



People Plus
 P.O. Box 766
 Brunswick, ME
 04011-0766

Non-Profit Organization
 U.S. Postage PAID
 Brunswick, ME 04011
 Permit No. 52

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

November 2015

Volume 15, No. 11



Pictures (above) Otto from Bill Dodge Auto Group helps People Plus volunteer Gladys Szabo distribute swag bags during the Tuesday event. (top) Management from Coastal Landing Retirement Community are all smiles about the grand opening of their new center at Brunswick Landing. (right) Hank Welzel, People Plus member, celebrated his 89th birthday at the Expo with a big hug from the Chicks Do Chores Teddy Bear.

Food drive to benefit MCHPP opens

The seventh annual Holiday Food Drive by People Plus to benefit the Mid Coast Hunger Prevention Program opens at the Center Nov.2. "The little red wheelbarrel will be back in the lobby," explained member services coordinator Frank Connors, "the goal again this season is to collect at least 1,000 items with a total weight of 1,000 pounds, or more."

The center will accept non-perishable food products, and see that they are tallied and delivered to MCHPP. The non-profit community food bank lists canned soups, peanut butter, canned tuna, baked beans, canned fruits, canned vegetables and boxed helper mixes (hamburger and tuna) as items that are in constant need. November donations of boxed instant potato, canned gravy and cranberry sauces will always help the center fill anticipated holiday needs.



Last season, the Center collected 1,046 units (cans, boxes, etc.) weighing 1,069 pounds, and made its last delivery on the day before Christmas. The year before, the center collected 686.2 pounds of food in 662 pieces, and finished the drive in early January. Also last season, several members donated money to the campaign rather than food, and Connors said that is fine. "MCHPP can convert cash into food at bargain prices," Connors agreed. "Financial donations should be by check, written directly to MCHPP. We'll track that just like it was a can of food." Connors said last year, \$201 was collected during the two month effort.

Connors said there are more than 1,000 dues-paying members at People Plus. "Wouldn't it be great if every member dropped by the center with just one can of food for this drive," he added, "MidCoast Hunger has what amounts to a constant and unending need for food. This is the season when we all need to pitch in and make a real difference."

Medicare open enrollment is this month

The fall open-enrollment period for all Medicare recipients opened Oct. 15, continues through this month and closes for this year on Dec. 7. This is the only time of the year when Medicare beneficiaries can make routine changes to their coverage. During this time you can join a new Medicare Advantage plan, join a new, stand-alone Part-D prescription plan, or simply switch to an original Medicare plan with or without a drug plan. Changes made during this enrollment period go into affect Jan. 1, 2016.

Expo called "best ever"

More than 600 people attended the third annual People Plus-Spectrum Generations Senior Health Expo at the Cook's Corner mall on Tuesday, Oct. 20, and the consensus of most attendees seemed to be the event was, "the biggest and best ever!"

"We gave out 400 swag bags from Bangor Savings and Bar Harbor Bank before 11 a.m." observed People Plus program manager Jill Ellis, who helped organize the event, "and the crowd was steady until after lunch." Executive Director Stacy V. Frizzle was quick to add, "we could not have been happier, the expo really has become a clearing house for information, and a place for seniors to gather."

"Thank you of course to our lead partner, Coastal Landing

Retirement Community." (pictured bottom left). Frizzle said, "plus our partners Mid Coast-Parkview Health and Vicarage by the Sea. Also to sponsors Maine AARP, Aging Excellence, Bar Harbor Bank and Trust, Bill Dodge Auto Group and Winship and Brentwood Centers for health and rehabilitation. We couldn't do it without them." Frizzle summed the event by the numbers" 400 swag bags, 60 flu shots, 20 massages, three buckets of coffee and a couple hundred munchkins! What a day!"

Several of the more than 70 vendors who attended finished their critiques by asking, "how do we sign up for next year?"

more photos on page 6

Mike McCarthy Celebrates Veterans Day with "Piano For the People"

Thursday, Nov 12, 1:00 pm

Come for fun and music as Michael McCarthy returns with his Victorian Square Grand Piano to People Plus! Entertaining with hits from Chopin to the Chicken Dance, he has audiences tapping their feet, listening, and visualizing with his performances set to specially designed movies! Classical, popular and jazz – he plays it all to make sure everyone is happy. This is a SPECIAL show for members only! Call to register!



Can you find People Plus volunteer, William Felkay? Raking leaves or setting up tables for the Expo, the Center thrives on volunteers.

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:

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

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Stacy V. Frizzle Executive director director@peopleplusmaine.org
Jill Ellis Program and outreach coordinator programming@peopleplusmaine.org
Elizabeth White Office manager betsy@peopleplusmaine.org
Frank Connors Member services frank@peopleplusmaine.org
Jordan Cardone Teen Center coordinator teens@peopleplusmaine.org
Patricia Naberezny Receptionist reception@peopleplusmaine.org

Spectrum Generations Staff

Casey Henson Meals on Wheels coordinator chenson@spectrumgenerations.org
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Check out past newspapers at
www.peopleplusmaine.org



Expo a success, bring on the holidays!

Who knew the Cooks Corner mall could hold so many people at once?!?

There were, over the course of the day last week on Tuesday, October 20 at least 600 people through the Cook's corner mall just for our third annual Senior Health Expo. With over 70 vendor tables, including Coastal Landing Retirement Community, Mid Coast-Parkview Health, Bar Harbor Bank and Trust, AARP, Bill Dodge Auto Group, (and Otto!) and the Vicarage by the Sea, we had a well-rounded selection of vendors.

We happily passed out 300 swag bags provided by Bangor Savings which were depleted by 11 AM! Bar Harbor Bank and Trust then showed up with another hundred or so which were gone by noon.

Chans gave out over 60 flu shots, Topsham Dental Arts gave out nearly 150 toothbrushes, and at least 25 people received a free massage or healing treatment, all while the senior college signed up nearly 100 new email members!

The weather looked gloomy at first, but the sun broke out around 8:30 and warmed up to 60°. It was a very successful event with people gathering information on how to live a healthy and productive life as they age. And I owe a big thanks to Jill Ellis for pulling the whole thing together. Our work with Jenn Felkay, (and Frank, Betsy and Pat!) has created yet another invaluable community asset from People Plus that we

anticipate will continue to grow for years moving forward. Thanks to everyone who attended.

In other news, our current and past board members have spent the last month writing notes on our annual fund letters. They will hit the mail in mid-November so keep an eye out for it in your mailbox. As you know, our annual fund goal is \$50,000, And every dollar of support counts! So whether you can give a little or a lot, it all goes in one big pot and your contribution is very important to People Plus. We use the annual fund primarily to sponsor our members who are living on a fixed income and cannot afford expensive health club memberships, restaurants or takeout food, etc. and they rely on our center to offer them the programs and tools needed to live a productive, healthy, and well socialized life.

Let me thank you and advance for whatever donation you feel comfortable making to the annual fund. And please know our members appreciate it!

We will also be gearing up in November for the Teen Center, Christmas gift drive. New this year, we have so many teens using our teen center facility that we thought a wrapped gift event would be just what the Grinch ordered. Most of our teens won't have much under their Christmas trees. So how about if the rest of us pull together to provide what they need? Keep your eyes open for the Friday peek of the week for

From the Executive Director

STACY V. FRIZZLE



a list of gifts that are easy to pick up and bring to the Center. From everything from toiletries including shampoo and conditioner, razors and shaving cream, deodorant, and toothbrushes to adult size socks, hats, gloves, winter snow boots in adult sizes seven through 11, male and female sweatshirts, and school supply trinkets, small toys like Rubik's cubes, and puzzles and books. Are all welcome by our teen center members.

