

# GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH  
[www.gibsoncenter.org](http://www.gibsoncenter.org) April & May 2015 Edition

## Youth Visit from Journey Church



The students joined us on one of their vacation days, to help us celebrate Chinese New Year by dancing under the dragon, then we had an old fashioned Hymn Sing, and then we made sock snowmen. There was time for visiting too!



## SPECIAL EVENTS

### "Go Green for Gibson" Fundraiser

It's that time of year again to open our hearts and participate in the "Go Green for Gibson" Fundraiser, newly named this year, since the Feinstein Challenge is focusing its support on preparing Feinstein Scholars for service to better the lives of others.

Your generous response over the years has helped raise over \$108,000 for the Meals on Wheels and Congregate Meals Programs, benefiting our senior recipients and friends. Let us continue to rise to the challenge of ensuring our seniors ongoing food security and independence at home. Together we can make a difference in the lives of our friends and neighbors, affecting the entire community. Donations for this cause must be received from March 1<sup>st</sup> to April 30<sup>th</sup>. The donations can be cash or checks. If you choose to write a check, make it out to the Gibson Nutrition Program and write on the memo line: "Go Green". Please respond as soon as possible so all donations are received by Apr. 30. As usual Gibson will keep all monies.

We are serving approximately 85 Meals on Wheels a day, in addition to our daily Congregate meal. Call the Nutrition Office at the Gibson Center between 8AM and 3PM at 356-3231 for further information. We thank you for considering this appeal and for your past assistance and ongoing partnership in supporting the mission of the Gibson Center.

To assist with the fundraising this year we will hold one more Tea with canned goods donations, at Silver Lake Landing on April 17th. We will hold an April Fools costume party on Wednesday, April 1st (bring shelf food to participate). We will also hold one more "Go Green" Auction, a Dessert Auction before Easter, on April 2nd. If you would like to bake for the auction, or join us for the Tea, please sign up. We will have a Pizza Party to celebrate the end of the "Go Green for Nutrition" after Fran's Flicks on April 28th; please bring shelf food to each party. All are welcome! Shelf foods most needed are canned milk, hot chocolate, canned tuna or chicken, fruits, puddings, non-sugary cereals, low-salt soups, green vegetables. Please sign up for these events, so that enough food is prepared. **Please remember, all checks must be dated between March 1-April 30**

### *Gibson Day Trips*

**356-3231 Please sign up for all trips:**

**Celtic Thunder in concert:** Friday, April 10th.  
\$97 Dinner on own. Board bus at 3.

**Toil & Trouble:** 4/9 M&D invited the Gibson Center to a free showing. Please call for tickets. Modern day version of Macbeth.

**"The history of a 117 year old Pullman Palace Car named "Gertrude Emma".** Conway Historic Society, Pot Luck Dinner and program by our own Dwight Smith. Home Pick ups. Tues. 4/14

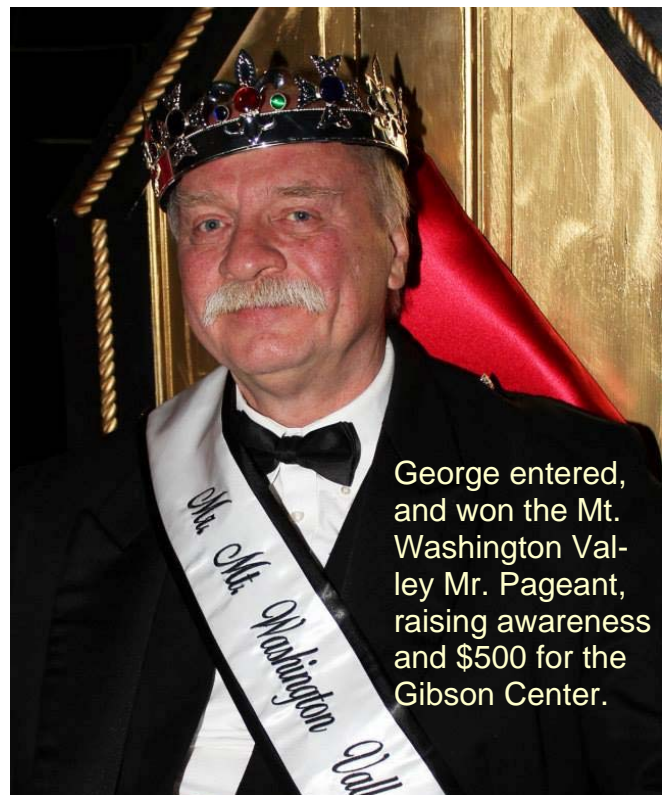
**Art In Bloom:** Monday, 4/27. 7AM-8PM. \$65.

