

# Gibson Times



Proudly Serving  
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Valentine's Day

## Director Message: Valley Mr. March 16th

When I was asked to participate in the "Valley Mr." contest I wasn't sure if I should do it or not. I've never put myself out there like that so I was a bit hesitant. I thought about the Gibson Center tradition of participating, which includes George Cleveland in a kilt, and I thought I just had to suck it up and do it! Being the Executive Director means you do things like this. I spoke to my buddies Clay Groves and Dan LeVigne from the Way Station about it and they wholeheartedly endorsed the idea. I know that it is going to be a lot of fun and I'll be surrounded by a supportive audience. It is a great opportunity to talk about how awesome we are and raise a few bucks. That is an opportunity someone in my role should never pass up.

I'm planning to come out in an outfit exclusively sourced from our Thrift Store, not including underwear and socks :-). I still need to figure out my theme music and I am happy to take suggestions.

## Gibson Center: Community Care Support



Last, but not least, we have set up a "go fund me" page as a part of the event in support of Gibson. Please visit: <https://gofund.me/9a1e0861> and make a gift today!

## Highlights

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# March Special Events

Join us for a fun **Mardi Gras** on Tuesday the 4th . Wear beads, masks or the Mardi Gras colors of purple, green, and gold, symbolizing justice, faith, and power, respectively. The Kitchen Crew will create a special Mardi Gras Lunch. Dixieland Jazz will be played, and we will have a parade for all who dress up, with prizes for the best bead collection, best mask, and best combination of Mardi Gras colors.

Tuesday the 4th, join us after lunch, when we will **force spring bulbs**. Bring a favorite bowl, or find one in the Thrift Shop. We have the bulbs! You should have flowers by Easter!



For **Ash Wednesday** on the 5th and subsequent Fridays in Lent, the Kitchen Crew will offer a special order meatless option. Please special order your meatless meal by Tuesday of that week.

David Smolen has volunteered to compete as the Gibson Center contestant for the Valley Mister program. He will wear outfits highlighting our Thrift Shop. He will also be judged on how much money he raises for the Gibson Center. The funds raised will all go to our non-food, essential pantry. You may donate items for the raffles and baked goods auctions. Friday the 7th, we will hold our last **weekly raffle**. With all of the snow we are having, we are also holding a **Snow Melt Raffle**. You can sign up for a day, for only \$1. The winner will receive \$10. The last fundraising event will be the **Pi Day Pie Auction** on Friday the 14th. David has tickets to the event, if you would like to cheer him on at the **Valley Mr. Event** on Sunday, March 16th.

Daylight Savings time begins Sunday the 9th **spring ahead**, setting your clocks ahead one hour. For your health, make up the hour of sleep with a nice nap on Sunday.

Kathleen learned to **make noodles**, at her grandmothers kitchen table. She will share that knowledge with us on Tuesday the 11th. The Materials fee is \$5 per person. Please register for this class, so that we have enough materials. You will have a batch of home made noodles to take home!

Wednesday the 12th, all are invited to the **Ballroom Dance Social**. Join us from 4-6, for some introductory lessons, and then a social dance.



Wednesday the 12th, Resource Specialist, Renee Wheaton, will present a PowerPoint about **Scam Prevention**. Join us after lunch. Also on this day, people can **sign up** to work with Renee to apply for property tax assistance, and other money saving programs.

Thursday the 13th, **Bake a Pie Day**. Please help us bake apple pies for our Pie auction tomorrow, join us after lunch.

The **Saint Patrick's Day Lunches**, sponsored by **Bergeron Technical: Shawn, Linda, and Kate** will feature Corned Beef and Cabbage. People are invited to wear green on Thursday and Friday the 13th and 14th. We will play some Irish Music before lunch, come early to sing along. The Pie Auction is during lunch on Friday.



Join Jeannie Seig for **Dorothy and Toto visit Kansas City** a slide show and some real dolls too, after lunch on Tuesday the 18th.

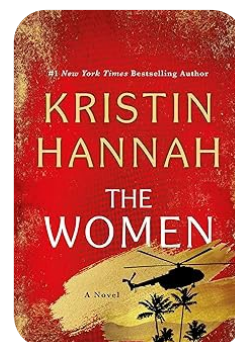
The **DellaValla Trio** will sing at lunch on Wednesday the 19th invite your friends for lunch.



**First day of Spring**, wear something with flowers! Thursday the 20th We will also start a **Spring Movie Series** after lunch. This series will feature the best actors through the decades. We start today with **Farewell to Arms**, the 1932 version starring Gary Cooper and Helen Hayes.

During Lunch on Tuesday the 25th, **Tri-County Cap** will be available to discuss SNAP and Fuel benefits. Invite a friend who might want to learn more about these programs.

