

## Not really the best 12 days



Frank Connors and Ralph Laughlin pound the words to the tortured song, 12 days of Mainer's Christmas, created by Laughlin as a holiday treat.

## Landing Y offering new options, combo deal

The Landing Y of the Bath Area Family YMCA opens at Brunswick Landing on January 12, and the People Plus Center has an offer to help you make membership more useful and valuable. "We're excited to welcome the Y to our communities," offered People Plus Executive Director Stacy V. Frizzle, "isn't a combo-membership a great way to start?"

The New Year Combo deal lets new members of either organization join both for a year for only \$80, and signs new members up for Bath Area Family YMCA emails and 12 months of the People Plus News. The \$80 deal purchases complete membership at People Plus (\$35 value in Brunswick, \$45 other area towns,) and gets you a 10-visit punch card good for the Bath Area Family Y, in either Bath or at Brunswick Landing location.

The new Landing Facility has undergone a complete renovation,

and has three pickleball courts, a regulation basketball court, 12 assorted aerobic conditioning stations, stretching areas with free weight training equipment, two suspended wood floor exercise rooms, saunas, and separate locker rooms for men, women and youth.

A special open house will be conducted at the Landing Y on January 9 from 9 a.m. until 1 p.m. with demonstrations of Tai Chi, Pilates, and yoga. On January 27, from 10:30 a.m. until noon, there will be a special tour of the Y for members of People Plus. The New Year Combo offer expires Jan. 1, 2016, FMI contact Jill at People Plus: 729-0757, or Deb@bathymca.org.

The Landing Y is located in the former Brunswick Naval Air Station's fitness center, right behind the new Brunswick Recreation Center, off Neptune Drive.

## "Monday Munchies" are New Year treat

Monday Munchies, a collaboration between People Plus, Mid Coast Hunger and the Maine Community Foundation, will be providing lots of activity in the cafe at People Plus, beginning Jan 11 at 11:30 a.m. First item on the menu will be chili fit for a super-bowl, with a chunk of cornbread as a side. "I hope folks have noticed some of the changes we've made in our cafe-kitchen area during the past year," said Center chef Frank Connors, "the new counter area, extra water/coffee access the television we just installed, everything is bringing us closer to this."

"It's winter," Connors said, "and

the Patriots are doing okay, so why not? Stacy has this great Chili recipe and here we go...another year is upon us, and we're going to make it a good one!" Connors predicted the Monday morning specials will become just as popular as our monthly Lunch and Connections program, but will be "less complicated."

"we're serving a walk-in lunch for an hour, and we're even considering a take-out option" he explained, "we'll be asking a \$4 donation from members and when the food's gone, it's gone. We hope they get used to dropping in here, watching some tv, the coffee is

always on, and there's always an old friend (or new friend) waiting."

Grants from the Maine Community Foundation, The Senter Fund and the First Parish Church, with donations by Suzan Wilson, Dan McGlaughlin, Judy Wilbur and Hammond Lumber Company made the improvements possible and provided a "bank" to develop the new meal program. "We are so very excited about this program," People Plus Executive Director said, "Nutrition and isolation are two key problems for seniors everywhere, this gives us a real opportunity to confront both."

## FYI! Back to the Future!

Thursday, January 14th, 1:00 pm. Join us as Mitch Davis, the Chief Information and Marketing Officer at Bowdoin College, leads us on a journey through the history of technology, past and present. What devices do you currently use that were not around 20 years ago? What is yet to come??



## Davis joins Spectrum Generations at People Plus



Aryana Davis has joined the Spectrum Generations team, Central Maine's Area Agency on Aging and Disabilities Resource Center. Aryana has a B.S. in Mental Health and Human Services, and is State Health Insurance Program SHIP certified. She has volunteered for Spectrum Generations for over 4 years and has abundant experience working directly with consumers.

Aryana will be working from the Brunswick People Plus Center 3 days a week Mondays, Wednesdays and Fridays. She feels "working with elders and disabled adults is important because there are services out there for them that they just don't know about and don't know how to access, and I want to connect them with the services that can best help them." Aryana is working as an Aging and Disability Resource Counselor ADRC, to aid elders and disabled adults with outreach. She lives on the Coast of Maine with her husband and two young children.

## 40 and counting



BY FRANK CONNORS

When the calendar turn to 2016, we at People Plus turn 40! In 1976, when our organization was a toddler playing Bingo at a storefront on Maine Street, do you think anyone would have guessed someday we'd be prideful, tradition-filled organization with more than a thousand committed members, doing good stuff, serving a half dozen communities in 40 different ways?

We want to take the entire year to celebrate and we want you to help! What does People Plus mean to you, will you sit down and write that story?

We kick off our celebration next month with a big open house on Feb. 5, but we intend to fill the year with good deeds, good times, and lots of fun.

But we need your help; tell us how you think People Plus has made our area a better place to live, work and retire in, then we'll have a party fit for the occasion, and we'll have set the standard for the next forty years.

## From food to diapers Diaper collection for January

Like food, the need for diapers in families with infants, is constant. Most members of People Plus may have passed that point in their lives when they might be buying infant diapers, but most members of People Plus are socially conscious and willing to help neighbors in need. The United Way is constantly distributing diapers through several of its programs, but too often, the need surpasses supply. In an effort to help it's partner agency, People Plus will collect packages of infant diapers all through the month of January. The box will be right there where the Christmas tree used to be, watch for it.

Our Holiday food drive to benefit the Mid Coast Hunger Prevention Program topped 1,000 pieces AND pounds for the second straight year,

and this season, we collected nearly \$350 as a sidebar to the effort. If you want to contribute cash or a check to the diaper drive, please be sure to memo your check, and give it to Pat or Frank. We'll take care of the rest. A United Way memo added urgency to the drive: "being unable to provide a baby with fresh diaper can lead to undue stress for both baby and parent... and can impact long-term mental and physical help." Let's see what we can do.



May your 2016 be loaded with "good Stuff!"

## 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:

[news@peopleplusmaine.org](mailto:news@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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### Spectrum Generations Staff

<b>Casey Henson</b> Meals on Wheels coordinator <a href="mailto:chenson@spectrumgenerations.org">chenson@spectrumgenerations.org</a>
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Check out past newspapers at  
[www.peopleplusmaine.org](http://www.peopleplusmaine.org)



# 40 years of generosity

The generosity of our community never ceases to amaze me. I am still surprised when we ask for contributions to support both our senior community and our at-risk youth teens that people come flooding into the center with donations.

