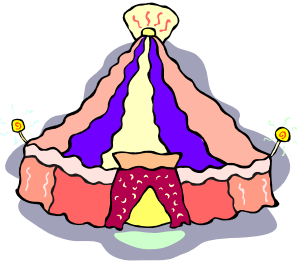


# GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH  
www.gibsoncenter.org August & September 2015 Edition



## 2015 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

September 5th & 6th Sat & Sun

October 11th & 12th Sat & Sun

SHOW HOURS: 10 AM - 5 PM

**New England Crafters at their best!**

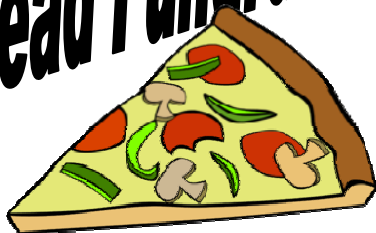
We have fine jewelry, photography, art, pottery, gourmet specialty foods, stained glass, doll clothes, kettle korn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

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



A portion of each flatbread  
Benefits Gibson MOW  
Tuesday, August 18  
4-9 PM

**Flatbread Fundraiser**



Hannah's Heart-full

**Car Wash**

To benefit MOW  
Watch for the date!



# Silver Lake Picnic



## Gibson Day Trips

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

**The Mount Washington Boat: Oldies with Annie and the Orphans:** Monday, August 3rd Dinner & Dancing to the Oldies, the cruise, and transportation is \$65

**M & D Free tickets to Opening Night: Monty Python, Spamalot** August 20 at 7 PM

**Ossipee Lake Boat Trip:** watch for date \$20

**Two Lights State Park & Lobster Shack Restaurant:** Wed 9/2 or Fri 9/11. \$20 covers admission to the park and transportation. Lunch and ice cream are on your own.

**Wrights Museum, WWII in photo history** Wednesday Sept. 9. board bus at noon \$20

**Littleton, NH:** Lunch on your own at any of a number of restaurants. Visit **Chutters**, the worlds longest candy counter or take a walk along the river on the pedestrian path Wed 9/23

**Fryeburg Fair: Set Up:** Friday, Oct. 2 after lunch. **Senior Day** October 6th 9-3

**T&C Luncheon & Marlene:** Thursday, October 15. board the bus at 10AM.

**Magic of Christmas:** Friday, December 11 \$55. Tickets are ordered, please sign up today

**Portland POP's Concerts:** dinner on own at Sebago Brewery

- **Tribute to John Denver:** Saturday, October 24th
- **Beach Boy's Pet Sounds:** Saturday, January 9, 2016
- **Portland In Love:** Sunday, February 14, 2016
- **Best of John Williams:** Sunday, April 24th, 2016

**Overnight at the Town & Country pool, meals, entertainment, save the date, January 29-30, 2016.**

# CENTER NEWS

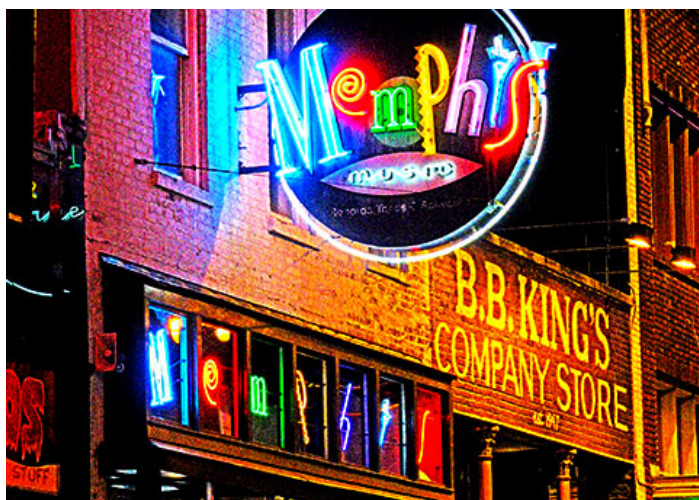
## Gibson Globetrotters



**Yellowstone in Winter:**  
**A Snow-Covered**  
**Wonderland**  
**January 10-16, 2016, 12**  
**meals, \$4299ppdo**

***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:** **A 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
- **Informational Slide Show 9/8 at 12:15**

