



The Thompson Times

Your resource to age well

MAY 2024



May is Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May and led by the Administration for Community Living (ACL). The theme for 2024 is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

The Thompson Center plays a vital role in providing the connectedness that is necessary in supporting independence and aging in place by combatting isolation, loneliness, and other issues. We offer delicious meals, interesting and fun in person and online programs, medical equipment, foot clinics, advance directives, Medicare counseling, vetted referrals, and more, allowing our patrons to feel supported and engaged whether at home or through social interactions at the Center.

We hope you'll connect with us and find the inspiration, friendship, support, and fun to age well. Visit us in person, or read more about our Aging at Home program on our website or contact us at (802) 457-3277.

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

**Older Americans Month Luncheon
Tuesday, May 7, 12:00 pm**

All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch. Please sign up in advance by calling 802-457-3277. Suggested donation is \$7.

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonscenter.org
Paula Audsley, Business Office Manager,
paulaudsley@thompsonscenter.org
Jen Bloch, Marketing Coordinator,
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Pam Butler, Aging at Home Support,
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Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonscenter.org
Andrew Geller, Chef,
ageller@thompsonscenter.org

Culinary Assistants: Lanie Orcutt, Louise
Blakeney, Sally Weglarz, Ed Esmond,
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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Dennis Wright



Dick & Bonnie Atwood- Advisory

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Capital building campaign is in full swing now contacting donors. Groundbreaking still planned for June. Operation will continue as normal with minimal disruption. A temporary handicap ramp will be installed at the East entrance to the Center during the construction period.
- Thompson will be closed on April 19 for Spring Cleaning Day.
- Collette Tour to Ireland was a success and more trips of this type in the planning.
- Online registration is going to happen when the new staff member is hired
- As a follow-up to the coin collecting talk in March, Ron Ringenberg is providing individual coin appraisals by appointment. Call if interested.
- Participant comments/suggestions

Please join our next meeting on Monday, May 6, 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

Thank You to our 2024 Sponsors!

UNDERWRITERS



Anonymous

GOLD SPONSORS



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PROGRAMS & EVENTS



Fraud Update - What you Need to Know and How to be Prepared

Presented by Pete Begin, Mascoma Bank VP Senior Security &

Fraud Prevention Officer

Tuesday, May 21, 1:00 pm



Mascoma
Bank

It can't be said enough: Fraud affects us all and we are all vulnerable. Join us for this presentation by a local bank professional and learn what to watch for and how to best protect yourself.

Community Connections

Monday, May 20, 1:00 PM

Mountain Views Superintendent Sherry Sousa and Board Chair Keri Bristow will join us for an update about the school bond vote, and offer this opportunity to hear your thoughts and questions. They will also discuss what was learned from the survey that was sent out to our communities. Please join us and become informed!

Foot Clinic with Beverly Sinclair, RN

Thursday, May 16

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, May 7 & 21

\$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.



Coin Appraisals with Ron Ringenberg

By Appointment on 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.

MY HEALTHY
VERMONT

HIGH BLOOD
PRESSURE
WORKSHOPS

MY HEALTHY VT Offers:

High Blood Pressure Workshop

A FREE Virtual Class

Tuesdays, May 7 - June 25, 5:00 - 6:30

Participants will learn the basics in managing high blood pressure such as: Healthy Eating, Physical Activity, Stress Management, Understanding Medications.

Please register with
Sarah Doyle at (802) 289-0045 or
sdoyle@northstarfqc.org

MY HEALTHY
VERMONT

DIABETES
PREVENTION
WORKSHOPS

MY HEALTHY VT Offers:

Upcoming Diabetes Prevention Workshop

A FREE Virtual Class via Zoom,

Tuesdays, May 7, 2024-May 6, 2025, 5:30-6:30

What the Diabetes Prevention Program Offers

Education and support to help you adopt healthier eating and exercise habits that can lead to weight loss and reducing your risk of getting diabetes

Timing

Participants meet once a week for the first 16 weeks.

Following that they meet every other week, then monthly for a total of 25 sessions over a year.

