

**ANNUAL CAMPAIGN**

## Leadership circle offers potential

By STACY V. FRIZZLE

The annual campaign is off to a great start. People have really dug deep to support this wonderful organization. We are at nearly \$15,000 of our \$50,000 goal already. And with two matching gifts this year we expect to make it over the top!

We have an anonymous gift from a resident of Thornton Oaks who will match any donation from someone age 65 or older in the amount of \$50 or less. And she will match those gifts up to \$2,000! So if you've never given before or you think your gift won't add up to much — then think again because it will be matched!

And of course our ever faithful Richard and Ele back again this year. They match any new or increased gift to our annual fund. This means even if you give one dollar more than you gave last year they will match that dollar — up to \$5,000 total! This brought in an increase of \$11,000 into our annual fund last year alone and we hope to reach this year.

**Leadership circle**

New to this year's annual fund is the Leadership Circle of giving. This honors anyone who has given \$1,500 or more to the organization over the course of a fiscal year. Last year's leadership givers include businesses like Mid Coast Health Services, Rousseau Management Inc., Spectrum Generations, and Bill Dodge Auto Group. We also have many individuals who give the same amount.

This leadership level of giving will be honored with a banner in our hall that will hang proudly all year to commemorate a gift of \$1,500 or more, as well as a special page on our website and a mention in the People Plus News. We hope you will consider joining this incredibly supportive group of folks who see real benefit to what we do here at People Plus.



### Over the top

Megan Rosenberg, a regular Center kitchen volunteer, piles on food for the Mid Coast Hunger Prevention Program drive hosted by People Plus. The effort topped its goal of 1,000 nonperishable food items and was able to close before Christmas for the first time.



Of course there's a history of beer, and who better to tell it than the only brewmaster in Brunswick who has been knighted for his skill as a brewer?

Chris Lively, owner of Brunswick's Ebenezer's Pub and of the Lively Brewing Co., comes to People Plus on Thursday, Jan. 8, at 1 p.m., to tell his story. There will be an interesting discussion about craft beers, and yes, if you are a member of People Plus, there will be samples to share. Lively was recently

knighted in Belgium because of his skill as a brewer, which has led to his Ebenezer's Pub being rated the best beer restaurant in the world, and the Lively Co. being rated 19th on the list of Best Breweries in America.

Membership cards will be checked at the door (imagine our Betsy as a "bouncer"), and only members get in free. If you have been waiting for a reason to pay your dues, could this be it? Preregister by calling the People Plus information desk at 729-0757.

## Center awarded three grants

Christmas came a couple weeks early to People Plus with news that two local organizations have awarded three grants worth \$7,000 to the Center. Making the announcement, Executive Director Stacy V. Frizzle voiced her delight, saying the money "opens a door" for long-needed programs, "and illustrates again that other local agencies and organizations have a "high regard" for the Center, and its goals.

The Alfred M. Senter Fund awarded People Plus \$5,000, and the First Parish Church, working through its benevolence committee, awarded the Center \$1,000, and the Brunswick Teen Center

another \$1,000. Frizzle said the Senter grant would be used to make improvements in the Center's café area, making coffee service and secondary cooking projects safer, easier to manage and more possible to deliver. The \$2,000 given by the First Parish Church will actually "stock shelves and buy supplies" for at-risk teenagers and seniors.

"Proper nutrition opens the door to so many other possibilities," Frizzle said.

She estimated work on the improvements could begin this winter. "We'll be putting together a committee and getting the work started as soon as we can."

**LUNCH & LEARN**

## New series will focus on 'aging well'

The new year at People Plus will bring a renewed pledge to pursue "core values" at the Center, and a new series of "lunch & learn" programs is designed to do just that.

"The focus is to age well," Executive Director Stacy V. Frizzle explained. "Healthy minds and healthy bodies are at the very heart of so much we are trying to do at the Center."

Events are being planned for the fourth Monday of each month, commencing at noon in the Center's café or hall.

On Jan. 26, Mary Marino of

Mary's Affordable Hearing Aids will open the series with her program titled, "Can you hear me now?" Marino will discuss common maladies and age-related disorders that can contribute to hearing loss, will lead a step-by-step discussion of how to test for hearing difficulties, and will finish with a discussion of what hearing aid might be the best for every situation. Marino already offers free hearing tests during each month at the Center once each Lunch and Connections

Please see **AGING**, Page 10

## Brown, Aderman join board

Two new members have been added to Board of Trustees at People Plus.

Mitchell Brown grew up in San Diego and lived most of his young life in southern California, earning his bachelor's degree from UCLA and a master's in Education from National University.

After a while in Florida, his wife, two daughters, and he moved to Brunswick in the summer of 2013 and immediately fell in love with this community. Mitchell works in the Office of Institutional Advancement at the University of New England and his wife, Holly, is an acupuncture physician practicing in Brunswick and Bath.

Carol Taylor Aderman is a financial advisor at Abenaki Retirement located at Atlantic Regional Federal Credit Union. Prior to that she spent three years at Morgan Stanley and before that at 24 years at Norstar/Fleet/Bank of America working in their private bank in



**BROWN** **ADERMAN**

Portland. Carol was originally from Bowdoin, and attended Brunswick High School so she is delighted to be back in this area again. She lives with her husband, Craig, in Freeport along with their cat, Buckwheat, adopted from the Midcoast Shelter.

Carol is on the Development Committee for Mid Coast Hospital, chairs the Professional Advisory Committee at Mid Coast Hospital and is a member of the Brunswick Rotary non club. Craig and she have recently rejoined the Brunswick Golf Course and she looks forward to playing poorly there next summer.

## Breakfasts combining for January

The always popular men's and women's breakfasts will be combined for the month of January.

Since the first Thursday of January is New Year's day, it was thought necessary to either cancel or reschedule the women's breakfast.

"In the interest of the season, being kind and gracious and all that," offered Frank Connors, who usually cooks the men's breakfast, "we decided to invite the ladies to our event, which opens Jan. 8 at 8 a.m. We can only hope they behave themselves."

Connors said the breakfast will be a waffle buffet, with sides of grilled potatoes, sausage, apple sauce and other fruits. Coffee and orange juice will be served and Connors added, "I'm sure Stacy will make a cake something for everyone."

Men will be served at 8 a.m. (their regular time), and ladies will be served at 8:30 a.m. The two meals will return to their regular schedules in February.

To register for this historic event, please call the Center's information desk at 729-0757.

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

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

The Editor, People Plus News  
P.O. Box 766  
Brunswick, ME 04011-0766  
Office phone (207) 729-0757

### People Plus Board of Trustees

<b>Robert Davis</b> , chairperson	Harpswell
<b>Jim Pierce</b> , vice chairperson	Topsham
<b>Corie Washow</b> , secretary	Durham
<b>Thomas Farrell</b> , ex-officio	Brunswick
<b>Claudia Adams</b>	Brunswick
<b>Carol S. Aderman</b>	Freeport
<b>Amy Berube</b>	Topsham
<b>Gordon Brigham</b>	Topsham
<b>Mitchell W. Brown</b>	Brunswick
<b>Lennie Burke</b>	Brunswick
<b>David R. Forkey</b>	Phippsburg
<b>Jack Hudson</b>	Brunswick
<b>Don L. Knisley</b>	Brunswick
<b>O Jeanne d'Arc Mayo</b>	Topsham
<b>Richard J. Rizzo</b>	Brunswick
<b>Fraser Ruwet</b>	Brunswick
<b>Chris Perry</b>	Topsham
<b>Dustin Sloucm</b>	Brunswick

### People Plus Staff

<b>Stacy V. Frizzle</b> Executive director <a href="mailto:director@peopleplusmaine.org">director@peopleplusmaine.org</a>
<b>Jill Ellis</b> Program and outreach coordinator <a href="mailto:programming@peopleplusmaine.org">programming@peopleplusmaine.org</a>
<b>Elizabeth White</b> Office manager <a href="mailto:betsy@peopleplusmaine.org">betsy@peopleplusmaine.org</a>
<b>Frank Connors</b> Member services <a href="mailto:frank@peopleplusmaine.org">frank@peopleplusmaine.org</a>
<b>Jordan Cardone</b> Teen Center coordinator <a href="mailto:teens@peopleplusmaine.org">teens@peopleplusmaine.org</a>
<b>Patricia Naberzny</b> Receptionist <a href="mailto:reception@peopleplusmaine.org">reception@peopleplusmaine.org</a>

### Spectrum Generations Staff

<b>Craig Patterson</b> Resource counselor <a href="mailto:cpatterson@spectrumgenerations.org">cpatterson@spectrumgenerations.org</a>
<b>Shannon Hall</b> Meats on Wheels coordinator <a href="mailto:shell@spectrumgenerations.org">shell@spectrumgenerations.org</a>

# Another year has sped by

Can you believe it's been another year? They really do seem to accelerate the older I get. Months feel like weeks and weeks feel like hours. My girls are growing, the center is expanding and time is a flying...

It has been a really wonderful year at People Plus. We have set records in so many areas and can you believe it, we saw almost 34,000 people use this fabulous community center over the course of the last 12 months!

We served almost 230 teens a month so far this school year, fed nearly 150 people a healthy meal every month, gave away over 100 gas cards to volunteer transportation drivers, recorded nearly 8,000 miles of volunteer driving, and had hundreds of hours on the good morning call program managed 365 days a year by volunteers.

