



JUNE 2022
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 THE DIRECTOR

I just walked through the Dining Room, Activity Room and Kitchen for the first time in weeks and it felt like homecoming. As eager as I was to have the roof insulation project happen and as well as it went due to the planning by Ken and the nutrition/kitchen staff, I am nonetheless so happy it's done and we are reopened. It has felt lonely and empty without all of you being here with us inside for meals, exercise, learning, and laughing. That rainbow says what it means for us to have you here.



I am very pleased to have Dr. Charlie Felton joining us for one-to-one, free consultations to help decode healthcare information. As an extension of the Health Literacy and Telehealth program this winter, he will now be meeting with people having trouble navigating websites, recommendations, claims and research. Additionally we will be having well known specialist, Joan Lanoie, available to help on Tuesday mornings, 9AM-12:00PM on June 14th and 21st, with completing advanced directives for end-of-life planning. They join Ele Border who does New to Medicare education. Call for an appointment.



Our Stay Safe, Warm and Dry home repair program, only 5 months old, has taken 35 calls and Adam has completed 9 significant projects. The Friendly Visitor Program is underway with training and visits.

My goal is to provide our community with the services we need and reach people where they are. If you have ideas or ways you would like to offer services or volunteer, please contact me at execdirector@gibsoncenter.org.

Marianne Jackson, MD
Executive Director

NH GIVES: JUNE 7-8, 2022

NH Gives – an initiative of the NH Center for Nonprofits - is a powerful, statewide, 24-hour online fundraising event that is designed to build community, connect donors to local nonprofits and generate excitement about the nonprofit sector. We are excited to be a part of this coordinated effort that recognizes the enormous work that is done by the non-profits and their volunteers. Our social fabric relies on this network of organizations serving our communities.



We hope you will tune in on June 7 & 8th. New Hampshire is a remarkable place like no other for local giving of both money and time. We are so grateful.

DR. CHARLIE FELTON OFFERS HEALTH INFORMATION COUNSELING

Everyone has the right to health care information that helps them make informed decisions.

While true, it is often hard to decipher truth from hype in the digital healthcare world of misinformation and advertising claims. We are very fortunate to be able to partner with the Conway Public Library, and retired physician, Dr. Charlie Felton, to offer one to one sessions to help people find health care information that will help in making clear, rational, informed decisions. Dr. Felton will help you:

- 1) Access and evaluate health care websites and articles
- 2) Understand health care research and claims
- 3) Understand preventive medicine tests and your choices
- 4) Understand diseases or medical conditions

These sessions will not entail any personal medical advice or interpretation of individual medical results. This service is provided with the purpose of enhancing access to good healthcare information and helping you use the healthcare system most effectively.



These sessions will be by appointment only by calling 603-356-3231 or 603-447-5552. Some evening appointments available.

FUNDRAISING EVENTS

The **Thrift Shop Holiday Galleria** is now open on the refurbished second floor. Stop by and see the whimsy.

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

- 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](#).



On Wednesday, **July 6th, Trail's End** presents "Cone for a Cause" and will donate a portion of the day's ice cream sales to the Gibson Center. Invite your friends and family to taste some of the best ice cream in the valley!

Mark your calendar for Monday, July 18 and join us for **Flatbread's Dine to Donate**. It is always a great time – 4PM until closing.



NEW EMPLOYEE JOINS GIBSON CENTER

We welcome Kristen Santuccio who joined our nutrition staff one week before our closing of the building and making the transition to ServTracker - our new software program that impacts all of our client data. I cannot say enough about her cheerful attitude through it all. She brings a love of the Valley and belief in our mission. Her father-in-law drove for Meals on Wheels for years. She has extensive experience with event planning and managing volunteers for local non-profits and businesses here. She brings her talents using social media for promotions and marketing. She is a wonderful addition to this dedicated Gibson staff.



MWV AGE-FRIENDLY COMMUNITY 2022

The MWV Age-Friendly Community is thrilled to announce that Charlie Macomber is the 2022 recipient of the Older Volunteer Award from [EngAging NH](#) and the Governor's Commission on Aging. Charlie's dedication to the Gibson Center on the Board for 9 years and as its President has not stopped after stepping down. He was one of the original co-conveners of the MWV Age-Friendly Community and continues to devote hundreds of hours every year to making our Valley a place where people of all ages can thrive. He has spearheaded distribution of the Senior Resource Guide to all libraries and town halls, has coordinated development of Senior Resource kiosks in libraries, distributed the Garden Buckets of soil, tools and seeds for home garden projects, supports Broadband efforts, and measures and builds insulated pine frames for Window Dressers. This is only the beginning of the list. We are grateful for his welcoming attitude and uplifting approach that keeps us all delighted to be a part of this Community.



