

40 Years! Plus! People NEWS!

The center that builds community

People Plus
P.O. Box 766
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Non-Profit Organization
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November 2016

Volume 16, No. 11

People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages



Teddy Bear Club

Goal is \$50,000

Annual Campaign starts with major gifts

The annual campaign to support People Plus launches in mid-November, and received an early boost from two major donors. "More than 1,200 letters are mailed to members and friends of People Plus, just as soon as the United Way campaign ends Nov. 11," Center Executive Director Stacy Frizzle explained, "we're left with about six months to raise what becomes one of the most important pieces of our budget." Frizzle is "excited and delighted" to acknowledge donations of \$5,000 each

from Center members Robert and Marge Healing and Suzan Wilson and Dan McLaughlin. "These are intended to be challenge donations," Frizzle said, "the expectation is the donations will stimulate new or expanded donations from others."

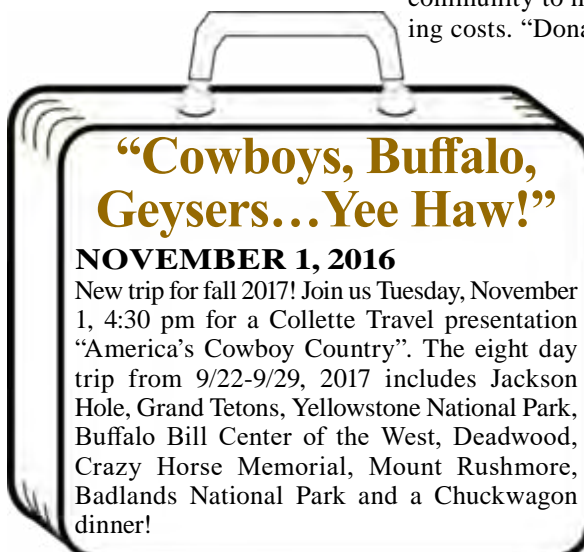
Frizzle described the annual campaign as "the heart" of the fund rising mix that supports the Center. She emphasized the Center receives no federal or state funding, and is therefore dependent on gifts, donations and grants from individuals, organizations, and businesses in the community to help cover operating costs. "Donations can be \$10

or \$5,000," she said, "and most of them come with side stories that make them heart felt and wonderful."

After the major mailing in mid-November, letters are followed with personal contacts by board members, staff and development committee members. Many members have already made small but important contributions when they make their annual dues payment, she added.

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

Two-time winner! Caitlin Henson, who has twice been the recipient of stuffed toys during emergency room visits to Mid Coast Hospital, knows first-hand how important it is to "make a new friend," when landing unexpectedly at the hospital. The Mid Coast Hospital Auxiliary program, which matches new stuffed toys with deserving youngsters, gives out nearly 200 toys each month, and relies completely on donations to support the program. You can leave your contributions in the Barrel provided in the Center's lobby.



"Cowboys, Buffalo, Geysers... Yee Haw!"
NOVEMBER 1, 2016
 New trip for fall 2017! Join us Tuesday, November 1, 4:30 pm for a Collette Travel presentation "America's Cowboy Country". The eight day trip from 9/22-9/29, 2017 includes Jackson Hole, Grand Tetons, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Crazy Horse Memorial, Mount Rushmore, Badlands National Park and a Chuckwagon dinner!

For MCHPP

Holiday food drive opens

The eighth annual Holiday Food Drive conducted by People Plus to benefit the Mid Coast Hunger Prevention Program opens at the Center on Tuesday, Nov. 1. "Here comes my little red wheelbarrow again," explained Member Services Coordinator Frank Connors, "the goal again this season is to collect at least 1,000 items and a total weight of 1,000 pounds, or more, and to get it done before the Christmas holiday."

The Center will accept non-perishable food products, and see that they are tallied and delivered up Union St. to our friends at MCHPP. That non-profit community food bank lists canned soups, peanut butter, canned tuna, baked beans, canned fruits, canned vegetables and boxed helper mixes (both hamburger and tuna) as items that are in constant demand. November donations of boxed instant potato, cranberry sauces, canned gravy and canned vegetables and fruits will help MCHPP fill anticipated holiday needs.

Last season, the Center collected 1,072 pounds of food in 1,012 containers, and closed the

drive on Dec. 28. The Center also collect \$365 in cash or checks for the MCHPP.

Connors said with more than a thousand dues paying members,

"it should be simple for us to meet and exceed this goal. Wouldn't it be great if each and every

member dropped by the Center with just one can of food for this drive," he said, "we could be over the top before Christmas!" Connors added, "Mid Coast hunger has what amounts to a constant and unending need for food to serve its clients. This is the season when we all should be willing to pitch in and help make a difference."



Expo Called, "delightful, informative..."

At least 700 people attended the fourth annual Senior Health Expo at the Cook's Corner Mall on Tuesday, Oct. 18, and reports from most attendees claimed the event was the "biggest and best yet!" More than 70 vendors offered entertainment and information during the four hour event, which featured networking, gifts, exhibitions, registrations and sales.

"Our swag bags were gone before noon," People Plus Program Manager Jill Ellis, who helped organize the event reported, "and traffic seemed steady from beginning to end." Executive Director

Stacy Frizzle was quick to add, "the Expo gets bigger and better every year, it really has become a clearing house and gathering place for seniors in our area."

"We are so grateful to our lead partner Coastal Landing Retirement Community," Frizzle added, "and our partners Mid Coast-Parkview Health and The Vicarage." Sponsors this season included Avita of Brunswick, Bill Dodge Auto Group, Mary's affordable Hearing Aids, Brentwood Center, Winship Green, Coastal Enterprises, Aging Excellence, The Times Record,

Neighbors, Inc., Martin's Point Healthcare, Birchwoods at Canco, and Maine Geropsychology.

Frizzle said, "it takes a hundred people to get this event up and going, it's just gratifying to know there are so many dedicated people in our area, willing to help and to serve." she added that at the end of the day, many of the vendors were asking to sign up for next year.

Medicare

Open enrollment is this month

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

Changes made during this enrollment period go into affect on Jan.1, 2017.

FYI! All Your 'Docs' in a Row

Thursday, Nov 10, 1:00 pm



One of the most important things you can do to help yourself, your children or your family is to have all the documents in place that express what you want if you become unable to take care of yourself. Do you have all the legal forms you need in place? And how can you get them without spending a fortune? Let Brunswick attorney Seth Levy help you navigate those tricky legal waters to make sure you have all your "docs in a row"

Attorney Levy will present several options (and price points) for obtaining the forms and advice we all need to be prepared for life's unexpected happenings including a living will (advance healthcare directive), a durable power of attorney and most importantly, a will. Free, open to the public. Registration required.

