



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

Non-Profit Organization  
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 Brunswick, ME 04011  
 Permit No. 52

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org November 2018 Volume 18, No. 11

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



Goal is \$50,000

## November launch for Annual Campaign

The Annual Campaign to support our People Plus Center is set to launch in mid-November. "More than 1,700 requests are mailed to members and friends of the Center," Executive Director Stacy Frizzle explained, "just as soon as the United Way campaign ends. That gives us just under six months to raise what becomes one of the most important pieces of our budget."

Frizzle described the Annual Campaign as "at the very heart," of the fundraising mix that supports the People Plus Center. She reminded us that the Center receives no Federal or State block funding, and is largely dependent on gifts, donations and grants to cover operating costs. "The Annual Campaign becomes a kind of barometer for us," she said, "hundreds of donations from \$2 to \$5,000, and many come with side stories that make them heartfelt and wonderful!" The major mailing should go out about November 10, and letters are often followed with personal contacts from board members, staff, or development committee members.

Office Manager Betsy White said donations totaling \$5,565 have been made in advance of the Annual Fund opening, and members have donated an additional \$650 to the fund at the time they renew their memberships. The Annual Campaign to raise \$10,000 for the Brunswick Area Teen Center stands at \$8,250, White added. Last season's campaign raised more than \$50,000 the end of June. "I'm confident we can get it done again," Frizzle said.

### Frank's Field Trips

## Encore for Gardens Aglow

Join us on Thursday, Nov. 29, as we take "the big bus" to the Gardens Aglow Festival of Lights at Boothbay's Coastal Maine Botanical Gardens. "This is a return trip for us," host Frank Connors said, "last year was a blast, no one got lost, we filled the bus, and this year they're saying it'll be bigger and better than ever!"

that "some walking is required, paths are typically dark, and buddying up is a great idea. We're hoping for another clear, not too cold a night," he added.

Trip registration opens Nov. 1, and this is a members-only event. The first 40 people to register and pay at the People Plus information desk (729-0757) get to go. "I'm betting we fill up fast," Connors said. "they tell me there will be an EXTRA 250,000 lights this year!"

If weather is "terrible" Connors said, the trip will be cancelled and money refunded. Be sure your

phone number is offered when you register. As usual, this trip is made possible through the generous sponsorship of Scott Lemieux at Brunswick's Ameriprise Financial Services, and by our friends at the Coastal Landing Retirement Community.



Dana Baer, a volunteer with Window Dressers, shows off one of "a bunch" of insulating window liners prepared for the Center and recently installed. The Center has also added a new insulated steel door in the main hall. "We're always trying to make the building more energy efficient," Director Stacy Frizzle said.



## FYI! "ITALY-FEST"

**Thu, Nov 8, 1:30 pm.** Join us for a fun, Italian version of Oktoberfest at the Center! We'll have tasty Italian treats (not just pizza!), music, olive oil tasting with Fiore Artisan Olive Oils & Vinegars, as well as a wine talk featuring wines from Tess' Market. Tour Italy with Stacy & Jonathan as they share their slideshow of photos, memories and adventures. This event will have you shouting "Mangja! Mangja!" For members only. Registration required.

## "Out of Our Minds" selling well

*Out of Our Minds*, that newest literary creation of the People Plus Center's Write On Writers, has been described as "selling well, and still available! Everyone loves to see their work in print," exclaimed member Ralph Laughlin.

Nearly two dozen writers, including Elizabeth Bates, Betty Bavor, Ruth Foehring, Thomas Hallenbeck, Charlotte Hart, Sally Hartikka, Cecelia Hitte, Paul Karwowski, Russ Kinne, Ralph Laughlin, Rose Marie Mayer, Vince McDermott, Wayne Mogk, Nonnie

Moody, Ginny Sabin, Patty Sparks, Gladys Szabo, Marcia & Woody Townsend and Bonnie Wheeler have work in the 200 page softbound book, which is richly illustrated by original work from Marcia Townsend. Charlotte Hart offered the introduction to the book, which is dedicated to former members Charles Payne and Adelaide Guernelli.

Copies of *Out of Our Minds* remain available for \$14.95 at the information desk of People Plus.



## 'Aging Well' Lunch & Learn: "Got Your Back!"



**Monday, Nov 26, 12 pm.** Back pain is one of the most common health problems; it also is one of the most expensive, both in terms of treatment and lost productivity. Yet it continues to be poorly understood and often is treated with outdated, drug-based treatments.

Join us at this month's 'Aging Well' Lunch and Learn when Dr. Michael Noonan, Augat Chiropractic in Brunswick, will discuss the causes of back pain, as well as alternative treatments, including acupuncture, chiropractic, supplements, herbals, and exercise. Dr. Noonan has 35 years experience treating back pain and other common pain syndromes with natural based treatments.

Free, open to public. Bring your lunch and we provide drinks, chips and dessert. Registration appreciated.

## Medicare Open Enrollment is "NOW!"

If you are a beneficiary of any Medicare Health program, this is the only time of the year when you might make routine changes to your coverage. The Fall Open Enrollment Period, opened in Mid-October, will continue through November and close for another calendar year on December 7.

During this open enrollment, you may join a new Medicare Advantage Plan; join a new, stand-alone Part-D Prescription Plan; or simply switch to an original Medicare Plan, with or without a drug option. Changes made during this enrollment period routinely go into effect on January 1, 2019.

### Remember in November...

**November 3:**  
Daylight Savings time ends at 2 am on Nov 4th.



Set your clocks **BACK** one hour before going to bed tonight.

**November 6:**  
Mid-term election day!





# People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area. Editorial submissions and advertising queries should be e-mailed to: [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

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

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# Not all change is bad...

It's amazing how many changes a month can bring! And most of them are not that bad...

Over the month of October we have seen a lot of changes at People Plus including a new staff member, Kim Totten, who is helping Jordan upstairs with the teens. She has been on the school board for SAD 75 for many years and has a real interest in our community's youth. Thank you Kim for joining us! We could use another assistant coordinator so if you know of anyone please have him or her contact Jordan! With 25 to 30 kids upstairs on average these days, she really needs another adult to help organize events.

And we have a few new faces on the front desk now which is also a really good change! Welcome to Janice McLaughlin and Darlene Smith for joining the front desk team! They will share Thursday afternoons. And we look forward to getting to know them better! Janice has been teaching line dancing at the Center for over a decade

and we are happy to have her around more often!

We also have a new mascot for the Center. I'm very pleased to share that I picked up a new little puppy girl last weekend in Pennsylvania. She is a Bernese Mountain Dog mixed with a Golden Doodle. She is black with a white furry chest and big white paws. She seems to have a very calm and sweet nature already and we are excited to introduce her to everyone at People Plus. Feel free to pop in my office and see if she's in her crate the next time you're at the Center. We named her Penny since she came from Pennsylvania. And while she will never replace Gertie in our hearts and memories, we are happy to have this bundle of positive change in our lives, as well. We were really missing having a dog around both at home and at the Center!

