



# Plus! People NEWS!

The center that builds community

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

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

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org December 2020 Volume 20, No. 12

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



**THE STAFF OF PEOPLE PLUS**, (L to R), Betsy White, Jordan Cardone, Jill Ellis, Lynne Smith, and Stacy Frizzle-Edgerton were honored by a visit last week from the United Way's Loaned Executive Ryan Berard with a surprise award presentation! Thrilled and honored beyond words, the staff has worked numerous hours in the last eight months to keep our senior and teen community safe!



## People Plus captures United Way award

This is a pretty big deal and we wanted to share the news with all of you. People Plus was awarded the 2020 United Way of Mid Coast Maine's Public Service Division Award at their Campaign Finale. Stacy Frizzle-Edgerton, People Plus Executive Director, accepted the award at the meeting via Zoom, in front of 30 People Plus members having a monthly lunch outside in the Center parking lot.

"Receiving this award is so amazing. We are thrilled and honored," said Stacy. "This would not have happened without the work of the amazingly dedicated staff and volunteers at the Center. Thank you so much."

United Way donations fund community initiatives and vital services for thousands of people through local partner agencies. Their mission is "to improve lives by mobilizing the caring power of communities." This is especially important this year with surrounding communities dealing with the coronavirus pandemic.

Chris Szalay, a United Way Campaign Cabinet member, said during the award presentation, "Working with a similar population, I can tell you that People Plus really rocked it this year! They helped people shop, pick up prescriptions, brought them masks, and did check-in calls. As anyone who has met Stacy knows, she is a one-woman walking fundraising rally! She inspires her staff to be 100 percent on board with United Way and with whatever they are doing, whether it's finding a way to hold exercise classes in the parking lot,

to weekly videos, to revamping their stellar event — the Senior Expo, to go entirely virtual and getting sponsors to keep agency information live for the next year. Thank you, People Plus, for your contributions to our community and to our UW campaign!"

Ryan Berard, 2020 United Way Mid Coast Maine Loaned Executive, added, "Stacy Frizzle and her team did a wonderful job adapting to the pandemic, changing their processes and programs so that they could reach their members virtually. They have had 100 percent participation in their campaign for many years, and Stacy has previously served on our campaign cabinet for several years. Thank you People Plus for all you do for the community and congratulations."

United Way funds provide support for People Plus' activities, including the free Volunteer Transportation Network, Good Morning safety call program, exercise classes, clubs, social gatherings, and public presentations that make up the activities of the Brunswick area senior community center.

"We're so proud of the People Plus staff and folks that make the good work happen," said David Forkey, Chairman of the People Plus board of trustees, on hearing about the United Way award. "Congratulations! This is really exciting!"

"Stacy and staff, we are so thankful to have you leading People Plus. You are all delivering great service to People Plus members and to our community. Thank you for your hard work, especially during these difficult times," said board member Chris Corriveau.

Annee Tara, another board member, said, "Congratulations to everyone on the staff. You all have been amazing this whole year. It's been nearly 10 months of the pandemic and you have made such a difference in the lives of our seniors and teens. It's a pleasure to be part of the work of People Plus."

## People Plus impacts people's lives

### Annual fund campaign is underway

Supporting People Plus has a tremendous impact on many people's lives. The following letter is just one example:

"I used to love going to People Plus to do Chair Yoga. Then COVID hit and I was all alone until I started receiving calls from Carol Aderman (through the 'Friendly Phone Call' program). She called every day and I feel we've become lifelong friends as she was always there for me. I also get free transportation from People Plus (through VTN), which gives me comfort as I do not drive. I also do the online video exercise classes and love them! I don't know what I would do without People Plus and its programs!" — Leona Phelan, a member since October 2018, who unfortunately passed away suddenly in early November.

Yes, People Plus is a valuable resource for senior members in our surrounding communities. All are welcome! To do exercise classes, learn languages, enjoy a snack or meal, take art lessons, play cards and games,

attend presentations, receive rides; the list is almost endless. It's a place to meet and make new friends.

But it takes assistance from many different sources for the opportunity to offer these services. With that in mind, People Plus has launched its annual fundraising campaign and we would welcome your support in the form of donations.

Here are some statistics that show the importance of People Plus, as we keep our senior members safe — but connected — especially during these turbulent times:

- Provided over 31,000 miles of FREE transportation to over 600 riders.
- Shopped for and delivered more than 1,300 grocery store orders.
- Coordinated more than 750 prescription and medical deliveries.
- Placed 2,218 safety check-in calls with our homebound elders.
- Created and shared over 600 exercise and entertainment videos — with more than 13,000 views from 36 countries!

People Plus receives no money from the state

*continued on page 6*



### A Special Gift

Enjoy our centerfold section of poems and other works.

from the People Plus Write Out! Writers

Get Fit for Free? See page 3.

### PEOPLE PLUS MONTHLY RAFFLES

## 2 winners gobble up November prize

Gobble! Gobble! Gobble! That's exactly what our two November raffle winners did as they enjoyed a homemade Thanksgiving dinner with all the fixings.

Capturing the edible prize, which was drawn on Nov. 19, were members Merrilyn Tombrinck and Russ Kinne. A total of 140 tickets were sold, bringing a net gain of \$950.

The dinner, for up to six people, was prepared by Stacy and the People Plus staff. It also included a tasty pie from Jane Connors. It was delivered the day before Thanksgiving.

Thanks for your support and "giving" to our homebound seniors.



**LONG TIME MEMBER RUSS KINNE** was thrilled to win one of the Thanksgiving dinners in the November raffle! Cradling his pie prepared by Jane Connors, Russ was overheard to say he will eat like a king for a month! When he was leaving Jill wished him a happy Thanksgiving and he responded, "You've all made it happy!"

## Let it snow with December raffle!

Fight back against Ol' Man Winter by winning a brand-new snow blower being offered in the People Plus December raffle.

Tickets are only \$20 each!

The prize is a Toro Power Max 824 OE Snow Blower. Other details include: 24 inch, 252 cc two-stage electric start, gas blower. Quick stick chute control. Fully assembled. It's being donated by Home Depot. Value \$899.

All of our monthly raffle proceeds go to support our members who struggle to care for themselves. These members no longer drive and risk poor nutrition, isolation and depression, in addition to not having access to proper medical care and other services.



To purchase tickets, please go to peopleplusmaine.org and follow the instructions. Or stop by the People Plus Center in Brunswick (mask required, please), M-F from 9 am to 1 pm, or give us a call at 729-0757. The drawing will be Thursday, Dec. 17.

Good luck and thank you for helping our seniors and supporting People Plus!

*Wishing you and yours a joyous holiday season!*



### 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:

The Editor, People Plus News  
P. O. Box 766  
Brunswick, ME 04011-0766  
Office phone (207) 729-0757

#### People Plus Board of Trustees

- David R. Forkey, Chair, Georgetown
- Charles S. Evans, 1st Vice, Topsham
- David Millar, 2nd Vice, Yarmouth
- Mitchell W. Brown, Secretary, Brunswick
- Christine Munroe, Treasurer, Falmouth
- Carolyn Bulliner, Brunswick
- Jim Burbine, Harpswell
- Robin Copland, Topsham
- Christine Corriveau, Orr's Island
- Thomas Farrell, Brunswick
- Catherine Jarratt, Brunswick
- Tim Keene, Pittston
- Roddie Lloyd, Freeport
- Stephen F. Loeb, Topsham
- Scott Stewart, Topsham
- Annee Tara, Brunswick
- Kim Watson, Topsham
- Kelsie M. West-Ezzo, Topsham

#### People Plus Staff

- Stacy Frizzle-Edgerton  
Executive director  
[director@peopleplusmaine.org](mailto:director@peopleplusmaine.org)
- Jill Ellis  
Program and event coordinator  
[programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org)
- Elizabeth White  
Office manager  
[betsy@peopleplusmaine.org](mailto:betsy@peopleplusmaine.org)
- Jennifer Felkay  
Marketing coordinator  
[marketing@peopleplusmaine.org](mailto:marketing@peopleplusmaine.org)
- Jordan Cardone  
Teen Center coordinator  
[teens@peopleplusmaine.org](mailto:teens@peopleplusmaine.org)
- Lynne Smith  
Membership/VTN coordinator  
[driver@peopleplusmaine.org](mailto:driver@peopleplusmaine.org)
- Sarah Deck  
Office coordinator/receptionist  
[reception@peopleplusmaine.org](mailto:reception@peopleplusmaine.org)
- Patrick Gabrion  
People Plus News editor  
[news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

#### Spectrum Generations Staff

- Andrea Handel  
Aging & Disability Resource Specialist  
[ahandel@spectrumgenerations.org](mailto:ahandel@spectrumgenerations.org)
- Teddi Reed  
Meals on Wheels/Nutrition coordinator  
[treed@spectrumgenerations.org](mailto:treed@spectrumgenerations.org)



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



## Ten-Cent Blessings for sale...

So despite things being wonky in the world these days, it sure feels like we have a lot of blessings in our People Plus community.

With Thanksgiving this week and the Christmas holidays upon us, we are appreciating the little things in life. The small moments of sharing a story, taking a walk, delivering food, or having a meal with friends outside ...

Since the pandemic began, we have had an outpouring of community support at the Center with loads of little blessings all year and with every uptick in the number of Covid cases, we have seen an uptick in people offering to volunteer. An increase of donated masks, meals prepared, phone calls made and groceries delivered.

Every day we spent keeping our seniors safe was one more day that we were able to deliver exercise classes outside, hold lectures in the parking lot or provide a Zoom link for a club or wellness activity.

And so far so good — we are all healthy and counting our blessings!

