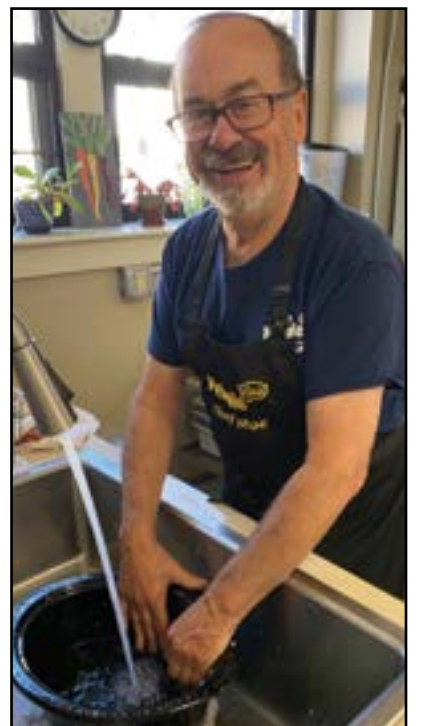




What's Cookin' at the Center!



WE ARE SO THANKFUL FOR OUR AMAZING VOLUNTEERS at the People Plus Center! Especially this culinary crew extraordinaire who provides three large meals a month, including Women's Breakfast on the first Thursday, Men's Breakfast on the second Thursday and Lunch and Connections on the third Thursday of every month! At last month's lunch we served up over 200 pounds of turkey, stuffing, potatoes, butternut squash and all the fixin's, as well as a delicious pumpkin pudding with homemade molasses crisp cookies. We had a blast!

Come party with us at MSMT!

Friday, Dec. 13, 1:30 pm. Join us at Maine State Music Theatre (22 Elm St, Brunswick) for a very special member holiday party and a tour of the production facility all decked out for the holidays. Decorations from this summer's Christmas in July extravaganza will brighten the day and MSMT artistic director Curt Dale Clark will be our tour guide! Wonder if he'll be dressed like an elf? Come to the party and see. Wear your favorite festive attire – the crazier the better! Members only, call to register. Please park either on the street or in the lower section of the Hannaford lot, near the CLYNK collection box (not the main Hannaford lot).



Celebrate the season with choirs, carols, and cookies!

Friday, Dec. 20, 1 pm. We are thrilled to have members of the Brunswick High School Chamber and Treble Choirs return this year to People Plus for a holiday concert as part of their annual day of caroling. Join us for singing and a holiday cookie share: bring a dozen or more of your favorite holiday treats to share! Wear your favorite festive attire! Don't forget to please bring a non-perishable donation to fill the red wheelbarrow and support Mid Coast Hunger Prevention Program! Members only. Registration required.



Light up your holidays at Gardens Aglow!

Grab a little magic by joining us on Thursday, Dec. 5, for Frank's Field Trip to Gardens Aglow at Coastal Maine Botanical Gardens in Boothbay. The bus to this spectacular display of lights will leave People Plus promptly at 3:30 pm, with participants required to be at the Center by 3. You can leave your car at People Plus. The bus will arrive at the Gardens about an hour later. The plan is to stay at the light show about an hour, then reboard the bus back to the Center by

continued on page 4



Bid High, Bid Often!

Don't miss this once in a lifetime chance to own amazing art from the private collection of Connie Bailey!



When local artist, art instructor, and philanthropist Connie Bailey downsized to a smaller home; she and son, Todd Bailey, started pulling together a legacy gift of her entire collection – a total of approximately 80 works! In addition to the nearly 60 pieces of original art, including some of Connie's best-of-show and prize-winning pieces, there is also art she collected from other artists throughout her career. The online auction runs through December 13 and proceeds benefit People Plus and the Friends of Topsham Public Library. Visit the auction at auctria.events/ConnieBaileyDonationAuction or scan the QR code.

'Tis the season for giving back!

Join us in supporting our community this holiday season! A financial gift to the Center, gifts for the Teen Center stockings, a donation of canned goods for MCHPP via Frank's red wheelbarrow, or your volunteer time and effort – giving a neighbor a ride, picking up someone's groceries, or lending a hand at the Center. There are so many ways for each of us to give back... as we take care of those who have less. Thank you!

Help fill our teens' stockings:

- \$20 Visa gift cards (goal is 100)
- Small stuffed animals
- Fun/comfy socks (adult medium size)
- Bags of candy *deadline Dec. 16

**Get Fit & Have Fun for Free!?!
See page 7.**



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
 - Michelle Borodinsky, Brunswick
 - Terri Burgess, Brunswick
 - Lisa Copland, Topsham
 - Allison Crosscup, Bath
 - Thomas Farrell, Brunswick
 - Charlie Gordon, Brunswick
 - Gail Kendrick, Topsham
 - Tom Mahoney, Harpswell
 - Joseph Neuhof, Harpswell
 - Bob Nugent, Topsham
 - Joe Palma, Harpswell
 - Scott Stewart, Topsham
 - Cindy Sullivan, Brunswick
 - Nancy Weingarten, Topsham

- 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
 - CK Kimball, 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
 - Spectrum Generations Staff**
 - Deirdre Locascio, Meals on Wheels Coordinator, dlocascio@spectrumgenerations.org, 207-607-4406
 - Aging & Disability Resource Center, 207-607-4405 or 1-800-Medicare

Thankful for third spaces

What is People Plus to you? Is it your "third space"? Do you even know what that is?

The term "third space" describes a place outside your home or work where you can relax and hang out. It's your "other space" – your place for recreation, socialization, or services. For many of us, the church was our family's third space, or maybe it was the library, or possibly even your local YMCA.

Now for many of you – over 1,500 folks in the Mid Coast, actually – People Plus has become your third space. Or if you're not working anymore, you might even see it as your second space! It's the place you go where you know you'll encounter warm and friendly people who are there for like-minded reasons. For example, it could be to get healthy or take a class or have a meal surrounded by your community.

And as we approach the new year, we hope that you will consider People Plus as your third space, if you don't already! I look around the Center sometimes and I'm just amazed by everything we have going on here and how many different people come through the door.

Some organizations give rides, others provide food or home services, some organizations take trips, or play games, or provide medical equipment, but we do all of those things and more! We will check on members when we haven't seen them come to the center for several days, we will notice if someone seems to be feeling poorly, and we will pay attention if someone has forgotten the same thing over and over. And we will let their loved ones know about our concern.

Often we'll see over 150 folks in a day who are there for the international

From the Executive Director

Stacy Frizzle-Edgerton



conversation clubs; spinning wool on a wooden spindle wheel; playing bridge, cribbage, or Mah-Jongg; having a meal or grabbing one "to go" after exercising with 20 or so of their People Plus friends. And these were friends they didn't have before they came to People Plus. They are friends that they have made since becoming a member and coming to fun events.

I helped a new woman check in last week, and she was clearly very nervous about her first time coming to the Center. She wasn't sure where to hang her coat or how to register so I walked her down to the exercise class and introduced her to the instructor who greeted her warmly and made her immediately feel comfortable and at ease. I told the new member that the next time she comes in she'll be completely at home and that it's almost always that first time in the door that is the most uncomfortable.

After that you'll be amazed how many people you might already know who come to the People Plus Center – and even if you don't know a soul, you will leave here with friends. So as we enter this holiday season, which is for many folks a time of loneliness, perhaps without friends and family nearby, we invite you to spend time with us at People Plus.

You will be thankful that you did and likely a little amazed that after a while, it's where you will feel like you have many of your indispensable social connections.

So come make People Plus your third space. We're guessing you won't want to leave!



PEOPLE PLUS MEMBER BETTY BAVOR (left), sitting on a bench at the Center with her good friend (of 75 years!) Jeanne d'Arc Mayo.

"When I moved here a number of years ago, my daughter and one college friend were the only people I knew in Brunswick. My husband had passed away, and I was, in essence, starting over. My good friend Jeanne d'Arc Mayo told me I really should join People Plus as a way to make friends and meet people. So I did, and what I found was amazing! The Center was bustling with activity and filled to the brim with people who seemed to be having a great time! Over the last decade, I have joined the writing group, the lunch volunteer crew, the Mah-Jongg players, and participated in many of the exercise classes, plus all the parties, trips, and lunches. I'm at People Plus nearly five days a week and I wouldn't have it any other way. I'm not sure what I would've done without the People Plus Center and all of the lovely people who have become my closest friends."

– Betty Bavor, People Plus Member

Seven ways to keep it slimming while you do the trimming this holiday season

The holiday season is quickly kicking into gear. It is always good to have reminders and suggestions for navigating the festivities. Every year I like to give some ideas on how to make healthy choices during the holidays:

- Try not to go to a party hungry.
- Have veggies and hummus at your gathering or bring it to the next party.
- Keep the door halfway open. This suggests that you do not want to say no to all of the "goodies" at a party. However, you probably do not want to say yes to all the "goodies" at a party. Be picky!
- Make only enough for each person to have a portion.

