

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

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

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org February 2022 Volume 22, No. 2

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!

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 wonderful used item you to once again share it with no longer need? You never the whole community. Last know what an item will year's first online auction was very successful with more than 200 bidders, in April auction items almost 300 items, generous sponsors, and it raised nearly \$50,000 for the Center!



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?





Guess Who? Valentine's edition!





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 an event sponsor or donate purchase? Donate your professional service? Do you ... have a contact for a and ask for Program and business near or far? Have Events Coordinator Jill season tickets you won't be Ellis. Thank you! using? Have an antique or

bring! Some of the Music 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 items for the auction, please call the Center at 729-0757



Find the answer on page 6

Page 2

People Plus News

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

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

People Plus Board of Trustees

Charles S. Evans, Chair, Topsham David Millar, Vice Chair, Freeport Christine Munroe, Treasurer, Freeport Jim Burbine, Secretary, Harpswell Annee Tara, Member at Large, Brunswick

Mitchell W. Brown, Brunswick Carolyn Bulliner, Brunswick Robin Copland, Topsham Christine Corriveau, Orr's Island Thomas Farrell, Brunswick David R. Forkey, Georgetown Catherine Jarratt, Brunswick Tim Keene, Pittston Rodie Lloyd, Yarmouth Sonia St. Pierre, Brunswick Scott Stewart, Topsham Kim Watson, Topsham Kelsie M. West-Ezzo, Brunswick

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

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

news@peopleplusmaine.org

For me, fundraising is like the book "Stone Soup." Do you remember that book from growing up? It was always one of my favorites. First of all it was about food; secondly, it was about solving a problem and lastly it had a happy ending! All of my favorite books were about food, solving a problem and had a happy ending.

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. So they light a fire under their pot of water, plop in their stone and hope for the best. Along comes a man who has nothing but an onion. The villager invites him to put his onion in the soup so they can share. The next person has a carrot to add to the pot, and so on and so on, till eventually everyone in the village has donated to the soup — that started with just water and a stone. And of course they all shared a deli-

cious meal and became best friends forever! It's exactly like what we do at People Plus. On a daily basis we are bringing individuals together to serve our entire community. One person gives a ride, another makes a meal and before you know it, there are thousands of people benefiting from programs and services at the Center.

The trick is that we couldn't do it without everyone's individual contributions. We can all give or donate small things that we don't

Stone soup fundraising

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!

This also works for fundraising. My donation doesn't feel like it'll go very far, but if all 1,637 People Plus members — along with others in the community also contribute, then we'll be making a real impact. And I'm hopeful that this approach will help us with a current situation.

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. This has been an ongoing challenge in that the buses are very full and the kids can only get on if they live near the Center. It has come to a head during the pandemic and we have finally decided to take the bull by the horns and buy a vehicle so that we can pick up the kids ourselves!

We are thrilled with the idea that we can better serve the dozens of kids who cannot get to the Teen Center every afternoon. So we figured if all of us can put in a little bit, we can pull together and buy a minivan! And with that, the sky's the limit. It can be used for daily school pickups (junior high, high school and Region 10), it can be used for summer field trips AND while the kids are in school, the van will service our senior community

peopl

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, they have made all of the signage for People Plus as well! Another example of how businesses come together to support nonprofits in this amazing community!

From the **Executive** Director Stacy Frizzle–Edgerton



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. It would also benefit our volunteer transportation network as we could use it to give rides, or carpool for an event or take a field trip! All during the day while the kids are in school!



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, ready to embark. We might have to take two trips — just to get them all to the Center!

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. We've been working with Bill Dodge Auto Group to find a van and they've been awesome.

And I'm thrilled to say that we are launching this capital campaign in February with a matching \$5,000 grant from Jim and Sue Howard and the Priority Real Estate Group fund. The Howards have been longtime donors to the Teen Center and Jim was happy to direct his \$5,000 matching program toward helping us procure the van this vear.

We have some other community partnerships helping us fill the pot as well. Rusty Lantern Market has very generously donated gas for the van and Spectrum Generations will help offset the operating costs on a vearly basis! All of these gifts in kind really add up to help fill our pot of community support.

