



Mid Coast Hospital Teddy Bear Club Director Sharon Dodge collected 54 new Friends during the holiday Teddy Bear drive at People Plus last month. "Let your members know these bears will relieve the anxiety of so many little visitors to the hospital," she said.

Come join the FUN!

People Plus needs volunteers to support existing services AND to make success stories of new efforts. We need people in these programs:

- Front Desk Receptionist (once a week or bi monthly)
- Volunteer "Listeners" for the Good Morning Call-In Program - (one day per month)
- Drivers for the Volunteer Transportation Network
- Volunteer "Merry Pop-ins" - social outreach and home visits for friends and neighbors

The important thing about volunteering is that you almost always gain more than the people you support. Join us now!

Merry Pop-ins looks for volunteers

Volunteer Coordinator Gladys Szabo has "put out the call," asking People Plus members to report members and friends in crisis, and to help her help them to realize "they are not being forgotten. Everyone feels better helping someone else," Szabo said.

"It's in our name," People Plus Executive Director Stacy Simpson Frizzle said, "People Plus puts people first." Pop-ins will volunteer to make social home visits and phone calls for friends who are under the weather, going through re-hab, or just unable to get out. "We

just want, and need, to get better at it," Szabo added. She said there have always been "visitations and caring," among members on an informal level, "now we just want to reach and help more people," she said.

Members wanting to alert the Center to members needing calls should leave names and phone numbers with Pat at the reception desk, 729-0757. "A well timed card, call, a visit, or bowl of soup can make a wonderful difference," Szabo said.

Music in April on April 6, 2017

Musical Gala planning is coming together

The 15th anniversary Music in April event to benefit the People Plus Center is "looking great," according to the Center's Executive Director, Stacy Simpson Frizzle. "Major sponsors are in place," she said, "and tables for business sponsors are going fast." She added that solicitation for live and silent auction items is "amazing, every year we say the program is the best ever, and every year we make it better." This year's gala will be held at the Sky Hy Convention Center, Meadow Road, Topsham, for the first time, beginning at 5 p.m. on April 6. Frizzle is excited by the "potential and possibilities" of the new site.

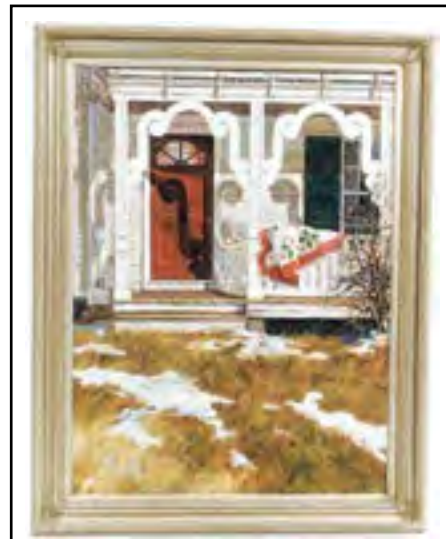
Lead sponsors so far this year are Coastal Landing Retirement Community, Bangor Savings Bank, Mid-Coast-Parkview Health, and Spectrum Generations.

Businesses and organizations already enrolled as table sponsors include: Atlantic Federal Credit Union, Bath Savings Institution,

Bill Dodge Auto Group, Bracket Funeral Home, Edward Jones Investments (Brunswick branch office) Hammond Lumber Co., The Highlands Retirement Community, Neighbors, Inc., Norway Savings Bank, Primerica (Topsham), Rousseau Management, Riley Insurance Agency, and Thornton Oaks.

Over the years, the Music in April event has evolved into one of the Brunswick area's premier social occasions, featuring an exceptional buffet dinner, provided by more than two dozen of the area's leading restaurants, plus huge live and silent auctions, plus several live music performances, "with a surprising new feature or two," predicted Frizzle, "just to keep everything fresh and exciting."

Individual tickets to the event are still only \$50, and are "selling quickly," according to Frizzle. Last season's event raised more than \$45,000 for the Center.



NEW Featured Live Auction item, *Spring Thaw* a framed original acrylic on canvas by Woolwich artist Jack Gable, measuring 48x36 has a gallery price of \$14,000.

Trip planned to Switzerland, Austrian Alps

Join us Tuesday, March 7, at 4:30 p.m. for a Collette Travel introduction to a tour of Switzerland, Austria and Bavaria. This 10-day Alpine tour launches from Innsbruck for four days and Bern for four days, with day trips into Lucerne, Munich, Zurich, and Liechtenstein. There will be panoramic mountain train rides, a walking tour of Salzburg, the quaint town of Oberammergau, a Tyrolean folklore show in Austria, castle walks at Neuschwanstein and Chateau de Chillon (picture on page five) and a visit to historic Wies Church.

Travelers leave Boston Oct., 22, 2017 and return Oct. 31. Air fare, hotels, eight Breakfasts and four dinners are included, cost, based on double occupancy is only \$3,749, if you register before April 24. FMI contact Jill at 729-0757.

FYI! Mount Everest base camp coming



Mountain climber and adventurer Ed Webster brings his Mount Everest base camp experience to People Plus on Thursday, Feb. 23, beginning with a slide presentation at 10 a.m. A Harpswell resident and three-time Everest climber, Webster's stories and demonstrations about preparations and equipment needed to support climbs on the world's highest peak have become "things of legends" in local schools. In the past several years, he has gone to elementary schools in Topsham, Brunswick and Freeport, to set up camp and give students "hands on experiences" in winter survival, mountaineering, and food preparation. His "abbreviated

version" at People Plus is sure to please.

When Webster visits our center he plans to set up a tent for touring, will present a slide show documenting his three attempts at the mountain, and will offer hot chocolate and snacks. Several years ago, Webster was a guest author at People Plus, with his book "Snow in the Kingdom," and his visit drew one of the largest crowds ever. Please plan to preregister for this program by calling Pat at 729-0757. A \$5.00 donation will help us defray costs.



