

Gibson Times



**Proudly Serving
Older Adults Since 1979**



Mardi Gras Dining Room

Director Message: Reauthorize the Older Americans Act

The Older Americans Act (OAA) was signed into law by President Lyndon Baines Johnson and it turns 60 in 2025. The Gibson Center would not exist in its current form without this foundational law that supports millions of Americans everyday. A significant portion of our funding originates from the Federal government. These funds make their way to us through contracts we have with the State of NH to provide nutrition and transportation services.

Since 1965, millions of our most vulnerable seniors have relied on the Older Americans Act for their health and economic security. The act helps seniors live independently by supporting nutrition programs, including Meals on Wheels; Providing home and community-based services, including preventive health services and transportation assistance; Assisting family caregivers with information and referral, counseling and respite care; Preventing and detecting elder abuse; and Providing part-time community service employment and training, including the Senior Community Service Employment Program (SCSEP), which has helped millions of low-income older Americans to enter the workforce.

The last Congress failed to reauthorize OAA but it did come close. It passed in the Senate but the House did not get the job done. Reauthorizing OAA will go a long way in protecting Meals on Wheels and Congregate Dining.

As the median age of our community continues to increase, the services enshrined in OAA will only become more needed. Happy 60th birthday OAA!



President Lyndon Johnson offers Dr. Ethel Percy Andrus a pen he used to sign the Older Americans Act.

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April Special Events

For people who choose not to eat meat on Fridays, please special order meat free lunch by Tuesday.

Spring Movie Series: **Leading Men Through the Decades**

- April 3rd, **This is the Army**, This 1943 star studded film features the music of Irving Berlin, and stars Ronald Regan, Joe Louis, and Kate Smith.
- April 17th **Rage At Dawn**, a 1955 movie starring Randolph Scott

The Attorney General's Office will have a representative here to speak about **Scam Prevention** on Monday the 7th . Join us after lunch, invite your friends.

Conway Town Meeting voting, on Tuesday the 8th, there will be a bus to the polls after lunch.

On Wednesday the 9th, Elizabeth Roth will talk about her **Seder Meal traditions**.

Please register for **Elaine Painting Class** Thursday the 10th. We will start with blank canvases, and create a work of art! \$5 covers the materials.

Tuesday the 15th You will have the opportunity to experience life with changed senses. This will help you better understand friends and family that may be experiencing sensory loss or change. Join us for the **Virtual Dementia Tour** after lunch, please sign up.

The **DellaValla Trio** will join us for lunch on Wednesday the 16th. Invite your family and friends to this wonderful bluegrass music, performed by local students!

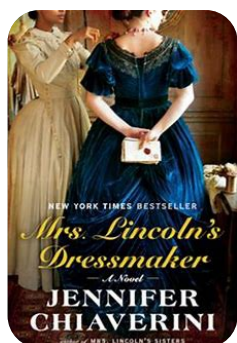


People are invited to wear their Easter Bonnets for the **Easter Lunch** on Thursday the 17th. This years lunch is sponsored by **White Mountain Oil & Propane**.



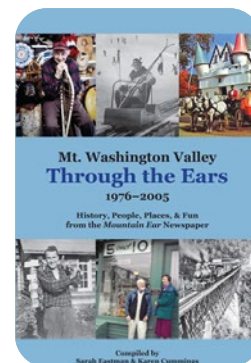
The **American Legion Post 46**, in Conway, is hosting a **Fish Fry** to benefit the Gibson Center, on Friday the 18th. Doors open at 4, and you don't want to arrive much later, as this is a very popular event. Fresh fish or Chicken for only \$15, and homemade desserts!

Join Sarah Eastman and Karen Cummings as they share stories from **Mount Washington Valley through the Ears**. Join us after lunch on Monday the 21st.



