



JULY 2022
EDITION

PROUDLY SERVING SENIOR
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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

There is such power in stories. The stories we tell, the stories told about us, the stories we hear and pass on. Some are our histories, while some create history. And reputation, trust, and identity.

Yesterday I had the opportunity, with Jill, to represent the Gibson Center at the North Conway Farmer's Market where several non-profits were being showcased. It was a magnificent evening with great summer air, swarms of kids and families in the playground, food trucks, vendors and townspeople all around. Though I was there to tell people about the Gibson Center, I soon became the collector of stories.

An early couple came forward to exclaim, "We just had lunch with you today! We are visiting from Virginia and there is nothing like this there. Our friend could not wait to take us to lunch in the Dining Room. It was beautiful." Another young woman with a couple kids at her side told us about her grandmother who has been alone but just found the courage to come for lunch and activities. She felt warmly welcomed and the granddaughter was relieved.

When I asked people if I could tell them about the Gibson Center, several said, "Oh, I know about the Gibson Center! I hear you on the radio talking about the home repair program and the work you are doing for helping people with computers. We love what you're doing." Or a comment similar to that. Stories.

My clear favorite was the person who told me how our bus and driver saved a person's life last winter. I leaned in to what sounded like hyperbole. An elderly friend of hers had been discharged quickly from the hospital with Covid and needed a long series of infusions. He had been unable to access services, a readmission for rehab, or any home care assistance. Frustrated, she called the Gibson Center where Penny and Sharon asked where he lived and arranged for the ride the next day and for several days beyond that. No problem, no other questions. Simple and happy to do it. It was said that this saved his life and I can believe it.

What we do matters. How we do it matters. It becomes the story that gets told. It is who we are, our reputation, our gift. I am proud and amazed everyday at what we are doing and love to tell the story. Pass it on.

Marianne Jackson, MD
Executive Director

OPENING MINDS THROUGH ART: OMA

Opening Minds through Art, OMA, enables people with dementia to assume new roles as artists and teachers and leave a legacy of beautiful artwork. **OMA** was founded by Dr. Elizabeth "Like" Lokon in 2007 and is grounded in person-centered care principles. People with dementia (artists) are paired with volunteers (students, families, caregivers) who are trained to rely on imagination instead of memory and focus on remaining strengths instead of lost skill to create works of art for display.

The Gibson Center is one of 5 organizations in the community wide grant which is working toward a Dementia Friendly Community, one that offers programs to allow people to continue to live independently in the community for as long as possible. Programs are offered for both the person with any level of dementia, as well as offering support for the caregivers. OMA is one of the programs that is being offered through out the community. Volunteers are welcome to join us.



The grant has newly trained Lori Stearns as an OMA Facilitator. She is offering a six session program starting July 21st, and again in the winter months. We are looking for people who would like to join the program, both participants and volunteers. Please contact Jill Reynolds if you are interested in Opening Minds through Art...**OMA**. Look for our art show this winter!

CONWAY HUMANE SOCIETY - SENIOR DOG ADOPTION AND PET FOOD DRIVE

Conway Area Humane Society has partnered with Hill's Nutrition and The Gibson Center to raise funds and food to fill the **Pet Food Pantry**.

Elizabeth Lord of the Humane Society notes, "The Pet Food Pantry is one of several programs that helps to provide food for the animals in our care as well as pets within our community. Join us at The Gibson Center on July 29th from 11am-2pm to support the Food Drive. We are accepting and in need of unopened bags of cat and dog food as well as cans of wet food for



both cats and dogs. In addition to collecting pet food, we will be handing out donated food from our pantry so make sure to stop by if you're in need! No questions asked. Hill's Nutrition has donated over \$1,500 worth of pet food in support of this cause!"

Same day and time, meet us on the front lawn for the **Senior Dog Adoption Day!** Humane Society volunteers and adoption counselors will be on site 11:00-2:00 to showcase the senior dog residents but they will also have adoptable dogs of all ages. Dogs can be adopted on the spot.

