

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

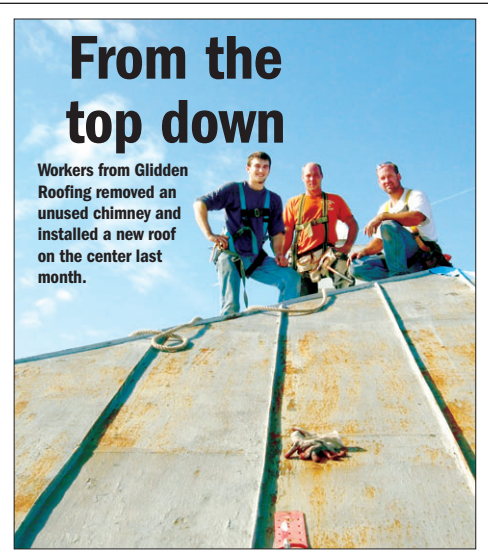
Student added to trustee board

Julia Brown, a junior at Brunswick High School, has been elected to the Board of Trustees of People Plus. She has been a volunteer at the Teen Center, and will be the first teen to sit on the Board of Trustees.

She is a member of the Brunswick High School speech and debating team, and a member of The Theater Project's Young Company. This past summer she was a camp counselor at the Bowdoin College Day Camp, supervising campers between the ages of 5 and 15.

People Plus Governance Committee Chair Gordon Brigham said that Miss Brown will have full voting privileges on the trustee board, and noted that she came "highly recommended" by teachers and other community members.

In 2009, the Brunswick Teen Center formally joined with People Plus as a part of the vision to promote a community for all ages. Last summer, the two organizations moved to their new location at 35 Union Street, the building just renovated by the Town of Brunswick and designed to accommodate shared uses for intergenerational programming.



From the top down

Workers from Glidden Roofing removed an unused chimney and installed a new roof on the center last month.

Pierce named interim director

James Pierce, who for 33 years directed Brunswick's Independence Association (IA), has been named interim director of People Plus.

Pierce is replacing Susan Cole, who's resignation as executive director of People Plus took effect Oct. 28. He started his position on Nov. 1.

The 64-year-old South Portland native joined the People Plus Board of Trustees last spring, as he was retiring from Independence Associates.



Jim Pierce

"It was time," he said of leaving IA, but he was quick to add that his resignation did not mean total withdrawal from community service. "I will always want to do what I can," he added.

"It was extraordinary good luck," offered Ed Harris, chairperson of the People Plus Board of Trustees, "that Jim was on the board and willing to step in. He knows us, and he already knows the community."

Pierce called this interim spot, "a perfect fit," for right now. He was tapped for the job via phone in an airport on the West Coast, on his way to a scuba diving tour in Hawaii with a brother. A Topsham resident, he likes to travel, climb mountains and scuba dive. When he joined Independence Associates in the late 1980s, the agency had two employees and a \$40,000 annual budget. When he retired, IA and it's spin-off business, Spindleworks, employed nearly 200 people and had an operating budget of nearly \$7 million.

Harris said Pierce was "blessed to have Susan (Cole) as long as we did." During her tenure, People Plus moved from its old center on Noble Street into its new facility on Union Street. "Most days there was little in her daily work that resembled her job description. She made daily decisions that created what we now get to enjoy on Union Street. Susan was the perfect person for that transitional period," he added. "Her contributions to People Plus have been immense."



Christmas card show, story Page 4

Coats coming for winter

With cold weather coming, People Plus is promoting two programs to help keep everyone warm this winter.

Ida Messerman and her Get Fit With Ida program is again soliciting new coats for kids, and the Maine Association of TRIADs will again move to spread warmth and caring with a two-day coat collection in Freeport in November.

Coats for Seniors with Maine TRIADs collects new or gently worn coats on Saturday, Nov. 20, from 6 to 8 p.m. and again on Sunday, Nov. 21, from 10 a.m. to 6 p.m. at the L.L. Bean flagship store, first floor lobby, in Freeport.

For each coat donated, Bean will donate an additional \$5 to the KeepME Warm fuel fund in Southern Maine. Coats for Seniors is a project of Maine TRIADs and the Maine Area Agencies on Aging.

New Coats for Kids, with Ida Messerman and People Plus, last year raised nearly \$500 in cash and bought coats from Brunswick Wal-Mart Super Center L.L. Bean also contributed to this effort. All together, more than 40 children in the Brunswick area received new coats from this program, and Ida hopes to expand the program this season.

Lunch & Connections

Holiday dinner to mark Thanksgiving

A deep-dish turkey pie is the main course of the Thursday, Nov. 18, Lunch & Connections dinner at People Plus.