We also served up some fabulous FYI! lectures thanks to Jill! including Capt. Kirk's talk on the Zumbawt, the Pulitzer Prize-winner Elizabeth Strout entertained with her book, John Ford and Mark Nickerson just filled the house again this past month. If you haven't been to an FYI lecture series you're missing out folks. They are entertaining and full of fun information.

We've got one on the history of beer making coming up in January, which is sure to entertain!

We also saw hundreds of members participate in our classes, including Loosen Up!, tai chi, yoga, meditation and Pilates. And our clubs are hopping as well, with participants enjoying bridge, cribbage, writing, quilting, crafting, knitting, sewing, mah-jongg and table tennis. We have Civil War Book Club enthusiasts, line

## From the Executive Director

STACY V. FRIZZLE



dancers, Brunswick folk dancers and more. In fact, the Center could not have had a better year filling its role as a community hub for health, wellness, independent living and fitness.

None of it would be possible without the fantastic staff that each of you have come to know and love as I do.

With Pat and our afternoon front desk volunteers greeting people, entering the Center has never been so pleasant. Then of course there's Betsy paying the bills and keeping us all organized; Jill with her thousand sticky notes that somehow end up creating fabulous programs and classes for us all; and Frank with his birthday calls and newspaper talents, he manages to keep the membership happy and up-to-date.

And you may not see her that often, but Jordan is upstairs with those teenagers four days a week. She has quadrupled attendance this year and now sees well over 200 visits a month. She is their mom, their friend, their cook, their mentor, and their guardian angel. And those teenagers are luckier than they realize to have her upstairs taking care of them.

And, of course, the staff are all supported by Kathy in the programming department; Janet who is a newcomer this year

supporting membership; Gladys running our volunteer programs; Madeline generating membership letters, running the good morning call program and stewarding our TV recording as well; Ralph, who spends more time in the kitchen of People Plus than he does in his kitchen at home; and Dottie, who is always happy to help.

It's been a great year of growth with Spectrum Generations as well, as we saw Craig Patterson provide more than 600 free counseling sessions on aging and disability and Shannon Hall coordinated more than 16,000 meals on wheels deliveries. Shannon will be leaving us for nursing school in January. We will miss her very much and "her little dog too!"

Many of you may remember Casey Henson who worked with Shannon all last year. We are pleased as the dickens that she was awarded Shannon's position and starts in January. So it'll be a well-known, friendly face continuing on with meals on wheels.

And I cannot forget to thank my wonderful Board of Trustees. Without their stewardship, leadership and guidance, I would not be as effective of a leader as I try to be. I can't thank them enough for their time and dedication. Each of them bringing different strengths and perspectives to the board and supporting me and the Center in ever-expanding ways.

So I wish each and all of you a very Merry Christmas and a happy New Year. I look forward to our next year together as I'm planning some very fun and interesting challenges for 2015!

Till then, have a safe and happy holiday from this Center that builds community.

## From Anita's Plate

ANITA HUEY



### Be SMART about resolutions

It is the time of year when people ask you, "Are you setting a New Year's resolution? I have never been a fan of this. I think that most of the time people set unrealistic expectations and set themselves up for failure. Instead, I suggest that people set SMART goals.

Smart goals are: Specific, Measurable, Attainable, Realistic and Timely.

If someone sets a goal that they will lose 10 pounds in a week or begin to exercise seven days a week for 60 minutes, they are not setting SMART goals.

Instead, I encourage people to look at the "Big Picture" and decide where they would like to begin. For someone who dines out

### L leftover Turkey Soup

#### Ingredients:

- 3 boxes of low sodium chicken broth
- 2 carrots, diced
- 2 stalks of celery, diced
- 1 onion, diced
- 2 cups leftover cooked turkey
- Leftover mashed potatoes
- Leftover vegetables
- Mrs. Dash, to taste
- Ground pepper, to taste

#### Directions:

1. Take the first 5 ingredients and add

to a Dutch oven.

2. Simmer until vegetables are tender.
4. Add remaining ingredients and simmer until the soup is warm.

Note (servings will depend on how much leftover mashed potatoes and vegetables you add): Many people also have turkey on Christmas so this is a great way to use the leftovers. One of my clients made this after Thanksgiving and her son told her, "This is the best turkey soup!" Enjoy!

four times a week, the goal might be to limit dining out to two times per week. A person who is currently not exercising, might set a goal to go for a walk twice per week for 15 minutes. Once goals are made they can be adjusted and modified.

Everyone has great intentions for making changes, but it is hard to remember to make these changes if they are not part of your regular routine.

I encourage people to keep these goals in a handy location so they can see what they are trying to work on.

When I walk out of my door I can see the reminders that I have left for myself. It works! Taking this information and putting it to use can help you make SMART goals and be successful in making healthier food choices and being more

active in this New Year!

I have just received my first report from the Diabetes Prevention Program and the first group met their goal for the 7 percent weight loss! Congratulations.

I am beginning my next session on Jan. 22 at 5 p.m. I spoke with someone on the phone and she said, "I really need a program like this because I usually start something on Jan. 1 and a week later I have already given up."

This year long program really helps to take small steps to life long changes. It meets weekly for the first 16 weeks and monthly for the next 6 months. The cost for the whole program is \$150.

I hope you will consider this wonderful program. I can be reached at 504-6439 or [info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com).

**COPS CORNER**  
BRUNSWICK P.D.  
TIPS FOR STAYING SAFE

\* Always be suspicious of emails or phone solicitors who ask for your personal information such as credit card or Social Security numbers, your date of birth, or checking account numbers. Never give this information over the phone or answer an email request for this information.

# CHANS homehealthcare

An affiliate of MID COAST HEALTH SERVICES

♥ Nursing and Rehabilitative Care

♥ Hospice Care

♥ Private Duty Care

(207) 729-6782

60 Baribeau Drive, Brunswick, Maine 04011

[www.chanshomehealthcare.com](http://www.chanshomehealthcare.com)

# Ode to a Blue Angel in Winter

By CHARLOTTE HART

A runway smoothly iced with freezing rain  
Is not a good place for a Big Blue Plane.  
A plane that soars and swoops across the sky  
And races places 15,000 feet high.  
An Angel pilot has steel nerves. He never flinches.  
How near's the next plane? Wow! Just 18 inches!  
We watch from the ground, and "Oooo!" and "Aaaa!", then

cover  
Angels do their tricks at 700 miles an hour!  
On a summer day, an Angel's Big Blue Plane  
Impresses all of us in Brunswick, Maine.  
But! A little sheet of winter's slippery ice  
Sends a 24,000 pound Angel twirling — twice!  
SO! Angels! Studded snow tires are what you must buy, Or come back and thrill us — maybe next July.

## Kiteboarders of Nahant

By BOB DOW

The kiteboarders of Nahant Do things the rest of us can't. Sometimes there's two, some days there are seven. The most we counted one day was eleven. They fly and they glide and leap on the tide line. Makes you right glad to be on

the sideline.  
If I were younger, I'd be out there too.  
In my day a roller skate was attached to a shoe.  
And a kite was a thing at the end of a string.  
Now I stand and admire kiteboarders on the water.  
Maybe — just maybe — one of them will be my daughter.

## The Old Man and the Kid

By VINCE McDERMOTT

The old man sat down and sighed. He had been going a lot of that lately. It had been a long and tiring year. All that activity was catching up to him. He looked down at the faded label on his robe — 2014. It seemed to get fainter every day.  
There was a loud banging on the door. The old man knew

who it was — the new guy — the kid — 2015.  
"Open up old man. I'm coming in."  
2014 groaned. He remembered how he was a year ago — full of pep and life. Where had that feeling gone? He sighed again. It was time to hang it up.  
He got up with difficulty and walked slowly to the door. He hesitated, took a last look around, and opened the door.

### January

By PATTY L. SPARKS

let Winter weave	for all of	in this
Her wondrous spell,	nature is at peace,	month of dreams

## Timeless Wishes By P.K. ALLEN

I wish for the promise of peace instead of war, and for those who have less, I wish for much more.  
I wish for the promise to end hunger and disease, and for those who are afflicted, I wish their suffering to ease.

I wish for a country not divided but one, where differences can be settled without the use of a gun.  
I wish for a world where all people are free to live, to worship, to prosper in peace and harmony.

## On Painting a Picture By ROSE MARIE MAYER

Elusive dream imagined? or encapsulated memory meditated on, contemplated lovingly rearranged  
Seeking perfection brush poised, in anticipation, drenched, heavy with color  
Paper, virginal, waiting the moment is now, the two are joined

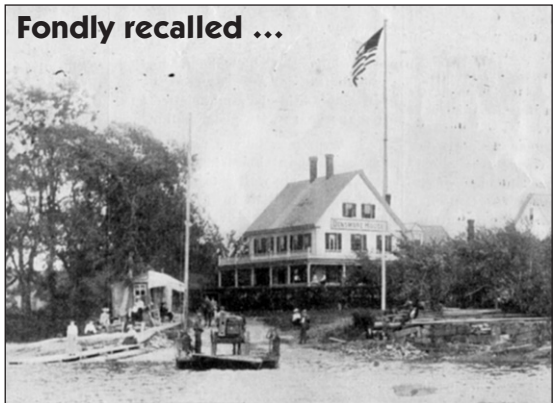
The adventure begins, colors, deep, lush, blend images appear out of the mist, separating from each other slowly becoming clear  
Will it happen? The magic? maybe not this time? Or, just, maybe, yes.  
Is this the dream? the memory made real?  
Satisfaction, fulfillment, joy!

