

# People News

plus  
The Center to get more out of life

People Plus  
35 Union Street  
Brunswick, ME  
04011-0766

Non-Profit Organization  
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"People Plus supports an engaged, healthy and independent life for older adults, while joining others to build community for all ages."

## Wishing you a joyous holiday season

### Special Christmas pull-out center section



#### Lunch & Connections

### Holiday dinner welcoming Christmas

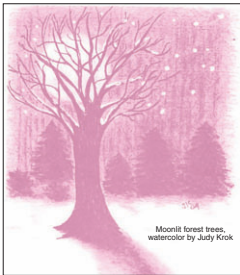
Baked ham drenched in a rich raisin sauce, potato casseroles, peas, fresh beets and carrots will create a "festive and tasty" plate to welcome the holiday season to People Plus.

"This is a great dinner to open the holiday season," suggested chef Frank Connors. "A good chance to gather with friends and celebrate the seasons." Of course, there is always plenty of fresh, lightly dressed tossed green salad. Coffee, tea, fruit juices and milk are served with each meal and the dessert for December will be a choice of holiday cake or cupcakes, gaily decorated for the holiday. The vegetarian option will be a tasty casserole, and our whole grain bread always comes from Wild Oats Bakery.

Focus of the monthly Lunch & Connections program, underwritten in part by Spectrum Generations, is nutrition, information and variety. Each meal includes regular and vegetarian options, a salad, fruit, and whole-grained breads. Discussions of menus and nutrition are always encouraged.

Several students from Brunswick High School will be on hand to open their "Linking All Ages" initiative, seeking to open new lines of communication between generations, with emphasis on creating oral histories.

Come at 11:30 a.m. to get a good seat at Union St., plus enjoy 50/50 raffle ticket, register for a door prize and get a free blood pressure check from a CHANS home health care professional. Reservations for seating are encouraged and obtained by calling the People Plus information desk at 729-0757. A limited number of rides to dinner can be provided, on a first call, first served basis. Seating is limited to 60 people and meals are open to the public. Suggested donation will be \$5 (notice the new price) for adults 80 and older and children 12 and under, and \$7.50 for all others. Doors open at 11:15 a.m. and lunch served at noon.



Moonlit forest trees,  
watercolor by Judy Krok

## Gifts ready at People Plus

People Plus has all four of its Holiday Heritage print images in stock and ready to slide under your holiday tree. Either wrapped and carded (still only \$75) or professionally matted and framed (\$205), all of these prints are artist signed, numbered, and part of a 350 count, limited-edition printing. The Heritage series of prints is a unique way to celebrate the holidays, our area, and to help our center.

"Last Christmas at Gurnet," by Jack Doepf was issued in December 2002, and remains our best seller. Only a few "printer's proofs," of this image

remain available. "Chuting the Androscoggin," and "High Noon, High Tide," each commissioned by the Center and painted by Woolwich muralist John "Jack" Gable, remain available, as are copies of "Holiday at Merry Meeting Park," painted by Brunswick watercolorist "Bev" Bevilacqua.

Framed samples of each print are available for your inspection at the Center's Union Street reception area. All four images are also available as full-color, 5x7 greeting cards. Packaged with an envelope, the cards cost \$2.50 each, or five for \$10, or 20 or more for only \$1.50 each.

Call the Center, 729-0757, for answers to your questions or to reserve your prints.

## Second Tri-City Fitness Challenge coming

The second annual Tri-City Fitness Challenge opens Jan. 8, 2011, with a weigh-in and registration at Mid-Coast Hospital. Team Ida, the entrants from People Plus of Brunswick, will again face the Topsham New England Medical Fitness team and this year a team from the Bath YMCA.

"This is going to be so much fun," Ida Messerman, People Plus fitness director predicted. "The whole goal is to foster better fitness and have a good time doing it."

Included in the challenge are weekly (guyote) weigh ins, several workshops with nutritional counselors Allison Fernald and Kris Perry; three workshops with certified massage therapist Kate Anagnostis, training tips with Linda Gardner and several group sessions with therapist Allison Basile, and three months of weekly fitness classes. The 12-week challenge ends in April with a "weigh down" and rally. The challenge allows and supports blood pressure check and includes Zumba fitness class demonstrations. The class costs \$50 for pre-registration from Dec. 6 to Dec. 22 or \$120 on the day of registration, Jan. 8. Most fitness classes will be held at the Longfellow School gymnasium this year.

Last year, nearly 800 people entered the challenge and "most" of the participants finished, according to Messerman. "While the competition is fun and important," she said, "let there be no doubt we're out to change attitudes and processes (about weight loss and fitness)."

## 'December Lights' to light up Center

"December Lights," a presentation filled with personal holiday memories and expected to "colocate" our collective spirits, will be offered by the Center Stage Players at People Plus on Dec. 14, beginning at 2 p.m.

December Lights will feature a reading of Eric A. Klemme's, "A Hanukkah Guest," read by Ann Cort; also George P. McCallum's essay "Eyes of El Christo," read by Whitney Blair; Rodney Sarle, Everett Hanke, Anne Cort and Vivian Kemp; and H.H. Monroe's essay, "Reginald's Christmas Revels," read by Ann Cort, Bill Conzal, Joan Brewer and Whitney Blair; Reeve Lindberg's Kwazanza piece, "Nobody Owns the Sky" will be presented by Jean Conzal, and the entire cast will read A.A. Milne's classic poem, "King John's Christmas."

Other cast and support crew include

## People Plus News

The official monthly newspaper of People Plus, serving residents of the Brunswick area. Editorial submissions and advertising inquiries should be e-mailed to:

frank@peopleplustaine.org

Questions, comments and written contributions should be sent by the 15th of the month to:

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# Saying hello

Hello. Please allow me to introduce myself. My name is Jim Pierce and, effective Nov. 1, I was invited to assume the position of interim executive director of People Plus. I am familiar with People Plus as I have been a member of the Board of Trustees for the past year, serving on both the Program and Governance Committees.

Prior to retiring in December 2009, I was the president/CEO of Independence Association, based here in Brunswick, for 33 years. Independence Association, formerly known as the Youth Development Association, provides supports and services to people with mental retardation and their families in the greater Brunswick area.

I moved to Brunswick in 1976 and have stayed in the area since that time. I grew up in South Portland, went away to college, and returned to

Maine in 1969. I, and my daughter Sarah, live on Elder Lane in Topsham. I am involved as a board or committee member with several organizations such as Coastal Trails, CHANS, the Midcoast Chapter of the Red Cross, the Maine Association of Non Profits, the Midcoast Collaborative for Access to Transportation and the Maine Trust for People with Disabilities.

