



The Thompson Times

Your resource to age well

SEPTEMBER 2026

Happier Birthdays Happen Here! September is National Senior Center Month



This year's theme—**Happier Birthdays Happen Here**—celebrates the moments, connections, and opportunities that help people not just live longer, but live well. Happier birthdays don't start with candles or cake. They start with connection, purpose, support, and community.

Every day, people walk through the doors and find exactly that—friendships that matter, programs that energize, and resources that make each year stronger than the last.

From their grassroots beginnings to today, senior centers have grown into dynamic community hubs—connecting older adults to wellness, creativity, and essential services. They reflect the diversity, strength, and resilience of today's aging population and prove what's possible when communities invest in people.

As part of our celebration, we invite our patrons to share their wisdom by answering one simple question: **'What advice would you give your younger self?'** Your thoughtful responses will become part of our **Time Capsule of Wisdom** which will be displayed on our September Birthday Day, honoring the experiences, lessons, and memories that make our community so special.



You're Invited
Thompson Open House
Senior Center Month Celebration
Thursday, September 10, 4:30-7:00pm



Enjoy an evening of delicious food, live music, and fun for all as we celebrate National Senior Center Month at The Thompson. This special event will feature live music by Beecharmer and refreshments by Woodstock Pizza Chef "Hoppy" craft beer and food truck, and Silver Lake Syrups maple creemees. Whether you're a longtime member, new to the area, or simply curious about our programs and services, we invite you to explore our welcoming spaces, meet our staff and volunteers, and discover how we're helping older adults stay active, connected, and engaged. RSVP, FREE event & food, cash bar.

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,
djones@thompsonscenter.org

Cory van Gulden, Assistant Director,
cvang@thompsonscenter.org

Paula Audsley, Business Office Manager,
paulsley@thompsonscenter.org

Jen Bloch, Marketing Coordinator,
jbloch@thompsonscenter.org

Shari Borzekowski, Aging at Home
Resource Manager & HomeShare Vermont
Case Manager,
sborz@thompsonscenter.org

Pam Butler, Aging at Home Support,
pbutler@thompsonscenter.org

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, 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*

Thomas Phillips—*Co-President*

Beth Harper—*Treasurer*

Richard Wacker—*Secretary*

Keri Cole

Ken Costello

Janet English

Robin Gaby Fisher

Greg Greene

Patty Hasson

Carolyn Kimbell

Tara Layne

Roger Logan

Dan Noble

Paulette Watson

Dennis Wright

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- **Trips:** Canada/Niagara Falls trip was a success. On 10/7 Colette Tours will present details on a trip to the Canadian Rockies in June 2027. A Christmas Market trip is also planned for December 2026.
- **Upcoming Programs:** Homeshare presentation (8/5), longevity/dietitian presentation (8/7), and **line dancing** beginning in September on the first Friday of each month.
- **Activities:** Supper Club is **8/13 at Ranch Camp**; Medicare appointments will begin in October.
- **September Celebration:** The Thompson will hold another September celebration; members shared ideas for activities, speakers, and community connections.
- **Member Suggestions:** Ideas included sharing local events, inviting a thermal drone pilot or bear-program presenter, and offering trips to Sandwich, MA; the Butterfly Museum; and the Cog Railway.
- **Future Trips:** Suggestions included **Campobello Island** (FDR's summer home) and **Hyde Park, NY** (FDR Presidential Library).

Please join our next meeting on **Monday, September 14, 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

Jeremiah R. Goulet
Architect



DAVIS STEADMAN
PERCY & SLUKA, LLC



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

HEALTHY AGING



Welcome Back 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.

September 21-25 is National Falls Prevention Awareness Week **Individual Balance Screenings on September 24, 1:15 PM**

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

As part of Falls Prevention Week we will be offering free balance screenings at The Thompson Center with Linda Harvey and Anne Bower on September 24th beginning at 1:15 pm. Your individual screening will include recommendations by a licensed therapist.

