



OCTOBER 2022  
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

I love this time of year. I hate to see summer go but if what it means is we slide into this crisp, colorful season, let it be.

Recently I was asked to provide the message at the Unitarian Universalist Church. My theme was prayer which is a complicated one for me but it became very simple. I stole my thoughts from Anne Lamott who wrote a whole book on prayer called "Help, Thanks, Wow!"

I got so much more out of writing the message than anyone there will retain, I'm sure, and it resonates with me on a day like today when I have struggled with some thorny problems, had some remarkable wins and have been jolted out of my own sorry headspace by the spectacular. Last week out of the blue I tested positive for Covid, long after I had somehow convinced myself that it would pass me by. No sir. It was no worse than a bad head cold and cough thanks to the vaccines, but the fatigue just doesn't suit my style. So - "Help." And Help I have had from incredible staff, friends, professionals who think creatively and family who said - your turn to slow down.

So - "Thanks" to those who pitched in and for the fact that I live in a world with remedies and where I am cared for. A practice I learned many years ago is the "Three Good Things." Each night before you go to sleep:

1. Think of three good things that happened today.
2. Write them down.
3. Reflect on why they happened.

If you don't have time, the short version is to say "Thanks."

And "Wow." For all the things that are bigger than me, brighter than my crayons, more subtle than a whisper, as delicious as Weston's corn, as uplifting as a great sentence. "Wow" does not have to be held in reserve but can be applied liberally to all those, gasp, heart-skipping moments of joy or wonder.

Here at the Gibson Center we hope we bring all of you assistance when you need and generous moments of delight. Read on.

Marianne Jackson, MD  
Executive Director

## SILVER LAKE LANDING GETS NEW EFFICIENT HEATING

Thanks to the wonderful generosity of several donors, we were able to replace our 22 year-old oil burners at Silver Lake Landing with high efficiency, cleaner and less expensive propane heating for the 19 apartments of the north and south buildings. Just in time for the heating season. It is estimated that we might save \$12,000 in fuel costs per year by making this shift. Eastern Propane orchestrated the switch with hardly a day without heat or water for the residents. While no one is particularly excited by having tanks in front of the gorgeous lake view, I have lots of plans for landscaping with tall shrubs, lilacs, hydrangeas, and grasses that will blend them right in. I had plans for leafy murals on the white walls but was told that is a dangerous No-NO. Oh well. We are pleased.



## KILL-A-WATT-PREVENT ELECTRICITY WASTAGE

The average American household uses 1.45 kilowatt hours (kWh) of “phantom load” electricity per day or approximately 43 billion kwh per year. Examples of phantom loads are coffee makers, sound and TV equipment, computers and chargers – anything with a light or a digital readout. At current NH electricity rates, that is an average of \$150 per family per year.

Besides phantom load, many of us are running very old, inefficient appliances (think that old freezer in the basement) that might need to be replaced for cleaner, less costly service.

To know how much electricity and dollars you could save, you can now borrow a Kill-A-Watt meter from the Gibson Center, the Jackson, Pope, Conway, Madison or Tamworth Cook libraries. These small devices come with step-by-step instructions for plugging the device into your wall socket and plugging the appliance into the meter and leaving it for several days or a week. Pushing the KWH button will display the KWHs used since you plugged in the meter. Push it again and you will get the number of hours.

A 20-year-old refrigerator of about 17 cu. ft. could use 1,700 kWh of electricity every year, compared with about 450 kWh for a similarly sized new ENERGY STAR model that costs between \$750-950. At \$0.31 per kWh, that is \$387 per year so the new refrigerator is paid for in 2-3 years.

We are all becoming more energy conscious. Let us make it easy for you to identify and reduce wasted electricity charges in your home or office.



## CRAFT FAIRS AND DINE-TO-DONATE



Thursday, September 29th, and join us for our newest host – **Deacon Street Dine to Donate**. Delicious food and always a great time – 5PM until closing.

