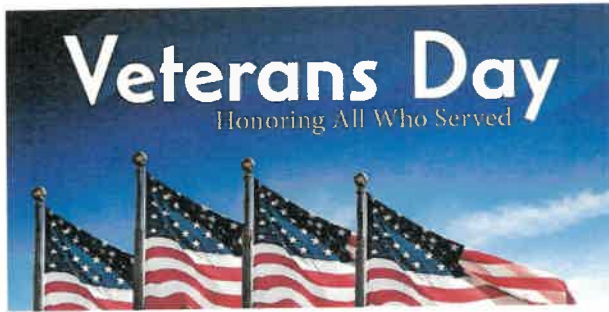




# The Thompson Times

Your resource to age well

NOVEMBER 2024



## Celebrating our Veterans Thursday, November 7, 11:45 am

The Thompson annual Veterans Day lunch and ceremony is a poignant celebration as we honor those who have served and who continue to serve. In recognizing our Veterans, we invite you to join us at 11:45 am as the American Legion leads us in a short ceremony around the flag. A group photo will be taken.

Immediately following we will enjoy a meal of *Meatloaf and Gravy, Mashed Potatoes, Steamed Broccoli, Tossed Salad, Whole Grain Roll, Apple Pie & Vanilla Ice Cream.*

We ask that you make your reservation in advance. Free meal for Veterans.

Thank you to all of our Veterans for your service and your sacrifice which will never be forgotten.  
*The Thompson will be closed on Monday, November 11 in recognition of Veterans Day.*

### Special November Meals



**Thanksgiving Dinner**  
Thursday, November 14, 12:00pm  
Menu includes:

Roasted Turkey, Mashed Potatoes and Gravy, Stuffing, Roasted Fall Root Vegetables, Cranberry Apple Sauce, Dinner Roll, Pumpkin Pie with Whipped Cream



**Birthday Day Celebration**  
"Pie for Breakfast"  
Friday, November 15, 9:00 am  
Pie Buffet, Fruit, Cheese, Coffee, Tea

RSVP in advance.  
\$7 donation, \$12 under 60

### Building our Future

#### Thompson Temporary Locations

Due to building construction we must move off site so that the new dining room and kitchen can be connected to the old dining room and kitchen.

We are excited to announce our new temporary program and meal locations:

Beginning Monday, November 18<sup>th</sup> all exercise and Aging at Home programs will be at Shir Shalom (Jewish Synagogue- 1680 W Woodstock Rd, Woodstock) which include :

- Foot Clinic
- Medicare Counseling
- Gentle Yoga
- Bone Builders
- Tai Chi
- Strength, Stretch, Stability

Norman Williams Public Library will be the temporary meeting place for:

- Mahjong
- Bridge
- and other special events

Beginning December 2<sup>nd</sup> all in-house meals will be at the WHITE COTTAGE (823 W. Woodstock Rd, Woodstock)

**NO IN-HOUSE MEALS**  
November 18-29 while we move the kitchen  
See calendar for full details

## 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,  
 paudsley@thompsonscenter.org  
**Jen Bloch**, Marketing Coordinator,  
 jbloch@thompsonscenter.org  
**Shari Borzekowski**, Aging at Home  
 Resource Manager & HomeShare Vermont  
 Case Manager,  
 sborz@thompsonscenter.org  
**Pam Butler**, Aging at Home Support,  
 pbutler@thompsonscenter.org  
**Siobhan Wright**, Meals on Wheels &  
 Transportation Coordinator,  
 swright@thompsonscenter.org  
**Andrew Geller**, Chef,  
 ageller@thompsonscenter.org

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

**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*  
 Susan Ford—*Secretary*  
 Keri Cole  
 Janet English  
 Rick Fiske  
 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

- Deanna provided update on construction timeline and kitchen/dining transition to White Cottage. Programs will continue at designated locations. Goal is to move back by April 1st. Contact Deanna with any questions.
- Annual meeting is Oct 30 at 10:30 in upstairs conference room
- Cory reported on upcoming programs and trips

**Please join our next meeting on Monday, November 4, 1:00 pm.**

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



### HOLIDAY BAZAAR



Due to our renovations, we will not be able to host our annual holiday bazaar and cookie walk. Instead we're working on plans to be involved with the Wassail Weekend festivities. If you have already made small crafts to donate, we would love to include them in our table there to benefit the Thompson. Please contact Paula if you would like to participate.



