



The Thompson Times

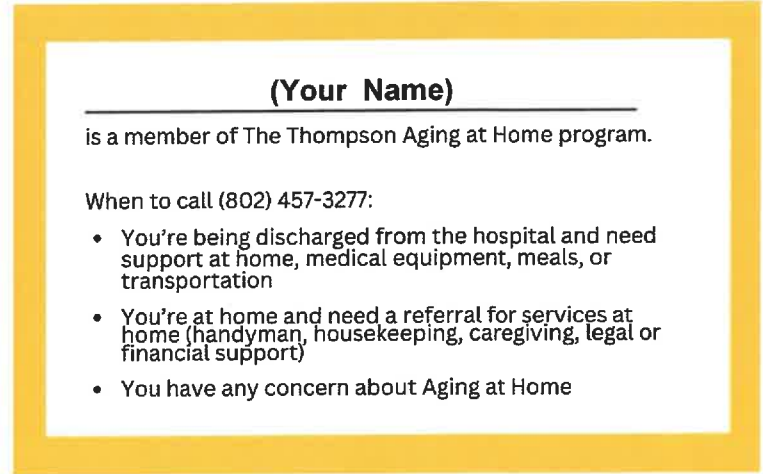
Your resource to age well

JUNE 2024

NEW! Aging at Home Membership Card



(Front)



(Back)

"I called the first 6 places on the list the hospital gave me, and I couldn't find a caregiver that comes to Pomfret." "I just bought a shower chair." "I couldn't find anyone to install my air conditioner and it was so hot." "I didn't know The Thompson did that." "I wish we had called you first."

These are phrases and situations that we're trying to prevent from happening with our new Aging at Home membership cards. Made to look similar to your Medicare or insurance card so you'll think of The Thompson when a question arises, each registered participant of The Thompson will be receiving a card. You can refer to it yourself or even share it with your provider or family to let them know that you have The Thompson as a resource for any aging at home need or referral.

Beginning in June, you can pick up your card when you're at The Thompson or expect one in the mail by the end of the month. Our Aging at Home Resource Manager, Shari, and all of the staff are waiting to hear from you with any questions. (802) 457-3277 or sborz@thompsonsniiorcenter.org.

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonscenter.org
Paula Audsley, Business Office Manager,
paudsley@thompsonscenter.org
Jen Bloch, Marketing Coordinator,
jbloch@thompsonscenter.org
Shari Borzekowski, Aging at Home
Resource 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

Culinary Assistants: Lanie Orcutt, Louise
Blakeney, Sally Weglarz, Ed Esmond,
John Saggese

Drivers: Tom Morse, Brian McGinty,
Jim Robinson

Senior Solutions (Formerly Council of Aging
for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Tri-Valley Transit 802-728-3773

BOARD OF DIRECTORS

Karen Rosene-Montella—*President*
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Paulette Watson
Dennis Wright

Dick & Bonnie Atwood- Advisory



BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Deanna reported on current building expansion status
- Thompson welcome bags will be given to new participants
- Upcoming June programs include: a staff appreciation day, Locally Yours again this year, music with Jerry Blakeney, Dementia class, Supper Club again, and an Aging Support program is in the works and details coming soon.
- Participants seem eager to plan more trips and suggestions were made. The trip committee will meet as soon as staff person is available.

Please join our next meeting on Monday, June 3, 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!



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.

Sign up for our weekly e-news and/or an electronic version of our monthly newsletter by emailing Jen Bloch at: jbloch@thompsonscenter.org

like us on facebook

PROGRAMS & EVENTS



Summer Supper Club at the White Cottage Wednesday, June 12, 5:30 pm

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 on Wednesday, June 12th at 5:30 PM at the White Cottage Restaurant in West Woodstock. 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.



The Thompson will be closed for Juneteenth Holiday

Juneteenth is a 159-year-old holiday commemorating the emancipation of enslaved Africans in the United States. A combination of the words "June" and "nineteenth," the name represents the date in 1865 that Union General Gordon Granger arrived in Galveston, Texas, to inform enslaved Africans of the surrender of General Lee and the end of slavery. On Thursday, June 17, 2021, President Joe Biden signed legislation to make Juneteenth a federal holiday to commemorate the end of slavery in the United States.

