



Plus! People NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

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

Non-Profit Organization
U. S. Postage PAID
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

January 2024

Volume 24, No. 1



OVER 75 PEOPLE PLUS MEMBERS WERE THRILLED to have a visit from Santa Claus last month for their holiday luncheon! Many of them grouped around to have their picture taken with Chris Kringle as they donned their cheery holiday outfits! Not surprisingly, the man behind the beard is Chris Baldwin, our volunteer of the year for 2022. He is all the time doing things for others, including dressing as Santa Claus for children's daycare center, and then picking up members and bringing them to People Plus for the luncheon. Thanks Chris!

Meet Dr. Chris Bowe, President of MCPH!

People Plus FYI! presents "The Changing Healthcare Landscape"

Thu, Jan. 25, 1:30 pm. Come meet and get to know Dr. Christopher Bowe, M.D., President of Mid Coast-Parkview Health, who will talk about local healthcare in his presentation, "Mid Coast-Parkview Health and the MaineHealth system caring for our community." He will discuss how we can work together so our communities are the healthiest in America.



Dr. Bowe, who replaced Lois Skillings, leads the organization's senior executive team and is responsible for the strategic and operational

Parkview Health, Chris came to Maine in 1999 for his residency in Emergency Medicine. He and his wife, Stephanie, quickly fell in love with Maine and determined they wanted to

performance of the Mid Coast-Parkview Health system. With 2,000 employees and more than 200 members on its active medical staff, Mid Coast-Parkview Health includes Mid Coast Hospital, a full-service 93-bed hospital with 22 primary and specialty care physician practices, as well as Mid Coast Senior Health, and CHANS Home Health & Hospice.

Prior to joining Mid Coast-Parkview Health, Chris came to Maine in 1999 for his residency in Emergency Medicine. He and his wife, Stephanie, quickly fell in love with Maine and determined they wanted to

raise their family here. After residency, he worked at the Emergency Department at Maine Medical Center for 10 years. In 2013, he shifted to St. Mary's in Lewiston, first as the ED Chair and then as the Chief Medical Officer for over 4 years. Chris became the Chief Medical Officer at Mid Coast-Parkview Health in April, 2020. During his tenure as Mid Coast's CMO, Chris distinguished himself by leading the organization's response to the COVID-19 pandemic, including heading the Incident Command team and providing strategic and clinical leadership during the deployment of mass vaccination clinics. Chris is a graduate of the University of Wisconsin, where he completed both his undergraduate studies and medical school.

Free, open to the public. Registration required.



THANK YOU TO BILL DODGE AUTO GROUP for becoming the first 2024 corporate sponsor for People Plus! Their \$5,000 donation makes them a lead sponsor for Music in April, the Gelato Fiasco Teen Center Scoop-a-Thon and the Senior Health Expo!

"Aging Well" Lunch and Learn: "Critical Home Repair Program"

Mon, Jan. 22, 12:00 pm. Join us on Monday, Jan. 22, when Debbie Atwood will tell us about Habitat for Humanity 7 Rivers Maine programs, including the popular Critical Home Repair program through which skilled volunteers make vital repairs at no cost to the homeowner in order to make homes more affordable, safer, and healthier.

Maine has the oldest housing stock in the country, along with a high rate of homeownership. We have among the oldest median age of homeowner and the highest percentage of people who use costly oil to heat their homes. Old homes, an aging population, fixed incomes, costly maintenance, and high energy costs can make it difficult for local families to maintain their homes.

While Habitat 7 Rivers is known for building new

homes – and recently completed new home #48 – the organization also operates a popular Critical Home Repair program, through which hundreds of homeowners have received vital home repairs at no cost from skilled volunteers. Over the last year, Habitat 7 Rivers has assisted almost 100 homeowners with repairs and modifications, including building ramps, repairing or replacing unsafe stairs, installing handrails and grab bars, widening doors, and improving flooring. Learn how you can take advantage of this program at our Lunch and Learn. Bring your lunch, we'll provide chips, drinks, and dessert. Free, open to the public. Registration is required.



Need help filing your taxes? See page 4.

FIT & FUN FOR FREE! Join us for clubs, classes, presentations and more!



Fit & Fun for Free in January (Want to try something new? It's free.)

Have you ever wanted to try out a new class or club or game, but just didn't get around to it? Now is a good time to spice up your routine because for the entire month of January we're offering members and non-members a way to enroll in something they've haven't tried – for free and for as often as you want.

Come see what all the fun is about at People Plus with our Fit & Fun for Free promotion. It's a great time to try something that you think you might enjoy. For movement classes, it can even be a way to get ready for the warmer seasons when

you'll be gardening, walking the neighborhood, or going to the beach.

Beyond classes, clubs, and games, we offer lectures and discussions. Dare we say there's something for everyone? That might just be the case here.

See activity listings on pages 8-9.

"The goal is quite simple: Try new things for fun and health! We want folks to stay positive and active," says Executive Director Stacy Frizzle-Edgerton.

Staying active is important physically and also mentally. Our bodies were designed to move. The more we move,

the more our brain and body connect, which improves safety, balance, and cognitive abilities. A fit and active lifestyle can also boost our mood and energy, while lowering stress. All of that can keep you motivated through the darker, chillier winter months with more of a confident spring in your step.

Need we say more? Come get active and have fun for FREE at People Plus. To find out what you'd like to enroll in, please check out the complete calendar in this newspaper or go online at peopleplusmaine.org. Call the Center at 729-0757 for more information or any questions. We hope you join us!

People Plus Monthly publication serving the Brunswick-Topsham-Harpswell area. For comments, suggestions or news submissions, please email news@peopleplusmaine.org.

ADVERTISE WITH US! Showcase your business with an ad in the People Plus News! With ads starting at just \$30 per month, advertising with People Plus is affordable for organizations large and small. For advertising or sponsorship queries, please contact Barbara at 729-0757 or office@peopleplusmaine.org. Submissions must be received by the 15th to be included in the next month's edition.

People Plus Board of Trustees

- David Millar, Chair, Freeport
- Jim Burbine, Vice Chair, Harpswell
- Sonia St. Pierre, Treasurer, Brunswick
- Christine Corriveau, Secretary, Orr's Island
- Terri Burgess, Brunswick
- Robin Copland, Topsham
- Allison Grosscup, Bath
- Charles S. Evans, Topsham
- Thomas Farrell, Brunswick
- Charlie Gordon, Brunswick
- Gail Kendrick, Topsham
- Bob Nugent, Topsham
- Joe Palma, Harpswell
- Scott Stewart, Topsham
- Cindy Sullivan, Brunswick
- Annee Tara, Brunswick
- Kelsie M. West, Brunswick

People Plus Staff

- Stacy Frizzle-Edgerton, Executive Director, director@peopleplusmaine.org
- Jill Ellis, Programming & Events, programming@peopleplusmaine.org
- Sarah Deck, Office Coordinator, reception@peopleplusmaine.org
- Lynne Smith, Membership & Transportation, driver@peopleplusmaine.org
- Barbara Quinn, Office Administrator, office@peopleplusmaine.org
- Jennifer Felkay, Marketing & Design, marketing@peopleplusmaine.org
- Charmaine Daniels, Content Developer, news@peopleplusmaine.org
- Taylor Carter, Teen Center Director, teens@peopleplusmaine.org
- Elisabeth Diaz, Teen Center Assistant

Spectrum Generations Staff

- Chelsae Allen, Aging & Disability Resource Center, callen@spectrumgenerations.org, 207-607-4405 or 1-800-Medicare
- Eben Rowe, Meals on Wheels Coordinator, erowe@spectrumgenerations.org, 207-607-4406

Fruitcakes and resolutions

For some reason, years and years ago, I decided to begin making the world's most hated Christmas tradition.

I started baking fruitcakes. Everyone groans, rolls their eyes, and generally pretends not to hear you when you tell them that you've got a fruitcake for them. Or they make a show of being grateful and they take it home and put it on the back of the shelf.

I've heard there are some families who have the same fruitcake that gets passed around from family member to family member like a hot potato for years. No one ever wants to be stuck with it, and for goodness sake, no one ever eats it!

But for some reason, I decided that fruitcake is the thing I would embrace as my personal challenge. So I start with a spicy pumpkin and banana loaf base and then I add lots of dried fruit including apricots, cranberries, dates, raisins, golden raisins, and dried currants. I also add chopped walnuts and pecans, as well as rolled oats, mashed bananas, and other goodies to create a moist and, hopefully delicious loaf of what we call Frizzle Fruitcake.

