



Plus! People NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

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

Non-Profit Organization
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People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages
35 Union St. / PO Box 766, Brunswick, ME (207)729-0757 www.peopleplusmaine.org December 2022 Volume 22, No. 12



PEOPLE PLUS IS SO THANKFUL FOR OUR VOLUNTEERS! What would we do without them?? The team of 20+ volunteers pulled together an amazing luncheon in November at the Center! Requiring two weeks of prep work, the mouthwatering meal included nine turkeys, many pounds of squash, potatoes & green bean casserole, and gallons of gravy – lunch just wouldn't happen without all of these amazing folks! Frank has been serving lunch at the Center for nearly 25 years! And it's still just as delicious as the first day he did it! Thanks so much to all of you who pitched in!

Come celebrate with choirs, carols, and cookies!
Thursday, Dec. 22 - time tbd. We are thrilled to have members of the Brunswick High School Chamber and Treble Choirs return this year to People Plus for a holiday concert as part of their annual day of caroling. Join us for singing, treats and a holiday cookie share: bring a dozen or more of your favorite holiday treats to share! Wear festive attire! Registration appreciated.



Get Fit & Have Fun for Free!?!
See page 4.



Meet artist Daphne Frizzle!

Artist 'Meet and Greet' on Dec. 6

The art show featuring the wonderful works of Daphne Frizzle, the daughter of our Executive Director Stacy Frizzle-Edgerton, remains on display in the Center's Café Gallery for the month of December.

As an added bonus, all of the artwork is for sale and there

will be two opportunities to meet the artist in person! Daphne will be at the Center on Tuesday, Dec. 6 from 11 am to noon and again from 5 to 7 pm the same day. Please come and meet her!

Commenting on the artwork she is showing at People Plus, Daphne said, "My favorite way to use oil paint is for landscape painting. The body of work I'm showing at People Plus is a compilation of captivating landscapes — some of which are personal projects that are dear to my heart, and some are paintings I've

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Help us help our members!

Annual funding campaign keeps services thriving at Center

"Hello, my name is Art and I visit People Plus several days a week for table tennis, games, meals or a laugh with friends. I no longer drive, so the PP free transportation service gets me to the grocery store and appointments every week. My volunteer driver, Chris, has become a good friend and I rely on him. My

decade of membership has been invaluable and has literally saved my life in more ways than one."

"I thank you in advance for choosing to make a gift to People Plus as they help folks like me live longer, better, healthier and more fulfilling lives. I know I'm biased, but I'm also a grateful recipient!"

Art Treffry — People Plus member since 2012

Above, is just one example of how People Plus impacts more than 1,500 members who benefit from the programs at the Center and our outreach services. We've been serving seniors since 1976 and continue to serve this ever-growing population of older adults on the Mid Coast. And we can't do it without your help!

Here are just a few of this year's accomplishments — underwritten by your support:

- Provided 32,000 miles of FREE transportation to over 740 home-bound riders.
- Offered hundreds of games, clubs, programs, events and classes at the Center.
- Delivered over 2,000 grocery, medical, and pharmacy orders.
- Loaned more than 1,000 pieces of medical equipment to home-bound elders.



THANKS TO THE PEOPLE PLUS CHAIRMAN of the board, Charlie Evans, for pitching in on the annual campaign letter folding event! He and his wife, Carol, folded hundreds of letters to raise funds for the Center.

"Every year we start fresh with financial challenges and mountains to climb," said People Plus Executive Director Stacy Frizzle-Edgerton. "We hope you will join with us on our fundraising journey as we enter our 46th year of creating a community center for friendship, health, and happiness! Every dollar raised supports and empowers older adults in your community!"

People Plus receives no money from
continued on page 6

FYI! Beware of scams!
Thu, Dec. 8, 1:30 pm. Learn how to protect yourself from scams and how to be a fraud fighter at our monthly FYI! event. Scams and identity theft rob millions of Americans of their hard-earned money every year. Scammers are smart, creative, and relentless, but there are simple steps each of us can take to protect ourselves and our families from these crimes. AARP is proud to be a leader in the fight to combat fraud everywhere, and right here in Maine, too. Join us for a workshop that will help you recognize common scams and what you can do to avoid them. You'll learn about useful resources and receive your own fraud prevention guide. If you can spot a scam, you can stop a scam! Join AARP Maine Fraud Watch Network volunteer instructor — and People Plus member — Grace McCarthy for this informative program. Grace is a former police officer and was selected to attend the FBI National Academy. The majority of her past employment has involved the investigation of fraud. The workshop is free and open to the public. Registration appreciated.

Wishing you and yours a joyous holiday season!

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:

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Brunswick, ME 04011-0766

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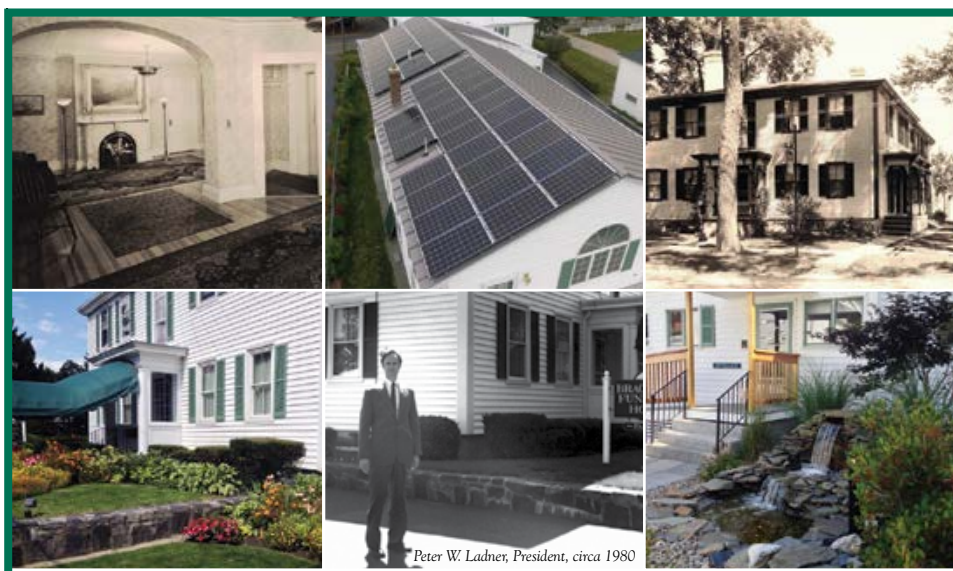
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Peter W. Luhn, President, circa 1980

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A 'Teen Center' for Grandmas

As we enter the season of giving in full swing, and we all dig deep to give to others in our families and our communities, it occurs to me that the giving is the easy part.

What we see through our work at the People Plus Center is that the receiving is much more difficult. Does that sound odd? Well just ask yourself, how many people do you know in your life who think they don't need help? Or maybe they're too shy or too proud to ask for it?

Someone who might need a ride, a little more food in their fridge, more time spent with people, etc., yet they don't want to ask for help. No one wants to show others that they can't do it on their own.

I was talking with Jonathan last week about the "Yankee pride" thing that seems to permeate New England, in a way I've never seen before. People seem stubbornly opposed to asking for help and then almost begrudgingly accept it even though they know it's for their own good!

It's a sweet, lovely, and endearing quality but at the same time we can all be our own worst enemies, can't we? Sometimes we know what we need and it's just making that call, picking up the phone, accepting the help and kindness from others that gets us over the hump or into a new pay cycle or fills the fridge.

I'll let you in on a little trick that I've developed here at the Center. Sometimes instead of asking people if they want food, I'll ask them could they help me out by taking this bag of food home please? Because they don't take it it's just gonna go bad and I'm gonna end up getting rid of it. And I'll explain it's got to go because it's Friday and

no one's here for the weekend. And guess what??? It's worked like a charm! People are so much more willing to take something if they think they're helping YOU out by taking what you're offering them.

I know I'm not the first person to have ever thought of this, but all the ladies here on the staff agree that it's worked like a charm that we can get far more people to take meals home every week — or pick up the canned goods and fresh produce that we keep out; when they know what they're really doing is helping us clean up the Center by taking all this stuff home!

And man oh man do we send home a lot of food from People Plus! Sarah has put an incredible program in place for takeout meals and we were close to 1,000 meals a month during the pandemic!

And our volunteer drivers — working with Lynne, our rides coordinator — provided over 30,000 miles of free transportation for folks who can no longer drive! Of course, it's been a little bit of a challenge to get some of those feisty New Englanders to agree to use the free rides, but once they try it out, they love it. Eventually, we wear them down — ignoring the standard response of "I'm all set" and get to watch wonderful friendships grow between drivers and riders.

In fact, if you haven't seen our annual fund letter this year, part of the story that's in it is about one of our members who has forged a lovely friendship with his volunteer driver, Chris Baldwin, who picks him up every week to go grocery shopping. They are fast friends. Even though the member might've been a little resistant to ask for help.

