



# Plus! People NEWS!

The center that builds community

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

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

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org January 2020 Volume 20, No. 1

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



**THANKS TO EVERYONE WHO DONATED DIAPERS** for our annual diaper drive for the United Way! Some young members of the United Way team along with Stacy's new puppy Gia gathered to celebrate the nearly 700 diapers that were brought into the Center during the month of October. Thanks everybody!



**FRANK AND THE GANG** were at it again in December for Night Light Out to see the holiday lights on the Midcoast. This is part of Frank's monthly field trip series sponsored by Scott Lemieux of Ameriprise Financial Services and Coastal Landing Retirement Community. **Come join the fun on January 22 when they take the train to Boston (FMI see page 4).**

## Grants, annual campaigns showing great progress

We all know what a special place we have here on Union Street. There are countless activities and services that hundreds of people benefit from at People Plus and the Brunswick Area Teen Center. Two of the ways that make all of this possible are through the grants and annual campaign funds we receive from wonderful individuals and organizations.

And we are happy to report on good progress in both areas, which includes the following:

— In early December, the Committee of the Alfred M. Senter Fund awarded a grant in the amount of \$10,000 to directly benefit the Teen Center.

— A \$5,000 grant award from the Maine Community Foundation will help continue the good work of the Center's Volunteer Transportation Network (VTN).

— And according to Office Manager Betsy White, the People Plus annual campaign, as of Dec. 11, has thus far collected \$18,870, as well as \$1,826 donated by members as they renewed their dues, and the overall Teen Center fund total stands at \$27,771.

The Senter Fund allocation is very exciting. "This is quite an impactful grant," said Jordan Cardone, Teen Center Coordinator. "To be awarded this grant from the Alfred M. Senter Foundation enables us to apply the bulk of the \$10,000 directly to our biggest and most crucial need and most challenging budget item to fund, staffing."

"Thank you to the Senter grant committee members for your wonderful support and belief in a program that we believe is making a positive difference to so many kids and families right here where we live,"

*continued on page 11*

## Memory Enhancement Class provides guidance

### 5-session program begins in January

As a service to the community, People Plus and Mid Coast-Parkview Health are teaming together to offer their new Memory Enhancement Class in January.

The ideal participant is someone experiencing mild memory loss, and may or may not have been diagnosed with early stage dementia or mild cognitive impairment. The purpose of the program is to provide education, support and strategies for living optimally.

"I think the class will provide important information for people experiencing mild memory loss," said Kim Watson, Administrator, Mid Coast Senior Health, and one of the class presenters. "Our hope is that

the class will provide answers to commonly asked questions; and will help participants focus on their strengths and abilities to make the most of every day."

Each participant is required to bring a support person for several reasons: a) to help the participant identify how the information can be applied to daily living, b) to practice newly learned skills with the participant, c) to discuss and reinforce new information with the participant, and d) to help "fill in the blanks" if information is forgotten.

The five-week Saturday class is limited to eight participants and their support person. It will run from Saturday, Jan. 11 to Feb. 15,

*continued on page 9*

## Fit & Fun for Free?! How cool is that!

New year! New you! Hopefully, the beginning of 2020 brings good fortune to all of us. So why not start with good health or try a new activity?

People Plus wants to help with your wellness and fitness or just having some fun, so for the entire month of January you have the opportunity to try out any of our class/club offerings for FREE! This great deal is open to new attendees to come and bend, stretch, play a game and so much more. It's fun and leaves you feeling way better about yourself.

Here's what's on tap at our Union Street facility:

— There are more than a dozen fitness classes each week, including Loosen Up, the popular chair-based exercise program; Zumba dancing with Béa; Table Tennis, Monday through Thursday; Yoga with Ann; Aerobics Lite and Chair Yoga; Qi Gong and

Tai Chi, and more.

— Classes and clubs are also available in art, playing Scrabble or Mah-Jongg, Fiber Arts, cribbage, discussing world affairs and so much more.

"The goal is to get folks engaged," said Executive Director Stacy Frizzle. "This offer is for new attendees and gives them the chance to see if they like it. And we're confident they will. What a way to start the New Year!"

All of our instructor-led courses are available to members for a cost of only \$5 a session.

Please check the calendar in this newspaper for the class schedule or call People Plus at 729-0757 with any questions or to sign up. Also, visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) for the full list of activities. This offer is free and open to the public.

## FYI! "Cuba's National Pastimes: Baseball and Politics"

**Thu, Jan. 23, 1:30 pm.** Did you know that Cubans have been beating a path to the States to play baseball for more than 125 years? That players from the island played starring roles on teams in both the Major Leagues and the Negro Leagues. That one of the most successful teams in the early years of the Negro Leagues was called "The New York Cubans." That the Cuban knuckleballer José Acosta once fanned Babe Ruth three times in one game. That the greatest Cuban player of all time, Martín Dihigo, was not just inducted into Cooperstown, but in the Baseball Halls of Fame of Cuba, Mexico and Venezuela. That Cubans are such fanáticos about baseball that fans meet every day of the week in a park in downtown Havana just to debate the finer points of the game. Who knew?



Allen Wells, Roger Howell Jr. Professor of History, Emeritus, Bowdoin College, will be talking baseball on both sides of the Florida Straits on Thursday, Jan. 23, at 1:30 pm. A native New Yorker, our speaker never played baseball worth a lick, but that has not prevented him from spending way too much time obsessing about his favorite team, the perennially underachieving New York Mets. Somehow, he has squeezed out time to write books and articles about his

other major love, Latin American history, and share his passion for baseball and history with students at the college over the course of three decades. Free, open to the public. Registration appreciated.

**Music in April date is set! Check out page 8 for more information.**

## 'Aging Well' Lunch & Learn: "Legal Services for the Elderly"

**Mon, Jan 27, 12 noon.** LSE provides people age 60 and over with free legal advice. Attendees will learn about what Legal Services for the Elderly provides, such as assistance with public benefits issues, foreclosure or eviction matters, financial exploitation, obtaining medications more affordably, and more. Attendees will also get a brief overview about the benefits and risks surrounding Powers of Attorney and

Health Care Advance Directives. Presenter, Wren Saunders, is a staff attorney at Legal Services for the Elderly. She holds degrees from the University of Maine School of Law, New England Conservatory of Music, and the University of Southern Maine. When she is not advocating for Mainers over the age of 60, you will find her playing her bassoon across New England. Free, open to the public. Registration appreciated.



# Renew yourself in January at People Plus!!



A REGULAR FEATURE AT PEOPLE PLUS is the Lunch Out! gathering every month. A record number of 18 people shared a meal together during December's outing at Pepper's Landing located at 147 Bath Road in Brunswick.

## Lunch & Connections

### Tasteful menu topped with special dessert

Thanksgiving. Christmas. New Year's Day. Plenty of holidays and, oh my, plenty of food. When is it all going to end?

For that very reason, January's Lunch & Connections at People Plus is going with a simple, yet tasteful, menu. The monthly event at the Center is slated for Thursday, Jan. 16, 2020.

Guest chef Henry D'Alessandris and our wonderful volunteer lunch crew have an awesome meal planned. Topping the list is homemade lasagna, accompanied by meatballs, salad and garlic bread. And to round out this heartwarming Italian menu is a special and delicious dessert of tiramisu.

Just a little background on our featured end-of-meal item. Tiramisu, which means "pick me up" or "cheer me up," is a coffee-flavored Italian dessert. The recipe has been adapted into many varieties of cakes and other desserts. Most accounts of the origin of tiramisu date its invention to the 1960s in the region of Veneto, Italy, at the restaurant "Le Beccherie" in Treviso.

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

## Frank's Field Trip - Boston in the Winter

Wed, Jan. 22, 11:00 am. Join Frank for a ride to Boston on the Amtrak Downeaster. You'll meet at the train station in Brunswick for a train leaving at 11:10 am, arriving in Boston around 2:30 pm. Bring your lunch to eat on the ride (or buy lunch on the train). Then you will hop on an Old Town Trolley reserved just for us and take a private three-hour tour of Boston's historic sites that includes time for dinner (you pay on your own) at Faneuil Hall Marketplace. We'll board the 6:15 pm train home

getting back to Brunswick at 9:40 pm. Cost of \$55 includes roundtrip Amtrak ticket and bus tour for the day. Limited to 30. Registration and payment required by Jan 13th. This trip is made possible through the generous sponsorship of Scott Lemieux at Brunswick's Ameriprise Financial Services and by our friends at the Coastal Landing Retirement Community.