SAVE THE DATE!
GELATO FIASCO
 INSPIRED BY ITALY. PERFECTED IN MAINE.
BRUNSWICK TEEN CENTER
SCOOP-A-THON
 April 26, 2017

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:

The Editor, People Plus News
P.O. Box 766
Brunswick, ME 04011-0766
Office phone (207) 729-0757

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People Plus Staff

- Stacy Simpson-Frizzle
Executive director
director@peopleplusmaine.org
- Jill Ellis
Program and outreach coordinator
programming@peopleplusmaine.org
- Elizabeth White
Office manager
betsy@peopleplusmaine.org
- Frank Connors
Member services
frank@peopleplusmaine.org
- Jennifer Felkay
VTN and marketing coordinator
marketing@peopleplusmaine.org
- Amy Feeley
VTN and programming assistant
- Jordan Cardone
Teen Center coordinator
teens@peopleplusmaine.org
- Patricia Naberezny
Receptionist
reception@peopleplusmaine.org

Spectrum Generations Staff

- Casey Henson
Meals on Wheels coordinator
chenson@spectrumgenerations.org
- Lynn Boardway
Aging & Disability Resource counselor
lboardway@spectrumgenerations.org
- Joshua Rich
Aging & Disability Resource counselor
jrich@spectrumgenerations.org

Check out past newspapers at www.peopleplusmaine.org

To build or not to build...

As I mentioned in my column last month, we are embracing our roots here at People Plus and huge part of that is through community outreach. Our mission reads that we support an engaged, healthy and independent life for older adults...

And we are trying to do just that by creating new programs and services to help our friends and members who can't make it down to participate in all of the wonderful things we have going on here at the center. These programs might include technical help in your home with computer and Internet systems, or a handyman helper to come out and fix the little niggly things that you just can't reach, or a social visitation with a "Merry Pop-in"

stopping by to say hello. In conjunction with our free transportation network and our Good Morning call program, these new outreach programs really speak to supporting our community as it ages independently at home.

As we work to develop these new outreach programs, we are also looking at what else we can be doing in-house to better serve our communities of both senior adults AND youth in grades six through 12 who frequent our Teen Center program almost daily.

And that latter population is certainly eating us out of house and home! And they are bursting at the seams with needing more space to burn off that after school energy, let their hair down, and relax in a safe environment where they trust their supervisors to watch out for them and provide leadership, guidance and love.

It is because of these kids and their need for safety, food and mentoring, that we are chewing on the idea of adding a second floor to the building above the existing hall and kitchen space. The second floor would be available for the Teen Center program to utilize in the afternoon so those kids could have a lot more room to play, have bathrooms (which they currently don't), and a kitchen at their disposal for both cooking meals and taking cooking classes.

The big question of course is, "Can it be done?", and the answer has been a resounding "Yes!"

Working with an in-town engineering group we have put together a preliminary drawing, looked at our foundation, checked out the town building codes, developed a cost estimate (gulp!) and started looking into funding options so that none of the tax payers in Brunswick will be burdened with the cost of this expansion.

From the Executive Director Stacy Frizzle



We will also look at local fundraising efforts and matching grant options to come up with what would probably be a fairly sizable investment in the redesign of this building. We may even sell bricks for the new walls - with your name on it of course!

It's an exciting proposition and one that the staff is looking forward to undertaking. With Jack Hudson our 2nd Vice chair of the board at the helm of the building committee, we've got a great team put together consisting of Jim Pierce, Bernie Brietbart, Doug Rice from Wright-Pierce, Frank Connors, Linda Smith from the town of Brunswick and Mike Cunningham from Lincoln Haney Engineering.

We have sent in our letter of intention (LOI) to the Community Development Block Grant program at the state of Maine. Fingers crossed that funding will come through. If so, we will be looking to move forward with our application. And I will keep you posted on every step of the way. Right now we are in the very early "baby steps" stage of planning and I need to meet with lots of different people to make sure we're doing the right thing every step of the way...

If anyone reading this is interested in participating with this project please let me know! We are always looking for fresh ideas and energy around committee work. So bring us your thoughts about how to keep making this place better and better! And I promise you won't be bored!

So I'll see you here this month I hope - in the ice and snow - down at People Plus, the Center that Builds Community.

Who ya gonna call?

The *Good Morning* call-in program is 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.

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.

Get signed up for FREE and let us give you and your family peace of mind!

From Anita's Plate



Anita Huey

207-504-6439, shebakme@comcast.net

February is American heart month. Let's not forget that it is also the month for Valentines Day. What do we want to do to take care of our heart? There are several things that I encourage people to consider:

- Decrease your sodium intake
 - Decrease your added sugar intake
 - Decrease your saturated fat intake
 - Maintain a healthy weight
- If we can make some changes then they can add up to big rewards. Here are some ideas to think about adding to your daily routine:
- Use spices instead of salt. Not only do spices offer flavor but also they can provide health benefits. Some of my favorites are turmeric, cinnamon, fennel, cayenne and cumin.
 - Use flavored water instead of sweetened beverages, choose food with less added sugar and add less sugar to recipes.

Moroccan-Spiced Lentil Stuffed Peppers

- Ingredients:**
- 4 large bell peppers, cut lengthwise, seeds and ribs removed
 - 2 Tb. olive oil
 - 1 medium yellow onion, diced
 - 3 cloves garlic, minced
 - 1 8-ounce package button mushrooms, roughly chopped
 - 1 Tb. ground cumin
 - 1 t. ground turmeric
 - 1 t. ground ginger
 - ½ t. ground cinnamon
 - ¼ t. ground cayenne
 - 2 cups spinach
 - 1 cup lentils, cooked
 - 1 cup quinoa, cooked
 - ½ cup cashews
- Directions:**
1. Heat oven to 350°.
 2. In a large skillet over medium-high heat, heat oil. Cook onion and garlic, stirring frequently, add mushrooms.
 3. Season mushroom mixture with cumin, turmeric, ginger, cinnamon and cayenne, and then stir in spinach, lentils, quinoa and cashews.
 4. In a baking dish, arrange peppers cut side up. Divide lentil mixture evenly among peppers, cover with foil, and bake, 30 minutes. Remove foil and continue baking until top crisps, 10 to 15 minutes.

A fourth **Diabetes Prevention Program** will begin Thursday, April 27, from 3-4 p.m. at the People Plus Center. Each program lasts 16 weeks. Cost for People Plus members is \$125, for non-members is \$150. FMI, call 504-6439

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.

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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The Darkest Time of the Year

by Sally Hartikka

The darkest time of the year is here, And some of us tend to get blue. The holiday's over, decorations are gone, And it seems there's not much to do.

Let me suggest some ideas for things That might just bring you cheer: First, you need sunlight, so go outside; Walk, enjoy the atmosphere.

It's a good time to make plans for something... A party or trip in the spring. Call a shut-in and have a long chat; Imagine the joy that would bring!

Do something creative: paint, knit or draw. Work on your scrapbook or cook something fine, Something you've not made before. Then invite friends over to play cards and dine.

This can also be a time to reflect On your life and goals you've fulfilled. What do you still want to accomplish, And what projects you still want to build.

So get over your funk, and make out a list Of everything you might do To take your mind off the clouds and the gloom And get over feeling blue.