"Understanding the experience and perspective of other Americans and recognizing that those experiences, in many cases, are vastly different and have not been equal or fair, helps us all become better neighbors, better citizens, and better human beings.

This understanding will help ensure we act to extend equality, end racism and discrimination, and move us closer to that more perfect union we all have a responsibility to create."
Governor Scott, press release, June 19, 2020.

HEALTHY AGING

It's Fresh Produce Season!

Locally Yours Offered at The Thompson Center Weekly Through October on
Thursdays Beginning at 10 am

We're excited to promote Locally Yours, a free program that gives us access to fresh, locally grown produce. There is no income restriction and the program is available to all Thompson patrons. Our Locally Yours partner, Neil and Alice Lamson's Fox Crossing Farm in Pomfret, will be delivering fresh produce to The Thompson weekly.

What is it?

This program helps older Vermonters get locally grown produce, benefitting both senior nutrition needs and our local farms. Locally Yours is made possible through Senior Solutions with a grant from the Vermont Agency of Agriculture, Food, and Markets.

How does it work?

It's as easy as stopping at The Thompson on delivery days or letting us know to include produce with your home delivered meals if you receive them. *We encourage you to take only as much as you think you can use as it helps share the crops with more people. When picking up produce, we do need you to sign in so we can report back on how many people were served this season.*

Understanding and Responding to Dementia-Related Behaviors

Presented by The Vermont Chapter of the Alzheimer's Association

Tuesday, June 4, 1:00 PM

Behaviors are a form of communication. In this program, you will learn to identify, understand and respond to challenging behaviors such as agitation, confusion and more, exhibited by individuals living with dementia. Caregiver tips and strategies to respond to some of these common behaviors will be discussed. Please register in advance by calling The Thompson Center.

The High Cost of Anger:

How Judging, Grudging, and Politics Can Affect Your Health

Leader: Jeanne Childs, M.A. Board Certified Clinical Geriatric Chaplain

June 5, 10:00 am - 2:00 pm

Held at the Dartmouth-Hitchcock Aging Resource Center

Colburn Hill, Entrance E, 444 Mt. Support Road, Lebanon, NH

Live Streaming of the presentation will be available at The Thompson by reservation.

Limited space is available so please register early

Let us pause in this election year to check out how we are relating to each other and what to do to keep ourselves and our relationships healthy. Learn the effects of rancorous exchanges on your body's nervous system, how to cultivate more positive interactions and ways to become more present and keep emotions grounded. To Register: <https://events.dartmouth-hitchcock.org/event/in-person-the-high-cost-of-anger-how-judging-grudging-politics-can-affect-your-health/>

MY HEALTHY
VERMONT

HIGH BLOOD
PRESSURE
WORKSHOPS

MY HEALTHY VT Offers:

High Blood Pressure

Workshop

A FREE Virtual Class,

Tuesdays, May 7 - June 25, 5:00 - 6:30

Please register with Sarah Doyle at (802) 289-0045
or sdoyle@northstarfqhc.org

MY HEALTHY VT Offers:

Upcoming Diabetes

Prevention Workshop

A FREE Virtual Class via Zoom,

Tuesdays, May 7, 2024-May 6, 2025, 5:30-6:30

Contact pbutler@thompsonseniorcenter.org for details.

MY HEALTHY
VERMONT

DIABETES
PREVENTION
WORKSHOPS

PROGRAMS & EVENTS

The Thompson Celebrates Make Music Day Friday, June 21st

The Thompson Center joins the Make Music Day global celebration on Friday, June 21, 2024. Make Music Day is a one-day event where free, live musical performances, opportunities to make music and other musical events take place around the world on the longest day of the year. Music has been shown to strengthen social connectivity, reduce stress, lower blood pressure, stimulate memory, and is integral to a well-rounded, enjoyable life. By participating in Make Music Day, The Thompson encourages every form of music making.

Veterans Resources Talk

Presented by the Veterans Benefits Administration
Tuesday, June 18, 1:00 PM

The Veterans Benefits Administration (VBA) helps veterans receive benefits, such as educational and financial resources. The White River Junction office of the VBA will be conducting a presentation covering an overview of the compensation claim's process, as well as a brief discussion on additional benefits that are available to Veterans and their survivor spouses. The VBA representative will be available to answer any claim or benefit related questions that may arise. Please register in advance at The Thompson.

