

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231



February 2021 Edition

GREETINGS FROM GIBSON CENTER

Anyone else noticing that the days are longer and lighter? I love the glimpse February brings to the coming seasons even as we are in midwinter.

Like the feeling of hope in February amidst the reality of cold, we are experiencing the contrasts of joyful anticipation against the stark restrictions of a persistent, Covid world.

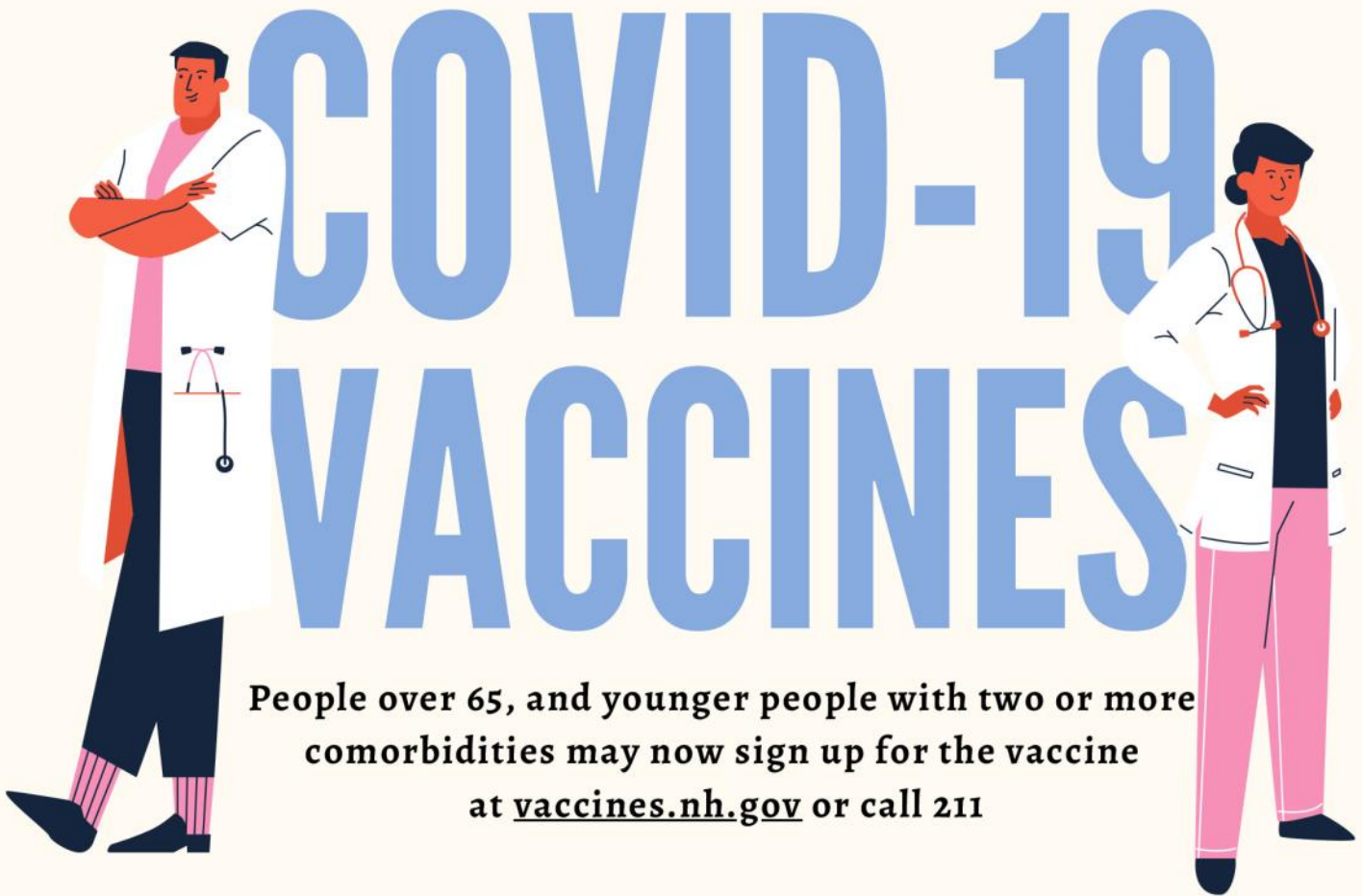
On one hand we are thriving – serving over 150 meals a day through Meals on Wheels and our Grab and Go lunches and looking for ways to expand every day. The Thrift Store had its best November EVER and December was remarkable as well. Dropped off donations can be accepted any weekdays now from 9:00-12:00. Because of exceptional generosity and awareness of what we do and who we serve, we are surpassing our best expectations for the Winter Appeal in donations. We thank everyone who has made that true.

