



People ^{Plus!} NEWS!

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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 January 2023 Volume 23, No. 1



THE GARDENS IN BOOTHBAY HARBOR GLOWED with 44 People Plus members last month for the annual holiday outing. Part of the Frank's Field Trip series, Frank Connors lead the group onto the bus, through the gardens, and back to the Center for a pizza party! It was a wonderful event, and folks were so happy to get to "Stroll Through Gardens of Magical Light" at the newly expanded Gardens Aglow feature at the Coastal Maine Botanical Gardens. Check out the photo collage on page 14.



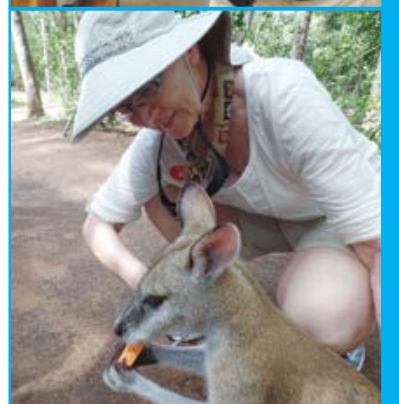
FRANK CONNORS GATHERED SO MUCH FOOD that his little red wagon overflowed into his little red truck! At last count he had a whopping 798 items, weighing 768 pounds, with an additional \$530 for the food bank! Thanks to everyone who helped feed our community!

FYI! Around the World in 80 Minutes: A Kendrick Travelogue Part 1 – Pacific Trek

How do two frugal New Englanders who are not very adventurous end up traveling around the world in 100 days, on a ship no less? Come to Gail and Cy Kendricks' travelogue presentation on January 25th at 1:30 pm and find out! Gail is a member of the People Plus Board of Trustees and Cy runs the weekly duplicate bridge game at the Center.

Part 1 of their three-part travelogue adventure takes us to Hawaii, American Samoa, Tonga, New Zealand, and Australia. These are nice places to be in January, although as Cy and Gail discovered, everything in Australia wants to kill you!

Following the presentation, enjoy snacks and conversation while you peruse the souvenirs they collected. Free, open to the public. Registration appreciated.



Gabrion says he is retiring as PP editor!

(We'll believe it when we see it)

Patrick Gabrion has announced that he will be leaving his position as editor of the People Plus newspaper at the end of June, 2023. Thus, the July 2023 issue will be his last one after nearly four years on the job.

In his exit letter to Executive Director Stacy Frizzle-Edgerton, Patrick said, in part, "The end of my full-time journalism career at The (Brunswick) Times Record

in 2018 and subsequent part-time hiring at People Plus a few months later have provided a smooth transition period, as I've attempted to adjust to the unknowns of retirement. And for that, I thank you."

"I'm not sure any of us thought we would survive the retirement of Frank Connors from the newspaper, but Patrick helped us through that transition and showed us the way forward. We have loved working with him for the last four years and we will miss him here at the Center, and as part of our People Plus family!" said Frizzle-Edgerton.

"Also, I'm grateful for having had the opportunity to work for and represent such an outstanding organization as People Plus. It's too bad every community doesn't possess such a thriving gathering place for all ages," Patrick concluded.

So, for Patrick, it will be more free time for being retired ... and for riding bicycles. "We hope we haven't seen the last of Patrick as his monthly columns are so fun to read. I'm still working on him to provide a column here and there... Fingers crossed, folks!" said Frizzle-Edgerton.



Need help with your taxes?

See page 3.

FIT & FUN FOR FREE! Join us at the Center for clubs, classes and more! See pages 8 & 9 for details.



People Plus News

Monthly publication 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

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Caring for a community takes a village!

Last week, I pulled into the driveway of a complete stranger's house, got out of my van and pulled out a big, black trash bag full of wrapped presents for the child that lived at the house. The bag was simply labeled "female/age nine."

As I approached the door, it was pulled open before I knocked by a woman who stood just inside with a hesitant look on her face. I introduced myself as the executive director of People Plus and a Brunswick Rotarian and explained that I have a delivery for her daughter in fourth grade. She cautiously said that yes she has a daughter, but she was not expecting a package. I said these holiday gifts were donated through the Rotary Club of Brunswick and were meant to be a surprise for the families. Her eyes widened and became watery as understanding dawned and she stepped out to help me with the heavy bag. "My goodness!" she exclaimed, still not believing what was happening. "Is this bag for all the kids?"

With a grin, I responded that no, that bag full of presents was JUST for her nine-year-old daughter, and gesturing toward my van, I said that actually I had three more bags for her three other children. She gasped as the impact of what I said registered. "You brought this many gifts for all of my kids?" she asked incredulously. And I nodded yes, because by then, I too, was swallowing back tears, as she started full-on crying. "Let me help you," she said, and called to her husband, who by that time had emerged from the house as well.

She turned and said excitedly, "Joe, they've brought presents for all the kids — shut the door so they don't see!" And they both followed me out to my van, where we sorted through about 10 other bags to find the three marked with the appropriate tags for their children ages four, 11 and 13.

"What's in the bags?" asked Joe, so I explained they were age-appropriate gifts from the Rotary Club of Brunswick. They had been purchased, sorted, labeled, and wrapped by Rotarian volunteers and were being delivered by members of the Brunswick Area Teen Center along with Rotarians who came together to work on this project for families in need this holiday season. I couldn't see her husband very well due to the fading light, but as he coughed a bit and swallowed hard, I knew he was also getting choked up. "Thanks," he said, and honestly, I wasn't surprised by the emotion. A total stranger had just shown up

completely out of the blue — with enough presents for their whole family.

Delivering those donated gifts was a total labor of love for me and the other volunteers as we knew the gifts would completely change the holiday celebration for not just this family, but a hundred others in the Brunswick and MSAD 75 school districts.

For over a decade, the Rotary Club of Brunswick has worked with the school departments to provide gifts for children in the McKinney-Vento program. McKinney-Vento is the umbrella program that officially provides support for the children and families who are considered homeless. And the word "homeless" can mean a lot of different things. They might be staying in a hotel while they're waiting for a new apartment, or they are living in cars, tents, hotels or worse. In a good situation, the kids might be living with grandparents or in a foster situation. There's any number of circumstances that would cause a child to be either permanently or temporarily homeless and the school departments work pretty hard to ensure those kids are cared for and get to school.

So the Rotary Club in Brunswick helps out by providing the holidays gifts — ensuring that every child registered in the program gets presents, necessities, and a gift card for essentials.

And it's through these efforts of gathering donations and gifts all year long, purchasing rolls of wrapping paper for hundreds of presents, days spent wrapping and then ultimately delivering gifts and receiving hundreds of smiles and tears that makes it all worthwhile for the volunteers with Brunswick Rotary.



BRUNSWICK ROTARIAN, PATTY BIGGS (left), stored about 100 bags in her garage to help the area children! Charlie Gordon and Matt Doebring (above), from the Brunswick Area Teen Center, helped with gift delivery.

From the Executive Director

Stacy Frizzle-Edgerton

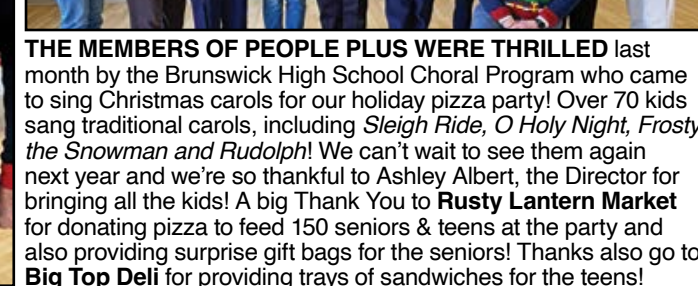


Ashley Richards, a Brunswick Rotarian, delivered at least 15 bags this season and spoke about his experience during lunch at the People Plus Center. He was a bit overcome when I asked him to describe how his day of delivering toys had gone and, in fact, Ash got a little willed up. He paused and then said to the lunch crowd that it was for sure the best Christmas experience he'd ever had and that he was feeling a bit like Santa Claus when he showed up with bags of gifts for the kids. He couldn't believe at every house the parents were surprised, overwhelmed, and overcome with emotion. "It was hard not to cry as well," he said. "And I'll definitely be back to help with this project again."

I think that's the way all the Rotarians feel, and all the members of the Teen Center advisory committee who pitched in to help as well. Because there's really nothing like the giving season that makes it all worthwhile. So thanks to the Brunswick Rotary Club for coordinating this amazing project and thanks to the Brunswick School Department and SAD 75 for partnering with us to ensure these kids have an amazing holiday.

