

# GIBSON TIMES



**The Gibson Center for Senior Services, North Conway, NH**  
**[www.gibsoncenter.org](http://www.gibsoncenter.org) August & September 2017 Edition**

## **THE GIBSON LEGACY SOCIETY!!**

We are excited to formally let you know about The Gibson Legacy Society.

Your participation in The Gibson Legacy Society today will allow our future board and staff to make and implement changes and improvements that will benefit the residents of our community for many years to come.

In only 20 years, the number of residents of New Hampshire who are 85 and older will increase *127%* over what it is today!!

We are asking that you remember to remember The Gibson Center in your will to help us meet the increased need for our services.

A plaque is being created that will hang in the dining room with the names of those who have pledged to The Gibson Legacy Society. We'll be happy to include your name if you wish.

We have a brochure that's available in the dining room or the reception area that has the very simple details and sample language for your will.

And if you have already included The Gibson Center in your estate plans, we would like to include you on our plaque. Your name on the plaque will encourage others to join as well.

For more information,  
please call me at 603-356-3231 or email [future@gibsoncenter.org](mailto:future@gibsoncenter.org).

Tomorrow is today!

*George Cleveland*  
Executive Director

# Trips

*Gibson Day Trips* Please sign up for all trips: 356-3231

**New trip policy: when you sign up, you will be placed on the waiting list. When you pay for the trip, your name will be moved to the going list.**

- ♦ **Conway Historical Society:** Second Tuesday. Home pickups. Potluck on even months.
- ♦ **Portland Sunset Cruise:** Thursday August 3rd . \$33 2:30PM bring a picnic dinner
- ♦ **Conway Historical Society Annual Picnic:** Tues Aug 8th home pick ups . Bring a dish to share.
- ♦ **Camp Waukeela Day:** Wednesday, August 9th. Board bus 11AM. Lunch provided
- ♦ **Maine State Ballet presents Don Quixote,** : August 10th. \$44 dinner on own at Foreside Tavern
- ♦ **Crescent Beach State Park;** a day on the water, Wednesday Aug 23rd. Bring a bag lunch or buy lunch at the Snack Shack. \$18 covers entrance fee and transportation
- ♦ **Two Lights & Lobster Shack for lunch:** Wed. Aug. 30th or Tues. Sept 19th. 9-5:30 \$18
- ♦ **Real Pirates a National Geographic display.** Tuesday, Sept 26th. \$36.
- ♦ **Fryeburg Fair:** Senior day at the Fair, Tuesday, October 4th
- ♦ **Jersey Boys:** Friday October 6th, \$80 Board bus at 2 PM. Dinner on own at Sebago Brewery
- ♦ **American Motor Cycle Museum:** Friday October 13th 10-5:30. \$20 lunch on own @ Hart's
- ♦ **Currier Museum:** Wednesday, October 18th. \$35 2 displays: Paris of Toulouse-Lautrec AND Monet; Pathway to Impressionism.
- ♦ **Phantom of the Opera:** October 24th. \$40. dinner on own at Sebago Brewery. This is the old black and white silent movie, and Tom Trenney will play Merrill Auditorium's Kotzschmar Organ. Costumes are optional, but certainly FUN!
- ♦ **Ballroom w/a Twist:** POP's Concert, w/American Idol singer, Dancing w/ Stars. 11/11 \$70
- ♦ **Littleton Village, Chutter's Candy Shop:** Wednesday Nov. 15 . 10-4:30 \$15 lunch on own
- ♦ **Magic of Christmas:** Friday December 8th. \$51. lunch on own at Sebago Brewery
- ♦ **Dirty Dancing:** a live play, Thursday January 4th. \$75
- ♦ **Mama Mia:** Matinee, Saturday, April 28th. \$70, bring bag lunch, dinner on own @ Hart's



# CENTER NEWS



## Gibson Globetrotters

**Canyon Country Arizona and Utah:**  
**April 12-19, 2018** Highlights: Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas **8 days, 10 Meals \$3299 ppdo Five Hotels**

**Pacific Northwest & California:**  
**June 18- 25, 2018** Highlights: Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants, San Francisco, Choice of San Francisco Bay Cruise or City Tour of San Francisco **8 days, 10 Meals \$3599 ppdo Five Hotels**

### **UK by Rail:**

**September 1-10 2018** Highlights: Edinburgh, Scottish Evening, Edinburgh Castle, St. Andrews, York, London, Traditional English Pub Dinner, Tour by train, rather than bus!...and MORE! **Passport needed 10 Days • 12 Meals: . \$4299 ppdo 3 hotels**

**Spotlight on Southern Charm Holiday:**  
**November 25- 30, 2018** Highlights: Historic Charleston, Choice of Boone Hall Plantation or Patriots Point Naval & Maritime Museum, James Island County Park Holiday Display, Jekyll Island, Christmas Caroling, Savannah, Andrew Low House... **6 days, 8 Meals \$2799 ppdo Three Hotels**



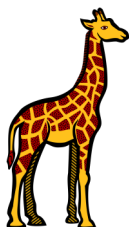
### **Bus Tour**

## **Ark Encounter:**

**June 3-9, 2018, 10 meals, \$ 750ppdo**

**Includes: Bus, Insurance, Hotels, Admissions**

- Ark Encounter (Life size replica of Noah's Ark)
  - Creation Museum
  - Newport Aquarium
  - Cincinnati Zoo & Botanical Gardens
  - Wheeling Artisan Center
  - And time with Gibson Friends...