From Anita's Plate

Anita Nugent (207) 504-6439

info@nutritionforeveryday.com



- Be mindful.
- Think salad before your meal.
- Try a holiday dessert that does not contain sugar. See this month's recipe!

Enjoy the holidays. It is a wonderful time of year. Think about how to do things differently. Seven years ago, I went to my parents house for Christmas. As I was walking into the house, I said to myself, "I am not eating Chex Mix this year." I am still okay with this!

Happy Holidays!

Chocolate Cake with Peppermint

- Ingredients:**
- 1 cup almond flour
 - 1/2 cup cocoa powder
 - 1 tsp. baking soda
 - 1/4 tsp. salt
 - 1 cup figs
 - 2/3 cup pitted dates
 - 3/4 cup water
 - 3 eggs
 - 2 Tbsp. avocado oil
 - 2 Tbsp. vanilla
 - 2 Tbsp. crushed peppermint sticks

- Directions:**
1. Preheat oven to 325. Grease a 9" round pan.
 2. Mix together the almond meal, cocoa powder, baking soda, and salt in a bowl.
 3. In a blender, add the figs, dates, and water.
 4. Add the eggs and vanilla to the blender.
 5. Add the wet ingredients to the dry ingredients.
 6. Stir in half of the crushed peppermint.
 7. Pour into a cake pan.
 8. Top the cake with the remaining peppermint.
 9. Bake for 30-40 minutes.

Check out past newspapers online at www.peopleplusmaine.org



THANK YOU SO MUCH TO BRIAN BOSKO WITH MOORE PAINTING and his crew for doing an incredible job helping us transform the second floor of the Center from a "much loved" Teen Center, back into a beautiful space for our Senior Center programming! It took a couple months to move out everything from upstairs, patch the walls, clean the floors, and scrub the windows and trim. Special thanks go to Derek and Chrissy (right), who took dozens of trips to the Goodwill store, the dumpster, and Home Depot. We finally got the place in shape! Thanks to everyone who has already donated artwork. We are still hoping for a new microwave and water cooler dispenser, as well as a hot water electric kettle!

Help us reach our holiday food drive goal:

1,000 pieces, 1,000 pounds, \$1,000 ... or more!

For all of you who have already donated to our red wheelbarrow food drive in the lobby, we shout out "Thank you!" a thousand times, even as we keep trying to fill up the wheelbarrow each week as well as bring in more cash donations. Folks have already donated \$900 to Mid Coast Hunger Prevention Program! Wow, what a start! As of today, we have 270 pieces weighing about 280 pounds, so we are off and running!

"This is the first time we've asked for donations of specific food, and it's worked well," says Frank Connors, who collects the food and takes it to the Mid Coast Hunger Prevention Program (even in his Santa suit on Christmas Eve day!) Spam, peanut butter, and baked beans all showed up in quantity after the Peek at the Week email requested those items.

No matter the donation of cash or food, the folks at the food security nonprofit appreciate all we do. According to Rena Puller at MCHPP, "We can turn every \$1 donated into \$3 worth of food!" (To do that, they leverage their food network such as federal programs and community partners.)

So, once again, if we meet our goal, Frank will put on his Santa suit and deliver the last of the collected food to the MCHPP center at Brunswick Landing. "That's the deal," Frank explains: "We reach the goal before



Christmas, I put on the suit, and say thank you to everyone who participates."

This year's drive is off to a good start and Frank is confident this season will be another success story. "Members of this Center have such a history of generosity," he says. "We're shooting for 1,000 pieces, 1,000 pounds, \$1,000 dollars, or more!"

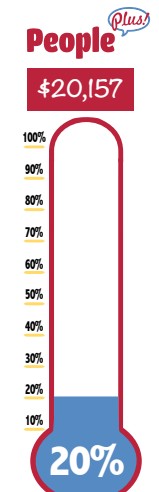
Don't forget to make your holiday gift to the Annual Fund!

Thank you in advance for considering a gift to our senior center annual fund! With a goal of \$100,000 this year, our fund provides the resources to keep our programs running smoothly, such as the free Volunteer Transportation Network (VTN) – providing over 30,000 miles of free rides per year for homebound elders, in addition to delivering groceries and prescriptions to their homes!

We literally could not run this program without your donations! Special thanks go to the Suzan Wilson and Dan McLaughlin family for supporting this program every year!



scan to donate



Become an honored member of the **Yellow Brick Road Society** for People Plus when you communicate your intentions through planned giving. By designating individuals & organizations as beneficiaries in your will, you can make a powerful statement about your values and priorities.

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, which helped ensure the future of area teens for generations.

David and Margo Knight, of Brunswick, are two who named People Plus as a beneficiary, ensuring their legacy while enabling People Plus to plan strategically for its long-term growth and stability.



Scan for link

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
- Stock
- Life income gifts
- Charitable remainder trusts

For more information call 207-729-0757



"CLYNK" IS A SOLID FUNDRAISER, ONE NICKEL AT A TIME!

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 Hannaford, and the Center receives credit for the accumulated deposits! Thank you for recycling, and thank you for supporting your Center. CLYNK is Sponsored by Hannaford Supermarkets.



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.

Our free Winter Wisdom Speaker Series runs January 8-February 19, covering many topics like the roots of early jazz, Apollo 11 space artifacts, building the world's longest wooden vessel, marine mammal health in the Gulf of Maine, the Ku Klux Klan in Brunswick and Maine in the 1920s, an original work about Shakespeare, and a look at the poet Henry Wadsworth Longfellow.

midcoastseniorcollege.org
18 Middle St., Ste 2, Brunswick, ME 04011
(207) 725-4900 info@midcoastseniorcollege.org



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!



IT WAS AN AWESOME MEN'S BREAKFAST in November with 31 guys in attendance! They enjoyed Rick and Moe's delicious breakfast sandwiches, oatmeal, sausages, and a yogurt parfait! Many of these guys have become good friends and get together outside of the Center! It's what we do here – build community and friendships!



Save the date for FYI: Don't Get Scammed!

Thu, Jan 9, 1:30 pm. Please mark your calendars and don't forget this very important FYI in January! As we begin the new year, it's more important than ever to make sure we are all protecting ourselves from fraud. Join us at the People Plus Center with Brunswick police officer Tom Stanton as he tells us all how to avoid getting scammed! Free, open to public.

CENTER CLUBS

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

Books a la Carte
3rd Tue, 2 pm. Join an fun, interesting discussion about books & authors with varied genres and no assigned reading list.

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

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

History Book Club
Mon, 3rd Mon, 7 pm. Meet to discuss and debate historical books pertaining to Revolutionary War though WW II eras.

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

Ukulele Club
Tue, Dec. 10, 2:30 pm. Come jam with us! All abilities welcome (must be able to play basic cords). Bring your own ukulele.

Write On Writers
Wed, 1 pm. Meet to share writings.

Wednesday Walkers
Wed, 1 pm. Meet for a walk or hike (usually an hour).

GAMES
Duplicate Bridge. Mon, 1 pm. All levels welcome.

Casual Bridge. Tue/Thu, 9 am. All levels welcome. Beg/Intermediate Bridge is back!

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

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

Game Day. Tue, 1 pm. Game time with friends. Use our games (scrabble, Brunswickopoly, Uno, and more) or bring your own.

LANGUAGE CLUBS
Cantina Espanol. 1st Tue, 2:30 pm. Spanish language club meets to chat in Spanish.

Good Eats – Good Friends!

Women's Breakfast

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

Men's Breakfast
Thu, Dec. 12, 8:30 am. Enjoy breakfast while socializing with the gents. Members only, call to register. \$5 suggested donation.

Monday Munchies
Mondays, 11:30-12:30 pm. Join us for free lunch on Mondays donated by Mid Coast Hunger Prevention Program – usually a delicious soup!

Wednesday Walkers Club
WALKERS Destinations

Please note meeting time each week. Call 729-0757 to let staff know if you will need or can give a ride.**Walks begin once carpool arrives. Meet at the Bruns. Recreation Center at 1 pm if inclement weather.

Dec. 4. Planning meeting and a walk. Meet @ PP at 1 pm to share your ideas and help plan the walks for January! Then we'll walk at Crystal Springs, Brunswick.

Dec. 11. Thorne Head Preserve, Bath. Carpool: meet @PP by 12:30 pm or at site by 1.

Dec. 18. Devil's Back Trail Area, Harpswell. Carpool: meet @PP by 12:30 pm or at site by 1.

Medicare Open Enrollment Appointments Available

Spectrum Generations volunteer, and People Plus trustee, Nancy Weingarten will be at People Plus Wednesday and Thursday mornings Oct. 30 - Dec. 5 for open enrollment appointments. Times available include 9 am, 10 am, and 11 am. They are filling up fast, so call the Center today to book your appointment!

