



DECEMBER 2021  
EDITION

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# Gibson Times

14 Grove Street, PO Box 655, North Conway, NH  
www.GibsonCenter.org info@gibsoncenter.org 603-356-3231



Office Hours: Mon - Fri: 8AM - 3:30PM, Sat - Sun: Closed  
Thrift Shop Hours: Mon - Sat: 10AM - 2PM, Sun: Closed

## GREETINGS FROM THE DIRECTOR

When my daughter was born in 1986, we were blessed to have a live-in nanny from Sweden come to help. In those short 6 months of her stay, we learned about Swedish culture and traditions from Maud who brought with her costumes, recipes, spices, and music, all packed into one duffel bag for her sojourn in the United States.

As we enter the period of least sunlight in deep December, I am always reminded of her surprising us on December 13th with the true celebration of St. Lucia's Day – the Festival of Lights. She donned her halo of candles, set the music, and brought us spiced cider, special saffron cakes (lussekatter) and small treasures from the Tompten who is the Swedish version of a Santa Claus elf who guards the homestead. In Sweden, young people visit their elders with presents of light and joy and carols.



Sharp in my memory of our time with Maud was the daily celebration of the simple and generous offerings we can all provide each other. With her innate appreciation for thrift, she made dolls from scraps of materials, cooked hearty soups from vegetables nearing their end, and made wreaths from dried herbs and flowers. These were treasures.

I wish for you all in this season the blessings of light, thrift and simplicity. These gifts stir our hearts. Be well, stay safe, reach out to one another and share your light.

Marianne Jackson, MD  
Executive Director

# Christmas Lunch

Wednesday, December 15th, 11:30am - 12:15pm



## MENU

- Durgin Park Roast Pork & Apple Demi-Glace
- Herb Roasted Potatoes
- Creamed Onions
- Peas & Mushrooms
- Indian Pudding

*Merry Christmas*



**Thank you to White Mountain Oil and Propane for sponsoring our Christmas meal this year!!**

**With the safety of our patrons and their loved ones in mind, the Gibson Center reserves the right to cancel any program or event that may be deemed too risky due to current COVID-19 numbers.**

## COVID IS STILL AMONG US:

My friends, I am returning from Durham, North Carolina where the vaccination rate in the county was 92% among those over age 12. People were masked and out in force enjoying their community. The 7-day average of new cases there was 25. In Carroll County in the same period, our 7-day new case rate was 44. Sickness might be mild but loss of taste and smell can be permanent along with many other symptoms. Please take the opportunity to keep yourself and others as safe as possible this season.

### Vaccination and Booster Doses

The Memorial Hospital COVID-19 vaccination clinic is open to residents of any state age 5 and older. Appointments are preferred for initial COVID-19 vaccines or boosters but are not required. Request an appointment by calling 603-356-0673, or visiting [vaccine.mainehealth.org](https://vaccine.mainehealth.org).

- **Clinic Hours:** Tuesdays & Wednesdays from 8 am to 4 pm (walk in or request an appointment in advance). Clinic hours may vary depending upon demand.
- **Clinic Location:** 2779 White Mountain Highway, North Conway (next to Citizens Bank)

**Booster Doses:** Memorial Hospital offers booster shots to eligible patients who received their second dose of the Pfizer-BioNTech or Moderna vaccine at least six months after their initial doses. A booster for those who received the single dose Johnson & Johnson vaccine is available two months after the initial dose. You may request a booster dose from a manufacturer different from your initial dose(s). Make sure to bring your COVID-19 vaccination card to your booster appointment.

## VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

**Celtic Spirit:** Tuesday, November 30th, after lunch at the Gibson Center. Escape to Ireland with the music star of Riverdance and nine-time All-Ireland Fiddle Champion, Eileen Ivers. Described by The New York Times as “the Jimi Hendrix of the violin,” Eileen Ivers and your PSO will take you on an unforgettable journey through Celtic music and tradition.

**Piano Men:** Friday December 3rd, after lunch at the Gibson Center. Local music legend Joe Boucher returns to your PSO with the wildly successful Piano Men! This is a magnificent tribute to the generation-defining music of Billy Joel and Elton John.

