

40 Years! Plus! People NEWS! The center that builds community

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



Holiday Cheer! Merry Hermans (left) and Alvina Menard were among the record number of members and friends attending the "Turkey Luncheon" at People Plus Nov. 17. More than 80 Guests consumed 10 turkeys, 25 pounds of potatoes, 20 pounds of squash, 15 pounds of turnip, along with "loads" of breads, salads, desserts and good times. Next month's luncheon will be holiday ham.

MCHPP food drive making gains

The eighth annual People Plus campaign to raise at least 1,000 pieces and pounds of food to support the Midcoast Hunger Prevention Program is "gaining momentum," according to coordinator Frank Connors, who guessed that collections would be "at or near the halfway point, entering December." He predicted, "a December push would put the drive over its goal before Christmas, for the third straight year."

The Center collects non-perishable food items for MCHPP, and delivers them every week. Brunswick's non-profit community food bank lists

canned soups, fruits and vegetables, peanut butter, baked beans and boxed helper meals (both hamburger and tuna) as items that are in constant need.

People wanting to donate money directly to the campaign (last season, People Plus collected \$365 in cash or checks) should make their checks directly to MCHPP.

Last season the Center collected nearly 1,100 pounds of food, and closed the campaign the day before Christmas. "We want to be right back there this season," Connors said.



Sand buckets for seniors

When snow flies and temperatures dip below freezing, a little sand is a helpful resource, according to local police departments and your friends at Merrymeeting Bay Triad. The Triad association is working with local police departments to see that folks with limited resources and no access to vehicles are better protected.

Lowe's Home Improvement store of Brunswick is providing five-gallon buckets, and officers from most local departments are answering the call, delivering public works sand whenever they can and for as long as supplies last. Call your local agency for more information, or call People Plus at 729-0757. The Bath Police department non-emergency

number is 443-8339; Brunswick police Department is 721-4316. Harpswell residents should call Cumberland County Sheriff's office at 800-266-1444, ext. 2228; and Sagadahoc County residents not living in Bath should call 443-8529. This is NOT a service that can be reached by dialing 911.

Fund campaigns are on track

The annual campaigns to support the People Plus Center and the Brunswick Area Teen Center are "off and running," according to Center office manager Betsy White. As of Nov. 17, according to White, the People Plus campaign had collected \$11,775 with an additional \$768 given as gifts at time of dues payment, for a total of \$12,543. The goal is \$50,000. On the same date, the Teen Center drive stood at \$6,815, with a goal of \$10,000.

More than 1,200 letters were

mailed to members and friends of the Center in mid-November, both campaigns end with the Center's fiscal year on June 30. Executive Director Stacy Simpson-Frizzle describes the annual drives as "the heart" of the fund-raising mix that supports both organizations. She emphasizes that the Center receives no federal or state funding, and is therefore more dependent on gifts, grants and donations from individuals, organizations and businesses in the community. Last season's campaigns were both successful.

Gift bags, donations for teens

Holiday time is coming!

Once again, as the holidays approach, we're assembling gift bags for members of the Brunswick Area Teen Center. Center coordinator Jordan Cardone says her goal is to fill at least 30 bags with all of the following items.

- Movie tickets to Regal Cinema, 2 for each bag (have 20 already)
- Girls' crew socks (not knee high or low ankle)
- Boys' crew socks (no peds, white preferred)
- Touch-screen gloves (coated fingertips for using phone etc.)
- Ear-bud style headphones (have 6 already)
- Chap Stick (have 10 already)
- Fruit smile fruit snacks (Walmart brand)
- Assorted holiday candy

Bags have already been donated, each containing toothbrushes, tooth paste, and other personal items.



In addition to the items for gift bags, the Teen Center is hoping to outfit a "yankee swap" for its members this year. They hope to accumulate a minimum of 25 items, all in the \$5 range. Item suggested by Cardone included: packs of beef jerky, a few stuffed animals, universal phone chargers, "movie-sized" boxes and bags of candy, compact mirrors, "Axe" body spray for boys, scented lotion for girls, colored duct tape, mini-flashlights, necklaces, etc.

Membership Holiday Party with The Theater Project

Our annual holiday party commences on December 19 at 1 pm with goodies, punch, music and crazy holiday attire featuring "Wales and Tales", a family holiday show presented by The Theater Project. Please bring a non perishable donation to support MCHPP! Call to register.

Al Miller will present "Wales and Tales", a collection of holiday stories, including Dylan Thomas' famous memory piece, "A Child's Christmas in Wales." Dylan Thomas' lyrical narrative of Christmas when he was young tells of a simpler magical time when dragons lived in the woods near your house and horses carried you off to adventure; when friendly polar bears ambled and shambled through those same woods. Wales and Tales also includes a Hanukkah story and a Cajun take on "The Night Before Christmas."

Miller, founder of The Theater Project, has been a clown, mime and storyteller while working as a director and teacher with the theater. He has taught and performed throughout New England, in New York, Michigan and in Eastern Europe and the Middle East.

Save the Date!
15th Annual
Music in April
2002 - 2017
April 6, 2017
5:00-9:00 pm
Sky-Hy Conference Center

47 Coats

The Coats for Seniors drive ended Nov. 20 with 47 "gently used" adult winter coats being collected in the Cafe at People Plus in less than a month. A project of Maine Association of Area Agencies on Aging, the coats are cleaned, re-used and for each coat donated, outfitter LL Bean will contribute \$5 toward fuel assistance for older adults.



A Special Gift

Enjoy our pull-out section of poems and other works

from the **People Plus**
Write On Writers

Wishing you and yours a joyous holiday season!

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

news@peopleplusmaine.org

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

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

“What’s in a name?”

As we wind down the 40th year anniversary here at People Plus, I’m so tremendously grateful for the wonderful people at the Center. They all work so hard to create a lovely place for friends to spend their days filled with laughter, activities, and healthy food while playing games and visiting.

The staff and volunteers here at the Center are what make it tick. Betsy has been here the longest - 16 years! - and she is the reigning queen of economics. She’s amazing at her “deal finding” and keeps things humming along so nicely. She keeps us organized, stocked with supplies, pays the bills, and never loses the opportunity to save money on anything we need. Betsy is the “Banker” of People Plus.

Frank has been here almost as long (but not quite as Betsy reminds him), and where would we be without our Frank? Not only does he keep everyone up-to-date on their memberships, he is the face of our Center. With the newspaper, the meals, the activities, the birthday salutations and more, Frank is the “Heart” of People Plus.

Jordan has been here over 10 years and still manages to keep a positive attitude after dealing daily with teens who might be stinky, annoying and LOUD, but are equally as grateful and wouldn’t know what to do without her. Jordan is the “Teacher” of our group at People Plus...

Jill has been here over three years and she has increased the number of programs exponentially in those years. She fills the buildings with activities, manages the instructors and rentals, and plans events like the Senior Health Expo and Music in April like a professional party planner. Jill is the “Cheerleader” of our gang...

Jenn is still fairly fresh as a staff member but has worked with us as a consultant for three years. She has helped to clean up the marketing materials, installs new software, overhauled the PP newspaper, designs the Times Record inserts, and has revitalized the VTN program seeing an increase in rides to nearly 140 rides a month! Jenn is the “Techno-gear-head” on the staff...

