

Gibson Times

OLLI Lunch N Learn, Renee



Greetings from the Director

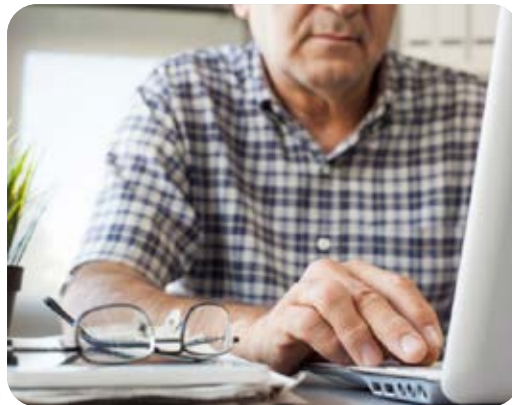
Being able to effectively operate in today's world requires the ability to use the hardware and software that connect us to the Internet. The digital divide, the gulf between those who have ready access to computers and the internet, and those who do not, is a real phenomenon. Over 9% of Carroll County residents do not own any type of computer and about 3% only have a smartphone. These numbers are undoubtedly worse for the people the Gibson Center serves. There are also many people who might have a device but not use it effectively. They might also use their device in a way that makes them a target for scams or identity theft.

Can you imagine what life is like for those who don't have access to a computer in today's world? How many tasks today require an email address or force you to use an app? Applying for a job requires a certain level of computer skill regardless of what one is applying for.

Our equip, connect, and train service offers one-on-one computer training with Andrea Libby and other volunteers. If you have one question or twenty, we

can answer it. Whether it is best practices for safely navigating the Internet, how to use Google Docs, or change the settings on your phone, we can help.

We continue to be able to purchase Chromebooks and iPad while working within budget limitations. The Gibson Center can help you connect to the Internet and use it effectively. If you would like to donate in support of this service, **please contact me at 603-356-3231 or execdirector@gibsoncenter.org**. Thank you!



Highlights

Page 2

Special Events happening throughout month of May

Page 3

Craft Fairs 2024
Ongoing Weekly Programs

Page 4 & 5

Day Trips
MWV-Age Friendly News
Overnight Trips

Page 6 & 7

Ongoing Services
Nutrition Tips
Friendly Visitor Program

May Special Events

Spring Movie Series, featuring Katherine or Audrey Hepburn. Thursday the 2nd: The Lion in Winter (K 1968); the 16th: My Fair Lady (A 1964); June movies: the 6th: Without Love (K 1945); the 20th: Sabrina (A 1954).

Canada Pre-Trip talk, Tuesday the 7th, meet your fellow travelers, receive luggage tags, your itinerary, and helpful information. If you haven't already turned in your emergency contacts, your passport information, and your car plate number, please bring that. If you can not make this meeting, please make an appointment to meet with Jill.

Thursday the 9th, **Arts and Crafts with Elaine**. Please register for the class, 603-356-3231.

Friday the 10th We will honor our mothers with a **Mother's Day Luncheon**. Please bring a photo of your mom, or yourself as a mother, or someone who filled that role for you. Bring a story to share! Chef Dave and crew will prepare a special meal.



Monday the 13th, we will play **BINGO** after lunch. Please bring a prize for the table.

Tuesday the 14th, is the **Mighty Kotzschmar Virtual Concert**. Join us after lunch for an amazing musical event.

Bike Give Away, Tuesday the 21st. Hopefully in the Parking Lot, but if rainy, in the Activity Room. Stop in after lunch. Free bicycles for people over 60.

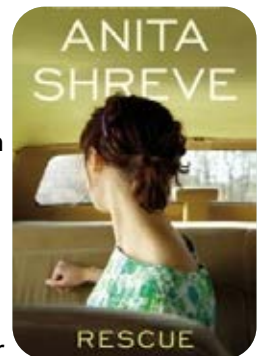
Thursday the 23rd and Tuesday the 28th; Renee Wheaton will help people fill out forms to apply for **Property Tax Abatement**. Call for an appointment. See related article for list of items to bring.



Join us for the **Memorial Day Indoor Picnic** Friday, May 24th. The Kitchen Crew will make traditional cookout food, we will salute the flag, sing a couple of patriotic songs, and get ready to kick off the summer season!

The Gibson Center will be closed for Memorial Day Monday May 27th.

Tuesday, the 28th, is a busy day, with two events after lunch. The **Gibson Book Club** will discuss *Rescue* by Anita Shreve. OLLI will present **Wales Walking Tour Slide Show** (OLLI members register through OLLI, the program is closed to all others.)



