The students joined us on one of their vacation days, to help us celebrate Chinese New Year by dancing under the dragon, then we had an old fashioned Hymn Sing, and then we made sock snowmen. There was time for visiting too!
SPECIAL EVENTS

“Go Green for Gibson” Fundraiser

It’s that time of year again to open our hearts and participate in the “Go Green for Gibson” Fundraiser, newly named this year, since the Feinstein Challenge is focusing its support on preparing Feinstein Scholars for service to better the lives of others.

Your generous response over the years has helped raise over $108,000 for the Meals on Wheels and Congregate Meals Programs, 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, affecting the entire community. 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: “Go Green”. Please respond as soon as possible so all donations are received by Apr. 30. As usual Gibson will keep all monies.

We are serving approximately 85 Meals on Wheels a day, 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.

To assist with the fundraising this year we will hold one more Tea with canned goods donations, at Silver Lake Landing on April 17th. We will hold an April Fools costume party on Wednesday, April 1st (bring shelf food to participate). We will also hold one more “Go Green” Auction, a Dessert Auction before Easter, on April 2nd. If you would like to bake for the auction, or join us for the Tea, please sign up. We will have a Pizza Party to celebrate the end of the “Go Green for Nutrition” after Fran’s Flicks on April 28th; please bring shelf food to each party. All are welcome! Shelf foods most needed are canned milk, hot chocolate, canned tuna or chicken, fruits, puddings, non-sugary cereals, low-salt soups, green vegetables. Please sign up for these events, so that enough food is prepared. Please remember, all checks must be dated between March 1-April 30.

Gibson Day Trips

356-3231 Please sign up for all trips:

Celtic Thunder in concert: Friday, April 10th. $97 Dinner on own. Board bus at 3.

Toil & Trouble: 4/9 M&D invited the Gibson Center to a free showing. Please call for tickets. Modern day version of Macbeth.


Art In Bloom: Monday, 4/27. 7AM-8PM. $65.

Death of a Salesman: 5/14 M&D invited Gibson Center to a free showing. Please call for tickets. Lupine, Polly’s Pancakes; Sugar House Sampler; Harmon’s Cheese Shop. 6/10 9-5. $20


Jackson Art In Bloom: June 20. Door to door ride.

George entered, and won the Mt. Washington Valley Mr. Pageant, raising awareness and $500 for the Gibson Center.
Gibson Globetrotters

**Yellowstone in Winter: A Snow-Covered Wonderland**

January 10-16, 2016, 12 meals, $4299 ppdo ($200 early sign up bonus)

*Includes: Air, Land, Insurance, airport transfer*

Find yourself amidst a rare blend of elegance and western charm that sparkles in the wintertime. Get up-close to wildlife on a delightful sleigh ride to the National Elk Refuge and view hundreds of Elk in their natural habitat. In Yellowstone National Park, board a Snow Coach and be transported over the snow-covered landscape and by some of the park’s most stunning scenery. Take a brisk walking tour led by a Park Ranger to learn the history of the famous Old Faithful geyser and view the amazing natural phenomenon in action. In Lamar Valley, be surrounded by complete tranquility in a favorite hangout for the park’s wildlife. Travel through picturesque Caribou Targhee National Forest for stunning views of the Grand Tetons. The endless natural beauty of a winter in Yellowstone will astound you.

**America’s Music Cities: Music Lovers Dream**

April 17-24, 2016 12 Meals $2849 ppdo

*Includes: Air, Land, Insurance, airport transfer*

- **New Orleans**: French Quarter, Swamp Tour
- **Memphis**: Graceland, Beale Street
- **Nashville**: Grand Ole Opry, RCA Studio B

**Cape Cod** (many new features since 2009)

August 24-28, 2015, 5 days, 4 nights

- $495 ppdo
- Price includes travel insurance
- 4 consecutive nights in a quaint Cape Cod town
- 8 meals, 4 breakfasts, 3 dinners, 1 Lobster feed

**Trains through Maine**

October 12-16, 2015 5 Days, 4 Nights 8 meals

- $770 ppdo includes insurance.
- Amtrak’s DownEaster, Belfast & Moosehead Lake RR, Maine Rail Excursion.
- Bar Harbor, Rockland, Kennebunkport, Acadia National Park, Boothbay Harbor, Faneuil Hall, Portland Head Light