I heard a Rotarian say last week when they were picking up the bags, that even just one gift this Christmas for a child who expected nothing can change their lives. And that's certainly what these Rotarians have done. So as I think about that little girl, age nine, as well as all the thousands of children that Rotary has helped, I'm so honored to be a part of this amazing community that comes together to help children, help older adults and help anyone else who needs it!

Brunswick Chorus carols for our PP Seniors!



THE MEMBERS OF PEOPLE PLUS WERE THRILLED last month by the Brunswick High School Choral Program who came to sing Christmas carols for our holiday pizza party! Over 70 kids sang traditional carols, including *Sleigh Ride*, *O Holy Night*, *Frosty the Snowman* and *Rudolph*! We can't wait to see them again next year and we're so thankful to Ashley Albert, the Director for bringing all the kids! A Big Thank You to **Rusty Lantern Market** for donating pizza to feed 150 seniors & teens at the party and also providing surprise gift bags for the seniors! Thanks also go to **Big Top Deli** for providing trays of sandwiches for the teens!

With a new year, it's a good time for checking in!

As we ring in 2023, it is a good time to ask ourselves to check in! Checking in to see if there is anything that we would like to do differently — with our food choices, are we reaching our goals, are we happy with what we are eating? This is something that I usually ask my clients to do. By doing this often, you can maintain our focus on our food choices. You can even do this with your exercise routine. Here are some things to consider: — Is this a good time to set this goal? For

example, if you are planning a cruise for January, it may be a good idea to set a goal of maintaining your weight rather than one for weight loss. Some people's weight loss goals work better in the summer, while others find that the wintertime is easier for them. — Did you recognize that you have been snacking more or eating fewer fruits and vegetables? — Do you realize that you are missing desserts and want to find

From Anita's Plate

Anita Nugent
(207) 504-6439

info@nutritionforeveryday.com



a healthier choice? There is a great rice cake with drizzled chocolate at Hannaford's that does not have any added sugar!

— Is it time to take one of the exercise classes at the People Plus Center because walking will be tough in the winter?

So instead of a New Year's resolution, try the check-in all year-round. Check to see if you want to set a goal or add to the one you are already working on. This can help you keep your focus on eating healthy and being active. My clients tell me all the time that they feel so much better and have more energy when they do this!

Vegetable Soup

Ingredients:

- 1 medium spaghetti squash (3 1/2 lbs.), halved lengthwise and seeded
- 2 Tbsp. olive oil, divided
- 2 C. cooked chicken
- 1 medium yellow onion, thinly sliced
- 4 small carrots, sliced into 1/4-inch-thick rounds
- 3 medium cloves garlic, minced
- 1/4 t. crushed red pepper
- 1 1/2 C. no-salt-added crushed tomatoes
- 4 C. low sodium chicken broth
- 2 C. thinly sliced kale
- 1/4 t. ground pepper

Directions:

- Preheat oven to 400°F. Rub cut sides of squash with 1 Tbsp. oil. Place squash, cut-sides down, on a baking sheet. Roast until tender when pierced with a fork, about 30 minutes. Using a fork, scrape the squash strands into a medium bowl.
- In a Dutch oven, add onion, carrots, garlic and crushed red pepper; cook, stirring often, until the onion is just translucent, about 2 minutes. Add tomatoes and broth and bring to a boil over medium-high. Reduce heat to medium-low and simmer, stirring occasionally, until the carrots and onion are almost tender, 5 to 6 minutes. Stir in kale and chicken, simmer for 3 minutes. Remove from heat. Season with pepper.
- To serve, place 1/2-cup squash strands in each of six bowls, reserving the remaining squash strands for another use. Ladle the soup on top of the squash in the bowls.

Note: This is a great way to get a lot of vegetables!

Can YOU help a Neighbor in NEED?

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

FMI call 729-0757 or email driver@peopleplusmaine.org

WE'RE HIRING SCHOOL AIDES FOR GRADES K-8

We are looking for School Aides to support supervision and provide positive behavior reinforcement to our students at KFS, HBS and BJHS.

Applications are available in the school offices or email Dawn Blanchard at dblanchard@brunswicksd.org to request one.

This is a temporary school year position that is federally funded
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Call or email for estimates and scheduling



THE MEN'S BREAKFAST HAS REALLY JELLED now that we've got a regular team in the kitchen every month! Led by Moe St. Pierre, with George, Sumner, David and Rick, the guys have such fun coming together to eat and laugh and be merry. And it looks like Frank Connors is sitting at that table enjoying breakfast! Maybe he had to do the dishes...

A New Year Reboot – Learn to Meditate with Ann Kimmage

Start off the New Year doing something just for you — learn the practice of meditation with instructor Ann Kimmage. Her five-week workshop, for all levels, will help you start your own meditation practice and introduce calming breathing techniques and practical ways of managing and reducing stress. Mindfulness techniques help prevent the buildup of chronic stress and can improve your health and well-being.

Ann Kimmage is a certified yoga, stress management, meditation and pilates instructor. She has been practicing meditation for 20 years and has taught meditation and stress management at Merrymeeting Adult Education and People Plus.



The first class of the workshop will be Thursday, Jan. 5, 1-2 pm, with the rest occurring on Mondays – Jan. 9, 23, 30 and Feb. 6, 1-2 pm. The cost for the five-week workshop is \$25 (sorry, this workshop is not part of the Fit/Fun for Free promotion). Registration required, open to the public. Please bring a cushion or pillow to class.

Lunch & Connections Chicken Tetrizzini!

Join us on January 19th for our monthly luncheon featuring old-fashioned turkey tetrizzini, just like Mom used to make, as well as buttered green beans, pickled beets, salad, rolls and chocolate Oreo trifle. You don't want to miss this one! Bring along your friends and appetite for good food and conversation.

We are so happy that lunches are selling out again! Registration for lunch will open on the first of each month – so please wait until then to call Sarah to register!

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.

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

The cost is just \$5 for members and \$10 for non-members, *not part of Fit for Free promotion. Registration opens January 3.

CENTER CLUBS

FREE- open to non-members in January! To connect with clubs, call 729-0757

Apple Club
Tue, Jan. 31, 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, 11:30 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.

Good Eats – Good Friends!

Women's Breakfast*
Thu, Jan. 5, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only. Call to register. \$4 suggested donation

Men's Breakfast*
Thu, Jan. 12, 8:30 am. Enjoy breakfast while socializing with the gents. Members only. Call to register. \$4 suggested donation.

*Not part of Fit for Free promotion

Calling all “gamers!”

Play Beginning Bridge, Duplicate Bridge, Cribbage and Mah-Jongg. Free, membership not required in January.

Tax help available at People Plus

The AARP Tax Aide Program is back again this year, with appointments on Tuesdays and Thursdays scheduled to begin around Feb. 5. Final procedures are still being determined, but it will most likely be the same format as last year where clients will wait outside in their cars in the People Plus parking lot while their taxes are being prepared.

Call People Plus at 729-0757 starting Jan. 17 to make an appointment, which is required. Clients will be instructed to pick up paperwork to fill out ahead of time. One of the tax preparers, People Plus board member Sonia St. Pierre, said, “I've spent 20 years as an accountant at a private corporation and, during my retirement years, I have kept quite busy volunteering with the AARP Tax Aide Program. I've got decades of experience as a bookkeeper as well as other support jobs.” Last year, the AARP volunteers prepared more than 300 tax returns at the Center!

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Mon	Tue	Wed	Thu	Fri	Sat
2 HAPPY NEW YEAR! Center Closed	3 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:30pm Spanish Club 6:15pm Belly Dancing 6:30pm Toastmasters	4 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	5 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga 1:00pm Learn Meditation	6 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	7 8:00 Private Rental
9 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 1:00pm Learn Meditation	10 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 6:15pm Belly Dancing	11 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	12 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga	13 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 6:00pm Folk Dance Brunswick	14 9:00 Zumba
16 Center Closed	17 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 6:15pm Belly Dancing 6:30pm Toastmasters	18 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	19 9:30 Apple Tutoring 9:30 Art Class 12:00pm Lunch and Connections	20 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	21 9:00 Zumba
23 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 1:00pm Learn Meditation	24 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 2:30pm French Club 6:15pm Belly Dancing	25 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 11:30 Wednesday Walkers 1:00pm Write on Writers 1:30pm FYI "Around the World in 80 Minutes" 6:30pm Bruns. Coin/Stamp	26 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga	27 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 6:00pm Folk Dance Brunswick	28 9:00 Zumba
30 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 1:00pm Learn Meditation	31 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:30pm Apple Club "Out of the Box" 6:15pm Belly Dancing	Programming Notes People Plus will be closed on Jan. 2nd and 16th • No Zumba on Sat, Jan. 7 • No Gentle Barre on Wed, Jan. 25 • No Table Tennis on Wed, Jan. 25			

People Plus Business Hours
Monday-Thursday 9 am to 4 pm
Friday 9 am to 1 pm
Call 729-0757 to register for activities

Exercise with Us!

