



MARCH 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

Sitting at my office desk, I have a view to the heart of the Village. Each day I can see the changing patterns of traffic, hear the first responders going by, watch visitors and locals out walking dogs or strolling with family, and see the kids playing in the North Conway Community Center playground. Across the streets I see the Way Station, the Ski Museum and Schouler Park. I feel grounded. I am aware of the central role the Gibson Center plays in the community, providing services and support that is growing all the time. As you read in this newsletter or can find by reviewing our website, we are expanding our reach wherever we see the right opportunities. This includes our new Stay Warm, Safe and Dry home modification help and our efforts to make sure everyone can access the internet for health information and appointments. Our Gibson Commons Internet Cafe is now open for anyone who wants a quiet, first floor, WiFi connected space – and enjoy a fresh cup of coffee while relaxing. Our participation in the Mount Washington Valley Age-Friendly Community gives us a chance to magnify our impact with 15 other service organizations helping with Housing, Health, Transportation, Community Connections and Outdoor Spaces. Please review our progress on over 25 Goals at

<https://www.gibsoncenter.org/mwv-age-friendly-community/>



We are eager to have your ideas for ways we can further expand our services to meet the needs of seniors throughout the Valley. We are also more than happy to have you join us as a volunteer to help spread our impact. Email info@gibsoncenter.org or call 603-356-3231. Be in touch.

Marianne Jackson, MD
Executive Director

St. Patrick's Day Luncheon on March 17th



MENU:

Corned Beef
Cabbage
Boiled Potatoes & Carrots
Dinner Roll
Pistachio Pudding
with Whipped Cream

Prepared by Chef Dave Blodgett

sponsored by:
Bergeron Technical: Shawn, Linda and Kate

OPENING OF THE SECOND FLOOR OF THE THRIFT STORE

Our Grand Opening of the second floor of the Thrift Store is coming this month! Doug Gilford has finished the mudding and Adam Balodis and Joe Fay will be putting the finishing touches on the walls and ceiling. Karen is excitedly planning on holiday displays, themed clothing (think Red Sox opening day or Disney!) and housewares that will be on show. In addition, the downstairs has been rearranged and opened up for easy, clean and beautiful shopping. Come now to get your bargains on end of the ski season gear, new spring coats and jackets, and name brand fashions.



IMPROVING THE USE OF THE INTERNET FOR HEALTH

The Gibson Center, in partnership with the Conway Public Library, was awarded \$15,000 from the National Library of Medicine to Improve the Use of the Internet for Health. Our 4-Part speaker series has already kicked off first with a discussion about how to avoid disinformation on websites and second, a comprehensive description of how to use TeleHealth. Our March topics are How to Understand Clinical Trials results, and lastly, How to Participate in Clinical Trials yourself.



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>

Programs made possible with a grant from:



In addition to the speaker series, we have **30 Chromebooks** to distribute to seniors in need of devices. We also have free training in their use. Andrea Libby of Libby Computers continues to provide hour long, individual training sessions on Fridays. There will be a privacy pod at the Conway Library and a private space at the Gibson with WiFi for scheduled Telemedicine visits.

To register for the speaker series go to <https://conwaypubliclibrary.org/all-events> or call 603-447-5552. Call the Gibson Center at 603-356-3231 to ask about the Chromebooks and sign up for the training with Andrea. Our goal is to remove any barrier to seniors using the internet for the best healthcare experiences.

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GIBSON CENTER**

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

KEEPING HOME WARM, SAFE AND DRY PROGRAM

Consistent with the Gibson Center mission to enable seniors to live



independently with purpose and dignity, **we have successfully launched our new Home Warm Safe and Dry program with 18 calls to date!** 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

NEW TO MEDICARE - INDIVIDUAL COUNSELING



Board member Ele Border can introduce anyone who is 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 counsel you about your options and how to understand the benefits and limitations of Medicare Advantage Plans vs traditional Medicare. Please call 603-356-3231 to schedule your personal appointment with Ele.

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.

VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

Don't miss! *(please sign up for these concerts)*

Classical Concert: Poulenc's Organ Concerto; Thursday, March 10th, after lunch. FRANCIS POULENC: Concerto for Organ and Timpani in G minor. ANTON BRUCKNER: Symphony No. 6 in A major (Cahis 12)

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

Join the remaining sessions that started Feb 24 running twice a week for 24 weeks.

The 48 session program will be offered on Monday and Thursday afternoons, at 3PM, started February 24th, and there is still time to join the class. Call Jill at the Gibson Center for more information, 603-356-3231.



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.

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



PIE AUCTION:

Monday, March 14th, Pi Day (3.14) We will have a Pie Auction after lunch in the dining room. If you want to bring a pie, to auction, or bid on the donated pies, come early and bid often! Al is baking his FAMOUS Apple Pies.