## Dusk By WINNIE SILVERMAN

I look out my window at the fading light. The day is done. If there has been sunshine, the sun's rays slowly disappear over the horizon, fading to darkness.  
If the sunset is over the ocean it is especially a beautiful and sometimes spectacular sight. The round ball of the setting sun slowly disappears into the sea leaving an orange streak on the water before it disappears. If skies have been dreary, the

day seems thankfully to be drawing to a close. Was it a good day? This is the time I sometimes take back, dwell on what was good, dismiss from my mind what could have been better, and look forward to tomorrow.  
So I didn't accomplish all I set out to do. I never do. I think to myself there is only one time in every life it's all done.  
Tomorrow is another day. Carpe Diem — seize the day.

## Fondly recalled ...



Before there was a bridge over the Kennebec River connecting Richmond and Dresden, there was a ferry connecting Richmond's shore with the Densmore House in Dresden. The first bridge was built in 1936 and its replacement opened last month. See related story on page 11. Do you have old area pictures to share with readers of People Plus? Please contact Frank Connors, 729-0757, with your comments, contributions or suggestions.

## Winter Memories By GLADYS SZABO

I remember snow from Thanksgiving until Easter when I was a kid. I spent my days, morning till evening, playing on the hundred acre dairy farm surrounding our property. Apple orchards, ponds and pastures lent us many opportunities for our imagination.  
The staturesque farm house set on the hill, far removed from the main road, mimicked a Christmas card of a winter wonderland.  
Immediately following the first snowfall, we neighborhood kids showed up on the farmhouse lawn with our flexible flyers in tow. Snow swirling like mini tornados, Jack Frost nipping our noses as we set up for a first run down the long hill. It was steep, with an enormous old tree in the center and a frozen swamp at the bottom just before the main road.  
These gave us some challenges especially when we used the large sled Mrs. Thompson, owner of the farm, would lend us. The first runs were toughest as we were making tracks but once we got it packed down we flew that hill. We would pile four on top of one another on the large sled and rarely did all four make it to the bottom.  
When we did accomplish a trip to the bottom we had to turn the sled quickly on the ice to prevent

going onto the main road. Spinning on the ice we usually flew off in many directions, rolling with laughter! If the snow was soft and fluffy we used cardboard boxes. Where there was a will there was a way. We never wasted a beautiful snowfall.  
We built snowmen of all sizes and shapes using black coal for eyes. We used coal to heat our homes so it was plentiful.  
School days we hurried to the bus stop half an hour early to play Fox and Geese on our front lawn. It took up the whole front lawn and was used so much it was worn into the grass in the spring — and we played then, too.  
After a long day we returned home soaking wet, gloves coated with frozen snow. My mom would open the stove and lay the mittens on the door to defrost and the clothes on the radiators. How I miss radiators. We would have hot chocolate and sit around the oven to warm up — our version of a camp fire.  
Those radiators were not only heating the house — but dried clothes, heated sheet blankets to wrap around our bodies before getting into cold beds and my mom would raise dough on them when baking.  
Ahhh, for the good old days!

## No Nancy, Life Isn't Norman Rockwell

By NANCY SOHL

I've always loved the holidays. I love the decorations, the special foods, and all the holiday traditions.  
But in my mind the holidays should be like the old black-and-white movies. You know, how the family gathers happily around the table dressed in their Sunday best for a delicious dinner and then rushes outside together after the pie is served to make snow angels and throw snowballs that only make them laugh more.  
Or maybe every day from Halloween to New Years there is at least one moment that looks like the cover of a Saturday Evening Post Magazine — a Norman Rockwell moment. Well I'm still wait-

ing for those Norman Rockwell moments.  
Life is good. I have nothing to complain about. But last Thanksgiving Ray and I were home alone because I was doing daily radiation treatments and this year we were home alone because Ray was sidelined with a very painful kidney stone that kept us from traveling. So our family gathering was just the two of us. Dinner was good, but instead of snow angels we watched football. At least we had a generator keeping the lights, heat and TV on when the power went out.  
Every year we decorate the house for Christmas and put up a tree. Like always, it will be a nice quiet Christmas. There won't be a quartet of Christmas carolers to

sing on our front lawn. Bing Crosby won't invite us out for a sleigh ride in the snow while singing "White Christmas." We'll probably open our gifts, hope that those we sent to family elsewhere are enjoyed, and wonder what all the fuss was all about.  
No Nancy, life isn't Norman Rockwell. But I am lucky to have all that I have. I can sit inside a warm comfortable house and look at the snow outside and think there's really nowhere I'd rather be. Maybe sitting on the couch watching football with a sleeping dog and a snoring husband isn't a Norman Rockwell magazine cover moment, but it is my LIFE Magazine moment.  
How lucky am I!!!!

## Wish for the New Year

By VINCE McDERMOTT

May you be where  
You want to be  
When you want to be  
With those with whom  
You want to be

## Memorial Donation in Memory of

### Wendell Kinney

from "Your friends in the Write On! group



## Holiday hits

The Center Stage Players delighted the audience at People Plus with their holiday show, "A Ho! Ho! Christmas Classic" in December. The Players, with members aging from late 50s to 97, are part of The Theater Project of Brunswick, headed by founder and Artistic Director Al Miller. Pictured from left are Bill Konzal, Patricia Johnson, David Hall, Jean Konzal, George Phipps, Millie Ackley, Marcia Clayton, Earl Inman and Susan White.

## Plenty of programs offered to open 2015

People Plus is offering several special programs throughout the month. Please call to register for classes and events at 729-0757.

### Connie's Art Class — special rate in January!

Experienced instructor and highly successful artist Connie Bailey is offering a January special at People Plus — half-price on her weekly two-hour Tuesday art class (10 a.m.-noon)! Each month the class explores different drawing materials such as graphite pencil, charcoal, colored pencil, pen and ink, pastel and watercolor. All levels welcome. Registration required.



CONNIE BAILEY

### The Amazing Shoulder with Dr. Giustra

The amazing shoulder functions in many ways that allows you to do common everyday activities and more.

Learn about how the shoulder works with Dr. Giustra's presentation on Thursday, Jan. 22, at 1:30 p.m., where he will focus on maintaining wellness and improving function.

### Apple Club — "Apple Out of the Box"

This month's Apple Club on Monday, Jan. 5, will focus on "Apple Out of the Box"! Bring your new device you received during the holidays and Stacy Frizzle will show you how to get started. This club is free to members only and meets the first Monday of every month.

### Pilates Lite — new session

Have you ever wanted to try Pilates but thought it was too hard? Pilates Lite, led by Dennis Kimmage, strengthens the key core muscles in your body but more gently than a traditional Pilates workout. Six-week session runs Jan. 13-Feb. 24 (no class Feb. 17), Tuesdays from noon-1 p.m. Costs \$30 members/\$60 nonmembers.

### Yoga — new session

Stretch, flex, breathe and relax for optimum well being. Yoga is a wonderful

way to re-balance and feel grounded. Join this class, with experienced instructor Ann Kimmage, who brings the joy out of yoga and tailors yoga to your individual needs. Six-week session runs Jan. 13-Feb. 24 (no class Feb. 17), Tuesdays at 10:30 a.m. Costs \$30 members/\$60 nonmembers.

### Meditation and Mindfulness — new session

Would you like to learn how to meditate? Or do you meditate already but just can't seem to develop a regular practice? This weekly meditation circle will help you develop your own practice and maintain or deepen it with the guidance of an experienced instructor. Six-week session runs Jan. 15-Feb. 26 (no class Feb. 19), Thursdays 9-10 a.m. Costs \$30 members/\$60 nonmembers.

### Computer Tutor — organizing pictures

Got lots of photos from the holidays? Jack Hudson returns on Jan. 13, 9-10:30 a.m. with "Organizing Photos"! Participants MUST bring their own laptop, or other devices (tablets, phones, etc.). These classes are free and open only to People Plus members. Class size is limited. Registration is required.

### Welcome to Medicare with Spectrum Generations

This session, led by resource counselor Craig Patterson, 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.

## Lunch & Connections

### 'Comfort food' on January menu

Meatloaf and mashed potatoes, that staple New England fare designed to carry us through those dark winter days of January, will be the Lunch & Connections offering on Thursday, Jan. 16, according to chef Frank Connors.

"Meatloaf is one of those standby staples of any winter," he said. "Served hot and awash in brown gravy, it'll be enough to help everyone forget it is cold outside."

Served with fresh boiled carrots, string beans and a little yellow corn, there will be something for everyone. We'll also have a deep-dish cheese noodle casserole to share with our vegetarian friends.

Dessert will be a generous slice of carrot cake. There will be a fresh, lightly dressed green garden salad for everyone, and the featured drink will be apple cider, one more token. Coffee, tea and milk are always available. Our bread is picked up fresh each month at the Wild Oats Bakery.

These Lunch & Connections dinners are underwritten by our friends at Spectrum Generations, and focus on nutrition, information and variety. A CHANS home-healthcare professional is always on hand to offer and record free blood pressure checks prior to the meal.

Come to the Center early, pick up your 50/50 raffle ticket (last month's winner claimed over \$500) and get yourself registered for one of our several free door prizes. Pre-reservations for seating are necessary, and obtained only by calling Pat at the People Plus information desk, 729-0757. Cost is still only \$5 for card-carrying People Plus members, and \$7.50 for all others. Lunch is served at noon.

