

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

Happy Birthday, Ladies!



WE LOVE BIRTHDAYS at the People Plus Center! Every birthday is another year you get to have fun at the Center! And we always celebrate everyone in their 90s! These two lovely ladies, Pat Longworth and Betty Bavor, have a combined total of over 25 years of volunteering at the Center! Happy birthday ladies, we love you both!

Author's Chat:

Split in Two: Reconciled Through Yoga

Thu, March 3, 1 pm. Ann Kimmage, longtime yoga instructor at People Plus, debuts her new memoir at this in-person event, Zoom option is also available. Signed books will be available for sale. Masks & registration required (729-0757).

"It was 1950, the height of the Cold War, and Communism was the political enemy. Yet my parents were captivated by the teachings of Marx and Lenin, a passion which put them in increasing risk in the United States. ... The danger ever closer, my family secretly slipped out of the U.S. to hide in Mexico." Her family wound up in Czechoslovakia, where the author was given a new name and learned a new language. Eventually, they all returned to the United States. "...At age 57, I walked into my first yoga class. Unsettled, unsure, I participated awkwardly in yet another foreign code of postures and poses. Nevertheless, I sensed the germ of a powerful and transformative cooperation between my mind and my body. ... Could yoga bring wholeness and health to my shattered self?"





Help us buy a VAN!



See page 2 for details

February Raffle: Outdoor Rocking Chair

Think spring! Buy a ticket for chance to win an LL Bean all-weather black porch rocker. Made of HDPE (High Density Polyethylene), it can be left outdoors year-round and will not rot, warp, crack, splinter, absorb moisture or ever need painting. Assembly required, value \$349. Tickets are \$20 apiece, and your purchase supports our homebound elders.

To buy tickets, please go to peopleplusmaine.org and follow the instructions. Or stop by the People Plus Center (mask required, please), Mon-Fri, 9-1, or give us a call at 729-0757. The drawing will be Feb. 17. And thank you for supporting People Plus!



Music in April 2022

Seeking auction items

The People Plus Center's 20th annual Music in April fundraiser, which will be an online silent auction and raffle again this year, is set to run from April 1 to 29, and we are excited to once again share it with the whole community. Last year's first online auction was very successful with more than 200 bidders, almost 300 items, generous sponsors, and it raised nearly \$50,000 for the Center!

We are currently collecting auction items from businesses and community members for our 2022 event.

Can you ... donate an item you make or from your business or that you purchase? Donate your professional service? Do you ... have a contact for a business near or far? Have season tickets you won't be using? Have an antique or

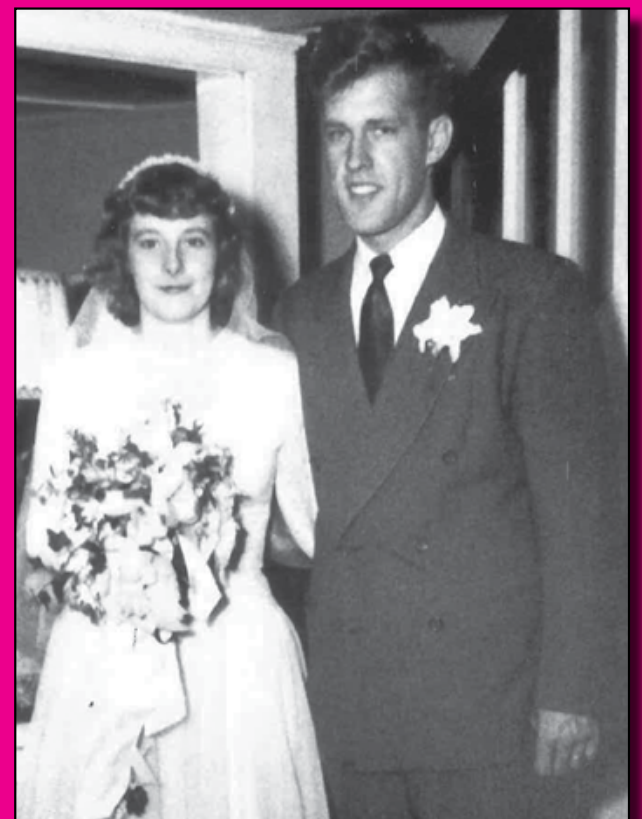


wonderful used item you no longer need? You never know what an item will bring!

Some of the Music in April auction items we have received so far include an original Edythe Laws painting, whimsical hand-carved painted pig set, tickets to Story Land, a new Kindle, vintage Sea Captain Fisherman's lamp, antique caned armchair, granite Lazy Susan, handbags, prints, toys and more!

