



NOVEMBER 2021  
EDITION

PROUDLY SERVING SENIOR  
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- VOLUNTEERS MAKE THE DIFFERENCE**

How hollow would the Gibson Center be without its volunteers? Inconceivable. Our volunteers are the heart, muscle and soul of our organization. We love you.

Over 60 people drive more than 33,000 miles a year to deliver Meals on Wheels to about 100 persons a day. The Thrift Store is on target to set wild records for revenue this year. It is completely staffed by volunteers 6 days a week. A dedicated group of servers set up our dining room and serve our patrons weekdays at Congregate meals.

Individuals teach exercise classes every week, write birthday cards every month, sing at lunch, bring the service dogs to visit, teach computer skills, and present educational services. Board members devote time and expertise to guide us through policy decisions that are often urgent and difficult. These activities fulfill our mission to enrich the lives of seniors and foster connection, joy and purpose. What we do defines who we are.

The benefits go both ways. Research shows those who volunteer 2-4 hours a week have much higher well-being, live longer, and describe being happier and healthier than those who do not. When we extend a hand in welcome or in aid we increase joy, positivity, companionship and fellowship.

The Gibson Center would be small without these hours of generous engagement. Hopefully, everyone finds the activity that suits their interests, talents and personalities.

We have particular opportunities now. Jill is starting a Friendly Visitor program to persons living alone. There will be free training for working effectively and safely with persons with various disabilities or dementia. Interested in books? We need a Book Cart manager. Like exercise and fitness? We need assistants and back-up instructors for Strength, Balance and Stretch and Chair Exercise. You can tell us your idea for presentations or ways you want to get involved. We are eager to have you and I am most grateful.

Marianne Jackson, MD  
Executive Director

# Happy Thanksgiving

Wednesday, Nov 17th  
11:30am - 12:15pm

## Menu

- Roast Tom Turkey
- Cornbread Stuffing
- Mashed Potato/Gravy
- Peas and Pearl Onions
- Pumpkin Mousse

Sponsored by Bergeron Technical Services: Shawn, Linda and Kate.



## SUCCESSFUL USED COMPUTER DRIVE:

Kennett High School senior Owen Henley completed a two day used computer drive here at the Gibson that garnered more than 120 desktops, laptops and tablets. According to Digitunity, a national nonprofit focused on technology reuse, hundreds of thousands of households in New Hampshire and Maine either do not possess a computer or do not have enough computers to allow for concurrent use by multiple family members. Families impacted by this technology gap are locked out of full participation in our digitally-connected society.

All donated materials will be transferred to "Give IT, Get IT" in Waterville, Maine for refurbishing and redistribution. Anyone who missed the weekend event is welcome to drop off equipment until Nov. 3.

**Please, no printers, copiers, CRT or non-working monitors, fax or phone systems.**



## VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

The Gibson Center is offering 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.

**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 30th, 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:** Friday December 3rd, 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, James Kennerly plays Holiday favorites on the Kotzschmar Organ....

## ANYONE NEED A RIDE?



Transportation is such a need in the Valley. We now have both Sharon and Ray available. Ray is driving Mondays and Tuesdays from 10:00-4:00 PM so wider areas and hours can be accommodated. Please spread the word that neighbors, friends and local citizens in Jackson, Bartlett, the Con-

ways, Eaton, Chatham, Albany and Madison can call to schedule a door to door ride by calling Penny at 603-356-3231 with at least 24 hour notice. Trips can be for people for lunch, our programs but also for medical appointments, shopping, banking, the beauty parlor. This also allows people to attend afternoon programs at the Gibson Center.

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Please call for information about future  
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## PORTION CONTROL AND YOUR WELL BEING

By Mark Tapper



People will often ask, “May I have a little more?” or say, “This is too much food.” Or this classic: “Can I have another cookie?”