## Zumba returning

Zumba is coming back with a new look and a new instructor after several months off our schedule.

Parisian born Bea Blakemore, who studied ballet, modern jazz and ethnic dance styles in Europe and is well known in our area for her modern dance and Zumba instruction, opens at the Center on Monday, Jan. 5, at 10 a.m. with a free, introductory class, and Jan. 12 at 10 a.m. with her regular weekly series.

This is a "low-impact, senior-friendly" styled Zumba, and we expect the class to fill fast.

Cost is only \$5 per class for members or \$10 per class for non-members. Register by calling 729-0757.



BEA BLAKEMORE

## All processes take time

In the time it takes you to read this ad, you will breathe 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 evaluating your environment to maintain and regulate your temperature, maintain your posture, read and understand the content of this 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 consistently every moment of every day you have been in existence! Your nervous system is literally an ever learning, fluid entity that creates and recreates it's 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.

es from the moment you were conceived. Whereas 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.

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. Stocum



Dr. Jeffrey S. Stocum



Reception Room  
Personalized Catering  
Spacious Chapel  
Private Family Room  
"Help Yourself" Kitchen

**Stetson's**  
Funeral Home

12 Federal St., Brunswick, Maine 04011  
www.stetsonfuneralhome.com  
207.725.4341  
apurinton@gwl.net

Anthony B. Purinton • Funeral Director

# JANUARY 2015 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p>			 <p>The Center is closed.</p>		<p>9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick</p>
<p>9:00 AM Loosen Up! 9:00 AM Crafters 9:00 AM Mah-Jongg 10:00 AM Zumba 10:00 AM Apple Club 11:00 AM Table Tennis 12:00 PM Bridge</p>	<p>8:30 AM Table Tennis 9:00 AM SG Bridge 10:00 AM Art I 1:00 PM Quilting Club 4:00 PM School of Dance</p>	<p>8:45 AM Inter. 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 4:30 PM School of Dance</p>	<p>8:00 AM MEN'S and WOMEN'S BREAKFASTS 9:00 AM Table Tennis 10:00 AM Art II 10:00 AM SG Bridge 1:00 PM FYI! What's on Tap? 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen Up! 9:00 AM Mah-Jongg 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 Qigong 6:30 PM Folk Dance Brunswick</p>	<p>8:30 AM Maine Meditative Intensive 10:00 AM Bridge</p>
<p>9:00 AM Mah-Jongg 9:00 AM Crafters 9:00 AM Loosen Up! 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge</p>	<p>8:30 AM Table Tennis 9:00 AM Computer Tutor 10:00 AM Art I 10:30 AM Yoga with Ann 11:30 AM LUNCH OUT 12:00 PM Pilates Lite 12:30 PM Medicare intro 3:00 PM German Club 4:00 PM School of Dance 4:30 PM TTCAC meeting</p>	<p>8:45 AM Inter. 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</p>	<p>9:00 AM Meditation and Mindfulness 10:00 AM SG Bridge 10:00 AM Art II 11:00 AM Hearing clinic 11:30 AM BP Clinic 12:00 PM LUNCH &amp; CONNECTIONS 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>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 Qigong 6:30 PM Folk Dance Brunswick</p>	<p>8:00 AM Ida's Boot Camp of Dance 9:30 AM Brunswick School of Dance 10:00 AM Bridge</p>
 <p>The Center is closed for Martin Luther King Jr. Day.</p>	<p>8:30 AM Table Tennis 9:00 AM SG Bridge 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</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Prevent Diabetes 4:30 PM School of Dance</p>	<p>9:00 AM Meditation and Mindfulness 9:00 AM PPC Board Meeting 9:00 AM Table Tennis 10:00 AM Art II 10:00 AM SG Bridge 1:30 PM The Shoulder, Dr. Gulstra 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen Up! 9:00 AM Mah-Jongg 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 Qigong 6:30 PM Folk Dance Brunswick</p>	<p>8:00 AM Ida's Boot Camp of Dance 9:30 AM Brunswick School of Dance 10:00 AM Bridge</p>
<p>9:00 AM Crafters 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Zumba 11:00 AM Aging Well 12:00 PM Table Tennis 12:00 PM Bridge 6:30 PM Civil War Book Club</p>	<p>8:30 AM Table Tennis 9:00 AM SG Bridge 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Pilates Lite 2:30 PM Café en Français 4:00 PM School of Dance</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:30 PM School of Dance 5:45 PM Girl Scouts</p>	<p>9:00 AM Table Tennis 9:00 AM Meditation and Mindfulness 10:00 AM SG Bridge 10:00 AM Art II 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>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 Qigong 6:30 PM Folk Dance Brunswick</p>	<p>8:00 AM Ida's Boot Camp of Dance 9:30 AM Brunswick School of Dance 10:00 AM Bridge</p>

## Diabetes Prevention sessions set

The third Diabetes Prevention Program offered at People Plus with Anita Huey will begin Jan. 22 at 5 p.m. The program runs for 16 weeks with a monthly followup for six months.

The program focuses on nutrition, prevention and discussions, with a 7 percent weight loss projected, and a planned 150 minutes of activity every week. Cost is \$150, or \$125 for People Plus members. For more information, contact instructor Anita Huey at 504-6439.

A New Year's resolution is something that goes in one year and out the other.

## PEOPLE PLUS CENTER IN THE MEDIA

### • NEWS & VIEWS

FRANK CONNORS & STACY FRIZZLE chat about Center programming Viewed weekly on Cable Channel 3, Brunswick Community TV

MONDAY AFTERNOON ..... 4 P.M.  
WEDNESDAY MORNING ..... 7 A.M.

SUNDAY EVENING ..... 9 P.M.  
And on Harpswell Community Television viewed online, anytime:  
<http://vimeo.com/harpswelltv>

### • RADIO 9 WCME

Hear a staff member discuss the Center on WCME each Monday at 8:35 a.m. on AM 900 or radio@wcme.com.

### • THE TIMES RECORD

Check out the People Plus Page the fourth Monday of every month in The Times Record. See the People Plus Pic of the Week on Fridays.

## Moving? Family estate? Downsizing? Business closing?

Managing personal, family and business estates  
Antiques—art—collectibles—autos/boats—general household  
Estate cleanouts—business inventory sales

### MAINE ESTATE SERVICES, LLC

“Let us help you!”

Spike Haible and John T. Voorhees

(207) 721-3819

13 Pleasant St., Brunswick, ME 04011



## Be a Financially Savvy Senior



Mid Coast Senior Health Center  
*Ounce of Prevention Series*  
Monday, Jan. 12, 11 a.m.–NOON

LEARN the basics to better handle your money and strategies to protect yourself from—

- Fiduciary abuse and investment fraud
- Lottery and sweepstakes scams
- Identity theft and telephone scams

Join  
**JoIn Crystal V. Card**  
Assistant Vice President  
People's United Bank, Brunswick

Monday, Jan. 12, 11 a.m.–NOON  
Community Room  
Mid Coast Senior Health Center  
58 Barbeau Drive, Brunswick.

FOR MORE INFORMATION,  
call 373-3646.

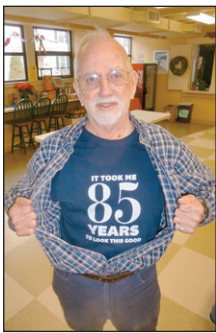


MID COAST SENIOR HEALTH CENTER

Part of the MID COAST HEALTH family of services

[midcoastseniorhealthcenter.com/ounce-of-prevention](http://midcoastseniorhealthcenter.com/ounce-of-prevention)

A Continuing Educational Series Dedicated To Your Good Health.



### Aged to perfection?

George Greenwood, table tennis aficionado, painter and cowboy singer, struts his stuff in the People Plus café before a match last month.




## Assisted Home Care II

"Our Family Assisting Your Family"

*Assisting Families since 1997.*

**Now expanding our services to the Midcoast Region!**

- Registered Home Health Care Service Agency
- Private Duty Care & Staff Relief
- 24 hour Personal Care and Response
- Guarantee Continuity of Caregivers
- Assist with Independent Living at Home



**11 Bank St., Brunswick • 212-6736 • assistedhomecare.org**

## Energy savers

With an eye to saving energy at People Plus, the Center purchased four stationary storm panels from a nonprofit in Rockland called Window Dressers, and instructor Suzanne Neveux, at left, spent "many hours" installing liners on all nine of the windows in the main hall. The liners also make it possible to make light sensitive graphic presentations in the same area. At right, Richard Brautigam, a volunteer, helped with local distribution of storm panels from St. Paul's Episcopal Church.

## Storm packs fill wintry need

Those nearly 100 Brunswick area residents currently receiving Meals on Wheels have the added security of a storm pack, always ready to eat, always ready on their shelf when stormy weather arrives.


Casey Henson, new Meals of Wheels coordinator for Spectrum Generations, explains how the system works.



"We began the season with a system-wide distribution, everyone on our lists get a shelf stable meal as we wait for the first storm." Henson explained, "shelf stable" as a nutritious, filling meal that does not need refrigeration or other specialized storage to remain viable. She said the average storm pack could contain a small can of tuna salad, raisins or other dried fruit, beef stew and cookies, or something else equally sweet, and one or more fruit juices in a box.

Meals on wheels are distributed from the People Plus Center each Wednesday and Friday to eligible residents of Brunswick, Harpswell, Topsham, Bath, Bowdoin and Bowdoinham.

For more information on the local meal program, call Spectrum Generations at 729-0475, and ask for Casey.