## KUDOS

### Donations:

- ◆ Shaw's, Wanda Wirling
- ◆ NH Food Bank/ Catholic Charities of NH
- ◆ Al Zaino, Furniture Repairs, & Pantry Bags
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ Abundant Blessings
- ◆ North Conway Rite-Aid
- ◆ William Clemons
- ◆ Pine Tree K-Kids, Diane Gamache
- ◆ Dot Seybold/OVP- Settlers' Green,
- ◆ Comfort Inn
- ◆ Bob Hotarek

### Veggie Volunteers:

- ◆ Sherman Farms, Phyllis Sherman
- ◆ Alice Proctor

### Program Volunteers:

- ◆ **George LeBlanc:** Wii, & Game Day set up
- ◆ **Care for Caregiver:** Gardiner Perry VNS & Dom
- ◆ **Book Cart:** Barbara Rines
- ◆ **Belly Dance Instructor:** Joanne Bailey
- ◆ **Tai Ji Quan:** Sandy Perry,
- ◆ **Computer time:** Deb from Rite Aide; Quinten
- ◆ **FunDay:** Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Greta Paulhus, Joyce Perkins
- ◆ **Valley Vision Useless Trivia Gibson Team Sponsor:**
  - ◆ White Horse Press
- ◆ **Dining Room Art:** Ellen Farrington;
  - ◆ Elaine Klement
- ◆ **FunDay Music:**
  - ◆ Lois Wright,
- ◆ **Library Program:**
  - ◆ David Smolen
- ◆ **Service Link:**
  - ◆ Karen Santuccio
- ◆ **Game Day Snacks:**
  - ◆ Jim Giguere

### **Camp Waukeela**



**Save these dates for Gibson Fundraisers:**  
**FlatBread;**

**Tuesday, August 8th 5-9PM**

**Joseph's Spaghetti Shed;**

**Monday, September 25th, 4:30-9PM**

**Black Cap Grille;**

**Tuesday, October 24th 5-9:30PM**

Call 356-3231 for information or to arrange bus pick ups

The right  
bank makes  
a real  
difference

Click: [northwaybank.com](http://northwaybank.com)  
Call: 800-442-6666

**Northway**  
BANK

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**TIM DI PIETRO**



Master Electrician  
Free Estimates

**NO JOB TOO SMALL**  
603-356-2248

Join us for lunch  
Gibson Center, Mon-Fri. 11:30-12:15

**Ongoing weekly programs**

- Mon: 9:00 **Strength Balance** *summer*  
10:30 Chair Exercise  
12:30 FunDay Afternoon  
4:00 Tai Ji Quan Better Balance
- Tues: 10:00 **Strength Balance &Stretch**  
12:00 Silver Lake Lunch  
1:1 Computer with Judy PM  
12:30 **Yoga** with Dixi, *summer*  
**Slow Cooker classes, July&Aug**
- Wed: 10:30- 1:30 Wii  
12:30 Game Day  
12:30 Care for the Caregiver
- Thurs: 1:1 Computer with Deb AM  
9:00 Belly Dancing  
10:30 Chair Exercise  
12:30 BINGO (first Thurs.)  
12:30 FunDay Afternoon  
4:00 Tai Ji Quan Better Balance
- Fri: 10:00 **Strength Balance &Stretch**  
12:30 Friday Painters (Jan-Apr)  
**Strength Balance & Stretch: Sept-June**

[www.gibsoncenter.org](http://www.gibsoncenter.org)

**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.*

**August 2017**

Caring for the Caregiver Sessions for August are: June 28–  
Aug 2 and Aug 23–Sept 27 Dominic is here between sessions.

**All Month: Calendar Raffle** 22 opportunities to win, only \$10.  
Gift certificates, prizes and everyone's favorite, Cash.

**Tuesday & Wednesday, the 1st & 2nd:** Camp Waukeela Girls  
visit programs and dining room.

**Thursday the 3rd:** BINGO after lunch, player supplied prizes.

**Friday the 4th:** before lunch, Betsy Gemecke present OLLI.

**Friday the 4th:** Welcome Mineral Springs!

**Tuesday the 8th:** "Gibson FlatBread Fundraiser" 4PM-9PM  
Karen also has an amazing number of drop ticket raffle items.  
Invite your family and friends. Order in or take out. (Jill will  
pick up a few FlatBreads for the Historical Society picnic.)

**Wednesday the 9th:** the girls from Camp Waukeela have so  
enjoyed their time at Gibson, that they are inviting people to  
dine at the camp. The Gibson bus will offer a ride, or others  
can drive themselves. We need to have an accurate number by  
Friday, August 4th. Sign up by the 4th, for the bus or to drive.

