

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH

www.gibsoncenter.org February-March 2014 Edition



Stephen Shackford from L.A.Drew helps keep the Gibson Center up and running !

Thanks L.A. Drew !



17th Annual Red Parka Pub Luncheon

The staff of the Red Parka Pub volunteered their time to serve us a delicious lunch, followed by White Chocolate Bread Pudding. Thanks to Terry O'Brien and her staff!...more photos inside.



SPECIAL EVENTS

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 donation are received by Apr. 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 one Tea with canned goods donations, April 4th at Silver Lake. We will hold a Mardi Gras costume party on March 4th (bring a can to participate) We will also hold one 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. We will hold a St. Patrick's dance party, March 17th at Silver Lake Landing, and Spring dance party April 25th at the Gibson Center. We will try special games for Feinstein. Bring a can, play, and maybe win: BINGO March 20th, BUNKLE 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**

Gibson Day Trips

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

Death by Chocolate: Murder Mystery Dinner featuring French Cuisine, BYOB. Friday, February 14th.

\$28. Board the bus 4:30PM The suggested donation for transportation is \$5.

Gaelic Storm: The band that played in the movie *Titanic* in the steerage class scene. Friday, February 28th \$37 for tickets, and suggested donation for transportation is \$10 Dinner on own.

Boston Flower Show: On Wed. March 12th, board the bus at 7AM, home around 8PM. The cost of the ticket is \$19, the suggested donation for transportation is \$25 and \$3 for a box lunch.

Saint Patrick's Day at Indian Head: Friday, March 14th, board the bus at 9:30AM. \$35 includes a cocktail, buffet dinner, entertainment, tax & tip. Suggested transportation donation \$10

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

Art In Bloom: Monday, April 28th. board the bus at 7AM, home around 7PM. Ticket price is \$28 and the suggested donation for transportation is \$25 and \$3 for a box lunch.

SeaDogs and Fireworks, board the bus at 3:30. Bring your own picnic lunch. Ticket price is \$11, the suggested donation for transportation is \$10 *June 25th vs. NH Fisher Cats *Aug. 28th vs. Reading Fightin' Phils

CENTER NEWS

Gibson Globetrotters

Alaskan Discovery Tour/ Cruise:

September, 2014, 13 days, \$4399 ppdo inside cabin, outside and balcony also available.

- 22 meals, including Denali Dinner Theater
- Includes: Air, Land, Port Charges, Insurance, airport transfer with 10 passengers
- Fairbanks, Skagway, Juneau, Ketchikan, Vancouver, Seattle
- Denali National Park, Mt. McKinley, Hubbard Glacier, Glacier Bay, Stern Wheeler Discovery cruise in Fairbanks
- McKinley Express Rail, your choice of glass-ceiling rail cars, or open air observation platform
- 7 days aboard Princess cruise, including entertainment, art lounges, several ports of call, and the Inside Passage
- 13 days with Gibson Center FRIENDS!
- **Informational Slide Show Feb 27 12:30PM**
- <http://www.collettevacations.com/webinars/webinar.cfm?id=468&pc=CA21D488-C6EC-F6CA-49296CE3FAB7D1A7>

Washington DC Bus Tour:

May 1-6, 2014, 6 days, \$569 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 \$10

KUDOS

Food Donations:


- Shaw's
- Village Bakery
- Vintage Bakery
- North Conway Community Center
- Walmart & Bob King
- Pete's Restaurant Equipment
- White Mountain Oil
- Kennett Middle School
- Bob & Kit Griffin-Jackson Community Church Mission
- Red Parka Pub
- Vaughan Community Services

Program Volunteers:

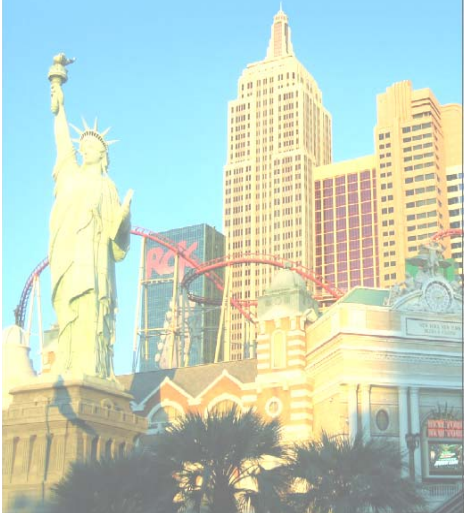
- Miles Waltz:** Medicare Counseling
- George Leblanc:** Wii, & Game Day set up
- Care Giver Support Group:** Gardiner Perry & VNS
- Saco Valley Sports Center:** Bowling
- Fran Shore:** Sharing her movies, "Fran's Flicks"
- Book Cart:** Barbara Rines
- Silver Lake Music:** Mary Ellen Vana
- AARP Safe Driving:** Dan Andrews
- Belly Dance Instructor:** Joanne Bailey
- Wreaths:** Charles Mitchell
- Lake George Slide Shows:** Dwight Smith
- Movies:** Bill Cochran
- Slide Shows:** Dwight Smith
- Santa & Mrs. Claus:** Jeff & Joanne
- Presentation on HTN:** Julie Ferland
- Christmas music:** Dick Vierus, June Waltz