We are all consciously or unconsciously looking for that perfect

portion size to satisfy our nutritional needs as well as our sense of pleasure when we eat. The guess work of striking that balance of enough caloric intake to sustain oneself through the day and the joy of eating is prescribed for those diners that participate in federal meal programs. From public school hot lunch programs all across America to the senior meals and home delivered (Meals on Wheels) meal programs that our beloved Gibson Center provides, the USDA has created nutritional standards and guidelines that define what a balanced meal shall be. This formula is wildly different than each diner’s vision of what their own personal “Best Self Plate” looks like. The USDA rules do not allow for how we humans metabolize our food differently.

The USDA senior meals guideline for the protein category, as an example of formula, states that protein intake shall be three ounces of meat or meat alternate. That’s 3 ounces per serving! Don’t like meat or looking for a vegetarian alternative? Some examples of meat alternates are three eggs, (scrambled, please), 7 oz. of cooked dried beans, 3 oz. of cheese, 6 oz. of cottage cheese (that’s  $\frac{3}{4}$  cup). Like a good PB and J? Okay, that’s 3 oz. of peanut butter (6 TBLSP), your meat alternate for that sandwich. Sorry, your favorite jam or jelly does not count as a portion of fruit/vegetable component for your PB and J. And the beat goes on for all of the other food groups like fruit and vegetables, breads and grains, dairy products and so on. All of these food groups have standardized portion sizes assigned to them by the USDA.

As per our contract with the State of New Hampshire to provide congregate and home delivered meal services for our seniors, we are obligated to follow the prescribed USDA nutritional standards. Interestingly, the dessert course is not a requirement. You may have heard to phrase “You eat like a bird!” It is just a figure of speech. A cardinal may consume from half to one ounce of seeds per day, nearly half of its body weight. Please, do not try to eat half of your body weight at home or at the Gibson Center dining room.

We have many recipients of our nutrition services here at the Gibson that can and will ask for a larger portion and a few who want a smaller portion. We are only too happy to accommodate. Just ask. Bon Appetit!

## 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.

## THRIFT STORE: Welcomes The Holidays



Karen and Sharon have created a delight of holiday items. Decorations, tree trimmings, clothes, gift wrapping, housewares and more for Thanksgiving and Christmas are all here. Come and pick your favorites.

