

# Plus! People NEWS!

The center that builds community

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

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



**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.

## 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!

## 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

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.

### Frank's Field Trips

## A day in the life of "our" artist

Join the fun Wednesday, February 13, at 12 noon, as we drive to Bath for lunch and a tour of the studio of muralist John Gable. "The 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 very lucky to get this introduction!" 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

get to go. It's important to note the loft studio is at the top of a "LONG" flight of stairs, and there is no elevator. 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 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.



### Slicing Ice-Why?

See more photos, explanation, page 7.

## "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.

## 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

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area.

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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Check out past newspapers at www.peopleplusmaine.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 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 venue. We are excited to host Music in April for a second year at the Brunswick Recreation Center. It's a huge and

gorgeous space in which we are able to spread out, easily seat over 200 attendees and have an amazing night.

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 hours of background jazz music while patrons sip refreshments, enjoy food from 25 local eateries and bid on silent auction

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.

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.

From Anita's Plate

Anita Huey (207) 504-6439

info@nutritionforeverday.com



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

Red Rice recipe including ingredients (C. brown rice, water, beet, seasonings, olive oil) and directions (boil, simmer, cook). Note: A great side dish for Valentine's Day.

working towards them! 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.

Reform-PT.com advertisement for physical therapy services, including contact information for Topsham and Yarmouth locations.

Stetson's Funeral Home advertisement, listing services like personalized catering and a private family room, with contact information.

"Love your home and...." advertisement for Chicks Do Chores, listing services like attic/basement cleanouts, mulch, and yard work, with contact info.

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.

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.

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.



Chickadee by Val Robbins.

Winter Day poem by Bonnie Wheeler: Another winter day At home I must stay Or brave the ice and snow Dressed like a Eskimo

Sleepy Tune poem by Doris Weinberg: When I go to sleep, I don't count sheep. And not even the Charms of Linda!

Winter Fun poem 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.

The Cold poem by Sally Hartikka: As the days get longer, the cold gets stronger. It certainly has been true this year; My oil bill will be dismaying!

Don't Under Estimate Seniors poem by Gladys Szabo: I woke at 7 Temperature was 5 Weatherman said 27 for high Sun shown bright

Remembering Lincoln poem by P.K. Allen: Seven score and fifteen years ago A man named Lincoln stood very tall He proclaimed that the end of the civil war

Water poem by Sally Hartikka: It drizzles, it rains, it pours, Water collects in puddles, river. Water, the foundation of life, Water, the bountiful life-giver.

Good Bye 2018 - Hello 2019 by Betty Bavor

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.

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.

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.

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

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.

Snow poem by Bonnie Wheeler: I love snow in December I like snow in January I dislike snow in March

The Book by Virginia Sabin: I'm full of it this new year, full of resolution, feeling the pressure of time and short term memory.

So what is fiction? Is the idea of fiction a fiction in itself? Is it about a story, a story you already know on some level? [nothing new under the sun]

# February FUN at People Plus!



## Lunch & Connections

### Lasagna & meatballs will be a February feast

Fresh-baked, deep-dish lasagna, loaded with your favorite cheeses, spices and tomato sauces, will be the feature of our Luncheon on February 21, according to chef Frank Connors, who promised delightful sides of Italian meatballs, all smothered in extra tomato sauces and shredded cheese. "We're celebrating the passing of winter," Connors said with only a hint of hope, "I can guarantee this 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.

Each Lunch & Connections event is underwritten by our friends at Spectrum Generations and are planned to focus on nutrition, information and variety. A CHANS healthcare professional is always available to offer and record free blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids makes herself available before lunch to complete free hearing assessments. 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 pm.

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!

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 Medicare 101 Session

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

## Art with Connie - New Thursday Class!

**Thursdays, 10-12 pm.** Connie's Tuesday class is full so we've added a Thursday class! 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.

## Collette Trip Talk - Imperial Cities!



**Wed, Mar 6, 3 pm.** Come hear all about this wonderful trip! Travel Oct 7-17, 2019 with Collette and visit Prague, Vienna & Budapest with Collette. Includes Prague Castle, Danube River Cruise, Renaissance Dinner, Fisherman's Bastion, and Classical Music Concert at Lobkowitz Palace. Talk is free and open to the public. See Jill for more information!

## Changing your perception on health care

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

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

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

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

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

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

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

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

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



Dr. Tim Coffin

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

Register early if you want to be included in a snowshoe outing planned for Topsham's Cathance River Nature Preserve on February 15. A project of the Brunswick-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 Appalachian Mountain Club of Maine, and

a leader of the Thursday Hikers club. The pace will be geared to the group's ability as a whole, a release from Jamie Pacheco of the BTLT reported, anyone with proper gear and 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 directly at meamc@micstan.us.

## "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](http://healthylivingforme.org).



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Mon	Tue	Wed	Thu	Fri	Sat
<b>People Cooks!</b> Stirring things up at the Center! <i>Plus!</i>		<b>People Plus in the Media</b> News & Views and People Plus Cooks! with Frank & Stacy. View online at <a href="http://vimeo.com/harpswelltv">http://vimeo.com/harpswelltv</a>		<b>News &amp; Views with People</b> <i>Plus!</i> The center that builds community	
<b>People Plus Hours</b> Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm 729-0757	<b>1</b> 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick				<b>2</b> 8:30 Maine Meditation Intensive
<b>4</b> 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	<b>5</b> 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	<b>6</b> 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	<b>7</b> 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	<b>8</b> 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	<b>9</b>
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<b>18</b> <b>Center Closed</b> <i>Presidents Day</i>	<b>19</b> 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 Books a la Carte 2:00pm Chair Yoga	<b>20</b> 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	<b>21</b> 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey <b>11:00 Hearing Screenings</b> <b>11:30 CHANS BP Check</b> <b>12:00pm Lunch and Connections</b> 2:00pm AARP Free Tax Aide	<b>22</b> 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick	<b>23</b>
<b>25</b> 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis <b>12:00pm Lunch and Learn: Prescription Connection</b> 12:00pm Bridge 1:30pm Living with Chronic Pain 6:00pm Belly Dancing	<b>26</b> 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	<b>27</b> 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 6:30pm Brunswick Coin/Stamp	<b>28</b> <b>8:00 Men's Breakfast</b> 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	<b>STORM POLICY</b> When Brunswick schools are closed due to weather, the Center is closed and all People Plus programs, classes, and activities are canceled for the day. Check <a href="http://www.peopleplusmaine.org">www.peopleplusmaine.org</a> , or local media for closure information.	

