



Plus! People NEWS!

The center that builds community

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



THE SENIOR MEMBERS OF THE BRUNSWICK HIGH SCHOOL CHORAL PROGRAM were thrilled and honored to serenade the People Plus members with Christmas carols on December 22. In their first concert singing as a group since March, the kids could not have been more excited. Choral Director Ashley Albert thanked us profusely and said, "This has absolutely made our year and we were so happy to continue our annual tradition of singing for older adults! Thank you for having us at the People Plus Center!"

Seniors sing for Seniors

Holiday cheer was enjoyed by all at a special festive Lunch Bunch held outside for People Plus members just before the Center's Christmas break.

"Seniors Singing for Seniors" featured a choral celebration as senior class members of the Brunswick High School choir performed holiday carols for the "senior citizen" members of People Plus.

Choir members were masked and spaced 14 feet apart in the People Plus parking lot during the outstanding performance. They were safely spaced away from the Center's members, who were seated six feet apart and masked while eating their lunch outside.

Festive attire was encouraged and Santa hats were seen everywhere. The event was live-streamed on Facebook so parents and others could watch from home.

Did you miss it? Visit the PeoplePlusMaine page on Facebook or the Free Videos tab on our website to watch a recording of the event.



Cost of keeping active: FREE!

January promotion happening again at People Plus

Staying active and fit may look different right now because of the continuing pandemic, but it is just as important as ever. And People Plus has the resources to help you keep healthy — both physically and mentally.

"Our staff at the Center has worked hard to keep members connected, while at the same time remaining safe," said Executive Director Stacy Frizzle-Edgerton. "We are strong believers that if people are socially and physically engaged, it also helps with their mental well-being."

In our effort keep folks moving, People Plus is again offering our Fit & Fun for Free promotion during the month of January. This is an offer for new attendees to come to the Center and see what the fun is all about with our extensive list of classes, clubs and more, including Loosen Up, Chair Yoga, Tai Chi, Qigong, Yoga, Zumba, Gentle Barre and Art. These classes are indoors with recommended spacing and ample ventilation. Class size is limited, with masks and registration required.

And if you would rather participate from home, all classes are being conducted with a live Zoom option, and many have videos available for online viewing anytime.

"The goal is quite simple. We want our members and others to keep involved — to stay positive and active," said Stacy. "This offer is for new attendees who want to try out a new class, as often as they want during the month of January, to see if they like it. There is no better investment than the one we make in our own personal health."

To emphasize the point on keeping fit and active, we reached out to the staff at Reform Physical Therapy for their input. Here's what they had to say:

"Staying active is not only important physically, but also mentally. Our bodies were designed to move. The more we move, the more our brain and bodies connect to ensure our safety, balance, and even cognitive abilities. As difficult as winter can be, especially during a pandemic, don't let it take what health and mobility you have. Remember, you are NEVER too old to get stronger." — Christina Levesque, PT, DPT

"A fit and active lifestyle will improve mood,

continued on page 8

Call for 'partnership of support' remains strong

Annual campaign, group and business donations keep Center engaged with community

People Plus is all about supporting our senior community with programs and services at the Center. In order to accomplish that, it takes a tremendous amount of support.

While the request for community partnership through donations and fundraisers is year-round, People Plus is very fortunate and grateful to receive contributions from a great number of people, businesses, and organizations that believe in our mission. And we thank them all.

The Center's annual campaign, which is currently underway, is a big part of this "partnership of support." But there are many others who have stepped forward as

well, especially during 2020, recognizing that the need to aid fellow Mainers is of vast importance.

Institutions strengthening this backbone of community support with donations and grants have included the Maine Community Foundation, Bangor Savings Bank, Bar Harbor Bank and Trust, Norway Savings Bank, and Mechanics Savings, as well as Spectrum Generations, United Way of Mid Coast Maine, First Parish Church, and the Alfred M. Senter Fund. In addition, there have been a number of significant private donations, including a challenge match from Ellen Asherman, and Dick and Smoky Morrell.

According to People Plus Office Manager Betsy White, contributions totaling \$42,081.74 have been made thus far toward the annual campaign fund, with an additional \$1,475 in membership donations.

"With a goal of \$75,000 in the annual

continued on page 11

PEOPLE PLUS MONTHLY RAFFLES

William Gorham is blown away as raffle winner!



Just in time for the next snowstorm, William Gorham is the lucky winner of the People Plus December raffle — a brand-new snow blower.

A total of 190 tickets, which were \$20 each, were sold, bringing in \$3,800!

The popular prize was a Toro Power Max 824 OE Snow Blower. Other details include: 24 inch, 252cc two-stage electric start, gas blower, and quick-stick chute control. It came fully assembled and was donated by Home Depot. Total 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.

As always, thank you for helping our seniors and supporting the People Plus Center!

Get outdoors with January raffle prize

People Plus has a great way to help you enjoy wintertime with our January raffle. What's up for grabs? It's a snowshoe package for two.

This outstanding prize includes:

- Men's (25-inch) and women's (21-inch) L.L. Bean Trailblazer snowshoes with Boa bindings
- Poles and snowshoe storage bags
- His and her Baxter State Parka Mittens in charcoal grey heather
- Two popular adult Kathadin Pom hats in carbon navy and vintage lavender patterns
- Plus a Welcome Pass with three days of free snowshoeing at participating Cross Country Ski Area Association (CCSAA) areas

The total value of these sought-after items is \$640! Another big reason for participating in the raffle — besides showing your support for People Plus and its programs — is that the snowshoe package is currently sold out at L.L. Bean. So get 'em while they're hot!



Tickets to win are just \$20 each. Visit peopleplusmaine.org for more information. To purchase tickets, call 729-0757 or stop by the Center.

The drawing is Jan. 21. Good luck!

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

news@peopleplusmaine.org

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

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Rewriting the New Normal!

As we enter the year 2021, it seems that the entire planet is beginning to breathe a collective sigh of relief. We know that we're not finished with this global pandemic, and there is a LOT that needs to be done, yet it seems there's a light at the end of the tunnel and that small, but steadily shining ray of hope is a good thing.

And we need good things in our lives these days. We've seen so many people at the Center who need more help now than they ever have before. Help with obtaining food, housing, paying their bills or getting their groceries, help staying active and feeling socially connected, and help just being happy, productive people. It's a challenge in this weird world to just feel normal.

So we've changed what "normal" looks like at the People Plus Center — especially in all of the areas that we help you, our seniors and our teens as you stay healthy, happy and engaged through this long and arduous year of "the pandemic."

When this whole thing hit in March, let's be real, we were scrambling. We had no idea what to do at first to help everyone. Every day was different with new information, new outbreaks, new protocols ... Are masks good? Are masks bad? How do you get the virus? How do you give it? Can you flatten the curve? Are you a super spreader? Can you take a Zoom call?

We began to use words we've never heard before like "Maskne," which is the acne outbreak you get from wearing your mask too much ... or "Quarantini," which is a martini developed during quarantine.

And the question of "Who's in your bubble?" was asked many times. We were thrilled and honored to be a part of a carefully calculated, physically-distanced but socially-together bubble for many of you through the whole summer with outdoor exercise and meals, lectures, and more.

We've moved our exercise and some activities inside for now and it's working

really well.

Did you ever hear the term "Blursday" before last March? It's an expression that has applied to many retirees for ages, but it's more recently become applicable for those of us who are working primarily from home. It means (in general terms), "what day is it anyhow?"

And who would've thought we'd say "virtually" more than a dozen times a day?

And my favorite of all — "Herd immunity," which is apparently when enough people become immune that we can all stop worrying about it. Can't wait for that one to become a reality!

So as we head into the New Year, there are some terms and expressions that I would like to hear make a comeback ... Can't wait to say, "Give me a hug!" OR "How about a smooch?!" ... That will be an amazing day!

And what about "Let's have lunch" or "Wanna see a movie?"

OR the best one yet ... "Let's play games and have lunch at the People Plus Center!"

Now that will be a good day. That will be a welcome "new normal" for sure!

We miss our game players so much. They are all regulars who've been coming for years. It used to be so nice to pop down the hall and say "Hello!" to 24 people gathered around small tables, all breathing each other's air and touching all of the same bridge cards. Many of them carried treats for my dog in their pockets, or brought us coupons or recipes cut from their papers. It was cozy and familiar and we long for those days.

And I know that we will get back to that point, but it'll still be a while. So I'm gonna hang onto that hope as we enter January 2021— because gosh darn it, I'm a hopeful person. And I know that we will get through this time.

AND I know that even now it's getting a little better every day. The vaccines are arriving, so we can all get our virus shot

From the Executive Director

Stacy Frizzle-Edgerton



and create an environment that no longer contains fear.

I want to be able to walk down the hall in the grocery store and not be worried about bumping into someone. I'd like to be able to go to a restaurant again and sit at the bar; order a drink with my husband and chat with complete strangers while we wait for our table.

Speaking of husbands, Jonathan would really really like to be able to travel again soon. We have our fingers crossed that our honeymoon will finally take place next fall. It's almost a year from now and definitely worth the wait. London here we come ... (in 10 months!)

