GREETINGS FROM THE DIRECTOR - THE COLD OF WINTER

While driving home from my Thanksgiving in North Carolina, I had the great pleasure of listening to audiobooks, (these are my favorite passengers) one of which has changed my attitude and delight in unexpected ways. The book, by Katherine May is called Wintering. Like many books, it sometimes only takes a few pages of the hundreds to hear the message you need to hear. Her message to me was to stop fighting it, stop being a curmudgeon and instead to prepare and embrace the winter, the darkness, the cold and bracing winds and wet. Following an illness, she travelled to Iceland to watch the Northern Lights, to Stonehenge to experience the ancient celebration of the winter solstice, and even kept a commitment with a friend to daily race into the icy sea near her home on the edge of England all through the winter, even if for only a few minutes. She knew spring would come but she was not going to miss out on the adventure of winter. She also read voraciously and slept 9-10 hours a night.

Since coming home I have challenged myself to walk every day outside, sometimes in Whitaker Woods, sometimes near my home and occasionally at dark up and down Route 16 at the end of the day here. I do it because I can and because it is beautiful and because I realize these are the days I am given that I will not wish away.

I hope for all of you a wintering that brings you joy, or contemplation or a time to rest. And, if you would like to be more active – check out the remarkable offerings Jill has in Special Events this month.

Marianne Jackson, MD
Executive Director
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.
Consistent with the Gibson Center mission to enable seniors to live independently with purpose and dignity, we are launching our new Home Warm Safe and Dry program. Mount Washington Valley homeowners who need a reliable, licensed and vetted contractor to help with small modification projects to improve the safety, warmth or tightness of their homes can now call the Gibson Center. We have a coordinator – Renee Wheaton – who will learn the details of your needs, convey those to our contractor, Adam Balodis, and schedule a time to get the work assessed and done. Sample projects include replacing or repairing porch steps or railings, installing grab bars, improving lighting, changing out air filters, installing smoke or CO alarms, installing ramps, or other repairs that increase health and safety. Projects should be relatively minor and take no more than a day.

With the homeowner’s permission, the contractor will provide a home safety check as well. For homeowners of low and very-low income, Renee will help coordinate applications with USDA Rural Development for up to $7500 in grants to cover the costs of the improvements.

This is not an emergency service but one that will be available by request and subject to scheduling for all the towns of the MWV Age-Friendly Community that include Hart’s Location, Chatham, Jackson, Bartlett, Conways, Albany, Madison, Eaton, Freedom, Tamworth, Ossipee and Fryeburg.

Renee can be reached by calling the Gibson Center at 603-356-3231 or email Renee Wheaton at staywarm@gibsoncenter.org
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.

$15,000 GRANT FOR HEALTH INFORMATION LITERACY, TELEHEALTH AND COMPUTER TRAINING

The Conway Public Library, Carroll Co. Coalition for Public Health and the Gibson Center together received one of only 15 national grants from the National Library of Medicine (NLM), a division of the National Institutes of Health in the amount of $15,000. The funds will be used in multiple ways. The first is a 4-part speaker series on understanding health information and participating in clinical trials and Telehealth. The second is dedicated to expanding the capacity of our citizens to have access to reliable health information by providing 30 Chromebooks and training to seniors. The third is to create private locations at the Gibson Center and the Conway Public Library for Telehealth visits. The need for improved access to high quality health information and specialists is clear. We face challenges because of our rural environment, northern climate, and aging population. These are not Covid specific difficulties. We are dedicated to helping close the digital divide – the gulf between those who have ready access to computers, the internet and healthcare providers and those who do not. Fortunately, we have commitments from Memorial Hospital Primary Care, Saco River Medical Group, the MWV Adult Day Center, White Mountain Community Health and Visiting Nurses to engage in these efforts. This is a tremendous benefit to our whole health community. **Stay tuned this winter for the dates of the Speaker Series. Contact Jill if you need one of the Chromebooks or training.**

**ANYONE NEED A RIDE?**

Transportation is such a need in the Valley. Please spread the word that neighbors, friends and local citizens in Jackson, Bartlett, the Conways, Eaton, Chatham, Albany, Madison and Freedom.

You 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.
LIVING WELL WITH CHRONIC HEALTH: VIRTUAL EVENT

UNH Extension Service is offering an interactive, supportive group, 6-week program that can be accessed virtually at home or with us at the Gibson Center.

Weekly on Fridays, starting Jan 7, 2022 1:30 - 4:00pm

In this workshop, participants will:

- Discover problem-solving strategies to deal with fatigue, pain, frustration, isolation and poor sleep
- Improve communication with your family, friends and health professionals
- Understand appropriate use of medications and how to evaluate new treatments
- Benefit from the support and encouragement from others

The goal is to help you or someone you care for gain the confidence and real-life skills needed for living a full, active and fulfilling life with chronic pain.