Come for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Gentle Barre. \$5/class for members, \$10/class for non-members, *free for new attendees in January.



Wednesday Walkers Club

Destinations for January:
Please note the meeting time for each week. Call 729-0757 to let staff 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, *walk will begin when carpool arrives). Use snow shoes or cleats at your own discretion. If inclement weather - walk will move indoors to the Rec Center track.

- Jan. 4 - Planning meeting at PP @9:30 am
- Jan. 11 - Cooley Center Pond Preserve, Phippsburg. Carpool: meet at PP @11:00 or meet at the preserve by 11:30*.
- Jan. 18 - Swinging Bridge Walk. Arrive at PP @11-11:30 am to leave for walk by 11:30*.
- Jan. 25 - Pineland Farms. Carpool: meet at PP @11 or meet at Pineland by 11:30*.

New Apple device? Help is here!

Tue, Jan 31, 1:30 pm. Questions about your iPhone/ iPad/ iTouch? Apple Club is the place to get answers! Bring your device with you, no experience necessary. Free, membership not required in January.

Apple Device Tutoring

Thursdays, 9:30-12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Membership not required in January, by appointment, call 729-0757.

Medicare 101

Tue, Jan. 10, 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.

Low Cost Hair Cuts with Margarita Day!

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

Resolve to travel in 2023 with People Plus and Collette Travel!

*Trips are open to the public
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>
Discover Canyon Country
Featuring Arizona and Utah, April 24 - May 1, 2024. Highlights include Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell Cruise, Rafting on Horseshoe Bend, Bryce Canyon National Park, Zion National Park, Las Vegas. FMI visit <https://gateway.gocollette.com/link/1133942>

People Plus calendar sponsored by
Mid Coast-Parkview Health
MaineHealth

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.

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



MANY OF THE PEOPLE PLUS CLUBS held holiday luncheons in December, including the group from Mah-Jongg (above) and the Write On Writers gang (below). Both of these clubs have been meeting for years and they enjoy festive gatherings to celebrate the holidays, share delicious food & cheery conversation, and generally have a great time as, together, they head into 2023!



BRUNSWICK HIGH SCHOOL STUDENT MUSICIANS AND CHORAL DIRECTOR, **ASHLEY ALBERT** (center) delivered over 70 beautiful poinsettias to the Spectrum Generations Meals on Wheels (MOW) program to add some holiday cheer to their weekly meal deliveries. This annual fundraiser, run by the BHS Music Boosters, partners with Longfellow's Greenhouses of Manchester. Purchasing plants to donate to MOW is a wonderful option for those who want to support the music program and brighten someone's day.

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.

Midcoast Senior College takes the Boring out of Winter for area Seniors
Midcoast Senior College presents "Winter Intersession 2023," a selection of workshops, recorded lectures, and discussions, many of which are free. Topics include Maine's future economy & history, photography, writing, fly-tying, sign language, and more. For more detailed information, please visit our website at www.midcoastseniorcollege.org, or call Midcoast Senior College at 207-725-4900 or email mscoffice@midcoastseniorcollege.org. Mon-Thu, 9-3 pm, at 18 Middle St., Ste. 2 in Brunswick.

Gone but not forgotten –

Anne Towers Aug. 22, 1941 – Oct. 29, 2022	James Moore Feb. 13, 1935 – Nov. 13, 2022	Charles Morneau Nov. 2, 1939 – Nov. 28, 2022	Marilyn Cottle April 9, 1941 – Dec. 1, 2022	Peter Kay Aug. 12, 1921 – Dec. 3, 2022
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The area's choices for Assisted Living and Memory Care.

Hear from our Families:

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:

Sunnybrook
A Northbridge Senior Living Community
207.443.9100

Avita of Brunswick
— A Northbridge Memory Care Community —
207.729.6222

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

Festive Holiday Luncheon feeds 80!



HOLIDAY CHEER, HOLIDAY APPETITES, AND HOLIDAY SMILES were had by all at the People Plus monthly luncheon in December! Enjoying a full meal of baked spiral ham, scalloped cheesy potatoes, glazed carrots, peas, salad, and a roll, no one left hungry from this meal. Especially as dessert was a sinfully rich pineapple upside-down cake topped with whipped cream! If you missed it, try to join us on January 19th for the next lunch at the Center! It's always fun and always delicious!

We are half-way to our goal!

Annual funding drive keeps the Center hopping

Most of us know the importance of People Plus, but let's hear from two members as to why they like coming to the Center that Builds Community.

"I get to be with a lot of people. Everyone is friendly and kind. The programs I participate in at the Center include (the exercise class) Loosen Up, art class, and I go to the luncheons and presentations. I also enjoy the summer picnic at Thomas Point Beach." — Lauralee Poutree of Brunswick

"There is such a wide range of people you get to meet. It's great the way it is a part of the community. It's such a great place. The staff and others (volunteers) who run it are amazing. I go to Yoga and Tai Chi ... the classes are great and the teachers are great." — Pat Ringston of Brunswick, member since 2018

Above, are just a couple of examples 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 provide for this ever-growing population of older adults in the Midcoast region. And we can't do it without your help!

"This year's goal is \$70,000," according to Office Administrator Barbara Quinn, "the fund total as of Dec. 22 is \$34,496, so we're already half-way there!"

This funding is specifically slated for Senior Center programming: supporting home-bound elders, as well as the Volunteer Transportation Network (VTN), keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, free events and more.

In advance, we thank you for supporting People Plus!

People Plus

Raised through Dec. 22
\$34,496

Annual Fund Goal
\$70,000

Fiscal year ends June 30

100
90
80
70
60
50
40
30
20
10
50%

Weekly Winners

Senior Intermediate Cribbage

Nov. 16 Joe Tonely 712
Jen Haskins 711
Leo Robichaud 703

Nov. 30 Rollande Fortin 723
Jen Haskins 713
Armand Bouchard 705
David Bertocci 692
Armand Bouchard 711
Lois Fournier 709
Joe Tonely 705
Rick Fortin 698

Dec. 14 David Bertocci 711
Anne Bouchard 704
George Hardin 699

Dec. 21 Trenna Crabtree 713
Jim Cherry 711
George Harden 699

Senior Duplicate Bridge
(Top ranked teams and win percentages)

Nov. 21: 9 teams
1st Gail & Cy Kendrick, 65.6%
2nd Donna Dillman & Sherry Watson, 58.3%

Dec. 5: 7 teams
1st Marcia Good & Woody Townsend, 59.7%
2nd Denise Deshaies & Linda McIntosh, 52.8% (tie)
Gail & Cy Kendrick, 52.8%

Dec. 12: 5 teams
1st Gail & Cy Kendrick 56.3%
2nd Betsy Mace & Jeff Lauder 53.1%

Dec. 19: 9 teams
1st Marcia Good & Woody Townsend, 63.5%
2nd Donna Dillman & Sherry Watson, 58.3%

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MACs * Chromebooks * Smart Phones * PCs
iPads * A/V Equipment * Learning * Websites

John Fischer 207.522.1238 john@carpediem-me.net

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A GRACE MGMT COMMUNITY

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In choosing The Highlands, you can rest easy knowing that we will cater to your lifestyle and interests, exceeding your expectations. With a variety of living options, as well as wellness, cultural, and educational programs offered daily, this is the place for you to live your best life—exactly as you want.

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(207) 725-2650 • www.HighlandsRC.com

“Get FIT & have FUN for FREE in January!”

Keeping Fit and having Fun ... it's FREE in January!

There are very few things in life for free, but we have a “no cost” deal at People Plus that is certainly worth checking out.

The start of a new year is like a breath of fresh air and a renewed sense of well-being. And we aim to help keep that feeling going at People Plus with our Fit & Fun for Free promotion during the entire month of January.

