



SEPTEMBER 2021  
EDITION

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# 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

What a difference it makes to be open again! I hope everyone reading this takes time to examine the schedule, read about the upcoming events, trips and offerings. It is a time of reunion and rejoice as we have our true friends and neighbors back in the dining and activity rooms and on excursions. If you have any doubts about it – find a copy of the Sunday August 22, 2021 Union Leader and read in Silver Linings the great tribute from Glenna Tibbetts and Dick Cooke about Jill, our trips and the importance of the Gibson Center.

You can find it online at:

[https://www.unionleader.com/news/silver\\_linings/gibson-center-is-the-gathering-place-for-a-caring-community/article\\_3544f3ee-0650-51e7-ad30-05c3da138659.html](https://www.unionleader.com/news/silver_linings/gibson-center-is-the-gathering-place-for-a-caring-community/article_3544f3ee-0650-51e7-ad30-05c3da138659.html)



**Union Leader: Gibson Center is the gathering place for a caring community**

Though many people wait until New Years to set new resolutions, I believe September 1st is a great time to get a jump on it. Many people have been less active and are finding their strength, balance and energy are not what they were 18 months ago. Exercise classes at the Center are the place to regain the levels that might have been lost. Lots of people also got out of the habit of joining in, signing up, getting out. We have programs and trips that bring us back out of our holes. If you have become complacent or shy, this is the time while there is light and color and warmth to come out to play. Or volunteer! We have new and old ways for you to offer your talents at the Gibson Center, whether that's assisting in a class, serving in the dining room or helping with phone calls and clerical work. We will soon be offering training for individuals to visit with homebound elders who need a bit of companionship. Being involved is good for our souls. Join in and invite a friend or two to come along.

Marianne Jackson, MD  
Executive Director

**COVID-19 UPDATE:** I have been talking regularly with the Carroll County Coalition for Public Health and following DHHS recommendations. My statistics here will be for Carroll County. As of this writing, we can be proud that 81% of our people over 65 are vaccinated. But Grafton County to our west has reached 90%! Let's do this! Covid continues to spread with an average of 8 new cases per day – that is among both vaccinated and unvaccinated people though the severity of illness differs. Third doses of Moderna or Pfizer are being recommended for immunocompromised people – this is not the booster. That may be recommended later in October pending review. Also, in October we expect recommendations for children ages 6 and up to be vaccinated. The FDA has approved the Pfizer and Moderna. This is very good news.

Covid testing is offered now at Memorial Hospital from 7AM – 3:00 PM M-F and Wednesday is Covid vaccination day by scheduled appointment. Some are asking – can I get flu and Covid vaccines at the same time – safely, YES.

All this means that while we at the Gibson Center are open, we are cautious. Let me know if you want any information related to vaccines or Covid in general and I will get you to the right resources.

## DEMENTIA FRIENDLY COMMUNITY GRANT/REACH

The Gibson Center is one of the members of a Dementia Friendly Community Grant. The grant works with people who may be in the early stages of cognitive challenge and still living independently in the community (either alone, or with family intervention). The grant is led by Memorial Hospital working with community partners which include Visiting Nurse Home Care and Hospice, MWV Adult Day Center and Northern Human Services. We will be offering programs to help people live well at home, more fully and as independently as possible.



loss feel engaged with a greater sense of purpose and meaning. Also that their caregivers feel supported and understood.

The other aspect of the grant is to educate the community on best practices in interacting with people with dementia. As such we will be training grant partners, volunteers, staff, and the general public. Our goal is to make our Valley a community where people with memory

One aspect of the grant is a program called REACH. **REACH Community** is short for Resources for Enhancing Alzheimer's Caregivers in the Community. It is a dementia caregiving program in which trained coaches provide caregivers with skills, tools and information specific to their caregiving needs and challenges. This can include care planning, understanding the injury or illness of their care recipient, targeted problem-solving and stress management. It's for caregivers of individuals living with any dementia condition, including Alzheimer's disease. Jill has become a fully trained coach and will start supportive services for caregivers. Call Jill at 603-356-3231 if you or someone you know might benefit.