Call 729-0757 to register for classes & events.

## Living Well with Chronic Pain

Mondays, 2-4:30 pm, Feb 3 - March 16 (no class Feb 17). Spectrum Generations in partnership with Healthy Living for ME will be offering a free workshop to help individuals with a wide range of chronic pain conditions. Living Well with Chronic Pain will be offered beginning Feb. 3 and running through March 16. Workshops participants will meet weekly from 2-4:30 pm at People Plus.

Living Well with Chronic Pain is ideal for people who are experiencing a wide range of chronic, non-cancer-related pain conditions. Participants in this class learn practical tools to help develop self-management skills, as well as ways to communicate about the pain they experience, and healthy eating, with an emphasis placed on creating action plans and setting realistic, attainable goals.

This series is free and open to the public, but registration is required. Please call 1-800-620-6036 or email [info@healthyliving-forme.org](mailto:info@healthyliving-forme.org) for more information and to register.



## Spectrum Generations Medicare 101 Session

Tue, Jan 14, 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.

## \$10 Hair Cuts for Seniors

Fridays Jan 3 & 10, 9-12 pm. Come for a haircut with Margarita Day, former owner of Margarita's Hair Styles in Brunswick. Now retired, she is offering her services to People Plus and will donate all proceeds from the haircuts to the Center! No appointment necessary, just show up with clean hair and she will give you a cut! Open to the public!

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

Stetson's

Funeral Home

12 Federal St. Brunswick, Maine 04011  
[www.stetsonsfuneralhome.com](http://www.stetsonsfuneralhome.com)  
207.725.4341  
[apurinton@gwi.net](mailto:apurinton@gwi.net)

Anthony B. Purinton • Funeral Director

## New Acoustic Music Club

Saturdays at 1 pm, beginning Jan 11. We be "jammin'" at People Plus! If you play an instrument at an intermediate or better level and want to jam with some new friends, come join the fun at People Plus on Saturdays at 1 pm, beginning Jan. 11.

Bring your own instrument, be able to share a few songs and know basic chords. The club will be playing mostly folk, blues, bluegrass and other acoustic music in a song circle format where everyone gets a turn to share a song, with others joining in. Open to current People Plus members and community members 18 years old or older and graduated high school. (People Plus membership is not required for your first few visits, but you will need to eventually become a member, only \$30/year for



Brunswick residents, \$35 all others!)

This fun music club will be coordinated by Brunswick resident Jim Ru, who plays a variety of instruments and has played in small informal groups, open mikes and house jams. Jim enjoys live acoustic music, especially when people just pull up a chair and share a song or two.

## Do you get the weekly People Plus "Peek at the Week" email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy our Executive Director, a Teen Center update from Jordan and of course, Frank's weekly Two-Cents article. If you aren't getting it, just let Sarah know at the front desk and she can add your email to the file!

## Free Tax Help!

AARP aides will be at People Plus Tuesday mornings and Thursday afternoons, February through April 15. Call after January 21st to schedule an appointment.

## More Chair Yoga!

People Plus is pleased to now offer TWO chances to take Chair Yoga, a wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind. The class offers both poses and helpful techniques to be your most comfortable self. Offered Tuesdays at 2 pm and Fridays at 12:45 pm with instructor Béa Blakemore. Open to all levels (beginner to advanced yoga practitioners). \$5 per class for members/\$10 non-members. Try any class once for free.



## Lunch out!

January 14th at 11:30 a.m.



1 Bowdoin Mill Is, Topsham

Sign up for the car pool!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>January Programming Note:</b> • Men's Breakfast will move to the second Thursday of the month, January 9th at 8 am.				<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	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	8:30 Maine Meditation Intensive
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	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 Spanish Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Winter Outing Club 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers	<b>8:00 Men's Breakfast</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 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 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	9:30 Memory Enhancement Class 1:00pm Acoustic Music Club
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 <b>11:30 LUNCH OUT</b> 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm German Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Winter Outing Club 10:00 Meals on Wheels 10:00 Table Tennis 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 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	9:30 Memory Enhancement Class 1:00pm Acoustic Music Club
9:00 Grace Reformed Baptist Church		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	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Winter Outing Club 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga <b>1:30pm FYI! Cuba's National Pastimes: Baseball and Politics</b>	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 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	9:30 Memory Enhancement Class 1:00pm Acoustic Music Club
9:00 Grace Reformed Baptist Church 6-8:30pm Swing Dance Brunswick	9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba <b>12:00pm Lunch and Learn: Legal Services for the Elderly</b> 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 French Club	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Winter Outing Club 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	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 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	<b>HOURS</b> Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm 729-0757

**New Language Club: "Cantina Espanol"**

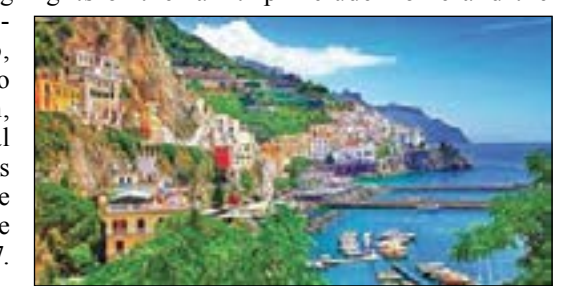
Hablas espanol? Fluency in Spanish is not necessary. Just come with the willingness to listen and learn!

The group meets once a month on the first Tuesday of the month at 2:30 pm. For members only. Call to register.

## Resolve to Travel in 2020!

### Experience fall in Rome & the Amalfi Coast

Explore art, food, wine, culture, and history in Rome and the Amalfi Coast Oct 1- 10, 2020, with Collette. Highlights of the fall trip include Rome and the Colosseum, Pompeii, mountain-top monastery of Montecassino, Amalfi Coast, Sorrento, Buffalo Milk Mozzarella Factory, Paestum, Winery visit, Naples and the National Archaeological Museum. Ten seats have been saved for People Plus. The trip is open to the public. For more information, contact Jill at 729-0757.



Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 [bathsavings.com](http://bathsavings.com)

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

A Place Where You Belong

Looking for a community that recognizes you as a unique individual? With a variety of living options as well as various wellness, cultural and educational programs and activities offered, The Highlands is the home to live your best life—exactly as you want.

**Call (207) 725-2650 to schedule a personalized tour.**

**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

30 Governors Way • Topsham, ME 04086  
(207) 725-2650 • [www.HighlandsRC.com](http://www.HighlandsRC.com)



# 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:

**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.



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

## January Calendar of Events

**OSTOMY SUPPORT GROUP**  
A **FREE** support group discussing all aspects of living with an ostomy.  
**January 13 from 5:30-6:30 p.m.**

**HEALTHY WEIGHT FOR A LIFETIME OPEN HOUSE**  
Learn about our 12-week mindful living program, starting in February, that provides a long-term solution for weight loss by addressing emotional, physical, and nutritional issues.  
**January 13 from 5-6 p.m.**

**FOOD FOR HEALTH Animal Proteins vs. Plant Proteins: What's the Difference and Why Does it Matter?**  
with Timothy R. Howe, MD  
**FREE** plant-based cooking and education series.  
**January 14 from 6:30-8 p.m.**

**UNDERSTANDING LUNG DISEASE**  
**FREE** educational session to help people manage chronic lung disease (emphysema, chronic bronchitis) and restrictive disease (pulmonary fibrosis) and improve quality of life.  
**January 23 from 3-5 p.m.**

**YOUTH MENTAL HEALTH FIRST AID**  
**FREE** NAMI-Maine training is designed to teach you how to help a teen who is experiencing a mental health or addiction challenge, or who is in crisis. *Registration required.*  
**January 28 from 8:30 a.m.-5:00 p.m.**

**HEALTH WITHIN REACH Aging Eyes** with Kurt Kelly, MD  
**FREE** ongoing series of talks, classes, demonstrations, and healthy lifestyle options.  
**January 30 from 5:30-6:30 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.*

## Start 2020 with Classes, Games, Clubs and Events at People Plus!

**Fit & Fun for FREE! New attendees can try any club/class for free in January!**

**Take advantage of the new, lower membership rates!**  
Brunswick residents: \$30  
All others: \$35

**MEALS**  
**Women's Breakfast**  
First Thursday of month, 8:30 am. Start your day with a healthy meal and good company.  
**Men's Breakfast**  
Second Thursday of month, 8 am. Start your day with a healthy meal and good company.  
**Lunch/Connections**  
Third Thursday of month, 12 pm. Sign up early for this always sold out meal! Also includes free hearing screenings and blood pressure checks.  
**Lunch Out**  
Second Tuesday of month, 11:30 am. Organized get-together at local restaurants.

