



People Plus  
P.O. Box 766  
Brunswick, ME  
04011-0766

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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



Carmella Pellerin shows off one of six dessert pizzas she created for last month's holiday luncheon.

### Merry Pop-Ins, VTN, Good Morning

## Resolve to help more in 2017

The new year is the perfect time to decide to be of more service to your community. The People Plus Center always needs more volunteers to support existing services AND to make success stories of our new efforts.

Increased demand for rides from our Volunteer Transportation Network (VTN) and a need for "listeners" for the Good Morning call-in program means we're always looking for more volunteers. We've had many new riders (263!!), sign up for the VTN, meaning we need more and more drivers to support them. Our Good Morning call-in program needs at least one more volunteer right now to answer an expanding lists of callers (this is a once a month commitment), and there is always room to share responsibility on both

teams.

If you want to be on the front lines of a great new idea, (thanks Gladys!), then the "Merry Pop-ins" is for you! We want to encourage

*"We cook more, feel grateful more, spend more time with friends and loved ones, and generally appreciate the good will of man." -SVF*

volunteers to make social home visits to members and friends who are under the weather, feeling isolated, going through rehabilitation, or just in need of a friend. You might

end up delivering a meal from the Center, a book from the library or chatting about the weather. This new program launches in 2017 and we need you!

The important point to remember about volunteering is this, you almost always gain more than the people you support. Join us now!

\$50,000

## Annual Fund passes half way mark

A few early generous gifts got us off to a running start, so after little more than a month of solicitation, the Annual Fund campaign to support People Plus goes into the new year more than half way toward its goal, with several "Challenge Grants" in place to help move the total toward completion.

Office Manager Betsy White reported on Dec. 20 that the Annual Fund campaign stood at \$25,510, with an additional \$983 donated by members at time of dues payment. On the same date the Brunswick Area Teen Center drive stood at \$7,795.

Executive Director Stacy Simpson-Frizzle said four "generous donations" by "dedicated members" should help drive the success of the campaign by encouraging others to give. "These lovely donors who recognize the importance and value of our Center have earmarked their gifts to match the donations of others." She said Ellen Asherman of Brunswick has pledged up to \$2,000 to match new donations from folks 65 years old or older during the campaign. "She was hoping to stimulate new donations of \$25 or more," Frizzle said. Additionally, Robert and Marge Healing and Suzan Wilson and Dan McLaughlin both of Brunswick have pledged \$5,000 each to match new donations as well; and Richard and Eleanor Morrell, perennial supporters of the Center, have pledged \$5,000 on top of that!

The People Plus campaign seeks \$50,000 and the Brunswick Area Teen Center's goal is \$10,000.

### K of C sponsoring beef stew dinner

Members of the Knights of Columbus, Brunswick Lodge, are sponsoring a Vegetable Beef Stew dinner at the People Plus Center on Saturday, Jan. 21, serving from 5-6 p.m. The home-made stew, with biscuits, tossed salad, dessert and drink, costs only \$8 per person.

Tickets are on sale from noon to 2 p.m., Jan 9-19 (when the Knights are playing cribbage at the Center) or you can see Pat at the People Plus information desk. In case of bad weather, the dinner will be rescheduled to Jan. 28.

### FYI! "Oil and Vinegar 101"

Thursday, Jan 12, 12:30 pm



Pat O'Brien, Director of Marketing for FIORE Artisan Olive Oils & Vinegars, located at 90 Maine Street, Brunswick, will present an overview of extra virgin olive oil from the latest harvest, as well as the traditional production and aging methods associated with traditional balsamic vinegars of Modena. This will be an interactive experience including tastings of oils and balsamics during the presentation. Immediately following the presentation Pat will have selected products available for tasting and purchase.

## Plans for Musical Gala progressing

The 15th annual Music In April gala to benefit the People Plus Center is "going to be bigger and better than ever," Center Executive Director Stacy Simpson-Frizzle predicted, going to a new venue, with more sponsors than ever.

Frizzle said the event will be held at the Sky Hy Conference Meadow Road in Topsham, as the old Knights of Columbus building in Brunswick has been sold

and is being converted for other uses. She said the new site offers some "exciting possibilities," and allows for some much needed expansion of the popular event.

This year's gala will be April 6, from 5 to 9 p.m., and will again benefit from the "legendary guidance" of general chairperson extraordinaire O Jeanne d'Arc Mayo. "There is just no reason NOT to assume this will be the best one yet," said Frizzle,

"That is just the way it happens!" Nearly a dozen sponsors are already signed on to participate, and this year's lead sponsors: Bangor Savings Bank, Coastal Landing and Mid Coast-Parkview Health, are ready to go!

Over the years, the Music in April program has evolved into one of Brunswick's largest social events, featuring an exceptional buffet-style dinner provided by local restaurants; plus huge live and silent auctions; several live musical performances; and "a surprising new feature or two, keeping it always fresh, fun, and exciting!" Tickets are still only \$50, Frizzle said, and what's available sells quickly.

Last year's event raised more than \$50,000 for the People Plus Center and the Brunswick Area Teen Center.

April 6, 2016



## "Aging Well" Lunch and Learn: "What's Got you Sick?"



Monday, Jan 23, 12 pm

Do you think you are getting unnecessary health care tests and procedures? Do you ever wonder why you need a test or a procedure, but were afraid to ask? Some medical tests, treatments, and procedures provide little benefit.

On Monday, January 23rd at 12 pm, Maine Quality Counts and Spectrum Generations will talk about When You Need Antibiotics—And

When You Don't. Antibiotics can sometimes seem like universal cure when a cold or flu has you feeling under the weather, but when overused or misused they may have serious risks. Come learn more about the 5 questions you should ask your healthcare provider before taking antibiotics. Bring your lunch (or grab take-out from our Monday Munchies), we provide chips, drinks and dessert. Call to register.



Happy New Year from your friends at People Plus!

## People Plus News

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

[news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

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

The Editor, People Plus News  
P.O. Box 766  
Brunswick, ME 04011-0766  
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### People Plus Staff

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



# Love they neighbor...

No matter how you celebrate the holidays, this time of year brings out the best in all of us. We cook more, feel grateful more, spend more time with friends and loved ones, and generally appreciate the goodwill of man. I feel so very thankful to have three healthy children, a loving family and a supportive community in People Plus.

In fact, supporting community is the core of what we do at People Plus and as we enter our 41st year serving the senior (and teen) communities of the greater Brunswick area, I'm excited to renew our focus on our mission of supporting an engaged, healthy and independent lifestyle for seniors in this community of all ages.

We plan to do that through many avenues, including continuing to grow our existing home support programs; the Volunteer Transportation Network (VTN) and the Good Morning call-in program, (GM).

Our VTN provided over 10,000 miles of free rides for homebound seniors in our community this year - 2016. We average over 100 rides a month these days servicing nearly 300 registered riders. This is an invaluable service to people who can no longer drive or don't have access to transportation and the money to take taxis

everywhere they go. We desperately need more drivers who can help out in whatever way is convenient for them. This means maybe providing one ride a month or one a week. It's all up to you! And we hear from all of our drivers that the rewards for providing rides to those who are "trapped at home" is invaluable.

