



FEBRUARY 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

This is one of the strangest times I can remember at the Gibson Center because of the limbo we are all in due to the impact of COVID in our community and nation. I could hardly be more weary of talking or thinking about it and it is nonetheless the first thing I have to think about in every decision we face. Are we cancelling a program, are we requiring proof of vaccination, are we advertising and pushing to bring more people into programs and our Congregate Dining or do we need to discourage persons in the building, are we staffed well enough in case of a COVID exposure or illness? The questions don't end. Hopefully the dangers will diminish in the months to come.

In the meantime we are very aware of the strain on our hospital, our retailers and restaurants, our suppliers, our caregivers, and everyone else. Up to 20% of workers in any business or organization are out due to resignations, retirements, illness or family caregiving at any one time. There will be delays and disappointments. Please be patient and kind with each other. Find the way to rejoice and share thanks as we find our way through this.

Marianne Jackson, MD
Executive Director

Annual Red Parka Pub Lunch - Wednesday, February 9th

(Adapted for COVID - **Vaccination card required.**)

There are a couple of seats available, so please call to reserve your seat. Hostess Terry O'Brien invites us for a steak or fish lunch, with veg, coffee, and dessert, for only \$5. Her staff volunteer for the day (so it is nice to offer them a generous tip, too). Sharon's home pick ups bus is almost full, and Jill will bring people from the Gibson parking lot to the door of the restaurant, so call for a ride. Please bring your vaccine card to this event. There will be Meals on Wheels lunches this day, but the dining room will be closed for Congregate Lunch.



love

HAPPY VALENTINES DAY



From The Gibson Center

USING THE INTERNET FOR HEALTH

The Gibson Center in partnership with the Conway Public Library is presenting a 4-part Speaker Series on using the internet safely, effectively and as an active participant in one's health. In the series, you can learn how to spot good versus misinformation, how to find reliable health information websites, how to interpret clinical studies, how to participate with Telemedicine visits and how to sign up for clinical trials.

In addition to the speaker series, we have 30 Chromebooks to distribute to seniors in need of equipment. We also have free training in their use. There will be a privacy pod at the Conway Library and a private space at the Gibson Center with WiFi for scheduled Telemedicine visits.

To register for the speaker series go to <https://conwaypubliclibrary.org/all-events> or call 603-447-5552.



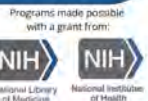
Medical Speaker Series

All Programs begin at 6:30pm



- Thursday, February 10** - Evaluating Medical Information Online with Jennifer Nilsen
- Wednesday, February 16** - What is Telemedicine & When Can it be Used? with Dr. Fawn Langerman
- Thursday, March 10** - Understanding Clinical Trials with Dr. Eric Shelov
- Thursday, March 17** - Learn about the "All of Us" Research Program

Go to the Conway Public Library's Event Calendar for more information and to register for each event:
<https://conwaypubliclibrary.org/all-events>



MWV AGE-FRIENDLY COMMUNITY 2022

In 2018 the Gibson Center convened the 12 towns and 12 organizations to form the Mt Washington Valley Age-Friendly Community based on the World Health Organization and AARP model. This year we celebrate the accomplishments of yet another set of goals put forward by those in the domains of Health, Housing, Transportation, Outdoor Spaces and Community Connections.



Examples of activities include the up-to-date comprehensive Resource Guide that will be in libraries and Town Offices; partnering with OLLI for expanded programming; establishment of the Stay Warm, Safe and Dry program; work on towns' Master Plans with an eye toward age-friendly housing; creating in the spring a Drive Safe expo to learn about new auto technology and how to continue to adapt as we age; the addition of 20 new trails to the list of Most Walkable trails in all 12 towns.

We are eager to have new participation of persons with interest and expertise. Email me at execdirector@gibsoncenter.org

For much more detailed information visit the Gibson Center website and click on MWV Age-Friendly.

