

Plus! People NEWS!

The center that builds community

People Plus
P. O. Box 766
Brunswick, ME
04011-0766

Non-Profit Organization
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People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages



Magic Staff. The cooking crew of People Plus, who produce monthly meals and seasonal treats for the Center include (left, front) Mary Ellen, Rose, Carmella, (left, second row) Megan, Betty, (third row) Gladys, Joan and Wilma. This month, they're cooking meatloaf for 64 happy customers.

Frank's Field Trips

“Winter train” to Boston

Get goin' early on Monday, Feb. 12, and climb aboard the Amtrak Downeaster for a field trip to Boston with Frank. The train leaves Brunswick at 7:30 am, sharp, we need to check in at the Brunswick Train Station at 7. The first 24 members to sign up and pay \$18 get to go. The Downeaster winds through Maine and New Hampshire, arriving at Boston's North Station about 10:50 am. Together we'll urban hike to Quincy Market and Faneuil Hall for lunch & shopping, sightseeing and people watching. There will be an optional side trip through the old Boston State House and sections of the Boston Freedom Trail, if weather permits.

Remember this trip will require more walking than usual (we estimate at least a mile during the day) be sure to wear warm cloths and comfortable shoes, or boots. If you park a car in Brunswick's long-term lot, the one day cost is \$2.00. The \$18 cost covers round trip train fare. Lunch and your shopping spree is on your own. We'll leave Boston at 5 pm, arriving in Brunswick shortly after 8:15. These field trips are supported by donations from Scott Lemieux at Brunswick's Ameriprise Financial, and from the Rousseau family at Coastal Landing.

Annual Funds continue upward trend

End of Year donations kept the annual funds for the People Plus Center and the Brunswick Area Teen Center, “trending in the right direction,” according to office manager Betsy White. At close of business, January 23, the Teen Center total stood at \$20,440, and the People Plus total, including \$1,808 donated by members when they pay their dues, stood at \$37,523.

White called both totals “impressive,” and said if donations continue in this direction, the Center will be well positioned to reach its goal for the end of the fiscal year in June. While large donations are incredibly important, the bulk of our donations are less than \$50. Together these donations create financial stability for our vital community programs.

Fund-raising Gala, “looking good”

Planning for the 16th annual Music In April Gala to benefit the People Plus Center is “looking good,” says Center Executive Director Stacy Frizzle. “We're excited for our new venue, our major sponsors are all in place and the table sponsorships are coming in fast.” She added that solicitation for live and silent auction items is “amazing,” and there are some “exciting plans to spice up food service” this season. “Every year we go in expecting to be bigger and better than ever,” she said, “and every year we never disappoint.” This year's event will be held in the Town's spacious Recreation Center at Brunswick Landing. Frizzle said the new, “largest venue yet” means, “lots of new possibilities and

opportunities.”

Lead sponsors so far include Coastal Landing Retirement Community, Bangor Savings Bank and Mid Coast-Parkview Health. Table sponsors already include Bar Harbor Bank & Trust, Spectrum Generations, Bath Savings Institution, Bill Dodge Auto Group, Brackett Funeral Home, CHANS Home Health & Hospice, the Brunswick branch office of Edward Jones Investments, Hammond Lumber Company, Highland Green, Mechanics Savings Bank, Mid Coast Senior Health Center, Neighbor's, Inc., Primerica, Thornton Oaks Retirement Community, Maine State Music Theater, JHR Development, LLC., Avita of Brunswick/Sunnybrook Senior Living and

Maine Event Design & Decor.

This year's event is April 5, beginning at 5 pm. Live music already scheduled to play for the evening include Touching Base and the Porch Time barbershop quartet. Individual tickets to the event are still only \$50, and are selling quickly. Last season's event raised more than \$50,000 for the Center.



FYI! Italyfest!

Thu, Feb 8, 1:30 pm. Join us for a fun, Italian festival at the Center! We'll have tasty Italian treats (Not just pizza!), Italian music and a wine tasting. This event will have you shouting “Mangja! Mangja!” With a wine talk presented by Jonathan Edgerton featuring wines from Tess' Market, we take a tour of Italy through photos and stories. Director Stacy V. Frizzle and Jonathan Edgerton will share their slideshow of photos, memories and adventures in Italy last year. For members only. Call to register.

Seeking Donations

Are you an Artist? Do you own a business? Do you make something? Do you have an antique you no longer want? People Plus is collecting donations for auction items-live and silent- anything to inspire enthusiastic bidders and bidding during our annual Music in April fundraiser! Contact Jill Ellis at the Center, 729-0757, if you have something to donate!

Staying fit can be fun - and FREE!

The January **Get Fit for Free** event at the Center was so popular that it was extended through all of the month, and most fitness classes started February by adding new and motivated members. Dozens of members took advantage of the opportunity to try new classes at no cost, and more than a few signed on to become regular participants. Each week, the Center offers “action based” classes in Tai Chi, Qigong, Yoga, Chair Yoga, Zumba, Line Dancing, Aerobics Lite, and the ever-popular Loosen Up! There are “pick-up” games in Table Tennis in the main hall four times each week, and folk dancing every Friday.

BRUNSWICK AREA TEEN CENTER
SCOOP-A-THON

Wednesday, April 25, 2018

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpeswell area. Editorial submissions and advertising queries should be e-mailed to:

news@peopleplustmaine.org

Questions, comments and written contributions should be sent by the 15th of the month to:

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Check out past newspapers at www.peopleplustmaine.org

They do what she tells them....

There's pounding going on upstairs! There's music and there's laughter and there's the occasional bang or scream. And I don't say a thing and it's all OK because it's coming down through the ceiling of my office from the Teen Center program.

Afternoons at the People Plus Center have become a lot noisier in the last few years and I really have only Jordan Cardone and her faithful team of volunteers and assistant Donna to blame for it. With all the good food that our volunteers bring in combined with the computers from Bowdoin College, new furniture, rugs and equipment from the Alfred M. Senter foundation, healthy food sponsored by the Maine Women's Giving Tree and Priority Real Estate Group as well as local businesses, individuals and more, why wouldn't the kids be flocking to the Teen Center program in the afternoons when they get out of school? I know I would have loved the place when I was a teen.

We are about halfway through the 11th year of operating the Brunswick Area Teen Center here at People Plus and it has grown by leaps and bounds. When I started here 6 1/2 years ago there was maybe a half dozen kids using the program and today we have 22 of them upstairs. And we average between 20 and 25 kids every afternoon now. They eat a huge amount of food, they love Jordan and the space and I'm not sure that People Plus would be the same without them here.

I know that the kids would definitely not be the same without People Plus and the Teen Center program providing them the safety and security and stability in which they recreate and relax every afternoon.

And they are so fortunate that Jordan hangs in with them year after year. She is the quintessential renaissance woman with her ability to write grant proposals, cook, organize and track data, wrangle the teenagers and keep them following the rules with accountability and firm guidance while never seeming to be heavy handed in her disciplinary tactics. She expects them to be well-behaved, to do well in school, to follow the rules and to be kind to each other and consequently they do what's expected of them! Many of our teens don't have fantastic home lives and so the stability

and parental guidance they get from Jordan often helps them develop into much more productive young adults.

And a lot of those kids really need to be there. Many of them are what you might consider "at-risk" although I really hate that term. It kind-of means low income. It kind-of means single-parent family (or no parent family), it kind-of means they don't have the same benefits, options or opportunities that a "mainstream" teenager would have. And it's really a shame.

