

GOAL IS \$50,000

Annual campaign off to fast start

More than 1,000 letters have been sent to members, businesses and friends of the People Plus Center, opening the six-month effort to raise at least \$50,000 before the end of the fiscal year.

Executive Director Stacy V. Frizzle said, "once again, Richard and Eleanor Morrell have put forth a wonderful \$5,000 challenge matching grant on behalf of the Center," matching new or increased donations up to

that amount.

"It gets us off to an amazing start," Frizzle said.

"The annual campaign is a critical component of the People Plus budget," Frizzle explained. "With nearly 1,300 members and over 35,000 people using our community center last year, People Plus is becoming a greater and more substantial provider of services" to the greater Brunswick community.

If you did not get an appeal letter, you may check our website, www.peopleplusmaine.org, for a link to our annual appeal letter, authored this year by former board treasurer Charles Frizzle, who was a former president and CEO of Maine Yankee. You'll also find a testimonial quote from longtime member and former trustee Richard Brautigam.

The campaign ends on June 30, 2015.



'I've fallen and I CAN get up!'

Christine Levesque of Head to Toe Physical Therapy visits People Plus on Thursday, Dec. 4, at 1 p.m., for an informative presentation/demonstration on how to safely get up off the floor after a fall.

She will cover the risk factors of falling and will give demonstrations and strategies on multiple methods for standing following a fall. She will offer advice to build confidence in your ability to stand up safely, and show simple exercises to reduce the risk of falling.

This program is free and open to the public, but registration is appreciated. Call 729-0757.

'Ho, ho, ho, Christmas classic'

Join us on Monday Dec. 15, at 1 p.m., for a fun and festive presentation with the Center State Players, titled "It's a Ho, Ho, Ho Christmas Classic." It will include versions of "Twas the Night Before Christmas," a carol from "Wind in the Willows" and "King John's Christmas."

There will be music, stories and fun as the players sing their way into the holiday mood. To open the event, we'll have a special presentation honoring the career of long-serving board member of Jeanne d'Arc Mayo.

Afterwards there will be a holiday reception for members and friends of the Center featuring holiday music, cookies, punch, candy and other goodies. Be sure to wear your festive attire. Come for the show and stay to mingle with your friends.

HOLIDAY CHEERS

People Plus members Rudi Smith and Shirley Davis enjoyed the Center's Thanksgiving luncheon last month and donned Santa hats in anticipation of the coming season.

A Christmas gift from

Write On!

The People Plus writers

Special pull-out section inside



AUTHORS' CHAT:

Blue Lights & funny cider

Two former enforcers of Maine law are offering an unforgettable "Chat" at the Center on Thursday, Dec. 11, beginning at 1 p.m.

John Ford, Maine humorist, author and former game warden, and Mark Nickerson, retired Maine State trooper, offer a combined program that is unforgettable and often raucous.

The two have published books to mark their careers, and promise to pack the People Plus Center.

Yes, they offer proof of a booze-loving bear riding in a state police sidecar! Both will read from their books: "Blue Lights in the Night" and "Suddenly the cider doesn't taste so good!"

Signed books will be for sale, just in time for Christmas. The presentation is free and open to the public, but pre-registration is required. We expect a crowd so don't delay! Call 729-0757 today.



People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick/Topsham/Harpswell 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:

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• SAND BUCKETS FOR SENIORS.
If you are a senior citizen living alone, police may be able to deliver a bucket of sand for your steps and walkways. Contact your local police department or People Plus for details.

Much to be thankful for

Feeding more than 100 people an incredibly delicious lunch at the Center today of turkey, stuffing, gravy, turnips, potatoes and all the fixings that come with a traditional Thanksgiving dinner is no easy feat.

Yet continuously our volunteer crew pulls it off without a hitch. I don't know how to thank them all enough or repay them for their generosity of time and enthusiasm. (Ralph, Madeleine, Gladys, Rosie, Lorraine, Beth, and all the others.)

As we go into this week of Thanksgiving, besides my family I am most thankful for my job at People Plus. It is an incredibly rewarding place to work as our efforts translate into aid, support and well-being for our senior and teen communities.

We all know there are people in our world who don't have as much as we do

(even if we think we don't have enough). It's time to dig deep and give what we can back to those who are lacking. If you're alone this holiday consider volunteering at the Mid Coast Hospital Thanksgiving dinner or the church next door to the Center.

Our coats for seniors box is overflowing and our wheelbarrow with food for Mid Coast Hunger Prevention Program has been emptied and filled at least half a dozen times. I'm proud of the staff at People Plus, I'm proud of the volunteers at People Plus and I'm mostly proud of the work that we do all together here.

Members supporting each other, seniors supporting the teenagers, our older teens coming back to clean the Center, it's the circle of life and we are living it at People Plus.

As we, like so many other nonprofits in our community, launch our annual

From the Executive Director

STACY V. FRIZZLE



fund campaign. I hope you will also consider supporting this lovely community that we have at People Plus. Your contribution (no matter the size), goes toward a big bucket of support. We are hopeful to raise \$50,000 again this year. We already have a starter of \$5,000 and another pledge of \$5,000 from Eleanor and Richard Morrill. So we've only got \$40,000 left to raise.

It's a fabulous way to start the campaign and I'm incredibly appreciative to all of you who have generously donated already or are yet to do so.

Happy Thanksgiving and Christmas folks from all of us at the Center That Builds Community.

From Anita's Plate

ANITA HUEY



'Plan' to enjoy the holidays, without the weight gain

Once again it is time to say "the holidays are here."

The holidays offer us a time to enjoy time with our family and friends. It is a time to make memories and traditions. All too often, though, comes added weight.

If a person gains five pounds over the holidays, that is like carrying around five pounds of flour. That would become a burden very quickly. I suggest that people have a plan for the holidays, to avoid this from happening.

