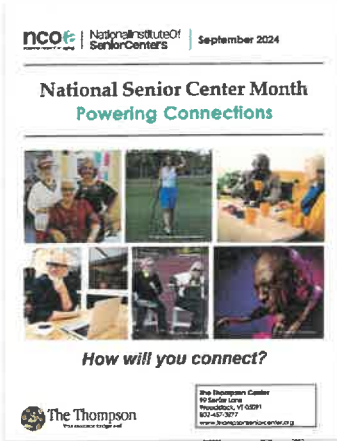




# The Thompson Times

Your resource to age well

SEPTEMBER 2024



## September is National Senior Center Month Powering Connections

This Senior Center Month we explore *Powering Connections*.

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior Centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities by providing referrals for support at home, transportation to medical appointments, medical equipment, and vaccine clinics

for participants. They offer a place for older adults to discover their unique interests, talents, and aspirations.

The Thompson Center works with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment. Whether you're attending one of our many *exercise classes, an art workshop with ArtisTree, Medicare or benefits counseling, a special meal day, Summer Supper Club, or one of our day or overnight trips*, The Thompson strives to provide social and meaningful connections to help our community age well.

This September, join us and senior centers across the nation to celebrate the impact that senior centers have on the communities that they serve. *Our Annual Senior Center Month Chicken BBQ by Nate Willard will be held on Friday, September 20th with music by Liz Reedy, a local artist new to The Thompson. RSVP*

### Get the Facts on Senior Centers

- Senior centers connect older adults to vital community services that can help them stay healthy and independent.
- More than 60% of senior centers are designated focal points of delivery of Older American's Act services—allowing older adults to access multiple services in one place.
- Senior centers work in partnership with other community agencies, organizations, and businesses to provide access to an array of opportunities for older adults to stay safe, active, and healthy.
- Senior centers frequently serve as part of emergency response. During the pandemic, senior centers were a life-line for older adults and their communities.
- Senior centers offer a wide variety of programs and services, including:
  - Meal & nutrition programs
  - Information & assistance
  - Health, fitness, & wellness programs
  - Transportation services
  - Public benefits counseling
  - Volunteer & civic engagement opportunities
  - Social & recreational activities
  - Educational & arts programs
  - Intergenerational programs

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## 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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 djones@thompsonscenter.org  
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 Transportation Coordinator,  
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**Andrew Geller**, Chef,  
 ageller@thompsonscenter.org

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

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 Dennis Wright



Dick & Bonnie Atwood- Advisory

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Deanna and Beth Harper gave an update on the building construction schedule. Delayed start is now 8/23. Contact Deanna with questions.
- Cory reported on the next Supper Club at Quechee Pizza Chef on 8/29, RSVP requested. Also discussed upcoming September programs including National Senior Center Month BBQ, Medicare enrollment talk, flu & possible covid vaccine clinic, Fall Prevention Awareness week 9/23-27, and talk by a TSA Agent for our next Community Connections.
- Reminder about upcoming trips to the Finger Lakes and new trip ideas are a Collette Tour river cruise for 2026, VSO this December and a 2 day trip to see the Rockettes in NYC in December.
- Participant questions and comments include interest in a Book Club here again, another art related program, and possible cooking class.

**Please join our next meeting on Monday, September 9, 1:00 pm.**  
 All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

## Thank You to our 2024 Sponsors!

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**Medicare Open Enrollment Informational Presentation**  
**Presented by Tirah Brothers, Senior Solutions S.H.I.P Coordinator**  
**Thursday, September 19, 1:00 PM**

The Medicare Open Enrollment Period which occurs each year from Oct. 15 to Dec. 7, gives you the chance to review and make changes to your current Medicare coverage. This talk will cover some information to help you prepare for Medicare Open Enrollment and get the most out of your Medicare coverage in 2025. If you already have a Medicare plan, this is the time to re-evaluate your health care needs and compare them to your current plan benefits. If you decide to stay with your current plan there is no further action required to renew it.