As I write this, I'm headed to Plymouth, MA with 200 of the fifth grade class from Harriet Beecher Stowe school. It should be an exciting day learning about the founders of our country. And when I think about the community that group of people created as they took care of each other nearly 400 years ago, I can't help but be appreciative of the community that we have created here at our little downtown building at People Plus. We are the center that builds community and I couldn't be more proud of that.

Stop in and see us any time – there is always something happening here at the Center!

From Anita's Plate

ANITA HUEY



Last month, at the Women's breakfast, we made pumpkin waffles. Several people asked me for the recipe.

Here it is:

1. Begin with the recipe for waffles on the box of the pancake mix.
2. Add a can of pumpkin, ground flaxseed and cornmeal.
3. I just eyeballed the amounts and added more milk to achieve the consistency that I wanted.

November is National Diabetes Month! The numbers of people with diabetes and the health care costs associated with it are

Quinoa and Berry Salad

Ingredients:

- 2 cups quinoa, rinsed
- 2 chopped celery stalks
- 1 cup mixed berries
- ¼ cup sliced almonds
- 1 t sesame oil
- ½ squeezed lemon
- Freshly ground pepper

Directions:

1. Cook the quinoa like you would rice, in 4 cups of water.
2. Place the quinoa in a bowl add celery and berries. Season with oil, lemon and pepper.
3. Sprinkle with almonds and serve.

staggering! Changes in lifestyle can make great strides, in helping to control diabetes, in many people. For the first time every, People Plus will host the fully accredited diabetes program. Most insurance companies cover this program. I am partnering with Marie Veslesky, RD, LD, CDE, BC-ADM at the Choice Center for Diabetes to offer this exciting interactive program. So far we have 11 people signed up for the

program and 10 more have expressed interest at the People Plus Expo. I think most of them are excited about the meal that we will provide! The program will run Nov. 7th and 14th from 9-1:30. Please call me if you would like additional information. Anita Huey, MS, RD, LD, CDE.
Contact number 504-6439

The Harpswell Garden Club

will meet Thursday November 19, 2015 at 12:30 p.m. at the Curtis Library in Brunswick. Featured speaker will be Dick Zieg, Staff Horticulturalist (retired) of the Coastal Maine Botanical Garden presenting a lecture with slides on "Vertical Gardening." The program is free and open to the public. FMI call Becky 833-6159.

NEW Program!

Diabetes Self-Management

Two Saturdays, Nov 7 and 14th, 9-1:30 pm

Learn the steps to managing and preventing diabetes with Anita Huey of Everyday Nutrition Associates who has teamed up with Marie Veselsky, MS, RD, LD, CDE, of Integrated Optimal Health to offer this new fully accredited program at People Plus! (Covered by most insurance companies. Sessions include meal demonstration and exercise class.) FMI 504-6439.

People Plus Business Hours

Monday-Thursday
8:30 am to 4:00 pm
Friday
8:30 am to 1 pm

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Seasonal flu shots to be offered at People Plus this fall!



"Write On" Blessings BY JONI LARLEE

In August of 2014 I joined People Plus, because I had been coming here as a healing practitioner with the physical therapists from GBPT for their Free Clinics. I had read about a writers group at People Plus, but for some reason I put it in the back of my mind and thought nothing of it until Saturday, June 6th of this year.

It just so happened that I was teaching a class that day and at the end of the class one of the ladies came up to me and handed me her card. I looked at it and saw that she was a writer and that she had published a couple of books, so I told her that I had been thinking about joining a group at People Plus in Brunswick, but that I hadn't followed through yet, and did she know anything about it. So she said, "Oh, we'd love to have you, so you'll have to come and join us and I conduct the group!" This lady just happened to be Bonnie Wheeler. By Wednesday I attended my first Write On meeting. I know in my heart that nothing happens by chance, and I even wrote a song about that by the way. Coincidence? No, serendipity is what this was!

I've had no formal training as a writer, (except for an 8 week memoir class that I loved), but I can't remember when I didn't write. I poured my heart out on paper for as long as I can remember, and most of the time through poetry, or when I felt inspired, I'd write what ever felt right for me at the time. As a child I won many spelling Bees and wondered, how did I know how to spell those words? I didn't know about Intuition then, I just knew how to use it.

I know now that there is One Writer, one Source, one Energy that writes uniquely through all

of us. "Words, divinely inspired from Source, paint pictures for the fertile mind where love and imagination co-exist." (Jon O'Donohue) To me, Write On Writers is a gathering of souls, coming together as One, yet uniquely individualized, sharing their experiences, real or fiction, but definitely heart felt.... funny.... sad.... and informative, and telling tales in a way that no one else could.

As the stories are told, dormant feelings of the past are re-awakened as they give memories new life, so that they may be seen in a new light of understanding. The memories did not die, but they were tucked away deep within to be revisited at a more appropriate time. Perhaps a time to release, rearrange, downsize and change, and passing on messages for future seniors, writers, and readers of all ages and from all walks of life.

Writing is a means of communication and connection, and it can bring, solace, understanding and closure to the readers, and sometimes it brings us to a place that is able to touch each others hearts and souls. I once read recently that, "Writers make us feel less lonely in the world." Isn't that the truth!

In closing I'd like to say that, Write On Writers at People Plus, is a place where I have found support and appreciation from unique and gifted writers who understand my words. It's a place where I can be heard without feeling judged or ridiculed, because I know that they can hear the words beyond the words. Write On Writers gives me a sense of belonging where like minded people gather to care and to share, and it gives me a sense of purpose as well, and that my friends is a blessing in my book!

ANY DAY BUT WEDNESDAY!

BY CHARLOTTE HART

On Wednesday, January 10th, 2007, I walked in to a meeting of WRITE ON! Since that day, I have written poems, serious poems, silly poems, occasional poems. I have written memoir pieces, childhood memories, family memories, descriptive pieces of places like Crystal Spring Farm and Mount Chocorua. I have heard poems—poems expressing deep feelings, light and fanciful poems, free verse, blank verse, carefully rhymed and precisely

constructed verse. I have heard unique memoirs. I have heard convincing fiction. I have heard clever satire—the writings of Jane Exhaustion! I have heard well researched essays which have become Letters to the Editor.

If a Brunswick Snow Day has cancelled a Wednesday WRITE ON! meeting, I make every effort to attend the make-up day on Thursday. If I need a doctor's appointment, I say, "Any day but Wednesday." If I need

a dental check-up, I say, "Any day but Wednesday." A close friend passed on, and his family scheduled memorial services on a Wednesday. I wrote sincere condolence messages. I visited family members to share memories and to tell them I was sorry to miss the memorial service.

You ask why I must be at WRITE ON! on Wednesday. To quote Tevye in Fiddler on the Roof, "Well, I'll tell you. I don't know."

WHY WRITE ON! BY GLADYS SZABO

I didn't consider myself a writer. I came out of curiosity. I was told I am a writer. I just need to do it. I received a very warm, friendly welcome, immediately put me at ease. I came back. Write On! became a weekly commitment. This group opened my mind
 To observing life more intensely,
 To exploring and expressing my feelings,
 To learning new techniques of writing,
 To recalling life's experiences, and
 To writing about them as a legacy for my grandchildren.
 My life is enriched as we shared Laughter, Tears, and Caring.
 Most important in the group are the people;
 Getting to know one another through our writings,
 Having a safe place to write, and
 Getting gentle feedback plus encouragement.
 I feel accepted, listened to and cared about in this group.
 It is an extended family to me!

An Essay For the 20th Reunion of the Write On! Group

BY BOB DOW

To delve into my 20 years of actively participating in the Write On! group....

What did the group do for me? It gave me a chance to perform. It gave me inspiration to do some writing.

It gave me new friends and friendships still going strong today. There was a social aspect. It gave me a reason to get up and out and socialize.

The suggested assignments gave me something to do, a goal to meet.