Gladly we have the buses back on the roads for non-medical trips. Most importantly we are going to be able to offer our transportation to non-driving seniors who need help getting to their vaccination appointments. These will be a priority. We have ordered our new bus (replaces our 2003 workhorse) and hope to have it on the road in the spring.

On the flip side, we have had to remain on split shifts. Staff are here every other day, because Covid is rampant and this is our commitment to keeping each other safe and making sure our meals are prepared and delivered. As of this writing, Phase 1B is open for vaccination appointments but there is no priority for Meals on Wheels drivers, kitchen staff or servers. Our activity room remains quiet. We are anticipating our congregate dining will be closed until summer.

My analogy holds – farmers order their seeds in mid-winter planning their crops months out. We are planning our Craft Fairs, Picnics, Trips, Galas, Hikes, Dining and more. It will come. We will be so, so ready.

Marianne Jackson, MD
Executive Director



People over 65, and younger people with two or more comorbidities may now sign up for the vaccine at vaccines.nh.gov or call 211

Call the Gibson Center for help with transportation, 603-356-3231

TUFT'S GRANT FOR ENHANCED COMMUNICATION

CARE GIVER SUPPORT GROUP



There are still computers and tutors available for those who wish,
Call Gibson Center 603-356-3231

While the Care Giver Support Group is not meeting in person, there are experienced volunteers who will speak with you, and listen.

Call Jill for a referral to one of our Peer Support

THE GIBSON CENTER 2021 CRAFT FAIRS INFORMATION



We have fine jewelry, photography, art, pottery, stained glass, doll clothes, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

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

2021 Craft Fair Dates

Memorial Day Fair: Saturday & Sunday May 29 & 30

Independence Weekend Fair: Saturday & Sunday July 3 & 4

Labor Day Weekend Fair: Saturday & Sunday September 4 & 5

Columbus Day Weekend Fair: Saturday & Sunday October 9 & 10

All are held at the Gibson Center, from 10AM-5PM

For 2021 application please go the link below on our website to download it.

<https://www.gibsoncenter.org/craft-fair-rules-application/>



This is what donating to your local senior center meals on wheels program looks like... The ability to give seniors in need a little bit of comfort knowing that even if something happens they have shelf stable food available to them.

#donate #seniorservices #mealsonwheels.

If you are looking to help out with donations of food or money - send the Nutrition Director, Becky a message at becky@gibsoncenter.org. Thank You.

AARP® VIRTUAL SEMINARS

Contact Jill for links to these events. jill@gibsoncenter.org

- Downsizing & Decluttering: 2/2/21 at 6:30PM or 2/4/21 at 11AM
- Cyber Safety: 2/3/21 at 7PM or 3/4/21 at 7PM
- Six Pillars of Brain Health: 2/10/21 at 2PM
- Other Programs Coming Soon:
 - Fact vs. Fiction;
 - Con Artist Playbook: Prepare to Care

SPECIAL LUNCHES:

Chinese New Year: Asian meal, February 12th.

Mardi Gras: Chicken Gumbo, February 16th.

Ash Wednesday and Fridays in Lent there will be a meat free option, please let us know if you are not a regular and you plan to join us so we have a meal for you.

Donate to
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

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

BELLY DANCE CLASS

The Belly Dance Class is holding ZOOM classes at 9:15am on Thursdays,
please email Jill for a link. jill@gibsoncenter.org

TAX ASSISTANCE

AARP is not doing in person taxes this year, but they are accepting calls. If you want assistance with your taxes, you should:

1. Try using United Way (myfreetaxes.com)
 - a. 24/7
 - b. Get refund faster
2. If no computer
3. Gather all materials
4. Call 211
 - a. Follow commands
 - i. Press 2 (non COVID-19 question)
 - ii. Then for taxes press 4
 - b. You will be asked
 - i. Name
 - ii. Age
 - iii. Address (mailing, not physical) ZIP Code
 - iv. Phone number
5. 211 will assign a person
 - a. The tax preparer will call the senior **within 14 days**
 - b. They will exchange information
6. A completed packet will be mailed to the person
7. The tax preparer will submit an electronic form

GIBSON HELLO

The Program Department sends out Activity Letters a few times a week. They include information about Gibson events (the menu), some form of art (photos, music, or a poem), a joke (we all need to laugh these days), some links to educational articles and entertainment videos, as well as scam alerts, and a game or puzzle.