The **last Artisan and Craft Fair** is scheduled for Columbus Day Weekend- October 8th & 9th. Plan to visit for amazing gifts and handmade items. Saturdays 10AM-5PM, Sundays 9AM-4PM



**shaws**  
GIVE BACK WHERE IT COUNTS  
Reusable Bag Program



**Hannaford**  
Community Bag Program



October is a great month to purchase **reusable shopping bags**, whether you shop at **Shaw's or Hannaford's**, both grocery stores are offering a portion of the sale price to the Gibson Center Meals on Wheel's Program.

Mark your calendar for Sunday, November 13th, from NOON on, **Chef's Bistro** will donate a portion of their sales to the Gibson Center. The people on the bus say they have the best lobster rolls!



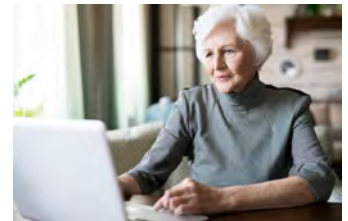
## THRIFT STORE HAPPENINGS MANNIKIN MANIA CONTINUES!

We started the week of August 15th, but you can still come in every remaining week to find and take a photo of the Manic Mannikin wearing outrageous styles and accessories with the "YOU FOUND ME" card. Send your photo with your creative caption to [info@gibsoncenter.org](mailto:info@gibsoncenter.org). Every week, a \$5 prize will be given to the best caption. Remember - the Mannikin might be upstairs in the Holiday Galleria! Come join the fun. See you at the Thrift Store - Mondays-Saturdays 10:00-2:00ish.



## MORE FUNDING FOR COMPUTERS AND TRAINING

The Gibson Center has just received a \$10,000 grant from Spectrum and another smaller one from Digitunity – a non-profit that distributes computers to libraries, schools and homes – to allow us to purchase Chromebooks and provide teaching to advance computer skills. We are partnering with the Conway Public Library to bring you videos, one-one tutoring, and classes for everything from how to do basic internet searches, how to avoid fraud and scams, how to use video-conferencing, email, and many other functions you want and need. Increasingly having smartphone or computer capability is being required to communicate with healthcare offices, town offices, make applications and find critical information. We are here to help. We will have full details in the coming weeks for how to obtain a Chromebook if you need and how to participate in the training. We will not let you be left behind.



## STAY WARM, SAFE AND DRY HOME REPAIR EXPANDS

The Stay Warm, Safe, and Dry home repair and modification program is growing its capacity! Renee has found a roofer and a sheet rock painter who can extend our services beyond those provided by Adam (who you can see, has been taking care of our building as well as others). We are dedicated to helping older adults stay in their homes safely.

Adam can work on outdoor lighting, railings or holes that need repair. Other sample projects include replacing or repairing porch steps, changing out air filters, installing smoke or CO alarms, or other repairs that increase health and safety. Now Renee can help you find a roofer for hole repairs, or connect you with a sheet rock repair contractor.

We want to emphasize this service is for persons of all incomes but not free. Those who can afford to, pay the contractors directly for materials and time. Those who qualify as low income with USDA are provided up to \$10,000 in grant coverage. Renee Wheaton is available to take your requests and schedule an assessment of the job and get it done. Call her at (603)-205-0909.

It is all part of our mission to help seniors age in place, independently with dignity and purpose.



## OLLI OFFERINGS WITH THE GIBSON CENTER

Gibson continues to co-sponsor programs with OLLI this autumn.

- Basket Weaving Class, Gibson Dining Room, October 20th and 27th, 1-4PM
- Lunch and Learn, Enhancing Balance: Adventures with Confidence. Prepare for winter walking and outdoor exercise. November 1, come for lunch, stay for the program. Program is free.

