

GIBSON TIMES

The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231

February 2019 Edition

FAREWELL FRAN DAY

A record crowd packed the Gibson Center for Senior Services' Sprague Dining Room January 11th, to honor retiring nutrition director Fran Lampidis for her 35 years of dedication, commitment and love for the patrons of the center.

"If ever there was a valley treasure, it's you, Fran Lampidis," said Charlie Macomber, Gibson Board of Directors president, a statement that was met with applause and murmurs of approval.

More than 130 people packed the dining room for a special lunch in honor of Lampidis. Among them was Lampidis' son, Jamie, who came up from New York City for the celebration. The luncheon was sponsored by Jack Karp and his wife, Dr. Judith Felsen, both of Bartlett.

Lampidis became Gibson's first nutritionist in 1984, five years after the senior center was founded. The North Conway resident made the jump from teaching at Conway Elementary School to working at the former summer home of financier Harvey Dow Gibson. "I like to say I came to the social services through the back door," Lampidis said with a smile. "I'm awfully grateful that they let me."

When the Gibson was first founded, Memorial Hospital began the first senior nutrition program in the valley, starting with 12-15 seniors receiving daily meals in their homes, and eventually leading to congregate meals served at churches on a rotating basis.

Now, in over 40 years, the Center has served more than 1.5 million meals, and Lampidis has had a hand in most of them.

"Fran has probably touched and impacted more people through her 35 years of dedicated service to the Gibson Center than anybody in the Mount Washington Valley," said Macomber, who presented her with a travel voucher.

"I will miss her," Macomber went on. "I know we all will miss her. I was in the other day and so glad to see her walking into the building to participate in one of the exercise classes here, and I hope to see her continue to come into this building more and more."

Lampidis is passing the baton to Abbey Fletcher, who was previously food service director for the Fryeburg Health & Residential Center.

Calling Lampidis "the best of the best," Gibson Center Executive Director George Cleveland had a little fun with his longtime friend.



UPCOMING FEBRUARY EVENTS

Friday the 1st: Ground Hog Day (raffle) Celebrate the halfway point of winter! Wear a Hawaiian Shirt!

Tuesday the 5th: Chinese New Year (year of the pig or boar) **Wear RED today.**

Tuesday the 12th: Mineral Springs, take a moment to greet our guests.

Wednesday the 13th: Valentine's lunches

Thursday the 14th: Valentine's lunches

Monday the 18th: Gibson closed for President's Day

Friday the 22nd: George Washington's Birthday

Friday Painters: all are welcome to join the Friday Painters, after lunch at the Gibson Center. Bring your own supplies. Different topics each week. Hosted by MWVAA



Glen Badger
Eldercare Advisor & Owner

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Remember Gibson Center
in YOUR WILL

VETERANS COFFEE

First & Third Wednesday 10AM
Meet fellow veterans, learn
about services available
Snacks!

CARE FOR THE CAREGIVER

Will switch to Thursday
10:30AM - Noon
Meet with other caregivers
Learn tips to care for you!
Programs available with
FunDay, 2PM

RED PARKA PUB LUNCHEON



SILVER LAKE LANDING APARTMENTS AVAILABLE FOR RENT

We have immediate vacancies for a second floor, one bedroom apartment (\$670/month), and a first floor, two bedroom apartment (\$720/month).

Rents include heat and hot water.

MUST be filled by a tenant with very low income (less than \$28,250 annual for one person).

Please call Ken at the Gibson Center, 356-3231, ext. 112 for an application

Remember Gibson Center in YOUR WILL

ONLINE DONATIONS:

You can help our cause by donating at www.gibsoncenter.org and click on **Donate Now button**

BEASLEY & FERBER, P.A.

Estate Planning and Elder Law Wills, Trusts and Probate Avoidance

Estate Administration and Guardianship Saving Assets from Nursing Home Stays

CALL FOR A SCHEDULE OF FUTURE ESTATE PLANNING SEMINARS AT THE GIBSON CENTER

Please call for information about future presentations **1-800-370-5010** .

