



Bath Garden Club dropping off fresh holiday arrangements to go out with Meals on Wheels. Left - Casey Henson, Middle - Elizabeth Lakeman, Right - Joan Toy

**Goal is \$50,000**

**Annual Campaign gets early and major gift**

"It's right in there with receiving an early and amazing Christmas Present," suggested People Plus Executive Director Stacy V. Frizzle, as she announced an unexpected and unsolicited gift of \$10,000 made to the Center last month by a lady who wanted to remain anonymous. "It just makes everything easier." Frizzle said the annual campaign, which "has to raise \$50,000" came out of its opening with nearly \$17,000 already in the books.

More than 1,200 letters were mailed to members and friends of People Plus in mid-November, putting the appeal into what Frizzle called "high gear." She

emphasized the Center receives no federal or state funding and remains dependent on gifts and donations from individuals and businesses in the community to help cover operating costs. Letters are followed with personal contacts by board members, staff, and development committee members, who often make phone calls to support the drive.

Last season's campaign netted more than \$50,000, accounting for more than 20 per cent of the Center's operational costs. "I'm sure we can do it again," Frizzle said.

**MCHPP Food drive continues**

The 1,000 pieces and pounds campaign to support the Midcoast Hunger Prevention Program is working well, nearing it's halfway mark at Thanksgiving day. "We wanted to be a little closer to our 500 numbers," organizer Frank Connors admitted, "but a push in early December will put us over," he said.

The Center is accepting non-perishable food products for the MCHPP and delivers them every week. The non-profit community food bank lists canned soups, fruits, and vegetables, peanut butter and baked beans and boxed helper mixes (hamburger and tuna) as items that are in constant need. People wanting to donate money directly to the campaign (last year People Plus collected more than \$200) should make their checks directly to MCHPP. Last season, the Center collected more than 1,000 pieces and 1,000 pounds, to end its most successful drive ever by Christmas eve. "That's where we want to land this year as well," Connors said.



**Kevin Mannix to lead discussion**

Join us on Thursday, December 10, at 1:00 pm, as People Plus welcomes Kevin Mannix and wife Linda Rota to the Center to discuss their book, "Weathering Shame".

It is an autobiography, by one of Maine's leading weatherman, WCHS6 News Centers' Kevin Mannix and his wife, social worker Linda Rota, that details their personal journey with shame and stigmas. The book is a story of their personal experiences surrounding growing up in a home with parental mental illness and alcoholism.

This event is free and open to public but registration is required. Books will be available for sale and signing.

**Center Stage Players and Member Holiday event**

Join us on Monday, Dec. 14 at 1:00 pm for a fun and festive afternoon to celebrate the holiday season. We'll start things off when The Center Stage Players present their holiday show. Afterwards there will be a holiday reception for members that will include cookies, punch, holiday music and other goodies. Crazy holiday attire encouraged. Please bring a donation for our food drive! Call to register!

*The holiday season has begun and the Center Stage Players have put together another unique program to celebrate this special time of year. Reading poetry by Mary Oliver, Claude McKay and May Sarton; a piece from "A Christmas Carol" by Charles Dickens; some improvisation about "Many Happy Returns" and a "Circle of Friends".*

*Our numbers may dwindle, our voices may fade, Our spirits may falter, our bodies degrade, But give us a script, and give us a stage, We'll put on a show, that's sure to engage!*



"Last season, Santa himself was drafted to carry food for MCHPP"

**Gifts can make a teen's a Christmas**

Help give our teens a wonderful holiday by "stocking" the Teen Center and filling the teen gift bags with much needed items including:

**Teen Gift Bag Wish List**

- Movie tickets to Regal Cinema
- Socks (adult sizes, boys and girls)
- Deodorant
- Shampoo
- Toothbrush/toothpaste
- Chap Sticks
- Candy
- Fruit snacks

**Teen Center Wish List**

- Hannaford gift cards
- Game stop gift cards
- Domino Pizza gift cards
- Walmart gift cards
- Ear buds
- Small computer desks
- Juice boxes

Donations can be dropped off at the Center.



**A Special Gift**

Enjoy our pull-out section of poems and other works

from the **People Plus**  
*Write On Writers*

*Wishing you and yours a joyous holiday season!*

## 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  
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Check out past newspapers at  
[www.peopleplusmaine.org](http://www.peopleplusmaine.org)



## The Holiday "Ripple Effect"

I can't believe we fed over 100 people turkey yesterday! We brined and roasted about 150 pounds of it and have just enough left over to feed the staff our holiday lunch in December. So into the freezer it went along with a pan of stuffing, half a pan of rutabagas and some cranberry sauce.

Can you freeze canned cranberry sauce? I guess we will find out. Gladys is skeptical. I like to make my orange/ginger/cranberry sauce fresh anyway, so we'll have some of each at lunch!

The happy faces, full stomachs and general sense of well-being that filled our Center here at People Plus at the November lunch were worth every minute of the turkey brining, roasting and carving process! We served 30 pounds of potatoes, 20 pounds of turnips, three loaves of fantastic bread from the Union Street bakery across the street, and about 3 gallons of gravy... I had promised to make the gravy but in the end Rose did a better job at it.

So thank you to all of our lunch volunteers who carved, cooked, shopped, cleaned, washed, set up and took down 75 chairs and 10 tables, made centerpieces, served chocolate putting, etc., you know who you are and we love and appreciate you all.

It was especially nice to have Don Kniseley, the chair of our board as well as Charlie Evans a board trustee and Larissa Picard the new executive director of the Pjepscot Historical society join us for lunch.

I was pleased to introduce them all and have them get just a "taste" (no pun intended), if what we do here at the Center every day.

It gets me a little choked up actually when I think about how much good work really does take place here and how many people are positively impacted by People Plus. With the ability to share a meal, engage in social activities, play a game, take an exercise class, chew on intellectual lectures and programs, get a birthday phone call, or go for a bike ride, there is no end to the benefits the staff creates. Volunteers that help run the organization through the board, by cooking or working the front desk are as much a part of the team as those of us who get paid and we all work together to make this an amazing organization.

With over 18,000 meals on wheels running through here every year, and several thousand miles in volunteer transportation rides provided, we don't lose sight of our members who can't make it to the Center every day. And we take care of them also.

So at this time of the holidays, I hope that you reach out to your neighbor and give them a little squeeze. Share a cup of coffee, a meal, a lecture, or a walk around the block. You just never know how impactful your outreach will be.

We see the ripple affects of this Center that builds Community and they seem to be infinite. So go out and throw a pebble of neighborly hospitality out into your

## From the Executive Director

**STACY V. FRIZZLE**



community and see how far your ripple goes as well.

I wish love and health to all of you.  
Happy holidays!

**"Tech Time"** for Windows & Android Operating Systems  
Monday, Dec. 14, 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

**Save the Date for Music in April**  
Thursday, April 7, 2016

## From Anita's Plate

**ANITA HUEY**



I am excited to say that the first ever Diabetes Self Management program at People Plus was a big success. We had thirteen participants who attended 2 sessions. One on Nov. 7th and the other on Nov. 12th. The group was provided a notebook, viewed power point presentations, experienced Reiki, helped prepare a meal while learning about nutrition and diabetes, had their weight, body fat and BMI measured and won a prize at the end! Don't worry if you missed these sessions we will be offering it again.

