



The Thompson Times

Your resource to age well



MARCH 2024

Celebrate March for Meals with Us

The month of March mobilizes hundreds of local Meals on Wheels (MOW) programs across the country to reach out to their communities and build the support that will enable them to serve America's elder population all year long. As a member of the national organization, *Meals on Wheels America*, The Thompson participates in this annual celebration.

In 2023, we delivered 12,461 Meals on Wheels!

Volunteers for The Thompson currently deliver 45 - 50 meals each day (Monday through Friday) to older Vermonters throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret.

The highlights of our March for Meals events this year:

- Our 10th annual *Thank You Walk is on Friday, March 1. Join us at 10:00 am on The Green in Woodstock to "march" down Central Street to deliver thank you notes, cookies, and balloons to local business for their support throughout the year.*
- Community Champions week is March 18-24 where town officials and local celebrities nationwide are asked to participate in meal deliveries and events.
- March 27 at 10:00 am will be our annual MOW driver meeting providing an opportunity for a review of requirements/procedures, to share ideas, and to **celebrate** the wonderful work of our MOW volunteers!
- Special Thanks to the Woodstock Farmers' Market for once again making our meals program the beneficiary of their "Round-Up" campaign!
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page for videos and more.



Meals for Pets is offered for our patrons who have Meals on Wheels deliveries. This partnership with the Lucy MacKenzie Humane Society allows us to deliver pet food for those who need this service. Call Pam Butler at 457-3277 for more information.

TOWN MEETING DAY

The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.

With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. We serve approximately 1700 unique individuals with our programs, referrals, meals, and transportation. **Please vote & consider speaking up at your town meeting about the value of these services for older Vermonters.**

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,
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Paula Audsley, Business Office Manager,
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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,
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

Karen Rosene-Montella—*President*
Mary Bourgeois—*Vice President*
Beth Harper—*Treasurer*
Susan Ford—*Secretary*
Keri Cole
Janet English
Rick Fiske
Jon Fullerton
Dolores Gilbert
Greg Greene
Carolyn Kimbell
Lydia Locke
Dan Noble
Thomas Phillips
Sandy von Unwerth
Richard Wacker
Paulette Watson
Dennis Wright

Dick & Bonnie Atwood- Advisory



BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Deanna reported:
 - Staffing updates
 - Encouraged participants to attend Town Meeting and voting yes for financial support.
 - Winter Gala was a tremendous success raising 80,000 for building renovation scheduled to start before June 1
- Upcoming Programs:
 - Annual MOW Thank You Walk is on March 1
 - Coin Collecting Talk on March 7
 - Ian Clark returns with a slideshow on Steam Engines on March 12
 - Planting Spring bulbs with Diane Zonay on March 14
- Participant Comments

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



We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!



Chef's Corner

Lemon, Craisin and White Chocolate Chip Cookies

- 1 1/3 cups unsalted butter, softened
- 1 1/2 cups white sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 teaspoons lemon extract
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup craisins
- 1/2 cup white chocolate chips

Gather all ingredients and preheat the oven to 350 degrees F (175 degrees C). Beat butter in the bowl of a stand mixer until smooth and creamy, 2 to 3 minutes. Mix in sugar until light and fluffy 3-4 minutes, then mix in eggs, one at a time, scraping the sides of the bowl as necessary. Mix in vanilla and lemon extract.

Mix flour, baking powder, and salt in a medium bowl until combined. Gradually add to the wet ingredients and mix until incorporated and the dough comes together. Add the Craisins and white chocolate chips mix until incorporated about 15 seconds or so.

Bake in the preheated oven until light brown on the bottoms, 10 to 12 minutes, rotate cookie sheet halfway through. Remove from the oven and transfer to wire racks to cool. *Bon Appétit!*



Coin Evaluation and Discussion Thursday, March 7, 1:00 PM

Do you have old coins or a coin collection that you don't know what to do with? Do you have a relative who wonders how to dispose of their coin collection? Bring your questions (not your coins*) to The Thompson's upcoming presentation - *Coin Collection Evaluation and Discussion* by Ron Ringenberg. Ron has enjoyed years of coin collecting and appraising. He'll discuss managing coin collections as part of an estate, maximizing the possible value of coin collection inheritance, and how to begin these processes.

**Please do not bring coins for appraisal to this presentation. Appointments for free appraisals will be offered at another time.*

Under Steam: A Photographer's Quest for Steam Locomotives Tuesday, March 12, 1:00 pm, Register in advance.

