

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231

May 2019 Edition

MARIANNE JACKSON TO RECEIVE 2019 VAUGHAN AWARD!



The Gibson Center is HUGELY proud of our board member, Dr. Marianne Jackson, who is the 2019 recipient of the Joseph D. Vaughan Award for Carroll County! The Vaughan Awards have been presented annually since 1962 in honor of former legislator Joseph Vaughan, a tireless advocate for seniors.

Dr. Jackson served the New Hampshire North Country as an Ob-Gyn for 25 years before leaving to complete a Masters in Public Health at the University of North Carolina at Chapel Hill. There she worked in Patient Safety

and Quality until happily returning to the Mt. Washington Valley in January of 2015. Now retired and living in Madison she is devoting much of her energy toward being the VP of the Board of the Gibson Center and chairman of the Long-Range Planning Committee. In this role she has spearheaded the 11 town MWV Age-Friendly Community initiative and soon hopes to launch HomeShare MWV-Gibson. She has also been dedicated to making conversations about end-of-life decision making a natural and comfortable topic for families. She is on the Tin Mountain Energy Team that promotes renewable energy and reduction of energy waste and on the Board of the White Mountain Milers.

The Vaughan Award is administered through the State Council on Aging. Marianne's nomination was through EngAGING NH. A ceremony will be held in Council Chambers at the State House on Monday, May 6th at 1:30.

100 Day Health Challenge - As part of the Age Friendly Initiative, the Memorial Hospital is offering a 100 Day Health Challenge. This will kick off on May 13th at the hospital, where the first participants will be given a pedometer. There will be information about healthy choices for our diet, exercise, and sleep patterns. The Gibson Center already offers healthy lunches, and exercise programs, but will step up and have a team that will meet most Fridays after lunch, and walk one of the 11 Age Friendly trails each week of the 100 Day Challenge. To help with parking, ride the Gibson bus to the kick off on May 13th, and join the fun walks after lunch on Fridays. Walking with buddies is more likely to be sustained, raises endorphins, and is more fun! **To view the list of trail visit our web site <https://www.gibsoncenter.org/mwv-walkable-trails-by-town/>**



MayFest 2019

He's back!! By popular demand, the amazing Jon Stetson will be headlining The Gibson Center's Mayfest Gala and Auction coming up Sunday, May 5th at the famous Zip's Pub at Cranmore Mountain in North Conway starting at 5:30 PM.

Tickets are \$30 per person and are available NOW at The Gibson Center. For more information, call us at 603-356-3231

2019 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

May 25th & 26th
July 6th & 7th
August 31st & September 1st
October 12th & 13th

**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.**



Mount Washington Valley
Adult Day Center
Opening July 2019

For More Information:

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

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

WELCOME BECKY GARGAN!

We are immensely pleased to welcome Becky Gargan as The Gibson Center's new Nutrition Director! Becky comes to us after years of service at Northern Human Services. While at NHS, she became very familiar with Gibson Life, bringing clients to lunch and helping to deliver Meals on Wheels.

Becky says that she completely enjoys working with seniors and feels that she herself is an "old soul". And we want to point out that she is an extremely nice person!

If you haven't had a chance to meet Becky yet, please seek her out and say hi. We are very happy to have her here!



AARP Safe Driving

WEDNESDAY
JUNE 26TH
9AM - 4 PM

PLEASE REGISTER EARLY, WE EXPECT
THE CLASS TO FILL QUICKLY.
CALL: 603-356-3231



L. A. DREW, INC.
GENERAL CONTRACTOR

JOIN US FOR LUNCH
GIBSON CENTER,
MON-FRI.
11:30AM - 12:15PM

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**

MWV Walkable Trails (by Town) - As part of the Age Friendly Initiative, the Memorial Hospital is offering a 100 Day Health Challenge. This will kick off on May 13th at the hospital, where the first participants will be given a pedometer. There will be information about healthy choices for our diet, exercise, and sleep patterns. The Gibson Center already offers healthy lunches, and exercise programs, but will step up and have a team that will meet most Fridays after lunch, and walk one of the 11 Age Friendly trails each week of the 100 Day Challenge. To help with parking, ride the Gibson bus to the kick off on May 13th, and join the fun walks after lunch on Fridays. Walking with buddies is more likely to be sustained, raises endorphins, and is more fun! **To view the list of trail visit our web site <https://www.gibsoncenter.org/mwv-walkable-trails-by-town/>**

UPCOMING MAY EVENTS

Veterans' Programs: 5/2 NOTE DATE D-Day remembered for the 75th Anniversary, a program presented by the World War II Museum in New Orleans.