"This is a great dinner to open the holiday season," suggested chef Frank Connors. "Lots of white and dark meat turkey, blended with peas and carrots and baked in a thick, white gravy, and topped with a bread crust."

Mashed potatoes, squash and cranberry sauce will compliment the holiday pie. Of course, there will be plenty of fresh, lightly dressed tossed green salad. Coffee, iced tea, fruit juices and milk are with each meal and the dessert for November will be a choice

of homemade apple or pumpkin pies, baked especially by our members and friends. The vegetarian option will be a side dish of spinach casserole, and our whole grain bread always comes from Wild Oats Bakery.

Focus of the monthly Lunch & Connections program 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.

Come at 11:30 a.m. to get a good seat in our new hall at 35 Union St., pick up your 50/50 raffle ticket, register for a door prize and get a free blood pres-

sure 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 60 and older and children 12 and under, and \$7.50 for all others.

Doors open at 11:15 a.m. and lunch is served on noon.

People Plus News

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

frank@peopleplusmaine.org

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

The Editor, People Plus

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Brunswick, ME 04011-0766

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Saying goodbye

Dear friends,
In the summer of 2009 I arrived at People Plus, excited and eager to serve as your executive director. The year plus has been terrific, so it is with mixed feelings that I decided to resign my position. Mixed feelings because I have met and worked with a very special group of people: wonderful members, passionate volunteers and dedicated staff. Mixed feelings because the community of greater Brunswick was so welcoming and helpful to a person "from away." And finally, mixed feelings because I have loved serving as the executive director of People Plus — everyday I learned something new.

However, as some of you know, it has been a very challenging year for me personally and the commute, albeit shorter than it was when I began, is still horrific in the summer — especially with the all-too-frequent accidents on Interstate 295.

Although I wasn't looking to move on so quickly, the opportunity arose for me to work less and to work closer to home. And I believe it is a stable

From the Executive Director

SUSAN COLE



time for our programs, clients and members. People Plus is thriving in its wonderful new home, membership is growing, and community support for vital programs is stronger than ever. I am grateful for the time I have spent at People Plus and I hope my tenure has been beneficial to the organization and the community. Leadership will change, a terrifically talented non-profit professional has agreed to step in as interim director, but the team of hard working volunteers and staff has always been the engine that moved People Plus.

Once again I find myself quoting "The Station," my sister's favorite poem: "There is no station, no one place to arrive at once and for all. The true joy of life is the trip."

Thank you for the short but spectacular journey!
— Susan

Trips to Christmas Tree Shop, Portland Stage

Get a jump on your Christmas holiday shopping, or join us for an irreverent evening at Portland Stage Company's "Santaland Dairies," if you want to get your Christmas season off to a real fast start.

There is still time to register for the Nov. 9 shopping tour to the Christmas Tree Shop and the new Marden's in South Portland. The Bath Bus Service bus leaves Bath at 9 a.m., and the Topsham Fair Mall Park & Ride at 9:15 a.m. Cost of the excursion is \$7 for members of People Plus or the Bath Area Senior Citizen's Center, or \$9 for nonmembers. You will have several hours to shop in either or both stores and then motor to the Country Buffet in South Portland for lunch on your own. A mid-afternoon return to our area is anticipated.

The Portland Stage presentation "Santaland Dairies" is a special Thursday afternoon matinee. It tells the story of one of Santa's most special little elves and features the wicked wit and whacked out ways of dealing with all that "Christmas Stress." This show is a holiday treat for grownups and offers a behind-the-scenes peek, "at an elf gone bad!" Cost of the show is \$25 for members and \$28 for nonmembers. Dinner after the show is at its own expense at the Olive Garden restaurant. Bus leaves Bath at 12:30 p.m., 12:45 p.m. at the Topsham Park & Ride.

To register for either trip, call the Bath Senior Center at 443-4937. For more information, call Frank Connors at People Plus, 729-0757, Iona Osnoe of Topsham's Merrymeyers, 729-7886, or the Bath Senior Citizens Center at 443-4937.

Memorial Donations

made to People Plus in October in memory of
Doris Hennessey Riendeau

Arline Inman

from "the staff of Georgetown Central School"

Sigurd Knudsen Jr.

