35 Union St. / PO Box 766, Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

January 2019

Volume 19, No. 1

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



Senator Angus King visited People Plus Dec. 17, and drew a near capacity crowd in spite of the weather. He chatted with the group, offered comments on his new book "A Senator's Eye," and finally, (inset) shared a light moment with Center Director Stacy Frizzle.

Fit & Fun for FREE?

If you made a New Year's resolution to "pick up the pace" of your personal fitness, why not come to People Plus and start something new at no cost? Try any one (or more) of our offerings during January for Free!" Executive Director Stacy Frizzle explains, "this is more about getting new folks into new experiences," she said, "we're confident if they try it, they'll like it!" The Center routinely offers more than a dozen fitness classes each week, varying from Table Tennis (free all the time!) to Tai Chi. All of our instructor led courses are available to members for a cost of only \$5 a session.

"The goal is to get folks engaged," Frizzle explained, "This offer is for new attendees to try classes/clubs and see if they like it. We're confident they will. There is no better investment than the one we all make in our own personal health. What a way to start the new

This offer is free and open to the public. Call the Center at 729-0757 if you have questions or want to sign up. See page 9 for a full list of classes, clubs and activities, and page 5 for our January schedule.

Spectrum Generations team adds new staff at the Center

The Spectrum Generations team at People Handel has lived Plus is back at full strength with the addition of two new staff members. Stephanie Petkers started as the Spectrum Generations Nutrition Coordinator, and Andrea Handel was named the new Aging & Disability Resource Specialist.

Transportation

Network Needs

Drivers!

In the last year, People Plus has coordi-

nated over 25,000 miles of FREE rides

for home-bound residents of Brunswick,

Topsham and Harpswell. But we can't

do it alone - we need your help with the

driving! We ask that you become a driver

today! It is a rewarding and selfless gift

to help your neighbors in need. Thank

you!! And thanks go to our generous

sponsors, Rusty Lantern Market, Suzan

Wilson & Daniel McLaughlin Family,

United Way of Mid Coast Maine and

Spectrum Generations, who help keep

the program growing!

A resident of Harpswell, Petkers is already overseeing the local Meals on Wheels, Animeals, and USDA bulk food programs based at the Center. This past summer, Stephanie had her first experience in food service,

working as a chef in a local restaurant. She is a former Executive Director of the Greater Freeport Chamber of Commerce, and brings extensive experience in community outreach, and volunteer and program coordination to the Spectrum team.

and worked most of her life in Lincoln County. A graduate of Colby College, she received her LSW license in 1986. She is a founding member of the River Company, a nonprofit theater group in Damariscotta



that just celebrated it's 20th anniversary. More recently, she worked as the Executive Director of the ElderCare Network of Lincoln County, and developed seven small residential care homes for older adults in the area. Beginning in mid-December as our Aging and Disability Resource counselor, she has an office at People Plus on most Tuesdays and Thursdays between 8 am and 4:30 pm. She can be reached by phone each workday by calling direct: 207-607-4405, or by e-mail at: ahandel@spectrumgenerations.org.

Frank's Field Trips ICE is nice!

Step back in time for an "up close and personal" look at Maine's days as a center for harvesting river ice. Our van leaves the Coastal Landing lot at 10 am on Monday, Jan. 14, for a run up the Kennebec River to Dresden, where we meet Eleanor Everson, who "almost remembers" those glorious days, THEN we drive to Craig Collins' pond for a sample ice cutting, with a late lunch on your own at Sarah's Cafe in Wiscasset. The first dozen folks who register AFTER January 1 get to go. Cost is \$15. This trip is a little more weather-dependent, so be sure to list your contact info when you register. This trip is made possible through the generous sponsorship of Scott Lemieux at Brunswick's Ameriprise Financial Services, and by our wonderful friends at the Coastal Landing Retirement Community.

Grants, fund advances open new year

The People Plus Center greets the new year with news of two grants, and with both its annual campaigns making, "good strides!" The Alfred M. Senter Fund has awarded \$4,000, The Maine Community Foundation granted \$5,000, and both annual funds have exceeded at least 50% of their target amounts.

The Senter Fund money will be used to purchase audio-visual equipment – a new pull-down screen for the main hall and projection gear - that will benefit projects for both the People Plus Center and the Brunswick Area Teen Center, and the balance of the grant will purchase food at the Teen Center. "This will make lots of things work better, more efficiently," Executive Director Stacy Frizzle predicted.

The \$5,000 award from The Maine Community Foundation will benefit expansion of the Center's Volunteer Transportation Network (VTN). Since coordinator Lynne Smith took over the program a year ago, it has expanded to include more than 480 riders and 75 volunteer drivers. VTN provides free transportation for homebound elders, connecting them with vital services, medical appointments and more.

On December 18, office manager Betsy White reported that the People Plus annual campaign had collected \$25,647, including \$957 donated by members as they renewed their dues. The Teen Center total stands at \$10,275 on the same date.

Lunch & Learn: "Where to Turn?"

Mon, Jan 28, 12 pm. Join Nancy Herk, Executive Director of Brunswick Area Respite Care, to learn about the supportive services provided to our local community, including caring for loved ones with Alzheimer's disease or other dementia. For 30 years, Brunswick Area Respite Care has been helping to care for your loved one while you relax and get a break from the daily demands of caregiving. Free, open to the public. Bring lunch!

Musical Gala planning starts

Recreation Center, Brunswick Landing, on April 4, 2019. Over years, this has evolved into one of the Brunswick area's premier social events, complete with live music, an exceptional buffet, and huge live and silent auctions. "Expect something

5:00-9:00 pm Brunswick Recreation Center

The 17th edition of the Center's annual new and different," suggested Center Director Music in April Gala opens at the Brunswick Stacy Frizzle, "Expect it always to get better!"

Last season's event raised more that \$50,000 for the People Plus Center and the Brunswick Area Teen Center If you want to register as an event sponsor, or purchase tickets for what is certain to be sold out soon, please call the Center at 729-0757, and ask for Jill Ellis.

Where Should I Live? Your Aging Parent/Aging Self Series!

Thu, Jan 10, 12 noon. People Plus & Mid Coast-Parkview Health Health continue their series focusing on resources to help with aging. Hear all about local housing options with Carrie Pelletier, R.N., Program Manager of Marketing & Admissions, Mid Coast Senior Health Center. Free, open to the public. Bring your lunch, we'll provide dessert. Call to register.

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

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

> The Editor, People Plus News P. O. Box 766 Brunswick, ME 04011-0766

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At-home Assistance

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Personal Care

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Companionship

"One bite of the Apple"

Monday morning! There are three Mondays

and you can do each for free!! And does

Yoga sound a little scary? You'll never

know till you try it and you can do so every

Tuesday and Thursday (nine times!!), for the

I could list all of the exercise options

club/activity listing (page 9) and check

them out for yourself. And as long as you're

not already signed up for a class then you

can take it in January for free. That also

includes all of our game clubs like Mah-

Jongg, Cribbage, and Bridge as well as Ping

Pong and Scrabble! We also have a French

club, a German club and a Book club as well

as lecture programs, lunch/learns and more!

