



People NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

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 2024

Volume 24, No. 2

Welcome to the community!



WE HAD A FANTASTIC MEET-AND-GREET with Dr. Chris Bowe, President, Mid Coast Parkview Health. Having been in the position for just over a year, Chris had a lot to say about his experience and why he wanted to work at Mid Coast Hospital. He came in with a slideshow, but never used it because he was so engaged with the audience and took lots of questions the whole time! The takeaway is that people really enjoyed getting to know him and feel they have an especially good new president at the helm. It was certainly going to be hard to replace Lois Skillings, and Chris is doing a bang-up job already! Just ask Sandra Denman (pictured, left, with Dr. Bowe)! If you missed the presentation, please don't hesitate to find it on our website! You'll be glad that you took the time to watch it!

Get your seats now for Music in April!

Please bring donated auction items to the Center by March 15!

Mark your calendar folks! We are getting closer every day to our 22nd annual Music in April online auction and live auction gala – two primo happenings in the Brunswick community.

This year's fundraiser will include the popular online auction running from April 1-30, plus a raffle and the live – and lively – auction gala slated for April 6 from 5-9 pm at the St. John's Community Center.

Get your gala tickets early before they sell out! Tickets are \$50 each or two for \$90 and include fantastic local music, delicious food and a super fun live auction. You don't want

to miss this fabulous fundraising event!

Two live auction items have already kicked off the donation list: gas for an entire year from Rusty Lantern Market (value \$3,000) and a whiskey tasting at the home of Jim Howard, President of Priority Real Estate Group with a selection of whiskey from around the world from Bootleggers (value \$2,500.)

People Plus is right now collecting auction items from businesses and community members. Do you know a business near or far that might be willing to donate a product or service? Do you have season tickets you won't be using? Or an antique in the attic or a wonderful used item you no longer need? You can donate *continued on page 3*

Leap Year, Again?? Already??

Celebrating Sadie Hawkins with a Social at the Center

Thu, Feb. 29, 1:30 pm. Join us as we celebrate Leap Year Day with treats, music and laughter at People Plus.

"I'm bringing in the Reed Walker magic music box," said Frank Connors, People Plus staff-member emeritus, "spinning all the lastest 1937 (?) discs, drinking punch and eating sweets." Don't be late!

Hekzebiah Hawkins' spinster daughter Sadie (the homeliest gal in all them hills)

has been invited to attend, and YOU are invited to put on your favorite downhome Dogpatch outfit to mark the day. There's a rumor that NO bachelors will attend, BUT, weather permitting, there might be a race of eligible spinsters tearing around the Center. Connors has promised prizes.

Bring your favorite dessert to share (cookies, brownies, pie, etc.) for our dessert buffet, and Stacy will be pouring the Center's famous People Plus Punch.

Connors was heard saying he was "delighted," stuff like this can happen only once every four years. Free, members only, but call to register so we know how much punch to make!

Textile Art Show Open House

Wed, Feb. 21, 2-3:30 pm. Please join us at the Center for a fun and fascinating Art Show Open House featuring textile creations from our talented members, including hand-knit clothing, woven tapestries, cross-stitch, quilting, and more - a show not to be missed! Light refreshments served. Free, open to the public, call to register. For more information see page 4.



Lunch/Learn: Protect Yourself Against Fraud

Mon, Feb. 26, 12 noon. With financial scams becoming more sophisticated every day, it's essential that you take steps to protect yourself from becoming a victim. Jenny Maddox (AVP Bank Security) and Dan Wilson (AVP Deposit Operations) from Bath Savings will share insights on current scam trends and tips for protecting your identity and avoiding fraud attempts. Bring your lunch (or grab one of our takeout soups), and we will provide drinks, chips and dessert. Free, open to the public, registration required.

Have you made your appointment?



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 to make an appointment, which is required. Clients will be instructed to pick up paperwork to fill out ahead of time.

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.

People Plus
P. O. Box 766
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04011-0766

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People *Plus!*

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

Monthly publication serving the Brunswick-Topsail-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.

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This is a huge award and a really big deal for Claude, who has spent his life in service of others – which happens to be the motto for Rotary as well. And since Frank and Claude go back about a hundred years, Frank wouldn't have missed the opportunity to see his good pal get this distinguished honor.

Once at the State House, we were met there by half a dozen Brunswick Rotarians who wouldn't have missed it either and happily posed for many pictures with Claude – even down on the Senate floor! After Sen. Daughtry presented a legislative sentiment to Claude for receiving the Rotary's Paul Harris Award for his service and generosity, we were whisked down to the House of Representatives by Dan Ankeles and Poppy Arford, where we also got a picture!

Then Representative Arford arranged for Claude to meet the Speaker of the House, Rachel Ross! Amazing! Speaker Ross was incredibly gracious and posed for pictures and enjoyed a performance of Claude

playing his legendary "bones."

Claude was the first performer when People Plus moved into the building on Union Street. He plays musical saws, spoons, and rhythm bones at nursing homes and fundraisers, like the Gelato Fiasco Scoop-A-Thon, which raises money for the Brunswick Area Teen Center. He has played every year at Gelato – no matter the weather – and we love him. He also competed in Mid-Coast Maine's Got Talent, the Brunswick Rotary Club's talent show, and took the judges' award more than once!



It was an incredible morning for Claude Bonang, and as he has done so much to give back to our community, it was the least we could do for him. I have to give a huge shout-out to Senator Mattie Daughtry for paying attention to what's happening in her town and giving Senate recognition for community accomplishments, activities,

From the Executive Director

Stacy Frizzle-Edgerton



awards, etc.

Claude Bonang is 93 years old and has spent his entire life dedicated to the betterment of the Town of Brunswick. The Rotary acknowledged that with his Paul Harris Fellow Award, and it was because of that appreciation, that he was also recognized at the state level. What an amazing way to cap off a lifetime of incredibly generous

goodness.

And in my humble role of chauffeur, I was honored just to be there when Claude received his recognition. And he put it so well when he got into the van to drive home, "Well that was quite a morning!"

And I had to agree - and naturally, I had to take a selfie as I walked up to the State House building! (And it made the front page!)



BRUNSWICK ROTARIANS, PEOPLE PLUS STAFF, AND A STATE LEGISLATOR posed with Claude Bonang as he received a legislative sentiment for winning the Rotary's Paul Harris Fellow Award. (L-R) Frank Connors, Claudia Frost, Patty Biggs, Kyle Morrison, Claude Bonang, Rep. Poppy Arford, Carolyn Bulliner, Stacy Frizzle-Edgerton and Zander Abbott.

Sen. Mattie Daughtry (pictured in left column) presented the legislative sentiment.

Keep it on your radar screen

Recently a client said to me that although we had been working together for a while, she was still not exercising regularly. I responded by saying that as long as it was on her radar screen, it would happen at some point. I explained to her that I had wanted to increase my stretching for years. It wasn't until I saw an ad for wall Pilates that I started to do more stretching!

