



The Thompson Times

Your resource to age well

APRIL 2024

A BIG THANK YOU TO OUR VOLUNTEERS!

April is known as Volunteer Appreciation month as organizations take this opportunity to recognize and thank volunteers who lend their time, talent, voice and support to causes they care about.

All Thompson volunteers are invited to join us for dinner on April 23 at 5:30 pm for a special time to celebrate the incredible gift that volunteers give to our community.

VOLUNTEER APPRECIATION BANQUET

TUESDAY, APRIL 23 AT 5:30 PM

Gratitude, Gatherings, and Good Food!

Menu Includes:

*Roasted Pork Loin with Gravy, Baked Potato, Sautéed Green Beans,
Mixed Green Salad with Creamy Herb Dressing, Dinner Roll,
Lemon Pie with Whipped Cream*

LIVE MUSIC, GIFTS, FUN!

Music will be provided by country music singer Jerry Blakeney

Please RSVP by April 16 at 457-3277 (volunteers only)



The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonseneiorcenter.org
Paula Audsley, Business Office Manager,
paulsley@thompsonseneiorcenter.org
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Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonseneiorcenter.org
Andrew Geller, Chef,
ageller@thompsonseneiorcenter.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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BEHIND THE SCENES

IN APPRECIATION



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

Woodstock Elementary School and
The Woodstock Inn - valentines for
our participants
Town of Pomfret - masks & hand
sanitizer

IN MEMORY OF

Elaine Chase

Nancy Bassett
Barbara Kelly

Joyce Gilman

Richard & Linda Brackett
Carla J. Kamel

Margaret Kannenstine

James & Susan Ford

Janet Maxham

Barbara Kelly

ADVISORY MEETING HIGHLIGHTS

- ⇒ Volunteer Banquet is April 23 at 5:30pm.
- ⇒ Free Foot Clinic is ending at the end of March and cost will become \$35 per visit. If this a financial burden, ask Deanna for possible assistance.
- ⇒ Collette Trip to Ireland is March 21st. Deanna asked for trip ideas and suggestions which will be reviewed by Pam and trip committee.
- ⇒ Discussed the upcoming Eclipse and various ways to watch.
- ⇒ Decided there is enough interest to have another Movie Day in April.
- ⇒ Discussed upcoming programs including a Chronic Pain Management Class starting on April 11th, and a book author talk in April with Celia Ryker who was here a few months ago.
- ⇒ Participant questions: interest in Backgammon and bringing back Double-King Pede. See Game Day on calendar for Tuesday mornings.

Please join our next meeting on Tuesday, April 2, 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

PROGRAMS & EVENTS

Coin Appraisals with Ron Ringenberg

By Appointment on April 24, 25, May 1, 2 and May 8, 1-3 PM

If you attended Ron's coin appraisal program at The Thompson Center, now is the time to schedule your 1 hour appraisal appointment. Those who attended Ron's program will be given first priority and other time slots will be made available if needed.

Eclipse Live Streaming

On April 8 at 2:14 PM a partial solar eclipse will begin and at 3:26 pm a total eclipse will darken Vermont's daytime sky, lasting about 3 minutes. The phenomenon will continue as a partial eclipse until 4:37 pm. Although our region is not in the path of totality, you can still observe the eclipse using eclipse glasses. For more information on the best viewing in Vermont, an eclipse map, eclipse details, and observation safety, visit www.vermont.gov/eclipse.

Vermont Public will livestream views of the eclipse from the Fairbanks Museum and Planetarium in St. Johnsbury on April 8. Tune in starting at 2 PM. Also a number of Vermont State Parks will provide good viewing locations for solar eclipse, visit www.vermontstateparks.com for a list. Eclipse glasses will be available at The Thompson on a first come basis for \$1.00 per pair.

Author Talk with Celia Ryker

Thursday, April 11, 1:00 pm



Celia Ryker has written a powerful, insightful novel, *Augusta*, based on the exploits and overwhelming challenges her grandmother faced during the Depression. Ryker's *Augusta* is gripping historical fiction based on the true, against-the-odds story of her grandmother, a woman who fled the hardships of the Ozarks at the turn of the 20th century for a new city, and a chance at a better life.

Celia will speak about her book, the writing process and publishing her first book at the age of 71 and preparing to publish her third book this year. Please register in advance.

