

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231



November 2020 Edition

Hi Everyone,

As we all should be doing, The Gibson Center is buttoning up and gearing up for the never-ending surprises of winter. I used to think of Columbus Day as the time to start doing things for colder weather, but now I wait for the first mountain snows. And that time came in magnificent fashion. Snow on the mountains with the leaves in full color is always such a treat.

If some of you are unsure about negotiating this winter financially, remember there are plenty of resources available for food, utility help, heating fuel, etc. You can call the Gibson office and we can direct you to the right place, or call our friends at Carroll County ServiceLink in Tamworth at 603-323-7508. It's been my pleasure to have worked with ServiceLink since it was established way back at the turn of the century. They are a valuable resource for one and all. AND, they're all really nice people.

We have gradually cracked the door open to start some light activity in our building. We're a long way from being officially open again. Check our website for updates and you'll find a calendar here in the newsletter. Remember...everything is subject to change.

It's the month of Thanksgiving. We will have Thanksgiving dinners for our Grab and Go meals on Tuesday and Wednesday, November 17th and 18th. The only thing different from last Thanksgiving is everything... There is still much for which to be thankful. We are grateful to Linda and Shawn Bergeron for again underwriting our 2020 Thanksgiving! Finally, in case you haven't noticed, the first Tuesday of November is Election Day. If you haven't already done so, please go vote!

George Cleveland
Executive Director

You're invited to a Thanksgiving lunch

NOW A GRAB & GO EVENT DUE TO COVID-19

Tuesday, and Wednesday, November 17th & 18th, 11:30am - 12:15pm

IN EVERYTHING GIVE THANKS

THANKFUL TOGETHER



MENU

- Roast Tom Turkey
- Sausage/Cornbread Stuffing
- Mashed Potato/ Gravy
- Peas and Pearl Onions
- Pumpkin Mousse

Sponsored by
Shawn and
Linda Bergeron



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.

VETERANS COFFEE

Wednesday the November 4th. Please wear a mask.

Guest speaker, Joan Marcoux, hearing specialist for the VA, Please sign up, as space is limited. If you want a private meeting with Joan, please indicate when you call.

WE ARE LOOKING FOR DONATIONS.



We are in need of:

- Canned Vegetables
- Canned/Jar Sauce (tomato, Alfredo, etc.)
- Hot Chocolate (Sugar Free)
- Individual Fruit Bowl Servings
- Shelf Stable Milk (individual servings)

Your donations go directly back to seniors in the community in the form of pantry bags, which help ensure a weeks' worth of food in the event of inclement weather or other natural disaster.



MEDICARE PART D Open Enrollment

It is Open Enrollment for your Med D prescription drug insurance. If you would like a non-biased comparison of all available plans, please call Service Link certified volunteer, Ele at 603-447-5112.

Leave a message and she will return your call to set up an appointment.

SPECIAL THANKS TO LOCAL RADIO STATIONS FOR SUPPORTING US



The Gibson Center for Senior Services, Inc. receives grant from Tufts Momentum to connect seniors to technology



North Conway, NH – The Gibson Center for Senior Services has been awarded a \$10,000 grant from the Tufts Health Momentum Fund to “Equip, Train and Connect” seniors to internet technology during the pandemic. Many seniors in the Valley have experienced social isolation and reduced access to healthcare since March. The intent of the program is to be sure all participants can use email, complete internet searches, join Zoom and TeleHealth conferences.

Significant contributions are being made by other professionals of the Valley including Tom Albert of Computer Port, Andrea Libby of Libby Computer, the Visiting Nurse Home Care and Hospice, and the Conway Public Library.

Marianne Jackson, M.D., and Board Vice President of the Gibson Center noted that “During COVID-19, we have become much more aware of our population of seniors who do not have the computer equipment, capability or internet access they need. It is another example of the digital divide. We are very grateful to the Tufts Momentum Fund and our community partners to bridge that gap.”

To EQUIP those in need, the Conway Public Library will be hosting a "Computer Hardware Donation Day" on November 7th from 9am to 1pm. If you have a working PC laptop or desktop with Windows 7 or later operating system to donate, stop by the library on November 7th. All donations will be refurbished by Tom Albert of Computer Port and provided at no charge to seniors in need. The Community School in South Tamworth donated the first 8 desktops and laptops.

TRAINING will be one-on-one sessions at the Conway Public Library or with Andrea Libby at the Gibson Center by appointment. Participants will use their own equipment or our refurbished computers. Each participant will continue until they are comfortable with email, simple internet searches, Zoom activities and Telehealth.