I've started handing them out at work



From Anita's Plate
Anita Nugent
(207) 504-6439
info@nutritionforeveryday.com

Off on the right foot in 2024

It is the time of year when people are asked whether or not they have a New Year's resolution. I just looked up how long they typically last and, as you can imagine, it isn't very long. I think that the reason they are not sustainable is because the resolutions are too hard to keep. I am not a fan of New Year's resolutions, but I am a fan of making small changes over time. I encourage everyone to think of a goal that is easy to attain and sustain. Here are some suggestions:

- Eat 3 servings of fruit per day or just eat more fruit
- Add veggies to eggs, tuna, etc.
- Add legumes to eggs, salad, and wraps
- Drink more water
- Dine out less. You can set a number of times per week.
- Have fruit for dessert
- Be mindful when eating
- Listen to your level of fullness
- Move more each week
- Plan meals

If you choose, start with one goal at a time. When you are ready, you can work on another goal. Listen to your body and you will know when it is time to add another goal. I hope you start your New Year off on a healthy foot! Enjoy making changes that you can attain and sustain.

From the Executive Director

Stacy Frizzle-Edgerton



to our volunteers, to the staff, to friends and family and I still have dozens of folks who look at me like I'm crazy. Because who really wants to eat a fruitcake?? I mean they are literally just to be avoided. I even have to explain, sometimes, that this isn't a bad fruitcake. That it's an updated and actually tasty fruitcake... The struggle to give people fruit cake reminds me of New Year's resolutions. Nobody wants those either and everybody's afraid to admit it. Nobody likes them and everybody rolls their eyes when you talk about them.

Asking someone about their New Year's resolutions is fairly equivalent to asking them if they've got a fruitcake from years ago that they've never dared to open.

So what if 2024 is the year we change all that? Much like my updated fruitcakes, what if we update our resolutions so that we actually want to keep them and put them into practice?

And what would that possibly look like?? Nothing along the lines of resolving to lose weight, resolving to get up at 6 AM every day or to start running, going to the gym, quit drinking, etc. None of those feel like attainable resolutions, that any of us ever really like. Just like that ancient old fruitcake with glow-in-the-dark jelly fruit, and hard crusty edges, wrapped in plastic from the 70s.

Nobody really wants to look right at it. So what to do? I think I managed to break the fruitcake conundrum by starting over. I've got a completely fresh design on an old favorite. So how would we do that with our resolutions and promises to ourselves? Hmm.

What if we picked really easy, and attainable options that make us feel good? What if we only resolve to do things that impact

others in a positive way and we take ourselves out of the mix completely? For instance, instead of resolving to lose weight, we could resolve to tell at least one person every day that THEY look fantastic. And maybe, instead of resolving to go to the gym every week, we could resolve to see a friend every week. We could resolve to check in on an older neighbor, donate to the food pantry, give a friend a lift, volunteer at a nonprofit, and generally only resolve to do and say things that only help others.

I can't help but wonder if these goals, promises and resolutions would be easier to keep and even more rewarding in the long run? I bet they would be.

In fact, I'll bet you a Frizzle Fruitcake that if we all did something like this for the first few months of the year, we would be entering the spring feeling lighter, happier, and waking up looking forward to the day.

We would certainly make the people around us happier, and know that we'd given back to society. And we might forget for a few minutes that we have our own problems.

So just like resolving to make a fruitcake that people actually want to eat, we could resolve to make resolutions that we actually want to keep!

So what do you think? Should we give it a try? We could all practice here at the People Plus Center. And I resolve to make each and everyone of you a Frizzle Fruitcake for next year!

I may need to get started in January!

Financial diversity is the secret of our success



BILL DODGE AUTO GROUP became the first Corporate Sponsor of People Plus for 2024! Their generous donation of \$5,000 was delivered by Win Dodge, owner, who happily chatted and posed with the Bridge Club. People Plus invites businesses to partner with the Center for the next year on individual fundraisers or as a Corporate Sponsor!

It takes a community of support to fund People Plus

Not only do we ask our members and others who use the Center to contribute to the Annual Fund, we also seek support from area residents, organizations and businesses in our community. We work diligently to raise funds from multiple sources.

1. Event and Corporate Sponsorships

People Plus seeks businesses to partner with in order to support engaged and healthy lives for older adults and teens. Marking the first funds given in the new year, Bill Dodge Auto Group has generously donated \$5,000 to further the work of our busy Center. In addition, first-time donor Live Work Maine has also generously donated \$5,000. A big shout-out to both!

During the coming months we will continue to seek other business partners, who will be able to help sponsor the Music in April gala and auction, Senior Health Expo, Teen Center Scoop-a-thon, or all three! For more information, see below or contact Stacy Frizzle-Edgerton at director@peopleplusmaine.org.

2. Community grants

We consistently apply for grant and foundation funding. Thank you to the Maine Community Foundation for \$10,000 and the Alfred M. Senter Fund for \$3,000. We are keeping our fingers (and toes!) crossed on other outstanding grant applications.

3. Municipal and agency donations

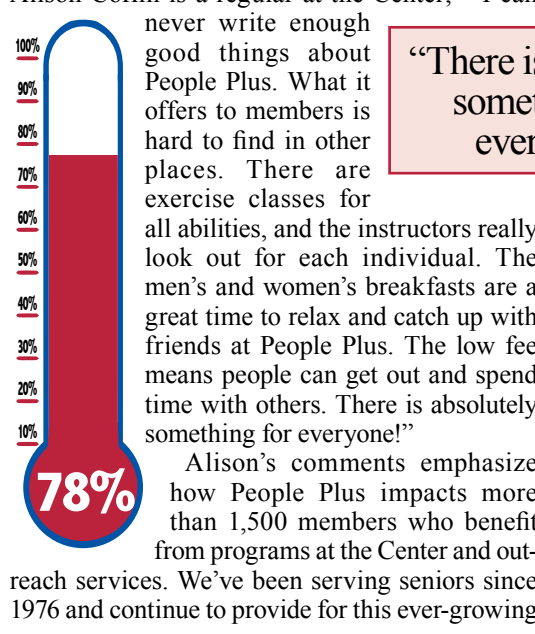
We secure funding from the Towns of Brunswick, Harpswell, and Georgetown, as well as the United Way of Mid Coast Maine – which allows us to offer classes and clubs at lower fees. We receive no federal or state financial support.

Thank you to the Maine Community Foundation and the Alfred M. Senter Fund for your support!

We're over half-way there!

Your contribution can help us get all the way

We all know the importance of People Plus – the programs, classes, clubs, trip, and opportunities to improve our lives by going there. Longtime member Alison Coffin is a regular at the Center; "I can never write enough good things about People Plus. What it offers to members is hard to find in other places. There are exercise classes for all abilities, and the instructors really look out for each individual. The men's and women's breakfasts are a great time to relax and catch up with friends at People Plus. The low fee means people can get out and spend time with others. There is absolutely something for everyone!"



"There is absolutely something for everyone!"

population of older adults in the Midcoast region. And we can't do it without your help! "This year's goal is \$80,000," according to Administrator Barbara Quinn. The appeal letters went out in November, and happily we've seen checks arrive in the mail every day. The checks can vary in size, from \$25 to \$2,500. "You might feel like it's not worth making a small donation, however if you have 1,500 people donate \$25 each the impact is enormous," says Executive Director Stacy Frizzle-Edgerton. "We are so grateful to each and every one of you who have already donated and to those of you who are just about to!" she adds.

The fund total as of Dec. 22 is \$62,024. This fund is specifically slated for our 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.



JOIN THE LEADERSHIP CLUB!

2024 Sponsorship Opportunities

Corporate Sponsorship – \$5,000
Top sponsorship in each event below PLUS: Logo in "Peek at the Week" email blast, recognition as Corporate Sponsor in press releases and on social media, sponsorship of a monthly Lunch and Connections gathering!

TEEN CENTER SCOOP-A-THON April 24, 11am to 11pm
Gelato Fiasco
74 Maine St, Brunswick

Music in April 2024
Gala & Live Auction, April 6
St John's Community Center
Online Auction, April 2024

People SENIOR HEALTH EXPO October 10, 9am to 1pm
Brunswick Recreation Center
220 Neptune Drive

"The Pint" Lead Sponsor - \$1,000 Two-Scoop benefits PLUS: "Celebrity Scooper" at the event, exceptional branding in print publications*, People Plus and Gelato Fiasco websites, email and social media blasts
"Two-Scoop" Sponsor - \$500 One-Scoop benefits PLUS: "Celebrity Greeter" at the event, logo on Scoop-a-thon shirt and on event signage
"One-Scoop" Sponsor - \$250 Treat Size benefits PLUS: Recognition as Sponsor, logo or name on Scoop-a-thon shirt and on event signage
"Treat-Size" Sponsor - \$100 Name on Scoop-a-thon shirt, name on event signage, recognition in print*, websites, and email/social media

Fortissimo Sponsor - \$1,500 Crescendo benefits PLUS: Exceptional branding, reserved table with sponsor signage, prominent room placement and 8 reserved tickets, prominent full-page, color ad in Program
Crescendo Sponsor - \$1,000 Forte benefits PLUS: Full-page ad in Program, full table signage and 8 reserved tickets
Forte Sponsor - \$500 Mezzo benefits PLUS: Half-page ad in program, half table signage and 4 reserved tickets
Mezzo Sponsor - \$250 Quarter-page ad in Program, 2 reserved tickets, recognition in print*, websites, social media, event signage

Partner PLUS - \$1,500, 4 tables Partner benefits PLUS: Prominent placement of full-page, color ad in Expo Guide, prime event location, premier branding, prominent logo on Expo "swag bags", guest appearance on a Monday morning Radio 9 WCME show with Jim Bleikamp
Partner - \$1,000, 4 tables Event Sponsor benefits PLUS: Full page ad in the Expo Guide, logo on Expo "swag bags", lunch at the Expo included
Event Sponsor - \$500, 2 tables Refreshment Sponsor benefits PLUS: Half-page ad in the Expo Guide, name on Expo "swag bags"
Refreshment Sponsor - \$250, 1 table Quarter-page ad in the Expo Guide, recognition in print*/social media/signage

*Print publications include the People Plus News, The Times Record, The Cryer and other regional press, reaching over 30,000 readers in the Mid Coast.