"by dozens of members and friends at People Plus"

Greater Brunswick Physical Therapy

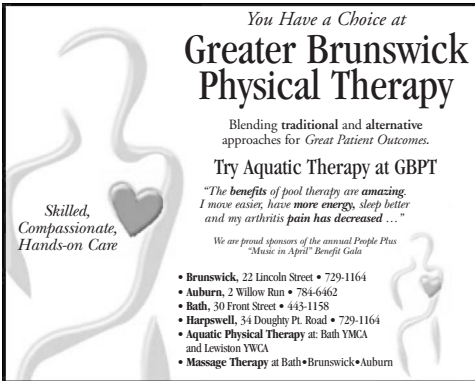
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Try Aquatic Therapy at GBPT

"The benefits of pool therapy are amazing. I move easier, have more energy, sleep better and my arthritis pain has decreased..."

We are proud sponsors of the annual People Plus "Music in April" Benefit Gala

- Brunswick, 22 Lincoln Street • 729-1164
- Auburn, 2 Willow Run • 784-6462
- Bath, 30 Front Street • 443-1158
- Harpswell, 34 Doughty Pt. Road • 729-1164
- Aquatic Physical Therapy at: Bath YMCA and Lewiston YWCA
- Massage Therapy at Bath•Brunswick•Auburn



Flu shots available

Nurses from CHANS will again be offering flu shots immediately following our Lunch & Connections dinner on Nov. 18.

The clinic is scheduled to begin at 12:30 p.m., and will close at 2:30 p.m. Shots are available by donation at People Plus. The CHANS policy is to welcome all who come, and to appreciate this opportunity to support community health through this clinic, according to Amy Berube, the Community Health Liaison at CHANS. More than two dozen members were vaccinated at the first clinic held at the center Oct. 21.

Last season's flu clinic required two shots, Berube said, one for the pandemic H1N1 strain and the other for the regular seasonal flu. This year, because of better timing and preparation, the vaccines have been combined and only one vaccination will be needed.

This year the Center for Disease Control (CDC) is recommending a flu vaccination for everyone over 6 months of age, which is quite different from the specifically targeted population in the past.



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Watch for Seasonal flu shots to be offered at People Plus Center this fall.

Busy month at Spectrum Generations

New face in the center

We want to offer a warm welcome to Andrea Handel, our new Consumer Information Specialist. Her hours are Tuesday through Friday 9 a.m. to 3:30 p.m. and she is pleased to meet with anyone by appointment.



Andrea Handel

Her role is to help consumers work their way through the bureaucracy of Medicare, Medicaid, Social Security, fuel assistance and all the other paperwork driven services that are so vital to health and living.

If you have questions or need some help filling out forms or getting the services you need, please give us a call and meet with Andrea. She is there to help you.

CareFree Café, Nov. 30 at noon

This special gathering place is designed for people with dementia, their caregivers, spouses, family members and friends. Enjoy an afternoon out in a friendly, safe and fun setting.

Lunch is a four-course restaurant style meal and provides wonderful ambiance for seniors to connect with their community. Cost is \$8 per person or \$15 per couple. Reservations are required.

Thanksgiving pies available

Let the chef at Cohen on the Meadows take the stress out of your holiday baking and prepare delicious homemade pies for your friends and family to enjoy throughout the season.

This year, we're proud to offer a wide variety of traditional fruit, nut and meat pies that are sure to add a special touch to any celebration. Stop by the Cohen Center for full details and an order form. Payment in full is due at the time the order is placed.

Order pies by Nov. 19 and pick them up on Nov. 24.



Art with Heidi Boyd

Come enjoy a morning of jewelry making fun. Heidi Boyd will demonstrate and teach the simple technique of crimping clasps to the end of your bead stringing and turning beaded head pins into earrings.

You'll create your very autumnal glass bracelet and matching earring



Otto, the homeless cat featured in last month's People Plus News, obviously is doing well in his new home with Paula Adam of Brunswick. Sorry if Otto is a bit blurry, but he doesn't like to be picked up.

Family caregivers honored in November

November is National Family Caregiver Month, a time of recognition for those caregivers without whose help many could not remain in their homes.

Caregivers are family members, friends and neighbors and this month we celebrate them.

In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us. Call the Helpline at 1-800-639-1553.

set. The class is Tuesday, Nov. 16, at 10 a.m. Cost is \$22 and includes supplies.

Notices

Spectrum Generations will be closed on Nov. 11, to observe Veterans Day.

On Nov. 25 and 26, Spectrum Generations will be closed in observance of the Thanksgiving holiday.

E-mail 101

What do we mean those screen pop-ups occur? How do I get on the Internet? How do I set up a computer?

Answers to those and many more questions will be given at a computer clinic on Wednesday, Nov. 3, at 10 a.m. Cost is \$2 participation fee.

Networking for a job

Thinking about a part-time job? Learn how to write a modern resume and how to interview on Wednesday, Nov. 17, at 10 a.m. The session is free.

