

# Gibson Times



Stonehurst Trip

## Greetings from the Director - David Smolen

My first few days as Director of the Gibson Center have been exciting, informative, and rewarding. It has been interesting to get into the weeds and learn the details of how the various programs and services Gibson offers function. The mission of the Gibson Center is to "provide the Mt. Washington Valley with programs and services that enrich the lives of seniors and foster connection, joy and purpose." To effectively carry out the mission requires a dedicated staff, supportive board of directors, enthusiastic volunteers, and donors who provide support at a variety of levels. I'm happy to report we have all four, with each supporting the other.

When I was 14 my first job was as a waiter in a catering hall in my hometown of Brooklyn, NY. I enjoy being a waiter and I love serving lunch to our congregant dining participants. Chatting with the diners is fun and I love the joyful atmosphere that is the hallmark of lunch at Gibson. The intro given by Becky and Jill is quite entertaining and I enjoy the thoughtful ecumenical prayer that begins the meal. I'm enjoying not having to worry about bringing lunch to work anymore! I encourage everyone regardless of age to visit Gibson for lunch. You will not be disappointed.

Another highlight of my first few days was getting to know our dedicated staff. Meeting everyone, learning about their roles within the organization, and beginning to build strong relationships with them for the success of Gibson has been very exciting. I love meeting new people!

Thank you for your continued support of the Gibson Center. I am looking forward to the road ahead, working with all of our stakeholders.

## Highlights

Page 2

Special Events  
happening throughout  
month of February

Page 3

Virtual Performances  
Ongoing Weekly  
Programs

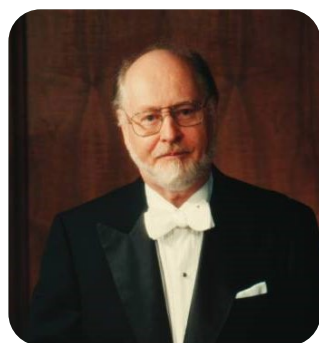
Page 4 & 5

Day Trips  
MWV-Age Friendly  
Next to Kin Documents  
Overnight Trips

Page 6 & 7

Ongoing Services  
Nutrition Tips  
New to Medicare

# February Special Events



**John Williams Scores; Winter Movie Series**, the first and third Thursday after lunch, during winter. February 1st **Harry Potter: The Sorcerers Stone**; February 15th **Sabrina**.

Join us after lunch on Thursday the 8th, for a **craft with Elaine**. Please sign up, as space is limited.

Friday the 9th we will celebrate **Chinese New Year**. We will say farewell to the year of the Rabbit, and welcome the year of the Dragon! The year of the dragon is the fifth of the 12 Chinese zodiac animals, and it symbolizes power,

nobleness, honor, luck and success. If you were born in 1964, 1952, 1940, or 1928, you were born in the year of the dragon. Chef Dave will create a special meal for this day, and we will each receive a Chinese Fortune!



On Monday the 12th, we will host a **Puzzle Party**, where teams of 4 will have 90 minutes to assemble a 500 piece puzzle. All teams will have the same puzzle for an even challenge. There are still spaces available. The cost is \$10 for the team of 4, and the team gets to keep the puzzle. Please sign up, as the puzzles need to be ordered.

Tuesday the 13th is the end of the Festival Season, and is celebrated with parades, and parties. New Orleans is famous for it's **Mardi Gras** festivities. People wear the Mardi Gras colors of purple, gold, and green, some dress in costumes, and some wear elaborate masks and/or beads. You are invited to join the festivities, wearing the colors, beads, masks or costumes! Chef Dave will create a traditional New Orleans meal for our Mardi Gras festival. We will play jazz from the Preservation Jazz Hall, and people who want may parade through the dining room.

Wednesday the 14th is both **Valentine's Day and Ash Wednesday**. Chef Dave will serve lasagna, for the special lunch. There will be traditional lasagna, made with meat, and spinach lasagna for those who want to be with friends but are abstaining from meat. You are invited to wear RED to celebrate this day. We will also have a raffle on Valentine's Day.