**Death of a Salesman:** 5/14 M&D invited Gibson Center to a free showing. Please call for tickets.

**Lupine, Polly's Pancakes; Sugar House Sampler; Harmon's Cheese Shop.** 6/10 9-5. \$20

**SeaDogs and Fireworks:** 6/18. Ticket, handling fees, and transportation, \$30.

**Jackson Art In Bloom:** June 20. Door to door ride.



George entered, and won the Mt. Washington Valley Mr. Pageant, raising awareness and \$500 for the Gibson Center.

# CENTER NEWS



## Gibson Globetrotters

### Yellowstone in Winter:

#### **A Snow-Covered Wonderland**

**January 10-16, 2016, 12 meals, \$4299ppdo  
(\$200 early sign up bonus)**

**Includes:** Air, Land, Insurance, airport transfer

Find yourself amid a rare blend of elegance and western charm that sparkles in the wintertime. Get up-close to wildlife on a delightful sleigh ride to the National Elk Refuge and view hundreds of Elk in their natural habitat. In Yellowstone National Park, board a Snow Coach and be transported over the snow covered landscape and by some of the park's most stunning scenery. Take a brisk walking tour led by a Park Ranger to learn the history of the famous Old Faithful geyser and view the amazing natural phenomenon in action. In Lamar Valley, be surrounded by complete tranquility in a favorite hangout for the park's wildlife. Travel through picturesque Caribou Targhee National Forest for stunning views of the Grand Tetons. The endless natural beauty of a winter in Yellowstone will astound you.

### America's Music Cities: Music Lovers Dream

**April 17-24, 2016 12 Meals \$2849 ppdo**

**Includes:** Air, Land, Insurance, airport transfer

- **New Orleans:** French Quarter, Swamp Tour
- **Memphis:** Graceland, Beale Street
- **Nashville:** Grand Ole Opry, RCA Studio B

### Cape Cod (many new features since 2009)

August 24-28, 2015, 5 days, 4 nights

- \$495 ppdo
- Price includes travel insurance
- 4 consecutive nights in a quaint Cape Cod town
- 8 meals, 4 breakfasts, 3 dinners, 1 Lobster feed



### Trains through Maine

October 12-16, 2015 5 Days, 4 Nights 8 meals

- \$770 ppdo includes insurance.
- Amtrack's DownEaster, Belfast & Moosehead Lake RR, Maine Rail Excursion.
- Bar Harbor, Rockland, Kennebunkport, Acadia National Park, Boothbay Harbor, Faneuil Hall, Portland Head Light




