

Gibson Times

Lancaster Trip



Greetings from the Director: Saturdays at the Thrift Store

That may be the title of the book I write some day to capture the moments over the years. I absolutely love my Saturdays at the Thrift Store.

It's about the characters and stories. There are the weekly friends who come in just to see what new items have come in since the last time. You can never check too often for new treasure. They come alone or often with family members along – tactically surveying the rooms like hide and seek, “You go that way, I’ll check this way!”

We have seasonal friends who tell us they wouldn't miss stopping in – though they are pretending the reason to be in the Valley is for the camping. We are a highlight of their trip. We supply the forgotten hats, umbrellas, shoes for the wedding, suits for the funeral, and even the raingear for the fellow leaving late to climb the Ammonoosuc Trail even as a predicted storm pushed in. Ellen had motherly words for him not to go but when he persisted, she sold him the best raingear and boots she could find.



I love the women's college reunion groups that come in laughing before they even begin and then it gets louder: “Remember that purple coat you used to wear? That one with the huge buttons? Here's one just like it!” They cart off 8 items to the dressing room and giggle and insist on buying outrageous memories. Then there's Ann who comes and buys “Aspiration Pants,” the ones that are 1-2 sizes too small but she loves them. At \$4 why not?

How about the young man who told his partner to go check out the wedding dress upstairs. It fit her perfectly and as she was paying for it we asked when the wedding was and got back, “Oh, he hasn't asked me yet!” We decided he just did.

The Gibson Center is all about the characters and the stories. Add yours.

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October Special Events

Volunteer Appreciation Mini Golf will be held on Thursday, October 5th, right after lunch. Volunteers who wish to sign up for this rain check, please call Penny and sign up. Pirates Cove, Rt. 16 North Conway.

The Last **Artisan Craft Fair** of the year. Don't miss your opportunity to find amazing gifts and something special for yourself! Saturday the 7th from 10-5 and Sunday the 8th from 9-4.

Gibson Closed on Monday, October 9th

Flu and Covid Vaccine Clinic, Tuesday the 10th, 12-4

The Puzzle Triple Crown, part two! Monday the 16th, after lunch. The Gibson Center is hosting the second leg of the Puzzle Triple Crown, where 6 Teams of 4 will have 90 minutes to assemble a 500 piece puzzle. The winner will be the first completed, or the one with the least free pieces at the end of 90 minutes. The cost of each event is \$10 for the team. The date for the last event is Pope Library, 1PM on 11/4. Puzzles are donated by White Mountain Puzzles



Hospital/OLLI Lunch n Learn after lunch Tuesday the 17th. **Balance Secrets for an Independent Life** with tips from Michelle Mattie, PT.

Virtual Dementia Tour, Wednesday the 18th after lunch. This experience shows how people with sensory loss interpret their environment differently. The experience helps people understand what others may be experiencing, and understanding leads to compassion. Please sign up to participate in this experience. Call [603-356-3231](tel:603-356-3231). VDT is funded in part thru Administration on Community Living grant #90ADPI0060

OLLI Adaptive Reuse; Discarded Paper becomes Art, Thursday the 19th. Please call [603-513-1377](tel:603-513-1377) to register for this OLLI class!

Guest Chef, Sandra Icozelli from the 302 Grille. Sandra volunteered to be a guest chef after her grandmother, Jean Melczarek told her about how much she enjoyed other chefs! Invite your family and friends to join you for lunch on Tuesday the 24th.

The **Gibson Book Club** will meet to discuss their most recent book, **"Cutting for Stone"** by Abraham Verghese, after lunch on Tuesday the 24th.

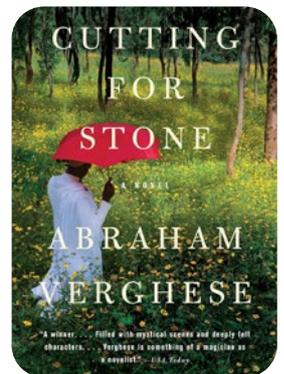
OLLI Let Your Creativity Take Flight! Owl Pastel Wednesday, the 25th. Please call [603-513-1377](tel:603-513-1377) to register for this OLLI class!

Flu and Covid Vaccine Clinic Thursday the 26th 12-3:30PM



Celebrate Halloween! Dress up or wear a festive sweater, let your inner child out! We will have a parade, where people can show off their costumes. During lunch on Tuesday the 31st.

First Stone Mountain Arts Center Raffle Ticket drawing - at lunch on the 31st.



