



AUGUST 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

Open and thrilled to welcome everyone back! It has been a very long time coming. It was too quiet without you. You felt it and so did we. But now....we had our first Congregate lunch on July 22 with laughter, a few tears and an abundance of joy as we sat 6 to a table on the "new" tables that arrived the week of March 13, 2020. Becky and Jill are back giving announcements with the new sound system donated by Rev. Ray Stineford and his wife Dr. Helen Prince. Barbara Campbell and Joan Kenney are back at their table greeting everyone. We are only able to open because of the volunteers who stepped forward to greet, register and serve every day.

The vibrancy has returned to the building. We are eager to have you join us for lunch, an exercise class, the Veteran's coffee, a class, or a day trip. The rest of the newsletter is dedicated to making sure you know about the activities and events happening here. Do not be shy. We hope you will tell your friends, bring your neighbors, find some family members and share the experience. The building when empty was frankly lonely and now it has come back to life. Tell us what you want to see happening. We are here for you.

Marianne Jackson, MD
Executive Director

COVID-19 UPDATE: I was hoping I could omit this column from the newsletter this month but the story continues. As I write this, the news is that the Delta variant is 1000 times more contagious than the original and though not as severe in its medical consequences, it is not benign to all. We are learning that because of that level of easy spread, asymptomatic vaccinated persons can spread the disease. Our guests and patrons have grandchildren who cannot be vaccinated. They play with friends and family who may or may not be protected. Summer travel has brought many visitors from around the country and many locals are travelling broadly, too. On July 20, the Board of the Gibson made a unanimous decision to open the congregate dining room where masks will not be required for those seated at their tables. Otherwise, masks are required in all the indoor public spaces including the lobby, hallways, and activity room. While this may not be popular with everyone, we believe it is the most prudent approach that makes the largest number of our guests and staff able to eat, visit, learn, play and gather together. We will re-visit this in early September.
Our best wishes to everyone both near and far.

FREE SAMSUNG TABLETS AND TRAINING FOR EMAIL, ZOOM AND TELEHEALTH

Do you know anyone who needs help getting connected to the internet? We have free Samsung tablets and some desktop computers to give to seniors in need. Spectrum gave us 25 Samsung tablets that are not all called for yet. We also have Andrea Libby of Libby Computer, LLC offering her time here at the Gibson Center by appointment to train individuals on email, Zoom and Telehealth. Free training is also available at the Conway Public Library and the Cook Memorial Library in Tamworth.

Please call us at 603-356-3231 to take advantage of this excellent opportunity. No one has to be left behind. See below for information about the Emergency Broadband Benefit Program to help with internet service costs.

Spectrum



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/>

NEW TO MEDICARE? SEMINARS STARTING IN AUGUST

Gibson Center Board member Ele Border of Eaton has become certified to provide unbiased, non-commercial seminars that introduce persons turning 65 to the nuances of Medicare. You have 7 months to enroll without penalties, starting at 3 months before, the month of and 3 months after your 65th birthday. The “NEW” to Medicare seminar on August 19th at 5:00 PM at the Gibson Center, will cover Original Medicare, Advantage Plans, Supplemental Plans and Prescription Drug Plans. It also covers sign-up deadlines that are important to avoid late enrollment penalties. Ele will explain the details about what Medicare covers and what it doesn't, what are Medicare Parts A, B and D.

Ele is a certified Medicare Counselor, trained through ServiceLink. She is not affiliated with the insurance industry and provides unbiased information to help you pick coverage appropriate for your individual needs and budget.

