



# The Thompson Times

Your resource to age well

SEPTEMBER 2025

## You're Invited to our Grand Re-Opening Wednesday, September 10, 4-7pm

Come explore our newly updated and expanded space designed to better serve our community's older adults. This special event will feature live music by Plymouth Rock, guided tours of the new facility, remarks from community leaders, and refreshments and treats by the Thompson Culinary Team, Woodstock Pizza Chef "Hoppy" craft beer and food truck, and Silver Lake Syrups maple creemees.

All are welcome! Bring a friend, help us celebrate! RSVP at 802-457-3277 or email us at [info@thompsonseniorcenter.org](mailto:info@thompsonseniorcenter.org).



## September is National Senior Center Month Powering Possibilities: Flip the Script



National Institute of  
Senior Centers

September 2025

### National Senior Center Month Powering Possibilities: Flip the Script



**Discover your possibilities**

The Thompson Center  
99 Senior Lane  
Woodstock, VT 05091  
802-457-3277  
[thompsonseniorcenter.org](http://thompsonseniorcenter.org)



September is National Senior Center Month, a time to recognize the vital role senior centers play in enhancing the lives of older adults and strengthening communities. This year's theme—"Powering Possibilities: Flip the Script"—encourages us to challenge outdated stereotypes about aging and elevate the positive contributions of older adults and the centers that serve them.

More than 10,000 senior centers across the United States connect older adults to wellness, creativity, purpose, and essential services. From their grassroots beginnings to their recognition in the Older Americans Act, senior centers have evolved into dynamic community hubs that reflect the diversity and resilience of today's older population.

At The Thompson Center, we proudly support this year's theme with programs that promote healthy aging and vibrant living. From chair yoga, health workshops, and Medicare presentations to memoir writing, art classes, tech support, and daily meals, we offer opportunities to stay active, connected, and inspired. Our community talks and day and evening outings encourage connection, learning, and joy—proving that thriving never gets old.

Join us this September as we celebrate National Senior Center Month at our Grand Re-Opening on September 10th from 4-7 PM! Enjoy an evening of food, live music, tours, and more as we honor those who have played a key role in our growth and success. Come explore our newly updated facilities and discover the exciting new services we have to offer!

## 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  
**Cory van Gulden**, Assistant Director,  
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**Andrew Geller**, Chef,  
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**Chris Eldridge**, Facilities Maintenance,  
celldridge@thompsonscenter.org

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

**Drivers:** Tom Morse, Vern Clifford, Jim  
Robinson, Brian McGinty

**Carla Kamel**, Community Care Coordinator,  
carla@thompsonscenter.org

Senior Solutions (Formerly Council of Aging  
for Southeastern Vermont)  
**SENIOR HELPLINE:** 800-642-5119

### BOARD OF DIRECTORS

Karen Rosene-Montella—*President*  
Carolyn Kimbell—*Vice President*  
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Thomas Phillips  
Sandy von Unwerth  
Paulette Watson  
Dennis Wright

Dick & Bonnie Atwood- Advisory

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- The Grand Re-opening is scheduled for September 10, 4-7pm. Preparations are ongoing and all punch list items will be complete by then.
- Upcoming programs:
  - The Collette Travel Talk "Christmas on the Danube" was on 7/28 but was recorded and is available to anyone interested. Flyers are in the foyer. Sign-up with Cory.
  - AARP Driver Safety course is on September 19th. Limited seating, sign up soon.
  - Magic Wings Butterfly Conservatory and Yankee Candle trip on September 24th needs more registrants to make the trip financial viable. Sign up with Cory.
- A participant complimented the Homeshare Presentation on July 30th and is impressed with Shari's ongoing participation in the program.

**Please join our next meeting on Monday, September 8, 1:00 pm at The Thompson Center.** All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

## SPECIAL THANKS TO OUR 2025 SPONSORS

**Lake Monsters** **Mascoma Bank** **ESTES & GALLUP CONSTRUCTION**

**Ellaway Property Services** **RENEWAL by ANDERSEN** **MERTENS HOUSE**

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DR. PEGGY STONE | TAMBREY VUTECH, REALTOR KW VERMONT WOODSTOCK |  
LOIS WATSON | TOM WESCHLER & MARY HAWKINS**

## PROGRAMS & TRIPS

### **Community Connections** ***Sustainable Woodstock - Weatherization and Home Heating*** **Wednesday, September 11, 1:30 PM**

Are your windows letting in more cold than comfort? Still relying on an outdated, oil-hungry heating system? Join us for our next Community Connections Talk featuring Heather Knoll from Sustainable Woodstock, and learn about practical and affordable solutions for home weatherization and energy-efficient heating.

