

# Gibson Times

## Volunteer Appreciation



## Greetings from the Director



In Charles Mackesy's delightful small book titled "The Boy, The Mole, the Fox and the Horse," we hear the mole ask the boy what he wants to be when he grows up. His answer, "Kind."

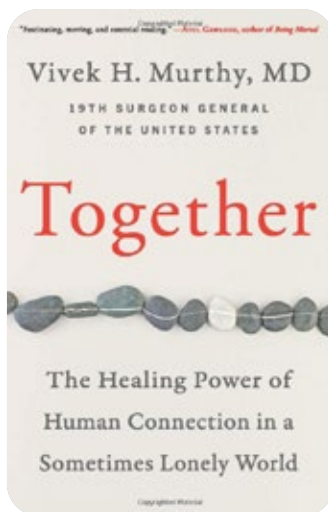
A while back we heard a lot about Random Acts of Kindness as a means of taking small steps to spread joy and gratitude among those we meet in our every day lives. I haven't heard as much recently as I would like. So let me bring it to our attention again because even if it isn't a new idea it is powerful.

It takes so little to be kind. A sprinkle of generosity, a moment of attention, a dash of hope, and a smidgin of comfort. It doesn't cost us much except slowing down and

looking around for the opportunities that are always right in front of us.

Charlie Macomber (in an act of kindness itself) dropped off the former Surgeon General Vivek Murthy's book for me – **Together: Loneliness, Health and What Happens When We Find Connection.** It is a must read for us all because we are all vulnerable to the devastation of loneliness, even in a crowd. He sets out 4 particular strategies to protect ourselves from loneliness that in summary are:

- Spend time each day with those you love (even 15 minutes)
- Focus on each other (stop multi-tasking)
- Embrace solitude (find your own feelings)
- Help and be helped (it provides value and purpose)



Bundle these up with kindness and we have a deeply enriched world with fewer barriers, much less suffering and lots of reasons to be alive.

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# July Special Events



Craft Fair

**Monday The 3rd:** Join us for a **Full Moon Dance**, after lunch. We will play music for ballroom dances, as well as line dances. If you have a favorite CD, bring it along and we will play a song or two.



Visit the **Holiday July 4th weekend Craft Fair**, July 1 from 10-5, and July 2 from 9-4.

**The Gibson Center** will be closed for the Day on **Tuesday the 4th**.

**Art for Lunch: Thursday the 6th: 40% of the Saturday Night Boys.** Guitar, harmonica, and vocals, playing the music from the 70's and 80's. invite your friends and family for lunch!



**Monday the 10th: Walking Tour of Wales Slide Show**, after lunch. Gibson Center director, Marianne Jackson recently hiked 80 miles of Wales. Join us for a slide show, of green pastures, ancient fortress castles, vistas and delightful people.



**Wednesday the 12th: Cone for a Cause** at Trails End in Intervale. Stop in for ice cream, and 10% will be donated to the Gibson Center.

**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 the 26th Vermont Slide Show.** Join us after lunch, whether you traveled with us, or want to travel vicariously!

## Looking Ahead:

- **Gibson fundraiser:** August 1st, FlatBread Dine to Donate.
- **Safe and Smart Home EXPO:** August 1st, 3-8 PM at the Farmer's Market
- **Wednesday, August 30th, AARP Driver Safety 6 hour class**



## 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**

## 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 New to Medicare paused for July and August (Appointments resume in September)	10:30 AM 12:30 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>	Quilt 2nd & 4th weeks Gameday General 1:1 Computer Tutoring	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

## Monthly Nutrition Notes: Summer time Recipes

Summer is a great time to introduce new tastes and colors to our menus. Whether you shop in the regular supermarkets, at farmer's markets or online, there are fresh fruits, berries and vegetables worth taking a special look at and giving a try. In the US, we are somewhat spoiled in by having access to many foods all year round that normally are seasonal or limited to certain geographies like kiwi, strawberries, tomatoes, melons and asparagus, but the more fresh offerings of summer revive our taste buds with the authentic flavors and sweetness.