And, lastly, we have another change coming whose wheels were put in motion this month.... Jonathan and I became engaged on our trip to France and so while

## From the Executive Director

Stacy V. Frizzle



no big change has happened yet there certainly is one in the planning... We will keep you apprised on how the wedding unfolds for the summer of 2020.

Until then, we've got lots of great work to do at the Center to keep everyone healthy and happy and socializing with friends while enjoying a meal or a lecture or a card game! None of that is changing, and that's for the better, as well!

So we hope you will join us in downtown Brunswick at People Plus, where we have decided to keep the change; and stay the Center That Builds Community!

## 'Tis the Season for Giving!

People Plus is collecting donations for:

- **MCHPP Food Drive** (non perishable items, through the end of December)
- **Teen Holiday Gift Collection!** We are collecting 150 "movie box" candies to go along with our "Secret" holiday gift for the kids at the TC this year!
- **Coats for Seniors** (new or gently used coats, through Thanksgiving)

Select **People Plus** at [smile.amazon.com](http://smile.amazon.com) and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases.

Don't forget to donate to your favorite charities on Nov 27 "Giving Tuesday"



## From Anita's Plate

Anita Huey  
(207) 504-6439



[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)

Well the holidays are coming fast! Each week I see a lot of clients and everyone's thoughts on food choices during the holidays are different. The timing was just perfect to attend this past week's conference. The drive north was sunny and bright. The leaves were beautiful and the leaf peepers were heading in the opposite direction. Several of the speakers really hit a home run with the theme that ran through their presentation.

The speakers had a great way of facilitating how we think about the holidays and how we can "reframe" our thoughts. The key message is that we can use this process all year long. What does it mean to "reframe" our thoughts? If we make some food choices that we do not feel good about and begin our own negative

### Ingredients:

- 1 Delicatta squash
- olive oil
- salt and pepper

### Directions:

1. Slice squash in half lengthwise and scrape out seeds. ...

### 2. In a medium bowl, toss squash pieces with oil, salt and pepper.

3. Spread squash into an even layer on a baking sheet.
4. Bake at 400 degrees for about 25 minutes, flipping the slices halfway through the baking time.
5. Enjoy!

Note: I found this squash in the supermarket. I can't wait to try this as it is a winter squash but you do not need to cut off the skin!

self-talk this will probably lead us to continue on a path that isn't filled with healthier choices. If, however, we can begin to change the negative self-talk we will be more likely to make some healthier choices.

Here is an example: "I bought my favorite candy bar at Halloween and ate way too many. Why should I bother trying to make healthier choices?"

Reframing: "I bought less candy than I did last year. It was

only one day and I know that I can make better choices tomorrow. I feel so much better when I eat healthier!"

Reframing our thoughts does take some practice but it can be so helpful! I hope that everyone enjoys the holidays. I encourage you to start now to begin the journey of positive self-talk, reframing negative self-talk and make food choices to support healthy eating over the holidays.

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## Autumn by P.K. Allen

Nights are getting longer now  
The air is cool and clear  
Frost on trees and meadows  
As winter's cold breath nears  
Flocks of geese are flying south  
Honking along the way  
Encouraging the leader  
To keep from going astray  
Leaves are changing color  
Falling to the ground  
Red, orange, and yellow  
Then turning a dark brown  
Pumpkins are ready for carving  
Bringing a Halloween ghoulish cheer  
As children dressed in costumes  
Delight in provoking fear  
Winter wood is cut and stacked  
Smoke rising from chimney tops  
Bathroom cabinets are checked and filled  
With medicines and cough drops  
Summer camps and cottages  
Sitting empty till next year  
Quietly await the arrival  
Of those seeking sun and cheer  
There are signs of autumn  
Warning with each day  
About the approaching onslaught  
Of a frigid winter's stay

## Armistice - Veterans Day Reunion by Betty Bavor

On the 11th hour of the 11th day of the 11th month of 1918 Armistice was declared between Allied Nations and Germany in WWI. President Woodrow Wilson commemorated November 11 as Armistice Day in 1919 with the first observation in 1920 having parades, celebration and a nationwide pause at 11 AM. Fast forward to May 13, 1938 - "by an act of congress, November 11 became a legal federal holiday dedicated to the cause of world peace and to be here after, celebrated and known as Armistice Day." \*

In 1954, the 83rd US Congress amended the 1938 act to strike the word "Armistice" in favor of "Veterans" Day. President Dwight D. Eisenhower signed the legislation on June 1, 1954 and November 11 became a day to honor American veterans of all wars.\*

It has been an honor to attend many WWII Reunions of Ken's Men 43rd Bomb Group and 2018 was no exception. My husband was in headquarters/communications and radio operator on General Ennis C. Whitehead's personal plane in the Pacific theater. I feel his spirit in my heart as I continue to be at these events. We were at the US Army Heritage & Education Center in Carlisle, PA. Five veterans, 89 to 98 years old and two widows plus 47 family members and friends gathered together for an unforgettable unique experience. WWII reenactors in vintage uniforms were stationed at the WWII Core Area on the Army Heritage Trail. We attended mission instructions meeting, had a 1944 church service, ate MREs (meals ready to eat) for lunch, inspected barracks and museum exhibits including a simulated parachute drop. My second drop was right on target. First drop I would have become a POW!

We learned the latest about recovering MIAs by speaker, Jason McHale, from Project Recover. This is a cutting edge team of scientists, historians, archaeologists, engineers and divers conducting research and surveys to discover new crash sites. There are 72,000 service men unaccounted for, from WWII. Another speaker, David Allen Lambert, Chief Genealogist of the New England Historical & Genealogy Society spoke about finding your WWI and WWII ancestor's records. A trip to the Gun Range, general members meeting, open mic night to listen to our cherished veteran's stories, a banquet and memorial service rounded out the event. Every reunion is special which takes a team to orchestrate - we thank you all. 2019 is in the planning stage and our good byes included see you next year!

Be sure to thank a Veteran on November 11, 2018, Veterans Day and pray for men and women in today's military serving their country far from home. \*Wikipedia

## November Tradition by Doris Weinberg

It's almost here! My favorite time!  
With leaves now on the ground.  
The apples are red, heavy jackets appear  
And beach towels no where to be found.

There's a chill in the air, darkness comes early  
And a morning frost appears.  
Despite all this, my mind won't change.  
It's still the best time of the year!

What makes it special? I ask myself.  
"It's not the colors or chill.  
I think it's tradition that warms my heart  
And fills my house with goodwill."

Thanksgiving is coming! And a time to give  
Thanks and to pray.  
No matter your religion, beliefs or race,  
We are one on this holiday.

I cook a big turkey with stuffing and sauce-  
Traditions not to be broken.  
There must be turnips, potatoes and beans-  
Plus the pies- my family really has spoken.

I love the smells and all the prep  
And look forward to this special day.  
But it's really the people who are gathered around-  
The whole family and maybe a stray!

