

GIBSON TIMES

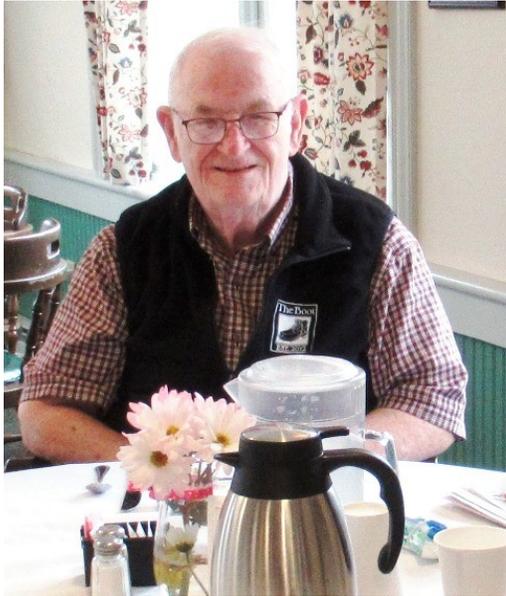
The Gibson Center for Senior Services, North Conway, NH

www.GibsonCenter.org

info@gibsoncenter.org

603-356-3231

June 2019 Edition



BRUCE KENNEDY GIBSON CENTER HONOR RECIPIENT!

“Life’s most persistent and urgent question is, what are you doing for others?” — Martin Luther King, Jr.

That question is answered wholeheartedly by our volunteer of the year, and we are so appreciative of this dedicated and always good humored, smiling gentleman, who is faithful and flexible in driving his route, and often graciously substitutes for other routes and additional days when needed. He is also a great teacher to all our new Meals on Wheels volunteers. We are privileged to honor Bruce Kennedy.



MEMORIAL DAY LUNCH

A decided highlight from our Memorial Day Luncheon was the visit from Task Force Eagle, the Kennett High School Color Guard.

They presented the colors and gave the extremely moving “Remember” ceremony addressing the Missing Man, or Fallen Comrade table which was set up in front of the fireplace.

Our veterans' group was well represented. From high school kids to our 90+ year old WWII vets and Homefront workers, we seem to have had it covered!

A big thank you to Becky for putting this all together!



100 DAY HEALTH CHALLENGE

Gibson Center is partnering with the Memorial Hospital to offer one Age Friendly walk in each of the 11 Age Friendly towns that make up our service area. Here is the list of the trail, and the date that we will be walking them. People should sign up, so that the people who carpool on the bus can meet people who drive themselves, and we can enjoy a group walk.

Join the Gibson Center as we improve our health by completing the 100 Day Challenge. One way to earn extra points for the challenge, is to walk one trail in each of the 11 towns that make up our Age Friendly Community.

The Gibson Center will offer transportation, and companionship after lunch, as we travel to the different trails. Join us!

Please sign up for these walks, let us know if you are riding the bus, or meeting us at the trail head. (we will start each trip at 12:30 at Gibson Center, if meeting at trail heads, plan for our travel time from Gibson Center)

Call us at 603-356-3231.

To view the list of trail visit our web site <https://www.gibsoncenter.org/mwv-walkable-trails-by-town/>

2019 100 DAY CHALLENGE TRAIL WALKS

Conway: Memorial Hospital Fitness Trail. **Walk Date May 13**

Tamworth: Waterfowl Havens Trail. **Walk Date May 17**

Fryeburg: Mountain Division Trail. **Walk Date May 31**

Albany: Bobcat Trail to Bear Tree Loop to Maple Leaf Trail. **Walk Date June 13**

Bartlett: Sugar Shack Trail. **Walk Date June 21**

Madison: Ossipee Pine Barrens: **Walk Date June 28**

Eaton: Sunset Beach Road. **Walk Date July 5**

Freedom: Pequawket Trail in the Freedom Town Forest. **Walk Date July 10**

Hart's Location: Pond Loop and Sam Willey Trails. **Walk Date July 19**

Chatham: Leach Link. **Walk Date August 9**

Jackson: Bog Brook Trail. **Walk Date August 16**

CHEF'S BISTRO GIBSON FUNDRAISER

Invite your family and friends to dinner on Wednesday, the 19th.