That Super Day

By P.K. Allen

It's that super day of the year once again, bringing gusto and courage to all of the men. Though some ladies do care while others deplore, the carrying on when our team makes a score.

First, we gather with friends who are in a good mood, then break out the peanuts, soda, beer, chips, and food. As we huddle by the TV, and pass strategies around, our quarterback is sacked and lies on the ground.

This scene is repeated in each house in each town, the cheering and jeering with each pass and first down. Which tells everyone near that it's a great way, to spend time with your friends on Super Bowl Sunday.

Return of the Five Brown Mounds by Vince McDermott

A few years ago I wrote a piece about five brown mounds which appeared one morning under a rhododendron bush in our yard. The mounds were deer which had slept under the bush and had been munching on the leaves. On a recent frigid Sunday morning I had discovered a very large number of tracks in fresh snow. I also noted that the tops of

two slats in our wooden fence were broken. Around sunset that evening, while there was still a little light, I saw five large deer in our yard. They were nosing on as many plants and bushes which they could reach. My wife noticed that one was limping. Had he been the one to try to leap over our fence?

Could these deer be the same five which I had seen previously? At least a few could have been in the first group. On another note - we had lived in our house for over ten years before deer became attracted by rhododendron bushes. Have the bushes changed or have the deer developed a new appetite?

Transitioning from 2016 to 2017

by Betty Bavor

My Dad used to say, "We are creatures of habit". I think I am, as I have a New Year routine of organizing my record keeping, clearing out receipt envelopes to get ready for income tax preparation. I have been doing the same system for many years. My financial record book has pages tabbed for various items—utilities, auto, doctors, membership, home improvement, contributions, entertainment, trips and gifts to name ten of 15 categories. I replace calendars in strategic locations to record important information such as appointments, events, delivery dates, a phone visit with a cherished friend, a new appliance etc. Included also may be not so happy occasions, an accident, illness, death and tragedy beyond our control.

I have kept calendars through the years and when my calendar box was being scrutinized for space on the moving van, my children said, "You do not need these!" "I beg to differ with you," was my reply. These calendars are our lives and I need them! My children obliged to make me happy, most likely, and the box now resides in a closet at my house. I have surprised myself by the number of times I have consulted my trusty calendars in the year and a half since I've become a Mainer. One such request was the year I was diagnosed with glaucoma, another, the year we traveled to Omaha, Nebraska for a WWII reunion. 2016 calendar will join the bunch so in the future, I can check back on how many Write On Writers gatherings I have attended, where I've hiked with Thursday Hikers, People Plus events, when and who visited me in 2016.

Don't get the idea I idolize "The good old days" but memories are treasures to carry with you always. My present motto is "These are the days"! Reach out for the opportunities in the near future, maybe even today and think the best is yet ahead. Embrace new ideas, accept change, don't be fearful, be happy, have a healthy lifestyle, a social network, tolerance, forgiveness and faith. When you look in the mirror each morning, smile at the reflection looking back at you, remind it that LIFE IS GOOD, SHARE SOME HAPPINESS and count our blessings.

SHADOWS IN THE MORNING

by Elizabeth B. Bates

The light brightened on a cold winter day. It cast odd shadows around the apartment. Too soon to turn off the lights and not quite ready to open the blinds, Sean sat down in his rocker and turned on the television. The weather news was not too bad. It was time to make his breakfast. His cat, Sheba, was entering the kitchen looking for her food. He turned off the television and was deciding what to make for himself when he heard Sheba making a low guttural growling sound. He got up and went into the kitchen to see what she was growling at. She was standing in the middle of the table staring hard into space and making that odd sound. Her eyes were large and her fur was standing on end. As he went toward her, she slowly lowered her head and stepped backward, growling the whole time.

He looked all around the room but he didn't see anything to disturb her. "What do you see?" he asked her. He went over to her and he started to pat her. She shook him off and jumped down to the floor and ran out of the room. He couldn't figure out what she had seen. He opened the blinds and looked outside. There were some crows cawing in the distance. She hated crows, but the sound was distant. Maybe some kind of bug had been in the room and had disappeared. He went looking for her, but she was not in sight. She had probably gone under his bed, her favorite hiding place.

He opened the rest of the blinds and saw that the day was going to be cloudy. The snow was blanketing most of the yard and it might snow again later. The driveway, already plowed after the last storm, was empty, his automobile in the garage. The road beyond was empty, too. It was a country road, with few neighbors. He liked it that way. He went back into his kitchen and made toast and coffee and noticed that Sheba's dish was empty. He

thought he had just filled it the night before, but maybe she had eaten it all earlier before he got up. He refilled it, so she would have more. Again he wondered what she had been afraid of that morning. He looked around again, but he still didn't see anything to be afraid of. Sheba was getting old now, maybe she was having mental problems. He laughed to himself. Do cats have mental problems?

Sheba suddenly appeared in front of him. She must have smelled the bacon, he thought. She began meowing excitedly and running toward the door. "All right, all right, I'll let you out" he said. He got up and started to open the door and Sheba ran out. A small cloud of smoke went by his face and he turned around in surprise to see where it had come from. There was more coming from the kitchen and it all rushed toward the open door as he stood there. The smoke alarm began to sound loudly. He finally ran outside. Sheba had been trying to warn him! She knew it was going to happen! How did she know?

My Hope For 2017

by Gladys Szabo

As we start the New Year and encounter our new President, be your choice or not, we have to accept him. We need to unite as a country, not divide. Learn to compromise; listen with your ears, mind and heart.

We all desire a safe, free, secure country with peace, love and acceptance in a country for the people. It's not necessary for all to agree but fighting isn't the answer. Learn to debate without anger as you may learn something from one another. Begin with small acts of kindness, communicate, care about one another and you will find you have more in common than you think.

We all need to do our part, no matter how small, to bring us back to a country united.

We have men and women laying their lives on the line for our country. Give them the support and help to show them we appreciate all they do for our freedom.

My prayer is for World peace, happiness, acceptance of all religions and creed, good health, and to feel safe and secure. It starts with us one by one.

LET'S START NOW!

Sunnybrook Celebrates The Love of Seniors... Join Us!

January 27, 3:00 - 4:00pm

Luau Themed Happy Hour!

Join us for cocktails and fun Hawaiian style to shake off the winter blues.

February 9, 12:30pm

Bring your beloved senior to lunch on us.

Reservations required.

Call Brigit: 443-9100

February 17, 1:00pm

Random Act of Kindness Day.

Let's start a conversation...What seniors and families want to know about right sizing your life and the benefits of senior living with Tara Verville, Executive Director.