Plus will enrich your life as they will help

All of the programs that we offer at People

AND we also have opportunities for you

whole month of January for free!

So it's a new year! Where did 2018 go? It flew by and I suppose the older we get, that'll just keep on happening..

There are moments of the last year that I'm glad to see behind me, including the loss of many of our People Plus family. Some of our dearest friends were taken suddenly and far too young. However, we also gained many new friends and members at the Center, as well as two new babies in my family this year and for that I am grateful.

The loss of loved ones who are taken too soon, as well as the joy of new life, reminds me that we only have one shot at this life we here but I hope that you will just turn to live. Only one chance to live it fully; live it the January Calendar (page 5) or the class/ properly and be kind every day. "One bite of the apple" as Jonathan likes to say.

And that is all we get. So how about if this is the year to take stock? How about it we launch into 2019 and take a look at our lives? How about if we do it together!??

Let's ask ourselves, "Are we doing all we can? Are we living life well? Are we good people everyday?" The answers, of course, will be different for all of us. Only you can decide what the answer is for you or exactly what that answer looks like.

vou be healthier, make new friends, enjoy But whatever form it takes, I hope that you social interaction and positive experiences while you learn something new, share a will come down to the People Plus Center and check out all the ways that you can be a meal, move your body and use your brain. better you by being here. And if new beginto be kind through volunteering that will nings are on your New Year agenda, then let's all take the first step together!

From the here at the Center. For the whole month of January you can try out all of the exer-**Executive** cise classes as many times as you'd like for FREE. So, if you're just not sure what **Director** Zumba is, then come try Zumba every



those who are less fortunate than yourself. Please consider becoming a volunteer driver as we have nearly 500 homebound elders and residents in our community who are without access to transportation. And as the area Senior Community Center, we feel it is absolutely our job to make sure we take care of these homebound residents. And 75% of our registered "riders" are women – living

And when you think about that, it means there are a lot of what I (lovingly) call my "LOL's"; or "Lovely Old Ladies" who are living alone in their homes without transportation or the ability to get themselves to the most basic of appointments or social activities. And helping them (and all the home-bound elders) has GOT to be good

So join us here at the Center in Brunswick to take stock in 2019 and try something NEW FOR FREE, get healthier, get smarter, have fun and help your neighbor – because that is what we do here at People Plus, the enrich your soul and improve the lives of Center that Builds Community!

From Anita's **Plate**

Anita Huev (207) 504-6439

info@nutritionforeveryday.com

Wow, it is hard to believe that it is the year 2019! I hope that everyone had a Happy New Year! Each year, it seems that the New Year is brought in with the discussion of "what is going to be your New Year's resolution?" I have never been a fan of this trend. It seems that for most people they try to make these resolutions too hard to stick with and they are not able to continue with the plan. If it doesn't work, why do people keep trying to set themselves up for failure? Let's keep in mind that this may not be a good time to make resolutions. It is dark earlier in the day, it is cold and sometimes icy. I often hear that people want to "hunker" down for the winter and eat "comfort" foods. I will often suggest to my clients that they maintain their weight through the winter months and set up for small changes in the spring! So maybe 2019 will be the year that more people will try to maintain their

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Beef Stew with Root Vegetables

Ingredients

- 1 Tb. olive oil
- 2 pounds trimmed chuck roast (about 2 1/3 lb. untrimmed)
- 2 t. black pepper, divided
- 6 garlic cloves, chopped
- 1 C. dry red wine
- 2 C. unsalted beef stock
- 3 Tb. all-purpose flour • 2 Tb. unsalted tomato paste
- 2 bay leaves • 1 pound small turnips, peeled and cut into wedges (about 3 cups)
- 2-inch pieces (about 3 cups) cut into cubes (about 2 cups)
- 2 cups fresh pearl onions, peeled, or with gravy
- 1 cup water
- 2 Tb. chopped fresh flat-leaf parsley 8. Top with parsley. Serves: 8

- 1. Preheat oven to 350°F.
- 2. Heat olive oil in a Dutch oven over medium-high. Sprinkle roast with 1/2 teaspoon pepper. Add roast to pan; cook until browned, about 5 minutes per side. Remove roast from pan; set aside.
- 3. Add garlic to pan; cook, stirring constantly, 1 minute. Add wine; cook until reduced by half, about 2 minutes, scraping bottom of pan to loosen
- 4. Whisk together stock and flour in a small bowl. Stir stock mixture into wine mixture; cook, stirring
- often, until thickened. 5. Stir in tomato paste, thyme, bay leaves and pound carrots, peeled and cut into remaining pepper. Add roast into stock mixture.
- Cover and bake at 350°F 1 hour and 30 minutes. 1 1/4 pounds rutabagas, peeled and 6. Remove pan from oven. Add turnips, carrots, celery root, onions, and 1 cup water; toss carefully
- thawed frozen pearl onions (about 7. Cover and bake at 350°F until vegetables are tender and sauce is thick and glazy, about 1 hour. Coarsely shred beef; discard thyme and bay leaves.

Note: This recipe would be great to store as leftovers in the freezer for a quick meal. It is so convenient because most of the root vegetables can be purchased already cut up in the produce section.

weight, find healthier comfort food recipes and • Shepherd's pie top with mashed squash do whatever physical activity they can until the days are longer and temperature goes up! We can be creative with our physical activity and have our comfort foods made a bit healthier.

- Lasagna soup
- Baked sliced apples

I hope that you will try this month's recipe and put some leftovers in the freezer! Let's start 2019 a bit differently!



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

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The Resolution

by P.K. Allen

January 2019

I should make a resolution To start this brand new year. Should I promise to eat less food, Or perhaps to drink less beer?

Sometimes I get so confused I don't know which way to steer, So I'll just make a resolution To think it over till next year.

Anticipation by Betty Bavor

The joys of a holiday are anticipation, planning, creating and finally celebrating the event. Traditions play an enormous roll as do customs, family generations, ethnicity and the holiday being recognized. Reminiscing past events from childhood through the seasons of life warms the heart. Embracing change challenges everyone with family structure, society, world affairs, natural disasters and circumstances beyond human control.