Christmas is fast approaching and we all want to enjoy it and partake in all that it is about. However, a few tips can help maintain your weight :

- Make a plan.
- Prioritize the foods that you really like and avoid those that you really don't need.
- Pause for a minute when you see a large spread of food.
- Watch you portions.
- Limit dining out.
- Don't go to a party hungry.
- Give non-food gifts.
- Make stuffing with low sodium broth.
- Use broth and vegetables to make a delicious gravy.
- Prepare less of the more calorie dense foods and make more vegetables.
- Find healthy ways to make some of your favorites.

## Quinoa and Squash Stuffing

### Ingredients:

- 4 cups unsalted chicken stock
- 2 cups uncooked quinoa, rinsed
- 2 T olive oil
- 2 cups diced peeled butternut squash
- 1 cup chopped red onion
- 1 cup thinly sliced carrot

- 3/4 cup thinly sliced celery
- 3/4 cup almonds, toasted and coarsely chopped
- 1 t parsley
- 1 t thyme
- 1 t sage
- freshly ground black pepper, to taste

### Directions:

1. Bring stock and quinoa to a boil in a large saucepan; cover, reduce heat, and simmer 25 minutes.
2. Drain in a colander over a bowl, reserving cooking liquid.
3. Heat a large nonstick skillet over medium heat. Add oil; swirl to coat.
4. Add squash, onion, carrot, and celery; sauté 5 minutes.
5. Stir in 1/4 cup reserved cooking liquid.
6. Reduce heat to low; cover and cook 7 minutes or until vegetables are tender.
7. Stir squash mixture into quinoa mixture.
8. Stir in almonds, parsley, thyme, sage and pepper.
9. Spoon into an 11 x 7-inch glass baking dish. Cover and keep warm until ready to serve. Stir in additional reserved cooking liquid if needed.

I know, I know the holidays are about traditions but when I made our family's stuffing recipe with broth instead of butter, it was just as good! This month's recipe is a different kind of stuffing. It uses quinoa instead of bread. This dish will be look

beautiful on your dinner table. Why not change things up a bit and bring it along if you are bringing something for a get together. My family truly enjoys talking about some of the food that I bring to get together!

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

# Season's Greetings

from the People <sup>Plus!</sup> Write On Writers

## Childhood's Wonderful Winter Storms

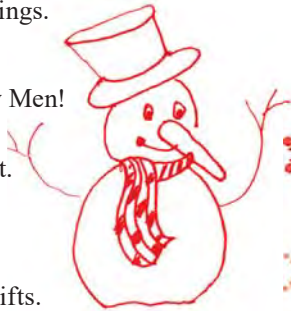
BY CHARLOTTE HART

Winter storms of childhood brought marvelous things.  
Days of snow covered hills for sliding, and then  
Sun softened white magic so we could make  
Snow forts! Snow women! Snow dragons! Snow Men!

Storms of childhood brought us long snowy days.  
Beans baked in the woodstove on slow steady heat.  
Then the fire revved hot to bake crusty bread  
While windows were tapped by fingers of sleet.

Blizzards of childhood held no fear at all.  
We'd watch through windows snow swirling in drifts.  
No plough could get through. No school! Days to play!  
Snow castles, snow tunnels, winter wonders! What gifts!

Sun-warmed maples filled shiny buckets all day.  
Sap vats in the sugarhouse simmered on low.  
A late winter storm gave us just what we needed—  
A smooth, sweet taste. Maple candy on snow.



## MY FIRST SNOW

BY ELIZABETH B. BATES

Having been born in the no-snow zone, I was so excited when I saw it building up on the outside window sill of our Boston apartment. I had to open the window, which was difficult, because of the build-up of snow and ice. Open at last, I stuck my finger into the soft snow, and put a small bit into my mouth. It melted instantly so I tried another. There was no taste, and so I was going to try again, but my mother told me to shut the window at once, because of the cold air coming in.

I went outside as soon as I put on the warm coat a friend of my mother's had given me. It was a couple of sizes too big for me, and it had a fur collar that tickled my nose. It had belonged to the daughter of my mother's friend. It was originally very expensive, so my mother was glad I had it. I was only 9 years old, so I wasn't impressed.

I picked up some snow with my mittened hands and made a snowball. There was no one to throw it to. It was not a neighborhood for children. I saw the milkman coming down the street, moving slowly on the icy road. His horse was covered with powdery snow. I threw the snowball at the horse. He ignored me, but I was happy to have had a target.

I went back to our apartment because I was getting cold. My mother asked me how I liked the snow. I replied I liked it, but there was no one to play with. I wanted to make a snowman, but it couldn't be done on the sidewalk.

My mother told me we would be visiting a friend of hers who lived in the country and who had children I could play with. We would be with them for a couple of days. When we got there, there was much more snow and it was very cold. They had wood stoves downstairs burning brightly. There was no heat upstairs. That's where the children slept at night.

When we went upstairs to go to bed, I was afraid it was too cold for me to sleep. I found heating pads under the blankets and I did sleep after all. In the morning, we did have a good breakfast before we went out to play.

There was a pond, completely iced up nearby. There was a small hill we could slide down on sleds to the pond. I really liked that until I heard some very loud cracking sounds from the ice. I ran back from the ice because I was afraid it would open under me. The other children laughed, but I didn't think it was funny.

When we got back to our apartment in Boston, it was warm and cozy. It felt good. I was glad the snow was outside.

## CHRISTMAS BLESSINGS

BY PAUL KARWOWSKI

A Christmas of white  
A child's delight  
O' Holy Night

A caroler sings  
A church bell rings  
We Three Kings

A heavenly birth  
A life of worth  
Peace On Earth



## HAIKU

BY PATTY L. SPARKS

Fields glisten with frost  
a blithe deer frolics in the  
soft cascading snow



## THE CHRISTMAS THAT ALMOST WASN'T

BY GLADYS SZABO

It was December 1955. I dreaded this first Christmas without my dad. He had died in April. It would be mom and I alone for the holiday.

My heart ached remembering all our memories and traditions. Dad climbing the tall ladder to meticulously place multi colored lights on the beautiful full blue Spruce tree in the front of the house and outlining the porch with blue lights. He never let mom or I help with the lights on the Christmas tree as each one had to be placed in a certain spot. So who would do all these things now?

I would miss my dad's infectious laughter. It felt like the bottom dropped out of the Holidays.

Surprise! I was invited to spend Christmas in Florida with my best friend's family. My mom really felt I should go. I was caught between a rock and a hard place. I wanted to go but how could I leave my mother alone on the first Christmas. Aunt Janet, mom's best friend, assured me my mom would spend the holiday with her family. They convinced me it would be best for all of us to do something different.