Wednesday the 14th, after lunch, **Nancy Cavalieri CFE Forensic Accountant**, will make a presentation about Elder and Probate Accounting, a new service she is offering. She will bring up several things most people don't think about, until it is too late. **This is a paid sales presentation.**

**Fridays in Lent**, Chef Dave and the kitchen crew will offer a meatless option on Fridays during Lent. Please request the special meal by the end of lunch on Wednesday, so the kitchen has enough special meals to complement the regular menu items.

Monday the 19th, **the Gibson Center will be closed for President's Day.**

Monday the 26th we will play **BINGO**. Please bring an item for the prize table.

Tuesday the 27th the **Gibson Center Book Club** will meet to discuss their latest book **The Amber Room** by Steve Berry.

Wednesday the 28th, the dining room will be closed, although Meals on Wheels will be delivered. People who have made reservations will be heading to the **Red Parka Pub** for lunch.

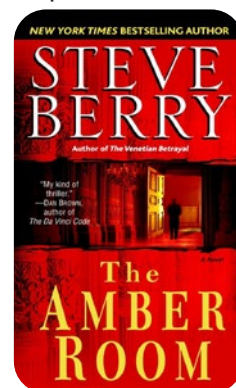
Thursday the 29th is **Leap Year Day, aka Sadie Hawkins day**, we are trying to line up an instructor for a Line Dance after lunch. Plan to stay and listen to music, and dance a bit too!

**Save these dates:**

Pi(e) Day Auction, March 14 (3.14), bake on the 13th.

Valley Promotion Valley Ms. is there a lady who believes in the Gibson Center that would like to represent us at the Valley Ms? Sunday March 17th, see Jill for more information.

Easter Lunch, March 28th



# Virtual Performances being shown at Gibson Center

**Winter Movie Series: John Williams Scores.** On first and third Thursdays, after lunch, we will show six of the movies for which John Williams composed the music. There will be a short introduction to some of the movies, where John used specific themes for certain characters, and general discussion about how the music adds to the mood of the movie. Following the series, participants have the option of traveling to the Portland POP's concert featuring the music of John Williams. (the concert is not virtual, and individual concert tickets are \$60).

**The Mighty Kotschmar Organ!** in May.

The Gibson Center is offering these showings of a variety of concerts in our seven speaker activity room with a large screen for projection. These are live performances of the Portland Symphony. Programs must be ordered in advance, so please sign up at least one week before the event.



## 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

<b>Monday</b>	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer Tutoring New to Medicare	10:30 AM 12:30 PM 4:00 PM By Appointment By Appointment
<b>Tuesday</b>	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week	10: 00 AM By Appointment
<b>Wednesday</b>	Quilt 2nd & 4th weeks Gameday General 1:1 Computer Tutoring	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 2nd & 4th or Movie Series 1st & 3rd Tai Ji Quan, Moving for Better Balance	By Appointment  10:00 AM 12:30 PM 4:00 PM
<b>Friday</b>	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.

**First Friday Concerts at the Majestic.** We'll head over after lunch, most months. **Friday, February 2: Making Electronic Music – Sara Demos.** Donations accepted for the performance.

We will visit the **Brownfield Market** after lunch on Friday the 23rd. They have amazing produce! Bring your own bags.

**Visit the New Fairbank Lodge at Mt. Cranmore.** After lunch on Friday the 9th, board the bus for a ride to see the doings at Mount Cranmore. Bus by donation, bring money if you want to purchase a cocoa.

**Anna Lee Ski Doll Display:** Tuesday the 13th. After lunch we will head to the ski museum to view the special display. Leave from Gibson Center, home drop offs after. Donations for both the bus and ski museum.

**Kennett High Performing Art Event!** Friday, February 16th. Home pick ups, and a drop off at the front door of the school. Bus donation, pay your own entrance to the show (\$10).



**Snowmobile Museum:** Tuesday, February 20th, we will travel south to the only Snowmobile Museum in New England. We will stop for lunch at the Tilt'N Diner (on your own). \$20 due at sign up. Wear warm clothes.

