

45th *Plus!* People NEWS! ANNIVERSARY



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Brunswick, ME
04011-0766

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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

Expo experiences 'healthy' response



The 2021 People Plus Senior Health Expo "At Home," held on Nov. 12, was a great success.

Thank you to everyone who participated online — visiting the Expo website and watching exhibitor videos — and to our new members who signed up with the Special Expo rate!

And also a big thanks to our sponsors, who made it all possible. Lead Partners: Coastal Landing Retirement Community, Mid Coast-Parkview Health, and The Salvation Army. Partners: Bill Dodge Auto Group, Priority Real Estate Group, Rusty Lantern Market, Spectrum Generations, and The Times Record. Sponsors: Avita of Brunswick/Sunnybrook Senior Living, Brackett Funeral Home, Brunswick Instant Printing, Healthy Living for ME, Riley Insurance Agency, and Bridges Home Services.

"This has been a year of challenges and recovery. A year unlike any most of us have seen — so we brought you an Expo like no other as well," said Stacy Frizzle-Edgerton, People Plus Executive Director. "We are focused on the positives and continue to be your place for one-stop shopping for healthy aging resources."

While this year's gathering was absent the "in person" approach, due to the continuing coronavirus pandemic and its accompanying

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THANKS TO THE STAFF AND VOLUNTEERS of People Plus for helping us send out 1,735 annual fundraising letters! Every one of these letters is personally signed by a member of the board or our community with a thank you note on each one! Many of our board members signed 100 each! Thanks to Barbara and the staff for getting these signed, sealed and delivered to the post office! Just in time for the holidays when people are in the mood to be giving...

We are at your service!

Annual fund campaign helps keep Center going

Service to our members. Service to our surrounding communities. People Plus is a valuable resource for a lot of different reasons.

Just consider the fact that the Center, through its staff and valuable volunteers, provided more than 11,433 services in the past year! This included:

- 2,681 rides given by more than 117 drivers providing over 28,000 miles of free transportation
- 1,300 grocery trips
- 750 prescription/medical deliveries
- 1,000-plus "Midcoast Meals" deliveries
- 238 food pantry pick-ups
- 526 locally grown food deliveries
- 2,806 meals provided

- 1,000-plus check-in calls to 75 seniors
- 1,016 birthday calls
- 1,200 face masks distributed
- 10,000-plus volunteer hours
- 4,650 class, club, and game visits
- 468 haircuts inside

And the list goes on!

The programs and services that are facilitated by the Center have a tremendous impact on literally thousands of people. All are welcome! In the last 45 years, we've grown from a tiny social group with cards and bingo to a real community center with more than 1,500 members.

But all this comes with a cost. And with that in mind, People Plus has launched its annual fundraising campaign, and we would appreciate your continued support!

People Plus receives no money from the state or federal

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Festive Holiday Concert

Wed, Dec. 22, 10 am. We are thrilled to have members of the Brunswick High School Chamber and Treble Choirs return this year to People Plus for a holiday concert as part of their annual day of caroling. Join us for singing, treats and a holiday cookie share: bring a dozen or more of your favorite holiday treats to share! Registration required.

Get Fit & Have Fun for Free?

See page 3.



A Special Gift

Enjoy our pullout section of poems and other works.

from the People Plus *Write On!* Writers

PEOPLE PLUS MONTHLY RAFFLES

Fall raffles bring winning cheers



BONNIE WHEELER WAS THRILLED TO WIN the fire pit package in the October raffle. She entered hoping to acquire this prize for her grandson and his family (right).

It's been an awesome autumn for all the raffle winners here at People Plus.

In the October contest, longtime member Bonnie Wheeler captured the Fire Pit package. It included the Hampton Bay 34-inch outdoor fire pit with wood-grain frame and concrete-look top, removable log grate, mesh spark screen, fire poker, blankets, toaster forks, s'mores fixings, and insulated mugs. The total value was \$300.

And the best part? Bonnie's wish was to win the prize for her grandson Branden and his family. And she did it!



In the November raffle, which was for members only, we have two winners for the homemade Thanksgiving dinner with all the fixings, prepared by Stacy and the People Plus staff. And also tasty pies from Jane Connors.

The turkey trophies went to Gretchen Kamilewicz and Ruth White.

Congratulations to everyone, and thanks for supporting People Plus.

Let it snow with December raffle!

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

Tickets are only \$20 each!

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

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

To purchase tickets, please go to



peopleplusmaine.org and follow the instructions. Or stop by the People Plus Center in Brunswick (mask required, please), M-F from 9 am to 1 pm, or give us a call at 729-0757. The drawing will be Thursday, Dec. 16.

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

Wishing you and yours a joyous holiday season!

People Plus News

The monthly newsletter of People Plus, serving residents of the Brunswick-Topsham-Harperswell area. Questions, comments, submissions and sponsorship queries should be sent to the address below. Note that all submissions must be received by the 15th of the month to be included. email: news@peopleplusmaine.org snail mail:

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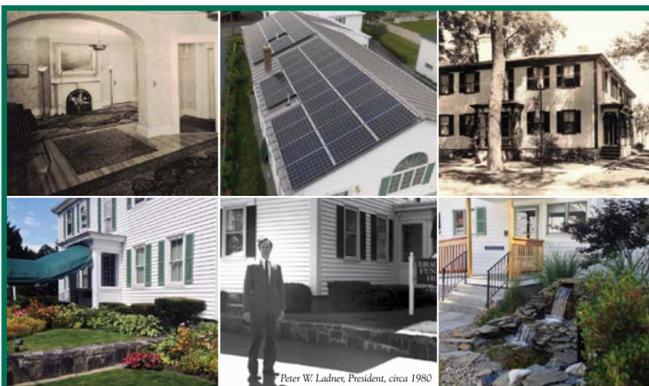
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Check out past newspapers at www.peopleplusmaine.org



Peter W. Luhn, President, circa 1980

BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME
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The Ghost of Christmas Past

As I write this column, the Center is abuzz with activity. There are a dozen people in the yoga class and the table tennis gang is assembled at the door, ready to use the hall after them. Twenty people are in the art room taking a class from Ed Higgins, our new instructor, and Frank is here dropping off Jane's apple pies for our Thanksgiving Day raffle.

Everyone is in a festive holiday mode — in a great mood with good spirits and the anticipatory feeling that comes before a holiday and a break from work.

Our members are so excited to see their families this year, both at Thanksgiving and Christmas. For some of our older adult members, they haven't seen grandchildren since COVID started. Babies have been born, homes have been bought and sold, marriages have happened and it has all gone by without visits from grandparents. So it really makes this holiday season even more special. And our members are virtually bursting to get to their families' homes.

And for those who are staying local or are on their own, I've heard that several will be working at the soup kitchen this week, and are looking for a Christmas dinner at which to volunteer and for other ways to help.

We've had a lot of holidays here at the Center in the last decade. We REALLY like to celebrate everything given the opportunity. Thanksgiving is a huge lunch here serving somewhere between 80 and 100 people in the past. I have roasted nearly 100 turkeys since I started with the organization and this year, we served 80 meals out in the parking lot. It was a beautiful day and we could not have been more thankful for the wonderful weather and the great company.

We also love our Christmas and Hanukkah holidays here at People Plus. It's a time for sharing cookie recipes, wearing crazy sweaters, drinking eggnog and festive holiday punch. Frank reads passages from his book, shares his antique music box and we have our annual holiday trivia game. With chocolate holiday Twinkies as prizes!

There have been many



of these moments at the Center in the past and we miss them! We are really looking forward to getting back to normal and celebrating in person again. And we will miss those who are no longer with us.

Luckily, here at People Plus the Ghost of Christmas Past is always with us.

Remembering staff and members who have gone before and never forgetting our traditions. We like to serve the same lunch, the same month of every year. People come to expect it and they look forward to sitting with the same folks that they sit with every month.

Ralph Laughlin may be best known for working the kitchen,

but his holiday song that he wrote and performed with Frank called "12 days of a Mainer's Christmas" still gets regular play on WCME! And Ed Cardali would show up every year dressed as one of Santa's elves. And Judi Hudson would come decorate the window boxes out front for the holidays too. There are so many members that we have celebrated with through the years, so it's nice to take a pause and raise a cup of cheer to them.

It is always around the holidays that we miss these folks the most. And we keep on with our traditions as much as possible to honor them and their memory.



From the Executive Director

Stacy Frizzle-Edgerton



Just this past month after serving 80 meals, we sang happy birthday to a woman who turned 88 at our luncheon. Her husband passed a few years ago but she never stopped coming to lunch to be with all of her friends. It's sort of embodies what we do here at the Center especially through the holidays. Yes, we keep people healthy and fit, but mostly we connect them to a community that is like themselves.

So spending time with others and maintaining traditions is what it is all about when it comes to the holidays. We love to sing our Christmas carols here at the Center and we are really looking forward to the Brunswick High School chorus coming on Dec. 22 for an outdoor concert. Everyone will bring their favorite holiday treat to share and there will be a table filled with brimming with cookies, sweet treats, eggnog and more! There will be crazy fun sweaters and we will play holiday trivia, of course!

I even got a set of antlers for Gia to wear that day! It does make it a little more special that my daughter Juliet will be singing with the gang from the high school.

And the big question and of course the one that is on everyone's mind is will Frank Connors don his Santa Claus suit this year? Can we expect Santa Claus to visit here at the Center on Dec. 22? We all hope so!

