

# People News

*plus* The Center That Builds Community

People Plus  
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Brunswick, ME  
04011-0766

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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."

## Lunch & Connections

### 'Comfort food' on menu in January

Meatloaf and mashed potatoes, comfort food designed to carry us through the dark days of January, will be the Lunch & Connections offering on Jan. 19.

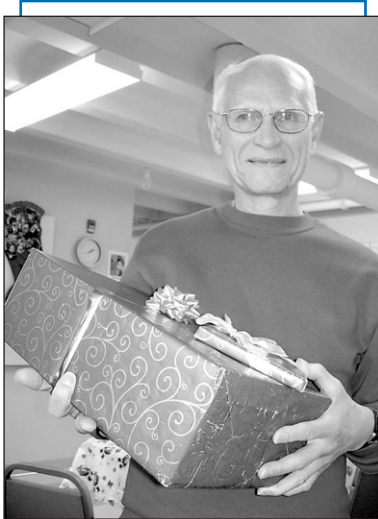
Chef Frank Connors said, "meatloaf is a standup, standby staple of any Maine winter. We expect folks will enjoy it."

Our Maine potatoes will be mashed, and vegetables will include carrots and corn. A deep-dish, cheese noodle casserole will be waiting for our vegetarian guests.

There will be a fresh, lightly-dressed green garden salad for everyone, and the featured drink will be fresh cider (one more time) and a selection of juices. Tea, coffee and milk are always available. Wilma Sarma is sharing her family's bundt-panned carrot cake recipe for a memorable dessert, served with a side of orange sherbert. Our fresh-baked bread always comes from Brunswick's Wild Oats Bakery.

Our monthly Lunch & Connections program, underwritten by Spectrum Generations, focuses on nutrition, information and variety. A CHANS Home-health care professional is always on hand in the cafe area to offer a free blood pressure check prior to lunch.

Come to the Center early, pick up your 50/50 raffle ticket and register for one of several free door prizes. Reservations for seating are necessary and obtained by calling the People Plus information desk at 729-0757. Cost is still only \$5 for members of People Plus, and \$7.50 for all others. Lunch is served at noon.



Rudi Smith delivers a Christmas present for the Center. The Wii video game system will be tested during Game On! sessions this month.

## Game On! opening

Game On!, an opportunity to get together socially and "survive the long, cold winter," opens with a sociable bingo event on Jan. 5 at 3 p.m. in the activity room.

"Bingo will be for the fun of it," said program director Frank Connors, emphasizing that all games will be free. "One goal of the first meeting will be to plan follow ups with other games."

He mentioned card games, Carroms, Scrabble, puzzles and cross-

words as future possibilities.

The Center was given a new Wii video game system at Christmas by Rudi Smith. "That's something we can explore together," Connors said. "Electronic gaming of bowling, tennis and other organized sports have proved very successful in other senior center settings."

The gaming sessions will last two hours and be conducted each Thursday through January

## Grants awarded, fund advances

People Plus has been awarded a Maine Community Foundation grant and a Senter Fund grant, each aimed at bettering and upgrading services and activities at the Center. In the same month, Bowdoin College has also made a significant computer hardware donation.

The \$5,000 Senter Fund grant will pay for two college prep SAT classes at the Brunswick Teen Center next spring, and will subsidize the purchase of "up to date" computer equipment for the Computer Cafe and staff. The \$3,300 grant from the Maine Community Foundation will be used to "remediate

sound reverberations," by installing acoustical tiles in the Center's Maine Hall. Work on the ceiling could begin as early as this month.

The transition to new computers began when Bowdoin College offered the Center some used equipment, and technical assistance to work with the Senter grant.

At the end of 2011, the Center's annual fund campaign was pegged at nearly \$22,000, according to Betsy White in the Center's business office. The Center needs \$50,000 total to meet its fiscal year 2011-2012 goal.

## Movie Club forming

The Eveningstar Cinema is partnering with People Plus, and offering Center members an opportunity to, "buy one ticket, get one free" during weekday matinees.

In making the offer, the theater said it was "excited" to bring community and Center members together. The offer is

good for matinee shows, Monday to Thursday. For more than three months, the theater has offered members a free, small bag of popcorn at any movie when they display their membership cards. The first movie available for the movie club will be "Descendants," starring George Clooney.

## Pilates and yoga sessions set

Ann and Dennis Kimmage will be offering a pair of exercise classes in January.

"Yoga for mobility" with Ann Kimmage, Thursdays from 3:30-4:30 p.m. beginning Jan. 12.

"We rely on the smooth functioning of our joints for mobility and comfort," said Kimmage. This specially designed yoga practice is meant to prevent and relieve joint stiffness and discomfort caused by arthritis or the natural process of aging; improve your posture; stimulate your blood circulation; help ease pain, anxiety and stress; and lift your spirits.

Wear comfortable loose-fitting clothing.

The cost is \$64 for eight sessions, Jan. 12 to March 1. Non-

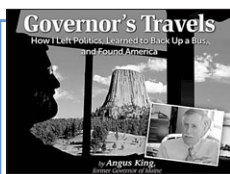
members pay \$75.

"Pilates for grown-ups" with Dennis Kimmage, Mondays from noon-1 p.m. beginning Jan. 9.

"Mat Pilates is a low-impact exercise method that helps build muscles, endurance, strength and well-being," according to Dennis Kimmage. "It consists of a variety of movements done on a soft mat and without special equipment. Pilates ensures a person's joints remain flexible, increases mobility and, by making your core stronger, it can alleviate stress on the lower back."

The cost is \$64 for eight sessions, Jan. 9-Feb. 27. Nonmembers pay \$75.

Call People Plus at 729-0757 to sign up for either program.