Those kids roll off the bus every afternoon at 2:45 bursting at the seams with excitement and gratitude to be here at the Center. They have been structured all day in school and so they really love coming here and just hanging out. Having yummy food, playing games, watching movies, taking cooking classes, playing ping-pong, pool, monopoly or word games along with art projects, fingernail painting, mixed media competitions as well as so many other relaxing, innovative and creative ways for them to just be kids is the best gift we could ever give them.

Occasionally one of them will come downstairs to use the bathroom (because they don't have bathrooms upstairs) and stick their head in my office just to say hello. That happened last week and the kid was excited to tell me that he was putting in an application at Hannaford to be a bagger. He's about halfway through 10th grade and has been in the Teen Center program since sixth grade. He's the youngest of three boys that has grown up going through our program and it's so wonderful to see the whole family benefit from being here after school. The oldest brother is out of college and I think will be married soon! (He was a teen when the program began 11 1/2 years ago.) And his youngest brother is now following in his footsteps by staying out of trouble despite the fact that their mother left the family many years ago and they just have a single dad who struggles to keep them all clothed and fed.

As I'm typing this, I hear piano playing and guitar strumming above me because in the corner directly above my office the high-schooler's get to have a little space from the middle school group. There's probably a half

From the Executive Director

Stacy V. Frizzle



dozen of them gathered in the corner playing music and laughing. It really is music to my ears - that's for sure. Yesterday around 4:45 PM we heard a huge group of screaming girls and when I called upstairs to ask Jordan if everything was all right she said they were watching a scary movie with a shark in it and that it had terrified all the girls watching. It was so lovely just to see them being kids and to hear their laughter and shared camaraderie.

As they watched the movie they were all munching on fresh, home-baked chocolate chip cookies brought in by Sandy Morrell Rooney. She just had a whim to bake over the weekend and thought she would send some cookies for the Teen Center. The kids were over the moon about that. They also just finished gobbling up a huge shepherds pie made by board-member David Forkey. David cooks for the teens every other week and he used to bring in a variety of different things but the kids voted unanimously for him to just make shepherds pie. So now that is all he is allowed to make every two weeks. Apparently they never tire of the stuff!

We've gotten through the holidays with this gang and we are in what I consider the home-stretch of winter now and it's all good so far. Ask me again by late March how the kids are doing and I'll be able to tell you based on the level of noise as they pound up the stairs every afternoon. It seems to ramp up the longer they are trapped indoors without access to any recreational space. If only we had a small basketball court up there where they could blow off steam...

The spring can't come too soon for these kids but I would miss the pounding, the noise and the screams - luckily I will still hear it through my windows from the parking lot while the kids play outside...here at People Plus, the Center that Builds Community.

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

Several years ago one of my clients told me that their holidays started on Halloween. So as Frank reminded me today that it is time to finish our monthly article, I reflected on this. There always seem to be times that we are challenged by situations that involve food and sweets that may not be the healthiest for us. Certainly we can choose to eat some of these foods, on occasions, but more and more this happens much more frequently. After the holidays there is Valentine's Day, St. Patrick's Day and then it isn't long before the BBQ season begins. So it seems that we face food challenges year round.

If our focus is to eat healthier then how do we manage these situations? Planning ahead can be a crucial part in making it happen. If you know that you are going out to dinner for a birthday celebration, it may be helpful to look up the nutrition information before stepping into the restaurant. Bringing healthier items to potluck, parties and other situations that involve food can keep you on track. Just yesterday one of my clients brought hummus

Chili Roasted Salmon with Cilantro Cream

Ingredients:

- 4 Tbs. fresh lime juice
- 4 garlic cloves, smashed
- 2 tsp. chili powder
- 2 tsp. ground cumin
- 3 tsp. olive oil
- 4 (5 oz.) skinless salmon fillets
- 1 1/2 cups frozen corn kernels, thawed
- 1 red bell pepper, thinly sliced
- 1 Poblano pepper, thinly sliced
- 1/2 small red onion, thinly sliced
- Freshly ground black pepper
- 1/3 cup light sour cream
- 2 Tbs. fresh cilantro, chopped

Directions:

1. Preheat the oven to 425° F.
2. Mist 2 large baking sheets with cooking spray.
3. In a small baking dish, mix together 2 Tbs. lime juice with garlic, chili powder, cumin, and 1 tsp. olive oil. Add salmon

to marinade and turn to coat. Marinade for 30 min.

4. In a medium bowl, toss corn, bell pepper, poblano pepper, and onion with remaining 2 tsp. olive oil.
5. Transfer corn mixture to one of the baking sheets; spread into a single layer. Remove salmon from marinade and arrange on second baking sheet. Drizzle corn mixture with remaining salmon marinade.
6. Season salmon and corn with black pepper and roast 8 to 10 minutes, until fish is just cooked through and vegetables are tender.
7. Mix together sour cream, cilantro, and remaining lime juice.
8. Season with black pepper to taste.
9. Spoon corn onto plates and add salmon. Drizzle cream over fish to serve. Serves:4

and cut up vegetables for her co-workers and it was a big hit! Going for a walk, with a friend, instead of going out for lunch can be a win...win situation!

February is also Heart Month. So my challenge to you is to try and take of your heart and your valentine this year. There are lots of

gifts that can do both. Edible arrangements, flowers, yoga mat, local olive oil and vinegars are just a few that come to mind.

I have chosen this recipe because it is good for your heart, easy to prepare and elegant for your Valentine.

Good Shepherd Lutheran Church
welcomes you to join us for

Ash Wednesday worship on Feb 14, 7 pm
Sunday morning worship, 9:00 am
Celtic Evening Prayer, Sun. 5:30 pm
Thurs. Evening Prayer, 6:30 pm
Free Community Breakfast, 2nd Sat, 9-10:30 am

Good Shepherd Lutheran Church • 336 Maine St, Brunswick • 725-6561



Ralph sighting. MOST members of the Write on Writers were delighted by the mid-winter visit of former member Ralph Laughlin, who claimed to be in the area, seeking ways to move back to Maine from Virginia. Ralph (center, seated) was also spotted at the January Men's Breakfast.

My Wife, Marsha by Wayne Mogk

Many men have pet names for their wives: "honey, sweetheart, babe," etc., I call my wife "honeybuns," because she is the sweetest part of my life! Valentine's Day can last all year, if you both have a sweet tooth for each other.

A February Front Nine by Charlotte Hart

Snow sparkles. We clamp on cross country skis. Nine fairways beckon us as myriad trails. Tall pines wave gently in the winter breeze. Year-round joy here. A sense of peace prevails. Free from direction of the summer game, We glide out Fairway Three then backtrack Two, Race thick-iced Four and Five. (They're not the same), Uphill on Six. Exhilaration new! On Seven we zoom down hill. I swerve. I fall. We laugh. He helps me up. We brush off snow. We're nearly done. Nine beckons—stately white pines tall. My hair is drenched. Thirst grips me so... From Fairway Drive, "Stop! Ice cold Coke?" Reaction—"About a gallon! Please!" Sweet satisfaction!

The Olympics by P.K. Allen

Faster, higher, stronger, is the motto of the games. For athlete's who do well enough, history will record their names. They take a pledge of honor to compete at their very best, then strive for sheer perfection and to win the ultimate test.

Quotable:

I hope that in this year to come, you make mistakes, because IF you are making mistakes, then you are trying new things, making new things, learning, living, pushing yourself, changing yourself and changing your world.