Last year I signed up for an online program called "Food as Medicine." I started the program, but the year got away from me and it wasn't until December that I started working on it with more regularity. The program is very interesting. It encourages many of the concepts I have written about before, but I always think a good refresher is helpful.

From Anita's Plate

Anita Nugent
(207) 504-6439



info@nutritionforeveryday.com

Suggestions:

- Eat more whole foods.
- Eat in combination (i.e., lean protein, whole grains with vegetables and healthy fat.)
- Increase the colors in your meals by adding a variety of fruits and vegetables

By increasing the quality of our food intake we can decrease free radicals, decrease inflammation, and decrease the risk of many diseases.

If you haven't accomplished something that you have wanted to, just keep it on your radar screen!

Chocolate Red Velvet Cake

- Ingredients:**
- 3 large beets
 - 4 egg whites
 - 1-1/3 cup granulated sugar
 - 1 tsp. vanilla extract
 - 1/4 cup canola oil
 - 3/4 cup cold water
 - 1 tsp. white vinegar
 - 2 cups all-purpose flour or white whole wheat flour
 - 1/3 cups cocoa powder for baking (Dutch process)
 - 1-1/4 tsp. baking soda
 - dash salt
 - 1 cup mashed strawberries

- Instructions**
1. Trim and rinse beets. Microwave until tender, about 20 min. Slip them from their peels or peel with a knife. Puree in food processor. When they are smooth, add eggs, sugar, and vanilla and puree smooth again.
 2. Stir beet mixture into dry ingredients.
 3. Spray two 9-inch cake pans very well with cooking oil spray. Bake at 350 degrees for 20-25 minutes or until firm.
 4. Allow to cool and sandwich half of warmed, mashed strawberries between the cakes and add the rest of the berries on top.



Check out past newspapers online at
www.peopleplusmaine.org



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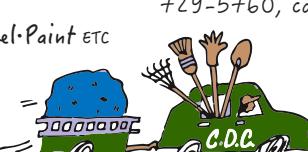
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WE WERE THRILLED TO WELCOME Dr. Susan Chadima to the Center last month for a presentation to the World Affairs Conversation Group, which meets bi-monthly at the Center on Fridays. Dr. Chadima is a longtime and well-known veterinarian from Topsham, who also dedicated a good chunk of her life to opening animal treatment facilities in Afghanistan. Her stories were fascinating, and the questions that came in from the group were intriguing and varied! We hope to have Dr. Chadima back again at the Center!

Medicare Savings Program eliminates asset test

As of January 1, the asset test for the Medicare Savings Program was officially eliminated. Thus, anyone who is currently income-eligible for the Medicare Savings Program, but was ineligible because the asset limit is now eligible for the program and may apply or re-apply through their local Area Agency on Aging (Spectrum Generations in Brunswick and Harpswell or Southern Maine Agency on Aging for other nearby towns). Or the application is available online at mymaineconnection.gov/benefits.

Music in April continued from page 1.

handcrafted items, a gift card, a professional service, or anything we can sell!

"I've even got two minivans full of goods to donate from when my aunt downsized," says Executive Director Stacy Frizzle-Edgerton. "And I bet a lot of us need to thin our piles, create more space, and help a good cause all at the same time," she adds. "What's also neat is that, in addition to items, there are so many experiences you can bid on. One of my favorites from last year was of course the pasta-making dinner at my house! Jonathan and I love entertaining and there's nothing better than having someone pay us

to do it and the money goes to People Plus!"

The money raised from Music in April enables People Plus to serve the Greater Brunswick community with lots of fun, healthy 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!" says Stacy. "And I know that will be the case again."

So, get your donations to the Center for the month-long silent auction and then get ready to have some fun on April 6 at the live auction—it will be here before we know it!



Seeking Auction Item Donations!
Art, antiques, services, handcrafted items, experiences, gift certificates, and more.

Online Auction Opens April 1!
New items added weekly through April 30.

For tickets, sponsorships or auction item donations, call 729-0757.

Tickets on sale now!

Live Auction/Dinner Gala

Saturday, April 6, 5-9 pm. Live music, food & beverage and live auction at St. John's Community Center. Tickets are \$50 each or 2 for \$90.



SAVE THE DATES!



Senior Health Expo
October 10, 9-1
Brunswick Rec Center



ISLEBROOK VILLAGE INVITES YOU TO LUNCH & LEARN

Brunch or lunch will be provided. Ask questions about our wonderful, new senior living community – COMING THIS FALL!



**Thurs., Feb 8th
9:00am - 10:30am
RSVP by February 5th**

45 Water St.
Wiscasset, ME 04578

To RSVP, or for more info contact Laura at 207-656-7600 or LRoehrig@islebrookvillage.com



kennebec tavern
restaurant & bar

**Thurs., Feb 22nd
Noon - 1:30pm
RSVP by February 19th**

119 Commercial St.
Bath, ME 04530



**Wed., March 6th
Noon - 1:30pm
RSVP by March 4th**

942 US Route One
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An Everbrook Senior Living Community

'Monday Munchies' Returns!



Mondays, 11:30-12:30 pm. We are partnering with Mid Coast Hunger Prevention Program to bring back our longtime meal program, "Monday Munchies!" You may remember that we served soup or a casserole or some sort of lunch every Monday for a long time several years ago and we're excited to do it again! MCHPP will provide some sort of food and we will serve it on Mondays. It will primarily be soup, but it could be anything and it will always be free!

Good Eats—Good Friends!

Women's Breakfast

Thu, Feb. 1, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

Men's Breakfast

Thu, Feb. 8, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.



Wednesday Walkers Club Destinations for February:

Please note the meeting time for each week. Call 729-0757 to let staff know if you will need or can give a ride. ****Walks begin once carpool arrives.** Micro spikes or snowshoes may be needed – watch the weather. Meet at the Brunswick Rec. Center at 1 pm if inclement weather.

Feb. 7. Planning meeting & coffee at PP @1 pm. Come share your ideas and help plan the walks for March!

Feb. 14. Mitchell Field, Harpswell. Carpool: meet @PP by 12:30 pm or arrive at the site by 1 pm.**

Feb. 21. Swinging Bridge Walk. Departs from the Center and goes over two bridges. Arrive at PP by 1 pm.

Feb. 28. Brunswick Bike Path. Carpool: meet @PP by 12:45 pm or arrive at the Water St. parking lot by 1 pm.**

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

Calling all game players!

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

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.

Don't Miss the Textile Art Show at the Center!



You still have time to enjoy the fiber arts show gracing the Café Gallery – and on Wednesday, Feb. 21, from 2-3:30 pm you can do just that, plus mingle with some of our talented members and hear them talk about their work at the show's open house. Come see textile creations from the 17 makers that include hand-knit clothing, woven tapestries, cross-stitch, quilting, hooked rugs and more.

