

Plus! People NEWS!

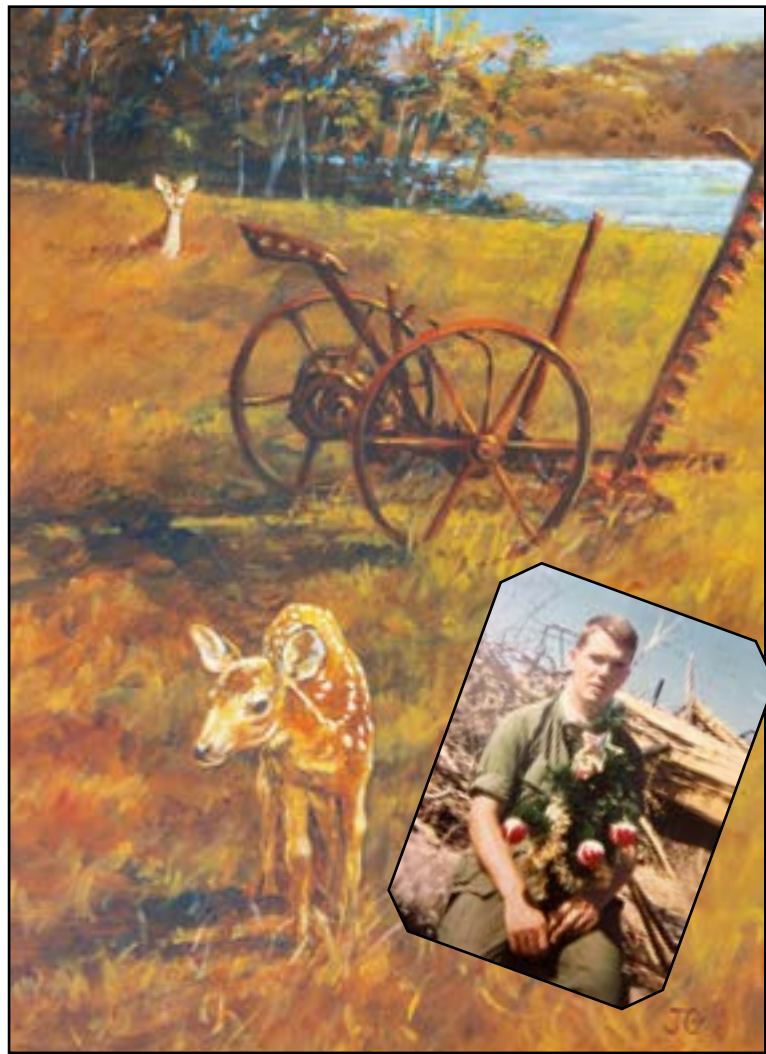
The center that builds community

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

Non-Profit Organization
U. S. Postage PAID
Portland, ME 04101
Permit No. 454

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org December 2018 Volume 18, No. 12

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



Author's Chat

"Stones & Stories" coming for Christmas

Join us on Thursday, Dec. 13, at 1:30 pm, when everyone will have their first official look at the Center's new best-selling book, *Stones & Stories*. This book is a follow-up to *Speaking Frankly*, and is a compilation of essays and letters written by People Plus News editor Frank Connors. Original art by Woolwich muralist John Gable will once again grace both covers and several of his line drawings are reproduced inside the book.

Eighty of Connors' "Speaking Frankly" newspaper columns were selected for the new book, and several unpublished essays by Connors have been added. "We had a little fun with the unpublished pieces," Connors said, "I'm betting folks will find them to be an interesting addition." The back section of "Stones & Stories" has a special selection from letters that Connors wrote and sent home to family and friends in Bowdoinham while he was a paratrooper serving in the Vietnam War in 1967-68. The Letters Home section also features a number of Vietnam era photographs.

During the Author's Chat, Connors will read from his new book, offer some insights into his work at the Center, and answer questions. Maine

State Senator E. "Brownie" Carson, himself a Vietnam veteran, offered some comments about the letters in a note that Connors called an "Afterward."

Stones & Stories has been self-published "in the spirit" of the Center's Write On! Writers group, which has published five books in the recent past. *Out of our Minds*, was released last fall by the group, copies of *From Maine and Away* and *Journeys and Reflections* are still available. Connors' book will sell for \$16.95, proceeds to benefit the Center. *Out of our Minds* is selling for \$14.95. Both books will be available after the Chat. Extra copies of *Speaking Frankly* have also been ordered, and will be available for purchase. Please plan to preregister if you want to attend this program.

WIN your Book!

Bring a can of non-perishable food for our MCHPP food drive to the Author's Chat, and we'll enter you in a raffle for a new *Stones & Stories*! Each can gets you a ticket, each 100 tickets awarded triggers donation of a new book.



Fund campaigns showing increases

The annual campaigns to support the People Plus Center and its Brunswick Area Teen Center are "off to a great start," according to Center Executive Director Stacy Frizzle. Office Manager Betsy White reported as of Monday, November 26, the People Plus effort had collected \$10,465, with an additional \$782 given as gifts at time of annual dues payment, for a total of \$11,147. The goal is to collect \$50,000 before June 30. On the same date, the Teen Center collections totaled \$9,490.

Frizzle said two anonymous donations of \$2,500 each, "are setting the tempo," for the campaign. "One Brunswick resident told me he wished his donation could target our Volunteer Transportation program," Frizzle said, and he added, "you people are doing such a vital job." Last week, a lady came to the reception desk and left a \$500 dollar check, announced she was new to the area and new to People Plus. "I've been so impressed," she said.

More than 2,000 appeal letters were sent in two blocks last month to launch each effort. Frizzle said the drives are "at the very heart" of the fund-raising mix that supports both organizations. She emphasizes that the Center receives no direct Federal or State funding, and remains heavily dependent on gifts, grants and donations from individuals, businesses and organizations in the community. Last season's campaigns both finished successfully.

HELP!

Donations of non-perishable foods for the Mid Coast Hunger Prevention Program are "off to a slow start," according to Frank Connors, who manages the little red wheelbarrow campaign in the lobby at People Plus each year. "I'm thinking this is a real slow start," Connors said, "We're looking for a December push to get our tenth annual appeal over the top." Connors said, "we have a four year streak on the line," trying to collect 1,000 pieces and



1,000 pounds before New Year's Day.

The People Plus Center collects non-perishable foods for MCHPP and delivers them in bulk every week. Brunswick's non-profit community food bank lists canned soups, fruit and vegetables, peanut butter, and baked beans as items that are in constant demand, and people wanting to donate money directly to MCHPP may do so. Last season, the center collected nearly 1,100 pounds of food and closed the campaign just before year's end. "We want to get right back there again this season," Connors said.

Frank's Field Trips

Light Night Out!

Join us Wednesday, Dec. 12, for a "mini" Light Night Out! We're borrowing the Coastal Landing van for a drive that you won't soon forget, checking out the Holiday cheer in Freeport, Portland and Brunswick. "This is NOT Gardens Aglow," host and driver Frank Connors was quick to admit, "but we'll have a good time, checking out the lights and decorations around the LL Bean flagship store in Freeport, the tree in Portland's Monument Square, and a thousand points of light in between." The van will leave the People Plus parking lot at 4 p.m.

We'll do a quick sandwich (or pizza slice) at the "original"

Amato's Restaurant on India Street, in Portland, (you pay your own.) Cost of the trip is \$5 IF you bring Frank two cans of food for the MCHPP food drive, \$10 if you forget! As usual, the first dozen folks who register and pay get to go, you can register with Pat at the front desk, beginning December 3. Be sure to include your phone number when you register. If the weather is terrible on the 12th, we'll reschedule for Wednesday, Dec. 19. These trips are made possible by donations from the Rousseau family at Coastal Landing, and by Scott Lemieux at Brunswick's Ameriprise Financial Services.



Sh-h-h, it's a surprise!

Teen Center Christmas wish



This holiday season, the Brunswick Area Teen Center is trying to "accumulate" 150 "movie box" candies and 150 Regal Cinema tickets, so each teen member of the Center will have an opportunity to get to the movies over the holiday season. The goal is to hand out 75 gift packs this year.

The largest-sized boxes of candy can be found and purchased at Target, Dollar Store and Walmart for approximately a dollar each, and if you are a AAA member, Regal movie tickets may be purchased at a discount. "We will gratefully welcome any donation of these items," Teen Center Coordinator Jordan Cardone said. The Holiday Party for the Teen Center program will be on Thursday, Dec. 20, beginning about 3 pm.



Aging Parent Seminar Series!

"Navigating the Journey"

Tue, Dec 4, 6 pm. Dealing with the challenges presented as we age can be both tricky and frustrating. If we are lucky enough to still have parents by the time we hit our 50s, then helping them navigate the journey of aging can be an additional challenge. Where will they live? How do you have the talk about giving up the car keys? What are the legal issues that arise? We find these questions are just the tip of the iceberg when it comes to dealing with aging parents.

People Plus and Mid Coast-Parkview Health continue their after work series focusing on resources to help with your aging parents. Hear about housing in this installment with a presentation by Carrie Pelletier, R.N., Program Manager of Marketing & Admissions, Mid Coast Senior Health Center. Free, open to the public. Call to register.

A Special Gift

Enjoy our pull-out section of poems and other works from the People Write On! Writers

Wishing you and yours a joyous holiday season!