This will allow seniors to take advantage of the many online services and social/enrichment programs offered in our rural area. We have a collaborative model developed through our AARP Age-Friendly Regional Initiative to bring our libraries, OLLI, VNHCH, our healthcare providers, and many non-profits together.

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"The Conway Public Library is thrilled to be working with the Gibson Center on our shared goals of enriching senior citizens' lives in our community and closing the digital divide," stated David Smolen, Library Director of the Conway Public Library.






























CONNECTING is difficult because of the costs of internet service that remain a barrier for many low-income seniors. The Gibson Center is reaching out to the Governor's GOFERR Covid-19 relief funds to help defray monthly costs during the months ahead of Covid-19 isolation.

According to the Centers for Disease Control and Prevention, loneliness, and social isolation in older adults are serious public health risks. Isolation can impact health such as dementia, weight gain due to physical inactivity, heart disease, depression and anxiety, and other health ailments.

If you know of someone or are interested in one-on-one training sessions, please call the Gibson Center for Senior Services at 603-356-3231 or the Conway Public Library at 603-447-5222 set up an appointment.



Fall Family & Friends Fun Scavenger Hunt

Blue jay 	Squirrel 	Goldenrod 	Oak Leaf 	Waterfall 
Hornets Nest 	Junco 	Woolly Bear 	Milk Weed Pod 	Maple Leaf 
Poplar Leaf 	Bever Dam 	Migrating Birds 	Lady Bug 	Queen Ann's Lace 
Aster 	Black Berries 	Granite 	Hawk 	Web Worm 
Chipmunk 	Bittersweet 	Pine Cone 	Family 	Black Bird Or Crow 
Listen for bird song 	Sun 	Biker 	Jogger 	Child in a Stroller 

November 11th, Grandparent/ Grandchild Scavenger hunt.

Using the Fall Family Scavenger Hunt put out by the Recreation Path Committee.

Call The Gibson Center to register, 356-3231.

Subsequent Grandparent Grandchild games and crafts Wednesdays after school, again, call 356-3231 to sign up.



UPCOMING NOVEMBER EVENTS

Check our web calendar at www.gibsoncenter.org/calendar or call us at, 603-356-3231.

Veteran's Coffee: 10 a.m. at the Gibson Center, Wed, Nov 4th. Please wear a mask. Guest speaker, Joan Marcoux, hearing specialist for the VA, Please sign up, as space is limited. If you want a private meeting with Joan, please indicate when you call.

Social Groups: Fridays, November 6th, 13th, and 20th. Come and sit in physically distanced chairs, and have a chance to chat. Please call and sign up for one, 356-3231 10-11AM

BINGO: Monday, the 9th. 1PM Please call to reserve a seat.

The Gibson Center will be closed Wednesday, November 11th for Veteran's Day. No MOW, medical transportation, or lunch pick up.

Word Search: Monday, the 23rd at 1PM Please call to reserve a seat.

Thanksgiving Lunches: Sponsored by Shawn and Linda Bergeron. Happy Thanksgiving! Menu: Roast Tom Turkey, Sausage/Cornbread Stuffing, Mashed Potato/ Gravy, Peas and Pearl Onions, Pumpkin Mousse. Served on Tuesday, and Wednesday, the 17th & 18th. (This is now a grab & go event due to COVID-19)

Gibson Annual Meeting: Tuesday, the 17th.

Thanksgiving Recess: The Gibson Center will be closed on Thursday and Friday, the 26th & 27th.

GRAB AND GO MEALS

We're still providing grab and go meals
from the dining room
Monday through Friday from 11:30 to 12:15



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**The Gibson Center for
Senior Services**



DONATE NOW

You can help our cause by
donating at www.gibsoncenter.org/ and
click on Donate Now button

BEASLEY & FERBER

Estate Planning and Elder Law Wills,
Trusts and Probate Avoidance
Estate Administration & Guardianship
Saving Assets from Nursing Home Stays

**Please Call to reserve a seat at our
seminar, At the White Mountain Hotel
and Resort on Nov. 17th
from 1:00 - 3:00 p.m.**

Phone:
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



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.

SHELLY O'DONNELL

Brought in fruit and hot chocolate for our emergency storm packs.



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**



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

Shaws, Wanda Wirling

NH Food Bank

Catholic Charities of NH

Wal-Mart: Phil Spinney

Old Village Bakery

Shermans Farms

Al Zaino: Pantry Bags

Tom & Diane Knapp: Cheeses

Zeb's: Halloween Candy

Don Kauber: veggies

Rotary Club, donation toward bus

Local Radio Stations:

Easy 95.3 WBNC, 93.5 WMWV & 104.5 WVMJ - Magic.

