



Proudly Serving Senior Citizens Since 1979

# Gibson Times

## Cone for a Cause



## Greetings from the Director: A true Valley story

On the hot evening of Cone for a Cause, sponsored by Nancy and Rob Clark of Trail's End Ice Cream, Jill and I were sitting at our Gibson benefit table.

A family including grandparents, daughter and two teenage kids came to have a summers evening cone. Gwen, the grandmother, came and sat near me on the bench and of course we got talking about their trip from Alabama that was fraught with flight delays, flood detours, washed out adventure plans on the Saco, etc. After I tried to cheer them a bit I asked them where they were staying. Notchland Inn but they were in trouble because the inn keepers hadn't gotten their message that they would not be able to be there for their reserved dinner. No cell service, texts not going through, miscommunications up in the Notch and they felt terrible. I said, I know Ed and Les, and they are wonderful people and of course you and they are disappointed but it will be alright. We chatted along about Gibson, Meals on Wheels, making friends, HomeSharing and all of this while waiting for their luscious ice cream cones. We parted as newly made friends.

Next morning when I went to go ask Karen a question in the Thrift Store, low and behold, who happens to walk into the store but the Alabama family - happy, no longer in trouble, glad they came to the Valley and making plans to return. They shared their names and numbers for me to make plans to visit near Pensacola.

The message for me - we in the Valley are connected and no one needs to be a stranger for long.

## 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.



## Highlights

Page 2

Special Events  
happening throughout  
month of August

Page 3

Ongoing Weekly  
Programs  
Craft Fair Dates

Page 4 & 5

Day Trips  
Overnight Trips  
Safe & Smart Home Expo  
OLLI & the Gibson Center

Page 6 & 7

Ongoing Services  
Nutrition Tips  
Grateful for MOW

# August Special Events

Tuesday the first is quite a day!

## 1. Flatbread Fundraiser:

- Our local Flatbread restaurant, gives us money for every Flatbread sold. Invite your family and friends to enjoy the delicious Flatbread.
- Sharon will run a bus to the event, call for a ride.
- Karen always has amazing and surprising drop ticket raffles items.

## 2. Safe and Smart Home Exhibit at the Farmer's Market

- Invite your family and friends to visit the exhibit from 4:00-8:00 PM. The Smart Home on Wheels is the centerpiece of the exhibit. This tiny home has been outfitted with adaptive and assistive technology to enhance independent living for people of all abilities.

## 3. Bus to Safe Home/Concert

- Please sign up for a ride from your home to the Mount Washington Valley Band Concert, Farmer's Market, and Smart & Safe Home Expo. Door to door service.

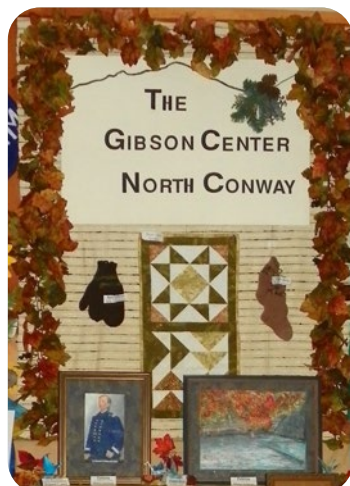
**Monday the 7th: Art for Lunch, Sally Whittaker** will play the keyboard. Sally has entertained at local dance halls, and is sure to get your feet tapping! Invite your friends for lunch.

**Tuesday the 22nd: the Gibson Book Club**, will discuss *Mrs. Lincoln's Sisters* by Jennifer Chiaverini. See Jill if you want to borrow a book. Meet after lunch in the WiFi Cafe.

**Thursday the 24th, Lancaster Pre-Trip.** Trip members who are traveling will have the opportunity to meet their fellow travelers. Travelers will be given their itinerary and luggage tags. Travelers will bring their emergency contact information with them.

**Monday the 28th**, 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

**Wednesday the 30th, AARP Safe Driver Course:** The 6-hour class will be offered at the Gibson Center. Many insurance companies provide substantial discounts for completion. Be safe and feel competent this winter on the roads. The class is \$25 for non-members, and \$20 for AARP members. It runs from 9AM to 4PM with a break for lunch in the dining room. Please sign up, 603-356-3231. (class payment due at class)



### Looking Ahead:

- Craft Fair, September 2nd 10AM-5PM & 3rd 9AM-4PM
- We are closed Monday the 4th, Labor Day
- Finish up projects for our Fryeburg Fair, Gibson Center display.

