



JUNE 2021 | PROUDLY SERVING SENIOR
EDITION | CITIZENS SINCE 1979

Gibson Times

14 Grove Street, PO Box 655, North Conway, NH
www.GibsonCenter.org info@gibsoncenter.org 603-356-3231



Office Hours: Mon - Fri: 8AM - 3:30PM, Sat - Sun: Closed
Thrift Shop Hours: Mon - Sat: 10AM - 2PM, Sun: Closed

GREETINGS FROM GIBSON CENTER

Early in 2020, the Board convened an ad hoc Strategic Planning committee to guide us through 2020 and 2021. Little did we know that a thing like Covid could disrupt our lives to such an extraordinary extent. We became sharply focused with urgency on having a roadmap for managing ourselves during the pandemic and for the months after when we hoped to emerge stronger than ever.

And now, here we are.

Long after we could have ever imagined, we are reopening to Phase 1 of our activities and transportation with anticipation of our congregate dining to follow in Phase 2 or 3. See my COVID-19 update. As a staff, we have come back together to work side by side with full hours again after 14 months of split staff on alternate days. I am proud of how adaptable we are.

And what of the strategic plan? It is my pleasure to report we are right on track.

We set a goal to reach more young seniors. This month we signed an **agreement with OLLI** who will now be renting space from the Gibson and providing classes in our dining room beginning this fall. These will include Lunch and Learns and will start with a special class on the history of the Gibson, MWV Age-Friendly Community, and Service-Link. We are thrilled with the new partnership.

We committed to reaching more **home-bound seniors**. Training will begin late summer for volunteers who will be visiting with homebound seniors at risk for early dementia. The training will also be offered for Meals on Wheels drivers. Jill will also be developing a **Giving Voices Choir** for persons with dementia and their caregivers. This is all part of a collaborative grant with Memorial Hospital and the MWV Adult Day Center to create a Dementia Friendly Community.

continued from page 1 Greetings from Gibson Center

Our computer literacy program is ready to expand to new persons. We have received a **\$2500 grant and 25 new Samsung Tablets from Spectrum.** We hope anyone over age 60 who wants help with equipment, training or connecting for email, Zoom, or Telehealth will feel welcome to schedule a session with Andrea Libby here at the Gibson or Jeff Beavers at the Conway Public Library.

Anyone seen the new bus? The 2003 bus has been retired and our new 2021 vehicle is on the road. Sharon had a very happy group of 7 out for a jaunt this week. **It gets better.** This month we have been awarded **\$106,000 as subrecipient's of a Community Development Block Grant** through the Town of Conway to be used to complete the purchase of that first new passenger bus, and let us order the needed wheelchair bus, buy long overdue software for the nutrition office and transportation for scheduling and increase staff time for drivers to extend hours. We are very eager to hear from anyone who needs a ride for personal activities, medical visits, or social time.

There's more but I'm out of space. But note the sign off. I will no longer be the Interim Director. The Board has accepted my wish to continue as the full-time Director. I am really honored to follow Paul Lodi and George. Who would have thought.....?

Marianne Jackson, MD
Executive Director



NH GIVES ON JUNE 8TH - 9th 5:00 pm to 5:00 pm

NH Gives – an initiative of the NH Center for Nonprofits - is a powerful, fun, inspiring, statewide 24-hour online fundraising event that you can use to join with neighbors and friends to support the Gibson Center.

ONE DAY – 24 hours – to show how much you love the Gibson Center and support its mission to enrich the lives of seniors and foster connection, joy and purpose. You can help bring back the programs, classes, support groups, gatherings and events that are the heart of our services.

Visit [NH Gives.org](https://www.nhgives.org) and make any size donation between 5 PM, June 8 and 5 PM, June 9 to help us win additional prizes to support the Gibson Center.

Website Donation Link:

<https://www.nhgives.org/organizations/gibson-center-for-senior-services>



Support the Gibson Center Chef, Mark Tapper, in his appearance on Valley Promo Food Fight June 8th

Chef Mark will represent the Gibson Center to compete for bragging rights and a cash prize (for the Gibson Center MOW fund).

The goal for this year's competition will be to create the best "TV Dinner" style meal, reminiscent of the 1960's TV Dinners. Mark will be presented with a mystery ingredient, which he must incorporate into either his entrée, side, or dessert. He will have one

day to create this masterpiece.