Heather will share information on available programs and grant opportunities that can help you upgrade your home—saving energy and money in the long run. There will be plenty of time for questions and the chance to sign up for more information or assistance directly through Sustainable Woodstock.



#### **AARP Smart Driver Class**

**This 4.5 hour refresher course is open to all drivers 50 years and older**  
**Friday, September 19, 8:45 a.m. – 2:30 p.m. Lunch Break 12:00 – 1:00 p.m.**  
**Cost: \$20 for AARP Members, \$25 for Others**

The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and how to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. The class will address Vermont driving regulations, many of which have changed over the years. Many insurance companies offer a discount to drivers who have completed the class. Drivers who have qualified for a discount by taking the course must take a refresher course every 3 years. There are no tests. Register in advance.



#### **Magic Wings Butterfly Conservatory** **and Yankee Candle Village** **Wednesday, September 24, 8:30 bus departure** **\$75 per person, Register before Sept. 10th**

Join us for a scenic autumn escape! Enjoy a relaxing bus ride through New England's early fall foliage as we head to Magic Wings Butterfly Sanctuary, where you'll be immersed in a tropical paradise filled with thousands of live butterflies and lush plants. Next we'll visit the enchanting Yankee Candle village, where you can shop, explore the famous Christmas Village, and experience the magic of snowfall every four minutes—indoors! Lunch on your own at Hillside Pizza.



# AGE WELL PROGRAMS

## **My Healthy Vermont** **Tuesday, September 9, 1:30 PM**

Join us for an informative presentation with Joanne Lemay from Community Health Improvement and Rene L. Greene from Lifeline.

Discover how MyHealthyVT.org offers six FREE evidence-based workshops to help you take charge of your health. Led by knowledgeable and compassionate facilitators, these workshops include:

- Diabetes Management
- Diabetes Prevention
- Chronic Disease Self-Management
- Chronic Pain Management
- High Blood Pressure Control
- Quit Smoking Support

These programs empower participants to manage their health, improve quality of life, and potentially reduce healthcare costs. Thousands of Vermonters have seen real improvements in their health and overall well-being through these workshops.

You'll also hear from Lifeline, a trusted medical alert service that provides 24/7 access to help at the push of a button. Whether you're at home or on the go, a Trained Care Specialist is always available to assist—bringing peace of mind and supporting independent living.

Don't miss this opportunity to learn about local resources designed to keep you healthy, safe, and supported.

### **Medicare Talk with Zedaina Blanchard** ***Financial Professional and Insurance Representative with Bankers Life*** **Tuesday Sept 23, 1:30 PM, Please sign up ahead of time**

In this session we will be educating you on Medicare. We will go over all the different parts and how they work. We will explain the differences between supplements (Medigap plans) and Advantage (Part C) plans and how they both work.

We will also go over the changes to Medicare for 2026. We will explain how the Part D will work next year. You will also have the opportunity to schedule a one on one to go over personalized options for yourself based on your doctors and medications if you would like to but there is no obligation.

## **Tech Appointments Are Back at The Thompson!**

We're excited to welcome back one-on-one tech help sessions, thanks to the generous support of Emily Gibson from the Norman Williams Public Library.

Available Time Slots:

### **Thursday, September 11**

- 10:30 – 11:00 AM
- 11:00 – 11:30 AM

### **Thursday, September 25**

- 2:00 – 2:30 PM
- 2:30 – 3:00 PM

Each session is 30 minutes long and space is limited — please call The Thompson to reserve your spot.

**Art with Finnie Returns!**  
***Art with Lines: Abstract Drawing***  
**Friday, Sept 12, 1:30 pm**

Join Finnie and explore the beauty of lines and color in this relaxing art class inspired by Sol LeWitt. Create bold black lines, add colorful patterns, and blend with water to make vibrant, flowing designs. No experience needed—just bring your creativity!

Register in advance with Cory at 802-457-3277.



