

# GIBSON TIMES



**The Gibson Center for Senior Services, North Conway, NH**  
[www.gibsoncenter.org](http://www.gibsoncenter.org) August & September 2014 Edition

## The Fountain of Youth discovered at Gibson Center

I define the “Fountain of Youth” as one thing that a person can do to turn back the clock on aging, giving one the mind and body of someone much younger. And where can one find this magic pill, this elixir of life? The Gibson Center offers you many opportunities to turn back the hands of time. Most people are aware that mild to moderate exercise (as defined as walking, dancing, swimming, yoga, moderate weight training) helps with weight control, balance, bone density, and cardio-vascular health. But did you know that being able to stand and walk also could save your life? What if there were a fire, would you be able to safely self evacuate? People who exercise have better balance and are therefore more likely to be able to self evacuate in case of disaster.

But the “Fountain of Youth” must also return one’s brain to the quicker thinking of younger people, or at least slow the process of decline. At the July 14, 2014 Alzheimer’s Association International Conference, Yonas E. Geda, MD MSC from the Mayo Clinic offered scientific proof that participating in mild to moderate exercise reduces the risk of Mild Cognitive Impairment, and slows the process of Alzheimer’s Symptoms.

In addition to activities listed below: Chair Exercise Mon & Thurs AM. Bowling Mon. afternoon.



## SPECIAL EVENTS



### 2014 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

August 30th & 31st 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 corn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

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

### *Gibson Day Trips*

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

**Oxford Casino:** Fridays Aug 15; Sept 12. Board bus at 12:30, return about 5:30, giving you two hours in the casino. Suggested donation for transportation is \$10, all other expenses on own.

**Hello Dolly** winner of 10 Tony Awards. Wednesday, August 6th, board the bus at noon. Ticket price is \$32 (cash, or credit card purchase on own day of event), the suggested donation for transportation is \$10.

**Ossipee Lake Boat Trip:** Fri. Aug 8. Suggested donation for the boat ride is \$15 cash or check made out to the Ossipee Rotary. Suggested donations for transportation is \$5 and for box lunch is \$3.

**Be My Baby** Wed. Aug 13. Year after year Ken Ludwig keeps Barnstormers' audiences rolling in the aisles. Ticket price is \$32 (cash or credit card, purchase on own day of event), the suggested donation for transportation is \$10. Before this show, we will go out to dinner on our own at Mountain View Station.

**Great Bay Estuary:** Wednesday, August 20th. We will head south to the coast of New Hampshire for a picnic at the Great Bay Estuary. An estuary is the place where the water is salty at high tide, and fresh at low tide. This provides an interesting mix of sea creatures and plants. There is a discovery center, where we will have a short lecture, and then we will be able to explore the touch tanks (where you will be able to see and touch the creatures) and follow a short boardwalk to a viewing area. The picnic pavilion is also near the water, so even people who do not want to walk the board walk will be able to see Great Bay. There is a \$2 per person admission charge, to be paid on your own when we get there, and a suggested donation of \$10 for the transportation, and \$3 for a box lunch. There is evidently a great ice cream shop, where we will stop on the way home.

**Crescent Beach State Park:** Tuesday, August 26th. We will head to the coast of Maine for time in the sun and waves. Pack your own lunch, umbrella and towel. We will stop for ice cream on the way home. Entrance fee to park is on your own (\$6.50 cash). We will board the bus at 9:30 so we can be there for high tide. Suggested donation for transportation is \$10, all other expenses on own.

**SeaDogs and Fireworks,** Thursday, Aug. 28th vs. Reading Fightin' Phils. Board the bus at 3:30. Bring your own picnic lunch, or order a box lunch, for a suggested donation of \$3. The suggested donation for transportation is \$10. *The Gibson Center will purchase tickets in advance, the price is \$11, please pay when you sign up.*

**Two Lights & Lobster Shack:** Tues. Sept 2nd and Wed. Sept. 10th. Lunch on your own. Entrance fee to park is on your own (\$4.50 cash). Board the bus at 9:30. Suggested donation for transportation is \$10.

**Senior Day at the Fryeburg Fair:** Tuesday, September 30th. Board bus at 9, return to Gibson around 3. Suggested donation for transportation is \$10.