Respite dementia panel

A panel of persons experienced in caring for loved ones with dementia symptoms, as well as providing hands-on care at home for them, will share their experience and respond to questions.

The format will be primarily Q & A. The program will be offered monthly on the second Wednesday at 1 p.m. and the fourth Wednesday at 7 p.m.

Medicare Part D enrollment clinics available by appointment

The 2010 Medicare Part D (prescription drug) enrollment period runs from Nov. 15 to Dec. 31 (for coverage beginning Jan. 1, 2011) so time is of the essence.

Need coverage or need to change plans for better/less expensive drug coverage? Please call 729-0475 to schedule an appointment with one of our trained staff.

Animeal fundraiser

This new program is designed to help raise funds for our new Animals program. This program delivers donated food to animals owned by Meals on Wheels participants.

We have supplies and are looking for people who would like to come in Friday afternoons at 1 p.m. and share some social time while at the same time creating catnip toys. These toys will then be sold at local stores (banks, insurance companies, etc.). All funds

will be used for this program.

Artist reception and gallery opening

On Nov. 12, we will have a reception for our new gallery show, "Ensemble: Five Maine Women Artists Share the Creative Process," which includes works by Karen Ballick, Christine Del-Rossi, Jennie Driscoll, Cicely Po, and Bronwyn Sale.

Please join us for cider and veggies and meet these artists.

Upcoming trips

GEORGIA & SOUTH CAROLINA: Enjoy the splendor of warm breezes, beautiful blossoms and carriage rides with a 9 day and 8 night southern charm trip to Savannah, Jekyll Island and Beaufort for \$685 per person with double occupancy.

From March 19 to 27; departs from Rockland. Travel insurance available upon request. For information and to register, call or e-mail Suzanne at Spectrum Generations' Knox Community Center: 596-0339 or sd-white@spectrumgenerations.org. A \$75 deposit is due by Nov. 18.

EXPLORE WINE COUNTRY: Enjoy 7 days and 6 nights, beginning Aug. 26. You'll explore California's wine country, featuring San Francisco and Napa and Sonoma Valleys. Trip includes flight, lodging, most meals, professional tour guide, and admission charges where applicable. Rates start at \$2,699, based on double occupancy. For more details on this unique adventure, call Janice at 873-4745.

EXPERIENCE CANYON COUNTRY: Spend 9 days exploring Scotts dale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, Monument Valley, Bryce Canyon National Park, Zion National Park and Las Vegas. Trip departs from Logan Airport on May 12 and returns May 20, 2011. Price starts at \$2,499 based on double occupancy.

For more information, please contact Dave Brown at 729-0475. All trips require reservations.

Community Case Management

We provide a variety of services for adults ranging from a friendly helping hand to trained care. One of these services is Community Case Management, helping developmentally disabled individuals and families to connect with resources needed to enhance both their quality of life and participation in the community. For more information on Community Case Management serving Kennebec, Somerset, Waldo, Knox, Sagadahoc and Lincoln counties plus Brunswick and Topsham, call 1-800-639-1553.



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The Central Maine Area Agency On Aging

Fall foliage in Willow Grove

By DAVID STUNTZ

Yesterday the late sun was gleaming through the Red Maple's yellowing leaves.

Almost none had dropped, but today the tree is bare, and every leaf has drifted to its designated spot below.

But not yet the Norway Maple. Changing color every day, keeping its perfect symmetry.

Then soon it will deposit a perfect blanket at its base.

The oaks are more reluctant, turning so slowly to a deeper brown. Their leaves will hang on for weeks.

Later we will walk through leaves and intentionally drag our feet. The crackling sounds. The cascade of color. The mellow aromas, will last the winter.



Autumn notes

By LYNNE KRESGE

Tiny leaves — yellow, rust, mauve — like rivers on the road
Wading, crunching
Myriad of reds and port wine from the dogwoods
Stark yellow lace against deep blue sky
Cattails bursting into white, fuzzy coats
Pines bragging of their year round company
Kaleidoscope of colored joy
Long sleeves, sweaters, jackets

Green tomatoes, last minute bouquets
Peepers, artists, cameras
Smells of wood smoke and musty mums
Orange of pine needles
Acorns plummeting
The sun's fall angle washing all with gold
Proud color shouting
Maples' message — goodbye for now
Autumn notes of another season
The same, yet never so

From away

By ESTHER MCCANDLESS

We arrived in Maine one fine summer day
We had chosen this state, so here we would stay
Perhaps we should have asked if we may
Put down roots, for we were 'from away.'
But neighbors were friendly. They did not delay
To welcome us home and teach us the