## KUDOS

### Donations:

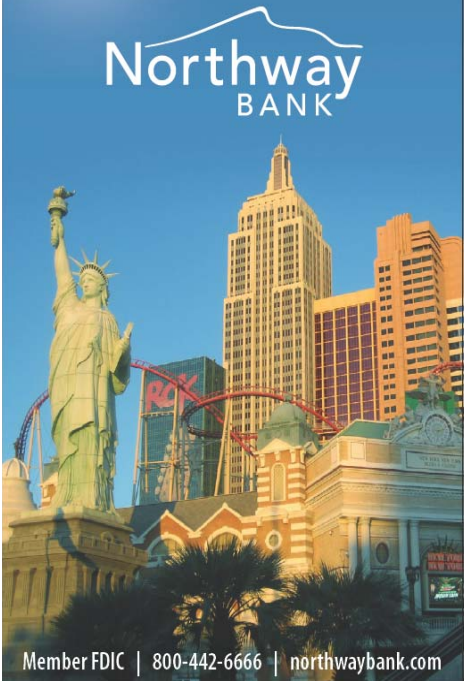
- ◆ Shaw's
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ Shawn & Linda Bergeron
- ◆ Bagels Plus
- ◆ North Conway Country Club
- ◆ NH Food Bank
- ◆ Comfort Inn
- ◆ Holiday Inn Express
- ◆ Chris Fournier
- ◆ Kiwanis/RSVP
- ◆ Residence Inn
- ◆ Jim Giguere

### Program Volunteers:

- ◆ **Miles Waltz:** Medicare Counseling
- ◆ **George LeBlanc:** Wii, & Game Day set up
- ◆ **Care for the Caregiver:** Gardiner Perry; VNS & Dom,
- ◆ **Zero Balance Massage:** Julie Sargent
- ◆ **Fran Shore:** Sharing her movies, "Fran's Flicks"
- ◆ **Book Cart:** Barbara Rines
- ◆ **Silver Lake Music:** Mary Ellen Vana
- ◆ **Belly Dance Instructor:** Joanne Bailey
- ◆ **Pet Therapy:** Eli & Zack
- ◆ **BINGO Caller:** Dick Vierus
- ◆ **Chair Exercise Volunteer:** Connie Smith
- ◆ **Guest Speaker:** Visiting Nurse, Maureen Smith, & PCP Leona Cloutier;
- ◆ **Go Green Raffle:** Karen M., Karen C, Dominick, David L. Dick C. Stephanie, Beverly, Abundant Blessings
- ◆ **Pi Day Auction:** Paula Callahan, Karen Cousins, Karen Mills, Deb Carney; Lois Wright; Glenna Tibbetts, Waneeta Marquis; Prudy Shackford; Dominick; and many others who donated anonymously
- ◆ **FunDay:** Jeanne Kukuza, Laura Sorensen, Carol Saunders, Susan Proctor, Elaine Klement, Alice & Dick Vierus.
- ◆ **AARP Tax Volunteers:** Jim Fitzpatrick; Arthur Micallef; Mary Bennett;
- ◆ **AARP Safe Driving Instructor:** Dan Andrews

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603-356-2248

**Coming Soon:**

Still life painting classes, see Jill

**Ongoing weekly programs**

- Mon: 10:30 Chair Exercise  
 12:30 Yoga (resumes in May)  
 12:30 FunDay Afternoon
- Tues: 10:00 Strength Balance & Stretch  
 12:00 One to One Computer  
 12:00 Silver Lake Lunch  
 Service Link, 4th Tuesday, call  
 Fran's Flicks, 2nd & 4th Tues.
- Wed: 10:30- 1:30 Wii  
 12:30 Game Day  
 12:30 Care for the Caregiver
- Thurs: 9:00 Belly Dancing  
 10:30 Chair Exercise  
 12:00 Medicare Counseling  
 12:30 BINGO (first Thurs.)  
 12:30 FunDay Afternoon
- Fri: 10:00 Strength Balance & Stretch  
 12:30 Model Building Club (May)

**Beasley and Ferber, P.A.**

Estate Planning and Elder Law  
 Wills, Trusts and Probate Avoidance  
 Estate Administration and Guardianships  
 Saving Assets from Nursing Home Stays

**CALL FOR A SCHEDULE OF FUTURE  
 ESTATE PLANNING SEMINARS AT THE GIBSON CENTER  
 1-800-370-5010**

*Use of Gibson Center facilities or advertising by outside groups or businesses does not constitute an endorsement by the Gibson Center.*

**April 2015**

The "Go Green for Nutrition" is happening all month. Please make donations payable to Gibson Center Nutrition Program, with "Go Green" in the memo line.

