



APRIL 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

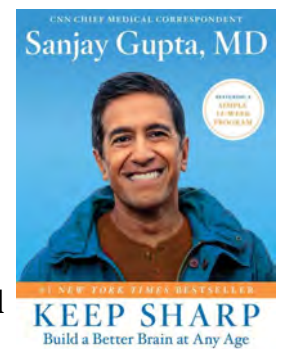
SMALL things matter. What matters is what we do in a minute, how we begin, what tiny shifts we make in our behavior.

How do children learn a language – one word at a time. Tiny increments of change that build one on another. When little, my daughter would be swinging on a trapeze bar joyfully yelling – watch this one! And then This one! And then THIS one! And actually, over hours of practice she was doing whole new tricks. Imperceptible small things that added up.



We are in this wonderful season of transition from winter to spring. Each day brings us a little more light. The sun moves a little further north with each dawn. As the snow recedes, slowly the colors arrive.

Physically, mentally and nutritionally we can make small changes that alter our health and preserve our brains. In his book *Keep Sharp: Build a Better Brain at any Age*, Sanjay Gupta outlines small steps we can take to build a little muscle, improve balance, sharpen our senses, and focus our brains. We can learn to meditate or breath, listen to new (or old) music, try new dance steps, just swing our arms!



So much is about the small things that matter. In our world, one phone call to a friend or neighbor makes the difference between loneliness or belonging. Showing up for a program or meal makes the group more fun. Volunteering a few hours with others makes our programs, thrift store and dining room possible. Every contribution to the Gibson Center of any amount keeps the lights on. Our actions minute by minute create meaning and make a life. Eleanor Roosevelt once said “Do something every day that scares you.” It actually takes a little courage to change, to strive, to care. All of it matters. Join us here at the Gibson Center for activities, trips, meals, exercise or events. Let your small changes and contributions start here. I hope you enjoy the newsletter.

Marianne Jackson, MD
Executive Director



You are invited to our
EASTER LUNCH

APRIL 14TH, 2022

Easter Baked Ham Dinner

Potato Au Gratin

Creole cabbage

Red Fez Beans

Dinner Roll



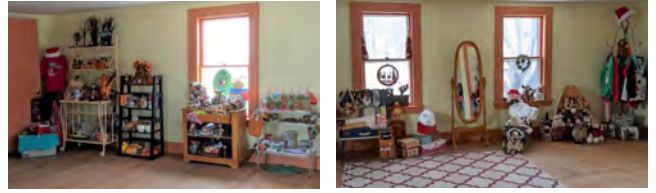
ON 2ND YEAR ANNIVERSARY OF COVID SHUT DOWN, MASKS BECOME OPTIONAL

Almost to the day of the 2 year anniversary of the COVID shut down which was March 16, 2020, we are following the CDC guidelines in removing our mask and social distancing mandates for our building. The data I have been tracking is the hospitalizations in the state, which as of this writing have come down below 50 in a steady trend, even following the winter vacation tourist travel. While Omicron COVID is still among us, the serious illness outbreaks have been reduced to a level that allows us to relax our regulations. That said, it is critical to remember that risk is an individual assessment and everyone has the option of wearing a mask. We respect those choices and expect everyone to follow along.

The caveat is that the Federal masking on public transportation stands so our riders of the bus will remain masked until mid April, and then hopefully, with greater ventilation and lower case numbers, even that can change. We deeply appreciate how hard this has been for so many people but now rejoice in being able to fully welcome everyone back to classes, programs, activities and events and of course, our congregate dining room

FUNDRAISING EVENTS

The **Thrift Shop Seasonal Gift Room** is now open. Stop by for all of your holiday decorating needs.



The American Legion has invited the Gibson Center to be the recipient of the **May 20th Fish Fry**. They make the best fresh fish, and crispy fries. A portion of the evenings "catch" will be donated to the Gibson Center. Invite your friends and family to this event. Some evenings even have live music!

The **Summer Artisan and Craft Fairs** are scheduled for holiday weekends. Plan to visit for amazing gifts and handmade items.

- Memorials Day Craft Fair: May 28th & 29th
- Independence Day Craft Fair: July 2nd & 3rd
- Labor Day Craft Fair: September 3rd & 4th
- Columbus Day Craft Fair: October 8th & 9th

Crafters, download your [craft fair application here](#).



I scream, You scream, we all love Ice Cream! On Wednesday, **July 6th, Trail's End** will donate a portion of the days ice cream sales to the Gibson Center. Invite your friends and family to taste some of the best ice cream in the valley!

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, 603-356-3231



LIVING WELL WITH CHRONIC PAIN: 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 April 1, 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. You will need to sign up at extension.unh.edu/tags/chronic-disease-self-management (click on underlined link) or call the Gibson Center.

VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

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

Classical Concert: Barber & Brahms; Thursday, April 7th, after lunch

St Matthew Passion by J.S. Bach: After Lunch - Thursday, April 21st

POP's Broadway: After Lunch - Tuesday, May 24th. Sing along with Broadway's own Lisa Vroman and Doug LaBrecque as they join your PSO for an afternoon of unforgettable songs from the Golden Age of musical theatre and beyond.

Classical Concert: Pancho Flores plays Ma`rquez: after lunch, Thursday, June 2nd.

Classical Concert: Symphonie Fantastique: after lunch Thursday, July 7th.

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.



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 two years, 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, 603-356-3231.