This is an offer for new attendees to come

to the Center and see what the fun is all about with our extensive list of classes, clubs, and more, including Loosen Up, Chair Yoga, Tai Chi, Qigong, Yoga, Zumba, Gentle Barre, Art, Languages, Table Tennis, Discussion Groups, and so much more.

“The goal is quite simple. We want our members and others to keep involved — to stay positive and active,” said Executive Director

Stacy Frizzle-Edgerton. “This offer is for new attendees who want to try out a new class, as often as they want during the month of January, to see if they like it.”

Staying active is not only important physically, but also mentally. Our bodies were designed to move. The more we move, the more our brain and bodies connect to ensure our safety, balance, and even cognitive abilities. A fit and active

lifestyle will improve mood, energy, and stress, motivating you through the chilly winter months.

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

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

Art & Exercise Classes - \$5/members, \$10/others (*FREE for new attendees in January)

Art Class

Tue & Thu, 9:30-11:30 am. Instructor Ed Higgins will explore different mediums. All skill levels welcome. Topics will include tools and materials, importance of keeping a sketchbook, and planning and composing your drawing.



Gentle Barre

Wed, 12 noon. Instructor Bea Blakemore. Combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Uses the back of chairs instead of a bar.



Qigong

Fri, 10:15 am. Instructor Suzanne Neveux. Related to Tai Chi but with simpler movements. Will help improve your balance and enhance personal energy. Involves meditation and coordinating slow-flowing movement. Performed standing (can be modified for chair).



Yoga

Tue, 10 am & Thu, 11 am. Instructors Ann Kimmage (T) and Maya Rook (Th). Stretch, flex, breathe and relax for optimum well-being. Utilizes blocks and straps. Please bring your own mat.



Clubs - FREE, members only (*membership not required in January for new attendees)

Apple Club

Date and time varies. Bring Apple device and questions. Check calendar for dates.



Cribbage

Wed, 8:45 am. Play cribbage with different partners.



Table Tennis

Meet to play ping pong multiple times per week - check calendar for days and times.



Write on Writers

Wed, 1 pm. Meet to read and share your works of poetry and prose, and to improve writing skills.



CONVERSATION CLUBS

Cantina Espanol, Spanish Club

1st Tuesday, 2:30 pm. Spend a lively hour once a month speaking Spanish with good company.



Walking Club

Visit the Brunswick Parks & Rec. indoor track and log your walks in the logbook.



Chair Yoga

Tue, 9 am & Fri, 11:45 am. Instructor Bea Blakemore. A wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind. Offers poses and helpful techniques to be your most comfortable self. Activities occur seated in a chair.



Loosen Up!

Mon/Wed/Fri, 9 am. Instructors Bea Blakemore (M) and Suzanne Neveux (W, F). A typical session (standing and seated) includes resistance training, core strengthening, and exercises intended to improve balance and posture. Take it once, twice or three times each week.



Tai Chi

Wed, 10:15 am. Instructor Suzanne Neveux. Exercises your mind and body. Series of slow, gentle motions performed while standing (can be modified for chair). The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements.



Zumba

Mon, 10 am (Zumba Lite) and Sat, 9 am. Instructor Bea Blakemore. Aerobic and dance moves set to popular music. Low-impact for seniors.



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



Easy Riders Bike Club

Tue, 12:30 pm. Meet at the Center for a bike ride each week. *Does not meet during the winter months.



Bridge

Mon, 1pm. Duplicate Bridge. **Tues, 9:30 am.** Casual Bridge, all levels welcome.



Fiber Arts Club

Mon, 10 am. Bring your current project and enjoy friendly conversation while you work.



Wednesday Walkers

Wed, 11:30 am (9:30 in warmer months). Meet for a hike each week at a local or offsite location.



Kaffeestunde! German Club

2nd Tuesday, 2:30 pm. Spend a lively hour once a month speaking German with good company.



Community Meals *not included in the Fit for Free promotion

Lunch & Connections

3rd Thursday, 12 noon. Sign up early for this always sold-out meal with good company! \$5 members/\$10 non-members.



Lunch Out

2nd Tuesday, 11:30 am. An organized get-together at local restaurants. Pay on your own.



Men's Breakfast

2nd Thursday, 8:30 am. Start your day with a healthy meal and good company. \$4 suggested donation.



Women's Breakfast

1st Thursday, 8:30 am. Start your day with a healthy meal and good company. \$4 suggested donation.



Civil War Book Club

2nd Monday, 7 pm. Meet to discuss books about the Civil War.



Mah-Jongg

Mon/Wed/Fri, 9 am. Chinese multi-player tile game. All skill levels welcome. We'll teach you!



World Affairs Conversation Group

Every other Friday, 11 am. Meet to discuss topics of the week.



Cafe en Francais, French Club

4th Tuesday, 2:30 pm. Spend a lively hour once a month speaking French with good company.



There is always something going on at the People Plus Center — and in January it's free for new attendees! (*excludes meals and workshops)

Membership not required for the whole month!

Do you have donations for the 2023 Music in April auction?



Online Auction
April 1-28

Plans are currently underway for the People Plus Center's Music in April fundraiser, which will be an online silent auction and live auction finale. Last year's online auction was very successful with more than 200 bidders, almost 300 items, generous sponsors, and raised nearly \$50,000 for the Center!

The event will be from April 1 to April 28, and we are excited to once again share this event with the whole community. Plans are in the works for a traditional live auction and

gathering. Stay tuned for more information. Over the years, the gala has brought in more than \$300,000 for People Plus, providing a solid financial backbone for all the programs

Live Auction Finale!
April 28, 2023, 5-8 pm
St John's Community Center

and services it offers to the community. We are currently collecting auction items from businesses and community members for our 2023 event. Donations of items, services, antiques, art, handcrafted items, experiences and more for our auction are greatly appreciated.

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

Volunteers make the difference: help with VTN, lunch crew, front desk, & more!

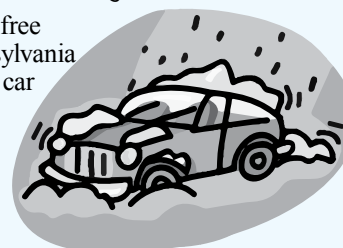


A New Year, Already?
By Doris Weinberg

Where did this year go?
It went by much too fast!
When you get to be as old as me,
you want the time to last.
If I think back to my early years,
I was always looking ahead.
At six, I couldn't wait to start school,
and those years through eighth grade just sped.
Then I couldn't wait until high school.
I would carry a pocketbook and wear lipstick.
And then those four years flew by.
I didn't think it would be so quick!
College for me was a very big change.
I was away from home on my own.
It didn't take long to realize,
just how much that I had grown.
First job, marriage, and raising a family,
filled the following years.
My children grew up and left the nest.
Looking back, I did shed some tears.
And now I have just turned ninety,
and the new year is only weeks away.
What do I look forward to?
That may be hard to say.
My life has really been good so far.
I haven't wanted for much.
I hope that I have given something,
to all the lives I've touched.
Maybe next year I will continue in good health,
and the world will find some peace.
And life will improve for everyone,
if those big problems would finally cease.

Stuck in a Snowstorm
By Nonie Moody

The weekend was free
Road trip to Pennsylvania
Snowbound in the car



The Old Man and the Kid
By Vince McDermott

The old man groaned as he got up
from his easy chair. What a year! He was
glad it was almost over. He had done
what he could — with mixed results.
Just then the doorbell rang. He opened it
and found a young kid there. The kid
pushed by the man and looked around.
"Just wanted to make sure things were
ready for me."
"Who the heck are you?"
"Come on 2022. I'm 2023."
"You're early. Come back when it's time."
"OK. I'll go. As the rabbit says — Hoppy New Year
— yuk yuk."
The old man just stared at the kid with his
mouth open. Good grief. What kind of year
will it be, he wondered.
The kid paused in the doorway.
"See you at midnight on the 31st"
He slammed the door on his way out.

10 Wishes By P.K. Allen

If I could have 10 wishes
for this year that's bright and new,
I'd wish for Peace, Love, and Happiness
to name but just a few.
I'd continue on with Compassion,
and bringing Poverty to its knees,
followed by a miracle
that would end Hunger and Disease.
Then, I'd end with Freedom and Justice
For all people right from birth,
along with care for the Environment
to help our Mother Earth.
If I could have 10 wishes
that would all come true,
the world would be a better place
to live in for me and you.

