



The Thompson Times

Your resource to age well

JANUARY 2026

Age Well with The Thompson

Delicious meals, interesting and fun programs, medical equipment, foot clinics, advance directives, Medicare counseling, vetted referrals, and more – we are here with the resources and experience to assist you and improve your day-to-day life where you want to be, at home.

One Number to Call

One number to call for any need — Thompson staff and volunteers are happy to help with any question — from shower chairs to Medicare and everything in between.

Vetted Service Providers

We partner with a wide variety of businesses and individuals to bring you any service you need to AGE WELL at HOME!

We check references and only suggest businesses or individuals who have happily agreed to be an Aging at Home service provider.

Age Well Programs and Outreach

Classes and workshops on a wide variety of topics from decluttering to financial planning, fall prevention, and end of life issues.

Carla Kamel, Community Care Coordinator serves as a key advocate for residents, ensuring that healthcare providers and community organizations work together to meet the needs of the most vulnerable population. Carla can be reached at 802-779-6000.

Homesharing is an innovative way for people to remain in their homes while receiving help and/or some additional income. Contact Shari at 802-457-3277 or at sborz@thompsonscenter.org to learn more.

Our Age Well e-newsletter is published every other month and provides readers with information on ways to age well at home and in their community through current and reliable information on health, lifestyle, diet, and resources. Call or email to sign-up.

We hope you'll connect with us in the new year and find the inspiration, friendship, support, and fun to make the most out of 2026. Visit us in person, or online at www.thompsonscenter.org, or contact us at (802) 457-3277 or info@thompsonscenter.org

Inspiration
to
AGE WELL



in the New Year

- Never stop learning & growing
- Maintain a positive outlook
- Be creative
- Create cheerful daily habits
- Be more conscious of your values
- Make new friends
- Give back/feel useful
- Exercise your body and your mind

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,
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Cory van Gulden, Assistant Director,
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Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonscenter.org
Andrew Geller, Chef,
ageller@thompsonscenter.org
Chris Eldridge, Facilities Maintenance,
celdridge@thompsonscenter.org

Culinary Team: 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—*Co-President*
Thomas Phillips—*Co-President*
Beth Harper—*Treasurer*
Richard Wacker—*Secretary*
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Janet English
Robin Gaby Fisher
Greg Greene
Patty Hasson
Carolyn Kimbell
Tara Layne
Roger Logan
Dan Noble
Paulette Watson
Dennis Wright

Dick & Bonnie Atwood- Advisory

BEHIND THE SCENES

Thompson Winter Gala

Elegant Dinner, Auction, Dancing

Sunday, February 1, 2026

Live Music by House on Fire

RSVP at 802.457.3277 or www.thompsonscenter.org/gala2026

ADVISORY MEETING HIGHLIGHTS

- ⇒ Deanna reviewed our winter closing policy and reminded all about the Holiday Bazaar and cookie donations.
- ⇒ Cory encouraged early sign-ups with December programs due to the holidays.
- ⇒ Cory reported that the sign-up deadline for the Collette River Boat trip is Dec. 11 for guaranteed space.
- ⇒ A possible future Collette trip to the Eastern Canadian Cities, including the Niagara Falls is available. Contact Cory if interested.
- ⇒ Senior Learning Network Virtual Programs will be ending at the end of December. Cory and Deanna are looking into similar programs to take its place.
- ⇒ Line dancing class was very popular and Cory will have them come back in January.
- ⇒ A participant expressed appreciation to Tom Watson for his assistance with the Veterans Disability Program.

Please join our next meeting on Monday, January 5, 1:00 pm at The Thompson. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

Winter Weather Closing Policy

Our weather policy is to close the center if our school district is closed. School delays will be determined on a case by case basis. If we are closed we will post on Facebook and change the voicemail message at the center by 6:30am. Those who are registered for programs will also receive a call after 8am. Snow day meals are sent out in advance of any expected storm. Virtual programs continue as scheduled, if possible.

This is a great time to remind everyone to register, so that you'll get a call from us in the event of a cancellation. Also please note that we use our automated call system, the call comes from a Belmont, MA (617) number but will be Deanna Jones' voice on the recording.

Winter and MOW Deliveries

Our volunteer drivers and staff who deliver meals or provide transportation need to be safe on the road and that includes being able to safely park in the driveways and carry meals on walkways up to your residence. Driveways and walkways need to be plowed out or shoveled clear. Thank you!

A final big thank you to all of our 2025 sponsors!
We are now gathering sponsorships for 2026.
Please contact Deanna if interested.