Coat drive commences

The annual drive to collect winter coats for Seniors opens this month, with the addition of a big box in the People Plus

cafe. Coats for seniors is a Maine-based initiative sponsored by the Maine Association of Area Agencies on Aging, LL Bean, and Goodwill industries. For each adult winter coat provided, Goodwill provides a voucher to give an older adult a winter coat. LL Bean will also donate \$5 per coat to support older adults who need fuel assistance. FMI contact Jess Maurer at jmaurer@maine4a.org

Remember to
VOTE
Nov 8
 It's Important!

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsam-Harpswell area.

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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Check out past newspapers at www.peopleplusmaine.org

Food and Friends are here!

It's always all about food isn't it? The weather is turning cooler and we all just want to eat comfort food.

The October women's breakfast had 26 attendees and the men's breakfast I think had just as many.

The Mondays munchies program has really been one of our great successes this year. Originally funded by a grant from the Maine Community Foundation, it has now become a self-supporting program.

As we look at the November and December holidays ahead of us, food plays such a huge role in our lives and our community.

But not everyone has access to the quintessential option of a large table spread with steaming plates of food and dozens of people gathered around.

If you find yourself in this category, I hope that you'll consider several of the programs in

our local community that are offering a free Thanksgiving meal.

Mid Coast-Parkview Health is serving a free lunch at the hospital, and many of the area churches offer meals at no charge to the community.

Transportation is another barrier to food. Many people in our community can no longer drive or cannot afford to drive and find themselves without access to food.

We will send out a request in November to see if our drivers would take people to the local Thanksgiving meals.

Our food drive benefitting Midcoast Hunger Prevention Program starts in November. We aim to provide 1000 pieces of food to the food pantry.

At least once a week, Jordan or Donna will pop over to MCHPP and pick up a load of food for the kids.

From the Executive Director Stacy V. Frizzle



are we having?..." Basically they want to know what's for dinner. Many of these kids won't eat again after they leave our Center at 5:30.

If you're interested in helping out with a casserole now and then that would be great; or a pan of brownies, loaf of banana bread or cookies.

So if you could help feed the teens - Jordan would love to get you signed up! She has a sign-up calendar and can be reached at her email - teens@peopleplusmaine.org.

So as we enter the holiday season, and we look at feeding over 300 seniors every month at People Plus downstairs and about 400 kids a month upstairs, I invite you to join us for a meal, to bring in a food donation, to make a casserole for the teens, and to stay for a visit.



Holiday carvers. Volunteers prepare turkey for yet another feast at People Plus. Thanksgiving dinners are a long standing tradition at the Center.

WILD TURKEYS

by Elizabeth B. Bates

The sun is warm, and from the woods the turkeys swarm haphazardly.

They spread their wings and cluck. This day they're out of luck! A shot rings out then one or two.

Two men come forth and bag the bird. They leave the field without a word. I watch the woods the whole day through. No turkeys come. The hunters won.

Autumn Thankfulness

by Nonie Moody

Down the picturesque road we traveled, Viewing the reds, orange, and yellow trees With Autumn shades ablaze in full color.

Oh, the beauty God gives in His trees And my eyes watch the splendor with a stare. Some trees so red on fire, they could be As we scan the scenic byway with care.

The blue, brown, and purples not clearly seen Are variations within leaves of sea And everyday the color values change. To soon they're gone, wouldn't you agree?

The different shades of His brush, amazing. Colors blending pure, fresh, and rich you see And His medium is vivid and bright. God saw this first, then passed it onto me.

NO ANSWER

By Bonnie Wheeler

I dialed the phone number. I heard the words I expected, "No longer in service." The voice could have added, "For eight years."

WINTER

By Virginia Sabin

A time of looking forward to spring Of remembering Of down warming inside A time of later dawn of earlier dusk

TWILIGHT

by Patty L. Sparks

Crisp night air smell of damp bark, sound of wind gathering fallen leaves, sight of cloud-shrouded moon.

55 Plus Center WHAT'S HAPPENING ON THE HILL 6 Noble Street, Brunswick, ME 04011 ~ 729-0757 ~ March 2004 ~ Volume 4, No. 3

THRU THE YEARS a 40th anniversary feature

Nov 1, 2000: GRAND Re-opening of "Boutique" now located in Church basement, (where Headstart used to be). Visit our new library, larger sales area and soon-to-come coffee shop.

LIFESTYLE ABC'S by Betty Bavor A - Always active and adventurous B - Believe, be your best C - Caring, courageous, confident D - Dignity, dream, discover E - Energy, enthusiasm, excellence F - Faith, family, friends, G - Grace, gratitude, generosity H - Health, humble, happy I - Imagine, informed, independent J - Jovial, joyous, jaunty K - Kind, keen, knowledgeable L - Love, live, learn M - Magnificent, magical moments N - Nurture, notable, negotiate O - Optimistic, observant, obliging P - Patriotic, persevering, patient Q - Quiet, question, quaint R - Respect, reason, relax S - Sincere, safe, strong T - Truthful, thoughtful, tough U - Unique, understanding, useful V - Virtue, venture, valuable W - Write, words, wisdom X - Xerox an X marking our 'spot' Y - Yearn, yonder, yippee, Z - Zillion, zealous, zesty

Great Pacific Garbage Patch

by Sally Hartikka Bigger than Texas, Bigger than England; So big you can see it from space. A maelstrom of swirling, gyrating garbage Fouling, despoiling, a global disgrace. Plastic bottles, containers, buoys and nets, Fishing gear, chemical waste From marinas, ships, rivers, storm drains In a huge swirl interlaced. Albatross dying, PCBs killing, Waterfowl strangling in netting. Fish feasting on plastic and chemicals, We then eat the fish...how upsetting! Don't think that it's only the Pacific Facing this accumulation. The Atlantic has its own garbage patch, Which is of its own creation.

