

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH
www.gibsoncenter.org April-May 2014 Edition

Feinstein Challenge 2014

It's that time of year again to open our hearts and participate in the 17th annual Feinstein Challenge. Mr. Feinstein, a noted philanthropist associated with the University of Rhode Island, has promoted one of the most successful grassroots campaigns in our country to fight hunger. Raising awareness of this issue and challenging organizations to raise funds, Mr. Feinstein divides a \$1 million grant nationwide to food programs such as Meals on Wheels and Congregate Meals.

Your generous response has helped raise over \$100,000 for the Gibson Nutrition Program, benefiting our senior recipients and friends. Let us continue to rise to the challenge of ensuring our seniors ongoing food security and independence at home. Together we can make a difference in the lives of our friends and neighbors. Donations for this cause must be received from March 1st to April 30th. The donations can be cash, or checks. If you choose to write a check, make it out to the Gibson Nutrition Program and write on the memo line: FEINSTEIN CHALLENGE. Please respond as soon as possible so all donations are received by 4/30.

Gibson will keep all monies donated as well as receive a proportionate share of the Feinstein Grant. We are serving approximately 100 Meals on Wheels a day, significantly over our state contract, in addition to our daily Congregate meal. Call the Nutrition Office at the Gibson Center between 8AM and 3PM at 356-3231 for further information. We thank you for considering this appeal, and for your past assistance and ongoing partnership in supporting the mission of the Gibson Center.

We can count cash donations as well as canned goods. To assist with the fundraising this year we will hold a few more special events: Tea with canned goods donations, April 4th at Silver Lake. Feinstein Dessert Auction, before Easter, on April 14th. If you would like to bake for the auction, or join us for the Tea, please sign up. Spring dance party April 25th at the Gibson Center. We will try special games for Feinstein BINGO Pizza Party April 24th. Please bring a canned good to the dances, games and teas. All are welcome!

Please remember, all checks must be dated between March 1-April 30, 2014



SPECIAL EVENTS

2014 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

May 24th & 25th Sat & Sun
July 4th, 5th & 6th Fri. Sat & Sun
August 30th & 31st Sat & Sun
October 11th & 12th Sat & Sun

SHOW HOURS:

10 AM - 5 PM First Two days. Third Day 10-3

New England Crafters at their best!

We have fine jewelry, photography, art, pottery, gourmet specialty foods, stained glass, doll clothes, kettle corn, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

Benefits the Gibson Center for Senior Services, Meals on Wheels Program.

Gibson Day Trips

Please sign up for all trips: 356-3231 Please pay for trip at sign up

New Hampshire Phone Museum: Wednesday, April 9th Lunch at the Foothills restaurant on your own, then the afternoon at the museum, which not only features phone memorabilia, but also a room on the CCC, and another on the USS Kearsarge.... there's something for everyone. Admission is \$4. Board the bus at 9AM. A suggested donation is \$15 for transportation.

Spring Luncheon & Floor Show: Join us on **Thursday April 17th** for your choice of Prime Rib or Boston Haddock, and a floor show by Marlena Philips, who sings everything from ballads, classics, pop and country to swing and oldies. Lunch, show, taxes, and tips are \$32. The suggested donation for transportation is \$5. Board Bus 10 AM

Currier Museum of Art: Wed. April 23. 9-5:30. Ticket:\$12, Suggested donation for transportation \$15, lunch on own Museum Café. Special Exhibits: Currier Inside Out; Dutch & Flemish Masters; Black Odyssey

Art In Bloom: Monday, April 28th. board the bus at 7AM, home around 7PM. \$28 the suggested donation for transportation is \$25 & Box Lunch \$3.

Portland Museum of Art: Wednesday, May 21. 9:30-5. Ticket:\$12, Suggested donation for transportation \$10, lunch on own at Museum Café. Special Exhibits: "Picturing Monhegan Island" summer of '36.

Corvettes Doo Wop Review: Saturday, May 31. Home pick up optional. 3:30-11:30. Tickets \$25 dinner on own at Fat Tonys Italian Grill. Suggested donation for transportation \$10.

