

Gibson Times



**Proudly Serving
Senior Citizens Since 1979**

General Election Forum



Letter from the Director

Helping people access the benefits they need and want is an important service provided by the Gibson Center. It certainly was not an original service when we opened in 1979 but is an example of Gibson responding to a need in the community and doing what we can to help. Like so many things, health insurance is much more complex than it once was. To have someone assisting you to sign up for the first time or switching plans can make the process much easier and help you avoid mistakes.

Open enrollment for Medicare runs through December 7th unless you are switching from an Advantage plan that is being discontinued, in which case you have until the end of the year to find a new plan. This is an extremely busy time of year for our volunteer Medicare enrollment specialist and former Board member, Ele Border. The service offered by Ele is unbiased and she is only affiliated with the Gibson Center. Ele can help find the right plan for you.

Winter is coming and now is the time to sign up for fuel assistance. Angel Bean from Tri County Cap will be here November 6th from 10-2 to help those who qualify receive the fuel assistance they need to stay Safe, Warm, and Dry through the winter. Senior Resource Navigator Renee Wheaton will be here on November 13th to help with fuel assistance as well. Renee is training to become a Community Health Worker (CHW) and assisting with benefit enrollment is an additional service we can offer through her that is consistent with her new CHW designation.

Call us at **603-356-3231** to schedule an appointment.

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November Special Events

Daylight Savings Time ends Sunday, November 3rd, Fall back one hour.

Tuesday the 5th is **Election Day**, working on bus schedules for the day, to make sure Conway residents can get to the polls.

Thursday the 7th, **Crafts with Elaine** will meet after lunch. You are invited to help us finish our project for Veteran's Day. Please sign up with Penny [603-356-3231](tel:603-356-3231)

We will **recognize the Veteran's** at lunch on November 8th!

Autumn Movie Series: Our favorite Western's, through the decades! select Thursdays after lunch

- Thursday, November 14th: **The Quick and the Dead**, a 1987 Louis L'Amour movie starring Sam Elliott, Kate Capshaw, and Tom Conti.
- Thursday, November 21st: **Quigley Down Under**, a 1990 movie starring Tom Selleck.
- Wednesday, November 27th: **The Legend of Zorro** which came out in 2006.

Gibson Center closed on Monday the 11th.

Celebrate **Thanksgiving** with us at our two lunches, Wednesday the 20th, and Thursday the 21st. We will serve turkey and all the fixings, you supply the friends you want to eat with! **Sponsored by Bergeron Technical Services: Shawn, Linda, and Kate.**



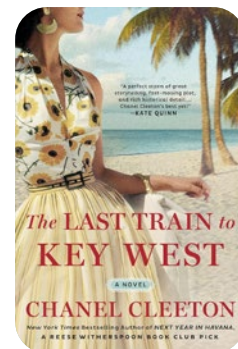
Multivitamin workshop presented by **Donna Dodge**, Registered Dietitian. Join us after lunch, on Wednesday the 20th. Please register, so that Donna knows how many handouts to bring, call [603-356-3231](tel:603-356-3231).

Join us for the **Annual Meeting** after lunch on Friday the 22nd. The departments at the Gibson Center will offer their reports, and the program report will be a slide show of last years events. All are welcome to attend.

Monday the 25th, you will have the opportunity to experience the **Virtual Dementia Tour** after lunch. While this program was developed to offer a window into what a person with dementia experiences, it can also offer insight into what people with some sensory challenges may face. (do you know someone with hearing loss, or vision challenges, this will help you experience life as they do.) This program is part of the training for the Friendly Visitor volunteers. Please register for this experience, [603-356-3231](tel:603-356-3231)

The **Gibson Center Book Club** meets Tuesday the 26th. We will be reading the third in a series we started last year: **The Last Train to Key West** by Chanel Cleeton.

Gibson Center closed on Thursday the 28th, and Friday the 29th.



Left: Photo from Grandparents Day

Right: Photo from Blue Ribbon Display at Fryeburg Fair



Grateful for our Volunteers

November is Grateful month at The Gibson Center. One of the many things to be grateful for is our community of volunteers. I am grateful not only for the time and effort that the volunteers put towards helping at The Gibson Center, but I am grateful for their leadership as teachers.