So, if you know someone in your family,

From the Executive Director

Stacy Frizzle-Edgerton



a neighbor, or a friend's older relative who could clearly use a helping hand but just isn't going to ask for it, feel free to borrow our strategy of letting them know they're really helping you out by taking your assistance. And it'll make them feel so good to help YOU!

If you're not sure how to get started helping others, come down and visit with us here at People Plus. Come work on the puzzle for a few minutes, take a class, do some art or crafts. It's all fun and games here at the Center while we feed, transport, and help our community.

In fact, I was chatting with one of the teens from the Teen Center a few weeks ago and she asked me what we do downstairs. I explained that it's a fun place for people like her grandparents to come play games, see their friends, eat yummy food and just have a good time. And she exclaimed, "OH! It sounds like a Teen Center for Grandmas!"

So I think that's going to be my new mantra, heading into the new year — as we all need a little more spring in our step, the ability to either lend a hand or ask for help, and to feel younger at heart — so we welcome you down here to People Plus, "The Teen Center for Grandmas!"

So, from all of us here in the PP family, we wish you, your loved ones, and your community a very happy holiday season and we look forward to the year 2023 with renewed hope, energy, and excitement. And we ask that you look in on your neighbors and older friends — whether they like it or not. They'll be glad they helped YOU out in the long run ...

Happy Holidays, folks! We love you!



STACY REALLY LOVES TO TAKE SELFIES – here are just a few of her favorite People Plus grandmas and grandpas at the Center!

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Navigating dining out and the holidays

As more and more of us are attending more gatherings, going out to dinner more often, and having more holiday festivities, we may be asking ourselves "how do I manage healthy eating during these times?" My clients tell me all the time that when they are eating healthier, they feel so much better and have more energy. I completely agree with them.

One of the first things to think about is the plate for portions. It is such a great visual that you can use almost everywhere! So try to make half of your plate with non-starchy vegetables, one-quarter of your plate grains and starchy vegetables, and one-quarter of your plate with lean protein.

Other ideas:
— Bring a veggie platter with hummus to your next get-together.
— Prepare less of the grains and starchy

vegetables at your next gathering.
— Do go hungry!
— Add more side dishes that contain non-starchy vegetables.
— We are planning the food for my daughter's wedding and one of the items is going to be a large platter of grilled vegetables. It will be beautiful and delicious.
— When dining out, start with a salad and ask for a double portion of steamed vegetables or share a meal.
— Eat slowly, choose a smaller dessert, and stop eating once you are satisfied.

I hope you enjoy your gatherings and holidays and stay on your healthy track. Don't worry about the times that you may have slipped from your plan. Look for a takeaway that you could make a better choice the next time you are in that situation!

Mashed Carrots and Turnips

Ingredients:

- 2 pounds carrots, peeled and sliced, about 4 1/2 cups
- 1 pound turnips, peeled and cubed, about 3 cups
- Ground black pepper, to taste

Directions:

1. Place the turnips in a large stockpot and cover them with water.
2. Bring the water to a boil and boil for 15 minutes then add the carrots. Continue to boil for an additional 25 minutes until the vegetables are tender.
3. Drain the vegetables thoroughly. Move the vegetables back to the pot, or into a large bowl, and add the pepper.
4. Mash the vegetables with a potato masher.
5. Serve garnished with fresh parsley.



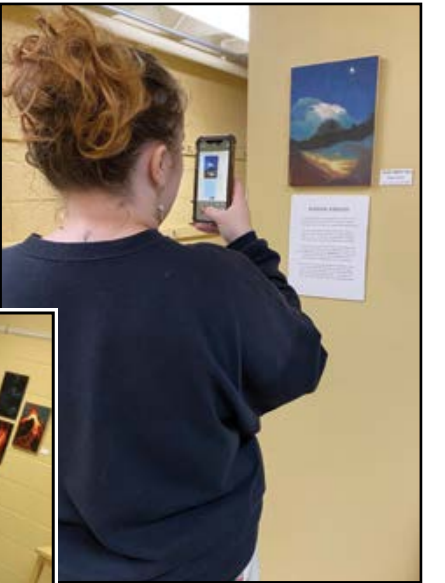
MAINE COMMUNITY FOUNDATION AWARDED a \$10,000 grant to the People Plus Volunteer Transportation Network, which provides free transportation for homebound area residents. Thanks to the great work of VTN Coordinator Lynne Smith (L), seen here with Gail Kendrick, one of our newest People Plus board trustees.

Meet the artist cont. from page 1

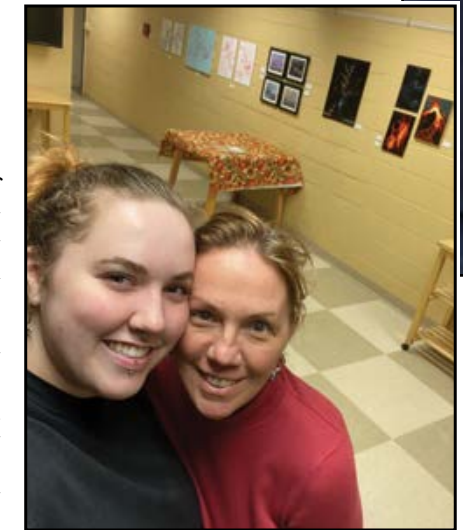
created as tutorials on TikTok. Several of these tutorial paintings have garnered over 20 million views on the TikTok app, and have been recreated by hundreds of other artists who followed the step-by-step process of the videos. The original 'TikTok Paintings' are on display, alongside a loop of their matching tutorials playing on a monitor.

"The proud mom had this to say about her talented daughter. 'Daphne was always the child that doodled on everything. From an early age, all of her notebooks at school had beautiful pictures filling the margins and borders,'" said Stacy. "After supporting her educational journeys to Italy, Portland, Maine, and Boston, I could not be more proud of her achievements thus far and I'm excited to watch her rising star. Not only is she a talented artist, she's an exceptionally kind and generous person and I couldn't ask for a better daughter!"

Thank you, Daphne, and we are truly enjoying your art show. The exhibit is open to the public during regular business hours at People Plus.



DAPHNE FRIZZLE AND HER MOM, STACY FRIZZLE-EDGERTON spent a fun Friday afternoon hanging Daphne's artwork. You can see Daphne here taking a picture of one of her pieces along with her biography page. "It's Daphne's first show and our family could not be more excited," says Stacy.



Food donations filling up red wheelbarrow!

The holiday season has arrived and the wonderful members of People Plus have started filling up the little red wheelbarrow with food donations.

Every nonperishable food item brought to the Center goes to the Mid Coast Hunger Prevention Program. This is the 14th edition of such a worthy cause.

As of Friday, Nov. 18, 136 items of food have been donated, coming in at 157 pounds. Please, keep them coming!

"Every year, for as long as I can remember, People Plus has done an annual food drive around the holidays with their little red wheelbarrow," said Karen Parker, Executive Director at MCHPP. "We are so grateful for the partnership and for keeping the mission of MCHPP in front of the People Plus community. It's in the spirit of collaboration and partnership that together

we can help our community have access to healthy food."

Last year's food drive brought in 772 pieces for a total of 801 pounds! Plus \$620 in cash, which translates to \$4,340 to be used at the Good Shepherd Food Bank. Every dollar donated buys seven dollars worth of food.

It's really easy to donate! Just place your donations in the red wheelbarrow located in the lobby inside the Center. People Plus, with awesome assistance from longtime member Frank Connors, collects the items for MCHPP and delivers them in bulk every week.

Brunswick's nonprofit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in constant need. Also, people wanting to donate money directly to

MCHPP may do so as well.

The holiday occasions that take place in November and December also increase the need for items like boxed instant potatoes, cranberry sauces, and canned gravy. Boxed "helper" mixes, both hamburger and tuna, are also useful to help fill anticipated holiday wishes.

"Every year, people have been bringing in food items and we can't thank them enough," said Sarah Deck, Office Coordinator at People Plus. "The issue of hunger really never goes away, so anything we can do to help others is greatly appreciated... especially during the holidays."

Please help us to continue filling up the little red wheelbarrow over and over again. The more trips to MCHPP we make, the better. Thank you very much for your donations!