One of this week's blessings emerged in the form of a total stranger to me. A lovely gentleman named George Cookman, who is a volunteer for the Harpswell Aging at Home program, called last week and we started chatting about making Thanksgiving gravy. I mentioned how we make gallons of it every year at the Center. Turns out he needed to make some too, as he is a volunteer cook and needed a gallon of rich turkey gravy to go with the meals that they deliver in Harpswell. And I needed about a gallon for our raffle winners and other seniors we are feeding for Thanksgiving. So George and I had a gravy-making session!

He arrived in the pouring rain bearing his grandmother's ancient silver-plate spoon with one side worn flat from 75 years of scraping the bits off the bottom of her turkey pan ... and he lovingly used that spoon to stir our big pan of roux, slowly mixing the butter and flour. And while he stirred and stirred and stirred to get JUST

the right golden brown color, George told me the story of his life.

I learned how he went to college in Boston and then enlisted in the military with the expectation of going to Vietnam. And on the day before graduation from Officer Candidate school, he and his squadron were shuffled one at a time through a solitary telephone booth on the base. After dropping his dime in the phone booth, he connected with a man in the Pentagon holding George's file in his hand. The voice on the other end of that phone told George he had been selected for military intelligence/computer sciences and he was shipped to Japan the next week.

The price of that phone booth call was a ten-cent blessing that changed George's life forever and his story of dropping the dime into the slot was one that will always stay with me.

It was lovely to get to know this man who moved to Maine to enjoy his retirement with his wife in Harpswell. They are active in the volunteer community and as George's last name imparts, he loves to cook for the program. It was such a treat to spend yesterday morning with him making gravy to feed our homebound elders. And since we at People Plus are also feeding over a dozen of our homebound and elder members, that gravy will get loved by many.

Making gravy with George — despite being socially distanced and with masks — reminded me of days gone by. Of cooking with my grandmother when I was little or with my daughters as well. It felt like reconnecting with those historical traditions.

So let's create our own blessings as we dig deep in our memories and recipe books to re-create things our grandmothers would have made, goodies packed into a tin and shared with a neighbor. We could try stringing popcorn or drying orange and apple slices for the tree.

Let's embrace our simpler blessings as we go Christmas caroling door to door with

### From the Executive Director

Stacy Frizzle-Edgerton



masks on or walking outside with a friend. Let's hang Christmas lights early this year to spread good cheer and let the lights burn through Easter. We will be spreading our little blessings as we flip that switch every night. Maybe it is time to dust off those old-fashioned ideals and ornaments, call your family or friends, brew a cup of tea and watch "It's a Wonderful Life."

And as we head out today for the Thanksgiving holiday break, I realize that YOU, our members and community, are our number one blessing here at People Plus. And we wish you a safe, healthy and happy holiday from all of us at People Plus.



**ADORNED IN HIS RETRO APRON.** Harpswell resident and volunteer, George Cookman, came and prepared gravy for homebound elders at the Center in November.

### From Anita's Plate

Anita Nugent  
(207) 504-6439



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

There are some family traditions that just can't be changed. However, if we want to make our holidays healthier, there are lots of things that we can do.

Please consider these ideas:

### Several ideas for healthier holidays

- Prepare less.
- Make your gravy with vegetables!
- Use broth instead of butter for your stuffing.
- Try mashed cauliflower instead of mashed potatoes.
- Making little quiches in filo cups.
- Baking only one type of cookie.
- Making sure that there are plenty of vegetables for appetizers and at the dinner table.
- Keeping up with your activity.
- Listen to your level of fullness.
- Use a smaller plate.
- Savor your food.

### White Chocolate Cheesecake Fillo Cups

- Ingredients:**
- 8 ounces cream cheese, room temp.
  - 1/3 C white chocolate chips, melted and slightly cooled
  - 1/4 C powdered sugar
  - 2 t vanilla extract
  - 2 (15-count) packages Athens Food mini fillo shells (Found in the freezer section near the frozen fruit)
  - 30 fresh raspberries
- Directions:**
1. In a mixer add cream cheese and mix for a minute.
  2. Add in melted white chocolate, powdered sugar, and vanilla bean paste. Mix together on medium speed for 3 minutes until fluffy and combined.
  3. Add filling to mini fillo shells and top each one with a fresh raspberry.
  4. Chill and serve. Yield: 30 cheesecake bites

Parkinson's Treatment • Pre & Post-joint Replacement • Balance Related Issues

Complimentary pain screenings available daily!

439 Lewiston Road, Topsham 725-4400

**REFORM PHYSICAL THERAPY**  
Don't neglect your health, reform it

45 Forest Falls Drive, Yarmouth 846-3300

IN NETWORK WITH: Medicare, MaineCare, Martin's Point, Anthem BC/BS, Humana, Tricare, AARP, United Healthcare, Aetna, Today's Options, the VA, and others!

Vertigo, TMJ, Arthritis, Lymphedema, Chronic Pain treatment and more!



## Fit for Free in January

Wellness and fitness are two aspects of life that People Plus loves to promote. So for the month of January, we would encourage you to try any of our exercise classes for FREE! This is an offer for new attendees to come to the Center and see what the fun is all about!

Exercise classes at People Plus include Loosen Up, Chair Yoga, Tai Chi, Qigong, Yoga, Zumba and Gentle Barre. They are indoors with recommended spacing and ample ventilation. Class size is limited, with masks and registration required. Please check the calendar for dates and times.

There are also exercise classes via Zoom, such as Zumba. "The goal is to get folks engaged," said Executive Director Stacy Frizzle-Edgerton. "This offer is for new attendees who want to try out a new class, as often as they want during the month, to see if they like it. There is no better investment than the one we make in our own personal health. As they say, 'Use it or LOSE it!'"



## 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.



## Guess Who?

With everyone being masked it's sometimes hard to recognize our fellow members, so we decided to create a fun and new monthly game called Guess Who? And to complicate matters, we are using photos from participants' senior year of high school.

So who is the person looking at you now? Take as many guesses as you would like, and then satisfy your curiosity by finding the answer on page 10. Good luck!

We are looking for more members to play along with Guess Who? Please send us your high school senior year photo to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org) to join the fun.



## Come on! Please help fill up our red wheelbarrow

Yes, the little red wheelbarrow is in its usual place as we continue our all-important food drive.

The annual campaign is underway to collect non-perishable food for the Mid Coast Hunger Prevention Program, this being the 12th edition of such a worthy cause. So far for this year, as of Nov. 20, 380 items have been collected, coming in at 370 pounds.

Please place your donations in the wheelbarrow located near the lobby. People Plus collects the items for MCHPP and delivers them in bulk every week. Brunswick's non-profit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in constant need. People wanting to donate money directly to MCHPP may do so, as well.

Final figures from last year's event revealed that the total pounds of food collected 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 long-time staffer and member Frank Connors' pop-up "campfire" event that collected 264 pieces of food.

"There is certainly a need to help others, and we greatly appreciate the donated items from everyone," said Sarah Deck, office coordinator at People Plus and an organizer of the food drive. "The issue of hunger is of real concern, so anything we can do to help



others is greatly welcomed."

The holiday season also increases the need for items like boxed instant potatoes, cranberry sauces, and canned gravy. Boxed "helper" mixes, both hamburger and tuna, are also useful to help fill anticipated holiday wishes.

So please help us fill up the little red wheelbarrow over and over again. The more trips to MCHPP we make, the better. And in advance, thank you very much for your donations!

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



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

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



# Decorating December at People Plus!!



**SMILE AND WAVE!** That's what the ladies do every month outside at "muffins with mamas" as Stacy likes to call the women's newly created coffee break that takes place in the parking lot every month. Hope to see you outside on Thursday, December 3 at 10 am!



## Free Zoom Tutoring with Jasmine

**Wednesday mornings.** People Plus is offering free 45-minute Zoom training sessions at the Center with Jasmine Giffin. Members only, masks and registration required.

Jasmine, who is 17 and a senior at Mt. Ararat High School in Topsham, is offering Zoom instruction as part of her Senior Capstone Community Project, where

seniors learn a skill during their last year of high school while giving back to the community.

"Helping with People Plus will be beneficial to me because I enjoy connecting with seniors and I plan to be a nurse practitioner and focus on senior health in my future career," said Jasmine.

## Zooming at the Center!

Would you rather attend your exercise class from home via Zoom? Please contact Sarah at reception and she can give you the link for the class. Members only.

### Zumba via Zoom!

**Mondays, 10:15 am. ~ FREE ~** Instructor Bea Blakemore. Open to the public, registration required. You will be emailed class link and password.

### Art with Connie Bailey

**Thursdays, 9:30 am.** Please bring #2 pencil, sketch pad, and your own water. Members only. Class size is limited and masks are required. Registration is required and payment is via punch card (\$5/class).

### Bridge Online... Together from Home!

Do you want to play bridge with folks from People Plus? Many are playing online together using TricksterCards.com! Call the Center if you want to be connected to this group!

### Hair Cuts with Margarita!

**Fridays, 9-12 pm.** Appointments with Margarita Day (no drop-ins). \$10 donation benefits People Plus. Open to the public! Registration & masks required, must follow building safety protocols. Call 729-0757.



**People Plus Holiday Closure:**  
People Plus will be closed Wednesday, Dec. 23 – Friday, Jan. 1 for a long holiday break. Have a safe and happy holiday!

