

# Gibson Times

## Mr. Valley Contest



## Greeting from the Director

Like it or not, it is a digital world and, like knowing how to swim, it's necessary that we learn how to navigate so we can survive and thrive.

How many times have you heard "Just go online..." or been told, "Simply download our 'application', 'registration', or 'survey,' ...." What seems simple to someone who creates it, is not always simple or advantageous to those of us trying to access it.

The world is moving on. There is no phone book anymore – businesses have websites with catalogues, shopping carts. If there is a phone number it may take you to a recorded voice with instructions to "go to our website www...." to enroll, purchase, ask a question, or complain about trying to reach them. It is true of our heating oil companies, doctors' offices, banks, or service agencies. I recently listened to a an NHPR segment describing how so many companies are looking for workers and so many workers are looking for jobs, but they can't get past the online applications because they don't have the right device (their cell phone is too small) or don't know how to use it.

Instead of being angry or helpless,

we can learn how to work with the new systems and make them work for us. The Gibson Center wants no



one to be left behind. Through grant funding from Spectrum, Point32Health and Digitunity, we have iPad tablets and Chromebooks to give away. We have hours of one-to-one coaching, group workshops or self-guided modules that can build skills in Zoom, web searches, downloading and uploading documents, registering for services or having a telemedicine appointment.

When I went back to grad school at age 57, I started out daunted by the computer skills required. My kids thought I was crazy! But slowly, sitting next to other students, I learned I could learn it. I had to and I wanted to. Pick your device, pick your coach, pick the thing you want to learn. And keep learning.

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Dine to Donate  
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Guest Chef



### Red Parka Pub's Gibson Center Fundrasier

Thursday Evening, Apr 13th.

# April Special Events

**Monday the 3rd:** **Fidium Fiber Internet** will offer a paid sales presentation in the Activity Room to provide a brief overview of the company, talk about what fiber internet is vs cable, and the impact that it can have on communities. There will be a demonstration on streaming and free TV programming and then question and answers. They will bring maps of locations scheduled for internet upgrades. Bring your questions.

**Wednesday the 5th:** the **Veterans Coffee** group will meet to plan for the May Cookout. Bring ideas for food, games, and your calendar, to choose the best date. 10AM in the Activity Room.

**Thursday the 6th:** **Easter lunch**, serving the traditional Baked Ham. Sponsored this year by **White Mountain Oil and Propane**. Wear your Easter Bonnet, be on the hunt for the Easter Bunny!



**Tuesday the 11th**, bring a friend to our first **Guest Chef Lunch** with special guest, **Brian Coffey**.



can give your family. By completing your Advance Directives, your family will not have to second guess your desires, **if** something catastrophic were to happen. There will also be a representative from the Organ Donor Society. The medical field has advanced, so that tissue and organs can be used from most people of all ages, and health. This presentation will help you share the gift of life, and offer peace of mind to your family.

**Tuesdays, the 11th, 18th, and 25th:** **OLLI** will offer a **Gnome Making** class. Contact **OLLI** <https://olli.granite.edu/> to register for this class. Gibson Memberships are available, see Jill or Marianne



**Thursday the 13th:** **OLLI Lunch N Learn, MJ Pettingill** will talk about saving our stories. She will give us pointers about oral and written histories and most importantly, how to get started! Sharing stories is a gift that only we can give. We each have our own unique perspective, and you would be surprised how your stories are meaningful to your family.

**Thursday the 27th:** we will have our **Vermont Pre-trip** gathering. Meet your fellow travelers. Bring your travel information (emergency contact and car information) and you will receive tips and your trip itinerary.

#### Save these Dates:

- Gibson Gala, May 11th
- AARP Speakers Bureau: Red Cross Ready, Emergency Preparedness Essentials. May 17th.



**Thursday evening, the 13th:** **The Red Parka Pub** is sponsoring another fundraiser for the Gibson Center. They will hold a **BINGO** Game that evening. The Pub is also creating a special drink of the night. Each card is \$1, and all of the money raised comes to the Gibson Center.

**Wednesday, the 19th at 10AM:** prepare for Spring Cleaning with the **AARP Presentation Downsizing & Decluttering**. This program begins by helping participants understand why keeping stuff is important to some people. Then, we'll tackle practical, easy-to-follow downsizing and decluttering tips to get your home and office organized!