Movie Day at The Thompson

Thursday, April 25, 1:00 pm

Come enjoy a movie at The Thompson. We will offer a selection of popular recent films for you to choose from on the day of the movie. Register in advance.

Game Day

Tuesdays at 10:00 am



Join us for a morning of games including Backgammon, Scrabble, Rummikub and Double King Pedé. Feel free to bring in a game from home. Please sign-up in advance.

Puffin Stuff - Visiting the Puffins of Machias Seal Island with Ian Clark

Tuesday, April 16 1:00 pm



Machias Seal Island hosts colonies of thousands of Atlantic puffins and common murrelets, along with smaller numbers of terns and other waterfowl. The puffins and murrelets come ashore only to nest and raise their young. Seals are also frequent visitors to the Island. Join us as photographer Ian Clark takes us on a journey to visit the Island with his travelogue. Ian has visited the Island four times, taking over 12,000 photos of the wildlife. He will present views of most of the species of birds and mammals found on the island and share information on how you can visit. Cards of his spectacular photography will also be available for sale. Please register in advance.

MY HEALTHY VERMONT

MY HEALTHY VT Offers: Chronic Pain Management A Virtual Class for Chronic Pain Management Thursdays, Apr. 11, 2024 to May. 23, 2024 2:00 – 4:30PM

Join other senior center participants from around the state for this online workshop for guidance and support to build strength, increase energy and mobility, and manage ongoing or long-term pain and related issues like trouble sleeping or depression. Participate in the comfort of your own home or leave the technology to us and participate from the Thompson Senior Center.

Call or email the Thompson to register or sign up for any of the MyHealthyVT classes on their website: myhealthyvt.org

If signing up online, please note that you heard about this workshop from a senior center.

Pushing Back at Parkinson's Patient Symposium FREE patient symposium focusing on hope and health in Parkinson's Disease Friday, April 26, 9:30 am - 3:00 pm Hilton Garden Inn, 35 N. Labombard Road, Lebanon, NH 03766

Dartmouth Hitchcock's annual Parkinson's Symposium is entitled "**Pushing Back at Parkinson's Disease - Moving Beyond your Diagnosis.**" Learn how your fellow Parkinson's community members fight back and feel better with their PD every day.

Keynote speaker Dr. Sara Whittingham will walk you through her own diagnosis and journey with Parkinson's. She has been highlighted on outlets such as *USA Today* and the "TODAY" show, inspiring others to live their best life with PD.

Other speakers include: Davis Phinney Foundation ambassador Steve Quam, Parkinson's Foundation Research Advocate John Tomeny and Upper Valley Programs for Parkinson's Disease President Tamara Barry. We will also have a dance performance with some of our Parkinson's Dance class members!

The conference concludes with an expert panel of neurologists, psychiatrists and others answering your questions on how to optimize local resources in Parkinson's. Make sure to also visit the Exhibit Hall to learn more about other available Parkinson's therapies.

Lunch is provided and this event is **free**. However, registration is required - sign up today, space is limited!

Register online at <https://events.dartmouth-hitchcock.org/event/persevering-with-parkinsons-moving-beyond-your-diagnosis/>. For more information, email movement@hitchcock.org.

Foot Clinic with Beverly Sinclair, RN Thursday, 4/18 & Tuesday, 4/30 Call in advance for appointment. Cost \$35

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.

Reflexology with Certified Reflexologist, Deb Neuhof Tuesday, April 9 \$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.



Soldiers in Skirts: Army Women in Vietnam

Tuesday, April 2, 2:00 pm

During the height of the Vietnam War, the first women from the Women's Army Corps (WAC) arrived overseas as part of a new program to help train Vietnamese women for their own Corp.

In this program the U.S. Army Women's Museum will lead us on a journey through the years of the Vietnam War, exploring women's roles as they served their country as soldiers and nurses. Exploration takes place through newspapers, photographs, and oral testimonies about this period during the Cold War.



Connecting with Ancient Civilizations at Hearst Castle

Tuesday, April 9, 2:00 pm

A long-awaited return to Hearst castle to explore the mythology, the art, and the architecture of ancient civilizations! Statues such as the Egyptian goddess Sekhmet will transport us 3000 years back in history. The Neptune Pool will provide proof that the Greeks and Romans still influence our world today. Hearst Castle preserves a collection of art and artifacts that symbolizes the traditions and beliefs of these cultures. Join us!