It is indeed an honor to follow in the footsteps of Sig Knudson and Susan Cole, both of whom brought excitement, collaboration and boundless energy to this position. I am continually amazed and appreciative of the fine work these two individuals accomplished during their tenures. I am also very appreciative of the work done by the staff, the volunteers and particularly the Board of Directors over the past several years to enhance and support the membership and the programs offered by People Plus. This

## From the Executive Director

JIM PIERCE



is indeed a fine organization.

My role will be to provide stability and stewardship to this wonderful organization as the organization conducts an organizational assessment and a strategic plan to move forward into these difficult financial times. The process of an organizational assessment has begun and the Board is looking to the first of the year as a time to assess the organization and refine the strategic plan.

Please feel free to visit our new space at 35 Union St. or check out our class/activity schedule in this wonderful newspaper. We are always open to suggestions for new classes or activities you might like to participate in, and please stop by and say hello!

## Wish list added to People Plus News

'Tis the holiday season, what better time to initiate a monthly "Wish List for the Center"?

Each month we'll offer detailed information on several items the Center needs, can use, or would benefit from. Center members, friends and local organizations are encouraged to consider "granting" wishes either in whole or in part.

We'll also use this space to thank and acknowledge folks who have made donations.

• **EVERYONE** should become annual, dues paying members at People Plus. Cost is still only \$25 a year. If our membership expanded from 1,090 to 2,000 people, "many" of the Center's

## Thanks, Portland Glass

Portland Glass of Brunswick recently donated two more mirrors to the array of mirrors on the wall of our Maine Hall fitness areas. They "salvaged" one large mirror for use from our old Noble Street Center, and in the past several months, have matched it with four new mirrors. We suspect the donation saved the center over \$2,000, and know the donation greatly enhances our fitness classes.

fiscal concerns would disappear. Cost: Priceless!

## A Letter of Thanks to our Community

As hectic as the holidays can be, they also serve as an opportunity to reflect on the past year through the lens of appreciation. At Greater Brunswick Physical Therapy, we feel it is important to recognize and give thanks for the continued support of the communities we serve.

**We pledge to expand our efforts to give back to the community.**

We will continue with our "Hobo-Thon" events to raise money for local and global causes. We will again present interactive Posture and Body Mechanics-in-services to 5th and 6th graders with the intent of reducing injury risk. Our "One Healing Clinic," where four care is provided to those without insurance, will be expanded upon. And our "Future Physical Therapist Scholarship" will again be awarded in support of a local student pursuing a career in PT. Should you choose GPT, we will work our hardest to ensure it is a decision you will be happy to have made.

*Exercise Your Power to Choose the Care You Want*

Brunswick, 22 Elsie Street, 729-1164 • Auburn, 2 Wilson Run, 784-6662 • Bath, 30 Iron Street, 463-1158  
Harpswell, 54 Douglas P. Road, 729-1164 • Aquatic Physical Therapy at Bath YMCA and Lewiston YMCA  
Massage Therapy at Bath • Brunswick • Auburn

Greater  
Brunswick  
Physical  
Therapy

## STORM POLICY

When Brunswick schools are closed because of weather, all People Plus programs, classes and activities are cancelled for that day. The center shall remain open for business, unless conditions warrant a center closure. Tune to WGAN-AM Radio (560 on the dial) for announcements.

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To all a good night, pen and ink, by Carol Oliver

## Homemade Christmas cards featured

Christmas cards produced by nearly a dozen art students at People Plus are featured in the new Cafe at Union Street.

Instructor Consuelo (Connie) Bailey explained, "30 years ago, I started designing my own holiday cards, and this season, I encouraged my students to do the same. They found, as I have, that people enjoy receiving 'homemade' cards." Student artists featured in the

multi-media show at People Plus include: Paula Spector, Cindy Fischer, Ann Frey, Beth Aldenberg, Judy Krok, Margaret Duval, Sally Gibson, Marilyn Otterstein, Marcie Danfos, Carol Oliver, Joyce Gordon and Connie Bailey. The show is always open to the public during regular and special hours at People Plus. The show will hang through December.

## Christmas Wishes

By BONNIE WHEELER

What would your perfect Christmas gift be?  
A luxurious cruise on the deep sea?  
Forgoing the sinkable Titanic voyage  
Where the band played on as it sank into eternity?  
A powerful position in Washington or New York City?  
Inside a tall tower looking safe and so pretty?  
Maybe not after the terrorist success of 9/11  
Where Americans died before our har-

rified eyes.  
Would you wish for a million dollars or more?  
To pay high taxes and buy goods from China galore?  
Knowing our businesses are being downsized,  
For many men and women jobs are denied.  
Money power jobs, luxury rides — not for me.  
I'm thinking my perfect gift would be sitting safe and warm by my Christmas tree  
With a grateful heart to be living free.

## The first snowfall

By GLADYS SZABO

Summer's vibrant flowers bedded down for the winter.  
Trees multicolored leaves piled upon the ground.  
Murky snow clouds, sky is lightless  
Big flakes, slowly falling, then heavier, faster.  
Flowers sleep under deep covers of white  
Downy soft snow blankets branches of trees

Birds searching for food, not buried in snow  
Squirrels, chipmunks burrowing through tunnels  
Randomly appearing with snow covered faces.  
The world glistens with angel dust.  
Blinding us, with dazzling beauty  
The quietness of the snow covered ground  
A feeling of peace in the world it surrounds.

## December

By BONNIE WHEELER

It's time to listen to the story  
We repeat it every year  
Of the baby in a manger  
And a bright and shiny star  
Angels appearing with the message  
A Christ child born — to save the world

People Plus Center wishes everyone a Merry Christmas and a Happy New Year.

## A Flexible Flyer

By RUTH FOXMIRING

One Christmas morning, long ago, I jumped out of bed, and ran down the stairs to find tons of wrapped presents. But, what really caught my eye was a sled. It wasn't wrapped. It didn't need even a ribbon or a bow. It was beautiful just the way and lay against the wall waiting for me. So began many fun winter memories.

That sled and I slid down so many hills together. I remember the thrill of quickly gliding along, the wind in my face, eyes wide open and watching my destination come closer into view. I stored it with skill, always excited to have it go where I wanted it to go. Left, right or straight ahead, never bumping into another sled. I never felt cold. I looked forward to snowy days with dreams of doing this all over again.

The sled and I aged together. I married and that sled was stored for awhile, but when I had children it came back and became friends with

my children. Grandchildren arrived and the Flexible Flyer met a whole new generation. Plastic runners were attached to the bottoms of the sled ones, and now we could go faster and we didn't even need packed down snow.

Florida put an end to my sledding and one of my children inherited my sled. I have seen it stored on a shelf in their garage. It looks pretty good for all the years it has been around. Now back in Maine when I see snow, I think of it. A few years ago I bought a decorated old sled at a craft fair. It is really pretty with its firs and ribbon and sits by the front door through the holidays.