**Movie Monday at The Thompson**  
**Monday, September 22 , 1:15 pm in the new Media Room**

Beat the heat with a cool movie experience! Come relax and enjoy a summer movie day at The Thompson. We'll be showing a selection of popular recent films — you get to vote and choose what we watch on the day of the event!

Registration required — please sign up in advance! Snacks will be provided. Bring a friend and enjoy the show!



**Supper Club at Woodstock Pizza Chef**  
**Tuesday, September 23 , 5:30 pm, RSVP 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 the 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 friends at The Thompson.

# PROGRAM CALENDAR - SEPTEMBER 2025

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>CLOSED for Labor Day</b>	<b>9:30 Benefits Assistance</b> 1 Mahjong <b>1 Writer's Workshop</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 12 Spanish Group 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>9 Walking Group</b> 10 BINGO 10 Ping Pong at the Little Theater <b>10:30 Chair Yoga</b> 1 Gentle Yoga <b>1 Advisory Meeting</b>	<b>12 Caregiver Support Group</b> 1 Mahjong <b>1 Writer's Workshop</b> <b>1:30 My Healthy VT</b> <b>2 SLN: National Museum of Asian Art</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 12 Spanish Group 1 Gentle Yoga 1 Bridge <b>4-7 Grand Re-Opening</b>	10 Cribbage 10:30 Strength, Stretch, Stability <b>10:30-11:30 Tech Appointments</b> Stretch, Stability <b>1:30 Sustainable Woodstock and Weatherization</b> 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong <b>1:30 Art with Finnie</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>9 Walking Group</b> 10 BINGO 10 Ping Pong at the Little Theater <b>10:30 Chair Yoga</b> 1 Gentle Yoga	<b>9:30 Commodities</b> <b>2 SLN: Belmont-Paul National Monument</b> 1 Mahjong 3 Bone Builders	<b>8:30 Board Meeting</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 12 Spanish Group 1 Gentle Yoga 1 Bridge	<b>8:30-3 Foot Clinic</b> 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	<b>9-2 AARP Smart Driving Course</b> 10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>8:30-3 Foot Clinic</b> <b>9 Walking Group</b> 10 BINGO 10 Ping Pong at the Little Theater <b>10:30 Chair Yoga</b> 1 Gentle Yoga <b>1:15 Movie Monday</b>	1 Mahjong <b>1:30 Medicare Talk</b> <b>2 SLN: US Army Museum</b> 3 Bone Builders <b>5:30 Supper Club</b>	<b>8:30 Depart for Magic Wings Day Trip</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 12 Spanish Group 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability <b>10:30-11:30 Tech Appointments</b> Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
<b>29</b>	<b>30</b>			
<b>9 Walking Group</b> 10 BINGO 10 Ping Pong at the Little Theater <b>10:30 Chair Yoga</b> 1 Gentle Yoga	1 Mahjong <b>2 SLN: Mystic Seaport Museum</b> 3 Bone Builders			<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b>