So as we head into this long awaited year of 2021, let's keep our masks on and our fingers crossed that things move swiftly in the world of vaccinations and herd immunity. Then we can start rewriting the vocabulary that we use on a daily basis and regain a semblance of life in the good old days. The good old days from this time last year in fact would be just fine with me.

And then I'll be able to say "See you down here at the People Plus Center" again. We'll be able to call at the "Center that builds Community" again and most importantly we will be able to say "Give me a hug!" ... again.

Until then, I wish you all the happiest of New Year's and I thank you for sharing your life with all of us at the People Plus Center — both in person and virtually. We are so honored to help take care of you and to be in your bubble. See you at the Center on Blursday!

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

So it is the time of year when the question is asked, "What is your New Year's resolution?" How many people join a gym on Jan. 1 or start a new "diet," only to

Steps for starting out the New Year

have it last only a few weeks.

I can recall many years ago having been there and done that! Finally, I said this isn't working, so let's do it differently. If we reframe our thinking and ponder about one step that we can take, we will be more likely to be successful. Here are some suggestions:

- I will eat one more fruit and vegetable most days.
- I will eat one cookie instead of six.
- I will use a smaller plate.
- I will not buy chips.
- I will eat slower.
- I will try to be more mindful when I am eating.

- I will listen to my level of hunger.
- I will share a meal when I dine out.
- I will go out for a 10-minute walk when the weather allows.

These are all steps that my clients are currently working on. Not drastic changes, but some steps in their journey to eat healthier. Which one would you choose or do you have another one that you have thought of? Think about progressing into the New Year with a step vs. a resolution.

Black-eyed peas are thought to bring good luck to the New Year, so this month's recipe is black-eyed pea soup. Happy New Year!

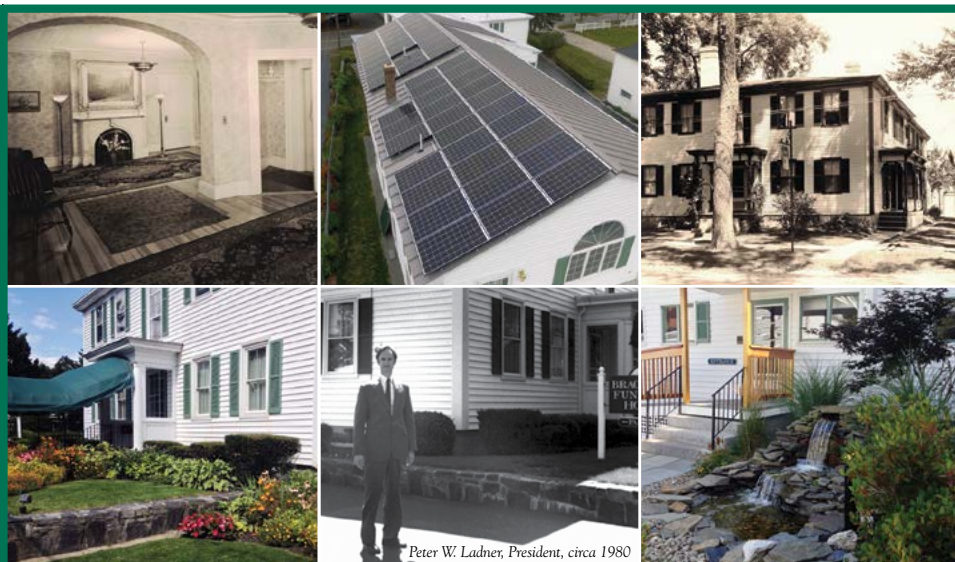
Black-Eyed Pea Soup

Ingredients

- 2 Tb. olive oil
- 1 onion (diced)
- 2 ribs celery (diced)
- 2 carrots (peeled and diced)
- 2 cloves garlic (minced)
- 1 Tb. chili powder
- 2 t. smoked paprika
- 1 t. cumin
- 1 t. dried oregano
- 2 cans (15 oz each) black-eyed peas
- 1 can diced tomatoes
- 3-4 C. low sodium vegetable broth
- ½ t. salt
- ¼ t. black pepper
- 4 large collard green leaves (ribs and stems removed and chopped)
- 1 Tb. apple cider vinegar
- chopped fresh parsley (optional)

Instructions

1. Heat the oil in a soup pot on the stove over medium heat. Add the onion and sauté until soft and translucent, about 5-6 minutes.
2. Add the celery, carrots, and garlic, and sauté 5 minutes until starting to soften, stirring frequently.
3. Add the chili powder, smoked paprika, cumin, and oregano and stir to combine, about 1 minute.
4. Add the black-eyed peas, diced tomatoes, vegetable broth, salt, pepper, and chopped collard leaves. Bring to a boil, then reduce heat to medium-low and simmer for 25 minutes.
5. Add the vinegar and stir.
6. Serve with chopped fresh parsley as a garnish, if desired.



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Pens & Paintbrushes

Heavenly Beach

By Doris Weinberg

My husband and I fell in love with cruising, and we were fortunate to take many together. Most trips were through the Caribbean, where we could always count on the weather.

At first, we signed up for island tours, enjoying the culture and sights. But then we found the local beaches added much to our delight!

To lower our stress over the years, the beach was our place to go. So, that's where we'd head at every port and the tours we would forgo.

At each island we would hop a cab and head to a beach that was near. We always found the water was warm, turquoise and oh so clear!

There was one beach that became our favorite, St. Thomas, such a lovely stop. You'd float in the water and look back at the sand, And see a beautiful tropical backdrop.

Every cruise stopped at St. Thomas. Many times, we enjoyed it's Megan's Bay. We would have a little snack, lay in the sand, and feel the ocean spray.

It's been many long years since I was there, So, I look at all the pictures we took. I know I will never go there again, But I have a lovely scrapbook.



Wishes for the New Year

By Vince McDermott

May you be where you want to be when you want to be there
 May you get what you wish for — but be careful what you wish for
 May your computer and your spirits stay up in the coming year
 May you not be boring
 May your muse not desert you
 May your talents be recognized and your efforts be rewarded
 And may you get a shot in the arm

If Dreams Came True *By Doris Weinberg*

After all those tries, I did it! I actually did it! Publisher's Clearing House really did come to my door with roses and a giant check! Every year, when the form comes in the mail, my attitude is, "I'll never win, but it's only the cost of a stamp!" For more years than I can remember, I sent the form back. I never bought anything. Then completely forgot that I mailed it.

So here I am now, 88 years old and with all this money! What do I do first? I guess a visit to my financial adviser is advised. I will take care of all the taxes first. Then I will arrange a small amount set aside for whatever my future will need — in sickness or in health — at home or assisted living. That would secure my greatest fear.

After that, I would have fun. Large amounts for my three children to ease their financial strains. And treats for my two grandchildren too.

And finally, with whatever is left, it would be divided between my synagogue and needy charities. I would do all this quickly after my win notification. And then, only then, would I live out the rest of my days enjoying the rewards. If only dreams really came true.

I Need One! I Need One!

By Doris Weinberg

I have been without one for so many months. How much longer do I have to wait? This whole experience has me unnerved. I need to know before it's too late!

I live alone in a building full of people, but no one can help me out. Even if I walk around all day, my face will show a pout!

It isn't much I am asking for, but everyone will refuse. I cannot even be nasty, because their friendship I will lose.

My family is not allowed to come, so my stress level has gotten quite high. I stay by myself and do keep very busy, That's the only thing I can try.

There are lots of people around me all day, And all I can do is shrug. Isn't there anyone out there who will reach out, And give me a great big HUG?

Alone — Just Me

By Betty Bavor

People are disappearing left and right. Where are they going? Before long, maybe I will be the last person on Earth! I better prepare just in case, as the environment feels so strange and I am lonely.

I surveyed my house, checking food, clothes, and security for my unknown future. My doorbell rang, which made me anxious as everything was so still. A man in uniform with a stern expression on his face greeted me. He knew my name and reported the world's population had left for a new life somewhere in outer space. He said I had not responded to the invitation, so I had been left behind. I said, "What about you?" He replied, "My vehicle is waiting and I have the last seat. I am here to check if you are OK and to give you this envelope. Please do not open it until I am gone!" I took the envelope as he immediately vanished.

I wondered if there was poison in the envelope. This man, who had not let me answer if I was OK, would not have to think about me in his future — I would be dead! I did not even have a chance to tell him good luck and God Bless all of you.

I sat down, looked at the envelope and my mind began to whirl. I have a loving family, many friends, and an active lifestyle, and, oh yes, I am healthy and happy at my vintage age! Have they all left and why did they not check in with me? I guess that is another story.

The envelope, shall I open it? It must be special, so I need to go to a special place for this momentous occasion. My church is the appropriate location. I won't be alone, God will be with me. If I am poisoned, there is no one to care or plan a service and what better place to die with a direct route to the right hand of God. There will be family and friends waiting for me! Maybe there is some magic in this envelope, and I will vanish like the gentleman at my door.