Neil Gaiman

More Brown Mounds by Vince McDermott

I wrote previously about brown mounds which appeared in my yard after a snowstorm. The mounds were deer. They slept under rhododendron bushes and ate the cleaves. The deer are back - with a vengeance. There was a dusting of snow just before New Year's Day. It provided a perfect surface to clearly capture deer tracks. I saw a lot of them around my house. On New Year's Day I looked out a rear window. Two deer were resting on the ground around eight in the morning. They stayed for about ninety minutes. A few days later I noticed disturbed areas in the snow around bushes. Some leaves were missing. I have floodlights on my garage and house. One of them covers the bushes. The next night I was ready, I turned on the light at 10 PM. There were three well fed deer merrily chomping on the rhododendron leaves. I made some noise and scared them off. No more "Mr. Nice Guy." From now on I will chase away any deer and put stuff out to deter them. Good luck to me.

The Road Less Traveled by Sally Hartikka

I must follow this golden lane,
The road less traveled by.
I must see the lovely terrain
And what is found nearby.
The explorer in me says follow this trail
To discover what's at the end.
Will I spot a deer with a white tail
As I leisurely descend?
Will she gaze at me with wondering eye,
I who encroach on her space?
Or will she bound off as I pass by,
So not to meet me face to face?
Will a stream appear with ripples that dance
And sparkle in afternoon sun?
Will it be covered with leaves that prance
As it makes its gurgling run?
The fields and forest are covered with brown
And yellow and orange and red
As nature begins to batten down
To await the winter ahead.
But for now, I will continue to seek
What's to be found at road's end.
Will it climb to the top of that peak,
Or continue to turn and bend?
I must find the answer to settle my mind
And ease my curiosity.
I now know what lies behind.
What's up ahead? Let's see.

Books A La Carte

Books A La Carte is a group of readers who gather to discuss, trade, lend, and donate books. Members read books of any genre - there is no assigned list. Readers describe books they have read and provide an opinion, pro or con, of the books. The group meets on the third Tuesday of each month at 3 PM. The next meeting is scheduled for February 20th.

Mr. Parker Pyne, Detective by Agatha Christie. Short stories featuring Pyne, who solves peoples' problems in a manner similar to "Fantasy Island." He also solves mysteries in foreign settings. Pyne's secretary is Miss Lemon, who later worked for Hercule Poirot.

Louise Penny mysteries featuring Inspector Gamache. Enjoyed by many members. They recommend starting with the first in the series - Still Life, in which Inspector Gamache is called to investigate a murder in the unique village of Three Pines, which is populated by memorable characters.



We Are Water by Wally Lamb. Extremely well written novel by the writer who has the ability to put himself into the characters of a dysfunctional family. A woman leaves her husband after many years of marriage to marry a woman. The story is told in the alternating voices of members of the family.

Roses by Leila Meacham. A novel set in a small town in East Texas which spans the 20th century. Two of the town's founding families get rich in cotton and timber. The story covers three generations of the family.

Please send comments and suggestions to the editor at news@peopleplustmaine.org

Memorial Donation in Memory of

Adelaide L. Guernelli

October 7, 1931 – December 16, 2017

All Saints Parish

St. Charles Borromeo Church

LENTEN SUPPERS

- Feb. 16proceeds benefit **People Plus and Brunswick Area Teen Center**
- Feb. 23proceeds benefit **Oasis Free Clinic**
- March 2proceeds benefit **Tedford Housing**
- March 9proceeds benefit **The Gathering Place**
- March 16 ...proceeds benefit **Habitat for Humanity, 7 Rivers Maine**
- March 23 ...proceeds benefit **Mid Coast Hunger Prevention**



Tasty Fish Dinner ...

Baked Haddock, Mashed Potatoes, Corn or Green Beans, Coleslaw, Rolls, Beverage, Dessert
Adults \$8.00, Youth \$4.00
Pizza also available
Served 5 to 6:30 p.m.

Come all! Tickets available at door. 132 McKeen St., Brunswick

First Contact by Wayne Mogk

The alien spaceship arrived in our solar system and established an orbit around planet Earth. They were traveling the Galaxy, seeking out intelligent life forms, imparting secrets of the Universe, and offering opportunities to join the Galactic Federation. When they scanned the inhabitants below, they were surprised by what they saw.

Explosions were occurring all over the surface of the planet, and people were massed in huge crowds, apparently delighting in the resulting noise and flashes of light. They yelled and jumped about in most bewildering fashion. The aliens concluded that a mass hysteria or contagion had infected the population, and that it would NOT be wise to make contact at this time. They departed, leaving a space buoy behind, warning others to keep away from this contaminated planet.

Back here on Earth, the oblivious inhabitants carried on with their "New Years" Celebrations!

Love Song by Elizabeth B. Bates

Love will make your heart sing
Love as warming as hope
Love will light the way you bring
Joy and laughter to your world
Love is thunder in your heart
Love will open closed doors
The more you give, the more you'll have...
So give it all away, there's plenty more!

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February at People Plus...



Lunch & Connections

Juicy Lasagna and Meatballs are February treat

Our luncheon on Thursday, February 15, will feature fresh-baked deep dish lasagna, loaded with cheeses, spices and tomato sauces, with a side of our special Italian meatballs, all smothered in tomato sauce and cheeses. "We're celebrating the middle of winter AND Valentine's Day," Chef Frank Connors explained, "I can guarantee this one will be special."

As usual, there will be a fresh, lightly dressed green garden salad for everyone, and our bread this month will be your choice of crisp and warmed Italian bread, either garlic buttered or plain. Our drinks will include coffee, teas, fruit juices and milk. Fresh iced water is always available on each table. Our special February dessert will be a lightly-iced carrot cake, with a side of multi-flavored sherbet.

Our Lunch & Connections events are underwritten each month by our friends at Spectrum Generations, and are created to focus on nutrition, information and

variety. A CHANS healthcare professional is always available to offer and record free blood pressure checks. Please note there will not be hearing screenings this month.

Remember, you do need to pre-register after the first of the month to be included, as seating is limited to the first 68 folks who register. Cost of our dinner is still only \$6.00 for members and \$8.50 for non-members, always payable when you arrive at our door. Of course you can pre-order a take out meal, and pick it up after 11:30 a.m. Please plan to arrive after 11:15 a.m. (that's when we turn to coffee on) and please, share a ride with a friend if you can, our parking may be limited by snow piles. Always remember to register to win one of our free door prizes, and don't forget to buy into our 50/50 raffle, last month's winner took home \$48 dollars!

Our buffet-style luncheon is served, beginning at noon.

Tax Aides are ready!

AARP Certified Tax Aides begin regularly scheduled appointments at the People Plus Center on Thursday, Feb. 1, and will continue this free service through Tax Day, April 15, 2018. As in recent years, the service is available on Tuesday mornings and Thursday afternoons. Each consultation is by appointment only, walk-ins are not accepted.

Administration, from the IRS, from pension providers or banks.

If you want to schedule an appointment with one of our volunteer preparers, simply call Pat at the People Plus information desk, 729-0757. All appointments are made on a space available basis.

Bridge alert

Our Friday Advanced Bridge teams are looking for a few more players. We play Fridays at 1 p.m. and consistently seat a full table, with possibilities for more. If you are interested in joining us, please contact Sherry at 442-7493.

Changing your perception on health care

Medical definition of health care: The maintaining and restoration of health by the treatment and prevention of disease especially by trained and licensed professionals (as in medicine, dentistry, clinical psychology, and public health). *What is your definition of health?*

WHO definition of health: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Health care vs Sick care – We live in a nation that focuses on trying to fix problems rather than preventing them. We live in a "Sick Care" world.

Symptoms vs Cause - Are we just chasing symptoms or treating the cause?

