



People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages

35 Union Street • PO Box 766, Brunswick, ME 04011 • (207) 729-0757 • www.peopleplusmaine.org January 2025 • Volume 25, No. 1

## Santa's food drive rings in the new year!



**THE RECORD-BREAKING FOOD DRIVE COORDINATED BY FRANK CONNORS**, a.k.a. Santa Claus and all his little elves, exceeded all expectations and goals with totals of over 1,000 pieces, 1,000 pounds and over \$1,200! Thank you to all People Plus members and other members of the community who got us over the top and filled Santa's little red wagon to overflowing. All donations went to Mid Coast Hunger Prevention Program.



**WE WERE PROUD TO BE A PART** of the Town of Brunswick's Resolution in honor of Tom Farrell, who has served both as the Director of Parks & Recreation and as a Trustee on the board of People Plus for 40 years – and counting! Seen here, Sally Costello, Brunswick Development Director congratulates Tom for his years of service to both the town and People Plus. *Read more about Tom on Page 3.*

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



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

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

Come see what all the fun is about at People Plus with our Fit & Fun for Free promotion. It's a great time to try something that you

think you might enjoy. For movement classes, it can even be a way to get ready for the warmer seasons when you'll be gardening, walking the neighborhood, or going to the beach.

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

See activity listings on page 8.

*Continued on page 8*

## Balance and Falls Clinic with Reform PT



**Thu, Jan. 30, 1:30 pm.** Dr. Christina Levesque, PT, DPT, is back for her famous Balance and Falls Clinic at the Center. She will teach us what balance means, how to prevent a fall, and how to properly handle a fall if one occurs – very important information, especially during the winter months! Free, open to the public. Call 729-0757 to register.

Need assistance with your taxes? AARP volunteers are here to help! See page 4.

## FYI! Don't Fall For It!

**Thu, Jan. 9, 1:30 pm.** Sgt. Tom Stanton, Brunswick Police Department, will discuss current illegal "scams" including those that specifically target the older population. Criminals have become very creative using the phone, online services, text messages and emails to get your money – and the police have seen it all! Sgt. Stanton will discuss how to avoid these scams and keep yourself safe, and will be happy to answer questions or direct you to the appropriate resources. Free, open to the public. Registration required.



## Our Annual Fund needs you

We all know the importance of People Plus – the programs, classes, clubs, trips, and opportunities that improve our lives. Longtime member and volunteer Judy Gilbert says she's amazed by all that is offered here! In addition to the variety of programming, she states, "People Plus is a happy place for me, and I feel good every time I come here." She says she has found it to be a safe, inclusive and comforting space where folks can leave their troubles at the door. Recalling how welcomed she felt the first time she came (without knowing anyone), she adds, "It's the interconnectedness among the wonderful people that make it a favorite place to be."

Judy's comments emphasize how People Plus, with the support of twelve employees, over 250 volunteers, and strong regional partnerships, offers services for over 4,000 older adults through classes, meals, transportation, medical equipment, safety calls, Medicare support and free tax prep; as well as over 5,000 youth visits from teens in grades 6-12 in

Cumberland and Sagadahoc Counties.

We've been serving seniors since 1976 and continue to provide for this ever-growing population of older adults in the Mid Coast region. And we can't do it without your help! "This year's goal is \$100,000," according to Office Administrator Barbara Quinn, "The appeal letters went out in November, and we hope to see the income grow every day as we can't meet the community need without meeting the goal!"

Donations vary in size, from \$5 to \$5,000. "You might feel like it's not worth making a small donation, however even the smallest amounts (and the largest!) have an enormous impact," says Executive Director Stacy Frizzle-Edgerton. "We are so grateful to each and every one of you who have already donated and to those of you who are just about to!" she adds.

*Continued on page 9*

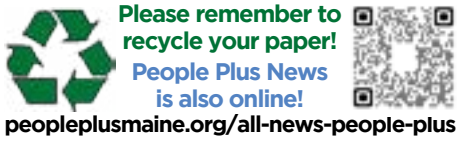
People   
\$40,542

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

41%



Donate here and save yourself a stamp and a trip to the mailbox



# People *Plus!*

Monthly publication serving the Brunswick-Topsham-Harpswell area. For comments, suggestions or news submissions, please email [news@peopleplusmaine.org](mailto: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](mailto:office@peopleplusmaine.org). Submissions must be received by the 15th to be included in the next month's edition.

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207-607-4406
- Aging & Disability Resource Center  
207-607-4405 or 1-800-Medicare

# Resolutely setting intentions

Everyone groans when you talk about making New Year's resolutions, don't they? Keeping resolutions feels like a chore.

Resolutions rub me the wrong way. They're a headache and something that no one really wants to do. However, people resolutely trudge through the failures of their new year resolutions ... knowing full well that even as soon as they've set them, that they probably won't keep them.

So I'm resolving this year to break the tradition of resolution failures. Instead, I'm going to set intentions.

Intentions feel (and sound) way more positive. A positive intention means the same thing as a "good intention," which

hopefully all of us have already! So let's all enter this new year with good intentions, shall we? Let's do it together!

Repeat after me, "I intend to maybe exercise more this year. I intend to be nice to myself, even if I don't exercise more this year. I intend to eat healthy most of the time or maybe even just a little bit more often, and if I don't eat healthy, most of the time, I will still feel okay and know that I'm a good person. I intend to hopefully spend less money, I intend to hopefully save more money, and I intend to hopefully have more money in the bank at the end of the year! And if I don't have more money in the bank at the end of the year, I intend to try again next year."

See where I'm going with this? It just feels gentler, it feels kinder, and it feels more attainable!

One of the intentions I need to set and actually really hold myself to fulfilling is an intention to spend 2025 planning the 50th anniversary for this organization. I plan to do that in part by videotaping lots of little videos every month throughout the whole year so that when we enter the 50th anniversary for People Plus in January 2026, I will have recorded an entire year of the fun activities that happen here!

I told Jill I was thinking of setting an intention to shoot a little video every month of everything that happens, but then I realized that feels a little overwhelming – it feels more like a resolution! So, I think I'm going to set an intention to try to videotape most things that happen here with the goal

## From the Executive Director

Stacy Frizzle-Edgerton



of getting some video of some things – most of the time. That should work!

Part of this intention is to capture the positivity that happens here at the People Plus Center. The place is filled with "do-gooders" who do nothing but good all year! Whether it's through serving meals, offering and teaching classes, playing games with friends, taking trips and adventures, or simply coming in for a cup of coffee and to build a puzzle, nearly everything that happens here is happy. Or at least that's the intention.

Although ... I have to admit that it was not my intention when I took this position 13 years ago to become such a 'goody-goody two shoes'!

Because seriously, I had no idea that I would fall in love with so many of the People Plus members. That I would have co-workers that feel like family, or meet business partners who give unconditionally to support older adults and teens.

And despite my best intentions, it has truly changed me ... luckily, for the better.

So, as we finish up another amazingly good year at the People Plus Center – where we saw more than 26,000 in-person visits, served nearly 10,000 meals, gave over 4,000 free rides and expanded our Teen Center so it will see over 5,000 youth visits in the coming year, – it is with the best of intentions that I wish you all a very happy new year!

And... what if in the new year, we all set an intention to become do-gooders? To become people who do just a little bit of good for ourselves and others – maybe even every day?! I think we can "do it"!

And I resolve to keep that good intention!



**HAPPY NEW YEAR FROM THE STAFF OF PEOPLE PLUS!**  
And happy birthday to People Plus – 49 years and counting!!

## Try the new year with something new

Sometimes people make resolutions when the new year arrives. These usually do not last long. What if this year we do something new to celebrate the beginning of a new year? Here are some suggestions:

- Take a class from adult education.
- Try something new at People Plus.
- Start a new tradition.
- Take up a new hobby.
- Try a new recipe.
- Make dinner for a neighbor.
- Try a fruit or vegetable you have never had. Just last night I prepared celery root for the first time!
- Volunteer

Trying something new can be interesting and fun. I remember going to a friend's

## From Anita's Plate

Anita Nugent  
(207) 504-6439

[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)



house when I was in the 7th grade. They served artichokes. I had never seen one before and had no idea how to eat it. I looked around the table and soon figured out how to eat the artichoke. To this day, it is one of my favorite vegetables!