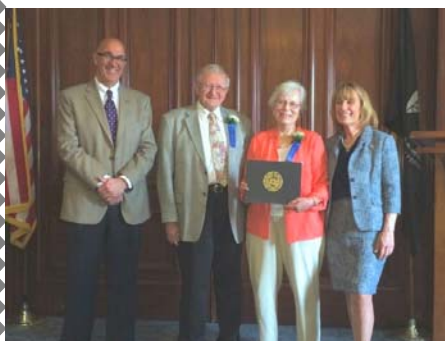
## KUDOS

### **Donations:**

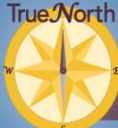
- ◆ Shaw's
- ◆ White Mountain Oil & Propane
- ◆ North Conway Country Club
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ Bagels Plus
- ◆ NH Food Bank
- ◆ Comfort Inn
- ◆ Holiday Inn Express
- ◆ Chris Fournier
- ◆ Kiwanis/RSVP
- ◆ Residence Inn
- ◆ Regency Mortgage
- ◆ Strafford MOW & Lindt Chocolate
- ◆ Chef's Market Bistro
- ◆ Veggie Volunteers: Miles Waltz, Julia King, Alice Proctor, and of course Sherman's Farm
- ◆ Al Zaino, furniture repairs

### **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
- ◆ **Chair Exercise Volunteer:** Connie Smith
- ◆ **Guest Speaker:** Ted Sares, Dwight Smith, State Treasurer, Thomas P. McAnespie & staff,
- ◆ **FunDay:** Jeanne Kukuza, Laura Sorensen, Carol Saunders, Susan Proctor, Elaine Klement, Alice & Dick Vierus. Stephanie; Ruth Proctor, Julie Lanoie
- ◆ **Handbags, totes, and stationary:** Ellen Farrington



Vaughn  
Awards  
Carroll  
County  
Recipients  
Dick & Alice  
Vierus

TrueNorth  

**Travel Club**  
 Your passport to a world of adventure.

**Northway**  
 BANK



Member FDIC | 800-442-6666 | northwaybank.com

**TIM DI PIETRO**



Master Electrician  
 Free Estimates

**NO JOB TOO SMALL**

603-356-2248

**Looking for Matter of Balance Coaches**  
 See Jill for more information

**Ongoing weekly programs**

- Mon: 10:30 Chair Exercise  
12:30 FunDay Afternoon
- Tues: 10:00 Strength Balance & Stretch  
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 Yoga  
5-7Ballroom Dancing

Strength, Balance & Stretch resumes  
 Tuesday, September 9th...sign up today

**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 2015**

**Fran's Flicks:** 11th: *The Best of Me*

**Wednesday, the 5th:** Pre Trip meeting for all going to Cape Cod. After lunch. We will pass out paperwork, and you must choose meals, as well as update emergency contact information.

**Save the Date Tuesday, August 18<sup>th</sup> Flatbread Fundraiser** For the Gibson Center Meals on Wheels program. Invite your family and friends A portion from the sale of each flatbread will be donated to the Gibson Center Eat in or Take Out

**Flatbread 8/18/15**

**Thursday the 20th:** *Slide Show from our South Dakota trip.* All are welcome to attend and see the slides of Mount Rushmore, the Badlands, wildlife, and more. If you have digital photos to share, please bring them to Jill by the 6th.

**Matter of Balance** Have you stopped doing something you love because you are afraid of falling? Do you "furniture walk"? Have you fallen recently? Are you afraid to tell your doctor or family that you have fallen? Sign up for Matter of Balance, an 8 week falls prevention class call 356-3231 for more information.

**Neighbor Helping Neighbor**

**October 24th.**  
 Call 603 356-7827 looking for volunteers, and people who need to schedule an appointment to do yard work, winterization, and small handy man jobs. Free while funds last.