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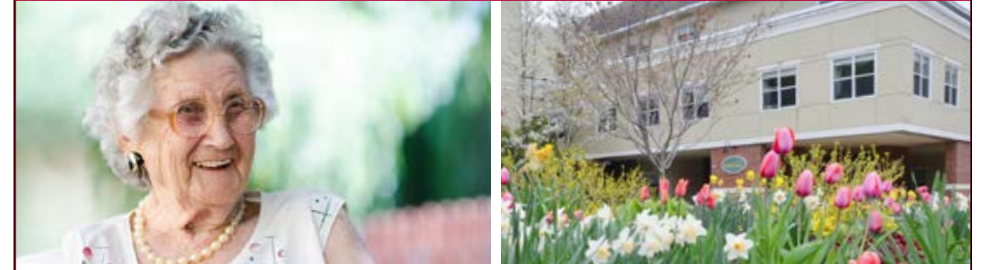
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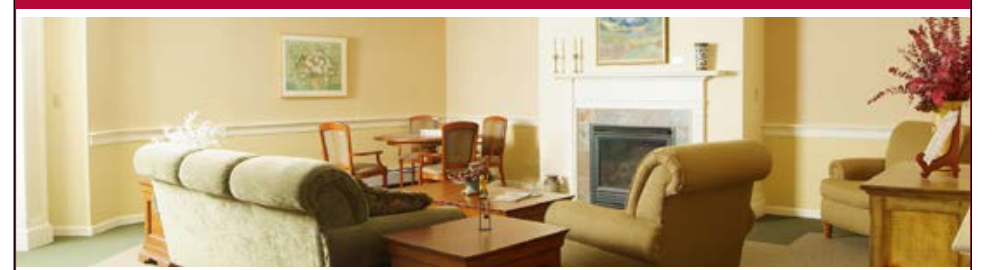
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Welcome Home



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offers a relaxed environment with professional care services that encourages each resident to live as independently and comfortably as possible. We invite you to come visit our warm and inviting home, and learn about the breadth of healthcare services and social activities readily available.

For more information or to schedule a tour, please call (207) 373-3646 or visit www.midcoastseniorhealth.com

Mid Coast Senior Health
MaineHealth

Yoga **Mah-Jongg** **Women's Breakfast** **Wednesday Walkers**
Men's Breakfast **Fiber Arts Club** **Cribbage**
Bridge **World Affairs**
Zumba **Loosen Up** **Qigong**
Table Tennis **Art Class** **Write On Writers**

Get fit and have fun for FREE!

Check out People Plus for everything you need to stay healthy, engaged, and busy this coming year — as we offer clubs, lectures, meals, games and fun! When your body is moving, your brain is working, you're eating well, and having fun with others, then you've got the full package of wellness. Join us at the Center for clubs, games, lectures, meals, exercise classes, technology support, grocery and pharmacy deliveries, videos and more! There is always something going on — and in January it's all free for new attendees – Membership not required! As we enter 2023, let's resolve to make it our best year ever!

Center Clubs

- Free: Members Only *FMI 729-0757
- Apple Club**
Tue, TBD, 1:30 pm. Bring your Apple device and questions.
- Table Tennis**
Mondays & Tuesdays, 11 am; Wednesdays, 1 pm; Thursdays, 9 am.
- Fiber Arts Club**
Mondays, 10 am. Bring your current project and enjoy friendly conversation while you work.
- Wednesday Walkers**
Wednesdays, 9:30 am. Meet for a walk or hike (usually an hour). Details listed in the People Plus News and weekly email
- 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.
- Cantina Espanol**
1st Tuesday, 2:30 pm. Spanish language club meets to chat in Spanish.
- Kaffeestunde!**
2nd Tuesday, 2:30 pm. German language club meets to chat in German.
- Books a la Carte**
3rd Tuesday, 2 pm. Join an interesting and fun discussion about books and authors with varied genres and no assigned reading list.
- Cafe en Francais**
4th Tuesday, 2:30 pm. French language club meets to chat in French.

Apple Device Tutoring

Thu, Dec. 1, 8, 15 & 22, 9:30-12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757.



Wednesday Walkers Club Destinations for December:

Please note the meeting time for each week. Call Sarah at 729-0757 to let her know if you will need or can give a ride. Changes for winter months: Time change - group will meet later in the winter months for walks (11 at PP, 11:30 at trail). Use snow shoes or cleats at your own discretion. If inclement weather - walk will move indoors to the Rec Center track.
 Dec. 7 - Planning meeting at PP @9:30 am
 Dec. 14 - Swinging Bridge. Meet at PP @11 am. Walk will begin at 11:30.
 Dec. 21 - Woodward Point Preserve (219 Woodward Point Road). Carpool: PP @11 am or meet at Preserve by 11:30.
 Dec. 28 - Brunswick Town Commons (Rte 123/Harpwell Road). Carpool: PP @11 am or meet at Commons by 11:30. Note: The Center will be closed.

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.

Good Eats – Good Friends!

Women's Breakfast
Thu, Dec. 1, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only. Call to register. \$4 suggested donation.
Men's Breakfast - new time!
Thu, Dec. 10, 8:30 am. Enjoy breakfast while socializing with the gents. Members only. Call to register. \$4 suggested donation.

Low Cost Hair Cuts!

Fridays, 9-12 pm. Appointments with Margarita Day (no drop-ins). \$10 donation benefits People Plus. Open to the public! Registration required.

Calling all game players!

Beginning Bridge, Duplicate Bridge, Cribbage and Mah-Jongg. Free, members only.

Lunch & Connections

Food and Fun for the Holidays!

Thu, Dec. 15, 12 noon. Come and celebrate the holidays with us at our December Lunch and Connections. So what's on the menu? We will be serving spiral ham, honey-glazed carrots, scalloped potatoes, and peas, along with our traditional green salad and bread. With delicious pineapple upside-down cake for dessert. As always, don't miss this one. Bring along your friends and appetite for good food and conversation.

Meals are underwritten by our friends at Spectrum Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun.

Remember, the dining room opens at 11:15 am and we'll start serving our buffet meal at noon. Come to the Center to claim your favorite seat, chat with friends & make new ones, and pick up your 50/50 raffle ticket. Dress in festive holiday attire for extra fun!

The cost is just \$5 for members and \$10 for non-members. Registration is required so we know how much food to buy! It's really easy; just call 729-0757 to register.

Medicare 101

Tue, Dec. 13, 12:30 pm. 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.

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Mon	Tue	Wed	Thu	Fri	Sat
<p>People Plus Business Hours Monday-Friday 9 am to 4 pm Call 729-0757 to register</p>			<p>1 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga</p>	<p>2 9:00 Mah-Jongg 9:00 Hair Cuts w/ Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick</p>	<p>3 9:00 Zumba</p>
<p>5 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:15pm Belly Dancing</p>	<p>6 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 11:00 Meet the Artist 2:30pm Spanish Club 5:00pm Meet the Artist Gallery Open House 6:30pm Toastmasters</p>	<p>7 8:45 Cribbage 9:00 Mah-Jongg 9:00 Hair Cuts w/ Margarita 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis</p>	<p>8 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga 1:30pm FYI! Scams - What you Need to Know!</p>	<p>9 9:00 Mah-Jongg 9:00 Hair Cuts w/ Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brunswick</p>	<p>10 9:00 Zumba</p>
<p>12 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 7:00pm Civil War Book Club</p>	<p>13 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 2:30pm German Club 4:30pm TCAC Meeting</p>	<p>14 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:30 Wednesday Walkers 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis 6:30pm Bruns. Coin/Stamp</p>	<p>15 9:30 Apple Tutoring 9:30 Art Class 12:00pm Lunch and Connections</p>	<p>16 9:00 Mah-Jongg 9:00 Hair Cuts w/ Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick</p>	<p>17 9:00 Zumba</p>
<p>19 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge</p>	<p>20 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:00pm Books a la Carte 6:30pm Toastmasters</p>	<p>21 8:45 Cribbage 9:00 Mah-Jongg 9:00 Hair Cuts w/ Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:30 Wednesday Walkers 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis</p>	<p>22 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga Time TBD Member Party - Choirs, carols, and cookies!</p>	<p>23 24 Merry Christmas and Happy New Year Center Closed Dec. 23 - Jan. 2</p>	

People Plus calendar sponsored by

DO YOU LIVE ALONE? The Good Morning program is a FREE daily safety check-in phone call *providing peace of mind.* In partnership with Brunswick Police Department. Sign up now! FMI 729-0757 or www.peopleplusmaine.org.

STORM POLICY
 When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check local media or www.peopleplusmaine.org for closure information.

Donation "tree"
 Take a second look at Frankie this month and you'll notice ways you can make the year 2023 even merrier at People Plus! Among the decorations you'll see wish list cards for items that will benefit ongoing programs. The list includes food items and gift cards for the Brunswick Area Teen Center, gas cards for the Volunteer Transportation Network, and other assorted items for the Center.

Save the Date!
Music in April 2023
 Online Auction
 April 1-28
 Live Auction Finale!
 April 28, 2023, 5-9 pm
 St. John's Community Center

When you are contemplating a move...

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IT WAS A FULL HOUSE for the Collette Travel "Trip Talk!" Over 25 people came to hear all about two upcoming Collette trips. If you're interested in taking a trip, this is the company and the people to do it with! Travel with your friends from People Plus, with assurance that your trip details are handled! And be with your friends!

Take a trip with your People Plus friends and Collette Travel!