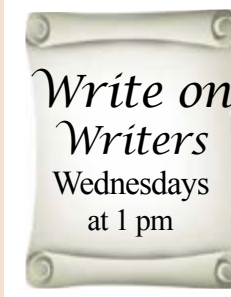
It's the same every year, the kids have grown up  
And the grandchildren now in their teens.  
One wears makeup and very high heels  
And the other is still in jeans.

-The big day is now a week away and  
My freezer is filled to the brim.  
There's too much food and calories too,  
But it's not a time to think "thin".

So everything's finished. I could relax.  
There's actually time to spare.  
But I just remembered I must make a centerpiece  
And polish the silverware.

Yes, this is my favorite time as I've said-  
The season of pumpkins and frost.  
But we must remember why we give "thanks".  
The pilgrim's story must never be lost!

"We gather together" the familiar song goes-  
We'll all begin to sing.  
"We'll count the lord's blessings" and remind each other-  
That we've been blessed with everything!



**Flight** by Elizabeth B. Bates  
If I were now a winging bird, to Heaven I would fly.  
No more the reluctant cry of birth, no more the loveless sigh.  
If I above the earth look down, I'll see the dark clouds hide  
the evil that is growing there, the life I could not abide.  
So...I will go and you must stay. Good luck to you...I'm on my way.

## Books A La Carte

This group of readers gather to discuss, trade, lend, and donate books of any genre - there is no assigned list. The group meets on the third Tuesday of each month at 2 PM.

**The Stranger in the Woods** by Michael Finkel. Many people dream of escaping modern life, but most will never act on it. This is the remarkable true story of a man who lived alone in the woods of Maine for 27 years, making this dream a reality—not out of anger at the world, but simply because he preferred to live on his own.

**Prague Winter** by Madeleine Albright. Drawing on her own memory, her parents' written reflections, interviews with contemporaries, and newly-available documents, former US Secretary of State and New York Times bestselling author Madeleine Albright recounts a tale that is by turns harrowing and inspiring.

Before she turned twelve, Madeleine Albright's life was shaken by some of the most cataclysmic events of the 20th century: the Nazi invasion of her native Prague, the Battle of Britain, the attempted genocide of European Jewry, the allied victory in World War II, the rise of communism, and the onset of the Cold War.

In Prague Winter, Albright reflects on her discovery of her family's Jewish heritage many decades after the war, on her Czech homeland's tangled history, and on the stark moral choices faced by her parents and their generation.

**The Highest Tide** by Jim Lynch. A stunning coming-of-age novel about one boy's mystical bond to the sea.

The fertile strangeness of marine tidal life becomes a subtly executed metaphor for the bewilderments of adolescence in this tender and authentic coming-of-age novel. One moonlit night, thirteen-year-old Miles

O'Malley sneaks out of his house and goes exploring on the tidal flats of Puget Sound. When he discovers a rare giant squid, he instantly becomes a local phenomenon. But Miles is just a kid on the verge of growing up, infatuated with the girl next door, worried that his parents will divorce and fearful that everything, even the bay he loves, is shifting away from him.

**Cold Earth** by Ann Cleeves. In the dark days of a Shetland winter, torrential rain triggers a landslide that crosses the main road and sweeps down to the sea. At the burial of his old friend Magnus Tait, Jimmy Perez watches the flood of mud and water smash through a house in its path. Everyone thinks the home is uninhabited, but in the wreckage, he finds the body of a dark-haired woman wearing a red silk dress. Perez soon becomes obsessed with tracing her identity and realizes he must find out who she was and how she died.

**The Villa in Italy** by Elizabeth Edmonson. An enchanting, tightly woven mystery as four troubled people find hope and redemption in the seductive sunlight of an Italian summer.

Italy, 1958. None of the four strangers summoned to the magical Villa Dante on the coast of Liguria knew Beatrice Malaspina. Yet she named them in her will: Delia, an opera singer with no voice; George, a physicist haunted by the horrors unleashed at Los Alamos; Marjorie, a struggling detective novelist, and Lucius, a New York banker with grim memories of the war in Europe.

They find a Palladian villa with enchanting frescoes, a mediaeval tower, and a garden that leads to the sea. The villa seems spellbound, with its tower locked and its fountains dry.

Why are they there? Who was Beatrice Malaspina? And what is the secret hidden in her villa?

Please send comments to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

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## These Bones by Nonie Moody

How did this ever happen.  
It seems only yesterday  
I was hiking up to five miles  
Gladly willing to hit the hay.

Out of the blue one morning  
A noise from the knee, absurd!  
My ears heard, my mind questioned.  
Was that really a creak I heard?

Why I'm not that old, am I?  
But last week another creak  
This time coming from the left wrist  
These joints are sure looking bleak.

A creaky bone exercise is needed  
For popping, creaking, grating  
To silence those noisy bones  
From squeaking, rasping, and grinding.

## Stormy Day at Write on Writers by Charlotte Hart

"Batten down the hatches!"  
Captain Ralph's command is clear.  
All of us who know the ropes  
Know a storm will soon appear.  
Snow? Ice? Or rain and wind  
That will leave our great sails torn.  
Something fierce approaches  
Like rounding wild Cape Horn.  
Why am I a sailor on this clipper on the sea?  
I'll seize this ship and change our course—  
And die for mutiny.

No. I can't. I promised. Now I can't refuse.  
I'll bite the bullet. In ten minutes,  
I'll compose a poem for People Plus News!

## Summer Ends by Bonnie Wheeler

Green leaves turning yellow and red  
Sunlight disappearing earlier  
Birds' nests empty  
Squirrels wildly racing  
Cooler winds creeping in  
Winter comes by surprise

## 20 minutes? Oh, dear! by Ginny Sabin

The most dysfunctional time for me is when I am asked to write something in 20 minutes that deserves to be published in the November issue of our newspaper People Plus.

Oh, Dear!  
I am reminded of a Thanksgiving dinner at Ma's house many years ago when relatives gathered together. The 20 lb. turkey came out of the oven all golden and beautiful. More beautiful than what others had expected, someone went looking for a camera to take a picture of it on the dining room table.

Oh my, Ma got there first with a carving knife. Rapidly it became a dismembered heap. But, it tasted delicious. She was a good cook.

And, I wrote this in 10 minutes!  
The twenty minute deadline, is a twenty minute period during the weekly Write On Writers meeting wherein everyone has that time to write on one of several subjects provided. Ginny chose the Most Dysfunctional Time.

## What? No Cake!!! by Bonnie Wheeler

You can have a party without a cake  
if no one cares to shop or bake.  
A party without a cake  
is like bread without butter.  
Why Would You Bother???



# November at People Plus . . .



## NEW: Scrabble Club

**Mondays, 9:30 am.** People Plus is starting a Scrabble Club on Monday's at 9:30 am! Come challenge yourself, keep your brain active and socialize while playing your favorite word game! Drop in on Monday, Nov. 5 for our first day of play! Pre-registration appreciated!

