

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

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35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org February 2019 Volume 19, No. 2 People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages





Smelted! Guest Chef Richard Gnauck offered up fresh-fried Cathance River smelts at the Center's Men's Breakfast last month. "What a wonderful, seasonal treat!" he said.

AARP Tax Aides "Ready to work!"

If you are one of the hundreds of local people seeking help with your tax preparation, make your appointment for assistance at People Plus today. Trained and certified AARP Tax Aide specialists open for business in the Center's Cafe on Tuesday, Feb. 5 and will be available by appointment on Tuesday mornings and Thursday afternoons right up to "tax day" in April.

We get pretty busy, pretty soon," advised Marlene Budd, who has been a volunteer tax aide specialist in Brunswick for more than 25 years, "It always makes sense to schedule your

Join the fun Wednesday, February 13, at 12

Frank's Field Trips

meetings sooner, rather than later," she added. Appointments are being scheduled at 15 minute intervals for Tuesdays, from 8:30 am until noon; or Thursday afternoons from 1 until 3:30 pm. Call 729-0757 to schedule your appointment.

Persons using this free tax service should come to their appointment carrying their driver's license or some other valid photo identification; copies of last year's tax returns; and any social security cards, or identifying forms from the Social Security Administration (SSA) for each person to be listed on the return.

You should also bring any tax-related forms or statements you have from the SSA, any pension provider information, any bank and/ or investment plan information; and finally, any receipts you might have for deductions to which you feel you are entitled.

Preparation of the State and Federal returns is a very popular and free service at People Plus, and is a joint project of the Internal Revenue Service and the AARP Foundation. This service is also available at Brunswick's Curtis Memorial Library, at the Bath Area Senior Center and the Freeport Community Center.

Fund-raising Gala "Coming together"



Planning for the 17th annual Music in April fund-raising gala on April 4, to benefit the People Plus Center is

"coming together," according to Executive Director Stacy Frizzle. "We're getting our major sponsors in place, we know how exciting our new venue is, and the table sponsorships are coming in fast!" This will be the second year the event will be held at Brunswick's Recreation Center on Brunswick Landing, "everyone loved that venue," Frizzle added, "this season we're just punching it up a notch, to make it even better!"

Last season's event raised more than \$50,000 for the People Plus Center. If you want to register as an event sponsor, or purchase tickets, please call the Center at 729-0757.

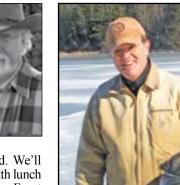
> Seeking Donations Are you an Artist? Do you own a business? Do you make something? Do you have an antique you no longer want? People Plus is collecting donations for auction items-live and silent- anything to inspire enthusiastic bidders and bidding during our annual Music in April fundraiser! Contact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

Be our Valentine" Party

Mike McCarthy and his magic piano will be at the People Plus Center on Thursday, Feb. 14, beginning at 1 pm to help us celebrate this special day, on the day! Be sure you wear your favorite pink and reds to help us all set the mood, a candy heart prize goes to the most valentine-y Valentine! There will be loads of sweets, good eats and great friends. Sing along, dance around, "let the music take you there!" This one's for members only, please, we hope you'll call the front desk (729-0757) to confirm.

Persons with climbing limitations should not attend. We'll

start our afternoon tour with lunch on your own at J.R. Maxwell's on Front



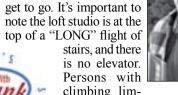


noon, as we drive to Bath for lunch and a tour of the studio of muralist John Gable. "The top of a "LONG" flight of third floor loft where Gable has produced work for more than 20 years is usually a very private place," tour guide Frank Connors said, "We're

A day in the life of "our" artist



Connors said Gable has illustrated two books for the Center and painted three of the five murals the Center produced as part of its Holiday Heritage print series. Gable is currently working on a 15x 36 foot mural for a commission in Washington DC.



Cost of the trip is only \$15, the first dozen folks who register after the first of February

very lucky to get this introduction!"

Street. Mr. Gable will join us for lunch. This trip is made possible through the generous sponsorship of Scott Lemieux at Brunswick's Ameriprise Financial Services office, and by our wonderful friends at the Coastal Landing Retirement Community.

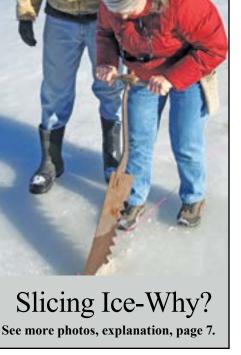
Aging Well Lunch & Learn: **Prescription Connection!**



Monday, Feb 25, 12 pm. Do you have trouble paying for your prescriptions? Help may be available to you. The Community Prescription Assistance Program at the Oasis Free Clinics connects people struggling to pay for their medications with free care programs. We work with you and your healthcare provider to find the right program for you, and we make it easy for you. Free care programs are available primarily to those who have low incomes and have no health insurance or seniors who have Medicare Part D. Come learn about what help is available, if you might qualify, and what you need to apply. This Lunch

and Learn is presented by Anita Ruff, Oasis Free Clinics Executive Director, and Kimberly Dodge, Community Prescription Assistance Coordinator.

This event is free and open to the public. Bring your lunch, we'll provide a drink, chips and dessert. Registration appreciated.



Annual Funds continue growth

End of year donations have kept the annual funds for the People Plus Center and the Brunswick Area Teen Center, "trending in the right direction," according to the Center's office manager, Betsy White. At close of business on January 23, the Teen Center total stood at \$11,525 and the People Plus total, including \$1,153 donated by members when they pay their annual dues, stood at a total of \$38,108. White suggested both totals are "impressive," and leave the Center well-positioned to reach its goal of \$50,000 for the end of the fiscal year in June.

People Plus News

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

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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



We're "Off to the races!"

It's almost the season for fund-raising events at the People Plus Center! We are in the thick of planning for Music and have an amazing night.

in April - the ONLY fundraising event that People Plus holds every year directly benefiting our area seniors. Jill's office will (hopefully) soon be

overflowing with items for the live and silent auctions as she sent out over 300 letters last week asking for donations from area businesses.

