



# Plus! People NEWS! The center that builds community

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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



ALLEN WELLS (CENTER), A PROFESSOR OF HISTORY, emeritus, at Brunswick's Bowdoin College, presents "Cuba's National Pastimes: Baseball and Politics" at January's FYI! event at People Plus. A crowd of nearly 30 gathered for this fun and informal presentation last month at the Center. Inset: Rodie Lloyd director of alumni relations for Bowdoin College and a trustee for the People Plus board enlisted Wells to present at the Center. Thanks Rodie!

## Annual campaigns continue to grow

Great progress continues to be made in the annual funding campaigns for the People Plus Center and Brunswick Area Teen Center.

According to Office Manager Betsy White, as of Jan. 22, the funding total for People Plus amounts to \$40,537. This includes membership donations of \$2,368, a stock donation of \$2,164, and Edward Jones interest of \$282.

On the same date, the Teen Center campaign total was \$29,473, which includes donations received from the Back to School letters.

The organization received two important grants:

— 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.

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

"I need to give a big shoutout and thank you to everyone that has donated already to our senior center annual fundraising campaign," said People Plus Executive Director Stacy Frizzle.

To help with the fundraising efforts, two matching grants are in place for new or increased givers over age 65. Ellen Asherman and Dick and Smokey Morrell are going to match your gift, so it will double in size.

People Plus is a 501(c)(3) nonprofit organization with low overhead and a commitment to building a community for all ages. It receives nearly 30 percent of its funding from outside sources: the towns of Brunswick and Harpswell, the United Way of Mid Coast Maine, and other grants. It receives no federal, state, or county financial support.

The Center raises the remaining 70 percent of its annual budget through a combination of activity fees, dues, rentals, special fundraising events, sales of art prints, sponsorships, and the generous donations of members of the community.

The annual campaign runs until the end of June. Donations can be made at the Center, through the mail or right online at [people-plusmaine.org](http://people-plusmaine.org). Thank you in advance for your donation!

## Get your tickets now for Music in April

### Donated auction items needed

The annual Music in April Gala, the signature fundraiser for People Plus, just gets better each and every year, so don't miss out on the upcoming 18th edition. We're even offering a special deal on tickets.

The entertaining program will take place on Thursday, April 9, from 5-9 pm, at the St. John's Community Center in Brunswick. "It's our new venue and we are super excited about it being just around the corner from People Plus," said Stacy Frizzle, Executive Director of People Plus.

Over the years, this event has evolved into one of the Brunswick area's premier social events, complete with live music, a full dinner, and huge live and silent auctions. Last year's gathering raised over \$60,000 for the People Plus Center and Brunswick Area Teen Center, and this year's goal is \$65,000.

And now is the best time to purchase your tickets. Starting in February, People Plus is running an early bird special of two tickets for \$85, saving you \$15. "It's a super fun event, and I invite you all to get your tickets early

before they sell out," said Frizzle.

The live and silent auctions always include fabulous items, and People Plus is looking for donations for that part of the evening's program.

Are you an artist or crafter and have something you wish to donate? Do you have a business and can donate a product or service? Do you have a group or business that wants to pull together a basket to donate (pet basket, Lego basket, etc.)? We take big things and little things! Not sure if it would work for an auction? Just give us a call at the Center.

Auction items have started to come in already at People Plus, including homemade baby quilts, art prints, pottery, Night in Maine Forest Yurt experience, restaurant gift certificates, white-water rafting voucher, Go Kart voucher, Coca Cola basket, vintage crystal and more.

The money raised from Music in April and other events enable People Plus to serve the greater Brunswick community by offering a variety of activities to support engaged, healthy and independent lives for older adults, as well as hosting the Teen Center where young people can meet safely to explore creative outlets,

participate in inter-generational activities, and develop into well-rounded adults.

People Plus also provides outreach and transportation services, and offers many volunteer opportunities. It is a 501(c)(3) nonprofit organization, and 100 percent of all funds raised stay here in the Brunswick area community and are tax deductible.

"Every year, Music in April seems to get better and better," said Frizzle. "And I truly believe that will be the case again this coming April."

If you want to register as an event sponsor or donate items for the auctions, please call the People Plus Center at 729-0757 and ask for Program and Events Coordinator Jill Ellis. To take advantage of the early bird ticket deal and reserve a seat for the event, which is certain to be sold out, again call People Plus or stop by the front desk.



### February FYI!

## CBD 101 – What's all the hype?

**Thu, Feb. 13, 1:30 pm.** Learn about CBD (short for cannabidiol) for natural pain management, relief of headaches and joint relief. Get answers to questions like: Is it legal? Will I get high? What is the cost? Where can I get it?

CBD — it's everywhere! You've seen it advertised all over the place. From the pet store to the drugstore, and everywhere in between. Essential oils are also all the rage, but what sources should you trust? Join Dresden resident and Master Gardener, Julia Simpson, along with Woolwich resident and Master wellness coach Melinda Baxter for an informative and interactive lecture on this topic at the People Plus Center on

Thursday Feb. 13 at 1:30 pm.

Simpson, who cultivates and grows hemp (with less than .03 percent THC value) at Glacier Farm in Dresden, produces a variety of CBD products in small artisanal batches. A 30-year Master Gardener who has been farming for nearly five decades, Simpson has recently partnered with Baxter and doTERRA Essential oils in her search to find the right medium for CBD products. Baxter, LMT, CYT, CHHC, FDN, is a certified health coach and owner of Pathways to Health, as well as a yoga teacher, massage therapist and now specializes in wellness advocacy with doTERRA Essential Oils.

Free, open to the public. Registration is appreciated.



### Thank You 2020 Music in April Sponsors to date:

**Fortissimo Gala Sponsor:** Rousseau Management, **Crescendo Healthcare Sponsor:** Mid Coast-Parkview Health, **Crescendo Financial Sponsor:** Bangor Savings Bank, **Encore Event Sponsor:** Maine Event Design & Decor, **Forte Sponsors:** Ameriprise Financial Services; Atlantic FCU; Bar Harbor Bank & Trust; Bath Savings Institution; Bill Dodge Auto Group; Brackett Funeral Home; CHANS Home Health Care; Coastal Landing Retirement Community; Edward Jones Investments; The Highlands; Kennebec Savings Bank; Mechanics Savings Bank; Mid Coast Senior Health Center; Norway Savings Bank; Primerica; RE/MAX Riverside; Rusty Lantern Markets; Spectrum Generations; The McLellan; Thornton Oaks, **Mezzo Sponsor:** JHR Development.

### 'Aging Well' Lunch & Learn:

## "Can I Keep My Car?"

**Mon, Feb. 24, 12 pm.** For most of us, driving a vehicle is often a necessity and also provides a great deal of freedom. But as we get older, medical and physical issues, along with other factors, sometimes make it more difficult to accomplish.

With that in mind, our 'Aging Well' Lunch and Learn will focus on driver safety and help answer questions like, "Can I Keep My Car?" Learn from presenter Heather Shields, of Pathways Driving Rehabilitation, how aging impacts driving, simple adaptations that can help, and how to decide when to stop driving.

Shields has been an occupational therapist since 1997 and recently became the only Certified Driving Rehabilitation Specialist

in Maine. She provides the only door-to-door driving rehabilitation service in Maine, and she specializes in working with people with all kinds of medical conditions, seniors and young adults with special needs.

Her focus is to help people remain driving safely for as long as possible. Some people require adaptive equipment. Others need different vehicles. Most need to refine their driving skills and habits. Shields works closely with physicians, therapists, clients, family members and with local vendors as a team to keep you safe on the road.

Lunch and Learn is free and open to the public. Bring lunch, we provide drinks, chips and dessert. Registration is appreciated.

# 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](mailto:news@peopleplusmaine.org)

Questions, comments and written contributions should be sent by the 15th of the month to:

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# The best part of my week ...

It's nearly 5 o'clock as I write this and it's still light outside! I love this time of year when the days get longer and we get more light in the late afternoons. We've gained nearly 45 minutes of daylight since the winter solstice on Dec. 21, which has such a huge impact on the workday. There's nothing more depressing than going home in the dark. Although this month at the Center has been so busy that I've been in the office until after dark nearly every day.

With the launching of our annual campaign, all of the prep work for Music in April and the Teen Center Gelato Fiasco Scoop-a-thon fundraising events, combined with several events at the Center, as well as the more than 100 new participants who tried out the exercise classes for free, and the new Saturday music club and Memory seminars — we have been burning the candle at both ends at the Center all month!

Part of what we do in January is tally up the prior year's worth of things that happened at the Center. This might include the number of people attending a class, the number of miles of free transportation, the number of haircuts donated, the number of rounds of bridge, and the number of smiles shared. We estimate that nearly 500 visits a week to the Center. Plus the Teen Center program has nearly 80 weekly visits, so with those two things together we're looking at about 30,000 visits a year participating in something at the People Plus Center! WOW!!

The Volunteer Transportation Network (VTN) has grown tremendously in providing seniors who are aging in place with free transportation to vital services, enabling them to live a longer productive life in their homes and still attend medical appointments, go to the grocery store, get their hair done, have physical therapy, do their shopping and more even though they can no longer drive. In 2019, People Plus provided 2,675 rides to more than 550 registered riders by 88 drivers totaling 29,282 miles!

This would not be possible without the support of funding from the Maine Women's Giving Tree, Spectrum Generations, the Maine Community Foundation, Rusty Lantern Market, Linda Cronkhite, the Suzan Wilson & Daniel McLaughlin family and the United Way. Combined with the countless hours provided by the volunteer drivers — who are wonderful and we love them!

And we could use more drivers, so if you have some time to run an errand once in a while with an older adult, I hope you will consider signing up. It's incredibly rewarding, super easy, and you'll make friends for life.