Medicare 101

Tue, Dec. 10, 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.

Enjoy a holiday meal at the Center!

Join us Thursday, Dec. 19, for a special holiday lunch featuring spiral ham, cheesy potato casserole, peas, glazed carrots, salad, rolls, and eclair cake for dessert.

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 Sign up starts Dec. 2.

Have you got your Lunch Punch? \$35/5 lunches, \$70/11 lunches (one lunch FREE!)

FMI call 729-0757 or stop by the Center.



Light up your holidays

continued from page 1

7 pm for an optional FREE pizza party! Please note that lots of walking is required and it may be icy. Unfortunately, the bus does not have storage space for rollators or wheel chairs. It will be dark and you should dress warmly. This trip is open to the first 43 who sign up and pay. The cost, including transportation and admission to the event, is \$45. Members only, stop by the Center to register and pay.

Exercise with us at PP!

Come for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Growing Stronger. \$7/class for members (\$12 for non-members) and you can try any class once for free!

Activity Punch Cards

Our punch payment card system is safe & convenient. FMI 729-0757 or stop by to purchase your card! \$35 for 5 classes, \$70 for 11 classes.

Program Notes for December

People Plus will be closed for these holidays. Christmas: Tues. Dec. 24 & Wed. Dec. 25 New Year's: Tues. Dec. 31 & Wed. Jan. 1

Book an adventure with Collette! Trips are open to the public - bring a friend!

Spotlight on Tuscany
Oct. 1-9, 2025. Deposits due March 26, 2025. Highlights include Montecatini Terme, Lucca, Gothic Line, Winery Tour, Florence, Montecatini Walking Tour or Siena, Pisa, Cooking Class, Cheese Farm, San Gimignano. FMI gateway.gocollette.com/link/1249201

European Christmas Markets
December 13-21, 2025. Highlights include: Prague's Christmas Markets, Prague Castle, Choice on Tour: Vltava Boat Tour or Jewish Heritage Tour, Dresden's Christmas Markets, Cesky Krumlov, Vienna's Christmas Markets, Viennese Candy Workshop, Train Ride to Bratislava, Budapest's Christmas Markets, Matthias Church, Fisherman's Bastion. FMI https://gateway.gocollette.com/link/1249049

Shades of Ireland
April 2 - 11, 2026. Highlights include: Dublin, Irish Evening, Kilkenny, Waterford, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay. FMI https://gateway.gocollette.com/link/1249053

Mon	Tue	Wed	Thu	Fri	Sat
2 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	3 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:30pm Spanish Club 6:30pm Toastmasters	4 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:30pm English Country Dance	5 8:30 Women's Breakfast 9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 3:30pm Gardens Aglow Bus Trip 6:00pm Int./Adv. Belly Dancing	6 9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 12:00pm Mah-Jongg party 6:30pm Folk Dance Brunswick	7 9:00 Zumba 10:15 Table Tennis
9 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	10 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 Game Day 1:00pm Qigong 2:30pm Ukulele Club 4:30pm TCAC	11 8:45 Cribbage 9:00 Mah-Jongg 9:00 Private Rental 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing 6:30pm Bruns. Coin/Stamp	12 8:30 Men's Breakfast 9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	13 9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 1:30pm Holiday Party at MSMT 6:30pm Folk Dance Brunswick	14 9:00 Zumba 10:15 Table Tennis
16 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge 7:00pm History Book Club	17 9:00 Beg/Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:00pm Books a la Carte 6:30pm Toastmasters	18 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers	19 9:00 Beg/Int. Bridge 9:30 Art Class 12:00pm Lunch & Connections 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing	20 9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:45 Chair Yoga 1:00pm Carols and Cookies 6:30pm Folk Dance Brunswick	21 9:00 Zumba 10:15 Table Tennis
23 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	24 25 Center Closed Merry Christmas Hanukkah begins at sundown		26 9:00 Table Tennis 9:00 Beg/Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art	27 9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	28 9:00 Zumba 10:15 Table Tennis
30 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Bridge	31 1 Center Closed HAPPY NEW YEAR!		Calendar page sponsored by MaineHealth		

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

Hand Therapy Treatment and Education Center, LLP

124 Maine Street, Suite 211 Brunswick, Maine 04011
TherapyAndEducation.com email@TherapyAndEducation.com
(207) 607-5800 phone (207) 607-5801 fax

HandBasicssm: Self-Care Education

Learn techniques/adaptive devices to increase mobility and manage the pain and swelling in your hands and arms.

Available Dates:

- October 16th 2024 10-11:30 am
- November 20th 2024 10-11:30 am
- December 18th 2024 2-3:30 pm.
- January 15th 2025 2-3:30 pm.

Single Session Cost \$40

Includes hand/arm screening and benefit of heat and cold treatment.

In search of Maine's best snow shovels



Someone told me the best way to shovel Maine snow is with a Maine snow shovel, so would it surprise you to know I went looking for Maine's best-made snow shovel last month? I know it's only early December, I know it's been a dry fall, I know so far fall's been without so much as a lick of snow, but, you just wait



The Mount Waldo Plastic Company (MWPC) is located on Main Road in Frankfort, Maine. You drive into the potholed, dirt drive of the place, its somewhat-repurposed L-shaped garage, and if you look closely, you'll see their sign. Jane checked it out real quick, then told me she'd wait in the car. She had a book. Owner Mike Thibodeau, a former Maine Senator and a first-rate entrepreneur, is quick to shake your hand and offer a tooth-filled welcome. "We don't get many tourists out here," he said. I almost launched into a chat of politics for the day, but he shorted that

possibility, saying, "I gave up politics, decided I needed to make a living."

The front of his shop is littered with a pair of huge machines and stacks of finished and palletted shrink-wrapped shovels. "They go out the door faster than we can make them this time of the year," he said, flipping a thumb at his bright blue and pink product. The machines are gigantic presses; they receive the molten plastic at 340 degrees, mold it, and cool it. He said the presses produce 1,000 blades a shift,

"when everything is going good." The next room stores more product, large bins filled with D-handles and a robot capable of assembling – complete with labels – some 300 shovels per hour. He tells me quickly and proudly that all his machinery, the robot included, came from "somewhere else, where it was doing something else!" He said it took some "tinkering and

imagination" to get the business going and keep it all working.

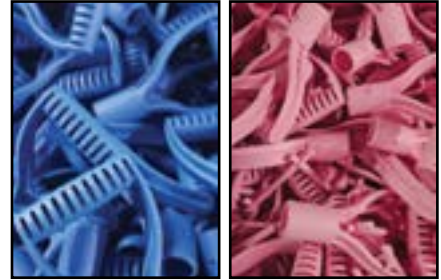
Thibodeau said most of his sales are "right here, in the Northeast," but he has outlets as far away as Illinois, and recently, South Dakota. He said most of his product's competition comes from China and Vietnam. Can you imagine me using a snow shovel from Vietnam?

Handles can be either rolled-aluminum pipe, fiberglass or wood. Of course, my preference is for wood. All those MWPC shovel handles are ash, produced by another Maine legend, the venerable old Peavey Company, a bit north across the Penobscot in

Eddington. (I'm sure you remember the "Peavey" logrollers of Maine's river driving days.) Why the distinctive colors? "I like 'em," he said, and added they are harder to lose in a snow-bank. He said since he started producing the pink shovels, he's donated \$2 per sale to help fund cancer care at Eastern Maine Medical Center, and that the total given to date is "around \$200,000!"

His product line

includes the basic and popular Snow Fighter, plus the Mountain Mover ("a REAL man's shovel"), the Snow Pusher ("leave the stuff on the ground while you move it"), the smaller Path Finder and the Roof Rake. I told Thibodeau my first Mount Waldo shovel came from Remy's maybe 10 years ago, and he nodded approvingly. I added, "They do wear out, you know. My blade shortens an inch or more in a shoveling season." He agreed, and added, "That shows me you know how to move snow. Is there a better way to enjoy winter?"



If you go: Drive east on Route One, past Rockland, through Camden, Belfast, and Searsport. At Stockton Springs, find Route 1A (the Bangor Road), and you'll run right into Mount Waldo Plastics some 3 miles past Mount Waldo. Frankfort is 92 miles from Brunswick, and is on map # 23 in your Delorme's Maine Atlas. Be advised there are no retail sales at the production facility; tours are "when we can" and by appointment only.

-Frank Connors
People Plus Maine
frank@peopleplussmaine.org

FRANK'S FACT

It takes 10 gallons of white plastic beads from Louisiana, blended with one cup of blue (or pink) plastic beads to make a batch of these distinctive shovel blades and handles. It's all but impossible to lose one of these colorful tools in a snowbank.

www.mtwaldoplastics.com

Sand Buckets for Seniors is now open!