The third area of partnership will be monthly after lunch excursions in your car or by our bus to the Humane Society. We will have a chance to help socialize cats and dogs by offering human touch. Join us the first Wednesday of the month so we can warm the heart of a furry friend. This is also a great chance to spend time with fur friends, especially if you now live without one at home. Please sign up for these monthly trips by calling 603-356-3231.

FUNDRAISING EVENTS



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

The **Summer Artisan and Craft Fairs** are scheduled for holiday weekends. Plan to visit for amazing gifts and handmade items. Saturdays 10AM - 5PM, Sundays 9AM-4PM.

- 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 Ice Cream Parlor** – right across from the Scenic Vista in Intervale, next to Subway 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!

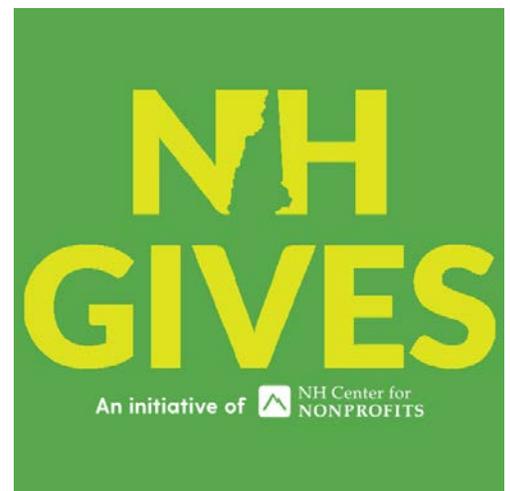


Mark your calendar for Monday, July 18 and join us for **Flatbread's Dine to Donate**. It is always a great time – 4PM until closing.

NH GIVES 2022

We are deeply grateful to all those who donated to the Gibson Center during this year’s NH Gives – an initiative of the NH Center for Nonprofits. More than \$3.5 million was raised for 575 New Hampshire nonprofits through NH Gives. More than 13,000 generous people contributed to the effort. **Through this online event, the Gibson Center received over \$1200 in just 24 hours.**

We are so fortunate in this state to be one of the non-profits that benefitted from this coordinated effort that recognizes the enormous work done by the non-profits and their volunteers. Our social fabric relies on this network of organizations serving our communities.



GARDENING OPPORTUNITIES

Are you a gardener who no longer has a garden? Is getting down on your hands and knees too much for you? Do you enjoy children and want to share your knowledge and enthusiasm with them? The North Conway Community Center and Bartlett Recreation Department both have raised bed gardens. Both groups have reached out to the Gibson Center to offer gardening options to people who may have moved and no longer have a garden, may not be up to tilling a huge backyard plot but still like to get their fingers in the dirt, or people who may want to share their knowledge with local children, perhaps inspiring future gardeners.



The Bartlett Rec Department has offered space in their raised gardens. Individuals or a group from the Gibson Center may plant tomatoes, or a row of peas, weed them and harvest the produce to enjoy or share. The North Conway Community Center uses their raised beds for the students in the summer camp. People who would want to spend time with the campers, sharing their knowledge, and helping tend the plants would be welcome. People who do not drive could make arrangements to ride the Gibson Bus, and walk across the street to the North Conway Community Center. Contact Jill if you are interested in either of these opportunities.

DR. CHARLIE FELTON OFFERS HEALTH INFORMATION COUNSELING

Everyone has the right to health care information that helps them make informed decisions.

While true, it is often hard to decipher truth from hype in the digital healthcare world of misinformation and advertising claims. We are very fortunate to be able to partner with the Conway Public Library, and retired physician, Dr. Charlie Felton, to offer one to one sessions to help people find health care information that will help in making clear, rational, informed decisions. Dr. Felton will help you:

- 1) Access and evaluate health care websites and articles
- 2) Understand health care research and claims
- 3) Understand preventive medicine tests and your choices
- 4) Understand diseases or medical conditions



These sessions will not entail any personal medical advice or interpretation of individual medical results. This service is provided with the purpose of enhancing access to good healthcare information and helping you use the healthcare system most effectively.