We are so hopeful to get the van for the Teens and Seniors at our Center and appreciate any help you'd like to offer. Remember your "carrot" goes a long way toward making this soup feed our community! Together we can support our teens and seniors. Thanks so much!

· Choose healthy sources of protein. More

• Use liquid plant oils. Avoid tropical oils,

· Limit intake of beverages with added

• Choose foods that are low in sodium.

a lot of numbers that are easy to forget, just

I like these suggestions. They are not using

• Choose less processed food.

legumes, nuts, fish, low fat dairy and lean

animal fat, and partially hydrogenated oil.





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





(AND SOMETIMES CHUCK)

- *Fully Insured

*Bonded *LLC

Anita Nugeni (207) 504-6439 info@nutritionforeveryday.com

From

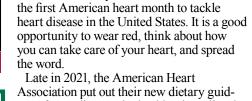
Plate

Anita's



BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME (207) 725-5511 www.BrackettFH.com



February is American Heart Month. In

1964, President Lyndon B. Johnson declared

ance 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. Look at the
- grain stamp on the package.

White Bean and Vegetable Soup

Taking care of your heart

Ingredients

- 1 Tb. olive oil • $1\frac{1}{2}$ C. diced onion
- 1 C. diced carrots
- 1 C. diced celery
- 2 Tb. chopped fresh garlic • 4 C. low-sodium chicken broth
- 2 dried bay leaves
- 2 cans low sodium cannellini beans, drained

and rinsed 1 bag of baby spinach

- BRACKETT • 1 (15 ounce) can no-salt-added diced toma-FUNERAL HOM
 - toes with basil, garlic & oregano, drained • 2 t. minced fresh rosemary
 - Ground pepper to taste

things to think about. So how can you add more beans, nuts, fruits, and vegetables to you food choices without a lot of salt? My recipe should help with the beans and

sugars.

fiber content on the label and the whole

vegetables.

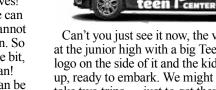
Directions

cuts of meat.

- 1. Heat oil in a large pot or Dutch oven over medium heat. Add onion, carrots, and celery; cook until starting to soften, about 8 minutes. Stir in garlic; cook until fragrant, about 1 minute.
- 2. Stir in broth, bay leaves and cannellini beans. Increase heat to high, bring to a boil, and cook for 5 minutes. Reduce heat to low, partially cover, and simmer for 15 minutes.
- 3. Stir in spinach, tomatoes, and rosemary.
- 4. Discard bay leaves. Season with

pepper.







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 (directly through the artist), and a portion of the proceeds go to the People Plus Center.

Can YOU help a Neighbor in need?

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



-MI 729-0757 peopleplusmaine.org

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. Whether you like cross-country skiing, sledding, ice skating, walking, biking or other outdoor activities, there is something for everyone.

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 btlt.org/wp-content/uploads/2020/02/Get-Active-Guide-Winter-2020.pdf. FMI about coping during the pandemic visit www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html.

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; have a face covering if needed
- Avoid busy parks and trails have a plan
- Wash your hands when you can, bring hand sanitizer, cover your cough • Be prepared for limited access to
- restrooms

Stetson's Funeral Home

12 Federal St. Brunswick, Maine 04011

- Share the trail, warn others as you pass • 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/ifw/fishing-boating

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. 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 (a feat that is no longer allowed). I can say that I literally love my job today just as much as the day I started, 32 years ago!

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. I was excited to bring my philosophy of community engagement to Brunswick, and believe the police department has reaped the benefits already

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, but, more importantly, I do it because I ENJOY

Are you caring for an elderly loved one?



The "Club" provides a warm, intimate environment, safely encouraging interaction between participants that enhances mental acuity, congeniality, safety and comfort. Call 729-8571 for more info & on the web: www.respite-care.org



attility is the second

BATH SAVINGS TRUST COMPANY

866-670-7517 bathsavings.bank

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

207.725.4341 "Still here for you!" chicks Mochores So you don't have to!

