

Gibson Times

Mother's Day Lunch



Gibson Gala Praises Seniors



Photo from Gibson Gala Night

On May 11th we held our successful Gibson Gala at the Majestic to Celebrate Seniors. Host Laura Knoy said of the audience, "These people are the best! They came to be joyful." And they were. Friendships were rekindled, stories were told and we were treated to words of wisdom from the panelists: "I am not just a coach. I am a person who does many things. I am a person who coaches and will do it until I can't but I am not defined by it." You always get to create and express yourself – there is no right or wrong. Paint, sing,

act without judgement." "There is a transition from working to retirement but you find your place and stay involved and give back," "Waking up the day after retirement was FREEDOM. I now do what I want with Jen's Friends. I've earned every grey hair I proudly have."

The messages resounded with the joy in volunteering, being of service in work or play, mentoring others and staying engaged. There were wonderful compliments about the Silent Auction and the scrumptious hors d'oeuvres. For anyone who missed it, we hope to have an ability to broadcast the recording – stay tuned.

NH Gives June 6-7, 2023

The Gibson Center is happy to be one of the local non-profits participating on June 6th and 7th in the annual NH Gives campaign. NH Gives – an initiative of the NH Center for Nonprofits – is a powerful, statewide 24-hour online fundraising event that is designed to build community, connect donors to local nonprofits and generate excitement about the nonprofit sector. Save the link: <https://www.nhgives.org/organizations/gibson-center-for-senior-services>



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June Special Events



Tuesday The 6th: World Doll Day celebrates the idea of a doll delivering a universal message of love and happiness. The day also encourages you to give someone a doll, especially to a child that does not have one. Doll dresser and maker, **Jeanie Seig** will make a presentation about the dolls we might have, how to identify them, and how to pass them along. Bring your dolls to show!.



OMA Art on display in the Activity Room now through the first week of June. Stop in to view the beauty!



Thursday, the 1st, Plant Swap. Bring in extra plants, and swap them for someone else's extras. (flowers, herbs, veggies) Start a Friends' garden with varieties from friends and neighbors.

Monday the 12th, Pollinator Friendly Yard, Learn how you can help make your property more appealing and beneficial to native pollinators. Pollinators are vital to our food system, and with research showing significant declines in native species, we can all help native pollinators as we landscape our properties. Expert Wendy Scribner, Natural Resources Field Specialist with UNH Cooperative Extension, will share first-hand research experience and examples of how to create habitat for native pollinators.



Tuesday, the 13th: Volunteer Appreciation Luncheon. We will be serving our many volunteers in the dining room so it will be closed for all others as we celebrate the contributions from the people who give so much time and talent to the Gibson Center. **MOW will be delivered this day.** (If you want to ride the bus to golf, sign up when you RSVP)

Bike Week, be on the look out for a lunch time visit!

Friday the 16th: Father's Day Lunch, there will be a special meal, and we are planning a surprise for everyone who comes to eat lunch this day. Hope it doesn't rain!

The Gibson Center will be closed for the Day on **Monday the 19th.**

Tuesday the 20th: Guest Chef Gary Sheldon will share a 3 course traditional BBQ lunch. Invite your friends, but arrive early!



Friday the 23rd: Art for Lunch, The DellaValla Bluegrass Trio: Molly (guitar), Joseph (banjo) and John DellaValla (fiddle). Local Jackson family trio that has performed at the Majestic with

the Cold River Radio show and at the Wildcat Tavern. You will be amazed.

Tuesday the 27th: Book Club, meets after lunch, we will be discussing **Night Train to Lisbon** by Pascal Mercier

Thursday the 29th: Longest Day, Alzheimer's Association Awareness and fund raising. Food auction in dining room, game day, cribbage, Rumikubes, canasta, as well as croquet, yard darts and corn hole.

