

Gibson Times

Valentine's Day Lunch



Greeting from the Director

Reference Letters

As a director I sometimes get reference letters that read like "Cindy-Sue was hired on March 1, 1973 and worked here until March 1, 2023 with no absences and left our services in good standing." That leaves me feeling empty and robbed.

Then there are others like I would write about the staff of the Gibson Center. The kind that tells someone you can't wait to tell them how extraordinary this person is. A statement that raises the roof of praise and provides examples so no one is left uncertain. A letter that makes the referent blush.

I recently saw two reference letters like that and loved the fact that the referent, feeling overcome, scratched her head asking, "Did I really do that? I am so humbled." It gets to the heart of the kinds of actions we take that others remember in delightful detail while we were going along being ourselves. Maya Angelou said, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." My bias is that we often forget what we said or



did but others DO remember, better than we do.

This month think about someone you have worked with or you have benefitted by knowing, and write that letter as if you were recommending them for the President's Medal of Honor, or the Nobel Prize, or the Unsung Hero Award. The award or job doesn't matter. But write it and share it. The time is now to tell our friends what we know to be true about their character, generosity, talent, attentiveness, creativity, persistence, and any number of other qualities that make them valuable and worthy. Don't be afraid - Make them blush.

Highlights

Page 2

Special Events
happening throughout
month of March

Page 3

Ongoing Weekly
Programs
Craft Fair Dates

Page 4

Day Trips
Overnight Trips

Page 5

Virtual Performances
Nutrition Month



Ukrainian Egg Decorating for intermediates

Friday, Mar 3rd & 31st

Friday, the 3rd, OLLI presents **Ukrainian Egg Decorating for beginners**, see above to register.

Sunday, the 5th, Dine to Donate – **Do Good with Chipotle's** from 4-8PM. 33% of the evenings sales will be donated to the Gibson Center when you bring [the flyer](#).

Monday, the 6th, we will bake some apple pies to auction off at our Pi Day Auction on Tuesday the 7th, **Pie Auction**. People are invited to bake a pie for us and to attend the auction and bid often! In addition to apple pies, we have



a promise of chocolate cream, and lemon meringue pies. What is your favorite? (we are offering this event a week early to help raise funds for the Valley Mr. Cash Can, which goes to support Meals on Wheels). Bob Wallstrom is our Gibson Center Mr. Valley! Come support him!

Wednesday, the 8th, **Valley Promo Nite Cap** at Gibson Center 5:30-7PM, is an opportunity for local non profits to meet each other, and learn about all the Valley has to offer. We are joined by co-hosts, Jen's Friends.

March Special Events

Snow Melt Raffle buy your tickets now until March 10th, if you choose the day the snow bank disappears, you will win 50% of the raffle. The money raised will go in the Valley Mr. Cash Can, which all goes to the Gibson Center MOW.

Thursday, the 2nd: OLLI program, **Carl Lindblade** presentation on, "**Winston Churchill, You Decide**". Program for OLLI members. (remember, the Gibson Center has OLLI memberships, please see Jill or Marianne). Must sign up for this program through OLLI. 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.



Tuesday, the 7th, **Marsha Carlin**, returns after lunch for colorful bead making. Create necklaces, decorations and trim. Please bring, as you are able, old dry cleaner hangers with paper tubes on them and/or a few of your favorite cocktail napkins. Amazing results.

Thursdays the 9th & 16th, OLLI presents **Weave an Herb Basket**, see above to register.

Sunday, March 12th, return to Daylight Savings Time, **Spring Ahead**.

Sunday, the 12th, **Bob Wallstrom** will represent the Gibson Center in the **Valley Mr. Event**. Join us at 3:00 PM for an entertaining afternoon as gentlemen from the Valley strut their stuff to raise funds and awareness for local non-profits. The event is at the Believe in Books Theater. (Bob has a cash can, which raises funds for the Gibson MOW program, donations will help him earn points, and maybe the \$500 First Prize).



