

Gibson Times



Polly's Pancakes Trip

Letter from the Director

Maintaining the buildings, equipment, and grounds of the Gibson Center is a constant endeavor that is one of our major expenses. I'm excited to report we are very close to finishing the replacement of our HVAC system. If you have been in the building recently, you know the system is pumping out a tremendous amount of cool air, which feels great through these hot days! Thank you to the staff and public for your patience through this process. Thank you to the New Hampshire Community Development Finance Authority (CDFA) for funding 85% of the project. Thanks to my friend and colleague Marianne Jackson who wrote the grant to make it happen. The CDFA grant will also fund new windows as well as the demolition and reconstruction of the activity room entry way.

Other major building projects on the horizon include a new roof for the dining room, which is now 25 years old, new carpeting for the dining room, new vinyl siding and repointing the chimneys.

We recently were awarded a \$10,615 grant from the Cogswell Benevolent Trust to purchase a new tilting kettle for our kitchen. This essential piece of equipment is used in numerous meals per month. Our current kettle is 25 years old and is showing its age. Professional restaurant equipment is very expensive! We look forward to getting our new kettle up and running soon.

Grants are an important piece to our fundraising puzzle. We are grateful to the various foundations and corporations who have awarded us funds on so many occasions over the years. Their gifts are an endorsement of our mission. We look forward to partnering with them in the years to come.

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July Special Events

Monday after lunch games: on the 1st, Word Search, on the 8th, BiNGO (bring a prize for the table).

July 1st is Canada Day, people are invited to wear their t-shirts from our recent trip to Canada.

The Gibson Center will have an **Independence Day lunch**, on Wednesday the 3rd, we will salute the flag, and sing a few patriotic songs, before an indoor picnic lunch.

The Gibson Center is closed on July 4th.

Make sure to visit the **Independence Day Craft Fair**, on the lawn of the Gibson Center, on Saturday, the 6th from 10-5, and Sunday the 7th from 9-4. There are always amazing items to see, and that something unique for your special someone.

Wednesday the 17th, we will offer the **Virtual Dementia Tour** after lunch.

Please register for this free experiential event. This is an opportunity to learn about life as perceived by people with sensory losses. Dementia can cause these losses, as well as other factors such as age related vision loss, or the side effects of a stroke or diabetes. Learn what your peers may be experiencing. This is also a great training for people who want to volunteer in the Friendly Visitor Program, and also for people who interact with or care for people with sensory loss or dementia. The Virtual Dementia Tour is funded in part thru Administration on Community Living grant #90ADPI0060



Our **Summer Movie Series** will feature our favorite Musicals! Starting on Thursday the 18th we will show **The Sound of Music**. For movies with closed captioning, you are invited to sing along!

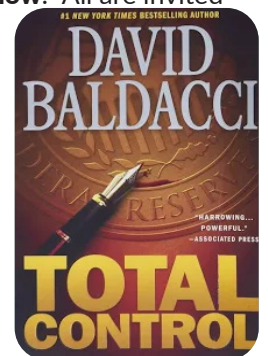
On Monday, the 22nd, Renee` Wheaton, the Gibson Stay Safe and Warm coordinator, will offer tips on how to **"Stretch Your Dollars"**. With the increase in property taxes, many are feeling strapped. While some people may not qualify for a property tax break, they may qualify for other benefits. Renee`



will discuss tips for ways to find money, by not spending it in some of ones usual places. Please register for this seminar, 603-356-3231.

Monday the 29th, we will have our **Gibson Trip to Canada slide show**. All are invited to view the slides, and hear people chat about the trip. If you have photos, please put them on a thumb drive, and give them to Jill by the 15th, so they can be incorporated into the show.

The **Gibson Book Club** meets on Tuesday the 30th. We will discuss the book **"Total Control" by David Baldacci**. Please see Penny if you want to read the book, she will sign one out to you.



Save these dates:

For the Primary Election: Democratic 5 Minute Forum, August 22nd, Republican 5 Minutes Forum, August 29th. For the General Election, October 17th. All right after lunch.

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 remaining Craft Fairs:

- 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

Monday	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance New to Medicare; call for an appointment General 1:1 Computer Tutoring	10:30 AM 12:30 PM 4:00 PM By Appointment By Appointment
Tuesday	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd Tuesday Fabric Art Babes 4th Tuesday	10:00 AM By Appointment 10:00 AM
Wednesday	Walking Club Quilt 2nd & 4th weeks Gameday Ballroom Dance Class	8:30 AM 10:00 AM 12:30 PM 4:00 PM
Thursday	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
Friday	Computer Classes with David Smolen 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. Donations accepted for the performance.

- **First Friday, July 5th, 1 PM** Birds on a Wire, who play Bluegrass, Folk, and their own music.

We will visit the **Brownfield Market** after lunch on Wednesday July 24th. They have amazing produce! Bring your own bags.