WE'LL TACKLE YOUR TO-DOLIST! ATTICS BASEMENTS . DECKS . FENCES. GARAGES . GARDENS . OFFICES . YARDS ETC. CLEAN · CLEAR · OUT · FILE · DUMPRUNS · LABEL · MOW · MULCH · PAINT · RAKE · SPLIT / STACK WOOD · TRIM · WEED ETE



www.chicksdochores.com

February 2022

People Plus News – Building Community for 45 Years! **February Fun at People Plus!!** Lunch and Connections **CENTER CLUBS -**



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 spectrum Plus, it is open to the public and free (\$15 suggested donation is appreciated). Registration is required. Call 729-0757.

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 appoint ments required.





When you are contemplating a move...

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

- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom & Kitchenette
- * Other services available for a reasonable monthly fee.

Find your way to 142 Neptune Drive Brunswick, ME 837-6560

www.coastallanding.com



* Heat and Electricity

* Free Laundry Room

* Maintenance Service

* Scheduled Local Transportation

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.

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.

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:

For February 2022

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!

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

Register for activities @729-0757



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

FREE: MEMBERS ONLY

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 program ming@peopleplusmaine.org or leave a message at 729-0757to be added to the list!



Don't neglect your health, reform it

One-on-one, individualized care in a clean and safe space! 📕 439 Lewiston Road (Route 196), Topsham

207-725-4400 www.Reform-PT.com

🙆 🥮 🙆

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

Clinics also located in Yarmouth & Kennebunk!





February 2022

People

Page	5
------	---

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	<mark>5</mark> 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 Closed21HAPPYPRESIDENTS' DAY9:00 Mah-Jongg289:00 Loosen Up10:00 Fiber Arts Club10:00 Fiber Arts Club10:00 Zumba11:00 Table Tennis12:00pm Bridge6:00pm Belly Dancing	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

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.

The area's choices for Assisted Living and Memory Care.



Hear from our Families:

* STORM POLICY *

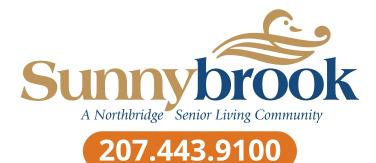
When Brunswick schools are closed due to weather, all

People Plus activities are canceled for the day. Check

www.peopleplusmaine.org or local media for closure information.

The associates know the residents on a personal level and treat them all like family. I am so happy to have found a home for my Mom where she is happy, safe and well cared for.

Call our helpful advisors:





Two Northbridge communities conveniently located in Brunswick, ME Sunnybrook: 340 Bath Road | *sunnybrookvillage.com* Avita: 89 Admiral Fitch Avenue | *avitaofbrunswick.com*



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 Pejepscot 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.

The following businesses offer discounts for People Plus members. AUTO SERVICE/SALES

Autometrics, 10% off labor 21 Bath Road, Bruns., 729-0842

Bill Dodge Auto Group, 10% off parts/service 118 Pleasant St, Bruns., 729-6653 www.billdodgeautogroup.com

Darling's Ford, 10% off up to \$50, parts/service 262 Bath Road, Bruns., 725-1228

Lee's Tire & Service, 10% off parts (not tires) 35 Gurnet Road, Bruns., 729-4131 27 Monument Pl., Topsh., 729-1676

Tire Warehouse, 20% off labor, 725-7020 Topsham Fair Mall, www.tirewarehouse.net

BEAUTY/HAIR SALON

Reflections (Salon), 10% off, Mon & Fri 12 Center St. Bruns., 729-8028 www.reflectionsbylucie.com

CANDY

Wilbur's of Maine, 10% off, anytime 43 Maine St, Bruns., 729-4462

DRY CLEANER/LAUNDRY

J&J Cleaners, 10% off pickups on Wednesdays (for 55+); must pay cash or check at drop-off Maine Street, Bruns., 729-0176

FLORIST

Pauline's Bloomers, 10% off in-store purchase 153 Park Row, Bruns., 725-5952 www.paulinesbloomers.com

HEARING AND OPTICAL

Berrie's Hearing & Optical Center, 10% off complete eye-wear, up to \$500 off hearing aids 86 Maine St, Bruns., 725-5111 www.berriesopticians.com