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

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

The Editor, People Plus News
P. O. Box 766
Brunswick, ME 04011-0766
Office phone (207) 729-0757

People Plus Board of Trustees

- Carol S. Aderman, Chair, Freeport
- David R. Forkey, 1st Vice Chair, Georgetown
- Richard J. Rizzo, 2nd Vice Chair, Yarmouth
- Robert Davis, Treasurer, Harpswell
- Charles S. Evans, Secretary, Topsham
- Mitchell W. Brown, Brunswick
- Carolyn Bulliner, Brunswick
- Thomas Farrell, Ex-officio, Brunswick
- Catherine Jarratt, Brunswick
- Rodie Lloyd, Freeport
- Stephen F. Loebis, PhD, Topsham
- O. Jeanne d'Arc Mayo, Topsham
- Joseph Palma, Harpswell
- Chris Perry, Portland
- Dustin Slocum, Brunswick
- Annee Tara, Brunswick
- Kim Watson, Topsham
- Kelsie M. West-Ezzo, Topsham

People Plus Staff

- Stacy V. Frizzle
Executive director
director@peopleplusmaine.org
- Jill Ellis
Program and event coordinator
programming@peopleplusmaine.org
- Elizabeth White
Office manager
betsy@peopleplusmaine.org
- Frank Connors
Media & Outreach
frank@peopleplusmaine.org
- Jennifer Felkay
Marketing coordinator
marketing@peopleplusmaine.org
- Jordan Cardone
Teen Center coordinator
teens@peopleplusmaine.org
- Patricia Naberezny
Receptionist
reception@peopleplusmaine.org
- Lynne Smith
Membership/VTN coordinator
driver@peopleplusmaine.org

Spectrum Generations Staff

- Stephanie Petkers
Meals on Wheels/Nutrition coordinator
sjpetkers@spectrumgenerations.org
- Andrea Handel
Aging & Disability Resource Specialist
ahandel@spectrumgenerations.org

Senior Real Estate Specialist, SRES • Accredited Staging Professional, ASP

I love selling homes along the Midcoast. Military Retired Spouse with a lot of moving experience!

FREE Market Analysis!

Nancy Beal, Realtor
(207)751-0752

nancy.beal@century21.com
www.midcoastmainehomes.com
Century 21 Baribeau Agency, 51 Pleasant Street, Brunswick ME 04011

Lumpy Gravy – no worries...

I used to be really nervous about making Thanksgiving gravy. I remember in my teens, trying to figure out how long to cook the turkey, using "The Joy of Cooking" for instruction, learning how to get the skin crispy and keep the meat juicy. It all seemed like a pretty daunting feat in those days before the internet and Youtube could teach us everything. But cooking the bird was nothing compared to making the highly-coveted gravy.

Producing a smooth, rich, dark-brown, elixir of the gods seemed like nothing short of a miracle to me back then as it always ended up too lumpy, too salty, too thick and too floury. No matter how great the bird came out, my gravy was terrible. I even resorted to using the jarred stuff – just to have something on the table.

It wasn't until my best friend's Cajun mother taught me how to make a roux and then even later when my mother-in-law taught me how to skim the fat off the

turkey pan drippings and use the rest, that I finally got the gravy figured out. But I really used to sweat it. I would lay awake in bed as the holiday approached thinking about how to make a better gravy. This was back before I had an appreciation for what really matters in life. Before I realized that a little lumpy gravy was not the worst thing in the world and that laughing about it around a table full of the people we love was more important. But what did I know then?

I was reflecting on that with Ralph Laughlin last month while I literally made three or four gallons of homemade gravy at People Plus. Ralph was carving up eight turkeys for the annual Thanksgiving dinner here at the Center and we were enjoying the quiet camaraderie of shared kitchen time while we talked about all the important things in life. Things like beating the odds and surviving cancer; of waking up every day and saying hello to the sun, (or snow or rain). And I said that I couldn't remember why making the gravy used to be so stressful or cause me so much anxiety, especially now, in the light of all of the lovely People Plus members we said goodbye to last month.

So with his loss so fresh in my heart, I spent a lot of time noticing the little things over the Thanksgiving holiday. Things that might normally irritate me like my daughter's wet towel on the floor or the mess tracked in by lots of extra people in the house; and I saw the good things too, like my daughters having to share a bedroom and laughing together until late into the night and my siblings playing games with Jonathan's siblings. And I couldn't help but think of the families who had lost loved ones and I felt their loss as well.

That you'll take a minute to pause when you feel anxiety about shopping or wrapping or decorating and instead spend a moment appreciating the little things and be thankful for what we each have. And I hope that you won't spend a minute worrying about the gravy being a little lumpy... because I am sure it will be "Terrific!"

So I am sure that every Thanksgiving when I'm whisking the gravy, I'll think about those we lost this year and hope that you'll join me in honoring their memories. That you'll take a minute to pause when you feel anxiety about shopping or wrapping or decorating and instead spend a moment appreciating the little things and be thankful for what we each have. And I hope that you won't spend a minute worrying about the gravy being a little lumpy... because I am sure it will be "Terrific!"

And we lost Bob Davis, a Harpswell

From the Executive Director

Stacy V. Frizzle



resident and Lifetime Member of People Plus, when he died suddenly on November 10th. As a Trustee, Bob was the Chairman of the Board for my first three full years with the organization and then served as the Treasurer for the next five. He was a leader for this organization and a mentor to me whose favorite word was "Terrific!" Like a father in many ways, he was a dear and trusted friend on whose wisdom I could always rely. He never said no to assisting with anything, no matter how many boards, committees or organizations he served on. And as the Chair of the Board for Mid Coast-Parkview Health, the Chair of the Board for the Bath YMCA, and the Chair of the Board for the United Way of Mid Coast Maine to name a few, he was everywhere in the community that the under-privileged, the young and the old.

So with his loss so fresh in my heart, I spent a lot of time noticing the little things over the Thanksgiving holiday. Things that might normally irritate me like my daughter's wet towel on the floor or the mess tracked in by lots of extra people in the house; and I saw the good things too, like my daughters having to share a bedroom and laughing together until late into the night and my siblings playing games with Jonathan's siblings. And I couldn't help but think of the families who had lost loved ones and I felt their loss as well.

That you'll take a minute to pause when you feel anxiety about shopping or wrapping or decorating and instead spend a moment appreciating the little things and be thankful for what we each have. And I hope that you won't spend a minute worrying about the gravy being a little lumpy... because I am sure it will be "Terrific!"

So I am sure that every Thanksgiving when I'm whisking the gravy, I'll think about those we lost this year and hope that you'll join me in honoring their memories. That you'll take a minute to pause when you feel anxiety about shopping or wrapping or decorating and instead spend a moment appreciating the little things and be thankful for what we each have. And I hope that you won't spend a minute worrying about the gravy being a little lumpy... because I am sure it will be "Terrific!"

And we lost Bob Davis, a Harpswell



Stacy Frizzle and her beloved mentor, Robert Davis, enjoy a happier moment at a shared event.

From Anita's Plate

Anita Huey
(207) 504-6439



info@nutritionforeveryday.com

I hope that everyone had a great Thanksgiving! I have some clients who did some very different things this year. One made a tossed salad, one made pumpkin tarts in filo cups instead of a pie and one made stuffing with cauliflower! Now that Thanksgiving is behind us the preparation for Christmas has begun. Many of my clients describe their many challenges related to the upcoming holiday. These include potlucks, vendors bringing in food to the office, food gifts, parties and family gatherings. I always try to help people find strategies to make it easier to make healthy choices over the holidays.

- Some suggestions that may be helpful:
- Bring a healthy item to a potluck like chocolate hummus and strawberries.
- Prepare more vegetables at family gatherings and smaller portions of the foods that are higher in calories.
- Make bottled raspberry vinegar for gifts.

- Use small bottles of local olive oil for gifts.
- Use strategies like "pause and delay" when faced with challenging food choices.
- Keep the door halfway open. This suggests that you go to a gathering without going overboard with lots of high fat and high calorie foods.

I often ask my clients how they want to feel after a holiday meal or party and they also say that they do not want to feel like they have overateen. They express that they just do not like to feel that way. Let's try to finish our holiday meal feeling that we are satisfied but not "stuffed."

We may not feel comfortable, at first, about bringing something different to a potluck or gathering but I have so many examples of how well their foods were received!

Why not try something a bit different this year?

Roasted Beets, Carrots and Turnips

- Ingredients**
- 1 pound beets, peeled, halved or quartered
 - 1/2 pound carrots, peeled, cut in half
 - 1 pound turnips, peeled, halved or quartered
 - 3 Tb. olive oil
 - 3 Tb. balsamic vinegar
 - 1/2 t. sugar
 - 1/4 t. pepper
 - Balsamic vinegar for drizzling, optional

- Preparation**
1. Preheat oven to 400°F.
 2. Place beets, carrots, and turnips in a bowl.
 3. Whisk together olive oil, balsamic vinegar, sugar and pepper. Toss with vegetables.
 4. Spread in a single layer on a roasting pan.
 5. Roast for 1 hour or until browned or caramelized.
 6. Remove from oven and drizzle with balsamic vinegar.

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.

An All Maine Line-up this month:

Charlotte's Web by E.B.White. It's a story we've all probably read, but well worth reading again. As a refresher, it's a story of a little girl called Fern who saves a little pig, Wilbur, from being killed because he is born the runt of his litter, and of Wilbur's dear friend, Charlotte, a beautiful large grey spider. Charlotte's Web is one of the most popular children's classics that celebrates friendship, love, life and even death.

Destiny Thief by Richard Russo. Nine essays: From a commencement speech given at Colby College, to the story of how an oddly placed toilet made the author reevaluate the purpose of humor in art and life, to a comprehensive analysis of Mark Twain's value, to a harrowing journey accompanying a dear friend as she pursued gender-reassignment surgery, The Destiny Thief reflects the broad interests and experiences.

Out Of Our Minds by the Write-on Writers of People Plus. An anthology of prose and poetry by one of the most highly recognized regional writing groups. Twenty authors writing on a diversity of themes. Multiple subjects that everyone to enjoy.

Clammed Up by Barbara Ross. Julia Snowden returns to her hometown to rescue her family's struggling clam bake business--not to solve crimes. But that was before a catered wedding on picturesque Morrow Island turns into a reception for murder. When the best man's corpse is found hanging from the grand staircase in the Snowden family mansion, Julia must put the chowder pot on the back burner and join the search for the killer. This is the first in the author's Maine Clambake series. Number seven is due out middle of this month! Grand reading.

Stones & Stories by Frank Connors. The author's second book, due out this month. An advanced reading of parts of the book indicates that this will be one terrific read, detailing his life in Maine.

DON'T MISS IT!!!!

Please send comments to news@peopleplusmaine.org

Memorial Donation in Memory of
Robert C. Davis
April 25, 1941 – November 10, 2018
Dorothy Stetson
February 17, 1927 – November 10, 2018

Books, prints, cards make great gifts!