I met with Tom Farrell, the director of Parks and Rec this morning to discuss the

gorgeous space in which we are able to spread out, easily seat over 200 attendees

And we have the contract in from Robyn Allen of Maine Events Design & Decor who transforms the parks and rec building into a magical wonderland. John Bottero, auctioneer extraordinaire, has agreed to lend us his services

for the live auction which brought in over \$20.000 last year! And Touching Base - that trio from Bath

we have come to love, will provide several venue. We are excited to host Music in hours of background jazz music while April for a second year at the Brunswick patrons sip refreshments, enjoy food from Recreation Center. It's a huge and 25 local eateries and bid on silent auction

New Veterans Memorial Planned for Mall



Plans are moving ahead to build a Plaza at the head of Brunswick's downtown Mall that will honor veterans of all of this nation's conflicts. Construction of the project is expected to start on Memorial Day, with a formal dedication expected on Veterans Day, 2019.



• Dash olive oil • Black pepper to taste info@nutritionforeveryday.com • 1/2 t. red wine vinegar

Ingredients:

• 2.5 C. water

• 1 C. brown rice

working towards them!

whether our plan is working;

• Are you feeling better?

them to?

• 1 beet, peeled and diced fine

• 2 t. granulated garlic/parsley

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One of the most important things that we all

can do is follow our own plan. Take the time to

take into account what makes sense and what

you want to work on. Check in with yourself

and make sure you are staying focused on your

plan, evaluate the short term goals and ask,

"is it working?" Here are a few ways to know

• Are your clothes fitting the way you want

Follow your plan!

I think that it is the time of year that we are overwhelmed with media blasts about how we all need to lose weight and exercise. Come to think of it, the media tries to tell us how we should be running all aspects of our life! For many of us all of this information tends to stop us in our tracks and question whether or not we are even doing something that is helpful! Well, this happened last week with several of my clients. They came into the office and described the healthful steps that they were taking and then asked me, "Am I doing this right?" I thought about this for a moment and responded by repeating what they had just told

me what they were doing. Then I said, of course you are doing it right! You have established your goals and are



Locally owned and operated since 2006



From the **Executive** Director Stacy V. Frizzle

items.

We are excited for this 17th annual event and hope that you will either join us there or drop off something awesome for the auction

AND save the date as well for the Teen Center fundraiser at Gelato Fiasco. It takes place from 11 am until 11 pm on April 24th. This is also the only fundraising event for the Teen Center program and we are hoping to bring in \$11,000 at this 11th annual event!

With different community "celebrity scoopers" every hour as well as musical entertainment out on the sidewalk, and a 50-50 raffle that brings in close to \$300 for the winner every year; this is an event that is tailor-made for people of all ages. Bring your grandmothers; bring your grandchildren; bring your whole second grade class and buy Gelato on Wednesday, April 24 to benefit the Teen Center program! So let the fundraising begin - we're off to the races!

And if you'd like a little more information come on down to the People Plus Center where we offer lots of programs and fun activities while we watch Jill organize and collect 300 auction items! Come see and join the fun! At People Plus, the Center that Builds Community.

_____ **Red Rice Directions:**

> 1. Place the rice, water, diced beet, seasonings, and olive oil in covered pan over high heat. 2. Bring to a boil then lower heat to low simmer setting and cover.

3. Cook until done, about 40 minutes. Note: A great side dish for Valentine's Day

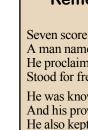
• Are you active?

The next time that you hear a news story or read an article or hear from a friend about a 'new thing' that may try to derail your efforts, stay confident in yourself and keep moving on with your plan. Your plan is unique to you! I have come up with a menu for Valentine's Dinner. You may get some ideas from what I will be serving:

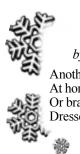
Crab cakes with avocado remoulade Red Rice

Green beans with red onions and mustard Chocolate hummus with strawberries Not only is it fiesta but healthy!

Yarmouth







Seven score and fifteen years ago A man named Lincoln stood very tall He proclaimed that the end of the civil war Stood for freedom and equality for all He was known and revered for his honesty And his prowess on the wrestling mat He also kept his important documents Inside his tall black hat

Groundhog by Nonie Moody

Before moving to Maine from Virginia, we had problems with groundhogs so we purchased a Havahart trap and had lots of fun with it. Our catch and release procedure went like this. If the catch was successful then at nighttime after work we would put the critter in the trunk of the car and go for a drive. We had several places for new homes which was near the Potomac river, and preferably on the other side of the bridge in Maryland. Every time after the critter scurried off into the woods we would laugh and say, "Another successful run."

That trap came to Maine with us and we have used it. The garage door was usually left open during the day but one evening after it was closed a long tailed dark brown animal came stirring around. Out came the trap again and an apple for bait did the trick. After pictures were posted of the critter on Facebook we found out that it was a muskrat. We let it go in the woods behind our home.

Last spring a large groundhog came visiting, digging under the porch and creating a large open hole in the side of the down hill flower garden. Out came the Havahart trap but this time there were too many apples from the apple orchard to lure this big fat guy. We tried and tried but have not been able to catch him. Such is the saga of a home owner. There has been talk of calling a man named Grant Connors or hoping a neighbor with a gun will, well, you know!

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Sleepy Tune by Doris Weinberg

When I go to sleep, I don't count sheep. And not even the Charms of Linda! Maybe I would finally get tired If her name was more like "Lucinda." But there is a tune that comes to mind

On the nights I toss and turn. When I can't settle down and I start to ache And my mind is full of concern.

I start to recite the alphabet but Not the way we learned in school But a song that made the Hit Parade That I always thought was cool.

A was adorable and B oh so beautiful And C was a cutie full of charms. I would continue right in order and F was a feather in his arms!

There were 26 letters and I could sing all night. Alphabetically speaking, "I was all right." Over -and over I would sing the whole song-The tune just stuck in my head. And by the time I get to Z I am usually asleep-Curled up in my comfy bed.

On "Jeopardy" once, they asked what was "V And I wished I could compete. Because right away I knew the answer That "V" was very sweet!

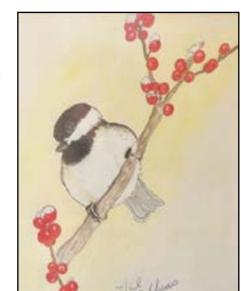
> So sometimes it pays to relax By just remembering a tune. You could travel "Over the Rainbow" Or maybe "up to the Moon."

So tonight when you climb into bed Relax and try to unwind. And maybe a calming tune Will leave those troubles behind.