One of the makers in the show, Bonnie Connolly, learned to knit in 1970 and says she has always liked yarn, color, and creating things. A member of the Fiber Arts Club at the Center, she has a knitted sweater in the show, as well as needle point and cross-stitch pieces.

For Bonnie, part of the enjoyment of knitting is the social aspect. "I like the camaraderie of the knitting groups I've been in. And I like giving things to people, so I knit socks for church fairs or friends and family," she notes.

Plus, she points out that if she's knitting, she isn't doing housework!

The show was organized by Suzanne Neveux, who teaches Qigong, Tai Chi and Loosen Up at the Center. "We got an unbelievable response," she notes. "There is such a wide variety and the talent is awesome. Every time I opened a bag (with an entry), there was a treasure."

Suzanne says she had fun figuring out how the pieces would work together spatially, in what was basically a puzzle of what should go where on the walls. "It was complex," she adds. (Though she didn't enter a piece, she is a quilter and knitter who also sews and does cross-stitch.) Kudos to her and Tom Leitzinger for hanging the show, which took all day and part of another.

Of the artistic approach involved in these projects, Suzanne states: "The characteristic

that these makers share is curiosity. Each takes a basic string, a length of wool or fiber, then uses needles or loom or rug hook to work it into something beautiful and useful. It takes curiosity to wonder how to fashion a simple string into something with texture and color and purpose."

Barbara Pinder, who takes Tai Chi and Qigong at the Center, entered a hooked rug and smaller hooked 9-inch squares in the show. She designs her own pieces and says they can "go in so many different directions." After taking a beginner class when she retired to Maine 18 years ago, she now finds the process "relaxing and energizing at the same time. If you can be creative and express it, it's very satisfying," she notes.

Come join us for the open house on Feb. 21. Light refreshments will be provided and the free event is open to the public. Call to register.

Come to the Center for a Valen-tastic meal!

Join us Thursday, Feb. 15, for pineapple chicken stir fry with multi-color peppers, onions, carrots and sauce, fried whole grain rice with peas, carrots, eggs and onions, green beans, whole grain rolls, salad – and for dessert, red velvet cake with cream cheese frosting and Valentine's sprinkles. Wear pink/red!

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.

Lunch & Connections Punch Cards!

\$35 for 5 lunches, \$70 for 11 lunches (that's one lunch FREE!) FMI call 729-0757 or stop by the Center to purchase your card!



Exercise at the Center!

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

CENTER CLUBS

FREE- members only, however anyone can try any club once!
FMI: 729-0757

"Bandstand!" Dance Club

Wed, Feb. 7 and 28, 1:30 pm. Join this casual group to enjoy unstructured dancing and socializing!

Table Tennis

Mon & Tue, 11 am; Thu, 9 am; Sat, 10:15. *Times are subject to change; check online calendar.

Fiber Arts

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

Fiber Spinners

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

Wednesday Walkers

Wednesdays, 1:00 pm. Meet for a walk or hike (usually an hour). Destination/carpool info listed in the People Plus News and "Peek at the Week" email.

Write on Writers

Wednesdays, 1 pm. Meet to share stories and writings.

Civil War & History Book Club

3rd Monday, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War through WW II eras.

Cantina Espanol

1st Tuesday, 2:30 pm. Spanish language club meets to chat in Spanish.

Kaffeestunde!

2nd Tuesday, 2:30 pm. German language club meets to chat in German.

Books a la Carte

3rd Tuesday, 2 pm. Join an interesting and fun discussion about books and authors with varied genres and no assigned reading list.

Cafe en Francais

4th Tuesday, 2:30 pm. French language club meets to chat in French.

Medicare 101 with Spectrum Generations

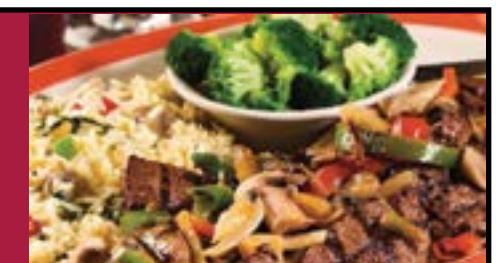
Tue, Feb. 13, 12:30 pm. Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans. Free, open to the public (\$15 suggested donation appreciated). Registration required.



Lunch Out!

February 13, 11:30 am

**34 Topsham Fair Mall Rd,
Topsham**



Mon	Tue	Wed	Thu	Fri	Sat	
HOURS Mon-Thu 9 am - 4 pm Fri 9 am - 1 pm	Scan QR code for People Plus online calendar 	Call 729-0757 to register for activities	8:30 Women's Breakfast 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 10:00 AARP Tax Help 11:00 Yoga 6:00pm Int/Adv Belly Dancing	1 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 10:00 AARP Tax Help 11:00 Yoga 6:00pm Int/Adv Belly Dancing	2 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	3 9:00 Zumba 10:15 Table Tennis
5 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	6 8:30 AARP Tax Help 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 6:00pm Belly Dancing 6:30pm Toastmasters	7 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 6:00pm Belly Dancing	8 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 10:00 AARP Tax Help 11:00 Yoga 6:00pm Int/Adv Belly Dancing	9 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	10 9:00 Zumba 10:15 Table Tennis	
12 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Civil War Book Club 11:00 Table Tennis 1:00pm Bridge	13 8:30 AARP Tax Help 10:00 Yoga 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 6:00pm Belly Dancing	14 9:00 Loosen Up 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	15 9:30 Art Class 12:00pm Lunch and Connections 1:00pm AARP Tax Help 6:00pm Int/Adv Belly Dancing	16 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	17 9:00 Zumba 10:15 Table Tennis	
19  Center Closed	20 8:30 AARP Tax Help 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	21 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 2:00pm Art Show Open House	22 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 10:00 AARP Tax Help 11:00 Yoga 6:00pm Int/Adv Belly Dancing	23 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga	24 9:00 Zumba 10:15 Table Tennis	
26 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 12:00pm Lunch and Learn: Protect Yourself Against Fraud 1:00pm Bridge	27 8:30 AARP Tax Help 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	28 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	29 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Tutoring 10:00 AARP Tax Help 11:00 Yoga 1:30pm Leap Year Social 6:00pm Int/Adv Belly Dancing	Program Notes for February: <ul style="list-style-type: none">• Center closed Monday, Feb. 19• No Apple Club in February ACTIVITY PUNCH CARDS Safe & convenient. FMI 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes (that's 1 class for free!).		