Looking Ahead, save the date:

- AARP Speakers Bureau, **HomeFit**, 10AM on November 1st.
- Recognize the Veterans on November 9th, at Lunch
- AARP Driver Safety: November 29th.

New Class Starts: Tai Ji Quan, Moving for Better Balance

There is a **new class** of Tai Ji Quan, Moving for Better Balance being offered at the Gibson Center at 4PM on Mondays and Thursday starting in November. Call Jill at the Gibson Center for more information, **603-356-3231**.

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 people with balance challenges 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.

Fun Programs, Classes, Trips, and Adventures

The Gibson Center has developed a huge menu of programs for seniors of all abilities and interest levels. Much of what we do has come directly from your suggestions, so keep them coming!



Ongoing Weekly Programs

Monday	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer Tutoring Medicare: Open Enrollment 10/15-12/1	10:30 AM 12:30 PM 4:00 PM By Appointment By Appointment
Tuesday	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week	10:00 AM By Appointment
Wednesday	Quilt 2nd & 4th weeks Gameday General 1:1 Computer Tutoring	10:00 AM 12:30 PM By Appointment
Thursday	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 4:00 PM
Friday	Computer Classes with Andrea Libby. Call Penny 603-356-3231 Chair Exercise Class Friday Painters, bring your own supplies	By Appointment 10:30 AM 12:30 PM

Gibson Center

Upcoming Day Trips

For all bus trips, please sign up, and pay in advance. Call **603-356-3231**. 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. Many venues will only hold tickets for so long. Please indicate your interest, so we can reserve tickets.

All trips this season have reduced rates due to the generosity of program sponsors.

Monthly trip to the **Humane Society, to socialize Cats**, first Wednesday each month, after lunch.

We will visit the **Brownfield Market** on Friday, the 20th. They have amazing produce! Bring your own bags.

Fryeburg Fair: Senior Day Tuesday, October 3rd. Bus donations accepted. (bring your ID, and if you are not a senior, pay your own entrance fee) Bring money for Fair Food! 9AM-3PM

Strawbery Banke: October 10th. Full



The Chocolate Expo

The Chocolate Expo will feature small batch and hand crafted confections (as well as pairing with wine, beer, and cheese). \$33 gives you entrance to the Expo and free samples. You may purchase items as well. Sunday, October 15th from 10AM-7PM. There will not be a lunch stop, since you will want room for samples, bring a picnic lunch to eat in the autumn splendor. We will stop for a light supper, on your own.



Cider Company

Travel the Valley, look at the **Pumpkin People** and the foliage. We will stop at the White Mountain Cider Co. for donuts. Thursday the 26th after lunch, by donation.

After lunch on **Halloween** we will stop at the Halloween Store to look at their displays and order ice cream. Then we will travel to watch the Conway Elementary School Parade.



Pumpkin People

Part 3 of the **Puzzle Triple Crown** will be held at the Pope Memorial Library on Saturday 11/4 at 1PM. If a team (4 people) forms, and rides are needed, see Jill.

Join us for the Maine State Theater's presentation of the **Nutcracker** at Merrill Auditorium. \$55, lunch on your own. This is a matinee, **the day after Thanksgiving** 11/24. Must order tickets by October 7th.

We will visit **The Festival of Trees** after lunch on 11/30. Bus donation.

Magic of Christmas 12/8 Full

The **KHS Variety Show**, matinee on Sunday 12/10. Save the date, more information to follow.

Johnny Cash: The Official Concert Experience: 3/8/24 \$85. Tickets must be ordered by 10/10.

John Williams POP's Concert: 4/7/24 \$60. Tickets must be ordered by 10/10.



Nutcracker



POP's Concert

2023 Gibson Center Craft and Artisan Festivals

Holiday Weekends are special at the Gibson Center because we have **New England Crafters at their best!** They offer fine jewelry, photography, art, pottery, stained glass, floral arrangements, candles, Skinny Towels, handmade bags, Kettle Corn, Maple Syrup products, items for your pets, soap, clothing, quilts, pillows, woodcrafts, wood signs and furniture. The Craft Fair benefits the Gibson Center for Senior Services, Meals on Wheels Program. Crafters, find the application at <https://www.gibsoncenter.org/craft-fair-rules-application/>



- **Last Fair of the season!**
 - **Columbus Day Weekend:** October 7th & 8th Sat & Sun
- Fair Hours: Saturday, 10AM-5PM; Sunday, 9AM-4PM

