

# 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



July 2020 Edition

## So Close....

Hopefully this was the space where I was going to tell you when we could start serving congregate meals again and resume some of our programs. We are almost there. We are awaiting final guidelines from the state and then we can set to work.

On Monday, June 29th, we brought the whole staff back together for the first time in 3 ½ months! As you may recall, we have been on split shifts since mid-March so we could limit any potential exposure to the staff and continue serving Meals on Wheels and takeaway meals from the dining room door. Needless to say, it was great to see everyone, even behind masks.

For the latest news on restarting programs, stay tuned to our Website, [www.gibsoncenter.org](http://www.gibsoncenter.org) and Facebook page, as well as the Conway Sun and the radio station. We may drop you an email as well. Obviously, there will be some new protocols to follow and we'll let you know about that too.

The HUGEST of thank yous to everyone who participated in our Spring Appeal and NH Gives. The response to both was overwhelming and we are so grateful.

A lot of work remains and as you know, we're not out of the woods yet. But we would not have gotten this far without YOUR support and an incredible staff, board and splendid volunteers!

Thank you all! And stay tuned!  
George Cleveland  
Executive Director



## PROGRAMS, EVENTS & TRIPS UPDATE

All programs, events, and trips subject to change, secondary to COVID-19 and current self isolation protocol.

Check the calendar daily for changes, especially when we open, special events will be added!

Some events, like BINGO, Veteran's Coffee, and the Caregiver Support Group will either meet live, or use ZOOM. Call Jill to talk about signing in to ZOOM. (You will need a computer with a camera, or a phone or tablet with a camera)

If we can't meet live we will also start some ZOOM exercise programs.

For the most up to date information, check our webpage for the list of programs and proposed daily menu. <https://www.gibsoncenter.org/calendar/>

### 2020 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

September 5th & 6th  
October 10th & 11th

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 korn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.



Benefits the Gibson Center for Senior Services, Meals on Wheels Program.

### VETERANS COFFEE

Wednesday, 15th  
Thru Zoom



**L. A. DREW, INC.**  
**GENERAL CONTRACTOR**

# American Red Cross offers tips to stay safe during a heat wave

A dangerous heat wave is hitting a large part of the country with some areas seeing temperatures as much as 20 degrees above normal. Summer heat and humidity can be deadly. According to the Centers for Disease Control, more than 600 people in the United States are killed by extreme heat every year. The American Red Cross has steps you can take to help stay safe when the temperatures soar.



Are you at risk? Some people are more at risk of developing a heat-related illness, including adults age 65 and older, those with chronic medical conditions, people who work outside, infants and children and athletes. Excessive heat can lead to sunburn, heat cramps, heat exhaustion and heat stroke. If someone is experiencing

Heat cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle, and replenish their fluids with a half a glass (about 4 ounces) of cool water every 15 minutes.

If someone is exhibiting signs of heat exhaustion (cool, moist, pale or flushed skin, heavy sweating, headache, nausea, dizziness, weakness, exhaustion), move them to a cooler place, remove or loosen tight clothing and spray the person with water or apply cool, wet cloths or towels to the skin. Fan the person. If they are conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition. If the person refuses water, vomits or begins to lose consciousness, call 9-1-1.

**Heat Stroke** —Life threatening signs of heat stroke include hot, red skin, which may be dry or moist; changes in consciousness; vomiting and high body temperature. Call 9-1-1 immediately if someone shows signs of heat stroke. Move the person to a cooler place. Quickly cool the person's body by immersing them up to their neck in cold water if possible. Otherwise, douse or spray the person with cold water, or cover the person with cold, wet towels or bags of ice.

## Heat safety tips:

- Hot cars can be deadly. Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees.
- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- If someone doesn't have air conditioning, they should seek relief from the heat during the warmest part of the day in places like schools, libraries, theaters, malls, etc.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
- Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water

## UPCOMING JULY EVENTS

*Because of the daily changes to the status of the Corona Virus, and our attempts to help people stay healthy, our programs may not happen, if we are still in self quarantine . You can check our web calendar at [www.gibsoncenter.org/calendar](http://www.gibsoncenter.org/calendar) or call us at, 603-356-3231.*

### **Veteran's Coffee: 10 a.m. at the Gibson Center.**

Wednesday, 15h thru Zoom

We would like to support our members who are caregivers. If any of you would like to talk to a Caregiver Facilitator, let Jill know, to link you up with the person. This is also an event that can be hosted by Zoom, you just need a telephone, although to see people a computer or device is also nice.

Flatbread Company Gibson Fundraiser: Thursday, July 16, 2020 from 4:30-9PM. They donate a portion of the cost of each flatbread, to Gibson. Eat in or take out

It is an election year, and we typically host a candidate forum for each party before the primary election in September. They are tentatively scheduled for August 11th, and 18th. If we need to we can do this by Zoom.



Mount Washington Valley  
**Adult Day Center**

Call: 603-356-4980 or Visit Us Online  
<http://www.mwvadultdaycenter.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.

The right  
bank makes  
a real  
difference

Click: [northwaybank.com](http://northwaybank.com)

Call: **800-442-6666**

**Northway**  
BANK

Member FDIC



**TIM DI PIETRO**

Master Electrician

Free Estimates

**NO JOB TOO SMALL**

603-356-2248

## 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

## 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

# BEASLEY & FERBER

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 .