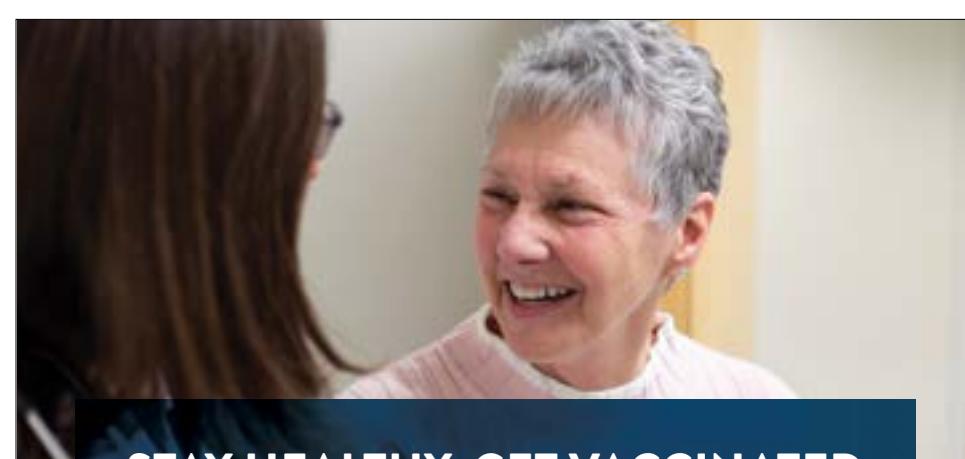
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MaineHealth**Travel with your friends at People Plus and Collette Travel!****Majestic Cities of Central & Eastern Europe - deposit due 2/21/24**

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, Schönbrunn 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](#)

**STAY HEALTHY, GET VACCINATED**

Older adults are at greater risk of serious complications from COVID-19 and influenza (flu). Vaccination is the best way to protect yourself and your family.

Vaccination options:

- MaineHealth patients may schedule a vaccine appointment directly through MyChart. If you do not have a MyChart account, please call your provider's office to schedule.
- Many community locations and pharmacies offer vaccinations. Find an appointment near you at vaccines.gov, by texting your ZIP code to 438829, or by calling 1-800-232-0233.
- If you or a loved one is living with a disability, you can get vaccine support by calling the Disability Information and Access Line at 1-888-677-1199 or emailing DIAL@n4a.org.

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Stay fit and happy all winter!

Our annual Fit and Fun for Free promotion in January gave people a way to try out any of our class/club offerings at People Plus for free. 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.

Even if you missed this special promotion, know you can always try any class once for free any time of year, because Fit and Fun is never done! Please check the calendar on page 5 of this newspaper (or on our website) for class/activity schedules. Sign up for some fun and consider becoming a member of

People Plus if you aren't already one.

This year's promotion in January was well received and resulted in many new visits to the Center and more than 30 new members!

"The goal is to get folks engaged," said People Plus Director Stacy Frizzle-Edgerton, "Mission accomplished!"



FREE Video Library

Are you hunkering down for the winter? Don't forget to check out the People Plus video library. It's filled with community updates, exercise classes, art classes, guest presentations on varying topics (including previously recorded presentations/events at the Center), our "Storytime with Frank" series, News & Views TV shows, People Plus Cooks! TV shows with additional cooking videos, and other fun videos.

Our free videos are all available on our website (click on the Free Videos tab), and many air on Brunswick TV3 & Harpswell TV14.

If you have an idea for a video, please contact Stacy Frizzle-Edgerton.



Looking for a meeting/event space?

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 or 729-0757.

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Medical equipment loan helps everyone!

Do you have need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a “lending inventory” and it’s ready when you are.

“It started almost by accident,” explained Frank Connors, the retired Center staffer who in the past usually hauled the surplus equipment up and down the stairs to a basement storage area. “We had members who’d used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!”

Now, on a regular basis, community members needing equipment to keep them safe and secure at home have a new source of access. “Everyone wins,” Connors said. “We ask people to bring it in clean and in working condition,” he noted. “We take care of the rest.” If you have a specific need, or equipment to loan to the program, call or come by the Center. You do not need to be a member to borrow equipment.



THANKS SO MUCH TO DEBBIE ATWOOD of Habitat 7 Rivers Maine for her Lunch and Learn on their Critical Home Repair Program. The program delivers vital help for income-eligible homeowners who are in need of essential home repairs, modifications, and/or weatherization that will enable them to remain in their homes, living independently. Several members have already sent in applications! Do you need help with home repairs? FMI or to apply visit <https://habitat7rivers.org/programs/weatherizing-repair-and-stay-in-your-home>

3rd Thurs.
Books a la Carte
2 pm

We talk about books of all types with no assigned list. FMI and our complete list of recommendations visit peopleplus-maine.org/books-la-carte.

FICTION

The Perfect Girl by Gilly Macmillan. A teenage prodigy is bullied at school in England in 2014. She makes a tragic

mistake in which three people die but gets a chance at a new life.

The Winter House by Joan MacCracken. A Maine author writes about four older women who combat the long, cold winter by living together.

The Midcoast by Adam White. Set in Damariscotta by an author who lived there, it features ambition, class, family drama, and criminal enterprise.

The Magic Kingdom by Russell Banks depicts the lives of the Shaker community in the swamps near what is now Disney World.

NONFICTION

Not to Be Missed by Kenneth Turan. The NPR critic looks back on a lifetime of film viewing and makes his choices for the best film of each decade.

The Last Winter of the Weimar Republic by Rüdiger Barth

& Hauke Friedericks. A day-to-day account of the final months of democracy in 1930s Germany.

A Fever in the Heartland: The Ku Klux Klan's Plot to Take Over America, and the Woman Who Stopped Them by Timothy Egan. The story of the Klan's meteoric rise in the 1920s and its scandalous leader – until he was stopped.

MYSTERIES/THRILLERS

The Silent Patient by Alex

Michaelides. A well-known artist murders her husband and turns mute as a psychotherapist works with her to uncover the surprising story.

The Last House Guest by Morgan Miranda. A summer guest who befriends a local girl dies unexpectedly in Littleport, Maine, a harbor town with wealthy seasonal visitors.

A Dangerous Business by Jane Smiley. Two young women who work in California brothels during the gold rush try to catch a killer.

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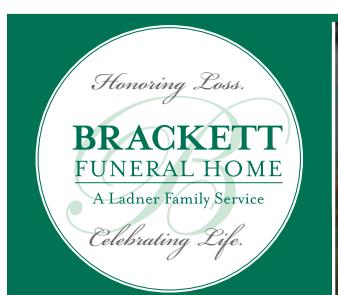
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Peter W. Ladner, President, circa 1980

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

Concerts for a Cause**Jud Caswell with
“A Morning Cordial
Retrospective”**

Award-winning singer-songwriter Jud Caswell will perform at the Brunswick UU Church on February 24 at 7:30 pm to raise money for the Midcoast New Mainers Group and Oasis Free Clinics. The show is part of the Concerts for a Cause series.

One of the leading singer-songwriters on the current scene, Caswell is a master multi-instrumentalist, playing guitar, banjo, cittern, whistles and Irish drums. His interpretations of songs from modern acoustic to traditional folk and Irish are performed with excellent musicianship paired with his warm, tender voice.

