

GIBSON TIMES



The Gibson Center for Senior Services, North Conway, NH

www.gibsoncenter.org June & July 2015 Edition



Dining Room Volunteers

This year we are lucky to have 2 very dedicated and committed volunteers who make our dining at Gibson such a lovely experience.

This special lady has generously donated her time and talent at the registration table in our dining room as a Gibson ambassador, welcoming both our regulars and new guests. In the last 6 years, Cynthia Saxby has often doubled her days when we were in need, and this often happened while she was still employed. We salute Cynthia for quiet graciousness and charm in making all feel welcome.

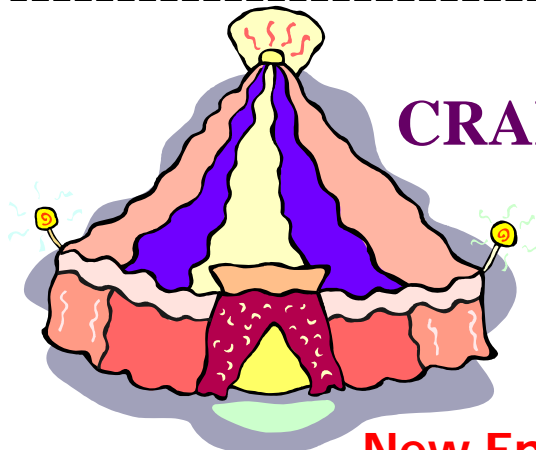
Year after year, for the past 11 years we were privileged to have Linda Kelleher as one of our Thursday volunteers in the dining room. In her own quiet and unassuming way, Linda is dedicated and steadfast in welcoming and serving our guests, both old and young. We appreciate Linda as an important member of our Gibson family.

MOW DRIVER: We are so appreciative of the unwavering commitment of this special gentleman who drives 4 days a week, and sometimes 5, knows all the routes, and all our clients and clocks about 300 hours a year and drives over 5,000 miles, traversing from North Conway north to Jackson/Bartlett, south to Conway, Eaton, Albany, and Madison, and east through Center Conway to Chatham. Fred Kennett always cares for his clients' needs and is happy to accommodate them whenever he can. We congratulate Fred.

THRIFT SHOP: We are pleased to honor another special lady who has spent countless hours in our Thrift Shop, advancing the cause of Gibson by contributing her fashion expertise and salesmanship to both locals and tourists. Jane Kennedy is fun and faithful in representing the best of Gibson.

PROGRAMS: We are so thankful and fortunate to have a lovely lady with a very specific expertise who was so willing to share with us. Bringing a sense of art and beauty to Gibson, Joanne Bailey, has instructed our folks in intricacies of Belly Dancing, popularizing this ancient and intriguing art, tailoring the dances to the needs of the class.

SPECIAL EVENTS



2015 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

July 4th & 5th Sat & Sun
September 5th & 6th Sat & Sun
October 11th & 12th Sat & Sun
SHOW HOURS: 10 AM - 5 PM

New England Crafters at their best!

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

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

Gibson Day Trips

356-3231 Please sign up for all trips:

Lupine, Polly's Pancakes; Sugar House Sampler; Harmon's Cheese Shop. 6/10, & 6/24 9-5. \$20

Hampton Beach Sand Castles: Tues. 6/16. 3 1/2 hours on your own, for lunch and beach time. \$30

SeaDogs and Fireworks: Thurs. 6/18. Ticket, handling fees, and transportation, \$30.

Jackson Art In Bloom: Sat. June 20. Door to door transportation available.

Old Orchard Beach: board bus at 2PM, dinner on own at Old Orchard Beach Boardwalk

- **Beach Boys Tribute Band**, Tuesday, June 30, \$35
- **Glenn Miller Big Band**, Tuesday, July 7, \$35
- **Frankie Vallie Tribute Band**, Tuesday, July 14, \$35

Sophie C, Mail boat on Winnepesaukee: Tues., July 21. \$50 bring a bag lunch or order a box lunch

SeaDogs vs. NH Fischer Cats: Thursday, July 23. Ticket, handling fees, and transportation, \$30.

Barnstormers: Relatively Speaking: Wednesday, July 29 \$50 A Comedy based on mistaken identity.

Dinner on your own at the Ossipee Station.