## Welcome Peter H. Hutchinson, MD

### Orthopedic Surgeon





Medical School: University of Pennsylvania School of Medicine, Philadelphia, PA

Residency: Harvard University Combined Orthopaedic Residency Program, Boston, MA

Fellowship: Hand Surgery at Tufts University, Boston, MA

Board Certification: Orthopedic Surgery

Dr. Hutchinson joins  
**MID COAST MEDICAL GROUP**  
*Orthopedics*  
(207) 442-0350  
430 Bath Road, Suite 102, Brunswick, Maine 04011


Specializing in Sports Medicine & Shoulder, Knee & Hip

Specializing in Minimally Invasive Total Knee & Hip Replacement

Specializing in Sports Medicine, Knee & Shoulder Surgery

Specializing in General Orthopedics

*All physicians are board-certified and members of the active medical staff at MID COAST HOSPITAL.*  
MID COAST MEDICAL GROUP—Orthopedics is a department of MID COAST HOSPITAL.




**MID COAST MEDICAL GROUP**  
www.midcoasthealth.com/mcmg

## Lunch Out!

Jan. 13,  
at 11:30 a.m.

# THE GREAT IMPASTA

42 Maine St., Brunswick





# Winter beach

Thursday Hikers visiting Winslow Park in South Freeport found the beach all but abandoned, at top. Bird life, like this northern cardinal, however, was spotted and with very little snow underfoot, walking and viewing was still easy.

**Interactive Caregiving™**  
 Mind • Active Body • Safety  
 Nutrition



Companionship • Personal Care  
 Home Safety Solutions  
 (207) 563-2273 (207) 729-3373  
 Damariscotta Topsham



**Comfort Keepers.**  
 a sodexo brand

©2012 Ck Franchising, Inc. - Most offices independently owned and operated.  
[ComfortKeepers.com](http://ComfortKeepers.com)

Winter: Good time to 'WOW!' your closets


## Chicks Do Chores

(AND SOMETIMES CHUCK)

*So you don't have to!*

WE'LL TACKLE YOUR TO-DO LIST!  
 ★ ATTICS • BASEMENTS • DECKS • FENCES • GARAGES • GARDENS • OFFICES • YARDS etc.  
 ★ CLEAN • CLEAR-OUT • FILE • DUMPTRUNKS • LABEL • MOW • MULCH • PAINT • RAKE • SPLIT/STACK WOOD • TRIM • WEED etc.  
 ★ RUN ERRANDS FOR YOU or WITH YOU!

MARY ELLEN ROSENBERG • OWNER  
 CALL OR EMAIL FOR ESTIMATES OR SCHEDULING  
 CDC 4U @ COMCAST-NET  
**207-729-5760**



*Happy Holidays!*  
 There's More at The Highlands  
 LAUGHTER • FRIENDSHIP • COMPASSION • WARMTH



- Assisted Living and Memory Support
- Healthy Lifestyles and Wellness
- Meaningful Life Enrichment programs
- Art, music, fitness, outings and more!
- Private 1 Bedroom Suites
- Long standing, qualified care team

Make a move in January 2015 and enjoy your 3rd month free!



**THE HIGHLANDS**  
 A Lifestyle of Choice  
 30 Governors Way, Topsham, ME 04086  
 Visit us at [www.highlandsrcc.com](http://www.highlandsrcc.com)

"The Highlands was everything I was looking for and the people here are the best part I've made many friends and no longer feel lonely."  
 — CADIGAN LODGE RESIDENT

*Make Our Home Yours*  
 CALL TODAY TO SCHEDULE YOUR PERSONAL TOUR 207-725-2650



**Neighbors, Inc.**

The Home Care Company  
**CELEBRATING 25 YEARS**

Non-Medical Home-Based Services  
 from 1 to 24 Hours a Day

At-home Assistance	Errands/Shopping	Bookkeeping
Meal Preparation	Appointments	House Checks
Personal Care	Transportation	Pet Care
Chores/Laundry	Medication Reminders	Respite Care
Companionship	Paperwork	Organizing



**725-9444**  
[www.neighborsinc.com](http://www.neighborsinc.com)

# 2015 is here! Happy New Year!

By JORDAN CARDONE

As you may know, it has been a booming past year in the Teen Center. The number of students we have attending the program has more than doubled since last year!

It has been a joy to see the membership increase and to meet so many new kids who truly love attending the program and often tell me it is their favorite part of the day, which is a wonderful thing to hear.

Of course with more kids, there has been more activity, more talking, more noise in general and more mouths to feed! That's OK! It has been more than worth it to be able to be a positive part of so many lives! Forgive me for using this, but "it

takes a village — or in this case a town" — really to support this program and area youth in general, not only financially, but socially, emotionally and physically.

We are very grateful for the ongoing (and increasing) support, interest and positive feedback we get for this program from so many of you out there. Here's looking forward to another booming year.  
Cheers.



Jordan Cardone



## Thanks, Hank!

This People Plus member has gone bananas and we love him for it! Hank has been supplying food for the Teen Center program for going on five years! Hank's current routine is to arrive at the Teen Center once a week delivering some always needed weekly items. But, no matter what Hank brings, he always, always, always includes bananas! We love you Hank.

## Teen of Month: DARIUS NEWMAN

Darius has only been attending the Teen Center since the very beginning of November and he has already made Teen of the Month.

Darius is in seventh grade at Brunswick Junior High School. He likes coming to the teen program mostly to be with friends after school. Darius says coming here after school helps him relax and get out his energy from the day and he is always willing to help out upstairs.

Congratulations Darius. He will receive two tickets to the Regal Cinema for his reward.



## Senior Intermediate Cribbage

Nov. 26: Tim Owens, 716; Priscilla Sargent, 704; Robert Frost, 703.

Dec. 3: Mike Linkovich, 688; Joseph Tonely, 686.

Dec. 10: Rob Mehlhorn, 708; Linda Paisley and Priscilla Sargent (tie), 704; Anita Owens, 703.

Dec. 17: Mike Linkovich, 721; Priscilla Sargent, 705; Leah Nelson, 698.

**Weekly Winners** ♠♥♦♣

## Monday-Saturday Bridge

Nov. 17: Paul Bettit, 4,340; Sherry Watson, 3,860; Bill Buermeyer, 3,770; Lorraine LaRoche, 3,240.

Nov. 22: Bill Buermeyer, 4,740; David Bracy, 3,730; Mary O'Connell, 3,570.

Nov. 24: Bill Buermeyer, 5,350; Sue Shanahan, 4,960; Lorraine LaRoche, 3,830; Paul Bettit, 3,820.

Nov. 29: Lorraine LaRoche, 4,940; John Rich, 4,870; Bill Buermeyer, 4,800.

Dec. 1: Paul Bettit, 4,460; Bill Buermeyer, 4,430; Bill Washington, 4,260; Fran Lee, 4,150.

Dec. 8: Gladys Totten, 4,510; Richard Totten, 4,410; Joyce Lyons, 3,840; Paul Bettit, 3,810; Tony Monaco, 3,490.

Dec. 13: Donna Burch, 4,250; John Rich, 4,110; Gladys Totten, 3,870.

**RM ROUSSEAU MANAGEMENT, INC.**  
Skilled and Assisted Living in Midcoast Maine

*We take your loved ones comfort and health to heart.*



**PHYSICAL THERAPY**

HEAD TO TOE

*Have a pain or injury and wonder if physical therapy can help?*

*We offer FREE screenings with our therapists daily.*

Call us today to set one up!

Topsham 439 Lewiston Rd. 1977 Lisbon Rd.  
725-4400 784-3400

[www.headtootopt.com](http://www.headtootopt.com)

**ADVERTISE**  
in People Plus News.

Call 729-0757 for details.

**RM**

 <b>ASSISTED HOME CARE II</b> 11 Bank Street, Brunswick (207) 212-6736	 <b>Horizons</b> Living & Rehab Center 29 Maurice Drive, Brunswick (207) 725-7495
 <b>DIONNE COMMONS</b> 24 Maurice Drive, Brunswick (207) 725-4379	 <b>SKOLFIELD HOUSE</b> 26 Cumberland Street, Brunswick (207) 725-5801

**Times and Seasons** SPECIAL! BUY ONE OF EACH, BOTH ONLY \$25.00

**Speaking Frankly** THE PERFECT GREAT GIFT!

INDIVIDUAL PRICE: \$14.95 INDIVIDUAL PRICE: \$14.95

**GET YOURS NOW AT PEOPLE PLUS**  
35 UNION STREET, BRUNSWICK, ME

ALL PROCEEDS GO TO PEOPLE PLUS

A Non-Profit Center that builds Community in Brunswick and surrounding areas.





Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center  
 35 Union St, Brunswick, ME 04011 Suite 1  
 207-729-0475 - [www.spectrumgenerations.org](http://www.spectrumgenerations.org)

January 2015

## 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 could switch from a Medicare Advantage plan to Original Medicare during the Medicare Advantage Disenrollment Period. What is the Medicare Advantage Disenrollment Period?

—Carlie

Dear Carlie,

The Medicare Advantage Disenrollment Period (MADP) occurs January 1 to February 14 of each year. During this time, people who have a Medicare Advantage plan, also known as a Medicare private health plan, can switch to Original Medicare, the traditional Medicare program administered by the federal government. They may also sign up for a Medicare prescription drug plan, also known as a Medicare Part D plan, to work with their Original Medicare coverage. Any changes made during this time generally take effect the first of the month following the enrollment change.