If you want to register as an event sponsor or donate items for the auction, please call the Center at 729-0757 and ask for Program and Events Coordinator Jill Ellis. Thank you!

Guess Who? Valentine's edition!



Find the answer on page 6

People Plus News

The monthly newsletter of People Plus, serving residents of the Brunswick-Topsham-Harpswell area...

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

People Plus Board of Trustees

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People Plus Staff

Stacy Frizzle-Edgerton
Executive director
director@peopleplusmaine.org
Jill Ellis
Program and event coordinator
programming@peopleplusmaine.org
Jennifer Felkay
Marketing coordinator
marketing@peopleplusmaine.org
Jordan Cardone
Teen Center coordinator
teens@peopleplusmaine.org
Lynne Smith
Membership/VTN coordinator
driver@peopleplusmaine.org
Sarah Deck
Office coordinator/receptionist
reception@peopleplusmaine.org
Barbara Quinn
Office administrator
office@peopleplusmaine.org
Patrick Gabrion
People Plus News editor
news@peopleplusmaine.org

Spectrum Generations Staff

Andrea Handel
Aging & Disability Resource Specialist
ahandel@spectrumgenerations.org
207-607-4405 or 1-800-Medicare
Meals on Wheels: 207-607-4406
FMI spectrumgenerations.org

Stone soup fundraising

For me, fundraising is like the book "Stone Soup." Do you remember that book from growing up? It was always one of my favorites...

think aren't worth much on their own, but when you throw them in the pot with everyone else's — it's soon grows into enough to help the community!

From the Executive Director

Stacy Frizzle-Edgerton



If you don't know the book, here's a quick recap... A person from a village wants to make soup but all they have is a pot of water and a stone...

The Teen Center program is struggling to reach some youth right now because there is an issue with transportation from the schools to our building...

Sarah is already chomping at the bit to start using it for her thrice-weekly trips to the Food Pantry to pick up food for our seniors...



Can't you just see it now, the van pulls up at the junior high with a big Teen Center logo on the side of it and the kids are lined up...

It's exactly like what we do at People Plus. On a daily basis we are bringing individuals together to serve our entire community...

It's about \$45K to get a new vehicle. Which sounds pricey — but it's definitely the way to go in today's car market...



THANKS TO JAMIE AT CARROT SIGNS for making new signs for the People Plus Center! His parents met at a teen center decades ago and not only did they donate our Teen Center sign...

From Anita's Plate

Anita Nugent
(207) 504-6439

info@nutritionforeveryday.com

Taking care of your heart

February is American Heart Month. In 1964, President Lyndon B. Johnson declared the first American heart month to tackle heart disease in the United States...

Late in 2021, the American Heart Association put out their new dietary guidance for cardiovascular health. I have listed the highlights below:

- Adjust food intake to achieve and maintain a healthy body weight.
Eat plenty of fruits and vegetables.
Choose mostly whole grains...

White Bean and Vegetable Soup

- Ingredients: 1 Tb. olive oil, 1 1/2 C. diced onion, 1 C. diced carrots, 1 C. diced celery, 2 Tb. chopped fresh garlic...

- Directions: 1. Heat oil in a large pot or Dutch oven over medium heat. Add onion, carrots, and celery... 2. Stir in broth, bay leaves and cannellini beans...

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...



Q. Your name, please?

A. Scott Stewart.

Q. The community where you live?

A. I grew up in Lisbon, however, I have lived in Topsham for the last six years.

Q. Professional occupation?

A. I am currently the Chief of Police at the Brunswick Police Department.

Q. How many years on the People Plus board and positions served?

A. I have been on the board since I took the position of police chief in June of 2020.

Q. Please tell us a little about yourself (i.e., growing up years, things you like to do in your spare time, etc.)?

A. I was interested in law enforcement at an early age and was hired as a part-time police officer at 18 years old... In my spare time, my wife and I

enjoy renovating houses for re-sale. We recently purchased our 36th "flip house" and do most of the work together on nights and weekends.

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

A. I have always been an outgoing person and enjoy interacting with people. I am a firm believer in "Community Policing" and joke that I had been doing it before there was even a name for it...

People Plus is an amazing place that affords me the opportunity to interact with people. I do it not only because I believe it the right thing to do as police chief...



GO TAKE A HIKE! The People Plus Outing Club goes hiking every week. Come join us!