I hope you like this idea. If you see me at the Center, let me know if you tried something new for the new year!

## Artichokes with Dipping Sauce

- Ingredients:**
- 2 artichokes
  - 1/4 cup mayo
  - 1/4 cup Greek yogurt
  - 1 Tbsp. lemon juice
  - 1 tsp. Dijon mustard
  - Black pepper

- Directions:**
1. Combine all the ingredients for the dipping sauce.
  2. With scissors, cut off the tips of the artichoke leaves.
  3. With a knife, cut off the bottom of the artichokes so that they will sit in a pan.
  4. Put the artichokes in a saucepan. Add water so that the bottom is covered.
  5. Cover and steam until the leaves pull away, about 20 minutes.
  6. Pull a leaf from the artichoke. Dip the bottom into the sauce and the bottom part through your teeth.
  7. When you get to the heart, clear all the "hairs" from it, and dip it in the sauce.

Enjoy!!

**BRACKETT FUNERAL HOME**  
A Ladner Family Service

Peter W. Ladner, President, circa 1980

# BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME  
(207) 725-5511 [www.BrackettFH.com](http://www.BrackettFH.com)

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

## TOM FARRELL RECOGNITION

# Honoring 40 years of outstanding service

Tom Farrell became the Director of Parks and Recreation for Brunswick in 1984, and was immediately appointed as an “ex-officio” trustee – filling the departmental seat on the People Plus Board – way back when People Plus had only been operating for 8 years! In 2005, he was fundamental in organizing and starting the Teen Center Program within People Plus, and has served as chair of the Teen Center Advisory Committee for nearly 20 years.

Jeanne d’Arc Mayo, a longtime People Plus member and consummate volunteer, worked with Tom for many years on the Board and knew him as a neighbor as well. She says he focuses on process and how to make things work effectively. “It’s never about Tom, it’s always about the town of Brunswick and its residents. And he’s always doing more than expected,” she adds.

Last month Tom received a standing ovation from the Brunswick Town Council and Department heads while being honored with an official resolution, citing his exceptional and collaborative leadership for the last four decades. That night, the accolades piled up as members of the community also spoke words of praise for Tom’s enduring contributions.

Tom has played an important role in many community projects, including the development of the Androscoggin River bike path, the relocation of People Plus to the Union Street location, “movies in the Park”, the bike rodeo, the Kate Furbish Preserve, The Midcoast Athletic Recreational Complex (MARC) committee, the Merrymeeting Park Project including trails and recreation space, and most recently the relocation of the Teen

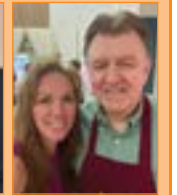
Center to the Coffin School.

In his unassuming style, Tom told the Council, “I’d like to say thank you. I’ve been fortunate to work with the most talented and committed staff people. The reason this community is as great as it is, is because so many get involved. This town is rich in participation.”

Former Brunswick Town Manager John Eldridge, who worked with Tom for 35 years, says he is as dedicated as they come. “He doesn’t draw attention to himself, and is always trying to improve the programs and the town. He has created an outstanding reputation.”

Jeanne d’Arc Mayo and Tom were involved in the original Board vote creating the Teen Center at a time when there was no space or money for the program. “It was not an easy decision, however both of us felt it was really important. Luckily Tom was in a position to know what to do to get help,” she notes. “He knew town government, so support of it was invaluable. People Plus wouldn’t be the amazing place that is today without Tom.”

People Plus Executive Director Stacy Frizzle-Edgerton, shared that “Tom has been the most instrumental and influential person in my 13 years at People Plus. He is an amazing mentor and inspirational leader who has become the first person with whom I speak to about all things related to the town and Teen Center.” She also notes that Tom was key in shaping ‘the Center that Builds Community’ concept and tagline that follows our organization’s name. One thing is for certain: Tom has been steadily building this community for 40 years.



## A conversation with Tom

Tom Farrell received his B.S. degree in Recreation and Leisure Service Administration from the University of Maine at Presque Isle and previously held top leadership positions with both the Maine Recreation and Park Association and National Recreation and Park Association. Locally, Tom chaired the effort in Brunswick to create the Androscoggin

River Bicycle Path, winner of both the 2000 Maine Association of Planners Award and the 2001 East Coast Greenway Trail Merit Award. Tom also took a leadership role in the new Veteran’s Plaza located on the Mall in Brunswick, the monument dedicated on Veteran’s Day 2020.

The Brunswick Rotary Club selected Tom to become a Paul Harris Fellow, saying his professional and personal efforts have been driven by his commitment to the Brunswick community and “a conviction that all people, especially our most vulnerable neighbors, have access to resources to live a healthy and joyful life.”

**Where did you grow up?**  
Southern Maine

**Did you have this career field in mind as a young person and what particularly appeals to you about the field?**  
I was interested in working a career where my efforts would benefit others and help build community.

**Many people are no longer consistently employed at one place over the years. What helped you stay committed to Brunswick?**

Brunswick is a wonderful community. It has always had an engaged populace that has valued quality-of-life services. I have been very fortunate to have worked with many caring, enthusiastic, and committed citizens, town staff, and community leaders during my tenure here – and have always felt professionally challenged and fulfilled in my work.

**You have served on the Board of Trustees at People Plus for four decades. How has the organization changed and evolved?**  
The organization has grown significantly in several positive ways. There have been various challenges along the way, but the one

consistent theme that has best benefitted the organization over time has been the involvement of numerous volunteer board members with a variety of professional backgrounds to lend expertise necessary for leading a successful nonprofit organization. People Plus has also been very fortunate to have skilled, personable, and caring staff that have made the member experience such a positive one, while keeping the Board well-informed and engaged.

**In your time on the Board, what are you most proud of?**

Knowing that the services provided by the organization have truly made a difference in the lives of countless young and older people, whether dealing with the pressures of growing and maturing as a young person or enjoying a heightened quality of life during retirement years. Significant accomplishments have included moving the programs and facilities from their former location to the current location, embracing and adding a Teen Center, the more recent move of the Teen Center to the former Coffin School, and most importantly, sustaining such important community services without interruption.

**Is there a particular perspective are you able to bring to the Board?**

As a department head working regularly with the town leadership of Brunswick, I think I bring a perspective helpful during the annual municipal budget review process and also in connecting People Plus staff and leadership and its Teen Center staff and volunteer advisory committee with other individuals and organizations, which leads to positive outcomes. Working in the parks and recreation field, I also have considerable experience working with youth, and that has been helpful in my role as Chair of the Teen Center Advisory Committee.

**What have been your favorite moments during your time with People Plus?**

My favorite moments are when I hear directly from a member about a positive interaction or experience they have had with the organization. Every day there are extremely valuable social interactions taking place at People Plus that are enriching people’s lives. It doesn’t get much better than that!

**What’s your favorite form of recreation? Your favorite People Plus event?**

I particularly enjoy fly fishing in my free time.

The events that I have been most involved in over the years have been the Annual Scoop-a-thon to benefit the Teen Center and to a lesser extent Music in April. Each event brings out a different cross section of the Greater Brunswick community to support the services that People Plus provides. It is very gratifying to see the level of support demonstrated by attendees at each of these events. The significant number of people who make it a point to attend these events year in and year out speaks volumes to the level of community awareness and associated importance that folks place on People Plus as a vital community service.

**What do you want people to know about parks and recreation in Brunswick that they might not know?**

That we have a very dedicated and talented staff who works hard every day to deliver the highest quality recreation and leisure services programming, while maintaining over 2,500 acres of public open space and indoor/outdoor recreation facilities for use by everyone.