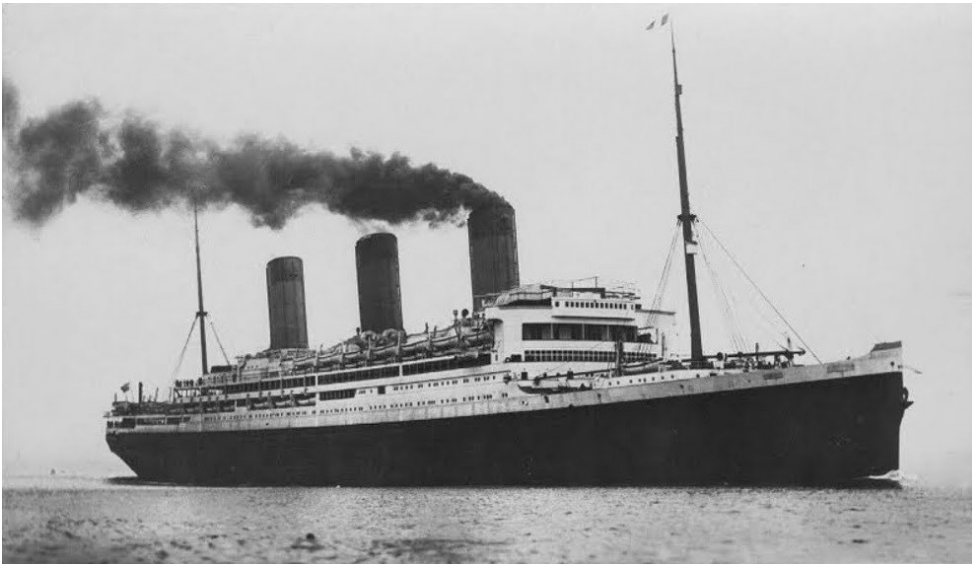


You can enroll by calling the Gibson Center at 603-356-3231 or call ServiceLink at 211. Class will be limited to 6 persons but will repeat every other month during the year.

GIBSON AND OLLI PARTNER FOR GREAT PROGRAMS FOR SENIORS

We are excited to announce that The Gibson Center and OLLI at Granite State College are partnering to provide additional educational and social opportunities for older adults in the Mount Washington Valley. OLLI will be offering a combination of in-person classroom and outdoor classes along with on-line classes. Class listings will be available mid-July, with registration beginning August 2nd. Looking forward to seeing familiar and new faces!

For our first we get to welcome back Carl Lindblade to present RMS Lusitania: Caught in the Crosshairs on August 27 at 1:00 – 3:00 in the Gibson Center Dining Room.



“This class examines the series of circumstances, including the tides, that led, really by chance, to the sinking of the majestic liner Lusitania. This torpedoing by a German U-boat contributed to the US entrance into WWI. But was she just an innocent, unarmed passenger vessel? We’ll discuss the various theories.” Membership in OLLI is 40.00/ year. OLLI at Granite State College has reserved 2 free seats for Gibson Center members. Please call the Center if you would like a free seat.

For more information please visit: olli.granite.edu or call 603 513-1377.”

Donate to The Gibson Center

<https://www.gibsoncenter.org/donations-ways-to-give/>

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**CALL FOR A SCHEDULE OF FUTURE
ESTATE PLANNING SEMINARS AT THE
GIBSON CENTER**

Please call for information about future
presentations
1-800-370-5010

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:

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/>

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OUR BUSINESS SUPPORTERS



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North Conway, NH 03860
603.356.5819

info@northcountryfairjewelers.com

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

CARE GIVER SUPPORT

The Care Giver Support 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.

THRIFT STORE SUMMER WHITES SALE



Nothing says summer like crisp blouses, shorts, shirts, sweaters and dresses in white.

50% off on Men's and Women's Whites

From Aug 9th to Aug 13th.

Thrift Store hours are from 10:00AM to 2:00 PM Weekdays and Saturdays.

Designer brand names for causal wear, hiking the mountains and lounging the pools. Come see!

VETERAN'S MEETING

The Veteran's Group met in person, on the patio of the Gibson Center. It was wonderful to see each other!

Our June birthday veteran received a quilt made by the Material Girls. They are making quilts for all of the members of the Veteran's Group. Join us for our next meeting, Wednesday, August 4th at 10AM.



Our second meeting of the month will feature a visit from the Little Angels Service Dogs. Join us on Wednesday, August 18th at 10AM.

FLATBREADS DINE TO DONATE – GREAT SUCCESS



We are exceptionally grateful to Stacy Colbath and the staff at Flatbreads for offering to host our Dine to Donate event on July 26, 2021.