Pat has also been here over three years and I don’t know how we ever got by without her. Her happy smiling face on the front desk greets us all every day. She knows every member who comes here and every member who doesn’t as well as what they’re up to, where they’ve been and where they’re going. She keeps Frank honest, Betsy informed, and Jill properly scheduled. Pat is the “Brains” of this outfit here at People Plus...

Anita has been here nearly four years and she never fails to provide yummy recipes, and cook for women’s breakfast. She teaches us how to grocery shop, cook and eat more healthfully. Her students have lost a combined total of over 750 pounds and they keep on losing! Anita is the “Conscious” of our group here at People Plus.

But none of us would eat if it weren’t for Amy! She’s been with us for over a year and as the queen of Monday munchies, Amy has learned to cook, can bake up a storm, knows everyone (and their dietary restrictions), helps Jill with flyers and events, collects auction items, and supports the VTN program with Jenn. Amy is our very own “Girl Friday” here at the People Plus Center...

And where would we be without our volunteers? Gladys is our coordinator

From the Executive Director
Stacy V. Frizzle



extraordinaire and our lunch crew would not exist without her. She is thoughtful, cheerful and an always willing participant in whatever we need. And she can wrangle up a gang of others to pitch in as well. And Gladys drove a whopping 3000 miles for the VTN program – providing transportation to home bound elders nearly daily. Gladys is our “Team Captain” here at People Plus...

And we can’t forget our Board of Trustees who work long hours behind the scenes to develop funding and maintain over-sight of the management team in grant writing, budgeting, programming, the teen center, governance and more. The People Plus board is “Dorothy, the Lion, the Scarecrow, the Tin Man, a banker, a baker and a candlestick maker”, all rolled into one and we are here because of 40 years of their tireless efforts.

So where does that leave me? I imagine I’ve been called a lot of things, (mostly by Frank), but right now I’d have to say that “Humbled and extremely grateful” sort of sums it up. I am so honored to work with such a dedicated and talented staff. Everyone is kind and generous of their time and it shows in their attitude every day.

So as we gather this year for the holidays, I hope that you will take a moment to thank a People Plus staff or volunteer for their hard work making this YOUR Center – the Center that Builds Community.

From Anita's Plate
Anita Huey



207-504-6439, shebakme@comcast.net

Keeping The Holidays Simple, Elegant and Healthy.

When I was growing up my mother would always make 5-6 different types of Christmas cookies. She would give these out as gifts. The cookies are delicious but this creates challenges when it comes to Christmas and the holidays. I like to think about how we can make it easier to make good choices. When we are surrounded by foods we are more tempted to eat them. If all of our neighbors and friends are giving us food gifts then add to that family celebrations, work events etc. our goals for healthy eating can be derailed. I choose to only make one type of cookies during the holidays. All right my husband and the girls make them! How about if we make food gifts that are good for us? I have done this other years and did it again this year. I made raspberry vinegar! Not only is it inexpensive and good for you but also takes very

Acorn Squash Boat Salad (Serves 2)

- Ingredients:**
- 1 acorn squash, halved
 - 1 Tb. olive oil, divided
 - Black pepper, to taste
 - 1/3 cup sliced almonds
 - 2 Tb. Fresh cranberries
 - 3 cups baby kale
 - 1/2 cup peaches
 - 1 Tb. maple syrup
 - 1 Tb. apple cider vinegar
 - 1 ounce soft goat cheese
- Directions:**
- Preheat oven to 400 degrees.
 - Line a baking sheet with foil. Place the squash flesh side down and drizzle with olive oil. Make sure the squash is free of seeds.
 - Bake for 30 minutes.
 - While the squash is cooking, toast the almonds and then add the cranberries and peaches. Cook the kale in a separate skillet.
 - Make the vinaigrette with the syrup, vinegar and remaining olive oil.
 - Place the squash on a platter. Divide the kale between the squashes. Add the cranberries and peaches.
 - Top with the almonds and goat cheese.
 - Drizzle with the vinaigrette.

little time to make! Thanksgiving is bound by tradition and most people are not likely to make any changes in the menu. I know that my family is just like that! I brought roasted vegetables for Thanksgiving but would never suggest any other changes to the menu that I have known for over 50 years! Christmas is a little different and I have a recipe that would work great for people’s

dinner. It is simple, elegant and healthy! I encourage people to find that balance during the holidays. Please contact me if you would like the recipe for the raspberry vinegar. Frank will love the fact that there is kale in another recipe! Enjoy the holidays and keep the balance between enjoying the foods that are part of your holiday celebration and healthy food choices.

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Robert C. Albert

July 1, 1940 – August 16, 2016

Season’s Greetings



from the People Write On Writers

SHOPPING FOR CHRISTMAS

by Elizabeth B. Bates

I’ve got my bag and my coat, my wool hat and my notes, as I go out the door to the big dollar store. Find the toys for the kids, big pots with tight lids and six pie plates for Mom. Now for Dad, what is new? One ice skate or two? An axe to cut wood to keep us warm! And for me, a box of chocolate candy smelling just dandy will do me no harm!



CHRISTMAS PRESENTS

by Gladys Szabo

My Christmas presents These gifts not to be wrapped Peace love caring hugs



A TIME FOR FAMILY

by R. Neil Laughlin

Holiday times are of beginnings and endings, time of outward celebration, and inward reflection. We marvel at the past, wishing somehow it would last. The light of the world recedes then begins to ascend again. So in this festive season, let us apply some additional reason by reaching out beyond ourselves, to those that are less fortunate: to those displaced of home and/or country through no fault of their own, to those whose worldly possessions are but the clothes on their back, to those who may worship differently, but whose desires are the same; A world free of wars filled with Peace in which to live, love and know. An existence that is free of hunger in which lives can grow. Reach out to all people, in our town, country and beyond, because giving of ourselves will help others belong. Freely offering support, how can that be wrong. For lest we forget, we are need to remember We are residents of our one and only planet.

Let us deeply hold true, we are all part of one family, The Family of Man.

Christmas Gold

by Nonie Moody

There is a gold mine in our thoughts To be expressed at Christmas time. Of clever ways of showing love Without the clinking of a dime.

Big smiles may seem a small gesture But smiles can make one’s day brighter Snapping a weary soul alive Makes his world a little lighter.

Delightful encouraging words Can demonstrate how much you care Not making it look obvious But assuring words that are rare.

A simple note to an old friend. This year been treating you okay? The weather here has been pleasant. How was your special birthday?

The art of giving from the heart Has been destroyed year after year. The joy of giving something made Is offering gold of Christmas cheer.

MY HOUSE

by Bonnie Wheeler

Come to my house on Christmas Eve The smell of cinnamon cake fills the air A sparkling tree with gifts galore Grandchildren sitting around it on the floor Who could ask for anything more?