The Good Morning call-in service helps many people who live alone and their families feel more confident that they are on someone's radar. By leaving a voicemail message every morning the users of the program alert our group of volunteer listeners that they're OK that day. If they don't leave their voicemail by 9:30 am, one of our volunteer listeners will call them and if they don't pick up the call, their emergency plan will be initiated, which may include a welfare check by the local police. This free service provides peace of mind for families and participants and has resulted in a number of callers being visited by local responders who have found them in various stages of need. There is room for about 25 new callers to sign up as participants. So if you live alone, no matter your age or ability, this is a fantastic program for you to begin using and it only takes 30

## From the Executive Director

Stacy Simpson-Frizzle



seconds a day. And you are NOT too young or healthy for it, (Wilma, Judy, Lorraine, Gladys, Wanda, Elvina, Ellen, Ann, Dottie, Jeanne, Michael, Bill, Steve, etc, etc, you KNOW I mean you...) So, if you live alone, (even in a community with others), that 30 second phone call a day can save your life!

Lastly, we are launching the "Merry Pop-Ins", a new program which has been in the grassroots stage for a while. This group of volunteers will make social home visits for our friends who are under the weather, going through rehab, unable to get out, etc. The Merry Pop-Ins might take a meal provided by People Plus, deliver some flowers, pick up a book from the library, drop off their newspaper, etc. while they spend a few minutes with someone who needs their day brightened. If you're interested in becoming a Merry Pop-In, (flying umbrellas provided!) please tell Pat at the front desk.

Being able to age in place and remain in our homes provides a sense of comfort and well-being as we grow older. There is safety and security in the familiar, but doing it alone can be challenging. These three People Plus programs enable seniors to stay safely at home as they enjoy their later years in life.

Please join us to support these programs either as a driver, a Good Morning listener, a rider, a caller, or as a Merry Pop-In!

And help us continue to flourish and grow old together here at People Plus, the Center that Builds Community.

## Memorial Donation in Memory of

**Dana Mayo**

July 20, 1928 – Nov. 26, 2016

**Ruth Vogel**

Oct. 4, 1923 – Nov. 25, 2016

## From Anita's Plate

Anita Huey



207-504-6439, [shebakme@comcast.net](mailto:shebakme@comcast.net)

### A Personal Nutrition Plan

I hope that everyone had a Merry Christmas and a Happy New Year! This is the time of year when we start hearing about "New Year's resolutions"! Many times people try to make changes that are too drastic and unrealistic. Often they try something that they saw on the Internet or TV. Most of these resolutions last just a few days or weeks. Just last week one of my clients asked me what percent of the people I see are successful. My answer was, "Most of them!" I went on to explain that each person leaves with their own personal plan that is unique to them and something that they can stick with. They are also given tools that will help them with their goals. An example of this is a shopping and meal planning list that one of my client's inspired me to create. It also includes some name brand products that help make shopping easier. Each week I receive emails from the Academy of Nutrition and

## Apple Pie

### Ingredients:

- 3 small apples, cored
- 2 Tb. Lime juice
- 3 Tb. Almond butter
- 1/8 t. cinnamon
- 1/8 t. nutmeg
- 1/8 t. vanilla
- 1/8 t pumpkin spice

### Directions:

1. Preheat oven to 350 degrees.
2. Make sure to leave the bottoms intact. Cut off the top of each apple and core out the middle.
3. In a bowl, combine the lime juice and 2 cups of water.
4. Soak the apples in the water for about 5 minutes to prevent browning.
5. Combine the almond butter, cinnamon, nutmeg, vanilla and pumpkin spice and mix together.
6. Spoon the mixture into the center of each apple.
7. Bake the apples for one hour.

Dietetics. These emails provide nutrition nuggets on what is happening in a dietitian's world. Recently one particular one caught my eye. The by-line was about weight loss plans and one size fits all! When you click on the email it said, "Not by a long shot!" It went on to explain that each person needs to make his or her nutrition plan a personal one. This is just what I encourage individuals to

do! If are looking to make some changes in your food or exercise routine in this New Year, take a different approach and set some small personal goals. Once you reach those goals you can the next step to make some new ones. This personal and realistic approach will, likely, increase your success in 2017!

## 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](http://www.peopleplusmaine.org), or local media for closure information.



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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## Cutting down

by Elizabeth Bates

The ancient Maple tree with the light gray bark and the many upward-reaching arms that the Hairy Woodpecker had been feeding on, his beak pounding on it possessively.

Hard to say how old it was, but it was leafless this year. I knew it was dead, but it still brought me tears to see the logs, cut into sizes, both large and small.

That truck backed in, and the logs lifted up by huge metal claws. The stump was leveled by another machine, and the dust brushed away until the lawn was clean.

You would never know there had been a tree there, no cemetery stone, and only I care.

## “ME”

(author not known, offered by Pat Mahoney)

You tell me that I'm getting old I tell you that's not so! The house I live in is all worn out, and that of course, I know.

It's been in use a long, long time and weathered many a gale, I'm really not surprised to find It's getting somewhat frail.

The color is changing on the roof and the windows are getting dim. The steps by now are quite well worn their appearance no longer trim.

The foundation is not as steady as once it used to be. Yes, my house is getting shaky But my house is just not me!

A few short years can't make me old, I feel I'm in my youth. Eternity lies just ahead a life of joy and truth.

I'm going to live forever there and I think it will be grand. You tell me that I'm getting old? You just don't understand!

The dweller in my little house is bright and young and gay. Just starting out on a life that lasts a great eternal day.

You only see the outside, which is all that most folks see. You tell me that I'm getting old You've mixed my house with me!



## Near Miss

by Sally Hartikka

It was snowing hard, and the road was greasy. On the hill, she shifted down; she felt uneasy. Soon, gravity took over and she couldn't brake. A train whistle sounded. There's a decision to make. The train came toward her, and it was getting near. She spotted a curb, constructed just last year. She quickly aimed at this four inch impediment, Hoping the car would stop, not just roll over it.

It worked, and as the train rolled past Park Row, She found she had missed it by eight feet or so. She bought studded snow tires that very same day And gave thanks that the curb had been placed in her way.

## JANUARY

by Patty L. Sparks

Come, let winter weave her wondrous spell, for all of nature is at peace, in this the month of dreams

## CHRISTMAS TREE

By Virginia Sabin

You fell into my lot  
Trussed up with stone  
Tethered with wire  
Defying odds  
Of remaining righted  
This Christmas tree will stay  
Buried deep in January snow  
Boughs burdened with winter's sleet  
Still you stay  
Standing tall  
A comfort to me

## Ship of Dreams

by Charlie Payne

Darkness devours the sun's last gleaming,  
Shadows fall on the garden's stone wall.  
Now is the time for daydreaming.  
My dream ship's helm puts me in thrall,  
She sets sail with pennants streaming.  
The sea batters the strakes all the way,  
to the ships wake in a squall.  
A silvery path of moonlight in its wake is beaming,  
Each kick of the wheel brings my Pole star  
Closer to Morpheuss' Hall.  
My isle of dreams ends in reveille's call.

