



OCTOBER 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

Arts for Lunch! First we had John Davidson in July, then we had Dennis and Davey and Jonathan Sarty. This month we have Al Shafner with the RevTones and soon Kathy Bennett with Thom Perkins. We are bringing music, storytelling, authors' book signing and other performers to the congregating dining room for performances over dessert. Bring a friend who hasn't ever been to the dining room and you both will be entered into a raffle to be drawn at the end of the month for the prize of a gift basket from Maple Valley Farm. This is just one of the new features we have added to the Gibson Center line up.

Soon we will have the Gibson Commons Internet Cafe on the first floor of the house. Jill is moving upstairs to make room for easy chairs and strong WiFi access for those who want free connectivity in a quiet but social setting. We have laptops and Samsung tablets to give to those who need equipment and we have training through the services of Andrea Libby of Libby Computers or Jeff Beavers at the Conway Public Library. Volunteer Nancy Goldenhar is also available for ongoing work on your skills. Learn tips for use of email, Telehealth and Zoom so you never have to lose out of programs, family gatherings or medical portal information that is vital to you.

We are so lucky to have Ray Mitchell, newly retired school bus driver from Weare, NH joining us as a new part-time permanent bus driver, expanding our service on Mondays and Tuesdays to 4:00 PM for better access to more towns and afternoon hours. I could not be more happy to have him be on our staff.

Check out our new signs on the front lawn and main entrance! Thanks to a grant from the Pequawket Foundation, we were able to have Gemini Sign replace our well worn signs. Look for new landscaping as well. We are not just an image - we are humming with new ideas and plans. Come and see.

Marianne Jackson, MD
Executive Director



FRIENDLY VISITOR PROGRAM: The Gibson Center is one of the members of a valley wide 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 who 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.



One program we are getting ready to implement is the Friendly Visitor Program. There are many people who are on our Meals on Wheels program who say the only person they see all day is the Meals on Wheels Driver. As many of us learned during our self isolation over the last year and a half, our social interactions are key to our well being, cognitive health, and mood.

The Gibson Center is going to match home-bound people with people who are willing to meet with them once or twice a month for common ground visits (playing cards, writing letters, going for a walk, baking cookies, painting, reading aloud, or a good old-fashioned chin wag). People who want visitors will fill out an interest survey, and agree to let one trained individual visit on a regular basis (determined by the participants). People who are willing to be visitors will be subject to background checks, training in confidentiality, and visitor protocol. If you would like a visitor, or would like to be matched up with a person to visit, **please call Jill, 356-3231.**

EXPANDED BUS SERVICE:

In an effort to better serve home bound members of the community, the Gibson Center has applied for and received a grant that will allow us to expand our bus service two days a week. On Mondays and Tuesdays, we will have two buses picking up people for lunch, and then be able to offer afternoon transportation for medical appointments, shopping, banking, the beauty parlor. This also allows people to attend afternoon programs at the Gibson Center. Call Penny to schedule a ride, 356-3231.



MEDICARE PART D OPEN ENROLLMENT: Medicare Part D, a prescription drug plan, is for people 65 and older. Open Enrollment, from October 15 to December 7th, is when you can set up



or switch Medicare Part D programs. Service Link and the Gibson Center offer free, unbiased information about all offered drug plans so you can compare your current list of medications and make the best choice. The consultation at the Gibson Center is provided by board member Ele Border who is a certified counselor for ServiceLink.

Call Service Link (323-2043) to ask them to send you a Plan Finder. Indicate on your Plan Finder whether you would like an appointment at the ServiceLink office or Gibson Center. You will be called to set up your appointment.

VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

Starting this month, the Gibson Center will offer showings of a variety of concerts in our eight speaker activity room with a large screen for projection. See “Live-streamed” performances of the Portland Symphony at affordable prices. Seating will be limited, so sign up early. There will be options for second showings if there are more people who want to see a particular event. Most shows will cost about \$12. Watch our calendar for dates of the presentations.

The Phantom of the Opera with an improvised symphonic score by Kotschmar Organist James Kennerly. This event offers the original silent movie, played the way they use to before sound movies, with a musician in the theater improvising the music as he or she watches the movie on the screen. Join us at the Gibson Center on Tuesday afternoon, October 19th. We will sit in our new comfortable chairs in the Activity Room at the Gibson Center.

Onward: A PSO Homecoming: Tuesday, November 9th, after lunch at the Gibson Center

- DANIEL SONENBERG: First Light: A Fanfare for Maine. A PSO Commission and World Premiere
- FLORENCE PRICE: Piano Concerto in One Movement
- FERDE GROFÉ: Grand Canyon Suite

Celtic Spirit: Tuesday, November 23rd, after lunch at the Gibson Center. Escape to Ireland with the music star of Riverdance and nine-time All-Ireland Fiddle Champion, Eileen Ivers. Described by The New York Times as “the Jimi Hendrix of the violin,” Eileen Ivers and your PSO will take you on an unforgettable journey through Celtic music and tradition.