The Life and Times Will Rogers

Tuesday, April 16, 2:00 pm

Will Rogers was born Cherokee native American in Indian Territory (now Oklahoma), was a cowboy delivering cattle to market on his father's ranch and learned trick roping from his Dad's ranch hands. That trick rope led him into show business first in Wild West shows, then vaudeville, before moving to be a headliner on Broadway's biggest pageant, the Ziegfeld Follies. His gift of improv and telling jokes relocated him to Hollywood where he begins in silent films but eventually leapfrogs to the number one box office star in 1934 for Twentieth Century Fox studios when sound comes to the movies.

His launch of a weekly and then daily newspaper column syndicated to over 500 newspapers, found everyone reading his WR remarks with their morning coffee. Come take a peek at this Hollywood Golden Age Superstar, as we explore Rogers through the 1920's and '30's, his iconic ranch home, and artifacts.



Whales in North Carolina: Diversity, Distribution, Conservation

Tuesday, April 23, 2:00 pm (at home viewing only)

Carteret County, NC was home to a dolphin and whale hunting industry, used primarily for oil. Historical records aren't clear how large the industry was. The industry was founded because there are plenty of cetacean species off the coast. As of 2021, the whale center has documented 34 species of cetaceans (all whales, including

dolphins and porpoises) along with The center hosts displays of beaked whale skeletons (Plus another being prepped for display) a 37-foot humpback whale skeleton, plus whale teeth, baleen, and whale oil. "Because of our location near ocean currents, the continental shelf, and many other reasons, North Carolina is a hotspot for cetacean diversity on a global scale and we wanted to explain that," said Keith Rittmaster, Natural Sciences Curator at the North Carolina Maritime Museum and one of the leaders in the effort to create Bonehenge Whale Center. "And quite frankly, these creatures are amazing and I get excited when people learn about them and say WOW!"

PROGRAM CALENDAR - APRIL 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Easter Dinner 8-3 Tax Assistance 10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga	10 Game Day 1 Advisory Meeting 1 Mahjong 2 SLN: Soldiers in Skirts 3 Bone Builders	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	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
8	9	10	11	12
Eclipse Day 8-3 Tax Assistance 10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga	Reflexology Appts 10 Game Day 12 Caregiver Support Group 1 Mahjong 2 SLN: Heart Castle 3 Bone Builders	8-3 Tax Assistance 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10 Veggie VanGo 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	Reflexology Appts 10 Cribbage 10:30 Strength, Stretch, Stability 1 Author Talk with Celia Ryker 2 Chronic Pain Management Virtual Class 3 Bone Builders	10:30 Bingo 1 Mahjong
15	16	17	18	19
8:30 Newsletter Folding 9:30-12:30 Benefits Assistance Appts 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1 Quilt Program	9:30 Commodities 10 Game Day 1 Mahjong 1 Puffin Slideshow 2 SLN: Will Rogers 3 Bone Builders	8:30 Board Meeting 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 12:30 Tech Support 1:30 Art with Finnie 2 Chronic Pain Management Virtual Class 3 Bone Builders	CLOSED for Spring Cleaning
22	23	24	25	26
10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1 Community Connections with Melanie Sheehan	Volunteer Appreciation Banquet 5:30 pm CLOSED for lunch and all daily programs	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1-3 Coin Appraisals 1 Bridge	Birthday Day 10 Cribbage 10:30 Strength, Stretch, Stability 1 Movie Day 1-3 Coin Appraisals 2 Chronic Pain Management Virtual Class 3 Bone Builders	10:30 BINGO 1 Mahjong
29	30			
9:30-12:30 Benefits Assistance Appts 10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga	8:30-3 Foot Clinic 10 Game Day 1 Mahjong 3 Bone Builders			RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS

MENU - APRIL 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Easter Dinner Baked Ham with Pineapple Sauce, Scalloped Potatoes, Maple Glazed Carrots, Dinner Roll, Strawberry Shortcake	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, Hot Fudge Sundae	Salisbury Steak with Mushroom Gravy and Pearl Onions, Roasted Potatoes, Steamed Cauliflower, Dinner Roll, Fresh Fruit	Jamaican Jerk Style Chicken (Mild), Peas and Rice (Caribbean style), Roasted Seasonal Vegetables, Garden Salad, Banana Cake with Coconut Whipped Cream	Tuna Salad Sandwich on Whole Wheat Bread, Lettuce, Tomato and Pickles, Broccoli Brunch Salad with Craisins and Almonds, Parfait with Fresh Fruit and Granola
8	9	10	11	12
Italian Wedding Soup with Chicken Grilled Cheese Sandwich, Dinner Roll, Peach Cobbler	Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies	Baked Mahi Mahi with Tropical Fruit Salsa, Basmati Rice Pilaf, Sautéed Vegetable Medley, Garden Salad, Dinner Roll, Fresh Fruit	BBQ Style Grilled Chicken, Cucumber Tomato Red Onion Salad, Potato Salad, Dinner Roll, Ice Cream Sundae With Banana Caramel Sauce	Grilled Hot Dogs on Whole Wheat Bun, Coleslaw, Potato Chips, Fresh Fruit, Cookie
15	16	17	18	19
Baked Chicken Breast, Roasted Red Potatoes, Sautéed Corn and Roasted Peppers, Dinner Roll, Fresh Fruit	White Lasagna with Ground Turkey, Spinach, Mushrooms and Roasted Squash, Wheat Dinner Roll, Tossed Garden Salad, Lemon Sorbet	Eggplant Parmesan, Steamed Vegetables, Caesar Salad with Chicken, Dinner Roll, Fresh Fruit Parfait with Granola and Maple Syrup	Chicken & Dumplings, Garden Salad with Orange, Beets, Carrots, Cucumber and Croutons, Dinner Roll, Ice Cream	CLOSED for Spring Cleaning
22	23	24	25	26
Minestrone Style Soup, Half Chicken Salad Wrap with Lettuce and Tomato, Blueberry Coffee Cake, Fresh Fruit	Volunteer Appreciation Dinner Roasted Pork Loin with Gravy, Baked Potato, Sautéed Green Beans, Mixed Green Salad with Creamy Herb Dressing, Dinner Roll, Lemon Pie with Whipped Cream	Chicken Tikka Masala with Tomatoes, Chick Peas and Cilantro, Basmati Rice Pilaf with Lentils and Fresh Herbs, Roasted Cauliflower, Dinner Roll, Fresh Fruit Salad	Birthday Day Meat Loaf with Gravy, Mashed Potato Parsnips and Butternut Squash, Dinner Roll, Cake and Ice Cream	Cheeseburger with Cheddar Cheese on a Wheat Bun, Lettuce, Tomato, Onion and Pickles, Baked Potato Wedges, Coleslaw, Apple Crisp
29	30			
Chicken Parmesan, Angel Hair Pasta, Tossed Garden Salad, Fresh Fruit, Ice Cream with Peaches and Whipped Cream	Broccoli Cheddar Soup, Half Ham Salad Sandwich on a Roll, Fruit Salad, Brownie	*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	RSVP no later than 10:30 am the day of.



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.

ACTIVE AGING

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 - Join this Inspiring Group

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. A link will be provided upon request.

Join Anne Bower for Tai Chi Class

Wednesdays (in person)

The beginner or intro class runs from 9:30-10:30 am and the class for those continuing (or beginning) Sun 73, goes from 10:40-11:40 am. 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.

Inspired by Grammie Monday, April 15, 1:00 pm



Linda Ramrath is a seasoned quilter and public speaker whose passion for fabric and storytelling has shaped her diverse career. From sewing intricate garments in her youth, inspired by her grandmother, to discovering the world of quilting in 1990, Linda's journey has been one of creativity and community involvement. In 2007, Linda founded Inspired Layers, a business focused on trunk shows, pattern design, and teaching various quilting techniques. Over the years, she transitioned from traditional to art quilting, finding joy in the free-motion quilting process.

Linda will bring 15 quilts of various sizes and share the story of how her grandmother, Esther Randall inspired her to grow from a traditional quilter to an art quilter. Please register in advance.

Art With Finnie from ArtisTree *Colorful Op Art* Thursday, April 18, 1:30 pm

Let's develop some basic art skills and have some fun in the process! In this quick class you will work with line and pattern to make a quick design and then fill it in with color. Choose a theme from the color wheel or just play with what is dancing in your mind after a long winter of neutral tones. Please register in advance.