Take a moment to reflect on your past

Healthy Gravy

Ingredients:

- 3 cups low sodium broth
- 1 medium carrots, diced
- 2 stalks of celery, diced
- 1 onion, diced
- 1 cup mushrooms, sliced

Procedure:

1. In a medium saucepan combine all ingredients. Bring to a boil, reduce heat and simmer until vegetables

are tender. Remove vegetables and puree until smooth. Add just enough broth to make it the consistency of gravy.

Nutrition (serves 6): calorie and fat free, 90 mg sodium

Note: I made this up ahead of time and brought it with me as we traveled to New York for Thanksgiving. Enjoy!

holidays and get an idea of where you could make a plan. Growing up, my mother would always make four to five types of cookies and the Chex mix in an endless bowl. I choose to make only one type of cookie (actually I have my husband do this) and I do not make the Chex mix. This is a simple way of saving calories and fat.

Last week I had a client ask what type of appetizer they should bring to a holiday party. I suggested mini egg and vegetable muffins that you dip in salsa. The eggs are a great source of protein that

will help fill you up without all the high fat dips and cheeses.

There are so many ways of modifying our choices to decrease calories without affecting your holiday fun. People love their desserts but they may be one of the most calorie-laden items.

Try something different this year. Place two wonton wrappers in a muffin tin. Add apple pie filling and bake. Not only is it healthier but it is easier to make. Also, see my recipe this month for a healthy gravy. It is delicious.

Take the challenge to make your holidays a bit healthier this year without any weight gain. You can do it!

Finally, the Diabetes Prevention Program continues to grow and I am pleased to say that the next program will start on Thursday, Jan. 22.

If you have been told that you have prediabetes or are at risk for diabetes, then give me a call to find out more details about this program. You will be glad you did.

I can be reached at 504-6439 or info@www.nutritionforeveryday.com.

STORM POLICY

When Brunswick schools are closed due to weather, all People Plus programs, classes and activities are canceled for that day. The Center may remain open for business, unless conditions warrant a complete closure. Check our website or local media for more information.

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It's not too late to get your flu shot.

Season's Greetings

from "WRITE ON!"
The People Plus Writers

Candlemas

By ROSE MARIE MAIER

To be in the exact middle of the seasons on this amazing day, is to be in the middle of a quiet stillness filled with the lush and ever intensifying power of the winter sun.

I was held by the miraculous beauty of the moon several nights ago, and this morning by the deep and serene and sleeping might of the river: Pure white peaks of ice surrounded by the reflected golden light from the sun.

The sky, the most powerful and comforting blue, beckoning the soul to soar off into its glory to be held by and to be able to be an observer of all the fullness of the universe and to have the wondrous light fill my spirit to an overflowing and thirst quenching, life-giving fulfillment.

Wishing you peace and love during this holy season, and throughout the New Year:

His Birthday

By BONNIE WHEELER

Goodwill to all
Celebrate the news
Shepherds and Kings led the way
To a Jerusalem Baby's birthday

Cold

By BETTY KING

Rhododendron leaves
tell me how to dress.
Rolled up tight means
hat, scarf, gloves;
Relaxed and open means
my defenses can come down.
Clouds, too, inform me,
scouting across the sky or
Blown out into long banners,
they mean — a trench coat,
or at least a sweater and
wind breaker.

This is a battle of wits
in which I need to watch for clues
and pick up my cues.
If I can laugh at my mistakes,
All these small victories are,
as always, sweeter.

Christmas Program

By BONNIE WHEELER

Silent Night playing
Candles glowing bright
Children's choir singing
What a glorious night

Free Gift

By BONNIE WHEELER

He came to save us
His gift was free
Forgiveness is more important
Than presents under a tree

Winter Memories of Melrose, Mass.

By BOB DOW

Just now I heard on the news that we are getting snow on November first. A bit early I thought, but it brought to mind my childhood winters. When I was a child, a long time ago, it seems the snow banks were a lot higher than they are today. My best friend, Harold, who lived across the street, and I would build really big snow forts.

My brother, who was four years younger, was sometimes allowed to help. We had snowball fights. Harold and I had fun fights with the kids in the neighborhood. We also liked to slide, but as we lived on a very busy street, we had to go to side streets that were safe for coasting. A park in Melrose called Mount Hood had some nice hills for skiing. It was a pretty long walk; we needed transportation to get there. Because of gas rationing, that did not happen often.

We walked a lot! We walked to school. No matter what the weather! The best time was when the fire whistle blew. That meant, "No School!" So let it snow! I am retired. No more school. Let it snow!

A Christmas Story

(after Philip Yancey)

By BETTY KING

In ancient days God lived with us like any parent, teaching, leading, admonishing, rewarding, punishing. Like teenagers we sulked and disobeyed, grumbled, made faces and complained. Manna, though free for the taking, was boring — and what's the glory in conquering, with God behind us in heavenly fire and floods and thunderbolts?

This wasn't working, so God tried the most contrary tack — gifted himself to us in the most vulnerable creature on the planet, and the easiest to love. The king put out a contract on him when he was just a few days old. Born a refugee, you might say, the gold and frankincense and myrrh just so much excess baggage for the road.

He obeyed mortal parents, so they say, and when he found his public voice, it wasn't to scold or threaten. He told us plainly never to fear: angels are also at our side. Made himself powerless on behalf of the powerless. Doing no harm except to astound the powerful, totally misunderstood by those who loved him best. They could not save him from a fate he chose himself, and for their sake.

How fair was that? And yet we say "God is unfair"? What do we know of "fair"? We also choose our fates by every daily choice. We are lonely; so was he. We are tempted, insulted, frustrated, cold, in pain — tortured and killed. He shared all of that, and, very near the end, even, for a moment, lost that sense of mission which carried him so far. How to come closer to us than that? On Christmas Eve, we put aside our grievances with God, and for a sparkling moment understand how gracious and mysterious is that love.