**Fran's Flicks:** 14th: *The 100 Foot Journey* The 28th: *The Other Woman*

**Wed & Thurs. the 2nd & 3rd Easter Dinners.** Chef Rick will prepare a special meal. The suggested donation is \$4 **This years Easter dinners are sponsored by White Mountain Oil & Propane.**

**Thursday, the 2<sup>nd</sup> Go Green for Gibson Challenge Dessert Auction** Join us at lunch time to bid on delicious home made desserts.

**Thursday April 2nd: BINGO**, bring a prize, play after lunch.

**Friday the 3rd: Grandparent Day** at John Fuller, sign up. 356-3231. Offer to be a grandparent for a child who won't have one.

**Friday the 17th:** there will be a **Go Green for Gibson Challenge Tea** at Silver Lake Landing at half three in the afternoon. Traditional Scones will be served. Please call to sign up, 356-3231 Please bring shelf food.

**Wednesday the 22nd:** SNAP program before lunch at the Gibson Center. Learn about **Supplemental Nutrition Assistance Program**, good information for you or you can pass it along to a neighbor. Please sign up for 1:1 assistance with forms 356-3231, times available after lunch.

**Tuesday, the 28th:** we will have a **Go Green for Gibson Challenge Pizza Party.** This will be the last event for the Go Green Challenge. Please sign up, and bring shelf food. We will have the pizza after Fran's Flick.

**SENIOR HOUSING APARTMENTS**

Silver Lake Landing in Madison has occasional apartment openings. These apartments are for independent living seniors (62+) with verifiable low and modest incomes. Section 8 vouchers welcome. References and a one month security deposit are required.

Rent for a first floor, 2 bedroom apartment is currently \$700 per month and includes heat and hot water. There is a \$25 reduction for one bedroom apartments, and another \$25 reduction for second floor apartments.

Great views, quiet lake living. Building has on-site coin-op laundry, sprinkler system, and fire alarm horn/strobe system. Second floor apartments are accessible by stairs only, no elevators. Non-smokers only and service animals only.

Please call Ken at the Gibson Center, 356-3231, ext 3 for an application .

**Top 5 Star Rating!**




**603-356-5461**

A MaineHealth Member

Would you like to be on the Gibson Center E-Mail List? We will e-mail the newsletter, menu, and occasional reminders about upcoming events. (We promise not to fill your in box)

Please send your email to [jill@gibsoncenter.org](mailto:jill@gibsoncenter.org)

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**May 2015**

**Fran's Flicks:**  
 The 12th: Maleficent The 26th: Fran's Pick  
**Friday, the first, Scott McKinnon**, from the Hospital will speak after lunch. All are welcome  
**Friday the 1st: Genesis Mineral Springs** will join us for lunch.  
**Tuesday, the 5th** Silver Lake Landing and the Dining Room will be closed.  
**Thursday the 7th: BINGO**, bring a prize, play after lunch.  
**Friday the 8th:** we will hold our annual Mother's Day luncheon. Chef Rick will prepare a special meal. There will be singing, and flowers for the ladies.  
**Friday the 22nd:** we will hold our annual Memorial Day Indoor Picnic. Chef Rick will prepare a delicious meal, and there will be singing of patriotic songs.

**GIBSON CENTER CRAFTS & ARTISAN FESTIVAL**  
**May 23rd & 24th Sat & Sun**  
**SHOW HOURS: 10 AM - 5 PM**

The Gibson Center will be closed on Monday May 25th.  
**Wednesday the 27th**, Matt from Collette Travel will offer a slide show on the upcoming Gibson Center trip to Yellowstone National Park in the Winter! You will virtually have the park to yourself, which will be quiet, and offer unique photo opportunities. Travel by sleigh and snowcat into remote parts of Yellowstone National Park, view wild life, and famous places all wrapped in a mantle of winter.



