



# Plus! People NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

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Non-Profit Organization  
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Portland, ME 04101  
Permit No. 454

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 February 2023 Volume 23, No. 2

## DIGGING OUT ... AND DIGGING IN!



IT'S BEEN SNOWY YET DELICIOUS HERE AT THE CENTER! Folks have had to shovel their way out of their driveways to get to the Center for the last few weeks but it's certainly been worth it with Moe St. Pierre serving up pancakes for Men's Breakfast! We have three meals scheduled for February that you don't want to miss! And as Frank would say, we're giving out buckets of free snow at the Center!



## Get your seats now for Music in April!

Bring your donated auction items to the Center

Mark your calendar folks! We are getting closer every day to the 21st annual Music in April silent auction and live auction Gala - two premier happenings in the Brunswick community.

This year's fundraiser will include the popular month-long online "silent auction," which runs April 1 through the 28th, and the "live auction" Gala event slated for April 28th, from 5-8 pm at the St. John's Community Center.

Get your tickets early before they sell out! Tickets are \$50 each or two for \$90 and include a seat at the Gala where you can enjoy fantastic local music, delicious food and a super fun live auction. You don't want to miss this fabulous fundraising event!

"We are excited to be back at a new venue with John Bottero back as our live auctioneer!" said Executive Director Stacy Frizzle-Edgerton. "We are so grateful to everyone who supported the online auction for the last two

years - it's back again this year so get ready to bid!"

We are currently collecting auction items from businesses and community members for this year. Do YOU have a contact for a business near or far? Have season tickets you won't be using? Have an antique or wonderful used item you no longer need? You can donate handcrafted items, a gift card, a professional service, or anything we can sell!

The money raised from Music in April enables People Plus to serve the greater Brunswick community by offering a variety of activities and programs, as well as transportation, safety and food delivery outreach, and rewarding volunteer opportunities.

"Every year, Music in April gets better and better!" said Frizzle-Edgerton. "And I know that will be the case again."

So, get your donations to the Center and get ready to have some fun this coming April ... it will be here before we know it!



## Lets go to the movies!

Come watch "80 For Brady" on the BIG screen with your friends!

**FRANK'S I'm With Frank FIELD TRIPS**  
Thu, Feb. 9, 2:40 pm show. Come see "80 for Brady" with Frank and your People Plus friends! Either meet at Regal Cinema in

story of four of the New England Patriots' (and former quarterback Tom Brady's) biggest fans! It features an ensemble cast led by Lily Tomlin, Jane Fonda, Rita Moreno and Sally Field! See you at the movies!

Brunswick by 2:15 on February 9th or meet at the Center by 1:45 to carpool - (advance registration REQUIRED!). Cost of the ticket is \$10 and we will provide popcorn and water. Please pay early at the Center and we will buy the tickets before you get there to hand them out! Registration is required by Feb. 8 at 2 pm. This movie is inspired by a true



## AARP Smart Driver Class

Fri, Feb. 24, 10 am - 2:30 pm (includes half-hour lunch break)

Register now for the AARP Smart Driver class at People Plus on Friday, Feb. 24 with instructor Joyce Polyniak. This class is designed to help older drivers hone their driving skills and learn recent law changes. The 4-hour class starts at 10 am and includes a half-hour lunch break at noon. Bring your own bag lunch. Coffee will be provided. Register now by calling People Plus - space is limited! Cost is \$20 for AARP members and \$25 for non-members. Drivers may be

eligible for discounts on insurance upon completion of the class.

You'll learn:

- Important facts about effects of medication on driving
- How to reduce driver distractions
- How to maintain proper following distance behind another car
- Proper use of safety belts, air bags, anti-lock brakes and new technology in cars today
- Techniques for handling left turns, right-of-way, and roundabouts
- Age-related physical changes and how to adjust your driving to compensate
- New regulations

## Balance and Falls Clinic with Reform PT

Mon, Feb. 13, 1 pm. Dr. Christina Levesque, PT, DPT of Reform PT is back for her famous quarterly Balance and Falls clinics at the Center. She will teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs - very important information, especially during the winter months! Free, open to the public. Registration is appreciated.







# Wings were made for flying

## From the Executive Director



Stacy Frizzle-Edgerton

### People Plus News

Monthly publication serving residents of the Brunswick-Topsham-Harpswell area. Email comments or news submissions to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org). Email advertising or sponsorship queries to [office@peopleplusmaine.org](mailto:office@peopleplusmaine.org). Submissions must be received by the 15th to be included in the next month's edition.

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- Eben Rowe, Meals on Wheels Coordinator, [erowe@spectrumgenerations.org](mailto:erowe@spectrumgenerations.org), 207-607-4406

Happy New Year everyone. I hope you all had a great holiday season. Our holidays were lovely and luckily involved lots of time with family and friends; lots of meals with lots of people AND it also involved lots of time spent getting Juliet ready to go away to college.

Yep — you heard me right — my youngest daughter Juliet decided she was ready to launch into college and made it all happen — early! You may recall that we went to see Radford University in Virginia in October. We were just “looking at colleges” as far as I knew, but she fell in love with it and put her heart and soul into getting there.

So after doubling up on English classes, she completed her high school requirements in January and received her transcripts a semester early. She worked with the admissions office to get things in place, met with her teachers about leaving early, and applied for scholarships.

And low and behold — she got in! So ... with a BIG gulp, and a heavy sigh, I realized that her plans and hopes that sounded far-fetched were actually going to happen. And then I panicked a little bit.

Don't get me wrong, I'm very very supportive of her; her motivation and assertiveness. I just didn't realize it was actually going to take her away from home eight months earlier than I had planned! But apparently she had plans of her own and the wherewithal and gumption to bring them to fruition.

So, I dug deep, put on a smiling, “supportive Mom” face and worked with Juliet over the Christmas break to figure out what she needed to take to college, set up car insurance for when she's away, ordered hundreds of things off Amazon, and figured out a plan to get all of it into her tiny Toyota Yaris.

It seemed we had packages being delivered to the house at the rate of 10 per day for a while. But she got it all organized and we loaded the car on January 12th for a 14-hour drive to Virginia. It was an awesome trip with really good mother/daughter time. She even had her first Krispy Kreme donut — hot from the oven!

We found her college campus, got her keys, and moved her into the dorm the next day. As she opens the door to her future, she will do it with a new roommate! And although she is the youngest of about ten kids, she is getting to experience sharing a room for the first time in a while.