I have a yearning lately to get that Flexible Flyer and slide down a hill and feel the wind in my face. It wouldn't be a long, steep hill. I would rather not have to pull it back up the hill. I wonder if that decorated sled with the firs and red bow could slide?

## Year end reverie

By CHARLOTTE HART

An old gray house with no one ever home  
Stands silent by the road to Parsons Hill  
A family history here might fill a tome.  
I do not know who lived here. Perhaps I never will.  
Lilacs scent the walk and yard in May.  
Pink rhododendron flank gray barns in fall.  
Day lilies burst in summer-long display  
White threated sparrows sing a soothing tune.

October's blaze paints the tall maples red.  
Leaves coat the place that once was lawn.  
Neat stacks of firewood fill a barn-side shed.  
But — no concern for winter, no one to carry on.  
The roof, the fields are white. December snow!  
A cardinal perches on green hemlock tail.  
Are candles in the window? Flicker! Glow!  
Does a horse-drawn sleigh ring bells by the great stone wall?

## The Members Page

### Sleeping in

By VINCE McDERMOTT

I recently had a minor medical procedure performed on me. As a result, I had to remain inactive for 48 hours, then take it easy for a week. Since I could not go anywhere, I decided to sleep in. I got up at the late hour of 06:30, ate a nice breakfast, read the paper, watched TV news, had a third cup of coffee, and did my usual morning routine. By the time I got back downstairs, it was close to eleven.

Almost time for lunch.

I wasn't hungry, so I postponed eating until well after one. It was almost three when I finished. Much too soon to think about dinner. So around 7:30 PM I had supper. I had to eat something, but I felt bloated. I couldn't go to bed at the usual time, so I stayed up. I had a hard time going to sleep. I woke up around 06:30. I felt like I was trapped in a time warp.  
Sleeping in isn't as nice as one might think.

## It's our time

by Gloria Smith

Issues and activities for older adults

Look for Gloria's column every Monday

## The Times Record

your local paper!

For subscription information call 729-3311



# Medicare Part D clinics at Spectrum Generations

Medicare plans change every year—and so may your needs. That is why it is important to do a check up on your Medicare prescription drug coverage each year to make sure you are getting the most value for your health care dollar.

The Annual Enrollment Period for Medicare Part D ends Dec. 31. Until then, Medicare beneficiaries can switch plans or join a Part D plan for the first time. Now is the time to make sure you understand your options and make the choice that is best for you.

Gather the list of prescription drugs you purchase regularly and call on Spectrum Generations, Medicare Prescription Drug Plan enrollment clinics and counseling for Medicare beneficiaries and their caregivers have been scheduled at each of Spectrum Generations Community Centers throughout central Maine.

For assistance and a convenient appointment, call our Helpline at 1-800-629-1553 (TTY 1-800-684-8783).

Read what one clinic attendee had to say about the results of her appointment: "I had the Information Specialist compare prescription plans for me for next year because my current plan was not covering some expensive eye drops that I needed. She was able to find me a plan which covered the eye drops, plus my other drugs, and it will cost me even less than I am paying now. I'm so thankful I had someone to help me look at the plans. It can be overwhelming to try to make the right choice. Spectrum Generation was there to help me."

Call Spectrum Generations at 729-0475.

## Foot clinic talk

Your feet are very important. They help control your balance, your temperature and your mobility. Come in and learn from Joanne O'ris how to take care of them and how she can help. Wednesday, Dec 8, at 10 a.m. Free



## SunriseGuide: The perfect stocking stuffer

Support Spectrum Generations and the Coastal Community Center. The SunriseGuide is Maine's resource guide and coupon book for healthy



Daurte Cuares posing with a hand-crafted ornament made for Spectrum Generations Meals on Wheels Ornament Project.

## The Spirit of Christmas is upon us!

Sprinkle some joy this holiday season by participating in Spectrum Generations Meals on Wheels Christmas Ornament Project. In 1998 Spectrum Generations initiated its first "Christmas Ornament Project," and because of the generosity of our community, it continues to be a huge success. The project is simple. Local folks, businesses, and organizations purchase handmade Christmas ornaments crafted and donated by local volunteers. This money goes toward the cost of hot meals for homebound seniors and disabled adults, plus they also receive a beautiful, hand-crafted ornament.

Spectrum Generations works with central Maine schools and organizations to craft these special one-of-a-kind ornaments. This not only encourages giving in our youth, but is also an opportunity for youth to build relationships with another generation. Each ornament is tagged with the donor's name and the crafter's name, and delivered to Meals on Wheels consumers during the holiday season.

Imagine the smile and delightful surprise when our Meals on Wheels drivers deliver beautiful hand-crafted holiday ornaments along with hot delicious meals during the holidays! The cost is \$4 per ornament — the cost of preparing one hot nutritious meal. Five ornaments (\$20) would provide one senior with meals for a whole week, and 20 ornaments (\$80) would feed a senior for a month. This is an opportunity to support your neighbors and give the spirit of Christmas to a senior in your community.

Approximately 1,500 homebound adults depended on Spectrum Generations to deliver as many as 200,000 Meals on Wheels to 130 towns across central Maine last year! If you would like to support the Meals on Wheels 2010 Holiday Ornament Project, mail in your ornament order/donation to Lynda Johnson, P.O. Box 272, Hallowell, ME 04847. The deadline for the Ornament Project is Dec. 20, 2010. Please make checks payable to Spectrum Generations. For more information, call Lynda at 1-800-639-1553 or by e-mail at ljohns@spectrumgenerations.org.

and eco-friendly living. It's packed with helpful articles and tips that keep you informed, plus nearly 300 valuable coupons that save you money at your favorite (and soon-to-be favorite) local businesses. The brand new 2011 edition of the SunriseGuide is only \$29 per copy (plus \$1 tax), and offers an expanded region reaching from Biddeford to Belfast. You'll find restaurants, groceries, clothing, garden supplies, health and fitness, home improvements, museums and more. What you won't find in the guide is fast food or big box stores — only Maine businesses that offer healthy and green options for the products and services we use

every day. It's the biggest and best SunriseGuide ever, and you won't want to miss it! Buy your copy of the 2011 SunriseGuide from a member of the Coastal Team at the Topsham center. The more guides we are able to sell the greater the Center's profit will be.

## Food the world over — India

Another month, another country. Southern Maine Spectrum Generations is visiting India for its cooking class. Come join us for an intimate early evening, learning how to cook an authentic Indian meal, then share

it with your cookmates.

Reservations are required for this delightful and appetizing event. \$15/\$25 for two. 729-0475.

## Carefree Café

Save Dec. 28 for this very special event. Spectrum Generations will be hosting another Carefree Café.

This is the place for those with Progressive memory loss, their caregivers, families and friends. Spectrum Generations, in collaboration with Brunswick Area Respite, are offering a full dinner, restaurant style, in a warm, safe and fun environment.