## Former Gov. King opens, 'Author's Chats'

Former Maine Gov. Angus King will visit People Plus on Wednesday afternoon, Jan. 18, to read from, show photographs, and tell stories about his tell-all book, "Governor's Travels: How I Left

Politics, Learned to Back Up a Bus, and Found America." When King finished his second term as governor, he celebrated his new-found free time by touring America in an RV with his family.

The discussion starts at 2 p.m. in the People Plus activity room, immediately following the weekly Write Out writer's group meeting. Brunswick's Gulf of Maine Books will have copies available for purchase

and for signing.

Author's Chats will become a monthly feature at People Plus in 2012. In February, Brunswick author Janet Freeman Baribeau will discuss her book, "A Bailey Island Girl Remembers."

Register by calling 729-0757.

## People Plus News

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

[frank@peopleplusmaine.org](mailto:frank@peopleplusmaine.org)

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

The Editor, People Plus  
P.O. Box 766  
Brunswick, ME 04011-0766  
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[director@peopleplusmaine.org](mailto:director@peopleplusmaine.org)
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## Winter 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) or check [www.PeoplePlusMaine.org](http://www.PeoplePlusMaine.org) for announcements.

# 2012 brings a new focus for New Year's resolutions

New Year's resolution.

Gosh don't we all hate that saying? It seems to universally carry an undercurrent of failure (and a deep sigh) every time it is uttered.

Yet we are perpetually asked what our New Year resolutions will be and most of us come up with at least one. How many times have we pledged to lose weight, start exercising, quit smoking, save money?

Well, this year I am breaking the cycle! No more will I say that I'm going to do something on Jan. 1 and then fail to do it beyond Jan. 6. This year I resolve to pick one thing that I can stick with that might actually change a life. But — here's the hook — not my life.

This year I will give up my personal resolutions and resolve to change the life of someone else. Sounds sort of boastful doesn't it? Maybe even a bit brash. However, it can be done. By simply reaching out to one person, maybe

giving them a ride into town, or taking a member to the doctor's office or spending an afternoon in the teen center, I can touch a life.

Or perhaps I'll pay a house visit to an older People Plus member like I did last week. It was during such a visit with longtime People Plus member Harriet Soulen that I saw pictures of her as a stunningly beautiful young woman climbing mountains and palm trees in Japan in 1945. Once an active 55 Plus member who took yoga, line dancing and many other classes, the monthly Lunch & Connections are now Harriet's way to stay connected to the Center.

She and her husband, Henry Soulen, traveled extensively during their 50-year marriage. Living abroad in Japan, Korea and the Netherlands and her home is filled with the treasures she collected during those years. Harriet has slowed down a bit for this stage of her life and stated her amazement that People Plus,

## From the Executive Director

STACY V. FRIZZLE



which started as just a group of ladies having coffee, has now grown into a vibrant place where local residents can take classes, attend special events, socialize and volunteer.

Never having had children, Harriet is alone since her husband passed away a few years ago and was truly grateful for our visit saying she'd been looking forward to it all week. Hugging me when we left, she teared up a bit as she waved goodbye from her doorway and went back inside her empty home.

That visit has changed me a little bit. If you are looking for ways to reach out this New Year, please consider a resolution of giving your time and/or financial support to People Plus. "The Center That Builds Community." You'll be amazed at the lives you can touch and just might find that yours is the least important of them all.

## PEOPLE PLUS 2012 MEMBERSHIP

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Membership Fees: \$25 per person	Additional Donation: \$ _____
Payable to People Plus:	<input type="checkbox"/> Check/Cash <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard
Total \$ _____	
Credit Card # _____	Exp. Date _____
Signature _____	

Donations above Membership Fees are tax deductible.

## 'Legacy' follow-up coming

Board member Deane Lanphear, who hosted a "legacy" discussion at Thornton Oaks last month, said a follow-up meeting will be coming in February or March.

Waterville attorney Mark Nale, who specializes in elder law, led the discussion that focused on a need for wills and

other "final plans," and will return for the follow-up discussion later this winter.

"Points of the discussions are two-fold," Lanphear said. "We want to be sure our members and friends are prepared, and we want to support People Plus."

## Tai Chi getting 'easy'

Diane Doiron will lead a new session of Tai Chi Easy in January.

Ease into a peaceful place with a carefully designed combination of Qigong and health enhancing Tai Chi. These combine slow gentle movements to warm up the body, with concentration on breathing and inner stillness. Also included are simple self-massage and quiet meditations. The techniques are easy to learn, easy to apply. You need no special knowledge or training. No special equipment or clothing is required. It can be performed sitting or standing.

Tai Chi Easy makes Tai Chi accessible to people of any age, with any level of physical ability and all ranges of mobility. Bring your body and mind into the flow and set the mood, to go gracefully into the rest of your day with Tai Chi Easy, states a news release.

Tai Chi Easy meets Thursdays on Jan. 5, 12 and 26. Members pay \$14 for three sessions. Call 729-0757 to sign up.

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"Linked Chain" photograph by Priscilla Sargent.

### Sargent photographs featured

The Union Street Gallery at People Plus will feature photographs by Priscilla Sargent through February. Sargent specializes in "natural world" photography both directly and abstractly, and is well known in this area.

"My photography mirrors the traveling I have been fortunate to do, and my interest in the natural and manmade world. Some of the pictures are the result of various workshops I've attended, and others are simply by chance," she said.

Sargent describes herself as a "Maine transplant," having lived here since 1968. Originally, she lived in the Waterville region. She says her first camera was a Kodak Brownie that she was allowed to take to summer camp on Orr's Island. She now uses a Nikon D-90 with a 28-300 mm zoom lens.

This photograph exhibition is a first since the Center moved to Union Street. The show is free, and is available for review during normal business hours.