I will walk to my church and pray every step of the way, the door will be open. I put a bottle of water, a KIND oats and honey bar, and the letter in my backpack and was on my way. The streets were deserted. The door was open and I felt very welcome as I entered the sanctuary and took a seat in the front pew. I retrieved my letter, opening it with care. It read:

"Dear Betty,
 All the people you love and know are safe and will be engaged in a new and wonderful life. You have inherited all the earthly resources to enjoy. You may make one wish.
 Sincerely, The Space Panelists."

I hoped this adventure is a retreat while the world is cleansed and everyone will return refreshed with new vigor. My wish — "When we are all reunited, let us rejoice in the journey of life, brotherhood, peace and love."
 HAPPY NEW YEAR 2021

Quotes *By Nonie Moody*

Looking over my gathered list of quotes and meaningful sayings I've collected over the years is one way to start the New Year. What other people say during their lifetime is insightful. Here are just a few quotes to clear the mind of the past troublesome year and looking forward to a fresh new start:

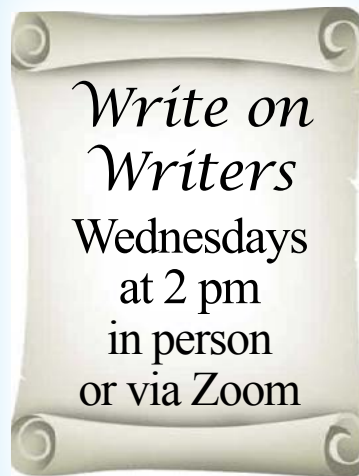
"We make a living by what we get, but we make a life by what we give." — Sir Winston Churchill

"Where your treasure is, there will your heart be also." — Jesus

"Great minds discuss ideas; average minds discuss events; small minds discuss people." — Eleanor Roosevelt

"Calamity is often the voice of God shouting to us to turn around and come back." — Warren W. Wiersbe

"The measure of love is compassion, the measure of compassion is kindness." — Anonymous



Books A La Carte

While the Book A La Carte group is taking a pause until the spring, book recommendations are still being offered. Here are the latest

MYSTERY

Eight Perfect Murders by Peter Swanson. How do you get away with murder? Make it look impossible. A bookstore owner compiles a list of books which involve attempts at a perfect murder. Authors include Agatha Christie, James M. Cain, John D. MacDonald, and others. Years later, a serial killer is imitating the killings. A female FBI agent, who knows about the list and the imitations, visits the bookstore owner. Is the bookstore owner a suspect? This is a well-written book, which includes much information about books, authors, and bookstores.

FICTION/MYSTERY

The Haunted Bookshop by Christopher Morley. This book, written in 1919, is a classic. A man owns a second-hand bookshop in Brooklyn. A sign outside the store claims the shop is haunted. Is it? This book is a little hard to classify. Read it and decide for yourself. It is peopled by an interesting variety of characters. Some editions contain very interesting drawings. It offers much information about books, booksellers, authors, etc.

NONFICTION

When the Irish Invaded Canada — the little-known true story of Civil War veterans who fought for Ireland's freedom — by Christopher Klein. This is a well-written book which tells the story of Irish veterans of the Civil War, both Union and Confederate, who united to invade Canada in 1866 in an effort to begin a struggle which would help Ireland break away from England. Rich in historical data, it traces the beginnings of the Fenian Movement back to the Irish potato famine of the 1840s — The Great Hunger. From 1845 to 1852, approximately two million people fled Ireland. Many came to the U.S., and thousands fought in the Civil War.

Hillbilly Elegy — a memoir of a family and culture in crisis by J.D. Vance. What a title for a book! I wonder how many prospective readers were turned off by it? It is an extremely well written, powerful story of the struggles of America's white working class written by someone who grew up in a poor Rust Belt town. It is a family saga with detailed studies of the author's extended family. The author was born in the Appalachian town of Jackson, Kentucky, then grew up in Middletown, Ohio. He eventually went to Ohio State and Yale Law School. The book has received great reviews and has been made into a movie, which is available now.

LEARN TO DRAW with Connie Bailey



THERE ARE LOTS OF WAYS TO LEARN TO DRAW here at the Center! You can either join Connie Bailey's class in person on Thursdays or watch all of her lessons on video in the comfort of your home for free! We are so fortunate to be able to record Connie's class every week to air & share on our website Free Videos page. You, too, could become a master artist in your own time. Or at least learn how to draw a lot better than you do now! For more information on taking Connie's art class or any other classes here at the Center, check our website at www.PeoplePlusMaine.org.

Art with Connie Bailey – Thursdays, 9:30 am. Please bring #2 pencil, sketch pad, TV tray to lean on (if you have one), and your own water. Members only. Limited space, masks required. payment via punch card (\$5/class) or free for new attendees. Membership not required in January!

“Fit & Fun for FREE” in January at People Plus!!



WITH THE WARM SUNSHINE and cool air streaming through the windows, several ladies enjoy socially distanced (9 foot spaces between them) exercise and stretches during chair yoga with instructor Bea Blakemore. Come try this or any of the classes for free this month! Registration is required, call 729-0757.

Current Classes at People Plus

\$5/class, FREE for new attendees

Art with Connie Bailey

Thu, 9:30 am. All levels welcome. Explores different mediums each month.

Chair Yoga

Tuesdays, 9 am. Instructor Bea Blakemore, a wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind.

Gentle Barre

Wednesdays, 12 noon, Instructor Bea Blakemore. A hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Uses the back of chairs instead of a bar.

Loosen Up!

Mon/Wed/Fri at 9 am and Wed/Fri at 10:15 am. Includes resistance training, core strengthening, and exercises intended to improve balance and posture. Performed standing and seated. Take it once, twice or three times a week.

Qigong

Fridays, 11:30 am. Instructor Suzanne Neveux. Related to Tai Chi.

Tai Chi

Wednesdays, 11:30 am. Instructor Suzanne Neveux. Exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements.

Yoga

Tuesdays, 10:30 am & Thursdays, 11:30 am. Stretch, flex, breathe and relax for optimum well being.

Zumba “Lite” via Zoom

Mondays, 10:15 am. Instructor Bea Blakemore. Aerobic and dance moves set to popular music. Low-impact for seniors.

Register for activities @729-0757

Yoga Twice a Week!

Tue, 10:30 am or Thu, 11:30 am. Class size limited. Masks & registration required, payment via punch card (\$5/class) or free for new attendees.

Activity Punch Cards

Safe & convenient. FMI call 729-0757 or stop by the Center!



Exercise with People Plus in person, via Zoom or via video!

Join classes in person with recommended spacing and ample ventilation (masks required) or live via Zoom. Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Gentle Barre and Zumba. Registration required, payment via punch card (\$5/class) or free for new attendees. Membership not required! Or watch class videos any time at www.peopleplusmaine.org.

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.

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.

Free Zoom Tutoring with Jasmine

Wednesday mornings. Free 45-minute Zoom training sessions at the Center. Masks and registration required.

Jasmine Giffin, a senior at Mt. Ararat High School, 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.



Hair Cuts with Margarita!

Fridays, 9-12 pm. By appointment only (no drop-ins). \$10 donation benefits People Plus – **over \$4,000 raised in 2020!** Open to the public! Registration & masks required, must follow building safety protocols.

Play Bridge at Home!

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

Art with Connie Bailey

Thursdays, 9:30 am. Please bring #2 pencil, sketch pad, and your own water. Limited space, masks required. payment via punch card (\$5/class) or free for new attendees. Membership not required in January!

Good Eats – Good Friends!

(Dress for the weather — we’ll be OUTSIDE!) Membership is not required in January!

Women’s “High Tea”

Thu, Jan 7, 1:30 pm. Enjoy English tea, scones, clotted cream and lemon curd while socializing with the ladies. Wear a fancy hat! Limited space, registration and masks required.

Men’s “Coffee Break”

Thu, Jan 14, 1:30 pm. Join Frank and the guys for an afternoon cuppa coffee and a treat. Limited space, registration and masks required.

Lunch Bunch “On Us”

Thu, Jan 21, 12 noon. (Rain date Jan. 22). Enjoy a cup of hot soup and crusty bread with drinks and dessert “on us” served up at noon at the Center. Registration & masks required. 25 people max. Don’t miss it!



Center Clubs

FREE, membership not required in January!

Outing Club

Wednesdays, 12:45 pm. Meets for a ride or hike each week (some walk, some ride so all are welcome), weather permitting, otherwise will meet via Zoom. Masks required for check-in. Registration required.

Write on Writers

Wednesdays, 2 pm. Sit socially distanced to share recent poems and stories. Masks & registration required. In-person space is limited. Zoom option available.

Cantina Espanol via Zoom

1st Tuesday, 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

2nd Tuesday, 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

4th Tuesday, 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.

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.



SERVING OUR COMMUNITY IN NEW WAYS

We’ll pick it up!

In addition to free rides, the Volunteer Transportation Network provides free delivery service (grocery shopping & prescriptions) to keep homebound seniors well supplied. Our volunteer drivers are for area residents and members alike! FMI 729-0757.