### In this Edition

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# EVENTS & PROGRAMS



## **Medicare Card Fraud Talk WHAT CAN SENIOR MEDICARE PATROL DO FOR YOU? November 5 at 1:00 pm**

Senior Medicare Patrol is ready to empower you with the information you need to PREVENT Medicare fraud, errors, and abuse; DETECT potential Medicare fraud, errors, and abuse; and how to REPORT your concerns of potential Medicare fraud. Please register in advance.

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

**Fridays: 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)

## **Individual Medicare Open Enrollment Counseling Appointments with Andy Hayward, licensed Insurance Agent with Gateway Retirement Solutions Continues on Wed through Dec 4 at 9:00 am - 3:00 pm, 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.



### **AARP Smart Driver Class**

**This 4.5 hour refresher course is open to all drivers 50 years and older  
Friday, November 8th, 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.



**Eat Smart, Move More, Weigh Less  
Online November Classes Now Available  
November 5, 12-1pm or 7-8pm . 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 online class registration.

## Art with Finnie from ArtisTree *Painted Candles*

Wednesday, Nov. 6, 1:30 pm, Register in advance



Join Finnie for a fun and creative candle painting workshop where you'll transform plain taper candles into beautiful, hand-painted works of art! In this hands-on class, you'll learn how to use acrylic paints to decorate taper candles with vibrant colors and fun designs. Whether you are looking to create a stunning centerpiece, a thoughtful gift, or simply add a personal touch to your home décor, this workshop is friendly to all skill levels.

## Community Connections

Beth Finlayson, Woodstock Chamber Executive Director  
Tuesday, November 12, 1:00pm

Please join us for the November portion of Community Connections chat with Chamber of Commerce Executive Director, Beth Finlayson. She will be talking about the town's recent busy, fall tourist season, upcoming busy times as well as annual events held during these times.



**Holiday Pops with the VSO at the  
Rutland Paramount Theater  
Followed by dinner at the Foundry  
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.