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

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

OLLI OFFERINGS WITH GIBSON

Registration for the OLLI winter/spring classes begins on Feb. 7th. Local upcoming classes include Better Cooking Through Chemistry; Creating Your Own Williamsburg Basket; Growing Your Own Food; Organic Gardening; MahJongg for Beginners; Re-balance, Recharge and Love the Rest of Your Life; Say Hello to Your Smartphone; Socrates Cafe; Welcome to MWV; Time to Make Bagels; Spring Birding; Winter Tracking /Winter Tree Identification; Best Books 2022; and Creating New Stitch Patterns.



Membership for the year is \$40 and allows you to take classes throughout NH and many are by Zoom. It also allows you to attend free Special Interest Groups: Hiking; Winter Snowshoeing; Games Group; Munch Bunch; Social events and more. Cost for classes vary but hover around \$20-\$25. Scholarships are available. Some printed catalogues will be available at the Gibson Center in early February, but you can see the listings and virtually hear from the presenters by going to olli.granite.edu. You can also call 603-513-1377 with questions.

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.

The Gibson Center has partnered with ServiceLink to offer an hour presentation on what this means for you! Please call, as space is limited to 6 people for each class. Gibson Center 603-356-3231

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.



COMING IN SPRING! VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

Don't miss!

POP's Motown: Tuesday, March 29th, after lunch at the Gibson Center. Dance the night away with the magic of MOTOWN! This program features smash hits made famous by artists like Marvin Gaye, Michael Jackson, Diana Ross, The Temptations, and Stevie Wonder.

POP's Singers & Songwriters with Michael

Cavanaugh: April, after lunch at the Gibson Center. The legendary music of James Taylor, Paul Simon, and Neil Diamond is brought to vivid life by Broadway's own Michael Cavanaugh.

St Matthew Passion by J.S. Bach.: After Lunch April 26

POP's Broadway: After Lunch, May 17th. Sing along with Broadway's own Lisa Vroman and Doug LaBrecque as they join your PSO for an evening of unforgettable songs from the Golden Age of musical theatre and beyond.

The Gibson Center is offering these showings of a variety of concerts in our eight speaker activity room with a large screen for projection. These are live performances of the Portland Symphony. Seating will be limited, so sign up early.

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.

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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 February 24th. Call Jill at the Gibson Center for more information, 603-356-3231.

THRIFT STORE RENOVATIONS



Exciting news for the Thrift Store! Thanks to the help of volunteers Joe Fay, Steve Dowling and Anthony Ruddy, Adam Balodis is preparing the second floor over the garage for new retail space. Karen is anticipating opening 400 more square feet for year round holiday and themed merchandise. With all new insulation and sheetrock going in, the space could be open and ready for St. Patrick's day bling. In the meantime, there are amazing bargains on name brand winter coats, hats, ski gear, sweaters and more.

Volunteer Opportunities Link:

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

PHOTOS FROM JANUARY EVENTS & TRIPS

The successful dinner at the Stonehurst, the arrival of the Chromebooks courtesy of Board member David Smolen and absorbing the warnings at the Northway Bank Scam Prevention program



KEEPING HOME WARM, SAFE AND DRY PROGRAM: As residents in the area age, many of their homes may need minor repairs, improvements, and adaptations to provide a more accessible, safe and healthy living space. Individuals often find it difficult to complete home maintenance tasks either because of their own limitations or they are unable to find or afford a local contractor who is willing and able to complete these projects. To meet this need, The Gibson Center for Senior Services is sponsoring a Staying Warm, Safe & Dry Program



Learn more

<https://www.gibsoncenter.org/staying-warm-safe-dry-program/>

KUDOS - DONATIONS

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

Joe Fay, Steve Dowling, Anthony Ruddy and Adam Balodis
for Thrift Store renovations
Vaughn Community Services
Food Pantry & Jennifer
Shaw's, Wanda Wirling,
NH Food Bank
Catholic Charities of NH
Wal-Mart; Phil Spinney
Old Village Bakery
Al Zaino: Pantry Bags
M&D Productions- theater tickets
Design Gardens: Outdoor Winter Greenery
Red Fox Grille: Fresh Bread loaves
Jonathon and Jane Hively: Art for Lunch

Local Radio Stations:

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104.5 WVMJ - Magic.