## Aging Parent Seminar Series! "Navigating the Journey"

**Tue, Dec 4, 6 pm.** People Plus and Mid Coast-Parkview Health continue the after work seminar series focusing on resources to help with your aging parents (or your aging self!). Hear about housing and transportation in this installment! Housing presentation by Carrie Pelletier, R.N., Program Manager of Marketing & Admissions, Mid Coast Senior Health Center. Free, open to the public. Call to register.

## Lunch & Connections

### Turkey and "tons of trimmings"

Golden-roasted turkey, served on your plate filled with "all the fixings" will be our Lunch & Connections dinner on Thursday, November 15, beginning at high noon. "It's just a week before that great American Holiday," observed Chef Frank Connors, "How could we even consider serving anything but turkey?"

The Center's traditional Thanksgiving dinner will again feature Stacy's own brine-soaked and oven-roasted turkey, complimented by mounds of mashed Maine potatoes, green beans, squash and cranberry sauce, all smothered in our own special gravy and a side of stuffing. Our dessert this month will be apple-spiced cake, served with a ball or two of orange sherbet.

There is always a lightly-dressed, fresh green garden salad for everyone, and the featured drinks this month include locally-pressed apple cider, with coffee, hot teas, milk and iced-water on every table.

This special monthly meal is sponsored by our friends at Spectrum Generations, and is planned to focus on nutrition, variety and helpful information. A CHANS home health-care professional is always available to take and record blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids is available in the Teen Center to complete free hearing checks. Our meal is always open to the public, but we need you to pre-register after the first of the month, as seating is limited to the first 68 people. Cost of the meal is still only \$6 for Center members, and \$8.50 for non-members. Yes, for the same costs you can pre-order a take-out dinner to be picked up after 11:30 a.m.

Our buffet-styled luncheon is served, beginning at 12 noon. Please arrive after 11:30 a.m. to catch up with your friends, claim your favorite seat and purchase your 50/50 raffle tickets. Last month's boiled dinner served 72 people and the raffle paid out \$45.50.

## Center Stage Players present "Clutter Rebuttal"

**Wed, Nov 14, 2:30 pm.** "Clutter Rebuttal," the latest original work by the Center Stage Players, opens at the People Plus Center on Wednesday, Nov. 14, beginning at 2:30 p.m. Players, including Millie Ackley, Phyllis

Blackstone, George Hardy, Debbie Hayden and Bill & Jean Konzal, have all written their own personal "recollections" about clutter, and they claim each story is, "as different and interesting as the clutter we keep!"

"If you have ever had to downsize," says Millie Ackley, one of the show's producers, "or tried to figure out why someone kept an item for all those years," you're not alone as you will see when the players perform "Clutter Rebuttal." This 45-minute show consists of individual stories, a brief sing along and, of course, improvisations. Audience participation is always invited. Shows are free and open to the public, advance registration at the Center is appreciated.

## 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 [www.peopleplusmaine.org](http://www.peopleplusmaine.org), or local media for closure information.

Call 729-0757 to register for classes & events.

## Diabetes Awareness Event

**Tue, Nov 13, 10 am.** November is Diabetes Awareness Month! Healthy Living for ME and HealthCentric Advisors will be hosting a diabetes awareness event on November 13 from 10 am - 12 pm at People Plus. This free event will have blood pressure screenings, foot screenings, eye exams,

nutritional information and demonstrations as well as diabetes education materials. All are welcome to attend! For more information, please contact us at [info@healthylivingforme.org](mailto:info@healthylivingforme.org) or 1-800-620-6036



"They brought my life back... I have no idea where I'd be today if I hadn't done it."

- Karen L., Champion of Total Knee Replacement

From joint replacement to emergency care, MID COAST-PARKVIEW HEALTH offers a wide breadth of integrated healthcare services. As your local healthcare system, we are committed to ensuring access to high-quality, affordable care in our community. **Your health is our mission.**

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Our Community. Our Health.

[www.midcoastparkviewhealth.com/your-health-is-our-mission](http://www.midcoastparkviewhealth.com/your-health-is-our-mission)

## Oxford Casino Trip

Be sure to register at the Bath Senior Center if you want a day of gaming at the Oxford Casino on Wednesday, Nov. 14. The bus leaves the Bath Center at 9 am, and picks up at the Topsham Fair Mall's Home Depot Park & Ride approximately 15 minutes later.

Cost of the trip, including bus transportation and favors from the casino, is only \$30. You may pay the day of the trip, but you must pre-register by calling 443-4937. Remember to pre-register, even if you are leaving from Topsham. The return bus leaves the casino promptly at 4 pm, assuring you a busy and rewarding (?) day of "wicked good fun!"

## Collette Trip - Imperial Cities!



Travel Oct 7-17, 2019 with Collette and visit Prague, Vienna & Budapest with Collette. Includes Prague Castle, Danube River Cruise, Renaissance Dinner, Fisherman's Bastion, and Classical Music Concert at Lobkowitz Palace. Open to the public. See Jill for more information!

## Spectrum Generations Medicare 101 Session

**Tue, Nov 13, 12:30 pm.** Learn about Medicare and its many "Parts" on the 2nd 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
<b>People Cooks!</b> Stirring things up at the Center!	People Plus Cooks! and News & Views with Frank & Stacy viewed weekly on Cable Channel 3 and online at <a href="http://vimeo.com/harpsewlltv">http://vimeo.com/harpsewlltv</a>	<b>News &amp; Views with People</b> The center that builds community	<b>8:30 Women's Breakfast</b> 9:00 Writing As Healing Class 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Donuts and Drivers 10:00 Apple Club 11:00 Yoga	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 11:15 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	1:00pm Folk Dance Brunswick <b>Set clocks back 1 hour tonight!</b>
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 <b>NEW CLUB:</b> Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Diabetes Program 6:00pm Belly Dancing	<b>Election Day</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga	8:00 'Easy Riders' Biking Club 8:45 Cribbage 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 5:30pm Knights of Columbus	9:00 Writing As Healing Class 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga <b>1:30pm FYI! Italyfest</b>	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 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	
<b>Center Closed</b> HONORING ALL WHO SERVED VETERANS DAY	9:00 Table Tennis 9:30 Beg/Intermediate Bridge <b>10:00 Diabetes Awareness Event</b> 10:00 Art with Connie Bailey 10:30 Yoga with Ann <b>11:30 LUNCH OUT</b> 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting	8:00 'Easy Riders' Biking Club 8:45 Cribbage 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 <b>2:30pm Center Stage Players "Clutter Rebuttal"</b>	9:00 Writing As Healing Class 9:30 Beg/Intermediate Bridge <b>11:00 Hearing Screenings</b> <b>11:30 CHANS BP Check</b> <b>12:00pm Lunch &amp; Connections</b>	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 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Books a la Carte 2:00pm Chair Yoga	8:00 'Easy Riders' Biking Club 8:45 Cribbage 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	<b>Center Closed for Thanksgiving</b> <i>Happy Thanksgiving</i>		
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba <b>12:00pm Lunch/Learn: "Got Your Back"</b> 12:00pm Bridge	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Francais	8:00 'Easy Riders' Club 8:45 Cribbage 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 6:30pm Brunswick Coin/Stamp	<b>8:00 Men's Breakfast</b> 9:00 Writing As Healing Class 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga <b>4:15pm Frank's Field Trip: Gardens Aglow</b>	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 World Affairs 11:15 Qigong 12:30pm Advanced Bridge	<b>People Plus Hours</b> Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm 729-0757

## Holiday food drive opening

The tenth annual Holiday Food Drive to benefit the Mid Coast Hunger Prevention Program (MCHPP) opens on Monday, November 5. "Here comes that red wheelbarrow AGAIN," warned Frank Connors, "the potatoes, cranberry sauces, and 1,000 items totaling 1,000 pounds, OR MORE, and to get the job done before the Christmas holiday!"