We then attended orientation and picked out her classes on Friday. She will major in Criminal Justice and they signed her up for two of those classes already. So she has a class in correctional institutions and one in forensics, along with psychology and practical math. She is loving her classes already!

And then, despite my many attempts to stop the hands of time, I had to leave. So I flew home the next day and it was a bit of a turn about in that my daughter dropped me off at the airport. I think she had a tear in her eye for that farewell — but she will never admit it. I, however, will be the first to say that I was a blubbing mess on the plane coming home. I'm sure the man sitting next to me wondered why I was crying for the full duration of the flight. And the poor flight attendant had to bring me Kleenex twice ...

Yes, it was hard to deliver my baby to college eight months earlier than I had planned for her to go. It's been lovely living with her here with just Jonathan. Our little family of three had settled into a really nice routine. But she was ready to fly the nest and there was really no reason to stop it. She is spreading her wings like I taught her to



do — and I'm genuinely excited and oh-so proud of her for it!

Although, when I got home from the airport that Saturday, I went straight to her room and started crying again. She had left it a little messy so it looked like she would be home any minute, rather than in four months. Jonathan came in to give me a hug and I started laughing because it was so cliché to be crying in her empty bedroom.

Luckily, she will be home in June — and will march with her high school class at graduation. So we still have the milestones of marching practice, a cap and gown and the graduation ceremony to look forward to as well.

Until then, I am officially an empty nester and keep reminding myself that while my baby bird was warm and cozy in our nest, I know that's not what her wings were made for...



**From Anita's Plate**  
Anita Nugent  
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[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)

This month marks my 10th year of partnership & collaboration with People Plus! Time does certainly fly by! I thought about this for a little bit and did some math. One recipe a week for the “Peek of the Week” means 520 recipes and 120 columns for the People Plus newspaper so far, plus dozens of classes, cooking shows and connections. I love hearing from members who have made the recipes or found something that helped them in one of my articles. My

# Wow! 10 years at People Plus!



daughters enjoy reading them and I send them a copy each month!

I am suggesting to my clients to try something a bit healthier for Valentine's Day. Do strawberries dipped in chocolate hummus sound good? You can find the hummus right in the grocery store with all of the other flavors.

Finally, this month's recipe was inspired by a cooking show. They were making succotash to go with BBQ pork. I like the idea of combining corn, tomatoes, herbs, sliced cabbage — but not lima beans. They are the only beans I just do not care for. I substituted pinto beans and it came

out delicious. I love recipes that have layers of flavor and nutrition. My husband says that it is not succotash if it does not contain lima beans. So my recipe may not be a real succotash, but I hope you will try it!



**Anita's Succotash**  
**Ingredients:**

- 1 C. thawed frozen corn
- 1 tomato, diced
- 1 C. pinto beans, drained and rinsed
- 1 C. sliced red cabbage
- Black pepper to taste
- 1 Tb. fresh dill
- 3 Tb. milk

**Directions:**

1. Combine all the ingredients in a skillet and cook on medium heat until warm.

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## Daphne Frizzle says Thank You!



I was overcome last month with gratitude and the beauty of the People Plus community. During your visits to the Center this past November and December, you may have stopped to see some of my paintings in the Cafe Gallery. Maybe you even came to the presentation I did for the Art Club — or to my official opening that same evening! Regardless of how you interacted with my work, I want to say one very important thing: thank you.

That show was the first show of my career. I had no idea what to expect from

the experience — so you can imagine the joy I felt from all of the incredibly kind feedback and support I received from family, friends and the People Plus community! Your kind words and encouragement will stay with me for the rest of my journey.

I'd also like to give a special thank you to those of you who have welcomed my art into your homes. I'm forever grateful. Thank you, all!

— Daphne Frizzle (MsFrizzleArt)

## HAPPY BIRTHDAY!



**HAPPY BIRTHDAY TO THESE TWO LOVELY LADIES!** We love to give a shout out to our nonagenarian birthdays, and in January, Betty turned 91 and Pat turned 96! We love that they let us celebrate with them! And we LOVE them!!



**WE WILL CERTAINLY MISS ONE OF OUR FAVORITE MEMBERS, GAYLA GALBRAITH,** at the People Plus Center. Gayla passed away unexpectedly in January, leaving an empty place in our hearts and an empty chair at all of the events at the Center. She was a well-loved friend and veteran, and we thank her for her service, one last time. We will miss you Gayla!

### Gone but not forgotten –

**Margaret Wentworth**

Nov. 2, 1934 – Nov. 2, 2022

**James E. Baker**

Sept. 2, 1939 – Dec. 7, 2022

**David E. Dearborn**

March 23, 1930 – Dec. 2, 2022

**Donald Dunn**

Sept. 13, 1946 – Dec. 20, 2022

**Gayla Galbraith**

April 18, 1939 – Jan. 6, 2023



## Free Tax Help!

AARP Tax Aides will be at People Plus on Tuesdays and Thursdays beginning February 2. Clients will be asked to pick up pertinent documents from People Plus to fill out before their appointment. Tax clients must remain on the People Plus premises — in a car or the designated waiting area located inside — during entire appointment. Clients will discuss and sign documents with preparer once they are completed. Appointments required, call the Center at 729-0757 to schedule.



**Books a la Carte**

If you want to meet people who like to read, Books a la Carte might be for you. The format is informal and welcoming. There is no assigned reading list. The group meets on the third Tuesday of each month at 2 pm at People Plus.

### FICTION

**Fellowship Point** by Alice Eliot Dark. This family saga centers around two elderly matriarchs who have summered in Downeast Maine for generations. What will become of the land their family compound occupies? This is an entertaining and thoughtful read. (This is a second recommendation for this book.)

**The Diamond Eye** by Kate Quinn. This is a fictionalized account of a true story. A young Ukrainian woman becomes a sniper in the Red Army in WWII, registering 309 kills. Sent on a tour of the U.S. by the Russians to encourage FDR to join the war, she meets with and begins a long friendship with Eleanor Roosevelt.

**A Friend of the Family** by Marcia Willett. This book, set in England in the 1980s, follows the story of friends and their lives, loves, divorces, death, and coming out. An enjoyable read.

### MYSTERIES

**Secret to the Grave** by Tami Hoag. This mystery is set in 1992 in a small town in California. The only witness to a crime is a small child. There are underlying crimes and conflicts in the story. A good read by an outstanding author.