Our 50 Teen Center gift bags were filled in three short weeks and we were able to give all of our regular teen members (over 50!), two movie theater tickets, a warm hat, new socks, gloves, toiletries, and fun things as well.

If it weren't for the generosity of residents like Sandy Morrell Rooney and her lovely husband Chuck who donated 50 movie theater tickets or the Brunswick police department who adopted 20 of the at risk teens (and their families), or Bill Dodge Auto Group who came in with 39 more movie tickets and filled in the nooks and crannies of the gift bags, we would've been hard-pressed to pull it all together. I would say close to 100 people donated something to the gift bags including Suzan Wilson who dropped off a huge bag of stuff and lots of the People Plus members brought in a little of this and a little of that to give our teens a

Christmas they will remember!

And I think there's a good size contingency of teens who are planning to use those movie theater tickets to see Star Wars - twice!

It really warms the cockles of my heart to know how deeply this community cares for its own and that we can all pull together to take care of those less fortunate.

As we launch into our 40th year at People Plus, that is the message that this Center that Builds Community has created. It seems that we have become a central location for giving and helping others.

We are well known for being a place that advocates and supports fitness, health, education, technology and independence; and the addition of the Teen Center program about a decade ago really rounded out our intergenerational programming.

But what I am most proud of I think these days is not necessarily what we do at the Center on a day-to-day basis by providing classes and programs for seniors and teens to stay healthy and socialize and volunteer. It is the "do-gooder" nature of our programming where we collect for the food

## From the Executive Director

STACY V. FRIZZLE



bank, or put together Christmas packages for our teen members or collect 100 coats for seniors in need, or provide hundreds of rides to seniors who no longer drive and provide a free daily safety check-in call for anyone who lives alone or as a caregiver.

I have no doubt that after the local mills began closing 40 years ago, and a little group of Brunswick residents got together to play cards, socialize and do a little good for their neighbors; that they would be incredibly pleased to know that 40 years later People Plus is still here and we still "do good" and play cards!

The amount of good that is put back into this Community by the volunteers, staff and members of People Plus is beyond measurement. We have truly become the Center that Builds Community for this area and for that I am exceptionally proud.

## From Anita's Plate

ANITA HUEY



Happy New Year!!! I hope that your holidays were special and that the New Year is off to a great start. The New Year can be a time of trying to make some changes in ones life. Clients will often share, with me, the questions that people ask them. When people see that someone is losing weight they will wonder what they are doing to see success. They will ask, "What kind of diet are you on?" Their answers are different but are along the same theme. They have a specific area that they are working on modifying. Taking one step at a time. Here are some of their responses:

- I am not on a diet but have downsized my portions
- I look up the nutrition information on line, when I dine out, so that I can make healthier choices
- I limit my intake of sweets
- I make healthier version of my high fat favorite recipes
- I make a meal plan so that I am less likely to get take out
- I don't use the word no but rather "I choose not to."
- I problem solve to develop a plan that will work.

As I sit here writing this article I am listening to a TV show that has a guest that describing a long history of "dieting" with each one starting with some success but not leading to long term weight loss. In her case, each "diet" not only lead to regaining the weight she had loss but 5 pounds on top of the weight she started at. There were lots of rules, foods that were not allowed and often left her hungry.

I challenge people to take a much different approach. One that is their own, focused

## Black-eyed Pea Salad

### Ingredients

- 1 large tomato, diced
- 1/2 medium red onion, finely chopped
- 1 small red bell pepper, finely chopped
- 2 tablespoons green onions, chopped
- 1/4 cup unseasoned rice wine vinegar
- 1/4 cup canola oil
- 1/2 teaspoon sugar
- freshly ground black pepper
- 2 (15-ounce) cans black-eyed peas, drained

### Directions

1. Combine the first 6 ingredients in a bowl.
2. In a separate small bowl, whisk together the rice wine vinegar, canola oil, sugar and pepper.
3. Toss all together and let marinate for at up to 8 hours in the refrigerator before serving.

and specific to what they want to accomplish. Have a plan of where you want to start and make a note so that you will remember to take the next steps on your journey to eating healthier. The last few years have been, hands down, the most exciting time for healthy, quick and delicious recipes. So don't feel that your food choices can't be delicious and healthy.

When you embark on this type of plan there isn't an end time and long-term success is more likely to be realized. Take charge in 2016 and start your own step-by-step plan to making changes!

My great grandmother always said that

it is good luck to start the New Year with black-eyed peas. I always plan to do it but haven't yet. This is the year to try it so I have included a recipe. Enjoy!

## People Plus Business Hours

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

## Memorial Donation in Memory of

**Richard North**

July 31, 1920 – December 1, 2015

**Betty Wescott**

Nov 3, 1923 – November 20, 2015

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Weathering Shame. A packed house of People Plus members enjoyed a book talk by TV Weatherman Kevin Mannix and his wife Linda Rota on December 10th.

## 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; miac Clark@hotmail.com

### DRY CLEANING

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

### FLORIST

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

### AUTO SERVICE

**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

**Brunswick Ford:** 10% off parts and service 157 Pleasant St., Brunswick; 725-1228

**Lee's Tire & Service:** 10% off parts (excludes tires) 35 Gurnet Road, Brunswick: 729-4131 27 Monument Place, Topsham: 729-1676

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

### LEGAL

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

### MEDICAL SERVICES

**Augat Chiropractic:** Free consultation and cursory exam 9 Pleasant St., Brunswick; 725-7177

**Berrie's Opticians:** 20% off complete pair of glasses 6 Maine St., Brunswick 725-5111, www.berriesopticians.com

**Maine Optometry:** \$30 off complete pair of glasses 82 Maine St., Brunswick; 729-8474 www.maineoptometry.com

### RECREATION/ENTERTAINMENT

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

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

### RESTAURANTS

**Arby's:** 10%, Anytime, excluding coupons Topsham Fair Mall Road, Topsham 729-8244, www.arbys.com

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

**Fairground 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/

**Bun Bun's Bakeshop:** 10% anytime, "Show your card!" 30 Bath Rd., Brunswick; 837-6556 www.bunbunsbakeshop.com

**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

## HOLIDAY GIFT PACKAGE

### BATH AREA FAMILY Y and PEOPLE PLUS Combo Deal!

• **New Member Package:** Adult 10-visit punchcard for the Bath Y and the new Landing Y AND a one year People Plus membership for just \$80! (a \$25 savings).

