

Gibson Times

Old Man of the Mountain Trip



Greetings from the Director

On September 12th at 10:30AM we will all be celebrating the ribbon cutting for the MWV Rec Path. This gorgeous 2.8 mile, ADA accessible, wide, winding, green path runs from Mt. Cranmore, past the Thompson Road entrance, to Hemlock Road behind Walmart.

Already the trail has been frequented by hundreds of walkers, cyclists, (very young and very old), rollerbladers, folks with walkers and canes and every other kind of non-motorized means. Benches have been strategically installed all along the Path. Views include Pudding Pond, Mt. Cranmore, and Mt. Washington. Over 10 years in the planning, permitting, funding and building, there are a host of devoted people who deserve our huge debt of gratitude for this gem. I hope everyone finds their way to the Path to take full advantage of its access and beauty. You will be among and meet friends.



On a similar note, we are blessed in this Valley to have the MWV Age-Friendly list of the 50 Most Walkable trails covering 12 towns from Ossipee to Hart's Location, Chatham to Freedom and Fryeburg and in between. To be on the list, the trail must be ½ to 2 miles, relatively flat, have an easy surface, visible signage, and easy parking. Our vision was to provide outdoor experiences safely for anyone with mobility issues. The list includes several fully ADA accessible trails. These are also good for grandparents with young grandkids and parents of toddlers in strollers. All of the trails have been remapped and walked this spring and summer. (This was one of the best parts of my job this year!) Descriptions can be found on the Gibson Center website at <https://www.gibsoncenter.org/mwv-walkable-trails-by-town/>. The list is always growing based on your suggestions. These trails provide views, waterfalls, birding, and more. This Valley has so much to offer – we hope you will find your places to explore and appreciate the wonders and benefits of being outside.

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September Special Events

September is National Senior Center Month

- According to the National Council on Aging; September is National Senior Center Month, a time to showcase how these vital community hubs connect older adults to each other and to valuable services to stay healthy and independent.
- The theme for this year's National Senior Center Month is Strengthening Community Connections.
- We will have Friday Raffles & dress up themes, which we hope promote conversation and fun.
 - 1st: **Work Clothes**, for the start of **Labor Day Weekend**. Wear your work boots, hard hat, lab coat, name tag, or apron! Have a photo of you once working? Bring it along.
 - 8th: **Celebrate your Pet Day!** (*sorry leave fluffy home*) Bring in a photo of your pet, and a story to share. If you have it, wear something with an animal printed on it. We will collect donations for the Conway Area Humane Society.



- 11th: **Teddy Bears Picnic**. Bring in your favorite stuffed animal to show your friends. On this day in 2001, the people in Canada opened their homes to 1000's of people, offering comfort. We can offer comfort by donating a new stuffed animal to Angels and Elves.

- 15th: Today is **Hat Day!** Wear a hat, serious or silly! We will parade around the dining room showing off our millinery confections. Bring a warm winter hat to donate to The Way Station.

- 22nd: Wear **Black 'N' White**, in honor of KHS 100th. Bring your high school yearbook!

- 29th: Wear anything with an **agricultural theme** in honor of Fryeburg Fair, which starts this weekend. What is your favorite part of the Fair?



Invite your friends to visit the **Gibson Artisan and Craft Fair**, Sept 2nd (10AM-5PM) & 3rd (9AM-4PM). This gathers the best of crafters from all over New England and you are sure to find a treasure! or at least a very tasty treat.

Gibson Closed September 4 for Labor Day

The Puzzle Triple Crown. The Whitney Center in Jackson, the Pope Library, and the Gibson Center will take turns hosting the Puzzle Triple Crown. Teams of 4 will have 90 minutes to assemble a 500 piece puzzle. The winner will be the first completed, or the one with the least free pieces at the end of 90 minutes. The cost of each event is \$10 for the team. The first will be at Whitney's at 6:30PM on Wednesday the 6th. If teams from Gibson Center want to participate, Jill will offer the bus. The dates for the other two events are Gibson 12:30PM on 10/16, and Pope 1PM on 11/4. Puzzles donated by White Mountain Puzzles.



Thursday the 7th, we will **work on decorations** for our float for the Kennett High School 100th Anniversary Parade. Please stay after lunch to help. If you are a KHS grad or attended the school, please bring in a photo of yourself at that age. If you have an old yearbook, we would love to see it.

We will play **BINGO** after lunch on Monday the 11th. Bring a prize for the table.

Tuesday the 19th, **Guest Chef Cheryl Emerson!** Invite your family and friends. Cheryl is a local caterer who also has an amazing farm in Shelburne. Her lunch will be featuring fresh items from her farm. Cheryl has been an executive chef, and a pastry chef at some of the finest establishments in the valley.