**Do you worry about living alone?**

**People Plus Good Morning Program**

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](http://www.peopleplusmaine.org) [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org)

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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 include greeting members and answering questions, answering the phone and directing calls, as well as other special projects as needed. If you are interested in 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!"

The annual Holiday food drive to support our friends at Mid Coast Hunger 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-perishable food, totaling at least 1,000 pounds.

Connors delivered the "last wheelbarrow 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 everyone 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.



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

### We are HG

Librarian; Horticulturist; Management Consultant; Physical Therapist Moved to HG from Ohio and New Hampshire in 2018 and 2014 Hiking, Biking, Boating, Travel, Sports, Games, Music, Education, Art, Volunteerism, New Friends for Life



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### 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 P.M.

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 and culminating in a revelation that will make Lilly re-evaluate everything she thought was true about her husband and her marriage.

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 recovery.

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

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 knows 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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### BRUNSWICK AREA Respite Care



For 29 years the "Club" has been a social program offering "time off for caregivers and joyful hours for participants" in a warm, welcoming community environment. Full or half day sessions - filled with a variety of engaging, stimulating activities. Come visit our convenient location in Brunswick.

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

Brunswick Area Teen Center

# The Fun Never Ends at the Teen Center!

So much to report! Our Teen Holiday events are over, the 2018 numbers are in and a new year has begun!

The Teen (and pre-teen - I have been chastised to correct by our kids) holiday movie packs have been delivered (90% still a few lingering members to come in!). Along with the "movie packs" which included 2 movie tickets and 2 "movie size

boxes" of candy, thanks to Jim Howard, the kids also each got a Brunswick•Opoly game! At our party we had two helpers at a "wrapping table" so that kids who wanted to give the game as a gift to a parent or guardian could have it wrapped and ready to put under the tree. The kids were actually really happy about this and we heard lots of "yes, my parents, grandmother, etc.,

loved it!" Also this year, because we have sooooo many kids, I did not plan a Yankee Swap- but, at the last moment, due to the kids reaction and adult reminders that that event WAS the party...I changed my mind and we frantically went about finding little items to use for the swap (some left over from last year!). Of course it was 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 than 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 Center News

Jordan Cardone



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!

## 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!



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**UUCB CONCERTS FOR A CAUSE**  
**Pat Colwell and the Soul Sensations**

★ Motown & Memphis Soul Music ... guaranteed to get the party started! ★

**Saturday, February 2 @ 7:30 pm**  
 Snow Date, February 3 @ 2 pm

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

Tickets: \$15, \$18 at Door, \$8 Students/Children  
 Available at the Church Office, Gulf of Maine Books or online at [inanna.brownpapertickets.com](http://inanna.brownpapertickets.com)

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

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# Your Partner in Health Education



## 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](http://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.

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:

**Healthy Weight for a Lifetime**

For those struggling with weight loss, diets by themselves do not result in long-lasting change. **Healthy Weight for a Lifetime** helps participants create a foundation to ensure sustained success and maintain a healthy weight and lifestyle. This 12-week program is set apart due to the multidisciplinary approach that includes nutrition counseling, behavioral health, and exercise coaching.

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

## MID COAST Center for Community Health & Wellness

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



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.
• Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium.
• Stay active. Get moving for at least 150 minutes per week.



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.

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.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



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.

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
• 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

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 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 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 week.

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 like mufflers. You'd hear her coming a 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 and I were so excited by an appearance from Bertha in 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.

I can't leave this theme without mentioning my days as Bowdoinham's Town Manager. Duties in those days included road commissioning, 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 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.



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New/renewing members for January

- \* indicates new membership
• indicates donation made with membership
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Other places

- 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

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We take your loved ones comfort and health to heart.

# 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, scratch-board, 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.



A Time Together.

by Alfred Tyrol III




## Lunch out!

February 12th at 11:30 a.m.

**FAIRGROUND CAFE**  
& Merry Meeting Room

49 Topsham Fair Mall Rd, Topsham

**Sign up for the car pool!**



**Lenten Haddock Suppers**  
Fridays, 5 pm, beginning March 8th.  
**See you there!**  
St Charles Borromeo Church • 132 McKeen St, Brunswick, ME

**Tasty Fish Dinner...**  
Baked Haddock, Mashed Potatoes, Corn or Green Beans, Coleslaw, Rolls, Beverage, Dessert. **Pizza also available**

## Weekly Winners

♠ ♠ ♠ ♠

**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  
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

Jan. 4: Lorraine LaRoche, 4,070  
Sherry Watson, 3,370

Jan. 7: Lorraine LaRoche, 5,030  
Anne Brautigam, 4,530  
David Bracy, 4,040

Jan. 11: Woody Townsend, 5,320  
John Rich, 3,620

Jan. 14: David Bracy, 3,630  
Woody Townsend, 3,520  
Lorraine LaRoche, 3,430

Jan. 18: Paul Betit, 2,810  
John Rich, 2,420

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