



MAY 2022  
EDITION

PROUDLY SERVING SENIOR  
CITIZENS SINCE 1979

# Gibson Times

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



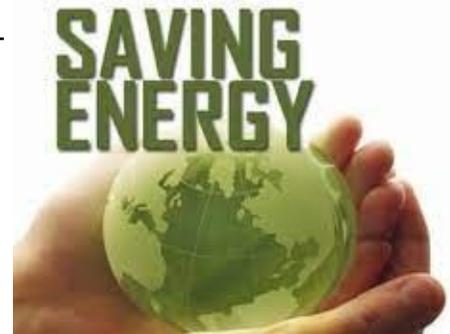
Office Hours: Mon - Fri: 8AM - 3:30PM, Sat - Sun: Closed  
Thrift Shop Hours: Mon - Sat: 10AM - 2PM, Sun: Closed

## GREETINGS FROM THE DIRECTOR

For almost a year we have been preparing to make the Gibson Center facility more energy efficient, healthy and prepared for emergencies. Now we are underway with major upgrades.

We started with a thorough building energy audit last year. That indicated the importance of installing foam insulation under the roof in the new parts of the building. We could not agree more - we had frozen burst pipes this February and significant heat loss. With help from the County ARPA funds, we are able to have Quality Insulation do this installation starting May 5th and lasting possibly until May 20th.

The second very large energy improvement needed is the replacement of the entire HVAC/ventilation system with high quality air systems and electric mini-split heating and air conditioning which will markedly reduce our dependence on heating oil. Given the sudden rise in fuel costs, this cannot come at a better time. Once it is replaced, we will also be eligible for a \$22,500 rebate from NHEC for the roof insulation project.



The third piece we are implementing is installation of a emergency generator that will cover our freezers, refrigerator and building electric and heating in the case of a power outage. We keep over 1000 prepared meals on hand and 2 weeks of raw food that we must protect. COVID-19 taught us the importance of being ready in case of personnel, supply chain or power shortages.

Perhaps this sounds wonky and no one will be able to see the differences but we will feel secure knowing we are committed to continuously providing our patrons with meals and services as we have done for over 40 years. We also want to assure you and all of our donors that contributions are being used as efficiently as possible to provide programs and services for seniors. We deeply appreciate your patience and loyalty as we get this work done.

Marianne Jackson, MD  
Executive Director

# Happy *Mothers Day*

From:

The Staff and Board of Directors at The Gibson Center.



## **GRANT FOR A DEMENTIA FRIENDLY COMMUNITY–MOW VOLUNTEER TRAINING**

The Gibson Center is part of a collaborative working to make the Mount Washington Valley a Dementia Friendly Community. Several new programs are being offered including training for our Meals on Wheels volunteers to help understand what recipients may be experiencing and how best to interact with them. While we are closed for Meals on Wheels May 12-16, we will be offering the training for drivers who would like to learn more. Meals on Wheels not only delivers a hot meal and a warm smile to home-bound participants in Northern Carroll County, drivers do wellness checks for the participants. In most cases, seeing a person at the door is enough for us to know that a person is safe at home. The training will be offered twice, **May 13th or May 16th, from 9-11AM**. Interested volunteers should sign up for one session (**603-356-3231**). Drivers will have an opportunity to experience some of the sensory deprivation a person may experience with age, as well as learning about Red Flags, Acute vs Chronic issues, and the reporting process (what we can and can not do). While this training is not required, we hope it will be helpful in implementing your volunteer responsibilities.

## FUNDRAISING EVENTS

The **Thrift Shop Holiday Galleria** is now open on the refurbished second floor. Stop by and see the whimsy.

The American Legion has invited the Gibson Center to be the recipient of the **May 20th Fish Fry**. They make the best fresh fish, and crispy fries. A portion of the evenings "catch" will be donated to the Gibson Center. Invite your friends and family to this event.

The **Summer Artisan and Craft Fairs** are scheduled for holiday weekends. Plan to visit for amazing gifts and handmade items.

- Memorials Day Craft Fair: May 28th & 29th
- Independence Day Craft Fair: July 2nd & 3rd
- Labor Day Craft Fair: September 3rd & 4th
- Columbus Day Craft Fair: October 8th & 9th

Crafters, download your [craft fair application here](#).



On Wednesday, **July 6th, Trail's End** presents "Cone for a Cause" and will donate a portion of the day's ice cream sales to the Gibson Center. Invite your friends and family to taste some of the best ice cream in the valley!