**The Cat Who Turned On and Off** by Lillian Jackson Braun. This is a light, entertaining mystery solved with the help of cats. The story, one in a series, is set in a seedy part of town where antique dealers are located. Perfect for readers who like mysteries and cats.

### NONFICTION

**Neither Here nor There** by Bill Bryson. Bryson travels through Europe in 1992, comparing that trip to one taken 20 years previously. Very funny and informative.

**The Battle of Waterloo** by Jeremy Black. A vivid, detailed account of the famous battle. Also a description of the many wars which led up to the climatic event, the rise and fall of Napoleon, and the history of the period.

Here are some recently published books which you might enjoy reading:

**The White Lady** by Jacqueline Winspear. The author of the Maisie Dobbs mysteries introduces a new character.

**The Nazi Conspiracy** by Brad Meltzer and Josh Mensch. The true story of a Nazi plot to kill Roosevelt, Stalin, and Churchill.

**Myth America** edited by Kruse and Zelizer. Historians reveal in essays the true and often complex history of America.

Here are three books all Mainers should read, no matter if they were born in Maine or have lived here only a few years:

**Charlotte's Web** and **One Man's Meat** by E.B. White. **The Country of the Pointed Firs** and other stories by Sarah Orne Jewett.

We hope you enjoy some of the books which have been recommended. Please let us know what you think. You may also recommend books to us. Contact us at news@peopleplusmaine.org.



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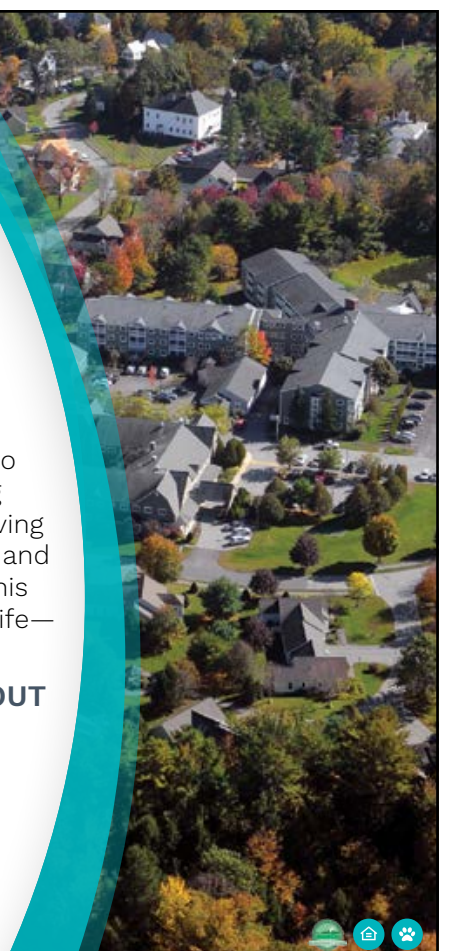
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**BREAKFAST AT THE CENTER CAN'T BE BEAT!** Enjoy breakfast while socializing with friends. Women's Breakfast is on **Thu, Feb. 2 at 8:30 am** and Men's is on **Thu, Feb. 9 at 8:30 am**. These meals are for members only. Call to register, \$4 suggested donation.

### Try the NEW Fiber Spinning Club!

**Fri, Feb. 10, 10 am.** (see online calendar for dates) Make new friends while you transform fiber into yarn with your drop spindle or spinning wheel. Bring your own supplies. Never seen spinning? Come watch and learn! Spinning has been a popular activity in Maine for decades, and many Mainers raise their own fiber-producing animals such as sheep, alpacas, angora bunnies, and goats to create their own yarn. Free and open to the public in February.



### Clubs at the Center!

Apple Club, Write On Writers, Wednesday Walkers, German, French & Spanish language clubs, World Affairs, Fiber Arts, Table Tennis, Books a la Carte, Bridge, Cribbage and Mah-Jongg. Free, members only, see calendar.

### 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.



Wednesday Walkers is taking a break in February and March. There will be one walk in February (see below.) Please utilize the indoor walking track at the Recreation Center

**Feb. 15 - Swinging Bridge Walk.** Arrive at PP @11-11:30 am to leave for walk by 11:30.

### Exercise at the Center

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

### NEW Qigong is now on Tuesdays!

**Tuesdays, 1-2 pm, starting Feb. 7.** Instructor Suzanne Neveux is adding a Tuesday class, in addition to Fridays at 10:15 am. Qigong is related to Tai Chi but has simpler movements involving meditation and coordinating slow-flowing movement. Performed standing (can be modified for chair). \$5/class for members, \$10/class for non-members.



### Low Cost Hair Cuts!

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

### Lunch & Connections Follow the "herd" to a Shepherd's Pie lunch!

Join us on Feb. 16 for New England Shepherd's Pie with honey carrots, peas, salad, rolls and strawberry cake for a Valentine's Day dessert! 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. Registration for lunch will open on the first of the month – so please wait until then to call Sarah to register! The cost is just \$5 for members and \$10 for non-members.



### Medicare 101 with Spectrum Generations

**Tue, Feb. 14, 12:30 pm.** Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated). Registration required.



**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](http://www.peopleplusmaine.org), for closure information.

**Weekly Winners**

Senior Intermediate Cribbage	Senior Duplicate Bridge
Dec. 21 Trenna Crabtree 713 Jim Cherry 711 George Harden 699	(Top ranked teams and win percentages) Jan. 2: 7 teams 1st Marcia Good & Woody Townsend, 62.5% 2nd Gail and Cy Kendrick, 59.7%
Jan. 11 Jen Haskins 724 Rick Fortin 715 Sherrill Morgan 702 Jim Cherry 696	Jan. 9: 10 teams 1. Gail & Cy Kendrick 63.2% 2. Norm Curthoys & Richard Totten 56.3%
Jan. 18 David Bertocci 726 Anne Bouchard 723 Rollande Fortin 686 John Bouchard 686	Jan. 16: 6 teams 1st Gail & Cy Kendrick, 70.0% 2nd Cathy Cooper & Rick Simonds, 55.0%
Jan. 25 Anne Bouchard 708 Joe Tonely 703 Donna Dillman 697 George Hardin 693	

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**John Fischer** 207.522.1238 [john@carpediem-me.net](mailto:john@carpediem-me.net)