• **People Plus Members:** join the Y and waive the \$25 joiner fee.

• **Y Members:** join People Plus for only \$30 (a \$15 savings).

Valid through 1/31/16.

Don't miss the **OPEN HOUSE** just for People Plus members at the Y's new location in Brunswick Landing! **January 27th, 10:30-noon** (Become a member today!)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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The center that builds community

YMCA: 443-4112, deb@bathymca.org

People Plus: 729-0757, frank@peopleplusmaine.org

**People Plus** **PEOPLE PLUS & BATH AREA FAMILY YMCA NEW YEAR COMBO DEAL** (Try us out together for just \$80!)

Date \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

(LAST) (FIRST)

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ ME ZIP \_\_\_\_\_

Email address \_\_\_\_\_

I would like People Plus News via  Mail  Email  I would like to receive Bath Area Family YMCA emails

**NEW YEAR COMBO DEAL \$80 Fee includes:**

- One-year membership to People Plus (\$15 savings, expires Jan 31, 2017, regular renewal fees apply)
- 10-visit punch card for the Bath Area Family YMCA (\$10 savings, includes new satellite location in Brunswick Landing)

Cash/Check (Payable to People Plus or the Bath Area Family YMCA)

**People Plus** **PEOPLE PLUS MEMBERSHIP** Date \_\_\_\_\_

The center that builds community 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757

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

(LAST) (FIRST)

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

(LAST) (FIRST)

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

I would like **People Plus News** via  Mail  Email Email address \_\_\_\_\_

**Yearly Membership Fee:**

\$35 per person (Brunswick residents)  
 New Member  Renewal

\$45 per person (all other towns)  
 New Member  Renewal

\$250 for **Lifetime Membership** (65 or over)

Cash/Check (Payable to People Plus)

Membership Dues: \$ \_\_\_\_\_

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

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

OFFICE USE:  Accounting  Data  Membership Card Sent

# More January Programming at People Plus

## “Aging Well” Lunch and Learn: “Get Smart!”

Monday, 1/25/16, 12:00 pm

Learn about the latest scams on the telephone, email and internet. Rose Murphy, Controller, Atlantic Regional Federal Credit Union tells you how to protect yourself at our Lunch and Learn on January 25, 12:00. Bring your lunch and we will provide drinks, chips and dessert. Call to register!

### Yoga for Seniors with Ann – Back for the spring!

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. 1/12/16-5/10/16 (no classes 2/16, 3/15, 3/22), Tuesdays, 10:30 am. \$5/class members, \$10/class non-members. Pay by the month at the front desk. Call to register!

### Pilates Lite for Seniors – Back for the spring!

Pilates Lite, led by Dennis Kimmage, strengthens the key core muscles in your body but more gently than a traditional Pilates workout. 1/12/16-5/10/16 (no classes 2/16, 3/15, 3/22), Tuesdays 12-1 pm, \$5/class members, \$10/class non-members. Pay by the month at the front desk. Call to register!

### 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.



### “Tech Out of the Box” for Windows & Android Operating Systems

Monday, Dec. 14, 10:00 am  
New gifts from the holidays? 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.

### Apple Out of the Box – New Date

Apple Club is moving this month to Thursday, 1/7, 10:00 am – 12:00 pm, to bring you Apple Out of the Box. Bring your new device and questions to a fun, informal chat group. Drew Dow will provide tech support for all levels of users! Free, for members only.

## Lunch & Connections

### January menu offers “meat and mashed Comfort Food”

Meatloaf and mashed potatoes, that hardy New England staple designed to carry us through these darkest of winter days, will be the Lunch and Connections offering on Thursday, Jan. 14, according to Chef Frank Connors. “Meatloaf is just one of those winter standby staples,” Connors said, “served good and hot and awash in brown beef gravy, it’ll be enough to help anyone forget it’s cold outside.”

Served with fresh boiled, Bowdoinham carrots, some green string beans and maybe a little corn, Connors said there would be something for everyone. He added there would be a deep-dish, cheese and noodle casserole for everyone to share with our vegetarian friends.

Dessert will be a generous slice of our own carrot cake topped with a flavor-filled frosting. There will be a fresh, lightly dressed green garden salad for everyone, and the featured drink will be local apple cider, one more time, and coffee, tea, milk and

iced water are always available. Our bread is picked up fresh on the fifteenth at the Union Street Bakery.

Our Lunch and Connection dinners are underwritten each month by our friends at Spectrum Generations, and are planned to focus on nutrition, information and variety. A CHANS home-healthcare professional in always on hand to take and record free blood pressure checks prior to the meal, and Mary Marino of Mary’s Affordable Hearing Aids is available in the privacy of the Teen Center to complete free hearing checks from 11 a.m. until noon.

Remember, you need to pre-register after the first of the month to be seated, and seating is limited to the first 68 who sign up. Cost of the meal is only \$6.00 for members and \$8.50 for non-members, payable when you arrive at the door. Yes, you can order a takeout, to be picked up at 11:30 a.m. Please plan to arrive after 11:15 a.m to claim your seat and chat with your friends. Remember to register to win one of our several free door prizes, and to purchase your 50/50 raffle ticket, last month’s winner took home \$48! Your Buffet-style lunch is served at noon.



George Tetu, whose stained glass creations of Brunswick have been displayed at the Pejepscot Historical Society for years, brought his rendition of the old Brunswick Town Hall to People Plus for a special showing.

## The Hand, Part 1 WITH DR. GIUSTRA

The hand is an amazing part of the human body capable of the precision to play a Stradivarius and the power to pound with a sledge hammer. This presentation emphasizes how the hand functions through an appreciation of its basic anatomy, how to care for, strengthen and increase the flexibility of this incredible anatomical structure.