The **Gibson Center Book Club** choose to read the prequel to Mrs. Lincoln's Sisters, **Mrs. Lincoln's Dressmaker** on Tuesday the 22nd

Are you curious about the technology available on the new cars? Do you want to be a safer, more confident driver? Sign up for the **AARP DD6 Class** on Wednesday the 30th. AARP members pay only \$20, all others \$25. This six hour class may offer a discount for your insurance. The class is 9AM-4PM.



There will be a **Ballroom Dance Social** from 4:15-6:15PM on Wednesday the 30th. Join us to learn some new steps, and to experience the JOY of dancing! No partner or experience necessary. \$10 for the first hour lesson, and \$10 for the second hour social dance time.

Dine-to-Donate/Gibson Benefit

American Legion Fish Fry!

Friday, April 18th, invite your family and friends to join us for a Fish Fry at Post #46, at 47 Tasker Hill Road, Conway, NH 03818. A percentage of the cost of all meals ordered will be donated to the Gibson Center. You can choose between fresh fried fish or chicken, either meal for \$15. Doors open at 4PM, and they will serve until 6PM or until they run out (which is usually much earlier, so arrive early!) Sharon will offer home pickups for people who do not drive after dark, call to arrange a ride.

Save the date,:

Black Cap Dine to Donate, June 12th.

FlatBread Community Bake, August 26th.



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	10:30 AM
	FunDay	12:30 PM
Tuesday	Tai Ji Quan, Moving for Better Balance	4:00 PM
	New to Medicare; call for an appointment	By Appointment
Wednesday	1:1 Computer Lessons	By Appointment
	Strength, Balance & Stretch	10: 00 AM
Thursday	Joan Lanoie, Advanced Directive, 2nd Tuesday	By Appointment
	Claiming Our Vitality	10:00 AM
Friday	Quilt 2nd & 4th weeks	10: 00 AM
	Gameday	12:30 PM
Saturday	Ballroom Dance Class	4:00 PM
	State of NH Veterans Service, Call for your appointment 603-624-9230 X 301	By Appointment
Sunday	Strength, Balance & Stretch	10:00 AM
	Movie Series 1st & 3rd weeks	12:30 PM
Monday	Elaine's Art Classes 2nd week	12:30 PM
	Tai Ji Quan, Moving for Better Balance	4:00 PM
Tuesday	Computer Classes call for an appointment	By Appointment
	Chair Exercise Class	10:30 AM
Wednesday	Friday Painters, bring your own supplies	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.

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

- **April Concert:** The Monday Night Chamber Music Class presents a program of small-group pieces featuring music though the ages and around the world! Led by Chris Nourse; Jean Mason, Kimi and Jon Goodwin, Joan Lanoie, Kate Vachon. Please sign up to ride the bus.

We will visit the **Brownfield Market** after lunch on April 1st. They have amazing produce! Bring your own bags.

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 cafe` (on your own). We will leave at 10AM and return home by 5PM.

DAR American Revolution Experience. Board the bus after lunch on April 14th, to see a traveling history exhibit.



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! Sign ups needed by April 3rd.

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.



Lupine & Polly's Pancakes: June 17th & 18th \$20 for transportation. Shopping at the Cheese Shop, ice cream, and lunch at Polly's on your own. 9AM-5:30PM



Craft Fair Spotlight



Mark your calendars! Our first craft fair is coming up at the end of May over Memorial Day weekend. You will see jewelry artists that work with gemstones, sterling silver, and beads. Crafters that create wooden puzzle boxes, floral décor for your home, funky crocheted animals, kitty toys with catnip, mosaic planters, cutting boards and benches. Have a kettle corn and enjoy a fresh squeezed lemonade. If you bring the kiddos, they can get their face painted and buy a pair of butterfly wings to wear too.

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. **Deposit Now Due** [Link to tour information](#)



Looking for input for our 2026 Tours:

Collette Possibilities:

Canyon Country: Grand Canyon, Zion, Bryce, Lake Powell, Vegas

America's Music Cities: New Orleans, Memphis, Nashville

Shades of Ireland: Dublin, Galway, Kerry, Limerick, Blarney...