APRIL OLLI OFFERINGS WITH GIBSON CENTER

Gibson Center continues to partner with OLLI this spring. Local April classes include Mah Jongg for Beginners; Rebalance, Recharge and Love the Rest of Your Life (Retirement advice); Socrates Cafe; 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. Cost for classes vary but hover around \$20-\$25. Scholarships for Gibson Center patrons are available. You can see the listings and virtually hear from the presenters by going to www.lli.granite.edu You can also call 603-513-1377 with questions.

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ESTATE PLANNING SEMINARS AT THE
GIBSON CENTER

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

STAY WARM, SAFE AND DRY HOME REPAIR – STORIES TO TELL

The stories of success with the Stay Warm, Safe, and Dry home repair and modification program tell us we are right on target meeting the need. Adam tells me of completing a home that needed a new ramp, grab bars, lighting and high toilet for a gentleman whose son had called. His Dad had suffered a stroke, was being released early from the rehab facility and had to have these in place to return home. Just in time, Adam had it done!



Others have asked for outdoor lighting, railings or holes needing repair. Other sample projects include replacing or repairing porch steps, changing out air filters, installing smoke or CO alarms, or other repairs that increase health and safety.

We want to emphasize this service is for persons of all incomes but not free. Those who can afford to, pay Adam directly for materials and time. Those who qualify as low income with USDA are provided up to now \$10,000 in grant coverage. Renee Wheaton is available to take your requests and schedule with Adam to assess the job and get it done. We are here to help you by having Adam who is a vetted and licensed contractor willing to take on those smaller jobs that can be so hard to get done.

It is all part of our mission to help seniors age in place, independently with dignity and purpose.

NEW TO MEDICARE - INDIVIDUAL COUNSELING

Anyone turning 65 has to make informed decisions about Medicare enrollment. It can be a daunting experience. Let our board member, Ele Border introduce you to your options in an unbiased, unaffiliated and pleasantly educational manner. She is meeting with individuals or couples for counseling sessions. 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. She can explain your options and how to understand the differences between Medicare Advantage Plans and 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.



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.



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.

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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PHOTOS FROM RECENT EVENTS & TRIPS

Kancamagus Highway & Ranger Station Ride, Mardi Gras, Saint Patrick's Day, Tai Ji Quan, Moving for Better Balance class, Owl Moon, what a HOOT, Pi(e) Day & Flossie's Emporium.



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	10:00 AM 12:30 PM 3:00 PM
Friday	Computer Classes, Communication Grant, please sign up for 1:1 class Belly Dance Chair Exercise Class Friday Painters Living Well with Chronic Pain	By Appointment 9:30 AM 10:45 AM 12:30 PM 1:30 - 4:00 PM



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

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
Red Fox Grille: Fresh Bread loaves
5 Guys Burgers
Pi(e) Day bakers: Al Zaino, Janet Quint, Paul Whetton
St. Pat's Lunch—Sponsored by Bergeron Technical Services-
Shawn, Linda and Kate

Penny Lanes Boutique
Donation



Local Radio Stations:

Easy 95.3 WBNC
93.5 WMWV
104.5 WVMJ - Magic.



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APRIL 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

Looking for a place to hang out? Check out our new **Internet Café** which is so much MORE. Go to the front of the building, and you will find a computer, Wi-Fi (for your own devices), coffee, books, records and a record player, comfy chairs, and a table, if you want to play cards or Scrabble. The Café is open during Gibson hours, Monday-Friday, 8AM to mid afternoon.



Virtual Concerts:

- **Barber & Brahms**, April 7th after lunch
- **St. Matthew's Passion**, April 21st after lunch

Meat-free option on Fridays, please contact David in advance to make arrangements for a special entrée.



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. Join us after lunch on April 12th.

Our Annual **Easter Lunch**, will be held on Thursday the 14th. Chef Dave will serve mouth watering ham with all of the traditional fixings. **This year the lunch is sponsored by White Mountain Oil & Propane.** People have been know to wear their Sunday Best, including Easter Bonnets, and gloves! We might even see the Easter Bunny.



Veteran's Coffee & Waffles: Wednesday the 20th the veterans are invited to meet for coffee, waffles, and fellowship. We share stories, and sometimes have educational events, although this one will be just social, since it has been a while since we were able to meet as a group.

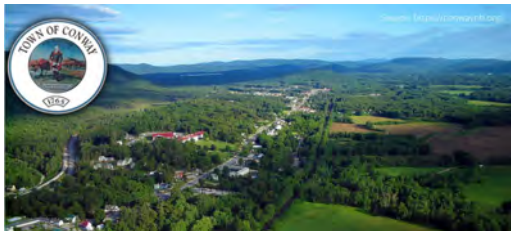
GIBSON CENTER DAY TRIPS

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.

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 the current COVID-19 numbers.

Sugar on Snow: Friday, April 1st, we will visit Nate & Kate's Maple Sugar Bush. We will head out after lunch. They will make a batch of soft serve maple ice cream for us. Please sign up to visit Chatham to see this maple syrup process.



Town of Conway, Elections: On Tuesday, April 12th the Gibson Center will offer rides to the polls for Conway registered voters. Please call to make arrangements for a home pick up to the polls if you need. Here is the link for the [Town War-rant](#). Here is the link for an [absentee ballot](#), if you prefer

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**



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. Sign up today.**



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 and 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.**



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>

TRIPS FOR 2023!

Spotlight on Santa Fe: March 20-25, 2023. Collette trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100656>

England, Scotland, Wales, Ireland: April 16-30, 2023 Collette Trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100644>

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Ask me about Medicare: Bert Weiss. 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.

H.R. Hoyt Construction Inc. (447-2612) Conway, NH. Poured Concrete

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.

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.