

# GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231

## August 2019 Edition



### THANK YOU RICK!!

At the end of July, we bid farewell to our Lord of the Lunch, Boss of the Buns, King of the Kitchen, Executive Chef Rick Spencer. For 24 years, Rick has been guiding our food service to a standard of excellence recognized throughout the state. His skills have been recognized by a slew of political visitors from Selectmen to Presidential candidates. But more importantly, his skills have been appreciated by those of us fortunate to have dined on Rick's culinary creations for almost a quarter of a century.

Besides his prowess in the kitchen, we will miss Rick as a confidant, a prankster, a mentor, a friend and someone who has been deeply committed to the work of The Gibson Center. THANK YOU!

**Bidding a fond farewell to The Gibson Center's Chef and friend of 24 years. Rick Spencer heads to "retirement". THANK YOU RICK!! Karen James, Rick Spencer, Director George Cleveland and Gibson Board VP Ted Wroblewski.**



### 2019 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

**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.**



## 100 DAY HEALTH CHALLENGE

Gibson Center is partnering with the Memorial Hospital to offer one Age Friendly walk in each of the 11 Age Friendly towns that make up our service area. Here is the list of the trail, and the date that we will be walking them. People should sign up, so that the people who carpool on the bus can meet people who drive themselves, and we can enjoy a group walk.

Join the Gibson Center as we improve our health by completing the 100 Day Challenge. One way to earn extra points for the challenge, is to walk one trail in each of the 11 towns that make up our Age Friendly Community.

The Gibson Center will offer transportation, and companionship after lunch, as we travel to the different trails. Join us!

Please sign up for these walks, let us know if you are riding the bus, or meeting us at the trail head. (we will start each trip at 12:30 at Gibson Center, if meeting at trail heads, plan for our travel time from Gibson Center)

Call us at 603-356-3231.

**To view the list of trail visit our web site <https://www.gibsoncenter.org/mwv-walkable-trails-by-town/>**

### 2019 100 DAY CHALLENGE TRAIL WALKS

Join us each week as we walk one trail in the list of Age-Friendly trails. Each week we will visit a different town. In August we will walk on the 9th, and 16th. Join us after lunch. Finale Aug 20th

**Chatham:** Leach Link. **Walk Date August 9**

**Jackson:** Bog Brook Trail. **Walk Date August 16**



Mount Washington Valley  
Adult Day Center

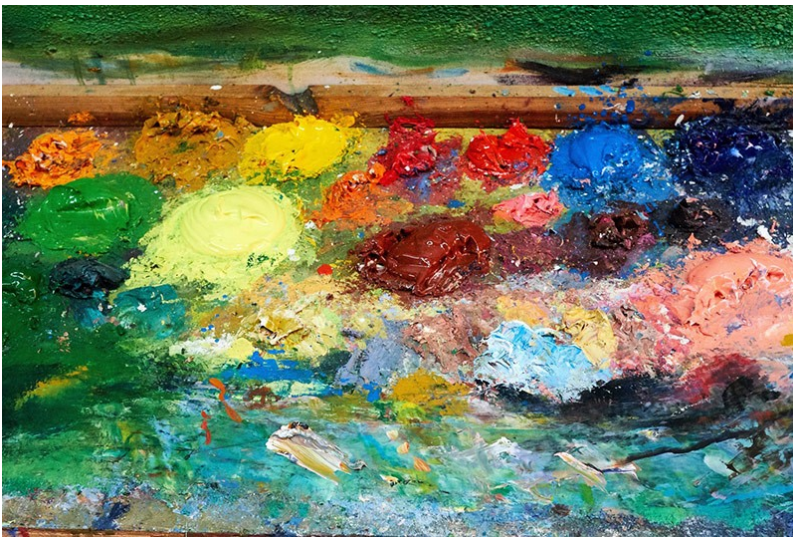
**OPENING SOON**

For More Information:

Visit Us Online

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

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



## **SIP N PAINT WITH ELAINE**

**Tuesday, the 27th**

You will be considered signed up when you pick up a canvas to prep (before the event)



## **ELVIS DAY AT THE SEADOGS + FIREWORKS**

**Thursday, the 22nd**

**Price: \$25**

**Time: 3PM**



## **MOUNT WASHINGTON VALLEY BAND CONCERT**

**Tuesday, the 20th**

Home pick up. Bring a picnic supper and a lawn chair. Bus donation.