MARGARET WAILES ART SHOW continues through February in the Café Gallery. Works are for sale...

Get Healthy! Get Active!

Yes, it's winter and it may be chilly most days, but it is also a great time to enjoy the scenic beauty of the Maine coast...

So please, check out the Get Active Southern Midcoast Winter Activity Guide.

For a map of trail locations and a listing of what's available, go to blt.org/wp-content/uploads/2020/02/Get-Active-Guide-Winter-2020.pdf...

Before going out, go over these safety tips for COVID-19 and other precautions:

- Do not visit if you are sick or have been exposed to COVID-19.
Stay at least 6 feet away from other people at all times...
Avoid busy parks and trails...
Wash your hands...
Share the trail...
HIKING: (Ticks, heat, thunder) www.nps.gov/subjects/trails/hiking-safety.htm
BIKING: (General and COVID-19) www.bikemaine.org
FISHING & BOATING: www.maine.gov/lfw/fishing-boating

Can YOU help a Neighbor in need?

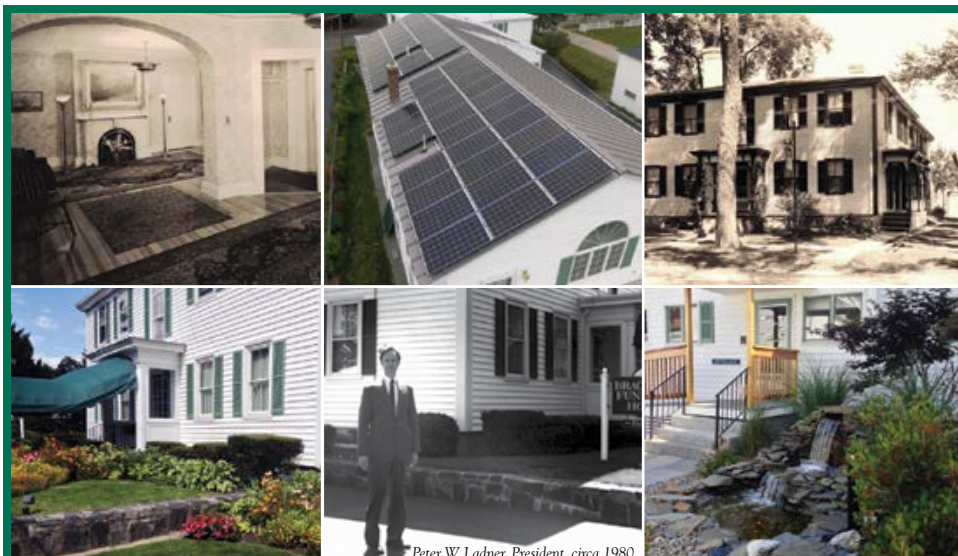
Join our team! Volunteer to drive or shop for a homebound senior!



FMI 729-0757 peopleplusmaine.org

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Peter W. Luhnner, President, circa 1980

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February Fun at People Plus!!



Free Tax Help!

AARP Tax Aides (including coordinators Karen Madsen and Sonia St. Pierre, pictured left) will be at People Plus on Tuesdays and Thursdays beginning February 1, with COVID-19 protocols in place. Clients will be asked to pick up pertinent documents from People Plus to fill out before their appointment. Tax clients will NOT sit with tax preparers inside during their appointment, but must remain on the People Plus premises — in a car or the designated waiting area located inside — during entire appointment. Clients will sign documents once they are completed. Appointments and masks are required.

Lunch and Connections Valentine's Lunch To-Go

Thu, Feb. 17, 11:30-12:30 pm. Lunch this month will be takeout of split pea soup, biscuit and a treat. Served 11:30-12:30 pm. If the weather is nice you can eat outside. Registration is required, call 729-0757. The cost for a to-go lunch is only \$5, sponsored by Spectrum Generations.

Lunch Crew Help Needed

Volunteers needed to help with our monthly lunches including meal prep, event set-up and clean-up and most importantly dish washing! FMI call 729-0757.

Come Play with Us

Play Bridge, Cribbage and Mah-Jongg several days a week. Members only, masks required.