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

**Stetson's**  
Funeral Home

12 Federal St. Brunswick, Maine 04011  
www.stetsonsfuneralhome.com  
207.725.4341  
apurinton@awi.net

Anthony B. Purinton • Funeral Director

Sun	Mon	Tue	Wed	Thu	Fri
<b>*STORM POLICY*</b> When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check www.peopleplusmaine.org or local media for closure information.		<b>1</b> 9:00 Chair Yoga 10:30 Yoga 3:00pm Spanish Club via Zoom	<b>2</b> 9:00 Outing Club 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 2:00pm Write On Writers	<b>3</b> 9:30 Art with Connie 10:00 Women's "Coffee Break" Outside 11:30 Yoga	<b>4</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
<b>6</b> 9:00 Grace Reformed Baptist Church	<b>7</b> 9:00 Loosen Up 10:15 Zumba Live via Zoom	<b>8</b> 9:00 Chair Yoga 10:30 Yoga 3:00pm German Club via Zoom	<b>9</b> 9:00 Outing Club 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 2:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	<b>10</b> 9:30 Art with Connie 10:00 Men's "Coffee Break" Outside 11:30 Yoga  Hanukkah begins at sundown	<b>11</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
<b>13</b> 9:00 Grace Reformed Baptist Church	<b>14</b> 9:00 Loosen Up 10:15 Zumba Live via Zoom 7:00pm Civil War Book Club	<b>15</b> 9:00 Chair Yoga 10:30 Yoga	<b>16</b> 9:00 Outing Club 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 2:00pm Write On Writers	<b>17</b> 9:30 Art with Connie 11:30 Yoga 12:00pm Lunch Bunch On US Outside	<b>18</b> 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
<b>20</b> 9:00 Grace Reformed Baptist Church	<b>21</b> 9:00 Loosen Up 10:15 Zumba Live via Zoom	<b>22</b> 9:00 Chair Yoga 10:30 Yoga 3:00pm French Club via Zoom	<b>23</b> Center Closed for holiday break: Dec. 23 through Jan. 1		<b>24</b> <b>Merry Christmas</b>
					<b>25</b>

## Center Clubs Free for members

**Outing Club**  
Wednesdays, 9 am. Meets at the Center for a ride or hike each week (some walk, some ride so all are welcome). Members only. Masks required for check-in. Registration required.

**Cantina Espanol via Zoom**  
Tue, Dec 1, 3 pm. Spanish language club meets via Zoom to chat in Spanish. Please contact the Center if you would like to be connected to this club.

**Kaffeestunde! via Zoom**  
Tue, Dec 8, 3 pm. German language club meets via Zoom to chat in German. Please contact the Center if you would like to be connected to this club.

**Café en Francais via Zoom**  
Tue, Dec 22, 3 pm. French language club meets via Zoom to chat in French. Please contact the Center if you would like to be connected to this club.

**Write on Writers**  
Wednesdays, 2 pm. Sit socially distanced to share recent poems and stories. Masks required. Members only. Registration required. Space is limited.

## FREE Video Library

Are you hunkering down for the winter? Don't forget to check out the People Plus video library. It's filled with community updates, exercise classes, art classes, guest presentations on varying topics (including previously recorded presentations/events at the Center), our new "Storytime with Frank" series, News & Views TV shows, People Plus Cooks! TV shows with additional cooking videos, Senior Health Expo exhibitor submissions, Teen Center videos, "how to" for building protocols, and other fun videos.

Our free videos are all available on our website (click on the Free Videos tab), the People Plus Vimeo or YouTube channels, and many will air on Brunswick TV3 & Harpswell TV14.

If you have an idea for a video, please contact Stacy Frizzle-Edgerton.



# Gratitude

**The McLellan**  
Live better.  
We have a UNIT OPEN

**Something good in every day.**  
Not every day may be a good day, but there is something Good in Every Day! As winter blankets us with snow, and COVID-19 lingers a while longer, it may be hard to see and feel that "something good." When you can't touch your real families, then touch your second family! The McLellan is not a business, we are your "something good," we are your second family, reminding you, that having each other as neighbors is something GOOD! We are a boutique senior living experience in downtown Brunswick Maine!

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

Register for activities @729-0757

## Exercise at the Center!

Classes include Loosen Up, Chair Yoga, Tai Chi, Qigong, Yoga, and Gentle Barre. Indoors with recommended spacing and ample ventilation. Class size is limited. Members only, masks & registration required, must follow building safety protocols, payment via punch card (\$5/class). Check calendar for times.

## Yoga Twice a Week!

Tues, 10:30 am or Thurs, 11:30 am. Class size limited. Members only, masks & registration required, payment via punch card (\$5/class).

## Good Eats – Good Friends!

(Dress for the weather—we'll be outside!)

**Women's "Coffee Break" Outside**  
Thu, Dec 3, 10 am. Enjoy coffee, hot cider, and muffins while socializing with the ladies. Members only, limited space, registration and masks required.

**Men's "Coffee Break" Outside**  
Thu, Dec 10, 10 am. Enjoy coffee, hot cider, and muffins while socializing with the gents. Members only, limited space, registration and masks required.

**Lunch Bunch "On Us" Outside**  
Thu, Dec 17, 12 noon. (Rain date Dec. 18) Join us for lunch on us. Enjoy a cup of hot soup and crusty bread with drinks and a holiday dessert served up at noon at the Center. Members only, registration and masks required. 25 people max. Wear something festive! Don't miss it!

## Thursday, December 10th – First Night of Hanukkah!

**Can YOU help a Neighbor in NEED?**

Join our team! Volunteer to drive or shop for a homebound senior!

FMI call 729-0757 or email driver@peopleplusmaine.org

Investments designed with you in mind

**BATH SAVINGS TRUST COMPANY**

1-866-670-7517 bathsavings.com

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

## People Plus Building Protocols

- Enter through the lobby entrance from the parking lot. Respect those in line and maintain a six-foot distance. You might need to wait outside for a bit.
- Masks are required in order to enter the Center. We will give you a mask if you forgot one.
- You will be greeted at the Center door and asked several health questions:
  - Do you have a cough or sore throat?
  - Do you have a fever or feel feverish?
  - Do you have shortness of breath?
  - Do you have a loss of taste or smell?
  - Have you been around anyone exhibiting these symptoms within the past 14 days?
  - Are you living with anyone who is sick or quarantined?
  - Have you been out of state in the last 14 days (except to "safe" states or where a negative test result has been received in accordance with state of Maine quarantine requirements)?
- Do not come to the Center if you answer yes to any of these questions!**
- We will take your temperature with a forehead scanner. You will be asked to use hand sanitizer.
- Upon entering the lobby check in with Sarah (who will be behind a protective plastic screen at the front desk). She will confirm you are on the registration list (registration is required for all activities).
- You will be asked to sign a COVID-19 Authorization/Waiver on your first visit.
- Once Sarah checks you in, proceed to your activity. Use the markings on the floor to maintain social distancing.
- Enter the hall or activity room and head directly to a chair. Chairs are safely distanced in pre-measured spots. At each chair is a plastic bin for shoes, jacket, other personal items. Remain in your seat area with your mask on.
- After class, retrieve your belongings and exit through the door in the room you are in (which leads directly to the parking lot). Do not go to the lobby.
- Rest rooms are available for use.
- Maintain six-foot distancing at all times.
- To watch an instructional video about entering the Center and see the space, visit our Vimeo page.
- Chairs and bins will be cleaned between classes along with door handles, touch-screens, and other high-touch surfaces.
- Our HVAC system has been upgraded with a new HEPA filtration system and increased mixture of outside air.

**"Still here for you!"**

**chicks DO chores**  
(AND SOMETIMES CHUCK)

So you don't have to!

MARY ELLEN ROSENBERG - OWNER  
CALL OR EMAIL FOR ESTIMATES OR SCHEDULING - CDC.4U@COMCAST.NET

WE'LL TACKLE YOUR TO-DO LIST!  
★ ATTICS • BASEMENTS • DECKS • FENCES • GARAGES • GARDENS • OFFICES • YARDS ETC.  
★ CLEAN • CLEAR-OUT • FILE • DUMPSTONS • LABEL • MOW • MULCH • PAINT • RAKE • SPLIT • STACK WOOD • TRIM • WEED ETC.  
★ RUN ERRANDS FOR YOU or WITH YOU!

207-729-5760

\*Fully Insured  
\*Bonded  
\*LLC

www.chicksdochores.com



People Plus impacts continued from page 1

or federal level. A portion of our funding comes from the towns of Brunswick and Harpswell, United Way, and Spectrum Generations, but the Center must raise nearly \$300,000 a year to meet the total budget demands.

when this whole thing is over," continued Frizzle. "We've been working hard to keep folks coming to the Center protected and those at home supplied. Thanks to everyone who has already donated!"

To that end, every year the Center's board members spend several hours each personalizing more than 1,600 letters that get sent out to potential donors, signaling their support for what goes on at the Union Street facility.

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

This year's goal is \$75,000. The funding is specifically slated for Senior Center programming: Supporting homebound elders, as well as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, and free events and more.

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

There are two "matching donors" to help bring in funds. The first is for \$10,000 for new and increased donations this year, specifically to help with Covid expenses. And the second is \$2,500 for new and increased gifts up to \$50 (by people over 65) to encourage smaller donations by older adults.

With new tax laws, people can give very generously through stock or IRA savings accounts to help support the Center. According to Office Manager Betsy White, the Annual Fund total as of Nov. 24 is \$26,886. Membership donations equal an additional \$1,051.

"It's been a very difficult year for everyone and People Plus has not been immune to feeling the effects of the economic impact," said Executive Director Stacy Frizzle-Edgerton. "We are hopeful our members and community partners will continue to send their contributions to keep this Center going."

Visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) for more information or call People Plus at 729-0757. A special thank you to Leona Phelan for sharing her thoughts, and thank you to each of you who have donated and to all of those who still plan to!

"We will all need People Plus to be here

# Do you live alone?

The Good Morning program is a FREE daily safety check-in phone call providing peace of mind.

In partnership with Brunswick Police Department.

Sign up now!



FMI 729-0757 [peopleplusmaine.org](http://peopleplusmaine.org)



LOOK, HOW CUTE! Teddi Reed, the Meals on Wheels coordinator, is with all of those adorable storm packs! These shrink wrapped, non-perishable meals are utilized during the winter months when it's too stormy for volunteers to deliver hot food.