It was a roaring success. Their welcoming smiles and outstanding pizza were enjoyed by us all.

Silver Lake Landing Apartments

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

OUR BUSINESS SUPPORTERS



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UPCOMING AUGUST EVENTS

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

FunDay – Mondays after lunch.

- 9th: Word Search
- 16th: Crossword
- 23rd: Croquet & Darts
- 30th: BINGO

Veteran's Coffee – August 18th. Little Angels Service Dogs visit. All Veterans are welcome at 10AM. If the weather is nice, we will meet on the patio, otherwise we will meet in the Activity Room.

New to Medicare – August 19th. New to Medicare at 5PM, see article, for people turning 65 years old.

NCCC Farmers' Market – The North Conway Community Center Farmers' Market is every Tuesday afternoon at NCCC. On the 24th, the Gibson Center will be featured as the non profit of the week. There are several farmers that bring in fresh produce, herbs, eggs, honey, etc. There are a few crafters, Trails End ice cream, Kettle Korn, and on the 24th the Gibson Center will be there sharing our mission statement, as well as inviting people to lunch, on trips, and to shop at the Thrift Shop. If you would like to help, please contact Jill.

OLLI Presentation – August 27th. Our first OLLI Presentation, will welcome Carl Lindblade to present RMS Lusitania: Caught in the Crosshairs on August 27 from 1:00 – 3:00 in the Gibson Center Dining Room. No reservations required.

UPCOMING DINE TO DONATE - Save These Dates

- Chef's Bistro - 10/21/21 - 4 to 9PM
- Black Cap Grille - 11/18/21 - 5 to 9PM
- Applebees - 12/7/21 - 5 to 9PM

JOIN US FOR LUNCH IN PERSON

MONDAY - FRIDAY 11:30 AM TO 12:15 PM

**Little Angels Service Dogs
visit Veteran's Coffee
on Aug 18th**



**Special Thanks to
local radio stations for
supporting us**

93.5 WmWV
mUsic WithoUt boUnDaries

Easy
WBNC
95.3 fm

Magic
M104
98.1 fm

UPCOMING FALL EVENTS

Mud Bowl – September 11th & 12th We don't have to get down and dirty, but this year the Gibson Center will be strutting our stuff in the MudBowl parade. We are looking for fun-loving people to create the float, ride the bus and walk in costume in the parade. Secondly, The Gibson Center is going to be in the booth, working the T-Shirt Sales along with the Women's Team. Come volunteer and watch the festivities from high and dry. Call Penny to sign up for the float and to volunteer.

Set up for Fryeburg Fair – October 1st. It has been 2 years since we've been to the Fair, and many of you probably used last year to work on creative projects. The Gibson Center will have a space to display your newly created items. We will be setting up the display on Friday, October 1st. Please finish up those items that you want to display.

OLLI – MWV Age-Friendly and the Gibson Center. Wednesday, October 27th, 1:00PM. Learn what it means to be an Age-Friendly Community and what makes our communities more livable. Hear how the Gibson Center spearheaded the efforts to make our community the best place for people of all ages to live and thrive!

OLLI course Climate Change Apocalypse – Tuesdays, November 2nd & 9th at 1:00- 3:00 PM in the dining room of the Gibson Center. A two segment presentation by John Peterson

ONGOING WEEKLY PROGRAMS

Monday	Chair Exercise FunDay	10:45 AM 12:45 PM
Tuesday	Strength, Balance & Stretch Computer 1:1	10: 00 AM By Appointment
Wednesday	Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday	10:00 AM 10:00 AM 12:45 PM
Thursday	Strength, Balance & Stretch Afternoon rides, scenic, historic, social, ice cream	10:00 AM 12:45 PM
Friday	Computer Classes, Communication Grant Belly Dance Chair Exercise	By Appointment 9:30 AM 10:45 AM

KUDOS - DONATIONS

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

Peter Levesque – Donation of 18 Kiwanis Passbooks

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

Phyllis Sherman, Sherman Farms, fresh produce

Andrea Polosi, Sol Farm, ground pork

FlatBreads, our July fundraiser!

Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



PHOTOS FROM RE-OPENING AND OTHER EVENTS



WELCOME BACK

Volunteer Opportunities at The Gibson Center

Volunteers are the heart and soul of the Gibson Center, giving not only their time, but their warmth and expertise. Our volunteers build relationships and create the deeply personal culture that includes everyone. We welcome you to come find your place – we have many opportunities for you to contribute your talent. We need your help with:

Dining Room Service from 10:45-12:45 each weekday serving and clearing meals

Meals on Wheels drivers from 9:15 – 11:30 each weekday delivering meals to homebound persons on regular routes through our 7 towns.

Thrift Shop cashiers from 10:00 – 2:00 (or half shifts) on weekdays and Saturday and **Thrift Store sorters** from 9:00-1:00 (or half-shifts) on weekdays and Saturday organizing donations.

Assistants for classes in exercise, coffee groups, programs that meet regularly

Event participants for those now and then fairs, parades, events and shows

Friendly Visitors who are willing to be trained to provide social interaction in home-bound person's homes, playing cards, writing letters, eating lunch, watching birds, telling stories, etc.

Giving Voice Choir – People who love to sing, join a choir for people who are cognitively challenged and their care partners. Pair up with singers to be friends and be strong singers in their voice.

WELCOME TO OUR NEW VOLUNTEERS:

Trevor Curry and Morgan Edenbach. Trevor has volunteered to help with a lot of the behind the scenes tasks needed so that we could reopen the dining room and cheerfully served lunch at our opening on the 22nd. He continues to find new opportunities and will be starting a MOW route soon. Morgan is a high school sophomore who will be helping in the Thrift Store and with programs in the activity room. We are grateful for their enthusiasm.



VOLUNTEERS



Cynthia



Al and Pony

GIBSON CENTER DAY TRIPS

For all bus trips, please sign up, and pay in advance.
Call 356-3231. Masks are required on the bus. Times may vary by those needing transportation from home.

Old Orchard Beach Pavilion – Tapestry: The Carole King Songbook. Tuesday, August 3rd, Ticket & Door to Door Transportation, \$54. Bring money for supper and ice cream. Home by Midnight.

Mount Washington Valley Band – Tuesday, Aug 10th, Door to Door transportation. Bring your own chair & picnic supper. No charge for the concert, but donations accepted. Home by 9PM.

Madison Historic Trip Our Town – Thursday, August 12th, after lunch. Donations accepted at the Historical Society. Bring money for ice cream. Home by 4:30PM.

Brass Quintet – Thursday, August 19th. Door to Door transportation. Bring your own chair, & picnic supper \$20 Home by 11PM.

Crescent Beach State Park – Tuesday, August 31st. 9AM-5:30PM Pack a picnic lunch, a towel, beach chair, and your swimsuit for a day at the Ocean. \$25 Bring money for the concession stand in the Park, and for ice cream on the way home.

Two Lights State Park – Tuesday, September 7th. 9AM-5:30PM. \$25. Bring money for lunch at the Lobster Shack, and ice cream on the way home.

MudBowl Parade – Saturday, September 11th – 9AM. Ride the bus, wave, see the other floats at the beginning and end of the parade.

Fryeburg Fair – Tuesday, October 5th. Free entrance and about 4 hours to enjoy the food, animals, displays, and entertainment. Leave Gibson Center at 9AM, return about 3:30PM

PSO POP's Homecoming – Tuesday, October 19th. Venture to Portland for the first concert in Merrill Auditorium. 2:30PM - Midnight. We will stop for dinner on your own.

Magic of Christmas: Friday, December 10th. 9:30AM-6PM Ticket prices not released yet, please call to express interest.

AFTERNOON RIDES – Every Thursday afternoon at 12:30 – different destinations. Call to join a trip. 356-3231. Scenic and Historic trips. Ice cream stops.



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**



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>



Imperial Russia: May, 5-13, 2022 9 days, 11 meals, \$4299ppdo. 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>



Alaska Discovery, Land & Cruise: August, 20 - 31, 2022, 12 days, 26 meals, \$6078ppdo. 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. <https://gateway.gocollette.com/link/1044225>

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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.

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.