsy Highberg

Barbara Condict, Charles Astbury, Janet Maxham, and Jerri Cole
 Carol Powell

IN HONOR OF

Deanna Jones

Alden & Mary Fiertz

JANUARY BIRTHDAYS

1st	Mary Lee	Camp	10th	Nancy	Nash-Cummings	23rd	Elizabeth	Harley
1st	Cynthia	Jones	10th	Laura	Scalabrin	23rd	Gerard	Jones
1st	Jeanette	Veverka	10th	David	Adams	23rd	Anne	Sapio
1st	Edith	White	11th	Molly	McDermott	23rd	Sigrid	Sihler
1st	Aiala	Reizer	11th	Janice	Lillien	23rd	Catherine	Morrison
1st	Fran	Capossela	11th	David	Purviance	24th	Suzan	Harlow
1st	Bari	Ramirez	11th	Norma	Flanders	24th	Jerome	Morgan
2nd	John	Steinle	12th	Raymond	Bourgeois	25th	Jane	Philpin
2nd	Patricia	Barnes	12th	Kathleen	Fiske	25th	Roberta	Reuben
2nd	Jean	Frank	13th	Mary	McCuaig	25th	Edith	Hoose
3rd	Linda	Brackett	13th	Allen	Charest	26th	Paulette	Watson
3rd	John	Leavitt	14th	Anne	Hildreth	26th	Barbara	Otranto
3rd	Laurie	Marshall	15th	Richard	Wacker	27th	James	Emery
3rd	Charles	Humpstone	15th	Nancy	Kobert	27th	Margaret	Brady
3rd	Ruth	Gibbud	16th	Ellen	Cooper	27th	Margaret	Fullerton
3rd	Jeannette	Sawyer	17th	John	Griggs	27th	Peggy	Fraser
3rd	Ann	Bragdon	17th	Avery	Jones	27th	Coreda	Steele
3rd	Gerald	Breault	19th	Marsha	Fraser	27th	Anne	Jacobs
5th	Joyce	Putnam	19th	Sally	Garmon	28th	Nancy	Heidt
6th	Rachel	Kahn	19th	Diana	Snider	29th	Mary Lou	Ewasko
7th	Lynn	Peterson	19th	Diana	Snider	29th	Sandra	Birajiclian
7th	Lydia	Locke	20th	William	Rauscher	29th	Michael	Kolakowski
7th	Shannon	Parker-Ferentinos	20th	Akankha	Perkins	30th	Mary	Wood
7th	Paula	Staples	20th	Janie	Bell	30th	Cooper	Jones
8th	Joanne	Stanyon	21st	Jim	Stehouwer	30th	Judith	Moore
8th	Joan	Williamson	21st	Joyce	Babbitt	31st	Uldis	Skuja
9th	Beverly	Kenney	21st	Joanna	Nichols	31st	Elmer	Kruse
9th	Carla	Kamel	22nd	Norwood	Long	31st	Lance	Brien
9th	Susan	Chiefsky	22nd	Joy	Gray			
9th	Linda	Eton	22nd	Rita	Boynton			
10th	Joyce	Hurd	22nd	Richard	Kolb			



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

like us on facebook