CHRISTMAS: IT MUST BE MAGICAL

by Ruth Foehring

It is November. The days are shorter and light fades early. The leaves hang on the trees with a quiet desperation for all too well they know what is in store for them. There will be no time to run around accomplishing the gigantic list of things one must do before Christmas, so we must start preparing NOW!! My husband and I have been Christmas shopping for weeks and now the stack of presents must be wrapped and some made ready for mailing. Christmas cards must be written, almost two hundred of them, and a nice, newsy little letter must be enclosed, so that those who live far away will know what has been happening this past year in our busy world. Panic has hit me and I must talk to myself and convince myself that all will be fine and somehow it will all get done. THEN, I remembered a Christmas past where doing everything seemed quite impossible too. I had begun my teaching career much later than most graduates. I had four young children, a big house and now a career and it was my first Christmas working. Now, Christmas in my house was a magical occasion. It could not be otherwise just because I was working! The

day after Thanksgiving the children and I would always start our Christmas baking and so we began according to plan. Everything was going fine and we were right on schedule. Decorations began appearing in the house as well as in my classroom. There was no stress...yet! Excitement hung in the air and grew with each passing December day. Then it happened. Time was short and the list of to do things seemed much longer than usual. The road ahead looked very rocky indeed. How was I to help make red and green paper chains and hang them all over the house? I couldn’t paint the windows with poster paints as I did every year. Santa and his little elves and all those cute reindeer would not be looking at us and cheering us on. The baking list seemed unusually long as there was no time to even light the oven. Cards could be scribbled but what about the newsy little letters!! It was all overwhelming! What about the magic! It just so happened that I had a student teacher. She was so competent and so organized that a great idea hit me and I found my solution to the whole dilemma. I marched into the principal’s office ready to propose my ideal plan. Nelson, sat behind his desk and listened quietly while I told

my wonderful plan. Susan, my outstanding student teacher, could teach my class while I stayed home and did what I must do. I would pay her right out of my salary. She would have a wonderful teaching experience and I would return after Christmas and really no one would even miss me. I could not possibly work before Christmas because Christmas must be magical at my house. There was a cough and then the chair he was sitting on revolved around three times. I got dizzy just watching it whirl. Then with a strange expression on his face he said, “You have got to be joking. One look at my face told him the opposite was true. Then very, very softly he said, “Get out of here!” While the chair began revolving again, I made my fast get away. I somehow got through that first Christmas. My family rallied around me and we carried it off in spite of all the difficulties. When I retired twenty-one years later Nelson told that story and everyone laughed and I did too. So, now having remembered this time in my past this Christmas seems like a nit. Have a nice, peaceful holiday season! Make it magical too!



LATKES

by Winnie Silverman

The traditional food for Chanukah is Latkes. (laht-kuhs). Why? As Tevya proclaimed in "Fiddler on the Roof", TRADITION! The exact reason for this tradition is that these latkes (potato pancakes) are fried in oil. Potatoes are shredded and mixed with egg and matzo meal to make the batter and dropped by spoonfuls into hot oil. I don't know what they use in other cultures where there aren't any potatoes, but frying in oil is probably observed by frying another ingredient. As we stuff ourselves with these delicious pancakes, we are to be reminded of the reason for the Chanukah celebration. Briefly, over 2,000 years ago when the Jews entered the destroyed holy temple, it was discovered that there was only enough oil to keep the eternal light burning for one day. The miracle is that this oil kept the flame burning for eight days until more oil could be made. Therefore, we indulge in yummy fried potato pancakes to symbolize the miracle of the oil. With us, there's always certain food connected to any holiday celebration. That's our tradition.

Winter Overture

by Charlie Payne

Soon Jack Frost will be nipping at your nose. You might even feel a tingling in your toes. The cornstalks shiver with a clatter. The barred owl says you make my beak chatter. The red fox gives a cough and covers its nose with its bushy tail. Hens on their roosts put their heads under their wings. They dream of summer things. The cat and the dog are toasty warm stretched out on the hearth. Bring Winter on us Mainers are tough. We survived "The Great Icestorm". The moon slides down so I'll go to rest.



WINTER SOLSTICE

by Patty L. Sparks

Nature dreams in shades of grey
...resting...
neath drifts of unspoken white



HAIKU

by Patty L. Sparks

first snowflake
falling out of
no-where

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The Members of Write On Writers

Pearl

by P.K. Allen

It was on a peaceful Sunday morning
just 75 years ago,
when war came to our doorstep
and changed the world we had come to know.

It started with the bombing
and sinking of our ships
And the loss of many lives
as prayers rose up from our lips.

It ended four years later
with two blasts from the sky
That killed one-hundred thousand
people
and left a mourning nation to cry.

It was a hard fought conflict
for the victory that we earned,
But I wonder if in all the wars since,
Are there any lessons that we learned?

DECEMBER 7, 1941 - A Day of Infamy

by Elizabeth B. Bates

It was a Sunday afternoon in Boston, Massachusetts. My sister had the radio turned on because she liked the popular music all the time. My mother was in the living room writing letters. I had just finished my homework for the next school day at my High School, where I was a sophomore.

When the music suddenly stopped playing, and a voice started talking to us, I was surprised to find that it was the voice of our President Roosevelt. He was telling us, his fellow Americans, that we had just been attacked by Japan in Pearl Harbor, Hawaii. The Japanese planes had sunk ships and killed many of our people there. They had not declared war on us, so it was a total surprise. The President was asking Congress to declare war on Japan. The American people had been following news of the war between Germany and England for a long time. There were many Isolationists in our country who were loudly proclaiming that we should stay away from joining the battle against them, let them solve their own problems, they said. Now they were silenced. We had been attacked from the other side of our country. A Japanese military man said that they had awakened a "sleeping giant". He was correct.

Drafting men into the armed forces took place. They had no choice. We were at war with both Germany and Japan. Everyone had to be careful not to let the wrong person know something that could further imperil us. "Close your lips or sink our ships". It was all very frightening!

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"Ah, oui, ah, oui!" Members packed the hall last month, for our Frenchfest event that included songs, stories, and pictures of France.... and yes, Wine tasting! The suggestion was made, "we should do more of that!"

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, www.peopleplusmaine.org, or local media for closure information.

Books, prints, or cards for Christmas

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

The latest publication from our own Write On Writers, *Journeys and Reflections*, contains original fiction and non-fiction, stories and poetry offered by members. The 230-page, soft-covered book contains 76 stories and 120 poems, written by 24 member-authors of the WOW group, with 108 original illustrations and 11 photographs.

The second printing of "Speaking Frankly" includes more original art by John Gable, some photography by author Frank Connors, a complete by-subject index, publication dates for all of the original essays and, to quote Connors, "a few other surprises." Originally printed in 2013, the book of essays has sold more than 750 copies, with all proceeds benefiting the Center. The new edition sells for \$15.00, and can be ordered by mail from the Center.

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

Who ya gonna call?

People Plus!
Good Morning Program

The *Good Morning Program* is a free, daily safety check-in program created by People Plus and the Brunswick Police Department. Available to older adults or those with disabilities in Brunswick, Harpswell, and Freeport, this program enables participants to call in by phone seven (7) mornings per week from the time they wake up until 9:30 a.m. to say they are OK. If a participant does not call in, a volunteer will call the participant's home. If there is no answer, an emergency plan will be enacted; which may include local police making a "wellness check" at the home.

Saving at least one life a year and giving peace of mind to hundreds, the Good Morning program is ideal for older adults or those who live alone or with someone with disabilities. (Even if you are healthy, what would happen if you fell? Could your family member get help?) It is perfect for those concerned about their comfort and safety or for those who have recently returned from the hospital or a rehabilitation facility.

For more information, call People Plus at 729-0757 or Brunswick Police, non-emergency number, 725-6621, extension 4310 to register.