We hope your Christmas shopping is never done until you've made that last visit to YOUR People Plus STORE! Remember that buying that extra holiday gift from the Center is a great way to personalize your holiday and, at the same time (with the same investment) help your Center! We have a unique selection

of books, four of our five Holiday Heritage prints, plus a good selection of cards that will make your Christmas a holiday to remember.

Frank Connors' second book, *Stones & Stories* is out and brand new this season, and we have a new stock of his *Speaking Frankly* on hand. Our Write On Writers newest work, *Out of our Minds*, awaits your purchase, along with their *Times & Seasons*, *Journeys and Reflections*, and the old, *From Maine and Away!*

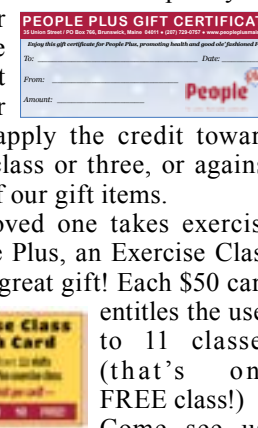


Numbered and artist-signed prints have been part of the Christmas scene at People Plus since 2002, and we still have carded and wrapped prints, for only \$55 each. Prints include: "Chuting the Androskoggin," "High Noon, High Tide," and "Fall at Topsham Fair" by muralist John 'Jack' Gable; and "Holiday at Merrymeeting Park," by watercolorist Ernst 'Bev' Bevilacqua. Finally, we still have a pretty good selection of cards, based on our prints, selling for 12 for \$15.

and remember, 100 percent of your purchase price benefits YOUR Center!

IF you are unsure how to best spend your money, this year you can just give a People Plus Gift Certificate! Your loved one can apply the credit toward annual dues, a class or three, or against the cost of any of our gift items.

OR if your loved one takes exercise classes at People Plus, an Exercise Class Punch Card is a great gift! Each \$50 card entitles the user to 11 classes (that's one FREE class!) Come see us, and let us help you celebrate your holidays!



Neighbors, Inc.

The Home Care Company

...helping people live independently and in their own homes as long as possible...

Non-Medical Home-Based Services
from 1 to 24 Hours a Day

- | | | |
|--------------------|----------------------|--------------|
| At-home Assistance | Errands/Shopping | Bookkeeping |
| Meal Preparation | Appointments | House Checks |
| Personal Care | Transportation | Pet Care |
| Chores/Laundry | Medication Reminders | Respite Care |
| Companionship | Paperwork | Organizing |

Locally owned and operated for over 27 years!

725-9444
www.neighborsinc.com

REFORM PHYSICAL THERAPY
Don't neglect your health, reform it

439 Lewiston Road, Topsham
(207) 725-4400

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

Why let it go to waste?

www.reform-pt.com

Reception Room
Personalized Catering
Spacious Chapel
Private Family Room
"Help Yourself" Kitchen

Stetson's Funeral Home
12 Federal St. Brunswick, Maine 04011
www.stetsonsfuneralhome.com
207.725.4344
apurinton@gwi.net
Anthony B. Purinton • Funeral Director

December FUN at People Plus . . .



Scrabble is the new rage at the Center this winter! Come join the fun and challenge your mind every Monday morning at 9:30 am!

Lunch & Connections

Roast Pork with all the trimmings

Juicy pork roast, scalloped potatoes and all the trimmings will make a holiday feast out of our Lunch & Connections dinner on Thursday, Dec. 20. "With the holiday less than a week away, we want this meal to be fun, festive and delicious," Chef Frank Connors said, "this will be one of the good ones. Our crew is making a special holiday punch, there will be a deep-dish spinach casserole, a boat-full of gravy and Harvard beets and Frank's famous applesauce as garnishes." Our bread is fresh baked by our neighbors at the Union Street Bakery. Dessert this month will be a selection of holiday cookies, served with vanilla ice cream.

There is always a lightly-dressed, fresh green garden salad for everyone, and the holiday punch will be complemented by hot coffee and teas, milk and iced-water on each 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 before lunch to complete free hearing checks. Our meal is always open to the public, but we ask you to pre-register after the first of December, as seating is limited to the first 68 people who register.

Cost of the meal is still only \$6 for Center members, and \$8.50 for non-members. For the same costs, you may pre-order a take-out dinner to be picked up after 1 pm. Our buffet-style lunch is served beginning at 12 noon. Please arrive after 11:30 am to visit with your friends, claim your favorite seat and purchase your 50/50 raffle tickets. Last month's turkey dinner served 82 people and the 50/50 raffle paid out \$56.

GO DRAGONS! A BUCK - A GAME!

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

Exercise Class Punch Cards

We have a punch payment card system for your convenience. See the receptionist for details, or to purchase your card!



Festive Member Holiday Party!

Mon, Dec 17, 1:30 pm. Join us for our annual holiday party for members that includes goodies, punch, music and features a performance of holiday favorites by Porch Time barbershop chorus. We'll also be decorating gingerbread houses to be used as centerpieces at our December Lunch and Connections. Got extra bags of candy or other item great for decorating - bring it with you! Wear your favorite festive attire! Call to register so we know how many supplies and food to get!

(Not a member? Join Today!)

Winter Outing Club Replaces Easy Riders for the winter!

The weekly People Plus 'Easy Riders' Biking Club is "switching gears" to a Winter Outing Club for the colder months with a different winter activity every Wednesday at 9 am. Activities will center around local walks to get outside and enjoy the fresh air. Contact the front desk for weekly information.

Calendar Notes

- World Affairs Conversation Group will be taking December off and will resume on Friday, Jan. 11 at 11 am.
- There will be no Men's Breakfast in December.

Reduced Price Hair Cuts for Seniors

Fridays, Dec 7th & 14th, 9-12:00 pm. Drop in for a \$10 haircut with Margarita Day, former owner of Margarita's Hair Styles in Brunswick. All proceeds benefit People Plus. No appointment necessary, just show up with clean hair and she will give you a cut! Open to the public!

Spectrum Generations Medicare 101 Session

Tue., Dec 11, 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. **spectrum generations** Free, suggested \$15 donation.

Scrabble Club - Mondays, 9:30 am.

Come challenge yourself, keep your brain active and socialize while playing your favorite word game! Members only.

Apple Club

Thu, Dec 6, 10 am. Would you like to learn more about your i Phone/ i Pad/ i Touch? Would you like to know how the many apps you have heard about can help enhance and organize your life! This group meets on the first Thursday of each month at 10 am to share knowledge, ask questions and find answers to the wonderful world of devices! No experience necessary. You only have to be a member of People Plus to join!

Call 729-0757 to register for classes & events.

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!

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

Mon	Tue	Wed	Thu	Fri
3 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	4 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm SG Holiday party 12:30pm Aerobics Lite 2:00pm Chair Yoga 6:00pm Navigating the Journey	5 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 5:30pm Knights of Columbus	6 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Donuts and Drivers 10:00 Apple Club 11:00 Yoga	7 9:00 Hair Cuts w/ Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
10 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	11 9:00 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	12 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 4pm Frank's Field Trip: Light Night Out! 6:30pm Brunswick Coin/Stamp	13 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:30pm Author's Chat: Frank Connors: Stones & Stories	14 9:00 Hair Cuts w/ Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
17 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 12:00pm Bridge 1:30pm Member Party 7:00pm Civil War Books	18 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga	19 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	20 9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch & Connections	21 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
24 Center Closed Christmas Eve	25 Merry Christmas Center Closed	26 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 1:00pm Write on Writers	27 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 11:30 Mah-Jongg holiday party	28 9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
31 Center Closed New Year's Eve				

Can YOU help a Neighbor in NEED?

Join our team - Volunteer to drive TODAY!

729-0757 driver@peopleplusmaine.org

'Tis the Season for Giving!

People Plus is collecting donations for:

- MCHPP Food Drive (non perishable items, through the end of December)

Select **People Plus** at smile.amazon.com and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases.

BRUNSWICK AREA STUDENT AID FUND
BOWDOIN • BOWDOINHAM • BRUNSWICK • HARPSWELL • TOPSHAM

"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."

— James Tierney, BHS Class of 1965

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

BRUNSWICK AREA STUDENT AID FUND
P.O. Box 867, Brunswick, ME 04011

It's not like home. It is home.

THE HIGHLANDS
A GRACE MGMT. COMMUNITY

(207) 725-2650 | HIGHLANDSRC.COM

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

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.

Hanukkah begins at sundown on Sunday, Dec. 2nd through sundown on Monday, Dec. 10



Early Snow blankets the shore of the Androscoggin River, in this idyllic photo taken by Chris Gutcher, last month. Abnormal cold, rain and ice that made November colder than normal are not pictured.



*Our Goal:
Keeping
you
healthy.*

ROUTINE VISITS WITH AN INTERNIST OR FAMILY PRACTICE PROVIDER encourage a long-term relationship with a healthcare provider who will help you with preventative care, chronic disease management, medication management, and specialty referrals throughout your life.

MID COAST MEDICAL GROUP

- *Primary Care* 22 Station Avenue, Brunswick
- *Internal Medicine, Bath* 108 Centre Street, Bath
- *Internal Medicine, Topsham* One Wellness Way, Topsham
- *Family Practice at Parkview* 329 Maine Street, Suite A200, Brunswick

We can help you find an adult care provider who is right for you.
Call (207) 373-6033 or visit www.midcoasthealth.com/primarycare



MID COAST MEDICAL GROUP

All physicians are affiliated with MID COAST HOSPITAL.

Harpswell's Annual Tree Lighting Celebration

Saturday, December 8 at 5:30 p.m. Join us for Carols, Cocoa and Cookies at Centennial Hall opposite 929 Harpswell Neck Road, Harpswell Center. Free and open to the public.

The Harpswell Garden Club will meet on December 13 at the Kellogg Church 917 Harpswell Neck Road in Harpswell Center. After a brief business meeting, Harmon's of Portland will present "Celebrating the Senses and the Seasons" festive holiday floral designs. Free and open to the public. FMI Becky 833-6159



Lunch out!

December 11th at 11:30 a.m.



16 Station Ave, Brunswick

Be sure to sign up for the car pool!



Good to the last drop. Receptionist Pat Neberezny and VTN Coordinator Lynne Smith (top photo, right) enjoy the last drops of whipped cream when the beaters needed cleaning during the cooking prep for Italy-Fest in November. Wanda Barlag (above) joined a full hall of listeners ready to hear Stacy and Jonathan talk about their recent trip.