**Thursday the 20th:** is our **monthly Memorial Hospital presentation**. This month the program will focus on being prepared for End of Life. This is another gift you

Please join us for

## Easter Lunch

Thursday 6th April

Easter Ham Dinner  
Scalloped Potato  
Pesto Green Beans  
Maple Carrots  
French Bread

Sponsored by

WHITE MOUNTAIN OIL & PROPANE

## 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

<b>Monday</b>	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
<b>Tuesday</b>	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week	10: 00 AM By Appointment
<b>Wednesday</b>	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
<b>Thursday</b>	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
<b>Friday</b>	Computer Classes with Andrea Libby. Call Penny 603-356-3231 Chair Exercise Class Friday Painters, bring your own supplies	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.

Friday, March 31st, 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!

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

**Belknap Mill Museum:** Rescheduled to Tuesday, April 4th. Visit to 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.

The Gibson bus will offer **transportation to the polls** for the Town of Conway, on Tuesday, April 11th. We leave after lunch, for Conway voters. ([or vote absentee](#))



Portland Museum has an exhibit **American Perspectives, 70 items from the Folk Lore Tradition**, including wood, paint, quilt, embroidery, and other mediums. Thanks 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 Public Art Walk:** after lunch on April 21st. As seen on NH Chronicles, visit the growing collection of local artists including [Kristen Pobatschnig](#) and [Rebecca Klementovich](#).

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. Thanks to the generosity of donors, this trip is only \$15.

**Corvette Doo Wop.** Join us for a Rockn' Good time! You won't be able to sit still. Friday, May 12th, we will

stop for dinner on your own at the Granite Steak and Grill. The generosity of a donor allows prime tickets for this show and transportation at only \$35. Tickets must be ordered by April 6th.

**SeaCoast Wind Ensemble.** Memorial Day weekend, our friends Jim and Karen Umberger are sponsoring the concert. Donations will be accepted for the bus ride to the show. Sunday, May 28th. Call for a ride from your home!

**Tusk: The Ultimate Fleetwood Mac Tribute,** Saturday, June 3rd, we will stop for dinner on your own at the Granite Steak and Grill. The generosity of a donor allows prime tickets for this show and transportation at only \$35. Tickets must be ordered by April 6th.

**Lupine, Polly's Pancakes,** tour of the notches, June 14 & 20. Lunch on your own. Only \$15 due to generous sponsor.



**John Davidson, Gibson Night at Club Sandwich,** Friday, June 23rd. Due to the generosity of donors, this trip is only \$35, for the show and transportation.

### Other trips to pencil in, they need sign ups for tickets

- The Everly Set at Club Sandwich, 7/13, \$35
- MWV Band, free. Gibson Night 7/18, 7/11, 8/1
- Agatha Christi at the Barnstormers, 7/27
- White Mountain Museum: Old Man of the Mt. 8/23
- Hansel & Gretel Ballet, 8/5 \$30
- The Diamonds at OOB 8/8 \$32
- Carpenter Tribute at OOB 8/15 \$32



# 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

There is still room on the **Vermont Trip**, in May...\$415ppdo. Additional sign ups until April 7th. Full payment at that time

**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 South Dakota:** September 13-20, 2024. Six nights in Rapid City with day tours to Mt. Rushmore, Crazy Horse, Bad Lands, Devils Tower, Wall, Deadwood, as well as a lot of wild life along the way.



## Mr. Valley – Bob Wallstrom

On March 12, Bob Wallstrom represented the Gibson Center at the Believe in Books Theater as our contestant for Mr. Valley. He chose the Gibson Center out of a huge number of eligible non-profits because of the acclaimed impact we had on a dear friend of his.



We have gotten to know Bob who came to be our auctioneer at the Pi Auction (had never done that before!) and promises to come play music with his friend Paul Ray at one of our Arts for Lunch performances. Great thanks to Bob and to all the Mr. Valley contestants.



## 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

*On Ele Border, providing New to Medicare counseling: "Everybody loves Ele. She is a jewel. Her approach to explaining Medicare is so knowledgeable, compassionate and thorough. It just isn't the same answer for everyone and she took the time to ask me questions so we could get the right answers. She walked me right through it. She really knows her stuff."*

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.