**ACTIVE GROUPS**  
(free, for members only)  
**Easy Riders/Winter Outing Club**  
Wednesdays ~10 am (weather permitting). Easy Riders bike rides begin at People Plus or an off-site location and usually last about an hour. In the winter months, the group puts the bikes away and arranges walks and hikes as the Winter Outing Club.  
**Table Tennis**  
For serious players with a sense of humor. Bring athletic shoes or sneakers. We play almost every day - see calendar for times.  
**Walking Club**  
Visit the Brunswick Parks & Recreation indoor track and log your walks in our logbook.

**CLUBS**  
(Free, members only)  
**Apple Club**  
Usually first Thursday of month, 10 am. Meet to share knowledge, ask questions and find answers to the wonderful world of i-devices (i-phone, i-pad, i-touch)! No experience necessary.  
**Books a la Carte**  
Third Tuesday of month, 3 pm. A unique book club! Share what books you've been reading and learn about what others think are good, too! Discussion of all types of books is encouraged - the more variety the better the exchange.  
**"Cafe en Francais" French Conversation Club**  
Fourth Tuesday of month, 2:30 pm. Spend a lively hour once a month speaking French with good company.

**"Cantina Espanol" Spanish Conversation Club**  
First Tuesday of month, 2:30 pm. Spend a lively hour once a month speaking Spanish with good company.  
**Civil War Book Club**  
Third Monday of month, 7 pm  
**Fiber Arts**  
Mondays, 9 am. Meet with other crafters to knit, crochet, scrapbook, cross-stitch, or work on whatever you choose to bring in. Lots of socializing.  
**"Kaffeestunde!" German Conversation Club**  
Second Tuesday of month, 3 pm. Spend a lively hour once a month speaking German with good company.  
**Acoustic Music Club**  
Saturdays, 1:00 pm, For intermediate and above musicians. Group will be playing mostly folk, blues, bluegrass and other acoustic music in a song circle format.

**World Affairs Conversation Club**  
2nd and 4th Friday, 11 am. Ed Knox moderates this club. He has lived and worked professionally in the Middle East and taught Mideast History.  
**Write on Writers**  
Wednesdays, 1 - 2:30 pm. Read and share your works of poetry and prose, improve your writing skills. The group has around 20 members. New members are welcome at any time.  
**Scrabble**  
Mondays, 9:00 am. Keep your brain active and socialize while playing your favorite word game!

**EXERCISE AND ART**  
(paid classes, open to public)  
**Aerobics Lite**  
Tues, 12:30 pm. Combination of sitting and standing movements, gradually working towards goal of standing for the whole hour while moving to music with low impact steps while keeping one foot always on the floor. Instructor Bea Blakemore.  
**Art with Connie Bailey**  
Tues or Thurs, 10 am-12 pm. Each month the class explores different drawing materials. The class combines artists of varying experience levels.  
**Chair Yoga**  
Tues, 2:00 pm, Friday, 12:45 pm. A blend of breathing and stretching to improve balance, stability and peace-of-mind. Offers both poses and helpful techniques to be your most comfortable self. For all levels, Instructor Bea Blakemore.

**Loosen Up!**  
M/W/F, 9 am. A typical session (standing and seated) includes resistance training, core strengthening, and exercises intended to improve balance and posture. Take it once, twice or three times a week.  
**Qigong**  
Fri, 11:15 am. Related to Tai Chi but with simpler movements. Will help improve your balance and enhance personal energy. Instructor Suzanne Neveux.  
**Tai Chi**  
Fri 10 am. Tai Chi exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements. Instructor Suzanne Neveux.  
**Yoga**  
Tues, 10:30 am (Ann Kimmage), Thurs, 11 am (Leslie Ballin). Stretch, flex, breathe and relax for optimum well-being.

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

**PRESENTATIONS**  
**'Aging Well' Lunch & Learn**  
Fourth Monday of month, 12 pm. Programs that focus on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert.  
**FYI! (For your Information)**  
Monthly programs to tantalize the mind with interesting and stimulating talks, discussions, presentations with snacks and foods.  
**Author Chats**  
Maine authors tell us about their books and writing experiences.

**GAMES**  
(Free, members only):  
**Beg/Int Bridge**  
A less formal Bridge group. All levels welcome - come learn how to play! Tuesday and Thursday mornings.  
**Bridge**  
Mondays, 12 - 3:30 pm, and Advanced Bridge on Fridays, 12:30 pm. Players meet to play several games of bridge with different partners.  
**Cribbage**  
Wednesdays, 8:45 - 11:30 am. Experienced players play cribbage with different partners.  
**Mah-Jongg**  
M/W/F 9 - 12 pm. Chinese multi-player tile game. All skill levels welcome. We love to teach new players!

**Exercise Class Punch Cards**

We have a punch payment card system for your convenience. Buy a ten-class punch card and get one class FREE!  
See the receptionist for details, or to purchase your card!



## Your Solution for Pain Treatment

**Mid Coast Medical Group-Physiatry & Pain Management** offers evaluation and treatment of muscle, bone, and joint conditions to improve function and relieve pain from injuries and impairments. Whether your pain is chronic or acute, we work together with you and our team of specialists to find solutions focused on improving your quality of life.

**We offer the most advanced pain treatment options:**

- Pain caused by spinal issues
- Epidural and joint injections
- Radio-frequency lesioning
- Nerve blocks
- Referrals and co-management with other specialists

**MID COAST MEDICAL GROUP**  
Physiatry & Pain Management  
81 MEDICAL CENTER DRIVE, SUITE 2100, BRUNSWICK  
WWW.MIDCOASTHEALTH.COM/MCMG



THE THURSDAY HIKERS RECENTLY CHECKED OUT WOODWARD POINT. Located in Brunswick, this 87.5-acre preserve invites visitors to explore its trails in search of wildlife and picturesque scenes of northern Casco Bay. Woodward Point is good for hiking, birdwatching, snowshoeing and cross-country skiing. To learn more about upcoming hikes visit <http://hike.micstan.us/>.

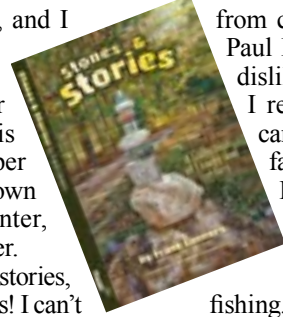


THANKS TO EVERYONE THAT STOPPED BY Frank's "campfire" at the Center to have a s'more and hot chocolate and drop off donations for our Mid Coast Hunger Prevention Program food drive. We collected 264 pieces of non-perishable food (along with some cash donations!). That is the Center's best one day total ever!

### Frank's fame reaches way up north

(Editor's note: The following book review featuring our own Frank Connors appeared in the Bangor Daily News on Dec. 2, 2019, under the headline "Frank Connors has great stories." The review was by George Smith. Enjoy! And by the way, Frank's books are available at People Plus.)

At our wonderful Mount Vernon library, when I spotted the book *Stories and Stories*, I thought I might enjoy it. And then I saw the author's name, Frank Connors, and I knew this was going to be a very good book. And it is.



Frank has had quite a career and I remember enjoying his stories when he was a newspaper reporter. But he has also been a town manager, home designer, painter, salesman, and even a truck driver.

