



# The Thompson Times

Your resource to age well

OCTOBER 2024



## Thompson Annual Meeting *Building our Future*

Join us on **Wednesday, October 30 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 members and council members, celebrate achievements, and review our year-end (unaudited) financial statements.

We have lots to celebrate this year! The Thompson services are growing and we continue to serve more older adults each month. Over 200 new participants join us each year, as well as, many guests and family members. We are moving steadily toward an exciting future with our services and building growing to meet the needs of our community.

### *Our Lunch Menu Includes:*

***Spaghetti and Meat Balls with Parmesan Cheese, Roasted Squash, Caesar Salad, Fresh Fruit Salad***

***Suggested Donation: \$7.00***

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

## ***Get into the Holiday Spirit with these Festive Trips!***

### **Christmas in NYC with the Rockettes!**

**December 17 & 18**

**2 Days & 1 Night**

**\$359 per person, Register with payment**



Join us in December for a spectacular holiday trip to NYC to see the Rockettes perform at the famed Radio City Music Hall. Trip includes time for holiday shopping at The Bryant Park Winter Holiday Village, a visit to Times Square, transportation to and from Thompson Center, deluxe overnight accommodations just outside the city, hotel breakfast and reserved seating at Radio City Music Hall.



### **Holiday Pops with the VSO at the Rutland Paramount Theater Followed by dinner at the Foundry in Rutland on Sunday, December 8**

Depart The Thompson at 1:45 pm for the 3:00 pm Matinee. Approximately \$90 with final price to be determined. Includes transportation, theater ticket, and 3-course dinner.

## 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  
**Cory van Gulden**, Assistant Director,  
cvang@thompsonscenter.org  
**Paula Audsley**, Business Office Manager,  
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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

**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

Karen Rosene-Montella—*President*  
Mary Bourgeois—*Vice President*  
Beth Harper—*Treasurer*  
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Jon Fullerton  
Dolores Gilbert  
Greg Greene  
Carolyn Kimbell  
Lydia Locke  
Dan Noble  
Thomas Phillips  
Sandy von Unwerth  
Richard Wacker  
Paulette Watson  
Dennis Wright  
Dick & Bonnie Atwood- Advisory

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Thompson Center expansion update
- Discussed upcoming October programming
- Trip updates: Overnight to NYC to see the Rockettes on 12/17 & 18, The VSO will be offered again this December, and a possible Collette Christmas River Cruise in 2025.
- Participant Questions and Comments

Please join our next meeting on Monday, October 7, 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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# EVENTS & PROGRAMS



## **Adult Horse Connections at Moonrise Therapeutics**

**Fridays: 9/27, 10/11, 10/25, 11/15, 11/22 @10 am-12 pm**

***Please call The Thompson to register***

***Transportation available by request***

Moonrise Farm in Taftsville, Vermont is home to Moonrise Therapeutics. Founded in 2002, by DJ Jesser, a licensed clinical social worker who believes strongly in the power of relationship building between horse and human. Adult Horse Connections is a therapeutic program offered for adults.

Whether you have many years of horse experience or no horse experience, this group invites you to partner with our horses in a unique way. A revitalized sense of empowerment can be achieved as the horse/human relationship matures. Participants notice increased self-awareness, competency and confidence. We explore the "language of the horse" in and out of the herd, along with basic horse safety, care and handling. Additionally, connecting socially is a highlight for many participants. Art, music and the natural world are integrated during each session as another means for reflection and connection. This is an unmounted program. For more information visit [moonrisetherapeutics.org](http://moonrisetherapeutics.org)



## **Oktoberfest Celebration**

**Friday, October 11, Noon**

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

***Grilled Bratwurst  
Sweet and Sour Cabbage  
Potato Salad  
Apple Cake***

Pre-register by calling The Thompson.

***We look forward to celebrating with you!***



## **Community Connections**

***with Woodstock Fire Chief***

**Thursday, October 17, 1:00 pm**

**Following lunch in the Dining Room**

Woodstock Fire Chief, David Green, will discuss fire safety and the importance of having working smoke alarms in keeping with this year's Fire Prevention Week (October 6-12) campaign - "Smoke Alarms: Make Them Work For You!" He will also discuss any updates from the Woodstock Fire Department and Emergency Services.