Individual Assistance for the Open Enrollment Period will be available at The Thompson on Wednesdays beginning October 16<sup>th</sup>. Call The Thompson to make your appointment. 802-457-3277.

## Flu Clinic coming in October

Prepare for upcoming Flu season by joining us next month for the return of the Flu Clinic here at the Thompson Center. We will have Flu vaccines along with possible updated Covid vaccines put on by The Good Neighbor Clinic. This will happen towards the middle of the month with more specific date and time coming soon!



## September 23-27 is National Falls Prevention Awareness Week

Falls Prevention Awareness Week is a national health campaign with the goal of increasing awareness around falls health and injury prevention. Falls are the leading causes of fatal and non-fatal injuries for seniors. You can find proven programs that can help you prevent falls. For one example, many studies have shown Tai Chi to be one of the most effective exercises for preventing falls. Tai chi for Arthritis and Falls Prevention helps people with arthritis to improve all muscular strength, flexibility, balance, stamina, and more. Call The Thompson Center to learn more about upcoming Tai Chi Classes this fall, as well as other evidence-based programs.

As part of Falls Prevention Week we will be offering free balance screenings at The Thompson Center with Mt. Ascutney Hospital Licensed Physical Therapists. Your individual screening will include recommendations by a Physical Therapist. Date and times will be announced shortly.



## LIVING A HEALTHY LIFE:

### A Chronic Disease Self-Management Program

Free 6-week, online course, Mondays, Sept. 9 - Oct. 14, 12:30pm -3:00pm

This 6-week, online, evidence-based program helps you live with symptoms of chronic illness. Discuss strategies to: Deal with frustration, fatigue, isolation, and poor sleep; Maintain and improve strength, flexibility, and endurance with doable exercise; Use medications appropriately; Communicate effectively with family, friends, and health professionals; Practice good nutrition; Balance activity and rest; Evaluate new treatments. Participants receive a copy of the book "Living a Healthy Life with Chronic Conditions," an exercise CD, and a relaxation CD. They will also make weekly action plans, share experiences, and help each other address any issues with their self-management. The Chronic Disease Self-Management Program is an evidence-based program developed by Stanford University School of Medicine.

For questions and to register call (603) 653-6847 or email [Sharon.M.Feeney@hitchock.org](mailto:Sharon.M.Feeney@hitchock.org).



### Eat Smart, Move More, Weigh Less

#### Online September Classes Now Available

Beginning September 4 and 10. Register in advance.

Eat Smart, Move More, Weigh Less is a 15 week weight-management program that uses strategies proven to work. Classes are held ONLINE, using Zoom. The program is accessible on a desktop, laptop, smartphone, iPad, and tablets. Classes will meet on the same day and time for the full 15 weeks. The general enrollment cost of the program is \$250 but you can call The Thompson for your Voucher/Coupon code for your class registration.



### It's Fresh Produce Season!

Locally Yours Offered at The Thompson Center Weekly Through October on Thursdays beginning at 10 am

Our Locally Yours partner, Neil and Alice Lamson's Fox Crossing Farm in Pomfret, will be delivering fresh produce to The Thompson weekly. *We encourage you to take only as much as you think you can use as it helps share the crops with more people. When picking up produce, we do need you to sign in so we can report back on how many people were served this season.*

# CREATIVE AGING

## Art with Finnie from ArtisTree *Sunflower Mosaics*

Thursday, September 5, 1:30 pm, Register in advance

Welcome back to Crafts with Finnie! Discover the art of mosaic making with a twist! In this hands-on workshop, you'll explore how everyday kitchen items like lentils and dried beans can transform into stunning, tactile mosaics. This workshop combines creativity with practicality, showing you how to repurpose pantry staples into unique, eye-catching designs. Just bring your enthusiasm and leave with a one-of-a-kind mosaic masterpiece! See you in September!



### Community Connections

**Airport Security with TSA Security Officer Deborah Kahrs**  
Tuesday, September 17, 1:00 pm



Decrease your airport anxiety and learn about what to expect at the security checkpoint. Transportation Security Officer Deborah Kahrs will cover topics such as the TSA app, the 3-1-1 rule, what precheck means, how pets are screened, medical devices, special needs, and more. She can answer your questions about how to prepare best and how to communicate effectively with officers.