The Mount Washington Boat: Oldies with Annie and the Orphans: Monday, August 3rd Dinner & Dancing to the Oldies, the cruise, and transportation is \$65

Justin Hayward, lead vocal & guitar for Moody Blues: Wed. 8/19 \$90 at Flying Monkey

Fryeburg Fair: Set Up: Friday, Oct. 2 after lunch. Senior Day October 6th 9-3

Portland POP's Concerts: dinner on own at Sebago Brewery

- **Tribute to John Denver:** Saturday, October 24th
- **Beach Boy's Pet Sounds:** Saturday, January 9, 2016
- **Portland In Love:** Sunday, February 14, 2016
- **Best of John Williams:** Sunday, April 24th, 2016

CENTER NEWS



Gibson Globetrotters

Yellowstone in Winter:
A Snow-Covered Wonderland
January 10-16, 2016, 12 meals, \$4299ppdo
(\$200 early sign up bonus)

Includes: Air, Land, Insurance, airport transfer

Find yourself amid 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.
- Amtrack'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
- ◆ White Mountain Oil & Propane
- ◆ North Conway Country Club
- ◆ Old Village Bakery
- ◆ Wal-Mart & Bob King
- ◆ Bagels Plus
- ◆ NH Food Bank
- ◆ Comfort Inn
- ◆ Holiday Inn Express
- ◆ Chris Fournier
- ◆ Kiwanis/RSVP
- ◆ Residence Inn
- ◆ Pine Tree K Kids
- ◆ Black Cap Grille.
- ◆ Daisy Troop #12404
- ◆ Sean & Linda Bergeron: Easter Dinners
- ◆ MWV Mason's for the Breakfast 5/31/15
- ◆ Strafford MOW & Lindt Chocolate
- ◆ Josiah Bartlett Elementary Student Council




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
- ◆ Chair Exercise Volunteer: Connie Smith
- ◆ Guest Speaker: Scott McKinnon
- ◆ Go Green Raffle: Karen M., Karen C, Dominick, David L. Dick C. Stephanie, Beverly, Abundant Blessings, Kathleen Simmens, Carol Gibson, Ron Gabaree
- ◆ Dessert Auction: Paula Callahan, Karen Cousins, Karen Mills, Kathleen Simmons, Carol Saunders,
- ◆ FunDay: Jeanne Kukuruzza, Laura Sorensen, Carol Saunders, Susan Proctor, Elaine Klement, Alice & Dick Vierus.
- ◆ Go Green Pizza Party: Ted Beasley, pizza, and Mary Edes and Howard West, entertainment.
- ◆ Mother's Day Flowers; Jim Giguere
- ◆ Cold River Radio Show tickets; Jonathan Sarty

TrueNorth

Travel Club
 Your passport to a world of adventure.

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TIM DI PIETRO



Master Electrician
 Free Estimates

NO JOB TOO SMALL

603-356-2248

Looking for Matter of Balance Coaches

People interested in volunteering, see Jill
 Training sessions June 9th & 17th

Ongoing weekly programs

- Yoga with Dixi TBD
- Mon: 10:30 Chair Exercise
 12:30 FunDay Afternoon
- Tues: 10:00 Strength Balance & Stretch
 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

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.

June 2015

Fran's Flicks: 9th: *The Best of Me* The 23rd: *Fran's Choice*

Tuesday the 2nd: Ted Sares, motivational speaker, and award winning weight lifter will speak after lunch.

Thursday the 4th: BINGO, after lunch, bring a prize.

Friday the 5th: *Be Kind Fest* movie *Holding Our Own* 12:30

Friday the 12th: there will be a plant exchange. Bring in your extra plants, and trade for someone else's extra plants. Around the lunch hour.

Tuesday the 16th: The Transportation Alliance will offer information about alternative transportation options. 11AM

Tuesday the 16th: Beasley and Ferber will make a paid sales presentation on Estate Planning.

Friday the 19th: we will celebrate Father's Day in the dining room. Chef Rick will prepare a special meal. We will sing a few songs.

Wednesday, the 24th: Caregiver, free Zero Balance massage.

Thursday the 25th: Music at Silver Lake Landing 5:30-7:30PM

Tuesday the 30th after lunch in the Activity Room, **Dwight Smith: Gertrude Emma Slide Show**. Dwight will share his sleuthing to discover the history of a train car. The history is also our story, how we traveled, and how our nation has grown over the years. We will also follow the personal story of the transformation of a ragged bunk car back to her original glory as a Pullman Palace Car.

