



# The Thompson Times

Your resource to age well

AUGUST 2024

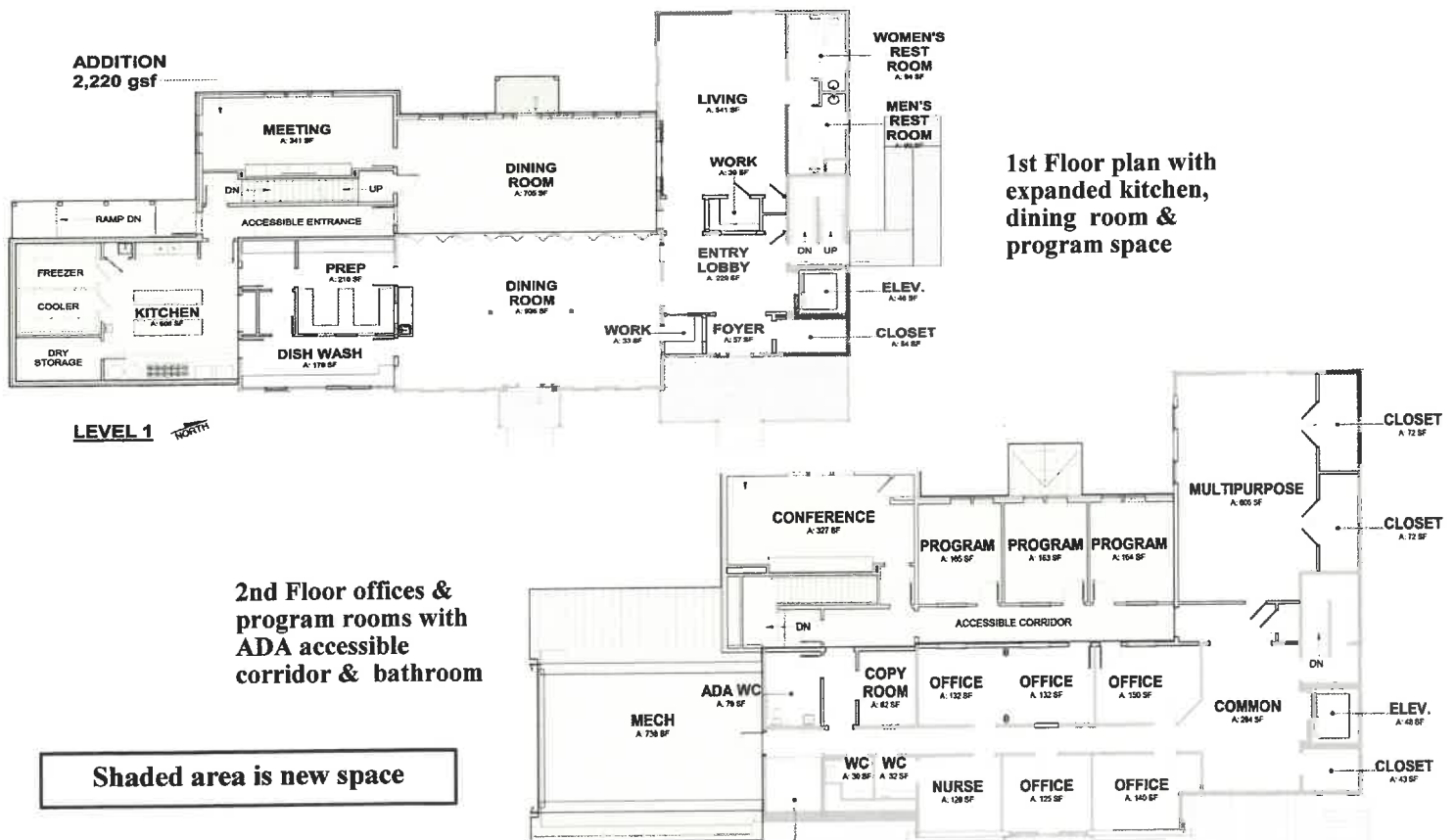
## Building our Future Together

We're making progress towards our long-term goal of a larger building to accommodate the growing needs of the communities we serve. If you've been to the Center in the past year, attended our Annual Meeting, or a monthly advisory meeting, you know we've outgrown our kitchen and too often experience waiting lists for lunches and programs. You've also likely seen our living room filled with lunch guests, or waited in the library for the only conference room to be ready for the next program. We're bursting at the seams and it's wonderful, but the time has come to create a better, more accommodating space to meet the needs we're already experiencing and increase our capacity to be ready for the growth in our older population in the next 10 years.

