



# 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

## Launch of Annual Campaign

### Hope to surpass last year's \$60,000 mark

People Plus is a valuable resource for our community, with the many programs and services it provides throughout the year. But it takes help from many different sources for the opportunity to offer these activities to literally thousands of people.

November is the launch of our annual fundraising campaign at the Center. People Plus receives no money from the state or federal level. A portion of our funding comes from the town of Brunswick, United Way, Spectrum Generations and the town of Harpswell, but the Center must raise nearly \$300,000 a year to meet the total budget demands.

To that end, every year the Center's board of trustees spends several hours each personalizing 1,600 letters that get sent out to potential donors, signaling their support for what goes on at the Union Street facility. The letters are often followed with personal contacts from board members, staff, or development committee members and the funds will come in until the very end of June every year.

"With the launch of the annual campaign, it's always astounding to see in the letter we share with members and donors the level of impact People Plus has in the community," said David Forkey, Chairman of the Board. "Every donation, every volunteer hour has a lasting effect and I am so thankful and encouraged by this amazing support. We thank you in advance for considering a donation."

Last year, the annual campaign brought in nearly \$60,000 and every effort is being made to exceed that this year. With the new tax laws, people can give very generously through stock or IRA savings accounts.

As an incentive for the fundraising campaign, an anonymous donor has offered to match new or increased gifts up to \$5,000. This includes gifts of any size. If you have never donated to the Center before or if you increase what you've given in the past, there is a match for those gifts!

"People Plus is a financially sound organization due to the support of our donors and members," said Carol Aderman, Chair of Development at People Plus and a former



IT WAS OUR ANNUAL TREK to Bowdoin's Rocky Ridge Orchard during Frank's Field Trip in mid-October. There were apples and apple cider donuts for all. Available at the Rocky Ridge store were pumpkins, sandwiches, pickles, jams and other goodies.



Board Chair. "Our annual fund is critical in supporting ongoing programs and allows us to offer new programs for our members. Your support has enabled us to be the vibrant organization in our community that we have become."

People Plus receives grants and participates in other fundraisers to help reach its funding goals. The annual fund campaign is one of the biggest areas of income, while Music in April, the spring fundraiser, is the second largest source of income followed next by membership fees.

Office Manager Betsy White said donations totaling \$6,784.75 have been made in advance of the Annual Fund opening, including membership donations of an additional \$561, a stock gift of 2,164.14 and gifts of cash or checks of \$3,895.

With a goal of \$65,000, these initial gifts already put us at the 10% mark! Thank you to each of you who have contributed and to all of those who still plan to!

### 'Aging Well' Lunch & Learn:

## Can you "Hear" Me Now?"

**Monday, Nov. 18, 12 noon.** Debra Bare-Rogers, Disability Rights Maine (DRM), talks about Maine Relay Services, a free statewide service that connects voice telephone users with people who are deaf, hard-of-hearing, have a speech disability, or are late-deafened. The service allows consumers to use special equipment (i.e. captioned telephone, TTY, VCO or HCO) and other resources (such as Sprint IP Relay) to communicate with standard voice telephone users. In addition to MAINE RELAY, DRM has a state program, called the Telecommunications Equipment Program (TEP), which was established by state law to provide 'No' or 'Low' cost adaptive telecommunications equipment to any Maine resident who cannot use their home's conventional telephone due to a physical or cognitive disability. Come hear all about this wonderful service. Bring your lunch, we'll provide drinks, chips & dessert. Free, open to public. Call to register.

## FYI: Italyfest, "Parte Seconda"



**Thu, Nov 14, 1:30 pm.** Join us for Parte Seconda (Part 2) of our popular Italyfest series! We'll have tasty Italian treats, Balsamic Vinegar and Parmesan Cheese tastings, as well as a wine talk featuring wines from Tess' Market. Director Stacy Frizzle and her fiancé Jonathan Edgerton will share their slideshow of photos and memories from recent trips to Northern Italy, Rome and Pomeii. For members only. Registration is required.

Want to experience some of these destinations for yourself? Check out the Collette Trip Talk on page 4!

## Massive crowd turns out for Senior Health Expo

### Annual People Plus event held at Brunswick Recreation Center

Here's to your good health, and here's to the wonderful turnout at the Senior Health Expo. The 8th annual People Plus event was held at the Brunswick Recreation Center at Brunswick Landing on Thursday, Oct. 10.

The highly successful gathering drew more than 600 participants and over 80 exhibitors. A total of 142 flu shots were administered, along with more than 60 massages, 15 Reiki treatments, 18 balance screenings, and several other free services.

Members of the public offered glowing reviews of the Expo's many activities and the benefits available to those in attendance.

"I came to one Expo before and it was a very good experience, so I came again today. I was amazed at how full the parking lot was," said Keith Lawrence, of Brunswick.

"I've been coming to these Expos from the start. There's lots of information. I may not use it now, but these are good resources to have and know," said Linda, of Topsham.

And Joan Peck, of Brunswick, said, "I'm always interested in what resources are available for seniors. As a supporter of People Plus, I always want to back their efforts."

Maine has the highest percentage of seniors in the nation and the Midcoast region is where this population is growing the fastest.

The People Plus Senior Health Expo brought together a variety of resources for this increasingly important segment of our community with fun and engaging displays, tons of information and great swag.

Expo vendors were also grateful for the opportunity to present their available services.

"Our information is available online, but there's nothing better than face-to-face to present yourself and your ideas. (These kinds of events) remind you of why you're in this business," said Deborah McLean, of Maine Senior Guide, a free online resource

*continued on page 6*



## Get in holiday spirit at Gardens Aglow show

Start off the holiday season early and join us on Thursday, Nov. 14, for Frank's Field Trip as we take "the big bus" to the Gardens Aglow Festival of Lights at Boothbay's Coastal Maine Botanical Gardens.

The Bath Bus Service vehicle will leave People Plus promptly at 4:15 pm, with participants required to be at the Center by 4. You can leave your car at People Plus. The bus will arrive at the Gardens about an hour later. The cost, including transportation and admission to the event, is still \$18 this year!

According to Frank, the plan is to stay at the light show about an hour, then reboard the bus and go to Bath's Kennebec Tavern for dinner, which you pay for on your own.

Just a reminder that walking is required, it will be dark, and you should dress warmly. This is for members only, and it is open to the first 40 who sign up and pay at People Plus. If the weather is bad, the trip will be canceled and money refunded (leave a phone number when you register).

This trip is made possible (and the prices remain the same!) through the generous sponsorship of Scott Lemieux at Brunswick's Ameriprise Financial Services and by our friends at the Coastal Landing Retirement Community.





# 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
- Jennifer Felkay  
Marketing coordinator  
marketing@peopleplusmaine.org
- Jordan Cardone  
Teen Center coordinator  
teens@peopleplusmaine.org
- Lynne Smith  
Membership/VTN coordinator  
driver@peopleplusmaine.org
- Sarah Deck  
Office coordinator/receptionist  
reception@peopleplusmaine.org
- Patrick Gabrion  
People Plus News editor  
news@peopleplusmaine.org

## Spectrum Generations Staff

- Zyanya Holman  
Meals on Wheels/Nutrition coordinator  
zholman@spectrumgenerations.org
- Andrea Handel  
Aging & Disability Resource Specialist  
ahandel@spectrumgenerations.org

# Gearing up for Giving

October is in the books! The fall colors have been amazing this year, the weather had been warm and I'm not quite ready for fall to end and winter to begin ...