Canadian Rockies featuring Glass-Dome Train
September 17-24, 2023, 8 days, includes 13 meals. Highlights include Vancouver, Staley Park, 2 days aboard the Rocky Mountaineer glass-dome train, Kamlocke, Fairmont Chateau Lake Louise, Banff, Ice Fields Parkway, Calgary, and optional glacier adventure. FMI visit <https://gateway.gocollette.com/link/1133860>

London Tower to Eiffel Tower!
London and Paris trip October 4-12, 2023. Highlights include Big Ben, Buckingham Palace, Covent Garden, Eurostar Train, Arc de Triomphe, Eiffel Tower dinner, and Seine River Cruise. FMI visit <https://gateway.gocollette.com/link/1133866>



Annual Fund cont. from page 1

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

To that end, the People Plus board of trustees personalize the letters that get sent out to potential donors, signaling their support for what goes on at the Union Street facility. The letters are often followed up with personal contacts from the board, staff, or development committee members.

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

In advance, we thank you for supporting People Plus!

THANKS AGAIN TO ALL THE VOLUNTEERS who came out to help fold, stuff, sort, seal, label and organize our annual letter fundraising campaign! Karen Madsen, Sonia St. Pierre, and Chrissy Six, seen above with envelopes help out at every volunteer opportunity provided; and Allison Crosscup, above, is a new board member from Bowdoin College who got in on the action for the first time this year!

THE SEBASCODGAN ARTISTS' GROUP will present their first Holiday Season Art Exhibit at the Curtis Memorial Library's Morrell Room in Brunswick. Open for public viewing Dec. 2-30, with a reception on Sat., Dec. 3, 2-4 pm.

THE PEJEPSCOT GENEALOGICAL SOCIETY will hold its December meeting in the Morrell Meeting Room of the Curtis Memorial Library in Brunswick on Sunday, Dec. 11 at 2 pm. Caribou native and genealogist Dana Murch will present "The French Connection: The Ancestors and Descendants of Daniel Thibodeau and Rebecca Jandreau." FMI: Steve Gilchrist at (603) 454-4094, Joyce Duda at (207) 406-2124.



Season's Greetings from the Write On! Writers

Christmas Tidings *By Nonie Moody*

Here comes our faithful mailman
Driving his bright white new van
He has a new arrival time
Of eleven fifteen his plan.

Rain or snow I will be watching
Anxiously waiting this December
For the first Christmas cards
And quickly checking for sender.

The cards come a few at a time
Some large, some small with yearly letters.
How you doing? The year been good?
I must answer with a tale that stirs.

The cards are displayed on a wall:
Cards with masterful painting,
Cards with writings, cards of bells,
Cards with portraits, cards of a King.

It's Christmas time at the post office
Where stamps bought and packages sent.
They deliver cards to hill and dale
For Jesus' birth brings an exciting event.



New Year's Cheer *By P.K. Allen*

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



Snowflake *By Sally Hartikka*

She watched the swirling snowflakes
Dancing as they fell.
When a large one landed on her glove
She studied it quite well.

"Look," she cried, "at the pretty shape.
Do they all look like this?" she asked.
Her mother explained all are different
Which left little Becky aghast.

Then, as she watched, the flake melted,
And the child began to cry.
"Why can't it stay with me," she said,
"Why does it have to die?"

"It doesn't die," her Mom replied,
"It just alters its current form.
It has now changed into water
And has other jobs to perform.

When it trickles to the ground
It'll make its way to the river
And then all the way to the sea,
Where it will become a life giver.

The sun will draw it up
Into great big clouds in the sky.
Then it will come down as rain
Or even snow; it won't die.

When it soaks into the ground
It will give water to plants and trees
So they will drink it up and grow,
And we eat our food from these."

Little Becky thought for a moment,
And finally said she was pleased
That her snowflake would do some good
And her worries were now eased.

Why *By Bonnie Wheeler*

Santa is puzzled this year
As he looks down from his sled
Fewer Christmas lights — electricity hard to pay
Fewer cars on the road — gas is sky high today



Kids excited but confused
Fewer gifts under the tree
Yet the baby Jesus is here to stay — hurray
His birthday cake is on the way

A Remembered Miracle *By Doris Weinberg*

Another Chanukah will soon roll around.
The time is drawing near.
It always arrives in December,
close to the end of the year.

It is indeed a joyous holiday.
Often called "The Festival of Lights."
And the happy time is celebrated,
by lighting candles for eight nights.

It goes back to a long time ago
when the Jews were again at war.
Their very small army was losing,
But with great effort, they won once more.

However, their holy temple was ruined,
and the Eternal lamp had very little oil.
It would be a terrible thing if it ran out.
They would feel themselves disloyal.

A messenger was sent.
But it would take many days.
However, once again, the Lord showed his ways.
That tiny bit of oil, miraculously lasted eight days.

For all the years since, that miracle is remembered.
Children are retold the story.
The courageous victory and the amazing drop of oil,
is retold in all its glory!

I will be setting my menorah
in the window for all to see.
And each night light another bulb
to show that we are all free.

The family will gather for a joyous meal,
saying prayers and sharing gifts.
We are reminded of our strong ancestors,
who provided this beautiful uplift!

Sparkles For All Seasons *By Deb Noone*

Sparkle can come in many forms. And at all times of year.
Just gaze above you on a cold, moonless night. The stars sparkle like nuggets of gold nestled on a black velvet cloth.

After a heavy rain and the sun pours down, or on an early morning walk, droplets of silvery dew sparkle on flower petals or on autumnal, bright red maple leaves. Eyes sparkle when a lover gazes adoringly. Sequins sparkle as a woman in a blood red, evening dress passes under a muted chandelier.

Fairy dust sparkles when Tinker Bell flies around Wendy and Peter Pan.
Fireworks sparkle and crack, filling the sky with bursts of color.

Engagement rings sparkle in candlelight.
Fireflies sparkle on a still spring night.
Veins of quartz sparkle in a found rock on a hike.
Frothy foam of a crashing wave sparkles as the sun dips below the horizon.

My heart sparkles and dances in a way no cardiogram would register, when I hug my grandsons.
Christmas lights sparkle on a tree and firelight sparkles from Hannukah candles.

Glitter sparkles on tissue holiday wrapping paper.
Champagne bubbles sparkle as they rise in a fluted glass.
What makes your heart sparkle?

January Snow *by S. Patty L. Sparks*



Come, let winter weave her wondrous spell,
for all of nature is at peace,
in this the month ... of dreams

A Christmas Greeting *By Vince McDermott*

December in Maine
A look out the window
Is there snow?
Do we really need snow
To celebrate Christmas?
Just stop
Turn inward and enjoy
All the blessings
Of the holiday season
Trees, lights,
Friendship, and warmth

Beauty of Spirit *By Bob Mulligan*

What then is impossible to see
That which we hear in our inner ear
Feel in the heart, know in our deepest soul
Beauty of spirit
Indescribable, glowing
Vaguely familiar yet ancient
Welcome where accepted
Accepted where welcomed
Warmly

Christmas Trees *By Sue Linkel*

Early on that wondrous morn-
When that little babe was born.

The mighty oak was there to guard-
All night long in the manger yard.

Birch tree leaned in for a sight.
Aspen shivered with delight.

Balsam sniffed, Palm just sighed,
Maple blushed all o'er with pride.

Elm hovered near the baby boy-
While Willow wept her tears of joy.

Happy Fig was all-aglow
As Apple humbly bowed down low.

White Pine, with all in accord-
Raised his arms to praise the Lord!

Write On
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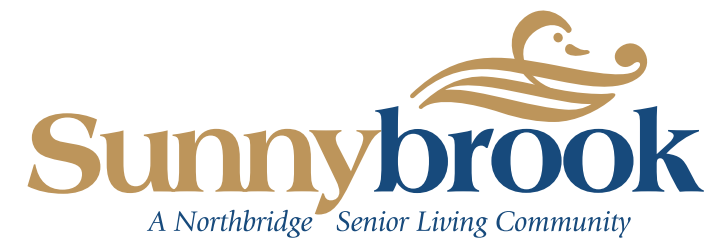
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MERRY

I Wanted My Students to Feel Joy *By Betty Bavor*

Being a physical education teacher in an elementary school, my teaching space was a gymnasium which converted to a cafeteria for lunch, and an upper and lower playground. Classrooms were decorated for the Christmas season, and I taught a unit of game-related musical activities, rhythms, movement and dance.

I also wanted to decorate my teaching space in the gym. I consulted with the art and music teachers to avoid any conflicts with their curriculum plans. Not a problem and we even initiated future ideas.

The gym decorations over the years included stars, reindeer, Santa Claus, Christmas trees, sleighs, etc. I made enough identical pieces 18 to 24 inches in height, putting one letter of a Christmas message on each piece. For example, MERRY CHRISTMAS — 14 LETTERS, 14 stars each with their own letter. They were hung prominently above the cafeteria doors, visible upon entering the gym.

My gymnasium was not left out for holiday decorations, bringing joy to students, teachers, and school visitors during the holiday season. Season's greetings and peace be with you one and all.

CHRISTMAS

Christmas Caroling *By Alene Staley*

Although I am not a talented singer, I enjoy singing and love Christmas carols. When I was young while living in the Southwest suburbs of Chicago, people caroled every year. Groups got together and walked around neighborhoods going door to door. I loved to hear the knock on the door. We all stood inside with the door open and sang along with the carolers. It was magical. When I was in high school, a group of us teenagers formed our own caroling group and wandered our neighborhood singing all the way.

