



JANUARY 2022
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 THE DIRECTOR - THE COLD OF WINTER

While driving home from my Thanksgiving in North Carolina, I had the great pleasure of listening to audiobooks, (these are my favorite passengers) one of which has changed my attitude and delight in unexpected ways. The book, by Katherine May is called Wintering. Like many books, it sometimes only takes a few pages of the hundreds to hear the message you need to hear. Her message to me was to stop fighting it, stop being a curmudgeon and instead to prepare and embrace the winter, the darkness, the cold and bracing winds and wet. Following an illness, she travelled to Iceland to watch the Northern Lights, to Stonehenge to experience the ancient celebration of the winter solstice, and even kept a commitment with a friend to daily race into the icy sea near her home on the edge of England all through the winter, even if for only a few minutes. She knew spring would come but she was not going to miss out on the adventure of winter. She also read voraciously and slept 9-10 hours a night.



Since coming home I have challenged myself to walk every day outside, sometimes in Whitaker Woods, sometimes near my home and occasionally at dark up and down Route 16 at the end of the day here. I do it because I can and because it is beautiful and because I realize these are the days I am given that I will not wish away.

I hope for all of you a wintering that brings you joy, or contemplation or a time to rest. And, if you would like to be more active – check out the remarkable offerings Jill has in Special Events this month.

Marianne Jackson, MD
Executive Director

HAPPY
New Year
2022

We wish you all a happy and healthy new year!
The Staff and Board of Directors at
The Gibson Center.



MEMORY TREE - RED BULB EVENT

This holiday season, remember someone special.

Keep their memory bright by purchasing a \$50 perpetual red bulb that will light for a lifetime, or a seasonal white bulb for \$10 to shine on the Gibson Center Memory Tree December 1, 2021-January 15, 2022.

Please call 356-3231 to make arrangements.

KEEPING HOME WARM, SAFE AND DRY PROGRAM

Consistent with the Gibson Center mission to enable seniors to live independently with purpose and dignity, we are launching our new Home Warm Safe and Dry program. Mount Washington Valley homeowners who need a reliable, licensed and vetted contractor to help with small modification projects to improve the safety, warmth or tightness of their homes can now call the

Gibson Center. We have a coordinator – Renee Wheaton – who will learn the details of your needs, convey those to our contractor, Adam Balodis, and schedule a time to get the work assessed and done. Sample projects include replacing or repairing porch steps or railings, installing grab bars, improving lighting, changing out air filters, installing smoke or CO alarms, installing ramps, or other repairs that increase health and safety. Projects should be relatively minor and take no more than a day.

With the homeowner's permission, the contractor will provide a home safety check as well. For homeowners of low and very-low income, Renee will help coordinate applications with USDA Rural Development for up to \$7500 in grants to cover the costs of the improvements.

This is not an emergency service but one that will be available by request and subject to scheduling for all the towns of the MWV Age-Friendly Community that include Hart's Location, Chatham, Jackson, Bartlett, Conways, Albany, Madison, Eaton, Freedom, Tamworth, Ossipee and Fryeburg.

Renee can be reached by calling the Gibson Center at 603-356-3231 or email Renee Wheaton at staywarm@gibsoncenter.org



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

\$15,000 GRANT FOR HEALTH INFORMATION LITERACY, TELEHEALTH AND COMPUTER TRAINING

The Conway Public Library, Carroll Co. Coalition for Public Health and the Gibson Center together received one of only 15 national grants from the National Library of Medicine (NLM), a division of the National Institutes of Health in the amount of \$15,000. The funds will be used in multiple ways. The first is



a 4-part speaker series on understanding health information and participating in clinical trials and Telehealth. The second is dedicated to

expanding the capacity of our citizens to have access to reliable health information by providing 30 Chromebooks and training to seniors. The third is to create private locations at the Gibson Center and the Conway Public Library for Telehealth visits. The need for improved access to high quality health information and specialists is clear. We face challenges because of our rural environment, northern climate, and aging population. These are not Covid specific difficulties. We are dedicated to helping close the digital divide – the gulf between those who have ready access to computers, the internet and healthcare providers and those who do not. Fortunately, we have commitments from Memorial Hospital Primary Care, Saco River Medical Group, the MWV Adult Day Center, White Mountain Community Health and Visiting Nurses to engage in these efforts. This is a tremendous benefit to our whole health community. **Stay tuned this winter for the dates of the Speaker Series. Contact Jill if you need one of the Chromebooks or training.**

ANYONE NEED A RIDE?

Transportation is such a need in the Valley. Please spread the word that neighbors, friends and local citizens in Jackson, Bartlett, the Conways, Eaton, Chatham, Albany, Madison and Freedom.

You 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 our lunch or programs but also for medical appointments, shopping, banking, the beauty parlor. Let us get you where you need to go.



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.

LIVING WELL WITH CHRONIC HEALTH: VIRTUAL EVENT

UNH Extension Service is offering an interactive, supportive group, 6-week program that can be accessed virtually at home or with us at the Gibson Center.