After lunch on Tuesday, the 25th, the **Gibson Book Club** will meet to discuss "The Women" by Kristin Hannah. Check to see if there are extra copies of the book, if you would like to read it and join us.



# March Special Events Continued

## Looking ahead

**Easter Ham dinner**, sponsored by White Mountain Oil and Propane, on Thursday the 17th. **Wear your Easter Bonnet!**

**Gibson Fish Fry at the American Legion** in Conway. The buses are available for transportation from your home, please sign up. Join us on the bus, or at the Legion from 4-6PM on Friday the 18th of April. The fish, or chicken dinner is \$15.

**AARP DD6** all day class on April the 30th. Some insurance companies offer a discount for drivers who complete this class. Please register, call 603-356-3231.



## 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 New to Medicare; call for an appointment 1:1 Computer Lessons	10:30 AM 12:30 PM 4:00 PM By Appointment By Appointment
<b>Tuesday</b>	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd Tuesday	10: 00 AM By Appointment
<b>Wednesday</b>	Claiming Our Vitality Quilt 2nd & 4th weeks Gameday Ballroom Dance Class	10:00 AM 10: 00 AM 12:30 PM 4:00 PM
<b>Thursday</b>	State of NH Veterans Service, Call for your appointment 603-624-9230 X 301 Strength, Balance & Stretch Movie Series Tai Ji Quan, Moving for Better Balance	By Appointment 10:00 AM 12:30 PM 4:00 PM
<b>Friday</b>	Computer Classes call for an appointment 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 meet and socialize Cats**. First Wednesday each month, after lunch. Drive yourself March 5th.

**First Friday Concerts at the Majestic**. Donations accepted for the performance.

- **Jane O'Brien and friends share jazz standards and more for an hour of music that's sultry, saucy and always entertaining. March 7th**

We will visit the **Brownfield Market** after lunch on March 20th. They have amazing produce! Bring your own bags.

**Living Shores Aquarium:** locals day March 10th. Board the bus after lunch, only \$15, bring money for the snack bar and gift shop.



**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.

**Art In Bloom: Friday, April 11th** we will visit the Portland Museum of Art to see how flower arrangers interpret works of art. You can bring a brown bag lunch to eat on the bus, or visit the museum's café (on your own). We will leave at 10AM and return home by 5PM.



**SeaDogs, early season! Tuesday the 22nd of April.** See the players with the best opportunity to rise to the Major League. \$32 bring money for your meal at the game. This is a night game, and it is bound to be cold, wear warm clothes!

**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. Lunch on your own at the Sebago Brewery.

**Lupine & Polly's Pancakes: June 17th & 18th** \$18 for transportation. Shopping at the Cheese Shop, ice cream, and lunch at Polly's on your own.

# 2025 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 2025 application here: <https://www.gibsoncenter.org/craft-fair-rules-application/>

## This year's Craft Fairs:

- Memorial Day Weekend – May 24th and 25th
- 4th of July – July 4th, 5th and 6th
- Labor Day Weekend – Aug 30th and 31st
- Columbus/Indigenous Weekend – Oct. 11th and 12th

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



# 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](#)



## 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 Mark and John on 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 select Thursdays 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**



## Our Business Supporters



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# Seasonings from Becky in Nutrition

~ Happy March! ~

March is National Nutrition Month, and this month gives us a great opportunity to focus on making healthier food choices that support our changing nutritional needs. As we age, maintaining a balanced diet is essential for managing chronic conditions, boosting energy, and supporting cognitive function. This month I want to encourage seniors, along with everyone else, to learn about nutrient-rich foods, hydration, and the importance of portion control. By embracing these habits, older adults can enhance their quality of life, improve overall health, and maintain independence for longer.



## Here are my top 10 foods that provide vital nutrients for older adults:

1. **Leafy Greens** (e.g., spinach, kale, collard greens) – High in vitamins A, C, K, and folate, as well as fiber and antioxidants, which help support vision, immune health, and bone strength.
2. **Berries** (e.g., blueberries, strawberries, raspberries) – Packed with antioxidants and vitamin C, these help with cognitive function, heart health, and overall immune support.
3. **Salmon and Fatty Fish** (e.g., salmon, mackerel, sardines) – Rich in omega-3 fatty acids, which promote brain health, reduce inflammation, and support heart health.
4. **Nuts and Seeds** (e.g., almonds, walnuts, chia seeds, flaxseeds) – High in healthy fats, protein, and fiber, they support heart health, reduce inflammation, and provide long-lasting energy.
5. **Whole Grains** (e.g., oats, quinoa, brown rice, whole-wheat bread) – Full of fiber, B vitamins, and antioxidants, whole grains help manage weight, support digestion, and maintain steady energy levels.
6. **Greek Yogurt** – A great source of protein, calcium, and probiotics, which are important for bone health, digestive health, and muscle maintenance.
7. **Eggs** – Rich in protein and essential vitamins like B12 and D, eggs are great for maintaining muscle mass and supporting brain function.
8. **Beans and Legumes** (e.g., lentils, chickpeas, black beans) – High in protein, fiber, and iron, beans help with digestion, heart health, and blood sugar regulation.
9. **Sweet Potatoes** – Loaded with vitamin A (in the form of beta-carotene), potassium, and fiber, sweet potatoes support eye health, immune function, and digestive health.
10. **Citrus Fruits** (e.g., oranges, grapefruits, lemons) – High in vitamin C, which is crucial for immune function, skin health, and wound healing.