The "Sand Buckets for Seniors" program conducted by local law enforcement agencies lets senior citizens sign up to have free buckets (donated by Home Depot) of sand delivered to their door. The sand is to be spread on walkways in winter to help prevent slips, trips, and falls on icy surfaces. These accidents can cause serious injury, especially

for senior citizens. Participating agencies include Sagadahoc County Sheriff's Office, Brunswick Police Department, Topsham Police Department, Bath Police Department, Cumberland County Sheriff's Office, and Lisbon Police Department. If you live in one of these areas, contact your respective law enforcement agency to learn more.



Mid Coast Hospital
MaineHealth
Auxiliary

Holiday Bazaar, Wreath and Bake Sale

THURSDAY, DECEMBER 5, 2024 • 7:30 A.M. – 1 P.M.

MID COAST HOSPITAL
121 Medical Center Drive, Brunswick

The Holiday Bazaar will take place inside the hospital's café. Wreaths can be picked up under the tent in the Healing Garden.

PRE-ORDER THE FOLLOWING ITEMS TODAY!

HAND-CRAFTED WREATHS
BASKET ARRANGEMENTS
AUXILIARY COOKBOOK

Order by mail:
Fill out the order form below and mail to:

Wreaths - Mid Coast Hospital Volunteer Office
121 Medical Center Drive, Brunswick, ME 04011

Order by phone:
By calling the Mid Coast Hospital Auxiliary at (207) 373-2122

For questions: email MCHAfundraising@gmail.com

MID COAST HOSPITAL AUXILIARY 2024 WREATH SALE

Name _____ Phone _____
Address _____ City _____ ZIP _____

# Forest Cone with Red Bow	x \$40 ea. = \$
# Coastal Seashell with Red Bow	x \$40 ea. = \$
# Combo (Cone & Seashell with Red Bow)	x \$50 ea. = \$
# Plain with Red Bow	x \$30 ea. = \$
# Plain without Bow	x \$25 ea. = \$
# Basket Arrangement - Small	x \$15 ea. = \$
# Basket Arrangement - Medium	x \$25 ea. = \$
# Basket Arrangement - Large	x \$35 ea. = \$
# Auxiliary Cookbook	x \$20 ea. = \$

Pick up and pay for pre-ordered items at the Mid Coast Hospital Auxiliary Bazaar on Thursday, December 5. Payment due at pick-up. Cash, checks and credit cards accepted.

\$ _____ TOTAL AMOUNT

ORDER WREATHS UNTIL DECEMBER 1ST, 2024

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.

Get fit and have fun for free in January!

Check out People Plus for everything you need to stay healthy, engaged, and busy this coming year. When your body is moving, your brain is working, you're eating well, and you're having fun with others, you've got the full package of wellness. Join us at the Center for clubs, games, lectures, meals, exercise classes, technology support, grocery and pharmacy deliveries, videos, and more! There is always something going on – and in January it's all free for new attendees – membership not required! As we enter 2025, let's resolve to make it our best year ever!

Adult Day Services For the Midcoast Area

Bath-Brunswick Respite Care offers:

- A socially active and engaging program for adults experiencing memory issues,
- Flexible full or half-day sessions,
- A break for caregivers to re-energize,
- Reasonable Day Program fees, financial assistance available for qualified families,
- Support, information and referrals for families,
- Caregiver Support Groups offered at no cost.

Bath-Brunswick RESPITE CARE

Call 207-729-8571 to discuss your needs and learn more about our programs.

9 Park Street, Bath, ME
info@respite-care.org
www.respite-care.org

Gorgeous!

The McLellan
Live better.

Call today. This unit will go QUICK!

2 Bedroom Unit AVAILABLE NOW

This 3rd floor, 1,200 sq. ft. home apartment is one of The McLellan's finest! We are soooooo surprised nobody on the waiting list grabbed it! Now it's open to YOU! Complete with a 8 x 12 deck, the largest bedroom with double closets, washer, dryer, heat pump & modern kitchen. This is a must see & a stunning way to "Live better" in downtown Brunswick, Maine. Opportunities to arrange for individualized supportive care, so you never have to leave!

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

Somewhere at Christmas

The kids ran in and found their places. They snuggled and nestled, and finally came to rest. "Are you all comfortable, cozy?" I asked. They all nodded. Kids, lying through their teeth. Maybe to them, the body heat of another was enough to make them comfortable, cozy, for as long as it lasted – the body heat, that is.

You really had to concentrate to even hear the air raid sirens outside. Hearing the warplanes and bombs and strafing machine guns required no concentration whatsoever. This shelter was rickety and outmoded, but, hopefully, the enemy didn't know where it was, or even care. To kill a dozen or so Quaker children and their teacher was left to the fates.

I tried to judge the closeness of the bombs, some shook the foundations of our shelter. Listening intently was the worst thing I could have done. I was powerless, and I knew it. I admired the children. They entered a cataleptic state where they put their senses on hold. Bomb blasts and tremors and shaking of the structure were things they had no reaction to. I was alone, with my anxiety.

In time, the bombing abated. This was when you heard the "all clear" sirens. But they weren't there. Perhaps, their lack was due to enemy troops in the streets. My anxiety went up a quantum step.

Then out of the stillness, a thin, reedy voice sang—
"O holy night, the stars are gently shining
It is the night..."

The voice was joined by three or so voices.
"... of our dear Savior's birth."

The rest chimed in, and somewhere, I have no idea where, I joined them.

"Long lay the world in sin and error pining
'Til He appeared and the soul felt its worth
A thrill of hope the weary world rejoices
For yonder breaks a new and glorious morn."

I knew I should commend the instigator, and all the others. The trouble was I had a paralysis in my throat – I was choked up. I thought, "This is the best Christmas anybody ever spent." But it got even better.

Another single voice, more nasal than reedy, began to sing, and everybody joined in.

"Grandma got run over by a reindeer
Walking home from our house Christmas-eve
You can say there's no-such-thing-as-Santa,
But as for me-and-grandpa, we believe."

And they knew all those words too, the chorus and three long, irreverent verses. I was a bit hazy on some of them, but I sang what I knew.

The song ended.
Time for me to say something ... anything. Something appropriate to Christmas in a war-torn country and the dominance of the human spirit, and its best embodiment – youth.

The words wouldn't come before "Silent Night" began from a third voice.

– Fred Cheney

Christmas 1940

Very young was I
Memories fade
Some vivid, some not
Strong impressions made

Out for the best tree
My uncle, cousin, and dad
Not me, you see
I was just a tad

They went in high spirits
With some in a flask
A great time was had
Twas not to last

Good times soon gone
For many a year
We went into darkness
Not much to cheer

Then came a day
Clouds were lifted
Fine times returned
We were gifted

The men came home
Happy Christmas again
We celebrated a lot
To forget the pain

– Vince McDermott

Season's Greetings from the Write On Writers

A Present from the Heart (a work of fiction)

Sheila tied off the back of one more large red bow and tossed it into the growing pile in the middle of the table.

She glanced around the room at the eight round tables, with members of the senior center seated at each one; all making bows. Then she eyed the three long tables stretching along the conference room walls. They were piled three or four deep with dark green wreaths.

She stood up. "Can I have your attention, please?" She asked each table to count the wreaths. When the final count showed a shortage of bows, she had her table construct the last three, and had the other members begin the task of tying a red bow to each wreath. She was proud of the assembly line she'd put together.

Tomorrow morning at the farmers market, they would sell wreaths. All the money would go toward funding the adjacent teen center.

When MaryAnn held up the last bow needed, they all cheered.

Ben sauntered up to stand beside Sheila. "Great job getting us organized. I love doing this every year."

She grinned. "The best part is taking the check over to present to the teens, so they can plan fun activities for the new year."

Ben asked her, "How about we gather this group together and present the teens with a giant check?"

We can get the newspaper or local cable TV involved and that should drum up contributions from the general public."

Sheila gripped Ben's sleeve and grinned. "Oh, my gosh, that is a wonderful idea."

The following week all the wreath-making volunteers lined up in the recreation room at the teen center. Sheila and Ben, each holding one side of the large mock-up, handed over the check. Everyone cheered. The local TV station taped the ceremony. Soon, all the town's citizens would know where they, too, could contribute.

Sheila stood at the podium. "I want to wish a special Happy Holiday to our teens. What could be better than letting our little town know the importance of giving this gift to the center, so our teens have a safe place to socialize, learn, and get a decent after-school snack?"

The applause was deafening. Soon, the electronic board lit up with contributions from those who had seen the ceremony on TV.

Ben looked at Sheila and grinned. "I say, if we start planning now for next year, we can do even better."

She grinned. "Count me in!"