Want a phone call?

People Plus staff and area volunteers are calling local seniors on a regular basis to have a chat! Would you like a call? Know a senior who would? Contact 729-0757 for more information!

Staying Connected!

Watch our community update videos and more at www.peopleplusmaine.org.

Got masks?

We have masks, generously made by community members and donated to the Center. Call 729-0757 for your free mask!




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!

Mon	Tue	Wed	Thu	Fri
LOBBY HOURS: Mon-Fri, 9-1 pm Center Closed on January 1 - Have a Safe and Happy New Year!				
4 9:00 Loosen Up 10:15 Zumba Live via Zoom	5 9:00 Chair Yoga 10:30 Yoga 3:00pm Spanish Club via Zoom	6 8:45 Zoom Tutoring 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	7 9:30 Art with Connie 11:30 Yoga 1:30pm Women's High Tea Outside	8 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
11 9:00 Loosen Up 10:15 Zumba Live via Zoom	12 9:00 Chair Yoga 10:30 Yoga 3:00pm German Club via Zoom	13 8:45 Zoom Tutoring 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	14 9:30 Art with Connie 11:30 Yoga 1:30pm Men's Coffee Break Outside	15 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
18  Center Closed	19 9:00 Chair Yoga 10:30 Yoga	20 8:45 Zoom Tutoring 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers	21 9:30 Art with Connie 11:30 Yoga 12:00pm Lunch Bunch "On Us" Outside	22 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong
25 9:00 Loosen Up 10:15 Zumba Live via Zoom	26 9:00 Chair Yoga 10:30 Yoga 3:00pm French Club via Zoom	27 8:45 Zoom Tutoring 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Tai Chi 12:00pm Gentle Barre 12:45pm Outing Club 2:00pm Write On Writers 6:30pm Bruns.Coin/Stamp	28 9:30 Art with Connie 11:30 Yoga	29 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Loosen Up 11:30 Qigong

- 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 at least six-foot distancing at all times.
- To watch an instructional video about entering the Center and see the space, visit the Free Videos page on our website.
- Chairs and bins will be cleaned between classes along with door handles, touchscreens, and other high-touch surfaces.
- Our HVAC system has been upgraded with a new HEPA filtration system and increased mixture of outside air.

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 15. 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 to join the fun.



"CLYNK" is solid fundraiser, one nickel at a time

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

Green "CLYNK" bags, pre-barcode with the Center's unit numbers, are always available at our reception desk. You need only to fill the bag with your returnables, scan and drop it at the drop-off in the parking lot when you next shop, and the Center receives credit for the accumulated deposits.

People Plus has received \$720 just from CLYNK returnables! Thank you for recycling, and thank you for supporting your Center. Let's keep it going!



STORM POLICY

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.

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Thanking our vets for their service

My hope is we all find peace of mind — Joseph Palma

I was 19 in the summer of 1969 when I received a letter with one NYC subway token telling me to report to Fort Hamilton, Brooklyn, New York, on Sept. 15. I was in conflict even before receiving the letter, as the choice was to go to war, escape to Canada, be sent to prison for evading the draft or voluntarily taking drugs to fail the physical like some of my classmates did. Choosing any of the above were not ideal, however, as I knew the possibilities and chose the path of many of my family members.

Prior to my first day in the Army, I never left the TriState area. But then I found myself in Fort Gordon, Georgia, Fort Polk, Louisiana, Oakland, California, Hawaii, Wake Island, the Philippines, and on to Bien Wha Air Force Base in Vietnam.

I was assigned to the 101st Airborne Division as a rifleman in a line company; my worst nightmare. For the next 10 months and nine days, I — and others — were pushed beyond limitations that I never believed possible, both physically and mentally. Threat was everywhere, not to mention mosquitoes carrying malaria, biting red ants, poisonous snakes, and blood-sucking leeches. Monsoon season brought rain, cold and mud, while dry season was characterized by extremely high temperatures and humidity, making everyday living like serving some kind of penance.

Jumping from helicopters with 100 pounds on your back, mostly ammunition and water, onto foreign terrain from 4 to 8 feet off the ground destroyed my neck and back. The role of a rifleman meant anything, anywhere at anytime; no combat specific stories, anyone that can read this has their own understanding of horror.

The last 50 years have at times been very challenging for us all; many have not fared well and continue to struggle. My hope is that we all find peace of mind and spirit.

The story below written by our beloved Frank Connors is a reminder that the Veterans Plaza in Brunswick is now officially and permanently open to the public. Five veterans and members of People Plus are among the more than 435 people gracing Honor Blocks at the memorial. They are Frank Connors, Joe Palma, Carolyn Bulliner, Gayla Gailbreath, and Charlie Evans, with Center members donating funds to purchase the pavers that honor them for their service to our country.

By Frank Connors

I fondly recall the morning when, while at my desk at People Plus, my 90-something friend and Center member — let's call her Rosalie — walked to Sarah's desk, dropped a twenty-dollar bill (or two?) and said, "This money is for Frankie's memorial stone. What a great way to thank him for his service!"

I looked up, she was staring at me, and smiling broadly. "I wish it could be more," she added. What could I do? What could I say? I smiled my best smile and said, "Hey, come on, I'm not even dead YET!"

It's been 53 years since that fateful November day in 1967, when my brothers in Alpha Company, 173rd Airborne, climbed a nameless hill in Vietnam and were cut to pieces by fire from entrenched, North Vietnamese troops. You may recall, I'd most certainly have been with those kids had I not left 10 days before on an R & R assignment, and landed in the hospital on my trip back to the unit.

In the half-century that has passed, I've planted trees for these guys, I've left curios at the national Vietnam memorial, I've endured bad dreams, night sweats, taken countless middle-of-the-night walks, become weepy when a grown man shouldn't, and felt remorse, guilt, even terror, when I recall that long string of names.

Too many days, I've wasted time wondering how America and our world might have been better if these guys had lived, and came home and continued to serve. During good moments in my life, I've quietly tried to award these wonderful young men my credit. But the fact is, I'll never ever be able to adequately thank them for their service. None of us will.

I served for a time on the committee that developed and funded Brunswick's new Veterans Plaza. I have nothing but admiration for this tireless crew who pushed through so many challenges, problems, and obstacles and got this job done. I can tell you I'd pre-warned them of my lack of talent for raising funds, and one evening, when it appeared the effort might fall short, I suggested the funds in hand might be better used converting the town's Mall into

user-friendly facilities for the local farmers' market. Shame on me.

In November, the ribbons came down and I can now take my wide-eyed grand-boys through this shining new memorial, built to honor all veterans of all of America's wars. I envision these little kids wandering around excitedly, looking for the stone with my name on it.

Maybe one day soon, this plaza will cue me to tell them some of the stories of Bobbie and Jessie, of Donnie and Jimmie, "Little Chief," Billie Bob and Carl. You can bet I'll hold them tightly for that fleeting moment, and try to help them to understand the commitment and sacrifices of millions of men and women, who helped make this land what it is today, and are all represented in this garden of polished stone. Then we will pause just a minute and thank them for their service.



PEOPLE PLUS WAS HONORED to contribute to several pavers at the new memorial for veterans who served our country and our organization! Pictured here are Gayla Galbreath, Frank Connors, Charlie Evans, and Joe Palma. Not pictured: Carolyn Bulliner. (Left) Former board member, Joe Palma, showing off his paver positioned next to Joshua Chamberlain.

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Music in April is back!

The suddenness of the coronavirus pandemic last spring forced the cancellation of Music in April, the premier fundraiser of People Plus and one of the Brunswick area's top cultural happenings of the year. However, the big event is back for 2021.

Plans are currently underway for the Center's 18th annual Music in April. Over the years, the gala has brought in more than \$300,000 for People Plus, providing a solid financial backbone for all the programs and services it offers to the community.

We are extremely excited and pleased to announce that this year's Music in April will include an online silent auction component and raffle open to the public for several weeks, culminating in a virtual event on Thursday, April 8 that will include a live auction and much more.

While we won't be together in person, we are thrilled to plan this new type of hybrid event and to be able share it with the whole community!

Thank you to everyone who donated auction items to Music in April last year. We've stored those items in the Center's basement to use this year. If you never got a chance to donate for the 2020 event or you've found some great items for this year, please feel free to drop them off at the Center on Union Street or call 729-0757 and ask for Programming and Events Coordinator Jill Ellis or send her an email at programming@peopleplusmaine.org.

In advance, thank you for continuing to support People Plus.

Red wheelbarrow piling up with food!

In the most recent check of the little red wheelbarrow, we are closing in on the big number in the annual People Plus food drive campaign. What is it? How about 1,000 ... as in the number of items and pounds donated to this worthy cause.

As of Dec. 21, 814 pieces of food had been dropped off at the Center, coming in at 815 pounds. And \$180 in cash had been donated.

The purpose of all this is to collect non-perishable food for the Mid Coast Hunger Prevention Program, this being the 12th edition of such a project.