To belong to a group of peers who all like to write inspires one to reach for the performer we all have inside of us, wanting to be in the spotlight. ...to meet other performers, many more talented than oneself.

The strength of this group is the camaraderie and good spirit and for one person to always step up to assume leadership as another steps down.

May we all meet again to celebrate the next milestone where ever we may be on that day.

Marsha said, "Burn something"

BY BONNIE WHEELER

I could burn bacon, eggs or toast. Nope, not food. I certainly could burn paper. I have over 20 years of stories, poems, plays, and books. Some of them should be burned, but I can't do it.

I have a closet filled with clothes, all sizes. Some I will never wear again, or maybe I will burn them. Nope.

Okay, burn something. I look around, My curtains? Nope. My carpet? Nope. My furniture? Nope. Whatever will I burn? The last time I burned something was on July 4th when I was about 10 years old. Mom told me to be careful with my firecrackers and not to light them in my hand. Did I listen? Nope. I was lighting them in my hand and throwing them up in the air to watch them explode. I was having so much fun until one went off in my hand. Did I run crying to Mother? Nope. She had warned me. So I ran to the bathroom, got a cold washcloth, wrapped it around my blood, blistered hand, and ran to my bedroom to cry in pain. Oh, yes, I burnt something, me. Did I learn my lesson? I think so because I'm having a really hard time burning something today. So sorry, Marsha, I can't seem to do this assignment. Oh, dear, there is an ongoing assignment, the dozen rhyming words of aardvarks. Good grief, there must be something I can burn? Do candles count?

How I Found Write On Group And Why I Like It

BY ELIZABETH B. BATES

I had to leave Scarborough, Me. after 15 years to live in Brunswick because I had to be nearer my two daughters. I found an "independent living" apartment that is great, and then I needed to find something creative to do. I heard that there was a "People Plus" place that had many Senior activities. I found their free newsletter in the grocery store.

I was overjoyed when I looked at it and saw how many activities they offered, many of them free. I had to choose one of them! After much

deliberation, I came to the room in which the Writers Group was meeting. I had done some writing in the past.

It was like coming home! Everyone was so welcoming! I read some of my old work to them, and they had helpful comments, followed by appreciation of my work.

I had found just what I needed. The group has much versatility. We not only help each other, but we enjoy each other. What more could we ask for?

20 YEARS AGO BY BONNIE WHEELER

The only thing constant is change. 20 years ago, I walked into People Plus on Maine Street to join the writers group. Twelve men and women sat around a table in a dark, back room behind the church. I was eager and scared and wondered if I would fit in. They were kind and encouraging. I watched and listened in awe at the wisdom they shared around the table. Jim Haley became my mentor. He taught me that our outer core grows old but our inner core remains young. He said that when an older person dies, it's as if a library burns down. I learned so much around that first table.

Change again—we lost members to death and many life changes. One day, when I was alone at the table, Ruth walked in. She assured me she was not a writer. I assured her she was. Her first story was published.

More changes—we moved to our new and better location. We had a large room, tables, a bulletin board, and thanks to Frank, a full writer's page in the People Plus paper. We

were stepping in high cotton. Our group grew, we published books, did reading for the community, and Bill gave us a name, Write on! Bill was 90. He taught us that with a good attitude and humor, we could write on and on.

Many special writers have come through our doors, and today, on Wednesday, we are still using our words to enjoy and entertain and share. In another 20 years, many new writers will walk through the door, sit around the table, fill their library with their stories or poems, and share their gifts with a waiting world. Every writer has a special place in my heart, and I feel blessed to sit at our table. Write On Writers has given me an experience beyond my expectations, and I appreciate all the writers for being who they are. I am a better and happier person for sharing time around the table with such kind, giving, and talented writers. Thank you for the gift of being the facilitator over the past years.

What Write On Means to Me BY DOTTIE MOODY

A family	As a family
Who share a common goal	It is almost always good
The written word	Not perfect
Who come weekly together	Ours would be
To offer up	A lesser life
These words	Without what we share
Words that make us laugh	We feel safe here
Make us cry	We feel valued here
Make us sing	We feel joy here

Nancy's Story BY BONNIE WHEELER

My sister, Nancy, is fighting through the disease, Lupus. The doctors encourage her to go on disability, yet she goes to work every day. She gets out of bed, works very hard, and falls into bed again when she gets home. On most Saturdays, she stays in bed. Come Sunday morning, she pushes herself out of bed to teach Sunday school and sing in the choir. Though sometimes she needs to sit, her voice still rings out to praise God. There is a lesson in this for me as I try to push through uncontrolled Type II Diabetes. If Nancy can do it, I too can stand or sit and sing God's praises, and I do.

Congratulations Write On Writers on your first 20 years!



More November Programming at People Plus



“Aging Well” Lunch and Learn: Got Wrinkles??

Monday, Nov 16, 12:00 pm

What are laugh lines?? Can we get rid of wrinkles?? Why are they called crow's feet?? Learn the answer to these questions and more as Julie Wise, PA-C, of Wise Cosmetic Solutions in Brunswick discusses our skin as it ages, ways to reduce premature aging, how our nails can reflect our health and signs/symptoms of melanoma. Bring your lunch and we provide the drink, chips and dessert. Free, open to the public. Call to register for this interesting and informative session!



Bean bag toss, anyone?

Shades of summer!... People Plus board member and beanbag toss enthusiast Jack Hudson has offered to coach a series of beanbag tosses this winter. The ever popular picnic event, called “infinitely adaptable” by Hudson has been called a great way to pass cold winter days. “On the inside looking out.” Hudson reminded us that People Plus members Rick and Rollande Fortin are current gold medalists in Cornhole toss at the Maine Senior games, so “People Plus has a reputation to uphold.”

These sessions are for newcomers and experienced cornhole players, if there is sufficient interest, we will offer practice sessions through the winter. Dates for startup are Friday noon, November 6, 13 and 20. Please register your interest at the front desk, 729-0757.

“Tech Time” for Windows & Android Operating Systems.

Monday, Nov. 16, 10:00 am

Bring your devices (non-Apple) and questions to a fun, informal, monthly drop-in chat group. Beth Aldrich (from All Thumbs Computer Care) will provide tech support for all levels of users. Free, for members only.

Welcome to Medicare with Spectrum Generations

Designed to provide educate about Medicare. This class answers 90% of basic questions and is held the 2nd Tuesday of each month from 12:30 – 2:00 pm. Free to the public. Registration required.

Please call 729-0757 to register for classes and events.

Lunch & Connections

Turkey, all dressed for the holiday

Golden roasted and flavor-filled turkey, wrapped with all the traditional trimmings, will be our Lunch & Connections dinner for Thursday, November 19. “It’s a week before Thanksgiving,” Center chef Frank Connors acknowledged, “of course our focus will be on the Holiday.”

The meal includes brine-soaked and roasted Turkey, mounds of mashed Maine potatoes, mashed and buttered butternut squash, turnip, beets and cranberry sauces, all smothered in stuffing and our own special gravy.

There will be a fresh and green garden salad for everyone, and the featured drinks will once again be locally-pressed apple cider, coffee and hot teas, and there will be pitchers of iced water on your tables. Dessert this month will be chocolate crème pudding, with a spot of whipped cream on top.

Last month’s boiled dinner served 70 paying members, and the 50/50 raffle paid \$44.

This monthly meal is underwritten by Spectrum Generations, and focuses on nutrition, variety and information. A CHANS Home Health Care professional is always on hand in the cafe to take and record free blood pressure checks, and Mary Marino of Mary’s Affordable Hearing Aids is available in the Teen Center to complete free hearing checks from 11a.m until noon.

Remember, you need to pre-register after the first of the month to be seated, and seating is limited to 68 people. Cost of this meal is \$6.00 for members and \$8.50 for non members. Yes, you can order a take-out to be picked-up at 11:30 a.m. Lunch is served at noon, plan to arrive about 11:30 a.m. to chat with your friends and claim your seat, purchase your 50/50 raffle ticket and to register to win one of our several free door prizes.