In fact one of the best things I did all week was on Friday afternoon when I took a member (who I will call "Peggy") home. Actually, after her exercise class at People Plus, I took her to Maine Street and dropped her off around 1 o'clock where she had lunch. I asked her if she wanted takeout and I offered to pick it up on our way to her house and she responded that, "No, she really wanted to be in downtown amongst people. She said that she loved the energy and wasn't quite ready to go home and be alone again just yet." So off we went into town where I dropped her off for lunch. She then meandered around the shops a little bit and picked up a few things. After which, I met her at 3 pm and took her home.

We had the most amazing chat in the car about her life now and how she lost her driver's license because of her medications. Without her car and the ability to drive, she is really struggling to find the same level of independence that she has had for the last 50 years — since her husband passed.

She told me that it's really difficult to get used to the change of being reliant on other people. She doesn't like it and it makes her feel insecure and embarrassed. I assured her that people love to give (slightly) older adults like herself rides because we get to visit and chat with them. She laughed a bit at that but I

## From the Executive Director

Stacy V. Frizzle



think it made her feel better.

I asked her what the best part of her life is now and she said the fact that she's in therapy. When I looked at her quizzically and questioned her a little further she explained that she sees a therapist now and again to work through some of her "issues" so that she can be a better and happier person.

Have I mentioned that she is 86? And she is looking to change her life and be a better person and goes to a therapist to do it. I'll tell you what ... I have never been more surprised. I told her how much respect I have for her now, knowing that she still working on improving herself at the ripe, young age of 86.

And then she said the second best part of her life is being able to come to the People Plus Center. She loves the energy there and all of her friends and the exercise classes. She is a regular at Women's Breakfast and our monthly luncheons and says they are her two best meals of the month.

I had a hard time not getting choked up when she told me all of that. And I know that she is one of the many people who feel that way about the Center and the role it plays in their lives. I'm not sure there's any way to measure how many of our members share her sentiment, but I'm sure it's in the hundreds. And it's for them and all of the "Peggy's" out there that we keep doing what we're doing.

So if you haven't been down there lately, why don't you come see us, maybe become a driver (so you can meet Peggy too!) and then you'll know why we are the Center that builds community!

## From Anita's Plate

Anita Nugent  
(207) 504-6439



[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)

We are well into January 2020! I just read that most people have given up on their New Year's resolutions by Jan. 12! I encourage people to set reasonable resolutions:

- In the beginning, exercise once a week vs. 5-7 times a week.
- Eat more fruits and vegetables to promote weight loss vs. lose 4 pounds a week.

## Try making a 'shift' in your portions of food

— An occasional dessert vs. no desserts.

I often ask my clients how confident they are about making a change. It is important to remember that changes in food choices and fitness should be fun and enjoyable. If not, long-term success may not be possible.

Here are some ways of thinking about looking at things a bit differently. The idea is to have a "shift" in our portions. This doesn't mean that we have to cut something out of our food choices, but can we "flip" the portion. I just saw this example on a culinary webinar that I attended. It was for a pear cobbler. Here is the shift: instead of having a large scoop of ice cream and the crisp on top of a small portion of baked

pears, the pears take up more space on the plate but there is still some ice cream and crisp topping to enjoy. The dessert makeover will leave you feeling satisfied, without giving up any flavor.

This year let's look at things differently. Let's focus on using smaller plates and smaller portions. Use herbs and spices to make meals healthier and flavorful. Try not to focus on not eating something we love that may not be the healthiest, but rather eat it less often and have a smaller portion size.

Wishing you a Happy Valentine's Day. I chose this recipe because I thought it would be fun to make for your special someone.

## Sweet Beet Cookies

### Ingredients:

- 1 C. all purpose flour
- 1/2 t. baking powder
- 2 Tb. sugar
- 1/4 t. kosher salt
- 1/2 cup raw beets, shredded fine
- 2 Tb. oil

### Directions:

1. Preheat oven to 400 F degrees.
2. In a mixing bowl, whisk together the flour, baking powder, sugar, and salt.
3. Using your hands, add the shredded beets to the flour mixture and toss to coat.
4. Add the oil and work with your hands to bring the dough together (the salt and sugar will fall to the bottom of the bowl, so make sure you knead the dough well to combine everything — the outcome will be a smooth dough).
5. Form the smooth, sweet beet dough into a flat disk and roll it out to 1/2 inch thick on parchment paper or a dry clean surface.
6. Using a knife, cut the dough into squares or use small cookie cutters to cut out shapes.
7. Bake on a parchment-lined cookie sheet for 15-17 minutes.

\*You can only use RAW fine shredded beets for this recipe. Using canned beets will not work because of the thickness of the beets and they are already cooked.

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

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## STORM POLICY

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

# Pens & Paintbrushes

## Be My Valentine, Please

By Doris Weinberg



He always sat in front of me through classes in high school. Alphabetically our names were close and I found that pretty cool.

He had a head of thick dark curls and from behind I could sit and stare. I often wanted to touch them, but of course I didn't dare.

Since we both were heading to college, our schedules were mostly the same. And for all four years I had such a crush, and he hardly knew my name.

Twice we were able to be together when chosen to be on the stage. One was during a drama class play, And we tried out the very same day.

The next time we both were picked to help at a seminar. A famous young girl was appearing in town and we'd both interview this upcoming star.

She would appear on our stage and we'd be there too Asking her questions, the students provided on cue.

Gerry and I were excited to be chosen and I was nervous being so close to him. Thank goodness my red face was barely seen Because the lights were turned down dim.

I never forgot my early crush and for years our paths never crossed. He went on to medical school and my feelings eventually got lost.

But 40 years later at a high school reunion, our tables were so close at dinner. I was shocked when he came over to me, Wow! The curly hair gray and he was much slimmer!

He stooped down and was right next to me and we shared our bit of news. Oh, how I wanted to touch those curls but once again I refused.

That moment was so very special but guess what went through my mind? Why did it take these 40 years when all that time I was right behind?

I know life doesn't happen as we'd like And we just accept what comes. I was so fortunate to meet him again My forever high school chum!



## For My Wife Marsha

By W A Mogk

How do I love you, let me count the ways. I love your bright eyes of diamonds that sparkle and shine upon all you see.

I love the sound of your voice when soft and wispy breaths float through air.

I love your tender lips that part and cushion mine in splendor.

I love your wide smile that brightens the day, shaming the sun.

I love your encompassing arms that transform us into one body.

I love your warm cheeks when they melt into mine.

I love your flowing hair when it dances and twirls in the wind.

I love your giant heart that covers many universes.

I love being with you because there's no one like you.

## ART WITH CONNIE BAILEY Tuesday/Thursday at 10 am



"Wild Honeysuckle", watercolor by Jen Haskins

## February Vacation

By Charlotte Hart

Four cousins from Cranston were visiting us. The radio forecast? Dark clouds and gloom. How would we make their vacation time fun? No bright sky that late winter afternoon. If we were visiting their place, A movie downtown would be keen. Young Roddy McDowall! Liz Taylor! And "Lassie Come Home" on the big theater screen. Or Providence Arcade would welcome us kids, Teach us jitter-bug — tunes that were new. "Bell Bottom Trousers," with love we would sing For our sailors at sea. It was World War Two. But, Cranston cousins were coming to Maine. Our lake was covered with smooth foot-thick ice. Afternoon skating would be our best plan. A bonfire to "skate-jump." Nice! Then marshmallowed cocoa would fill every cup Fireplace coals would glow for rare steaks to grill. Snow pants would hang by the wood stove to dry. Just baked oatmeal cookies would chase the last chill.

## Ice Bergs

By Elizabeth B. Bates

This is the month for ice ... it can be very nice. It can be very bad ... and that is so sad. If you like to fish ... but that is not your wish, you can just skate for fun, like most everyone! I used to hate the sound the ice could sometimes make when grinding itself together and spitting out the flakes. Or when my feet got cold. I am now getting old! So skating NOT is more fun. I can still watch everyone!

## Happy Return

By Betty Bavor

Square dancing ceased for me in 2019 due to a problem hip How I missed this weekly Sage dancing group I vowed to return when my issue was resolved Summer passed while I prepared for a new hip.

Now it is 2020 and I am proud of my recovery I was told dancers inquired when I would be back Last night was the glorious evening The welcome I received touched my heart

There are two groups of Sage Square dancers Workshop is beginners who graduate to Main Stream experts I never graduated to the Main Stream dancers Last night's workshop is where I danced in every set

Great people great exercise My plan is to stay connected Exercise mind and body Spark the social life

Square dancing is great fun — come try it!

## Another Strange Letter

By Vince McDermott

Hello Again Snow Lovers/Haters: I should not gloat and say that I told you so, but — I told you so. OK, so I was a day or two early, but what's that among friends, right?

I wonder what my buddy the groundhog will indicate on his day. Don't trust the little critter, though trust me — there is much more to come.

Your truly,  
Mother Nature  
P.S. Have a nice rest of the season.  
Ha!

## A Valentine Puzzle

By P.K. Allen

Though we both have different shapes that are of different size, and faces with different tints along with different eyes.

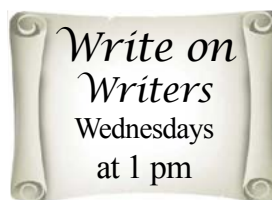
Though we both have different hair that's cut to different lengths, and spirits with different weaknesses along with different strengths.