# January, memories of winters past

By GLADYS SZABO

Blizzard of '77 was one of those memories or rather nightmares.

Snow was predicted. Schools let out at noon.

My daughter, Dawn, in middle school was home by one. She appeared like an Eskimo in a snow globe as she trudged up the driveway after the half mile walk from the bus stop.

The CB radio was noisy with truckers sharing road conditions and traffic reports.

Two o'clock came and no sign of my son, Rob, who was in high school. Chatting truckers informed us of blinding snow on Highway 84.

Soon the police scanner was getting very busy. "Traffic on 84 was slowing down to a crawl" was the first warning that the buses would be late.

Now it was getting close to four o'clock.

Scary news on scanner: "We cannot locate bus 52. We have no communication. It is the only bus without a radio!"

My son's bus!

A call to the police station, "I am wondering what you are doing to locate bus 52?"

"We are in contact with them and they are in traffic on 84!"

"No you are not as I have a scanner and know you can't locate them!"

A try at reassuring me, they responded, "We have snowmobiles scanning the highway in search for the bus!"

Listening to the scanner was NOT reassuring as we heard — "no sight of a bus, snow is blinding and difficult to see more than a few feet ahead!"

Shivers ran up my spine, as I observed drifts forming mountains in our driveway and against the doors. I was panic stricken and feeling trapped with my son missing.

Not having my family together at a time like this was terrifying.

I listened to the truckers and the police and still no sight of the bus.

Frantically we shared news with all our friends and neighbors.

Phones ringing, calls to the police from all — fear of what is to come!

Now it is after 5, darkness has made the situation much scarier.

My stomach is in knots, frightening thoughts race, worrying about my son and all those stuck in the snow on a cold bus.

Suddenly a trucker breaks in, "I see the bus!! They are ahead of us, stopped in traffic. They are located on the hill heading down to the Middlebury exit."

Anxiously I notified the police of the location of the bus.

About hour later on the scanner, "We have reached the bus by snowmobile."

All the kids are fine, bus has heat and they are partying, with a Hostess truck driver, who generously shared his goodies with the kids!"

"Cruisers will meet the bus at the highway exit and assure all get home safely!" was the next message on the scanner.

At 7 o'clock, news came. "The bus is exiting off the highway!"

Police officer Danny Gardiner took over the bus, relieving a shaken bus driver. The kids were dropped off as close as possible to their homes.

A close friend, living at the entrance to our road took in all the neighborhood kids for the night. The darkness, blinding snow and drifts several feet high would have been too dangerous for them to walk home.

Relief set in but not totally till 10 the next morning when my son finally arrived home, excited about his great adventure! (Not mine!!)

### Happy New Year, Elizabeth! By CHARLOTTE HART

"Call me Liz!" you say, now that you're nine.

"Liz" is delightful. It suits you. It's fine.

But please do remember and be proud of your name.

Elizabeth the First had great power, great fame.

Queen of England! Of British Empire was she!

The glorious Elizabethan Age! 1558 to 1603!

Elizabeth the Second! Queen of England today.

Steadfast. Serene. With power to stay. She outlasts our Presidents. Regard her.

Truman, Eisenhower, Kennedy, Nixon,

Ford, Jimmy Carter!

Reagan, Bush, Clinton, Bush! Nothing can harm her!

This dignified lady — she'll outlast Obama!

So, Liz, our Elizabeth, who rules in Windham, Maine,

Happy ninth year! Happy New Year, whatever your name!

Play soccer games. Write poems. Play math and swim.

Build snow sculptures. Ski. Whatever your whim!

Be delightful! Have fun January through December.

Be Liz! But — deep down — you are Elizabeth. Remember.

## January By VINCE McDERMOTT

December can be bad  
But temperatures go down slowly  
Snowfall, yes, but lots of rain  
And there is joy

The month goes fast  
Hanukkah, Christmas, Kwanzaa  
Solstice and New Year's Eve  
Celebrations galore

February can be brutal  
Storms and more storms  
Cold, mud, and ice  
Winds most harsh

But some dim sun  
A little warmth  
Can wonderful spring  
Be far behind?

The true villain is  
Black January  
The coldest month  
The most snow

Hunker down, stay inside  
Seek heat and comfort  
Stiff upper lip, please  
It's frozen anyway

## Leah and the Cat By BETH COMPTON

One day Leah was with her mom at the store. A cat ran up to Leah with his tail wagging and smiling. Leah started to pet the cat.

The cat fell in love with Leah and followed Leah wherever she went. Leah said, "Mommy, mommy can I please have him for my very own? I like him and he likes me."

Her mom said, "We should check to see if the cat belongs to any one first. If not you may have the cat."

Her mom checked it out. The cat did not belong to anyone so she told Leah she could have the cat. Leah said yes. Leah and her mom took the cat home with them.

The cat and Leah became best friends.

## Hand Me Downs By P.K. ALLEN

When it's time to return to Mother Earth, there are some things of value and worth that we should hand down for our children to use to help them in whatever ventures they choose.

I'm not talking about possessions like a house, boat, or car, or anything else that can take them afar,

but rather some values that can not be seen, which can carry them through life's mystical scheme.

These values I speak of have a more human worth that grow and nurture from the moment of birth, like pride, and honor, and kindness to others, while living in harmony with our sisters and brothers.

## Words By BONNIE WHEELER

Lord, give us the wise words we need to convey  
So we lighten the load of someone today  
Encouraging words when hearts are breaking  
Sympathetic words when death is tak-

ing  
Loving words when a soul loses its spark  
Kind words to shed light in the dark  
We need loving touch and just the right phrase  
To uplift the world in heartfelt praise



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# spectrum generations

## Happenings

### Veterans Benefits Assistance

Are you a veteran who deserves benefits from the VA? Do you know what VA benefits you are eligible for? Are you a dependent who might be eligible for VA benefits? Have you had trouble getting in touch with the VA. On the third Wednesday of each month we will have a representative of the Veterans Administration here at the center. Call for appointment.