Mark your calendar for Monday, July 18 and join us for **Flatbread's Dine to Donate**. It is always a great time – 4PM until closing.



## NEW TO MEDICARE - INDIVIDUAL COUNSELING

Anyone turning 65 has to make informed decisions about Medicare enrollment. It can be a daunting experience. Let our board member, Ele Border introduce you to your options in an unbiased, unaffiliated and pleasantly educational manner. She is meeting with individuals or couples for counseling sessions. 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. She can explain your options and how to understand the differences between Medicare Advantage Plans and traditional Medicare.



Please call 603-356-3231 to schedule your personal appointment with Ele.

## MEAL SERVICE DURING THE ROOF INSULATION PROJECT

Beginning May 5th, the Gibson Center will be having new roof insulation installed over the dining room, kitchen, hallways and activity room. This construction will be done in two phases and could take until May 20th to complete. This will require many adaptations to our normal services.

During the first phase from May 5th to May 11th, our kitchen staff will continue to be preparing hot meals for Meals on Wheels and Grab and Go style servings as we did during the Covid closure. They will be handed out at the bottom of the ramp under one of our tents instead of in the dining room.

From May 12-May 20th, we will not be able to be near the kitchen side of the building. Meals on Wheels recipients will have been given extra meals prior to the 12th to carry them over until the 17th. From the 12th – 20th, we will be handing out Grab and Go frozen meals at 11:30 from our Rt. 16 front door. We will have a few parking spaces blocked off in the front and several still available in the back. We will have our tent up and the picnic tables arranged so that people can stay and enjoy a meal with others. We will have microwaves ready to heat the meals for those people staying. For those going home, the meals need to be thawed and microwaved by removing the lid and placing the container in the microwave for about 4 minutes.

During this time, Jill is also planning several additional excursions. These are listed elsewhere in the newsletter.

We have all been waiting diligently for our post-Covid gatherings to be growing in numbers and features. It will happen. When the insulation is all done, nothing will look different, but we will no longer fear the winter pipe freezes and escaping heat that have plagued the building for years. Thank you for being patient and loyal patrons of the Gibson Center. We will celebrate when it's all done!

## 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.

### **Volunteer Opportunities Link:**

<https://www.gibsoncenter.org/volunteer-opportunities-at-gibson-center/>

## VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

**Don't miss!** *(please sign up for these concerts)*

**POP's Broadway:** After Lunch - Tuesday, May 24th. Sing along with Broadway's own Lisa Vroman and Doug LaBrecque as they join your PSO for an afternoon of unforgettable songs from the Golden Age of musical theatre and beyond.



**Classical Concert:** Pancho Flores plays Ma`rquez: after lunch, Thursday, June 2nd.

**Classical Concert:** Symphonie Fantastique: after lunch Thursday, July 7th.

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. Seating will be limited, so sign up early.

### ANYONE NEED A RIDE?

Transportation is such a need in the Valley. Please spread the word to 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.



## 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

### OUR BUSINESS SUPPORTERS



**L. A. DREW, INC.**  
GENERAL CONTRACTOR

Is the premiere commercial & custom home builder in Mount Washington Valley. Excavation, pre engineered structures, road clearing & more!

We work hand in hand with you to bring your vision to life



**BUILT BEST.... BY DESIGN**  
Design/Build consultations in house.  
Free estimates on your design plans.  
**(603) 356-6351**

## MAY SPECIAL EVENTS

**With the safety of our patrons and their loved ones in mind, the Gibson Center follows Federal Health Guidelines.**

Monday, the 2nd: **BINGO**, bring a prize for the table.

Wednesday, the 4th: we will celebrate **Mother's Day**. Jim Giguere will be with us to give flowers to the ladies. Please bring a photo of your mother, yourself as a mother, or your children's mom. We will share a favorite memory and story.

**The Gibson Center will be closed to May 5th-20th.** There will be no on site programs or meals. We have outlined the plans and phases for Meals on Wheels, and Grab & Go in the article above. The Kiwanis and Rotary Clubs packed 130 bags of pantry stable meals for MOW recipients, Grab N Go, and Congregate diners who will want to supplement their food during this time. During the insulation installation, check out the Day Trips being offered ... These are listed on pages 8 & 9.

Friday the 20th, is the **American Legion Fish Fry**, located at 47 Tasker Hill Road. The food is delicious! Invite your family and friends to eat in or take out from 4-7PM. The American Legion will donate a portion of the proceeds to the Gibson Center. There will be music by Echo Tones starting at 7PM

Tuesday, the 24th, we are back in the building and we will watch the virtual concert, **Broadway Show Tunes** after lunch, the late bus is available.