And, of course, we hope to see you all here and can't wait to hear how your Thanksgiving went and what traditions we plan to share together this holiday season! We look forward to seeing your happy smiling faces here at People Plus, the Center that Builds Community!



Ideas for using leftovers

Many people have to throw away food because they just don't know how to use it in other recipes and it goes bad. I thought it would be interesting to list some ideas on how to use leftovers in different ways!

- Leftover:
- Roasted vegetables would be great with scrambled eggs.
 - Pasta can be used in a Frittata.
 - Rice in a stir fry or burrito.
 - Chicken would be great for chicken salad.
 - Avocado can be mixed with mayo and lemon juice and used as a spread on a sandwich.

- Baguette can be used to make French toast.
- Potatoes can be used in a soup or stew.
- Fresh spinach can go in soups.
- Legumes can go in a burrito, soups or salads.
- Apple can go in a skillet with a pork chop and onions.

I hope you find some of these suggestions helpful the next time you want to use something instead of throwing it out. I chose this recipe because it is a great way to use leftovers. Many people have turkey on Christmas as well, so if you get a chance try this recipe!

Leftover Holiday Turkey Soup

Ingredients:

- 2 celery stalks, diced
- 1 carrot, diced
- 1 C. onion, chopped
- 3 (14-ounce) cans low sodium chicken broth
- 1 t. garlic powder
- 1 t. thyme
- 3 C. cooked turkey
- 1 ½ C. gravy
- ½ C. stuffing
- ½ C. mashed potatoes
- 1 C. pearl barley

Directions:

1. Sauté the first four ingredients.
2. Add the next four ingredients and cover and cook on low for 15 minutes.
3. Add remaining ingredients and cook until the barley is plump.



THRU THE YEARS

a 45th anniversary feature

Dec. 2020: The People Plus News is filled with Zoom meetings and online references, as the Center continues its COVID-19 response mode.

Dec 11, 2020: People Plus Center wins the prestigious **Public Service Award** from Mid-Coast United Way. Center director Stacy Frizzle-Edgerton was referred to as, "a one-woman walking fundraiser!"

Dec 13, 2018: "Stones & Stories," the second book published by People Plus News editor Frank Connors, is released just in time for the Christmas market. Every "Chat" attendee who carried a can of food for the MCHPP food drive had their name tossed in a hat for a book give-away.

Dec 12, 2018: Frank's Field Trips goes to Portland, Freeport, and "around Brunswick," for a chance to see the holiday lights. There was some grumbling when driver Frank Connors pulled into Amato's and found the place was now, "take out only!" Oops!

Dec.14, 2017: "Porch Time," a barbershop quartet, leads Christmas carols during the annual membership holiday party. The drive to collect "50 bags for 50 kids" is a great success.

Dec 15, 2016: December's **Lunch & Connections** features oven-roasted ham in Madeleine's raisin sauce, sweet potatoes, squash, carrots, Frank's apple sauce and yeast orange rolls, handmade by Roland Levesque and a slice of Carmella's fruit pizza.

Dec, 2016: Our People Plus News expands to 16 pages to include the annual **Write-On-Writers holiday supplement**, this year featuring a full-color photograph of 24 Write-On members. WOW!

Dec, 2015: An "unexpected and unsolicited" anonymous **donation of \$10,000** puts the Center's Annual campaign to raise \$50,000 into overdrive.

Dec 15, 2014: Music, stories, and fun come to the Center when **Center Stage Players** offer their "Ho, ho, ho, A Christmas Classic."

Dec 11, 2014: Maine humorist and author **John Ford** chats about his latest works, "This cider tastes funny," and "Suddenly, this cider doesn't taste so good" at our Author's Chat. We'll serve cookies and cider for refreshments, and signed editions will be for sale.

Dec 7, 2009: **Brunswick Town Council** votes to bond \$750,000 to restore Union St. School.

Dec 10, 2003: Center hosts Chamber of Commerce After Hours event, reports 170 "Chuting the Androscoggin" prints sold.

Dec 31, 2002: Center's **Bingo license** not renewed.

Dec 1, 1993: Good news for the Ladies! **Help your pantyhose to live longer.** First, wash NEW pantyhose and allow it to drip dry. Next, mix two cups of salt with one gallon of water and immerse hose. Soak for three hours, rinse in cool water and drip dry.

Dec 4, 1986: Make a lovely set of **Folk Art dolls**, see samples in office. Good item for Christmas gift. Cost: \$10. Instructor Jane Connors.

Dec 7, 1984: The Adult Day Program at Eldercare is having a **Christmas Craft and Bake Sale** at the Brunswick Senior Center. All proceeds benefit the activity fund. "Volunteers wishing to bake for the sale call Henry D' Alessandris."

Dec 1, 1984: Come see our **upside-down Christmas tree** in the main hall, thanks to the Eldercare Adult Day Program and local school children.

Dec 1, 1984: "We DID it!" We reached our goal of 150 Maxwell House coffee covers a month before the deadline, and have sent them off to receive our **free percolator**.



Fit and Fun for FREE!

Join us in January to GET FIT! And GET HAPPY!

Check out People Plus for everything you need to stay healthy, engaged, and busy this coming year — whether it's at the Center or at home, as we offer clubs, lectures, meals, games and fun! When your body is moving, your brain is working, you're eating well, and having fun with others, then you've got the full package of wellness. Join us at the Center for clubs, games, lectures, meals, exercise classes, technology support, daily phone calls, grocery and pharmacy deliveries, videos and more! There is always something going on — and in January it's all free for new attendees, all the time! Membership not required! As we enter 2022, let's resolve to make it our best year ever!

We are at your service continued from page 1

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

To that end, every year the Center's board members spend several hours each personalizing 1,735 letters that get sent out to potential donors, signaling their support for what goes on at the Union Street facility. The letters are often followed up with personal contacts from the board, staff, or development committee members.

This year's goal is \$70,000. The funding is specifically slated for Senior Center programming: Supporting homebound elders, as well as the Volunteer Transportation Network, keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, and free events and more.

"Just like everyone else, People Plus has not been immune to feeling the effects of the economic impact," said Executive Director Stacy Frizzle-Edgerton. "We are hopeful

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

"We've been working hard to keep folks coming to the Center protected and those at home supplied," added Frizzle. "Thanks to everyone who has already donated!"

According to Office Administrator Barbara Quinn, the annual fund total as of Nov. 22 is \$19,482. Membership donations equal an additional \$1,985.

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

With new tax laws, people can give very generously through stock or IRA savings accounts to help support the Center.

Visit www.peopleplusmaine.org for more information or call People Plus at 729-0757. As always, we thank you for supporting the People Plus Center!

Seen at the Center



SAY HELLO TO DICK AND ANNE BRAUTIGAM! They braved the torrential wind and downpour for their beloved bridge game at the Center! Dick can be seen at the Center four or five days a week as he is an avid member of the table tennis team, as well as bridge and cribbage. He's also a lifetime member of our organization as well as a member of the board for over a decade.

Do you live alone?

The Good Morning program is a FREE daily safety check-in phone call *providing peace of mind.* In partnership with **People Plus!** **Good Morning Program**

FMI 729-0757 www.peopleplusmaine.org

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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Brunswick to Portland \$16-\$18/hr
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Dashing through December at People Plus!!



TURKEY AND STUFFING AND GRAVY - OH MY! Along with our "holiday casserole" there was also green beans, a green salad and cranberry sauce - of course! With fresh baked yeast rolls and heaping trays full of Gladys's pumpkin pie pudding with a homemade molasses cookie prepared by Jenn Felkay's kids, William and Libby. The feast was fantastic! But the company was even better. We served 80 meals at the Center and we can't wait to do it again on December 16th! Do you think it will be 55 degrees? We doubt it but I'm sure it will be fun and delicious - so I hope you will join us then. Until then have a very Happy Thanksgiving! Gobble, gobble! And of course George Hermans won the 50-50 raffle! That man wins the raffle almost every month! He is the luckiest person on the planet!

CENTER CLUBS FREE: MEMBERS ONLY

To connect with People Plus clubs, please contact the Center at 729-0757

Apple Club
Tue, Dec. 14, 3 pm. Bring your Apple device (ipone, ipad, mac) and Bowdoin student Ashlynn Autrey will help answer questions.

Table Tennis
Mondays & Tuesdays, 11 am;
Wednesdays, 1 pm; Thursdays, 9 am.

Fiber Arts Club
Mondays, 10 am. Bring your current project and enjoy friendly conversation while you work.

Easy Riders Biking Club
Tuesdays, 12:30 pm. Meet at the Center for a bike ride each week.

Outing Club - new time
Wednesdays, 11:00 am. Meet for a hike each week at a local or offsite location.

Write on Writers
Wednesdays, 1 pm. Meet to share stories and writings.

World Affairs
Every other Friday, 11 am. Meet to discuss topics of the week. Space is limited. Registration required.

Cantina Espanol
1st Tuesday, 2:30 pm. Spanish language club meets in person to chat in Spanish.

Kaffeestunde!
2nd Tuesday, 2:30 pm. German language club meets in person to chat in German.

Books a la Carte
3rd Tuesday, 2 pm. Share what you've been reading in this unique book club.

Cafe en Francais
4th Tuesday, 2:30 pm. French language club meets in person to chat in French.

People Plus Holiday Closure:

People Plus will be closed Thursday, Dec. 23 – Saturday, Jan. 1 for a long holiday break. Have a safe and happy holiday!

\$10 Hair Cuts!

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

Register for activities @729-0757

Exercise at the Center

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Gentle Barre and Zumba. Registration required, payment via punch card (\$5/class for members, \$10/non-members). See class schedule online at www.peopleplusmaine.org.