In my adult world, the opportunity to carol was lost for a long time. I listened to carols on the radio and went to Christmas concerts, but it was not the same as walking through snow and singing

“Noel.” Then I moved to Maine. I joined a church in Portland. They had a tradition of caroling every year. We met at church and then drove to different neighborhoods to visit and sing. It was cold and often snowy, but it was just “like the good old days.” After caroling, we would return to the church for a spaghetti dinner cooked by the minister and some of his buddies. After dinner, we gathered around the piano and sang more carols. It doesn't get any better than that.

Even today caroling is on the calendar. My town has a holiday festival with a bonfire in the park across the street from where I live. People of all ages gather to sing carols and yes there is hot chocolate too. I wish all of you a “Holly Jolly Christmas This Year.”



The Christmas Tree *By Sally Hartikka*

Daddy and I were holding hands as we entered Grandpa's wood. Our quest was to find a Christmas tree, and we were sure we could. It had to be taller than Dad with full branches all around. I was certain there would be plenty, and perfect ones would abound.

I saw one that looked amazing and ran over to check it out. However, looking at it closely, I suddenly had some doubt; The opposite side was really thin and wouldn't do at all. “Let's keep looking,” I said to Dad. “It's also not too tall.”

We kept searching for that perfect tree, Dad with saw in hand. Finally we found what we had sought, and oh my but it was grand! “This is it!” I shrieked. “It's just the right one for us! I love the shape of it. It's simply fabulous!”

Dad cut it down, we dragged it out and tied it on the car. When we got home, Dad made a stand, and put on top the star. He checked to make sure that it was standing straight, Then, as it became dark, we began to decorate.

First came the lights, at least two strings, Each checked for damage that storage brings. Then came the fun part ... putting on balls. As we worked, we played carols which echoed through the halls.

And then we made a discovery, a lovely little bird's nest. It was within the branches, in an area recessed. What a sweet surprise it was, truly a real blessing. But I saddened, thinking the bird might return looking for her nestlings.

Dad said, “Don't concern yourself, her chicks have long since flown; By now they're probably gone and all are quite full grown.” I later learned that finding a nest in the tree was a sign that luck would come to the family.

I miss the days when we cut our own tree. The artificial ones aren't the same, you'll agree. How many of them come with a bird's nest? None, I can unequivocally attest!



BONNIE WHEELER ADDRESSES THE VERY WELL ATTENDED AUTHORS CHAT last month celebrating the 10th book released and published by the Write On Writers group! A collaborative effort, *We Write* was written by our writers, and illustrated by the People Plus art class! Inset: longtime member of the writers group, Betty Bavor, autographs a copy of *We Write*.

Holiday Family Traditions and Memories They Evoke *By Deb Noone*

As we move into the holiday season, Thanksgiving through New Year's Eve, and remember family traditions, many revolve around food. If you had known my dad, he enjoyed cooking (especially when my mom was out of town) and loved to experiment when cooking for himself. Of course, when we arrived home from visiting my grandmother or other family members, the kitchen looked like a category-five hurricane, named Robert, had hit and destroyed everything in its path. But I digress.

Every Christmas Eve, my dad, wearing his red tie and green- and red-plaid vest, wielded a carving knife; his soul purpose was carving the rib roast (or the Thanksgiving turkey in November). Fifty years since I lived at home and many years to follow that I went home with my own family to participate in holiday fun, I can still see dad's huge grin, the candlelight in the middle of the table, and the sconces

over the dining room fireplace low lit to give a wonderful holiday glow on the family silver and the old lace tablecloth handed down from my mom's mom. My dad's twin, Uncle Dick, also wearing a red vest, always brought his movie camera and recorded the entire production.

As kids, our bellies growling as the rich scents of holiday offerings swirled, suffered through this ritual. Never mind, dad served each person individually, cutting off slices of meat and then asking if you wanted the potato and the variety of vegetables, etc. To a kid, this took FOREVER! Especially since we were last to be served right before dad served himself.

But now looking back, my cousin and I both remember those days with oh-my-gosh-will-we-ever-get-to-eat fondness. These are memories we will always share together.



Christmas Candles *By Ellen Brown*

When I was old enough to stay awake past 11 p.m., I started attending the Christmas Eve service at our church. It was one of my favorite holiday traditions. There was comfort in the smells of fresh evergreens and in the scarlet colors that surrounded the sanctuary. We celebrated communion, sang familiar carols, and listened to the telling of the Christmas story, but what I remember with the greatest warmth is the lighting of the candles.

We each received an unlit candle when we entered the church and at the end of the service, just before midnight, with the advent of Christmas day, we walked in silence to the front of the church where fellow parishioners

lit our candles. Each candle lit from the flame of another.

Still in silence, we walked outside and, if we were lucky, there would be snow covering the ground and we'd place our candles in the snow like tiny torches. They would flicker and reflect off the whiteness, creating a glow that imbued the night.

When I placed my candle in the snow among all the others, I felt a common purpose. We were gathered to celebrate the birth of our faith, to reaffirm a belief in humanity and to share a hope of peace. Each candle spoke to a person's silent Christmas wish. Each candle contributed to giving light to the darkness which is the essence of Christmas.



A Christmas Wish *By P.K. Allen*

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

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

May the lessons of hostility give a promise of birth. To Hope, Love, and Peace all over this Earth.



A Different Christmas *By Gladys Szabo*

November temperature seventy degrees
There should be snow on the trees
Christmas is around the corner
Should not be getting so much warmer
Anticipating Christmas in our new home
Settled and no more to roam
I picture our beautiful yard covered by snow
Twinkling lights all aglow
Dancing to holiday music
Snow glistening from their reflections
Candy canes light your way
Beckoning you to enjoy the display
Santa and Micki welcoming you
While dancing penguins bid adieu
Memories of the past
As we begin a new journey
New traditions and many more memories.



Gift Giving *By Sally Hartikka*

As a child, I loved to get presents And woke Christmas morning with glee In hopes there'd be many packages Under the tree for me.

As a young mother with kids of my own I spent so many days Searching for just the right gifts Treating each child fairly always.

Now I'm old, my ideas have changed, And the gift of time is what I crave; And companionship with those I love; And memories that I can save.

I worry about the plight of others And donate to those in need. Watching others enjoy the holiday Is for me satisfying indeed.

I've learned as I've grown and aged That the old saying is very true. It really is better to give than receive; It leaves a good feeling with you.



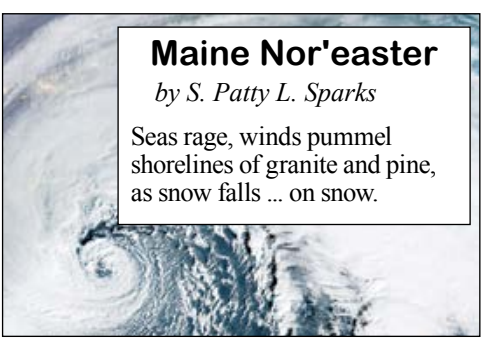
We Love You *By Bonnie Wheeler*

Thanks to our People Plus staff and volunteers. You do so much for others that's nice We appreciate you 365 days a year. May Santa fill you with cheer and a happy new year!



Maine Nor'easter *by S. Patty L. Sparks*

Seas rage, winds pummel shorelines of granite and pine, as snow falls ... on snow.



Stockings Hung with Care *By Betty Bavor*

Growing up on a farm meat chores were priority 24/7. Christmas was no exception. The fireplace had been sealed in our farmhouse, though the mantel remained attached to the wall. The tradition was to hang our empty sagging stocking from the mantel on Christmas Eve for Santa to fill. We put a cookie and hot chocolate with some hay for eight tiny reindeer close by as a treat.

Santa was generous and Christmas morning these stockings were bulging, misshapen and full. Mom and Nana peeked as my brother and I appeared in our PJ's early Christmas morning. No coal — only happy practical items — a game, crayons, coloring book, socks, mittens, and in the toe always a penny, tangerine, walnut, candy cane, and very important, note paper with postage stamps, pencil or pen.



Christmas Animals *By Sue Linkel*

Early that first Christmas morn When that little babe was born. The rooster crowed a mighty crow- Came forth from a nearby dove. The ox and the ass lingered there. Their body heat to warm the air. A shepherd brought a newborn lamb, Followed by a ewe and ram. A rabbit lured from his lair- His paws together in a prayer.

An eagle perched way up high, Kept watch with an eagle eye. A cooling lullaby of love- Came forth from a nearby dove. An ant crawled up the wall to see. And by him buzzed a honey bee. A cow and calf with a dog to guide, All paid homage just outside. Three camels did the Magi bring_ All knelt before the newborn king.



If Only He Could Talk! *By Doris Weinberg*

He has just jumped into my lap, and is pawing at my face. This happens many times a day, I wonder what he's trying to say?

