

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH

www.gibsoncenter.org June July 2014 Edition



VOLUNTEERS OF THE YEAR AWARD:

We are fortunate to have 2 very special ladies who have volunteered for years in many capacities in support of our Meals Program, and the Thrift Shop.

Joan Coyle has spent countless hours in the Thrift Shop, delivering Meals on Wheels and has since brought her skills to the dining room registration table.

Barbara Bryant has also donated many hours on the front line of the registration table in the dining room besides assisting for years in packing Meals on Wheels emergency packs for the clients in preparation for winter storms.

MOW DRIVER:

We can't begin to describe this deeply committed volunteer with the biggest heart, often disguised with his own unique humor, who has been driving the Jackson/Bartlett route for almost 20 years, traversing the mountains and flats of the area. His interest and concern for the well being of the clients is always at the forefront of his mind and heart. And in the last 6 months he has taken on the responsibility of picking up Wal*Mart donations for our Nutrition Program. We salute **Bob King**.



Volunteer Appreciation

SPECIAL EVENTS

2014 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS



July 4th, 5th & 6th Fri. Sat & Sun

August 30th & 31st Sat & Sun

October 11th & 12th Sat & Sun

SHOW HOURS: 10 AM - 5 PM First Two days. July 6th 10-3

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.

Gibson Day Trips

Please sign up for all trips: 356-3231

Oxford Casino: Fridays June 6; July 11; 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.

Lupine Festival, Polly's Pancakes, Harmon's Cheese Shop, Sugar Hill Sampler, Trail's End Ice Cream: Wed 6/11 or Tues. 6/17 Suggested donation for transportation is \$15, all other expenses on own.

SeaDogs and Fireworks, Wednesday, June 25th vs. NH Fisher Cats and/or 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.*

Greek Festival: Thurs, June 26th. Suggested donation for transportation is \$10, purchase own meal cash.

Route 16 Meander: Friday, June 27th at 10 AM we will go to the Miss Wakefield Diner for lunch on own, they accept cash or credit cards. People can head next door to the sweet shop. Then on the way home we will stop at the Fudge Shop, the What Not Shop, The Quilt Shop, and the Chocorua General Store. Suggested donation for transportation is \$10, all other expenses on own.

Portland Museum of Art: Wednesday July 2nd. Admission to Museum on own, \$10 cash or credit card. Suggested donation for transportation is \$10. Lunch on your own in the museum café.

Boston Brass Concert: Tuesday, July 8th. The suggested donation for transportation is \$15. Home pick-ups start at 2. We will spend an hour in Old Orchard Beach where you can find dinner on your own. Admission paid by a grant from the Salvation Army.

Beach Party Boys: *Tribute Band,* Tuesday July 15th, The suggested donation for transportation is \$15. Home pick-ups start at 2. We will spend an hour in Old Orchard where you can find dinner on your own. Admission paid by a grant from the Salvation Army.

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 your own at Mountain View Station.

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 picnic 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.

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.

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!



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)

KUDOS

Bartlett Student Council


Food Donations:

Shawn & Linda Bergeron


- ◆ Shaw's
- ◆ Old Village Bakery
- ◆ Vintage Bakery
- ◆ North Conway Community Center
- ◆ Wal-Mart & Bob King

Program Volunteers:

- ◆ **Miles Waltz:** Medicare Counseling
- ◆ **George LeBlanc:** Wii, & Game Day set up
- ◆ **Care for the Caregiver:** Gardiner Perry & VNS
- ◆ **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
- ◆ **Dance Music:** Alice Clapp, Kay Frechette
- ◆ **Dance Hostess:** Alice Clapp
- ◆ **Pine Tree K Kids & Kennett Middle School:** Table decorations and MOW gifts
- ◆ **AARP Taxes:** Jim Fitzpatrick, Art Micallef Mary Bennett
- ◆ **REAP: Goodness ...** Guy Tillson
- ◆ **Mother's Day Flowers:** Jim Giguere
- ◆ **Mother's Day Music:** Sally Swenson and Friends
- ◆ **Caregiver Corner:** Trudy Fletcher & Service Link
- ◆ **Memorial Day Music** Dick & Alice Vierus
- ◆ **Zero Balance Massages:** Julie Sullivan
- ◆ **Feinstein Challenge Dessert Auction:** Al Lattanzio, Arlene Weeks, Barbara Holmes, Bev Micallef, Corey Wolfegang, David Lloyd, Dom C, Ellen, Fran, Jill, Joyce Hahn, Karen Cousins, Karen Mills, Lois Wright, Lucille Hatch, Miles Waltz, Paul Ray, Paula Callahan, Prudy Shackford, Trish Reilly, Abundant Blessings basket.
- ◆ **SeaSide Pavilion**

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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.