Remembering Lincoln by P.K. Allen

Water by Sally Hartikka

It drizzles, it rains, it pours, Water collects in puddles, river. Water, the foundation of life, Water, the bountiful life-giver. It drenches the forests, nourishing plants. It fills our reservoirs, quenching thirst. There sometimes comes too much at once As with hurricane or prolonged cloudburst. It doesn't come, and we suffer drought. Water holes dry up; animals undergo Prolonged thirst and dehydration. Crops wither and do not grow. Water, needed for all existence... Something we must jointly share; Something we must manage wisely; Something we must use with care.



Chickadee by Val Robbins.

Winter Fun by Elizabeth B. Bates

Skating on top of the ice, where the cracks are so scary, and cold winds attack our cheeks until they are red as berries, and the boys swoop by laughing, they think they are so smart! I'd like to see them cooking! Making pies is really art! The sky is getting dark now, I'm taking off my skates. One boy has stopped to help me, which I do appreciate! Only one has not come back, his father is out there searching. He hears his crying at last. He is bringing a sled, and cursing. That night it snowed 12 inches. The skates are in the shed. The morning is great for sledding! It's just as much fun instead!

The Cold by Sally Hartikka

As the days get longer, the cold gets stronger

Is an old time saying.

It certainly has been true this year;

It really has been quite severe.

My oil bill will be dismaying!

Don't Under

Estimate Seniors

by Gladys Szabo

I woke at 7

Temperature was 5

Sun shown bright

Breeze was light

Boarded the bus

Not a seat was left

Struggle defeated

Bundled up head to toe

Out on the ice they did go

Craig assisted everyone

Helping each to saw the ice

Now to raise that chunk of ice

Three more cuts were repeated

Cheers yelled from the guests

Then to the house all retreated

To hot soup and grilled cheese

Sharing days of cold ice cutting

To her life she paid homage

Minds filled with memories

Best of all no casualties!

breakfast today.

There was no rebutting

Hurray great success!

They were treated

Small piece pushed into the pond

Now the claws could really respond

Eleanor shared her superb knowledge

The hearty seniors then boarded the bus

I'm full of it this new year, full of resolution,

feeling the pressure of time and short term

memory. If I concentrate, I can remember

what I did yesterday and even what I had for

I haven't put my car keys in the freezer so

I'm cool. There right under my nose on a big

table in front of me is a book, I could have it

or not, if I so wished. The book's title is "Fast

Fiction, Creating Fiction in Five Minutes" by

Roberta Allen. The title was a turn off for

me. I write the truth and it takes longer than 5

minutes. Anyway, I put it in my sack. {don't

judge a book by its cover} I laid it on the floor

of the front passenger seat where it lay for

several weeks covered by junk mail that I was

office, having forgotten it was closed for lunch

for an hour. Now what was I going to do until

I was late to pick up my held mail at the post

in the habit of sorting in the car.

Warm, fed, filled with knowledge

A claw dug into both sides

At 90 even Eleanor worked the device

Weatherman said 27 for high

Sixteen seniors, seventy to ninety

For many, 2018 was a year of tragedy, loss and challenge. Storms,

fires, volcanoes, violence, immigration, investigations, government shutdown and political issues were daily headline news. Just because fireworks and celebration filled our world, as millions welcomed a new year with excitement on December 31st, 2018 at midnight, I could not help thinking of those less fortunate and totally affected mentally and emotionally by events in 2018 beyond their control. Were they trying to forget very difficult times, the loss of precious irreplaceable life treasures, families grieving loss of loved ones, pets and even their homelands including family separation? Were they grateful to the many people who rushed to give aid and resources? Many taking time to travel to countries and locations, even risking their lives to help with every imaginable catastrophic event people had to tolerate? Will they be haunted forever by 2018 with never a good bye!

Good Bye 2018 – Hello 2019 by Betty Bavor

There were gratifying and note worthy times in 2018 - positive US economy, more workers with jobs, break throws' in space, medicine, technology, environment and education. Many people watched the Royal Wedding of Prince Harry and Megan. The world watched as US President George H. W. Bush and Barbara Bush were remembered and memorialized for their remarkable lives and gift of service to our country following their deaths in 2018. Maine elected the first woman, The Honorable Janet Mills, as Governor. These are just a few events/ facts that may be included in the history books documenting 2018.

Hello 2019! Each New Year is an opportunity to evaluate past achievements and adjust our focus on the future. It seems time passes faster as we age. We will not forget the past; however we must focus on the future. Much exploration and research, of space, technology, inventions and medical miracles challenge educators and young minds. I hope my 2019 actions and decisions will be considerate, kind, understanding, wise, patient, helpful and joyful. Staying involved and having close family and friends around me, being a contributing member trying to make a better world and new memories will keep me healthy, happy and getting on well in the year to come.

New Year Prayers to leaders around the world to come together and work for Peace. God Bless America

Twinkies and Root Beer by Charlotte Hart

- That afternoon John left his school and started strolling home.
- A busy day. His friends away. He felt somewhat alone.
- He stopped by Eddie's market, and for a bit of cheer.
- He'd part with precious nickels for Twinkies and root beer.
- A soothing, happy feeling. He'd have his favorite treat
- He'd go to the park, relax on a bench, just across the street.
- On the bench a lady sat—really old—with snow white hair.
- The bench was long and John could sense
- she'd be pleased to have him there. The two sat quietly in the park; birds darted
- in the trees.
- A lone bluebird perched briefly; then came faithful chickadees.
- John broke a Twinkie just in half-without a word. She knew
- When he passed it to her he meant, "This is for you."
- Her wrinkled face was lovely when her smile expressed such cheer.
- John knew he wanted most of all to share cold sweet root beer
- At home John's mother said, "You're late. What took you all this while?'
- John answered, "I had lunch with God. She has the most beautiful smile.3
- At home the white haired lady told her son,
- "I have found what I long sought. I had lunch with God this afternoon. He's
- younger than I thought

The Book by Virginia Sabin

it opens? I had stopped on the way to recycle you already know on some level? {nothing the junk mail. So there it was, uncovered right new under the sun? The pressure of time and under my nose, laying on the floor of the front passenger seat, the book. {OK, OK!} I'm a captive audience. Well, 40 minutes and the many created in REM sleep surfacing while pages flew by with my nose still in the book. I am emptying the dishwasher or loading the I can claim my held mail now. Not so fast, the wash machine. {that should tell me somecar wouldn't start! I ran the battery down listening to the memory station while I waited. I pressure of limited time and focused energy, know the music and the words of that era well.

start. I didn't need a new battery. {I can't be making this up!}

The book prompted 2 questions: What is fiction? Why is it easier to create poems and more difficult for me to write narratives, whether they be short, short, short, or even an essay question on an exam?

fiction in itself? Is it about a story, a story way it is.