2018 will soon be history and what a year, with technology our fore fathers never imagined. Instant images in our living rooms from around the world, in oceans and outer space provide knowledge of new discovery. We see historic, athletic, social events, medical, health and what we all need for the good life as it happens. Keeping up with every day news, weather and travel conditions are all at our finger tip where ever we may be 24/7. This is the tip of the iceberg as the internet & Google has an answer for everything, again a finger tip

Let us think about 2019 and anticipate preparation to celebrate one holiday a month. Here is my plan. I have chosen 12 holidays that inspire me – there are more, and if I have motivated you, pick your own with an idea. New Years Day – make a resolution to try to Ah, these winter nights have such a way of reaching down and tugging the prayers of thankfulness

promote unity in our divided world. Valentine's Day- send a Valentine to a family member you have not seen or talked to in awhile. St. Patrick's Day- Today everyone is Irish so wear green and a shamrock for the luck of the Irish. Easter- Color eggs to fill an Easter Basket for someone or have an Easter Egg Hunt. Memorial Day – honor those who made the ultimate sacrifice, visit a grave of a fallen hero. Flag Day – Sing our National Anthem, THE STAR SPANGLED BANNER and pray for patriotism. Fourth of July - Happy birthday America - celebrate at or watch a concert and fireworks. August - no legal holiday – Celebrate nature, John Muir said, "KEEP CLOSE TO NATURE'S HEART" Labor Day – A legal holiday honoring labor, give thanks for jobs, workers and purposeful living. Halloween – Meet and greet everyone in costume for a fun scary night trick or treating. Thanksgiving – Family, friends, food - share with thanks & praise for Freedom & all God's Gifts. Christmas – Celebrate the birth of Jesus reading the bible story and keep "Christ in Christmas"

There is so much turmoil in today's world. We need to reach out volunteering, spreading joy, keeping a positive attitude and being generous. May 2018 Father Time rest in peace and 2019 Baby spark our leaders to make wise and right decisions for the United States of America. Let us pray for understanding, kindness, goodwill to everyone and world peace in new year.

Reflection by Ralph Laughlin She looked in the mirror

She silently gasped so no one could hear. She didn't see her own face. Another had taken its place. It hit her like an exploding bomb. The face she saw was her own mom!

A Special Night by Sally Hartikka

Moonlight covers the field; Skiers glide over the snow, Gliding around groups of trees, Headlights not needed as they go, Manipulating with ease.

Skaters circulate about the pond, Stars sparkling overhead As they dance and race around Much too invigorated to go to bed, The ice a giant playground.

Finally skiers, skaters come together Around a frolicking bonfire. Steaming cocoa takes away cold's bite. They are not yet ready to retire, Still enjoying a special Maine night.



People Plus News

Winter Cardinals, colored pencil by Myrtle LaCroix.

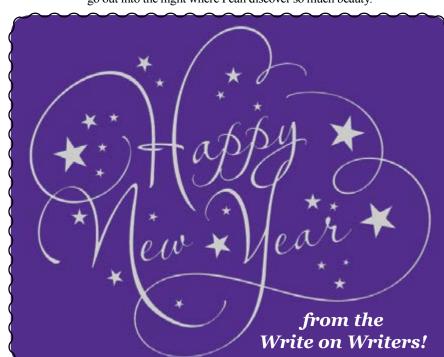
A Winter's Night by Rose Marie Mayer

The frost formed ice crystals in my nostrils, and I could feel the prickliness of them on this intensely cold night.

Tonto and I were on our late evening walk Not the leisurely stroll of warmer nights, she was quite purposeful, stopping to sniff only when necessary. We were quite an amusing picture, all bundled up, she in her warm, little coat and myself with gloves and scarf, my hat pulled way down over my ears.

It was very bright, but not from a winter clear and starry night sky. I had to tilt my head all the way back to discover the reason. I could find only one shining star and above that at the apex of the heavens was an almost full moon with only the tiniest sliver shaved off. It was a glorious sight, for it was surrounded by a most beautiful, huge snow ring. It was so splendid and completely formed, that I had to stand there, neck craned back and gaze in wonder at its perfect beauty.

out of the very center of my soul. Thankfulness for the stunning beauty of the night and for the blessed warmth of my room, so filled with the faithfulness and companion ship of that little dog who insists that I go out into the night where I can discover so much beauty.



The Short Happy Life Of The Three Caroleers by Russ Kinne One Christmas three of us, all young teens, decided to try caroling - a new endeavor for us. Young teens, of both sexes, are a little weird, and we were no exception

But with the best of intentions we set out to 'entertain' our neighbors. We stood at one front door and belted out "Jingle Bells", but nothing happened. (possibly the folk were indoors holding their fell to the floor and I fled out the door. After ears) I guess we weren't very good; we'd never practiced, sang off-key, and Bill forgot the words halfway through. So now, what to do?

Bruce opined "Everybody knows those old songs, and they're dull. Lets give them some good stuff" So we did; picked a house, got all set, — and-a-one, and-e-two and-a PARDON ME BOY, IS THAT THE CHATTANOOGA CHOO-CHOO?; in three voices,

Haiku

by Rose Marie Mayer

Colors, red and green

Time of peace and love and joy

Bright star shine.

Christmas!

then one solo voice; TRACK TWENTY-NINE! another solo; THEN YOU CAN GIVE ME A SHINE three; WE LEAVE THE PENNSY VANIA STATION one solo 'BOUT A QUARTER TO FOUR another READ A MAGAZINE

another AND THEN YOU'RE IN BALTIMORE all three DINNER IN THE DINER one solo NOTHING COULD BE FINER another THAN TO HAVE YOUR HAM AND EGGS

all three IN CARLOLINAAAA WHEN YOU HEAR THAT WHISTLE BLOWIN' EIGHT TO THE BAR THEN YOU'LL KNOW THAT TENNESSEE IS NOT VERY FAR-

and so forth. But no response from the people inside We tried one more house, a small neat one with a well-tended garden.

When the echoes died down we heard someone coming to the door. We were all a-gog; would this one appreciate our efforts? It was a sweet little old lady, who kept the door-chain on, and spoke through the crack: "Boys, please, just GO AWAY — and Merry Christmas"

So we gave up. Seems the world was not ready for loud, discordant, atonal music. Later on of course it would be. We'd just have to wait.

Candlemas

Page 3

by Rose Marie Mayer

To be in the exact middle of the seasons on this amazing day, is to be in the middle of a quiet stillness filled with the lush and ever intensifying power of the winter sun.

I was held by the miraculous beauty of the moon several nights ago and this morning by the deep and serene and sleeping might of the river. Pure white peaks of ice surrounded by the reflected golden light from the sun.

The sky, the most powerful and comforting blue, beckoning the soul to soar off into its glory to be held by and to be able to be an observer of all the fullness of the universe and to have the wondrous light fill my spirit to an overflowing and thirst quenching, life giving,

Wishing you peace and love during this Holy season and throughout the New Year.

A New Year? by W.A. Mogk

Why do they call it a "new" year, when everything looks just the same? Same snow on the ground, same bare trees, same cold weather!

IF it's going to be a New Year, I want something different! Maybe some budding flowers. Blue skies and warm weather? Somebody got it wrong, the new year should begin in MAY!

