

GIBSON TIMES

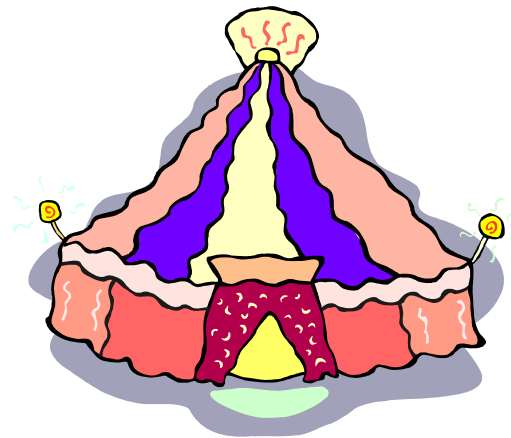


The Gibson Center for Senior Services, North Conway, NH
www.gibsoncenter.org October & November 2015 Edition

**Lest we forget....
it's time for our
Year End Appeal.**

**Donations from members and
our friends are what
enables us to keep our high
level of service, so please be
as generous as you can.
Annual Appeal Letters will
magically appear in your mail
box November 1**

**2015 GIBSON CENTER
CRAFT AND ARTISAN FESTIVAL**
October 11th & 12th Sat & Sun
SHOW HOURS: 10 AM - 5 PM



Hannah's Heart-Full Car Wash

Seven years ago, young Hannah was visiting the city with her family. She saw a senior citizen eating food out of the dumpster. When she asked why, she was told that not all people have enough money for food. When she came home, she decided that she would ask her friends for donations to the Gibson Center rather than birthday presents. Now 12 years old, she holds events and asks her friends to help fundraise for the Gibson Center's MOW program. Thank you Hannah!



National Evaluation of the Nutrition Services Program

National Evaluation of the Nutrition Services Program

Please Notice This



The Gibson Center is taking part in an important research project for the United States Department of Health and Human Services, Administration for Community Living, which helps support meal programs like ours. The purpose of this study is to better understand how nutrition services for older Americans help the people who receive them. Mathematica Policy Research, an independent research company, is conducting the study.

On **Monday, November 9** an interviewer from Mathematica will visit the Gibson Center. This person will ask a small number of people at the center as well as a small number of home-delivered meal recipients to schedule an in-person interview for later during that week. The interview will include questions about what you eat and drink, and about your participation in meal programs. Your experiences will represent thousands of others who could not be included in the study. Your participation in the study will not affect the services you receive from our meal program or any other program.

Please take part in this important study if the interviewer approaches you or calls you!

Gibson Day Trips

Please sign up for all trips: 356-3231

Fryeburg Fair:

Set Up: Friday, Oct. 2 after lunch.

Senior Day October 6th 9-3, giving you 4 hours at the fair. Envelope donation

T&C Luncheon & Marlene: Thursday, October 15. board the bus at 10AM. \$41

Pumpkin People Tour: Wednesday, October 21st, board the bus at 12:30. Envelope donation
Bring money for a stop at the Cider Donut Shop.

Dracula, the Ballet: Saturday, October 24th. Board bus 2PM. \$35. Dinner on own in Dover

Magic of Christmas: Friday, December 11 \$55.

Portland POP's Concerts:

Dinner on own at Sebago Brewery

- **Tribute to John Denver:** Sunday, October 25th
- **Beach Boy's Pet Sounds:** Sat., January 9, 2016
- **Portland In Love:** Sunday, February 14, 2016
- **Best of John Williams:** Sunday, April 24th, 2016

Thanksgiving Dinner

**Tuesday, Wednesday & Thursday
November 17, 18, & 19, at 11:30 AM**

Suggested Donation \$4.00

Roast Tom Turkey, Cranberry Sauce,

Sausage Cornbread Stuffing,

Mashed Potatoes & Giblet Gravy

Butternut Squash

Garden Peas with Pearl Onions

Homemade Indian Pudding

Sponsored by

Shawn and Linda Bergeron

In Memory of

Mr. & Mrs. Harvey Bergeron

and Dana Haley, Sr.



