

# Gibson Times



Valentine's Day Lunch

## Greetings from the Director

Our Meals on Wheels (MOW) service is a vital lifeline for those who are homebound and unable to make meals for themselves. Being a MOW driver is a great way to serve your community. Recently, I made two MOW runs and it felt great to place meals into the hands of people who really need it. I was very careful making sure our participants received the correct meal, as they all have different dietary needs. I chatted with some of our participants as I was delivering the meal, and I could tell they enjoyed that. It felt good to know I was making a difference in the lives of our participants. MOW delivers frozen meals, in addition to fresh, for the weekend. I was surprised to learn that we even deliver the local newspaper.

Drivers develop meaningful relationships with their recipients, and they can become a vital link to the outside world. MOW drivers can receive mileage reimbursement for their work and are not expected to operate in hazardous conditions. **Gibson serves the Towns of Conway, Madison, Bartlett, Albany, Eaton, Jackson, and Chatham.**

We are always in need of backup drivers at the minimum. If you are looking for a volunteer opportunity, being a MOW driver is a great one! For more information contact us at **603-356-3231** to learn more.

## Dine-to-Donate/Gibson Benefit Tuckerman Brewery!

Thursday, March 7th, invite your family and friends to join us for a Dine to Donate at Tuckerman Brewery, 66 Hobbs Street, Conway, NH 03818. A percentage of the cost of all meals ordered between 5:30 and 8PM will be donated to the Gibson Center. But the fun doesn't stop there! Thursday is Trivia Night, so put together a team and join the fun, the contest starts at 6PM. Sharon will offer home pickups for people who do not drive after dark, call to arrange a ride.



## Highlights

Page 2

Special Events  
happening throughout  
month of March

Page 3

Craft Fairs 2024  
Ongoing Weekly  
Programs

Page 4 & 5

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

Page 6 & 7

Ongoing Services  
Nutrition Tips  
New to Medicare

# March Special Events

Mondays in March is a time for games and creativity. On the 4th we will have a word search, on the 11th, the Wheel of Fortune, on the 18th, BINGO, and on the 25th we will paint cookies. Please sign up for the cookie event.

Thursday the 7th; join **Thom Perkins**, as he plays before lunch. After lunch the Winter Movie Series will show **Superman**. That evening (5:30-8pm) **Tuckerman Brewery** will host a Gibson Dine to Donate. A percentage of the cost of all meals will be donated to the Gibson Center. Put together a Trivia Team, as **Trivia Night** starts at 6PM.

**Daylight Savings** Time starts on Sunday the 10th. Spring Ahead one hour.

**Pie Auction for PI Day**, Thursday the 14th at 12PM. We will bake apple pies on the 13th, and we would love to have some help. We would love to have a variety of pies. Please contact us if you would like to participate.

**Arts and Crafts with Elaine** is after lunch on the 14th. This month we will paint a chrysanthemum. Please sign up for this event as space is limited.



**Saint Patrick's Day at the Gibson Center, Sponsored by Bergeron Technical Services; Shawn, Linda and Kate.** There will be two opportunities to eat Corned Beef and Cabbage, wear green, and sing a couple of Irish tunes. We will celebrate at lunch on Thursday the 14th, and Friday the 15th.

The **Red Hats** will join us for lunch on the 20th .

**Movie Showing: E.T. the Extra-Terrestrial.** Concluding our winter movie series featuring music by John Williams is this 1982 classic, Directed by Stephen Spielberg.

**The Gibson Center Book Club** meets after lunch on March 26th. The selection for March is *When we Left Cuba* by Channel Cleeton.



**Easter Lunch** on Thursday the 28th. **Sponsored by White Mountain Oil and Propane.** You are invited to wear your "Easter Bonnet". We might have a furry visitor...

Fridays in March are all in Lent, people still have the option of a meatless meal, if ordered by lunch on Wednesday.

**Save these dates:**

April 2nd: OLLI Lunch N learn, Next of Kin Bags Presented by Renee Wheaton

April 8th: Full Eclipse

April 10th: Doll dresser and maker, Jeanie Seig will make a presentation about the dolls we might have, how to identify them, and how to pass them along. Bring your dolls to show!