Age Well Series

Estate Planning Strategies

How Estate Planning Has Evolved - Documents in an Estate Plan
Thursday, June 20, 1:00 PM

In this presentation, we will discuss general estate planning concepts and learn about the typical documents used in an estate plan. Changes in the law, the changing view of lifestyle, privacy, non-traditional families and longevity has made this legal field more interesting in recent years. This overview may assist you in considering your own estate planning needs, and may help you in determining whether you might benefit from working with an attorney and financial planning professional. We will discuss how to start the process and end with how to handle all the documents used in an estate plan.

Attorney Carl Bulgini offers skilled representation and legal counsel to individuals, families and businesses throughout the Upper Valley. Attorney Bulgini is an Honors Graduate of Quinnipiac School of Law. He earned his undergraduate degree from Yale University with a B.A. in Ethics, Politics and Economics and earned his MBA from the Yale School of Management. In addition to his training as a lawyer, Attorney Bulgini is also a Certified Financial Planner™. Attorney Bulgini proudly serves Pomfret as a Volunteer Firefighter and spends his free time skiing and riding in the Green Mountains with his wife, Christine.



Let's Go Cruisin'!

Wednesday, July 10, 1:00 pm
Annual Ice Cream Social & Classic Car Rides

Who doesn't love the mystique and thrill of an antique car? Would you like to ride in one? 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.

PROGRAM CALENDAR - JUNE 2024

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga 1 Advisory Meeting	10 Intro to Memoir Class 10 Learn Backgammon 1 Mahjong 1 Advanced Memoir Class 1 Dementia Program 3 Bone Builders	9:30 Beginner Tai Chi 10 The High Cost of Anger at DH Aging Resource Center 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	Staff Appreciation Day 10 Cribbage 10 Locally Yours 10:30 Strength, Stretch, Stability 12:30 Tech Support 3 Bone Builders	10:30 Bingo 1 Mahjong
10	11	12	13	14
8:30-3 Foot Clinic 9:30-12:30 Benefits Counseling 10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga	10 Intro to Memoir Class 10 Learn Canasta & Backgammon Reflexology Appts 12 Caregiver Support Group 1 Advanced Memoir Class 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10 Veggie VanGo 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge 1:30 Art with Finnie 5:30 Supper Club	10 Cribbage 10 Locally Yours 10:30 Strength, Stretch, Stability 3 Bone Builders	10:30 Bingo 1 Mahjong
17	18	19	20	21
Father's Day Lunch 8:00 Newsletter Folding 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1 Community Connections	9:30 Commodities 10 Intro to Memoir Class 10 Learn Canasta & Backgammon 1 Mahjong 1 Advanced Memoir Class 1 Veterans Resources Talk 3 Bone Builders	CLOSED for Juneteenth Day	8:30-3 Foot Clinic 10 Locally Yours 10 Cribbage 10:30 Strength, Stretch, Stability 12:30 Tech Support 1 Estate Planning Talk 3 Bone Builders	Make Music Day 10:30 BINGO 1 Mahjong
24	25	26	27	28
10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	10 Intro to Memoir Class 10 Learn Canasta & Backgammon Reflexology Appts 1 Advanced Memoir Class 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	Birthday Day 10 Locally Yours 10 Cribbage 10:30 Strength, Stretch, Stability 1 Music with Jerry Blakeney 3 Bone Builders	10:30 BINGO 1 Mahjong
				RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS

MENU - JUNE 2024

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Italian Sausage Soup with Spinach, Roasted Sweet Peppers, Zucchini, Carrots, Orzo Pasta, Fresh Herbs, Croutons and Parmesan Cheese, ½ Grilled Cheese Sandwich with Sundried Tomato Pesto, Apple Crisp with Whipped Cream	Baked Chicken Leg ¼, Sautéed Green Beans, Baked Potato, Mixed Garden Salad with Carrots, Cucumber and Tomato, Dinner Roll, Peach Cobbler	Eggplant Parmesan with Marinara and Basil Pesto, Caesar Salad with Chicken, Garlic Bread, Fresh Fruit	Staff Appreciation Day Pizza Day, Mixed Green Salad, Fresh Fruit, Dessert	Tuna Salad on a bed of Mixed Greens with Pickled Red Onion, Cucumber, Carrots, Tomatoes, Broccoli & Lemon Herb Dressing, Whole Wheat Dinner Roll, Cookie
10	11	12	13	14
Butternut Squash Soup, Tossed Green Salad, Cottage Cheese, Dinner Roll, Cookie, Fresh Fruit	Corned Beef Reuben Sandwich on Rye Bread, Tossed Green Salad with Italian Style Dressing, Pumpkin Pie, Fresh Fruit	Turkey Lasagna with Spinach, Butternut Squash, Mozzarella Cheese, Garden Salad, Fresh Fruit Salad, Garlic Roll	Pulled Pork Style BBQ with Maple BBQ Sauce, Cole Slaw, Baked Beans, Corn Bread, Pineapple Cobbler	Baked Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger & Lemon, Fresh Mixed Vegetables, Garden Salad with Sesame Dressing, Roll, Fresh Fruit
17	18	19	20	21
Father's Day Lunch Shepherd's Pie, Garden Salad with Mixed Greens, Tomatoes, Cucumber, Oranges and Beets with Maple Vinaigrette, Dinner Roll, Ice Cream Sundae with Fruit Topping	Chicken Salad Sandwich on Whole Wheat Bread, Lettuce and Tomato, Potato Salad, Fresh Fruit, Cookie	Closed for Juneteenth Day	Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies	Grilled Hot Dog on a Whole Wheat Bun, Beet and Citrus Salad, Cole Slaw, Fresh Fruit
24	25	26	27	28
Spinach and Mushroom Ravioli with Chicken and Pesto Sauce, Caesar Salad with Croutons and Parmesan Cheese, Mixed Fruit Cobbler	Linguini and Meatballs with Marinara Sauce and Parmesan Cheese, Sautéed Green Beans with Fresh Herbs and Garlic, Yogurt Parfait with Fresh Fruit, Maple Syrup and Granola	Baked Fish of the Day with Fresh Lemon and Herbs, Saffron Rice Pilaf, Seasonal Vegetables, Mixed Green Salad, Whole Wheat Dinner Roll, Fresh Fruit	Birthday Day Chicken Cacciatore with Mushrooms, Onions and Sweet Peppers, Egg Noodles, Mixed Green Salad with Maple Vinaigrette, Dinner Roll, Cake and Ice Cream	Turkey Deli Wrap with Provolone Cheese, Lettuce, Tomato and Pickles with Country Herb Spread, Five Bean Salad, Broccoli Brunch Salad, Brownie with Whipped Cream
			menu subject to change based upon product availability *Please make requests for substitutions 24 hours in advance.	Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, coffee, tea with all meals

ACTIVE AGING

The Ping Pong Place at the Little Theater **Mondays and Wednesdays, Drop in Play, 10:00 am - 11:30 am** **(no session on Memorial Day, May 27)**

On Mondays and Wednesdays at 10:30am from May 15 thru June 5, a retired table tennis coach from England will be leading skill sessions at one of our tables! Please come to learn to play, refresh your old skills, up your game, or take Jim on! Questions? Linda 802-457-3428

Try Gentle Yoga - Join this Inspiring Group **Offered by Yoga Instructor, Kathryn Mills** **Mondays & Wednesdays, 1:00-2:00 pm** **Cost: 6 class punch card for \$90, or \$20 per class**

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced seated, standing, and reclining poses focusing on developing/increasing alignment, strength, balance, and flexibility. Modifications are offered and props are optional. No experience or flexibility required. Bring a mat if you have one, and a blanket if you like. *Pre-registration is required by calling The Thompson.*

Strength, Stability and Stretching **Thursdays – In person and on Zoom 10:30 – 11:30 am** **Tuesdays – Zoom Class Only 10:30 – 11:30 am**

This class includes exercises that will help you in your everyday life so that you can continue to do the things you enjoy and stay independent as you age. This popular class involves a combination of strength, cardio, balance, flexibility and brain training exercises.

Cost: \$5 per in-person class payable to The Thompson Center. Virtual attendees are asked to donate to Liz directly.