These sessions will be by appointment only by calling 603-356-3231 or 603-447-5552. Some evening appointments available.

FIND THE ANSWERS TO YOUR QUESTIONS!

The Mount Washington Valley has always been blessed to have a large group of people who are willing to volunteer their expertise. The Gibson Center, numerous other non-profits, and the people they serve have benefited greatly from this generosity. At this time, there are 7 people who are offering to share their knowledge, at least once a month. For all of these special people, you may call the Gibson Center at 603-356-3231 to schedule an appointment.



Medicare Questions: Ele Border has been trained by Service Link to offer unbiased, unaffiliated information to people who are signing up for Medicare when they turn 65, as well as comparing different options during Open Enrollment in late Autumn. Of note, since she is getting many questions, Ele wants all to know the current negotiations between MaineHealth and Anthem will not impact Medicare supplement or Advantage plans.

Finding Reliable Health Information: Dr. Charlie Felton, a retired pulmonologist, is offering to serve as a medical librarian to help clarify what you read and hear in the media. Do you have general questions about a disease or condition? Are you confused by what you read online? Dr. Felton can help you find reliable healthcare websites and research. He will not be acting as a medical provider.

End of Life Care Planning: Joan Lanoie has years of experience helping people think through and document their own answers to difficult end of life questions. She describes for individuals and families how Advance Directives, Living Wills, and in some cases, POLST forms can help others make the choices you want them to make if you can no longer speak for yourself. Anyone of any age is welcome to meet with Joan.

Communication Computer skills: Help is available to learn how to connect with distant family, use medical portals, search websites, join Zoom, schedule appointments, and more. Andrea Libby at the Gibson Center, and Jeff Beavers at the Conway Public Library (603-447-5552) will train you to use tablets, laptops or Chromebooks to communicate with doctors, nurses, family, and friends. Whether due to long distance, illness or just gas prices, communicating virtually can keep you connected.

Other Computer Skills: Two new volunteers have stepped forward to offer one to one computer instruction. Do you have a new phone or camera? How do you use different programs like Excel or Word? Is there an app that you want to download on your phone? Mark and Rick are available by appointment at the Gibson Center to help you find the answers to your questions.

Veteran Services: Twice a month a representative from the Department of Military Affairs and Veterans Services is available to speak with veterans, and their families. Please call 603-624-9230 x301 to set up an appointment. Say you will be meeting at the Gibson Center for Senior Services in North Conway, NH.

BELIEVE IN BOOKS BOOKMOBILE COMES TO GIBSON CENTER



Starting July 5th, the Believe in Books Bookmobile will be at the Gibson Center every Tuesday through the summer from 12-1PM. They will stop in the dining room the first couple of weeks to learn from you what types of books to bring to the Gibson Center. What a great way to read a variety of books! Bring your suggestions of favorites.

ART FOR LUNCH

The Gibson Center is open for different groups and individuals to share a short performance during our lunch time. We have had musicians, authors, and a book read in an interpretative manner. This month members of the North Conway Community Center Acoustic Jam Session will visit us on Friday, July 15th. At press time, two members, George and Chris will be entertaining us. The thing about Jam Sessions, is one never knows how many people will attend. The Jam Session will play instrumental music while we eat, and then sing some songs that you will want to sing along with, after dessert. Invite your friends, as the Art for Lunch is always entertaining.



A Look Ahead: On August First, Art for Lunch will welcome Jane and Johnathon Hively to join us for International Music Day.

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.

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.



VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

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

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.