Senior Companion and Personal Care Services
1 to 24 hours
Yarmouth, Freeport, Cumberland, Falmouth
729-0991



NOW HIRING
Brunswick to Portland \$13-\$15/hr
Free Yoga, Free Massage!

Lobby Donation Tree:

Take a second look at our lobby Christmas tree this month and you'll notice ways you can make the year 2019 even merrier at People Plus! Among the decorations, you'll see scattered wish list cards for items that will benefit ongoing programs. The list includes food items and gift cards for the Brunswick Area Teen Center, gas cards for the Volunteer Transportation Network (VTN), and other assorted items for the Center.



We are HG

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,
Art, Volunteerism, New Friends for Life



The Northeast's Premier 55+ Active Adult Lifestyle Community

7 Evergreen Circle, Topsham, Maine | 207-725-4549 | HighlandGreenLifestyle.com

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

"Elf help needed??!"

We decorate, provide extra house-party hands, etc.!



- WE'LL TACKLE YOUR TO-DO LIST!
- ★ ATTICS - BASEMENTS - DECKS - FENCES - GARAGES - GARDENS - DRIPPIES - YARDS etc.
 - ★ CLEAN - CLEAR-OUT - FILE - DUMPTRUCKS - LABEL - MOW - MULCH - PAINT - RAKE - SPLIT/STACK WOOD - TRIM - WEED etc.
 - ★ RUN ERRANDS FOR YOU OR WITH YOU!
- MARY ELLEN ROSENBERG - OWNER
CALL OR EMAIL FOR ESTIMATES OR SCHEDULING -
CDG 4 U @ COMCAST.NET
207-729-5760

- *Fully Insured
- *Bonded
- *LLC



www.chicksdochores.com

Brunswick Area Teen Center

Twinkle, Twinkle Little Star

Little white twinkling lights... one of my favorite parts of the holiday season! The smell of Balsam is a close second! The wonderful excitement of children everywhere is a joy to behold (unless perhaps you are closed in a room with 30 of them for hours

on end prior to the holidays!). Ohhhh, that was very grinchy. Amped up they will be, though!
For some, the holidays are not so magical but painful reminders of people not in our lives and of events of years past. This is as

true for our youth as it is for us adults. This year we have scaled back our 30-50 bags of goodies for our youth members to 75 "movie packs" (for details see our weekly Peek or e-mail me). For a few of our members who we worry will have a rough or lacking holiday, we are passing names out to some elves to help brighten their holidays!

We hope to have our Teen Program party on Thursday, December 20th, the last day we are open until kids return to school January 2nd (2019). Any holiday food goodies are more than welcome for that afternoon!

My hopes prior to that date are to have a December Cookie Baking Day with donations of mounds and mounds of cookie dough, lots of decorations and the borrowing of some cookie cutters! Desire #2, to decorate the TC space in a festive holiday way! We are space challenged to put up a tree but we're determined to find a spot!

Right before Thanksgiving I passed out sheets to kids to write down one or two things they are thankful for! We got a few silly answers but lots of real answers, such as: I'm Thankful... "For my friends, for the amazing people and staff of the Teen Center, for my mom and food, for family and cranberry sauce, friends, the teachers I have this year and my family who cares about me and feeds me, food, for being able to visit my mom and having a roof over my head, life-food and water, for the clothes-food-entertainment and support here at the Teen Center, for the meds that made my dad be the person he used to be and for my friends, pie and free food, my dog Barnaby, the roof over my head and the friends I have, friends, my mom!"

I am especially thankful for the support and help this year with our food program, both in the way of money donations and the wonderful people who have signed up to prepare meals for the kids! The meal program, with 25-30 kids 4 afternoons a week to feed, was overwhelming me when school began! We now have a plan, a

Teen Center News

Jordan Cardone



schedule and people helping to provide some of the meals needed and it is working out great. It is incredibly helpful to the program and to me personally! Thank You!!!!

Into December we go! With 2 school days already cancelled due to snow in November, there is no telling what December will bring as far as weather! We do know December will bring the holidays, a long school break, decorations, family, friends, parties, presents, Christmas music, cold temperatures, more snow, and a lot of different traditions, some just starting and some years in the making! Whatever December brings your way, we wish you a Happy Holiday!
Jordan and The Gang!

TEEN OF THE MONTH: Kai Lowell

Our Teen of the Month is Kai Lowell. Kai is in 6th grade at BJHS and so just began attending the program this September. Kai likes music and the Staff at the Teen Center and spends a lot of her time while at the Center listening to music on the computer. Kai is a quiet and gentle addition to our group and always rises to the occasion when help is needed! Kai is off to the movies on us! Congratulations Kai!



ASK QUESTIONS, READ STORIES & LEARN ABOUT OUR FOOD

NOVEMBER — DECEMBER 2018

Join us for a number of programs as part of the Local Bounty Collaboratory. Drop in to our office hours with local organizations operating in our food landscape or explore food through story times.

All events are FREE and open to the public.

Learn more at www.curtislibrary.com/food

Explore our food landscape

Local Bounty celebrates the importance of local food to our community: its historic impact, its continued need, and our access hurdles. Come join us at open office hours and story times to learn how teams and books are exploring some of our community's food-related challenges. Ask these leaders the questions you've always wondered. Example queries include:

- How has our region's food system and your organization changed?
- Is more helpful to give my garden produce or \$?
- How can I volunteer with my special skill?
- What future changes do you expect?
- Are there ways I can mitigate my risk?

WWW.CURTISLIBRARY.COM

Be an Active Part of Your Wellbeing

Add these health-wise events to your calendar!

- Dec 3 - Healthy Weight for a Lifetime** 5-6 p.m.
Teaching Kitchen-Classroom 2, 329 Maine Street-SOUTH ENTRANCE, Brunswick
FREE introduction to upcoming 12-week mindful living program that provides a long-term solution for weight loss by addressing the emotional, physical, and nutritional issues contributing to obesity.
- Dec 5 - Women's Pelvic Health Prolapse** with Melissa J. Streeter, MD 5-6 p.m.
Community Health & Wellness, 329 Maine Street-SOUTH ENTRANCE, Brunswick
FREE monthly educational series focusing on topics of concern to every woman.
- Dec 8 - Mindful Morning** Three-Hour Mini-Retreat 9 a.m.-NOON
Movement Room-Classroom 3, 329 Maine Street-SOUTH ENTRANCE, Brunswick
Mindfulness-based exercises, meditation, and movement for individuals of all experience levels. Pre-registration is required. Call 373-6585. Cost \$45.
- Dec 10 - Youth Mental Health First Aid** 8 a.m.-4:30 p.m.
Bath Recreation Department, 4 Sheridan Road, Bath
FREE NAMI-Maine training is designed to teach you how to help a teen who is experiencing a mental health or addiction challenge, or who is in crisis.
- Dec 11 - Food for Health Lifestyle Changes to Reduce Your Risk of Osteoporosis** with Timothy R. Howe, MD 6:30 p.m.
Teaching Kitchen-Classroom 2, 329 Maine Street-SOUTH ENTRANCE, Brunswick
A FREE plant-based cooking and education series.
- Dec 13 - Joint Replacement Educational Session** with Jacob H. Furey, MD and Thomas J. Kryzak, MD 5 p.m.
Community Health & Wellness, 329 Maine Street-SOUTH ENTRANCE, Brunswick
FREE informational session to answer your questions about who can benefit from and what is involved with joint replacement surgery.

For more information, call (207) 373-6585

For a full listing of classes, screenings, and support groups, visit www.midcoasthealth.com/wellness/classes/

MID COAST Center for Community Health & Wellness

Our Community. Our Health.

Bring your friends to People Plus

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

Encouraging your friends' memberships at People Plus is a great way to visit, stay focused and become more social, more fit and more engaged. Imagine if you started to share what YOU like best about People Plus with one or several of your best 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 meeting at programs and events.

Do show your membership card proudly at area businesses, and you'll have the opportunity to save every day!

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
Mon-Fri, 10-6
751-5339 or mspruce@live.com

Hearts & Hands Reiki, 10% discount on first appointment.
Maine Street, Brunswick, 729-0176

J&J Cleaners, 10% off pickups: Wednesdays (cust. 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

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

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



Holiday Treat! Members of the Bath Garden Club once again created more than 120 fresh Holiday table ornaments to be delivered to all the Meals on Wheels recipients in our area. Delivering the greens are: (left to right) Joan Toy, Gail Shean, Pat Shaw and Pam LaVeunesse from the Bath club, that's our new MOW coordinator Stephanie Petkers, second from left.

PEOPLE PLUS MEMBERSHIP APPLICATION

PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Date _____

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!

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

To Serve You Better, we've moved to 46 Bath Rd
Simple cremations still only \$1,425

46 Bath Rd, Brunswick • 406-4028 • www.funeralalternatives.net



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

December 2018



All Spectrum Generations' locations will be closed on Christmas Day, Tuesday, December 25.

We will also be closed on Tuesday, January 1, New Year's Day.

We wish you all a safe and happy holiday season!

What You Should Know and Do this Flu Season If You Are 65 Years and Older

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu, because human immune defenses become weaker with age.

Actions to take this flu season:

- 1. Get your flu shot.
2. As long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.
3. Practice good health habits including covering coughs, washing hands often, and avoiding people who are sick.
4. Seek medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs.
5. Get pneumococcal vaccines. People who are 65 years of age and older should also be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections.
6. Do you have Asthma, Diabetes, or Chronic Heart Disease? If so, you are at high risk of serious illness if you get the flu.

Talk to your doctor to find out which vaccines are recommended for you!

Health and age factors known to increase a person's risk for developing flu-related complications:

- Asthma
• Neurological and neurodevelopmental conditions
• Blood disorders (such as sickle cell disease)
• Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
• Endocrine disorders (such as diabetes mellitus)
• Heart disease (such as congenital heart disease, congestive heart failure, and coronary artery disease)
• Kidney disorders
• Liver disorders
• Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
• Extreme obesity (with a body mass index [BMI] of 40 or more)
• People younger than 19 years of age on long-term aspirin therapy
• Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)



Welcome Stephanie

Please join us in welcoming Stephanie Petkers, Spectrum Generations' Nutrition Coordinator at People Plus. Stephanie will be overseeing Meals on Wheels, Animeals, and USDA program in the Sagadahoc, Brunswick, and Harpswell area.



