Gibson Times



Proudly Serving
Older Adults Since 1979



Director Message

Happy New Year! May your 2025 be filled with happiness, empathy, good friends and food, and lots of laughter.

As I celebrate my one year anniversary with the Gibson Center as an employee on January 17th, I look back on the last year with a great deal of joy and gratitude. As a a staffer after four years on the Board, I have gotten into the weeds of running the organization. Some of my work over the last year felt familiar, and overlapped with my previous position that I held for 10+ years. There are moments when I feel I have simply replaced books with food, which is a great feeling and gives me a sense of "I got this."

There have been moments that required a learning curve and I am grateful to the staff, who have treated me with patience, kindness, and good humor. Taking a deep dive into our core nutrition and transportation services has exposed me to what it takes to make these things happen on a daily basis. It has been informative to learn about our State contracts and all the details that come with that.

Working with our donors has been quite rewarding and a great learning experience. Fundraising is as much an art as it is a science. It can be a little stressful but also incredibly gratifying.

I'm excited about the road ahead. We have a great team at the Gibson Center and we look forward to serving you in the year to come.



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January Special Events

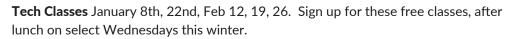
Wednesday the 1st, Gibson Center will be closed for New Years Day, welcome 2025!

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

- Thursday, January 2nd: **Wind's of the Wasteland** and **Lucky Texan** Two Shorts from the 1930's staring John Wayne.
- Thursday, January 16th: **Paint Your Wagon** A 1969 musical starring Lee Marvin, Clint Eastwood, and Jean Seberg.
- Thursday, February 6th: **The Quick and the Dead**, a 1987 Louis L'amour movie starring Sam Elliott, Kate Capshaw, and Tom Conti.
- Thursday, February 20th: Quigley Down Under, a 1990 movie starring Tom Selleck.
- Thursday March 6th: The Legend of Zorro which came out in 2006.

Cowboy Hats and Boots encouraged, check your Spurs at the door!

Twelfth Night, is celebrated on January 6th. Also known as Epiphany, this is the 12th day of Christmas. We at the Gibson Center have a tradition of singing the song, so join us for this annual event! There will be 12 gifts awarded as door prizes.



Wednesday the 15th, **Red Hats**, join Gibson lunch at 11:30. Expect to see a sea of red and purple in the dining room.

Monday the 20th, the Gibson Center will be closed.

Monday the 27th, bus ride to see snow sculptures.

Tuesday, the 28th, **The Gibson Book Club** will discuss "A Change In Altitude" by Anita Shreve.



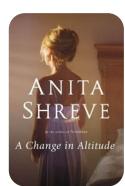
Wednesday the 29th, **Lunar New Year** aka Chinese New Year, welcome the year of the snake! Chef Dave will serve something Asian for lunch. Wear RED, or a kimono. While

many do not like snakes, here are the characteristics of people born under that Chinese Zodiac sign: these people are often associated with characteristics like **wisdom**, **charm**, **and strong intuition**. They usually think things thoroughly, prefer to keep things private, and are really good at understanding and caring about others.

Sneak peak at February:

Monday February 3rd, after lunch. The New Hampshire Insurance Department is the state agency that regulates insurance products like homeowners, renters, health, life, Medicare supplemental, and more. Property and Casualty Division Director James Fox will discus the work of the department to help insurance consumers with insurance questions and concerns, as well as dive into what seniors should watch out for with deceptive warranty contracts. **Bring your insurance questions!** He will also discuss insurance scams, and how to prevent them.





Fundraising Update

We recently sent out our Winter Appeal letter and thank you to those who have already responded by making a gift. The Gibson Center could not exist in its current form without the ongoing support of individual donors here in Mount Washington Valley and beyond. On an annual basis we raise approximately \$200,000 per year from individuals, one gift at a time. Some gifts are more than others, but they are all appreciated and valued.

If you have received a letter and have not replied just yet, we would love to hear from you. Your gifts make the Gibson Center the modern well-rounded organization that considers the full needs of our older residents. \$40 provides a week of home meals for 1 person. \$80 provides 2 sessions of exercise instruction for 1 person. \$500 provides a month of gas for a bus transporting our seniors. \$1000 provides a week of congregate meals for one hundred people. Donations can be made online by visiting gibsoncenter.org.



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	Claiming Our Vitality Quilt 2nd & 4th weeks Gameday Ballroom Dance Class	10:00 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 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.

• January 3rd John Howell on The Piano Professors....Drive your self this month.

We will visit the **Brownfield Market** after lunch on when we have a bus. They have amazing produce! Bring your own bags.