Coast Hunger. Canned fruits, soups and vegetables, tuna fish, peanut butter and baked beans are items that are in constant demand. They are quick to add that November's holiday season increases the need for items like boxed instant potatoes, cranberry sauces, and canned gravy. Boxed "helper" mixes, both hamburger and tuna, are also useful to help fill anticipated holiday needs.

The Center will accept non-perishable food products, and see that they are counted, weighed and delivered to our friends at Mid

Last season, the Center collected 1,017 "pieces" of non-perishable food, weighing 1,054 pounds, but the last collection was

delivered January 16. \$195 in cash and checks was also turned in at the food bank's offices. 2017 was the fifth consecutive year the collection met its goals. This year, Connors threatened some sort of "semi-retirement sit-in!" to

get the job finished before Christmas. "With 1,000 members, this should be a simple goal to meet," Connors said, "This is a perfect time of the year when we all should be willing to pitch in and make a difference!"

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**Newest Game!** Gladys Szabo and Betty Bavor try their luck at the apple slingshot at Ricker Hill Orchards last month. The pair got pretty good after a few tries, and the story is, "poor George" took a narrow miss from a Macintosh!



Did you know Medicare will pay up to \$2,010 each year for out-patient physical therapy?

439 Lewiston Road, Topsham  
(207) 725-4400

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**MID COAST Center for Community Health & Wellness**

*Our Community. Our Health.*

## Be an Active Part of Your Wellbeing

*Add these health-wise events to your calendar!*

- Thursdays throughout**  
**November - Yoga for Cancer** 5 p.m.  
Maine Pines Racquet & Fitness, 120 Harpswell Road, Brunswick
- Nov 7 - Women's Pelvic Health Urinary Incontinence** with Melissa J. Streeter, MD 5-6 p.m.  
**Community Health & Wellness**, 329 Maine Street-SOUTH ENTRANCE, Brunswick  
*Monthly educational series focusing on topics of concern to every woman.*
- Nov 13 - Food for Health Maximizing Immune System Function** with Timothy R. Howe, MD 6:30 p.m.  
**Teaching Kitchen-Classroom 2**, 329 Maine Street-SOUTH ENTRANCE, Brunswick  
*A plant-based cooking and education series.*
- Nov 13 - Our Health Film Series Defining Hope** 7 p.m.  
**Frontier Café+Cinema+Gallery**, 14 Maine Street, Mill 3 Fort Andross, Brunswick  
*A film and discussion series designed to shine a spotlight on important health topics for the Midcoast region.*
- Nov 14 - Ounce of Prevention Demystifying Palliative Care** with Carl S. DeMars, MD 3-4 p.m.  
**Thornton Oaks Retirement Community**, 25 Thornton Way, Brunswick  
*Education about senior healthcare topics sponsored by MID COAST SENIOR HEALTH.*
- Nov 15 - Dementia Caregivers Education Series** 4 p.m.  
**MID COAST SENIOR HEALTH**, 58 Baribeau Drive, Brunswick  
*A monthly educational group to assist individuals in understanding and caring for someone with memory loss.*
- Nov 28 - Health Within Reach A Focus on Anti-Inflammatory Foods** with Melissa J. Streeter, MD, and Stephanie J. Grohs, MD 5:30 p.m.  
**Teaching Kitchen-Classroom 2**, 329 Maine Street-SOUTH ENTRANCE, Brunswick  
*An ongoing series of talks, classes, demonstrations, and healthy lifestyle options.*

All events are FREE and open to the public.

For more information, call (207) 373-6585

For a full listing of classes, screenings, and support groups, visit [www.midcoasthealth.com/wellness/classes/](http://www.midcoasthealth.com/wellness/classes/)



**Fall hikers!** Thursday Hikers pose for a group photo during a walk around Spirit Pond last month (below) and enjoy the view and the great stone mushroom (above) during a tour of Thorn Head in North Bath.



## Mid Coast Hospital Auxiliary Seeks Members

The Mid Coast Hospital Auxiliary Annual Membership drive is underway with the goal of renewing current members, as well as seeking new individuals to join.

The Mid Coast Hospital Auxiliary is a group of women and men who support Mid Coast Hospital's mission to deliver outstanding healthcare in the community. The Auxiliary leads a number of fundraising activities throughout the year that provide financial resources to the hospital. Since the Mid Coast Hospital Auxiliary was founded in 2001, it has contributed more than \$1.5 million toward hospital projects and the health career scholarship fund.

Annual fundraising events include the Mid Coast Hospital Gift Shop (open year-round), the Sweets for the Sweet Valentine Bake Sale in February, the Used Book Sale in April, the Grand & Glorious Yard Sale in May, and the Holiday Bazaar, Wreath, and Bake Sale in December. Funds are also raised through annual dues (\$15.00 per individual) and monetary gifts.

"We greatly appreciate the support of all our members and look forward to another successful year," said Joan Shea of the Mid Coast Hospital Auxiliary Membership Committee. "We have a lot of fun together. And it's all for a good cause."

Membership is open year-round. Anyone interested in joining can visit [www.midcoasthealth.com/auxiliary](http://www.midcoasthealth.com/auxiliary) for more information and an online application.



Monica & Chuck, Carol & Charlie  
On a bike in Jefferson, Maine

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Librarian; Horticulturist; Management Consultant; Physical Therapist  
Moved to HG from Ohio and New Hampshire in 2018 and 2014  
Hiking, Biking, Boating, Travel, Sports, Games, Music, Education,  
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**Gold Medalists!** Congratulations to the People Plus "Paladins" Ping Pong players, who brought home the bacon (and the gold) at this year's Maine Senior Games. Pictured (left to right): Debbie Considine, George Paton, Armand Bouchard, Steve Winter, and Betty Leonard.

## TRICARE ending for military retirees on Dec. 31

The TRICARE Retiree Dental Program (TRDP) ends on Dec. 31 2018, being replaced by the Federal Employees Dental & Vision Insurance Program (FEDVIP). Under FEDVIP, uniformed services retirees and their families will have access to dental and vision benefits. TRICARE beneficiaries may find they have access to a more robust dental benefit than before, as well as the option of vision plans.

