



The Thompson Times

Your resource to age well

AUGUST 2026



Celebrate National Park Week with Us! August 22-30th

National Park Week reminds us of the vital importance of environmental conservation and sustainability. This year's National Park Week theme of America's Story joins forces with a monumental milestone: the 250th anniversary of American Independence. Join us as we celebrate America's incredible natural landscapes, diverse wildlife, and historic treasures through a series of programs designed to connect, inspire, and educate.

Discover Marsh-Billings- Rockefeller NHP Tuesday, August 25, 1:00 PM at The Thompson

Marsh-Billings-Rockefeller National Historical Park is the only National Park in Vermont. It is also the only park in the entire National Park system dedicated to sharing the history of conservation in the United States. Join us on August 25th for an informational talk to learn more about this special place. We'll discuss the Marsh, Billings, and Rockefeller families and their widespread legacy. You'll also learn about the resources that the park has to offer to our community.

Interactive Educational Tour: Yosemite National Park Wednesday, August 26, 11:00 AM

Join us for an interactive virtual journey to one of America's most breathtaking treasures—Yosemite National Park! Explore towering granite cliffs, majestic waterfalls, giant sequoia trees, and stunning mountain vistas, all from the comfort of The Thompson.

Learn fascinating facts about the park's history, wildlife, and famous landmarks while enjoying an engaging and scenic tour through this iconic national park. Whether you've visited Yosemite before or have always wanted to go, this is a wonderful opportunity to experience its beauty together.

Free and open to all. Please sign up at the front desk.



National Parks Bingo Monday, August 24, 10:00 AM

Travel across America this summer without ever leaving your seat! Join us for a fun morning of National Parks themed Bingo, where we'll explore famous landmarks, incredible wildlife, and stunning landscapes from coast to coast. Enjoy this special NPS themed game to test your park knowledge, connect with others, and celebrate our beautiful public lands. Special themed prizes as well!

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

Deanna Jones, Executive Director,
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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

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BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Deanna updated on Advisory meeting bylaws, vehicle replacement, facility improvements, solar planning, and summer staffing.
- Cory reported on upcoming classes, Warren's Lobster trip update, July Supper Club, author talk, theater previews, and future travel opportunities.
- Patron comments include positive feedback about Thompson programs and staff, sharing of a recent member trip, and a suggestion to explore offering a genealogy program.

Please join our next meeting on **Monday, August 3, 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 2026 SPONSORS



**Mascoma
Bank**

ANONYMOUS

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

EVENTS & PROGRAMS



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. Our Thompson Aging at Home Resource Manager, Shari Borzekowski, will share information about the process as well as success stories from her work as a HomeShare Vermont Case Manager.

Longevity Nutrition: Living Better For Longer Through Food **With Registered Dietitian, Laura Swoyer** **Friday, August 7, 1:00 PM**

Laura Swoyer is currently completing a master's degree in Applied Nutrition and Dietetics at the University of New England. An undergraduate degree in Marine Biology combined with several years of experience in marine science, sustainability, and environmental education sparked an interest in the connections between the environment, food systems, and the resources humans depend on for survival.

After realizing how deeply intertwined food and diet are with health and longevity, Laura decided to pursue a new career path with the goal of becoming a Registered Dietitian. She believes that everyone deserves access to knowledge that could help them live healthier for longer. Her primary areas of interest include clinical nutrition, oncology nutrition, and longevity science.

Bring your curiosity and your nutrition questions as we explore some of the latest research on foods and dietary strategies to optimize health, promote healthy aging, and reduce the risk of age-related diseases.

This program is offered in partnership with Senior Solutions.

Are you Getting Ready for Winter? **Wednesday, August 12, 1:00 PM**

Join Sustainable Woodstock and The HUB to learn about funding opportunities and programs to get your home ready for winter. With rising prices on heating fuel, staying warm in the winter can be a challenge. We'll discuss actions that you can take now to prepare your home for winter and help lower costs. Please register for this program in advance.