You can register for this series at home or at the Gibson Center. For Covid precautions, we will limit it to 4 participants on site. You will need to sign up at the click below or call Gibson Center.

Sign Up Link:
https://extension.unh.edu/health-well-being/youth-family-resiliency/chronic-disease-self-management-program

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

银湖着陆

位于新罕布什尔州密德兰的银湖畔。

空缺情况偶尔发生，打电话给肯索取或加入等候名单。

联系肯:
603-356-3231, Ext 112
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

TAIJI 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.

The 48 session program will be offered on Monday and Thursday afternoons, at 3PM, starting January 10th. Call Jill at the Gibson Center for more information, 603-356-3231.

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.
PHOTOS FROM DECEMBER EVENTS & TRIPS

Photos from Christmas Dinner, Light Ride/ Tomten Visit, Gibson Gift Exchange, Cards from John Fuller Students
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
Julie Levine: Meat
Bobby Marquis: Sugar
Ski Bees: Gift Bags
Altrusa: Cookies
Red Fox Grille: Food
MJ Pettingill: Art for Lunch
Daniel Farrington, North Conway Country Club
White Mountain Oil & Propane: Christmas Lunch
Laurie & Josh, Eastern Oil & Propane: Turkeys
Design Gardens: Outdoor Winter Greenery

Local Radio Stations:
Easy 95.3 WBNC
93.5 WMWV
104.5 WVMJ - Magic.

The students of John Fuller School: Cards

TIM DI PIETRO

- Residential Electrician
- Electrical Repairs
- Electrical Upgrades
- Commercial Electrician

NO JOB TOO SMALL
603-356-2248

OUR BUSINESS SUPPORTERS

North Country Fair Jewelers
2448 Main Street
North Conway, NH 03860
603.356.5819
info@northcountryfairjewelers.com
## ONGOING WEEKLY PROGRAMS

<table>
<thead>
<tr>
<th>Day</th>
<th>Program</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Chair Exercise</td>
<td>10:30 AM</td>
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<tr>
<td></td>
<td>FunDay</td>
<td>12:30 PM</td>
</tr>
<tr>
<td></td>
<td>Tai Ji Quan, Moving for Better Balance</td>
<td>3:00 PM</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>Strength, Balance &amp; Stretch</td>
<td>10:00 AM</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>Veteran’s Coffee 1st &amp; 3rd weeks</td>
<td>10:00 AM</td>
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<tr>
<td></td>
<td>Quilt 2nd &amp; 4th weeks</td>
<td>10:00 AM</td>
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<tr>
<td></td>
<td>Gameday</td>
<td>12:30 PM</td>
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<tr>
<td><strong>Thursday</strong></td>
<td>Strength, Balance &amp; Stretch</td>
<td>10:00 AM</td>
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<tr>
<td></td>
<td>Afternoon rides, scenic, historical</td>
<td>12:30 PM</td>
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<tr>
<td></td>
<td>Tai Ji Quan, Moving for Better Balance</td>
<td>3:00 PM</td>
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<tr>
<td></td>
<td>New to Medicare, 3rd week, sign up</td>
<td>5:00 PM</td>
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<tr>
<td><strong>Friday</strong></td>
<td>Computer Classes, Communication Grant, please sign up for 1:1 class</td>
<td>By Appointment</td>
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<tr>
<td></td>
<td>Belly Dance</td>
<td>9:30 AM</td>
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<tr>
<td></td>
<td>Chair Exercise Class</td>
<td>10:45 AM</td>
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<tr>
<td></td>
<td>Friday Painters</td>
<td>12:30 PM</td>
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<tr>
<td></td>
<td>Living with Chronic Health, virtual</td>
<td>1:30 PM</td>
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<tr>
<td></td>
<td><strong>ONGOING WEEKLY PROGRAMS</strong></td>
<td></td>
</tr>
</tbody>
</table>

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

The Gibson Center reopens after New Years Day, on January 3rd. Please come for programs, and lunch.

**Slideshow of Greenland presented by Ralph Lutjen:** The talk covers exploring one of the world’s last frontiers—an isolated wilderness of granite and ice found only in East Greenland. The scenes include boating through glittering ice fjords lined with crackling glaciers, visiting tiny Inuit settlements and hiking to high passes for panoramic views in every direction. The talk is about discovering nature at its purest and most spectacular. January 4th, after lunch.

The **Veterans** will meet on the 5th and the 19th. Karl will bring in a series of documentaries, Great Vintage Films of WWII. We will start each meeting with a check in, then watch one or two of the short documentaries, and have time for discussion afterwards. The first documentary that we will watch is called Troop Train.