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.



Snow Sculptures: January 27th, after lunch. Bus donation, bring money for hot cocoa.

POP's Classical Mystery Tour: Sunday, March 16th. 10AM-6PM. The Portland POP's play the music of the Beatles, early years though their single careers. Tickets and Transportation, \$70. Early lunch on your own at the Sebago Brewery.





Portland POP's Star Wars A New Hope: Sunday, May the 4th (be with you). The Portland POP's plays the iconic John Williams' score A New Hope, Star Wars. The symphony will play live, as the movie is shown on a very BIG screen! An unforgettable event. We have tickets in the balcony so that we can look straight across to see the movie, and not get a crick in our neck looking up. Concert and transportation are \$82, due to the generosity of sponsors. We will go out for lunch, on your own, before the show. Tickets are only being held until January 22nd, so sign up today. Dinner on your own at the Sebago Brewery.

Claiming Our Vitality!

Vitality is a gift of our creation. We can claim it. This discussion group offers the opportunity to share ideas together about how we might realize our vitality and what it looks like. We know we have full support of the eternal universe in claiming our inherent vitality. It's fun to move forward together getting the ideas that raise our consciousness and shift our lives gently, step-by-step, into easy, wholesome vitality. As essential parts of creation, we can enjoy the peaceful, purposeful and healthy life for which we are intended.

Please join us **Wednesdays at 10AM** in the WiFi Cafe to share ideas in our blossoming vitality. For questions or comments, call or text Karl Kehde at **908-625-0638** or email **kahdekarl@gmail.com**.



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

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. **Deposit now due.** 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. **Only 2 rooms left!**. 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 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.

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

~Welcome to 2025~

Welcome to January and National Soup Month, which is the perfect time to indulge in the warmth and comfort of a bowl of soup. Whether it's a classic tomato, a hearty chicken noodle, or an adventurous new recipe, this month encourages people to explore the endless variety of soups that can satisfy every taste and season. As the winter chill sets in, it's the ideal time to enjoy this nourishing dish, perfect for sharing with loved ones or savoring solo. My favorite is a nice smooth pea soup with a sprinkling of pepper on top. I asked around the office and most people suggested a hearty beef stew or a mother's chicken noodle.



Chicken and Dumplings Soup brings all the best qualities of Chicken and Dumplings together; leaving the gravy and heartburn in the past.

For the Soup

- 1 1/2 pounds chicken breast cut into 1/2-inch cubes
- 1 large onion peeled and diced
- 3 cloves garlic minced
- · 4 celery stalks thinly sliced
- 4 carrots thinly sliced
- 4 tablespoons Butter 1 half stick
- 1 teaspoon ground mustard
- 1/8 teaspoon ground turmeric for color
- 1 bay leaf
- 64 ounces low-sodium chicken stock
- 1/4 cup chopped parsley
- Pepper to taste

Dumplings

- 3/4 cup flour
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon fresh thyme leaves finely minced
- 1/2 teaspoon fresh rosemary finely minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 3/4 cup whole milk

Instructions

- 1. In a large sauce pot, melt the Butter over medium heat.
- 2. Add onion, garlic, celery and carrots. Cook for 8-10 minutes. Stir occasionally.
- 3. Add the mustard, turmeric, bay leaf and chicken stock. Bring to a boil. Then cover, lower the heat, and simmer for 15 minutes.
- 4. Meanwhile, put the ingredients for the dumplings in a medium bowl. Mix with a fork until a wet doughy consistency is reached.
- 5. Once the soup base has cooked down for 15 minutes, bring the temperature back up to a boil. Stir in the chicken and parsley. Then use a spoon to drop scant 1/2-teaspoon lumps of dough into the soup. Simmer 5 minutes, until the chicken and dumplings are cooked through. Remove the bay leaf and serve warm.

Bon Appetite! -Becky

Board Member Spotlight: John Tuten

John Tuten is a Senior Vice President at Northway Bank where he serves as a Commercial Banking Lender for North Conway and the surrounding Lakes Region; he has worked in the banking industry for over 20 years in commercial banking, retail banking, and commercial credit. In addition to volunteering at the Gibson Center, he recently joined the Board of Directors for the Wentworth Economic Development Corporation (WEDCO). John grew up in Napa, California and later served in the United States Navy stationed aboard the USS Enterprise where he participated in two Western Pacific tours. Following his service, John obtained his Bachelor of Science in Business Administration from St. Mary's College of California and, after moving to New Hampshire in 2001, earned his Master's in Business Administration from Daniel Webster College.

