

GIBSON TIMES



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

Gibson about town

National Falls Prevention Awareness Day



Participants could chat with people from Memorial Hospital, the Rescue Squad, VNS, the Police Department, the Extension Service, Neighbor to Neighbor, Gibson Center, and exercise specialists. People were able to have their balance and BMI tested. Information was available about exercise programs, the Good Morning Program, Calcium, home safety self assessments, DPOA's, POLST, and all participants were given a flashlight from WMOP.

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. Time TBD
- ◆ **Fryeburg Fair:** Senior day at the Fair, Tuesday, October 3rd. Leave Gibson at 9AM, return about 3PM
- ◆ **Jersey Boys:** Friday October 6th, \$80 Board bus at 2 PM. Dinner on own at Sebago Brewery
- ◆ **Pumpkin People:** Thursday the 12th. A ride after lunch, perhaps a seasonal snack stop.
- ◆ **Currier Museum:** Wed, October 18th. \$35 2 Impressionism displays. Lunch on own in café, or bag. 9-6
- ◆ **Phantom of the Opera:** October 24th. \$40. dinner on own at Sebago Brewery. This is the old black and white silent movie, and Tom Trenney will play Merrill Auditorium's Kotschmar Organ. Costumes are optional, but certainly FUN! Board bus at 2PM
- ◆ **Recreation Path Field Trip;** After a presentation about the North Conway Rec Path we will go to Fryeburg Rec Path for a field trip. Friday, October 27th. Presentation is after lunch.
- ◆ **Littleton Village, Chutter's Candy Shop:** Wednesday Nov. 15 . 10AM-4:30PM \$15 lunch on own
- ◆ **Shopping in Bridgeton:** Tuesday, Nov. 28. 10AM-5PM. \$8 Lunch on own. Time to shop, dine, and even take in a movie! Remy's, Magic Lantern Theater, many little shops and diners...
- ◆ **Magic of Christmas:** Friday December 8th. \$51. lunch on own at Sebago Brewery Board bus at 9:30AM
- ◆ **Dirty Dancing:** a live play, Thursday January 4th. \$75 Board bus at 3PM
- ◆ **Mama Mia:** Matinee, Saturday, April 28th. \$70, bring bag lunch, dinner on own @ Hart's Turkey Farm 11AM



Summer
Fundraisers
Many thanks to
the people who
support Gibson!

**Joseph's
Spaghetti Shed**



Flatbread

CENTER NEWS



Gibson Globetrotters

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** Deposit due October 1st

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** Deposit due 12/6

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



Bus Tour

Ark Encounter:

June 3-9, 2018, 10 meals, \$ 750ppdo

Includes: Bus, Insurance, Hotels, Admissions

- Ark Encounter (Life size replica of Noah's Ark)
- Creation Museum
- Newport Aquarium
- Cincinnati Zoo & Botanical Gardens
- Wheeling Artisan Center
- Deposit due 12/1



KUDOS

Donations:

Shaw's, Wanda Wirling
NH Food Bank/ Catholic Charities of NH
Wal-Mart & Bob King
Al Zaino, Furniture Repairs, & Pantry Bags
Dot Seybold/OVP- Settlers' Green,
Old Village Bakery
Abundant Blessings
North Conway Rite-Aid
William Clemons
Lickety Splitz
Conway Scenic RR
Flatbreads
Joseph's Spaghetti Shed
Comfort Inn **Waffle Day**
Bob Hotarek



Veggie Volunteers:

Sherman Farms, Phyllis Sherman
Alice Proctor, Julia King

GO Orange Donors

Program Volunteers:

George LeBlanc: Wii, & Game Day set up
Care for Caregiver: Gardiner Perry, Christine MacDonald, VNS & Dom
Book Cart: Barbara Rines
Belly Dance Instructor: Joanne Bailey
Tai Ji Quan: Sandy Perry,
Computer time: Quinten
Dining Room Art: Ellen Farrington; Elaine Klement
FunDay Music: Lois Wright
Library Program: David Smolen
Service Link: Karen Santuccio
Lion's Club Eye Screening
Falls Prevention Day: VNS, Memorial Hospital, Extension Service, CPD, Bartlett Jackson EMS, Neighbor 2 Neighbor, Joan Lanoie, Dixi Lea, Marianne Jackson, Sandy Perry, WMOP
Crock Pot Class: Joy Gagnon

Camp Waukeela



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603-356-2248

Join us for lunch
Gibson Center, Mon-Fri. 11:30-12:15

Ongoing weekly programs

Mon: 10:00 **TJQ** Silver Lake Landing
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
12:30 **Yoga** with Dixi, summer

Wed: 10:30- 1:30 Wii
12:30 Game Day
12:30 Care for the Caregiver

Thurs: 1:1 Computer with Quentin
9:00 Belly Dancing
10:00 **TJQ** Silver Lake Landing
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**
TJQ at Gibson 3-4PM Nov-March

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.

