



The Thompson Times

Your resource to age well

OCTOBER 2026

Thompson Annual Meeting

Join us on **Wednesday, October 28 at 10:30 am** for our annual meeting and a delicious lunch to follow.

The Annual Meeting is an opportunity to vote on and welcome new board and council members, celebrate achievements, and review our year-end (unaudited) financial statements. After a full year back in our new building, we've truly grown into our space— together, we built it and they came! Please join us as we celebrate an exciting year of growth and look ahead to the next year we'll build together.

Our Lunch Menu Includes:

Baked Salmon with Lemon Sauce and Fresh Herbs, Mixed Grain Pilaf,
Fall Roasted Vegetables, Mixed Greens Salad, Whole Grain Roll, Fresh Fruit

Suggested Donation: \$7.00, charge of \$12 for age 60+

***Call 457-3277 to order lunch and RSVP for the annual meeting.
In person with virtual option available.***



Oktoberfest Celebration

Friday, October 2, Noon

Join us as we partake in this celebration with a traditional meal of:

Grilled Bratwurst, Sweet and Sour Cabbage, German Style Potato Salad, Maple Mustard Sauce, Apple Cake with Raisin Sauce and Whipped Cream

Enjoy delicious pretzels and BYOB.

Pre-register by calling The Thompson.

We look forward to celebrating with you!

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonsniiorcenter.org

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

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

Jen Bloch, Marketing Coordinator,
jbloch@thompsonsniiorcenter.org

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

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

Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonsniiorcenter.org

Andrew Geller, Chef,
ageller@thompsonsniiorcenter.org

Chris Eldridge, Facilities Maintenance,
celdridge@thompsonsniiorcenter.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@thompsonsniiorcenter.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

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

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SPECIAL THANKS TO OUR 2026 SPONSORS



**Mascoma
Bank**

ANONYMOUS

Jeremiah R. Goulet
Architect



**WOODSTOCK
INSURANCE**



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

PROGRAMS



Beginner Line Dancing

Friday, October 2, 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.

Collette Tours Presents: Canadian Rockies & Glacier National Park 2027 Wednesday, October 7, 10:30 AM

Join us for an informational talk to learn about trip details and pricing. Please sign-up in advance.



Introducing GeoGuessr

Thursday, October 8, 1:00 PM in the Private Dining Room

Put your geography skills to the test with GeoGuessr! Travel the world from the comfort of your seat as you explore virtual locations and try to figure out where in the world you are. Come play, have some fun, and see how well you know the world!

Master Class Series: The Science of Better Sleep Mondays, October 19 & 26, 11:00 AM, Pre-register

Neuroscience professor Matthew Walker teaches you the science of sleep and how to optimize it to better your overall health.



Breakfast Club at Oakes & Evelyn

Thursday, October 29, 9:00 AM, RSVP to The Thompson

We enjoyed our Summer Supper Club so much, we've decided to transition to Breakfast Club this fall. Join Deanna and friends at 9:00 am for breakfast at the lovely Oakes & Evelyn located in The Jackson. 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 Breakfast Club with your Thompson friends.

RSVP to The Thompson required in advance.



Creative Connections:

***An Art & Conversation Group for People Living with Memory Changes and Their Care Partners and Friends
at ArtisTree Community Arts Center***

Tuesdays, Sep 15 - Nov 24, 10-11:00 am, \$5 per class

Creative Connections is a welcoming gathering for people experiencing cognitive decline and the friends, family members, or caregivers who support them. This relaxed, supportive group offers a chance to connect with others who understand the unique joys and challenges of the journey.

Each session includes time for conversation, a simple, enjoyable art activity that encourages creativity without pressure, and an opportunity to share coffee and muffins in a comfortable, friendly setting. No artistic experience is needed, just a willingness to spend time together, create, and enjoy meaningful connection. **Drop-ins are welcome.**

Creative Arts with ArtisTree: Dressing a Pencil **Friday, October 2, 1:30-3:00 PM , Register in advance**



“I would send you a bouquet of newly sharpened pencils if I knew your address”—a favorite Tom Hanks line. Fall does remind us of new school supplies and favorite sweaters. Let’s combine the two—pencils and wool—to create some amusing art.