John has been married to his best friend and wife, Shirley, for nearly 30 years and lives in Wolfeboro. He has two adult daughters who also reside in New Hampshire; his older daughter Courtney is a Trauma Nurse in the Emergency Department at Dartmouth Hitchcock Hospital, and his younger daughter Alexis is currently an accounting major at UNH's Peter T. Paul College.



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.



Our Business Supporters





Nancy M. Cavalieri, CFE

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

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Look What I Found at the Gibson Thrift Shop!

It's snow and ski season! Come in and check out the Gibson Center thrift shop for affordable, gently used snow pants or a puffer coat for outdoors. We are also taking donations for winter coats, turtlenecks, sweaters, heavy socks, mittens, and hats.

As we start the New Year, I will be spot lighting some of our creative craft fair vendors so you can look forward to seeing them this summer.

Spotlight is on Christian Ayer - The Country Craftsman

Christian Ayer started The Country Craftsman in 2017. He is located in Franklin, NH. He focuses on custom woodworking, such as cutting boards, butcher blocks, beer flights, wine displays, cheese boards, and cribbage boards. He also makes small furniture and does custom orders. Recently Christian has ventured into making stave snare drums. Here are a few of his pieces.







If you know of some creative artisans that may be interested in attending one or more of our 4 craft fairs that start this May, please tell them to go to our website for more information or contact me for guidance.

Thank You!
Ingrid Kellas
Fundraising coordinator



Photo from Jackson Grammar School Carol

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

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

Gibson Awarded Grant from Meredith Village Savings Bank

The Gibson Center was recently awarded a \$2,500 grant from Meredith Village Savings Bank in support of our "Non-Food Essentials Pantry" for recipients of Meals on Wheels. Non-food essentials are items such as toilet papers, toothpaste, deodorant, paper towels and the like. Executive Director David Smolen said, "thank you Meredith Village Savings Bank for awarding us this grant. These funds will be very helpful in supporting the people we serve."



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 starting January 9th. Call Jill at the Gibson Center for more information, 603-356-3231.

Tai Ji Quan: Moving for Better Balance (TJQMBB), was developed by Dr Fuzhong Li, PhD, a senior research scientist at the Oregon Research Institute. This nationally recognized evidence based fall prevention program for people with balance challenges is an enhancement of traditional Tai Chi, transforming movements into therapeutic training for balance and mobility.



- Learn 8 simple movements.
- Improve balance by training your body to listen to internal stimuli and respond to external stimuli.
- Through repetition and mini therapeutic exercises, help your reactions become automatic.

Brought to you by the Community Health Council and the NH Falls Prevention Task Force, and the Arthritis Association.

Tech Training In January and February

Gibson Center is partnering with our friends and colleagues at the Jackson Public Library and Digitunity to offer technology training in January. The five week course will follow a curriculum created by AT&T and will include such topics as video conferencing, staying safe on the internet, smart phone basics, and anything else participants are interested in learning. We are looking for six people to participate in this five part training.

Classes will take place on January 8th, 22nd, and February 12th, 19th, and 26th. We will take the Gibson Center bus at 12:30 and make it to JPL for the 1PM start time. Classes are one hour each. **FMI contact David Smolen or Jill Reynolds.**



Santa Gift Exchange: A Day of Fun





















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/

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Photos from recent Trips & Events

Trips: Humane Society, Festival of Trees, Magic of Christmas, Gift of Lights

Events: Elaine's Arts & Craft Class; Christmas Dinners, FunDay, Nancy Ann Storybook Doll program, Art for Lunch Della Valla Trio, The Gibson Christmas Tree with our decorations!





























Kudos - Donations

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

Christmas Lunches sponsored by: White Mountain Oil & Propane.

DellaValla Trio and Doddie!

Santa/Auctioneer: Marshall Allan

Solstice Bakers! You are all wonderful, and we can purchase a lot of items for our non food pantry!

Jackson Grammar School Caroling

Middle School, Cards

Movies: Conway Public Library & Barbara Ray

Conway Area Humane Society

The Gibson Center Trip Angels

M&D Theater

Little Angel Service Dog, Eleanor!

The Dining Room volunteers, for making us feel special

Vaughn Community Services Food Pantry & Jennifer

Altrusa: 2nd Tuesday & Holiday Lunch volunteers!

Book Club: Pamela Memmolo, Conway Public Library

Majestic Theater/Mountain Top Music 15% off

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.



Jackson Grammar School



DellaValla Trio



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

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.

Sapphire Wealth Management (356-9371) 3277 White Mt. Hwy. Investments including Stocks, Bonds, Annuities, Retirement, College Planning

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.