### Summer Supper Club at Woodstock Pizza Chef

Sept. 12 at 5:30 pm, Register in advance

Summer is short and we want to take advantage of the opportunity to gather and enjoy a fun evening out together. Join Deanna and friends at 5:30 pm at Woodstock Pizza Chef for dinner. This will be a dine and pay on your own event where orders are placed individually. Call a friend, offer a ride if you can, and enjoy a summer evening with your Thompson friends.



### Christmas in NYC with the Rockettes!

2 Days & 1 Night

\$359 per person, Date coming soon

Join us in December for a spectacular holiday trip to NYC to see the Rockettes perform at the famed Radio City Music Hall. Trip includes Time for holiday shopping at The Bryant Park Winter Holiday Village, a visit to Times Square, transportation to and from Thompson Center, Deluxe overnight accommodations just outside the city, hotel breakfast and reserved seating at Radio City Music Hall.

### National Coffee Day Monday, Sept. 30, 9:30 am



Join us for National Coffee Day for coffee tastings, scones and muffins. All are welcome!



### The Thompson Presents Fabulous Finger Lakes, NY October 1-4, 2024

Package Includes: 4 Days & 3 Nights  
Package Price: \$759.00 pp/dbl occupancy  
Single rooms add: \$200 (\$959)

For Information & Reservations Contact  
Cory van Gulden at 802-457-3277.

Trip Cancellation Protection is available for  
only \$57.00.

# PROGRAM CALENDAR - SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>CLOSED for Labor Day</b>	10 Learn Canasta & Backgammon 1 Mahjong <b>2 SLN: LaBelle-the Ship that Changed History</b> 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 Locally Yours 10:30 Strength, Stretch, Stability <b>1:30 Art with Finnie</b> 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 Bingo 1 Mahjong
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>9:30-12:30 Benefits Counseling</b> 10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga <b>1 Advisory Meeting</b>	<b>Reflexology</b> 10 Learn Canasta & Backgammon <b>12 Caregiver Support Group</b> 1 Mahjong <b>2 SLN: Spies &amp; Disguise: Army Women's Museum</b> 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 Locally Yours 10:30 Strength, Stretch, Stability 3 Bone Builders <b>5:30 Supper Club at Woodstock Pizza Chef</b>	10 Ping Pong at the Little Theater 10:30 Bingo 1 Mahjong
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	9:30 Commodities 10 Learn Canasta & Backgammon 1 Mahjong <b>1 Community Connections with TSA Security Officer</b> <b>2 SLN: Supernatural Stories from Japan</b> 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	<b>8:30-3 Foot Clinic</b> 10 Locally Yours 10 Cribbage 10:30 Strength, Stretch, Stability <b>1 Medicare Talk</b> 3 Bone Builders	<b>Senior Center Month BBQ</b> 10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>8:00 Newsletter Folding</b> 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	<b>Reflexology</b> 10 Learn Canasta & Backgammon 1 Mahjong <b>2 SLN: Elephant Update</b>	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	<b>Birthday Day</b> 10 Locally Yours 10 Cribbage 10:30 Strength, Stretch, Stability	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
<b>30</b>				
<b>9:30 Coffee Tasting</b> 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga				<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEAL</b>