Who it's For

People at risk for developing type 2 diabetes

MY HEALTHY
VERMONT

MY HEALTHY VT Offers: Chronic Pain Management

A Virtual Class for Chronic Pain Management

Continues on Thursdays through May 23, 2024, 2:00 – 4:30 pm

How Medicare, Medicare Supplemental, and Medicare Advantage Plans Can Work For You

Presented by Andrew Hayward, Gateway Retirement Solutions

Thursday, May 16, 1:00 PM

If you are facing retirement and enrolling in Medicare, this presentation will cover the basics of Medicare and how Medicare Supplements and Medicare Advantage plans can work for you. All people turning 65 have 6 months to sign up for Medicare (3 months before and the three months after one turns 65) without a penalty in the future. Andy will also be discussing the Medicare prescription plans and how to choose the one that fits best for you.

Understanding and Responding to Dementia-Related Behaviors

Presented by The Vermont Chapter of the Alzheimer's Association

Tuesday, June 4, 1:00 PM

Behaviors are a form of communication. In this program, you will learn to identify, understand and respond to challenging behaviors such as agitation, confusion and more, exhibited by individuals living with dementia. Caregiver tips and strategies to respond to some of these common behaviors will be discussed. Please register in advance by calling The Thompson Center.

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.



Star Lore of the Ojibwe from the Treworgy Planetarium Mystic Seaport

Tuesday, May 7, 2:00 pm

(Includes a NIGHT SKY UPDATE with Brian! (an SLN favorite!) This show will explore the star lore of the Ojibwe, a First Nations tribe living in the Great Lakes Region of southern Canada and the Midwestern United States. We will discover the elements that make up the traditional ecological knowledge of the Ojibwe, to see how they incorporate their cultural values



Great Basin National Park Foundation

Tuesday, May 14, 2:00 pm

The Great Basin National Park Foundation passionately works to enhance, preserve, and interpret the starry night skies, wide-open scenery, cultural heritage, and diverse native ecosystems of Great Basin National Park. Our presenters will share an overview of the diverse aspects of this stunning park, as well as a glimpse into the Dark Skies!



FDR the Hobbyist! FDR Presidential Library and Museum

"I owe my life to my hobbies—especially stamp collecting"—Franklin D. Roosevelt

Tuesday, May 21, 2:00 pm

FDR was a man with many interests and the means to pursue them. He loved to hunt, fish, plant trees, sail and he collected stamps, books, and birds! We will be looking at reproductions of some of his ship models, naval prints, book collection, and photos of the original "Oddities" exhibit, as well as a map of FDR's tree farm.



Plaza of Presidents at the National Museum of the Pacific War

Tuesday, May 28, 2:00 pm

The massive scale of World War II is illustrated at the Plaza of Presidents, a stunning tribute to the 10 American presidents who served in various ways during WW II. We will be joining our friend Bryan,(yet another favorite!) at The Plaza of the Presidents outside the museum, which features ten monuments honoring these presidents: President Franklin D. Roosevelt and Harry S Truman (Commanders-in-Chief) Presidents Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Gerald R. Ford, James E. Carter, Jr., Ronald Reagan, and George H. W. Bush who served in uniform. Join us as we learn about their different connections to WWII.

PROGRAM CALENDAR - MAY 2024

Mon	Tue	Wed	Thu	Fri
		1	2	3
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS		9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1-3 Coin Appraisals 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 12:30 Tech Support 1-3 Coin Appraisals 2 Chronic Pain Management Virtual Class 3 Bone Builders	10:30 Bingo 1 Mahjong
6	7	8	9	10
10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga 1 Advisory Meeting	Older Americans Lunch 10 Game Day Reflexology Appts 1 Mahjong 2 SLN: Star Lore of the Ojibwe 3 Bone Builders	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 1-3 Coin Appraisals 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 1:30 Art with Finnie 2 Chronic Pain Management Virtual Class 3 Bone Builders	10:30 Bingo 1 Mahjong 1 Movie Day
13	14	15	16	17
Mother's Day Lunch 9:30-12:30 Benefits Assistance Appts 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	10 Game Day 12 Caregiver Support Group 1 Mahjong 2 SLN: Great Basin National Park 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 Medicare Program 2 Chronic Pain Management Virtual Class 3 Bone Builders	10:30 BINGO 1 Mahjong
20	21	22	23	24
8:30 Newsletter Folding 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1 Community Connections	9:30 Commodities 10 Game Day Reflexology Appts 1 Mahjong 1 Fraud Program 2 SLN: FDR The Hobbyist 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	Birthday Day 10 Cribbage 10:30 Strength, Stretch, Stability 2 Chronic Pain Management Virtual Class 3 Bone Builders	10:30 BINGO 1 Mahjong
27	28	29	30	31
CLOSED for Memorial Day	10 Game Day 1 Mahjong 2 SLN: Plaza of Presidents 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 3 Bone Builders	10:30 BINGO 1 Mahjong