# MENU - SEPTEMBER 2025

Please call by 9:30 am to make your reservation for all meals

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<b>CLOSED for Labor Day</b>	Quiche with Broccoli, Bacon, Sweet Roasted Peppers, Vermont Cheddar, Mixed Green Salad with Garden Vegetables with Maple Vinaigrette, Fresh Fruit and a Cookie	Baked Cod with Lemon and Fresh Herbs, Local Vegetables, Saffron Rice Pilaf, Caesar Salad Lemon Pie	Chicken Tikka Masala, Coconut Basmati Rice, Sautéed Squash with Peppers and Onions, Fresh Fruit, Ice Cream, Dinner Roll	Italian Wedding Soup with Meatballs, Orzo Pasta, Spinach and Beans. Mixed Green Salad, Dinner Roll, Cookie, Fruit Salad
8	9	10	11	12
Cheese Tortellini with Chicken and Fresh Herbs, Garden Vegetables, Whole Grain Roll, Ice Cream, Fresh Fruit	Pork Enchilada Casse- role with Jack Cheese, Black Beans, Corn and Sweet Peppers, Spanish Rice Pilaf, Garden Salad with Homemade Ranch Dressing, Ice Cream, Fresh Fruit	Salisbury Steak with Mushrooms and Onion Gravy, Mashed Potatoes, Mixed Garden Vegetables, Dinner Roll, Fresh Fruit  <b>4-7 Grand Re-Opening</b>	Chicken Parmesan Pasta Casserole with Squash, Peppers and Onions, Green Beans, Birthday Cake with Ice Cream, Fresh Fruit	Chef's Salad with Ham, Turkey, Cucumber, Croutons, Tomatoes, Sweet Peppers, Cheese. Carrots and Creamy Country Herb Dressing, Dinner Roll, Ice Cream Sundae with Fresh Blueberries and Maple Syrup
15	16	17	18	19
Minestrone Style Soup with Chicken White Beans, Orzo Pasta, Garden Vegetables and Spinach, Half Grilled Cheese Sandwich with Basil Pesto on a Whole Grain Roll, Fresh Fruit	Spaghetti and Meat Sauce with Mushrooms and Fresh Herbs, Mixed Green Salad with Garden Vegetables and Citrus Dressing, Garlic Bread, Fresh Fruit	Chicken Fricassee French White Stew with Carrots, Mushrooms and Peas, Rice Pilaf, Lemon Cake, Fresh Fruit	Pulled Pork with BBQ Sauce, Macaroni and Cheese, Stewed Green Beans, Fresh Fruit, Brownie	Cheeseburgers on a Wheat Bun, Lettuce, Tomato, Onion & Pickles, House Spread, Baked French Fries, Fresh Fruit
22	23	24	25	26
Split Pea Soup, Ham and Cheese Wrap (half), Fresh Fruit, Cookie	Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies	Eggplant Parmesan, Steamed Vegetables, Caesar Salad with Chicken, Dinner Roll, Fresh Fruit Parfait with Granola and Maple Syrup	<b>Birthday Day</b> Roasted Pork Loin with Gravy, Baked Potato, Sautéed Green Beans, Mixed Green Salad with Creamy Herb Dressing, Dinner Roll	Turkey Club Sandwich on Wheat Bread with Bacon, Cheddar Cheese, Lettuce, Tomato and Pickles Cole Slaw, Fresh Fruit
29	30			
New England Style Clam Chowder, Dinner Roll, Garden Salad with Lemon Herb Dressing, Cookie and Fresh Fruit	Honey Garlic Chicken Breast with Fresh Herbs, Brown Rice Pilaf, Steamed Green Beans, Whole Wheat Roll, Fresh Fruit, Cookie		<b>Suggested donation for guests ages 60 and over is \$7</b>  <b>For guests under age 60, the meal price is \$12</b>  <b>2% milk, juice, coffee, tea with meals</b>	<b>*menu subject to change based upon product availability*</b>  <b>*Please make requests for substitutions 24 hours in advance</b>



**The Ping Pong Place at the Little Theater**  
**Mondays, Wednesdays, and Fridays**  
**Drop in play, 10am to 11:30am**  
**All are welcome!**

Come by to learn to play, refresh your skills, or up your game. Practice your hand/eye coordination and laugh a lot. Play singles or doubles on our THREE tables now. We have all the equipment you need, so please drop by! Questions? Call Linda at 802-457-3428.

**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.*

**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.

**Chair Yoga with Linda Harvey**  
**Mondays at 10:30 am**

Linda Harvey PT and Certified Yoga Instructor joins us to improve flexibility, strength and balance in a class where the chair will offer support in both sitting and standing. Focusing on posture and breathing techniques have been found to increase relaxation and decrease pain and stress. Modifications will be offered and all are welcome. If you have any questions, feel free to call Linda at 802-355-0376. Please register in advance. **Cost is \$8 per class.**

**Tai Chi**  
**Wednesdays at The Thompson**

Join Instructor Anne Bower from 9:30-10:30 for a rejuvenating, relaxing beginner tai chi class, with a gentle form based on Sun style tai chi. Both seated and standing forms will be practiced.

For those with more experience, Anne will have a Sun 73 Forms class on Wednesdays from 10:40-11:40. In this class we take on a longer tai chi form with some fun challenges--punches and kicks and movements in many directions

The cost of each class is \$3, payable to the Thompson Senior Center. Check out Anne's website: <http://www.annebower.studio> and if you have questions for her send an email to: [anniebower71@gmail.com](mailto:anniebower71@gmail.com).