May 29th: AARP Driver Safety Class

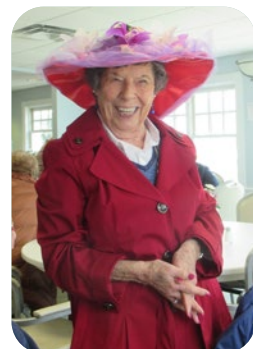


Photo from KHS Dance Team - Feb 16th, 2024



# 2024 Gibson Center Crafts and Artisan Festivals



Summer and Fall 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 new, revised 2024 application here: <https://www.gibsoncenter.org/craft-fair-rules-application/>

## This year's Craft Fairs:

- Memorial Day Weekend – May 25th and 26th
- 4th of July – July 6th and 7th
- Labor Day Weekend – Aug 31st and Sept 1st
- Columbus/Indigenous Weekend – Oct. 12th and 13th

Fair Hours: Saturday, 10AM-5PM; Sunday, 9AM-4PM

## 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. Friday, March 1st after lunch.** Donations accepted for the performance.

**Tuckerman Brewery**, Dine to Donate and Trivia Night. March 7th. Call for a ride.

We will visit the **Brownfield Market** after lunch on Tuesday March 12th. They have amazing produce! Bring your own bags.

**Johnny Cash: The Official Concert Experience:** 3/8/24 \$85. Dinner on your own at the Sebago Brewery. Leave Gibson at 3PM.

Be on the lookout for a day to visit a **Sugar Shack**.

**John Williams POP's Concert:** 4/7/24 \$60. This program meshes with the Winter Movie Series. Dinner on your own at the Sebago Brewery. Leave Gibson at 10AM.



**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 Errol, where we will experience the total eclipse. 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 one's vision. The bus will leave after lunch. We will stop for supper on your own at the Road Hawg BBQ. \$10 for the bus ride, please sign up with Penny.



**Kennett High Legendary Eagles!** Dance and Choir showcase. Sunday April 14th. Home pickups, and a drop off at the front door of the school. Bus donation, pay your own entrance to the show (\$10).

**Currier Museum: Stories of the Sea:** Wednesday, April 24th. Featuring Vincent Van Gogh's first painting to depict the outdoors, and two seminal paintings by Andrew Wyeth. Also time to tour the rest of the museum. 9AM-5:30PM. \$40 includes admission and transportation. Lunch on your own in the Garden Cafe, or eat a brown bag lunch on the bus before we arrive.

**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.

**KHS Drama Club "Tuck Everything" Friday May 10th.** Home pickups, and a drop off at the front door of the school. Bus donation, pay your own entrance to the show (\$10).



**Lupine and Polly's Pancakes,** June 18th, \$15

**Barnstormers Camelot,** July 2nd, \$50

**Mid Summers Night Dream, Ballet,** August 3rd, \$35

## News from MWV Age-Friendly Community

One of our efforts this last fall was participation in the joint Community Build of Window Dressers with Tin Mountain Conservation Center. The goal was to construct 225 pine framed inserts for drafty windows to reduce by 30% lost heat in leaky homes and community buildings throughout the Valley. The goal was reached and when combined with all the community builds across Maine and New Hampshire the totals for 2023 along are staggering:

- 1548 families served
- 10,049 inserts assembled
- 3446 of those (34%), going free to low income individuals
- About 4250 volunteers.
- With only 5 paid staff, that makes WD 99.9% volunteer driven.
- Rough average of 560,000 gallons of heating oil saved since 2010.



Each window is precisely measured by our teams. We are taking orders now for this fall's build and these can be homes or civic buildings like libraries, town halls, or non-profits. If you are interested in ordering or volunteering, email [norabeem@tinmountain.org](mailto:norabeem@tinmountain.org) or Marianne at [agefriendly@gibsoncenter.org](mailto:agefriendly@gibsoncenter.org). For more information visit [www.windowdressers.org](http://www.windowdressers.org)

## Next of Kin Documents

OLLI Lunch N Learn, next event, Tuesday, April 2nd. This program is a gift you will give yourself and your family. Senior Resource Navigator Renee Wheaton has created a "Next of Kin Documents" kit. 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. If you can not attend the event, you can obtain a copy of Renee's presentation by emailing her at [staywarm@gibsoncenter.org](mailto:staywarm@gibsoncenter.org).



## 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. **Seat reduction day is March 13, please sign up before to guarantee your seat.** [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 is due, call to see if there is still room left on the trip.** [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

~Greetings from the Nutrition Office! ~

Welcome to March and National Nutrition Month- where I hope you take a minute to learn about making informed food choices and developing healthful eating and physical activity habits—also this month keep an eye on our Facebook page for fun tips and facts throughout March.

## Here are a few tips and tricks to start you off!

**Eat Healthy Fats:** A great way to kick-start new eating habits is by paying attention to the types of fats you consume. Trans-fats can contribute to heart disease. In contrast, monounsaturated and polyunsaturated fats found in avocados, lean meats, nuts, seeds, extra-virgin olive oil, sesame oil, and fish are good for cognitive functioning and heart health.