These foods provide the essential nutrients to help seniors maintain strength, energy, and overall well-being as they age.

**Bon Appetite! –Becky**



## Look What I Found at the Gibson Thrift Shop!

March is a tricky month. On one hand we have an official start to spring and on the other hand we have snow flurries and freezing temperatures. I like to turn over inventory this time of the year and give everyone a fresh look for spring and still have practical winter wear for you to select from. This month you will find all new inventory after our clearance sale that ends in February. You can find everything from a coat to a swimsuit!



### Thrifting Tips:

**Thrifting tip #1** – be a regular – come in a few times a week to see new inventory that we just put out on the floor and get the best selection.

**Thrifting tip#2** – shop a size larger than you normally would. Thrift finds may be slightly smaller than the size on the tag from normal wash and wear.

### Craft Fair Spotlight:

This month the spotlight is on Stephanie Schellhorn. Stephanie is a local artisan that creates handcrafted jewelry out of sterling silver, salvaged copper, pearls, and shells. She likes to focus on one of a kind designs. Stephanie has been a regular at the craft fair for years and has a loyal following that come back each year to see her

You can check out their website at [seaschelldesign.com](http://seaschelldesign.com) and see her at the 4th of July or Labor Day weekend craft fair at the Gibson Center.



Ingrid Kellas  
Fundraising coordinator

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# Care Givers

There are four options for caregivers who would like some added support. REACH, a Zoom meeting, Friendly Visitors, 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](mailto:jill@gibsoncenter.org).

**Friendly Visitors:** Trained volunteers interact with people. Caregivers and the person they care for can both benefit from socializing with another person. Caregivers can find an hour of respite when they do not have to be on high alert, and the person who is cared for meets a new person to do fun things with, such as puzzles, walks, photo albums, or just chatting. Please contact Jill for more information, [jill@gibsoncenter.org](mailto:jill@gibsoncenter.org).

## Ballroom Dance Classes

Ballroom Basics is a six-week session where we focus on two ballroom dances (the new session, **Waltz and East Coast Swing**). 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, the new class starts March 19th, we are hosting a Dance Social from 4-6 on March 12th. Classes are fun, and one learns a lot! six classes are only \$90 per person. Please register for this class, **603-356-3231**.



## New to Medicare - Individual Counseling

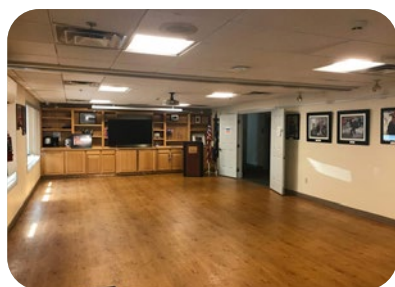
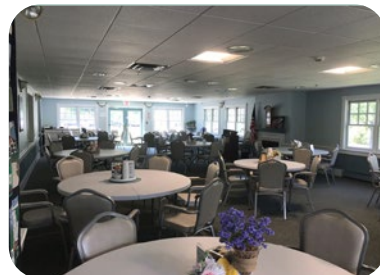
New to Medicare. Anyone turning 65 has to make informed decisions about Medicare enrollment. It can be a daunting experience. Let Ele Border introduce you to your options in an unbiased, unaffiliated and pleasantly educational manner. She is meeting with individuals or couples for counseling sessions. 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.



# 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, Snow Sculptures, Harlem Globetrotters

**Events:** Valentine's Day, Book Club Cupcake Display winner, Dessert Auction, St. Elizabeth Ann Seton Ladies Group visit lunch.





# Kudos - Donations

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

Raffle item donors, we can purchase a lot of items for our non food pantry! Sharon Thurston, Linda Prushinski and the "mystery" donors.

Valentine's Music: Mr. Sing-A-Long

Valentine's Cards: Mountain Side K Kids

Cupcake Battle: Gibson Book Club, Conway Library

Joanne Bailey, & Kay Frechette, Hula Coola Day

Dessert Auctioneer: Marshall Allan

Movies: Conway Public Library & Elaine Klement, & George LeBlanc

Altrusa: 2nd Tuesday Lunch 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



Mr. Sing-A-Long



Valentine's Cards



# Our Business Supporters Newsletter Listings

**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.