EVENTS & PROGRAMS

Beginner Line Dancing is Back! **Friday, January 9, 1:00 – 2:30 PM, Cost \$15**

Get ready to kick up your heels with **Britt and Olivia Line Dancing!** Join us for a fun and easy Beginner Line Dancing Class — no experience (or partner!) needed. The first part of the class will focus on learning the basic steps and popular routines, and then we'll put it all together for some lively dancing in the second half. Come enjoy great music, friendly company, and a good dose of exercise. Please register in advance.



Birthday Day Fun- **Join us for a Poker Walk** **Thursday, January 22, 1:00 PM**

After Birthday lunch, check out our first ever *Poker Walk*—a light, enjoyable activity that blends movement, socializing, and a little friendly competition! Participants will walk to designated stations throughout the new building to collect playing cards and build their best five-card poker hand. No poker experience needed—just bring your sense of fun and a few dollars to play!

This is a great way to stay active, enjoy time with friends, and maybe even win a small prize. Come take a stroll with us and try your luck! ♥♣♦♠ \$1 per hand



Master Class: AI Ethics & the Future of AI **Tuesday, January 27, 1:00 PM,** **Virtual Class in the Thompson Media Room**

The Thompson is excited to launch The Master Class series. Master Class is a popular online learning platform featuring video courses taught by world-renowned experts, celebrities, and industry leaders. This first session will cover a clear, accessible introduction to the ethics of artificial intelligence. Learn what AI is, how it's shaping daily life, and the key ethical questions everyone should understand. This session will help you make sense of AI's impact, use it thoughtfully, and consider how we can guide its development toward a positive and responsible future.

Tech Appointments 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, January 8

10:30 – 11:00 AM

11:00 – 11:30 AM

Thursday, January 22

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.

Vermont's Seasonal Fuel Assistance Program

Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center at 800-479-6151. Applications for the 2025-2026 heating season must be postmarked by February 28 for eligible households.

Veterans Disability Assistance Continues at The Thompson

1:1 Assistance by Appointment

Our wonderful volunteer and retired veteran Tom, has already assisted 20 veterans with applications and counting!

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. For example: If you served in the National Guard you are eligible and if your service did not include a military conflict you are still eligible. Veterans who served on ships containing asbestos, experienced loud noise from artillery or aircraft, or those who were firemen on aircraft carriers are encouraged to let us help you with benefits assistance. Conditions such as heart disease related to hypertension or stent placement or those who were exposed to toxins and have cancer or asthma could qualify for benefits. Some veterans are receiving significant compensation each month for tinnitus (constant noise or ringing in the ears). Could this be you? There is so much for you to learn if you are a veteran and we want to ensure that you receive the benefits you are entitled to.

"I would like to thank The Thompson Center for offering a seminar by the Veterans Service Organization that I attended a few years ago. The representatives thoroughly explained eligibility requirements for disability that veterans are entitled to. Thanks to a Thompson Center volunteer, I was assisted in filling out VA paperwork for disability for my military service. I am now being compensated for injuries I received while I was in the military many decades ago. Even though I go to the VA for my injuries and medical care, I had no idea I was eligible for any compensation. I want to thank The Thompson Center and those who helped me in this process."

John Doten – US Army



Winter Safety Talk with Woodstock Fire/EMS **Wednesday, January 7, 1 PM | The Thompson**

Join us at The Thompson on January 7th at 1:00 PM for a special winter safety presentation with David Green of Woodstock Fire/EMS. He will share practical tips on preventing slips, trips, and falls and how to stay safer during icy winter conditions.

Learn what to watch for, how to navigate winter hazards, and get your questions answered. We'll also be handing out cane spikes and ice grippers to support your winter mobility. All are welcome! Stay safe, stay steady, and we hope to see you there.



COVID-19 Vaccine Clinic at The Thompson **Monday, January 12, 9-12 AM** **This is a walk-in clinic, first come first serve.** **There will be no appointments.**

For 2026, Medicare covers COVID-19 vaccines for those eligible (like those 65 and over) at no cost. If you are under age 65, check with your health insurance provider to confirm coverage. For those who do not have insurance coverage, you can expect to pay \$175 at this clinic. Please bring your Medicare card.



Johnson Audiology Returns **Get Your Free Hearing Screening at The Thompson** **Tuesday, January 13, 2026, 10 AM – 12 PM**

Dr. Julie Johnson from Johnson Audiology in Hanover will be offering complimentary hearing screenings at The Thompson Center followed by test results and possible options for follow-up if needed. Please call The Thompson Center to sign up for your individual appointment. For more information about Johnson Audiology and the services they provide, visit [Johnsonaudiology.org](https://johnsonaudiology.org).