There's a corner in my heart where I keep for you a space, for like two different parts of a puzzle, we both fit right into place. Happy Valentine's Day

## Memorable Valentine?

By Gladys Szabo

I was in third grade You would think I had it made I had an admirer With whom I wasn't inspired At onset of our Valentine party His eyes became very starry! At the time we exchanged cards I became bombarded By my classmates, surrounded I was astounded! My admirer, with great desire Presented me a one by two foot heart shaped card Which I would have liked to discard Next a 2 lb. box of chocolates By now I was inarticulate The card covered with hugs and kisses To disappear were my wishes. The box of candy Classmates thought Were dandy Embarrassed, holding my temper I had to surrender To him I said "Thank you!" No sense to argue He later got the message In his direction I wasn't headed!



## Valentine's Day

By P.K. Allen

Many a poem has been written, each in its own special way, For people to share in their feelings once a year on Valentine's Day.

What a shame it would be for all of us to waste the other days of the year, By not sharing those feelings more often with those who we hold so dear.

## Norumbega Castle

By Nonie Moody

Our family summer travels would take us to our respective homes to visit family. My husband was raised in Camden, Maine, so every year this trip was made. Traveling the last mile of the journey we saw many beautiful homes and one that stood out was the Norumbega Castle. The in-laws live only a half-mile from this charming home built in 1886. The color of the home is so eye-catching there is none other like the gray and blue hues of the stone and the brick and wood trim done in corresponding colors. The roof is done in grayish color complementing this country-setting castle. The location is 63 High St. in Camden and Joseph Barker Stearns, a duplex telegraph inventor, from Weld, Maine, had his summer home built in a complicated Queen Anne style. The Castle was designed by New York City architect Arthur B. Jennings and was constructed by local contractors. Norumbega Castle was added to the U.S. National Register of Historic Places on July, 12, 1974. Today this romantic looking castle is called the Norumbega Inn, an upscale B&B.

## February Already!

By Doris Weinberg

February brings us mid-winter and snow. But there's much else to remember, of course, we should know! I first think of Valentine's Day which has all kinds of love. But there's another day we should make much more of.

George and Abe, so important in history, Have birthdays on two separate days. With schools closed and time off from work, The reasons forgotten and their births are downplayed.

When our nation was born, George took the lead. Led our great army and made the country succeed. Papers were written and rules were made. Our democracy was formed because of the part he played.

The years flew by and our nation grew A country our people lived in with pride.

But slavery existed and Abe knew it was wrong. A Civil War had to be fought and too many died!

We take the time now to honor these two As February rolls around. Their birthdays combined to "Presidents' Day," But we need to remember the background.

Today it means a long weekend for all With holiday sales galore. You're more apt to buy a car, Then remember what this day is for.

As this February begins, our country is in crisis And we're fearful of what lies ahead. We should look back to our history And let go of dissension instead.

# Fantastic February at People Plus!!



**MEMBERS OF THE WINTER OUTING CLUB** enjoy a recent breakfast at the Winnegance Restaurant and Bakery in Bath. The club meets on Wednesdays, at 8 am on the first Wednesday of the month and at 10 am the rest of the month.

## Author's Chat – Rita Losee "Soaring Seniors"

**Wed, Feb. 26, 2:30 pm.** Join us on February 26th when author Rita H. Losee, ScD, RN, will share *Stories, Steps and Strategies for Living Full-Out After Fifty, Sixty, Seventy* from her book, *Soaring Seniors*.

nursing (her first career), nursing management, professional speaking, and customer service consultant. The toddler was joined by a brother. Both sons are adults with families of their own. One of the reasons Losee wrote this book was so her grandkids and those of millions of other grandparents create a legacy of soaring for seniors.



As a 30 year-old married woman with an adorable toddler who was napping, Rita Losee read Helen Keller's words, "Life is either a daring adventure or nothing." A bolt of energy strong enough to light up Manhattan shot through her body. On the spot, she decided to live a life of adventure. In the intervening decades, Losee has stood on the summit of 19,350-foot Mt. Kilimanjaro, been a proficient rock climber, completed the Hawaii Ironman Triathlon (12 hours, 45 minutes, 27 seconds), solo through-hiked the 2,175-mile Appalachian Trail at age 58.

Currently, Losee resides in Brunswick during the winter months. During the summers, she lives in a fifth wheel on the water in West Bath where she gardens, swims, walks, runs, and exults in being outdoors. One of her favorite summer activities is working part-time at Monkey C Monkey Do, a rope climbing course where she goes to "play for pay."

Her professional background includes

Free, open to the public. Registration is appreciated.

### Lunch & Connections

## Snowstorm bumps January's delicious menu into February

**Thu, Feb. 20, 12 noon.** Unfortunately, a snowstorm put the kibosh on January's Lunch & Connections. So if you were looking forward to that month's particular menu, you're in luck. The same delicious food will be placed on your plates at February's event.

Chuck Annable and his team of enthusiastic volunteers are already making preparations for a fantastic meal that is slated for Thursday, Feb. 20.

Once again heading the luncheon list is lasagna, accompanied by meatballs with red sauce, Caesar salad and garlic bread. And to complete the great offerings is a special and unusual dessert of tiramisu.

Just a little background, to refresh your memory, 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. Normally, 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, but this will not take place in February due to Mary being away.

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.

### \$10 Hair Cuts for Seniors

**Fridays, 9-12 pm.** Come for a haircut with Margarita Day. All proceeds from the haircuts go to the Center! No appointment necessary, just show up with clean hair and she will give you a cut! Open to the public!

### Acoustic Music Club



**Saturdays, 1 pm.** 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.

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 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 is 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.

## Step lively with Walking Club

Winter weather often makes walking outdoors very dangerous and difficult. And even in the summer months, it can be just too darn hot. One solution is utilizing the indoor track at the Brunswick Parks and Recreation facility. People Plus has a walking club and there is a logbook at the Rec Center where you can keep track of your daily walks. It's a fantastic, safe, flat place to walk during any season of the year. Come join us!

The track is open to the public most days during the following hours: Monday-Friday, 8-10:30 am and 11:30 am-8 pm. The track is also currently open on the weekends. All hours are subject to change to accommodate basketball, track teams and other Rec Department activities. Please view their weekly schedule for the most accurate information.

Please bring walking shoes with you and put them on once you are inside the facility. Wheeled walking aids and wheelchairs are allowed. There are locker rooms with showers and changing areas. The track is nearly 1/9-mile long.

The Parks and Recreation Center is located at 220 Neptune Drive, Brunswick Landing (former Navy base).

Directions (from website): Take Bath Road to the Brunswick Landing entrance. Turn into base onto Admiral Fitch Avenue. Follow this for .8 mile, Turn left onto Pegasus Street (follow signs). Follow this for .5 mile, Turn right onto Neptune Drive. The Parks and Rec building will be on your right.

For more information, please check the Parks and Rec website, [www.brunswickme.org/191/Parks-Recreation](http://www.brunswickme.org/191/Parks-Recreation) or call 725-6656.

### Spectrum Generations Medicare 101 Session

**Tue, Feb. 11, 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 six 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.



**Save the date!**  
**People Plus Senior Expo**  
**Thursday, October 8, 2020**  
 Brunswick Recreation Center, Brunswick Landing

## American Sign Language Conversation Club – NEW

**Kick-off Tuesday, Feb. 18, 12:30 pm.** Free, open to public. Learn basic sign language communication, including the manual alphabet, finger-spelling, numbers, vocabulary (colors, animals, foods, etc.), Deaf culture and familiar phrases that will enhance your communication with deaf and hard of hearing family, friends, co-workers, students, clients, and customers. No previous sign language experience is necessary. Handouts provided at no cost.

Join Martin Samelson, energetic ASL college professor and job coach for the deaf, in learning how to communicate without


voice. ASL is a visual language. Late-deafened adults, caretakers for a delayed speech child, or you just have ASL on your "bucket list," you are welcome to join the club. We will start with very basic instruction and use the second half of the meeting for conversation.


Join us Tuesday, Feb. 18, 12:30 pm as we kick-off this new club with a free, public event. Starting in March, the club will meet on the first and third Tuesdays of the month, 12:30-1:30 pm. For members only, but anyone can try once for free.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>People Plus Business Hours</b>		<b>Monday-Thursday</b> 8:30 am to 4:00 pm		<b>Friday</b> 8:30 am to 1 pm	<b>729-0757</b>	<b>www.peopleplusmaine.org</b>
<b>2</b> 9:00 Grace Reformed Baptist Church	<b>3</b> 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>4</b> 8:30 AARP Tax Help 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	<b>5</b> 8:00 Winter Outing Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers	<b>6</b> 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Apple Club 11:00 Yoga 12:30pm AARP Tax Help	<b>7</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 11:30 Bowling at Bolos 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	<b>1</b> 8:30 Maine Meditation Intensive <b>8</b> 9:30 Memory Enhancement Class 1:00pm Music Club
<b>9</b> 9:00 Grace Reformed Baptist Church	<b>10</b> 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>11</b> 8:30 AARP Tax Help 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann <b>11:30 Frank's Field Trip</b> <b>11:30 LUNCH OUT</b> 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm German Club	<b>12</b> 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>13</b> 8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 12:30pm AARP Tax Help <b>1:30pm FYI! CBD 101 - What's all the Hype?</b>	<b>14</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 11:30 Bowling at Bolos 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	<b>15</b> 9:30 Memory Enhancement Class 1:00pm Music Club
<b>16</b> 9:00 Grace Reformed Baptist Church	<b>17</b> <b>Center Closed</b> 	<b>18</b> 8:30 AARP Tax Help 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 12:30pm Sign Language Club 2:00pm Chair Yoga 3:00pm Books a la Carte	<b>19</b> 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>20</b> 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey <b>11:30 CHANS Blood Pressure Check</b> <b>12:00pm Lunch and Connections</b> 1:30pm AARP Tax Help	<b>21</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 11:30 Bowling at Bolos 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	<b>22</b> 1:00pm Music Club
<b>23</b> 9:00 Grace Reformed Baptist Church	<b>24</b> 9:00 Scrabble 9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 10:00 Zumba <b>12:00pm Lunch/Learn: Can I Keep My Car?</b> 12:00pm Bridge 6:00pm Belly Dancing	<b>25</b> 8:30 AARP Tax Help 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	<b>26</b> 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>2:30pm Author's Chat: Rita Losee, "Soaring Seniors"</b> <b>3:30pm Art Show Open House</b> 6:30pm Brunswick Coin/Stamp	<b>27</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Donuts and Drivers 10:00 Art with Connie Bailey 11:00 Yoga 12:30pm AARP Tax Help	<b>28</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 11:30 Bowling at Bolos 12:30pm Advanced Bridge 12:45pm Chair Yoga 6:30pm Folk Dance Brunswick	<b>29</b> 1:00pm Music Club



### It's a strike!

Come bowling with us on Fridays at Bolos in downtown Brunswick! People Plus is offering a candlepin bowling program at Bolos! Want to come play a game of bowling or just hang out for lunch? Join us at Bolos, 11:30 to 1 on Fridays. \$8 for shoes and bowling and \$7 for lunch with a choice of burrito or taco special (\$15 combo special for both bowling and lunch.) Sign up at the desk if you're interested, or just show up!