**Flu/Covid Vaccine Clinics offered at the Thompson**  
Friday, October 4<sup>th</sup>, 10:00 am – 12:00 pm (*Flu vaccine only*)  
Tuesday, October 15<sup>th</sup>, 9:00 am – 12:00 pm (*Flu and Covid*)



Prepare for upcoming Flu season by joining us for the return of Flu and Covid vaccine clinics here at the Thompson. We will have two separate days offering vaccines.

October 4<sup>th</sup> - Limited amount of High Dose Flu shots.  
October, 15<sup>th</sup> - Flu and Covid (Pfizer) offered.

Please note that you will need to register for an appointment time and provide a copy or picture of your current insurance.

*The Good Neighbor Clinic is happy to support our community by offering the Oct. 4th clinic.*

**Individual Medicare Open Enrollment Counseling Appointments**  
*with Andy Hayward, licensed Insurance Agent with Gateway Retirement Solutions*  
**Wednesdays, Oct 16 - Dec 4, 9:00 am - 3:00 pm at The Thompson, call in advance.**

October 15 through December 7 is the Open Enrollment Period for Medicare Advantage Plans (Part C) 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, 2025. 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 The Thompson to make your appointment. 802-457-3277.

 **Eat Smart, Move More, Weigh Less**  
**Online October Classes Now Available**  
*Online* **Start dates are Oct. 14, 15, 16, or 17. Register in advance.**

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 tablet. 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 free Voucher/Coupon code for your class registration.

# CREATIVE AGING

## Art with Finnie from ArtisTree

### Paper Quilling

Thursday, October 3, 1:30 pm, Register in advance



Join Finnie at the Thompson for a relaxing and creative paper quilling workshop where you'll learn to shape and roll paper into beautiful designs. No experience is needed, and all materials are provided. Enjoy a fun, guided session and leave with your own unique art piece!



### Pumpkin Painting Class

Tuesday, October 22, 1:00 pm



Come join the fun on October 22nd for a seasonal Pumpkin Painting class. Everything needed to paint one pumpkin will be provided for \$20. Rose Young Smith, WUHS Class of 78, will guide you through the process of creating a festive pumpkin for upcoming Halloween fun! Register and pay in advance.

### National Chocolate Day

Monday, October 28, 11:00 am



Join us on National Chocolate Day for some delicious chocolate tastings. All are welcome!



### Supper Club at Ottawaquechee Yacht Club

October 17, 5:30 pm

Let's enjoy a fun evening out together. Join Deanna and friends at 5:30 pm at the Ottawaquechee Yacht Club 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.

### Weekly Game Schedule:

#### Bingo

Monday & Friday at 10:00 am

#### Ping Pong

at the Little Theater

Mon, Wed, Fri 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

# PROGRAM CALENDAR - OCTOBER 2024

Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	10 Learn Canasta & Backgammon 1 Mahjong	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>1:30 Art with Finnie</b>	<b>10-12 Flu Vaccine Clinic</b> 10 Ping Pong at the Little Theater 10:30 Bingo 1 Mahjong
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga <b>1 Advisory Meeting</b>	<b>Reflexology</b> 10 Learn Canasta & Backgammon <b>12 Caregiver Support Group</b> 1 Mahjong <b>2 SLN: Mr. Adams goes to Philadelphia</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 3 Bone Builders	<b>Oktoberfest</b> <b>10-12 Adult Horse Connections</b> 10 Ping Pong at the Little Theater 10:30 Bingo 1 Mahjong
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>CLOSED for Indigenous Peoples' Day</b>	<b>9-12 Flu and Covid Vaccine Clinic</b> 9:30 Commodities 10 Learn Canasta & Backgammon 1 Mahjong <b>2 SLN: Cabinet of Curiosities</b> 3 Bone Builders	<b>9-3 1:1 Medicare Counseling</b> 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 <b>1 Community Connections with the Fire Chief</b> 3 Bone Builders <b>5:30 Supper Club</b>	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>8:00 Newsletter Folding</b> 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	<b>Reflexology</b> 10 Learn Canasta & Backgammon 1 Mahjong <b>1:30 Pumpkin painting class</b> <b>2 SLN: Truman Presidential Library</b> 3 Bone Builders	<b>9-3 1:1 Medicare Counseling</b> 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>10-12 Adult Horse Connections</b> 10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>9:30-12:30 Benefits Counseling</b> 10 BINGO 10 Ping Pong at the Little Theater <b>11 Chocolate Tastings</b> 1 Gentle Yoga	10 Learn Canasta & Backgammon 1 Mahjong <b>2 SLN: Historic Cemeteries</b> 3 Bone Builders	<b>10:30 Annual Meeting</b> <b>9-3 1:1 Medicare Counseling</b> 10 Ping Pong at the Little Theater 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	<b>Halloween Dress Up</b> 10 Locally Yours 10 Cribbage 10:30 Strength, Stretch, Stability <b>2:10 Meet in town to watch the Parade</b> 3 Bone Builders	<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEAL</b>