Thursday, 1/28/16, 10:00 am

### “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.

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

## 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

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## Stetson's

Funeral Home

12 Federal St. Brunswick, Maine 04011  
www.stetsonsfuneralhome.com  
207.725.4341  
apurinton@gwi.net

Anthony B. Purinton • Funeral Director

# JANUARY 2016 AT PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>News &amp; Views with <b>40 Years! Plus!</b> <b>People</b> The center that builds community</p>	<p><b>Frank Connors and Stacy V. Frizzle</b> chat about fall programming Viewed weekly on Cable Channel 3, Brunswick Community TV Monday at 4 P.M., Wednesday at 7 A.M., and SUNDAY at 9 P.M. and view online, anytime at: <a href="http://vimeo.com/peopleplasmaine">http://vimeo.com/peopleplasmaine</a></p>	 <p><b>40 Years! Plus!</b> <b>People Cooks!</b> Stirring things up at the Center!</p>	<p><b>Brunswick Teen Center</b> <b>WINTER HOURS</b> Monday-Thursday 2:30-5:30 pm</p>	 <p><b>HAPPY NEW YEAR</b> <b>Closed All Day</b></p>	<p>10:00 Bridge</p>
<p>4 9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 11:00 Table Tennis 12:00PM Bridge</p>	<p>5 8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 1:00PM Quilters 4:30PM Studio 48 Performing Arts 6:00PM Girl Scouts</p>	<p>6 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 Writers</p>	<p>7 9:00 Beginning/Interm Bridge 9:00 Table Tennis 10:00 Apple: Out of the Box 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>8 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 1:00PM Table Tennis 6:30PM Folk Dance</p>	<p>9 8:30 Maine Meditation 10:00 Bridge</p>
<p>11 9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 12:00PM Bridge 6:30PM Civil War Book Club</p>	<p>12 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 3:00PM Kaffeestunde! German Club 4:30PM Studio 48 Performing Arts 6:00PM Girl Scouts</p>	<p>13 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 Writers 6:30PM Brunswick Coin &amp; Stamp</p>	<p>14 8:00 MEN &amp; WOMEN'S BREAKFAST 9:00 Table Tennis 9:00 Beginning/Interm Bridge 1:00PM FYI! BACK TO THE FUTURE 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>15 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 1:00PM Table Tennis 6:30PM Folk Dance</p>	<p>16 10:00 Bridge</p>
 <p><b>Closed for MARTIN LUTHER KING JR DAY</b></p>	<p>18 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>19 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 Writers 3:00PM WWII Book Club</p>	<p>20 9:00 Beginning/Interm Bridge 11:00 Hearing Screenings 11:30 CHANS BLOOD PRESSURE CLINIC 12:00PM LUNCH &amp; CONNECTIONS 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>21 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 1:00PM Table Tennis 6:30PM Folk Dance</p>	<p>22 10:00 Bridge</p>
<p>25 9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 10:00 Tech: Out of the Box 11:30 Monday Munchies 12:00PM Bridge 12:00PM LUNCH &amp; LEARN: Get Smart!</p>	<p>26 8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:00PM Pilates Lite 2:30PM Café en Français 4:30PM Studio 48 Performing Arts</p>	<p>27 8:45 Cribbage 9:00 Loosen Up 9:00 Mah-Jongg 10:00 Meals On Wheels 10:00 Table Tennis 10:30 Open House-Landing Y 1:00PM Write On Writers 12:30PM Tai Chi - Advanced 6:30PM Brunswick Coin &amp; Stamp</p>	<p>28 9:00 Beginning/Interm Bridge 9:00 Table Tennis 10:00 Dr. Giustra: THE HAND, part 1 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>29 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 1:00PM Table Tennis 6:30PM Folk Dance</p>	<p>30 10:00 Bridge</p>



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## Tax aides cometh!

AARP trained and certified tax preparers will be available again this season at the People Plus Center, commencing in February. Preparation, review and advice for both state and federal tax returns is a free and popular service at the Center, and is sponsored jointly by the Center, the Internal Revenue Service and the AARP Foundation.

As in recent previous years, the service will be available at the Center on Tuesday Mornings and Thursday afternoons. All consultations are by reservation only, walk-in are not scheduled or allowed.

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


The Center will start accepting appointment in late January. This same service will be offered At Brunswick's Curtis Memorial Library, at the Tppsham Public Library, the Bath Area Senior citizen Center and the Freeport Community Center.



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Betty, Donna, and Jordan put the finishing touches on the Holiday bags for the Teen Center.



Dentist James Oshetski and staff present packs of toothbrushes, toothpaste and floss for teen gift bags.

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# Mindful Eating

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



Photo by Jeff Morris of The Pierce Studio, Brunswick

You will learn about—

- Mindless and mindful eating
- Head, heart, and body hunger
- Personal styles of distracted eating
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Join

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Mid Coast Senior Health Center  
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## MID COAST SENIOR HEALTH CENTER

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[midcoastseniorhealthcenter.com](http://midcoastseniorhealthcenter.com)



June Austin and Doris Nieman at Arlington National Cemetery contributing to the 900,000 wreaths placed in American cemeteries with the Wreaths Across America organization.



More to Come. Wayne Bartlett and Becky Marcos of Lighthouse Variety and Deli, donated 6 pizzas to the Brunswick Teen Center Holiday Party, and promised a meal a week to the Teen Center for the coming year

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# Many Friends make 2015 fine in Teen Center! **Teen Center News**

JORDAN CARDONE

Happy 2016! We ended 2015 in a big way! 50 gift bags containing 2 movie tickets each, earbuds, snacks, dental items, gloves, hats and various other items were assembled for our youth members! Along with the bags, about 16 of our kids (and some of their family members too) received a bountiful amount of presents and gift cards from the Brunswick Police Department and their family and friends!

The response from the public, members of People Plus, businesses and the Police Department to help provide gift bag items and gifts was nothing short of INCREDIBLE!

I am writing this 2 days before the Teen Program party so can't share the kids response to all this yet! I will definitely let you know! This project and the response to it has been heartwarming, exciting, touching and I know the adults involved, watching and assembling etc. have all been moved and extremely grateful as items came pouring into the center! There are so many to thank, too many to thank! so I am sending you all a giant THANK YOU right here!

The past years of the Teen Program have been ones of huge growth. We had almost 300 more visits to the program in 2015 than in 2014, and 2014 was a busy year!