Volunteer Opportunities Link:

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

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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ONGOING WEEKLY PROGRAMS

Monday	<p>Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer</p>	<p>10:30 AM 12:45 PM 3:00 PM By Appointment</p>
Tuesday	<p>Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week</p>	<p>10: 00 AM By Appointment</p>
Wednesday	<p>Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday General 1:1 Computer</p>	<p>10:00 AM 10:00 AM 12:30 PM By Appointment</p>
Thursday	<p>State of NH Veterans Service, 1st & 3rd week Call for your appointment 603-624-9230 X 301 Strength, Balance & Stretch Afternoon rides, scenic, historical Tai Ji Quan, Moving for Better Balance</p>	<p>By Appointment 10:00 AM 12:30 PM 3:00 PM</p>
Friday	<p>Computer Classes, Communication Grant Dr. Charlie Felton Q&A, 1st & 3rd week Belly Dance Chair Exercise Class</p>	<p>By Appointment By Appointment 9:30 AM 10:45 AM</p>



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

JULY SPECIAL EVENTS

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

Friday the 1st: **July 4th cookout food**, served at lunch. Wear red, white, and blue. We will play patriotic background music.

Saturday & Sunday, the 2nd & 3rd, the July 4th Craft Fair will be on the Gibson Center front lawn. There are some amazing artisans selling their own crafts, popcorn, and gifts. Fair hours: Saturday 10-5, Sunday 9-4.

Monday the 4th: **Gibson Center will be closed** to observe Independence Day.

Tuesday the 5th is **Mount Washington Valley Band's** first concert of the season. Each week the band recognizes one local non-profit, and tonight will be the Gibson Center. Someone from the Gibson Center will be the guest conductor. Bring a lawn chair, a picnic supper, or buy one at the Farmer's Market. The Gibson bus will offer door to door transportation to this event.



Wednesday the 6th, we have two great events. After lunch the first Wednesday of each month, the Gibson bus will go to the **Conway Humane Society** to help socialize the current residents (dogs, cats, etc.) that don't have as much human interaction as they would like. Afterwards we will travel to **Trail's End Ice Cream** where the Gibson Center is the recipient of this weeks **Cone for a Cause**. Invite your friends and family to stop by for a delicious ice cream sundae!



Thursday the 7th is our last Classical Concert of the season. Join us after lunch for **Symphonie Fantastique**.

Monday the 18th invite your family and friends to eat in or take out **Flatbreads**. From 4 to close, the restaurant's **Dine to Donate** will donate a set price for every **FlatBread** sold. All of FlatBreads delicious food is grown in environmentally friendly ways.

Tuesday the 19th We will be hosting our **Volunteers' Luncheon**. We are honoring the volunteers who have made it possible for our doors to be opened, and meals served to 100 people who live all over Northern Carroll County. The Dining Room will be closed for Congregate meals. We will still serve Meals on Wheels and our Grab N Go lunches will be available that day. Many thanks to our Volunteers. We would not be here without your dedication.

Friday the 22nd: Board member, Dr. Fawn Langerman, an avid hiker and photographer, will share her story of finding a full rack of **Moose Antlers** in the woods, how she was able to get them out of the woods, and will bring them with her for viewing. Join us after lunch for this live program. There will be an afternoon bus for people who want to stay.

Monday the 25th, all are invited to see a slide show of our recent trip to **Cape Cod**. Travelers who have photos, please email them to Jill, or make arrangements to meet with her and download them. This is an after lunch event.

JULY SPECIAL EVENTS CONTINUED...

Friday the 29th from 11AM to 2 PM: the **Conway Humane Society** will hold a **Pet Food Drive** to fill their Pet Food Pantry which is one of several programs that helps to provide food for the animals in their care as well as pets within our community. Unopened bags of dry food and cans of wet food are needed. Food will also be handed out to those who need it for their pets - no questions asked. Hill's Nutrition has donated over \$1,500 worth of pet food in support of this cause!