The HUB is a project of Woodstock Community Trust



CREATIVE AGING



Creative Arts with ArtisTree: Plein Air Landscape

Thursday, August 6, 1:30-3:00 PM

Register in advance

Summer's here and the outdoors beckon us to play and engage with nature. "Plein Air" painting is the act of painting outdoors, directly in front of your subject. Experience drawing and painting on three acres of serene landscape at The Jackson, The Thompson Center's neighbor. Bring a sun hat and water bottle and discover the palette of summer using water-soluble pencils and watercolor. Whether you're a novice or just curious, join us for a stroll and creative contemplation. (If we experience extreme heat, we will delve into drawing the landscape indoors).

Art with Avery
August 19, 1:00 PM



Join Avery for another needle felting class as requested! Using colorful wool fibers, you'll make a 2D or 3D project. \$5 for supplies. Register in advance.

New! Free Zumba Class with UVAC at The Thompson

Tuesday, August 25, 1:30 PM



We're partnering with the Upper Valley Aquatic Center to bring you a brand-new Zumba class. This high-energy workout blends upbeat music with easy-to-follow dance moves for a fun, full-body cardio session that feels more like a celebration than a workout. All fitness levels are welcome, so come ready to move, sweat, and have a blast.

First session is free! Please join us if you would like to see this as an ongoing offering.

Ping Pong Schedule Update

Thompson Center

Mondays, 9:30-11:30 AM mixed group

Thursdays, 8:30-10 AM mixed group

NEW! Fridays 9:30-11:30 AM, women only

NEW! Fridays 1-3:00 PM, men only

Masonic Hall*

Tuesdays, 9:30-11:30 am

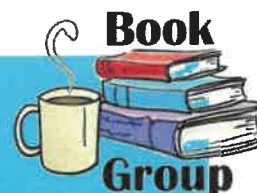
Wednesdays, 9:30-11:30 am

*The Masons are generously allowing their space for ping pong two mornings/week. This is an adult only activity. Parking is on the street or at the East End Park. There is one handicapped space behind the Hall. No parking is allowed in the parking lot since it is for the use of the Ottauquechee Health Center.

Book Group

Wednesday, August 26, 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



PROGRAMS & TRIPS



Master Class Series: Cornel West Teaches Philosophy **Tuesdays, August 4 & 18 at 1:00 PM, Pre-register**

Distinguished philosopher Cornel West teaches you how to think more deeply, connect more closely, and live a more fruitful and meaningful life. Please note this is a pre-recorded virtual event with group discussion after.



Summer Supper Club at Ranch Camp **Thursday, August 13, 5:30 PM, RSVP to The Thompson**

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.

Beginner Line Dancing **Friday, September 4, 1:30 – 3:00 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. Come enjoy great music, friendly company, and a good dose of exercise. Please register in advance.



