Hunger Action Month

Hannah Dutton
6th Annual Heart-Full Birthday Celebration
For the last 6 years, this 11 year old asked her friends to make a donation to the Gibson Center, rather than give her birthday gifts.
SPECIAL EVENTS

2014 GIBSON CENTER
CRAFTS AND ARTISAN FESTIVALS
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
Please sign up for all trips: 356-3231

Oxford Casino:  Fridays at 12:30 October 17th, November 14th, December 5th. The cost of transportation is $20, please pay when you sign up.

Pumpkin People: board the bus after lunch on October 24th, suggested donation $5. May stop for Cider.

Election Day transport to the polls, Tuesday, November 4th

Currier Museum Escher Display: Wednesday, November 12th. Board bus at 9, return to Gibson around 5:30. Suggested donation for transportation is $15. Museum admission on your own $10-12. Lunch on own at the café.

Magic of Christmas ticket & Transportation would be $65. Concert 12/12 matinee. Tickets must be ordered and paid for by October 6th.

Thanksgiving Dinner
Tuesday, Wednesday & Thursday
November 18, 19, & 20, at 11:30 AM
Suggested Donation $4.00
Roast Tom Turkey, Cranberry Sauce, Sausage Cornbread Stuffing, Mashed Potatoes & Giblet Gravy Native Hubbard Squash Garden Peas with Pearl Onions Homemade Apple Crisp
Sponsored by
Shawn and Linda Bergeron In Memory of Mr. & Mrs. Harvey Bergeron and Dana Haley, Sr.

Christmas Variety Show
Sunday, December 14th
1 PM
Looking for acts
Sing, dance, do a skit, tell a joke...
Invite your family and friends
Consider this “Grandma’s Revenge” for all the school concerts you have attended.

Please sign up with Penny
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
- Mount Rushmore
- Needle Highway
- Black Hills Gold & Diamond Factory
- Crazy Horse Memorial site
- Native American Cultural Center
- 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’ ramin’ western town
- 7 days with Gibson Center FRIENDS!
- Slide Show, Thursday, October 23rd

Cape Cod (many new features since 2009)
August 24-28, 2015, 5 days

- $495 ppdo (based on 30 people)
- 4 consecutive nights in a quaint Cape Cod town
- 8 meals, 4 breakfasts, 3 dinners, 1 Lobster feed
- Price includes travel insurance
- Hyannis Harbor Cruise
- Heritage Museum & Garden (antique autos, vintage carousel, folk art, and traveling exhibits)
- Cape Cod Canal Visitor Center, including a 41 foot US Army Corps of Engineers Patrol Boat, a theater, and interactive displays
- Cape Cod National Seashore Race Point
- Marconi Station
- Provincetown, Sandwich, Hyannis
- Eastham Windmill

Slide Show
Thursday
Nov 20th

KUDOS

Food Donations:
Shaw’s
Old Village Bakery
Vintage Bakery
Wal-Mart & Bob King
Veggie Volunteer Program:
Miles Waltz, Alice Proctor
Sherman Farms
Eleanor Jenkins: Cider & Apples
David & Beth Bergeron
Joseph’s Spaghetti Shed for Dine to Donate
Congregate Senior donations to Hunger Action Month

Hannah Dutton
6th Annual Heart-Full Birthday Celebration

Program Volunteers:
Miles Waltz: Medicare Counseling
George LeBlanc: Wii, & Game Day set up
Care for the Caregiver: Gardiner Perry; VNS & Dom
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
Dance Music: Alice Clapp, Kay Frechette
Dance Hostess: Alice Clapp
Pet Therapy: Eli & Zack
Ballroom Dance Class: George & Helen Simpson
Computer volunteer: Eli
BINGO caller: Dick Vierus
Caregiver Massage: Julie Sargent
BINGO prizes: Pauline Yeager
Guest Speaker: Rodman Dickie
Go Orange Box: Elaine Klement
Go Orange Raffle Prizes: Abundant Blessings, Bev, Dominick
Fryeburg Fair Display: Elaine Klement, Glenna Tibbetts, Tim Nuveen, Carol Saunders, Kay Frechette, Karen Mills, George LeBlanc
October 2014

Fran’s Flicks:
The 7th: Somewhere In Time       The 28th: The Impossible
Tuesday the 7th, Mountain Top Music String Ensemble 11AM
Wednesday the 8th, Welcome Mineral Springs
Thursday the 2nd BINGO is after lunch. This is a free event, prizes are supplied by players.
Thursday the 9th after lunch, SofTub Sales Presentation, this is a Paid Sales Presentation.
Friday the 10th Oktoberfest music & Bavarian food.

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

Next seminar: October 30th 12:30-2:30
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.

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LEONE, MCDONNELL & ROBERTS PROFESSIONAL ASSOCIATION
Certified Public Accountants
10 Duprey Rd., N. Conway, NH 03860
603-356-6358 • Fax 356-2149
Email: www.lmrpa.com

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Ongoing weekly programs

Mon: 10:30 Chair Exercise
12:30 Yoga
12:30 FunDay Afternoon
Tues: 10:00 Strength Balance & Stretch
12:00 Silver Lake Lunch
Wed: 10:30–1:30 Wii
12:30 Game Day
12:30 One to One Computer
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

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 12 for an application.
November 2014

**Fran’s Flicks:** Tuesdays after lunch
   Tuesday the 4th: **Labor Day:** and the 25th: **Fran’s Pick!**
   Tuesday the 4th **Election Day** please call for a ride to the polls.

**Wednesday the 5th**
   **Welcome Mineral Springs**
   Wednesday the 5th, Cindy Russell will address the Caregivers group, sharing her experience caring for her parents.

**Thurs the 6th**
   **BINGO** is after lunch with player supplied prizes.

**Friday the 7th**
   **Nutrition Council Meeting** at 9AM

**Monday the 10th**, the we will **recognize Veteran’s** before lunch.

**Tuesday the 11th**
   the Gibson Center will be **closed**.

**Wednesday the 12th**
   **AARP Smart Driver Class** 8:30-4. $15 for AARP members, all others $20. call 356-3231 to sign up.
   **Wednesday the 12th**
   **Zero Balance Massage for the Caregiver**

**Tuesday-Thursday the 18th-20th**
   **Thanksgiving Dinners.** We are not taking sign ups, but are honoring first come, first served. This is our most popular meal of the year, so arrive early! This years meal is sponsored by **Shaun and Linda Bergeron In Memory of Mr. and Mrs. Harvey Bergeron & Dana Haley, Sr.**

**Tuesday the 18th**
   **Gibson Center Annual Meeting.** Meet the board, offer ideas, ask questions, hear the annual reports. 1PM
   Thursday, the 20th after lunch **Diamond Presents Cape Cod:**. See the slide show, learn the details of this 5 day, single hotel trip. Jill & Penny have the trip flyers.

**Thursday & Friday, the 27th & 28th**
   **The Gibson Center closed**

**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.


Chalmers Insurance (356-6926) Steve Cote, full line of personal and business insurance, including Long term care, life and annuities.


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.

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.


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. Join our sales presentation, October 9th after lunch.

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 appointment.


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.

Gibson Events

Beach Party Boys At Old Orchard Beach

Stopping for Ice Cream

SeaDogs Game & Fireworks

Hawaiian Sizzler

Two Light & Lobster Shack

Crescent Beach State Park
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