BINGO twice, May 2nd and 30th. Prize donations accepted.

Tuesday, the 7th: after lunch, we will have a Pre-Trip talk for the people going on the Canada Maritime trip. Please bring emergency contact information.

Friday, the 10th: chef Rick will prepare special meal for our **Mothers Day Luncheon**. There will be carnations for all of the ladies.

Tuesday, the 14th: Welcome Mineral Springs

Wednesday the 15th: Collette Presents, trips for 2019 & 2020.

Friday the 24th: Memorial Day indoor cook out at lunch in the dining room.

Saturday & Sunday the 25th & 26th, Craft Fair 10-5 on the Lawn

Monday the 27th: Closed for Memorial Day

Tuesday, the 28th: Sip n paint, we will paint Irises by Van Gough.

Space is limited, please sign up.

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



Glen Badger

Eldercare Advisor & Owner

tel 603.393.6452

glenb@assistedlivinglocators.com

NewHampshire.AssistedLivingLocators.com

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CARE FOR THE CAREGIVER

Meet on Thursdays

12:30PM - 2:00PM

Meet with other caregivers

Learn tips to care for you!

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603-356-2248

**Remember Gibson Center
in YOUR WILL**

VETERANS COFFEE

First & Third Wednesday 10AM

Meet fellow veterans, learn

about services available

Snacks!

MWV Age-Friendly Community

The Gibson Center is excited to be

the convener of The MWV Age-

Friendly Community initiative.

Check on our website for the de-

tails of the Goals, [https://](https://www.gibsoncenter.org/mwv-age-friendly-community)

[www.gibsoncenter.org/mwv-age-](http://www.gibsoncenter.org/mwv-age-friendly-community)

[friendly-community](http://www.gibsoncenter.org/mwv-age-friendly-community)

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:

10:30 Tai Ji Quan Silver Lake Landing
10:30 Chair Exercise
12:30 FunDay Afternoon
3:30 Tai Ji Quan Better Balance

Tuesday:

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
10:30 Chair Exercise
11:30 TJQ Silver Lake Landing
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-May)

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

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, Di Anne Chase**

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

**Platinum, Diamonds, Coins &
Jewelry
Free Estimates
North Country Fair Jewelers
"43rd year"
2448 White Mtn. HWY, No.
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.

Arabian Nights: Saturday, June 1. \$23. lunch on own at Granite Steak & Grill

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

Josh Groban Bridges Tour: June 24 \$65. Dinner on your own

Titanic, the musical: July 17th. \$40

OOB Concerts: Carpenters 6/25 ; Beatles 7/9; Diamond 8/6; Simon & Garfunkel 8/13 \$32 each show. Dinner on own at Rising Tide

Cirque Du Soleil Crystal: August 7th \$68 A breakthrough Ice experience blending circus arts and the world of ice skating. Dinner on your own.

The Moving Wall, after lunch, Thursday, August 8th.

Elvis Day at the SeaDogs + fireworks, August 22 \$25 3PM

Two Lights State Park + Lobster Shack: August 28. \$20

White Mountain Museum: Grand Hotels September 6. \$20

Gilmanton Winery & Vineyard: Friday September 13. Price includes a wine tasting, lunch, tax, tip, and transportation \$45

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

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

Vaughn Community Services: Food Pantry

Easter Favors, Cards, Decorations:

Pine Tree K-Kids

The Farmstand, Chocorua

Easter Dinners sponsored by White Mountain Oil & Propane

Go Green Raffles: Ellen Andreano; Ron Gabaree, Karen Cousins, Karen Mills

Go Green Dessert Auction: Karen Mills, Karen Cousins, Paula Callahan, Marshall Allan, Arthur Heygl, Ellen Andreano, Barbara Caballi

Volunteer Appreciation servers: Altrusa of Carroll County

The Preserve at Chocorua

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

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