Thursday and Friday the 16th and 17th, **Saint Patrick's Day**, we will serve the traditional American Saint Patrick's Day meal, Corned Beef and Cabbage. **"Sponsored by Bergeron Technical**



Services: Shawn, Linda and Kate". We are all Irish for this day, wear green! Irish music will be played in the dining room. On Friday, local raconteur, **Andy Davis** will tell his Irish Fairy Story, at lunch.

Monday the 27th, 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. Call 603-356-3231. VDT is funded in part thru Administration on Community Living grant #90ADPI0060

Tuesday the 28th, the Book Club meets after lunch. We will be reading "**The Danish Girl**" by David Ebershoff

Wednesday the 29th, Jennifer Golkowski, nurse practitioner and a certified diabetes care and education specialist (CDCES) at Memorial Hospital will present "**Food and Nutrition**" for Nutrition Awareness Month, the talk is after lunch.

Friday the 31st, OLLI presents **Ukrainian Egg Decorating for intermediates**, see above to register.

Fun Programs, Classes, Trips, and Adventures

The Gibson Center has developed a huge menu of programs for seniors of all abilities and interest levels. Much of what we do has come directly from your suggestions, so keep them coming!



Ongoing Weekly Programs

Monday	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer Tutoring	10:30 AM 12:45 PM 4:00 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 Tutoring	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 4:00 PM
Friday	Computer Classes Dr. Charlie Felton - medical resources 1st & 3rd week Chair Exercise Class Friday Painters, bring your own supplies	By Appointment By Appointment 10:30 AM 12:30 PM

2023 Gibson Center Craft and Artisan Festivals

Holiday Weekends are special at the Gibson Center because we have New England Crafters at their best! They offer fine jewelry, photography, art, pottery, stained glass, floral arrangements, candles, Skinny Towels, handmade bags, Kettle Corn, Maple Syrup products, items for your pets, soap, clothing, quilts, pillows, woodcrafts, wood signs and furniture. The Craft Fair benefits the Gibson Center for Senior Services, Meals on Wheels Program. Crafters, find the application at <https://www.gibsoncenter.org/craft-fair-rules-application/>

- **Memorial Day Weekend:** May 27th & 28th Sat & Sun
- **Independence Day Weekend:** July 1st & 2nd Sat & Sun
- **Labor Day Weekend:** September 2nd & 3rd Sat & Sun
- **Columbus Day Weekend:** October 7th & 8th Sat & Sun

Fair Hours: Saturday, 10AM-5PM; Sunday, 9AM-4PM



Gibson Center

Upcoming Day Trips

For all bus trips, please sign up, and pay in advance. Call **603-356-3231**. 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.

Thursday, March 30th, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. Bus donations accepted. Bring your own bags. The new store should be open!

The Simon & Garfunkel Show: Thursday, March 9th. \$78. Dinner on your own at Sebago Brewery.



After lunch bus trip to Settler's Green St. Patrick's Day **Scavenger Hunt!** March 17th.

Million Dollar Quartet: March 23rd. Lunch on your own at Farmer's Kitchen. Transportation and show only \$50, due to a very generous donation.

We will go to a **Maple Sugar Bush**, when the sap is flowing.

Belknap Mill Museum: The oldest standing hosiery mill, built in 1823. Join us for a docent led tour. \$18 covers admission and transportation. Lunch on your own at the "Country Cook'n" restaurant. Tuesday, April 4th.

The Gibson bus will offer **transportation to the polls** for the Town of Conway Annual Meeting, on Tuesday, April 11th. After lunch, for Conway voters.

Portland Museum has an exhibit **American Perspectives, 70 items from the Folk Lore Tradition**, including wood, paint, quilt, embroidery, and other mediums. Due to the generosity of donors, the cost of transportation and admission is only \$20. Bring a bag lunch to eat on the bus, or spend some of your time eating in the cafe or a local restaurant. Tuesday April 18th, 10AM-5PM.

Settler's Green Art Labyrinth: after lunch April 20th.

On Wednesday, April 26th we will travel to the **Lawrence L. Lee Scouting Museum**. Board the bus at 9:30AM, home about 5PM. We will stop for lunch at the **Tilt'n Diner** for lunch on your own. Due to the generosity of donors, this trip is only \$15.