# MENU - OCTOBER 2024

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
<b>Suggested donation for guests ages 60 and over is \$7</b> <b>For guests under age 60, the meal price is \$12</b> <b>2% milk, juice, coffee, tea with all meals</b>	Beef Ravioli with Pesto Sauce, Garden Vegetables, Mixed Green Salad with Balsamic Dressing, Garlic Bread, Fresh Fruit	Chicken Cacciatori, Brown rice Pilaf, Steamed Broccoli, Fruit, Cookie	Pulled Pork with House Made BBQ Sauce, Cole Slaw, Baked Beans, Corn Bread, Apple Pie	Half Ham and Cheese Sandwich on Wheat Bread with Lettuce, Tomato, Cheddar Cheese, Bowl of Split Pea Soup, Fresh Fruit
7	8	9	10	11
Clam Chowder Soup, Garden Salad with Garbanzo Beans, Beets, Orange Segments, Carrots and Cucumber, Cottage Cheese, Cookie	Pork Stew with Peas and Carrots, Mashed Potatoes, Roasted Fall Squash, Whole Wheat Dinner Roll, Cookie	Baked Cod with Lemon and Fresh Herbs, Local Vegetables, Saffron Rice Pilaf, Caesar Style Salad with Carrots and Tomatoes, Fresh Fruit Parfait	Roasted Herb Chicken Breast, Roasted Potatoes, Local Vegetables, Whole Wheat Dinner Roll, Brownie and Fresh Fruit	<b>Oktoberfest</b> Grilled Bratwurst, Sweet and Sour Cabbage, Potato Salad, Apple Cake
14	15	16	17	18
<b>CLOSED for Indigenous Peoples' Day</b>	Grilled Hamburgers on a Whole Wheat Bun with Lettuce, Tomato, Red Onion and Pickles, Cole Slaw, Baked Beans, Hot Fudge Sundae, Fresh Fruit	Penne Pasta with Beef Bolognese Sauce using Cloudland Farms Beef, Local Vegetables, Tossed Mixed Green Salad with Garden Vegetables, Fresh Fruit and a Cookie	Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies	Baked BBQ Style Chicken Leg Quarters, Cole Slaw, Roasted Fall Vegetables, Baked Beans, Dinner Roll
21	22	23	24	25
Turkey Club Sandwich on Wheat Bread with Bacon, Cheddar Cheese, Lettuce, Tomato and Pickles, Cole Slaw, Fresh Fruit, Pumpkin Pie	Italian Wedding Soup with Mild Italian Sausage, Garden Salad with Garbanzo Beans, Beets, Oranges, Carrots & Cucumber, Cottage Cheese, Fresh Fruit, Cookie	Chicken Parmesan, Angel Hair Pasta, Steamed Broccoli, Tossed Garden Salad, Garlic Bread, Fresh Fruit	<b>Birthday Day</b> Roasted Pork Loin with Gravy, Baked Potato, Green Beans, Caesar Salad, Fruit, Cake and Ice Cream	Baked Chicken Breast with Lemon and Fresh Herbs, Rice Pilaf, Local Vegetables, Roll, Fresh Fruit
28	29	30	31	
Southwestern Style Pork Chili with Tomatoes, Corn, Peppers and Onions, Garden Salad with Ranch Dressing, Corn Bread, Ice Cream with Fruit Compote	Grilled Hot Dog on a Whole Wheat Bun, Cole Slaw, Savory Baked Beans, Tossed Green Salad with Garden Vegetables, Fresh Fruit and a Cookie	<b>Annual Meeting</b> Spaghetti and Meat Balls with Parmesan Cheese, Roasted Squash, Caesar Salad, Fresh Fruit Salad	Tuna Salad Sandwich on Whole Wheat Bread with Lettuce, Tomato and Pickles, Broccoli Brunch Salad with Craisins and Almonds, Pumpkin Bread with Whipped Cream	<b>*menu subject to change based upon product availability*</b> <b>*Please make requests for</b>

