



High Steppin'

Mollie Sandock, People Plus member and Tai Chi participant who routinely snowshoes with her dog each day, just could not resist conquering the snow mounds accumulating in the parking lot at People Plus.

Senator King to offer keynote speech.

Happy 40th birthday to People Plus!!

Please join us as we celebrate 40 fantastic years of building community at people plus with a members only (or people who will soon be members), event on Friday, February 5 at 1 PM.

Keynote speaker Senator Angus S King will be the highlight of the afternoon as we take a historical look at the faces, events and people who have made the last 40 years at People Plus memorable!

You can expect great

food, great music, and a wonderful, historical photo slideshow, along with an excerpt or two from Frankly Speaking to round out the agenda.

"We've been scanning in old photos since summer and are excited to show them to everybody!", says Jill Ellis, People Plus Programming and event Coordinator.

Please call for registration as we expect it to be standing room only! 729-0757.



Senator King talks with People Plus member George Phipps during a previous visit to the center..

Rainy day funds Endowment funds established.

In celebration of the 10th anniversary of the Teen Center Program, we are excited to announce that a gift from The Dana Mayo family establishes the creation of a new Teen Center Endowment fund campaign.

"Teaming 4 Teens!" will be a multi-year campaign creating an endowment account which will have a two-fold mission. It will both solidify the future for the Teen Center Program which has often known a rocky financial road as well as help subsidize the \$10,000 yearly food budget for the teens by using the small yearly payout required for endowments.

"I feel more than partially responsible for the creation of the Teen Center program as I was part of the original Board of Trustees that voted unanimously to bring it into the mission of People Plus, when we had no extra money or space. Consequently, securing it's future while tending to the current needs of our community's youth is very near and dear to my heart.", said long-time board trustee O' Jeanne d'Arc Mayo.

With partnership from corporate sponsors, endowment foundation grants, individual donations and a "GoFundMe" account, People Plus will take a multi-prong approach to the Teen Center endowment fund campaign which is expected to span about five years.

The launch of this campaign comes on the heels of the establishment of an endowment fund

for the People Plus senior community. With Board of Trustee designated funds and donor restricted donations, People Plus can begin to plan for a rainy day with an endowment fund set up this fiscal year.

"An endowment fund is completely separate from the annual fund or yearly budget. We operate by the skin of our teeth around here, but with specifically targeted donations and funds restricted by the Board of Trustees, the organization can now add an endowment fund to its financial planning portfolio. And it only took 40 years to get it going!", says Stacy V. Frizzle, Executive Director.

We will also begin to put all "Memorial Donations" that come in when a member or friend passes toward the Endowment Fund. "It's a wonderful way to pay tribute to our past members or friends.", said Membership Coordinator, Frank Connors.

The organization has known some very bleak financial times after the elimination of bingo quickly depleted the coffers. There was even a Christmas where the staff was furloughed without pay for two weeks. "The creation of these endowment funds for both the Teen Center and Senior Center Programs will hopefully ensure that never happens again.", said, People Plus Board Chair, Don Kniseley.

Musical Gala taking shape April 7 at Knights of Columbus Hall, Brunswick

The 14th annual Music in April gala to benefit the People Plus Center is "coming together nicely," according to Center Executive Director Stacy V. Frizzle. "The trick is to build on what works, slip in a few new things to keep it fresh and fun, and plan to have a good time," she added.

This year's event is scheduled for Thursday, April 7, from 5 to 9 p.m. at Brunswick's Knights of Columbus Lodge. Under the direction of legendary General Chairperson O' Jeanne d' Arc Mayo, "there's no reason not to assume this will be the best one yet," Frizzle added.

Business sponsors lining up for this years event include: Rousseau Management, Mid Coast Hospital, Spectrum Generations, Maine State Music Theater, Brackett Funeral Home, Bangor Savings Bank, The Highlands, Norway Savings Bank,

Bill Dodge Auto Group, Bowdoin College, Hammond Lumber Company and Edward Jones Investments, Brunswick Branch.

Over the years, the Music in April program has evolved into one of Brunswick's largest social events, featuring an exceptional buffet dinner provided by more than two dozen of the area's leading restaurants; plus huge live and silent auctions, several live musical performances, "and always a surprising new feature or two." Tickets are still only \$50, and "selling quickly," according to Frizzle.

Last year's event raised nearly \$45,000 for the People Plus Center.



Author Chat with Miriam Nessel

Join us on Wednesday, Feb. 10 at 2:00 p.m. in the main hall when author and storyteller Miriam Nessel reads from several of her books, and offers, "insights into her craft," during the first Author Chat at People Plus of this new year.

Originally from Wisconsin, Nessel moved to Maine in 2009 to write, inspired by its scenic beauty and the smell of the ocean. Her books include Murder In Between, Dream Legend: Facing the Condor, Sea Smoke and children's book Georgia Blake and the Bushie Sisters. Free and open to the public. Call to register.



Sadie Hawkins Social
 see p. 6

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

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

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Building on 40 years

I was somewhere around seven or eight years old when People Plus opened its doors in the old church on Noble Street. It was the early 70s and our country was really starting to focus on helping their neighbors. This could not have been more true in Brunswick, Maine for the little group of ladies who played cards at People Plus. For they all decided they would start delivering meals to some of their elders who could no longer get out and about. They decided fitness would be great for everyone as they started to get older and wanted to live longer. They realized that coming together in groups to play games and stay active got them feeling younger and happier. It's been a goal of People Plus over the last 40 years to keep these original policies in place as we move forward to build upon and expand them without ever losing the core fundamentals of being a

good neighbor, playing a game, teaching a class, or serving up a hot meal and a good laugh with a friend. We've grown from a small group of locals into a group with about 1000 members who took on the needy youth of our community about a decade ago by opening the Brunswick area Teen Center program. And through our continued work with the "bookends of society" as I like to call them, we have found that the dynamics between seniors and teens is actually rather similar... I find that my teenager doesn't always want to get out of the bed in the morning, finds taking a shower is a hassle, doesn't have a ride anywhere, has pretty limited income, can't be bothered to cook a hot meal and can't stand it when I change anything... Does that sound like anyone you know?? In the last four decades this organization

From the Executive Director

STACY V. FRIZZLE



has tackled and overcome many challenges including three name changes, two locations, total loss of funding, the staff going without pay at Christmas, and the death of a well-loved executive director. And through the good times and the bad, our People Plus community pulled together and pulled tighter. We have seen members come and go. Some move away and some simply depart our company. We will remember them all and hope that new faces always fill the gap. They've left behind. I hope that you can help us as we celebrate our 45th anniversary all year. It is your face that makes the difference at this Center that builds community.

From Anita's Plate

ANITA HUEY



The 2015-2020 Dietary Guidelines have recently been released. They also encourage people to be physically active. These recommendations are meant to improve eating habits to avoid chronic disease and maintain good health. Here are some of the key points to incorporate into ones eating plan:

- Decrease sugar intake.
- Decrease saturated fat.
- Increase the intake of fruits and vegetables.
- Decrease intake of sodium.

Regular soda and pizza can quickly derail efforts at decreasing sugar and saturated fat intake. Pizza is the biggest contributor of saturated fat in America's diet!

These guidelines dovetail nicely into Heart Month! During this month you will see a lot of red for Valentine's Day but also for the heart health.

How do we put these guidelines into practice? This can be a challenge for many people and often lead individuals to seek out something they see on TV or the Internet. Just this week someone asked me to review a plan that they were given. As I began to read I saw these words "for more rules go to our website." Who wants more rules!! I continued to read and saw that no dried beans were allowed! My advice to people is to make their own path. Pick and choose what can work for you and write down your next steps. It doesn't make sense to not eat dried beans but it does make sense to cut down on sugar, sodium and saturated fat. Reading labels and looking at nutrition information when dining out can help guide food decisions.