Mom decided we would not put a tree up or decorate the house since neither of us would be home. Again, my stomach churned. I was in an agitated emotional state. I had no one with whom I could share my uneasy feelings. None of this felt right no matter how much sense it made to others.

The weekend previous to my leaving for Florida, mom had plans to go out that Saturday evening after work.

I had plans of my own. As soon as she left for work I got busy cleaning the house, baking cookies, getting out the decorations! I decorated the house and wrapped gifts. Next, I retrieved an ax and headed out to find a Christmas tree. A light snow was falling. There was a cow pasture next to our house so I trekked down to the woods and found a beautiful plump fir tree. It was the perfect size. I managed to hack it down, then tied it up and hauled it up to the house. I found a bucket, filled it with dirt and struggled to stand the tree up straight in the bucket and get it into the house. Once the lights and decorations were done I placed the gifts under the tree. I made some hot chocolate and with a sigh of relief, flopped on the couch. Swarms of emotions came over me, mixing sadness, happiness, excitement and apprehension causing me to doze off.

I was awakened by my mom, with tears in her eyes. We hugged and cried happy and sad tears, thought about my dad, then, opened our gifts. I believe that was the start of my learning how to turn life situations around and move forward.

Dear Santa,  
It was the Cat...

Yours truly,  
Patty L. Sparks



## December Song

BY CHARLOTTE HART

In every window shines soft candle glow.  
Moonlight sparkles on bright glistening snow.  
Bonfire roars with cheerful crackling sound.  
Flashing skate blades circle 'round and 'round.  
Silent sleighs race miles through deep smooth snow  
Home to hearth fire's comforting warm glow.  
Overhead—gigantic star-filled sky  
Celebrates a Newborn's gentle waking cry.  
Morning sun gleams on the white church spire.  
Joyful voices rise. The village choir!  
Ornaments crafted by grandchildren three  
Cover a floor-to-ceiling fragrant tree.  
Circling the tree are gifts home made with care—  
Hand knit mittens, a quilt, home baker's fare.  
Door bells chime. Family arrives. Loud cheer.  
Sweet joy and hope for peace throughout the year.



## The goat who wanted our Christmas tree

BY BETTY BAVOR

A generous farmer in our community invited families to come to his pastures to select and cut a Christmas tree. Before this annual trip we, with our children, deliberated where our tree would be in our home, what kind, how big, slim, round, open or closed branches, and then we were off with our saw to find that perfect tree.

This was a working farm with animals wandering freely around the yard, so a large sign reminded everyone to close the gate after entering. Trees were

helter-skelter and natural so we scrutinized each one as we enjoyed hiking through the pastureland on this crisp December day. It was always hard for the four of us to agree, although for me, the first would have been just fine, however, we needed to check that one over there and children needed to have a choice in the final decision.

We were distracted by a goat that took a fancy to our daughter's jacket, biting at the stripe on the sleeve. I

shoed at away, and we continued on our quest, finally agreeing on the right tree. The goat stood close by as we put our saws to the trunk, dad made the initial groove and then everyone took their turn to saw away until the tree became free of its roots. Dad carried it back to the farmer as the goat followed close at our heels, jumping and biting the branches of our tree, as if to say, "that is my tree!" The kids laughed with glee at this frisky goat!

Back at the gate, the farmer gently kicked the goat away from us, and with a "BA-a-a," he took off after another family. The farmer seemed pleased we had stayed calm, that we children were not scared, and we had endured, not harming this special goat. After our donation, he wished us a Merry Christmas and we loaded our Christmas tree to the top of our car. By the way, the eaten branches fit well against the wall as we decorated our Christmas tree which we shared with the goat. Happy memories and to all a good night!



### Remembering The Essence of Christmas

BY JONI LARLEE

Christmas has always been meaningful for me, in different ways and at different times in my life. As a child I loved spending Christmas at Nanny Larlee's house in New Brunswick Canada, on the borders of Maine and the Province of Quebec. It snowed every Christmas Eve without fail, and large snow flakes fell gently like diamonds from the sky. Everything sparkled, from the blanket of snow on the ground outside, to the colorful lights, ornaments, and tinsel on the beautiful tree inside.

The excitement and anticipation grew as my brother Bob and I waited for Christmas morning, because we knew that Santa Claus would be bringing some of the toys that we had asked for on our Christmas list. After all we had been good and deserving of all that we had asked for. What I looked forward to most of all was to see the beautiful doll that would be waiting for me under the tree, and without fail there she was every year throughout my early childhood!

It was a happy time indeed, when we all sat around the dining room table and enjoyed Nanny's wonderful Christmas meal as a family. We had a great view of the tree in the living room as we looked through the French doors from the dining room, and after dinner we would all sit around the tree, not only to open gifts, but to sing Christmas Carols and make music around the piano. I realize now that we were a family of multi- talented musicians and I am so grateful to have been a part of it.

Those were unforgettable times, and these awesome memories come to life again every Christmas. It helps, especially in moments when I feel alone and feelings of sadness have somehow crept in, because many of the people I loved are no longer here and I miss them. As I reminisce, warm memories sneak into my heart and they bring back feelings of love and belonging as time stands still for just a little while longer. I can still hear the sound of the church bells that rang out every Christmas Eve for midnight mass in honor of the birth of Jesus Christ.

Today I see life through different eyes, as I remember the past with love and appreciation for all that I was blessed to have. These memories warm the heart of my inner child, the feeling part of me and a part of me that will live on forever.

Christmas has a different meaning for many people and for some it can be a sad time and for others, it may not have existed at all. I can only speak of my life's experience, although I respect and honor another's journey, whatever it might be.

The Essence of Christmas for me at this time of my life is about honoring and giving birth to the Christ Consciousness within. Symbolically, it is a time of renewal and of letting go of an old state of being so that we may be reborn into a new state of Being. By doing so we birth into our hearts and souls the qualities of our Devine Nature, which are the qualities of Love, Life, Light, Power, Peace, Beauty and Joy.

Christmas is a time to be with the people we love and who love and respect us unconditionally in return. The energy of unconditional love is empowering, joyful, and beautiful, and it is one of life's most precious gifts. Remembering the Essence of Christmas brings us back to Source, to our True Nature where all things are possible, including Peace on Earth.

Merry Christmas and Happy Holidays everyone!