**Currier Museum Escher Display:** Wednesday, November 12th.

# CENTER NEWS



## Gibson Globetrotters

### South Dakota:Black Hills & Badlands

June, 2015, 7 days, \$2374 ppdo

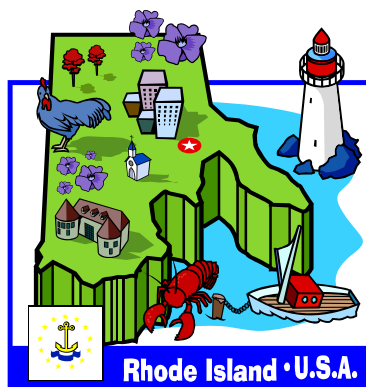
- 10 meals, 6 nights in one hotel in Rapid City
- Includes: Air, Land, Insurance, airport transfer
- Mount Rushmore
- Needle Highway
- Black Hills Gold & Diamond Factory
- Crazy Horse Memorial site
- Native American Cultural Center
- Custer State Park:: you may see big horn sheep, elk, buffalo
- Chuckwagon Supper & Cowboy Music Show at the site where "Dances With Wolves" was filmed
- Hot Springs: wild horse sanctuary
- Deadwood, a rollickin' rambin' western town
- 7 days with Gibson Center FRIENDS!
- **Slide Show, Thursday, October 23rd**



### Newport Lifestyles of Rhode Island

October 13-15, 2014, 3 days

- \$567 ppdo (based on 26 people)
- 2 nights Holiday Inn Express, Middletown, RI
- 2 full breakfasts at hotel, 2 dinners
- 1 lunch at Newport Playhouse matinee
- Step-on guided tour of Newport
- Breakers Mansion, and - Behind the Scenes Tour of either the Elms Mansion or Marble House
- Newport Vineyard
- Dinner train
- Lantern stroll
- Narrated Newport Harbor cruise



- Luggage service & Taxes
- Does NOT include insurance (which is based on individual age and on your own)

## KUDOS

### Food Donations:

#### **Shawn & Linda Bergeron**


- ◆ Shaw's
- ◆ Old Village Bakery
- ◆ Vintage Bakery
- ◆ Wal-Mart & Bob King
- ◆ Veggie Volunteer Program:Miles Waltz

### Program Volunteers:


- ◆ **Miles Waltz:** Medicare Counseling
- ◆ **George LeBlanc:** Wii, & Game Day set up
- ◆ **Care for the Caregiver:** Gardiner Perry; VNS & Dom
- ◆ **Saco Valley Sports Center:** Bowling
- ◆ **Fran Shore:** Sharing her movies, "Fran's Flicks"
- ◆ **Book Cart:** Barbara Rines
- ◆ **Silver Lake Music:** Mary Ellen Vana
- ◆ **AARP Safe Driving:** Dan Andrews
- ◆ **Belly Dance Instructor:** Joanne Bailey
- ◆ **Dance Goodies:** Joann Jonah & Alice Clapp
- ◆ **Dance Music:** Alice Clapp, Kay Frechette
- ◆ **Dance Hostess:** Alice Clapp
- ◆ **Caregiver Corner:** Trudy Fletcher & Service Link
- ◆ **Zero Balance Massages:** Julie Sullivan
- ◆ **SeaSide Pavilion and the Salvation Army**
- ◆ **Plant Exchange:** Shelly, Barbara, Abundant Blessings
- ◆ **Dining Room Art:** Elaine Klement, Sarah Charles; Frank McLaughlin, Laura Thomson, Joyce Desmarais, Pauline Hudon
- ◆ **Poetry Appreciation:** Tim Nuveen
- ◆ **Pet Therapy:** Eli & Zack
- ◆ **Computer volunteer:** Eli
- ◆ **BINGO caller:** Dick Vierus
- ◆ **BINGO prizes:** Pauline Yeager
- ◆ **Exercise Assistants:** Pauline & Linda
- ◆ Memorial Hospital Wound Care & Hyperbaric Medicine





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**LEONE, MCDONNELL & ROBERTS**  
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 Certified Public Accountants  
 10 Duprey Rd., N. Conway, NH 03860  
 603-356-6358 • Fax 356-2149  
 Email: [www.lmrpa.com](http://www.lmrpa.com)

Ongoing weekly programs

- Mon: 10:30 Chair Exercise  
 12:30 Yoga  
 12:30 Bowling
- Tues: 12:00 Silver Lake Lunch
- Wed: 10:30- 1:30 Wii  
 12:30 Game Day  
 12:00 One to One Computer  
 12:30 Care for the Caregiver
- Thurs: 9:00 Belly Dancing  
*Poetry Appreciation summer vaca*  
 10:30 Chair Exercise  
 12:00 Medicare Counseling  
 12:30 BINGO (first Thurs.)
- Fri: 12:30 Ballroom Class w/ George  
 Strength Balance, Stretch Sept-May on  
 Tuesdays & Fridays at 10:00 AM

**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 2014**

**Fran's Flicks:**

Tues. the 12th: *Somewhere In Time*

Tues. the 26th: *The Impossible*

*Welcome Mineral Springs* Wednesday the 6th.