Lunch is a four-course restaurant style meal and provides wonderful ambience for seniors to connect with their community. \$8 per person, \$15/couple.

Reservations are required. 729-0475

## Spectrum Generations looks toward the new year

Spectrum Generations has held plans for 2011. They will be starting with some games in January; cribbage, bridge and Scrabble. If you have an interest in learning, playing or teaching any of these games please give them a call.

In February they will be holding tax seminars to help with tax preparation. AARP will be providing people to help. Call now to show your interest and get on the list!

March will have Spectrum Generations starting a book club. Stay tuned for this — it will be exciting.

Spectrum Generations, 12 Main St., Topsham, 729-0475.

## Issues about osteoporosis

Dr. Scordino will be speaking about the importance of managing your life to minimize the dangers of, or help live with osteoporosis. Come have coffee and learn more about this issue and the importance that diet and exercise play in keeping it at bay. Dec. 14 at 1 p.m., \$2.

## Stardust & Roses concert

Greater Freeport Community Center presents its winter concert, "Stardust and Roses," featuring jazz standards, international music, gospel and holiday songs, at the First Parish Church (UCC) in Freeport.

Concerts will be Saturday, Dec. 11, at 7:30 p.m., and Sunday, Dec. 12, at 2:30 p.m., at 40 Main St.

Tickets are \$5 for seniors. For more information, call 751-4390.

spectrum  
generations

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The Central Maine Area Agency On Aging

# Season's Greetings

from "Write On"  
The People Plus Writers

## Dad! You missed him!

By CHARLOTTE HART

"Dad! You missed him!  
He came while you were gone.  
He stood right there in our back yard.  
I was in the window with my new green housecoat  
on."

Baby Bill was in his crib.  
Mom said, "Let him snooze.  
Santa's just checking our chimneys  
To see which one he will use."

Gram smiled and kept on knitting.  
Mittens! Socks! Woolly hats — she has made three!  
They will be wrapped in shiny paper  
Under the Christmas tree.

"Dad, I'm glad you went to the grange  
To the party for friends who are poor.  
But, Dad, you did miss Santa Claus!  
I was scared! I was happy for sure."

He stood by the well and waved at me.  
His beard is long and white.  
His pants and his coat are all bright red.  
His reindeer were — out of sight.

## A Christmas blessing

By GLADYS SZABO

It was Dec. 23rd. My husband, Bob, was having very bad chest pain. Our doctor said he would meet us at the ER. Driving there my mind was projecting dreadful images. My daughter, Dawn, was 6 and my son, Robbie, was 10. Our Christmas could be disastrous. At the ER, Bob was rushed in, and after what seemed like forever, Dr. Sullivan came out. As he approached me, I was gripped with fear anticipating his news. "It is not a heart attack. He has a collapsed lung and can go home as long as he will rest. I want another X-ray in the morning to make sure it is not still deflating."

I should have been relieved with the good news, but memories flooded my mind, back to the week before our wedding. Scenes of Bob collapsing in a restaurant on our way to my cousin's wedding. He was rushed to the hospital where I was told it was a collapsed lung and he should be fine with a night in the hospital and rest. The following day, I was notified to get to the hospital immediately, but he was in surgery by the time I got there, being 5 minutes from dying. A week in intensive care, indefinitely postponed wedding, left me with terrifying memories.

Christmas Eve morning we returned to the hospital to have a follow up X-ray. When the nurse couldn't reach the doctor for further instructions, she told us we could go home but would most likely be back shortly. My legs turned to jelly, my stomach was in knots as we returned home. I knew I should be doing all the preparations for our Christmas Eve dinner but was not able to think or function. Within a few hours, the phone rang. "Hi this is Dr. Sullivan." My heart was racing, my hands sweating as I answered, "Hi, we have been waiting for your call. Do we have to return to the hospital?"

There was a pause, "No. Why would you think that?"  
"Well after the X-ray the nurse told us we would most likely be returning!"  
Angrily, the doctor replied, "Everything is fine and with bed rest for a few days, Bob should be up and around. I will be speaking to that nurse as she should not have told you anything. Have a very Merry Christmas!" I dropped the phone, crying happy tears while hugging my husband.

We had just received the greatest Christmas blessing ever!!

## The Dew of Heaven

By ANGLADE GURNELLI

The Dew of Heaven was beginning to fall on the trees  
That were waiting for the doors of the magic ceiling.  
To become the pleasant stage of living in Maine.  
But, really the three seasons of the weather:  
Autumn, Winter and Spring need equal attention  
And respect, because they consecrate us to the  
Eternal decisions, and their colors define  
Life, Respect and Love ... no matter what!  
That triangle can't be rejected because it contributes  
To our health, both physical and moral, and with  
Happiness it can define our time on the earth.  
It is also very beautiful in its intrinsic ways, so  
Let us all get ready to salute the days of joy and  
Family togetherness, now that the calendar shows  
The dates of Halloween, Veterans Day, Thanksgiving Day,  
Ha'nukkah, Christmas Eve, Christmas Day and,  
New Year's Eve and New Year's Day with our food,  
Ready to be shared not only with our relatives  
But also with our perpetual friends!

## Winter

By JUDITH ZITZOLD

The downy woodpecker  
beckons to me,  
black upon white,  
a drop of blood  
crowns his head.  
I look out my window  
at the newly fallen snow,  
white, fluff, virgin.  
The black trees,  
tall and straight,  
a microcosm of emerald  
green hidden inside.  
I am so weary of winter,  
adding layer upon layer  
to an already  
frozen spirit.  
I cry for my father reincarnated  
and the hope and comfort he  
brings.

## Respect

By BONNIE WHEELER

A Season of Joy  
Some try to destroy  
Take Jesus from Christmas?  
Not in my world.  
It is your right to worship your way  
My family fought for that right.  
Would I steal your joy?  
Never. So please respect mine.



## Christmas Day

By BONNIE WHEELER

The winter wind howled through the night.  
Snow piled high in the morning light.  
Family arriving — hugs at the door —  
Gifts beautifully wrapped placed on the floor  
Christmas tree decorated, sparkling with light  
Savory aromas from the kitchen, delight  
Happy children's faces filled with glee  
This is the way Christmas Day should be.  
Cold wet clothing, boots dripping muddy clay,  
Children running amuck, toys all astray  
Infants crying, mothers' weary faces  
Leftover food, no refrigerator spaces  
Men asleep or watching TV,  
Women vacuuming the debris  
Discarded wrapping around a forlorn tree  
This is my Christmas Day reality



## My most memorable Christmas

By BETTY KING

..... was, for me, the archetypal Christmas — when my children were very small. In those days we decorated the tree on Christmas Eve, after the children were all in bed — and then wrapped and arranged the presents (some of them always had to be assembled first, puzzling over totally inadequate instructions) and stuffed the stockings. Then I went to church (the Vigil Mass was at midnight then, as it ought to be!)