## THANKS TO INDEPENDENCE ASSOCIATION

by Gladys Szabo

Sometimes you have a job where you make friends and then you leave for whatever reason. You may keep in touch with co workers or remember them for many reasons but sometimes something special happens. You develop a very close relationship with someone which lasts for the rest of your life

This was my experience when I became a staff member for Independence Association in the year 2001. My first job was going to the home of Mr. and Mrs. Payne to assist their son Chuck in getting up, not always an easy task as Chuck doesn't like to get up. I would get him washed, dressed and fed. I then did the dishes with Chuck assisting by drying and putting away the forks and spoons. Sometimes when he wasn't happy they would end up on the floor, draw and all! When we finished we would leave for the day program at Independence Association, where Chuck spent the day socializing, doing many activities and going out in the community. I also spent my day there as part of the staff, working with all individuals whom attended the day program. Every other Friday evening I worked with Chuck fed him dinner,

did activities or took him out shopping, visiting or walked in a park. At bedtime I got him into bed and tucked in for the night. I became very close with Mr. and Mrs. Payne and many Friday's my granddaughter Amanda would come along with me. She would visit with Mr. and Mrs. Payne as I got Chuck to bed. To this day she and Mr. Payne have kept in touch throughout her college years and presently as she is living in RI. In time all my family came to know the Paynes and we have spent holidays together as extended families ever since. Being part of Mr. Payne's receiving this acknowledgment as one of Independence Association's founders' means a lot to me. Independence Association has given me many wonderful opportunities. I had never had any connection with people with disabilities. I learned so much and fell in love with so many of the Individuals I served plus I gained an extended family. I

would never have experienced such a rewarding opportunity or met so many wonderful people, had Independence Association not been founded. It has given and still gives so many challenged People the opportunity to live lives they may never have been able to experience. Staff helps them take part in the community to their fullest potential by shopping, taking part in sports, fun events and learning how to do things for themselves. This gives them a feeling of self worth and connects them with the world around them. There is no better feeling then helping an individual accomplish these feats for themselves, knowing it never would happen without Independence Association. I am now retired but co guardian for Chuck with his dad, never ending this close relationship.

Thank you from individuals served and staff for such a rewarding opportunity although it is extremely challenging.

New Location for 2017 Music in April!



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| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|--|--|--|--|---|
| <p><b>HAPPY NEW YEAR!</b><br/><b>Center Closed</b></p> <p>2</p>   | <p>3</p> <p>8:30 Table Tennis<br/>9:30 Beg/Intermediate Bridge<br/>10:00 Art with Connie Bailey<br/>10:30 Yoga<br/>1:00pm Quilters<br/>6:00pm Knights of Columbus</p>  | <p>4</p> <p>8:45 Cribbage<br/>9:00 Mah-Jongg<br/>9:00 Loosen Up<br/>9:00 Winter Outing Club<br/>10:00 Meals On Wheels<br/>10:00 Table Tennis<br/>12:30pm Tai Chi - Advanced<br/>1:00pm Write On Writers<br/>5:30pm Knights of Columbus</p>   | <p>5</p> <p>8:30 Women's Breakfast<br/>8:30 Table Tennis<br/>9:30 Beg/Intermediate Bridge<br/>9:30 Exploring Religions<br/>11:00 Balance/Falls Class<br/>6:00pm Beginning Line Dancing<br/>7:15pm Advanced Line Dancing</p>              | <p>6</p> <p>9:00 Mah-Jongg<br/>9:00 Loosen Up<br/>10:00 Beginner's Tai Chi<br/>10:30 Meals on Wheels<br/>11:00 World Affairs Talk<br/>11:00 Qigong<br/>6:30pm Folk Dance Brunswick</p>   | <p>7</p> <p>8:30 Maine Meditation<br/>10:00 Bridge</p>                          |
| <p>9</p> <p>9:00 Mah-Jongg<br/>9:00 Crafters<br/>9:00 Loosen Up<br/>10:00 Zumba<br/>10:00 Apple Club<br/>11:00 Monday Munchies<br/>11:00 Table Tennis<br/>12:00pm Bridge<br/>1:30pm Intro to Pickleball<br/>6:00pm Belly Dancing</p>  | <p>10</p> <p>8:30 Table Tennis<br/>9:30 Beg/Intermediate Bridge<br/>10:00 Art with Connie Bailey<br/>10:30 Yoga with Ann<br/>11:30 Lunch Out<br/>12:30pm Aerobics Lite<br/>12:30pm Welcome to Medicare<br/>3:00pm Kaffeestunde! German Club<br/>4:30pm TCAC Meeting<br/>6:00pm Knights of Columbus</p> | <p>11</p> <p>8:45 Cribbage<br/>9:00 Mah-Jongg<br/>9:00 Loosen Up<br/>9:00 Winter Outing Club<br/>10:00 Meals On Wheels<br/>10:00 Table Tennis<br/>12:30pm Tai Chi - Advanced<br/>1:00pm Write On Writers<br/>6:30pm Brunswick Coin/Stamp</p> | <p>12</p> <p>8:00 Men's Breakfast<br/>8:30 Table Tennis<br/>9:30 Beg/Intermediate Bridge<br/>11:00 Yoga<br/>1:30pm FYI! Olive Oil &amp; Vinegar<br/>6:00pm Beginning Line Dancing<br/>7:15pm Advanced Line Dancing</p>                   | <p>13</p> <p>9:00 Mah-Jongg<br/>9:00 Loosen Up<br/>10:00 Beginner's Tai Chi<br/>10:30 Meals on Wheels<br/>11:00 World Affairs Talk<br/>11:00 Qigong<br/>6:30pm Folk Dance Brunswick</p>  | <p>14</p> <p>9:00 KOC<br/>10:00 Bridge</p>                                      |
| <p><b>Martin Luther King Day</b><br/><b>Center Closed</b></p> <p>16</p>   | <p>17</p> <p>8:30 Table Tennis<br/>9:30 Beg/Intermediate Bridge<br/>10:00 Art with Connie Bailey<br/>10:30 Yoga with Ann<br/>12:30pm Aerobics Lite<br/>1:00pm Quilters<br/>3:00pm Books a la Carte<br/>6:00pm Knights of Columbus</p>  | <p>18</p> <p>8:45 Cribbage<br/>9:00 Mah-Jongg<br/>9:00 Loosen Up<br/>9:00 Winter Outing Club<br/>10:00 Meals On Wheels<br/>10:00 Table Tennis<br/>12:30pm Tai Chi - Advanced<br/>1:00pm Write On Writers<br/>5:30pm Knights of Columbus</p>  | <p>19</p> <p>9:30 Beg/Intermediate Bridge<br/>9:30 Exploring Religions<br/>11:00 Hearing Screenings<br/>11:30 CHANS BP Clinic<br/>12:00pm Lunch &amp; Connections<br/>6:00pm Beginning Line Dancing<br/>7:15pm Advanced Line Dancing</p> | <p>20</p> <p>9:00 Mah-Jongg<br/>9:00 Loosen Up<br/>10:00 Beginner's Tai Chi<br/>10:30 Meals on Wheels<br/>11:00 World Affairs Talk<br/>11:00 Qigong<br/>6:30pm Folk Dance Brunswick</p>  | <p>21</p> <p>9:00 KOC<br/>10:00 Bridge</p>                                      |
| <p>23</p> <p>9:00 Mah-Jongg<br/>9:00 Crafters<br/>9:00 Loosen Up<br/>10:00 Zumba<br/>10:00 Android Out of the Box<br/>11:00 Monday Munchies<br/>12:00pm Bridge<br/>12:00 Lunch &amp; Learn<br/><b>What's Got You Sick?</b><br/>1:30pm Intro to Pickleball<br/>6:00pm Belly Dancing<br/>6:30pm Civil War Book Club</p> | <p>24</p> <p>8:30 Table Tennis<br/>9:30 Beg/Intermediate Bridge<br/>10:00 Art with Connie Bailey<br/>10:30 Yoga with Ann<br/>12:30pm Aerobics Lite<br/>2:30pm Café en Français<br/>6:00pm Knights of Columbus</p>  | <p>25</p> <p>8:45 Cribbage<br/>9:00 Mah-Jongg<br/>9:00 Loosen Up<br/>9:00 Winter Outing Club<br/>10:00 Meals On Wheels<br/>10:00 Table Tennis<br/>12:30pm Tai Chi - Advanced<br/>1:00pm Write On Writers<br/>6:30pm Brunswick Coin/Stamp</p> | <p>26</p> <p>8:30 Table Tennis<br/>9:30 Beg/Intermediate Bridge<br/>11:00 Diabetes Program<br/>11:00 Yoga<br/>1:00pm Computer Tutor<br/>6:00pm Beginning Line Dancing<br/>7:15pm Advanced Line Dancing</p>                               | <p>27</p> <p>9:00 Mah-Jongg<br/>9:00 Loosen Up<br/>10:00 Beginner's Tai Chi<br/>10:30 Meals on Wheels<br/>11:00 World Affairs Talk<br/>11:00 Qigong<br/>6:30pm Folk Dance Brunswick</p>  | <p>28</p> <p>9:00 KOC<br/>10:00 Bridge</p>                                      |
| <p>30</p> <p>9:00 Mah-Jongg<br/>9:00 Crafters<br/>9:00 Loosen Up<br/>10:00 Zumba<br/>11:00 Monday Munchies<br/>11:00 Table Tennis<br/>12:00pm Bridge<br/>1:30pm Intro to Pickleball<br/>6:00pm Belly Dancing</p>  | <p>31</p> <p>8:30 Table Tennis<br/>9:30 Beg/Intermediate Bridge<br/>10:00 Art with Connie Bailey<br/>10:30 Yoga with Ann<br/>12:30pm Aerobics Lite<br/>2:30pm Apple Out of the Box<br/>6:00pm Knights of Columbus</p>  | <p><b>Plus!</b><br/><b>People Cooks!</b><br/>Stirring things up at the Center!</p>   |  | <p><b>People Plus in the Media</b><br/>News &amp; Views with Frank &amp; Stacy Viewed weekly on Cable Channel 3, Brunswick Community TV: Mon 4 pm, Wed 7 am, Sun 9 pm.<br/>And viewed online, anytime:<br/><a href="http://vimeo.com/harpwelltv">http://vimeo.com/harpwelltv</a></p> | <p><b>News &amp; Views with People</b><br/>The center that builds community</p> |