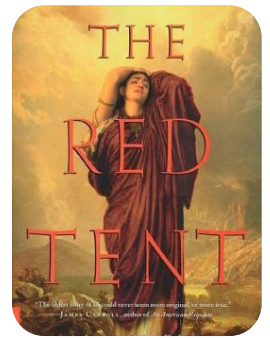
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September Special Events continued...

There will be a **Word Search** after lunch on Monday the 25th.

The **Gibson Book Club** meets after lunch on Tuesday the 26th. The Book is **The Red Tent**. Pick up your copy of the book, thanks to the Conway Public Library inter-library loans.

It is time to finish up your craft projects for the annual **Fryeburg Fair Display**. Please let us know what you will be showing by signing up with Penny. The display will be put up after lunch on September 29th. Looking for a few people who are willing to help with the display. Bring items in after September 25th.



Looking Ahead, save the date:

- **Guest Chef October 24th, Sandra Icozelli from 302 Smokehouse Grill**

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 New to Medicare	10:30 AM 12:30 PM 4:00 PM By Appointment 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

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.

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

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



Doll Museum



Two Lights State Park

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", as well as 4 other rooms of interesting local information, **Friday September 8th**. Lunch on your own at Polly's, then time at the Historic Society, and Harmon's Cheese Shop. \$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 in the parade.

Mount Washington Haunted Winnepesaukee Full Moon Cruise 9/28 FULL

Fryeburg Fair: Senior Day Tuesday, **October 3rd**. Bus donations accepted. (bring your ID, and if you are not a senior, pay your own entrance fee) Bring money for Fair Food! 9AM-3PM



Strawbery Banke: October 10th. Full



The Chocolate Expo

The Chocolate Expo will feature small batch and hand crafted confections (as well as pairing with wine, beer, and cheese). \$33 gives you entrance to the Expo and free samples. You may purchase items as well. **Sunday, October 15th from 10AM-7PM**. There will not be a lunch stop, since you will want room for samples, bring a picnic lunch, to eat in the autumn splendor, we will stop for a light supper, on your own.

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 by 9/6.**

Singers & Songwriters POP's Concert: 11/5/23 \$60 **Tickets must be ordered by 9/5.**

Magic of Christmas 12/8 \$50.



POP's Concert

Johnny Cash: The Official Concert Experience: 3/8/24 \$85. **Tickets must be ordered by 10/10.**

John Williams POP's Concert: 4/7/24 \$60. **Tickets must be ordered by 10/10.**

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 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 with Collette Tours

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](#)

2024 Trips with Diamond Bus Tours

Ottawa Tulip Festival, Montreal, Quebec: May 19-24, 2024. \$1165 ppdo. Visit the highlights of each city, including a cruise on the Saint Lawrence, and the Tulip Festival. 2 hotels, 10 meals. Passport needed. [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](#)

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 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



Nutrition Tips: Storing Fresh Foods

We all hate to waste good food but might be uncertain how to keep it fresh and safe. According to the USDA's Food Safety and Inspection Service, when well refrigerated, milk is good for about a week after the "sell by" date; eggs can keep for three to five weeks beyond the "sell by" date, fresh chicken, turkey and ground meats should be cooked or frozen within two days and fresh beef, pork and lamb should be cooked or frozen within three to five days.

Use your eyes and nose too, regardless of the date on the package.

Here are 10 more simple food storage tips to keep your food fresh as long as possible.

Store dairy products at the back of the fridge: The back of the fridge maybe less convenient but is significantly colder than the shelf on the door.



Not all fruits and veggies need to live in the fridge: Avocados, citrus, bananas, nectarines, pears, peaches, onions, tomatoes, and potatoes can all be stored at room temperature or in a cool pantry. But don't store onions and potatoes together. Because of [ethylene gas](#) that some kinds of produce release, they cause each other to spoil faster.

Wrap your greens in paper towels: Stick paper towels around leafy greens to soak up excess moisture.

Use plastic wrap on bananas: Cover the crown of a bunch of bananas in plastic wrap to slow the release of ethylene gas to prevent them from ripening too quickly.

Wrap celery in foil: Wrapping the entire bunch of celery in foil helps it stay fresh and crunchy for up to four weeks in your crisper drawer.

Wash produce as you go: Unless you plan on freezing your food, only wash things you're ready to eat right away or soon after. That lessens the chance of mold growing on damp produce. And if you're going to chop up your food in advance to save time, just wait to wash it right before you eat it.

Soak berries in vinegar: If you don't eat all the berries right away, a quick soak in a three-parts water, one-part vinegar solution will kill bacteria and prevent molding. Rinse the berries thoroughly then pat dry once you're done.