Wishes for the New Year
By Vince McDermott

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

The Resolution
By P.K. Allen

I should make a resolution
To start this brand-new year.
Should I promise to eat less food,
Or perhaps to drink less beer?
Sometimes I get so confused
I don't know which way to steer,
So I'll just make a resolution
To think it over till next year.

New Year Wishes By Bonnie Wheeler

An America that's still free
No more flu to isolate us in
Return to respecting for all who keep us safe
Leaders who choose our nation's needs first
A time our kids are safe and educated
And God will bless America again

2022 History — 2023 Mystery
By Betty Bavor

Father Time 2022, rest in peace! You managed
to survive a year of inescapable truths, difficult chal-
lenging times and events. People around the world have
experienced unimaginable sadness, property losses,
political unrest, financial issues and loss of a precious
sense of faith and more! 2022's history will be written
for future generations. What will they remember and
write in their memoirs?

Baby 2023, we are a nation bruised, hurt, frightened
and need your help! Come to us with new energy, inno-
vational ways, technology, science, medical cures and
educators with vision. Students need resilience, intelli-
gence, mission, purpose, patriotism, kindness, and ideas
as they prepare for the future with a goal to make the
world a better place.

There are limitless opportunities on land, sea, and air
for research in every field or discipline one can name.
The future is a mystery with the gift of each day.
Wishing you 365 chances to be productive, positive,
live life in the fullest and may the new year shine with
happiness, adventure, love, peace and God's Blessing.

Missed My Chance By Doris Weinberg

I look over my life filling 90 years.
I was able to do so many things.
But there are still some "wants" on my bucket list,
that I will never be able to swing.

I did get to Israel and the UK,
but my own country is another story.
Out of 50 states, I've been to 20 percent,
and missed out of many categories.

My traveling days are over now,
but there are places I still dream about.
Washington and Oregon — such beautiful scenery —
of that I have no doubt.

The canyons and the national parks,
I never got to see.
I had brochures and looked up tours,
but, alas, it was never to be.

I almost got aboard a Mississippi River cruise,
just a few years ago.
It was all planned out, but that fell through,
too many problems, you know.

But I am not complaining. My life has been good.
Many great memories I have to share.
I look at my albums with pictures galore,
and remembering them, takes me back there.

Now is the time to relax on my couch.
Out the window, the scenery changes.
I'm perfectly content to look through the glass,
and see what Mother Nature arranges.

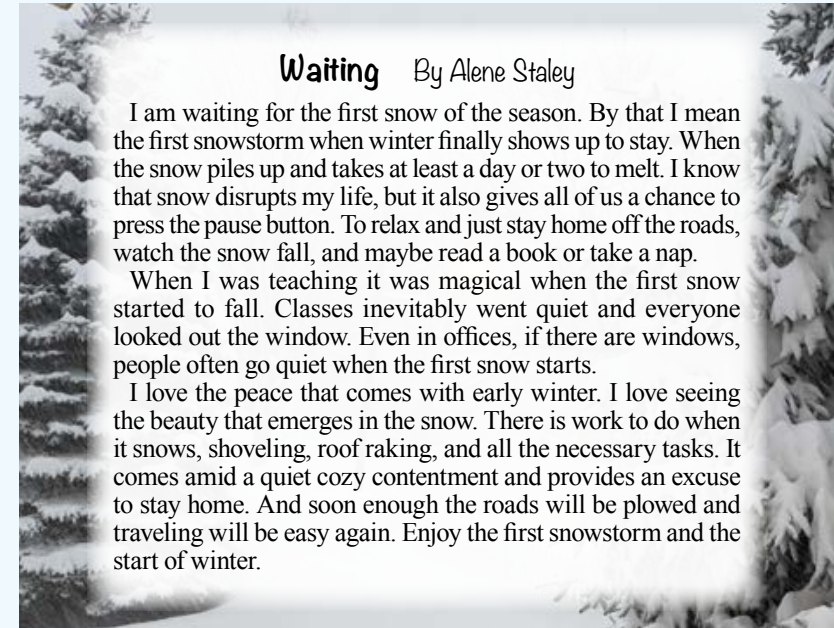
So, no regrets to the places I have missed.
What I did see always helped me grow.
And if I am really sad about that,
I can always watch a travel video!

Waiting By Alene Staley

I am waiting for the first snow of the season. By that I mean
the first snowstorm when winter finally shows up to stay. When
the snow piles up and takes at least a day or two to melt. I know
that snow disrupts my life, but it also gives all of us a chance
to press the pause button. To relax and just stay home off the roads,
watch the snow fall, and maybe read a book or take a nap.

When I was teaching it was magical when the first snow
started to fall. Classes inevitably went quiet and everyone
looked out the window. Even in offices, if there are windows,
people often go quiet when the first snow starts.

I love the peace that comes with early winter. I love seeing
the beauty that emerges in the snow. There is work to do when
it snows, shoveling, roof raking, and all the necessary tasks. It
comes amid a quiet cozy contentment and provides an excuse
to stay home. And soon enough the roads will be plowed and
traveling will be easy again. Enjoy the first snowstorm and the
start of winter.



Timeless Wishes
By P.K. Allen

I wish for the promise
of peace instead of war,
and for those who have less,
I wish for much more.
I wish for the promise
to end hunger and disease,
and for those who are afflicted,
I wish their suffering to ease.

I wish for a country
not divided, but one,
where differences can be settled
without the use of a gun.

I wish for a world
where all people are free
to live, to worship, to prosper
in peace and harmony.

Write On Christmas Party
By Bonnie Wheeler

The Christmas party was fine
Around the table we talked and dined
Santa brought us all gifts
Our Christmas cards read and displayed
Pictures taken; a memory made
My favorite part was Carol's caramel corn homemade
Come join us next year
Paper and pen in hand

I've Been Thinking
By Nonie Moody

There will be new adventures
In the year of twenty twenty-three
Where to travel, be it far or near
Or maybe a B&B in the country.
How are we traveling this year?
The car will be on vacation,
Other options are bus, train or plane
To selected places in the sun.
At home working in the garden
What seeds to sow for future delights
Or shall the garden be small this year
Planting it all in annual favorites.
What project to plan with extra time
A dream of a new sewing design
Or will there be a quiet time
For many unread books of mine.



THE MEMBERS OF THE WRITE ON WRITERS group love to get together every Wednesday after-
noon at the Center! This month Stacy got them all lined up for their annual holiday party photo! They are
a fun group who love new members! Come join the fun!



DOZENS OF MEMBERS OF THE BRUNSWICK AREA TEEN CENTER program enjoyed a festive holiday party with a Yankee swap, stockings for each teen, and decorating gingerbread cookies! The kids love their holiday parties at the Teen Center, and often get to take home the leftover food!



Brunswick Area Teen Center

Leaving 2022 and looking forward to 2023!

Brunswick Teen Center News



Jordan Cardone

Happy New Year! We are ready for a new year to begin! We spent December planning and shopping for our annual Teen Holiday party with our Yankee Swap, stockings with candy, and gifts for the kids!

Not much snow to speak of as of yet, but we are decked out with Christmas lights inside!
As I write this, we are getting close to heading into school break week ... staff and our members, young and old, will have the last week of December off to finish out 2022 and welcome 2023.

When asking some of our teens what they wish for or look forward to in 2023, some of the responses were:

- The end of this virus.
- I wish my life would be better.
- Zero depression.
- Summertime when there is no school.
- Taking driver's ed.
- Getting my driver's license!
- Staff is hoping for:
- End of COVID and not ever having to wear a mask anymore!
- Spring!

Whatever you are hoping or wishing for this coming year, we hope your wishes come true! Many of you reading this helped make our last year a good one and we thank you so much for your support!
Happy 2023!
Jordan and the gang

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. Attendees may bring in books to trade, lend, and donate. The group meets on the third Tuesday of each month at 2 pm at People Plus.

FICTION

Uncertain Voyage by Dorothy Gilman. A divorced woman searching for what is real is asked by a traveler to deliver a package for him as his life is in danger. She comes under surveillance. This is a story of self knowledge and the consequences of taking the package.

A Christmas Deliverance by Anne Perry. Ms. Perry is the author of several fictional series set in Victorian England. Each Christmas she writes a novella featuring a minor character from one of her books. The stories are warm, enjoyable, and inspirational.