And it's still not too late to give. 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 nonprofit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in

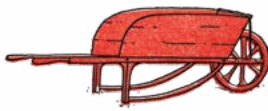
constant need. People wanting to donate money directly to MCHPP may do so, as well.

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.

"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! And thank you to member Frank Connors for all his help with the food drive.

Carney art show still on display in Café Gallery



Holiday time usually means a busy time for most people. So in case you missed the opening in December, Rick Carney of Old Bottle Sea Glass of Maine will remain as the featured art show in the People Plus Café Gallery through the month of January.

"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, a multi-talented diver-treasure hunter-artist. "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.

"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 also 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.

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 (Monday-Friday, 9 am to 1 pm) at the Center, located at 35 Union St. in Brunswick.



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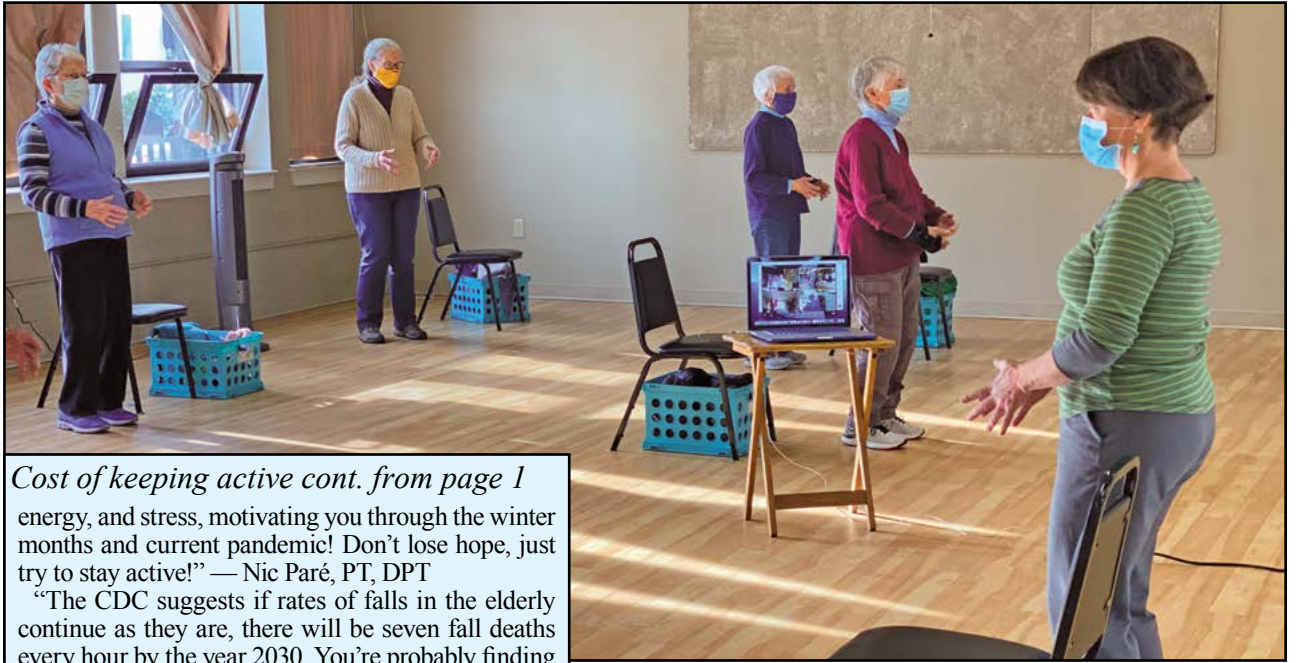
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Cost of keeping active cont. from page 1

energy, and stress, motivating you through the winter months and current pandemic! Don't lose hope, just try to stay active!" — Nic Paré, PT, DPT

"The CDC suggests if rates of falls in the elderly continue as they are, there will be seven fall deaths every hour by the year 2030. You're probably finding with the winter months and COVID-19 that you are not as active, and maybe not as confident when leaving your house. You or your loved ones do not have to be a statistic! Stay active, keep moving, and stay confident." — Ryan Mulligan, PT, DPT

"Staying active during the winter months is so important and has many benefits, from improving cardiovascular health and quality of sleep, to increasing strength and decreasing your risk of falls. With the extra stress of COVID-19 this year, exercise is a great way to improve your mental health by boosting your energy and your spirits." — Kelly Williamson, PT, DPT

"Normal winters in Maine can be isolating, dark and depressing. Add a global pandemic in the mix that greatly affects older adults, and the results are not shocking. Regular physical exercise naturally releases the neurotransmitter dopamine in the brain. Dopamine is the 'feel-good' neurotransmitter and is released when we become happy and/or excited. Having regular, natural and healthy releases of dopamine can help combat those winter blues. Exercising outside, such as walking, snowshoeing, and cross-country skiing, are physical exercise that can also be done while socially distant with friends." — Bobby Cochrane, PT, DPT

Need we say more? Come and get fit and have fun for FREE at People Plus!

To find out what classes you'd like to take, please check out the calendar in this newspaper or go online at peopleplusmaine.org. Call the Center at 729-0757 for more information or any questions.



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Our fabulous fitness instructors keep members ‘connected’

Right from the start of the coronavirus pandemic last spring, People Plus has made every effort to remain an important link to our members and the communities we serve. While keeping everyone safe was, and continues to be, a top priority, isolation from others wasn't part of the equation.

The Center's staff quickly picked up the mantra of "Physically distanced — Socially connected," while striving to keep presenting the usual programs and services with as little disruption as possible.

All indications point to much success, and one of the leading examples has been the members' healthy participation in all the exercise classes offered by the Union Street facility. Whether it's Chair Yoga, Zumba, Loosen Up, Tai Chi, Gentle Barre, Yoga, or Qigong, the number of people bending and stretching has been outstanding.

And none of this would have been possible without our wonderful exercise instructors, who have stuck with us at People Plus throughout these turbulent times. There was no hesitation on their part to create videos, which people could watch and do exercises from home, and then — when the weather conditions improved — start doing their instructing outside in the Center's parking lot. And now, carefully, moving back inside, while also continuing to help our seniors keep fit with more classes through Zoom and by way of videos.

Along with Leslie Ballin, who teaches Yoga on Thursdays, there are three other exercise instructors who have played key roles at People Plus. The following Q&A has given them the opportunity to express their thoughts. Enjoy!

Bea Blakemore teaches Chair Yoga, Loosen Up on Mondays, Zumba (via Zoom), Gentle Barre, and currently Yoga on Tuesdays.

Q. Why did you feel it was important to stay “connected” with the members of People Plus?

A. By still providing the classes, it made members healthier and more motivated. And with the steps taken by People Plus, they feel safe and connected. I just felt it was important to keep showing up and to be there for them.

Q. Please give us your views on the steps People Plus has taken to keep you and members safe during the pandemic by offering classes on videos?

A. Teaching on video, with no one present, was certainly a challenge at first and continues to be at times. It has been a learning experience with the technology, with a few bumps in the road. But as I say, the show must go on. It is a new skill I've learned and will use forever now, as a complement to my in-person instruction.

Suzanne Neveux teaches Loosen Up classes on Wednesdays and Fridays, plus Tai Chi on Wednesdays and Qigong on Fridays.

Q. Why did you feel it was important to stay “connected” with the members of People Plus?

A. It is vitally important as human beings to stay connected. So much has changed in our daily activities, particularly the social or public ones. Necessary changes to be sure, but these changes have disrupted the social patterns that are so important to our health and well being.

One of the things I really enjoy is to watch friendships develop or to see people share creative interests or books that they've read. Members really watch out for each other and ask after someone who has missed a few classes. I would miss that as much as they would. People Plus is a wonderful place to safely and comfortably interact and meet new people, a real community center.

Q. Please give us your views on the steps People Plus has taken to keep you and members safe during the pandemic. For example, have you enjoyed doing the videos?

A. Stacy is running a tight ship, keeping us up-to-date on the essential safety protocols. While Sarah and Jill are ever present and ever helpful, I cannot say enough “thank you's” for the support those two provide.

Running exercise classes outside was fantastic! And the weather was cooperative until the very end of October. I hope we'll be able to do that again next year as the weather permits. Now that we are inside, the open windows and fans keep the air refreshed and the blue tape marks on the floor keep everyone appropriately distanced during class. It feels remarkably safe being inside.

You asked about doing videos and I had to laugh; teaching to a small camera was a strangely scary thing to do. I teach people, not inanimate objects. I look to the attendees to know if my instructions or explanations made sense, or whether a new exercise is a boon or a bust. Plus

I enjoy the interactions, even if it's to point out where I've flubbed up.

So it took some time for me to feel comfortable without that direct feedback. I much prefer in-person classes, but I can — and will — adapt if the need arises again.

Ann Kimmage teaches Yoga with Ann on Tuesdays.

Q. Why did you feel it was important to stay “connected” with the members of People Plus?

A. Being so isolated from each other, and people in general, is an unnatural state for everybody. When the opportunity to teach yoga in the new parking lot materialized, I thought it would be good for all of us to be together again. And it was.