Tickets are \$20 in advance, \$25 at door. Students & children: \$10. Available at the church office, Gulf of Maine Books, or ticketstripe.com/jcaswell. Doors open at 7 pm, One Middle Street, Brunswick.



THANKS TO OUR FANTASTIC LUNCH CREW
volunteers for yet another delicious meal! The American Chop Suey and apple crisp were warm, comforting and delicious. We can't wait till next month for pineapple chicken stir fry and red velvet cake with cream cheese frosting for Valentine's Day!

AND THANKS TO ELIZABETH Wiest (right) from the Community Health Department of Mid Coast Hospital for joining us at the January luncheon! Elizabeth brought about 100 pill packs for people to organize their daily vitamins and medications as well as 100 "Dettara" medication disposal pouches so that people can safely dispose of leftover medicines! Just add water to the pouch, put your unused medications in it, and presto – they dissolve into an environmentally friendly product that you can then easily and safely discard. Thanks, Elizabeth!

**“CLYNK” is a solid fundraiser, one nickel at a time!**

Did you know that your returnable bottles and cans can benefit the Center? The “CLYNK” returnable program, sponsored by Hannaford Supermarkets and endorsed by People Plus, is one of those “under the radar” things we do, that benefits both the Center and our community. Green “CLYNK” bags, pre-barcode with the



Center's unit numbers, are always available at the front desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits! Thank you for recycling, and thank you for supporting your Center.

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Mid Coast Senior Health
MaineHealth

February

February is the month for romance and love. Valentine's Day is coming up soon; are you ready?

Here are some things you need to be aware of about this holiday. Valentine's Day came to the U.S. in the latter part of 1913. Hallmark then started mass-producing Valentine's cards and it grew from there. If you take your time and watch the skies, you may get a glimpse of Cupid passing by with his bow and arrow ready to spread love.

Cupid originated in ancient Greek mythology; he was first known as Eros, which means "desire." Eros was the son of Aphrodite, the goddess of love. During the Roman era he was renamed Cupid, and he wreaked havoc by shooting arrows at people, causing them to fall in love.

To be prepared for Valentine's Day, you need to be ready to purchase a heart-shaped box of candy, a card expressing your love, and flowers. Hearts were used throughout the centuries to represent "the giving of one's heart" and has stood the test of time. Hallmark made the Valentine's card a popular part of the holiday before all the other practices came into play.

The most popular gift to your loved one is roses in red or pink. Red roses were first grown in Asia over 5,000 years ago. By the 19th Century when many traditions fell into place, lovers were exchanging roses. Red was considered a rare color and was the color of the flower offered to Aphrodite in Greek mythology. Red also represents the blood that keeps the heart beating and where emotions of love are stored.

We cannot forget about the box of candy. In Aztec times, chocolate was considered an aphrodisiac so it became a symbol for potential love-making. Cadbury produced the first heart-shaped boxes of chocolate in 1868. Even though chocolate isn't really an aphrodisiac, the myth still sticks with us today.

So are you ready? Make your list and have a Happy Valentine's Day.

– *Kathy Gaunt*

Winter ... Transitioning to a New Year

December of one year shoots into another month,
Another year
Expected
But somehow surprises us every time
Plans and Goals and Aspirations
Those left undone from 2023
Those hoped for in 2024
Some goals transition easily
Annual hopes and plans
Others, not so much
Best laid plans and all...
But rather than distress about that left undone
I cut and paste
from 2023
to a new document
for a new year
Starting afresh on Day One
With hopes and dreams
Nothing checked off ... yet
A blank slate
Possibilities endless
Dreams to be chased and caught
Breathe deep the winter cold
Hunker down
Move forward
Keep dreaming
And doing

– *By Deb Noone*

Poems & Prose**Party Babies**

It was shortly before an election;
My kids were still quite small.
We wandered into a pet store,
And saw a surprise in a stall.
We saw two baby animals,
A donkey and an elephant,
Each representing a political party;
The timing was of course quite relevant.
As we enjoyed this spectacle,
I suddenly felt a nudge.
The elephant's trunk was in my purse,
And it simply woauldn't budge.
In shock, I tried moving away,
But the creature's trunk went with me.
I'm not sure, but I think I saw
The donkey grinning in glee.
The two icons seemed to get along great;
Despite sharing the same habitation.
They were both quite peaceful and calm,
Showing no signs of confrontation.

– *Sally Hartikka*

Haiku

Buying fresh produce
Needing the thin plastic bag
Patience, try again

– *Nonie Moody*

Sleeping on the Job

Some people call speed bumps "sleeping policemen." This is a story about a real sleeping policeman. When we lived in Massachusetts, we had a long driveway to Elm Street. On either side of it, there was a space where the local police habitually parked to watch for speeders. Elm Street was long and straight with few houses and was a popular place to drag race. On this particular day after a big snowstorm, the plows created big snowbanks on either side of the road, but they cleared our driveway entrance and left a cleared space where the police car could wait in hiding. Sure enough, a police car backed in. The boys noticed it and walked down intending to chat with the officer, but noticed that he was asleep.

There probably wasn't much activity on such a day. I don't know which one came

up with the idea, but it was agreed that they would very, very quietly push snow around his vehicle, not quite covering the windows completely. They went to the house and dried the wetness from their boots and hid away their wet gloves and jackets. Eventually the officer came to the house inquiring if anyone had seen who covered his car. The boys were making popcorn, put on their innocent faces, and denied seeing anyone, but suggested it may have been the pesky neighbor boys down the road. They were pretty sure they wouldn't get into trouble as there was no way the officer would let it be known that he was sleeping so soundly on the job. They gave him some popcorn and went with him to help clear the snow from his car.

– *Sue Linkel*

Everyone has one every year

'Everyone has one every year' – your 'VIP Day'! You were not asked when or what you would like for that VIP day, or about your surname or what would your first name be. Would there be celebrations, who would you look like, and what future in God's hands? Have you guessed what we all have every year? A birthday – same month, same day!

Through the ages, notable people continue to be recognized with national holidays, beginning with Jesus born in a manger, celebrated with gifts and honor centuries ago. February has two American presidents honored for wisdom, courage and bravery – another story!

The origin of birthday cakes was in Germany in the 15th Century. They were layered, highly decorated, and costly for the wealthy. Happy Birthday was added after the 'Happy Birthday' song gained popularity in the 1900s. Theories regarding candles include the ancient Greek moon goddess, Artemis. People believed lit candles represented the moon's glow, and when blown out, the smoke carried wishes to Gods living in the sky. The Germans used candles thinking they were the light of life. Today we put the number of candles for the birthday VIP's age – who makes a silent wish hoping it will come true if it is kept secret.

Finally, dear friends, while many changes occur in our daily life, making all of us individual, birthdays can never be changed – being one tradition for everyone. We all have a birthday every year. Celebrate in style with cake, candles, ice cream, family, and friends. Make a wish, keep it secret and blow out all the candles!

Happy Birthday in 2024. Thanks be to God.