**Monday the 21st:** will be the first Solar Eclipse of this  
century. Alice Clapp will host a Ballroom Dance. Wear  
Black and White. This will be after lunch in the Activity  
Room.



**Wednesday the 30th:** "Waffle Brunch for Lunch"  
courtesy of Comfort Inn.

**Thursday the 31st:** BINGO after lunch, player supplied prizes.

**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 \$710 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.



**Memorial Hospital**  
Merriman House  
A MaineHealth Member

**Top 5 Star Rating!**



**603-356-5461**



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**September 2017**

*Caring for the Caregiver* Aug 23-Sept 27  
**September is National Senior Center Month & Hunger Action Month**

**Friday the 1st:** Labor Day Indoor Picnic

**Saturday & Sunday, the 2nd & 3rd**  
**Gibson Center Craft Fair – 10AM – 5PM**  
**New England Crafters at their best!**

**Monday the 4th:** Labor Day – Gibson Center Closed

**Tuesday the 5th:** Strength, Balance, & Stretch 10-11AM

**Tuesday the 5th:** Feeding America's "Go Orange Day!!!  
Wear Orange, Raffle. Donate canned milk, hot chocolate, peanut butter, tuna, etc. for our MOW "storm packs". Chef Rick will prepare orange colored food for lunch.

**Wednesday, the 6th:** Welcome Sunrise Sunset Activities Center, a senior center from Newmarket NH, say Hi!

**Friday the 8th:** Nutrition Council – 9AM

**Friday the 8th:** Welcome Mineral Springs!

**Monday the 18th:** Emily Benson will speak about "Children, the Bedrock of NH". After lunch program in Activity room

**Monday the 18th:** Tai Ji Quan, starts Silver Lake Landing 10<sup>AM</sup>

**Friday the 22nd:** National Falls Awareness Day

**Monday the 25th:** Joseph's Spaghetti Shed fundraiser. Sharon will offer transportation– 4:30PM – 9PM Invite family and friends.

**Friday, the 29th:** bring in items to display at Fryeburg Fair



**Gibson Thrift Shop Hours**  
**Monday –Friday**  
**10-2:15**  
**Saturday**  
**9-1:00**

**GOLD'S OVER**  
**\$1850/OZ**  
**"WE BUY ALL GOLD & SILVER"**

Platinum, Diamonds, Coins & Jewelry  
Free Estimates

**North Country Fair Jewelers**  
**"43rd year"**

2448 White Mtn. HWY, No. Conway 356-5819

**Personal Care Assistant**

respite care, full-time, part time,  
days, nights and fill-in.  
**25 Years Experience.**  
Call Jan Bennett **207-807-1011**

**Mineral Springs of  
North Conway Care  
& Rehabilitation Center**

Offering quality nursing care and an  
assisted living environment to the  
North Conway area. (03860)  
1251 White Mtn. Hwy N. Conway, NH  
**603-356-7294**


**Gibson Fundraisers:**

**FlatBread;**  
**Tuesday, Aug 8th 5-9PM & drop ticket raffle**

**Joseph's Spaghetti Shed;**  
**Mon Sept. 25th, 4:30-9PM**

**Black Cap Grille;**  
**Tues, Oct 24th 5-9:30PM**

Call 356-3231 for information or  
to arrange bus pick up



**Tai Ji Quan:**  
**Moving for Better Balance**

- Improves balance
- Recognize internal stimuli
- Respond to external stimuli
- Reactions become automatic
- Monday & Thursday 4-5PM at Gibson Center
- Mon & Thurs 10 AM at Silver Lake, starts 9/18
- Call 356-3231 to register

Brought to you by members of the Community Health Council including Memorial Hospital, Visiting Nurse Home Care & Hospice of Carroll County, and Mineral Springs are partnering with the Gibson Center for Senior Services, the NH Foundation for Healthy Communities and MaineHealth.

# Business Support Newsletter Listings

- Abundant Blessings Homecare, Inc** (603-473-2510, fax 603-522-9211) 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.
- 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. Flowers for all occasions, trees, shrubs, perennials, annuals, balloons and gifts. FTD. 10% discount for Gibson members.
- 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) Howie Wemyss. 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
- Settlers Green Outlet Village** (356-7031) over 60 stores. Every Tuesday is Senior discount day at participating stores.
- 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 multishift basis quality home care. Web site: [timberlandhomecare.com](http://timberlandhomecare.com); e-mail is: [timberlandhomecare@live.com](mailto:timberlandhomecare@live.com)
- 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 diner.
- 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.



Many thanks to  
**Chef's Bistro** for  
our fundraiser

# Early Summer Trips



Greek Festival in Portland



Lupines, Polly's Pancakes, & Ice Cream



Old Orchard Beach



1980's Day at the SeaDogs



WMOP Annual Bratwurst Broil

**2017 GIBSON CENTER  
CRAFTS AND ARTISAN FESTIVALS**



**September 2nd & 3rd, Sat & Sun  
October 7th & 8th, Sat & Sun**

**SHOW HOURS:  
Sat & Sun 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 corn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

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

**Please remember  
the Gibson Center  
in your Will**