**Consume Comfort Foods in Moderation:** Eating healthy does not mean completely eliminating favorite comfort foods high in fat, sugar, or salt. The key is moderation. You can have your favorite “unhealthy” treat or dish once in a while instead of every day.

**Healthy Meats:** Eating healthy does not necessarily mean becoming a vegetarian. You can enjoy meats more by choosing recipes that call for baking or grilling instead of frying.

**Reduce Sodium Intake:** Watch for hidden sodium, as found in some salad dressing, which you can have on the side. You can also opt for other spices and flavorings, such as fresh herbs and lemon juice.

**Consume Plenty of Vegetables and Fruits:** Integrating fruits and vegetables into your meals is a simple, easy habit. Foods from the produce section are excellent sources of plant protein, fiber, antioxidants, vitamins, and minerals.

**Include Fiber:** Eating fiber-rich foods helps you feel fuller after eating and regulate your digestive tract. For more fiber, reach for fresh fruits, raw veggies, beans and peas, and whole grains. Try whole-grain oatmeal topped with pecans for breakfast. If you don't care for raw vegetables, steam or boil them.

**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.

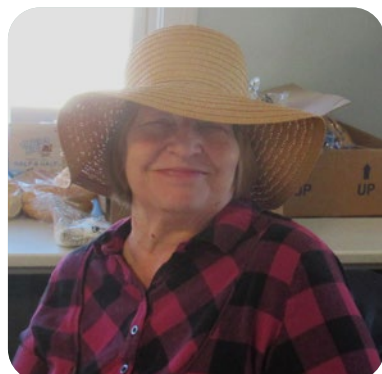
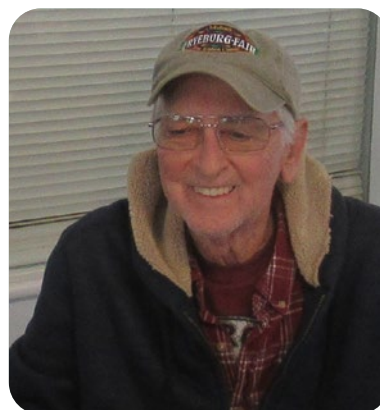


Photo from Spirit Week,  
February 2024  
Chris, Jo and Judy



# Spirit Week, February 2024

The Nutrition Department decided to brighten up a dreary winter week by offering Spirit Week. People were invited to wear a Hat, a Band shirt, a Team shirt, something tie-dyed, and flannel on Friday. Thanks to all who made the week fun by participating!





# Gibson Center Book Club enters Cupcake Contest

Each year the Gibson book club chooses a children's book, and creates a cupcake to go with the book.

The Book Club wants to promote reading as a fun activity for children .

This year the Book Club paired up with local author Aaron Risi, and created a cupcake to go with his book Moose with a Uke.



## Arts for Lunch

The Gibson Center is open for different groups and individuals to share a short performance during our lunch time. We have had numerous musicians, authors, and an interpretive book read. This month we have two entertainers coming to visit.

On Thursday, March 7th, Thom Perkins will play a few tunes before lunch. On Friday the 15th Dick Vierus will sing old favorites. Invite your friends, as the Arts for Lunch is always entertaining.

## 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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# Senior Resource Guide Updated

The Gibson Center for Senior Services is happy to announce the Mount Washington Valley Age Friendly Community has updated its comprehensive Resource and Planning Guide as well as its website. This guide is designed to empower individuals, caregivers, and organizations by providing a wealth of local information and support for those navigating the challenges and opportunities associated with aging. The guide is available online at <https://www.mwvagefriendly.org/resource-guide/>. Printed copies of the guide are also available at area libraries.



**Aging Services  
Resource and Planning  
Guide for  
Mount Washington Valley**

The Mount Washington Valley Age Friendly Resource and Planning Guide stands out as a user-friendly and accessible hub, offering a wide array of resources tailored to enhance the quality of life for seniors. It addresses critical aspects of aging, including healthcare, housing, social services, and more. The carefully curated content aims to facilitate informed decision-making, fostering a supportive environment for seniors and their families.

Key features of the guide are based on the eight domains of livability as outlined by AARP and has the following features:

**Comprehensive Information:** The website offers a wealth of information on various topics related to aging, providing a one-stop-shop for individuals seeking guidance and resources.

**User-Friendly Interface:** The intuitive design ensures easy navigation, allowing users to quickly locate relevant information and services.