You can support the Gibson Center in it's quest to win the Food Fight, by making a donation on our website, created especially for this event.

Website Donation Link:

<https://www.gibsoncenter.org/product/help-chef-mark-tapper-food-fight/>

Volunteer Opportunities at The Gibson Center

We are delighted that you are interested in donating your time to the Gibson Center.

Every hour is worth gold to us and has lasting impact. Here we describe each opportunity but if you have more questions or would like to sign up, please call Jill Reynolds at

[603-356-3231](tel:603-356-3231)



Volunteer Opportunities Link:

<https://www.gibsoncenter.org/volunteer-opportunities-at-gibson-center/>

COVID-19 AND REOPENING UPDATE

We are thrilled, being all fully vaccinated, that we were able to return to full staffing in the building, working side-by-side after 14 months. This means our experienced kitchen staff of Mark, David, Kevin and Kim are coordinating our menus and providing excellent food service. It means we have everyone in the nutrition office able to coordinate referrals and delivery of Meals on Wheels and our To-Go Meals. I no longer have to struggle with remote access – I can run down the stairs to actually have conversations with Jill, or Becky, Anj, Barbara, Penny or the kitchen crew. I can go sit in the bus.

Speaking of the bus – yes, as you read in another section, we have our new bus and will be ordering the second one. We are following the Best Practices Guide from New Hampshire DHHS that encourages masks in any public indoor space where those who have and those who have not been vaccinated will be present. We will not ask for proof of vaccination. Those guidelines mean we are running our buses with 50% occupancy, masking and opening of small windows to maximize ventilation. But that's twice as many as we could do before! Call Penny for scheduling a trip.

To-Go meals will continue but we have added new picnic tables right outside the dining room and encourage anyone to Grab and Stay and enjoy friends and the fresh air. Congregate meals will have to wait.

Activities will be outdoors as much as possible and indoors with masking, smaller groups, and spacing when possible. This means support groups, quilters, coffee groups and exercisers. Jill is lining up the schedule now.

The guidelines will continue to change often because the rates of CoVid and vaccinations continue to change. We strongly encourage everyone who is eligible to get vaccinated for your own protection, and ours, so we can see this nightmare of a pandemic recede and let us return to our vibrant and connected lives.

COVID-19 VACCINES

People over 12, may now sign up for the vaccine, Visit vaccines.nh.gov

Or call 211

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

Join us for
Grab N Go lunch
Gibson Center,
Mon-Fri. 11:30-12:15

You may eat your lunch at our new picnic tables by the dining room

Please Remember The
Gibson Center in
Your Will

THE GIBSON CENTER 2021 CRAFT FAIRS

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:

Independence Weekend Fair: Sat & Sun July 3 & 4

Labor Day Weekend Fair: Sat & Sun September 4 & 5

Columbus Day Weekend Fair: Sat & Sun 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/>

WISHLIST

We are looking for

- 1) Thrift shop volunteers
- 2) MOW Drivers

VETERAN'S GROUP MEETING



Monday, June 14th at 2PM. Email Jill for more details

jill@gibsoncenter.org

CHAIR EXERCISE

Every Monday
10:45 am at
Gibson Center

SPECTRUM PARTNERING WITH EQUIP, TRAIN AND CONNECT



Spectrum is excited to partner with the Gibson Center for Senior Services, Inc. and support its “**Equip, Train, and Connect**” digital literacy program for older adults. The partnership will include a donation of 25 Tablets plus a \$2,500 monetary contribution for training costs.

Andrea Libby of Libby Computer, LLC will return and begin tutoring in June so Tablet recipients will learn Email, Zoom, and TeleHealth.

Spectrum spokesperson Susan Coscione noted, “We value the tremendous community services the Gibson Center is providing to older adults in Conway and beyond, and look forward to connecting with everyone soon to highlight this new partnership.”

Affording internet service is now more affordable due to the Emergency Broadband Benefit, or EBB, which will pay \$50 every month toward the cost of your Internet service if you qualify. If you receive supplemental Social Security income or if your income is 135% or less than the federal poverty guidelines, and several other criteria, you may be eligible for a reduction in your bill paid straight to the internet service provider.