MENU - MAY 2024

Mon	Tue	Wed	Thu	Fri
		1	2	3
<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>	Philly Cheese Steak Casserole with Sweet Peppers, Onions and Mushrooms, Spring Mix Salad, Dinner Roll, Fresh Fruit Salad	Mediterranean Lentil Soup with Carrots, Sundried Tomato, Lentils, Escarole, Lemon and Fresh Herbs, Mixed Green Salad, Cottage Cheese, Fresh Fruit	Chicken Breast with Lemon and Fresh Herbs, Brown Rice Pilaf, Roasted Vegetables, Dinner Roll, Ice Cream
6	7	8	9	10
New England Style Clam Chowder Soup, Dinner Roll, Mixed Green Salad, Cookies, Fresh Fruit Salad	Older Americans Month Lunch Braised Pork Loin Chops in Tomato Sauce, Risotto with Fresh Herbs and Parmesan Cheese, Steamed Green Beans, Dinner Roll, Carrot Cake, Fresh Fruit	Quiche with Bacon, Cheddar Cheese, Spinach, Mushrooms and Sweet Peppers, Tossed Garden Salad, Cookie, Fresh Fruit	Baked BBQ Style Chicken Leg Quarters with Maple Mustard BBQ Sauce, Macaroni and Cheese, Stewed Breen Beans, Dinner Rolls, Apple Cobbler	Cheeseburger with Cheddar Cheese on a Wheat Bun, Lettuce, Tomato, Onion and Pickles, Baked Potato Wedges, Cole Slaw, Blueberry Crisp
13	14	15	16	17
Mother's Day Lunch Roasted Turkey Breast with Gravy, Pasta Casserole with Broccoli, Butternut Squash and Roasted Peppers, Garden Salad with Maple Vinaigrette, Dinner Roll, Strawberry Shortcake	Pizza Day Pizza topped with Pepperoni, Peppers, Onions and Mozzarella Cheese, Tossed Salad with Italian Dressing, Panna Cotta topped with Fresh Fruit Compote	Baked Cod, Lemon Herb Rice Pilaf, Sautéed Green Beans, Caesar Salad, Dinner Roll, Apple Crisp with Whipped Cream	Chicken Marsala, Roasted Red Potatoes with Rosemary and Garlic, Steamed Mixed Vegetables, Dinner Roll, Fresh Fruit	Spaghetti and Meat Sauce with Cloudland Farms Beef, Garlic Bread, Garden Salad, Fresh Fruit Parfait with Granola and Maple Syrup
20	21	22	23	24
5 Bean Soup with Ham and Kale, Half Grilled Cheese Sandwich, Fresh Fruit, Dinner Roll	White Lasagna with Spinach, Ground Beef, Zucchini, Sweet Peppers and Mushrooms, Garlic Rolls, Garden Salad, Ice Cream	Caribbean Style Chicken Breast with Fruit Salsa, Red Beans and Rice, Steamed Mixed Vegetables, Dinner Roll, Cookie	Birthday Day Baked Ham, Mashed Potatoes, Parsnips and Carrots, Garden Salad, Dinner Roll, Carrot Cake and Ice Cream, Fresh Fruit	Turkey Club Wrap with Provolone Cheese, Bacon, Lettuce and Tomato, Pasta Salad, Fresh Fruit, Ice Cream Sundae
27	28	29	30	31
CLOSED for Memorial Day	Southwestern Style Turkey Chili with Black Beans, Tomato and Sweet Corn Topped with Cheddar Cheese, Corn Bread, Cole Slaw, Fresh Fruit	Beef Stroganoff, Egg Noodles, Steamed Garden Vegetables, Garden Salad with Citrus Vinaigrette, Dinner Roll, Pumpkin Pie	Teriyaki Chicken Breast, Steamed Brown Rice, Stir Fry Mixed Vegetables, Garden Salad, Pineapple Cobbler	Ed's Chop Chop Suey, Dinner Roll, Fresh Fruit Salad

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 at The Thompson

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.