Ian Clark returns to The Thompson to show a slide show of a variety of steam engines from coast to coast across America.

Once more common than automobiles, steam locomotives have become nearly extinct in North America. Only something like 200 remain capable of pulling trains in the United States and those are all museum pieces. West Newbury based photographer Ian Clark has traveled the world, from mundane locations such as Inner Mongolia to the exotic Barneet, Vermont in search of working steam engines. He's photographed over 130 engines under steam.

Ian spent many years operating commercial photo labs and tackling technical photographic problems, including a stint as the Manager of the Photographic Section at NASA's Langley Research Center. He has a B.S. from the Rochester Institute of Technology and did his master's work at the S.I. Newhouse School of Public Communications at Syracuse University. He has been a news stringer off and on since 1975. For many years, he has traveled extensively to photograph railroads, focusing on our remaining steam locomotives. Locally, he's best known for his sports photos in the local papers. Ian is a Juried Member of the League of New Hampshire Craftsmen, the New Hampshire Art Association and the Vermont Hand Crafters.



Spring Arrives Early with Bulb Workshop Presented by Diane Zonay of Sherburne Farm Greenhouse March 14, 1:00 pm Cost: \$16 includes materials, Please register in advance

Diane wants to bring some early spring color into your home. This hopeful class will teach you how to force daffodils in your own home, giving you a chance to watch the miracle of spring in the midst of winter. Each participant will be offered all the bits and pieces they will need to create a beautiful 3 bulb indoor garden, and detailed instruction, for the price of \$16. We encourage you to bring your own decorative containers to fill. Additional bulbs will be available for \$1/bulb.

Diane has generously offered 50% of her workshop cost to be donated to The Thompson as a "Thank you for all the great classes!"

Welcome to AARP Tax Aide for Tax Year 2023

One-hour appointments for tax preparation can be made by calling The Thompson Center 802-457-3277. Tax booklets are 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.

Caregiver Support Group

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-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!

FREE Foot Clinic with Beverly Sinclair, RN

Thursday, March 21 & 27

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.

Reflexology with Certified Reflexologist, Deb Neuhof

Tuesday, March 7 & 26

\$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.



VIRTUAL PROGRAMS

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.



“Happy Lunar New Year: Smithsonian’s National Museum of Asian Art”

Tuesday, March 5, 2:00 pm

Celebrate the Lunar New Year and ring in the year of the Dragon with the National Museum of Asian Art. Museum educators guide us to explore works of Asian art and discuss the entertainment, foods, symbols and other customs of Lunar New Year!



“The Marriage of Ulysses and Julia Grant: “ Warmed in the Sunshine of Love”

Tuesday, March 12, 2:00 pm

In February 1844 Julia Dent met Ulysses S. Grant, a friend and classmate of her older brother, Frederick. After his first visit to their home in White Haven, Grant returned often to court Julia. He proposed that May with his West Point class ring before deploying in the Mexican-American war, delaying their wedding by four years. Ulysses and Julia had an intense correspondence during this period.

Join us as we explore the loving relationship of Ulysses and Julia Grant. From their first meeting, until General Grant's death in 1885, Ulysses and Julia worked as partners to support each other through good and bad times while raising four children to adulthood. Despite hardship, family conflicts, and extended separation during two American wars, Ulysses and Julia Grant's love for each other remained constant.



“Sacrifice, Unity and Victory- WWII Memorial/FDR Memorial”

Tuesday, March 19, 2:00 pm

Join us from the National Mall in Washington, DC to explore two memorials in the park, the Franklin D. Roosevelt Memorial and the World War II Memorial. We will focus on the symbolism found in both memorials, examining how this time

period is represented in different public spaces.



“Portraits of the West: James Bama”

Tuesday, March 26, 2:00 pm

When illustrator and artist James Bama moved from New York to Wyoming in 1968, he began a decades-long project to understand the West by making photographs and paintings of his new friends and neighbors. Although Bama was best known for his highly detailed and realistic illustrations and paintings, photographs were the foundation of his imagery.

On October 21, the Buffalo Bill Center of the West debuted the new special exhibition James Bama’s Photographs: Portraits of the West. Photographed mostly in the 1970s and ‘80s, Bama’s images reveal a complex view of western America through portraits of diverse and fascinating people. The exhibition highlights old-timers, children, rodeo performers, reenactors, Native activists, powwow dancers, ranchers, and outfitters through Bama’s lens.

