

# 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



January 2020 Edition



## THE REBUILT RAMP IS OPEN FOR BUSINESS!!

The Bus Crew christens the new ramp! Many thanks to L.A. Drew and their contractors for getting this done. This will keep heat (and cool air) inside the building, cut down on snow drifting against the door and along the ramp, and has a push button opener.

Huge thanks also to The Cogswell Benevolent Trust, The Robert and Dorothy Goldberg Charitable Foundation and our friends, Anonymous!

# NH ALLIANCE FOR HEALTHY AGING: DISCUSSION ON NH LEGISLATIVE BILLS TO IMPACT RISING COST OF PRESCRIPTION DRUG

FRIDAY, JANUARY 10, 2020

JOIN US AFTER LUNCH

A coalition of New Hampshire consumer groups is collaborating to advance a set of bills attempting to reign in the rising costs of prescription drugs. The coalition, which currently consists of the New Futures, American Cancer Society, AARP, the Alliance for Healthy Aging (AHA) and others, is working on legislation to address affordability, accessibility and transparency of prescription drug costs. Join us in hearing about the three bills that the group is advancing and how you can advocate for reducing prescription drug costs. The bills are fashioned after a group of bills in Maine that passed last year with similar intents—1) establishing a wholesale prescription drug importation program, transparency in prescription drug pricing and establishing a NH prescription drug affordability board, and 3) regulating insurers regarding changes made to drug formularies -year of a plan.



Across New Hampshire and around the country, millions of individuals and families are suffering from the rapidly rising costs of prescription drugs. The price of certain cancer, diabetes and heart disease medications, among many others, have increased by 60 percent or more in recent years, and in a 2016 poll, 26 percent of New Hampshire residents surveyed reported that they had stopped taking prescribed medications due to cost. According to AARP, between 2012 and 2017, the average annual cost of prescription drug treatment increased 57.8%, while the annual income for New Hampshire residents only increased 13.2%. Americans pay nearly double what similar countries pay for the same brand name drugs.

A Health Affairs study found that the rising costs of generic and specialty drugs were due to new drugs entering the market, but the rising cost of brand name drugs were due to existing drug price inflation. One cancer drug increased from \$147,413 per year to \$247,496 per year; a diabetes drug increased from \$2,907 per year to \$4,702 per year; a medication for heart disease increased from \$3,030 per year to \$5,930 per year; and in the midst of the ongoing addiction crisis, the price of naltrexone has increased from \$690 to 4,500. There is simply no end in sight for these price increases year over year. In addition to the severe health impacts to those on prescription drugs, these price increases are known to be the primary driver of escalating health insurance premiums, impacting health care consumers across the board.

# SHARON FOURNIER'S SURPRISE 10TH ANNIVERSARY CELEBRATION



SANTA GIFT EXCHANGE - The man in the red suit visited the Gibson Center, for a time of connecting with friends, music, and a gift exchange.



This event took place on Dec 16th



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CHRISTMAS LUNCH SPONSORED BY  
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## VETERAN'S COFFEE

Wednesday, Jan 15th - 10:00 AM

**Vision benefits for Veteran's, as well as gadgets for people who have some vision 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  
Adult Day Center

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.



## 12TH DAY OF CHRISTMAS

AT THE GIBSON CENTER

JANUARY 7TH

The traditional day of gift giving for some parts of the world, we will sing THE SONG, and have 12 door prizes at lunch



## ICE CARVING AT WENTWORTH

JANUARY 6TH

25th Annual Great Ice Carvers  
Invitational Ice Carving Competition

Price: \$21 lunch, tax, tip



## THE HISTORY OF THE REPORTER PRESS

JANUARY 28TH

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.



## RIVERDANCE

JANUARY 14TH

Join us for the spectacular music and dancing of Ireland's Own RIVER DANCE

Price: \$85

Dinner on your own at  
the Sebago Brewery

## BINGO

JANUARY 9TH

AT THE GIBSON CENTER, AFTER LUNCH.  
PLEASE BRING AN ITEM FOR THE PRIZE TABLE.