Age Well Education Series:

Act 39 & Medical Aid in Dying

January 20, 2026 | 2–3:30 PM | Norman Williams Public Library

Co-sponsored by the Thompson Center, this program offers an informative overview of Vermont's Patient Choice at End of Life Law (Act 39). Enacted in 2013, Act 39 allows terminally ill, decision-capable adults to request medication for a peaceful death. Jenifer Carlo, Program Manager at Patient Choices Vermont, will explain how Medical Aid in Dying works, who qualifies, the legal requirements, and how to discuss your wishes with your doctor or care team.

PROGRAM CALENDAR - JANUARY 2026

Mon	Tue	Wed	Thu	Fri
			1	2
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS			CLOSED for New Year's Day	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong
5	6	7	8	9
10 BINGO 10 Ping Pong 1 Gentle Yoga 1 Advisory Meeting	9:30 Benefits Assistance 10:30 Chair Yoga 1 Mahjong 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1 Community Connec- tions/Winter Safety	10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 10:30-11:30 Tech Appointments 1 Ping Pong 1:30 Art with Finnie 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong 1 Line Dancing Class
12	13	14	15	16
9-11 Covid Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga 1:15 Movie Day	10:30 Chair Yoga 10-12 Hearing Screenings 12 Caregiver Support Group 1 Mahjong 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 1 Ping Pong 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong
19	20	21	22	23
CLOSED for Martin Luther King Jr. Day	9:30 Commodities 10:30 Chair Yoga 1 Mahjong 2-3:30 Act 39 & Medical Aid in Dying at NWPL 3 Bone Builders	8:30 Board Meeting 10 Advanced Tai Chi (Virtual) 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	BIRTHDAY DAY 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Ping Pong 1 Poker Walk 2-3 Tech Appointments 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong
26	27	28	29	30
8:30-3 Foot Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga	10:30 Chair Yoga 1 Mahjong 1 Master Class on Artificial Intelligence (virtual) 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Ping Pong 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong

Please call **NO LATER THAN 9:30am** to sign-up for meals so that we can easily accommodate everyone.
Please remember to check into the computer system too! We need a record of all attendance to receive funding.

THANK YOU!

MENU - JANUARY 2026

Please call by 9:30 am to make your reservation for all meals **802-457-3277**

Mon	Tue	Wed	Thu	Fri
			1	2
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 meals	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance		CLOSED for New Year's Day	Ed's Famous American Chop Suey, Green Beans, Garlic Bread, Fresh Cut Fruit
5	6	7	8	9
New England Clam Chowder Soup, Tossed Garden Salad with Feta Cheese, Orang and Toasted Almonds, Whole Grain Dinner Roll, Brownie, Fresh Fruit Salad	Cheese Tortellini with Chicken and Pesto Sauce, Steamed Garden Vegetables, Garlic Bread, Mixed Berry Crisp with Whipped Cream	Catch of the Day, Brown Rice Pilaf, Steamed Broccoli, Mixed Green Salad with Garden Vegetables, Whole Grain Dinner Roll, Fresh Fruit	Beef Enchilada Casserole (Cloudland Farms Beef) with Cheese and Red Enchilada Sauce, Rice and Beans, Chips and Salsa, Fruit, Key Lime Pie	Turkey Burger on a Whole Wheat Bun, Lettuce, Tomato, Onion and Pickle, Baked French Fries, Macaroni Salad with Hard Egg and Peas, Ice Cream Sundae with Blueberry Compote and Whipped Cream
12	13	14	15	16
Cheese Ravioli with Roasted Butternut Squash, Zucchini, Tomatoes, Parmesan Cheese and Fresh Herbs, Garlic Bread, Fresh Fruit Salad	Sweet and Sour Chicken with Pineapple, Sweet Peppers and Red Onions, Steamed Brown Rice, Garden Salad with Crispy Noodles and Sesame Dressing, Ice Cream	Beef Stroganoff, Egg Noodles, Roasted Mixed Vegetables, Whole Grain Dinner Roll, Fresh Fruit Salad	BBQ pulled Pork with Homemade BBQ Sauce, Potato Mac Salad, Cole Slaw, Corn Bread, Ice Cream with Fruit Topping	Split Pea Soup with a Half Ham and Cheese Sandwich Panini Style (or Veggie Panini), Broccoli Slaw, Fruit, Cookie
19	20	21	22	23
CLOSED for Martin Luther King Jr. Day	Italian Wedding Soup with Meatballs, Spinach, Carrots, Orzo Pasta, Tomato and Parmesan Cheese, Tossed Caesar Salad, Whole Grain Dinner Roll, Fresh Fruit	Philly Cheese Steak Sandwich with Peppers, Onions and Mushrooms, Cole Slaw, Baked French Fries, Mixed Fruit Crisp with Whipped Cream	Birthday Day Roasted Pork Loin and Gravy, Baked Potato, Roasted Vegetable Mix, Dinner Roll, Fresh Fruit, Birthday Cake and Ice Cream	Butternut Squash, Peppers, Onions, Broccoli & Mushroom Pasta Casserole, Tossed Mixed Green Salad with Carrots, Oven Roasted Tomatoes, Croutons and Parmesan Cheese, Fresh Fruit
26	27	28	29	30
Eggplant Parmesan with Basil Pesto, Marinara Sauce, Mozzarella & Parmesan Cheeses, Tossed Salad with Olives, Roasted Peppers, Tomato and Carrots, Dinner Roll, Fruit	Tex-Mex Style Pork Chili with Corn, Black Beans, Tomato, Roasted Sweet Peppers Topped with Sour Cream, Cheddar Cheese and Scallions, Corn Bread Cole Slaw, Fresh Fruit	Chefs Choice Fish of the Day, Boiled Potatoes with Fresh Herbs and Butter, Sautéed Vegetables, Apple Cake with Spiced Whipped Cream	Roasted Chicken Breast with Lemon, Rosemary and Garlic, Baked Sweet Potatoes, Steamed Broccoli, Carrots and Cauliflower, Whole Grain Dinner Roll, Fresh Fruit Salad	Italian Sausage Link with Sautéed Peppers and Onions, Pasta with Marinara Sauce, Green Beans, Dinner Roll, Ice Cream with Fruit Compote