Though not all the regulars from the class returned, those who did were so happy to be doing yoga again. It was different being outside, but there were all kinds of exciting things to notice: Birds flying from branch to branch on the tree above us, the sun shining through the leaves, the cool breeze, the aromas from the bakery across the street. Sometimes pedestrians would stop to watch this unusual scene, wondering what this yoga is all about. And then there were the trucks, lawn mowers and other neighborhood noises that became part of our practice.

What mattered most was that we were doing something we love and sharing a bit of companionship while we do it. We always left feeling uplifted. There is no substitute for keeping up that connection with other people.

Q. Please give us your views on the steps People Plus has taken to keep you and members safe during the pandemic. For example, have you enjoyed doing the videos?

A. I thought the People Plus staff did an incredible job in keeping everyone safe and in keeping connected to People Plus members. They worked hard and tirelessly keeping the programs going through videos and newsletters to reach their members who had no other means of communication with the outside world.

The staff was creative and imaginative in adjusting to the new circumstances caused by the pandemic. They were admirable.

With the videos I did, I enjoyed knowing that if they wanted to do some yoga or meditate they had the means to do it. I was pleased to learn how much the videos were appreciated and used.



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FOUR THOUSAND, THREE HUNDRED AND FORTY EIGHT DOLLARS! That's a big number and a bunch of hair cuts! Yes, in 2020, a total of \$4,348 has been donated to People Plus from Hair Cuts with Margarita! — a service that is provided on Fridays, from 9 am to 12 noon, at the Center. The appointments with Margarita Day, which are open to members and the public, have even continued during the pandemic. Here's a big thank you to Margarita for keeping us looking good!

Brunswick Area Teen Center

Happy holidays and looking forward to a new year!

Teen Center News

Jordan Cardone



I really miss the in-person laughing, the silliness, the "meetings" in my office (not so much the behavioral ones initiated by me, but the "I need to talk" ones, initiated by the kids).

We are really looking forward to having them all back. Our numbers have been limited not only by COVID-19 restrictions, but by lack of transportation now that so many are schooling at home. My hope is that by next September and a new school year, things will be very different (for the better).

Until then, the unknown still rules. But hang in there, we've come this far. We can reach the finish line if we all do our part!

Here's to a new year of health, happiness, and helping others! Jordan and the gang.



I am finding it difficult to write this month, torn between feelings of sadness over what and who we've missed during the past year, and finally feeling a glimmer of hope for what the new year may bring. I know I am not alone in those mixed feelings.

Oh boy, it was difficult to go through the holidays apart from family and friends this year! And our teens! No beloved Yankee Swap this year or movie tickets and candy or big holiday party with gifts and treats. Knowing our youth are struggling, it was especially difficult to have to forgo these "traditions."

Instead, we are dropping off gifts to some of our members and their families who have let us know of their needs. The many generous donations we have received this year enabled us to put together some nice gifts and gift cards. Between donations from local banks, businesses, grants and members of our Teen Center Advisory Committee, Brunswick PD, Brunswick Rotary, Alex Labbe Memorial Fund, UU Church, First Parish Church and members of People Plus (and more!), we have been able to retain staffing and make the holidays cheerful for some of our members. Thank you!

Grants from the United Way of Mid Coast Maine and the Alfred M. Senter Fund have and are enabling us to keep our space clean, sanitized, comfortable and safe so that we may continue to have teens come. The kids have created kind of a cocoon for themselves as the pandemic has continued. My grandkids included (all teens), are asking for mini-fridges for their rooms for Christmas! They are creating their survival nests I guess ... in rooms surrounded by rope lights and anything cool or festive they can think of adding!

As much as they are tired of schooling being by computer, having computers and internet is keeping many of them sane as they have a way to communicate with others (and play games and shop, etc.). Kudos to our school systems for ensuring all students have access to technology!



REBECCA CARTER, FROM THE BRUNSWICK POLICE DEPARTMENT working with chief of police Scott Stewart as well as Officer Chris Balestra coordinated efforts to bring together donations from the Brunswick Police Benevolence Association and the Brunswick Police Communications Department to sponsor several teen families in our program with gifts for the kids. And to donate eight full hams to People Plus for the benefit of teens and senior families in need.

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 or leave a message at 729-0757 and Jill can add your email address to the list!



BRUNSWICK AREA STUDENT AID FUND
BOWDOIN • BOWDOINHAM • BRUNSWICK • HARPSWELL • TOPSHAM

Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.

Help us make a difference in a student's life!

Visit www.studentaidfund.org
Donations may be sent to:

BRUNSWICK AREA STUDENT AID FUND
P.O. Box 867, Brunswick, ME 04011

Gone but not forgotten – Memorial Donation in Memory of

June Francis Miller Coffin

June 19, 1926 – Dec. 1, 2020

Elizabeth Marr

Sept. 2, 1939 – Nov. 23, 2020

Joan Llorente

April 7, 1931 – Nov. 24, 2020

Carmen Belleville

May 8, 1945 – Nov. 25, 2020

Claire Rice

Aug. 3, 1927 – Nov. 23, 2020

Gilda Thing

Jan. 21, 1925 – Nov. 8, 2020

Call for support cont. from page 1

campaign this year, we are pleased to be halfway through the year and cresting \$40,000," said Executive Director Stacy Frizzle-Edgerton. "It makes it easier going into what is not going to be a normal spring fundraising season knowing that we are more than halfway to our goal."

"Thanks to everyone who has donated so far and thanks in advance to those of you who still plan to send in a little something. With a \$10,000 match in place, we are very hopeful to meet our goal of \$75,000 by the spring," continued Stacy.

As most of you already know, People Plus is a valuable resource for senior members. 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.

Here are some statistics that show the importance of the Center, as we keep our 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 14,000 views from 36 countries!

People Plus receives no money from the state or federal level, so we raise over \$300,000 a year to meet our total budget.

As part of the annual campaign, 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."

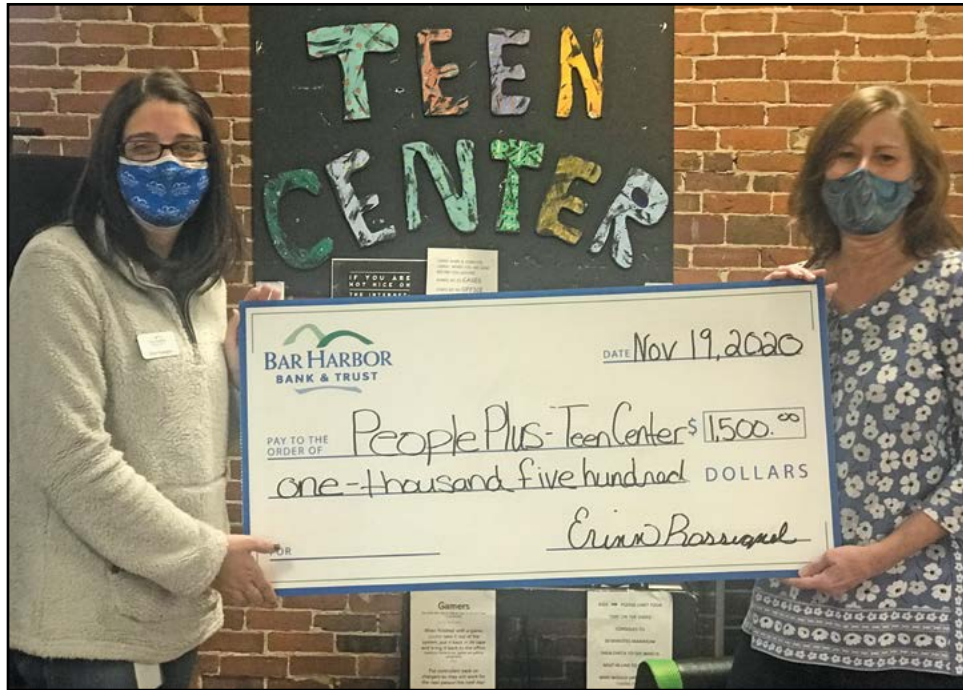
The funding is slated for both Senior and Teen Center programming; supporting homebound elders, as well as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, and free events and more. And the teens still use

the upstairs every day after school, go on adventures around town, and enjoy lunch out with their friends while socially distanced and wearing masks.

"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 Stacy. "We are hopeful our members and community partners will continue to send their contributions to keep this Center going."

"We will all need People Plus to be here when this whole thing is over," she continued. "We've been working hard to keep folks coming to the Center protected and those at home supplied. Thanks again to everyone who has donated!"

If you would like to support People Plus with a donation or want more information, please visit www.peopleplusmaine.org or call the Center at 729-0757. Thank you!



ERINN ROSSIGNOL FROM BAR HARBOR BANK AND TRUST stopped by the Center to present Jordan Cardone, the Teen Center coordinator, with a check for \$1,500 to be used to support the Teen Center program in whatever capacity is needed! Now that should bring some good holiday cheer to those kids upstairs!