Yoga for Seniors with Ann

New Session! Stretch, flex, breathe and relax for optimum well being. Designed for older bodies, this yoga is a wonderful way to re-balance and feel grounded. Five week session Nov. 10 - Dec. 15 (no class Nov. 24), Tuesdays, 10:30 am. \$25 members/\$50 non-members.

Pilates Lite for Seniors

New Session! Pilates Lite, led by Dennis Kimmage, strengthens the key core muscles in your body but more gently than a traditional Pilates workout. Five week session Nov. 10 - Dec. 15 (no class Nov. 24), Tuesdays 12-1 pm, \$25 members/\$50 non-members.

“London Tower to Eiffel Tower” trip is being planned!

An 8 day trip to London and Paris is being planned for October 5-12, 2016. Highlights of the trip include Buckingham Palace, Big Ben, London Theatre Performance, Eurostar Train, dinner on the Eiffel Tower, Seine River Cruise, Arc de Triomphe, and Paradis Latin Cabaret. People Plus has reserved 12-15 seats on this tour. Deposits due March 30, 2016. FMI contact Jill Ellis, 729-0757.

Happy Travelers!



Just back from this year’s Collette Travel adventure, this group of People Plus members are telling tales of their trip to Italy.

Indoor track season is here

The arrival of cold weather gives new reasons to enjoy the indoor track at the Brunswick Recreation Center on Brunswick Landing. Opening at 8:30 am, the heated facility is available until 8 p.m., except for one hour in the morning (10:30 to 11:30 a.m.) when the Brunswick Pre-School is using the track. Track is open weekends as well, Saturday hours are 9-4, and Sunday hours are 1-6 p.m.

At 590 feet, the all-weather track is roughly 1/9 of a mile in length, so nine laps of the track will equal a mile plus 30 feet. Remember to bring a change of shoes, as street shoes and boots are not allowed. The adult open gym is open Monday to Friday

from 11:30 a.m. until 2 p.m.

The Recreation Center is located at 220 Neptune Drive, perhaps a mile and a half onto the old Navy base. If you enter Brunswick Landing from the old main entrance near the Cook’s Corner mall, travel along Fitch Avenue just eight-tenths of a mile, turning left at the second large plane onto Pegasus St. Follow this street for a half mile and turn right onto Neptune Drive. You’ll see signs. The Rec Center will be on your right, across a broad and welcoming free parking lot.

For information on special programs, check the Center’s website at www.brunswickme.org/parkrec, or call them at 725-6656.

COASTAL LANDING RETIREMENT COMMUNITY

NOW OPEN!

When you are contemplating a move... to a Retirement Community, enjoy a visit to the new COASTAL LANDING in Brunswick to see all we offer in independent retirement living. (Assisted Living available on the same campus.)

Included in your monthly rent:

- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Other services available for a reasonable monthly fee.
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Find your way to **COASTAL LANDING** 142 Neptune Drive, Brunswick 837-6560 www.coastallanding.com

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Anthony B. Purinton • Funeral Director

NOVEMBER 2015 AT PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 10:00 Apple Club 11:00 Table Tennis 12:00PM Bridge 1:30PM Matter of Balance Workshop 6:00PM Belly Dancing</p>	<p>3</p> <p>8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:00PM Pilates Lite 1:00PM Quilters 4:30PM Studio 48 Performing Arts</p>	<p>4</p> <p>8:45 Cribbage 9:00 Loosen Up 9:00 Mah-Jongg 10:00 Meals On Wheels 10:00 Table Tennis 12:30PM Tai Chi - Advanced 1:00PM Write On!</p>	<p>5</p> <p>8:30 WOMEN'S BREAKFAST 9:00 Beginning/Interm Bridge 9:00 Table Tennis 10:00 Art with Connie Bailey 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>6</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs Talk 11:00 Qigong 12:00PM Learn Cornhole 1:30PM Table Tennis 6:30PM Folk Dance</p>	<p>7</p> <p>9:00 Diabetes Program 10:00 Bridge</p>
<p>9</p> <p>9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 11:00 Table Tennis 12:00PM Bridge 1:30PM Matter of Balance Workshop 6:00PM Belly Dancing</p>	<p>10</p> <p>8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:00PM Pilates Lite 12:30PM Welcome to Medicare 3:00PM Kaffeestunde! German Club 4:30PM TCAC Meeting 4:30PM Studio 48 Performing Arts</p>	<p>11</p> <p>Closed for Veterans Day THANK YOU VETERANS</p>	<p>12</p> <p>8:00 MEN'S BREAKFAST 9:00 Beginning/Interm Bridge 9:00 Table Tennis 10:00 Art with Connie Bailey 1:00PM PIANO FOR THE PEOPLE 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>13</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs Talk 11:00 Qigong 12:00PM Learn Cornhole 1:30PM Table Tennis 6:30PM Folk Dance</p>	<p>14</p> <p>9:00 Diabetes Program 10:00 Bridge</p>
<p>16</p> <p>9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 10:00 Tech Time 12:00PM Bridge 12:00PM LUNCH & LEARN: Got Wrinkles? 1:30PM Matter of Balance Workshop 6:30PM Civil War Bookclub</p>	<p>17</p> <p>8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:00PM Pilates Lite 1:00PM Quilters 3:00PM Books a la Carte 4:30PM Studio 48 Performing Arts</p>	<p>18</p> <p>8:45 Cribbage 9:00 Loosen Up 9:00 Mah-Jongg 10:00 Meals On Wheels 10:00 Table Tennis 12:30PM Tai Chi - Advanced 1:00PM Write On! 3:00PM WWII Book Club</p>	<p>19</p> <p>9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 11:00 Hearing Screenings 11:30 CHANS BLOOD PRESSURE CLINIC 12:00PM LUNCH & CONNECTIONS 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>20</p> <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs Talk 11:00 Qigong 12:00PM Learn Cornhole 1:30PM Table Tennis 6:30PM Folk Dance</p>	<p>21</p> <p>10:00 Bridge</p>
<p>23</p> <p>9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 11:00 Table Tennis 12:00PM Bridge</p>	<p>24</p> <p>8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 2:30PM Café en Français 4:30PM Studio 48 Performing Arts</p>	<p>25</p> <p>8:45 Cribbage 9:00 Loosen Up 9:00 Mah-Jongg 10:00 Meals On Wheels 10:00 Table Tennis 12:30PM Tai Chi - Advanced 1:00 Write On! 5:45PM Girl Scouts 6:30PM Brunswick Coin & Stamp</p>	<p>26</p> <p>Happy Thanksgiving</p>	<p>27</p> <p>Closed All Day Thursday and Friday</p>	<p>28</p> <p>10:00 Bridge</p>
<p>30</p> <p>9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 11:00 Table Tennis 12:00PM Bridge 1:30PM Matter of Balance Workshop</p>	<p>NOVEMBER 1ST FALL BACK</p>	<p>People NEWS & VIEWS FRANK CONNORS AND STACY V. FRIZZLE chat about fall programming</p>	<p>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 at: http://vimeo.com/harpswelltv</p>	<p>Brunswick Teen Center FALL HOURS Monday-Thursday</p>	

Become a Reader for a Better Society

Would you like to make a big difference? In your free time – in the privacy of your own place? This is a one of a kind opportunity.

Join our family of 125 anonymous volunteer Readers for College Guild, which provides free correspondence classes to prisoners nationwide. Students' wonderful writings, poetry and works are anonymously and thoughtfully responded to in writing, by our Readers, with humor, critiques, rhetorical

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Everything goes through our Brunswick office, where training is provided to volunteer Readers, who are also welcome to stop by and deliver or pick up students' assignments. Otherwise, Readers' responses are sent to us by email, where we print and then

mail them to students, along with their next unit. Sounds fulfilling? It is! FMI, see our website www.collegeguild.org, or email collegeguild@gmail.com or stop by and visit.