SALMON OVER FRESH SPINACH WITH WALNUTS

Ingredients:

- 2 - 4-oz salmon filets
- 1/4 cup onion, diced
- 1/4 t. minced garlic (or one clove chopped)
- 1/2 cup walnuts, chopped
- 1 Tb. olive oil
- 4 handfuls of spinach
- Black pepper to taste

Directions:

1. Grill, bake or broil the salmon. Cook for 4-6 minutes per 1/2 inch.
2. Cook the onion in oil for one minute over medium heat.
3. Add garlic and walnuts, and cook for another minute.
4. Add spinach leaves and cook 2-3 minutes while gently stirring with wooden spoon, coating the spinach leaves.
5. Plate the spinach in divided portions and place salmon filet on top.

(SERVES 2)

Be creative with fruits and vegetables:

- Peaches and spinach with pork.
- Roasted squash, parsnip, carrots and onion for one meal and then blended to make a great soup.

I encourage you to take these Dietary Guidelines to heart and take steps to be physically active, decrease sodium, sugar and saturated fat and increase fruits and vegetables!

For more information
please contact me at 504-6439 or
info@nutritionforeveryday.com.

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.

Memorial Donation in Memory of

Robert P. Mehlhorn

August 5, 1926 – December 22, 2015

Susan Fitzgerald

January 7, 1957 – January 3, 2016

Happy anniversary to People Plus! Doing great things for a great community for 40 years.

- Holly and Mitchell Brown, Board Trustee

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WHAT'S HAPPENING ON THE HILL



6 Noble Street, Brunswick, ME 04011 ~ 729-0757 ~

(Sample Newspaper header from 2004)

The mission of the 55 Plus Center is to enrich and enhance the quality of life for people who are 55 years of age or older through advocacy: organized social, recreational and educational programs; and to serve as their center for information, referrals and support services.

"Indeed, Hank is special"

BY FRANK CONNORS

Watch his steady blue eyes and his quick, ready smile, and you see almost no hint of Hank Welzel's past, which includes stints in two wars, time as a prisoner of war, and career changes that might baffle ordinary people. But Hank is NOT ordinary people. With a quick shrug and a smile, he'd tell you, "what's past is past, and the future is where we need to focus," and he'd head off with another bag of fruit for the kids in the Teen Center, or a new project, the Vet's Center on Brunswick Landing.

Born in New Jersey 89 years ago, he was 2 years old when his folks returned to pre-war Germany where his father had been promised a job. Trapped in Nazi Germany as a teenager, he has vivid recollections of the opening salvos of World War II, and at 17, being drafted into the German Infantry, where he talked his way into a chemical school, and service with the medical corps. "I graduated as a male nurse," he said, "by 1944, I was a medic in Italy." He talks of his 160-man infantry company being left outside of Florence, Italy, to block an American advance, and being among the 19

men who survived and were taken prisoner. "I knew to shut up and say nothing," Welzel said, not trusting the Germans or the Americans. He crossed the Atlantic in a liberty ship with 500 other POWs and shared a camp in Alabama with 12,000 other prisoners, till 1946, when he was sent back to Europe - he was a POW who spoke English, German AND French- in a detail that was supposed to work rebuilding French infrastructure.



In 1949, he left France to visit his folks in Germany's Communist Zone, and used that trip to snare a ride on a freight train, making his way to Frankfurt, then to England, to New Newfoundland and finally to New York City, arriving in time for Thanksgiving with relatives in Connecticut. It would be two long years of work before he would get his entire family back in America.

Henry Welzel married his beloved Gloria in 1951, and left for duty in Korea 10 day later. His career path after 18 months in the army led him to chemistry jobs with Electric Boat and other defense contractors, but says his big break came with the World's Fair in New York in 1964, when he realized he could make a living building models from tin, wood, and fiberglass.

Hank and Gloria raised five kids, and his eyes dance when he tells the story of buying a piece of land in Freeport for \$15 down, and building his dream home with his family and friends. When the house was done, he worked on his local reputation as a bench and cabinet maker, using cast-off materials he often recovered from the town dump. Today he comes to the Center to say hi, then ducks onto the elevator to deliver another bag of fruit to "my kids upstairs." He talks easily to teenagers, he visits the local vets centers and tell troubled vets there is life, "on the other side." I watch him walk off and I realize, there are very few men in the world like Hank Welzel!

Brunswick Conversation

BY VINCE McDERMOTT

Two old friends meet in Brunswick. "Hi. How you doing?" "Couldn't be better." "You look great. Working out?" "Some. I go to People Plus." "They have exercise programs?" "Lots of them. Give them a try." "Maybe one of these days." "Better make it soon. If you don't you will be busting out of those pants." "That's what my wife says. Maybe I'll see you there." "Good luck."

PEOPLE PLUS — LIFE CHANGING

BY GLADYS SZABO

The year 2009 my life needed something more. I was busy for sure, but something was missing. I needed communications with people my age.

I was retired, spending many hours helping with grandchildren and enjoying Girl Scouting.

Bonnie Wheeler, my hairdresser and friend said I should come to the People Plus Writers. I fussed saying, "I don't write." Not something you say to Bonnie! "Everyone can write!" she told me. So it began. I did join the Writers. A warm accepting group which kept me returning week after week.

I joined People Plus and that was a life changing experience! I filled out the volunteer application and when I met with Libby, She said "You marked off everything."

My reply was, "Well thought that way you would find something I could do." Now here I am six years later, busier than I ever was when working. I became involved, volunteering for several jobs in the years to come.

One of the biggest advantages of being a member and volunteering is meeting many people, from all over the country, forming lasting friendships over the years.

Joining People Plus has added so much to my life such as feelings of usefulness, giving back to my community, fun things to do and places to go. Friendships I could not have made any other place because here you not only meet people but find things in common in many areas of your life and you do things together creating stronger bonds over the years.

All Saints Parish
St. Charles Borromeo Church

LENTEN SUPPERS

Feb. 12	proceeds benefit	Warm Thy Neighbor
Feb. 19	proceeds benefit	Oasis Free Clinic
Feb. 26	proceeds benefit	Tedford Housing
March 4	proceeds benefit	The Gathering Place
March 11 ...	proceeds benefit	Habitat for Humanity, 7 Rivers Maine
March 18 ...	proceeds benefit	Mid Coast Hunger Prevention

Come all! Tickets available at door. 132 McKeen St., Brunswick



Tasty Fish Dinner ...

- Baked Haddock, Corn,
 - Mashed Potato,
 - Green Beans, Coleslaw,
 - Rolls, Beverage, Dessert
- Pizza also available**

Adults \$8.00, Youth \$4.00
Under 5 yrs. \$2.00
Served 5 to 6:30 p.m. on Fridays

Is Qigong for you?



Qigong (pronounced "chee-gong") has ancient origins as an Asian martial art, looking very similar to Tai Chi except that it is much simpler, as there is no formal sequence to learn. At People Plus, both our Qigong and its companion Tai Chi classes are led by our very serious and dedicated instructor, Suzanne Neveux, who has studied and taught both disciplines for many years.

Suzanne's Qigong class meets each Friday morning, beginning at 11 a.m. Anyone with an interest in the class may audit it one time at no charge. Yes, it can be done while sitting in a chair. We decided to stick our head in the door and pull a couple comments from several very dedicated students. "For me,"

offered one lady, "It was a recognition that I had grown old almost overnight. My movements were becoming clumsy and my recall was not as acute, therefore, my confidence level dropped and my tendency to withdraw surfaced, until I found Qigong. Its slow, calculated movement and rhythmic breathing aids physical coordination and strengthens muscles. After becoming comfortable with the motion, I found plateau of quiet that allows me shed the frustration of being old. I have developed a patience with myself and thus contentment."