Thursday, the 26th, there will be the necessary **Cape Cod Pre-Trip Talk**. At this important meeting, people who are going on the Gibson Center trip will meet fellow travelers, and receive their itinerary, name tags, and luggage tags. Travelers are asked to bring their emergency contact information as well as their car license plate number. Travelers who are unable to attend this meeting need to make an appointment with Jill for the information exchange.

On Friday, the 27th, Chef David will offer a cook out style lunch to kick off **Memorial Day Weekend**.

Saturday and Sunday, the 28th & 29th, the **Memorial Day Craft Fair** will be on the Gibson Center front lawn. There are some amazing artisans selling their crafts, popcorn, and gifts.

The Gibson Center will be **Closed Monday, May 30th**.

Tuesday, the 31st, we will offer **Yard Games**, croquet, Yard Darts, and Corn Hole. Plan to stay after lunch. There will be a late bus.

Jim Giguere



## ONGOING WEEKLY PROGRAMS

<b>Monday</b>	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance	10:30 AM 12:30 PM 3:00 PM
<b>Tuesday</b>	Strength, Balance & Stretch	10: 00 AM
<b>Wednesday</b>	Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday	10:00 AM 10:00 AM 12:30 PM
<b>Thursday</b>	Strength, Balance & Stretch Afternoon rides, scenic, historical Tai Ji Quan, Moving for Better Balance	10:00 AM 12:30 PM 3:00 PM
<b>Friday</b>	Computer Classes, Communication Grant, please sign up for 1:1 class Belly Dance Chair Exercise Class Friday Painters Living Well with Chronic Pain	By Appointment  9:30 AM 10:45 AM 12:30 PM 1:30 - 4:00 PM



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

## GIBSON CENTER DAY TRIPS

For all bus trips, please sign up, and pay in advance. Call 356-3231. Federal health precautions are followed on the bus.

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

Saturday, April 30th: **Corvette Doo Wop Concert** in Fryeburg. The Gibson Center bus will offer door to door transportation to the concert. Ticket and transportation is \$30 for people who qualify as seniors. You will be called with your pick up time, the day before the event.

During the **Insulation Project**, the Gibson Center will offer a number of trips, so that people will still have the opportunity to socialize.

**Cinco de Mayo, May 5th:** we will travel to the “World Places” sign in Maine, where you can have your photo taken. We will stop for ice cream. This trip will leave Gibson at 12:30, and donations are accepted.

Monday the 9th we will travel to **Littleton**, where you will choose lunch in one of many restaurants, and spend a few hours exploring shops, walking the River Trail, or visiting the World’s Longest Candy Counter at **Chutter’s**. The bus will leave Gibson at 10AM. \$10 for the trip (subsidized by a donation by Ron Gabaree).



Thursday, May 12th at 12:30PM, we will head to the **Ossipee Pine Barrens**, to walk the ADA trail. We will stop for ice cream, so bring money. There will be a donation envelope for the bus.

Monday the 16th at 12:30PM. we will go to the **Moultonborough Country Store**. This is a historic site, as well as an old fashioned country store. There will be a donation envelope for the bus.



Wednesday the 18th we will board the bus at 9:30AM and head to the **Veteran’s Cemetery**. We will stop for lunch at [Alan’s of Boscowan](#) (on your own). You may bring cut flowers and a vase to decorate a grave. Priority given to veterans. Cost is \$17.



Friday the 20th, we will board the bus at 9:30AM and head to the **McAuliffe & Shepard Discovery Center** in Concord. We will stop for lunch at the [Tilt’N Diner](#) (on your own). We will be home in time for the American Legion Fish Fry.

## GIBSON CENTER DAY TRIPS CONTINUED....

**Looking Ahead – Lupine & Polly’s Pancakes:** We will drive across the Kanc, up through Franconia Notch, to Sugar Hill, were we will have lunch at Polly’s Pancakes, and drive past the fields of Lupine. We will drive home through Crawford Notch, for a full day of scenery. Thanks to our generous donors who supplemented the price, this trip is only \$15, lunch is on your own. Offered Tuesday, June 14th, and Thursday, June 23rd.