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

LEGAL

Attorney N. Seth Levy, 319-4431 Discounted legal services for seniors including wills, living wills and estates 14 Maine St, Bruns., www.sethlevylaw.com

MASSAGE/CHIROPRACTIC

Augat Chiropractic,

Free consultation & cursory exam 9 Pleasant St, Bruns., 725-7177

Hearts & Hands Reiki, 10% off first visit 751-5339 or mspruce@live.com

RECREATION/ENTERTAINMENT

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

Maine State Music Theatre, Senior discount (60+) on matinee tickets

22 Elm Street, Bruns., 725-8769, www.msmt.org Thomas Point Beach, \$1 weekdays admission.

29 Meadow Road, Bruns., 725-6009 thomaspointbeach.com

RESTAURANT

Arby's, 5% off including combos; excludes coupons/ Topsham Fair Mall, 729-8244, www.arbys.com

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

Bolos, free bowling: 12-3 pm (first come, first served) 7 Dunlap St, Bruns., 725-5241 www.bolosbrunswick.com

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

Flip. 20% off Tuesdays 212 Maine St, Bruns., 406-2122 www.flipbrunchbar.com

Union Street Bakery, Wednesdays: free large coffee with muffin purchase 40 Union St, Bruns., 373-1345 www.unionstreetbakeryme.com

Wild Oats Bakery & Cafe, 10% off Mondays 166 Admiral Fitch Ave, Bruns. 725-6287 wildoatsbakery.com

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 Alison Coffin

Hello, my name is Alison Coffin. I live in Brunswick, and I can actually look out my windows into the windows at People Plus. I just turned 70 years old.

I was born and grew up in New Hampshire and lived in England, and moved to the Boston area with my family at age 15. New Hampshire was wonderful. We lived about six miles outside of Concord on the grounds of St. Paul's School, where my father was an administrator.

My childhood was full of wonderful outside activities — skating on black ice, downhill skiing, swimming, horseback riding, walking in cow pastures and other great activities. Moving to the Boston area was interesting. I attended Walnut Hill School and then Bradford College. Following college, I worked for nine years in Boston and then two years in Connecticut.

Finally, having summered all my life in Maine, as my father's family was from Brunswick, I returned to Brunswick, Maine — for good! My father had

passed away and my mother had moved back to Brunswick, so it was a natural move for me and probably the best decision of my life.

I joined People Plus in 2017 when I retired. How I became a member, you can all understand, has to do with Frank Connors! I have known Frank and his wife Jane for years, and Frank caught me on the road one day and basically said, "get over here." As they say, the rest is pretty much history, kind of like Frank.

It took a little time for me to get into the swing of People Plus. I started out going to the Women's Breakfast (I miss them) - which were the best! I also participated in Loosen Up and Chair Yoga. Eventually, I joined Connie Bailey's art class and I am still at it with the new instructor Ed. I do other volunteer activities in town and, combined with People Plus, my calendar is pretty full.

Probably the most important aspect of People Plus, which I have found, is their endless attention to seniors. A year ago I lost my mother, which was followed by months of closing up her house. I then went through three knee surgeries and an infection — all of which had me off my feet literally for about six-to-seven months. People Plus was great! They called regularly, made sure I had meals when needed and provided me my safety net. I can't say enough about how important People Plus was, most particularly during all of 2021. I have really come to love the art classes.

My grandfather was an author, professor, poet, and artist — and I always wanted his