**Gone but not forgotten – Memorial Donation in Memory of**

<b>Joye Levesque</b> Aug. 25, 1929 – Oct. 14, 2020	<b>Dottie Steele</b> May 7, 1935 – Oct. 21, 2020	<b>Leona Phelan</b> March 2, 1933 – Nov. 7, 2020
<b>Paul Betit</b> Nov. 10, 1946 – Nov. 2, 2020	<b>Helen Sawyer</b> July 19, 1946 – Oct. 23, 2020	

# Health Expo viewed as great success!

Thanks to a large number of people, businesses, and organizations, the 2020 People Plus Senior Health Expo "At Home" was a great success.

"We were honored to bring to people this innovative and amazing way to connect with more than 60 vendors, organizations and programs who serve the ever-increasing senior population of the Midcoast," said Executive Director Stacy Frizzle-Edgerton.

The Expo, which occurred on Nov. 10, attracted more than 600 video views and over 400 visits to the event's website. And none of this would have been possible without our wonderful sponsors, who were: — Lead Partners Plus: Coastal Landing Retirement Community and Mid Coast-Parkview Health.

— Partners: Bangor Savings Bank, Bill Dodge Auto Group, Spectrum Generations, and The Times Record. — Event sponsors: Avita of Brunswick/Sunnybrook, Brackett Funeral Home, Bridges Home Services, Healthy Living for ME, Norway Savings Bank, Riley Insurance Agency, and The Highlands. — Refreshment sponsor: Bar Harbor Bank and Trust.

"The Senior Health Expo was fantastic. It was attended by hundreds of people online, who watched videos, read updates about nonprofits and businesses in our community that serve seniors, and clicked through on all of the website options," said Frizzle. "This is phenomenal for our first year ever of doing a virtual Health Expo."

"And a big thanks to all of our sponsors for sticking with us through the COVID-19 shut-down of most of our off-site events. We could not do it without you and we would not be here without the support from our community," continued Frizzle. While this year's gathering was absent the "in person" approach, due to the coronavirus pandemic and its accompanying restrictions, the information and service connections offered were still of great importance to everyone. Maine has the highest percentage of older adults in the nation, and the Midcoast is where this population is growing the fastest. The Health Expo brought together a variety of resources for this increasingly important segment of our community. Viewers, from the comfort and safety of their own homes, learned the latest in the areas of medical services, fitness and health, technology, legal, community services, housing/respite care, and finance. "Even this online 'At Home' showcase triggered a lot of interest from sponsors and people looking forward to viewing it," said Jill Ellis, People Plus Programming Coordinator and a key organizer of the event. "There was a ton of information for folks."



# Depressed about Christmas?

Editor's note: Back by popular demand, and the fact that he had something to say, Frank is making a guest appearance with his familiar column in this month's issue.

## Speaking Frankly

Frank Connors (guest contributor)



After a pretty skinny Thanksgiving, I have to acknowledge, sadly, my expectations for Christmas have now been lowered as well. Turkey day was marked by the people who DIDN'T come, as much as by the people who did. We're accustomed to a great gang of dozens, flowing in and out the door and eating and drinking in shifts. This year we didn't muster ten people, and a couple of them stayed outside, just because they felt safer. "Covid, you know!"

So, the day after Thanksgiving, my Patriots are in the toilet, the Macy's Parade was a bandless bust, (even with Dolly Parton) I HATE the early sunsets AND worry about the advancing cold and snow season. I've already had my "fall cold," had my first Covid test so my grandboys would (could) come back, and sure folks, right now I'm worried for my country! It's easiest to say it's OK to be depressed about Christmas.

But last week, I was making a birthday call, and must have let some of my feelings bubble through. "How old are you, Frank?" I was asked, and when the math was done, I was challenged, "I know you spent a Christmas in Vietnam." I was told, "and I'm betting you've had other bad years, too! What you need to do right now is focus on the GOOD holidays you've had in the last 75 years, just get over it and BUCK UP!"

I almost hung up on that guy, who did he think he was? But now my head's on a pillow, and I'm thinking how right he is! All of us, with me on top of that heap, have so much for which to be thankful.

I have two kids and three grandkids. Jane and I have been together 50 years and are working on an outline for 25 more. We're still blessed with strong bodies and healthy minds. I've got hair on my head, and a roof over the hair. The state still lets me drive, I have no dietary restrictions, I can still shovel snow and carry wood for the wood stove. When I get up tired, I can go back to bed!

Sure, I know it goes deeper than that, but Christmas is, and HAS always been special. From my earliest times, the blessings of the day have always been bountiful. I remember making Christmas candy with my grandmother, fetching trees and making wreaths with my granddad. My mother coming into the room I shared with two brothers, "You need to get to sleep or Santa may not come," she warned. But the tree was always packed with surprises, the food always plentiful.

When Jane and I were raising our kids, we carried forward all of the stories and some of

the threats. Milk and cookies at the fireplace for Santa? There came the year that Miles questioned old Saint Nick by suggesting he was "fat enough," maybe we didn't need to leave "goodies!"

You know I had a great career as a Santa's helper, more than a dozen years at the Pejepscot History Center, almost that many doing the Candy Cane Express for Tri-county Literacy. Let me suggest you can't hardly imagine what that's like, stepping onto a train packed with 200 kids, you dressed as Santa. But I loved every dizzying minute of it! Running the length of that five-car train (twice) "HO,HO,HO-ing everyone, grabbing hats, and high-fiving a hundred tiny hands before I settled down, hugged almost every one of them, and listened to their deepest Christmas wishes.

Allow me one instance. My daughter Abbie was on one of those trains one year, with George and their boys. I put my whiskered, bespectacled face inches from my grandson's, dropped my voice three octaves and asked him what he wanted for Christmas! Little Silas offered a list in great detail, while Zander buried his face in his dad's chest and didn't want to talk to anyone. But as I leaped to the next seat, the next kids, I heard Silas say to his mother ... "That Santa sounded just like Bumpie!" Abbie looked at George, then Abbie looked at Silas and said, "remember, Santa's magic! When you talk to him you often hear the voice of someone you love!" HO, HO, HO!

So this Christmas season, while our country is wracked by political turmoil and threatened by an ever-deepening pandemic, try to focus on a little Christmas magic. Find joy where you can, be nicer to people you meet on the street, and always, ALWAYS remember, this Christmas will be special in so many ways. May you and yours enjoy this holiday season.



# Safely Together

Our residents are meeting new friends, enjoying fabulous dining and have access to a wonderful community care team. All while remaining Safely Together.

Count on us:

- Exceptional quality of care
- The highest standards of cleanliness
- Nutritious dining options
- Engaging & safe social programs

Ask about end-of-year savings!

**Sunnybrook Assisted Living**  
**207.443.9100**

**Avita Memory Care**  
**207.729.6222**

**Avita**  
of Brunswick  
A Northbridge Memory Care Community

**Sunnybrook**  
A Northbridge Senior Living Community

We're conveniently located in Brunswick, ME  
Avita: 89 Admiral Fitch Avenue | Sunnybrook: 340 Bath Road  
[avitaofbrunswick.com](http://avitaofbrunswick.com) | [sunnybrookvillage.com](http://sunnybrookvillage.com)

# Your health depends on it.

Your health is too important to delay the care that you need. **Mid Coast Hospital is here for you.** If you have a chronic illness, are awaiting a preventive procedure, or require immunizations, please reach out to your provider who is able to safely provide this care.

**Here's how we are keeping you safe:**

- Screening all patients and employees.
- Stringent hand hygiene.
- Universal masking.
- Six-foot distancing in all areas.
- Enhanced cleaning routines.
- Designated areas for patients with COVID-19 symptoms.
- Telehealth virtual visits offered in all practices.

**Please contact your provider today!**

**MID COAST HOSPITAL**  
WWW.MIDCOASTHEALTH.COM

# A Place Where You Belong

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

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

**THE HIGHLANDS**  
A GRACE MGMT COMMUNITY

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



# Season's Greetings from the Write On! Writers



## Christmas Twenty Twenty

By Gladys Szabo

Christmas is approaching  
It will be like no other.  
Families having to make decisions  
There will be very different visions.  
How do we get together yet stay apart?  
It is enough to tear at our hearts.  
Who can come or do we Zoom?  
How many can be in a room?  
Each of us will make different plans  
How we can gather all our clans.  
My prayer is COVID-19 decreases  
That each of us can find joy and peace.  
Bringing merriment to our holidays  
In hopes the New Year brings better days!

## Lighting the Porch

By Nonie Moody

There is something about the entry porch  
When December one comes around,  
It must be decorated with lights  
Making the sweet home brightly crowned.  
The weather has turned a bitter cold  
But with gloves the fingers are kept warm.  
Attacking the pile of tangled lights  
Making sure the strands all perform.  
With step stool in tow the task begins  
As previous nails are all in place.  
Then stringing continues its line  
Bringing sparkle to the front porch space.  
The glow of the lights are for celebrating  
The One who brings us this time of year  
With extra love and care for everyone  
Displaying the season with message clear.



## 2020 Christmas

By Bonnie Wheeler

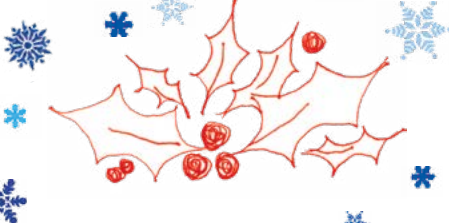
Everyone facing the same problems  
The world equally hurting  
The same God rules over all  
So keep standing tall  
Our God is faithful  
The best is yet to come  
In the end, we win



## Good Riddance, 2020

By Sally Hartikka

Good riddance, go away.  
You had your chance with us,  
You had a chance to have your say,  
But now there's no more to discuss.  
You gave us naught but discord,  
Anger, fear and hatefulness.  
You dispensed an epidemic  
And created in us helplessness  
As we dealt with this pandemic.