Just an hour or two spent reading and responding to a student's assignment ultimately leads to greatly improved lives, families and communities. All of our students are so grateful, like this one: "I always say that if you're not learning, you're not truly alive. Thanks for helping us live." Another recently said, "If more people, such as yourselves, got involved in educating us prisoners, those whom society has deemed unfit without knowing who we truly are beneath

our brokenness, I suspect that it would benefit the whole."

Be a part of the solution! Research shows that education helps reduce recidivism up to 70%. Many of College Guild's students go on to become top students at university, publish their works, teach others, and contribute richly to their communities. More than 5,300 students have enrolled in College Guild's courses since incorporation in 2001. About 400 students are involved at any time, and sadly, about 500 people languish on a long waiting list. Help us reduce the wait list, and recidivism, by calling today: 207.729.0043. Our volunteers love this mutually-rewarding opportunity, and so will you.

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Hundreds of seniors enjoyed our third annual Senior Health Expo at Cook's Corner on October 20, 2015.



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Perfectly Fall

On a clear Fall day, Thursday Hikers enjoyed a view of the White Mountain Range from a ledge on Hedgehog Mountain.

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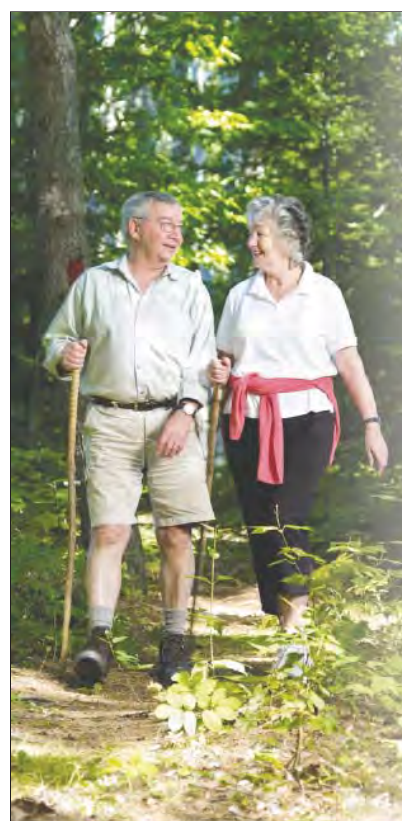
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“Weeding out, settling in”

Teen Center News JORDAN CARDONE

September was crazy due to an unexpected rise in attendance. I figured that October would be a weeding out, settling in kind of month. Attendance did go down a bit; today I only had 20 kids! Some of our new members spent October testing our rules requiring many “meetings” in my office to give my “let me tell you what we do and don’t do here” speech (I have a sheriff’s badge with my name on it!) It has been a challenging month but I had an especially interesting week I would like to share with you.

The week of October 12th was a holiday week meaning a 3-day week with the kids. Easy breezy? Yet always aware that I NEVER know what my week will be like or what any day will be like! Tuesday going into work my mind is on: 3 days’ worth of food, 3 p.m. reporter from Times Record coming in to interview teen, 4:30 monthly Teen Center Advisory Committee meeting. The bus arrives and our day begins. I have 15 minutes to prep my teen for the reporter...

Meanwhile...sometimes a teen gets a look that elicits the response from me “What? What are you hiding?” and usually it is a food item that they have taken more than the allotted amount of, like fruit snacks, but sometimes they surprise me like pulling out a hamster! Okay, hmmm a hamster...

just a hamster, nothing to put it in! “You need to make something to put it in now!” We quickly scan the room for something, anything, and come up with 2 plastic covers and electrical tape and the kids make a temporary home for it while I try to gather information: why is it here, who’s is it, etc. Apparently a teen brought it for another to take home and that tween happened to be attending the meeting with me at 4:30, which meant hamster alone-time until 6! By 6 our meeting was over and we were back in my office where tween called her mom to ask if she could, indeed, bring a hamster home. Mom’s answer was in no uncertain terms “NO, NO, NO”. Okay “well, I guess the hamster is staying here tonight and we will figure it out tomorrow.”

Next day, ...hamster still there, nothing resolved but 2 of our kids walked down

to Brooks Feed & Farm to give them the hamster. It was a no go! Meanwhile, I am downstairs checking in with Stacy who had just returned from Germany, mentioned the hamster situation and she said “you could probably keep it up there as your mascot” the exact words the teens had used!

Back upstairs and am told that one of our teens wanted to take it home...I ask him, “do you have anything to put it in? No. Have you asked your dad? No.” AND the house they had made for it had been thrown in the garbage while I was downstairs! Really? Am I really spending day number 2 on the hamster? (the regular other “stuff” I deal with at work was still taking place!) Out of the trash and put back together because I guess the thing is staying here another night!

Sooooo I get to work Thursday and I look at the hamster “thing”; all looks good. I go into my office and assistant Donna comes in a short while later “you know, the hamster is not in there?” WHAT? We take the thing apart and look under everything and sure enough, no hamster... Kids arrive, they are told the news and the day is spent looking high and low and under and over for the hamster while I am accused by the more emotional

kids of killing the hamster. I am also terrified that it got downstairs and any moment we will hear a loud scream from below and all kinds of trouble will happen! After about an hour or two, I go downstairs because I seriously need a time out and to confess that our hamster got out and is loose in the building... I head to Frank’s office and spill my guts. The look on his face makes me think that he knew, or that someone on staff took the hamster and knew I would be going crazy upstairs looking for it. But no, apparently not, the look was Frank just experiencing another one of his “Jordan and those kids” moments! Frank had a light bulb go off in his head though and handed me a card for a “Critter Catcher” and said we should call. WHAT? Are you serious? “Yep” He then confesses that it is his big brother Grant who is the Critter Catcher and we proceed to talk to Grant who agrees to come right down to catch our hamster!

I ran upstairs to tell the kids and show them



Critter Catcher Grant Connors with tools of the trade

the business card of the Critter Catcher. They were amazed and in disbelief but I assured them he was indeed on his way and minutes later he appeared! Grant arrived with a bucket and some towels a trap (and a couple of little girls!). I can’t divulge what use those things all had, it is apparently a trade secret! Surrounded by kids, he set a trap up and instructions were given and he left saying he would be back in the morning to see if the hamster was in the trap. I can’t tell you how impressed the kids were with Grant’s skills. Mad vacuuming happened as I had to be sure there were no food crumbs around that would deter Wyatt from going to the trap food...(as Frank pointed out “why would the thing ever leave up there, there is so much food around”). I also was becoming more frazzled every moment knowing that the next morning I would be in Portland having dental surgery done and the hamster situation was still very much up in the air!

Betsy meanwhile had some hamster stuff in her house (including a glass home that was inescapable) that she went and got in case the hamster was in the trap in the morning... Friday... I (who supposedly does not work Fridays) call PP for Frank, (who supposedly does not work Fridays) to see if hamster was found and YES it was! I say I will be there in the afternoon to pick the critter up. And I was...with Fraser’s help and after stopping at Brooks to get shavings and hamster food I brought that little guy home for the weekend! I posted pics on Facebook where the teens could see that Wyatt was indeed alive and pics of his new home!



Yep, that is why almost all job descriptions these days say “and other duties as assigned” That covers hamster care:) It was indeed a crazy week, which luckily ended well (thanks to a group effort!) As I often say, I always have to leave myself open to expecting the unexpected at work, but sometimes I come home and just sit there awhile shaking my head and when asked “how was work?” that Thursday I couldn’t even answer, I mean, what would I say?