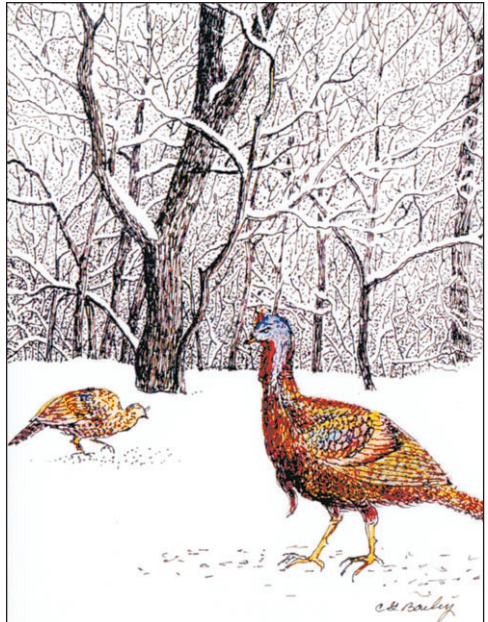
way
To eat fiddleheads, lobster, then to say 'Ayuh! It sure was a wicked fine day!'
Such cordial welcomes greeting our foray —
Their kindness and trust we must not betray.
Now we've been here so long that, to our dismay,
Old neighbors are gone. New ones are 'from away.'

Bubble wrap

By BOB DOW

I use it now and then,
You see, to take up space
When "Magic Frames" need help
To hold a print in place.
My cousin's use? Unique!
She had a young raccoon
That she was helping heal,
But let it out too soon.
It promptly ran away
And stayed out all that night.
It'd not been on its own
And prob'ly had a fright.

My cousin knew just what
She'd use to bait a trap
To lure it home again:
A piece of bubble wrap!
T'was not long 'fore she heard
A popping sound outside.
That rascal had returned:
His special toy supplied.
It was his unique way
Of coping with his troubles.
His fav'rite pastime was
Just popping all those bubbles.



Winter visitors, colored ink, by Consuelo G. Bailey

Homemade Christmas cards featured

Christmas cards produced by nearly a dozen art students at People Plus are featured in the new Café 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."

The show will hang through December. From 5 to 8 p.m. on Nov. 12 the show will be part of the Downtown Brunswick Friday Artwalk presentation. The Second Friday ArtWalk is a free, self-guided tour of galleries and

artist studios in the downtown Brunswick area. It is sponsored by the Five Rivers Art Alliance, with support from Season's sponsor: Waterfront Maine. Refreshments will be available at the Center.

Student artists featured in the multi-media show at People Plus include: Paula Spector, Cindy Fischer, Ann Frey, Beth Aldenberg, Judy Krok, Georgette Duval, Sally Gibson, Marilyn Otterstein, Mercie Dunfee, Carol Oliver. Joyce Gordon and Connie Bailey. The show is always open to the public during regular and special hours at People Plus.

A silver shilling speaks across the years

In a 2010 archaeological dig in Phippsburg, Maine, one artifact found was a silver shilling minted in the 1590's.

By CHARLOTTE HART

Four hundred years ago you landed here.
Great speeches for us you have long rehearsed.
Those men you travelled with — each one a pioneer!
They sailed for Mighty Empire. Elizabeth's! The First!
We comb and sift the earth. We find. We treasure.

Each artifact with care and awe retrieve.
We learn. We prove. Our science now can measure
Skills of those men! Not sad failures as some did believe.
Who was the Popham man who dropped you here?
A craftsman? Forger? Smelter? Soldier of the fort?
Mining pure iron ore nearby, they planned to stay.
Abandoning this land? It was their last resort.
Dropped Silver Shilling, would you'd simply talk

Musings

By VINCE MCDERMOTT

A pun is the lowest form of humor — especially if someone else comes up with a good one.
Don't you feel sorry for those on certain diets? They are thusen for punishment.
Whoever is bored deserves it.
Nice birds hop; bad birds walk.

An angel can't fly on one wing. Sneezers live long lives.
Immature poets imitate; mature poets steal. — T.S. Eliot
My motto is: I will steal anything from anybody anytime. Milton Berle is my role model. But I promise it won't happen again — until next time.

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



Med collection sites set

By **CONNIE LEWIS**
MERRYMEETING BAY TRIAD

How do you dispose of unused medications?

Many of us have unused medications we no longer need in our cabinets at home. How should we dispose of them? Until recently, people have had little option but to "stash, trash, or flush" them. None of these disposal methods are safe.