Lupine Festival, Polly's Pancakes, Harmons Cheese Shop, Sugar Hill Sampler: Wed 6/11, Tues. 6/17

Boston Brass Concert: Tuesday, July 8th. Ticket price, \$16, suggested donation for home pick ups, \$15

Beach Party Boys: Tribute Band, Tuesday July 15th, Ticket Price- \$16, suggested donation for home pick ups, \$15

SeaDogs and Fireworks,

board the bus at 3:30. Bring your own picnic lunch, or order a box lunch, for a suggested donation of \$3. Ticket price is \$11, the suggested donation for transportation is \$10

*June 25th vs. NH Fisher Cats

*Aug. 28th vs. Reading Fightin' Phils

Theater options: let Jill know which play you would like to see: *Miss Saigon*, or *Hello Dolly*



CENTER NEWS



Gibson Globetrotters

South Dakota: Black Hills & Badlands

June, 2015, 7 days, \$2374 ppdo

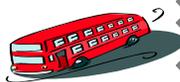
- 10 meals, 6 nights in one hotel in Rapid City
- Includes: Air, Land, Insurance, airport transfer
- Journey between Hill City and Keystone on an 1880's train
- Mount Rushmore
- Black Hills Gold & Diamond Factory
- Crazy Horse Memorial site
- Native American Cultural Center
- Needle Highway
- Custer State Park:: you may see big horn sheep, elk, buffalo
- Chuckwagon Supper & Cowboy Music Show at the site where "Dances With Wolves" was filmed
- Hot Springs: wild horse sanctuary
- Deadwood, a rollickin' rambin' western town
- 7 days with Gibson Center FRIENDS!



Washington DC Bus Tour:

May 1-6, 2014, 6 days, \$600 ppdo

- 3 nights; near Washington DC , 8 meals
- Includes bus, hotels, insurance, tips,
- 2 full day tour guides
- Arlington National Cemetery, tram tour
- Time on own to explore Smithsonian, Holocaust, and other museums
- Baltimore Harbor Historic SeaPort
- 6 days with Gibson Center FRIENDS!



Country Western Weekend At Indian Head

- April 11-12, 2014, leave after lunch Friday
- Breakfast & Dinner, and spacious room
- An evening of Country Western Music.
- \$110ppdo, suggested van donation \$15

KUDOS

Food Donations:

Shawn & Linda Bergeron

- ◆ Shaw's
- ◆ Old Village Bakery
- ◆ Vintage Bakery
- ◆ North Conway Community Center
- ◆ Walmart & Bob King
- ◆ Kennett Middle School
- ◆ Good Times Restaurant
- ◆ Vaughan Community Service

Program Volunteers:

- ◆ **Miles Waltz:** Medicare Counseling
- ◆ **George Leblanc:** Wii, & Game Day set up
- ◆ **Care Giver Support Group:** Gardiner Perry & VNS
- ◆ **Saco Valley Sports Center:** Bowling
- ◆ **Fran Shore:** Sharing her movies, "Fran's Flicks"
- ◆ **Book Cart:** Barbara Rines
- ◆ **Silver Lake Music:** Mary Ellen Vana
- ◆ **AARP Safe Driving:** Dan Andrews
- ◆ **Belly Dance Instructor:** Joanne Bailey
- ◆ **Historic Conway Slide Show:** Dwight Smith
- ◆ **Movies:** Bill Cochran
- ◆ **Slide Shows:** Dwight Smith
- ◆ **Dance Goodies:** Joann Jonah
- ◆ **Dance Music:** Alice Clapp, Kay Frechette
- ◆ **Service Link:** Presentation & Care Giver Group
- ◆ **K Kids:** Table decorations and MOW gifts

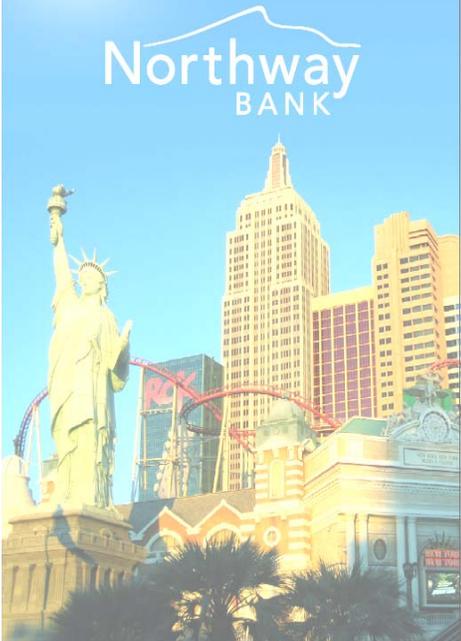


- ◆ AARP Foundation Tax-Aide is available free to taxpayers with low and moderate income, with special attention to those 60 and older.
- ◆ Through a cadre of trained volunteers, AARP Foundation Tax-Aide has helped low- to moderate-income individuals .
- ◆ Sign up for your free session, 356-3231
- ◆ Mondays-Wednesdays in February—April 7

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 Email: www.lmrpa.com

Ongoing weekly programs

- Mon: 10:30 Chair Exercise
 12:30 Yoga
 12:30 Bowling
- Tues: 10:00 Strength, Balance Stretch
 12:00 Silver Lake Lunch
- Wed: 10:30- 1:30 Wii
 12:30 Games
 12:00 One to One Computer
 12:30 Care Giver Support
- Thurs: 9:00 Belly Dancing
 10:15 Poetry Club
 10:30 Chair Exercise
- Fri: 10:00 Strength Balance, Stretch
 12:30 Tai Chi

Beasley and Ferber, P.A.