He says he loves to talk and tell stories, and boy, does he have great stories! I can't begin to tell you about my favorite stories because I actually enjoyed all of them, from stories about the old home in Bowdoinham that he and his wife, Jane, purchased, to helping his 90-year-old neighbor get up after

he'd laid on floor of his home for two hours. And these are just his first two stories!

There are stories about everything from cooking apples to the history of Paul Revere to favorite hikes and his dislike for December and February. I really liked his stories about his camp, which turns out to be not too far from my house. And, of course, I like the story titled "The Deer of my Field." And his story about Emily the deer is precious. I also loved his story about smelt fishing.

Toward the end of the book, Frank shares a lot about his time in the military and Vietnam. I later learned that Frank donated his book to our library. Yes, he's a generous guy too.

### Plans heating up for Musical Gala

The 18th edition of the annual Music in April Gala, People Plus' biggest event of the entire year, is only months away and the Center's staff is busy making sure it will be another great success.

The entertaining program will take place on Thursday, April 9, 2020, from 5-9 pm, at a wonderful new location, the St. John's Community Center in Brunswick.

Over the years, this event has evolved into one of the Brunswick area's premier social events, complete with live music, an exceptional buffet, and huge live and silent auction.

"Every year it seems to get better and better," said Stacy Frizzle, Executive Director of People Plus. "And I truly believe that will be the case again this coming April."

Last year's gathering raised over \$60,000 for the People Plus Center and Brunswick Area Teen Center.

If you want to register as an event sponsor or donate items for the auctions, please call the Center at 729-0757 and ask for Program and Events Coordinator Jill Ellis. Donations of items, services, antiques, art, handcrafted items, experiences and more for our auction are greatly appreciated. To reserve a seat for the event, which is certain to be sold out, again call People Plus or stop by the front desk. Individual tickets to the event are still only \$50.



OVER 40 MEMBERS donned in festive attire joined us for our annual holiday party this month. Guests enjoyed homemade treats brought by members, sherbet punch, music and holiday fun! Thanks to the Center Stage Players for their wonderful performance of "Winter Holiday Cheer."



Memory Program continued from p. 1

2020 (with no class on Feb. 1), from 9:30 - 11:30 am at the People Plus Center, 35 Union St., Brunswick. Cost is \$10 per participant/support person, totaling \$50 for each pair.

Schedule of classes includes:  
**Session #1, Jan. 11** — Understanding Alzheimer's and Dementia, presented by the Alzheimer's Association and facilitated by Kim Watson, MS, SLP, MLNHA, Administrator, Mid Coast Senior Health.

**Session #2, Jan. 18** — Brain Health, presented by Mid Coast Center for Community Health & Wellness and facilitated by Cate Parker, MS, RN, CEP, Director of Mid Coast Center for Community Health & Wellness.

**Session #3, Jan. 25** — Effective Strategies for Communication and Daily Living, presented by Kim Watson, MS, SLP, MLNHA, and Lisa Clark, OTR, with Mid Coast Senior Health.

**Session #4, Feb. 8** — Medication Management, presented by Christian Dinsmore, MD, with Mid Coast Medical Group—Neurology, and Practical Application of Med Management, presented by Lisa Clark, OTR.

**Session #5, Feb. 15** — Happiness, including Personal Growth, Social Connection, Community Resources, and the Gift of Giving Back, presented by Mid Coast Center for Community Health & Wellness and facilitated by Cate Parker, MS, RN, CEP.

Pre-payment is required for registration. Register and pay via check or cash in person at People Plus, 35 Union St., Brunswick, or call 729-0757.

### Red wheelbarrow filling up with food



The little red wheelbarrow at People Plus has been filling up, but there's still plenty of more room. The campaign to collect non-perishable foods for the Mid Coast Hunger Prevention Program continues until the first part of the new year, so please make a donation.

"People have been bringing in items, which we certainly appreciate," said Sarah Deck, office coordinator at the Center and organizer of the food drive. "But just as in years past, we are shooting for 1,000 items again. The issue of hunger is of real concern, not only now, but throughout the year."

Currently, about 800 pieces have been brought to People Plus.

People Plus collects non-perishable foods for MCHPP and delivers them in bulk every week. Brunswick's nonprofit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in constant need, and people wanting to donate money directly to MCHPP may do so.

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



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

46 Bath Rd, Brunswick • 406-4028 • [www.funeralalternatives.net](http://www.funeralalternatives.net)

### Big thanks to Wayfair for chairs



Hundreds of members every week are resting more easily in their new chairs as they play games, attend activities and enjoy social time at the Center thanks to a generous donation from Wayfair in Brunswick.

As part of the company's community outreach program, Wayfair donated 32 new chairs to the People Plus Center last month.

Wayfair volunteer employees came out to unwrap and clean the chairs before they got put into place and had an opportunity to pal around with the bridge group at the same time.

People Plus members were interviewed regarding the type of chair they would prefer and selected 16 chairs with arms to go around the activity table and 16 chairs without arms for the card tables.

"I love the chairs," said member Betty Bavor. "My posture is better in these new chairs. We sit up tall and enjoy our time as a group listening to people share their stories from the Write on Writers club."



The McLellan

Live better.

Please join us for a tour and dinner.

Live downtown. Live in style.

The McLellan is a senior living community based on the wisdom of the book, "Being Mortal" by Atul Gawande. Live feeling proud of where you live. Live with life around you. Live knowing you never need to leave your home. Live with support that doesn't feel like support. We are different. We are The McLellan.

207-725-6200 | Terri Burgess/RN | [info@themclellan.com](mailto:info@themclellan.com)

[Themclellan.com](http://Themclellan.com) | 26 Cumberland St. Brunswick, ME

### TEENS OF THE MONTH: Julie Coombs

Julie Coombs is in ninth grade at Brunswick High School and has been attending the Teen Center program since March of last year. Julie likes coming to the TC because she has friends who come here that she likes to be with. Julie is one of our "no photos allowed" members, therefore, the sunset photo. Julie is on the quieter side for sure, and easy and pleasant to have around. We are sending Julie to the movies!

### Levi Wilson

Levi Wilson is in eighth grade at Brunswick Junior High School and has been coming to the Teen Center since late summer. Levi says the Teen Center is fun and the people here are fun to hang out with. Even in the midst of chaos, Levi has the ability to remain uninvolved and chill. Levi plays basketball and his sister also attends the program. Thank you Levi and he is off the movies on us!

### Books A La Carte

Books A La Carte is a group of readers who gather to discuss, trade, lend and donate books. Members read books of their choice in any genre, as there is no assigned list. Readers briefly describe what they have read and provide an opinion, pro or con. This is a great way to find out about books and authors you have not yet discovered. The group meets on the third Tuesday of the month at 3 pm at People Plus.

There is good news for mystery fans. Penguin Classics has begun to reissue all of Georges Simenon's books. These include those featuring the famous Inspector Maigret. This project will be spread over a number of years since Simenon wrote 76 Maigret novels and many short stories. Some of these works will be appearing in the U.S. for the first time.

### Brunswick Area Teen Center

## Ready for some R & R after successful holiday party



Happy 2020! I believe that the first week of January should officially be declared "rest and relaxation" week, perhaps with a bit of exercise thrown in after all the holiday food! I am writing this the evening of/after our Teen Holiday party, thus the deep desire for some R & R, with two more days with the teens and six more days until Christmas Eve (with lots of family/home stuff still to do). The party was a success, as usual, and despite the snow we got 30 kids and seven

staff/volunteers to attend the party, participating in the Yankee Swap and handing out the first load of gift bags. We weren't sure how many kids we would get with the snowfall, but we packed the house.

After applying three Band-Aids, listening to how the school day went and trying to get a sense of who had to leave at what time and getting the kids to eat the "real food" before the desserts, etc., we starting gathering everyone up to head downstairs for the Yankee Swap. The Yankee Swap was, as always, the highlight of the party along with lots of good food (thank you everyone!) and gift bags as well.

Favorite Yankee Swap gifts seemed to be small Nerf guns and boxes of chocolates. The boys especially liked them, obviously intending to regift to a sweetheart... too cute.