Did you make it out to the Senior Health Expo? What an amazing day that was at the Brunswick Rec Center! Jill and Jenn really pulled out all the stops to create an amazing event! It's hard to gauge, but we are estimating over 600 people attended. And they were all gathered there to learn about how to live better lives as they age OR how to provide opportunities for people to live better lives as they age.

With more than 80 vendors providing information, it was wonderful and we already have people asking about next year's date!

Jonathan and I had a lovely trip to Italy right after the Expo over the Columbus Day weekend. He's actually still there as I write this article. Must be nice to be semi-retired and work for yourself ... The rest of us can't really take two weeks off whenever we feel like it. Plus I think my daughters, who are still teenagers and in high school, would be a little bummed out if I disappeared for half the month of October!

But now, I'm back and in addition to realizing that Music in April is only SIX MONTHS AWAY, the big news for November is the launch of our annual fundraising campaign at People Plus. Every year the board of trustees spends several hours each personalizing 1,600 letters that get sent out to potential donors. They write notes of encouragement and appreciation so that every single person we are asking for support

knows that the board is 100 percent behind that endeavor. It's a huge project to get all of those letters printed, signed, folded, stuffed and mailed. But so worth it!

Last year, our annual campaign brought in nearly \$60,000 and we are hoping to match or exceed that this year! With the new tax laws, we are finding that people can give very generously through stock or IRA savings accounts without a huge hit to their cash flow.

And we have a very generous, anonymous donor who says they will match new or increased gifts up to \$5,000! That includes gifts of any size. So if you have never donated to the Center before or if you'd like to increase what you've given in the past, there is a match in place just for you!

People Plus receives no funding from the state or federal level. We are very fortunate to have funding from the town of Brunswick, the United Way, Spectrum Generations and the town of Harpswell. After that we are on our own to raise about \$300,000 a year. We pull that together from various sources like grants and fundraisers. The annual fund campaign is one of the biggest chunks for sure! Music in April, our spring fundraiser, is the second largest source of income followed by membership fees.

It takes a lot of time and work to pull in \$300,000 a year. So I hope that you will consider a donation to the organization that I hope you love as much as we all do. Please know that the Board of Trustees, the staff and I appreciate each and

## From the Executive Director

Stacy V. Frizzle



every dollar that comes in. Those dollars enable us to keep the prices of the classes down, offer 90 percent of what we do at the Center for free, have super low membership rates, provide thousands of free transportation miles a year for homebound elders, make hundreds of annual safety wellness calls, prepare and serve thousands of meals a year, and so much more!

We do it FOR you and we couldn't do it WITHOUT you. So thank you in advance for your donation!  
And with the biggest jump in new and renewing members in ages, 80 total!!!! (thanks Frank!), this joint is jumping!! So we look forward to seeing you here at the Center That Builds Community!



MEMBERS OF THE PEOPLE PLUS executive committee proudly displaying their packets of signed annual fund letters. Each board member signs 100 letters.

## From Anita's Plate

Anita Nugent  
(207) 504-6439



info@nutritionforeveryday.com

I just got back recently from the annual conference on diabetes. There have been several new classes of medications that have come onto the market, but the cornerstone of care continues to be lifestyle. One speaker's talk was about being "weight neutral."

She encourages people to be mindful of what they are eating, try to make healthier choices and not put all the focus on weight loss. In my practice, I have seen some amazing improvement in diabetes control by modifying food choices and being active. Let weight loss happen as a result of making better choices and take the stress away from putting so much focus on it.

November is National Diabetes Month. If you have diabetes or pre-diabetes, there

## With diabetes, be mindful of what you eat

are a lot of things that you can do to make positive steps to lowering your glucose. For those who do not know if you are at risk for diabetes, here is a website to take a risk test. [www.diabetes.org/risk.test](http://www.diabetes.org/risk.test). The other item I would like to share with

you this month is an email that caught my eye. It said "when does small = big?" I haven't read the article yet, however, my response is: Always! If we can make small changes they can be chained together to make big changes! Let's focus on the small to make it big!

## Apple Butter

### Ingredients:

- 6 Baking apples, cored and wedged
- 1 Tb. Brown sugar
- 1 Tb. Apple pie spice
- 1 lemon, cut in half
- 1 orange, cut in half
- 1 C. water

### Directions:

1. Place all the ingredients in a large oven ready pan and cover with foil
  2. Heat oven to 350 degrees. Place the pan in the oven for 1 hour or until the apples are very soft.
  3. Remove from the pan and cool.
  4. Squeeze the lemon and orange over the apples.
  5. Place the apples in a food processor and puree.
- Serve: with yogurt, on meat or fruit.

## Gone but not forgotten Memorial Donation in Memory of

**Walter H. Phillips**  
Sept. 20, 1925 — Sept. 17, 2019

**Kathryn Baker Erwin**  
Sept. 22, 1952 — Sept. 19, 2019

**Jean M. Powers**  
Sept. 28, 1926 — Sept. 21, 2019

**Lucretia Libby McDine**  
Nov. 15, 1941 — Sept. 21, 2019

**Andre Labrie**  
Dec. 3, 1945 — Oct. 10, 2019

**Robert Lincoln Morrell**  
Aug. 16, 1926 — Oct. 13, 2019

**Barbara Cude**  
May 3, 1933 — Sept. 27, 2019

## Club Corner

# A Game with a Long History

## Mah-Jongg involves skill and strategy, and a bit of luck

"It's fun." ... "I enjoy the companionship." ... "For me, the socialization part is important." ... "It's addictive."

The above descriptions could pertain to most of the activities offered at People Plus. It's a gathering place for all ages — to relax, to learn, to nourish, to entertain, and so much more. But in this case, the aforementioned words came from the group of people who come to the Center to play Mah-Jongg.

The tile-based game was developed in China during the Qing dynasty and has spread throughout the world since the early 20th century. It is best played by four players. Similar to the Western card game of rummy, Mah-Jongg is a game of skill, strategy, and calculation and involves a degree of chance. It is played with a set of 144 tiles based on Chinese characters and symbols, although some regional variations may omit some tiles or add unique ones.

The game was imported to the United States in the 1920s. The first Mah-Jongg sets sold in the U.S. were available through Abercrombie & Fitch, starting in 1920. It became a success in Washington, D.C., and the co-owner of the company, Ezra Fitch, sent emissaries to Chinese

villages to buy every Mah-Jongg set they could find. Abercrombie & Fitch sold a total of 12,000 Mah-Jongg sets.

Also in 1920, Joseph Park Babcock published his book "Rules of Mah-Jongg," also known as the "red book." This was the earliest version of Mah-Jongg known in America. Babcock had learned Mah-Jongg while living in China. His rules simplified the game to make it easier for Americans to take up.

In the American variations, it is required that before each hand begins a Charleston be enacted. In the first exchange, three tiles are passed to the player on one's right; in the next exchange, the tiles are passed to the player opposite, followed by three tiles passed to the left. If all players are in agreement, a second Charleston is performed; however, any player may decide to stop passing after the first Charleston is complete. The Charleston is followed by an optional pass to the player across of one, two, or three tiles. The Charleston, a distinctive feature of American Mah-Jongg, may have been borrowed from card games such as Hearts.

So come and give it a try at People Plus. It is played on Mondays, Wednesdays and Fridays at 9 am.



THE GAME OF MAH-JONGG is played three days during the week at People Plus, usually taking place during the quiet morning hours in the Teen Center.



MAH-JONGG WAS DEVELOPED in China and imported to the United States in the 1920s.