Wednesday the 29th, we will offer the **AARP Smart Driver Class**. This 6 hour class is \$20 for AARP members, and \$25 for all others. Many insurance companies offer discounts for drivers who complete this class. Please register in advance, 356-3231.

Thursday the 30th, we will offer the **Virtual Dementia Tour** after lunch. Please register for this free experiential event. This is an opportunity to learn about life as perceived by people with sensory losses. Dementia can cause these losses, as well as other factors such as age related vision loss, or the side effects of a stroke or diabetes. Learn what your peers may be experiencing. This is also a great training for people who want to volunteer in the Friendly Visitor Program, and also for people who interact with or care for people with sensory loss or dementia. The Virtual Dementia Tour is funded in part thru Administration on Community Living grant #90ADPI0060

Friday, the 31st we will host our **Volunteer Appreciation Luncheon**. Meals on Wheels will go out as usual, but the dining room will be closed for congregate dining so we may honor our hardworking volunteers. The Gibson Center would not be here without our volunteers!



Photo from Easter Luncheon

2024 Gibson Center Crafts and Artisan Festivals



Summer and Fall holiday weekends are special at the Gibson Center because we have **New England Crafters at their best!** They offer fine jewelry, photography, art, pottery, stained glass, floral arrangements, candles, Skinny Towels, handmade bags, Kettle Corn, Maple Syrup products, items for your pets, soap, clothing, quilts, pillows, woodcrafts, wood signs and furniture.

The Craft Fair benefits the Gibson Center for Senior Services, Meals on Wheels Program.

Crafters, find the new, revised 2024 application here: <https://www.gibsoncenter.org/craft-fair-rules-application/>

This year's Craft Fairs:

- Memorial Day Weekend – May 25th and 26th
- 4th of July – July 6th and 7th
- Labor Day Weekend – Aug 31st and Sept 1st
- Columbus/Indigenous Weekend – Oct. 12th and 13th

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

Fun Programs, Classes, Trips, and Adventures

The Gibson Center has developed a huge menu of programs for seniors of all abilities and interest levels. Much of what we do has come directly from your suggestions, so keep them coming!



Ongoing Weekly Programs

Monday	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer Tutoring	10:30 AM 12:30 PM 4:00 PM By Appointment
Tuesday	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week Fabric Art Babes 4th Tuesday	10:00 AM By Appointment 10:00 AM
Wednesday	Quilt 2nd & 4th weeks Gameday General 1:1 Computer Tutoring	10:00 AM 12:30 PM By Appointment
Thursday	State of NH Veterans Service, 1st & 3rd week Call for your appointment 603-624-9230 X 301 Strength, Balance & Stretch Afternoon rides 2nd & 4th or Movie Series 1st & 3rd Tai Ji Quan, Moving for Better Balance	By Appointment 10:00 AM 12:30 PM 4:00 PM
Friday	Computer Classes with Andrea Libby. 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.

- **Music for viola, cello and flute, May 3rd.**

We will visit the **Brownfield Market** after lunch on Wednesday May 15th. They have amazing produce! Bring your own bags.

Beautiful: the Carol King Musical. 5/5/24. \$61. Bring a bag lunch to eat before the show, and money for dinner at the Tilt'N Diner.

KHS Drama Club "Tuck Everything" Saturday May 11th. Home pickups, and a drop off at the front door of the school. Bus \$5, pay your own entrance to the show (\$10).

Mount Washington Valley Choral Society performs Hayden's Creation. Home pickups and drop off at the theater. Concert and bus by donation. Afternoon event.

Swing Band Dancing at Capitol Center for the Arts. June 1st. 3-11:30PM \$50.

Lupine and Polly's Pancakes, June 18th & 21st \$15

Barnstormers Camelot, July 2nd, \$50

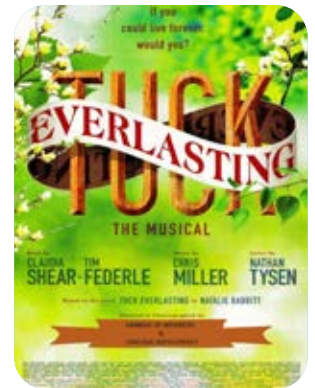
Mid Summers Night Dream, Ballet, August 3rd, \$35

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

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

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

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



News from MWV Age-Friendly Community



May is a beautiful month to get fresh air and enjoy the blooming greenery and flowers we have waited for all winter.