Gibson Globetrotters Overnight Trips

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

2024 Trips with Collette Tours

Spain's Costa del Sol & Madrid: April 6-14, 2024. Highlights include Malaga, Picasso Museum, Marbella, Sentenil de las Bodegas, Ronda, Home-Hosted Lunch, The Alhambra, Madrid, Segovia, time for the golden beaches, and high speed train from the coast to Madrid. [Link to the Flyer](#)



Spotlight on South Dakota: September 13-19, 2024. Six nights in Rapid City with day tours to Mt. Rushmore, Crazy Horse, Bad Lands, Devils Tower, Wall, Deadwood, as well as a lot of wild life along the way. [Link to the Flyer](#)

2024 Trips with Diamond Bus Tours

Ottawa Tulip Festival, Montreal, Quebec: May 19-24, 2024. \$1165 ppdo. Visit the highlights of each city, including a cruise on the Saint Lawrence, and the Tulip Festival. 2 hotels, 10 meals. Passport needed. [Link to the flyer](#)



The Ark Encounter: October 20-26, 2024. \$965ppdo. Spend a day touring the life size recreation of Noah's Ark, built to the specifications in the Bible! Also visit the Creation Museum, and the Cincinnati Museum in Ohio. [Link to the flyer](#)

Ongoing Services From the Gibson Center

- **Senior Resource Navigator – Renee Wheaton** helps with troubles like how to apply for government assistance, renew a driver's license, access care or arrange for home services, find durable medical equipment, or the like. Reach her directly at **603-205-0909** or by calling the Gibson Center
- **Personalized Medicare Counseling – Ele Border** is a Certified SHIP (State Health Insurance Assistance Program) counselor who explains in an unbiased, unaffiliated and pleasantly educational manner the differences between Original Medicare and Advantage Plans, financial assistance programs, late enrollment penalties, and deferring enrollment. Also, Ele provides Open Enrollment assistance from October 15th through December 7th when Medicare beneficiaries have the opportunity to change Prescription Drug Coverage (part D plans). Please call **603-356-3231** to schedule your personal appointment with Ele.
- **Computer Tablet and Chromebook access** – We can offer free Tablets and Chromebooks thanks to generous grants from Spectrum, Charter Communications Digital Education Grant – while supplies last.
- **Computer Training – Andrea Libby of Libby Computer:** Fridays 9:00 AM - 12:00 PM and our volunteer experts Mondays and Wednesdays 9:00 AM - 12:00 PM - all offer 1-1 training for beginners or more advanced users. Skills training can include setting up email, Zoom, searches, learning how to access medical practice portals for appointments, labs and questions, how to make and participate in Telehealth appointments, online job applications, how to prevent scams and fraud, and smartphones, cameras, photos and games. Call **603-356-3231** to sign up for tutoring.
- **Advanced Care Planning – Joan Lanoie.** Understand and get help with writing down your options for end-of-life care and making your wishes known. Joan Lanoie can help explain the nuances and implications while also providing helpful advice for family members. Appointment made by calling **603-356-3231**.
- **Veterans' Administration Benefits Counseling** – Counselors come the 1st and 3rd Thursday of each month from 9AM to 3PM by appointment to provide consultation regarding Veteran's Benefits. Call **603-624-9230, ext. 301**, or email **Jay.Davis@va.gov** to request an appointment directly.
- **Finding Reliable Health Information – Dr. Charles Felton** is a retired pulmonologist who can help you find reliable healthcare websites and research. He can help interpret medical information and misinformation. He will not be acting as a medical provider but be your advocate and guide. Fridays 1:00-3:00 by appointment by **603-356-3231**
- **Stay Warm, Safe and Dry - Home Modification:** Valley homeowners who need a reliable, licensed contractor to help with small modification projects to improve the safety, warmth or tightness of their homes can call Renee Wheaton, who will coordinate with our contractor, Adam Balodis. 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. This is not an emergency service but one that will be available by request and subject to scheduling Renee can be reached by calling the Gibson Center at **603-356-3231** or email Renee Wheaton at **staywarm@gibsoncenter.org**



Seasonings – from the Nutrition Office

Happy October from the Nutrition office!

Becky here to talk about the “Sticky Truth” on Sugar – Sugar is found in many everyday foods, some types are just a tad more obvious than others. When eaten in excess, sources of sugar take the place of wholesome, nutritious food, and can have detrimental effects.

Here’s how to identify sugar to keep intake at bay.