**Gibson Thrift Shop Hours**  
**Monday –Friday**  
**10-2:30**  
**Saturday**  
**9-1:00**

**GOLD'S OVER**  
**\$1850/OZ**  
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**Mineral Springs of North Conway Care & Rehabilitation Center**  
*Offering quality nursing care and an assisted living environment to the North Conway area.*  
 PO Box 3417 N. Conway, NH 03860  
**603-356-7294**

# FunDay Afternoons

Most Monday and Thursday afternoons the Gibson Center will be offering a variety of fun activities, games, music, arts & crafts, story telling, poetry, and reminiscing. This will be a fun way to spend time with friends, and stretch your mind. All are welcome.  
 Games include: Wheel of Fortune, Crossword, Trivia, Name that Tune

The Gibson Center will be offering **local** transportation home after selected afternoon activities.

Please check with Jill daily.  
**As with all bus trips, riders will be given a donation envelope.**

# Business Support Newsletter Listings

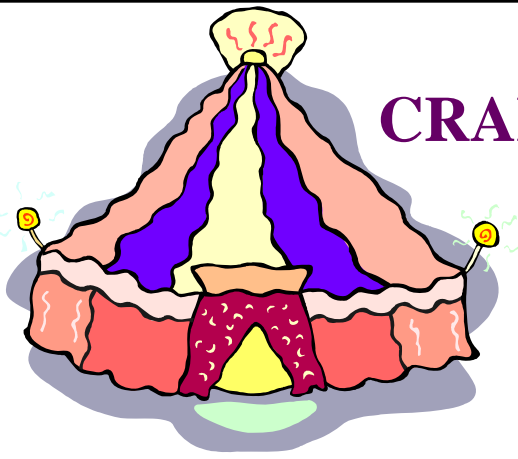
- Abundant Blessings Homecare, Inc** (603-473-2150, fax 603-473-2151) provides living assistance services for the aging in the comfort of your home. Services include: personal care, meal preparation, 24 hour care and more. Call to schedule a free home assessment. Visit us at [www.abundantblessingshomecare.com](http://www.abundantblessingshomecare.com).
- Adult & Pediatric Dermatology, PC** (978-610-3701) Glen Smith, is pleased to announce its opening at Huggins Hospital in Wolfeboro, NH! For an appointment, please call 603-569-3376.
- Beasley & Ferber, P.A.** (1-800-370-5010) David Ferber, estate planning including avoiding probate, protecting assets from nursing homes, avoiding state taxes, and elder law.
- Chalmers Insurance** (356-6926) Steve Cote, full line of personal and business insurance, including Long term care, life and annuities.
- Coleman Alvin J. & Son** (447-5936) 9 NH Route 113, Conway. General Contractor
- Conway Eye Care** (356-3000) 1319 White Mt. Highway Dr. Gary Cole & Associates, eye exams, surgical and medical eye evaluations, complete optical service with "on-site" laboratory.
- Cooper, Cargill, Chant P.A.** (356-5439) 2935 White Mountain Hwy, N. Conway. The Highest Level of Legal Service  
General practice of law in NH and ME. Real estate, estate planning, wills, litigation, bankruptcy & creditor rights.
- First Allied Securities** (356-9371) 3277 White Mt. Hwy. Investments including Stocks, Bonds, Annuities, Retirement, College Planning
- Gamwell, Caputo & Co., PLLC** (447-3356 or fax 447-6563) Dave Caputo, certified public accountants providing tax, accounting, and financial statement services for businesses, individuals, trusts and estates.
- Granite State Independent Living (GSIL)** (800-826-3700) [www.gsil.org](http://www.gsil.org) Donna Potter, Non-profit whose mission is to promote life with independence for Seniors & the disabled, to live as independently as they choose in their own homes. GSIL offers services including; info. and referral, personal care, helping with funding, transportation, counseling, respite for caregivers, etc.
- Hill's Florist and Nursery** (356-5750) Brian Hill, Rt. 16, Intervale. 10% discount for Gibson members.  
Flowers for all occasions, trees, shrubs, perennials, annuals, balloons and gifts. FTD.
- H.R. Hoyt Construction Inc.** (447-2612) Conway, NH. Poured Concrete
- Memorial Hospital** (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.
- Mount Washington Auto Road** (466-3988) Brian Bennett. Toll road to summit of the highest mountain in the North East.
- North Country Fair Jewelers** (356-5819) Brian Smith, Main St, N Conway. Diamonds, gold and silver jewelry, coins, pearls, watches, clocks and antiques. Repairs, appraisals, buy, sell and trade.
- NorthEast Auto Body** (356-5808) David Smith, 530 Eastman Road, North Conway, N.H.
- Notchland Inn** (374-6131) Harts Location, NH Romantic dining and lodging.
- Peking Sunrise Restaurant & Lounge** (356-6976) Lounge (356-3888) Jct. Routes 302 & 16 N Conway
- PolarityTherapy** is a very gentle system of energy based bodywork that has shown amazing benefits to the senior community. Increased mental focus and clarity as well as physical vitality, and a decrease in overall pain levels have been reported by those who have experienced this work. Eric Balas CPP (603-356-4114 ext 8)
- Settlers Green Outlet Village** (356-7031) over 60 stores. Every Tuesday is Senior discount day at participating stores.
- Softub** (781-795-2826) fax (508-319-3009) Patrick McCarthy **Softub** is America's favorite portable, energy efficient hot tub.  
Relax in a new **Softub**.
- Subway Sandwiches and Salads** (356-5700) Scenic Vista, Intervale, NH
- Timberland Home Care Inc.** (603-447-3998) is a non-medical home care service provider to families in the Mount Washington Valley and surrounding areas. As experienced home care providers we can provide short, long term & 24/7 multi-shift basis quality home care. Web site: [timberlandhomecare.com](http://timberlandhomecare.com); e-mail is: [timberlandhomecare@live.com](mailto:timberlandhomecare@live.com)
- United HealthCare** (603-986-6137) Know your rights and options. Edward Hollum local independent insurance agent North Conway. Authorized to offer AARP Medicare Plans through United Healthcare. Let me help answer your questions, by phone or appointments.
- Varsity Beverage** Conway (447-5445) Distributor of Pepsi Cola, Schweppes, Dole Juices, Lipton Tea, Gatorade, Aquafina Water, Mountain Dew, Mug Root Beer, Frappuccino, and Hawaiian Punch.
- White Mountain Hotel** (356-7100) Gary Sullivan.  
Wonderful place to go for lunch or dinner.
- White Mt. Oil and Propane** (356-6386) The Saunders Family, oil and propane, major appliances.
- Yankee Smokehouse Restaurant** (539-7427) Joseph Ferriera, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.