The first thing you can expect to see in late July or early August is a new ramp installed on the right side of our building nearest to the front porch. This will be for dropping off and picking up people who need to use a walker or wheelchair and avoid the stairs. Parking will be in our main lot and Thompson staff can assist with parking, if needed. The timeline for the rest of the project is still being determined, but we anticipate 15 months from start to finish.

**The most important thing to know is that we will continue to provide meals and programs throughout the project. We will have a period of time when we need to prepare meals offsite and host programs in other locations, but we will communicate that in advance when the exact timing is known. Meals, programs, and all aging at home support will continue throughout our renovation.**

Please be in touch with Deanna Jones, Executive Director, with any questions at 802-457-3277 or [djones@thompsonscenter.org](mailto:djones@thompsonscenter.org)



## The Thompson Center

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

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonseniorcenter.org  
**Cory van Gulden**, Assistant Director,  
cvang@thompsonseniorcenter.org  
**Paula Audsley**, Business Office Manager,  
paulsley@thompsonseniorcenter.org  
**Jen Bloch**, Marketing Coordinator,  
jbloch@thompsonseniorcenter.org  
**Shari Borzekowski**, Aging at Home  
Resource Manager,  
sborz@thompsonseniorcenter.org  
**Pam Butler**, Aging at Home Support,  
pbutler@thompsonseniorcenter.org  
**Siobhan Wright**, Meals on Wheels &  
Transportation Coordinator,  
swright@thompsonseniorcenter.org  
**Andrew Geller**, Chef,  
ageller@thompsonseniorcenter.org

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

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Sandy von Unwerth  
Richard Wacker  
Paulette Watson  
Dennis Wright



Dick & Bonnie Atwood- Advisory

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Deanna provided an update on the building expansion, including timeline and what to expect in the coming months.
- Cory reported on the success of recent programs, as well as a reminder of upcoming events this month.
- Discussion on upcoming trips which include The Path of Life on July 19, Maine Lobster Trip on August 23rd and the 4 day/3 night trip to the Finger Lakes on October 1st. Possible trips in the works are a Collette Tour river cruise for next year, the VSO in December and a 2 day trip to NYC in December.
- Participant comments and questions include more people should join the ping pong group at the Little Theater now offered M, W, F with a 3rd table available.

**Please join our next meeting on Monday, August 5, 1:00 pm.**

All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

## Thank You to our 2024 Sponsors!

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# TRIPS



## Lobster trip to Fosters in York, Maine

Friday, August 23<sup>rd</sup>

**Cost: \$113 includes transportation & meal**

Leaving Thompson in the morning via Premier coach bus. Trip includes transportation and meal with New England Clam Chowder, Clams, Mussels, Maine Lobster, Corn and much more. For those not wanting seafood there is an option of BBQ Chicken or Vegetarian. Please register at front desk with payment and menu-choice.

**Trip is \$113. Payable at time of registration.**

**FOSTER'S**  
CLAMBAKES & CATERING

*2024 Tour Group Menu*

NEW ENGLAND CLAM CHOWDER  
FRESHLY DUG MAINE CLAMS  
CULTIVATED MUSSELS  
SUCCULENT MAINE LOBSTER  
SWEET CORN ON THE COB  
ROASTED RED BLISS POTATOES AND ONIONS  
ROLLS & BUTTER  
HOT DRAWN BUTTER  
BLUEBERRY CRUMB CAKE  
ICED TEA & LEMONADE  
COFFEE & TEA

BBQ Chicken or Vegetarian Option are substitute choices for lobster  
Clam & Mussel servings will be limited to mussels only on events scheduled after Labor Day

*All steamed over a roaring wood fire for your guests to see!  
Full bar on-site*