## 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

## 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/>

- **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.



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 August 25th.

**MWV Band & Safe Home Exhibit, Tuesday August 1st**, Home pickups, bring a picnic supper or buy at the Farmer's Market. Bring your lawn chair. Tonight special, Smart & Safe Home Exhibit. Tour the home, and learn what you can do to continue to live independently in your own home!

**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 your own at Ken's.



The Diamonds

A day at **Crescent Beach Friday, August 11th \$15**, bring your swimsuit, beach chair, and a picnic lunch.

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



Carpenter Tribute

**Madison Historic Society: "Memories of Madison"**, join us after lunch on **Thursday, August 17th**. We will stop for ice cream.

**White Mountain Museum: Old Man of the Mountain. August 23rd.** We will stop for lunch on your own at Yamas **Greek Restaurant**. Bus donation.

**Hazel & Owen Currier Doll Museum:** After lunch, **Tuesday, August 29th**. Bus donation, will stop for ice cream at Froagies.

**Two Lights State Park: Two trips: Tuesday September 5th, and Wednesday, September 13th.** Spend the afternoon watching the waves crash, walking the trails, exploring the historic sites. Lunch on your own at the **Lobster Shack**

**Polly's Pancakes, Sugar Hill Historic Society, "Wedding Dresses from Sugar Hill", Friday September 8th.** Lunch on your own at Polly's, then time at the Historic Society, and Harmon's Cheese Shop. Priority given to those who were on the cancelled Polly's trip in June, if they sign up in the first week of August. \$15, lunch & ice cream on your own.

**KHS 100th Anniversary** 9/22 bus donation. Looking for former Kennett High students and teachers who would ride the bus, and people to make decorations for the bus.

**Mount Washington Haunted Winnepesaukee Full Moon Cruise** 9/28 \$79 (includes dessert buffet). Dinner on your own at Village Kitchen.



**Strawbery Banke October 10th. \$25.** Lunch on your own at **Liberty Fare**. Spend the afternoon exploring 300 years of New Hampshire and Portsmouth history.



Strawbery Banke

**Sound of Music at Portsmouth Music Hall** 11/30/23, only \$100 due to the generosity of sponsors. Lunch on your own at the Farmer's Kitchen. **Tickets must be ordered this month.**

**Magic of Christmas** 12/8 \$50

# 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. [Link to the flyer](#)



## 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 4:00-8:00 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.



University of  
New Hampshire

## OLLI and the Gibson Center

The Gibson Center partners with OLLI to make access to their programming easier for anyone. There are three kinds of programs: Lunch and Learn programs are free and open to the public. Special Interest Groups require an OLLI membership but have no tuition for the series of events. Lastly, OLLI offers classes listed in their catalogue and have tuition and membership required. We have plenty of catalogues.

**The Gibson Center is purchasing twenty \$40 annual memberships** that will be offered free to those who request this assistance from Jill who will provide instructions for signing up and notify OLLI of who is on the list.

OLLI is an independent organization, and you must register through them, for all programs. The Autumn Semester registration is August 2nd. The OLLI Administrative Team is available to assist you:

- Visit OLLI's website: [unh.edu/OLLI](http://unh.edu/OLLI)
- Call OLLI: 603-255-3553
- Email OLLI: [olli.office@unh.edu](mailto:olli.office@unh.edu)

### OLLI programs offered at Gibson Center (register with OLLI):

- Basket Class, September 11 & 18
- Adaptive Reuse, October 19
- Owl Pastel, October 25
- Railroads & the Mt. Washington Valley: How They Forever Changed Lives, November 1

# Ongoing Services From the Gibson Center

- **Senior Resource Navigator – Renee Wheaton** helps with troubles like how to apply for government assistance, renew a driver's license, access care or arrange for home services, find durable medical equipment, or the like. Reach her directly at **603-205-0909** or by calling the Gibson Center



- **Personalized Medicare Counseling – Ele Border** is a Certified SHIP (State Health Insurance Assistance Program) counselor who explains in an unbiased, unaffiliated and pleasantly educational manner the differences between Original Medicare and Advantage Plans, financial assistance programs, late enrollment penalties, and deferring enrollment. Also, Ele provides Open Enrollment assistance from October 15th through December 7th when Medicare beneficiaries have the opportunity to change Prescription Drug Coverage (part D plans). Please call **603-356-3231** to schedule your personal appointment with Ele.