Community Connections with Melanie Sheehan *Director of Community Health at Mt. Ascutney Hospital* Monday April 22, 1:00 pm

Good medical care happens in a doctor's office, but good health happens in a community. This is the notion behind Vermont's "blueprint" for health, a plan to reform healthcare and help prevent high costs of healthcare. Mt. Ascutney Hospital's primary care clinics in Windsor and Woodstock participate in the Blueprint programs by hosting a Community Health Team (CHT) of social workers, chronic care nurses, and community health workers. This team supplements the services available in our clinics and help to link patients with the social and economic services that make healthy living possible for all Vermonters. Melanie Sheehan, Director of Community Health at Mt. Ascutney, will present the details at this month's Community Connections talk.

Creative Arts Program

Workshops at The Thompson continue through April 5, 1-2:30 pm
Note: The closing program will be held at NWPL on 4/12 at 4:00 pm

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. Contact Shari for ore information or visit our website at www.thompsonseniorcenter.org/homeshare.

Benefits Assistance Hours At The Thompson **Monday, April 15 & 29, 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.

Advance Directive Assistance is Available

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. Trained and caring volunteer will be at the Thompson each month on a Monday afternoon. These volunteers will take the time to explain this simple process. Call The Thompson at 802-457-3277 to schedule an 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.



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!

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.**

APRIL BIRTHDAYS

1st	Roland	Heijn	10th	Lisa	Lawlor	20th	June	Waters
1st	Steve	Shama	11th	Thomas	Dutton	20th	Jacqueline	Von Unwerth
2nd	Gail	Stickney	11th	David	Ballou	20th	Tim	Pickett
2nd	Douglas	Audsley	11th	Ron	Ringenberg	21st	Hans	Meijer
2nd	Susan	George	12th	Dorothea	Mongulla	22nd	Joanna	Frodin
2nd	Beth	Hunt	12th	Estra	Berosini	22nd	Lyman	Shove
2nd	Patricia	Dubeau	13th	Elva	Fish	22nd	Pamela	Burnett
3rd	Marjorie	Van Alstyne	14th	Bea	Rivers	22nd	Allan	Stadler
4th	Lloyd	Nice	14th	Shari	Borzekowski	23rd	Nancy	Zuba
4th	Molly	Maxham	14th	Elizabeth	Young	23rd	Stephen	Hill
4th	Lucas	Geller	14th	Finnie	Trimpi	24th	Peter	Pickett
5th	Mona	Foster	14th	Izzy	Jenne	24th	Timothy	Reeves
5th	Keri	Bristow	14th	Edmund	Valenski	24th	Jill	Dye
5th	Karen	Fogel	14th	Dale	Johnson	25th	Pauline	Reeves
6th	Janice	Prindle	15th	Betsy	Luce	25th	Peter	Hughes
6th	Fadia	Williamson	15th	Penny	Audsley	25th	Mary	Stringos
6th	Peggy	O'Neal	15th	Meme	Savelberg	26th	Charlie	English
7th	Cynthia	Yanowitz	17th	Mimi	Bergstrom	26th	Jean	Gove
7th	Jerry	Blakeney	17th	Peter	Goulazian	26th	Alison	Clarkson
7th	Sabra	Field	17th	Raymond	Racicot	26th	Keri	Cole
7th	David	Green	17th	Tomoko	Liguori	27th	Jennifer	Dembinski
7th	Pamela	Crane	17th	Michael	Worth	27th	Joan	Oppenheimer
8th	Judith	Dossett	17th	Heather	O'Connell	27th	Joanna	Long
8th	Carol	Powell	18th	Suzanne	Esty	27th	Bill	Terry
8th	Rita	Post	18th	Janet	Wilson	27th	Gwen	Martin
8th	Celia	Quinones	18th	Eamonn	Daniels	27th	George	Butts
8th	Susan	Ladmer	19th	Barbara	Destefano	29th	Katherine	Lynds
9th	Esther	Griffith	19th	James	McClelland	29th	Joyce	Blake
10th	Doris	Johnston	19th	James	VanderWende	29th	Wayne	Stevens
10th	Jim	Iarrabino	20th	Gil	Emery	30th	Sharon	Butterfield
10th	Patricia	Payton	20th	Debra	Werner			
10th	Chris	Stoddart	20th	Bettyanne	McGuire			



Please help with mailing costs for The Thompson Times!

Each year in April we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

Name: _____

Address: _____

Email: _____

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091



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.thompsonseniorcenter.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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