Piano Men: Tuesday November 30th, after lunch at the Gibson Center. Local music legend Joe Boucher returns to your PSO with the wildly successful Piano Men! Don’t miss this tribute to the generation-defining music of Billy Joel and Elton John.

Looking Forward in December: the Nutcracker in December, James Kennerly plays Holiday favorites on the Kotschmar Organ....

Donate to The Gibson Center

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

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THE GIBSON CENTER 2021 CRAFT FAIRS

Come indulge in the color, the creativity and fun at the last of the season Craft Fair, October 9th and 10th from 10:00 AM to 5:00 PM. Top notch vendors are selling absolutely unique wood turned bowls, maple syrup, designer jewelry, keepsake signs and of course our Skinny Towels and famous kettle pop-corn. Find your treasures. Come for the fun. Benefits the Gibson Center for Senior Services, Meals on Wheels Program.



2021 Craft Fair Dates:

Columbus Day Weekend Fair: Sat & Sun October 9 & 10

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

CARE GIVERS

There are now two options for caregivers, REACH, and 1:1 Peer Support. Call Jill if you are interested in either.

REACH: stands for Resources for Enhancing Alzheimer's Caregiver Health in the Community. Caregivers will meet with trained coaches and learn to solve common caregiver challenges. Meeting options are currently in-person one-to one coaching or via phone or ZOOM.

Caregiver Peer Support:

There are caregivers who have probably experienced your challenges and can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

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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

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2. Make it **ABUNDANT**: Honor or memorial gift, abundance guild.
3. Make it **LAST**: Legacy honor society member, planned giving, charitable bequests, IRA charitable rollover, give appreciated stock, name a charity as the beneficiary of your retirement account.

Donation Link:

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

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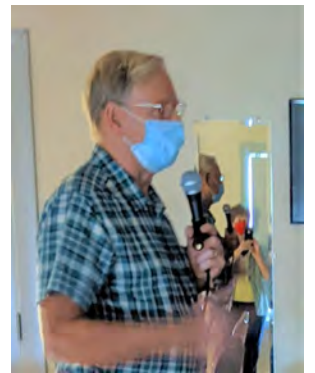
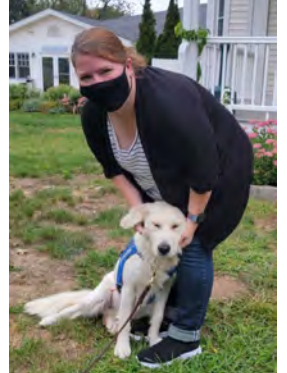
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PHOTOS FROM SEPTEMBER EVENTS & TRIPS

Photos from Two Lights State Park & Lobster Shack, Little Angel Service Dogs visit Veteran's meeting, Art at Lunch: Dennis & Davey, Ralph Lutjen: Plants that changed History, Our new Sign, installed September 17, 2021, Last Day of Summer Ice Cream Social, Small Town Quilters, Game Day.



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

LISA DUFALT PHOTO GALLERY OPENING:



Join us November 4th from 3:00 to 6:00 PM for the Grand Opening of the Lisa DuFault Photo Gallery for Gibson Center Live.

Come experience the vibrancy and hilarity of some of the best of Valley Promotions photos being displayed in our own Activity Room. Chef Mark will provide light hors d'oeuvres for this special event.

Come congratulate Lisa on her professional work and celebrate Gibson Center Live.

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

UPCOMING OCTOBER EVENTS

Gibson Center display at the Fryeburg Fair Loan us some of your recent creations to display. Drop them off by the 29th, and you may pick them up on the 13th. Also we could use a few people with an artistic eye to help put up the display on the 1st. Call Jill.

Senior Day at the Fair, on the 5th. Space is limited on the bus. Sign up today

There will be NO Veteran's meeting on the 6th, as we are going to Wright's Museum on the 7th.

The **Columbus Day Craft Fair** will be on the front lawn on October 9th & 10th from 10AM-5PM. It's not too early to start your holiday shopping. Supporting local artists is a win-win!

The **Gibson Center will be closed** on the 11th.

Our **Art's for Lunch** feature this month is Al Shafner and the RevTones. Invite a friend and join us for their cameo appearance at lunch on the 20th.

The **Chef's Bistro** will host a Gibson Center fundraiser on the 21st. Invite your family and friends to eat in or take out, as a portion of the days sales will benefit our Meals on Wheels program.