"Just calling to say that I'm OK"

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WHAT'S HAPPENING IN DECEMBER

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|----------------------------------|
| <p>News & Views with 40 Years! Plus! People The center that builds community</p> <p>Frank Connors and Stacy V. Frizzle chat about People Plus programming</p> <p>Viewed weekly on Cable Channel 3, Brunswick Community TV Monday at 4 P.M., Wednesday at 7 A.M., and SUNDAY at 9 P.M. and view online, anytime at: http://vimeo.com/peopleplussaine</p> | <p>People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm</p> | <p>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</p> | <p>8:30 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 9:30 Exploring the Great Religions 11:00 Yoga 1:00pm FYI! VA Benefits 101 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p> | <p>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 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p> | <p>9:00 KOC 10:00 Bridge</p> |
| <p>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</p> | <p>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 6:00pm KOC</p> | <p>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 KOC</p> | <p>9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Clinic 12:00pm Lunch and Connections 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p> | <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p> | <p>10:00 Bridge</p> |
| <p>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</p> | <p>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 KOC</p> | <p>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</p> | <p>9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Clinic 12:00pm Lunch and Connections 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p> | <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p> | <p>9:00 KOC 10:00 Bridge</p> |
| <p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 10:00 Tech Time 11:00 Monday Munchies 12:00pm Bridge 1:00pm Member Holiday Party 6:30 Civil War Book Club</p> | <p>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 KOC</p> | <p>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</p> | <p>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 9:30 Exploring the Great Religions 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p> | <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p> | <p>9:00 KOC 10:00 Bridge</p> |
| <p>Center Closed Merry Christmas</p> | <p>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 KOC</p> | <p>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</p> | <p>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p> | <p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p> | <p>9:00 KOC 10:00 Bridge</p> |

December at People Plus...

UUCB Concerts for a Cause David Mallett



David Mallett hails from a small town in northern Maine, and in a career that spans four decades, his music has traveled to all corners of the world. His songs have been recorded by more than 150 artists, including Pete Seeger, Alison Krauss, John Denver, Emmylou Harris, and even the Muppets, and his "Garden Song" has become an American folk classic.

He has performed in town halls and folk clubs across America and Europe in addition to major venues such as Barns of Wolf Trap, Newport Folk Festival, and "Prairie Home Companion". The Bangor Daily News recognized him as one of the 58 most memorable Mainers of the 20th Century. The readers of FOLKWAX (www.folkwax.com) voted him 2003 Artist of the Year and

"Artist in Me" 2003 Album of the Year. He has recorded 14 albums, including "The Fable True" (2007), based on Thoreau's last expedition in 1857, a spoken word CD with accompanying music.

"Few people could be called the living embodiment of the state where they live. But what Garrison Keillor is to Minnesota, Mallett is to Maine." Orlando Sentinel

Tickets are \$22 in advance, \$25 at the door. Available at the church office (729-8515), Gulf of Maine Books, or online at <http://davidmallett.brownpapertickets.com>. Monies raised from the concert will benefit the programming of the church and local charities.

Saturday, January 28, 7:30 pm
Unitarian Universalist Church of Brunswick
1 Middle Street, Brunswick

"Cowboys, Buffalo, Geysers... Yee Haw!"

SEPTEMBER 22-29, 2017

"America's Cowboy Country" is an eight day trip including 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! Deposits due March 15, 2017. FMI contact Jill Ellis, 729-0757. Only 16 slots available so register now!

Lunch & Connections

Holiday ham, home-made treats for lunch

Crisp, oven-roasted ham, smothered in our own rich raisin sauce and served up beside your choice of Maine mashed potatoes or sweet potatoes will be our holiday luncheon feature on Thursday, Dec. 15. The hearty holiday menu includes sides of squash, peas and carrots, and a tasty garnish of Frank's famous applesauce. Our fresh bread this month will be a rare treat, hand-made yeast orange rolls by Roland Levesque. Dessert, when you are ready, will be a wonderful slice of Carmella's unique fruit pizza.

"We are so fortunate to offer TWO home-made features this month," People Plus Chef Frank Connors pointed out, "Roland is a retired Bowdoin College chef, and his tasty yeast buns are a time-honored specialty. Carmella is a regular kitchen volunteer who can do almost anything, but her fruit pizza is just amazing! Our Lunch & Connections program is forever being enriched by donations of food and talent of our members," Connors added.

As usual, we'll have a fresh, lightly-dressed green

garden salad for everyone, and the featured drinks will be local apple cider, fresh-brewed coffee, plus fruit juices, hot tea, fresh milk and iced water. Our monthly Lunch & Connections meals are underwritten by our friends at Spectrum Generations, and are planned to focus on nutrition, information, socialization and Variety. We always have a CHANS home-healthcare professional waiting in the cafe area to offer and record free blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids will offer free hearing screenings.

Come after 11:15 a.m. to pick-up your \$0/\$0 raffle ticket (November's winner took home \$48!) and always be sure you're registered for one of our free door prizes. You must pre-register for this meal, as seating is limited, and registrations are not accepted until December 1st. Call Pat at 729-0757 to reserve your seat, cost is still only \$6 for members and \$8.50 for non-members. Yes, you can pre-order a take out, to be picked up after 11:30 a.m. Our buffet-styled lunch is served at noon.

Welcome to Medicare with Spectrum Generations

Tuesday, Dec 13, 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 pm. Free and open to the public. Registration is required.

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

Reminder - All People Plus Clubs are for Members Only!

'Tis the Season for Giving!

We are collecting for:

- MCHPP Food Drive (non perishable)
- Brunswick Area Teen Center Holiday Gift Drive
- Mid Coast Hospital Teddy Bear Drive

Check out our program wish lists on the Holiday Tree in the People Plus lobby!

Select People Plus at smile.amazon.com and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases.

FYI! "VA Benefits 101"

Thursday, Dec 8, 1 pm
Are you a Veteran or the surviving spouse of a Veteran or know someone who is? Are you receiving monetary benefits from the VA or know someone who may be in need? Join us on Dec 8 when Phil Black from the Veterans Benefits Administration at Toguus will present VA Compensation/Pension/Survivor Benefits 101. Free, open to the public. Call to register.

Finding Family History at Pejepscot Historical Society

The December meeting of the Pejepscot Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, December 11, 2016 at 2 pm. Our guest speaker, Executive Director of the Pejepscot Historical Society, Larissa Vigue Picard, will be speaking to us about "Finding Family History at the Pejepscot Historical Society". She will be providing an overview of the resources and services provided by the historical society, with a focus on some of the genealogies and family history artifacts in the collection.

Join us on December 11th to hear Ms. Picard speak and share in our Holiday Dessert Potluck! Everyone is invited to join to the group and bring a dessert to share. Beverages and paper supplies will be provided. We will have a brief social period before and after the speaker, followed by a short business meeting. For more information contact John Webster, PGS President at (207) 833-5430.

New Location for 2017 Music in April!



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Bring in this ad and get 10% off your purchase!
*Some exclusions may apply.

MID COAST Eye Associates—Optical Services



Only a memory. Member Nancy Simboli took a pre-winter tour of 10-12 southern states, landing in Alabama where she had an extend visit with her sister, but as winter settles down on our Pine Tree State, we're guessing one of the places Nancy will be recalling fondly is this stretch of beach along Emerald Isle, North Carolina.