Programming Notes:

- No Men's Coffee or Women's Tea this month
- No Lunch Out this month
- No Apple Club this month
- Cloth masks are no longer acceptable inside the Center — please wear surgical or KN95/N95 masks (we have surgical masks available at the Center)
- Eating or drinking in groups is currently not permitted inside the Center

***Anyone can try any activity once for free!**

Register for activities @729-0757

Activity Punch Cards: safe & convenient. FMI 729-0757 or stop by the Center! \$25 for 5 punch, \$50 for 11 punch (1 free)

CENTER CLUBS - FREE: MEMBERS ONLY

To connect with clubs, call 729-0757

Table Tennis
Mondays, 11 am; Tuesdays, 11:15 am; Wednesdays, 9 am.

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

Outing Club
Wednesdays, 11 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.

Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. It also includes a weekly wrap-up by Stacy, 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 to be added to the list!

Medicare 101 with Spectrum Generations

Tue, Feb. 8, 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.

Exercise at the Center

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Gentle Barre and Zumba. Registration required, \$5/class for members, \$10/class for non-members. FMI peopleplusmaine.org.

Apple Tech Time

Thursdays, 9:30- 12 noon. Bowdoin College Senior Ashlynn Autrey (left) is back with her popular technology tutoring sessions. Register for a 45 minute session, bring your Apple device (iPhone, iPad, Mac Book) and she will answer your questions! \$10 requested donation. Members only, masks and appointments required.



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Clinics also located in Yarmouth & Kennebunk!

Mon	Tue	Wed	Thu	Fri	Sat
People Plus Hours Monday-Thursday: 9 am to 4 pm Friday: 9 am to 1 pm Call 729-0757 to register.	1 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 2:30pm Spanish Club	2 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	3 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga	4 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	5 9:00 Zumba
7 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	8 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 12:30pm Medicare 101 2:30pm German Club	9 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	10 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga	11 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	12 9:00 Zumba
14 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing 7:00pm Civil War Book Club	15 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 2:00pm Books a la Carte	16 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	17 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 11:30-12:30pm Lunch & Connections To Go 12:30pm AARP Tax Aid	18 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	19 9:00 Zumba
Center Closed 21 HAPPY PRESIDENTS' DAY	22 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 2:30pm French Club	23 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 Bruns. Coin/Stamp	24 8:00 AARP Tax Aid 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga	25 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	26 9:00 Zumba
28 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing					

Paper masks required inside the Center
Masks are required by the Town of Brunswick in all public places. On the advice of Mid Coast Hospital and the CDC, only surgical masks/KN95/N95 are currently acceptable inside the Center (no cloth masks). Don't worry if you forget a mask, we have them in the lobby.

*** 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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Sunnybrook: 340 Bath Road | sunnybrookvillage.com Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com

Love is in the air at People Plus!



Guess Who?
Answer: Jerry & George Hermans

THRU THE YEARS a 45th anniversary feature

Feb 1, 2021: Mid Coast Hospital's regional vaccination clinic opened at the Brunswick Recreation Center last week. Shots are by appointment only, for area residents 70 or older. COVID strikes home at People Plus, claiming the life of longtime member Ralph Laughlin.

Feb 26, 2020: Show featuring the work of Topsham artist Robin Brooks opens in the Union Street Gallery.

Feb 13, 2020: Julia Simpson and Melinda Baxter come to the Center to explain the values and mysteries behind CBD.

Feb 11, 2020: Field trippers who toured Boston via Amtrak and a double-decker "Beantown Trolley" on Jan. 20, headed for the Maine Maritime

Museum for a program on cutting and storing ice in Maine during the 19th Century.

Feb 28, 2019: Local restaurant legend Richard Ganuck visits the Center's Cafe and fries a "mess" of Cathance smelts for a very special Men's Breakfast.

Feb 14, 2019: Mike McCarthy and his magic piano leads "Be Our Valentine" show at People Plus.

Feb 1, 2018: Holiday Food Drive to benefit MCHPP "finally finished" on Martin Luther King Day with 1,017 pieces, weighing 1,054 pounds. Center members also donated \$195 in cash during the effort.

Feb 1, 2018: Art by Bonnie Dickey fills the walls at the Center's Union Street Gallery.

Feb 23, 2017: Ed Webber, a mountain climber/adventurer from Harpswell, offers a slide show and an "OUTSIDE LIVE" demonstration of some

of the equipment needed to survive a climb of Mount Everest.

Feb 15, 2017: Our very own surgeon, Dr. Richard Giustra, offers an explanation of "Hands and Wrists: What makes them work?"

Feb 29, 2016: Elvis Presley impersonator Robert Lewis leads the Leap Year Version of a Sadie Hawkins Dance at People Plus. Many members displayed their "very best" in 1970s attire.