Now we head into January. We never really know what we are in for any given day or time period in the program, but we do know that January, February, and March were the highest attendance months last year. Oh boy!

We are halfway through our fiscal year now and we feel we are looking good so far, thanks to the many donations in response to our Back-to-School letter as well as support from a number of other sources and grants received and pending.

### Teen Center News

Jordan Cardone



We have never had to raise as much money as we need to for the 2019-20 fiscal year, because we have never employed as many teen program staff because we have never had as many teen members before. It is a challenge but a worthy one.

We enter the new year committed to continue to do what we do and give it our best. A special shout out this month to the members of UU Church, Bill Dodge Auto Group, members of our Teen Center advisory group and the People Plus board, People Plus members, Kelley from Wild Flour Bakery, the folks at Wayfair, and others — I am always afraid I will forget someone — for your help in making another holiday happy for so many kids. We appreciate and feel your support.

Wishing all of you a wonderful new year ahead. Sincerely, Jordan and The Gang



### Concerts for a Cause to feature Tricky Britches

Tricky Britches will bring their high-energy string band to the Unitarian Universalist Church of Brunswick on Saturday, Jan. 11 at 7:30 pm as part of the Concerts for a Cause series to raise money for two local charities. The church is located at 1 Middle St.

From their roots of playing foot-stomping old-time fiddle tunes, Tricky Britches has progressed into a fusion of original material, classic bluegrass, country, and folk rock. Band members include Tyler Lienhardt on fiddle, Seth Doyle on mandolin, Jed Bresette on bass, and Ryan "Bear" Wilkinson banjo.

The story of the band begins in the spring of 2009 when three longtime friends from Gorham decided to take the songs from their back-porch jam sessions and Portland street corner busking to the next step. They produced a CD of old-time tunes and started playing for weddings, parties, and contra dances.

After adding a banjo to the group, Tricky Britches produced two more CDs featuring their original material. Their influences include John Hartford, Hank Williams, Bill Monroe, Stanley Brothers, Grateful Dead,

Everly Brothers, and American traditional folk music. Tricky Britches has played on stages big and small across the U.S., Hawaii, and Europe.

Tickets are \$15 in advance, \$18 at the door, students/children \$5. Available at the church office, Gulf of Maine Books, or online at <https://britches.brownpapertickets.com/>.

Proceeds from this concert will benefit Tedford Housing and Oasis Free Clinics.



439 Lewiston Road, Topsham 207-725-4400  
**REFORM PHYSICAL THERAPY**  
Don't neglect your health, reform it!  
374 US Route One, Yarmouth 207-846-3300  
**Skilled, one-on-one therapy that's effective!**  
Reform-PT.com  
Locally owned and operated since 2006

**BOOK GROUP**  
JANUARY 30TH, 2020 6—7:30 PM  
Join the Mid Coast New Mainers Group in the Morrell Meeting Room of Curtis Memorial Library for a book discussion on *The Middle of Everywhere* by Mary Pipher.  
This program is FREE and open to the public, but please register to reserve your spot. Call 207 725-5242 x2.  
For more information about MCNMG see <http://www.mcnmg.org/>  
Through personal stories told from her view as a friend, teacher, and therapist, Pipher provides insight into the many challenges faced by refugee families and the diversity of their experiences, successes, and struggles.  
Join us to discuss the impact that new neighbors can have on a community and the richness that authentic exchanges can provide. We look forward to lively discussions about the challenges and wealth gained from a diverse community. With this book as a guide, we hope to cultivate a deeper understanding of the power of open minds and welcoming hearts.  
WWW.CURTISLIBRARY.COM

### Grants, annual campaigns showing great progress continued from page 1

continued Cardone. Board member Thomas Farrell, who is Director of the Brunswick Parks and Recreation Department, also commented on the Senter funding. "Kudos to Jordan and her staff for the great work they all do in providing such a safe and welcoming program for some of our community's most vulnerable teens. The Teen Center is a very valuable program that People Plus offers to the greater Brunswick community and it is now recognized as such by funding sources like the Senter Fund, United Way and others," said Farrell. The Center's VTN program, which is one of the largest in the state, is grateful for the additional funding from

the Maine Community Foundation. Coordinator Lynne Smith said VTN now includes 541 riders and 85 volunteer drivers. "More and more people are seeking assistance through the VTN program, so this grant will go a long ways toward providing that help," said Smith. VTN provides free transportation for homebound elders, connecting them with vital services, medical appointments and so much more. "I was ecstatic to learn about the news that the Senter Fund had awarded \$10,000 to the Teen Center program," said People Plus Executive Director Stacy Frizzle. "We could not be more excited or appreciative. Thank you to all of you for what you do to help make both our senior and Teen Center programs so well respected in our community."

### Volunteer Transportation Network

## Desperate for Drivers!

In the last year, People Plus has coordinated over 20,000 miles of FREE rides for homebound residents of Brunswick, Topsham and Harpswell. But we can't do it alone — we need your help with the driving! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!



### Join our team - Volunteer to drive TODAY!

Thanks go to our generous sponsors: *Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, United Way of Mid Coast Maine* and *Spectrum Generations*, who help keep the program growing!



### Safety Check-In program looking for participants!

## Are You Signed Up Yet??

The Good Morning program is a free daily safety check-in program available to adults in Brunswick, Harpswell, and Freeport. Once registered, participants call in every morning to say they are OK. If a registered participant does not call in by 9:30 am, a volunteer will call the home. If there is no answer, the emergency plan will be enacted, which may include a wellness check by local police.



Good Morning Program Volunteer Jack Rhode listens to messages at the Brunswick Police Department.

Giving peace of mind to participants and their families, the Good Morning program is ideal for those who live alone or have recently returned from the hospital or rehabilitation facility.

For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit [www.peopleplusmaine.org/good-morning-program](http://www.peopleplusmaine.org/good-morning-program).



## Medical equipment loan helps everyone!

Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. "It started almost by accident," explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area, "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!" Now, on a regular basis, members needing equipment to keep them safe and secure at home have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest." If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



The Merrymeeting Food Council and Curtis Memorial Library in Brunswick invite you to an interactive activity that explores biases and wealth on Thursday, Jan. 16, from 5:30-8 pm. This event, designed by Bread for the World, helps attendees understand why racial equity is important to ending hunger and poverty in the U.S. The training will be led by Jim Hanna from the Cumberland County Food Security Council. Light refreshments will be served. Limited to 30 participants. Participation is free, but registration is required. Call 725-5242 ext. 2, drop by, or email the reference desk at [refdesk@curtislibrary.com](mailto:refdesk@curtislibrary.com) to register.

**ROUSSEAU MANAGEMENT**  
Skilled and Assisted Living in Midcoast Maine  
[www.rmimaine.com](http://www.rmimaine.com)  
COASTAL LANDING RETIREMENT COMMUNITY  
142 Neptune Drive, Brunswick (207) 837-6560  
COASTAL SHORES RESIDENTIAL CARE  
142 Neptune Drive, Brunswick (207) 725-5801  
DIONNE COMMONS  
24 Maurice Dr, Brunswick (207) 725-4379  
Neighbors, Inc. The Home Care Company  
142 Neptune Dr, Brunswick (207) 725-9444  
Horizons Living & Rehabilitation Center  
29 Maurice Dr, Brunswick (207) 725-7495  
We take your loved ones comfort and health to heart.

**BRUNSWICK AREA Respite Care**  
For 30 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

## Membership Benefits

The following businesses offer discounts for People Plus members.

