

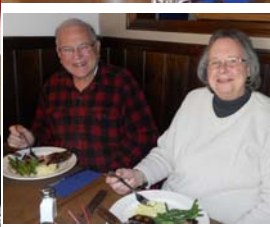
# GIBSON TIMES



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

## 18th Annual Red Parka Pub Luncheon

The staff of the Red Parka Pub volunteered their time to serve us a delicious lunch, followed by a brownie sundae. Thanks to Terry O'Brien and her staff!



## *SPECIAL EVENTS*

### **“Go Green for Nutrition” Fundraiser**

It's that time of year again to open our hearts and participate in the “Go Green for Nutrition” Fundraiser, newly named this year, since the Feinsein Challenge is focusing its support on preparing Feinsein 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 two Teas with canned goods donations, March 17th at the Gibson Center, and one 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 two “Go Green” Auctions, a “Pi” Day Auction of Pies on 3/13, and a Dessert Auction before Easter, on April 2nd. If you would like to bake for the auctions, or join us for the Teas, please sign up. We will have an Ice Cream Social on March 20th, and 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 remember, all checks must be dated between March 1-April 30, 2015.**

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

**Love on the Rocks:** Pot Luck Supper, and Historical Society Program. 2/10. Home pickups

**Last of the Red Hot Lovers:** Thursday, February 19. M&D Productions has invited the Gibson Center to a free showing on their opening night. Please call for tickets, and transportation. 356-3231

**Snow Sculptures in Jackson,** Tuesday, March 3rd After Lunch

**Maple Syrup:** Conway Historic Society, Tuesday March 10th. Home Pickups available

**St. Patrick's at Indian Head:** Wed. 3/11 Includes Irish Buffet tax, tip, entertainment, & transportation.

**Town & Country luncheon and Judy Lee:** Thursday, March 26th. \$45, meal, tax, tip, show, and transportation from Gibson Center. Your choice, Prime Rib or Salmon, please request when you sign up. Singer Judy Lee interacts with her audience, and everyone has a great time.

**Celtic Thunder in concert:** Friday, April 10th. \$97 includes ticket, ticket fees, and transportation from Gibson. Dinner on your own. Board the bus at 3.

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

**“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 Pickups. Tuesday April 14

**Judy Collins at Merrill Auditorium:** Sat. April 25. \$85

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

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

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

# CENTER NEWS



## Gibson Globetrotters

### South Dakota:Black Hills & Badlands

June 2-8, 2015, 7 days, \$2374 ppdo

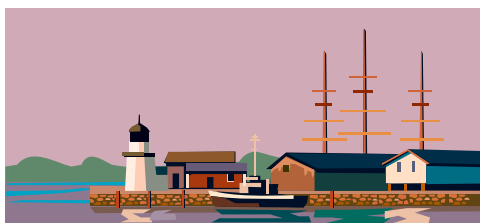
- 10 meals, 6 nights in one hotel in Rapid City
- Includes: Air, Land, Insurance, airport transfer
- Mount Rushmore
- Needle Highway
- Black Hills Gold & Diamond Factory
- Crazy Horse Memorial site
- Native American Cultural Center
- Custer State Park: you may see big horn sheep, elk, buffalo...
- Chuckwagon 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!



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

August 24-28, 2015, 5 days

- \$495 ppdo (based on 30 people)
- Price includes travel insurance
- 4 consecutive nights in a quaint Cape Cod town
- 8 meals, 4 breakfasts, 3 dinners, 1 Lobster feed
- Hyannis Harbor Cruise
- Heritage Museum & Garden (antique autos, vintage carousel, folk art, and traveling exhibits)
- Cape Cod Canal Visitor Center, including a 41 foot US Army Corps of Engineers Patrol Boat, a theater, and interactive displays
- Cape Cod National Seashore Race Point
- Marconi Station
- Provincetown, Sandwich, Hyannis
- Eastham Windmill



## KUDOS

### Food Donations:

- ◆ Shaw's
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ White Mt. Oil & Saunders Family
- ◆ David & Beth Bergeron
- ◆ Bagels Plus
- ◆ North Conway Country Club
- ◆ NH Food Bank
- ◆ Comfort Inn
- ◆ Holiday Inn Express
- ◆ Red Parka Pub
- ◆ Lindt Chocolates
- ◆ Jason Sanderson
- ◆ Bob Dutton
- ◆ Christ Fournier



### 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
- ◆ **Computer Class & Pet Therapy:** Eli & Zack
- ◆ **BINGO Caller:** Dick Vierus
- ◆ **Chair Exercise Volunteer:** Connie Smith
- ◆ **Guest Speaker:** Julie Lanoie
- ◆ **Mr. & Mrs. Claus:** Jeff & Joanne
- ◆ **MOW Walker Bags:** Ellen Farrington
- ◆ **Chair Repairs:** Richard Wales.