## 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.

### Fall Term

- **September 1st** is the first of six Zoom sessions with Josh Shaine discussing Current Events.
- **September 3rd** offers a most unusual opportunity in Concord to take a classroom class, not only with other people (hooray) but also with an Arctic Fox named Luka in the classroom.
- **The following week in September** gives you a chance to explore a wide variety of topics. In person you can tour the Telephone Museum, enjoy the Concord Coachmen performing Barbershop Harmony (a rare evening class for all of you who work days), attend the Planetarium Show at the McAuliff-Shepard Discovery Center and check out the Tide Pools at the Seacoast Science Center. On Zoom you can learn about Manchester's Little People, participate in a hands-on exploration of policy options for Climate Change, figure out how to deal with Insomnia and learn about NH Wineries.
- There are even more fascinating topics to be found in the three months after that.
- Learn more about membership, register or scan the catalogue by visiting [OLLI@Granite.edu](mailto:OLLI@Granite.edu) or by phone at **603-513-1377**.
- Registration is open for in-person courses until the date of the first class. You must register for Zoom classes by the end of the third day before the course begins. That is to allow time for the Zoom links to be sent to class members.

### Donate to The Gibson Center

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

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

## THE GIBSON CENTER 2021 CRAFT FAIRS

What would Labor Day in the Valley be without a Gibson Center Craft Fair. The lawn will be full of tents with handcrafted signs, clothing, jewelry, knitwear, soaps and more and the best Kettle Popcorn around. Come for the fun. 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/>

## COVID-19 VACCINES

People over 12, may now sign up for the vaccine,

Visit

[vaccines.nh.gov](https://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.

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## THRIFT STORE - The Remarkable Bargains Sweater



The season calls for style and warmth and we have them both. Come see the racks of sweaters we have collected over the year. We have name brand, couture and classic.

If you also have chilly legs, we have comfy leggings, tights and athletic pants. See you at the Thrift Store – Mondays through Saturdays, 10:00am- 2:00pm. We appreciate donations of adult clothes and shoes, light housewares, seasonal decorations, and linens from 9:00-1:00 weekdays and Saturday. No appliances, electronics, or children's items – Thank You

## Shaw's GIVE BACK WHERE IT COUNTS Bag Program



For the month of September 2021, Gibson Center for Senior Services will receive a \$1 donation from each purchase of the \$2.50 reusable **GIVE BACK WHERE IT COUNTS** Bag at the Shaw's store located at Shaw's 1150 Eastman Road, Center Conway NH.

We are grateful that they are protecting the environment while supporting the Gibson Center.



## 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

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## PLANTS THAT CHANGED HISTORY - SEPTEMBER 14TH, 12:30PM

The talk focuses on the impact of plants on history, culture and the quality of life. The discovery of the new world brought about wide spread social, economic and environmental conditions that permanently changed the world. The contribution of plants like tobacco, the potato and coffee to this upheaval is described. The time span of the talk encompasses from the early eons to the future of world. The talk will stimulate active discussion.



### About the Speaker

Ralph Lutjen is a NH Master Gardener and NH Natural Resource Steward. He has given a number of talks about native plants, and about the special natural ecology of New Hampshire. He has an active interest in describing our natural environment and to its preservation. He has given a number of talks to biology and environmental students at Kennett High School. He has designed several public gardens. He and a group of vol-

unteers maintain the gardens.

Join us after lunch at the Gibson Center on Tuesday, September 14th for this intriguing lecture and discussion.

## PHOTOS FROM AUGUST EVENTS & TRIPS



Photos from Carol King *Tapestry* Concert at SeaSide Pavilion, Tour of Chatham, narrated by Glenna Tibbetts, Cone for a Cause at Trail's End Ice Cream, Madison Historical *Our Town*, Club Sandwich with John Davidson, and Maple Ice Cream, Brass Quintet

## ONGOING WEEKLY PROGRAMS

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

### WELCOME TO OUR NEW VOLUNTEERS:

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.

#### **Kitchen Volunteers:**

Morgan Edenbach, a 17 year-old student from Holderness volunteered in the kitchen & thrift store

#### **Nutrition Department Volunteers:**

Catie Hubley, Bruce Borofsky, Shirley Frietas and Diane Cook

We are grateful for their enthusiasm.



**For current Volunteers Opportunities, please go the link below:**

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

## UPCOMING SEPTEMBER EVENTS

**The Veteran's Coffee** group will meet Wednesday 1st on the patio at 10 AM. This is a social meeting.

**The Labor Day Craft Fair** will be on the Gibson Center front lawn Saturday and Sunday, September 4th & 5th, from 10AM-5PM. Visit the crafters, who offer everything from dolls to jewelry, to popcorn.