– Debora (Deb) Noone

Giving and Receiving

During the busy holiday season, we have many opportunities to say "Thank You" as we experience the cyclical joys of giving and receiving. But commercial messages about holiday expectations are mostly empty – devoid of deep meaning. When we compare these empty promises to the reality of the experience, we are often nudged in a different direction.

These holidays can leave us feeling fragmented and exhausted, unless we plan our gift-giving carefully. Taking time to embrace the mysteries of

the December holidays invites internal peace. We know that silent, cold, star-filled nights can inspire awe. Christmas carols can bring tear-filled memories, and a simple, handwritten verse might offer a deep connection to someone needing comfort.

There are many gifts of love that don't cost anything and don't need to be wrapped. Offer yourself to others this holiday season. You'll be filled with the joy of giving and your loved ones will be filled with the joy of receiving a gift from your heart.

– Laura Lee Perkins

The Christmas Gingerbread House

During the 1970s and 1980s there were pictures of beautiful candy- and frosting-decorated Christmas gingerbread houses on the front covers of the December issues of "Family Circle" and "Woman's Day" magazines.

The dreamy sweet little gingerbread house caught my creative ambition.

The first gingerbread houses came from Germany about the 16th century and were shared in homes in the 1800s. Some said that the 1812 Brothers Grimm fairytale Hansel and Gretel was the story that inspired the gingerbread houses or was it the gingerbread houses that inspired the fairytale?

Many famous hotels display their version of beautifully crafted gingerbread houses. The White House

executive pastry chef to five presidents, Roland Mesnier, created a masterpiece every year to be displayed in the White House State Dining Room. Gingerbread houses were displayed around the world, and in Norway they were called "the gingerbread village." Several years ago, L.L. Bean had a gingerbread scene in its display window.

About 20 years ago, I started making my own gingerbread house from scratch. It was a big job then, but now those cute little houses are sold in boxes for you to decorate at home. Each year I purchase one, trying my best to make it look cute and festive for the grandchildren.

What fun to have it displayed on my kitchen counter for the Christmas holidays.

– Nonie Moody



Santa's Elf

Dear children of all ages:
Let me introduce myself.
I'm one of Santa's helpers,
Better known as an elf.
I make toys all year long

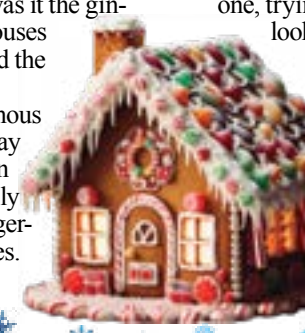
With help from all my friends.
We saw and hammer and paint;
The hard work never ends.
Then, as Christmas approaches,
We begin to check Santa's list
To see who's been bad or good:

No one is ever missed.
Once we know who gets toys,
And who only lumps of coal,
We double-check all to make sure:
One hundred percent is our goal.

Finally, a day or so before Christmas,
We begin to load the sleigh.
It's hard work to lift toys onto it.
Then we see him on his way.
Once he returns up here,
The work begins anew.

We start making toys for next year.
There's always so much to do!

– Sally Hartikka



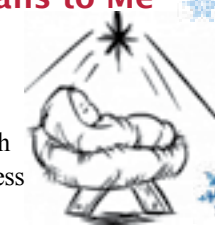
What Baby Jesus Means to Me

There's hope after the grave
There's celebrating so great
There's love beyond compare
There's joy for each person on earth

There's a song whispered of gladness
There's no more sorrow or sadness
There's no more isolation or madness
There's freedom for all to share

There's no murders, stealing, or divorces
There's no pride, greed, or lies
Best of all, the maker of all bids us to come home.

– Lucy Derbeshire



The Snows of Winter

The first snow of winter is a child's delight.
The second snow of winter is so fluffy and light.

The third snow of winter is freezing and cold.
The fourth snow of winter is getting pretty old.

The fifth snow of winter hail and sleet sting.
And by the sixth snow of winter I'm ready for spring.

– P.K. Allen

Christmas Cards

Christmas card history, thanks to Wikipedia. In 1843, Sir Henry Cole, a civil servant in the UK, worked as an assistant keeper at the new "public record," later called the post office. He wanted more ordinary people to use this facility. His idea of a Christmas card became a reality with his artist friend John Colette Horsley, as they designed the first Christmas card. It sold for 1 shilling (8 cents), and had three panels. The center panel showed three generations raising a toast to the card's recipient, and on either side were scenes of charity with food and clothing being given to the poor.

One thousand cards were printed and only the wealthy could afford them. When cards became more popular, more efficient printing production developed and postage dropped to a half-penny. By the 1900s, the custom had spread to Germany. Later in that century, cards began to appear in America, but were very costly. Louis Prang, an American printer from Germany who formerly worked with the UK card makers, began mass producing more affordable cards with pictures of flowers, plants and children.

In 1950, Joyce C. Hall and two of his brothers created Hallmark cards. This company is still in business today after 100+ years – with grandchildren now in charge of innovating



the latest technology and new ways to celebrate all occasions and holidays with a card! Now you know the rest of the story.

I decorate my mailbox at Christmas and look forward to reaching for precious Christmas cards from family and friends. I have written a yearly letter for many years, even though Dear Abby frowns on this as it may seem boring and boastful. Many of us live apart from each other and we welcome news of special happenings with an update of the year's events. I read and reread my cards. Yes, I know what you're thinking: It's a digital age, the younger generation embraces speed and efficiency. A mouse click and the holiday greeting finds its way to a computer! Yes, the Christmas card process is time-consuming – purchasing, signing, addressing and stamping to say nothing of the cost. But I hang 5-foot felt streamers to attach my cards to, so I can enjoy them all season. People have family and personal photos, meaningful cards they design and make, and I like to share their cards and feel their spirit. I guess I am old-fashioned – time passes so fast, people go in and out of your life. Never miss the opportunity to tell them how much they mean to you. As long as I am able, a Christmas letter will be enclosed in my Christmas card, and I'll happily thank the U.S. Postal Service for its safe delivery.

– Betty Bavor

The Holiday I Liked Best

The holiday I liked best was Christmas. We would go to see our grandparents. On Christmas Eve, we would be at my dad's folks. We got to sleep in the attic. Yes, it was cold, dark and one lightbulb to keep away the scary things we thought were there. You could hear the wind blowing, but grandpa said we would hear the reindeer when they landed.

The drive to grandpa's house was on the afternoon of the 24th. A big dinner would be waiting for us. We ate our fill, then out to the barn to give the live-

stock their special Christmas treats. Back to the house, we sang Christmas songs and say what we wanted from Santa. We always had a big list. Me and my brother waited with excitement for bedtime. Climbing the narrow stairs, getting into the same bed. We lay there listening for the reindeer to land. But the only thing we heard was grandpa yelling, "Santa's been here."

Which was around 3 am. Flying down steps ... there it was, the Christmas tree with presents under it.

Grandpa would pass out the gifts, first came the ones with new clothes. Did everyone get new clothes for Christmas in the 1940s? Then came the toys. We

only got two or three small ones. After everyone had opened their gift, dad would bring in our big toy. Maybe a snow sled, or a red wagon, which we both shared. Grandma and mother would bring out the coffee, and hot cocoa for brother and me.

Donning our winter farming clothes, we went to take care of the animals. Returning to the house for Christmas breakfast, grandma's pecan sticky buns were always on the menu. After breakfast, we climbed into the car and headed for mother's family for dinner.

There were always about 30 people there, including the women in the kitchen, fixing all the goodies, taking pies out to cool, the cousins running in and out, the

men chatting about the size of the crops and animals. If you were a lucky kid, you got to sit at one of the adult tables. After dinner, grandma gave each of the grandkids a box of her homemade candies. There was always some burnt brown candy in it. Around 3 o'clock, we headed back to the farm to take care of the animals, and back to the scary attic for the night. Then the drive back to the city and home.

– Jim Cherry



Christmas

It's Christmas time
A time of joy and happiness
Gifts under the tree
Beautiful lights and ornaments
Adorning the tree

It's Christmas time
Time to be with family
Visit with friends
Spread your good cheer
Make peace with the world

It's Christmas time
But don't forget the reason
For he came here
So our sins could be forgiven
Yes, it's Christmas time
– Kathy Gaunt

Solstice Time

Snow likely, silence and darkness certain.
Ovens, family meals seasoned with contentment.
Lights sparkle from windows, trees, doors.
Starry skies bring wonder and hope.

Time slows with long nights and short days.
Inside is where we dwell in cozy warmth.
Cuddling becomes a cherished necessity.
Each day forward brings one more minute of light.

Treasure family and friends.
Invest in time for rest and renewal.
Make merry with music and dance.
Enjoy precious gifts of love, light and joy.