Time Passes by Sally Hartikka Does it seem to you the older you get The faster the years fly by? Joys and sorrows, achievements, Births and bereavements Seem to have passed in the blink of an eye.

The start of a new year brings to mind A new slate is now before me. What unforeseen events will occur? Will they pass by in a blur? Will my life be troublesome or carefree?

If There Is Will There Is Way

by Virginia Sabin

My dream began with a high school English teacher. Unforgettable, of tall, stately, bosomy stature, her voice projecting to the rear of the classroom, Shakespeare lived! I wanted to be an English major, teaching the great poets and philosophers. That seemed like more pleasure

There was no way to finance a liberal arts college education for me. My dream retired to a small corner of my mind, going the way others willed me to go. Will can be broken then mending becomes the way.

I did not aspire to be a nurse. The alternative was to work with machines in an office. I joined with 90 other mostly 18 year old high school graduates in a 3 year diploma program at Massachusetts General Hospital. The first 6

months were probationary, ending with a practical examination supervised by a nursing arts instructor and practiced on a life sized dummy with all the apertures. We drew lots for supervisor and procedure. My lot was Miss Poppins, top nursing

instructor, all white and starch, so intimidating and the procedure was an oil retention enemal At that moment my anxiety was paralyzing. I spilled the oil all over my fingers and the equipment, unable to grasp a thing, the whole mess managing some composure, I approached her office door which was ajar. A gruff voice said "You will knock before you enter." I think I'm up the wrong tree, Miss Poppins. "You are a good student academically, you will learn to give enemas with practice." Yeah, that's my

Failure was not an option for me so I stayed. And as a saying goes, it was a blessing in disguise. It was being part of a treatment team in a great hospital like MGH, feeling at close hand the fabric of the human condition from beginning to ending, having a bevy of lifelong sisters, reuniting at annual MGH homecomings to recount hilarious stories of our experiences over and over again.

Fast forward many, many years, seated before a writer, a no nonsense teacher, facilitator of a group of elderly writers, who pressures a tired and lazy will to write for 20 minutes at the beginning of our meeting, Amazing how that 20 minutes finds the store in the corner of your mind retired for so very long.

The way may be up, down, and around, the will dies hard.

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January 2019 at People Plus!



Headed to the lights! A bus filled with some 40 People Plus members toured Coastal Maine Botanical Garden's gingerbread with a dab of fresh Gardens Aglow festival in Boothbay last month. The group lucked out with a "not too cold" evening and then dinner

"Meatloaf & mashed"... it's good for the soul!

We open 2019 with a cream on top. heaping helpin' of meatloaf and mashed potatoes for our Lunch & Connections dinner on Thursday, Jan. 17, 2019! 'January is always cold," chef Frank Connors said, "We all have a better day when we can serve up comfort food for the gang!" Connors said he always adds a little pork sausage, a few finely chopped onions and 'something secret," to guarantee the meatloaf is exceptional. "You just have to brave the cold and come see," he added

The main dish will be served with buttered carrots and a side of broccoli tips, and again this month, our bread is fresh baked on the 17th at the Union Street Bakery. There is always a lighty-dressed, fresh green garden salad waiting for everyone, and drinks include regular or decaf coffee, cider, hot teas, milk and ice-water on every table. Dessert this month will be home-made

Our special monthly meal is sponsored by our friends at Spectrum Generations, and is planned to focus on nutrition, variety and useful information A CHANS home healthcare 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 assessments.

Our meal is always open to the public, but we ask you to pre-register after the first of nuary, 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. Of course you can order a take-out dinner to be picked up after 1 pm. Our buffet styled luncheon is served beginning at 12 noon, please arrive after 11:30 a.m. to visit with your friends and claim your favorite

New Apple device? Help is here!

Thu, Jan 10, 10 am. Would you like to on the first Thursday of each month 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! Apple Club usually meets at 10 am

Reduced Price Hair **Cuts for Seniors**

Fridays, Jan 18 & 25, **9-12 pm.** Drop in for a \$10 haircut with Margarita Day. All proceeds benefit People Plus. No appointment necessary, just show up with clean hair. Open to the public!



(except for January) to share knowledge, ask questions and find answers to the wonderful world of i-devices! No experience necessary. You only have to be a member of People Plus to join!

Connie's Thursday Art class returns!

Thursdays, 10-12 pm. Each month the class explores different drawing materials such as graphite pencil, charcoal, colored pencil, pen and ink, pastel, and watercolor. The class combines artists of varying experience levels. Cost is \$26/month and taught by Connie Bailey. Try the class for free in January!

Call 729-0757 to register for classes & events

Spectrum Generations Medicare 101 Session

Tue, Jan 8, 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 spectrum accommodations. Free, suggested \$15



Do you speak Italian and want to practice with more conversations? Would you be interested in starting an Italian Conversation Club? Contact Jill to let her know!

Exercise Class Punch Cards

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

January Program Notes

- World Affairs Conversation Group resumes Jan 11, Fridays at 11 am.
- Donuts & Drivers moved to 4th Thursday. Apple Club moved to 2nd Thursday (for January only).

2019 is hereready or not!

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

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."

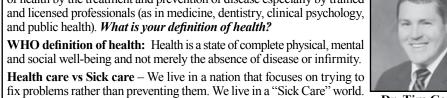
- James Tierney, BHS Class of 1965

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



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?



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

12:00pm Lunch/Learn 12:30pm Aerobics Lite Where to Turn? 2:00pm Chair Yoga

Do you worry about living alone? People

Good Morning Program

6:00pm Belly Dancing

January 2019

The Good Morning program is a FREE daily safety check-in phone call providing peace of mind. In partnership with Brunswick Police Department.

Sign up now!

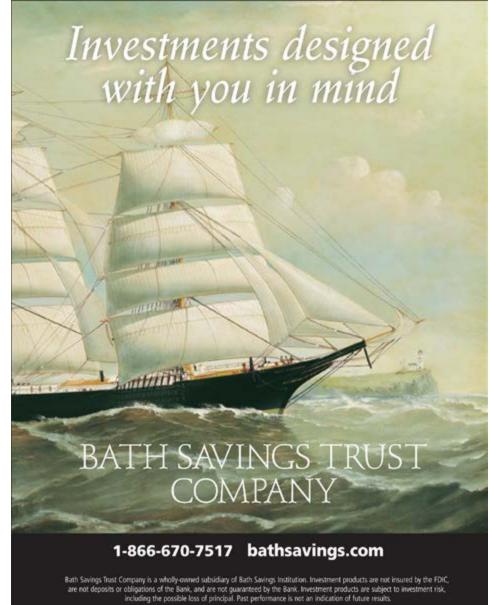
FMI 729-0757 www.peopleplusmaine.org programming@peopleplusmaine.org





3:30pm TC Cooking Matters

People Plus News



http://vimeo.com/harpswelltv

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Always a crowd pleaser. Senator Angus King explains the process of using social media to communicate with his constituents (and create a book).

