

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231



December 2019 Edition

GIBSON CENTER CHRISTMAS LUNCHEON - DEC 17, 18 & 19

MENU

ROAST PORK LOIN with
BRANDIED PAN GRAVY
HERB ROAST POTATO
PEAS & CARROTS
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Merry Christmas



PASSING & RELIGHTING THE TORCH

At the Gibson Annual Meeting on November 19th, new members David Smolen, Joanne Warren and Barbara Gartland were welcomed to the Gibson Center Board.

Pictured are David Smolen, outgoing President Charlie Macomber, Joanne Warren and incoming President Ted Wroblewski. Barbara Gartland was welcomed via phone.

PLEASE REMEMBER THE GIBSON CENTER ANNUAL APPEAL!



LYNN KEARNEY

THE DIRECTOR OF DEVELOPMENT & FUNDRAISING
GIBSON CENTER

We are extremely pleased to announce the appointment of Lynn Kearney of Tamworth, NH as the Director of Development and Fundraising. The Gibson Center is a non-profit corporation providing services to senior citizens in Northern Carroll County since 1979.

Ms. Kearney comes to the Gibson Center for Senior Services with a wealth of knowledge and an extensive background working in both the non-profit and not-for profit community-based services. She has been in the human services field for over 15 years, she holds a Master's Degree in Healthcare Administration from Southern New Hampshire University and a Bachelor of Arts degree in Business Administration from Curry College. She is an experienced grant writer and project leader.

"I am excited to be working in the valley, there is a growing demand for elderly services in the communities served by the Gibson Center. The Gibson Centers mission of offering programs that will enable seniors in Northern Carroll County to live independently and actively with purpose and dignity combined with their successful Mount Washington Valley Age-Friendly initiative, an engaged and dedicated staff and Board of Directors aligns with my professional and personal beliefs".

Please give Lynn a huge welcome.



CHRISTMAS LIGHT RIDE AND STONEHURST DINNER DECEMBER 3RD

Home pick ups, and ride to see the lights, meal, tax, tip, and coffee, \$36. Drive your self once bus is full, \$31

Gather around the fireplace for cocktails (on your own) at 5PM.
Sign up due 12/2/2019

THANKSGIVING LUNCHEES SPONSORED BY
SHAWN AND LINDA BERGERON !

PLAN OF THE YEAR AWARD FOR GIBSON CENTER'S AGE FRIENDLY

The Gibson Center Age Friendly Action Plan received another accolade. The plan was named Plan of the Year by the Northern New England Chapter of the American Planning Association. The award was presented on Thursday, November 14th at The Mount Washington Hotel with 250 regional planners in attendance! Earlier this year, our plan was named Plan of the Year by the New Hampshire Planners Association.

You can see the plan, penned by board member Marianne Jackson, by going to the Age Friendly page on our website or clicking here: <https://www.gibsoncenter.org/wp-content/uploads/2019/07/Age-Friendly-Action-Plan-3.18.19-REV.pdf>



Pictured are Kerrie Diers of NNECAPA, George Cleveland, Marianne Jackson and Charlie Macomber. Special thanks to Todd Fahey of AARP-NH for the nomination! Photo by Lee Krohn.

PLEASE REMEMBER THE GIBSON CENTER ANNUAL APPEAL!



VETERAN'S COFFEE

Wednesday, Dec 4th

Hearing benefits for Veteran's, as well as gadgets
for people who have some hearing loss.



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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!
Programs available with
FunDay, 10:30AM

NOW OPEN



Mount Washington Valley
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Call: 603-356-4980 or Visit Us Online
<http://www.mwvaduldaycenter.org/>



Senior care services brought to you by Memorial Hospital. The Mount Washington Valley Adult Day Center is a 14,000 square foot facility that provides senior care services in a comfortable, home-like setting.



RED TO REMEMBER!

There is still time to sponsor a light for this year's
Gibson Center Memory Tree.
The tree will be lit from December 1-January 12.
Single year white lights are only \$10.
Perpetual red lights are \$50.
Please see Penny, Jill or Ken.

MWVAA Card Making Workshops Fridays in December

Dec 6th: Snow! Use glitter, or Painting

Dec 13th: Birds!

Dec 20th: Bring something to add to the still life



THE HISTORY OF THE REPORTER PRESS DECEMBER 17TH

Bob Cottrell of the Conway Library will take us onto the website with EVERY issue of The Reporter from the 1800's to 1973. Bring a date or an event you want to look up and we'll see what The Reporter had to say.



VETERAN'S COFFEE: ANGEL SERVICE DOGS DECEMBER 18TH

Learn about the new program in the valley, where service dogs are trained. You may have a chance to meet a service dog. Learn how service dogs help people with PTSD & learn about training opportunities.

SANTA GIFT EXCHANGE DECEMBER 16TH

BRING AN INEXPENSIVE WRAPPED GIFT.
SING CAROLS WITH KHS STUDENTS, HAVE
YOUR PHOTO WITH SANTA.