### Winter Follows

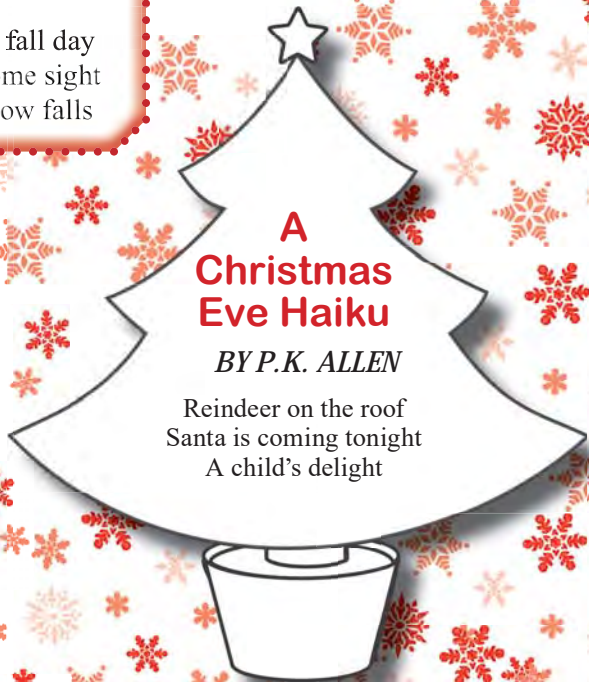
BY GLADYS SZABO

Brisk sunny clear fall day  
Eagle soars awesome sight  
Winter follows snow falls

### A Christmas Eve Haiku

BY P.K. ALLEN

Reindeer on the roof  
Santa is coming tonight  
A child's delight



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# DECEMBER 2015 AT PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>Brunswick Teen Center</b>  <b>FALL HOURS</b>                      Monday-Thursday                 </div>	<div style="text-align: right; font-weight: bold;">1</div> 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 6:00PM Girl Scouts	<div style="text-align: right; font-weight: bold;">2</div> 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!	<div style="text-align: right; font-weight: bold;">3</div> 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	<div style="text-align: right; font-weight: bold;">4</div> 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 1:30PM Table Tennis 6:30PM Folk Dance	<div style="text-align: right; font-weight: bold;">5</div> 10:00 Bridge
<div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">Hanukkah begins December 6<sup>th</sup></div> <div style="text-align: right; font-weight: bold;">7</div> 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	<div style="text-align: right; font-weight: bold;">8</div> 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 6:00PM Girl Scouts	<div style="text-align: right; font-weight: bold;">9</div> 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! 6:30PM Brunswick Coin & Stamp	<div style="text-align: right; font-weight: bold;">10</div> 8:00 MEN'S BREAKFAST 9:00 Beginning/Interm Bridge 9:00 Table Tennis 10:00 Art with Connie Bailey 1:00PM AUTHOR'S CHAT 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing	<div style="text-align: right; font-weight: bold;">11</div> 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 1:30PM Table Tennis 6:30PM Folk Dance	<div style="text-align: right; font-weight: bold;">12</div> 10:00 Bridge
<div style="text-align: right; font-weight: bold;">14</div> 9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 10:00 Tech Time 12:00PM Bridge 1:00PM MEMBER HOLIDAY EVENT	<div style="text-align: right; font-weight: bold;">15</div> 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 6:00PM Girl Scouts	<div style="text-align: right; font-weight: bold;">16</div> 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!	<div style="text-align: right; font-weight: bold;">17</div> 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	<div style="text-align: right; font-weight: bold;">18</div> 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 1:30PM Table Tennis 6:30PM Folk Dance	<div style="text-align: right; font-weight: bold;">19</div> 10:00 Bridge
<div style="text-align: right; font-weight: bold;">21</div> 9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 11:00 Table Tennis 12:00PM Bridge 6:30PM Civil War Bookclub	<div style="text-align: right; font-weight: bold;">22</div> 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 6:00PM Girl Scouts	<div style="text-align: right; font-weight: bold;">23</div> 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!	Closed All Day Thursday and Friday		<div style="text-align: right; font-weight: bold;">26</div> 10:00 Bridge
<div style="text-align: right; font-weight: bold;">28</div> 9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 11:00 Table Tennis 12:00PM Bridge	<div style="text-align: right; font-weight: bold;">29</div> 8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 4:30PM Studio 48 Performing Arts 6:00PM Girl Scouts	<div style="text-align: right; font-weight: bold;">30</div> 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!	Closed All Day		<div style="text-align: right; font-weight: bold;">31</div> <div style="text-align: center;"> <p><b>HAPPY NEW YEAR</b></p> </div>

## Freeport chorus to perform 'Visions of Hope'

The Greater Freeport Community Chorus will present its winter concert, "Visions of Hope," Dec. 12 and 13 at the Congregational Church in Cumberland, 282 Main St. The concert will include works by English composers, as well as Jewish chorale pieces. The event also will feature Jay Zoller's accompaniment of the 75-member chorus on pipe organ. Director Virgil Bozeman leads the singers, with piano accompaniment by

Kellie Moody. The chorus, whose members hail from 18 midcoast towns, will perform at 7:30 p.m. Saturday, Dec. 12, and again at 2:30 p.m. Sunday, Dec. 13. Admission is \$10, with a per-family maximum of \$25, with tickets available at the door. For more information, visit the chorus on Facebook or at its Web site, [www.gfccsings.org](http://www.gfccsings.org).

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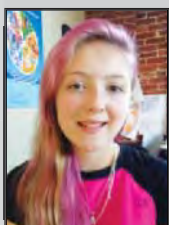
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### Teen of the Month



Allyson Higgins is in 6th grade this year and began coming to the Teen Center this past summer with her sister Haley who has been a member for a few years now! They also have a sister who will finish 5th grade this year so we may have all 3 girls next year!

Allyson says she likes to come to the Teen Center to "hang out with friends, use the computers and listen to music here". Allyson is very sweet and very quiet! She has attended one of our Teen Center Advisory Committee meetings and often offers to help me out at the end of the day when it is clean up time! Allyson has been a great addition to our afternoons and has received 2 tickets to Regal Cinema as her reward. Congratulations Allyson!



### Harpwell's Annual Tree Lighting Celebration

will take place Saturday December 5, 2015 at 5:30 p.m. at Centennial Hall, Route 123 Harpswell Center. Please join the Harpswell Historic Society and the Harpswell Garden Club for carols and refreshments. Children of all ages are welcome. FMI call Becky 833-6159.



### Lobby Donation Tree:

Take a second look at our lobby Christmas tree this month and you'll notice ways you can make the year 2016 even merrier at People Plus! Among the decorations, you'll see scattered wish list cards for items that will benefit ongoing programs. The list includes food items and gift cards for the Teen Center, gas cards for the VTN program, and other assorted items for the Center.



### Youth Theatre a Family Affair

Community Youth Theatre is all about family and community. We have had a big month in Brunswick. The middle school play featured Stacey's daughter, Violet (The Cat in the Hat) partnering to lead "Seussical the Musical" with Luke Welzel, Hank's grandson as Horton. Up next is Oliver! with Jill Ellis' family leading the way. Midcoast Youth Theater's "Oliver!", features Brandon Ellis as the lead character. Come see why Jill Ellis has been so busy lately. The 80 person cast of the show includes three members of the Ellis family. Rich Ellis plays the role of Mr. Bumble, the flirty leader of the Parish Orphanage. Dancing and singing beside father and brother will be Catlin Ellis, who plays one of the hungry orphans. This show directed by Christopher Holmes will feature wonderful choreography by Linda Gardner, her grandson Caleb, and leading roles played by local ballet instructor Annabelle Gardner and her sister Lilly. This family oriented cast also includes Julie, Lauren, and Kelsey Lemieux, Claire, Alyssa, Bryana, and Caylie Siggins (of the Ameriprise families). Mark your calendars for December 3rd, 4th and 5th at 7 PM plus 2 matinees on the 5th and 6th at 2 PM at Crooker Theater in Brunswick. Midcoast Youth Theater is a non-profit theater for young people. For more information go to www.MidcoastYouthTheater.org or call 207-837-8567.