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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 FEBRUARY 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

Tuesday the 1st: Lunar New Year, or Chinese New Year. We will welcome the year of the Tiger. You can join in by wearing Red, or a Kimono, or something with Tiger Stripes. The kitchen will create something festive for our lunch.



Wednesday the 2nd: Ground Hog Day. This is the half way point of winter. If Punxsutawney Phil sees his shadow, it is a cold second half of winter. At lunch, talk about why you do or don't like winter, and why you choose to live here.



Wednesday the 9th: is our Annual Red Parka Pub Lunch. There are a couple of seats available, so please call to reserve your seat. Hostess Terry O'Brien invites us for a steak or fish lunch, with veg, coffee, and dessert, for only \$5. Her staff volunteer for the day (so it is nice to offer them a generous tip, too). Sharon's home pick ups bus is almost full, and Jill will bring people from the Gibson parking lot to the door of the restaurant, so call for a ride. Please bring your vaccine card to this event. There will be Meals on Wheels lunches this day, but the dining room will be closed for Congregate Lunch.



Monday the 14th: Valentine's Day. This is the day that we celebrate those we love. Bring a photo of one you love. Share how you met. Love has many aspects, for many who eat lunch here every day, our Gibson family offers love and caring. Wear Red today.

Thursday the 17th: OLLI ZOOM 101. The Gibson Center and OLLI partnership offers some programs for our Gibson members who are not OLLI members. This program, offered after lunch, will instruct members on how to join a ZOOM program, how to change screens from speaker view to gallery view, as well as how to pin, how to chat, and use of the mute and video buttons. Please sign up for this class.



Monday the 21st: Gibson Closed for President's Day

Thursday the 24th: The first class of Tai Ji Quan, Moving for Better Balance meets at 3PM. Join us on Mondays and Thursdays for an evidence based exercise program to improve your ability to listen to your body, and respond to warnings in a timely way to prevent falls.

Looking Ahead

Tuesday, March 1st: is Mardi Gras. This last day of Carnival Season goes out with a bang. With the start of fasting for Lent the next day, economically minded citizens feast on everything they will not enjoy for the next 40 days. Some eat pancakes, as a way to use up butter and eggs. Other cultures have parties, parades, masquerade balls, music and dancing. People wear masks, beads, costumes, and the festival colors of green, gold and purple. At the Gibson Center we will play New Orleans Jazz, and people are invited to dress in Mardi Gras colors, costumes, masks, and or beads. We will invite people to parade around the dining room, and may award prizes. Invite a friend, and join our celebration.

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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“Flossies General Store & Emporium”: Join us after lunch Friday February 4th, for a trip to Jackson, where we will visit Flossies. Bus donation accepted.



Thursday February 10th: a bus ride up the Kancamagus Highway, to view the frozen Lower Falls, and the snowscape. We will stop at the Saco Ranger District Interpretative Center. Join us after lunch. Donation envelope accepted.

Friday February 18th: we will visit the Ski Museum. Join us after lunch. Donation envelope accepted for the bus, the museum also accepts donations.



Thursday February 24th: we will go shopping at the Brownfield Community Market aka the “Amish Store”. Join us after lunch. Donation envelope accepted.

ANYONE NEED A RIDE?

Transportation is such a need in the Valley. Please spread the word to neighbors, friends and local citizens in Jackson, Bartlett, the Conways, Eaton, Chat-ham, 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.



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. Office: 603-694-3058, Cell: 603-986-5650.

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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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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.

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.