**Red Parka Pub,** February 28th. Sharon will pick up the regular bus riders for the lunch. If there are people who do not want to have to worry about parking, you can park at Gibson at 11AM and be dropped at the front door of the Pub. You must sign up for this event and trip. \$10.



**Johnny Cash: The Official Concert Experience:** 3/8/24 \$85.

**Alice In Wonderland Ballet by local dance company Tina Titzner.** 3/24. Matinee. Save the Date!

**John Williams POP's Concert:** 4/7/24 \$60. This program meshes with the Winter Movie Series.



**Total Solar Eclipse:** on April 8th, there will be a total solar eclipse that covers Northern NH. While North Conway will be about 95%, the Gibson Bus will travel to the River Walk in Berlin, where it will be 99.98%. Bring a lawn chair, and warm clothes. Jill will provide paper so you can see the shadow. It is not recommended that one look directly at the sun, even though it will mostly be covered, the rays may still damage ones vision. The bus will leave after lunch, and stop for supper on your own at the Road Hawg BBQ. \$10 for the bus ride, please sign up with Penny.



**Beautiful: the Carol King Musical.** 5/5/24. \$61. Bring a bag lunch to eat before the show, and money for dinner at the Tilt'N Diner. Tickets held until February 20.

# MWV Age-Friendly 2024 Resource Guide

The MWV age friendly community is very happy to present the 2024 revised edition of the Resource and Planning Guide for Carroll County. Renee Wheaton who is the senior resource navigator for the Gibson Center has upgraded the previous resource guide authored by Ele Border and Betsy Gemmeke.

This expanded 82 page guide covers not only resources for housing, transportation, and health but has new sections on financial planning, end of life planning, wellness and nutrition.

Print copies of the resource guide are available at all of the 11 New Hampshire town libraries and online at [MWVAgeFriendly.org](https://www.MWVAgeFriendly.org). If you have any questions or additions you can email Renee at [staywarm@gibsoncenter.org](mailto:staywarm@gibsoncenter.org).



## Next of Kin Documents

Senior Resource Navigator Renee Wheaton presented "Next of Kin Documents" at the Freedom Town Library on January 23rd. The program was sponsored by Ossipee Concerned Citizens. In her presentation, Renee reviews the various materials one might want to have easily available to them in the event of an emergency. Renee tells you what you need for your document "go bag." One would not want to have to compile all of this data under duress so get started today. To obtain a copy of Renee's presentation email her at [staywarm@gibsoncenter.org](mailto:staywarm@gibsoncenter.org). Look for the presentation at Gibson Center in April.



## 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

### Collette Tours



**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](#)

### 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. **Final Payment due the end of this month.** [Link to the flyer](#)



**The Ark Encounter & Creation Museum:** 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 Becky in Nutrition

Welcome to February—American Heart Month and Hot Breakfast Month! I thought I would take a minute and share a quick, easy, nutritious, heart healthy recipe with a few flavor options in honor of these two fantastic causes. Oatmeal has been shown to help lower cholesterol, stabilize blood sugar and aid in weight control.

## Some sweet flavor options include:

**Strawberries and Cream:** Add diced strawberries, a dollop of yogurt, and a sprinkle of flaxseeds.

**Raspberry Chia Jam:** Add a spoonful of chia seed jam, coconut flakes, sliced almonds, and extra milk on top.

## Savory options:

**Fried Egg & Salsa:** Add a fried egg, pico de gallo (or classic salsa or avocado salsa), and microgreens.

**Savory Mushroom:** Add sauteed mushrooms, a poached or fried egg, a dash of tamari soy sauce, and chopped green onions.

## Basic Oatmeal

- ½ cup rolled oats
- 1 cup water, milk, or non-dairy milk
- ¼ teaspoon salt
- Topping of your choice

## Instructions:

- In a small saucepan, bring the water or milk and salt to a boil over medium-high heat. Once boiling, stir in the oats and reduce the heat to medium-low. Let the oatmeal simmer for 5 minutes or until it reaches your desired consistency. Make sure to stir occasionally.
- Remove the pan from the heat, cover with a lid, and then let it rest for a few minutes. This will give the oats time to absorb the liquid. If they look too dry, stir in a splash more liquid.
- Top your oatmeal with your favorite ingredients then serve!