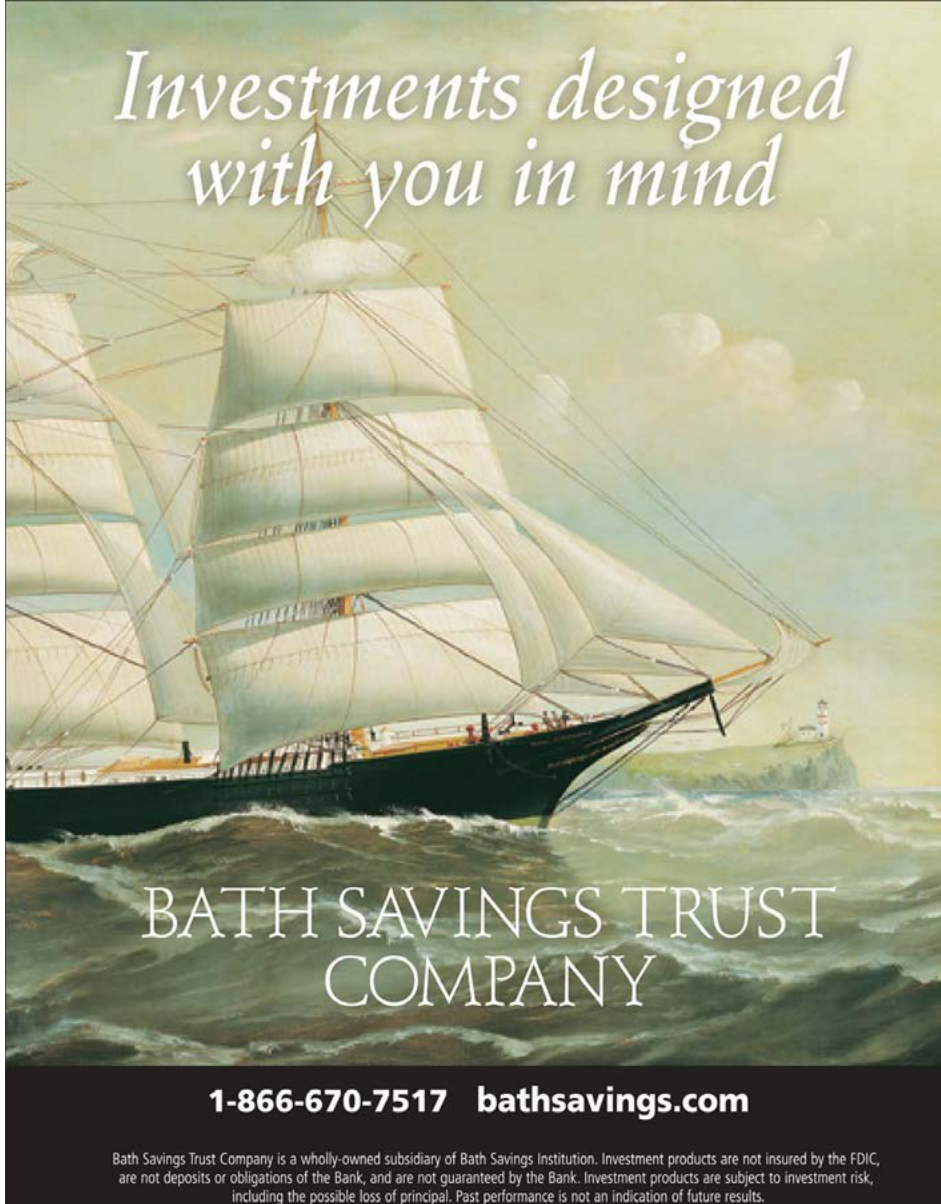
**FREE TAX HELP!** AARP aides will be at People Plus Tuesday mornings and Thursday afternoons, February through April 15. Call to schedule an appointment.

### Cantina Espanol Spanish Conversation Club

**Tuesday, Feb. 4, 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.

### 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, mountaintop 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.

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# Your Partner in Health Education



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

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

### Featured Program:



**Ounce of Prevention**

Ounce of Prevention is a **FREE** monthly series, sponsored by **Mid Coast Senior Health**, providing education about health and healthcare issues for seniors.

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

## February Calendar of Events

### AMERICAN RED CROSS BLOOD DRIVE

Help keep blood supplies stocked at adequate levels. Walk-ins are always welcome.

**February 7** from **10 a.m.-3 p.m.**

### FOOD FOR HEALTH

**Heart Disease: Are Forks Better than Knives?** with Timothy R. Howe, MD

**FREE** plant-based cooking and education series.

**February 11** from **6:30-8 p.m.**

### OUNCE OF PREVENTION

**Implications of Hearing Loss** with Shane Griffith, DO

Sponsored by Mid Coast Senior Health, this **FREE** series provides education about important senior health topics.

**February 12** 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.

**February 13** from **5:30-6:30 p.m.**

### UNDERSTANDING PARKINSON'S DISEASE

**FREE** discussion for those newly diagnosed with Parkinson's Disease.

**February 19** from **3-5 p.m.**

### HEALTHY WEIGHT FOR A LIFETIME

This 12-week mindful living program provides a long-term solution for weight loss by addressing emotional, physical, and nutritional issues. *Registration and fee required.*

**Begins February 20** from **4-6 p.m.**

**Thursdays through May 7**

### DEMENTIA CAREGIVERS EDUCATION SERIES

**FREE** educational series for those that help others cope with memory loss.

**February 20** from **4-5 p.m.**

Mid Coast Senior Health, 58 Baribeau Drive, Brunswick

### HEALTH WITHIN REACH

**Cooking with a Doc - Tasty Tofu**

with Kristin Jhamb, MD, and Jennifer Riehl, MD

**FREE** ongoing series of talks, classes, demonstrations, and healthy lifestyle options.

**February 26** 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

# Ah Maine! I'll be counting the ways why it's such a wonderful place

WHY might you suppose I'd bill myself as an "expert" on Maine, huh? We all know that an "ex" is simply a "has been," and a "spurt," is just a "drip under pressure," right? (Get it? "ex-spurt= expert!") BUT, I AM a Maine native, I've lived here all my life (so far) and with the exception of my vacation in Vietnam, I've never been across the Piscataquis River bridge more than two or three weeks at a time. Some people even make fun of the way I talk!

More importantly, I'm thinking, I do have a "sense" of Maine. From Kittery to Fort Kent, from Lubec to Allagash, I've crossed and recrossed our state for nearly three quarters of a century, trying stuff, meeting people, taking pictures, reading information — ingesting the sights, sounds, flavors and experiences that make our fabled state so special. Of course I've climbed Mount Katahdin, rafted the Penobscot, skied Saddleback, hiked Acadia, sailed off the coast, camped here and there, and canoed hundreds of rivers and lakes. "Don't get him started," Jane would add, unimpressed!

Now that I'm retired, my beloved Jane would remind me I'm "nearer every day" to that "has been" status, and that my norm should become less hiking and canoeing, more talking and advising other people about the glories of our Pine Tree State. One day last month, during a brain-storming session about how People Plus might "mark" the State of Maine's 200th anniversary, I boldly said, "someone" might

prepare a list of say, 200 places and things that make Maine special. Maybe 200 seconds later, that job was MINE! I laughed, figured I could "bang-out" a 200-item list in an evening, flesh it out in a weekend and post it online in time for the state's birthday on March 15!

A couple weeks later, I'm still working from an off-sized pile of index cards, they DO total "nearly" 200, but I'm glad the list needs to be finished in mid-March, not during the shorter month of February. Last week in the People Plus Peek, I dropped a little appeal for folks to send me "their" lists (several of you have), so the final product might reflect a broader list of sites.

It's already been fun. The list includes places I went to last summer, and places I haven't been since I was a kid. I'm quick to remind folks, one of the glories of Maine is that so many of our home places don't change that much! We have more than 100 state parks and historical sites, over 60 lighthouses, and nearly hundred old fire towers, I'll remind you. I'm NOT going to sit here and tell you I've "done them all," but I'll be quick to add each one is unique, and each is worth that first visit, or revisit.

Nearly every town in Maine that has 100 natives or more will have a historical society, and now, with the internet, the state really does become a playground. There will never be a year better than this to go out and explore! Did I tell you a few of the places on my list

are restaurants? I'm not going crazy with that, and I don't intend to recommend one place over another. But I AM saying, a fellow has to eat, folks, so watch for it! From fiddleheads to lobster, to potatoes, to blueberries, Maine's unique flavors often add up to food, and getting them is more than half the fun!