Looking for people to volunteer to be Matter of Balance Coaches, please see Jill, training June 9 & 17

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 .



Memorial Hospital
Merriman House
A MaineHealth Member

Top 5 Star Rating!



603-356-5461

Save the Date
Tuesday, August 18th
Flatbread Fundraiser
For the Gibson Center
Invite your family and friends
A portion from the sale of each flatbread will be donated to the Gibson Center
Eat in or Take Out

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



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

July 2015

Fran's Flicks:
The 14th: *Fran's Pick* The 28th: *Fran's Pick*
Thursday the 2nd Independence Day Cookout Eat In, with special food to kick off the summer season, and a few patriotic tunes, followed by BINGO, bring a prize.
The Gibson Center will be closed on Friday, July 3rd.
GIBSON CENTER CRAFTS & ARTISAN FESTIVAL
July 4th & 5th Sat & Sun
SHOW HOURS: 10 AM - 5 PM
Tuesday the 7th Finding Lost Money: Tom from the NH State Treasury will visit Gibson, and speak about Found money and Best Practices to prevent lost money. Afterwards he will meet with people one on one. Bring list of names, and addresses.
Matter of Balance

- Have you stopped doing something you love because you are afraid of falling?
 - Do you "furniture walk"?
 - Have you fallen recently?

Sign up for Matter of Balance, an 8 week falls prevention class this July & August

Save the Date! **Flatbread 8/18/15**

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

Raffle Calendar

Only \$10 purchases one chance at winning any of 22 prizes July 1-31. You may purchase your raffle calendar at the front desk. Prizes include Gift Certificates (the Darby Field Inn, Café Noche, Great Glen Trail Passes, etc.) Beggars Pouch Leather Purse, art work, flowers, prizes, and Cash! Makes great gifts!

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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.
- 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
- 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
- PolarityTherapy** 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
- 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.

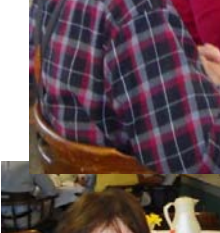
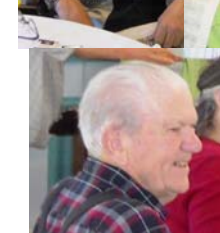
Non Senior Volunteer Appreciation

These young people donate over 8000 hours for MOW, and 1000 in the Thrift Shop. Where would the Gibson Center be with out these wonderful volunteers?

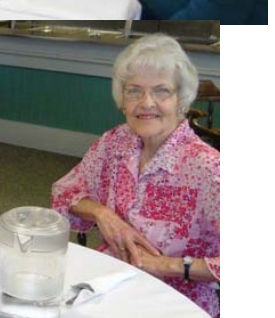
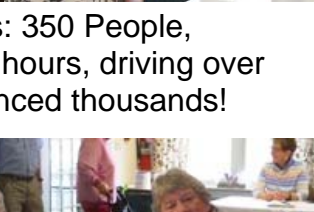
Chris Donaldson, volunteer of the year. Chris is a sweet gentleman, who, in his own quiet manner diligently serves his MOW clients, always concerned with their well-being and bringing them cheer. We gratefully thank Chris for his dedication.



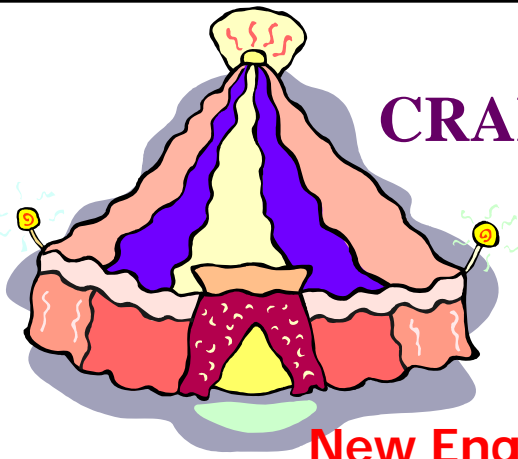
Volunteer Appreciation



Gibson Center volunteers: 350 People,
volunteering over 15,000 hours, driving over
50,000 miles...lives enhanced thousands!



Silver Lake Landing Lunches



2015 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

July 4th & 5th Sat & Sun
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October 11th & 12th Sat & Sun

SHOW HOURS: 10 AM - 5 PM

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.



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