"Never too cold to clean out!"

So you don't have to!

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BRUNSWICK AREA



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



Winners ALL! Doris Neiman wowed other members at the Center's Holiday Party, first by decorating her Christmas cookie, then by winning a peppermint Twinkie in Stacy's Holiday Trivia Quiz!

Free AARP Tax Aide

AARP aides will be at People Plus Tuesday mornings and Thursday afternoons, February through April 15. Call after January 15th to schedule an appointment.

The Pejepscot Genealogical Society (PGS) will hold its Service as well as an MBA from New York University and the war efforts at home. Through a series of stories and House in Wiscasset. illustrations, Konitzky will enlighten some and remind As usual, there will be a brief social period with dren who needed to pull together to keep the communities meeting will follow at home running and support the troops overseas.

Ms. Konitzky holds a degree in U.S. History and Art 729-4098. History from Georgetown University School of Foreign



Quality Control? With Ralph Laughlin (right) and Richard Gnauck cooking a Men's Breakfast at People Plus, what possibly could go wrong?

next meeting in the Morrell Meeting Room of the Curtis a Certificate in Museum Studies from Tufts. Currently a Memorial Library, Brunswick, Maine on Sunday, January resident of Topsham, she has, for the last 15+ years, served 13, 2019 at 2 pm. Guest speaker Peggy Shiels Konitzky will in a series of positions related to historic preservation in be discussing her book, Midcoast Maine in World War II, New Hampshire and Maine. Since 2007, she has been the detailing what life was like in the region while supporting site manager for Castle Tucker and the Nickels-Sortwel

others of what life was like for the men, women, and chil-refreshments before and after the speaker. A business

For more information contact Brian Bouchard at (207)

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.

Holy Ghost by John Sanford. Pinion, Minnesota: a metropolis of all of seven hundred souls, for which the word "moribund" might have been invented comes to life when an apparition of the Virgin Mary is seen in a local church. The town becomes a boon town with pilgrims coming to see if they can see the Virgin Mary. Then, the murders start, and Virgil Flowers is called in to investigate. What he finds out...well, it will be what you find out when you give HOLY GHOST a read.

A Joseph Campbell **Companion** by Diane

Osborn. Celebrated scholar Joseph Campbell, best known for The Power of Myth book and PBS special, shares his intimate and inspiring reflections on the art of living. An uplifting view of the world and surroundings

Devil's Breath by G.M. *Malliet*. Having realized there is no escape from his past as an agent, Father Max Tudor has offered his services to MI5 on an as-needed basis. The body of glamorous film star Margot Browne has washed ashore from a luxury yacht and Max's former

colleague wants his help to find the murderer.

The investigation into Margot's past uncovers a host of motives—it seems she was not the only one on board with

Page 7

a secret they'd kill to keep. The Theoretical Foot by

M.F.K. Fisher Set in the late 1930s, two expat American couples in Europe, tramping from country to country without sanction of marriage, this during an era when cohabitation—to say nothing of a girl's hitchhiking!—could ruin a respectable woman's reputation for all time. As fascism spreads and war inevitably approaches, the idyll of a beautiful life of love and freedom from convention is also threatened from within.

A Dry White Season by

Andre Brink Ben Du Toit is a white schoolteacher in suburban Johannesburg in a dark time. A simple, apolitical man, he believes in the essential fairness of the South African government and its policies—until the sudden arrest and subsequent "suicide" of a black janitor from Du Toit's school. Haunted by new questions and desperate to believe that the man's death was a tragic accident, Du Toit undertakes an investigation into the terrible affair—a quest for the truth that will have devastating consequences for the teacher and his family.

Please send comments to news@peopleplusmaine.org

Be an Active Part of Your Wellbeing

Add these health-wise events to your January calendar!

Yoga for Cancer - Thursdays throughout January from 5-5:45 p.m. Maine Pines Racquet & Fitness, 120 Harpswell Road, Brunswick

Food for Health - January 8 from 6:30-8 p.m.

Anxiety and Depression: Foods that Help and Harm with Timothy R. Howe, MD Teaching Kitchen-Classroom 2, 329 Maine Street, SOUTH ENTRANCE in Brunswick A FREE monthly plant-based cooking and education series.

Healthy Weight for a Lifetime - Session begins January 10 from 4-6 p.m. Teaching Kitchen-Classroom 2, 329 Maine Street, SOUTH ENTRANCE in Brunswick A 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.

Health Within Reach - January 23 from 5:30-6:30 p.m.

Balance and the Aging Brain with William Stamey, MD

Teaching Kitchen-Classroom 2, 329 Maine Street, SOUTH ENTRANCE in Brunswick A monthly series of talks, classes, demonstrations, and healthy lifestyle options.

Youth Mental Health First Aid - January 28 from 8 a.m.-4:30 p.m.

Topsham Fire Department, 100 Main Street, Topsham

FREE NAMI-Maine training designed to teach you how to help a teen who is experiencing a mental health or addiction challenge, or who is in crisis.

Mindfulness-Based Stress Reduction

New sessions begin January 28 from 5:30-8 p.m. or January 29 from 9-11:30 a.m. Required orientation on January 14 from 5-6 p.m.

Movement Room-Classroom 3, 329 Maine Street, SOUTH ENTRANCE in Brunswick An educational program designed to help people better cope with stress and life's challenges. MBSR is an 8-week course of 2 ½-hour weekly group classes and one 6-hour weekend retreat.

For a full listing of classes, screenings, and support groups, call (207)373-6585 or visit www.midcoasthealth.com/wellness/classes/



People Plus News Page 8 January 2019

GO DRAGONS! A BUCK - A GAME

into any Brunswick High School

TEEN OF THE **MONTH:**



Brunswick Area Teen Center

Stirring the Pot

Another year coming to an end! Hello 2019! The Teen Center program will be (not quite done yet!) attendance numbers involved with the Teen Center since before its inception means I am heading into about my 16th year! That's a lot of years!

It certainly has been an adventure... one of learning and teaching and advising and listening and entertaining and being entertained. I have been privileged to be able to share in many youth's struggles over the some days! We have our own melting pot years as well as many joys and successes.

Over the years, the organizational leadership has changed, the location has changed, assistants have changed, there are changes in kids every year and the times have changed!

Throughout all the years and all the changes, some things have remained the same, always forming a strong and consistent core for the program. Kids anywhere and everywhere love being with friends, being accepted, being valued, being respected and having a voice that is listened to. Everyone wants to have a "safe" place and basics like food and heat (bonus air conditioning when it's hot). Having a place where people are waiting for you and happy to see you is a huge positive in a fans! young person's life (in anyone's life!).