Another student was more direct. "Some Fridays I feel draggy and don't want to leave the house, but I get dressed and head for Qigong -BECAUSE- it always leaves me feeling energized and ready to accomplish projects that need to be done. Qigong for me is a wholeness, an awareness of muscle and bone and ligament...and when I do it well I get a real buzz of wellbeing."

February at People Plus

"Aging Well" Lunch and Learn: Foster Grandparents



Join us on Monday, February 22 at noon when Maria Staples talks about opportunities through The Foster Grandparent Program (FGP). The Penquis Foster Grandparents program provides tutors and mentors to children and youth who are disadvantaged or have disabilities in schools, Head Start Centers, child care centers and other locations. Working one-on-one or in groups for 15-40 hours per week, volunteers share their love, time and experience to help put kids on a path to a successful future. Learn how to get involved with Maria Staples at our Aging Well Lunch and Learn. Bring your lunch, we provide drinks, dessert and chips. Free, open to the public. Call to register..

Senior Intermediate Cribbage Dec. 23: Anne Bouchard, 720; George Hardin, 707. Jan. 6: Lorraine LaRoche, 717; Anita Owens, 710; Anne Bouchard & George Hardin, (tie) 700. Jan. 13: Tim Owens, 684; Anne Bouchard, 677. Jan. 20: Tim Owens, 721; Gabriele Nifka, 702; Harry A. Higgins, 699. Monday-Saturday Bridge Dec. 14: Anne Brautigam, 3,500; David Bracy, 3,160; Bill Coop, 3,040. Dec. 19: John Rich, 5,670; Lorraine LaRoche, 5,490; Richard Totten, 3,990. Dec. 21: Lorraine LaRoche, 4,690; Bill Coop, 4,330; Tony Monaco, 4,090; Paul Betit, 3,950. Dec. 26: Martha Cushing, 5,090; Richard Totten, 4,190; Gladys Totten, 4,040. Dec. 28: Alan Reder, 5,620; David Bracy, 5,040; Bill Buermeyer, 4,180. Jan. 2: Richard Totten, 5,330; Bill Buermeyer, 4,650; Sherry Watson, 4,470. Jan. 4: Gladys Totten, 4,030; Bill Buermeyer, 3,980; Alan Reder, 3,810; Paul Betit, 3,720. Jan. 9: Bill Buermeyer, 5,130; Richard Totten, 4,630.

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

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. Jan 12-May 6 (no classes Feb 16, March 15, March 22), Tuesdays, 10:30 am. \$5/class members, \$10/class non-members. Pay by the month at the front desk. Call to register!

The Hand, Part 2 WITH DR. GIUSTRA Dr. Richard Giustra is back with Part II in his series examining The Hand, capable of the precision to play a Stradivarius and the power to pound with a sledge hammer. Thursday, Feb 25, 10:00 am

"Theater For Anyone, Anywhere" Directed by Al Miller, Monday, 3/7 1:00 pm

Join us on Monday, 3/7 at People Plus with Al Miller and the Center Stage Players as they offer a wonderful workshop that will introduce participants to improvisation! Mr. Miller calls his workshop 'Theater for Anyone, Anywhere', and says "I've done this workshop at theater conferences, in elementary school and high schools, at teacher's conventions and in foreign lands."

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.

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.



Dr. Tim Coffin

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

CONGRATULATIONS, PEOPLE PLUS on your first 40 years and here's to many more! You are a great asset to our community! - Joan Phillips, Former Board Trustee

People Plus Good Morning Program Calling to say that I am OK Call 725-6621 ext. 4310 to find out more

Tax season has begun Free help with filing available at Center

Remember, People Plus should be your one stop shop for free tax help, and the season to file is upon us. AARP trained and certified tax-helpers are available twice each week at People Plus, and this valuable service is always without charge. As in previous years, the service will be available on Tuesday mornings (8:30 a.m. to noon) and Thursday afternoons. All consultations are by reservation only, and acquired by calling Pat at the People Plus information desk: 729-0757. Clients are reminded to bring their valid photo ID, social security numbers for themselves and any dependents mentioned on their tax papers, and all income documents such as W-2 and 1099 forms. A copy of last years income tax return is useful. Our aids are trained to do the newly revised Maine State Property Tax Renter rebate forms (if you are eligible) and you should also bring your health insurance information if you want to complete an Affordable Health Care form. This tax service is offered at alternative times at the Curtis Memorial Library in Brunswick, at the Topsham Public Library, the Freeport Community Center and the Bath Area Senior Citizens Center.

2016 Program Highlights

- MARCH • VTN Driver Appreciation Coffee • 'Aging Well' Lunch and Learn: Senior Games • Free Healing Clinic with GBPT • Theater Improvisation Workshop with Al Miller APRIL • 'Aging Well' Lunch and Learn: Senior College • Author's Chat with Ann Kimmage • Music in April • Gelato Fiasco Scoop-a-thon for the Brunswick Teen Center JUNE • FYI! Curtains Up! With MSMT Interns • People Plus Volunteer Appreciation Event • Good Morning Program Meet and Greet JULY • Bowdoin International Music Festival Concert • Member Summer Picnic at Thomas Point Beach AUGUST • Free Healing Clinic with GBPT SEPTEMBER • Apple Picking at Rocky Ridge Orchard OCTOBER • People Plus Senior Health Expo DECEMBER • Member Holiday Event

Stetson's Funeral Home 12 Federal St. Brunswick, Maine 04011 www.stetsonsfuneralhome.com 207.725.4341 apurinton@gwi.net Anthony B. Purinton - Funeral Director

FEBRUARY 2016 AT PEOPLE PLUS

Calendar grid for February 2016 at People Plus. Columns: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday. Rows: 1-28. Includes various activities like Cribbage, Bridge, Yoga, and classes.

Classes, Games, Clubs and Presentations at People Plus

There is a wide variety of classes, clubs and events offered at People Plus, in addition to community events hosted in our space.

CLASSES - EXERCISE AND ART (paid classes, open to the public):

- Art with Connie Bailey This engaging Art class meets weekly 10-12 on Tuesdays. Each month the class explores different drawing materials such as graphite pencil, charcoal, colored pencil, pen and ink, pastel, and watercolor. The class combines artists of varying experience levels. Line Dancing - Beginner and Advanced A choreographed dance with a repeated sequence of steps in which a group of people dance in a line, all facing the same direction and doing the steps at the same time, while the music is playing. Janice McLaughlin offers Beginner on Thursdays at 6:00pm, and Advanced at 7:15 pm. Loosen Up! Taught by Suzanne Neveux, a typical session includes resistance training (with weights or Therabands), core strengthening, and exercises intended to improve balance and posture. Exercises are performed standing and seated; there is no floor work in this class. Take it once, twice or three times a week. Qigong Related to Tai Chi. Taught by Suzanne Neveux, Friday's at 11 am. (see class highlight on page 4 for more information).

Tai Chi - Beginner and Advanced Tai Chi exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements. Beginners meet Fridays at 12 noon while Advanced Tai Chi meets on Wednesdays at 12:30. Taught by Suzanne Neveux.

Yoga Stretch, flex, breathe and relax for optimum well being. Experienced instructor Ann Kimmage tailors yoga to your individual needs. Tuesdays, 10:30 am. Zumba Bea Blakemore, a popular local Zumba Fitness instructor will teach on Mondays, 10 am. Aerobic and dance moves set to popular music, this is a low-impact style for seniors.