Membership for the year is \$40 and allows you to take classes throughout NH and many are by Zoom. It also allows you to attend free Special Interest Groups: Hiking; Winter Snowshoeing; Games Group; Munch Bunch. Cost for classes vary but hover around \$20-\$25. Scholarships for Gibson Center patrons are available. You can see the listings and virtually hear from the presenters by going to [www.oli.granite.edu](http://www.oli.granite.edu) You can also call **603-513-1377** with questions.

## 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.



## OPENING MINDS THROUGH ART: OMA

The first Opening Minds through Art, OMA, program was a wonderful success this summer. The six session series will be repeated starting October 13th – led by Lori Stearns, our OMA Facilitator. 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.

We are looking for people who would like to join the program, both artists and volunteers. Please contact Jill Reynolds if you are interested in Opening Minds through Art...OMA. Look for our art show this winter!

## 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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**CALL FOR A SCHEDULE OF FUTURE  
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GIBSON CENTER**

Please call for information about future  
presentations  
**1-800-370-5010**

## 2022 MEDICARE PART D- OPEN ENROLLMENT AT THE GIBSON CENTER

Open Enrollment for Medicare Part D begins on October 15th but you can start planning NOW. Call Penny Wellman between 8:00 and 1:00 PM at **603-356-3231** to ask her to send you a Plan Finder. It will come with a self-addressed, stamped envelope for you to return your plan finder for Board Member Ele Border to review. Once received, you will get a call to set up your appointment here at the Gibson Center or ServiceLink in Tamworth if you prefer. Ele is a certified counselor for Service-Link.



Medicare Part D is a prescription drug plan 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. All consultations are free. Don't wait, appointments fill up quickly.



## 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



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## ONGOING WEEKLY PROGRAMS

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

## OCTOBER SPECIAL EVENTS

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

**Alaska Slide Show:** Two couples just returned from the Gibson Center trip to Alaska. Come see the natural wonders, and animals. Monday the 3rd, after lunch.



**Dream Catcher:** Gloria Graves will share her family's lore about Dream Catchers. She has several that she will let us look at. She may even let us make one. After lunch on Thursday the 6th.

**Columbus Day Craft Fair:** Saturday the 8th 10AM-5PM, Sunday the 9th 9AM-4PM. A great time to see beautiful hand crafted items and even start shopping for the holidays!



## OCTOBER SPECIAL EVENTS CONTINUED...

**The Gibson Center will be closed on Columbus Day, Monday the 10th**

**BINGO** will be played after lunch on Monday the 17th. Bring a prize for the table. Just donated, a couple of DD Gift Certificates.

**Monday the 12th** we will play **BINGO**. Bring a prize for the table.

**General Election 5 Minute Forum:** prepare for your civic duty, by hearing the candidates share their platforms, or why they think you should vote for them. After lunch on Tuesday the 18th.



**AARP HomeFit:** Monday the 24th, after lunch. AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation's housing supply contains any "universal design" elements — such as single story living or a sink that can be reached from a wheelchair. That's where AARP HomeFit comes in. Based on the free AARP HomeFit Guide, this presentation can help individuals and families make their current or future residence – or that of a loved one – their "lifelong home." Please register for this free class, so that enough AARP HomeFit Guides will be available for all participants.



**Book Club:** If you love to read, save the 4th Tuesday of every month, and join the book club after lunch. Pamela Memmolo will chair the first meeting, when the group will determine which books to read. The Conway Public Library will supply books for people who choose to borrow rather than purchase the books. See you after lunch Tuesday the 25th. Please sign up.

**Halloween:** People who are young at heart are invited to join the fun by wearing a costume or festive sweater to lunch. Dave and the kitchen crew will make something spookily delicious for lunch. Afterwards, the bus will head out to watch the school children parade their costumes.