# Start 2017 with Classes, Games, Clubs and Events at People Plus

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

## EXERCISE AND ART

(paid classes, open to public)

### Aerobics Lite

Tues, 12:30 pm. Combination of sitting and standing movements, gradually working towards goal of standing for the whole hour while moving to music with low impact steps while keeping one foot always on the floor.

### Art with Connie Bailey

Tues, 10-12 pm. Each month the class explores different drawing materials. The class combines artists of varying experience levels.

### Line Dancing

Beg, Thurs, 6 pm, Adv, 7:15 pm.  
A choreographed dance with a repeated sequence of steps in which a group of people dance in a line.

### Loosen Up!

M/W/F, 9 am. A typical session (standing and seated) includes resistance training, core strengthening, and exercises intended to improve balance and posture. Take it once, twice or three times a week.

### Qigong

Fri, 11 am. Related to Tai Chi but with simpler movements. Will help improve your balance and enhance personal energy. Instructor Suzanne Neveux.

### Tai Chi

Beg, Fri 12:00 pm, Adv, Wed 12:30 pm.  
Tai Chi exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements. Instructor Suzanne Neveux.

### Yoga

Tues, 10:30 am, Thurs, 11 am.  
Stretch, flex, breathe and relax for optimum well-being.

### Zumba

Mon, 10 am. With Bea Blakemore, a popular local Zumba Fitness instructor. Aerobic and dance moves set to popular music, this is a low-impact style for seniors.

## ACTIVE GROUPS

(free, for members only)

### Easy Riders Biking Club/ Winter Outing Club

Weather permitting, this group meets for a ride every Wednesday at 9 am. Rides begin at People Plus or off-site location and usually last about an hour. In the winter months, the group puts the bikes away and arranges walks and hikes as part of the Winter Outing Club.

### Table Tennis

For serious players with a sense of humor. Bring athletic shoes or sneakers. We play almost every day. See calendar for dates/times.

### Walking Club

Visit the Brunswick Parks and Recreation indoor track and log your walks in the member logbook.

## GAMES

(Free, members only):

### Beg/Int Bridge

A less formal Bridge group. All levels welcome -- come learn how to play! Tuesday and Thursday mornings.

### Bridge

Experienced players meet to play several games of bridge with different partners. Mondays, 12 - 3:30 pm, and Saturdays 10 - 3 pm including a lunch break.

### Cribbage

Experienced players play cribbage with different partners on Wednesdays from 8:45 to 11:30 am.

### Mah-Jongg

Chinese multi-player tile game. All skill levels welcome. We love to teach new players! M/W/F 9 - 12 pm.

## CLUBS

(Free, members only)

### Apple Club

First Monday of month, 10 am. Meet to share knowledge, ask questions and find answers to the wonderful world of i devices! No experience necessary.

### Books a la Carte

Third Tuesday of month, 3 pm. A unique book club! Share what books you've been reading and learn about what others think are good, too! Discussion of all types of books is encouraged -- the more variety the better the exchange.

### Café en Français

Fourth Tuesday of month, 2:30 pm. Spend a lively hour once a month speaking French with good company.

### Civil War Book Club

Third Monday of month, 6:30 pm

### Crafters

Mondays, 9 am. Meet with other crafters to knit, crochet, scrapbook, cross-stitch, or work on whatever you choose to bring in. Lots of socializing.

### Exploring the Great Religions

First and Third Thursdays of month, 9:30-11 am. Former Harvard chaplain and Bath resident Reginald Smart facilitates the group.

### Kaffeestunde! German Conversation Club

Second Tuesday of month, 3 pm. Spend a lively hour once a month speaking German with good company.

### Quilters

First and third Tuesdays of month, 1 pm. Bring our own project and socialize while you work.

### Tech Time

Third Monday of month, 10 am. Just like Apple Club but for non-Apple products. Bring your device and ask questions.

### World Affairs

#### Conversation Club

Fridays, 11 am. Ed Knox moderates this club. He has lived and worked professionally in the Middle East and taught Mideast History.

### Write on Writers

Wednesdays, 1 - 2:30 pm. Read and share your works of poetry and prose, improve your writing skills. The group has around 20 members. New members are welcome at any time.

## MEALS

### Women's Breakfast

First Thursday of month, 8:30 am. Start your day with a healthy meal and good company.