Estate Planning and Elder Law
 Wills, Trusts and Probate Avoidance
 Estate Administration and Guardianships
 Saving Assets from Nursing Home Stays

**CALL FOR A SCHEDULE OF FUTURE
 ESTATE PLANNING SEMINARS AT THE GIBSON CENTER
 1-800-370-5010**

Use of Gibson Center facilities or advertising by outside groups or businesses does not constitute an endorsement by the Gibson Center.

April 2014

Fran's Flicks:

Tues. the 8th: Academy Award winner *Twelve years a Slave*
 Tuesday the 29th: *Lost Vegas*

Poetry Club starts April 3rd, meets Thursdays 10:15-11:15

Tai Chi Classes start April 4th, meets Fridays 12:30-1:30

There will be a Feinstein Tea at Silver Lake Landing on Friday, April 4th at 3:30p.m. Please call 356-3231 to sign up. Please bring a can as a donation to the Feinstein Challenge.

One to One Computer; Wednesdays, starting April 9th, call to schedule 356-3231

The **Feinstein Challenge Dessert Auction** occurs at the Gibson Center after lunch on Monday, April 14th. Please bake, and bid! The Easter Lunches will be served at the Gibson Center on Monday and Tuesday, April 14th & 15th.

An **informational meeting** for the trip to Washington DC, after lunch on Tuesday, April 22nd .

There will be **no Congregate Dining** on Thursday, April 24th for our annual Volunteer Recognition.

Feinstein BINGO Pizza Party at the Gibson Center, Thursday, April 24th at 3 p.m. Please bring a can as a donation to the Feinstein Challenge. Please call to sign up, know how much pizza to order, 356-3231.

There will be a **Feinstein Dance Party at the Gibson Center** on Friday, April 25th, after lunch. Please bring a can as a donation to the Feinstein Challenge.

SENIOR HOUSING APARTMENTS

Silver Lake Landing in Madison has occasional apartment openings. These apartments are for independent living seniors (62+) with verifiable low and modest incomes. Section 8 vouchers welcome. References and a one month security deposit are required.

Rent for a first floor, 2 bedroom apartment is currently \$690 per month and includes heat and hot water. There is a \$25 reduction for one bedroom apartments, and another \$25 reduction for second floor apartments.

Great views, quiet lake living. Building has on-site coin-op laundry, sprinkler system, and fire alarm horn/strobe system. Second floor apartments are accessible by stairs only, no elevators. Non-smokers only and service animals only.

Please call Ken at the Gibson Center, 356-3231, ext 12 for an application .



Memorial Hospital
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603-356-5461

St. Patrick's Day Luncheon Sponsored by : Shawn & Linda Bergeron in Memory of Mr. & Mrs. Harvey E. Bergeron



Gibson Thrift Shop Hours
Monday –Friday 10-2:30
Saturday 9-1:00

Use of Gibson Center facilities or advertising by outside groups or businesses does not constitute an endorsement by the Gibson Center.

May 2014

Fran's Flicks:

Tues. the 6th: *The Butler*

Tuesday the 20th: *The Lone Ranger*

Nutrition Council Meeting, Friday, the 2nd, 9 a.m.

Mother's Day Luncheon, Chef Rick will prepare a special meal for the day. We will recognize mothers, and sing a few songs. Friday the 9th.

Be Kind Festival: Once again the Visiting Nurses will host a Kindness Festival. We would like people to create pictures, or poems about kindness. We will post them on the Gibson Wall of Kindness, and then donate our wall to the community Kindness Wall. Drop items off before April 30th.

Friday the 23rd, we will have an eat in **Memorial Day Indoor "Cookout"**. (Chef Rick will prepare cookout food, and we will eat in our dining room). We will sing a few patriotic songs, and recognize Veteran's.

Gibson Center **Memorial Day Craft Fair:** Saturday and Sunday, the 24th and 25th, open 10-5. A great way to see innovative crafts, and purchase something for that special person (even yourself!)

The Gibson Center will be **closed on Monday, the 26th.**

Washington DC Slide Show, Friday the 30th. Shown on the traditional Memorial Day, this is an opportunity to see the memorials and historic buildings of our nations capitol. If you have photos to contribute, please turn them in by the 21st .