### Professional Foot Care

**Clinic -** R.N. Jeanne Otis offers monthly appointments which include a foot and nail evaluation, along with written recommendations for further medical attention if needed, nail grooming and care, tips for home foot health, education for diabetics. For gentle, consistent, and professional care make an appointment with Jeanne.

### Computer Class for

**Beginners -** Everyone starts somewhere - we are here to help you learn to use the computer. Our skilled instructor will help you learn to be more comfortable with computers. Bring your own or use one of ours. This Six-week class will be starting January 11th and class size is limited so call us now to reserve your spot!

**Bridge Class Starting -** We are just completing a beginner class and it was very successful and popular. Join us and find out how much fun we are having. Six-week bridge class for beginners. Starts Tuesday, January 10th at 10 am \$15 for the six week class. Bring your enthusiasm and sense of humor! This will fill up fast so reserve your spot.

**Learn Italian -** Starting in mid January we will be offering a beginners, conversational, Italian class. Easy and fun for all levels. This class is limited and will fill up fast so reserve your spot. The starting date is January 10th at 10 am. Six week class, \$38



**Laughing Club -** If you dread the increasing darkness as winter approaches, you're not alone. "We don't laugh because we feel good; we feel good because we laugh." Come as you are. The more the merrier so bring a friend. Thursday mornings at 10:30. \$2.00 activity fee.

**Chair Yoga class -** Six week class in Chair Yoga. Call to find out when the next class will be starting.

No matter what your age or level of physical fitness, you can receive the health benefits of Yoga without getting down on the floor! Build your flexibility and strength safely, all sitting in a chair.



Come and give it a try....

**Come Play Games -** Every Monday morning at 9:30 we have a game morning. Coffee, tea, fun & games. Stay in and join in!

**Winter Survival tips with Dr. Sullivan -** Dr. Ryan Sullivan will be here to give us tips on how to survive the winter. The proper way to shovel, when is your body telling you to stop shoveling, stretches you can do to help, how to help avoid falling, how to fall properly. All this and more. Thursday, January 12th at 1pm., Free



### Carefree Café -

This wonderful restaurant style meal is for people with progressive memory loss and their caregivers. Relax in our elegant environment, quiet jazz music by the fireplace with exceptional food choices provided by volunteers. Lunch is free but reservations are required so that we may keep it an intimate affair. January 24th at 12 noon. Call 729-0475 for more information.

### New Faces at Spectrum Generations

It took some time to find the right person for the job, but we are extremely happy to announce that we have hired Diane Woodworth as Spectrum Generations new Development Director. Diane is a certified fundraising executive with over 25 years of experience in the field. She is a Maine native and a graduate from University of Maine, Augusta.

Diane's most recent position was as Director of Development for the New Hampshire Humanities Council in Concord, NH. Her past work in Maine includes Director of Philanthropy and Public Affairs at Mount Desert Hospital (2005-2008) and Development Manager at The Jackson Laboratory (1999-2005).



From left: Julie Sexton, Volunteer Manager/Grant Writer, and Diane Woodworth, Development Director for Spectrum Generations.

The new position of Volunteer Manager/Grant Writer was created to assist the Development Director with grant writing and fill the need of coordinating our vast team of wonderful volunteers. We are delighted to announce Julie Sexton has been hired to fill this combination position.

Julie graduated with a BS from the University of Maine, Farmington and comes to us from Franklin Memorial Hospital where she was the Development Assistant working on annual appeals and fundraising events as well as working with volunteers.

*Spectrum Generations warmly welcomes Diane and Julie into the Spectrum Generations family!*

### International Gourmet Coffee Month

Friday, January 20th at 1 pm we will be hosting a coffee tasting and educational workshop. Erika Despres from Moses Dyer Coffee Company, a local roasting company, will be providing a selection of coffee for tasting, along with choice bakery items. Come taste the difference that local roasting makes and learn what the different styles of roasting make in coffee. \$3.00 for tasting and pastries.



SPECTRUM GENERATIONS & the Waterville Rotary Club will sponsor an important community event on January 16th, the 26<sup>th</sup> Martin Luther King, Jr. Community Breakfast, at Spectrum Generations Muskie Community Center at 38 Gold Street, Waterville. 7:30am - 9am.

Reverend Arlene Tully of the Pleasant Street United Methodist Church will be the keynote speaker. A hot, country buffet breakfast will kick-off the event with a full program celebrating the life and works of Dr. King.

Purchase your tickets early at the Muskie Center. \$6 adults, \$3 children under 12. For more information please call 873-4745.

## Stop In and See All That Is Happening

**Consumer Information Specialist**—Karen Crum is available to help you with Medicare, Social Security and other health care questions. Please call to make an appointment.

**Meals on Wheels**—Do you know someone who is homebound and doesn't have a support system to regularly eat. We deliver Meals on Wheels—Call us to find out more.

**Health Seminars at our Center**—Stop in and pick up a newsletter, or at many public places. We offer health seminars on different topics each month.

**Enrichment Classes & Seminars**—Topics can include "Cell Phone 101", "Facebook", movies, VA help, and many others. Stop in and pick up a newsletter, or join our popular email list—to keep abreast of what is going on.

