



JANUARY 2023  
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

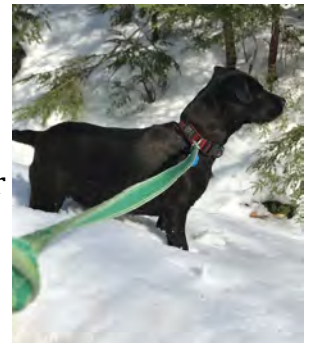
## GREETINGS FROM THE DIRECTOR

Lessons from Keira

Keira is my dog. Ireland born, Massachusetts raised and over-bred until she became mine. Almost a year ago.

I am not a “dog” person by nature so it has been a year of education for me. Poor thing still looks at me and says “Do you get me yet?”

Thanks to this dutiful animal I have seen 5:45 sunrises and 9:15 moonrises through the backlit trees. We walk the dirt roads circling my house and mostly never see another soul or car. But we remain tethered. Her 9 foot leash keeps her from bounding off to follow the scent of the deer, chipmunk or rabbit that has dared to trespass. She weaves and zigzags from snowbank to snowbank lunging ahead to capture the critter who is long gone. When she lunges she is like the horses at the Fryeburg Fair digging down deep into the dirt and pulling for all her might while I brace myself to stay balanced. She wishes for a younger me who could run or at least jog faster.



She has a good grasp of some commands and lot of words like Treats and Where’s your Ball? But no concept of Car! So we remain tethered. Her deep genetic terrier wiring demands that she will always be a working dog, hunting those varmints. I’m a working girl, too. It’s in the genetics. It’s who we are and we are paired up. I got her, she’s got me.

She reminds me to have awe and wonder at the sky, to stay eager and curious on the route, to dig deep and stay true to my nature.

Tomorrow there might not be a sunrise like this morning’s but it will be another chance to discover what might have happened overnight. I’m grateful for the lesson.

Marianne Jackson, MD  
Executive Director

HAPPY  
*New Year*  
2023

*We wish you all a happy and healthy new year!  
The Staff and Board of Directors at  
The Gibson Center.*

## **NH STATE PLAN ON AGING – GIBSON CENTER TO HOST LISTENING SESSION**

On January 17th at 12:15 following lunch, The Gibson Center will be one of only 5 in-person locations for a focus group, listening session for the development of the new State Plan on Aging. Much has happened since the last one that was pre-Covid. We've experienced huge changes in public health, access to health care, the rise of isolation and loneliness, and the exorbitant increase in housing costs. Broadband is coming to fill in service areas. How will that be distributed, affordable and used? How will seniors continue to be able to live independently with dignity and joy? What of food costs? And fuel.



This is our opportunity to influence state policy and priorities. Come lend your voice and be heard.

## SENIOR RESOURCE NAVIGATOR - RENEE WHEATON

Knowing there is someone to call when you have questions or troubles with living in place can be of great comfort. We are fortunate to have Renee Wheaton on the staff of the Gibson Center, working for you as the Senior Resource Navigator. When there are questions like how to apply for assistance, how to renew a driver's license, how to access care, how to find a contractor for repairs, or similar situations that arise, Renee is willing and able to steer you in the right direction. She has been the Resource Coordinator for Freedom for several years and is very knowledgeable about the service agencies and personnel who are here to help you. If she doesn't immediately know the answer, she will track it down! She is also the coordinator of the Stay Warm, Safe and Dry home repair program. You can reach her directly at [603-205-0909](tel:603-205-0909) or by calling the Gibson Center at [603-356-3231](tel:603-356-3231).

## NEW WORKSHOPS ON USING YOUR COMPUTER OR MOBILE DEVICE

Coming in January and February, the Conway Public Library is partnering with the Gibson Center for Senior Services to offer tech training for anyone with computer hardware and software questions. David Smolen will be leading the 6 part series at the Library weekly on Friday mornings from 10:00 to 11:30 for anyone with a desire to grow their confidence in this digital world. Participants will receive a \$25 gift card for participating in this training that uses teaching modules from Digitunity and AT&T along with personal instruction. To register contact Marianne Jackson at [603-356-3231](tel:603-356-3231) or David Smolen at [603-447-5552](tel:603-447-5552). Participants are encouraged to sign up for any or all sessions that they want. There is no cost to register. Topics include:

1. Getting Started with A Computer and Using A PC – January 13, 2023
2. Introduction To Email – January 20, 2023
3. Navigating a Website and Basic Searches – January 27, 2023
4. Basics of Video Conferencing Including Telehealth – February 3, 2023
5. Online Safety and Security – Avoiding Fraud and Scams – February 10, 2023
6. Getting the Most from your Mobile Device – February 17, 2023

Future workshops might be available depending on participants' interest and needs.