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Washington DC bus trip

- May 2014, \$600 ppdo
- 3 nights in nearby Va., 2 en route
- 5 breakfasts, 3 dinners
- Evening tour of the Memorials
- 2 days guided tours of DC
- Arlington tram tour, Smithsonian,
- Memorials include: WWII, Korean War, Vietnam , Lincoln
- Call today to make your reservations 356-3231



Poetry Club

Meets on Thursdays
In the Social Room
10:15– 11:15 AM

Will start with Cinquain
By
Adelaide Crapsey

Bring a favorite poem
All are welcome, not just for poets.

Business Support Newsletter Listings

Abundant Blessings Homecare, Inc (603-473-2150, fax 603-473-2151) 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.

Adult & Pediatric Dermatology, PC (978-610-3701) Glen Smith, is pleased to announce its opening at Huggins Hospital in Wolfeboro, NH! For an appointment, please call 603-569-3376.

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

Conway Eye Care (356-3000) 1319 White Mt. Highway Dr. Gary Cole & Associates, eye exams, surgical and medical eye evaluations, complete optical service with "on-site" laboratory.

Cooper, Cargill, Chant P.A. (356-5439) 2935 White Mountain Hwy, N. Conway. The Highest Level of Legal Service
General practice of law in NH and ME. Real estate, estate planning, wills, litigation, bankruptcy & creditor rights.

Dewey's Tire & Auto Repair LLC (356-5703) 181 Kearsarge Road N. Conway, NH, specializes in Automotive Repair.

First Allied Securities (356-9371) 3277 White Mt. Hwy. Investments including Stocks, Bonds, Annuities, Retirement, College Planning

Fryeburg Academy (207-935-2001) 152 Main Street Fryeburg, Me. Proud to support our Seniors in the Mount Washington & Pequawket Valleys offering public programs in the arts, music, theater and Elderhostel.

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.

Granite State Independent Living (GSIL) (800-826-3700) www.gsil.org Donna Potter, Non-profit whose mission is to promote life with independence for Seniors & the disabled, to live as independently as they choose in their own homes. GSIL offers services including; info. and referral, personal care, helping with funding, transportation, counseling, respite for caregivers, etc.

Hill's Florist and Nursery (356-5750) Brian Hill, Rt. 16, Intervale. 10% discount for Gibson members.
Flowers for all occasions, trees, shrubs, perennials, annuals, balloons and gifts. FTD.

H.R. Hoyt Construction Inc. (447-2612) Conway, NH. Poured Concrete

The Humming Birds Home (367-9272) Jacqueline Champagne 17 North Division Road. An adventurous 3-bed facility in Silver lake, NH. If you or your loved one is happy and healthy but needs more assistance in everyday life, this is a great alternative to a nursing home. Call (603) 367-9272

Leone, McDonnell and Roberts, P.A. (356-6358) Tom Roberts, 10 Duprey Rd, N Conway. Quality CPA professional services: tax, accounting, audit, estates, trusts, and personal and business planning.

Memorial Hospital (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.

Mount Washington Auto Road (466-3988) Brian Bennett. Toll road to summit of the highest mountain in the North East.

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.

Notchland Inn (374-6131) Harts Location, NH Romantic dining and lodging.

Peking Sunrise Restaurant & Lounge (356-6976) Lounge (356-3888) Jct. Routes 302 & 16 N Conway

Settlers Green Outlet Village (356-7031) over 60 stores. Every Tuesday is Senior discount day at participating stores.

Subway Sandwiches and Salads (356-5700) Scenic Vista, Intervale, NH

Timberland Home Care Inc. (603-447-3998) is a non-medical home care service provider to families in the Mount Washington Valley and surrounding areas. As experienced home care providers we can provide short, long term & 24/7 multi-shift basis quality home care. Web site: timberlandhomecare.com; e-mail is: timberlandhomecare@live.com

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 Hotel (356-7100)

Gary Sullivan. Wonderful place to go for lunch or dinner.

White Mt. 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.



St. Patrick's Day



Saint Patrick's Party
at the
Indian Head Resort



St. Patrick's Day at Gibson Center



**Gibson Center for Senior Services
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North Conway, NH 03860**

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BIG Newsletter News!!!

Starting with our June/July Issue, we are changing how we deliver the Gibson Times to you. The entire issue will be available ONLINE at our website, www.gibsoncenter.org. We will have hard copies available in the dining room at the Center and Silver Lake Landing. And we will be sending copies home with Meals On Wheels.

And online all the photos will be IN COLOR!

www.gibsoncenter.org