CENTER NEWS



Gibson Globetrotters

America's Music Cities: A Music Lovers Dream

April 17-24, 2016 12 Meals
\$2849 ppdo

Includes: Air, Land, Insurance, airport transfer

- **New Orleans:** French Quarter, Swamp Tour
- **Memphis:** Graceland, Beale Street
- **Nashville:** Grand Ole Opry, RCA Studio B
- **Sign up by October 6th for discount**

Niagara Falls & Toronto:

June 5-11, 2016, 10 meals, \$675ppdo

Includes: Bus, Tours, Insurance, 3 hotels

Passport needed

- Guided tours of Niagara Falls & Toronto
- "Hornblower Niagara Cruise"
- Fallsview Casino
- Niagara-on-the-Lake
- Queen Victoria Park
- Casa Loma
- Eire Canal Museum

Lancaster Show Trip:

November, 2016,

9 meals, \$615ppdo

*Includes: Bus, Shows,
Insurance, hotel*

- Unique Shopping
- Landis Valley
- American Music
Theaters Christmas
Festival Show
- Sight & Sound
Theater "Sampson"

- Guided tours of
Amish Country

- "Spirit of Philadelphia" Cruise

Overnight at the Town & Country:

January 29-30, 2016, 2 meals, \$105 ppdo

Includes: Bus, hotel & amenities,

- Swimming Pool
- Evening Entertainment
- Order off the menu for dinner
- Hearty Skiers Breakfast Buffet
- Single Supplement, \$25

KUDOS

Donations:

- ◆ Shaw's
- ◆ Bagels Plus
- ◆ NH Food Bank
- ◆ Dollar Tree
- ◆ Weston's Farm
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ Al Zaino, furniture repairs

National Waffle Day:

- ◆ Comfort Inn
- ◆ Flatbread of North Conway
- ◆ Joseph's Spaghetti Shed
- ◆ North Conway Country Club

Veggie Volunteers:

- ◆ Miles Waltz, Julia King,
Alice Proctor
- ◆ Sherman's Farm
- ◆ Hannah and her Heart-Full Carwash Friends
- ◆ Rozzie May Animal Alliance
- ◆ Abundant Blessings

Program Volunteers:

- ◆ Miles Waltz: Medicare Counseling
- ◆ George LeBlanc: Wii, & Game Day set up
- ◆ Care for the Caregiver: Gardiner Perry; VNS & Dom,
- ◆ Zero Balance Massage: Julie Sargent
- ◆ Fran Shore: Sharing her movies, "Fran's Flicks"
- ◆ Book Cart: Barbara Rines
- ◆ Silver Lake Music: Mary Ellen Vana
- ◆ Belly Dance Instructor: Joanne Bailey
- ◆ Chair Exercise Volunteer: Connie Smith
- ◆ Guest Speaker: Will from the Mount Washington
Observatory; Matt from Collette
- ◆ FunDay: Laura Sorensen, Carol Saunders, Susan
Proctor, Elaine & Dick Klement, Alice & Dick
Vierus. Ruth Proctor, Julie Lanoie, Ellen Farrington
- ◆ Handbags, totes, and stationary: Ellen Farrington
- ◆ Matter of Balance Coaches: Lois, Kevin, Pat,
and Maureen

Tai Ji Quan for Better Balance


Classes start October 21

Mon & Wed 9-10AM


Call 356-5461 X 2187

MOW Driver
Steve Swenson



TrueNorth

Travel Club
 Your passport to a world of adventure.

Northway
 BANK



Member FDIC | 800-442-6666 | northwaybank.com

TIM DI PIETRO



Master Electrician
 Free Estimates

NO JOB TOO SMALL

603-356-2248

Looking for Matter of Balance Coaches

See Jill for more information

Ongoing weekly programs

- Mon: 9:00 Tai Ji Quan Better Balance
 10:30 Chair Exercise
 12:30 FunDay Afternoon
- Tues: 10:00 Strength Balance & Stretch
 12:00 Silver Lake Lunch
 Fran's Flicks,
 2nd week @ Silver Lake
 4th week, @ Gibson Center
- Wed: 9:00 Tai Ji Quan Better Balance
 10:30- 1:30 Wii
 12:30 Game Day
 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
 12:30 Yoga
 5-7Ballroom Dancing

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 2015

Fran's Flicks: *The Age of Adeline* 13th: @Silver Lake, 27th: @Gibson
 Sat & Sun the 10th & 11th: **Craft Fair Front Lawn**

Monday the 12th: **Gibson Center closed**, Columbus Day

Wednesday the 14th: We will celebrate **Oktoberfest**. Rick will cook up some tasty Bavarian specials and Sally Swenson and her musical friends will sing some traditional German music. Wear your Dirndl or Lederhosen.