For those who wish to continue classes via Zoom, Thursdays will be a hybrid class and you can continue to exercise from home. A zoom link will be provided upon request and newcomers are welcome. A link will be provided upon request.

Join Anne Bower for Tai Chi Class **Wednesdays at The Thompson**

The beginner or intro class runs from 9:30-10:30 am and the class for those continuing (or beginning) Sun 73, goes from 10:40-11:40 am. This group will also play with Yang 24 Forms, very gradually adding movements, but taking their time to get comfortable with the Yang style.

Suggested donation is \$3 per class, payable to the Thompson Senior Center. For more information, check out Anne's website: <http://www.annebower.studio>.

Bone Builders on Tuesdays and Thursdays, 3-4 pm **Led by Certified Instructor, Althea Derstine**

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.



Art With Finnie from ArtisTree

Join us for Finnie's last session before her summer break
Wednesday, June 12, 1:30 PM

We welcome summer with Suncatchers! Using simple materials and patterns, we will play with bold designs and bright colors to create suncatchers to hang in our windows. Register in advance.



World Wide Knit in Public Day

Saturday, June 8, 10:00 am - 2:00 pm
In the Thompson Tent

A day to celebrate knitting, crocheting and the fiber arts. Bring your knitting and spend a few minutes or a few hours with fellow knitters. Bring yarn to swap, or patterns to share if you like. Free and open to all knitters and crocheters. No sign up needed, just show up. We hope you'll join us!

Weekly Game Schedule:

Bingo

Monday & Friday at 10:00 am

Ping Pong

at the Little Theater

Monday & Wednesday at 10:00 am

Canasta/Backgammon

(or game of choice)

Tuesdays at 10:00

Mahjong

Tuesday & Friday at 1:00 pm

Bridge

Wednesday at 1:00 pm

Cribbage

Thursday at 10:00 am



Birthday Music with Jerry Blakeney

Thursday, June 27, 1:00 pm

We welcome Jerry Blakeney and his "Invisible Band" immediately following our June Birthday Lunch celebration. Jerry always delights with his repertoire of country music songs.

Learn Canasta Tuesdays at 10:00 am



Canasta anyone? If you want to learn the game, we know someone interested in teaching and we would like to include it for our Game Day offerings which include Backgammon, Scrabble, Rummikub, and Double King Pedé. Or feel free to bring a game from home. Please register in advance and help us spread the enthusiasm.

Community Connections

with Woodstock Police Chief Joe Swanson

Monday, June 17, 1:00 PM

This month we welcome Woodstock Police Chief, Joe Swanson. Join us for this informal discussion and an opportunity to learn more about public safety in Woodstock and what our Police Chief has to share with us.

RESOURCES

HomeShare with The Thompson



HomeShare Vermont and The Thompson have joined to expand our homesharing program to cover most of Windsor County. Homesharing is an excellent opportunity to allow individuals to remain in their home while receiving help and/or additional income. Contact Shari for more information or visit our website at www.thompsonseniorcenter.org/homeshare.

Benefits Assistance Hours At The Thompson

Monday, June 10, 9:30-12:30pm, by appointment

VPharm (prescription drug applications), 3Squares (money for food program), Fuel assistance, Green Mt Power discount. Individual assistance is available at The Thompson by appointment with Senior Solutions Benefits Counselor, Liz Carey. Call for your appointment.

Advance Directive Assistance is Available

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. Trained and caring volunteer will be at the Thompson each month on a Monday afternoon. These volunteers will take the time to explain this simple process. Call The Thompson at 802-457-3277 to schedule an appointment.

The HUB is here to help!

The HUB is committed to ensuring everyone in our community is safe and cared for. If you've had a setback or change in circumstances that makes it difficult to pay your bills and live in Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading or Woodstock, we're here to help!

For ways to contact the HUB, apply online at <https://apply.thehubneighbors.org/form>, call 802-457-7214, email: apply@thehubneighbors.org, or pick up an application outside the Ottauquechee Health Foundation office at Simmons House, 30 Pleasant Street, Woodstock.



