



The Thompson Times

Your resource to age well

JULY 2026

The Thompson Celebrates **America's 250th: A Community Celebration** *Honoring Our Nation's Past While Building Connections Today*

Celebrating 250: All About America's Seventh President – Andrew Jackson Friday, July 10, 10:30 AM, Virtual Program

Join author and illustrator Heather Rogers, *America's Preeminent Presidential Doodler*, for an entertaining look at the life of America's seventh president, Andrew Jackson. Discover fascinating stories, surprising facts, and fun illustrations as Heather shares highlights from her presidential sketchbooks. From duels to a swearing parrot, Jackson's life was full of memorable moments. Don't miss this engaging virtual journey through early American history!



Woodstock History Center Meetup Friday, July 17th | Meet at 1:30 PM

Take a quick midday break and join us for a casual carpool meetup at the Woodstock History Center!

We'll meet near the entrance at 1:30 PM for a self-guided tour of this year's featured exhibits, including the fascinating "A Backward Glance: 250 Years." It's a wonderful opportunity to explore our community's rich heritage and connect with neighbors.

Please meet us directly at the Woodstock History Center at 1:30 PM on Friday, July 17th. If you are able to offer a ride or need a lift, contact Cory at The Thompson so we can help coordinate the carpool details!



July 1-5, 2026



Woodstock, VT

EVENT HIGHLIGHTS

- 🎵 Live Music
- 🏃 Firecracker 5K Run/Walk
- 🚲 Kids Bike Parade
- 🏪 Market & Craft Fair on the Green
- 🍽️ Community Dinner
- 🛷 Ice Skating
- 🌾 4th on the Farm
- 🏊 Pool Party
- 🎆 Fireworks

EVENT SCHEDULE

July 1

Vermont Symphony Orchestra
at Saskadena Six

July 3

Music in the Park at East End Park

July 4

Firecracker 5k Run/Walk at
Ottawaquechee River Trail
Kids Bike Parade
Kids Market and Adult Craft Fair on the Green
Community Dinner on the Green
4th on the Farm at Billings Farm & Museum

July 5

Pool Party at the Rec Center
Ice Skating at Union Arena
Fireworks at Woodstock Middle High School

Scan the QR code for a
full schedule of events
→
woodstockvt.com



The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

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Chris Eldridge, Facilities Maintenance,
celdridge@thompsonscenter.org

Culinary Team: Ed Esmond, Sefton Stallard,
Louise Blakeney, Sally Weglarz, Allison Wade

Drivers: Tom Morse, Vern Clifford,
Brian McGinty, Phil Frizzell

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

SENIOR HELPLINE: 800-642-5119

BOARD OF DIRECTORS

Karen Rosene-Montella—*Co-President*

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Patty Hasson

Carolyn Kimbell

Tara Layne

Roger Logan

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Paulette Watson

Dennis Wright

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Deanna shared updates from the NCOA Conference and meetings in Washington, D.C.
- Staff were recognized for a successful fundraising dinner.
- Information on upcoming travel opportunities was presented.
- June activities, including the Summer Supper Club, reviewed.
- Discussion topics included the library, brain games, solar energy education, and van accessibility.

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



BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

EVENTS & PROGRAMS

Community Connections: Connecting Fish, Rivers, and People **Wednesday, July 8, 1:00 PM**

Our local waterways do more than just shape our landscape—they connect our communities, our wildlife, and our daily lives. Join us for a special edition of *Community Connections* featuring a compelling presentation and slideshow centered around the vital theme of **Connecting Fish, Rivers, and People**.

We are excited to welcome two distinguished guest speakers:

- **Todd Menees**, P.W., River Management Engineer with the Vermont Agency of Natural Resources
- **Austin Galinat**, VT Fisheries Biologist

Together, they will share unique insights into how river engineering and fisheries biology intersect to keep Vermont's aquatic ecosystems healthy, resilient, and accessible for everyone. Whether you are an avid angler, a river enthusiast, or simply curious about local conservation, this slideshow is one you won't want to miss! This event is free and open to the public.



Let's Go Cruisin'

Thursday, July 9, 1:00 PM

Annual Ice Cream Social & Classic Car Rides



Who doesn't love the mystique and thrill of an antique car? Thanks to some generous Thompson friends, we are offering an afternoon of cruisin' around the Woodstock area in some pretty cool vintage vehicles after our ice cream social. Register ahead so you are sure to get a ride. Be prepared for some top-down convertible cruisin' and fun. Register in advance.