## At Last Hal-le-lu-jah!

By Elizabeth Bates

It's time for the birth  
Of you know who  
His mom knew it was time ...  
But she had to "make do"  
Like so many women  
Since time was new.

You made us fear each other  
And caused much racial tension.  
Riots and police brutality  
Were brought to our attention ...  
Gone our sense of normality.

The man she was with  
Was not much help,  
But he tried ...  
He made sure there was plenty of straw  
By her side.  
The rest was up to her!

All of this strain and stress  
Caused businesses to close.  
Many lost their positions  
And lack of confidence arose.  
With fear of bad fiscal conditions.

The stars were so bright!  
They lit up the night  
While everyone slept.  
Only one heard the angels sing in the  
Welcoming dawn ...  
A little King who waited  
For all to begin.

You're a bust, 2020  
Give a new year your place.  
People are ready for you to leave.  
Go away, 'cause you've lost face.  
Go away, we will not grieve.



We want the world to turn to peace,  
To let love defeat the hate.  
To let the virus be defeated.  
And we simply cannot wait  
For a brand-new year to soon be greeted.  
Happy, peaceful, healthy, and less worri-  
some New Year to all!

## A Christmas Prayer

By Nonie Moody

Dear Heavenly Father,  
I come to you this day  
With heavy heavy heart  
For many are not okay.  
It's the Christmas season  
A time for celebration  
And pandemic of 2020  
Has left us beaten and broken.

But daily looking upward  
There's healing for the brokenhearted  
Comfort for those who mourn  
And peace for the wounded.  
May we at Christmastime  
Sing the songs slightly louder  
And appreciate those close to us  
Making our sphere a little lighter.  
This celebration is about others  
Help us to see through your view  
To lighten someone's heavy load,  
Making this Christmas especially true.



## Santa's Job

By Bonnie Wheeler

Santa's job is easier this year  
Everyone will be at home  
The cookies will be homemade  
The children will all be snug in their beds  
Parents rested, no frantic shopping  
No rushing to grandparents' house  
Or church or friends' houses  
A different Christmas following a different year  
Good news. Santa might bring you a new face mask ...  
Oh joy



## Labor Relations

By W A Mogk

All through the summer there had been  
unrest in Santa's workshop. By reading  
newspapers, such as the Wall Street  
Journal, the elves knew that there was  
a wider world out there with opportunities  
and better incomes. They had always sus-  
pected they were underpaid because Santa  
paid them "under-the-table." The meager  
pay was bad enough, but being required to  
parade under a table and reach up for  
their checks was humiliating. Things had  
been different in the past.



## A Different Christmas

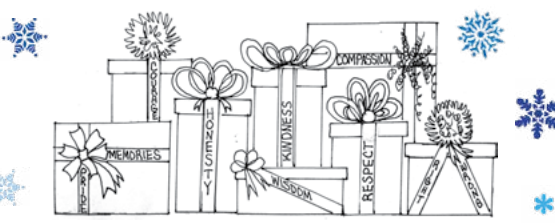
By Sally Hartikka

Christmas will be different this year;  
We've got to work 'round the pandemic.  
We want to make sure we have a good time  
But don't want to end up getting sick.

Santa will still be coming, for sure;  
And we'll still have our decorations.  
Christmas trees will be brightly lit,  
But there may not be big celebrations.

Bells will still ring gaily from steeples,  
But carol singing might be in decline ...  
Except of course for what takes place  
By having some virtual singing online.

It will be hard to follow guidelines  
When we're all ready to party.  
But we'll have to still think of each other  
To make sure we stay hale and hearty.



## Santa's Dilemma

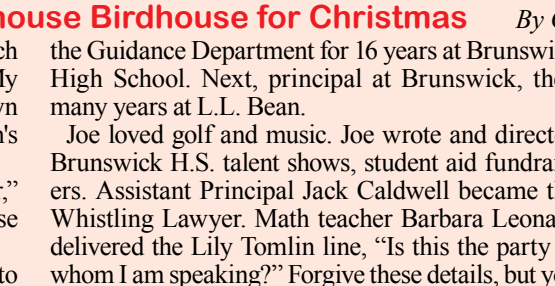
By Betty Bavor

The Christmas tree at our house was set up and decorated in the  
parlor. This room was for company, piano practice, listening to  
music from 78 rpm records on the Victrola and special occasions.

Christmas morning we pulled surprises from our stockings. The  
gifts Santa left under the tree were opened in the afternoon, when  
chores were done and everyone could enjoy our Christmas family  
celebration. We wrote letters to Santa hoping he would leave the  
treasures we wanted. Peeking at the tree, we could sometimes  
guess what awaited us.

Baton twirling was part of my life and I performed with the  
Sterling Kitchen Band. They were women who made instruments  
from kitchen utensils and sang using kazooes. My baton teacher  
thought lighted batons would be a classy addition to my perfor-  
mance. Somehow Santa heard about this and his elf helpers found  
them. Now, if they went under the Christmas tree, the recipient  
would recognize them, so Santa decided to put them under the  
couch. This couch, mind you, was firm with carved wooden legs

and no skirt to the floor.  
Christmas gift-giving time finally arrived and here we were



## An Outhouse Birdhouse for Christmas

By Charlotte Hart

The year was 2011. Good Shepherd Lutheran Church on  
Maine Street was packed. Standing room only. My  
son Larry and I arrived, and were greeted by Evelyn  
Bryant. This was a Memorial Service for Evelyn's  
husband, Joseph S. Bryant.

"Our granddaughter is going to read your letter,"  
Evelyn smiled at me. "About the outhouse birdhouse  
Peter made."  
"That is awesome," I told Evelyn. Let me try to  
explain.  
Joe Bryant had died at age 80. Born in Buckfield,  
he graduated from South Paris High School, a three-  
sports letterman. He graduated from Colby College.  
He taught English in Caribou. Then he was drafted  
into the Navy and did a tour of duty in the Pacific.  
Back home he became a guidance counselor, head of

the Guidance Department for 16 years at Brunswick  
High School. Next, principal at Brunswick, then  
many years at L.L. Bean.  
Joe loved golf and music. Joe wrote and directed  
Brunswick H.S. talent shows, student aid fundrais-  
ers. Assistant Principal Jack Caldwell became the  
Whistling Lawyer. Math teacher Barbara Leonard  
delivered the Lily Tomlin line, "Is this the party to  
whom I am speaking?" Forgive these details, but you  
need to know, patient reader, I remember Joe BEST  
OF ALL as MASTER OF CREATIVE CARDS  
AND THE PRACTICAL JOKE.

On Aug. 11, 1996, my husband, Bob, received a  
unique birthday card — a photo of an outhouse with  
a set of golf clubs standing by the entrance. In the card?  
A Joe Bryant yarn about my husband's Brunswick

foursome. Al, Geoff, and Joe himself always let Bob  
hit first on the 4th tee so he could race to the outhouse  
by the 4th green where the foursome played out the  
4th hole.  
Our grandson, Bob's and my grandson Peter, loved  
the Joe Bryant birthday card! Peter was in seventh  
grade. In Industrial Arts class at Bonny Eagle Junior  
High, Peter carefully created a wonderful birdhouse,  
a tiny outhouse. A half moon is carved in the door  
which opens to show a one seater, a tiny roll of  
bathroom tissue, and a mini Portland Press Herald.  
The outhouse birdhouse was a gift for my husband.  
"Merry Christmas, Grandpa!" Joe Bryant would have  
loved Peter's outhouse birdhouse.



## Eight Little Lights

By Doris Weinberg

The holiday season is coming around  
and it will be different this year.  
You can make dinner and decorate,  
but there will be no family coming, I fear.

Chanukah comes early, I noticed,  
the second week in December.  
You will see menorahs in the windows,  
the same every year if you remember.

It is a holiday that celebrates  
the winning of a small war.  
The Jews were outnumbered and  
winning made spirits soar.

But the enemy ruined the Temple  
and dumped the oil for the Eternal Light.  
When the Jews discovered this,  
it gave them quite a fright.

The lamp must always be lit  
and the remaining oil was only for one day.  
It took eight days to retrieve some more,  
even though the rider left without delay.

But a miracle occurred.  
The Lamp burned for eight days.  
It was still burning when the rider returned,  
after racing all the way!

So, Chanukah celebrates this joyous event,  
eight days the candles are lit.



## The Innkeeper's Story

By Vince McDermott

To call me an innkeeper is an exagger-  
ation. I merely have some extra space in  
my house. Occasionally, a traveler stays  
there. When the man and woman came to  
my door seeking shelter, I had to tell them  
I had no room. My relatives were staying  
with me during the census.

close to her time. I thought at first she was  
older, since the man was much older than  
she.

I was very sorry for them. They were  
exhausted after a long trip. I could see that  
the woman, actually a young girl, was very

All I could do was invite them to stay in  
the shelter in which I kept my animals. At  
least they would be warm. It was the best I  
could do. I am so glad I did it. Something  
wonderful has been happening after the  
birth of the babe.

## Christmas in the 1940s

By Charlotte Hart

My absolutely favorite holiday memory is  
the Christmas Eve Candle Light Service at the  
West Newfield Congregational Church in the  
early 1940s. Every person held a lighted candle  
and sang "Silent Night."

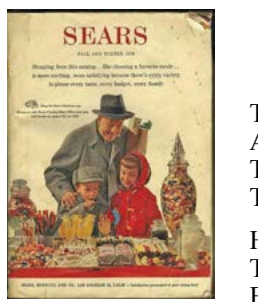
wassail, cookies, and caroling. Everyone knew  
many carols by heart.