"A warm and inviting home for those in need of memory care."

At **MID COAST SENIOR HEALTH CENTER**, we believe those with memory loss can lead meaningful and fulfilled lives.

At **The Garden**, our memory care community, we are committed to respecting each individual's needs and preferences, while offering peace of mind for residents and their families.

Now welcoming new residents!
Special rates through December.

Rehabilitation & Therapy • Assisted Living • Memory Care
Long-Term Nursing Care • Hospice • Lifeline Emergency Response

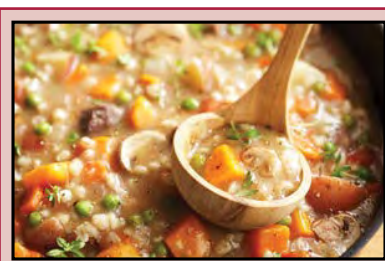


MID COAST SENIOR HEALTH CENTER

MID COAST-PARKVIEW HEALTH

58 Baribeau Drive, Brunswick, Maine 04011
www.midcoastseniorhealthcenter.com

(207) **373-3646**



"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

- Dec 5: Hot Dogs, chips, broccoli slaw
- Dec 12: Chicken Corn Chowder
- Dec 19: Winter Lentil Veggie Soup



Thanks, Richard! Brunswick restaurateur Richard Gnauck was a guest chef at last month's Men's Breakfast, and "noticed" a shortage of frypans in the kitchen, he returned to the Center, not a week later, and gifted us with this wonderful new pan! "Put it under your tree," he suggested, "but enjoy it!"



Headed home. Original painting by Marilyn Moores

Freeport singers to celebrate American choral music

The Greater Freeport Community Chorus will celebrate native choral traditions at its winter concert, titled *And The Glory Shone Around*, Dec. 10 and 11 in Brunswick and Yarmouth.

Directed by Virgil Bozeman and accompanied by pianist Kellie Moody, the singers will perform at 7:30 p.m. Saturday, Dec. 10, at the Universalist Unitarian Church of Brunswick, 1 Middle St., and 2:30 p.m. Sunday, Dec. 11, at St. Bartholomew's Episcopal Church, 396 Gilman Road, Yarmouth.

The program will include several shape-note pieces. It will also feature songs celebrating Native American cultures, Christmas spirituals and jazz.

Shape notes are a simplified form of music notation used in American singing schools during the 1800s. The form originated in New England.

Huron Carol is an arrangement of a Canadian Christmas hymn that refers to hunters, rather than shepherds, and GFCC sopranos and altos will perform *Morning Star Lullaby* in the language of the Wichita tribe.

A celebration of American music wouldn't be complete without jazz. Accordingly, the chorus will perform a Dave Brubeck arrangement of *We Three Kings*. The group will also sing arrangements of several traditional African-American spirituals, including *God's Gonna Set This World on Fire*.

Nearly 70 singers from 15 Midcoast towns make up the Greater Freeport Community Chorus.

Concert admission is \$10 for adults, with a per-family maximum of \$25 and free admission to anyone younger than 18. Tickets may be purchased at the door.

Visit the chorus on Facebook or at www.gfccsings.org.

Reading with the A La Carte Book Club

Hillbilly Edgy by J. D. Vance is the story of a former marine and Yale Law School graduate that gives a powerful account of growing up in a poor Rust Belt town. It is a passionate and personal analysis of white working-class Americans. The decline of this group, reported on with growing frequency and alarm, but has never before been written about from the inside. J. D. Vance tells the true story of what a social, regional, and class decline feels like when you were born with it hung around your neck.

My Grandmother Asked Me to Tell You She's Sorry by Fredrik Backman. Elsa is seven years old and different. Her grandmother is seventy-seven years old and crazy. She is also Elsa's best, and only, friend. When Elsa's grandmother dies and leaves behind a series of letters apologizing to people she has wronged, Elsa's greatest adventure begins. Her grandmother's instructions lead her to an apartment building full of drunks, monsters, attack dogs, and old crones but also to the truth about fairy tales and kingdoms and a grandmother like no other.

The Yellow Bird by Kevin Powers. A novel written by a veteran of the war in Iraq, *The Yellow Birds* is the harrowing story of two young soldiers trying to stay alive. "The war tried to kill us in the spring." So begins this powerful account of friendship and loss. Twenty-one-year-old Private Bartle and eighteen-year-old Private Murphy cling to life as their platoon launches a bloody battle for the city Al Tifar, Iraq. Murphy becomes increasingly unmoored from the world around him and Bartle takes actions he could never have imagined.

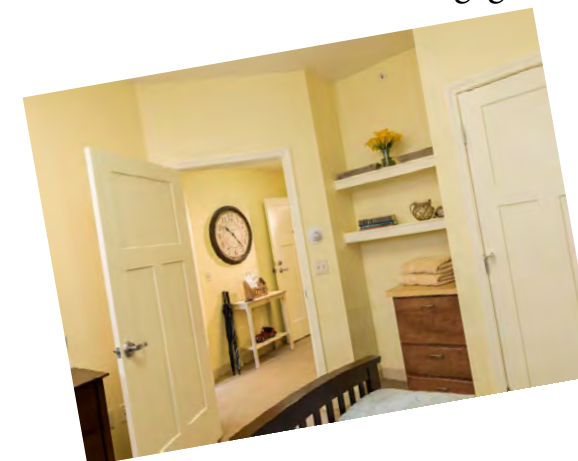
Pope Joan by Donna Woolfolk Cross, brings the Dark Ages to life in all their brutal splendor and shares the dramatic story of a woman whose strength of vision led her to defy the social restrictions of her day. For a thousand years her existence has been denied. She is the legend that will not die -- Pope Joan, the ninth-century woman who disguised herself as a man and rose to become the only female ever to sit on the throne of St. Peter. A sweeping portrait of an unforgettable heroine who struggles against restrictions her soul cannot accept.

Opening Soon



THAT moment WHEN YOU realize ALL YOUR worries HAVE melted AWAY.

Avita of Brunswick specializes in memory care and is designed to compassionately meet the needs of your family. At Avita, we will work with families that are trying to cope with the challenges of Alzheimer's disease and dementia. Our goal is to help families chart the right course with understanding, guidance, education and a shoulder to lean on in a time of need.



MODEL APARTMENTS NOW OPEN

Call Bethany to schedule your personal visit: 207.729.6222



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

December 2016

All Spectrum Generations locations will be closed on Monday, December 26th in observance of Christmas.



You Shop. Amazon Gives.

Will you be shopping on Amazon for holiday gifts this season? Have you heard about Amazon Smile? It's the same Amazon you know and love but a percentage of your purchase is donated to the charity of your choice. It's easy to give back, just visit smile.amazon.com and choose Central Maine Area Agency on Aging as your charity. By choosing us as your Amazon Smile charity, you'll be helping support all of the great programs and services that Spectrum Generations has to offer, such as Meals on Wheels and Aging & Disabilities Resource Counseling. Happy Holidays!