**The Gibson Center** is closed on Monday, the 6th. Please join us for programs and lunch on the 7th.

**Strength, Balance & Stretch** will resume it's Autumn Session on Tuesday the 7th. Classes are taught by Ann Fargo PT. This session runs for 12 weeks, and is \$75 for all 24 classes. Join us on the patio at 10AM, for as long as the weather holds, before we move inside, with masks. If you are new to the program, please pick up a doctor release form to fill out before class.

**M&D Productions:** an afternoon at the Theater. Sunday, September 12th, at 3:30PM. The Play is **Clue the Board Game**. Please sign up for complementary tickets for this show. Seating is limited. Call the Gibson Center to sign up, 356-3231. Transportation on your own.

Tuesday, the 14th, Ralph Lutjen will offer a lecture, followed by discussion on **Plants That Changed History**. Join us after lunch for this free lecture. The talk focuses on the impact of plants on history, culture and the quality of life. Many dramatic historical events were caused or influenced by environmental impact of plants. The discovery of the new world brought about wide spread social, economic and environmental conditions that permanently changed the world.

**Little Angel Service Dogs** will visit the Veteran's Coffee at 10AM on Wednesday the 15th. After that they will be available for petting by people who come early for lunch. They will visit our dining room the third Wednesday each month. What a nice way to get a doggie fix, especially if you live where animals are not allowed.

**Gibson Arts at Lunch Program:** Join us for musical interludes after lunch a couple of times a month. In September, **Dennis & Davey** will perform after lunch on the 15th, and **Jonathon Sarty** will perform on September 29th. How blessed we are to have such wonderful musicians take time to come put on a little show for us. Show them you appreciate their efforts, by bringing a friend to lunch these days.

**New to Medicare:** Gibson Center and Service Link partner to offer an unbiased informational meeting about Medicare options. Space is limited, please call to sign up, 356-3231. Thursday the 16th at 5PM.

**Tai Ji Quan: Moving for Better Balance® (TJQMBB)** is a research-based balance **training** regimen designed for older adults at risk of falling and people with balance disorders. Fuzhong Li, PhD., a Senior Scientist at Oregon Research Institute, developed the program. Classes taught by qualified instructors will resume late September, call Jill for more information.

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**Little Angels Service  
Dogs visit Veteran's  
Coffee on Sept 15th**





## KUDOS - DONATIONS

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

Vaughn Community Services

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Shaws, Wanda Wirling

NH Food Bank

Catholic charities of NH

Wal-Mart; Phil Spinney

Old Village Bakery

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The Farm Stand in Chocorua

Al Zaino: Pantry Bags

Phyllis Sherman, Sherman Farms, fresh produce

Debra Kimball- food for our pantry bags

M&D Productions- theater tickets

Gunter Hille- Dining Room Artwork

Don Kauber- Fresh Corn

### Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



## Gunter Hille Donation Dining Room Artwork



## GIBSON CENTER DAY TRIPS

For all bus trips, please sign up, and pay in advance. Call 356-3231. Masks are required on the bus. For Door to Door Transportation trips, you will be called with your individual pick up time, the day before the trip.

**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. (still a seat on the bus!)

**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. Also looking for a few people to walk with the bus.

**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

**Club Sandwich** – Sunday, October 17th. Door to door transportation and tickets are \$40.

**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.

**M&D A Christmas Carol** – With an eye on the time change, the Gibson Center will offer transportation to this M&D production. Sunday, December 5th. Donations accepted on the bus for this matinee.

**Magic of Christmas:** Friday, December 10th. 9:30AM-6PM \$55 includes ticket, and transportation. Lunch on your own.

### 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



## 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, \$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>



**Cape Cod, Martha's Vineyard, Rhododendron Festival:** Tour the Cape. June 6-10, 2022. The trip is \$545 per person double occupancy. Insurance is \$48, totaling \$593. Bus trip with Diamond Tours.

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**Ask me about Medicare: Bert Weiss.** [bert@bertglassbenefits.com](mailto: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

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**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.

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**Notchland Inn** (374-6131) Harts Location, NH Romantic dining and lodging.

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