June 2014

Fran's Flicks:

Tues. the 10th: Monument Men

NHS & NCIL Volunteer Appreciation Lunch: On Thursday, June 5th we will honor these ladies and gentlemen who donate several hours each week to delivering Meals on Wheels, and helping in the Thrift Shop. We will be serving the same delicious meal that we had when we honored our Senior Volunteers. Please join us for lunch, and show your appreciation for all these people do for us. Space will be limited to first come, first served.

Spring Plant Exchange: Now is the time to swap plants with your friends at the Gibson Center. Bring in extra plants, and your neighbor will take them home. Need just one tomato plant? You might find one here. Tuesday, June 10. After 11AM in the Activity Room.

Free BINGO Thursday the 12th, 12:30. bring a prize.

Father's Day Lunch: Chef Rick will prepare a special meal. Those wishing to sing will meet at 11 AM. Friday the 13th.

AARP Safe Driver: one day class, Friday the 13th, from 8:30-4. Please call to register for the class, 356-3231. This is a new class, and participants in the first class said it was well worth the \$20 for the class (AARP members only pay \$15)

End of Spring Ballroom Dance: Thursday, the 19th 6-8 PM. \$5 Dance Hostess Alice Clapp will play popular dance tunes.

Meet the Wound Care Center: Thurs. the 26th after lunch.



TIM DI PIETRO

Master Electrician
 Free Estimates

NO JOB TOO SMALL

603-356-2248

LEONE, MCDONNELL & ROBERTS
PROFESSIONAL ASSOCIATION
Certified Public Accountants
 10 Duprey Rd., N. Conway, NH 03860
 603-356-6358 • Fax 356-2149
 Email: www.lmrpa.com

Ongoing weekly programs

- Mon: 10:30 Chair Exercise
 12:30 Yoga
 12:30 Bowling
- Tues: 10:00 Strength, Balance Stretch
 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
 10:15 Poetry Club
 10:30 Chair Exercise
 12:00 Medicare Counseling
 12:30 BINGO (first Thurs.)
- Fri: 10:00 Strength Balance, Stretch
 Tai Chi (10AM summer)

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

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

July 2014

Independence Day Cookout/ eat in:, Thursday, the 3rd, Chef Rick will prepare a special meal to celebrate. We will sing a few patriotic songs.

Free BINGO Thursday the 3rd, 12:30. bring a prize.

The Gibson Center will be closed Friday, July 4th.

GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

July 4th, 5th & 6th Fri. Sat & Sun

SHOW HOURS:

10 AM - 5 PM First Two days. Third Day 10-3

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

Beasley & Ferber Estate Planning: Tuesday the 8th, a paid sales presentation, after lunch.

Summer Ballroom Dance: Thursday, the 10th, 6-8 PM, \$5.

Watch for a series of **Gospel Concerts**, July 18-20.

Flatbread Fundraiser



Eat In or Take Out
Thursday, July 31st
4-9PM

A percentage of each flatbread sold is donated

August Calendar Raffle

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



**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
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25 Years Experience.

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Mineral Springs of North Conway Care & Rehabilitation Center

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603-356-7294

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.
- 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.
- At this FREE educational legal seminar, Elder Law Attorney Edward "Ted" Beasley will discuss how to protect your house and lifetime of savings from a prolonged nursing home stay, how to avoid probate and the New Hampshire Estate Tax, plus strategies for passing assets safely and efficiently. He will also discuss a new law that says existing powers of attorney and trusts can make children personally liable for nursing-home care. This lively and engaging seminar is presented in everyday language, and there will be plenty of time for questions. Join us on Thursday, July 10 from 12:30 - 2:30. To register, please call 1-800-370-5010. (This is a paid sales presentation.)
- 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.
- Dewey's Tire & Auto Repair LLC** (356-5703) 181 Kearsarge Road N. Conway, NH, specializes in Automotive Repair.
- 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 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.
- 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; e-mail is: 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 Trips



T & C Luncheon.

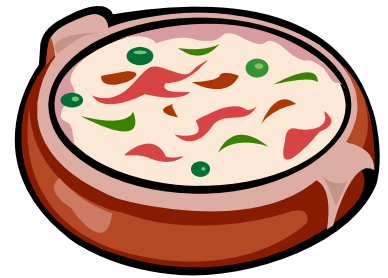
This Spring we had a great day at the New Hampshire Telephone Museum. We attended concerts at the T&C and Indian Head. We also went to the Currier Museum and spent a long weekend in Washington DC.



Volunteer Appreciation



Flatbread Fundraiser



THURSDAY, JULY 31st 4 PM- 9:00 PM

Invite your family, your friends, your neighbors.

The Flatbread Company Restaurant located at the Eastern Slope Inn will help support the Gibson Center for Senior Services.

For every flatbread pizza sold they will donate a percentage to the Center.

Come for dinner, but just remember the more flatbreads they sell the more the Gibson Center will receive.

The offer also applies to flatbread take out.

Hope to see you there.

www.flatbread.net

This will be the last chance to purchase a Gibson Center August Raffle Calendar.