Summer Supper Club at the Public House **Thursday, July 16, 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 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.



August Community Connections: HomeShare Presentation **Wednesday, August 5, 1:00 PM**

For over 40 years HomeShare Vermont has paired Vermonters with extra room in their homes and folks looking for a place to live. We provide Vermonters options for aging in place and affordable housing as part of the Thompson's Aging at Home program.

CREATIVE AGING

Virtual Birding Basics at The Thompson Wednesdays, July 1, 8, 15 & 22 | 9:00–10:00 AM

Interested in learning more about the birds you see in your backyard and around our region? Join leader Jennifer Raymond for this virtual introductory birding series designed for anyone looking to feel more connected to nature.

Hosted by the **Dartmouth Health Aging Resource Center**, this four-part virtual series will introduce participants to the basics of bird identification and observation. From year-round backyard favorites to seasonal visitors, you'll gain the knowledge and confidence to begin exploring the world of birds in our region.

Registration is required by contacting Cory at The Thompson.

Creative Arts with ArtisTree: Botanical Gel Printing Thursday, July 2, 1:30-3:00 PM



Botanical printmaking encompasses a beautiful range of artistic techniques that capture the shapes, textures, and details of plants, leaves, and flowers. It was originally used by early botanists and physicians to document plants for medicinal and culinary uses. Join us as we explore the art of monotypes with the use of gel plates to capture the season, using our favorite plants from the woods and garden. From silhouettes to textured detail, we delve into color and layering to create unique, one-of-a-kind art prints.

Thompson's library is newly reorganized and ready for borrowers!

Feel free to browse any time. There is no check-out procedure: We operate on the honor system.

BUT please return a book to the shelf where you found it

- In the Mystery and Fiction bookcases (closest to the window) titles are arranged alphabetically by the author's last name.
- In the Nonfiction bookcase (next to the sofa) titles are grouped by subjects: memoirs and biography, history, current affairs, arts and crafts (including cooking).
- In the bookcase to the right of the elevator, we are gathering books and pamphlets on healthy aging and there is a local history section.

We have room for modest expansion, particularly in the nonfiction sections. But as our space is small, we can't accept all book donations. We ask that instead of dropping off books on your own, you call first and we will arrange for a library volunteer to chat with you.

We are looking for books published recently, of general interest, in good clean condition, all bindings intact with pages free of stains or markings.

Art with Rose Rock painting is coming to The Thompson Thursday, July 16, 1:00 PM



This will be a fun class, no matter your artistic level! We will paint inspiration rocks and make some beach scenes with rocks and beach treasures.

Art with Avery Tuesday, July 21, 1:00 PM

Join Avery for a free flowing Zentangle with watercolor markers. Zentangle is an easy-to-learn, relaxing, and mindful way to create abstract art by drawing structured, repetitive patterns. The practice is often described as “yoga for the brain” as it helps reduce stress and improve focus. Register in advance.



Book Group July 22, 1:30 PM

Sue Harlow and Bobbi Roy invite you to join them for a fun, informal book group. Check our website or Facebook page for the latest book selection. Light refreshments will be provided.

PROGRAMS & TRIPS

Master Class Series: AI & Medicine, Your Secret to Better Health July 7, 14, 21 | 1:00 PM

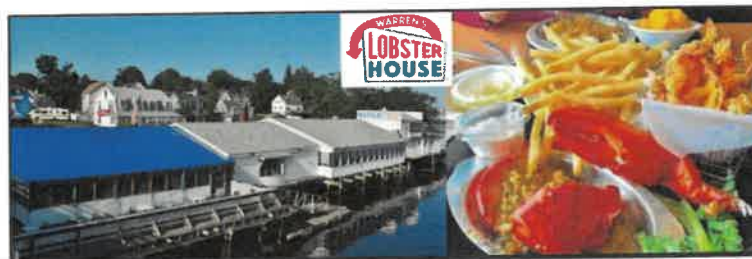
Modern medicine can make you feel powerless, but that's about to change. With the right prompts, AI can help you reclaim your power within the healthcare system. In this class, healthcare pioneers from Harvard and Johns Hopkin show you how to interpret lab results, make the most of each visit, create health plans tailored for you, and more—no technical expertise needed and no added premiums to worry about. Please sign-up in advance.