It was the same a year ago When we had similar hopes and dreams But looking back now at not a great year, There were many wild extremes. These first two weeks have been a taste Of what might lie ahead.

Just the weather alone in such a short time, Has brought much damage and dread.

2019 Begins by Doris Weinberg

The "ball" was dropped two weeks ago

Amid fireworks and cheers.

The usual celebration we have when

We start a brand New Year.

- Our political scene goes from bad to worse With no good news in sight. In fourteen days our elected officials Have done little more than fight.
- Around the world it's not much better
- With terrorists taking a toll. Third world countries face inhumane acts With leaders forcing control.
- But only two weeks have passed so far. There's plenty of time to come. I like to think in positive terms That the future is not so glum.

2019 has twelve months to go And hopefully problems will be solved. We just need everyone working together, With all countries getting involved.

Snow by Bonnie Wheeler l love snow in December I like snow in January I dislike snow in March I hate snow in April Could be time to relocate You think?

energy drives it. Is the story the truth uncovered in sneaky ways? My poems come to me, thing} A narrative, however short, demands demands time and energy without distraction AAA gave it a quick fix with only a jump and with unguarded consciousness. {as unselfconscious as a bee]. The pressure of time and energy is precious in those 5 minutes. If you squander it obsessing about your writing, is it good or bad, right or wrong, does it need punctuation? Yes, a period! Your time is up.

This is not an epiphany. I'm feeling giddy and sad, blessed---you will learn with prac-So what is fiction? Is the idea of fiction a tice, and yes you can and yeah, so, that's the

People Plus News



February FUN at People Plus!



Lunch & Connections Lasagna & meatballs will be a **February feast**

favorite cheeses, spices and tomato sauces, will ten by our friends at Spectrum Generations and be the feature of our Luncheon on February 21, are planned to focus on nutrition, information according to chef Frank Connors, who promised delightful sides of Italian meatballs, all smothered in extra tomato sauces and shredded cheese. pressure checks, and Mary Marino of Mary's "We're celebrating the passing of winter," Connors Affordable Hearing Aids makes herself available said with only a hint of hope, "I can guarantee this before lunch to complete free hearing assessments. one will be fun and special."

There will be a fresh, lightly dressed green garden salad for everyone, and our bread this month will be your choice of crisp and warmed Italian breads, either garlic buttered or plain. Steamed broccoli will be our main vegetable. Our drinks will include decaf and regular coffee, teas, fruit juices and milk. Fresh iced water is always available on each table. Our very special February dessert will be a strawberry cake, hand-crafted by our own Carmella, and served with a side of vanilla ice cream

Fresh-baked, deep-dish lasagna, loaded with your Each Lunch & Connections event is underwritand variety. A CHANS healthcare professional is always available to offer and record free blood Our meal is always open to the public, but we hope you pre-register after the first of February, as seating is limited to the first 68 people who register. Cost of our meal is still only \$6 if you are a Center member, or \$8.50 for non-members. You may order a takeout meal to be picked up after 1

Our buffet-styled luncheon is served beginning at 12-noon, please arrive after 11:30 am to visit with your friends, claim your favorite seat, register to win one of our free door prizes and buy your 50/50 raffle tickets. Last month's winner took home \$40!

Art with Connie -

Call 729-0757 to register for classes & events.

Casino visit set

Be sure to register at the Bath Senior Center if you want to enjoy a day of gaming at the Oxford Casino on Wednesday, Feb. 13. The bus leaves the Bath Center at 9 am, and will pick up at the Topsham Fair Mall's Home Depot Park and Ride lot approximately 15 minutes later.

Cost of the trip, including transportation and favors for you at the Casino, is just \$33. You may pay the day of the event, but you must preregister in Bath (443-4937) to guarantee pickup in Topsham. The bus leaves the casino promptly at 4 pm, assuring you a busy day of "wicked good fun."

Reduced Price Hair Cuts for Seniors

Fridays, 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!

Spectrum Generations

required. Please notify us two weeks prior to an event if you

accommodations. donation.





Wed, Mar 6, 3 pm. Come hear all about Dinner, Fisherman's Bastion, and Palace. Talk is free and open to the public. See Jill for more information!

Changing your perception on health care

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.

• US ranks 37th in world health care through studies done by world health organization

Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health

The doctor of the future will give no medicine, but will interest his patients in the care of the human

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?

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

• Neighbors to the north have not figured it out either they rank 30th

• Better living through pharmacology? - How is this working out for us.

frame, in diet, and in the cause and prevention of disease. - Thomas Edison

• Spends over \$8,000 per person per year

starts day 1 of life. Healthy kids make healthy adults.





at People Plus, shows off some of the wreaths and arrangements being offered for sale this month to benefit the MOW program. Hand-made by Susan McNeil of Yarmouth, these unique blooms vary in price from \$10-\$20. You can see samples with Pat at our reception desk.

Snowshoeing for the "ageless"

Wreaths and Banners. Stephanie Petkers, Spectrum Generations Meals on Wheels coordinator

in a snowshoe outing planned for Topsham's pace will be geared to the group's ability as Cathance River Nature Preserve on a whole, a release from Jamie Pacheco of the February 15. A project of the Brunswick- BTLT reported, anyone with proper gear and Topsham Land Trust (BTLT) to mark the Great Maine Outdoors Weekend, the outing is geared to "active seniors" who love to get outside in winter. The walk will be led by Michelle Moody, a local coordinator for the directly at meamc@micstan.us. Appalachian Mountain Club of Maine, and

Register early if you want to be included a leader of the Thursday Hikers club. The clothing is welcome. Snowshoes are available on a limited basis and arrangements should be made in advance. To register, and to coordinate actual times, individuals should email Moody

"Living Well with Chronic Pain" Workshop

Mondays, Feb 25-April 1, 1:30-4 pm. Presented by Healthy Living for ME, the chronic pain workshop is a 6-week workshop for those who want to learn ways to better manage their pain and health concerns. Through this program, originally developed by Stanford University and support by Healthy Living for ME, participants will discover skills and strategies that will allow them or someone they care for, to manage symptoms, gain confidence and motivation to

deal with challenges of living with chronic pain. The workshop is held once a week for 2 1/2 hours for adults who have long-term or chronic pain lasting longer than 3-6 months, or beyond the normal healing time for an injury. Free, open to the public. Call 1-800-620-6036 to register. FMI healthylivingforme.org.