We will break a record again for 2018 heading into its 14th year! Having been and not only have we had the most kids ever, we have the most eclectic and diverse group of kids yet! The differences and uniqueness all these kids bring together creates learning experiences for us every time we are together! Of course it also brings lots of noise and at times chaos and can be challenging and even exhausting of kids of various ethnicities, sexual orientation, religions, mental health diagnosis, learning aptitudes, social/economic status, family makeup, etc. We have kids who moved here from other states, local native area kids, kids who attend different schools and those who are home schooled. Wow, just writing all that was an eye opener for me! Some days someone or multiple some-ones, stirs the pot and it can feel like

> Next month I will report on how our Holiday party and gifts for the kids went as well as some 2018 data for you number

> everything could boil over any second, but

most days...it feels like a happy bubbling

that, as long as it is tended to every so

often, will come out great.

Before then I want to thank everyone

Teen Center News

Jordan Cardone



who helped make 2018 a fantastic year for the Teen Center program and for the kids who attend it! It means a lot to them and it means a lot to me! Not only have we been able to feed a huge increase in members, I was able to hire an Assistant, Kim Gagnon without whom we honestly could not have accommodated anywhere near the number of kids wanting to attend the program, and without whom, I would be completely bonkers by now (I admit to being partially bonkers only). We were also able to hire an additional staff person two days a week, to be increased as time and funds allow, so that we could spend more time downstairs and so that Kim did not also start going partially bonkers...

A great year all in all! We wish you only the best for 2019! Happy New Year!!



Intensive to be offered on two Saturdays in the new year. The dark, quiet beginning of the new year is an ideal opportunity to commit to the deepening of our meditation practice. January 5 and February 2, 2019, 9-2 at People Plus.

The Intensive this year will focus on Cultivating immeasurable kindness (Metta)

judgment and frustration that prevent kindness

Suggested readings to enhance the practice will be offered. For those who can do so, we suggest a \$5 to \$10 donation.

Please pass this invitation along to anyone For more information, and to reserve a place, contact Phyllis Chinlund:



Inanna, Sisters in Rhythm

Inanna, Sisters in Rhythm, is an all-women's percussion and vocal ensemble dedicated to cultural diversity, education, and healing through the universal language of music.

Saturday, January 12, 2019

Tickets are \$12 in advance or \$15 at the door. \$8 for students/children. Available at the church office (729-8515), at Gulf of Maine Books, or ONLINE at https:// inanna.brownpapertickets.com/

Unitarian Universalist Church of Brunswick, 1 Middle Street, Brunswick, Maine

UUCB Concerts for a Cause:

Two-thirds of the net proconcert series will be donated to: The Gathering Place and The Brunswick Area Teen Center.



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January 2019 People Plus News

Start 2019 with Classes, Games, Clubs and Events at People Plus

(free, for members only)

Easy Riders/Winter Outing Club Wednesdays ~9 am (weather permitting). Easy Riders bike rides begin at People Plus or an off-site location and usually last about an hour. In the winter months, the group puts the bikes away and arranges walks and hikes as the Winter Outing Club.

Table Tennis

For serious players with a sense of humor. Bring athletic shoes or sneakers. We play almost every day -see calendar for times.

Walking Club Visit the Brunswick Parks & Recreation indoor track and log your walks in our logbook.

CLUBS

(Free, members only)

Apple Club Usually first Thursday of month, 10 am (2nd Thursday in January) Meet to share knowledge, ask questions and find answers to the wonderful world of i-devices (i-phone, i-pad, i-touch)! No experience necessary.

Books a la Carte Third Tuesday of month, 2 pm. A unique book club! Share what books you've been reading and learn about what others think are good, too! Discussion of all types of books is encouraged the more variety the better the

Cafe en Français Fourth Tuesday of month, 2:30 pm. Spend a lively hour once a month speaking French with good company.

Civil War Book Club Third Monday of month, 7 pm

Crafters Mondays, 9 am. Meet with other crafters to knit, crochet, scrapbook, cross-stitch, or work on whatever you choose to bring in. Lots of socializing.

Kaffeestunde! German **Conversation Club** Second Tuesday of month, 3 pm. Spend a lively hour once a month speaking German with good company.

World Affairs Conversation Club Fridays, 11 am. Ed Knox moderates this club. He has lived and worked professionally in the Middle East and taught Mideast

Write on Writers Wednesdays, 1 - 2:30 pm. Read and share your works of poetry and prose, improve your writing skills. The group has around 20 members. New members are welcome at any

EXERCISE AND ART (paid classes, open to public)

Aerobics Lite Tues, 12:30 pm. Combination of sitting and standing movements gradually working towards goal of standing for the whole hour while moving to music with low impact steps while keeping one foot always on the floor.

Instructor Bea Blakemore.

Art with Connie Bailey Tues or Thurs, 10 am-12 pm. Each month the class explores different drawing materials. The class combines artists of varying experience levels.

Loosen Up! M/W/F, 9 am. A typical session (standing and seated) includes resistance training, core strengthening, and exercises intended to improve balance and posture. Take it once, twice or three times a week.

Fri, 11:15 am. Related to Tai Chi but with simpler movements. Will help improve your balance and enhance personal energy. Instructor Suzanne Neveux.

Tai Chi Short Form, Fri 10 am, Long

Form, Wed 12:30 pm. Tai Chi exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements. Instructor Suzanne Neveux.

Tues, 10:30 am (Ann Kimmage), Thurs, 11 am (Leslie Ballin). Stretch, flex, breathe and relax for optimum well-being.

Chair Yoga Tues, 2:00 pm A blend of breathing and stretching to improve balance, stability and peace-of-mind. Offers both poses and helpful techniques to be your most comfortable self. For all levels, Instructor Audrey Palma.

Zumba Mon. 10 am. With Bea Blakemore, a popular local Zumba Fitness instructor. Aerobic and dance moves set to popular music, this is a low-impact style for seniors.

GAMES

Free, members only):

Beg/Int Bridge A less formal Bridge group. All levels welcome – come learn how to play! Tuesday and Thursday mornings

Mondays, 12 - 3:30 pm, and Advanced Bridge on Fridays, 12:30 pm. Players meet to play several games of bridge with

different partners.

Cribbage Wednesdays, 8:45 -11:30 am. Experienced players play cribbage with different partners on

Mah-Jongg M/W/F 9 -12 pm. Chinese multiplayer tile game. All skill levels welcome. We love to teach new players!

Scrabble Mondays, 9:30 am. Keep your brain active and socialize while playing your favorite word

MEALS

Women's Breakfast First Thursday of month, 8:30 am. Start your day with a healthy meal and good

Men's Breakfast Fourth Thursday of month, 8 am. Start your day with a healthy meal and good

Lunch/Connections Third Thursday of month. 12 pm. Sign up early for this always sold out meal! Also includes free hearing screen ings and blood pressure checks

Lunch Out Second Tuesday of month, 11:30 am. Organized get-together at local restaurants.