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

**GENERAL CONTRACTOR**

## UPCOMING JANUARY EVENTS

Winter Session of Strength, Balance, & Stretch at the Gibson Center: runs January 7-March 27, Tuesday and Friday mornings at 10. This class is geared for people who want to stay as strong and flexible as possible. \$75 pays for all 24 sessions, or you can purchase a punch card, 8 classes for \$36.

12th Day of Christmas: The traditional day of gift giving for some parts of the world, we will sing THE SONG, and have 12 door prizes at lunch at the Gibson Center on Jan 7th.

John Elfring will share his story, how he learned to be what he was meant to be, learning to find JOY in life. Join us after lunch at the Gibson Center, Tuesday, Jan 7th.

BINGO at the Gibson Center, after lunch Jan 9th. Please bring an item for the prize table.

NH Alliance for Healthy Aging: Discussion on NH Legislative Bills to Impact Rising Cost of Prescription Drug: The public is invited to this program, after lunch at the Gibson Center, on Friday, Jan 10th.

**Veteran's Coffee:** Vision benefits for Veteran's, as well as gadgets for people who have some vision loss. Wednesday, the 15th, 10 a.m. at the Gibson Center.

The Gibson Center will be closed, Monday, January 20th. The Gibson Center will celebrate Chinese New Year on Friday, Jan 24th. Chef Mark will prepare a Chinese meal for lunch. Wear Red as we usher in the year of the Rat.

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 28th.



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### VETERANS COFFEE

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

### CHRISTMAS BELLY DANCE HAFLA



## 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/](http://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, Angel Service Dogs, Al Zaino**  
Card Workshops: **MWV Art Association**  
Caregiver Peer Support: **Dom, Jim & Charles**  
Service Link: **Karen Santuccio**  
M & D Production: **Theatre tickets**  
Sing-A-Long, Festival of Trees & BINGO: **Dick & Alice Vierus**  
1:1 Computer: **Quentin**  
KHS Coral Group: **Christmas Carol**  
Lilliputian School:  
Conway Public Library: **Reporter Press program**

Santa Check For Christmas Dinner



Santa: Jason Sanderson

## 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 Miller  
Santa: Jason Sanderson  
KHS Choral Groups  
The Preserve at Chocorua

Timberland: Christmas table decorations  
Vaughn Community Services: Food Pantry  
Thanksgiving table decorations: Pine Tree Project Succeed  
Kim & Neysa Packard: The Farmstand in Chocorua  
Wreaths: Jordon Hewson, Designed Gardens  
Al Zaino: Fix tables, food pantry & desserts  
Christmas Lunch Sponsor: White Mountain Oil & Propane  
The Behr Farm, Tamworth



## WINTER SESSION OF STRENGTH, BALANCE, & STRETCH

At the Gibson Center  
January 7-March 27,  
Tuesday and Friday mornings at 10.

This class is geared for people who want to stay as strong and flexible as possible.

\$75 pays for all 24 sessions, or you can purchase a punch card, 8 classes for \$36

## 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



## GIBSON CENTER DAY TRIPS

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

Ice Carving at Wentworth: January 6, \$21 lunch, tax, tip

Riverdance: January 14, \$85. Still Room

Elvis and Roy Orbison: February 7, \$44

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

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

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

Chicago: The musical, only 10 seats, Thursday, May 14, \$90

## 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, Final Payment due February 18, 2020

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



2448 Main Street  
North Conway, NH 03860  
603.356.5819  
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JOIN US FOR LUNCH AT GIBSON CENTER, MON-FRI.  
11:30AM -12:15PM

## 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.

MWV Concierge Grocery shopping, house/condo cleaning, snow shoveling/plowing, errand running. 603-730-5255 or [mwvconcierge@yahoo.com](mailto: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](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 Ferriera, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.

# Please remember the Gibson Center in your Will