ACTIVE GROUPS (members only):

- Easy Riders Biking Club Weather permitting, this group meetings for a ride every Wednesday at 9 am. Rides either begin at People Plus or off-site location and usually last about an hour. Table Tennis A free member activity for serious players with a sense of humor. Bring athletic shoes or sneakers. We play almost every day. Walking Club Visit the Brunswick Parks and Recreation indoor track and log your walks in the member logbook.

GAMES (Free, members only):

- Begginer/Intermediate Bridge A less formal Bridge group. All levels welcome - come learn how to play! Tuesday and Thursday mornings. Bridge Experienced players meet to play several games of bridge with different partners, on Monday from noon to 3:30 pm, and Saturday from 10:00 am to 3:00 pm including a lunch break. Cribbage Experienced players play cribbage with different partners on Wednesdays from 8:45 to 11:30 am. Mah-Jongg Chinese multi-player tile game. All skill levels welcome. We love to teach new players! Meets Monday, Wednesday, Friday 9 - noon.

CLUBS (Free, members only):

- Apple Club Would you like to learn more about your i Phone/ iPad/ i Touch? This group meets the first Monday of each month at 10 am to share knowledge, ask questions and find answers to the wonderful world of i devices! No experience necessary. Books a la Carte Join us on the third Tuesday of every month at 3 pm for a unique book club! Share what books you've been reading and learn about what others think are good, too! Discussion of all types of books is encouraged - the more variety the better the exchange. Cafe en Francais Spend a lively hour once a month speaking French with good company.

Civil War Book Club

Meets the 3rd Monday of the month at 6:30 pm Crafters People Plus members meet with other crafters at 9 am on Monday to knit, crochet, scrapbook, cross-stitch, or work on whatever they choose to bring in. Lots of socializing and help. Kaffeestunde! German Conversation Club Whether you are just learning, need a refresher or are a pro who wants a chance to speak a language you love, sign up today for Kaffeestunde! Meets the second Tuesday of the month. Quilters Quilters meet on the first and third Tuesdays of the month at 1 pm. Bring our own project and socialize while you work.

Tech Time Just like Apple Club but for non-Apple products. Bring your device and ask questions. Typically the 3rd Monday of the month. World Affairs Conversation Club Ed Knox will moderate this club. He has lived and worked professionally in the Middle East and taught Mideast History. Fridays, 11 am. World War II Book Club Meets the 3rd Wednesday of the month at 3 pm Write on Writers The Write On Writers meet every Wednesday from 1 to 2:30 pm to read and share their works of poetry and prose, and to improve their writing skills. The group has around 20 members. New members are welcome at any time.

Meets the 3rd Monday of the month at 6:30 pm Organized get-together at local restaurants on the second Tuesday of each month. The second Thursday of the month at 8 am. Start your day with a healthy meal and good company. A new weekly meal program at People Plus, sponsored by a grant from the Maine Community Foundation, the meals will be served every Monday from 11 - 12:30 and will be sit down or take out. The first Thursday of the month at 8:30 am. Start your day with a healthy meal and good company.

MEALS

Lunch/Connections Sign up early for this always sold out meal! Third Thursday of every month. Also includes free hearing screenings and free blood pressure checks. Lunch Out Organized get-together at local restaurants on the second Tuesday of each month. Men's Breakfast The second Thursday of the month at 8 am. Start your day with a healthy meal and good company. Monday Munchies A new weekly meal program at People Plus, sponsored by a grant from the Maine Community Foundation, the meals will be served every Monday from 11 - 12:30 and will be sit down or take out. Women's Breakfast The first Thursday of the month at 8:30 am. Start your day with a healthy meal and good company. PRESENTATIONS (members only): 'Aging Well' Lunch and Learn The 4th Monday of every month at noon with programs that focus on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert. FYI! (For your Information) Monthly programs to tantalize the mind with interesting and stimulating talks, discussions, presentations with snacks and foods. Author's Chats Maine authors tell us about their books and writing experiences.

New to the board this year, I am impressed by the outreach and scope of the services that People Plus provides to seniors and teens, including rides when needed, and services for the teens. Thank you People Plus. - Charlie Evans, Board Trustee



Elvis in the building?

February 29th - 1pm. Join us for a Sadie Hawkins "dance" featuring Elvis Impersonator and Entertainer Robert Lewis! Celebrating Sadie Hawkins is a People Plus Leap Year tradition! Don't miss this rare treat as we celebrate 40 years of People Plus ALL (leap) YEAR! Your favorite 70's attire encouraged! Fantastic 70's food (fondue anyone??) as

well as Elvis' favorite - fried peanut butter, banana and bacon sandwiches! Lewis has 21 years impersonating Elvis, along with a new act featuring Neil Diamond. He loves to entertain seniors! Free to members but open to all (\$3 for non-members). Please call to register as it will be a packed house!

FOLK DANCE BRUNSWICK'S "MIDDLE EASTERN DANCE PARTY" FEATURING LIVE MUSIC BY BOSTON BAND GOGOFSKI

BRUNSWICK, Me., 18 January 2016 — Folk Dance Brunswick will host a "Middle Eastern Dance Party" with live music by the Boston band Gogofski on Friday, February 12, from 6:30 to 10:00 p.m. at the People Plus community center, 35 Union Street, one block west of Maine Street, in downtown Brunswick. All are welcome. Donation \$5.

Gogofski is a four-person Balkan-style band with vocalist Kasia Sokallo of Poland, Dave Golber on clarinet, Tom Pixton on accordion, and Henry Goldberg on the Balkan tupan drum. The band has played throughout the Northeast and been acclaimed as "awesome" for providing "a wonderful evening."

"This'll be our first dance with live music," says Folk Dance Brunswick president Mary Brennan of Harpswell, "and we're very excited about it. Several of us heard Gogofski play in Boston last fall: They blew the roof off. What a night of dancing we're going to have!"

Clarinetist Dave Golber adds, "We play

intensely emotional, grab-you-by-the-heart music, drawing on older and newer traditional music from all over the Western edge of the Ottoman Empire to create a repertoire of powerful songs — songs of unrequited love, songs of seduction and deception, songs of the promise of happiness held against the pain of loss."

In the early part of the evening, selected dances will be taught for newcomers; Gogofski will start playing at 8 p.m.

Folk Dance Brunswick is a nonprofit organization offering world music and international folk dancing from the Balkans, Israel, northern Europe, and around the globe. The group meets weekly on Fridays at 6:30 p.m. All are welcome.

"Folk dancing is good exercise — and good fun for all ages," Brennan concludes. "Some of the dances are taught, and no partner is needed. It's also a way of building global community through local action."

For more information, contact 207-200-7577, brennan.mk@gmail.com, or www.folkdancebrunswick.com.

Happy Birthday People Plus. So glad to have been a part of the last four years. Looking forward to the next 40!

People Plus - Don Kniseley, People Plus Board Chair

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Lunch & Connections

Baked Ziti with Meatballs

Our luncheon on Thursday, Feb. 18, will feature deep-dished baked ziti (noodle) casserole, (both meated or not meated) with sides of meatballs, salads and green beans. Expect the meatballs and ziti to be delicious and drenched with cheeses, spices and tomato sauces, chef Frank Connors said, "it's tasty mid-winter fare, one that was a favorite in our house when the kids were growing up."

As usual, there will be a fresh and lightly dressed green garden salad all chopped and waiting, and the bread this month will be a crisp and warmed Italian bread, both garlic and plain. A green bean and onion-ring casserole will be served, and our drinks will include coffee, teas, fruit juices, and milk. Iced water is always available on every table. Our special February dessert will be decorated cookies, served with a generous portion of ice cream.