GO FOR THE GOLD By Bonnie Wheeler

If only there were a gold medal for being a spectator, I would qualify. I love to watch Americans compete, win gold medals, and then stand tall on the podium as our flag is raised while our national anthem is played, knowing

Neighbors, Inc. The Home Care Company ...helping people live independently and in their own homes as long as possible... Non-Medical Home-Based Services from 1 to 24 Hours a Day

Roasted Vegetable Soup

- Ingredients: 1 large butternut squash, cut into bite size pieces, 2 carrots, peeled and diced, 1 parsnip, peeled and diced, 1 yellow onion, peeled and diced, Olive oil, drizzled, Black pepper to taste, 1 Tb. Maple syrup, Crushed red pepper flakes, Pinch of nutmeg, 1/2 cup fat free half and half
Directions: 1. Preheat oven to 400 degrees. 2. Place vegetables on a roasting pan. 3. Drizzle with olive. 4. Add black pepper to taste. 5. Roast for 20 minutes. The vegetables should be tender and caramelized. 6. Serve for one meal and save some for the soup. 7. Add the remaining cooled vegetables to a blender or use an immersion blender. 8. Blend until smooth. Add the remaining ingredients and serve warm.

everyone but not too much! Focus on having your food choices look like the "plate". That means 1/4 of the plate is your lean protein, 1/4 is your starch and the other half is vegetable! Then enjoy a small piece of dessert, if you want. This way you will feel great after the meal and ready for a walk! I am planning on doing a different item this year for the meal. I know that we all love tradition but I think that we can always change it just a bit! I am going to add roasted vegetables to the menu and then blend it into a soup for the next day!

Memorial Donation in Memory of Charles B. Woodman died March 7, 2016

CHANS homehealthcare MID COAST-PARKVIEW HEALTH Nursing and Rehabilitative Care Hospice Care Private Duty Care (207) 729-6782 60 Baribeau Drive, Brunswick, Maine 04011 www.chanshomehealthcare.com Seasonal flu shots to be offered at People Plus this fall!

WHAT'S HAPPENING IN NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 4:30pm Collette Trip Presentation 6:00pm Knights of Columbus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 5:30pm Knights of Columbus	8:30 Women's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 10:00 Apple Club 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 11:30 Lunch Out 12:30pm Welcome to Medicare 12:30pm Aerobics Lite 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting 6:00pm Knights of Columbus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 9:30 Exploring the Great Religions 11:00 Diabetes Program Follow-up 11:00 Yoga 1:00pm FYI! "All Your Docs in a Row" 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	Center Closed VETERANS DAY HONORING OUR NATION'S VETERANS	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 10:00 Tech Time 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 3:00pm Books a la Carte 6:00pm Knights of Columbus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 5:30pm Knights of Columbus	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS Blood Pressure Clinic 12:00pm Lunch and Connections 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge 5:00 KOC Fish Chowder Dinner
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:30pm Civil War Book Club	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 12:30pm Aerobics Lite 2:30pm Café en Français 6:00pm Knights of Columbus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	Happy Thanksgiving Center Closed Thursday and Friday	9:00 KOC 10:00 Bridge	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Bridge 12:00pm Lunch & Learn: Know the 10 Signs	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 6:00pm Knights of Columbus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers	Don't Forget to VOTE on November 8th!	9:00 KOC 10:00 Bridge	9:00 KOC 10:00 Bridge



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November at People Plus...



Returning Travelers. Nearly a dozen People Plus members made the trip to Europe last month as part of our annual Collette travel tours. They enjoyed tours of London, Paris, "and lots of beautiful country in between," according to one member. Plans are already in the works for a fall, 2017, tour of "Cowboy Country" that you won't want to miss.

"Aging Well" Lunch and Learn: Know the 10 Signs

Monday, November 28, 12:00 pm
 Join us on Monday, Nov 28 at noon to learn more about the early detection of Alzheimer's disease presented by The Alzheimer's Association. Learn how to tell the difference between age-related memory loss and dementia and steps to take if you recognize a warning sign of Alzheimer's disease in yourself or someone you know. Also discussed will be the process to receiving a diagnosis and why early detection is crucial. Bring your lunch (or try Monday Munchies) and we will provide drinks, chips and dessert. Call to register.

Aerobics Lite

Tuesdays, 12:30 pm
 Suzanne Neveux introduces this new weekly class. A combination of sitting and standing movements gradually work to goal of standing for the whole hour while moving to music with low impact steps. \$5 members/\$10 non-members per class. Try it once for free!

Welcome to Medicare with Spectrum Generations

Tuesday, Nov 8, 12:30 pm
 This session is designed to provide you with knowledge about Medicare and its many "Parts" so that you can make an informed decision about health care coverage. This class is held the 2nd Tuesday of each month from 12:30 - 2:00 pm. Free and open to the public. Registration is required.

Conversation Series

Exploring the Worlds Religions
 2nd and 4th Thursdays of every month, 9:30-11 a.m. How is religion defined? What was mankind looking? What has he found? Using the book *God Is Not One*, former Harvard chaplain and Bath resident Reginald Smart facilitates the group. For members only.

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

Reminder - All People Plus Clubs are for Members Only!

Weekly Winners

Senior Intermediate Cribbage

- Sept. 28:** Lois Fournier, 724
 Mike Linkovich, 719
 Lorraine LaRoche, 711
- Oct. 5:** Scott Ellis, 713
 Gaby LaRoche, 711
 Harry Higgins, 710
- Oct. 12:** George Hardin, 712
 Rollande Fortin, 702
 Anne Bouchard, 687
 Bob Frost, 684
- Oct. 19:** Rollande Fortin, 705
 Rick Fortin, 705
 Mike Linkovich, 698
- Monday-Saturday Bridge**
- Sept. 17:** Tom Duran, 4,540
 Bill Coop, 4,500
 David Bracy, 3,790
- Sept. 19:** Lorraine LaRoche, 4,320
 Bill Coop, 4,250
 Terry Law, 3,800
 Joyce Lyons, 3,440
- Sept. 24:** Donna Burch, 4,250
 Lorraine LaRoche, 4,030
 Richard Totten, 3,750
- Sept. 26:** Lloyd Jones, 3,920
 Mary O'Connell, 3,550
 Libby Scully, 3,540
 Joyce Lyons, 3,180
 Tony Monaco, 3,020
- Sept. 30:** Bill Buermeyer, 4,830
 John Rich, 4,490
 Tom Duran, 4,030
- Oct. 2:** John Rich, 4,350
 Mary O'Connell, 3,310
 Joyce Lyons, 3,070
 Bill Coop, 3,040
 Lloyd Jones, 2,950
- Oct. 8:** Lorraine LaRoche, 5,560
 Mary O'Connell, 4,700
 Bill Buermeyer, 4,270
- Oct. 10:** Bob Cressey, 5,670
 Bill Buermeyer, 4,890
 Dorothy WanHenwarde, 3,750
- Oct. 14:** Fran Lee, 3,350
 John Rich, 4,370
 Mary O'Connell, 3,910
 Donna Burch, 3,520
- Oct. 17:** Libby Scully, 4,450
 Anne Nichols, 4,340
 Tony Monaco, 3,970
 Lorraine LaRoche, 3,580
 Lloyd Jones, 3,520

Lunch & Connections

Turkey, well-dressed for the holiday

Golden roasted and flavor-filled turkey, packed with all the traditional trimmings, will be our Lunch & Connections dinner for Thursday, November 17. "It's just a week before the great American holiday," Center chef Frank Connors offered, "naturally our focus will be on Thanksgiving."