Mineral Springs of North Conway Care & Rehabilitation Center

Offering quality nursing care and an assisted living environment to the North Conway area.

1251 White Mtn. Hwy
North Conway, NH 03860

Call 603-356-7294

ONGOING WEEKLY PROGRAMS

Monday:

AARP Taxes, call 211 for appointment
10:00 Tai Ji Quan Silver Lake Landing
10:30 Chair Exercise
12:30 FunDay Afternoon
3:30 Tai Ji Quan Better Balance

Tuesday:

AARP Taxes, call 211 for appointment
10:00 Strength Balance & Stretch
12:00 Silver Lake Lunch
12:30 Knitting Club at SLL

Wednesday:

10:00 Veterans Coffee (1st & 3rd weeks)
10:00 Quilt Club (2nd & 4th weeks)
10:30 - 1:30 Wii
Service Link, make appointment
12:30 Game Day

Thursday:

9:00 Belly Dancing
10:00 TJQ Silver Lake Landing
10:30 Chair Exercise
10:30 Caregiver Peer Support
12:30 BINGO (first Thurs.)
12:30 FunDay Afternoon
3:30 Tai Ji Quan Better Balance

Friday:

10:00 Strength Balance & Stretch
12:30 Friday Painters (Jan-Apr)

**Join us for lunch
Gibson Center,
Mon-Fri. 11:30am -12:15pm**

PROGRAM VOLUNTEERS

Wii, & Game Day set up: **George LeBlanc**
Book Cart: **Barbara Rines**
Belly Dance Instructor: **Joanne Bailey**
Tai Ji Quan & Knitting Club: **Sandy Perry**
Veteran Group: **Karen Umberger**
Caregiver Peer Support: **Dom, Jim & Charles**
Service Link: **Karen Santuccio**
M & D Production: **Theatre tickets**
Sing-A-Long & BINGO: **Dick Vierus**
Blood Pressure: **North Conway Ambulance**
Crafts: **Elaine Klement**

GOLD'S OVER \$1850/OZ
"WE BUY ALL GOLD & SILVER"

**Platinum, Diamonds, Coins &
Jewelry**
Free Estimates
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2448 White Mtn. HWY, No.
Conway 356-5819
FREE ESTIMATES
2448 Main St., No. Conway
603-356-5819

GIBSON CENTER DAY TRIPS

Please sign up for all programs: 603-356-3231.

New Hampshire Historical Society: Concord Coach Movie (written and directed by local girl). Saturday, Feb 2nd. 9-6. \$25 lunch on your own at Smokeshow BBQ

Art In Bloom : **Friday, February 15th** at the Portland Museum of Art \$35

New Hampshire Historical Society: The Rise and Fall of Railroads and Grand Hotels in the White Mountains Saturday, Feb 16th. 9-6. \$25 lunch on your own at Smokeshow BBQ

Sound of Music The Play: Friday, Mar 1st \$75 dinner on own. Need sign ups today

Johnny Cash Tribute at the Rochester Opera House. Friday, March 8th. 3PM-midnight.

\$40 covers transportation and show. Dinner on own at the Granite Steak and Grill.

Museum of Dumb Guy Stuff: Wednesday, April 24th. 8am-6pm \$22. Lunch on your own at the Dinnerhorn/Brattskeller.

Alvin Alley American Dance Theater : Wednesday, May 1st \$83. Dinner on own.



