

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH
www.gibsoncenter.org October & November 2014 Edition

Fundraising Events

Dining to Donate at Joseph's Spaghetti Shed



HUNGER
ACTION
MONTH

Hannah Dutton

*6th Annual Heart-Full
Birthday Celebration*

For the last 6 years, this
11 year old asked her
friends to make a donation
to the Gibson Center,
rather than give her
birthday gifts



SPECIAL EVENTS



2014 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

October 11th & 12th Sat & Sun

SHOW HOURS: 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.

Gibson Day Trips

Please sign up for all trips: 356-3231

Oxford Casino: Fridays at 12:30 October 17th, November 14th, December 5th. The cost of transportation is \$20, please pay when you sign up.

Pumpkin People: board the bus after lunch on October 24th, suggested donation \$5. May stop for Cider.

Election Day transport to the polls, Tuesday, November 4th

Currier Museum Escher Display: Wednesday, November 12th. Board bus at 9, return to Gibson around 5:30. Suggested donation for transportation is \$15. Museum admission on your own \$10-12. Lunch on own at the café.

Magic of Christmas ticket & Transportation would be \$65. Concert 12/12 matinee. Tickets must be ordered and paid for by October 6th.



Thanksgiving Dinner

Tuesday, Wednesday & Thursday
November 18, 19, & 20, at 11:30 AM

Suggested Donation \$4.00

Roast Tom Turkey, Cranberry Sauce,
Sausage Cornbread Stuffing,
Mashed Potatoes & Giblet Gravy
Native Hubbard Squash
Garden Peas with Pearl Onions
Homemade Apple Crisp

Sponsored by

Shawn and Linda Bergeron

In Memory of

Mr. & Mrs. Harvey Bergeron
and Dana Haley, Sr.

Christmas Variety Show

Sunday, December 14th

1 PM

Looking for acts

Sing, dance, do a skit, tell a joke...

Invite your family and friends

Consider this "Grandma's Revenge" for all
the school concerts you have attended.

Please sign up with Penny

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!
- **Slide Show, Thursday, October 23rd**



Cape Cod (many new features since 2009)

August 24-28, 2015, 5 days

- \$495 ppdo (based on 30 people)
- 4 consecutive nights in a quaint Cape Cod town
- 8 meals, 4 breakfasts, 3 dinners, 1 Lobster feed
- Price includes travel insurance
- 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

Slide Show
Thursday
Nov 20th



KUDOS

Food Donations:

- ◆ Shaw's
- ◆ Old Village Bakery
- ◆ Vintage Bakery
- ◆ Wal-Mart & Bob King
- ◆ Veggie Volunteer Program:
Miles Waltz, Alice Proctor
- ◆ Sherman Farms
- ◆ Eleanor Jenkins: Cider & Apples
- ◆ David & Beth Bergeron
- ◆ Joseph's Spaghetti Shed for Dine to Donate
- ◆ Congregate Senior donations to


Hunger Action Month

Hannah Dutton


6th Annual Heart-Full Birthday Celebration

Program Volunteers:


- ◆ **Miles Waltz:** Medicare Counseling
- ◆ **George LeBlanc:** Wii, & Game Day set up
- ◆ **Care for the Caregiver:** Gardiner Perry; VNS & Dom
- ◆ **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 Music:** Alice Clapp, Kay Frechette
- ◆ **Dance Hostess:** Alice Clapp
- ◆ **Pet Therapy:** Eli & Zack
- ◆ **Ballroom Dance Class:** George & Helen Simpson
- ◆ **Computer volunteer:** Eli
- ◆ **BINGO caller:** Dick Vieras
- ◆ **Caregiver Massage:** Julie Sargent
- ◆ **BINGO prizes:** Pauline Yeager
- ◆ **Guest Speaker:** Rodman Dickie
- ◆ **Go Orange Box:** Elaine Klement
- ◆ **Go Orange Raffle Prizes:** Abundant Blessings, Bev, Dominick
- ◆ **Fryeburg Fair Display:** Elaine Klement, Glenna Tibbetts, Tim Nuveen, Carol Saunders, Kay Frechette, Karen Mills, George LeBlanc

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Ongoing weekly programs

- Mon: 10:30 Chair Exercise
 12:30 Yoga
 12:30 FunDay Afternoon
- 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
 10:30 Chair Exercise
 12:00 Medicare Counseling
 12:30 BINGO (first Thurs.)
 12:30 FunDay Afternoon
- Fri: 10:00 Strength Balance & Stretch

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

Next seminar: October 30th 12:30-2:30
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.