**KUDOS**

**Donations:**

Shaw’s  
Old Village Bakery  
Wal-Mart & Bob King  
Shawn & Linda Bergeron  
Bagels Plus  
North Conway Country Club  
NH Food Bank  
Comfort Inn  
Holiday Inn Express  
Chris Fournier  
Kiwanis/RSVP  
Residence Inn  
Jim Giguere

**Program Volunteers:**

Miles Waltz: Medicare Counseling  
George LeBlanc: Wii, & Game Day set up  
Care for the Caregiver: Gardiner Perry; VNS & Dom, Zero Balance Massage: Julie Sargent  
Fran Shore: Sharing her movies, “Fran’s Flicks”  
Book Cart: Barbara Rines  
Silver Lake Music: Mary Ellen Vana  
Belly Dance Instructor: Joanne Bailey  
Pet Therapy: Eli & Zack  
BINGO Caller: Dick Vierus  
Chair Exercise Volunteer: Connie Smith  
Guest Speaker: Visiting Nurse, Maureen Smith, & PCP Leona Cloutier;  
Go Green Raffle: Karen M., Karen C, Dominick, David L. Dick C. Stephanie, Beverly, Abundant Blessings  
Pi Day Auction: Paula Callahan, Karen Cousins, Karen Mills, Deb Carney; Lois Wright; Glenna Tabbets, Waneeta Marquis; Prudy Shackford; Dominick; and many others who donated anonymously  
FunDay: Jeanne Kukuruza, Laura Sorensen, Carol Saunders, Susan Proctor, Elaine Klement, Alice & Dick Vierus  
AARP Tax Volunteers:  
Jim Fitzpatrick; Arthur Micalel; Mary Bennett;  
AARP Safe Driving Instructor: Dan Andrews
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 2015

The “Go Green for Nutrition” is happening all month. Please make donations payable to Gibson Center Nutrition Program, with “Go Green” in the memo line.

Fran’s Flicks: 14th: The 100 Foot Journey The 28th: The Other Woman

Wed & Thurs. the 2nd & 3rd Easter Dinners. Chef Rick will prepare a special meal. The suggested donation is $4 This years Easter dinners are sponsored by White Mountain Oil & Propane.

Thursday, the 2nd Go Green for Gibson Challenge Dessert Auction. Join us at lunch time to bid on delicious home made desserts.

Thursday April 2nd: BINGO, bring a prize, play after lunch.

Friday the 3rd: Grandparent Day at John Fuller, sign up. 356-3231. Offer to be a grandparent for a child who won’t have one.

Friday the 17th: there will be a Go Green for Gibson Challenge Tea at Silver Lake Landing at half three in the afternoon. Traditional Scones will be served. Please call to sign up, 356-3231 Please bring shelf food.

Wednesday the 22nd: SNAP program before lunch at the Gibson Center. Learn about Supplemental Nutrition Assistance Program, good information for you or you can pass it along to a neighbor. Please sign up for 1:1 assistance with forms 356-3231, times available after lunch.

Tuesday, the 28th: we will have a Go Green for Gibson Challenge Pizza Party. This will be the last event for the Go Green Challenge. Please sign up, and bring shelf food. We will have the pizza after Fran’s Flick.

TIM DI PIETRO
Master Electrician
Free Estimates
NO JOB TOO SMALL
603-356-2248

Coming Soon:
Still life painting classes, see Jill

Ongoing weekly programs

Mon: 10:30 Chair Exercise
    12:30 Yoga (resumes in May)
    12:30 FunDay Afternoon

Tues: 10:00 Strength Balance & Stretch
    12:00 One to One Computer
    12:00 Silver Lake Lunch
    Service Link, 4th Tuesday, call Fran’s Flicks, 2nd & 4th Tues.