Ping Pong at The Thompson
Mondays and Fridays 10-11:30 AM
Thursdays, 1-2:30 PM
Drop in play, 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. We have all the equipment you need, so please drop by!

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
Tuesdays 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
Virtual in January, February, March

Join Instructor Anne Bower on Fridays from 10-11 am 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 10-11AM. In this class we take on a longer tai chi form with some fun challenges--punches and kicks and movements in many directions

Contact Anne Bower directly with questions at 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.

PROGRAMS



Art with Finnie

January Project: Value & Tone with Pastels

Thursday, January 8, 1:30 PM

Explore the beauty of tints and shades in this relaxing paint-along. A peaceful winter project that highlights depth, contrast, and creativity. Register in advance.

Movie Monday at The Thompson

Monday, January 12, 1:15 PM, Pre-register

Come relax and enjoy a 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! Snacks will be provided. Bring a friend and enjoy the show!



Senior Learning Network Virtual Programs are discontinuing effective 1/1/26. Cory is actively looking for a replacement so that we can continue offering virtual entertainment.

Welcome to AARP Tax Aide for Tax Year 2025



We're looking forward to preparing your tax return at The Thompson this year!

Appointments for tax preparation will be made by calling The Thompson Senior Center at 802-457-3277 after January 5, 2026. Plan on spending 1-2 hours at the Senior Center while we prepare your return with you. Tax booklets will be available in advance, if you would like to get ready ahead of your appointment, just call first to ensure we have a booklet set aside for you. Also if the reason you are filing a return is just to apply for a property tax credit we'd appreciate you making an appointment early in the tax prep season (February).

Please be sure to bring the following items:

- Last year's tax return envelope that contains the printed returns (Federal and Vermont) AND all of your supporting documents. It will be helpful to review these documents to ensure you are bringing the same information for 2025.
- Driver's license or picture ID and Social Security Card for you and your dependents
- Printed tax documents you have received in January and February such as: your social security statement, 1099s for all retirement income, broker statements for sales of stocks/bonds, records of estimated tax payments, and your Vermont Property Tax bill for 2025-26.

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

January 15 & 26, 8:30 am - 3:00 pm

Call Shari for your appointment. Cost increases to \$40 Effective 1/1/2026

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

2nd 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 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

Please sign up in advance by calling Shari.

HomeShare is working in our Community!



Homesharing is an innovative way for people to remain in their homes while receiving help and/or some additional income. The Thompson Aging at Home program's collaboration with HomeShare Vermont is now entering its third year! With our latest expansion into all of Windsor and Windham Counties, there will be even more opportunities to create compatible homeshare matches. Currently, HomeShare hosts receive an average of \$380 in rent and 8½ hours of help each week from their guests. Contact Shari at 802-457-3277 or sborz@thompsonseniorcenter.org to learn more about homesharing or to schedule a presentation for your group or organization.

