

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH

www.gibsoncenter.org June & July 2016 Edition

VOLUNTEERS OF THE YEAR AWARDS

Congregate: We are proud to honor today 2 gracious and dedicated and volunteers who together total 26 years of volunteerism.

One began as a Meals on Wheels driver, smoothly transitioned to the Dining Room and has committed 15 years of service to the Nutrition Program. We are privileged to honor Ruth Ward.

The other has been volunteering for 11 years in the Dining Room, and is always cheerfully available, often, at last minute's notice. She also has a reputation for stumping the judges and diners on Halloween with her creative and amazing costumes. We are pleased to honor Kay Frechette.



MOW DRIVER: We are so appreciative of the steady commitment of two special gentleman, one who has driven a long and sometimes challenging route for 11 years, and the other who has driven 12 years, first as a regular, then as a substitute, having learned more routes. We take pleasure in honoring Carl Rosenthal who continues to travel the sometimes challenging roads of Madison and Silver Lake, and Ralph Bellorado who very precisely and gingerly changes routes wherever the need arises. We salute Carl and Ralph.

SPECIAL EVENTS



2016 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

July 2nd, 3rd & 4th Sat, Sun & Mon

September 3rd & 4th Sat & Sun

October 8th & 9th Sat & Sun

SHOW HOURS: Sat & Sun 10 AM - 5 PM Mon 10AM-2PM

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.

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

Conway Historical Society: Second Tuesday. Home pickups. Potluck on even months.

Billy Elliot: Saturday Matinee, June 4 \$65 Stop at Hart's Turkey Farm on the way home

Lupine Trips: June 15 or 21, 9AM-5PM. Polly's Pancakes, Sugar House, ice cream. \$18

SeaDogs & Fireworks: Thursday, June 23. \$30

Wrights Museum: Norman Rockwell: on the home front. Board bus after lunch. 6/28 \$22

Greek Festival: Saco Maine. Friday, July 8th. \$18, music, dancing, Greek food!

OOB Concerts: Time at the Ocean too! *Dinner on own in OOB*

Army Band 7/4; \$15

Hal MacIntyre Peggy Lee Tribute 7/12; \$31.50

Beatle Mania 7/19 \$31.50

Downeasters a 75 man Barbershop Concert 8/16 \$26

Portland Science Center: The Titanic July 27th \$31, with audio guide \$36. D'Millo's

Barnstormer's Theater & Mt. View Station: Tuesday, August 2nd. Das Barbcue a musical comedy featuring Country Music. \$50, dinner on your own at the Mt. View Station

St Gaudens: August 10th. St. Gauden was a prolific sculpture a century ago. Many of his works of art are featured on the grounds of his family home, now a National Park.

Portland Sunset Lighthouse Cruise: Wed., August 17th, watch the nearly full moon rise. \$45

Celtic Thunder: August 27th at Merrill Auditorium. 3PM board the bus, cost \$100.

Two Lights & Lobster Shack for lunch: Wednesday, September 7th. 9-5:30 \$18

White Mt. Museum: 9/14. *They Lead the Way...women hikers.* \$20

Fryeburg Fair: Senior day at the Fair, Tuesday, October 4th

Woodman Museum: October 19. \$24, History of Dover, Collections featuring: Dolls, Tools, Flora, Fauna, Rock & Mineral, as well as an historic walking tour.

CENTER NEWS

Gibson Globetrotters

Inspiring Iceland:

September 4-12, 2016. Deposit now due
9 days, 10 meals. \$5099 ppdo Passport needed
Includes: Air, Land, Insurance, airport transfer
Reykjavik, Golden Circle, Blue Lagoon, Lava
Field, Akureyri, Icelandic Horses, Puffin cruise,
volcano cave hike, or whale watch...and MORE!

Iceland's Magical Northern Lights:

February 25-March 3, 2017 Passport needed
7 days, 10 meals. \$3199 ppdo
Includes: Air, Land, Insurance, airport transfer
Reykjavik, Golden Circle, Blue Lagoon, Volcano
Visitor Center, night cruise to see Northern
Lights... and MORE!