NORWAY SAVINGS BANK MARKET MANAGER CHRIS MUNROE and branch supervisor Brenda Card present People Plus executive director Stacy Frizzle-Edgerton with a check for \$1,000 to support the senior programming at our Center! They also had a check for \$100 for the Teen Center program to support Jordan and the teens!

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<p>COASTAL LANDING RETIREMENT COMMUNITY</p> <p>142 Neptune Drive, Brunswick (207) 837-6560</p>	<p>COASTAL SHORES RESIDENTIAL CARE</p> <p>142 Neptune Drive, Brunswick (207) 725-5801</p>	
<p>DIONNE COMMONS</p> <p>24 Maurice Dr, Brunswick (207) 725-4379</p>	<p>Neighbors, Inc. The Home Care Company</p> <p>142 Neptune Dr, Brunswick (207) 725-9444</p>	<p>Horizons Living & Rehab Center</p> <p>29 Maurice Dr, Brunswick (207) 725-7495</p>

We take your loved ones comfort and health to heart.

Expert care when you need it.

If you are unable to see your primary care provider, the **Mid Coast Hospital Walk-In Clinic** offers expert care for minor medical problems.

Open every day
7 a.m. to 7 p.m.
22 Station Avenue, Brunswick
(207) 406-7500

For life-threatening concerns and critical situations, call 9-1-1.

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- EMERGENCY-TRAINED SPECIALISTS
- FULL INTEGRATION WITH MID COAST MEDICAL GROUP
- CONVENIENT LOCATION

MID COAST HOSPITAL Walk-In Clinic
WWW.MIDCOASTHEALTH.COM/WALKIN

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

- Augat Chiropractic**,
Free consultation and cursory exam
9 Pleasant St, Brunswick, 725-7177
- Hearts & Hands Reiki**, 10% discount on first appointment. Mon-Fri, 10-6.
751-5339 or mspruce@live.com
- Massage on Maine**,
First visit \$60, always \$10 off for seniors
56 Maine St, Brunswick, 504-6913
http://massageonmaine.com/

DRY CLEANER

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

FLORIST

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

HEARING AND OPTICAL

- Berrie's Hearing and Optical Center**,
10% off a complete set of eye-wear, up to \$500 off costs of hearing aids
86 Maine St, Brunswick, 725-5111
www.berriesopticians.com
- Maine Optometry**,
\$30 off complete pair of glasses
82 Maine St, Brunswick, 729-8474
www.maineoptometry.com

LEGAL

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

RECREATION / ENTERTAINMENT

- Eveningstar Cinema**, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
149 Maine St, Brunswick, 729-5486
www.eveningstarcinema.com
- Maine State Music Theatre**,
Senior discount (60+) on matinee tickets
22 Elm Street, Brunswick, 725-8769
www.msmt.org
- Thomas Point Beach**, \$1 weekday admission
29 Meadow Road, Brunswick, 725-6009
www.thomaspointbeach.com

RESTAURANT

- Arby's**, 10% off, excluding combos/coupons
Topsham Fair Mall, Topsham, 729-8244
www.arbys.com
- Big Top Deli**, 10% off, anytime
70 Maine St, Brunswick, 721-8900
www.bigtopdeli.com
- Fairground Café**, 10% off, anytime
Topsham Fair Mall, Topsham, 729-5366
- Wild Oats Bakery & Cafe**, 725-6287,
10% off on Mondays
166 Admiral Fitch Ave, Brunswick, 725-6287 (Brunswick Landing)
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

Member Moment

"Member Moment" gives people who participate in programs and activities at People Plus a chance to tell us a little bit about themselves. Today, we are featuring Doris Weinberg. Don't be surprised if you might be asked a few questions some day, after all, everyone has a story to tell. Thank you.

Getting to know Doris Weinberg

My name is Doris Weinberg and I was born in Toronto, Canada, where my parents had moved during the Depression. They returned to the states when I was two and I grew up in Plainfield, New Jersey. It was a perfect hometown where you rooted for the high school teams and you didn't have to lock your doors.

In 1950, I left to attend college in Richmond, Virginia, to study to become an occupational therapist. Richmond is still my favorite city, but in those days it was still segregated and that was quite a learning experience.

My first job brought me to Hartford, Connecticut, and that became my home for the next 60 years, with marriage, children, and a good job.

When my husband passed in 2014, I moved up here to Maine to be with my sister. We live at Coastal Landing on the old naval base and I now feel like a "native Mainer."

I started writing rhymes in college for the student newspaper and then continued them for all kinds of family occasions. I didn't take my poems seriously until I joined the Write On Writers group at People Plus and now I have actually published a book!

This group has been a challenge for me as the members are all so talented. I also joined the Mah-Jongg group and I do hope it will resume someday soon.

People Plus has exposed me to a wonderful new circle of friends. It has added so much to my life, especially during this pandemic, and I strongly suggest that others come and try all that the Center has to offer.



My Hometown *By Doris Weinberg*

I moved several times before I was seven, and then we settled down. A small town in New Jersey finally became my "hometown."

I remember starting school and being very scared Of not knowing anyone. The teacher had a funny name but before I knew it, the day was done.

This would be my town for the next ten years and I soon loved all the space. Our house had a yard. I cut the grass, and I loved the stone fireplace.

I have wonderful memories of this little town, great neighbors and a best friend next door. There was high school, first dates and even a first job, and there is really so much more.

Those days in the '40s were different than now. Life has changed so much. It was much less stressful way back then, no locked doors or cars as such.

We had a wonderful downtown with no malls in sight. Movies only cost a dime. You did not have to spend much money in order to have a good time.

I graduated high school and went off to college and never returned there to live. My parents were disappointed, of course. I moved north and they did forgive.

50 years later, I did go back And sat in my car and stared. I would have liked to knock on the door, but I really didn't dare.

Lots of things remained the same, but times have changed, you know. You don't let strangers in your house, but I would have loved to go.

The trees were taller and the stucco was gone, but one big thing was the same. I looked at the brick front steps, and the big crack remained.

I have had other homes since then, but these memories are still with me. They bring back my youthful times, when life was so carefree.

My recollections make me smile, because that is what life's about. They made me who I am today, Of that there is no doubt.

PEOPLE PLUS MEMBERSHIP APPLICATION

PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Date _____

Name (1) _____ Phone _____ Birthdate _____ Female Male

Email _____ Emergency Contact _____

(name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male

Email _____ Emergency Contact _____

(name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____

I do NOT need the People Plus monthly newspaper mailed to my house.

Yearly Membership Dues (Scholarships Available)

Brunswick (___ New Member ___ Renewal): \$30 per person

Other towns (___ New Member ___ Renewal): \$35 per person

\$300 for **Lifetime Membership** (65 or over)

Cash/Check (Payable to People Plus)

Membership Dues: \$ _____

Additional Donation*: \$ _____

(*donations above membership dues are tax deductible)

Total: \$ _____

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

OFFICE USE: Accounting Data Membership Card Sent

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!

SeniorsOnTheGo.com



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

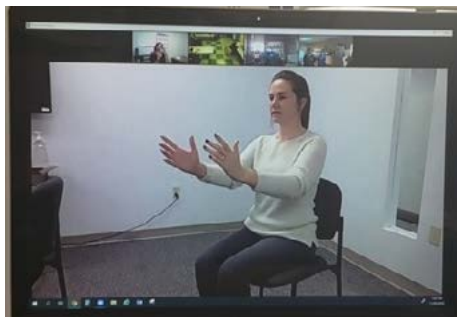
January 2021

All Spectrum Generations' locations will be closed on January 1 and January 18.

Collaboration

Tai Chi for Health & Balance

Jen Paquet, the Healthy Living for ME Regional Coordinator and Christie Quincy, the Adult Day Community Support Services Program Assistant collaborated to bring Tai Chi for Health & Balance



to the clients at the Adult Day program sites. Virtually, the class was modified from one hour to half hour seated sessions over a 4 week period, delivered twice a week. Jen stated, "It was rewarding to see the smiles on their faces along with their eagerness to try something new." The class is first of many they hope to hold. Christie reported, "This class could not have come at a better time. It allows the consumers and staff to slow down, move around and breathe. It is very relaxing and puts consumers in a better mindset."



Volunteer in the New Year

Eddie Atkins, Meals On Wheels volunteer, sanitizes hundreds of delivery bags a week at Spectrum Generations' Muskie Community Center, to be filled and set up for the next delivery day.

Thank you to our volunteers who give their time, skills and dedication. Spectrum Generations' Meals on Wheels program could not serve the hundreds of our homebound community members a day without all of our wonderful volunteers!

Have you been thinking about giving back, or paying it forward, by volunteering in the new year? Our Meals on Wheels program needs you! Do any of the below task sound like the right fit for you?

- Driving to bring meals to the homes of those we serve
- Driving an agency van from one of our commercial kitchen locations to another center
- Coordinating food donations – driving an agency van, picking up donations in Waterville, and deliver to the Muskie Community Center
- Coordinating food sorting, sanitizing delivery bags, and light cleaning

To volunteer contact our Volunteer Coordinator at volunteer@spectrumgenerations.org or 207-620-1684.