Roast veggies: Lightly roasting vegetables such as broccoli and cauliflower extends their shelf life. They are also then ready to go for a quick meal.

Store grains in air-tight containers: Buying in bulk is fine but to avoid waste, store portions in airtight containers to maintain freshness, as well as keep bugs away.

Double-check your fridge's temperature: Finally, after you've wrapped and placed all your perishables in the refrigerator, be sure that it's set at the right temperature. The temperature should be set to 40 degrees Fahrenheit (five degrees Celsius), or a few degrees lower.

Flu & Covid Vaccine Clinics for Seniors

The Gibson Center is partnering with White Mountain Community Health Center and Trails End Ice Cream to make it easy and fun for you to get protected and protect those around you. People 65 years and older are at higher risk of developing serious flu and Covid 19 [complications](#) compared with young, healthy adults. This increased risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, most years, people 65 and older bear the greatest burden of severe flu and Covid disease. It has been [estimated](#) that between 70 and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older, and between 50 and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group. Covid hospitalizations have risen 14% in August. Don't let it be you.

Flu Vaccine Reduces Risk of Flu Illness and Serious Outcomes

Flu and Covid vaccines, have been shown to reduce the risk of getting sick and also to reduce the risk of more serious outcomes that can result in hospitalization or even death. Although immune responses to vaccination may be lower in older people, [studies](#) have consistently found that flu and Covid vaccination is effective in reducing the risk of medical visits and hospitalizations in older people. Higher dose and adjuvanted flu vaccines are potentially more effective than standard dose unadjuvanted flu vaccines for people over age 65. The higher dose quadrivalent flu vaccine will be available at our clinics. We urge you to consider your health and that of friends and neighbors around you. **The first clinic will be at Trails End Ice Cream in September 26th from 2-6pm. Free ice cream for all!**

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 was August 2nd but class openings may still be available. The OLLI Administrative Team is available to assist you:

- Visit OLLI's website: unh.edu/OLLI
- Call OLLI: **603-255-3553**
- Email OLLI: olli.office@unh.edu

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

- Basket Class, September 11 & 18
- Lunch N Learn with Memorial Hospital's Michelle Mattei PT. Improving your Balance for Improving your Life. October 17
- Adaptive Reuse, October 19
- Owl Pastel, October 25
- Railroads & the Mt. Washington Valley: How They Forever Changed Lives, November 1



Photo from Smart and Safe Home Expo

Quote of the Month

Billie Mitchell came here to live with her family, the Yahna's, 5 years ago – not knowing anyone. At first it was hard. She said at 92 it can be hard to make new friends. Then she began coming to the Gibson Center. "It has been a godsend! I exercise 4 times a week and join classes and trips. I have a such a close group of friends and so many activities to join. The Gibson Center is unique." Of note, Billie has recently connected us to the Performing Arts Department at Kennett High School. Thank you, Billie.



New to Medicare: Individual Counseling

Ele is back after a well deserved summer off. New to Medicare returns. Anyone turning 65 has to make informed decisions about Medicare enrollment. It can be a daunting experience. Let 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](tel:603-356-3231) to schedule your personal appointment with Ele. **We are now making appointments for September.** Open Enrollment for Medicare Part D will be coming after October 15th.



Photo from Old Orchard Beach, SeaSide Pavilion

Last Chance to Request Window Dressers Inserts

MWV Age-Friendly Community Housing and the Tin Mountain Conservation Center invite you to apply NOW 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 so you can be scheduled for measurements.



Precise measurements are completed by mid September so the frames can be manufactured in time for the Community Build being held October 21-25. 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.

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.



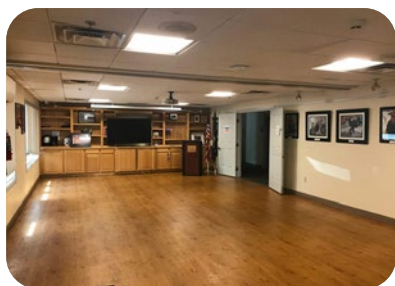
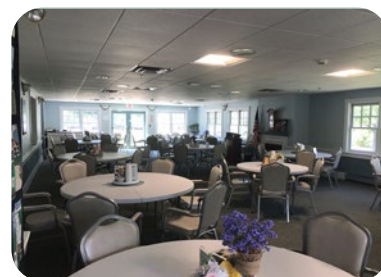
Photo from
Old Man of the Mountain Exhibit

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

Smart and Safe Home Expo, FlatBread Fundraiser, Small Town Quilters, donate Blue & White Quilt, Trips: Ballet, Old Man of the Mountain Exhibit, All Things Madison Display.



Our Business Supporters



Is the premiere commercial & custom home builder in Mount Washington Valley. Excavation, pre engineered structures, road clearing & more!

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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 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.

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.