Winter

By BONNIE WHEELER

Winter has arrived
Close the windows and door
Sit by the warm fire
Then fall asleep and snore

The Spell of Christmas

By P.K. ALLEN

C is for CHRISTMAS TREE, all lit up at night
H is for HAPPINESS, brought on by such a sight
R is for REINDEER, harnessed and ready to leave
I is for ICICLES, hanging from the eave
S is for SANTA, all dressed for the flight
T is for TOYS, that he'll deliver tonight
M is for MANGER, as peaceful as can be
A is for ANGEL, placed atop of the tree, and
S is for SAVIOR, who saved both you and me

The Stable Boy

By VINCE McDERMOTT

What a time. I have never seen this town so crowded. People have been coming from all over. I work for the innkeeper, in his stable. I have been very busy, tending to the animals and helping out around the inn, but I can keep an eye on what is going on.

The innkeeper cannot believe his good fortune. He has filled his rooms and has put visitors into his own home and even into the houses of relatives. I have seen him smile for the first time in ages, thinking of all the coins he is gathering in. This is usually a slow time of the year. So he was probably in a good mood when the couple arrived.

The man and woman looked very tired. The woman is with child. It looks like the birth could happen at any time. They really needed a place to stay. All the owner could do was offer them a place in the stable. They were lucky to get that. I don't mind. It gets lonely out here. They seem like very nice people. But, after being around them for a while, I just have the feeling that something tremendous is going to happen — and soon.

The Christmas Tree

By BETH COMPTON

It's time to get the tree, mom and dad! The kids go out and find the perfect tree. They put it on top of the car and tie it down. When they get home, they take it inside, and put it in the tree stand, in the living room, where they let it warm up. They decorate it with their special decorations, their mother mad hot chocolate for the kids, and they put marshmallows on top. They sang Christmas songs 'til they were too tired to move.

The Best Gift of All

By NANCY SOHL

Once upon a time, deep in the snowy woods, stood a very sad pine tree. Now this pine tree wasn't always sad. Most of the year it loved this quiet spot in the woods, but it was winter again and the short cold days meant just one thing — Christmas was coming.



Christmas was a sad time for the little tree because it meant that once again he would be left standing in the cold instead of standing proudly in the window of a nice warm house decorated with beautiful ornaments and topped with a star. The birds had told him stories of the Christmas trees they had seen, but the little pine tree was just too far from town. No one would ever find him here. It would be another sad and lonely Christmas.

Now the little pine tree had many friends in the forest. He was loved by the birds that lived in his branches and the forest creatures that he sheltered from the wind and snow. They hated to see him so sad. So that Christmas Eve night, while the rest of the world slept, the forest animals worked hard to make this Christmas very special for their friend.

The birds gathered berries and pine cones to scatter on the branches of the little pine tree. The deer dipped vines in the pond so they would freeze and sparkle in the moonlight. They draped these icy garlands over his branches. A shooting star completed the effect.

That Christmas morning the little pine tree stood tall and proud, for his friends had transformed him. Thanks to their gifts, he was truly a Christmas tree. He was beautiful because he was loved, and love is the best gift of all.

DECEMBER 2014 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM Loosen Up! 9:00 AM Mah-Jongg 9:00 AM Crafters 10:00 AM Table Tennis 10:00 AM Apple Club 12:00 PM Bridge	9:00 AM Table Tennis 9:00 AM Computer Tutor 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Pilates Lite 1:00 PM Quilting Club 4:00 PM School of Dance	8:45 AM Intr. Cribbage 9:00 AM Mah-Jongg 9:00 AM Art I 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:30 PM School of Dance	8:30 AM WOMEN'S BREAKFAST 9:00 AM Meditation and Mindfulness 9:00 AM Table Tennis 10:00 AM Art II 1:00 PM I've Fallen and I CAN get up! 6:00 PM Fdg. line dancing 7:15 PM Adv. line dancing	9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Qi Gong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge 10:00 AM Brunswick School of Dance
9:00 AM Loosen Up! 9:00 AM Crafters 9:00 AM Mah-Jongg 10:00 AM Table Tennis 12:00 PM Bridge	9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM LUNCH OUT 12:00 PM Pilates Lite 12:30 PM Medicare Intro 2:00 PM Gunman Club 4:00 PM School of Dance 4:30 PM TCAC meeting	8:45 AM Intr. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Prevent Diabetes 4:30 PM School of Dance	8:00 AM MEN'S BREAKFAST 9:00 AM Table Tennis 9:00 AM Meditation and Mindfulness 10:00 AM Art II 1:00 PM Author's Chat 6:00 PM Fdg. line dancing 7:15 PM Adv. line dancing	9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Qi Gong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge 10:00 AM Brunswick School of Dance
9:00 AM Loosen Up! 9:00 AM Crafters 9:00 AM Mah-Jongg 10:00 AM Table Tennis 12:00 PM Bridge 1:00 PM Member Holiday Reception/Center Stage 6:30 PM Civil War Book Club	9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Pilates Lite 1:00 PM Quilting Club 4:00 PM School of Dance	8:45 AM Intr. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Prevent Diabetes 4:30 PM School of Dance	9:00 AM Meditation and Mindfulness 10:00 AM Art II 10:30 AM Hearing clinic 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 6:00 PM Fdg. line dancing 7:15 PM Adv. line dancing	9:00 AM Loosen Up! 9:00 AM Mah-Jongg 9:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Qi Gong 6:30 PM Folk Dance Brunswick	10:00 AM Brunswick School of Dance 10:00 AM Bridge
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9:00 AM Mah-Jongg 9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Table Tennis 12:00 PM Bridge	9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Pilates Lite 1:00 PM Quilting Club 4:00 PM School of Dance	<div style="text-align: center;">  <p>31 JAN. 1</p> <p>Closed for New Year's Eve & New Year's Day</p> </div>	<div style="text-align: center;"> <p>PEOPLE PLUS NEWS & VIEWS</p> <p>FRANK KENNORS & STACY FRIZZLE chat about the holidays</p> </div>	Viewed weekly on Cable Channel 3, Brunswick Community TV MONDAY AFTERNOON..... 4 PM WEDNESDAY MORNING..... 7 AM SUNDAY EVENING..... 9 PM And on Harpswell Community TV viewed online, anytime: http://vimeo.com/harpswelltv	10:00 AM Brunswick School of Dance 10:00 AM Bridge

Retired teachers to meet for Christmas breakfast

The Mid-Coast Retired Educators Association will hold its annual Christmas breakfast at the Harpswell Inn on Tuesday, Dec. 9, at 9 a.m.