FEDVIP offers a variety of plans with different levels of cost and coverage. Remember,

enrollees MUST enroll during the 2019 "Federal Benefit Open Season", if they would like coverage to begin on Jan. 1, 2019.

More complete information may be gleaned from two websites: [www.tricarebenefeds.com](http://www.tricarebenefeds.com) and [www.moaa.org](http://www.moaa.org). Locally, eligible enrollees for the 2019 coverage may contact Office Program Manager Paul Loveless at the Mid-Coast Veterans Resource Center, Brunswick Landing at 406-4103. The Center is open 9am-4pm, Monday thru Friday, except for holidays.

## 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

**UN-stuff your closets with help from The Chicks!**

# chicks DO chores

(AND SOMETIMES CHUCK)

*So you don't have to!*

- WE'LL TACKLE YOUR TO-DO LIST!
- ★ ATTICS - BASEMENTS - DECKS - FENCES - GARAGES - GARDENS - OFFICES - YARDS ETC.
  - ★ CLEAN - CLEAR-OUT - FILE - DUMPTRUNKS - LABEL - MOW - MULCH - PAINT - RAKE - SPLIT/STACK WOOD - TRIM - WEED ETC.
  - ★ RUN ERRANDS FOR YOU OR WITH YOU!
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**TEEN OF THE MONTH: Javon Whitworth**

Javon is in 7th grade at BJHS and has been attending the Teen Center since 6th grade. Javon says "the Teen Center is the only place to hang out with friends and to have fun and to get away from home" Favorite things to do at the Teen Center are "playing on the PS4 system and talking to friends". I really have to add that Javon is a pretty good dancer too :) and has been a fun addition to the program! Javon is going to the movies on us!



Brunswick Area Teen Center

Gobble, Gobble, Gobble!

Turkey day is coming!!!! Gobble Gobble! Speaking of gobble gobble, we have had a record number of kids at the Teen Center lately gobbling up record amounts of food and drinks! You would think the boys eat more than the girls, but I'm not sure that's what we see happening.

We have a lot of younger kids this year! One day in October, one of the girls was lamenting the fact that her best friend at the TC had just turned 16 (she is 15 until January), she was dramatically claiming she needed someone who was actually 15 to empathize with what it was like being 15! So, I asked the "room" with about 14 kids or so still there, "Who is 15 years old?" and nary a soul responded yes, all of them were 14 or younger! Lots of 11 and 12 year olds this year and only a handful of High School

age kids. If you get the Peek of the Week e-mail sent out every Friday (if you don't, contact Jill Ellis!), you know that we hired two new Teen Program Assistants right at the start of the school year and lost one already! Found out she was pregnant, nausea, and many more symptoms started and off she went. Our other Assistant, Kim Totten, is still with us and my apologies to HR Directors everywhere, but Kim has promised me she won't get pregnant (and though I was crazy for even suggesting, seeing that her two kids are already past college age) ☺ Hey, you never, ever know!

So, we continue to look at adding new staff and watching our attendance numbers and when and if they hit 30+ more often than not, we will have to start a "wait list"

Teen Center News

Jordan Cardone



which we have never had to do before but the program keeps growing and growing! We have toned down our Holiday gift plans for this year, seeing we have so many kids. We won't be filling bags of goodies for everyone but will focus on the most loved gifts of the past few years!

I don't want to say much here because, generally the kids do not read the newsletter, BUT, every month, the Teen of the Month proudly brings the newsletter home and someone in the house may actually read the whole thing!!! Our Teen of the Month, Javon, was quite happy when he got chosen and very seriously said to volunteer, Carol Israel, and me "I think this is the biggest honor I've ever gotten"! It was a moment when I was reminded that some of the little things we do, the seemingly simple things we do, can mean so much to someone else!

And those seemingly little things are really the big reasons so many kids come to the program!

We are thankful they come to us and they are thankful that we are here for them ☺ Good way to head into the month of Thanksgiving! Happy Holiday! Jordan and The Gang!

**BRUNSWICK AREA Respite Care**



For 29 years the "Club" has been a social program offering "time off for caregivers and joyful hours for participants" in a warm, welcoming community environment.

Full or half day sessions - filled with a variety of engaging, stimulating activities.

**Come visit our convenient location in Brunswick.**

Call 729-8571 for more information or to schedule a visit.  
Brunswick Area Respite Care is a 501(c)3 Non Profit organization

**UUCB CONCERTS FOR A CAUSE presents Honest Millie**

An entertaining swing jazz band with stellar 3-part harmonies and strong instrumentation, playing music from the 30's, 40's and 50's.



**UU Church of Brunswick**  
1 Middle Street, Brunswick (Corner of Pleasant & Middle)

**Saturday, Nov 10 - 7:30 pm**

Tickets: \$12, \$15 at Door, \$5 Students/Children  
This year the UU Church of Brunswick "Concerts for a Cause" ticket proceeds will go to supporting The Brunswick Area Teen Center and The Gathering Place!

*Funeral Alternatives is a locally-owned and operated family business.*



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Simple cremations still only \$1,425

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Membership Benefits

The following businesses offer discounts for People Plus members.

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

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

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

**Autometrics**, 10% off labor  
21 Bath Road, Brunswick, 729-0842

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

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

**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

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

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

**Hearts & Hands Reiki**, 10% discount on first appointment, Mon-Fri, 10-6.  
751-5339 or mspruce@live.com

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

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

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

**Maine State Music Theatre**, Senior discount (60+) on matinee tickets  
22 Elm Street, Brunswick, 725-8769  
www.msmt.org

**NOVEMBER HIGHLIGHT - NEW BENEFIT!**  
**Massage on Maine**, First visit \$60, always \$10 off for seniors  
56 Maine St, Brunswick, 504-6913  
http://massageonmaine.com/

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

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

**Thomas Point Beach**, \$1 weekday admission  
29 Meadow Road, Brunswick, 725-6009  
www.thomaspointbeach.com

**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

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

**Wild Oats**, 725-6287, 10% off on Mondays  
149 Maine St, Brunswick, 725-6287  
wildoatsbakery.com \*Benefits subject to change

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www.integratedmovingme.com



**Lunch is served!** Last month's Lunch & Connections dinner was a crowd pleaser, serving corned beef and local veggies to more than 70 members.

**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\*: \$ \_\_\_\_\_  
Total: \$ \_\_\_\_\_ (\*donations above membership dues are tax deductible)

OFFICE USE:  Accounting  Data  Membership Card Sent

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

**Your best shot at avoiding the flu is to get your flu shot!**

**NOVEMBER Seasonal Community Flu Shot Clinics**

All CHANS Home Health Care clinics are first-come, first-served. Vaccine is for anyone 6-months-of-age or older. Insurance or donations accepted.