Weather Cancellations & Delays

Please call (800) 639-1553 for a recorded message announcing any Spectrum Generations closings. You can also watch or listen to TV Channels 2, 5, 6, 8, or 13 and on

FM Radio Stations: 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9, and AM Radio Station: 1160



Planning an event? Cohen on the Meadows is available to serve all catering needs! 207-620-1189 or 207-660-9267

What Elf on which shelf?

My kids grew up in a certifiable Santa house, so you might share my dismay when a few years ago, I started hearing these "Elf" stories! It seems each house where both my kids are raising their kids, has had elves on their shelves for their Christmas season.

other side of the road.

My last Santa Train trip, Abbie, George, Silas and Zander were all aboard! I got right in those boys faces, Ho Ho'ed and hugged them both! As I walked way, little Zander looked at his mother and said, "Santa talks just like Bumpie!" Abbie didn't even blink, she said instead, "You know Santa's magic, when he talks to you, you always hear the voices of people you love!"



Art by Jadon Connors, 12/25/2015

But this elf thing, is this some kinda fad? Our old Cape in Bowdoinham had a parlor fireplace so big my kids could walk right into it until they were high school aged. When they were old enough to crawl, we started hauling milk and Santa cookies to that hearth, leaving notes on the mantel, drawing pictures for the old man to haul away in his sleigh, doing all we could do to add to the magic of the season.

See what I mean, I have wonderful children! Back in 2004, a lady named Carol Aebersold and her daughter created what became a multi-media sensation when they wrote a book called, "The Elf on the Shelf" and cleverly packaged it in a box with a sweet looking, lovable, flexible elf puppet.

Guess what, sales took off, and a four dollar book sold in a kit for what, maybe \$24.95! Don't you love good ol' fashioned American merchandising? The "kit" encourages families to adopt elves and create a "new family tradition."

Annie tickets available!

Join us Tomorrow, Tomorrow (or this month) as Midcoast Youth Theater (MYT) presents Annie, December 13-16 at Brunswick High School's Crooker Theater.



our own Jill Ellis as Producer and her family in the show! Shows times are Thursday Dec. 13, Friday Dec. 14, and Saturday Dec 15 at 7 pm. Also 2 pm matinees on Saturday Dec 15 and Sunday Dec. 16.

BRACKETT FUNERAL HOME

A Ladner Family Service TRADITIONAL FUNERALS LIFE CELEBRATIONS CREMATION SERVICES

Compassionate. Dignified.

Peter W. Ladner • Christopher C. Ladner Glenn P. Henderson, CFSP • Gregory A. Giberson 29 Federal Street • Brunswick, Maine 04011-1590 Phone 207-725-5511 • Fax 207-729-5930 www.brackettfuneralhome.com

Speaking Frankly



Frank Connors

a little sinister?? It used to be so simple, putting cookies on the hearth.

Here's hoping that you, your families AND your elves have the best Christmas possible, and the happiest of New Years. Ho, Ho, Ho!

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.

New/renewing members for November

* indicates new membership
• indicates donation made with membership

Brunswick

- Betsey Bailey
Donna Burch
Norrine Burnett
Regina A. Campbell
Diane B. Coveny
Stephen Cowperthwaite
Anne Cunningham
Rosalie Deschenes
Gerald Fromm
Marji Greenhut
Louise Harding
Marguerite 'Libby' Hyatt

- Lorna Inman
Jane Knox
Janice McLaughlin
Joan Melcher
Roland Melcher
Denise Miller
Gabriele Niffka
Nancy Pantaz
Tom Pantaz
Caroline Payson
Julie Pelletier
Gloria Pollard
Billie 'Wilma' Reynolds
Erik Sandelin
Eunice St. John
Penelope Stevens
Donna Tompkins

Topsham

- Carlton Charity
Carol Mulloy
Esther Palmer
Carole Sargent

Harpswell

- Anne Bouchard
Armand Bouchard

Other places

- Barbara Gravinese, Lisbon Falls
Diane Jellis, West Bath
Felix Small, West Bath

ROUSSEAU MANAGEMENT Skilled and Assisted Living in Midcoast Maine



www.rmimaine.com
COASTAL LANDING RETIREMENT COMMUNITY
COASTAL SHORES ASSISTED LIVING
DIONNE COMMONS
ASSISTED HOME CARE II
Horizons Living & Rehab Center

We take your loved ones comfort and health to heart.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Steve Hill photography featured in Gallery

The nature and wildlife photography of Steve Hill is featured in the Union Street Gallery of People Plus until the end of 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 was 62 years old the day his show opened 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.



Castle Island, Belgrade.

photo by Steve Hill

Weekly Winners ♠♥♦♣

Senior Intermediate Cribbage

Oct. 24: Rollande Fortin, 717
Lorraine LaRoche, 710
Anne Bouchard, 684

Oct. 31: Lorraine LaRoche, 707
Gaby Niffka, 697
George Hardin, 684

Nov. 7: Julie Swol, 726!
(Perfect Game!)
Mike Likovich, 691
Rick Fortin, 689

Nov. 14: Rick Fortin, 705
(three-way tie for second)
Rollande Fortin, 695
Lois Fournier, 695
George Tetu, 695

Senior Bridge

Oct. 19: Jeff Lauder, 4,210
Lorraine LaRoche, 4,090

Oct. 22: Terry Law, 4,140
Woody Townsend, 3,630
David Bracy, 3,340

Oct. 26: Woody Townsend, 3,920
Sherry Watson, 3,120

Oct. 28: Anne Brautigam, 3,910
Alan Reder, 3,790
Joyce Lyons, 3,590
David Bracy, 3,530

Nov. 2: Judy Feimer, 3,600
Lorraine LaRoche, 3,520

Nov. 5: Steve Gross, 3,980
Lorraine LaRoche, 3,390
Cathy Cooper, 2,970

Nov. 9: Jane Roy, 3,920
Barbara McHarg, 2,950

Nov. 12: Lorraine LaRoche, 4,750
Paul Betit, 3,930
Woody Townsend, 3,650

When you are contemplating a move...

Navigate your way to

COASTAL LANDING

Retirement Community

With so many reasons to love the Midcoast, come by for a visit and a personal tour and let Coastal Landing be the next great chapter in the story of your life!

142 Neptune Drive, Brunswick
Located in Brunswick Landing! (Former Navy Base)
www.coastallanding.com * 207-837-6560

Season's Greetings from the



Twelve Days of A Mainer's Christmas

© Lyrics by R. Neil Laughlin

On the first day of Christmas my true love gave to me a black bear in a pine tree.

On the second day of Christmas my true love gave to me...two Bean Boots, and a black bear in a pine tree.

On the third day of Christmas my true love gave to me...three stinky skunks, two Bean Boots, and a black bear in a pine tree.

On the fourth day of Christmas my true love gave to me...four huffin' puffins, three stinky skunks, two Bean Boots and a black bear in a pine tree.

On the fifth day of Christmas my true love gave to me...Five Chick-a-Dees...four huffin' puffins, three stinky skunks, two Bean Boots and a black bear in a pine tree.

On the sixth day of Christmas my true love gave to me...six clammers clamming, Five Chick-a-Dees... four huffin' puffins, three stinky skunks, two Bean Boots and a black bear in a pine tree.

On the seventh day of Christmas my true love gave to me...seven lobsters boiling, six clammers clamming...Five Chick-a-Dees... four huffin' puffins, three stinky skunks, two Bean Boots and a black bear in a pine tree.

On the eighth day of Christmas my true love gave to me...eight eagles soaring, seven lobsters boiling, six clammers clamming... Five Chick-a-Dees...four huffin' puffins, three stinky skunks, two Bean Boots and a black bear in a pine tree.

On the ninth day of Christmas my true love gave to me...nine guys a huntin', eight eagles soaring, seven lobsters boiling, six clammers clamming... Five Chick-a-Dees... four huffin' puffins, three stinky skunks, two Bean Boots and a black bear in a pine tree.

On the tenth day of Christmas my true love gave to me...ten moose a mating, (MOOOWWW!) nine guys a huntin', eight eagles soaring, seven lobsters boiling, six clammers clamming... Five Chick-a-Dees... four huffin' puffins, three stinky skunks, two Bean Boots and a black bear in a pine tree.

On the eleventh day of Christmas my true love gave to me...eleven ravens ranting, ten moose a mating, nine guys a huntin', eight eagles soaring, seven lobsters boiling, six clammers clamming... Five Chick-a-Dees... four huffin' puffins, three stinky skunks, two Bean Boots and a black bear in a pine tree.

On the twelfth day of Christmas my true love gave to me...twelve bears a sleeping, eleven ravens ranting, ten moose a mating, nine guys a huntin', eight eagles soaring, seven lobsters boiling, six clammers clammin'... Five Chick-a-Dees...four huffin' puffins, three stinky skunks, two Bean Boots and a black bear in a pine tree.



Foxboro December Night

by Charlotte Hart

In the 1940's, Foxboro, Massachusetts was a very small town. No shopping malls. No motels. No hotels. No inns. Gillette Stadium, home of the New England Patriots, was unheard of. My dad was a teacher in Franklin, Massachusetts, just north of Foxboro. Dad liked to go to Cranston, Rhode Island to visit my Uncle Nelson and his family and also to take advantage of Rhode Island gas wars. He would fill the tank of our 1940 Chevrolet with gas at 17 cents a gallon.

One cold, dark December night, Dad was driving Mom, my brother Bill, and me from Cranston, Rhode Island to Franklin, Mass. In Foxboro, in deep dark woods, we had "car trouble". The Chevy stopped and would not start. Dad popped the hood. "I am afraid the gas line is frozen."

"What will we do?"

"All we can do is hope someone drives out this way and offers to help." For a while we sat there in the freezing cold. I shivered even when Mom wrapped me up in an auto shawl. Finally headlights came through the woods, and a truck stopped. "Need some help, Mister?"

"I am afraid my gas line is frozen," Dad told the man.