## Southern Midcoast Community Center

12 Main St., Topsham  
1-800-639-1553  
729-0475

Open Monday—Friday  
9 am to 3 pm

spectrumgenerations.org

# JANUARY 2012 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>2012 has arrived!</b></p> <p>Closed Jan. 2 to observe New Year's holiday</p>	<p>9:00 AM Loosen UP! 3</p> <p>10:00 AM Table Tennis</p> <p>10:00 AM Art I</p> <p>1:00 PM Quilting Club</p> <p>3:00 PM Teens First</p>	<p>8:45 AM Inter. Cribbage 4</p> <p>9:00 AM Table Tennis</p> <p>12:00 PM Choreo Lab</p> <p>1:00 PM Writer's Group</p> <p>1:30 PM Tai Chi</p> <p>3:30 PM Meditation</p>	<p>9:00 AM Loosen UP! 5</p> <p>10:00 AM Art II</p> <p>10:00 AM Table Tennis</p> <p>11:45 AM Tai Chi Easy</p> <p>3:00 PM Game On!</p> <p>6:00 PM Course in Miracles</p> <p>6:00 PM Yoga</p> <p>7:15 PM Line dancing</p>	<p>1:30 PM Qigong 6</p>	<p>10:00 AM Bridge 7</p>
<p>9:00 AM Yoga 9</p> <p>9:00 AM Crafters</p> <p>10:00 AM Table Tennis</p> <p>10:00 AM Chair yoga</p> <p>12:00 PM Pilates</p> <p>12:00 PM Bridge</p> <p>1:15 PM Laughter Club</p> <p>6:00 PM Belly Dancing</p>	<p>9:00 AM Loosen UP! 10</p> <p>10:00 AM Table Tennis</p> <p>10:00 AM Art I</p> <p>11:45 AM Ararat Friends</p> <p>12:00 PM LUNCH OUT</p> <p>3:00 PM Teens First</p>	<p>8:00 AM MEN'S BREAKFAST 11</p> <p>8:45 AM Inter. Cribbage</p> <p>9:00 AM Table Tennis</p> <p>12:00 PM Choreo Lab</p> <p>1:00 PM Writer's Group</p> <p>1:30 PM Tai Chi</p> <p>3:30 PM Meditation</p>	<p>9:00 AM Loosen UP! 12</p> <p>10:00 AM Art II</p> <p>10:00 AM Table Tennis</p> <p>11:45 AM Tai Chi Easy</p> <p>1:00 PM Living Well with Hearing Loss</p> <p>3:00 PM Game On!</p> <p>3:30 PM Yoga for Mobility</p> <p>6:00 PM Yoga</p> <p>6:00 PM Course in Miracles</p> <p>7:15 PM Line dancing</p>	<p>1:30 PM Qigong 13</p>	<p>10:00 AM Bridge 14</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p><b>16</b></p> <p>Closed to observe Martin Luther King Jr. holiday</p>	<p>9:00 AM Loosen UP! 17</p> <p>10:00 AM Art I</p> <p>10:00 AM Table Tennis</p> <p>1:00 PM Quilting Club</p> <p>3:00 PM Teens First</p>	<p>8:45 AM Inter. Cribbage 18</p> <p>9:00 AM Table Tennis</p> <p>12:00 PM Choreo Lab</p> <p>1:00 PM Writer's Group</p> <p>1:30 PM Tai Chi</p> <p>2:00 PM Author's Chat</p> <p>3:30 PM Meditation</p>	<p>9:00 AM Loosen UP! 19</p> <p>10:00 AM Art II</p> <p>10:00 AM Table Tennis</p> <p>11:30 AM LUNCH &amp; CONNECTIONS</p> <p>1:30 PM Introduction to Facebook</p> <p>3:00 PM Game On!</p> <p>3:30 PM Yoga for Mobility</p> <p>6:00 PM Yoga</p> <p>6:00 PM Course in Miracles</p> <p>7:15 PM Line dancing</p>	<p>1:30 PM Qigong 20</p>	<p>10:00 AM Bridge 21</p>
Teen Center open, Tuesday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Crafters 23</p> <p>9:00 AM Yoga</p> <p>10:00 AM Chair yoga</p> <p>10:00 AM Table Tennis</p> <p>12:00 PM Pilates</p> <p>12:00 PM Bridge</p> <p>1:15 PM Laughter Club</p> <p>6:00 PM Belly Dancing</p>	<p>9:00 AM Loosen UP! 24</p> <p>10:00 AM Table Tennis</p> <p>10:00 AM Art I</p> <p>11:45 AM Ararat Friends</p> <p>2:30 PM Café en Français</p> <p>3:00 PM Teens First</p>	<p>8:00 AM WOMEN'S BREAKFAST 25</p> <p>8:45 AM Inter. Cribbage</p> <p>9:00 AM Table Tennis</p> <p>1:00 PM Writer's Group</p> <p>1:30 PM Tai Chi</p> <p>3:30 PM Meditation</p>	<p>9:00 AM Loosen UP! 26</p> <p>10:00 AM Table Tennis</p> <p>10:00 AM Art II</p> <p>11:45 AM Tai Chi Easy</p> <p>1:00 PM Week in Review</p> <p>3:00 PM Game On!</p> <p>3:30 PM Yoga for Mobility</p> <p>6:00 PM Yoga</p> <p>6:00 PM Course in Miracles</p> <p>7:15 PM Line dancing</p>	<p>1:30 PM Qigong 27</p>	<p>10:00 AM Bridge 28</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Yoga 30</p> <p>9:00 AM Crafters</p> <p>10:00 AM Chair yoga</p> <p>10:00 AM Table Tennis</p> <p>12:00 PM Bridge</p> <p>12:00 PM Pilates</p> <p>1:15 PM Laughter Club</p> <p>6:00 PM Belly Dancing</p>	<p>9:00 AM Loosen UP! 31</p> <p>10:00 AM Art I</p> <p>10:00 AM Table Tennis</p> <p>3:00 PM Teens First</p>	<p>PEOPLE PLUS</p> <p><b>NEWS &amp; VIEWS</b></p>		<p>FEATURING</p> <p><b>RYAN COLLINS,</b> energy specialist for Habitat for Humanity/7 Rivers Maine</p>	<p>Viewed weekly on Cable Channel 3, Brunswick Community TV</p> <p>MONDAY AFTERNOON ..... 4 P.M.</p> <p>WEDNESDAY MORNING ..... 7 A.M.</p> <p>SUNDAY EVENING ..... 9 P.M.</p> <p>And on Harpswell Community Television, viewed online, anytime: <a href="http://vimeo.com/harpswelltv">http://vimeo.com/harpswelltv</a> or <a href="http://www.PeoplePlusMaine.org">www.PeoplePlusMaine.org</a>.</p>
Teen Center open, Monday and Tuesday, 2:30-5:30 PM					