March 25, 2:00pm - 4:00pm

Regional and resident artists exhibition and reception.

All work is for sale with a percentage to benefit People Plus.

Enjoy a glass of wine and yummy hors d'oeuvres.

Art on display through April 25.

Winter at Sunnybrook is full of cultural, social and educational activities that allow our residents to express their life's passions.

WHAT'S HAPPENING IN FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>People Plus Cooks! Stirring things up at the Center!</p>	<p>People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Winter Outing Group 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 5:30pm Knights of Columbus</p>	<p>8:30 Women's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 9:30 Exploring Great Religions 11:00 Yoga 1:00pm AARP Free Tax Aide 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 World Affairs 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brun.</p>	<p>8:30 Maine Medit. Intensive 10:00 Bridge</p>
<p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Apple Club 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 1:30pm Intro to Pickleball 6:00pm Belly Dancing</p>	<p>8:30 Table Tennis 8:30 AARP Free Tax Aide 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 4:00pm Dance/Movement Wellness 6:00pm Knights of Columbus</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Winter Outing Group 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>8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 1:30pm Be Our Valentine! 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 World Affairs 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brun.</p>	<p>10:00 Bridge 1:00pm Internat. Folk Dance Workshop</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 1:30pm Intro to Pickleball 6:00pm Belly Dancing</p>	<p>8:30 Table Tennis 8:30 AARP Free Tax Aide 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 4:00pm Dance/Movement Wellness 4:30pm TCAC Meeting 6:00pm Knights of Columbus</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Winter Outing Group 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 3:00pm "The Hand and Wrist" with Dr. Giustra 5:30pm Knights of Columbus</p>	<p>9:30 Beg/Intermediate Bridge 9:30 Exploring Great Religions 11:00 Hearing Screenings 11:30 CHANS BP Clinic 12:00pm Lunch and Connections 2:00pm AARP Free Tax-Aide 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 World Affairs 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brun.</p>	<p>9:00 KOC 10:00 Bridge</p>
<p>Center Closed</p>	<p>8:30 Table Tennis 8:30 AARP Free Tax Aide 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 3:00pm Books a la Carte 4:00pm Dance/Movement Wellness 6:00pm Knights of Columbus</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Winter Outing Group 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 10:00 Yoga 1:00pm AARP Free Tax Aide 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 World Affairs 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brun.</p>	<p>9:00 KOC 10:00 Bridge</p>
<p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Tech Time 10:00 Zumba 11:00 Monday Munchies 12:00pm Bridge 12:00pm Lunch & Learn The Basics 1:30pm Intro to Pickleball 6:00pm Belly Dancing 6:30pm Civil War Book Club</p>	<p>8:30 Table Tennis 8:30 AARP Free Tax Aide 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 2:30 Café en Français 4:00pm Dance/Movement Wellness 6:00pm Knights of Columbus</p>	<p>People Plus in the Media</p> <p>News & Views with Frank & Stacy Viewed weekly on Cable Channel 3, Brunswick Community TV: Mon 4 pm, Wed 7 am, Sun 9 pm. And viewed online, anytime: http://vimeo.com/harpwelltv</p>		<p>News & Views with People Plus The center that builds community</p>	

February 14, 2017 Happy Valentine's Day!

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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



February at People Plus...



Château de Chillon, located on the shores of Lake Geneva, is part of the "Discover Switzerland, Austria and Bavaria" Tour with Collette Travel. Learn more at People Plus on March 7 (see story on page 1).

'Aging Well' Lunch and Learn:
"The Basics: Memory Loss, Dementia, and Alzheimer's Disease"
Monday, Feb 27, 12:00 pm
Designed to provide people with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. Presented by The Alzheimer's Association, you'll learn symptoms and effects of Alzheimer's disease and other types of dementia; how Alzheimer's affects the brain; causes and risk factors; how to find out if it's Alzheimer's; the benefits of early detection; how to address a diagnosis; stages of the disease; and treatment options. Free and open to the public. Bring your lunch (or try Monday Munchies) and we will provide drinks, chips and dessert. Call to register.

New Late Afternoon Class!
Dance and Movement for Wellness
Tuesdays, 4-5:15 pm, beginning Feb 7.
This new class focuses on gentle streaming movement that helps to open the body's areas of tension and stiffness in a gentle way. The combination of exercises and dance promotes physical alignment and inner flexibility. This in turn can be a good basis for exploring the inner harmony and concentration of meditation. Class will include stretching, opening exercise to bring breath and movement, and dances with spoken poetry and melodies. All ages and fitness levels welcome and can be done seated. No experience necessary.

The Hand and Wrist with Dr. Giustra
Wednesday, Feb 15, 3:00 pm
Our very own Dr. Giustra is back with his popular series on parts of the body. The hand is an incredible part of the human anatomy that deserves attention to assure a high level of function. There are simple ways to care for and exercise the hand that will benefit you throughout your daily life. With an understanding of the basic anatomy you can maintain and improve the function of the hand and also recognize early some common problems when they begin to arise. Free and open to the public. Call to register.

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Lunch & Connections Lasagna, meatballs are February special

Our luncheon on Thursday, Feb. 16, will feature fresh-baked, deep-dish lasagna casseroles, loaded with cheeses, spices and tomato sauces, with a side of our special meatballs, tomato sauce and green beans. "We're celebrating the middle of winter AND Valentine's Day," chef Frank Connors said, "I can guarantee it will be special!"

As usual, there will be a fresh, lightly dressed green garden salad for everyone, and our bread this month will be your choice of crisp and warmed Italian bread, either garlic buttered or plain. Our drinks will include coffee, teas, fruit juices and milk. Iced water is also available on each table. Our special February dessert will be a lightly-iced red velvet cake with a side of cherry vanilla ice cream.

Underwritten each month by our friends at Spectrum Generations, our Lunch & Connection events are created to focus on nutrition, information and variety. A CHANS

healthcare professional is always available to offer and record free blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids is available in a private corner of the teen center to offer free hearing checks. Remember, you do need to pre-register after the first of the month to be included, as seating is limited to the first 68 folks who register. Cost of the meal is still only \$6.00 for members and \$8.50 for non-members, payable when you arrive at our door. Yes, you can pre-order a take out meal, and pick it up after 11:30 a.m. Please plan to arrive after 11:15 a.m., and CAR POOL if you can with a friend, parking is always a concern. Always remember to register to win one of our free door prizes, and to purchase your 50/50 raffle ticket (last month's winner 50/50 raffle winner took home \$45!).