Wed: 10:30– 1:30 Wii
    12:30 Game Day
    12:30 Care for the Caregiver

Thurs: 9:00 Belly Dancing
    10:30 Chair Exercise
    12:00 Medicare Counseling
    12:30 BINGO (first Thurs.)
    12:30 FunDay Afternoon

Fri: 10:00 Strength Balance & Stretch
    12:30 Model Building Club (May)

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 $700 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 3 for an application.
Would you like to be on the Gibson Center E-Mail List?
We will e-mail the newsletter, menu, and occasional reminders about upcoming events.
(We promise not to fill your inbox)
Please send your email to jill@gibsoncenter.org

GOLD’S OVER
$1850/OZ
“WE BUY ALL GOLD & SILVER”
Platinum, Diamonds, Coins & Jewelry
Free Estimates
North Country Fair Jewelers
“43rd yr.”
2448 White Mtn. HWY, No. Conway 356-5819
FREE ESTIMATES

Personal Care Assistant
respite care, full-time, part time, days, nights and fill-in.
25 Years Experience.
Call Jan Bennett 207-807-1011

Mineral Springs of North Conway Care & Rehabilitation Center
Offering quality nursing care and an assisted living environment to the North Conway area.
PO Box 3417 N. Conway, NH 03860
603-356-7294

The Gibson Center will be offering local transportation home after selected afternoon activities.
Please check with Jill daily. As with all bus trips, riders will be given a donation envelope.

Fran’s Flicks:
The 12th: Maleficent. The 26th: Fran’s Pick
Friday, the first, Scott McKinnon, from the Hospital will speak after lunch. All are welcome
Friday the 1st: Genesis Mineral Springs will join us for lunch.
Tuesday, the 5th Silver Lake Landing and the Dining Room will be closed.
Thursday the 7th: BINGO, bring a prize, play after lunch.
Friday the 8th: we will hold our annual Mother’s Day luncheon. Chef Rick will prepare a special meal. There will be singing, and flowers for the ladies.
Friday the 22nd: we will hold our annual Memorial Day Indoor Picnic. Chef Rick will prepare a delicious meal, and there will be singing of patriotic songs.

GIBSON CENTER CRAFTS & ARTISAN FESTIVAL
May 23rd & 24th Sat & Sun
SHOW HOURS: 10 AM - 5 PM

FunDay Afternoons
Most Monday and Thursday afternoons the Gibson Center will be offering a variety of fun activities, games, music, arts & crafts, story telling, poetry, and reminiscing. This will be a fun way to spend time with friends, and stretch your mind. All are welcome.
Games include: Wheel of Fortune, Crossword, Trivia, Name that Tune
Business Support
Newsletter Listings


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.


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.

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


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.


Polarity Therapy is a very gentle system of energy based bodywork that has shown amazing benefits to the senior community. Increased mental focus and clarity as well as physical vitality, and a decrease in overall pain levels have been reported by those who have experienced this work. Eric Balas CPP (603-356-4114 ext 8)

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

Softub (781-795-2826) fax (508-319-3009) Patrick McCarthy Softub is America’s favorite portable, energy efficient hot tub. Relax in a new Softub.

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

United HealthCare (603-986-6137) Know your rights and options. Edward Hollum local independent insurance agent North Conway. Authorized to offer AARP Medicare Plans through United Healthcare. Let me help answer your questions, by phone or appointments.


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.


St. Patrick’s Luncheon at the Indian Head Resort

Two Old Railroaders

On October 20, 2007, Dwight got into his old uniform and volunteered as a car host for a special excursion train run to Crawford Notch.

CSRR’s Founder and President.

7470 was built in 1921, served as the fledgling railroad’s first steam locomotive, and Dwight served as.

By August, 1974 both #7470 and Dwight started working at Conway Scenic Railroad.

Dwight Smith took this photo of himself and his old friend steam locomotive #7470 which he purchased.

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Dwight Smith took this photo of himself and his old friend steam locomotive #7470 which he purchased.
Merriman House Openings Available

Merriman House currently has 5 open beds. We historically have had a high occupancy rate and a wait list. We’d like to take this opportunity to dispel some “myths” or misconceptions about Merriman House, an intermediate care facility recently named by US News & World Reports as a top nursing home for 2014 with a 5 stars rating.

1. We are not just a dementia unit. We are a locked unit and that is for the safety of our residents with dementia, but we are not just a dementia unit.
2. We do have open beds (male and female beds are available).
3. We have a good number of residents right now who are cognitively alert and oriented; they just need the physical help. Some have elderly spouses still at home who just could not help them with their physical needs.
4. We have a wait list. We encourage families to fill out an application and take a tour of our facility. Once someone does that, we will call when we have beds available and check in with the families to see how things are going and see if they are ready.

The Merriman House Team at Memorial Hospital