Feb 16, 2016: Sen. Angus King delivers a wonderful "Challenge" to members during a "Chat" to open the 40th anniversary celebration of People Plus.

Feb 23, 2015: Don Miskill of Harpswell, who plans to hike the Appalachian Trail this summer, promoted local walking trails and the importance of staying physically active.

Feb 1, 2014: George Greenwood, age 85 and grandson of Maine inventor Chester Greenwood, is featured on the cover of People Plus News

modeling an original pair of "Greenwood earmuffs."

Feb 27, 2013: Author Chat features Kyrill Schabert's book, Best Nature Sites in Mid-coast Maine.

Feb 12, 2013: Bernie Breitbart teaches a "how to" digital camera introductory course.

Feb 1, 2013: Nutritionist Anita Huey teams with center to coach nutrition, weight loss, manage & prevent diabetes.

Feb 29, 2012: Sadie Hawkins social features wine & cheese and music by the Otis Trio. Wine is \$3 a glass, two for \$5.

Feb 22, 2012: Nearly two dozen ladies attend the first ever Women's Breakfast at People Plus.

Feb 15, 2012: Bath Seniors-People Plus bus to Foxwoods casino is full. "Hot" games of Interstate Bingo played along Route 95.

Feb 15, 2012: Janet Freeman Baribeau presents her book, "A Bailey Island Girl Remembers," during Author's Chat.

Feb 14, 2012: Center Stage Players offer "World Premier" of their production, "Have A Heart," a Valentine's Day treat at the Center.

Feb 12, 2012: Shaw's Supermarket and Brunswick Rotary donate 1,726 bottles of water to the Brunswick Teen Center.

Feb 1, 2012: "\$600 electric range" that came with renovated kitchen in Union Street Center is sold for \$300 and replaced with a gas range.

Feb 1, 2012: Nutritionist Shannon Hall takes over the Spectrum Generations Meals on Wheels program at People Plus.

Feb 1, 2009: Town manager Gary Brown identifies old Union Street School as possible site for People Plus Center as a "less expensive and more desirable, in-town option over the long run..." but adds, "a few things need to happen first."

Feb 9, 2007: Members meet with Brunswick Town Manager Donald Gerrish to hear his plan to move the Center to make room for development of Maine Street Station.

Feb 1, 2007: Deb Leslie hired as Teen Center director. Teen Center open two days a week.

Feb 1, 2007: Former intern Nancy Porter named to coordinate the Community For All Ages effort in Brunswick, her job is funded through a \$25,000 grant from New York's Florence V. Burden Foundation.

Feb 1, 2005: Steve Mayberry hired as development director of Center.

Feb 29, 2004: Sadie Hawkins Gaming Day at Center features Bingo, Ping Pong, Scrabble.

Feb 1, 2004: Board members advocate at council meeting to use old high school on Spring Street as senior center.

Feb 1, 2001: "What's Happening On the Hill" newsletter editor Barbara Trudeau announces major change in format, changing from 8 1/2"x11" page size to a new, tabloid-sized sheet. Verdi Tripp is recognized as "Publisher."

Feb 18, 2000: Book Club is reading "Uncle Tom's Cabin" by Harriet Beecher Stowe.

Feb 11, 1992: 55-Alive Safety Driving Class sponsored by the Center and conducted at United Peepscoot Housing, 9a.m. to 2p.m.

Feb 21, 1988: Walt's Spaghetti Dinner is ready when you are! Sunday at 1 p.m. Only \$3.75, spaghetti, meatballs, garlic bread, italian salad, spumoni ice cream.

Feb 1, 1988: Trustee Board Chair Frank Russo reported "My First School" child development center is renting our first floor basement and he said, "we are excited about this marriage of the young to the experienced."

Feb 6, 1987: Monthly "Coffee with your Director" is served, 9:30-10:30 a.m. Annex living room. All members are welcome!

Feb 1, 1987: Wanted- Someone to stay two nights with an elderly lady, vicinity of Durham Rd., Brunswick, will pay \$20 per night. FMI call 729-0757.

Feb 1, 1987: Adieu! Our best wishes to Barbara Edmond, "our director for four wonderful years." She is now Campaign/Communications Director for the Bath-Brunswick United Way.

Feb 14, 1984: After two unsuccessful attempts, the shopping trip to The Maine Mall finally took off. The group had a good time and would like to go again soon.

Feb 1, 1977: 55 Plus center "officially opens doors" at Noble St. site.