**Gone but not forgotten—**

**Barbara Whitepine**

June 13, 1930 – November 18, 2024

**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@peopleplusmaine.org](mailto:programming@peopleplusmaine.org) or leave a message at 729-0757 and Jill can add your email address to the list!





**IT WAS A LOVELY AND FESTIVE LUNCH AND CONNECTIONS** at the People Plus Center last month! Nearly 100 meals were served, including baked ham, cheesy potato casserole, hot vegetables, salad, fresh baked cornbread, and an amazing eclair cake for dessert! And a special thanks to member Kathy Gaunt for donating part of her income from her sale of cut paper collage art pieces. Kathy sold over 50 pieces of artwork and set a record for any artist who's ever shown at the Center! Thanks for sharing the wealth, Kathy! We loved your show and we love you!

**People Plus offers free AARP tax prep help in 2025**

People Plus will offer free AARP tax prep in 2025 on Tuesdays and Thursdays beginning Feb. 1. Call People Plus at 729-0757 starting Jan. 21 to make a required appointment. Clients will need to pick up paperwork to fill out ahead of time.

You do not need to be a member of AARP or People Plus to participate.

**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)

**Good Eats – Good Friends!**

**Women's Breakfast**  
**Thu, Jan. 2, 8:30 am.** Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

**Men's Breakfast**  
**Thu, Jan. 9, 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!

## Comfort food is on the menu!

Join us Thursday, Jan. 16, for a delicious luncheon featuring fresh-baked ziti with meat sauce, broccoli, peas and carrots, salad, garlic bread, and carrot cake with cream cheese frosting.

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 Jan. 2.

## Let's travel in 2025! 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](https://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, Český 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>

## Wednesday Walkers Club

**WEDNESDAY 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.

**Jan. 8.** Planning meeting. Meet @PP at 1 pm to share your ideas and help plan the walks for February!

**Jan. 15.** Town Commons, Brunswick. Carpool: meet @PP by 12:30 pm or at site by 1.

**Jan. 18.** Swinging Bridge. Meet @PP at 1 pm

**Jan. 29.** Mitchell Field, Harpswell. Carpool: meet @PP by 12:30 pm or at site by 1.

**Program Notes for January**

- No Zumba or Table Tennis on Saturday, Jan. 4
- Center is closed Wednesday, Jan. 1 and Monday, Jan. 20

See page 8 for class and club descriptions.

**Medicare 101**  
**Tue, Jan. 14, 12:30 pm.** Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans, Free, open to the public (\$15 suggested donation appreciated). Registration required.

Mon	Tue	Wed	Thu	Fri	Sat
 <p>Calendar page sponsored by <b>MaineHealth</b></p>		 <p><b>HAPPY NEW YEAR!</b> Center Closed</p>	<p><b>8:30 Women's Breakfast</b> 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</p>	<p>9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>8:00 Casca Bay Sangha</p>
<p>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</p>	<p>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</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing</p>	<p><b>8:30 Men's Breakfast</b> 9:00 Table Tennis 9:00 Beg./Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art <b>1:30pm FYI! Don't Fall For It!</b> 6:00pm Int./Adv. Belly Dancing</p>	<p>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</p>	<p>9:00 Zumba 10:15 Table Tennis</p>
<p>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</p>	<p>9:00 Beg./Int. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga 11:15 Table Tennis <b>11:30 LUNCH OUT</b> 12:30pm Medicare 101 1:00pm Game Day 1:00pm Qigong 2:30pm Ukulele Club 2:30pm German Club 4:30pm TCAC</p>	<p>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 Int. English Country Dance</p>	<p>9:00 Table Tennis 9:00 Beg./Int. Bridge 9:30 Art Class <b>12:00pm Lunch &amp; Connections</b> 1:00pm Learn to Art 6:00pm Int./Adv. Belly Dancing</p>	<p>9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	<p>9:00 Zumba 10:15 Table Tennis</p>
 <p><b>MARTIN LUTHER KING JR!</b> Center Closed</p>	<p>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</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:00pm Belly Dancing 6:30pm Bruns. Coin/Stamp</p>	<p>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</p>	<p>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</p>	<p>9:00 Zumba 10:15 Table Tennis</p>
<p>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</p>	<p>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 French Club</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers</p>	<p>9:00 Table Tennis 9:00 Beg./Int. Bridge 9:30 Art Class 11:00 Yoga 1:00pm Learn to Art <b>1:30pm Balance and Falls Clinic with Reform PT</b> 6:00pm Int./Adv. Belly Dancing 2:30pm Cafe en Français</p>	<p>9:00 Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick</p>	 <p>Scan for People Plus online calendar</p>



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# Ahhh, Snowshoeing!



year, these days. Most of my trips are simply slugging around our field, once or twice in a lazy afternoon, enjoying the clear air, the bright if heatless, midwinter sun, and the pleasure of extreme quiet, disturbed only by the crunch of foot against snow. Finding and following the occasional game trail – deer, fox, coyote – will just make the day more memorable. It really is a Class A way to spend a half-day.



I'll add a few quick tips to make your walk more safe and enjoyable.

Be sure before you go that you have a walking stick, or a ski pole, or two! One fall off snowshoes can get pretty complicated pretty fast. Snowshoes become an awkward anchor when you're trying to get your feet under you and your knees in place. Try it in your living room if you don't believe me. Imagine a moose trying to right itself in a swale filled with muck. Imagine yourself in a field filled with two feet of snow; do you really want to push your arms into that snow to get up, wetting your mittens, maybe your pants and filling your boots with snow? Sticks or poles will prevent most of your falls before they happen, and will aid you immensely as you try to get off the ground after a fall.

My snowshoe of choice is a 10-58 Norway (Maine) Shoe. Bent ash, varnished sinew; they look perfect stuck in a snowbank outside any bar in the Maine Highlands. The 10-58 means those shoes are 10 inches wide, 58 inches long. If you're a beginner, maybe you'd be less intimidated by a Tubbs aluminum shoe, 28 inches long. I call the Tubbs shoes my "two-footers," and suggest to friends they are a nice way to start. Either style will carry anyone, any age, across a snow-filled field.



Like almost anything else, snowshoeing's best with a friend. That's right, friends don't have to talk to have a great afternoon. Share the load of water, wine or a blanket, extra jackets, extra mittens and extra hats. Carry an old pill bottle filled with "strike anywhere" matches, and assume one of you is carrying a cell phone.

Snowshoeing is great exercise; wear several layers so you can adjust to conditions. Another observation. Maybe you hate binding those

boots to those snowshoes. Maybe you've fallen on your face, trying to see where that last strap hooks, or frozen your fingers trying to buckle that last buckle. Well, I preset my boots on my snowshoes, usually in close proximity to my woodstove or fireplace. When everything is secure, I wear my slippers outside, I slip my foot into that warm, pre-attached boot, grab my stick, and I'm good to go! I bet Grammie would approve!

I'd like to tell you that snowshoes were a Maine idea, but I'm quite confident when I tell you they actually originated in some unnamed, snowbound Native American village eons ago, maybe just east of what is now Buffalo, N.Y. Can you imagine a civilization with no snowplows, snowblowers, or shovels? They must have invented snowshoes, and sure enough, I'm betting that some used them to walk south!

## MAINE & me

by Frank Connors



photos by Chuck Annable Photography

### FRANK'S FACT

In a race against two cross country skiers, the snowshoers typically come in third, but the shoer had more fun.

I was a teenager when I really got into "shoeing." The brothers and my buddies all had or knew where to borrow snowshoes, and we'd tramp the woods, race across fields and try our luck over half-frozen ponds and brooks. My brother Grant always told me if we were wearing snowshoes, we could cross thinner ice because our weight was spread over the area of that shoe. Then he'd point to a place on the opposite shore and tell me to go for it. I can tell you it's a sickening feeling to hear ice crack as you slide in your shoes across a pond, but at the end of the season, nobody drowned and we only got seriously wet "once or twice!"