# MENU - SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>CLOSED for Labor Day</b>	Turkey Club Sandwich with Bacon, Cheddar Cheese, Lettuce, Tomato and Ranch Spread, Pasta Salad with Peas, Carrots, Olives, Tomato and Fresh Herbs, Blueberry Cobbler with Vanilla Ice Cream	Stuffed Zucchini with Ground Turkey, Butternut Squash, Kale and Fresh Herbs topped with Tomato Sauce, Rice Pilaf, Dinner Roll, Hot Fudge Sundae	Ground Pork Enchilada Casserole made with Pork, Jack and Cotija Cheese, White Beans and Garden Peppers, Tossed Mixed Green Salad, Corn Chips & Salsa, Fresh Fruit Salad	Grilled Chicken Breast with Curry Sauce, Coconut Rice Pilaf, Sautéed Cabbage with Carrots, Peas and Roasted Red Peppers, Cookie
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Grilled Hot Dog, Potato Salad with Hard egg and Peas, Baked Beans, Blueberry Ice Cream Sundae	Maple Garlic Chicken Thighs with Fresh Herbs and Lemon, Baked Mac and Cheese, Steamed Broccoli, Dinner Roll, Fresh Fruit	Baked Cod with White Wine Sauce, Saffron Rice Pilaf, Sautéed Swiss Chard, Dinner Roll, Fresh Fruit, Lemon Pound Cake	Beef Stroganoff with Mushrooms and Pearl Onions, Egg Noodles, Summer Garden Salad, Dinner Roll, Fresh Fruit Salad	Chicken Salad with Cucumbers, Tomato, Beets, Carrots, Garbanzo Beans, Pickled Red Onion, Craisins & Croutons, Country Herb Dressing, Dinner Roll, Fresh Fruit, Cookie
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Philly Style Cheese Steak Sandwich in a Hoagie Roll with Peppers, Mushrooms and Onions, Broccoli Brunch Salad with Craisins and Toasted Almonds, Fresh Fruit, Cookie	Grilled Bratwurst, Sweet and Sour Cabbage, Potato Salad with Scallions, Grain Mustard, Hard Egg and Roasted Peppers, Dinner Roll, Brownie Sundae	Chicken Tikka Masala, Basmati Rice Pilaf with Lentils and Fresh Herbs, Roasted Summer Vegetables, Garden Salad, Dinner Roll, Fresh Fruit	Eggplant Parmesan with Marinara Sauce, Parmesan and Mozzarella Cheese, Basil Pesto, Mixed Greens with Chicken and Garden Vegetables, Fresh Fruit	<b>Senior Center Month</b> BBQ Chicken, Cole Slaw, Baked Beans, Tomato, Cucumber, Red Onion Salad, Corn Bread, Apple Pie
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Broccoli Corn Chowder with Chicken, Garden Salad with Citrus Vinaigrette, Dinner Roll, Fresh Fruit, Cookie	Hamburger Steak with Onion Gravy, Mashed Potatoes, Mixed Summer Vegetables, Pumpkin Pie, Fresh Fruit	Cheese Ravioli with Grilled Chicken, Peas and Mushrooms, Garden Salad, Dinner Roll, Cheesecake Topped with Mixed Berry Compote	<b>Birthday Day</b> Roast Pork Loin, Mashed Potatoes, Gravy, Roasted Summer Vegetables, Dinner Roll, Cake and Ice Cream	Linguini and Meat Balls Made with Ground Pork & (Cloudland Farms) Ground Beef, Marinara Sauce and Parmesan Cheese, Caesar Style Salad with Cucumbers, Carrots, Croutons and Parmesan, Fresh Fruit
<b>30</b>				
General Tso's Chicken, Steamed Brown Rice, Ginger Lemon Carrots, Fresh Fruit, Pineapple Cobbler			<p><b>*menu subject to change based upon product availability*</b></p> <p><b>*Please make requests for substitutions 24 hours in advance.</b></p>	<p><b>Suggested donation for guests ages 60 and over is \$7</b></p> <p><b>For guests under age 60, the meal price is \$12</b></p> <p><b>2% milk, juice, coffee, tea with all meals</b></p>

## The Ping Pong Place at the Little Theater

**Mondays, Wednesdays, and now Fridays!**  
**Drop in play, 10am to 11:30am at  
the Little Theater. All are welcome!**

Please come to learn to play, refresh your skills, or up your game! Practice your hand/eye coordination and laugh a lot. Come play singles or doubles on our two tables. Questions? Linda at 802-457-3428.