Underwritten by Spectrum Generations, our monthly Lunch & Connections events

are created to focus on nutrition, information and variety. A CHANS healthcare professional is always in attendance to offer and record free blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids is available in the privacy of the teen center to offer free hearing checks from 11 a.m. until noon.

Remember, you do need to pre-register after the first of the month to be included, and seating is limited to the first 68 folks who sign up. Cost of the meal is still only \$6.00 for members and \$8.50 for non-members, payable when you arrive at the door. Yes you can pre-order a take-out and pick that up after 11:30 a.m. Please plan to arrive after 11:15 a.m. to claim your seat and chat with your friends. Always remember to register to win one of our several free door prizes, and to purchase your 50/50 raffle tickets. (Last month's 50/50 raffle winner took home \$38!)

Our buffet-styled luncheon is served at noon.



Discussing Chili. Diners at the first "Monday Munchies" chat with Executive Director Stacy V. Frizzle about the finer points of her chili recipe. All agreed the chili and corn bread were "first rate".

Monday Munchies: "up and running"

Join us every Monday (11-12:30) at People Plus for our new weekly meal program, "Monday Munchies". Sponsored by a grant from the Maine Community Foundation, the meals will either be prepared by People Plus staff or in partnership with Mid Coast Hunger Prevention Program. The program will provide a healthy and low-cost lunch for seniors who use the Center daily or just pop in for a meal. Hunger abatement and improved nutrition are two of the goals for the program as well as additional opportunities for socialization.

Grants from the Maine Community Foundation, The Senter Fund and the First Parish Church, with donations by Suzan Wilson, Dan McLaughlin, Judy Wilbur and Hammond Lumber Company made the improvements to the cafe possible

and provided a "bank" to develop the new meal program.

Monday Munchies MENU

February 2016

- White Bean/Bacon Soup
- Stacy's Chili
- Brunswick Stew
- Chicken Corn "Chowdah"

(Closed Feb 15 for Presidents Day)

Dementia Caregivers SUPPORT GROUP

The Dementia Caregivers Support Group is a free monthly educational and support group offered by Mid Coast Senior Health Center to assist individuals in understanding and caring for someone with memory loss.

UPCOMING PROGRAMS

February 18: Ask a Lawyer:
MaineCare & Other Legal Planning Needs
Stoddard Smith, Esq. and James Smith, Esq.
Law Office of Stoddard L. Smith, P.A.

March 17: Activities, Engagement & the Brain
Lisa Clark, MS, OTR/L, CLT, Occupational Therapist
Mid Coast Hospital Rehabilitation and Therapy

Group meetings are open to the public and are held from 4-5 p.m. the **third Thursday of every month** at **Mid Coast Senior Health Center, 58 Baribeau Drive, Brunswick.**

For more information, please call (207) 373-4656.

This support group is an affiliated group of the Alzheimer's Association, Maine Chapter.

MID COAST Center for Community Health & Wellness

A peek at the first 40 years



Heart disease & stroke are the #1 killers of women in Maine.

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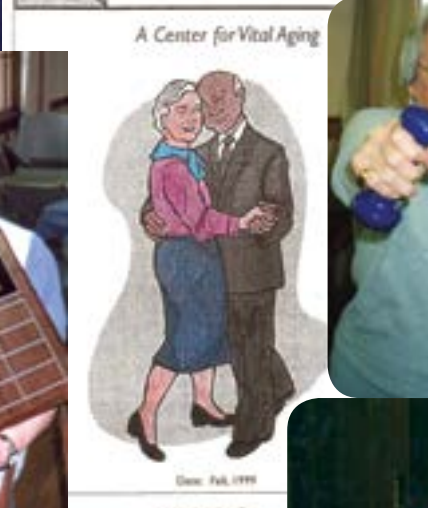
- ♥ Chest pain or discomfort
- ♥ Pain or discomfort in jaw, neck, or back
- ♥ Feeling weak, lightheaded, faint, or sweaty
- ♥ Pain or discomfort in arms or shoulders
- ♥ Shortness of breath

At the first sign, Call 9-1-1 immediately. Don't miss a beat!



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People 40 Years! A special thank you to Frank and Betsy who helped lead People Plus from a sleepy little Senior Center to what we have today!
- Mike Feldman, Board Trustee



Diapers to go. Desk volunteer, June Austin, gathers another batch of diapers collected at People Plus for a United Way self-help campaign.

The Harpswell Garden Club will meet Thursday February 18, 2016 at 12:30 a.m. at Thornton Oaks in Brunswick. "All Things Daylilies" will be presented by Craig Cole and Rex Beisel owners of Barred Owl Daylilies.

Free and open to the public.

FMI call Becky 833-6159.



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- Communicating with your healthcare provider

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MID COAST Center for Community Health & Wellness

Portrait Photo by Jeff Williams of The People Plus in Brunswick

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Leap Year Day

BY SALLY HARTIKKA

An extra twenty-four hours this year, So what am I going to do with it? Should I just use this day as routine And not celebrate it one bit?

February is a drab, dreary month, Who wants it to have one more day? Instead, I think I'll move this gift To July, or perhaps May.

I'll spend these two hundred forty minutes Smelling flowers, enjoying the sun, Out in my garden, taking a walk, Down by the seashore, having fun.

An option is to add it to December, When I am running behind With decorating, cooking, wrapping and such And find myself in a bind.

In any case, it was a bad choice To give February this windfall. It shouldn't have gone to mud season, The most detested time of all.

MY INTRODUCTION TO WRITE ON WRITERS

BY BETTY BAVOR

As a golden ager, a widow and having lived in Connecticut 55+ years, a move to Topsham, Maine was daunting and surprising to my friends. I would seek new activities, adventure and was determined to make new friends.

My daughter and a college classmate live close by and made my transition from a Nutmegger to a Mainer relatively stress free and pleasant. My college classmate, Jeanne d'Arc Mayo, a Board Member of People Plus in Brunswick, made sure I became acquainted at People Plus in Brunswick and suggested several programs she felt I would enjoy. So, here I am with a new goal to write, new skills to learn and new friends sitting around the 'Write On Writers' table every Wednesday. I am inspired, energized and educated as stories/poems are shared with members who have stories to tell. Some are 20 year members, have published their own books and others have joined along the way - all are warmly welcomed and treated like family.

I feel blessed to have experienced Write On Writers 20th anniversary celebration and congratulate everyone for such a remarkable event honoring many past and present members. I wish WOW many more years of success and joy of writing.



I Met Him on a Train (or Thoughts of a President's Day)

BY CHARLOTTE HART

How could we be thankful on Thanksgiving? Daddy was dead. Mom had a letter telling her that he was noble and brave. She got that letter in July. The letter must have helped her. She told us we must be thankful we still had each other. And my brothers, William and Harry, were big strong boys and would help her take care of our farm. I was nine on October 14th that year. Daddy had been dead three long months. One cold day in November we were going on a train to the cemetery where Daddy was buried. Mom was sitting with William. I was sitting with Harry three seats in front of Mom and William. Harry said he was going to take a walk back to the caboose.

I noticed the tall thin man all alone in the seat across the aisle. He looked very sad. He was writing something on a piece of paper. He would write, then close his eyes. Then he would write a little more. He looked at me and smiled. His face was still sad, but his eyes were warm and friendly. "Do you like taking a train ride, Little Lady?" he asked.

"It's okay, but this is not a happy train ride. We are going to the cemetery where my daddy is buried."

"I am very sorry you lost your daddy. You should be very proud of him."

"Did you lose somebody in the big battle, Mister?"

"I surely did."

"Was it your son, Mister?"

"No. Two of my sons are dead. But they died because they were very sick. "I'm sorry, Mister. Who did you lose in the big battle?"