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

Monthly Update

February 2022

#OurHearts
 motivate each other

February is American Heart Month

When we take care of our hearts as part of our self-care, we set an example for others. **Share how you're caring for your heart.**

February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. Heart disease is happening to adults of all ages more and more often, not just happening to older adults. This is partly because the conditions that lead to heart disease are happening at younger ages.

Half of all Americans have at least 1 of the top 3 risk factors for heart disease; high blood pressure, high cholesterol, and smoking. Other conditions and behaviors that affect your risk for heart disease include obesity, diabetes, physical inactivity, and unhealthy eating patterns. You can take control of your heart health – here are easy ways to get started:

- Make heart-healthy eating changes.**
 - Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits and aim for low sodium options.
- Manage conditions.**
 - Work with your healthcare team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.
- Stay active.**
 - Get moving for at least 150 minutes per week.
- Don't smoke.**
 - Smoking is the leading cause of preventable death in the United States.

National Wear Red Day® is **Friday, February 4.**

Wear red and encourage others to do the same. Help raise awareness that heart disease is the leading cause of death in the U.S. and largely preventable.

Healthy Living for ME

New Year. New You.

The New Year is a time when many people start thinking about making positive changes in their health and overall wellness. But how do we achieve our New Year's Resolutions?

Make realistic, achievable goals and focus on the small wins. Instead of starting that trending diet or cutting out the favorite parts of your diet, start with small changes like reduced portion sizes or switching to low fat milk. Track your progress but don't beat yourself up – celebrate the small wins! Changing habits and starting something new can be difficult, but Healthy Living for ME is here to help you with your New Year's resolution!

Visit our website at www.healthylivingforme.org to see the dates, times, and descriptions for the many workshops we have.

Contact us at 1-800-620-6036 or email us at info@healthylivingforme.org for more information or to register.

Holiday Season Spreading cheer

Clarissa, a 79-year-old, lives alone in a small farmhouse. She is a sweet, kindhearted person who prides herself in being able to continue to live independently.

Spectrum Generations' Community Case Management Director, Sandy LaBelle, serves as her case manager and helps her complete paperwork and links her to any financial resources which she may qualify. Recently a member of the Spectrum Generations team asked if there was someone who would enjoy Christmas gifts. Clarissa immediately came to mind. During the holiday season, Sandy delivered the presents to Clarissa which included a fuzzy blanket, slippers, new chair pads for her dining room table and vinyl table clothes that Clarissa particularly enjoys.

Clarissa does not have the means to purchase such items for herself so the joy of giving her these gifts represents the joy of sharing during the holiday season. A special thanks to the donor family who made this possible.

Proud to partner with People Plus

Getting through another Maine winter? Here's how I'm coping

Now that my wife and I are kind of retired, shouldn't we have taken the opportunity to head south to escape the chilliest time of the year? Like many sane people do. To be honest, it's an idea that we have never even contemplated — for various reasons.

Anyway, it would be an especially hard move to pull off at the present time, with my wife performing her duties as director of the Hallowell Food Pantry.

It has been said that it's easier — or perhaps the right phrase is "more tolerable" — to get through the cold winter months when you have something to look forward to once the nicer weather returns. Well, this year, we are testing that theory and I know ahead of time, at least for me personally, that it is going to be a roaring success.

I say that, because the whole wacky idea was generated by me, and my dear, wonderful Vicky has agreed to come along — again, perhaps the right word is "endure" — because she knows how important this adventure is to me.

So what are we doing? In an attempt to reconnect with the surroundings linked to my fond memories of college life and

subsequent years living in Sault Ste. Marie, we have rented a place for just over two weeks in July in Michigan's Upper Peninsula. And here's the best part. The cottage is located right on the southern shore of Lake Superior, my most favorite setting in the whole world.

Imagine, 17 days on a magnificent lake with the Ojibwe name of gichi-gami (pronounced gitchi-gami or kitchi-gami in different dialects) and meaning "great sea." Maine native Henry Wadsworth Longfellow wrote this name as "Gitche Gumee" in the poem "The Song of Hiawatha, as did Gordon Lightfoot in his song "The Wreck of the Edmund Fitzgerald."

The list of sites and attractions I hope to get reacquainted with, and also share with Vicky for the first time, is nearly endless. Crisp Point. Great Lakes Shipwreck Museum. Iron Ore Heritage Trail. Keweenaw Peninsula. Lake of the Clouds. Mackinac Bridge. Monocle Lake. Pictured Rocks National Lakeshore. Point Iroquois Lighthouse. Porcupine Mountains. Soo Locks. Tahquamenon Falls. Whitefish Point. Perhaps two weeks isn't long enough!