Testing of our streams, groundwater and water treatment facilities shows evidence of contaminants and that toxins from a variety of trashed/flushed medications are affecting our environment. Keeping them in our cabinets at home poses public health and safety problems. Prescription drugs stashed in homes invites burglaries by those searching for illicit drugs, poses danger to children who accidentally ingest them and teens engaged in "pharming," or are stored alongside and easily mistaken for new prescriptions.


What is the solution? Until an ongoing, permanent program is implemented in Maine, we ask that you help alleviate these issues associated with improper storage or disposal of unused medications by participating in this month's collection by a coalition of Midcoast Maine partners. You can do so by dropping off unwanted medications in original containers as follows:

- Nov. 11, from 5 to 7 p.m. at Mid Coast Hospital, Brunswick.
- Nov. 12, from 10 a.m. to 2 p.m. at:

- West Bath Fire Department, Bath Road
- The Highlands, Elm St., Topsham
- MidCoast Senior Health Center, 58 Baribeau Drive, Brunswick
- Richmond Senior Center, Front St.
- Harpswell Town Office, Mountain Road

For further information, call the Healthline at 373-6585.

NOVEMBER 2010 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday/Sat.	
1 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus 2:30-5:30 Teen Center	2 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 1:00-3:00 Quilting Club 2:30-5:30 Teen Center	3 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	4 8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 6:00 Course in Miracles 8:00 Yoga 7:15 p.m. Line Dancing 2:30-5:30 Teen Center	5 9:00 Yoga 1:30 Qigong 6 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman	
8 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus 2:30-5:30 Teen Center	9 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 11:30 LUNCH OUT Murphy's Seafood Grill, Brunswick 11:45 Friends of Mt. Ararat 2:30-5:30 Teen Center	10 8:00 Men's Breakfast 8:39-9:15 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	11 VETERANS' DAY CENTER CLOSED	12 9:00 Yoga 1:30 Qigong 13 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman	
15 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus 2:30-5:30 Teen Center	16 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 1:00-3:00 Quilting Club 2:30-5:30 Teen Center	17 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	18 8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 11:30 Blood Pressure Clinic 12:00 Lunch & Connections 12:30-2:30 p.m. FLU SHOTS 6:00 Course in Miracles 8:00 Yoga 7:15 p.m. Line Dancing 2:30-5:30 Teen Center	19 9:00 Yoga 1:30 Qigong 20 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman	
22 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus 2:30-5:30 Teen Center	23 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 11:45 Friends of Mt. Ararat 1:00-5:00 Teen Center	24 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	25 HAPPY THANKSGIVING ***** CENTER CLOSED	26 CENTER CLOSED 27 SATURDAY CENTER CLOSED	
29 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus 2:30-5:30 Teen Center	30 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 2:30-5:30 Teen Center				Daylight Savings Time ends Nov. 7 at 2 a.m. Remember to turn clocks back one hour.



Lunch Out!

Nov. 12 at 11:30 a.m.
MURPHY'S SEAFOOD GRILL
 (FORMERLY SOMETHING'S FISHY)
 17 Bow St., Brunswick

By burying fall bulbs in odd places, we make a plan to surprise ourselves each spring.

Reiki treatments are given at the center.
 Call 729-0757 for appointments.

PEOPLE PLUS
NEWS & VIEWS

SPECIAL GUEST
 RYAN COLLINS, HABITAT ReSTORE WEATHERIZATION SPECIALIST
 Viewed weekly on Cable Channel 3, Brunswick Community TV
 MONDAY AFTERNOON 4 P.M.
 WEDNESDAY MORNING 7 A.M.
 SUNDAY EVENING 9 P.M.

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Ask yourself ...

Last week, in the grocery store, I counted the seconds it took an unknowing person to walk past my cart and disappear around the end of the aisle. A hair more than four seconds. Then I counted the seconds it took me to locate a particular cereal box on the shelf. Seven seconds. Clearly that was more time than would have been needed to make my wallet disappear from my cart and allow the perpetrator to vanish.

Even though we all know placing our purses in our shopping carts is never recommended, we see it happen regularly. So ask yourself if you will remember to keep an eye on your purse when you go out shopping or to run errands. And remember, heavy jackets and coats could decrease your sensitivity to the movement of your purse hanging from your shoulder.

Here's a different perspective: What if all of us were more aware of the other shoppers near us? Wouldn't it be safer if we all looked out for each

other? What if potential perpetrators knew that that particular shopping place was a Neighborhood Watch Shopping Center? Wouldn't they eventually give up and go somewhere else? What a super, and yet simple, collaborative effort. It would be fun and meaningful for the shoppers, and wouldn't require a single bit of training. We'd all know we were helping, and that others were helping us.