Sand Buckets for Seniors

The Merrymeeting Bay TRIAD, Lowe's Home Improvement of Brunswick, and your local law enforcement want you to be safe this winter. The Sand Buckets for Seniors program is for seniors who live alone and need sand to make their walkway safe. A Lowe's bucket filled with sand will be delivered directly to your residence at no charge. Call your local agency for more information:

Bath Police Department: 443-8339

Brunswick Police Department: 721-4316

Sagadahoc County Sheriff's Office (except Bath): 443-8529

Cumberland County Sheriff's Office (Harpwell): 1-800-266-1444 x2228



SCAM ALERT BULLETIN BOARD

'Tis the season to be giving but bogus charities could have you singing the holiday blues. Never provide credit card information to phone solicitors and always assume that all email solicitations bearing a charity's name are a scam unless you provided your email address to that organization. Keep a close ear for sound-alike names such as the National Heart Association instead of the legit American Heart Association. Be especially suspicious of heartstring-pulling solicitations to supposedly benefit disabled veterans, police and firefighters, or sick and needy children. When in doubt, check a charity's legitimacy by visiting the Wise Giving Alliance at <http://give.org>.

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

Local Organizations Support Meals on Wheels

Last month, several local organizations helped brighten the day of Meals on Wheels recipients in Brunswick, Harpswell, and Sagadahoc County.



The Woman's Alliance at the Unitarian Universalist Church in Brunswick made colorful treats (pictured on left) to go along with diner's lunches.

The sweet surprise was enjoyed by all and brought smiles to many faces.

Every year, members of the Bath Garden Club put together and donate over 100 holiday centerpieces that are delivered to Meals on Wheels recipients around Thanksgiving.



The centerpieces are a perennial favorite of the Meals on Wheels diners, who look forward to receiving this sweet-smelling holiday gift. Pictured below are Elizabeth Lakeman (on left), president of the Bath Garden Club and Casey Henson (on right), the local Meals on Wheels Coordinator.



And to end the month of November, all Meals on Wheels recipients in Brunswick, Harpswell and Sagadahoc County were offered complimentary memberships to People Plus, which was made possible by our friends over at Mid Coast-Parkview Health Services.

Meals on Wheels recipients who take advantage of this generous offer will be able to access all of the programs and services that People Plus has to offer, which include the Volunteer Transportation Network and the Good Morning Program. Thank you People Plus and Mid Coast-Parkview Health!



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!

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, Discounted 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 (cust. 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

Wild Oats, 725-6287, 10% off on Mondays

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



"Today, not tomorrow," was Brunswick Attorney Seth Levy's advice when it comes to preparing legal documentation that deals with end of life issues. This was a repeat call for Levy with his popular "Get your Docs in a row" program.

People Plus 40 Years! PEOPLE PLUS MEMBERSHIP

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 resident)
 \$45 per person (non-Brunswick resident)
 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

Senior Mental Health Ounce of Prevention SERIES

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Integrated Behavioral Health Clinician
MID COAST MEDICAL GROUP-Bath Internal Medicine

You will learn about—

- Mental health issues facing older adults
- How to identify these issues
- How you can prevent them or treat them if they do occur

FOR MORE INFORMATION, call 373-3646.

MID COAST Center for Community Health & Wellness
www.midcoasthealth.com/wellness

Teen of the Month Dorothy Merrill



Our Teen of the Month is Dorothy Merrill. Dorothy is in 6th grade at BJHS and started attending the program this summer. Her older sister Paige is also a member. Dorothy is an especially nice young lady who is somewhat shy and quiet (well, at least while she is here!). She is so well behaved and pleasant to have around and has been a great addition to our afternoons! Congratulations Dorothy! Dorothy will receive 2 tickets to Regal Cinema!

Brunswick Area Teen Center

Ho Ho Ho! Where did the time go?

Our young members are "growing up before our eyes" as they say, we have two who recently got their first jobs and one who signed up with Big Brothers/Big Sisters to be a big sister! They are also getting drivers permits and some just made honor roll! These are kids who have been attending the program for over four or more years now and it really is wonderful to see and to be able to encourage them and share these successes with them.

The kids are excited about the upcoming Holidays and keep asking if we are doing "that game" again! Yankee Swap! Yes!

We are also making up gift bags for the kids again this year.

At the November PP luncheon, we put up a sign-board listing items we need for the bags, along with "tags" to take to fulfill an item on the list.

The list is being shared in this newsletter as well and if you are around the Center, check out the "board"! Take a tag! Thank You!!!!

More than past years I feel like the time between the start of school and the New Year is speeding by. The next time the PP news comes out it will be 2017! Between now and then, some of the things our youth members say they are looking forward to during the holiday season are; "Candles and dressing up in a Santa costume", "all the pretty lights around and getting to decorate the tree and getting to see my dad and getting to be with my family without them fighting because it's like a rule, you can't fight on Christmas" "People seem to be in better moods", "Christmas dinner! Ham instead of turkey!" "hot cocoa and presents" "giving someone a gift and watching them open it!" and Donna loves that

Teen Center News
Jordan Cardone



it is a magical time especially for young kids and she wants snow, "at least on Christmas day!" So far the holiday our teens say they celebrate is Christmas! I personally look forward to Holiday music, pretty lights, wonderful cooking smells, holiday craft fairs, getting Holiday cards and newsletters in the mail, the contagious excitement and anticipation of the children all around us, traditions and reflection! Whatever holiday you observe and however you celebrate, enjoy! Happy Holidays! Jordan and gang!

Weekly Winners

Senior Intermediate Cribbage

- Oct. 26: Colleen Petrin, 716
Scott Ellis, 711
Rollande Fortin, 705
- Nov. 2: Anne Bouchard, 718
Patricia Johnson, 715
Lorraine Norton, 710
George Hardin, 691
- Nov. 9: Rollande Fortin, 726 (Perfect game!)
Colleen Petrin, 691
Lorraine LaRoche, 685
- Nov. 15: Harry Higgins & Joe Tonely, 724 (tie)
Rick Fortin, 701
Rollande Fortin, 694

- John Rich, 5,750
Martha Cushing, 5,100
Oct. 31: John Rich, 4,540
Art Trefry, 4,280
Jeff Lauder, 3,960
Cathy Cooper, 3,560
Richard Totten, 4,920
Bill Coop, 4,490
Anne Nichols, 4,100
- Nov. 5: John Rich, 4,680
Bill Coop & Lorraine LaRoche, 4,670
Lloyd Jones, 3,330
Diane Monaco, 3,170
- Nov. 12: John Rich, 5,120
Richard Totten, 4,280
Fran Lee, 3,790
Sherry Watson, 3,670
- Nov. 14: Lorraine LaRoche, 5,030
Alan Reder, 3,940
Paul Betit, 3,530
Terry Law, 3,240

Monday-Saturday Bridge

- Oct. 24: John Rich, 3,610
Jeff Lauder, 2,450
Bill Buermeyer, 3,000
Joyce Lyons, 2,730
Mary O'Connell, 2,700
- Oct. 29: Lorraine LaRoche, 6,550

Lobby Donation Tree:

Take a second look at our lobby Christmas tree this month and you'll notice ways you can make the year 2017 even merrier at People Plus! Among the decorations, you'll see scattered wish list cards for items that will benefit ongoing programs. The list includes food items and gift cards for the Brunswick Area Teen Center, gas cards for the Volunteer Transportation Network (VTN), and other assorted items for the Center.



Your Holiday help is waiting - you name it, we're there!