Simply look at the drug commercials; we are chasing one symptom after another covering up one with a drug to have to cover another caused by the same drug. I use a metaphor all the time that I think makes it easy to understand. Think of your problem as a burning fire, the smoke alarm is going off letting you know that there is a problem (symptom). Does it make more sense to take the battery out of the smoke alarm so the sound stops and go about your business (drugs) or to put out the fire (take care of the cause)? We tend to cover up issues rather than putting the fire out.

Where do you think the US ranks within the world in terms of health?

- US spends more on healthcare than the next 3 countries combined
- Spends over \$8,000 per person per year
- US ranks 37th in world health care through studies done by world health organization
- Neighbors to the north have not figured it out either they rank 30th
- Better living through pharmacology? - How is this working out for us.

Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison



Dr. Tim Coffin

'Aging Well' Lunch and Learn: Can You Hear Me Now?

Mon, Feb. 26, 12 pm. Can't hear on the phone? Learn how you can qualify for a NO COST caption phone through a federal program with Becky Bushey, Title IV ADA Specialist from ClearCaptions. Captioned phone conversations are displayed on the screen so you never miss what is being said. Captions are provided free-of-charge to the user via ClearCaptions (FCC Certified). This federal program provides caption phone service to anyone who is hard of hearing at no cost – there are no income qualifications. Event includes a raffle! Bring your lunch (or try our Monday Munchies) and we provide drinks, chips and dessert. Free, open to the public.

NEW CLASS - "Rollerlates" with Dr. Giustra

Wednesdays 1:30-2:30 pm, starts Feb 7.

Beginning Wednesday February 7, People Plus will introduce Rollerlates, a restorative, low impact exercise routine combining roller therapy and Pilates. It specifically targets musculoskeletal pain (Roller) and the accompanying loss of stability and mobility (Pilates). Relaxing, meditative breathing throughout is a critical component. Its founder/originator is People



Plus member Richard Giustra, a favorite frequent presenter at the Center. Dr. Giustra is a retired board certified Orthopedic Surgeon, ASFA certified Pilates instructor, and a wrestling coach for Peewee wrestlers. Cost is \$5/members, \$10/non-members per class. Attendees are required to bring their own foam roller (contact the Center for information on purchasing). Try the first class (Feb 7) for FREE!

"Margarita Day" is coming to People Plus-

Hair Cuts for Seniors!

Fridays, Feb 9 & 16, 9-12 pm. Come for a \$10 haircut with Margarita Day, former owner of Margarita's Hair Styles in Brunswick. Margarita has been working in the hair dressing business in the Brunswick area since 1976 and owned and operated two salons. Now retired, she is offering her services to People Plus and will donate all proceeds from the haircuts to the Center! No appointment necessary, just show up with clean hair and she will give you a cut! Open to the public!

Spain's Classics and Portugal

Still Spots Left! Visit Spain, Oct 17-30, 2018 with Collette Travel and People Plus! Highlights include Lisbon, Fatima, Nazare, Obidos, Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada, The Alhambra and Valencia. Savor a "paella experience" including a paella-making demonstration and lunch and dine on traditional Portuguese cuisine and enjoy Fado music. Open to the public. Deposits are due **April 11, 2018.**

Spectrum Generations Medicare 101 Session

Tuesdays, Feb 13 & 27, 12:30 pm. Learn about Medicare and its many "Parts" on the 2nd and 4th Tuesday of every month. Open to the public. Registration required. Please notify us two weeks prior to an event if you require special accommodations. Free, suggested \$15 donation.

Mon	Tue	Wed	Thu	Fri	Sat
People Cooks! Stirring things up at the Center!	People Plus in the Media News & Views and People Plus Cooks! with Frank & Stacy. View online at http://vimeo.com/harpsswelltv	News & Views with People The center that builds community	8:30 Table Tennis 8:30 Women's Breakfast 9:30 Beg/Intermediate Bridge 11:00 Apple Club 11:00 Yoga 1:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick	8:30 Maine Meditation Intensive 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	8:30 AARP Free Tax Aide 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga	8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 1:30pm Rollerlates - NEW! 5:30pm Knights of Columbus	8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 1:30pm FYI! Italyfest! 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:30 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick	10:00 Bridge
7:00 Frank's Field Trip: Winter Train to Boston 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:30pm Civil War Book Club	8:30 AARP Free Tax Aide 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting	8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 1:30pm Rollerlates - NEW!	9:30 Beg/Intermediate Bridge 11:30 CHANS BP Check 12:00pm Lunch and Connections 2:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs 6:30pm Folk Dance Brunswick	10:00 Bridge
Center Closed 19	8:30 AARP Free Tax Aide 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga 3:00pm Books a la Carte	8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 1:30pm Rollerlates - NEW!	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick	10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 12:00pm Lunch and Learn: Can You Hear Me Now? 12:00pm Bridge	8:30 AARP Free Tax Aide 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Medicare 101 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Francais	8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 1:30pm Rollerlates - NEW! 6:30pm Brunswick Coin/Stamp			

Watch the OLYMPICS on the big screen TV at People Plus!
Opening Ceremony is February 9th!

People Plus Hours
Mon-Thu: 8:30-4 pm
Fri: 8:30-1 pm

Be OUR Valentine February 14!

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Bath Savings Trust Company is a wholly owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

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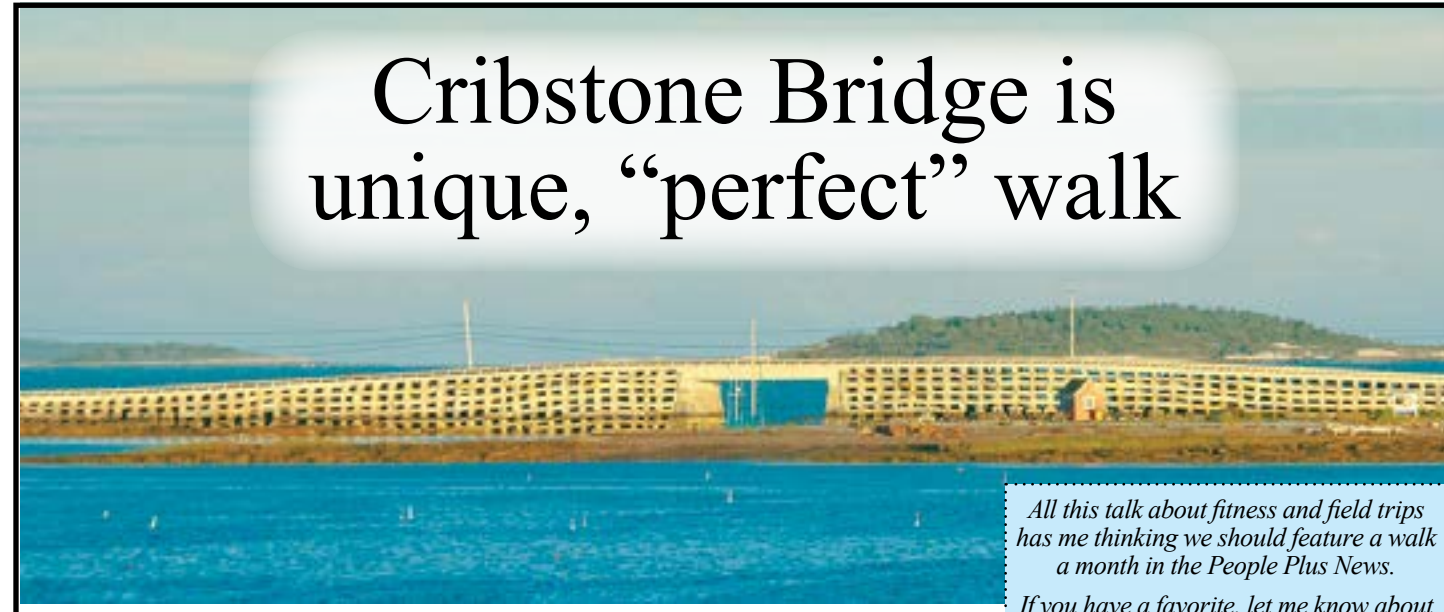
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“Prost!” A big thanks to Richard Gnauck, owner of Richard’s Restaurant in Brunswick, for donating a German dinner for eight at last year’s Music in April Gala fundraiser. Purchased by Jim and Sue Howard of Priority Real Estate Group, the guests at the dinner included Jonathan Edgerton, Win and Sharon Dodge, and Paul and Brianna Denis who feasted on an appetizer of German pretzels and cheese spread, slow cooked rolled German beef with homemade noodles and red cabbage.



