



SEPTEMBER 2022
EDITION

PROUDLY SERVING SENIOR
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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

Last month I ended my letter to you all with the message that everyone matters and everyone wants to be taken seriously.

Following up on that theme, I want to remind you all that the NH Primaries are September 13th and this is one of our most important moments to stand up, be counted and be taken seriously. Our democratic process allows each of us as adult citizens to take part in participatory government that effects our lives. I don't need to remind you that your vote helps decide what we pay for health insurance, taxes, or medications, what we get for the taxes we pay, what our federal, state and local energy policy looks like, how federal relief funds are used for businesses or tourism, and the list goes on.



Here at the Gibson Center, we just hosted our Primary 5 Minute forums with over 20 candidates presenting their case for why they should represent us. We will have the general election 5 Minute Forum on October 18th. Join us for lunch and stay to show the candidates you are involved.



Our New Hampshire House of Representatives is the largest in the nation except for the US Congress. We have a chance to personally meet the candidates and discuss our values with them. These candidates are people willing to contribute a huge number of hours to public service on our behalf. The very least we can do is take the time to strengthen our democracy by learning about the candidates, the nuance of the issues and making sure to vote. I will end this month with the same message – everyone wants to be taken seriously and everyone matters. In this case, prove it by showing up.

Marianne Jackson, MD
Executive Director

WindowDressers HELPS REDUCE FUEL COSTS

MWV Age-Friendly Community Housing, Tin Mountain Conservation Center and Rotary of North Conway invite you to apply to have your windows insulated this winter and for years to come. We have previously described the inserts' design and emphasized the fact that heating fuel bills can be reduced by 30% in some homes. You must request inserts immediately by going to <https://windowdressers.org/sign-up-for-inserts/> or nbeem@tinmountain.org so you can be scheduled for measurements. These must be done by mid September so there is time to manufacture the frames in time for the Community Build being held October 21st through October 26th. We will be calling for volunteers to help with the Community Build as the time approaches.



INSULATING WINDOW INSERTS

The inserts are free for those who cannot afford to pay, and low cost for middle and high income households thanks to the generosity of North Conway Rotary and through our non-profit model of local Community Builds.

KILL-A-WATT-PREVENT ELECTRICITY WASTAGE

The average American household uses 1.45 kilowatt hours (kWh) of “phantom load” electricity per day or approximately 43 billion kwh per year. Examples of phantom loads are coffee makers, sound and TV equipment, computers and chargers – anything with a light or a digital readout. At current NH electricity rates, that is an average of \$150 per family per year.

Besides phantom load, many of us are running very old, inefficient appliances (think that old freezer in the basement) that might need to be replaced for cleaner, less costly service.

To know how much electricity and dollars you could save, you can now borrow a Kill-A-Watt meter from the Gibson Center, the Jackson, Pope, Conway, Madison or Tamworth Cook libraries. These small devices come with step-by-step instructions for plugging the device into your wall socket and plugging the appliance into the meter and leaving it for several days or a week. Pushing the KWH button will display the KWHs used since you plugged in the meter. Push it again and you will get the number of hours.

A 20-year-old refrigerator of about 17 cu. ft. could use 1,700 kWh of electricity every year, compared with about 450 kWh for a similarly sized new ENERGY STAR model that costs between \$750-950. At \$0.31 per kWh, that is \$387 per year so the new refrigerator is paid for in 2-3 years.

We are all becoming more energy conscious. Let us make it easy for you to identify and reduce wasted electricity charges in your home or office.



CRAFT FAIRS AND DINE-TO-DONATE

The **Artisan and Craft Fairs** are scheduled for holiday weekends. Plan to visit for amazing gifts and handmade items. Saturdays 10AM - 5PM, Sundays 9AM-4PM.

- Labor Day Craft Fair: September 3rd & 4th
- Columbus Day Craft Fair: October 8th & 9th

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



Mark your calendar for Thursday, September 29th, and join us for Deacon Street Dine to Donate. It is always a great time – 5PM until closing.

THRIFT STORE HAPPENINGS MANNIKIN MANIA CONTINUES!

We started the week of August 15th, but you can still come in every remaining week to find and take a photo of the Manic Mannikin wearing outrageous styles and accessories with the "YOU FOUND ME" card. Send your photo with your creative caption to info@gibsoncenter.org. Every week, a \$5 prize will be given to the best caption. Remember - the Manikin might be upstairs in the Holiday Galleria! Come join the fun. See you at the Thrift Store - Mondays-Saturdays 10:00-2:00ish.