A buffet breakfast will be followed by an Ugly Yankee Swap — the uglier the better as this is meant for fun and laughter. The gift is wrapped or bagged and need not be something new.

Sometimes gifts come back year after

year and those that are truly unique become quite a memory.

The high school scholarship FUNDRAISER for the morning will be a bake sale. This helps provide three \$750 scholarships to a graduating senior at Brunswick, Mt. Ararat and Morse high schools who will be entering the field of education.

The association is open to all retired educators who live in the area — they need

not have been an educator in Maine. Seven meetings are held each year with invitations

tion shared on what is happening throughout the state for retired educators.

For reservations or further information, please contact Corley Anne Byras, president, at 966-3922.

All processes take time

In the time it takes you to read this ad, you will breath in and out approximately 50 times, your heart will beat hundreds of times, your body will create tens of thousands of new cells and break down an equal or greater number of cells that are at their end stage of usefulness for health.

On the same token, your nervous system is reading your environment to maintain and regulate your temperature, maintain your posture, read and understand the content of the article and creating short-term and long-term ideas that will become a critical part of your world view.

Think that is amazing! Consider this, every second of your life, your nervous system processes, organizes, reacts and adapts to 300 million or more different pieces of information and does so with amazing success.

As fast as the nervous system processes and adapts to our external environment and the speed at which it is capable of regulating our internal environment, it is easy to forget that the current state of our adaptability started approximately 9 months before we are born and it has been getting better and/or worse continuously every moment of every day you have been in existence! Your nervous system is literally an ever-learning, fluid entity that creates and recreates its function minute to minute but as a whole throughout a lifetime.

True health and a highly functioning nervous system is the sum total of all your decisions, actions, attitudes, ideas, habits and lifestyle choices.

As from the moment you were conceived, wherever you cannot change your history, you can change your future. You can become more conscious and have complete control over the aspects of your life that most affect your health.

Dr. Jeffrey S. Slocum

A short list of the critical components include, but are not limited to, becoming more selective of your environment (internal and external), your body (your daily habits of exercise, posture and flexibility), your diet (when, what and how much you eat), and your thoughts (stay positive and choose hope, love and gratitude).

As a chiropractor I cannot tell you how important conscious lifestyle choices are when it comes to living to our full potential! The people I see daily in my office have made a conscious choice to become healthy, to get stronger, to honor their physical body, to free their nervous system from stress, and live each day as the first day of the rest of their lives; an amazingly powerful position that leads to celebration and freedom.

The choice to honor the relationship of our spinal health to our total health allows chiropractic consumers the opportunity to thrive in a world where most only survive.

You have TIME. Use it wisely.

Dr. Jeffrey S. Slocum

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Also at the Center in December

People Plus Center offers many popular programs throughout the month. Participants should call to register for classes and events at 729-0757.

Check the Calendar on page 5 for dates and times of all programs.

Computer Tutor – Jack's Back!

Jack Hudson returns to teach a class in December on Online Shopping! Computer Tutor class participants should have a basic knowledge of computers and may bring their laptops, or other devices (tablets, phones, etc). These classes are free and open only to People Plus members.

There is a maximum of 12 people per class (only six computers are available onsite). Registration is required.

Welcome to Medicare with Spectrum Generations

This session is designed to provide you with knowledge about Medicare and its many "Parts" so that you can make an informed decision about health care coverage. This class is held the second Tuesday of each month from 12:30-2 p.m. Free and open to the public. Registration is required.



1,000 & 1,000

The 1,000 pieces and 1,000 pounds food drive from People Plus to benefit Mid Coast Hunger Prevention Program is right on track to meet its goal by year's end. Days before Thanksgiving the drive was just under the halfway mark with 38 days to go.



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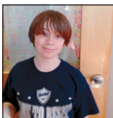
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Teen of the month: ANTHONY MERRITT

Anthony is a seventh grader at Brunswick Junior High School and this is his second year attending the Teen Center program. Anthony is one of the kids who is often so quiet and absorbed in whatever he is doing. I almost forget he is there sometimes. Anthony is very sweet, gets along with everyone. I never ever have to "speak" to him about anything he has done or said and he is one of our members who is just a pleasure to have coming to the program.

Anthony says he likes coming to the Center to be with friends and his favorite music group is 3 Day Grace. Anthony will receive two tickets to Regal Cinema as a reward. Congratulations Anthony!



Teen Center Wish List

This holiday season the teens are hoping to acquire a new Xbox 360 Kinect system. We are asking for gift cards to Amazon or donations toward the Xbox and hoping for the best!

Other items we could use are:

- Chap Stick
- Lysol wipes
- Origami paper
- Pads of varied prints-scrubbook paper
- New pool stickers (cues) graphite ones preferred
- Over the ear headphones (not the earbud ones) found at Big Lots for under \$10
- Small inexpensive 4x6 photo albums (vinyl ones like they make the pocket calendars out of are good) so kids can put their pics in them
- Picture frames (used are fine) for 4x6, 5x7 and a few 8x10 sizes to display more photos and art the teens are doing
- A few pairs of inexpensive stretchy gloves to have on hand

Our Goal: Keeping You Well!

WE ARE COMMITTED TO HELPING YOU STAY WELL AND HEALTHY. The best way to do this is to have a primary care physician who will provide regular checkups. This way, problems can be caught early and treated, preventing them from becoming chronic concerns and avoiding far more expensive hospital care.

We invite you to call the adult or pediatric primary care office that is right for your family's needs. Their addresses and phone numbers are listed below.

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Books, prints or cards for Christmas?