Individual Medicare Counseling Appointments **with Andy Hayward and Scott Vlcek, licensed Insurance Agents** **with Gateway Retirement Solutions** **Mondays & Thursdays from 8:00 am—3:00 pm at The Thompson** **Beginning Thursday, October 15th**

October 15th through December 7th is the Annual Enrollment Period for Medicare Insurance Plans and Prescription Drug Coverage Plans (Part D). During this time you are able to join a Medicare Part C or D plan. Your plan will take effect on January 1, 2027. If you already have a Medicare plan, this is the time to re-evaluate your health care needs and compare them to your current plan benefits. If you decide to stay with your current plan there is no further action required to renew it. Call Shari at The Thompson to make your appointment: 802-457-3277.

Creative Arts with ArtisTree

Harvesting a Collage

Friday, September 4, 1:30-3:00 PM , Register in advance

Traditionally, September has been the time when communities come together to celebrate the harvest. Fields are cleared, crops gathered, and larders filled for the colder months. As artists, we too come together to celebrate the bounty with visual delights.

Using a variety of pre-painted, patterned papers, we collage the gifts of the season and harvest colorful works of art. We will be inspired by the lush pigments of the beets and tomatoes and the texture of the corn and carrots. This is for the individual who loves to play with color and shapes. No experience is necessary to cut, glue and arrange your collage. Your art may be an example of the abstract or the exploration of realism. Come join us and create!



Plein Air Demo & Class with Jill Dye

Wednesday, September 16, 1:30 PM

Woodstock History Center Garden — weather permitting

Join us for an afternoon of plein air drawing and watercolor in the beautiful gardens of the Woodstock History Center! Learn how to capture the sights, colors, and details of the landscape while enjoying a relaxed, creative outdoor experience.

Please bring a **ballpoint and/or gel pen, pencil, watercolor paints, and a brush** if you have them. If you don't have supplies, no worries! **Watercolors, brushes, water dishes, and paper will be available.**

Whether you're an experienced artist or simply curious to try something new, come enjoy the garden, explore your creativity, and have fun creating art outdoors. All skill levels are welcome!

Art with Rose: Teacup Succulents

Tuesday, September 22 | 1:30 PM

Cost: \$15

Get creative with Rose and have some fun making your very own **teacup succulent!** This hands-on art class combines creativity, plants, and a little whimsy to create a charming piece you'll be proud to take home. Come enjoy an afternoon of creativity and fun with **Art with Rose!**

Join our Volunteer Writing Team

Mondays, 1-3 PM at The Thompson

Whether you're an experienced writer or just getting started, we'd love to have you join our volunteer writing team. Writers help tell the stories of our community through interviews, profiles, and local features for the newspaper. No professional experience is necessary—just curiosity, a willingness to learn, and a desire to share the people and events that make our community special. Meetings are Mondays from 1-3 at the Thompson. For more information, email robin@robingabyfisher.com

PROGRAMS & TRIPS

World Virtual Tours Presents: *Renaissance Art: The Tuscan Miracle* Tuesday, September 2, 1:00 PM

Join us for a live virtual journey through the birthplace of the Renaissance! In this online tour through World Virtual Tours, we'll explore Tuscany's extraordinary artistic legacy — from the masterpieces of Florence to the treasures scattered throughout the region's hill towns and cathedrals.

Discover how this small corner of Italy sparked one of history's greatest artistic revolutions, all from the comfort of home.

No travel required — just log in and let the tour guide take you through the art, architecture, and history that changed the world. Pre-register with The Thompson.

Supper Club at Skunk Hollow Tavern Thursday, September 17, 5:30 PM, RSVP to The Thompson

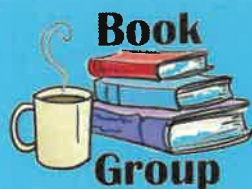
Summer is short and we want to take advantage of the opportunity to gather and enjoy a fun evening out together. Join Deanna and friends at 5:30 pm for dinner. This will be a dine and pay on your own event where orders are placed individually. Call a friend, offer a ride if you can, and enjoy a summer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

Community Connections: Riverbank Restoration Talk Thursday, September 17, 1:00 PM

Ever wonder about those yellow excavators along the Ottauquechee River near White Cottage this summer? Join us to find out what's behind them. This streambank restoration project is using wood and trees harvested at the King Farm to help reduce erosion and stabilize the riverbank.