Portobello by Ruth Rendell. This work is set in Portobello Road in London. A man discovers an envelope full of cash. He advertises the finding and becomes involved in the consequences and the lives of other Londoners.

NONFICTION

109 East Palace by Jenet Conat. This is the true story of the building of the atomic bomb, Robert Oppenheimer, and the creation of Los Alamos, the "secret atomic city."

MYSTERIES

A World of Curiosities by Louise Penny. This is the latest in the wildly popular Inspector Gamache series set in Three Pines, Quebec. A copy of a famous painting is discovered, leading to a complex crime. The beloved characters and setting continue to attract readers.

City of the Dead by Jonathan Kellerman. This is the latest very good offering in a series set in southern California, featuring friends who are a police officer and a psychologist. Crimes are solved in the warm, sunny setting.

Bibliomysteries edited by Otto Penzler. This work contains 15 pieces by different writers. The stories are about crime in the world of books and bookstores. Authors include Deaver, Estleman, Anne Perry, Spillane, John Connolly, etc.

Here are five recently published books which may interest readers:

The Revolutionary: Samuel Adams by Stacy Schiff.
Marmec by Sarah Miller. A retelling of Little Women from the perspective of Margaret "Marmec" March.

The Extraordinary Life of an Ordinary Man — Paul Newman's memoir.

Great Short Books by Kenneth C. Davis. A list of 58 works of fiction averaging about 200 pages each. Many famous authors included.

The Girls in Navy Blue by Alix Rickloff. The story of the very first women allowed to join the U.S. Navy in World War I.

We hope you enjoy the books mentioned above. Please direct any comments to news@peopleplusmaine.org.

HAPPY NEW YEAR!

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

Stetson's
Funeral Home
12 Federal St. Brunswick, Maine 04011
207.725.4341

SAGE SQUARE & ROUND DANCE CLUB will hold open house events on Tuesday, Feb. 7 and Tuesday, Feb. 14, 2023, from 6:30 - 8:30 pm, at St. Charles Parish House, 132 McKeen St., Brunswick. Come and try modern square dancing at these free workshops. Have great fun, get excellent exercise, dance to all sorts of good music, and make new friends. Casual dress. No partner needed. FMI: Maureen Dea, 207-443-5421, on the web at sage.squaredanceme.us, or Facebook at Sagedanceclub.

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

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

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



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

Monthly Update

January 2023


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



Happy New Year!
2023

Weather Closings/Delays
In the event of inclement weather, please call **1-800-639-1553** before heading to Spectrum Generations.

You can also watch or listen to:
TV channels 2, 5, 6, 8, or 13
FM radio stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9
AM radio station 1160



All Spectrum Generations' locations will be closed on January 2 to commemorate the new year, and January 16 in recognition of Martin Luther King Jr. Day.

2022 Year in Review

At Spectrum Generations, we work strategically throughout the year to help serve a community where adults with disabilities and older adults are valued, engaged, and living with dignity. Each January, we like to share some of our achievements (in FY22 services were delivered between 10/1/21 – 9/30/22).

In all, a total of **10,418 people** utilized an array of services this past year.

- ★ **313,577 Meals on Wheels** meals were prepared and delivered to **2,170 people**.
- ★ **1,849 people attended congregating dining** at our community centers and **26,231 meals** were prepared and served.
- ★ **288 people utilized caregiver support services** such as respite, education, and other supports.
- ★ **5,337 people utilized our access services** which includes case management, information and assistance, outreach, and public education.
- ★ Healthy Living for ME (HL4ME) offered **163 workshops** which included **87 in-person and 53 remote**. Throughout the year, a total of **1,233 people** participated in classes offered.

VOLUNTEER OPPORTUNITIES


Volunteer in the New Year!

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

Have you been thinking about giving back, or paying it forward by volunteering in the new year? Our Meals on Wheels program needs you!

Currently, we need for volunteer drivers in Damariscotta, Belfast, and Waterville. People can apply online (spectrumgenerations.org/join-our-team/volunteer) or by going to one of our community centers. They can also contact our Volunteer Coordinator, Stacey Forkey, by email at volunteer@spectrumgenerations.org or at (207) 620-1684. Thank you!

Free Workshops



Designed for family caregivers of people with an Acquired Brain Injury, Post-Traumatic Stress Disorder, dementia, and/or any other condition that affects memory -- we offer:

Building Better Caregivers
Wednesdays, Jan. 11 - Feb. 15, from 10 a.m. to 12:30 p.m.
Merrymeeting Adult Education
35 Republic Ave, Topsham

Designed for people who have chronic pain, this class offers strategies for dealing with their symptoms:

Living Well with Chronic Pain
Tuesdays, Jan. 10 - Feb. 14, from 1 to 3:30 p.m.
Kennebec Plaza,
20 Willow Street, Augusta

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

Spectrum Generations' 25th Anniversary



ICE FISHING Derby
Gene & Lucille Letourneau

Sunday, February 19, 2023 (weigh-in between 2 - 5 p.m.)

Muskie Community Center
located at
38 Gold Street in Waterville.


Fish at the lake of your choice then bring your catch to the Muskie Community Center to be weighed.

This unique derby also includes a silent auction, tasty food, firepit, s'mores, children's activities, children's book signing, cornhole, and more.

Door prize is a YETI Tundra 65 Cooler package valued at \$550, including a special 25th Anniversary Ice Fishing Derby YETI mug. Door prize tickets will be sold until 5 p.m.

Watch here for more updates about this fun event. Call 873-4745 or stop by the Muskie Community Center to purchase tickets.

For more information visit, www.spectrumgenerations.org/events/ice-fishing-derby

 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



Member Moment

BEYOND the 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.

Getting to know Bernie & Alison

Q. Your name, please?
A. My name is Bernie Breitbart.

Q. In what town do you currently reside?
A. I live in Brunswick.

Q. May we ask your age?
A. I am 77 years old.

Q. Please give us a little background on your growing up years?
A. I grew up in Queens, a borough of New York City, and attended local schools. I joined the Air Force in the Vietnam era and had the opportunity to work with a secret spy plane, the SR-71, as an aviation physiologist, training pilots for high-altitude flying and emergency escape from the plane. After leaving the military, I became a freelance cameraman.

Q. Why is People Plus so important to you?
A. It provides a wide range of programs and a gathering space for seniors and for teens.

Q. Do you have a favorite activity or program at People Plus?
A. Before the pandemic, I produced and directed the monthly "People Plus Cooks" and "News & Views" shows down at Harpswell TV. I used to play table tennis regularly, but my back can't take it anymore, so now I attend the World Affairs Conversation Group when I can, and Margarita gives me great haircuts.

Q. If there is one thing from your life you would like people to know about you, what would it be (ANYTHING)?
A. I am NOT related to the late arch-conservative, Andrew Breitbart.

Q. Your name, please?
A. Alison Harris

Q. The community where you live?
A. I live in Brunswick, half a block up the hill from People Plus.

Q. Professional occupation?
A. I'm retired. My first and last jobs were in nonprofit theater management, at McCarter Theatre in Princeton, New Jersey, and the Westport Country Playhouse in Connecticut. In between, I was at the Long Wharf Theatre in New Haven, Connecticut; back at McCarter Theatre; then in the New Jersey State Treasurer's office; next at an organization affiliated with the University of Pennsylvania in Philadelphia; and finally at an architectural firm in New Jersey, before returning to theater management.

Q. How many years on the People Plus board and positions served?
A. When we moved to Brunswick in 2009, I was recruited for the board by my nextdoor neighbor, Ed Knox, who was going off the board after having been heavily engaged in the move to the Union Street building. I served on the People Plus board for three years as a member of the Development Committee. The indomitable Jeanne d'Arc Mayo recruited me for Music In April — then largely volunteer-run. It resulted in a house full of auction items for months each year and I continued volunteering for the event after I left the board.

Q. Please tell us a little about yourself (i.e., growing up years, things you like to do in your spare time, how you met your husband, etc.)?
A. I was born and raised in New York City, but was able to spend every summer until I was in college at my grandparents' house in Vermont on a dirt road, three-quarters of a mile from the nearest neighbor, so I had the best of both worlds — urban and rural. I graduated from Antioch College which had a rigorous work-study program — half the year on campus, half the year out on jobs. It was a great opportunity to discover what I wanted to do, what I never wanted to do again, and to learn that I could be resourceful — hold a job, find a place to live, feed myself cheaply, make friends in strange situations.