When I got home I had every intention of going to bed, but the night was so beautiful — the air was mild, the moon was full, blue shadows were striping the snow — and I was already well muffled up and wide awake. I would go for just a little walk. I soon found myself down at the river and sat on a stone to watch the moonlight on the water. Before I knew it there was a pink glow on the eastern sky! I made it back up to the house before the first sleepy child came down the stairs.

We had breakfast all together of stolen, scrambled eggs, bacon and tangerines before attacking the Christmas stockings. Then the youngest child selected a present from under the tree and delivered it to the recipient, who opened it and then chose the next present and delivered it, and so on..... This took all morning. I meanwhile stuffed the goose with fruit and set it to roast.

The afternoon was so warm, as I remember, that we went for a walk on a beach where the fog was so thick that we kept losing sight of one another. It took some doing to gather everybody for the trip home.

I am now about twice as old as I was that snowy Christmas eve. There must have been frustration, anxiety and fatigue, but all that has long since faded from the picture leaving ..... amazement! And gratitude.

## Christmas lobster dinner

By BONNIE WHEELER

A very dear friend of mine lives in a nursing facility. She is in her 90s and continues to be cheerful, helpful to others and a delight to be with. Peggy loves lobster so I invited her out for early Christmas dinner so she could enjoy her favorite food. I picked her up, put her walker in the trunk, and off we headed to Captain Mike's. She ordered lobster and black coffee and then asked me when I had been back to Vermont? I thought, "Why would I be going to Vermont?" Oh dear: I realized she had no idea who I was. I said, "Not for a long time. I have not been back to my home state of Oklahoma in a long time." She asked, "How is Russell?" Who was Russell? I said, "I haven't seen him in a while. Now my husband Garry is doing well, still driving a van service to Portland." Now she looked at me, "Who is Garry?"

I said, "I have seen my kids, Brad, Kevin, and Lonna this year. Our friends Carolyn and Don always ask about you." Finally we didn't continue the game of confused conversation. She enjoyed every bite of her lobster, and I enjoyed my haddock.

I drove her back and walked her through the hallway to her room. We hugged and she thanked me, never once saying my name. Did she know who I was? I don't think she ever did. Did it matter? No, not at all. When I got home, my husband said, "How was Peggy?" I said, "Just fine. She loved her lobster dinner, Russell!" He gave me the very same look I had given Peggy when she asked about Russell. The only Russell I knew was a handsome high school boyfriend. I do wonder, "How is Russell?"

## The 'Hungry Moon'

By BETTY KING

Orange-round, then  
banana yellow  
you rise and float  
in the winter sky  
the very picture  
of abundance.

Who is going hungry  
tonight!



## Angels

By GLADYS SZABO

Did you ever just meet someone  
With whom you connected like no other one?  
Angels come to us, I believe...  
In more ways than we conceive.  
Some see angels with flowing gowns  
Floating above and all around.  
Others enter our lives as a friend or a pet  
Whom we will never forget.  
A bird in the sky  
Or a dainty butterfly.  
Some angels come, just for a while  
Others remain, for many a mile.  
Blessed with angels from earth and above  
Receiving their strength and endless love.  
Each angel holds a special place  
In my heart I will embrace.



## A pretty good old fashioned Christmas

By RUTH FOERBERG

The Christmas of 1990 was almost upon us. I remembered a promise I made to myself a few years back that when we felt settled in our old farm house, I was going to have an old fashioned Christmas party. We had moved there in 1973 so I figured we were as settled as we ever would be. Moving out to the country in Vermont, and purchasing an old farm complete with barn, fields and meadows, and even a pond was a dream come true for me. I loved it. I still do even though I no longer live there. But, oh what memories I have stored up!

Tried and true friends would be invited, people that if the day was a disaster they would still love us. They would be the type of people that would not complain of the cold, love nature, and would eat all that was put before them! My guest list was complete, the phone calls were made. The instructions clearly stated that the Sunday before Christmas the party would occur and to wear warm clothes, especially warm boots, gloves and hats. Bring snowshoes but if they did not have any plenty would be here to use.

The day before the big event, we set up card tables in various rooms in the house. Each table was set with a red tablecloth, white dishes and napkins and sprigs of holly were placed in the center of each table. Sunday morning the cooking was well on its way; and by noon we were ready. I walked around the house admiring what I saw. Cozy! Christmas! Nice! Right on schedule the cars began showing up. Snow shoes lay on the back deck. Boots lay by the back door. The glass front on the wood stove showed orange and yellow flames. This was an inviting sight in this ten degree day and soon we were all toasty warm.

People relaxed, and then the fun began. We were going off into the woods and decorate a pine tree. This tree would be our special gift to the birds for their Christmas. Bowls of popcorn and cranberries were handed out. Needles and thread and strong string came next and we began making chains with them. They were tied together and began to grow longer. A few of us took pine cones, added string to hang them, smeared peanut butter on them and rolled them in fine bird seed. Grapefruit halves were given hangers and suet balls place in their centers. Then we were ready.

Dressed warmly, snow shoes on, we trudged up the hill in the back and found the prettiest tree. We all decorated it and the smiles on our faces were a delight to behold. The house glowed with lights as we approached it and was a very inviting sight. Rosy cheeked and smiling faces entered the back door once again. Drinks and snacks were served. The meal which had been cooking in the oven for a couple of hours was ready. Now came the next part of the day. Numbers were drawn from a hat, people found their matching numbers on the small tables and sat to eat their salads together.

The house was lighted now in every room. When the salads were finished, numbers were picked again, people changed to their new matching table where the main entrée was begun. Merry conversations and laughs were heard from every room. What fun! What joy! Then of course tables were changed again for dessert. Everyone met everyone that day and friendships were cemented that last to this day. The day ended in front of the wood stove where we all laughed and hugged. Everyone left with a calico ornament and a sprig of holly.

Tired but with a deep feeling of contentment we began the clean up. The people who spent this magic day with us are still our dearest friends. They have told us so many times how special this day was. Yes, the birds found their tree and enjoyed their treats for many weeks. We then cleaned up all the strings and empty holders. Whenever we would cross country ski, or walk by it on greener days, memories stirred up of that very old fashioned Christmas.



## Company coming

By BONNIE WHEELER

"We are having company come, and we are cleaning house. You clean your room, Chris, and I want it to sparkle."

"Okay Mommy"

"You have had time to get your room clean. Are you done?"

"Well, I still have some sparkle left. I put it on my floor, on my bed, on my dresser, and you are going to be so happy. My room really sparkles."

"Oh, Christopher!"