Hawaiian Adventure:

February 23- March 4, 2017
10 days, 13 Meals \$5499 ppdo
Includes: Air, Land, Insurance, airport transfer
Waikiki Beach, Pearl Harbor, Waimea Canyon,
Iao Valley, Luau, Kilohana Plantation, historic
RR, .. And More! (optional 3 day extension)

The Gardens of London, members only day @ the Chelsea Flower Show

May 18-25, 2017 Passport needed
8 days, 9 Meals \$4049 ppdo
Includes: Air, Land, Insurance, airport transfer
Kensington Palace, Savill Garden, Members
only day at the Chelsea Flower Show, explore
the flagship garden of the Royal Horticultural So-
ciety, Wisley, Guided tour of London, Dinner
Cruise on the Thames...And More!

Lancaster Show Trip:

November 28- December 2, 2016,
9 meals, \$615 ppdo
Includes: Bus, Shows, Insurance, hotel

- American Music Theaters Christmas
Festival Show
- Sight & Sound Theater
"Sampson"
- "Spirit of Philadelphia" Cruise
- Unique Shopping
- Landis Valley
- Amish Country tour



Karen!
Celebrity Bartender
at Tuckerman's New England Inn
Thursday, June 9th
Fundraiser for MOW

KUDOS


Donations:

- ◆ Shaw's
- ◆ NH Food Bank
- ◆ Al Zaino, furniture repairs
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ NH Food Bank
- ◆ Pine Tree K Kids
- ◆ Lindt Chocolate
- ◆ Comfort Inn
- ◆ Abundant Blessings
- ◆ Beverly & Douglas Sarapin
- ◆ Conway Scenic Railroad
- ◆ North Conway Rite-Aid


Program Volunteers:

Zero Balance Massage: Julie Sargent Library Program: Bob Cottrell

- ◆ **George LeBlanc:** Wii, & Game Day set up
- ◆ **Jim Giguere:** Game Day snacks
- ◆ **Care for the Caregiver:** Gardiner Perry; VNS & Dom,
- ◆ **Fran Shore:** Sharing her movies, "Fran's Flicks"
- ◆ **Book Cart:** Barbara Rines
- ◆ **Silver Lake Music:** Mary Ellen Vana
- ◆ **Belly Dance Instructor:** Joanne Bailey
- ◆ **Guest Speaker:** Julia King
- ◆ **Computer time:** Deb from Rite Aide
- ◆ **FunDay:** Carol Saunders, Susan Proctor, Elaine &
Dick Klement, Alice & Dick Vierus, Ruth Proctor,
Greta Paulhus, Pat Neundorf,
- ◆ **FunDay Music:** Lois Wright,
- ◆ **Dining Room Art:** Ellen Farrington
- ◆ **Ballroom Dance time:** Pat Davis & Alice Clapp
- ◆ **AARP Tax Volunteers:** Art Micalf; Jim Fitzpatrick
- ◆ **Go Green Raffle:** Ron Gabaree, Ellen Farrington,
Marti Gilman; Mary & Glenn Mellow; Ellen A; Karen
Mills; Karen Cousins; Alice Clapp; Pauline Yeager;
Stephanie Thuotte; Dom Crivello;

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603-356-2248

Gibson Raffle Calendars \$10

Now Available

Ongoing weekly programs

- Mon: 10:30 Chair Exercise
 12:30 FunDay Afternoon
 4:00 Tai Ji Quan Better Balance
 - Tues: 10:00 Tai Ji Quan Better Balance
 12:00 Silver Lake Lunch
 1:1 Computer with Judy PM
 Fran's Flicks,
 2nd week @ Silver Lake
 - 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 Tai Ji Quan Better Balance
 5-7 Ballroom Dancing
 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.

June 2016

Thursday the 2nd: *Agency Volunteer Lunch*, limited seating.

Thursday the 2nd: BINGO with player supplied prizes.