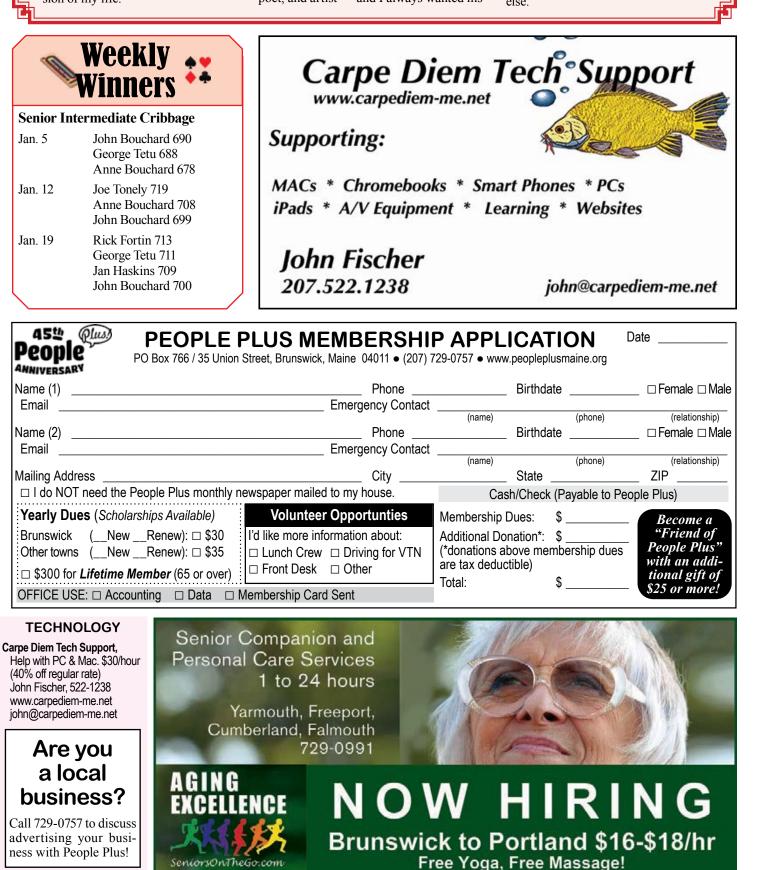


February 2022

abilities. Well, I have finally discovered that I have some, and I love developing that in the art class.

The one thing from my life that I would like people to know about me, is that I have and always have had a very close-knit family, though we are spread out a little right now. But they are first in my life. It has taken me until just recently to suddenly realize how content I am with my life.

So I guess I have family, Brunswick, People Plus, and Frank — to thank for getting me to where I am. Brunswick is home and in many ways always has been; I would not want to be anywhere else



ready for a summer rest. campfires.

warmer.

the house is warm.



But now he had a change in schedule I would need to take the train.

It was difficult enough to leave home for school. I had never really traveled alone. And right then, I became very frightened and uttered a very loud moan!

My father explained that my trunk would be shipped and the train would go direct.

I could relax and know I would stay in my seat and not worry about trying to connect. I wasn't happy with this sudden change.

As the day grew near, I was more scared. And even though I was quite mature, I still felt very unprepared!

I even took a taxi to my dorm. I don't know what I worried about I even arrived in a heavy rainstorm!

This was the beginning of my "grown-up" life and the start of four wonderful years. And as I look back, I was young and silly, to have such foolish fears.



Poems and Prose

Winter's Wood Pile By Nonie Moody

Every spring, when daytime weather reaches 40 degrees, the wood-burning stove is shut down. The ashes are cleared out, the glass window is cleaned and

During the summer, wood is collected from fallen apple trees or a friend looking for someone to clear his yard of a cut-down tree. Wood is cut and stacked according to seasoning. Hardwoods are set aside to dry for at least one year and stacked in a particular area. The softwood is usually stacked and used for

Late October, the temperature starts to drop to 40 degrees during the daytime and 32 degrees during the evening. Low evening temperature is when we start the wood stove. We like the supplemental heat that makes the rooms a little

While traveling the countryside in late fall after the temperature has dropped, it is observed that homes with large stacks of wood are prepared for winter. What is noticed is a small amount of smoke coming from the chimney, then I know the home is being heated and the lady of

Fearful By Doris Weinberg

It gave me a chill and took my breath away when my father shared some news. It wasn't what I wanted to hear and left me scared and confused.

I was about to leave home for the first time. I was heading south to college. My trunk was packed and he was driving me.

This all had been acknowledged.

I took a deep breathe. My stomach belly-flopped

and fear took over my brain.

But now I think back and all went well

The Card By WA Mogk

February can be quite hairy Icy roads can make it scary when heading out to the store. You're looking for that perfect card, hoping it won't be too hard, and give it to the one you adore.