France Magnifique: Paris, Normandy, night in a castle

Diamond Motor Coach Tours:

New York City, in the summer or Christmas Shows?

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 Plan. 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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603-730-5432

Seasonings from Becky in Nutrition

~ Happy April ~

Hello there! April is National Brunch Month, and I decided to look back to last month's list of top ten foods that provide vital nutrients for older adults: (leafy greens, berries, Salmon, Nuts/Seeds, whole grains, Greek Yogurt, Eggs, Beans/Legumes, Sweet Potatoes, and Citrus Fruits) to see if I could come up with a decent brunch menu that met all the recommended daily allowances for older Americans, and included all the top ten foods. How do you think I did?

Smoked Salmon & Avocado Toast on Whole Grain Bread

Ingredients: Whole grain bread, smoked salmon, avocado, lemon juice, fresh spinach or arugula (leafy greens)

Why it's healthy: Whole grains provide fiber, avocado offers healthy fats, and smoked salmon is rich in omega-3s, which are beneficial for heart health. The leafy greens add vitamins and minerals, while a squeeze of lemon gives a citrus boost.

Greek Yogurt Parfait with Berries and Nuts

Ingredients: Greek yogurt, mixed berries (blueberries, strawberries, raspberries), chia seeds or almonds

Why it's healthy: Greek yogurt is high in protein and calcium, berries provide antioxidants and vitamin C, and the nuts or seeds add healthy fats and fiber. This dish supports gut health and provides a refreshing, nutrient-dense option.

Scrambled Eggs with Sweet Potatoes and Black Beans

Ingredients: Eggs, cooked sweet potatoes (diced), black beans (cooked or canned, rinsed)

Why it's healthy: Eggs are a great source of protein, sweet potatoes provide vitamin A and fiber, and black beans offer plant-based protein and fiber. This meal is filling, rich in nutrients, and provides energy throughout the day.

Citrus Salad with Walnuts and Leafy Greens

Ingredients: Oranges or grapefruit (citrus), mixed leafy greens (such as spinach, kale, or arugula), walnuts

Why it's healthy: Citrus fruits are packed with vitamin C, which supports the immune system, while leafy greens and walnuts provide heart-healthy fats and important nutrients.

Optional Beverage: Herbal Tea or Infused Water

Ingredients: Herbal tea (like chamomile or peppermint) or water infused with citrus slices

Why it's healthy: Staying hydrated is key for senior health. Herbal teas can provide relaxation, and infused water offers a refreshing way to increase water intake without added sugars.

Bon Appetite! –Becky



Upcycling

Upcycling Clothing Classes!

What is upcycling? It's using what you have and turning it into something fab and new. For instance, we get beautiful wool or cashmere sweaters throughout the year. The only problem may be a small stain or little hole somewhere. Upcycling may involve creating a really cute patch out of felt or quilt squares to cover up that stain or hole and making it into an entirely new and wearable sweater again. It could also be taking a pair of jeans and using a block print to add some designs to the legs. It



could be cutting up a couple of shirts and adding the pieces together to make one great new shirt. My first attempt at upcycling was in the 80's. I made a tie skirt out of opened up neckties and a wide elastic waist band. Now I see upcycled items listed at outrageous prices as they are one of a kind. Check out the silk scarf blouse below. If you can guess the retail price, you win a free coffee mug!

We are exploring ways to create something fun and wonderful to wear or even sell at the Thrift shop. Would you like to be creative with us this summer and take part in some upcycling workshops?



If so, let Jill or Ingrid know and we will keep you in the loop. We have a couple of experienced teachers in upcycling that will lead the classes.

Brought to you by,
Ingrid Kellas

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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.

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.

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.