If you are a reader of fine literature, (I'd offer Speaking Frankly as a sample), you'd hear stories of "rides" across Maine. I grew up "going to see stuff ... riding for the fun of it ... visiting friends, relatives ... chasing events." Sunday rides were a staple to the fabric that was my childhood. Even though gas is more expensive (gone forever I suspect, are the days of five gallons for a dollar), I'm here to tell you getting the kids in the car and

## Speaking Frankly

Frank Connors  
(guest contributor)



going someplace for an ice cream, for a hike, for a visit, will be time and money very well spent. Leave the electronic toys at home, take a picnic and land on a shore somewhere.

I'm spending a few more nights this winter, filling out my lists, and figuring out how to post the whole thing where everyone might enjoy it. But I've already decided I'd stop at 199, NOT 200 places. I want everyone to get out and see Maine, enjoy it for the wonderful, unique place that it is, and add at least one place of your own to my list. It will be more fun than you've had in too long, and I can't think of a better way to celebrate Maine on her 200th birthday.

### Frank's 200 List Teaser

Former People Plus staffer Frank Connors, always looking for publicity and trying to come up with "his" way to celebrate the 200th birthday of the Great State of Maine, decided it would be fun and informative to create a list of the 200 places and things that make Maine so "special." Harder than he thought, more fun than he anticipated, he says his list is "almost" done, and will be featured in the March edition of the People Plus News!

His hope for this list is that it will ask as many questions as it answers, and that YOU will be motivated to take it, go out and explore Maine, and find your own answers.

- Old Port or Old Point or Small Point?
- Which is faster, a canoe or a windjammer?
- What do the towns of Prospect and New Portland have in common?
- Which tastes better, a bracken or fiddle-head fern?

**THE U.S. CENSUS BUREAU** is hiring for 2020 Census jobs, with many applicants needed in the Brunswick area. There are paid training days, and you can work flexible hours. While census takers are needed to knock on doors to collect data, other available jobs include office work, work delivering forms and updating maps, along with supervisor, management and quality-control positions. Census takers in Maine will be paid \$20/hour, plus \$0.58/mile for work-related travel. Visit [www.2020census.gov/jobs](http://www.2020census.gov/jobs) for more information and to apply online. People can use the computers at Curtis Memorial Library to apply, and staff there are aware that people may want to do this.

**Gone but not forgotten**  
**Memorial Donation in Memory of**  
**Patricia Robinson**  
**Feb. 9, 1926 — Jan. 9, 2020**

## 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.



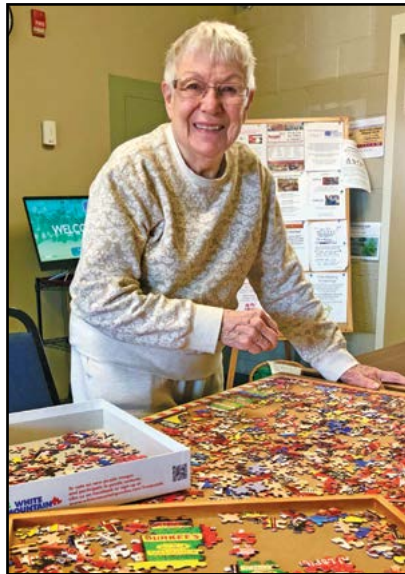
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# Lots to do at People Plus this winter!



**PEOPLE PLUS OFFERED MORE** programs than ever during 2019. The Center also saw more attendees for Frank's field trips, Medicare 101, our "FYI!" lecture series, the World Affairs conversation club, the foreign language groups, the gaming clubs like bridge, cribbage and Mah-Jongg, and our exercise classes. Plenty more will be happening this year!



Thanks to Maine SNAP-Ed, Curtis Memorial Library in Brunswick is thrilled to host our popular free 10 Tips class. Learn how to cook with SNAP-Ed's meal preparation course, 10 Tips. Each week learn how to create a healthy meal and taste test it to make sure it really is delicious. Go home with your own cookbook and money for groceries to replicate these meals yourself. You are expected to attend all four sessions: Thursday, Jan. 30; Thursday, Feb. 6; Thursday, Feb. 13; Thursday, Feb. 27. All classes run from 2:30-3:30 pm. This series is FREE, but you must sign up by contacting the second floor Reference Desk at 725-5242, ext. 2.

## Red wheelbarrow overflows with food

A big thank you to everyone who contributed items to the little red wheelbarrow at People Plus. The campaign to collect non-perishable foods for the Mid Coast Hunger Prevention Program concluded in early January and was a huge success.

Final figures for the food drive reveal that the total pounds were 1,024, surpassing the 1,000-pound goal. A total of 910 items were brought to the Center, along with \$50 in donations. Included in the figures was Frank Connors' pop-up "camp-fire" event that collected 264 pieces of food. "We certainly appreciate the people who

have donated," said Sarah Deck, office coordinator at People Plus and organizer of the food drive. "Just as in years past, we were shooting for 1,000 items again and we did it. The issue of hunger is of real concern, not only now, but throughout the year."

People Plus collected non-perishable foods for MCHPP and delivered 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.



## SCRAP CRAFTS

### WINTER & SPRING 2020

**Join as we learn creative ways to use up our scrap recyclables. This program is FREE and open to the public.**

**Limited space available. Sign up is required. Call the Reference Desk to reserve your seat: 207 725-5242 #2.**

**Learn more about our Scrap Craft series at [www.curtislibrary.com/scrap-crafts](http://www.curtislibrary.com/scrap-crafts)**

All classes are on Tuesdays and designed for adults. They will include a lecture and a small project.

**WOOD** - January 21st, 2020, 2 - 4 PM  
Do you aspire to carve a spoon or whittle a walking stick? Join us and learn more.

**IMAGES** - February 11th, 2020, 2 - 4 PM  
Come learn how to use paper scraps and copy-right free image banks to create unique cards and gifts.

**SHELL** - March 17th, 2020, 2 - 4 PM  
Did you realize that you can make all sorts of items from your shell collection? Get inspiration from others.

**CLAY** - April 21st, 2020, 2 - 4 PM  
Do you know how to wedge, fire or throw? Come learn what you can and can't easily do with clay.

**WINDOWS** - May 19th, 2020, 2 - 4 PM  
Learn to use objects traditionally considered trash from modern buildings.

**STONE** - June 2nd, 2020, 2 - 4 PM  
Some stone is easier to carve than others. Do you know which ones? Come learn.

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WWW.CURTISLIBRARY.COM

Spring is in the air! Well, sort of.

No matter the season, it's always a good time to have a good lunch with friends and get good tips on staying safe!

The Cumberland County Sheriff's Office TRIAD presents:

## Educational Luncheon

March 31, 2020, 10:30 AM

St. Charles Church, 132 McKeen Street, Brunswick

FREE AND OPEN TO ALL SENIORS

RSVP by March 13, 2020  
(207) 774-1444 ext. 2228





## Many people try out Fit and Fun for Free

One of the important aspects of the People Plus Center is providing activities that promote the wellness and fitness of our members. So we always mark the start of the new year with our Fit and Fun for Free program.

During the entire month of January people had the opportunity to try out any of our class/club offerings at People Plus at absolutely no cost. This great deal was open to new attendees and the public to come and bend, stretch, play a game, learn a new

language, take an art class, and do so much more.

And as in the past years, the start of 2020 found many people participating in the free program. According to Office Coordinator Sarah Deck, there had been 90 new visits at the Center with one week remaining in the month of January. "That's a good turnout for people trying new activities during the Fit and Fun for Free time frame," Deck said.

"The goal is to get folks engaged," said People Plus Executive Director Stacy Frizzle.

"This offer was for new attendees and gave them the chance to see if they liked it."

Even if you missed this special promotion, please check the calendar in this newspaper for classes and other activities and consider becoming a member of People Plus if you aren't already one. And sign up for some fun. You can always try any class once for free any time of year.

Call People Plus at 729-0757 with any questions or stop by the front desk.



## Senior College classes begin

Midcoast Senior College will continue to present Winter Wisdom 2020 in February. The lecture series, sponsored by The Highlands, takes place in the Morrell Room at Curtis Memorial Library in Brunswick on Wednesdays, 12:15-1:45 pm. It is free and open to the public. FMI: Contact Midcoast Senior College (207) 725-4900 or go to midcoastseniorcollege.org.

Feb. 12: Saving Thoreau's Birthplace. The speaker will describe the lengthy and concerted effort of a community to save a historic landmark and reaffirm the life and persona of this iconic figure. Lucille Stott, former president of the Thoreau Farm Trust and editor of the Concord Journal, will discuss her book, *Saving Thoreau's Birthplace* (2018). Her description of the public-private partnership that resulted in the preservation of the Thoreau family homestead will remind us of the power of grassroots engagement and the importance of reviving the lost art of finding common ground. Lucille taught English and creative writing at Concord Academy and also served as editor of *Appalachia*, the journal of the Appalachian Mountain Club. She has a B.A. degree in French Language and Literature from Southern Connecticut State University and M.A. degree from Middlebury College. She also studied at the

Sorbonne.

Feb. 19: Longfellow Days: Edna St. Vincent Millay and Ragged Island. Brunswick's own Gary Lawless will share historical accounts of this renown poet who was living and writing in our Midcoast area during the early 20th century. His wit and wisdom will be shared with readings of excerpts from Millay's poetry. Gary is a well-known poet, community activist, and co-owner of Gulf of Maine bookstore. He has a B.A. degree from Colby College in East Asian Studies and an honorary doctorate from the University of Southern Maine in Humane Letters. In 2017, the Maine Humanities Council awarded him their Constance Carlson Prize.