**Strength, Stability, Stretching**  
**Tuesdays – Zoom Class Only**  
**10:30 – 11:30 am**  
**Thursdays – In person and Zoom**  
**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.**



# VIRTUAL PROGRAMS

SLN Virtual Programs can be viewed at home or in The Thompson's new Media Room.  
Please register in advance to receive your Zoom link by calling 802-457-3277 ext. 2



## Hokusai & the Art of Japan- National Museum of Asian Art Tuesday, September 9, 2:00 pm

The Japanese artist Katsushika Hokusai (1760–1849) is widely recognized for a single image—Great Wave Off the Coast of Kanagawa, an icon of global art—yet he produced thousands of works throughout his long life. Tour the former exhibition *Hokusai: Mad*

*About Painting*, which featured works from the world's largest collection of paintings, sketches, and drawings by Hokusai. The exhibition includes works large and small, from six-panel folding screens and hanging scrolls to paintings and drawings. Together, these works reveal an artistic genius who thought he might finally achieve true mastery in painting— if he lived to the age of 110.



## Belmont-Paul National Monument

Tuesday, September 16, 2:00 pm

Home to the National Woman's Party for more than 90 years, this was the epicenter of the struggle for women's rights. From this house in the shadow of the U.S. Capitol and Supreme Court, Alice Paul and the NWP developed innovative strategies and tactics to advocate for the Equal Rights Amendment and equality for women. Built on Capitol Hill in 1800, the brick federal-period house that today is Belmont-Paul Women's Equality National Monument is among the oldest residential properties in Washington, D.C. The house is located on land used by the Nacotchtank, or Anacostans, for hunting and trading. The tract was included in a land grant to Cecil Calvert, the second Lord Baltimore, in 1632 by King Charles I of England as part of the colony of Maryland.



## "No Mail, Low Morale": The 6888th Central Postal Directory Battalion – US Army Museum

Tuesday, September 23, 2:00 pm

Since the Revolutionary War generations of African Americans have served the armed forces, but it was not until World War II that Black women joined the Army as part of the Women's Army Corps (WAC).

In February 1945 members of the 6888th Central Postal Battalion arrived in Birmingham, England. Nicknamed the "Six Triple Eight," they were the first and only all-Black WAC unit sent overseas during World War II. They faced the daunting task of sorting and delivering mail to the roughly 7 million service members stationed in the European Theater. Their mission boosted morale across the entirety of deployed forces. They completed their mission in three months' time before deploying to France to undertake the same work. The battalion was awarded the Congressional Gold Medal in honor of their dedication and service to mission in 2022.



## Seaport Village Virtual Walkabout: Mystic Seaport Museum Tuesday, September 30, 2:00 pm

Join us in our favorite seaport town- Mystic! Learn about maritime trades that supported life at sea and on land in the 19th century. Museum interpreters demonstrate skills in the cooperage, shipsmith, print shop, shipcarver shop, and more in the re-created seaport village. Stroll through the re-created seaport village to immerse yourself in the life of a 19th-century coastal New Englander. Interpreters bring to life the bustling maritime trades, including shipsmiths, coopers, printers, and shipcarvers, that supported life at sea and on shore at that time. Also, get a glimpse into domestic life with gardening techniques and cooking demonstrations in the Buckingham-Hall house. Trade shops, businesses, and houses from the 1800s were transported to Mystic Seaport Museum from locations around New England to re-create this historic village.

# RESOURCES

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

## Foot Clinic at The Thompson

**September 18 & 22 , 8:30 am - 3:00 pm**

**Call Shari 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. Register for your appointment at 802-457-3277 ext. 3

## 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 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 by calling Shari.**

## Benefits Assistance

**1<sup>st</sup> Tuesday of each month**

**9:30am –12:30 pm by appointment**

Senior Solutions Benefits Counselor, Liz Carey, is available by appointment on the first Tuesday of each month at the Thompson. Liz can help you sign up for public benefits such as 3SquaresVT to offset grocery expenses, weatherization assistance, and other ways to keep your energy bills down. Call Shari to schedule your appointment.

## Advance Directive Assistance by appointment

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. A trained and caring volunteer will take the time to explain this simple process. Call Shari for an appointment.

## 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@thompsonseneiorcenter.org](mailto:sborz@thompsonseneiorcenter.org) or 802-457-3277 for more info or to schedule a presentation in your town.

## Veterans Disability Assistance

***Call for your 1:1 September Appointment***

Do you need assistance navigating the Veterans Administration (VA) for a disability? Even though the PACT Act assistance has expired, a local veteran and Thompson volunteer can help you with the application process as benefits are still available.