I met my husband, Bernie Breitbart, in 1973, in New Haven when we were both working on a film. He was the assistant cameraman and I was the assistant to the director, who was also the artistic director of Long Wharf Theatre where I worked at the time.

Since retiring and moving to Maine, I've enjoyed getting involved with various civic groups. Currently, I serve on an advisory committee for the Maine Community Foundation and on the board of NNEPRA, which operates the Amtrak Downeaster, as well as the Brunswick Planning Board. I'm still involved with the Androscoggin Brunswick-Topsham Riverwalk,

the Topsham Public Library, and the Topsham Garden Club, all of which I joined when we moved first to Maine from Connecticut. In the past, in addition to the People Plus board, I've served on Brunswick Town Council and on the Brunswick Public Arts Board. I've volunteered at the Brunswick Visitor Center in the train station since it opened in 2010, before the Downeaster even made it to Brunswick. At People Plus, I'm involved with the World Affairs Conversation Group that meets on Fridays and serve as a sort of informal secretary and schedule keeper.

Q. Your view of People Plus and why you believe it was so important to serve on the board?
A. People Plus is an incredibly dynamic organization with a wealth of programs to serve the area's aging population, and its under-served youth in the Teen Center. I watched People Plus' move to Union Street when it offered only modest programming and was quite frail financially due, in part, to significant transitions in staff leadership. Since then, it has grown into a robust institution that is bursting the seams of the old schoolhouse building. The community outreach, wisdom, and ability to tap funding sources of the People Plus board are a critical element of the organization's success.

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Gardens Aglow field trip was a hit!



... and pizza, too!

Thanks to Rusty Lantern Market for the delicious pizza!



Membership Benefits

The following businesses offer discounts for People Plus members.

- Attorney N. Seth Levy, 319-4431 www.sethlevy.com
- Augat Chiropractic, 725-7177
- Autometrics, 729-0842
- Berrie's Hearing & Optical Center, 725-5111 www.berriesopticians.com
- Big Top Deli, 721-8900 www.bigtopdeli.com
- Bill Dodge Auto Group, 729-6653 www.billdodgeautogroup.com
- Carpe Diem Tech Support, 522-1238 www.carpediem-me.net
- Darling's Ford, 725-1228 www.darlingsbrunswickford.com
- Eveningstar Cinema, 729-5486 www.eveningstarcinema.com
- Fairground Café, 729-5366
- Flip, 406-2122 www.flipbrunchbar.com
- Hearts & Hands Reiki, 751-5339
- J&J Cleaners, 729-0176 www.jjcleaners.net
- Lee's Tire & Service, 729-4131 or 729-1676
- Maine Optometry, 729-8474 www.maineoptometry.com
- Maine State Music Theatre, 725-8769 www.msmt.org
- Pauline's Bloomers, 725-5952 www.paulinesbloomers.com

People *Plus* BUSINESSES OF THE MONTH!

Each month we highlight businesses that give People Plus members a special deal or discount. This month's businesses are:

Reflections (Salon)

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

Membership has its privileges!

Fairground Café

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

People *Plus* PEOPLE PLUS MEMBERSHIP APPLICATION Date _____

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

Name (1) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____

Yearly Dues (Scholarships Available)

Brunswick (New/Renew): \$30

Other towns (New/Renew): \$35

Lifetime Member (65 or over): \$300

OFFICE USE: Account Data Card Sent

Cash/Check (Payable to People Plus)

Membership Dues: \$ _____

Additional Donation*: \$ _____ (*donations above membership dues are tax deductible)

Total: \$ _____

Volunteer Opportunities at People Plus

I'd like more information about:

Lunch Crew: cook/setup/cleanup

Reception: check-in/phone

Volunteer driving: rides to appts/shopping

Meals on Wheels

Teen Center

Reflections (Salon), 729-8028 www.reflectionsbylucie.com

Sew Special, Ann L. Spencer, 607-1415

Thomas Point Beach, 725-6009, thomaspoinbeach.com

Tire Warehouse, 725-7020 www.tirewarehouse.net

Topsham Laundry Center, 373-1995

Union Street Bakery, 373-1345, www.unionstreetbakeryme.com

Wilbur's of Maine, 729-4462

Wild Oats Bakery & Cafe, 725-6287 wildoatsbakery.com

*Benefits subject to change

Riding a bicycle isn't my only passion

I almost always look forward to the arrival of winter, but not for the reasons you are probably thinking of. It has nothing to do with the inevitable and inconvenient snow that falls from the sky. Mostly, I just put up with that — and I'm not at the point yet where I feel the need to go south for warmer climes.

No, the months of November, December, January, February, March — and a little bit of April — give me a chance to rest up and think about the upcoming season of gardening. In particular, anything having to do with flowers and shrubbery. And, believe me, our tiny one-third of an acre holding in Hallowell has plenty to dwell

upon. When I'm not riding a bicycle, I love digging in the dirt. And there was a time when I got pretty serious about this cultivating activity — and learned a great deal. Back in 2009, I worked in the perennial, shrub, and tree section at one of the state's largest greenhouse businesses.

Simply put

Patrick Gabrion



And you can now understand why I need the winter to regain my strength. It's a lot of work, keeping the weeds at bay, removing dead debris, dividing and repositioning plants, mowing, etc.

Vicky and I have a pretty good system. I do all the heavy lifting when it comes to preparing a new bed and she has the right touch for putting the plants in place and giving them a good start. I turn the soil every so often and she does the deep-dive clean-up — snipping here and there ... to help the many varieties keep their flowers and color.

In essence, she is the real expert — after all, she is from England — and I do the grunt work.

In addition, over the years there has been a great deal of hardscaping done — by us and other people — to enhance the scenery. There is a patio area with a pergola structure, massive stone steps leading to the lower front lawn, a paving-stone path weaving through the yard, a beautiful granite bench, and some bird baths — which get visited regularly by our feathered friends.

Our gardens are certainly a labor of love; a restorative and quiet setting that draws many comments from passing pedestrians. It gives me and Vicky the opportunity to do something together; planning, preparing, getting our hands dirty, and enjoying an occasional cup of tea amid our part of paradise.

To be honest, because of our busy lives — even now in retirement — we don't spend as much time as we should in the area we have created, taking in the sights, sounds, and smells. But that's going to change, as I'm making it one of our New Year resolutions.



WORKING IN THE GARDEN is a labor of love for Patrick and Vicky Gabrion. They are looking forward to more of it now that Patrick is going to be fully retired in July. We can't wait to see pictures throughout the year!

New and renewing members for December

Memberships received as of December 17.

* indicates new membership
 • indicates donation made with membership

BATH

- Robert Cloutier *
- Maureen Goss *
- Colby Kavanagh *
- Kay Kavanagh *

BOWDOINHAM

- Irving Brackett
- Jane Page-Conway

BRUNSWICK

- Sue Anderson *
- Scott Andrews *
- Susan Andrews
- Karen Bergren
- Claircy Bernier
- Lorraine Berte •
- Robert Broderick •
- Sally Broderick •
- Marcia Clayton
- Jane Connors •
- Anne Cunningham
- Christine De Troy •
- Ann Durkin
- Donald Durkin
- Melissa Duval
- Amy Fagan
- James Fagan
- Charles Flynn •
- Marilyn Flynn •
- Irene Forster *
- Pamela Galvin •
- Teresa Golan •
- Deborah Hamilton *
- Caitriona Heavey
- Ed Higgins *
- Marguerite Hyatt •
- Connie Kniffin *
- Lorraine Koelle *
- Ava Kondor
- Steven Kondor
- Joan Laws
- J. Rene Lewallen * •
- Ann Lindner
- Ann Groves Manson * •
- Sienna Moyle *
- Roger Nadeau *
- Alden Perry •
- Tina Phillips •
- Robert Pickel
- Jane Primmer
- Stanley Primmer
- Carol Proctor
- Wilma Reynolds
- Ashley Richards Jr. *
- Pat Ringston
- Alexandra Rudenko
- Jim Rutter *
- Sam Saltonstall *
- Caroline Savage
- Lorraine Sheffield
- Carl Smith
- Lee Warren
- Lynn Wells
- Nancy Wentworth *
- Susan White
- Ellen Yarborough *
- Frank Lemanski * •