PRESENTATIONS

'Aging Well' Lunch & Learn Fourth Monday of month, 12 pm. Programs that focus on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and

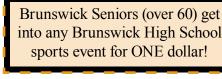
FYI! (For your Information) Monthly programs to tantalize the mind with interesting and stimulating talks, discussions, presentations with snacks and

Author Chats Maine authors tell us about their books and writing experiences

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Inua Saibou-baldi

Inua Saibou-baldi is in 9th grade at BHS and has been attending the Teen Center Program since September. Inua moved here this summer from NYC. Recently we didn't see as much of Inua because he was at rehearsals for his part, The Chairman/Ensemble, in the High School Play, Flowers For Algernon, which he loved doing! While at the Teen Center,





from arising. Both meetings will include: sitting and

walking meditation, a potluck lunch, readings

and small group discussions. Though it is not you think might be interested. required that you attend both meetings, the 2-part format allows us to return in February

for ourselves and our world. We will be to share what we have learned, and to deepen pchinlund@gmail.com. Our family caring for yours!



Our family of caregivers becomes an extension of yours.

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

January 2019

Please note: All Spectrum Generations' locations will be closed Monday, January 21, in observance of Dr. Martin Luther King, Jr. Day



The Savvy Caregiver Class

The **Savvy Caregiver Program** is a **FREE**, six-session training series for family caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as you would receive training for any new job.

Participants will learn what dementia is and how it affects the individual and also helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their loved ones throughout the progression of dementia.

Spectrum Generations is offering a class beginning on **January 7**, and registration is open! Classes will be held from 9:45 — 11:45 a.m. at the United Methodist Church at 320 Church Road in Brunswick. This class will run for 6 weeks, through February 11.

Andrea Handel, LSW, is Spectrum Generations' new ADRC Specialist for both Lincoln and Sagadahoc counties, and the towns of Brunswick and Harpswell. Andrea will be at People Plus in Brunswick and most Tuesdays and Thursdays between 8:00 am and 4:30 pm. Andrea can be contact by phone at: 207-607-4405 or e-mail ahandel@spectrumgenerations.org. Welcome, Andrea!

'Tis the season for giving, and this holiday season our Meals on Wheels program has much to be thankful for. Our consumers have been the lucky recipients of lovely floral arrangements made and delivered to us by the Bath Garden Club, and festive poinsettias donated by the Mt Ararat Middle School and the Brunswick High School Music program. Our volunteer drivers delivered the flowers, along with beautiful cards made by the students, during their usual food deliveries to over 100 people throughout Sagadahoc County, Brunswick and Harpswell.



Extra poinsettias were sold at People Plus to raise more money for Spectrum Generations' Meals on Wheels program. We are grateful to the donors and dedicated volunteers and drivers who made this special holiday delivery possible! We are always looking for groups to partner with so if you have an idea about how we can help brighten the day of our consumers, please contact us at info@spectrumgenerations.org

By participating in a survey, you can help inform and shape the MaineDOT's Long-Range Transportation Plan. Your responses will help MaineDOT understand wants and desires of traveling public, views on future growth, and where to invest and concentrate resources. The survey takes only 10 minutes!

Find it online at: https://mainelongrangeplan2050.metroguest.com/



The purpose of this effort is to document MaineDOT's vision for the future, as well as to provide guidance and insight on the necessary strategies to meet transportation goals in the midst of the many challenges over the next 20-30 years. The DOT needs your input in helping to make this a valuable, relevant plan.



Engaging volunteer opportunities are available!

Do you like working with numbers and people? Do you have good communication skills, are professional and have reliable transportation? Spectrum Generations' Money Minders, Meals on Wheels drivers or Home Assessments volunteer opportunities may be for you.

Money Minders: You will be visiting clients and assisting them with monthly account reconciliation, check book balance, and reporting changes in client's status to supervisor. You will receive orientation and in-service training sessions.

Meals on Wheels Drivers and Home **Assessors Opportunities:**

- Drivers are needed on Wednesdays and Fridays, 10:00 a.m. to 12:00 p.m. for routes in Brunswick and Woolwich Islands. Drivers must be able to meet at People Plus at 10:00 am. The Meals on Wheels routes take approximately 1 hour and you may have to lift up to 30 lbs.
- Help is needed with loading and unloading 30lbs boxes of USDA food during monthly distribution on the second Tuesday of each month at the Bath Senior Center, between 9-11:00 a.m.
- Unloading Vans at People Plus help is needed unloading vans for Meals on Wheels on Wednesdays and Fridays from 9:30–10:00 a.m.
- In-Home Assessors are needed for Meals on Wheels consumers in the Brunswick area; the schedule will be coordinated with a supervisor. Volunteers will visit with the consumers and ask them questions about the services they need. Assessor volunteers need their own vehicle, and will receive training in completing annual assessments.

If interested, please contact Amalia at 207-620-1684 or apdelpulgar@spectrumgenerations.org.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

January 2019 People Plus News Page 11

Some winters are worse than others!

Were you warm and dry 40 years ago this announced the bridge was being "breached" month?

No? Me, neither!

We all know January in Maine is usually host to a weather "event" or three, but I'm recalling January 9, 1978, as special, even by Maine standards. If you were around these parts on those days, I know you have some

memories of a one-two punch of the vicious south-east winds, abnormally high tides and driving rains that threatened to wash Harpswell out to sea, and fill the mighty Kennebec with gigantic slabs of grinding ice. I was a hard working, mild-mannered

reporter-photographer for the Times Record back in those days, so wandering our communities and looking for photo opportunities was part of my job. Reports that the Land's End Gift shop was "gone" from the end of Bailey Island came to the news desk early that morning, so I jumped into my little Chevy Luv pickup to investigate. Wind and



rain bounced my truck all over Route 24, and I remember my feet were already soaked before I crossed the Cribstone and made my way down to the bitter end of Land's End. The quaint little gift shop had indeed "pancaked" flat onto a ledge, and the little cove beside the store was filled with floating Bass slippers and Weejuns. I wasted a half hour, trying to find a matching pair, gave up maybe sweep the truck to the twenty minutes AFTER I was soaking wet.

I tossed my raincoat into the back of Twice I tried to restart the truck and headed north, only to be the engine, twice again stopped at the Cribstone Bridge and Rock the truck was breached Ovens Restaurant by a State Trooper who by sea water.

by surf and was closed to all except "emer- watching. gency traffic!" I looked at my watch, knew I had an hour before deadline and told him the film in my camera qualified as an emergency. He turned me loose after I promised to "stop at the top of the bridge and count waves.... every sixth wave is a big one, you know," he said. I laughed, told him I didn't know... "seriously," he said, "every sixth wave, be

The view astride Will's Gut from the top of the Cribstone was indeed memorable. Wave after wave was washing over the road, and to my surprise every fourth or fifth or sixth or seventh wave WAS larger than the rest. I thought about backing down, getting the trooper to call the paper (no cell phones in off." those days) but decided instead I'd just go for it. I inched down the soaked bridge deck, got 50 yards from Orr's Island and started counting waves. A wicked wave obliterated everything in front of me with tons of water, I automatically decided it was a "number six" and went for it!