## 'The Week in Review' launches this month

If you like the idea of a book group but never have time to read a whole book, then "The Week in Review" may be for you.

Join others interested in an engaging, informative and respectful exchange of ideas and experiences, with instructor Anne Wescott Dodd.

Prior to each class, she will email three articles to students for group discussion. Articles and essays will come from publications such as The New York Times, The Wall Street Journal and

other sources.

Discussion will focus on current events such as conflict in the Middle East, factors affecting our economy, effects of social media on children, school reform or a topic of interest suggested by a member.

Call Merrymeeting Adult Education at 729-7323 for information and to register. The cost is \$49 for People Plus members. The six-week class runs Thursdays from 1-3 p.m. at People Plus, beginning Jan. 26.

## Hearing loss talk set

Do you live with someone with hearing loss? Do you have difficulty hearing exactly what people say?

Robin Galleher, director of audiology at the Pine Tree Society will share practical information and communication strategies during a free "Living Well with Hearing Loss" talk on Jan. 12 from 1-2 p.m.

This talk will focus on strategies, NOT hearing aids.

## Lunch Out!

Jan. 10 at noon  
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**Intermediate Cribbage**

**Nov. 16:** Virginia Zimmerman, 719; Richard LaPointe, 746; Lois Fournier, 710; Patricia Johnson, 703.  
**Nov. 30:** Harry Higgins and Richard LaPointe (tie), perfect score, 726; Harold Cain, 722; Andrew DeBiasio, 627; Richard Tomko, 693.  
**Dec. 7:** Yvette Dumont and Pamela Frampton (tie), 720; Joseph Toney, 717; Harold Cain and Cecile Eldredge, (tie) 714.  
**Dec. 14:** Linda Paisley, 717; Lorraine LaRoche, 713; Joe Toney, 705; Lois Fournier, 703.

**Monday/Saturday Bridge**

**Nov. 14:** Bill Buermeyer, Bill Washington and Lorraine LaRoche  
**Nov. 19:** Vince McDermott, Richard Totten



and Lorraine LaRoche  
**Nov. 21:** Cecil Eldredge and MaryLou Cobb  
**Nov. 28:** Yvette Dumont, Lorraine Muller and Gladys Totten  
**Dec. 3:** Bill Buermeyer, Cecil Eldredge and Richard Totten  
**Dec. 5:** Vince McDermott and Gladys Totten  
**Dec. 10:** Bill Buermeyer and Bill Washington  
**Dec. 12:** Gladys Totten, Richard Totten and Bill Buermeyer

# Transportation options for Brunswick area expand



Volunteer Transportation Network provides door-to-door rides for medical appointments, grocery shopping and personal needs.

Coastal Trans has just launched its new Transportation Network Program (TCP) for people with disabilities. The program uses grant funds to subsidize transportation from taxis. The coupons were intended to be used for any transportation purpose.

Approved applicants purchase coupons at a cost of 50 percent of their face value, and redeem them at full value when payment is made at the end of the trip.

Eligibility for this program is based on disability as defined by the Americans with Disability Act (ADA).

Applications are available online at [www.coastaltrans.org/rides](http://www.coastaltrans.org/rides), at the Brunswick Explorer office at Maine Street Station, or at the People Plus Center. You can also request one by email from [mobilmanagement@coastaltrans.org](mailto:mobilmanagement@coastaltrans.org), or call Coastal Trans at 594-2742.

Coupons are good only for approved providers, which currently include Brunswick Taxi, A Van to Go, Safe Care

and Yellow Cab.

**Volunteer Transportation Network**

The Volunteer Transportation Network will continue to operate in the Brunswick, Topsham and Harpswell communities, and inquiries should be directed to Dottie Moody at 729-0757.

Ride requests must be made 3-7 days in advance, and called in between Monday and Wednesday. Riders must be pre-registered with the VTN program.

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## Unraveling the mysteries of Facebook

For those wanting to jump into the ever-expanding world of social media, the Center will host "Introduction to Facebook" on Jan. 19, at 1:30 p.m.

The free talk will be led by Sarah Brown, adult services librarian at the Curtis Memorial Library in Brunswick. Sarah will explain how Facebook works and reasons people might want to join:

1. Everyone else is, including your grandchildren (and your neighbor's dog).
2. Reconnect and stay connected with

- friends and family.
3. Share photos with friends and family.
  4. Keep up with news, organizations, brands or to join a group.
  5. Get recommendations and customer service.

Sarah will also address security concerns and explain how to join in a protected way to limit who sees what you're posting. Sarah will unravel the mysteries and give you the tools you need to join the Facebook community.

## Five Steps for a Smart Financial Start in 2012

If you pay attention to the news, you've seen governments around the world struggling to balance their budget and stay afloat. Ironically, the basics of balancing the income and expenses of a country are not that different from what you do with your own finances — and you can do just as much of a challenge. But a well-planned budget is an invaluable tool if you want to improve your financial position. Here are five things you can do now to make setting and reaching your 2012 financial goals a lot easier:

**\*STEP ONE: Organize your bills\*** Start by gathering all of your monthly, quarterly and annual financial obligations. Next, look back through your check register or your bank statements and collect data of all the products and activities that drain money from your wallet. Then list and categorize these expenses. Standard categories include food, clothing, general household, transportation, entertainment and so on. Saving for various things should be on the list too, since it takes money out of circulation, if only for the time being.