I have given him fresh water and a treat. So, I scratch him under his chin. His claws are sharp. They need to be clipped. I don't know where to begin!

I stare deep into his beautiful gold eyes and he continues to paw at my cheek. I know he really wants something. If only he could speak.

I head to the kitchen and fill his bowl. He gives me only a glancing look. So, I reach for two little dental treats and that is all it took!

His bowl is emptied at a fast pace. I can hear him crunching away. This time I did figure it out. Just what he was trying to say!

At other times, it has not been so easy. I am trying to limit his food. He has put on too many pounds, you see. But his behavior can be very shrewd!

He has me right around his paw. It is very hard to say “no!” I am sure that he understands that word. But I'm the boss and I'd like him to know!

If only he could really talk. I often wonder what he would say. I hope it would be, “Mom, I love you. I am glad that you chose me that day!”



Season of Blessings *By Gladys Szabo*

Moving to another state A new life I'd have to create After much intense research Blessings My first blessing led me to a wonderful church Looking back over my eighty-one years I realized blessings continually appeared Now as I move on through my remaining life I look forward to blessings rather than strife.

Blessings

Christmas Joy *By Sue Linkel*

Why do we feel so much joy When we see that little boy? So tiny and so innocent- Yet to mankind - Magnificent! In extremely humble circumstance, Into our world was his entrance! Kings and powers decreed laws bold, Enabling fulfillment of things foretold! Bethlehem would be the site For his birth that very night. So you see that little king- Is the reason why we sing: JOY TO THE WORLD!



My Worst Christmas *By Vince McDermott*

It happened in my eighth year A Christmas which became so drear I had great hopes so dear I had nothing to fear My hopes abounded as time grew near My dad was to be home this year We adorned the tree with lights so bright We hoped they would guide him in the night My hopes were high, so full of cheer But it was not to be that year The worst was to come you see Because there was more to be My best friend came to wish us well But he had a sad tale to tell He told us all as plain as day There was NO Santa Claus per se I did not believe him at first of course But, in truth, feared the worse If there was no Santa Claus, you see There was also no Easter bunny! Woe is me!



Haiku *by S. Patty L. Sparks*

Tiny birds scurry Neath boughs laden with snow Grateful for berries.



The Gift By Ellen Brown

When you're grown and perhaps have children of your own, And they ask you what you recall of the time when you were small, I wonder as I sit here today what you'll tell them, what you'll say.

Will you talk about the time you traveled here from palm to pine? So excited to see snow, "Give it time," we teased you though. It was March, the fickle month.

There were challenges to confront, A different life to begin, But gradually you settled in.

What will you remember as you age Of those early childhood days?

Will you remember read-a-louds each night before you slept And stories that from our shared imagination leapt? Dancing in the kitchen waving scarves above our heads.

A kaleidoscope of colors: blues and greens and reds Being able to explore The natural world outside our door.

Helping light the fire under papa's watchful eye. Playing UNO, hide and seek, I spy.

Will you remember parties, each with its own theme, And hot chocolate in tall mugs piled high with whipping cream? Building forts of all sorts.

Pulling cushions, pillows, towels, sheets, Where the line with chaos meets.

We potted flowers every spring To place upon the deck.

A time of togetherness I hope you'll recollect.

You're all still young for goodness sake, We have more memories to make.

But when you are old enough To view life in hindsight

Remember memories fade Like sunset into night.

If you remember nothing else I want you to know this

I can't imagine how I'd feel If all of this I'd missed.

We're so happy you are here. We can see you, touch you, hold you near.

You gift us every day anew, The gift of memories we give to you.

Remember love, remember care Remember we are always there.



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 Ellen Brown

Hello, my name is Ellen Brown and I just wanted to let you know I recently turned 70 years old. Quite honestly, my brain still has a hard time accepting that fact.

I have lived in this great town of Brunswick for 23 years, 20 of which I spent working for Independence Association — assisting with adults with developmental disabilities. As I was debating my departure date, the COVID pandemic made that decision easy for me.

It was Gladys, an already longtime People Plus member and someone I had worked with, who introduced me to the wonderful goings-on at the Center and the Write

On Writers group. I started on Zoom and I was hooked. It was a perfect fit to minimize the isolation brought on during COVID and to my adjust to retirement.



Write On Writers at People Plus introduced me to talented and creative writers, who are as diverse as their stories. It challenges me to think creatively. I look forward to each meeting. It's also an activity that continues beyond the time we're together. When I'm alone, I'm spending time thinking about and preparing my writing to bring to the group.

Being creative has always been important in my life. From planning themed parties to handmade holiday decorations, and to sewing and writing, it is the part of me that is the greatest joy to share with others.

A Memorable Christmas By Sue Linkel

I came home from the hospital with a present - a new baby brother. The nurse put him in a large red stocking for the trip home. He was number eleven. You might think baby eleven would

be a ho-hum, but his siblings were excited. They all wanted to hold him. In those days we weren't told ahead if it was a boy or girl- the boys won - Six to five!

Dear Santa,

They say people my age should not STILL believe in you. ... Well, guess what, you'll find my home-made ginger molasses cookies and a nice Merlot next to the recliner — you know the drill.

Merry Christmas, Santa!

Yours truly, S. Patty L. Sparks

Winter

By Bonnie Wheeler

A cold blast of air It's winter's dare Ducks and geese fly south Or buy long underwear



A Lit Window By Deb Noone

Big, soft flakes swirled and drifted lazily Some landed on her face, a touch of chill Others hit the pavement and disappeared Temps hovering at the juncture between frozen and wet

Through the window A bright light, a beacon in the inky night The figure bent over a chunk of wood His dark hair flopping over his forehead The steady rhythm of slide and flip, slide and flip, slide and flip Each freed wooden slivers floating toward the floor, out of sight

She imagined a tiny pile of soft chips Scattered about his feet As the block of wood took shape Would it be Santa, a bag of toys slung across his shoulder Maybe a reindeer to pull his sleigh Or a tiny antique truck, soon painted red

Which lucky child would find such a treasure in a stocking hung from a mantle

His head lifted from the intricate task and turned Gazes met through the frost-rimmed window and held

The magic of the moment caught in her heart before she turned and slipped into the dark Her heart pounding Her step hurried Her head filled with fantasies

A Christmas Surprise By Bill Perry

'Twas the night before Christmas and all through the house it was much too cold for any mouse to survive. My two sisters, one older and one younger, had arrived in southern Germany to spend the holidays with my wife and me. Snow lay on the ground throughout the city, Jack Frost was doing exactly what he should, and all was perfect for a wonderful German Christmas.

We had a freshly cut Christmas tree in the living room of our 200-year-old apartment in the center of town. We also had an Advent wreath, a requisite item for a perfect German Christmas. There was a goose in the oven, and we had prepared all of the appropriate dishes for the Christmas Eve meal. We lit all four of the Advent candles

on the wreath, which was perched behind my younger sister on the back of the sofa. The candles representing hope, love, joy, and peace were a perfect combination for this special Christmas season. We were all enjoying the candles and the aroma from the cooking goose wafting through the apartment as the wreath suddenly caught fire behind my younger sister's head.

The flames began to rise, and we knew that in a short time everything in the room would be on fire unless we acted quickly. My older sister, the scientist in the family, had decided that it would be best to smother the flames, while I, a practical technical type, had decided that dousing the flames in the kitchen sink would be best.

We were at a stalemate. My older sister readied a pillow from the sofa, while I grabbed the flaming wreath and ran toward the kitchen sink. My younger sister and wife sat in disbelief at our actions wondering what the fate of the burning wreath would be. As I hurried toward the kitchen sink, my older sister was making every effort to smother the flaming wreath in my arms.

As we reached the kitchen sink, she dropped the pillow on the flames at the same time that I turned on the water. My sister and I looked at each other in an understanding way, knowing that our learned life strategies had just been played out, and simply said "Merry Christmas." The goose was a very tasty reward for all of us.

Christmas Time

By P.K. Allen

Christmas bells are ringing Carolers are singing It's a time of peace A time of love A time to celebrate The One above



Thank You for sponsoring the holiday edition of "Poems & Prose!"

- Betty Bavor
John & Sue Linkel
Delsora Lowe, Author
Audrey McLaughlin
Naoma Moody
Helen Small
Write On Writers

'Tis the Season for Giving!

People Plus is collecting donations for:

- Teen Center Holiday Bags: \$25 Amazon gift cards Regal Cinema movie tickets
MCHPP Food Drive (non perishable items, through December)
United Way baby diaper drive

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



THE HOLIDAYS ARE SUPER FUN TO CELEBRATE AT THE TEEN CENTER, - starting with Halloween and rolling straight on through until Easter, we take any opportunity we can to throw a party! The holidays are important to the teens, and we love them! And we love when people bake for us - Please. Bring. Brownies!

Weekly Winners

Table with columns for date, game type, and winners with scores. Includes Senior Intermediate Cribbage, Senior Duplicate Bridge, and a section for Winter winners.

Brunswick Area Teen Center It's holiday teen time!