Feb. 26: Climate Change and the Global Order. This program will focus on current views on the world's changing climate for the next 30 years and outline the major impacts these changes will have on our civilization. Bruce MacDougal, a native of Bangor and graduate of Williams College and the Harvard Medical School, practiced for many years in Kentucky as a plastic and hand surgeon. As a summer resident of the North Maine Woods, he has witnessed the effects of global warming locally and also taught courses on climate science at Midcoast Senior College since 2015.



**THE THURSDAY HIKERS** explored the Twin Brook Recreation Area in Cumberland on Jan. 23. The area encompasses 250 acres, with four miles of wooded walking trails. In the winter months, many trails are groomed for cross-country skiing. Twin Brook is in use from sun up to sun down throughout the year.



### Books A La Carte

The following are Books A La Carte recommendations. The group's readers meet on the third Tuesday of the month at 3 pm.

**The British Are Coming (the War for America) Lexington to Princeton (1775-1777)** by Rick Atkinson

This is a very important, well-written book; Volume 1 of a trilogy. It is extremely readable, and full of historical data. Atkinson is a winner of the Pulitzer Prize. His writings include a trilogy about World War II. Most people are familiar with Mel Gibson's movie "The Patriot." They were probably surprised by the depiction of atrocities and very brutal combat. Were those descriptions accurate? Judge for yourself by reading this book.

**Dorothy L. Sayers** by Dawson Gaillard  
A number of books about various authors have appeared on the free book racks at

Curtis Library. This one is a study of the detective fiction of Sayers. Most mystery fans are familiar with her famous creation, Lord Peter Wimsey. Do they know about another of her characters, Montague Egg? He is a full-time salesman who gets involved in mysteries on his rounds.

**An American Marriage** by Tayari Jones  
An insightful fictional look into the lives of newlyweds, Celestial and Roy, after one is mistakenly imprisoned for a crime he didn't commit.

**The Sisters of Blue Mountain** by Karen Katchur  
Suspenseful novel about the bond between sisters and the secrets they held to keep their families safe.

**The Sorrow Hand** by Dwight Holing  
A mystery involving Vietnam vet, Nick Drake. While working as a wildlife ranger in Oregon, Drake stumbles across a girl's body.

Please send comments to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

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## TEEN OF THE MONTH:

### Amanda Macwhinnie

Our Teen of the Month is Amanda Macwhinnie. Amanda is in eighth grade at Brunswick Junior High School and has been coming to the Teen Center since last April. Amanda said "the Teen Center is cool because there are friends here and I get to get away from home (and her two younger siblings)." Amanda is so quiet we at times



forget she is in the room tucked quietly away somewhere! We have noticed that she is slowly emerging though. We appreciate her gentleness and consistently great behavior. Off to the movies she goes!

## Brunswick Area Teen Center

# Roses are red, violets are blue ...

February feels like an "off" month or an in-between month. The holidays are over, spring hasn't sprung, the weather is still very unpredictable ...

Now Kim is here debating with me. It is her birthday month! It is Super Bowl month! It is Valentine's Day! It's Groundhog Day! OK, it is Melissa's birthday month too! I think that is interesting, seeing that Hunter and I both have birthdays in July, and I would say Melissa and Kim share more of the same traits and Hunter and I do, so maybe there really is something to being born under a certain sign.

With Valentine's Day being a significant February date for some, I have been polling the kids, asking the girls, "if you had a Valentine, what would you get them?" Answers were "certificate for free hug," "tools, my boyfriend likes them," "a giant Hershey bar," "a joke gift," "a picture of us," "chocolate," "something personal that I know they would like," and "a Teddy bear."

Asking the girls what they would like to receive, the answers were "cute things," "chocolates," "an inside joke thing," "movie tickets or a date in general," and the most popular answer was "a Teddy Bear," with one of the girls saying, "Oh a Teddy bear that smelled like his cologne" and also "flowers like red or white roses."

Asking the guys what they would give, the most popular answer was "chocolates" and one Romeo said, "my love, because that is all she would get," with "roses" being another answer.

What would the guys want? Well, a video game system and v bucks credit for video games (from his imaginary rich girlfriend) and one of our favorite boys said, "time together" and other guys said, "Teddy bears." Well, I had no idea that Teddy bears were such a popular Valentine's Day gift for both boys and girls!

So, other than love being in the air ... in February, the Teen Center program is the Charity of the Month for the Universal Unitarian Church in Brunswick as one of their 12 Charities with Soul for 2020, with half of the month's weekly offerings donated to the Teen Center.

Also, we have begun planning for the 2020 Gelato Fiasco Scoop-a-Thon! Save the date of Tuesday, April 28! This is our 12th year doing this event. We are in the process of obtaining sponsors for the event, working with our Bowdoin College student liaisons and brainstorming this year's scoopers and entertainment schedules. If you have a business and you would like to advertise your name and logo on our various Scoop-a-Thon posters and write-ups, please let us know. We have various

## Teen Center News

Jordan Cardone



levels of sponsorships available.

In other news, we have an idea we are pondering. We have a Maine foundation that is willing to donate funds to pay for two kids to take driver's education if we can find some others to match this donation. The cost of the course is \$465. The ability to drive is a crucial element in one's life, opening up many more potential job opportunities and is a lifelong skill. There are many kids who can't afford to take driver's education or pay for licenses, etc.

The second part of this plan is to recruit adult volunteers to help the kids, once they get their permits, get in the driving hours they need in order to get a license. They need at least 70 hours I believe and have a six-month period after obtaining a permit before they can apply for a license. They need to complete these hours with a licensed driver. We have families who do not own vehicles or have adult licensed drivers in the household to help teach their child to drive. So, we are pondering this project, putting it out there for ideas. Suggestions? Volunteers?

Well look at that, I was able to give you plenty of news for what I was thinking was a not so eventful month coming up!

Until next month ...  
Jordan and the Gang!

**The Pejepscot Genealogical Society** will hold its next meeting in the Morrell Room of Curtis Memorial Library in Brunswick on Sunday, Feb. 9, at 2 pm. Lynne Holland will be the presenter. We will start in the Morrell Room and work our way up to the Genealogy Room on the second floor. Lynne will go over some of the resources available to patrons of the library and explain the type of help she provides each Friday during the Genealogy Open Hours.

Lynne has been "doing genealogy" since the mid-1990s and enjoys the thrill of the hunt for ancestors, her own and others' ancestors. As a member of the board for the Maine Genealogical Society, she works on both the Event Committee as co-chair and Website Committee as chairperson. Over the years, Lynne has taught classes in basic, internet and Maine genealogy for adult ed programs and various libraries.

Refreshments will be offered both before and after the meeting. FMI: Call Steve Gilchrist at (603) 454-4094.

**The Harpswell Garden Club** will meet Thursday, Feb. 20, at 1 pm at the Kellogg Church, 917 Harpswell Neck Road, Harpswell. Following a brief business meeting, a presentation from Brunswick-Topsham Land Trust and the Maine Coast Heritage Trust will discuss "Coming Soon: Woodward Point Conservation Project" on the New Meadows River. Free and open to the public. FMI: Call Becky at 833-6159.



# MTA Capstone Project is the cats meow!

Emma Lapreziosa and Trinity Versey, two seniors at Mt. Ararat High School in Topsham, are making it easy to obtain a cat through their Capstone Project.

The program, called Seniors to Seniors, allows senior citizens to adopt a senior cat from the Midcoast Humane Society for free. The initial veterinarian checkup is free and continued care of the animal at reduced rates is provided by Androscoggin Animal Hospital. A starter pack is also part of the package.

"Seniors to Seniors was originally started by seniors at Mt. Ararat High School a few years ago to give senior citizens an opportunity to have an easy form of companionship and to help get senior cats adopted from the humane society," said Trinity. "Emma and I wanted to start the program up again this year because it had not been done for two years. We know the importance of animal companionship and wanted to help as many people as possible."

At Mt. Ararat, Emma plays field hockey as a goalie, cheers competitively, and plays softball in the spring. She is also a National Honor Society member and wants to study biology in college, but is still undecided on which school she will attend.

Trinity runs cross-country and track in the fall and spring at Mt. Ararat, and during the winter she swims. "This year, I qualified for the state meet in the 100 butterfly stroke," she said. Trinity is going to study nurse anesthesia at the University of New England in the fall.

Capstone is a project all seniors at Mt. Ararat must complete prior to graduation. The project topic is completely left up to the students to decide, as long as it pushes them out of their comfort zones and performs some sort of service to the community.

"We are required to find a mentor to help guide us and help us along," said Trinity. "The idea of the project is to prove to the school that we are lifelong learners and are capable of staying organized and working with others to complete a goal. Emma and I decided to take on this project together because it is such a large and exciting undertaking."



**TRINITY VERSEY**, left, and **EMMA LAPREZIOSA**, seniors at Mt. Ararat High School, are bringing cats and people together.



## ADOPT A CAT LIKE AUTUMN! Seniors to Seniors

WHAT IS SENIORS TO SENIORS?

- Senior citizens can adopt a senior cat from the Midcoast Humane Society for free!
- Free initial vet checkup and discounted continued care from Androscoggin Animal Hospital!
- Starter pack provided!

For more information contact Emma and Trinity at (706)951-4765 or 20verset@link75.org

For more information on the Seniors to Seniors program, contact Emma or Trinity at (706) 951-4763 or email 20verset@link75.org.



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Volunteer Transportation Network

# Desperate for drivers!

In the last year, People Plus has coordinated over 25,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone – we need your help with the driving! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!



