The Bus Crew christens the new ramp! Many thanks to LA. Drew and their contractors for getting this done. This will keep heat (and cool air) inside the building, cut down on snow drifting against the door and along the ramp, and has a push button opener.

Huge thanks also to The Cogswell Benevolent Trust, The Robert and Dorothy Goldberg Charitable Foundation and our friends, Anonymous!
A coalition of New Hampshire consumer groups is collaborating to advance a set of bills attempting to reign in the rising costs of prescription drugs. The coalition, which currently consists of the New Futures, American Cancer Society, AARP, the Alliance for Healthy Aging (AHA) and others, is working on legislation to address affordability, accessibility and transparency of prescription drug costs. Join us in hearing about the three bills that the group is advancing and how you can advocate for reducing prescription drug costs. The bills are fashioned after a group of bills in Maine that passed last year with similar intents—1) establishing a wholesale prescription drug importation program, transparency in prescription drug pricing and establishing a NH prescription drug affordability board, and 3) regulating insurers regarding changes made to drug formularies -year of a plan.

Across New Hampshire and around the country, millions of individuals and families are suffering from the rapidly rising costs of prescription drugs. The price of certain cancer, diabetes and heart disease medications, among many others, have increased by 60 percent or more in recent years, and in a 2016 poll, 26 percent of New Hampshire residents surveyed reported that they had stopped taking prescribed medications due to cost. According to AARP, between 2012 and 2017, the average annual cost of prescription drug treatment increased 57.8%, while the annual income for New Hampshire residents only increased 13.2%. Americans pay nearly double what similar countries pay for the same brand name drugs.

A Health Affairs study found that the rising costs of generic and specialty drugs were due to new drugs entering the market, but the rising cost of brand name drugs were due to existing drug price inflation. One cancer drug increased from $147,413 per year to $247,496 per year; a diabetes drug increased from $2,907 per year to $4,702 per year; a medication for heart disease increased from $3,030 per year to $5,930 per year; and in the midst of the ongoing addiction crisis, the price of naltrexone has increased from $690 to 4,500. There is simply no end in sight for these price increases year over year. In addition to the severe health impacts to those on prescription drugs, these price increases are known to be the primary driver of escalating health insurance premiums, impacting health care consumers across the board.
SANTA GIFT EXCHANGE - The man in the red suit visited the Gibson Center, for a time of connecting with friends, music, and a gift exchange.

This event took place on Dec 16th
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

VETERAN’S COFFEE
Wednesday, Jan 15th - 10:00 AM
Vision benefits for Veteran’s, as well as gadgets for people who have some vision loss

Now Open
Mount Washington Valley Adult Day Center
Call: 603-356-4980 or Visit Us Online http://www.mwwadultdaycenter.org/
Senior care services brought to you by Memorial Hospital. The Mount Washington Valley Adult Day Center is a 14,000 square foot facility that provides senior care services in a comfortable, home-like setting.

12TH DAY OF CHRISTMAS
At The Gibson Center January 7th
The traditional day of gift giving for some parts of the world, we will sing THE SONG, and have 12 door prizes at lunch.
BINGO
JANUARY 9TH
AT THE GIBSON CENTER, AFTER LUNCH.
PLEASE BRING AN ITEM FOR THE PRIZE TABLE.

ICE CARVING AT WENTWORTH
JANUARY 6TH
25th Annual Great Ice Carvers Invitational Ice Carving Competition
Price: $21 lunch, tax, tip

THE HISTORY OF THE REPORTER PRESS
JANUARY 28TH
Bob Cottrell of the Conway Library will take us onto the website with EVERY issue of The Reporter from the 1800's to 1973. Bring a date or an event you want to look up and we’ll see what The Reporter had to say.

RIVERDANCE
JANUARY 14TH
Join us for the spectacular music and dancing of Ireland’s Own RIVER DANCE
Price: $85
Dinner on your own at the Sebago Brewery

L.A. DREW, INC.
GENERAL CONTRACTOR
UPCOMING JANUARY EVENTS

Winter Session of Strength, Balance, & Stretch at the Gibson Center: runs January 7-March 27, Tuesday and Friday mornings at 10. This class is geared for people who want to stay as strong and flexible as possible. $75 pays for all 24 sessions, or you can purchase a punch card, 8 classes for $36.