Ron Rhodes, Director of Programs for the Connecticut River Conservancy (and a Pomfret resident), along with Pieter van Loon of the Vermont Land Trust, will explain the timber harvest, the benefits of the river project, and take your questions.

Don't miss this chance to learn more about the work happening right in our backyard!



Book Group Wednesday, September 23, 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.

**Join us for an exclusive trip presentation with Collette Tours
Canadian Rockies and Glacier National Park, June 18-24, 2027
October 7, 10:30 AM at The Thompson**



PROGRAM CALENDAR - SEPTEMBER 2026

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	9 Men's Yoga 9:30 Benefits Assistance 10:30 Chair Yoga 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 World Virtual Tours: The Tuscan Miracle	8:30-10 Ping Pong 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 3 Bone Builders	9:30 Ping Pong - Women only 10:30 BINGO 1 Mahjong 1-3 Ping Pong- men only 1:30 Creative Art with ArtisTree 1:30 Beginner Line Dancing
7	8	9	10	11
Closed for Labor Day	Reflexology 9 Men's Yoga 10:30 Chair Yoga 12 Caregiver Support Group 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga	8:30-10 Ping Pong 10 Cribbage 10:30 Tech Help 10:30 Strength, Stretch, Stability 3 Bone Builders 4:30 Senior Center Month Celebration	9:30 Ping Pong- women only 10:30 BINGO 11 Grief Support Group 1 Mahjong 1-3 Ping Pong- men only
14	15	16	17	18
9 Walking Group 9:30 Ping Pong 10 BINGO 1 Gentle Yoga 1 Advisory Meeting 1 Writing Group	9 Men's Yoga Commodities 10:30 Chair Yoga 1 Mahjong 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 1:30 Plein Air Demo & Class	8:30-3 Foot Clinic 8:30-10 Ping Pong 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Community Connections 3 Bone Builders 5:30 Supper Club	9:30 Ping Pong- women only 10:30 BINGO 1 Mahjong 1-3 Ping Pong-men only
21	22	23	24	25
9 Walking Group 9:30 Ping Pong 10 BINGO 1 Gentle Yoga 1 Writing Group	Reflexology 9 Men's Yoga 10:30 Chair Yoga 1 Mahjong 1:30 Art with Rose 3 Bone Builders	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 8:30-10 Ping Pong 10 Cribbage 10:30 Strength, Stretch, Stability 1:15 Falls Prevention Screenings 2 Tech Help 3 Bone Builders	9:30 Ping Pong- women only 10:30 BINGO 1 Mahjong 1-3 Ping Pong- men only
28	29	30		
8:30-3 Foot Clinic 9 Walking Group 9:30 Ping Pong 10 BINGO 1 Gentle Yoga 1 Writing Group	9 Men's Yoga 10:30 Chair Yoga 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga		RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277