Natural sugar is an innate compound in fruits, vegetables and dairy products. These foods provide other essential nutrients like fiber, protein, vitamins & minerals.

Added Sugars are used to sweeten a food during production. Sources of added sugar provide calories but little-to-no nutrition. It is used in a variety of foods, including many you may not expect, like some pasta sauces, granola, condiments and even some oatmeal.

Don’t be fooled by sugar in disguise!

Some common names for added sugar are: Brown rice syrup, brown sugar, cane sugar, corn syrup, crystal solids, dextrose, evaporated cane juice, fructose, high-fructose corn syrup, honey, raw sugar, sucrose, maple syrup.

Take Home Tips:

- Read nutrition labels and ingredient lists to identify foods with added sugar
- Replace sources of added sugar with sources of natural sugar
- Make foods from scratch so you have full control of the sugar content
- Be mindful of the total sources of sugar consumed in a day
- Look for “no sugar added” options
 - (“Sugar-free” options are not the same, these contain alternative additives for sweetness)



Flu & Covid Vaccine Clinics for Seniors

The Gibson Center is partnering with White Mountain Community Health Center and Trails End Ice Cream to make it easy and fun for you to get protected and protect those around you. People 65 years and older are at higher risk of developing serious flu and Covid 19 [complications](#) compared with young, healthy adults. This increased risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, most years, people 65 and older bear the greatest burden of severe flu and Covid disease. It has been [estimated](#) that between 70 and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older, and between 50 and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group. Covid hospitalizations rose 14% in August. Don’t let it be you.

Flu Vaccine Reduces Risk of Flu Illness and Serious Outcomes

Flu and Covid vaccines, have been shown to reduce the risk of getting seriously sick and serious outcomes that can result in hospitalization or even death. Higher dose and adjuvanted flu vaccines are potentially more effective than standard dose unadjuvanted flu vaccines for people over age 65. The higher dose quadrivalent flu vaccine and bivalent Covid vaccine will be available at our clinics. We urge you to consider your health and that of friends and neighbors around you. **Clinics at Gibson Center are 12-4PM: 10/10; 10/26; 11/7; 11/9.**

[Learn more by visiting <https://www.gibsoncenter.org/fall-vaccine-clinics-for-covid-19-and-influenza/>](https://www.gibsoncenter.org/fall-vaccine-clinics-for-covid-19-and-influenza/)

OLLI and the Gibson Center

The Gibson Center partners with OLLI to make access to their programming easier for anyone. There are three kinds of programs: Lunch and Learn programs are free and open to the public. Special Interest Groups require an OLLI membership but have no tuition for the series of events. Lastly, OLLI offers classes listed in their catalogue and have tuition and membership required. We have plenty of catalogues.



The Gibson Center is purchasing twenty \$40 annual memberships that will be offered free to those who request this assistance from Jill who will provide instructions for signing up and notify OLLI of who is on the list.

OLLI is an independent organization, and you must register through them, for all programs. The Autumn Semester registration was August 2nd but class openings may still be available. The OLLI Administrative Team is available to assist you:

- Visit OLLI's website: unh.edu/OLLI
- Call OLLI: **603-255-3553**
- Email OLLI: olli.office@unh.edu

OLLI programs being offered at Gibson Center (register with OLLI):

- Lunch N Learn with Memorial Hospital's Michelle Mattei PT. **Balance Secrets for an Independent Life** October 17 (free event stay after lunch)
- Adaptive Reuse, **Art from paper** October 19
- **Owl Pastel**, October 25
- **Railroads & the Mt. Washington Valley: How They Forever Changed Lives**, November 1



Photo from Doll Museum

Quote of the Month

I want to truly thank the Gibson Center for hosting the VA Benefits advocates. I began meeting with them right here several months ago because I needed my medical card. They called me "their new best friend," as they guided me through the evaluations and assessments that earned me considerable disability benefits I would not have known about. It has been such an unexpected pleasure. Wouldn't have happened without the Gibson Center.

Steve, Navy Veteran

2023 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. Part D is your medical prescription plan that can change yearly. Call Penny Wellman between 8:00 and 1:00 PM at [603-356-3231](tel: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 with your Plan Finder for Ele Border to review. Ele is a certified counselor for ServiceLink. Once received, you will get a call to set up your appointment here at the Gibson Center or ServiceLink in Tamworth if you prefer.



Photo from Labor Day, wear what you wore to work.