## Christmas 1945

By VINCE McDERMOTT

The tree was up  
Straight and green  
Presents galore  
Santa wasn't mean

The boy was eager  
To discover what was  
there  
But no matter how good  
There was still a care

Five long years  
Had gone past  
A rare visit  
Not long to last

Some short letters  
Slow to arrive  
Very little news  
But he was alive

The door flew open  
Cold air poured through  
A snow covered figure  
Came into view

The best gift ever  
Was standing tall  
His dad was home  
Safe after all



## Love at first sight

By CHARLOTTE HART

Pure joy! Anticipation! Sheer delight!

I feel a breathless thrill when you appear.

Will you come now and stay the long dark night?

Lovely, magical first snow of the year!

Tall skis, sleek sleds, strong snowshoes ready wait.

Moon and candles kindle your diamonds' gleam!

Towering blue spruce guard the front yard gate.

O deep-swirled snow, you frost a lovely scene.

In March, we'll end this torrid, iced affair:

Your frozen grip sweet April will undo.

Blue brilliant summer skies will banish care.

October frosts will whisper thoughts of you.

And then — come back, December blank warm.

Love at first sight again! Wild, swirling, lovely storm!





## The last months of 2010

By ADELAIDE GUERNELLI

I never celebrated Halloween when I was a child because my grandma never believed in attracting dead people to earth. But we know that this day is respected by many churches and is also devoted to good souls. So, I hope it will continue protecting the children that disguise and have fun. This way the day could also be our fun to decorate our kitchens with all the delicious fruits and cookies. I respect the saying "Death, like harvest, are part of Life" as Dr. Jack Santino said in Ohio University.

On November 11 we dedicate our prayers to all our Veterans because they risk their lives to protect other countries as well as the USA. I wish I can do in the future, what I saw a lady doing in an airport: she was kissing and hugging all the men and ladies that had just arrived and she also prayed for them! Thank you, CNN! To come back alive from the war is a miracle!

On December 25th we remember the day Jesus was born and we spend time with our families praying and eating all those delicious pieces we bake with the fruits and vegetables of Maine's rich production. We venerate those pumpkins! Unfortunately, the year 2011 has to wait to say hello and be consecrated by our humble poems and prayers. May I add some of the words that are used and respected both in English and Spanish during all these days, to link all the countries of the new world? Some of them are:

1. Halloween = Víspera de todos los Santos (vispera means the day before).
2. Veterans Day = Día de todos los Veteranos
3. Thanksgiving Day = Día de Acción de Gracias
4. December 25 = Día del Nacimiento de Jesús
5. New Year's Day = Día del Año Nuevo
6. Hallow = Hola!
7. Hallowed = Sagrado, o Santo

And one advice to everyone in Maine, from this down to earth, lady: learn how almost everything used or eaten in the olden days was home-made, pure, clean and delicious, and the animals were treated like people. Winter days allowed families to gather, sing, dance and pray, in the evenings. And barns were used very well!



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## At the food bank

By BETTY KING

I see courage  
In the eyes of the children

How do they know?  
Did you tell them?



## Winter stays a long time it seems

By W. B. KINNEY

The winter stays a long time it seems  
As the snow falls and drifts on the wind  
And spring waits on the wings of dreams  
While we define our lives to find.

Each winter seems longer than the last  
For each year comes and goes  
While life for some did live the past  
These many a years have left us so.

How many more will this life give?  
The many more do we so wish  
For they have been wondrous to live  
Full of all that is this.

## Walking the dog on a winter evening

By BETTY KING

To the west, a stained glass sky  
divided by black branches. To the East  
a warm glow where the moon will soon rise.  
Under our careful feet, dim opalescent reflections  
identify puddles which we artfully avoid.  
In our faces a fresh night breeze, like  
a splash of cold water. In our noses,  
scents of lichen and resin. At the path's end,  
warm fire, good food, and rest.



## My favorite holidays

By ADELAIDE GUERNELLI

My verses will remember three holidays:  
Thanksgiving, Christmas and Veterans Day.  
Since these are the days we feel closer to God,  
And, we can enjoy them with our families and friends.  
Christmas is the day my soul prefers 'cause it means  
Jesus' Birthday, and He is our Great Brother  
And Savior who will never neglect us while  
We enjoy our lives, or suffer and learn!  
Thanksgiving is a very special day 'cause it is  
The creation of a church in our souls, when we  
Gather together with our families and friends  
To eat ... but also to pray and we thank God and Jesus, again!  
Veterans' Day makes my heart remember one brother and  
Two uncles that died, and the list of the names that are in the  
Newspapers every week, honoring our Country and  
Other lands, and I cry, pray and remember all of them for the USA!

Snowflakes by God, Sara King and Grandma Betty



## Art Club offers holiday show and sale

Members and friends of the Kennebec Art Club are offering their annual Holiday Show and Sale at the Just Framing gallery, 149 Front St., Bath, through the month of December.

The juried presentation, featuring most popular painting mediums, can be viewed during regular business hours.

The show will continue until Jan. 7, 2011.

## Seniors' gift wish list focuses on practical

When shopping for an older adult this holiday season, your gift will be a big hit if you focus on the practical, advises a local senior-care company.

"Seniors, as a group, have always been a frugal lot," said Bill Jenks, owner of the Home Instead Senior Care office serving Cumberland County. "Out of necessity or perhaps, driven by fear, the economic downturn has made older adults even more practical. Social services budget cuts also have impacted the pockets of seniors, leaving some lacking the money for necessities."

According to a recent survey the following gifts would be popular:

### 10 popular and economical gifts for older adults

1. Blankets or throws
2. Slippers and socks
3. Toiletries such as lotions, bath soaps, cologne and perfume
4. Pajamas and robes
5. Food such as soups, cheeses and chocolates
6. Kitchen and bath towels
7. Clothes such as sweat pants, sweaters and underwear
8. Large-print books and puzzles
9. Cards and stamps
10. Gift certificates to grocery and discount stores. Don't forget companionship services.

## LIGHTS

From Page 1

Lolly Brown, Eleanor Graftie, Patricia Johnson and Susan White. Master of Ceremonies Millie Ackley said the elaborate program is designed to "reach everyone's holiday spirit," and she pointed out this will be the first presentation of the Center Stage Players at the new People Plus Center at Union Street.

Requested donation is \$5. "December Lights" will also be presented at The Theater Project on Dec. 2 and 3 at 2 p.m. and at Thornton Oaks Retirement Center on Dec. 10, also a 2 p.m.