You'll be ahead of the game if your budget accounts for "unplanned" expenses such as a visit to the emergency room (one an especially costly adventure, thanks to high deductible medical plans) and car or home repairs. While you may not be able to name what financial burden will arise in the next 12 months, you can be sure something will cause you to part suddenly with some of your hard-earned money. If you have cash set aside for just those occasions, then you can pay the expense and avoid a crisis. If not, you risk defaulting on other obligations, damaging your credit and causing all too much stress in your life.

**\*STEP TWO: Scrutinize the numbers\*** To create a realistic budget, examine and adjust the expenses you've identified above against your take-home pay. Highlight areas that are out of whack. One way to evaluate the numbers is to break down your budget categories by percentages. Ideally, your housing costs should not

exceed 30%; transportation expenses should not exceed 20%; and food should fall under 15% of your total expenses. Look online for guidelines and see where your spending exceeds recommendations.

**\*STEP THREE: Fix what you don't like\*** To change close old habits, check out coupons or employ some other cost-saving strategy. Be creative and rise to the challenge.

If it's clear you don't have sufficient money coming in each month, consider ways to up your income. Do you need to work overtime, go after that promotion, pursue a new career or get a second job? If you're stuck where you are, circle back to your spending habits. You may need to downsize your house or car, stop eating out or cut up your credit cards. You'll be pleasantly surprised by the ideas you generate when you take the time to examine the numbers with a clear head and a critical eye.

**\*STEP FOUR: Follow your budget\*** There's no point in making a budget if you don't intend to act on it. Keep your budget in front of you and document your expenses on a daily basis. Then adjust your spending as necessary. Monitoring your budget this way can make your money more manageable and give you the feeling of being in control.

**\*STEP FIVE: Check in with a financial advisor\*** There are books and websites that can teach you the finer points for preparing and following a budget. But there's nothing quite like being in the presence of someone who can share their financial knowledge. Consult a financial advisor for an honest assessment of your financial health and take advantage of insights and strategies that can help you improve your finances in 2012 and beyond.



Scott L. Lemieux **\*STEP THREE: Fix what you don't like\***

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Scott L. Lemieux, MS, Financial Advisor, Ameriprise Financial Services, Inc. 124 Maine Street, Box 7A, Brunswick, ME, 04011; Office: 207-729-0734; Fax: 207-725-2382; Toll-Free: 877-330-0734; [scott.lemieux@ampr.com](http://scott.lemieux@ampr.com). Learn more at [ameriprisefinancial.com](http://ameriprisefinancial.com)

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**P.S. Please don't keep us a secret — We love referrals. It's the highest compliment you could pay us!**

# BEE-ing patient

My bees didn't make it.

Last April, with all the flair and expectations of a rookie who knew no better, I announced to the world I was becoming a beekeeper. My motives were so pure and unflawed. A hive in the yard would bring us better vegetables, brighter flowers, happier gardeners. Everyone knows bees lead to a better world, and in the fall there would be the honey.

"Really," I asked, "how hard could it be?" My Grandfather Miles was a beekeeper. His early days as an Aroostook potato farmer mandated that he keep bees, and there were hives in the "warm corner" of each of his expansive potato fields. When he moved to Bowdoinham, some of the hives came with him. As a youngster, I remember watching him as he tended his swarms, on his knees, no special cover except a knitted cap. He would calmly hum some unknown tune, bees crawling all over him.

"Bee's won't sting you unless you

threaten them," he'd say, blowing a little smoke into a hive. "We have to protect the little creatures."

So it was a turn of a family wheel when my master gardener son Miles and I went to a weekend class on beekeeping last spring at Wiscasset's Morris Farm. It was a glowing event. A room filled with hope-filled novices and a sprinkling of bee-savvy veterans chatting back and forth, led by a lady named Christine who has known bees on a first name basis for years. There were movies, static displays, hives on exhibit. We took hives apart and reassembled them. We talked about diseases, maladies, and problems.

The BEEwilderness was gone, we were ready to go.

When we called two places to order bees, we were told most folks order in the winter, and were placed on a waiting list. Time ticked on, we worried, we wondered and waited, and finally, the call came. A friend and master keeping

in Bowdoinham had an extra swarm of Italian bees, fresh from Georgia.

"They have been in my truck for three days," he said. "You need to come get them now." Another friend offered me a spare hive, my spirits soared and Wayne came the next day and helped me install my one personal swarm. Wayne is a longtime supplier of honey to our family, he came dressed like a spaceman to transfer our bees, open the queen box and get us going.

"You'll have to feed them till the blossoms come," Wayne reminded me, and for the next two weeks, we brewed a sugar and water tea, delighting that the swarm was drinking a couple cups a day.

Dandelions couldn't come soon enough, but when they did, our bees were all over them. I hated to mow, and worried that I was decimating my own herd, but all seemed well. Norman took to sitting and watching the bees come and go, and Jadon and I spent several afternoons, following bees from a bloom

## Speaking Frankly

FRANK CONNORS



to their hive. I even took Silas for a visit or two, much to the chagrin of my Abbie.

It was late fall when we started to question the health of our bees. There seemed to be fewer and fewer bees in a season when there should have been lots of activity. I worried, I fretted, I finally admitted defeat. By October, we had no bees in our hive at all.

In these cold days of January, I'm laying a new plan for another year. We are ordering a new swarm and prepping for a new season. We're talking about taking another beekeeper's class, and we've made new contacts in what appears to be a very robust bee keeper's support group. I know Grampie would be pleased.