Benefits Assistance

1st 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.

The HUB: Your Compassionate and Confidential Safety Net

Struggling to make ends meet? The HUB provides quick, confidential short-term financial assistance and connections to long-term resources. The goal is to prevent temporary setbacks from turning into something more serious. Whether it's rent, heating, car repairs, or other essentials, we're here to get you back on track.

We assist residents of Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, and Woodstock. To apply, visit our website at apply.thehubneighbors.org, call 802-457-7214, or email apply@thehubneighbors.org.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Cookie Bakers for Holiday Bazaar
 Patty Hasson - greeting cards
 Alex/Village Butcher - Stew for MOW
 Dave Wheadon - medical equipment
 Elizabeth Ferry - exercise equipment
 Tom Morse - fresh Christmas tree
 Steve Curtis - turkey
 Village Butcher - soup
 Mary Bourgeois - poinsettias
 Dandelion Acres Nursery - holiday gift bags
 Eileen & Jim Godfrey - paper products



A Special Thank You for these monthly ongoing donations:

Vermont Standard newspapers
 Diane Zonay for birthday flowers

IN MEMORY OF

Kathleen Connor
 Mary Corrigan

Peter Hall
 Linda Hall



JANUARY BIRTHDAYS

1st	Mary Lee	Camp	12th	Mollie	McHugh	22nd	Julie	Woodbury
1st	Jeanette	Veverka	13th	Kathleen	Fiske	22nd	Richard	Kolb
1st	Edith	White	13th	Katharine	Mears	23rd	Elizabeth	Harley
1st	Aiala	Reizer	13th	Mary	McCuaig	23rd	Gerard	Jones
1st	Fran	Capossela	14th	Anne	Hildreth	23rd	Anne	Sapio
2nd	John	Steinle	14th	Patricia	O'Neill	23rd	Sigrid	Sihler
2nd	Jean	Frank	14th	Sabine	Burr	24th	Suzan	Harlow
2nd	Joe	Kashner	14th	Rumi	Burr	24th	Jerome	Morgan
2nd	Sarah	Brown	15th	Richard	Wacker	24th	Robert	Chalmers
3rd	Linda	Brackett	15th	Nancy	Kobert	24th	Donna	Marzouk
3rd	John	Leavitt	15th	Florence	Short	25th	Jane	Philpin
3rd	Laurie	Marshall	15th	John	Staples	25th	Edith	Hoose
3rd	Ann	Bragdon	16th	Ellen	Cooper	25th	Don	Payton
3rd	Gerald	Breault	17th	John	Griggs	25th	Steve	Huveltdt
5th	Joyce	Putnam	17th	Avery	Jones	26th	Paulette	Watson
5th	Christopher	Braudis	17th	Rebecca	Levasseur-Oettinger	26th	Barbara	Otranto
6th	Rachel	Kahn	18th	Owen	Shindler	26th	Carol	Lamson
7th	Lynn	Peterson	19th	Marsha	Fraser	27th	Margaret	Brady
7th	Lydia	Locke	19th	Sally	Garmon	27th	Margaret	Fullerton
9th	Beverly	Kenney	19th	Joey	Anderson	27th	Peggy	Fraser
9th	Carla	Kamel	19th	Rose	Smith	27th	Renee	Frate
9th	Susan	Chiefsky	19th	Jeffrey	Stahl	27th	Coreda	Steele
9th	Linda	Eton	20th	William	Rauscher	27th	Anne	Jacobs
9th	Robin	Rowland	20th	Akankha	Perkins	27th	Cindy	Kendall
10th	Joyce	Hurd	20th	Janie	Bell	27th	Darlene	Stocker
10th	Philip	Frizzell Jr.	20th	Jo	Levasseur	27th	Lynn	McMorris
11th	Molly	McDermott	21st	Joyce	Babbitt	28th	Nancy	Heidt
11th	Janice	Lillian	21st	Joanna	Nichols	29th	Sandra	Birajiclian
11th	David	Purviance	21st	Linda	Adams	29th	Michael	Kolakowski
11th	Daniel	Shoemaker	22nd	Norwood	Long	30th	Mary	Wood
12th	Norma	Flanders	22nd	Joy	Gray	30th	Cooper	Jones
12th	Raymond	Bourgeois	22nd	Rita	Boynton	30th	Judith	Moore
						31st	Uldis	Skuja
						31st	Elmer	Kruse
						31st	Hal	Karabots



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.



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Thank You to Our Transportation Sponsors & Grants



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.