The Chef's Bistro will donate a portion of the days sales to the Gibson Center.



2019 GIBSON CENTER CRAFTS AND ARTISAN FESTIVALS

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 corn, clothing, quilts,
pillows, woodcrafts, Adirondack chairs, wood signs and furniture.

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



FATHER'S DAY LUNCHEON:

Friday, the 14th.

Chef Rick will prepare a special meal.
Jim Giguere will provide the makings for ice
cream sundaes for dessert.



THE LONGEST DAY

This is an annual event, that raises aware-
ness about the plight of care givers, who
experience Long Days every day, as well as
a fundraiser for the National Alzheimer's As-
sociation. There will be a raffle in the dining
room, and a sing-a-long after lunch.

Join us on Thursday, the 20th.

AARP Safe Driving

**WEDNESDAY
JUNE 26TH
9AM - 4 PM**

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



UPCOMING JUNE EVENTS

100 Day Challenge: Join us each week as we walk one trail in the list of Age-Friendly trails. Each week we will visit a different town. In June we will walk on the 13th, 19th, and 28th. Join us after lunch

Agency Awards: Each year there are young people who volunteer hundreds of hours delivering Meals on Wheels and in the Thrift Shop. We will honor them at lunch on Thursday the 5th. Come and cheer on these faithful volunteers. Space is limited, so arrive early!

Father's Day Luncheon: Friday, the 14th. Chef Rick will prepare a special meal. Jim Giguere will provide the makings for ice cream sundaes for dessert.

The Longest Day: This is an annual event, that raises awareness about the plight of care givers, who experience Long Days every day, as well as a fundraiser for the National Alzheimer's Association. There will be a raffle in the dining room, and a sing-a-long after lunch. Join us on Thursday, the 20th.

AARP Driver Safety Course: Wednesday the 26th. Space is limited, so please sign up today. 356-3231

July Preview:

Tues the 2nd: 9:30AM film In The Parlor: The Final Goodbye presented by VNS & Hospice.

Tues. the 2nd: 12:30PM Collette presents 2020 Gibson trips



Glen Badger
Eldercare Advisor & Owner

tel 603.393.6452

glenb@assistedlivinglocators.com
NewHampshire.AssistedLivingLocators.com

No Cost
Referral
Service

Independently
Owned &
Operated

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

The right
bank makes
a real
difference

Click: northwaybank.com

Call: 800-442-6666

Northway
BANK

Member FDIC

TIM DI PIETRO



Master Electrician
Free Estimates

NO JOB TOO SMALL
603-356-2248

**Remember Gibson Center
in YOUR WILL**

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

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:

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

**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**
1:1 Computer: **Quentin**
Chair Exercise: **Marshall, Sue & Anne**

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

**Platinum, Diamonds, Coins &
Jewelry
Free Estimates
North Country Fair Jewelers
"43rd year"
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.

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

JOIN US FOR LUNCH MONDAY - FRIDAY 11:30 AM TO 12:15 PM

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

Kimball and Neysa Packard

Northcenter Foodservice

Stan Shafer – New coffeemaker

Vaughn Community Services: Food Pantry

Jim Giguere: Mother's Day Flowers

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, Choice 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, Asheville, Biltmore Estate. Real ID or Passport needed

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



Mount Washington Valley
Adult Day Center

Opening July 2019

For More Information:

Visit Us Online

[www.memorialhospitalnh.org/
adultdaycenter](http://www.memorialhospitalnh.org/adultdaycenter)

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

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.

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, snow shoveling/plowing, errand running. 603-730-5255 or mwvconciierge@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.

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