Weekly on Fridays, starting Jan 7, 2022 1:30 - 4:00pm

In this workshop, participants will:

- Discover problem-solving strategies to deal with fatigue, pain, frustration, isolation and poor sleep
- Improve communication with your family, friends and health professionals
- Understand appropriate use of medications and how to evaluate new treatments
- Benefit from the support and encouragement from others

The goal is to help you or someone you care for gain the confidence and real-life skills needed for living a full, active and fulfilling life with chronic pain.

You can register for this series at home or at the Gibson Center. For Covid precautions, we will limit it to 4 participants on site. You will need to sign up at the click below or call Gibson Center.

Sign Up Link:

<https://extension.unh.edu/health-well-being/youth-family-resiliency/chronic-disease-self-management-program>

NEW TO MEDICARE:

This is an unbiased presentation given by board member Ele Border introducing those who are turning 65 to their options for Medicare. All people turning 65 have 6 months to sign up for Medicare (3 months before and the three months after one turns 65) without a penalty in the future.



what this means for you! Please call, as space is limited to 6 people for each class. Gibson Center 603-356-3231

The Gibson Center has partnered with ServiceLink to offer an hour presentation on

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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AARP TAXES

The AARP Tax Aide Service has moved to the Pope Memorial Library (2719 Main Street, North Conway). You may still make arrangements for scheduling an appointment by calling 211, giving them your zip code and name. You may also schedule a ride to the Library for your existing appointment, by calling the Gibson Center, 356-3231



TAI JI QUAN, MOVING FOR BETTER BALANCE

Tai Ji Quan: Moving for Better Balance (TJQMBB), was developed by Dr Fuzhong Li, PhD, a senior research scientist at the Oregon Research Institute. This nationally recognized evidence based fall prevention program for older adults is an enhancement of traditional Tai Chi, transforming movements into therapeutic training for balance and mobility



- Learn 8 simple movements
- Improve balance by training your body to listen to internal stimuli and respond to external stimuli
- Through repetition and mini therapeutic exercises, help your reactions become automatic.

Brought to you by the Community Health Council and the NH Falls Prevention Task Force.

The 48 session program will be offered on Monday and Thursday afternoons, at 3PM, starting January 10th. Call Jill at the Gibson Center for more information, 603-356-3231.

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/>

Gibson Center is a 501(c) (3) and donations are tax deductible & our EIN is 02-0351152.

Special Thanks to local radio stations



PHOTOS FROM DECEMBER EVENTS & TRIPS

Photos from Christmas Dinner, Light Ride/ Tomten Visit, Gibson Gift Exchange, Cards from John Fuller Students



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
 M&D Productions- theater tickets
 Julie Levine: Meat
 Bobby Marquis: Sugar
 Ski Bees: Gift Bags
 Altrusa: Cookies
 Red Fox Grille: Food
 MJ Pettingill: Art for Lunch
 Daniel Farrington, North Conway Country Club
 White Mountain Oil & Propane: Christmas Lunch
 Laurie & Josh, Eastern Oil & Propane: Turkeys
 Design Gardens: Outdoor Winter Greenery

Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.

The students of John Fuller School: Cards



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ONGOING WEEKLY PROGRAMS

Monday	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance	10:30 AM 12:30 PM 3:00 PM
Tuesday	Strength, Balance & Stretch	10: 00 AM
Wednesday	Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday	10:00 AM 10:00 AM 12:30 PM
Thursday	Strength, Balance & Stretch Afternoon rides, scenic, historical Tai Ji Quan, Moving for Better Balance New to Medicare, 3rd week, sign up	10:00 AM 12:30 PM 3:00 PM 5:00 PM
Friday	Computer Classes, Communication Grant, please sign up for 1:1 class Belly Dance Chair Exercise Class Friday Painters Living with Chronic Health, virtual	By Appointment 9:30 AM 10:45 AM 12:30 PM 1:30 PM



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

UPCOMING JANUARY EVENTS

With the safety of our patrons and their loved ones in mind, the Gibson Center reserves the right to cancel any program or event that may be deemed too risky due to current COVID-19 numbers

The Gibson Center reopens after New Years Day, on January 3rd. Please come for programs, and lunch.

Slideshow of Greenland presented by Ralph Lutjen: The talk covers exploring one of the world's last frontiers—an isolated wilderness of granite and ice found only in East Greenland. The scenes include boating through glittering ice fjords lined with crackling glaciers, visiting tiny Inuit settlements and hiking to high passes for panoramic views in every direction. The talk is about discovering nature at its purest and most spectacular. January 4th, after lunch.



The **Veterans** will meet on the 5th and the 19th. Karl will bring in a series of documentaries, Great Vintage Films of WWII. We will start each meeting with a check in, then watch one or two of the short documentaries, and have time for discussion afterwards. The first documentary that we will watch is called Troop Train.