Cabbage in a foil packet

- Ingredients:**
- 1/2 head of green cabbage, sliced
 - 1 small onion, sliced
 - 2 Tbsp. olive oil
 - Dash each salt, black pepper, and paprika, or more to taste
 - 1 tsp. chopped garlic
- Directions**
- Preheat oven to 400 degrees.
 - Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.
 - Spread the cabbage out in the center, and top with onion. Add olive oil over the onion.
 - Sprinkle with salt, pepper, and paprika. Top with garlic.
 - Place another large piece of foil over the veggies. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet. Bake in the oven for 30-35 minutes, until veggies are soft.
- Makes 4 servings

COASTAL LANDING

RETIREMENT COMMUNITY

When you are contemplating a move...

to a Retirement Community, please visit us at **Coastal Landing**. (Assisted Living available on the same campus.)

Included in your monthly rent:

- * Choice of two meals daily
- * Activities & Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Cable TV
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Other services available for a reasonable fee.

EXERCISE ROOM

MOVIE THEATER

DINING HALL

CHAPEL

www.coastallanding.com
142 Neptune Drive, Brunswick, ME, 837-6560



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

Follow us on Facebook to take advantage of community events and our *Celebrating Life* promotions!

Festive Holiday Luncheon feeds over 100!



WHAT A LOVELY, FESTIVE, CHEERFUL CELEBRATION we had last month at the Center for our Christmas holiday luncheon and sing-along! We all dined on delicious holiday ham, glazed carrots, incredible cheesy potato casserole, green beans, salad and fresh baked cornbread. And the best thing of all had to be the Christmas cookie potluck! Dozens of our members brought platters of cookies to share, and it was hard to only take just a couple! Luckily, everybody got at least two trips or more to the cookie bar, and there were a couple leftover to take home. We are starting to think that we should do a cookie potluck every month for dessert!

Program Notes for January:

- Bandstand: Jan. 10 and 24, 1:30 pm with music from the 50s, 60s and 70s
- Apple Club: Jan. 11, 1:30 pm
- Center closed Monday, Jan. 1 and Monday, Jan. 15
- No Zumba or Table Tennis on Jan.6

See pages 8 and 9 for class, club, and event descriptions.

WEDNESDAY WALKERS
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. In inclement weather walk will move indoors to the Rec Center track. Note time change to 1 pm for the colder months. **Walks begin once carpool arrives.

Notes - Micro spikes or snow shoes may be needed - watch the weather. We'll meet at the Brunswick Recreation Center at 1 pm if inclement weather.

Jan. 3. Planning meeting & coffee at PP @ 1 pm. Come share your ideas and help plan the walks for February!

Jan. 10. Cox Pinnacles, Durham Road, Brunswick (limited parking). Carpool: meet @PP by 12:30 pm or arrive at the site by 1 pm.**

Jan. 17. Swinging Bridge Walk. Arrive at PP by 1 pm.

Jan. 24. Otter Brook Preserve, 429 Harpswell Neck Road, Harpswell (limited parking). Carpool: meet @PP by 12:30 pm or arrive at the site by 1 pm.**

Jan. 31. Whiskeag Trail, Bath. We'll leave from Bath YMCA parking lot. Carpool: meet @PP by 12:30 pm or arrive at the site by 1 pm.**

Do you have donations for the Music in April auction?

Plans are currently underway for the People Plus Center's Music in April fundraiser, which will be an online auction and gala with live auction. Last year's online auction was very successful with 400 bidders, almost 400 items, a record number of generous sponsors, and it raised over \$75,000 for the Center!

The online auction will run the entire month of April, and we are excited to once again share this event with the whole community. Save the date for our gala with traditional live auction and raffle on Saturday, April 6.

Do you get our weekly email?

Jill's weekly email is the quickest way to get updated news about the Center, including weekly wrap-ups by Stacy & Taylor and Frank's Two-Cents. If you don't get the email, contact programming@peopleplus-maine.org or leave a message at 729-0757.

Medicare 101 with Spectrum Generations

Tue, Jan. 9, 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.

Over the years, this fundraiser has brought in almost \$700,000 for People Plus, providing a solid financial backbone for all the programs and services it offers to the community.

We are currently collecting auction items from businesses and community members for our 2024 event. Donations of items, services, antiques, art, handcrafted items, experiences and more 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.

Apple Device Tutoring

Thursdays, 9:30-12noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757.

Register at 729-0757

Exercise at the Center!

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Gentle Barre - \$5/class for members (\$10 for non-members)

Start the new year with friends!

Join us January 18 for an all time favorite, American, chop Suey! Served with steamed broccoli, a cheesy vegetable casserole, green salad, garlic bread, and warm apple crisp with vanilla ice cream for dessert! It is wintery, comfort food done right!

These monthly Lunch & Connections meals are underwritten by Spectrum Generations and are intended to focus on nutrition, useful information, variety, socialization and fun. The dining room opens at 11:15 am, and we'll start serving our buffet meal at noon. Come claim your favorite seat, chat with your friends, make new ones, and pick up your 50/50 raffle ticket. The cost for this members only meal is just \$7. It is important that you pre-register by calling 729-0757 after the first of the month.

Good Eats – Good Friends!

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

Men's Breakfast
 Thu, Jan. 11, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

Calling all game players!

Play Bridge, Cribbage and Mah-Jongg several days a week. Free, members only.

People Plus offers free AARP tax prep help in 2024

The AARP Tax Aide Program is back again this year, with appointments on Tuesdays and Thursdays scheduled to begin Feb. 1.

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. Caroline Payson has both volunteered for

the service and used it herself. She says the volunteers get extensive training and on-site checkers oversee the returns for accuracy. "I used to do my return online, but it's simple to get the paperwork at People Plus and if there are changes in the tax laws, the volunteers know about it," she notes. The cost is an incentive, she adds, referring to the fact that it's free!

Last year, the AARP volunteers prepared more than 400 tax returns at the Center! You do not need to be a member of AARP or People Plus to participate.

Mon	Tue	Wed	Thu	Fri	Sat
1 HAPPY NEW YEAR! Center Closed	2 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 2:30pm Spanish Club 6:30pm Toastmasters	3 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 Wednesday Walkers 6:00pm Belly Dancing	4 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 11:00 Yoga 6:00pm Int/Adv Belly Dancing	5 9:00 Mah-Jongg 9:00 Hair Cuts w/Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	6 Maine Meditation Intensive
8 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	9 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Qigong 2:30pm German Club 4:30pm TCAC 6:00pm Belly Dancing	10 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 Wednesday Walkers 1:30pm 'Bandstand' Dance Club	11 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 11:00 Yoga 6:00pm Int/Adv Belly Dancing	12 9:00 Mah-Jongg 9:00 Hair Cuts w/Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga	13 9:00 Zumba 10:15 Table Tennis
15 MARTIN LUTHER KING JR! Center Closed	16 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 2:00pm Books a la Carte 6:00pm Belly Dancing 6:30pm Toastmasters	17 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 Wednesday Walkers	18 9:00 Table Tennis 9:30 Art Tech 9:30 Apple Tech Tutoring 12:00pm Lunch & Connections 6:00pm Int/Adv Belly Dancing	19 9:00 Mah-Jongg 9:00 Hair Cuts w/Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga	20 9:00 Zumba 10:15 Table Tennis
22 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 12:00pm Lunch & Learn: Habitat Critical Home Repair Program 1:00pm Bridge	23 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 2:30pm French Club 6:00pm Belly Dancing	24 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 Wednesday Walkers 1:30pm 'Bandstand' Dance Club 6:30pm Bruns. Coin/Stamp	25 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 11:00 Yoga 1:30pm FYI Meet MCPH President Dr. Chris Bowe 6:00pm Int/Adv Belly Dancing	26 9:00 Mah-Jongg 9:00 Hair Cuts w/Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga	27 9:00 Zumba 10:15 Table Tennis
29 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	30 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Qigong 6:00pm Belly Dancing	31 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 Wednesday Walkers	<p>HOURS Mon-Thu 9 am - 4 pm Fri 9 am - 1 pm</p> <p>Scan QR code for People Plus online calendar</p>  <p>Call 729-0757 to register for activities</p>		

Calendar page sponsored by Mid Coast-Parkview Health MaineHealth

Resolve to Travel in 2024!