Buying your holiday gifts from People Plus is a great way to offer friends and family a unique gift, and at the same time, with the same investment, help your Center. We still have four of five of our Holiday Heritage prints in abundance, plus a unique collection of cards, cups and books that will make your Christmas gift one to remember.

Numbered and artist signed prints have been part of the Christmas scene at People Plus since 2002, when the Center offered 250 copies of Jack Doepff's,

"Last Christmas at Gurnet." That sale was followed by "Chutting the Androscoquin," "High Noon, High Tide," and "Fall at Topsham Fair," by Woodwich muralist John Gable, and "Holiday at Merymeeting Park," by Bev Bevilacqua. Boarded and wrapped copies of the last four prints are available at the Center for \$55.

We have a few framed editions on which we'd be happy to give you a quote. We also have a pretty good selection of Christmas cards, based on our prints, selling for \$1.50 each or 12 for \$15, and we have a few mugs left, selling for \$10. Come see Betsy and hope for a deal!

Copies of the latest Write On! book, "Times and Seasons" are available for only \$14.95, and last year's "run away best seller," "Speaking Frankly" is still available for \$16.95. You can purchase both books for only \$25, and remember, 100 percent of your purchase price benefits the Center!



Lunch & Connections

Hams & Yams & holiday cookies

Roasted ham, smothered in Madeleine's magnificent raisin sauce and dropped beside your choice of Maine mashed potatoes or sweet potatoes will be our Lunch & Connections holiday feature on Thursday, Dec. 18, opening at 11:30 a.m.

The menu includes peas and carrots, a garnish of Frank's famous applesauce and deep-dish spinach casserole to share with our vegetarian friends. Dessert, if you have room, will be holiday sugar cookies, in a bowl with rainbow sherbet.

There will be a fresh, lightly-dressed green garden salad for everyone, and the featured drinks will be coffee, local apple cider, teas and fresh milk. Our

fresh, nutritious bread always comes from Brunswick's Wild Oats Bakery.

These monthly Lunch & Connections meals are underwritten by Spectrum Generations, and are planned to focus on nutrition, information and variety. A CHANS home-health care professional is always on hand in the cafe area to offer and record a free blood pressure check, and new this month, Mary Marino of Mary's Affordable Hearing Aids will offer free hearing screenings.

Come early and pick up your 50/50 raffle ticket and register for one of our free door prizes.

Reservations for seating are required, and obtained by calling Pat at the front desk, 729-0757, after Dec. 1.

Lunch is served at noon.



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December 2014

Marci's Medicare Answers

We have a rapidly aging population, and a Medicare program that has become increasingly complex. Now more than ever, people need answers to their questions about health care benefits, rights and options. Through Marci's Medicare Answers—a free, nationally syndicated column from The Medicare Rights Center—we're working to provide accurate, timely and helpful information on Medicare. Each month we will include on our website a Marci's Medicare Answers section. Hope you find this helpful and interesting.

Dear Marci,

I was told that I would no longer qualify for Extra Help this year. What are some other ways that can help me save on my prescription drug costs?

—Parsha

Dear Parsha,

If you received a notice from the Social Security Administration (SSA) saying that you would no longer qualify for Extra Help, the federal drug assistance program that helps people afford their prescription drugs, know that there may be other ways to save on your drug costs. Contact your State Health Insurance Assistance Program (SHIP) to check whether there is a State Pharmaceutical Assistance Program (SPAP) available in your state. These programs may be able to help you pay for your Medicare prescription drug costs. However, keep in mind that not all states have an SPAP. In addition, eligibility rules and program benefits vary by state. Contact your State Health Insurance Assistance Program to ask about existing SPAPs in your state by going online and visiting www.shiptalk.org.

You may also want to take a look at drug manufacturer assistance programs called Patient Assistance Programs (PAPs). These programs vary depending on what type of prescription drug you need. Note that not all drugs have related PAPs. In addition, each PAP varies and may have different eligibility rules and program benefits. To learn more about different PAPs, you can go online and visit www.needymeds.org or www.rxassist.org.

—Marci

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. This information is republished with permission from the Medicare Rights Center. For more info visit www.medicarerights.org.

Enjoy the Holiday's Again with Help from a Holiday Elf!



Bridges Home Care is once again offering its Holiday Elf Program to help make the holiday season a little easier. A Holiday Elf is a bonded, certified home care employee who can be hired to assist with your holiday preparations.

Our "elfs" can be hired to decorate for the holidays (and remove & store away after the season), bake your favorite family recipes, do your holiday shopping and wrapping, send out your greeting cards, and provide

transportation to holiday events, such as viewing Christmas lights, tree lighting ceremonies and holiday parades.

For more information, call Bridges Home Care, a division of Spectrum Generations at 623-0761.

Health Insurance Marketplace Open Enrollment 2015

Health Insurance Marketplace offers easier tools to review plan options

Health Insurance Marketplace Open Enrollment is from November 15, 2014 through February 15, 2015. All consumers shopping for health insurance coverage for 2015 through the Health Insurance Marketplace — even those who currently have coverage through the Marketplace — should enroll or re-enroll between during open enrollment in order to have coverage effective on Jan. 1, 2015.

This year there are even more plans on the market than last year.

Visit HealthCare.gov to review and compare health plan options and find out if you are eligible for financial assistance, which can help pay monthly premiums and reduce out-of-pocket costs when receiving services. Consumers can find local help at Localhelp.healthcare.gov or call the Federally-facilitated Marketplace Call Center at 1-800-318-2596. TTY users should call 1-855- 899-4325. Translation services are available. To preview plans in your area this week, visit: <https://www.healthcare.gov/see-plans/>

Take the Stress out of your holidays



Let Cohen on the Meadows Catering Service take the stress out of your holiday by making a variety of Traditional Home-Style Pies, Freshly Baked Dinner Rolls and Breads.

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- Walnut Bread
- Yeast Dinner Rolls

Contact Shannon at 207-607-4406 for order form. Orders must be received by December 19th.

