

Gibson Times

Volunteer Appreciation at Pirates Cove



Greetings from the Director

When my kids were about ages 6 and 8, we offered to host several runners from far away who were coming to run the Mt. Washington Road Race. On the eve of their arrival one of them dutifully asked,

“How can we have them here – aren’t they strangers?” I thought I originally and cleverly replied – “It’s okay, they are friends we just haven’t met yet.” Surprise to me to find that about a century before, the poet William Butler Yeats had famously said “There are no strangers here; Only friends you haven’t yet met.” I was not so clever or as original as I thought.

But, I was right. Some of these strangers became friends who returned annually to our home for about 15 years.

Over my years of having had about 20 different people live in my home as homesharers, I have thought a lot about why and how that works. Like the runners, I am convinced it is because we are starting from what we have in common. We are seeking solid ground of familiarity, establishing what it is we recognize in each other. When I first moved from urban Seattle, I was struck by how the conversations here were so easy around woodstoves, canoes, Subarus, and the right pitch of the roof compared to the Seattleites fussing about Jacuzzi’s, Audis, Starbucks and city building height limits. By definition, if we were living here we cared a lot about similar things.

Gibson Center is a place of welcome. If you find yourself here, you have lots in common with others you meet in the exercise class, on the bus or in the dining room. Meals on Wheels drivers start out as strangers and become trusted deliverers of warm meals. We can reach a hand out, offer a greeting, give a nod. It takes so little to peel off that veneer of stranger and get to the heart of a friend.



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November Special Events

HomeFit, an AARP Speakers Bureau presentation. Receive the HomeFit Guide, which can help individuals and families make their current or future residence – or that of a loved one – “aging-friendly.” Wednesday, the 1st at 10AM.



The **Red Parka Pub** is hosting a **BINGO** game to benefit the Gibson Center. George Cleveland will be the caller. Join us for an evening of fun, where the cost of the cards all goes to the Gibson Center. Thursday the 2nd, with the games starting at 5:30PM. Sharon is offering a bus for this event, which is after dark.



Sunday the **5th Fall Back**, Eastern Standard Time resumes. This is a good time to check your fire alarm and CO alarm batteries.

November 7th & 9th, there will be **Vaccine Clinics** after lunch, just in time to build your immunity for your Holiday Visits.

On Thursday the 9th we invite all **Veterans** to join us for a free lunch. Arrive early, as we will recognize you before we eat! Also on the 9th, students from **Kennett Middle School** will serve us lunch, and stay to play a game after lunch. What game do you want to play?

Gibson Center will be closed on **Friday the 10th, for Veteran's Day**.

Our **Thanksgiving Lunches** will be served on Wednesday the 15th and Thursday the 16th. Join us for Turkey and all the fixin's generously sponsored by **Bergeron Technical Services: Shawn, Linda, and Kate**.



Monday the 27th, 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

Tuesday the 28th the **Gibson Center Book Club** will meet after lunch.

Wednesday the 29th, **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, save the date:

- Friday, December 1st, join us after lunch for the Gibson Center Annual Meeting. Hear reports, see a slide show, help us dream for the best future!
- Also in December is round two of our Stone Mountain drawing. Join us for lunch, and each day in December, your name will be entered to win tickets!

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 at the Gibson Center at 4PM on Mondays and Thursday starting November 9th. 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.

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 Medicare: Open Enrollment 10/15-12/1	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.

We will visit the **Brownfield Market** on Tuesday, the 7th. They have amazing produce! Bring your own bags.

Part 3 of the Puzzle Triple Crown will be held at the Pope Memorial Library on Saturday 11/4 at 1PM. If a team (4 people) forms, and rides are needed, see Jill.

Festival of Trees: Friday, December 1st, after the Annual Meeting. Call to sign up for this trip. Starts at Gibson, home drop offs available after. Bus donation, and you pay entrance at the door.

Magic of Christmas 12/8 Full

The **KHS Variety Show**, matinee on Sunday 12/10. Join the Dance Team & Choir to welcome in the Christmas season. Door to door home pickups (no walking in a snowy parking lot). Donation for the bus, pay entrance at the door.

Johnny Cash: The Official Concert Experience: 3/8/24 \$85 We got enough for the group rate, still room on the bus

John Williams POP's Concert: 4/7/24 \$60 we've been given another month, to generate interest. Please sign up today.



POP's Concert



YOU ARE INVITED TO GIBSON CENTER'S
THANKSGIVING LUNCH

Wednesday, Nov 15th & Thursday, Nov 16th
11:30am - 12:15pm

Join us for Turkey and all the fixin's

Sponsored by Bergeron Technical Services: Shawn, Linda and Kate.

Happy Thanksgiving
The Staff and Board of Directors at
The Gibson Center.