"I'll take a look. I think you're right. First, let's get your wife and kiddos to a warm place." We piled into the truck and were driven a couple of miles to the man's home. A wood stove filled the place with warmth. "These people need some cocoa, Mother," the man told his wife. He told her he was going to take my dad and his car to Sonny's Garage.

We sat near the wood stove, drinking hot chocolate and eating homemade frosted ginger cookies. We watched the lady work at her sewing machine, "I'm making these table cloths for the Christmas Fair," she told Mom. Now you pick one out. A little Christmas gift from me."

We were full and warm and getting sleepy. Dad and our new friend arrived with our Chevrolet ready to go. As we drove home, Dad told Mom, "That man even asked if I had cash on hand. He would have given me money to pay for repairs." Mom used the red and green Christmas table cloth for years.



Christmas Tree

by Virginia Sabin

You fell into my lot
Trussed up with stone
Tethered with wire
Defying odds
Of remaining righted
This Christmas tree will stay
Buried deep in January snow
Boughs burdened with winter's sleet
Still you stay
Standing tall
A comfort to me

At Christmastime

by P.K. Allen

Winter is calling
The weather is appalling
Sleet and snow are falling
In this season of the year

Children are waking
Christmas pies are baking
Parents are making
Ready for Christmas cheer

Christmas bells are ringing
Carolers are singing
Santa clause is bringing
Bags filled with gifts and toys

Candles are gleaming
Children's faces are beaming
Christmas trees are teeming
With gifts for girls and boys



A Christmas Letter From Cousin Joe

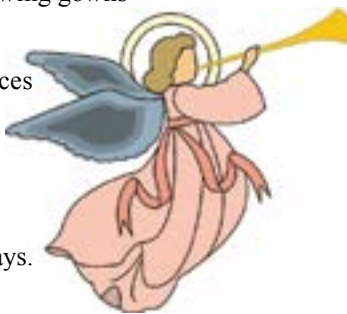
by Charlotte Hart

A letter and family photo from Joe! This one will be a bit different I know. My favorite kind of holiday cheer, BUT Joe's family does not look happy I fear. Joe writes, "Fifteen gathered on Thanksgiving Day At our house; I knew they would stay, stay, stay, stay. Little Nancy ate lots, kept asking for more. At family photo time, she threw up on the floor. Aunt May wonders why does OUR sink over flow. May does lousy work scraping dishes WE know! SO from US to YOU this fuzzy photo, sad letter. We DO have faith—Christmas just has to be better. While I am at it, dear Family and Friends, I'll tell you how the year 2018 ends. As you know, I teach music, has a great high school band. My band won great honor—the best in the land, Picked to represent the state. How cool! But then...my lead trumpet player threatened to blow up the school! Never mind! We'd play without him in the state band parade... Trumpet Player Two would give commands. We had it made. Sad to say, we did have a problem—not small. Trumpet Player Two, with excitement, made the wrong call. 49 bands marched one way. What a sight! 49 bands marched left. Our band marched right. I do laugh. I don't cry, Friends and Family so dear, And hope that we all have a Happy New Year."

Angels

by Gladys Sszabo

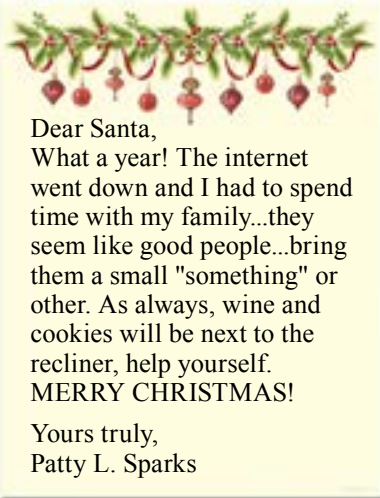
Angels we have heard on high
We often hear at Christmas time
Some people think of Angels with flowing gowns
Wings and halos rather than crowns
I see Angels all around
Take heed of surrounding circumstances
It may be the coincidence
Of an unsurmizing angel.
A smile, a touch or just a hug
Nothing said, you just feel the touch
Angels work in mysterious ways
Through those on earth - night and days.



Christmas Wish

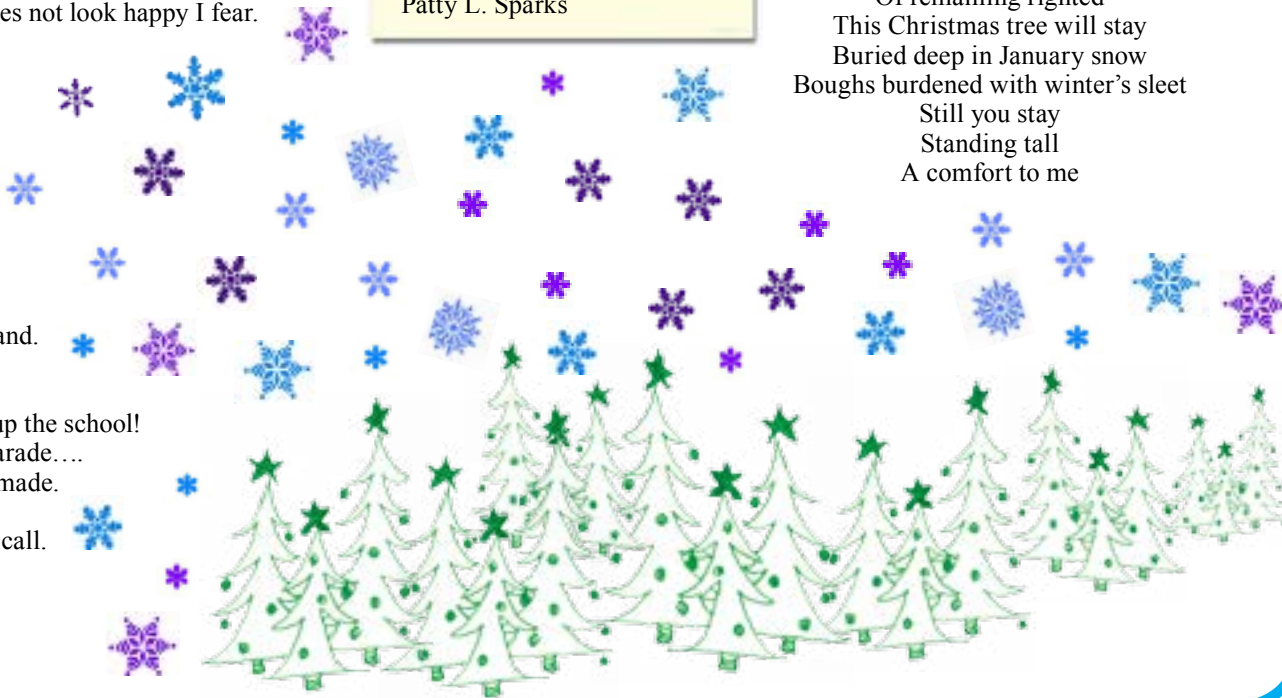
by Bonnie Wheeler

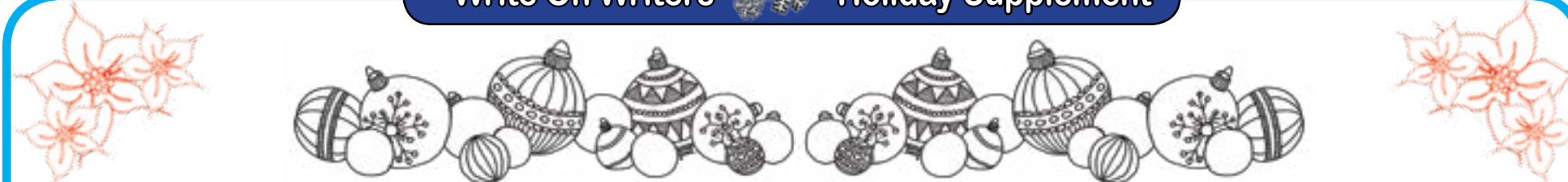
What would your perfect Christmas gift be?
Lots of money? A new car? A 50-inch TV?
I'm thinking my wish would be
Sitting safe and warm by my Christmas tree
Beside family and friends singing Christmas songs with me
With a grateful heart to be living free



Dear Santa,
What a year! The internet went down and I had to spend time with my family...they seem like good people...bring them a small "something" or other. As always, wine and cookies will be next to the recliner, help yourself. MERRY CHRISTMAS!

Yours truly,
Patty L. Sparks





Remembering Our Childhood Christmas Tradition

by Betty Bavor

Christmas never entered our minds until after Thanksgiving which was a family celebration as there were no farm hands working in the winter. We lived with our maternal grandparents and my older brother and I learned our p's & q's growing up on a farm. That meant chores had to be routinely done every day. Our second brother was born ten years after me - a big surprise or should I say little surprise! I share this fact as the Christmas tradition I am remembering did not include my baby brother.

Returning to school after Thanksgiving, took on a glimmer of Christmas. We began making decorations for our classroom windows and believe it or not we had Christmas trees in our classrooms for students to decorate. We learned Christmas carols, the 7th, 8th and 9th graders put on a concert or Christmas play and it seemed forever to finally open the last Advent Calendar tab in Sunday school. The church Christmas fair was an annual event. The large blue spruce tree in front of the town's library was ceremoniously lighted for our town Christmas tree. Homes were adorning lights and decorations. We had selected a tree from the pasture and set it up in the parlor waiting for dad to bring the boxes of decorations from the attic. Our grandparents watched and we listened to Christmas music while decorating our tree with precious ornaments. Several days before Christmas Eve my brother and I selected a socking to hang by the wood stove in the dining room hoping Santa would come to our house.

The Christmas story was performed by the Sunday school children on Christmas Eve followed by a candle light service. Santa did arrive at our house filling stockings to bulging and leaving presents under the tree. As mentioned earlier, chores needed to be done and our mom and nana were busy preparing a sumptuous Christmas dinner. Christmas morning my brother & I explored our stockings which always had a game, puzzle, coloring book, note paper and pencil for future thank yous. In the toe there was a tangerine or orange, several nuts, ribbon candy, a candy cane and a penny. The Christmas tree waited! Finally our family gathered for our Christmas celebration. No coal, as legend has it - we were good children all year! A meal fit for a king, a brightly lighted tree, excitement of gifts being opened and our family sharing the meaning of Jesus birth. Cherished memories of family celebration long ago warms my heart.