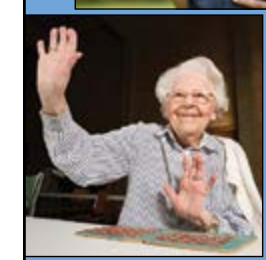
FLU SHOT FRIDAYS	MID COAST SENIOR HEALTH CENTER
58 Baribeau Drive, Brunswick	9 a.m. to NOON Fridays
Now through November 30	

Nov. 1 - <b>Curtis Memorial Library</b> 23 Pleasant Street, Brunswick	9-11:30 a.m.
Nov. 6 - <b>Bath Vote and Vax</b> Bath Middle School, 6 Old Brunswick Road, Bath	8-10 a.m. / 4-7 p.m.
Nov. 9 - <b>Small Point Baptist Church</b> 1754 Main Road, Phippsburg	3-5 p.m.
Nov. 10 - <b>Brunswick Early Bird Sale</b> Tontine Mall, 149 Maine Street, Brunswick	7 a.m.-NOON
Nov. 14 - <b>RSU 5 Freeport Schools</b> Freeport High School, 30 Holbrook Street, Freeport	3:30-6:30 p.m.
Nov. 16 - <b>RSU 1</b> Woolwich Central School, 137 Nequasset Road, Woolwich	1:30-5 p.m.
Nov. 19 - <b>RSU 1</b> Bath Middle School, 6 Old Brunswick Road, Bath	3-6 p.m.
Nov. 27 - <b>MSAD 75</b> Mt. Ararat Middle School, 66 Republic Avenue, Topsham	4-6 p.m.
Nov. 27 - <b>Bath Adult Ed</b> Morse High School, 826 High Street, Bath	4:30-6:30 p.m.

Visit [www.midcoasthealth.com/flu](http://www.midcoasthealth.com/flu) for a complete list of free local clinics provided by CHANS Home Health Care.

*Because you have better things to do than come down with the flu!*

**MID COAST-PARKVIEW HEALTH**  
Our Community. Our Health.







Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center
35 Union St, Suite 1, Brunswick, ME 04011
207-729-0475 | www.spectrumgenerations.org

November 2018

All Spectrum Generations locations will be closed on Monday, November 12, in observance of Veterans Day.

We will also be closed on Thursday, November 22 and 23, for Thanksgiving.



November is Diabetes Awareness Month

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans.

This year, the National Diabetes Education Program's theme is: Everyday Reality. This theme highlights the daily decisions those who have diabetes must make daily.

While the everyday of diabetes can seem overwhelming, there are ways we can all help — and to prevent it from becoming the everyday reality for millions more.



During Diabetes Awareness Month, Healthy Living for ME and HealthCentric Advisors will be hosting a diabetes awareness event on Tuesday, November 13, from 10:00a.m. — 12:00 p.m. at People Plus, 31 Union Street, Brunswick.

This free event will have blood pressure and foot screenings, eye checks, nutritional information and demonstrations, as well as diabetes education materials.



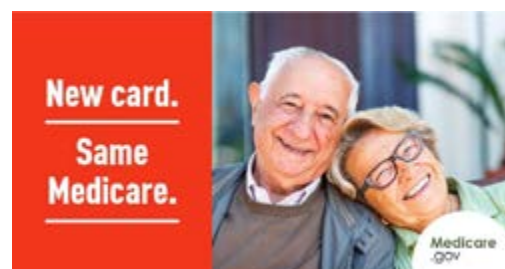
For the fourth year, Spectrum Generations' Meals on Wheels will benefit from this festive holiday fundraiser. Don't miss out—mark your calendars and plan to join us!

- Friday, November 16, 10:00 a.m. to 8:00 p.m.
Saturday, November 17, 10:00 a.m. to 8:00 p.m.
Sunday, November 18, 10:00 a.m. to 6:00 p.m.
Friday, November 23, 10:00 a.m. to 8:00 p.m.
Saturday, November 24, 10:00 a.m. to 8:00 p.m.
Sunday, November 25, 10:00 a.m. to 4:00 p.m.

\$2.00 for adults - children under 12 free



New Medicare card, new Medicare number, same Medicare benefits. People with Medicare may start using their new Medicare cards as soon as they get them!



Things to know

- 1. Your new card will automatically come to you. You don't need to do anything as long as your address is up to date.
2. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
3. Your new Medicare Number is a unique combination of numbers and letters.

Watch out for scams

Medicare will never call you uninvited and ask you to give personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card.



We are looking for two volunteers to do home assessments for our Meals on Wheels consumers in the Brunswick area.

If you have good communication skills, are professional, and have reliable transportation please contact Eliza Ring at 620-4196 or email ering@spectrumgenerations.org

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Toward a "greener" bridge

Nope, this is not an endorsement for either keeping and repairing the old Frank Wood bridge, OR for building that new, "concrete runway" proposed to keep our towns connected over the Androscoggin River.

The Harpswell Garden Club will meet Thursday November 15, 2018 at 1 p.m. at the Curtis Memorial Library in Brunswick.



Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education.

Help us make a difference in a student's life!

Visit www.studentaidfund.org
Donations may be sent to:



Speaking Frankly

Frank Connors



to the side of the new bridge? Balance it on the Bowdoin Mill ledges? Put it beside the Bowdoin Mill, where the original bridges across the Androscoggin used to cross?

perches, and we already have the fishway. Topsham continues to make improvements in its Lower Village and Granny Hole Stream area, always with an eye toward natural and historical preservation.

New/renewing members for October

- \* indicates new membership
• indicates donation made with membership
LifETIME Membership
John H. McCourt, Jr., Topsham
Brunswick
Lenore Armellino
Shirley Barton
Betty Bibber
Ann M. Carter
Catharine Chase
Kate Clough \*
Alison Coffin
Lillian Connors
Priscilla Davis •
Marilyn Flynn \*
Sara (Sally) Fogler
Paula Kappel
Richard Kezer
Yoshiko N. Kilgore
Judy Klein \*
Keith Klein \*
Sue Kuendig
Leon Laffely
Mary Beth Levesque
Joan Lorente
Joyce Lyons
Agnes Maynard
Carol McDonald \*
Victoria Muller
Bruce & Pat Myer
Susan Nickerson \*
Leona Phelan
Linda Pappin
Joanne Rioux
Elinor Rosenberg\*
Carol Schneidewind
Joseph Sheehan Sr.
Gayle Sirois \*
Ruth H. Stone
Judith Stoy
Joann M. Thompson
Sande Updegraph \*
Margaret 'Meg' Warren
Joan Wilson
Ted Wilson
Reiko Yonogi \*
Topsham
Denise Deshaies
Gerald P. Deshaies
Karin Dillman \*
Heidi Hartz \*
Margaret Sanfasin
Harpswell
John Papacosma •
Other Places
Judy Feimer, \* Bath
Elizabeth Kamphausen, Phippsburg
Nancy Sohl, Fishers, Indiana

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# Gallery featuring Hill photography