- **Computer Tablet and Chromebook access** – We can offer free Tablets and Chromebooks thanks to generous grants from Spectrum, Charter Communications Digital Education Grant – while supplies last.



- **Computer Training – Andrea Libby of Libby Computer:** Fridays 9:00 AM - 12:00 PM and our volunteer experts Mondays and Wednesdays 9:00 AM - 12:00 PM - all offer 1-1 training for beginners or more advanced users. Skills training can include setting up email, Zoom, searches, learning how to access medical practice portals for appointments, labs and questions, how to make and participate in Telehealth appointments, online job applications, how to prevent scams and fraud, and smartphones, cameras, photos and games. Call **603-356-3231** to sign up for tutoring.

- **Advanced Care Planning – Joan Lanoie.** Understand and get help with writing down your options for end-of-life care and making your wishes known. Joan Lanoie can help explain the nuances and implications while also providing helpful advice for family members. Appointment made by calling **603-356-3231**.

- **Veterans' Administration Benefits Counseling** – Counselors come the 1st and 3rd Thursday of each month from 9AM to 3PM by appointment to provide consultation regarding Veteran's Benefits. Call **603-624-9230, ext. 301**, or email [Jay.Davis@va.gov](mailto:Jay.Davis@va.gov) to request an appointment directly.



- **Finding Reliable Health Information – Dr. Charles Felton** is a retired pulmonologist who can help you find reliable healthcare websites and research. He can help interpret medical information and misinformation. He will not be acting as a medical provider but be your advocate and guide. Fridays 1:00-3:00 by appointment by **603-356-3231**

- **Stay Warm, Safe and Dry - Home Modification:** Valley homeowners who need a reliable, licensed contractor to help with small modification projects to improve the safety, warmth or tightness of their homes can call Renee Wheaton, who will coordinate with our contractor, Adam Balodis. Sample projects include replacing or repairing porch steps or railings, installing grab bars, improving lighting, changing out air filters, installing smoke or CO alarms, installing ramps, or other repairs that increase health and safety. This is not an emergency service but one that will be available by request and subject to scheduling Renee can be reached by calling the Gibson Center at **603-356-3231** or email Renee Wheaton at [staywarm@gibsoncenter.org](mailto:staywarm@gibsoncenter.org)



# Nutrition Tips: Are Food Labels causing you to throw away good food?

Expiration, Use-By and Sell-By dates: What do they really mean? Adapted from:

<https://news.extension.uconn.edu/2019/10/30/expiration-use-by-and-sell-by-dates-what-do-they-really-mean/>

The following guidelines and information should help to take the guesswork out of determining whether or not your food is safe to eat.

Dating is not required by US Federal law, with the exception of infant formula and baby foods which must be withdrawn by their expiration date. For all other foods, except dairy products in some states, freshness dating is strictly voluntary on the part of manufacturers.

## So what do these terms mean for consumers?

**Expiration Date:** If you have a product with an expired expiration date, throw it out. While other dating terms are used as a basic guideline, this one is absolute.

**Best if Used-By and Use-By date:** "Use-By" or, "Best if Used By" dates are a suggestion for when the food item will be at its best quality. Food can be consumed past this date, but may have decreased in flavor, texture, or appearance. "Use- By" dates are most often found on canned goods, dry goods, condiments, or other shelf stable items.

**Sell-By date:** Many fresh or prepared foods are labeled with a "Sell-By" date as a guide for how long the item should be displayed for sale before quality deteriorates. Items are generally safe for consumption after this date, but may begin to lose flavor or eye appeal. "Sell-By" dates are chosen with the assumption that the buyer may store or eat the item a few days after purchase. Food in the refrigerator past the sell by date does not need to be thrown away.