Cribstone Bridge is unique, “perfect” walk

All this talk about fitness and field trips has me thinking we should feature a walk a month in the People Plus News.

If you have a favorite, let me know about it at 729-0757.

by Frank Connors

If there is a walk in our area that’s better than a stroll across Harpswell’s unique Cribstone Bridge, I haven’t found it yet! This walk is safe, it’s scenic, it’s fun, it’s interesting. It’s easy to do, easy to find. On a hot day, you’ll find it cooler than most places, on a cold day, it’s still going to be cold. Sunsets standing atop the structure, directly over the center of Will’s Gut and maybe 50 feet above sea level, are spectacular! Sunrises are just as amazing, just remember there’s a 13-mile “driveway” down Maine route 24 to get there.

Opened in 1929 and restored in 2009-10, there is literally no other place like this on earth! The loose-piled, crisscrossed granite tiers of the bridge allow the tide waters to ebb and flow right through it. Most of my walks, especially if I have a grandboy in tow, land me on the shore where we explore in and around the granite, looking for crabs, seaglass and other treasure. The restored Cribstone Bridge created a virtually perfect 1,115 foot walk-way that segregates and protects you from the traffic that often twists miraculously across the bridge connecting



Family Affair. We were pleased to host Harpswell author James Nelson at the Center in January for an Author’s Chat. With his son Nathaniel running the video camera, Nelson spoke about “Fin Gall,” first book of the popular *Norsemen Saga*, to a large crowd of about 50 of his devoted fans.

DONE YOUR DUES?

Still only \$40 - Brunswick res. \$50 - all other towns



The Maine Frontier: Through the Lens of Isaac Walton Simpson

The Pejepscot Genealogical Society (PGS) will hold its next monthly meeting in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, February 11, 2018 at 2 pm. We will be screening the film “The Maine Frontier, Through the Lens of Isaac Walton Simpson” by Filmmaker and Composer Sumner McKane. If your ancestors were inhabitants of the Maine Frontier this one-hour film will resonate with your recollections of stories told and memories shared.

There will be a brief social period with refreshments before and after the speaker. A business meeting will follow.

For more information contact John Webster, PGS President at (207) 833-5430.



Cleaning Up! What a great sight to see this week! Thank you Town of Brunswick for clearing out the People Plus lot! Hopefully this is the last of the snow for the season??!!

PLANEAT

PLANEAT is the story of three men’s life-long search for a diet which is good for our health, good for the environment, and good for the future of the planet. With an additional cast of pioneering chefs and some of the best cooking you have ever seen, the scientists and doctors in the film present a convincing case for the West to re-examine its love affair with meat and dairy.



Guest Panelists

Timothy R. Howe, MD
Parkview Medical Associates

Kimberly A. Dovin, MD
MID COAST MEDICAL GROUP
Family Practice at Parkview

7 p.m., Tuesday, February 6

Frontier Café+ Cinema+ Gallery
14 Maine Street, Mill 3 Fort Andross, Brunswick

Admission is FREE, BUT SPACE IS LIMITED. TICKETS REQUIRED.

GET TICKETS to hold your seat at
www.explorefrontier.com/schedule/film

For general information, call (207) 725-5222.



MID COAST Center for
Community Health & Wellness

www.midcoasthealth.com/wellness



Creativity & Cooking for caregivers

Wednesday, February 7, 2018 | 5:30 PM



Kitty Broihier, MS, RD is an author, educator and president of NutriComm Inc., a food and nutrition communications consulting company in South Portland, Maine.

Join us for an informative and delicious talk with Registered Dietitian Kitty Broihier about chocolate! Learn about the basic types of chocolate, how they are produced, and the health benefits associated with eating it!

Stick around after the presentation to learn the best way to eat it- sampling chocolate treats!

RSVP: 207.729.6222 or email
bethany@avitaofbrunswick.com

Assisted Living Specializing in Memory Care
89 Admiral Fitch Avenue | Brunswick, Me | avitaofbrunswick.com

GO DRAGONS! A BUCK - A GAME!

Brunswick Seniors (over 60) get into any Brunswick High School sports event for ONE dollar!

STORM POLICY

When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. The Center may remain open for business, unless conditions warrant a complete closure. Check our website, www.peopleplusmaine.org, or local media for closure information.

There’s Winter. And then there’s WINTER AT THE HIGHLANDS!



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Healthful Eating | Ounce of Prevention SERIES

Monday, February 12 • 11 a.m.–NOON
Community Room at MID COAST SENIOR HEALTH CENTER
58 Baribeau Drive, Brunswick

Join
Christa Jacobs, RD, LDN
Director of Food & Nutrition Services
for MID COAST HOSPITAL

You will learn—

- How to select foods to optimize health.
- How food can impact energy levels.
- How to modify food choices to suit medical needs.

FOR MORE INFORMATION,
call 373-3646.

MID COAST Center for
Community Health
& Wellness

www.midcoasthealth.com/wellness

Weekly Winners

Senior Intermediate Cribbage

- Dec. 20: Harry Higgins, 723
Mike Linkovich, 718
Anne Bouchard, 701
- Dec. 27: Anita Owens, 726
(Perfect game!)
Lorraine LaRoche, 714
Mike Linkovich, 708
- Jan. 3: Joe Tonely, 707
Anita Owens
& Craig Aderman, 703 (Tie)
- Jan. 10: Tim Owens, 726
(Perfect game!)
Anita Owens, 709
Lois Fournier, 706
Anne Bouchard, 702

Senior Bridge

- Dec. 22: John Rich, 2,460
Betsy Mace, 1,740
- Dec. 29: Jeff Lauder, 3,510
Betsy Mace, 3,010
- Jan. 6: Jeff Lauder, 3,420
John Rich, 3,190
- Jan. 8: John Rich, 3,420
Richard Totten, 3,340
- Jan. 12: John Rich, 4,850
Sherry Watson, 3,690

Brunswick Area Teen Center

Weathering Winter, thinking SPRING!



Teen Center News

Jordan Cardone

February! What an interesting winter so far..... so many snow days which we are hoping won't continue in February because there have been so many now that the kids moan and groan about missing another day of school instead of being thrilled,

never mind missing another day at the Teen Center!

I have a few updates to last month: Actual end of year figures ended up with OVER 2,000 youth visits to program and OVER \$20,000 has come in from the TC annual fund appeal so far!!!

Another update; we had our holiday party December 21st with our Yankee swap, gift bags handed out, great food and lots of fun! The kids (and the parents who we saw that day) were surprised (and impressed) with the wonderful gift bags this year! The Yankee swap, with the majority never having participated in one before, was definitely amusing! The kids liked it a lot and I am sure will want this to become a yearly tradition (this was our third year). It was another successful holiday event with over 20 kids in attendance for the actual party day and the rest eagerly coming in after vacation week to collect their bags-word had spread!