Collette Trip: Mackinac Island & Great Lakes Region

Are you dreaming of traveling again? Enjoy a relaxing 9-day trip with Collette Travel June 10-18, 2022. Highlights: Chicago, Millennium Park, Charlevoix Mushroom Houses, Mackinac Island, Grand Hotel, Frankenmuth, Henry Ford Museum & Greenfield Village. Open to the public. FMI <https://gateway.gocollette.com/link/1078319> or contact Jill Ellis at the Center. Deposit deadline is Dec. 3, 2021.



Afternoon Desk Help Needed: Volunteers needed to cover the front desk at the Center. Volunteer every week, or every other week. Duties include answering phones, registering members for events, and general office help as needed. FMI call 729-0757.

Come Play with Us

Play Bridge, Cribbage and Mah-Jongg at the Center several days a week. Members only. FMI check online calendar.

Programming Notes:

- Outing Club will now meet at 11 am for the winter months.
- Tuesday Bridge now starts at 9 am. Thursday Bridge at 9 am is looking for players. If interested, let us know and we will start a list to get enough players.

Medicare 101 with Spectrum Generations

Tue, Dec. 14, 12:30 pm. Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class, Spectrum Generations will provide information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare supplements and tips on how you can save money and avoid penalties. It is recommended that you attend a Medicare 101 class at least six months before turning 65. Held the second Tuesday of every month at People Plus, it is open to the public and free (\$15 suggested donation is appreciated). Registration is required. Call 729-0757.



Lunch and Connections Food and Fun for the Holidays!

Thu, Dec. 16, 12:00 noon. Celebrate the holidays with us at our December Lunch and Connections. We will be serving roast pork, potatoes and fresh buttered peas, along with our traditional green salad and a festive dessert. These monthly Lunch & Connections meals are sponsored by our friends at Spectrum Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun. We'll serve the meal at noon. Come to the Center and claim your favorite seat, chat with your friends and maybe make new ones. Dress in festive holiday attire for extra fun! Registration is required so we know how much food to buy! It's really easy; just call 729-0757 to register. Donations are appreciated.

Good Eats – Good Friends!

(We'll be OUTSIDE so dress for the weather)

Women's Tailgate Tea Outside

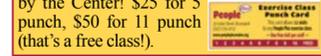
Thu, Dec. 2, 1:30 pm. Enjoy tea and a treat while socializing with the ladies. Members only, registration required.

Men's Coffee Break Outside

Thu, Dec. 9, 1:30 pm. Enjoy coffee and a treat while socializing with the gents. Members only, registration required.

Activity Punch Cards

Safe & convenient. FMI 729-0757 or stop by the Center! \$25 for 5 punch, \$50 for 11 punch (that's a free class!).



Mon	Tue	Wed	Thu	Fri	Sat		
Masks required inside the People Plus Center As of our print date, masks are required by the Town of Brunswick in all town buildings, including People Plus. Any changes will be communicated on our website, weekly emails and social media pages. Don't worry if you forget a mask, we have them in the lobby.		1 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	2 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:30pm Women's Tailgate Tea	3 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	4 9:00 Zumba		
6 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	7 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Club 2:30pm Spanish Club	8 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis 6:30pm Brunswick Coin/Stamp	9 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 1:30pm Men's Coffee Break	10 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	11 9:00 Zumba		
Hanukkah ends at sundown		13 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 7:00pm Civil War Book Club	14 9:00 Beg/Int Bridge 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Easy Riders Club 12:30pm Medicare 101 2:30pm German Club 3:00pm Apple Club 4:30pm TCAC Meeting	15 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	16 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 12:00pm Lunch & Connections	17 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	18 9:00 Zumba
20 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	21 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Easy Riders Club 2:00pm Books a la Carte	22 8:45 Cribbage 9:00 Loosen Up 10:00 Festive Holiday Concert 10:00 Meals on Wheels 10:15 Tai Chi 11:00 Outing Club 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	23 Center Closed for holiday break: Dec. 23 - Jan. 1	24 Merry Christmas and Happy New Year	25 9:00 Zumba		

Lobby Donation Tree:

Take a second look at our lobby Christmas tree this month and you'll notice ways you can make the year 2022 even merrier at People Plus! Among the decorations, you'll see scattered wish list cards for items that will benefit ongoing programs. The list includes food items and gift cards for the Brunswick Area Teen Center, gas cards for the Volunteer Transportation Network (VTN), and other assorted items for the Center.



'Tis the Season for Giving!

People Plus is collecting donations for:
• MCHPP Food Drive (non perishable items, through December)
Select People Plus at smile.amazon.com and Amazon donates 0.5% of the price of your eligible [amazon smile](https://smile.amazon.com) purchases.

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



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Books A La Carte

The Books a la Carte reading group meets on the third Tuesday of each month at 2 pm. Here are comments on a variety of books:

NONFICTION
The Bomber Mafia by Malcolm Gladwell. The true story of the history of precision bombing, massive air strikes, the fire bombing of Japan, the development of napalm, the Norden bombsight, and many other topics. Very well written.

Chickens, Gin, and a Maine Friendship. The Correspondence of E.B. White and Edmund Ware Smith. Introduced by White's granddaughter, Martha White. These letters from the 1950s and '60s were stored away until 2018. They are very interesting, well-written letters between a famous writer and a lesser-known literary figure. They had in common a love for Maine, the raising of chickens, an appreciation of gin, and involvement in the literary scene. If you ignore the bits about chickens, it is a very enjoyable book, especially at bedtime.

FICTION
Queen Bee by Dorothea Benton Frank. This story is set on an island in the Low Country along the South Carolina coast. Two sisters have a mother, a large woman, who is a bee-keeper. She is called "Queen Bee." The relationships among the women and their interactions with neighbors are examined with humor, a touch of mystery, and thoughts on human nature in this well-written book. The author has penned 20 books.

The Lincoln Highway by Amor Towles (author of A Gentleman in Moscow). Set in the 1950s, it is the tale of a youth is being driven away from a work farm where he served time for involuntary murder. He plans to pick up his younger brother and travel to California. Two friends from the farm have hidden in the car. The four reverse direction and head for New York City. The book spans 10 days. They encounter interesting characters on the way.

The Overstory by Richard Powers (winner of the 2019 Pulitzer Prize). A book which you might love or hate. A fantasy involving nine characters whose stories are woven together with each other and with trees. The work touches on environmental activism and protests. The author also won a National Book Award in 2006.

HISTORICAL FICTION
The Other Einstein by Marie Benedict. This is a story about Albert Einstein's wife, Mitza Maric was the sole female in physics at an elite school in Zurich when she met Einstein in 1896. They married and worked together on many projects. Did she contribute to the theory of relativity? Over time Albert became famous while she did not. Was that his doing? This book, mostly set in the early 1900s, is rich in detail about that time. The author has also written historical novels featuring Agatha Christie, Hedy Lamarr, and Lady Churchill.

Comments: news@peopleplusmaine.org



EXECUTIVE DIRECTOR STACY FRIZZLE-EDGERTON WAS HONORED to interview Lois Skillings the CEO of Midcoast-Parkview Health for the launch of the Senior Health Expo. Staying 6 feet apart and outdoors, the ladies began the interview with a laugh and finished with an air hug. Lois really is the best!

Expo response continued from page 1

restrictions, the information and service connections offered are still of great importance to everyone, especially for those older adults living in our surrounding communities.

The Health Expo brought together a variety of resources, in the areas of medical services, fitness and health, technology, legal, community services, housing/respite care, and finance.

Thanks to all our exhibitors! Don't worry if you missed the initial event. The Health Expo website and videos will stay active all year – visit our website (www.peopleplusmaine.org) anytime to learn about local senior resources! We hope to see you in person next year!

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SAVE THE DATE! "Connected," a non-denominational free group invites widowers, widows, divorced and singles 55 and over to socialize, mingle and meet new friends. The next meeting will be held on Monday, Dec. 6 from 7-9 pm. Meetings take place at St. Charles Borromeo Church hall at 132 McKeen St. in Brunswick. A guest speaker is invited. Light refreshments are served. Unvaccinated please wear a mask. FMI call 725-1266 or 725-8386.

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Season's Greetings from the Write On! Writers



A Tale of Freedom — Chanukah

Chanukah comes early this year. It begins at the end of November. And because it lasts for eight happy days, it doesn't end until December.

This holiday follows the phases of the moon and is usually later in the year. But it doesn't matter when it arrives, children are joyous when it is here.

Chanukah tells the story of great Jewish men, who won a hard battle and felt great! And then they had a miracle when one day's lamp oil lasted for eight!

So, over the centuries this memory has been kept alive.

By eight days of lighting candles, and all the family would arrive!

Special foods are served, cooked in oil is a condition. And gifts are exchanged as part of the tradition.

Though the years Chanukah has become an important holiday full of joy. Especially for the children, who look forward to a new toy!

But like any kind of tradition, the one thing for which we strive. Is to keep this Tale of Freedom very much alive!



The Bells of Bethlehem

The Bells of Bethlehem are ringing Echoing loudly for the King of kings. The mood on Christmas Day is joyous As the parade moves on they sing.

Dressed in brilliant colors this day To celebrate the Blessed One's birth Trumpets sound following worshippers For the Christ child has come to Earth.

Church bells are heard all over the city And Bethlehem is overwhelmed midday Praising the Messiah with joyous carols And the festivity continues straightaway.