Volunteer Opportunities Link:

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

PHOTOS FROM FEBRUARY EVENTS & TRIPS

Valentine's Day Luncheon, Red Parka Pub Lunch and Cards from John Fuller Students K Club



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
Red Parka Pub & Terry O'Brien
Penny Lane Boutique: BINGO prizes and magnetic puzzles
Marti Gilman: Valentine's Day candy and decorations
Robert Frost Public Charter School: desk supplies
Altrusa: Valentine's Day cookies
Lowe's

Local Radio Stations:

Easy 95.3 WBNC
93.5 WMWV
104.5 WVMJ - Magic.

John Fuller K Kids,
Valentine's Day 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

MARCH SPECIAL 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

Special **Strength, Balance, & Stretch** program. Our regular instructor, Ann is unable to teach classes for the next few months. The Gibson Center has hired other trained and licensed exercise instructors to fill in for her while she is recuperating. For the month of March, Chair Yoga instructor, Christie Rochette will lead the class. This is a great opportunity to mix it up a bit and learn new exercise techniques. The same cost applies to the class, \$75 for 12 weeks, or \$40 for a punch card.

March 1, Mardi Gras. This is the last day of Carnival Season, and the kitchen is preparing a New Orleans special, Red Beans and Rice with Sausage. People are encouraged to wear the Mardi Gras colors, green, gold, and purple, wear beads, wear festive masks...we will have a parade in the dining room. Dixieland Jazz will be played, to help us get in the spirit.

Wednesday March 2 is Ash Wednesday. The kitchen is preparing Pasta Primavera for lunch for the day. People who observe meatless Fridays for Lent can make arrangements in advance so that they can still enjoy the all important social time at Gibson. The kitchen will prepare a meatless version of the meal for you if requested a day in advance.

Sunday, March 13th, Daylight Savings Time begins, set your clocks ahead today.

Monday, March 14th, Pi Day (3.14) We will have a Pie Auction after lunch in the dining room. If you want to bring a pie, to auction, or bid on the donated pies, come early and bid often! Al is baking his FAMOUS Apple Pies.

Thursday March 17th, Saint Patrick's Day. One day of corned beef and cabbage, Sponsored by Bergeron Technical Services- Shawn, Linda and Kate. Wear Green today. We will play background Irish music to help you get in a festive spirit. Invite your friends to this fun day.

Sunday March 20th, the first day of Spring. The kitchen will prepare a meal to usher in the season on Monday the 21st. Wear Spring colors, spring green, pinks, yellows, and flowered clothes to get in the spirit!

Wednesday March 23rd, Art for Lunch, Peter Heimlich will visit for lunch. He will start playing at Noon. People really enjoyed his wide variety of music. Invite a friend to join you.

Sneak Peek at coming events:

April 12th 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.

Fawn, a local doctor, and avid outdoorswoman, will share some movies of animals she has seen while hiking, and slideshows of more remote peaks that many of us have not climbed.

AARP Safe Driver Program, will be offered later in the Spring. We live in a beautiful area, with winding scenic roads and seasonal traffic issues. This may be fine while we have good eyesight, and full use of our limbs, and hearing. As we age, some of our defenses for being a safe driver become impaired. This class teaches how we may adjust to compensate for some of these issues. Another part of the class helps us understand new cars and all of their gadgets. As part of our Age Friendly Initiative, allowing people to age in place, we will also have Occupational Therapists available to offer suggestions on exercises that will allow you to drive more safely, and tricks like bigger mirrors that might help people with limited mobility remain safe drivers.

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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Ride up the Kancamagus: view the frozen waterfalls, stop at the Ranger Station. Starts after lunch on March 3rd. Bus donations accepted.



"Flossie's General Store & Emporium" Join us after lunch on March 18th for a trip to Jackson where we will visit Flossie's. Bus donation accepted.



Sugar on Snow: We will choose an afternoon, when the sap is flowing, to visit Nate & Kate's Maple Sugar Bush. We will head out sometime the end of March. They will make a batch of soft serve maple ice cream for us. This trip will be on the day with the best forecast, so sign up and be ready for a last minute call to head to Chatham to see this maple syrup process.

Looking Ahead – Lupine & Polly's Pancakes: We will drive across the Kanc, up through Franconia Notch, to Sugar Hill, where we will have lunch at Polly's Pancakes, and drive past the fields of Lupine. We will drive home through Crawford Notch, for a full day of scenery. Thanks to our generous donors who supplemented the price, this trip is only \$15, lunch is on your own. Tuesday, June 14th, or Thursday, June 23rd.

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, 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.



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

Coleman Alvin J. & Son (447-5936) 9 NH Route 113, Conway. General Contractor

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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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LA. Drew Inc (356-6351) has been a leading contractor in the Mount Washington Valley since 1969. Working with homeowners and architects, we can help you build your dream home from the ground up.

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.

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