

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.gibsoncenter.org December 2016 & January 2017 Edition

1988

Judy

LaBonte by

Donese Oliver;

Ethel Cox Worcester

by Nancy & James Worcester

Claudia Ruppevert; Lucille Marshall

By Rita Macomber; Elizabeth F. Kirilin by

Elizabeth Flint; Frank Napoliello by Fran Lampidis;

Lucy Del Greco by Anne Napoliello & Family; Margaret

Hosmer by Marilyn Hosmer; Departed Sisters by Eastern Slope

Emblem Club #330; Ray S Gilmore by Zelda Gilmore; Henry H McWay

by Helen P McWay; Mary Gaudreault by John Gaudreault & Family

1989 Richard Barrows by Donese

Oliver; NCG Nutrition Council & spouses

by Conway Site Council for Aging; Clark H.

Bachman by Bart and Betty Bachman; F. Gordon &

Linwood Soule by Marilyn McKenna; Andy Davis by Connie

Davis Watson; Ruby McGraw by Marilyn Pandora; Margaret Allard

By E.P. Flint 1990 Ernest Brown E.P. Flint; Ernest Brown Donese Oliver;

Ernest Brown by the Staff & Agencies of the Gibson Center; Marie A. Buswell by

Linda Harriman; Charles A. Christensen by Carmen Christensen; Arthur J. Kraft by Wilhelmina

Kraft; Margaret Allard by Harold & Margaret Kenny; Agnes Grippen by Carmen Christensen

Wm. A. Ward by E.P. Flint; 1991 Barbara

Hall by Ken Hall; Barbara Hall by Elizabeth Flint

Nancy E. Fall by Charles H. Fall; Ernest B. Ashnault by

Paul O. Ashnault; Alphonsine Ashnault by Paul O. Ashnault;

Arthemise LeBlanc by Paul O. Ashnault; Effie & Millard Wentworth by

Myrtle Delaney; Lucy Del Greco by Anthony Palazzo; Herbert & Louise Celine

Gathercole by William Pinkham Family; Jennifer Moylan Smith by Brian Smith; Joshua

David Colin Smith by Brian Smith; Carroll Ivers by Evelyn Masone. 1992 Sam & Viola Chaddick

By Laura Jean & Andy Beeler; Charles Kraft & Ina Kraft by Laura Whitaker & Nancy Ashnault; Margaret Comstock

Thorne by Staff at Atitash; Dennis Lee Ainsworth by Linda Harriman. 1993 Nellie Monroe by Raymond Monroe;

Wayne F. Keefe by Pat & Walter Keefe; Carroll A. Hill

by Helen G. Hill; Donn Marie Kraft by Wilhelmina Kraft; Guy R.

& Ida Whitaker by Laurie & Robert Whitaker; Robert Monroe by Brother

Raymond & Family; Margaret & Ernest Woods, Sr. by Mr. & Mrs. Arvel Henley, Jr.;

Aray & Arvel Henley, Sr. by Mr. & Mrs. Arvel Henley, Jr.; 1994 Joseph J. Lodi by Paul Lodi;

Paul O. Ashnault by John Fuller School; Paul O. Ashnault by Warren Mattiello; Paul O. Ashnault by

Ray Stineford; Paul O. Ashnault by Kathleen M. Hill; Paul O. Ashnault by Melinda A. Puglisi; Beatrice

Hardcastle by Donese Oliver. 1995 Elizabeth Flint by Donese Oliver; Dorothy Flynn by Judy & Al Fuller; Ervin

Grant by Greg & Nancy Bartlett; Arvel Henley Jr. by Jean C. Henley. 1996 Carole Rieustra by Donese Oliver; Margaret

Laurent by Stephen Laurent; Eleanor Perkins by Rowland & Eleanor Perkins; William "Bill" Paine by Carroll County Trans Alliance;

Alfred Fuller by Lodi Family; Edward B. Mills by Jean M. Hubbard; Pauline J. Burnell by Burnell Family; Pauline J. Burnell

By Weston Family; Rose Marie Gentile by Edward Gentile; Pauline P.