In those days, preparation for Christmas  
began AFTER Thanksgiving. Christmas gifts  
were socks and mittens. My grandmother knit  
mittens for me and my brother and the neigh-  
borhood children. Other gifts were pencils and  
crayons, paper-doll books and storybooks.  
The year I was five, mom made me skis out of  
barrel staves. They had leather straps that fit  
over regular boots.

The tree was from our own land. It was decorated  
with shiny objects and tinsel. No candles  
or lights. There was no electricity at Stevens  
Corner until 1957. Candles glowed in the front  
windows only when someone was in the room.  
(Fire law.) On the two front doors, mom and  
dad hung evergreen swags with red bows.

On Christmas Eve, we hung knee-high stock-  
ings from the mantle over the fireplace. On  
Christmas morning, they held cookies, candy,  
and an orange. That was the only orange we  
had all winter. (Usually we drank canned  
orange juice for breakfast.)

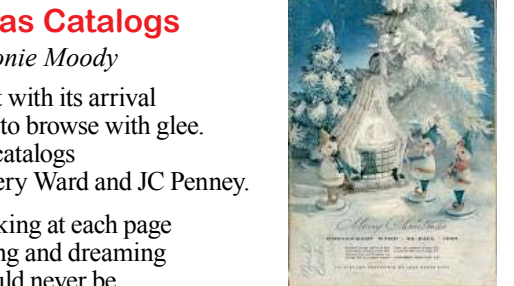
Many memories are pleasant, but without  
question my favorite — vivid — and most  
joyous was the Christmas Eve Candle Light  
Service at the church.



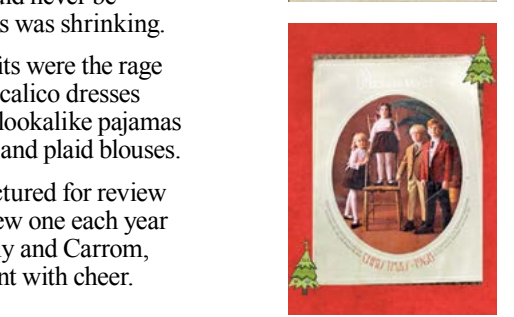
## Christmas Catalogs

By Nonie Moody

There was excitement with its arrival  
And waiting my turn to browse with glee.  
Three new beautiful catalogs  
The Sears, Montgomery Ward and JC Penney.



Hours were spent looking at each page  
Thoughtfully, picturing and dreaming  
But knowing this would never be  
As the supply of funds was shrinking.



Matching family outfits were the rage  
From ladies and girls calico dresses  
To the whole crew in lookalike pajamas  
As well as the stripes and plaid blouses.

Many games were pictured for review  
And we collected a new one each year  
From Sorry, Monopoly and Carrom,  
With many hours spent with cheer.

## Christ Child

By Bonnie Wheeler

Jesus was born and made something beautiful of my life  
I was born into a Christian home  
Who taught me right from wrong  
Set me on God's path  
Without the baby in the manger  
My life would be empty  
So I sing happy birthday and praise your name  
Thank you for being so good Christmas child



## A Perfect Tree

By Virginia Sabin

Evergreen  
in winter  
Starlit  
in snowdrift  
Branches  
snow covered and icy  
Winterberry and holly adorn  
boughs heavy with fir  
An empty nest, a robin's nest  
a diamond studded snow covering all  
wait another spring



Brunswick Area Teen Center

# Thoughts of Christmas celebrations past



There's nothing like a holiday season in the middle of a pandemic to make you nostalgic about holidays past! I have spent a lot of time looking through previous years pictures, feeling good about the traditions the kids have come to expect and love at the Teen Center, especially our Yankee Swap! I am sad that we will have to forgo these traditions this season, but know we are all working together to do our part so that hopefully next year we can be celebrating together again!

I'm keeping my words short in hopes that I can leave room to share some of my favorite photos with you! This year will be very different, we have "adopted" six of our teens this year who could use some extra cheer this holiday season. Because of the generous support of our donors this year (thank you!), we are filling the wish lists the teens have made and putting together stockings for them.

If anyone is interested in adding to the stockings, we are hoping to collect plenty of gift cards to add! Dunkin Donuts, Hannaford, The Mix, Bull Moose, Wilbur's Chocolate, Wal-Mart, Amazon, Hot Topic,



Continued from "Guess Who?" on page 3.

Answer: Stacy Frizzle-Edgerton

## Teen Center News

Jordan Cardone



Lighthouse Deli, Walgreens (a mix of practical with some music, art and candy intertwined!). The Teen Center will be closing on Dec. 21 until after the New Year so staff can actually use some of their "staycation" days after a whirlwind few plus months! We hope to have the gifts and cards for the teens by then and they will be delivered Christmas week! (Elves secretly tend to work some during staycations, shhhhh).

And lastly, a confession ... for the first time ever, I put Christmas lights/decorations up in our yard before Thanksgiving! And we even plugged them in! I am not alone; I see others whose need for some prettiness, light and merriment during these times overcame their restraint!

Have a wonderful holiday and let's all keep our hopes up as we head out of 2020 and into a New Year!

Jordan & the gang!



## 'Tis the Season for Giving!

People Plus is collecting donations for MCHPP Food Drive (non perishable items, through December)

Select **People Plus** at **smile.amazon.com** and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases.

Don't forget to donate to your favorite charities on "Giving Tuesday" Dec 1.

## Lobby Donation Tree:

Take a second look at our lobby Christmas tree this month and you'll notice ways you can make the year 2021 even merrier at People Plus! Among the decorations, you'll see scattered wish list cards for items that will benefit ongoing programs. The list includes food items and gift cards for the Brunswick Area Teen Center, gas cards for the Volunteer Transportation Network (VTN), and other assorted items for the Center.



# Multi-talented artist on display in Café Gallery

At long last, an art show is back at the People Plus Café Gallery. Being featured now through the holidays is Rick Carney of Old Bottle Sea Glass of Maine. This multi-talented diver-treasure hunter-artist has provided us with an outstanding exhibit of his work.

"I have been a treasure diver for over 30 years. I dive year-round in Maine, recovering thousands of items dating from the 1790s to the 1890s," said Carney. "Just a few years back, I had an epiphany while underwater. Instead of throwing the shards and broken items over my shoulder, I should bring them home and make things out of them."

Carney creates a variety of one-of-a-kind products — from stained-glass windows and lampshades to seascape treasure boxes and sea-glass pendants, earrings and key chains — which he sells at fairs and festivals. He also offers smaller items at his event table, such as porcelain doll heads, clay pipes,

and various antique treasures and artifacts. "The artifacts I use have been underwater and often have not seen the light of day for decades at least, and sometimes for hundreds of years," Carney said. "Knowing that I am the first person ever to be in these sites gets the blood flowing to find another untouched underwater debris field that will supply the next cool and art-worthy artifact."

"I'm mostly self-taught, and I'm always working on the next one of many ideas swarming in my head, creating stained-glass window hangings and lampshades. I can't wait to get started on the next piece," the artist continued.

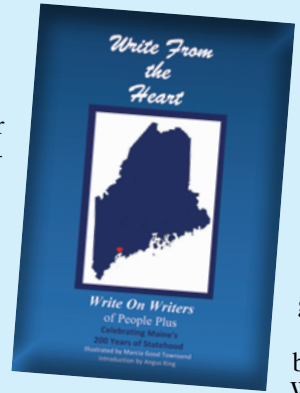
His work has been featured in several books and articles, including *A Passion for Sea Glass*, in a chapter called "Diving for treasure." You can view more examples of Carney's excellent work on his website at [www.seaglassofmaine.com](http://www.seaglassofmaine.com).

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 also open to the public by appointment only, may be seen during normal business hours at the Center, located at 35 Union St. in Brunswick.



# New book is here!

Come and get 'em!



Just in time for holiday giving — but actually good for any occasion — the new *Write On Writers' book, Write From the Heart*, is on sale now. Featuring the works of 18 dedicated authors, its 193 pages include countless stories and poems for hours and hours of reading.

Inside, you will find an introduction by U.S. Senator Angus King, a brief history of Maine, along with state symbols and facts. There are also historical notes on People Plus and Write On Writers.

In fact, the People Plus group is dedicating the book to the state of Maine on its 200th anniversary of statehood and to all those Mainers throughout history who made our state such a great place to live, work, and raise their families.

They also are dedicating *Write From the Heart* to People Plus, which in 2021 will be celebrating

45 years of service to the Brunswick area community and to all the board members, staff, volunteers, and members, past and present, who gave their time and effort to make it such a great success.

Other publications by the Write On Writers of People Plus include:

- *Poets and Storytellers*
- *Poets and Storytellers; vol II*
- *It's about Time*
- *Muses and Memories*
- *From Maine and Away*
- *Times and Seasons*
- *Journeys and Reflections*
- *Out of Our Minds*

Their new book is available at the People Plus Center or on Amazon. The cost is \$14.95. Most of their previous books are also available for purchase at the Center.

The original group of writers, which eventually became the Write On Writers, was formed at the 55 Plus Center in Brunswick in 1995. Its first leader was Jean Martz.

## Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy our Executive Director, a Teen Center update from Jordan and of course, Frank's weekly Two-Cents article.

If you aren't getting it, just email [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org) or leave a message at 729-0757 and Jill can add your email address to the list!



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

— James Tierney, BHS Class of 1965

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



## ROUSSEAU MANAGEMENT

Skilled and Assisted Living in Midcoast Maine



[www.rmimaine.com](http://www.rmimaine.com)

**COASTAL LANDING**  
RETIREMENT COMMUNITY  
142 Neptune Drive, Brunswick  
(207) 837-6560

**COASTAL SHORES**  
RESIDENTIAL CARE  
142 Neptune Drive, Brunswick  
(207) 725-5801

**DIONNE COMMONS**  
24 Maurice Dr, Brunswick  
(207) 725-4379

**Neighbors, Inc.**  
The Home Care Company  
142 Neptune Dr, Brunswick  
(207) 725-9444

**Horizons**  
Living & Rehab Center  
29 Maurice Dr, Brunswick  
(207) 725-7495

We take your loved ones comfort and health to heart.