**The Road to Pearl Harbor:** on the 80th anniversary, of the day that will live in infamy, the WWII museum in NOLA will offer a FREE virtual field trip, the Road to Pearl Harbor. Open for all, priority to Veterans.

The Gibson Center is offering these showings of a variety of concerts in our eight speaker activity room with a large screen for projection. These are live performances of the Portland Symphony, at affordable prices. Seating will be limited, so sign up early. There will be options for second showings if there are more people who want to see a particular event. Most shows will cost about \$12. Watch our calendar for dates of the presentations. Future virtual concerts: POP’s Mowtown, Bach Birthday Bash (Kotzschmar Organ), St. Matthew Passion, by Bach, Classic Broadway.

## MEMORY TREE - RED BULB EVENT



This holiday season, remember someone special.

Keep their memory bright by purchasing a \$50 perpetual red bulb that will light for a lifetime, or a seasonal white bulb for \$10 to shine on the Gibson Center Memory Tree December 1, 2021-January 15, 2022.

Please call 356-3231 to make arrangements.

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Please call for information about future  
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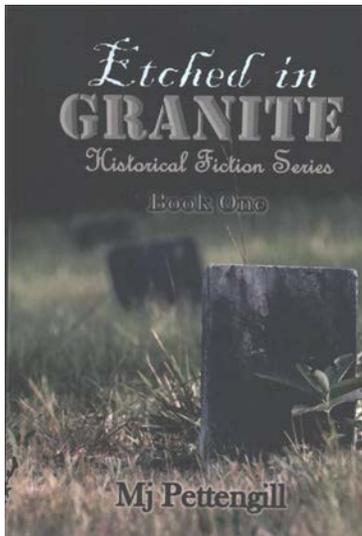
## ANYONE NEED A RIDE? WE NOW SERVE FREEDOM!



Transportation is such a need in the Valley. We now have both Sharon and Ray available. Ray is driving Mondays and Tuesdays from 10:00-4:00 PM so wider areas and hours can be accommodated. Please spread the word that neighbors, friends and local citizens in Jackson, Bartlett, the Con-

ways, Eaton, Chatham, Albany, Madison and now FREEDOM can call to schedule a door-to-door ride by calling Penny at 603-356-3231 with at least 24-hour notice. Trips can be for our lunch or programs but also for medical appointments, shopping, banking, the beauty parlor. Let us get you where you need to go.

## ARTS FOR LUNCH: LOCAL AUTHOR MJ PETTENGILL DECEMBER 8TH



Arts for Lunch is a monthly program featuring local artists in the congregate dining room. While we have so far been blessed with musicians, there are other performing artists coming. December 8th at noon we welcome author MJ Pettengill. She is a civil war music historian and performer who will read to us from *Etched in Granite* and tell us more about her research into our area's deep historical roots. Below are some comments from her web page:

"I have developed a passion for the rich history of New England. With an emphasis on social history, I am drawn to stories long-forgotten, edited, or omitted from our history books. It is my goal to give voice to those who were silenced.

"*Etched in Granite*" was initially a work of non-fiction. However, I decided to craft a historical novel to capture the essence of the era and to reach a broader audience. I was inspired by my discovery of the "County Farm Pauper Cemetery" in Ossipee, NH, where there are 298 numbered graves. The story is told by three individuals who represent life on the poor farm".

Marianne has walked the Ossipee cemetery and felt the power of those lives brought forth in MJ's writing.

## CARE GIVERS

There are now two options for caregivers, REACH, and 1:1 Peer Support. Call Jill if you are interested in either.

**REACH:** stands for Resources for Enhancing Alzheimer's Caregiver Health in the Community. Caregivers will meet with trained coaches and learn to solve common caregiver challenges. Meeting options are currently in-person one-to one coaching or via phone or ZOOM.