For both the teens at work and my family, I am the (Christmas) Holiday Doer. It has been easier to plan and think about our Teen Center holiday happenings than my home ones this season, an especially hard time for me this year. My youngest son, Nicholas, passed away in June and his absence is LOUD this holiday season, our first without him. There will be an empty seat at the table on Christmas Eve. Our family will unwrap memories together as we unwrap gifts. We won't see Nick, yet he will fill our room this year as well as our hearts.

As I looked back at work pictures in December over the years, it seems we decorated the kids (or they did) more so than a tree! I do remember one who wrapped himself in lights and plugged himself in (I have that photo somewhere).

We are holding to traditions at the Teen Center, and they are indeed traditions now as the kids ask about them every year! Yankee swap/holiday party afternoon is big! And, of course, a holiday gift! We have been in the process of getting stockings ready for the kids, gift cards, etc., to put in them and rounding up items for the Yankee swap (we provide the gifts to swap). Other than maybe a candy cane, we have enough leftover Halloween candy that has been donated to us to fill the stockings with! Every year we try to have items available for

Brunswick Teen Center News

Jordan Cardone



kids to make an ornament or other holiday item to bring home and I did tell them I have plans for that again this year and heard some (male) moaning!

We plan to hold our party/Yankee swap on Dec. 21st and if anyone would like to sign up to provide any goodies, or cheese and crackers, etc., for our event, please email me (teens@peopleplusmaine.org)! We'd love it!

Afterward, school vacation week begins and People Plus/Teen Center will be closed for the week of Dec. 26th. Until then, the teens say, "no holiday music until after Thanksgiving" and I hear that at home too! That's fair.

We thank you all for your tremendous support during 2022 as we head into a new year! 2023! Meanwhile, enjoy the pretty and magical and musical treats the holiday season brings!

Happy Holidays, Jordan and the gang!



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


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

-- James Tierney, BHS Class of 1965

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

Monthly Update

December 2022

Co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME 04011
729-0475
www.spectrumgenerations.org

All Spectrum Generations' locations will be closed on Monday, December 26 for Christmas.

Free Workshops



Bingocize®

Tuesday and Thursdays,
Nov. 29 - Feb. 2, 12:30-1:30 p.m.
Muskie Community Center, 38 Gold St., Waterville.
Combines a bingo-like game with exercise and health education.

Better Health Now!

Wednesdays,
Nov. 30 - Jan. 4, 2-3 p.m.
Location: Phone
Participants work with a workshop leader via telephone or ZOOM.

Better Health Now with Diabetes

Wednesdays,
Nov. 30 - Jan. 4, 1-2 p.m.
Location: Phone
Participants must pre-register to receive their materials and work with a certified leader via telephone or ZOOM.

A Matter of Balance

Monday and Wednesdays,
Jan. 9 - Feb. 6, 9-11 a.m.
Cohen Community Center, 22 Town Farm Road, Hallowell
A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels.

Building Better Caregivers

Wednesdays,
Jan. 11 - Feb. 15, 10-12:30 p.m.
Merrymeeting Adult Education
35 Republic Ave, Topsham
Designed for family caregivers of people with an Acquired Brain Injury, Post-Traumatic Stress Disorder, dementia, and/or any other condition that affects memory.

Living Well with Chronic Pain

Tuesdays,
Jan. 10 - Feb. 14, 1-3:30 p.m.
Kennebec Plaza, 20 Willow Street, Augusta
Design ed for people who have chronic pain, offering strategies for dealing with their symptoms.

For more information or to register, contact Monica Lizotte, mlizotte@spectrumgenerations.org or call 620-1642.

MIDCOAST TREE FESTIVAL

Join our Spectrum Generations' team this weekend at St. John's Community Center, 43 Pleasant Street, Brunswick for the 4th Annual Midcoast Tree Festival.

November 25 & 26, 10 a.m. to 6 p.m.
November 27, 10 a.m. to 2 p.m.




Thank you to our friends, family, and community for making the 4th Annual Midcoast Tree Festival a success!

TREE AND WREATH BENEFACTORS

All Saints Parish	Reform Physical Therapy	Wiscasset Ford
Autometrics	RENY'S	Management Accounting
Bar Harbor Bank & Trust	Santa's Little Helpers	Senecal Construction
Bath Savings Institution	Spectrum Generations	Engells & Voelker
Brunswick Business Center	Sport Clips	Norway Savings Bank
Saints Parish	The Theater Project	Michelle Curtis
Cheverus High School	Vital I/O	Rita Losee
Crooker Construction	SERVPRO of Bath/Brunswick	Alison Lee Freeman
Darling's Brunswick Ford	Riley Insurance Agency	Mid Coast Hunger Prevention Program
Downeast Credit Union	One River CPA's	Maine's First Ship
Hammond Lumber Company	Avita/Sunnybrook	Girl Scout Troop 1407
Town of Lisbon	Anderson Green Homes	American Lung Association
Maine Pine Catering	Friends of the Chamber	Oratorio Chorale
Mainely Chiropractic	Wild Oats Bakery & Café	St. John's Catholic School
Mechanics Savings	Flight Deck Brewing	Midcoast Youth Center
Midcoast Federal Credit Union	FIORE Artisan Olive Oils And Vinegars	Sexual Assault Support Services of Midcoast Maine
Ray Labbe & Sons Inc.	Priority Real Estate Group	Brunswick Downtown Association
RE/MAX Riverside	Bath-Brunswick Regional Chamber	
Reed & Reed, Inc.	Jorgensen Landscaping	

December 1st is World AIDS Day

Designated on December 1 every year since 1988, it is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease.




Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.

Proud to partner with People Plus



CONGRATULATIONS TO BONNIE CONNOLLY AND PAUL COLUMBE for winning the Thanksgiving dinner raffle! Both of these families will enjoy a full turkey, stuffing, potatoes, and gravy dinner with all the trimmings! Including pumpkin and apple pies! And special thanks to Lynne Smith and her daughter, Valerie, for making the pies!

Find your holiday gifts at People Plus



Are you still puzzled over what to give that special someone while shopping for the holidays? Luckily, your problems are easily solved with plenty of gifts available at People Plus. You can give a People Plus Gift Certificate. Your loved one can apply the credit toward annual dues, a class or two, or against the cost of any of our gift items.

Or if reading is more your style, Frank Connors' books, *Stones & Stories* and *Speaking Frankly*, are on hand. Plus our *Write On Writers'* 10th book, *We Write*, is now available, along with *Write From the Heart*, *Out of Our Minds*, *Times & Seasons*, *Journeys and Reflections*, and *From Maine and Away!*

Still undecided? Numbered and artist-signed prints have been a part of the holiday season at People Plus since 2002 and, this year, four of the five images are still available. You could help the Center financially and offer your friends and family one or several of these prints, as unique gifts.

Wrapped and boarded copies of "Chuting the Androscoggin," "High noon, High tide" and "Fall at Topsham Fair," all by Woolwich muralist John Gable, and "Holiday at Merrymeeting Park," by Ernst "Bev" Bevilacqua are waiting for you on a first come, first served basis. Our special holiday deal is \$25 each or two for \$40. We also have a good selection of cards, based on the prints, selling for \$2.50 for one large gift card, \$10 for five large gift cards, and \$7 for 10 small note cards.

New this year, we have a unique selection of note cards created by the People Plus art class for just \$2 each.

Come see Sarah at the front desk for all your purchasing needs and remember, 100 percent of your purchase price benefits your People Plus Center.



BEING ON BOARD



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

Q. Your name, please?

A. My name is Allison Crosscup.

Q. The community where you live?

A. I live in Bath, having moved there in 2018.

Q. Your professional occupation?

A. I've been involved in fund-raising for more than 20 years and over that time have worked in higher education as well as the arts. I currently work at Bowdoin College in Brunswick, where I oversee institutional grants and collaborate on ways to support various academic initiatives.

Q. How did you become familiar with People Plus?

A. I became familiar with the organization through my former colleague at Bowdoin, Rodie Lloyd, who served on the People Plus board. When Rodie retired this summer, I had the privilege of taking up her position on the board.

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

A. I am originally from Canada — just outside of Toronto, Ontario. My family moved to the States (central Massachusetts) when I was young and, with the exception of going back to Canada for university and graduate school, I've been a New Englander.

My husband, Phil, and I have a four-year-old golden doodle, Sophie, who we adore and much of our spare time involves taking her for hikes, trips to the dog park, going to the beach, or hopping in the car for a road trip.

Q. Your view of People Plus and its role in the community? Why do you believe it's so important to serve on the board?

A. People Plus is an amazing organization, serving as a convener, connector, resource, and advocate for the community. In my short time on the board, I have seen the impact the organization has on its members and, in turn, the impact the members have on the organization: that is an inspiring model and as a board member, it is wonderful to be part of this and contribute to its continued success in some way.

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BATH GARDEN CLUB VOLUNTEERS SHOW OFF SOME OF THE 100 "TREES IN A CUP," which are donated by the club to Meals on Wheels recipients every year!