### AUTO SERVICE/SALES

**Autometrics**, 10% off labor  
21 Bath Road, Brunswick, 729-0842

**Bill Dodge Auto Group**, 10% off parts and service  
262 Bath Rd., Brunswick, 800-652-6118  
118 Pleasant St, Brunswick, 729-6653  
www.billdodgeautogroup.com

**Lee's Tire & Service**, 10% off parts (excludes tires)  
35 Gurnet Road, Brunswick, 729-4131  
27 Monument Place, Topsham, 729-1676

**Tire Warehouse**, 20% off labor  
Topsham Fair Mall, Topsham, 725-7020  
www.tirewarehouse.net

**Tucker Ford**, 10% off invoice, parts & service  
262 Bath Road, Brunswick, 725-1228

**BEAUTY/HAIR SALON**  
**Reflections (Salon)**, 10% off, Mon and Fri  
12 Center St, Brunswick, 729-8028  
www.reflectionsbylucie.com

### CANDY

**Wilbur's of Maine**, 10% off, anytime  
43 Maine St, Brunswick, 729-4462

### MASSAGE/CHIROPRACTIC THERAPY

**Augat Chiropractic**, Free consultation and cursory exam  
9 Pleasant St, Brunswick, 725-7177

**Hearts & Hands Reiki**, 10% discount on first appointment, Mon-Fri, 10-6.  
751-5339 or mspruce@live.com

**Massage on Maine**, First visit \$60, always \$10 off for seniors  
56 Maine St, Brunswick, 504-6913  
http://massageonmaine.com/

### DRY CLEANER

**J&J Cleaners**, 10% off pickups: Wednesdays (customers over 55)  
Maine Street, Brunswick, 729-0176

### FLORIST

**Pauline's Bloomers**, 10% off, anytime (within normal delivery range)  
153 Park Row, Brunswick, 725-5952  
www.paulinesbloomers.com

### HEARING AND OPTICAL

**Berrie's Hearing and Optical Center**, 10% off a complete set of eye-wear, up to \$500 off costs of hearing aids  
86 Maine St, Brunswick, 725-5111  
www.berriesopticians.com

**Maine Optometry**, \$30 off complete pair of glasses  
82 Maine St, Brunswick, 729-8474  
www.maineoptometry.com

### LEGAL

**Attorney N. Seth Levy**, Discounted legal services/documents including wills, living wills and estates  
14 Maine St, Brunswick, 319-4431  
www.sethlevy.com

### RECREATION / ENTERTAINMENT

**Eveningstar Cinema**, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)  
149 Maine St, Brunswick, 729-5486  
www.eveningstarcinema.com

**Maine State Music Theatre**, Senior discount (60+) on matinee tickets  
22 Elm Street, Brunswick, 725-8769  
www.msmt.org

**Thomas Point Beach**, \$1 weekday admission  
29 Meadow Road, Brunswick, 725-6009  
www.thomaspointbeach.com

### RESTAURANT

**Arby's**, 10% off, excluding combos/coupons  
Topsham Fair Mall, Topsham, 729-8244  
www.arbys.com

**Big Top Deli**, 10% off, anytime  
70 Maine St, Brunswick, 721-8900  
www.bigtopdeli.com

**Fairground Café**, 10% off, anytime  
Topsham Fair Mall, Topsham, 729-5366

**Wild Oats Bakery & Cafe**, 10% off on Mondays  
149 Maine St, Brunswick, 725-6287  
wildoatsbakery.com

\*Benefits subject to change

## Jeanne Mayo featured in college publication

O. Jeanne d'Arc Mayo, a long-standing People Plus member who has been heavily involved in various roles for decades at the Center, was recently featured in Inside Sargent, an award-winning magazine that publishes profiles of faculty, students and alumni of Boston University College of Health & Rehabilitation Sciences: Sargent College.

The article, titled "A PT Pioneer" by Corinne Steinbrenner, chronicles Mayo's 65-year career, which started at New York State Rehabilitation Hospital and culminated in 2005 with her retirement from Brunswick's Bowdoin College after working there 26 years.

One of the highlights for Mayo came in 2016, when she was elected to the Bowdoin College Athletic Hall of Honor in recognition of her pioneering work as the school's first physical therapist and female athletic trainer and, as the story stated, her relentless advocacy for equal opportunity for women in Bowdoin sports.

Mayo, who has served on the People Plus board of directors and been instrumental in the continuing success of the Music in April Gala, said in the article's conclusion, "I've been fortunate to work so long in the field that I chose. Going to Sargent was an incredible gift to me and it's a pleasure to pay that back." Which she has done by establishing the O. Jeanne d'Arc Mayo Sargent College Physical Therapy Scholarship to support PT undergraduates with financial need.

People Plus member Betty Bavor was a classmate with Mayo at Sargent in Cambridge, Massachusetts. Bavor recently recalled, "The college had two majors, physical education and physical therapy; she was PT and I was PE, however, our 100-plus classmates bonded for four memorable years of college education."  
"Fast forward to 2015, when I moved to Topsham, Maine," continued Bavor. "I knew my classmate was here and discovered she lived (nearby) and I promptly called her. She gifted me with a membership to People Plus and the rest is history as we share events together. ... Our friendship is cherished with the gift of Sargent Spirit forever."



**People Plus PEOPLE PLUS MEMBERSHIP APPLICATION** Date \_\_\_\_\_  
PO Box 785 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

Name (2) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus)

**Yearly Membership Dues (Scholarships Available)**  
Brunswick  New Member  Renewal  \$30 per person  
Other towns  New Member  Renewal  \$35 per person  
 \$300 for Lifetime Membership (65 or over)

Membership Dues: \$ \_\_\_\_\_  
Additional Donation\*: \$ \_\_\_\_\_  
(\*donations above membership dues are tax deductible)  
Total \$ \_\_\_\_\_

OFFICE USE:  Accounting  Data  Membership Card Sent

*Become a "Friend of People Plus" with an additional gift of \$25 or more!*

**Are you a local business?**  
Call 729-0757 to discuss creating your partnership with People Plus.

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!



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

January 2020

### Weather Cancellations and Delays

In the event of inclement weather, Spectrum Generations will announce any delays or closings on our Facebook page as well as:

**TV Channels** 2, 5, 6, 8, or 13  
**FM Radio Stations** 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9  
**AM Radio Station** 1160



Spectrum Generations often has volunteer opportunities for members of the community to take part in serving our mission. If you are interested in any of these positions listed, or curious about other opportunities, please contact our volunteer coordinator, Jessica Bucklin at 620-1684 or email [jbucklin@spectrumgenerations.org](mailto:jbucklin@spectrumgenerations.org).

#### Thank you for your support!

Volunteer facilitators are needed for our **Healthy Living for ME** classes! Do you enjoy being active and working with older adults? We may have the right volunteer position for you! We offer free training to all our volunteer facilitators, as well as mileage reimbursement. Dates and times vary and are generally flexible.

**Money Minders** assist older adults in managing their finances. Volunteers will assist in setting up a budget and helping to maintain the budget. The volunteer will also work to educate older adults in recognizing financial fraud and scams. Free training will be provided as needed. Dates and times vary and are generally flexible.

Our **Meals on Wheels** program is in need of volunteers to be substitute delivery drivers. These drivers will fill-in for other volunteers when they are unable to drive their normal routes. The typical time frames are Wednesday and Friday morning with routes including the greater Brunswick and Bath area. Mileage reimbursement is available for all Meals on Wheels drivers.

For more information please contact our volunteer coordinator, Jessica Bucklin, at (207) 620-1684 or by email at [jbucklin@spectrumgenerations.org](mailto:jbucklin@spectrumgenerations.org)



All Spectrum Generations' locations will be closed on January 1, and January 20, in observance of New Year's Day and Martin Luther King, Jr. Day.



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



### January News

Whether you are coping with high blood pressure, heart disease, COPD, arthritis, diabetes or other chronic conditions, Healthy Living for ME is here to support your efforts to live life as fully and independently as possible. The program offers evidence-based classes to help adults manage chronic health conditions, prevent falls, and foster well-being. Our programs have also been proven to improve lives through reduced dependence on caregivers, improved health and prevention of disease escalation, reduction in costs of care, and reduced hospital readmission.

#### Living Well with Chronic Pain

This program was designed for people with an ongoing pain condition, or their caregiver, 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.

**People Plus**  
35 Union Street, Brunswick  
Mondays, 2:00—4:30 p.m.  
February 3—March 16

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 **January 14, 2020**  
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**

**PROUD TO PARTNER WITH PEOPLE PLUS**

# I was zooming out of control at Zumba

## 3 classes at Center offer tons of fun and more

By Patrick Gabrion

I'd never done Zumba before, so I didn't know what to expect. Prior to class, the instructor said to me, "Just have fun with the music. Keep moving and have fun."