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Mark F. Henry, MD, a joint replacement surgeon with MID COAST MEDICAL GROUP—Orthopedics, will also be on hand to discuss surgery and answer questions.

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For more information, call (207) **386-0418**



**MID COAST HOSPITAL**  
 123 Medical Center Drive, Brunswick, Maine 04011  
 www.midcoasthealth.com/wellness

**Only 3 Spots Left!**

**"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.



**Lunch out!**

December 8th at 11:30 a.m.

**Captain Mike's FAMILY RESTAURANT**

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Thanksgiving day cheer. More than 100 people enjoyed Thanksgiving dinner at the Center on November 19th.

Lunch & Connections

Yams and hams and holiday cookies

Roasted ham, smothered in a rich raisin sauce and dropped beside your choice of Maine mashed potatoes or sweet potatoes will be our holiday featured Lunch & Connections dinner on Thursday, Dec. 17, opening at 11:30 a.m. The menu includes peas and carrots a garnish of Frank's famous applesauce, and a generous helping of deep-dish casserole.

Dessert, if you still have room, will be a couple of colorful holiday sugar cookies, with a bowl of rainbow sherbet. Of course there will be a fresh, lightly-dressed green garden salad for everyone, and the featured drinks will be hearty coffee. Local apple cider, fruit juices and fresh milk.

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

Come early enough to pick up your 50/50 raffle tickets (November's winner took home \$51.50!) and always plan to register for our free door prizes. Pre-registration for seating is required and obtained by calling Pat at the front desk, 729-0757, after Tuesday, Dec. 1.

Lunch is served at noon.

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**Mid Coast Senior Health Center**  
*Ounce of Prevention Series*  
 Monday, Dec. 14, 11 a.m.-NOON

LEARN *more about Advance Care Planning*—

- The importance of advance care planning
- Tools to have quality conversations for successful planning
- How to make your healthcare wishes known through an Advance Directive

Join  
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*End-of-Life Initiative*

**Monday, Dec. 14, 11 a.m.-NOON**  
 Community Room  
 Mid Coast Senior Health Center  
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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)

December 2015

## Spectrum Generations is Expanding its Services For Disabled Adults

As a federally designated Aging and Disability Resource Center with expertise in community case management in helping intellectually and developmentally disabled adults, the following programs will promote healthy, independent, and vibrant living for these individuals.

### Community Support Program *Peer and community interaction*

Located at our Cohen Community Center, 22 Town Farm Road in Hallowell, this center based program is focused on helping intellectually and developmentally disabled individuals become more independent by providing skill building activities to build relationships, learn self-direction, experience peer interaction, explore personal interests and enjoy social benefits. Our Cohen Center is a beautiful, spacious, light-filled building overlooking the Hallowell meadows. It offers outdoor space, an elevator, and meals provided by culinary trained chefs – as well as a warm and welcoming atmosphere where clients can learn to become more independent and self-sufficient. We are open Monday through Friday and staffed with certified Direct Service Professionals. **For additional information and/or a tour of our newly renovated program area, please call Allison Campbell at 207-620-9265.**

### In-Home Support Program *Skills building toward living more independently*

Spectrum Generations has been offering help at home support for two decades. Our new In-Home Support Service specializes in helping individuals with intellectual disabilities lessen isolation and experience peer interaction. Staffed by trained Direct Service Professionals, this person-centered program helps central Maine's disabled adults maintain their independence, include skills building services, assistance with activities of daily living, self-care, development and personal wellbeing, as well as assisting with building community relationships. **For more information contact Erica Golden at 207-620-1661.**

### Welcome to Medicare

Spectrum Generations holds Welcome to Medicare informational sessions at its offices in Brunswick on the second Tuesday of each month from 12:30 to 2pm. These sessions are designed to help Medicare beneficiaries cut through the red tape of Medicare and its many "parts" so people can make informed decisions about their health care coverage. Free and open to the public. Registration is required. Call 729-0757 to register.

### Help Support the Spectrum Generations Animeals Program

The Animeals program delivers pet food to seniors that receive Meals on Wheels from Spectrum Generations. We currently serve over 120 pets in our service area and the number is always growing! Animeals allows individuals to keep their beloved companions at home while avoiding sacrificing their own food and nutrition to feed them.

Purchase a 2016 calendar, featuring those we serve and their beloved pets, for only \$15 and help make sure no senior *or their companion* goes hungry. Available for purchase at every Spectrum Generations center. Monetary donations and donations of pet food are also greatly appreciated.



**All Spectrum Generations locations will be closed on Friday, December 25th in observance of the Christmas Holiday**

Spectrum Generations is an equal opportunity provider.

**PROUD TO PARTNER WITH PEOPLE PLUS**



**LEGACY  
CORPS**

### Companionship Respite for Veterans and Military Family Caregivers

"To provide caregiver support services by and for veterans and military members in order to decrease caregiver burden and stress and increase the potential of the caregiver to sustain loved ones at home."

### The Objectives of Legacy Corps are :

- Implement a national service model focused on veterans and military families serving veterans and military family members.
- Provide veteran and military family caregivers relief through respite services.
- Provide information and resource dissemination to caregivers regarding common veteran conditions.
- Facilitate the ability of caregivers of veterans and military families to support each other.
- Provide assistance with veterans' transitions to new facilities or home.

### Who is Eligible to receive Legacy Corps services?

- Family members who care for a veteran
- Veterans who care for a family member
- Families with any military service history - including deceased relatives and in-laws
- Families in Kennebec and Somerset county

### Become a Member Volunteer!

- Serve 10-12 hours a week for one year (450 hours in a one-year period)
- Visit the same 3-4 families each week to assist with friendly visiting, recreational activities, errands, transportation and or light meal preparation.
- Attend 20 hour orientation
- Attend monthly trainings
- Participate in research surveys

FMI contact Jennifer Fortin at 620-1657 or visit [spectrumgenerations.org/legacycorps](http://spectrumgenerations.org/legacycorps)





# Chanukah Menorahs

BY WINNIE SILVERMAN

My kids still have the same menorahs they had as a child. They traveled with them wherever they lived. A few years ago my son had a fire that destroyed the inside of his house and he and his wife had to move into a rented house for over a year. I asked him what happened to the four menorahs. I had given each of my three grandchildren their own menorahs plus there was his. He said they had been in the garage and were OK

Every year since they were little my grandkids looked forward to the eighth night of Chanukah when all eight candles plus the "Shamos" head candle were lit. Each child lit his and her own

candles after reciting a blessing. They stared in wonder at the sight, and especially after we turned off the other lights in the room. Yes, they each get a gift or two for Chanukah, but not one for each night.