Stay Active & Independent for Life (SAIL)

Stay Active and Independent for Life (SAIL)
Presented in collaboration with the Dartmouth Health Aging Resource Center at The Thompson on Tuesday & Thursday until 8/20, 1:00 to 2:00 pm (16 Sessions)

SAIL is an evidence-based falls prevention exercise program that helps reduce the risk of a fall. This program involves one hour of aerobic, balance, strength, and flexibility exercises (available in standing and sitting form) set to fun music. Two textbooks will be provided for reference. For more information and to register, please contact the Falls Prevention Team at the Dartmouth Health Aging Resource Center at 603-653-3415 or email falls.prevention@hitchcock.org.



Warren's Lobster House & Shopping Trip Monday, August 17, 2026

Depart The Thompson on a Premier Coach Bus at 8:30 AM and return 6:00 PM

Menu choice required with reservation and payment.
For full menu and pricing visit our website or call Cory.



Trip to Canadian Rockies and Glacier National Park June 18-24, 2027

Join us for an exclusive presentation on Oct 7 at 10:30 AM. at The Thompson. Discover exciting travel opportunities and expert tips.

PROGRAM CALENDAR - JULY 2026

Mon	Tue	Wed	Thu	Fri
		1	2	3
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277		9-10 Birding Basics Virtual Program 9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga	10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1:30 Creative Art with ArtisTree 3 Bone Builders	CLOSED
6	7	8	9	10
9 Walking Group 10 BINGO 10 Ping Pong 1 Gentle Yoga 1 Advisory Meeting	Reflexology 9 Men's Yoga 9:30 Benefits Assistance 10 Bible Study 10:30 Chair Yoga 1 Mahjong 1 SAIL 1 Master Class: AI & Medicine 3 Bone Builders	9-10 Birding Basics Virtual Program 9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Community Connections	10 Cribbage 10:30 Strength, Stretch, Stability 1 Classic Car Rides and Ice Cream Social 3 Bone Builders	10 Ping Pong 10:30 BINGO 10:30 Andrew Jackson Virtual Program 1 Mahjong
13	14	15	16	17
9 Walking Group 10 BINGO 10 Ping Pong 1 Gentle Yoga 1 American Experience: FDR Virtual Program	9 Men's Yoga 10 Bible Study 10:30 Chair Yoga 12 Caregiver Support Group 1 Mahjong 1 SAIL 1 Master Class: AI & Medicine 3 Bone Builders	Bastille Day 8:30 Board Meeting 9-10 Birding Basics Virtual Program 9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga	8:30-3 Foot Clinic 10 Cribbage 10-12 Morning Jam 10:30-11:30 Tech Help Appointments 10:30 Strength, Stretch, Stability 1 Art with Rose 3 Bone Builders 5:30 Supper Club	10 Ping Pong 10:30 BINGO 11 Grief Support Group 1 Mahjong 1:30 Woodstock History Center Meetup
20	21	22	23	24
9 Walking Group 10 BINGO 10 Ping Pong 1 Gentle Yoga 1 American Experience: FDR Virtual Program	Commodities 9 Men's Yoga 10 Bible Study 10:30 Chair Yoga 1 Mahjong 1 SAIL 1 Art with Avery 1 Master Class: AI & Medicine 3 Bone Builders	9-10 Birding Basics Virtual Program 9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1:30 Book Group	BIRTHDAY DAY 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong 10:30 BINGO 1 Mahjong
Niagara Falls and Toronto Trip 7/27-7/31				
27	28	29	30	31
8:30-3 Foot Clinic 9 Walking Group 10 BINGO 10 Ping Pong 1 Gentle Yoga	Reflexology 9 Men's Yoga 10 Bible Study 10:30 Chair Yoga 1 Mahjong 1 SAIL 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga	10 Cribbage 10:30 Strength, Stretch, Stability 2-3 Tech Help Appointments 3 Bone Builders	10 Ping Pong 10:30 BINGO 1 Mahjong