During 2015 we had 2,293 youth visits to the program, added 48 new members and our average attendance per day is 19/20 completely breaking all past records! Our food program has grown and luckily, our sources of donated food and funding continue to grow with it. This growth has meant changes for me, the food program, shopping, stocking, planning, pick ups, communications etc. etc. takes up a lot of time outside of teen center hours as well as requires more grant work and fund raising to help fund the food program! And needless to say, with over twice as many

youth attending the program, there is twice as much going on during the afternoons, which keeps me more than busy while with the kids, lots more to follow up on after our afternoons and yes, doing the stats (which we track daily and monthly numbers for) takes twice as long now!!! I have been lucky to have added staff with 2 wonderful Bowdoin students this past semester who are both returning after the Bowdoin break!!!!

My Assistant Donna was hired this summer and is still with us :) ! She has a big heart and the kids say she is starting to sound more and more like me .....she is becoming a mini me :)

A big challenge we have faced, especially since September, is space utilization.....it is a constant challenge to fit that many kids in our space along with enough activities/equipment for adequate entertainment while they are there. We utilize waiting lists for game time, move things around a lot and now, in an effort not to have to turn anyone away (we continuously get new kids

enrolling), in January we are trying something new. One day a week will be open to only Jr. High, one day only to High School and the other two days will continue to be open to all members. It's an experiment, the kids have mixed reactions, esp. those who come every day that we are open, but I have a feeling it is going to be a positive change. I'll keep you informed!

In closing, (Frank is gonna say this is too long-as he tells me every month! :) for those of you who did not get a chance to read the Peek of the week, I want to share that this past year has been an extremely successful one for the Teen Program, our kids have been well fed for sure, warm when it's cold out, cool when it's hot out, supported at the center during tough times, celebrated with over good times and continue to LOVE coming to the center! Thank you all for sharing in and helping to create and sustain a great year!!!! And on we go to another! Happy New Year!

Jordan and gang



Officers Thompson, Roma, and McDorr deliver gifts for area teens.



Brunswick Area Teen Center alums, Skyler and Devyn, stopped by the Teen Program holiday party on December 21st.

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George and Merry Hermans were run-away winners in the costume contest at the annual Member Holiday Event at People Plus on December 14th.

### Timeless Wishes

BY P.K. ALLEN

I wish for the promise of peace instead of war, and for those who have less, I wish for much more.

I wish for the promise to end hunger and disease, and for those who are afflicted, I wish their suffering to ease.

I wish for a country not divided but one, where differences can be settled without the use of a gun.

I wish for a world where all people are free to live, to worship, to prosper in peace and harmony.

**HAIKU** By Virginia Sabin  
Green tree in winter  
Brilliant, brittle icing  
Starlit in snowdrift

### A LIVING ROOM THAT IS NEW

BY BETTY BAVOR

A new house and the challenge to furnish and decorate it to make it a home. Mingled pieces from a dining room I no longer have, along with other furniture are in place to welcome guests in my new living room. The plan was to purchase a new living room suite, but good intentions sometimes take a detour. I'd rather be having fun at People Plus than shopping for furniture and I guess I have other priorities for my money. At this point, I am happy with what I have, so I've put this item in my someday bucket list.

Please come with me into my living room where a wood stove is front and center taking me back to my childhood home on the farm where a wood stove warmed that living room. Soon I will build my first fire. An heirloom china closet's contents touches my heart with past memories. A vintage shelf on the wall holds pictures of my family so their spirit surrounds me and an antique rectangular table with ornate pedestal legs sports a sparkling silver tray inscribed with GOD BLESS HOME, with a glass bird whose reflection is radiant sitting in one corner, both given to me as farewell gifts. A TV has its place on one wall with a picture above it of a squirrel painted by our daughter for a gift some years ago. Speaking of pictures, three boating pictures

hang on a wall to remind me of cherished adventure of our many years of boating on Long Island Sound. A rotating coffee table sits in front of a futon which was designed and made by daughter Kendra, in her eighth grade wood working class.

There is a new chair I'd like to tell you about. Recently I visited a neighbor who invited me in for a chat. I sat down in a chair so comfortable, I said, "I felt like I was sitting on a cloud." Her response was, "It is for sale because I find it difficult to get up from it." After a brief discussion, I decided to purchase this chair and then, how to get it to my house. I'd walked to her house and was going out of town the next day. She said maybe her husband could deliver it and she would talk to him. It was late afternoon as I returned home for dinner and the evening thinking about my chair. Much to my surprise, the doorbell rang at 7 PM or so and standing there was a gentleman asking if I was the lady who wanted the chair. I couldn't have been happier as he put my new chair carefully in its place. What a random act of kindness. I heard later he told his wife how well this chair fit in my living room. I sit in this chair every day and feel the sensation of love as the mementos of the past surround me in my Maine living room. The welcome mat is always out - come visit.

## HIPPITY HOP

BY RICHARD M. NORTH

It was Sunday, January 1, New Years Day, a beautiful sunny afternoon, ideal for skating in the Brunswick downtown mall. Pete had given me his old skates which were a little big but still useable. Betty was with me, but chose not to skate. She waved to me, indicating that she was going for a short walk,

Now, perhaps you have heard the snap sound when you have stepped on a twig. As I went on the ice, I heard that same

sound-SNAP! But it was not a twig, it was my leg! I hopped to the car on my good leg, Betty was back and drove me home. I hopped into the house and said to Betty, "my leg is all loose so I'm sure it's broken!"

I hopped back to the car, hopped into the hospital and was happy to find the holiday doctor still there. An x-ray revealed a clean break just above my ankle. The doctor said, "you'll have to be in a full leg cast for at least 13 weeks!"

So went January, and most of February!

### ONE NEW YEAR'S DAY

BY ELIZABETH B. BATES

It was a beautiful day, unusual at this time of year. The sun was shining brightly and the temperature was well above freezing. The piles of snow were reflecting the light back at us as we followed the path to the shore of the lake, which was iced over completely. There were no sounds or sights of animals or birds.

We were there with our young son. After eating lunch at home, Father had suggested this visit to the park. This was the place we loved to go to in the summer where we could swim in the lake and take walks to see the birds and sometimes small animals that dove into the water faster than we could determine their names.

There were no leaves left on some of the trees that stood around us, but the green of the pines made up for it. Some bushes were not visible because they were covered with snow. It was super quiet all around us. We

were almost whispering to each other as we walked, because of the silence.