Thoughts for All Seasons

May your Christmas be Merry and full of delight. May your New Year be Happy with an outlook that's bright.

May your dreams of achievement always come true. May your sorrows and disappointments be but a few.

May the days of hostility and violence cease. May the world see the wisdom of an everlasting peace.

What Jesus Means to Me

- C Constant Companion
- H Hopeful Helper
- R Resting Place
- I Inspiration Giver
- S Sincere Pal
- T True Friend
- M Mountain Mover
- A Attitude Lifter
- S Soul Healer



My Maine Winter

Every year people complain about winter weather in Maine. You people don't know how lucky you have it today.

When I was a kid growing up, we used to get 10-foot snowfalls that went up to the roof. If we kids wanted to go out and play, we had to climb out the second-floor window on ropes!

Our mothers would bundle us up, and made sure we had our snorkels and pickle jars. We used the snorkels to breathe under the snow, and used empty five-gallon pickle jars like diving masks. Usually we played hide and seek with the neighbor kids. Some of them were so good at it that we didn't see them again until the spring thaw.

One winter my older brother went to visit his girlfriend with his snorkel, jar, and 30 feet of rope. She climbed down, but later couldn't get back up, so they decided to elope.

That's where the expression comes from: "If you can't climb the rope, you might as well elope."

Jobs were scarce in the winter, except for cutting ice out of the lakes. This was hard work for everyone, including us kids. After the adults hauled out huge ice blocks, we had to chip them into tiny cubes so they would fit in the trays. That's where you get the expression: "A chip off the old block."

Kids today also have all kinds of toys and video games to play with. In my day, we got excitement by sitting around watching maple sap drip into buckets. That was just a little more fun than watching the tide come in and go out.

So if you find yourself complaining about the weather this winter, just remember the old days with pickle jars, ropes, and sap staring. You've got it easy!

Where Snow?

I can clearly remember the first words Nikos spoke to me. "Where snow?" My teacher, Mr. Miles, had told us that our new classmate was from Greece, and we should help him get used to his new home. It seemed that the first thing he had to understand was that we didn't get snow in mid-September.

As far as getting used to things, Nikos did most of that himself. He became a star on our soccer team. He picked up English quickly. He watched the World Series with us and cheered right along for the Sox.

Nikos showed us on the map where he had lived in the southern tip of Greece. He told about the hot weather there and the beautiful blue of the sea. But every so often through the fall, he'd ask again, "Where snow?" It became a joke with us. Sometimes one of us would greet him with, "Hey Nikos, 'Where snow?'"

And wouldn't you know it? Winter was late that year. It got us all wondering, "Where snow?"

Then it came. It started on the Friday morning before Christmas break. Nikos couldn't stop looking out the window, while Mr. Miles was trying to explain something about the exports from Peru. Nikos was first out the door for recess.

"Snow here! Snow here!" Nikos shouted running across the playground. He caught flakes on his tongue and let them melt on his face. He blew a thin layer of snow back into the air off the teeter. He stopped and looked closely at a bunch of flakes on his sleeve as they melted.

The rest of us who had grown up with snow were nowhere near as excited. Actually, as snow goes, this storm was a disappointment. It was dry and fluffy and only two inches.

We went in at the end of recess hoping the storm would keep going so we would get enough snow to do something with. But it didn't. The weather turned to rain, and by the time school let out, it was gone. Then it was winter break.

The morning of the 25th I got up to steady snow in the air. We did our family tree. The presents were good, both mine and the ones I'd given. Then the phone rang. It was Nikos, "Come over. We sled!"

I didn't know if I had anything to do, so I asked my mom if it was alright. She said it was, so I went over. But I left my sled at home, looking at the puny amount of snow on the ground.

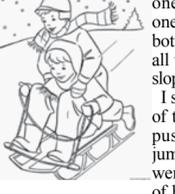
Along the side of Nikos' house was a very slight hill. It just went from the front of the house to the back where the basement was level with the ground. "Slide here," Nikos said, pointing excitedly at the little slope. I couldn't believe my eyes. He had actually gathered up snow from all over his lawn and made it into a track down the slope. He showed me how he'd gotten down on his hands and knees, and patted it down with his hands. I could see that it was solid and iced over just a bit. I had to admit that it might work.

We went in the cellar door, and I couldn't believe my eyes. He must have gotten a sled or saucer or tube every week since he'd arrived. He had everything you could move across snow with. He had round ones, rectangular ones, flexible ones, ones with runners, ones with skis, and ones with smooth, flat bottoms. We took them all to the top of the little slope.

I sat on the front of one of the long sleds. Nikos pushed me and then jumped on the back. We went down the 30 feet of hill at about walking speed. Nikos was hollering in my ear and laughing. When we stopped, he tipped us over, laughing still.

We spent the afternoon, hauling and packing more snow. We tried every combination of sled. It turned out to be the best sledding I ever had, but that was because of Nikos, not the puny little snowfall.

It was a holiday I'll always remember.



Childhood Memories

As a child, Christmas Eve was special. My mom and her sister, two brothers, and their families gathered together for a big supper. After everyone ate, all the children would sit around grandpa and watch him unwrap his Christmas presents, most of which were clothes — warm PJs, socks, handkerchiefs, and always a box of chocolate-covered cherries. He would grin and look at us circled around his chair and pretend to

put down his box of candy. Then he would open it up and pass it around. Each of us carefully took only one piece. That was our gift. We were very happy.

Do you think I should suggest that celebration to my grandchildren today? Would they be happy with only one piece of candy? I don't think so. Those were the good old days on the old farm in Oklahoma, when being together was the gift.

Old Christmas Decorations

By P.K. Allen

Old Christmas decorations Bring back memories from the past Of those decades long gone by Oh, how they went so fast That little bell-shaped ornament And the angel atop the tree That I looked upon as a little boy As excited as could be Those huge dated Christmas tree balls Received from mom each year I spread them evenly around the tree With a smile and tear

Then there are of the homemade ones Adding to the Christmas cheer Beautiful and elegant Made by friends no longer here

And finally those of paper and yarn Made by hands nimble and small Now those very same grandchildren Have grown to be straight and tall

These are just some of the memories Old Christmas decorations bring to light To help in our celebration and to make our Christmas bright

Time is Flying!

By Doris Weinberg

If it's less than 20 days to the holidays, then I guess we should get busy. That means we've had 340 to plan already, that thought makes me quite dizzy!

Time flies much too fast and we waste so many days. Suddenly the holiday is upon us, and we rush like we're in a daze.

The trick is to prepare early, as soon as the previous holiday is done! Make your lists and buy some gifts, and then relax with 350 days of fun.

This past year has been full of stress and we all need some relief. Preparing for a very good time, will help, it's my belief.

Whether you buy some gifts or prepare special food, it's good to get an early start. The first step would be to make a list or even a calendar chart.

If these chores are done early, you will have more time and much less stress. The holiday will be enjoyed, and any mess will be so much less.

So, take my advice and get an early start on your list. And the fatigue and rush, certainly, won't be missed!

Goofy Gifts of Christmas

By Alene Staley

All of us have given and received hundreds of gifts over the years. Think about what gifts of the past holidays are most memorable. If you are like me, the goofy, puzzling, completely baffling ones are the most memorable of all. I have given and received goofy gifts. Based on my personal experience, I suggest that no one intentionally gives a goofy gift.

My first goofy gift was a present from a favorite but distant aunt and uncle who had a son but no daughters. I was about 11 and my sister 10. We did not normally receive gifts from these relatives, so interest that Christmas was focused on that one gift. It was the first box to be opened. Inside were two dolls made of straw. This happened in the mid 1950s, when girls did not generally play with dolls at age 10 and 11. We couldn't really figure out what to do with them, but I still remember them to this day and the mystery they presented.

Later in the 1950s, one Christmas our parents asked us what we would like for Christmas, which did not usually happen because times were tough. I knew what I wanted, a chemistry set and told them. Thinking ahead I made plans for all the experiments I could do.



The Honeymooners

By Nonie Moody

Growing up in the late 1950s and with our first television set, my father and I would watch "The Honeymooners." This half-hour show was simple in props but hilarious in delivery. Sweet smiling Alice (Audrey Meadows) was a perfect wickie to Ralph (Jackie Gleason), who was gruff and made poor choices. Ed Norton (Art Carney) was the talented absent-minded neighbor



with wife Trixie Norton (Joyce Randolph). Together on a Christmas show hiding gifts became a problem when Ralph and Alice hid their gifts in the same place. Distrust appears and a mousetrap causes Ralph pain. Round after round, the absurd dilemmas occur and my dad would howl like a coyote with laughter.

Oh Christmas Tree

By Ellen Brown

Holidays and celebrations can conjure up vivid memories. Decorating the Christmas tree as a child was one I still carry. Christmas wasn't as chaotic in our house in the 1950s, but there was always great excitement and ritual around decorating the tree. It was the first sign that Christmas was coming.

It was mom who orchestrated the holiday preparations, including getting the tree. The four of us kids piled into the Buick and we headed across town, where every year she bought the tree at the same garden center, and every year she complained about the price. I still remember walking through the stands of trees and feeling as if I were walking in a forest and the smell of pine which always reminds me of the warmth of family. We didn't always agree on the perfect tree, but eventually consensus was reached, and with mom's approval, the attendant dragged the tree to the car and tied it on the roof. The top of the tree just hung over the windshield, and we winced every time mom went around a corner and we saw the tree sway ever so slightly.