Alaska Discovery Land & Cruise - deposit due 1/24/24

July 31-Aug. 11, 2024. Trip features a 7-night Holland America Cruise. Highlights include Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theater, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, and Inside Passage. FMI gateway.gocollette.com/link/1190235

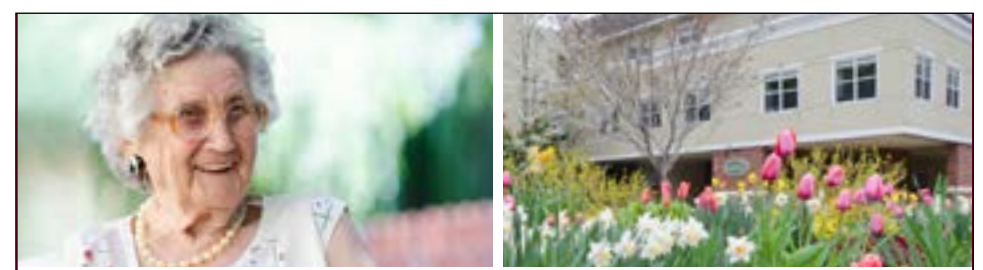
Majestic Cities of Central & Eastern Europe - deposit due 2/21/24

Sept. 29-Oct. 12, 2024. Collette Small Group Excursion with just 12-24 passengers for more personal adventures. Highlights include Berlin, Dresden, Prague, Prague Castle, Vienna, Schonbrunn Palace, Viennese Candy Workshop, Impact Moment, Budapest, Dinner with Locals, Matthias Church, and choice of House of Terror Museum or Szechenyi Thermal Baths, Krakow, Auschwitz. FMI gateway.gocollette.com/link/1190186



The Plains of Africa - deposit due 9/21/24

April 27-May 10, 2025. Collette Small Group Excursion with just 12-24 passengers for more personal adventures. Highlights include Nairobi, Aberdare National Park, Shaba National Reserve, Samburu National Reserve, Sundowner, Lake Nakuru, Masai Mara, Karen Blixen Home, Amboseli National Park, 11 Game Drives, and Africa's "Big 5". Visit with Rothschild giraffes up-close at a sanctuary, learn the traditions of the Saburu people during visit with a tribe member and enrich yourself in the culture during a visit to a Masai village. FMI gateway.gocollette.com/link/1190216



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

Mid Coast Senior Health MaineHealth

Celebrating Lives Well Lived

DIGNITY | RESPECT | COMPASSION



STETSON'S
 Funeral Home & Cremation Care
 12 Federal Street—Brunswick, ME 04011—725-4341

L.L.Bean donates the gift of warmth



THANK YOU SO MUCH TO THE L.L.BEAN COMPANY and several members of its staff for coming together to coordinate a donation of 39 coats and jackets to both our older adult and youth members. We are honored to be a location this year for the "Coats for Community" program. Many of our member recipients were without a warm coat before today. One gentleman who received his new jacket said he's "never had such a nice coat in all of his life and he's 75 years old!"



THANKS ALSO GO TO THE STAFF OF THE TOWN OF BRUNSWICK for donating gift cards for our older adults to use at locations like Hannaford, Target, Irving and downtown shops. We were able to distribute these cards in time for people to use them for the Christmas holiday to buy food and presents that they would never have been able to afford – making their holiday just a little bit brighter. All in their fabulous new coats!

He's up and running: Welcome to our Board, Bob Nugent!

Bob Nugent of Topsham joins the People Plus Board with a diverse background in healthcare administration, finance, exercise physiology – and competitive running. He also brings along his affable, high-energy style.

Bob grew up in Scarsdale, N.Y., then attended the University of South Carolina, where he could "run in a T-shirt and shorts in the winter." Over a 48-year career in endurance sports, he's run 87,000 miles, and those miles include 342 lifetime race wins!

After earning a master's degree in exercise physiology at the University of Colorado, Bob returned to New York City to run corporate fitness programs at Morgan Stanley and E.F. Hutton. At one point, he switched careers and became a trader on the floor of the New York Stock Exchange and was there when the market crashed in 1987. "It was constant chaos," he says of that experience.

Eventually he went back to his career roots and opened up the cardiac rehab program at Southampton Hospital on Long Island. He met and helped a lot of corporate-world titans who had summer homes in the Hamptons. At a certain point, he moved up to being an administrator and then ran medical practices for 25 years.

During his years as a healthcare executive, he also served on community boards with a human service focus in New York and Georgia. "It's about giving back," he says, comparing it to People Plus coming up with a program idea and creating community support to make it happen.

With his background in finance and administration, he's well-stepped in making things operational. He chuckles, saying, "You really haven't lived until you have to make payroll on Friday."

He praises People Plus, saying he's seen it grow into being such a key player in this region. "I mean, take the volunteer ride program. Other, bigger organizations have these programs that don't even rival ours. We



Bob and Anita Nugent at the People Plus Senior Health Expo.

find resources that can be pulled in," he says. "We're a small place that is still growing all the time," he adds.

Bob now works as an exercise physiologist at Mid Coast Hospital's Community Health and Wellness program and lives with his wife, Anita, a dietician who writes the nutrition column in the People Plus News. And, yes, they do indeed eat the meals she promotes. Invertebrate gardeners, they even grow micro-greens in their guest bathroom over the winter. In the summer, "farm to table is a 15-foot-walk from the backyard," he notes. When not training for a race, he says he puts his master gardener skills to work in search of growing the perfect heirloom tomato.

He and Anita have a blended family of six children, one of whom is a professional chef. Though he himself likes to cook, Bob says he's surrounded by "uber cooks." He does know that he likes to eat – and of course that helps fuel his runs. He's won seven national age-group and open championships on the road, track, trail, and in a kayak. He has broken four American age-group track records, and still holds two. He has tested and trained with Olympic and world champions while a member of Nike's High Altitude program. He's also been a sponsored athlete and competed for Nike, Reebok, and others. Oh, he also has tried his hand at abstract painting.

Welcome, Bob. We will try to keep up with you!

Center crushes donation goals for hunger prevention!



EVEN SANTA CLAUS NEEDS A HAIRCUT! Thanks to Margarita for keeping him looking great and giving his beard a little trim. Stacy's trying to take a little credit for pushing all that food out in the wheelbarrow but we all know better. She had nothing to do with the success of this campaign – that was all Frank Connors' doing! And a big thanks goes out to Max and Chuck Annable for helping Frank lug hundreds of pounds of food to MCHPP!

'Santa-of-the-Food-Drive,' AKA Frank Connors, says he's been playing Santa for about 14 years at the Center, and is excited that he broke his own records this year. A big twist this year was when People Plus upped its game after a member encouraged us to raise cash as well as food for Mid Coast Hunger Prevention Program (MCHPP). This year's grand total for cash donations is \$1,890, and the beauty of giving dollars is that every \$1 donated is turned into \$3 worth of food through links with federal programs and community partners. The total for the number of pieces is 1,166 and the total number of pounds is 1,192. The grand totals really are grand!

During December, the holiday season's red wheelbarrow in the lobby often overflowed with canned goods, jars of sauce or peanut butter, boxes of pasta and stuffing, and more – all sprinkled with good cheer – as Frank counted and lifted the goods to his truck for transport to the nonprofit. On his last delivery, he donned the Santa suit as he does every year that we meet our goal.

Thanks to all the generous elves who made this possible and who helped to make someone else's holiday much brighter and fuller.



Did you get the memo?



CAN YOU BELIEVE Jane & Bill (above) and Dick & Vince (below) own the same clothes!?? There's nothing like running into your twin at the People Plus Center!



Books a la Carte

If you want to meet people who like to read, Books a la Carte might be for you. There is no assigned list. We talk about books of all types. Send comments to news@peopleplusmaine.org. For more recommendations, go to peopleplusmaine.org/games-and-clubs.

MEMOIR

The Sound of a Wild Snail Eating by *Elisabeth Tova Bailey*. This short, award-winning book describes the bed-ridden author's close observations of a snail. It brings her to an appreciation of her own existence and nature's lessons.

FICTION

Barkskins by *Annie Proulx*. This is the story of 300 years of the timber industry in the US and Canada, and the descendants of two wood-cutters who traveled from France to Canada to work for

a feudal lord in exchange for land.

Amy and Isabelle by *Elizbeth Strout*. This 1998 award winner was Strout's first book. It looks at some of the people and their relationships in a small Maine town. The two main characters are a single mom and her teenage daughter who both live with secrets.