## The Thompson Presents Fabulous Finger Lakes, NY

October 1-4, 2024

**Package Includes:**

**4 Days & 3 Nights**

**Package Price: \$759.00 pp/dbl occupancy**

**Single rooms add: \$200 (\$959)**

**Package Includes:**

- Round Trip Motorcoach Transportation
- Three Nights' Accommodations in the Finger Lakes Region
- Three Expanded Continental Breakfasts
- Three Sumptuous Dinners at Fine Local Restaurants
- Two Finger Lakes Wine Tastings
- Colonial Belle Erie Canal Lock Cruise
- Visit to Fairport
- Visit to Finger Lakes Welcome Center
- Admission & Tour of Letchworth State Park
- Canandaigua Lady Cruise
- Admission to Sonnenberg Gardens & Mansion
- Two days Local Step on Guide Service
- All Taxes, Baggage & Meal Gratuities

This tour price is based on 30 passengers

For Information & Reservations Contact Cory van Gulden at 802-457-3277

Trip Cancellation Protection is available for only \$57.00

### TRIP POLICY

Reservations are taken on a **first paid basis**. Your name will be entered on the trip sign-up sheet once we receive your full payment. Checks will be deposited 30 days prior to trip date. If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination. All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion. Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit.



## HomeShare Presentation with Shari

Thursday, August 8<sup>th</sup> at 1:00 pm

HomeShare Vermont has been matching people who have room in their home with those seeking an affordable place to live for the past 42 years. Now, through a partnership with The Thompson Center, HSVT has expanded into 16 Windsor County towns.

HomeShare guests can contribute to rent and utilities and/or provide help with household tasks, such as cooking, yardwork, housekeeping, snow removal, pet care, or running errands. HomeShare Vermont conducts background and reference checks and then helps create compatible matches.

Please register with the Thompson for this informative presentation.

## Veteran's Administration Hosts Open House Event with PACT ACT Assistance

Saturday, August 3<sup>rd</sup> from 12:00 – 4:00 pm

*Transportation may be provided by The Thompson by request*



The White River Junction VA Healthcare System, Veterans Benefits Administration (VBA) and Vermont National Guard will be hosting a PACT Act claims and eligibility assistance event on August 3<sup>rd</sup> from 12:00 – 4:00 PM at the White River Junction VA Medical Center. The event will offer VBA claim assistance, VHA eligibility support, toxic exposure screenings and much more. This will be an opportunity for Veterans to sit with VBA to discuss claims and assist in filing. Food and music will be available to enjoy.

The PACT Act is a historic new law that expands VA health care benefits for Veterans exposed to burn pits and other toxic substances. The law empowers Veterans Affairs (VA) to provide generations of Veterans – and their survivors – with the care and benefits they've earned and deserve. *The VA assumes certain diseases or illnesses can be related to a Veteran's military service. Veterans and their survivors may be eligible for benefits and health care services for these conditions.*

**Any Veteran or survivor can learn more about the PACT Act by visiting [VA.gov/PACT](http://VA.gov/PACT) or calling 1-800-MYVA411. (1-800-698-2411)**

**The Veterans Benefits Administration (VBA) has a Public Contact Office at the Patriot Building ground floor on the WRJ campus that is open Monday-Friday, 8AM-4PM for Veterans to visit and file a claim or ask questions. The direct line for the VBA Public Contact Office is 802-295-9363, ext 5335.**

*Excerpts from this content were taken from VA, U.S. Department of Veterans Affairs*



## Eat Smart, Move More, Weigh Less Online August Classes Now Available Beginning August 4<sup>th</sup>. Call for specific dates and times

Eat Smart, Move More, Weigh Less is a 15 week weight-management program that uses strategies proven to work. Classes are held ONLINE, using Zoom. The program is accessible on a desktop, laptop, smartphone, iPad, and tablets. Classes will meet on the same day and time for the full 15 weeks. The general enrollment cost of the program is \$250 but you can call The Thompson for your Voucher/Coupon code for your class registration.



## It's Fresh Produce Season!

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

Our Locally Yours partner, Neil and Alice Lamson's Fox Crossing Farm in Pomfret, will be delivering fresh produce to The Thompson weekly. *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.*

# CREATIVE AGING

## Paint N Sip with Katie Roberts Monday, August 19<sup>th</sup> at 1:30 pm \$40 per person



Please come join us for a fun afternoon of painting, socializing and fun NA drinks. Katie Roberts will be leading an exciting painting tutorial to anyone who would like to join. She will provide the canvas, easel, paint, brushes and instructions for \$40 pp. This will be a very fun event and encourage everyone to explore their artistic sides.