Home safely, dad took the tree off the car and brought it inside to place in the stand. It was his only contribution as he was somewhat of a Scrooge. The ornaments and lights were carried down from the attic where they had been stored in the same boxes year after year. My older brother tested the lights



the lights strung; the ornaments hung; it was time for tinsel! Lots and lots of tinsel. Every year we were reminded not to throw it on the tree but to neatly place the strands across the branches. It took forever, but the result was shimmer and shine and glow and magic and every year my sister and brothers and I stood back and declared it the most beautiful tree ever.

Christmas at 80

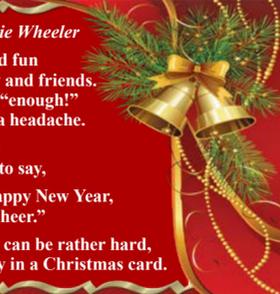
By Bonnie Wheeler

Years of Christmas excitement and fun Buying and giving gifts for family and friends. Years pass by and it's time to say, "enough!" What once was fun now gives me a headache.

So today at 80, I watch the parade While in my rocking chair I dare to say,

"Have a Merry Christmas and Happy New Year, Gather together for a yuletide of cheer."

They'll find buying those presents can be rather hard, But as for me, I'll be giving out joy in a Christmas card.



What Santa Wants for Christmas

By Sally Hartikka

Poor Santa, he works so hard On every Christmas Eve. I wonder what's on his wish list... What he'd like the elves to leave?

I'll bet the chance to put his feet up In a comfy new pair of slippers Would be right at the top of his list With a warm sweater with zippers.

Then some hot cocoa to warm up the insides And some of the cookies he's gathered at homes. Then, because of the heavy sack he carried, A nice long back rub by some of his gnomes.

Once rested, he must then think of the children That he's gifted along the way And wish for them all to have A very happy Christmas Day.



Happy Holidays

By Gladys Szabo

The year two thousand twenty-one Finally, you are almost done Would like to say "COVID we have won!" Regrettably we are not quite there But closer than we were last year! Now for the holidays, we excitedly prepare. Since vaccinated, we can share Still being cautious not to deviate Taking precautions to keep us safe. So together for the holidays, let us celebrate And to the new year, two thousand twenty-two Bring us peace on Earth and life renewed!

A Christmas Memory

By Christa Kay

There was snow that year at Christmas. Lots and lots of snow! Best of all, we were spending the day at my aunt and uncle's house which sat at the top of a steeply sloped hill, perfect for sledding. I think we were more excited about the snow than we were about Christmas presents!

After the gifts were exchanged and the dinner consumed, my brothers and I rushed outside bundled in one-piece snowsuits that zipped up the front and pinched our chins. We each had received a new set of hats, mufflers and mittens, hand-knit by my aunt, for Christmas. Since I was still pretty young, my mittens came with a knitted cord attached that was long enough to go across the back of my neck and down both sleeves of my snowsuit so if my mittens came off while I was playing in the snow I wouldn't lose them. They'd just dangle from my sleeve! My older brother's mittens didn't have that accessory, which was kind of a right-of-passage in those days suggesting they possessed the necessary amount of responsibility to keep track of their mittens.

The air was cold but we didn't feel it as we ran straight to the barn where we knew the sleds and toboggan waited. We soon discovered that the snow was too deep for sleds with runners, but

conditions were perfect for the long, wooden, flat-bottomed toboggan. My two older brothers were the first ones to ride it down the hill while my younger brother and I watched from the top of the hill in excited anticipation.

The toboggan, in its downward trajectory, plowed through the deep powdery snow sending a wave of the cold stuff up and over the curved front of the toboggan. I could hear my two brothers laughing as they rolled off the sled. Turning they looked back up the hill. Snow stuck to their eye lashes and brows and was even packed up their noses! It frosted their knit caps and scarves white and painted their cheeks pink!

Some of the adults had joined us at the top of the hill while others watched from a window. I could hear them laughing which made the sight even more comical. Grinning and wiping snow from their rosy faces, my brothers grabbed the toboggan rope and began the trek back up the hill, careful not to walk in the freshly blazed trail they had just made. When they reached the summit they repositioned the toboggan and we all piled on. Down we went again and again, always trying to get the toboggan to slide just a bit further than the last time. It was great fun and we kept at it until our toes went numb and our fingers ached from the cold.

Other than the mittens, hat, and scarf I have no memory of the other gifts Santa brought that year. All I recall is the fun we had sledding on that Christmas Day of the big snow!



Christmas Frugality

By Betty Bavor

Christmas family traditions in my youth were special and it never entered my mind they would change. Holiday decorations appeared in stores around Thanksgiving Day. A Christmas tree was found in our pasture in Massachusetts, cut and brought home to be decorated on a Sunday afternoon. We exchanged gifts that were appropriate, appreciated, practical, and fun — sleds, dolls, skates and there was little or no commercialism in stores for the perfect toy. Sunday school classes produced the Story of Jesus Birth and we attended Christmas Eve Candle Light Church Service. We were a reverent happy grateful family.

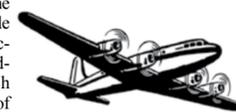
The first year away from my hometown family at Christmas took place when my boyfriend invited me to meet his family in Ohio. We flew on a fancy airplane, the new mode of transportation and my first flight. It was exciting. His parents met us at the airport and we drove to my boyfriend's childhood

home in Cleveland. His dad was born in Vienna and his mom's family came from Germany, so they had German Christmas traditions. The Christmas tree was decorated by his parents with vintage ornaments, garland, colored lights, a bird's nest for good luck and an angel on top. His mother created a story

of the scene under the tree. It was a nice experience and I married this boyfriend. Our Christmas tradition became Ohio one year and Massachusetts the next year. New Year's became a second Christmas each year alternating with celebrations with both our families. One year I thought I would be frugal and wait to shop for gifts after Christmas as we had several days between these family destinations.

Yes, there were sales; however, things were shopworn and limited. As I said above, "One year," never again — it was a disappointing year with compromised gift choices.

The birth of Jesus is a symbol of joy, hope, love and peace. In this holy season, let us not be frugal with faith, prayer and the time we share with family and friends. Season's Greetings to you and yours.



Winter's Prelude

By R. Mulligan

The Earth prepares it bed for the turning of the season And long winter's sleep

Wind-borne leaves accumulate at the base of trees and shrubs Insulation for the roots below

Pine trees deposit a thick soft blanket on the floor beneath

Forest denizens have stocked their shelters with seeds and nuts

Some will winter in trees and stumps Others deep below Earth's frost

This is both a season of celebration and rest Until the arrival of spring's dawn of awakening.



Some Words for Thought in the New Year

By P.K. Allen

Resolutions and wishes are easy to make, But it's hard to make them come true. Here are some words to think about, See what that they mean to you.

PEACE

LOVE

JOY



Yesterday is history, it can't be changed, But we can celebrate today and tomorrow in such a way That when they do become yesterday, We will know we made a difference.

Many celebrations of Christmas

By Russ Kinne

Xmas has been around awhile! — and is celebrated all around the world, in one way or another. We're all familiar with the many rituals used in our country, and perhaps a few others, but there are more! Lots more. Many you may not even have heard of.

The four million Jews in the U.S., of course, do not celebrate Xmas, but do celebrate the major holiday named Hanukkah at about the same time. There will be a 30-foot-tall Menorah on the White House lawn!

In the Philippines — hardly the place you think of at Xmas — there is a friendly competition among 11 villages to build the biggest LANTERN! With, of course, singing and dancing. The winner now is about 20 feet in diameter; some wild kinda light, no? In Austria, children fear Krampus, a kind of demon who steals naughty kids away.

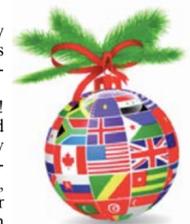
As you might expect, the Scandinavian countries are Xmas-files too. Sweden builds the GALVE GOAT — a huge 40-foot-tall wood-and-paper goat that some people traditionally try to burn down. They've been successful I think 29 times

since 1966, the last time in 1916. Toronto has an impressive display of some 300,000 LED lights, with fireworks thrown in for good measure. Lots of people ice skate too.

Norway has an odd season where people try to steal each other's BROOMS to ride around on. In Iceland, you may find the "Yule Lads" who commit mild mischief for three days at Christmastime. Germany, as you might expect, has some of the oldest traditions of all. Nikolaus (not Saint Nicholas) roams around the night of Dec. 6, leaving treats for the good children. But he's accompanied by Knecht (farmhand in English), who taps the bad kids with a stick or whip. In Venezuela, people go to church services — on roller skates.

And there are big Xmas markets in many major cities like Strasbourg, Dresden, Copenhagen, Moscow — that's a surprise! — Austria, Prague, Brussels, Madrid, Naples, Manchester, England, and — Chicago!

Merry Christmas, everyone!



New Year's Cheer

By P.K. Allen



Glass of wine Auld Lang Syne In good health Sufficient wealth May wars cease Hope for peace Midnight cheer Happy New Year



Holiday Food

By Bonnie Wheeler

The ham is in the oven baking Sweet potatoes and casserole all ready While a pecan pie is waiting The table is set with napkins folded Time for a nap Serve yourself!

Yesterday Christmas

By Bonnie Wheeler

In yesteryears, our life was filled with the Christmas joy of our children and grandchildren and today, six great-grandchildren. Their excitement with opening gifts and a happy birthday Jesus cake was our gift. So, many years later, we relive our times together

and watch as they make the birthday cake, sing "Silent Night" in church, raise their children, and make their own family traditions. As long as there is a birthday cake for Jesus on the table, I will feel blessed knowing they remember the true meaning of our special holiday.