Flu & Covid Vaccine Clinics for Seniors

The Gibson Center is partnering with White Mountain Community Health Center to make it easy 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 rose 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 seriously sick and serious outcomes that can result in hospitalization or even death. 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 and bivalent Covid vaccine will be available at our clinics. We urge you to consider your health and that of friends and neighbors around you. **The last Clinics at Gibson Center are 12-4PM: 11/7; 11/9.**

Learn more by visiting <https://www.gibsoncenter.org/fall-vaccine-clinics-for-covid-19-and-influenza/>

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



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**



Seasonings from Becky in Nutrition

IT'S NATIONAL PEANUT BUTTER LOVER'S MONTH!

Peanut butter has been making its way into the hearts of Americans since the early 1900s, and with good reason. This spread is not only tasty, but it's also high in protein, heart healthy fats, fiber, vitamins and minerals! When shopping for peanut butter, look for a natural style product with no added sugars and oils.

Here are a few quick tricks to get this yummy powerhouse into your diet, beyond your average PB&J

- Spread it on whole wheat toast in place of butter
- Add it to a muffin or pancake mix
- Add it to whole wheat crackers, apples or bananas or celery sticks

Below you'll find an easy way to get a sweet PB fix with just 2 ingredients and 10 minutes of your time:

2-Ingredients Peanut Butter Cookies

Ingredients:

- 1 cup of Peanut butter –Of course, any other nut butter works, including almond butter or seed butter like sunflower seed butter, for a nut-free option.
- Egg – this recipe won't do as well with egg replacer.

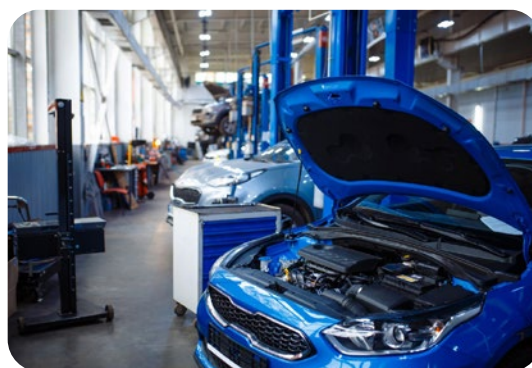
1. Combine the two Peanut Butter Cookie ingredients in a mixing bowl.
2. Stir the cookie batter with a silicone spatula to combine it. The 2-ingredient cookie batter should be thick.
3. Preheat the oven to 350°F (180°C) and line two cookie sheets with parchment paper.
4. Lightly oil the paper to prevent the cookies from sticking to it.
5. Then, roll 12 individual cookie dough balls in your hands and place them on the cookie sheets while leaving half a thumb of space between each.
6. Use the back of a fork to press down each cookie dough ball and form a classic criss-cross pattern on the top.
7. Bake the cookies on the center rack of your oven for 15 minutes or until they are golden brown.
8. Remove the cookie sheets from the oven and let the cookies cool down for at least 15 minutes on the rack. The cookies are soft, crumbly, and fragile, so don't touch them just yet.
9. After 15 minutes, gently slide a flat spatula under each cookie to transfer them to a cooling rack where they can cool down for another 15 minutes to enjoy their best texture.



Free Vehicle Inspection Program

Thanks to the hard work of **Scott Boisvert**, our Carroll County Mobility Manager, citizens of this county have CDC financing available to offer free car inspections and up to \$1000 in required repairs for eligible workers, students or volunteer drivers in the county.

MWV Chamber of Commerce staff are taking the calls (**800-367-3364**), to complete eligibility applications which are simple and accessible. If you work in the Valley, if you are a student or you drive as a volunteer, own your car which must be registered and have insurance, you may be eligible for a voucher that is used at **Bellin's Auto Shop in Conway**, our participating garage. We encourage you to spread the word and take advantage of this opportunity.



Mountain Top Music provides Discount to Gibson Patrons



Mountain Top Music is generously offering a **15%** discount for Gibson Center patrons on tickets to their produced performances in the Majestic Theater in Conway Village. To take advantage of this discount, mention Gibson Center at the door when purchasing tickets in person or call the theater at **603-447-4737** and talk to Kate when purchasing advance tickets. This applies to all Gibson Center patrons, staff and volunteers.

Also of great interest are the First Friday performances every month at 1 PM. The next performance is Friday, November 3, JUSTIN RAMOS with a preview of his upcoming album "**SOLSTICE IN SILENCE.**" All first Friday concerts (first Friday of every month) are by donation – pay what you can.

Details at conwaymajestic.com/concerts. When possible, Jill will be providing bus transportation to these Friday afternoon concerts – check our calendar.

Coming up:

- **Saturday, November 18, 7:30 PM**, New Orleans in Conway – GLEN DAVID ANDREWS BAND, \$25.50 with discount.
- **First Friday – December 1, 1PM**, Christmas and More with Early Music Ensemble

Memory Tree

This holiday season, remember someone special. Keep their memory bright by purchasing a \$50 perpetual red bulb that will light for a lifetime, or a seasonal white bulb for \$10 to shine on the Gibson Center Memory Tree **December 1, 2023-January 15, 2024**. Please call 603-356-3231 to make arrangements.