Mon	Tue	Wed	Thu	Fri	Sat
 <b>People Plus</b> THE CENTER THAT BUILDS COMMUNITY SINCE 1976 People Plus online calendar		1 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	2 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga 12:30-4pm Tax help	3 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	4 9:00 Zumba 10:15 Table Tennis
	6 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 6:00pm Line Dancing-Adult Ed	7 8:30-4:00pm Tax help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 2:30pm Spanish Club 6:00pm Belly Dancing 6:30pm Toastmasters	8 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	9 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga 12:30-4pm Tax help 2:40pm Frank's Field Trip "80 for Brady" at Regal	10 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brunswick
13 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 Balance & Falls Clinic with Reform PT 6:00pm Line Dancing-Adult Ed 7:00pm Civil War Book Club	14 8:30-4:00pm Tax help 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 1:00pm Qigong 2:30pm German Club	15 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	16 9:30 Apple Tutoring 9:30 Art Class 12:00pm Lunch and Connections 12:30-4pm Tax help	17 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 2:30pm Private Rental 6:00pm Folk Dance Brunswick	18 9:00 Zumba 10:15 Table Tennis
20 <b>Center Closed</b> 	21 8:30-4:00pm Tax help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 2:00pm Books a la Carte 6:00pm Belly Dancing 6:30pm Toastmasters	22 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis 6:30pm Bruns. Coin/Stamp	23 9:00 Table Tennis 9:30 Apple Tutoring 9:30 Art Class 11:00 Yoga 12:30-4pm Tax help 1:00pm Apple Club	24 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 AARP Smart Driver Class 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	25 9:00 Zumba
27 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Line Dancing-Adult Ed	28 8:30-4:00pm Tax help 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:00 Table Tennis 1:00pm Qigong 2:30pm French Club 6:00pm Belly Dancing	<b>February Programming Notes</b> <ul style="list-style-type: none"> <li>• New Tuesday Qigong class starts Feb 7 at 1 pm</li> <li>• New Fiber Spinning Club - Feb. 10 at 10 am</li> <li>• Wednesday Walkers - Feb. 15. at 11:30 am</li> <li>• Apple Club - Feb. 23 at 1:30 pm</li> <li>• No "Haircuts with Margarita" on Feb. 24</li> </ul>		<b>People Plus Business Hours</b> Monday-Thursday 9 am to 4 pm      Friday 9 am to 1 pm Call 729-0757 to register for activities <i>Anyone can try any class or club once for free!</i>	

Calendar sponsored by  Mid Coast-Parkview Health  
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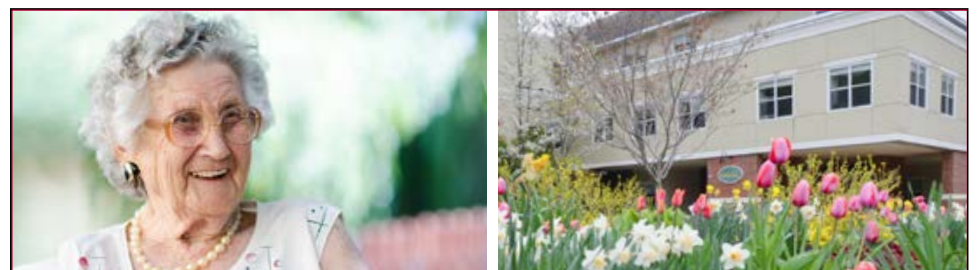
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All caregivers are certified Home Health Aides and/or Certified Residential Medication Aides (CRMA) or Certified Nursing Assistants (CNA).



## Welcome Home



### Mid Coast Senior Health Assisted Living at Thornton Hall

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](http://www.midcoastseniorhealth.com)

 Mid Coast Senior Health  
MaineHealth



# We love everyone at People Plus!



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 WE'LL TACKLE YOUR TO DO LIST!  
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 So you don't have to! [www.chicksdochores.com](http://www.chicksdochores.com)  
 MaryEllen Rosenberg, owner  
 729-5760, [cdc4u@comcast.net](mailto:cdc4u@comcast.net)

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**People Plus!**  
THE CENTER THAT BUILDS COMMUNITY SINCE 1976  
 Raised through Jan. 25  
**\$50,833**  
 Annual Fund Goal  
**\$70,000**  
 Fiscal year ends June 30



## ‘Fit & Fun’ is never done!

**THE ANNUAL CAMPAIGN IS MORE THAN HALFWAY THERE**, but we still have funds that need to be raised to support the staff and programming at the Center. Help us keep our prices low by donating. Every donation helps – especially the really large ones! Thank you so much!

One way to donate is with one of these QR codes. Never used a QR code before? It's really easy! Point the camera of your smart phone at the QR code below and then tap the yellow link that appears on your camera screen. It will take you directly to the page to donate to either People Plus or the Teen Center. Thank you, again, for donating.



Our annual January Fit and Fun for Free promotion gave people the opportunity to try out any of our class/club offerings at People Plus at absolutely no cost. This great deal was open to new attendees and the public to come and bend, stretch, play a game, practice a foreign language, take an art class, and so much more.

This annual promotion is always highly anticipated and well received and resulted in many new visits to the Center and over 30 new members!

“The goal is to get folks engaged,” said People Plus Executive Director Stacy Frizzle-Edgerton. “This offer was for new attendees and gave them the chance to see if

they liked it.”

Even if you missed this special promotion, please check the calendar in this newspaper for classes and other activities and consider becoming a member of People Plus if you aren't already one. And sign up for some fun. You can always try any class once for free any time of year - Fit and Fun is never done!

### Be our guest!

Did you know the People Plus Center is available to rent?

Are you looking for a place to hold a baby or wedding shower, have a committee meeting, teach a class, hold a memorial service, have a birthday party and more? You can rent our back room, our cafe and kitchen area, the hall or the whole Center! We have evenings and weekends available. FMI please contact Jill Ellis at [programming@peopleplus-maine.org](mailto:programming@peopleplus-maine.org) or 729-0757.



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



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 Simple cremation \$2,100.00 Complete

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# Poems & Prose

## Be Mine! By Doris Weinberg

A little more lace and it was done.  
 I had made a valentine for my mum!  
 I must have been maybe eight or nine.  
 Some red paper and glue and it turned out fine!

Many years later, the holiday came again.  
 I got all my supplies at the five and ten.  
 I had a secret crush and so special it had to be.  
 The words would say it, but he wouldn't know it was me.

I looked over so many cards  
 at the nearby stationary store.  
 But some were just too mushy.  
 Even though I liked them more.