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 - AUGUST 2026

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
9 Walking Group 9:30 Ping Pong 10 BINGO 1 Gentle Yoga 1 Advisory Meeting	9 Men's Yoga 9:30 Benefits Assistance 10:30 Chair Yoga 1 Mahjong 1 SAIL 1 Master Class: Philosophy with Cornel West 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Community Connections: Homeshare	8:30-10 Ping Pong 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1:30 Creative Art with ArtisTree 1 SAIL 3 Bone Builders	9:30 Ping Pong - Women only 10:30 BINGO 1 Mahjong 1 Nutrition Program 1-3 Ping Pong- men only
10	11	12	13	14
9 Walking Group 9:30 Ping Pong 10 BINGO 1 Gentle Yoga	Reflexology 9 Men's Yoga 10:30 Chair Yoga 12 Caregiver Support Group 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 1 Sustainable Wood-stock Presentation	8:30-10 Ping Pong 10 Cribbage 10:30 Strength, Stretch, Stability 10:30-11:30 Tech Appts 1 SAIL 3 Bone Builders 5:30 Supper Club	9:30 Ping Pong- women only 10:30 BINGO 11 Grief Support Group 1 Mahjong 1-3 Ping Pong- men only
17	18	19	20	21
CLOSED for Warren's Lobster Trip	9 Men's Yoga Commodities 10:30 Chair Yoga 1 Mahjong 1 SAIL 1 Master Class: Philosophy with Cornel West 3 Bone Builders	8:30 Board Meeting 9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Art with Avery	8:30-3 Foot Clinic 8:30-10 Ping Pong 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 SAIL 3 Bone Builders	9:30 Ping Pong- women only 10:30 BINGO 1 Mahjong 1-3 Ping Pong-men only
24	25	26	27	28
Celebrate National Parks Week				
9 Walking Group 9:30 Ping Pong 10 National Parks BINGO 1 Gentle Yoga	Reflexology 9 Men's Yoga 10:30 Chair Yoga 1 Mahjong 1 Marsh-Billings-Rockefeller Presentation 1:30 Zumba Class 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 11 Yosemite Virtual Tour 12 French Table 1 Gentle Yoga 1:30 Book Group	BIRTHDAY DAY LUAU 8:30-10 Ping Pong 10 Cribbage 10:30 Strength, Stretch, Stability 12:45 Island Times Steel Drum 2-3 Tech Appts 3 Bone Builders	9 Breakfast Day 9:30 Ping Pong- women only 10:30 BINGO 1 Mahjong 1-3 Ping Pong- men only
31				
8:30-3 Foot Clinic 9 Walking Group 9:30 Ping Pong 10 BINGO 1 Gentle Yoga				RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277

MENU - AUGUST 2026

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

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Indian Style Butter Chicken, Rice Pilaf with Saffron and Fresh Herbs, Roasted Local Vegetables, Tossed Garden Salad, Dinner Roll, Cookie	Cheese Ravioli with White Sauce and Basil Pesto, Roasted Summer Vegetables, Garden Salad with Fresh Vegetables and House Made Dressing, Whole Grain Roll, Fruit Salad	Quiche with Vermont Cheddar, Broccoli, Roasted Peppers, Bacon (vegetarian option avail.), Half Tossed Mixed Green Salad with Vegetables, CROUTONS and House made Dressing, Lemon Cake with Fresh Berries and Whipped Cream	Beef Enchilada Caserole with Jack Cheese, Corn and Sweet Peppers, Black Beans, Spanish Rice Pilaf, Garden Salad with Homemade Ranch Dressing Ice Cream, Fresh Fruit	Turkey Sandwich on Whole Wheat Bread with Cheddar Cheese, Lettuce, Tomato and Lemon Herb Spread, Cucumber Salad, Fresh Fruit Salad, Brownie
10	11	12	13	14
Grilled Maple Mustard Chicken Breast, Roasted Potatoes, Local Vegetables, Whole Wheat Roll, Brownie and Fresh Fruit	Meatloaf with Gravy, Mashed Potatoes, Green Bean Almondine, Whole Grain Dinner Roll, Fruit Salad	Stuffed Peppers with Ground Turkey, Butternut Squash, Spinach and Mushrooms, Marinara Sauce, Brown Rice Pilaf, Whole Grain Roll, Fresh Fruit Salad	Baked Haddock with Lemon Sauce and Fresh Herbs, Mixed Grain Pilaf, Summer Vegetables, Whole Grain Roll, Blueberry Lemon Cake, Fresh Fruit Salad	Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion, Pickles and House Spread, Baked Potato Wedges, Cole Slaw, Ice Cream
17	18	19	20	21
CLOSED Lobster Trip	Roasted Eggplant Sandwich on a Whole Wheat Hoagie Roll with Pesto Spread, Lettuce and Tomato, Cous Cous Salad with Tomato, Cucumber and Roasted Peppers and Fetta Cheese, Fruit Salad Cookie	Braised Pork Chop in Tomato Sauce with Peppers, Mushrooms and Onions, Soft Polenta, Mixed Vegetables, Whole Grain Dinner Roll, Fruit Salad	Orange Chicken with Scallions, Water Chestnuts and Mandarin Orange, Steamed Brown Rice, Stir Fry Vegetables, Mixed Green Salad with Crispy Noodles, Carrots, Cucumber, Ice Cream with Mango Compote	Tuna Salad with Tomatoes, Cucumber, Carrots, Hard Egg, Pickled Red Onion, Croutons and Olives and House made Dressing, Whole Grain Roll, Yogurt Parfait with Fresh Fruit, Organic Granola and Maple Syrup
24	25	26	27	28
Grilled Italian Sweet Mild Sausage with Peppers and Onions, Marinara Sauce, Pasta Casserole, Mixed Vegetables, Whole Grain Dinner Roll, Fresh Fruit Salad	Pulled BBQ Style Chicken with Memphis Style BBQ Sauce, Cucumber Salad with Tomato, and Red Onion, Macaroni and Cheese, Buttermilk Biscuit, Fruit Salad, Banana Pudding with Lady Finger Cookies and Whipped Cream	Salmon with Coconut Curry Sauce, Brown Rice, Stir Fry Vegetables, Garden Salad with Sesame Ginger Dressing, Whole Grain Roll, Fresh Fruit Salad	Birthday Day Luau Theme Huli Huli Chicken and Kalua Style Pork Steamed Coconut Rice, Sesame Green Beans, Whole Grain Roll, Coconut Ice Cream Sundae with Whipped Cream	9am Breakfast Day Pancakes, Sausage Patty, Scrambled Eggs, Home Fries, Fresh Fruit Parfait with Yogurt, Fresh Fruit Salad, Granola and Maple Syrup
31				
Chicken Parmesan with Marinara and Provolone Cheese, Pasta with Fresh Herbs & Olive Oil, Steamed Vegetables, Garlic Bread, Fruit Salad			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