Gibson Globetrotters Overnight Trips

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

2023 Trips

Ask if there is still room on the **Vermont Trip**, in May...

Spotlight on Santa Fe: September 24-29, 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. Here is the [new link for the trip](#).



Lancaster Show Trip: 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 Trip Flyer](#)



2024 Trips

Spain's Costa del Sol & Madrid: April 6-14, 2024. Highlights include Malaga, Picasso Museum, Marbella, Sentenil de las Bodegas, Ronda, Home-Hosted Lunch, The Alhambra, Madrid, Segovia, time for the golden beaches, and high speed train from the coast to Madrid. [Link to the Flyer](#)



Spotlight on Nashville: late October 2024, details to follow. Get ready to walk in the footsteps of music legends and feel the beat of the city's dynamic energy.

March is Nutrition Month

How appropriate! Lots of events and opportunities for you this month. The Carroll County Food Access Network, in conjunction with UNH Nutrition Connections, is conducting a county-wide needs assessment survey and wants everyone to participate. You can go online at <https://extension.unh.edu/blog/2023/02/carroll-county-food-access-survey>, or come to the Gibson Center for paper copies of the survey or meet with Food Access representatives here for help completing it on iPads. Everyone's experience counts.



After lunch on March 29th, Memorial Hospital continues our Health Series, with diabetes and adult gerontology specialist, Jennifer Golkowski, ARNP, who will talk to us about nutrition and diabetes prevention in older adults.

Throughout the month we will be posting articles and challenges focusing on

healthy food choices, and recipes.

FUN FOOD FACT: *The demise of local village general stores (Zeb's excluded) and rise of modern grocery stores is highly attributable to the invention of packaging! The tin can and cardboard boxes replaced barrels.*

Food Assistance

During the Covid Emergency there was an increase in Supplemental Nutrition Assistance Program (SNAP or "Food Stamps") money for eligible households. Starting this month, the benefit allotment will revert to pre-pandemic dollar amounts, causing many households to see a reduction in their monthly support.

The Gibson Center wants to everyone to be reminded that we offer a fully balanced, nutritious lunch of entree, vegetables, bread, beverage and dessert, served Monday through Friday at 11:30-12:15. Lunch for those over age 60 is by donation only and those under age 60 pay \$4.00. All are encouraged to stretch their food budgets by joining us in the congregate dining room or enjoy Grab and Go. Grandparents, parents, singles and children are all welcome.



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



Virtual Performances being shown at Gibson center

Don't miss! Though these are in a couple months from now, please sign up so we have the needed number of registrants to obtain our group rates. Don't wait.

Bach's Birthday Bash: on the Kotzschmar Organ. Tuesday, May 2nd, after lunch.

Classical Concert: Marquez: after lunch Thursday, Monday, May 8th.

The Gibson Center is offering these showings of a variety of concerts in our seven 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.

Our Web Calendar

You can view all the latest events and updates at

<https://www.gibsoncenter.org/calendar/>

Quote of the Month



Andrea Libby has been SO helpful with my computer. She has clarified things I haven't understood even though I have used a supplementary book at home. I would never have known how to upload pictures to my insurance company when I needed to submit a claim. They don't send agents anymore - they just want me to send pictures through my computer. She has helped clear up the clog of my emails. Every week I learn something new!



To make an appointment with our computer specialists to solve your computer dilemmas or just feel more competent with your devices, call Penny at 603-356-3231.

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.



Snow Sculpture Trip Photos



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 or by calling the Gibson Center at 603-356-3231.

The Transnational Elder Fraud Strike Force

The following is an excerpt from [Senior Scam Alert | EJI | Department of Justice](#)

Did you know there is a Transnational Elder Fraud Strike Force? There is and they are sounding the alarm about the most common ways scammers try to trick older adults into providing what should be private, secure information.

They have names – **The Social Security Imposter** – Falsely claiming your number and benefits have been taken, asking you to supply your number and victims may be told their accounts will be seized or frozen if they fail to act quickly. Don't.

The Tech Support Imposter – You may get called and the scammers claim they have detected viruses, other malware, or hacking attempts on the victim's computer. They pretend to be "tech support" and ask that the victim give them remote access to his or her computer. Don't.