## 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, Stretching

**Thursdays – In person & 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.**

## Join Anne Bower for TAI CHI 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>.

***When it comes to finding tools for  
staying healthy, active, and  
involved, The Thompson is the  
place to start!***

## Bone Builders

**Tuesdays and Thursdays, 3:00-4:00 pm**

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.



# SLN VIRTUAL PROGRAMS

Call in advance to register and indicate if viewing from home or from The Thompson.



## **LaBelle: The Ship that Changed History**

**Tuesday, September 3, 2:00 pm**

You know the 17<sup>th</sup> Century French explorer LaSalle, but do you know why the sinking of his ship, LaBelle, changed history? What were the technological innovations used to excavate and conserve this 300 yr old ship and it's artifacts? Discover the answers to these questions and more as we examine the artifacts found on the ship with a Museum Educator from The Texas State History Museum.

## **Spies & Disguise: American Women During the American Revolution/ Army Women's Museum**

**Tuesday, September 10, 2:00 pm**

From the beginning of our country, women fought right alongside their male counterparts, helping to create the United States of America.



Follow the journey of American women in a variety of different roles from early camp followers, to spies for the Army, to even dressing up and impersonating as a man to help fight in our original war for independence. Join us as the U.S. Army Women's Museum will lead us through our early beginnings as a nation by examining photographs and artifacts to discover women's contributions throughout our history.



## **Supernatural Stories from Japan: National Museum of Asian Art**

**Tuesday, September 17, 2:00 pm**

Explore—if you dare—the roles that ghosts and spirits play in the retelling of Japanese legends and real events. Join our expert educators in this interactive program to investigate artwork from Japan and discover stories of scary ghosts, powerful demons, and funny monsters you won't soon forget. Join us for this fun and whimsical program from our friends at the Museum!

## **Elephant Update! Elephant Sanctuary, TENN**

**Tuesday, September 24, 2:00 pm**

It's time to visit our friends at the Elephant Sanctuary! Join us as we see what is new, and WHO is new in this very special home for these intelligent creatures with complex physical and social needs.



Since 1995, The Elephant Sanctuary in Tennessee has provided home and care to 33 elephants. Currently, there are 12 elephant residents, with space to welcome more. The Sanctuary initially began on 110 acres and has since expanded to encompass multiple separate and protected, diverse habitats, spanning over 3,060 acres. The Sanctuary is honored to provide lifelong care for elephants. The changing needs of elephants as they age require lifetime care plans. The shared commitment to each elephant's health and well-being often leads to beneficial collaboration with other elephant facilities and owners.

# RESOURCES

## NEW Aging at Home Membership Cards



One number to call for any need – a dedicated Thompson staff member for any “Aging at Home” questions, from shower chairs to long-term care insurance and everything in between.

Volunteers and staff can help with a variety of non-skilled, small odd jobs. In addition, handyman help for small odd jobs is available through the Thompson. Suggested donation \$35/hour. Call our Aging at Home Resource Coordinator, Shari, to see if your small odd job can be done! (802) 457-3277

### Foot Clinic with Beverly Sinclair, RN 3rd Thursday, 8:30 am - 3 pm Call for your appointment, Cost \$35

Beverly Sinclair has been a practicing registered nurse for 22 years and providing local foot care service for older Vermonters for the past 8 years.

### Benefits Assistance Hours Monday, Sept. 9<sup>th</sup> at The Thompson 9:30am –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

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.

### Reflexology

Deborah Neuhof, Certified Reflexologist  
Sept. 10 & 24, 9:30 - 12:30 pm  
\$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.*

### Caregiver Support Group with Carla & Co-facilitator Anne Marinello 2<sup>nd</sup> Tuesday of each month, 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 2<sup>nd</sup> Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. **Please sign up in advance for your complimentary lunch.**

### In-person Tech Support at The Thompson– Temporarily on hold Appointments on the 1<sup>st</sup> & 3<sup>rd</sup> 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!