So that's what I did. I moved and I had fun. The two things I quickly learned, however, were that I didn't have the hip and wiggle action of my fellow female participants, and I made it a point not to look at myself in the wall mirrors, because I would break up laughing over the fact that I looked so goofy. But as I said, it was a lot of fun and I think I might just go again.

The Zumba class offered at People Plus is one of three at the Center that help get your week off on the right foot, while at the same time enjoying the health benefits and spending time with other people.

The other two programs are Aerobics Lite and Chair Yoga, and all three — which are worth checking out — are taught by Béa Blakemore.

"The goals of all the classes are the same; just different approaches," said Béa, who also teaches the Loosen Up class at the Center. "We're working on stretching, flexibility and balance. Coordination is also part of it. And in Chair Yoga, our poses also deal with breath work."

While I felt clueless as to what I was attempting to do, Béa did a wonderful service of slowly going through the various steps for us newbies before she put the music back on and proceeded with the class. It helped make my participation more enjoyable and gave me hope that my arms and legs wouldn't become twisted pretzels. Near the end, I felt like I was actually making progress.



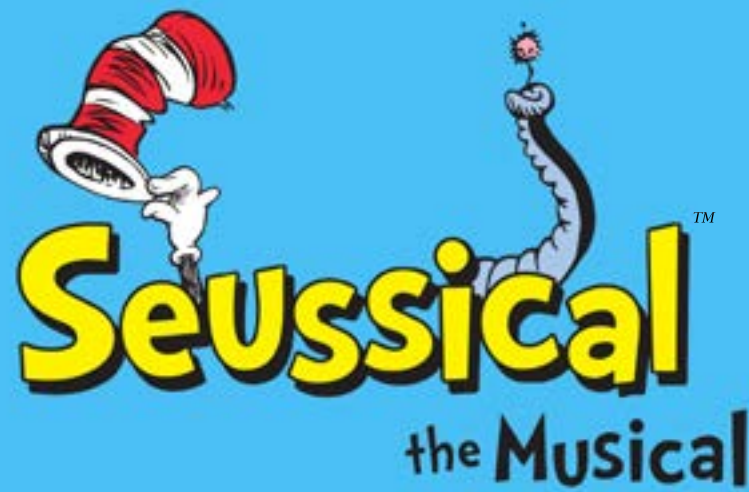
ZUMBA AT PEOPLE PLUS is offered on Mondays at 10 am. Béa Blakemore teaches three classes at People Plus: Zumba, Aerobics Lite and Chair Yoga.

You just had to kind of let yourself go, and that's exactly the point that Béa made to all of us. "Don't attempt to overthink. Let your brain go and just let your body move to the music," she said. During breaks in the action, it was time for water and favorable reactions from those taking part in the program. "It's my happy class," said PP member Mary Hepburn. "Just watching Béa is worth the price of admission. We sweat a lot, and I'm just trying to keep up. It's

a lot of fun." So come and give the three classes a try at People Plus. Zumba is offered on Mondays at 10 am, Aerobics Lite on Tuesdays at 12:30 pm, and Chair Yoga on Tuesdays at 2 pm and Fridays at 12:45. At the end of my initial Zumba class, Béa exclaimed, "You did great!" From my point of view, a bit of an exaggeration. But thank you, as I certainly enjoyed myself.



## Midcoast Youth Theater Presents



SEUSSICAL is presented through special arrangement with Music Theater International (MTI). All authorized performance materials are also provided by MTL. [www.MTIShows.com](http://www.MTIShows.com)

January 9th, 10th and 11th at 7pm  
January 11th and 12th at 2pm

Crooker Theater, Brunswick ME

To purchase tickets or for more information visit [www.midcoastyouththeater.org](http://www.midcoastyouththeater.org)

### Show Sponsors

Goodwin Motor Group  
Perreault & Daughters Construction, Inc.

### Season Sponsors

Bathe Savings Institution  
The George P. Davenport Trust  
Priority Real Estate Group  
WEX, Inc.  
Julian Sweet

## Seussical tickets for sale at People Plus

Midcoast Youth Theater (MYT) presents Seussical the Musical with a cast of all ages January 9-12 at Crooker Theater, Brunswick High School. Show times will be at 7 pm Thursday, Friday and Saturday and 2 pm on Saturday and Sunday. Tickets are available in advance online at [www.midcoastyouththeater.org](http://www.midcoastyouththeater.org) and at the door but Jill is selling tickets at People Plus for a discounted price of \$10 each. MYT thanks its generous show sponsors Goodwin Motor Group and Perreault & Daughters Construction.

## Memory Enhancement Program at People Plus

Saturdays, January 11-Feb 15, 9:30-11:30 am

This 5-week program provides education, support and strategies for living optimally with beginning memory loss. Each participant is required to bring a support person.

Cost is \$50 for each participant/support person pair.

- Jan 11: Understanding Alzheimer's and Dementia
- Jan 18: Brain Health
- Jan 25: Effective Strategies for Communication & Daily Living
- Feb 8: Medication Management
- Feb 15: Happiness, including Personal Growth, Social Connection, Community Resources, and the Gift of Giving Back

Limited to eight participant/support person pairs.

Call 729-0757 to register. FMI [www.peopleplusmaine.org](http://www.peopleplusmaine.org)

Presented by



Cost: \$50.00 for 5 weeks Location: People Plus,  
Date: Saturdays, Jan 11-Feb 15 35 Union St, Brunswick  
Time: 9:30-11:30 am

# It's still an honorable profession

It's often customary when one nears the end of a long career that he or she is given the opportunity to reflect on the experience, putting answers to questions like:

Did I enjoy my job? Did I accomplish what I set out to do? What would I do over again, if anything? What was I good at? What was I bad at? Was it worth all the hard work and effort? Could I have been better in my duties and responsibilities? What about my dealings with co-workers and colleagues; did they respect my performance or were they glad when I decided to call it quits?

I was certainly given the chance to put into words how I felt upon exiting my chosen occupation as a journalist, a position I undertook for 44 years at various daily newspapers in three states. But, to be honest, I looked at it as another task filling up a long "to do" list as I prepared for retirement. So I just didn't want to do it, pure and simple.

It's been just over a year since I walked out of the Brunswick Times Record on that fateful last day, so maybe it's a good time to look back on what I still consider to be an honorable profession. Despite today's continuous proclamations of "fake news."

I knew right from the 10th grade that I wanted to be in the newspaper business. I was fortunate to attend a high school that had its own publication, run by students.

I was also lucky that the newspaper's adviser, Mrs. Reeves, while being hands-off most of the time, did ask the tough questions as we delved into issues. Thus laying the foundation for accountability that would be a constant presence throughout my career.

While the degree I earned in college says history — and not journalism — that doesn't really matter. Besides, I believe it's a perfect match. Newspapers are all about having to deal with current events ... that become historical in nature as time passes on.

Walking into today's newsrooms is completely different from when I started my first real job at the Sault Evening News in Michigan. Because of computerization, it's just too dang quiet for my liking. I miss the ear-piercing clanging of the Associated Press machine, alerting editors to a news bulletin about some event happening in some far distant land — or close to home. A noisy newsroom is an alive newsroom.

Just like any job, you had "dull as dishwasher" days, but then there were those times when the excitement was just overwhelming. You just never knew when something was going to blow your previous plans to bits, which is one of the main reasons I became a journalist.

For example, I was "on the desk" — which basically means I was either in

charge of the newsroom or played an integral part in the decision-making process — when John Lennon was shot dead; when the first space shuttle blew up; during 9/11; the ice storm of the late '90s in Maine, and so many other happenings. Oftentimes, because of these breaking-news current events, the front page I had spent hours putting together had to be ripped apart and redone in a hurry. Daily deadlines were a part of my life.

But one incident stands out more than any other. It was in 1975, again at the Sault Evening News. I remember as soon as I walked through the front door, I knew that something big had happened; you could literally feel it.