The MWV Age-Friendly Community has two ways you can expand your options for outdoor exercise and recreation. Explore our 53 Most Walkable Trails. We chose 3-5 trails in every town for their beauty, accessibility and comfort. Several are ADA accessible. Find them on our website: [MWV Trails - MWV Age Friendly](#). There may be blow downs or washouts so let us know what you find, send us photos of your trip, tell us a story and we will post them. If you want to start a walking group from the Gibson Center email me.

We also have the Carroll County ReCycled coop that is refurbishing bikes and holding a bike give away for people over age 60 on May 21st. Read more details in this newsletter. The MWV Rec Path from Cranmore to Hemlock Road is a perfect place to ride with friends or grandchildren. You will be among many others.

Better than any pills, walking and biking are the best therapy for so many chronic conditions. Give yourself the gift of outdoor movement in our treasured Valley.

Gibson Globetrotters: Overnight Trips

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

Collette Tours



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

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

Diamond Bus Tours

The Ark Encounter & Creation Museum: October 20-26, 2024. \$965ppdo. Spend a day touring the life size recreation of Noah's Ark, built to the specifications in the Bible! Also visit the Creation Museum, and the Cincinnati Museum in Ohio. [Link to the flyer](#)



2025 Bus Trip:



Spring in Boston, for the 250th anniversary of the Shot Heard Round the World. Boston, Lexington, Concord, Salem. May 31-June 3, 2025. \$577 ppdo 3 nights, 6 meals.

Ongoing Services From the Gibson Center

Senior Resource Navigator – Renee Wheaton helps with troubles like how to apply for government assistance, renew a driver’s license, access care or arrange for home services, find durable medical equipment, or the like. Reach her directly at **603-205-0909** or by calling the Gibson Center



Computer Tablet and Chromebook access – We can offer free Tablets and Chromebooks thanks to generous grants from Spectrum, Charter Communications Digital Education Grant – while supplies last.

Computer Training – Andrea Libby of Libby Computer: Fridays 9:00 AM - 12:00 PM and our volunteer experts Mondays - all offer 1-1 training for beginners or more advanced users. Skills training can include setting up email, Zoom, searches, learning how to access medical practice portals for appointments, labs and questions, how to make and participate in Telehealth appointments, online job applications, how to prevent scams and fraud, and smartphones, cameras, photos and games. Call **603-356-3231** to sign up for tutoring.

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

Advanced Care Planning – Joan Lanoie. Understand and get help with writing down your options for end-of-life care and making your wishes known. Joan Lanoie can help explain the nuances and implications while also providing helpful advice for family members. Appointment made by calling **603-356-3231**.



Veterans’ Administration Benefits Counseling – Counselors come the 1st and 3rd Thursday of each month from 9:00 AM to 3:00 PM by appointment to provide consultation regarding Veteran’s Benefits. Call **603-624-9230, ext. 301**, or email **Jay.Davis@va.gov** to request an appointment directly.

Finding Reliable Health Information – Dr. Charles Felton is a retired pulmonologist who can help you find reliable healthcare websites and research. He can help interpret medical information and misinformation. He will not be acting as a medical provider but be your advocate and guide. Fridays 1:00 PM -3:00 PM by appointment by **603-356-3231**



Stay Warm, Safe and Dry - Home Modification:

Valley homeowners who need a reliable, licensed contractor to help with small modification projects to improve the safety, warmth or tightness of their homes can call Renee Wheaton, who will coordinate with our contractor, Adam Balodis. Sample projects include replacing or repairing porch steps or railings, installing grab bars, improving lighting, changing out air filters, installing smoke or CO alarms, installing ramps, or other repairs that increase health and safety. This is not an emergency service but one that will be available by request and subject to scheduling. Renee can be reached by calling the Gibson Center at **603-356-3231** or email **staywarm@gibsoncenter.org**

Seasonings from Becky in Nutrition

~Greetings from the Nutrition Office! ~

Welcome to May and Mediterranean Food Month! The Mediterranean diet offers a delicious and healthful approach to eating, rich in fresh fruits, vegetables, whole grains, and olive oil. The Mediterranean diet is particularly beneficial for senior citizens. Its emphasis on nutrient-rich foods like fruits, vegetables, whole grains, and lean proteins can support overall health and well-being in older adults. Additionally, the diet's focus on healthy fats, such as those found in olive oil and fatty fish, may help maintain cognitive function and reduce the risk of cognitive decline associated with aging. The Mediterranean diet's potential to lower the risk of chronic diseases, including heart disease and diabetes, makes it a great choice for promoting longevity and quality of life in seniors.