ALSO: We'll be having a **Senior Dog Adoption Day!** Their volunteers and adoption counselors will be on site during the Food Drive to highlight the senior dog residents but they plan to bring adoptable dogs of all ages. Dogs can be adopted on the spot.

August Save the Date:

Monday August 1st: Jane and Johnathan Hively will preform a program for International Music Day, at lunch in the dining room, invite your friends.

Wednesday the 17th, AARP Safe Driver Class, from 9-3:30, if Covid risk is low. Please register, as class space is limited.



It is election time, and the primaries are in September. The Gibson Center will host Five Minute Forums, the **Republican Candidates** on *August 18th*, and the **Democrat Candidates** on *August 23rd*. All are invited to attend, in person, or via Zoom.

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.

Old Orchard Beach Concerts:

- Simon & Garfunkel Tribute, July 12th, \$35
- Frankie Vallee Tribute, August 16th, \$50

Other trips this summer:

- **Fryeburg Historical Society, Osgood House:** after lunch, Thursday, July 21. Donations accepted at the Historical Society, and for the bus. Bring money for ice cream. Details on the Gibson Center webpage and in next month's newsletter.
- **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. Bring your lawn chair. (July 5th, 26th, and August 2nd)



GIBSON CENTER DAY TRIPS CONTINUED...

- **Crescent Beach State Park:** Thursday, July 28th, board the bus at 9:30 AM, return home by 5:00PM. Transportation is only \$10 due to generous sponsors. Pay your own entrance fee at the park. Bring a picnic lunch, lawn chair, hat, sunscreen, towel, bathing suit, and book!
- **Sister Act**, the musical comedy. Board bus at 10AM, home by 6PM. Lunch on your own at Hart's Turkey Farm. Transportation and ticket, \$53. Must reserve by June 30th
- Tuesday, August 9th: **Full Moon, Sunset Cruise on Casco Bay**, \$38, bring a picnic to eat on the boat. Board bus at 3:30PM, home about 11PM.
- Thursday August 11th, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. Bus donations accepted. Bring your own bags.
- White Mountain Museum, **Watching the Seasons Change**. On August 24th, board the bus at 10AM, return about 5PM. Bring money for lunch and ice cream on your own. Trip cost is only \$10 due to the generosity of donors. The Exhibit looks at seasonal changes as seen in art, highlighting how our typical seasons appear, and how climate has changed over the years.
- Wednesday, August 31st, we will visit the **Barnstormers Theater** and see their production of **Lucky Stiff**, a musical comedy. Dinner on your own before the show. Transportation and tickets \$54.
- **Two Lights State Park & Lobster Shack Restaurant:** September 6th & 14th. Only \$10 due to the generosity of donors. Pay your own admittance to the park. Fees vary by age and state of residence.



GENESIS HEALTHCARE MINERAL SPRINGS



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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 offering the **Friendly Visitor Program**. Several new volunteers and Meals on Wheels drivers have begun training for the program. Many people on our Meals on Wheels program 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 beginning 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 both participants). People who are willing to be visitors will be subject to .

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.

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PHOTOS FROM RECENT EVENTS & TRIPS

Father's Day Luncheon, Cape Cod Trip, Lupine & Polly's Pancakes, Library Program, Life Under the Stairs, fact, fiction, and film



KUDOS - DONATIONS

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

Father's Day Ice Cream Social and Corn Hole: Jim Giguere
Vaccine/Booster Clinic: White Mountain Community Health
Veterans Coffee & Muffins, Jim Giguere
Red Fox Grill: Homemade Bread
Conway Public Library, Historical Program
Little Angel Service Dogs
Ralph Lutjen, Mt. Kilimanjaro Slide Show
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

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93.5 WMWV
104.5 WVMJ - Magic.



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OUR BUSINESS SUPPORTERS



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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**



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. Payment is now due.



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. Collette Trip, follow this link for the flyer. <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.

Ask me about Medicare: Bert Weiss. 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.