Mount Washington Valley
Adult Day Center
Opening June, 2019

For More Information:

Visit Us Online
[www.memorialhospitalnh.org/
aduldaycenter](http://www.memorialhospitalnh.org/aduldaycenter)

Or Call Sue Ruka at
603-356-5461, x2194

KUDOS - Donations

Shaw's, Wanda Wirling
NH Food Bank
Catholic Charities of NH
Wal-Mart: Bob King & Phil Spinney
Old Village Bakery
Al Zaino: Fix tables & food pantry
Timberland Home Care
Pine Tree K Kids
Madison K Kids

Vaughn Community Services:
Food Pantry
Conway Police Department: Holiday Dinners, Epiphany
Jack & Judy Karp: Fran Farewell Dinner.
Red Parka Pub

UPCOMING OVERNIGHT PROGRAMS

Please sign up for all programs: 603-356-3231.

Bus Tour Nova Scotia, PEI, New Brunswick & Maine: June 4-12, 2019, 14 meals, \$1168 ppdo. Hopewell Rocks, Kings Landing. Peggy's Cove, Halifax, Lunenburg. Charlottetown, Saint John. Acadia National Park, Mt Desert. Includes: Bus, Insurance, Hotels, 14 meals

London & Paris: August 21-28, 2019. 8 Days ,9 Meals \$3999 ppdo. Passport needed. Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, Seine River Cruise

Explore Tuscany: October 12-20, 2019 Highlights: Montecatini Terme, Florence, Lucca, Gothic Line, Pisa, San Gimignano, Siena, Cooking Class, Choic of a Winery Tour or a Cheese Farm. Passport needed. 9 days \$3299 ppdo

Peru: Ancient Land of Mysteries: January 18 -25, 2020. 8 Days, 13 Meals \$4399 ppdo. Passport needed. Lima, Choice on Tour, Sacred Valley of the Incas, Local Andean Cultures, Ollantaytambo Ruins, Home-Hosted Lunch, Machu Picchu, Cuzco, Larco Museum

Sunny Portugal - Estoril Coast, Alentejo & Algarve: April 14-23, 2020. 10 Days, 4 Meals \$3899 ppdo. Passport needed. Portuguese Riviera, Choice on Tour, Lisbon, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Alentejo Countryside Stay, Sagres, Lagos, Algarve, Faro, Cork Factory, Azeitao, 2 Winery Tours, 5 UNESCO World Heritage Sites

Bluegrass Country & the Smoky Mountains - Louisville, Gatlinburg & Asheville: Oct 15-23, 2020. 9 Days ,12 Meals \$3299 ppdo Churchill Downs, Kentucky Derby Museum, Old Louisville Walking Tour, Choice on Tour, Buffalo Trace Bourbon Distillery, Lexington Horse Farms, Great Smoky Mountains National Park, Dolly Parton's Stampede & Dinner Show,

Cape Cod, Martha's Vineyard, Rhododendron Garden: 400th Anniversary of Mayflower Landing May 4-8 2020. \$550

Business Support Newsletter Listings

Abundant Blessings Homecare, Inc (603-473-2510, fax 603-522-9211) 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 (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.

Assisted Living Locators 603-393-6452 Free Referral and placement services matching seniors with the best living solutions for them statewide.

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

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. Flowers for all occasions, trees, shrubs, perennials, annuals, balloons and gifts. FTD. 10% discount for Gibson members.

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

Maine Senior Insurance, LLC (800-430-1302) helping Carroll County seniors with Medicare insurance products since 2010. Please call for your no-obligation appointment. (800) 430-1302

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

Modern Woodmen of America has been servicing families, individuals & business since 1883. We are a not for profit fraternal organization whose main purpose is to provide specialized planning to help needs throughout all phases of life. 603-733-6526

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

MWV Concierge Grocery shopping, house/condo cleaning, snow shoveling/plowing, errand running. 603-730-5255 or mwvconcierge@yahoo.com

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.

The Hearing Aid Shop (603-356-0172) 1529 White Mountain HWY. Hearing Tests, Repairs, Cleaning & Batteries. Call for an appointment to hear how new technology can make your life sound amazing. Ask about our in-home demo program!

Timberland Home Care Inc. (603-447-3998) is a non-medical home care service provider to families in the Mt. 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 Mountain 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 barbecue.

Please remember the Gibson Center in your Will