**Bon Appetite! –Becky**



# New to Medicare – Individual Counseling

**New to Medicare.** Anyone turning 65 has to make informed decisions about Medicare enrollment. It can be a daunting experience. Let 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.





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## Dine-to-Donate/Gibson Center Benefit:

**Red Parka Pub Fundraiser for the Gibson Center - Rescheduled to February 28th.**

Call to get on the wait list for this amazing winter blues breaking event. For over 30 years the Red Parka Pub opens for lunch one afternoon, to serve the Gibson Center! For only **\$10**, you can have either a steak or fish lunch, both served with fresh veggies and a potato or rice, followed by a yummy dessert! Price includes coffee or tea. We suggest you bring a generous tip for the wait staff that volunteer to serve us each year!

Space is limited so please sign up today! **603-356-3231**. There will be home pick ups for the usual bus riders, and those who want to avoid walking should sign up for a second bus from the Gibson Center parking lot to the door of the Pub.



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## 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 Spring Semester registration starts February 5th. Log in early, as some of the classes fill up quickly. The OLLI Administrative Team is available to assist you:

- Visit OLLI's website: [unh.edu/OLLI](http://unh.edu/OLLI)
- Call OLLI: **603-255-3553**
- Email OLLI: [olli.office@unh.edu](mailto:olli.office@unh.edu)

This semester's OLLI programs being offered at Gibson Center (register with OLLI):

- **Create a Gnome**, postponed to Autumn
- **Basket Weaving**, Thursdays, 3/7, 3/14
- **Woven Beauty**, Tuesday, 4/23
- **Collage**, Monday, 5/13
- **Wales Walking Tour PowerPoint**, Tuesday, 5/29

These wonderful events will be hosted at the Gibson Center. Walk-Ins are not permitted, one must register for classes with OLLI.





# Fuel and Electricity Assistance

**New Hampshire Fuel Assistance Program (FAP)** This program helps vulnerable Granite State families with their heating bills. Last winter, the program provided benefits to more than 29,500 households. With 25,000 applications already received, there is still a great need for assistance with the cost of heating. Known in Washington as the Low-Income Home Energy Assistance Program or LIHEAP, the Fuel Assistance Program aids New Hampshire families and seniors whose annual household income is at or below 60% of the State Median Income, the highest amount allowed by federal statute. For a family of four this year, that means an annual maximum income of \$80,069. For a single person household, the maximum income is \$41,635.

**Electric Assistance Program:** The New Hampshire Electric Assistance Program (EAP) gives eligible customers a discount on their monthly electric bills. The discount is from 8%-76% on your gross household income size and electricity usage. Residents of Carroll County visit

## Tri County CAP

448 White Mountain Highway

Tamworth, NH 03817

1-603-323-7400

Email: [carrollcc@tccap.org](mailto:carrollcc@tccap.org)

# Computer savvy volunteer needed 4-6 hours a month

Our digital literacy and our New to Medicare services are growing and reaching capacity. To accommodate more visits, it would be very helpful to have a volunteer who would be able to help individuals establish online accounts for Social Security, Medicare and medical portals. Having these in place will allow Ele Border to move more quickly into the New to Medicare counseling and not be waiting on hold! If you are interested, please call **603-356-3231**.

## Our Business Supporters



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



**Nancy M. Cavalieri, CFE**

Landline (603) 323-7557  
Cellphone (603) 986-3836  
[nancymcavalieri.cfe@gmail.com](mailto:nancymcavalieri.cfe@gmail.com)

### Elder and Probate Accounting

Organize financial documents  
Pay bills, make deposits, reconcile accounts,  
Sort records for year-end tax preparation  
Verify medical insurance documents and claims  
Help with paperwork for agencies, associations,  
medical or benefit groups

### Certified Fraud Examiner

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Design/Build consultations in house.  
Free estimates on your design plans.  
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## Photos from recent Trips & Events

Events: Tole Painting, OLLI/Hospital: Winter Fun and Active, Marianne Farewell, Art for Lunch: Aaron Risi, Cameron Sutphin