Photos by Patrick Gabrion

## Fallen Leaves

by Virginia Sabin  
Last ripe harvest before winter's frost  
Like seasoned love before it is past  
Forged in memory in molten image  
For all winter

A love of meteoric flight  
Incandescent star  
A fleeting star in darkness  
For all winter

A love lusty and tender  
Teasing irreverence  
Tickling humor  
For all winter

In the heat of an Indian summer  
Winter was closer than reasoned

## First Day of Fall

by Elizabeth B. Bates  
It's the first of red leaves that  
cover the trees,  
of apples and pumpkins and all  
those scents  
that fill the air and hurry the bees  
to make honey before it's too late.  
It's weather that we can  
appreciate,  
while gathering the last of the  
gardens  
gifts and breathing in the crisp  
fall air.

The sky is so blue and the clouds  
so white  
as they sail above our busy heads.  
Winter won't be here for a while.  
We have time to enjoy what is  
here.

So let's fill our cups and drink our  
beer!

## Mom's Thanksgiving Dinners

Thanksgivings at home on the farm were big family events and that is the way Mom wanted it. She would work for days to put this feast on for her family. There were a total of 11 sitting at the large five-legged oak table with all its leaves extended.

Before Thanksgiving we would clean until no dust or dirt could be found. After the kitchen was cleaned, Mom baked cinnamon apples. This dish was more like dessert than a side dish. Another favorite dish was Mom's Pennsylvania Dutch dressing. This was a soupy mixture poured into a baking dish and it was done when a knife inserted comes out clean. Leftovers were sliced and fried. Later on, a green jello salad made with cool whip was added to everyone's delight. The other dishes never changed: turkey, cranberry sauce, mashed potatoes, sweet potatoes, green beans, bread slices placed on a plate, sweet pickles, and pie for dessert.

I have pleasant memories of Mom's Thanksgiving dinners and all leftovers were warmed up the next day without a microwave oven.



## Ex-boyfriend, binoculars & a good luck charm

by Betty Bavor

Fifty-plus years are water over the dam! Dreams have come true with education, marriage, children, cherished experiences and success with a few bumps along the way. Boyfriends came and went, some fondly remembered, some forever forgotten.

A boyfriend fondly remembered back in the 1940s planted that first kiss on my lips. He was new in town, handsome, a bit shy and a couple years older than I was. I decided he needed a girlfriend and I was going to be it before any other girls felt the same urge. This was new territory for me and it took some courage to figure out how to get him to notice me.

There he was at a band concert and I spoke to him while the band played a loud march making me move close as I spoke softly. He suggested we move away to a quieter area and my heart jumped with joy. The rest is history and we had a first real date. It was a bus trip to the city — lots of junk food, then an amusement park where the rides made a splash in my stomach and all the junk food reappeared on a ride called Loopy Loop! This would be the end and I wanted to evaporate. We managed to return home as this boyfriend was apologetic for feeding me too much, but kind, trying to take all the blame for this embarrassment.

Years passed, we stayed in touch just friendly friends. Then one day he told me he was called for service in the U.S. Army — WWII was raging and he asked if I would write to him. I was also leaving home for college, so correspondence would be important to us. I gave him some binoculars so he could keep track of buddies and search out the enemy to be safe. We wished each other well and letter writing began. He told me how the binoculars helped him on numerous occasions. They were like a good luck charm he would write, and I feel your spirit as I hold them close looking ahead for safety. I wished I had glued a four-leaf clover or attached a rabbit's foot to these binoculars for good luck. Even though I wrote consistently, his letters became fewer and fewer. Had the binoculars caused him harm, I wondered, why hadn't a buddy written me news of my friend. He must have told someone about me. Had a pretty lass taken his fancy? Was he well or wounded?

I never became friendly with this boyfriend's family — this was "puppy love" with no conversation among my family about him. They were transient residents in my hometown, never active in the community and moving away after a brief period, so I had no connection with them. I knew my friend was in Europe, several of his letters had been censored. When I saw newsreels in the

theater, I feared he might be wounded or maybe captured. Had the binoculars attracted an enemy soldier, with my boyfriend refusing to give up his "good luck charm" and perhaps becoming a POW or killed?

I was feeling sad when several months passed with no letters for me, even though my letters were being posted. It was Christmas and we all headed home for the holidays. Lots to share with family about college life and catching up with hometown news and friends. Somehow this letter writing issue surfaced. My parents were impressed I was helping the war effort by maybe keeping up a weary soldier's morale — keep writing they told me.

Returning to college after a joyous holiday, I had the shock of my life. Reaching in my college mailbox, I pulled out a stack of letters tied up with string having large black letters MIA. Tears ran down my cheeks — all my unopened letters from the past few months. My classmates comforted me and I had no way to find out any details. I kept the letters for awhile, then because they made me sad, I destroyed them with a prayer. Rest in peace dear friend with good luck binocular charm on your chest. War is hell and I hope someone in far distant land knows what happened to you so long ago.

Check out past newspapers online at [www.peopleplusmaine.org](http://www.peopleplusmaine.org)

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# November Programming at People Plus!!



**LOOK WHO WE FOUND** monitoring the crosswalk for Harriet Beecher Stowe Elementary School! Longtime member and dedicated volunteer Megan Rosenberg is in charge of the corner at Starwood and McKeen. Give her a toot of your horn if you see her there in the morning Monday through Friday! She's keeping all those kids safe. Thanks Megan!

## Balance & Falls Clinic with Reform PT

**Thu, Nov. 7, 1:30 pm.** Dr. Christina Levesque, PT, DPT of Reform PT is back to teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs. Perfect tips for the winter season and all year long! Free, open to the public. Registration appreciated!

## Cantina Espanol - New Spanish Conversation Club

**Tue, Nov. 5, 2:30 pm.** Hablas espanol? Fluency in Spanish is not necessary. Just come with the willingness to listen and learn! The group will meet once a month on the first Tuesday of the month at 2:30 pm. For members only. Call to register.

## Lunch & Connections

### Giving thanks at People Plus

Thanksgiving is a holiday commemorating a harvest festival celebrated by the Pilgrims in 1621. The modern-day celebration is an opportunity for family and friends to gather to enjoy plenty of conversation, food and football.

As a warm-up to this year's traditional day which occurs on Nov. 28, People Plus will be giving thanks at its next Lunch & Connections on Thursday, Nov. 21. Chef Stephanie Petkers and her fabulous volunteers have an awesome meal planned.

Headlining the menu will be, you guessed it, turkey (brined by Stacy). Accompanying dishes include stuffing, mashed potatoes and gravy, cranberry sauce, green bean casserole, pickled beets, salad and rolls. And don't worry, we haven't forgotten about dessert! It will be homemade pumpkin pudding over cookie crumble with whip cream, plus gingersnap cookies.

As always, don't miss this one. Bring along your friends and appetite for good food and conversation.

These monthly Lunch & Connections meals are sponsored by our friends at Spectrum Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun. A CHANS home health-care professional is always in attendance at the lunch to complete and record blood pressure checks of our members. A free hearing check with Mary Marino of Mary's Affordable Hearing Aids is also available upstairs in the quiet and privacy of the Teen Center from 11 am until noon.

Remember, the dining room opens at 11:15 am. Come to the Center and claim your favorite seat, chat with your friends and maybe make new ones, and pick up your 50/50 raffle ticket. Space is limited to the first 68 people and you must pre-register. It is important that you pre-register to be included. It's really easy; just call 729-0757 to register anytime.

Cost of this meal is only \$6 for People Plus members and \$8.50 for non-members. We start serving our buffet-styled luncheon at 12 noon.