Our buffet-style luncheon as served beginning at noon.

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

Tax Aides ready!
AARP tax aides will begin regular schedules at the Center Feb. 2, and will continue this free service through tax day, April 15, 2017. As in recent years, the service is available on Tuesday mornings and Thursday afternoons. Each consultation is by reservation only, walk-ins are not accepted. Persons using this service should come to their appointment with a valid photo ID, social security numbers for themselves and any dependents, copies of last years returns, and all tax-related forms or statements they have received from employers, from the Social Security Administration, the IRS, or other pension providers or banks. If you want to schedule an appointment with one of our preparers, simply call Pat at the People Plus information desk, 729-0757.

Welcome to Medicare with Spectrum Generations
Tue, Feb 14, 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.

Be Our Valentine!
Thursday, Feb 9, 1:30 pm
Wear your pink and red and join us for a member Valentine's Party. Munch on candy hearts and other goodies, chat with friends and enjoy entertainment. For members only. Call to register

Exploring the Great Religions
The Secularization of America.
First and Third Thursdays, 9:30-11 am
Facilitator: Reginald Smart
Feb. Topic: The Secularization of America
How is religion defined? What was mankind looking for? What has he found? Using the book God Is Not One, former Harvard chaplain and Bath resident Reginald Smart facilitates this conversation group. For members only.

"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 or <https://gateway.gocollette.com/link/76408>. Still spots available - register now!

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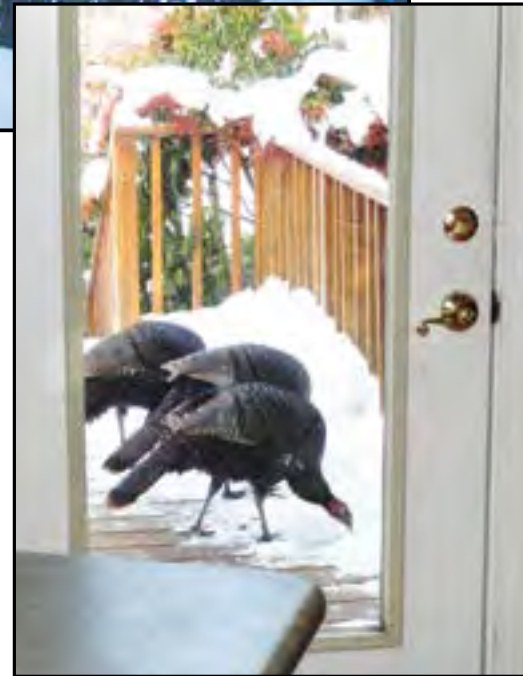
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New Location for 2017 Music in April!



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Turkeys, Turkeys, everywhere! (above) Wild turkey are all but over-running Paul Karwowski's back yard, off Ward Road in Topsham. "Some come knocking, right on my door!" He said.

Thanks, Ralph! (right) Ralph Laughlin, who over the past five years has made himself "indispensable" as a cook, author, advisor and "grand friend," during Men's Breakfast, Write On Writers, Books A'laCarte, Lunch & Connections, (etc.) has decided, "it's time to move on." He and his lovely wife Dianne are moving to Virginia, "to be closer to family." Both will be greatly missed!

"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 *menu subject to change

MONDAY MUNCHIES MENU

- Feb 6 - Frank's Baked Beans with Sliced Franks
- Feb 13 - Tomato Soup with Grilled Cheese
- Feb 27 - Stacy's Chili

Books A La Carte Reading List

- Fiction**
The Red Tent by Anita Diamant
The White Princess by Philippa Gregory. Also wrote **The Other Boleyn Girl**
Game of Queens by India Edghill
- Nonfiction**
A Treasury of Deception by Michael Farquhar. True tales of history's greatest hoaxes and frauds
A Paxton Year by Eric Howe. Nature observations in a New England town
Lucky 666 by Drury and Clavin. A misfit crews reclaims a B-17 from a boneyard then flies an incredible mission. The pilot lived in Boothbay Harbor after retiring.
Avenue of Spies by Alex Kershaw
Unsinkable & Make 'Em Laugh by Debbie Reynolds
- Mysteries/Thrillers**
Inspector Gamache series by Louise Penny
Ordinary Grace by William Kent Krueger. Edgar Award winner
Ghost by Robert Harris. Political thriller set on Martha's Vineyard
Eeeny Meeny by N.J. Arlidge. Recommended by authors Tami Hoag and Jeffrey Deaver

Understanding Heart Disease | Ounce of Prevention SERIES

Monday, Feb. 13 • 11 a.m. - NOON

Community Room at MID COAST SENIOR HEALTH CENTER
58 Baribeau Drive, Brunswick

Join

Enrique J. Rivas, MD

A Cardiologist with MID COAST Cardiology

You will learn about -

- Factors involved in the development of heart disease
- How blockages of the arteries develop and heart attacks occur
- What can be done to prevent a heart attack: the first and future ones

FOR MORE INFORMATION, call 373-3646.



MID COAST Center for Community Health & Wellness

www.midcoasthealth.com/wellness



Presented Photo by Jeff Harris of The People Plus Staff, Brunswick



Thursday hikers rest in the winter sun during an outing to Popham Beach last month. The inset is of Seguin Island. "bet it's cold out there," someone said, "bet it's cod right HERE!" another hiker quipped!

Eight Steps & Classes

to help Prevent Heart Disease

- 1. Reduce Blood Sugar:** 29 million Americans have diabetes. Mid Coast Hospital's Diabetes Prevention Program can reduce your chances.
- 2. Eat Right:** Learn how a healthy diet and an overall healthier lifestyle can prevent and treat chronic diseases in Food for Health.

- 3. Lose weight:** Healthy Weight for a Lifetime focuses on creating a long-term solution for weight loss by addressing the emotional, physical, and nutritional issues contributing to obesity.

- 4. Get Moving:** Regular physical activity improves your cardiovascular system, muscle tone, and flexibility, as well as reduces the risk of heart disease. Get moving in the Running Start adult exercise program.

- 5. Stop Smoking:** Tobacco use is the leading cause of preventable death and disease in this country. Quit with FREE one-on-one support from a Tobacco Educator.

- 6. Manage Blood Pressure:** High blood pressure (hypertension) affects more than 50 million Americans. Keep your blood pressure within a healthy range by checking it weekly at Mid Coast Hospital's Blood Pressure Clinic.

- 7. Control Cholesterol:** High cholesterol is one of the major risk factors leading to heart disease. Take responsibility for managing your cholesterol levels with routine visits to your Primary Care provider.