**Note:** NYC Rockettes trip cancelled due to unforeseen circumstances with the tour company.

## Weekly Game Schedule:

### Bingo

Monday & Friday at 10:00 am

### Ping Pong

at the Little Theater

Mon, Wed, Fri at 10:00 am

### Mahjong

Tuesday & Friday at 1:00 pm

### Bridge

Wednesday at 1:00 pm

### Cribbage

Thursday at 10:00 am

# PROGRAM CALENDAR - NOVEMBER 2024

| Mon   | Tue  | Wed   | Thu   | Fri  |
|---|--|---|---|--|
|   |  |   |   | <b>1</b>   |
| <b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEAL</b>  |  |   |   | 10 Ping Pong at the Little Theater<br>10:30 Bingo<br>1 Mahjong   |
| <b>4</b>  | <b>5</b>   | <b>6</b>  | <b>7</b>  | <b>8</b>   |
| 10 Ping Pong at the Little Theater<br>10 BINGO<br>1 Gentle Yoga<br>1 Advisory Meeting   | <b>Reflexology</b><br>1 Mahjong<br><b>1 Medicare Fraud Talk</b><br><b>2 SLN: Ford's Theater: Lincoln Assassination</b><br>3 Bone Builders                              | <b>9-3 1:1 Medicare Counseling</b><br>9:30 Beginner Tai Chi<br>10 Ping Pong at the Little Theater<br>10:30 Handwork Circle<br>10:40 Advanced Tai Chi<br>12 French Table<br>1 Gentle Yoga<br>1 Bridge<br><b>1:30 Art with Finnie</b> | 10 Cribbage<br>10:30 Strength, Stretch, Stability<br><b>11:45 Veterans Celebration</b><br>3 Bone Builders                       | <b>8:45 Driver Safety Course</b><br>10 Ping Pong at the Little Theater<br>10:30 Bingo<br>1 Mahjong   |
| <b>11</b>   | <b>12</b>  | <b>13</b>   | <b>14</b>   | <b>15</b>  |
| <b>CLOSED for Veterans Day</b>  | <b>12 Caregiver Support Group</b><br>1 Mahjong<br><b>1 Community Connections</b><br><b>2 SLN: The Roosevelt Children</b><br>3 Bone Builders                            | <b>9-3 1:1 Medicare Counseling</b><br>9:30 Beginner Tai Chi<br>10 Ping Pong at the Little Theater<br>10:30 Handwork Circle<br>10:40 Advanced Tai Chi<br>12 French Table<br>1 Gentle Yoga<br>1 Bridge                                | <b>Thanksgiving Dinner</b><br>10 Cribbage<br>10:30 Strength, Stretch, Stability<br>3 Bone Builders                              | <b>9 Birthday Day Pie for Breakfast Celebration (no lunch)</b><br><b>10-12 Adult Horse Connections</b><br>10 Ping Pong at the Little Theater<br>10:30 BINGO<br>1 Mahjong |
| <b>PROGRAMS MOVED OFF-SITE</b>  |  |   |   |  |
| <b>18</b>   | <b>19</b>  | <b>20</b>   | <b>21</b>   | <b>22</b>  |
| <b>8:00 Newsletter Folding at TSC</b><br><b>8:30-1 Foot Clinic at Shir Shalom</b><br>10 Ping Pong at the Little Theater<br>1 Gentle Yoga at Shir Shalom | <b>9:30 Commodities</b><br>1 Mahjong at the Norman Williams Public Library (NWPL)<br><b>2 SLN: Chimney Rock Museum (online only)</b><br>3 Bone Builders at Shir Shalom | <b>9-3 1:1 Medicare Counseling at Shir Shalom</b><br>10 Ping Pong at the Little Theater<br>1 Gentle Yoga at Shir Shalom<br>1 Bridge at NWPL   | <b>8:30-3 Foot Clinic at Shir Shalom</b><br>10:30 Strength, Stretch, Stability at Shir Shalom<br>3 Bone Builders at Shir Shalom | <b>10-12 Adult Horse Connections</b><br>10 Ping Pong at the Little Theater<br>1 Mahjong at NWPL  |
| <b>25</b>   | <b>26</b>  | <b>27</b>   | <b>28</b>   | <b>29</b>  |
| <b>9:30-12:30 Benefits Counseling at Shir Shalom</b><br>10 Ping Pong at the Little Theater<br>1 Gentle Yoga at Shir Shalom                              | 1 Mahjong at NWPL<br><b>2 SLN: Wyoming Veterans Museum (online only)</b><br>3 Bone Builders at Shir Shalom   | <b>9-3 1:1 Medicare Counseling at Shir Shalom</b><br>10 Ping Pong at the Little Theater<br>1 Gentle Yoga at Shir Shalom<br>1 Bridge at NWPL   | <b>CLOSED Thanksgiving Holiday</b>  | <b>CLOSED Thanksgiving Holiday</b>   |