I snowshoe two, maybe three times a

I snowshoe two, maybe three times a

*If you go: This one's easy! Just find an acre of undisturbed snow anywhere, put on the shoes, and you're good to go! Almost any land trust trail you've walked in the fall will be perfect for a "shoe hike" in winter. I like to walk in closed and deserted cemeteries, with their wide, flat lanes and stones on each side to tell me stories. If you cross*

*private property, it's always smart to ask for permission. Always check the weather before you head off, and it's only good sense to tell someone where you're going and when you plan to be back.*



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**THANKS TO CONNIE BAILEY** (seen here left with former Topsham Public Library Director Susan Preece), for an amazing donation of her entire original 60-piece art collection, as well as her 20-piece collection of other original works by local artists! Her donation came in the form of an online auction that brought in over \$6,000! The total income will be shared between People Plus and the Friends of the Topsham Public Library, as these were Connie's two favorite organizations! She worked as the gallery coordinator at the library for over 20 years and as an instructor and gallery coordinator at People Plus for over 25 years!

Thanks, Connie, for your generous donation! We are all so grateful!



**43 PEOPLE HAD A BLAST AT GARDENS AGLOW** in Boothbay last month! Thanks to Frank Connors and Sarah Deck for leading the charge through this traditional, annual event with People Plus members! We buy the tickets, hire a bus, and everybody piles in for the one-hour ride to Boothbay. Then they are free to explore the grounds, the lights, and the surprises around every corner at Gardens Aglow. They piled back into the bus 90 minutes later, ready for a pizza party back at the People Plus Center! It was a wonderful evening for everyone!

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

The “CLYNK” returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, 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 our reception 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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*Sweets for the Sweet*

# VALENTINE BAKE SALE



**Thursday, February 13, 2025**  
**7:30 to 11:30 AM**

Mid Coast Hospital Café Conference Rooms  
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*Featuring:* Candy, Cookies, Fudge, Breads  
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We know that caring for a loved one dealing with Alzheimer’s or other cognitive issues can be difficult and isolating.

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# Get FIT & have FUN for FREE in January!

“The goal is quite simple: Try new things for fun and health! We want folks to stay positive and active,” says Executive Director Stacy Frizzle-Edgerton. “That can be anything from ukulele club to strength training to art class.” Staying active is important both physically

and mentally. Our bodies were designed to move. The more we move, the more our brain and body connect, which improves safety, balance, and cognitive abilities. A fit and active lifestyle can also boost our mood and energy, while lowering stress. All of that can keep you

motivated through the darker, chillier winter months with more of a confident spring in your step. Need we say more? Come get active and have fun for free at People Plus. To find out what you’d like to enroll in, please check out

the complete calendar in this newspaper or go online at [peopleplusmaine.org](http://peopleplusmaine.org) and click on the Calendar button at the top right. Call the Center at 729-0757 for more information or any questions. We hope you join us!



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

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

**Cafe en Francais, French Club**  
**4th Tue, 2:30 pm.** Spend a lively hour once a month speaking French with good company.

**Cantina Espanol, Spanish Club**  
**1st Tue, 2:30 pm.** Spend a lively hour once a month speaking Spanish with good company.

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

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

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

**Game Day**  
**Tue, 1 pm.** Game with friends. Use our games (Scrabble, Bananagrams, Parcheesi, and more) or bring your own. We even have a puzzle table!

**History Book Club**  
**2nd Mon, 7 pm.** Meet to discuss and debate historical books pertaining to Revolutionary War though WW II eras.

**Kaffeestunde! German Club**  
**2nd Tue, 2:30 pm.** Spend a lively hour once a month speaking German with good company.

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

**People Plus Ukulele Club (PUGS)**  
**2nd Tue, 2:30 pm.** Come jam with us! All abilities welcome (must be able to play basic

chords). Bring your own ukulele.

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

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

**World Affairs Conversation Group**  
**1st and 3rd Fri, 11 am.** Meet to discuss topics of the week.

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



**Art Class**  
**Tue & Thu, 9:30-11:30 am and Thu, 1-3 pm.** Instructor Ed Higgins will explore different mediums. All skill levels welcome. Topics will include tools and materials, importance of keeping a sketchbook, and planning and composing your drawing.

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

**Growing Stronger!**  
**Wed, 12:00 pm.** Instructor Bea Blakemore. Don’t just grow older - GROW STRONGER! Using light weights and resistance bands, this class will help you improve your strength and resilience.

**Qigong**  
**Fri, 10:15 am and Tues, 1 pm.** Instructor Suzanne Neveux. Related to Tai Chi with simpler movements. Helps improve balance and enhance personal energy. Performed standing (can be modified for chair).

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


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

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

## VOLUNTEERS MAKE THE DIFFERENCE - GIVE BACK IN 2025!

Help with Volunteer Transportation Network (VTN), lunch crew, front desk, & more!

**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](http://peopleplusmaine.org/books-la-carte).

**FICTION**

**Second Growth** by Ruth Moore. This 1962 book by a well-known Maine author is the insightful story of a struggling small Down East town as locals transition from their prime focus on fishing and farming.

**The Magnificent Ruins** by Nayantara Roy. A young Indian-American woman inherits a family home in India and has to deal with family members.

**The Shuttle** by Frances Hodgson Burnett. This 1907 book is for anyone who loved The Secret Garden and Downton Abbey. It explores the relationship between wealthy Americans and titled, but often financially struggling, British.

**The Berry Pickers** by Amanda Peters. A 4-year-old Mi'kmaq girl goes missing from the blueberry fields of Maine. The disappearance goes unsolved for 50 years.

**NONFICTION**

**Master Slave Husband Wife** by Ilyon Woo. Georgia Ellen Craft, who passes for white, and her husband, William, go on an open escape from slavery with William as Georgia's slave. A well-documented, gripping book.

**Deep South** by Paul Theroux. An author of 10 travel memoirs, Theroux writes his first book about his U.S. experiences in a region that can be as strange and exotic as any foreign country.

**Thunderstruck** by Erik Larson. This work tells about events on the front pages of newspapers in 1900 and 1910 – one about a murderer and the other about Marconi, the inventor of the wireless. By the book's end, these two stories connect in a suspenseful way.

**Lilibet** by Carolly Erickson. A very interesting and informative biography of Queen Elizabeth II that tells us much more about Prince Philip than most people know – or want to know.

**The Demon of Unrest** by Erik Larson. Readable, detailed account of the period (1860-61) between Abraham Lincoln's election and the attack on Ft. Sumter. There are certain similarities between that period of history and what is happening in our country today.

**MYSTERY**

**The Man Who Invented Florida** by Randy Wayne White. Third book in a series featuring a marine biologist in southwest Florida.

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# It takes a community of support to fund People Plus

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

## 1. Event and Corporate Sponsorships

People Plus seeks partnerships with businesses to support our engaged and healthy lives for older adults and teens. We have a Leadership level of \$5,000 and many other options as well! (See the chart below).

2025 Business Sponsors so far include: Bath Savings Institution, Bill Dodge Auto Group, Bowdoin College, Off Their Rockers, Riley Insurance Agency, Rousseau Management, Spectrum Generations, Stellar Pediatrics and Thornton Oaks. During the coming months we will continue to seek other business partners, who will be able to help sponsor the Music in April gala and

auction, Senior Health Expo, Teen Center Scoop-a-thon, or all three! For more information, see below or contact Stacy Frizzle-Edgerton at [director@peopleplusmaine.org](mailto:director@peopleplusmaine.org).

## 2. Community grants

We consistently apply for grant and foundation funding. In the last months of the year, we have received the following grants:

- A CHEF (Connection, Health and Equity Through Food) grant from Hannaford for \$4,000 through the Maine Council on Aging for a new stove and warming oven. The CHEF Program is focused on increasing older adults' equitable access to healthy food and social connection.
- The Samuel L. Cohen Foundation has awarded \$10,000 to support programming for older adults.
- Maine Community Foundation has awarded \$5,000 toward the Volunteer

Transportation Network program that offers free rides to medical appointments and grocery shopping for older adults.

