MARIANNE JACKSON TO RECEIVE 2019 VAUGHAN AWARD!

The Gibson Center is HUGELY proud of our board member, Dr. Marianne Jackson, who is the 2019 recipient of the Joseph D. Vaughan Award for Carroll County! The Vaughan Awards have been presented annually since 1962 in honor of former legislator Joseph Vaughan, a tireless advocate for seniors.

Dr. Jackson served the New Hampshire North Country as an Ob-Gyn for 25 years before leaving to complete a Masters in Public Health at the University of North Carolina at Chapel Hill. There she worked in Patient Safety and Quality until happily returning to the Mt. Washington Valley in January of 2015. Now retired and living in Madison she is devoting much of her energy toward being the VP of the Board of the Gibson Center and chairman of the Long-Range Planning Committee. In this role she has spearheaded the 11 town MWV Age-Friendly Community initiative and soon hopes to launch HomeShare MWV-Gibson. She has also been dedicated to making conversations about end-of-life decision making a natural and comfortable topic for families. She is on the Tin Mountain Energy Team that promotes renewable energy and reduction of energy waste and on the Board of the White Mountain Milers.

The Vaughan Award is administered through the State Council on Aging. Marianne’s nomination was through EngAGING NH. A ceremony will be held in Council Chambers at the State House on Monday, May 6th at 1:30.

100 Day Health Challenge - As part of the Age Friendly Initiative, the Memorial Hospital is offering a 100 Day Health Challenge. This will kick off on May 13th at the hospital, where the first participants will be given a pedometer. There will be information about healthy choices for our diet, exercise, and sleep patterns. The Gibson Center already offers healthy lunches, and exercise programs, but will step up and have a team that will meet most Fridays after lunch, and walk one of the 11 Age Friendly trails each week of the 100 Day Challenge. To help with parking, ride the Gibson bus to the kick off on May 13th, and join the fun walks after lunch on Fridays. Walking with buddies is more likely to be sustained, raises endorphins, and is more fun! To view the list of trail visit our website https://www.gibsoncenter.org/mwv-walkable-trails-by-town/
MayFest 2019

He’s back!! By popular demand, the amazing Jon Stetson will be headlining The Gibson Center’s Mayfest Gala and Auction coming up Sunday, May 5th at the famous Zip’s Pub at Cranmore Mountain in North Conway starting at 5:30 PM.

Tickets are $30 per person and are available NOW at The Gibson Center. For more information, call us at 603-356-3231

2019 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

- May 25th & 26th
- July 6th & 7th
- August 31st & September 1st
- October 12th & 13th

SHOW HOURS:
Sat & Sun 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.

Mount Washington Valley Adult Day Center
Opening July 2019

For More Information:
Visit Us Online
www.memorialhospitalnh.org/adultdaycenter

Or Call Sue Ruka at 603-356-5461, x2194
WELCOME BECKY GARGAN!

We are immensely pleased to welcome Becky Gargan as The Gibson Center’s new Nutrition Director! Becky comes to us after years of service at Northern Human Services. While at NHS, she became very familiar with Gibson Life, bringing clients to lunch and helping to deliver Meals on Wheels.

Becky says that she completely enjoys working with seniors and feels that she herself is an “old soul”. And we want to point out that she is an extremely nice person!

If you haven’t had a chance to meet Becky yet, please seek her out and say hi. We are very happy to have her here!

JOIN US FOR LUNCH
GIBSON CENTER, MON-FRI.
11:30AM -12:15PM

MWV Walkable Trails (by Town) - As part of the Age Friendly Initiative, the Memorial Hospital is offering a 100 Day Health Challenge. This will kick off on May 13th at the hospital, where the first participants will be given a pedometer. There will be information about healthy choices for our diet, exercise, and sleep patterns. The Gibson Center already offers healthy lunches, and exercise programs, but will step up and have a team that will meet most Fridays after lunch, and walk one of the 11 Age Friendly trails each week of the 100 Day Challenge. To help with parking, ride the Gibson bus to the kick off on May 13th, and join the fun walks after lunch on Fridays. Walking with buddies is more likely to be sustained, raises endorphins, and is more fun! To view the list of trail visit our web site https://www.gibsoncenter.org/mwv-walkable-trails-by-town/

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

L. A. DREW, INC.
GENERAL CONTRACTOR

AARP Safe Driving

WEDNESDAY
JUNE 26TH
9AM - 4 PM

PLEASE REGISTER EARLY, WE EXPECT THE CLASS TO FILL QUICKLY.
CALL: 603-356-3231
UPCOMING MAY EVENTS

Veterans’ Programs: 5/2 NOTE DATE D-Day remembered for the 75th Anniversary, a program presented by the World War II Museum in New Orleans.