## 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.



**JOIN US FOR LUNCH IN PERSON**  
Gibson Center, Mon-Fri. 11:30 am -12:15 pm

## 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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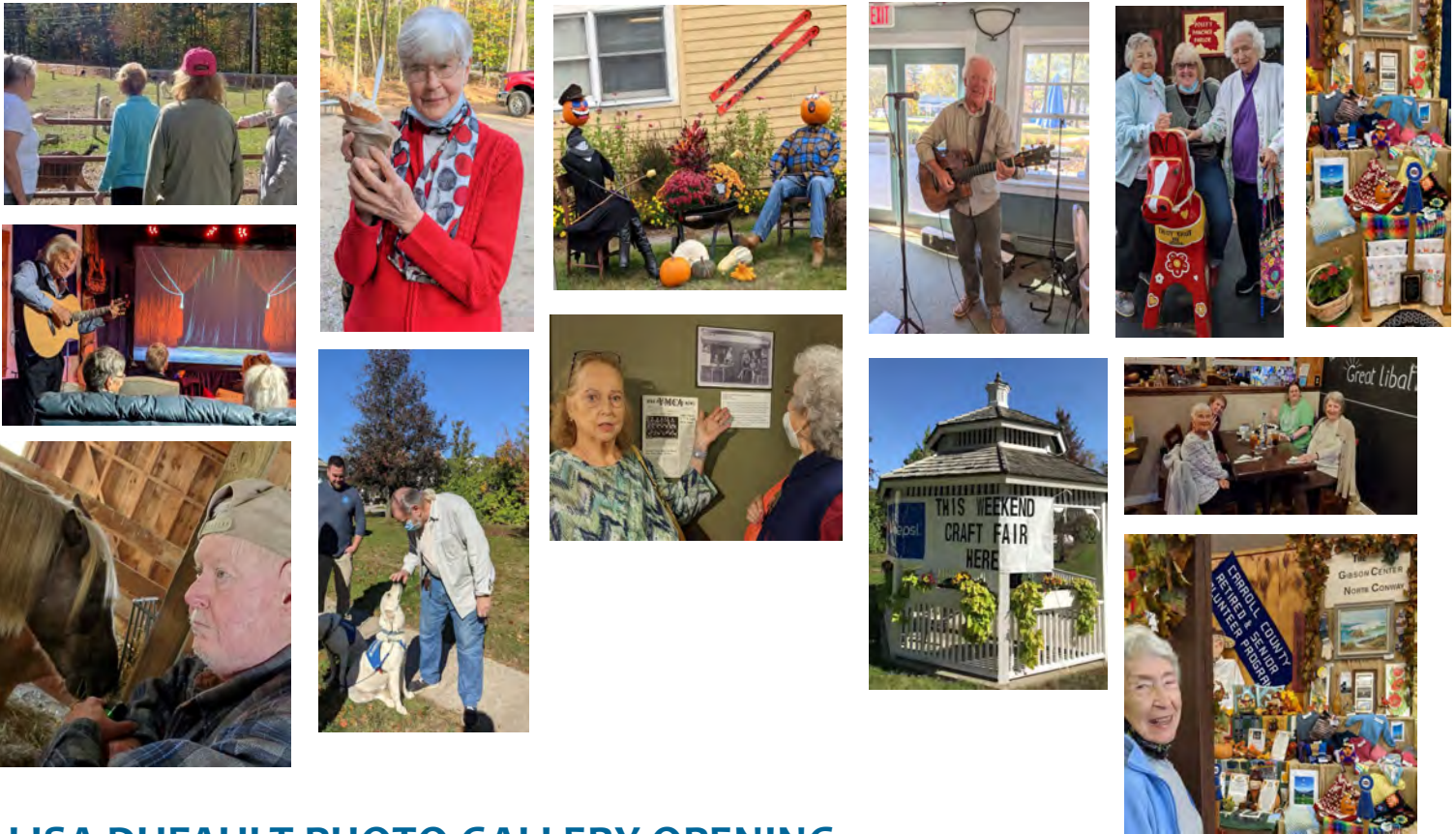
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## PHOTOS FROM SEPTEMBER EVENTS & TRIPS

Photos from Little Angel Service Dogs visit Veteran's meeting, Art at Lunch: Al Shafner, Wright's Museum, Pumpkin People Tour, Polly's Pancake Foliage Tour, Lucy Farm visit, Club Sandwich, Fryeburg Fair, Chef's Bistro, Renovated Gazebo



### LISA DUFAULT PHOTO GALLERY OPENING:

Join us November 4th from 3:00 to 6:00 PM for the Grand Opening of the Lisa DuFault photo exhibit for Gibson Center Live. Come experience the vibrancy and hilarity of some of the best of Valley Promotions photos being displayed in our own re-decorated Activity Room. Lisa brings to life the spirit of what it means to participate in our Valley non-profit fund and fun raising events like Freezin' for a Reason, Mudbowl, Wildcat River Race, Damsel Scramble, Gibson Center Craft Fairs, Chili Cook-offs and so much more. Don't we have fun!

Meet many of the people featured in the exhibit. Maybe one or two in costume?

Chef Mark will provide light hors d'oeuvres for this special event. Come congratulate Lisa on her professional work and celebrate Gibson Center Live.



## 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

## Donate To The Gibson Center



### Ways To Give

1. Make it **VIBRANT**: One time or monthly recurring donation.
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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## UPCOMING NOVEMBER EVENTS

**Adaptive Trail; Listening Session:** Tuesday the 2nd, after lunch, Lori Jean Kinsey, Director of Tin Mountain Conservation Center will hold a listening session for people to offer their ideas for an adaptive trail that will be built on Tin Mountain property

1. What do you consider an adaptive trail?
2. What would you look for? - Surface, Length, Elevation Change, Interpretive signage, Views
3. People with which challenges could use a trail?

All are welcome to offer their ideas.