NONFICTION

Caste: The Origins of Our Discontents by *Isabel Wilkerson*. This book posits that an unacknowledged caste system exists in America. The

author backs up her claims through a historical review of the treatment of American minorities. This treatment, sadly, became a model for the Nazis to copy.

MYSTERIES

Stargazer by *Anne Hillerman*. This work features a Navaho policewoman. It is written in the tradition of Hillerman's father, Tony. Officer Bernadette Manuelito searches for an old friend who has confessed to the murder of an astronomer.

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

866-670-7517 bathsavings.bank

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

THE HIGHLANDS
A GRACE MGMT COMMUNITY

Your Next Adventure is Waiting at The Highlands

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.

Call today to schedule your personalized visit!
(207) 725-2650

It's not like home. It is home.™

30 Governors Way • Topsham, ME 04086
(207) 725-2650 • www.HighlandsRC.com

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

FA
FUNERAL ALTERNATIVES

Maine's Cremation Authority
Simple cremation \$2,100.00 Complete

*Prices subject to change without notice.

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

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

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

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

Apple Club

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



'Bandstand' Dance Club

Date and time varies. Join this casual group to enjoy unstructured dancing to music from the 50s, 60s and 70s while socializing!



Books a la Carte

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



Bridge

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



Civil War & History Book Club

2nd Monday, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War through WW II eras.



Cribbage

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



Fiber Arts Club

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



Fiber Spinning Club

2nd & 4th Fridays, 10 am. Bring your spinning wheel or spindle to chat with friends while you transform fiber into yarn.



Mah-Jongg

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



Table Tennis

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



Wednesday Walkers

Wed, 1 pm (9:30 in warmer months). Meet for a hike each week at a local or offsite location. See monthly destinations on page 4.



World Affairs Conversation Group

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



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.



Kaffeestunde! German Club

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



Cafe en Francais, French Club

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



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.



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 in a chair.



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.



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.



Qigong

Fri, 10:15 am and Tues, 1:00 pm. 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.



Tai Chi

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



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.



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.



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! \$7, members only.



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. \$5 suggested donation.



Women's Breakfast

1st Thursday, 8:30 am. Start your day with a healthy meal and good company. \$5 suggested donation.



People Plus Punch Cards

Safe & convenient. FMI call 729-0757 or stop by the Center to purchase your card!

ACTIVITY: \$25 for 5 classes, \$50 for 11 classes (1 free!)

LUNCH & CONNECTIONS: \$35 for 5 lunches, \$70 for 11 lunches (1 free!)

Volunteers make the difference: help with Volunteer Transportation Network (VTN), lunch crew, front desk, & more!

Presentations - FREE, open to the public

'Aging Well' Lunch & Learn

4th Monday, 12 pm. Programs that focus on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert.



FYI! (For your Information)

Monthly programs to tantalize the mind with interesting and stimulating talks, discussions, presentations with snacks and foods.



Author Chats

Maine authors tell us about their books and writing experiences.



Carpe Diem Tech Support

Supporting:

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

John Fischer 207.522.1238 john@carpediem-me.net

RESPIRE CARE

ADULT DAY SERVICES FOR THE MIDCOAST AREA. BE THEIR SUNSHINE. JOIN OUR TEAM. Engage with individuals experiencing memory issues. 9 Park St. Bath, Maine. 207-729-8571

Chicks Do Chores

WE'LL TACKLE YOUR TO DO LIST! 207-729-5760. So you don't have to! www.chicksdochores.com. MaryEllen Rosenberg, owner. 729-5760, cdc4u@comcast.net. Fully Insured, Bonded, LLC. Call or email for estimates and scheduling.

ONE-ON-ONE, INDIVIDUALIZED CARE!

ROUTE 196, TOPSHAM 207-725-4400. REFORM PHYSICAL THERAPY. PLEASANT STREET, BRUNSWICK 207-844-8053. Pre & Post-Surgical Care • Chronic Pain Treatment • Balance-Related Issues. IN NETWORK WITH: Medicare - MaineCare - Martin's Point - Anthem BC/BS - Humana - Tricare - AARP - United Healthcare - Aetna - Today's Options - VA - and more! www.Reform-PT.com



People Plus
WRITE ON! WRITERS
Wednesdays at 1 pm

Reflections of 2023, Hello 2024

2023 is history. Media TV presentations reflect the year's events – chaotic, climatic storms with tragic losses, immigration issues, social justice, political turmoil, war, the list of deceased famous people. Annual final sports results, athletic achievements, academy, music, beauty pageant awards, technology, medical advances, space, ocean, and earth exploration will be the noteworthy information for the history books. I hope you have joyful memories for your 2023 memoir journal! Father Time, you had a challenging year. Retire, rest and remember!

Hello, 2024. Have you made a New Year's Resolution? Maybe I should ask if you kept last year's resolution to continue this year! We do have events to look forward to for the next 365 days. It is a U.S. presidential election year and the summer Olympics in Paris. I received a calendar titled Unity in Diversity from the U.S. Olympic & Paralympic Foundation. It has a title for each month:

- January – World Braille Day
- February – Black History Month
- March – Women's History Month
- April – Earth Day
- May – Asian American and Pacific Islander Heritage Month
- June – LGBTQ Pride Month
- July – Disability Pride Month
- August – Women's Equality Day
- September – Hispanic Heritage Month
- October – National Disability Employment Awareness Month
- November – Native American Heritage Month
- December – International Day of Persons With Disabilities

Our traditional holidays will still be celebrated with cherished family and friends. May your bucket list have special gathering events and celebrations. Hoping your new year shines with peace, love, and a bounty of blessing to you and yours.

– Betty Bavor

Early Morning in December After the First Snow

The sun peeks through the fluffy cloud cover. Powder blue sky emerges slowly, while snow creates quietness. Evergreen trees dressed in heavy coatings of snow, Christmas card perfect. Bare trees with snow-coated branches etch the sky. The sun emerges. Its stunning beauty lifts my heart.

– Alene Staley

January Reflections: New Beginnings

January...

A time for new beginnings
Setting goals
Reflecting on last year
Checking off what was done in 2023
Transferring goals forgotten to 2024
Because ... really ... beyond the age to stress needlessly
New years are for ...

Do-overs
Snow and icy temps
Ice skating on the Brunswick mall
Farmers markets indoors
Bright, colorful lights of December holidays

put away
Bright night skies
Dark
Starry
Planets
Barren trees
Resting gardens
Long nights, short days
A tendency to hibernate
Or dream of sunny, warm climes

Instead ... bundled, watching hockey
Grandson's first year in high school
Varsity ... and ...
7th-highest state scorer in youth league hockey
Hard not to be a proud grandma
While shivering in the bleachers
And then there are my personal writing goals
Gearing up for winter and spring

People Plus WOW's group
Several online writers' groups
An in-person, write-in weekend
So many activities to look forward to – keeping me busy during the dark months of January, going into February

– Deb Noone

Timeless Wishes

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.

– P.K. Allen

2023 and 2024

Old 2023's eyesight wasn't as good as it once was, but he saw 2024 coming a long while ago. As he got nearer, 2023 started to hear him. Noisy one. He guesses they all were. He remembered when ... no, never mind. His time was past. He had tried, done some good things, failed in others. He had been full of vim and vigor – ready to change the world.

“Get out of my way, old man. I'm 2024 and I'm comin' through. Move it. Nothing is gonna stop me.”

Boy, has he got a lot to learn, thought 2023. Oh no, he has a bud in his ear and a phone in his hand. Good luck, world, you are going to need it.

– Vince McDermott

Quick Bread Muffin Mix

It is always interesting when the grandchildren come and spend time with us when there is no school. We can sometimes be completely exhausted when we take them home at 5:15 pm.

Lily is five and in kindergarten and Oliver is 7 and in first grade. It seems to me, the only thing they want to do is watch their favorite programs on YouTube.

When Lily went to preschool we went out and bought two oval stock tanks that could hold 110 gallons of water each. We covered old mini crib mattresses for the bottom and called them their tubs. They each have a tub to be used as their bedrooms and can play/rest whatever they wish. They had a half day off school some time ago and stayed with us. We mentioned they could move their tubs anywhere they wanted. The tubs were soon moved to the TV room right in front of the TV which we had already playing Veggie Tales. There was so much activity in the room as each one collected several cushions from the couch making the side walls high and draped king size blanket/sheets over their huts with a window for watching TV. They stayed and played in their tubs for a long while.

They had had their lunch at school so I was preparing their afternoon snack and asked which of three boxes of Jiffy type mixes they wanted me to bake. There was no interest even from husband so I took the cranberry mix and made it. I was in my chair relaxing and all of a sudden, I heard from under the blanket Oliver say, “Grandma, whatever your making, I want some.” The aroma was getting to him. I said, “It's still baking.” Soon another request came from Oliver, “Grandma, can I have some of that stuff?” Now it was husband's turn to say, “It sure is smelling good isn't it, Oliver?”