## Collette Trip Talk, Nov 19 at 4 pm

### Experience fall in Rome and the Amalfi Coast

Explore art, food, wine, culture, and history in Rome and the Amalfi Coast Oct 1- 10, 2020. Highlights include Rome and the Colosseum, Pompeii, mountaintop monastery of Montecassino, Amalfi Coast, Sorrento, Buffalo Milk Mozzarella Factory, Paestum, Winery visit, Naples and the National Archaeological Museum. Come hear all about this amazing adventure at the Collette talk. Open to the public. Registration appreciated.



## \$10 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, Nov 12, 12:30 pm.** Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class you will be provided information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare supplements and tips on how you can save money and avoid penalties. It is recommended that you attend a Medicare 101 class at least 6 months before turning 65. Held the second Tuesday of every month at People Plus, it is open to the public and free (\$15 suggested donation is appreciated). Registration is required. Call 729-0757.

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207-725-6200 | Terri Burgess/RN | info@themclellan.com  
 Themclellan.com | 26 Cumberland St. Brunswick, ME

Sun	Mon	Tue	Wed	Thu	Fri
<b>November Programming Notes</b> • Books a la Carte will change its time to 3:00 pm on the 3rd Tuesday of every month (instead of 2:00 pm) starting in November. • There will be no Men's Breakfast in November		<b>People Plus Business Hours</b> Monday-Thursday - 8:30 am to 4 pm Friday - 8:30 am to 1 pm 729-0757		<b>People Plus in the Media</b> People Plus Cooks! and News & Views TV shows can be viewed weekly on Cable Channel 3 and 14 or online at <a href="http://vimeo.com/harp-swelltv">http://vimeo.com/harp-swelltv</a> or <a href="http://peopleplusmaine.org">peopleplusmaine.org</a>	
9:00 Grace Reformed Baptist Church Set clocks back 1 hour before 2 am!	9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	<b>Election Day</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm <i>Cantina Espanol</i> Spanish Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	<b>8:30 Women's Breakfast</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Apple Club 11:00 Yoga <b>1:30pm Balance and Falls Clinic</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 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church	<b>Center Closed</b>	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann <b>11:30 LUNCH OUT</b> 12:30pm Aerobics Lite 12:30pm Medicare 101 Session 2:00pm Chair Yoga 3:00pm <i>Kaffeestunde!</i> German Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga <b>1:30pm FYI! Italyfest "Part 2"</b> <b>4:00 Frank's Field Trip: Gardens Aglow</b>	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church 6:00pm Swing Dance Brunswick	9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba 12:00pm Bridge <b>12:00pm Lunch and Learn</b> Can you "hear" me now? 6:00pm Belly Dancing	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 3:00pm Books a la Carte <b>4:00pm Collette Trip Talk</b>	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	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 &amp; Connections</b>	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church	9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm <i>Cafe en Francais</i> French Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	<b>Center Closed for Thanksgiving</b> 	

**WOODLAWN TOWERS,** located at 30 Water St. in Brunswick, will be holding a craft fair on Saturday, Nov. 9, from 9 am to 3 pm. Activities will include lunch, raffle, bake sale, and handmade crafts. FMI: Call Barbara Green, 208-7138.

**YOU ARE INVITED TO "CONNECTED,"** a free non-denominational gathering for widowers, widows, divorced and singles 55 and over on Monday, Nov. 4. The group meets at St. Charles Borromeo hall located at 132 McKeen St. in Brunswick from 7-9 pm. Light refreshments will be available. We usually have an interesting guest give a brief talk at the beginning of the meeting. Come socialize, mingle and meet new friends. FMI: Call 725-1266 or 725-8386.

**A CRAFT FAIR AT CREEKSIDE VILLAGE,** 50 Baribeau Drive, Brunswick, will be held on Saturday, Nov. 9, from 9 am to 2 pm. Available will be crafts, raffle prizes, white elephant sale items, and lunch of spaghetti, with garlic bread, soda or coffee. Tables for crafters available for \$5 each. Deadline for tables is Nov. 1. FMI: Call Becky Berry at 406-0053.

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Massive Crowd continued from page 1 for successful aging.

"I'm here at the Expo because it's important to let people know about this resource in their community. It's a warm, safe and caring place, and the coffee pot is always on," said Sally Hennessey, volunteer coordinator at The Gathering Place in Brunswick.

"The Expo generated a lot of interest by being here in previous years. Oral care for seniors is very important. We are a very friendly place; people shouldn't be afraid to come to the dentist no matter what the problem is," said Lisa Weigand, of Dr Bob's Family Dentistry in Brunswick.

People Plus would like to thank the support of our Lead Partners Plus, Coastal Landing Retirement Community and Mid Coast-Parkview Health, and additional Partners The Vicarage by the Sea, Spectrum Generations and The Times Record. Also thanks to sponsors Avita of Brunswick/Sunnybrook Senior Living, Bill Dodge Auto Group, Brackett Funeral Home, Bridges Home Services,

Healthy Living for ME, Neighbors, Inc, The Highlands, Androscoggin Home Healthcare and Hospice, and Wicked Joe Coffee. A special thanks to the town of Brunswick and the Brunswick Parks and Recreation staff and the Brunswick Explorer.

"Each year, the Expo gets better and better and this was truly our best one yet," said Jill Ellis, People Plus Program and Events Coordinator. "We had a continuous flow of traffic from beginning to end and glowing reviews from vendors and guests. We are so happy to be able to bring this event to the Midcoast community to highlight all of the wonderful services that are available."

One attendee exiting the Expo said, "I've lived here 35 years and I found out so many services I didn't know about." Keep an eye out for next year's Senior Health Expo in October of 2020 so you won't miss out on this valuable event!

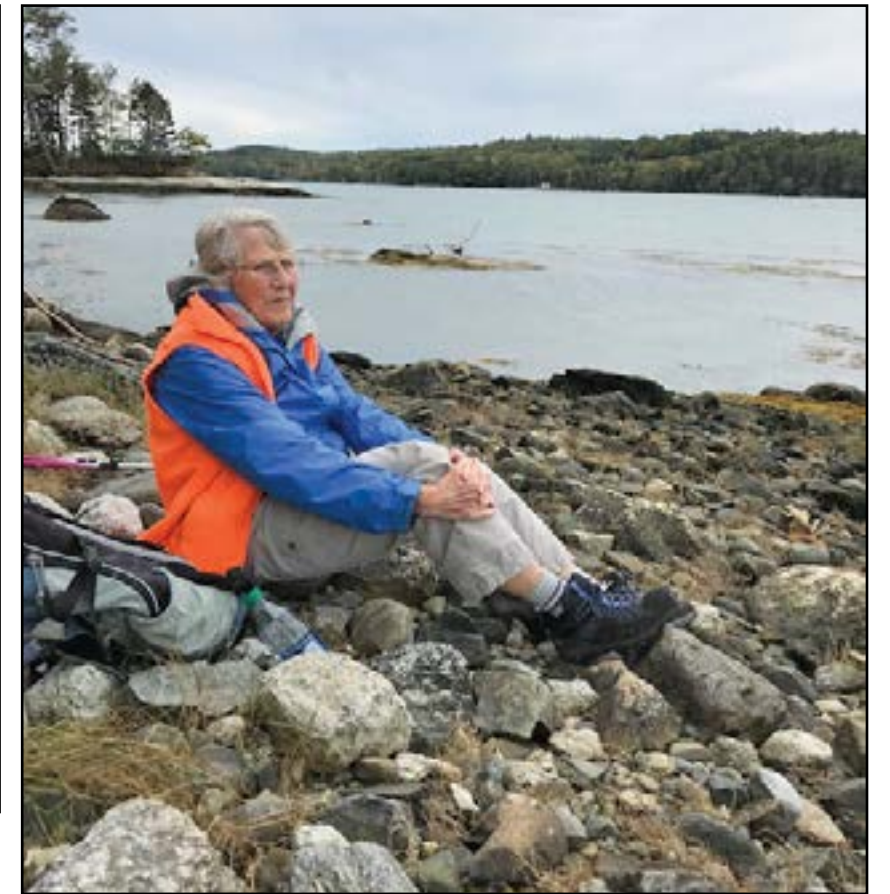
To learn more, visit our website at peopleplusmaine.org or find us on Facebook!