## New or renewing members — January

\*Indicates membership donation

### BRUNSWICK

- Richard Colburn\*
- Irene Dow\*
- Robert Masse\*
- Betty Masse\*
- Dana Mayo\*
- Ann Hillis\*
- Phyllis Wetherell\*
- Joann Thompson
- Middy Thomas
- Louise Owens
- Roland Melcher
- Joan Melcher

- Margaret Hutchins
- John Hutchins
- Ann M. Goffin
- Rosanna Chute
- Florence T. Carman

- Frank H. Carman
- Evelyn Bryant
- Anne Merrifield
- William Tracy
- Andre Menard
- Marguerite Menard
- Robert Broderick
- Sally Broderick
- Marlene Budd\*
- Richard Lancaster

### BERT BRETON

- Elizabeth Wescott
- Richard Moll
- Dorothy E. Weeks

### TOPSHAM

- Elise Horsfall\*
- Carol Mulloy\*
- Priscilla Hall
- Patricia Longworth
- Paul Karwowski

### HARPSWELL

- Dr. Toni H. Rees
- Sandy Potholm
- Maureen Anthoine-
- Orlandini\*

### OTHER TOWNS

- Ann Carter,
- Charlotte\*
- Scott Murray,
- Richmond Margaret
- Marchand,
- Delphi, Ind.
- Pamela Lambert,
- Strong
- Frances Bloxam,
- Bath
- Elizabeth "Beth"
- Carr, Woolwich
- Linda McNeff,
- Bowdoinham
- David Dorion, Bath

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# TRIAD Go-Bags at work

By **CONNIE LEWIS**

The winter emergency preparedness primer offered last month by TRIAD for People Plus members was informative and well attended.

Attendees came away with a lot of good information about how and what to have at the ready, what options are available if it becomes necessary to vacate your home because of downed power lines, for example. Some attendees were given a complete "Go-Bag" for use in such occasions.

This was the second TRIAD-initiated program held at People Plus this fall, and was certainly an appropriate topic for the coming season.

The TRIAD mission is to provide educational programs than can enhance the safety, security and general well-being of older citizens in our area.

If you would like more information, or are interested in future TRIAD-related programs, please contact TRIAD, 725-4736, or Frank Connors at People Plus, 729-0757.

## Laughter Club beginning on Jan. 23

You do not need to have a sense of humor to laugh; you do not need to be happy to laugh; and you do not need to have a reason to laugh. But it's fun if you have all three.

Starting Jan. 23, People Plus will begin a weekly Laughter Club for anyone with an open mind and the willingness to laugh.

Intended laughter is a tool, rather than an emotion, for the purpose of improving health, increasing a sense of well-being, and promoting peace through personal transformation.

There are some physical benefits of laughter, including:

- Increased lung capacity, thus enhancing oxygen supply to the body
  - Removal of some of the negative effects of stress by lowering cortisol levels.
  - Boosting the immune system by raising immunoglobulin A levels.
  - Providing an internal massage for digestive tract and enhancing blood supply to internal organs.
  - Helping lower blood pressure.
  - Boosting serotonin levels, which aid in reducing depression and anxiety.
- Among its emotional benefits. laughter:

- Encourages us to live in the moment.
  - Helps to diffuse painful emotions such as fear, anger and boredom.
  - Aids in gaining perspective in life situations.
  - Helps to develop a sense of joyfulness, playfulness and connection to the world.
- Two certified laughter group leaders will lead easy exercises to help participants laugh away the winter.
- No special equipment or clothes or physical prowess needed.

Information about the Laughter Club movement is available at [www.laughter.org](http://www.laughter.org) and [www.officiallaughter.org](http://www.officiallaughter.org).

The club will meet Mondays from 1:15-2:15 p.m., beginning Jan. 9. The club is free for People Plus members. Nonmembers pay a \$2 facility fee.

### CLASSIFIED ADS

**Items to Sell? Services to offer?** Advertise in our Classifieds. The cost is \$10 per inch, per month, paid in advance. Call 729-0757.



Brunswick's Maine Street was awash in snow when this picture was taken by Larry Pennell in 1934. We aren't sure who the brave tourist is, but we know he is standing in front of the bank building that was once The Brunswick Savings Institution, and is now owned by Norway Savings. If you have old area pictures to share with readers of People Plus News, please contact Frank Connors at 729-0757.

## Tax aides make ready

Trained and AARP certified tax-aide specialists will be open for business at People Plus, beginning Thursday, Feb. 2, and will continue to be at your service each Tuesday and Thursday through tax day, April 15.

Preparation and review of state and federal tax returns and forms is a free service at the Center, and is sponsored jointly by the Internal Revenue Service and the AARP Foundation.

Appointments may be made at People Plus for Tuesday mornings from 8:30 a.m. until noon, or Thursday afternoons

from 1 p.m. until 5 p.m., except the third Thursday of the month, when appointments open at 2 p.m.

Persons using this free tax service should bring to their appointment a valid photo ID, Social Security numbers for themselves and any dependents, a copy of last year's (2010) tax returns, any tax-related forms or statements you have received from the Social Security Administration, any pension provider information, any bank and/or investment firm information; and finally, any receipts you might have for deductions to

which you feel you are entitled. To make your appointment at People Plus call the information-help desk at 729-0757.

This service is also available at the Curtis Memorial Library, Brunswick, the Topsham Public Library and at Spectrum Generations Southern Midcoast Community Center in Topsham.

### WELCOME 2012!

The staff at the People Plus Center wish you all a happy and healthy new year.

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\*[www.Medicare.gov](http://www.Medicare.gov), Medicare's 2012 Plan Quality and Performance Ratings.

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