Storm Weather

Cancellations & Delays



In the event of inclement weather, please call (800) 639-1553 for a recorded message announcing any agency closings. We will also announce any delays or closings on our **Facebook** page as well as:

TV Channels 2, 5, 6, 8, or 13

FM Radio stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9

AM radio 1160



Happy New Year 2020 in Review

At Spectrum Generations, we work strategically throughout the year to help serve a community where adults with disabilities and older adults are valued, engaged, and living with dignity. We would like to share some of our achievements in FY20 (services were delivered between 9/1/19 – 8/31/20).

Spectrum Generations served 59,544 people throughout our area – many of whom are your friends, family, and neighbors. We are proud of the many people whose lives our services change and that we are able to aid so many in their desire to age in place!

2,261 people received 232,179 meals through Meals on Wheels, and 1,541 people enjoyed the socialization and nutrition that congregate dining offers.

We provided 242 people and their families with caregiver support, training, counseling, and respite. We know the importance of educating caregivers in what can be a difficult role, as well as promoting self-care for the caregiver. This also represents 7,646 hours of respite care, which provides care for a homebound loved one while the caregiver can leave the home to take care of other matters. In addition, we increased access to needed services and supplies by providing 35 assistive devices (such as medication dispensers and falls detection devices) to 8 families in need.

We also provided 15,556 Information and Assistance contacts to 7,361 people seeking resources to care for a loved one.

Our Bridges Home Services division provided 25,983 hours of care to adults with memory diagnoses or intellectually and/or developmentally disabled adults through the Adult Day program.

We are grateful to the many volunteers and supporters who help us fulfill our mission. Thank you for trusting us to provide the care you need!

Nutrition & Health Promotion Classes



Living Well with Diabetes
Tuesdays, 3:00-5:00 p.m.
January 19 – February 23, 2021

Living Well for Better Health
Wednesdays, 2:00–4:00 p.m.
February 3 – March 10, 2021

Slow internet, no computer or only have a small phone screen? No problem! Our **FREE tablet** loaning program is launching in January – just in time for these workshops!

For more information or to register contact Jen, our Healthy Living for ME Coordinator at (207) 620-1642 or jpaquet@spectrumgenerations.org



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

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. David Riley Millar (Dave)

Q. The community where you live?
A. I live in Freeport with my wife, Libby, and three children.

Q. Professional occupation?
A. I am the owner of Riley Insurance in Brunswick. I have been working at Riley Insurance for 25 years. Being part of a longtime (168 years) family business has given me a deep appreciation of the greater Brunswick community. Our business insures a wide range of people and businesses, and largely reflects the diversity of all the things that make this such a wonderful place to live.

Q. How many years on the People Plus board and positions?
A. I joined the People Plus board in July of

2019. Just recently, I have accepted the position of 2nd Vice Chair of the board. I also serve on the Development Committee.

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 was born in a small town in South Dakota where my father was minister. Shortly after, we moved to Brunswick where my mother grew up and my father attended Bowdoin College. My father joined my mom's family insurance business when I was two years old and went on to become a partner and had a successful career.

I grew up, with an older brother and younger sister, on McKeen Street. I enjoyed many of the same activities that I still enjoy today. The highlights of my summers were sailing, fishing, and island camping. In the winter, I made the drive up to mountains

to ski at Sugarloaf most weekends with my grandparents.

I attended Brunswick schools from grade school through most of high school. I spent the last two years of high school at Kimball Union Academy in Meriden, New Hampshire, where I graduated in 1987. I then went to Orono, Maine, to attend the University of Maine. In 1992, I graduated with a degree in speech communication.

After college, I found employment in sales for a home security company covering southern Maine. I then worked for Goodwin's Volvo in Topsham, selling cars before making the move to Riley Insurance in 1995.

In my free time, I enjoy boating with my family on both Casco and Penobscot bay. We like to explore the islands, spend time on the beaches, and have spent many nights camping on islands. I also love to fish and spend many early mornings on the water. We enjoy hiking, skiing, snowshoeing, and cross-country skiing in the fall and winter.

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

A. Serving on the board of People Plus has been very rewarding. I feel it is very important to give back to the community that has been so important to me.



I have been amazed by how People Plus brings seniors together in so many ways. In a time in life where so many people are isolated, this community brings people together.

During these uncertain times in the midst of a pandemic, People Plus has been essential in keeping in touch and providing vital services to those most vulnerable. I am proud to be a part of this organization.

Desperate for Drivers!

Can you help a neighbor in need?

In the last year, People Plus has coordinated over 31,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone – we need your help with the driving and shopping! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!!



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

Safety Check-In program looking for participants!

Are You Signed Up Yet??

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

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

For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit www.peopleplus-maine.org/good-morning-program.



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



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

There's good, better — and then there's 'best'

I think we can all agree that this pandemic ordeal has knocked the stuffing out of our normal way of living. There isn't one aspect of life that it hasn't impacted.

The big loss for me has been the disconnect with many of my friends and family, exacerbated by the fact that they are located in my native state of Michigan and traveling there just hasn't been in the cards. As you know, I've already penned my thoughts on not being home when my mom passed away in October.

I got to thinking the other day that there's one person whom I'm really looking forward to seeing again. And that's my best friend, Jim. Sure, we've chatted on the phone countless times, but it's just not the same as being in each other's presence.

I suppose one has to be mindful when it comes to using the term "best friend." Certainly, my wife is the "best" in almost everything in my life. Hence, my reason

for marrying her all those years ago. And I have really good friends here in Maine and scattered about throughout the country and elsewhere. But Jim is truly my best friend. So let me tell you about him.

Jim and I have known each other since we were practically knee-high to a grasshopper. We were in the same grade, hanging together from kindergarten to when we were seniors, for a total of 13 years.

Early on in our relationship, his family built a new house near ours on the outskirts of our little town. It became a neighborhood of 11 kids, with Jim and his siblings adding five to the wild bunch. Instantly, I pretty much lived at his house. In fact, it got to the point where I never knocked on their door upon my arrival; I just walked in and headed straight for the cookie cupboard, which his mom kept well-stocked.

I was a part of his family. His dad was the local veterinarian, and Jim and I would often accompany him on calls, especially when it involved large animals and he needed assistance. There would be times when his father was looking for someone to go flying with in his Piper Cub, so he'd stop by my house and pick me up on the way to the airport.

Growing up, Jim and I had sleepovers together and had tons of sauna sessions in

his parents' basement. In high school, we were both in the band and we did sports together, which brings to mind two incidents that make me chuckle to this day. Although, I don't recall we were laughing at the time.

In the first instance, Jim was a player on the football team and I was one of the student managers. During one of our games, Jim was involved in a big collision and was, as they say, knocked silly. After leaving the field, he didn't know his name and where he was. When I returned home, I called his house to see how he was doing. His mom answered the phone, but he hadn't arrived home yet. More alarming, was the fact that she hadn't been informed about her son's injury. So needless to say, she was quite concerned after I spilled the beans.

The second occasion involved when Jim and I were both players on the varsity basketball team. After most away games, he would give me a ride home. One time, there had been a light snowfall that covered the school parking lot. Before

Simply put



Patrick Gabrion

leaving, Jim decided to do a few donuts with his dad's car, which was a tiny, close-to-the-ground Triumph TR3. Boy, was that a lot of fun ... until the town cop, who had spotted us goofing around, came and put a stop to our gaiety and told us to go straight home.

Anyway, Jim has always been a special person in my life — I love him like a brother. There isn't anything I wouldn't do for him. If he called and said he needed me, I would immediately head to Michigan. To hell with the pandemic.

The more friends one has the merrier as far as I'm concerned, but for those who carry the "best" badge there's no comparison. I cannot wait to see Jim again and give him a big hug.



Continued from "Guess Who?" on page 5.

Answer: Bonnie Connolly

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.



New and renewing members for December

WE MISS SEEING YOU AT THE CENTER!!!

Memberships received as of December 18, 2020.

* indicates new membership

• indicates donation made with membership

Bailey Island

Claudia Frost *

Bath

Henry Atkins

Bowdoinham

Irving Brackett

Brunswick

Claircy Bernier
Chrystal Bishop

David Bracy
Robert Broderick
Sally Broderick

Ann Carter
Newton Clark
Patricia Clark
Beth Compton
Linda DeRocher
Rae Duval
Seth Higgins
(Lifetime member)

Claudia Knox
Dennis Knox
Joan Laws
Mary Maverick
Caroline Payson
Judy Smith
Felicia Smithey *
Margaret Spinner

Eunice St. John
Lorraine Suckow
Sandra Sudak *

Harpwell

George Cookman *
Pete Piedmont
Lisbon Falls
Judi Tracy

Orr's Island

Rhona Brown *

Topsham

Ellen Bernstein
Larry Bernstein
David Selleck
Dorothy Selleck
Sally Skillman *



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OWLSHEAD.ORG

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Afternoon Session: 1:30-4pm



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