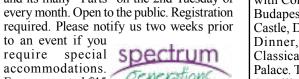


Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.

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

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



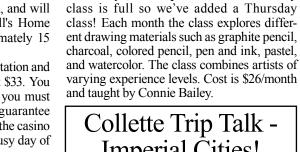






this wonderful trip! Travel Oct 7-17, 2019 with Collette and visit Prague, Vienna & Budapest with Collette. Includes Prague Castle, Danube River Cruise, Renaissance Classical Music Concert at Lobkowicz

New Thursday Class! Thursdays, 10-12 pm. Connie's Tuesday



February 2019

People

People Plus News

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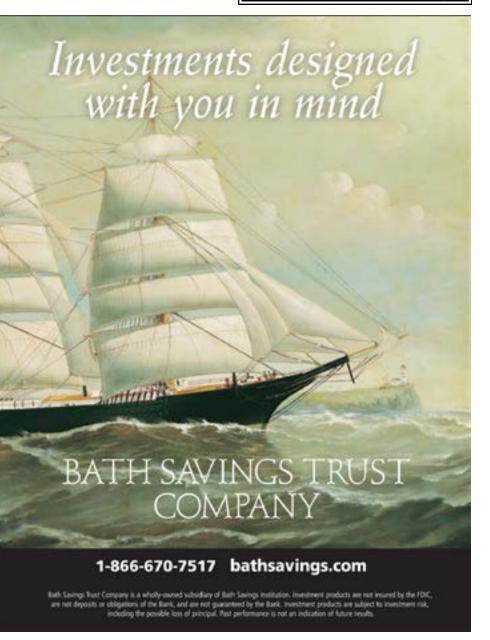
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Mon	Tue	Wed	Thu	Fri	Sat
	People Plus in the Media News & Views and People Plus Cooks! with Frank & Stacy. View online at http:// vimeo.com/harpswellty	News & Views	People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm 729-0757	1 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	2 8:30 Maine Meditation Intensive
4 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	5 8:30 AARP Free Tax Aide 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga	6 8:45 Cribbage 9:00 Winter Outing Group 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 3:30pm BATC Cooking Matters	7 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Apple Club 11:00 Yoga 1:00pm AARP Free Tax Aide	8 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	9
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9:00 Mah-Jongg 25 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Lunch and Learn: Prescription Connection 12:00pm Bridge 1:30pm Living with Chronic Pain 6:00pm Belly Dancing	26 8:30 AARP Free Tax Aide 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Francais	8:45 Cribbage 27 9:00 Winter Outing Group 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 3:30pm BATC Cooking Matters 6:30pm Brunswick Coin/Stamp	28 8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Donuts and Drivers 10:00 Art with Connie Bailey 11:00 Yoga 1:00pm AARP Free Tax Aide	STORM POL When Brunswick sche closed due to weather, th is closed and all People I grams, classes, and a are canceled for the day www.peopleplusmai or local media for information.	ools are e Center Plus pro- ctivities y. Check ne.org,

Do you worry about living alone? The Good Morning program is a FREE daily safety check-in Plus?

phone call providing peace of mind. In partnership with Brunswick Police Department. Sign up now! Good Morning Program

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





February 2019



Westbrook's Ice Disc, that international internet sensation, was visited by the People Plus Winter Outing Club last month. "Neat!" said Donald to Richard, but they admitted it wasn't turning when they visited.

Thursday afternoon desk volunteers needed!

People Plus is seeking volunteers to staff the reception desk on Thursday afternoons. Duties nclude greeting members and answering questions, answering the phone and directing calls as well as other special projects as needed.

If you are interested is this opportunity, please contact volunteer coordinator Gladys Szabo come in and chat with Pat at the desk, or leave your name with a staff member.



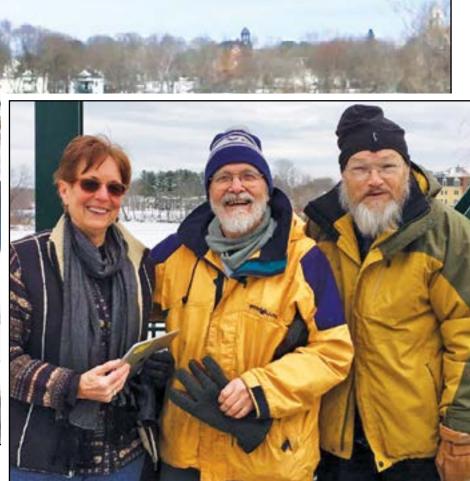
Where to go for walk-in care.

If you are unable to see your primary care provider and have a non-emergency medical need, the **Mid Coast** Hospital Primary Care and Walk-In Clinic located downtown at **Brunswick Station** offers expert care for minor medical problems such as cuts, sprains, coughs, and infections.

Open every day from 8 a.m. to 7 p.m. 22 Station Avenue, Brunswick • (207) 406-7500

For life-threatening concerns and critical situations, including signs of heart attack or stroke, please call 9-1-1.





Food drive finishes "fine!"

Prevention Program (MCHPP) closed January 17, "just short of our goal," according to Frank Connors, who organized the effort, "but I'm gonna' say we

did just fine, and thank everyone who participated." He added this is "at least the tenth year the People Plus Center has joined the local fight against hunger during the Christmas/New Year holiday season, trying to collect and deliver 1,000 pieces of non-perish-

able food, totaling at least 1,000 pounds.

The annual Holiday food drive to Connors delivered the "last wheelbarsupport our friends at Mid Coast Hunger row full" on Friday, January 18, and the closing totals were 805 pieces weighing 970 pounds. The effort also collected \$85 in cash donations for MCHPP.

Connors acknowledged last year the campaign was extended through the MLK holiday and went over 1,000 pieces/pounds. "I hope evervone realizes how easy and important it

is to donate food to MCHPP year round," he added. "If we get more donations, I'm always willing to drop them off," he said



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



her marriage.

recovery.





ICE Cutters, all!

People Plus members watch intently, and helped with the sawing, as ice man Cliff Collins, Woolwich, demonstrates how ice was harvested and hauled in Maine a hundred years ago.