Tuesday the 7h: Join us for a summer session of beginners Tai Ji Quan, Moving for Better Balance. An evidence based program proven to reduce your risk of falls. Falls are the number one non health related reason seniors end up in the emergency room and admitted to nursing homes. Give your future self the gift of health, join a Gibson Exercise Program today!

Thursday the 9th: *Karen Guest Bartender at Tuckerman's, Gibson Center Fundraiser.* Tuckerman's will donate 100% of profit, as well as 50/50 raffle, and silent auction. Karen will be tending bar with her daughter, Lauren. Invite your family and friends!

Thursday the 9th: Gibson night at M&D. Sign up by 6/2 The show is a musical *Company*.

Monday the 13th: we will build Fairy Houses for the Children's Museum Fairy Festival. We will attend the festival on Friday, June 17th, boarding the bus after lunch.

Friday the 17th: Join us to recognize Fathers everywhere. Chef Rick will prepare a special meal.

Monday the 20th: We will celebrate Summer with a special meal. We will also celebrate The Longest Day sponsored by the Alzheimer's Association. We will bake cookies, and sell them to raise money and awareness for the Alzheimer's Association, and to raise awareness of the plight of care givers who experience every day as *The Longest Day*. FMI see Jill

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

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July 2016

Caring for the Caregiver This session is June 1– July 6.

Friday, the 1st: Independence Day Indoor Picnic at Gibson. Chef Rick will prepare a special meal for lunch. We might sing a few patriotic songs as well.

GIBSON CENTER
CRAFTS AND ARTISAN FESTIVAL
Sat & Sun July 2nd & 3rd, 10-5
Monday the 4th 10-2

Monday, the 4th: Gibson will be closed for Independence Day

Thursday the 7th: BINGO with player supplied prizes.

Friday the 22nd: Welcome Mineral Springs.

Caring for the Caregiver These sessions are June 1– July 6, and July 27–August 31. "Care for the Caregiver Support Group" This is a theory guided and leader facilitated support group for caregivers that will meet at the Gibson Center on Wednesday's from 12:30 to 2:30 pm, six weeks on, two weeks off. *"The best time to join this group, is before you think you need it."*

Gibson Center Calendar Raffles

Prizes drawn every week day in August

Only \$10 buys a month of anticipation!

Prizes include gift certificates, flowers, one of a kind items, And everyones favorite, CASH

See Penny, or Karen to purchase a calendar.

They make great gifts

Save the Date

Flatbread Fundraiser

Tuesday,
 August 9, 2016
 4-9:00 PM
 At



Flatbread Restaurant
 at the Eastern Slope Inn



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 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

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 4-5 PM advanced*
- *Or Tuesday & Friday 10-11 AM beginner*
- *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 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 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) 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.

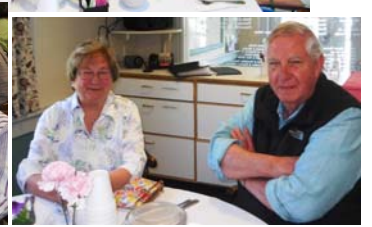
Save the Date
Tuesday
August 9th
Flatbread Fundraiser
Eat in or
Take Out
4-9 PM

Celebrity Bartender!
Karen will join her daughter Lauren
At Tuckerman's (New England Inn)
50/50 Raffle, Silent Auction & Profits
This is a fundraiser for MOW
Invite your friends & family
Thursday, June 9th

Volunteer Appreciation May 12, 2016



Silver Lake Landing Volunteers



Nutrition: 197 volunteers, 9600 hours. 90,000 miles. **Thrift Shop, Mailings, Programs, Board:** 100 Volunteers over 4000 hrs



**2016 GIBSON CENTER
CRAFTS AND ARTISAN FESTIVALS**



July 2nd, 3rd & 4th Sat, Sun & Mon

September 3rd & 4th Sat & Sun

October 8th & 9th Sat & Sun

SHOW HOURS: Sat & Sun 10 AM - 5 PM

Mon 10AM-2PM

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**