Chicks Do Chores

(AND SOMETIMES CHUCK)

- WE'LL TACKLE YOUR TO-DO LIST!
 - ★ ATTICS - BASEMENTS - DECKS - FENCES - GARAGES - GARDENS - OFFICES - YARDS ETC.
 - ★ CLEAN - CLEAR-OUT - FILE - DUMPSTONS - LABEL - MOW - MULCH - PAINT - RAKE - SPLIT/STACK WOOD - TRIM - WEED ETC.
 - ★ RUN ERRANDS FOR YOU OR WITH YOU!
- MARY ELLEN ROSENBERG - OWNER
CALL OR EMAIL FOR ESTIMATES OR SCHEDULING - CDC4U@COMCAST.NET
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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).

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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(207) 725-7495



CHRISTMAS CARDS

by Betty Bavor

In 1843 Sir Henry Cole, a civil servant in the UK working as an Assistant Keeper at the new 'Public Record' later called the 'Post Office' wanted more ordinary people to use this facility. His idea of a Christmas card became a reality with his artist friend John Collett Horsley as they designed the first Christmas Card. It sold for one shilling - 8 cents and had three panels - the center panel showed three generations raising a toast to the card's recipient and on either side were scenes of charity with food and clothing being given to the poor. 1000 cards were printed and only the wealthy could afford them. When cards became more popular and more efficient printing production developed, postage dropped to a half penny. By the 1900s the custom had spread to Germany. In the late 1900s cards began to appear in America and were very expensive. Louis Prang, a printer from Germany who formerly worked with the UK card makers, began mass producing more affordable cards with pictures of flowers, plants and children. In 1915 Joyce C. Hall



"Firsteristmascard" Licensed under Public Domain via Wikimedia Commons

and two of his brothers created Hallmark Cards. This company is still in business today after 100 plus years with grand children now in charge innovating the latest technology and new ways to celebrate all occasions and holidays with a card! Now you know the rest of the story.

Christmas time my mail box has a big red bow as I look forward to reaching for a precious Christmas card from family and friends. I have written a yearly letter for many years. Dear Abby frowns on this as it may seem boring and boastful. Many of

live apart from each other and we welcome news of special happenings with an update of the year's events. I delight to read and re-read every letter I receive. Yes, I know what you are thinking, it's a digital age, the younger generation embraces speed and efficiency. The Christmas card process is time consuming: purchasing, signing, addressing and stamping to say to nothing of the cost. A mouse click and the holiday greeting finds its way to the computer!

I hang four foot X six inch wide felt streamers to attach my cards to so I can enjoy them throughout the season. People have family & personal pictures, meaningful cards and some have designed their own card which need to be seen and cherished. I feel their spirit with me. I guess I am old-fashioned - time goes so fast, people go in and out of your life, never miss the opportunity to tell them how much they mean to you. As long as I am able, a Christmas letter will be enclosed in my Christmas card and I'll happily thank the US postal service for it's safe delivery.

Christmas Dinner 1947 - Lowell

by Paul Roberts

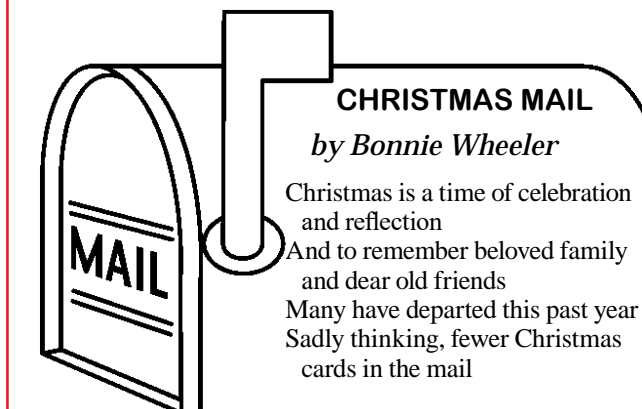
Ma was getting ready to tackle the last project for our Christmas Dinner - baking pies. She knew that the relatives would all want to take a pie home and Uncle John would want two pies because he was a bachelor and this was his only chance to get them. I noticed that he was too cheap to buy my mother and Dad anything for Christmas but neither one complained. My brother Fred and I decided to hide the two pies he 'ordered' and hint to Ma and Dad that 'other relatives must have taken his pies by mistake! We hid the two pies under our bed and put on our most 'innocent' faces. When Uncle John was told by Brother Fred that there were no more pies to give any departing guests Uncle John went crying to Ma that someone too 'his pies' and could she replace them? - (The cheap son-of-a-seacook (Dad's saying) actually wanted our exhausted mother to bake two more pies. She had already baked twenty-five pies and the big meal and was quite tired. She asked Fred and me to go look up in our bedroom to see if anyone 'put' the pies there. We knew the jig was up so Fred and me stuck our thumbs into his two pies and brought them downstairs and said "We found them Ma!"

The Shepherd

by Vince McDermott

I do not go into town much. I get very lonely up here in the hills with nobody to talk to but sheep. The sheep know a few words, mostly those I use to tell them what to do. If they get nervous I talk in a low voice to calm them down. I have had to do that a lot lately because there has been a big increase in the number of people going to town for the census. We have to cross the main road to get from the grass to the water. The sheep do not like all the activity. I will be glad when the census is finished.

There isn't enough room for all the travelers in town. But there is something else. A bright star is located right over the town. It must be some kind of omen. People say that royal travelers have come from very far away searching for some people who are staying in a stable owned by the innkeeper. I will go to see what is happening when I sign for the census. I hope the omen of the star is a good one.



CHRISTMAS MAIL

by Bonnie Wheeler

Christmas is a time of celebration and reflection
And to remember beloved family and dear old friends
Many have departed this past year
Sadly thinking, fewer Christmas cards in the mail

CHRISTMASTIME

by P.K. Allen

Christmas is a special time that comes but once a year
And brings us all together to share in joy and cheer.
It brings friends and families who travel from far away

To visit and to celebrate on this very special day.
A day over 2000 years ago when a baby boy was born
In a stable in a manger to give the world a better morn.

The Wonder of Christmas

by Nonie Moody

On the road Mary and Joseph came.
Caesar Augustus called a decree
To register in his first census.
Their journey long with seldom a tree.

Mary gave birth to her first son
With straw in a manger for His bed.
The family had found the safest place
Wrapped Him in cloths and kept Him fed.

Some shepherds keeping watch by night
Saw the angel of the Lord, how frightening?
The Lord's glory shown all around them
They couldn't believe what was happening.

The angel brought good news of great joy
A Savior who is Christ the Lord
Born in the city of David
With angels singing in one accord.

The shepherds went to see the baby
Quickly with haste they found their way
To Bethlehem where the family stayed
And the baby in the manger lay.

Shepherds the secret could not hold
Of all they had seen and been told.
Jesus the child was alive and well
Wonder of wonders the truth was bold.

The shepherds returned to their field
Glorifying and praising God
Not quietly but with full voices
Christ is the Lord singing it abroad.



Good Shepherd Lutheran Church
welcomes you to join us for

Special Christmas Eve Services, 4 p.m. & 8 p.m.
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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A Catholic Cousin Meets His Protestant Cousins Lowell, Massachusetts - 1954

by Paul Roberts

My Protestant cousin came to stay with us for Christmas and being good Irish-Catholics we took him to the Sacred Heart Church to the ten o'clock Mass.