PROUD TO PARTNER WITH PEOPLE PLUS

Cory House on Whitney Hill

By CHARLOTTE HART

Let's walk this cold December night on moonlit glistening snow.
Let's climb up Whitney Road where we once loved to go.
To the Cory farm! The Cory boys used to say,
"You all come to the farm; we'll coast the hills today!
We have sleds to loan and skis for a long fast run,
Then hot chocolate in the game room after outdoor fun."
For long years now, that farm alone on the hill has stood.
Empty. Silent. The fields are gone, overgrown by creeping wood.
Mysterious Cory tragedy* hit the village with terrible shock.
For years, in that great old showplace, nary a soul would walk.
The walk tonight is lovely, but the house is a sight I dread.
But look! Soft light now fills the house. Look up there ahead.
Candles glow the windows. From the barn there's a steady glow.
The front door opens and here is a man with hair as white as snow.
"Welcome you folks from the village! Come see our workshop new."
He led us and opened the wide barn door to show a lovely view.
"My friends find this old farm a place of inspiration."
Four white haired gentlemen sawed and carved and sanded with concentration.
Skis and snowboards with winter design line walls — with every kind of sled.
Wooden trains, wooden boats, wooden ships and planes and wagons painted red.
Rocking horses sizes 2 to 8, baby doll cradles to rock,
Toy tractors and sleighs and wooden dolls and puppets ready to talk.
Time heals. Despair fades. We do find strength from the past.
Old houses, sad homes stage great new life for hope and joy at last.

*Allusion to "Richard Cory"
by Edwin Arlington Robinson



A Winter's Night

By ROSE MARIE MAIER

The frost formed ice crystals in my nostrils, and I could feel the prickliness of them on this intensely cold night.
Penny and I were on our late evening walk.
Not the leisurely stroll of warmer nights, she was quite purposeful, stopping to sniff only when necessary. We were quite an amusing picture, all bundled up, she in her warm, little coat and myself with gloves and scarf,
my hat pulled way down over my ears.
It was very bright, but not from a winter clear and starry night sky. I had to tilt my head all the way back to discover the reason. I could find only one shining star and above that at the apex of the heavens
was an almost full moon with only the tiniest sliver shaved off.
It was a glorious sight, for it was surrounded by a most beautiful, huge snow ring.
It was so splendid and completely formed, that I had to stand there, neck craned back and gaze in wonder at its perfect beauty.
Ah, these winter nights have such a way of reaching down and tugging the prayers of thankfulness out of the very center of my soul.
Thankfulness for the stunning beauty of the night and for the blessed warmth of my room,
so filled with the faithfulness and companionship of that little dog who insists that I
go out into the night where I can discover so much beauty

Christmastime Haiku

By PK ALLEN

A Christmas Wish
Merry Christmas all
May your New Year be
happy
And wishes come true

Christmas Morning
On Christmas morning
Presents placed under the
tree
Signed: For You and Me

A Christmas Carol
Ebenezer Scrooge
The Spirits of Christmas
Past
Present and Future

New Year's Eve
The Times Square ball
drops
People give hugs and kisses
Bands play "Auld Lang
Syne"

Holidays Approaching, Families Encroaching

By BOB DOW

With holidays now fast approaching
Starts the stream of the family encroaching.
I'm very particular about who shares my bed
So maybe that's why it's empty instead.
I'm restless and I snore
Which is hard to ignore.
Should my brother appear,
Where he'll sleep is not clear.
We'll solve it somehow.
How I don't quite know now.
Just not in my bed.
Enough said.



Prancer

By PATTY L. SPARKS

A blythe deer frolics snow
amid the soft cascading snow
as twilight draws nigh

On Christmas

BY ROSE MARIE MAYER

red
green, gold,
silver hanging lights
decorating trees, star on top,
tinsel, lists, shopping, wrapping packages
writing cards, rushing, baking cookies, singing, laughter,
friends, family gathering, cheer, ice, candies, kitchen perfume,
egg nog, aromas, biting ice, snow, full moon, carols, aromas, candles,
creches, thankfulness,
hopefulness
happiness
peace
love
joy

Christmas in Germany

BY RUTH FOEHRING

Christmas in Germany holds special memories of a bitter cold winter, a black coal stove that had to be fed constantly with coal wrapped in newspaper, and my son's first Christmas. We were so far away from loving grandparents, aunts and uncles, friends, and familiar sights.

I arrived in Karlsruhe in October with a 3-month-old baby to find a new life style, a strange language and the realization that I had the biggest responsibility of my life and had to cope, bend and learn quickly.

My first break was finding the right apartment, in a nice building. There were four floors in this narrow brick building with two apartments on each floor. The next miracle was to meet the German couple, and their young son, who were to become our next door neighbors and dearest friends. They saw a young woman, felt her need for a safe harbor, and gave us the love and kindness we so needed. These people remained our dearest friends until they died just a few years ago. We learned the secrets of living well, where language and customs were learned with few difficulties and a young American family felt only kindness and acceptance.

That cold Christmas was probably the coldest on record in Europe. We knew we wanted to celebrate Christmas but planning led to costs and the problem of how to accomplish it all on a tiny budget. A tree, ornaments, some German delicacies, and inexpensive gifts were all on that list.

But then another miracle occurred! Our spare cold bedroom had a gold mine in the form of empty beer bottles. There were hundreds of them and all nicely left by the former tenants. Each bottle was so pretty. They had ceramic tops with metal hinges and rubber gaskets. They could be used over and over again. Each was worth 10 pfennigs and at that time 10 of them equaled one mark. Christmas was looking up!

My husband brought them all back and returned with a small tree, a cast iron tree stand, two boxes of ornaments, which contained glass birds, golden acorns, silver walnuts, and glass spheres. All super pretty and now treasured because of the memories connected to them. He even brought home a Christmas gift wrapped in pretty colored tissue paper with a ribbon tied around it. This had been given to him by a grocery shop keeper where he had bought some delicious German food.

We spent a cozy Christmas Eve with our neighbors, drank German wine and munched on huge pretzels. Later there was delicious strudel and tea and coffee.