### Looking Ahead:

- **Gibson OLLI Lunch n Learn: Adventure with Confidence:** Invite your fellow explorers for lunch and stay for this informative demonstration on ways to get ready for the winter season. Exercise Specialist Ann Fargo, and Outdoor Enthusiast, Cort Hanson from Ragged Mountain will demonstrate easy exercises and sample equipment so you can enjoy the winter season. Tuesday, November 1st. Lunch starts at 11:30AM, the program will be after lunch
- **AARP Safe Driver Course:** The 6-hour class will be offered at the Gibson Center on Wednesday November 30th. Many insurance companies provide substantial discounts for completion. Be safe and feel capable this winter on the roads. The class is \$25 for non-members, and \$20 for AARP members. It runs from 9AM to 4PM with a break for lunch in the dining room. Please sign up, 603-356-3231.



## 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.

**Senior Day at the Fryeburg Fair** is Tuesday, October 4th. The Gibson bus will leave the Gibson Center at 9AM and return around 3PM. Spend the day eating Fair Food, visiting the animals, looking at crafts, and not worrying about how far you parked your car. Donation for the bus accepted.



October 12th, board the bus for the **Currier Museum** at 9AM, and be home about 4PM. In addition to their amazing displays of art, there is a special Exhibit called Gee's Bend Quilts. Bring a brown bag lunch to eat on the bus, or visit the museum cafe. \$38 includes transportation and admission.



October 14th we will head out after lunch to view the **Fall Foliage and the Pumpkin People**. We will stop at the Cider Donut shop. Donations for the bus ride.



**Maine State Ballet: Can-Can Parisien.** Saturday, October 15th. Board bus at 10AM, lunch in Falmouth, Matinee show, home before dark. Only \$32 due to generosity of donors. Still a couple of tickets available.

Thursday October 27, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. Bus donations accepted. Bring your own bags.

The **Magic of Christmas** tickets are almost sold out. December 9th, 10AM-6PM. Lunch on your own. Show and transportation, \$50.



Save the Date! **Little White Chapel**, Dec 11

# KUDOS - DONATIONS

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

Conway Area Humane Society

David Lee, Art for Lunch

The Gibson Center Trip Angel

Little Angel Service Dogs

Deacon Street, Dine to Donate

White Mountain Trolley, Lee Desautels

Marsha Carlin & Fryeburg Academy Library

Hatch's Apple Orchard

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

## Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



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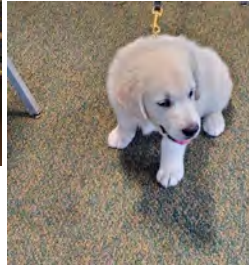


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603-730-5432

## OUR BUSINESS SUPPORTERS

# PHOTOS FROM RECENT EVENTS & TRIPS

Two Lights State Park, Art for Lunch: David Lee, Little Angel Service Dogs: Uno, Humane Society, White Mountain Trolley, Reclaimed Art, Cannell's Store, Hatch's Apple Orchard.



## 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**



**Spotlight on Santa Fe: March 20 - 25, 2023 • 6 Days • 8 Meals.** 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. Cut off for spring trip is approaching. Collette trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100656>



**Spotlight on Santa Fe: September 24 - 29, 2023 • 6 Days • 8 Meals.** 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/1118363>



**England, Scotland, Wales, Ireland: April 16 - 30, 2023 • 15 Days • 20 Meals.** 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. Cut off for spring trip is approaching. Collette Trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100644>



**Beautiful Vermont: May 23-25, 2023.** Dinner Cruise on Lake Champlain with entertainment, Shelburne Museum, Rock of Ages Granite Quarry, Cold Hollow Cider Mill, and Maple Sugar Farm.



**Lancaster Show Trip: September 18-21, 2023.** Explore Amish Country. Enjoy two shows: Sight and Sound Theaters Moses; and a show at Magic & Wonder Theater. Includes breakfast and dinner each day, with mouthwatering Amish inspired cooking. [Link to the trip flyer](#)

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### OUR BUSINESS SUPPORTERS



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## 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.