Goodwill to all people - peace, joy and love this 2018 holiday season

The Day After

by Bonnie Wheeler

A mess around the Christmas tree
The aftermath of wrapping glee
Happy tired children
Too much excitement
Adults stuffed and sleepy
A successful Christmas day
Wouldn't you say?



A Memorable Christmas

by Gladys Szabo

One of my most memorable Christmases, which may sound unusual, was at the time my mother was in a nursing home with Alzheimer's. My four year old granddaughter was visiting us so we were up early, opening gifts. The joy of watching her was heartwarming. Soon after we finished cleaning up, my significant other, my daughter, granddaughter and myself packed Santa's big green bag with stuffed animals and candy canes. Santa and his three elves headed to the nursing home. Pack slung on Santa's back, jingle bells ringing, we entered the nursing home with Ho. Ho Ho's. Many residents were in the activity room singing Christmas carols, my mom included. The reaction was like a child's first Christmas. The excitement was overwhelming. Hands reaching out, asking what Santa had brought them. Each one got a stuffed animal which were accepted with open arms. Watching many hugging their gift like a child, brought tears to my eyes. As we finished handing out gifts we spent a few minutes with my mom. Christmas music was playing and my mom wanted to dance with Santa. The delight wiped away the tears of her not knowing who we were. We then visited all the rooms on the two floors so no one was missed. The joy, hugs and conversations are memories I will have forever. As we left singing, "We Wish You A Merry Christmas" they followed us to the elevator shouting, "Bye Santa see you next year!" I know for a fact we got more joy then the residents and to this day my granddaughter still remembers those days.



Walk Down Memory Lane

by Gladys Szabo

Needing props for an upcoming event
To the toy department I went.
Suddenly my mind drifted
To Christmas shopping it shifted.
What fun it used to be
Looking for toys to put under the tree
The years when my children were young
Then waited for grandchildren to come!
I stood in the aisle misplaced in thought
Pondering what should be bought.
Barbie dolls, baby dolls, so many kinds
Enough to put me out of my mind.
Games, books, cars and trucks
The right ones I would pick with luck.
I visualized the intoxicating excitement
Of my children bounding into the living room
Seeing piles of gifts under the tree.
Shredding my hours of wrapping in moments
A heartwarming sight.
I still can hear their laughter and joy.
Suddenly I was back to reality
My children all grown
My grandchildren grown
Life is now so different.
I picked up a doll with thoughts of buying it
For old times sake.
Now it's great grandchildren I await.



Shopping

by Bonnie Wheeler

Christmas Eve was freezing cold and icy - not a shopping day, but I could not disappoint my four-year old grandson, Branden. It was his day to buy his Christmas presents. He had his list and ten dollars. Since it was so bad outside and I had to go grocery shopping, I decided he could do his shopping at the base commissary while I picked up food, so off we went. I convinced him it would be better than Walmart, and it was. He chose a box of candy for his mother and me. Of course, I did not watch. He chose cans of nuts for his dad and pop. He chose holiday Life Savers and a favorite cereal for his brother and sister, cookies for Santa, and carrots for the reindeer - all good choices. All went well. Now, with five rolls of tape, he was wrapping his gifts.



We made it home safely and happy to be off the icy roads. Everything was wrapped and ready for placing under their tree. When his mom came to pick him up, he was so excited, he ran to tell her he had done all his Christmas shopping with Meme at the cemetery.

Letter To Santa

by Elizabeth B. Bates

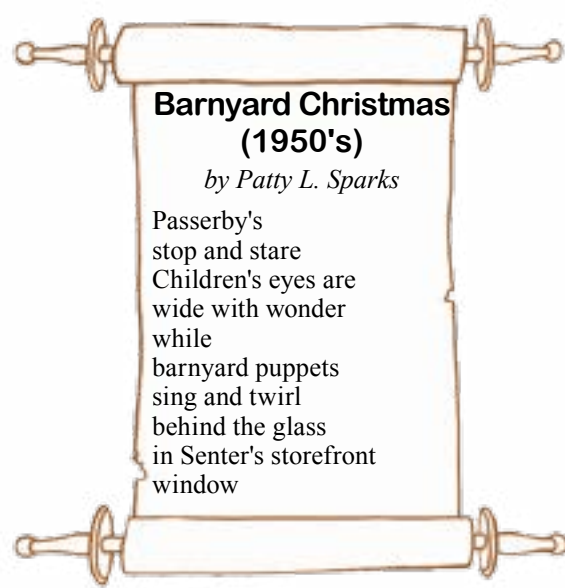
Please, Santa, in your dress so red
chase away our memories so blue.
Remind us there is peace somewhere,
and we will get there if we try, like you.

You bring us gifts that fill our hearts with joy.
We forget to thank you, but you do not care.
You are rushing to deliver love to all,
Then back to work on magic for next year.

Christmas 2018

by Bonnie Wheeler

Time to bake a ham with sweet potatoes
Time to shop for coats and sweaters
Time to chop wood and uncover snow gear
SMILE - winter has arrived here
If you can't, you're in the wrong state
Head to the airport and make your escape



Barnyard Christmas (1950's)

by Patty L. Sparks

Passerby's
stop and stare
Children's eyes are
wide with wonder
while
barnyard puppets
sing and twirl
behind the glass
in Senter's storefront
window

There is a chill in the air
With a few snowflakes descending.
As we open the car door
A faint Christmas carol is ending.

I feel the Christmas spirit
As the scent of balsam fir drifts.
Which tree will we select this year
And will it be one I can lift?

We must make a choice and select.
The feet are getting cold and numb.
The long needle pine is not the one.
My hands need warming at the drum.

We linger a little longer at the spruce.
Their needles are short and dark green.
With visions of gifts under its branches
The tall and lean is the best we've seen.

Christmas Tree Lot

by Nonie Moody

Early days of December
Christmas Trees sale signs appear.
Several places are located
On city lots empty and clear.

With poles and hanging white lights
There are rows and rows of trees
Leaning upon a wooden frame
Nicely spaced with a gentle breeze.



Christmas Fair A Church Tradition

by Betty Bavor

Halloween is history, Thanksgiving is on the horizon and Christmas Church Fairs are taking place to surround us with the spirit of the Christmas Season. Church members have been busy creating handmade one of a kind crafts, knitting, sewing, baking cookies, making candy and jams, preserves, relish, pickles, chutney and canned pie fillings. All ingredients are from Maine's fall harvest. There are treasure tables, vintage tree ornaments and decorations, hand crafted wooden toys and trains, Christmas boutique tables, jewelry tables and more at these festive annual fairs. Some have music performances and entertainment. Each one has its own unique theme and all have the true meaning of Christmas as their focus.

Friendly Santa land is where children are invited to sit on Santa's lap to tell him what they would like to find in their Christmas stocking

and under the Christmas tree on Christmas morning. There might even be a children's table or room for children only, where they can buy a gift for mom, dad, brother, sister, relatives and friends. After browsing and finding a perfect, one of a kind, gift for special people on your list, enjoy a delicious meal or snack featuring a variety of foods cooked to perfection. Strike up a conversation with other people at the table.

Church Fairs are festive traditions fostering faith, fellowship, mission, and fun in a twinkly goodtime atmosphere. Scented greens, the aroma of food, mulled cider, soft Christmas back ground music and happy people make these fairs a glorious place to celebrate Jesus Birthday. May we keep the true meaning of Christmas in our hearts and let joy, love and peace surround us all, now and throughout the coming year.

The Day After

by P.K. Allen

T'is the day after Christmas
And all through the house
Parents are resting
And so is the mouse

Stockings are empty
All presents unwrapped
Paper and ribbons
And bows are all scrapped

Children are huddled
Playing games on TV
Cheering and shouting
And laughing with glee

Nighttime is nearing
Stories are read
Then all of the children
Go happily to bed

Heirlooms on the Tree

by Charlotte Hart

The sweetest task each winter—
Trimming the Yuletide tree
Unpacking precious heirlooms
Hanging them—carefully!

Near the top Grandmother's elves
Dance in suits of gold.
Grandfather's mini skates and sleds are
Wooden. Nostalgic to behold.

Our tree has grown in nearby woods,
Fresh cut. Christmas is due.
Evergreen scent fills the room
And drifts the whole house through.

This year we add ten snowflakes,
Oval, diamond, round.
Cut in intricate patterns
By children's hands with joy profound.

Another Night Before Christmas

by R. Laughlin

(The first twelve lines are from "A Visit from St. Nicolas" by Clement Clarke Moore, first published in 1823.)

T'was the night before Christmas and all thro' the house
not a creature was stirring, not even a mouse.
The children were nestled all snug in their beds,
while visions of sugar plums danced in their heads.
And Mama in her 'kerchief, and I in my cap,
had just settled our brains for a long winter's nap
when out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
tore open the shutters, and threw up the sash.
The moon on the breast of the new fallen snow
gave the luster of mid-day to objects below.

There, lying on the ground in a huge snow bank
was a total stranger, obviously a personage of no rank.
He had fallen whilst dragging a large heavy log,
all the time being "yapped" at by a mangy old dog.
I looked down on him and he looked up at me,
he was a lost soul if ever one could be.
It was then I knew what I had urgently to do,
I put on my robe and slipped into each shoe.
I ran down the stairs and to the front room
almost tripping over some chairs and a broom.
I opened the front door and motioned to him;
he hesitated, but I insisted until he finally came in.
The clothes on his back were tattered and torn,
the shoes on his feet were nearly through worn.
He was lean as a rail, if the truth was to speak,
he looked like he had barely eaten in over a week.
I stoked up the fire and set him quite near;
it clearly showed he was frozen from foot to ear.
I brought him drink and food and set on his lap.
He glared back at me as if I was setting a trap.
He ate all in silence never saying one word.
Satisfaction returned; I swear he nearly purred.
When he had finished he turned and he said,
"Why have you done what others might dread -
to take in a stranger all tattered and torn?
Most would see danger and look on with scorn."
I replied, "We are not rich nor are we poor.
To a person in need we must always open our door,
whether in Winter, Summer, Spring or Fall -
is not sharing with others our Creator's call?"
He rose from the chair and headed towards the door,
about to go out in the blustery cold once more.
Not fully knowing why, I wished him to stay;
but he said "No." he had other places to go that day.
As he was departing he glanced back at me,
his face now shining with a look of near glee.
"You're a bearer of the true spirit of living,
helping others in need with unreserved giving.
Your sharing of meat, drink and bread unleavened
has earned you one day a high place in Heaven.
Thankyou my friend for the hospitality and drink.
I'll see you again" he said as he disappeared in a blink.
I stood in awe, my mind and body rather shook,
then I dashed to the door to have one last look.
There was no man to be seen, only a heavenly beam,
one bright ascending star trailing a gold stream.
Now when I look to the sky and see a shooting star
I wonder who's been visited by that stranger from afar.