Actually, we don't really need a formal Neighborhood Watch Shopping Center program, we just need to start being aware of who is around us and what is happening. Who knows. You might even see someone you know who is doing her own Neighborhood Watch. Let's start now.

What did you do last year to help beat Jack Frost? Have you run through the mental list for this winter? I know, I know, it's hard to believe we're there already again. But, as we slide from a chilly October into November, ask yourself if you feel ready for the colder months.



LIBBY HERNICK

During November, Ryan Collins, from Habitat for Humanity 7 Rivers, will be the guest on the News and Views TV show which is aired several times each week on the Brunswick, Bath, and Harpswell local cable networks. Ryan spoke about weatherizing and winterizing, and brought all sorts of gadgets to help remind us it doesn't have to cost much to save on fuel. We certainly don't have to be building professionals to make a difference in the cost of staying comfortable when it gets cold. Many of the old remedies continue to work well. But ask yourself if you have actually used all the old remedies. Call Habitat with any questions. Also feel free to call your fuel company for their recommendations.

Ask yourself if you have finished your Christmas and holiday shopping. As we inch closer to the holiday season, there is often an increased interest to get out and mingle a bit with the holiday spirit. It also allows for holiday shopping.

The Volunteer Transportation Network (VTN) plans to support holiday shopping and mingling. Call the center (729-0757) and ask for the driver line or VTN to tell us you would like to go shopping.

Ask yourself if you will have enough to do to keep busy this winter. In a third grade classroom here in Brunswick, there are a handful of delightful children who need someone to read to them once a week. Toward the middle or end of the week, we take a very small group of cheerful riders food shopping or to run personal errands. These are fun, very helpful and worthwhile projects. Call Libby (729-0757) to stay warm by helping others and keeping busy.



Bruce Goodman, Brunswick Coastal Rotary member, delivers two basketballs along with a brand new basketball hoop. Thanks to a grant from the Brunswick Coastal Rotary, the Teen Center program received the new basketball set up, a Wii game system and some tables and shelving for our new space. The teens have been going outside to play basketball on Tuesday and Thursday afternoons whenever possible. This has been a great addition to our program as well as a much needed physical outlet for the teens.

Notary public service available at People Plus

People Plus currently has two notaries on staff, Michael Coughlin and Jordan Cardone.

For notary services, contact People Plus to make an appointment with either staff member.

WEEKLY SHOPPING

If you no longer drive, we will take you grocery shopping. All trips are in the morning and offer you an hour for shopping. Call today to sign up for any Friday.

- Nov. 5 : Brunswick Hannaford
 - Nov. 12: Topsham Fair Mall
 - Nov. 19: Shaw's at Cook's Corner
 - Nov. 26: Wal-Mart at Cook's Corner
- Call 729-0757 and ask for the driving program or press ext. 109.

Can't drive? Live in Brunswick, Topsham, or Harpswell? Need food, personal items, or trips to medical appointments? Call 729-0757

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Pretty, pride-filled products from home

My mother detested spiders. Fact is she feared them so, the only time she'd go down cellar (she so worried about seeing one) was once each fall, each November, to "inventory" her winter canning.

Ma grew up in rural Aroostook County on a depression-era potato farm. Hers was a situation where you'd care for yourself, or go without. A war widow before she was 30 and the mother of five kids, life wasn't that much easier for her when she came down state and landed in Bowdoinham.

Her secret weapon was always her canning. She canned vegetables, fruits, even chicken meat. She dried stuff, stored stuff, preserved stuff and hoarded stuff. There was always a spare closet in our house with squash on newspapers, apples in bushels, pickles in tubs and potatoes in barrels, but the center of her universe was the canning in our cellar. There was an old wash table that held her fruits, jellies and jams, and there were rough board shelves, four feet deep, that hung off the floor joists above, where her veggies were stored.

Mom mostly used the old-style glass canning jars with wire fasteners and rubber seals. Thinking about it now, I bet she would have killed or traded any one of us kids for a freezer! She had a fancy pressure canner ("You stand right there and you watch that pressure needle") and she had two or three of those Sears-Roebuck water bath canners.

When she canned, it was seven or nine jars to a batch, and she accumulated batches until she had 50 or more



My son, Miles, 30 years ago, helps his grandmother with her minced meat.

jars. I can hear her saying, "52 jars of beans is a lot of beans, but it's still only one jar per week. ..." It wasn't unusual for her to "put up" 150-200 quarts of tomatoes, or string beans (we could choose from yellow or green) and half that again in corn, or carrots, sometimes even peas.