# MENU - NOVEMBER 2024

| Mon   | Tue  | Wed  | Thu   | Fri   |
|---|--|--|---|---|
|   |  |  |   | <b>1</b>  |
| <b>Suggested donation for guests ages 60 and over is \$7</b><br><b>For guests under age 60, the meal price is \$12</b><br><b>2% milk, juice, coffee, tea with all meals</b> | <b>*menu subject to change based upon product availability*</b><br><b>*Please make requests for substitutions 24 hours in advance</b>  |  |   | BBQ Style Chicken Breast with Homemade BBQ Sauce, Mac and Cheese, Cole Slaw, Fresh Fruit, Brownie   |
| <b>4</b>  | <b>5</b>   | <b>6</b>   | <b>7</b>  | <b>8</b>  |
| Chicken Noodle Soup, Cottage Cheese, 1/2 Sandwich, Fresh Fruit  | Beef Enchilada Casserole, Tossed Caesar Style Salad with Garden Veggies, Croutons and Parmesan Cheese, Chips & Salsa, Key Lime Pie     | Chef's Choice Fish, Mixed Grain Pilaf, Sautéed Mixed Vegetables, Local Mixed Greens with Lemon Herb Dressing, Whole Grain Roll                               | <b>Veterans Day Lunch</b><br>Meatloaf and Gravy, Mashed Potatoes, Steamed Broccoli, Tossed Salad, Whole Grain Roll, Apple Pie & Vanilla Ice Cream                                   | <b>Pizza Day</b><br>Vegetarian & Pepperoni Slices of Pizza (one of each), Mixed Green Salad with Homemade Italian Style Dressing, Cookie, Fresh Fruit |
| <b>11</b>   | <b>12</b>  | <b>13</b>  | <b>14</b>   | <b>15</b>   |
| <b>CLOSED for Veterans Day</b>  | Chicken Corn Chowder with Broccoli and Sweet Peppers, Local Mixed Greens and Homemade Dressing, Whole Grain Roll, Cookies, Fresh Fruit | Eggplant Parmesan with Basil Pesto, and Mozzarella Cheese, Dinner Salad with Chicken and Vegetables and Homemade Ranch Style Dressing<br>Garlic Bread, Fruit | <b>Thanksgiving Dinner</b><br>Roasted Turkey, Mashed Potatoes and Gravy, Stuffing, Roasted Fall Root Vegetables, Cranberry Apple Sauce, Dinner Roll, Pumpkin Pie with Whipped Cream | <b>Birthday Day Pie for Breakfast Celebration</b><br>Pie Buffet, Fruit, Cheese, Coffee, Tea<br><br><b>No Lunch</b>                                    |
| <b>18</b>   | <b>19</b>  | <b>20</b>  | <b>21</b>   | <b>22</b>   |
| <b>CLOSED</b><br><br>Move kitchen to White Cottage and set up   | <b>CLOSED</b><br><br>Move kitchen to White Cottage and set up  | <b>CLOSED</b><br><br>Move kitchen to White Cottage and set up  | <b>CLOSED</b><br><br>Move kitchen to White Cottage and set up   | <b>CLOSED</b><br><br>Move kitchen to White Cottage and set up   |
| <b>25</b>   | <b>26</b>  | <b>27</b>  | <b>28</b>   | <b>29</b>   |
| <b>CLOSED</b><br><br>Moving offices off site and setting up White Cottage   | <b>CLOSED</b><br><br>Moving offices off site and setting up White Cottage  | <b>CLOSED</b><br><br>Moving offices off site and setting up White Cottage  | <b>CLOSED</b><br><br>Thanksgiving Holiday   | <b>CLOSED</b><br><br>Thanksgiving Holiday   |

## 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, 9:30, no class 11/20, 27 & 12/25**  
**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.

## Ford's Theatre & the Lincoln Assassination on Tuesday, Nov. 5, 2:00pm



Join us at Ford's Theatre, as we visit the story of Lincoln's assassination from the place where it happened! Explore the world of Civil War Washington, D.C., the

events leading up to the night of the assassination and consider its lasting legacies. During this program, we will look closely at historical and contemporary images including maps, photographs and illustrations.

## Chimney Rock Museum: The Oregon Trail: Chance, Choice & Chimney Rock!

Tuesday, Nov. 19, 2:00 pm  
Online only



Experience the Oregon Trail like never before at Chimney Rock! Discover the importance of

choice, chance, and opportunity as our expert shares real stories of those affected by the historic trail. Feel the awe and curiosity the pioneers experienced when they saw the most famous landmark on the Oregon, California, and Mormon Trails. Designated as a National Historic Site on August 9, 1956, Chimney Rock and the Ethel and Christopher J. Abbott Visitor Center are maintained and operated by the Nebraska State Historical Society.

## The Roosevelt Children: FDR Presidential Library & Museum



Tuesday, Nov. 12,  
2:00 pm

In past programs, we have had the opportunity to learn so much about

Franklin and Eleanor Roosevelt and their contributions to our country and the world in which they lived. Often overshadowed by their incredibly accomplished and famous parents, we will take this time to get to know the Roosevelt children. We will discover some of the successes and failures of the family, and how they may compare to other presidential offspring. How was being the child of such important and famous parents a drawback? Was it a hindrance or a help? Join us as we explore these and other fascinating facts by one of our favorite presenters, Jeff Urbin, from the FDR Presidential Library and Museum.

## Virtual Tour of the Wyoming Veterans Museum on Tuesday, Nov. 26, 2:00 pm

Online only



In honor of Veterans Day this month, we will visit the Wyoming Veterans Museum, located in the heart of the World War II Casper Army Air Base. The Wyoming Veterans Memorial Museum honors and shares the contribu-

tions made by generations of Wyoming veterans. Explore the individual experiences of soldiers, sailors, airmen, and marines who protected our nation around the globe. Learn more about military history and genealogy in our small research library. Step outside and take a tour of the WWII Casper Army Air Base. Learn more about the base, built after Pearl Harbor, which trained bomber crews for service above Europe and the Pacific. It's always a good day to honor our Veterans!