- 8. Reduce Stress:** It is normal to experience stress in your daily life. Mindfulness-Based Stress Reduction can help you better cope with stress and life's challenges, reducing its impact on your overall health and wellbeing.



For quality health information, classes, programs, workshops, support groups, and literature on a variety of topics to help you stay healthy and well, visit www.midcoasthealth.com/wellness or call (207) 373-6585.

Teen of the Month Paige Merrill



Paige Merrill is in 8th grade at BJH and this is her third year coming to the Teen Center! This year her sister Dorothy also attends. We have watched Paige transform from a little girl with lots of spunk to a somewhat more reserved young lady. It's a pleasure to have her with us :) Congratulations Paige! Paige is going to the movies on us!!!!

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

Art show planned by Sunnybrook

Sunnybrook Retirement Community, Bath Rd., Brunswick, is assembling and will host a special March art show featuring local community and Sunnybrook resident artists. All medium and artists will be considered. Each work exhibited will be for sale, and a percentage of the proceeds of sale will be donated to People Plus. This public exhibition will open with a wine and hors d'oeuvres reception on Saturday, March 25, between the hours of 2 and 4 p.m., in the Sunnybrook community room. Works will remain on exhibit through April 25.

For more information or to register your work, call 443-9100, and ask for Brigit, or email: Brigit@sunnybrookvillage.com

Brunswick Area Teen Center

Passing winter with food and fun!

I'm starting off by rewinding to the end of December! Our festivities took place after the newsletter deadline for Dec. so here's the update now: Once again this year, with the help and donations of many, we were able to hand out gift bags to all of our teen members with 2 movie tickets each plus, touchscreen gloves, socks, hygiene items, fruit snacks, candy, mini flashlights, etc. Once again this year they were thrilled! Also this year we were able to collect items to be wrapped for Yankee Swap for the teens, which they loved doing last year and we did again this year, twice! It took two days of celebrating to be able to include everyone! It is always fun to have first timers in the Yankee Swap, which we had plenty of this year! On day two of celebrating, members of the Brunswick PD arrived bearing gifts for some of our kids who we had submitted wish lists for. Some of the kids held off, bringing the gifts home for Christmas and others opened them right there on the spot. This was the first year the kids were present when the gifts were delivered and the members of the PD who were there got to see how excited the kids were opening presents, which was really nice. We had a

fantastic end to our 2016-year at the Teen Center! Abundant thanks to all who donated, sorted, wrapped and shopped in order to make this magic happen again this year!

Onto January...the kids returned from school break pretty calm and in good spirits. The first Wednesday back was the first of the "Cooking Matters" classes we signed up for. For 6 weeks, Addie Brown (our Bowdoin volunteer from last year who graduated last year), and currently is working for Good Sheppard Food Bank overseeing the Cooking Matters classes, comes in on Wednesdays to teach nutrition and different recipes with the kids each week, then sending them home with ingredients to make what they made in the afternoon, at home too! Six of our members are participating in the course, which is held in the kitchen/cafe area downstairs. The kids love it and it smells sooooo good while they are cooking! So far they have made pizza, granola and fritattas for breakfast meal, and salsa, bean salad and other ingredients for Mexican food. I hear French Onion soup may be on the menu soon... Already feeling sad that this can't go on forever and ever, we have been brainstorming other things to do

Teen Center News Jordan Cardone



Wednesday afternoons utilizing space downstairs (the only open 2 hour period all week we found that doesn't already have an event or class using the space!). A dance class seems to be the popular vote. We'll see what we can do!

And into February we go! We have lots of "relationship" news, drama, heartache, pics of boyfriends or girlfriends shown to us and all the "sweet" things, or "horrible mean" things or comments so and so did/said. This is an ongoing thing (starts in Jr. High and well, as many of us know, lasts throughout life!). The timeframe is very different for kids though, "we've been together forever" to them, means at least 3 weeks ☺

Here's hoping February brings happy hearts, not only to the kids but also to all of us!!!! Jordan and gang!

Need a Ride? We can Help!

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. For more information: 729-0757, driver@peopleplusmaine.org or www.peopleplusmaine.org.



VTN Driver Gladys Szabo gives VTN Rider Dorothy Boddaert a ride home from a volunteer "lunch crew" shift at People Plus.

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24 Maurice Drive, Brunswick (207) 725-4379

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

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

Lenten Haddock Suppers
Fridays, 5 pm, beginning March 3rd.
See you there!
St Charles Borromeo Church • 132 McKeen St, Brunswick, ME

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
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35 Union St, Brunswick, ME 04011 Suite 1
207-729-0475 - www.spectrumgenerations.org

February 2017

All Spectrum Generations locations will be closed on Monday, February 20th in observance of President's Day.



Food Assistance Program Expands Into the Brunswick Area!

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 for more information, call Casey at 607-4405.

New Tax Credit Rule for Home Modification

A new tax credit rule was passed during the last legislative session and it allows for home owners or renters who make less than \$55,000 a year to get up to \$9,000 (50% to 100% based on a sliding scale) in tax credit for home modifications done to make the dwelling accessible for a disabled person who lives there or is going to live there. To learn more about how, when, and under what circumstances a person may claim the credit, visit www.mainehousing.org or call Maine Housing at 1-800-452-4668.



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.

Family members who care for a veteran, veterans who care for a family member, and families with any military service history are eligible for the program.

The Legacy Corps program is expanding into the Brunswick and Camden areas and we are currently seeking new volunteers for a 20 hour pre-service training in February.



SCAM ALERT BULLETIN BOARD

If you get a phone call from someone you don't know who is trying to sell you something you didn't plan to buy, simply hang up the phone. If they pressure you to give out personal information, like your Social Security number or your credit card number, it's most likely a scam. You can put your phone number on the National "Do Not Call" registry to cut down on receiving unsolicited calls. Simply call 1-888-382-1222 from the phone you want to register. Just remember that scammers are unlikely to follow the Registry rules so you will need to stay on alert.

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



Sunday, February 19
Muskie Community Center
38 Gold St., Waterville, ME

Official Weigh-In 2:00 p.m. — 5:00 p.m.



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

This multi-generational family event is also supported by Hooked on Fishing, Not on Drugs and introduces young people to the art and fun of outdoor sports as an alternative to experimenting with drugs, tobacco, and alcohol.

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

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

For more information about tickets or available sponsorships, contact the Muskie Community Center at (207) 873-4745.