## 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.**

## New Beginner Tai Chi Class-- Tai Chi Two Ways

**Wednesdays, Oct. 2-Nov. 20. 9:30—10:30,**  
**Advanced Class is 10:40 am. Cost is \$3**  
**per session payable to the Thompson**



Enjoy the coordination, focus, and core strength of seated tai chi. This form improves breathing and reduces stress. We will also have time for some standing and stepping practice for those who want it. The standing form contributes more balance improvement, but both forms are definitely mind-body exercises with multiple benefits.

Class instructor Anne Bower has been teaching for twenty years. She provides lots of encouragement and helps each person learn at their own rate.

**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.



## **LaBelle: Mr. Adams Goes to Philadelphia John Adams National Historic Park Tuesday, October 8, 2:00 pm**

It has been 250 years since John Adams departed his home in Massachusetts for the First Continental Congress in Philadelphia. In June 1774, Adams was elected to go to Philadelphia as a delegate to the First Continental Congress. Here, representatives from the American colonies met to discuss their opposition to England's colonial government. John was an active participant at this meeting and the subsequent Second Continental Congress. During the course of his attendance at these sessions, Adams proposed George Washington as commander-in-chief of the Continental Army, and argued forcefully for and helped his friend Thomas Jefferson draft the Declaration of Independence. Join us as we take a step back into history celebrating this important anniversary.

## **Cabinet of Curiosities: Mystic Seaport Museum Tuesday, October 15, 2:00 pm**

We have enjoyed several wonderful programs with Mystic but this time we will go “down under” into the vault! We will learn about the vast collections of artifacts, documents, photography, rare books, boats, ship’s plans and film and video at the Museum! This program will take you on an adventure behind locked doors into the “vault” that stores the Museum collections. Within the collection are many unusual and surprising artifacts. Virtual visitors will have a chance to see everything from unusual animal parts and strange furniture, to a curious secret ingredient used in some perfumes! Join us for this special program with one of our favorite providers!



## **Upset!- Truman Presidential Library Tuesday, October 22, 2:00 pm**

“Down in the polls and under fire within his own party, Truman alone remained confident of his victory. On the morning after the election, Americans rose to news of the most surprising comeback in presidential election history.

In Missouri, Truman learned of his victory at 4:00am, when a Secret Service agent woke him. Later that day 40,000 people jammed the town square in Independence to salute their native son. How did he do it? The election was a cliffhanger; the President won without getting a majority of the popular vote, pulling together just enough of the old New Deal coalition to squeak through. “ - Truman Library

Join us with the new Education Director of the Truman Presidential Library as she takes us through this important moment in history as we are in the midst of our own history making election season!

## **Historic Cemeteries Spooky History: What Cemeteries Can Teach Us About our Past Tuesday, October 29, 2:00 pm**



Ghosts, specters, and haunts, oh my! While cemeteries are usually places that we associate with scary and creepy things, there's a lot more we can find when we take a moment to look at the how and why we memorialize those who are no longer with us. Come learn what makes a cemetery "historic", how burial practices have changed over time, why cemeteries are important places in our community to preserve, and the clues they give us about our history and ancestors.