Your car arrives without a dent. Valentine's Day is here again; now your quest really begins. You smile looking over phrases, choosing one that amazes, hoping it inspires kisses and grins.



Rise Up By Lucy Derbyshire

I feel most comfortable when I "rise up." When Jesus was born many years ago, there was a long time of war and despair. Then the star shone brightly and angels began to sing about something. That something was the birth of the Almighty Commander of the earth and skies.

As a messed-up woman of 74, I wonder if it is possible to rise up after I have fallen two times in the last three months? I got up faster the first time, and the second time had more pain afterward.

My late husband, Chris, died before Christmas 2015. I do not think I can rise up after that loss, but I must rise. What good am I if I just give up? I must rise.

I think about the armies that fight for me to have my freedom to worship at my church tonight. I wonder why and how when their commanders give the call to "charge into battle," what would happen if they would retreat instead of go forward?

I think about the prisoner who is released from behind bars. Where would he go if he did not rise up? He must go from his past comfort zone into the unknown. As this new year is starting, the best thing for

me to remember is — "I feel most comfortable when I rise up."

By Betty Bavor

Our first child, a son, began his Boy Scout journey as a Cub Scout. When registering to be a member of this "pack," as it is called, a parent commitment was required. Of all the choices, the one chosen was for me to be a Cub Den Mother for two to three years before the boys transition to Webelos Boy Scouts, when dads and older scouts took leadership. Webelos, by the way, means "We'll Be Loyal Scouts.'

There was just Cub Scouts for boys age five to 11 during these years. Tiger, Wolf, and Bear Cubs are now part of Cub Scouts and, yes, there are now girl members! That is another story I will not address.

I completed the required training and had 8 to 10 boys in my Den. Requirements and activities provided a year-round program, first learning the promise and law of the pack and motto, "Do your best." Lasting friendships, spiritual ideals, character growth, patriotism and citizenship are goals. We Den Mothers hoped to have fun with a variety of craft projects, games, service projects, skill building, and learning together.

There were three Den meetings a

month with the fourth week a pack meeting for all Dens. I recently spoke with my son to hear what

Groundhog Day By Vince McDermott

O fickle furry fiend Indecisive, unreliable, overrated Living a life of luxury Pampered, coddled, cared for You raise our hopes Or dash them Sunshine or shadow More winter or less

One day of work Such a deal! What do you do The rest of the year' A solution to The problem Is plain to see Groundhog fricassee!

Toes By Nonie Moody

Remembering cold winter storms With clothes lacking warmth often shows And the little white cheap sneakers That cover my toes when it snows.

It was the shoe style that brought pain So thin was the canvas it was all airflow. The bottoms were soft bendable plastic That didn't leak from my melting woes.

White shoe polish was applied often As white white was best one knows But the pink toes, the pain, the cold, And those feet in white shoes froze.



Cub Scout Den Mother

his memories of Cubs are. The Klondike Derby, a winter event that the boys made a sled and spent a day outdoors having fun on a snowy hill, was his first response. A pinewood derby was a yearly high point. Each Cub was given a kit with a block of balsa wood, wheels, and axles to make a car to race on a track at the monthly pack meeting. They made rockets sending them high in the sky.

I reminded him of a tree planting service project at the school. There was a bare hillside by the school and some

trees were donated by the Arbor Day Foundation to be planted. We did a nice job, but did not put flags to mark them and when we checked their growth, discovered the landscapers had mowed them down. What a teachable moment for disappointment

An annual February Blue and Gold dinner celebration with family, recognitions, a speaker, or maybe skits by Dens providing entertainment was an honor event. The boys transitioned to Webelos and I moved up to Den Leader Coach for a vear or so. My son continued his scouting to the rank of Life Scout, then became a member of the Sea Scouts, having many adventures sailing on Long Island Sound Some of these Cub Scouts still keep in touch with each other and I know two have sons who are Eagle Scouts.

The memories of a Cub Scout Den Mother 50 years ago are forever in my heart.