"I grieve for over 3,500 men who died. I grieve for over 50,000 casualties of that battle." The tall thin man started writing again.

The cemetery was very big. Crowds of people stood in the fields beside the cemetery. It was noon time. I was hungry. Mom said we had better wait 'til after the speeches to eat our sandwiches. One man started speaking. He spoke on and on. Mom told William and Harry to stop wrestling. "We are trying to keep warm! And Edward Everett has been speaking over two hours!" Finally Edward Everett finished. A tall man stepped forward. He took off his tall hat. "Mom! That's the man who talked to me on the train."

"Listen!" whispered Mom.

"Four score and seven years ago..."

ELIZABETH B. BATES

MY VALENTINE

I have roses in a jug. Tell me what I'm thinking of. The years together side by side. And now you're gone. I'm still alive. I touch the roses and say your name. Life goes on, but it's not the same.

A Valentine Puzzle

BY P.K. ALLEN

Though we both have different shapes that are of different size, And faces with different tints along with different eyes, Though we both have different hair that's cut to different lengths, And spirits with different weaknesses along with different strengths, There's a corner in my heart where I keep for you a space, For like two different parts of a puzzle, we both fit right into place.

SIX MORE MONTHS OF WINTER

BY WINNIE SILVERMAN

Got your attention? Rejoice it's only six Weeks, more or less, to the first day of Spring which ushers in Mud Season, but it begins to warm up and days get a little longer. February weather is so dreary. We wait for Punxsutawney Phil to let us know how long this winter will last. Luckily there are some major distractions to the short days and the ugly snowbanks on the side of the road which are no longer a pretty white. January is supposed to be the coldest month but I vote for February to be the nastiest.

Valentine's Day: Time for candy and cards, now a major commercial event 3 months before another major candy and cards event. Celebrate with your loved one anyway and plan to come to a People Plus party where we are all loved and treated to some sweets and a few hugs.

It's also Chinese New Year and Orientals sure know how to celebrate, with gifts of money tied in red paper. There are parades with snaking dragons maybe 20 feet long with an ornate head moving side to side, propelled by men on the underside holding poles to support the body. There are lots of banging drums and cymbals. Let's not forget the food! Having never physically seen in person the parade in San Francisco Chinatown it is covered by the news as extensively as Christmas events are. People are joyful for weeks. Did I mention the food?

Then there is Presidents Day: While George Washington's birthday was declared a Federal holiday long before the 1968 creation of the joint birthday observance, Lincoln's February birthday was previously only a legal holiday commemorated in some states. (Thank you, Google.) Perhaps Abraham Lincoln was not legally loved in the former Confederate states. School kids in the South can rejoice that they too get the day off.

Let's not forget this is Leap Year and we get an extra day in February. It's still the shortest month of the year. Old Man Winter doesn't pay attention to our calendar because of it. Winter slogs on. Then there is the poor kid born on the 29th who only has his birthday every four years. Let's see if that were me I would only be XX old!

Write On Writers News

If you've been wondering what is going on with Write On Writers – wonder no longer. We, the writers, are in the process of putting together our next (sixth) and best project. It is going to be a book titled, Journeys and Reflections. It will contain stories, poetry, illustrations, and pictures from over 20 writers reflecting on memories of past experiences and adventures into fiction. We are hoping to have the book ready for publication by late spring and ready for sale by early summer with an Authors chat around October for those who wish to purchase it for a Christmas gift or for personal pleasure. The authors will be present to sign your books. We are looking forward to seeing you and to thank you for your support which enables us to continue with projects like this and encourages us on our journey as writers.

Recent Excuses Not to Write

BY BOB DOW

"It's the holidays.", "No Inspiration.", "Too lazy.", "Too cold.", "Too hot.", "Too busy.", "Too tired.", "Too inconvenient.", "Too wet.", "Too dry.", "Too expensive.", "Too cheap.", "Too spicy.", "Too bland.", "Too big a drain on the brain.", "Too long.", "Too short.", "Too dirty.", "Too clean.", "Too old.", "Too new.", "Too early.", "Too late.", "Too wrong.", "Too right.", "Not now.", "Later." "I don't feel like it." "I have to leave some space for those clever people of Write On!"

YOUR BEST DAY

BY BONNIE WHEELER

Wednesday is my write on day
Thursday is a dinner out day
days to enjoy author talks and doctors advice
my favorite days of free physical therapy if you need help, ask Frank Connors
he is the go to man at People Plus
looking for fellowship and fun--come on down
people plus will make your day

Time

BY JONI LARLEE

There's a time to laugh and a time to cry,
a time to live and a time to die.
A time to be all you can be,
a time to let go, to watch and see.
A time to reach for all your dreams,
a time to rest, to trust, to lean
Against the backdrop of God's plan,
A gift that he has given man.

A time to learn what life's about,
A time to believe, to let go of doubt.

Life comes in stages, can you not see?
There's no one place that you should be

Embrace it all, go with the flow,
Just let it in and you will know that
Time itself is just a dream
and life is never as it seems

No, life is never as it seems
It's just a piece of a larger dream.

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 -Carol Aderman, Board Trustee

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- ✓ grocery shopping
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- ✓ hair/beauty appointments

ELIGIBLE RIDERS are adult residents of Brunswick, Harpswell, or Topsham who are unable to drive and have no means of transportation. Rides are limited to locations within these towns. To become a **registered rider**, contact the VTN Coordinator at 729-0757, driver@peopleplusmaine.org, or stop by People Plus.

Drivers Needed—Sign up Today!
 35 Union Street, Brunswick, ME 729-0757 www.peopleplusmaine.org

Happy 40th to People Plus!
May we continue our bountiful and delicious partnership.

-Congratulations from Anita Huey and Everyday Nutrition Associates, LLC

Everyday Nutrition Associates operates within the People Plus center and offers individual medical nutrition therapy, a diabetes prevention program and diabetes education. FMI contact Anita at 504-6439 or info@nutritionforeveryday.com

New year, new ideas, new kids

Teen Center News

JORDAN CARDONE



Student art adorns the Teen Center walls.

it probably doesn't happen much that they write something down they want and then get it". I continue to learn every day in my job! He was right, of course!

January has been a trial month of a new TC program schedule. In an effort to address our overly high attendance, in January, we are trying Jr. High only on Monday and High School only on Wednesday, with Tuesday and Thursday being 6th -12th grade still. It is a process and I thought one month would be sufficient to know if it was "better" for the program or not, but, it may take longer as there are so many other variables! It has definitely helped with the over 20 per day attendance and the atmosphere/noise in the Teen Center! I strive to find a happy medium, it feels too quiet with only 10-12 kids there now and too busy with 20+ kids there...

Some things you may not know about our program... As well as feeding our members, we have on hand a variety of items (when-ever possible) like hats, gloves, deodorant, body sprays, sanitary items, toothbrushes, laundry soap, a first aid kit, hair ties, chargers for so many different devices, random clothing for emergency needs, emergency explorer bus or taxi fares and continue to add to our misc. supply as different needs arise, recently it was a sewing kit, kids with jobs can't show up with holes in pants!

We are fortunate to have representation on the Teen Center Advisory Committee from the Jr. High and High school, including a school resource officer as well as representation from MCHPP who all are very aware of the basic life needs some of our area youth lack and who are valuable resources when we do get teens who become homeless or have other emergency situations. The network in our community for awareness of homeless and hungry kids is growing which

is great. As the network has grown, communication has increased but what we truly need to see as a community is an increase in resources for these kids!