- For people who love to hike, there is a group who are all climbing a different one of New Hampshire's 48 4000'ers. For more information, [follow this link](#). You can choose any day in June or July

Friday the 30th: Fraud Awareness Workshop Staples techs Leigh and Monica, say that seniors who have fallen for Scams, are nearly 80% of their work. They would like us to become better educated. Michele Brooker from Northway Bank, will describe

- The impact fraud has on us
- Common fraud trends impact on our communities
- How to spot a scam
- How to avoid becoming a victim
- How to report a scam

Looking Ahead:

- **Monday, July 3rd,** we will have a dance after lunch.
- **Tuesday, July 4th,** Gibson Center closed.
- **Go to Summer Camp, July 17-20.** Join the NCCC camp for their Art Week. Work with student campers to make props for and be part of the play Candy Hearts for Breakfast. Please sign up to participate!
- **Wednesday, August 30th,** AARP Driver Safety 6 hour class



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	Quilt 2nd & 4th weeks Gameday General 1:1 Computer Tutoring	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 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/>

- **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.

All trips this season have reduced rates due to the generosity of program sponsors.



John Davidson, Gibson Night at Club Sandwich

Day Trip on Friday, June 23rd



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

Tusk: The Ultimate Fleetwood Mac Tribute, Saturday, June 3rd, we will stop for dinner on your own at the Granite Steak and Grill. Trip is presently full, but join the wait list for a possible cancellation.

Lupines and Polly's Pancakes, tour of the notches, **June 9th & 14th**. Lunch on your own. Only \$15.



John Davidson, Gibson Night at Club Sandwich, Friday, June 23rd. Only \$35, for the show and transportation.

NH Boat Museum, Wednesday, June 28th. \$19 for transportation and entrance. Lunch on own at Village Kitchen (cash only).



Woodman Museum where science, history and art come together. Friday July 7th. \$20. Lunch on your own at the Farmer's Kitchen.

The Everly Set at Club Sandwich, Friday July 13th, \$35 Playing music of the Everly brothers, who influenced artists from the Beatles to Simon & Garfunkel



Barnstormer's Agatha Christie, The Stranger. Thursday July 27th. \$40. Dinner on your own at the Ossipee Station.

Maine State Ballet Hansel & Gretel: Saturday, August 5th, only \$30. Lunch on your own at Foreside Tavern.

SeaSide Pavilion The Diamonds, Tuesday, August 8th. Only \$32. Dinner on own at Ken's.



The Diamonds

SeaSide Pavilion The Carpenter Tribute, Tuesday, August 15th. Only \$32. Dinner on own at Ken's.



Carpenter Tribute

Other Shows that need sign ups for tickets:

- Mount Washington Haunted Winnepesaukee Full Moon Cruise 9/28 \$79 (includes dessert buffet). Dinner on own at Village Kitchen.
- Magic of Christmas 12/8 \$50

Other trips to museums, and scenic tours

- **MWV Band**, free. 7/11 (Gibson Night 7/18), 8/1
- **White Mountain Museum: Old Man of the Mountain.** 8/23. Bus donation
- A day at **Crescent Beach** 8/31 \$15
- **KHS 100th Anniversary** 9/22 bus donation
- **Strawbery Banke** 10/10 \$25 Lunch on your own at Liberty Fare

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

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. Deposit of \$75 now accepted.



[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 13-19, 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. [Link to the Flyer](#)



Volunteer Appreciation Lunch and Fun

We could not begin to do what we do without our Volunteers. Every day you all provide Meals on Wheels, serve the congregate diners, run the Thrift Store, assist in and teach programs, computer literacy, New to Medicare, Advanced Care Planning, offer Arts for Lunch and so much more. This represents hundreds of hours of giving.



It is our turn to serve you. We are inviting all volunteers to join us for lunch on June 13th, followed by a game of Pirates' Cove Miniature Golf (weather permitting, of course). Please let us know if you can join us so we can make reservations.