Barnstormers Camelot, July 2nd, \$50

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

Mount Washington Band Concerts: July 9th & 30th, August 6th. Bring a lawn chair, and picnic supper. Bus and band by donation. Door to door home pickups.

John Davidson: Final Summer in Sandwich. August 16th for the Gibson trip. \$50. Dinner on your own at the Corner House.

SeaSide Pavilion Concerts, home pick ups, dinner on your own at Ken's

- **Rumors, Fleetwood Mac tribute:** July 16th \$52
- **Let's Hang On, Frankie Valli tribute:** July 19th \$50
- **Bee Gee's Gold Tribute:** August 9th \$50
- **Studio 2, Early Beatles Tribute:** August 13th \$40



Bedrock Gardens, August 20th. Pick up a picnic lunch at Popovers, and eat it in the beautiful Bedrock Gardens. Spend the afternoon wandering the midsummer gardens. Board the bus at 10, return home about 5:30. \$45 includes admission, transportation, and lunch.

Two Light's State Park, and lunch on your own at the Lobster Shack. August 28th. \$17 includes transportation and admission to the park.



Looking for interest in some suggested trips: Castle in the Clouds, Fryeburg Historical Society Veteran's Display, Dog Mountain. See Jill.

Gibson Center Hires New Thrift Store Manger

The Gibson Center is pleased to announce it has hired Ms. Ingrid Kellas of Fryeburg in the role of Thrift Store Manager / Fundraising Coordinator.

Ingrid previously ran the Fryeburg Thrift Shop for several years as well as her own farm, where she raised fruits, vegetables, and flowers. David Smolen said, "we are very excited to welcome Ingrid to the Gibson family. Her experience running a successful thrift store made her the ideal candidate for this position. I look forward to working with her on taking the Thrift Store to new heights."

In addition to her thrift store responsibilities, Ingrid will be the point of contact for all craft fair matters as well as other fundraising activities.

Ingrid succeeds Ms. Karen James, who served the Gibson community for 28 years in this role. David Smolen said, "We thank Karen for her many years of dedicated service and we wish her all the best in her future endeavors."

Ingrid's first day was June 17th. Stop by the thrift store and say hello.



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



Mackinac Island, Tulip Festival: May 1-9, 2025. 9 days, 13 meals. Chicago, Millenium Park, Holland's Tulip Time Festival, Mackinac Island, including two nights in the Grand Hotel, Frankenmuth, Henry Ford Museum & Greenfield Village. [Link to the Flyer](#)

Explore Northern Italy: October 23-31, 2025. 9 days, 12 meals. Unpack once. Visit Treviso, Tiramisu-making demonstration, Verona, Murano Glass-Blowing demonstration, Venice, Asolo, Prosecco Winery Tour, The Dolomites, Bassano del Grappa, Venetian Villa Visit. [Link to the Flyer](#)



Next Year's Trip: Alaska by Land, Summer of 2025, details to follow

Diamond Bus Tours

The Ark Encounter & Creation Museum: October 20-26, 2024. \$965pp/do. 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](#)



2025 Bus Trip:



Spring in Boston, for the 250th anniversary of the Shot Heard Round the World. Boston, Lexington, Concord, Salem. May 30-June 2, 2025. \$577 ppdo 3 nights, 6 meals. [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



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 – David Smolen: Fridays 9:00 AM - 12:00 PM and our volunteer experts Mondays - 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.

Personalized Medicare Counseling: If you are turning 65, you need to sign up for a Medicare. To make the best choice for your health situation, meet with an unbiased, and unaffiliated counselor who explains the differences between Original Medicare and Advantage Plans, financial assistance programs, late enrollment penalties, and deferring enrollment. Please call **603-356-3231** to schedule your personal appointment.

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 9:00 AM to 3:00 PM 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 PM -3:00 PM 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 **staywarm@gibsoncenter.org**

Seasonings from Becky in Nutrition

~Greetings from the Nutrition Office! ~

July is National Grilling Month, a time to embrace the joys of outdoor cooking and savor the flavors of summer. Whether you're a seasoned grill master or just enjoy the casual cookout, it's a perfect opportunity to gather with friends and family, share recipes, and make lasting memories. Instead of the usual beef-centric barbecue, consider introducing seafood to your grill. Seafood, rich in Omega-3 fatty acids, offers numerous health benefits.



Studies suggest that regular seafood consumption may lower the risk of Alzheimer's, cognitive issues, glaucoma, inflammation from rheumatoid arthritis, and even protect against bone loss. Grill up some salmon, shrimp, or a delicious fish fillet to add a healthy twist to your barbecue menu. So dust off your grill, don your apron, and celebrate National Grilling Month with delicious meals and good company!

Here's a great drink to go along with your grilled meal:

Watermelon Juice with Lime

Because there's so much water in watermelon, you can blend it up to make a perfectly quenching drink. In this version, a pinch of salt and the zest and juice of a lime balance out the sweetness of the fruit.