The Center's traditional Thanksgiving dinner includes brine-soaked and roasted turkey, mounds of mashed Maine Potatoes and turnip, string bean casserole, pickled beets, and cranberry sauce, all smothered in our own special gravy and a side of stuffing.

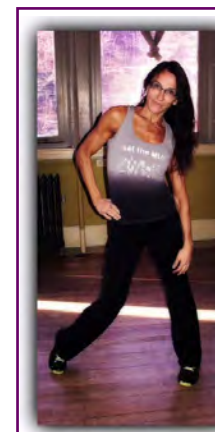
There is always a lightly-dressed fresh green garden salad for everyone and the featured drinks will again be locally-pressed cider, coffee and hot teas or milk, and there will be pitchers of iced-water waiting on your tables. Our dessert this month will be a delightful and moist banana bread, home-crafted by our own Carmella, and served with a spot of whipped cream on top.

Remember, meals are always open to the public but you need to pre-register after the first of the month to be seated, and seating is limited to 68 people. Cost of the meal is still only \$6 for members and \$8.50 for non-members. Yes, you can preorder a take out to be picked up at 11:30 a.m.

Our buffet lunch is served at noon, plan to arrive at 11:30 a.m. to catch up with your friends and to claim your seat, purchase your 50/50 raffle tickets, and to register for one of our free door prizes.

Yoga for Seniors - Tuesdays and Thursdays

Tuesdays, 10:30 am,
 Thursdays, 11:00 am
 Stretch, flex, breathe and relax for optimum well being with instructors Ann Kimmage (Tuesdays) and Leslie Ballin (Thursdays). Designed for older bodies, this yoga is a wonderful way to re-balance and feel grounded. \$5 per class members/\$10 non-members per class.



Zumba

Bea Blakemore, a popular local Zumba Fitness instructor, is at People Plus on Mondays, 10 am to teach her fabulous Zumba class! A native Parisian, Bea studied Ballet, Modern Jazz and Ethnic Dance styles in Europe. Come see what this fun, low-impact style class for seniors is all about! Try it once for free! \$5/class members or \$10/class for non-members. Call 729-0757 to register!



Did you know Medicare Part B will pay up to \$1,960 each year for out-patient physical, occupational or speech therapy?

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Aging in Place



Ounce of Prevention

Monday, Nov. 14 • 11 a.m.-NOON
 Community Room at MID COAST SENIOR HEALTH CENTER
 58 Baribeau Drive, Brunswick

Eric Gosselin, PT, OCS and Becky Rosen, RN, MS
 Director of Operations and Director of Clinical Services
 CHANS Home Health Care

You will learn about -

- How to modify your home for safer living
- Services available for in-home support
- How home care services are paid for

FOR MORE INFORMATION,
 call **373-3646**.



MID COAST Center for Community Health & Wellness

www.midcoasthealth.com/wellness



Paul Jacobs (left) is "one happy diner," taking home a table favor from the People Plus Lunch & Connection dinner last month. "Darned if it don't look like a roll of orange toilet paper," he was heard saying as he walked out the door.



Expo 2016 is in the books as the "most successful ever," as visitors packed the Concourse of the Cook's Corner Mall Oct. 18. (inset left) Mary Cooper chats with Sagadahoc Sheriff Joel Merry. (inset right) Spectrum Generations Meals on Wheels coordinator, Casey Henson, staffs the Spectrum Generations booth. More than 700 people visited Henson and others during the four-hour event.



Corley Anne Byras (right), shared her collection of more than 400 presidential campaign buttons with members of People Plus at the Center's Expo, and again during the Lunch & Connections meal Oct. 20.

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Your best shot at avoiding the flu is to get your flu shot!

NOV/DEC Seasonal Community Flu Shot Clinics

All CHANS Home Health Care clinics are first-come, first-served. Vaccine is for anyone 6-months-of-age or older. Insurance or donations accepted.

FLU SHOT FRIDAYS

MID COAST SENIOR HEALTH CENTER
58 Baribeau Drive, Brunswick
9:00 a.m. to NOON Fridays
Now through December 2

Nov. 03—Curtis Memorial Library, 23 Pleasant Street, Brunswick	9:00-10:30 a.m.
Nov. 03—Freeport Town Office, 30 Main Street, Freeport	1-3 p.m.
Nov. 04—Harpwell Wellness Fair, Town Office., 263 Mountain Rd, Harpswell	10 a.m.-2 p.m.
Nov. 08—Bath Vote and Vax, Bath Middle School, 6 Old Brunswick Road, Bath	8 a.m.-8 p.m.
Nov. 12—Brunswick Early Bird Sale, Tontine Mall, 149 Maine Street, Brunswick	7 a.m.-NOON
Nov. 17—RSU 5, Freeport High School, 30 Holbrook Street, Freeport	3-7 p.m.
Nov. 18—Town of Woolwich, Central School, 137 Nequasset Road, Woolwich	2:30-5:00 p.m.
Nov. 29—RSU 75, Mt. Ararat Middle School, 66 Republic Avenue, Topsham	4-6 p.m.
Dec. 07—Bath Area Family YMCA, 303 Centre Street, Bath	9:30-10:30 a.m.
Dec. 13—Bath Adult Ed, Morse High School, 826 High Street, Bath	4:30-6:30 p.m.

Visit www.midcoasthealth.com/flu for a complete list of free local clinics provided by CHANS Home Health Care.

Because you have better things to do than come down with the flu!

MID COAST-PARKVIEW HEALTH
Our Community. Our Health.

Reading with the Ala Carte Book Club

LILAC GIRLS, Martha Hall Kelly

New York socialite Caroline Ferriday works at the French consulate. An ocean away Kuzmerick, a Polish teenager, senses her life is disappearing as she becomes a courier for the underground resistance movement. In Germany, an ambitious young German doctor, Herta Oberheuser, takes a medical position as a ticket out of a desolate life. The lives of these three women are set on a collision course when Kasia is sent to Ravensbrück, the notorious Nazi concentration camp for women. Their stories cross continents—from New York to Paris, Germany, and Poland—as Caroline and Kasia strive to bring justice to those whom history has forgotten.