The Dining room will not be serving regular lunch that day but Sharon will be driving the bus to a lunch destination yet to be determined.



Updates from Stay Warm, Safe and Dry

Renee and Adam continue to amaze us with their impact helping individuals continue to live safely in their own homes. This month I had a First Responder who attended a call and noticed the remarkable number of grab bars in the home. When she asked about it, a family member exclaimed – “Yes, that was Adam from the Gibson Center who made it possible for Dad to come home.” Now we are sending our brochures and materials to all the town rescue squads who know who is at risk of falls. We also had the joy of receiving two emails on the same morning – one offering a handicapped accessible metal ramp, followed a couple hours later by an email to Renee through the Gibson Center, asking for a ramp. Wow.

If you know any senior homeowner who needs home modification or repair, please have them contact Renee at 603-205-0909 or staywarm@gibsoncenter.org

Our Web Calendar

You can view all the latest events and updates at

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

Quote of the Month

“The Lunch and Learn (Can You Hear me Now?) was incredible. It was awesome with so much valuable information....Tell the Gibson volunteers and staff that many really enjoyed lunch. My best guess was that there were 74 people! I believe having this partnership program made it successful.”



Greetings from the Director

By now you all know I am deeply committed to everyone having computer access and literacy because we are living at a time when having access to online information, appointment scheduling, applications and social connections is essential. Like knowing how to swim, we can't rely on someone else to carry us. But also, like swimming, we need to be alert and careful. There are dangers out there.

I am alarmed by the number and complexity of online fraud schemes and scams. The FBI Criminal Investigative Division collects thousands of reports DAILY that show that there was an 84% increase in financial losses among the elderly last year alone. Monetary losses last year among those over age 60 totaled \$3.1 Billion nationally.

The most common and damaging scams come as “Tech and Customer Support” schemes, in which callers, texters or emailers pretend and emotionally scare you into thinking that you need urgent repairs and ask for access to your passwords and computer or accounts. Now they have access to credit cards, bank accounts, and private information that you have stored. Stop. Never give out your passwords.

Almost as costly are fraud schemes that involve cryptocurrencies. If you do not know what they are, do not invest or enter into agreements using cryptocurrency.

Become informed on how to navigate between the essential benefits and the frightening scams. The Gibson Center in conjunction with Northway Bank and Staples will be sponsoring a program on Scams and Fraud on June 30th. We will also regularly post common fraud stories we have heard. Please report any internet fraud to the FBI at (202) 324-3000, or online at www.fbi.gov or tips.fbi.gov and Contact the Internet Crime Complaint Center (IC3) online at www.ic3.gov

Together we can counteract fear and safely use the internet.

Older Adult Volunteer of the Year Award!

Phyllis Sherman has been selected to receive the 2023 Older Adult Volunteer Award for Carroll County! Presented annually by the New Hampshire State Commission on Aging, the award recognizes one or two individuals over the age of 60 in each county who has made a significant contribution to their community as a volunteer.

In one year, Phyllis drove over 283 hours to deliver 1,750 meals covering over 70 miles each trip on pot-holed, rutted roads from North Conway to Chatham and back. She also gives selflessly from Sherman's Farm where she has lived for 58 years with the kids and grandkids. Her fresh vegetables go directly into our meals.

Phyllis was honored at a special awards ceremony at the State House with Governor Chris Sununu. We are exceptionally privileged to have Phyllis volunteering for us.



Guest Chef continues with Gary Sheldon

Our Guest Chef of the month continues on **June 20 at 11:30am** with Gary Sheldon. All of the Guest Chefs are Certified Executive Chefs and part of a national organization called the **American Culinary Federation**. The Gibson Center was presented with a \$500 by the Local Federation. We were so grateful to have been honored with this support and the gift of their cooking.