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

## WEEKLY PROGRAMS (WHEN WE ARE OPEN)

### Monday:

10:30 TJQ 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)

JOIN US FOR LUNCH MON - FRI  
11:30 AM TO 12:15 PM

## Program Volunteers

- Lip Sync 3: Valley Promotions, Alice & Dick Vierus, Suzanne
- Bartlett Recreation
- Veteran's Zoom: hostess Karen Umberger
- Robert Frost Charter School: made cards, which were handed out at lunch time.

## KUDOS - Donations

The many people who have called us and offered help!  
This is such a wonderful community!

Vaughn Community Services: Food Pantry & Jennifer

Kim & Neysa Packard: The Farmstand in Chocorua

### **Shaw's, Wanda Wirling**

NH Food Bank

Catholic Charities of NH

Wal-Mart: Bob King & Phil Spinney

Old Village Bakery

The Hoyt family of Purity Springs Resort

Eversource

Chips: Chris and Sharon

### **Sherman's Farms**

**Valley Original's/ Wally Campbell: take away lunch bags.**

Restaurants that remembered Gibson:

**Mae Kelly's, Delaney's Hole In The Wall, Chef's Bistro, Cranmore, Valley Originals, The New Hampshire Mushroom Company**

### Mask Angels:

Small Town Quilters

Betty R

Karen G

Nancy M

Michelle O

Lynn G

Jay R

**DONATE TO THE GIBSON CENTER  
FOR SENIOR SERVICES**

**DONATE**





## FLATBREAD COMPANY GIBSON FUNDRAISER

Thursday, July 16, 2020  
4:30-9PM

They donate a portion of the cost of each flatbread, to Gibson.

Eat in or take out



It is an election year, and we typically host a candidate forum for each party before the primary election in September. They are tentatively scheduled for August 11th, and 18th.

If we need to we can do this by Zoom.

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

### 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



2448 Main Street  
North Conway, NH 03860  
603.356.5819

[info@northcountryfairjewelers.com](mailto:info@northcountryfairjewelers.com)

### **"WE BUY ALL GOLD & SILVER"**

Platinum, Diamonds, Coins & Jewelry  
Free Estimates  
North Country Fair Jewelers

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

## GIBSON CENTER DAY TRIPS

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

At this point, we need to maintain social distancing, so bus trips will need to be limited to 4-6 people, who will all wear masks, and sit apart from each other.



### PMA: THE MYTH MAKERS; HOMER AND REMINGTON:

Date: TBD

Price: \$35,

Bring a lunch or eat on own.



### SEASIDE PAVILION CONCERTS

8/4 Tapestry: Carol King Tribute

8/14 Legacy 5

The Tuesday concerts, with door to door service will be about \$40 each.

Legacy 5, a Southern Gospel group, is \$45



### TWO LIGHTS STATE PARK AND LOBSTER SHACK (ON OWN):

Price \$20-30

(depending on number of people on bus)

August 26th

September 23rd

Because of the daily changes to the status of the Coronavirus, and our attempts to help people stay healthy, our programs may not happen, if we are still in self quarantine. For latest information, please check our Facebook page at <https://www.facebook.com/gibsoncenterNH/> or you can also see it on our website at <https://www.gibsoncenter.org/calendar/>



## UPCOMING OVERNIGHT PROGRAMS

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

There will be a Collette Slide Show in the Autumn. Until then, if you are interested in a trip, contact Jill or follow the links



**Imperial Russia:** April 8-16, 2021, 9 days, 11 meals, \$4199ppdo. Moscow: The Kremlin and Armory Museum, Red Square, St Basil's Cathedral, High Speed train to St. Petersburg, Hermitage Museum, Catherine Palace, Church of Savior of Spilled Blood, epicurean tours. <https://gateway.gocollette.com/link/1032917>



**Painted Canyons of the West:** September 19-27 2021, 9 days, 11 meals, \$3899ppdo Colorado National Monument, Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park,, Capitol Reef National Park, Grand Staircase-Escalante National Monument, Bryce Canyon National Park, Zion National Park, Las Vegas. <https://gateway.gocollette.com/link/1032968>



**Bus Tour - Lancaster & Gettysburg:** October 26-30. Sight & Sound Esther, Gettysburg; Amish tour, and Landis Valley. \$595



**Bus Tour - Cape Cod, Martha's Vineyard, Rhododendron Festival:** May 25-28, 2021 \$525 ppdo

## 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).

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.

H.R. Hoyt Construction Inc. (447-2612) Conway, NH. Poured Concrete

Maureen Cason Hanlon, LICSW (356-6400) 3277 White Mountain Highway, North Conway- Counseling services for adults and elders.

Memorial Hospital (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.

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) Jessica Williams, Board Certified Hearing Instrument Specialist, Hearing Aid Sales, Fitting, Repairs, All Makes/Models. Two convenient locations in North Conway and Wolfeboro. Handicap Accessible. [www.lifesoundsamazing.com](http://www.lifesoundsamazing.com)

Timberland Home Care Inc. (603-356-2273) 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: [caregivers@timberlandhomecare.com](mailto:caregivers@timberlandhomecare.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**