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 Summer Schedule at The Thompson and Masonic Temple

See page 4 for days and times

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@thompsonscenter.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. **Class is currently at capacity.**

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.

HEALTHY AGING

Tech Appointments at The Thompson With Emily Gibson from the NWPL

Thursday, August 13, 10:30 – 11:00 AM and 11:00 – 11:30 AM
Thursday, August 27, 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 August 20 & 31, 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, August 14, 11:00 AM, Pre-register

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.

Reflexology with Certified Reflexologist, Deb Neuhoof Enjoy Reflexology to Relax, Rejuvenate, & Reboot Your Whole Body \$35 for 30 minute hand or foot treatment or \$65 for 60 minutes Tuesdays, August 11 & 25. Call to make your appointment.

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

Veterans Claims Assistance Continues at The Thompson A Veteran Volunteer is Ready to Assist You

If you are thinking about submitting a claim for disability and need help, please call The Thompson Center for a consultation with veteran and Thompson volunteer, Tom Watson. Tom can tell you what forms to fill out and how to get them.

If you need help in determining eligibility, please call Tom directly at 802-282-2151 or The Thompson Center at 802 457 3227 to schedule your individual and confidential appointment. Tom will also meet veterans in their homes if that is more convenient.

Over many years Tom has helped veterans receive VA benefits, even those 70 years after the Korean war, 60 years after the Vietnam war, and 25 years after the Iraq and Afghanistan conflicts. The process can take a while but can be well worth the effort. If all possibilities are exhausted and legal help is needed, there are attorneys one can be referred to.

Veteran's disability compensation has ranged from 10% which is approximately \$187.00 to 100% which is approximately \$3958.00 and yes, there are veterans receiving 100% disability payments. Time and patience can pay off and Tom is available to help. Don't wait any longer and wonder if you are missing compensation that you have earned for your service.

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@thompsonseniorcenter.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!



Homes sharing 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.