Online tickets are also available at <https://icefishingderby.eventbrite.com>



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)

People PLUS MEMBERSHIP
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757

Name (1) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____

Yearly Membership Dues (Scholarships Available)
 \$35 per person (Brunswick): ___ New Member ___ Renewal
 \$45 per person (all other towns): ___ New Member ___ Renewal
 \$250 for **Lifetime Membership** (65 or over)

OFFICE USE: Accounting Data Membership Card Sent

Cash/Check (Payable to People Plus)
 Membership Dues: \$ _____
 Additional Donation*: \$ _____
 (*donations above membership dues are tax deductible)
 Total: \$ _____

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

OUR LUNCH TEAM

by Gladys Szabo

Each one of us is unique

Our team is like a centipede

We peel and cut

Bake and boil

Grill and broil

Mix and create

Stir and decorate

Clean and scrub

Without a shrug

Creating masterpieces

Which leave me speechless!!

As a team

We laugh and cry

Tease and joke

Most important lots of strokes!

From all this

Friendships formed!

A multitude of thanks

And appreciation

Raising Animals on Pasture

The Harpswell Garden Club will meet Thursday, Feb. 16, 2017, at 12:30 p.m. in the Kellogg Church Community Room, Harpswell Neck Road (Rt. 123) South Harpswell. After a brief business meeting, Joe and Laura Grady will present: "Two Coves Farm - Exploring the benefits (human, animal & environmental) of raising animals on Pasture." This discussion is free and open to the public. FMI, call Becky at 833-6159.

Weekly Winners

Senior Intermediate Cribbage

- Dec. 21: Harry Higgins, 720; Mike Linkovich, 706; Lorraine LaRoche, 689
- Dec. 28: Harry Higgins, 707; Mike Linkovich, 699
- Jan. 4: Rollande Fortin, 711; Julie Swol & George Hardin, (tie)706
- Jan. 11: Rollande Fortin, 708; Mike Linkovich, 694; Patricia Johnson, 693
- Jan. 18: Rick Fortin, 719; Mike Linkovich, 710

Monday-Saturday Bridge

- Dec. 24: David Bracy, 3,920
- Dec. 26: Sherry Watson, 3,040; John Rich, 2,950
- Dec. 31: Richard Totten, 4,110; Sherry Watson, 3,890; David Bracy, 3,440
- Jan. 2: John Rich, 4,450; Fran Lee, 4,000; Art Trelfry, 3,750
- Jan. 7: Donna Burch, 5,490; Richard Totten, 3,320
- Jan. 9: Bill Coop, 4,470; David Bracy, 3,710; Bill Buermeyer, 3,540; Paul Betit, 3,450
- Jan. 14: John Rich, 7,050; Bill Buermeyer, 6,620
- Jan. 16: Bill Buermeyer, 5,310; John Rich, 4,730; Jeff Lauder, 3,700

Ya Gotta Go Smelt Fishin'

Maybe there's a better way to fish, but I've certainly never found it. It might be frigid and blowing a gale outside; I'm inside in a teshirt, sipping a beer and sweating on at least one side. I haven't swatted a mosquito, not even a housefly, in months, and I'm wearing sneakers, not waders. I'm listening to tunes on the radio, or sitting on my seat, chatting with a friend. All the while, I'm tending eight or ten lines, not one, and did I tell you, I'm not really a fisherman?

Some will tell you smelt fishing isn't really fishing. Yes, you do have a comfy little house on the river, no boat, and guys have been known to drive their trucks right to the door. Yes, you're warm as toast on a frosty night, and yes, it really is more like a social event than a fishing trip.

The smelt is a silvery little fish that schools in the Atlantic and climbs into

the fresh-water, tidal rivers around here to spawn. A "keeper" will measure six inches. A "good one" can be nine, even ten inches long. They don't taste like mud, (not till maybe April, anyway) and they're best if you roll them in a flour-corn meal-beer mix, and fry them in a spitting skillet, just as you pull them from the water.

I grew up with Bowdoinham's Cathance River at my feet, and the sweetest smelts in the world were always right there waiting for me, under a foot, maybe two of ice. It does seem like the river froze faster when I was younger, me and my buddies and brothers were always talking smelting at the end of deer season, and always fishing by Christmas, New Years at the latest! Seems like!

Some years we built camps, some years we shared them. More than once we

"appropriated" camps left abandoned by others, we just moved them off river in the off season, gussied them up some, you know, new doors, maybe a window where there wasn't one...made them our own AND helped keep the local riverbanks clear of trash. One year, my older brother Grant built a camp up in Farmington (some local girl had kidnapped him, and he was teaching up there) Story is, that camp was a veritable palace, but you'll have to ask him, because it blew off his truck (and into a million pieces) somewhere south of Chesterville!



My buddy Bruce and I went into the business one year, renting camps to sports from Brunswick and other urban areas. We had two or three camps, located on the windy side of the Abagadasset River bridge. (That's in EAST Bowdoinham, down near the strawberry fields) I'm recalling one of them had propane heat and gas lights. (Guys from the navy base were great customers, they didn't care if the tide was in or out, they wanted padded chairs, precut bait and other "creature comforts") It didn't hurt that Bruce's dad owned the local store, and beer could be provided in the "off hours."

Well, one awful afternoon, there came a January northeaster to town. Camps were slipping their tie-downs all over the place, bumping into each other, spinning around, heading for that cold, open water under the bridge. We got there in time to find one of our camps slammed against the bridge, another wandering aimlessly on the

Speaking Frankly

Frank Connors



glass-smooth ice. I got on the bridge, used a pole to try to pry the camp free before it slipped under the ice with the outgoing tide. Bruce was on the ice, trying to pull his father's stoves and ice bars out of another doomed camp. A gust of wicked wind made me loose traction, our camp slipped lower into the water. Bruce had to dive for cover as another camp broke loose, careened past him and hit the bridge just east of where I was standing.

Wind two, fishermen nothing, and we were out of business!

There were fishing seasons when Grant would catch smelts and swap them, pound for pound, for sweet sausage with Paul over at Tetreault's Market. Some tides we'd catch a bucketful, the next day we'd be lucky to catch a dozen. We'd catch them, take them home, and mom would cook them for us, (minus the beer) if we cleaned them. My grandfather loved the little fish, and my father-in-law, Norman, said they were better than steak.

Two years ago, I borrowed a camp for a Sunday afternoon so my son Miles and I could introduce the sport to our little man, Jadon. We fished for three straight hours, got never a nibble, and decided it would be more productive if we took a walk on the ice-locked river. We cooked a couple hot dogs in our skillet, and decided, at the end of the day, it's more about being together, and about telling stories, than about catching smelts. Go try it for yourself.