- The Alfred M. Senter Foundation has awarded \$6,000, split between the teen and senior programs.
- The Teen Center has received funding from the Community Health Improvement Fund (CHIF) focused on covering program costs for the school year.

## 3. Municipal and agency donations

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

## Annual Fund cont. from p1

**“Between the support of the area businesses and folks like yourselves, we can provide older adults with vital services, necessary health and wellness programs, socialization events and nutritious meals – which they will lose without your support!”**

The fund total as of Dec. 20 is \$ 40,541.42. This fund is specifically slated for our Center programming: supporting home-bound elders, as well as the Volunteer Transportation Network (VTN), keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, free events and more.



**People Plus!**  
THE CENTER THAT BUILDS COMMUNITY SINCE 1976  
**YELLOW BRICK ROAD SOCIETY**  
Scan for link

**For more information call 207-729-0757**

# JOIN THE LEADERSHIP CLUB! 2025 SPONSORSHIP OPPORTUNITIES

## Corporate Sponsorship – \$5,000

Top sponsorship in each event below PLUS: Logo in “Peek at the Week” email blast, recognition as Corporate Sponsor in press releases and on social media, sponsorship of a monthly Lunch and Connections gathering!

**Sponsorship of a monthly Lunch & Connections gathering - \$250**  
Includes your logo in the People Plus News writeup for the lunch and a shout-out at the event.

**GELATO FIASCO** April 30, 11am to 11pm  
**TEEN CENTER** Gelato Fiasco  
**SCOOP-A-THON** 74 Maine St, Brunswick

**“The Pint” Lead Sponsor - \$1,000** Two-Scoop benefits PLUS: “Celebrity Scooper” at the event, exceptional branding in print publications\*, People Plus and Gelato Fiasco websites, email and social media blasts

**“Two-Scoop” Sponsor - \$500** One-Scoop benefits PLUS: “Celebrity Greeter” at the event, logo on Scoop-a-thon shirt and on event signage

**“One-Scoop” Sponsor - \$250** Treat Size benefits PLUS: Recognition as Sponsor, logo or name on Scoop-a-thon shirt and on event signage

**“Treat-Size” Sponsor - \$100** Name on Scoop-a-thon shirt, name on event signage, recognition in print\*, websites, and email/social media



**Gala & Live Auction, April 5**  
**St. John's Community Center**  
**Online Auction, April 2024**

**Fortissimo Sponsor - \$1,500** Crescendo benefits PLUS: Exceptional branding, reserved table with sponsor signage, prominent room placement and 8 reserved tickets, prominent full-page, color ad in Program

**Crescendo Sponsor - \$1,000** Forte benefits PLUS: Full-page ad in Program, full table signage and 8 reserved tickets

**Forte Sponsor - \$500** Mezzo benefits PLUS: Half-page ad in program, half table signage and 4 reserved tickets

**Mezzo Sponsor - \$250** Quarter-page ad in Program, 2 reserved tickets, recognition in print\*, websites, social media, event signage



**October 9, 9am to 1pm**  
**Brunswick Recreation Center**  
**220 Neptune Drive**

**Partner PLUS - \$1,500, 4 tables** Partner benefits PLUS: Prominent placement of full-page, color ad in Expo Guide, prime event location, premier branding, prominent logo on Expo “swag bags”, guest appearance on a Monday morning Radio 9 WCME show with Jim Bleikamp

**Partner - \$1,000, 4 tables** Event Sponsor benefits PLUS: Full page ad in the Expo Guide, logo on Expo “swag bags”, lunch at the Expo included

**Event Sponsor - \$500, 2 tables** Refreshment Sponsor benefits PLUS: Half-page ad in the Expo Guide, name on Expo “swag bags”

**Refreshment Sponsor - \$250, 1 table** Quarter-page ad in the Expo Guide, recognition in print\*/social media/signage

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



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**



**BRUNSWICK HIGH SCHOOL BAND AND CHOIR MEMBERS** posed with armfuls of beautiful poinsettias last month. The flowers were delivered to Spectrum Generations' Meals on Wheels consumers along with their weekly meals this holiday season. The BHS music boosters hold an annual poinsettia sale, partnering with Longfellow's Greenhouses of Manchester, and one option is to purchase plants to donate to Meals on Wheels consumers – a great way to bring them holiday cheer.

**Can YOU help a Neighbor in need?**

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

**FMI 729-0757 peopleplusmaine.org**

## Poems & Prose

For more submissions from our writers' group, go to [www.peopleplusmaine.org/write-writers-0](http://www.peopleplusmaine.org/write-writers-0)

### Times Square New Year's Eve Ball Drop

On December 31, 1907, Adolph Ochs, the New York Times newspaper owner, organized the first ball drop celebrating the newspaper's new headquarters at One Times Square. It was made of iron and wood, weighed 700 pounds, was illuminated by 100 incandescent lights and was 5 feet in diameter. Many transformations have taken place during 117 years. The current ball, the 6th, doubles the size of the 5th one and has the 2025 welcoming honor. It is 12 feet in diameter, weighs 11,875 pounds and is covered with 2,688 crystal triangles, each having a special sparkling design and theme. Nine sets of the crystals, with 192 crystals in each set represent: the Gift of Love, the Gift of Wisdom, the Gift of Happiness, the Gift of Goodwill, the Gift of Harmony, the Gift of Serenity, the Gift of Kindness, the Gift of

Wonder, and the Gift of Fortitude. In addition, the Gift of Imagination has 960 triangles that are mirrored reflections of each other, inspiring our imagination.

The ball drops from the flagpole (rebuilt many times) atop of One Times Square Tower. Wikipedia informs us the magnificent ball resides all year at this location, thanks to talented, creative engineers and modern technology.

The crystal messages, I feel, are New Year's resolutions radiating out to all people: hope, joy, love, peace. Let us spend the last minute of 2024 counting down the seconds as this spectacular ball drops in Times Square welcoming 2025. Happy, healthy 2025. God Bless America.

– Betty Bavor

### New Year's Resolutions

May we end these tragic wars that deplete our nation's resources and poisons our souls  
May we shift our focus of attention from death and destruction to life and rebuilding  
May we redirect the billions of dollars in war profiteering to worthwhile causes and initiatives  
May we use the earth's resources wisely, sharing them equitably with all peoples  
May I turn my attention to projects that preserve our natural environment, feed the hungry, shelter the homeless, and spread peace and prosperity

– Robert Mulligan

### A New Year

A new year is coming  
My memory is humming  
I read in Luke  
From the Bible book  
And I know it's true  
That baby Jesus was born  
On a bed of hay  
A bright star was shining  
Angels were singing  
Wise men came from afar  
Mary and Joseph were delighted  
What a beautiful sight that night  
– Bonnie Wheeler

### Princess

Here I am again in the laundry room cooped up until the sliding door is opened and lets me out in the morning. It isn't a bad place; I have my water, dry food, and what I really like is my poop box. Recently a large stuffed white unicorn was put next to my bed on the floor. I love to snuggle my feet in it.

Sometimes I'm called Princess, and when they think I can't hear them, they call "Kitty, kitty" so loudly that I wished they didn't, because it hurts my ears. You know I hear everything in this house. I know when the grandkids walk in the door, I hear their shoes being kicked off and landing with a bang. That is when I run to the big bed and sneak under it until things are quiet.

My house is long and narrow with lots of windows. Sometimes I hop on the big white thing in a small room. Then two more hops onto the window ledge where I can sit. I could sit there forever watching the chipmunks and birds. On my way out of this room, there is a round white thing and if I put my paw on it just right and push, the white stuff comes down. It comes down, and down, and down, until there is a little white pile at the bottom.

When it gets so I can't see through the windows, I hop up on some laps. I find it nice and warm, curling up while they pet my soft orange fur as I purr.

– Nonie Moody

### A Funny Mask

For many years, at bedtime, I wore a funny mask. It served a special problem, And was like a nightly task.