## WINTER WELLNESS CHALLENGE FOR YOU AND THE FAMILY

New Year's Resolutions usually come with determination to be more active and take our own health seriously. Carroll County Coalition for Public Health and the MWV Age-Friendly Community are hoping to inspire fun ways of achieving those resolutions using winter monthly BINGO cards with something for everyone. Points are earned for any activity completed during the month at least once, AND, if you have substitute ideas, they are welcome. Double points for doing the activity with kids. No registration is needed to download a card from the website [http://www.c3ph.org/initiatives/MWV-Wellness\\_Challenge](http://www.c3ph.org/initiatives/MWV-Wellness_Challenge). We will have several printed copies here at Gibson. Most libraries and Rec Centers are participating as well. Form a group, gather your friends. There is a Facebook page [MWV Age Friendly Wellness Challenge | Facebook](#), so you can share your photos and comments. Remember the 44 most walkable trails in the Valley are great with microspikes or yaktrax, walking sticks and a buddy. Find that list on the Gibson MWV Age-Friendly website page.

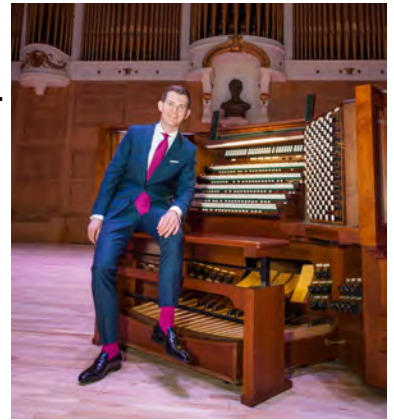


## VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

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

- **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.



## NOTE FROM THE SOCIAL SECURITY ADMIN. ON PREVENTING FRAUD AND SCAMS

We offer this information because we are asked frequently about how we can protect ourselves from Social Security scams. It applies to banks, phone companies and internet providers as well.

Caller ID, texts, or documents sent by email may look official, but they are not. Fraudsters are calling to verify information about the 2023 cost-of-living adjustment for people who get benefits. Remember, this adjustment is automatic and a beneficiary does not need to verify anything. Social Security won't ask you to provide information or money to get your benefit increase. Know that how the Social Security Administration does business with you doesn't change because it's the holidays or the New Year. You may receive an email or text about programs and services, but they will never ask for personal information via email or text.



Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use the telephone to contact you, but scammers may also use email, text messages, social media, or U.S. mail. Scammers pretend to be from an agency or organization you know to gain your trust. Scammers say there is a problem with your Social Security number or account. Scammers pressure you to act immediately. Scammers tell you to pay in a specific way. Do NOT. Here are the five most important resources about Social Security scams that you should know about:

1. Find out how to spot fake calls and emails and what to do if you get one on the Protect Yourself from Social Security Scams page at [ssa.gov/scam](https://ssa.gov/scam).
2. Learn about phone scams and how to report them to the Office of the Inspector General's Scam Awareness page at [ssa.gov/scam](https://ssa.gov/scam).
3. Read about protecting your Social Security number from identity theft at [ssa.gov/protecting-your-social-security-number-from-identity-theft](https://ssa.gov/protecting-your-social-security-number-from-identity-theft).
4. Create your personal my Social Security account at [ssa.gov/myaccount](https://ssa.gov/myaccount) to help you keep track of your records and identify any suspicious activity.
5. Visit the Fraud Prevention and Reporting page at [ssa.gov/fraud](https://ssa.gov/fraud) to understand how they combat fraud.

## OLLI OFFERINGS WITH GIBSON CENTER

Gibson continues to co-sponsor programs with OLLI - Osher Life-Long Learning Institute

- Lunch and Learn, History of Skiing in NH. Tim Whitton, the new Executive Director of the New England Ski Museum will meet us after lunch at the North Conway Museum. January 9th, come for lunch, head to the Ski Museum for the program. Program is free. Gibson bus available for those who would prefer a ride.

The other programs are OLLI classes. Sign up on their open enrollment day, February 2. These classes meet in a convenient room at the Gibson Center.