MENU - JULY 2026

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

Mon	Tue	Wed	Thu	Fri
		1	2	3
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	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance	Baked Haddock with Fresh Lemon, Steamed Potatoes with Butter and Fresh Herbs, Broccoli, Carrot and Cauliflower Blend Vegetables, Whole Grain Roll, Fruit Salad	All Beef Hotdogs on a Wheat Bun, Potato Salad, Coleslaw, Fruit, Ice Cream Sundae	CLOSED
6	7	8	9	10
New England Style Clam Chowder, Garden Salad with Fresh Vegetables and Homemade Dressing, Whole Grain Roll, Fresh Fruit	Sesame Chicken, Mixed Stir-fry Vegetables, Ginger Brown Rice, Fresh Fruit Salad, Ice Cream with Mango Compote	Swedish Meatballs using Cloudland Farms Beef, Herb Mash Potatoes, Roasted Mixed Vegetables, Whole Grain Roll, Fresh Fruit Salad	White Vegetable Lasagna with Spinach, Mushrooms, Oven Dried Tomatoes, Butternut Squash, Mozzarella Cheese and Basil, Whole Grain Roll, Fresh Fruit	Chicken Caesar Salad with Grilled Chicken Breast, Carrots, Cucumber, Tomato, Croutons, Parmesan Cheese, Fruit Salad, Blueberry Lemon Cake
13	14	15	16	17
Lemon Tarragon Chicken, Roasted Pepper Cous Cous, Steamed Broccoli, Whole Grain Roll, Fresh Fruit Salad	Pulled Pork with BBQ Sauce, Macaroni and Cheese, Coleslaw, Buttermilk Biscuit, Fresh Fruit, Chocolate Pudding	Bastille Day Salad Niçoise, Mixed Greens, Tuna, White Beans, Tomato, Hard Egg, Green Beans, Potato, Pickled Red Onion and Croutons, Whole Grain Roll, Strawberries, Whipped Cream, Ladyfingers	Eggplant Parmesan with Mozzarella Cheese, Tomato Sauce, Basil Pesto and Parmesan Cheese, Garden Salad with Fresh Vegetables and House Made Dressing, Fresh Fruit	Quiche with Broccoli, Bacon, Cheese and Roasted Peppers (vegetarian option available), Mixed Green Salad with Garden Vegetables, Dinner Roll, Fresh Fruit, Cookie
20	21	22	23	24
Chicken Enchilada Casserole with Roasted Sweet Peppers, Corn and Black Beans, Spanish Style Rice, Pico de Gallo and Sour Cream, Corn Chips and Salsa, Ice Cream with Pineapple and Whipped Cream	Grilled Bratwurst, Sweet and Sour Cabbage, Potato Salad with Scallions, Grain Mustard, Hard Egg and Roasted Peppers, Dinner Roll, Brownie Sundae	Beef Stroganoff with Thin Sliced Beef, Mushrooms and Sweet Onions Over Egg Noodles, Mixed Green Salad with Garden Vegetables and House Made Dressing, Fruit Salad	Birthday Day Baked Ham, Roasted Red Potatoes, Green Bean Almondine with Lemon & Garlic, Mixed Green Salad with Creamy Herb Dressing, Birthday Cake, Ice Cream and Fruit	Breakfast Day French Toast, Sausage Patty, Scrambled Eggs, Home fries, Yogurt Parfait with Fresh Fruit Salad, Granola and Maple Syrup
27	28	29	30	31
Cheese Ravioli with White Sauce and Basil Pesto, Mix Roasted Vegetables, Whole Grain Garlic Roll, Fresh Fruit Salad, Ice Cream	Chicken Salad with Cucumbers, Tomato, Beets, Carrots, Garbanzo Beans, Pickled Red Onion, Craisins and Croutons, Country Herb Dressing, Dinner Roll, Fresh Fruit, Cookie	Chefs Choice Fish of the Day with Lemon Herb Sauce, Brown Rice Pilaf, Sautéed Green Beans, Dinner Roll, Garden Salad, Fresh Fruit	Baked Chicken Breast with Mild Middle Eastern Spices and Yogurt Dill Sauce, Rice Pilaf with Toasted Almonds, Lemon and Fresh Herbs, Local Vegetables, Mixed Fruit Cobbler	Turkey Chili with Corn, Black Beans and Tomato Topped with Cheddar Cheese, and Scallions, Corn Bread, Coleslaw, Berry Topped Ice Cream

Summertime Men's Yoga

Tuesdays, 9:00 AM

Led by Linda Harvey, PT/ Yoga certified

It is the perfect time to start something new whether you feel you are an aging athlete or noticing your body may be changing with returning to gardening/yard work or recreational activities this spring. Deeper tissue stretching, core stability and relaxation are components of this yoga based class for men with or without previous experience. Flexibility, core stability, functional mobility and balance have been shown to improve practicing yoga. Guidance for individual modifications is provided and the use of props are used to enhance posture and alignment. **Cost \$8 per class.**

Ping Pong

M & F at The Thompson, 10-11:30 AM

T & W at The Little Theater, 10-11:30 AM

Drop in play, All are welcome!