In-person Tech Support at The Thompson

Appointments on the 1st & 3rd Thursdays of the month, 12:30 pm-2:30 pm

In collaboration with the Norman Williams Public Library, you can get 1:1 tech support at The Thompson. Bring in your mobile phones, laptops, iPads and any other type of tablet device you need help with. Multiple devices can be brought to one appointment. Call Shari to book your 1 hour appointment, and don't forget your passwords!

Caregiver Support Group

with Carla and Co-facilitator Anne Marinello

In-person 2nd Tuesday of each month at 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 (with complimentary lunch) on the 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. **Please sign-up in advance for complimentary lunch.**

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

In memory of Bob McElwain -
 medical equipment
 Scott Mills - energy drinks
 Bridgewater Grange - walker bags
 Nancy Stockwell - medical equipment
 Sally Belton - greeting cards

Thank you to Diane
 Zonay for our monthly
 birthday flowers!



A Special Thank You to
 the Vermont Standard for
 their ongoing donation of
 newspapers.



IN MEMORY OF

Norman Boynton
 Dick & Bonnie Atwood
 Carla Kamel
 Jane Orf
 Linda Maxham
 Roxanne Shelton
 Fred & Nancy Doten
 Joanne & Terry Lacasse
 Sylvia Clark & the family of
 Madeline Boynton Clarke

Allen Dougherty
 William & Barbara Hyde
 Alden & Mary Fiertz
 Dick & Bonnie Atwood
 Mavis Shaw
 Linda Machalaba
 Catherine Machalaba

Elaine Chase
 Lynn & Arthur Simington

Helen Curtis
 Dan & Karen Mayers

Joyce Gilman
 Linda O'Neil

JUNE BIRTHDAYS

1st Ernest	Harper	6th Theresa	Tan	17th Margaret	Merrill
1st Elspeth	Lothes	6th Patty	Hasson	17th Wendy	Morris
1st Alan	Fine	7th Debbi	Castellini	18th David	Whitney
1st Elizabeth	Blencowe	7th Suzy	Malerich	18th Don	Wheeler
1st Steve	Tarleton	8th Sheryl	Hoehner	19th Joanne	Bates
2nd Carol	Nettleship	9th Ralph	English	20th Sandra	Pariseau
2nd Larry	Luce	9th Michael	Levorgood	20th Julius	Anderson
2nd Nancy	Bebo	9th John	Keramis	22nd Chrissy	Henderson
2nd Eleanor	Daly	9th Cynthia	Long	23rd Cynthia	Hewitt
2nd Nancy	Ashy	9th Michael	Deenihan	23rd Arthur	Skerker
2nd Mary Lynne	Isham	10th Rebecca	Nash	23rd Helen	Sawyer
2nd Lynn	Granger	10th Bruce	Kanfer	24th Rita	Scully
3rd Linda	Hitchcock	10th Joyce	Edmunds	25th Kelly	Welsh
4th Marcea	Ewald	10th Heather	Hansen	25th Sara	Dana
4th Khorshed	Randeria	11th Beverly	Sinclair	25th Gwen	Groff
4th Richard	Simpson	12th Jennifer	Ehler	25th Meg	Matz
4th Ruth	Merriam	12th Don	Foster	26th Virginia	Umland
5th Janet	Herrick	13th Eldon	Thompson	26th Joanna	Garbisch
5th Timothy	Maxham	13th Jean	Garren	27th Carol	Mosher
5th Tanise	Adams-Wade	13th Danny	Sylvester	28th Kevin	Lynch
6th Jennifer	Martel	14th Bette Anne	Sailer	29th Susan	Lewis
6th Missy	Cunningham	14th Betty	Walker	29th Patricia	Keim
6th Geri	Jensen	14th Margo	Marrone	29th Michael	Ricci
6th Patricia	Attkisson	14th Cara	De Foor	30th Edward	Gibbs
6th Vern	Clifford	16th Don	Jones		
6th Sharen	Conner	17th Robert	Topolski		
		17th Sharon	Earn		



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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Dartmouth Health / Mt. Ascutney Hospital

What are the major health needs in this area?

**WE WANT TO
HEAR FROM YOU!**



Take our brief survey to tell us what you think could make this area more healthy. And you can enter a drawing for a \$25 gift card.

Scan or Visit:
survey.jsi.com/s3/MAHHC-CHNA24



Mt. Ascutney Hospital
and Health Center