Thank You Partners & Sponsors!



THE THURSDAY HIKERS enjoyed the day at the Darling Marine Center in Walpole on Oct. 10. Developed by veteran DMC volunteer, Elsie Morse, the trail system covers more than 3.5 miles of terrain, through forests and fields, and along the Damariscotta River.



Mid Coast Senior Health welcomes new nurse leader



Anne-Marie Brown, RN, has joined Mid Coast Senior Health as the Director of Nursing. In her new role, she will manage the nursing department and oversee the daily operations of Mid Coast Senior Health's long-term care community, Mere Point, and skilled nursing and rehabilitation at Bodwell.

"We are thrilled to have Anne-Marie join our team at Mid Coast Senior Health," said Kim Watson, Mid Coast Senior Health Administrator. "Her more than 20 years of nursing and leadership experience, in addition to her positive and proactive approach, aligns perfectly with our commitment to providing excellent senior care."

Brown earned her nursing degree at Husson University, and she most recently served as an Acute Care Nurse Surveyor for the state of Maine. Her previous experience also includes years working as both an Emergency Department and Intensive Care Unit (ICU) nurse, Hospice Care Manager, and Director of Nursing for various Maine health-care organizations.

"A big part of what attracted me to Mid Coast Senior Health is its close-knit, supportive, small community atmosphere," said Brown.

Fully integrated with Mid Coast-Parkview Health, Mid Coast Senior Health works collaboratively with Mid Coast Hospital, Mid Coast Medical Group, and CHANS Home Health & Hospice to meet the range of elder care needs in the community. Its goal is to deliver personalized care that promotes independence and enhances the quality of life for each patient and resident.

READY FOR SOME EARLY HOLIDAY SHOPPING? The bus is heading to Portland's Christmas Tree Shop on Tuesday, Nov. 12. Rides are available for members of the Bath Area Senior Center, People Plus and Merry Meeters of Topsham. It leaves the Senior Center at 9 am and Topsham at 9:15 am. Cost is \$8 for members and \$10 for non-members. Lunch, which is on your own, will be at Olive Garden. A minimum of 15 people are required to go and you can sign up and pay in the Bath office. FMI: Call Bath Area Senior Center (443-4937) or People Plus (729-0757).

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



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

Membership Benefits

The following businesses offer discounts for People Plus members.

- Arby's, 10% off, excluding combos/coupons
Attorney N. Seth Levy, Discounted legal services/documents including wills, living wills and estates
Augat Chiropractic
Autometrics, 10% off labor
Berrie's Hearing and Optical Center, 10% off a complete set of eye-wear, up to \$500 off costs of hearing aids
Big Top Deli, 10% off, anytime
Bill Dodge Auto Group, 10% off parts & service
Eveningstar Cinema, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
Fairground Café, 10% off, anytime
Hearts & Hands Reiki, 10% discount on first appointment. Mon-Fri, 10-6.
J&J Cleaners, 10% off pickups: Wednesdays (customers over 55)

PEOPLE PLUS MEMBERSHIP APPLICATION form with fields for Name, Phone, Email, Address, City, State, ZIP, and Membership Dues.

- Lee's Tire & Service, 10% off parts (excludes tires)
Massage on Maine, First visit \$60, always \$10 off for seniors
Pauline's Bloomers, 10% off, anytime (within normal delivery range)
Reflections (Salon), 10% off, Mon and Fri
Thomas Point Beach, \$1 weekday admission
Tire Warehouse, 20% off labor
Tucker Ford, 10% off invoice, parts & service
Wilbur's of Maine, 10% off, anytime
Wild Oats Bakery & Cafe, 10% off on Mondays

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### TEENS OF THE MONTH: Alysa Stafford

Alysa Stafford is in eighth grade at Brunswick Junior High School and has been coming to the Teen Center for two years. Her older brother used to attend and now her younger sister also comes regularly. Alysa's favorite things about coming to the Center are "hanging out with friends, the staff and the food is really good." Alysa never causes any issues while she is here, which we appreciate, and is a nice young lady. Off to the movies she goes!

### Sean Ferguson

Sean Ferguson is in eighth grade at Brunswick Junior High School and has been coming to the Teen Center since sixth grade. Sean's favorite things to do at the Center are "hanging out with friends and talking with staff and volunteers." Sean is one of our more artistic students and a gentle soul. Sean's going to the movies on us!

## Flu Shot Clinics

NOVEMBER SCHEDULE

Because you have better things to do than come down with the flu, **CHANS Home Health & Hospice** offers **FREE** public flu shot clinics throughout the fall.

- 11/5 Bath Vote and Vax at Bath Middle School**  
6 Old Brunswick Road, Bath  
2:30pm-7:30pm
- 11/7 Bath Area Food Bank**  
807 Middle Street, Bath  
12:00pm-1:30pm  
5:00pm-7:00pm
- 11/7 Lisbon High School**  
591 Lisbon Street, Lisbon  
3:00pm-7:00pm
- 11/8 Small Point Baptist Church**  
1754 Main Road, Phippsburg  
3:00pm-5:00 pm
- 11/9 Brunswick Early Bird Sale at Tontine Mall**  
149 Maine Street, Brunswick  
7:00am-12:00pm
- 11/12 FHC, Inc.**  
1201 Main Street, Bowdoin  
9:00am-12:00pm
- 11/13 RSU 5 at Freeport High School**  
30 Holbrook Street, Freeport  
3:30pm-6:30pm
- 11/18 RSU 1 at Dike Newell School**  
3 Wright Drive, Bath  
4:00pm-7:00pm
- 11/19 MSAD 75 Mt. Ararat Middle School**  
66 Republic Avenue, Topsham  
4:00pm-6:00pm
- 11/25 RSU 1 at Woolwich Central School**  
137 Nequasset Road, Woolwich  
1:00 am-4:00 pm
- 11/26 Bath Adult Education**  
826 High Street, Bath  
4:30pm-6:30pm
- 11/26 Mid Coast Senior Health**  
58 Baribeau Drive, Brunswick  
4:00pm-6:00pm

### Brunswick Area Teen Center

## Teen Center hopping with kids

Two months into the school year and the place is hopping. We had 64 different kids attending in September, with an average of 26 kids per afternoon and 412 visits to the program. The initial bedlam that seems to come with the start of a new school year has calmed down somewhat as we all settle in and get to know each other and the "ropes."

We have kids involved in football, cross country, art and other activities, as well as the Teen Center after school, so some come in early, leave early and some come in after practice, etc. Two of our teens received scholarships to attend an art/wellness class by Trillium, held once a week for four weeks at The Mix downtown. They love it so far!

November is a month when we tend to reflect more on what we are thankful for. We are so thankful for all of the people helping with feeding the kids either by providing a meal or through donations from our Back to School appeal letter.