I had to be so careful,  
 in how I expressed my love.  
 I didn't want to scare him off.  
 Even though, he was what I dreamed of!

And then I saw it! The perfect card!  
 It said my feelings so very well.  
 Would he read it and also find  
 the words made his heart swell?

I read it through several times,  
 and decided it was the one.  
 I would take it home and add my name.  
 The search was finally done!

The card got mailed and I patiently waited.  
 I hoped for one in return.  
 But the days went by and nothing arrived.  
 I had to hide my disappointed concern.

I never did get a response,  
 but a surprise did come my way.  
 A boy who lived next door to me,  
 sent me candy that Valentine's Day.

I really had never looked his way.  
 He was just "the boy next door!"  
 But I was so surprised with his gift.  
 He was just what I was looking for!

I had never thought to look so closely.  
 He was right under my nose.  
 While I was looking the other way,  
 he was waiting for me, I suppose!

## Childhood Valentine Memories

Mary Ellen Butterick School in Sterling, Massachusetts, is where I began school. There was one classroom for each grade, with 18 to 25 students. The two-story building was fronted with windows decorated appropriately for holidays throughout the school term. For Valentine's Day, the windows were decorated with red hearts students in all grades had cut out.

We all made Valentines for our parents. My mom had construction paper, doilies, maybe a magazine for pictures, paste, crayons and scissors for us to make our school cards. We had learned to make perfect hearts by folding paper in half and drawing a crook-shaped line from top to bottom on the fold side in all sizes. My brother and I were encouraged to be

creative designing cards fitting girls or boys.

Our teacher brought a box for the class to decorate, seal and cut a mail-slot on top for classmates to "mail" our cards. Prior to our home-making card project, we had a brief discussion about who would get our Valentines. Somehow our mother made us realize if we gave to one classmate, we should give to all classmates. If we planned to write a verse, she had to check it out. As we advanced in grade, we wished to be more selective, though mom's advice prevailed and I remember my verse being just one word, "Valentine or hello." All classmates always received a card from us.



## An Ode to Chocolate By Deb Noone

Versatile chocolate in every shape and flavor imaginable  
 What's not to like?  
 I pick through the heart-shaped, red box  
 Do I eat my favorites first?  
 Or save them for the very last, anticipating each sweet nibble?  
 Do I polish off the entire box in one sitting?  
 Or limit myself to one every other day to make the box last?  
 I toss my hands in the air ... and dive in  
 Then I add to my grocery list — buy more boxes of Valentine's Day chocolates  
 I'll have enough to get me through the dreary month of February

## A Valentine Puzzle By P.K. Allen

Though we both have different shapes  
 that are of different size,  
 and faces with different tints  
 along with different eyes.

Though we both have different hair  
 that's cut to different lengths,  
 and spirits with different weaknesses  
 along with different strengths.

There's a corner in my heart  
 where I keep for you a space,  
 for like two different parts of a puzzle,  
 we both fit right into place.

Happy Valentine's Day



## A Winter Haiku By P.K. Allen

Short days, long cold nights  
 Snow-covered ground, wind  
 that bites  
 That's February

## Winter Lament and Valentine's Day By Vince McDermott

I don't mind snow. I don't mind wind.  
 I don't mind rain. I don't mind sleet.  
**BUT NOT ALL AT ONCE!**  
 How many more storms with mixed  
 precip will we have to bear this winter? Is  
 that all we have to look forward  
 to? Actually, no. There is  
 Valentine's Day. We can  
 all enjoy the warmth, the  
 color, and anticipation.  
 Who will send a card?

Do you recall grade school where cards  
 were exchanged? Sometimes no signa-  
 ture was included. On rare occasions,  
 the sender was never identified. Are you  
 still wondering today about a card or two?  
 Might your life have changed if you  
 had discovered the sender? Some  
 romances begin in grade  
 school and last a lifetime.  
 What a mystery!

## By Betty Bavor

On February 14th after  
 lunch, the entire school partied  
 singing, playing games, a story  
 read by the teacher, opening the  
 Valentine mailbox and having treats  
 the room mothers had prepared. One time  
 a teacher gave each of us a Hershey Kiss.  
 The principal visited the classrooms with a  
 Valentine greeting. I wonder if he was giving  
 the teacher a Valentine or checking classroom  
 behavior!

I kept my cards for weeks. It was a memo-  
 rable, happy, experience — oh, to be young  
 again in days of yore. Have you received a  
 handmade Valentine? How about you making  
 one with grandchildren for someone special!  
**HAPPY VALENTINE'S DAY ONE AND ALL**

## Cold, Wet and Snowy By Nonie Moody

The temperature cold  
 The roads are wet and slippery  
 Hard to see when dark  
 The snow clouds are coming in  
 Morning brings a soft new look



## Tobogganing By Laura Lee Perkins

Today we've gone tobogganing  
 Flying over the snow —  
 Bumping down the steep long hills  
 To the slowing valley below.

First a sense of exhilaration  
 Then almost a tremor of fright —  
 And a wondrous feeling of helplessness —  
 Too fast! O'er the blanket of white.

The spills are a bit scary,  
 The pulls uphill are long —  
 Again and again we make the run  
 And experience, with nature, a song.

The song tells the beauty  
 Of having the freedom to roam —

## Midwinter Thaw By P.K. Allen

The midwinter thaw  
 is a break that won't last  
 From the bitter cold weather  
 and an icy northeast blast

Thoughts turn to spring  
 and warm skies of blue

Yet, remembering sadly  
 winter's not through

## Blizzard By Laura Lee Perkins

The furious winds swirled their way  
 Into our aging domain —  
 Singing through cracks and crevices  
 As an impending, stinging refrain.

The threat in the storm's approach  
 Was fearful to behold —  
 The winds could sweep you off your feet  
 And make you shudder from the cold.

And then the snow began to fall  
 As it drifted, piles grew by the doors.  
 Nature had taken over our world  
 Closing schools, banks, and stores.

The blizzard howled all through the night  
 And most of the following day.  
 Then humans began the task of reversing  
 Nature's wild and perilous ways.



Peter W. Ladner, President, circa 1980

## BRACKETT FUNERAL HOME

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



## Happy Valentine's Day – February 14th!

### 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](http://www.respite-care.org)

Senior Companion and  
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 Cumberland, Falmouth  
 729-0991



## NOW HIRING

Brunswick to Portland \$16-\$18/hr  
 Free Yoga, Free Massage!