We each had several pieces after it had cooled a minute or two.

– Nonie Moody

Winter

There are so many things to tell you
About the winter in Maine
There's snow, ice, sleet, short days
And sometimes, freezing rain.

It looks like a fairytale land
All white and covered with snow
We walk on thick, ice-covered ponds
Where the fish still swim below

Even in the icy-cold water
The fish can stay alive
When we ice fish on the pond –
A snowmobile is what we drive.

Out across the slippery ice
All bundled in warm clothes
We wear earmuffs, boots and mittens
Parka and a scarf, but still our nose

Often feels so very cold
And it turns red in the winter air
We sing songs and bounce along
On the snowmobile, without a care.

Then we come to the fishing shack
A little house set upon the ice
With a little tiny stove inside
Where the warmth feels very nice.

We bring a lunch and go inside
And stick a line down into the water
Through the hole that Daddy drilled
To teach his son and daughter

To learn to ice fish here in Maine
Where we enjoy all four seasons
And winter brings us snow and ice
And we have so very many reasons

To spend time outdoors in nature
Under the brilliant winter sun
Where we ice skate, slide or snowshoe
Or perhaps take a toboggan run!

The nights are so very cold
The air is crisp and clean
The stars fill up the entire sky
And the moon shines a beam

Down to Maine – a winter fairytale
Maine is the northern-most state –
Where we can slide, toboggan, ice fish
And where we never have to wait

To be outdoors on an adventure
There are so many fun things to try
In the winter when the land is very cold
We never have to wonder why

This is truly a paradise –
A real heaven on earth.
For Maine is a place where people can feel
Appreciation – a sense of worth

For everyone is important here
All are respectful and kind
Maine is a place called Vacationland
Where others come to unwind.

So if you are looking for an adventure
Where you can eat lobster, baked beans and more
Come to Maine any time of the year
To the forests, the lakes or the shore.

We promise to always welcome you
And to share our way of life
Maine folks pride themselves with independence
And they don't complain about strife.

So if you yearn very much to experience
A completely different way of living
Come to Maine where folks are kind
And from the heart are giving.

We promise you can be yourself
We hold tightly to our traditions –
Come share clean air and water
And know that we have a mission

To keep this Vacationland pristine
To protect our animals, water and air
So that visitors can come and experience life
Relax here – without a care.

Maine truly is, as its motto states,
“The way that life should be.”
Come back to the past and renew yourself
In Maine – where life feels free.

– Laura Lee Perkins



MANY OF THE PEOPLE PLUS CLUBS held holiday luncheons in December, including the Mah-Jongg players group (above), which has been meeting for years! The club members enjoy festive gatherings to celebrate the holidays and share delicious food and cheery conversation. And of course they have a great time as they head together into 2024!



MEMBERS OF PEOPLE PLUS ENJOYED A NIGHT OUT at the theater together seeing *The Great Gatsby* at Brunswick High School last month. We love it when members meet at People Plus and become friends that go on to do things outside of the Center like go to lunch, or the theater or the movies! It's amazing.

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 peopleplusmaine.org

PEOPLE PLUS COMMUNITY BOARD

In-home, part-time care professional available. Experienced social services and health education with clean background check. Linda Christie, 207-666-3729

Items to sell? Services to offer or request? Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757

Textile show opening in Café Gallery

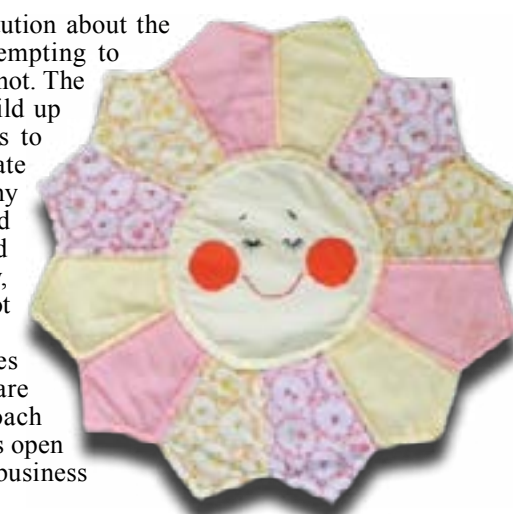
An exhibit featuring textile handicrafts from People Plus members opens in the Café Gallery on January 15 and will remain on display through the end of February.

Suzanne Neveux, popular instructor of several fitness classes at People Plus and a very talented fiber artist, is organizing the show. She coordinated a similar exhibit here in 2019, after discovering her classes contained a number of embroiderers, quilters, cross stitchers and rug hookers.

Suzanne asks that people drop off their items to Sarah at the front desk before Friday, Jan. 12. Items should be identified with the maker's name and brief description, perhaps some reference to the technique (knitted, woven, quilted, hooked) and anything interesting (their own pattern, hand-dyed fiber, their first time doing this particular craft, or anything along those lines).


Neveux offers a friendly caution about the show. “Textiles can be so tempting to touch, but we ask that you do not. The oils from your hands can build up and actually cause the fibers to discolor, and even deteriorate over time.” She added, “Many textile pieces are not intended to be washed, so do enjoy and respect the fiber arts on display, but please, please, please do not touch!”

Most of these unique pieces are not for sale, but if you are interested, you could approach the artist directly. The show is open to the public during normal business hours.



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

Gone but not forgotten –
Nick Sewall June 4, 1936 – November 12, 2023
Barbara Anderson April 9, 1938 – November 23, 2023
Debra Meinke August 20, 1952 – December 4, 2023



Midcoast Senior College is a non-profit educational organization for adults 50 and older who enjoy intellectually stimulating programs in a relaxing environment. No tests, no grades – just dynamic lectures, readings, and lively discussions.

Winter Intersession begins in January with a series of workshops, lectures, and discussions – everything from artisanal breadmaking to the art of storytelling. Registration opens December 18. Also offering a Winter Wisdom lecture series that is free and open to the public on Wednesday afternoons at 1 pm from January 10-February 21. FMI call 725-4900 or visit midcoastseniorcollege.org

Senior Companion and Personal Care Services 1 to 24 hours
Yarmouth, Freeport, Cumberland, Falmouth 729-0991

AGING EXCELLENCE

NOW HIRING
Brunswick to Portland \$17-\$22/hr
Free Yoga, Free Massage!

Ken Keuffel

Want to write a memoir but lack the time and inclination? Hire me to do it for you! I have ghostwritten four memoirs, having drawn on my 30-plus years of experience in journalism and communications. Reasonable rates.



Ghostwrite Memoirs of Arts Professionals
KKeuffel@gmail.com (336) 705-4382
LinkedIn.com/in/KKeuffel

Visit our website to see all we have to offer!
midcoastseniorcollege.org
18 Middle St., Ste 2, Brunswick, ME 04011
(207) 725-4900 info@midcoastseniorcollege.org



THE TEENS HAD A FANTASTIC HOLIDAY PARTY with a Yankee Gift Swap, a goodie bag for each of them, and the best gift of all was a surprise visit from Jordan! She came dressed in her pajama pants with Santa Claus all over them! Thanks to everyone who donated to support our teens this holiday season!

Celebrations, a look ahead and a super-sized thanks

2023 has already breezed by and I'm excitedly looking forward to a new year at the Teen Center!

After a long and eventful December filled to the brim with holiday crafts, music, movies, and cocoa, we made sure to cap it all off by sending the kids home with the traditional gift bag full of treats and a Yankee Swap gift!

Eli and I were lucky enough to be able to take a few breaths between Christmas and New Year's. We were still open for the teens' school vacation, but it certainly seemed like a break compared to all the planning and preparation that went into the rest of last month.

We didn't let the teens take too much of a break though! We kicked off the new year by

Brunswick Teen Center News

Taylor Carter



doing some resolution making with the teens and brainstorming with them for any, and all, ideas of what they want to see happen at the Center next year. We don't plan to monitor their lofty personal resolutions for the year, but we did steal the ideas they've penned for the Center and have made them our goals for the new year! The kids want to see some field trips, Friday activities, a garden, and definitely more cooking every week. We're super excited to start planning!

I also want to thank everyone for the huge amounts of support we received last month for the holiday party! Being new, I heard what expectations the teens had for the annual event, but I was incredibly surprised by the volume of support that came in to make sure the teens were able to have such an incredible party! From the offers to volunteer, financial support, gift donations, and the expert sock shoppers, everyone's help made it a breeze to give the teens everything they wanted and more. Thank you!!

From all of us at the Teen Center, we want to wish everyone a happy and healthy 2024!