May the star of your God bring you and yours
Peace, Prosperity, Hope and Fulfillment for
all seasons; and for many more years to come!

Joseph's Story

by Vince McDermott

I look down at the babe - and wonder. How did I come to be here? What am I here for? Yes, I am of royal lineage - but I am far from royal. I am a simple carpenter. When Mary said she was with child I did not know what to think - I was not part of it. I was prepared to cancel our marriage. But then I had this dream - a very powerful dream. I was to be part of something wonderful.

After an exhausting journey to Bethlehem in response to the census we are here in a stable. The town is very crowded and my relatives did not want to house us since Mary was about to give birth. We are fortunate to have a warm place in the stable. The birth went well and we are well cared for.

Shepherd came to visit to pay homage to my son. My son? I still am troubled by that. I do not know what to think. Just as I was beginning to come to accept it, these three strangers from the east arrived bearing very valuable gifts for the babe. It is beyond belief - what will happen next? I am very fearful - but hopeful.



The Day After Christmas

by Sally Hartikka

Twas the day after Christmas, and all through our place
The wrapping and boxes were taking up space.
The presents were scattered all over the floor,
And someone's wet boots dripped next to the door.
Dirty pots and pans yet sat in the sink,
Along with some glasses still half-filled with drink.
Wine spilled on the carpet filled me with dread
At the thought of the labor that I had ahead.
If Santa really wanted to give me a gift
He'd have left me a cleaning elf to work the day shift.

Christmas Story A to Z

by Nonie Moody

A is for Angel
Who suddenly stood before
the shepherds
B is for Bethlehem
Also called the City of David
C is for Christ the Lord
Born for you a Savior
D is for Decree
That a census be taken of the
whole Roman Empire
E is for Engagement/Espoused
Joseph and Mary
F is for First-born
Son of Mary
G is for Glory
To God in the highest [heaven]
and on earth
H is for Heavenly Host
A multitude praising God
I is for Inn
Where there was no room for
Joseph and Mary
J is for Jesus
On the 8th day they called
Him Jesus
K is for Keeping Watch
The shepherds maintained
a watch over their flocks by
night

L is for Love
Mary treasured up all these
things pondering them in her
heart
M is for Manger
Where Mary laid Jesus after
she gave birth
N is for Nazareth
The home of Joseph and Mary
O is for Own City
Joseph traveled 65 miles to
Bethlehem because he was a
descendant of King David
P is for Praising God
A multitude of heavenly hosts
Q is for Quirinius [Kwy-rin-
ce-us also called Cyrenius]
Governor of Syria
R is for Returned
The shepherds went back to the
fields praising God for all they
had heard and seen
S is for the Sign
The shepherds will recognize
Him covered in swaddling
clothes
T is for Terribly Frightened
Of the sudden appearance to
the shepherds by the angel of
the Lord

U is for Us The Shepherds
Receiving the good news of
Jesus birth
V is for Visiting Angel of the
Lord
Made announcement of good
tidings of a great joy to the
shepherds
W is for Wrapped Clothes
Mary used to cover the baby
Jesus
X is for eXalting
Praising God saying Glory
to God in the highest peace
among men with whom He is
pleased
Y is for Years
Jesus was born during the time
of Caesar Augustus (27 B.C.
to A.D 14 who served as first
emperor of the Roman Empire)
Z is for Zealous Shepherds
Traveled to Bethlehem to see
this thing that was announced
by the angel

Snow, Snow, Go Away!

by Doris Weinberg

I just looked out my window
And it's doing it again!
The flakes are floating down
And will it stop? Who knows when?

It looked so very pretty
When I saw it just at first.
But after so very many days,
I think that we've been cursed!

The large tree branches have
much too much snow!
I fear that they will break
If the wind should really blow!

The parking lot has caused me fear
That I might fall is very clear.
My car is buried under all that white.
To be stuck in the house just doesn't seem right!

I've missed my swim class for so many weeks.
Will I get back soon? It looks pretty bleak.
On the other hand staying home might be good.
I would have been shopping-spent money-that's understood.

Sometimes it's best to just slow down.
Curl up in pajamas and a warm dressing gown
I've got a good book land some knitting too.
And probably a few bills that I know must be due.

I guess it's not so bad to see the snow through the glass.
I can stay where it's warm and dream of green grass.
So snow, snow, please go away!
I think we've had enough for many a day!!

I Picked up a Box of Christmas Cards

by Sally Hartikka

I picked up a box of Christmas cards
That contained scenes of our great state.
"Just the thing," is what I thought,
And thus those were the ones I bought,
Not knowing how they would frustrate.
As I was writing out the cards
I discovered something appalling:
Though the scenes were of Maine,
I decided to complain because
I'd discovered something galling.
The publisher, from a town nearby,
Had opted to have Chinese print it.
"Printed in China," it said on the back.
To me, that was a real drawback,
Since "buy local" has been my habit.
Surely this must be a mistake, I surmised,
So I emailed and asked him why
When he was featuring the State of Maine
Did he show to his home state disdain
By deciding out of the country to buy.
He said he had used a printer in Auburn
But thought a better deal might lay abroad.
I checked on that Auburn printing firm,
And what I discovered made me squirm.
Out of business. Was it due to that tightwad?



Everygreen

by Virginia Sabin

I'm in a rush, late as usual, to get a Christmas tree after work. From the very few left in the lot, I chose one, it was not as tall as I wanted nor as green. One side could pass, looking better than the others having lost a limb or two. It was a close fit in the trunk of the car. I hoped there would be no more damage.

My 16 year old son carried the tree into the house, placing it in front of the sliding glass door that was in the front of the house. Oh Ma, it's always a crippled tree. Not always. Anyway, a Christmas tree deserves to be decorated regardless.

Remember the tree last year? So tall it touched the ceiling, it's generous arms thick with greenery, filling the house, smelling like Christmas. The tree was hung with dozens of gingerbread men your sister made from a 10 inch cookie cutter. She dressed each one with bright red and green shirts and trousers from a frosting sprinkled with glitter. A perfect tree!

The day after Christmas, the tree was leaning to one side. You came out of the shower, whistling, ready to go someplace else. You fixed it in a hurry and left. You could be seen whistling up the walk as the tree toppled over. Now, all the ginger bread men were amputees! Another crippled tree.

Winter's Solstice-Moon

by Patty L. Sparks

Quivering diadem
dressed in white
silver mirror
priestess of...
night

BRR-R-R

by Doris Weinberg

The thermometer says it is ten below-
Too cold for dog or man.
Much easier to stay inside
And be toasty if you can.

Outside the snow is swirling
And icicles are beginning to form.
You'd be foolish to leave the house.
Stay in where it is warm.

Add another log to the roaring fire
And hear it crackle and snap.
And as the flames get bigger,
You can toss away your wrap.

A cup of hot chocolate would add to the mood.
Maybe with a marshmallow on top.
Put comfy pillows on the floor
For all of you to flop.

This is how I'd picture
A bitter night very long ago.
Maybe a book but no TV-
Life was much simpler you know.

So enjoy the snowflakes and icicles
From through the window pane.
Cuddle up with your dog and family.
The scene would be lovely to frame!

The Wishing Boy

by Elizabeth B. Bates

It was beautiful...it was shining from the store window. The store was all lit up for Christmas. It was so bright that the necklace looked like it was made with diamonds. It was placed around the neck of a mannequin that was staring out the window at the people rushing by during a snow squall.

Christmas was coming so soon, and there was so much still to do.

The boy wanted his mother to have that necklace, but he had very little money to spend. He turned away and ran for the bus to take him home. He had no job. He was only 12 years old. He was not ready to buy expensive gifts. He was sure his mother would love that necklace. Maybe he could buy it somehow.

When he got home, he took out his shovel to clean the snow off the front steps, which were many because the apartment was higher up than the sidewalk. It was his job but no pay. His mother told him he had to do it so that the old people in the other apartments would be safe using the steps.

The sidewalks were shoveled by the city's uniformed workers. He worked on the steps and when he had finished, he took his shovel and cleaned it off with his gloved hands. When he took it into his apartment, he could smell something cooking in their small kitchen. It smelled like chicken soup. He was really hungry.

He didn't have any brothers or sisters. No father either. His father had gone to California to get a job. His mother told him he wasn't ever coming back. She didn't seem sad about it. Still, he missed him. He wished he could go to California, too. Was his Dad looking for gold there? He would love to do that! His mother told him he had to finish going to school first. That would be in four years...it sounded like forever.

The boy did have friends at school, but only two lived near him. He didn't like them much. His mother told him that they were always getting into trouble, so stay away from them. The next day was Saturday and he went back to the store to see if he could find his gift for his mother. He went all around the first floor and then up to the second floor. He saw a big sign that said "Santa's Village".

He went over there to see all the little children waiting in line to visit Santa. They were so cute! He was too old to visit Santa, so he was surprised when Santa got up and went over to him. Santa tapped him on the shoulder and smiled.

"Hello" he said. "I really need you...Please...the boy that was supposed to help me didn't come...could you help me? I will pay for it!"

"What do I have to do?" the boy asked.

"Just keep order with the children, they are so excited to see me!"

He gave the boy an elf's costume and it fit! He went to work for Santa and the hours flew by.

When the time for seeing Santa was over, Santa came over to the boy and thanked him and gave him an envelope with dollar bills showing. The boy was so happy! He went over to the first floor where the necklace was still hanging on the mannequin's neck with the For Sale sign. It was priced at \$15. The boy counted his dollar bills and had more than that! He bought it! He was so happy he laughed all the way home in the bus!

Join us for the new year!