For example, if you switched from a Medicare Advantage plan to Original Medicare and a Part D plan on February 1, 2014, your new coverage would begin March 1, 2014. Remember, people who get their Medicare benefits through Original Medicare cannot make changes during this time; only those who get their Medicare benefits through a Medicare Advantage plan can switch to Original Medicare and a Part D plan during the Medicare Advantage Disenrollment Period.

Before making any changes to your Medicare coverage, be sure to think about your health care costs and needs. Also, know that federal law may not give you the right to purchase a Medigap plan if you disenroll from your Medicare Advantage plan and enroll into Original Medicare. Medigap plans are supplemental policies that can help pay for out-of-pocket Original Medicare costs, such as deductibles and coinsurances. You can only purchase a Medigap plan if you get your Medicare benefits through Original Medicare. Keep in mind that certain states may have more generous Medigap enrollment rules. For more information on Medigap enrollment rules, contact your State Department of Insurance or your State Health Insurance Assistance Program (SHIP).

—Marci

*Marci's Medicare Answers is a service of the Medicare Rights Center ([www.medicarights.org](http://www.medicarights.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.medicarights.org](http://www.medicarights.org).\**

## 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. For more information visit <https://www.healthcare.gov/see/plans/>.



### Care Management



It's hard to know if you are doing the right thing for your aging loved one. You ask yourself:

- Are they safe?
- What will happen if things do not go as planned?
- Is there something we should be doing?

There is no single option that works for everyone. We start with a consultation at the home to assess the environment, physical capabilities, and mental cognition. From there you will receive a detailed report complete with person centered action steps and different pathways available to accomplish your loved one's goals and desires.

Our Care Managers can continue to coordinate care and services, or can simply provide you with the ability and knowledge to do so yourself.

### Why choose us?

Our excellent care management team consists of a Registered Nurse and a Licensed Masters Social Worker. They provide professional expertise about aging resources and common concerns.



After employing our services, you'll have the answers and know the options available for your person centered situation.

Don't wait for a hospital visit to direct your future—take charge today!

Contact Bridges at  
 1-800-876-9212  
[www.bridgeshomecare.org](http://www.bridgeshomecare.org)

PROUD TO PARTNER WITH PEOPLE PLUS

# Open your 2015 at the Center

Did you know there are more than 1,000 paid members at People Plus, and that total makes us one of the largest member-based nonprofits organizations in Maine!

When you send that check every year, whether you visit the Center daily, weekly, monthly or only on very special occasions, you are maintaining your "stock" in this very personal, very unique business that IS People Plus.

Remember always to proudly show your membership card when shopping at area businesses, and to quiz them about member discounts. We could save you real dollars every day! Dozens of area businesses believe so much in the value of People Plus, and of our membership, that they offer extra discounts or services to our members. Believe me, it never hurts to ask!

Thank you for helping out. Thank you for your support. "Thanks for being YOU!"

We just don't say that enough! Check out the following lists, and always be ready to ask for special deals for our very, VERY special members.

### Beauty Salons/Skin Care

**Studio 119 Hair & Nail Design:** FREE haircut with color of perm; services by Missy Stockford.  
119 Bath Road, Brunswick, 729-6119.  
**Reflections:** 10%, Monday and Friday 2 Center St., Brunswick  
729-8028, www.reflectionsbylucie.com

### Candy

**Wilbur's of Maine:** 10%, Anytime  
43 Maine St., Brunswick, 729-4462

### Cleaning/Organizing

**Mia Clark:** 15% off services for home, yards, gardens or buy 4 hours, get 1 free!

**PEOPLE PLUS MEMBERSHIP**  
35 UNION ST., BRUNSWICK, ME 04011 • (207) 729-0757

Date \_\_\_\_\_

Name (1) \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Name (2) \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Email address \_\_\_\_\_

I would like **People Plus News** via  Mail  Email

**Yearly Membership Fees:**  \$35 per person (Brunswick)  \$250 for Lifetime Membership (65 or over)  
 \$45 per person (all other towns)

New Member  Renewal

Membership Dues: \$ \_\_\_\_\_  Cash  Check (payable to People Plus)

Additional Donation\*: \$ \_\_\_\_\_  
(\*Donations above Membership Fees are tax deductible)

Total: \$ \_\_\_\_\_ Signature \_\_\_\_\_

OFFICE USE:  Accounting  Data  Membership Card Sent

Phone 939-5789; miac Clark@hotmail.com

### Dry Cleaning

**J&J Cleaners:** 10% Pickups, Wednesdays (customers over 55)  
Maine Street, Brunswick, 729-0176

### Florist

**Pauline's Bloomers:** 10%, Anytime except beyond normal delivery range  
49 Maine St., Brunswick, 725-5952  
www.paulinesbloomers.com

### Auto Service

**Automotives:** 10% Anytime  
21 Bath Road, Brunswick, 729-0842  
**Bill Dodge Auto Group:** 10% off parts and service; 262 Bath Rd., Brunswick:  
800-652-6118  
118 Pleasant St., Brunswick, 729-6653  
www.billdodgeautogroup.com

**Brunswick Ford:** 10% off on Parts and Service  
157 Pleasant St., Brunswick, 725-1228  
**Lee's Tire & Service:** 10% on Parts (excludes tires)  
35 Gurnet Road, Brunswick, 729-4131  
27 Monument Place, Topsham; 729-1676  
**Tire Warehouse:** 20% on Labor  
24 Topsham Fair Road, Topsham  
725-7020, www.tirewarehouse.net

### Legal

**Attorney N. Seth Levy:** Discounted legal services & documents for members, including wills, living wills and estate work.  
14 Maine St., Suite 109D, Brunswick  
phone 319-4431; www.sethlevyflaw.com

### Medical Services

**Augat Chiropractic:** Free consultation and cursory exam  
9 Pleasant St., Brunswick, 725-7177  
**Berrie's Opticians:** 20% off complete pair of glasses  
6 Maine St., Brunswick  
725-5111, www.berriesopticians.com  
**Maine Optometry:** \$30 off complete pair of glasses  
82 Maine St., Brunswick, 729-8474  
www.maineoptometry.com

### Recreation/Entertainment

**Eveningstar Cinema:** Discount bag of popcorn at evening shows (\$1 small, \$1.50 medium)  
149 Maine St., Brunswick, 729-5486  
www.eveningstarcinema.com

**Yankee Lanes:** \$1.85/String, 7 days a week, 9 a.m.-5 p.m.  
276 Bath Road, Brunswick, 725-2963  
www.yankeelanes.com

### Restaurants

**Arbys:** 10%, Anytime, excluding coupons  
Topsham Fair Mall Road, Topsham  
729-8244, www.arbys.com  
**Big Top Deli:** 10%, Anytime  
70 Maine St., Brunswick  
721-8900, www.bigtopdeli.com

**Fairground Cafe:** 10%, Anytime  
Topsham Fair Mall; 729-5366

**McDonald's:** Free Dessert with Purchase  
11 Gurnet Road (Route 24), Cook's Corner, Brunswick, 729-4416  
www.mcmaine.com/1080

**Sam's Italian Foods:** 10%, Except for Specials (Patrons over 60)  
Cook's Corner, Brunswick, 725-4444

**Brunswick Hotel and Tavern:** Buy one entrée, get one half off  
4 Noble St., Brunswick, 837-6556  
www.thebrunswickhotelandtavern.com/tavern\_dining/

**The Great Impasta:** 15% off Wednesday lunch (food only)  
42 Maine St., Brunswick, 729-5858  
www.thegreatimpasta.com

### Stores

**Indrani's:** 10% on Non-sale Items, Mondays  
Tortine Mall, Brunswick, 729-6448  
**Portland Glass:** 10% on Materials (\$50 max)  
61 Bath Road, 729-9971  
www.portlandglass.com

**MIDCOAST YOUTH THEATER**

PRESENTS

# SHREK

**ACTORS NEEDED!**

**AUDITIONS**  
Friday, January 30 at 6:00 PM  
& Saturday January 31 at 1:00 PM  
Midcoast Presbyterian Church,  
Main St., Topsham

**PERFORMANCES**  
4/30, 5/1, 5/2 at 7:00 PM and 5/3 at 2:00 PM  
Crooker Theater, Brunswick High School

This is a family show open to people of all ages.

## GET YOUR 2015 SENIOR SEASON PASS!

Just \$50! - Admission for two for the entire season!

<p><b>Shrek</b> 4/30 - 5/1 (all ages)</p> <p><b>Little Buggy</b> 7/16 - 7/18 (grades K-2)</p> <p><b>Jungle Book, Jr</b> 7/16 - 7/18 (grades 3 - 5)</p>	<p><b>Sweeney Todd</b> 7/30 - 8/1 (high schoolers)</p> <p><b>Alice in Wonderland</b> 8/13 - 8/15 (middle schoolers)</p> <p><b>Children of Eden</b> December (all ages)</p>
--	--



Questions? info@youth-theater.org

**People Plus!**  
Volunteer Transportation Network

**WE NEED VOLUNTEER DRIVERS**

Help your neighbors get to their appointments!

Please call People Plus at 729-0757 and ask for VTN to send you a Driver's Application.

Many thanks!

## AGING

From Page 1

meal.