Thank goodness our next week started off better, by Monday afternoon we had a sofa, my Bowdoin volunteer and at least 4 kids stuck in the reception area downstairs because the sofa wouldn’t fit into the elevator and I had Betsy making S.O.S calls to me upstairs...

~Jordan and gang

Teen of the Month



Skyla Hall was our September Teen of the Month! Skyla is in 6th grade at BJH school and began attending the TC program this past summer. Skyla is fun and energetic and states that she likes coming to the TC because “the people are friendly, there is food to eat and she likes to come to talk, watch TV sometimes and just watch the other kids doing stuff like playing video games”. Skyla received 2 tickets to Regal Cinema. Congratulations Skyla!

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DON'T FORGET THE WATER

This time of year it is important to stay hydrated. Most people agree that drinking water is common sense.

We also know many people report they never drink just water, and literally live on liquids that dehydrate the body. Examples of such dehydrating liquids are coffee, soda and tea, all of which contain caffeine. Switching from these dehydrating beverages can be the first step toward the health you desire.

The human body is composed of 75 percent water and as adults we can only survive three to four days without water.

Only nerve function and the air we breathe are more important for life than water. Hydrated people perform better on tests than dehydrated people.

Twenty percent more strength and aerobic power can be seen in a typical 150 pound person who has optimum body water levels as compared to individuals who lose three pounds of water weight during the same activity.

Water as an aid to weight loss. We often turn to food when in fact we’re only really thirsty. Drinking water can fill you up, replenish fluids and even give you energy allowing your body to function properly and reduce weight.

Water and toxin/waste removal. Water prevents damage to kidneys by helping dissolve the waste the kidneys remove. Without water a person

would be poisoned by their own waste products and toxins resulting from their body’s metabolism.

Stay tall and maintain nerve integrity as you age. The loss of height and decreased nerve function seen in some individuals can be linked to dehydration as well as joint dysfunction.

If each spinal disc loses 10 percent to 12 percent of its water content, an average person will lose approximately two inches in spinal height as they age. This loss of height impairs proper nerve signals exiting the spine and reduces overall health. The combination of proper hydration and proper spinal hygiene can help to minimize nerve and disc issues.

The Action Steps: How much water is enough? DAILY water requirements can be calculated by dividing your body weight in pounds by two. That number is the number of ounces of water that you should have. Water requirements come from clear fluids. Add 2 glasses of water per day for each cup of coffee, tea, pop, or serving of alcohol.

Keep hydrated and get your nervous system and spinal systems checked to improve overall function and the quality of your life.



Dr. Tim Coffin

-Legion of Chiropractic



Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center
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207-729-0475 - www.spectrumgenerations.org

November 2015



Get an affordable health plan through the Marketplace.

More affordable coverage. Even if you've never been able to afford a health plan before, you may now be eligible for free or low-cost insurance at a monthly premium that fits your budget. Depending on your annual income, financial help is available to lower your costs when you purchase a plan through the Health Insurance Marketplace. Nearly 90% of Mainers qualified for a break on the costs of their health plan.

Already have a Health Plan? If you are currently covered by a plan purchased through the Marketplace, it's important for you to update your financial information to make sure you're getting the right level of financial help for your 2015 plan.

Better benefits. All plans are required to cover the most important services including doctor visits, prescriptions, emergency room care, maternity care, hospitalizations and more.

More Coverage Options:

Individuals & Families: In 2015, the Health Insurance Marketplace offers more options for high quality health plans with good benefits. Go online to compare plans and select the right one for your budget.

Adults under 30: There are special options for adults under 30.

Free or very low cost coverage through MaineCare: Depending on your income, you may be eligible for MaineCare, which is Maine's free or very low cost health insurance program for children, pregnant women, parents, and people with disabling or certain chronic health conditions (HIV/AIDS, breast or cervical cancer). You can apply for MaineCare online, by phone or in person at a local Department of Health and Human Services office.

Need help to get enrolled in the right plan?

Purchasing the right health insurance plan can seem complicated, but there are lots of options to get **free** help and advice:

- Trained customer service representatives are available through toll-free help lines at HealthCare.gov. The toll-free number is 1-800-318-2596. Online chat is also available on HealthCare.gov 24 hours a day.
- Specially certified assisters (also called "navigators") working in organizations across Maine are ready to provide free help either in person or by phone.
- In Maine, call the toll free Consumers for Affordable Health Care's Helpline number 1-800-965-7476 (TTY: 1-877-362-9570). Open M-F 8:30am - 4:30pm.
- Certified insurance agents can also help you review plan options. Be sure to ask whether the agent is Health Insurance Marketplace certified.
- **Avoid the Tax Penalty.** In 2015, most Mainers are required to have health insurance or pay a penalty. You can avoid paying the penalty by signing up for a health plan on the Marketplace.

Turning 65?

If you're turning 65 and have a Marketplace plan, you should call 1-877-353-3771 to find out how to enroll in Medicare and what can happen if you don't. Here are some important facts:

- You can sign up for Medicare 3 months before and 3 months after you turn 65.
- When you turn 65, you can keep your Marketplace plan but you may have to pay full price for it.
- You can keep your Marketplace policy until your Medicare starts. You can cancel the Marketplace policy without penalty.



**LEGACY
CORPS**

Companionship Respite for Veterans and Military Family Caregivers

Are you a veteran or are you caring for a veteran and find yourself in need of some extra support? Are you a veteran or a family member of a veteran and would like to help those who have served? Spectrum Generations is now taking applications for both volunteers and participants for Legacy Corps, a program that helps support family caregivers. FMI contact Jennifer Fortin at 620-1657 or visit spectrumgenerations.org/legacycorps

Spectrum Generations is an equal opportunity provider.



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November 20-22 & 27-29

Friday ~ 4:00 - 8:00

Saturday ~ 10:00 - 7:00

Sunday ~ 10:00 - 5:00

Get Into the Holiday Spirit!

Join us for this double-weekend holiday extravaganza as area businesses set up their fully decked trees and give YOU a chance to take them home!

Buy a raffle ticket for 50 cents and enter for a chance to win your favorite tree. Each tree's winner gets to take it home, fully decorated and all ready for the holidays with everything that's on it and under it! Drawing of the trees will be on November 29th at 5:00pm.



There will also be a café and special hours to visit with Santa Claus.

Admission is \$2.00 for adults and children under 12 get in free.



For more information visit:
facebook.com/sukeforthfamilyfestivaloftrees

PROUD TO PARTNER WITH PEOPLE PLUS

“A thousands things to a thousand people”

We like to suggest the People Plus Center is a thousand things to a thousand people. Some come only for our luncheons, others just to play table tennis.

Yes, there are also members who come to the center so frequently, some days they are confused with staff members! However you choose to use your Center, know we're here for you, and because of you.

Dues are still only \$35 a year for Brunswick residents, and \$45 for folks

from anywhere else. Remember to keep that membership card close, as dozens of area businesses will offer you significant discounts when you present the card at time of sale. “That card can save you money every day,” member services coordinator Frank Connors explained. “Offer it often and proudly. Before you know it, you will pay for your annual membership several times over!”

Membership Benefits

The following businesses offer discounts for People Plus 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! Phone 939-5789; miaclark@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

Autometrics: 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

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Tire Warehouse: 20% on Labor 24 Topsham Fair Road, Topsham 725-7020, www.tirewarehouse.net

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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

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Big Top Deli: 10%, Anytime 70 Maine St., Brunswick 721-8900, www.bigtopdeli.com

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

McDonald's: Free Dessert with Purchase 1 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

RETAIL STORES

Indrani's: 10% on Non-sale Items, Mondays Tontine Mall, Brunswick; 729-6448

Portland Glass: 10% on Materials (\$50 max) 61 Bath Road; 729-9971 www.portlandglass.com



Double Duty. Rose, Dottie, and Joan are the heart of the lunch and Connections kitchen crew, doing double duty in October and November peeling pound after pound of vegetables.