Here are a few steps to ease into a Mediterranean style of eating:

- 1. Eat lots of vegetables.** From a simple plate of sliced fresh tomatoes drizzled with olive oil and crumbled feta cheese to stunning salads, garlicky greens, fragrant soups and stews, healthy pizzas, or oven-roasted medleys, vegetables are vitally important to the fresh tastes and delicious flavors of the Med Diet.
- 2. Change the way you think about meat.** If you eat meat, have smaller amounts – small strips of sirloin in a vegetable sauté, or a dish of pasta garnished with diced prosciutto.
- 3. Enjoy some dairy products.** Eat Greek or plain yogurt, and try smaller amounts of a variety of cheeses.
- 4. Eat seafood twice a week.** Fish such as tuna, herring, salmon, and sardines are rich in omega-3 fatty acids, and shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.
- 5. Cook a vegetarian meal one night a week.** Build meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. Down the road, try two nights per week.
- 6. Use good fats.** Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.
- 7. Switch to whole grains.** Whole grains are naturally rich in many important nutrients; their fuller, nuttier taste and extra fiber keep you satisfied for hours. Cook traditional Mediterranean grains like bulgur, barley, farro and brown, black or red rice, and favor products made with whole grain flour.
- 8. For dessert, eat fresh fruit.** Choose from a wide range of delicious fresh fruits – from fresh figs and oranges to pomegranates, grapes and apples. Instead of daily ice cream or cookies, save sweets for a special treat or celebration.

Bon Appetite! –Becky

Friendly Visitor Program

We are offering the Friendly Visitor Program. Many people on our Meals on Wheels program say the only person they see all day is the Meals on Wheels Driver. As many of us learned during Covid, our social interactions are key to our well being, cognitive health, and mood. The Gibson Center is matching home-bound people, or people who live alone, with people who are willing to meet with them once or twice a month for common ground visits (playing cards, writing letters, going for a walk, baking cookies, painting, reading aloud, or a good old-fashioned chit chat). 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. The Friendly Visitor Program is funded in part thru Administration on Community Living grant #90ADPI0060.



Ballroom Dance Classes

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



Join Dance Instructor Elizabeth Converse on Wednesday afternoons from 4-5PM, starting June 5th. Six classes are \$90 per person. Please register for this class, 603-356-3231.

Help for Low-Income Property Tax Relief

Renee Wheaton, our Senior Resource Navigator will be available on May 23rd and 28th to assist anyone with their application for the tax relief program. Please make an appointment with Penny at 603-356-3231.

You must own a home subject to the state education property tax; have resided in your home on April 1 of this year; have a total household income of (1) \$37,000 or less if a single person or (2) \$47,000 or less if married or head of a New Hampshire household. You will need your final property tax bill, showing the "net" assessed value of your home and a copy of your federal tax return for each claimant and all adult members of your household for the corresponding period.



You will also need the MAP and LOT number (which are printed on the property tax bill), home location, and the net assessed value.

Silver Lake Landing Apartments

Located on the shore of Silver Lake in Madison, NH. Vacancies occur occasionally, call Ken to inquire or to be put on the waiting list

Contact Ken: 603-356-3231, Ext 112



Virtual Performances being shown at Gibson Center

The Mighty Kotschmar Organ! After lunch May 14th.

Prepare for a thrilling exploration of the organ's significance across musical genres.

The journey begins with a lush slice of music from Franz Schmidt's opera Notre Dame, followed by Franck's rollicking tone poem "The Accursed Huntsman," featuring an imposing brass section.

Next, submerge yourself in the energy of Bach/Stokowski's Toccata and Fugue in D Minor, fueled by its legendary presence in Disney's Fantasia, Twenty Thousand Leagues Under the Sea, and beyond.

Culminating the program is Saint-Saëns' sprawling third symphony, promising a grand finale to this musical odyssey.

The Gibson Center is offering this concert in our seven speaker activity room with a large screen for projection. These are live performances of the Portland Symphony. Programs must be ordered in advance, so please sign up at least one week before the event.



Bike Give Away

Carroll County ReCyCled is excited to announce that we will be at the Gibson Center in North Conway on Tuesday, May 21st from 1-4 pm with FREE serviced bikes available for older adults (60+) to choose from and take home.

Carroll County ReCyCled aims to increase transportation options by taking in used bike donations, servicing them through local partnerships and then re-distributing them for free to individuals and organizations in need.