MENU - SEPTEMBER 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	4
	Tomato Soup, Grilled Cheese Panini Style with Fresh Mozzarella and Basil Peso, Fruit, Ice Cream Sundae	Chefs Choice Fish of the Day with Lemon Herb Sauce, Cous Cous, Sautéed Green Beans, Dinner Roll, Garden Salad, Fruit	Baked BBQ Style Chicken Leg Quarters, Cole Slaw, Garden Pea Salad, Maple Baked Beans, Dinner Roll, Fresh Fruit Salad	Chef's Salad with Ham, Turkey, Cucumber, Croutons, Tomatoes, Sweet Peppers, Cheese and Carrots and Country Herb Dressing, Roll Ice Cream Sundae with Fresh Berries and Maple Syrup
7	8	9	10	11
CLOSED for Labor Day	Broccoli, Corn & Chicken Chowder, Garden Salad with Vegetables and House Made Dressing, Whole Grain Roll, Fresh Fruit Salad, Brownie	Beef Stew with Potatoes, Parsnips, Peas and Mushrooms, Garden Salad, Dinner Roll, Pie, Fruit	Orange Chicken, Steamed Brown Jasmine Rice, Stir Fry Vegetables, Salad with Carrots, Chow Mein Noodles, Cucumber and Tomato with Sesame Dressing, Fruit Salad	Linguini and Beef Meat Balls with Marinara Sauce, Garden Salad with Toasted Almonds, Craisins, Carrots, Radish and Tomatoes with Maple Mustard Dressing Ice Cream, Fruit
14	15	16	17	18
Hearty Chicken Noodle Soup with Garden Vegetables, Tossed Mixed Green Salad, Cottage Cheese, Roll, Fresh Fruit	Grilled Sweet Italian Sausage Link with Roasted Peppers and Onions, Marinara Sauce, Pasta Casserole with Garden Vegetables, Apple Bread with Whipped Cream	Baked Salmon, Steamed Potatoes with Butter and Fresh Herbs, Roasted Summer Squash, Whole Grain Dinner Roll, Fruit Salad, Oatmeal Craisin Cookie	Roasted Vegetable Lasagna with Butter-nut Squash, Zucchini, Sweet Peppers, Mushrooms and Spinach made with White and Red Sauce, Garlic Bread, Fresh Fruit Salad	Cheeseburger on a Whole What Bun, Lettuce, Tomato, Onions and Pickles, Potato Salad, Fresh Fruit, Ice Cream
21	22	23	24	25
New England Clam Chowder Soup, Garden Salad with Garbanzo Beans, Beets, Orange, Carrots and Cucumber, Cottage Cheese, Peach Cobbler	Eggplant Parmesan with Marinara Sauce, Parmesan and Mozzarella Cheese, Basil Pesto, Mixed Greens with Chicken and Garden Vegetables, Fresh Fruit	Baked Chicken Breast with Lemon and Herbs, Couscous, Local Garden Vegetables, Salad with Country Herb Dressing, Fresh Fruit, Dinner Roll	Birthday Day Beef Stroganoff with Mushrooms and Pearl Onions, Egg Noodles, Summer Garden Salad, Dinner Roll, Fresh Fruit Salad	Grilled Hot Dog, Potato Salad with Hard egg and Peas, Baked Beans, Cole Slaw, Fresh Fruit, Blueberry Ice Cream Sundae
28	29	30		
Cheese Ravioli with Peas and Mushrooms, Garden Salad, Dinner Roll, Fruit Salad, Lemon Cake Topped with Mixed Berry Compote and Whipped Cream	Maple Garlic Chicken Thighs with Fresh Herbs and Lemon, Baked Mac and Cheese, Steamed Broccoli, Whole Grain Dinner Roll, Fresh Fruit	Beef Barley Soup, Garden Salad with Carrots, Cucumber and Beets, Cottage Cheese, Whole Grain Dinner Roll, Fresh Fruit, Cookie	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

ACTIVE AGING

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 Schedule

at The Thompson

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

Thursday, 8:30-10 AM mixed group

Fridays 9:30 –11:30 AM women, 1-3 men

At the Masonic Hall

Tuesdays & Wednesdays, 9:30-11:30 AM

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. **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, September 10, 10:30 – 11:00 AM and 11:00 – 11:30 AM
Thursday, September 24, 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 September 17 & 28, 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, September 11, 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, September 8 & 22. 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!