## Our family of caregivers becomes an extension of yours.

Mid Coast Senior Health offers peace of mind for you and your loved one by providing personalized, compassionate, physician-directed care in a residential setting.

- Rehabilitation at Bodwell
- Assisted Living at Thornton Hall
- Memory Care at The Garden
- Long-Term Nursing at Mere Point

For more information, call (207) 373-3646 or visit [www.midcoastseniorhealth.com](http://www.midcoastseniorhealth.com).



[WWW.MIDCOASTSENIORHEALTH.COM](http://WWW.MIDCOASTSENIORHEALTH.COM)



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
Yankee 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

- Agat Chiropractic, Free consultation and cursory exam
9 Pleasant St, Brunswick, 725-7177
Hearts & Hands Reiki, 10% discount on first appointment. Mon-Fri, 10-6.
751-5339 or mspruce@live.com

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

DRY CLEANER

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

FLORIST

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

HEARING AND OPTICAL

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

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

LEGAL

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

RECREATION / ENTERTAINMENT

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

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

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

RESTAURANT

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

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

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

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

TECHNOLOGY

Carpe Diem Tech Support, John Fischer
Help with PC & Mac. \$25/hour for members (that's 1/2 off regular price)
522-1238. www.carpediem-me.net
john@carpediem-me.net

\*Benefits subject to change

Did you see Stacy and Jonathan on the telly?

Lights! Camera! Action! Yes, it was all happening recently at Mossy Ledge Farm, where WCHS-TV's nightly news magazine show 207 came to film a segment on the Gentleman Farmer in Maine.

Host Amanda Hill and the show's producers wanted to delve into what Jonathan and Stacy do at their special place in Bowdoin and their social media presence. Part of the presentation was doing a cooking piece in their kitchen.

The Gentleman Farmer in Maine has more than 4,000 followers on Instagram

and Facebook, connecting people to traditional recipes, "throw back" ways of life, and a do-it-yourself type of lifestyle.

Stacy said the taping of the show was a lot of fun. The 207 show airs Monday through Friday at 7 pm on Channel 6. The one featuring Jonathan and Stacy was telecast on Nov. 23.

Missed it on the telly? Watch the show online! Click on the article on the People Plus home page (www.peopleplusmaine.org) then click on the link.



That special gift awaits at People Plus

Are you still puzzled over what to give that special someone while shopping for the holidays? Luckily, your problems are easily solved with plenty of gifts available at People Plus.

We have a unique selection of books, our Holiday Heritage prints, plus a good array of cards that will make their Christmas a holiday to remember.

Numbered and artist-signed prints have been part of the Christmas scene at People Plus since 2002, and we still have wrapped prints, for only \$55 each. Prints include: "Chuting the Androscoggin" and "High Noon, High Tide" by muralist John "Jack" Gable; and "Holiday at Merrymeeting Park" by watercolorist Ernest "Bev" Bevilacqua.

In addition, we still have a pretty good selection of cards, based on our prints, selling for \$2.50 for one large gift card, \$10 for five large gift cards, and \$7 for 10 small note cards. Come to the front desk to make your best deal, and remember, 100 percent of your purchase price benefits your People Plus Center.



CHUTING THE ANDROSCOGGIN by John Gable

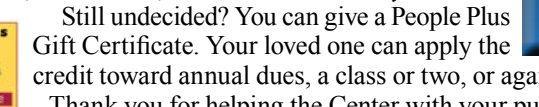


HOLIDAY AT MERRYMEETING PARK by Bev Bevilacqua



HIGH NOON, HIGH TIDE by John Gable

Or if reading is more your style, Frank Connors' books, Stones & Stories and his Speaking Frankly, are on hand. Plus our Write On Writers' new book, Write From the Heart, is now available and awaits your purchase, along with their Out of Our Minds, Times & Seasons, Journeys and Reflections, and the old, From Maine and Away!



Still undecided? You can give a People Plus Gift Certificate. Your loved one can apply the credit toward annual dues, a class or two, or against the cost of any of our gift items. Thank you for helping the Center with your purchases, and happy holidays!



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

Are you a local business? Call 729-0757 to discuss advertising your business with People Plus!

Senior Companion and Personal Care Services 1 to 24 hours. Yarmouth, Freeport, Cumberland, Falmouth 729-0991. NOW HIRING Brunswick to Portland \$13-\$15/hr Free Yoga, Free Massage!



co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME
207-729-0475

www.spectrumgenerations.org

Central Maine Area Agency on Aging
Southern Midcoast Aging and Disability Resource Center

Monthly Update
December 2020

All Spectrum Generations' locations will be closed on Friday, December 25 and January 1.

Happy holidays!
A time to give

Our Midcoast Regional Center received 131 Holiday arrangements to gift to our consumers with their Meals on Wheels delivery. A big thank you to Leah and Joan from the Bath Garden Club (BGC) who made this possible. Members of the BGC worked from their homes to create these beautiful gifts.



(L to R) Teddi Reed, Spectrum Generations' Nutrition Coordinator, with Joan Toy, and Leah Zartarian of the BGC.



We need your help!
Volunteers needed

Do you see driving in a snowstorm as a fun challenge? Do you love the cold weather? If you answered yes, we need your help! As the winter approaches our need for volunteers who are comfortable with driving in the snow is growing. Many of our volunteers head south for the winter or are not comfortable driving in the snow, this leads to a gap in the volunteer schedules.



Do you prefer to hibernate for the winter? Our Healthy Living for ME program needs remote volunteer facilitators for our virtual Tai Chi classes. Free training will be provided! This a fun way to engage adults in strengthening exercises while also combating social isolation.

If you, or someone you know, are interested in volunteering with Spectrum Generations please reach out to our Volunteer Coordinator, Jessica at volunteer@spectrumgenerations.org or call 207-620-1684.

Updated event! Midcoast Tree Auction
December 4 ~ 12, 2020

Due to the rapid increase in cases, and care for our community members, the organizers of the 2nd Annual Midcoast Tree Festival have announced that the event is being postponed until 2021 due to concerns about the COVID-19 pandemic.

In lieu of our event, we would like to present you... THE MIDCOAST TREE AUCTION! Check out midcoastmaine.com/midcoasttreefestival for more information.

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



Health at home

Do you want to feel better, increase your quality of life, or improve your experience with healthcare providers?

Whether you are coping with high blood pressure, heart disease, COPD, arthritis, diabetes or other chronic conditions, Healthy Living for ME is here to support your efforts to live life as fully and independently as possible with evidence-based programs to help adults manage chronic health conditions, prevent falls, and foster well-being.

Living Well with Diabetes - Online\*

Tuesdays, 3:00-5:00 p.m., January 19 - February 23, 2021, Zoom
This workshop helps empower adults to address and better manage their health issues by increasing self-efficacy, improving knowledge, developing positive behavior change, and improved self-management. Topics such as testing your blood sugar, menu planning, stress management, treating low blood sugar, strategies for sick days are covered, plus so much more!

Living Well for Better Health - Online\*

Wednesdays, 2:00-4:00 p.m., February 3 - March 10, 2021, Zoom
Topics in this workshop include problem solving, medication management, healthy eating - and more! Participants who complete the series report improved symptom management, increased physical activity, better communication with their medical team/s, and general improvement in health.

\*Materials will be provided by Healthy Living for ME
Text- Living a Healthy Life with Chronic Conditions
Audio CD- Relaxation for the Mind and Body, Pathways to Healing

FMI or to register, contact our Healthy Living Coordinator at (207) 620-1642 or email jpaquet@spectrumgenerations.org

Effective Gutters
Help prevent falls



Leaky gutters can be annoying in the Spring and Summer, but they can lead to a slippery fall in the Winter. Water from melted snow freezes when the temperatures drop, so it is important to ensure your gutters can effectively redirect water away from your entrances and walkways. To do this, make sure to clean the debris out of the gutters and repair leaks.

If you, or someone you know, are experiencing a change in your memory, we may have a respite program that can help cover costs associated with maintaining gutters. Please call Molly at 1.800.639.1553 to see if you qualify.





**WE CALL IT THE ELBOW BUMP** here at the People Plus Center! It's how we say hello during these Covid days while staying safe and far apart. Frank Connors and Merle Gott demonstrate just the right technique to greeting your friends in a safe and friendly manner at the Men's Coffee Break last Thursday. I hope you'll join us next month on Thursday on December 10 at 10 am for the next Men's Coffee Break in our parking lot!

# BEING on BOARD

*Editor's note: There are countless factors that play into the success of People Plus. There are the volunteers, the instructors, the generosity of individuals, groups, communities, and businesses, and there are the members themselves. Another key component of the Center is our board of trustees, who devote a great deal of time and attention to help make all this possible. "Being on Board" is a question-and-answer opportunity to get to know these wonderful people a little bit more and we thank them for participating.*



**Q. Your name, please?**  
A. Christine Munroe

**Q. The community where you live?**  
A. I work in Brunswick and live in Freeport.

**Q. Professional occupation?**  
A. Manager and mortgage loan officer at Norway Savings Bank.

**Q. How many years on the People Plus board and positions held?**  
A. I've been on the board for one and a half years, and I'm currently serving as treasurer.

**Q. Please tell us a little about yourself (i.e., growing up years, things you like to do in your spare time, etc.)?**  
A. I am a first-generation American, the daughter of two amazing Swedes who immigrated to our great country. I was born in California, but spent most of my formative years in Switzerland and Holland. I moved to New England for college and never left.