**Lunch Out!**  
Dec. 14 at 11:30 a.m.  
**O'SHEA'S EATERY**  
94 Main St., Brunswick.

## DECEMBER 2010 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday/Sat.
		1 8:30-9:15 Zumba Gold 8:45 Intermediate Cribbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 3:45-5:00 Bridge Class 5:00-6:00 Interval Plus 2:30-5:30 Teen Center	2 8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing	3 9:00 Yoga 1:30 Qigong
6 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus	7 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 11:30 LUNCH OUT O'Shea's, Brunswick 11:45 Friends of Mt. Ararat 1:00-3:00 Quilting Club	8 8:00 Men's Breakfast 8:30-9:15 Zumba Gold 8:45 Intermediate Cribbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 3:45-5:00 Bridge Class 5:00-6:00 Interval Plus 2:30-5:30 Teen Center	9 8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing	4 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman
2:30-5:30 Teen Center	2:30-5:30 Teen Center	2:30-5:30 Teen Center	2:30-5:30 Teen Center	10 9:00 Yoga 1:30 Qigong
13 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus	14 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 1:00-3:00 Quilting Club 2:00 Center Stage Players "December Lights" - People Plus Hall	15 8:30-9:15 Zumba Gold 8:45 Intermediate Cribbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 3:45-5:00 Bridge Class 5:00-6:00 Interval Plus	16 8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 11:30 Blood Pressure Clinic 12:00 Lunch & Connections 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing 2:30-5:30 Teen Center	11 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman
2:30-5:30 Teen Center	2:30-5:30 Teen Center	2:30-5:30 Teen Center	2:30-5:30 Teen Center	17 9:00 Yoga 1:30 Qigong
20 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus	21 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 11:45 Friends of Mt. Ararat	22 8:30-9:15 Zumba Gold 8:45 Intermediate Cribbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 3:45-5:00 Bridge Class 5:00-6:00 Interval Plus 1:00-5:00 Teen Center	23 8:00 Strength Training 9:00-10:15 Ping-Pong 2:00-4:00 Holiday Cheer at People Plus 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing	18 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman
2:30-5:30 Teen Center	1:00-5:00 Teen Center	2:30-5:30 Teen Center	Teen Center Closed	24 CENTER CLOSED
27 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus	28 8:00 Strength Training 9:00-10:15 Ping Pong	29 8:30-9:15 Zumba Gold 8:45 Intermediate Cribbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 3:45-5:00 Bridge Class 5:00-6:00 Interval Plus 1:00-5:00 Teen Center	30 8:00 Strength Training 9:00-10:15 Ping-Pong 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing	25 Christmas CENTER CLOSED
Teen Center Closed	1:00-5:00 Teen Center	2:30-5:30 Teen Center	Teen Center Closed	31 CENTER CLOSED

## Genealogists plan holiday party

Pojepacot Genealogy Society's holiday gathering will be on Dec. 12 at 2 p.m. in the second level seminar room (use the elevator if you don't do stairs) of the Curtis Memorial Library, Brunswick.

The program will be a member-generated sharing of stories about a treasured item from your past. Please bring a dessert to share and the recipe.

For more information, call 833-7371.

## PEOPLE PLUS NEWS & VIEWS

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## Simple gifts

By LARRY HERRICK

When I was a young mother, our two little boys would occasionally sneak up to me, one from each side, and pounce, kissing me with abandon and growing through grins, "the kissing monsters are here!" It always sent the three of us into torrents of laughter, and often sent my grinning husband off to find the camera.

Each time, I considered myself the richest woman in the world. I had received the greatest gift there is.

When I was in my teens, I used to think gift giving was solely in terms of items or monetary amounts or physically helping someone. Years later I learned from my grandmother that gift giving could be as simple as being present with someone. Just listening

and being there. Later I learned gifts were sometimes opportunities not even recognized. They could present as a tough event, a loss, a catastrophe. But in there somewhere, there was a gift. Even later, I finally realized there were gifts all around us everywhere. Sometimes we don't see them, or we miss the moment, but they coat the ground and surround us all the time.

Last month, my husband and I introduced our 8-year-old grandson to cheese fondue. Piercing pieces of bread and swirling each piece in hot, melted cheese became a delightful game. He honestly thought this new community eating approach was created just for him.

Part way through our meal, my husband lost a piece of bread in the cheese pot. He explained the rule of having to be careful not to lose your

bread as it meant you had to kiss the person to your right, and he leaned over and promptly kissed his grandson.

Sure enough, within a minute or two, that sparkly-eyed kid lost a piece of bread in the pot and turned and planted a kiss on my cheek. While still giggling, he picked up an entire handful of bread pieces, gleefully threw them all in the pot, and turned and gave me dozens of giggling kisses. Thirty years disappeared and I realized the laughing, kissing monster game had been passed down intact. It is alive and well. And so is gift giving and receiving.

I wish everyone happy giving and receiving.



Larry Herrick

## WEEKLY SHOPPING



Join us for our weekly grocery shopping trips. All trips are on Friday mornings and provide an hour of relaxed shopping time. Please note, the food shopping days just before Christmas and New Year's will be on Thursdays. All shoppers must register by 2 p.m. the Thursday before any given Friday shopping day.

Dec. 3 - Hannaford's  
Dec. 10 - Wal-Mart  
Dec. 17 - Shaw's  
Dec. 23 - (Thursday) Wal-Mart  
Dec. 30 - (Thursday) Hannaford's

Call 729-0757 and either ask for the driving line, or dial #105 and leave us a message.

## Flu shot crew



St. Joseph's College of Nursing students Jessica Oyster, Danielle Harmon, Katelyn Passoucis and Lilly Rodden offered flu shots at the Center this fall. Their instructor is Debra Riendeau, left. At right is nurse Avenyl Payne from CHANS.



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# Show up, dress up, act up

There are some who suggest I lack the temperament, if not the physique, to be a good Santa. To them I say Humbug!

**HUMBUG!** You want to super-size YOUR Christmas spirit, just dress up like Santa and walk onto a train loaded with kids. Paddling will make anyone appear roly-poly, and I swear, if you put on the suit, something magic happens.

I blame my mother for getting me into the business. She used to volunteer for Literacy Volunteers, and at a meeting one night, there was talk of establishing a local Christmas train ride for kids as a fundraiser. She dropped my name and said I had a red suit. The rest, as they say, is history. When the Literacy folks opened their Candy Cane Train, I said, "sure, I'd try it one time," and I was hooked. This year, I think will be my fifth year.

All I have to do is show up, dress up and act up. What could be more natural? Hundreds of volunteers, from bar-shoppers to readers, give these little kids a ride they will never forget. There are cookies and goodies galore. High school cheerleaders dress like elves and offer exhibitions, sometimes in the snow of Wiscasset. The Maine Eastern Railroad winds across the Kennebec from Bath, over the Sheepscot and through the woods to Wiscasset and returns. Kids are treated like the treasures they are, being read to, sang to, pampered and promised. Every kids should have this experience once in their childhood. The two-hour round trip can be life changing.

"Santa" visits each of the four rail cars at least once on the trip. He hasers every wish and hugs every child. He runs up and down the narrow, boot-fitted aisles, he tracks noses under his belt, he passes to be photographed. He "Ho-ho-ho's," until he is hoarse.