### Men's Breakfast

Second Thursday of month, 8 am. Start your day with a healthy meal and good company.

### Lunch/Connections

Third Thursday of month, 12 pm. Sign up early for this always sold out meal! Also includes free hearing screenings and free blood pressure checks.

### Lunch Out

Second Tuesday of month, 11:30 am. Organized get-together at local restaurants.

### Monday Munchies

Mondays, 11-12:30 pm. A weekly meal program at People Plus. Sit down or take out. \$4 suggested donation.

## PRESENTATIONS

### 'Aging Well' Lunch and Learn

Fourth Monday of month, 12 pm. Programs that focus on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert.

### FYI! (For your Information)

Monthly programs to tantalize the mind with interesting and stimulating talks, discussions, presentations with snacks and foods.

### Author Chats

Maine authors tell us about their books and writing experiences.

# January at People Plus...



“Elves” lead the line enjoying holiday ham at People Plus last month. Elf Ed Cardali (above), surprised everyone in the hall with homemade bird tree ornaments.

## Balance & Falls Clinic with Head to Toe PT

Thursday, 1/5, 11:00 am

Dr. Christina Levesque, PT, DPT Head to Toe PT of Topsham is back! Learn what balance means, how to prevent a fall, how to properly handle a fall if one occurs, etc. Free, open to the public. Registration appreciated!

**Easy Riders Biking Club** is switching course for the winter and becoming a **Winter Outing Group**. They will still meet Wednesdays at 9:00 am. Outings will include walks, hikes, and other events as the group dictates. Contact Pat at the front desk for each week's outing!

## Welcome to Medicare with Spectrum Generations

Tuesday, Jan 10, 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.

## Technology at the Center

### Apple Club

Monday, Jan 9, 10:00 am

Monthly club for members. Bring your device, and Stacy, our Executive Director, will help answer your questions. For members only.

### Tech Time - Out of the Box!

Monday, Jan 23, 10:00 am

Did you get a new device or computer (non-Apple) for the holidays? Bring it with you and Beth from All Thumbs Computer Care will show you how to get started! All the basics! For members only. Call to register.

### Computer Tutor: Exploring the Internet 101

Thursday, Jan 26, 1:00 pm

Jack Hudson is back! Jack explains the ins and outs of searching the internet. Bring your own device or laptop for this class. For members only. Class size is limited to register today!

### Apple Out of the Box

Monday, Jan 31, 2:30 – 4:00 pm

Did you get a new Apple device for the holidays? Bring it with you and Drew Dow and friends will show you how to get started! All the basics! For members only. Call to register.

## Lunch & Connections

# “Meatloaf and Mashed” coming for January

January’s Lunch & Connections on Thursday, the 19th, will be a mountain of mashed potato, a healthy hunk of meatloaf, all to help us help you through these darkest of winter days. “Meatloaf is one of our standby New England staples in winter,” chef Frank Connors said, “served good and hot and awash in brown beef gravy, it should help everyone forget how cold it is outside!”

Glazed carrots and green string beans will be our vegetable offering, and there will be a deep-dished cheese, noodle and broccoli casserole for everyone to share with our vegetarian friends. Dessert will be a generous slice of our own carrot cake, topped with a sugary glaze and served with a side of colorful, flavor-filled sherbet.

We always have a fresh, lightly-dressed green garden salad for everyone, and the featured drinks this month will be chilled apple cider, hot coffee, tea, milk and iced water. Our bread will be picked up fresh on the morning of the 19th at the Union Street Bakery.

These Lunch & Connections meals are underwritten each month by our friends at

Spectrum Generations, and are carefully planned to focus on nutrition, information, variety and fun. A CHANS home-health-care professional is always on hand to take and record free blood pressure checks prior to the meal, and Mary Marino of Mary’s Affordable Hearing Aids is available in the privacy of the Teen Center to complete free hearing checks from 11 a.m. until noon.

Remember, you need to pre-register after the first of the month to be seated, and seating is limited to the first 68 who sign up. Don’t be disappointed! Cost of the meal is still only \$6 for members and \$8.50 for non-members, payable when you arrive at the door. Yes, you can order a takeout for the same price, to be picked up at 11:30 a.m.

Please arrive after 11:15 a.m. to claim your seat, and remember to ride share if you can, parking is always a challenge when there is snow and ice in the yard. Always register to win one of our free door prizes, and don’t forget to purchase your 50/50 raffle ticket, last month’s winner took home a record \$75!

Our buffet-style lunch is served at noon.

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

## Intro to Pickleball

6 week session starting Jan 9, 1:30 pm

Learn to play Pickleball at the People Plus Center in January! We’ll turn the hall into a court! Theressa Houtman, instructor from Brunswick Parks and Rec, will teach you the basics. All equipment provided! For members only. Space is limited!

## TRAVEL 2017

# “Cowboys, Buffalo, Geysers... Yee Haw!”

September 22-29, 2017

People Plus and Collette Travel have teamed up to offer another fabulous trip! “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. Still spots available - register now!

# Tax Aides coming!

Tax aides trained and certified by the AARP will be available again this season at the People Plus Center, commencing in February. Preparation, review and advice for both state and federal tax returns is a free and very popular service at the Center, and is sponsored jointly by the Center, the Internal Revenue Service and the AARP Foundation. As in recent years, the service will be available at the Center on Tuesday mornings and Thursday afternoons. Each consultation is by reservation only.

Persons using this service should come to their appointment carrying a valid photo

ID, social security numbers for themselves and any dependents, copies of last season's returns and any other tax-related forms or statements received from the Social Security Administration, the IRS, or other pension providers or banks.


The Center will start accepting applications in late January for appointments commencing Feb. 2. This same free service will be offered at Brunswick’s Curtis Memorial Library, the Topsham Public Library, the Bath Area Senior Citizens Center and the Freeport Community Center.

**Bocce!** Try Bocce at the Bath Senior Center. Invitation from Jean Anthony. She will teach you! They play Mon & Wed at 1:30 pm and Fri at 10:00 am.

## Nutrition for Living Stronger

## Ounce of Prevention

SERIES




**Monday, Jan. 9 • 11 a.m.–NOON**  
 Community Room at MID COAST SENIOR HEALTH CENTER  
 58 Baribeau Drive, Brunswick


**Alison Fernald, RD, LD**  
 MID COAST HOSPITAL Dietitian & Nutritionist

*You will learn about –*

- Proper nutrition for bone and gut health
- How diet can help maintain healthy blood pressure and blood lipids, and keep the body’s inflammatory processes in check
- Ways to eat that are fun, tasty, affordable, and healthy

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





**MID COAST Center for Community Health & Wellness**

[www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness)

Presenter Photo by Jeff Morris of The Barre Studio, Brunswick



## A Smile and a storm pack for a wintery day.

Casey Henson (left), the Meals on Wheels Coordinator for Spectrum Generations at People Plus, shows off a sample “Storm Pack” that the meal providers offer in advance of winter storms to their clients. A typical meal contains juice boxes, some canned tuna salad, beef stew, crackers, applesauce and cookies. The packets do not need to be refrigerated. Meals on Wheels recipients are instructed to hold the packets and consume them on stormy days, when the weather makes it unsafe for volunteers to drive. Last year, Meals on Wheels-Brunswick delivered more than 26,000 meals from the Center.