Gentle Yoga

Mondays & Wednesdays, 1:00 - 2:00 PM

Offered by Yoga Instructor, Kathryn Mills

**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.

Chair Yoga

Tuesdays at 10:30 AM

Led by Linda Harvey, PT/ Yoga certified

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.**

Walking Group

Mondays, 9:00 to 10:00 am

Join Carla Kamel for a leisurely, brisk walk for fresh air, socialization, and overall wellbeing. Starting point is East End Park. Email: carla@thompsonseniorcenter.org.

Woodstock Athletic Club Senior Swim

Visiting Public Senior Swim Only

(65+, Rate of \$8, Available Mon-Fri, 1pm - 4pm)

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.

Tai Chi on Wednesdays

Join Instructor Anne Bower on **Wednesdays at 9:30 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 at 10:40 am**. 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

Thursdays - In person and Zoom

10:30 - 11:30 AM

With instructor Liz Hatfield

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.

Tech Appointments at The Thompson

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

Thursday, July 16, 10:30 – 11:00 AM and 11:00 – 11:30 AM

Thursday, July 30, 2:00 – 2:30 PM and 2:30 – 3:00 PM

Each session is 30 minutes long and space is limited — please call The Thompson.

Foot Clinic at The Thompson

July 16 & 27, 8:30 am - 3:00 pm

Call Shari for your appointment, Cost is \$40

Financial assistance is available thanks to a grant from OHF. Let Shari know when scheduling your appointment at 802-457-3277 ext. 3

Tea and Memories

A Grief Support Group at The Thompson

Friday, July 17, 11:00 AM

The group will hold space for individuals that have lost a loved one and would like to sit with friends in a supportive and loving circle of memory. If you have lost someone dear to you, please join us. Please register in advance.

Reflexology with Certified Reflexologist, Deb Neuhof
Enjoy Reflexology to Relax, Rejuvenate, & Reboot Your Whole Body
\$35 for 30 minute hand or foot treatment or \$65 for 60 minutes
Tuesdays, July 7 & 28. Call to make your appointment.

Please wear loose fitting clothing and arrive a few minutes early to complete a health & disclaimer form.

Veterans Assistance Update

1:1 Assistance by Appointment

Veterans in the state of Vermont can get from \$10,000 to \$40,000 reduction on the assessed value of their primary residence. This is only for veterans with a 50% or more disability. Veterans can call the VA at 1-800-827-1000 and ask for a Summary of Benefits letter sent to your address. After receiving this letter contact the Montpelier Office of Veteran's Affairs at 802-828-3379 and ask for a 2025 Property Tax Exemption for Eligible Veterans and Their Survivors form which is what is required for your local Assessors's office. The Montpelier office will notify your local Assessors house of any exemption if you qualify. This application has to be completed before May 1st, 2026 to receive any benefits.

Questions can be directed to The Thompson Center VA Assistance volunteer, Tom Watson, at 802-282-2151. Tom can also help veterans with this application process.

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

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.

Carla Kamel, Community Care Coordinator is here for you!

The Community Care Coordinator oversees outreach, resource navigation, and service coordination for individuals and families in our area. Carla assesses needs, creates individual tailored plans, links residents to appropriate programs, facilitates communication among service providers, and monitors follow-up to ensure support is effective. By streamlining access to care and advocating for all community members, Carla plays a key role in improving overall health, stability, and quality of life. Carla meets people where they’re at. Home visits are encouraged. 802-779-6000 or carla@thompsonsencenter.org.

Benefits Assistance

1st Tuesday of each month

9:30am –12:30 pm by appointment

Senior Solutions Benefits Counselor, Liz Carey provides personalized support to help individuals navigate their benefits. Services include: Application assistance for 3SquaresVT in a SNAP food benefit, Seasonal Fuel Assistance, GMP Energy Assistance Program, and link you to other important benefit programs. Liz is available by appointment on the first Tuesday of each month. Call Shari to schedule 802-457-3277.

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@thompsonsencenter.org to learn more about homesharing or to schedule a presentation for your group or organization.