We are eager to have new participation of persons with interest and expertise. Email me at execdirector@gibsoncenter.org or Charlie at charlie.macomber@gmail.com

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

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.



VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

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

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.

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.



Volunteer Opportunities Link:

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

Silver Lake Landing Apartments

Located on the shore of
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Contact Ken:
603-356-3231, Ext 112

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JUNE SPECIAL EVENTS

With the safety of our patrons and their loved ones in mind, the Gibson Center follows Federal Health Guidelines.

Classical Concert: Pacho Flores plays Marquez, join us after lunch on Thursday, the 2nd. Late bus available.

Ralph Lutjen presents his Trip to Mount Kilimanjaro, join us after lunch on Friday the 3rd. Late bus available.

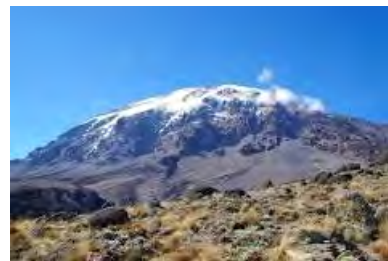
Beasley & Ferber will be here after lunch on Tuesday the 14th. See their ad to call and register for this paid sales presentation.

Veteran's Donuts & Coffee, at 10AM on Wednesday the 15th. All veterans are welcome. Jim Giguere will stop at DD to pick up coffee and donuts.

Father's Day Lunch will be served on Friday, the 17th. Chef Dave, and the kitchen crew will prepare cookout style food. People can eat inside or out on our patio. Please bring a photo of your father, or yourself as a father, or your son as a father. Be ready to share a story about a dad (or a Dad Joke). We will have yard games after lunch, croquet, corn hole, and maybe horse-shoes. Jim Giguere will be offering an ice cream social for dessert. We are also offering a \$5 Thrift Shop gift certificate to anyone who is a father or who brings a father – any father – to lunch.

The Longest Day/International Music Day: will be celebrated on Monday the 20th– the Summer Solstice. It will be dedicated to raising awareness about the role of care givers, and raise funds for the Alzheimer's Association to support caregivers through education, support groups and community education. We will have a raffle and a small bake sale, with all funds sent to the Alzheimer's Association. We have also invited musicians Jane & Jonathon Hively to come and perform international songs. More to come, [check out the web calendar](#) for the latest details.

AARP Safe Driving Class and CAR-FIT on Wednesday, the 29th. This is a 6-hour workshop during which participants will learn about rules of the road, safety features on new cars, how to adjust your car for optimum visibility and safety, and some of the changes that people may experience as they age. Occupational therapists will be available to fit you specifically to your car for maximum ease and safety. Did you know that the age group from 60-69 is the safest group, out of all ages! Learn what you can do to keep driving safely! Call the Gibson Center (603-356-3231) to sign up for this class, which will be offered from 9AM-3:30PM. Let us know if you are an AARP member, and if you will stay for the Gibson Center lunch. The class is \$25, or \$20 for AARP members. The suggested donation for lunch is \$3. Check out our [web calendar for more information](#).



ONGOING WEEKLY PROGRAMS

Monday	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance	10:30 AM 12:45 PM 3:00 PM
Tuesday	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd & 3rd week	10: 00 AM By Appointment
Wednesday	Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday	10:00 AM 10:00 AM 12:30 PM
Thursday	State of NH Veterans Service, 1st & 3rd week Call for your appointment 603-624-9230 X 301 Strength, Balance & Stretch Afternoon rides, scenic, historical Tai Ji Quan, Moving for Better Balance	By Appointment 10:00 AM 12:30 PM 3:00 PM
Friday	Computer Classes, Communication Grant Dr. Charlie Felton Q&A, 1st & 3rd week Belly Dance Chair Exercise Class	By Appointment By Appointment 9:30 AM 10:45 AM



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

GIBSON CENTER DAY TRIPS

For all bus trips, please sign up, and pay in advance. Call 356-3231. Federal health precautions are followed on the bus.

For Door to Door Transportation trips, you will be called with your individual pick up time, the day before the trip.

Lupine & Polly's Pancakes: We will drive across the Kanc, up through Franco-
nia 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. Offered Tuesday, June 14th, and
Thursday, June 23rd.



