

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231

March 2019 Edition



MWV Age-Friendly Community Teams With

MWV Age-Friendly Community

The Gibson Center is excited to be the convener of The MWV Age-Friendly Community initiative. Our leadership has brought together Selectmen or representatives of 11 towns, including Fryeburg, Maine, and 10 local non-profit organizations to combine their talents and resources to further develop the Mount Washington Valley as a place for people of all ages and abilities to thrive.



Our vision is that citizens of all ages can say they would rather live here than anywhere else. Towards this

end we are using the framework of the AARP Network of Age-Friendly communities which is itself an affiliate of the World Health Organization's plan to help cities prepare for rapid population aging. Using their framework, leaders from the Gibson Center are coordinating the efforts of 5 Working Groups - Community Connections, Health, Housing, Outdoor Spaces and Transportation. These groups have developed 17 Goals for 2019 that reach across age boundaries to enrich people of all ages in our communities.

Check on our website for the details of the Goals, <https://www.gibsoncenter.org/mwv-age-friendly-community>. If anyone is interested in participating or has ideas to contribute, we urge you to write to us at agefriendly@gibsoncenter.org

Adult Day Center, opening July 2019

The Mount Washington Valley Adult Day Center will serve those with memory loss and cognitive and physical limitations. therapy, socialization, and assistance with personal care and bathing . Contact 603-356-5461 ext. 2194. for more info

UPCOMING MARCH EVENTS

March is one of our Go Green for Gibson Center months. We schedule a raffle for most Fridays, 2 auctions, one on Pi Day, March 14th where we will auction off pies, & one for April 18th, a dessert auction, just in time for Spring, & Easter gatherings.

Tuesday the 5th is Mardi Gras: Chef Rick will prepare New Orleans meal, and people are invited to wear Mardi Gras Beads, the Mardi Gras colors of purple, gold, and green, or a mask. We will have a parade, and listen to Dixie Land music

Tuesday the 12th: Mineral Springs, take a moment to greet our guests.

Wednesday, Thursday, Friday, the 13th-15th: We will celebrate Saint Patrick's Day. **Wear Green.** Chef Rick will prepare Corned Beef and Cabbage. We may sing a few Irish tunes. **Sponsored by Shawn and Linda Bergeron in Memory of Mr. and Mrs. Harvey Bergeron and Dana Haley Sr.**

Thursday the 14th: There will be a Sing-a-Long after lunch, featuring Irish music and humor.

Wednesday the 20th First Day of Spring: Chef Rick will prepare a special meal, as we welcome in longer days.

Friday Painters: all are welcome to join the Friday Painters, after lunch at the Gibson Center. Bring your own supplies. Different topics each week. Hosted by MWVAA



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Remember Gibson Center
in YOUR WILL

VETERANS COFFEE

First & Third Wednesday 10AM
Meet fellow veterans, learn
about services available
Snacks!

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

SILVER LAKE LANDING APARTMENTS ARE YOU ON THE LIST?

While there are currently no vacancies, we are happy to accept your name on our waitlist for our beautiful apartments on the shore of Silver Lake in Madison.

Please call Ken at the Gibson Center, 356-3231, ext. 112 for an application

Remember Gibson Center in YOUR WILL

ONLINE DONATIONS:

You can help our cause by donating at www.gibsoncenter.org/ and click on **Donate Now button**

BEASLEY & FERBER, P.A.

Estate Planning and Elder Law Wills, Trusts and Probate Avoidance

Estate Administration and Guardianship
Saving Assets from Nursing Home Stays

**CALL FOR A SCHEDULE OF FUTURE ESTATE
PLANNING SEMINARS AT THE GIBSON CENTER**

Please call for information about future presentations **1-800-370-5010 .**

Mineral Springs of North Conway Care & Rehabilitation Center

Offering quality nursing care and an assisted living environment to the North Conway area.

