

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH
www.gibsoncenter.org June & July 2017 Edition

Volunteer Appreciation *Volunteers of the Year*

NUTRITION PROGRAM: We are pleased to honor a very special person who has been part of the Gibson Family for over 20 years, volunteering in so many capacities, changing her roles constantly, but the one constant, is her focus on our mission.

Having started with her husband as a Meals on Wheels driver, she then volunteered for the dining room, Nutrition Council, Gibson Board of Directors (for a second term), and for so many projects too numerous to mention. One in particular, I'd like to mention. During a glitch with a Gibson trip to Cape Cod involving a change of venue, Barbara navigated the turbulence involved, with the expertise of the flight attendant she had been. The outcome, as always, was amazingly successful. She's the lady who can handle the unexpected with ease and grace!

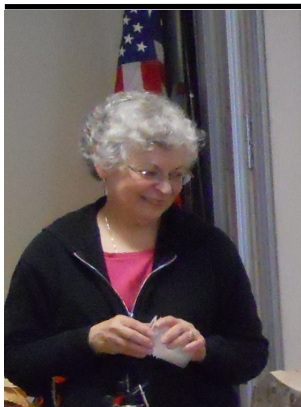


And, on a more personal note, probably of greater importance, in the scheme of life, Barbara has been a caring friend, companion, chauffeur, "Friendly Visitor" and all around Superwoman to many who have lost spouses, suffered sickness, heartache and other life's challenges. We are privileged to honor Barbara Campbell.

THRIFT SHOP: We are so appreciative of the steady commitment of a special lady who has donated countless Saturdays to keep our Thrift Shop thriving during the weekend. Singlehandedly, she manages the entire shop with diligence and dexterity, multitasking her way through organizing, sorting, displaying and more, while providing excellent customer service. We are privileged to honor Mary Conlon.



PROGRAMS: By fortuitous chance, our FunDay Group gained a creative, caring and joyful lady who first rocked our art world recreating a beautiful portrait in conjunction with our Book Club selection. Jumping in with both feet and artist's tools, she spends countless hours creating amazing projects often displayed in the community. With her special gifts, Elaine Klement has attracted new members, and volunteers and continues to bring joy, confidence and pride to all. We salute Elaine.



Trips

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.
- ♦ **Lupine Trips:** June 6 or 14, 9AM-5PM. Polly's Pancakes, Sugar House, ice cream. \$18
- ♦ **Old Orchard Beach Seaside Pavilion:**
 - ♦ You're A Good Man Charlie Brown Sat. June 17 matinee \$32
 - ♦ New Legacy Swing Band; Tuesday June 27 \$32
 - ♦ Don Campbell Veteran's Appreciation; Tuesday July 4 \$18
 - ♦ The Carpenter's Tribute Concert; Tuesday, July 11, \$32
 - ♦ Let's Hang On (4 Seasons Tribute Band); Tuesday July 18, \$32
 - ♦ Fanfare Concert Band; Tuesday, August 8, \$32
- ♦ **Greek Festival:** Friday. June 23. 2PM-10PM. \$15. Meal on own. Music, dancing, tours.
- ♦ **SeaDogs vs NH Fisher Cats:** Thursday, June 29. \$30
- ♦ **Portland Sunset Cruise:** Thursday August 3rd . \$33
- ♦ **Barnstormer's Theater & Mt. View Station:** Thursday, July 27th. My Three Angels a family friendly comedy. \$50, dinner on your own at the Mt. View Station
- ♦ **Don Quixote, the Ballet:** August 10th. \$44
- ♦ **Crescent Beach State Park;** a day on the water, Wednesday Aug 23rd. Bring a bag lunch or buy lunch at the Snack Shack. Sunscreen, bathing suit, towel, hat, water, book, money for ice cream, ... \$18 covers entrance fee and transportation
- ♦ **Two Lights & Lobster Shack for lunch:** Wed. Aug. 30th or Tues. Sept 19th. 9-5:30 \$18
- ♦ **Fryeburg Fair:** Senior day at the Fair, Tuesday, October 4th
- ♦ **Currier Museum:** Wednesday, October 18th. \$35 2 displays: Paris of Toulouse-Lautrec AND Monet; Pathway to Impressionism.