Wednesday the 14th **Zero Balance Massage** for the Caregiver

Tuesday the 20th: As part of Conway's 250th, Dwight Smith will present a program on the **influence of the railroad on Conway's history**.

Wednesday 21st: **Tai Ji Quan Moving for Better Balance** 9-10

Tuesday the 27th: Joan Marcoux will present **The Newest Technology for Individuals with Hearing Loss after lunch**

Friday the 30th: **Halloween Luncheon**. Prizes for the most original, prettiest, funniest, & scariest costumes. Parade at dessert.

Matter of Balance Have you stopped doing something you love because you are afraid of falling? Do you "furniture walk"? Have you fallen recently? Are you afraid to tell your doctor or family that you have fallen? Sign up for Matter of Balance, an 8 week falls prevention class call 356-5461 X2187 for more information. Next class starts October 20

Neighbor to Neighbor

October 24th.looking for volunteers, and people who need to schedule an appointment to do yard work , winterization, and/or small handy man jobs. Free while funds last. call 603 356-7827

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 3 for an application .



Memorial Hospital
Merriman House

A MaineHealth Member

Top 5 Star Rating!



603-356-5461

Respecting Choices

Learn about

- Living Wills
- Advance Directives
- What is the difference?
- What may be best for you
- End of Life Options

Presented by Dr. Jackson
Tuesday, November 10

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November 2015

Fran's Flicks: *Black or White* 10th: @Silver Lake, 24th: @ Gibson
Thurs the 5th **BINGO** is after lunch with player supplied prizes.

Friday the 6th **Nutrition Council Meeting** at 9AM

Friday the 6th **Welcome Mineral Springs**

The week of Monday, November 9, is the **National Evaluation of the Nutrition Services Program**, if you are called, please participate.

Tuesday the 10th, the we will **recognize Veteran's** before lunch.

Tuesday the 10th, Dr. Jackson will present the program **Respecting Choices**. Please attend if you want to learn about options for end of life issues, or if you want to make an Advanced Directive, please bring phone numbers and addresses for people you might consider designating as decision makers.

Wednesday the 11th Gibson Center **closed**, for **Veteran's Day**

Wednesday the 18th **AARP Smart Driver Class** 8:30-4. call 356-3231 to sign up.

Tuesday-Thursday the 17th-19th **Thanksgiving Dinners**. There are no reservations so first come, first served. This is our most popular meal of the year, so arrive early! Sponsored by Shawn and Linda Bergeron In Memory of Mr. and Mrs. Harvey Bergeron & Dana Haley, Sr.

Tuesday the 17th **Gibson Center Annual Meeting**. Meet the board, offer ideas, ask questions, hear the annual reports. 1PM

Friday the 20th: **Cape Cod Slide Show**. Bring in your photos by November 10th to include them in the slide show.

Thurs & Fri the 27th & 28th Gibson Center **closed Thanksgiving**



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
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

Thanksgiving Dinner

Tuesday, Wednesday & Thursday November 17, 18, & 19, at

11:30 AM Suggested Donation \$4.00

Roast Tom Turkey, Cranberry Sauce,
Sausage Cornbread Stuffing,
Mashed Potatoes & Giblet Gravy
Butternut Squash

Garden Peas with Pearl Onions
Homemade Indian Pudding



Sponsored by Shawn and Linda Bergeron In Memory of Mr. & Mrs. Harvey Bergeron and Dana Haley, Sr.

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 & Wednesday 9-10
- Call 356-5461 X 2187 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 (603-473-2150, 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.

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

PolarityTherapy is a very gentle system of energy based bodywork that has shown amazing benefits to the senior community. Increased mental focus and clarity as well as physical vitality, and a decrease in overall pain levels have been reported by those who have experienced this work. Eric Balas CPP (603-356-4114 ext 8)

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.

Summer Trips



Two Lights State Park & Lobster Shack Restaurant



Littleton,
Candy Shop & Pedestrian Trail



Cape Cod Trip, August 24-28, 2015



Provincetown, Sandwich Glass Museum, Eastham Windmill, Hyannis Harbor Cruise, Heritage Museum & Gardens, CC National Seashore, Cape Cod Canal Visitor Center...



Joseph's Spaghetti Shed Dine to Donate



Our Dine to Donate Hostess
Beth Carta-Dolan
with MOW Fran Lampidis



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