Check out this website <https://www.nutrition.gov/recipes/> search for ideas of combinations that will spark your imagination and feed your soul as well as your body. Bring us or send in your recipes that use local, fresh fruits, berries and vegetables and we will post them in next month's newsletter.



# 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.



Old Man of the Mountain on Aug 23rd.



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

Monthly trip to **Brownfield Market** after lunch on July 28th.

**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 Mountain View 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



Carpenter Tribute

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

### 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.
- Sound of Music 11/30 \$100 Portsmouth Music Hall
- 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**



Liberty Fare

## Dine-to-Donate: Gibson Benefit

### Cone for a Cause

It's a special summertime treat! Join us at the Intervale location of Trails End Ice Cream on Wednesday, July 12th. Thanks to owners, Nancy and Rob Clark, we will receive 10% of the days sales to the Gibson Center.



### 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 your friends and family. The drop ticket auction always has whimsical and valuable items.



# 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

### 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](#)



**The Ark Encounter:** October 20-26, 2024. \$965ppdo. Spend a day touring the life size recreation of Noah's Ark, built to the specifications in the Bible! Also visit the Creation Museum, and the Cincinnati Museum in Ohio.



## Help for Bob Wallstrom

We were blessed this spring by Bob's generosity when he chose the Gibson Center to represent in the Mr. Valley contest sponsored by MWV Promotions. Bob may not be widely known to everyone but he touched us with his humble charm. Never having done it before, he became the auctioneer on Pi Day of our 35 pies. He spent time getting to know us and had promised to come back and play guitar with Paul Ray. In June he was in a terrifying car accident in Brownfield suffering burns and life-threatening injuries. We ask that you take this moment to go to his GoFundMe page and help support Bob and his wife with their burgeoning medical bills.

Fundraiser for Jennifer Wallstrom by Beth Phelps : Bob and Jen Wallstrom need our support <https://www.gofundme.com/f/bob-and-jen-wallstrom-need-our-support>

## Our Web Calendar

You can view all the latest events and updates at

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

# Kennett High School

## 100th Anniversary

Kennett High School is celebrating its 100th anniversary in September. On Friday September 22nd there will be a showing of "The Conway Boy" and the "Conway Girl" at the Majestic Theater.



Afterwards there will be a parade through Conway. We will enter the Gibson Center bus in the parade, and offer transportation to the Friday evening events (movies, parade and food trucks).

We will be planning the decorations for the bus, and have a lottery to determine who will get to ride in the parade. Perhaps Kennett graduates from the earliest years?

Do we have any members who graduated the 40's, 50's, ? Please call to offer to help with the decorations, and to sign up to ride on the bus. **603-356-3231**

## Quote of the Month

*Phyllis Sherman, won the NH State Senior volunteer of the Year Award for Carroll County for her thousands of miles driven delivering Meals on Wheels. She noted “This is a great community and I enjoy volunteering and helping out the Gibson Center – it’s a wonderful resource. It’s nice getting to know people and hear about their families. Some people are lonely so I know it means a lot to them when we talk.”*



## 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 10AM on Mondays and Thursdays 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 Vermont Trip, at the Quarry

# NEW: Dr. Charlie Felton offers Health Information Counseling

Everyone has the right to health care information that helps them make informed decisions.

While true, it is often hard to decipher truth from hype in the digital healthcare world of misinformation and advertising claims. We are very fortunate to be able to partner with the Conway Public Library, and retired physician, Dr. Charlie Felton, to offer one to one sessions to help people find health care information that will help in making clear, rational, informed decisions. Dr. Felton will help you:

1. Access and evaluate health care websites and articles
2. Understand health care research and claims
3. Understand preventive medicine tests and your choices
4. Understand diseases or medical conditions

These sessions will not entail any personal medical advice or interpretation of individual medical results. This service is provided with the purpose of enhancing access to good healthcare information and helping you use the healthcare system most effectively.

These sessions will be by appointment only by calling **603-356-3231** or **603-447-5552**. Some evening appointments available.