# Laid-back time, with kids playing games and eating

The hustle and bustle of the holidays has passed, and January was a laid-back kind of month, and we anticipate February may be as well! The kids spent more time than usual playing quieter games, like board games and chess.

Staff spent time taking down decorations in January and, just like “spring cleaning,” I think many of us go through a post-holiday cleaning, loading up stuff for Goodwill

drops and cleaning out the old to make room for the new.

February has quite a few unique holidays now, but I think we’ll stick with celebrating World Nutella Day since the kids like anything food-related, Groundhog Day since we all wait to see if he sees his shadow or not, Black History month and, of course, Valentine’s Day, which always creates mixed feelings and interesting conversation among the teens.

These are the tough years of wanting a girlfriend or boyfriend but not having one, or there was a recent break-up, relating to relationships that had lasted two days to two months mostly, but we have

learned this is no less painful to a pre-teen or teen than the ending of a longer one! Then there are those who are excited about it and want to make a card or find a gift for someone special.

We and all the staff in the organization really are in slow but steady mode working on our two major fundraisers in April: the Scoop-a-Thon and Music In April, which will only be two days apart this year! Slow mode will soon become busy mode, then frantic mode.

We are also working on getting the word out about our ability to pick up students after school and get them to the Teen Center. Voc (Region 10), Brunswick Junior High and Brunswick High School students (near the junior high parking lot) can get on the van we use to get a ride Monday-Thursday!

This is the first winter having our own vehicle, and the first day it snowed and covered the van we looked at it and realized we need to add time to clean it off before pick-ups and, yes, we are now getting a snow brush scraper!

## Brunswick Teen Center News

Jordan Cardone-Ruwet



Many of our kids are still playing basketball and we don’t see as much of them, or I should say we see them for shorter times when they pop in either before having to go off to practice, grabbing something to eat or shortly before we close when they come in for about the last half-hour for something to eat and a little game time.

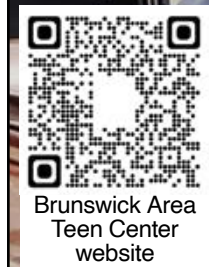
One of the favorite game systems at the TC has been the Nintendo Switch and there is often a wait time to get to play it, but the Wayfair Call Center is closing down and contacted us saying they had one from the break room to donate to a nonprofit and did we want it? YES! So now we have two! Thank you to Wayfair for thinking of us!

The concerts at the Universal Unitarian Church are starting up again after a holiday break and the next one is Saturday, Feb. 4 at 7:30 featuring the Bold Riley Folk quintet from Maine! Part of the ticket sales from each concert benefit the Teen Center program and Maine Family Planning! We hope to see you at one of the upcoming concerts!

We continue to get regular deliveries of homemade cookies for the teens and it’s wonderful! We also got banana bread recently which they also really like! This is helpful for staff and the kids love homemade food, so thank you to our bakers!


Well, off we go into February, as usual there is no foreseeing who or what we will see in the Teen Center during the month as it changes (and often surprises us) regularly! We hope that your Valentine’s Day is sweet!

Until next month,  
Jordan and the gang





PLAYING CHESS IS ALL THE RAGE THESE DAYS with teenage boys! They arrive at the Teen Center, grab food and hit the boards! I wonder if it will surpass their interest in video games someday? One can only hope!

**SAVE THE DATES!**

**GELATO FIASCO**  **15TH ANNUAL BRUNSWICK AREA TEEN CENTER SCOOP-A-THON**  
Wednesday, April 26, 11 am-11 pm!

**Senior Health Expo**  
October 19, 9-1  
Brunswick Rec Center

**2023 Plus! People SENIOR HEALTH Expo**  
CONNECTING COMMUNITIES  
PROUD TO PARTNER WITH 



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

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

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

Visit [www.studentaidfund.org](http://www.studentaidfund.org)  
Donations may be sent to:

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

**UUCB Concerts for a Cause**  
**Bold Riley**

★ Folk quintet from western Maine known for their full vocal harmonies, uplifting originals, and a joyful reimagining of traditional tunes and covers ★



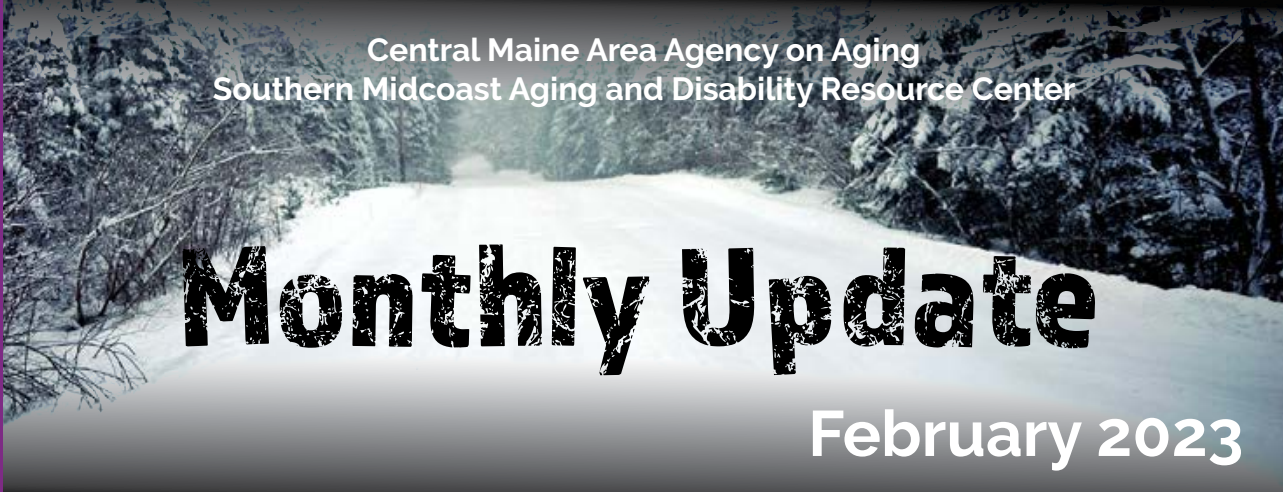
**SAT, February 4**  
7:30 pm  
UU Church of Brunswick  
1 Middle Street

**\$20 in Advance, \$25 at Door, \$10 Students/Children**  
Available at the Church Office or online at <https://ticketstripe.com/boldriley>.  
A benefit concert for the Brunswick Area Teen Center and Maine Family Planning.