Several stories stand out over the years. My favorite is the little kid who

## Speaking Frankly

FRANK CONNORS



used to live down the street from me in Bowdoinham. He was a common visitor to our house, and his visits usually ended by Jane, or me, giving him a Tootsie Roll for his trip home.

Well, one year, this little kid and his grandma appeared on my train. I sat in Grammy's lap (she's a good friend, too) and asked his name and where he was from. His eyes filled with wonder as he said "Eli," weakly, and added, "Bowdoinham." I touched his nose and said, "Bowdoinham, Bowdoinham, isn't that in Maine?" He was delighted that Santa might know where he lived. "Eli," I added, "Eli, aren't you the guy with the two mean sisters who likes Tootsie Rolls?" You could have pushed that kid over with a Candy Cane, and before the train clicked down the track another hundred yards, we had converted another child to the magic of Christmas.

But I think I enjoy the day more than the kids. Every 10th kid or so looks at me like he is looking into the very eyes of old Saint Nick, himself. And when that happens, my day is complete. If it happens with 50 kids, or 100, you just know the kind of day I'm having. Mothers and grandmothers pat my hand and thank me and Literacy Volunteers, for a job done good. Everyone is off to a merry Christmas. When my shift is over, and I spin in on my heel and wish all a very merry Christmas, I always wish all my friends from People Plus could join in the salute....

May you and yours have a very joyous and warm holiday season!

## Men's breakfast a regular feature

Simply put, it's an interesting morning for the guys. Sometimes we do scrambled eggs, sometimes it will be french toast, or a baked strata, even pancakes.

We always have sausage or bacon, frozen-fried potatoes, and usually with applesauce or muffins.

The People Plus Center does one men's breakfast each month, the second Wednesday of the month, beginning at 8 a.m. Whatever is on the menu, and it does change from month to month, there is always a generous side order of good conversation and hot coffee.

Suggested donation is still only \$4. Just join us, guys.



Marine Motis such as this Brunswick High cheerleader will be exhibited and sold at the Bowdoin College Farley Field House on Dec. 18, from 10 a.m. till 5 p.m. For information, contact Claude Bonang at 725-5181.

## GIT FIT with Ida!

Hectic family schedules and tightening budgets are prompting individuals to look at all sorts of alternative fitness programs, both organized and casual. Group exercise has long been accepted as useful and most successful for many reasons: more affordable, meeting people, being consistent and making yourself accountable for your own program. If you want a "top of the line" group exercise class, People Plus should be your choice! Pick up a schedule at the Center, or call Frank Connors, 725-0757, and ask for details.



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## Teen Center news

'Tis the season for making a list and checking it twice ...

- ✓ School soccer season over
- ✓ School football season over
- ✓ Halloween party held (great snacks and a classic movie—"Young Frankenstein," and streamers and cobwebs and spiders ...)
- ✓ Halloween decorations down
- ✓ Checks turned back
- ✓ Teens already planning for next holiday

Time is flying by! "Don't rush it!" I want to tell them as the days get darker earlier and visions of snow and ice swirl through my head. I am not ready to give up on outside basketball and dodge ball yet, which we do whenever possible.

However, their young minds have already leaped ahead to the future, specifically into December and school vacation and the holidays. Being out-numbered in my desire to try to preserve time and enjoy the here and now, I asked the teens to tell me a little about how they celebrate the holidays. The eight teens I spoke with all celebrate Christmas and here is what they had to say:

Simone's family goes out into the woods to cut a tree, they never buy one already cut. The family has a few friends and family members over to eat and a tradition each year is to make "like 9 different kinds" of cookies (maple logs being the favorite) and deliver them to friends and neighbors. The tradition with presents is to open one on Christmas Eve and the rest on Christmas morning.

Skyler also opens one tiny present Christmas Eve and the rest in the morning. A tradition at his house is fighting with his little brother and they usually end a haul. His favorite parts of Christmas time are not being at school, being with family and presents.

Gavin's family doesn't travel, they usually stay home. They don't cook anything special for Christmas. Gavin's favorite part of the holiday is snow! Tradition is to open one present Christmas Eve and the rest in the morning.

James's family does something different every Christmas. Last year he opened almost all his presents Christmas Eve but saved some for the morning. His family usually has ham and his favorite part of the holiday is presents.

Ian's family usually has company over and they have a big dinner on Christmas day, "big, like a Thanksgiving

meal." One or two presents are opened Christmas Eve, the rest the next morning. Ian's favorite part is the presents.

Catlyn's family usually stays home and has a big dinner. Sometimes they have ham and sometimes chicken and this year they might have a turkey. Sometimes they are able to open a present on Christmas Eve and sometimes they have to wait until morning.

Spike (who has like 10 siblings) stays home with his family. The tradition is to open one present a day for eight days (yes I reaffirmed that this was a Christmas thing). The kids have stockings and open the rest of the presents on Christmas morning. For food, the tradition every year is to have lobster stew the day before (yummo) and on Christmas day they eat a big breakfast because they are also allowed to eat candy from their stockings and they don't want to just have sugar in them, thus the big breakfast. Spike's favorite part of the holidays is family time.

Ashleigh's family stays home, they have a tree and stockings and they open their presents in the afternoon (I think that may mean after breakfast Christmas morning?). Ashleigh's favorite parts of the holiday are family, gifts and being out of school.

In sharing a little of our holidays with you, we also want to wish every one else happy holidays and hope you get to enjoy all your favorite parts of the upcoming holidays!

ES: Our friend Hank continues to leave gifts of bananas, apples and oranges for the teens and our friend Camilla is back and recently dropped off her delicious banana bread and cookie bars! Thank you!



Jordan Cardone



This classroom picture was taken in Brunswick about 1910, according to George LeMieux who says his dad, Victor J. LeMieux, is in the picture. He is the last young scholar in the extreme left row. Victor LeMieux was born on Union Street in Brunswick, on Dec. 24, 1900, and, according to George, he "did some time at St. John's School," where this picture may have been taken. It is a basement classroom; notice the steam heat. **Anyone with any information about classmates, teacher or this school, please let us know. If you have old area pictures to share with readers of People Plus News, please contact Frank Connors at 729-0757.**

## Linking All Ages effort set

A group of Brunswick High School Service Learning students is bringing students to People Plus in December to "interview and interact with elderly volunteers. These groups of students will document their interviews for a project that could be presented later at People Plus.

Two of the organizers, "Avery" and "Morgan," guessed "basic contact," would be the most valuable. They suggested the possibility of playing Ping

Pong as a method for opening discussions with People Plus members, and said they would "present" at the Dec. 16 Lunch and Connections dinner at the center.

"We'd like to develop a body of interviews that would benefit students as well as elders," Avery said.

Any People Plus members who would like to be interviewed by a BHS student should contact Frank Connors at the Center, 729-0757.

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