



DECEMBER 2022  
EDITION

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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 - CREATIVE GIFTS

All around us we have evidence of our longing to create. Music, visual arts, delicious food, vibrant writing, theater and fashion, but also a deep longing to create relationships. Sharing of ideas, making sense, finding empathy, being understood or forgiven are all part of our creative process because none comes by rote or reflexively – each requires turning emotion into action through the phases of making.

In her new book, *Big Magic*, author Elizabeth Gilbert (whose bestseller *Eat Pray Love* frustrated me for its self-indulgence) wonderfully explores how ideas and inspirations come knocking and we humans, when receptive, are able to take part in the wonder of bringing forth beauty, insight, a new story, discovery, connection or innovation. She reminds us the Greeks did not talk of a person being a genius but of having a genius – meaning being in partnership with the inspiration of creativity. In our genes, we are makers at all ages.



This December, each of us can be the recipient and the giver of gifts of creativity. By steadfastly being open to words, sounds, movement, colors, textures, and aromas, by blending them together and giving them to others, we are being true to our human creative selves. You have creative gifts. As Gilbert says, what you must have is the Courage to bring them forward.

I see the fruits of creativity every single day at the Gibson in the delicious meals, the movement in exercise, the chatter and laughter of conversations, and Kristen's writing of *Gleanings*, as examples. Come be impressed at the *Opening Minds Through Art* display in the Activity room this month.

Come enjoy virtual symphony performances. Art also needs an audience! Join us and share your creative gifts.

Marianne Jackson, MD  
Executive Director

# CHRISTMAS LUNCH

December 14th & 15th, 11:30am - 12:15pm

AT THE GIBSON CENTER

## MENU

Baked Honey Ham



Scallop Potatoes



Peas and Carrots



Garlic Spinach

Sliced Bread



*Merry Christmas*



Thank you to White Mountain Oil and  
Propane for sponsoring our Christmas  
meal this year!!

## MEMORY TREE - THE RED BLUB EVENT

This holiday season, remember someone special.

Keep their memory bright by purchasing a \$50 perpetual red bulb that will light for a lifetime, or a seasonal white bulb for \$10 to shine on the Gibson Center Memory Tree December 1, 2022-January 15, 2023.

Please call 603-356-3231 to make arrangements.



## SPRAGUE DINING ROOM AND GLENNA MORI ROOM AVAILABLE BY RESERVATION

Starting this month, we are making the beautiful Sprague Dining room and the Glenna Mori activity room open for members of the Valley to use for events and activities. Reservations can be made for available times by emailing Jill at [Jill@gibsoncenter.org](mailto:Jill@gibsoncenter.org). The 70-seat dining room (without kitchen) is available from 8:00-10:00 am weekday mornings and again from 1:00-4:00 in the afternoons. The activity room is available depending on our regular activity and exercise class schedule. There is a nominal fee of \$35 for the Dining room and \$25 for the Activity room. Email Jill for details and agreements. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your family reunion, organization meetings or club events.

**SPRAGUE DINING ROOM:** The cheerful Sprague Dining Room is a 1550 square foot room seating 70 at tables for 4 or 6 persons. Audio equipment for sound amplification is available with podium and projection screen if needed.

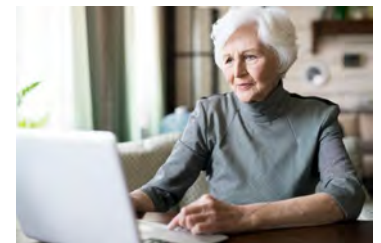


**GLENNA MORI ROOM:** Activity Room is a 70-person seating capacity program room with projector and 8 speaker media or for use by up to 20 people for exercise and dance.

## 65 PLUS TECHNOLOGY - 25 ENROLLED AND COUNTING

We have had 25 individuals register with us for online, self-guided teaching modules that cover basics, including tips on using your smartphone or computer, how to safeguard accounts and passwords, how to do video-conferencing. and telehealth, tips regarding scams and fraud, and several other useful topics.

Early enrollees tell us they were surprised and have thoroughly enjoyed the modules and learned a lot easily at their own pace. Many have gone on to complete all 11 modules even though the **\$25 gift card** is available after 2 and the satisfaction survey. The Gibson Center is looking for more older adults to help us learn how they are using internet devices to stay connected in this digital world. We are partnering with Digitunity, a non-profit distributor of refurbished computers, and AT&T, to provide access to these teaching modules.



If you are interested, please call Marianne at **603-356-3231** or email [info@gibsoncenter.org](mailto:info@gibsoncenter.org) with your name and return phone number. We are happy to get you enrolled.