It was approaching 6 a.m. There were just two of us in the building; myself, as sports editor, and Eugene "Shine" Sundstrom, the editor in charge of just about everything else. He was also an expert on Great Lakes shipping, a subject he ended up writing about for 48 years. He blurted out to me, "A freighter went down," in between taking telephone calls from publications throughout the nation, including the New York Times. We were the closest newspaper located to this catastrophic event.

The region had been hammered by a fierce November storm the previous day and evening. Even in town, the power was out, and in my mind's eye I can still see

## Simply put

Patrick Gabrion



water charging out of the Soo Locks and crashing onto the street, easily covering a distance of 20-25 yards. On nearby Lake Superior it was even worse; hurricane-force winds and waves topping out at 35 feet.

What I was witnessing and participating in as a journalist was the sinking of the Edmund Fitzgerald, the 729-foot lake freighter, and the loss of the entire crew of 29 people. It was a tragedy of enormous proportions; a story that filled the pages of that newspaper for months and years to come, and still graces them to this day on occasion.

While it's unfortunate that, in most cases, it's bad news that sells newspapers, I look at it another way. We, as journalists, are basically just storytellers, conveying to others the "what, where, when, why, who and how" as best we can, honestly and accurately. And that's what I tried to do for 44 years. Thank you.

## New/renewing members for December

\* indicates new membership  
• indicates donation made with membership

### Bath

Nicholas Sewall  
Julie Swol

### Bowdoin

Faye Plummer •

### Bowdoinham

Susan Burroughs •

### Brunswick

Cathy Bagdon •  
Consuelo Bailey  
Marie Barlow •  
Sherrie Bergman \* •  
Carl Bernard •  
Claircy Bernier  
Lorraine Berté  
Chrystal Bishop  
John B. Bouchard  
Muriel D. Bouchard

Judith Bourque  
Lionel Bourque  
Sally Broderick •  
Robert Broderick •  
Michel Chalufour  
Marcia Clayton  
Jane Connors  
Ethel Crispin •

Daniel Cunningham •  
Lucy Cunningham •  
Linda DeRocher  
Christine A. DeTroy  
Anne Wescott Dodd •  
Maria Doolittle \*  
Nancy Dout •  
Amy Fagan  
James Fagan  
Deborah Farnham  
Carol Frizzle •  
Charles Frizzle •  
Katherine Giffilan  
Corey R. Hammond •  
Reginald Hannaford •  
Pauline Hannaford •

Frank Heymann •  
Ann Hillis •  
Matlie Hugo •  
Marguerite Libby Hyatt  
Niida V. Jacobus \*  
David Kew \* •  
Diane Kew \* •  
Judy Klein  
Steven Kondor  
Magdolna Kondor  
Joan Laws  
Agnes A. Maynard •  
Joanne Moore  
Jim Moore  
Elaine Mower •  
Gabriele Niffka •  
Paulette Oboyski  
Beatrice Palmer •  
Ralph Palmer •  
Ruth Peck  
Alden Perry \* •  
Eleanor Peterson •  
Tina Phillips  
Eileen Reynolds •

Lorraine Ring  
Judy Smith  
Bonnie Spies \*  
Margaret Spinner •  
Mark Temple •  
Donna Tompkins  
Hannah F. Trowbridge  
Nancy Tucker  
Ralph Tucker  
Margaret Warren

### Dresden

Elizabeth Sylvester

### Freeport

Craig Aderman  
Perry Bradley  
Sarah Smith

### Harpwell

Deborah Manley \*  
Leslie Pelc \*

### Lisbon Falls

Judy Arledge \*

### Orr's Island

Susan Bates  
Diana Miskill •

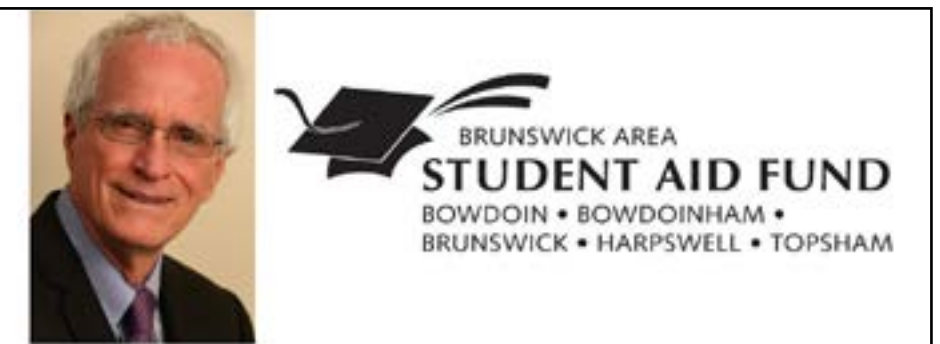
### Donald Miskill •

### Topsham

Maureen Gaspar •  
Pauline Harris •  
Walter Harris •  
Verian Kellner  
Sherman Milliken •  
Ralph Newton  
Sharon Newton  
Beverly Nickerson  
Richard Nickerson  
David Selleck  
Dorothy Selleck



BRACKETT FUNERAL HOME  
29 Federal Street, Brunswick, ME  
(207) 725-5511 [www.BrackettFH.com](http://www.BrackettFH.com)



"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."  
— James Tierney, BHS Class of 1965

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





# New art show in Café Gallery to feature Topsham artist



Photo by Keith Spiro (keith@keithspirophtography.com)



Collage by Robin Brooks.

The beginning of 2020 brings a new art show to the People Plus Café Gallery. For the months of January and February, we are pleased to feature the outstanding work of Robin Brooks.

The artist's images involve a variety of media, including collage, oils and acrylics, and monotype printmaking. Her interests include the Maine landscape and our relationship to the natural world.

Robin is active in the field of art education, both as a teacher and consultant. She currently works at Williams-Cone School in Topsham as the elementary art specialist. She has offered numerous workshops for children and adults at places like the Harlow Gallery in Hallowell, Maine. She is an artist member of the Union of Maine Visual Artists and Circling the Square Fine Art Press in Gardiner, Maine. Her primary studio is at home in Topsham.

Robin was born in Newark, New Jersey. She graduated with honors from West Orange High School in New Jersey. A resident of Maine since 1987, Robin lives in Topsham with her husband, Jon Riggelman, a high school English teacher. You can view her artwork at [www.robinbrooksart.com](http://www.robinbrooksart.com).

The collected works on display in the Café Gallery are for sale, which is accomplished by contacting the artist directly. A portion of the proceeds will go toward People Plus. The show, which is open to the public, may be seen free of charge during normal business hours at the Center, located at 35 Union St. in Brunswick.

**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.

"Connected," a free non-denominational gathering, invites all widowers, widows, divorced and singles 55 and over to come to our monthly meeting on Jan. 6. The group meets at St. Charles Borromeo Church hall located at 132 McKeen St. in Brunswick from 7-9 pm. Light refreshments will be available. Connected is not a dating service, but a chance to mingle and meet new friends. FMI: Call 725-1266 or 725-8386.

**Weekly Winners** ♠♥♦♣

**Senior Bridge**  
 November 18: Steve Gross, 2730  
 Bob Cressey, 2630  
 Lorraine LaRoche, 2320  
 November 22: Paul Betit, 3480  
 Sherry Watson, 3450  
 November 25: Richard Totten, 2870  
 Paul Betit, 2750  
 December 2: Paul Betit, 4330  
 Woody Townsend, 3960  
 December 6: Woody Townsend, 3510  
 Barb McHaug, 3360  
 December 9: Paul Betit, 3060  
 Lorraine LaRoche, 2700  
 December 13: Jenny Ferguson, 4460  
 December 16: David Bracy, 4780  
 Paul Betit, 3350

**Senior Intermediate Cribbage**  
 November 20: George Tetu, 712  
 Anne Bouchard, 704  
 John Bouchard, 701  
 December 4: Rollande Fortin, 719  
 George Hardin, 686  
 December 11: Anne Bouchard, 712  
 Lorraine LaRoche, 689  
 John Bouchard, 686

*When you are contemplating a move...*  
 Navigate your way to

**COASTAL LANDING**  
 Retirement Community

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

**142 Neptune Drive, Brunswick**  
 Located in Brunswick Landing! (Former Navy Base)  
[www.coastallanding.com](http://www.coastallanding.com) \* 207-837-6560