– *Betty Bavor*

Passing time

Then and when, now and next
As this minute slips into the past
And is replaced by a new one
A continuum, unstoppable,
Like life itself.

– *Bob Mulligan*



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.

Spring Term I begins Monday, February 5, with an exciting array of classes—Twenty-one Sonnets by William Shakespeare; Revisiting Childhood; Medieval Imagery-Devotion, Didacticism, and Delight; American Sign Language (Handshapes & Simple Sentences); Being Female, Part 2: The Human Female; Tales of the Jazz Age; and Brain Repair. FMI call 725-4900

Visit our website to see all we have to offer!

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Yellow Brick Road Society

Become an honored member of the Yellow Brick Road Society for People Plus when you communicate your intentions through planned giving.

Benefits for All Ages

The Brunswick Area Teen Center's endowment fund's foundation was fortified with a willed gift from the estate of Deane Lanphear. With Deane's generous gift, we helped ensure the future of area teens for generations.

For more information call 207-729-0757

In addition to wills and bequests, there are many creative vehicles for planned giving that can provide enormous benefit to People Plus while also providing significant tax advantages for donors and their heirs including:

- Life insurance
- Charitable remainder trusts
- Life income gifts
- Stock

When including People Plus in your will, the following language is suggested:
I give \$ ____ (or ____ % of the residue of my estate) to People Plus, located in Brunswick, Maine to be used without restrictions for the general purposes of the organization. We urge you to seek legal and/or financial counsel to determine which might be the best for you and your family.




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



Dec. 27 Judy Hardin= 703
Rollande Fortin= 702
Leo Robichaud= 690
Janice Parent= 684

Jan. 3 David Bertocci= 704
James Cherry= 701
Janis Parent= 700
Rollande Fortin= 698

Jan. 10 John Bouchard= 714
Sherill Morgan= 700
Trenna Crabtree
George Tetu= 693
Leo Robichaud= 693

Jan. 17 Jen Haskins= 723
Trenna Crabtree= 698
Janis Parent= 695
Paula Palaza= 694

Jan. 24 Sherill Morgan= 726
John Bouchard= 726
George Hardin= 726
Anne Bouchard= 708

DUPLICATE BRIDGE

Jan. 1 9 teams
1. Gail & Cy Kendrick 64.6%
2. Donna Dillman & Sherry Watson 63.5%

Jan. 8 7 teams
1. Marcia Good & Woody Townsend 63.5%
2. Sherry Watson & Liz Glover 62.5%

Jan. 15 9 teams
1. Richard Totten & Rick Simonds 58.3%
2. Linda McIntosh & Tony Belmont 56.3%

Jan. 22 7 teams
1. Gail & Cy Kendrick 61.4%
2. Barbara & Don McHarg 54.2%

Member Moment

Meet Linda Mae Lawler

By Charmaine Daniels

Linda Mae Lawler is one of those quiet but friendly people who goes about helping others without drawing attention to herself. She sat down with me recently to tell me about her life.

Where are you from originally and where do you live now?

I grew up in Westbrook and have lived in Harpswell for 36 years.

Tell me about your family members.

I have four sons from a previous marriage and they all live in Maine. I have five grandchildren and two great grandchildren. My (second) husband had 7 grandchildren and lots of great-grandkids that I stay in touch with. I was married to

Edward for 35 years, and he passed away several years ago.

What did you do career-wise?

I was a medical assistant for 25 years with Maine Medical Center in Portland and Falmouth. I was in Family Medicine and did everything a nurse does – and I also helped resident doctors understand low-income folks who couldn't afford the prescriptions they prescribed.

How long have you been a member at People Plus?

For about 5 years. I'm in the Fiber Arts Club and am thinking about doing more classes.

I didn't know anyone when I joined, but it was easy enough to meet folks by coming to luncheons and doing lunch outs. We all like to eat.

What's your favorite thing about People Plus?

Sarah, at the front desk. She's a love. Everyone has a good time here. It's good for our well-being. You can't shut yourself off just because you're old.

What are your hobbies?

I've been crocheting all my life. I make afghans for my kids and grandkids, along



with baby items like hats and blankets that I donate to Care Net, a nonprofit that supports women with unplanned pregnancies. (By the way, Linda Mae made a lovely baby blanket displayed in the current art show hanging in the Café Gallery.)

Are you active in the community?

I donate and deliver meals to Tedford House residents monthly. And I shop for veterans at Christmastime as part of the American Legion Auxiliary and I volunteer for Maine State Music Theatre. I also serve communion twice a month to nursing home residents. You gotta keep busy. It all keeps me out of the doldrums. (Her Golden retriever Shannon helps with that, too.)

One other thing Linda Mae does is put out spare thread and yarn on the bushes in her yard so the birds can use them to make their nests cozy. "Cozy is good," she says. That effort for the neighborhood wildlife illustrates the kind of person she is – someone who goes the extra mile to offer support and comfort.



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Ken Keuffel

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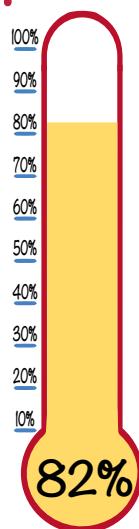
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Teens favor couches, cooking, and Tolstoy's advice

Teen Center Appeal

 32,720



One of my favorite things to do in winter is to go for an evening stroll while it's snowing. Everything gets quieter and it almost seems like the whole town has been abandoned. It's the perfect way to disconnect, and when I'm cold to the core I always return home to a nice hot cup of tea. As I've quickly learned, this stands in sharp contrast to many of our regulars at the Teen Center. One teen simply described me as "crazy."

On a cold or snowy day, the first thing the teens do is sprint up the stairs, grab their preferred blankets and couch, and throw on whatever the popular show is that day. Most of them hunker down in place until the calls from their parents start rolling in to shake them from their cocoon. The only evidence remaining is the trail of salty footsteps left in their wake.

On warmer, sunnier days we're still able to capture their attention long enough to pull them from their couches,

and this last month has had plenty of time dedicated to some experimental cooking. Our volunteers have been answering the call for their favorite healthy recipes – and we've found that a lot of the teens are excited to try cooking their favorite (and least

favorite) healthy foods in new ways. At the end of the day though, life is about balance, and we still provide plenty of opportunities for the teens to indulge in their favorite sweet treats. The chocolate fountain is never far away, and we'll never say no to hot cocoa or a delivery of homemade cookies.

As we push our way through February, it certainly seems like the end of winter is already in sight! Leo Tolstoy might have said "Spring is the time for plans and projects," but Eli and I have decidedly disagreed. We've gotten a significant head start on our spring cleaning and are excitedly planning what to do this spring and summer with the teens. The teens, however, seem to agree with Tolstoy, which means the two of us will be eagerly waiting for the teens to pop up one day (just like Punxsutawney Phil) and tell us when winter will be over.