Journey or Destination?

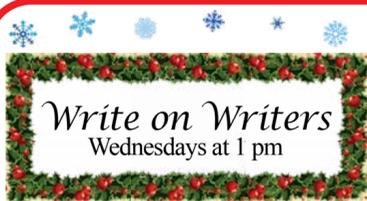
By Russ Kinne

As for pleasure — there's a HUGE list of what's "pleasurable" for different folk. And for folk of different ages. A young child may love to ride in the car (pets, too) and don't much care where they go. Later on, when they start driving, it's the trip that counts the most; and with adults, what they drive may be paramount. Most men, and many women too, are "car nuts" and really groove on driving a Jag, or a Benz or a BMW or a Porsche. Or even some Detroit Iron; there's no accounting for tastes, especially here.

Bicyclists and motorcyclists have a very different driving experience, being out in the open where you really can "smell the roses." But, of course, your old bod is much less protected too. So though it's more fun, it's much more dangerous too — bone up on safety gear and procedures!

Boating is — usually! — great fun, whether you're zipping (or plodding) around in a power boat, or silently and smoothly gliding along in a sailboat. Either way, the trip is much more pleasant than the destination — where you're faced with tying up to a pier (or trying to find an empty spot), washing the boat down, cleaning up things in general and just being ashore again. The trip is way better.

And there's nothing to beat flying, preferably in a small plane at low altitudes, where you can see things. And pretty much go where you want and when you want, with no speed zones, radar guns, crazy drivers or complicated intersections. A vast improvement! — safer too, but be careful — it's addictive. Ask me how I know that.



Write on Writers Wednesdays at 1 pm

What, No Christmas Gifts This Year? By Sally Hartikka

It may be hard to get the gifts
You wished to give this year.
Toys, electronics, and everything else
Are held in ships still in port, I fear.

What to put under the Christmas tree?
I've got some suggestions to try.
Give gifts that the whole family can share
And provide excitement for even small fry.

Dogsledding is one idea for the family.
There are several places in Maine to see.
Winter carnivals to watch ice carving
Is another idea that comes to me.

Gardens Aglow's by car yet this year;
Fill up the SUV with friends
To look at beautiful light displays ...
Hurry, get tickets before it ends!

Take the kids to see the Nutcracker
Or stage version of "A Christmas Carol."
Then out to dinner at a nearby restaurant,
One that's possibly near the Merrill.

Not all gifts have to fit under the tree,
And anticipation can be part of the fun.
With gifts of adventure and entertainment,
The gift giving may have just begun.



Snowy Mittens By Doris Weinberg

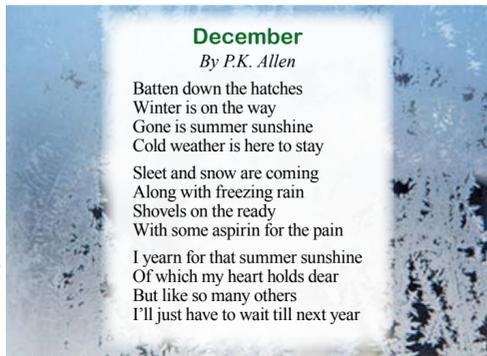
Although the winter is
not my favorite season,
I can think of all the many things
good for many reasons.

A freezing cold day
with lots of snow coming down.
Snowsuits and mittens are needed
outside to play around.

A fort or a snowman
on the lawn must be made.
Its head with a scarf, coal and carrot,
and a hat for some shade!

When feeling too cold,
you come in with red cheeks.
Hot chocolate is waiting
and the fireplace speaks.

It draws you near with cup in hand,
and you warm your fingers and feet.
Yes, winter has many good points,
in fact, it is pretty neat!



December By P.K. Allen

Batten down the hatches
Winter is on the way
Gone is summer sunshine
Cold weather is here to stay
Sleet and snow are coming
Along with freezing rain
Shovels on the ready
With some aspirin for the pain
I yearn for that summer sunshine
Of which my heart holds dear
But like so many others
I'll just have to wait till next year



Come to Grandma's By Bonnie Wheeler

Come to grandma's house
For lots of Christmas fun
Bring your presents and your food
We will enjoy watching you celebrate
But remember, we go to bed by 8

Magical Snowflakes By Betty Bavor

Are you ready to make a snowman, build a snow fort, make snow angels, slide down a hill on something, walk in snowshoes, explore the wilderness on a snowmobile, play fox and geese or maybe check out shapes of snowflakes on black velvet or glass? We will have a snowstorm or two creating a Maine winter wonderland. Trillions and trillions of snowflakes will make people happy, providing active winter sports experiences. Perhaps your family will share the joy of a favorite winter activity or try a new winter adventure.

Snowflakes start out as tiny crystal specks of ice that form when water in the air freezes and float on the wind. Specks bump and stick together predominately forming delicate hexagonal, six-sided shapes that change as they fall through colder air to Earth. You might measure the depth of snow by locating a sheltered place with less wind, no drifts or sparse spots. Push a ruler or yardstick straight down to the ground and write the inch level to be kept in a notebook or on your calendar after each storm. Add them up in the spring of 2022 to see who had, and where the most snow fell. Challenge a relative or friend in another state to compare snowfall depth with you. Snow surveyors study and record snowfall around the world.

The mountains of Washington, Oregon, and California get more snow than anywhere else in the United States. Mt. Rainier

in Washington holds the seasonal record for the most snowfall with an average of 671 inches, nearly 65 feet per year. The highest ever recorded there was 1,224.5 inches in the winter of 1971-72. That is over 100 feet of snow, enough to cover a nine-story building.

As children, we collected snowflakes on chilled black velvet cloth and looked at them with a magnifying glass. We also folded paper carefully cutting snowflakes to hang in windows. Snow surveyors and scientists reproduce their shapes using a flat piece of glass and a plastic fixative artists use on chalk drawings, which can be purchased in an art supply store. Give it a try — store glass and can of fixative in the refrigerator keeping them cold and ready. Have an extra piece of cardboard ready to cover snowflakes. These items need to be carried carefully and quickly in a cardboard box outside to be kept cold when it snows. Once outside, spray the glass with a thin film of fixative and catch several snowflakes, covering them quickly with the extra piece of cardboard so they do not fall on top of each other.

Take your snowflakes on the glass inside. Don't touch the glass or snowflakes until the fixative is REALLY DRY, at least 20 minutes or more. The snowflakes will melt but their shapes will be there fixed in plastic for as long as you want to keep them. Maybe you are inspired to save a snowflake or two for holiday fun and pleasure. Every season brings new blessings. Silent snowflakes are magical and create a winter wonderland.

The Christmas Blanket By Gladys Szabo

Working at Independence Association, my first job was caring for Chuck, who lived with his parents. Chuck was not verbal and confined to a wheelchair, but we learned to communicate very well. I would get him up, dressed, fed, and then take him to the IA day program. Years later as his parents aged, I became co-guardian with his dad.

One Christmas I gave Chuck a warm furry throw with two large golden retrievers covering the whole blanket. Chuck loved dogs. When he would visit us he would sit with his hand on one of our golden retriever's heads and the dog never moved. The blanket became his favorite thing to always have with him. It went everywhere with him. When Chuck took his last breath, he had a hold of his blanket

I kept the blanket on my bedroom chair, reminding me of the 17 years we had together.

This past year, I had to have my 16-year-old dog put down. I then adopted Hunter who was a rescue from Alabama.

Preparing for his arrival I was cleaning the crate and looking for bedding when I noticed the blanket and thought, Chuck would love my dog having his blanket. I put it in the crate and fluffed it up.

Once Hunter was settled in, he would lay in the crate on his nice blanket while I made the bed and got dressed. When warmer weather came, I removed the blanket and put lighter bedding in the crate. I realized that Hunter would lay on the floor in front of the crate while I did my morning chores, not in the crate. Now that the weather has become cool again, I have returned the blanket and found Hunter laying in the crate this morning while I made the bed.

I like to think that maybe Hunter feels the love and connection Chuck and I had and hope Chuck is smiling down on us.



Unusual places for Christmas By Russ Kinne

I've been so lucky it scares me. In all my life, I haven't missed Christmas at home more than a handful of times. But some were memorable.

I found myself at McMurdo Sound in Antarctica one Christmas, and thoroughly enjoyed it. You may know that all the U.S. bases there are Navy bases, and in my experience Navy chow is first-rate, and it was.

A few dozen roast turkeys, with "all the fixings" and ending with delicious mince pies. Truly delicious, a fine meal for most anywhere, let alone on an ice-covered island on the "South Ice." There were about 75 people at McMurdo (called McMudhole in warm weather when everything melted) and a handful of Navy cooks turned out a gourmet holiday meal for everyone. Most impressive and hugely welcomed! And a big Christmas tree, too.

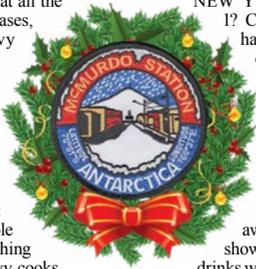
Predictably, a week later it was time for New Year's Eve parties, and I was in Christchurch, New Zealand, on the way back to the USA. The New Zealanders — "Kiwis" — are marvelous

people, most friendly and most hospitable. A nice friendly party, no one overdid anything and all went beautifully.

The next morning I walked by the Officers' Club, to hear yelling and cheering: HAPPY NEW YEAR! — at 10 am on Jan. 1! Curious, I went in to find a happy group around a couple of pilot-navigators and a big map of the world. On every hour it was New Year's in a different part of the world, and they were into having 24 NYE celebrations! — as the sun passed each line of longitude.