At the end of September, a Bowdoin College student wrote saying she was interested in getting a group of college students together once a month this semester to cook/bake something for the teens, and Lauren and students from Quinby House brought in biscuits and cookie bars for their first project.

We have an event coming up in November at a new venue in Freeport (The Cadenza) that hosts concerts, serves beer and wine

and I have heard great things about the place. On Nov. 22 at 7 pm, Pejepsco Station is scheduled to perform, and they decided to make it a benefit concert for the Teen program, so music lovers mark your calendars.

November also seems to signal heading into the holidays and, unbelievably, that we are! Planning for the Teen holiday gifts and party is underway already, and we are collecting Regal movie tickets and boxes of movie candy again this year. Of course, we will be doing our Yankee Swap again this year because the kids LOVE it, so the collection of items to be wrapped and used for the swap has also begun.

As October comes to an end, we have been thankful that the weather has remained pleasant as most of the kids attending the program have been walking and riding bikes from the junior high to the Teen Center, which gets some of their

### Teen Center News

Jordan Cardone



energy out before they arrive! We'll take the good weather as long as it lasts!

The latest news on our Back to School appeal letter is that as of this writing, \$9,055 has come in. We are only \$3,945 away from reaching our goal of \$13,000 in celebration of the program's 13th year. I feel hopeful that we will reach our goal and we are thankful for the many people over the years who have helped start, support, sustain and grow the program to what it is today.

Happy Thanksgiving!  
Jordan and The Gang

### Teen Center Holiday Bags

This year we will once again gift each of our youth members with two movie tickets and two "movie size" boxes of candy! We will need 140 movie tickets to Regal Cinema and 140 boxes of candy! Donations of either item gratefully accepted before Dec. 16!



### Bluegrass Concert to benefit Teen Center

**Cadenza** Fri, Nov 22, 7 pm. Cadenza, Freeport's premier performance and meeting venue, presents a benefit concert for the Brunswick Area Teen Center featuring **Pejepsco Station**.

**Pejepsco Station** is a high-energy bluegrass band comprised of veteran musicians hailing from the Mid-coast Maine area. Their repertoire is a mix of traditional and contemporary bluegrass, Americana, and some bluegrassified favorites thrown in. Broad vocal harmonies and an informal and relaxed stage presence make for an enjoyable and fun show appropriate for all.

Tickets: \$12 in advance | \$15 at the door.

5 Depot Street, Freeport, ME, 207.229.2738



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142 Neptune Dr, Brunswick  
 (207) 725-9444

29 Maurice Dr, Brunswick  
 (207) 725-7495

**Flu Shot Fridays at Mid Coast Senior Health**  
58 Baribeau Drive, Brunswick  
Sept. 13 – Nov. 29  
9 am–Noon

Clinics are available to anyone in the community over six months of age. We also have the ability to bill medical insurance for those receiving the vaccine. Please bring your insurance card if you have one.

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

November 2019

### Midcoast Tree Festival

November 22, 4:00 p.m.—8:00 p.m.  
November 23, 24, 29 and 30, 10:00 a.m.—6:00 p.m.  
December 1, 10:00 a.m.—2:00 p.m.

**St. John's Community Center**  
43 Pleasant Street, Brunswick

The **Midcoast Tree Festival** will showcase fully decorated, themed, and lighted artificial Christmas trees on display throughout the two-weekend event, which will be raffled off to lucky winners at the conclusion of the festival.

Admission is \$2 for adults and no charge for children 12 and younger.

Additional information can be found online at [facebook.com/midcoastreefestival](https://facebook.com/midcoastreefestival)

*The Midcoast Tree Festival proceeds will support: All Saint's Parish (St. John School), Spectrum Generations' Meals on Wheels, and the Southern Midcoast Maine Chamber.*

**All Spectrum Generations' locations will be closed on Monday, November 11, in observance of Veterans Day.**

**We will also be closed on Thursday, November 28 and 29, for Thanksgiving.**

### National Diabetes Month 2019

**TAKE DIABETES TO HEART**  
Linking Diabetes and Cardiovascular Disease

**November is National Diabetes Month**, a time when communities across the country team up to bring attention to diabetes. In partnership with the [National Heart, Lung, and Blood Institute \(NHLBI\)](https://www.nhlbi.nih.gov), this year's focus is on the link between diabetes and cardiovascular disease.

**Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.** This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

### Healthy Living for ME

**November Spotlight**  
Living Well with Chronic Pain

Living Well with Chronic Pain is designed for people with an ongoing pain condition and offers techniques and strategies for dealing with symptoms. Class topics include techniques to deal with frustration, fatigue, isolation, poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

FMI or to register for a class, visit [healthylivingforme.org](https://healthylivingforme.org) or call **1-800-620-6036** to speak with a team member.

	<b>Manage your A1C, blood pressure, and cholesterol levels.</b> Ask your health care team what your goals should be.
	<b>Develop or maintain healthy lifestyle habits.</b> Follow your healthy eating plan and make physical activity part of your routine.
	<b>Learn ways to manage stress.</b> Try deep breathing, gardening, taking a walk, doing yoga, or listening to your favorite music.
	<b>Stay on top of your medications.</b> Take medicines as prescribed by your doctor.
	<b>Stop smoking or using other tobacco products.</b> You can start by calling 1-800-QUITNOW or visiting <a href="https://smokefree.gov">smokefree.gov</a> .

### Need help with Medicare?

Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you choose which plan is right for you. If you live in the Brunswick, Harpswell, or Sagadahoc County area, call (207) 729-0757 to make an appointment with one of our counselors. If you live outside of those areas, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to you.

**Open Enrollment** OCT NOV DEC JAN

### Medicare 101

Choosing a Medicare drug and health plan can be difficult and confusing. In this Medicare 101 class you will be provided with information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplement plans, and tips on how you can save money and avoid penalties.

**The next session will be held on November 12, 2019**  
12:30—2:30 p.m.  
People Plus | 35 Union St., Brunswick  
Call (207) 729-0757 to register or for more information.

**A \$15 donation is suggested**

*Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.*

**PROUD TO PARTNER WITH PEOPLE PLUS**



# 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:**

**Info Session for Joint Replacement** is a FREE presentation on how Joint Replacement surgery can help relieve chronic pain and improve overall health.

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



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

## November Calendar of Events

**WOMEN'S PELVIC HEALTH SERIES**  
**Total Pelvic Health** with *Melissa J. Streeter, MD*  
A **FREE** monthly education series focusing on topics of concern to every woman.  
**November 6** from **5:30-6:30 p.m.**

**PRESCRIPTION FOR HEALTH**  
A **FREE** one-hour introductory program to get you started on improving your health.  
**Thursdays** from **Noon-1 p.m.** No class November 28.