### HomeShare is working in our Community!



The collaboration between HomeShare Vermont and the Thompson Aging at Home program is creating more possibilities for HomeShare! More applications in our wider service area means more opportunities for successful matches. Hosts can request service to help around the house and/or some additional income while Guests can live in a private bedroom in someone's home at an affordable rent. Contact Shari at [sborz@thompsonseniorcenter.org](mailto:sborz@thompsonseniorcenter.org) or 802-457-3277 for more info or to schedule a presentation in your town.

# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

Anne Macksoud - lettuce for kitchen  
 Aging in Hartland - medical equipment  
 Katie Roberts - Rummikub game  
 Fran Capposella - zucchini  
 Bonnie Largess - medical equipment  
 Nancy Ashey - garden vegetables  
 Deane Jillson - medical equipment



Thank you to Diane Zonay for our monthly birthday flowers!



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

## SEPTEMBER BIRTHDAYS



1st	Beverly	Audsley	12th	Alex	Henzel	22nd	Karen	Hawkes
1st	Anne	Herz	14th	Bo	Gibbs	22nd	Roswell	Harlow II
1st	Althea	Derstine	14th	Mary	Fullerton	22nd	Sharon	Rowe
2nd	Helen	Howe	14th	Robyn	Huck	22nd	Ken	Lacasse
2nd	Marian	Whitaker	14th	Abner	Schlabach	23rd	Anne Marie	Bohn
2nd	Donald	Lovejoy	15th	Mary	Hawkins	24th	Jurgen	Ewert
2nd	Roberta	Hutt	15th	Dale	O'Brien	24th	Nancy	Schmitt-Gaede
2nd	Sarah	Flavell	15th	Colleen	Warren	24th	Hilder	Allen
2nd	John	Adams-Wade	16th	Martha	Leonard	25th	Wayne	Thompson
2nd	Roger	Abraham	16th	Noreen	Binder	25th	Charles	Malerich
3rd	Dawn	Mathis	16th	Graham	Hankey	25th	Michelle	Spencer
3rd	Vern	Harris	17th	Linda	Smiddy	25th	Karen	Shea
3rd	Gerhard	Sihler	17th	Marie	Oldenburg	26th	Kathleen	Kjerulff
4th	Elizabeth	Schellhorn	17th	Lisa	Foley	26th	Joanne	Smith
4th	Lynn	Murrell	18th	Felicitas	Leonard	26th	Angel	Rubino
4th	Dale	Kjerulff	18th	Ruth	Harrington	26th	Pauline	Carr
4th	Michelle	DiStefano	19th	Pamela	Gerstmayr	26th	Robin	Warren
5th	Laura	Robinson	19th	Gail	LeBaron	26th	Dagney	Trevor
5th	Michael	Burnett	19th	Eleanor	Coffey	26th	Sheryl	Reyna
5th	Deborah	Darling	19th	Nancy	Ross	27th	Neil	Marinello
6th	Ken	Woodhead	20th	Patsy	Highberg	27th	Reggie	Barron
8th	Julia	Boulbol	20th	Veronica	Skerker	28th	Mary Ann	Daly
9th	Tambrey	Vutech	20th	Jean	Keleher	29th	Prudence	Schuler
9th	Kerry	Rosenthal	21st	Tuesday	Wright	29th	Anita	Clark
10th	Sandra	LaCoss	21st	Phyllis	Arata-Meyers	29th	Deb	Kalanges
10th	Albert	Whittier	21st	Emma	Schmell	29th	Greg	Greene
10th	Leland	Mahood	21st	Maureen	Russell	30th	John	Doten Jr
10th	Janet	Kelsey	22nd	Daniel	Bruce	30th	Richard	Lichtenstein
11th	John	Moore						
11th	Glen	Yankee						
11th	Margaret	Gray						
11th	Jan	Swallow						



# The Thompson

Your resource to age well

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

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



## TRANSPORTATION

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

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

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

## MISSION

The Thompson helps older adults to age well in our rural community. We provide timely support and services, and are a resource and advocate on issues related to aging. Our programs and activities foster the physical, intellectual, and social well being of our adult community to enhance dignity, self-worth, and independence.

### Thank You to Our Transportation Sponsors & Grants



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

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