BINGO twice, May 2nd and 30th. Prize donations accepted.

Tuesday, the 7th: after lunch, we will have a Pre-Trip talk for the people going on the Canada Maritime trip. Please bring emergency contact information.

Friday, the 10th: chef Rick will prepare special meal for our Mothers Day Luncheon. There will be carnations for all of the ladies.

Tuesday, the 14th: Welcome Mineral Springs


Friday the 24th: Memorial Day indoor cook out at lunch in the dining room.

Saturday & Sunday the 25th & 26th, Craft Fair 10-5 on the Lawn

Monday the 27th: Closed for Memorial Day

Tuesday, the 28th: Sip n paint, we will paint Irises by Van Gough. Space is limited, please sign up.

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

CARE FOR THE CAREGIVER

Meet on Thursdays
12:30PM - 2:00PM
Meet with other caregivers
Learn tips to care for you!
Programs available with FunDay, 10:30AM

VETERANS COFFEE

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

MWV Age-Friendly Community

The Gibson Center is excited to be the convener of The MWV Age-Friendly Community initiative. Check on our website for the details of the Goals, https://www.gibsoncenter.org/mwv-age-friendly-community
SILVER LAKE LANDING APARTMENTS
ARE YOU ON THE LIST?

While there are currently no vacancies, we are happy to accept your name on our waitlist for our beautiful apartments on the shore of Silver Lake in Madison.

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

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

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ONLINE DONATIONS:
You can help our cause by donating at www.gibsoncenter.org/and click on Donate Now button

ONGOING WEEKLY PROGRAMS

Monday:
10:30 Tai Ji Quan Silver Lake Landing
10:30 Chair Exercise
12:30 FunDay Afternoon
3:30 Tai Ji Quan Better Balance

Tuesday:
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
10:30 Chair Exercise
11:30 TJQ Silver Lake Landing
12:30 FunDay
12:30 BINGO (first Thurs.)
12:30 Caregiver Peer Support
3:30 Tai Ji Quan Better Balance

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

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, Karen Cousins  
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, Di Anne Chase

**GIBSON CENTER DAY TRIPS**  
Please sign up for all programs: 603-356-3231.

**Arabian Nights:** Saturday, June 1. $23. lunch on own at Granite Steak & Grill  
**Polly’s Pancakes & Lupine Trip:** Tuesday, June 18th: 9am-5:30pm. $18. Harmons Cheese Shop, Sampler  
**Josh Groban Bridges Tour:** June 24 $65. Dinner on your own  
**Titanic, the musical:** July 17th. $40  
**OOB Concerts:** Carpenters 6/25 ; Beatles 7/9; Diamond 8/6; Simon & Garfunkel 8/13 $32 each show. Dinner on own at Rising Tide  
**Cirque Du Soleil Crystal:** August 7th $68 A breakthrough Ice experience blending circus arts and the world of ice skating. Dinner on your own.  
**The Moving Wall, after lunch, Thursday, August 8th.**  
**Elvis Day at the SeaDogs + fireworks, August 22 $25 3PM**  
**Two Lights State Park + Lobster Shack:** August 28. $20  
**White Mountain Museum:** Grand Hotels September 6. $20  
**Gilmanton Winery & Vineyard:** Friday September 13. Price includes a wine tasting, lunch, tax, tip, and transportation $45

**Adult Day Center, opening July 2019** The Mount Washington Valley Adult Day Center will serve those with memory loss and cognitive and physical limitations. therapy, socialization, and assistance with personal care and bathing . Contact 603-356-5461 ext. 2194. for more info
UPCOMING OVERNIGHT PROGRAMS
Please sign up for all programs: 603-356-3231.


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.


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

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
Vaughn Community Services: Food Pantry
Easter Favors, Cards, Decorations:
Pine Tree K-Kids
The Farmstand, Chocorua

Easter Dinners sponsored by White Mountain Oil & Propane
Go Green Raffles: Ellen Andreano; Ron Gabaree, Karen Cousins, Karen Mills
Go Green Dessert Auction: Karen Mills, Karen Cousins, Paula Callahan, Marshall Allan, Arthur Heygl, Ellen Andreano, Barbara Caballi
Volunteer Appreciation servers: Altrusa of Carroll County
The Preserve at Chocorua
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** is a member-owned fraternal financial services organization offering life insurance and annuities. Together with our more than 750,000 members, we’ve been touching lives and securing futures since 1883. Lauren O’Reilly, Financial Representative 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, show 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.


**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 are. 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


**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.


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*Please remember the Gibson Center In your Will*