It took a while to get comfortable Wearing this funny thing. But I was told it was necessary. So nightly, on my face it clinged!

That was many years ago, And on my own I stopped it. I didn't feel it was any help, So, I just upped and quit!

Now it is probably 10 years later, And I have been told to use it again. But this time, I will follow orders, And not just "now and then!"

I don't find it complicated and It is easy to put on. And any problems that I used to have, Now seem to be long gone.

It needs to use distilled water, And I keep several jugs on hand. The water keeps my nose from drying And I can use any brand.

Once the headgear is positioned right. And the mask is over my nose The warm air starts flowing, Almost like a hose.

I will probably have to use it, Until my days are over. (And then I will be looking up From underneath the clover!)

This little machine, the CPAP, With all its funny parts. It is really keeping my brain alive, So, I am still fairly smart!

This time, I will follow the rules, And use it like I should. And soon it will feel a part of me, As I always knew it would!!

– Doris Weinberg

### Gratitude for WOW Group

Years ago, I discovered Write On Writers when I was perusing the local author bookshelf in the Brunswick library, just as you walk in the door. I vowed then and there to join People Plus when I retired.

First thing I did after joining was to join the ZOOM group at the tail end of the pandemic. I loved the variety of pieces read out loud and the mixture of people in the group. I was excited when I finally got to meet the members in person.

You have all inspired me every week to explore various forms of writing. I normally write novels, short magazine-length romances, and blogs. And in my various jobs, I wrote grants and newsletter articles, human interest and constituent profiles, plus fundraising pleas – all business types of writing.

Being in this group encouraged my creativity in a totally different direction. You became my friends and confidants, as I was happy to share parts of myself in return.

To say I can't wait for Wednesday to roll around each week would be an understatement!

– Deb Noone

### New Year's Resolutions

Year 2025 is going to be a wonderful year for me. So these are my five new laws. I plan to follow them this year. Best of all, I am asking my "higher power" to help me keep these laws. It would be impossible for me to do it in my own strength. I have very little self-control.

First, I will not be saying any discouraging words. Yes, when I hear about a new war developing someplace, I get discouraged about it, but I will not be talking about it to anyone. I will be praying to my "higher power."

I will not be mad at any of my family. Yes, if I feel like they are using me for the umpteenth time, I will grin and bear it. I will not bad-mouth them to other family members or to any of my close friends.

Yes, I play games a lot with my brother. We have been seen playing Scrabble all over the Brunswick area. There will be no more winning all the games I play. I will refrain from trying to be so competitive.

This resolution is going to be hard. I pretty much know all of my friends' weaknesses. I will not be telling my other friends about their weaknesses behind their backs. Unfortunately, my friends know all of my weaknesses as well, and I hope they are not running me down behind my back.

This last one is the hardest one of all. I will not be talking before I think. At 77, I often talk before I think. I say whatever pops out of my mouth. I shock myself numerous times. If I think about how I would feel if someone had said the same thing to me, I would feel hurt. In the writing group, is where I have made this mistake most?

– Lucy Derbyshire

### From children to parents

Our Hands  
Mommy, we reach up our hands, so we can hold yours tight. We know you will take our hands in yours to guide us along the path of life. You will teach us to use them to give help to those in need. How to embrace and give comfort with a hug when called for. To mend up the scrapes and bruises that we will most likely receive. Life will give us many obstacles, but we will always know you have our hearts in your hand. Love you, Mommy.

Our Feet  
Daddy, look down beside you where we will be standing waiting to follow in your footsteps. We know you will guide us down the path we should take. If we should stumble and fall, you'll be there ready to pick us up. Following your steps will teach us to stand up tall and be strong. Your feet will teach us not to hurry through life but take time to enjoy and appreciate what we see. Yes, Daddy, we're ready to put on our shoes and follow your steps because we know you are always there. Love you, Daddy.  
– Kathy Gaunt

### The Resolution

I should make a resolution To start this brand new year. Should I promise to eat less food, Or perhaps to drink less beer?

Sometimes I get so confused I don't know which way to steer, So I'll just make a resolution To think it over til next year.  
– P.K. Allen

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**BIG THANKS TO THE 80 MEMBERS** of the Brunswick High School Chamber & Treble Choirs for brightening our afternoon on Dec. 20 with a lovely concert of seasonal carols featuring outstanding four-part harmony. Part of this joyous annual two-fer event is a cookie swap following the concert. With all those cookies, it was hard to choose what to put on your plate!



**CAITLIN ELLIS**, a choir member in her senior year, is the daughter of our programming director, Jill Ellis.

**Weekly Winners**

**DUPLICATE BRIDGE**

- Nov 25.** 9 teams.  
 1. Monica & Chuck Annable 61.5%  
 \*2. Linda McIntosh & Sherry Watson 60.4%  
 \*2. Martha Cushing & Jeff Lauder 60.4%
- Dec 2.** 12 teams.  
*N/S*  
 1. Gail & Cy Kendrick 66.7%  
 2. Martha Cushing & Jeff Lauder 64.4%  
*E/W*  
 1. Norm Curthoys & Richard Totten 58.8%  
 2. Kathy Kenyon & Jim Burnett 52.2%
- Dec 9.** 12 teams.  
*N/S*  
 1. Kathy Kenyon & Ben Soule 57.8%  
 2. Bobbi Robertson & Jim Burnett 53.9%  
*E/W*  
 1. Monica & Chuck Annable 65%  
 2. Norm Curthoys & Richard Totten 57.8%
- Dec 16.** 10 teams.  
 1. Barbara & Don McHarg 56.9%  
 \*2. Judy Johanson & Barbara Wheeler 56.3%  
 \*2. Martha Cushing & Jeff Lauder 56.3%

**CRIBBAGE**

- Nov 27.** John Bouchard- 713  
 Jerry Donovan- 705  
 Lois Fournier- 702
- Dec 4.** Leo Robichaud- \*726  
 Trena Crabtree- \*726  
 Patricia Johnson- \*718  
 George Hardin- \*718
- Dec 11.** Lorraine LaRoche- 702  
 Leo Robichaud- 699  
 Judy Hardin- \*696  
 George Hardin- \*696
- Dec 18.** Jen Haskins- 711  
 Anne Bouchard- 706  
 Lorraine LaRoche- \*704  
 Lois Fournier- \*704
- \*tie score



**THANK YOU TO MAINE STATE MUSIC THEATRE** for hosting this year's People Plus holiday party in their specially decorated rehearsal space. More than 80 People Plus members sang carols and enjoyed dessert and candy buffets. We were also treated to tours of the behind-the-scenes production facility led by MSMT Artistic Director Curt Dale Clark.

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# Best of backstage at the Teen Center in 2024

I've just passed my work anniversary and now we're wrapping up 2024 at the Teen Center, so what better time than now to reflect on all the incredible fun we've had over the last year! From our outdoor adventures and Summer Olympics to our self-care days and cooking classes, we're so lucky to have shared this time with more than 250 kids.

With so many different personalities coming through the space, it was always bound to create some interesting dynamics and memorable moments. Some days it's as unexpected as a teen shouting to be careful when you hand them their bag at the end of the day because their pet salamander is sleeping inside it. On other days it's something like the whole Teen Center joining a heated debate about whether a room could be considered a murder weapon in the board game Clue.

We're constantly surprised by the different connections the kids make over things and consider ourselves lucky to be a part of it.

That's also one of the reasons we've spent so much of our time this year trying to throw some unique experiences their way. One of our first activities of 2024 was a self-care day where we made our own face masks. A group of our high school boys, who usually stayed glued to their soccer video games all day, finally broke their focus to ask what was going on. In a matter of minutes their game was off and they were lounging in their chairs with their own oatmeal face mask and cucumber eye covers. After that, the question when they arrived most days was "What are we doing today?" rather than a race to claim a console for the afternoon. And we're happy to say that question has caught on with most of our teens this year.