THE GOOD GERMAN, Joseph Kanon

1945. Hitler has been defeated, and Berlin is divided into zones of occupation. Jake Geismar, an American correspondent who spent time in the city before the war, has returned to write about the Allied triumph while pursuing a more personal quest: his search for Lena, the married woman he left behind. When an American soldier's body is found in the Russian zone during the Potsdam Conference, Jake stumbles on the lead to a murder mystery.

THE UNCOMMON READER, Alan Bennett

When her corgis stray into a mobile library parked near Buckingham Palace, the Queen feels duty-bound to borrow a book. Discovering the joy of reading widely and intelligently, she finds that her view of the world changes dramatically. Abetted in her newfound obsession by Norman, a young man from the royal kitchens, the Queen comes to question the prescribed order of the world and loses patience with the routines of her role as monarch. Her new passion

for reading initially alarms the palace staff and soon leads to surprising and very funny consequences for the country at large.

COMMONWEALTH, Ann Patchett

One Sunday afternoon in Southern California, Bert Cousins shows up at Franny Keating's christening party uninvited. Before evening falls, he has kissed Franny's mother, Beverly—thus setting in motion the dissolution of their marriages and the joining of two families. Spanning five decades, it explores how this chance encounter reverberates through the lives of the four parents and six children involved.

THOSE WHO SAVE US, Jena Bloom

For fifty years, Anna Schlemmer has refused to talk about her life in Germany during World War II. Her daughter, Trudy, was only three when she and her mother were liberated by an American soldier and went to live with him in Minnesota. Trudy's sole evidence of the past is an old photograph: a family portrait showing Anna, Trudy, and a Nazi officer, the Obersturmführer of Buchenwald. Driven by the guilt of her heritage, Trudy, now a professor of German history, begins investigating the past and finally uncovers the heart-breaking truth of her mother's life.

OTHER BOOKS:

Among the Shadow, Bruce Robert Coffin
highly decorated, retired Portland, ME policeman.

Paris Was The Place, Susan Conley

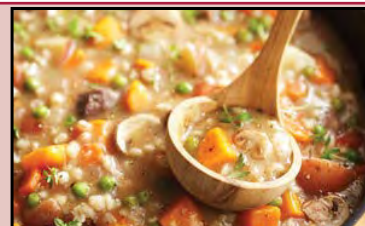
The Forgotten Girls, Sara Blaedel

Gone To Her Death, Jill McGown

Officer and Gentleman, Robert Harris

"MONDAY MUNCHIES"

Join us Mondays (11-12:30) at People Plus for our weekly meal program providing a healthy and low-cost lunch for seniors. A \$3-4 donation is appreciated but not required! Come eat with your friends or take it home or both! Check our calendar for weekly menu!
www.peopleplusmaine.org



MONDAY MUNCHIES MENU

November 7: Beef stew

November 14: Broccoli-cheese soup

November 21: Turkey surprise

November 28: Vegetable soup with cheese toast

"Life Choices" with Amy Berube

Third Tuesdays at the Orr's Island Library continue with Amy Berube, LMSW, Marketing and Outreach Coordinator, Elder Home Care Services, who will review healthcare related choices and tools to make your wishes known. Tuesday, November 15, 2016, 7:00 p.m. Orr's Island Library, 1699 Harpswell Islands Rd, Orr's Island, Maine

Good Shepherd Lutheran Church
welcomes you to join us for

Sunday morning worship, 9:00 am
Celtic Evening Prayer, Sun. 5:30 pm
Thurs. Evening Prayer, 6:30 pm
Free Community Breakfast, 2nd Sat, 9:00-10:30

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Avoid the flu and you could be...

Raking it in down at the senior center.

Get your flu shot! Visit www.midcoasthealth.com/flu for a list of free local clinics provided by CHANS Home Health Care.

MID COAST-PARKVIEW HEALTH
Our Community. Our Health.

Big Brothers Big Sisters Can You Help?

Have you cleaned out your supply closet, garage or craft room lately? Big Brothers Big Sisters of Bath/Brunswick is so excited to provide 18 School and Site-Based Mentoring Programs throughout Sagadahoc County, Brunswick and Harpswell. BBBS provides games, arts/craft supplies, projects, out door play equipment and after school snacks for these programs. We could really use your help replacing our older games and replenishing supplies with either new or gently used games and materials from your home.

Can you donate?

New or used (with all pieces included) Games: Banana Grams, Scattergories, Life, Equate, Qwirkle, Boggle, Sorry, Don't Break the Ice, Legos, Lincoln Logs and others.

Can you donate?

Arts/craft supplies: Clothes pins, straws, googly eyes, pipe cleaners, pom-poms, popsicle sticks, liquid glue, glitter glue and glue sticks, sequins/craft gems/jewels, yarn, knitting needles/crochet hooks, beads, string, small feathers, pine cones, paint/watercolor paint, masking tape/magnetic tape, felt, craft kits and seasonal project materials.

Can you donate?

Outdoor Play Equipment: Bocce Ball, jump ropes, basketball, football, kick ball, kites, side walk chalk.

We will also accept gift certificates to Walmart, Target, Joanne's and Hannaford to purchase items for our programs. We greatly appreciate your support! To donate please email Program Manager, Lindsey Reed or Rob Cornell. You may also call our office at: 729-7736.

Brunswick Area Teen Center From Halloween to Thanksgiving, it will happen very quickly!

November!!!!!!

We had lots of apples, homemade apple-sauce and homemade apple crisp in October and we will be sorry to see that end! Speaking of ending, October also marked the end of school Football. One of our more accident-prone kids here ended the season with a dislocated shoulder! Donna and I got to sign his sling. I am not sure if he is viewing this as a painful injury or a badge of courage?

We are about to end our October with Halloween on the 31st. The kids are at the age where some of them have to decide if they are too old or not too old to go trick-or-treating....they are debating, checking to make sure we are having candy at the TC just in case they decide they are too old!

And then we are in November. On

November 8th (yes, election day-a day far scarier than Halloween will be this year!) the Teen Center Advisory Committee is scheduled to meet to start planning this year's holiday project for the teen program members. Last year we were able to put together 50 bags each containing 2 movie tickets, toothbrush, floss, socks, ear-buds, candy, hats or gloves etc.! It was an amazing group PP effort! Also last year we did the first ever Yankee swap with our youth (many had never done it before) and they loved it and really want to do it again this year!!!! It was a learning process for me also, we got all the gifts beforehand and then wrapped them in either girl or boy paper if it was something very gender specific. That worked out pretty well....