So often I hear people say, that they want to leave the charity and good works to volunteers and the community where people live. That's all fine and good if you live in a community where the group of people stepping up to take on the enormous task is available. We, at The Gibson Center, are fortunate to have people that are stepping up to help their fellow neighbors and act as a teacher to those coming up in the ranks behind them.

Saying "Thank You" to these folks is essential. Recognizing the efforts is what we do on a daily basis. We are saying Thank You and We see You! If you are a volunteer at The Gibson Center, please take these words to heart.

We plan to recognize our volunteers in November so stop by the dining room on the 14th or 15th and mention your volunteering efforts to our dining room check in staff. We want to say thank you in person.

Thank You!

Ingrid, Becky, Kristen, Jill



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	10: 00 AM By Appointment
Wednesday	Quilt 2nd & 4th weeks Gameday Ballroom Dance Class	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 Movie Series 1st & 3rd, Arts & Crafts with Elaine 2nd Tai Ji Quan, Moving for Better Balance	By Appointment 10:00 AM 12:30 PM 4:00 PM
Friday	Computer Classes call for an appointment 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.

- **November 1, 1 PM** Enjoy a variety of small-group classical compositions played by the members of the Monday night chamber music class at Mountain Top Music Center.

We will visit the **Brownfield Market** after lunch on Tuesday October 29th. They have amazing produce! Bring your own bags.

Children's Halloween Parade: Thursday, October 31st. Board the bus after lunch, stop for a tour of the Halloween Shop (which happens to have delicious ice cream if you wish to purchase some). We will leave in time to park by the school so that we can watch their Halloween Parade. Bus by donation. 12:30-3:30PM.

General Election: Conway voters, after lunch November 5th.



Festival of Trees: After lunch on Friday, December 6th. Bus, \$5, pay your own entrance at the door.

The Magic of Christmas, Cirque Style. December 13th, join us for this very popular event. We will stop for lunch on your own at the Sebago Brewery. The show and transportation are only \$55.

Gift of Lights: view 3.5 Million lights at the NH Speedway. We will stop for supper on your own at the Tilt'N Diner. Transportation and the Light Event are \$25. Tuesday, December 17th.



Stonehurst Holiday Party January 7, 2025. We will close out the Christmas season at the Stonehurst with a 3 course meal. The meal, coffee or tea, tax and tip are only \$52, or for door to door service on the Gibson bus, \$57.

POP's Classical Mystery Tour: Sunday, March 16th. 10AM-6PM. The Portland POP's play the music of the Beatles, early years through their single careers. Tickets and Transportation, \$70. Tickets are only being held until November, so sign up today. Early lunch on your own at the Sebago Brewery.



Look What I Found at the Gibson Thrift Shop!

Layering pieces for our New England weather.

We all need basic layering pieces when the temperatures are warm during the day and drop drastically in the evening. Some of the best layering pieces are warm turtlenecks, soft thermals, and cozy leggings. You can find all of these basics at the Gibson Center Thrift Shop and most of these basic pieces are an average of \$4 each. That's a nice price compared to retail!

Stop in and tell us what you are looking for and we can help you find just the right things for keeping warm and layering this season.

The Thrift Shop is open Monday through Saturday 10am-2pm and accept donations from 10am – 1pm on Monday through Friday.

Thank You!

Ingrid Kellas



Gibson Globetrotters: Overnight Trips

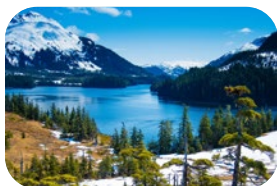
Please sign up for all programs: **603-356-3231**. Collette has a fantastic insurance policy, one can cancel up to 24 hours before the trip

Collette Tours



Mackinac Island, Tulip Festival: SEAT REDUCTION DATE IS NOVEMBER 1. 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](#)



Alaska America's Last Frontier: July 17-25. 2025. 9 Days, 14 meals. Fairbanks, gold panning, Sled Dogs, including Susan Butcher's Kennel, Riverboat tour, Dome Car to Denali, Tundra Wilderness Tour, Talkeetna, Anchorage, Matanuska Valley, Local Culture, Prince Williams Sound Glacier Cruise. [Link to the Flyer](#)

Diamond Bus Tours: 2025 Bus Trips:



Spring in Boston, for the 250th anniversary of the Shot Heard Round the World. Boston, Lexington, Concord, Salem. May 30-June 2, 2025. \$577 pp/do 3 nights, 6 meals. **NOW COLLECTING DEPOSIT \$75.** [Link to the flyer](#)

Myrtle Beach, Spotlight on Shows! 5 different shows, the Myrtle Beach Boardwalk, Living History Farm, National Harbor, Airborne and Special Operations Museum, October 18-26, 2025, \$1230, 8 nights, 14 meals. [Link to tour information](#)



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, Maine Council on Ageing – 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. **Schedule your New to Medicare for January, as Ele is currently working on Med D Open Enrollment**

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! ~

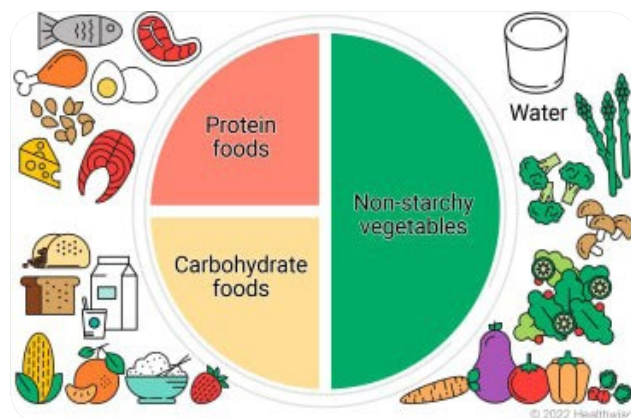
November is American Diabetes Month, a great time to raise awareness about diabetes and its impact on seniors. As we age, the risk of developing diabetes increases, making it essential for older adults to understand their health.

One important aspect of living well with diabetes is good nutrition. By watching what you eat, you can help keep your condition under control, improve your quality of life, and stay healthy for longer. According to the American Diabetes Association, everyone's body responds differently to different types of foods and diets—so there's no single "magic" diet for diabetes. Following a diet plan that's nutrient-dense and low in fat and calories can help you keep your blood sugar levels in a safe range and prevent health complications.

Using a method like the "Diabetes Plate" can help simplify healthy eating. Start with a nine-inch plate and fill half with non-starchy veggies, one-quarter with lean proteins, and one-quarter with quality carbs like starchy vegetables, fruits, whole grains, or low-fat dairy. This approach to meals is easy to customize to your food preferences.

- Half the plate is non-starchy vegetables. Some examples are broccoli, carrots, cauliflower, mushrooms, peppers, and salad greens.
- A quarter of the plate is protein foods. These include chicken, turkey, lean beef and pork, fish, tofu, nuts, eggs, and cheese.
- A quarter of the plate is carbohydrate foods. These include grains, fruit, yogurt and milk, and starchy vegetables like potatoes, corn, and beans.
- Choose water or another low-calorie drink. Water is a good choice with meals. Other examples of low-calorie drinks include sparkling water or unsweetened tea or coffee

Bon Appetite! -Becky



Ballroom Dance Classes

Ballroom Basics is a six-week session where we focus on two ballroom dances (this session, **Rhumba & Bacharata**). 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, a new class started October 30th, it is not too late to join this class. We will host a Social Dance on December 11th, so you can practice your moves! Classes are fun, and one learns a lot! six classes are only \$90 per person. Please register for this class, [603-356-3231](tel:603-356-3231).



Board Member Spotlight: David Dyson

Currently comprised of 12 members, the Board of Directors is the governing authority of the Gibson Center. With backgrounds in accounting, banking, law, public health, social work, medicine and business, the Board works with the staff to develop policies and plans to ensure the mission of the Gibson Center is carried out.

David Dyson was born and raised in Philadelphia. He attended Temple University and Trinity Theological Seminary later in life. After Temple University, David worked at Knapp Shoe Corp. where he eventually was relocated as real estate manager to their corporate office in Brockton, MA. Later, he started his own company, Presentek, which he built into a multi-million dollar business.

David is married with three grown children. After retiring, he and his wife, Beth, moved up to North Conway. He feels strongly about giving back to the community and helping those that need some support. Currently, David is a member of the North Conway Rotary, is on the board of the White Mountain Musical Arts, and volunteers at the Way Station. As hobbies, David brews beer and makes wine along with stained glass.