But another nice surprise awaited us — the O-Club had shown a nice profit, and all the drinks were free! So we had a leisurely and singing when we felt like it.

So we all cheered HAPPY NEW YEAR, VISAKHAPATAM! — most of us wondering where it was. I guess it was karaoke, but that hadn't yet been invented.



That special gift awaits at People Plus

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

You can give a People Plus Gift Certificate. Your loved one can apply the credit toward annual dues, a class or two, or against the cost of any of our gift items.



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

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

Numbered and artist-signed prints have been a part of the holiday season at People Plus since 2002 and, this year, four of the five images are still available. You could help the Center financially and offer your friends and family one or several of these prints, as unique gifts, for only \$45.95 as we honor the Center on its 45th birthday. Wrapped and boarded copies of "Chuting the Androscoggin," "High noon, High tide" and "Fall at Topsham Fair," all by Woolwich muralist John Gable, and "Holiday at Merrymeeting Park," by Ernst "Bev" Bevilacqua are waiting for you in the Center's Union Street Gallery, on a first come, first served basis.

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



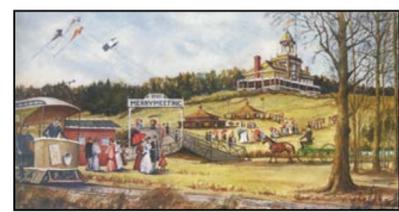
CHUTING THE ANDROSCOGGIN by John Gable



FALL AT TOPSHAM FAIR by John Gable



HIGH NOON, HIGH TIDE by John Gable



HOLIDAY AT MERRYMEETING PARK by Bev Bevilacqua

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. My name is Kim Watson.

Q. The community where you live?
A. I live in Topsham.

Q. Professional occupation?
A. I am a speech-language pathologist by trade, and have been the administrator at Mid Coast Senior Health Center in Brunswick for the past five years.

Q. How many years on the People Plus board and positions served?
A. I have served two terms, from 2016 to present, on the People Plus board and have been a member of the Programming 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'm originally from Wisconsin and have also lived in Pennsylvania. I moved to Topsham, Maine, in 2001, as it seemed like a lovely place to raise a family. I have two children — both recent college graduates who are now finding their way in the world. Olivia is a legislative aide at the State House in Augusta. Sawyer is a graduate of Maine Maritime Academy, and is now working in New York City on

a tugboat. When I'm not at work, which is where I've been a lot throughout the pandemic, I enjoy spending time outdoors. I love to hike, camp, canoe, kayak, and explore the beautiful state of Maine with my friends and my constant companion, Caico — who is a rescue dog from the Turks & Caicos islands.

Q. Your view of People Plus and why you believe it's so important to serve on the board?
A. I feel passionate about the mission of People Plus. It's important for people of all ages to have social connections and a sense of belonging. People Plus provides that for many older adults in our community.

It's been an honor serving on the board for the past six years. I'm proud of the work that has been done and am certain the organization will succeed for decades to come due to the financial stewardship and community partnerships established under Stacy's leadership. My time on the board is ending soon, but I will continue to support People Plus and the important role it plays in our community.

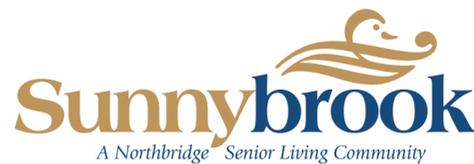
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Brunswick Area Teen Center

Excitement builds in December

Headed toward saying Farewell 2021! For now, we have December bringing snowmen, snowflakes, icicles, snowshoes, candy canes, candles, lights, trees, family, food, cards and gifts, hugs and kisses, shopping and wrapping, caroling and music, church services, traveling, wood stoves, mittens, coats, boots and more!

December can be both exhilarating and exhausting, celebratory for some and lonely for others. Kids, sometimes regardless of what's going on around them, get excited in December. It probably starts the day after Thanksgiving, and years of working with kids has shown that the level of excitement or being wound up increases daily as we approach whatever major holiday celebration they practice! Throw in some Christmas cookies or holiday treats, and things ramp up.

This year, thanks to vaccinations, we will be able to have a holiday gathering for our members right before the December school break, we hope! Gifts, treats, and a Yankee Swap! We have just taken down our Halloween décor (yes, we are slackers) and will be redecorating after Thanksgiving and then the kids may

allow us maybe five minutes of Christmas music a day. Maybe!

Meanwhile, we have been busy with lots of basketball, both inside and out now after a donation of an indoor basketball game we miraculously squeezed into our space, thank you DJ Shaughnessy! We are still working on replacing one of the outside ones as well.

It sounds like we are in an arcade upstairs with all sorts of things dinging and ping-pong and thumping along with music played!

The big news since last month is that I was able to hire an assistant at the end of October!



Simone Maderal

Simone Maderal, who graduated from BHS in 2014, has worked at an overnight boy's camp, has older brothers, and is no stranger to pre-teens and teens and has fit in very nicely. Simone is great with the kids and is a big help!

As we near the end of the year, this year's Back to School fundraising letter has brought in just about \$20,000! Donations can be made for this year through June, but if you want a tax deduction for this year and still have our letter lying around ... now's the time.

Happy Holidays! and thank you for helping to support our youth! Jordan and the gang

Teen Center News

Jordan Cardone



HE SHOOTS - HE SCORES! Thanks to D.J. Shaughnessy for donating this super cool indoor double basketball hoop! The kids are wonky about it already! Thanks to Fraser Ruwet, former board member for People Plus and longtime member of the Teen Center Advisory Committee for helping transport and set up the new hoop! The hoop folds up to only take up 4 feet of space. And the teens have been playing it nonstop! Thanks D.J.!



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Southern Midcoast Aging and Disability Resource Center**

Monthly Update

December 2021

All Spectrum Generations' locations will be closed on Friday, December 24, 2021 for Christmas.

Midcoast Tree Festival

Thank you to our friends, family, and community for making the 3rd Annual Midcoast Tree Festival a success!

Tree and Wreath Benefactors

<ul style="list-style-type: none"> Autometrics Midcoast Federal Credit Union All Saints Parish Crooker Construction Region 10 Technical High School Bath Savings Institution Cheverus High School Spectrum Generations Bar Harbor Bank and Trust Brunswick Business Center/All Saints Parish FIORE Artisan Olive Oils and Vinegars Ray Labbe & Sons Renys Management Accounting Sports Clips Hammond Lumber Company 	<ul style="list-style-type: none"> Daughters of Isabella Mechanics Savings Bank Priority Real Estate Group (Mega Tree) Wiscasset Ford Southern Midcoast Maine Chamber People's United Bank Mainly Chiropractic Rogue Industries Friends of the Chamber Shamrocks of St. Patrick's Church Social Justice and Peace - Oasis Brunswick Downtown Association Sweetser St. John's Catholic Church Social Justice and Peace - Nautical Saint John's Catholic School 	<ul style="list-style-type: none"> <i>Media Sponsors</i> Mainly Chiropractic of Freeport Domino's Pizza <i>Decorating Sponsor</i> M.W. Sewall <i>Cafe Sponsor</i> Knights of Columbus <i>Children's Craft Sponsor</i> Martin's Point Healthcare Congratulations to all of this years tree winners!
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12 Days of Health-mas

12 weeks after quitting smoking, your blood circulation improves
 11 seconds is the average time people take to wash their hands. Washing for 20 seconds with soap and warm water is the minimum recommendation
 10 thousand steps a day support heart health and wait loss
 9 calories in 1 gram of fat (you'll find 4 calories in 1 gram of protein)
 8 hours sitting makes you sedentary – get up and move around once an hour!
 7 days of 500 fewer calories will help you lose 1 pound
 6 ounces of protein is what most adults need per day
 5 servings of fruits and vegetables a day contribute to optimal health
 4 weeks is the amount of time it takes to change a habit for good
 3 types of physical activity are key – stretching, cardio and strength training
 2 years can be added to your lifespan by exercising just 75 minutes per week
 1 day of meatless meals can drastically reduce your intake of saturated fat and cholesterol, both which contribute to heart disease

FREE Workshops

Building Better Caregivers Wednesdays, January 12 – February 16 9:30 a.m. - Noon, ZOOM	Living Well for Better Health Thursdays, February 24 – March 31 1:00 - 3:30 p.m., ZOOM
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For more information or to register, email jpaquet@spectrumgenerations.org or call (207) 620-1642.

**Spreading Holiday Cheer
Bath Garden Club**

The Bath Garden Club has been making holiday arrangements for Spectrum Generations' Meals on Wheels consumers for the last seven years. This year 166 arrangements were assembled and delivered to spread some holiday cheer to those that are homebound. Thank you to the Bath Garden Club and to those volunteers who helped deliver!

L to R: Leah Zartarian, Rachel Gerow (Spectrum Generations' assistant nutrition director), and Joan Toy, president of the Bath Garden Club.

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. 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 Alene Staley

My name is Alene Staley. I live in Lisbon Falls and I'm 76 years of age. I grew up on the South Side of Chicago, initially in the city itself and then later in the suburbs. I first lived near Midway Airport, when it was busy. There were the sounds of airplanes and it was noisy, but as a child that did not bother me. At that time, my dad worked at the airport.

Although Chicago is a huge city, it is organized by neighborhoods and neighborhoods are like small towns. We did have a yard to play in, and we played on the sidewalks up and down the street. There were lots of kids and we had much fun.