2017 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS



**July 1st & 2nd,
Sept 2nd & 3rd,
Oct 7th & 8th,**

**SHOW HOURS:
Sat & Sun 10 AM - 5 PM
New England
Crafters at their
best!**

May Fest Sponsors:

- ♦ Settlers Green
- ♦ Cooper Cargill Chant, PA
- ♦ Memorial Hospital
- ♦ Chalmers Insurance Group
- ♦ Northway Financial
- ♦ Humana
- ♦ Mount Washington Radio Group
- ♦ Conway Daily Sun



Food sponsors:

- ⇒ Chef's Bistro of North Conway
- ⇒ The Thompson House Eatery of Jackson
- ⇒ Autumn Nomad Cakes and Café in Jackson



Huge Helpers:

- Pete's Restaurant Equipment/Tuckerman Brewery/Kim & Neysa Packard at The Farmstand B & B/Bibbs and Hannah Dutton/Ken Martin/North Conway Staples/Gina Spencer/Jane Kennedy/Ryan and the staff of the North Conway Community Center/Dennis Quinn/Northcenter Food Service/Discount Beverages
AND...Jon Stetson, America's Master Mentalist!

CENTER NEWS

Gibson Globetrotters

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, Paseo de Rio Cruise, Fredericksburg, an olive orchard ... And More!

Maine Coast during foliage season:

October 9-11 2017, 4 meals, \$ 355ppdo

Includes: Bus, Insurance, Hotel

- Boothbay Harbor & Railway Village
- Victorian Mansion, Light houses
- Kennebunk & Kennebunkport

Canyon Country Arizona and Utah:

April 12-19, 2018 Highlights: Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, Las Vegas **8 days, 10 Meals \$3299 ppdo Five Hotels**

Pacific Northwest & California:

June 18- 25, 2018 Highlights: Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants, San Francisco, Choice of San Francisco Bay Cruise or City Tour of San Francisco **8 days, 10 Meals \$3599 ppdo Five Hotels**

UK by Rail:

September 1-10 2018 Highlights: Edinburgh, Scottish Evening, Edinburgh Castle, St. Andrews, York, London, Traditional English Pub Dinner, Tour by train, rather than bus!...and MORE! **Passport needed 10 Days • 12 Meals: . \$4299 ppdo 3 hotels**

Spotlight on Southern Charm Holiday:

November 25- 30, 2018 Highlights: Historic Charleston, Choice of Boone Hall Plantation or Patriots Point Naval & Maritime Museum, James Island County Park Holiday Display, Jekyll Island, Christmas Caroling, Savannah, Andrew Low House... **6 days, 8 Meals \$2799 ppdo Three Hotels**

KUDOS

Donations:

- ◆ Shaw's, Wanda Wirling
- ◆ NH Food Bank/ Catholic Charities of NH
- ◆ Al Zaino, Furniture Repairs, & Pantry Bags
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ Lindt Chocolate
- ◆ Abundant Blessings
- ◆ North Conway Rite-Aid
- ◆ William Clemons
- ◆ Pine Tree K-Kids, Diane Gamache
- ◆ Dot Seybold/OVP- Settlers' Green,
- ◆ Comfort Inn
- ◆ Bob Hotarek

Program Volunteers:

- ◆ **Silver Lake Music:** Mary Ellen Vana,
- ◆ **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,
- ◆ **Matter of Balance Coach:** Sandy Perry
- ◆ **Computer time:** Deb from Rite Aide
- ◆ **FunDay:** Carol Saunders, Susan Proctor, Elaine & Dick Klement, Alice & Dick Vierus, Greta Paulhus, Joyce Perkins
- ◆ **FunDay Music:** Lois Wright,
- ◆ **Dining Room Art:** Elaine Klement and her ancestors, Ellen Farrington;
- ◆ **Library Program:** David Smolen
- ◆ **Service Link::** Karen Santuccio
- ◆ **Game Day Snacks, Mother's Day Flowers:** Jim Giguere:
- ◆ **Vision Screening:** Lion's Club