**Veteran's Coffee:** meeting 10AM, Wednesday the 3rd. Masks will be worn inside. If the weather holds, we will meet on the patio (no precipitation, above 50 degrees)

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

**Day Light Savings Time Ends:** You will have an extra hour to sleep, on Sunday, November 7th, as we Fall Back one hour.

**Virtual Concert:** Join us for the PSO Homecoming concert. After lunch on the 9th. \$12 for the show, please call to reserve a seat.

**Veteran's Recognition Day:** The Gibson Center traditionally recognizes all Veterans on the day before Veteran's Day. Please join us for lunch on November 10th. Bring a photo of yourself or your family member in uniform.

**Art's For Lunch:** Invite your friends to join us for lunch on November 10th. Peter Heimlich will make a cameo appearance, starting around dessert time. This is a great way to see and hear local musicians without having to drive after dark. Many thanks to our wonderful local artists.

**Gibson Center Closed for Veteran's Day: Thursday November 11th.**

**Wreath Making:** McSherry's Nursery has invited us to create our own wreaths. Join us on Nov 12th. They will supply the greens, clippers, wire, and frame. Bring your own bow and decorations. \$20 to ride the bus, \$18 to drive yourself. Reservations now due.

**Gibson Center Annual Meeting:** Join us after lunch on the 16th, in the dining room, to meet our Board of Directors, hear reports for Fiscal Year 2021, and learn about plans for FY 2022 and beyond.

**Beasley & Ferber:** Paid Sales Presentation after lunch in the Activity Room on November 16th. Call them to join the presentation, see their advertisement in the newsletter for their number.

**Thanksgiving Lunch at the Gibson Center:** Special this year, join us for one day only, on Wednesday the 17th. Lunch will be served in the Dining Room AND the Activity Room. The meal, Turkey and all the trimmings is **Sponsored by Bergeron Technical Services: Shawn, Linda and Kate.**

**Black Cap Grille:** Invite your family and friends to eat in or take out from the Black Cap Grille on Thursday, November 18th. They will donate a portion of the days proceeds to the Gibson Center Meals on Wheels program.

**Bert Weiss:** Paid Sales Presentation after lunch on the 18th. See his advertisement in Business Support.

**New to Medicare:** call Gibson to sign up for this non-biased presentation of Medicare programs. You will be able to compare apples to apples. Offered by volunteers from Service Link. 5PM on the 18th.

**The Gibson Center will be closed for Thanksgiving Recess November 25th & 26th.**

**Virtual Concert:** Join us for the PSO Celtic Spirit concert. After lunch on the 30th. \$12 for the show, please call to reserve a seat.

There will be NO Veteran's meeting on December 1st, as the group is invited to a Live Webinar presented by the WWII Museum in NOLA on December 7th, the 80th Anniversary of Pearl Harbor. Join us at 2PM to follow The Path to Pearl Harbor.



## 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, and September, Give Back Program  
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  
M&D Productions- theater tickets  
Al Shafner  
Little Angel Service Dogs  
Chipotle  
Chef's Bistro

### Local Radio Stations:

Easy 95.3 WBNC  
93.5 WMWV  
104.5 WVMJ - Magic.



George and Chris



### NEW EMPLOYEE JOINS GIBSON:

Josh Morehouse has been hired as our new assistant in the nutrition office and fortunately began a few weeks ago, giving him a chance to learn the ropes from Barbara Ray before she begins her well deserved retirement. Becky and Ken were so pleased with the considerable computer and customer experience that he brings. He worked IT support for Subway franchises prior to being here. He and his young family have recently moved to Madison with the in-laws where they have purchased a 75 acre farm and want to make this their permanent, long-term home.



## 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.

**Wreath Making:** Friday, November 12th. \$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.

**Black Cap Grille:** A fundraiser for the Gibson Center on November 18th, please call if you would like a ride.

**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. Vaccine Card required for entrance to venue.

**"Amish Store":** Thursday, December 16th. Board bus after lunch. Donation envelope for bus.



### Donate to The Gibson Center

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## 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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**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

**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.

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**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.

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

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**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.