Eligibility can be determined by going to <https://getemergencybroadband.org/do-i-qualify/>

Help can also be obtained by contacting your librarians at the Conway Public Library, Madison Public Library, Jackson Public library and Cook Library in Tamworth.

The Tablets and training will available beginning in June, 2021. **Please call us at 603-356-3231 to be put on a list for this excellent opportunity**

CARE GIVER SUPPORT GROUP

The Care Giver Support Group is available for 1:1 consultation.

There are experienced volunteers who will speak with you, and listen.

Call Jill for a referral to one of our Peer Support Care Givers.

JOIN US FOR
GRAB N GO LUNCH
GIBSON CENTER,
MON-FRI. 11:30-12:15

PLEASE REMEMBER THE
GIBSON CENTER IN
YOUR WILL

PROGRAMS IN JUNE

We are opening for small groups. You will need to register for all small groups, as space will be limited. (Call the Gibson Center 356-3231). People will be health screened, all will be asked to wear masks and sit at healthy distances.

RESUMING IN JUNE:

- Belly Dance; Strength
- Balance & Stretch
- Veteran's Group
- Chair Exercise
- FunDay
- 1:1 Computer classes and
- Social Rides.

The Care Giver Support is still available for 1:1 consultation. There are now picnic tables in the side yard. You may eat your lunch there when you pick it up at Grab N Go.

ONGOING WEEKLY PROGRAMS

Monday	Chair Exercise FunDay Veteran's Group 2nd week	10:45 AM 12:30 PM 2:00 PM
Tuesday	Strength, Balance & Stretch Computer 1:1 Social Bus Rides	10:00 AM By Appointment Determined by trip
Wednesday	Gameday	12:30 PM
Thursday	Strength, Balance & Stretch Social Bus Rides	10:00 AM 1:00 PM
Friday	Belly Dance Chair Exercise	9:30 AM 10:45 AM

FATHER'S DAY SALE

**Week-long Father's
Day Celebration Sale
at Gibson Center
Thrift Store**

June 14 to June 19

**Hours:
Monday - Saturday,
10:00 AM to 2:00 PM.**

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.

GIBSON CENTER THRIFT SHOP NEWS



WE DO, TOO!

Week-long Father's Day Celebration Sale
Gibson Center Thrift Store
June 14 to June 19

50% off Men's Items when you shop with a DAD

Hours: Monday - Saturday, 10:00 AM to 2:00 PM.



Special Thanks
to local radio
stations for
supporting us



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PLEASE REMEMBER THE
GIBSON CENTER IN
YOUR WILL

GIBSON CENTER DAY TRIPS

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

For all bus trips, please sign up, and pay in advance, call 603-356-3231. Masks are required on the bus.

Old Orchard Beach Pavilion:

- **Let's Hang On, the music of Franke Vallee** July 13
Ticket & Transportation \$54
- **Tapestry: The Carole King Songbook** August 3 Ticket & Transportation, \$54

Club Sandwich: Sunday, August 15th. John Davidson, from Hollywood Squares, will sing, tell stories and jokes. Transportation and show \$35.50

Crescent Beach State Park : Pack a picnic lunch, a towel beach chair, and your swimsuit for a day at the Ocean. \$22 over 65, \$28 all others. July 27th & Aug 31.

Mount Washington Valley Band: Door to Door transportation. Bring your own chair, and a picnic supper. July 6th & 20th, Aug 10th. (the Farmer's Market will also be open)

Gibson Day at the Farmers Market: August 24th

Afternoon Rides, Thursday afternoons: Call to join a trip.



Silver Lake Landing Apartments



© Tim Shellmer 2004

Located on the shore of Silver Lake in Madison, NH.

Vacancies occur occasionally, call Ken to inquire or to be put on the waiting list

Contact Ken:
603-356-3231,
Ext 112

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

UPCOMING JUNE EVENTS

Check our web calendar at

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

June 4th - Virtual POP's Concert : Vocal powerhouse Shayna Steele and your PSO bring you a blues-infused program featuring legendary hits like "Nobody Knows You When You're Down and Out" and Ma Rainey's "Bad Luck Blues." After Lunch program watching our Big Screen TV, with surround sound, in safely distances chairs. Sign-ups required by June 2nd. \$12 per ticket.