Old Orchard Beach Concerts:

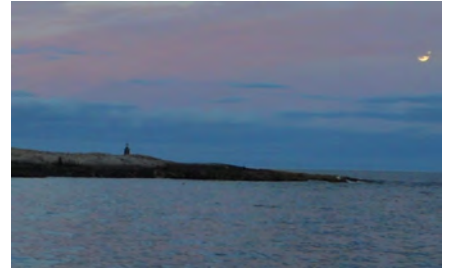
- Piano Men, the music of Billy Joel and Elton John, June 28th. \$35
- Simon & Garfunkel Tribute, July 12th, \$35
- Frankie Vallee Tribute, August 16th, \$50

Other trips this summer:

- NH Humanities Presentation: **Life Downstairs.** (think *Downtown Abbey* or *Upstairs Downstairs*). After lunch June 21st. Program at the Conway Public Library. Donation for the bus.
- **Fryeburg Historical Society, Osgood House:** after lunch, Thursday, July 21. Donations accepted at the Historical Society, and for the bus. Bring money for ice cream. Details on the Gibson Center webpage and in next month's newsletter.
- **Summer concerts at the Band Stand.** Home pick ups, select Tuesday evenings. Enjoy the music of the Mount Washington Valley Band, visit the Farmer's Market. Bring a picnic supper, or buy one at the market. Donations accepted at the concert and for the bus. Bring your lawn chair. (July 5th, 26th, and August 2nd)
- **Crescent Beach State Park:** Thursday, July 28th, board the bus at 9:30 AM, return home by 5:00PM. Transportation is only \$10 due to generous sponsors. Pay your own entrance fee at the park. Bring a picnic lunch, lawn chair, hat, sunscreen, towel, bathing suit, and book!

GIBSON CENTER DAY TRIPS CONTINUED....

- **Sister Act**, the musical comedy. Board bus at 10AM, home by 6PM. Lunch on your own at Hart's Turkey Farm. Transportation and ticket, \$53. Must reserve by June 30th
- Tuesday, August 9th: **Full Moon, Sunset Cruise on Casco Bay**, \$38, bring a picnic to eat on the boat. Board bus at 3:30PM, home about 11PM.
- White Mountain Museum, **Watching the Seasons Change**. On August 24th, board the bus at 10AM, return about 5PM. Bring money for lunch and ice cream on your own. Trip cost is only \$10 due to the generosity of donors. The Exhibit looks at seasonal changes seen in art, both typical seasons, and as our climate has changed over the years.
- Thursday August 25th, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. Bus donations accepted. Bring your own bags.
- Wednesday, August 31st, we will visit the **Barnstormers Theater** and see their production of **Lucky Stiff**, a musical comedy. Dinner on your own before the show. Transportation and tickets \$54.
- **Two Lights State Park & Lobster Shack Restaurant**: September 6th & 14th. Only \$10 due to the generosity of donors. Pay your own admittance to the park, varies by age and state of residence.



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**OUR BUSINESS
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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.

We are offering the **Friendly Visitor Program**. Several new volunteers and Meals on Wheels drivers have begun training for the program. Many people on our Meals on Wheels program 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 beginning 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 both participants). People who are willing to be visitors will be subject to .

If you would like a visitor, or would like to be matched up with a person to visit, please call Jill, 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.

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**CALL FOR A SCHEDULE OF FUTURE
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GIBSON CENTER**

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

PHOTOS FROM RECENT EVENTS & TRIPS

Gibson Center Lilacs, May the Fourth Be With You, Mother's Day Luncheon, Insulation Project/ Grab N Go, Front lawn, American Legion Post 46 Fish Fry



KUDOS - DONATIONS

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

Mother's Day Flowers: Jim Giguere

Snack Bags for Grab N Go during Insulation Project: Chris & Sharon

Vaccine/Booster Clinic: White Mountain Community Health

Corn Hole: George LeBlanc

Extensive home goods for the Thrift Store: Crown Ridge Resort – Kearsarge

Fish Fry Dine-to-Donate: American Legion Post #46, between food and raffle, over \$1000!

Vaughn Community Services

Food Pantry & Jennifer

Shaws, Wanda Wirling

NH Food Bank

Catholic charities of NH

Wal-Mart; Phil Spinney

Old Village Bakery

Al Zaino: Pantry Bags

Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



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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**



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. \$120 deposit is now due.



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. Walking Tour of Santa Fe Plaza, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument, El Santuario de Chimayo, Choice on Tour. Collette trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100656>



England, Scotland, Wales, Ireland: April 16-30, 2023. Edinburgh, York, High Speed Train, London, Afternoon Tea, Stonehenge, Bath, Wales, Cardiff Castle, Welsh Evening, Waterford, Blarney Castle, Killarney, Ring of Kerry, Jaunting Car Ride, Dublin, Traditional Irish Night. Collette Trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100644>

BUSINESS SUPPORT NEWSLETTER LISTINGS

Abundant Blessings Homecare, Inc (603-473-2510, fax 603-522-9211 provides living assistance services for the aging in the comfort of your home. Services include: personal care, meal preparation, 24 hour care and more. Call to schedule a free home assessment. Visit us at www.abundantblessingshomecare.com.

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.