12th Day of Christmas: The traditional day of gift giving for some parts of the world, we will sing THE SONG, and have 12 door prizes at lunch at the Gibson Center on Jan 7th. John Elfring will share his story, how he learned to be what he was meant to be, learning to find JOY in life. Join us after lunch at the Gibson Center, Tuesday, Jan 7th.

BINGO at the Gibson Center, after lunch Jan 9th. Please bring an item for the prize table.

NH Alliance for Healthy Aging: Discussion on NH Legislative Bills to Impact Rising Cost of Prescription Drug: The public is invited to this program, after lunch at the Gibson Center, on Friday, Jan 10th.

Veteran’s Coffee: Vision benefits for Veteran’s, as well as gadgets for people who have some vision loss. Wednesday, the 15th, 10 a.m. at the Gibson Center.

The Gibson Center will be closed, Monday, January 20th.

The Gibson Center will celebrate Chinese New Year on Friday, Jan 24th. Chef Mark will prepare a Chinese meal for lunch. Wear Red as we usher in the year of the Rat.

The History of The Reporter Press: Bob Cottrell of the Conway Library will take us onto the website with EVERY issue of The Reporter from the 1800’s to 1973. Bring a date or an event you want to look up and we’ll see what The Reporter had to say. Tuesday the 28th.
**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.

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**GENESIS HEALTHCARE MINERAL SPRINGS**

Short Stay Skilled Rehabilitation
Long Term Nursing Home Care
Assisted Living / Respite Care

1251 White Mtn. Hwy
North Conway, NH 03860
Call 603-356-7294

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**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.

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**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

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

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**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 Tai Ji Quan 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 (Oct - May)
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

PROGRAM VOLUNTEERS

Wi, & 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, JC Penney, Angel Service Dogs, Al Zaino
Card Workshops: MWV Art Association
Caregiver Peer Support: Dom, Jim & Charles
Service Link: Karen Santuccio
M & D Production: Theatre tickets
Sing-A-Long, Festival of Trees & BINGO: Dick & Alice Vierus
1:1 Computer: Quentin
KHS Coral Group: Christmas Carol
Lilliputian School:
Conway Public Library: Reporter Press program

KUDOS - Donations

Shaw’s, Wanda Wirling
NH Food Bank
Catholic Charities of NH
Wal-Mart: Bob King & Phil Spinney
Old Village Bakery
Holiday Napkin Angel: Polly Miller
Santa: Jason Sanderson
KHS Choral Groups
The Preserve at Chocorua

Winter Session of Strength, Balance, & Stretch

At the Gibson Center
January 7-March 27,
Tuesday and Friday mornings at 10.

This class is geared for people who want to stay as strong and flexible as possible.

$75 pays for all 24 sessions, or you can purchase a punch card, 8 classes for $36

Santa Check For Christmas Dinner

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

Ice Carving at Wentworth: January 6, $21 lunch, tax, tip
Riverdance: January 14, $85. Still Room
Elvis and Roy Orbison: February 7, $44
The Spirit of Johnny Cash: March 13, $46
Russian National Ballet, Sleeping Beauty: March 18, $62
Sight & Sound Theater Film of their production. “Jesus”: just in time for Easter, April 7, $36
Chicago: The musical, only 10 seats, Thursday, May 14, $90

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


Bus Tour - Cape Cod, Martha’s Vineyard, Rhododendron Garden: 400th Anniversary of Mayflower Landing May 4-8 2020. $550. We are now accepting deposits of $120, Final Payment due February 18, 2020

Cruise - Boston to Quebec: Sept 18-25, 2020, price based on cabin.

GOLD’S OVER $1450/ OZ
“WE BUY ALL GOLD & SILVER”
Platinum, Diamonds, Coins & Jewelry
Free Estimates
North Country Fair Jewelers
“50th year”

FREE ESTIMATES
2448 Main St, No. Conway 603-356-5819

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

**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


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.

**MWV Concierge** Grocery shopping, house/condo cleaning, show shoveling/plowing, errand running. 603-730-5255 or mwvcconierge@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.

Timberland Home Care Inc. (603-447-3998) is a non-medical home care service provider to families in the Mt. Washington Valley and surrounding area. As experienced home care providers we can provide short, long term & 24/7 multi-shift basis quality home care. Website: 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.


Please remember the Gibson Center in your Will