2024 Medicare Part D: Open Enrollment

Open Enrollment for Medicare Part D began on October 15th and closes on December 7th. Medicare Part D is a prescription drug plan for people 65 and older. We are very grateful to certified volunteer councilor, Ele Border for donating her expertise and considerable time to providing detailed counseling. Unfortunately, her appointment calendar is over-subscribed now so she is unable to take any more appointments. You can still compare plans and make selections yourself by going to the [Medicare.gov](https://www.medicare.gov) website if you have a computer or internet capable device. If you need computer assistance, please consider making an appointment with our volunteer computer counselors.



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

Elder and Probate Accounting

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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

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Multivitamin Workshop



Many people try to eat healthy and ask if they even need a multivitamin. Yes! A good multivitamin will help fill gaps in nutrients we may unknowingly be experiencing, plus it provides extra nutrients in times of stress or illness. But which one? There are so many brands, they fill rows and rows on the store shelves. This workshop presented by **Donna Dodge, Registered Dietitian**, will provide information on choosing a high-quality multivitamin. Knowledge is power and she'll teach you how to avoid being fooled by flashy labels and what to look for in a multivitamin worthy of your money. Join us after lunch, on Wednesday the 20th.

Please register, so that Donna knows how many handouts to bring, call **603-356-3231**.

Friendly Visitor Program

We have had a lot of interest in the Friendly Visitor Program. We are hoping to find more volunteers to meet the requests for home visits. The Gibson Center is matching home-bound people, or people who live alone, with people who are willing to meet with them weekly or monthly for common ground



visits. Special requests for visitors at this time, a fast walker, a cribbage player, a weekend phone call or visitor. People who want visitors will fill out an interest survey, and agree to let one trained individual visit on a regular basis (determined by both participants). People who are willing to be visitors will be subject to background checks, training in confidentiality, and visitor protocol.

If you would like a visitor, or would like to be matched up with a person to visit, please call Jill, **603-356-3231**.

Our Business Supporters

The right
bank makes
a real
difference

Click: **northwaybank.com**

Call: **800-442-6666**

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BEASLEY & FERBER

The Elder and Disability Law Firm

Estate Planning and Elder Law Wills,
Trusts and Probate Avoidance
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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

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.

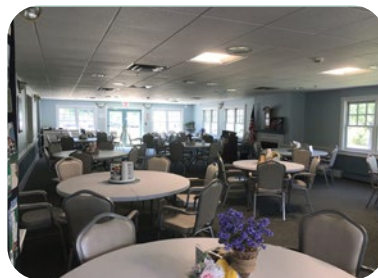
Caregiver Peer Support: There are caregivers who have probably experienced your challenges and can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

Late Evening 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



- Residential Electrician
- Electrical Repairs
- Electrical Upgrades
- Commercial Electrician

NO JOB TOO SMALL

603-356-2248

Our Business Supporters



2448 Main Street
North Conway, NH 03860
603.356.5819

info@northcountryfairjewelers.com

Photos from recent Trips & Events

Trips: Humane Society, Senior Day at the Fryeburg Fair, Town & Country Lunch & Show, Tuckerman Brewery Trivia Night, Pumpkin People and Cider Donuts, Walking Club

Events: Elaine's Arts & Craft Class; 5 Minute Forum; Grandparent Day, Mary Poppins story time, Cooking for 1 or 2, Rotary Check, Ballroom Dance Social, OLLI Fox Pastel Class



Kudos - Donations

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

Farm Fresh Veggies: Sherman Farms; Davis Natural Produce

Mary Poppins: Ellen Caputo

Lunch N Learn: Brian Coffey, Donna Dodge, Joy Gagnon

Tuckerman Brewery, Gibson Night & Trivia!

Frosty Bear: Ice Cream Novelties

Art for Lunch:

The DellaValla Trio

Cameron Sutphin

Movies: Conway Public Library & Elaine Klement

Age Friendly Weekly Walks: Marianne Jackson

Fryeburg Fair Display: Greta, Pat, Lucille, George, Barbara, David, Curt, Mary

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.



Lunch N Learn



Frosty Bear



Ellen Caputo



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.