Save these dates for Gibson Fundraisers:

Chef's Bistrto

Wednesday, June 21st 4 to close

FlatBread;

Tuesday, August 8th 5-9PM

Joseph's Spaghetti Shed;

Monday, September 25th, 4:30-9PM

Black Cap Grille;

Tuesday, October 24th 5-9:30PM

Call 356-3231 for information or to arrange bus pick ups

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a real
difference

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Call: 800-442-6666

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TIM DI PIETRO



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NO JOB TOO SMALL
603-356-2248

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
Slow Cooker classes, July&Aug
- 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-June**
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.

June 2017

Gibson Nutrition Surveys

Please complete surveys and leave in Green Box

Caring for the Caregiver

Sessions for June are: May 3-June 7 & June 28- Aug 2
Dominic is here between sessions.

Thursday the 1st: BINGO after lunch , player supplied prizes.

Thursday the 1st: Conway Library, technical assistance 12:30PM

Friday the 2nd: Welcome Mineral Springs

Wednesday the 7th: Day of the Young Child 10-1. call for ride.
Parade, games, crafts, time with children!

Thursday the 8th: Agency Volunteer Lunch, limited seating

Thursday the 8th: Service Link, please call for an appointment

Friday the 9th: Bus trip after lunch, to the Fairy Festival

Tuesday the 13th: Beasley & Ferber will offer a paid sales
presentation about estate planning and elder law.

Wednesday the 14th:Flag Day

Friday the 16th: Father's Day Luncheon

Wednesday the 21st: Chef's Bistro, donates 10% to Gibson.

Wednesday the 21st: The Longest Day, every year, on the
longest day of the year, the Alzheimer's Association has
awareness raising events, from sun up to sun set. This year
the Gibson Center is going to have the activity room open all
day for games. Please sign up for a time frame.

Thurs. June 29 – Complimentary Lunch in Honor of Dick &
Alice Vierus' 60th Wedding Anniversary

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!



A MaineHealth Member



603-356-5461

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July 2017

Caring for the Caregiver This session is June 28– Aug 2

**Saturday & Sunday, the 1st & 2nd
Gibson Center Craft Fair –
10AM – 5PM on the Front Lawn
New England Crafters at their best!**

Monday the 3rd: 4th of July Gibson Indoor Picnic

Tuesday, the 4th: Gibson Center Closed – Happy 4th of July

Thursday the 6th: BINGO is after lunch with player supplied prizes.

Friday the 7th: Welcome Mineral Springs

Tuesday, the 18th: after lunch, Collette Presents slide shows
2018 Collette Tours

April 12-19, 2018: Canyon Country, Az. & Utah

June 18-25, 2018: Pacific North West

September 1-10, 2018: UK by Rail

November 25-30, 2018: Southern Charm Holiday

Tuesday, the 18th: Slow Cooker Cooking Classes begin. Please sign up. You will receive a slow cooker, and weekly instructions, and food for one meal. Learn to use fresh produce, learn how to safely store leftovers, learn to meal plan for one or two. By Extension Service.

**Chef's Bistro
Wednesday, June 21st
4PM to close
10% of tab will be
donated to the Gibson Center.
A delicious way to support Gibson.**

Save these Dates
Gibson Fundraisers:

FlatBread;

Tuesday, Aug 8th 5-9PM

Joseph's Spaghetti Shed;

Mon Sept. 25th, 4:30-9PM

Black Cap Grille;

Tues, Oct 24th 5-9:30PM

Call 356-3231 for information or to arrange bus pick ups



**Gibson Thrift
Shop Hours
Monday –Friday
10-2:15
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 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

**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 4-5PM
- 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) Howie Wemyss. 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.
- 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 multishift 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 diner.
- 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.



Beginners Welcome
Belly Dance class, Thurs 9AM

Volunteer Appreciation



2017 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS



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 corn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

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

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