In the meantime, we continue to welcome more and more youth to our program each year. The kids love being at the center and often attend for years. We care about each and every one of them and have watched many area youth over the years, grow, mature, get drivers licenses, graduate school, get their first job and go off to

college! We have also watched some of our youth stumble and struggle over the years as well. Regardless of the direction taken after aging out of the program, many of them keep in touch and pop-in to visit, and we love that!

As we are now officially in the year 2016, I have high hopes for our program's upcoming year and we wish all of you a wonderful 2016!

Jordan and gang



Looking back. Conan McNamara and Deb Leslie are two former Teen Center directors.

Ten Years and growing!

In June of 2015 the Teen Center Program celebrated the 10th anniversary of its opening day in June of 2005! As People Plus celebrates its 40th anniversary, the Teen Center program is thankful for 10 years of being supported by People Plus as the program grew, developed and eventually merged into the People Plus organization as an official People Plus Program! The Teen Center program has been growing and flourishing ever since!

In 2013 the Teen Center had 1,133 youth visits, in 2014, 1,763 visits and for 2015, we had 2,312 youth visits to the program!

Initially open one day a week beginning in the summer of 2005, this free program is now open four days a week (as well as in the summer) and provides free after-school snacks/mini meals to an average of 15-20 youth per open day increasing the budget needs of the program by \$10,000 annually! The program continues to strive to provide a safe, inclusive environment where kids can be kids, unwind and socialize with friends,

while being supervised by supportive staff. As times have changed over the years, addressing childhood hunger has become an important part of the program as well. We had far too many kids coming in really hungry, without having had enough to eat that day and with no meal awaiting them when they left at 5:30. With the support of other community agencies, community members, and organizations along with grants and on-going fund-raising efforts, last year we provided approximately 5,000 drinks, 2500+ snacks, 2500+ mini meals and countless misc. grab and go items like granola bars, etc.!!!! The program continues to, as best they can, and in conjunction with others, work to meet other apparent needs of youth in our program/community as they arise, working alongside other People Plus programs doing the same for older adults in the community! We are proudly part of "The Center That Builds Community"!

Thanks to the vision of people like Eileen Lonsdale and Sig Knudsen who saw a need, 55+/People Plus has made significant contributions to our community for 40 years of caring outreach. Congratulations on 10 years of enfoldng the Teen Center into the mission of People Plus. I feel privileged to have been able to share in this mission.

- O. Jeanne d'Arc Mayo, Board Trustee

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Central Maine Area Agency on Aging - Southern Mid-Coast Aging and Disability Resource Center
35 Union St, Brunswick, ME 04011 Suite 1
207-729-0475 - www.spectrumgenerations.org

February 2016

Happy 40th Anniversary to People Plus!
Spectrum Generations is proud to partner with People Plus to help serve seniors in our community.
Here's to 40 more years of good deeds, great times, and lots of fun!

Spectrum Generations' Animeals Program

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

The Animeals program relies on the generosity of community members and local businesses to help feed these furry friends and right now we need your help! Donations of dog and cat food, both wet and dry, are gratefully accepted at any of our community centers. Visit spectrumgenerations.org to find the center nearest you. Cash donations are also needed for the purchase of special diet foods.

New this year! Hot off the presses is the 2016 Spectrum Generations' Animeals calendar, which features those we serve and their beloved pets. For only \$15 you can help make sure no senior or their companion goes hungry. Calendars are available at every center, including People Plus. Get yours before they're gone!



March for Meals with Spectrum Generations

Meals on Wheels serves virtually every community in America and is powered by a network of independently-run providers, like Spectrum Generations. Every March we come together to raise awareness for the program and the seniors we serve. **Providing so much more than just a meal** - At the core of the Meals on Wheels service is a nutritious meal, companionship and a watchful eye on the health and safety of our seniors.

- **A nutritious meal** - Adequate nutrition is necessary for health, functionality and the ability to remain independent. Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems. Meals on Wheels ensures that seniors have access to adequate nutrition even when family support, mobility and resources are lacking.
- **A friendly visit** - For many seniors, the trusted Meals on Wheels volunteer who shows up with a hot meal and a warm smile is the only person they see or speak with all day. This special delivery is a reason to get up in the morning, something to look forward to, and a reminder to take good care of themselves.
- **A safety check** - Along with the inevitable impacts of aging come the increased risks of medical emergencies, falls, and accidents. The safety check that accompanies each meal delivery helps to reduce falls, trips to the hospital, or premature institutionalization. It also ensure that, in the case of an emergency or problem, medics will be called, families will be notified and our seniors will not be forgotten.

The staff at Spectrum Generations' Southern Mid-Coast Aging and Disability Resource Center, located in the People Plus building, welcome the public to stop by on Wednesday and Friday mornings all during the month of March to see Meals on Wheels in action. See what delicious meals we're delivering that day, chat with a volunteer, or perhaps even fill out a volunteer application yourself! FMI contact Casey Henson, Nutrition Coordinator, at 607-4406 or chenson@spectrumgenerations.org.

To learn more about March for Meals, visit www.marchformeals.com and for more information about the services that Spectrum Generations provides, visit www.spectrumgenerations.org

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. Call 729-0757 to register (required).

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

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.

"This is the second consecutive season we've passed our goal of 1,000," drive director Frank Connors said, "We could not be happier with the results." Connors added that \$365 in cash donations were also made by Center members to MCHPP.

The Center's now familiar little red wheelbarrow appeared in the People Plus lobby on Thanksgiving week, and the last box of food was carried to Mid Coast Hunger's Union St. offices on December 29. Thanks again, everyone!

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

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

On being a 'Native'

Late in the last century, the Times Record published an in-depth article about what it takes to start a small town historical society, relying heavily on information I provided to them about forming the vibrant little society in Bowdoinham. In the course of the story, the reporter referred to me as a Bowdoinham "native." Well, a local lady saw that piece, called the editor and said something like, "that boy was born in Yarmouth, (Maine) he will never and can never be a NATIVE of Bowdoinham!"

It mattered not to this woman that my parents lived in Bowdoinham at the time of my birth, and brought me "home" to live when I was just a tiny two weeks old. She cared not that through the years, I had attended all the appropriate Bowdoinham schools, that I'd always lived in the town, voted in town, and that my resume of service to the town would easily fill a page or two. The Times Record, true to its well-known attention to detail and to accuracy, published a two inch correction-clarification column; and the editor, my former boss, publicly admitted to regretting the error.

The backstory here is that everyone had a pretty good laugh, and nobody seemed to care except maybe me, and what mattered most to the offended lady is that she remains a native Bowdoinhammer, and that I was not and never could be.

Some of you might remember my consternation when it became apparent to me that my first-born grandboy was going to be forever from Newport, R.I., and therefore a native Rhode Islander! After all attempts failed to get my darling daughter-in-law Dina to come bunk with us a couple weeks so the boy could be born in Maine. I seized the only fallback position left for me, developing a list of stuff this little guy might do, (under my watchful eye of course,) to help him grow up "more like" a native Mainer. If my rationale was flawed, it was also certainly self-serving. I assumed, as I banged out that multi-page to-do list, "Maine men can be built, not simply born!" Sure, that list included smelt fishing trips, canoe, kayak and toboggan rides, walks, talks, and special books to read, and yes, we're devouring the list pretty well. Jadon, I have to add, is now nine and no doubt

the best Rhode Island native I ever hope to know!

Both of my kids, as it turns out, are natives of Brunswick. They are Parkview babies, born back in that hospital's glory days. Call it a miracle of fast driving if you will, but the fact is, when kids are born these days in their homes, even their hometowns, it's usually because someone messed up, didn't hurry up, or the child was controlling his (or her) own schedule. One of the last children actually born in Bowdoinham was born in a breakdown lane out on the Interstate! I forget and it matters not where this child's parents were actually "from," but their kid will always be an esteemed native of good old Bowdoinham, and always have a great story to tell!