– Alene Staley

Child's Christmas

lived in a place with bright red clothing, with a wife who welcomed all with joyous smiles, and with elves dressed in green who were very busy creating presents for you and me. So, yes, through my early years, Santa Claus earned more attention from me than Jesus did. And yes, the Santa I knew and believed in was a kind, charitable man, surprising me on Christmas morning. Other elements of his kindness and strength were the presents he gave to all as he traveled the whole world on Christmas Eve delivering these gifts, assuring everyone of happiness when they awoke. And Santa was sort of a real man, who they say is celebrating his 1,750th birthday, come December 25 of this year! It's very obvious that the media was very kind to Santa also. There was no negative press!

Oh, the sweetness of that youthful ignorance! Then, when I was seven, all my friends told me there was no Santa Claus. Bam! Bam! Finding out that the Santa

Claus story was fiction was the beginning of a maturation process for me. So, at seven, I dealt with loss. Santa Claus became only a well-loved myth.

Even though Christmas became different for me after my friends' big revelation, I continued to keep Santa in my Christmases, bringing out the Santa relics I have gathered through the years. And even without my belief in Santa, the Christmases past have held so many other exciting memories that can never be forgotten, like the religious aspect of the birth of Jesus, the gathering of families together, the singing and feasting, and the exchange of gifts that were part of the holiday, and continue to be part of our family legacy.

These legacies have the bonding and binding elements that make my Christmases a joyous celebration, year after year after year.

– Carol Smith Markell



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!

Looking for a meeting, event, or party space?

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 729-0757 or programming@peopleplusmaine.org.

Carpe Diem Tech Support
www.carpediem-me.net

Supporting:

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

John Fischer 207.522.1238 john@carpediem-me.net

ONE-ON-ONE, INDIVIDUALIZED CARE!

ROUTE 196, TOPSHAM 207-725-4400

REFORM PHYSICAL THERAPY
Don't neglect your health, reform it

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

Open house opened the door for new members!



Over 100 people came to the Open House last month to check out People Plus! New members enjoyed a discounted sign-up rate as well as getting to know about all of the activities and happenings here on a regular basis at the Center on Union Street in downtown Brunswick. If you're not a member and you'd like to know more about what we do, feel free to stop by anytime for a tour and to take any of the classes for the first time for free! We would love to meet you!

3rd Tues. 2 pm Books a la Carte

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

FICTION

James by Percival Everett. In this reimagined Huckleberry Finn, Jim (James) takes the lead and the tale casts slaves in a less stereotypical way.
Beach Street (series) by Gil McNeil. The ongoing story of Jo MacKenzie – a funny and relatable tale of survival,

single motherhood, and finding one's way.
The Rose Code by Kate Quinn. This WWII novel involves three female code breakers and the spy they must uncover after the war.
The Grand Complication by Allen Kurtzweil. A reference librarian with some unusual interests place her relationship and job in jeopardy. Funny and intellectually stimulating.
Instructions for a Heatwave by Maggie O'Farrell. A multi-generational family crisis set during the legendary British heatwave of 1976.
The School for Good Mothers by Jessamine Chan. Wrenching 2022 novel set in a dystopian future in which the State can separate parents from their children and consign them to relearn parenting using AI robots.

Tell Me Everything by Elizabeth Strout. Insightful story set in Maine about loneliness and the meaning of love; features the unforgettable characters of Strout's previous books.

NONFICTION

Night Flyer – Harriet Tubman and the Faith Dreams of a Free People by Riya Miles. This biography emphasizes the role faith played in Tubman's life.
The Escape Artist by Jonathan Freedland. This is the true story of Rudolph Vrba and Fred Wetzler, who escaped from Auschwitz in 1944 and broadcast what was happening to Jews. Unfortunately, their report initially did not move world leaders to action.

All I Did Was Ask by Terry Gross. The host of NPR's "Fresh Air" presents conversations with writers, actors, musicians, and artists.

The Holy or the Broken by Alan Light. This is an entire book about Leonard Cohen's song "Hallelujah."

MYSTERIES

Doctored Evidence by Donna Leon. One of a series set in Venice and featuring detective Guido Brunetti. Here he slogs his way through Italian bribery and lackluster attention to laws.
World Gone By by Dennis Lehane. A crime family consigliere in the 1940s has only days to find out who wants him dead.

Artist's colorful shadow boxes make holiday gifting easy



KATHY GAUNT (LEFT) AND JUDITH BURWELL gather near Kathy's shadow box artwork on display through December at the Café Gallery. Kathy has created nearly 60 of the colorful pieces, which have proved popular for purchase. "I sold 14 the first day!" she says, adding that in some cases she was able to make duplicates of the ones sold. She says the layered pieces are like creating "appliqué with paper." The smaller sets of 5x5 artwork sell for \$10 and the larger 8x8 sets sell for \$25. Ten percent of each sale goes to benefit People Plus.

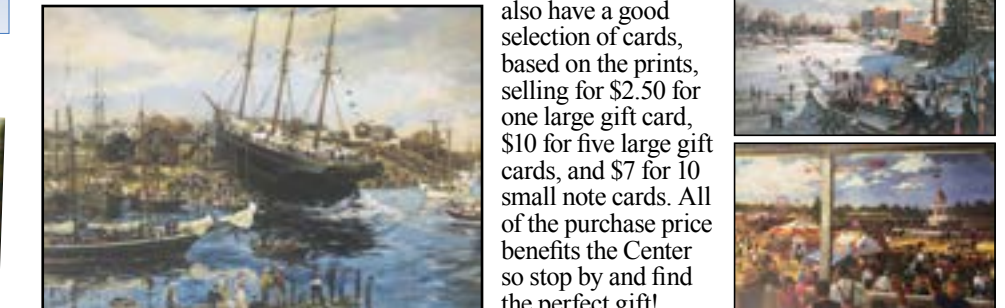
Find your holiday gifts at People Plus

Looking for a special gift for the holidays? There are plenty of gifts available at People Plus!

- You can give a People Plus Gift Certificate. Your loved one can apply the credit toward annual dues, a class or two, or against the cost of any of our gift items.
- The People Plus Art Class has a unique selection of note cards for just \$2 each.
- Or if reading is more your style, Frank Connors' books, *Stones & Stories* and *Speaking Frankly*, are on hand. Plus our Write On Writers' 11th book, *Voyages... Real and Imagined*, is now available, along with *We Write, Write From the Heart, Out of Our Minds, Times & Seasons, Journeys and Reflections*, and *From Maine and Away!*



We have numbered and artist-signed prints including "Chuting the Androscoggin," "High noon, High tide," and "Fall at Topsham Fair" – all by Woolwich muralist John Gable – and "Holiday at Merrymeeting Park," by Ernst "Bev" Bevilacqua. The prints are waiting for you on a first-come, first-served basis. These wrapped and boarded works of art cost just \$25 each or two for \$40. We also have a good selection of cards, based on the prints, selling for \$2.50 for one large gift card, \$10 for five large gift cards, and \$7 for 10 small note cards. All of the purchase price benefits the Center so stop by and find the perfect gift!



Hear from our Families

"I don't have the words to express the gratitude I have for the care that Avita of Brunswick has provided for my loved one! The associates and community are nothing less than amazing!"

- Terri M., resident family member



Avita
of Brunswick
A Northbridge
Memory Care Community

Could your loved one benefit from dedicated memory care?

Scan the QR code to take a quick survey and learn about your options >>>



Learn more about the benefits of a Dedicated Memory Care Community -

Call Bethany today: **207.640.7933**

Ask about our Adult Day Program

Living Well Adult Day Program
Opening September 2024 - limited spots available

Avita of Brunswick - Assisted Living Specializing in Memory Care

89 Admiral Fitch Avenue | Brunswick, ME | AvitaofBrunswick.com

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





FUNERAL
ALTERNATIVES

Maine's Cremation Authority

Simple cremation \$2,250.00 Complete

*Prices subject to change without notice.

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



We've got festive holiday plans – and a need for gift bag goodies

I think the most notable difference between our new home and the old space is just how jarring the time change has been. We start our afternoons with so much bright natural light coming through our huge windows and it feels like before we even get the food served, it's pitch black outside. The teens hardly seem to notice though. Through the cold and the darkness there always seems to be at least one group of them still hanging out outside the entire time we're open. Hopefully we can get a good amount of snow this year and make the most of the winter in our new yard.

As we wait for the snow to pile up, we'll have plenty of festive holiday activities all December long! We'll certainly be taking another crack at gingerbread house building, cookie decorating, ornament making and maybe we'll try to celebrate Gazpacho Day again. Most of our teens

seem to have hardly noticed that December is already upon us. With the exception of a few of our kids that are performing in the Junior High's Frozen play, there have sparsely been any teens requesting we play Christmas music so far. Last year when we finished with Halloween, we had kids request that we play some the very next week!