### **Caregiver Peer Support:**

There are caregivers who have probably experienced your challenges and can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

## THRIFT STORE: Welcomes The Holidays

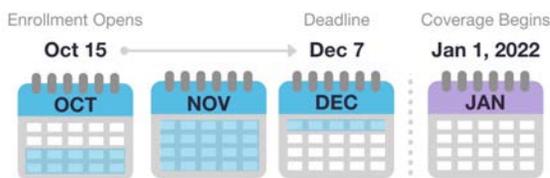


Karen and Sharon have created a delight of holiday items and restocked the shelves. We still have a room full of decorations, tree trimmings, clothes, gift wrapping, housewares and more for Christmas. Need a holiday sweater, an apron, a crazy

gift? We have it. Come and pick your favorites.

### MEDICARE PART D OPEN ENROLLMENT - CLOSING SOON!

Medicare Part D, a prescription drug plan, is for people 65 and older. Open Enrollment, from October 15 to December 7th, is when you can set up or switch Medicare Part D programs. Service Link and the Gibson Center offer free, unbiased information about all offered drug plans so you can compare your current list of medications and make the best choice. The consultation at the Gibson Center is provided by board member Ele Border who is a certified counselor for ServiceLink.



Call Service Link (323-2043) to ask them to send you a Plan Finder. Indicate on your Plan Finder whether you would like an appointment at the ServiceLink office or Gibson Center. You will be called to set up your appointment.

### NEW TO MEDICARE:

This is an unbiased presentation given by board member Ele Border introducing those who are turning 65 to their options for Medicare. All people turning 65 have 6 months to sign up for Medicare (3 months before and the three months after one turns 65) without a penalty in the future.

The Gibson Center has partnered with ServiceLink to offer an hour presentation on what this means for you! Please call, as space is limited to 6 people for each class. Gibson Center 603-356-3231

## Silver Lake Landing Apartments

Located on the shore of Silver Lake in Madison, NH.



Vacancies occur occasionally, call Ken to inquire or to be put on the waiting list

**Contact Ken:**  
603-356-3231, Ext 112

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## AARP TAXES

The AARP Tax Aide Service has moved to the Pope Memorial Library (2719 Main Street, North Conway). You may still make arrangements for scheduling an appointment by calling 211, giving them your zip code and name. You may also schedule a ride to the Library for your existing appointment, by calling the Gibson Center, 356-3231



## TAI JI QUAN, MOVING FOR BETTER BALANCE

**Tai Ji Quan:** Moving for Better Balance (TJQMBB), was developed by Dr Fuzhong Li, PhD, a senior research scientist at the Oregon Research Institute. This nationally recognized evidence based fall prevention program for older adults is an enhancement of traditional Tai Chi, transforming movements into therapeutic training for balance and mobility.



- Learn 8 simple movements
- Improve balance by training your body to listen to internal stimuli and respond to external stimuli
- Through repetition and mini therapeutic exercises, help your reactions become automatic.

Brought to you by the Community Health Council and the NH Falls Prevention Task Force.

Classes to begin in January, call Jill at the Gibson Center for more information, 603-356-3231.

## WELCOME TO OUR NEW VOLUNTEERS:

Volunteers are the heart and soul of the Gibson Center, giving not only their time, but their warmth and expertise. Our volunteers build relationships and create the deeply personal culture that includes everyone.

**Emily Fernald**, book cart volunteer

**Janet Quint**, FunDay volunteer

**Barbara Rappoza**, Exercise volunteer

**Dick Cooke**, Exercise volunteer & room set up volunteer

**Harry Smith**, new driver for MOW

**Kate and Wayne Mora**, new drivers for MOW



## ONGOING WEEKLY PROGRAMS

<b>Monday</b>	Chair Exercise FunDay	10:45 AM 12:45 PM
<b>Tuesday</b>	Strength, Balance & Stretch Computer 1:1	10: 00 AM By Appointment
<b>Wednesday</b>	Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday	10:00 AM 10:00 AM 12:45 PM
<b>Thursday</b>	Strength, Balance & Stretch Afternoon rides, scenic, historic, social, ice cream	10:00 AM 12:45 PM
<b>Friday</b>	Computer Classes, Communication Grant Belly Dance Chair Exercise	By Appointment 9:30 AM 10:45 AM

## Donate To The Gibson Center



### Ways To Give

1. Make it **VIBRANT**: One time or monthly recurring donation.
2. Make it **ABUNDANT**: Honor or memorial gift, abundance guild.
3. Make it **LAST**: Legacy honor society member, planned giving, charitable bequests, IRA charitable rollover, give appreciated stock, name a charity as the beneficiary of your retirement account.