When my kids were young and I was a single parent, I gave them small presents each night for seven nights, things like socks and bubble gum, but the eighth night was the big gift. One year my daughter wanted an 8 track player. For the eighth night gift I gave her a bathrobe. Needless to say she was disappointed. She weakly said "Thanks Mom". I told her to put it in her room and when she turned the light on, there was the radio/8 track player.

I now have a great-grandchild. It's time to get her a menorah.



# The Visitor

BY VINCE MCDERMOTT

I had come to the village to take care of some business. It was not a good choice. The village was very crowded. People had arrived from all regions for the census. I was very fortunate to get a very small, uncomfortable space at a poor inn.

I encountered a boy when I put my wagon in the stable yard at the inn. He worked there, tending to the animals. He said that the innkeeper was making a fortune. I understood that. I could not believe what I had to pay - but I had no choice.

The boy was very excited. He said that something wonderful was going to happen. A man and a woman with child had asked for room at the inn, but there was none. The innkeeper had offered them space in the stable. Like me, they had no choice. I had no idea what he was talking about. But, as long as I was there, I thought that I may as well wait to see what would happen. I am very glad I did.

## HAIKU/IMAGE

BY PATTY L. SPARKS

Sheets of winter light  
spiky shadows of birch trees  
snowy owls in flight...

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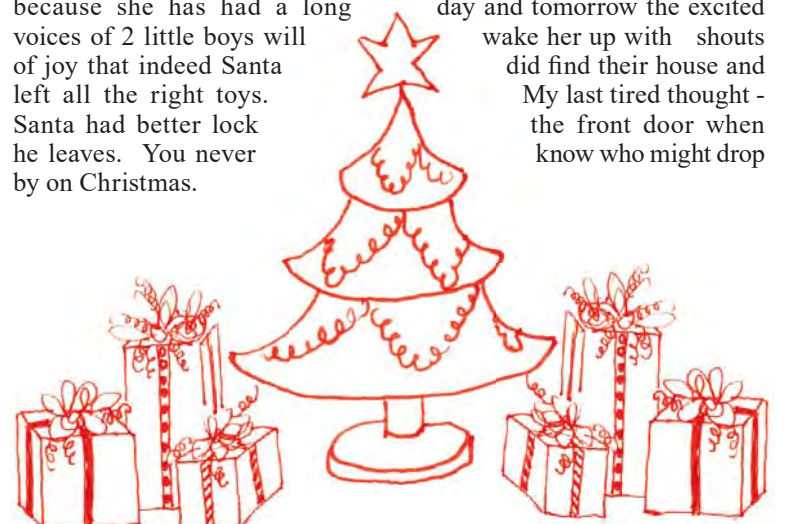


# Reindeer on the Roof

BY BONNIE WHEELER

"Mama, Brad said Santa likes chocolate chip cookies the best."  
"No, Kevin said he likes peanut butter."  
"Please, Mama, leave those for Santa."  
"Okay, boys, Santa gets 2 of each. Now go to bed."  
"Did you remember Rudolf's carrots, Mama?"  
"Yes, and also the glass of milk. Now go to sleep."  
"Mama, where do you think Santa is right now?"  
"Well, he is about to fly over Texas and Oklahoma on his way to Maine. All the boys and girls there are all asleep. Now go to sleep!"  
"Mama, my eyes won't stay closed. Do you think he got me a GI Joe and a bicycle?"  
"Brad, I said go to sleep, you're keeping Kevin awake."  
"No. Mama my eyes won't stay closed either. Mama, how will Santa get in our house? We don't have a chimney. Oh, no, we won't get any presents."  
"Kevin, I left the front door open and told Santa to come in that way and he said, "fine." NOW GO TO SLEEP!"  
Brad whispers, "I think I hear reindeer hoofs on the roof. Kevin, hurry and close your eyes." "I'm trying to."

At last, the Santa toys are under the tree, the stockings stuffed full of goodies, I ate all 4 cookies, and poured the milk down the drain. I will only do so much for Santa. I even ate 2 of the carrots but left the greens. Now this Santa will not have any trouble closing her eyes because she has had a long day and tomorrow the excited voices of 2 little boys will wake her up with shouts of joy that indeed Santa did find their house and left all the right toys. My last tired thought - Santa had better lock the front door when he leaves. You never know who might drop on Christmas.



# DECEMBER SONG

BY CHARLOTTE HART

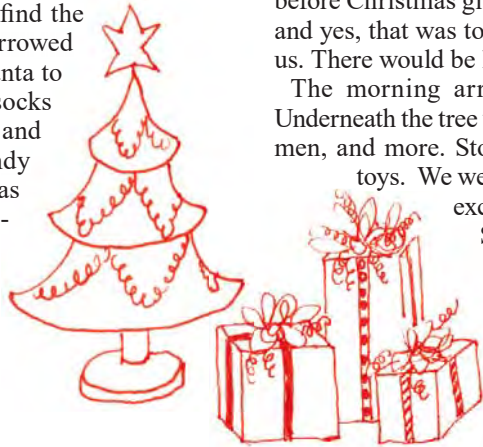
In every window shines soft candle glow.  
Moonlight sparkles on bright glistening snow.  
Bonfire roars with cheerful crackling sound.  
Flashing skate blades circle 'round and 'round.  
Silent sleighs race miles through deep smooth snow  
Home to hearth fire's comforting warm glow.  
Overhead—gigantic star-filled sky  
Celebrates a Newborn's gentle waking cry.

Morning sun gleams on the white church spire.  
Joyful voices rise. The village choir!  
Ornaments crafted by grandchildren three  
Cover a floor-to-ceiling fragrant tree.  
Circling the tree are gifts home made with care—  
Hand knit mittens, a quilt, home baker's fare.  
Door bells chime. Family arrives. Loud cheer.  
Sweet joy and hope for peace throughout the year.

## Grandpa's Christmas

BY BONNIE WHEELER

Christmas Eve was the time the family gathered to celebrate Grandpa's Christmas. We enjoyed a potluck supper, Mama's cornbread dressing and Aunt Jewels yeast rolls - my favorite. After supper, we grandkids sat around Grandpa's chair and handed him his presents. We knew what to hand him first - a box of chocolate covered cherries. He grinned at all of us and then opened the box to pass around. Next might be shirts socks or pajamas. We watched with excitement as he opened his gifts. No one else had gifts, they were just for Grandpa. Our Christmas came on Christmas morning with one toy under the small tree and our stockings. Well, it really wasn't a stocking or even ours. The night before, we tore through Daddy's sock drawer to find the biggest sock without holes and borrowed it to lay out on the old sofa for Santa to fill. Each of the different colored socks held one apple, one orange, nuts, and hopefully a red and white candy cane. It was a time when a little was a lot. Christmas Eve was the highlight of the season. It wasn't what was under the tree, but who was around the tree. It was one very happy Grandpa looking around the room at his family. Indeed, it was a very merry Christmas.