Co-located at People Plus  
35 Union Street, Suite 1  
Brunswick, ME 04011  
729-0475  
[www.spectrumgenerations.org](http://www.spectrumgenerations.org)




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

# Monthly Update

## February 2023

Spectrum Generations'



**25 YEARS ANNIVERSARY**  
Gene & Lucille Letourneau

# ICE FISHING Derby


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

**Muskie Community Center**  
located 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, appearances by the Maine Cabin Masters and Tom Welch from Mainely Handrails, tasty food by Sheba's Wicked Kitchen, fire pit, s'mores, children's activities, children's book signing with author Deborah Walder, 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.

To purchase tickets or to learn more visit, [www.spectrumgenerations.org/events/ice-fishing-derby](http://www.spectrumgenerations.org/events/ice-fishing-derby).

Free Workshops 


**Building Better Caregivers**  
Wednesdays, Feb. 1 - March 8, 9:30 AM - noon

This free online program was designed for family caregivers of people with an Acquired Brain Injury (ABI), Post-Traumatic Stress Disorder (PTSD), dementia, and/or any other condition that affects memory. Topics include: caregiver stress, dealing with difficult care partner behavior, finding help, making decisions about treatment, housing, and communicating effectively with family.

**Tai Chi for Health and Balance**  
Tuesdays and Thursdays, Feb. 7 - April 13, from 7 to 8 p.m.

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things.

People can sign up at [www.healthylivingforme.org](http://www.healthylivingforme.org) or by calling 1-800-620-6036.



## FILE YOUR TAXES, FOR FREE WITH MIDCOAST MAINE CASH

Households earning up to \$60,000 annually can receive free tax preparation by an IRS-certified volunteer tax preparer.

With locations in Bath and Wiscasset, volunteers will aid in preparing taxes starting Jan. 31 and continuing through April 13, every Tuesday and Saturday, 9 a.m. to 2 p.m., and Thursdays, 3 to 8 p.m.


At your appointment time, arrive with all required identification and tax documents for each person on your return. All documents will go to an IRS-certified volunteer tax preparer who will prepare your taxes while you wait in our lobby or in your vehicle (whichever you prefer).

Your completed return will be reviewed, approved by you and then e-filed 24 hours after your review.

Locations include United Way of Mid Coast Maine, 34 Wing Farm Parkway, #201 in Bath, and Lincoln County Regional Planning Commission, at 297 Bath Road, Wiscasset.

For more information, visit [uwmcm.org/midcoastcash](http://uwmcm.org/midcoastcash), call 295-6340, 751-3756, email [midcoastcash@uwmcm.org](mailto:midcoastcash@uwmcm.org), or schedule an appointment at: [www.eznetscheduler.com/Calendar/MidcoastMaineCASH](http://www.eznetscheduler.com/Calendar/MidcoastMaineCASH).

It is a slow exercise. It is easy to learn and good for all ability levels. Principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Participants must be able to join a zoom video meeting with a webcam enabled; one on one technical support is available. This program is provided by Spectrum Generations, a Healthy Living for ME partner. For more information, call Monica Lizotte at [mlizotte@spectrumgenerations.org](mailto:mlizotte@spectrumgenerations.org) or call 620-1642. Cost is \$20 for this online class.




## Is American Heart Month

February is American Heart Month, a time when all people can focus on their cardiovascular health.

Since 1963, American Heart Month has been celebrated as a way to educate Americans to join the battle against heart disease.

Each year on the first Friday in February, the National Heart, Lung, and Blood Institute, The Heart Truth® and others around the country celebrate National Wear Red Day® to bring greater attention to heart disease as a leading cause of death for Americans and steps people can take to protect their heart.

For more information, visit [www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day](http://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/wear-red-day).



**MAINE 2023 SCI-FI & FANTASY NERD FEST**

**Sunday, February 5th at the Olde Mill at 934 Main Street, in Vassalboro**

The best day of the year is coming...

## It's a NERD SUPERBOWL!

A big gathering of fun people dressing up, playing games, shopping for cool stuff, taking pictures and just enjoy a great family day!

Tickets are \$5 at the door. There will be anime, comics, books, Marvel Super Heroes, cosplay, arcade games, weapons fighting, over 50 amazing creative, nerdy vendors, Pokémon, Magic: The Gathering, D&D, Harry Potter trivia, war games, Star Wars games, wands, artwork, woodworks, costume contests, prizes to win, toys, many special guests, and so much more. JOIN THE PARTY!



# Just a bunch of kids hanging in the neighborhood

I've never been a big fan of Facebook, but I must admit it is a handy way to keep track of the doings of family and friends.

Another aspect of this online giant that I enjoy is having to do with reminders of the past. Things showing up like old photographs of the town where I grew up, newspaper articles from decades ago, or when people post items like rotary dial telephones and ask "Do you remember using one of these?"

The other day there was a picture of

unknown origin, from the 1950s or '60s, showing a bunch of kids hanging around together in the street. Some were straddling their bicycles, others were just standing, but you could tell they were part of a neighborhood "gang" — without a care in the world and looking to have an enjoyable summer day.

Immediately, that image triggered memories of such a way of life that I experienced over and over again as a youth in rural

Michigan.

The posse I belonged to consisted of 11 kids, coming from three families. In addition, there were also the two Ginther boys from a fourth family — Larry and Mike — but they were mostly on the fringes of any activities. Mainly, because they were older and, I suppose, too mature to be seen with us youngsters on a regular basis.

Ours was a tight neighborhood; we did everything together. Our homes were located in the country, just beyond the city limits, so our proximity to each other made it a natural fit. There were the Bowen kids, Nancy, Jim, Tom, Mike, and Margaret; the Trexler kids, Scott and David; and us, the Gabrion kids, myself, Becky, Mike, and Ann. We attended the same school, right from kindergarten to graduation, and all that encompasses — doing sports, band, choir, clubs, etc. We all participated in the same after-school happenings like scouts and other things. Even our parents did stuff together as a group.

But it was the summertime when we really jelled as one. Hey, we had a lot of free time on our hands, so we had to do something after the chores were completed for the day. But looking back, nothing was really organized — it just happened.

Besides taking vacations together — even going as far away as Nova Scotia in 1966 — things I remember include the building of a biplane out of scrap wood, one that was big enough so that two people could sit in it. And I can't even count the number of tree forts that were constructed, and that we would actually sleep in. My oldest sister even had horses that she kept in one of the Trexlers' outbuildings. And guess who got stuck, more often than not, mucking out the stable?