AARP Foundation Tax-Aide is available free to taxpayers with low and moderate income, with special attention to those 60 and older. Through a cadre of trained volunteers, AARP Foundation Tax-Aide has helped low- to moderate-income individuals .  
Sign up for your free session, 356-3231

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## 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.*

### February 2015

#### National Heart Healthy Month

##### Fran's Flicks:

The 10th: *The 100 Foot Journey* The 24th: *The Other Woman*

**Thursday the 5th:** The 16th Annual Valentine's Auction. The Gibson Center's biggest fundraiser. 5:30 PM at the White Mt. Hotel. Please call 356-3231 for reservations, \$15.

**Thursday & Friday, the 12th & 13th,** Valentine Lunches. Wear **RED** The suggested donation is \$4.

**Monday the 16th:** The Gibson Center will be closed.

**Tuesday the 17th;** is Mardi Gras. Chef Rick will prepare a special meal. Wear Mardi Gras colors (**green, gold, and purple**) or wear a mask. There will be a parade, with prizes.

**Wednesday the 18th:** Matthew from Collette will present ideas for future trips. If you want to travel with the Gibson Center, please attend this program, where YOU will help us choose our next vacation destination!

**Thursday the 19th:** Chinese New Year, the year of the Sheep. Red is the lucky color for the Chinese. The Youth Group from the Journey Church will put on a concert for us, and work with us on a craft. Plan to stay after lunch for this intergenerational program.

**Friday the 20th:** *Bring a Friend to Lunch* Breakfast for Lunch!

**Wednesday the 25th:** The Visiting Nurses will discuss new State Legislation regarding health care. Portable Order for Life Sustaining Treatment (POLST) and the Surrogate Caregiver Law. Learn your new rights. To be held after lunch in the Activity Room, caregivers are also encouraged to attend.



#### TIM DI PIETRO

Master Electrician  
Free Estimates

**NO JOB TOO SMALL**

603-356-2248

#### 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

### 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 12 for an application .

**Top 5 Star Rating!**



**Memorial Hospital**  
Merriman House

A MaineHealth Member



**603-356-5461**

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)

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

**March 2015**

**Fran's Flicks:** The 10th: *Blended* The 24th: *Jersey Boys*

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

**Wednesday the 4th:** SNAP program before lunch. 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; times available after lunch.

**Thursday the 5th:** BINGO, bring a prize, play after lunch.

**Friday the 6th:** Nutrition Council, 9AM Welcome Mineral Springs

**Friday the 13th:** Pi Auction. We will auction off pies for the "Go Green" Challenge. Please bake, please bid! Please let us know what type of pie you will be bringing...or if you want a certain pie...we may be able to accommodate!

**Monday-Wednesday, the 16th-18th:** Saint Patrick's Day Lunches. **sponsorship is: "Shawn and Linda Bergeron, In Memory of Mr. and Mrs. Harvey Bergeron & Dana Haley, Sr."** Chef Rick will prepare a traditional St. Patrick's Day Meal. Wear **Green**, and plan to sing a few Irish songs. Suggested donation is \$4.

**Tuesday the 17th:** St. Patrick's Tea at the Gibson Center. Scones will be served. Please bring shelf food for "Go Green".

**Friday the 20th:** First Day of Spring, Ice Cream Social, Please bring shelf food for "Go Green".

**Wednesday the 25th:** AARP Smart Drivers Course. Please call to reserve a seat. \$20, \$15 for AARP members Drivers. 8:30-4.



**Gibson Thrift Shop Hours**

**Monday –Friday**  
10-2:30

**Saturday**  
9-1:00

**GOLD'S OVER**  
**\$1850/OZ**

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Platinum, Diamonds, Coins & Jewelry  
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**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.*

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  
**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 Concret

**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.



*Evening at the Stonehurst*



# Christmas at Gibson



# Valentine's Auction

You are cordially invited to  
**The Sixteenth Annual Auction**  
Hors D'oeuvres, Silent & Live Auction & Cash Bar  
To Benefit

**The Gibson Center for Senior Services**  
at the

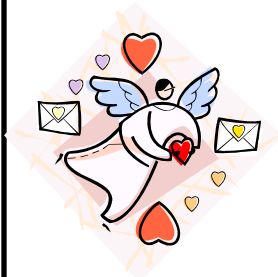
The White Mountain Resort  
Hales Location, off West Side Road

Thursday, February 5, 2015

Starting at 5:30 PM

Fifteen Dollars Per Person

Reservations Suggested (356-3231)



## 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