My husband, Rusty, is from Maine and we have two adventurous sons who may never decide to live in Maine full-time, but will always love to come home and enjoy the seasons and the great outdoors with us.

**Q. Your view of People Plus and why you believe it's so important to serve on the board?**

A. We have such a special community and I'm proud to do anything I can to help Stacy and the awesome People Plus employees serve both ends of the spectrum, seniors and teens. My mom, Sonia Lofgren, is an enthusiastic member of People Plus, and what is better than helping out an organization that my mom loves?

I am so proud of the extraordinary work that People Plus has done in supporting our community this year! Turning the Volunteer Transportation Network into a powerhouse organization of delivering groceries, prescriptions, masks, whatever is needed. By offering exercise classes outside and offering outreach to homebound seniors in the form of daily videos, personal phone calls, and support.

I could not be more proud to serve on the People Plus board with an amazing, committed group of volunteers and staff.

# Moments to remember of Christmases Past

It's weird how we forget many aspects of our lives from our growing-up years, but when it comes to Christmastime, it's not hard to recall the many details which made that holiday so special and exciting.

Of course, there was plenty of gift-giving and merriment, but food was a big part of our day's festivities — both sweet and savory — and there was no shortage of anything to eat. But the thing I remember the most was watching in amazement as my Grandpa Donahoe sharpened his knife prior to carving the ham for Christmas dinner. He was like a magician, as his quick hands maneuvered up and down, rubbing the blade against a metal rod over and over again. Leaving an edge that could indeed cut paper ... or a little boy's finger, as I was so often warned.

Countless other vivid memories of that wondrous time fill my mind that I would like to share:

— As a family, we would go to church for midnight Mass. Even my dad would attend, with Christmas and Easter being the only two times that would ever happen. I would always fall asleep, but

when I got home I was wide awake, finding it extremely hard to close my eyes in anticipation of Santa's arrival.

— One year, my dad decided we would have breakfast before invading the tree and all the gifts, including the ones from Santa. Our house was so small that my parents put up a blanket between the dining and living rooms so we couldn't see anything. Needless to say, probably because of four kids loudly complaining, this only happened one year.

— With having four children, my mom and dad had to be pretty crafty when it came to hiding any presents. They always cautioned us that if we snooped around and discovered what awaited us on THE day, that the items would disappear, never to be seen again. One particular year, I found a slot car racing set under my parents' bed ... somehow I still received it on the 25th.

— We always wrote a letter to Santa, that would be published in the local newspaper, telling him how good we had been and that we were looking forward to his visit. Two things I always put on my wish

list to Santa were a BB gun and a chemistry set. I never got either one, but my younger brother Mike did — and he didn't even request them.

— We set out cookies and milk every year for the great man, and, of course, they were gone the next morning. We were amazed by this disappearing act.

— We always got to open one gift on Christmas Eve, but not one of our choosing. It was the same thing every year, a new toothbrush from our dentist, Dr. Brown. I always thought this arrangement was totally unfair, because at my best friend's house, they opened all their gifts the night before, leaving their treasures from old Saint Nick for Christmas morning. No matter how much we pleaded, my parents refused to budge from our routine.

— All the relatives from my dad's side of the family would gather for a reunion twice a year; once during the summer and again just before Christmas. Because there were so many members of the Gabriion clan, the holiday get-together was always held in the basement of the Presbyterian

## Simply put



Patrick Gabriion

church. One year — I think I was around 10 or 11 years old — my Grandma Pearl asked me to say grace before our meal. Boy, what an honor! So when the time came, and I had everyone's complete attention, I blurted out, "Rub-a-dub-dub, thanks for the grub. Amen." If looks could kill, my mom had them on full display, but nearly 70 other people were roaring with laughter, including my dad and grandma.

It's a delight to think back upon all those joyous and colorful moments. Sadly, many of those intertwined in my thoughts are no longer a part of my life, including three of the six members of my own family. But with Christmas all about being together, along with its trappings and traditions, I couldn't be wished for anything more. Happy holidays to you all.

WE MISS SEEING YOU AT THE CENTER!!!

## New and renewing members for November

- |   |                       |                      |
|---|-----------------------|----------------------|
| Memberships received as of November 18, 2020. | Mary Donovan          | Meg Warren           |
| * indicates new membership                    | Nancy Doud            |                      |
| • indicates donation made with membership     | Jean Dvorak           | <b>Freeport</b>      |
|   | Alice Franklin        | Merton Curtis        |
|   | Carol Frizzle         |                      |
|   | Mary Ann Gessner      | <b>Harpwell</b>      |
|   | Katherine Gilfillan • | Ann Bouchard         |
| <b>Bath</b>                                   | Patricia Holmes       | Armand Bouchard      |
| Nicholas Sewall                               | Libby Hyatt           | Katherine Chatterjee |
|   | Nilda Jacobus         | Deborah Manley       |
|   | Nancy Kenney          |                      |
| <b>Brunswick</b>                              | Judy Klein            | <b>Orr's Island</b>  |
| Marie Barlow (Lifetime member) •              | Karen Madsen          | Susan Bates •        |
| Denny Barrett                                 | Gabriele Niffka •     |                      |
| MaryJo Barrett                                | Nancy Pantaz          | <b>Topsham</b>       |
| John Bouchard                                 | Alden Perry •         | Ellen Bernstein      |
| Muriel Bouchard                               | Wilma Reynolds        | Larry Bernstein      |
| Susan Bradford                                | Patricia Ringstone •  | Diana Carter         |
| Norrine Burnett                               | Eric Root             | Deb Considine        |
| Regina Campbell                               | Suzanne Sargent       | Adele Gassett        |
| Jane Connors •                                | Penny Stevens •       | Jane Littlefield     |
| Anne Cunningham                               | Maybelle Sturgeon     | Sherman Milliken     |
| Rosalie Deschenes •                           | Joanne Thompson       | Carole Sargent       |
| Christine De Troy                             | Hannah Trowbridge     | Merrilyn Tombrinck   |
| Jerry Donovan                                 |                       |                      |

### Books A La Carte

Books A La Carte members read books of their choice in any genre. Here are some suggestions for fall reading:

#### FICTION

**Lilac Girls** by Martha Hall Kelly: This well-written novel, based on a true story, tells the story of three women whose lives intersected during World War II and for 20 years afterward. One was a New York City socialite, the second a Polish teenager who was a courier for the Resistance, and the third a German doctor who became involved with the Nazi government.

#### NONFICTION

**The Greater Journey — Americans in Paris** by David McCullough. McCullough is one of the finest historians and writers around. He has written about

Teddy Roosevelt, the Wright Brothers, John Adams, Truman, and others. This book describes the true stories of Americans who traveled to Paris during the years 1830-1900 to study art, medicine, and other subjects, while living the good life in Paris. Many famous Americans, including Mainers, appear in these pages.

#### MYSYTERIES

How about four suspense novels in one book? Try **Women Crime Writers — Four suspense novels of the 1940s**, Sarah Weinman, Editor. Two of the four are well-known and have been made into movies: **Laura** by Vera Caspary and **In A Lonely Place** by Dorothy B. Hughes. Now you can read the books and compare them to the movies. The other two are **The Blank Wall** by Elisabeth Sanxay Holding and **The Horizontal Man** by Helen Eustis.

Comments: news@peopleplusmaine.org

# Home Sweet Home

Holiday Greetings!  
Best holiday wishes for a solid, happy home that can stand up to Santa coming down the chimney and reindeer pawing on the roof. Merry Christmas!

**Lisa E. Buthlay**  
Associate Broker  
**RE/MAX** Riverside  
207 725-8505 X136 (Office)  
207 522-1637 (Mobile)  
lisa@buthlay.com  
www.buthlay.com

Each Office Independently Owned and Operated.

**MERRY CHRISTMAS**

**RE/MAX**

**RE/MAX**

Bowdoin Mill Island - Suite 101  
Topsham, ME 04086

## When you are contemplating a move...

to a Retirement Community, enjoy a visit to COASTAL LANDING in Brunswick to see all we offer in independent retirement living (assisted living available). Included in your monthly rent:

- \* Choice of two meals daily
- \* Activities and Social Events
- \* Light Housekeeping
- \* Private Bathroom & Kitchenette
- \* Other services available for a reasonable monthly fee.
- \* Scheduled Local Transportation
- \* Heat and Electricity
- \* Maintenance Service
- \* Free Laundry Room

Find your way to  
142 Neptune Drive  
Brunswick, ME  
837-6560  
[www.coastallanding.com](http://www.coastallanding.com)

**COASTAL LANDING**  
RETIREMENT COMMUNITY

## Time off for Caregivers Joyful Hours for Participants!

**Services:** Day Program • Caregiver Support Groups  
Community Education • 1-1 Support and Counseling  
Referral Information Program Support Opportunities

Bath-Brunswick Respite Care is licensed by the Maine Department of Health and Human Services as a social model adult day service provider

**Convenient Location!**  
**9 Park Street in Bath**

Contact us at our administrative office  
Phone: 207-729-8571 or email: [info@respite-care.org](mailto:info@respite-care.org)

**BATH-BRUNSWICK**  
**RESPIRE CARE**  
ADULT DAY SERVICES FOR THE MIDCOAST AREA

Bath-Brunswick Respite Care is a United Way of Mid Coast Maine Agency



*Owls Head Transportation Museum is now...*

# OPEN WED-SUN

*reservations  
required  
book online*

# OWLSHEAD.ORG

**Morning Session: 10am-12:30pm**

**Afternoon Session: 1:30-4pm**



## Live demonstrations coming September 2020!

With spacious facilities, the museum can welcome up to 45 visitors per session to six of its unique gallery spaces, featuring a variety of exhibits and displays.



117 Museum Street, Owls Head, ME 04854 (207) 594-4418