Board of Directors Elects Hana Meidahl As Its Newest member

At it's March 20th meeting held here at the Gibson Center, the Board of Directors elected Ms. Hannah Meidahl as it's newest member. Ms. Meidahl is an attorney at Cooper, Cargill, Chant in North Conway. She received her J.D. from the University of Maine School of Law in 2024 and was admitted to the Maine State Bar Association that same year. During law school, she was a consistent member of the Dean's list and focused her studies on trusts and estates. At Cooper Cargill Chant, her practice area will focus on Probate and Trust Administration and Estate Planning. She is new to New Hampshire, but excited to get involved in her new community. In her free time, Hannah enjoys hiking, reading, traveling, and exploring her new home. Board President Barbara Campbell said, "We are very excited to have Hannah join the Board. It has been great getting to know her. I know she will do a great job." For more information on the Board of Directors, contact Executive Director David Smolen at **603-356-3231**.



Creating a Reciprocal Gift Economy

This month I wanted to write about how we (you and The Gibson Center) have created a reciprocal gift economy. A gift economy works outside of normal economics of money transfer for goods and services. I love gift giving which is the premise of this economy. It starts with a gift which is given without expectations of a return. It could be money, but in the case of the thrift shop it is a gift of items that can be turned into money. This money is then turned into something else. It is turned into food for Meals on Wheels or services that the Gibson center offers or funds to run the programs. The cool thing about a gift economy is that it strengthens community in the act and it grows on the goodness of paying it forward.

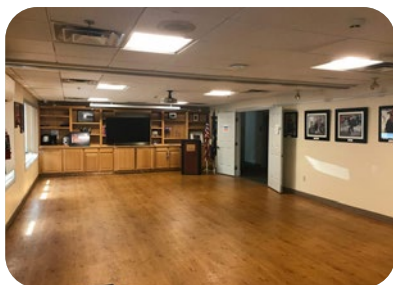
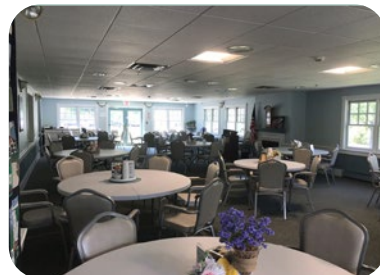
I am going to share an image with you this month at the Thrift Shop that promotes community and the beauty of living with a reciprocal gift economy. **Be on the lookout for a Bold New Window display this April.** Let me know what you think as I am so grateful to be part of a reciprocal gift community.

Brought to you by,
Ingrid Kellas

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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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!

Joanne Bailey, & Kay Frechette, Hula Coola Day

Dessert Auctioneer: Marshall Allan

Noodle Class: Kat Durante

Doll Convention Presentation: Jeannie Seig

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



DellaValla Trio



Jeannie Seig



Altrusa: 2nd Tuesday Lunch volunteers

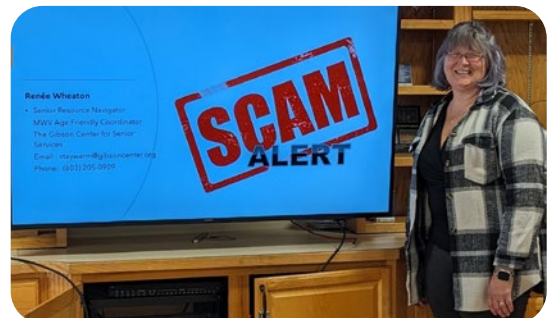


Photos from recent Trips & Events

Trips: Living Shores Aquarium, The Classical Mystery Tour (Beatles backed by the Portland POP's Symphony), Tech Classes at the Jackson Public Library. Valley Mr. Event

Events: Make your own Noodles, Force Spring Bulbs, Mardi Gras, Saint Patrick's Day, Doll Presentation, SCAM Presentation, DellaValla Trio, Ballroom Dance Social, Hula Coola Day, Book Club Rabbits.





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.