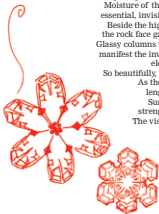
It snowed on Christmas Day and we went to Saint Bernhardt's Church. They had a full brass band in the choir loft with 20 to 30 musicians. They played Christmas carols all through the service. We sang the carols in English while the German words floated and blended with ours and the time spent there felt enchanting and magical.

So every Christmas that special Christmas is renewed and we relive the memories of golden acorns and silver walnuts, colored tissue paper, coal wrapped in newspaper and the memories of friends who made that Christmas so special.

Becoming Invisible

BY BETTY KING

A crystal of ice,
fragile, ephemeral —
Moisture of the soil,
essential, invisible —
Beside the highway
the rock face gathers
Glassy columns which
manifest the invisible
element
So beautifully, in ice.
As the days
lengthen,
Sun rays
strengthen.
The vision is gone.



Snowfall

BY ELIZABETH B. BATES

Just such a day as this I spent when I was young,
and watched the drifting snowflakes hit the ground
and mold the stones and gullies to their taste.
But then, I watched with glee, and soon flew out
to snatch the rusted sled from its old place
and fling myself upon it down the hill.
Now, I sit and feel no eagerness in me
to bundle up and lose myself in drifts on frosty
slopes,
and come up, cheek-red, foggy-breathed, but
laughing still.
The pattern is the same, but I have
changed.

I only watch the snowflakes fall
and think of
Spring.

New Wonderland

BY PATTY L. SPARKS

Take a winter walk
down a familiar old path
dusted with fresh snow

An early
Christmas
Gift



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WRITE ON!



Senior Intermediate Cribbage

Oct. 29: Henry A. Higgins, 722; Gaby LaRoche, 709; Colleen Petrin, 704; Robert Frost, 702; Dick Leavitt and Mike Linkovich (tie), 699.

Nov. 5: Robert Frost, 702; Robert Melihom, 701; Anita Owens, 698; Bob Foehting, 691; Leah Nelson, 690.

Nov. 12: Joe Toney, 705; Robert Melihom and Patricia Johnson (tie), 699; Colleen Petrin, 696.

Nov. 19: Nancy Laffey, 718; Mike Linkovich, 710; Lorraine LaRoche and Anita Owens (tie), 704.

Monday-Saturday Bridge

Oct. 18: Bill Washington, 5,930; Lorraine LaRoche, 5,860; Gladys Totten, 5,320; Richard Totten, 4,530.

Oct. 20: John Rich, 5,480; Lorraine LaRoche, 5,180; Art Trefry, 5,110; Sue Shanahan, 4,500; Anne Bratigam, 4,160.

Oct. 25: John Rich, 5,080; Richard Totten, 4,520; Marion Schneider, 3,820; Martha Gushing, 3,810.

Oct. 27: Tom Alley, 5,100; Bob Cressley, 4,700; David Bracy and Tony Monaco (tie), 4,160.

Nov. 1: David Bracy, 4,560; Lorraine LaRoche, 4,070; Gladys Totten, 4,060.

Nov. 4: Ann Swanson, 4,520; Gladys Totten, 4,150; Mary O'Connell, 3,900; Terry Law, 3,480; Alan Rieder, 3,410.

Nov. 8: Bill Buermeyer, 5,610; Bill Washington, 5,360; Sherry Watson, 5,180; John Rich, 3,260.

Nov. 10: Jeff Lauder, 4,100; Gladys Totten, 3,920; Paul Betti, 3,700; Kay Bagwell, 3,120; Ann Swanson, 3,090.

Nov. 15: Donna Burch, 4,450; Fran Lee, 4,350; Mary O'Connell, 4,200.

Christmas tree treats to eat

Edible Christmas tree decorations. Really? REALLY?!

Ify there is Bowdoinham, it was a thin year when we didn't make a garland or three, or a decoration or two, from apples, nuts, popcorn, cookies or something else marginally edible, and then go dangle it off our Christmas tree. It gives a whole new meaning, and joy, to that sad but inevitable day that the tree gets pulled down, (always Jan. 2 in our house) and it gives me an excuse when someone catches me loitering around the tree, trying to see where MY packages are.

My favorite treat is the simplest.

We've made dried apple garlands by the yard or the foot, twisting them among the aromatic branches, letting them hang out for that month between Thanksgiving and Christmas, only to turn them into applause for the first days of the new year. We use the same concept to produce "dancers" that get scattered all over the tree. Last week an old friend from Bowdoinham called and asked me for my apple drying recipe, so I decided it might be fun to twist both into a little holiday tale.

All you need to get started is a bag of Cortland apples, a peeler or paring knife,

Trimming the donation tree

Take a second look at our lobby Christmas tree this month and you'll notice ways you can make the year 2015 ever merrier at People Plus!

Among the decorations, you'll see our favorite elf Kathy has scattered wish list cards for items that will benefit ongoing programs.

The list includes food items for the Teen Center, a snow shovel for Frank, gift and gas cards to support VTN and the Good Morning program, and assorted items for the kitchen. Just check it out.

If you have identified a need and want to surprise staff and friends at the Center, go ahead, wrap your gift and slide it under the tree.

and a roll of that rigid, green plastic garden "wire", like the stuff that Jane uses to tie up her peonies.

It never hurts to have a grandson or two to help out ... someone has to tie the apple peels and a cookie or two. A bag of fresh cranberries is optional.

Peel the apples completely, quarter them from stem to bottom. Cut out the seeds and core. Into a bowl, working with one quarter at a time, crosscut pieces of apple. I like to call them coins, that are maybe 3/8 of an inch thick. Kids get to eat all the end pieces, that's a rule.

Take off as much thread as you want to do (two or three feet is a noble beginning) and tie a knot in one end. Get one of the 3-foot tall kids to hold the string up and down and the fun begins. The wire easily pushes through the flesh of the apple. Each one should be pierced near its center. If

Speaking Frankly

FRANK CONNORS



you want to "gussie" up the garland, put in a cranberry after every three or four apple slices, you'll be done too soon. When you're done, throw it on the tree.