We engage with felting wool this month. Felting is a textile craft that mats, condenses, and presses wool fibers into a solid fabric. Using the wet felting method, we will shape our wool with soapy water and agitation—no needles. There will be colorful wool roving to choose from to wrap and dress our pencils with flair and humor. This is a fun introductory felting project which can be embellished to suit your personality or the special person you gift it to.



Art with Rose: Pumpkin Painting

Tuesday, October 6 | 1:30 PM, Cost: \$15

October is time for pumpkin fun! We will paint and/or decoupage pumpkins! All materials including pumpkin supplied. \$15

Rose Young Smith, WUHS Class of 78, will guide you through the process of creating a festive pumpkin for upcoming Halloween fun! Register in advance.

How to Write Your Autobiography Through Memoir Writing

Taught by Charlotte Donaldson

Tuesdays, 11:00 AM–12:00 PM, Beginning October 6

Join Charlotte Donaldson for an inspiring 8-week memoir writing class designed to help you explore and capture the stories of your life. Through memoir writing, you’ll learn how to turn meaningful memories, experiences, and moments into engaging personal stories—creating an autobiography that reflects your unique journey.

PROGRAMS

VIRTUAL PROGRAM

Celebrating 250 -All About America's Tenth President - John Tyler

Presented by Tewksbury, MA Library

Friday, October 9, 10:30—11:30

Join author and illustrator Heather Rodgers - America's Preeminent Presidential Doodler -- each month as she shares facts, figures and fun illustrations about the presidents of the United States. This month, the focus is on the country's tenth president -- John Tyler. Journey through Heather's sketch-books as she shares some of her favorite tidbits, doodles, observations, and resurrection stories about the first 12 presidents.



Federal Actions and the Well-Being of Vermonters: What's at Stake

Community Connections with Bekah Mandell

Tuesday, October 20, 1:00 PM

Federal funding supports much of what we do as a state — from housing to income support, education, food security, and healthcare. Join Vermont's Public Assets Institute to learn about the impacts of federal actions on the state budget and what they mean for seniors and all Vermonters.

Featuring Bekah Mandell, Director of Communications and Development, Public Assets Institute.

AARP Smart Driver Class

This 4.5 hour refresher course is open to all drivers 50 years and older

Friday, October 23, 8:45 a.m. – 2:30 p.m. Lunch Break 12:00 – 1:00 PM

Cost: \$20 for AARP Members, \$25 for Others

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



Book Group

Wednesday, October 28, 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.

PROGRAM CALENDAR - OCTOBER 2026

Mon	Tue	Wed	Thu	Fri
			1	2
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277			8:30-10 Ping Pong 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 3 Bone Builders	9:30 Ping Pong 10:30 BINGO 1 Mahjong 1-3 Ping Pong 1:30 Creative Art with ArtisTree 1:30 Beginner Line Dancing
5	6	7	8	9
9:30 Ping Pong 10 BINGO 1 Gentle Yoga 1 Advisory Meeting 1 Writing Group	Reflexology 9 Men's Yoga 10:30 Chair Yoga 11 Memoir Writing Class with Charlotte Donaldson 1 Mahjong 1:30 Pumpkin Painting Class 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:30 Collette Trip Talk 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 1 Introducing GeoGuessr 3 Bone Builders	9:30 Ping Pong 10:30 BINGO 10:30 Virtual Program-John Tyler 1 Mahjong 1-3 Ping Pong
12	13	14	15	16
Closed for Indigenous Peoples' Day	9 Men's Yoga 10:30 Chair Yoga 11 Memoir Writing Class with Charlotte Donaldson 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	8-3 1:1 Medicare Counseling 8:30-3 Foot Clinic 8:30-10 Ping Pong 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 3 Bone Builders	9:30 Ping Pong 10:30 BINGO 11 Grief Support Group 1 Mahjong 1-3 Ping Pong
19	20	21	22	23
8-3 1:1 Medicare Counseling 9:30 Ping Pong 10 BINGO 11 Master Class Series: Better Sleep 1 Gentle Yoga 1 Writing Group	Commodities Reflexology 9 Men's Yoga 11 Memoir Writing Class with Charlotte Donaldson 10:30 Chair Yoga 1 Mahjong 1 Community Connections 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga	BIRTHDAY DAY 8-3 1:1 Medicare Counseling 8:30-10 Ping Pong 10 Cribbage 10:30 Strength, Stretch, Stability 2 Tech Help 3 Bone Builders	8:45 Smart Driver Safety Course 9:30 Ping Pong 10:30 BINGO 1 Mahjong 1-3 Ping Pong
26	27	28	29	30
8-3 1:1 Medicare Counseling 8:30-3 Foot Clinic 9:30 Ping Pong 10 BINGO 11 Master Class Series: Better Sleep 1 Gentle Yoga 1 Writing Group	9 Men's Yoga 10:30 Chair Yoga 11 Memoir Writing Class with Charlotte Donaldson 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Annual Meeting 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1:30 Book Group	8-3 1:1 Medicare Counseling 8:30-10 Ping Pong 9 Breakfast Club 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	Halloween Costume 9:30 Ping Pong 10:30 BINGO 1 Mahjong 1-3 Ping Pong