What we'll be up to in February...well, one consistent thing about the teen program

is that there are always surprises, so who knows! I do know that, like it or not, the kids get another week off of school February 19th! Some early news is that we already have our date for this year's Gelato Fiasco Scoop-a-Thon, which will be on Wednesday, April 25! The Teen Center Advisory Committee will begin officially planning for the event at our February 13th meeting and this will be our primary focus for the upcoming months.

Lastly, thanks to a grant we received from the Alfred M. Senter foundation, we just acquired a ping-pong tabletop that can sit on top of our pool table and for the one afternoon we've used it so far, the kids love it and I do not think one single person got beamed by a ping-pong ball all afternoon! It's a nice addition and adds a bit of physical activity to offset the love of "screens" all kids seem to have these days!

Until March, stay warm and give or get some good love on Valentines Day! Jordan and the gang

CLIP AND RETURN FOR \$5 FRANK BUCKS

Tell Us What You Think!

We are always looking for ways to tweak what we do at the Center to make it the best it can be for our members. Please take this short survey (also available online) to let us know what you think. **Bring your completed survey to the Center and get a \$5 Frank Bucks coupon!**

Are you a member of People Plus?

- YES - How long have you been a member (check one)?
 - Less than 1 year
 - 1-4 years
 - More than 5 years
- NO - what prevents you from joining?

Where do you live? (check one)

- Brunswick
- Topsham
- Harpswell
- Bowdoinham
- Other _____

Where do you get information on our programs? (check all that apply)

- Word of Mouth
- Local Paper
- People Plus News
- People Plus website
- Peek at the Week email
- News & Views TV Show
- Other _____

How often do you visit the Center on Union Street? (check one)

- Many times a week
- Once a week
- Once a month
- Rarely

What time of day is best for you for activities? (check one)

- Morning
- Lunchtime
- Afternoon
- Evening

How do you utilize the Center? (check all that apply)

- Volunteer
- Listen/Learn
- Take classes
- Belong to a club
- Social events
- Other _____

What extra things would you like to see at the Center?



Alzheimer's & Dementia Support Group

Learning to Live Well & Love Life

WHEN: February 13, 2018 | February 15, 2018
8:00 AM | 10:30 AM

WHERE: Avita of Brunswick
89 Admiral Fitch Ave | Brunswick, ME

RSVP: 207.729.6222
or email: Bethany@avitaofbrunswick.com

This group is open to Avita families and the Brunswick community.

ASSISTED LIVING SPECIALIZING IN MEMORY CARE

avitaofbrunswick.com



Bring a friend to People Plus

Are you already a regular visitor to People Plus? Is there a special program/event you use regularly? Do you have a friend, or two, that you just don't seem to see as often as you'd like?

Spending time at People Plus is a great way to visit, to stay focused and become more social, more fit and engaged. Imagine if you started to share what you like best about People Plus with one or several of your friends.

All you need to do is encourage a friend to join, cost is still only \$40 if you live in Brunswick, \$50 if you live anywhere else. Your friends will start getting our great little newspaper, and before you know it, they'll be calling YOU about getting to programs, or events.

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

Autometrics, 10% off parts, anytime
21 Bath Road, Brunswick, 729-0842

Bill Dodge Auto Group, 10% off parts and service
262 Bath Rd., Brunswick, 800-652-6118
118 Pleasant St., Brunswick, 729-6653
www.billdodgeautogroup.com

Lee's Tire & Service, 10% off parts (excludes tires)
35 Gurnet Road, Brunswick, 729-4131
27 Monument Place, Topsham, 729-1676

Tire Warehouse, 20% off labor
Topsham Fair Mall, Topsham, 725-7020
www.tirewarehouse.net

Tucker Ford, 10% off invoice, parts and service
157 Pleasant St., Brunswick, 725-1228

BEAUTY/HAIR SALON

Reflections (Salon), 10% off, Mon and Fri
12 Center St., Brunswick, 729-8028
www.reflectionsbylucie.com

Studio 119 Hair & Nail Design, FREE haircut with color or perm; services
119 Bath Road, Brunswick, 729-6119

CHIROPRACTOR

Augat Chiropractic, Free consultation and cursory exam
9 Pleasant St., Brunswick, 725-7177

CHIROPRACTOR

J&J Cleaners, 10% off pickups: Wednesdays (customers over 55)
Maine Street, Brunswick, 729-0176

FLORIST

Pauline's Bloomers, 10% off, anytime (within normal delivery range)
153 Park Row, Brunswick, 725-5952
www.paulinesbloomers.com

HEARING AND OPTICAL

Berrie's Hearing and Optical Center, 10% off a complete set of eyewear, up to \$500 off costs of hearing aids
86 Maine St., Brunswick, 725-5111
www.berriesopticians.com

Maine Optometry, \$30 off complete pair of glasses
82 Maine St., Brunswick, 729-8474
www.maineoptometry.com

LEGAL

Attorney N. Seth Levy, Discounted legal services/documents including wills, living wills and estates
14 Maine St., Brunswick, 319-4431
www.sethlevy.com

RECREATION / ENTERTAINMENT

Eveningstar Cinema, Discount bag of popcorn at evening shows (\$1 sm, \$1.50 medium)
149 Maine St., Brunswick, 729-5486
www.eveningstarcinema.com

RESTAURANT

Arby's, 10% off, excluding combos/coupons
Topsham Fair Mall, Topsham, 729-8244
www.arbys.com

Big Top Deli, 10% off, anytime
70 Maine St., Brunswick, 721-8900
www.bigtopdeli.com

Fairground Café, 10% off, anytime
Topsham Fair Mall, Topsham, 729-5366

Wild Oats, 725-6287, 10% off on Mondays
149 Maine St, Brunswick, 725-6287
wildoatsbakery.com

SWEETS/CANDY

Wilbur's of Maine, 10% off, anytime
43 Maine St., Brunswick, 729-4462

*Benefits subject to change

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BHS Class of '62 ROCKS! Members of the Brunswick High School Class of 1962 (left to right: Raymond Bouchard, Denise Coombs, Patsy Bergeron) presented a check to Jordan Cardone of the Brunswick Area Teen Center last month for \$500! In addition to regular reunions, members of the class meet monthly for lunch with raffle and 50/50 events. Funds raised are donated to different organizations! For over 11 years, The Brunswick Area Teen Center has provided a free, safe and fun place for area youth in grades 6-12 to get together after school and during the summer! Daily about 20 kids attend the program where they can socialize, play games, do homework and eat a meal and snacks. There were over 2,000 visits to the Teen Center last year!



Auditions for Mary Poppins!

Midcoast Youth Theater will present their spring musical, Mary Poppins, on May 3-6 at the Crooker Theater at Brunswick High School. This is an all age show and you too can be a part of it! Auditions for Mary Poppins will be held at the Mid-Coast Presbyterian Church (84 Main Street in Topsham) on Saturday February 10th. This time period will be divided for different age groups. You can audition for a specific part or to be part of the ensemble! All ages are welcome and its a fun activity to do with members of your family (grandparent and grandchild?)! Rehearsals will be held at Mid-Coast Presbyterian Church on Monday, Wednesday and Friday 6-9 and Saturday 1-4. Not everyone will be called to every rehearsal. FMI visit www.midcoastyouththeater.org, email the director at tammy.holmes@midcoastyouththeater.org or contact our own Jill Ellis, the producer of the show!