We'll be wrapping up the month with our annual holiday party on Thursday, Dec. 19th. We'll be doing things a little differently this year, seeing as we still have over a hundred different teens coming through the door each month! We're still hoping to give every teen a gift bag filled with cool stuff, so we're looking for donations by Dec. 16. We've surveyed the teens and their biggest requests are fidget toys, fuzzy/comfy socks, candy, tea and hot cocoa. We also want to surprise the teens with a \$20 gift card.

If you'd like to help us fill up a couple bags with items, please reach out! We'll need

Brunswick Teen Center News

Taylor Carter

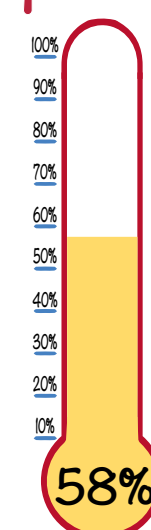


all the help we can get to make sure every teen gets a bag. If you'd like to donate some treats or food for the holiday party, we also need plenty of that! Please feel free to reach out to me at Teens@peopleplusmaine.org if you have questions or just want to help us out!

Until next time,
Taylor and the Teens

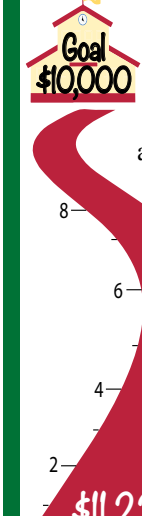
Teen Center Appeal

TC +43,439



Jordan Cardone-Ruwet Scholarship Update

The endowment fund has passed the \$10,000 mark, which should 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.



Welcome, Renee!
Renee Foster is the new full-time AmeriCorp staffer at the Teen Center. Originally from Dover-Foxcroft and a graduate of the University of Maine, she served previously for AmeriCorp in the Mount Desert Island/Blue Hill area. Renee, who loves being outside, is a professional gardener and will be helping the students grow microgreens this winter in the large, sunny windows at the Teen Center's new

home at the Coffin School. They hope to raise seedlings as well, and raised beds are in the eventual plan. Renee has a background in yoga, meditation and self-care, and says she embraces the Center's emphasis on eating healthy foods. What does she especially like about her new position? "I like how the students interact. They are kind and open-minded with each other."



THE HIGHLANDS
A GRACE MGMT COMMUNITY

Friends. Family. Home.

Live life to the fullest at The Highlands, where we're always sure to make time for laughter, connection, and friendship. Welcome to a community rich with amenities, activities, and dining—in a place that's not just like home, it is home.

SPACE IS LIMITED!
Call (207) 725-2650 today to secure your spot or join our waitlist.

It's not like home. It is home.™

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

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

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

— James Tierney, BHS Class of 1965

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

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



DRIVERS IN OUR VOLUNTEER TRANSPORTATION NETWORK MET LAST MONTH to share tips on driving our clients around the Greater Brunswick area. We also welcomed new driver Donna Westvelt of Harpswell! If you're interested in making a positive impact in your community by becoming a driver, please reach out to VTN Coordinator CK Kimball at driver@peopleplusmaine.org or 729-0757.

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

Equipment loan helps everyone!

Do you have need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? People Plus maintains a "medical equipment lending library" and it's ready when you are.

People with equipment that is no longer necessary can donate it to the Center. Those needing equipment to keep them safe and secure at home have access to free stuff. "Everyone wins," said Sarah Deck, who is usually the person hauling the items to and from the basement. "We ask people to bring it in clean and in working condition," she 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.

Lunch Out!

Dec. 10 at 11:30 am

Ninety Nine 99

RESTAURANT & PUB

34 Topsham Fair Mall Rd

Weekly Winners

DUPLICATE BRIDGE

Oct. 28. 10 teams.
1. Keith Rattu & Richard Totten 63.2%
2. Bobbi Robertson & Jim Burnett 60.4%

Nov. 4. 10 teams.
1. Barbara & Don McHarg 69.4%
2. Linda McIntosh & Michael Land 59.7%

Nov. 11. 11 teams.

N/S

1. Sherry Watson & Keith Rattu 57.6%
2. Martha Cushing & Jeff Lauder 52.1%
2. Cathy Cooper & Rick Simonds 52.1%

E/W

1. Gail & Cy Kendrick 63.3%
2. Norm Curthoys & Richard Totten 59.2%

Nov 18. 9 teams.
1. Barbara & Don McHarg 65.6%
2. Kathy & Dan Joyce 62.5%

CRIBBAGE

Oct. 30. Judy Hardin= 726
Nancy Forton= 720
Jen Haskins= 719

Nov. 6. Trena Crabtree= 726
Jen Haskins= 713
Nancy Fortin= 707

Nov. 13. Lois Fornier- 719*
Anne Bouchard- 719*
James Cornelio- 717

Nov. 20. Rolande Fortin= 717
Jen Haskins= 715
Anne Bouchard= 707

*tie score

Gone but not forgotten –

Thomas Richard Nadeau Oct. 3, 1948 – Oct. 17, 2024
Martha Kendall Gilmore May 7, 1940 – Oct. 23, 2024
Barbara Bishop Nov. 9, 1953 – Nov. 6, 2024

* STORM POLICY *

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

Membership Benefits

Businesses offering discounts for PP members:

- Ashley Richards**, Certified Aging in Place Specialist free home walk-through with tips to help you age in place 712-3042, ashleyr151@gmail.com
- Augat Chiropractic**, Free consult & cursory exam free consultation & cursory exam (mention People Plus benefit when booking appointment), 9 Pleasant St, Bruns., 725-7177
- Autometrics**, 10% off labor 121 Bath Road, Bruns., 729-0842
- 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.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, 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), 729-5486 149 Maine St, Bruns., www.eveningstarcinema.com
- Fairground Café**, 10% off, anytime Topsham Fair Mall, 729-5366
- Hand Therapy Treatment and Education Center, LLP**, 20% off HandBasicsm: Self-Care Education class 114 Maine Street Suite 4, Bruns., 607-5800 www.therapyandeducation.com
- Hearts & Hands Reiki**, 10% off first visit 751-5339, heartsnhands207@gmail.com
- Lee's Tire & Service**, 10% off parts (not tires) 35 Gurnet Road, Bruns., 729-413127 Monument Pl., Topsh., 729-1676
- Maine Optometry**, 30% off complete glasses, some restrictions apply. 242 Bath Rd, 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, Bruns., 373-6018 www.mainehealth.org/Mid-Coast-Hospital/Patients-Visitors
- Pauline's Bloomers**, 10% off in-store purchase (in person only) 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 thomaspoinbeach.com
- Tire Warehouse**, 20% off labor Topsham Fair Mall, 725-7020 www.tirewarehouse.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

*Benefits subject to change

PEOPLE PLUS 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)
 Single (New/Renew): \$45
 Couple (New/Renew): \$85
 Lifetime Member (70 or over): \$425

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

Chicks Do Chores

WE'LL TACKLE YOUR TO DO LIST!
 (AND SOMETIMES CHUCK) So you don't have to! www.chicksdochores.com
 MaryEllen Rosenberg, owner 729-5760

- ★ Attics • Basements • Decks • Garages • Offices etc
- ★ Clean • Clear out • File • Dump runs • Label • Paint etc
- ★ Run errands FOR you or WITH you!
- ★ Fully Insured
- ★ Bonded
- ★ LLC

Call for estimates and scheduling

Celebrating Lives Well Lived

DIGNITY | RESPECT | COMPASSION

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



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

December 2024

All Spectrum Generations locations will be closed on Wednesday, December 25, in observance of Christmas.



HEALTHY LIVING
for ME
NETWORK PARTNER

UPCOMING WORKSHOPS:

Living Well with Chronic Pain

Telephonic, Mondays, Jan. 6 - Feb. 24
2- 3 p.m.

Living Well with Diabetes

Telephonic, Tuesdays, Jan. 21- Feb. 25
8 - 9 a.m.

Living Well with Diabetes

In-Person, Gardiner Public Library
Wednesdays, Feb. 12 - March 19
1:30 - 4 p.m.

Living Well with Diabetes

In-Person, Mid-Coast School of
Technology, Thursdays,
March 13 - April 17, 4 - 5 p.m.

Building Better Caregivers

Virtual-Zoom, through RSU 40
Wednesdays, April 2- May 7, 5- 7:30 p.m.

Want information on how to host a workshop
near you? Contact Monica Hawk,
Health and Wellness Coordinator,
207-620-1642 or email
mhawk@spectrumgenerations.org.



spectrum generations

27TH ANNUAL
Gene & Lucille Letourneau
ICE FISHING Derby

Sunday, February 16, 2025

Muskie Community Center
38 Gold Street, Waterville, Maine
(Weigh-in between 2 - 5 p.m.)