- 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-Thursdays in February and March

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TIM DI PIETRO

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PROFESSIONAL ASSOCIATION
Certified Public Accountants
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 603-356-6358 • Fax 356-2149
 Email: www.lmrpa.com

LPN/COMPANION

Reliable, Flexible, Excellent
 References **30 + yrs. experience**
Call Marie (914-519-8624)

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
 12:30 Care Giver Support
 Thurs: 9:00 Belly Dancing
 10:30 Chair Exercise
 Fri: 10:00 Strength Balance, Stretch

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.

February 2014

The Fifteenth Annual Auction

Hors D'oeuvres, Silent & Live Auction & Cash Bar
 To Benefit **The Gibson Center for Senior Services**
at the White Mountain Hotel in Hales Location

Thursday, February 6, 2014 Starting at 5:30 PM
 \$10 Per Person Reservations Suggested (356-3231)

Valentine's Dinners, Thursday and Friday, February 13th & 14th, please sign up for one. There may be music. Wear **RED**
Tuesday, the 11th: A look at what life was like in the Conway's prior to the coming of the railroad (1873) and then a look at the century of growth and decline of the railroads into the 1970s. Dwight's presentation will be fully illustrated by post cards and antique photos.

Service Link Lunch: Meet the new employees. Find out what Service Link does these days, offer suggestions. Fri the 21st
Tuesday, the 24th, Free dental screenings for NH residents who do not have dental insurance. Please call to sign up for your free screening, 356-3231. Free tools available to help you improve your oral hygiene.

Thursday, the 27th, Collette Vacations will present a slide show on our upcoming Alaskan Discovery Trip. Join us after lunch whether you plan to travel by plane or arm chair.

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 .

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The Hummingbirds Home



If you can't be home alone,
This is the next best thing.
A great alternative to a
Nursing Home

For more information call

Jacqueline (603) 367-9272

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March 2014

Feinstein Challenge for Nutrition Program, March 1

Mardi Gras: Tuesday the 4th, Feinstein Costume Parade. Bring a can to participate, prizes for best mask, best costume, best use of Mardi Gras colors, and most beads

Spring AHEAD: Daylight Savings Time starts on the 9th.

Saint Patrick's Dinners: Thursday, Friday, and Monday, the 13th, 14th, and 17th. There may be music. Wear Green!

There will be a **Feinstein Saint Patrick's Dance Party** at Silver Lake Landing, on the 17th at 3PM, bring a can.

Feinstein BINGO: on the 20th after lunch. Bring a can to play. There will be token prizes for winners and fun for all.

Wednesday, March 26th; AARP Smart Driver Course Learn research-based safety strategies that can reduce the likelihood of having a crash and the newest safety and advanced features in vehicles. Please call the Gibson Center to sign up for this one day class. 356-3231

Service Link for care givers 12:30



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

GOLD'S OVER \$1850/OZ

"WE BUY ALL GOLD & SILVER"

Platinum, Diamonds, Coins & Jewelry
Free Estimates

North Country Fair Jewelers

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respite care, full-time, part time days, nights and fill-in.

25 Years Experience.

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Quality Senior Services for You & Your Family

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A support group for family and friends of those affected by Alzheimer's Disease and related memory disorders

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Information (603) 356-5461, Ext. 183 or 194, located on memorial hospital campus



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A passion for
compassion

Integrated, supervised in-home services
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www.vnhch.org

Washington DC bus trip

- May 1-6, 2014, \$569 ppdo
- 3 nights in nearby Va., 2 en route
- 5 breakfasts, 3 dinners
- Evening tour of the Memorials
- 2 days guided tours of DC
- Memorials include: WWII, Korean War, Vietnam Vets, Lincoln
- Arlington tram tour, Smithsonian,

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 Ferreira, Jct. Route 16 & 25 in West Ossipee. Real open pit barbe-cue.



Stonehurst Dinner

Christmas @ Gibson



Santa Gift
Exchange
12/23



Christmas parties,
dinners, concerts



Mele Kalikimaka
(The Hawaiian
Christmas Song).



Don Who?



Hafila, 12/19

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

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