Smith by Hope E. Smith. 1997 Barbara Guptill by Ladies of the North Conway

Country Club; Perley Evans by Friends; Edmund M. Warren by Lucy Warren Howland

& Helen Warren Goss; John Govoni by Marguerite Govoni, Kathleen Moore & Jennifer Moore;

John Ruest by Marie Ruest; Pauline Burnell by Kathryn A Burnell; Alfred Chase by Beatrice Chase;

Norman Caron by Norma E. & Leonard E. Whitmore; Tod Lansing by Lydia Lansing; Minnie Cooper by Debbie

Kelly; 1998 Herbert C., Willey by Friends; Brownlow Thompson by Friends; Alva Fernandez by Glen Builders; Christeen

Freeman by Ralph Freeman; Loved Ones by Evelyn Amann; Barbara Guptill by Kerry & Irving Guptill; Elise Carlson by Clyde & Twyla

Watson; Bob Morrell by Gibson Center; Vernon Smith by Gibson Center; Dorothy Gaudette by Jean Fernandez; Ruth Darville by Thomas Darville.

1999 Cindy Russell Chase by Phebe McDonald & Family; Hackett & Benson Family by Louise and Joe Hackett; Richard M. Stimpson

By Wife, Priscilla & Children Richard J. & Lisa Stimpson; Tom Reny by Ruth Reny;

Norman Caron by Mrs. Norman Caron; Joseph Leonard Kucera by the Rollnick Family; Peter

Kelly by the Gibson Center; Richard May by the Gibson Center; Howard J. Miller by Michael & Elizabeth

Patton-Miller; John L. Patton by Michael & Elizabeth Patton-Miller; 2000 Lois Weiler Burcaw by Robert & Family

Mary Herliko by Stella Pidherny; Terry Blais by Al, Family and Friends; 2001 Bill Chisholm by Peg Chisholm; John Hartnett by

Juanita Hartnett; Elizabeth Laselle by Jane Lasselle; Lasselle Family Members by Jane Lasselle; Loved Ones by Ralph Freeman; Carl Giboney

By Anonymous; Robert Twombly, Sr. by Ruth S. Twombly; Philip Rancourt by Laureheta Rancourt; Norman Caron by Leonard & Norma Whitmore;

Lily Everhart by Gibson Center Nutrition Council; 2002 Douglas Woodward by Carol & William Manley; Sherman Dean by Ali Dean; Urban W. Travers (Herb)

By Arlene & Family; 2003 Sherman Twombly by Norma, Paul, Todd and Timothy Twombly; 2004 Steven Valladares by Edgar & Kay Frechette; Phebe McDonald, Ed

Sabastianski; Lesley Burcaw Butler by Bob Burcaw; 2005 Connie Price by Roger C. Price 2006 Judy Durkee by Gibson Staff & Volunteers; Ada Fuge by Janis & Donald Wood;

Arthur Desjardins by His Family. 2007 Alyce Kuppens by Frederick Kuppens. 2008 ^{also} 2009 Charles E. Fall by Dorothy Fall; Arthur Crosby by Mary Ann Breton 2010 Helen Ware

by Nutrition Council; Margaret Giblin by Mary Conlon; Donald V. Shore by Fran Shore; Frances H Dee by Fran Shore; Anthony Palazzo by Ann M. Napoliello & Francine Lam-

pidis; Jeanette Losee by the Nutrition Council; Elaine Wales by Barb Rines, Lois Wright, Sally Burnell, Pat Ford, Phebe McDonald, Agnes Jacintho, Anna Cataldo, Elaine Spratt,

Ruth Reny, Carol Smith; 2011 Sally Burnell by Barb Rines, Lois Wright, Phebe McDonald, Anna Cataldo, Clayton & Karen Mills, Mickey Leavitt, Umeko Yeaton, Roger Price,

Evelyn Peare, Dot Towle, Darlene Antonucci; 2012 Anne Napoliello by Carolyn Brown & Paula Lehman; Jason Waterhouse by Fran Lampidis, Bev Micallef, Lucille Dandinault,

Phebe McDonald; Anne Napoliello & Stephanie Macierowski by Paul & Barbara Ray; Andrea Pevernek Gray by Phebe McDonald & Ed Sabasteanski; Anne Napoliello by

Gretchen Behr

Svensden, jr;

Russell (Stan)

Welch by Ed & Greta Paulhus; Faye Pennett by Jane Duggan; Stephen Burdick by Jane Duggan;

David Montgomery by Jane Duggan; Will Duggan by Jane Duggan; Mary Chase by Dick Chase & Family. 2013

Ray Burton by The Gibson Center; Katherine Rose Gauthier by The Gibson Center; Loved Ones by Jim & Karen Umberger;