People Plus PEOPLE PLUS MEMBERSHIP APPLICATION Date _____
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____
 I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus)

Yearly Membership Dues (Scholarships Available)

Brunswick (___ New Member ___ Renewal): \$40 per person \$70 per couple
Other towns (___ New Member ___ Renewal): \$50 per person \$80 per couple
 \$250 for **Lifetime Membership** (65 or over)

Membership Dues: \$ _____
Additional Donation*: \$ _____
(*donations above membership dues are tax deductible)
Total: \$ _____

OFFICE USE: Accounting Data Membership Card Sent

Become a "Friend of People Plus" with an additional gift of \$25 or more!



The Living Well Day program's goal is to create a special place where members can thrive and families can have peace of mind. Now open to the public, it serves as a smooth transition for members and a wonderful opportunity for families to get to know the Avita community and associates.

Benefits of an Adult Day Program:

- Full calendar of programs
- Lunch and healthy snacks provided
- Meaningful friendships with Avita residents
- Time for you, the caregiver, to take a much needed break or simply rest & relax

LEARN MORE AT OUR UPCOMING INFO SESSIONS:

Space is Limited

Tuesday, February 6, 2018
10:30 am - open to the public

Tuesday, February 13, 2018
3:30 pm - open to the public

Avita of Brunswick
89 Admiral Fitch Ave, Brunswick ME

RSVP to Bethany: 207.729.6222
or email: bethany@avitaofbrunswick.com



Assisted Living Specializing in Memory Care
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Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center
 35 Union St, Suite 1, Brunswick, ME 04011
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 Spectrum Generations is an equal opportunity provider.

February 2018

20th Annual Gene & Lucille Letourneau ICE FISHING DERBY

Free Fishing Sunday, February 18, 2018

Official Weigh-In 2:00—5:00 p.m.

at the Muskie Center, 38 Gold Street, Waterville

Door Prize: YETI Tundra 45 Cooler Package
 Sponsored by: John & Lucinda Nale, Nale Law Offices
 Benefiting Meals on Wheels



and other programs at the Muskie Community Center

Fish Categories & Prize Structure:

Adults First Place: \$100.00 cash
 Second Place: \$50.00 cash
Salmon, Brook Trout, Brown Trout, Togue, Spotted Pickerel, Pike and White Perch

Children (age 12 & under)
 First Place: \$50.00 cash
 Second Place: \$30.00 cash
 Third Place: \$20.00 cash
Same categories as Adult, plus Yellow Perch and Black Crappie

Tournament Rules:

Fish must be caught on the day of the Derby
 Entrant must have valid ticket to enter
 No frozen fish accepted (entrant's responsibility)
 One fish per ticket
 Must be legal fish caught in legal waters in the State of Maine
 No entries accepted after 5:00 p.m. EST
 Judges' decisions are final

To purchase tickets: visit the Muskie Center or call 207-873-4745
 Ticket Cost: 1 for \$3, 2 for \$5, or 5 for \$10

Between April 2018 and April 2019 new Medicare cards will be mailed out. The new cards will no longer have Social Security numbers on them, which will keep your information more secure and help protect your identity. You will have a new Medicare number that is unique to you and your new card won't change your coverage or benefits. More information will be provided by Medicare when the cards are mailed.



To assure that you receive your card, make sure your mailing address is up to date. If your address needs to be changed, contact Social Security at 1-800-772-1213. Beware of anyone who contacts you about your new card. Medicare will never ask you to give personal information in order to get your new card and Medicare Number.

Understand that mailing everyone a new Medicare card will take some time. Your card may arrive at a different time than your friend's or neighbor's.

16th Annual GOLF FORE A CAUSE
 8 a.m. Check In | 9 a.m. Tee Time
THURS JUNE 7 2018
 18 Holes Carts Lunch
 BRUNSWICK GOLF CLUB
 165 River Road
 Benefiting Spectrum Generations Programs

PROUD TO PARTNER WITH PEOPLE PLUS



All Spectrum Generations locations will be closed on Monday, February 19, in observance of President's Day.

Join Us!



For a Benefits Screening Event at the Albert Totman Public Library in Phippsburg on

Friday, February, 16 from 12—2:30 p.m.

Our ADRC specialists are here to help answer your questions and find solutions to any aging and disability concerns you may be facing. Our staff is dedicated to helping find the solution that best fits your individual needs. Check out some of the areas in which we can provide assistance:

- understanding Medicare & other insurance plans
- home delivered meals
- long-term care planning
- caregiver support
- adult day and community support services
- Life Care Consulting
- emergency alert systems

Could you be missing out on benefits and helpful resources in your community? Hannah Tompkins, an Aging & Disability Resource Specialist at Spectrum Generations will be taking appointments in 20-minute increments all afternoon! Call Hannah today, 563-1363 to schedule your free appointment!



Search Spectrum Generations on Facebook and like our page to stay up to date with all that we have to offer in your community!

Not THIS year!

Florida? I'm thinking not this year!
 Last Sunday I was tugging the grandboys (Silas & Zander) 'round our field on the old toboggan. Conditions were all but perfect with a filtered sun beating down, temp just a degree or two above freezing, the snow's 6-8 inches deep, slightly corned and almost the stuff of snowballs. We're all three jabbering back and forth about nothing, throwing snowballs at anything, I'm stopping every time I come to a set of tracks in the snow, talking about deer, coyotes, fox and crows. Silas asks me to show him a bear track, I tell him maybe later.

At about the place where we often break off our hikes to visit a neighbor for a cookie or treat break, I have to point to her house and say not today boys, "she's gone to Florida!" Both the little guys pouted, I have to save the moment with a spare bag of M & M's from my pocket. No games today, I tell them, I pile the candies out in my mitten and cut them three ways, "even-Steven," I call it, I did pop the extra blue one in my mouth when the boys were still talking about colors.

Zander cut right to the heart of it. "Why would she go to Florida," he asked, "doesn't she miss us when she's not here?" I told him

Florida was warm with beaches and lots of places to go, and home to some of her friends. "No snow ever," I tell him. He gave me a wise nod and suggested "we" should go to Florida. Silas asked if we could take the toboggan.

The night before, Jane and I are entertaining a pair of old college friends. They announce they're going to Florida for a month beginning Feb. 4, and their rental is a big house with an extra bedroom, just a couple blocks from the sands of St. Pete Beach. "You guys have a place to stay if you can get down," says Dan, "come for a week or come for two!" Jane's eyes light just a little, I twisted in my chair and admit "some of us" still have jobs! I'm met with a chorus of voices saying "YOU!" have a job!

I changed the subject, asked Danny a lame question about the next Patriots game, but the next morning, I'm sipping my coffee and suggesting to Jane SHE could go to Florida for a week, leaving me to tend the driveway and wood fires. After all, she's the one who just retired!

I was surprised by the speed that Jane said, "NO!"

We've had our celebrations in Florida.

In-laws Norman and Barbara went to Clearwater Beach for two winter months for nearly a decade, and their condo was ours whenever we were able to get down for a visit. That gift allowed us and our kids visits to Disney World, Sea World, the Everglades, Key West, and a thousand places in between. There were lovely day trips to beaches, parks, shopping trips, nature walks and guided tours, alligator hunts, manatee sightings, turtle chases and boat rides. Miles and Abbie had, "the time of their life," more than twice, and I wouldn't swap those vacations for anything!

And you might remember as a raw kid, I spent a whole winter in Florida, living in a backwater village called Kississimi, in the years BEFORE Disney took over those central state cow fields to create Florida's fabled fantasy land.