At our TCAC meeting we will decide on

Teen Center News Jordan Cardone



items to put in the bags this year. Some were definite winners like socks... ☺ and the movie tickets, some we will nix (like gum) ☹. We are hoping all the elves that helped us collect items to fill the bags last year will be around this year! We could not have done this without all the support we got from individuals and community businesses!

We will put out our list soon but in the meantime, we know we will be in need of movie tickets again this year and gifts for the Yankee Swap (about \$5 each) last year the most popular gifts were some stuffed animals (yep for real!) and the gifts that contained 2 movie size boxes of candy.

In October we also started a new photo wall with the kids each bringing me a favorite photo of themselves and it gets printed out on 8x10 and hung, it's looking good! Aha, mini photo album books to hold 4x6 pics for holiday bags!!!!!!

As we approach Thanksgiving, I am feeling very thankful for all I have in my life and each day I work with our youth is a reality check for me, reminding me of just how much I do have to be thankful for!

Happy Thanksgiving and I am thankful for being apart of the wonderful community of People Plus!

Jordan and gang



Members of the Brunswick Teen Center gather around last year's giving tree, enjoying the season and planning for the year ahead.

We're on the web! www.chicksdochores.com

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(AND SOMETIMES CHUCK)

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Changing your perception on health care

Medical definition of health care: The maintaining and restoration of health by the treatment and prevention of disease especially by trained and licensed professionals (as in medicine, dentistry, clinical psychology, and public health).

What is your definition of health?

WHO definition of health: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Health care vs Sick care - We live in a nation that focuses on trying to fix problems rather than preventing them. We live in a "Sick Care" world.

Symptoms vs Cause - Are we just chasing symptoms or treating the cause? Simply look at the drug commercials; we are chasing one symptom after another covering up one with a drug to have to cover another caused by the same drug. I use a metaphor all the time that I think makes it easy to understand. Think of your problem as a burning fire, the smoke alarm is going off letting you know that there is a problem (symptom). Does it make more sense to take the battery out of the smoke alarm so the sound stops and go about your business (drugs) or to put out the fire (take care of the cause)? We tend to cover up issues rather than putting the fire out.

Where do you think the US ranks within the world in terms of health?

- US spends more on healthcare than the next 3 countries combined
- Spends over \$8,000 per person per year
- US ranks 37th in world health care through studies done by world health organization
- Neighbors to the north have not figured it out either they rank 30th
- Better living through pharmacology? How is this working out for us.

Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison



Dr. Tim Coffin

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24 Maurice Drive, Brunswick
(207) 725-4379

ASSISTED HOME CARE II
11 Bank Street, Brunswick
(207) 212-6736

Horizons
Living & Rehab Center
29 Maurice Drive, Brunswick
(207) 725-7495



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

November 2016

All Spectrum Generations locations will be closed on November 11th, 24th, and 25th in observance of Veteran's Day and Thanksgiving.



Need Help With Medicare?

October 15 through December 7 is the Open Enrollment period for Medicare Advantage and Medicare prescription drug coverage. During this period you can:

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage or vice versa.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you choose which plan is right for you. If you live in the Brunswick/Harpswell/Sagadahoc County area, call 729-0757 to make an appointment with one of our counselors. If you live outside of that area, call Spectrum Generations' Consumer Helpline at 1-800-282-0764 to find the center closest to you.

Help a Senior Stay Warm This Winter



Coats for Seniors is a Maine-based initiative to collect coats for older Mainers in need. For each coat collected, Goodwill will provide a voucher to give to an older adult who needs a winter coat.

L.L. bean will also donate \$5 per coat to support seniors who need fuel assistance.

You can drop off gently-used coats at the People Plus building in the Coats for Seniors box located in the café (pictured on left) or you can drop a coat off at the Spectrum Generations location nearest you. For a list of our locations visit www.spectrumgenerations.org or call 1-800-282-0764.

SCAM ALERT BULLETIN BOARD



It pays to look closely at your credit card statement.

You may see a "test charge" - a small charge, like \$1.

It may seem insignificant but it could be a sign that a scammer has stolen your credit card and is testing it with a small amount to see if it works.

Some merchants legitimately place a test charge on your account - like gas stations and hotels; these charges eventually drop off. But if you see a small charge and can't identify the merchant, contact your credit card company immediately.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Contact local law enforcement or the AARP Fraud Watch Network www.aarp.org/fraudwatchnetwork or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.



Have you "liked" Spectrum Generations yet? Search Spectrum Generations on Facebook and like our page to stay up to date with all that we have offer in your community!



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



At the Hathaway Creative Center
In Waterville

Benefiting

Spectrum Generations

Hospice Volunteers of Waterville Area,
and House in the Woods

November 18-20 & 25-27

Friday ~ 4:00 - 8:00

Saturday ~ 10:00 - 7:00

Sunday ~ 10:00 - 5:00

How It Works

The Sukeforth Family Festival of Trees is a fundraising event that brings local and surrounding organizations and businesses to donate fully decorated artificial trees that will be displayed throughout the double weekend event. The public is invited to come and see this extravaganza of trees, as well as some special displays benefiting the Christmas theme.



Raffle tickets will be available for sale so that viewers may enter their tickets in hopes of winning a beautiful tree. Each tree's winner gets to take it home fully decorated and all ready for the holidays with everything that is on it and under it.



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

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

For more information visit:
facebook.com/sukeforthfamilyfestivaloftrees

Bring a friend to People Plus

Are you already a regular visitor to People Plus? Is there one special program or event you use regularly? Do you have a friend, or two, that you just don't seem to see as often as you'd like?

Sharing memberships at People Plus is a great way to visit, to stay focused and become more social, more fit and engaged. Imagine if you started to share what you like best about People Plus with one or several of your best friends.

All you need to do is encourage a friend to join, cost is still only \$35 if you live in Brunswick, \$45 if you live anywhere else. Your friends will start getting our great little newspaper, and before you know it, they'll be calling YOU about getting to programs, or events.

Remember, People Plus is one of the reasons the Brunswick area is one of the very best places to live in the great State of Maine!

Remember to show your membership proudly at area businesses, and you'll have the opportunity to save every day!

PEOPLE PLUS MEMBERSHIP Date _____

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 _____

I heard about **People Plus** via _____

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

Membership Benefits

The following businesses offer discounts for People Plus members.