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

Maria Tangredi - sympathy cards
Shoshana Belisle - medical equipment
Long Hill Farm - rhubarb
Amy Ferland - sage plant
Karen Milleson - medical equipment
Anne Bower - lettuce
Betty Frederick - medical equipment
Maureen Ausura - ham
Shari Casey - window air conditioner
and vacuum cleaner



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

Vermont Standard newspapers

IN MEMORY OF

Dick Atwood
Carl & Joyce Hurd
John & Wendy Wannop
The O'Brien Family
Eleanor Grice

Glenn Barr
Fred Doten



JULY BIRTHDAYS

1st	Barry	Griggs	13th	Linda	Valenski	22nd	Joann	Morgan
1st	Brian	Powell	14th	Gerry	Fields	23rd	William	Barrows
1st	Linda	Brown	14th	Jennifer	Kirkman	23rd	Anne	Marinello
1st	Cindy	Fuller	14th	Chris	Prior	23rd	Rosalind	Anderson
1st	Jacqueline	Olson	14th	Gayle	Karow	23rd	Cynthia	Ansardy
1st	Joanna	Watterson	14th	Bruce	Maxham	24th	Karen	Lasky
2nd	Barbara	Kelley	15th	Rob	Jones	24th	Mike	Chamberlain
2nd	Kimberly	Christensen	15th	Judith	Topolski	24th	Dieter	Nohl
2nd	Cora	Koop	15th	Patti	Storey	24th	Sandra	Bumps
2nd	John	Gilbert	15th	Virginia	Kuhnert	24th	Joan	Spaulding
2nd	Michael	Manning	15th	Sandra	Carpenter	25th	Lloyd	Osmer
2nd	Richard	Schulz	15th	Monica	Darling	25th	Nancy	Anderson
3rd	Neil	Jillson	15th	Edward	Graves	25th	Barbara	Simon
3rd	Jill	Kurash	15th	Sarah	Wilson	25th	Lois	Deenihan
3rd	Maria	Tangredi	15th	Connor	Eldridge	25th	Carolyn	Good
3rd	John	Ivany	16th	Priscilla	Pannell	26th	Sally	Kesseli
3rd	Anne	Macksoud	16th	Wendy	Wannop	26th	Martha	Stein
4th	Silvana	Serravezza	16th	Judy	Williamson	26th	Stephen	Briggs
4th	Ruth	Merriam	16th	Timothy	Butterfield	27th	Jacquie	Durkee
4th	Tina	Fletcher	17th	Stephanie	Seavy	27th	Gail	Moore
4th	Cory	van Gulden	18th	David	Doubleday	27th	David	Westphalen
4th	Joan	Tarleton	18th	Airell	Jenks	27th	Sara	Stadler
5th	Joe	Dinatale	18th	Karen	Purviance	27th	Marie	Decoff
5th	John	Swenor	18th	William	Hagar	28th	Thomas	Watson
6th	Patricia	Crimmin-Greenan	19th	Ralph	Ward	28th	Janice	Fleetwood-Bean
6th	Pauline	Bickford	19th	Laura	Kent	28th	Marc	Weinstein
7th	Carol	Rauscher	19th	Michael	Miller	29th	Wendy	Jenne
7th	Judith	Pierce	20th	Joanne	Hershey	29th	Karim	Alkadhi
8th	William	Futschik	20th	Emily	Friedman	29th	Marianne	Wentworth
8th	Anita	Bonna	20th	Jann	Dillon	30th	Eliza	Brown
8th	Ava	Emerson	21st	David	Sleeper	30th	Beth	Dawley
9th	Jennifer	Barnes	21st	Eileen	Wishnia	31st	Pam	Butler
9th	Zaela	Strong	21st	Anne	Ladabouche	31st	Carl	Hurd
10th	Wayne	Oldenburg	21st	Ralph	Mavilla	31st	Bob	Hazen
10th	Barbara	Klocek	21st	Aimee	Ferland	31st	Susan	Robertson
11th	John	Fabian	22nd	Holly	Levison	31st	Susan	Kelley-Outten
12th	Susan	Maxham	22nd	Joan	Cota	31st	Ursel	Irwin
12th	Jean	Howe	22nd	Lyn	Kolb	31st	Peter	Lothes
12th	Theresa	Nixon						
13th	Robert	Griggs, Jr	22nd	Jan	Sailus Umbra			



The Thompson

Your resource to age well

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

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

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TRANSPORTATION

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

Woodstock.

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

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

MISSION

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

Thank You to Our Transportation Sponsors & Grants



SPECIAL THANKS TO OUR 2026 SPONSORS



ANONYMOUS



DONNA & DOUG CALVEY | KERI COLE | DAWN & EDWARD D'ALELIO
ELLEN & JOHN SNYDER | WENDY & JONATHAN SPECTOR | DR. PEGGY STONE
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