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## Conversations about Senior Resources in the Valley

On July 28th, there will be an open forum from 10:00 AM to Noon at the previous Cannell's Country Store at the Scenic Vista (courtesy of Rob and Nancy Clark) to focus on the services needed for seniors to stay living independently in their homes in the Valley. A large topic for discussion will be transportation needs and solutions. We will have our Region 2 Mobility Manager – Scott Boisvert – introducing a new vehicle inspections and repair program, a bicycle coop project, new volunteer driver initiatives and more. Additionally, there will be representatives from Tri-County CAP, RSVP, and the Gibson Center to listen to your needs and suggestions.

Other important topics will include home modification for ease of mobility and safety, food security, telemedicine, social connectedness and emergency preparedness. It is our hope that seniors and the adult children of more elderly parents will come engage in this conversation to help us meet your needs. This forum will be led by Renee Wheaton, Senior Resource Navigator for the Gibson Center and will hopefully be replicated in other towns across the Valley.

### 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**

# Safe and Smart Home EXPO – August 1st

On August 1st, the Gibson is thrilled to be hosting the Safe and Smart Home Expo at the Farmer's Market at the North Conway Community Center from 3:00-8:00 PM. Thanks to a Community Challenge Grant from AARP we are able to bring the Smart Home on Wheels from Oak Hill Conn. to be our centerpiece. This tiny home has been outfitted with adaptive and assistive technology to enhance independent living for people of all abilities and disabilities. Visitors will be guided through demonstrations of eye-movement controlled environment regulators, voice-activated security and lighting systems and so much more.

Also on hand we will have Occupational Therapists with checklists for home safety, Renee Wheaton who is the coordinator of our Stay Safe, Warm and Dry home modification program, experts from AARP in HomeFit and Making Room, MWV Housing Coalition with demonstrations of ADUs and Sally Jo Pollard from Milford Flooring talking about universal design.



Having safe, affordable senior housing is not just about building more units. We strongly believe being safe, secure and happy in the homes we live in now is achievable with forethought, innovation and planning. We are pleased AARP supports these concepts.

## Volunteer Appreciation





# 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.



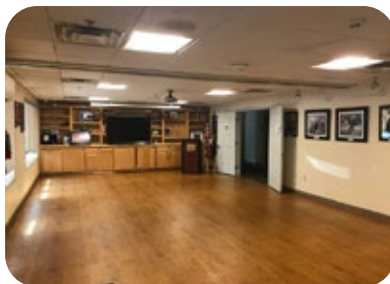
Photo from Plant Exchange

## 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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Our Business Supporters

# Photos from recent Trips and Events

Memorial Day, Art for Lunch: Natalie MacMaster and Mary Frances Leahy, Guest Chef: KHS Culinary Program, World Doll Day, Lupine Trip, Volunteer Appreciation Luncheon, Believe in Books Sound of Music Cast, Della Valla Blue Grass Trio, Longest Day, DHHS Town Hall



## Our Business Supporters



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# Silver Lake Landing Apartments



Located on the shore of Silver Lake in Madison, NH. Vacancies occur occasionally, call Ken to inquire or to be put on the waiting list

Contact Ken: 603-356-3231, Ext 112

# Kudos - Donations

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

**Pollinator Friendly Yard:** Wendy Scribner

**Low/moderate Property tax assistance:** Renee Wheaton

**Doll Day:** Jeanie Seig

**Volunteer Appreciation:** Starbucks, Josh @ Midas, Jen H @ Lindt Chocolates, Domino's, Wildcat in Jackson, Mike Santuccio, White Birch Books, The Met in North Conway, Believe in Books, Josh @ Pirate's Cove, And of course Altrusa.

**Guest Chef,** Gary Sheldon

**Art for Lunch:** DellaValla Bluegrass Trio: Molly, Joseph, and John DellaValla

Altrusa: 2nd Tuesday volunteers

**Table Centerpieces:** Michelle Wilson

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.



Doll Day: Jeanie Seig



Altrusa, Volunteer Appreciation

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# 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](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.

**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.