UPCOMING DECEMBER EVENTS

Veteran's Coffee: Wednesday, the 4th, Hearing benefits for Veteran's, as well as gadgets for people who have some hearing loss.

St. Nicholas Day: The traditional day of gift giving for some, we will sing some Christmas carols, and have a door prize at lunch. The 6th.

MWVAA Card making workshops Fridays in December.

- * The 6th: Snow! Use glitter, or painting
- * The 13th: Birds!
- * The 20th. Bring something to add to the still life

Santa Gift Exchange: Monday the 16th. Bring an inexpensive wrapped gift. Sing carols with KHS students, have your photo with Santa.

Christmas Lunches: Tues, Wed, and Thurs, the 17-19th.

Sponsored by White Mountain Oil & Propane

Roast Pork Loin w/Brandied Pan Gravy, Herb Roast Potato, Peas and Carrots, Apple sauce, Strawberry Bavarian

The History of The Reporter Press: Bob Cottrell of the Conway Library will take us onto the website with EVERY issue of The Reporter from the 1800's to 1973. Bring a date or an event you want to look up and we'll see what The Reporter had to say. Tuesday the 17th.

Veteran's Coffee: Angel Service Dogs: on Wednesday the 18h, learn about the new program in the valley, where service dogs are trained. You may have a chance to meet a service dog. Learn how service dogs help people with PTSD, and learn about training opportunities.

Christmas: Gibson closed Wednesday, the 25th.

New Year's Eve: Chef Mark will create something special for the last day of this year, and as good luck for 2020.

(We will be closed January 1)

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VETERANS COFFEE

First & Third

Wednesday 10AM

Meet fellow veterans,

learn about services

available

Snacks!

PHOTOS FROM BELLY DANCE HAFLA, MOUTH OFF CONTEST



Mouth Off Photos by Lisa Dufault, of Valley Promotions

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

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 .

GENESIS HEALTHCARE MINERAL SPRINGS



Short Stay Skilled Rehabilitation
Long Term Nursing Home Care
Assisted Living / Respite Care

1251 White Mtn. Hwy
North Conway, NH 03860
Call 603-356-7294

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

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

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 (Oct - May)

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, JC Penney, Al Zaino**
Caregiver Peer Support: **Dom, Jim & Charles**
Service Link: **Karen Santuccio**
M & D Production: **Theatre tickets**
Sing-A-Long & BINGO: **Dick & Alice Vierus**
1:1 Computer: **Quentin**
Task Force Eagles: **Veteran's Day**
Mouth Off volunteers: **June Waltz & June Vendrillo**

FRED - THE DINOSAUR FOR HALLOWEEN



KUDOS - Donations

Shaw's, Wanda Wirling

NH Food Bank
Catholic Charities of NH
Wal-Mart: Bob King & Phil Spinney
Old Village Bakery
Holiday Napkin Angel: Polly Mille
Lynn Hjelmstad : Graphic Guru

Timberland: Thanksgiving table decorations
Vaughn Community Services: Food Pantry
Halloween table decorations: Pine Tree Project Succeed
Kim & Neysa Packard: The Farmstand in Chocorua
Turkey & Fixin's: Jason Sanderson
Al Zaino: Fix tables, food pantry & desserts



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VETERAN'S DAY CELEBRATION WITH KENNETT'S TASK FORCE EAGLE



GIBSON CENTER DAY TRIPS

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

Light Ride and Stonehurst Dinner: December 3. Home pick ups, and ride to see the lights, meal, tax, tip, and coffee, \$36. Drive your self once bus is full, \$31 Gather around the fireplace for cocktails (on your own) at 5PM. Sign up due 12/2/2019

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

Riverdance: January 14, 2020. \$85

Elvis and Roy Orbison: February 7, 2020, \$44

The Spirit of Johnny Cash: March 13, 2020, \$46

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

Sight & Sound Theater Film of their production. "Jesus": just in time for Easter, April 7 \$36

UPCOMING OVERNIGHT PROGRAMS

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

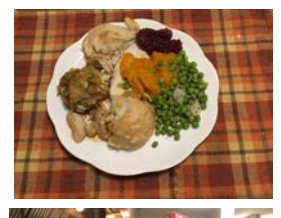
Sunny Portugal - Estoril Coast, Alentejo & Algarve: April 14-23, 2020. 10 Days, 4 Meals \$3899 ppdo. Passport needed. Portuguese Riviera, Choice on Tour, Lisbon, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Alentejo Countryside Stay, Sagres, Lagos, Algarve, Faro, Cork Factory, Azeitao, 2 Winery Tours, 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. We are now accepting deposits of \$120

Cruise -Boston to Quebec: Sept 18-25, 2020, price based on cabin. (only \$100 deposit, now through December 16)

PHOTOS FROM VARIOUS EVENTS & TRIPS



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.

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.

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.

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 Ferriera, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.

Please remember the Gibson Center in your Will