At age 7, my family moved to the suburbs when subdivisions were first being developed. There was open space everywhere with room to explore and be outside. I have always loved being outdoors. I spent my childhood riding a bike, ice skating, and playing tennis.

I joined People Plus in the summer of 2020. I was looking for a social place that was open where I could find

people and companionship. I found People Plus by searching online.

The exercise classes and other activities were held outdoors, which worked fine for me. I started with the Gentle Barre class, where I met Betty Bavor. I also went to social events where I made new friends.

When the Gentle Barre class moved indoors, I became curious about the bulletin board in the room which has all the pictures of people in Write On Writers. Betty told me that she belonged, it was great group of people, and I should join. I took her advice. Write On Writers is a perfect activity for me. I find the stories fascinating, the people so interesting, and, best of all, the whole group is positive and encouraging. I really love it.

In addition to what I said previously about People Plus, what I also love is the chance to try new things. For example, I am planning to eventually try Mah-jongg, since I understand they do give lessons. And the table tennis seems to be calling me. There are so many possibilities; I'm sure I won't be bored.

I have had an interesting life with friends and experiences I cherish. I have lived in Chicago, Arlington, Virginia, and Maine. My career involved professional accounting, government service, and teaching.

I have met a few celebrities and the stories of how I met them may show up someday in stories I write with Write On Writers. I was in a room on Rush Street in Chicago where the center of attention of everyone in the room was Cassius Clay, later known as Muhammad Ali. I once rode in an elevator in the Plaza Hotel in New York City with Eartha Kitt. I sat in a café in Philadelphia late one night in a booth next to another booth, where Betty Friedan was dining with friends. I shook Nelson Rockefeller's hand during the 1968 presidential election. I'm thinking there are a few stories there worth writing about.



Lobster Party!



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THANKS AGAIN TO THE BATH GARDEN CLUB for creating and donating these beautiful seasonal centerpieces for the Meals On Wheels program! Leah Zartarian and Joan Toy (left and center) helped to create and deliver 166 pieces! And Rachel Gerow (right), the nutrition coordinator for Spectrum Generations, organized having all of these beautiful seasonal pieces delivered to Meals On Wheels recipients. Thanks ladies!

Red wheelbarrow just waiting for your food donations ... thanks!



Members are beginning to fill up the little red wheelbarrow, so please keep up the momentum as People Plus continues its all-important food drive.

The annual campaign is underway to collect non-perishable food for the Mid Coast Hunger Prevention Program, this being the 13th edition of such a worthy cause. So far for this year, as of Nov. 19, 205 items have been collected, coming in at 200 pounds.

It's really easy to do! Just place your donations in the red wheelbarrow located near the lobby inside the Center. People Plus, with awesome assistance from longtime member Frank Connors, 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 wishing 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 1,115, surpassing the 1,000-pound goal. A total of 1,101 items were brought to the Center, along with \$180 in donations.

"People have begun dropping items off and we greatly appreciate the donations from everyone," said Sarah Deck, office coordinator at People Plus and an organizer of the food drive. "The issue of hunger really never goes away, 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.

You've got the ball rolling, so please continue to help fill up the little red wheelbarrow over and over again. The more trips to MCHPP we make, the better. And as always, thank you so much for your donations!



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The gift of memories outlasts any old tie

(Editor's note: The following is a newspaper column I authored a number of years ago that I wanted to share with you. At the time of its writing, I didn't know I only had a few Christmases left with this very special person in my life. Please enjoy!)

It's happening again this year. In fact, it happens every year at this time.

My dilemma, you ask? What to get my father for Christmas?

In my mind, at least, it seems like he has just about everything. This belief is compounded by the fact that we live a thousand miles apart and only see each other once or twice every couple of years. So it's hard keeping current on what he might need — or want. A silk tie? A new saw? The latest novel by Stephen King?

I just don't know. So I think I'll try something different for 1997. Instead of wrapping up and sending a present that could find its way down into the basement — one of those "out of sight, out of mind" places — I'm going to give my dad a gift of memories ... a look back at some of my favorite father-son moments

that resurface as reflections of the past.

LOOK OUT BELOW!

The year was 1958 or '59 and we had just moved into our new house. My father was in the basement — the same one as previously mentioned — doing some trim work. From scraps of wood, he built an airplane for me and I rushed upstairs to show it to my mom.

On the way back to my dad's workshop, I tripped over the top stair and proceeded downward ... headfirst, but with my new toy held aloft.

My father, quickly noticing that I hadn't hurt myself, started laughing and said something like, "test flying your new plane, I see."

WHAT'S THE SCORE?

Prior to my first cataract surgery, my father took me to a Detroit Tigers baseball game in 1960.

Our seats were in the outfield bleachers and, because of my worsening eyesight, the only player I could see was the left fielder. But that didn't matter to me, because I had

the time of my life.

Not only was my father plying me with souvenirs and what seemed like a hundred hot dogs and ice cream bars, but the lone Tiger in view — for me — was also my favorite player ... number seven, Rocky Colavito, who smashed 35 home runs for Detroit that season.

What a game! What a day!

SPEAKING OF BASEBALL

Occasionally, my father would surprise me with little gifts, especially if I received good grades in school or performed above and beyond the call of duty when it came to doing chores at home.

One day during recess in elementary school, when my buddies and I were playing baseball, my dad showed up unexpectedly and came walking across the playground with his hands behind his back. Out came two brand-new baseball gloves — a first baseman's mitt and a regular infielder's glove.

My dad told me to try both of them out and then decide which one I wanted to keep. And then he went off back to work.

I'm not sure, but I believe I kept the first baseman's mitt. Other special moments that I remember

Simply put



Patrick Gabrion

with my father include all the times I went deer hunting with him, his brothers, my cousins and grandfather in northern Michigan. There was plenty of food, joking around, and countless opportunities to just sit and talk.

And there were all the times, when I played varsity basketball, when my dad would come up to me after a game and say, "Great job. I'm proud of you." All that, despite the fact that I usually didn't get into the game until it was already won or lost and the fact that I only scored a grand total of 16 points in two years.

Dad, I know these memories aren't much of a gift, materialistically speaking, but they have lasted me a lifetime and will continue to do so, and for that I thank you. And hopefully, they'll also inspire me to have more special moments with my son and your grandson, Gavin. Merry Christmas.

Weekly Winners

Senior Intermediate Cribbage

Oct. 27	Lois Fournier 696 John Bouchard 718
Nov. 3	Leo Robichaud 720 George H. 698 Joe Tonely 682
Nov. 10	George Tetu 711 Lorraine LaRoche 695
Nov. 17	John Bouchard 718 Jim 706 Joe Tonely 704

Do you get our weekly email?

Programming Coordinator, Jill Ellis, 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!



Welcome Home



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Cafe Gallery art show features Center’s own students



The first art show under new instructor Ed Higgins is currently on display in the Cafe Gallery at People Plus. So please come and view the Center’s own students’ work through the month of December.

“I couldn’t be happier with the way things are going at the Center. The art students at People Plus range from beginning to professional artists, and that mixture provides a vibrant, convivial learning and teaching environment which I have enjoyed immeasurably,” said Higgins, who replaced longtime instructor Connie Bailey. “Most of the students don’t know how good they are, and it’s been my pleasure to see them develop. In the two months since I’ve been teaching them, not only have they come a long way, but I have learned as much from them as they from me.”

“Most of my teaching revolves around helping the students gain technical proficiency and confidence. First, by watching them work, and next by helping them through some of the typical challenges and pitfalls that every artist, including myself, goes through,” continued Higgins. “To me, a good instructor knows when somebody is struggling with, say, a bad habit, and when they are ‘in the zone’ and working to their potential. In that case, the best thing for the instructor to do is to simply step back, be a cheerleader, and encourage them to keep going.”

The instructor went on to say,

“Because of the varying levels of experience, instruction is often customized, individualized. And feedback from the group is important. Art is about sharing our creativity with an audience, and the class is a positive and supportive sounding board. Some students prefer to do their own thing, others like more structure. I teach different things to different people and only push them to go further when they tell me they are ready. So far, the main thing I’ve been stressing is getting the artists to simply open up and move their arms more. To be more free, less tight and fussy when beginning a drawing or painting. To work in a loose and flowing manner without fear of making mistakes. And the results have been amazing.”

“The artwork on display at the Cafe represents the remarkable range of media, styles and aesthetics that the students have been exploring over the years in their individual artistic journeys,” Higgins said. “We will be hanging some of the more current studies, sketches, and classroom exercises alongside the framed pieces, so the public can see what we’ve been up to the last couple of months. We’ve been working in a variety of media, from pencil and charcoal, to watercolor and pen and ink.”

The art show, which is open to the public, may be seen free of charge during normal business hours (Monday-Friday, 9 am to 1 pm) at the People Plus Center, located at 35 Union St. in Brunswick.

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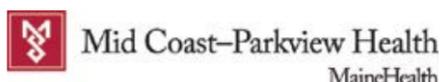


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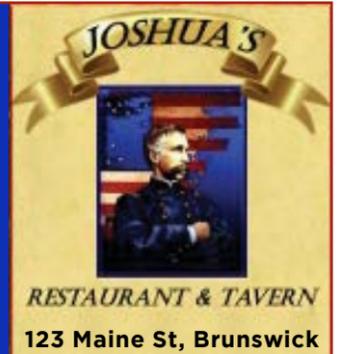
Learn more about the partnership at Mainehealth.org/midcoast



Lunch out!



Tue, Dec. 14th, 11:30 am.



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