TRANSPORTATION SERVICE EXTENDING TO EATON AND FREEDOM

Thanks to a grant from the CDC and State Transportation Council, beginning this fall, the Gibson Center hopes to have identified a part-time bus driver who will be able to run a weekly transportation service on Tuesdays for seniors in Eaton and Freedom. Riders will be picked up from one of three sites and be able to use the service for groceries, other shopping, visiting the barber or hairdresser, pharmacy, Gibson Center for lunch, or other destinations within Conway and North Conway. This extends our reach beyond our current towns served: Conway, Jackson, Bartlett, Madison, Albany and sometimes Eaton.



To help us spread the word, Jill and Renee Wheaton are organizing two social trips that might include the Brownfield Community Market and Cannon Mountain or the Pumpkin People.

STAY WARM, SAFE AND DRY HOME REPAIR EXPANDS

The Stay Warm, Safe, and Dry home repair and modification program is growing its capacity! Renee has found a roofer and a sheet rock painter who can extend our services beyond those provided by Adam (who you can see, has been taking care of our building as well as others). We are dedicated to helping older adults stay in their homes safely.

Adam can work on outdoor lighting, railings or holes that need 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. Now Renee can help you find a roofer for hole repairs, or connect you with a sheet rock repair contractor.

We want to emphasize this service is for persons of all incomes but not free. Those who can afford to, pay the contractors directly for materials and time. Those who qualify as low income with USDA are provided up to \$10,000 in grant coverage. Renee Wheaton is available to take your requests and schedule an assessment of the job and get it done.

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



OLLI OFFERINGS WITH THE GIBSON CENTER

Gibson continues to co-sponsor programs with OLLI this autumn.

- Autumn Kick Off in the Gibson Dining Room on September 27th, at 2PM.
- Basket Weaving Class, Gibson Dining Room, October 20th and 27th, 1-4PM
- Lunch and Learn, Enhancing Balance: Adventures with Confidence. November 1, come for lunch, stay for the program.

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.oli.granite.edu You can also call **603-513-1377** with questions.

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.



FRIENDLY VISITOR PROGRAM:

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 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**.

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.

Volunteer Opportunities Link:

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

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**CALL FOR A SCHEDULE OF FUTURE
ESTATE PLANNING SEMINARS AT THE
GIBSON CENTER**

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

2022 MEDICARE PART D- OPEN ENROLLMENT AT THE GIBSON CENTER

Open Enrollment for Medicare Part D begins on October 15th but you can start planning NOW. Call Penny Wellman between 8:00 and 1:00 PM at **603-356-3231** to ask her to send you a Plan Finder. It will come with a self-addressed, stamped envelope for you to return your plan finder for Board Member Ele Border to review. Once received, you will get a call to set up your appointment here at the Gibson Center or ServiceLink in Tamworth if you prefer. Ele is a certified counselor for Service-Link.



Medicare Part D is a prescription drug plan for people 65 and older. Open Enrollment, from October 15 to December 7th, is when you can set up or switch Medicare Part D programs. Service Link and the Gibson Center offer free, unbiased information about all offered drug plans so you can compare your current list of medications and make the best choice. All consultations are free. Don't wait, appointments fill up quickly.



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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ONGOING WEEKLY PROGRAMS

Monday	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer	10:30 AM 12:45 PM 3:00 PM By Appointment
Tuesday	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week	10: 00 AM By Appointment
Wednesday	Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday General 1:1 Computer	10:00 AM 10:00 AM 12:30 PM By Appointment
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, social 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

SEPTEMBER SPECIAL EVENTS

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

Friday the 2nd will be a busy day at Gibson Center. Our **Belly Dance** class resumes for the Autumn session. Join us for classes, Fridays at 9:30. Lunch will be special for us as we celebrate **Labor Day**. At lunch, we will also welcome 18 people who completed the 90 day Summer Challenge of **NH MOVES**. We will celebrate their achievement of finding new and interesting ways to care for their physical, mental and nutritional health every single day.



Make sure you stop by the **Labor Day Craft Fair** on the Gibson Center front lawn. Always some beautiful items to admire, and give. 10-5 on Saturday the 3rd, and 9-4 on Sunday the 4th.

The Gibson Center will be closed for **Labor Day** the 5th.

Tuesday the 6th: our **Strength, Balance and Stretch** class starts its Autumn Session, 25 classes for \$75. The class meets Tuesday and Thursday mornings from 10-11. It is led by Exercise Specialist, Ann Fargo. See Penny for the new Doctor Release form, and Liability Release Form.

SEPTEMBER SPECIAL EVENTS CONTINUED...

Wednesday the 7th the Veteran's will meet at 10AM. The group has discussed finding a project to adopt. Come and lend your opinion. After lunch we will board the bus for our monthly visit to the **Cat Room at the Conway Humane Society**. All are welcome to help socialize these felines.



Thursday the 8th Occupational Therapists will meet with individuals for CarFit, a program to make sure that **drivers and their cars** have the best fit. Mirrors, seat belts, seat height? The OT's regularly work with people being discharged from rehabilitation, so they are experienced with helping people make adjustments so they can drive as safely and comfortably as possible. Please call to sign up for your one to one time with the OT.