- Carl Lindblade: Winston Churchill, You Decide. March 2
- Ukrainian Egg Decorating, for beginners, March 3
- Herb Basket weaving, March 9 & 16
- Ukrainian Egg Decorating, for intermediate, March 31
- Gnome Making, sew your own, Tuesdays April 11-25

Membership in OLLI 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](http://www.oli.granite.edu) You can also call [603-513-1377](tel:603-513-1377) with questions.



## 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)

## NEW CLASS STARTS: TAI JI QUAN, MOVING FOR BETTER BALANCE

There is a new class of Tai Ji Quan, Moving for Better Balance program being offered on Wednesday & Friday afternoons, at 12:30 PM at the Madison Library. Call Jill at the Gibson Center for more information, 603-356-3231.



One of our participants from a recent TJQ class talked about how he was once again able to use his paddle board.

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.

## 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.

## NEW TO MEDICARE - INDIVIDUAL COUNSELING

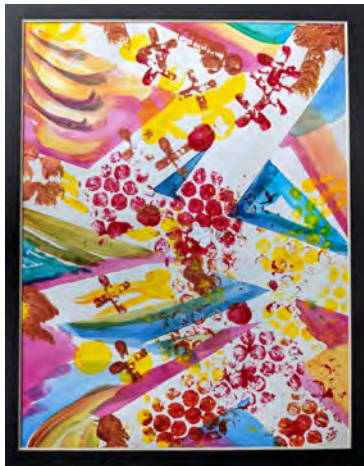
Anyone turning 65 has to make informed decisions about Medicare enrollment. It can be a daunting experience. Let our board member, Ele Border introduce you to your options in an unbiased, unaffiliated and pleasantly educational manner. She is meeting with individuals or couples for counseling sessions.



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](tel:603-356-3231) to schedule your personal appointment with Ele.

## OPENING MINDS THROUGH ART: OMA

**Opening Minds through Art, OMA, Art is on display until early January.** There is still time to view the art from the previous OMA session. Stop by the Gibson Activity Room during non-program times. (call Gibson or check out our web calendar for program times)



If you are inspired by the beautiful art, a new six session series starts after lunch on January 12th – led by Lori Stearns, our OMA Facilitator. OMA enables people to assume new roles as artists and teachers and leave a legacy of beautiful artwork.

Please sign up in advance, email [Alana.Illsley@mainehealth.org](mailto:Alana.Illsley@mainehealth.org). OMA is funded in part thru Administration on Community Living grant #90ADPI0060.

## 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**

## KILL-A-WATT-PREVENT ELECTRICITY WASTAGE

At current NH electricity rates, the average American family wastes \$150 per year in lost “phantom load” electricity. This is 1.45 kilowatt hours (kWh) per day or approximately 43 billion kwh per year in the USA. Examples of phantom loads are plugged in coffee makers with clocks, sound and TV equipment, computers and chargers – anything with a light or a digital readout.

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. NH Saves will take it away and recycle it for you! Rebates for new Energy Star appliances are available.

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.



David with Kill a watt meter

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 and saves lots more over the life of the refrigerator.

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.



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

## Silver Lake Landing Apartments

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**Contact Ken:**  
603-356-3231, Ext 112

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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 - medical resources 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



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

# SANTA GIFT EXCHANGE - A DAY OF FUN



## JANUARY SPECIAL EVENTS

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

**Happy New Year! May 2023 be a wonderful year for you!**

We are **closed** Monday, *January 2nd*.

*Thursday the 5th*, the Gibson Center will hold a Twelfth Night party at the **Stonehurst Manor Restaurant**. People will gather by the fireplace at 5PM to socialize and have a drink, we will then have a three course meal that includes salad, homemade bread, your choice of entree's and dessert. Coffee and Tea are included, as are tax and tip. People may drive themselves, and the cost is \$45. For door to door bus service the cost is \$50. Please call to sign up by January 3rd, so we can give the Stonehurst an accurate count.

*Friday the 6th*, we will celebrate the **12 Days of Christmas** in the dining room. There will be 12 gifts given, each table will have a role to play, a verse of the song 12 Days of Christmas. Come prepared to ring golden rings, or drum like the 12 drummers, as we act out the verses, while a record player plays the music.

*Monday the 9th*, join us for an **OLLI Lunch N Learn**. After lunch we will walk to the Ski Museum across the street to have a tour and hear a talk by Tim Whitton about the history of skiing. (The Gibson bus will offer a ride for any who want one).

*Wednesday the 11th*, **origami box making class** with Marsha Carlin, the artist who shared her whimsical display at Fryeburg Academy last autumn. Bring last years calendar, photographs, greeting cards, or colored paper, to make truly beautiful boxes.