It's not always a success though! All of the activities we offer are optional for our teens, so some of our time can be spent attempting to convince them to try whatever we're up to on a given day. I wish there was a way to keep track of all their excuses not to try things, but unfortunately, I didn't, so I'll settle for a few favorites. On one of our first sushi days, a girl was adamant that she loved sushi, so when we handed her a roll, we were left baffled when she said, "Gross, why does this sushi smell like fish?" On another occasion we were making fruit smoothies, and after we had blended all the ingredients together there were specks of green in the end result that led one teen to declare, "I'm not trying it, I don't like spinach." We were doubly taken aback at this one since they had helped us make it and at no point was spinach present. They claimed we snuck it in.

One teen over the summer took little to no convincing to try something new and was always first in line for whatever we had on the docket each day. Almost every day of the summer we would pick him up at his apartment complex with his friend. One day we noticed his friend hadn't shown up for a few days in a row and we asked where he was. The teen quickly grinned and told us that he was upset with his friend and had simply stopped waking him up to catch the ride over to the Teen Center. He had decided he wanted to keep the food, field trips, and cool games at the Teen Center to himself. After we had a short conversation with him, he was back

## Brunswick Teen Center News

Taylor Carter



to reminding his friend each day when it was time to go.

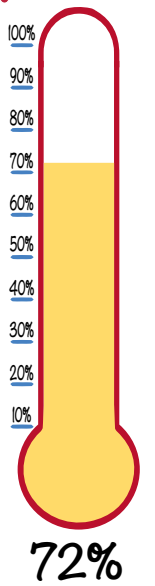
It might make sense for us to start a quote board for our teens in the coming year. A place we can record gems like, "I'll help with the garden, but I'm not touching dirt" or "We should hand out pants as prizes." Probably one of my personal favorites is "I promise I can eat it, I'm not allergic to shellfish. My doctor is just mean."

As we look to 2025 and continue to see almost four times as many teens each day, I'm sure next year will have so many more moments like these. I can hardly wait, and I'm sure our teens feel the same way!

- Taylor and the teens

## Teen Center Appeal

\$53,884



**LOADS OF KIDS HAD A BLAST** at the holiday party last month! Thanks to everyone who donated gift cards, fun socks, food, and more so that 100 teens got a holiday gift bag! And nearly 50 of them came for the party! That's a lot of kids at one time having a party! They played fun games, built gingerbread houses, did arts and crafts, played outside, and generally had a great time, getting the first half of the year wrapped up!



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- 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
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86 Maine St, Bruns., 725-5111  
www.berriesopticians.com
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www.bigtopdeli.com
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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 HandBasicssm: Self-Care Education class  
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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  
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www.reflectionsbylucie.com
- Rossignol's Hair Shoppe**, discount for age 60+  
370-9410
- Thomas Point Beach**, \$1 weekdays admission  
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- Wilbur's of Maine**, 10% off, anytime  
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- Wild Oats Bakery & Cafe**, 10% off Mondays  
166 Admiral Fitch Ave, Bruns., 725-6287  
wildoatsbakery.com

*\*Benefits subject to change*



*We want to thank People Plus for organizing the Senior Health Expo at the Rec. Center. This year we won a \$100 gift certificate from Maine Street Bistro and look forward to dinner out. Thanks to Islebrook Village for having the drawing and giving a People Plus member the opportunity to win a great gift card.*  
-Nancy & Tom Pantaz

**PEOPLE PLUS STORM POLICY**  
When Brunswick schools are closed due to weather, all People Plus activities are canceled for the day. Check peopleplusmaine.org or local media for closure information.

## Lunch Out!

Jan. 14, 11:30 am.




11 Gurnet Rd, Brunswick

### PEOPLE PLUS MEMBERSHIP APPLICATION

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

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

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 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

729-0757 [www.peopleplusmaine.org](http://www.peopleplusmaine.org) Date \_\_\_\_\_

<p><b>Yearly Dues (Scholarships Available)</b></p> <p><input type="checkbox"/> Single ( __New__ Renew): \$45</p> <p><input type="checkbox"/> Couple ( __New__ Renew): \$85</p> <p><input type="checkbox"/> Lifetime Member (70 or over): \$425</p> <p>Cash/Check (Payable to People Plus)</p> <p>Membership Dues: \$ _____</p> <p>Additional Donation: \$ _____  <small>(donations above membership dues are tax deductible)</small></p> <p>Total: \$ _____</p>	<p><b>Volunteer Opportunities at People Plus</b></p> <p>I'd like more information about:</p> <p><input type="checkbox"/> Lunch Crew: cook/setup/cleanup</p> <p><input type="checkbox"/> Volunteer driving: rides to appts/shopping</p> <p><input type="checkbox"/> Reception: check-in/phone</p> <p><input type="checkbox"/> Meals on Wheels</p> <p><input type="checkbox"/> Teen Center</p> <p>OFFICE USE: <input type="checkbox"/> Account <input type="checkbox"/> Data <input type="checkbox"/> Card Sent</p>
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## Become a volunteer Ambassador at MaineHealth Mid Coast Parkview Health!

Join our team of community members dedicated to making a difference! Immediate opportunities are available and there's something for everyone. You'll make a positive impact on patient experience while forming new friendships, developing new skills and interests, and learning about the high quality of care in our community.

**VOLUNTEER OPPORTUNITIES**

We have immediate opportunities available at MaineHealth Mid Coast Parkview Campus and Mid Coast Hospital Campus.

Assignments include:

- Hospital Ambassadors at Parkview Health Campus and Mid Coast Hospital
- Café Cashiers at Mid Coast Hospital

If you are interested in volunteering, please apply online at [www.mainehealth.org/mid-coast-hospital](http://www.mainehealth.org/mid-coast-hospital) and click on "Support Mid Coast Hospital."

Or for more information contact Sue Lafferty at [susan.lafferty@mainehealth.org](mailto:susan.lafferty@mainehealth.org) or (207) 373-6015.



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

# 2025 Monthly Update

January 2025

All Spectrum Generations' locations will be closed on Wednesday, January 1, for New Year's Day, and Monday, January 20, for Dr. Martin Luther King Jr. Day.



Dear Family Caregivers,

In today's world, ensuring the safety of your loved ones is more important than ever. Whether it's monitoring elderly family members, or simply enhancing your home's security, a security camera can provide the peace of mind you deserve.

Here are just a few reasons why installing a security camera is a smart and thoughtful decision:

**1. CONSTANT PEACE OF MIND**

With a security camera, you can check in on your home and loved ones at any time, from anywhere. Whether you're at work, on vacation, or simply in another room, you can feel reassured that your family is safe and sound.

**2. WATCH OVER VULNERABLE LOVED ONES**

For those caring for elderly parents or children, security cameras allow you to monitor their well-being without being intrusive. You can make sure they're safe, whether it's monitoring their movements inside the home or ensuring they're comfortable in case of a fall or emergency.

**3. EASY ACCESS & MONITORING**

With today's technology, security cameras are easier to install and more affordable than ever. Many systems offer live-streaming capabilities, instant alerts, and high-definition video quality that can be accessed directly from your smartphone or computer.