Art With Finnie from ArtisTree *Let's Get Playful* Thursday, May 9, 1:30 pm

Practice printing with everyday kitchen objects to create a fun and playful floral "wreath" to hang. Go small to use as a greeting card image or go bigger and hang on your wall for a lovely spring decoration! We will be using acrylic paints to print, so wear clothes that can get messy. Please register in advance.

Weekly Game Schedule:

Bingo

Monday & Friday at 10:00 am

Backgammon (or game of choice)

Tuesdays at 10:00

Ping Pong

at the Little Theater

Monday & Wednesday at 10:00 am

Mahjong

Tuesday & Friday at 1:00 pm

Bridge

Wednesday at 1:00 pm

Cribbage

Thursday at 10:00 am

Game Day

Tuesdays at 10:00 am

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



Movie Day at The Thompson

Friday, May 10, 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.

RESOURCES

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, May 13, 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.**

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

In memory of Lori Durney -
 medical & sports equipment
 Tyler Harwell - medical
 equipment
 Rita Post - for making cushion
 for bench on porch
 Jerry Fredrickson - shoveling
 cars for returning trip goers



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

IN MEMORY OF

Allen Dougherty

Karen & Gerry Hawks
 HCRS of SE VT
 Robert & Mary Costella



MAY BIRTHDAYS

1st Betty Stetson	10th Peggy Levensgood	21st Julia Stride
1st Suzanne Marier	11th Richard Brackett	21st Barbara Austin
1st Bebe Stoddard	11th Mary Corrigan	22nd Richard Schramm
2nd Fredrick Stebbins	11th Donald Corken	22nd Kathy Beaird
3rd Millie Cole	11th Bruce Corkum	22nd Louise Blakeney
3rd Rene Rowe	11th Gail Emmerson	22nd Dov Taylor
3rd Edmond Cheramie	11th Jodi Turner	23rd Louise Faherty
3rd Barbara Chamberlin	12th Joyce Breault	23rd Leon Dunkley
4th Roger Scully	12th Bud Spaulding	23rd Danelle Sims
4th Alan Graham	12th Jill Leavitt	24th Janet Salstrom
5th Patricia Wittasek	13th Mary Brand	24th Tom List
5th Jody Himebaugh	13th Mary Terry	25th Rob Anderegg
5th Tom Read	13th Susan Rubel	26th Sherry Belisle
5th Frederick Ballou	13th Adelaide McCracken	26th Siobhan Wright
6th Eleanor Pizzani	13th Bob Horan	26th John Wannop
6th Ann Richardson	14th George Krantz	26th John Coogan
6th James Howe	14th Hunter Melville	26th Tom Hough
6th Carolyn Kimbell	15th Patricia Hanlon	27th Barbara Winkler
7th Pauline Smith	15th Nancy Doten	27th Jean Thompson
7th Gary Staples	15th John Snyder	27th Annie Rubright
7th Joyce Maura	15th Elizabeth Rivers	27th Fran Bean
7th Layton Merriam	15th Pamela Cavicchi	28th Erwin Fullerton
8th Anne Bower	16th Eleanor Grice	28th Barbara A. West
8th William Boardman	16th Charlotte Danly	28th Jon Fullerton
8th Philip Bell	16th Sharon Hall	28th Marilyn Kalanges
8th Karen McGee	16th Ann Wynia	28th Constance Campbell
8th Blakeney Bartlett	17th Janet Belon	28th Joseph Curry
9th Titia Ellis	18th Thomas Morse	29th Brian Maxham
9th Ray Kennedy	18th Karen Watson	29th John Saggese
9th Betsy Wheeler	19th Susan Ford	30th Daniel Kenney
9th Linda Harvey	19th Carol Rousseau	30th Phoebe Standish
9th Peter Kaufman	21st Susan Tomlet	30th Dennis Cogswell
10th Corwin Sharp	21st Ed Esmond	31st Phyllis Wood
10th Sally Weglarz		
10th Roberta Roy		



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



Ottawaquechee
Plumbing & Heating
802-457-1795



The Ellaway Group
Simplify your life

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

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