October 2017

Caring for the Caregiver Session for October is: October 18-
November 22 Dominic is here between sessions.

Tuesday the 3rd: Fryeburg Fair "Senior Day" "Fair Meal" for lunch

Thursday the 5th: BINGO after lunch, player supplied prizes.

Saturday & Sunday, October 7th & 8th
Gibson Center Craft Fair – 10AM – 5PM

Monday the 9th: Columbus Day – Gibson Center Closed

Friday the 13th: Lucky Friday the 13th, complimentary lunch.

Monday the 16th: Sing-a-long with Paul Winkler, after lunch

Thursday the 19th: Oktoberfest. German Food, German music, wear a dirndl or lederhosen if you have them!

Tuesday the 24th: Free Caption Telephone program available to those with hearing loss. This program is funded entirely by the Americans with Disability Act and is provided at NO COST to those who qualify. The 3 qualifications that must be met are: hearing loss, internet access and a land line. 11-12:30

Tuesday the 24th: Black Cap Grill Gibson Fundraiser, 5-9:30PM
Invite your family and friends, Sharon is offering transportation if you don't drive after dark, sign up with Penny

Friday the 27th: Rec Path, meeting followed by field trip, sign up.

Tuesday the 31st: **Halloween** people are invited to wear a costume, mask, or seasonal sweater. Chef Rick will create a tasty Halloween lunch. There will be a parade in the dining room between the meal and dessert. Prizes for the prettiest, funniest, best mask, best sweater, and most original. Board bus after lunch see the school kids

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.



Memorial Hospital
Merriman House

A MaineHealth Member

Top 5 Star Rating!



603-356-5461

Neighbor to Neighbor
Need help buttoning up your home for winter?
Do you have a small project that would make your home safer? (work day 10/21)
Call for free help, 356-7827

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

November 2017

Caring for the Caregiver Session for November is: October 18- November 22 Dominic is here between sessions. **Special 29th**

Thursday the 2nd: BINGO after lunch, player supplied prizes.

Friday the 3rd: The Nutrition Council will meet at 9AM

Thursday the 9th: We will recognize Veterans in the Dining Room. After lunch, Dance Hostess Alice Clapp will offer a USO style dance to honor veterans, and all who enjoy music and dancing.

Friday the 10th: The Gibson Center will be closed for Veteran's Day

Monday the 13th: Collette Travels will present the Gibson tours for 2018. All are welcome for this after lunch presentation.

Tuesday the 14th: The Gibson Center Annual Meeting will be held in the Gibson Activity Room at 12:30PM. All are welcome to hear reports, and offer ideas.

Tuesday the 14th, Wednesday the 15th and Thursday the 16th: Join us for our three Thanksgiving Dinners offered at the Gibson Center at 11:30AM and Tuesday only at Silver Lake at noon. No reservations necessary, but first come, first served. The Thanksgiving meal is sponsored by Shawn & Linda Bergeron in Memory of Mr. & Mrs. Harvey Bergeron and Dana Haley Sr. The suggested donation for the holiday meal is \$4.

The Gibson Center will be closed Thursday & Friday the 23rd & 24th

Wednesday the 29th: The Alzheimer's Association will present Effective Communication Strategies to the Caring for the Caregiver Group. All are welcome to attend this meeting.



Gibson Thrift Shop Hours
Monday –Friday
10-2:15
Saturday
9-1:00

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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. (03860)

1251 White Mtn. Hwy N. Conway, NH
603-356-7294

Gibson Fundraisers:

Black Cap Grille;

Tues, Oct 24th 5-9:30PM

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



Tai Ji Quan:

Moving for Better Balance

- Improves balance
- Recognize internal stimuli
- Respond to external stimuli
- Reactions become automatic
- Monday & Thursday 4-5PM at Gibson Center
- Mon & Thurs 10 AM at Silver Lake Landing
- 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 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.



**Many thanks to Bob Hotarek and the
Comfort Inn for our Waffle Lunch.**

Mid-Summer Trips



Day at the Met



CHS Picnic at Camp Wakuta



Two Lights State Park & Lobster Shack



Camp Tour



Sunset Cruise



Camp Waukeela Luncheon and Tour



2017 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS



**Sat & Sun
October 7th & 8th**

**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**