For June 20, at the Sprague Dining room, Chef Sheldon plans an appetizer of Pork Sliders, followed by BBQ Spare Ribs, Baked Beans, Cole Slaw, Potato Salad and Strawberry Shortcake for dessert. This special menu highlights the season and his culinary talents. Please come join us.

New Class starts. Tai Ji Quan, Moving for Better Balance

There is a **new class** of Tai Ji Quan, Moving for Better Balance being offered in Madison. It will be held at Silver Lake Landing, at 1PM on Wednesdays and Fridays starting July. 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 people with balance challenges 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.



Photo from
Portland Museum of Art

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GIBSON CENTER**

Please call for information about future
presentations

1-800-370-5010

Help for Low-Income Property Tax Relief

Renee Wheaton, our Senior Resource Navigator will be available on June 5th and June 23rd to assist anyone with their application for the tax relief program. Please make an appointment with Penny at 603-356-3231.

You must own a home subject to the state education property tax; have resided in your home on April 1 of this year; have a total household income of (1) \$37,000 or less if a single person or (2) \$47,000 or less if married or head of a New Hampshire household. You will need your final property tax bill, showing the “net” assessed value of your home and a copy of your federal tax return for each claimant and all adult members of your household for the corresponding period.

You will also need the MAP and LOT number (which are printed on the property tax bill), home location, and the net assessed value.

Monthly Nutrition Notes – Vitamin D

Vitamin D is both a nutrient we eat and a hormone our bodies make when the skin is exposed to sunlight. It is critical for maintaining bone strength. Over the last several years, we’ve learned it also reduces cancer growth, helps immune health and reduces inflammation. In addition to your Covid 19 booster, Vitamin D helps fight Covid 19, respiratory viral illness and flu. What’s not to like?

We are all at risk of vitamin D deficiency because we live in a low sunlight northern state. Other risks of Vitamin D deficiency include dark skin tone, obesity, old age and genetic variants.

The daily requirement for vitamin D is at least 600 IU for all under 70 years, and **800 IU when older**. ALERT!! Most people don’t get enough. The average daily intake of vitamin D from foods and beverages is only about 200 IU in men and women, increasing our risk of fractures and cancers.

Sun exposure for people in northern states is often not enough. Luckily, we can get vitamin D from delicious foods high in natural vitamin D including egg yolks, tuna, rainbow trout, salmon, white mushrooms, and sardines. Foods commonly fortified with extra Vitamin D include dairy products, breakfast cereals, and orange juice. Read labels. Vitamin D can also be taken as a supplement but should only be taken to a maximum of 4,000 IU per day to avoid toxicity, unless your doctor advises you differently for therapeutic reasons.



Dine-to-Donate/Gibson Benefit



FlatBread Fundraiser for the Gibson Center

Invite your family and friends to eat at **FlatBreads on Tuesday, August 1st from 4-8PM**. A percentage of the sale of each pizza will be donated to the Gibson Center. Eat in or order for take out. Bring our friends and family. Drop ticket auction always has whimsical and valuable items.



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: Gnome Making

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/>

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Our Business Supporters

Photos from recent Trips and Events

Mother's Day Lunch, Gibson Gala



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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Kudos - Donations

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

Gibson Gala: The Majestic Theater, Laura Knoy, Mary Bastoni, Peter Fauver, Bernie Livingston, Barbara Theriault

Guest Chef, Bryant Alden and 4 of the Kennett High School culinary students.

Art for Lunch: Natalie MacMaster and Donnell Leahy

Altrusa: 2nd Tuesday volunteers, Emergency Medical Info packs.

OLLI presenters

The people who donated plants for Mother's Day

Mother's Day Fudge: Debbie and Alyce

AARP Speakers Bureau

Memorial Hospital Presentation: Joan Marcoux & Stephanie Strong

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 volunteers, for making us feel special

Vaughn Community Services Food Pantry & Jennifer

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.



Stephanie Strong & Joan Marcoux



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Volunteer Opportunities Link:

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

Our Business Supporters 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.

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.