"Digital Maine: Saving Yesterday for Tomorrow"

The November meeting of the Pejepsco Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, November 8, 2015 at 2 pm. Our guest speaker will be Peggy O'Kane, Digital & Special Collections Coordinator of the Maine State Library and she will be presenting "Digital Maine: Saving Yesterday for Tomorrow".

Many of us are blessed with an abundant documentary history. Identifying ways and means to share it with the world, while also preserving it, can be a challenge. Digital Maine is one opportunity to address these challenges.

Third Tuesday at Orr's Island Library

"CHANS Home Health Care" November's "Third Tuesday" at the Orr's Island Library will be a presentation by CHANS on accessing in-home care: how, when, where and who to turn to when in time of need.

Tuesday, November 17, 2015
1:00 p.m.
Orr's Island Library
1699 Harpswell Islands Road (Route 24)

For more information, contact:
John Webster
jwebster85@comcast.net
833-5430

Peggy O'Kane has been a professional librarian for 35 years. Although she is from away, she plunged into Maine living with both feet by moving from San Francisco to Houlton in October 1993. Peggy has been with the State Library since 2008. She is responsible for social media, collections, and research services.

Join us on November 8, as we learn more about how to preserve and share our family histories! Everyone is invited to join to the group beginning with a brief social period before and after the speaker. A business meeting will follow. For more information contact John Webster, PGS President at (207) 833-5430.



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Senior Intermediate Cribbage

Sept. 23: Harry Higgins, 713; Priscilla Sargent, 710; Tim Owens, 704.

Sept. 30: Mike Linkovich, 724; Lois Fournier, 708; Lorraine LaRoche, 693; Rollande Fortin, 683.

Oct. 7: Anne Bouchard, 714; Colleen Petrin, 702; Leah Nelson, 697; Anita Owens, 694.

Oct. 14: Mike Linkovich, 726 (perfect score); Linda Paisley, 714; Joe Tonely, 703; Andy DeBiasio, 697.

Monday-Saturday Bridge

Sept. 26: Gladys Totten, 3980; Mary Lou Cobb, 3,640; Bill Washington, 3,310

Sept. 28: Bill Buermeyer, 5,300; Terry Law, 4,250; Joyce Lyons, 4,230; Mary O'Connell, 4,020.

Oct. 3: Donna Burch, 4,390; Richard Totten, 4,150; Lorraine LaRoche, 3,950; David Bracy, 3,920.

Oct. 5: Sherry Watson, 4,490; Bill Buermeyer, 4,420; Lorraine LaRoche, 4,250; Lloyd Jones, 4,200.

Oct. 10: David Bracy, 4,210; Bill Coop, 4,120; John Rich, 4,110.

Oct. 12: David Bracy, 6,390; Bill Washington, 4,460; Martha Cushing, 3,440; Bill Coop, 3,290.

STORM POLICY

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

Remembering that old house

Could forty years have passed since Jane and I bought our dream home in Bowdoinham? As I remember the story, I was headed over Center Street toward the recycling barn with a load of whatever, and as I crested that first hill, there stood my dear "Aunt" Della of my childhood, trying to hammer a for sale sign to the maple tree in front of her house. I stopped and asked what was going on.

"Going to Brunswick," she announced, "can't do another winter in this ol' place."

You have to know that I grew up across the street from this lady-no blood relation, mind you- just one of the nicest, kindest folks on earth. I never left her house without a cookie in my hand, her husband Phil was a confidant, teaching me how to frame bird houses, to fish and to feed chickens. I reached for my wallet and saw only a couple tens, (gas money,) and pulled one out. "Earnest money," I said with a smile, "please don't put the sign up until Jane and I have said No," then I gave her a hug.

That particular fall, Jane and I were living in a tidy little cape on a dead end street in Brunswick.

We'd purchased it two, maybe three years earlier, and were busy papering and painting, making it our own. I was tinkering with the chimney, so I could install a woodstove for a little extra heat.

And did I mention that Jane was a little bit pregnant with our first child?

The old house in Bowdoinham needed everything! The bathroom was a two-holer on the wrong end of the barn, there was no central heat, no hot water, no storm windows. Where there was paint or paper, it was faded, dirty, and older than me. The roof on the back was growing stuff, and when I went down cellar to "check utilities" I stepped into six inches of standing water! The floor across the front end had failed, dumping two bureaus into the basement.

That tour with Jane led to what was a very

quiet ride home. We both knew we'd be crazy to move; our 10-year plan had always been to buy a little land, to build new...I already had the plans drawn, and we'd bought land in East Bowdoinham. But Jane knew I was smitten, and this lovely woman has always supported every hair-brained idea I've ever had.

Della had a lawn sale and was gone, and that sweet little cape went away in less than a month, giving us half down for the \$14,000 sale price at "Center Street." The other \$7,000 was going to Della in \$100 monthly payments, direct. Seemed like a good deal, and we knew no bank would give us a mortgage, anyway.

My stepfather had a small fuel oil-delivery business in Bowdoinham, so we went to work installing the furnace. Leaves were changing color outside. We hired a plumber to hook us to town water (Della's tap water had been carried in bottles) my brother Grant doubled as a plumber, electrician, savior and coach. Norman loaned his truck and tools, and kept Jane and Barbara at bay, reminding them of the "rickety old farm" they had purchased when he came home from the war. Showers, solace and supper became a regular event with my Aunt Jean up the road. We used a shovel to clean the floor of the new master bedroom upstairs, fixing it up "fast" so we could have a warm, clean refuge from the rest of the houseful of clutter and confusion.

One evening I surprised my Jane, having a good cry in the dining room as she watched the cold wind blowing rain through the sash on our northwest wall. All she said was something like, "our little cape in Brunswick was so nice..." I almost joined her tears, told her instead the storm sash were coming in the next week. Before the whole project was done, we had reglazed all 28 windows in that old house.

Miles was born on a frigid December night, I know Jane was delighted to be in a

Speaking Frankly

FRANK CONNORS



warm, clean room at Parkview. I came back to visit the next day, "bond with my little boy," I called it excitedly. Jane wanted to know if the furnace was running yet, when I said, "almost." she suggested I should come back and bond when the furnace was blowing heat.

There are a million stories that go with the restoration of that old house. Removing old carpets in the livingroom, we found an envelope filled with cash. (We gave it to Della) Half way through the installation of our new bathroom, and Jane's first pregnancy, our plumber was killed in a car crash. Have you ever tried to get a tradesman to finish another man's work? A chain hooked to a stump under the house snapped and sprayed Jane and our little Abbie with flying glass. Twice I fell off the barn roof. Grant and I opened the old kitchen area with chainsaws, took down two old chimneys with sledghammers. Little Miles was once diagnosed with a high lead count, no doubt because he was crawling around in paint and plaster dust. Most of what we did, we did based on advice and guesswork. There was no guidebook telling us how to do what we were doing.

Yes, the project took 30 years. When we sold the place and moved to be with Norman a few years ago, there was a punch list of stuff left to do before we could put it on the market. There were things we'd done twice, other things still waiting to be done. But I'll close with this. I still puff with pride when I drive over that first hill on Center Street, because Jane and I gave that old house another fifty good years, and we had good years because of it.