We're encouraging folks to come visit us, get fitted for and pick out a FREE bike. Volunteers from the Gibson Center and the MWV Bicycling Club will be on hand to help with fitting and transportation of the bikes if necessary.

Whether everyday transportation or you're just looking to enjoy the Rec path, we hope to see you there.



Our Business Supporters



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presentations

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Altrusa Donates to Non-Food Essentials Pantry

Thank you to Altrusa International for their generous donation in support of our Non-Food Essential pantry. The pantry is stocked with items such as trash bags, dish soap, toilet paper, paper towels, and incontinence care items. These supplies are for the exclusive benefit of our Meals on Wheels (MOW) recipients.

These items can be expensive and for those on a fixed income receiving items such as these free of charge can go a long way towards stretching a monthly budget. We are always happy to accept donations of these types of items.

For more information about making a donation contact Kristen Santuccio at 603-356-3231.



New Class starts. Tai Ji Quan, Moving for Better Balance

There is a new class of Tai Ji Quan, Moving for Better Balance being offered at the Gibson Center at 4PM on Mondays and Thursday starting June 17th. Call Jill at the Gibson Center for more information, 603-356-3231. Also hoping to resume classes at Silver Lake Landing, call to be put on the notification list.



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.

Care Givers

There are three options for caregivers who would like some added support. REACH, a Zoom meeting, and 1:1 Peer Support. Call Jill if you are interested.

REACH: stands for Resources for Enhancing Alzheimer's Caregiver Health in the Community. Caregivers will meet with trained coaches and learn to solve common caregiver challenges. Meeting options are currently in-person, one-on-one coaching, phone, or ZOOM. REACH is funded in part thru Administration on Community Living grant #90ADPI0060.

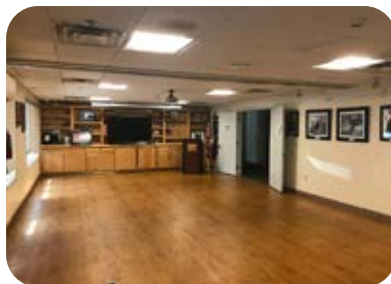
Caregiver Peer Support: There are caregivers who have probably experienced your challenges and can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

Late Night Zoom Meeting: We realize that many caregivers do not have the luxury of attending a meeting during the day. We are looking to host a later in the evening meeting via zoom for those caregivers who cannot leave their homes for meetings. Please contact Jill for more information, jill@gibsoncenter.org.

Reserve the Sprague Dining Room for your meetings – Online

The beautiful Sprague Dining room and the Glenna Mori Activity room can be reserved for members of the Valley to use for meetings and activities. Reservations for the Dining room can be easily made for available times by going to our website, <https://www.gibsoncenter.org/product/sprague-dining-room/>

SPRAGUE DINING ROOM: The 65-seat dining room (without kitchen) is available from 8:00-10:00 am weekday mornings and again from 1:00-4:00 in the afternoon and some evenings or weekends by special arrangement. Our calendar of available times and room policies are posted on the website under Book a Room. There is a nominal fee of \$35 for the Dining room that may be waived for non-profits. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your organization meetings, presentations, family gatherings or club events.



GLENNA MORI ROOM: The Activity Room is a 70-person seating capacity program room with projector and 7 high-quality stereo surround-sound speakers or can be used by up to 20 people for exercise and dance. Our fee is \$25 and may be waived for non-profits. The Activity Room can be requested by completing an inquiry form with a response time of 3 business days as we check for availability of this much used space. Online go to <https://www.gibsoncenter.org/glenna-mori-activity-room/>

TIM DI PIETRO



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Our Business Supporters



2448 Main Street
North Conway, NH 03860
603.356.5819

info@northcountryfairjewelers.com

Photos from recent Trips & Events

Trips: Eclipse, John Williams POP's Concert, Sugar Shack, Art in Bloom, Humane Society.

Events: Easter Lunch, Jeanne's Dolls, Eclipse Workshop, Silver Lake Eclipse Party.



Kudos - Donations

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

Nate & Kate's Sugar Shack

Jeannie Seig: Doll Presentation Boxes

Lunch N Learn: Renee Wheaton & Jen Johnson

Easter Cards & Treats: Pine Tree K Kids; Alyce

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 Dogs

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.



Nate and Kate's Sugar Shack



Jeannie Seig - Doll Presentation Boxes



Jen from the Hospital



Easter Cards & Treats: Pine Tree K Kids; Alyce

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 Ferreira, 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/>

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