PROGRAM CALENDAR - MARCH 2024

Mon	Tue	Wed	Thu	Fri
				1
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS				10:00 MOW Thank You Walk 10:30 Bingo 1 Mahjong 1-2:30 Creative Arts Workshop
4	5	6	7	8
8-3 Tax Assistance 9:30-12:30 Benefits Assistance Appts 10 BINGO 1 Advisory Meeting 1 Gentle Yoga	10-12 Intro to Memoir 11:30-1 BP Workshop 1-3 Advanced Memoir Class 1 Mahjong 1 Irish Splendor Trip Meeting 2 SLN: Lunar New Year 3 Bone Builders	10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	Reflexology Appts 10 Cribbage 10:30 Strength, Stretch, Stability 12:30 Tech Support 1 Coin Program 3 Bone Builders	10:30 Bingo 1 Mahjong 1-2:30 Creative Arts Workshop
11	12	13	14	15
8-3 Tax Assistance 10 BINGO 1 Gentle Yoga	12 Caregiver Support Group 1 Mahjong 1 Steam Engine Sideshow 2 SLN: Marriage of Ulysses & Julia Grant 3 Bone Builders	10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1 Community Connections with Town Manager	10 Cribbage 10:30 Strength, Stretch, Stability 1 Bulb Workshop 3 Bone Builders	10:30 BINGO 1 Mahjong 1-2:30 Creative Arts Workshop
18	19	20	21	22
8-3 Tax Assistance 9:30-12:30 Benefits Assistance Appts 10 BINGO 1 Gentle Yoga	9:30 Commodities 1 Mahjong 1-3 Chair Massage 2 SLN: WWII & FDR Memorials 3 Bone Builders	8:30 Board Meeting 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1:30 Art with Finnie	8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 12:30 Tech Support 3 Bone Builders	10:30 BINGO 1 Mahjong 1-2:30 Creative Arts Workshop
25	26	27	28	29
8:30 Newsletter Folding 8-3 Tax Assistance 10 BINGO 1 Gentle Yoga	Reflexology Appts 1 Mahjong 2 SLN: Portraits of the West 3 Bone Builders	8:30-3 Foot Clinic 10 MOW Driver Meeting 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	Birthday Day 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	10:30 BINGO 1 Mahjong 1-2:30 Creative Arts Workshop

MENU - MARCH 2024

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>RSVP no later than 10:30 am the day of.</p>		<p>Turkey Club Sandwich on Whole Wheat Bread with Cheddar Cheese, Bacon, Lettuce and Tomato, Potato Salad, Fresh Fruit, Cookie</p>
4	5	6	7	8
Spinach and Mushroom Ravioli with Grilled Chicken, Tossed Garden Salad, Dinner Roll, Fresh Fruit	Banh mi Vietnamese BBQ Pork Sandwich with Quick Pickled Vegetables, Cilantro and Garlic Aioli on a Roll, Rice Noodle Salad, Fresh Fruit	Stuffed Peppers with Ground Turkey, Butternut Squash and Kale, Soft Polenta, Garden Salad, Fresh Fruit Salad, Cookie	Beef Stroganoff with Mushrooms and Sweet Onions, Egg Noodles, Peas and Carrots, Dinner Roll, Fresh Fruit	Chicken Salad with Mixed Greens, Carrot, Cucumber, Beets, Madeiran Oranges, Tomatoes, Croutons and Hard Egg, Dinner Roll, Pumpkin Pie
11	12	13	14	15
Chicken Gyros with Cucumber, Tomato and Red onion, Yogurt Dill Sauce, Couscous Salad, Cookies, Fresh Fruit	Pork Tenderloin Stir Fry with Snap Peas, Corn, Water Chestnuts, Cashews and Carrots, Steamed Brown Rice, Mixed Green Salad with Sesame Dressing, Fresh Fruit	Baked Cod, Bulgur Pilaf, Steamed Green Beans, Garden Salad, Dinner Roll, Pumpkin Pie	Chicken Cacciatore Sweet Peppers and Mushrooms and Onions, Mixed Green Salad, Egg Noodles, Fresh Fruit	St. Patrick's Day Tender Corned Beef Brisket, Boiled Potatoes and Carrots, Braised Cabbage, Irish Apple Cake with Vanilla Sauce
18	19	20	21	22
New England Style Clam Chowder Soup, Tossed Green Salad with Maple Vinaigrette Dinner Roll, Fresh Fruit, Brownie	Garlic Ginger Chicken Thighs, Pancit Canton Noodles with Cabbage, Carrots and Scallions, Steamed Vegetables, Fruit Salad, Pineapple Cobbler	Cubin Style Chicken with Black Beans and Rice, Garden Salad with Orange, Beets and Carrots, Dinner Roll, Fresh Fruit	Taco Salad with Ground Beef, Tomatoes, Black Beans, Avocado, Red Onion, Cilantro, Sour Cream and Cheddar Cheese, Corn Tortilla Chips, Sala, Fresh Fruit	Spaghetti with Meat Sauce using Cloudland Farms Ground Beef, Garlic Bread, Caesar Salad, Fruit Parfait
25	26	27	28	29
Lemon Herb Chicken Breast, Brown Rice Pilaf, Steamed Garden Vegetables, Dinner Roll, Cookie, Fruit	Split Pea Soup with a Half Ham and Cheese Sandwich, Lettuce and Tomato, Dinner Roll, Peach Cobbler	Braised Chicken Leg Quarter, Ratatouille Buttered Pasta with Fresh Herbs and Lemon, Fruit Filled Turnover	Birthday Day Cranberry Maple Pork Chops, Sweet Potato Mash, Swiss Chard, Dinner Roll, Cake and Ice Cream	Turkey Burgers On a Whole What Bun with Lettuce, Tomato, Red Onion and Pickles, House Spread, Pasta Salad with Garden Vegetables, Ice Cream