**SPONDYLOARTHRITIS SUPPORT GROUP**  
A **FREE** support group for people taking an active role in managing Ankylosing Spondylitis.  
**November 11** from **6-7 p.m.**

**OSTOMY SUPPORT GROUP**  
A **FREE** support group discussing all aspects of living with an ostomy.  
**November 12** from **5:30-6:30 p.m.**

**FOOD FOR HEALTH**  
**The Benefits and Harms of a Ketogenic Diet** with *Timothy R. Howe, MD*  
**FREE** plant-based cooking and education series.  
**November 12** from **6:30-8 p.m.**

**OUNCE OF PREVENTION**  
**Nutrition and Aging: How your Needs Change as you Age** with *Alison Fernald, RD, LD, CDE*  
Sponsored by Mid Coast Senior Health, this **FREE** series provides education about important senior health topics.  
**November 13** from **3-4 p.m.**  
Thornton Oaks, 25 Thornton Way, Brunswick

**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.  
**November 14** from **5:30-6:30 p.m.**

**OUR HEALTH: FILM & DISCUSSION SERIES**  
**Breaking Points**  
The film series continues throughout the year, featuring films that shine a spotlight on important health topics for the Midcoast region. *Registration required at www.explorefrontier.com*  
**November 19** at **7 p.m.** Frontier, 14 Maine Street, Brunswick

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*

# Man on a Mountain in Maine

For being 66 years old, I consider myself in fairly decent shape. After all, I've been cranking pretty hard on my bicycle pedals since August of 2000. Back then, it was the start of getting prepared for my 2002 solo bike ride from North Carolina to Texas in support of the Lance Armstrong Foundation. So yes, when it comes to cycling and walking, I feel fit as a fiddle.

I bring all this up, because I was just recently beaten to death by a mountain. Come to find out — the hard way — the leg muscles I use to cruise on my bicycles for thousands of miles went "on vacation" when it came time to scale a 4,088-foot oversized hill.

Scott, my oftentimes cycling partner who also happens to be my doctor, myself, and a group of four others from Bates College set out to climb Bigelow Mountain's Avery Peak, one of Maine's highest summits. To give you a little background, Bigelow is named after Major Timothy Bigelow, one of Colonel Benedict Arnold's four division commanders during the 1775 Invasion of Canada. He climbed it "for the purpose of observation."

And, indeed, the view from the top was spectacular. It was a clear autumn day, with

a refreshing breeze, offering us a great look at many of the state's other 4,000-footers, including the popular ski resort on Sugarloaf Mountain.

But I degress; back to my painful story. The going-up part wasn't the problem; the trail was strewn with rocks and laced heavily with exposed tree roots. The first 2.2 miles were a comfortable, gradual incline — a good warm-up. Then we hit the junction that hooks into the Appalachian Trail; yes, that well-known 2,200-mile path from Georgia to Maine. And up we went for two miles, over big boulders and more big boulders. I had to keep reminding myself to look up to see where I was going; if I didn't, I felt light-headed — the same thing that happens to me when I try reading in a moving vehicle.

But as I stated earlier, the ascent wasn't the issue. There was no catching my breath; my Garmin watch showed a steady heart rate in the 90s range. And again, the view from the top of Bigelow was priceless. We even chatted with a thru-hiker from Atlanta, Georgia, who was making her way south.

After nearly a half hour of relaxation and a bit of food, the climb down got underway — the not so fun part. Basically, one had to take care with every step; mindful of not

wanting to become an avalanche of flesh and bones. The threat of injury was accompanied by the threat of embarrassment — a double whammy. Also, those big boulders encountered on the way up were still there waiting for us on the way down. It wasn't a pretty sight; there's nothing graceful about scooting over a massive rock on one's backside just to keep from falling. But who cares at that point? We all survived and nobody got hurt. That part came later.

To put things into perspective, here are some details on the day's climb. Our total elevation for the hike — up and down — was nearly 6,000 feet. The total distance was 8.5 miles and we covered it in just over six hours. That's roughly how long it took Scott and I to cycle 100 miles in the Pedal the Penobscot ride two weeks prior. In fact, during the hike I remarked that I would rather ride 100 miles than do what I was doing at that moment.

Unfortunately, the unpleasant parts of the hike stayed with me for the next three days — in the form of screaming thigh muscles. Just walking was a chore, let alone trying to climb down any stairs. Working at the bike shop in Farmingdale brought much humorous banter from my co-workers over my uncomfortable situation; even to the point of mimicking my old-man shuffle on more than

## Simply put

Patrick Gabrion



one occasion. I ended up being off my bicycles for four days, which in itself was extremely painful. Especially since I was closing in on 4,000 miles for the season. But I'm back on the saddle, and loving every minute of it.

So yes, the Bigelow Mountain experience was both good and bad. But I'd do it again in a minute, just because of the grand spectacle that awaits at the top. It was definitely worth the temporary ouches I endured.

**The Harpswell Garden Club** will meet Thursday, Nov. 21, at 1 pm at Curtis Memorial Library, 23 Pleasant St., Brunswick. After a brief business meeting, a representative from Johnny's Selected Seeds will present "How Does Johnny's Develop Their Seeds?" Free and open to the public. FMI: Call 833-6159.

## New/renewing members for October

\* indicates new membership  
• indicates donation made with membership

### Brunswick

- Denny C. Barrett \*
- Mary Jo A. Barrett \*
- Carol Bondy
- Norrine Burnett
- Regina A. Campbell
- Pat Cannon
- Alice Carroll \*
- Newton A. Clark Jr. \*
- Patricia Lord Clark \*
- Allison Coffin
- Lillian Connors
- Priscilla Davis \*
- Rosalie Deschenes \*
- Patricia H. Emerson
- Steve Van Etten \* \*
- Patricia Felton \*
- Robert Galen \*
- Regina Grayce \*
- Chris Gutscher \*
- Patricia Holmes
- Julie Hughes \*
- Paula Ka.ppel
- Yoshiko Kilgore
- Leon Laffely
- Susan Terrill Law
- Joan T. Llorente
- Joyce Lyons
- Julie Maranto \*

- Agnes A. Maynard
- Victoria S. Muller
- John Papacosma \*
- Glee Peterson \*
- Gloria J. Pollard
- Nancy Reisinger \*
- Joanne Rioux
- Eric Root \*
- Eric Sandelin
- Suzanne Sargent \*
- Caroline Savage
- Carol S. Schneidewind
- Joan Shepherd \*
- Maybelle Sturgeon
- George Tetu
- Ruth Thibodeau
- Wayne Thibodeau
- Joann Thompson \*
- Connie Turner \*
- Janice Van Etten \*
- Joan Wilson
- Ted Wilson
- Errol Woodbury \*

- Roger Campbell \*
- Adele Gassett
- Dale Hinckley \*
- Joe Hinckley \*
- Margaret Holland \*
- Russ Kinne
- Marsha Mogk
- Wayne Mogk
- Betsy Munsey \*
- Doug Munsey \*
- Diane Ohmacht
- Esther G. Palmer
- Eileen Peabody \*
- Judith Redwine
- Margaret Sanfasin
- Cheryl Sedgwick \*

### Bath

- Ralph Lewis \*
- Louise Sharp

### Bowdoin

- Janis M. Parent \* \*

### Durham

- Cindy Neprash \*
- Donald Sawyer \* \*

### Sabattus

- J. Amanda Spencer \* \*

### Westport Island

- JD Williams \*

### Woolwich

- James J. Trout Jr. \*

### Harpswell

- Anne Bouchard
- Armand Bouchard
- Rebecca Longley

### Topsham

- Sandra Allen \*
- Nancy Campbell \*



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# Twice-Told Tales reopens at new location

Brunswick's Twice-Told Tales, the store selling used books in support of Curtis Memorial Library, reopened on Wednesday, Oct. 23 at its new location, 200 Maine St. (former Bamforth Marine).

The new store, renovated and refurbished, and painted its signature sunny yellow, has benefited from generous support from the Brunswick community as well as the tireless efforts of many volunteers who disassembled, transported and reassembled mammoth amounts of shelving and more than 800 cartons of books.

While only modestly larger, the new location is able to accommodate many more titles in all categories, from reference books to fiction, classics to bestsellers, mystery,

history, biography and memoir, true stories, teens and science-fiction, health, science, travel and cooking, fine arts and crafts, CDs and DVDs, together with a particularly welcoming children's area, generously stocked with board books, picture books and chapter books.