## Food Drive a success

Maybe you missed ol' Santa, hauling that last load of food over to Mid Coast Hunger Prevention Program Dec. 21. For the third consecutive year the People Plus Center reached its goal of collecting 1,000 pieces and pounds of food during the holiday season. This year, the drive went “Over the top” Dec. 20, when our friends collecting over at Aging Excellence called to say they “had a couple boxes to help out!” As of Dec. 21, the collection stood at 1,068 pieces and 1,104 pounds and we collected \$250 in cash donations.



## UUCB Concert features David Mallett

The UUCB Concerts for a Cause series presents singer-songwriter David Mallett, one of America’s true troubadours on Saturday, January 28, 2017, 7:30pm at the Unitarian Universalist Church of Brunswick, 1 Middle Street, Brunswick.

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.

# Dementia Caregivers

EDUCATION SERIES

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

**Third Thursday of Every Month • 4-5 p.m.**  
 MID COAST SENIOR HEALTH CENTER, 58 Baribeau Drive, Brunswick

**UPCOMING PROGRAMS**

- January 19: *What is dementia? Symptoms of Alzheimer's from the Accepting the Challenge video*
- February 16: *Love Relationships & Dementia*
- March 16: *Setting Home Up for Success*

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

This support group is an affiliated group of the Maine Chapter of the [alzheimers.org](http://alzheimers.org) association\*

MID COAST Center for  
**Community Health & Wellness**

[www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness)



**UN-COMMON Snow.** Members of the Thursday Hikers take advantage of the season's early snowfall to ski and snowshoe on the Brunswick Town Commons recently.

**"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](http://www.peopleplusmaine.org) \*menu subject to change



**MONDAY MUNCHIES MENU**

- |                           |  |
|---------------------------|--|
| Jan 2 - Center Closed     | Jan 23 - Butternut Veggie Soup (Vegan) |
| Jan 9 - Turkey Tetrazzini | Jan 30 - Split Pea Soup                |
| Jan 16 - Center Closed    |  |

**Books A La Carte Reading List**

**Hero of the Empire** by Candice Millard tells the story of Winston Churchill's capture and escape during the Boer War. Churchill had a fantastic life. It was almost cut short many times. This well written book describes one of them.

**The River War** by Winston S. Churchill describes his adventures as a young officer and war correspondent during the war in Sudan.

Here again he almost lost his life. Churchill was also a great writer.

**Mysteries** written by Elizabeth Daly. The author writes like Agatha Christie and was one of Christie's favorite authors.

**Mysteries written by foreign authors:**

**Headhunters** by Jo Nesbo (Norway)

**My Soul to Take** by Yrsa Sigurdardottir (Iceland)

**Mysteries combined with science fiction:**

- The Fear Index** by Robert Harris
- Dark Matter** by Blake Crouch
- Book made into a recent movie:**
- The Revenant** by Michael Punke



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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

Senior Real Estate Specialist, SRES • Accredited Staging Professional, ASP



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nancy.beal@century21.com  
[www.midcoastmainehomes.com](http://www.midcoastmainehomes.com)



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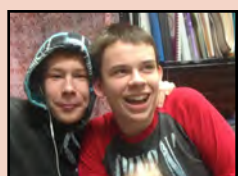
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# Teen of the Month

## Anthony Merritt

Anthony Merritt is a freshman at BHS and has been coming to the Teen Center since 6th grade! His favorite parts about coming are "talking to people and hanging out with friends and rough-housing (but just a little bit)" "I'm a comedian and I like telling jokes here" He wants to add that "Jordan won't let me get a real fox-I wrote it on my Christmas list for our secret Santa and she took it off my list". We missed Anthony most of last year due to transportation issues (he used to take the 5:17 Explorer bus home) but this year we were able to work out rides home with another of our teens and now we see him just about every afternoon! Anthony is such a great kid and is very "punny" when he is telling his jokes! Anthony got 2 tickets to Regal Cinema as his reward.



Congratulations Anthony! (Anthony is the one with red sleeves in the pic!)

### Brunswick Area Teen Center

# Running Barefoot Through January

## Teen Center News

Jordan Cardone



January 2017! Who knows what the New Year will bring! Some big changes with a new President for sure!

Also, and this I know for sure (oh so Oprah); this coming year someone will take their first step, get their first tooth, say their first word, have a first day of school with a new lunch box, have their first birthday, fall in love for the first time, open their first bank account, drive a car for the first time, get their first job, get married, see a rainbow for the first time, get a flat tire, or go on vacation.

Also this year, someone will take their last step, lose their last tooth, speak their last words, have their last birthday, drive a car for the last time, and kiss someone they love one last time....

And others will be living life in between firsts and lasts. We'll still have firsts and lasts, like when we say "Oh boy! I'll never do THAT again", or wear two different shoes to work or see a movie for the first time or make a final car payment, or our first car payment! And in between there will be many things we do over and over and over as part of our daily lives, not for the first time or the last time!

That's how life works! Now the cool thing is that every one of us has the ability to do these things and live this life in our own individual way; laughing, crying, happily, begrudgingly, gratefully, spitefully, creatively, humbly, proudly, fearfully, helplessly, helpfully, selfishly, selflessly, loudly, quietly, solo or with others.

And guess what, you can do it wearing high-heels, tennis shoes, sandals, swim fins, clogs, mud boots, snow boots, fashion boots, roller skates, ice skates, buster browns, saddle shoes, tap shoes, slippers, moccasins, orthotics, flip flops and you can even run/walk through life barefoot! As I end my New Year "Life Reflections" (in place of resolutions), I strongly suggest you hold off on the running through life barefoot this month!

**Teen Center Winter Hours**  
Monday-Thursday  
2:30-5:30 pm

### Winter gardening workshops planned

Those much anticipated Winter Gardening Workshops of the Brunswick-Topsham Land Trust begin Sunday, Jan. 15, at St. Paul's Episcopal Church, Pleasant St. in Brunswick. This season's topics will include Soil Management; Permaculture; Pest and Disease Control; Native Perennials in the Garden; Pruning; and the BTLT annual fundraising lecture: A Dialogue With Garden Experts Extraordinaire. These lectures and hands-on workshops are part of the BTLT Tom Settlemire Community Garden Program and are designed to help gardeners of all levels improve their skills. For details visit: [www.btlit.org/gardening-workshops](http://www.btlit.org/gardening-workshops).

*Looking forward to a bright & new 2017 with you!*

# chicks DO chores

(AND SOMETIMES CHUCK)

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

January 2017

All Spectrum Generations locations will be closed on Monday, January 2nd for New Years and Monday, January 16th in observance of Martin Luther King Day.



**Food Assistance Program Expands Into Brunswick!**

The Maine Commodity Supplemental Food Program (CSFP) works to improve the health of low-income seniors by supplementing their diets with nutritious USDA foods.

The CSFP provides seniors age 60+ with a FREE 30 pound box of non-perishable foods each month. Food packages include a variety of foods, such as nonfat dry milk, juice, oats, cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables. To qualify, seniors must be at or below 130% of the Federal Poverty Income Guidelines and be a Maine resident.

Spectrum Generations is now taking applications for it's new Brunswick pick-up site at People Plus! For an application or form more information, call Casey at 607-4405.