Grandmother McAloon filled us in on our cousin's background. He was born a Catholic but was raised by his Protestant father. Cousin Billy was an athletic - good looking boy and was fun to be with. Being nine years old he was inquisitive and friendly so when Grandma suggested that he go to The Ten o'clock mass with me- Billy said "Yes, Mam!"

When we returned home Grandma was eager to talk with Billy and me to see how Billy reacted to his first Catholic Christmas Mass. When Grandma asked "What was the best thing about the Mass for you Billy?" She was expecting to get into a 'Good old Irish- Catholic discussion on the benefits of Holy Christmas Mass and was therefore shocked when Billy laughed and said "I liked it best when the man came around and gave us money - I took a big handful!" (The collection!)

THE SPIRIT OF LOVE

by Bonnie Wheeler

It's time for a Christian celebration
The perfect gift from above
We joyously share with everyone
The holy spirit of love

CHRISTMAS TRADITIONS

by Gladys Szabo

Holiday traditions are carried on through generations. As a child baking cookies was an important tradition. Mom and I would make several types of cookies but cookie cutter cookies were a must.

When I married we continued my family traditions along with one of my husband's, which was "The visiting Elves." They would lurk around all day watching the children. In the morning they would receive a note with a treat if they were good.

before being baked. The important thing is the tradition continues with a few variances. On Christmas Eve in my childhood, we would invite friends and neighbors for an open house on Christmas Eve as I had no siblings and we had no other relatives in the area.

each after dinner. We sometimes invite friends who don't have family around. Christmas Day through all the generations has been a family day. We open gifts while enjoying traditional blueberry muffins.

LOOKING BACK by Bonnie Wheeler. If I could go back this Christmas to a childhood Christmas Eve, I'd spend more time looking at my family around the tree.

BAKING MEMORIES by Bonnie Wheeler. Alaina and Raylee, two beautiful great-grandbabies joyful memories to create helping your loving Meme bake a Jesus birthday cake

Christmas Cookies by Sally Hartikka. What kind of cookie shall we first bake? There's molded, and crunchy, wafers and cake. Biscotti, and shortbread, delights and crisps.

THE CHRISTMAS LIST by Bonnie Wheeler. Alaina's list was long. I don't know where more toys can go. I suggested only two toys this year

DO YOU REMEMBER? by Marcia Good Townsend. When we put tinsel on the Christmas tree, strand by strand and Carefully saved year to year? DO YOU REMEMBER Bubble lights on the tree branches

AMAZING GIFTS By Charlotte Hart. Dear Santa, I need cramp-ons sharp and fine. My winter gift? A sheer, steep mountain pass. A wondrous gift was mine when I was nine.

A German Christmas by Sally Hartikka. In 1960 I was a student at the Free University in Berlin. I had been given a host family in a program similar to the one Brunswick residents share with Bowdoin.

A CHRISTMAS WISH by Bonnie Wheeler. When Santa asked Raylee what she wanted for Christmas, she answered, "A dog." I was shocked. I had already wrapped a baby doll and tea set for her. Later that same day, Raylee was looking out the front window waving goodbye to our neighbors as they followed the moving van in their car.

Spreading Christmas Magic

Speaking Frankly Frank Connors



Oh yes, there are some years, (just a few, honestly) when I really do have to rally extra energy just to get on the suit and into the spirit. For the past ten years, I've done "Santa visits," for Brunswick's Pejepsco Historical Society and for Tri-county Literacy's Candy Cane train.

Christmas holiday. Jane might tell you the effort almost always makes me sick, leaves me exhausted, and stands as evidence that grown men are slow to give up their childish things.

all the pre-holiday cheer he could, one EMT went back to the truck, retrieved the big red bag and yelled, "this it?" I nodded a satisfied grin and accepted the suit with real gratitude.



There was the year of the truck crash. Ten days before Christmas, and two days before the Cane Train event, some old guy rolled through a stop sign and almost cleaned us both! There were airbags, twisted steel, pain and confusion.

Another season, only several months after the installation of a pacemaker for my heart, I appeared at the Historical society, donning my suit over a monitor wired to my body and connected magically to some lady in India with no sense of humor and less holiday spirit.

Learn firsthand about the MID COAST Center for JOINT REPLACEMENT! FREE EDUCATIONAL SESSION Thursday, December 8 • 1-2 p.m. MID COAST HOSPITAL Café Conference Rooms 123 Medical Center Drive, Brunswick

New or renewing members for November. * indicates new membership. • indicates donation made with membership. Harpswell: Anne Bouchard, Andy Deshaies, Charlotte Herson, Roger Herson, Wendy Legg, Donna Lemieux, Marjorie Parker. Other places: Aline Albert, Lisbon Falls, Jane Albert, Woolwich, Beth Dewey, Bethesda, Md., Allison Green, Bowdoinham, Hugh Lynch, Pownal. Topsham: Nancy Adams, Elinor Armstrong, Ellen Brown, Esther Palmer.

CLASSIFIED ADS

Nuisance Wildlife? Call Critter Catchers (Grant Connors) at 729-0460 for the safe and humane removal of skunks, opossum, squirrels and other natural pests. ADC licensed. Call 729-0460.

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

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



Lunch out!

December 13th at 11:30 a.m.

Ruby Tuesday

55 Topsham Fair Mall Rd, Topsham

Be sure to sign up for the car pool!

Students' Show closes successful season

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

Students invited to contribute to the show include: Beth Aldenberg, Lorraine Berte, Sandra Cox, Karen Giustra, Muriel & Tony LaCroix, Donna Lemieux, Mary Maverich, Richard Nickerson, Ralph Palmer, Valerie Robbins, Ann Sanfasin, Wilma Sarna, Frankie Stone, and Alfred Tyrol. Bailey has also added a couple pieces of her own. "This is a great opportunity for our class to show its stuff," Bailey said, "and to get over the hurdle of actually putting our art out for the public to view."

Bailey's class is conducted each Tuesday, commencing at 10 a.m. and continuing to about 11:30 a.m. In the series, students are encouraged "to find their own comfort level" while exploring the various mediums and painting styles.

The show may be seen during normal business hours in the cafe area of the People Plus Center, 35 Union Street, Brunswick.



Tiger Lily, Acrylic

by Beth Aldenberg

Harpwell's Annual Tree Lighting Celebration will take place Saturday December 3, 2016 at 5:30 p.m. at Centennial Hall, Route 123 Harpswell Center. Please join the *Harpwell Historic Society* and the *Harpwell Garden Club* for carols and refreshments. Children of all ages are welcome. FMI call Becky 833-6159.

Need a Ride?

The *Volunteer Transportation Network* (VTN) coordinates volunteer drivers to provide free transportation for those in need of rides.

- Who can ride?** Adults (over 18) who:
- can't drive (temporarily or permanently)
 - are able to get in and out of a car with minimal assistance (no wheelchairs)
 - live alone or have no transportation
 - live in the greater Brunswick area
 - completed VTN Rider Registration

Where/When? VTN provides rides during the day, Monday-Friday. Ride requests should be made at least three (3) business days in advance for appointments such as: medical visits, food bank, shopping/library, hair or other personal care appointments, gathering and classes.

FMI: 729-0757, driver@peopleplus-maine.org or www.peopleplusmaine.org or www.peopleplusmaine.org



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