Makes 4 servings

Ingredients

- 6 cups watermelon cubes
- Pinch kosher salt
- lime, scrubbed
- Ice cubes

Instructions

1. Put the watermelon cubes and salt in a blender.
2. Using a grater or zester, scrape the lime peel into the blender, then cut the lime in half and squeeze in the juice.
3. Blend until smooth.
4. Fill 4 glasses with ice, and divide the mixture between the 4 glasses.

Bon Appetite! –Becky

MWV Age-Friendly Community

The Outdoor Spaces working group of the MWV Age Friendly Community is thrilled to introduce the new iPhone app for all 60 of our Most Walkable Trails. Rick Allmendinger, a geologist from Cornell and local expert on trails and maps has created this app that includes trail descriptions, trailhead locations, maps, photos and the option for you to tell us about your hike. There are many special features. Rick is coming to the Gibson Center on July 9th at 12:30 for an OLLI Lunch and Learn class open to everyone where he will demonstrate how to get the most out of all the workings. Please come join us. Also, join us for the Walking Group every Wednesday morning starting at 8:30 when we walk a different trail. No registration or sign up needed. Learn more at <https://www.mwvagefriendly.org/discover-mid-valleys-natural-beauty-with-our-summer-walking-group/>



Our July Trails:

July 3: MWV Rec Path – Northern terminus

July 10: Tin Mountain Interpretive Trail – Kennett High School

July 17: Madison – All Accessible Ossipee Pine Barrens

July 24: Swift River Trail – Albany

July 31: Storybook Trail – Theater in the Woods Intervale

Please consider your having sunscreen, bug spray, tick protection, shading hat, hiking pole if you are more comfortable, camera, binoculars if you are a birder, water bottle and sunglasses. Your comfort and safety are always important.

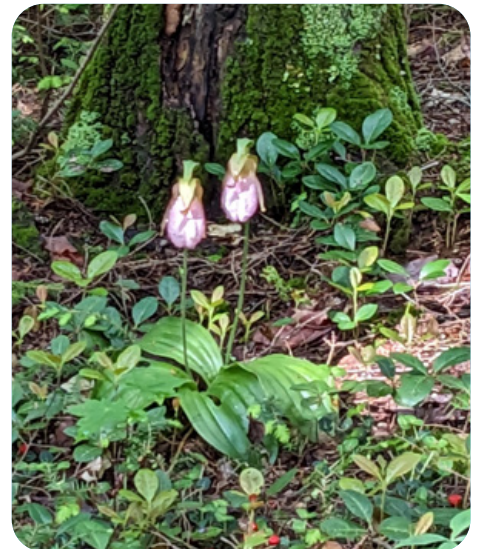


Photo from Montreal Trip

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.



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



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

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Ballroom Dance Classes

Ballroom Basics is a six-week session where we focus on two ballroom dances (this session, East Coast Swing and the Fox Trot). By the end the goal is for you to feel comfortable dancing a full song in each dance. This is designed for absolute beginners who want to give ballroom dance a try as well as returning dancers who are brushing up on your basics. To reach that goal, along with in-class instruction, you will get handouts of the steps covered and a weekly email with Youtube links to that week's steps. You will also be learning to lead or follow and starting to work on proper body movement and technique. No partner or previous dance experience is necessary, just a willingness to learn!



Join Dance Instructor Elizabeth Converse on Wednesday afternoons from 4-5PM, starting June 26th. We will host a Social Dance on August 7th, so you can practice your moves! We are offering a first time class special, six classes are only \$72 per person. Please register for this class, 603-356-3231.

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 and started June 17th. Call Jill at the Gibson Center for more information, 603-356-3231. There is still time to join this new session.



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, and the Arthritis Association.

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GIBSON CENTER**

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

Care Givers

There are 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.

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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Our Business Supporters



2448 Main Street

North Conway, NH 03860

603.356.5819

info@northcountryfairjewelers.com

Photos from recent Trips & Events

Trips: Polly's Pancakes, Sugar Hill Historical Society; Ottawa, Montreal, Quebec trip

Events: Volunteer Appreciation (our 4 volunteers of the year, Dick Cooke for Programs, Steve O'Connor for Meals on Wheels, Marga Harmon for the Thrift Shop, and Suzanne Raiche for the Dining Room, Tai Ji Quan class graduation



Kudos - Donations

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

Volunteer Appreciation: Pepsi, Bretton Woods, Squam Lake, Eastern Mountain Sports, and Altrusa.

Dessert Auction: Marshall Allan our extraordinary auctioneer, and the bakers: Barbara, Sharon, Becky, Deb, Jackie, Jill, Kristen, and Marshall.

Movies: Conway Public Library

Rozie May & Alyce for helping to fill our non-food essential pantry.

Age Friendly Weekly Walks: Marianne Jackson

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 Dog, Eleanor!

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.



Marshall Allan



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/>

Gibson Center is a 501(c) (3) and donations are tax deductible & our EIN is 02-0351152.