Also, I will be grateful for the opportunity to share time — and truth be told, a beer or two — with old friends; people I've known since the 1970s. Folks I crossed paths with during my time as a student at Lake Superior State College (it's now a university) and while starting my newspaper career at the Sault Evening News as a sports writer.

However, the overwhelming reason for the visit — and the chance to become a Yooper again — is because of the Big Lake. I have found myself daydreaming amid these long, dark days of December, January, and February about gazing out from our temporary summer digs at the sheer expanse of Lake Superior. With its lack of any kind of a horizon; with its rhythmic waves ... that can help put you in a deep, relaxing sleep or strike the fear of God into you during a fierce November gale. And don't even get me started about experiencing its sunrises and sunsets. They are, indeed, breathtaking. It is truly a great sea. At least in my opinion.

There will be plenty of relaxation, book reading, eating very fresh whitefish cooked on the grill, checking out the 200 mounted animals while having lunch at the legendary Antlers restaurant in the Sault, buying

Simply put



Patrick Gabrion

fudge while being tourists, watching with binoculars for Great Lakes freighters, game and card playing, and — without a doubt — miles and miles of bicycle riding.

Enhancing all of this is the fact that my wife — and yes, our dog Dudley — will be participating in my journey down memory lane, along with my sister, Becky, who lives in Utah. I can hardly wait for winter to end. I guess I'd better chat with Stacy about not being available to work on the People Plus newspaper during those two weeks. I hope she says, "It's OK."

Free Video Library

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

Our free videos are all available on our website (www.peopleplusmaine.org, click on the Free Videos tab), and many will air on Brunswick TV3 & Harpswell TV14.



NEXT TIME YOU'RE IN THE CENTER don't miss seeing "Frankie", our new lobby mascot! Barbara made him and he will be here all year! Frankie will change his clothes for every holiday! Come say "Hello!"

New and renewing members for January

- Memberships received as of January 17.
 * indicates new membership
 • indicates donation made with membership
- BATH**
 Arthur Melville
 Joanne Melville
 Ray Savage
 Shirley Savage
- BOWDOINHAM**
 George Paton
- BRUNSWICK**
 Beth Aldenberg •
 Chuck Annable (Lifetime member) •
 Monica Annable (Lifetime member) •
 Dennis Belt
 Nancy Belt
 Dorothy Berner •
 Donna Burch
- Sally Butcher** (Lifetime member) •
Sam Butcher (Lifetime member) •
 Shirley Chase
 Anne Clayton
 Frank Connors •
 Mary Ellen Cooper •
 Patricia Croy •
 Fay Eldred •
 Deborah Farnham •
 John Farnham •
 Daniel Harris
 Polly Harris
 Daniel Kornegay
 Mary Kornegay
 Judith Kujawa •
 Katherine Kujawa •
 Beverly LaPointe
 Joan Laws
 Frederick Mason
 Susan Mason
 Paula McKenney
 Cynthia Pappas •
 Lorraine Ring
 Brenda Sexton •
- Marilyn Whitaker** •
Sam Whitaker •
 Marilyn White
 Ann Young •
- EDGECOMB**
 John French • •
- FREEPORT**
 Sarah Smith •
- HARPSWELL**
 Julia Garrity •
 Keith Smith •
- LISBON**
 Debra Hinkley •
- ORR'S ISLAND**
 Beth Bond •
- TOPSHAM**
 Suzanne Atwood
 Al Canino •
 Al Levesque
 Paul Karwowski •
 James Payne •
 Sharon Rahn •
- WOOLWICH**
 Paula McKenney

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



ANOTHER MUSIC IN APRIL AUCTION ITEM DINNER is in the books! Thanks to Mike Feldman (top, right) for preparing a Chinese feast just in time for Chinese New Year and thanks to Jim and Sue Howard (bottom, center) for donating to our programming. A fun time was had by all and amazing food was greatly enjoyed! This item will be available at Music in April again this year and maybe you, too, could be the lucky winner!

There's always something to celebrate!

There are so many things to look forward to in February, some of which I just learned about!

First off, I think our teens will enjoy World Nutella Day on Feb. 5. Adults may want to celebrate National Drink Wine Day on the 18th or National Margarita Day on the 22nd!

For lovers of chocolate, flowers, or cards, of course there's Valentine's Day on the 14th.

People who keep close track of weather forecasts will be closely watching the groundhog on Feb. 2, hoping that it won't see its shadow! We wouldn't really want six more weeks of winter!