Lottery Scammers – Imposters call to announce you have been a winner in an international lottery! "Winners" need only pay fees for shipping, insurance, customs duties, or taxes before they can claim their prizes. Victims pay hundreds or thousands of dollars and receive nothing in return. Don't.

IRS Imposters – Callers claim to be employees of the IRS, but are not. They use fake names and bogus IRS identification badge numbers. Victims are told they owe money to the IRS and it must be paid promptly through a wire transfer or stored value card such as a gift card. You don't fall for it.

Romance Scammers – Using social media dating sites, people create fake profiles to build online relationships, and eventually convince people to send money in the name of love. Some even make wedding plans before disappearing with the money. An online love interest who asks for money is almost certainly a scam artist.

Never give out personal information to a caller or send money to anyone you do not know. There is so much more information to help protect elders from abuse, financial fraud and to help with investigations and recovery. Check out [About EJI | EJI | Department of Justice](#)

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GIBSON CENTER**

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



Above photo from Heart Matters: Know your risk and learn about prevention" presentation by Memorial Hospital cardiology staff Sarah B Petersen, FNP-MSN and Sarah A Lacey, APRN-FNP from Cardiology at Memorial Hospital held on Feb 17th

Photos from Red Parks Luncheon

Feb 8th, 2023

For over 30 years, Terry O'Brien and the crew at the Red Parka Pub have invited the Gibson Center for a midwinter lunch. They feature steak or fish, dessert, and friendly staff. Many thanks!



Photos by Lisa DuFaut, Valley Promotions



Silver Lake Landing Apartments



© Tim Shellmer 2004

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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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.

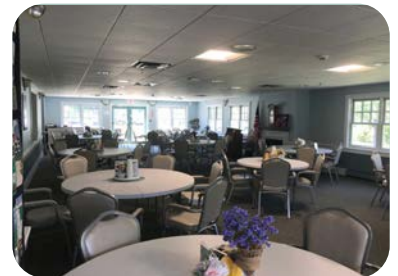


Reserve the Sprague Dining Room for your meetings – Online

The beautiful Sprague Dining room and the Glenna Mori Activity room can be reserved for members of the Valley to use for meetings and activities. Reservations for the Dining room can be easily made for available times by going to our website,

<https://www.gibsoncenter.org/product/sprague-dining-room/>

SPRAGUE DINING ROOM: The 65-seat dining room (without kitchen) is available from 8:00-10:00 am weekday mornings and again from 1:00-4:00 in the afternoon. The calendar of available times and room policies are posted on the website under Book a Room. There is a nominal fee of \$35 for the Dining room. Details and agreements are posted. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your organization meetings, presentations or club events.



GLENNA MORI ROOM: Activity Room is a 70-person seating capacity program room with projector and 7 high quality stereo surround-sound media for use by up to 20 people for exercise and dance.

The Activity Room can be requested by completing an inquiry form with a response time of 3 business days as we check for availability of this much used space.

<https://www.gibsoncenter.org/glenna-mori-activity-room/>

GENESIS HEALTHCARE MINERAL SPRINGS

Short Stay Skilled Rehabilitation
Long Term Nursing Home Care
Assisted Living / Respite Care
1251 White Mtn. Hwy
North Conway, NH 03860
Call 603-356-7294

Locally Owned / Caring Pharmacist
3631 White Mt Highway, North Conway
603-730-5432

Our Business Supporters

Kudos - Donations

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

Marsha Carlin: Box Making Class

The Lion's Club

"Healthy Heart": Sarah Petersen and Sarah Lacey,
from the Memorial Hospital Cardiology Department

Terry O'Brien and Red Parka Pub

Vaughn Community Services Food Pantry & Jennifer

Conway Area Humane Society

The Gibson Center Trip Angels

Little Angel Service Dogs

Ele Border, New to Medicare

Book Club: Pamela Memmolo, Conway Public Library

Gingerbread Helpers, Mary and Pat

Pinetree K Kids, Valentine's Day flowers and cards

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

Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



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Volunteer Opportunities Link:

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

Our Business Supporters News- letter 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.

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 and 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.

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.