Monday the 12th we will play **BINGO**. Bring a prize for the table.

Tuesday the 13th is **Primary Election Day**. If you have not voted by absentee ballot, sign up for the bus after lunch.

Monday the 19th, Art for Lunch, David Lee, is a guitarist who is visiting for the summer. He sings a variety of music by the artists, Elvis, JT and Johnny Cash, as well as his own compositions. Invite your friends for this entertaining lunch.



Tuesday the 27th: Beasley & Ferber will have a paid sales presentation after lunch. Look for their advertisement to sign up. At 2PM join **OLLI for their Fall session** kick off, it will be in the dining room, and they are providing ice cream.

Thursday the 29th: invite your family and friends to the **Deacon Street Dine to Donate**. You will have from 5 to closing time to enjoy their delicious steaks, and Amazing Desserts! They will donate a percentage of the evenings take to the Gibson MOW program.



Fryeburg Fair display: If you have created something this year, please let Jill know you are going to let it be part of the Gibson Center display. Help is needed with the display, see Jill for details.

Looking Ahead:

- October 6th, learn the history of **Dream Catchers**, and see Gloria Graves' collection. Gloria may also offer people the chance to make their own Dream Catcher.
- October 18th, the **General Election 5 Minute Forum** will be held after lunch.
- November 1st: **Enhancing Balance: Adventures with Confidence**. OLLI and Gibson Center Lunch and Learn. Invite your fellow explorers for lunch and stay for this informative demonstration on ways to get ready for the winter season. Exercise Specialist Ann Fargo, and Outdoor Enthusiast, Cort Hanson from Ragged Mountain will demonstrate easy exercises and simple equipment so you can enjoy the winter season.
- November 30th: **AARP Driver Safety Class**. 9AM-4PM

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.

- Tuesday, August 30th, **Madison Historical Society summer exhibit :Yesterday's Child.** See toys, games, clothing, furniture, and other items that relate to a child's life. After lunch. Donations accepted for the bus, and at the museum. The museum also has raffle tickets, and you will want money for ice cream.
- 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 \$15, due to the generosity of a very kind angel.
- **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.
- Thursday September 15, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. Bus donations accepted. Bring your own bags.
- **Senior Day at the Fryeburg Fair** is Tuesday, October 4th. The Gibson bus will leave the Gibson Center at 9AM and return around 3PM. Spend the day eating Fair Food, visiting the animals, looking at crafts, and not worrying about how far you parked your car. Donation for the bus accepted.
- October 12th, board the bus for the **Currier Museum** at 9AM, and be home about 4PM. In addition to their amazing displays of art, there is a special Exhibit called Gee's Bend Quilts. Bring a brown bag lunch to eat on the bus, or visit the museum cafe. \$38 includes transportation and admission.
- October 14th we will head out after lunch to view the **Fall Foliage and the Pumpkin People.** We will stop at the Cider Donut shop. Donations for the bus ride.
- Sunday, November 6th, the **Portland POP's** plays the music of Judy Garland. Join us for this matinee concert. 10AM-6PM
- The **Magic of Christmas** tickets are almost sold out. December 9th, 10AM-6PM. Lunch on your own. Show and transportation, \$50.
- Save the Date! Little White Chapel, Dec 11



KUDOS - DONATIONS

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

Conway Area Humane Society

Jane Hively, Art for Lunch

AARP Driver Safety Volunteers

The Politicians who joined the Primary 5 Minute Forums

The Gibson Center Trip Angel

Believe in Books, Bookmobile

Red Fox Grill: Homemade Bread

Little Angel Service Dogs

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.



GENESIS HEALTHCARE MINERAL SPRINGS



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1251 White Mtn. Hwy
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603-730-5432

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PHOTOS FROM RECENT EVENTS & TRIPS

Humane Society Food Drive, and Adopt Senior Pet Day, Art for Lunch: Acoustic Jam Session, Art for Lunch: Jane Hively, Let's Hang On, 5 Minute Forums, Fawns, Moose Antlers, Harvey and Eve in TJQ Class, learning Push Hands, Computer Class



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**



Spotlight on Santa Fe: March 20 - 25, 2023 • 6 Days • 8 Meals. 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>



Spotlight on Santa Fe: September 24 - 29, 2023 • 6 Days • 8 Meals. 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/1118363>



England, Scotland, Wales, Ireland: April 16 - 30, 2023 • 15 Days • 20 Meals. 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>



Beautiful Vermont: May 23-25, 2023. Dinner Cruise on Lake Champlain with entertainment, Shelburne Museum, Rock of Ages Granite Quarry, Cold Hollow Cider Mill, and Maple Sugar Farm.

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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.