Stone Mountain Arts Center: Free tickets

Generously donated by the Working Theory Foundation we have 4 \$250 gift certificates to Stone Mountain Arts Center to give away in a free raffle during October and December!

Come enjoy lunch at the Gibson Center weekdays, serving from 11:30 to 12:15 in the lovely Sprague dining room.



Each day you eat with us, another free ticket is placed in the pumpkin for drawing on the last weekday of the month. For October the drawing for two certificates will be on Halloween - Tuesday, October 31.

In December, it will be on Friday the 29th. There is no charge.

The more often you come to eat, the more ticket chances you have. Bring friends who might win and take YOU to the Stone Mountain Arts Center for the performance of your choice.

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

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**CALL FOR A SCHEDULE OF FUTURE
ESTATE PLANNING SEMINARS AT THE
GIBSON CENTER**

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

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 & learn to solve common caregiver challenges. Meeting options are currently in-person one-to one coaching or via phone or ZOOM. REACH is funded in part thru Administration on Community Living grant #90ADPI0060

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



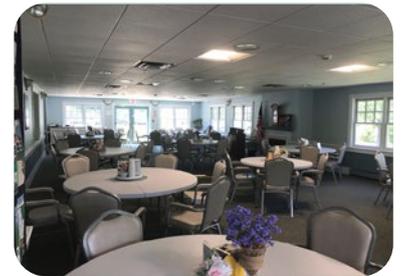
Photo from
Hat Day (Way Station)

Reserve the Sprague Dining Room for your meetings – Online

The beautiful Sprague Dining room and the Glenna Mori Activity room can be reserved for members of the Valley to use for meetings and activities. Reservations for the Dining room can be easily made for available times by going to our website,

<https://www.gibsoncenter.org/product/sprague-dining-room/>

SPRAGUE DINING ROOM: The 65-seat dining room (without kitchen) is available from 8:00-10:00 am weekday mornings and again from 1:00-4:00 in the afternoon. The calendar of available times and room policies are posted on the website under Book a Room. There is a nominal fee of \$35 for the Dining room. Details and agreements are posted. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your organization meetings, presentations or club events.



GLENNA MORI ROOM: Activity Room is a 70-person seating capacity program room with projector and 7 high quality stereo surround-sound media for use by up to 20 people for exercise and dance.

The Activity Room can be requested by completing an inquiry form with a response time of 3 business days as we check for availability of this much used space.

<https://www.gibsoncenter.org/glenna-mori-activity-room/>

TIM DI PIETRO



- Residential Electrician
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Our Business Supporters



2448 Main Street
North Conway, NH 03860
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info@northcountryfairjewelers.com

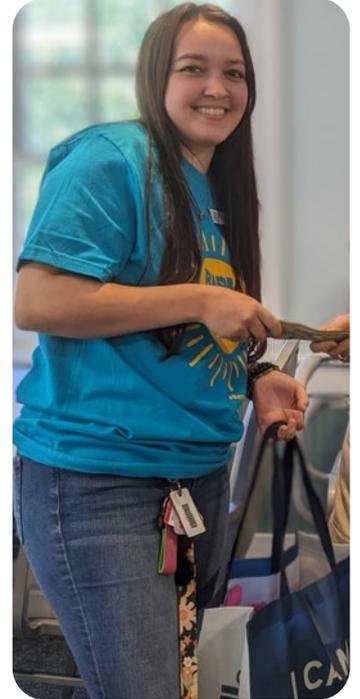
Photos from recent Trips and Events

National Senior Center Month: Building Community

Pet Day (Humane Society), Teddy Bear Picnic (Angel's & Elves), Hat Day (Way Station)

Trips: Two Lights State Park, Smiling Hill Farm, Rec Path, Doll Museum, Sound and Sight Museum

Friday Painters: Dining Room Art display, watch for periodic changes!



Kudos - Donations

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

Hazel & Owen Currier Doll Museum: Sally, June, & Terry

Boston Brother's Pizza

Altrusa: 2nd Tuesday volunteers

Conway Area Humane Society

The Gibson Center Trip Angels

M&D Theater

Majestic Theater

Little Angel Service Dogs

NH Food Bank

Catholic Charities of NH

Book Club: Pamela Memmolo, Conway Public Library,

The Dining Room volunteers, for making us feel special

Vaughn Community Services Food Pantry & Jennifer

Shaws, Wanda Wirling

Wal-Mart; Phil Spinney

Old Village Bakery

Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



Altrusa Volunteers





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

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Our Business Supporters 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.

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.

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 and 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.

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.