## FUEL AND ELECTRICITY ASSISTANCE AVAILABLE

### Fuel Assistance Program:

As funds become available, the Fuel Assistance Program provides benefits to qualified New Hampshire households to assist with heating costs. Grants ranging from \$210 to \$1,575, can be used to secure an emergency delivery of fuel, delay a shut-off notice or they may refer clients to another source of assistance. Benefits are based on household income, energy costs, the number of heating degree days and housing type to prioritize households with the lowest incomes and highest energy costs. Contact Tri-County Community Action at [www.tccap.org](http://www.tccap.org) or 607-323-7400 and for more information try <https://www.energy.nh.gov/sites/g/files/ehbemt551/files/inline-documents/sonh/fuel-weatherization-assistance-brochure.pdf>

Packets with the forms can be obtained at the Tamworth, Freedom, Conway, Pope, Madison and Jackson public libraries along with the Gibson Center.



### Electric Assistance:

New Hampshire Energy Assistance Program (NH-EAP) provides eligible customers (Eversource, Unitil, Liberty or NHEC) with a discount on their monthly electric bills. A 1-person household with income of approximately \$39,000 or two persons with income of \$51,000 can receive discounts ranging from 8% to 76%. All electric utility customers support the statewide EAP through the system benefits charge portion of their electric bill.



To learn more about the EAP, including how to apply, call Tri-County Community Action at **607-323-7400** or visit their website at [www.tccap.org](http://www.tccap.org)

## 'TIS THE SEASON AT THE THRIFT STORE

Christmas in the Thrift Store is always fun. Visit the second floor Holiday Galleria to see the collections of decorations for your table, your tree and your favorite person! We have Santas, reindeer, candles, wrapping, stockings, ties, sweaters and more.

**Thrift Store Hours:** Mon - Sat 10:00-2:00ish



### Volunteer Opportunities Link:

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

## VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

Don't miss! (please sign up for these concerts) Suggested donation for each concert is \$10.

- **Christmas with Kennerly:** on the Kotzschmar Organ. Thursday, December 22, after lunch.
- **Magic of Christmas:** Thursday, December 29th, after lunch.
- **Classical Concert:** The Rite of Spring: after lunch Thursday, March 1st.
- **Bach's Birthday Bash:** on the Kotzschmar Organ. Tuesday, April 18th, after lunch.



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. Programs must be ordered in advance, so please sign up at least one week before the event.

## BEFORE YOU LOSE YOUR MIND ... TAKE CONTROL AND START PLANNING

**An online, free workshop to explore having meaningful conversations and plans for end of life in case dementia is involved.**

Wednesday, Dec. 7, 6:30 – 8 p.m.

**Pre-Registration Required:** use the links below to register

For more information and registration information please visit <https://www.nhendoflifeoptions.org/events-2>

To register directly: <https://www.eventbrite.com/e/before-you-lose-your-mind-take-control-and-plan-tickets-442985801457>

In a supportive and friendly environment, we'll learn how to specify now what we want or don't want for medical treatments if we have dementia and aren't able to make decisions for ourselves. Honest conversation and planning help family and health care providers understand our values and principles. We'll offer sample documents and real-life scenarios that raise essential questions people may face.

Join us because more than half of Americans develop Alzheimer's or other forms of dementia. Many get interventions they would have refused if they were able to speak for themselves. Exploring our options and being prepared reduces the anxiety and stress at this critical time of life.

A recording will be made available to people who register and are unable to attend.

This workshop is hosted by the NH Alliance for End of Life Options in collaboration with the Alzheimer's Association, and Gibson Center, and Visiting Nurse Home Care & Hospice of Carroll County and Western Maine.

If you have trouble registering or have other questions please call **(603)728-5557** or email [contact@nhendoflifeoptions.org](mailto:contact@nhendoflifeoptions.org)



## MORE FUNDING FOR COMPUTERS AND TRAINING

More good news regarding computer literacy and access! The Gibson Center has just received a \$10,000 grant from Spectrum. We have our first 7 Chromebooks and first iPad tablets to offer to seniors who need devices. We are partnering with the Conway Public Library to bring you videos, one-one tutoring, and classes for everything from how to do basic internet searches, how to avoid fraud and scams, how to use video-conferencing, email, and many other functions you want and need. Increasingly having smartphone or computer capability is being required to communicate with healthcare offices, town offices, make applications and find critical information.



We are here to help. If you need one of the devices or would like to make an appointment for tutoring at the Gibson Center, please call Penny at **603-356-3231**. We will not let you be left behind. No excuses.