The **12th Day of Christmas** is on January 6th. Also known as Little Christmas, many traditions that honor the 25th as a Holy Day, give gifts on other days. This is the day that traditionally celebrates the visit from the Wisemen. In many cultures (including New Orleans) this is the start of the Carnival Season. King’s Cake is served, people wear the festival colors (green, gold, and purple). The Gibson Center usually celebrates with a singing of the 12 Days of Christmas. We are working on a COVID safe way to enjoy this tradition. (Think Props, noisy, silly...who has a bird call whistle?).

The Mount Washington Valley Arts Association **Friday Painters** will return to painting after lunch in the Activity Room on **Friday the 7th**. As always, Gibson members are invited to attend. In an effort to maintain safe distances while painting, people are asked to sign up if they plan to attend.

**6 WEEK CHRONIC HEALTH CLASS** offered virtually at Gibson, Starting Fridays, 1:30-4PM. see related article.

**Tai Ji Quan, Moving for Better Balance** will be starting a new class on Monday and Thursday afternoons at 3PM. This 48 class session is an evidence based balance program. Please sign up for this class 356-3231. First class Monday, January 10th.

On January 11th, from 4-8PM, invite your family and friends to eat in or take out from Matty B’s, located across from Attitash Mountain. **Matty B’s** will donate a portion of sales to the Gibson Center. Call Gibson Center if you would like a ride to the event, 356-3231.
UPCOMING JANUARY EVENTS... Continued

The Gibson Center will be **closed** on Monday, January 17th.

**Strength, Balance, and Stretch** resumes on Tuesdays and Thursdays at 10AM, on January 18th. The class is lead by retired PT, Anne Fargo. 12 weeks of classes (24 classes) for only $75, or buy a punch card for $40 for 8 classes. If you were not in the summer or autumn class, please stop by before class so that you can have your doctor’s permission form, and liability release signed before classes resume.

**Robert Burns, Art for Lunch:** Local musicians John & Jane Hively will sing a few songs, and read a Bobby Burns poem. Both will wear kilts! Join us for lunch on January 19th.

**Scam Prevention:** after lunch on January 20th, Michele Brooker AVP/Security Officer of Northway Bank will make a presentation about avoiding scams. Have you or a friend been enticed by Grandkid scams, Tech Support scams, Romance scams, Imposter scams, Lottery/Investment scams? Learn how to avoid entrapment by these savvy scammers. As space is limited due to COVID, please call to register for this free class, 356-3231.

People with hearing loss may qualify for **Caption Call**. Joan Marcoux recommended this program at her November Hearing Loss presentation. Caption Call is free for people who qualify. It will make a written script for every phone call received, even phone messages. Join us after lunch on Monday, January 24th. Please call to reserve a seat for this program, space is limited, 356-3231.

The **Little Angel Service Dogs** are scheduled to make a presentation to the general population of the Gibson Center, on January 25th. Learn about the training, the people who qualify for service dogs, and meet presentation dog Nellie. This program is dependent on the COVID numbers in Carroll County. Because many of the people receiving dogs have other health issues, Little Angel Service Dogs must keep them safe. They will make a determination in advance, if the program is cancelled. Call to reserve a seat at the presentation, (and receive a call if the program is postponed).

**OLLI** will hold its Spring Semester open house in the dining room at 1PM, on January 31st.

**LOOKING AHEAD:**

February 1st is Chinese New Year, the year of the Tiger. Chef David will plan a festive meal for the day.

The Red Parka Pub has invited us back for lunch, Wednesday, February 9th. Reservations required as space is limited, call the Gibson Center, and sign up for either Steak or Fish.
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.

**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.

**Wentworth Inn Ice Carving Contest:** January 10th, The Gibson Center has been invited to watch the 27th Annual Ice Sculpture Event. The bus will leave the Gibson Center right after lunch (at Gibson). We will be there for the final hour of carving. Call to reserve your seat on the bus, 356-3231. Bus donations accepted.

**Matty B’s Gibson Fundraiser:** Tuesday, January 11th, Matty B’s will donate a portion of the days sales to the Gibson Center. There will be a bus, if people wish a ride to Attitash, where the restaurant is located.

**“Flossies General Store & Emporium”:** Join us after lunch January 21st, for a trip to Jackson, were we will visit Flossies. Bus donation accepted.

**Snow Sculpture:** The annual snow sculpture contest will be held at Great Glen this year. After lunch on January 31 we will board the bus for a ride through the winter magic of Pinkham Notch, to view the snow sculptures that were created over the weekend. Bus donations accepted, please sign up.
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.


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.


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

L.A. Drew Inc (356-6351) has been a leading contractor in the Mount Washington Valley since 1969. Working with homeowners and architects, we can help you build your dream home from the ground up.

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


NorthEast Auto Body (356-5808) David Smith, 530 Eastman Road, North Conway, N.H.

Northeast Delta Dental delivers quality dental insurance products and services to individuals and families, and groups of all sizes. We work hard to make dental care more affordable and available to the public.

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.


White Mountain Oil and Propane (356-6386) The Saunders Family, oil and propane, major appliances.