1251 White Mtn. Hwy
North Conway, NH 03860

Call 603-356-7294

ONGOING WEEKLY PROGRAMS

Monday:

AARP Taxes, call 211 for appointment
10:00 Tai Ji Quan Silver Lake Landing
10:30 Chair Exercise
12:30 FunDay Afternoon
3:30 Tai Ji Quan Better Balance

Tuesday:

AARP Taxes, call 211 for appointment
10:00 Strength Balance & Stretch
12:00 Silver Lake Lunch
12:30 Knitting Club at SLL

Wednesday:

10:00 Veterans Coffee (1st & 3rd weeks)
10:00 Quilt Club (2nd & 4th weeks)
10:30 - 1:30 Wii
Service Link, make appointment
12:30 Game Day

Thursday:

9:00 Belly Dancing
10:00 TJQ Silver Lake Landing
10:30 Chair Exercise
12:30 FunDay
12:30 BINGO (first Thurs.)
12:30 Caregiver Peer Support
3:30 Tai Ji Quan Better Balance

Friday:

10:00 Strength Balance & Stretch
12:30 Friday Painters (Jan-Apr)

St. Patrick's Day Lunches

Sponsored by Shawn and Linda Bergeron in Memory of Mr. and Mrs. Harvey Bergeron and Dana Haley Sr.

PROGRAM VOLUNTEERS

Wii, & Game Day set up: **George LeBlanc**
Book Cart: **Barbara Rines**
Belly Dance Instructor: **Joanne Bailey**
Tai Ji Quan & Knitting Club: **Sandy Perry**
Veteran Group: **Karen Umberger, Karen Cousins**
Caregiver Peer Support: **Dom, Jim & Charles**
Service Link: **Karen Santuccio**
M & D Production: **Theatre tickets**
Sing-A-Long & BINGO: **Dick Vierus**
Blood Pressure: **North Conway Ambulance**
Crafts: **Elaine Klement**
Tray Favor Craft: **Di Anne Chase**

GOLD'S OVER \$1850/OZ
"WE BUY ALL GOLD & SILVER"

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Conway 356-5819
FREE ESTIMATES
2448 Main St., No. Conway
603-356-5819

GIBSON CENTER DAY TRIPS

Please sign up for all programs: 603-356-3231.

Johnny Cash Tribute at the Rochester Opera House. Friday, March 8th. 3PM-midnight.

\$40 covers transportation and show. Dinner on own at the Granite Steak and Grill.

NOAH Sight & Sound production/movie: Tuesday, April 9th 10am-6:30pm \$35. Lunch on own at Cracker Barrel

Lucy Sugar Shack: Thursday, April 11th board the bus after lunch.

Museum of Dumb Guy Stuff: Wednesday, April 24th. 9am-6pm \$22. Lunch on your own at the Dinnerhorn/Brattskeller.

Alvin Alley American Dance Theater : Wednesday, May 1st \$83. Dinner on own.

Joan Benoit Day at the SeaDogs baseball: Thursday, May 16th. \$25 3PM

Polly's Pancakes & Lupine Trip: Tuesday, June 18th: 9am-5:30pm. \$18. Harmons Cheese Shop, Sampler

OOB Concerts: 6/25 Carpenters, 7/9 Beatles, 8/13 Simon & Garfunkel. Save these dates



Mount Washington Valley
Adult Day Center
Opening July 2019

For More Information:

Visit Us Online
[www.memorialhospitalnh.org/
adultdaycenter](http://www.memorialhospitalnh.org/adultdaycenter)

Or Call Sue Ruka at
603-356-5461, x2194

KUDOS - Donations

Shaw's, Wanda Wirling
NH Food Bank
Catholic Charities of NH
Wal-Mart: Bob King & Phil Spinney
Old Village Bakery
Al Zaino: Fix tables & food pantry

Valentine Favors, Cards, Decorations:
Timberland Home Care
Pine Tree K Kids
Madison K Kids
Di Anne Chase

UPCOMING OVERNIGHT PROGRAMS

Please sign up for all programs: 603-356-3231.