Sports fans await Super Bowl Sunday on Feb. 13th, but I advise not being hung over for Valentine's Day!

If you want to celebrate a birthday, Rosa Parks, Bob Marley, and Charles Darwin are a few of the greats born in February.

All month long it is Black History Month, with this year's theme being "Black Health and Wellness."

Looking back a bit, 20 years ago, I found this interesting and timely, "a measles outbreak in south London raised fears about the number of parents shunning the controversial measles, mumps and rubella vaccine." So many things we go through have been experienced in the past!

So, February is named for the Latin term februum, which refers to purification. Historically, in mid-February the Romans

had a purification ritual very similar to today's practice of spring cleaning. I say that this year we need something stronger than spring cleaning, we need a purification! Badly. I love that February is tied to purification; it gives me hope!

There is, of course, a lot more about February you could discover, leap year, shortest month, etc. on your own.

Our biggest wish at the Teen Center for February is that the kids are back! As I write this, we have been closed to the kids for three weeks now and are unsure about the future, as COVID numbers are not going down in the schools at the present time. Someone may need to go into the schools with some smudge sticks (if you know what those are) and do purifications at the school!

I want to take a second here to acknowledge how difficult it has been, more so since the holidays ended, for our school personnel, every one of them, as well as the students. Aside from health care workers, I can't think of a group that could be as worn out, overwhelmed, and affected by the pandemic. Hugs to them all. Well, air hugs for now. (Full disclosure, my oldest son is a teacher at BJHS.)

While the kids have been out of the TC, we have been working on grants, cleaning, Simone has been helping with auction items (yes, the work has begun on this already!) etc. and thinking about this year's Gelato Fiasco Scoop-a-Thon, date coming soon.

Teen Center News

Jordan Cardone



We are moving ahead "as if" this will all be behind us soon!
Jordan and the gang!



SIMONE LOOKS A LITTLE LIKE SANTA CLAUS as she and Jordan clean up the Teen Center over the Christmas break!

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

Educated by Tara Westown. A well-written memoir of a young girl, a member of a Mormon survivalist family in Idaho, who escapes her situation by teaching herself enough to be accepted into Brigham Young University. She then moves on to Harvard and Cambridge, earning a Ph.D.

Our First Civil War by H.W. Brands. The fascinating true story of the struggle between Patriots and Loyalists during the American Revolution. Benjamin Franklin and his son, William, are important personages in the book. Additional reference material may be found in **Benjamin Franklin** by Walter Isaacson.

FICTION

Bound by Sally Gunning. A novel about an indentured servant girl in pre-revolutionary Massachusetts. She was sold by her father to pay for the passage from England. Most of her family died during the voyage. She is acquired by a family, works hard, and becomes involved in the affairs of the family. She finally escapes and goes on to make a life for herself.

Still Alice by Lisa Genova. This is a first novel by a writer who has a Ph.D. in neuroscience from Harvard. It describes a 50-year-old woman who falls into onset Alzheimer's disease. Alice strives to maintain her lifestyle.

While Justice Sleeps by Stacey Abrams. This is a well plotted thriller written by a politician from Georgia. A young female law clerk for a legendary justice of the court is struggling with her job and her family. News arrives that the justice is in a coma. The clerk

learns that she will be his caregiver and has his power of attorney. Important questions arise about what happens when a justice is incapacitated.

The Lincoln Highway by Amor Towles (author of A Gentleman in Moscow). Set in the 1950s, it is the tale of a youth 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. They reverse course, head for New York City, and encounter interesting characters on the way. This is a repeat recommendation.

MYSTERIES

The Witness for the Prosecution and Other Stories; The Harlequin Tea Set and Other Stories by Agatha Christie. The first book contains the short story which became the famous motion picture. The second work contains one Hercule Poirot story

and one Harley Quin tale. Many of the stories were not available in the United States until these books came out. In quite a number of the pieces Christie ventures into thrillers and fantasy. Very interesting.

The Agatha Christie Companion by Dennis Sanders and Len Lovallo. A "must have" guide to all of Christie's work. It provides rich detail of her written pieces and contains cast lists for all adapted movie and TV productions up to the time of the publication of the book.

Other mysteries of interest:

The Jack Frost books by R.D. Wingfield, featuring Detective Inspector Jack Frost. Set in England.

The Inspector Gamache books by Louise Penny. Recommended by several readers.

Comments: news@peopleplusmaine.org

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