# 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 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, Nov. 11<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  
Call for your appointment  
\$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

Darnell Martin - kale  
 Sarah Ward - mums  
 Michael Sargent - apples  
 Beverly Terwilleger - medical equipment



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

Vermont Standard newspapers  
 Diane Zonay for birthday flowers



## IN MEMORY OF

**Eddie English**  
 WUHS Class of 1967  
 Roy & Joanne Bates  
 Lawrence & Nancy Morrison  
 Suzanne & James Brian  
 Maxine Oldenburg  
 Gayle Karow  
 Linda Maxham  
 Eleanor Grice  
 Bertha Boynton  
 Richard & Bonnie Atwood  
 Barbara Kelley

**John Gravel**  
 Linda Maxham

## NOVEMBER BIRTHDAYS

|                       |                            |                          |
|-----------------------|----------------------------|--------------------------|
| 1st Helen Earle       | 10th Tammy Earle           | 22nd Peter Jensen        |
| 1st Bari Ramirez      | 10th Beverly Terwilleger   | 22nd Neil Johnston       |
| 1st Phyllis Murray    | 11th Peggy Stone           | 23rd Joan Harvey         |
| 1st Sherman Kent      | 12th Rhonda Bruce          | 23rd Nancy Mills         |
| 2nd Elizabeth Deignan | 13th Loie Havill           | 23rd Susan Wilson        |
| 2nd Doug Phillips     | 13th Elizabeth Hollinshead | 24th Carolyn Maynard     |
| 2nd Jeanne Ward       | 13th Arlene Turner         | 24th Michael Beirne      |
| 3rd Lindsay Heath     | 14th Constance Hitchcock   | 24th Elizabeth Frederick |
| 3rd Betty Ann Lantz   | 14th Patricia Gould        | 24th Diane Zonay         |
| 3rd Eileen Orcutt     | 14th Allen Buswell         | 24th Iris Glick          |
| 3rd Steve Wolkwitz    | 14th Susan Zuccotti        | 25th Margaret Maxham     |
| 3rd Bruce Bank        | 14th Patricia Flanagan     | 25th Takis Hinaris       |
| 3rd Nelson Bebo       | 16th Nathan Willard        | 26th Jim Smiddy          |
| 4th Deb Henck         | 16th Phil Dechert          | 26th Beverly Regan       |
| 4th Rodger Wutzl      | 16th Lily Mitchell         | 26th Bonnie Colby        |
| 5th Carole Pickett    | 17th Mark Fletcher         | 26th Lauren Anderson     |
| 5th Wallace Orcutt    | 18th Roy Bates             | 27th Fred Doten          |
| 6th Bill Corson       | 19th Doris Dean            | 27th James Ford          |
| 6th Leslie Varkonyi   | 19th Lisa Parsons          | 28th Merle Sanderson     |
| 7th Bernard Strong    | 19th Richard Morgan        | 28th Dora White          |
| 7th Wendy Yoo         | 20th Regina Lawrence       | 28th Fred Barr           |
| 7th Suzy Krawczyk     | 20th Karla Kruse           | 29th Mary Costella       |
| 8th Judy Mahood       | 21st Pamela Jaynes         | 29th Charles Rattigan    |
| 8th Paige Hiller      | 21st Sophia Stone          | 29th Carole Sparkes      |
| 8th Virginia Wise     | 21st Mary Croft            | 29th Gregory Smith       |
| 9th Bruce Gould       | 21st Jeanne Fallon         | 29th Judy Munger         |
| 9th James Bradley     | 21st Joseph Blumberg       | 30th Mario Gattorna      |
| 9th Jo Truell         | 22nd Neal Campbell         |                          |
| 10th Deanna Jones     | 22nd Elizabeth Harper      |                          |
| 10th William Emmons   | 22nd Sandy DiNatale        |                          |
| 10th Anne McKenna     |                            |                          |



# 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



**Ottawaquechee**  
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882-457-1795



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Property Services

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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