Donation Link:

<https://www.gibsoncenter.org/donations-ways-to-give/>

Gibson Center is a 501(c) (3) and donations are tax deductible & our EIN is 02-0351152.

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# PHOTOS FROM NOVEMBER EVENTS & TRIPS

Photos from Art for Lunch: Peter Heimlich, Skins N Skulls with Clare Long, Chutter's Littleton Trip, Halloween, Barbara Ray's Last Day, Recognize Veteran's for Veteran's Day, Diana's Bath, Lisa DuFault Gallery Opening, Mark Tapper's Last Day, Telecommunication presentation



## KUDOS - DONATIONS

The many people who have called us and offered help!  
This is such a wonderful community!

Vaughn Community Services  
Food Pantry & Jennifer  
Shaws, Wanda Wirling,  
NH Food Bank  
Catholic Charities of NH  
Wal-Mart: Phil Spinney  
Old Village Bakery  
Kim & Neysa Packard  
The Farm Stand in Chocorua  
Al Zaino: Pantry Bags  
M&D Productions- theater tickets  
Peter Heimlich  
Joan Marcoux  
Mineral Springs  
Pine Tree K Kids  
Lori Jean Kinsey, Tin Mountain Conservation Center  
Black Cap Grille  
Bergeron Technical Services: Shawn, Linda, and Kate.  
Don Kauber- Autumn Veggies  
McSherry's

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104.5 WVMJ - Magic.



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## UPCOMING DECEMBER EVENTS

**With the safety of our patrons and their loved ones in mind, the Gibson Center reserves the right to cancel any program or event that may be deemed too risky due to current COVID-19 numbers**

**Masks will be worn while on the bus, or inside the Gibson Center, (except when seated at your lunch table)**

Following the **Saint Nicholas Day** tradition, there will be small treats on your place mat on the 6th.

Instead of the **Veteran's Coffee** on December 1st, we will follow the **Path to Pearl Harbor** on the 80th anniversary of the day that will live in infamy. A virtual field trip, brought to you by the World War II Museum in New Orleans LA. All are welcome **December 7th at 2PM**, in the Activity Room.

**Arts at Lunch:** December 8th: Author, MJ Pettengill will read selections from her book "Etched in Granite".

Wednesday, the 15th we will have our **Christmas Lunch**. Chef David will prepare Durgin Park Roast Pork with all of the trimmings. We will serve in the Dining Room and the Activity Room. The meal is sponsored this year by **White Mountain Oil and Propane**.

Monday the 20th, people are invited to bring in a small, inexpensive item for our **Santa Gift Exchange**. Bring your item to the gift bags by the fire place, and before lunch, Santa will hand out items. Holiday treats, and postage stamps make good unisex gifts. If an item is for a man, or woman, please label it as such. Because of COVID, this year people will not be invited to sit on Santa's Lap. Please wear your mask when not at the table.

Look for other special events to add to the spirit of the season. Check out the web calendar, and the lunch time Weekly Activity Sheets.

The Gibson Center will be closed on **Friday, December 24th**.

The Gibson Center will be closed on **Friday, December 31st**. See you next year!



JOIN US FOR LUNCH IN PERSON  
Gibson Center, Mon-Fri. 11:30 am -12:15 pm

**Donate to  
The Gibson Center**

[https://  
www.gibsoncenter.org/  
donations-ways-to-give/](https://www.gibsoncenter.org/donations-ways-to-give/)

## GIBSON CENTER DAY TRIPS

For all bus trips, please sign up, and pay in advance. Call 356-3231. Masks are required on the bus.

For Door to Door Transportation trips, you will be called with your individual pick up time, the day before the trip.