Thursdays, starting the 12th, the Gibson Center will offer **OMA** (Opening Minds Through Art) classes. Please sign up for this program, as we need a minimum number of participants.

*Saturday, the 14th*, the Gibson Center bus will provide transportation to a talk entitled "**Art and the Notches**". Bob and Deb Cottrell will make the presentation at the Conway Library. Minimum number of people needed. Bus donations accepted for the ride.

*Monday the 16th*, **Gibson Closed for Martin Luther King, Jr. Day**.

*Wednesday the 18th* we will offer the **Virtual Dementia Tour**. This experience shows how people with sensory loss interpret their environment differently. The experience helps people understand what others may be experiencing, and understanding leads to compassion. Please sign up to participate in this experience. [603-356-3231](tel:603-356-3231)

*Monday the 23rd*, is **Chinese New Year**, the year of the Rabbit. Wear something red, or something featuring a rabbit!

*Tuesday the 24th*, The Gibson Center **book club** will meet. Pick up your copy of the book - Apples Never Fall by Liane Moriarty. Bring a suggestion of future books you would like to share with the book club.

**Looking ahead, save these dates:**

February 8th, **Red Parka Pub Lunch** for the Gibson Center. The first 100 people who call may sign up for a steak or fish lunch, complete with coffee, veg, and dessert, all for only \$10 (plus bring a nice tip for the wait staff who volunteer to serve us.) We will deliver Meals on Wheels on this day. The dining room will be closed.

**Valentine's Lunch** on Tuesday, February 14th. Wear Red.

**Mardi Gras** is February 21st, wear green, purple, gold, and Beads! New Orleans Jazz music played at lunch.

**Ash Wednesday** is February 22nd.

## 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.

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

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



**Ride to view Ice Sculptures:** after lunch, January 10th.

**Art and the Notches:** a weekend program presented by Bob & Deb Cottrell at the Conway Library. Home pickups available, with a minimum number of sign ups. The morning of Saturday, January 14th.

Thursday, January 19th, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. Bus donations accepted. Bring your own bags.



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

**Ride to view the Snow Sculptures:** after lunch on January 30th.

**Tap Tap Jazz:** Maine State Ballet, lunch on your own. Transportation and show, \$32 due to generosity of donors. February 4th. We still have unclaimed tickets.

**Red Parka Pub:** February 8th. Both Gibson Center buses will offer transportation, one will do the usual home pick ups, the other will meet people who drive, at the Gibson Center parking lot, for a drop off at the door to the restaurant.



**Kank, frozen waterfall ride:** after lunch, Thursday, February 16th.

**Local Bookie Wacky Wednesday:** ride after lunch, Wednesday, February 22nd.

**Peking Acrobatics:** February 27th. transportation and show, \$77. Dinner on your own. *Tickets only held by venue until 1/6/23*

**The Simon & Garfunkel Show:** Thursday, March 9th. \$78. Need 10 people by January 6th.

**The Louis Armstrong POP's Concert:** March 19th. Lunch on own. Transportation and show \$62. Need 10 people by January 6th.

**Lights, Camera, POP's Concert:** May 7th. Lunch on your own. Transportation and show \$62. Need 10 people by January 6th.

# PHOTOS FROM RECENT EVENTS & TRIPS

A Touch of Uke, Christmas Meal, St. Nicholas Day, Adaptive Technology, Bartlett Elementary School, Carolers, The Longest Night, Luminary Walk



# KUDOS - DONATIONS

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

Conway Area Humane Society  
 Pamela Memmolo, Book Club Group and Festival of Trees  
 Vaughn Community Services Food Pantry & Jennifer  
 The Gibson Center Trip Angel  
 Adaptive Technology: Joan Marcoux & Linda Beliveau  
 Little Angel Service Dogs  
 White Mountain Oil & Propane, Christmas Meals  
 Diane Gamache and the Pine Tree K Kids: decorations  
 A Touch of Uke, music for St. Nicholas Party  
 Ele Boarder, Open Enrollment  
 The Dining Room Elf, for fun and decorations  
 Shaws, Wanda Wirling  
 NH Food Bank  
 Catholic Charities of NH  
 Wal-Mart; Phil Spinney  
 Old Village Bakery  
 Eastern Propane: Turkeys  
 Bartlett Elementary School, Carolers



K Kid decorations

### Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



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## OUR BUSINESS SUPPORTERS

## 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>



**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. [Link to the trip flyer](#)



**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](#)

### **Volunteer Opportunities Link:**

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

## 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.