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

## 2022 MEDICARE PART D- OPEN ENROLLMENT AT THE GIBSON CENTER

Open Enrollment for Medicare Part D began on October 15th and closes on December 7th. Medicare Part D is a prescription drug plan for people 65 and older. We are very grateful to Board member Ele Border for donating her expertise and considerable time to providing detailed counseling. Unfortunately, her appointment calendar is over-subscribed now so she is unable to take any more appointments. You can still compare plans and make selections yourself by going to the Medicare.gov website if you have a computer or internet capable device. If you need computer assistance, please consider making an appointment with our volunteer computer counselors.

## 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 & learn to solve common caregiver challenges. Meeting options are currently in-person one-to one coaching or via phone or ZOOM. REACH is funded in part thru Administration on Community Living grant #90ADPI0060

**Caregiver Peer Support:** There are caregivers who have probably experienced your challenges & can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

**MEDICARE  
OPEN ENROLLMENT  
FOR 2022**

## TAI JI QUAN, MOVING FOR BETTER BALANCE

There is still time to join the 48 session Tai Ji Quan, Moving for Better Balance program offered on Monday and Thursday afternoons, at 4PM. 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.

### OUR BUSINESS SUPPORTERS

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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**

## STAY WARM, SAFE AND DRY HOME REPAIR EXPANDS

Since January over **60 people** have been served. 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. We are dedicated to helping older adults stay in their homes safely.



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. Call her at (603)- 205-0909.

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

## FRIENDLY VISITOR PROGRAM

We are offering the Friendly Visitor 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 matching home-bound people, or people who live alone, 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**.

**The Friendly Visitor Program is funded in part thru Administration on Community Living grant #90ADPI0060.**

## 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

## OUR BUSINESS SUPPORTERS



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## ONGOING WEEKLY PROGRAMS

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

### TIM DI PIETRO



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### OUR BUSINESS SUPPORTERS



2448 Main Street  
 North Conway, NH 03860  
 603.356.5819

[info@northcountryfairjewelers.com](mailto:info@northcountryfairjewelers.com)

## DECEMBER SPECIAL EVENTS

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

The art from the OMA classes held this summer will be on display in the Activity Room for the month of December. Please stop by to view the beautiful creations any day when there is not an activity in progress.

December 6th is ***Saint Nicholas Day***. In middle European countries this is the day of gift giving, when St. Nicholas is said to arrive on horseback accompanied by Zwarte Piet, to help him distribute sweets and presents to good children or lumps of coal, or potatoes, or switches to bad ones. To help us celebrate, “**Touch of Uke**” will play seasonal favorites.



Join us on Wednesday the 14th, and Thursday the 15th for our Christmas **Meals at lunch time**. Chef Dave and the kitchen crew will serve a delicious meal. Invite your family and friends. ***Sponsored by White Mountain Oil and Propane.***



WHITE MOUNTAIN OIL & PROPANE

On Monday the 19th, join us after lunch for “**Assistive Technology For Easier Living**.” Many people are interested in learning what they can do to use Assistive Technology to improve their quality of independent living. Devices exist that can improve hearing, mobility, vision, safety, personal care, and help with household chores. Guest presenters Joan Marcoux, Hearing, Speech, Vision Specialist and Linda Beliveau, Assistive Technology Specialist have extensive knowledge about modern, non-invasive advances that are fun and easy to learn. Useful tools can include communication apps, tactile and visual alerting doorbell and paging devices, music and audio players and more that can make living alone more vibrant.

On Tuesday the 20th; we will hold a **Santa Gift Exchange** at lunch time. The Jolly Old Elf in the Red Suit will appear, and pose for photos and offer gifts. We all supply the gifts. There will be three bags. When you arrive put your wrapped gift into the appropriate bag. One bag will be for things that would appeal to a lady. The second bag will be for things that would appeal to a gentleman. The third bag is for items that would appeal to anyone (a tin of cookies or candy, postal stamps, scratch tickets, a puzzle book, or puzzle...). We don't want people to spend a lot of money, this is more for the fun of it.



The **Gibson Center will be closed** on December 26th, and again January 2nd.

On Tuesday, the 27th, the **Gibson Center Book Club** will meet to discuss this month's book. The choice and arrangements for Conway Public Library loans are being made at the time of this writing. Please check back with Penny at 603-356-3231 to learn what was picked. You can get your copy of the book from the Library after December 6th.

## 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. Many venues will only hold tickets for so long. Please indicate your interest, so we can reserve tickets.