## Get Ready for the Gibson Gala: Celebrating Seniors

Plan now to be at the Majestic Theater in Conway Village on May 11th at 5:45 for the Gibson Gala- Celebrating Seniors event. Renowned radio host Laura Knoy, previously the moderator of NHPR's The Exchange, will moderate a panel of Valley celebrities. On stage will be artist, musician and actor Mary Bastoni, judge and mediator Peter Fauver, coach and mentor Bernie Livingston and Jen's Friends Board member, Barbara Theriault for a night of joy and laughter. Come be inspired by their talent, dedication and influence. This is who we are! The night will include a Silent Auction, scrumptious hors d'oeuvres by Chef Blodgett, cash bar and a chance to join with everyone who makes this Valley a remarkable place to live.

Tickets are on sale now online at <https://www.conwaymajestic.com/> or by calling the Gibson Center at **603-356-3231**. Sponsors include Settlers Green OVP, Northway Bank and Cooper Cargill Chant, PA



Laura Knoy



## Dine-to-Donate: Gibson Center Benefit

Terry O'Brien, and the Red Parka Pub are at it again! They have organized another benefit for the Gibson Center. This month, on April 13th, there will be BINGO at the Red Parka. BINGO cards are \$1 each, and all proceeds go to the Gibson Center. The bartender will also create a special drink for the evening, and a portion of the sales of that drink will also go to benefit the Gibson Center Meals on Wheels program. The game starts at 5:30PM. Join us for the fun!

# Guest Chef Inaugural

Board member and long time Valley Chef and caterer, **Brian Coffey**, is providing one of his signature meals for our Congregate diners on **April 11th at 11:30**. He is planning his fabulous New England Clam Chowder, Cranberry Pot Roast with Maple-Glazed Carrots, and Garlic Mashed Red Bliss Potatoes topped off with Apple Brown Betty with whipped cream for dessert. Bring your appetite.



This begins a series of **Guest Chefs** at Gibson Center. The chefs are well known and give back to the community in a variety of different ways. All are Certified Executive Chefs and part of a national organization called the American Culinary Federation. Brian notes, "We have all lived and worked in the valley for a long time." Bryant Alden, who is the culinary instructor at KHS will be the guest chef in May. He is also going to bring his student culinary team from the high school who just competed in a statewide culinary competition in Concord as part of the ProStart program sponsored by the National Restaurant Assoc. Brian hopes, "The Guest Chef program will increase the visibility of what great things the Gibson Center does for our senior friendly community."

We are honored and thrilled to have these extraordinary chefs join us. Don't miss it.



**Cupcake Battle, Gibson Book Club won the best display**



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

# Photos from recent Trips and Events

Ukrainian Egg Decorating Class, OLLI, Pie Baking, Saint Patrick's Day Lunches, Settler's Green Leprechaun Scavenger Hunt, Dottie Fall visit!



## 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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## 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.



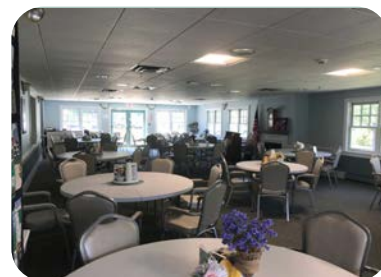
Photo from OLLI Basket Weaving Event

## 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**



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603-730-5432

Our Business Supporters

# Kudos - Donations

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

OLLI presenters

Marsha Carlin: Bead Making Class

Bob Wallstrom, Valley Mr. Gibson Center representative and Pie Auctioneer!

Pie Bakers!

Valley Promotions Nite Cap, & Jen's Friends

Bergeron Technical Services: Shawn, Linda and Kate

Jennifer Golkowski, Memorial Hospital presentation

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,

The Dining Room Elf, for fun and decorations

Vaughn Community Services Food Pantry & Jennifer

Shaws, Wanda Wirling

NH Food Bank Catholic Charities of NH

Wal-Mart; Phil Spinney

Old Village Bakery

Computer Tutors: Richard Faucher, Andrea Libby & Mark Smith

## Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



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Our Business Supporters



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

## 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](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 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 Ferreria, 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.