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 **Off Season** by Anne Rivers Siddons. For

as long as she can remember, they were Cam and Lilly--happily married, totally in love with each other, parents of a beautiful family, and partners in life. Then, after decades of marriage, it ended with Cam's death. Lilly takes a lone road trip, A journey begun with tender memories ng in a revelation that will make Lilly re-evaluate everything she thought was true about her husband and

Making Toast by Roger Rosenblatt. A painfully beautiful memoir. A revered, many times honored journalist, novelist, and playwright, Roger Rosenblatt shares the unforgettable story of the tragedy that changed his life and his family, is a moving account of unexpected loss and

Becoming by Michelle Obama. In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it—in her own words and on her own terms. Warm, wise, and revelatory is the deeply personal reckoning of <u>Please send comments to news@peopleplusmaine.org</u>

a woman of soul and substance who has steadily defied expectations-and whose story inspires us to do the same.

Fool Moon by Jim Butcher. Fool Moon continues the adventures of Jim Butcher's most famous-and infamous-reluctant hero, Harry Dresden, a self-proclaimed "professional wizard" who fights the forces of evil from his Chicago setting. There's a brutally mutilated corpse, and monstrous animal markings at the scene. Not to mention that the killing took place on the night of a full moon. Harry kno exactly where this case is headed. Take three guesses-and the first two don't count.

Expats by Chris Pavone. Stylish and sophisticated, fiercely intelligent, and expertly crafted spy novel rivaling Ludlum. Kate Moore's days are filled with being a mother, who is also life-defining past. Besides being an expat in Luxemburg where she has recently moved to her by her husband's employment, she is also an ex-CIA operative. She comes to suspect another American couple not to be as they claim to be; her husband is acting suspiciously; She finds herself looking over her shoulder, increasingly terrified that her own past is catching up with her. As Kate digs to uncover the secrets of the people around her, she finds herself buried in layers of deceit so thick they threaten her family, her marriage, and her life.

Memorial Donation in Memory of

Rosemary Reese March 28, 1947- December 26, 2018

Mary Watson Lemieux November 10, 1937-- January 3, 2019

Cita Levine April 27, 1932 – January 13, 2019

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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

People Plus News

So much to report! Our Teen Holiday boxes" of candy, thanks to Jim Howard, loved it!" Also this year, because we have events are over, the 2018 numbers are in the kids also each got a Brunswick•Opoly and a new year has begun!

The Teen (and pre-teen - I have been chastised to correct by our kids) holiday to give the game as a gift to a parent or that event WAS the party....I changed my movie packs have been delivered (90%still a few lingering members to come in!). Along with the "movie packs" which ally really happy about this and we heard

game! At our party we had two helpers at a "wrapping table" so that kids who wanted guardian could have it wrapped and ready

to put under the tree. The kids were actu-

UUCB CONCERTS FOR A CAUSE

Pat Colwell and the Soul Sensations

✦ Motown & Memphis Soul Music ...

guaranteed to get the party started! \star

Saturday, February 2 @ 7:30 pm

Snow Date, February 3 @ 2 pm

UU Church of Brunswick

Tickets: \$15, \$18 at Door, \$8 Students/Children

Available at the Church Office, Gulf of Maine Books or online at inanna.brownpapertickets.com

Two-thirds of the proceeds go directly to local charities. The Gathering Place and the Brunswick Teen Center

soooo many kids, I did not plan a Yankee Swap- but, at the last moment, due to the kids reaction and adult reminders that mind and we frantically went about finding little items to use for the swap (some left over from last year!). Of course it was included 2 movie tickets and 2 "movie size lots of "yes, my parents, grandmother, etc., the highlight of the afternoon... so next year, YEP, Yankee Swap! We had about 38 people present at our "party", 6 staff/ volunteers and each of us was busy the whole time! Whew! Thank you to all who donated movie tickets and candy so that we could gift so many kids and a special thank you to the folks at CEI who raised money, tickets and candy enough to make a big impact on our ability to provide for so many kids!

AND, the numbers for 2018 are in! Not surprisingly we broke a record in 2018 with the number of visits to the program, 2,908! That is 896 more visits then we had in 2017. We had 57 new members join (and we still have members joining almost weekly!)

And now we are in a new year.....we are beginning the new year with a Cooking Matters Course which we did a couple

TEEN OF THE MONTH: Autumn DeMess

Autumn DeMess is in 8th grade at BJHS and has been attending the Teen Center program since the start of this school year. Autumn had friends coming to the program and had heard good things about it! Autumn likes coming to the Teen Center program because her friends are there and

she likes the staff :). Autumn is one of our quieter members and a soft spoken 'sweet" girl who never challenges our patience! Thank you Autumn! Off to the movies she goes!



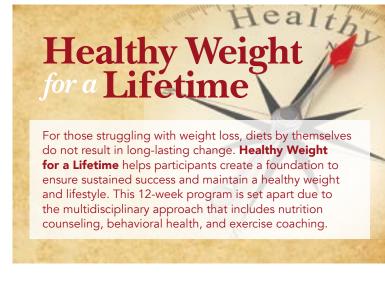
years ago and was well liked by the kids attending. First class was delayed due to snow but started Wednesday, January 16th for 6 Wednesdays and will teach 5-7 kids about nutrition and they will prepare healthy meals (and eat them!) at each course

In ending, I reminded Assistant Kim that this month was Valentine's Day month and that our monthly delivery from one of our contacts at UU Church (thank you Sue Ellen) included chocolate kisses for Valentines Day. Kim's reaction was not unexpected... "NO, we do not want to do anything to promote Valentines Day!" or something very close to that, ha ha. We spend time discouraging romantic relationships (=1 hour to one day-maybe a whole week in length) at the TC... so we will have to get creative in reminding the kids that love for someone extends beyond momentary crushes!

In the meantime, remind someone you love that you love them this month. Until Next Month, Jordan and the gang!







WWW.MIDCOASTHEALTH.COM/WELLNESS 329 MAINE STREET-SOUTH ENTRANCE, BRUNSWICK

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People Plus News

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Your Partner in Health Education

At Mid Coast Center for Community

Health & Wellness we are as invested in your good health as you are. We offer quality medical wellness tools focused on preventing and managing chronic disease, as well as support for your general wellbeing.

We provide information and resources on a variety of topics such as medical exercise, lifestyle medicine, nutrition, weight loss, mental health, and tobacco education.

