

# GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

[www.GibsonCenter.org](http://www.GibsonCenter.org)

[info@gibsoncenter.org](mailto:info@gibsoncenter.org)

603-356-3231

## September 2019 Edition



### WELCOME MARK OUR NEW EXECUTIVE CHEF

A huge welcome to Mark Tapper, Gibson's new Executive Chef! Mark brings a ton of experience to our kitchen. He started out early in his hometown of Wolfeboro.

Some excellent mentoring helped him land a job at Boston's Ritz-Carlton, and he was off and running. He says he is looking forward to working in a way that gives back more to the community. And as time goes by, expect to see some innovations in our menu. Stay tuned! Mark lives in Madison with his wife & daughter who just finished at UNH.

### 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.**



**Joseph's Spaghetti Shed  
Fundraiser - Mon, Sept 23rd  
4:30-9PM**

**Home pick ups are available,  
call 356-3231 to request a ride.**

## September is Go Orange HAM (Hunger Action Month)

Go Orange Day Tuesday the 10th, everyone is encouraged to wear orange, the kitchen serves orange colored or flavored food, and we raffle off orange colored or flavored items.

All month we have food drives to collect food for the winter storm packs, (protein, veggies, soups, powdered milk, cocoa made with milk, fruit).

There will be weekly Go Orange raffles on Wednesdays, as well, to raise money for the needed supplies that are not donated.



**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

## FALLS PREVENTION DAY FRIDAY SEPT 20TH

Learn how vision and hearing effect your balance, have your balance tested, learn how diet and exercise decrease your risk of falls and breaks, Learn what you can do in your own home to make it safer, learn which medications may effect you balance, so you can discuss it with your doctor.



Mount Washington Valley  
**Adult Day Center**

**OPENING SOON**

For More Information:

Visit Us Online

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

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



## VETERAN'S PROGRAMS

**Wednesday, the 18th**

Presentation by Sue Ruka on the new  
Adult Day Center



## **GILMANTON WINERY & VINEYARD**

**Date to be determined.**

**Price includes a wine tasting, lunch,  
tax, tip, and transportation \$45**

**Contact Jill for interest in the trip**



## **SET UP FOR THE FRYEBURG FAIR**

**Friday, September 27th, after lunch**  
**Please let Jill know what items you will  
display. Items need to be made by  
you, in this year.**

**Please label all items.**

**Senior Day: Oct 1st**

### **MOUTH OFF**

**A LIP SYNC CONTEST**

**DO YOU WANT TO JOIN THE GIBSON  
"SYNC TEAM"?**

**COME SUPPORT OUR TEAM**

**WED. OCT. 30**

**ABENAKI TRAIL RESTAURANT & PUB  
TRANSPORTATION FROM YOUR HOME**



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

**GENERAL CONTRACTOR**

## UPCOMING SEPTEMBER EVENTS

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

**Gibson Center Closed for Labor Day**, September 2

**Labor Day Luncheon at Gibson Center:** Tuesday the 3rd  
**Strength, Balance, & Stretch** resumes September 3rd, Tuesday and Friday mornings from 10-11AM. \$75 for 12 weeks of classes.

**September is Go Orange HAM (Hunger Action Month)**

Go Orange Day Tuesday the 10th, everyone is encouraged to wear orange, the kitchen serves orange colored or flavored food, and we raffle off orange colored or flavored items. All month we have food drives to collect food for the winter storm packs, (protein, veggies, soups, powdered milk, cocoa made with milk, fruit). There will be weekly Go Orange raffles on Wednesdays, as well, to raise money for the needed supplies that are not donated.

**Veteran's Programs: September 18th.** Presentation by Sue Ruka on the new Adult Day Center

**MWV Recovery Coalition:** Wed the 11th 10:30AM, How to recognize addiction .

**Falls Prevention Day Friday the 20th** Learn how vision and hearing effect your balance, have your balance tested, learn how diet and exercise decrease your risk of falls and breaks, Learn what you can do in your own home to make it safer, learn which medications may effect you balance, so you can discuss it with your doctor.

**Joseph's Spaghetti Shed fundraiser**, Monday September 23 4:30-9PM Home pick ups are available, call 356-3231 to request a ride.

**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. 12:30PM (After lunch ) on the 24th. Please sign up for this event.

**Set up for the Fryeburg Fair**, Friday, September 27th, after lunch. Please let Jill know what items you will display. Items need to be made by you, in this year. Please label all items.

### OCTOBER - SNEAK PEEK

**JC PENNEY Pumpkin Pancakes:** Veteran's Coffee Oct 2nd  
**Craft Fair**, the 12th & 13th

**Black Cap Fundraiser**, Tuesday the 22nd, 5-9PM

**Alzheimer's Association presentation:** Oct 22nd

**Mouth Off Lip Sync Contest:** Abenaki Trail Restaurant & Pub  
October 30th

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603-356-2248

### 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/](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:

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

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

## 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: **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**  
Camp Lunch: **The Camp Waukeela Girls**

**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.

**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: Date to be determined. Price includes a wine tasting, lunch, tax, tip, and transportation \$45**

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

**T&C Prime Rib Luncheon: Wed. Sept 25, Transportation & Lunch only. \$40**

**Fryeburg Fair: Set up, 9/27 Senior Day at the Fair: 10/1**

**Two Lights State Park + Lobster Shack: October 9th . \$20**

**POP's Beatles Revolution, a Symphonic Experience.:** See the amazing play list on the bulletin board. 10/13 11AM \$48

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

**Pumpkin People Ride: After lunch, October 24th.**

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

**Chutter's & Littleton: Nov. 13 10AM-5PM \$18**

**Magic of Christmas: December 12th. \$50 10AM-6PM**

**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  
Veggie Volunteers

Kim & Neysa Packard: The Farm Stand in Chocorua  
Jackson Congregational Church: Bread  
Timberland: July table decorations  
Vaughn Community Services: Food Pantry  
Al Zaino: Fix tables, food pantry & desserts  
Sascha Loew Blacke

## 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 - Liners and Legends, Queen Mary 2 Crossing to England: 4/24-5/5.**

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

## PHOTOS FROM OUR TRIP TO CAMP WAUKEELA



## 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