All books are donated and the volunteers contribute their time, so all profits can go to support Curtis Library's many varied programs and activities. Hours are 10 am to 4 pm, Monday through Saturday. We will again be accepting donations of clean and appropriate books and materials, starting slowly as we adjust to our new spaces. Please call ahead; the store can be reached at (207) 725-8888.



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](http://www.studentaidfund.org)  
Donations may be sent to:





# Bailey's student artists to go on display in Cafe Gallery

A new show featuring Connie Bailey's student artists will go on display in the People Plus Cafe Gallery for the months of November and December. The pieces of art showcase the students' ability to work with all different types of media forms.

Bailey's mission in teaching her students continues to be exposing them to "the several major and popular forms of artistic expression." Her mixed media classes, long featured as part of the Center's countless activities, usually offer expert instruction in the

use of watercolors, watercolor pencils, colored pencils, graphite and charcoal, scratchboard, pen and ink, pastels and pastel chalks. The emphasis this time around is on pen and ink.

Classes are conducted weekly each Tuesday and Thursday, beginning at 10 am and continue for nearly two hours. During a typical class cycle, Bailey encourages her participants to practice in some or all of the mediums, and finally to work in the areas where they feel the most comfortable and capable.

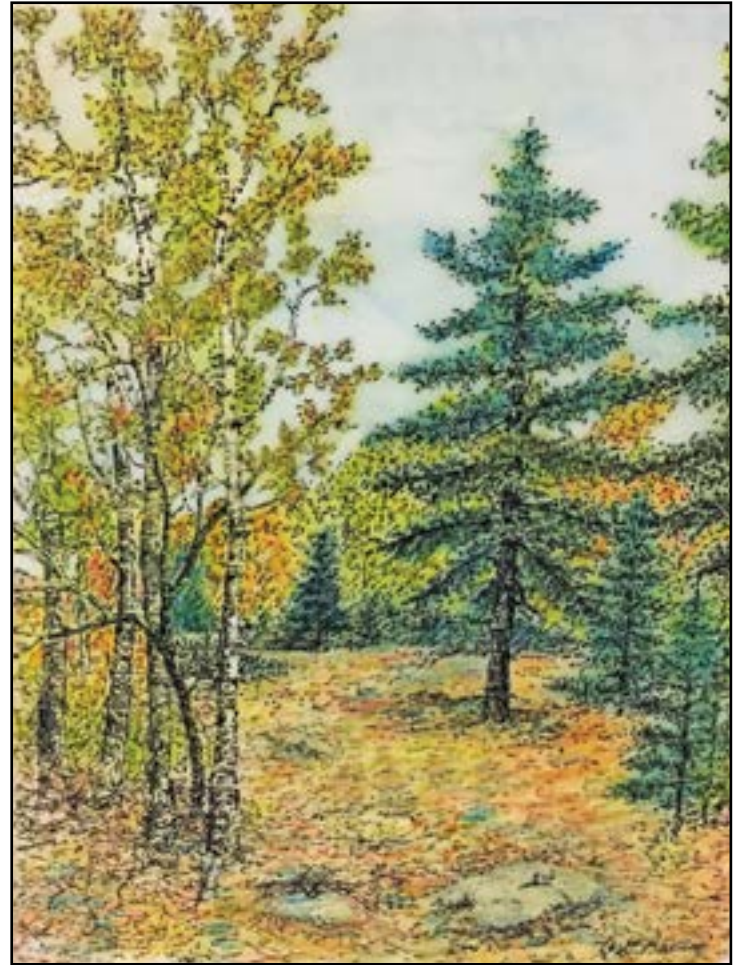
The show triggers great interest around our Union Street facility, as most of the artists have several friends amongst the Center's membership.

Students currently attending Bailey's art classes at People Plus include the following:

— On Tuesday are Beth Aldenberg, Lorraine Beate, Jen Haskins, Murtle Lacrois, Tony Lacrois, Marsha Mogk, Richard Nickerson, Nancy Pantaz, Val Robbins, and Ann Sanfasin.

— On Thursday are Alison Coffin, Lucy Devenshire, Lauralee Poutree, Jenny Koo, and Alfred Tyrol.

The collected works on display are well presented and are "almost always" offered for sale. All sales are conducted by contacting the artists directly. The show, which open to the public, may be seen free of charge during normal business hours at the People Plus Center, located at 35 Union St. in Brunswick.



THE UPCOMING ART SHOW by Connie Bailey's students will emphasize work done in pen and ink. The above artwork is a piece done by class instructor Connie Bailey.

**\*STORM POLICY**  
When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. Check [www.peopleplusmaine.org](http://www.peopleplusmaine.org), or local media for closure info. ❄️



**Lunch out!**  
November 12th at 11:30 a.m.  
**FAIRGROUND CAFE**  
& Merrymeeting Room  
49 Topsham Fair Mall Rd, Topsham  
**Sign up for the car pool!**

*'Tis the Season for Giving!*  
People Plus is collecting donations for:  
• **MCHPP Food Drive** (non perishable items, through the end of Dec.)  
• **Coats for Seniors** (new or gently used coats, through Thanksgiving)  
**amazonsmile** Select **People Plus** at [smile.amazon.com](http://smile.amazon.com) and Amazon donates 0.5% of the price of eligible purchases.  
Don't forget to donate to your favorite charities on "Giving Tuesday" Dec 3.

**Medicare Open Enrollment is NOW!**  
If you are a beneficiary of any Medicare Health program, this is the only time of the year when you might make routine changes to your coverage. The Fall Open Enrollment Period, opened in Mid-October, will continue through November and close for another calendar year on December 7.  
During this open enrollment, you may join a new Medicare Advantage Plan; join a new, stand-alone Part-D Prescription Plan; or simply switch to an original Medicare Plan, with or without a drug option. Changes made during this enrollment period routinely go into effect on January 1.

THE BASIC PLAYERS will present "Jack of Diamonds," at a comedy dinner show at the Bath Area Senior Citizens Center on Saturday, Nov. 9, at 5 pm. The play and meal, which features Roxanne's oven-fried chicken, is by reservations only and the cost is \$25. The center is located at 45 Floral St. in Bath. FMI: Call 443-4937.

- Weekly Winners** ♠️♥️♦️♣️
- Senior Bridge**  
September 21: Woody Townsend, 4,100  
John Rich, 3,870  
September 23: Joyce Lyons, 4,220  
Woody Townsend, 4,010  
September 27: John Rich, 3,800  
September 30: Richard Totten, 3,730  
Tilda Desorcy, 3,380  
David Bracy, 2,960  
October 4: Jenny Ferguson, 2,580  
Betsy Mace, 2,450  
October 7: Woody Townsend, 4,330  
Bob Cressey, 4,000  
Paul Betit, 3,900  
October 11: Jenny Ferguson, 3,880  
Betsy Mace, 3,370  
October 14: Terry Law, 4,040  
Joyce Lyons, 3,870
- Senior Intermediate Cribbage**  
September 11: Joe Tonely, 717  
Anita Owens, 705  
September 18: Rick Fortin, 715  
Ray Laurie, 693  
September 25: George Tetu, 705  
George Hardin, 702  
October 2: Anne Bouchard, 726  
Julie Swol, 682  
George Tetu, 675  
October 9: Lois Fournier, 710  
George Hardin, 708  
Anne Bouchard, 705  
October 16: George Tetu, 726

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