MENU - OCTOBER 2026

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

Mon	Tue	Wed	Thu	Fri
			1	2
Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, coffee, tea	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance		Roasted Chicken Breast Seasoned with Curry and Lemon, Mango Chutney, Rice Pilaf, Green Beans, Mixed Green Salad, Dinner Roll, Fruit	Oktoberfest Grilled Bratwurst, Sweet and Sour Cabbage, German Style Potato Salad, Maple Mustard Sauce, Apple Cake with Raisin Sauce and Whipped Cream
5	6	7	8	9
Minestrone Style Soup, Half Chicken Salad Wrap with Lettuce and Tomato, Fresh Fruit Salad, Ice Cream	Cheese Tortellini with Roasted Fall Vegetables, Pesto Sauce, Mixed Green Salad with Garden Vegetables and House Made Dressing, Fruit	Quiche with Broccoli, Sweet Roasted Peppers, Vermont Cheddar, Mixed Green Salad with Garden Vegetables with Maple Vinaigrette, Fresh Fruit and a Cookie	Salisbury Steak with Mushrooms and Onion gravy, Mashed Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit	ED's American Chop Suey, Mixed Green Salad, Garlic Bread, Cookie, Fresh Fruit
12	13	14	15	16
Closed for Indigenous Peoples' Day	Chicken and Biscuits with Peas and Carrots, Garden Salad with Orange, Beets, Carrots and Croutons, Dinner Roll, Fresh Fruit, Brownie	Beef Stroganoff over Egg Noodles, Green Beans, Whole Grain Roll, Blueberry Cake with Whipped Cream	Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies	Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion and Pickles, Coleslaw, Fresh Fruit Salad, Pumpkin Pie with Whipped Cream
19	20	21	22	23
Butternut Squash Soup, Panini Style Grilled Cheese Sandwich, Fresh Fruit Salad, Ice Cream	Eggplant Parmesan Casserole, Steamed Vegetables, Caesar Salad, Dinner Roll, Fresh Fruit Parfait with Granola and Maple Syrup	Chicken Fricassee (French White Stew) with Carrots, Mushrooms and Peas, Rice Pilaf, Lemon Cake, Fresh Fruit	Birthday Day Roasted Pork Loin with Gravy, Baked Potato, Sautéed Green Beans, Mixed Green Salad with Creamy Herb Dressing, Whole Grain Dinner Roll, Cake and Ice Cream	Spaghetti and Meat Sauce Made with Cloudland Farms Beef, Mixed Green Salad with Garden Vegetables and Citrus Dressing, Garlic Bread, Fresh Fruit
26	27	28	29	30
Chicken and Gnocchi with Carrots, Peas and Mushrooms, Whole Grain Roll, Garden Salad with House Made Dressing, Apple Pie	Turkey Lasagna with Spinach, Winter Squash, Roasted Peppers and Mozzarella, Cheese, Fresh Fruit, Garlic Bread	Annual Meeting Baked Salmon with Lemon Sauce and Fresh Herbs, Mixed Grain Pilaf, Fall Roasted Vegetables, Mixed Greens Salad, Whole Grain Roll, Fresh Fruit	Indian Style Butter Chicken, Rice Pilaf with Saffron and Fresh Herbs, Roasted Local Vegetables, Tossed Salad with Croutons and Garden Vegetables, Whole Grain Dinner Roll, Lemon Cake with Whipped Cream	Italian Wedding soup with Meatballs, Orzo Pasta, Spinach, Tomato, and Cannellini Beans, Mixed Green Salad with Garden Vegetables, Whole Grain Dinner Roll, Cookie, Fresh Fruit Salad

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

Thursday, 8:30-10 AM

Fridays 9:30 – 11:30 AM 1-3 PM

at the Masonic Hall

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.**

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.