Please note that vegetarian options are always available upon request. If you observe Lent and wish to eat with us on Fridays when meat is being served, please contact us in advance to request a vegetarian meal.

The Ping Pong Place at the Little Theater

Mondays and Wednesdays, Drop in Play, 10:00 am – 11:30 am, All are welcome!
We have two tables now. Come and try your hand at singles or doubles!

Try Gentle Yoga - It's Beneficial for Everyone

Offered by Yoga Instructor, Kathryn Mills

Mondays & 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.*

Strength, Stability and Stretching

Thursdays – In person and on Zoom 10:30 – 11:30 am

Tuesdays – Zoom Class Only 10:30 – 11:30 am

This class includes exercises that will help you in your everyday life so that you can continue to do the things you enjoy and stay independent as you age. This popular class involves a combination of strength, cardio, balance, flexibility and brain training exercises.

Cost: \$5 per in-person class payable to The Thompson Center. Virtual attendees are asked to donate to Liz directly.

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. link will be

Join Anne and Jane for Tai Chi Classes

All classes continue to be offered virtually through March 2024.

Wednesday, 10:40-11:40 am

The class for those with experience in tai chi 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.

Irish Splendor Travel Documents Meeting

Tuesday, March 5, 1:00 PM

If you are going to Ireland with us on March 21, please attend this meeting. A virtual meeting option will also be available. Our Collette Travel representative will go over important travel information and your questions about currency, power converters, packing tips, and more. You will also receive your travel documents at this meeting. Please register in advance for in-person or online and indicate if you would like your travel documents mailed to you or given to you at this meeting.

Community Connections with Eric Duffy, Town Manager

Wednesday, March 13, 1:00 pm

We welcome Woodstock's new town manager this month and hope you will stop by to learn more about our local government and town news.

Treat Yourself to a Chair Massage

Tuesday, March 19, 1:00-3:00 PM

If you're feeling stressed and need relief, there's nothing like a soothing massage. Massage can be effective for relieving pain and speeding up healing times. Personal Trainer and Health Coach, Anita Hoy, provides massage therapy and specializes in deep tissue and sports massage which can help to increase mobility and circulation. Schedule your 15 minute appointment for a relaxing chair massage at The Thompson. Cost: \$10 for 15 minute massage. *Pre-registration required*



Art With Finnie from ArtisTree

Polymer Clay Pens

Wednesday, March 20, 1:30 pm

We will work with fimo clay to create fun patterns and colors and cover bic pens. You can use these colorful creations to write letters to your friends or gift the pen(s) to friends as a way to brighten their day! Please register in advance.



Introduction to Memoir Writing (ongoing class)

Facilitator: Margaret Edwards

We look for to Margaret's return in mid to late spring for another writing workshop series. Thank you Margaret!

Creative Arts Program

Workshops at The Thompson continue through April 5, 1-2:30

Note: The closing program will be held at NWPL on 4/12 at 4:00pm

This project features three longtime friends and collaborators (who are also older adults) engaging our community elders in arts activities that will provide fun and creative ways to strengthen cognition and well-being through learning new things, interacting with others and exploring their own identities through personal expression and sharing with the community. **For more details about each workshop, visit our website or call The Thompson.**

The series, hosted by Norman Williams Public Library and The Thompson Senior Center, is supported in part by the Vermont Arts Council and the National Endowment for the Arts.