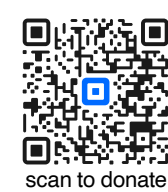
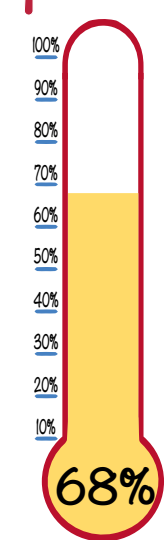
– Taylor and the Teens



A HUGE THANK YOU TO CAROL ISRAEL AND CATHY JARRATT, members of the Teen Center Advisory Committee, who purchased and wrapped these gifts for the Teen Center holiday party this year! Thanks ladies! It looks like you had fun while you did it! And thanks to everyone else who purchased gifts and gift cards for the teens!

Teen Center Appeal

TC \$31,931



Please Donate!

Help support a brighter future for local teens

The Jordan Cardone-Ruwet Scholarship Fund provides an annual award for a graduating high school senior who has been a member of the Teen Center program. Please help our teens with a donation to this scholarship, honoring Jordan's 18 years of dedication to the Teen Center program. Donations can be mailed or dropped off at People Plus or made online.

The Jordan Cardone scholarship is at \$5,650. We are over halfway to our goal of \$10,000 and we cannot get there without your help! Please help us provide a scholarship and a brighter future for area teens. Thank you for your support!

Say YES to Life

Say YES to a BETTER YOU!

Where we live influences how we think and feel. When we get into daily life patterns, it is easy to say, "No, not right now." When we change where we live there's a new sense of self exploration. What we thought we lost in a "house," we gained in the "home" of our heart, soul and mind. New windows of light, new smiles of friends, new possibilities for a "BETTER YOU!" The McLellan is an independent lifestyle community in the heart of downtown Brunswick for those 62 or BETTER. For those who want to focus on the home in their heart rather than the home in their house!

The McLellan
Live better.
One Bedroom Unit
OPEN NOW!

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

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
Donations may be sent to:

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

spectrum generations

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

www.spectrumgenerations.org

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

Monthly Update

January 2024

All Spectrum Generations' locations will be closed on Monday, January 1, for New Year's Day, and Monday, January 15, for Dr. Martin Luther King Jr. Day.

MAINE'S COMMUNITY CARE HUB Healthy Living for ME

Six Self-Management Tools for Relaxation and Stress Management. Start the New Year out right.

- Breath Focus.** Practice taking long, slow, deep breaths. (Belly breathing) Focus on your breathing and distract yourself from your negative thinking.
- Body Scan.** The "Relaxation Body" can be done in just a few minutes with deep breathing and focusing on each individual part of your body. Learn more about the "Relaxation Body Scan" and the next tool "Guided Imagery" in one of our Living Well workshops.
- Guided Imagery.** A technique for allowing your mind to relax and focus on soothing scenes, places, or experiences that can help to reinforce a positive vision of yourself.
- Mindfulness Meditation.** Focus on your breathing and bring your mind's attention to the present moment preventing yourself from drifting to alternative thoughts of the past, future, or negative thoughts.
- Tai Chi.** This includes a series of postures or flowing movements and rhythmic breathing. It offers mental focus and a beneficial distraction from racing thoughts. Tai Chi also enhances your balance and flexibility. In our Tai Chi workshops, we offer modifications for those who struggle with health problems, pain, or disabling conditions.
- Action Planning.** When things seem to be overwhelming break things down into smaller more manageable steps. Our "Living Well" workshops help support you in learning how to create action plans for success as you accomplish your goals.

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

A Year in Review 2023

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. It is our honor to do this work, and we are pleased to share the following achievements for FY23. (Services were delivered between 10/1/22 – 9/30/23)

- In all, Spectrum Generations supported **10,271 people** with an array of services this past year.
- 318,906 Meals on Wheels (MOW)**, meals were prepared and delivered to **2,133 people**.
- 2,194 people** attended social dining at our Cohen Community Center (Hallowell) and Muskie Community Center (Waterville) where **34,229 meals were prepared and served**.
- Our **AniMeals program** provided **264 MOW recipients with 12,893 bags of pet food** as part of their owners' regular MOW deliveries.
- 802 people** received just under **5,000 USDA Supplemental Food Boxes** distributed through our community centers to further combat food insecurity.
- Through our certified direct care staff, **Bridges Home Services provided 131,733 hours of invaluable personal support** including, but not limited to: daily tasks, gentle guidance, transportation, bed-bound patient care, and overnight care.
- Bridges Adult Day and Community Support Services provided 64,169 hours of support to 135 adults** with memory diagnoses or intellectually and/or developmentally disabled adults.
- Spectrum Generations provided **27,588 hours of Targeted Case Management services to 337 people in need**.
- We provided **614 people and their families with caregiver support services** such as respite, education, training, and counseling.
- 5,682 people utilized our access services**, which includes options counseling, assessment, information, and assistance.
- Healthy Living for ME (HL4ME) offered 100 workshops** which included **66 in-person and 34 remote sessions**, and provided **332 independent study** health promotion kits to individuals and network partners.
- Throughout the year, a total of **1,490 people** participated in classes that support positive health outcomes for Mainers.

These are just a few of the ways we help our communities, and we are grateful to the many volunteers and supporters who help us fulfill our mission. Thank you for trusting us to provide the care you need!

Lunch-and-Conversation

Recently, Gerard Queally, President & CEO of Spectrum Generations, co-hosted "Lunch-and-Conversation" sessions in partnership with People Plus in Brunswick, and at the Cohen Community Center (Hallowell) and Muskie Community Center (Waterville). The purpose of these community connections was to learn from our constituents what their biggest challenges and concerns are, what is working well in their community, and how we can best innovate our services to meet community needs over the next four years. Thank you so much to all who participated in one of the three sessions. Your input is very important to us!

Lunch-and-Conversation at People Plus Nov. 16.

Care Partner Supports

COLD MAINE WINTERS A CONCERN?

Maine's winters bring in freezing weather, and losing electricity can turn our homes into an unsafe environment for our care recipients.

The purchase or repair of a generator is a covered service for those who qualify for the Respite for ME program in order to increase, maintain, or improve an individual's functional capabilities.

Respite for ME Grants, funded by the Maine Jobs and Recovery Plan, will allow non-paid caregivers to access respite care as well as other services not currently covered by existing programs. Eligible Caregivers may receive funds, in the form of a reimbursement, in order to access needed services.

Call Spectrum Generations at **1.800.639.1553** for more information.

UPCOMING WORKSHOPS:

Tai Chi – Spectrum Generations' Lincoln Center (Damariscotta)
Mondays and Wednesdays
Starting 1/17 - 3/18/2024; 12:30 - 1:30 p.m.

Bingocize® – Cohen Center (Hallowell) and Lincoln Center (Damariscotta)
Mondays and Wednesdays
Starting 1/17 - 3/27/2024; 10 - 11 a.m.

EnhanceFitness – Hermon Volunteer Rescue and Fire Aid Squad LLC, (Hermon)
Monday, Wednesday, and Friday
Starting 1/3 - 6/7/2024; 10 - 11 a.m.

If you are interested in hosting a Healthy Living Program, check out our offerings on, www.healthylivingforme.org. We would be happy to share the knowledge of these evidence-based programs with you. Be well.

Proud to partner with People Plus

There's lots going on at the Center!



French Club



Women's Breakfast



Balance and Falls Clinic



Cribbage

Membership Benefits

The following businesses offer discounts for People Plus members.

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

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

Augat Chiropractic, Free consult & cursory exam free consultation & cursory exam (mention People Plus benefit when booking appointment)
9 Pleasant St, Brun., 725-7177

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

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

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

Carpe Diem Tech Support, John Fischer, Help with PC & Mac. \$30/hour (40% off regular rate)
522-1238, john@carpediem-me.net
www.carpediem-me.net

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

Double Bubble Laundromat, free drop off/pick up for seniors (15 lb. min.), \$1.80 for wash, dry & fold
Topsham Fair Mall, 373-1995

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

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

Flip, 20% off Tuesdays
7 Dunlap St, Brun., 725-5241
www.flipbrunchbar.com

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

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

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

Maine Optometry, 30% off complete glasses
82 Maine St, Brun., 729-8474
www.maineoptometry.com

Maine State Music Theatre, senior discount (60+) on matinee tickets for Main Stage performances
22 Elm Street, Brun., 725-8769, www.msmt.org

Mid Coast Hospital Gift Shop, 10% off, anytime
123 Medical Center Dr, 373-6018
www.mainehealth.org/Mid-Coast-Hospital/Patients-Visitors

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

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

Rosignol's Hair Shoppe, discount for age 60+
370-9410

Thomas Point Beach, \$1 weekdays admission
29 Meadow Road, Brun., 725-6009
thomaspoinbeach.com

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

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

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

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

*Benefits subject to change

Are you a local business?
Email office@peopleplumaine.org or call 729-0757 to discuss advertising your business with People Plus!

How many jackets (or vests) does it take to live in Maine?



Lunch Out!

Jan. 9th at 11:30 am.



86 Topsham Fair Mall Rd, Topsham

A friend of mine once said, "I have more outerwear than anyone I know." She seemed embarrassed by it, as she has a jacket appropriate for each of her many activities and they add up.