Featured Program:

Take a look at our calendar of upcoming events and see how we can partner together for better heath.



February Calendar of Events

FOOD FOR HEALTH

Separating Fad from Fact: What is a Healthy Diet, Really? with Timothy R. Howe, MD A **FREE** plant-based cooking and education series. February 12 from 6:30-8 p.m.

OUNCE OF PREVENTION

Happiness and Health: A Look at the Spiritual Roots of Wellbeing with Jon Larssen, MDiv Sponsored by Mid Coast Senior Health, this **FREE** series provides education about important senior health topics. February 13 from 3-4 p.m. Thornton Oaks, 25 Thornton Way, Brunswick

UNDERSTANDING PARKINSON'S DISEASE FREE discussion for those newly diagnosed with Parkinson's Disease. February 20 from 3-5 p.m.

DEMENTIA CAREGIVERS EDUCATION SERIES **FREE** educational group to assist individuals in understanding and caring for someone with memory loss. February 21 from 4-5 p.m. Mid Coast Senior Health, 58 Baribeau Drive, Brunswick

HEALTH WITHIN REACH The Science and Practice of Yoga with Kristin K. Jhamb, MD FREE ongoing series of talks, classes, demonstrations, and healthy lifestyle options.

February 27 from 5:30-6:30 p.m.

HEALTHY WEIGHT FOR A LIFETIME 12-week mindful living program that provides a long-term solution for weight loss. Registration and fee required. Session begins February 28 from 4-6 p.m. **Thursdays through May 16**

JOINT REPLACEMENT EDUCATION SESSION with Jacob H. Furey, MD, and Thomas J. Kryzak, MD **FREE** informational session about who can benefit from and what is involved with joint replacement surgery. February 28 from 5-6 p.m.

For a full listing of classes, screenings, and support groups, including cost and registration details, call (207) 373-6585 or visit

www.midcoasthealth.com/wellness.

Unless otherwise noted, all classes are held at the Mid Coast Center for Community Health & Wellness 329 Maine Street–SOUTH ENTRANCE, Brunswick.

February 2019



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

February 2019



All Spectrum Generations' locations will be closed on Monday, February 18

February is American Heart Month

Heart disease doesn't happen just to older adults. It is happening to adults of all ages more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking). Other conditions and behaviors that affect your risk for heart disease include obesity, diabetes, physical inactivity, and unhealthy eating



patterns. You can take control of your heart health - here are four easy ways to get started

- Don't smoke. Smoking is the leading cause of preventable death
- Manage conditions. Work with your healthcare team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.
- Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.
- Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks.

In celebration of American Heart Month, we're participating in "Go Red for Women" the annual event to raise awareness about cardiac health in women. Wearing red increases awareness, and people are more likely to notice the color red; please plan to join us!

When you wear red on Friday, February 1, you are joining a movement to encourage awareness about the importance of managing cardiac health conditions such as atherosclerosis, stroke, and heart attack. Everyone who sees you will be reminded (and hopefully inspired) to head to the doctor for a stress test and blood pressure checkup.

Volunteers Needed!

Are you interested in giving back to your community? We are looking to fill the following volunteer positions in the Brunswick and surrounding area

- Meals on Wheels Drivers
- Meals on Wheels Backup Drivers
- Money Minders Program: Providing assistance with finances
- Home Companions for Military Service Men and Women and/or their families

If interested, please contact Spectrum Generations' Volunteer Coordinator, Amalia, at apdelpulgar@spectrumgenerations.org or 620-1684.



Healthy Living for ME is offering a free training for class facilitators who will educate, motivate, and inspire those living with chronic pain. Living Well with Chronic **Pain Facilitators** co-lead scripted, 6-week chronic disease self-management classes to provide participants with tips and tools for living a healthier life. All program materials are provided!

Once trained, you can help lead classes throughout the midcoast!

Living Well Program Facilitators:

- Understand the importance of self-management
- Have a chronic condition or support someone with a chronic condition
- Allow group ownership
- Are available and physically able to complete facilitator training (minimum 32 hours) and lead six $2\frac{1}{2}$ hour workshop sessions
- Have reliable transportation
- Guide others in finding practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, improve communication skills, develop weekly action plans, and more!

The next Living Well with Chronic Pain Facilitator Training will be held:

March 18, 19, 25, and 26, 2019 9:00 a.m. - 5:00 p.m. Eastern Area Agency on Aging 450 Essex St., Bangor, Maine

To register for this free opportunity, email jfortin@healthylivingforme.org or call 207-620-1657.

To learn more about the many Healthy Living for ME workshops available in Brunswick and the midcoast, visit healthylivingforme.org

chores than kids today, right?

I've told stories of my days at Hinkley Oil Company, when we were selling fuel oil at fifteen cents a gallon, (kerosene would be eighteen,) and we had a customer base that checked with the competition in Richmond most every week. The customer might meet me at that 50 gallon drum -after I'd hauled the hose through a snow drift and around the corner of their house- and let me know my price was a tenth of a cent higher than the Richmond guys. Have you checked YOUR oil price once this year? When someone asks me to think of cold, I

week.

- * indicates new membership George Hermans indicates donation made
- with membership

Patricia Longworth, Topsham

Brunswick

Beth Aldenberg Anne Arnall * Darby Babson •* Michel Chalufour Anne Clayton Dorothy Chonko Cardali Edward J. Cardali Frank Connors • Dante DiEdwardo • Kathy Erwin * Lois Fournier '



Spectrum Generations is an equal opportunity provider.

PROVD TO PARTNER WITH PEOPLE PLUS



Were Winters of old more wicked?

There's almost no doubt in my little mind that winters ARE easier now, and I'm writing this on a day when the "heat of the day" peaked at five degrees. Don't we all have those recollections of storms from our youth, of snow blowing to the eaves, weeks of bone-freezing cold, blah, blah, blah! Ain't it just fun to tell those stories to the kids, maybe just exaggerating a little?