October 2014

Fran's Flicks:

The 7th: *Somewhere In Time* The 28th: *The Impossible*
 Tuesday the 7th, **Mountain Top Music String Ensemble** 11AM
 Wednesday the 8th, **Welcome Mineral Springs**
 Thursday the 2nd **BINGO** is after lunch. This is a free event, prizes are supplied by players.
 Thursday the 9th after lunch, **SofTub Sales Presentation**, this is a Paid Sales Presentation.
 Friday the 10th **Oktoberfest** music & Bavarian food.

GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS
Sat & Sun October 11th & 12th HOURS: 10 AM - 5 PM

Monday the 13th **Gibson Center closed.**
Tues. the 14th after lunch **5 Minute Forum:** Meet the candidates.
Tuesday, the 21st, after lunch **FaceBook!** How to be smart when using social media, and protect your identity. Presented by David Smollens, from the Conway Public Library. What are "hash tags" and Twitter?
Thursday, the 23rd after lunch, **Collette Presents South Dakota.** See the slide show, learn the details of this 7 day, single hotel trip. Sign ups the day of the presentation save \$100. Jill & Penny have the trip flyers in advance.
Thursday the 30th after lunch **Beasley & Ferber Estate Planning**, this is a Paid Sales Presentation.
Friday, the 31st **Halloween Luncheon.** Prizes for the prettiest, most original, funniest, and scariest costumes. Parade at dessert.

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 .



Memorial Hospital
Merriman House
A MaineHealth Member

Top 5 Star Rating!



603-356-5461

**GIBSON CENTER CRAFTS
AND
ARTISAN FESTIVALS**
Sat & Sun
October 11th & 12th
SHOW HOURS: 10 AM - 5 PM
Benefits the Gibson Center for
Senior Services, MOW Program

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November 2014

Fran's Flicks: Tuesdays after lunch
 Tuesday the 4th: **Labor Day:** and the 25th: **Fran's Pick!**
 Tuesday the 4th **Election Day** please call for a ride to the polls.
 Wednesday the 5th **Welcome Mineral Springs**
 Wednesday the 5th, **Cindy Russell** will address the Caregivers group, sharing her experience caring for her parents.
 Thurs the 6th **BINGO** is after lunch with player supplied prizes.
 Friday the 7th **Nutrition Council Meeting** at 9AM
 Monday the 10th, the we will **recognize Veteran's** before lunch.
 Tuesday the 11th the Gibson Center will be **closed**.
 Wednesday the 12th **AARP Smart Driver Class** 8:30-4. \$15 for AARP members, all others \$20. call 356-3231 to sign up.
 Wednesday the 12th **Zero Balance Massage for the Caregiver**
 Tuesday-Thursday the 18th-20th **Thanksgiving Dinners**. **We are not taking sign ups, but are honoring first come, first served.** This is our most popular meal of the year, so arrive early! This years meal is sponsored by *Shawn and Linda Bergeron In Memory of Mr. and Mrs. Harvey Bergeron & Dana Haley, Sr.*
 Tuesday the 18th **Gibson Center Annual Meeting**. Meet the board, offer ideas, ask questions, hear the annual reports. 1PM
 Thursday, the 20th after lunch **Diamond Presents Cape Cod:** . See the slide show, learn the details of this 5 day, single hotel trip. Jill & Penny have the trip flyers.
 Thursday & Friday, the 27th & 28th **The Gibson Center closed**



Gibson Thrift Shop Hours
Monday –Friday
10-2:30
Saturday
9-1:00

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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.
- 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. **Join our sales presentation, "Estate Planning" October 30th after lunch**
- 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 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
- 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.
- 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**. **Join our sales presentation, October 9th after lunch**
- 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 Events



Crescent Beach State Park



Beach Party Boys
At Old Orchard
Beach



Stopping for
Ice Cream



SeaDogs Game
& Fireworks



Hawaiian Sizzler



Two Light &
Lobster Shack

Silver Lake Picnic



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