Say "No" to Segregation! By Doris Weinberg

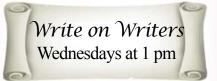
It was my first week in Richmond, Virginia, as a freshman in college. My roommate, who was new to me, had grown up not far from the city. I, on the other hand, was a total Yankee from New Jersey. We had our differences, but we were already fast friends!

Classes didn't start for a few days, so we decided to explore the downtown area and see what it had for us. We boarded a city bus and took the remaining two seats that were right at the end of the "white section." At the next stop, a young colored "new" mother got on holding her newborn and all her supplies. She came down the aisle to just beyond me and noticed there were no seats in the "colored section." So, she continued standing since none of the colored men stood up.

I thought about it for a few seconds and then got up and offered her my seat. My roommate was glaring but the relieved woman sat down. The bus had only gone a short distance when it came to a screeching halt. The driver, looking back in his mirror shouted, "this bus won't move until that 'N...' moves back where she belongs!" I looked up and said in reply, "It was my seat and I will give it to whomever I want!" The driver, noticing that I didn't have a southern drawl, yelled, "And you lady need to go back where you came from!"

By this time, the young mother was humiliated and stood up. The driver opened the back door and she stepped off. I was furious as I sat down and my roommate responded, "You'll have to get used to it because that is the way it is, and that's the way I like it!"

We had many heated discussions on the topic, but she, being brought up in the south, never changed her mind. And within a year or two, segregation was actually banned!



A Confused Moment

By Doris Weinberg It was an ordinary morning and I was driving to work. I was heading north on I-91, as I did every day like clockwork.

The radio was on and I was humming a tune. And thought about some work I had scheduled for that afternoon.

The exits sped by. My trip was not long. Thirty minutes at most. Nothing ever went wrong.

But all of a sudden, something didn't seem right. There was nothing familiar in my line of sight!

What did I do? I felt very lost! What was the last exit that I had crossed?

Suddenly a road sign appeared and it eased my mind. I had to turn around.

My exit was one mile back, I found. I wasn't late for work that day.

But I sure felt silly, I have to say!

Gone but not forgotten – Memorial Donation in Memory of **Robert Whitney** Lorraine Bouchard Oct. 23, 1933 — Dec. 27, 2021 June 12, 1929 — Jan. 3, 2022



4

NIH

heart

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, won-

derful 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

Memberships received Sally Butcher as of January 17. ^{*} indicates new

membership indicates donation made with membership

Arthur Melville Joanne Melville Ray Savage Shirley Savage

George Paton BRUNSWICK Beth Aldenberg • Chuck Annable

(Lifetime member) Monica Annable (Lifetime member) Dennis Belt Nancy Belt Dorothy Berner



granted.



Monthly Update February 2022

esource

Center



spectrum

generations

co-located at People Plus

35 Union Street, Suite 1

Brunswick, ME

207-729-0475

www.spectrumgenerations.org

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.



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.





abilit\

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?

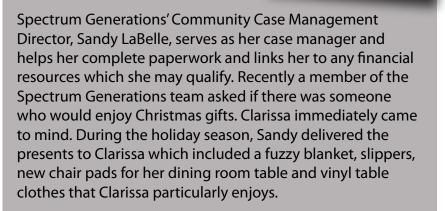
Make realistic, achievable goals and focus on the small wins. Instead of starting that trending diet or cutting out the favorite parts of your diet, start with small changes like reduced portion sizes or switching to low fat milk. Track your progress but don't beat yourself up - celebrate the small wins! 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.



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

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





Page 11

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



New and renewing members for January

BATH

BOWDOINHAM

Donna Burch

(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

Marilvn 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



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!"





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

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

The McLellan Live better.

> One Bedroom Apartment AVAILABLE

FUN is always on the menu!

There is nothing more fun than an old fashioned Maine lobster party. It takes experience to master cracking a lobster and at The McLellan we have lots of experiences to share. We all have also learned to simply enjoy life and everyone around us. We know life is a celebration and we always look forward to the next day and the next reason to

celebrate. Here we are not just acquaintances, we are friends who share connections and fun is certainly always on the menu!

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.





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 Towes (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

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



46 Bath Rd, Brunswick • 406-4028 • www.funeralalternatives.net