**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!**



**Memorial Hospital**  
Merriman House

A MaineHealth Member



**603-356-5461**

**Save the Date**  
**Tuesday, August 18th**  
**Flatbread Fundraiser**

For the Gibson Center  
Invite your family and friends  
A portion from the sale of each flatbread will be donated to the Gibson Center  
Eat in or Take Out

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September 2015

**Fran's Flicks:**  
The 8th: *The Imitation Game* The 22nd: *Black or White*

**Go Orange Month**

We will have a special day on  
Thursday, September 3rd  
Wear Orange  
Orange Food on the Menu  
Raffles,  
Memorial Leaf Tree  
(\$5 buys a leaf in memory of a loved one)




**Friday the 4th** Labor Day Cookout Eat In,  
with special food to say good bye to the summer season.

**GIBSON CENTER CRAFTS & ARTISAN FESTIVAL**  
**September 5th & 6th. Sat & Sun**  
**SHOW HOURS: 10 AM - 5 PM**

The Gibson Center will be closed on Monday, September 7th.

**Tuesday the 8th**, Matt from Collette Travel will offer a slide show on the upcoming Gibson Center trip to *American Music Cities* You will see the best of New Orleans, Memphis, and Nashville. 12:30PM

**Tuesday the 15th**:12:30 Mount Washington Observatory will make a special presentation on weather in New England.

**Time to gather items for the Fryeburg Fair, see Jill**  
Hand made items, created this year by Gibson members turn in 10/2



**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,  
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**

**Flatbread**  
Fundraiser,  
**Tuesday August 18th 4-9 PM**  
Invite your Family and Friends  
Eat in or Take Out

**Matter of Balance**

- Have you stopped doing something you love because you are afraid of falling?
- Do you “furniture walk”?
- Have you fallen recently?

Sign up for Matter of Balance, an 8 week falls prevention class this

# 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.

**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.

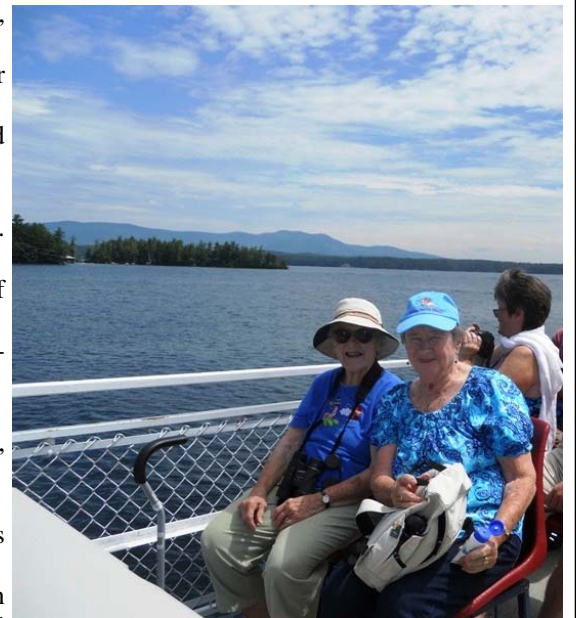
**Subway Sandwiches and Salads** (356-5700) Scenic Vista, Intervale, NH

**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)

**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.



# Summer Trips

Summer starts with Brat Boil @ WMOP



Greek Festival in Portland



Music & Dancing at OOB



Lupine & Polly's Pancakes

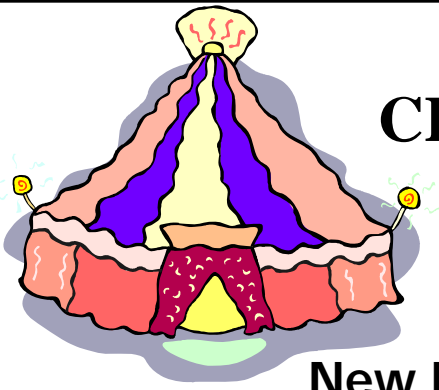


Sophie C Mail Boat



Gibson Trip to South Dakota

June 2015



# 2015 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

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 corn, 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