Homeshaaring 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

Charlie English - music stands in
memory of Sandy Gilmour
Brian Powell - walking sticks
Maggie Peterson - pens & pencils
Janet Herrick - greeting cards
In memory of Rick Beda - grill
Kathy Fiske - medical equipment

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

Vermont Standard
newspapers



IN MEMORY OF

Larry Morrison
Nancy Morrison
Naomi Moyer
Kay Deist
Carol Mosher
Carol Morrison
Richard & Linda
Brackett
Eleanor Grice

Michael Worth
Rhonda White
Carol Perry

SEPTEMBER BIRTHDAYS

1st	Beverly	Audsley	12th	Prince	Furlow	22nd	Joan	Gildea
1st	Anne	Herz	14th	Bo	Gibbs	23rd	Anne Marie	Bohn
1st	Althea	Derstine	14th	Mary	Fullerton	23rd	Nancy	Conte
1st	Raymond	Remick	14th	Robyn	Huck	23rd	John	Barnes
1st	Rebecca	Dicicco	14th	Abner	Schlabach	24th	Jurgen	Ewert
2nd	Helen	Howe	14th	Mary	Biathrow	25th	Charles	Malerich
2nd	Marian	Whitaker	15th	Mary	Hawkins	25th	Michelle	Spencer
2nd	Roberta	Hutt	15th	Colleen	Warren	25th	Kerry	Postler-Hermann
2nd	Sarah	Flavell	15th	Barbara	Frizzell	26th	Kathleen	Kjerulff
2nd	John	Adams-Wade	15th	Raymond	Pariseau	26th	Joanne	Smith
2nd	Sue	Mattson	15th	Ellen	LeFever	26th	Angel	Rubino
3rd	Dawn	Mathis	16th	Martha	Leonard	26th	Pauline	Carr
3rd	Gerhard	Sihler	16th	Noreen	Binder	26th	Sheryl	Reyna
4th	Elizabeth	Schellhorn	16th	Graham	Hankey	27th	Neil	Marinello
4th	Lynn	Murrell	16th	Ralph	Kurash	27th	Reggie	Barron
4th	Dale	Kjerulff	17th	Linda	Smiddy	27th	James	Heinz
4th	Michelle	DiStefano	17th	Marie	Oldenburg	28th	Cynthia	Underhill
4th	Rita	Lane	17th	Lisa	Foley	28th	Russell	Pejouhy
4th	Susan	Southworth	18th	Felicitas	Leonard	29th	Prudence	Schuler
5th	Laura	Robinson	18th	Ruth	Harrington	29th	Anita	Clark
5th	Harold	Eaton	19th	Pamela	Gerstmayr	29th	Deb	Kalanges
5th	Michael	Burnett	19th	Eleanor	Coffey	29th	Greg	Greene
5th	Deborah	Darling	19th	Karen	Wynkoop	29th	Ilse	Soar
5th	Darlene	Lyden	20th	Veronica	Skerker	29th	Kathryn	Kaminski
5th	Brigitte	Poulin Ambrose	20th	Jean	Keleher	29th	Michael	Bellefeuille
5th	Anna	Cox	21st	Tuesday	Wright	30th	John	Doten Jr
6th	Ken	Woodhead	21st	Phyllis	Arata-Meyers	30th	Richard	Lichtenstein
7th	Dana	Cudney	21st	Emma	Schmell	30th	Marie	Pepe
7th	Kaylin	McCarthy	22nd	Daniel	Bruce			
8th	Julia	Boulbol	22nd	Karen	Hawkes			
9th	Tambrey	Vutech	22nd	Roswell	Harlow II			
9th	Kerry	Rosenthal	22nd	Robert	Sawyer			
10th	Albert	Whittier						
10th	Leland	Mahood						
10th	Janet	Kelsey						
10th	David	Bagley						
11th	John	Moore						
11th	Glen	Yankee						
11th	Margaret	Gray						
12th	Alex	Henzel						



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.thompsonseneiorcenter.org

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

┌

┐

└

┘



TRANSPORTATION

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

Woodstock.

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

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

MISSION

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

Thank You to Our Transportation Sponsors & Grants



Ottauquechee
Plumbing & Heating
802-457-1795



Like us on