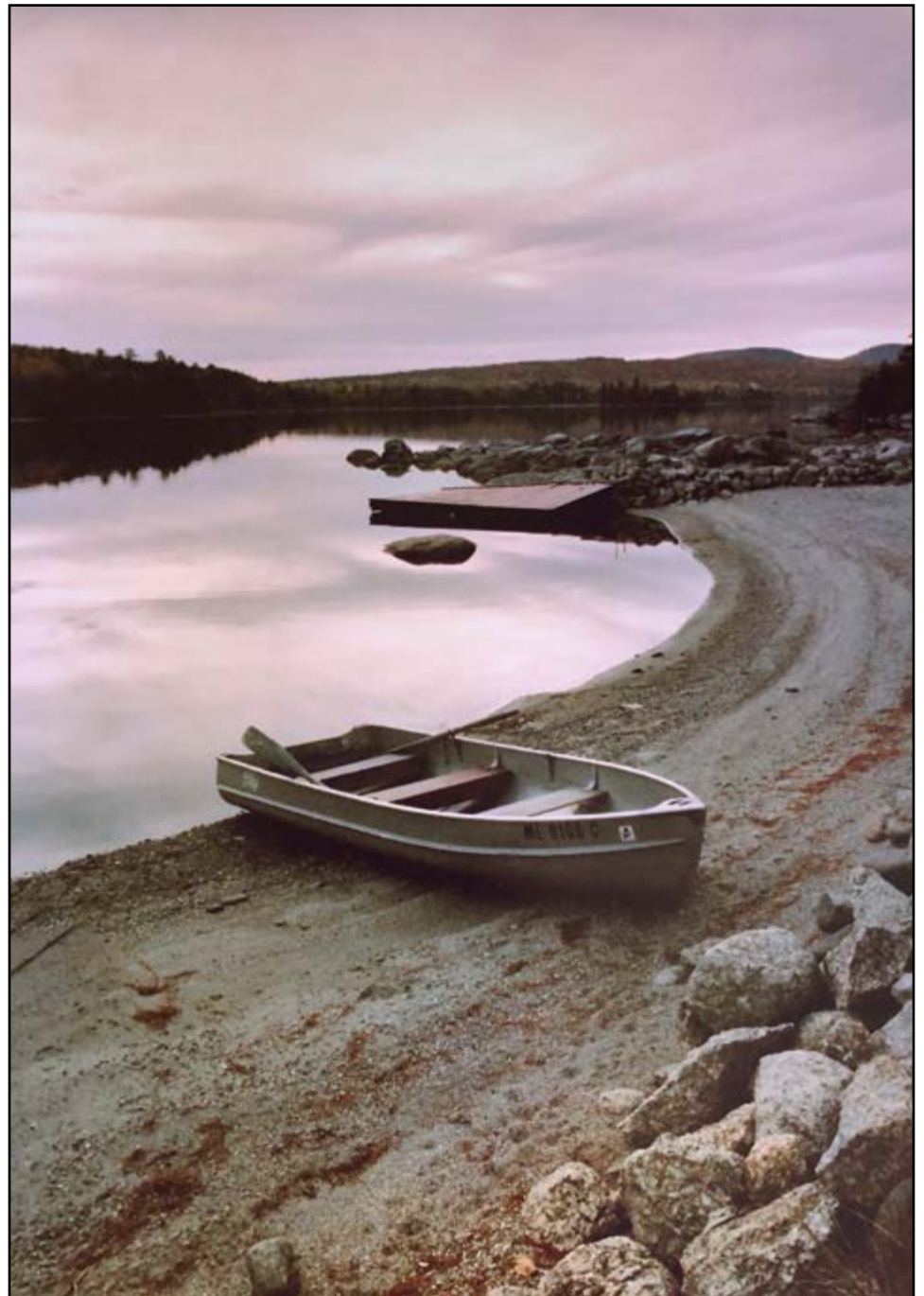
The nature and wildlife photography of Steve Hill is coming to the Union Street Gallery of People Plus for November and December. Hill, an Augusta native now living in Bowdoinham, is quick to refer to his work as therapy, saying the time spent "searching for that perfect shot," is time spent outside, "keeping myself whole, making myself better!"

Hill started taking pictures with an old Kodak Instamatic when he was 12. "My dad taught me to get out and enjoy the natural world," Hill said, "it's the best gift he could ever have given me," he added. He bought his first Nikon Camera in 1977, while stationed in Okinawa, he said, "I was bitten, started going crazy, taking pictures." Hill is an Air Force veteran, serving in Okinawa, Korea, Germany and the United States in the 1970's and 80's. "I missed Vietnam by three months," he said. "Call me a fossil, call me old school," he

offered with an impish grin, "I still shoot film and I still print images!" He said processing film is sometimes a problem these days, but "the results are always worth it... give me my Nikons, my bag of lenses, you can keep your digital gear! Film can't be hacked, film can't be photo-shopped," he added, "it makes you work and keeps you honest."

Hill will be 62 years old the day before his show opens at People Plus. He has survived two major heart surgeries, and retired from his job as a meat cutter on Nov. 3. "Photography is a constant for me," he said, "it keeps me grounded. I do some shows, I sell a few prints to support my habit, but for me, photography is my therapy."

Most of the prints in Hill's show are for sale. This collection may be admired during normal business hours at the People Plus Center, 35 Union Street, Brunswick.



Beached.

photo by Steve Hill

## Weekly Winners

Senior Intermediate Cribbage

Sept. 26: Lois Fournier, 694  
Rick Fortin, 690  
Pete Watson, 688

Oct. 3: Lois Fournier, 726!  
(Perfect Game!)  
Julie Swol, 694  
Rollande Fortin, 691

Oct. 10: Julie Swol, 710  
Lorraine LaRoche, 704  
Gaby Niffka, 702

Oct. 17: Lorraine LaRoche, 706  
Joe Tonely, 693  
George Hardin, 674

Senior Bridge

Sept. 21: Lorraine LaRoche, 4,130  
Jane Roy, 3,740  
Woody Townsend, 3,350

Sept. 24: Terry Law, 4,440  
Woody Townsend, 3,700  
Joyce Lyons, 3,250

Sept. 28: Don Caton, 3,120  
John Rich, 2,080

Oct. 1: Paul Betit, 4,890  
Alan Reder, 4,590  
Lloyd Jones, 3,910  
Don Caton, 3,860

Oct. 5: Betsy Mace, 2,460  
John Rich, 2,310

Oct. 8: Woody Townsend, 4,340  
Bob Cressey, 3,950  
Steve Gross, 3,650

Oct. 12: Dick Brautigam, 2,460  
John Rich, 2,860

Oct. 15: Bob Cressey, 3,900  
Craig Aderman, 3,720  
Richard Totten, 3,150  
David Bracy, 3,110

### Do you live alone?

The *Good Morning* program is a **FREE** daily safety check-in phone call.

*Providing peace of mind.*

**People Plus** Sign up now!  
Good Morning Program

In Partnership with Brunswick Police Dept.

FMI 729-0757  
[www.peopleplusmaine.org](http://www.peopleplusmaine.org)

## Lunch out!

Tues, Nov 13th, 11:30 am

# Ricetta's

BRICK OVEN RISTORANTE

240 US Route 1, Falmouth

Sign up for the car pool!

## When you are contemplating a move...

Navigate your way to

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