All of a sudden, a deer appeared in the distance, walking along the shore. It was followed by another deer. We stopped to stare at them, but they didn't seem to see us. Our son got excited to see the deer. He started to run towards them. The deer stopped to stare at him. They turned and disappeared back into the nearby woods. A crow up in a tree cawed loudly, breaking the silence. Our son laughed delightedly, turning back towards us. Another crow cawed from another tree in answer to the first crow. Pretty soon there was a lot of noise from all the crows joining in.

The spell was broken. We turned back on the path and prepared to leave the park. Our son kept talking about the deer. The sun was much lower in the sky, and the temperature was much colder. It had been a magical day.

### 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  
And 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  
Where a pine tree is felled  
Dormant roots of maple and oak  
Waiting for years  
Grow

Now 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 needed to know

### REVERY

BY CHARLES PAYNE

As I stroll down memories' lane things past flood my mind.

Things good-the bad- the indifferent.  
Through shadow and sunlight-clouds and rain.  
I'll tarry longest with the good.  
Childrens' laughter- squeals of delight.  
The old rubber tire used for a swing-  
The old swimmin' hole and the splash and the splatter.

The kingfisher with his home in the bank.  
Summer at its best.  
All of Gods' creatures in full array.  
All nature alive that's for me!  
Most of all the friendships that's buoyed me up in my darkest hours.  
The inner joy of comradie is especially true.  
Now that I am in my latter days this meeting room is my sanctuary where WRITE-ON friends meet.

A retreat if you will shutting out all mundane things for that special hour.  
Blessed be the tie that binds!

## Thank You

People Plus staff and volunteers  
for your support and encouragement  
over the last twenty years.

### Write On Writers

### Thoughts for All Seasons

BY PAUL KARWOWSKI

May your Christmas be Merry  
and full of delight.

May your New Year be Happy  
with an outlook that's bright.

May your dreams of achievement  
always come true.

May your sorrows and disappointments  
be but a few.

May the days of hostility  
and violence cease.

May the world see the wisdom  
of an everlasting peace.

### GARDEN OF WEEDEN

BY VIRGINIA SABIN

A garden conceived many seasons ago  
Flamboyant  
Ambitious  
Daring  
Defying possibility in a forest primeval  
Mirrors my mood

The felled trees  
The fallen trees  
A chipmunk  
A vanishing blip on the screen  
A puzzled and patient cat waits

A perennial parade of beauty

Dead headed  
Behatted

An overhead of Navy planes  
Too close to my island of toil and tranquility  
"No man is an island..."  
My drive for Eden so strong at dawn  
Dwindles in the humid heat of midday  
Charges itself anew daily  
In the race to remove tough weeds  
And preempt new ones

"Don't ask for whom the bell tolls..."  
Cover the earth with mulch

### What Will I Leave Behind?

BY PAUL KARWOWSKI

I hope to leave behind the values  
that will make my grandchildren strong,  
like honesty and kindness  
and knowing right from wrong.

I hope to leave behind the courage  
to face the disappointments dealt in life  
and the joy of embracing  
a loving family, husband or wife.

I hope to leave behind the compassion  
for those in dire need  
and respect for all people  
no matter their color, race, or creed.

I hope to leave behind some wisdom  
along with integrity and pride  
to be with them throughout their lives  
no matter what course they decide.

And I hope to leave behind fond memories  
of my time spent here on earth  
to be passed down through generations  
and cherished for their worth.

### STORMTROOPER BLUES

BY VINCE MCDERMOTT

Oh, no! Here we go again. Another Star Wars movie. I guess I should not complain too much. I get paid. Yeah, I'm a stormtrooper - one of the guys in the ugly white suits. We wear masks and tromp around in white boots chasing the heroes. We get off 50 shots and don't hit anything, and the heroes shoot twice and put down six of my mates. I ask you - is that fair? No!

We train hard, work out, and put in long hours guarding the bad guys. And what do we get - no love at all. Do you think all those people lining up to watch the movie want to see us? No way! If I had my way I'd get one of the heroes in my sights and blast him or her. But, that's not going to happen. The writers and the public wouldn't have it.

There is only one way to stop this nonsense - bring everything to a halt. We are going to go out on strike! No more stormtroopers to shoot. No more Star Wars!

### Happy New Year

BY BONNIE WHEELER

The years have disappeared like dew on the grass,  
Wednesdays at 1, loving our present and our past.  
Gathered with writer friends, old and new,  
you inspire me with your amazing views.  
You were there and always supportive,  
I made some mistakes, you understood.  
I called you by the wrong name, you smiled politely.  
You did the quick flash and grew out of your box.  
You were always there when times were tough or sad  
and taught me lessons of patience I never had.  
Thank you for the gift of appreciation you gave.  
As I step down flowing with gratitude,  
I'm grateful for our forever heart connection.



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

January 2016



**5 QUESTIONS to Ask Your Health Care Provider Before You Get Any Test, Treatment or Procedure**

- 1 Do I really need this test or procedure?** Medical tests help you and your health care provider decide how to treat a problem. And medical procedures help to actually treat it.
- 2 What are the risks?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?
- 3 Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.
- 4 What happens if I don't do anything?** Ask if your condition might get worse — or better — if you don't have the test or procedure right away.
- 5 How much does it cost?** Ask if there are less-expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

Use the 5 questions to talk to your health care provider about which tests, treatments, and procedures you need - and which you don't need.

Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm.

Talk to your health care provider to make sure you end up with the right amount of care -not too much and not too little.



<http://consumerhealthchoices.org/campaigns/choosing-wisely/>



This message brought to you in partnership with Maine Quality Counts, a member-driven nonprofit organization working to improve health care. Visit [www.mainequalitycounts.org/choosingwisely](http://www.mainequalitycounts.org/choosingwisely) for more tools to help you receive the care you really need.



**LEGACY CORPS**

Spectrum Generations is currently seeking Member Volunteers and participants for the Legacy Corps program. The Legacy Corps program provides veteran and military family caregivers relief through respite services and is available to families in Kennebec and Somerset counties. For more information about Legacy Corps, contact Jennifer Fortin at (207) 620-1657 or visit [spectrumgenerations.org/legacycorps](http://spectrumgenerations.org/legacycorps)

**Spectrum Generations is Expanding its Services For Disabled Adults**

**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. 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*

Our new In-Home Support Service specializes in helping individuals with intellectual disabilities lessen isolation and experience peer interaction. 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 well-being, as well as assisting with building community relationships. **For more information contact Sandy Labelle at 207-620-1667.**

Spectrum Generations is an equal opportunity provider.