Two are planned in February: The first is "Money Smart" on Thursday, Feb. 12, with Crystal Card of People's United Bank, who will discuss staying (or becoming) smart with your money. The second is "Walk the Talk" on Monday, Feb. 23. Don Miskell, Harpswell Recreation Committee, will share the area's best walks/hiking trails and details preparations for his Appalachian Trail adventure in 2015.

Future programs will discuss eyes and eye care, living with arthritis, exercising for the fun (and good) of it, nutritional tips and more.

Attendees need to bring their own sandwich. Chips, drinks and desserts will be provided by the Center. Each Lunch & Learn will close with a question-and-answer session. Register by calling 729-0757.

**People Plus!**  
Good Morning Program

**Join today and enjoy peace of mind.**

Contact the Center at 729-0757 for details.

# The bridge with a hill in it

## Speaking Frankly

FRANK CONNORS



My little man Silas just sat in his car seat and said, "Bumpy, that bridge has a hill in it!" I rolled down my window, just gawked and thought... if you want the truth, just go to a child. The bridge did indeed have a hill in it. "Wanna go walk it?" I asked my "almost four" grandson.

Without hesitation, he said, "NO!" The wind on my face was blustery and cold. It was spitting snow. We'd driven the 24 miles from Brunswick to make our first and historic crossing of the new Richmond-Dresden bridge over the Kennebec. "Maybe the kid is smarter than me," thinks I, then I decided we'd just drive to Dresden in the comfort of my heated car.

This 1,344-foot structure, built for a

cost of over \$14 million, opened Dec. 5 with just a little fanfare. Like a massive, exceptional bow of concrete, this new bridge over the Kennebec is a sight to behold. The fact that it still towers over the old span, at least for a few more months, makes the sight all the more remarkable.

Built as a fixed structure to replace the old "swing" span, the bridge at the river channel has a clearance of 75 feet! Thus the "hill." I'm not a great judge of angles and degrees, but this bridge is STEEP! Going up the Richmond side is exciting, dropping toward Dresden is an adventure. "Wait till this thing gets icy." I said to Silas, who was ever so busy looking down at the river.

Now, I don't want to be critical, but

here I go!

Half way to Dresden, I noticed there was no allowance for pedestrians on this bridge! At the "top" of the bridge, where you could have a remarkable overlook to Swan Island AND beautiful downtown Richmond, you better have all your eyes on the road. Yes, this bridge is 32 feet wide, replacing a deck on the old of just 20 feet, but shouldn't there be barriers and guards, if you want walkers and bikers to be reasonably safe? Let me be the first to ask the question, folks.

Let me add just a few words about the old bridge — you know I'm just a sucker for old stuff! I have a newspaper clipping saying the old, five span truss bridge was built in 1935 for \$300,000! In 1936 the mighty Kennebec came down, as only the Kennebec can, stacked ice against it till it broke and one section went down river almost to Main Street in Richmond! Guess the new bridge means we're done with ice jams, huh? And the old bridge was what my brothers and sisters always called, "a tickle toe bridge!" a steel webbing, see-through decking that always made our feet feel funny as we rode across it. That was a bridge to walk on! You could look right down through it and see the water swirling beneath you! And if you happened to be on that bridge with a car approaching, all you could do was hug a steel member and hope.

I think I've told you I learned to drive in a fuel oil deliver truck. The day before my test and as a graduation of sorts, my grandfather took me to Richmond and said I'd need to drive that thing over the Dresden bridge! Clearance was just 20 feet on that bridge, steel frame to steel frame. My truck was easily 10 feet wide, with mirrors. I can still see the terror in the face of that lady we met just about under the bridge operator's house, mid-stream. She was certain she was going swimming. As luck would have it, I passed my test! Maybe we should start a petition drive to keep the old bridge in place, use it for pedestrians and bikers.

Back to the new bridge, I do love it. It is an amazing addition to Maine's river-scapes crafted by Maine's own Reed and Reed. It's not unlike the Deer Isle suspension bridge (also no pedestrian walkways).

I've been back, without Silas for now, and I walked that whole bridge, shore to shore. I have to tell you it is a scary place for a guy on foot (even an old paratrooper), but it's worth the risk. Just watch out for the guys driving the oil trucks.

## New or renewing members: December

\* indicates new member  
 • indicates additional donation with membership

### NEW LIFETIME MEMBER

Anne C. Jones, Harpswell

### BRUNSWICK

Marion Abramo  
 Edwin J. Allen \*  
 Sybil Baker  
 Consuelo G. Bailey  
 Janet Baribeau  
 Barbara E. Bean  
 Paul Betit  
 Lorraine Berte \*  
 Crystal Bishop  
 Robert Boothby  
 Susan Boothby  
 Robert Broderick \*  
 Sally Broderick \*  
 Jeanette Cakouros \*  
 Frank Connors \*  
 John P. Cotton  
 Patricia Croy \*  
 Priscilla Davis \*

Margaret E. Dunlop \*  
 Sylvia Dyer  
 Pat Fortin \*  
 Janie Giegold \*  
 Maria Havinga \*  
 Alice H. Johnson  
 Jack Jones  
 Magdalena Kondor \*  
 Steven Kondor \*  
 Richard H. Lancaster \*  
 Joan Llorente \*  
 Gary McCormick  
 Roland Melcher  
 Marjorie MacNellie  
 Clifton Olds \*  
 Beatrice Palmer \*  
 Ralph Palmer \*  
 Jane Primmer  
 Stanley Primmer  
 Norm Schroeder \*\*  
 Doris Schroeder \*\*  
 Sharon Selby  
 Mark Smith  
 Judy Smith  
 Jane Stormer \*  
 John Stormer \*  
 Maureen Sullivan  
 Eleanor Tracy \*  
 William Tracy \*

Harry K. Warren  
 Judith D. Warren  
 Marilyn Whitaker \*  
 Sam Whitaker \*  
 Paul Whitcomb  
 Betty Wurtz  
 Conrad Wurtz

### TOPSHAM

Karin Congleton  
 Vivian Kemp  
 Barbara Russell  
 Donald Russell  
 Gary Weaver  
 Susan Weaver

### HARPSWELL

Anne Brown  
 James Chan

### OTHER PLACES

Jane Danielson, Freeport \*  
 Elizabeth Dexter  
 Janet Mansfield, Auburn  
 Judith Golek, Durham  
 Joe McEntee, Newcaste  
 Sarah L.O. Smith, Freeport  
 Barbara West, Arrowsic

## Successful wishing tree appeal

The beautiful Christmas tree located in the Center's lobby for the past month shared a duel purpose. Besides promoting holiday cheer and sheltering the Center's Mid Coast Hunger Prevention Program's food collection efforts, an assortment of wish list cards were scattered into the tree's ornamentation.

As you might guess, the Teen Center

cards were big hits with bags of art supplies, several pairs of head phones and gift cards for Amazon, Hannaford and Joanne's Fabric. The café and kitchen received an electric can opener and electric knife, along with several other utensils, and dozens of folks delivered gas cards and gift cards for the Center's Volunteer Transportation Network program.

**BRACKETT FUNERAL HOME**  
 A Ladner Family Service

TRADITIONAL FUNERALS MEMORIAL GATHERINGS CREMATION SERVICES

*Honoring Loss.  
 Celebrating Life.*

Peter W. Ladner • Rick A. Gagne • Christopher Ladner

29 Federal Street • Brunswick, Maine 04011-1590  
 Phone 207-725-5511 • Fax 207-729-5930  
 www.brackettfuneralhome.com

## ChiroCare Center

Dr. Suzanne P. Grondin  
 Chiropractor

Former office of Sybil Staples, D.C.

**We use a highly specific, very gentle form of Chiropractic that is great for all ages from infancy to geriatrics!!**

124 Maine Street Suite 215  
 Brunswick, Maine 04011  
 207-729-4645

Hours: Monday, Wednesday, & Friday 8AM - 11:20 to 12:20 - 5PM

Je Parle Française

New England's Trusted  
 Auction & Appraisal Professionals

## Thomaston Place AUCTION Galleries

Every Tuesday is  
**Free Appraisal Day**  
 at Our Gallery

10:00 am - NOON  
 and 1:30 - 4:00 pm

ALWAYS  
 ACCEPTING  
 QUALITY  
 CONSIGNMENTS

51 Atlantic Highway (US Route 1), Thomaston, Maine  
 207.354.8141  
 APPRAISAL@KAJAV.COM • THOMASTONAUCTION.COM

# 3 artists sharing gallery

Three area painters – Sylvia Dyer, Shirley Lewis and Jane Dorr – are sharing the Union Street Gallery to build the first distinctive art show at People Plus in the new year.

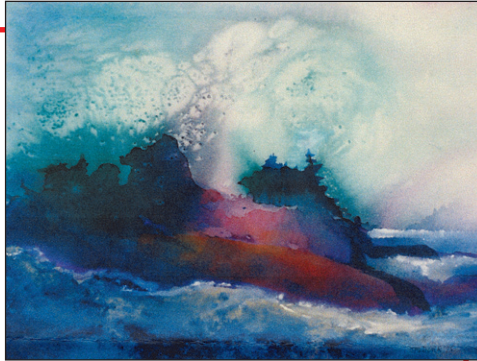
Jane Dorr, a Woolwich watercolorist who uses collage and other special effects to enhance her works, prefers to express her style in landscape and marine painting. Her miniature paintings have won national awards. She has been selected four times by the Maine Pine Tree Society for its annual Christmas card.

Shirley Lewis, a Bath-based artist who paint primarily in oils, particularly enjoys working in small formats, creating scenes of land or sea in the natural world around her. Using her great span of color, she works with brushes and her pallet knife.