**CAMP WAUKEELA DAY  
AUG 5TH, BUS AT 11:30AM  
LUNCH AT THE CAMP**

PLEASE SIGN UP FOR THE EVENT  
CALL: 603-356-3231



**L. A. DREW, INC.**

**GENERAL CONTRACTOR**

**JOIN US FOR LUNCH MONDAY - FRIDAY 11:30 AM TO 12:15 PM**

## UPCOMING AUGUST EVENTS

**100 Day Challenge:** Join us each week as we walk one trail in the list of Age-Friendly trails. Each week we will visit a different town. In August we will walk on the 9th, and 16th. Join us after lunch

**Veteran's Programs in Aug:** 7th (Moving Wall discussion, Visit it on August 8th), August 21st, Mission Act, guest speaker from the State VA.

**Joy Gagnon from the Extension Service** will discuss, and prepare vegetables that we might find in our free boxes. She will include interesting recipes, and cooking tips. 9AM (Before lunch ) on the 14th.

**Sip N Paint with Elaine:** Tuesday, the 27th after lunch. Pick up your canvas in advance, so you can prepare the design.

**Tricia Mattox-Larson, guest SLP from VNS** will offer her perspective on caregiving and how to shift focus from what folks with dementia can't do to what they can do. Together with participants, she will brainstorm ways to provide environmental (household) modifications and support in order for their loved ones to maintain engagement in meaningful activities for improved quality of life, communication, and independence, while attempting to reduced anxiety and agitation.

This will be an interactive meeting. Tuesday, the 27th

**Craft Fair, August 31-Sept 1 10AM-5PM, Gibson Front Lawn**

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Call: 800-442-6666

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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!



**Assisted Living  
Locators**  
Your local senior living advisor™

**Glen Badger**

Eldercare Advisor & Owner

tel 603.393.6452

[glenb@assistedlivinglocators.com](mailto:glenb@assistedlivinglocators.com)

[NewHampshire.AssistedLivingLocators.com](http://NewHampshire.AssistedLivingLocators.com)

No Cost  
Referral  
Service

Independently  
Owned &  
Operated

### **CARE FOR THE CAREGIVER**

Meet on Thursdays

12:30PM - 2:00PM

Meet with other caregivers

Learn tips to care for you!

Programs available with

FunDay, 10:30AM

### **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 details of the Goals, <https://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](http://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:**

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

**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, Believe in Books**  
Belly Dance Instructor: **Joanne Bailey**  
Tai Ji Quan & Knitting Club: **Sandy Perry**  
Veteran Group: **Bobbie Graustein, Karen Umberger, JC Penny**  
Caregiver Peer Support: **Dom, Jim & Charles**  
Service Link: **Karen Santuccio**  
M & D Production: **Theatre tickets**  
Sing-A-Long & BINGO: **Dick Vierus**  
1:1 Computer: **Quentin**  
Chair Exercise: **Anne**  
Youthful inspiration: **The Camp Waukeela Girls, Mount Washington Valley Band**

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

**Platinum, Diamonds, Coins & Jewelry  
Free Estimates  
North Country Fair Jewelers  
"50th year"**

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

## **GIBSON CENTER DAY TRIPS**

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

**Camp Waukeela Day:** Lunch at camp 11:15 am bus 8/5

**Madison Historical Soc. Game display:** 8/12, 12:30PM

**OOB Concerts:** Diamond 8/6; Simon & Garfunkel 8/13 \$32 each show. Dinner on own at the Clam Bake

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

**Mount Washington Valley Band Concert:** home pick up. Bring a picnic supper and a lawn chair. Bus donation. Aug. 20

**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

**NH Edibles Nature Walk:** @White Lake, 9/12 board bus at 12:30

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

**Shadow Dance:** Thurs. Sept. 19. \$35. door to door bus service

**Veteran's Road Trip:** VA Home Tour October 16 9AM-5PM

**LeAnne Rimes: a LIVE Show:** Sunday October 27. \$85

**River Dance:** January 14, 2020. \$85

**Russian National Ballet, Sleeping Beauty:** March 18, 2020 \$62

## 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

Kim & Neysa Packard: The Farm Stand in Chocorua  
KHS Project Graduation: Fruit  
Timberland: July table decorations  
Vaughn Community Services: Food Pantry  
Flatbread, for the July 11th fundraiser.

### UPCOMING OVERNIGHT PROGRAMS

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

**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

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

**Cruise - Boston to Quebec:** Sept 18-25, 2020, price based on cabin



FLATBREAD FUNDRAISER - JULY 11TH, 2019

## 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](http://www.abundantblessingshomecare.com).

**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](http://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 [mwvconciierge@yahoo.com](mailto:mwvconciierge@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.

**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](http://timberlandhomecare.com); e-mail is: [timberlandhomecare@live.com](mailto: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