That's where I'll leave this. Florida's February certainly is better than Maine's by almost any measure. It's warmer, it's sunnier, the days are longer. You can pick fresh fruit off a tree, not from the tail of a truck. You can plan an outing without checking, and rechecking, the weather report. You can get outside for a walk, without bundling into

Speaking Frankly

Frank Connors



seven pounds of boots, hats, scarves and coats.

But I remember Florida's Route 19. Stop lights every quarter mile, cars four lanes deep. Florida's full of people, and it's hard to make a move without tripping over someone. Besides, it matters not if you fly down there or drive, the system is darned near plugged!

So, I'll say what the hay! Ground Hog Day is here and gone, my firewood bay is better than half full and we're counting DOWN on our degree days, not up! Those brutal weeks of below freezing temperatures are gone for yet another season, (oh, yes they are) and every week or two, we get our warm day in the sun to fill with toboggan rides, snowshoe hikes and sledding with the boys. I know we'll get slammed once or twice, this month or next, and Jane will be able to say she warned me.

April will bring spring, and we'll have yet another Maine Summer in which to think about NEXT winter in Florida!

Food drive goal filled!

For the fourth consecutive year, members and friends of the People Plus Center successfully completed the Holiday Food Drive, to benefit Mid Coast Hunger Prevention Program. "NOT as pretty as last year," organizer Frank Connors reported, "but we got the job DONE! This year we finished on the Martin Luther King holiday, but we FINISHED on top!"



Connors said he delivered 1,017 "pieces" of non-perishable food, weighing in at 1,054 pounds on January 16. \$195 in cash and checks was also turned in at the MCHPP center on Union St. He added the detail he'll take away from this year's drive was

the moment when visiting lifetime member Ralph Laughlin stood during a men's breakfast and challenged everyone to "add a few bucks to the kitty" and collected nearly \$30 extra! Laughlin and Connors went immediately to the local Hannaford store and purchased a "big bag" of B&M canned beans to put the drive over the top.

For nearly a dozen years, the People Plus Center has collected food for MCHPP during the Christmas/New Year's holidays. "It's an opportunity for us all to give back," Connors said.

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Lunch out!

February 13th at 11:30 a.m.



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Art by Bonnie Dickey at Union Street Gallery

Bonnie Dickey of Brunswick is the featured artist in the Center's Union Street Gallery during February and March. Well known in the area for her portraiture, abstracts and works with animals, Dickey says she has been painting for "maybe 16 years. It was a gift to myself when I retired," she said, "something that I always thought I'd like do, if I had a little more time." She said she took lessons in the Merrymeeting Adult Education program, working with Kathy Boldt, and still feels motivated by many of her painting friends.

Dickey works mostly in colored pencils, but recently has created works in collage, acrylic and oil pastels. "It's more fun to work in the medium where you're most comfortable, but it's always fun to experiment, and try new things," she said. She is a member of the Points of View Artists, members meeting regularly to paint at other members' homes, and the same group that often exhibits at the Brunswick Business Center, on Pleasant Street. In years past, Dickey and other POV artists have worked to support local art projects, like the 10 x 10 art shows.

Most of the art in this exhibit have been drawn from private collections, but several of the pieces are for sale. This show may be seen free of charge during normal business hours at the People Plus Center, 35 Union Street, in Brunswick.



Blowin' in the Wind, colored pencils

Bonnie Dickey

AARP Maine Coffee

Wed. Feb 21 11am - 1 pm. The Impact of Maine Legislation on Mid-coast seniors 50+: Rich Livingston, AARP Maine Volunteer State President, will discuss current legislation being considered by Maine Senators and Representatives, many of which affect Maine seniors, including the Senior Housing Bond, LD 735, An Act to Authorize a General Fund Bond Issue to Support the Independence of Maine's Seniors. Q & A. Coffee & Cookies Compliments of AARP (Coastal Landing Retirement Community 142 Neptune Dr., Brunswick Landing) FMI me@aarp.org or Sandy 207-751-4561

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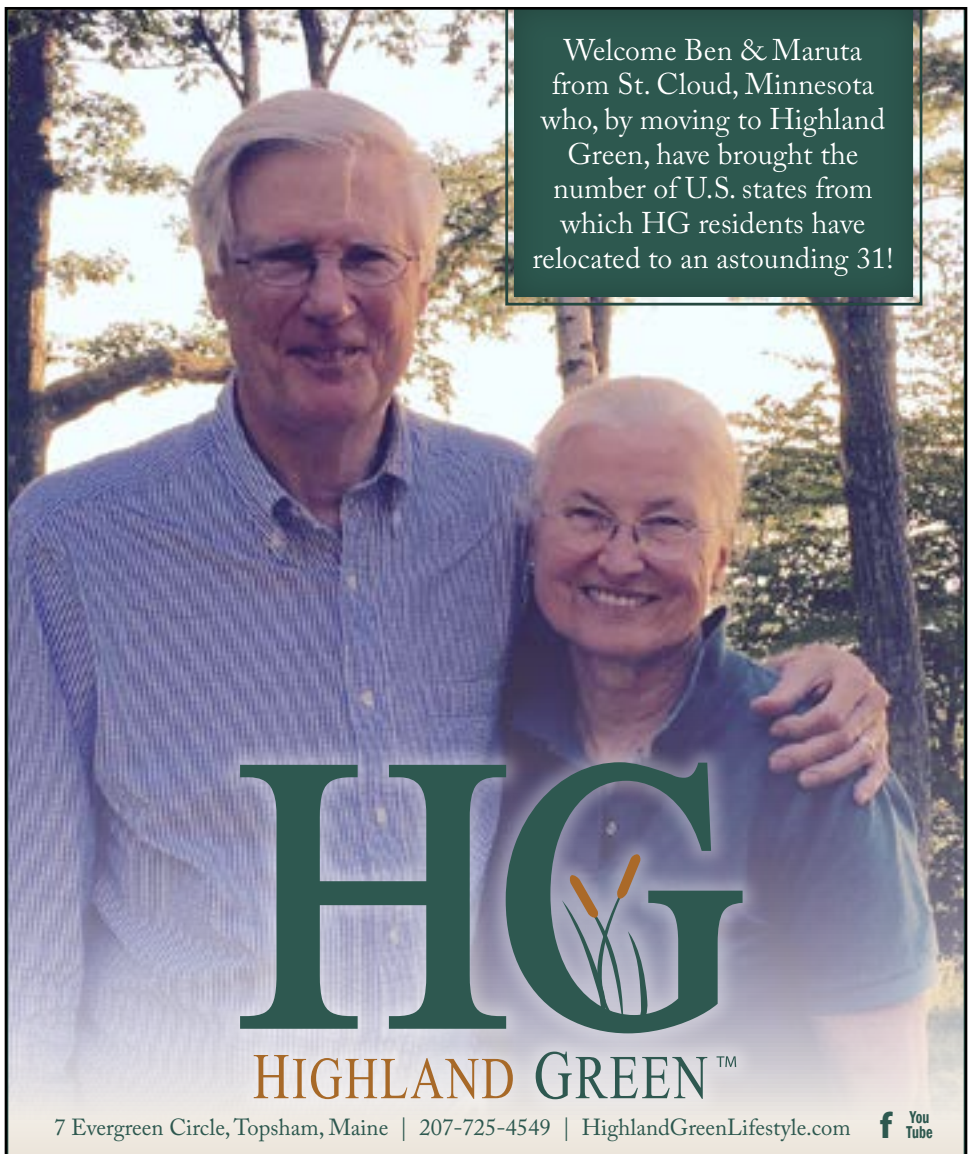
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