On January 23rd at noon, Spectrum Generations and Maine Quality Counts will be hosting a Lunch & Learn at People Plus. This month the topic is: Viruses or Bacteria? Do you really need those antibiotics?

Come and join the conversation and learn about:

- how antibiotics can help you and their risks
- ways to use fewer antibiotics
- natural alternatives
- the 5 questions to ask your doctor before taking antibiotics
- and other good to know tips



*An initiative of the ABIM Foundation*

Bring a bag lunch (drinks, chips, and cookies will be provided) or have a hot lunch from People Plus' Monday Munchies program (suggested \$4 donation).

This Lunch & Learn is free and open to the public and pre-registration is appreciated. Call Pat at 729-0757 to register.



**SCAM ALERT BULLETIN BOARD**

Tech support scams are a billion-dollar industry. They happen over the phone and online. The goal of the scammer is to take control of your computer remotely,

tell you that you have viruses that can be fixed for a fee, the get you to fork over your credit card number. If you get a tech support call out of the blue, hang up. You should also avoid clicking on pop-up notices that say you have a problem with your computer. If you are experiencing a problem with your computer, call you computer's operating system tech support.

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](http://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.



**Companionship Respite for Veterans and Military Family Caregivers**

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

**What is Legacy Corps?**

Legacy Corps is a program that focuses on veterans and military families serving other veterans and military families. The program provides veteran and military family caregivers relief through respite services, provides information and resources to caregivers regarding common veteran conditions, and it allows the caregivers of veterans and military families to support each other.

**Who is eligible to receive Legacy Corps services?**

- Family members who care for a veteran
- Veterans who care for a family member
- Families with any military service history - including deceased relatives and in-laws
- Families in Kennebec County, Somerset County, the Brunswick area, or the Camden area

**Become a Member Volunteer!**

- Serve 10-12 hours a week for one year
- Become a member of a cohesive team of highly-trained, dedicated volunteers who assist with friendly visiting, recreational activities, errands, transportation and or light meal preparation
- Receive a monthly taxable living allowance of \$160
- Opportunity to earn an educational award of approx. \$1,115 (volunteers age 55+ may gift award to a child or grandchild)

**We're expanding into the Brunswick and Camden areas and are currently seeking new volunteers for a 20 hour pre-service training in February!**

FMI contact Betty LaBua at 620-1662 or visit [spectrumgenerations.org/legacycorps](http://spectrumgenerations.org/legacycorps)

# 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 (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



**Brunswick Police Department** Officers stopped by the Brunswick Teen Center just before Christmas to deliver gifts purchased to fulfill wish lists from more than a dozen Teen center members.

# Who ya gonna call?

The **Good Morning** call-in 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. Get signed up for FREE and let us give you and your family peace of mind!

**DIAPER DRIVER**

Bring diaper donations to People Plus during the month of January!

**LIVE UNITED**  
United Way



|   |  |   |
|---|--|---|
| <b>People</b> <small>Plus!</small>  | <b>PEOPLE PLUS MEMBERSHIP</b><br>PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 | Date _____  |
| Name (1) _____  | Phone _____  | Birthdate _____ <input type="checkbox"/> Female <input type="checkbox"/> Male |
| Email _____   | Emergency Contact _____  | (name) (phone) (relationship)   |
| Name (2) _____  | Phone _____  | Birthdate _____ <input type="checkbox"/> Female <input type="checkbox"/> Male |
| Email _____   | Emergency Contact _____  | (name) (phone) (relationship)   |
| Mailing Address _____   | City _____   | State _____ ZIP _____   |
| <b>Yearly Membership Dues (Scholarships Available)</b>  |  | <b>Cash/Check (Payable to People Plus)</b>                                    |
| <input type="checkbox"/> \$35 per person (Brunswick): ___ New Member ___ Renewal  |  | Membership Dues: \$ _____   |
| <input type="checkbox"/> \$45 per person (all other towns): ___ New Member ___ Renewal                                      |  | Additional Donation*: \$ _____  |
| <input type="checkbox"/> \$250 for <b>Lifetime Membership</b> (65 or over)  |  | (*donations above membership dues are tax deductible)                         |
| OFFICE USE: <input type="checkbox"/> Accounting <input type="checkbox"/> Data <input type="checkbox"/> Membership Card Sent |  | Total: \$ _____   |

Photo by Jeff Morris of The Perce Studio, Brunswick

**ROCK STEADY BOXING MID COAST** improves quality of life for people battling Parkinson's Disease through non-contact, boxing-inspired fitness training.

No boxing experience is necessary and people of all ages are invited to participate.

Classes are led by certified Rock Steady Boxing instructors.

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For more information, please call (207) 373-6585  
[www.midcoasthealth.com/wellness/parkinsons-disease](http://www.midcoasthealth.com/wellness/parkinsons-disease)

**MID COAST Center for  
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& Wellness**

[www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness)

**Fighting Back Against Parkinson's!**

# Weekly Winners

## Senior Intermediate Cribbage

- Nov. 23: Mike Linkovich, 721  
Sharon Wade, 710  
Harry Higgins, 707
- Nov. 30: Colleen Petrin, 708  
Rollande Fortin, 703  
Lois Fournier, 691  
Sumner Ricker, 688
- Dec. 7: Harry Higgins, 720  
Tim Owens, 715  
Anita Owens & Rollande Fortin, 707 (tie)
- Dec. 14: Anne Bouchard, 719  
Lorraine LaRoche, 702  
Lois Fournier, 692

## Monday-Saturday Bridge

- Nov. 19: David Bracy, 3,740  
John Rich, 3,470  
Tina Iffland, 3,330  
Bill Buermeyer, 3,300
- Nov. 21: Joyce Lyons, 4,600  
Sherry Watson, 3,890  
Tony Monaco, 3,690  
Lorraine LaRoche, 3,550  
Bob Cressey, 3,220
- Nov. 26: Bill Buermeyer, 4,880  
John Rich, 3,860
- Nov. 29: Tony Monaco, 3,890  
David Bracy, 3,760  
Terry Law, 3,180  
Anne Brautigam, 3,170
- Dec. 3: David Bracy, 5,100  
Richard Totten, 4,190
- Dec. 5: Bill Buermeyer, 5,220  
Art Trelfry, 4,700  
Paul Betit, 4,540  
Tony Monaco, 3,810
- Dec 10: John Rich, 4,380  
Richard Totten, 4,060

# That coldest night....

The choppers labored sluggishly off the navy station tarmac, dropped their noses into the wind, went to full power and roared off over Brunswick, destination Rangeley. The kid at my side poked me and yelled over the engine noise, "this will be old stuff for you, huh sir?" He was my Bowdoin College contact, (call him Bob) for this "adventure" by me and the Times Record. Bob knew I was a Viet vet pushing ten years out of the jungle, and he correctly assumed I'd spent endless hours flying in helicopters just like these, one mission after the other.

But he had no idea, not really. I looked at him and nodded as we banked over Maine Street, took a bearing off the first Parish church tower and headed west by north, gaining altitude and speed. He was so young, like so many of my other buddies back then, his face bolded by anticipation, his eyes snapping with excitement. It still made me sad to think about it, so I don't.