Bus Tour Nova Scotia, PEI, New Brunswick & Maine: June 4-12, 2019, 14 meals, \$1168 ppdo. Hopewell Rocks, Kings Landing, Peggy's Cove, Halifax, Lunenburg. Charlottetown, Saint John. Acadia National Park, Mt Desert. Includes: Bus, Insurance, Hotels, 14 meals

London & Paris: August 21-28, 2019. 8 Days ,9 Meals \$3999 ppdo. Passport needed. Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, Seine River Cruise

Explore Tuscany: October 12-20, 2019 Highlights: Montecatini Terme, Florence, Lucca, Gothic Line, Pisa, San Gimignano, Siena, Cooking Class, Choic of a Winery Tour or a Cheese Farm. Passport needed. 9 days \$3299 ppdo

Peru: Ancient Land of Mysteries: January 18 -25, 2020. 8 Days, 13 Meals \$4399 ppdo. Passport needed. Lima, Choice on Tour, Sacred Valley of the Incas, Local Andean Cultures, Ollantaytambo Ruins, Home-Hosted Lunch, Machu Picchu, Cuzco, Larco Museum

Sunny Portugal - Estoril Coast, Alentejo & Algarve: April 14-23, 2020. 10 Days, 4 Meals \$3899 ppdo. Passport needed. Portuguese Riviera, Choice on Tour, Lisbon, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Alentejo Countryside Stay, Sagres, Lagos, Algarve, Faro, Cork Factory, Azeitao, 2 Winery Tours, 5 UNESCO World Heritage Sites

Bluegrass Country & the Smoky Mountains - Louisville, Gatlinburg & Asheville: Oct 15-23, 2020. 9 Days ,12 Meals \$3299 ppdo Churchill Downs, Kentucky Derby Museum, Old Louisville Walking Tour, Choice on Tour, Buffalo Trace Bourbon Distillery, Lexington Horse Farms, Great Smoky Mountains National Park, Dolly Parton's Stampede & Dinner Show, Asheville, Biltmore Estate. Real ID or Passport needed

Cape Cod, Martha's Vineyard, Rhododendron Garden: 400th Anniversary of Mayflower Landing May 4-8 2020. \$550

ONLINE DONATIONS:

You can help our cause by donating at www.gibsoncenter.org/
and click on **Donate Now button**

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 (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.

Assisted Living Locators 603-393-6452 Free Referral and placement services matching seniors with the best living solutions for them statewide.

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

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

Maine Senior Insurance, LLC (800-430-1302) helping Carroll County seniors with Medicare insurance products since 2010. Please call for your no-obligation appointment. (800) 430-1302

Memorial Hospital (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.

Modern Woodmen of America is a member-owned fraternal financial services organization offering life insurance and annuities. Together with our more than 750,000 members, we've been touching lives and securing futures since 1883. Lauren O'Reilly, Financial Representative 603-733-6526.

Mount Washington Auto Road (466-3988) Howie Wemyss. Toll road to summit of the highest mountain in the North East.

MWV Concierge Grocery shopping, house/condo cleaning, snow shoveling/plowing, errand running. 603-730-5255 or mwvconcierge@yahoo.com

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.

The Hearing Aid Shop (603-356-0172) 1529 White Mountain HWY. Hearing Tests, Repairs, Cleaning & Batteries. Call for an appointment to hear how new technology can make your life sound amazing. Ask about our in-home demo program!

Timberland Home Care Inc. (603-447-3998) is a non-medical home care service provider to families in the Mt. 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 Mountain Oil and Propane (356-6386) The Saunders Family, oil and propane, major appliances.

Yankee Smokehouse Restaurant (539-7427) Joseph Ferreira, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.

Please remember the Gibson Center in your Will