To schedule your appointment, contact Pam Butler at [pbutler@thompsonseneiorcenter.org](mailto:pbutler@thompsonseneiorcenter.org) or 802-457-3277.

# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

In memory of Norma Sousa: Medical Equipment  
 Susan Reilly - medical equipment  
 Tina Fletcher - medical equipment  
 Patti and Rick Beda - medical equipment  
 Margaret Merrill - books for our library  
 Deidre Larson - sugar  
 Barbara Butler - medical equipment



**A Special Thank You for these monthly ongoing donations:**

Vermont Standard newspapers  
 Diane Zonay for birthday flowers



1st	Beverly	Audsley	11th	Shelly	Sanderson	22nd	Daniel	Bruce
1st	Anne	Herz	12th	Alex	Henzel	22nd	Karen	Hawkes
1st	Althea	Derstine	14th	Bo	Gibbs	22nd	Roswell	Harlow II
2nd	Helen	Howe	14th	Mary	Fullerton	22nd	Sharon	Rowe
2nd	Marian	Whitaker	14th	Patricia	Stark	22nd	Robert	Sawyer
2nd	Donald	Lovejoy	14th	Robyn	Huck	23rd	Anne Marie	Bohn
2nd	Roberta	Hutt	14th	Abner	Schlabach	24th	Jurgen	Ewert
2nd	Sarah	Flavell	14th	Corinne	Barr	24th	Nancy	Schmitt-Gaede
2nd	John	Adams-Wade	14th	Mary	Biathrow	24th	Hilder	Allen
2nd	Roger	Abraham	15th	Mary	Hawkins	25th	Charles	Malerich
2nd	Sue	Mattson	15th	Dale	O'Brien	25th	Michelle	Spencer
2nd	Dawn	Mathis	15th	Colleen	Warren	25th	Karen	Shea
3rd	Vern	Harris	15th	Franklin	Bailey	26th	Kathleen	Kjerulff
3rd	Gerhard	Sihler	15th	Barbara	Frizzell	26th	Joanne	Smith
4th	Elizabeth	Schellhorn	15th	Pat	Krauss	26th	Angel	Rubino
4th	Lynn	Murrell	15th	Raymond	Pariseau	26th	Pauline	Carr
4th	Dale	Kjerulff	16th	Martha	Leonard	26th	Robin	Warren
4th	Michelle	DiStefano	16th	Noreen	Binder	26th	Dagney	Trevor
4th	Brendan	Whittaker	16th	Graham	Hankey	26th	Sheryl	Reyna
4th	Rita	Lane	16th	Ralph	Kurash	26th	Robin	Jones
5th	Laura	Robinson	17th	Linda	Smiddy	27th	Neil	Marinello
5th	Michael	Burnett	17th	Marie	Oldenburg	27th	Reggie	Barron
5th	Deborah	Darling	17th	Lisa	Foley	28th	Mary Ann	Daly
6th	Ken	Woodhead	18th	Felicitas	Leonard	28th	Therese	Khu-Tenenbaum
7th	Dana	Cudney	18th	Ruth	Harrington	28th	Virginia	Kieley
8th	Julia	Boulbol	19th	Pamela	Gerstmayr	28th	Pamela	Lawson
9th	Tambrey	Vutech	19th	Gail	LeBaron	29th	Prudence	Schuler
9th	Kerry	Rosenthal	19th	Eleanor	Coffey	29th	Anita	Clark
10th	Albert	Whittier	19th	Merna	Blood	29th	Deb	Kalanges
10th	Leland	Mahood	20th	Patsy	Highberg	29th	Greg	Greene
10th	Janet	Kelsey	20th	Veronica	Skerker	29th	Ilse	Soar
11th	John	Moore	20th	Jean	Keleher	29th	Laurie	Young
11th	Glen	Yankee	21st	Tuesday	Wright	29th	Kathryn	Kaminski
11th	Margaret	Gray	21st	Phyllis	Arata-Meyers	30th	John	Doten Jr
11th	Jan	Swallow	21st	Emma	Schmell	30th	Richard	Lichtenstein
			21st	Maureen	Russell	30th	Emilie	Daniel
						30th	Marie	Pepe





# 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](http://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.

## Thank You to Our Transportation Sponsors & Grants



**Ottawaquechee**  
Plumbing & Heating  
802-457-1795



Like us on



## 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.