## St. Patrick's Luncheon at the Indian Head Resort



# Saint Patrick's Day





## 2015 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

May 23rd & 24th Sat & Sun

July 4th & 5th Sat & Sun

September 5th & 6th Sat & Sun

October 11th & 12th Sat & Sun

**SHOW HOURS:** 10 AM - 5 PM

### **New England Crafters at their best!**

We have fine jewelry, photography, art, pottery, gourmet specialty foods, stained glass, doll clothes, kettle korn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

Benefits the Gibson Center for Senior Services,  
Meals on Wheels Program.



## Merriman House Openings Available

Merriman House currently has 5 open beds. We historically have had a high occupancy rate and a wait list. We'd like to take this opportunity to dispel some "myths" or misconceptions about Merriman House, an intermediate care facility recently named by US News & World Reports as a top nursing home for 2014 with a 5 stars rating.

1. We are not just a dementia unit. We are a locked unit and that is for the safety of our residents with dementia, but we are not just a dementia unit.
2. We do have open beds (male and female beds are available).
3. We have a good number of residents right now who are cognitively alert and oriented; they just need the physical help. Some have elderly spouses still at home who just could not help them with their physical needs.
4. We have a wait list. We encourage families to fill out an application and take a tour of our facility. Once someone does that, we will call when we have beds available and check in with the families to see how things are going and see if they are ready.

The Merriman House Team at Memorial Hospital