"CLYNK" IS SOLID FUNDRAISER, ONE NICKEL AT A TIME. Did you know that you can use your returnable bottles and cans to benefit the People Plus Center.

Lunch Out! December 13th at 11:30 am. BYRNES IRISH PUBS. 16 Station Ave, Brunswick

Membership Benefits

- The following businesses offer discounts for People Plus members. Attorney N. Seth Levy, 319-4431... Augat Chiropractic, 725-7177... Berrie's Hearing & Optical Center, 725-5111... Big Top Deli, 721-8900... Bill Dodge Auto Group, 729-6653... Carpe Diem Tech Support, 522-1238... Darling's Ford, 725-1228... Eveningstar Cinema, 729-5486... Fairground Café, 729-5366... Flip, 406-2122... Hearts & Hands Reiki, 751-5339... J&J Cleaners, 729-0176... Lee's Tire & Service, 729-4131 or 729-1676... Maine Optometry, 729-8474... Maine State Music Theatre, 725-8769... Pauline's Bloomers, 725-5952... Reflections (Salon), 729-8028... Sew Special, Ann L. Spencer, 607-1415... Thomas Point Beach, 725-6009... Tire Warehouse, 725-7020... Topsham Laundry Center, 373-1995... Union Street Bakery, 373-1345... Wilbur's of Maine, 729-4462... Wild Oats Bakery & Cafe, 725-6287

People Plus BUSINESSES OF THE MONTH!

Each month we highlight a few of the businesses that give People Plus members a special deal or discount. This month's businesses are: Tire Warehouse (20% off labor), Membership has its privileges!, Big Top Deli (10% off, anytime)

PEOPLE PLUS MEMBERSHIP APPLICATION. Name, Phone, Birthdate, Email, Mailing Address, Yearly Dues, Cash/Check, Volunteer Opportunities.

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

Senior Companion and Personal Care Services 1 to 24 hours. Yarmouth, Freeport, Cumberland, Falmouth 729-0991. AGING EXCELLENCE NOW HIRING Brunswick to Portland \$16-\$18/hr Free Yoga, Free Massage!

BOOKS a la Carte

Do you want to meet people who like to read? Books a la Carte might be for you. The format is informal and welcoming. We talk about books and authors. There is no assigned reading list.

Widows of the Ice by Anne Fletcher. This is the story of Robert Scott's tragic journey to the South Pole and the families of the men involved.

Downeast: Five Maine Girls and the Unseen Story of Rural America by Gigi Georges. The author follows five girls growing up in isolated and economically challenged Washington County in Maine.

Frequently Asked Questions About the Universe by Jorge Cham and Daniel Whiteson. Subjects covered include time travel, aliens, and warp drive. Monuments Man by James J. Rorimer. This book is the story of a man who belonged to the group of men who searched for Nazi loot during WW2.

Sigh Gone by Phuc Tran. This is a Vietnamese coming-of-age story set in 1975 during the fall of Saigon.

A Place in the World: Finding the Meaning of Home by Frances Mayes. This is a new book by the author of Under the Tuscan Sun.

Fellowship Point by Alice Elliott Dark. Children's book author Agnes Lee is working on her novels while trying to protect a peninsula on the coast of Maine.

Suspects by Danielle Steel. This is a new book by prolific author Steel. A dedicated CIA agent becomes an ally to a woman haunted by the kidnapping of her family.

Long Shadows by David Baldacci. A story in the Amos Decker series. He is a consultant for the FBI who investigates the murder of a federal judge in Florida.

Demon Copperhead by Barbara Kingsolver. This novel tells the story of poverty and drug addiction in southern Appalachia through the eyes of a boy growing to manhood in current times.

Where the Crawdads Sing by Delia Owens. The story is set in 1950-1970 on the North Carolina coast. It involves coming of age, strength, and survival, with a murder mixed in.

Prisoners of the Castle by Ben MacIntyre. American war prisoners are housed in Colditz Castle in Germany during WW2. This is their story.

A long overdue trip of friendship finds me in Florida

In my 70 years of living on this precious planet, I've had the opportunity to meet a lot of wonderful people. Many of them have become good friends. And every effort has been made to try and stay in touch.

But, as with many things, I haven't been totally successful. The busyness of life, and all of its accompanying responsibilities, seemed to get in the way. While I might think about these special chums — both male and female — on various occasions

from time to time and wonder what they might be up to, it's not the same as being in their physical presence.

So, recently, I did something completely out of the ordinary — at least for me — to reconnect with at least one individual. I jumped on an airplane and journeyed to Sarasota, Florida, to visit with my old buddy Maynard. As they say, we go way back. To our college days in the mid-to-late '70s at Lake Superior State in Sault Ste. Marie, Michigan.

There were a few years of wildness — when we were young and single — before we went our separate ways for a short period of time. But we both ended up in the Sunshine State in the early '80s and in Sarasota, the beautiful city on the Gulf Coast and, at one point, the winter quarters of the Ringling Bros. and Barnum & Bailey Circus.

Picking me up at the airport, Maynard commented he couldn't believe we hadn't seen each other in 24 or so years. I quickly corrected him, saying it had actually been 38 years, which is when my wife, Vicky, and I headed north for my new newspaper job in Maine.

Despite the nearly four-decade gap, it was like we'd never missed a beat. There was reminiscing on a grand scale right from the moment we got in his car. Talking about mutual friends at school, our fun times together on various slow-pitch softball teams, the occasions we drank too much beer, the brutal winters we experienced in Michigan's Upper Peninsula. On and on we went. We even managed to catch up on the latest news concerning our respective families.

Big changes in our lives, mostly all good. The one substantial alteration for me on the trip was how much the city of Sarasota had changed since I left in 1984.

As Maynard and I drove through the streets, I noticed many of the single-story homes from the 1940s to 1960s were gone, replaced by multi-level condominiums or multi-million-dollar "castles." Every so often you could spot an old house tucked amid the giant over-the-top mansions; several

Simply put



Patrick Gabrion

obviously receiving much TLC from their owners. I really preferred these "character" showpieces — a kind of a reflection of the old Florida.

It seemed like every inch of real estate was covered, and there was tons of traffic. Also, when I left all those years ago, the downtown area had one tall building. Now, because of so many high-rise hotels and condos, it wouldn't be hard putting on a ticker-tape parade.

I didn't truly get my bearings for the place I had once lived until I borrowed a bicycle and slowly reacquainted myself with the lay of the land.

All that aside, it was a great trip and I'm glad I made the decision to go. It gave me a chance to relax and get warm again before coming home to winter's harsh arrival here in Maine.

But more importantly, it was wonderful seeing Maynard again. It reminded me what a good friend he truly was ... and still is. Who knows if we'll ever have an opportunity to visit with each other again. I sure hope we do. But if not, I will certainly cherish the week we had together after being apart for way too long. Thanks for the lasting memories, old buddy!



PATRICK GABRION, EDITOR FOR THE PEOPLE PLUS NEWS, left, and his longtime friend Maynard in Sarasota, Florida last month..

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New and renewing members for November

- Memberships received as of November 17. * indicates new membership. BAILEY ISLAND: Karen McElwey, Ann Mitchell, Martin Mitchell... BATH: Henry Atkins, Adair DeLamater, Kathryn Giles... BOWDOINHAM: Robert Curtis... BRUNSWICK: Linda Arendt, Randall Arendt, Georgia Bancroft... Dena Verrill, Linda Voigt, Roben Voigt, Susan Weaver, Ken Zimmerman... HARP SWELL: Pauline Baiss, Anne Bouchard, Armand Bouchard, George Charest... LISBON: Peter Armstrong, Nina Hodgkins... ORR'S ISLAND: Jeanne Brooks... PHIPPSBURG: Conrad Brooks, Kathleen Brooks... PEAKS ISLAND: Ann Hinderer... William Hinderer, Ella Anderson, Greg Daily, Janet Daily, Adele Gasset, Patricia Gribben, Walter Harris, Linda Kroeger, Dave Marcello, Terry Marcello, Mary Mendler, Albert Paisley, Linda Paisley, Eileen Peabody, Beth Revels, Margaret Sanfasin, David Schulz, Sarah Sparks, Gloria Yanni... WEST BATH: Ann Page, Michael Page... WOOLWICH: Susan Chrystal, Sharon Pyne, Susan Zimmerman

Are you caring for an elderly loved one?

BATH-BRUNSWICK RESPITE CARE ADULT DAY SERVICES FOR THE MIDCOAST AREA. 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

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25th Annual People Plus Thanksgiving Luncheon a Success!

Our November lunch went off without a hitch! Over 100 people gobbled up lunch prepared by a volunteer crew of 16 lovely People Plus members! We roasted nine turkeys, made 40 lbs. of potatoes, a dozen bags of stuffing, eight butternut squash, 12 cans of cranberry, 100 rolls and a fluffy pumpkin pudding with 100 molasses ginger cookies! Best of all we served up hundreds of smiles, hours of laughter and years of friendship!



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