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.

Tech Appointments at The Thompson With Emily Gibson from the NWPL
Thursday, 10/8, 10:30 – 11:00 AM and 11:00 – 11:30 AM
Thursday, 10/22, 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
October 15 & 26, 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, October 16, 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 Neuhof
Enjoy Reflexology to Relax, Rejuvenate, & Reboot Your Whole Body
\$35 for 30 minute hand or foot treatment or \$65 for 60 minutes
Tuesdays, October 6 & 20. 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.

RESOURCES

Aging at Home Membership Cards



One number to call for any need – a dedicated Thompson staff member for any “Aging at Home” questions, from shower chairs to long-term care insurance and everything in between.

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

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@thompsonscenter.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@thompsonscenter.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

In memory of Charley Humpstone -
medical equipment
Family of Donald Peck - medical equipment
In memory of June Waters - medical
equipment
Patti Beda - medical equipment
Mary & Carl Gilmore - Yankee Magazine
Sherburne Farms & Paula Audsley - flowers

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



IN MEMORY OF

Larry Morrison

Neil Morrison
Maura Morrison
Barbara Kelley
Sandra Simpson
Jerry & Louise Blakeney

Michael Worth

Roy & Joanne Bates

OCTOBER BIRTHDAYS

1st	Barbara	Capman	17th	Toni	Vendetti	24th	Susan	Leventoff
2nd	Jane	Soule	17th	Scott	Cone	25th	Louise	Bouchard
2nd	Libbet	Downs	17th	Myrna	Brooks	25th	Allison	Wade
4th	Elizabeth	Edmunds	17th	Susan	Bettis	26th	Martha	Virgin
4th	Suzanne	Blumberg	18th	Therese	Fullerton	26th	Carol	Wood
5th	Judy	Maynes	18th	Bob	Belisle	27th	Lillian	Griggs
7th	Kenneth	Harmen	18th	Kristin	Brodie	27th	Phillip	Maynes
7th	Blanche	Rea	18th	Lloyd	Oldenburg	28th	Jim	Havill
8th	Robert	Hager	18th	Steve	Moyer	28th	Dorothy	Herrick
8th	Mavis	Shaw	19th	Sandra	Von Unwerth	28th	Honey	Donegan
8th	Diane	Atwood	19th	David	Singer	28th	Janet	English
8th	Valerie	Bridge	19th	Michael	Pacht	28th	Christa	Hammerstrom
8th	Charles	Kimbell	19th	Kim	French	28th	Carol	Mazour
8th	Juliette	Pierce	20th	Dwight	Camp	28th	Carol	Mazour
8th	Jane	Bird	20th	Brooke	Beaird	29th	Gretchen	Wilson
8th	Rich	Broggi	20th	Joan	Keramis	30th	Nelson	Gilman
8th	Carole	Kevin	20th	Joseph	Matz	30th	Louise	Brickelmaier
8th	Gary	Shapiro	20th	Joan	Slocum	30th	Donald	Watson
9th	Tina	Morgan	20th	Maxwell	Green			
9th	Pamela	Lucas	20th	Deborah	Gravel			
10th	Christopher	Eldridge	21st	Frederick	Weremey			
11th	Joyce	Horton	21st	Chuck	Fenton			
12th	Tina	Miller	21st	Judy	Evans			
13th	Kathy	Dudley	21st	Kayta	Gajdos			
13th	Fred	Yale	21st	Phyllis	Potter			
14th	Kathy	Hall	22nd	Kevin	Daly			
14th	Edward	Durgin	22nd	Joanne	Kelly			
14th	Shirley	Ackley	23rd	Paula	Audsley			
14th	David	Mcfarlane	23rd	Perri	Maxham			
14th	Elizabeth	Sorrells	23rd	Kevin	Plunkett			
15th	Daniel	Bellmore	24th	Keith	Blake			
16th	Marie	Clement	24th	Margaret	Beirne			
17th	Richard	Roy	24th	Barbara	Leonard			
17th	Robert	Rosenberger						





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