This one was for the fun of it, right? Three National Guard choppers, ferrying some 20 Bowdoin undergrads off to a challenge weekend at the Navy's survival school in the mountains above Rangeley. They all have attended a couple lectures, done some "field work" in Bowdoin Pines, had some fact sheets offering winter survival pointers, and were all excited for the "next big deal." We looked like out-sized dough boys, packed in Government-issue puffy parkers, over-sized boots, hats and mittens.

Bed rolls, packs and duffle covered our feet. I could have closed my eyes, felt the engine vibration and remembered those jungle days, but decided against it. Nothing to be gained there. I was thankful for the noise, it made talking unproductive.

The choppers flipped whirlwinds of snow as they landed, a crew member pushed open the doors and gestured for us to leave quickly, he didn't want snow in his ship. Outside, cadre from the school waved huge, mittened hands, yelled at us to deplane. I grabbed my duffle, my camera gear and led the charge, following a snowblower trail to a cabin where we had another hour-long lecture. We divided into groups of six, with each man receiving an energy bar and a pack of Lifesavers. Each group was also given a live rabbit, and told there would be no more food issued until we returned to Brunswick Sunday afternoon. We were told the rabbit could be set free or made into a stew, "eat the Lifesavers as you need 'em," the cadre advised, "and save the energy bar for a special occasion."

Each group found its camp site, burrowed into knee-deep snow and made preparations for the night ahead. Two guys plowed away and banked snow, three collected firewood. By dark, most of us were already wet, tired, and hungry. Our rabbit was already in a pot, garnished by "greens" and ferns we retrieved from a nearby brookside. I told a visiting cadre as "attending press," I really expected to sleep in their hut and keep my camera and

film protected. He offered to take the camera with him, but reminded me I might need it if there was an over-night BEAR sighting! I stowed the camera in an airtight bag, and muttered something about "Navy hospitality" as I watched him snowshoe down the ridge where we could see the lights in their cabin window.

It didn't snow that night, I'll always believe it was just too cold. Bob and I slept so close I think he was nervous, and the last words from his mouth as he went to sleep was a "thank you" for dealing with the rabbit and making the stew. I ate my first Lifesaver and wondered if my toes and my camera were going to be okay.

Cadre checked on us at dawn, and insisted everyone show off fingers and toes. I'd used my boots for a pillow, (an old Army trick, I told Bob) so my feet were actually still quite dry. Cadre said it was four degrees below zero on their cabin's south wall overnight, and they made sure we knew it could have been much colder. They also told us one group had "lost" its rabbit, and if we found it, we could have it. "They're tame, you know," the cadre said "tame and trusting." He hoped the pour rabbit didn't get lost and freeze to death! We "reboiled" our stew, added new greens, two cups of new snow and everyone tossed in one candy, just for flavor. At ten a.m. we were invited to a "class" at the cabin, all of us were more than willing to attend. They gave us more

# Speaking Frankly

Frank Connors



suggestions for dealing with the cold, issued new glove liners and socks because they felt sorry for us, and because we were "good students." They asked for a show of hands: "Who still has their energy bars??" I and four others raised their mitts. The cadre shrugged and sent us on our way, no new food. We spent the rest of the day gathering new wood for Saturday night, expecting it to get cloudy and not be so cold. We sat up most of the evening, enjoying the fire and wishing we had some hot dogs or marshmallows. Most drifted off to sleep where they sat, exhausted and hungry.

Sunday morning, we were reintroduced to the cabin, and two guys were used as examples for treating mild frostbite. A vietnam-era cadre led us all in a short prayer and said he was sorry, but the choppers were coming in early. We could collect our gear and wait on the LZ, he hoped we all enjoyed our visit to Rangeley, and that we all learned something about ourselves. He took a \$50 bill from his pocket and offered to buy any remaining energy bars, but there were no takers.

"Incoming," someone yelled, and in twenty minutes, we were all headed for Brunswick, cruising at 1,000 feet. All enjoyed the heat from the helicopter engine, and I was wondering if I had enough good pictures to tell a story.

## New or renewing members for December

- \* indicates new membership
- indicates donation made with membership

### LIFETIME MEMBERS

Richard & Margery Dreselly, Topsham  
Ashby Richards, Brunswick

### Brunswick

Clancy Bernier  
Lorraine Berte  
Paul Betit  
Crystal Bishop  
Robert Broderick •  
Sally Broderick •  
Charles Cost •  
Patricia Croy •  
Carolyn Earnest  
Pat Fortin  
Ann Galloupe •  
Susan Gargiulo •

Maxine Gersh  
Rosalind Harris  
Dana Hirth •  
David Hirth •  
Matile Hugo •  
Nancy Laitala  
Ted Laitala  
Beth Levesque  
Gary McCormick  
Mary Jo Maguire  
Patricia Mahoney  
Ruth E. Nies  
Janice E. Norha  
Christine Oddleifson  
Bea Palmer •  
Ralph Palmer •  
Barbara Raymond  
Carole Sargent •  
Susan Snow  
John Stoll  
Judy Warren  
Rebecca Wegner •  
Doris Weinberg

Leslie Weiss  
Prentiss Weiss  
Michael Winter •

### Topsham

Suzanne Atwood  
Patricia Johnson  
Paul Karwowski •  
Aletta Ricker •  
Barbara Russell  
Donald Russell  
David Selleck  
Gary Weaver  
Susan Weaver

### Harpswell

Hiram Piedmont

### Other places

Ed Ainsworth, • Yarmouth  
Charlotte Hart, Cumberland  
James McQuade,\* Bath



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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](http://www.studentaidfund.org)



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**Civil War book collection:** Exceptional selection of at least 60 books worth more than \$1,200, selling for \$500. Most books are "almost new condition," collection reflects lifelong interest. FMI email: annedodd16@comcast.net

**Mobility Scooter:** We've been offered a "nearly new" mobility scooter, that's available free to the right person. Needs a replacement battery that costs about \$100. Call Frank at the Center for more information, 729-0757.

**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.

**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 January. 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.



King Monarch Butterfly

Alfred Tyrol

**Local Auditions at Maine State Music Theatre**

Brunswick, Maine - Maine State Music Theatre will hold local auditions on February 25, 2017 from 10 am - 2 pm at 22 Elm Street in Brunswick. This is an open call for adults only. Those who want to audition should show up, sign in, and will be seen in the order in which they arrive. MSMT guarantees to see all individuals who show up before 2 pm.

MSMT is seeking local adults 18 and over for the following shows: Guys and Dolls, June 28 - July 15; Grease, July 19 - August 5,

and Disney's Newsies, August 9 - 26.

The theatre is also seeking performance interns ages 18 and over for the full season May 29 - August 27.

Maine State Music Theatre is MSMT is a professional summer theatre celebrating 59 years of Broadway quality musicals at the Pickard Theater on the Bowdoin Campus in Brunswick, Maine.

More information at [www.msmt.org](http://www.msmt.org) or call 207-725-8769.

**Lunch out!**  
January 10th at 11:30 a.m.

**16 Station Ave, Brunswick**

*Be sure to sign up for the car pool!*

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- \* Free Laundry Room

Find your way to **COASTAL LANDING** 142 Neptune Drive, Brunswick 837-6560 [www.coastallanding.com](http://www.coastallanding.com)

**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**

Good Shepherd Lutheran Church • 336 Maine St, Brunswick • 725-6561

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