# 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

### 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, Oct. 28<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  
October 8 & 22, 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, 12:00 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 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.**

### Fuel Assistance Program Reminder— Do not wait to apply!

It is time to sign up for Vermont’s Seasonal Heating Fuel Assistance Program (“LIHEAP”), which can offset winter heating costs from a few hundred to even a few thousand dollars. This program can help you lower your bills whether you heat with oil, kerosene, propane, electric, coal, wood pellets, or cordwood. More information and 1:1 application assistance is available by appointment by calling The Thompson Center.

### 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 Shirman -  
 medical equipment  
 In memory of Cindy Jones - medical  
 equipment  
 Lessard Family - medical equipment  
 Tom Phillips - apples  
 Stimets Farm - cherry tomatoes  
 Woodstock Inn - greeting cards  
 Gretchen Russell - medical equipment



*Thank  
 you!*

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

Vermont Standard newspapers  
 Diane Zonay for birthday flowers

## IN MEMORY OF

**John Gravel**  
 Molly McDermott  
 Deborah Gravel  
 Lawrence & Nancy Morrison

**Dianne & Fred Scott**  
 Mario & Joyce Maura



## OCTOBER BIRTHDAYS

1st Barbara Capman	10th Todd Reuben	18th Lloyd Oldenburg	24th Deborah Holmgren
2nd Jane Soule	10th George Thompson	19th Sandra Von Unwerth	25th Betsy Rhodes
2nd Diana Leskovar	10th Sarah Lewis	19th John Fike	25th Louise Bouchard
2nd Regina Cummings	10th Jean Cotner	19th David Singer	25th Jack Nelson
2nd Elsa Lind	10th Sara Kobylenski	19th Gareth Henderson	25th Connie Kurek
2nd Libbet Downs	11th Cornelia Kachadorian	19th Dorothy Cummings	25th Julie Shoemaker
2nd Dottie Deans	11th Marjorie Wakefield	19th Michael Pacht	26th Martha Virgin
2nd Cheryl Munick	12th Tina Miller	20th Dwight Camp	27th Lillian Griggs
3rd Arlene Jarvis-Gentile	12th Linda Stevens	20th Brooke Beard	27th Phillip Maynes
4th Elizabeth Edmunds	12th Matthew Maxham	20th Joan Keramis	28th Jim Havill
4th Marsha Aiken	12th Carol Schweitzer	20th Joseph Matz	28th Honey Donegan
4th Suzanne Blumberg	13th Kathy Dudley	20th Joan Slocum	28th Janet English
5th Sam Heath	13th Susan Scibetta	20th Celia Curtis	28th Christa Hammerstrom
5th Annie Smith-Jones	13th Beverly Tourville	21st Judith Hills	28th Carol Mazour
5th Judy Maynes	14th Kathy Hall	21st Deborah Gravel	29th Julia Watson
6th Elizabeth Berry	14th Punch Taylor	21st Frederick Weremy	29th Gretchen Wilson
7th Judith Lander	14th Edward Durgin	21st Cindy Cook	30th Nelson Gilman
7th Kenneth Harmen	14th Shirley Ackley	21st Chuck Fenton	30th Louise Brickelmaier
7th Blanche Rea	14th Alison Hankey	22nd Phyllis Potter	30th Donald Watson
8th Robert Hager	15th Daniel Bellmore	22nd Kevin Daly	31st Eric Fritz
8th Mavis Shaw	15th Dorianne Guernsey	23rd Paula Audsley	
8th Diane Atwood	15th Charles Martin	23rd Carol Kolenski	
8th Valerie Bridge	15th Lynn Beach	23rd Robert Young	
8th Charles Kimbell	16th Dorothy Forthmann	23rd Perri Maxham	
8th Juliette Pierce	16th Marie Clement	24th Keith Blake	
8th Anne Bourne	17th Richard Roy	24th Margaret Beirne	
8th Jane Bird	17th Robert Rosenberger	24th Barbara Leonard	
8th Judy Bess	17th Toni Vendetti	24th Susan Leventoff	
8th Tara Chander	18th Therese Fullerton	24th Mary Roberts	
9th Daphne Moritz	18th Bob Belisle	24th Dodie Benko	
9th Tina Morgan	18th Vassie Sinopoulos		



# 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



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

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