Beyond all of that, we're also excited to be well on our way to planning for the Gelato Fiasco Scoop-a-Thon! This year it will be on April 24th from 11am to 11pm. (That means there's more than enough time to sneak a few gelato trips into your day if you plan appropriately.) If you're interested in volunteering

Brunswick Teen Center News

Taylor Carter



with us, please feel free to reach out. There will be plenty going on all day long, so we can use all the help we can get!

We'll keep looking ahead to spring here at the Teen Center, but until then we'll keep searching for ways to enjoy what's left of the winter.

Until next month!
– Taylor and the Teens



JORDAN STOPPED BY THE CENTER
last month to help us start the planning process for the Gelato Fiasco Scoop-a-Thon in April. She got to watch the kids take a stab at cooking their own mini lasagnas with volunteer, Rebecca. Other experimental cooking included celebrating Green Juice Day with homemade green smoothies and homemade blueberry pancakes. We can't wait to hear what they try to make next!

Speaking of cooking – do you love to bake? We have found that keeping sweet treats and savory snacks on hand helps keep our teens fueled up and happy! Please try to avoid anything with nuts, but other than that they love homemade food – from pans of brownies or cookies to lasagna and everything in between.



We're so close!



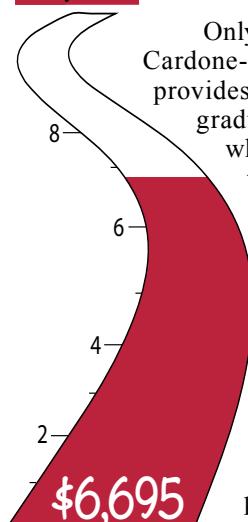
Only \$3,305 to go! The Jordan Cardone-Ruwet Scholarship Fund provides an annual award for a graduating high school senior who has been a member of the Teen Center program. Please help our teens with a donation to this scholarship while honoring Jordan's 18 years of dedication to the Teen Center program.

Each year the award will provide \$500 to a graduating high school senior to be used for post-secondary education

of their choice. To date, we have raised \$6,695! Thank you to all who have donated.

Scan the QR code to donate. Or you can donate at People Plus directly or by mail to PO Box 766, Brunswick 04011.

The endowment fund needs to reach \$10,000 to maintain the annual scholarship award in perpetuity. It will be managed and overseen by the Brunswick Area Student Aid Fund (BASAF), and is an investment in the future of education for local area youth. All funds raised for this fund are completely separate from all other People Plus and Teen Center income.



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

– James Tierney, BHS Class of 1965

Visit www.studentaidfund.org
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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!

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



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

February 2024

All Spectrum Generations' locations will be closed on Monday, February 19, in observance of President's Day.



Maine Sci-Fi & Fantasy NERD FESTIVAL

SUNDAY, FEBRUARY 4 | 10 A.M. TO 5 P.M.
at the Olde Mill (934 Main Street), in Vassalboro

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

Tickets are \$5 at the door. There will be tons of games, Pokémon, Magic the Gathering, comics, door prizes, woodworks, sword fighting, books, clothing, posters, jewelry, art, magic wands, toys, baked goods, trivia, gaming stations, a fantasy ball, Star Wars, super heroes, coffee, pottery, candles, anime, a costume contest, and much more.

Spectrum Generations, Bridges Home Services, and Healthy Living for ME will have a booth!

For more info, check out:
www.facebook.com/events/607104431278374

WHY DO WE LOVE FEBRUARY SO MUCH? It is the only month that has fewer than 30 days. This year being a leap year, February has 29 days! For being the shortest month of the year, February is also jam-packed with national observances. Below is a list of well-known, and for some, not so well-known observances featured this month.

**2 GROUNDHOG DAY
NATIONAL TATER TOT DAY**

11 SUPERBOWL SUNDAY

13 FAT TUESDAY

14 VALENTINE'S DAY

**14 ASH WEDNESDAY
NATIONAL ORGAN DONOR DAY**

16 NATIONAL CAREGIVERS DAY
(third Friday every year)

19 PRESIDENT'S DAY

21 NATIONAL STICKY BUN DAY

27 NATIONAL POLAR BEAR DAY

29 LEAP DAY (take a leap)



February is also **Black History Month** which honors contributions and sacrifices made by African Americans who have helped shape the nation.



American Heart Month is observed in February which brings awareness to heart disease. You have the power to take action to protect yourself against this disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting #OurHearts.



26TH ANNUAL
Gene & Lucille Letourneau
ICE FISHING Derby

Sunday February 18, 2024
@ Muskie Community Center 38 Gold Street, Waterville

WINTER CARNIVAL ACTIVITIES:

- Silent Auction (Yeti Tundra Cooler door prize)
- 50/50 Raffle
- Fire Pit, Smores, hot chocolate, & popcorn
- Food available for purchase from Maine Pine Catering
- Children's Discovery Museum - Mobile Museum

• Young Adult book author Laurie Graves
• Children's book author Tiffany Ricci
• Fish weigh-in (2 - 5 p.m.)
Plus many other activities for the entire family!



What did the tree say to the first snowflake of winter? LONG TIME, SNOW SEE.

Snow will be coming, which means plowing, snow-blowing, and/or shoveling will soon be in our future.

Snow removal is a covered service to those who qualify for the **Respite for ME program**.

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 us at **1.800.639.1553** for more information.





THANKS TO SUZANNE NEVEUX and her partner Tom Leitzinger for not only hanging the amazing textile art show this month at the Center but also reupholstering all the chairs in the hall! They had to drive all the way to Auburn to get the material. They bought three different colors, cut it to fit, and put it in place! Suzanne teaches many of the classes every week at the Center and got sick of looking at the black chairs that were getting more and more beat up from people stacking them. So now we're all very careful not to stack the chairs and ruin the beautiful new coverings! Tom also researched the company and called them up and asked for new leg hole caps which they sent for free! So every chair has new caps on the legs and a beautiful new seat cushion thanks to Suzanne and Tom!

IT IS HARD TO BELIEVE that we lost Ann Young last month. She was at the Center just before the Thanksgiving holiday and then took a fall. She sent us a beautiful card on New Year's Eve and passed away later that week. We loved her giant personality inside her tiny body. And we know that she is no longer in pain. Rest in peace our sweet Ann Young. We will miss seeing you reading the newspaper in the lobby after every Women's Breakfast and monthly luncheon.

Gone but not forgotten

Robert Foehring

Feb. 3, 1932–October 25, 2023

Vivian Breton

June 3, 1932–Dec. 30, 2023

Roger Hewson

March 2, 1933–Dec. 2, 2023

Judy Kamin

Dec. 30, 1928–Jan. 5, 2024

Robert Boothby

Nov. 11, 1935–Dec. 29, 2023

Ann Young

Nov. 15, 1942–Jan. 9, 2023

Membership Benefits

The following businesses offer discounts for People Plus members.