New or renewing members for January

* indicates new membership
 • indicates donation made with membership

Brunswick

- Beth Aldenberg
- Cheer Allen
- Ted Allen •
- Bill Bannon
- Maureen Bannon
- Wanda Barlag
- Elizabeth B. Bates
- Janet Bodwell •
- Irene Bouchard
- Robert Boothby
- Susan Boothby
- David Bracy
- Bill Buermeyer
- Keith Burnell *
- Lillian Burnell *
- Barbara Burr •
- George Burr •
- Dorothy Cardali
- Edwaerd Cardali
- William Carlson
- Chloe Carmer •
- Michel Chalufour
- Grace Click *
- Frank Connors •
- Louis "Phil" Cousineau
- Daniel Cunningham •
- Lucy Cunningham •
- Yvette Davenport
- Virginia Domhoff
- Gerry Donovan •
- Nancy Douth
- Hannah Dring
- Carol Dube
- Lois Fournier •
- Caroline Giegold •
- William Glenn
- Dorothy Gnauck
- Richard Gnauck
- Merle Gott •
- Rachel Gott •
- Joyceanne Grady
- Allen Halvorsen
- Linda Harroff
- George Hermans
- Merry Hermans
- Jane Higgins
- Lester Hodgdon *
- Sidney Hodgdon *
- Nancy K. Hoffman •
- Michael Jacobovis
- John (Jack) B. Jones
- Judith Kamin •
- Cynthia Kennett
- Ervil Kennett
- Judy Krok
- Beverly LaPointe
- Joan Lauenstein •
- Karl Lauenstein •
- Kenneth Lewallen •
- Sonia Lofgren •
- Charles Mac Conney *
- Janice Mac Conney *
- George McConnon
- Joanne McDermott
- Eileen McHugh •
- Jane McMurray
- Margaret McPhersun •
- Vivian Merritt
- Gloria Murphy
- Eldriede Nicholson
- Beverly Ouellette •
- Lorraine Rich
- Lorraine Ring
- Mollie Sandock
- Barbara Senecal
- Andrea Smith
- Joan Springer

- Philip Steadman •
- Jean Tompkins
- Jean Turner
- Elizabeth Waldo
- Edward Ward •
- Elizabeth White
- Linda Wilson *
- Alice Yanok •

Topsham

- Rose Collins •
- Carol Mulloy •
- Judith Redwine
- Henry (Hank) Schwartz

Harpswell

- Elizabeth Bouve •
- Betty Erswell
- Lee Johnson •
- Pamalee Labbe
- William Labbe
- Donald Newberg
- Peg Newberg
- Evangeline Sparks
- Linda Strickland
- Liz Sutton •

Other places

- Nancy Beal, * Litchfield
- Irving Brackett, Bowdoinham
- Matilda Desorcy, Rockport
- Elaine Eschholz, Portland
- Judith Golek, Durham
- Hazel Guylar, West Bath
- Richard Jordan, Bowdoinham
- Peggy Mellen, Woolwich
- Arthur Melville, Bath •
- Joanne Melville, Bath •
- Julia A. Swol, Bath •

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Seeking Community Volunteers.

Learning Land Nursery School, a 501(c)3 non-profit private preschool located in Brunswick, is seeking local community members to serve on our Board of Directors. Time commitment is one evening meeting per month (with summers off) at the school. Any qualifications/experience is welcome, particularly those with an interest in early childhood education. For further information or to volunteer, email: learninglandboard@gmail.com (Please, NO phone calls to the school)

School Crossing Guard.

Town of Brunswick seeks individuals for position of Crossing Guard. School year only, pay is \$10.50 per hour, ten hours per week, based on flexible schedule, mornings from 8-9 am, afternoons from 3:15-4:15 pm. Application forms are required, background check made. See complete job description at Town Manager's office, 85 Union St., Brunswick; or on Town website at www.brunswickme.org.

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.

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.

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.

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“With decorations by the Author”

A special and unique collection of black and white Woodcut reproductions, originally created by Brunswick's own poet and artist Robert Peter Tristram Coffin, are being displayed in the Union Street Gallery at People Plus, during the months of February and March.

Coffin, who won the Pulitzer Prize for a book of poems he titled "Strange Holiness," was an accomplished artist and often illustrated his books with his artworks. A Bowdoin College graduate (1915) he was awarded the Henry W. Longfellow Graduate Scholarship to Princeton University and was later chosen as a Rhodes Scholar to Oxford University, in England. He published more than 30 books of poetry, plus several novels and works of history. His 125th birthday will be celebrated March 18, 2017.

Artwork in this show originally appeared in his books, *Maine Doings*, *Coast Calendar*, *Primer for America*, *One-horse Farm*, and *Yankee Coast*. The show may be seen during normal business hours, in the cafe area of the People Plus Center, 35 Union St., Brunswick.



Folk Dance Brunswick

International folk dance workshop with Marcie Van Cleave

Folk Dance Brunswick will host a special "International Folk Dance Workshop and Dance" led by noted folk dance teacher Marcie Van Cleave of Massachusetts.

The event will be held on Saturday, February 11, in two parts—a teaching session from 1 to 5 p.m. and an evening dance from 7 to 10 p.m.—at the People Plus community center, 35 Union Street, one block west of Maine Street, in downtown Brunswick. All are welcome. Suggested donation \$10.

"Marcie is a fantastic teacher—clear, kind, easy to understand, and very energizing," says Solange Kellerman, chair of the Folk Dance Brunswick entertainment committee that organized the event. "She also has a great sense of humor. These are beautiful dances, with beautiful music—and people love learning them. It's going to be a great night!"

Van Cleave is the executive director both of the Folk Arts Center of New England in

Stoneham, Massachusetts, as well as of the Boston Harbor Scottish Fiddle School on Thompson Island in Boston Harbor. She has been teaching and leading traditional dances in the Boston area and throughout New England since the mid-1980s. In recent years her reputation as a teacher and caller has spread beyond New England, and she now regularly teaches at camps, events and festivals around the U.S. and in Europe.

She also has extensive expertise as a contra dance caller and English dance leader and in developing and running music and dance camps.

Folk Dance Brunswick is a nonprofit organization offering world music and international folk dancing in Maine. The group meets weekly at People Plus on Fridays at 6:30 p.m. All are welcome.

"Folk dancing is good exercise—and good fun for all ages," Kellerman concludes. "No partner is needed, and it's a nice way to help build global community through local action."

No street shoes on the dance floor, please. For more information, contact 207-200-7577, brennan.mk@gmail.com, or www.folkdancebrunswick.com.

Lunch out!

February 14th at 11:30 a.m.



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