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

Thanks go to our generous sponsors: *Rusty Lantern Market, Linda Cronkhite, Suzan Wilson & Daniel McLaughlin Family, Maine Women's Giving Tree, Maine Community Foundation, Spectrum Generations, and United Way of Mid Coast Maine*, who help keep the program growing!



**THE STAFF AT PEOPLE PLUS** is like a family and enjoyed its annual holiday lunch and Yankee swap event in January. With a potluck style lunch and a \$10 gift to exchange, it was a rare treat for the staff (and a few key volunteers) to come together for an hour of fun and camaraderie.

**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).



## “CLYNK” is solid fundraiser, one nickel at a time



Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. The “CLYNK” returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those “under the radar things we do,” that benefits both the

Center and our community. Green “CLYNK” bags, pre-barcode with the Center's unit numbers, are always available at our information desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits. Thank you for recycling, and thank you for supporting your Center.



## Brunswick's MSMT joining Public Theatre to produce musical

This June, Maine State Music Theatre in Brunswick and The Public Theatre in Lewiston will combine their artistic talents to produce a musical. Last summer, the two organizations partnered together for the first time to bring Grease the Musical to the stage. Playing to sold out houses, more than 4,500 people saw the show.

typically present musicals, and allow Maine State Music Theatre to expand its reach into the Lewiston/Auburn area.

The hilarious musical looks at love in all its forms: dating, mating, marriage, parenthood and even pick-up techniques of the geriatric set.

This summer they will produce the longest running off-Broadway revue in history, I Love You, You're Perfect, Now Change. The show will run June 17 – 29 and will broaden the offerings for The Public Theatre, which does not

Performances will take place at The Public Theatre, 31 Maple St., in Lewiston. Tickets are available now at The Public Theatre at [www.thepublictheatre.org](http://www.thepublictheatre.org) or 207-782-3200 or at Maine State Music Theatre at [www.msmt.org](http://www.msmt.org) or 207-725-8769.

## 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.

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Brunswick Area Respite Care is a 501(c)3 Non Profit organization

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# 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.sethlevylaw.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**, 725-6287, 10% off on Mondays  
149 Maine St, Brunswick, 725-6287  
wildoatsbakery.com

\*Benefits subject to change

# “Boston's Still There!”

Word is that Frankie and the field trip gang had a great day in Boston on Jan. 22. Forty members of People Plus got on the Downeaster at 11 am, rolled into Boston's North Station about 2 pm, and “almost immediately” all jumped on a double-decker Beantown trolley for a tour of Boston.

Group leader Frank Connors reported the tour driver, Jeff, “call me Pilgrim,” was perfect! “We had a lady aboard,” Connors said, “who went to school in Boston and he (Jeff) showed us places she had never seen.”

The tour included a circumnavigation of Fenway Park, history lessons at Boston Common and the old State House, a drive-by of the Cheers! bar (couldn't stop) and a crossing of the Boston Marathon finish line. There also was a tour of MIT, the waterfront, South Boston and all finished with a chance to walk through Quincy Market, and purchase “treats” for the ride home.

“The good news,” Connors said, “we came back with all the same people we went with, and Boston's still there!” This field trip is possible due to the support of Scott Lemieux at Ameriprise Financial Services and the folks at Coastal Landing Retirement Community.



**OLD TOWN TROLLEY DRIVER** and tour guide Jeff, with the old State House in the background, speaks to the People Plus group. The tour included a ride around Fenway Park, history lessons at Boston Common and a drive-by of the Cheers! bar.

### Frank's Field Trips

## Cuttin' Ice at Maritime Museum

**Tue, Feb. 11, 11:30 am.** Meet at Coastal Landing to join Frank for a trip to the Maine Maritime Museum in Bath, where there is a special exhibit on Maine's old ice cutting industry. “What's better to study in February than ICE,” Frank Connors quipped. “Too many people are telling me I shouldn't miss this,” he added, “so here we go!”

In the early 1900s, Maine and the rivers in the Kennebec area provided much of the ice that the world used for cooling before refrigeration was introduced. Last season, Frank and his friends journeyed to Woolwich and actually cut some of their own pond ice.

We leave the Coastal Landing parking lot at 11:30 am, drive to Bath for a “quick bite” at the new Fountain Ice Cream & Deli

on Front Street, (ice cream if you want it, YOU'RE buying your own,) then we go to the museum for our tour. If we have time, we might stop at and tour the studio of Jack Gable. We'll take the time to be sure you know about ALL the treasures in this museum, it's “pure Maine,” Frank says, “and you WILL want to come back!” We should be back in Brunswick by 4 pm. Cost of this trip is only \$8, as museum admission is free this month. As usual, the first 12 people to sign up and pay will get to go. For members only.

This trip is made possible by the generous sponsorship of Scott Lemieux at Brunswick's Ameriprise Financial Services and by our friends at the Coastal Landing Retirement Community.



**Lunch out!**  
February 14th at 11:30 a.m.  
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42 Maine St, Brunswick  
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Name (2) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

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Other towns (\_\_\_ New Member \_\_\_ Renewal):  \$35 per person  
 \$300 for **Lifetime Membership** (65 or over)

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February 2020

### MEDICARE 101



The next session will be held on  
**Tuesday, February 11, 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 appreciated**

### American Heart Health Month

February is **American Heart Health Month**, and while you might first think of it as routine campaign—it's becoming more important than ever. Heart disease is responsible for about one in every four deaths in the U.S., claiming the lives of more than half a million people each year. About 735,000 Americans will have a heart attack this year.

The numbers are scary, but the steps to reduce your risk are simple and clear.

The top lifestyle changes to make to avoid heart complications include the following:

- ◆ Quit smoking, including using e-cigarettes
- ◆ Maintain a healthy weight
- ◆ Eat a healthy diet and avoid trans fats
- ◆ Start moving
- ◆ Treat your other health conditions, especially if you have high blood pressure, high cholesterol and diabetes



Dr. Suzanne Steinbaum, a cardiologist at The Mount Sinai Hospital and a volunteer medical expert for American Heart Association's Go Red for Women, says, "It's always about baby steps. It's never too late, let's just start there. It's never too late to start eating healthy, it's never too late to start moving. But you certainly don't start by running a marathon, you start by walking around the block."



At Bridges Home Services we are here to do one thing: **make life better for you!** For over 20 years, Bridges Home Services has provided expert, knowledgeable care, enabling our loved ones to stay at home where they want to be. Our professional, certified, trained staff are devoted to providing solutions to every day struggles, allowing for a better quality of life for you and your loved one.

Bridges Home Services provides individualized solutions for families caring for loved ones and for older adults who need extra help with daily activities. Continuing a relationship with a parent or disabled family member does not have to be compromised by age and medical restrictions. Families facing the everyday challenges that caring for a loved one may present can feel confident in the personalized options we offer to keep your loved one at home and active in the community. We understand that different stages of life can require different types of care. Whether it's a little care now or more needed down the road, we are by your side to help make that journey easier for you and your family.

At Bridges Home Services, our consumers have access to: Personal Support Services, Adult Day and Community Support, Life Care Consulting, and Personal Emergency Response Units and Medication Stations.

For more information please call **(207)623-0761** or toll free at **1-800-876-9212**.



All Spectrum Generations' locations will be closed on Monday, February 17, in observance of Presidents' Day



### FREE 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, and appropriate exercise for maintaining and improving strength. The class will also address appropriate use of medications, communicating effectively with family, friends, health professionals, proper nutrition, and how to evaluate new treatments.

#### Merrymeeting Adult Education

35 Republic Avenue, Topsham  
 Wednesdays, 10:00 a.m.—12:30 p.m.  
 March 4—April 8, 2020

To sign up for upcoming events, visit [healthylivingforme.org](http://healthylivingforme.org) or call **1-800-620-6036** to speak with a team member.



### Weather Cancellations and Delays

In the event of inclement weather, Spectrum Generations will announce any delays or closings on our Facebook page (@SpectrumGenerations) 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 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**

# Club Corner



**TABLE TENNIS** is offered four times every week at People Plus. It's open to all members of the Center on Union Street in Brunswick. *Text & photos by Patrick Gabrion*

## Table tennis ... a game of fun at People Plus

“Come on, grab a paddle!”

And that's just how easy it is to play table tennis at People Plus. This popular activity is offered four days per week: Mondays at 11 am, Tuesdays at 9 am, Wednesdays at 10 am, and Thursdays at 9 am. It's open to all members of the Center.

While the games are kind of competitive in nature, it is very low key and there is much friendly banter between the participants. There are actually two ping pong tables available to accommodate a larger group, along with the option of rotating players so everyone can get in on the fun.

“I enjoy playing table tennis at People Plus because we laugh a lot,” said member Steve Winter during a recent match. “We laugh when someone makes a really good shot, because it is unexpected, and we laugh when someone makes a



really bad shot, because that too is unexpected. “I enjoy the somewhat gentle exercise, though the better you get the more exercise it is,” Winter continued. “Table tennis exercises your balance and fine muscular control, which as you get older needs some exercising. Table tennis also exercises

your mind. I enjoy the competition, the exercise, the people, and the camaraderie.” Another longtime player is Armand Bouchard. He said, “I've been playing ping pong at People Plus ever since we moved back to Maine upon my retirement. I started playing when People Plus was located at the old St. Charles church, and continue to play at the current location.” “During these years I made a lot of friends while enjoying this activity,” Bouchard went on to say. “Right now we've got a great bunch of players of all levels. It's a lot of fun playing with these guys and gals, plus providing an opportunity for weekly exercise.” So come and play; all the equipment is provided. You just need to show up for fun, friendship, and a little exercise.