Apples and berries will dry in a week or two, they both can be reconstituted and used in a pie or appearance at any time, or they can be eaten "raw" off the tree, without a moment's thought. The best reason for this project, of course, is the time spent with your kids, or grandkids, and the wonderful tradition you are building.

Washing you and yours only the best for this holiday season, and may the coming year bring you only good stuff.



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New and returning members: November

- * indicates new member
- indicates additional donation with membership

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Barbara Raymond
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Jeannine R. Valley

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With gratitude & love to all during this blessed Christmas season

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(AND SOMETIMES CHUCK)

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"Santa," a work in oil by Alvina Menard of Topsham

Student show closes successful year

People Plus art instructor Connie Bailey's students are being featured through the end of December in our Union Street Gallery, with a special addition to mark the holiday:

Nickerson, Ann Sanfatin, Al Tyrol and Connalee Bailey. There is one piece in the show produced by longtime student Nick Payson. Payson died unexpectedly on Nov. 8.

This always popular, usually personal multi-media show features more than two dozen original works by artists Beth Aldenberg, Sandra Cox, Karen Giustra, Donna Lemieux, Rich Jordan, Richard

The collected works — including "Santa," above, a work in oil by Alvina Menard of Topsham — can be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick.

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Holiday Safety

Mid Coast Senior Health Center
Ounce of Prevention Series
 Monday, Dec. 8, 11 a.m.—NOON

Holidays can pose particular safety concerns. Get tips to keep you safe now and throughout the year.

LEARN strategies and reminders for—

- safe cooking practices
- fire safety, and
- fall prevention

Join **Joshua Shean**
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 with Brunswick Fire Department

Monday, Dec. 8, 11 a.m.—NOON
 Community Room
 Mid Coast Senior Health Center
 50 Harborside Drive, Brunswick

FOR MORE INFORMATION,
 call 373-3646.

MID COAST SENIOR HEALTH CENTER
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 A Continuing Educational Series Dedicated To Your Good Health.



Playing the peg board

Cribbage is a Wednesday tradition at People Plus Center in Brunswick. As we go into the winter months, attendance for playing cards and other social activities increase and becomes more important to members. Check out the Calendar on page 5 for dates and times of all People Plus Center activities.

**MORE FROM THE
WRITE ON! WRITERS**

REVERIE

BY ROSE MARIE MATER

I am sitting in a little two hundred year old Baptist church on a wooden pew with a red velvet cushion.

It's very calm and peaceful and I feel these entering into me and becoming a part of me.

They will be a part of me forever, for I believe that once entered they belong to me to stay.

I may never call them up again as they are in this moment but if I need them they will be there for me.

How reassuring this is to me. This is how my inner strength is increased, layer by layer, experience be experience, the light grows and infuses my life with it's warm glow.

There is a framed picture on the wall of the Shepherd with his sheep.

How comforting to be here and feel safe and cared for by my own Shepherd,

to know I can call on that same caring, loving friend in all things,

joyous and sad in all of life's chaos.

The swirling, whirling winds of daily living seem to fade away

in the comfort of this little room.

Even the ticking of the clock on the wall is peaceful and the ancient hanging brass lamp,

casts a soothing golden patina on the old and well-worn wood.

I can sit here so quietly and feel my inner well filling and expanding

in the beauty of the moment.

A sense of tranquility and thankfulness washes over me

and I am totally secure in knowing that this is mine to keep

and hold close to my heart, for always,

and I turn my face to the future with a soft smile.

Blessings to all in this Holiday Season.

Freeport chorus to perform 'Gloria!'

The Greater Freeport Community Chorus will perform "Gloria!" Dec. 13 and 14 in Freeport and Cumberland.

A highlight of the winter concert will be Robert Ray's "Gospel Mass," featuring guest vocalist Chas Lester. Director Virgil Bozeman leads the 70-member chorus, which is accompanied by pianist Kellie Moody.

Composer and conductor Ray has said "Gospel Mass" resulted from the Second Vatican Council's decision to allow Masses in native languages, rather than Latin.

That opened the Mass to other changes, and in 1978 Ray set the ceremony's traditional words to contemporary African-American rhythms and harmonies.

Guest soloist Lester is a singer, percussionist, beatboxer and arranger who has performed professionally for nearly 15 years. Bassist Sean Finn and drummer Jacob Forbes will join the chorus on "Gospel Mass" as well.

"Gloria!" will also feature composer Franz Schubert's three-movement "Magnificat" and three Christmas carols written

by John Rutter.

The chorus, whose members hail from 19 area towns, will perform at 7:30 p.m. Saturday, Dec. 13, at Merriconeag Waldorf School, 57 Desert Road, Freeport, and at 2:30 p.m. Sunday, Dec. 14, at the Congregational Church in Cumberland, 262 Main St. Admission is \$10 for adults, with a per-family maximum of \$25. Tickets may be purchased at the door.

For more information, visit the chorus on Facebook or at www.gfcwec.org.



Sock it to 'em

Members of Suzanne Neveux's Loosen Up! class paused last month to model what was called Wild Sock Day. The class, which is held each Monday, Wednesday and Friday, has developed a wonderful spirit, mostly due to Suzanne's leadership.

A Christmas Snowfall

BY P K ALLEN

Snowflakes falling on Christmas is such a wonderful sight
Pine trees swaying gently
Ground all covered in white

Bringing on a pleasant feeling
Of harmony and peace on earth
Allowing us to reflect awhile
About things of value and worth

Like family, friends and happiness
That give us peace of mind
Not the treasures of the universe
But a concern for all mankind

Or like a day 2,000 years ago
On one bright and special morn
That gave witness to the glory
Of the time our savior was born

Winter Wonderland

BY BONNIE WHEELER

Winter's short chilly days
Keep us by the fireplace

Reading a good book

While outdoor glistening snow

Paints a Christmas look