New or renewing members for October

* indicates new membership
• indicates donation made with membership

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Bruce Bean, Brunswick
Rosanna "Rusty" Chute, Brunswick

BRUNSWICK

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Catherine Brown
Evelyn Bryant
Marianne Bulger
Florence Carman
Marcia Clayton
Jeanette Cole
Sally Coonradt
Carolyn Dalphin *

Rosalie Deschenes
Diana Dove
Gerald Fromm *
Pauline Gallagher
Maria Havinga
Patricia Holmes
Doris Howes *
Lois Hyde
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Mary Kelley *
Yoshiko Kilgore
Terry Law
Connie Marran
Dorothy Nadeau •
Thomas Nadeau •
June Nering
Roberta O'Neil *
Mary Ann Prue

Ann L, Schroeder *
Georgette Sisto *
Susan Snow
Sue Stableford *
Penelope Stevens
Peggy Sullivian
Gladys Sweeney

TOPSHAM

Barbara Bennett *
Robert Bouchard
Adele Gassett
Mary Ann Green •
Charlotte Hewson •
Roger Hewson •
Beverley Pearson •
Donna Russell-Beals

HARPSWELL

Armand Bouchard
Nancy C. Dorian
Donna Lemieux
Miriam Webber •
Nancy Wilds •

OTHER PLACES

Bradford D. Blake *
Bowdoinham
Marla Blake * Bowdoinham
Jane Danielson, Freeport
Maxine 'Micki' Gersh * Bath
Anne Harwood, *
Bowdoinham
Joyce Pye. Bath
Nicholas Sewall, * Bath
Toinette Weybrant, Bath

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2015

Time to Remember

BY P.K. ALLEN

We should make time for peace and never time for war with its violence and atrocities all people should deplore.

We should make time for love and never time for hate with its prejudice and bigotry to undermine our fate.

We should make time for reason and never time for dispute with its arguments and anger all people should refute.

We should make time for forgiveness and never time for blame with its hurt and suffering that puts ourselves to shame.

We should make time for truth and never time for a lie with its dishonesty and deception that no one can deny.

We should make time to remember and never time to forget all the things that keep us apart and that everyone should regret.

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Restaurant Hosts needed. Applebee's Restaurant, at 11 Gurnet Road, Cook's Corner, Brunswick, is looking for a few "outgoing, friendly, and happy individuals" to welcome guests to their dining room. Starting pay is \$10 per hour, shifts are 4 hours. Benefits include half price meals and opportunity to earn bonuses. Maturity is a plus! Call 721-9920 or visit to schedule an interview with Barbara Brown, Dining room manager.

Exercise balls. People Plus would like to place several exercise balls, some 24-inch, some 22-inch, in new homes. Take your pick, still only \$10. See Frank at the Center, or call 729-0757.

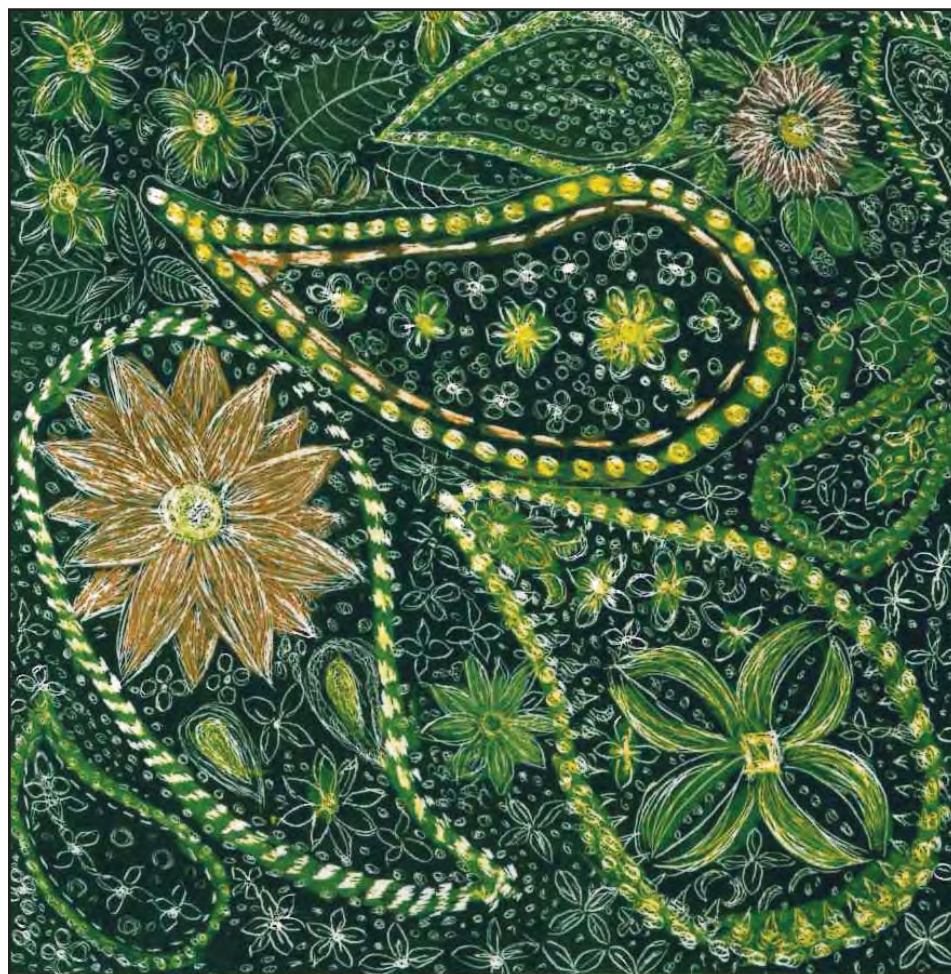
Items to sell? Services to offer? Contact over 4,000 readers, in print and online. Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757

Student show is holiday feature

Students from the Tuesday-Thursday painting classes instructed by Consuelo (Connie) Bailey are being featured through December in the Union Street Gallery of People Plus. This always popular, multi-media show will feature more than two dozen original works, and is the first public exhibit of the fall season for Bailey's classes. The mixed media exhibit includes watercolor, watercolor pencil, colored pencils, graphite, pen and ink, charcoal, pastels and scratchboard.

Students invited to participate include: Beth Aldenberg, Lorraine Berte Sandra Cox, Karen Guistra, Richard Jordan, Myrtle LaCroix, Tony LaCroix, Donna Lemieux, Marilyn Morris, Richard Nickerson, Ralph Palmer, Valerie Robbins, Ann Sanfasin, Wilma Sarna, Frances Stone, Ann Thomas, and Alfred Tyrol.

The collected works – including, "Musing 1," right, a scratchboard and colored pencil work by Connie Bailey – can be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick.



Lunch out!

November 10th at 11:30 a.m.

WINNERS SPORTS GRILL

20 Farley Rd, Brunswick

My good friend Janet and I caught up over pumpkins the other evening. We were carving them.

She asked about my grandchildren, I asked about her prospects. None at the moment... all three of her children are into interesting lives that did not yet seem to include children of their own. Eventually though, she nodded. She sounded wistful.

Then Janet said something that set me to thinking, She said, "the real loser in this trend to wait to have a family is not the grandparent, but the children. The children who will never know their grandparents, or will know them only as very old people. I think of what my grandparents meant to me,,what they added to my life while I was growing up."

I was thrice blessed in grandparents. I had my dad's parents whom we visited yearly, and with whom I stayed for two weeks the summer I was ten. Even those somewhat limited contacts produced a host of memories.

The Gift BY BETSY STEEN

My grandfather was a man of great dignity-with a twinkle. He was a teller of stories! We loved listening to his tales of being in the navy and of the people he had met. Granddad loved his garden. He and I started every morning of my visits with a canning jar of kerosene, into which we dropped the Japanese beetles plucked from his roses. Yes, I still treasure the memories of that house of nooks and crannies, and the two wonderful people who I lived there.

But my mother's mother, Granny Lil, was our favorite! She lived life fully, radiating fun though her life had not been easy. She visited us several times each year, bringing toys and games with so many pieces that made my mother shudder, but made our hearts sing. In between visits, she wrote newsy letters with green ink, and stuffed them with stamps, stickers and clippings.

There is no question that grandchildren are a gift, especially if they live close enough to visit often, but as I look back, I agree with Janet, the better gift, the more important and lasting gift, is the gift of living grandparents to the children.

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