**Guaranteed Fresh:** This date is often used for perishable baked goods. Beyond this date, freshness is no longer guaranteed, although it may still be edible.

So all of this assumes foods are stored at the right temperature. Next month we will talk about storing food safely at home.

## Know Your Expiration Dates

**SELL BY:**  
Last date stores should sell it.

**USE BY:**  
Dates the manufacturer recommends using  
it by to enjoy at its best

**BEST IF USED BY:**  
Refers to quality, not safety. Food is safe but may  
not be at peak taste or appearance after this date

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## Grateful for Gibson Meals on Wheels

In June we received this lovely handwritten letter that I reprint for you all to read:

"I am new to the Meals on Wheels Program. I have been taking care of many elderly people, which I am now. So, I have seen many meals that were delivered to them. And I must say that your meals rate #1. I can tell that yours are made with love and compassion. Your meals are not over-cooked and actually have a lot of flavor, which is amazing. If it wasn't for these meals, I would be eating microwave meals and sandwiches every meal. Thank you again to all the kitchen staff and delivery people. I appreciate you all. You are very special people as far as I am concerned. Thank you again."

My thanks to all the nutrition and kitchen staff, all the volunteers and those who donate food for Meals on Wheels. Call **603-356-3231** to enroll.

## Quote of the Month

*Told to one of the Thrift Store volunteers, "We go thrifting all over New England. This is by far the nicest. It is clean, organized and delightful for browsing. You have no idea what you are going to find. You have remarkable variety and high end items and we can tell you work really hard to make it a fun experience."*



## 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. We are now making appointments for September.



Photo from July 4th Lunch



# Window Dressers Helps Reduce Winter Fuel Bills

MWV Age-Friendly Community Housing and the Tin Mountain Conservation Center invite you to apply to have your windows insulated this winter and for years to come. The pine frame/double plastic lined inserts can cut heating fuel bills by 30% in some homes.

You must request inserts immediately by going to <https://windowdressers.org/sign-up-for-inserts/> or emailing [nbeem@tinmountain.org](mailto:nbeem@tinmountain.org) so you can be scheduled for measurements.



Precise measurements are done by mid September so the frames can be manufactured in time for the Community Build being held in October. We will be calling for volunteers to help with the Community Build as the time approaches. We have heard wonderful reviews from past homeowners and we have benefitted from several being used at the Gibson Center itself. Churches, town

buildings, and other sites are eligible.

The inserts are free for those who cannot afford to pay, and low cost for middle and high income households through the non-profit model of local Community Builds.

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## 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**

### Our Business Supporters

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Call: **800-442-6666**

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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**

# 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.



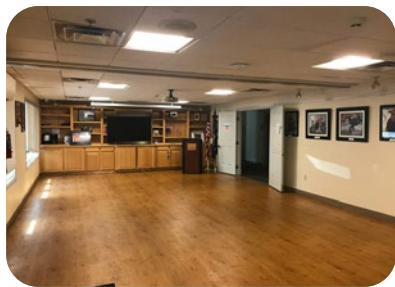
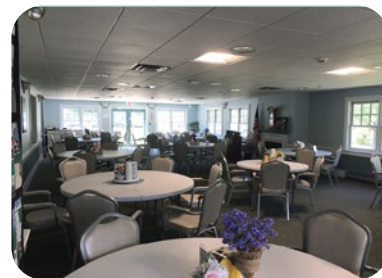
Photo from July 4th Lunch

## 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/>



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

Our Business Supporters

# Photos from recent Trips and Events

Art for Lunch: Saturday Night Boys, Guest Chef: Gary Sheldon, MWV Band Concerts, Humane Society, North Conway Community Center Collaborative, July 4th Lunch and the Wales Slide Show



## 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


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**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!

Trail's End, the Clarks: Cone for a Cause.

Town Hall Hosts, The Clarks

NCCC Collaboration: Jeanie Seig & Leanne Muzerall

Art for Lunch: Saturday Night Boys

Guest Chef: Gary Sheldon

Altrusa: 2nd Tuesday volunteers

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.



Gary Sheldon,  
Guest Chef



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Our Business Supporters



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

# 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.