Local student Owen Henley is organizing a **Computer drop off**, the 23rd and 24th 12:30-4:30PM. The computers will be refurbished and donated to Maine and New Hampshire seniors as part of our Technology Drive.

Clare Long from the US National Forest will offer an interactive learning experience featuring "Skins and Skulls". This is our Halloween treat for you (although not at all scary). Invite a friend to this lecture after lunch on the 26th.

OLLI will present an open to the public educational program about the AARP Age Friendly Community. Bring a friend for lunch, and stay for the lecture on the 27th.

Halloween Lunch and Costume Parade will be at lunch on the 29th. People are invited to wear Halloween masks, costumes, and sweaters to this fun lunch. We will parade through the dining room between the meal and dessert. Prizes will be offered for the Best Mask, Best Sweater, Most Creative, Prettiest, and Scariest costumes.

Twenty years ago, Barbara Ray joined the Gibson Center team. She will be retiring on the 29th. Come to lunch to celebrate her, and wish her well.

Hearing Assistive Technology and Communication Access Apps Friday, October 29th, after lunch. Have a hearing loss? Learn about new devices that are available to enhance one's ability to communicate with family members, friends, and community members. These include new assistive listening devices, as well as voice to text apps.

Missing out on some environmental sounds? See a demonstration of visual and tactile alerting doorbells, alarm clocks, pagers, and smoke detecting devices.

Free Deaf and Hard of Hearing Visors for the car that were recently developed by the Commission for the Deaf and Hard of Hearing, will be provided to all attendees.

Special Thanks to
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for supporting us



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, and September, Give Back Program
NH Food Bank
Catholic charities of NH
Wal-Mart; Phil Spinney
Old Village Bakery
Kim & Neysa Packard
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Al Zaino: Pantry Bags
M&D Productions- theater tickets
Don Kauber- Fresh Kale
Joan Lanoie: Garden Fresh Tomatoes
Ralph Lutjen: Plants that Changed History
Dennis & Davey
Johnathon Sarty
Little Angel Service Dogs
James Giguere, Ice Cream Social

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Easy 95.3 WBNC
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104.5 WVMJ - Magic.



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.

Polly's Pancake Foliage Tour: Thursday, September 30th. 9AM 5:30PM. \$15, lunch, ice cream and gift shop on your own.

Fryeburg Fair – Tuesday, October 5th. Free entrance for those over 65, and about 4 hours to enjoy the food, animals, displays, and entertainment. Leave Gibson Center at 9AM, return about 3:30PM. While you will be outside for much of the Fair, spacing tends to be crowded, especially at events. You may be vaccinated, but you do not know about the people around you. You will want to wear your mask if you are less than 6 feet from your neighbor, and 10 feet from people singing and cheering.

Wright's Museum & Lunch at the Farmer's Kitchen-Thursday, October 7th. Museum special display, WWII Mementos sent Home. \$20 covers the transportation and admission. (members get in free, let Jill know when you sign up, only \$10). Lunch on your own. Priority given to Veteran's and their families.

Pumpkin People Tour after lunch Thursday, October 14th donation envelope. Bring money for a snack

Club Sandwich-Sunday, October 17th. John Davidson sings, and shares stories and jokes. Door to door transportation and tickets are \$40.

Chef's Bistro: October 21st, transportation available to the Gibson Center Fundraiser. Donations accepted

Chutter's Littleton: Thursday, October 28th. 10-4 \$14. Lunch on your own in Littleton. Chutter's is in the Guinness Book of World Records for the longest candy counter...what a place to shop for special Halloween Treats, or holiday gifts. Also in town, the White Mountain Canning Co., and a variety of lunch places from the diner to tap rooms, Mexican and healthy all within walking distance.

Wreath Making: Thursday, November 4th. \$18 covers the materials (greens, wire, 12" form). Bring your own ribbon and doodads, or buy some at McSherry's. Staff at McSherry's will instruct how to create your own balsam wreath. The bus will leave Gibson at 12:30. People may also meet us there for the 1PM class. The class will be in the green houses, dress accordingly. Cut off day for registration is October 21st (drivers and bus riders) to ensure enough supplies.

Veteran's Day: The Gibson Center bus will offer transportation to the North Conway Veteran's Day Program. Please call for a ride, and if you would ride in the parade.

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 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. Visit Martha's Vineyard, Heritage Gardens, view light houses and windmills, walk the beach, and enjoy a lobster dinner.



Lancaster Show Trip & Gettysburg: September 19-23, 2022. The trip is \$578, and insurance is \$48, totaling \$626 per person, double occupancy. Bus Trip with Diamond Tours. Sight & Sound Theatre presents David . Visit Gettysburg National Park with a guided Battlefield tour. We will tour Amish Country, Kitchen Kettle Village, and Landis Valley Museum and Village.

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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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