Mask Angels:

Small Town Quilters

Betty R

Karen G

Nancy M

Ellen F

Michelle O

Lynn G

Jay R

Program Volunteers

Computer Grant:

Jeff Beavers

David Smolen

Andrea Libby

Computer Port, computer cleaning

Tom Albert

Computer Donation:

Karl Pfeil

Joanne Warren, Business Development Officer
at Northway Bank

5 Minute Forum:

David Smolen, Host

Conway Daily Sun-media support

Valley Vision- media support

Veteran's Coffee

Karen Umberger, Hostess

AARP Taxes:

Art

Bee



2448 Main Street
North Conway, NH 03860
603.356.5819

info@northcountryfairjewelers.com

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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 still do not have the ok for group trips

ELECTION 2020

ELECTION DAY– NOV 3, 2020:

For those who wish to vote in person, and need a ride to the polls, please call to make arrangements. The Gibson Center will run many socially distanced, very small, group trips, Nov 3, 2020. Please call in by 10/29.



PMA: THE MYTH MAKERS; HOMER AND REMINGTON:

The exhibit closes 11/29.
The Gibson Center is not attending,
go on your own.
<https://www.portlandmuseum.org/mythmakers>.



THE NUTCRACKER:

DEC 12, 1PM
PRICE: \$12

Virtual Ballet, on our large screen TV,
surround sound, and comfortable chairs.



THE MAGIC OF CHRISTMAS:

DEC 14, 1PM
PRICE: \$12

Virtual Concert, on our large screen TV, with
surround sound, and comfortable chairs.

UPCOMING OVERNIGHT PROGRAMS

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



Imperial Russia: May, 5-13, 2022 9 days, 11 meals, \$4449ppdo. 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/1044763>



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>



Alaska Discovery, Land & Cruise: Fairbanks, Sternwheeler Discovery, Fannie Q's Saloon, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage aboard Princess. Summer 2022



Bus Tour - Lancaster & Gettysburg: Sep 20-24, 2021. Queen Esther at Sight & Sound Theatre, Gettysburg; Amish tour, & Landis Valley. \$595. <http://www.grouptrips.com/gibsoncenter>



Bus Tour - Cape Cod, Martha's Vineyard, Rhododendron Festival: May 25-28, 2021 \$550 ppdo. <http://www.grouptrips.com/gibsoncenter>

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.

Ask me about Medicare: Bert Weiss. bert@bertglassbenefits.com. Office: 603-694-3058, Cell: 603-986-5650.

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

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.

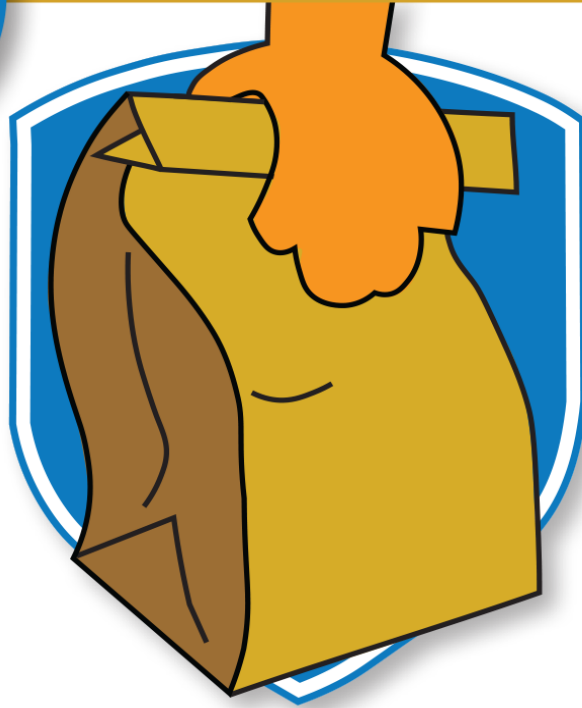
White Mountain Oil and Propane (356-6386) The Saunders Family, oil and propane, major appliances.

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

Take
Out

GRAB & GO



MEALS AVAILABLE FOR SENIORS

Made Daily in the Gibson Kitchen
Monday - Friday 11:30 -12:15
Through the Ramp Door in the Main Parking Lot
14 Grove Street, North Conway Village



Donations Appreciated | Menu on gibsoncenter.org