18th Annual Gene & Lucille Letourneau  
**Ice Fishing Derby**  
 Sunday, February 28th  
 at the Muskie Community Center  
 38 Gold St., Waterville, ME



Established by Maine's great outdoorsman and his wife, Gene and Lucille Letourneau, the Ice Fishing Derby attracts sportsmen throughout the state to compete for prizes for the largest catch in several categories.

The derby promotes outdoor sports and helps raise funds for Spectrum Generations Meals on Wheels and other programs to keep seniors and adults with disabilities safe, healthy, and independent in their homes.

Each year the need for Meals on Wheels continues to grow. Last year we cooked, prepared, and delivered more than 205,000 nutritious meals to seniors who are homebound, disabled or recovering from an illness.

For more information about how you or your business can help support this multi-generational family event, please contact Nick Cloutier at (207) 620-1655 or email [ncloutier@spectrumgenerations.org](mailto:ncloutier@spectrumgenerations.org)

To learn more about the derby, including tournament rules and prizes, please visit: [www.spectrumgenerations.org/annual-ice-fishing-derby](http://www.spectrumgenerations.org/annual-ice-fishing-derby)





**Senior Intermediate Cribbage**  
 Nov. 25: Linda Paisley, 719; Colleen Petrin, 717; Tim Owens, 716.  
 Dec. 2: Leah Nelson, 719; Dick St Cyr, 713; Anne Bouchard and Joe Tonely, (tie) 698.  
 Dec. 9: Dick St. Cyr, 718; Dominique LaRoche, 711; Lois Fournier, 698; Colleen Petrin & Anne Bouchard (Tie), 680.  
 Dec. 16: Lois Fournier, 716; Anita Owens, 715; Anne Bouchard, 709; George Hardin, 699.

**Monday-Saturday Bridge**  
 Nov. 16: Bill Coop, 4,310; Alan Reder, 4,100; Fran Lee, 3,850; Joyce Lyons, 3,740.  
 Nov. 21: John Rich, 5,300; Bill Buermeyer, 5,030; David Bracy, 4,260.  
 Nov. 23: John Rich, 5,190; Bob Cressey, 4,540; Dick Brautigam, 4,400; Bill Buermeyer, 3,890.  
 Nov. 28: Sherry Watson, 4,230; Richard Totten, 4,020.  
 Nov. 30: Bill Buermeyer, 4,600; Jeff Lauder, 3,910; Bob Cressey, 3,810; Mary O'Connell, 3,720.  
 Dec. 5: Bill Buermeyer, 5,460; Richard Totten, 4,020; Gladys Totten, 3,900.  
 Dec. 7: Paul Petit, 5,490; Dick Brautigam, 3,770; John Rich, 3,660; Bill Buermeyer, 3,350; Joyce Lyons, 2,980.  
 Dec. 12: Gladys Totten, 4,010; Sherry Watson, 3,940; Richard Totten, 3,860.

## Oh, to be noble AND humble

"Nobility," Jane corrected me for the second time, "they were only noblemen, not royalty!" "But there was a castle, Right?" I rebutted, "there was a Hilton Castle in England?"

I think it pained Jane just a little less to nod her head, rather than offer a simple "yes," but she added, "there was a castle."

Jane spent hours on her computer this past fall, working on Ancestry.com to trace her family roots, and then spent nearly as much time on mine.

Minutes turned to hours, as night after night, she slipped from one century to the next, up one line and down another. "It's intoxicating," she admitted.

Hers is a fine, English family who rose to prominence as hard working, public-minded farmers in Western Massachusetts and then in Phippsburg, and Topsham, Maine. "WASPS," she offered as an almost disappointed summary. I think she was looking for a little scandal, and that drove her to root around my family.

One night, Jane came to the living room with a print she had just made of my grandfather's World War One Draft registration card. "Do you remember he had grey eyes, that he was almost as tall as you?" she asked, and I had to admit I did not. Grampie Miles Hilton, my beloved, potato farming grandfather from Castle Hill, in Maine's Aroostook County, had died in 1967, weeks before I shipped to Vietnam. I told her I visited him several times in a hospital during that leave, that we

talked for hours but he had never mentioned Royalty.... "Nobility?" I corrected myself before she could. "Maybe he never knew," she suggested, and I had to agree. "Whatever you did talk about, you need to write down before that is all gone, too" she added.

There was more. Lord William and Lady Margaret Hilton, of Northwich, England, had two sons: Edward and William, who emigrated to America in 1623, landing and then settling in Dover, N.H. That's just three years after the Pilgrims landed in Plymouth, folks! In Dover today there are stone markers and iron plaques honoring my eighth great-grandfather, William, who settled on Hilton's Point, Dover, N.H., where he is credited with building the first roads in New Hampshire and then, right there carved in Granite, he is called, "the Father of New Hampshire!" Other stories tell of Hiltons building Garrison houses, fighting indians, and working for independence in the new colonies. WOW!

How grampie would have loved those stories!

It may surprise you to know that I'm not much of a computer guy, but I got hooked on this stuff almost as fast as Jane, so a goal for me this winter is to become an Ancestry geek! I still need to know if there is a reason Ed & Bill decided to come to America, and why did my line leave Dover to go farming in Northern Maine?

Can there be a better way to spend a dark and cold January evening? Jane is quick to

## Speaking Frankly

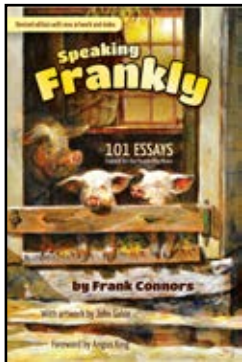
FRANK CONNORS



remind me of the Connors family traditions, how there were eleven in my dad's family and they were dirt-poor Irishmen. It's not that she wants to put me down, I'm sure, she just wants to keep me grounded. I have to get good enough with this research to go digging around in HER ancestors!

Twenty years ago, as a 50th birthday present to me, my mother sat down and wrote a five or six page essay about what her life was like the day I was born. Jane was behind that essay. Over the years, I'd ask my mother (she was the Hilton) to explain this and that statement she made, we discussed and found pictures, we added more details and over the years, before my Mother passed the essay became a 25-page document that is a treasure for our family. I feel another chapter coming along, something MY grandboys might appreciate someday.