**“Like other games, table tennis is a serious endeavor which should not be taken too seriously. Those who play are intense, but have a lot of fun doing it. Many of them played years ago, then stopped for a variety of reasons. They took up the sport again when they joined the group.”**  
— Vince McDermott



**PARTICIPANTS GATHER** at People Plus on Mondays at 11 am, Tuesdays at 9 am, Wednesdays at 10 am, and Thursdays at 9 am.

# My Valentine's Day love story

The Customs agent at Boston's Logan International Airport gave me a quizzical stare. He seemed astonished that I had nothing to declare after spending nearly five months touring around Europe.

No Tower of London tea towel from England. No expensive wine from France. No tartan anything from Scotland.

Nothing. No souvenirs. At least not the kind you — or I — would expect to bring home after an extended visit.

When I arrived in London, my plan was to see the sights of Europe for a year, mostly by way of a bicycle. My first few weeks were spent taste-testing the countless varieties of ale in what seemed like most of London's pubs.

After a side trip to Scotland — that included a search for "Nellie," the Loch Ness monster — I determined it was time to push off on my two-wheeled journey. I purchased an English-built Dawes bike, with its Brooks leather saddle and all the necessary supplies, and pedaled joyfully through the southeastern portion of England and headed to France.

After spending several days along the Channel coast between Calais and Dieppe — which involved camping in parks and along country lanes — I decided to catch a ferry back to England to visit my friends before setting off on another adventure.

Heading into central London, with just a couple of miles to go to a well-deserved bath, my life changed forever. Not to mention the plans for my European trip.

As I approached a traffic rotary, I brought my bicycle alongside a truck. When the light

turned green, both the vehicle and I headed to the left. That's when things started to go wrong, or right as it turned out.

As the truck entered the rotary it came closer, leaving me with nowhere to go because of a railing running along the sidewalk. The truck picked up speed. I was frantically attempting to get out of the way. Suddenly, the stitching of my sweater was snagged by some rigging sticking out of the truck.

Faster and faster it went, and I was no longer in control of the situation. I was thrown to the pavement and run over, along with my bicycle, by the multi-wheeled vehicle. The story could end here, but it actually gets better.

I spent the next two months in St. Thomas' Hospital recovering from my injuries. A broken collarbone. A fractured pelvis. A ruptured urethra. And more. But at least I had a nice view of the River Thames and the Houses of Parliament.

I also had the opportunity to meet some very nice people — and one person in particular.

She was a senior staff nurse. When she worked nights, she'd bring me hot cocoa when I couldn't sleep and we'd talk, or play the game "I spy with my little eye." Believe me when I say that throughout my eight-week hospital ordeal, ours was strictly a nurse-patient relationship, although subconsciously we were fast becoming good friends.

One of her duties was to assign student nurses to their daily chores. The fact that there was this young American stuck among

a ward full of geriatric patients meant there were plenty of requests to be stationed at bed number 18 — mine. Frequent nurse rotation became one of her priorities.

We talked about everything. England was just mopping up after its involvement in the Falkland Islands War, so we chatted about that. We talked about places we'd been and where we grew up. We talked about past relationships. Very little escaped our attention.

When the topic turned to what I was going to do after leaving the hospital, it was a given that I had to return to the States at some point to undergo more surgery. The senior staff nurse was thinking about taking a vacation, possibly embarking on an African safari.

After that didn't pan out for her, I suggested she come to the United States, and I'd be her guide back in my home state of Michigan. To my surprise, she agreed to the visit and, after departing the hospital on crutches, we got together over lunch a few days later to discuss the logistics of her trip that would take place in three months time.

We ended up spending much of the day together. Lunch at a place called Porter's in Covent Garden. An afternoon full of talking and soaking up the sun in Hyde Park. When I dropped her off at her apartment, I said goodbye and stated I would see her again in August when she arrived in the U.S.

But things didn't work out that way.

I had to return to St. Thomas' due to complications arising from my still-healing injuries, and once again, our paths crossed. After leaving the hospital a final time, we decided to spend a week together in Cornwall. The

## Simply put

Patrick Gabrion



bed and breakfast we stayed in — called the Warwick House — was situated at the foot of a steep cobblestone street, next to the sea.

Unable to walk very far, and with hills proving particularly difficult for me, our favorite pastime was to visit a little shop and feast on tea and scones with jam and clotted cream — thick, yellow and guaranteed to take years off your life.

Our relationship was growing stronger by the day. We kept remarking to each other that events were happening too fast. But our caution seemed to fly away with the sea breeze that was ever-present in Penzance.

We fell in love.

Nearby, there just happened to be a jeweler's shop, and it seemed only natural to propose.

She accepted, and we picked up the ring before heading back to London. In a span of just four weeks, we went from having our first date to becoming engaged.

Not the sort of time frame for everyone, but barely a day goes by that I don't thank that truck driver for getting in my way while riding my bicycle.

Yes, I must confess, I didn't come back empty-handed. My souvenir has been my Valentine for more than 36 years.

## New/renewing members for January

\* indicates new membership  
• indicates donation made with membership

### Bailey Island

Joan Wells

### Bath

Margaret Edwards \*  
Tom Edwards \*  
Arthur Melville  
Joanne Melville

### Bowdoinham

David Berry \*  
Irving Brackett \*  
George Paton

### Brunswick

Beth Aldenberg \*  
Mary Babson  
Michael Anne Banks  
Tim Banks

Dennis Belt  
Nancy Belt  
David Bracy  
James Burbank  
Marybeth Burbank  
Donna Burch  
Cynthia Carney \*  
Anne Clayton  
Frank Connors \*  
Patricia Croy  
Rae Duval  
Omar Gagne  
Gayla Galbraith  
Allen Halvorsen  
Monica Hamkins  
Daniel Harris \*  
Polly Harris \*  
Rosalind Harris  
Robert Harroff  
George Hermans  
Merry Hermans  
Seth Higgins III \*  
Fred Horch

Hadley Horch  
John Hutchins  
Margaret Hutchins  
Doris Kent  
Jane Knox  
Sonia Lofgren (Lifetime membership)  
Mary Maguire  
Bruce Myer \*  
Pat Myer \*  
Elfriede Nicholson  
Christine Oddleifson \*  
Delma Patenaude  
Robert Pickel \*  
John Rhode  
Suzanne Rhode  
Marcia Sewall \*  
Jill Standish  
Karyn Swiger  
Elizabeth Waldo  
Douglas Watkins \*  
Curtis Weed  
Lucile Weed

Marilyn Whitaker \*  
Sam Whitaker \*  
Marilyn White \*

### Dresden

Dana Sattin \*

### Durham

Geoff Gadow \*

### Falmouth

Steve Helphand

### Harpswell

Jere Hoffert  
Susan Millar  
Hiram "Pete" Piedmont  
Liz Sutton \*  
Anne Taft \*  
Joseph Tonely  
Donna Westervelt \*

### Lisbon Falls

Matthew Quinn \*  
Judi Tracy

### Rockport

Matilda Desorcy

### Topsham

Suzanne Atwood  
Rosaline Collins  
George Hardin  
Heidi Hartz \*  
Jerry Hartz \* \*  
Carol Jack  
Paul Karwowski \*  
Jane Littlefield

Sharon Rahn \* \*  
Debra Robertson \*  
Rusty Robertson \*  
Carole Sargent \*  
Henry Schwartz \*  
Patsy St. Pierre  
(Lifetime membership)  
Denise Tepler \*  
Margaret Wheeler  
(Lifetime membership)  
William Wheeler III  
(Lifetime membership)



Peter W. Ladner, President, circa 1980

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# Café Gallery art show continues to feature Robin Brooks

Have you checked out the outstanding work of Robin Brooks in the People Plus Café Gallery yet? Fortunately for all of

Art show open house, Wednesday, Feb. 26, 3:30-5 pm. Refreshments will be served.

us, the art show featuring the Topsham artist continues through the month of February.

When describing her work and life as an artist, Brooks said, "Whether I am drawing from the landscape outdoors or working indoors, I am inspired by my love of the natural world. I enjoy playing with a variety of materials and processes, including paint, printmaking, and collage."

"In addition to my studio art practice, I teach art and Tai chi to children and adults. Both practices involve moving energy. Visual art leaves a trace on the canvas, while Tai chi is a temporal art. But I find both to be deeply satisfying and enriching," Brooks continued in a recent interview.

Brooks also currently works at Williams-Cone School in Topsham as the elementary art specialist. In addition, 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, Brooks lives in Topsham with her husband, Jon Riggleman, 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.



**TOPSHAM-BASED ARTIST** Robin Brooks shows her art show presentation to some friends inside the Café Gallery at People Plus. Her show will continue through the month of February with an Open House on February 26th.

"Connected," a free nondenominational gathering, invites all widowers, widows, divorced and singles 55 and over to come to our monthly meeting on Monday, Feb. 3. The group meets at St. Charles Borromeo Church hall located at 132 McKean 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**

Dec. 23: Jenny Ferguson, 4370  
Barbara McHarg, 4210  
Craig Aderman, 3630

Dec. 27: Woody Townsend, 2590

Dec. 30: Barbara McHarg, 4060

January 3: John Rich, 3940  
Lorraine LaRoche, 3640

January 6: Jenny Ferguson, 5070  
Richard Totten, 3980  
Bob Cressey, 3430

January 10: Woody Townsend, 3520

January 13: Barbara McHarg, 2890  
Terry Law, 2630

January 17: Sherry Watson, 5610  
Woody Townsend, 5210

January 20: Paul Betit, 3120  
Barbara McHarg, 2980

**Senior Intermediate Cribbage**

Dec. 18: Julie Swol, 700  
George Harden, 694  
Rollande Fortin, 682

January 8: Julie Swol, 693  
George Harden, 674  
Rollande Fortin, 672

January 15: Rick Fortin, 718  
Lois Fournier, 702  
Anita Owens, 691

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