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

Attorney N. Seth Levy, discounted legal services for seniors including wills, living wills and estates
14 Maine St, Bruns., 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, Bruns., 725-7177

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

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

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

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

Darling's Ford, 10% off up to \$50, parts/service
262 Bath Road, Bruns., 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, Bruns., 729-5486
www.eveningstarcinema.com

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

Flip, 20% off Tuesdays
7 Dunlap St, Bruns., 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, Bruns., 729-0176
www.jjcleaners.net

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

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

Maine State Music Theatre, senior discount (60+) on matinee tickets for Main Stage performances
22 Elm Street, Bruns., 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, Bruns., 725-5952
www.paulinesbloomers.com

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

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

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

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

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

Wild Oats Bakery & Cafe, 10% off Mondays
166 Admiral Fitch Ave, Bruns., 725-6287
[wildoatsbakery.com](http://www.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!

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!



Mid Coast Hospital
MaineHealth



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

MEMBERSHIP APPLICATION

729-0757 www.peopleplusmaine.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: Volunteer driving:
cook/setup/ cleanup rides to appts/shopping

Reception: Meals on Wheels
check-in/phone Teen Center

OFFICE USE: Account Data Card Sent

Siblings Seen at the Center

IT'S SO SWEET when we have siblings together at the Center! And how lovely that Rob Burgess, longtime banking executive with Bangor Savings Bank who recently retired, hangs out with his sister Bunny Carlisle at the Center! Bunny lives in Thornton Oaks, so Rob and his wife Terri Burgess (board trustee) will often go pick her up and bring her to the Center for activities. When this photo was taken, Bunny and Terri had just finished the chair yoga class while Rob was at the World Affairs group! And then they all went out for lunch. And we love that!

The film version of The Sound of Music is almost 60 years old, yet when I watched it again recently, it still felt very much alive and current.

First of all, the music and lyrics by Rodgers & Hammerstein are magical. "My Favorite Things" will always be one of my favorite songs. I mean, who doesn't like whiskers on kittens? And warm woolen mittens? (Especially in February!) And those voices. Julie Andrews sounds like she channels the angels.

Another key part of the movie's appeal is the marvelous story that covers so many important themes:

- Personal struggle (Maria trying to be a good nun but often failing to meet expectations)
- Romance (you can't go wrong with Christopher Plummer)
- Grief (Capt. von Trapp shutting down and cutting himself off from his children after losing his wife)

- The need for children to freely express themselves (while wearing curtains)
- Love of country and resisting authoritarianism (figuring out how to thwart the Nazis seeking to draft the captain for their navy)
- The power of second chances (Maria returning after fleeing to the convent out of fear she's in love)
- The need for good advice and guidance (thank you, Reverend Mother)
- The power of music (singing holds the family together and helps them escape)
- Pursuing your dreams (with a dose of desperation for good measure)

The first time I saw the film was in Rockefeller Center in New York City, where my sister was living. She was a flight attendant for TWA and would invite me to come visit from my backwater hometown in Pennsylvania. To my teenage eyes, Manhattan sparkled, the theater at Rockefeller Center was pure enchantment, and everything felt possible in that majestic

Thinking out loud

Charmaine Daniels



setting. Plus, the extra-large screen magnified those beautiful hills above Salzburg. Also, I was literally "Sixteen Going on Seventeen" when I saw it and was completely charmed by the scene of the two teenagers dancing in the gazebo.

After seeing the movie, I had to buy the album. I can still see its worn cover, some of the color chafed from sliding it in and out of the stack inside the stereo console. Of course I would often sing along. Around this time I tried out for high school chorus and was disheartened when I didn't get in. However, just like Maria, I got a second chance. When I was almost 30, I joined a singing group and never looked back.

I believe the movie lifted people's spirits. A friend told me she would twirl around like Maria did at the start of the movie. She added: "Every time I see the movie, my heart is filled with joy. At the end of it, I feel like I can 'Climb Every Mountain' in my own life."

Heartwarming as it is, the film doesn't exactly jive with real-life events. (For one thing, the von Trapps didn't climb a flower-covered mountain to freedom, they caught a train.) What is true is that they landed in Vermont because it reminded them of Austria, and the Trapp Family Lodge there is still there.

But, you know, I don't really care if everything in the film isn't exactly true because for me, the hills are still alive. And my heart is blessed with the sound of music.

New and renewing members for January

Memberships received as of January 17.

* indicates new membership

• indicates donation made with membership

Bath:

Paula Price*
Douglas Robb
Maureen Robb

Bowdoinham:

Richard Jordan
George Paton

Brunswick:

Sydney Alberg*

Beth Aldenberg
Cynthia Babbin*
Connie Bloomer*
John Bouchard
Muriel Bouchard
Michalina Cahill
Margaret Campbell
Ruth Ann Carlisle
Len Clarke*
Anne Clayton
Frank Connors*
Fred Dickey
Frank Domingos*
Pamelia Edgerton
Fay Eldred
Lisa Fink
Elisabeth Fisher*
Irene Forster

Deborah Foster*
Nancy Fredericks*
Carl Furlong
Janice Furlong
Lisa Galli
Marianne Haughwaut
Audrey Keating
Dianne Kidder
Rick Kidder
Sandra Lederman*
Charlie Leduc
Claire Leduc
Mary LeMaistre
Jane Longerbeam
Frederick Mason*
Susan Mason*
Paul McCarthy
David Reed*

Susan Reed*
Teddi Reed*
Leo Robichaud
Alexandra Rudenko
Ray Savage
Shirley Savage
Andrea Smith
Jill Standish
Nancy Stearns
David Tiemann*
Elizabeth Waldo
Lee Warren
Sam Whitaker*
Marilyn White
Sandra Young*

Richmond:
Linda Dickson

Topsham:
Susan Atwood
Steve Chandler*
Anne Cole*
Jerry Davis
Joseph Guttentag
Paul Karwowski*
Jane Littlefield
David Selleck
Dorothy Selleck

Harpswell:
Elly Cary*

**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

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— 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

Double the donations equals double the fun!

JONATHAN AND I LOVE TO ENTERTAIN up at the Mossy Ledge Farm where we live. He in particular likes nothing better than an excuse to make fresh pasta, drink a little wine and hang out with friends. And it's especially gratifying when they've paid money to be there and it's to support a charity! So, last month we hosted not one but two pasta-making dinners in the same weekend! The first was from our Music in April auction, won by longtime friends Luke Shorty and Lisa Smith. The second dinner was to support Lewiston after the shootings. The folks who own Mast Landing Brewing Company in Freeport bought the dinner and brought several of their best friends along for the ride! I made a winter salad of roasted beets, butternut squash and kale drizzled with a tahini, balsamic vinegar dressing, and topped with goat cheese, pumpkin seeds and pomegranate arils. And we finished the night with my yummy tiramisu! It was a hearty dinner and so good that we didn't mind having it two days in a row. I wonder who will win the pasta dinner in this year's Music in April auction?? Maybe it will be you!



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