But the fact is, as kids we DID walk two miles every day after the high school bus dropped us at Center Bowdoinham, and we often did get home after dark in the dead of winter, and it was often cold enough to shake the icicles off the maple trees. And the fact is in those days we all did seem to have more

only need to close my eyes and think about standing on the windy side of someone's house, sun's gone for the day, I'm feeling the wind pound through three layers of clothes, the gloves on my hands just got soaked with smelly old fuel so my fingers are numb, and I'm waiting for the whistle to flicker and stop, so I can get back to my truck where the fan on the heater has been broken for a

I remember what must have been one of Bowdoinham's first snow plows. She was a surplus diesel, left over from a war, (I'm guessing it was the second World War) Town

got it real cheap, because it didn't need stuff I can't leave this theme without mentioning half mile before you saw her, and that was your hint to get out of the way. Everyone called her "Bertha!" She had a v-plow and she passed down the center of the road. If you were unlucky enough to be on the road and meeting her, you just needed to pull out of the way and wait for the avalanche that followed her. She had wings on both sides that worked by chain, not hydraulics, one guy drove her, another worked the wings. In those days, the town liked to plow once, usually waiting for the storm to end.

Believe me when I tell you my brothers from Bertha in the the middle of the night, we'd get up and raise a window for a better look. Her headlights were mounted over her plows, if you were looking at her from the road, (and you were five or six years old) she appeared 12 or twenty feet tall. Oh, she had this big, sweeping search light the wing guys could control, looking for mailboxes to crush, or not. More than once, that beam danced along the side of our house looking for us at our window, or my sisters at theirs. My son once asked me what happened to

old Bertha, I just laugh and say she had "a fitting end!" There was a spring freshet coming Selectmen authorized parking this huge hunk of movable steel on a wooden bridge over Sampson's Creek. The plan was to hold the bridge in place with Bertha's considerable bulk. Freshet came, water was higher than expected, and old Bertha went overboard, never to be recovered.

like mufflers. You'd hear her coming a my days as Bowdoinham's Town Manager. Duties in those days included road commissionering, so more often than not, when the plow crews got tired, I'd jump in as backup. We had a storm so bad one night they closed the turnpike, there was freezing rain and ice everywhere and the town was trying to "be conservative" with sand and salt.

Sand and salt was spread off the back of open trucks in those days, a man riding in back used a shovel to keep the stuff flowing as smoothly as possible, he'd use his shovel to tap and tell the driver to raise, or lower the truck body. This night was so dark, wet and and I were so excited by an appearance awful, the truck driver misunderstood shovel signals and raised the body full-up when the guy in the back was trying to tell him sand was gone and he should drop, or flatten the body. The guy in the back (NOT me) was flipped off the back, the driver didn't miss him till he got all the way to Topsham line, turned around and found him gone. That was one disgruntled employee when he got picked up in front of BayView Cemetery that night.

Last week, I was picking up our host Bowdoin student to come for supper, and the plan was to bring his bike home for some

Speaking Frankly

Frank Connors



maintenance and storage while this latest winter blast has its way with us. He showed up with a felt hat, gloves, two sweaters and was visibly shaking from borderline hypothermia. I didn't have my hat, was wearing no gloves, and my coat was only half zipped. He looked at me in wonder, said he was freezing and asked, "don't you Mainers ever get cold?" I smiled, encouraged him to jump into my nice warm truck, "When IT gets cold," I said, nodding.

The Harpswell Garden Club will meet Thursday February 21, 2019 at 1 p.m. at the Kellogg Church, 917 Harpswell Neck Road, Harpswell Center. After a brief business meeting, Emer Smith of the Maine Center for Disease Control will

present "Ticks and ME: Vector-borne Diseases in Maine." Free and open to the public. FMI call Becky 833-6159.





New/renewing members for January

Merry Hermans

Myrtle Lacroix

Sonia Lofgren

Alan Mast

Mary Jo Maguire •

Caroline Murphy

James Murphy •

Sandy Norton *

Sachiyo Peavy *

Jerry Reese * •

Suzanne Rhode

Mollie Sandock

Marcia Sewall •

Lorraine Ring

John Rhode

Sheila Nacke

Antonio Lacroix

Lifetime Member

Elizabeth Waldo JoAnn Watson Curtis Weed * Lucile Weed * Leslie Weiss **Prentiss Weiss** Topsham Suzanne Atwood Rose Collins Beverley Nickerson Maureen Gasper Richard Nickerson Carol Jack

Jill Standish

Bahram Maleki Zanada Maleki Patsy St Pierre Henry F. Schwartz • Harpswell

Liz Sutton •

Craig Aderman, Freeport Irving Brackett, Bowdoinham • Camille Desoto, * Falmouth

Charlotte Hart, Cumberland Richard Jordan, Bowdoinham Paula McKenney, Woolwich George Paton, Bowdoinham

Sarah L.O. Smith, • Freeport





We take your loved ones comfort and health to heart.





Peter W. Ladner • Christopher C. Ladner Glenn P. Henderson, CFSP · Gregory A. Giberson

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Student show in Union Street Gallery "a hit!"

That collection of original artwork created by students from Consuelo (Connie) Bailey's Tuesday/Thursday art classes in the Union Street Gallery has generated a considerable amount of interest. "Isn't it nice to have so many friends who are also talented," one lady said as she left the People Plus Cafe last month.

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

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

This multi-media exhibition features two dozen works by the Center's student artists. All are 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.



Lunch out! February 12th at 11:30 a.m.

& Merrymeeting Room 49 Topsham Fair Mall Rd, Topsham

Sign up for the car pool!



Senior Intermediate Cribbage		
Dec. 19:	Julie Swol, 704	
	Mike Linkovich, 687	
Jan. 2:	Pete Watson, 717	
	Lois Fournier, 711	
Jan. 9:	Center closed/storm	
Jan. 16:	Anne Bouchard, 719	
	Harry Higgins, 713	



A Time Together.

by Alfred Tyrol III



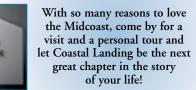
Lorraine LaRoche, 698

Senior Bridge

Dec. 17: Woody Townsend, 4,210 Richard Brautigam, 3,660 Dec. 20: John Rich, 3,700 Anne Brautigam, 2,620 Dec. 27: John Rich, 4,170 Dick Brautigam, 2,620 Lorraine LaRoche, 4,070 Jan. 4: Sherry Watson, 3,370 Lorraine LaRoche, 5,030 Jan. 7: Anne Brautigam, 4,530 David Bracy, 4,040 Jan. 11: Woody Townsend, 5,320 John Rich, 3,620 David Bracy, 3,630 Jan. 14: Woody Townsend, 3,520 Lorraine LaRoche, 3,430 Jan. 18: Paul Betit, 2,810

John Rich, 2,420

















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