But mostly, it was sports that brought us together during those hot June through August afternoons. There were usually enough of us around to form sizable teams. Most of the football games were played in the front yard at the Gabrion house, because it was flat and nearly forty yards long. I recall

## Simply put

Patrick Gabrion



using a maple tree as one of the out-of-bounds lines.

We did play some baseball at our place, but after a couple of broken windows, my dad strongly encouraged us to go somewhere else. And that ended up being over at the Bowens. More accurately, the diamond area was in the Bowens' backyard and the outfield was in the Gintners' backyard.

The only problem with that arrangement was because there was a rail fence between the two yards, so you had to do a lot of hopping around when chasing after baseballs. Another feature was the pet cemetery that ran along the third-base line. You see, Mr. Bowen was a veterinarian, so if clients didn't want their deceased animals back, my best friend Jim was put on burial detail.

The families even clubbed together and made a concrete basketball court for the whole neighborhood to use. It was located in a field between the Trexlers and Bowens. Thousands of games were played; even kids from outside our 'hood would show up. One of the more humorous moments I remember was when Jim, the same one previously mentioned and when he was a little older, would occasionally snatch Belair cigarettes from his mom and have one dangling from his mouth as he shot basketballs. I don't even know if the darn thing was lit, but he felt he looked cool.

As a group, we haven't been all together again since those childhood days. We are all in our 60s and 70s now, mostly retired and busy with other happenings in our lives. But the memories will be with me forever, of a time when we were just a bunch of kids having fun.

## New and renewing members for January

Memberships received as of January 17.

\* indicates new membership

• indicates donation made with membership

### BAILEY ISLAND

Linda Blanton  
Minnie Vazquez

### BATH

Donna Celiberti \*  
Christine Goodman \*  
Arthur Melville  
Joanne Melville  
Marc Mutty \*  
Pam Mutty \*  
James Searles \*

### BOWDOIN

Linda Walker \*

### BOWDOINHAM

Jacqueline Jordan  
Richard Jordan  
George Paton

### BRUNSWICK

Beth Aldenberg  
Cheer Allan  
Cindy Babbin \*  
Christopher Baldwin \*  
Sherrie Bergman •

Donna Burch  
Al Canino  
Ruth Ann Carlisle  
Anne Clayton  
Frank Connors •  
Mary Cooper •  
Leeanne Cote \*  
Fred Dickey

John Doherty  
Mary Ann Doherty  
Pamelia Edgerton \*  
Omer Gagne •  
Nancy Garland  
Matile Hugo •  
Elaine Hyman  
Ed Jurenas \*  
Daniel Kornegay  
Mary Kornegay  
Mary LeMaistre \*  
Holland Low  
Frederick Mason •

Susan Mason •  
Paul McCarthy \*  
Christina Oddleifson  
Paul Peranteau \*  
Donald Quaid \* •  
Lorraine Ring  
Peter Savage  
Shirley Savage  
Brenda Sexton  
Jill Snyder \* •  
Lorraine Suckow

Lois Thacker  
David Tiemann \*  
Elizabeth Waldo  
Sam Whitaker •  
Jeffrey White \*  
Marilyn White

### DURHAM

Susan Karnes \*

### HARPSWELL

Katherine Chatterjee  
Oscar Freitas  
Gordon Hersom \*  
Liz Sutton •  
Mallory Waldman •

### TOPSHAM

Suzanne Atwood  
Marcie Bowers  
Rosaline Collins •  
Mary Ann Green  
(Lifetime member)  
Paul Karwowski •  
Maryanne Lamont  
Jane Littlefield  
Ralph Newton  
Sharon Newton  
James Payne  
David Selleck  
Dorothy Selleck

### WEST BATH

Maureen Butler \*



Avita of Brunswick associate, Tina M.

“My beautiful residents are my extended family, they have taught me so much. Giving them hugs or sitting together and interacting with them is so special. Bringing smiles to their sweet faces is truly rewarding.”



207.443.9100



207.729.6222

Two Northbridge communities conveniently located in Brunswick, ME

Sunnybrook: 340 Bath Road | [sunnybrookvillage.com](http://sunnybrookvillage.com)

Avita: 89 Admiral Fitch Avenue | [avitaofbrunswick.com](http://avitaofbrunswick.com)





### ‘Diner Don’ art show continues at the Center

The art show featuring New England watercolorist Don Sawyer, broadly known as “Diner Don,” will continue at the Center’s Cafe Gallery for the month of February. The Durham resident is well-known for his stylized renditions of regional diners, roadside attractions, and pastoral scenes.



A self-defined “stylized realist,” Sawyer will unveil new works depicting local iconic sites to complement his many popular watercolor images of such classic roadside destinations as Fat Boy in Brunswick, Red’s Eats in Wiscasset, the Brunswick Diner, and Moody’s in Waldoboro.

“Though mostly retired, I still do a few commission pieces and maintain a thriving wholesale print outlet. The People Plus art show features some of my framed originals and lithographs, as well as an extensive selection of affordable, collectible matted prints. I look forward to meeting fellow members and sharing life experiences,” said Sawyer.

He delights in the counter culture and retro ambiance of family eateries, each with its own unique cuisine and cast of regulars.

Twenty percent of all sales at the Cafe Gallery art show will be donated to People Plus.

“Diner Don” also continues to experiment with technique and subject matter. For example, his “Rusty Old Hinge” emphasizes a textured-telephoto perspective of a common object and his “Old Goats Misbehave at the Dam Diner” focuses on the spirited, lighthearted atmosphere of road havens. Sawyer said, “I believe that art should be touched, tasted, and tempered by the viewer.”

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 website can be found at [www.donsawyerart.com](http://www.donsawyerart.com).

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.

There has been an enthusiastic response to Sawyer’s “fine art and dine art,” so please check it out, open to the public during regular business hours.



**OVER 50 PEOPLE ENJOYED THE FYI!** presentation last month at the Center! Thank you so much to Gail and Cyrus Kendrick for sharing part one of their trip around the world! We are looking to book part two for the spring, and part three in the fall! They gave an excellent presentation with fun photos! And everybody loved the tropical upside down cake that Stacy and Jonathan made! If you missed the presentation, you can catch it on our website. Just click on the free videos tab and choose Presentations.

# Lunch Out!

February 14th at 11:30 am.



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