There is no doubt that computers have given us a whole new window to our past. Actually, it's more like a barn door! Aren't we crazy not to look in? First peeks might ask as many questions as get answered, but there is no doubt, there will be some good reading. Just remember, we can't all be royalty.



## "New" Speaking Frankly is here

If you are one of the few and the misinformed members who do not yet have your own copy of our hit-best seller,

Speaking Frankly, your wait can be over! Two weeks before Christmas, the "revised edition" roled off the presses at Amazon Books, and promptly hit the brunswick area harder than last month's cold weather. People Plus office manager Betsy White reports more than 10% of the 300 books ordered "went

away" before the holiday, and she suggested that author Frank Connors, "might have hidden them!"

The new, 250 page edition has several new drawings created Woolwich muralist John Gable, a half dozen photos by the author, and a precise, 20-page general index. The same 101 essays are reprinted in a new and smaller typeface, and the original print date of each essay has been added.

Originally printed in 2013, the book of essays has sold nearly 750 copies, with all proceeds benefitting the Center.

The revised edition can be purchased at Brunswick's Gulf of Maine books, at the Bowdoinham Hardware store, at the Center on Union Street, or on-line. Cost of the book is still only \$16.95.

## New or renewing members for December

\* indicates new membership  
 • indicates donation made with membership

### BRUNSWICK

- Claircy Bernier
- Lorraine Berte
- Paul Betit
- Chrystal Bishop
- Robert Broderick •
- Sally Broderick •
- Donna Burch
- Carlene Hill Byron \*
- Sally J. Clements \*
- Patricia Croy •
- Daniel Cunningham \*
- Lucy Cunningham \*
- Sylvia Dyer
- Carolyn Earnest

- Pat Fortin
- James Friedlander •
- Corey Hammond
- Rosalind Harris \* •
- Matile Hugo
- Alice H. Johnson
- Jack Jones
- Magdolna (Eva) Kondor
- Steven Kondor
- Nancy Laitala
- Ted Laitala
- Richard Lancaster •
- Mary-Jo Maguire
- Patricia Mahoney \*
- Gary McCormick
- Janice McLaughlin •
- Esther Melcher \*
- Gabriele Niffka •

- Bea Palmer
- Ralph Palmer
- Marcia Sewall
- Judy Smith •
- Mark Smith •
- Harry Warren
- Judy Warren
- Rebecca Wegner
- Marilyn Whitaker •
- Sam Whitaker •

### TOPSHAM

- Ellen A. Brown \*
- Margery Dreselly
- Richard Dreselly
- George Hardin
- Pul Karwowski •
- Vivian Kemp •

- Barbara Russell
- Donald Russell
- David Selleck •
- Gary Weaver
- Susan Weaver

### HARPSWELL

- Jean Calderwood \*
- Karin Frazer
- Hiram Piedmont \*
- Linda Strickland

### OTHER PLACES

- Ed Ainsworth, \*
- Yarmouth
- Charlotte Hart,
- Cumberland
- Sarah L.O. Smith, •
- Freeport

## "DNA Results, What's Next ~ Preparing for and Working With Your Autosomal Results"

The January 2016 meeting of the Pejepscot Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, January 10, 2016 at 2 pm. Our guest speaker, Nancy Milliken Mason, manager of the Maine Genealogical Project on FTDNA, will be presenting "DNA Results, What's Next ~ Preparing for and Working with Your Autosomal Results".

Have you taken a DNA test and are now wondering what to do with your results? Did you prepare in advance or are you playing catchup? Learn about the differences and similarities between Ancestry, FTDNA, and 23andme. Nancy will zero in on FTDNA and the tools available on that site. She will discuss matches, shared cM, communication, common ancestors, chromosome browsers, in common with, matrix, triangulation and secrets to success.

Nancy Milliken Mason is a genetic genealogist who has been doing traditional genealogy research for over 30 years. She was born in Portland, Maine and grew up in Cumberland. She travels when and wherever she can to attend workshops and conferences, and to give presentations about genetic genealogy. She is forming a new group to assist people in using and understanding Genetic Genealogy, DNA testing. The group, called the Maine Genealogical DIG (for DNA Interest Group), will meet on the second Saturday of the month, starting Jan 9, 2016, from 10 am to Noon at the Gray Public Library. Meetings are free and open to everyone.

Come to the PGS meeting at Curtis Memorial Library on Sunday, January 10 as we learn more about using DNA to assist with traditional research! 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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**Cafe/food service volunteers.** Your Community hospital needs you! Mid Coast Hospital is looking for volunteers to work in our cafe. We have openings on all shifts for both kitchen staff and cashiers. For more information, call 373-6015.

**Part-time help.** Alliance Press is always looking for part-time help in our mail room; inserting papers, prepping for mailings or staffing the inserting machines. Job requires lots of time on your feet, and the ability to work quickly and accurately. This is day-shift work, usually starting early in the morning (around 5:30 a.m) but rarely later than 2:00 p.m.. FMI Call 504:8200.

**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

# Dunn Photography reflects love of Maine



Landscape and floral close-up photography by Mary Kathleen Dunn will be featured in the Union Street Gallery of People Plus for the months of January and February. Two years ago, Dunn received a camera for Christmas, "and she took to it like a duck to water," said her admiring father, Ralph Laughlin. "She has always had a great love for New England," Laughlin explained, "as she spent many of her formative years living in the Boston area and Cape Cod and the Berkshires." Dunn's favorite subjects seem to be landscapes, flowers and picturesque settings.

In preparing her photo shoots, she often draws upon her "eye of an artist" as well as experience working for number of years in the textile industry at the Washington D.C. Design Center. Mary and her family live in New Market, Maryland. When her parents, Ralph and Dianne Laughlin retired to Brunswick several years ago, she was "thrilled," to once again have the opportunity to spend time in New England, and she spent the last four summers in Brunswick. "It is a place where I can catch my breath," she said, "I love it.!" The collection on display this month is of

photographs she has taken during her visits to Maine. Many of the flowers were taken from her mother's garden; while most of the collected landscapes were taken around Brunswick, Harpswell and other locations in the Mid Coast region. Several of the pictures feature her constant companion, Ollie, the family Cockapoo. The collected works can be seen during normal business hours in the cafe area at the People Plus Center, 35 Union St., Brunswick.



**Lunch out!**  
January 12th at 11:30 a.m.



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