If you would like to be added to the list, please send us your email, jill@gibsoncenter.org. In these times of increased isolation, thank you for reaching out to friends and neighbors.

SPECIAL THANKS TO LOCAL RADIO STATIONS FOR SUPPORTING US



UPCOMING FEBRUARY EVENTS

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

All in persons programs have been cancelled at this time. We are attempting ZOOM programs. If there are some people you would like to meet with, speak with Jill, and she will set up a ZOOM Call.

The Belly Dance Class is holding ZOOM classes at 9:15am on Thursdays, please email Jill for a link. jill@gibsoncenter.org

Veteran's Zoom: 2nd Monday at 2PM, ZOOM Meeting. Email Jill for a link to join your peers! (Feb 8th)

The Gibson Center will be closed Monday, February 15th for President's Day . No MOW, medical transportation, or lunch pick up.

SPECIAL LUNCHESES:

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Mardi Gras: Chicken Gumbo, February 16th.

Ash Wednesday and Fridays in Lent there will be a meat free option, please let us know if you are not a regular and you plan to join us so we have a meal for you.

AARP Virtual Seminars: contact Jill for links to these events. jill@gibsoncenter.org

- **Downsizing & Decluttering:** 2/2/21
6:30PM or 2/4/21 11AM
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- **Other Programs Coming Soon:**
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Playbook: Prepare to Care



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Please Remember The Gibson Center in Your Will

BEASLEY & FERBER

Estate Planning and Elder Law Wills, Trusts and Probate Avoidance
Estate Administration and Guardianships
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**

SILVER LAKE LANDING APART- MENTS 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**



**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.

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
Al Zaino: Pantry Bags
Rob McCarthy
Chris Fournier, Chips
Jackson Community Church

Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



Thrift Shop Volunteers
MOW Drivers
Spring Time Wreaths



2448 Main Street

North Conway, NH 03860

603.356.5819

info@northcountryfairjewelers.com

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FREE ESTIMATES

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

PROGRAM VOLUNTEERS

Tuft's Computer Grant:

Jeff Beavers

David Smolen

Andrea Libby

Karen Vitek

Jennifer (from Visiting Nurses)

Computer Port, computer cleaning

Tom Albert

Computer Donations:

Freedom Historical Society

Joy Tarbell

The generous people of the Valley

MASK ANGELS

Rotary Club

Sew The Mask

Small Town Quilters

Betty R

Karen G

Nancy M

Ellen F

Michelle O

Lynn G

Jay R

GIBSON CENTER DAY TRIPS

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

AT THIS POINT IT IS NOT SAFE FOR FULL BUS DAY TRIPS

- Health screen including temperature for all passengers
- But we will be starting very small trips for your activities of daily living such as the, bank, store, beauty parlor, Post Office, Commodities Food Pick-up, etc.
- Also once a week rides, with 3 or 4 people. Please let Jill know if you would be interested, jill@gibsoncenter.org

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

VETERAN'S ZOOM

2nd Monday at 2PM, ZOOM Meeting.
Email Jill for a link to join your peers!
Feb 8th

UPCOMING OVERNIGHT PROGRAMS

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

Collette has a fantastic insurance policy, one can cancel up to 24 hours before the trip



Source: <https://www.gocollette.com>

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>



Source: <https://www.gocollette.com>

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. **Deposit due March 1, 2021.**

<https://gateway.gocollette.com/link/1032968>



Source: <https://www.gocollette.com>

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 - Amish, Queen Esther, Gettysburg:

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

www.grouptrips.com/gibsoncenter



Bus Tour - Cape Cod, Martha's Vineyard, Rhododendron Festival: June 7-11, 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 (730-5722) 13 NH Route 16A, Intervale, NH: 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