Maybe you remember the Chevy Luv truck. It was a cab and a body, had as much power as a good-sized Harley, and probably weighed

less. Too late, I realized storm water was accumulated 2-3 inches deep on the roadbed. I hit it, the truck went sideways, hit a sidewalk barrier and stalled out. I came to a rough stop facing towards Spain, and there was another sixth wave, coming right at me! It hit the sidewalk, burst into a million buckets and other side of the bridge.

I wondered if the state trooper was

The truck did restart -finally- and I was able

to limp to Orr's Island in first gear. Don't think I've ever been happier to be ashore on Orr's Island. I upshifted to second, the truck stalled. I restarted, reshifted, stalled, four or five times, then decided I could get to Brunswick in first gear and be thankful for the ride. I got to the newsroom 30-something minutes later, developed and printed pictures that won a press association award and filled one of the last special weather supplements the Times Record ever printed. "All in a day's work," my buddy Dave Bourque said, "but you'd better run that truck through a car wash, and store it in your garage till it dries

But there's more.



Next morning, I'm in Richmond, checking out a massive ice jam that's threatening to dump the old, steel-span bridge into the Kennebec. It's barely dawn, there's a guy in a beret walking across the span. "Odd," thinks I, "cold day for a tourist." I got maybe 50 feet from the guy and realized it was none other than Maine's Governor James Longley. I quickened my pace, anxious for an interview. He waved me off, agreed he was worried about the bridge but I didn't need to take his picture. When I told him I already had, he told me not to use it. I reminded him we were in a public place, he turned his back and gestured toward a state trooper who was watching from the Dresden shore. The trooper started towards me, I started back

Speaking

Frank

Connors

That storm broke later the same day, left people saying, "everyone down here (Harpswell) lost something," but spring did come in 1978, and soon enough, it'll come in

Happy New Year everyone!

towards my truck.



New/renewing members for December

* indicates new membership indicates donation made

with membership

Lifetime Membership Margarita Day, Bath

Brunswick

Consuelo Bailey Claircy Bernier **Lorraine Berte** Crystal Bishop Irene Bouchard David Bracy Robert Broderick Sally Broderick James Burbank

Marybeth Burbank Marcia Clayton Patricia Croy • Christine DeTroy Linda DeRocher Rae Duval Carolyn Earnest Omer Gagne Corey R. Hammond Matile Hugo • Eva Kondor Steve Kondor Beatrice Palmer

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"Resolve" to Travel in 2019!

Prague, Vienna & Budapest!

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

Front Desk Position

Come join the staff of this fun and rewarding organization where we change lives and build community! People Plus is seeking a part-time receptionist, Mon-Fri, 8-1 pm. Computer proficiency required. FMI call 729-0757. Please send resume & cover letter to director@peopleplusmaine.org.



Weekly Winners

Senior Intermediate Cribbage

Nov. 21: George Tetu, 707 Harry Higgins, 679

Nov. 28: George Tetu, 714

Gaby Niffka, 713 Harry Higgins, 700

Dec. 5: Julie Swol, 703 Lorraine LaRoche, 694 Anita Owens, 691

Dec. 12: Anne Bouchard, 725 Julie Swol, 712 Gaby Niffka, 706

Senior Bridge

Nov. 19: Craig Aderman, 2,540 Paul Betit, 2,500

Nov. 23: Woody Townsend, 2,420 John Rich, 2,220

Nov. 26: Richard Totten, 3,630 Paul Betit, 3,370 Woody Townsend, 3,330

Nov. 30: John Rich, 3,630 Craig Aderman, 3,420

Dec. 7: Judy Feimer, 3,800 Jeff Lauder, 2,870

Dec. 10: David Bracy, 6,670 Ann Nichols, 5,340 Paul Betit, 3,740

Dec. 14: Sherry Watson, 4,370 John Rich, 2,730

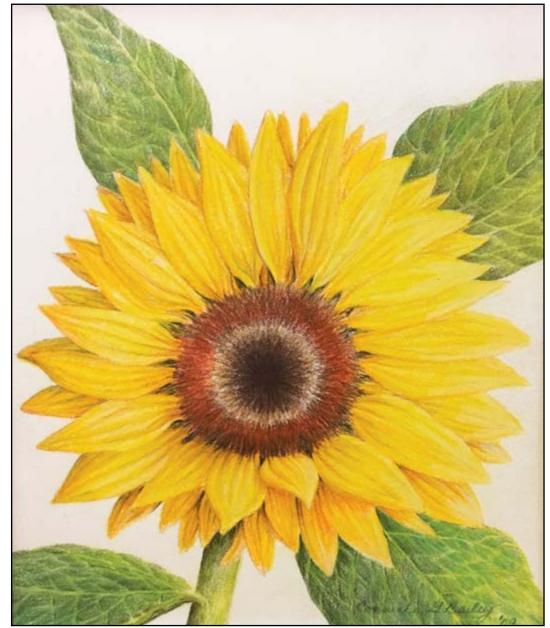
Student show opening in Cafe Gallery

A collection of original artwork created by students from Consuelo (Connie) Bailey's Tuesday art class are on display through February in the Union Street Gallery of the People Plus Center. This multi-media exhibition features more than two dozen works by the student artists of People Plus, and is a show that usually generates considerable interest around the Center.

Students invited to exhibit include Beth Aldenberg, Lorraine Berte, Sandra Cox, Juana Haskins, Karen Guistra, Tony & Myrtle LaCroix, Donna Lemieux, Marsha Mogk, Richard Nikerson, Ralph Palmer, Nancy Pantaz, Valerie Robbins, Margaret (Ann) Sanfasin and Al Tyrol.

Bailey's mixed-media classes have long been a fixture at the Center, with instruction in the use of watercolors, watercolor pencils, colored pencils, graphite & charcoal, scratchboard, pen & ink, pastels, and pastel chalks. Bailey says her "mission" is to expose students to "the several major and popular forms of artistic expression," during the typical class season, to encourage her students to practice in some or all of the mediums, and to finally work in the media where they feel the most comfortable and capable. Weekly classes are conducted each Tuesday morning, beginning at 10 am, and run approximately two hours.

These collected student works are always framed and are "almost always" offered for sale. The show may be seen free of charge during normal business hours at the People Plus Center, 35 Union Street, in Brunswick.



A Warm Thought for a Winter Day. Colored Pencil.

by Consuelo Bailey