**Festival of Trees** December 2nd. \$10 entrance, and 10 tickets for voting. Addition tickets, \$10 for 25 tickets. Bus available, after lunch for transportation. The Gibson Book Club has a tree on display, "**Black and White, and Read All Over**".

Sunday, December 4th, a trip to the **MWV Community Band Concert "And the Mountains Echoed Gloria"**, for a musical start of the holiday season. The donations at the concert will benefit families in need of fuel assistance. Bus donations accepted. Home pickups will be arranged.

Monthly trip to the **Humane Society, to socialize Cats**, first Wednesday after lunch.

The **Magic of Christmas** December 9th, 10AM-6PM. Lunch on your own. Show and transportation, \$50. While tickets are sold out, people on the wait list may still get on the bus.

**Little White Church**, December 16th, Candace Maher Holiday Concert. Home pickups for the concert. Donations accepted for the bus, and for the concert, which is a fundraiser for the Little White Church.



Tuesday, December 20th, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. They offer steep discounts the weeks before they close for Christmas. Bus donations accepted. Bring your own bags.

**Stonehurst, Christmas Party**, January 5. 3 course dinner, tax and tip. Drive self \$45, ride bus \$50 and view holiday lights.

**Belknap Museum** and Country Kitchen for our noon meal. January 25, \$18, lunch on your own.

**Tap Tap Jazz:** Maine State Ballet, lunch on your own. Transportation and show, \$32 due to generosity of donors. February 4th. (last day to sign up 12/12)



**Scouting Museum:** February 8th. Lunch on own. \$15 for the trip.

**Peking Acrobatics:** February 27th. transportation and show, \$77. Dinner on your own.

**The Simon & Garfunkel Show:** Thursday, March 9th. \$78.

**The Louis Armstrong POP's Concert:** March 19th. Lunch on own. Transportation and show \$62.

**Nat King Cole POP's Concert:** April 16th. Lunch on own. Transportation and show \$62.

**Lights, Camera, POP's Concert:** May 7th. Lunch on your own. Transportation and show \$62.

# KUDOS - DONATIONS

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

- Conway Area Humane Society
- The Gibson Center Trip Angel
- Little Angel Service Dogs
- Bergeron Technical Services: Shawn, Linda and Kate: Thanksgiving Meals
- Diane Gamache and the Pine Tree K Kids: decorations
- Chef's Bistro, for the Dine to Donate
- Ele Boarder, Open Enrollment
- Pamela Memmolo, Book Club Group and Festival of Trees
- Hannaford's
- Tina and her ukulele
- McSherry's Nursery: wreath class
- The Dining Room Elf, for fun and decorations
- Weston's Farm & Market, Gourds
- Vaughn Community Services Food Pantry & Jennifer
- Shaws, Wanda Wirling
- NH Food Bank
- Catholic Charities of NH
- Wal-Mart; Phil Spinney
- Old Village Bakery



Q and AM, servers

## Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



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603-730-5432

## OUR BUSINESS SUPPORTERS

# PHOTOS FROM RECENT EVENTS & TRIPS

Halloween, The Red Hat Club had lunch at the Gibson Center, Macomber Glass Studios, Tina, Ukulele, Veteran's Lunch, Ladies Auxiliary Waffle Breakfast and Thanksgiving Meal.



## 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.** 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. **The seat reduction date for this trip has passed, there may still be seats available, they are just no longer reserved for Gibson Center .** 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>

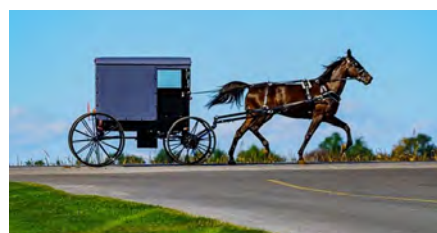


### **England, Scotland, Wales, Ireland: April 16 - 30, 2023 • 15**

**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. The seat reduction date for this trip has passed, there may still be seats available, they are just no longer reserved for Gibson Center. 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. Follow this link for the flyer. <https://www.diamondtours.com/Documents/2023/May/Flyers/GibsonCenterforSeniorServices/1994894-3A05061802.pdf>



**Lancaster Show Trip: September 18-21, 2023.** September 18-21, 2023. Explore Amish Country. Enjoy two shows: Sight and Sound Theaters *Moses*; and a show at Magic & Wonder Theater. Includes breakfast and dinner each day, with mouthwatering Amish inspired cooking. [Link to the trip flyer](#)

## 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](http://www.abundantblessingshomecare.com).

**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.