### Old Orchard Beach Concerts:

- Piano Men, the music of Billy Joel and Elton John, June 28th. \$35
- Simon & Garfunkel Tribute, July 12th, \$35
- Frankie Vallee Tribute, August 16th, \$50

### Other trips this summer:

- NH Humanities Presentation: **Life Downstairs.** (think Downtown Abbey or Upstairs Downstairs). After lunch June 21st. Program at the Conway Public Library. Donation for the bus.
- **Fryeburg Historical Society, Osgood House:** after lunch, Wednesday, June 29th. Donations accepted at the Historical Society, and for the bus. Bring money for ice cream. Details on the Gibson Center webpage.
- **Summer concerts at the Band Stand.** Home pick ups, select Tuesday evenings. Enjoy the music of the Mount Washington Valley Band, visit the Farmer’s Market. Bring a picnic supper, or buy one at the market. Donations accepted at the concert and for the bus.
- Tuesday, August 9th: **Full Moon, Sunset Cruise on Casco Bay,** save the date.

#### 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



Locally Owned / Caring Pharmacist  
3631 White Mt Highway, North Conway  
603-730-5432

**OUR BUSINESS  
SUPPORTERS**

## FRIENDLY VISITOR PROGRAM:

The Gibson Center is one of the members of a valley wide Dementia Friendly Community Grant. The grant works with people who may be in the early stages of cognitive challenge and still living independently in the community (either alone, or with family intervention). The grant is led by Memorial Hospital working with community partners who include Visiting Nurse Home Care and Hospice, MWV Adult Day Center and Northern Human Services. We will be offering programs to help people live well at home, more fully and as independently as possible.

We are getting ready to implement the Friendly Visitor Program. There are many people who are on our Meals on Wheels program who say the only person they see all day is the Meals on Wheels Driver. As many of us learned during our self isolation over the last two years, our social interactions are key to our well being, cognitive health, and mood. The Gibson Center is going to match home-bound people with people who are willing to meet with them once or twice a month for common ground visits (playing cards, writing letters, going for a walk, baking cookies, painting, reading aloud, or a good old-fashioned chin wag). People who want visitors will fill out an interest survey, and agree to let one trained individual visit on a regular basis (determined by the participants). People who are willing to be visitors will be subject to background checks, training in confidentiality, and visitor protocol.

If you would like a visitor, or would like to be matched up with a person to visit, please call Jill, 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.

## OUR BUSINESS SUPPORTERS

The right  
bank makes  
a real  
difference

Click: [northwaybank.com](http://northwaybank.com)

Call: **800-442-6666**

**Northway**  
BANK

Member FDIC

**BEASLEY & FERBER**

*The Elder and Disability Law Firm*

Estate Planning and Elder Law Wills,  
Trusts and Probate Avoidance  
Estate Administration & Guardianships  
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**

# PHOTOS FROM RECENT EVENTS & TRIPS

Ralph Lutjen, Greenland Presentation, Maple Syrup Trip to Nate & Kate's, Easter Lunch.



# 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  
Al Zaino: Pantry Bags  
Kiwanis: Pantry Bags  
Rotary Club: Pantry Bags  
Pine Tree School K Kids: Easter Cards, candy  
and flowers  
Jim Giguere  
Easter Bunny  
Easter Lunch—Sponsored by White Mountain  
Oil & Propane

## Local Radio Stations:

Easy 95.3 WBNC  
93.5 WMWV  
104.5 WVMJ - Magic.



Kiwanis: Pantry Bags



Rotary Club: Pantry Bags



## TIM DI PIETRO



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

NO JOB TOO SMALL

**603-356-2248**

## OUR BUSINESS SUPPORTERS



2448 Main Street  
North Conway, NH 03860  
603.356.5819

[info@northcountryfairjewelers.com](mailto:info@northcountryfairjewelers.com)

## 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. **Still room on the bus.**



**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 and 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.



**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>

## TRIPS FOR 2023!



**Spotlight on Santa Fe:** March 20-25, 2023. Walking Tour of Santa Fe Plaza, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument, El Santuario de Chimayo, Choice on Tour. Collette trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100656>



**England, Scotland, Wales, Ireland:** April 16-30, 2023. Edinburgh, York, High Speed Train, London, Afternoon Tea, Stonehenge, Bath, Wales, Cardiff Castle, Welsh Evening, Waterford, Blarney Castle, Killarney, Ring of Kerry, Jaunting Car Ride, Dublin, Traditional Irish Night. <https://gateway.gocollette.com/link/1100644>

## 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](http://www.abundantblessingshomecare.com).

**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

**LA. 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.

**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.

**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.

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

**Yankee Smokehouse Restaurant** (539-7427) Joseph Ferriera, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.