Photo from KHS Parade - Passenger Side with Penny

Quote of the Month

We heard from many of you, remembering Bob Kozacka who passed away last month. In particular, Beverly Gulazian wrote, "I had Bob for Latin classes at Amesbury High School in 1954 & 1955! He was so kind to all his students. A few years ago I went to lunch with him in North Conway. He was such a gentle man". We could not agree more. We miss you, Bob.



2023 Medicare Part D - Open Enrollment At The Gibson Center

Open Enrollment for Medicare Part D began on October 15th. Part D is your medical prescription plan that can change yearly. Call Penny Wellman between 8:00 and 1:00 PM at **603-356-3231** to ask her to send you a Plan Finder. It will come with a self-addressed, stamped envelope for you to return with your Plan Finder for Ele Border to review. Ele is a certified counselor for ServiceLink. Once received, you will get a call to set up your appointment here at the Gibson Center or ServiceLink in Tamworth if you prefer.



Photo from OLLI Christmas Basket.

Stone Mountain Arts Center: Free tickets

Generously donated by the Working Theory Foundation, we have 4, \$250 gift certificates to Stone Mountain Arts Center to give away in a free raffle during October and December!

Come enjoy lunch at the Gibson Center weekdays, serving from 11:30 to 12:15 in the lovely Sprague dining room.



Each day you eat with us, another free ticket is placed in the pumpkin for drawing on the last weekday of the month. For October the drawing for two certificates will be on Halloween - Tuesday, October 31.

In December, it will be on Friday the 29th. There is no charge.

The more often you come to eat, the more ticket chances you have. Bring friends who might win and take YOU to the Stone Mountain Arts Center for the performance of your choice.

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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.



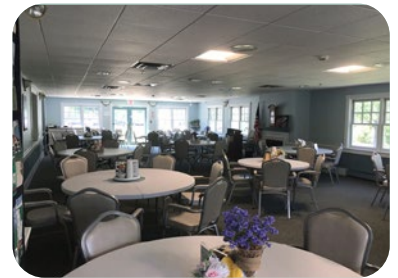
Photo from Volunteer Appreciation at Pirates Cove

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 and some evenings or weekends by special arrangement. Our 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 that may be waived for non-profits. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your organization meetings, presentations, family gatherings or club events.



GLENNA MORI ROOM: The Activity Room is a 70-person seating capacity program room with projector and 7 high-quality stereo surround-sound speakers or can be used by up to 20 people for exercise and dance. Our fee is \$25 and may be waived for non-profits. 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. Online go to <https://www.gibsoncenter.org/glenna-mori-activity-room/>

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Our Business Supporters



2448 Main Street
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info@northcountryfairjewelers.com

Photos from recent Trips and Events

National Senior Center Month: Building Community

Kennett 100th, End 68 Hours of Hunger

Trips: Kennett 100th Parade; Haunted Full Moon Cruise, Strawberry Banke, Fryeburg Fair

Events: Puzzle Triple Crown; Guest Chef

OLLI Events: Paper Boxes



Kudos - Donations

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

Kennett High 100th: Barbara Evans, Kay Frechette, Jan Quint, Betsy Packard, Penny Wellman, Dick Cooke, Pat McCoy, AnneMarie Erler, Glenn Merrow

Fryeburg Fair Display: AnneMarie Erler, Kay Frechette, Lynn Gilman, Nancy Gray, Pat McCoy, Joyce Quint, Sandy Perry, Gloria Tibbetts, Jan Quint, Jeannie Sieg, Marty Gilman, Glenna Tibbetts, Curt & Jill Reynolds, Sharon Fournier, Small Town Quilters, Bev Micalliff, Greta Paulhus, George LeBlanc, Mike Misiaszek

Book Club: Pamela Memmolo, Conway Public Library,

The Dining Room volunteers, for making us feel special

Russ Hunter donated Apple Crisp "It's what Dottie would have done."

Boston Brothers Pizza

White Mountain Puzzle

Guest Chef: Sandra Icozelli

Altrusa: 2nd Tuesday volunteers

Conway Area Humane Society

The Gibson Center Trip Angels

M&D Theater

Frosty Bear

Little Angel Service Dogs

Shaws, Wanda Wirling

NH Food Bank

Catholic Charities of NH

Vaughn Community Services Food Pantry & Jennifer

Wal-Mart; Phil Spinney

Old Village Bakery

Local Radio Stations:

Easy 95.3 WBNC, 93.5 WMWV, 104.5 WVMJ - Magic.



Fryeburg Fair Display set up crew



Frosty Bear



Kennett High 100th



Guest Chef Sandra Icozelli and parents




Russ Hunter



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


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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.

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.