Arby's, 729-8244, 10% off, excluding combos/coupons

Attorney N. Seth Levy, 319-4431, Discounted legal services/documents including wills, living wills and estates

Augat Chiropractic, 725-7177, Free consultation and cursory exam

Autometrics, 729-0842, 10% off parts, anytime

Berrie's Opticians, 725-5111, 20% off complete pair of glasses, 10% off retail price for hearing aides

Big Top Deli, 721-8900, 10% off, anytime

Bill Dodge Auto Group, 800-652-6118, 10% off parts and service

Brunswick Ford, 725-1228, 10% off parts and service

Eveningstar Cinema, 729-5486, Discount bag of popcorn at evening shows (\$1 small, \$1.50 medium)

Fairground Café, 729-5366, 10% off, anytime

Indrani's, 729-6448, 10% off non-sale items, Mondays

J&J Cleaners, 729-0176, 10% off pickups: Wednesdays (customers over 55)

Lee's Tire & Service, 729-4131, 10% off parts (excludes tires)

Maine Optometry, 729-8474, \$30 off complete pair of glasses

Maine State Music Theatre, 725-8769, Senior discount (60+) on matinee tickets

McDonald's, 729-4416, Free dessert with purchase

Pauline's Bloomers, 725-5952, 10% off, anytime (within normal delivery range)

Portland Glass, 729-9971, 10% off materials (\$50 max)

Reflections (Salon), 729-8028, 10% off, Monday and Friday

Sam's Italian Foods, 725-4444, 10% off, excluding specials (patrons over 60)

Studio 119 Hair & Nail Design, 729-6119, FREE haircut with color or perm; services by Missy Stockford

Tavern at Brunswick Hotel, 837-6556, Buy one entrée, get one half off

The Great Impasta, 729-5858, 15% off Wednesday lunch (food only)

Thomas Point Beach, 725-6009, \$1 weekday admission

Tire Warehouse, 725-7020, 20% off labor

Wilbur's of Maine, 729-4462, 10% off, anytime

Yankee Lanes, 725-2963, \$1.85 per string (7 days, 9-5)

The deer of my field

It's a rite of fall when Jon comes to town and does my field. He hauls his green and yellow John Deere down from Bowdoinham, and methodically lays level the thigh-high goldenrod, milkweed, grasses and brush that have thrived unchecked all summer; and when he's done, our view to the bay is once again ordered, manicured and unhindered.

Jane groused a little this fall, worrying that Jon came a little early and may have mowed her prized Gentians perhaps a day or two before their time, but he stayed defensive, repeating there had been one, maybe two killing frosts in his upland yard. I had to remind him that we live in a more southern, coastal and temperate environment than his, and he needs to remain as sensitive as a Gentian bloom when I chat with him about my Jane's concerns. That went well. Then I told him he chopped off my prized, four year-old Mountain Ash tree with his wicked wide bush hog, but I finally took the hit for that, as it should have had a flag on it and I hadn't done that. Jon did say he was sorry about my Ash, and started talking about this Zen Zone he achieves as he cruises above the dust and pollen of my field. He admits how much he enjoys and anticipates the job on a warm, sun-drenched afternoon, and then promises to send me a bill! Of course!

I know of what Jon talks. For days after his fall mowing, I take evening walks in my

field, breathing deeply of the sweet smells from rotting mulch and grasses. It's a once a year, end of summer treat, and a taste to be devoured and stored like nectar against the droughts of the coming cold season. Breathe deeply.

Crows and hawks and vultures take on a new aggressiveness, rooting around for the voles, moles and mice made vulnerable by loss of their cover. The big birds soar on the last warm currents of summer, swooping finally to take their prize, while the crows bounce around humorously, grabbing their treats where they find them. And the turkeys are back, by two or by the dozen, scratching here and there, taking every morsel they might find. I hope it's true, I hope they are out there, eating the delicate if nearly indestructible ticks!

The fall harvest moon is a temptation too pleasurable for me to resist. I go at all hours of the night, chiding Jane for her worries about me falling in holes. I know my paths! My shadow and spirit dances as I explore each trail. All through the summer, I've used my little John Deere to keep open a network of trails, and that labor is richly rewarded now as the exposed paths stretch before me like carpeted ways amid the thicker hatch.

Quickly I'm drawn to the northeast corner, where a dark path winds invisible toward the shore. A huge red oak blocks my approach,

and from yards away, I hear acorns pelting leaves as they fall to the ground... or is it something else? I slow my walk to a crawl, inching toward the blackness. I detect a faint flash of white, then another. My breathing slows, my pulse quickens. I drop to my knees, my palms flatten on the cool, damp earth. I move ahead another yard, maybe two. Two deer are munching on acorns, making a whole lot of noise, now that I'm listening. They appear as shadows against the woods beyond, but I see them faintly as they move ever so slowly. We stay together for 10, maybe 15 minutes, until I clear my throat and they launch off into the night, crashing into the surrounding forest.

Maybe you've never heard a deer eating acorns? They root at the ground with their pointed snout, picking two or ten of the acorns with their tongue before tossing their heads to get the nuts where they can "work"

Speaking Frankly



Frank Connors

them with their teeth. They crush the acorn open, letting the casing drop to the ground. All the sounds are magnified in the dark, all the sights more fun, and interesting, to watch in the daylight.

Last weekend the grandboys and I collected buckets of acorns off our lawns, where we know the deer seldom come, and we hauled them to the woods, to that corner where the trail leads to the water. Together, we dumped the gathered acorns, expecting we were adding days and nights of grazing for our deer. Silas was most excited about "feeding" Bumpie's deer asking why we didn't just offer them bread. Good question, Silas, I'm wondering if maybe I should bring a lawnchair to the shore, to the path in the field, to see if we can befriend our deer.

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Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid fund has been helping area students with the cost of post secondary education. **Over 4,000 awards have been granted.**

To learn more about the Fund and how you can make a difference in a student's life, please go to our website:
www.studentaidfund.org

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Get to know Avita of Brunswick

Meet us for coffee at **new beet market**

You're invited to join us for coffee to learn more about Mid-coast Maine's newest assisted living community specializing in memory care.

Thursdays in November

When: November 3rd, 10th + 17th Where: New Beet Cafe
 Stop by anytime between 8:00 - 10:00 am 25 Burbank Avenue | Brunswick, ME



We're located at: 89 Admiral Fitch Ave | Brunswick, Maine
avitaofbrunswick.com | facebook.com/avitabrunswick

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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



Lunch out!