Sylvia Dyer of Brunswick paints in all media, but she is perhaps best known for her work in oil and acrylics. Her style is impressionistic. She's known for her soft edge, rich colors and buttery texture.

Her work reflects her passion for gardening and the landscape that surrounds her in Maine. Dyer has exhibited at People Plus in the past.

The collected works can be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick.



"Surf," by Jane Dorr



"Summer Garden," by Shirley Lewis

# Tax Aides are coming

Tax specialists trained and certified by the AARP will be available again this year twice weekly at People Plus, commencing in February. Preparation and review of both state and federal tax returns is a free and popular service at the Center, and is sponsored jointly by the Center, the Internal Revenue Service, and the AARP Foundation.

As in previous years, the service will be available at the People Plus Center on Tuesday mornings and Thursday afternoons. All consultations are by reservation only.

Persons using this service should come to their appointment carrying a valid photo ID, Social Security numbers for themselves and any dependents, a copy of last year's returns and, finally, any tax-related forms or statements received from the Social Security Administration, pension providers or banks.

The Center will start accepting appointments in late January. This same tax service will be offered at Curtis Memorial Library in Brunswick, the Topsham Public Library and the Freeport Community Center.

## Free therapy screenings

Head to Toe Physical Therapy has visited us several times this past year to help our members assess balance risk factors, work on exercises to avoid falls and most recently to demonstrate how to safely get up from a fall.

At the 'I've fallen and I CAN get up!' class held on Dec. 4, we were made aware that Head to Toe Physical Therapy offers free screenings on a daily basis. These screenings provide the opportunity to speak with a physical therapist regarding any pain, injury or concern you are having, in order to evaluate whether physical therapy would be beneficial. You can also discuss which insurance plans are accepted along with your individual benefits. You'll leave, having a clear understanding if physical therapy can help, what it will cost and have a chance to meet the therapist — with no further obligation.

We encourage anyone who has questions to contact their Topsham office at 725-4400.

# Volunteers needed at Center

The People Plus Center needs a few replacement and back-up volunteers to fill several winter positions.

"Every winter we lose several folks to winter vacations, and it's always nice to

have spare people to call in an emergency," volunteer coordinator Gladys Szabo explained.

The center is looking for two afternoon front desk receptionists, and would like to

add a few new cleanup people to our monthly Lunch & Connections crew. The front desk person would work from 1-4 p.m., answering phones and directing traffic during afternoon programming.

If you are interested, please call the People Plus information desk at 729-0757.

Neighbor to neighbor  
Bath Savings Institution

## KEEPING BRUNSWICK STRONG

Special Neighbor To Neighbor Offer

Open a Bath Savings e-checking NOW account today, and we'll donate \$25 to one of these six Brunswick non-profits.

- Coastal Humane Society
- Curtis Memorial Library
- People Plus-Brunswick Community Center
- Tedford Housing
- Sexual Assault Support Service
- The Theatre Project

You'll also receive a \$10 gift certificate to a business we're proud to call neighbor.

\$100 minimum deposit to receive gift certificate, e-statements required.

3 Pleasant Street, Brunswick 729-8039



Bath Savings Institution  
Since 1852

MEMBER FDIC. Equal Housing Lender. bathsavings.com 1.800.447.4559

## AGING EXCELLENCE



### Contact Us:

113 Pleasant St.  
Brunswick, ME 04011

207.729.0991  
866.988.0991

www.seniorsonthego.com

#### SWIFT Wellness Program

- Certified Professional Geriatric Care Management
- Community Support Specialists/Social Companions
- Personal Support Specialist/Personal Care Services
- Handyman Services





**‘Winterless’ walk:** The Thursday Hikers had no need to bring snowshoes during a visit to Reid State Park in Georgetown on Dec. 11 as they were met with a distinctly UNWHITE landscape heading into the Christmas season. The snowless terrain is unlikely to stay that way for long.

**MORE FROM THE WRITE ON! WRITERS**

**The Queen’s Jewels**

By ELIZABETH B. BATES

In 1944, just after D Day, my husband was sent overseas to England. He was a second lieutenant in the Army Air Corps. For a time, he was in charge of the London PX. Later, he was in charge of billeting.

He lived in a nice house in London, where the landlady brought him tea early in the morning ... sounds like he got lucky.

Unfortunately, the Germans were nightly pounding London with V1 and V2 bombs. They were trying to obliterate London before invading it. Every night he would go on the roof of the house to see where the bombs were landing. He didn’t have to, but he felt compelled to see the spectacle. When the bombs were high in the air, they had a certain sound, which cut off just before dropping down, and you didn’t know where they would land.

In November 1971, we were on an extended trip to Europe. Our first stop was England. After touring through Wales, Devon and Cornwall, we spent a week in London, in a bed and breakfast near Russell Square. The first night, we were sound asleep, until we were awakened by a terrible explosion. My husband cried out, “Is it the start of World War III?” We didn’t know what to do. In the morning we were given a wonderful English breakfast and found out that the restaurant on top of the Post Office building was blown up by the IRA.

On Tuesday, Nov. 2, we headed to the Mall to see the procession of Queen Elizabeth and her entourage on the day she was to open Parliament for the next session. There was talk of having armed guards, because of the threat of more bombs,

but tradition won out.

The parade of royal carriages and horse guards, the bands loudly playing, was a scene out of a movie to us. We did see the queen and Prince Philip and other royal persons, over the heads of crowds. We planned to go to the Tower of London next, the “Bloody London” where Anne Boleyn and many others lost their heads. We didn’t stay there long.

After that we went to see where the Crown Jewels were kept. There was a long line waiting to get in. There didn’t seem to be any movement in the line. There was a sentry nearby, looking very stern and unmovable. An alarm bell rang suddenly and the sentry came to life. A “beefeater” guard came running and yelled at the bearskin-headed sentry that it was a red alarm, whereupon the sentry stamped his feet and fixed his bayonet and pointed it directly in our direction. He was young, and looked very nervous, which we didn’t like. Then another guard came running with a live ammo clip, which the sentry inserted into his gun, and then again pointed in our direction. We were really getting worried now.

A few minutes later, everything was reversed and we all calmed down. We were allowed to go into the jewel room. The crowns and jewelry were magnificent, but we were anxious to just leave as soon as possible and go back to our cozy room near Russell Square.

We understood that, as it might have been in America, those uncomfortable moments were not staged. They were real. With the threat of terrorism today in the U.S. it is scary to know we are not immune.

**Reverie**

By ROSE MARIE MAYER

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.



**Writers bearing gifts**

Bonnie Wheeler, center, of the Write On! group presents a can opener and electric knife Gladys Szabo, front left, who coordinates volunteers in the kitchen.



**In the spirit of the season**

Barbara Whidden, development director at Maine State Music Theatre, and Ralph Laughlin showcase green scrambled eggs and sausage made into a Christmas wreath at the Dec. 7 men’s breakfast.

**Twelve days of a Mainer’s Christmas**

By RALPH LAUGHLIN

On the first day of Christmas my true love gave to me ... A porcupine in a pine tree.

On the second day of Christmas my true love gave to me ... two Bean boots, and a porcupine in a pine tree.

On the third day of Christmas my true love gave to me ... three stinking skunks, two Bean boots and a porcupine in a pine tree.

On the fourth day of Christmas my true love gave to me ... four huffin’ puffins, three stinking skunks, two Bean boots and a porcupine in a pine tree.

On the fifth day of Christmas my true love gave to me ... five chick-a-dees ... four huffin’ puffins, three stinking skunks, two Bean boots and a porcupine in a pine tree.

On the sixth day of Christmas my true love gave to me ... six clammers clamming ... five chick-a-dees ... four huffin’ puffins, three stinking skunks, two Bean boots and a porcupine in a pine tree.

On the seventh day of Christmas my true love gave to me ... seven lobsters boiling, six clammers clamming ... five chick-a-dees ... four huffin’ puffins, three stinking skunks, two Bean boots and a porcupine in a pine tree.

On the eighth day of Christmas my true love gave to me ... eight eagles soaring, seven lobsters boiling, six clammers clamming ... five chick-a-dees ... four huffin’ puffins, three stinking skunks, two Bean boots and a porcupine in a pine tree.

On the ninth day of Christmas my true love gave to me ... nine guys a huntin’, eight eagles soaring, seven lobsters boiling, six clammers clamming ... five chick-a-dees ... four huffin’ puffins, three stinking skunks, two Bean boots and a porcupine in a pine tree.

On the tenth day of Christmas my true love gave to me ... ten moose a mating, nine guys a huntin’, eight eagles soaring, seven lobsters boiling, six clammers clamming ... five chick-a-dees ... four huffin’ puffins, three stinking skunks, two Bean boots and a porcupine in a pine tree.

On the eleventh day of Christmas my true love gave to me ... eleven ravens ranting, ten moose a mating, nine guys a huntin’, eight eagles soaring, seven lobsters boiling, six clammers clamming ... five chick-a-dees ... four huffin’ puffins, three stinking skunks, two Bean boots and a porcupine in a pine tree.

On the twelfth day of Christmas my true love gave to me ... twelve bears a sleeping, eleven ravens ranting, ten moose a mating, nine guys a huntin’, eight eagles soaring, seven lobsters boiling, six clammers clamming ... five chick-a-dees ... four huffin’ puffins, three stinking skunks, two Bean boots and a porcupine in a pine tree.

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.