HomeShare Vermont Partners with The Thompson

HomeShare Vermont and The Thompson have joined to expand our homesharing program to cover most of Windsor County. Homesharing is an excellent opportunity to allow individuals to remain in their home while receiving help and/or additional income.

For more information visit our website at www.thompsonseneiorcenter.org or contact Shari at sborz@thompsonseneiorcenter.org or 802-457-3277 ext. 4.

Benefits Assistance Hours At The Thompson Monday, March 4 & 18, 9:30-12:30pm, by appointment

VPharm (prescription drug applications), 3Squares (money for food program), Fuel assistance, Green Mt Power discount. Individual assistance is available at The Thompson by appointment with Senior Solutions Benefits Counselor, Liz Carey. Call for your appointment.

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.



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).

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

A Special Thank You to our generous friends at The Woodstock Inn for their time on Valentine's (Pamper Yourself) Day
 Deb Neuhof - Reflexology on Valentine's Day



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



IN MEMORY OF

Elaine Chase
 Mary Blackmer
 Lawrence & Elizabeth Luce
 Mavis Shaw
 Janice Walker
 Bob & Mary Rooney
 Sally Weglarz

Joyce Gilman
 Rhonda & Dan Bruce
 Linda Maxham

Lorraine Dayton
 Linda Maxham



MARCH BIRTHDAYS

1st	Jane	Hanley	10th	Barbara	Gerstner	18th	Catherine	Harriman
1st	Virginia	Eames	10th	Natalie	Billings	19th	Sally	Olsen
1st	Rosa	Smith	11th	Jerry	Fredrickson	19th	Michele	Scelza
1st	Karen	Fellows	11th	Linda	O'Neil	20th	Lauran	Corson
2nd	Marilyn	Syme	11th	Richard	Beda	20th	John	Reuben
3rd	Norman	Youknot	11th	Lesley	Marceau	21st	Tom	Bourne
3rd	Faith	Hunt	11th	Robert	Harlow	22nd	Betty	Putnam
3rd	Joanne	Shapp	12th	Susan	Ditto	22nd	Jane	Dutton
3rd	Heinrich	Savelberg	13th	Willem	Post	22nd	Francis	Goodwin
4th	Donna	Durgin	13th	Lucille	Tancreti	23rd	Emily	Jones
4th	Pat	Macri	13th	Patricia	Campbell	23rd	David	McGuire
5th	Susan	Harlow	13th	Joe	Warren	23rd	Chris	Noble
5th	Deborah	Neuhof	13th	Arleta	Fredrickson	23rd	Sandra	Audsley
5th	Armande	Boright	13th	Patsy	Mitchell	24th	Father Mike	Augustinowitz
5th	Lyn	Drigert	14th	Irene	Schlerf	24th	Adrian	Garcia-Gonzalez
5th	Louise	Miele	14th	Polly	Bacon	25th	Rosmarie	Vanderhoof
5th	Martha	Manning-Brown	14th	Harriet	Stehouwer	25th	Sarah	Ward
6th	Karen	Rosene-Montella	14th	Paul	Bouchard	26th	Linda	Willard
7th	Jen	Bloch	14th	Deborah	Jillson	26th	Christa	Blanchard
7th	Carol	Burns	14th	Deirdre	Larson	26th	Scott	Monahan
7th	Leo	Plourde	14th	Renette	Bedard	27th	Mervin	Comes
8th	Alexander	Hadden	15th	Kate	Reeves	27th	John	Gleason
8th	Liz	Estabrook-Hatfield	15th	Tom	Ripley	27th	Charlene	Chalmers
8th	Susan	Lewis	15th	Gloria	Martin	28th	Hillary	Martin
8th	Linda	Machalaba	16th	John	Dibble, Sr	28th	Jeanne	Parsons
9th	John	Garren	16th	Barbara	Clark	29th	Robert	Parker
9th	Barbara	Sanderson	16th	Frances	Ringenberg	29th	Janet	Hewes
9th	Cecilia	Hoyt	16th	Steven	Adams	29th	Linda	Clark Baker
9th	Larry	Kasden	16th	Susan	Rose	30th	Meg	Johnson
9th	Mimi	Baird	17th	Mario	Maura	30th	Lois	Watson
9th	Larry	Derstine	17th	Pat	Tilton	31st	Janet	Bourne
9th	Charles	Poltenson	18th	Beryl	Spencer	31st	Susan	Brown



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.

Thank You to Our Transportation Sponsors & Grants



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