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

Patti and Rick Beda - exercise bicycle
Dineen Peters - crutches

A Special Thank You for these monthly ongoing donations:

Vermont Standard newspapers



AUGUST BIRTHDAYS

IN MEMORY OF

Betty Stetson

Julia Stride
Mary Blackmer
Linda Maxham

Dick Atwood

Molly McDermott
Linda Maxham
Deborah Gravel

John Gravel

Deborah Gravel

Larry Morrison

Deborah Gravel

1st	Laurie	Heijn	10th	Keith	Herman	20th	Gay	Travers
1st	Marilyn	Peterson	10th	Bruce	Rivers	20th	Nancy	Pejouhy
2nd	Linda	Maxham	11th	Deborah	Heimann	21st	Lisa	Gramling
2nd	Kenneth	Niemczyk	11th	Dan	Leavitt	21st	Barbara	Abraham
2nd	Dolores	Gilbert	11th	Catherine	Wood	22nd	Lucille	McCarthy
2nd	Patricia	Carsen-Allen	11th	Martha	Giller	22nd	Pam	Sheperd
2nd	Joyce	Mechling	11th	Joni	Kennedy	22nd	Lucille	Staples
3rd	Bonnie	Atwood	12th	David	Pauly	22nd	Jill	Hastings
3rd	Margarete	Pierce	13th	Veronica	Delay	22nd	Horst	Dresler
3rd	Ruth	Emery	13th	Kendall	Taylor	23rd	Ralph	Robinson
3rd	Byron	Quinn	13th	Kathy	Lembo	23rd	Robert	Armstrong
3rd	Andrew	Hayward	13th	Pamela	Mathews	23rd	John	Zonay
3rd	David	Murphy	13th	Brenda	Byrne	24th	Debi	Dean
4th	Loretta	Parker	13th	Mabel	Niebling	24th	Bev	Anderson
4th	Gerrie	Russell	13th	Ron	Galecki	24th	Elaine	Pauley
4th	Timothy	Rinell	14th	Judy	Wiggin	24th	Allan	Greenberg
4th	Tara	Layne	14th	Rick	Fiske	24th	Curtiss	Sanderson
4th	Mark	Latham	14th	Anne	Nestler	25th	Carolyn	Robinson
4th	Abraham	Adesa	14th	Alice	Gundersen	25th	Margaret	Edwards
4th	Dianne	Trivers	14th	Lisa	Burke	25th	Megan	Westover
5th	Joby	Thompson	14th	Susan	Burgess	25th	Lana	Reuss
5th	Charles	Frechette	15th	Suzanne	Skuja	25th	Steven	Strong
6th	Douglas	Holtz	15th	John (Jack)	Hotson	25th	Hunter	Wright
6th	Kathy	Murphy	16th	Marie	Robinson	25th	Robert	Slocum
7th	Carol	Corneille	16th	Jack	Jacobvitz	26th	Melinda	Griggs
7th	Kathy	Reynolds	16th	Ronald	Stetson	26th	Anne	Brodrick
7th	Robert	Morris	16th	William	Battilana	26th	Alex	Audsley
8th	Laura	Griggs	17th	Ralph	Lancaster	26th	Arlene	Bohn
8th	Trina	Perkins	17th	Christine	Gould	27th	Merrill	Kruse
8th	James	Pierce	18th	Mary	Mercure	27th	Pamela	Barrows
8th	Melinda	Meyerhoff	18th	John	Peters Sr	27th	Sandy	Palmer
8th	Dail	Frates	18th	Jane	McGuire	27th	Glenn	Fullerton
8th	Cathy	Kwiecevski	18th	Suzanne	Nothnagle	27th	Alice	Paglia
9th	Sarah	Lambert	18th	Scott	Vlcek	28th	Jean	Goldsbrough
9th	Linda	Chase	18th	Mike	Moriarty	28th	Andrew	Geller
9th	Terri	Coolong	18th	Laura	Hill	29th	Nan	Salamon
9th	Betsy	Siebeck	19th	Rebecca	Mitchell	30th	Joan	Fariel
10th	David	Wheadon	19th	Jerry	Santerre	30th	Karen	Oldenburg
10th	Margaret	Nielsen	20th	Brian	McGinty	30th	Jeninne	Hagar
10th	Jim	Krawczyk	20th	Steve	Stringos	31st	Ron	Willis
10th	Kevin	Herman	20th	Cyndy	Kozara	31st	Karen	Gilmour
						31st	Rachel	Obbard



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