My dear Jane, of course, is the most pure native I know. Does that really surprise anyone? There has always been an undercurrent of discussion among our friends that I was making a desperate attempt to improve MY gene pool when I convinced her to take that chance on me.

Born in the last century in Brunswick's old Victorian hospital that used to stand across

Speaking Frankly

FRANK CONNORS



the corner from People Plus, Jane's parents brought her home to the house where we now live! I wonder if the American census even tries to collect data like that? Once again, she would be in a very small and select percentile. Yes, Jane did "slum" with me for 35-odd (Wonderful) years up there on Center Street, in Bowdoinham, but she has never been far from her roots, (we visited her parents ever so regularly) and now, everyone agrees she is where she should be, again.

So now when folks question my accent and ask where I'm "from," I catch myself stuttering just a little and saying "Brunswick," or maybe, "Brunswick area." I almost never choke anymore, and really, it doesn't matter that much, anyway, does it? Haven't our town lines become less and less distinguishable?

The important thing to remember, you'll probably never hear me say I'm from Yarmouth.

Food drive sets records

Members and friends of People Plus set another record this past holiday season, donating 1,072 pounds of food in 1,012 containers to complete the sixth annual drive on Dec. 29. All foods were collected to benefit the anti-hunger campaigns of Brunswick's Mid Coast Hunger Prevention Program.

"This is the second consecutive season we've passed our goal of 1,000," drive director Frank Connors said, "We could not be happier with the results." Connors added that \$365 in cash donations were also made by Center members to MCHPP.

The Center's now familiar little red wheelbarrow appeared in the People Plus lobby on Thanksgiving week, and the last box of food was carried to Mid Coast Hunger's Union St. offices on December 29. Thanks again, everyone!

New or renewing members for January

- * Indicates new membership
 - Indicates donation made with membership
- Lifetime Member:**
Barbara Whitepine, Brunswick
- Brunswick**
Beth Aldenberg
Cheer Allan
Ted Allen
Lee Atkins
Consuelo Bailey •
Elizabeth B. Bates
Agnes Beale
- Janet Bodwell
Robert Boothby
Susan Boothby
Irene Bouchard
Judy Bourque •
Lionel Bourque •
David Bracy
Bert Breton
Vivian Breton
Bill Buermeyer
Barbara Burr •
George Burr •
Sam Butcher •
Dotty Cardali •
Edward Cardali •
Ingrid Chalufour
Michel Chalufour
Frank Connors •
- John Cotton •
Christina Cromwell
Glenda Derbyshire
Fred Dickey
Virginia Domhoff
Jerry Donovan
Linda Doucet
Carol Dube
Jennifer Felkay •
Lois Fournier •
Robert Frizzle
David Gardner
Nancy Gardner
William H. Glenn
Merle Gott
Rachel Gott
Abbie Greenwood
George Greenwood
Allen Halvorsen
Monica Hamkins
Robert Harroff •
George Hermans
Merry Hermans
Lester Hodgdon
Sidney Hodgdon
Nancy Hoffman
Irma Howard
Stephaney Illig
Jessie 'Jill' Jones
Cynthia Kennett
Ervil Kennett
Judith Krok
Joan Labbe
Richard Labbe
Antonio Lacroix
- Myrtle Lacroix
Beverly LaPointe
Joan Lauenstein •
Karl Lauenstein •
Carol Layton
Ellen Lee •
Kenneth Lewellen
Marie Logan •
Betty L. Masse •
Robert J Masse •
Elizabeth MacMullen •
Debra Meinke
Margaret Miller
Joanne McDermott
Jane McMurray
Marguerite Menard
Cindy Morris •
Gloria Murphy
Elfriede Nicholson
Betsy Niven •
Beverly Ouellette
Anita Owens
Merry Parker
John Rhode
Suzanne Rhode
Lorraine Rich
Jan Rigazio
Ronald Roy •
Mollie Sandock
George Sergeant
Susan Sergeant
Karin Soderberg
Joan Springer
Catherine Steele
Dorothy Stetson
- Annee Tara
Jean M. Tompkins
Jean Turner
Elizabeth Waldo
Betsy White •
Rupert White
Ruth White
Alice Yanok •
- Topsham**
Rosaline Collins
Alvina Menard •
Carol Mulloy
Judith Redwine
Aletta Ricker
Henry Schwartz
- Harpsswell**
William Carlson
Donald Newberg
Peg Newberg
Sandy Murray
Evangeline Sparks
Liz Sutton •
Joseph Tonely
- Other places**
Irving Brackett,
Bowdoinham
Elizabeth Dexter, •
Durham
Judy Golek, Durham
Hazel Guyler, * Bath
Richard Jordan,
Bowdoinham

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Lunch out!

February 9th at 11:30 a.m.

EBENEZER'S BREW PUB

112 Pleasant St, Brunswick

Color-filled detail is focus of Photography Exhibit

The colorful photography of Mary Kathleen Dunn continues on exhibit in the Union Street Gallery through February. This exceptional collection of photographs, including landscapes, flowers, and idyllic coastal settings, reflect the artist's love of Maine, and her keen sense of color and place.

Mary and her family live in New Market, Maryland, but she quickly admits to a love of New England. "She spent many of her formative years living in the Boston area, on Cape Cod and in the Berkshires," her father and People Plus member Ralph Laughlin reports, "I think she was overjoyed when her mother and I decided to retire to Brunswick and she would once again have an opportunity to spend time and explore New England." Many of the photos in this exhibit feature flowers from her parent's gardens, and secret spots in Harpswell and Brunswick. Her constant companion Ollie, the family cock-a-poo, also appears in a couple pictures. Dunn, with her husband and two sons has spent the last four summers in Maine. "I love it," she said, "it's a place where I can catch my breath."

All the pre-matted photographs in this show are for sale, and each sale will benefit the People Plus Center. These collected works can be seen during normal business hours in the cafe area of the Center, located at 35 Union St., Brunswick.



Trap Eye. Color photograph by Mary Dunn.

Sand Buckets for Seniors

"Winter's not over by a long shot," was a statement overheard in a bridge game at People Plus last week, "so it only makes sense to keep a little sand on the side for traction." If you are a senior living alone, a joint project by Merrymeeting Bay TRIAD, Lowe's Home Improvement of Brunswick, and your local law enforcement agency has been designed to help keep you safe. A quick call to your local police department could provide you with a free five-gallon bucket of salted sand, usually hand-delivered by a local officer.

A press notice by Merrymeeting Bay TRIAD offered local non-emergency numbers to call for more detailed information:

Brunswick Police Department, 721-4316; Bath Police Department, 443-8339; Sagadahoc County Sheriff's Office (except Bath), 443-8529; and Cumberland County Sheriff's Office (Harpwell only), 1-800-266-1444, extension 2228.

Most public works departments in the area maintain salted sand distribution sites at or near their garages, and most limit the amount of sand that can be collected at one time to a bucket or more. The Brunswick Public Works site is located at the end of Industry Road, off Water St. We suggest you contact your town office to determine exactly what their regulations are.

40 Years! Amazing to think of the lives impacted in that time - thank you to all who have part of the success of People Plus over the years! It's an honor for me to be on the Board and realize how involved our communities are in supporting seniors and teens. Whether for food, the many activities or friendly conversation, the People Plus Center is a lively place to visit! Special thanks to current leadership and staff who run an amazing organization! Here's to 40 more! With thanks and respect,



-David Forkey, People Plus Board Secretary

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greetings from BAR HARBOR BANK & TRUST. Happy 40th Anniversary! Image of people sitting around a table.

Congratulations to People Plus on 40 years of bringing people together.



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