Veteran's Zoom: Will meet on Monday, June 14th, at 2PM. Please email Jill at jill@gibsoncenter.org for more details.

June 8th - Chef Mark Tapper will represent the Gibson Center in the Valley Promotions Cook Off. Watch on Valley Vision. (donations may be made on our web page, or in the silver bucket in the dining room).

June 18th - Father's Day Lunch.: Chef Mark will create a special meal for the Grab N Go Lunch. As we did for Mother's Day, people are invited to bring in a copy of a photo of their Dad. There may be a small gift for the men.

June 21st - The First Day of Summer: Chef Mark will offer a seasonally themed meal for the first day of Summer. Wear your shorts today! Plan to eat at the picnic tables or bring your own chair

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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**

OUR BUSINESS SUPPORTERS



L. A. DREW, INC.
GENERAL CONTRACTOR

THE GOVERNMENT WANTS TO PAY YOUR INTERNET BILL FOR A FEW MONTHS

A surprising number of Americans can get \$50 each month from the new \$3.2 billion Emergency Broadband Benefit. That includes tens of millions who lost work during the pandemic. You can use the link below for more information and eligibility.

Eligibility information Link:

<https://getemergencybroadband.org/do-i-qualify/>

KUDOS - DONATIONS

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

Vaughn Community Services
Food Pantry & Jennifer
Shaws, Wanda Wirling
NH Food Bank
Catholic Charities of NH
Wal-Mart: Phil Spinney
Old Village Bakery
Kim & Neysa Packard:
The Farm Stand in Chocorua
Al Zaino: Pantry Bags
Chris Fournier, Chips
Lowe's - discount on our new picnic tables

Local Radio Stations:

Easy 95.3 WBNC
93.5 WMWV
104.5 WVMJ - Magic.



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603.356.5819

info@northcountryfairjewelers.com

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PROGRAM VOLUNTEERS

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

TUFT'S COMPUTER GRANT:

- Jeff Beavers
- Andrea Libby
- Computer Port, computer cleaning
- Tom Albert

COMPUTER DONATIONS:

- The generous people of the Valley

NEW VOLUNTEERS:

- Nancy Goldenhar - MOW driver and Nutrition Inventory manager
- Brighton Trembly - MOW Driver
- Lilly Robles - MOW Driver

TUFT'S GRANT FOR ENHANCED COMMUNICATION



Equip, Train and Connect Seniors to the Internet. There are still computers and tutors available for those who wish, **Call Gibson Center 603-356-3231**



FATHER'S DAY LUNCH

At the Gibson Center, Chef Mark will create a special meal for the Grab N Go Lunch. As we did for Mother's Day, people are invited to bring in a copy of a photo of their Dad. There may be a small gift for the men.

THE FIRST DAY OF SUMMER

Chef Mark will offer a seasonally themed meal for the first day of Summer. Wear your shorts today! Plan to eat at the picnic tables or bring your own chair

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**



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>** May still be room for wait list seat

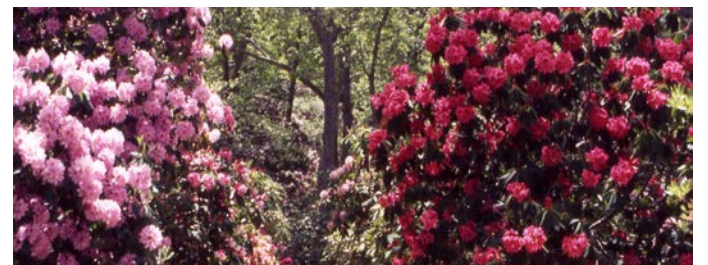


Alaska Discovery, Land & Cruise: Fairbanks, Sternwheeler Discovery, Fannie Q's Saloon, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage aboard Princess. Summer 2022

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>**



Bus Tour - Cape Cod, Martha's Vineyard, Rhododendron Festival: Postponed **<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.

Christmas Farm Inn & Spa (603-383-4313), Jackson NH. Historic Inn and Restaurant. Aveda Spa with local discounts

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 & trade.

NorthEast Auto Body (356-5808) David Smith, 530 Eastman Road, North Conway, N.H.

Northeast Delta Dental delivers quality dental insurance products and services to individuals and families, and groups of all sizes. We work hard to make dental care more affordable and available to the public.

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.

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 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.

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