*Katie Roberts is a talented local multi-media nature artist who has a public art gallery and studio in the Bridgewater Mill building. Over the past 25 years, her media preference has evolved and now her focus is in sustainable materials - water-mixable oils, rescued slab wood, bamboo artisan paper and recycled paper, as well as eco packaging and shipping materials. Katie's primary focus in 2020 and beyond is to donate part of her art proceeds to wildlife conservation. She believes in raising awareness to the plight of specific species in need, as well as the dwindling biodiversity, in general and hopes to contribute to creating a better future for both through her art.*



## Summer Supper Club at Quechee Pizza Chef Thursday, August 29<sup>th</sup> at 5:30 pm, Register in advance

Summer is short and we want to take advantage of the opportunity to gather and enjoy a fun evening out together. Join Deanna and friends at 5:30 pm at Quechee Pizza Chef for dinner. Mini golf too if desired. 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 with State Senator Alison Clarkson Friday, August, 29<sup>th</sup> at 1:00 pm

Alison Clarkson, Vermont State Senator, will be here Friday August 29<sup>th</sup> at 1pm for an update on recent tax changes and a way to navigate them to the fullest. No everyone who is eligible is getting their property taxes reduced to the fullest extent possible. Thousands of dollars are being overpaid by residents whose combined household income is \$128,000 or less! The 13.8% rise in the state average property taxes is offset this year by 13% for those who are signed for income sensitivity. This includes a pre-bate for renters. Alison will be happy to clear up and confusion and make sure everyone understands the best way to move forward.

*Anyone in Vermont with a combined household income of \$128,000 or less, including those on fixed incomes, qualifies for income sensitivity. You must declare homestead status, and there is an extra form that must be completed, Here is a link to the state's page about the income sensitivity program (<https://tax.vermont.gov/property/property-tax-credit>) and a link on exactly how to fill out the form (<https://tax.vermont.gov/sites/tax/files/documents/GB-1265.pdf>) or you can inquire of your town clerk's office.*

*The deadline for filing for income sensitivity was April 15<sup>th</sup>, BUT the ultimate deadline is October 15<sup>th</sup> (same day property taxes are due). The late fee for filing is \$15—well worth it for savings of thousands of dollars.*

*\* Summarized information provided by Elizabeth Burrows, Vermont Representative, Windsor-1 District*

# PROGRAM CALENDAR - AUGUST 2024

Mon	Tue	Wed	Thu	Fri
			1	2
<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b>			10 Cribbage 10 Locally Yours 10:30 Strength, Stretch, Stability 12:30 Tech Support 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 Bingo 1 Mahjong
5	6	7	8	9
10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga <b>1 Advisory Meeting</b>	10 Learn Canasta & Backgammon 1 Mahjong <b>2 SLN : Museum of the Mighty Eight</b> 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	10 Cribbage 10 Locally Yours 10:30 Strength, Stretch, Stability <b>1 HomeShare Presentation</b> 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 Bingo 1 Mahjong
12	13	14	15	16
<b>9:30-12:30 Benefits Counseling</b> 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	<b>Reflexology Appts</b> 10 Learn Canasta & Backgammon <b>12 Caregiver Support Group</b> 1 Mahjong <b>2 SLN: Jefferson's Monticello Tour</b> 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	<b>8:30-3 Foot Clinic</b> 10 Locally Yours 10 Cribbage 10:30 Strength, Stretch, Stability 12:30 Tech Support 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
19	20	21	22	23
<b>8:00 Newsletter</b> Folding 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga <b>1:30 Paint and Sip</b>	9:30 Commodities 10 Learn Canasta & Backgammon 1 Mahjong <b>2 SLN: Reconstruction Era National Park</b> 3 Bone Builders	8:30 Board Meeting 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	<b>Birthday Day</b> 10 Locally Yours 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	<b>Lobster Trip to Maine</b> 10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
26	27	28	29	30
10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	10 Learn Canasta & Backgammon 1 Mahjong <b>2 SLN: Thomas Jefferson Memorial</b> 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	10 Cribbage 10 Locally Yours 10:30 Strength, Stretch, Stability <b>1 Community Connections</b> 3 Bone Builders <b>5:30 Supper Club at Quechee Pizza Chef</b>	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong

# MENU - AUGUST 2024

Mon	Tue	Wed	Thu	Fri
			<b>1</b>	<b>2</b>
<p><b>*menu subject to change based upon product availability*</b></p> <p><b>*Please make requests for substitutions 24 hours in advance.</b></p>	<p><b>Suggested donation for guests ages 60 and over is \$7</b></p> <p><b>For guests under age 60, the meal price is \$12</b></p> <p><b>2% milk, juice, coffee, tea with all meals</b></p>		<p>Chicken Marsala, Rice Pilaf with Carrots and Peas, Steamed Green Beans, Dinner Roll, Fruit, Pumpkin Pie</p>	<p>Penne Pasta with Beef Bolognese Sauce using Cloudland Farms Beef, Local Vegetables, Tossed Mixed Green Salad with Garden Vegetables, Fresh Fruit Salad, Cookie</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p>Pizza Day with Peperoni, Bell Peppers, Mushroom &amp; Onion, Mixed Garden Salad, Pasta Salad with Broccoli, Carrots, Capers and Fresh Herbs, Fresh Fruit with Mandarin Oranges</p>	<p>Grilled Maple Mustard Chicken Breast, Roasted Potatoes, Local Vegetables, Whole Wheat Roll, Brownie and Fresh Fruit</p>	<p>Quiche with Broccoli, Sweet Roasted Peppers, Vermont Cheddar, Mixed Green Salad with Garden Vegetables with Maple Vinaigrette, Fresh Fruit, Cookie</p>	<p>Baked BBQ Style Chicken Leg Quarters, Cole Slaw, Garden Pea Salad, Baked Beans, Dinner Roll</p>	<p>Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion and Pickles, Macaroni Salad with Peas, Carrots, Olives and Sweet Roasted Peppers, Fresh Fruit Salad</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p>Roasted Chicken Breast Seasoned with Curry and Lemon, Mango Chutney, Rice Pilaf, Green Beans, Mixed Green Salad, Dinner Roll, Fresh Fruit</p>	<p>Italian Wedding Soup with Mild Italian Sausage, Garden Salad with Garbanzo Beans, Beets, Orange Segments, Carrots and Cucumber, Cottage Cheese, Ice Cream Sundae with Blueberries &amp; Maple Syrup</p>	<p>Cobb Salad with Ham, Turkey, Cucumber, Croutons, Tomatoes, Sweet Peppers, Cheese and Carrots and Creamy Country Herb Dressing, Dinner Roll, Peach Cobbler</p>	<p>Pulled Pork with House Made BBQ Sauce, Tomato, Cucumber and Red Onion Salad, Cole Slaw, Corn Bread, Fresh Fruit, Apple Pie</p>	<p>Beef Ravioli with Marinara Sauce, Fresh Mixed Green Salad with Garden Vegetables &amp; Citrus Vinaigrette, Dinner Roll, Mixed Fruit Cobbler with Whipped Cream</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>Italian Sausage Peppers and Onions Pasta Casserole with Summer Vegetables and Marinara Sauce, Tossed Garden Salad, Dinner Roll, Fresh Fruit</p>	<p>Indian Style Butter Chicken, Rice Pilaf with Saffron and Fresh Herbs, Roasted Local Vegetables, Tossed Garden Salad, Dinner Roll, Lemon Bunt Cake</p>	<p>Baked Cod with Lemon and Fresh Herbs, Local Vegetables, Saffron Rice Pilaf, Caesar Salad, Fruit Parfait</p>	<p><b>Birthday Day</b> Salisbury Steak &amp; Onion Gravy, Mashed Potatoes, Vegetables, Garden Salad with Baby Kale, Craisins, Carrots, Cucumber, Tomato, Roll, Cake &amp; Ice Cream</p>	<p>Grilled Chicken Breast with Lemon and Fresh Herbs, Mashed Potatoes, Local Vegetables, Dinner Roll, Fresh Fruit</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p>Half Turkey Club Sandwich on Wheat Bread with Lettuce, Tomato, Cheddar Cheese, Cup of Split Pea Soup, Peach Cobbler</p>	<p>Enchilada Casserole with Corn Tortillas, Ground Beef, Roasted Corn, Tomato, Black Beans and Sweet Peppers and Jack Cheese, Corn Chips and Salsa, Fresh Fruit Salad</p>	<p>Roasted Chicken Breast with Mild Middle Eastern Spices and Yogurt Dill Sauce, Rice Pilaf w/ Toasted Almonds, Lemon and Fresh Herbs, Local Vegetables, Ice Cream with Peaches</p>	<p>Stuffed Peppers with Seasonal Vegetables, Ground Turkey, Spinach and Tomato Sauce, Brown Rice Pilaf, Fresh Mixed Greens Salad with Country Herb Dressing, Fruit Salad, Cookie</p>	<p>Chicken Salad on a bed of Mixed Greens with Cucumber, Olives, Sweet Roasted Peppers, Lemon, Craisins, Peas, Pickled Red Onion, Green Goddess Dressing, Roll, Yogurt Parfait with Granola, Fresh Fruit and Maple Syrup</p>