**BINGO:** after lunch on Thursday the 7th. This is a free event, prizes are supplied by players.

**Rodman Dickie, WWII Veteran:** will share his story after lunch on Tuesday the 12th. All are welcome, veterans are encouraged to share their stories too.

Softub Sales Presentation, Thursday the 14th after lunch, this is a Paid Sales Presentation.

**Hawaiian Sizzler, Ballroom Dance** Thursday, the 21st, from 6-8 pm. Wear a Hawaiian Shirt, or a lei.

**AARP Smart Driver Class:** Tuesday the 26th. 8:30-4. \$15 for AARP members, all others \$20. call 356-3231 to sign up.

**GIBSON CENTER CRAFTS AND  
 ARTISAN FESTIVALS**

**August 30th & 31st Sat & Sun**

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

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, MOW Program

**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 \$690 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 12 for an application .



Memorial Hospital  
Merriman House

A MaineHealth Member

Top 5 Star Rating!



603-356-5461

# August Calendar Raffle

See Karen for calendar,  
\$10 for a month of winning

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## September 2014

**Fran's Flicks:** Tuesdays after lunch

Tuesday the 9th: **Labor Day**

Tuesday the 23rd: **Guilt Trip**

The Gibson Center will be closed on Monday the 1st.

**Welcome Mineral Springs** Wednesday the 3rd.

**BINGO:** after lunch on the 4th. prizes are supplied by players.

**Strength, Balance, & Stretch:** resumes on the 9th at 10 AM.

Licensed instructor, Bobbi Brome leads the classes on Tuesdays and Fridays. She starts with gentle stretches, and works up to weights. Participants in this class report feeling better, having greater range of motion, better endurance, better balance, and increased bone density. Because Bobbi is a licensed instructor she can offer suggestions to modify the class for individual challenges.

The class is 12 weeks, 24 sessions, for only \$75 for Gibson Members, and \$85 for non members. You may pick up your Doctor and Liability Release Forms in advance.

**Nutrition Council Meeting** Friday the 12th at 9AM

**Caregiver groups** for off Wednesdays, Service Link on the 10th and Zero Balance Massage on the 17th.

The **Fryeburg Fair** is early this year. If you would like to display items in the Gibson Center exhibit, please let Jill know. Items displayed must be made by Gibson Center members, not for sale, and recently created. Looking for a couple of people to help organize the display, on Friday the 26th. Items may be dropped off on the 25th



Gibson Thrift  
Shop Hours  
Monday –Friday  
10-2:30  
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 yr."

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

## Personal Care Assistant

respite care, full-time, part time,  
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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

# Transportation after lunch

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

Please check with Jill for specifics.

As with all bus trips,  
riders will be given a donation envelope.

## Dine to Donate

Joseph's  
Spaghetti Shed  
Mon Sept 22 5-8

# 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
- Fryeburg Academy** (207-935-2001) 152 Main Street Fryeburg, Me. Proud to support our Seniors in the Mount Washington & Pequawket Valleys offering public programs in the arts, music, theater and Elderhostel.
- 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
- The Humming Birds Home** (367-9272) Jacqueline Champagne 17 North Division Road. An adventurous 3-bed facility in Silver Lake, NH. If you or your loved one is happy and healthy but needs more assistance in everyday life, this is a great alternative to a nursing home. Call (603) 367-9272
- Leone, McDonnell and Roberts, P.A.** (356-6358) Tom Roberts, 10 Duprey Rd, N Conway. Quality CPA professional services: tax, accounting, audit, estates, trusts, and personal and business planning.
- 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
- 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 Holum 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.



# Gibson Events



Boston Brass Concert  
Old Orchard



Doo Wop Concert at Rochester Opera House



Holy Trinity Greek Orthodox Church  
**GREEK FOOD Festival**  
JUNE 26, 27, 28  
133 PLEASANT STREET, PORTLAND, ME



Portland Museum &  
Ice Cream



Ballroom Dance 6/19/14



Lupine Festival: Polly's, Harmons,  
Trails End Ice Cream



**BINGO !**





# Go Orange Day



Thursday, September 4th is  
**Feeding America's** "Go Orange Day"  
Raise awareness. Donate money, and/or food  
Wear orange

Orange Raffle in the Dining Room  
Bring canned goods or boxed food to donate  
to our Meals on Wheels Winter Emergency Packs



Chef Rick will plan a meal including "Orange" food.

# Joseph's Spaghetti Shed



## Dine to Donate

Invite your family, your friends, your neighbors.

Beth donates 20% of all meals to the Gibson Center!

See YOU there!

**MONDAY, SEPTEMBER 22ND 5 PM- 8:00 PM**