## Our Business Supporters

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Saving Assets from Nursing Home Stays

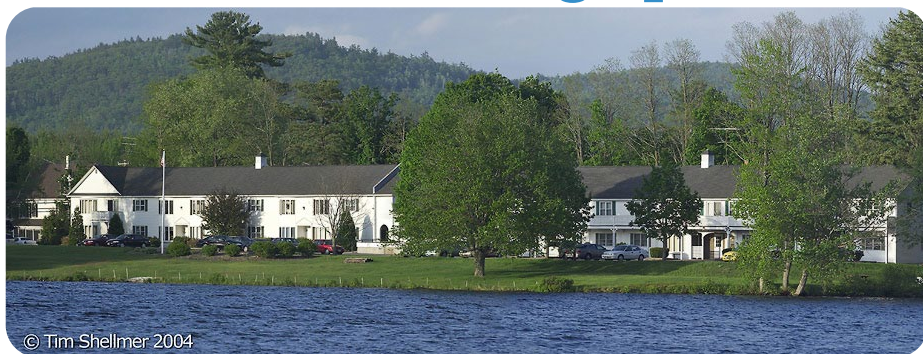


**CALL FOR A SCHEDULE OF FUTURE  
ESTATE PLANNING SEMINARS AT THE  
GIBSON CENTER**

Please call for information about future  
presentations

**1-800-370-5010**

## Silver Lake Landing Apartments



© Tim Shellmer 2004

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**



# Care Givers

There are now three options for caregivers who would like some added support, REACH, a Zoom meeting, and 1:1 Peer Support. Call Jill if you are interested.

**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. REACH is funded in part thru Administration on Community Living grant #90ADPI0060.

**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.

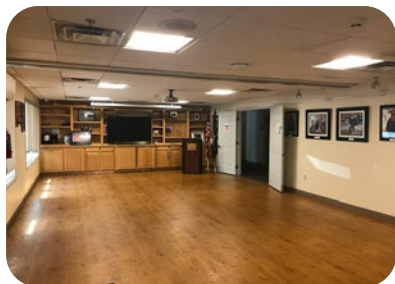
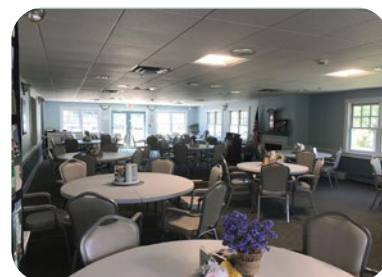
**Late Night Zoom Meeting:** We realize that many caregivers do not have the luxury of attending a meeting during the day. We are looking to host a later in the evening meeting via zoom for those caregivers who can not leave their homes for meetings. Please contact Jill for more information, [jill@gibsoncenter.org](mailto:jill@gibsoncenter.org).

## 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 and some evenings or weekends by special arrangement. Our 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 that may be waived for non-profits. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your organization meetings, presentations, family gatherings or club events.



**GLENNA MORI ROOM:** The Activity Room is a 70-person seating capacity program room with projector and 7 high-quality stereo surround-sound speakers or can be used by up to 20 people for exercise and dance. Our fee is \$25 and may be waived for non-profits. 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. Online go to <https://www.gibsoncenter.org/glenna-mori-activity-room/>

### TIM DI PIETRO



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**603-356-2248**

Our Business Supporters



2448 Main Street  
North Conway, NH 03860  
603.356.5819

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



# Kudos - Donations

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

Aaron Risi

Cameron Sutphin

Altrusa: 2nd Tuesday volunteers

Conway Area Humane Society

The Gibson Center Trip Angels

Majestic Theater/Mountain Top Music 15% off

M&D Theater

Little Angel Service Dogs

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

NH Food Bank

Catholic Charities of NH

Wal-Mart; Phil Spinney

Old Village Bakery

**Local Radio Stations:**

Easy 95.3 WBNC, 93.5 WMWV, 104.5 WVMJ - Magic.



Cameron Sutphin



Aaron Risi



Altrusa: 2nd Tuesday volunteers



# Our Business Supporters Newsletter Listings

**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.