November 8th at 11:30 a.m.

Richard's Restaurant

115 Maine Street, Brunswick

Be sure to sign up for the car pool!

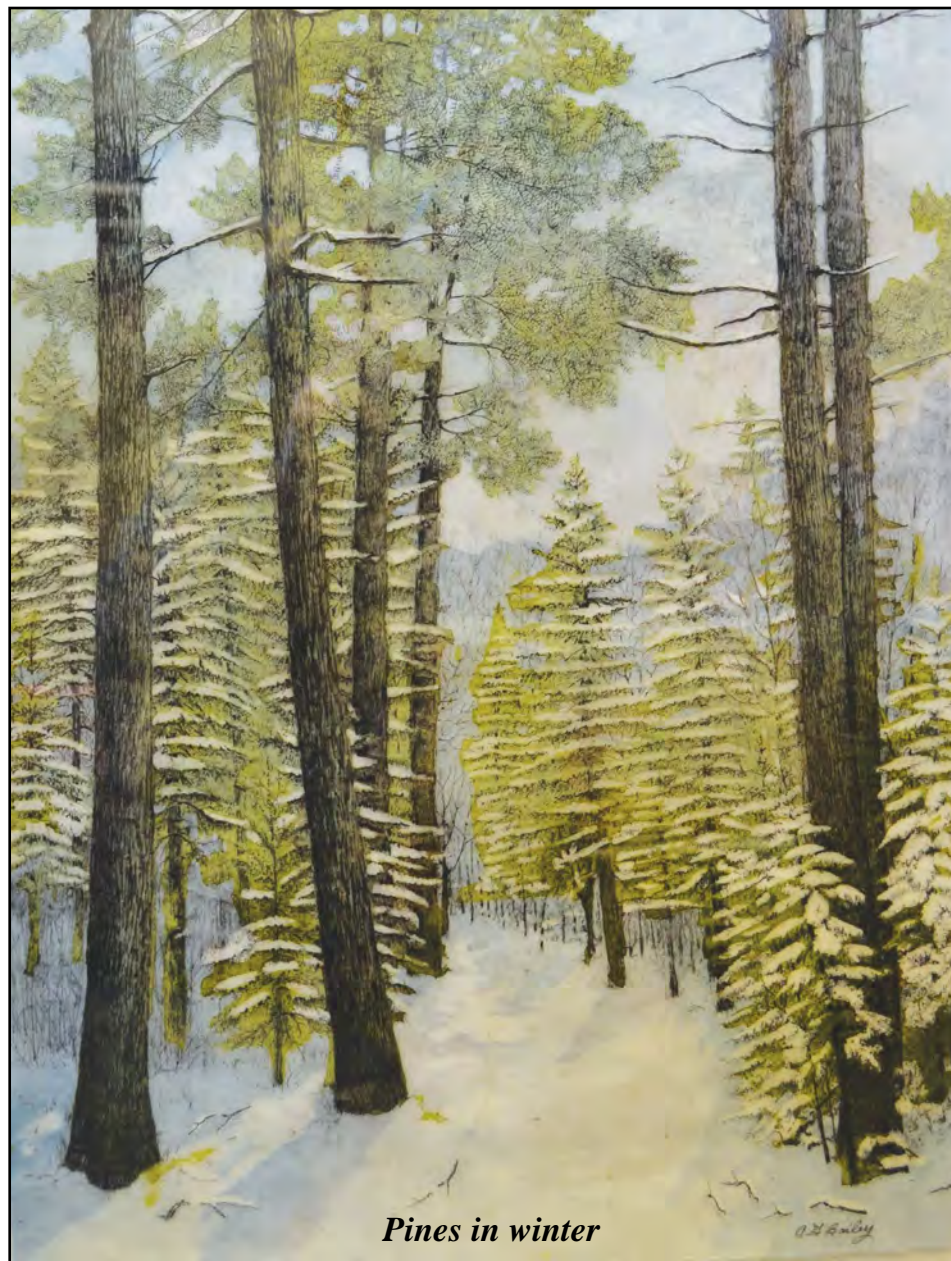
Bailey's work featured in Union Street gallery

Selected works created by Consuelo (Connie) G. Bailey are being exhibited in the Union Street Gallery of People Plus during the month of November. Bailey, an Art Instructor at the People Plus Center and a resident of Brunswick, has won many awards for her work. She is an accomplished artist who specializes in the difficult medium of Batik, but enjoys working in other mediums, such as scratchboard and colored pencil.

Bailey was born in northern Michigan, and holds a degree in Art Education from Eastern Michigan University. Early in her career she began taking Botanical and Natural History classes at the Morton Arboretum, in Lisle, Ill, and today she is a charter member of the Nature Artist's Guild at that Arboretum. She moved to Maine in 1989, she first exhibited her Batiks in the summer of 1991. She has received 115 technical awards since 1983, mostly for her work in Batik or watercolor, and this past summer she earned the prestigious Best of Show award for the 2016 Art in the Park, in South Portland, Maine.

Bailey has taught mixed media art classes at People Plus for at least 20 years, and continues to take part in area shows. She is a member and past Curator/Manager of Harpswell's Sebascodogan Summer Gallery; she is Gallery Coordinator for Topsham's public Library; a member of the Merrymeeting Art Association and of Designing Women.

Many of the pieces on exhibit are for sale. This exceptional collection can be seen during normal business hours at the People Plus Center, 35 Union Street, Brunswick.



Pines in winter

K of C Hosting Fish Chowder Supper at People Plus

The Brunswick Lodge, Knights of Columbus, will host a fish chowder dinner at the People Plus Center on Saturday, Nov. 19, serving from 5-6 p.m. The menu includes fish chowder, assorted sandwiches, potato chips, pickles and desserts. Cost is only \$8 per person. The meal is by reservation only and open to Lodge members, People Plus

members and the general public.

You need to purchase your ticket in advance from a lodge member, Monday thru Friday between the hours of 12 noon and 2 p.m. at the People Plus Center, or by contacting Pat at the Center's information desk, 729-0757, after Nov. 7 but before Nov. 16.

Advertisement for Stetson's Funeral Home, including contact information and services like Reception Room, Personalized Catering, and Spacious Chapel.

Advertisement for SeniorsOnTheGo.com, featuring an image of an elderly woman and listing services like SWIFT Wellness Program and Certified Professional Geriatric Care Management.

Advertisement for Bath Savings Institution, titled 'Neighbor to neighbor' and 'KEEPING BRUNSWICK STRONG', detailing a special offer to open an echecking account.