Her other secret weapon, of course, was her dad, Miles, who came south with her, and was master of her garden. Most years it was an acre or more, and he tended it all day and protected it all night.

When the beans came on, most of their stuff stopped. They were picked, washed and cut into 1 1/4 inch sections, they were packed tightly in jars, sealed and boiled. And boiled some more. Seems like most of the beans

came off during the hot days of late August, and the canning went late into the night. It was a good night when the just-canned jars needed to be pulled from the canner and covered with a towel to cool, because that would mean there was a breeze in the kitchen. It took as long as it took.

My brothers and I had the job of loading the cellar shelves. She wanted the jars seven deep, she wanted them lined up like soldiers, she wanted them pretty.

"Be careful on those stairs," she'd say "Don't drop those jars!"

We used to complain that she cared more for her jars than for our necks.

"Keep them close but don't let them touch," she'd say and some years, just to keep them from the dust of the floors above, we'd open a newspaper across the top as her inventory accumulated.

Some of the garden stuff came from Phil across the street, and from neighbors up and down the road. It never hurt to have Harry Prout growing carrots, squash, turnip and other stuffs, "over east." All of us kids worked for him as we grew up, and there was always stuff carried home.

Speaking Frankly

FRANK CONNORS



If it came through the door, mom knew how to deal with it.

Sometimes there were gathered fiddleheads in the spring (always put up in pints). Usually there was someone in town who would give mom a deer's neck so she could have a batch or two of minced meat.

Always in early November, there would be an inventory taken. Grampie always took us boys down cellar to be sure the jars were lined properly, and the cobwebs of summer were all cleared away. It was then that those creaking stairs got attention, NOT when we boys were running up and down the months before.

Mom would count the front jars, multiply by seven and nod her head. All would decide right then if the summer had been good, and could assume the winter was going to be okay. Mom would focus only on those pretty, pride-filled jars, and scout immediately back upstairs. Grampie would smile and tell us it was good she didn't see any spiders.

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Ounce of Prevention

Optometrist to address cataracts, glaucoma and macular degeneration

BRUNSWICK — Dr. Brian Daniels, optometrist, will discuss “Healthy Eyes: Cataracts, Glaucoma and Age Related Macular Degeneration” on Monday, Nov. 8, from 11 a.m. to noon in the Community Room of the Mid Coast Senior Health Center, 58 Baribeau Drive.



Dr. Brian Daniels

This is the final in the 2010 series of the Ounce of Prevention programs offered to the public as a wellness and educational opportunity by the Mid Coast Senior Health Center.

Dr. Daniels practices general optometry with special interest in the care of patients with glaucoma and diabetes. He joined Brunswick Eye Care Associates in 1984. His undergraduate studies were at Lyndon State College and Cornell University. He received his doctor of optometry degree from New England College of Optometry in 1979.

He has served on the board of directors of Brunswick Rotary Club and the Maine Optometric Association, and served as a member of the Maine Board of Optometry.

Genealogists to meet

Pejepscot Genealogy Society ends daylight savings with a meeting on Sunday, Nov. 14, at 2 p.m. in the Morrell Meeting Room Curtis Memorial Library, Brunswick.

Delve into “Deed Research: The Key to Many Mysteries” with Carol McCoy, Ph.D., and member of PGS, and to use of this tool to create a family treasure to share.

For more information, call 833-7371. Daylight savings ends on Nov. 7 and clocks should be set back.

THANK YOU, MARTIN’S POINT

Thanks to a “grant” from Martin’s Point HealthCare, we are able to include full-color photography in People Plus News frequently during the coming year.

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Fondly recalled ...



This old farm, located off what is today the Coombs Road in Brunswick, was last owned by Mary Leo and was taken down to make room for expansion of the Brunswick Naval Air Station in the early 1950s. It was located in what became the ammunition storage area of the base. If you have old area pictures to share with readers of People Plus News, please contact Frank Connors at 729-0757.

Library friends hosting Kids’ Book Sale

Curtis Friends is hosting the fifth annual Kids’ Book Sale at Curtis Memorial Library on Saturday, Nov. 13, from 9:30 a.m. to noon.

The sale features reading material for preschool through middle school age children. Prices range from 50

cents to \$1 for all books, tapes and DVDs. Expand your book collection with these great bargains!

In addition to great buys on books, local author and illustrator Charlotte Agell will sketch children’s portraits between 10 a.m. and noon. Donations

are accepted and all proceeds from the event will be used to support Curtis Kids programming and purchase books for the children’s collection.

For more information call 725-5242, e-mail friends@curtislibrary.com, or go to www.curtislibrary.com.



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