**A Year in Review 2024**

*At Spectrum Generations, we work strategically throughout the year to help serve a community where adults with disabilities and older adults are valued, engaged, and living with dignity. It is our honor to do this work, and we are pleased to share the following achievements for FY24. (Services were delivered between 10/1/23 – 9/30/24)*

- **291,992 Meals on Wheels (MOW)**, meals were prepared and delivered to **1,920 people**.
- **2,176 people** attended social dining at our Cohen Community Center (Hallowell) and Muskie Community Center (Waterville) where **38,068 meals were prepared and served**.
- Our **AniMeals program** provided **325 MOW recipients with 14,737 bags of pet food** as part of their owners' regular MOW deliveries.
- **1,208 people** received **8,251 USDA Supplemental Food Boxes** distributed through our community centers to further combat food insecurity.
- Through our certified direct care staff, **Bridges Home Services provided 116,968 hours of invaluable personal support** including, but not limited to: daily tasks, gentle guidance, transportation, bed-bound patient care, and overnight care.
- **Bridges Adult Day and Community Support Services provided 52,750 hours of support to 250 adults** with memory diagnoses or intellectually and/or developmentally disabled adults.
- Spectrum Generations provided **Targeted Case Management services to 278 people in need**.
- We provided **473 people and their families with caregiver support services** such as respite, education, training, and counseling. **\$1,024,602 was reimbursed** to caregivers through the Maine Respite Program.
- **The Healthy Living for ME (HL4ME) Evidence-Based Program Network Partners completed 200 workshops**, reaching **2,238 participants** (not including SCC services). Spectrum Generations provided **30 workshops**, reaching **222 participants in five counties across 16 implementation sites**.
- **Medicare volunteers logged 4,008 calls** providing **370 hours of outreach** this past year. **Five new Medicare volunteers** were recruited this year.
- **330 volunteers** generously served a total of **34,315 hours**.

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

**Get Started Today**

Taking the step toward ensuring your family's safety doesn't have to be complicated. With the wide range of security camera options, you can find the perfect solution that fits your home and lifestyle. Whether you need indoor cameras, outdoor surveillance, or specialized systems for elderly care, we're here to help guide you to the right choice.

We're committed to helping you make your home a safer, more secure place for you and your loved ones.

Warm regards,

**Your Family Caregiver Specialist Team  
Spectrum Generations**

**If you have any questions or would like to learn more, don't hesitate to call one of our Family Caregiver Specialists at**  
**1.800.639.1553**



**spectrum generations**

**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.

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THANKS SO MUCH TO A GENEROUS, LONGTIME MEMBER of People Plus for donating these handmade fresh wreaths to the Center!

We were so excited to see Courtney Mongell, the owner of Mare Brook Farm when she delivered the gorgeous greenery – bringing a little of the outdoors to the Center!



# Do angels ever go out of season?

My phone goddess, Siri, tells me it's 7 degrees with the wind chill, and despite the full sun, that temperature signals that I'm free to engage in my usual anti-winter rant. Then I look out the window.

What I see are four bright red cardinals in the bushes just 5 feet from my house. Given the gray, monotone day, it's unexpected – and uplifting – to see those splashes of red. Even as I see the gusty breeze lift their tiny tufts, I wonder if they're trying to take advantage of the slight wind block from the branches. I look for the muted females and there they are, somewhat camouflaged against the same-color branches, their orange-gold beaks the only hint of color.

As I turn back to the room and forget about the scene outside the window, my internal grumbling about the weather resumes. But I'm reminded that a friend recently mentioned Jimmy Stewart's line to Clarence, his assigned angel-without-wings who shows up to rescue him in the movie "It's a Wonderful Life." Jimmy disparagingly says to him, "Well, you look about the kind of angel I'd get. Sort of a fallen angel, aren't you? What happened to your wings?"

You could almost feel Jimmy's inner eyeroll, the "Why me?" accompanied by a full-blown sigh about who he got as an angel. Haven't we all been there?

They say comparison is the thief of joy, and Jimmy had already begun to compare Clarence with the heavenly norm for angels. But Clarence's backstory is that he had to earn his wings by helping Jimmy ... and, of course, he turns out to save the day.

It all makes me think about a note I got long ago from a loved one. It said, "Love comes from the unexpected." I wasn't sure what that meant exactly, but it gave

## Thinking out loud

Charmaine Daniels



news@peopleplusmaine.org

me pause. I can see now there are many degrees of unexpected, and while one version might be the person in line ahead of you buying your coffee, there are, of course, unforeseen circumstances far more monumental. I think about my friend whose sister has an intellectual disability. My friend set out to teach her sister a lot through the years, but ended up the one learning much about how to live. So, in the new year, I hope to avoid pre-judging my 'Clarences.' I can almost hear Jerry Seinfeld in his tongue-in-cheek style saying something like, "There's the pre-judging and then the intermediate phase before the grand finale of outright, in-your-face judging."

Maybe I'll be able to adopt 'wait and see' a bit more. The Teen Center is going to try out Mindful Mondays to help the students build awareness of when they feel stressed and hopefully how to take a few steps to ease anxiety. Heck, that sounds good – and like a way out of continually assuming the worst.

So, even when I fear the winter weather or signing up for a new class where I don't know anyone or something far worse on the horizon, I'll be trying to stay open and hope for the blessings of the unexpected.

In the meantime, I'll keep looking out the window and hoping something unexpectedly wonderful comes your way in the new year.

The New Owners wish you and your family **Happy New Year!**



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# Botanical art so realistic, you can smell the roses

In January and February our Café Gallery will feature the intricate work of botanical artist Lili Bates of Brunswick.

After years of working in oils and pastels, Lili happened upon a botanical drawing class in 1996 at the Frelinghuysen Arboretum in Morristown, N.J. “I knew immediately I had found my niche,” she says. The live plant specimens intrigued her with their colors and textures. “I have always felt close to the natural beauty around me, and therefore find botanical painting to be a very rewarding path to follow,” she says.

Lili uses a dry brush watercolor technique in her paintings, which means most of the paint is removed from

the brush before it meets the paper, but enough remains to successfully lend itself to the textures found in plants and flowers. Basically, it uses watercolor paints without water.

Lili grew up in Waterville, raised her children in Newport and then moved to Bangor before divorcing and buying a one-way ticket to New York City in 1985. She stayed there for 10 years. During that time, her interest in botanicals led her to the New York Botanical Garden, where she enrolled in the certificate program for botanical illustration, graduating in 2005.

She describes her love of botanical illustration this way: “It’s disciplined, and that’s who I am. I’m a draftsman, able to draw detail.” She likens her work to scientific illustration focused on realistic portrayals and color. She notes, “The people who view my paintings appreciate the details in every petal and leaf. Perhaps they can ‘smell’ the roses, because I strive for realism.”

Looking back, she credits her high school art teacher and mentor at Waterville High School for encouraging her and introducing her to many artistic media. Her four years of art class at the high school were intensive and demanding, she recalls.

Lili has exhibited in solo as well as group shows throughout the U.S. and has received awards in national juried exhibitions in New York, Connecticut, and New Jersey. Her paintings are in numerous private collections as well.

More recently Lili is focused on fiber arts in a kind of second wave of creativity. A member of the fiber arts group here at People Plus, she is busy in her home studio designing and making placemats and



napkins. When it comes to making art, she says she intends to “keep riding til the wheels fall off.”

All paintings are available for sale by contacting Lili at [Lili.Bates@comcast.net](mailto:Lili.Bates@comcast.net), and 10% of the proceeds are donated to People Plus.

## New and renewing members for December

Memberships received as of December 17. \* indicates new membership • indicates donation made with membership

**Bailey Island:**

Karen McElwey

**Bath:**

Sandra Holland \*  
Patricia Huntington

**Brunswick:**

Elaine Alexander \*  
Neil Alexander \*  
Robin Baron \*  
Tori Baron \*  
Karen Bergren  
Lorraine Berté

Sally Broderick •  
Robert Broderick •  
Jerry Donovan  
Mary Donovan  
Marilyn Flynn •  
Charles Flynn •  
Deborah Hamilton  
Dodie Kaloust

Judy Klein • •  
Heokbum Kwon \*  
Yunhee Kwon \*  
Ann Lindner,  
Lifetime member  
Jane Lonergan \*  
Steven Mickiewicz •  
Sienna Moyle

Patricia Murtagh  
Tina Phillips  
Eric Root  
Sue Sargent  
Joan Terry  
Ann Tuddenham \*  
Lambert Roger Walker, III \*

**Cindy Wood\***

**Freeport:**

Ellen Childs \*  
Sherrill Morgan

**Harpwell:**

Beverly Arnett •

**Scarborough:**

Frank Dennis\*

**Topsham:**

Gregory Blanchette\*•  
Nell Dalheim \*  
Mary Miller \* •  
Ruth Pease \* •



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