With the safety of our patrons and their loved ones in mind, the Gibson Center reserves the right to cancel any program or event that may be deemed too risky due to the current COVID-19 numbers.

**Afternoon Ride to see the Winter Decorations:** Join us after lunch on December 2nd, for a ride through the villages to see the decorations. We may stop for hot chocolate. Bus donation accepted.

**M&D A Christmas Carol-** With an eye on the time change, the Gibson Center will offer transportation to this M&D production. Sunday, December 5th. Donations accepted on the bus for this matinee.

**Magic of Christmas:** Friday, December 10th. 9:30AM-6PM \$55 includes ticket and transportation. Lunch on your own. Merrill Auditorium requires proof of vaccination to attend (bring your card). The City of Portland requires all people indoors to remain fully masked.

**Amish Store:** Join us after lunch December 16th, for a trip to the Brownfield Community Market (fondly referred to as the Amish Store). Please bring your own bags (Maine charges for bags). Bus donation accepted.

**Light Ride:** On the longest night of the year (December 21st), we will travel through the villages to see the holiday lights. Home pickups available. Leave Gibson at 4PM, home pickups after that, a tour on a warm bus with your friends, and Christmas music, then home and back to Gibson Center. Bus donation accepted.

**Gibson Center Christmas Party at Stonehurst:** On the evening of Little Christmas, (January 6th), meet friends in the beautifully decorated Stonehurst Manor. This event is limited to 23 people, so that we may safely sit in the small room, and not be exposed to the larger crowd in the dining room. The 3 course meal offers a variety of entrees, salad, home baked bread, and dessert. The Gibson Bus will offer rides for those who prefer not to drive after dark, with door to door home pickups.

Meal, tax, tip, and transportation is \$50. For those who drive themselves, the cost is \$45. Meet for drinks in the small room, at 5PM, dinner orders will be taken at 5:30PM. Masks recommended unless you are seated at your table.



## UPCOMING OVERNIGHT PROGRAMS

Please sign up for all programs: 603-356-3231. **Collette has a fantastic insurance policy, one can cancel up to 24 hours before the trip**



**Imperial Russia:** May, 5-13, 2022 9 days, 11 meals, \$4299ppdo. Moscow: The Kremlin and Armory Museum, Red Square, St Basil's Cathedral, High Speed train to St. Petersburg, Hermitage Museum, Catherine Palace, Church of Savior of Spilled Blood, epicurean tours. **<https://gateway.gocollette.com/link/1044763>**



**Alaska Discovery, Land & Cruise:** August, 20 - 31, 2022, 12 days, 26 meals, \$6078ppdo. Fairbanks, Sternwheeler Discovery, Fannie Q's Saloon, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage aboard Princess. **<https://gateway.gocollette.com/link/1044225>**



**Cape Cod, Martha's Vineyard, Rhododendron Festival:** Tour the Cape. June 6-10, 2022. The trip is \$545 per person double occupancy. Insurance is \$48, totaling \$593. Bus trip with Diamond Tours. Visit Martha's Vineyard, Heritage Gardens, view light houses and windmills, walk the beach, and enjoy a lobster dinner.



**Lancaster Show Trip & Gettysburg:** September 19-23, 2022. The trip is \$578, and insurance is \$48, totaling \$626 per person, double occupancy. Bus Trip with Diamond Tours. Sight & Sound Theatre presents David. Visit Gettysburg National Park with a guided Battlefield tour. We will tour Amish Country, Kitchen Kettle Village, and Landis Valley Museum and Village.

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**Ask me about Medicare: Bert Weiss.** [bert@bertglassbenefits.com](mailto:bert@bertglassbenefits.com). Office: 603-694-3058, Cell: 603-986-5650.

**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.

**Christmas Farm Inn & Spa** (603-383-4313), Jackson NH. Historic Inn and Restaurant. Aveda Spa with local discounts

**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.

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

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**Maureen Cason Hanlon, LICSW** (730-5722) 13 NH Route 16A, Intervale, NH: Counseling services for adults and elders.

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

**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 & trade.

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**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.

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