The **12th Day of Christmas** is on January 6th. Also known as Little Christmas, many traditions that honor the 25th as a Holy Day, give gifts on other days. This is the day that traditionally celebrates the visit from the Wisemen. In many cultures (including New Orleans) this is the start of the Carnival Season. King's Cake is served, people wear the festival colors (green, gold, and purple). The Gibson Center usually celebrates with a singing of the 12 Days of Christmas. We are working on a COVID safe way to enjoy this tradition. (Think Props, noisy, silly...who has a bird call whistle?).



The Mount Washington Valley Arts Association **Friday Painters** will return to painting after lunch in the Activity Room on **Friday the 7th**. As always, Gibson members are invited to attend. In an effort to maintain safe distances while painting, people are asked to sign up if they plan to attend.

6 WEEK CHRONIC HEALTH CLASS offered virtually at Gibson, Starting Fridays, 1:30-4PM. see related article.

Tai Ji Quan, Moving for Better Balance will be starting a new class on Monday and Thursday afternoons at 3PM. This 48 class session is an evidence based balance program. Please sign up for this class 356-3231. First class Monday, January 10th.



On January 11th, from 4-8PM, invite your family and friends to eat in or take out from Matty B's, located across from Attitash Mountain. **Matty B's** will donate a portion of sales to the Gibson Center. Call Gibson Center if you would like a ride to the event, 356-3231

UPCOMING JANUARY EVENTS... Continued

The Gibson Center will be **closed** on Monday, January 17th.

Strength, Balance, and Stretch resumes on Tuesdays and Thursdays at 10AM, on January 18th. The class is lead by retired PT, Anne Fargo. 12 weeks of classes (24 classes) for only \$75, or buy a punch card for \$40 for 8 classes. If you were not in the summer or autumn class, please stop by before class so that you can have your doctor's permission form, and liability release signed before classes resume.

Robert Burns, Art for Lunch: Local musicians John & Jane Hively will sing a few songs, and read a Bobby Burns poem. Both will wear kilts! Join us for lunch on January 19th.



Scam Prevention: after lunch on January 20th, Michele Brooker AVP/Security Officer of Northway Bank will make a presentation about avoiding scams. Have you or a friend been enticed by Grandkid scams, Tech Support scams, Romance scams, Imposter scams, Lottery/Investment scams? Learn how to avoid entrapment by these savvy scammers. As space is limited due to COVID, please call to register for this free class, 356-3231.

People with hearing loss may qualify for **Caption Call**. Joan Marcoux recommended this program at her November Hearing Loss presentation. Caption Call is free for people who qualify. It will make a written script for every phone call received, even phone messages. Join us after lunch on Monday, January 24th. Please call to reserve a seat for this program, space is limited, 356-3231.

The **Little Angel Service Dogs** are scheduled to make a presentation to the general population of the Gibson Center, on January 25th. Learn about the training, the people who qualify for service dogs, and meet presentation dog Nellie. This program is dependent on the COVID numbers in Carroll County. Because many of the people receiving dogs have other health issues, Little Angel Service Dogs must keep them safe. They will make a determination in advance, if the program is cancelled. Call to reserve a seat at the presentation, (and receive a call if the program is postponed).

OLLI will hold its Spring Semester open house in the dining room at 1PM, on January 31st.

LOOKING AHEAD:

February 1st is Chinese New Year, the year of the Tiger. Chef David will plan a festive meal for the day.

The Red Parka Pub has invited us back for lunch, Wednesday, February 9th. Reservations required as space is limited, call the Gibson Center, and sign up for either Steak or Fish.



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.

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Gibson Center Christmas Party at Stonehurst: On the evening of Little Christmas, (January 6th), meet friends in the beautifully decorated Stonehurst Manor. This event is limited to 23 people, so that we may safely sit in the small room, and not be exposed to the larger crowd in the dining room. The 3 course meal offers a variety of entrees, salad, home baked bread, and dessert. The Gibson Bus will offer rides for those who prefer not to drive after dark, with door to door home pickups. Meal, tax, tip, and transportation is \$50. For those who drive themselves, the cost is \$45. Meet for drinks in the small room, at 5PM, dinner orders will be taken at 5:30PM. Masks recommended unless you are seated at your table.



Wentworth Inn Ice Carving Contest: January 10th, The Gibson Center has been invited to watch the 27th Annual Ice Sculpture Event. The bus will leave the Gibson Center right after lunch (at Gibson). We will be there for the final hour of carving. Call to reserve your seat on the bus, 356-3231. Bus donations accepted.

Matty B's Gibson Fundraiser: Tuesday, January 11th, Matty B's will donate a portion of the days sales to the Gibson Center. There will be a bus, if people wish a ride to Attitash, where the restaurant is located.

"Flossies General Store & Emporium": Join us after lunch January 21st, for a trip to Jackson, where we will visit Flossies. Bus donation accepted.



Snow Sculpture: The annual snow sculpture contest will be held at Great Glen this year. After lunch on January 31 we will board the bus for a ride through the winter magic of Pinkham Notch, to view the snow sculptures that were created over the weekend. Bus donations accepted, please sign up.

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

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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.

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.