**Localized Resources:** Recognizing the importance of community-specific resources, the guide includes region-specific information to cater to the unique needs of different areas.

**Community Engagement:** Users can actively participate by sharing their experiences, suggesting resources, and engaging in discussions to create a dynamic and collaborative community.

**Regular Updates:** The [mwvagefriendly.org](https://www.mwvagefriendly.org) team is committed to keeping the Resource Guide current, regularly updating content to reflect the latest developments in aging-related services and support.

The launch of the updated document signifies a commitment to creating age-friendly communities that prioritize the well-being of seniors. By consolidating relevant information in an easily accessible format, the platform aims to bridge the gap between seniors, their families, and the resources essential for maintaining a high quality of life.

"We are excited to introduce The Aging Services Resource & Planning Guide for the Mount Washington Valley as a valuable resource for individuals and organizations dedicated to creating age-friendly communities. Our goal is to empower seniors and their families by providing a comprehensive guide that addresses their unique needs and challenges," said Renée Wheaton, Senior Resource Navigator at Gibson Center for Senior Services.

The mission of the MWV Age Friendly Community Initiative is to use the AARP Livable Community Framework to further develop the Mount Washington Valley as a place for people of all ages and abilities to thrive.

For more information, please visit [mwvagefriendly.org](https://www.mwvagefriendly.org) or contact Renée Wheaton at [staywarm@gibsoncenter.org](mailto:staywarm@gibsoncenter.org) or (603)-205-0909

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## 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-on-one coaching, phone, or ZOOM. REACH is funded in part thru Administration on Community Living grant #90ADPI0060.

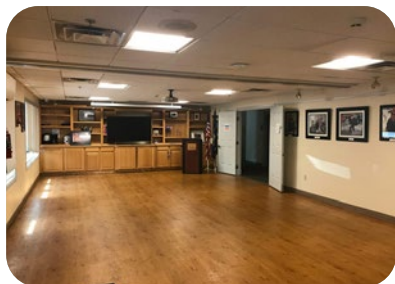
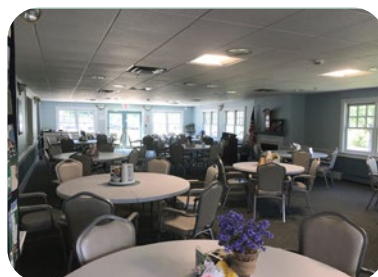
**Caregiver Peer Support:** There are caregivers who have probably experienced your challenges and can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

**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 cannot 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

Do you need a space to hold a meeting or an event? Gibson has two excellent meeting spaces that will meet a variety of needs.

**SPRAGUE DINING ROOM:** The cheerful Sprague Dining Room is a 1550 square foot room seating 80 at tables for 4 or 6 persons. Audio equipment for sound amplification is available with podium and projection screen if needed. Price \$35 Room available 8:00AM-10:00 AM and 1:00-4:00 PM weekdays Monday-Friday. This reservation is for the dining room only and does not include the kitchen facility except by special arrangement. You are welcome to bring food and beverages of your own. 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/>



**GLENNA MORI ROOM:** TGlenna Mori Activity Room is a 70-person seating capacity program room with projector and 8 speaker media or for use by up to 20 people for exercise and dance. Price: \$25.00. Contact Gibson today to reserve these excellent spaces.

### TIM DI PIETRO



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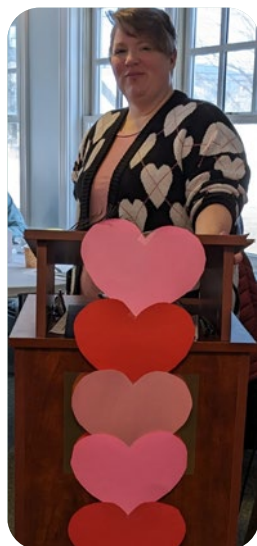
[info@northcountryfairjewelers.com](mailto:info@northcountryfairjewelers.com)



# Photos from recent Trips & Events

Trips: Snow Sculptures, Humane Society

Events: Chinese New Year, Mardi Gras, Valentine's Day, Craft Class, Puzzle Party





# Kudos - Donations

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

**Cupcake Contest:** Aaron & Grace Risi, Pat McCoy

**Valentine's Lunches:** Cookies, Alyce Davidson; Cards and Decorations, Pine Tree K Kids

**The Red Parka Pub:** luncheon!

**White Mountain Puzzles:** Puzzle Party

**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, 1

104.5 WVMJ - Magic.



**Altrusa: 2nd Tuesday volunteers**



**Valentine Decorations and cookies**



# 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.

**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/>

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