Janelle & Harold Shaw by June & Miles Waltz; 2014 Joanne Knowlton by Nutrition Council; Marianne Heald by The Heald Family;

Marion Cleveland Cohen by George Cleveland; Ed Wright by Jim Arnold, George LeBlanc, Barbara Rines; Ed Wright by Miriam

Morrill, Steffi Mullins, Alice & Allison Purell; Peggy Mills by The Gibson Center; 2016 Phil Marie by Jim Arnold, Roger Babcock,

Charlie Kay, Dwight Smith, Gordon Wood, Paul Whetton; Joan Morse by the Nutrition Council; Barbara Freeman by the

Nutrition Council; Dr. Miles Waltz by the Nutrition Council; Carol Smith by the Nutrition Council

Trips

Remember special loved ones in your life this Holiday Season. Keep their memory bright by purchasing a \$50 perpetual red bulb that will be lit for a lifetime, a one year white bulb for \$10 to shine on the Gibson Center Memorial Tree December 1st through January 15, 2017. Please call 356-3231.



Christmas Dinners

Tuesday, Wednesday, Thursday December 13-15

Sponsored by White Mountain Oil & Propane

Braised Pork with Apple Onion Demi-Glace

Herb Roasted Potatoes

Creamed Onions

Peas & Mushrooms

White Dinner Roll

Strawberry Bavarian

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. Dec. 13 is the pot luck and Yankee Swap

Magic of Christmas: Friday, December 9th \$60

Victorian Mansion Decorated for Christmas: Wednesday, December 14th. \$35. We will stop for lunch on your own.

Currier Museum: Mount Washington, the Crown of New England. January 4th 9-6 \$36

The Wentworth Ice Sculpture Lunch: January 9th. \$20 includes the meal, tax, tip, seats to watch from the warmth of the dining room, and transportation.

Stonehurst Christmas Season Dinner: 1/11 Drive your self, \$28 \$33 for home pick ups. Cocktails served by the fire, 5PM



CENTER NEWS

Gibson Globetrotters

Canadian Rockies by Train & Calgary Stampede

July 3, 2017 Passport needed
9 days, 13 Meals \$5699 ppdo
(deposit by 1/1/17, save \$100)

Includes: Air, Land, Insurance, airport transfer

Vancouver, Columbia Ice Fields, VIA Railway, Banff, Lake Louise, Jasper, exquisite hotels, Calgary Stampede...And More!

Shades of Ireland:

October 16-25, 2017 Passport needed
10 days, 13 meals. \$3599 ppdo 5 hotels

Includes: Air, Land, Insurance, airport transfer

- Dublin,
- Limerick,
- Galway,
- Blarney Stone,
- A night in a castle!
- Whiskey tasting,
- Waterford Crystal tour,
- Mountains, Cliffs... and MORE!

Spotlight on San Antonio Holiday:

November 30– December 4, 2017
5 days, 6 Meals \$2149 ppdo One Hotel

Includes: Air, Land, Insurance, airport transfer

- Mission San Jose,
- The Alamo,
- LBJ Ranch,
- El Mercado,
- River Walk,
- Fredericksburg,
- Paseo de Rio Cruise,
- an olive orchard ... And More!

Newport, Mystic, & Foxwoods:

June 5-9, 2017,
7 meals, \$ 568 ppdo

Includes: Bus, Insurance, Hotel

- Tour of Newport and mansions
- Tour Mystic Village and Mystic SeaPort



KUDOS

Donations:


- ◆ Lucy Lumber & Hardware
- ◆ Shaw's
- ◆ NH Food Bank
- ◆ Al Zaino, furniture repairs, & Pantry Bags
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ Lindt Chocolate
- ◆ Abundant Blessings
- ◆ North Conway Rite-Aid
- ◆ Comfort Inn
- ◆ William Clemons
- ◆ Pine Tree K-Kids,
- ◆ Dot Seybold/OVP- Settlers' Green,
- ◆ David Lloyd,
- ◆ Ellen Farrington
- ◆ John and Corey Burton
- ◆ Kennett Middle School
- ◆ Albany Dinner Committee
- ◆ Jason Sanderson of Presumpscot Tribe 21 of IORM
- ◆ Pricilla Sherman & Sherman Farms

Program Volunteers:


Zero Balance Massage: Julie Sargent Library Program: Bob Cottrell/Jim Giguere: Game Day snacks

- ◆ **Silver Lake Music:** Mary Ellen Vana, Gina
- ◆ **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
- ◆ **FunDay:** Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Ruth Proctor, Greta Paulhus, Pat Neundorf, Lucille Dennis,
- ◆ **FunDay Music:** Lois Wright,
- ◆ **Halloween Dance Hostess:**
- ◆ Alice Clapp
- ◆ **Dining Room Art:**
- ◆ Ellen Farrington;
- ◆ **Wreath Making:** Carol Saunders
- ◆ **Veteran's Day**
- ◆ **National Anthem:** Clayton Tindle



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Memory Tree Lights

Perpetual red bulb \$50. Seasonal white bulb \$10

Ongoing weekly programs

- Mon: 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
- 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-May**

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.

December 2016

Caring for the Caregiver This session is Nov 16– Dec21.

Tuesday the 6th is Saint Nicholas Day. There will be a holiday raffle and Christmas Carols.

Thursday the 8th: BINGO is after lunch with player supplied prizes.

Tues., Wed., & Thurs., the 13th-15th: Chef Rick will prepare tasty Christmas Dinners. Sponsored by White Mountain Oil & Propane. Suggested donation \$4. (Meals on Wheels participants only receive the Christmas Dinner on the 13th, other meals are provided on subsequent days).

Thursday the 15th: Service Link, make an appointment.

Monday the 19th: Santa gift exchange. Bring a \$3 gift, mark it as a gift for a man, woman, or either. Gifts and carols at 11AM. (Chair Exercise will start at 10AM today)

Thursday the 22nd: FunDay Yankee Swap and Carols Bring a gift that is wrapped. Silly gifts can be part of the fun.

Monday, the 26th : Gibson Center closed for Christmas

Thursday, the 29th: Christmas Ballroom Dance, with hostess Alice Clapp. Join us from 7-9PM. \$7 per person, or a donation to our food pantry.

Friday, the 30th, a special New Years Eve dinner.

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 .



Top 5 Star Rating!



603-356-5461



Red Parka Pub

January 10th
Noon at the Parka

\$5 Steak or Fish

Limited seating

To sign up please call 356-3231

The Gibson Dining Room and Silver Lake Landing will be closed



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

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

January 2017

Caring for the Caregiver This session is Jan. 11-Feb. 15.

Monday, January 2nd. Gibson Center Closed

Tuesday the 3rd: Strength, Balance and Stretch Resumes. Remember your New Year's Resolutions...meet us at 10AM in the Activity Room, Tuesdays and Fridays .

Thursday the 5th BINGO is after lunch with player supplied prizes.

Friday, the 6th: The 12th day of Christmas. We will be celebrating with small gifts, be ready to sing THE song!

Tuesday, the 10th: There will be MOW, but the Gibson Center Dining Room, and Silver Lake Landing meal site will be closed.

Friday the 13th: the Nutrition Council meets at 9AM

Monday the 16th: the Gibson Center is closed.

Mount Washington Valley Arts Association
Friday Painters
After Lunch on Fridays, 12:30-3:30PM
January—April

- Peer Instruction
- The Arts Association will set up a still life each session
- Bring your own supplies
- Recommended:

GOLD'S OVER
\$1850/OZ

"WE BUY ALL GOLD & SILVER"

Platinum, Diamonds, Coins & Jewelry
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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

Christmas Dinner

Tuesday, Wednesday & Thursday December 13, 14, & 15,
at 11:30 AM Suggested Donation \$4.00

Roast Pork & Apple Onion Demi-Glace

Herb Roasted Potatoes

Creamed Onions

Peas & Mushrooms

Strawberry Bavarian

Sponsored by

White Mountain Oil and Propane

Tai Ji Quan:
Moving for Better Balance

- Learn 8 simple movements
- Improves balance by training your body to listen internal stimuli
- Respond to external stimuli
- Reactions become automatic
- Monday & Thursday 3-4 PM winter hours
- 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.

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 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) 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 Sunrize 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 multi-shift basis quality home care. Web site: timberlandhomecare.com; e-mail is: 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)



Fryeburg Fair

Award Winning Display

Some of the people who created the display

Halloween at the Gibson Center



2017 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS



May 27th & 28th, Sat & Sun
July 1st & 2nd, Sat & Sun
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 korn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

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