SANDRA STONE * •

- Sandra Stone * •

FREEPORT

- Sherrill Morgan *
- Terry Richard *

HARPSWELL

- Hannah Dring
- Barbara Feld *
- Dawna Smith *

LISBON FALLS

- Judith Arledge

TOPSHAM

- Jennie Bichrest *
- Patty Brewer
- Anne Cole
- Jerry Davis
- Deborah Doucett *
- Lonie Ellis
- Mary Hobson *
- Sally Chater Kelley
- Mary Beth Miller
- Lisa Nickerson
- Paula Palaza
- Charles Simmons *
- Merrilyn Tombrinck
- Melvin Tremper
- (Lifetime member)
- Darlyn Treutel

WALDOBORO

- Andy Lackoff *

WISCASSET

- Jenny Ferguson

YARMOUTH

- Mary Weinstein *

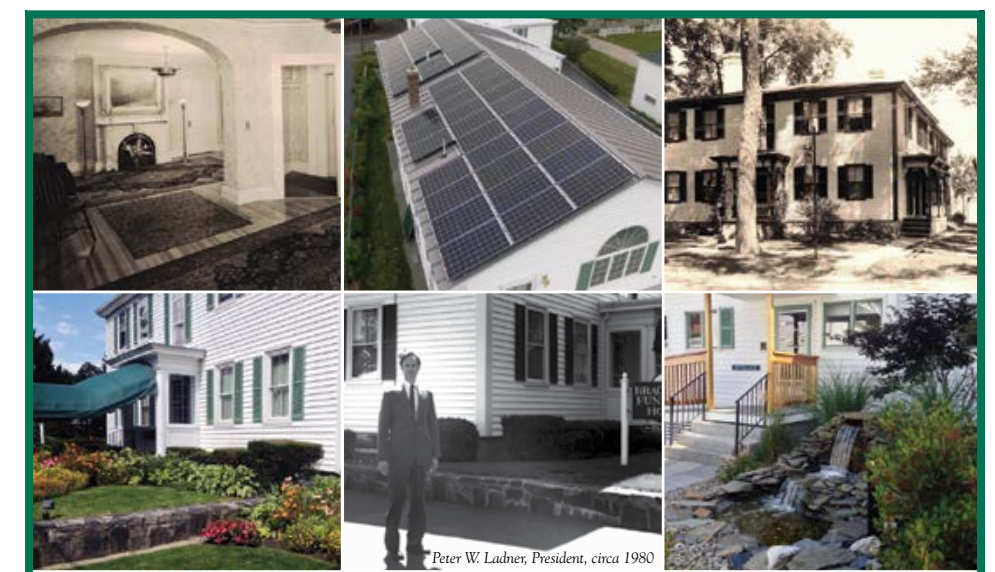
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‘Diner Don’ to display creative artwork at Cafe Gallery

Don Sawyer, broadly known as “Diner Don,” is a New England watercolorist who is well-known for his stylized renditions of regional diners, roadside attractions, and pastoral scenes. He will be our featured artist at the Center’s Cafe Gallery for the months of January and February.

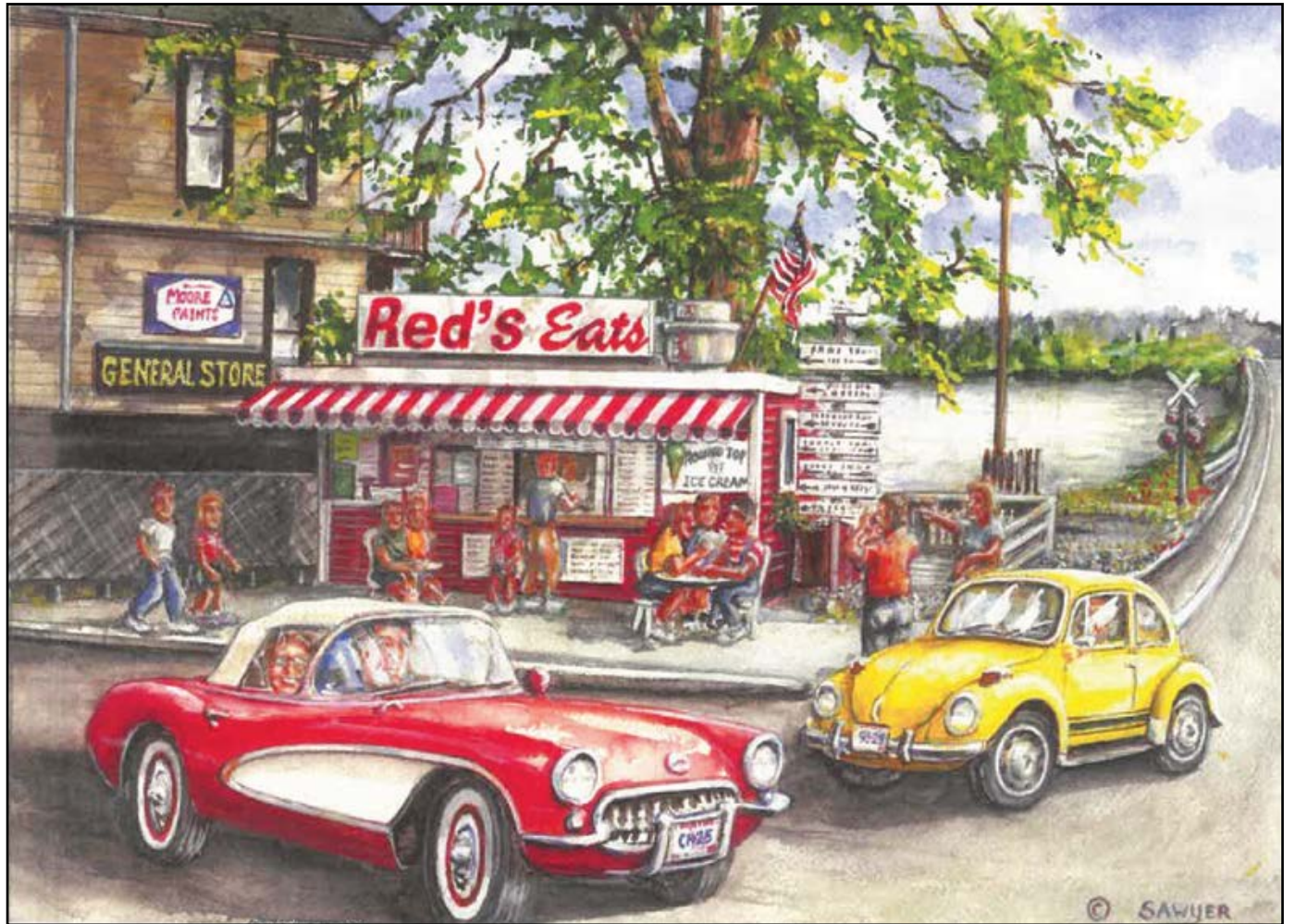
In 1989, Sawyer was asked to create a watercolor image of Gardiner’s A-1 Diner, a Worcester Streamliner which sat precariously on a rusty bridge, but dished out succulent cuisine. With the original painting selling quickly and the print version gaining popularity, he added other classic Maine eateries like Moody’s, Fat Boy Drive-in, Miss Brunswick, and Miss Portland. He developed a personal watercolor approach he calls “stylized road-art.” Although he continued to paint seascapes, mountain scenes, town commons, still life, and private home-business-car commissions, he had accidentally created a popular aesthetic genre for himself and had become “Diner Don.”

For years, he complemented his 22-year high school teaching career with the wonderful images he has created.

Sawyer has been featured on Boston’s WBZ television, CBS’ “The Morning Show,” The Phantom Gourmet, and Portland’s WMME, to name just a few. Critical reviews and images have appeared in Yankee Magazine, the Worcester Telegram, the Worcester Quarterly, the Rutland Herald, Southern Vermont Adventures, and in two nationally distributed books.

“Though mostly retired, I still do a few commission pieces and maintain a thriving wholesale print outlet. The People Plus art show will feature some of my framed originals and lithographs, as well as an extensive selection of affordable, collectible matted prints. Twenty percent of all sales (at the show) will be donated to People Plus. I look forward to meeting fellow members and sharing life experiences,” said Sawyer.

His artwork also can be found in numerous New England galleries and gift shops, purchased at many of the subject diners, or ordered directly from him. His



“Red’s Eats” (Wiscasset, Maine)

By Don Sawyer

website can be found at www.donsawyerart.com.

The January and February exhibit is open to the public during regular business hours at People Plus.

Do you get the “Peek at the Week”?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy, a Teen Center update from Jordan and of course,

Frank's weekly Two-Cents article. If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!

Lunch Out!

January 10th at 11:30 am.



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