For sponsorship information,
call Sandra MacDonald at
207-873-4745

Benefiting Spectrum Generations'
Programs & Services
including Meals on Wheels.

FAMILY FUN
Corn Hole | S'mores Bar | Concessions
Fire Pit | Popcorn | Silent Auction

Candles, care teams and compression stockings

When the dark days of fall and winter roll in, I often crave candles. But recently, when I had a knee replacement, it was my friends that lit up my world.

Before the surgery, someone asked me if I had a care team, and I didn't know what that meant. Turns out I had already assembled one... caring friends who shared keeping watch over my first three nights at home and were willing to sleep on the couch – even suffering through my early-morning habits in my tiny house. I'm a true morning person – a lark, as they say. My friends are both late risers, i.e., owls. When one wondered what that noise was at 4:47 am, I said it was the water kettle boiling and clicking off. (Of course! Isn't that normal time to drink coffee?) My owl friend required several naps that day.

I don't know why I felt a little guilty receiving help, but I did. To me, everything seemed like a big ask. But I got over it when I realized these longtime friends truly wanted to help. One continually put water next to me without

saying anything. She knew the magic ways of water in the belly when you're on painkillers. Along with my son, they fixed snacks, lunch and dinners, and played Pass the Pig with me to pass the time. We got to talk about stuff we don't usually get to talk about because we weren't busy. And because I was incapacitated and still loopy from the drugs, there was no agenda, no expectation. Topics landed easily and then slid away.

My friends did mix in a few bad jokes and a fascination with my ice machine. The hospital sent me home with this cooler-like item that used long plastic tubes to carry cold water to a velcro wrap around the knee. Though I couldn't have cared less how it worked, my friends were quite interested in its mechanics, while I was interested to observe that their brains were so technically inclined. When they left, I went back to using Hannaford frozen peas and a Birds Eye vegetable medley.

The mechanics of putting on compression

stockings, however, did grip my attention. This involved wrapping a plastic bag around my foot and then sliding the stockings over it, forcibly tugging them upward over the leg, then removing the plastic bag – all the while cursing gravity and too many cookies consumed. That all was followed by feeling the top of the stockings creep downward all day long, rolling into bunched-up bands that squeezed my legs. Fortunately, no one on the care team thought all that would make a funny video.

After my friends went home, I continued to spend long, tedious minutes doing required exercises and icing/elevating my knee. As I lay there multiple times a day for 20 minutes, I had time to reflect on all that had been given me, including a first-class surgical team. I vividly recalled a supervising anesthesiologist as he monitored his colleague giving me a spinal epidural guided by ultrasound. He whipped out a cell phone from his scrubs and showed me the ideal image of where

Thinking out loud

Charmaine Daniels



news@peopleplusmaine.org

the needle should go, then proudly pointed to the ultrasound screen image that exactly matched. To me it looked like the surface of Mars, but I was charmed by his enthused guidance. And I knew it was all part of me getting to play pickleball again.

But most importantly when I reflected back, I realized the treasure given me during this time: true attention to all my needs. I discovered when I was temporarily disabled, love landed in my lap. Along with that came lots of food (which a friend calls the language of love) and lots of donated books (which are almost as good as food).

As I look back, all the love and attention felt like being inside a lit cathedral at Christmas. In this case, my dear friends and family were lighting the way.

New and renewing members for November

Memberships received as of November 15.

* indicates new membership
• indicates donation made with membership

Lifetime:
Marjorie A. Turner

Arrowsic:
Norma Dreyfus*

Bath:
Li Feng Ling*
Alan Reder
Sue Kelly*
Kathryn Kenyon*
Deb Showalter*
Nancy Sosa*
Wendy Ward

Bowdoinham:
Irving Brackett*

Brunswick:
Dennis Barrett*

Mary Jo Barrett*
Sally Barron*
Chris Barron*
Susan Bates*
Gretchen Bath
Claircy Bernier
Suzanne Bott
Susan Bradford
Sally Butler
Phil Carey
Catherine Carroll*
Jane Connors*
Daphne Cummings*
Daniel Cunningham*
Lucy Cunningham*
Sue Ellen Damour
David Damour
Joseph de Rivera
Rosalee Deschenes*
Christine DeTrois
Anne Westcott Dodd*
Pamela M. Dorcus*
Alice Franklin
Janet Fullerton
Omer Gagne*
Janice Hamilton

Pete Horton
Bette Horton
Ruth S. Johnson*
Stanley L. Johnson*
Kip Kennett
Cynthia Kennett
Steven Kondor
Eva Kondor
Ellen Lahaie
Edward Larson*
Julia LeRoy*
Rachel Levasseur*
Linda Low
Kurt A. Maynard*
Patricia R. Maynard*
Betty McNally
Andrea L. Morgan*
Raymond Morin
Barbara C. Nadeau*
Gabriele Niffka
Jurgen Niffka
Larry Ogden*
Nancy Pantaz
Rosalie Paul*
Sachiyo Peavy
Alden Perry

Stanley Primmer*
Jane Primmer*
Tod Rodger*
Lyn Rodger*
Beverly Roet
Patricia Samson*
Devon Smith
Carl Smith
Alida Snow
Ellen Steinbart
Jeanne C. Stepien*
Walter P. Stepien, Jr.*
Judith Stoy
George Tetu*
JoAnn Thompson
Jon Tobey
Gary Torow*
Tamara Vermette
Chuck Verrill
Dena Verrill
Susan Weaver*
Susan White


Harpswell:
Janene Boller**
Anne Bouchard

Armand Bouchard
Pauline Charest
Susan Morehouse*
Margaret Ruscsek
Lori Waresmith*
Donna Westervelt

Topsham:
Richard W. Jack
Maurine Joy
George Bolduc
Adele Gasset
Patricia Gribben*
Marsha
Hilton-Kingdon*
LaDonna Little*
Phyllis Ponziani*
Lorraine Snyder*
Evelyn Taylor*
Bob Taylor*
Barbara A. Wheeler*

Warwick, RI:

Mary Weinstein
Woolwich:
Susan Chrystal



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.

FOR ASSISTANCE FINDING A VACCINE,
CALL 207-373-2350 OR VISIT MAINEHEALTH.ORG/VACCINE.

MaineHealth

Do you get our weekly email?

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

If you aren't getting it, just email programming@peopleplus-maine.org or leave a message at 729-0757 and Jill can add your email address to the list!



LIVE BETTER
HEALTH SERVICES, LLC
BETTER CAREGIVERS. BETTER CARE.

BETTER CAREGIVERS. BETTER CARE.

A Home Health Care Agency providing a wellness-based approach for seniors in their homes. Supportive care within a climate of independency. Helping in decision making, choices, self care, physical, spiritual, emotional & social wellness balance.

Wellness Care Management • Personal Care Services
Home-Making Services • Registered Nurse Services

10 Cumberland Street | Brunswick, ME 04011
LiveBetterMaine.com | (207) 607-4144 | info@LiveBetterMaine.com

Can you fit Voyages into a stocking?



WRITE ON WRITERS MEMBER BETTY BAVOR shared some of her work at last month's Author's Chat, which served as the launch for the writing group's latest book, "Voyages ... Real and Imagined." The Write On Writers meet every Wednesday at 1 pm. Come join the fun and see what we're all about!

Voyages ... Real and Imagined

is the latest book by the Write On Writers group at People Plus. Covering everything from a grandmother's pin cushion to stories of life and love and telling the truth about accidentally breaking your sister's beloved flower vase, this book brings it home. Featuring 22 writers, 13 artists from the People Plus Art Class, and more than 200 pieces of poetry and prose, *Voyages* will take you on a real trip, open your imagination, and make you want to sit down and tune in for more.

In almost 30 years, the WOW writers have published 11 books, and along the way have become a respected and endearing group at the Center. The group members love their weekly Wednesday gatherings in a "this is a lifeline" kind of way. The unique talents of the writers stand out as you encounter different experiences and sensitivities.

This latest book journey is marked by a full range of writing styles and originality. The poetry takes you deep into each poet's world, while the prose stirs your interest as you experience the insights of each writer.

The very first entry in the book is about a poem in a pocket that wants to get out. How's that for a starter? Dare we say WOW?

This engaging book will probably fit perfectly into the Christmas stocking of everyone on your list! So make your shopping easy this year and come to People Plus to buy a book for \$14.95 each, or two for \$25 in the month of December!



ROUSSEAU MANAGEMENT Skilled and Assisted Living in Midcoast Maine



www.rmimaine.com



142 Neptune Drive, Brunswick
(207) 837-6560



142 Neptune Drive, Brunswick
(207) 725-5801



24 Maurice Dr, Brunswick
(207) 725-4379



142 Neptune Dr, Brunswick
(207) 725-9444



29 Maurice Dr, Brunswick
(207) 725-7495

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