## The Ping Pong Place at the Little Theater

**Mondays, Wednesdays, and now Fridays!**  
**Drop in play, 10am to 11:30am at  
the Little Theater. All are welcome!**

Please come to learn to play, refresh your skills, or up your game! Practice your hand/eye coordination and laugh a lot. Come play singles or doubles on our two tables. Questions? Linda at 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, Stretching

**Thursdays – In person & 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.**

## Join Anne Bower for TAI CHI 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>.

**When it comes to finding tools for  
staying healthy, active, and  
involved, The Thompson is the  
place to start!**

## 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.



# SLN VIRTUAL PROGRAMS

Call in advance to register and indicate if viewing from home or from The Thompson.



## **National Museum of the Mighty Eighth Air Force *Lost Too Soon: The Other John Gibbons and Phillips Terry* Tuesday, August 6, 2:00 pm**

B-17 Navigator Lt John Gibbons took off on only three missions with the 100th Bomb group in October 1943. B-17 Co-Pilot Lt Phillips Terry almost completed his tour of duty with the 95th Bomb Group from December 1943- April 1944. They never met in life but their legacy is connected in special remembrances and family connections. Learn more about their fascinating stories!



## **Jefferson's Monticello Tour Tuesday, August 13, 2:00 pm**

Join us on a virtual tour of Monticello! A guide will lead us in real-time through the first floor of Thomas Jefferson's mountaintop home. Learn about Thomas Jefferson and his ideas that helped shape a nation, Monticello as an architectural icon and the stories of the free and enslaved people who lived and labored on this plantation.



## **Reconstruction Era National Park Tuesday, August 20, 2:00 pm**

What does freedom mean? The Reconstruction era, 1861-1900 the historic period in which the United States grappled with the question of how to integrate millions of newly freed African Americans into social, political, economic, and labor systems, was a time of significant transformation. The people, places, and events in Beaufort County, South Carolina, reflect on the most important issues of this tumultuous time period. We will visit the places, and learn of the people who made significant contributions in SC during this time.



## **Thomas Jefferson Memorial Washington DC National Mall Tuesday, August 27, 2:00 pm**

We will continue to learn more about Jefferson, and the memorial dedicated to him from National Mall and Memorial Parks for a look at the Thomas Jefferson Memorial. Dedicated on Jefferson's 200<sup>th</sup> birthday, April 13, 1943, the memorial includes a statue and excerpts from his writings. Hear about the controversy surrounding the memorial design and quotations chosen.

# RESOURCES

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

### Foot Clinic with Beverly Sinclair, RN 3rd Thursday, 8:30 am - 3 pm Call for your appointment, Cost \$35

Beverly Sinclair has been a practicing registered nurse for 22 years and providing local foot care service for older Vermonters for the past 8 years.

### Benefits Assistance Hours Monday, August 12<sup>th</sup> at The Thompson 9:30am –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

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.

### Reflexology

Deborah Neuhof, Certified Reflexologist  
Tuesday, August 13, 9:30 - 12:30 pm  
\$35 for 30 or \$65 for 60 minutes

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

### Caregiver Support Group with Carla & Co-facilitator Anne Marinello 2<sup>nd</sup> Tuesday of each month, 12:30 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 2<sup>nd</sup> Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. **Please sign up in advance for your complimentary lunch.**

### In-person Tech Support at The Thompson Appointments on the 1<sup>st</sup> & 3<sup>rd</sup> 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!

### HomeShare is working in our Community!



The collaboration between HomeShare Vermont and the Thompson Aging at Home program is creating more possibilities for HomeShare! More applications in our wider service area means more opportunities for successful matches. Hosts can request service to help around the house and/or some additional income while Guests can live in a private bedroom in someone's home at an affordable rent. Contact Shari at [sborz@thompsonseniorcenter.org](mailto:sborz@thompsonseniorcenter.org) or 802-457-3277 for more info or to schedule a presentation in your town.

# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

In memory of Jack Sailer - medical equipment  
 Carol and Chris Sparkes - medical equipment  
 Book donated and authored by Charolotte Donaldson  
 for Thompson library - "Life's Workbook"

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

**Cynthia Jones**  
 Julia Stride

**Helen Curtis**  
 The Girls Night Out Club

**John Gravel**  
 Woodstock Lodge 31 F&AM  
 Jim & Shirley Macleod  
 Dick & Bonnie Atwood  
 Molly McDermott

**In honor of Sherry & Bob Belisle**  
 Molly McDermott



## AUGUST BIRTHDAYS

1st	Laurie	Heijn	11th	Catherine	Wood	23rd	John	Zonay
1st	Marilyn	Peterson	13th	Veronica	Delay	24th	Alden	Fiertz
2nd	Linda	Maxham	13th	Lydia	Borsh	24th	Barbara	Darling
2nd	Kenneth	Niemczyk	13th	Penny	Allyn	24th	Debi	Dean
2nd	Dolores	Gilbert	13th	David	Corkum	24th	Bev	Anderson
2nd	Deborah	Goodwin	13th	Kathy	Lembo	24th	Elaine	Pauley
2nd	Patricia	Carsen-Allen	13th	Pamela	Mathews	24th	Al	Lorie
3rd	Bonnie	Atwood	14th	Judy	Wiggin	24th	Allan	Greenberg
3rd	Yael	Taylor	14th	Rick	Fiske	25th	Carolyn	Robinson
3rd	Margarete	Pierce	14th	Anne	Nestler	25th	Margaret	Edwards
3rd	Ruth	Emery	14th	Alice	Gundersen	25th	Megan	Westover
3rd	Byron	Quinn	14th	Sandy	Gilmour	25th	Lana	Reuss
3rd	Andrew	Hayward	15th	Suzanne	Skuja	25th	Steven	Strong
4th	Loretta	Parker	15th	Anne	Koop	26th	Melinda	Griggs
4th	Gerrie	Russell	15th	Teresa	Murray-Eastman	26th	Carol	Fontaine
5th	Joby	Thompson	16th	Marie	Robinson	26th	Anne	Brodrick
5th	Kathy	Connor	16th	Cathy	Fobes	26th	Treva	Stephens
5th	Marian	Labonte	17th	Phyllis	Morris	27th	Merrill	Kruse
5th	Charles	Frechette	17th	Ralph	Lancaster	27th	Pamela	Barrows
5th	Marshall	McKee	17th	Jack	Lillien	27th	Sandy	Palmer
6th	Douglas	Holtz	18th	Mary	Mercure	27th	Glenn	Fullerton
7th	Carol	Corneille	18th	John	Peters Sr	28th	Jean	Goldsborough
7th	Kathy	Reynolds	19th	Rebecca	Mitchell	28th	Andrew	Geller
7th	Robert	Morris	20th	Brian	McGinty	30th	Joan	Fariel
8th	Drew	Ewald	20th	Steve	Stringos	30th	Karen	Oldenburg
8th	Laura	Griggs	20th	Cyndy	Kozara	30th	Jeninne	Hagar
8th	Trina	Perkins	21st	Lisa	Gramling	30th	Allen	Rousseau
8th	James	Pierce	21st	Barbara	Abraham	31st	Ron	Willis
8th	Melinda	Meyerhoff	22nd	Lucille	McCarthy	31st	Karen	Gilmour
9th	Sarah	Lambert	22nd	Lucille	Staples	31st	Rachel	Obbard
9th	Deane	Jillson	22nd	Jill	Hastings			
10th	David	Wheaddon	22nd	Jeannie	Killam			
10th	Margaret	Nielsen	22nd	Horst	Dresler			
10th	Jim	Krawczyk	23rd	Ralph	Robinson			
11th	Deborah	Heimann	23rd	Robert	Armstrong			
11th	Dan	Leavitt	23rd	Nancie	Fletcher			



# 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.thompsonseniorcenter.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



Sign up for our weekly e-news and/or an electronic version of our monthly newsletter by emailing Jen Bloch at: [jbloch@thompsonseniorcenter.org](mailto:jbloch@thompsonseniorcenter.org)

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