## CHRISTMAS PAST

BY BONNIE WHEELER

Growing up in a family of 9 kids I learned early if I wanted things. I did not ask for them. I got a job and earned the money to take care of myself. I picked cotton on my uncle's farms, babysat, and did whatever jobs I was lucky enough to get. When I was younger, I wondered why Santa was so stingy. If he had all those toys in his sled, why didn't he leave me more than one present at Christmas? Later, of course, I understood he was doing his best. Yet, I always dreamed that one Christmas morning I would wake up and find lots of presents under the tree.

Life moved on, and I married. Garry and I had 2 little boys with their own Santa dreams. Military pay did not leave much money for Christmas presents, so I took a job for 3 months before Christmas giving toy parties. I could keep the samples, and yes, that was to be both the dream Christmas for both of us. There would be lots of presents under our tree.

The morning arrived and excitement filled our home. Underneath the tree were trains, trucks, riding toys, balls, army men, and more. Stocking were filled with candy and small toys. We were filled with joy seeing the happiness and excitement on the boy's faces. Oh, yes, our Santa was very generous. My dreams came true. Only it took another generation for it happened. And now, it was much more fun to give it than to have received it. I hope the boys still remember our first year of abundance.

## LOVE AT FIRST SIGHT

BY VIRGINIA SABIN

We met when you were brand new  
And I was needing a new beginning  
You were the first  
On my list to view

Built on ledge  
In the soil of a rotting forest  
Swarming with mosquitoes  
Blocking a view  
Of The New Meadows River  
There could be no cellar here

In its own little place  
Cleared away from towering pine  
The sky was let in  
This little house appeared to be growing  
Right out of the ground  
I never looked at another

It's been a win win I didn't know about  
I didn't know that a felled pine tree  
Made room for dormant roots of maple and birch  
Waiting so long to have their place in the sun  
And what a glorious autumn it is

What I learned  
From a dark dense screen of pine  
From this house lacking history before now  
Is all I need to know

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## Santa's Real!

BY BETTY BAVOR

It's Christmas Sunday. The children have been practicing for the pageant, and we are getting into costumes for the big event. The focus is on the birth of Jesus, and the performance was superb. After refreshments, fellowship and Christmas wishes, we all headed home. Not much mention of Santa until we rounded the corner of our street to see Santa entering the house of a neighbor! What a joy to hear the children all say, look, there is a Santa!"

## ANOTHER NIGHT BEFORE CHRISTMAS

BY R. LAUGHLIN

*It was the night before Christmas and all thro' the house  
not a creature was stirring, not even a mouse.  
The children were nestled all snug in their beds,  
while visions of sugar plums danced in their heads.  
And Mama in her 'kerchief, and I in my cap,  
had just settled our brains for a long winter's nap  
when out on the lawn there arose such a clatter,  
I sprang from the bed to see what was the matter.  
Away to the window I flew like a flash,  
tore open the shutters, and threw up the sash.  
The moon on the breast of the new fallen snow  
gave the luster of mid-day to objects below.*

There lying on the ground in a huge snow bank  
was a total stranger, a personage of no rank.  
He had fallen whilst dragging a large heavy log,  
all the time being "yapped" at by a mangy old dog.  
I looked down on him and he up at me,  
he was a lost soul if ever one be.  
It was then I knew what I had urgently to do,  
I put on my robe and slipped into each shoe.  
I ran down the stairs and through the front room  
almost tripping over some chairs and a broom.  
I opened the front door and motioned to him;  
he hesitated but I insisted until he finally came in.

The clothes on his back were tattered and torn,  
the shoes on his feet were nearly through worn.  
He was lean as a rail if the truth was to speak,  
he looked like he had barely eaten in over a week.  
I stoked up the fire and set him quite near;  
it clearly showed he was frozen from foot to ear.  
I brought him some drink and food and set on his lap.  
He glared back at me as if I was setting a trap.  
He ate all in silence never saying one word.  
Satisfaction returned; I swear he nearly purred.  
When he had finished he turned and he said,  
"Why have you done what others might dread,

to take in a stranger all tattered and torn?  
Most would see danger and look on with scorn."  
I replied, "We are not rich nor are we poor.  
To a person in need we must always open our door.  
Whether at Christmas, Summer, Spring or Fall  
is not sharing with others our Father's supreme call?"  
He rose from the chair and headed towards the door,  
about to go out in the blustery cold once more.  
Not fully knowing why, I wished him to stay yet more;  
but he said "No." he had found what he came for.  
As he departed he looked back at me,  
his face now shinning with a look of near glee.

"You're a bearer of the true spirit of living,  
helping others in need with unreserved giving.  
Your sharing of meat, drink and bread unleavened  
has earned you one day a high place in Heaven.  
Thank you my friend for the hospitality and drink.  
I'll see you again" he said, then disappeared in a blink.  
I stood in awe, my mind and body rather shook,  
then I dashed to the door to have one last look.  
There was no man to be seen, only a heavenly beam,  
one bright ascending star trailing a gold stream.  
Now when I look to the sky and see a shooting star  
I wonder who's been visited by that person from afar.



May the star of your God bring you  
Peace, Prosperity, Hope and Fulfillment  
this Holiday Season; and for many more to come!

(The first twelve lines are from the poem by  
Clement Clarke Moore, "A Visit from St. Nicolas"  
first published in 1823.)

# Finding Susan's Labyrinth

First look, it's just a circle, an opening in the woods, but while we approach, we notice the stones, and then the people. Folks are walking slowly, perhaps even reverently, or sitting on one of the stone benches at the center. You hear the silence, you notice the peacefulness. We've found Susan's Labyrinth.

You need to realize the power of this place. Susan is a dear, dear friend, accepting of the fact that her body is being consumed by cancer. But this is no ordinary lady, she never has been. There is a spirit and energy

that drives her to live, to continue her work, and to inspire her friends and the many people she meets.

Today, Susan is a shell of herself, sitting crumpled on the stone bench at the center of her wonderful new labyrinth. A tank of oxygen helps her breathe, a son and a daughter are braced against each shoulder. A heavy coat shelters her against wind and weather, her adoring husband stands quietly behind her. Friends move in closer to hear her talk.

There is just no way she would have missed this day.

The lecture today is about success, it does not need to be long. She knows her labyrinth will live past her and prosper, she knows that people will enjoy this place, this quiet notable place, with the spirit she has lavished onto it, for many years to come. There is a pride that beats from this woman. She wins. She takes this moment as another

victory for her.

Susan's Labyrinth lies nestled in a private corner of Crystal Springs farm's woodland, across a field from the Brunswick-Topsham Land Trust's Community Gardens. The entire area stands as a tribute to the amazing programs and hundreds of people who work to make our area one of the brightest areas, in one of the brightest states on earth, and now comes the labyrinth.

What is a labyrinth, you might ask? I did as well. Random House describes labyrinth as "a devious arrangement of linear patterns forming a design," but that description ignore thousands of years of history, even mythology; and that description doesn't include Susan's plan.

Susan's history with labyrinth's started in Brunswick more than a decade ago, when she had a hand-painted pattern that she rolled out on a floor and opened to the public nearly every month at her church.