Right now in my closet, I have nine coats stored – for other seasons or to give away (but never do) – and another four in active rotation. The ones in the closet take up a lot of space, but I am unwilling to let some go because I don't live San Diego. However, there is a fleece jacket that I seem to wear only from Oct. 28-Nov. 5. I like how it looks, but it doesn't block the wind and its sleeves lack 'good glide' over my sweaters.

For many people, a jacket to keep warm in a Maine winter usually means some version of a 'puffer.' I still have a 10-year-old Big Mama down jacket (also called a Dr. Zhivago coat in some circles), but my new puffer is lightweight and warm yet still roomy enough for layering to fight the sting of nemesis winds or extreme temps.

That brings me to the fact that how many jackets any of us require is often tied up with the need to layer. My new favorite layer is a fleece vest my sister gave me that at first seemed impractical because it lacks sleeves. It turns out to be perfect for layering, and no sleeves means there's no 'bad glide' to fret about. When I'm outside playing pickleball in the cold, I wear two snug layers and a windbreaker underneath the vest – and exult that I've nailed the layer combo!

We've covered wind and warmth, but what about keeping dry? For this, I employ the long raincoat, and in the coldest months I wear – you guessed it – the fleece vest underneath it along with the usual sweater layer.

For the shoulder seasons, I embrace a sweatshirt. And, of course, layering that with a windbreaker – or a thin vest! – definitely works.

Even in summer, you never know when a late-day chill will set in. A cotton jacket works, but on some nights you might need a thicker version that isn't quite a sweatshirt. Here again, a nuanced approach is required and could involve layering with a lightweight vest!

Perhaps an unwritten law states that for every 10-degree drop in temperature, a new jacket or layer must appear. However, it's complicated. Certain layers have to be

Thinking out loud

Charmaine Daniels



snug, while others have to offer room; the fleece or down must be the correct weight for the given conditions and activity so you're neither sweating or freezing; and you need to consider wind chill or the impact of wearing a base layer (we used to call it long underwear). Finally, how puffy can you stand to look? And just how much room is there under your armpits?

My secret desire: one of those sleek, ultralight down 'sweaters.' But I hear they don't block the wind. Maybe a thin nylon vest underneath?

If I get that dream jacket, it would bring my year-round outerwear total to 14. One person I talked to is up to a total of 20, yet says, "I never feel I have the right jacket." Another said she has a coat that has lasted longer than her marriage. Yet another wondered what it would be like to live in San Diego and only have one light jacket. She mused, "Maybe they worry about which swimsuit to wear?"

Maybe, but I'd probably want to wear a vest under it.

New and renewing members for December

- | | | | | | |
|--|--|--|---|---|---|
| Memberships received as of December 17.
* indicates new membership
• indicates donation made with membership | Wendy Ward*
Bowdoinham:
Clairey Bernier
Joan Jacobus
Brunswick:
Suzanne Anderson
Sharon Belanger
Karen Bergren
Lorraine Berte
Robert Broderick
Sally Broderick
Regina Campbell
Phil Carey
Shirley Chace
Janice Compton
Juan Diaz | Vickie Diaz
Anne Dodd
Patricia Domingos
Bonnie Donovan
Don Durkin
Ann Durkin
Barbara Feld
Pamela Galvin
Nancy Garland
Marlee Gaunt
Ann Groves
Lester Hodgdon
Sidney Hodgdon
Libby Hyatt
Russ Kinne
Judith Klein
Larry Long | Patricia Murtagh
Frances Nankin
Martin Nankin
Gabriele Niffka
Paula Palaza
Tina Phillips
Ash Richards
Carl Richter
Patricia Richter
Patricia Ringston
Roberta Schwartz
Brenda Sexton
Peggy Shanler
Ulku Silverman
Dale Smith
James Smith
Alida Snow | Ellen Steinbart
Joann Thompson
Pat Visco
Wanda Webber
Ellen Yarborough
Freeport:
Sherrill Morgan
Harpwell:
Robin Brooks
Sabattus:
Valentine Ellsworth
Topsham:
Ann Callahan | Norm Curthoys
Stephen Goller
Sally Kelley
Linda Kroeger
Beth Miller
Stanley Moody
Michelle Moody
Anne Richardson
Merrilyn Tombrinck
Chris Wright
Wiscasset:
Jenny Ferguson
Lincoln, MA:
Christine Yurgelun |
|--|--|--|---|---|---|

Sweets for the Sweet

VALENTINE BAKE SALE

Wednesday, February 14, 2024
9 a.m. to 1 p.m.

Mid Coast Hospital Café Conference Rooms
123 Medical Center Drive, Brunswick, Maine

Featuring: Candy, Cookies, Fudge, Breads
Cinnamon Rolls, Coffee Cakes, and other delicious treats!

Sponsored by the Mid Coast Hospital Auxiliary.
Proceeds benefit Health Career Scholarships & Mid Coast Hospital projects.

MEMBERSHIP APPLICATION

729-0757 www.peopleplumaine.org Date _____

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): \$35
 Other towns (New/Renew): \$40
 Lifetime Member (65 or over): \$350
 _____ 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
 Volunteer driving: rides to appts/shopping
 Meals on Wheels
 Reception: check-in/phone
 Teen Center

OFFICE USE: Account Data Card Sent

Meet our Caregivers

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."

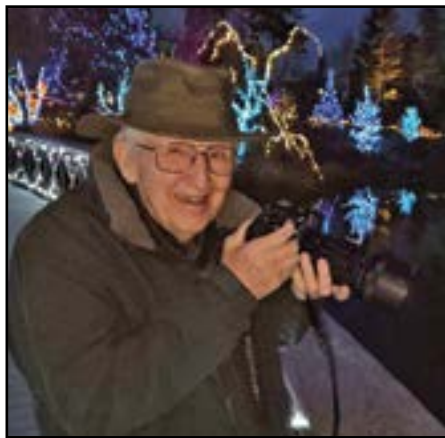
Sunnybrook
A Northbridge Senior Living Community
207.443.9100

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



Keith Carver



Keith Carver



Keith Carver

OVER FORTY PEOPLE PLUS MEMBERS, all bundled up and excited, posed for a picture last month before leaving for the Gardens Aglow light display at the Coastal Maine Botanical Gardens. Led by retired People Plus Membership Coordinator Frank Connors, this "Frank's Field Trip" included a bus trip to the gardens and time to walk around and take in the lights. Following the return trip there was a pizza party at the Center – with pies for dessert! What a great way to kick off the holiday season! And thanks go to Keith Carver (pictured above) for sharing his beautiful photos from the trip.

Weekly Winners

CRIBBAGE

Nov. 22 David Bertocci 717
Rick Fortin 694
Rollande Fortin 689
Trenna Crabtree 689
Gabby Niffka 687

Nov. 29 George Tetu 714
Janis Parent 702
David Bertocci 700
John Bouchard 698

Dec. 6 George Hardin 722
Paula Palaza 709
Janis Parent 705
Ashely Richards 702
Trenna Crabtree 698

Dec. 13 Sherrill Morgan 718
George Tetu 714
Trenna Crabtree 695
George Hardin 694

Dec. 20 John Bouchard 726 (Perfect Game!)
Ashley Richards 718
Jerry Donovan 714
Jim Cherry 695

DUPLICATE BRIDGE

Nov. 27 6 teams.
Linda McIntosh & Richard Totten 60%
Barbara & Don McHarg 57.5%

Dec. 4 9 teams.
Norm Curthoys & Richard Totten 65.6%
Gail & Cy Kendrick 55.2%

Dec. 11 7 teams.
Marcia Good & Woody Townsend 59.7%
Donna Dillman & Jeff Lauder 51.4%
Gail & Cy Kendrick 51.4% (tie)

Dec. 18 Center closed due to power outage

ROUSSEAU MANAGEMENT

Skilled and Assisted Living in Midcoast Maine

www.rmimaine.com

<p>COASTAL LANDING RETIREMENT COMMUNITY</p> <p>142 Neptune Drive, Brunswick (207) 837-6560</p>	<p>COASTAL SHORES RESIDENTIAL CARE</p> <p>142 Neptune Drive, Brunswick (207) 725-5801</p>	
<p>DIONNE COMMONS</p> <p>24 Maurice Dr, Brunswick (207) 725-4379</p>	<p>Neighbors, Inc. The Home Care Company</p> <p>142 Neptune Dr, Brunswick (207) 725-9444</p>	<p>Horizons Living & Rehab Center</p> <p>29 Maurice Dr, Brunswick (207) 725-7495</p>

We take your loved ones comfort and health to heart.

WE ARE THE MIDCOAST.

Our award-winning journalists cover news, food, education and high school sports in Bath, Topsham, Freeport, Brunswick and the outlying communities. Subscribe and get access to it all.

subscribe.timesrecord.com

The Times Record

Portland Press Herald
Maine Sunday Telegram

pressherald.com