## Speaking Frankly

FRANK CONNORS



All the while, you can bet she was planning and scheming for the creation of her permanent outdoor center. She saw her duel with cancer as a distraction, but I know she knew she would win in the end, and she has.

So visit this Labyrinth in the Woods, and enjoy it as the story of human success that it is. Think of our Susan, and think of the other folks we lose every year to disease, to warfare, to indifference. Realize these folks make contributions to our worlds, and we're all the better for it.

We love you Susan, and we're going to take care of you and your Labyrinth. May this add to the good spirits of the world, at a time when we all find we need it.

## 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.



### Senior intermediate cribbage

Oct. 21: Richard St. Cyr, 702; Anita Owens, 684; Joe Tonely, 685.

Oct. 28: Mike Linkovich, 704; Leah Nelson, 703; Joe Tonely, 696.

Nov. 4: Joe Tonely, 724; Lois Fournier & Mike Linkovich (tie), 712; Leah Nelson, 706.

Nov. 11: closed to observe Veterans Day

Nov. 18: Harry Higgins, 716; Anne Bouchard, 713; Bob Mehlhorn, 709; Leah Nelson, 708.

### Monday-Saturday Bridge

Oct. 17: Martha Cushing, 4,360; Sherry Watson, 4, 280; Bill Coop, 3,680.

Oct. 19: Sherry Watson, 5,350; John Rich, 4,590; Tony Monaco, 4,130; Alan Reder, 4,020.

Oct. 24: John Rich, 5,880; Gladys Totten, 4,840; Mary O'Connell, 4,020.

Oct. 27: Lloyd Jones, 4,380; Alan Reder, 4,270; David Bracy, 4,050; Mary O'Connell, 3,870; Bill Coop, 3,800.

Nov. 2: David Bracy, 4,160; Lorraine LaRoche, 4,070; Paul Betit, 3,960; Jeff Lauder, 3,760.

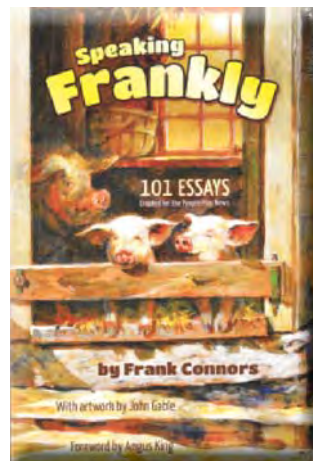
Nov. 7: David Bracy, 4,570; Donna Burch, 4,420; Gladys Totten, 4,130.

Nov. 9: Bill Buermeyer, 4,790; Tony Monaco, 4,720; Mary O'Connell, 4,480; Alan Reder, 4,150.

Nov. 14: David Bracy, 6,240; MaryLou Cobb, 4,240; Bill Coop and Bill Buermeyer (tie), 3,170.

# Books, prints, or cards for Christmas

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



There is a second printing of "Speaking Frankly" coming, just in time for your Christmas stocking! The new edition, (due mid-December) includes more original art by John Gable, some photography by author Frank Connors, a complete by-subject index, publication dates for all of the original essays and, to quote Connors, "a few other surprises." Originally printed in 2013, the book of essays has sold more than 750 copies, with all proceeds benefiting the Center. The new edition will sell for \$18.95, and can be ordered by mail from the Center. Copies of the latest Write On

Writers book, "Times and Seasons," are available for only \$14.95! Remember, you can still purchase BOTH books for only \$25.

Numbered and artist-signed prints have been part of the Christmas scene at People Plus since 2002, and we still have carded and wrapped prints, for only \$55 each. Prints include: "Chuting the Androscoggin," "High Noon, High Tide," and "Fall at Topsham Fair" by muralist John 'Jack' Gable; and "Holiday at Merrymeeting Park," by watercolorist Ernst 'Bev' Bevilacqua. Finally, we still have a pretty good selection of cards, based on our prints, selling for 12 for \$15, and we have a few of our full color mugs left, selling for \$10 each. Come see Betsy and make your best deal, and remember, 100 percent of your purchase price benefits YOUR Center!



## New or renewing members for November

\* indicates new membership  
• indicates donation made with membership

**BRUNSWICK**  
Theresa Bernier  
George Croston  
Dottie Gnauck  
Richard Gnauck  
Joan Granger  
Marry Libby \*  
Margaret Joan Marchand \$  
Joan Melcher  
Roland Melcher  
Anne Merrifield

Marcelle M. McGuire •  
Anthony Monaco  
Diane Monaco  
Jim Moore  
JoAnne Moore  
Clifton Olds •  
John Pelletier \*  
Barbara Raymond  
Pauline Tomany \*

**TOPSHAM**  
Nancy Adams  
Kathleen Connors  
Rolf Oesterim \*  
Barclay Palmer •  
Esther Palmer •  
Jeannine Valley

**HARPSWELL**  
Anne Bouchard  
Nellie Coulter  
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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.

-Legion of Chiropractic

**Dr. Tim Coffin**

# Mansion visit to spark Christmas cheers

If you are looking for a way to ignite your holiday spirit, you might want to sign-on to this tour of Portland's Victoria Mansion, scheduled for Dec. 9. This elegant and opulent, pre-Civil War sandstone mansion is a unique tour anytime, and is an amazing visit for the Holiday Season. Room after room is decorated in a fashion you'll not soon forget. The Victoria Mansion has long been distinguished for its architecture and its extraordinary interiors, and is listed among the most important historic homes of the nineteenth century, anywhere in the nation.

Our bus leaves the Bath Senior Center at 9:30 a.m. and picks up in Topsham's Home Depot Park and ride at 9:45 a.m. Cost (transportation and museum admission) is only \$12 for members of People Plus or the Bath Senior Center, and \$14 for non-members. Lunch on your own at DiMillo's will follow the tour. Please register at the Bath Center, 443-4937, before Friday, Dec. 4, so we can have a count for the bus. For more information, contact Frank Connors at People Plus, 729-0757, or ask your questions when you register in Bath.



Fall leaves in colored pencil by Myrtle LaCroix.



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## Student show closes successful year

Original, mixed-media works by students in Consuelo (Connie) Bailey's art classes are featured in the Union Street Gallery of People Plus until the end of the calendar year. More than two dozen pieces, worked in common mediums and featuring a myriad of subjects, make up this always popular show. Works include watercolor, watercolor pencil, colored pencils, graphite, charcoal, pen and ink, pastels and scratchboard.

Students exhibiting in the show include: Beth Aldenberg, Lorraine Berte, Sandra Cox, Karen Giustra, Myrtle LaCroix, Tony LaCroix, Donna Lemieux, Richard Nickerson, Ralph Palmer, Valarie Robbins, Ann Sanfasin, Frankie Stone, and Alfred Tyrol, Bailey has added several pieces of her own.

Bailey's classes are available each Tuesday and Thursday, 10 a.m. until 11:30 a.m. and are designed to encourage students to explore various mediums and painting styles. The Thursday class in particular has several openings. The show may be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick.



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