



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

Non-Profit Organization
U. S. Postage PAID
Brunswick, ME 04011
Permit No. 52

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org November 2017 Volume 17, No. 11

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

EXPO called “best yet!”

About 750 people attended the Senior Health Expo at the Cook's Corner Mall on Tuesday, Oct. 17, and reports from attendees and staff suggested the event was the “biggest and best one yet!” Nearly 80 vendors representing all facets of local business and organizations in the “senior industry” found many interested and excited prospects in the crowd, which was described as “steady” from 9 am until 1 pm. “The expo just gets bigger and better every year,” Center Executive Director Stacy Frizzle said, “it really has become THE clearing house and gathering place for seniors in our area.”

“We went through our gift bags before noon,” Programming Coordinator and Expo organizer Jill Ellis reported, “traffic was just busy and steady all day. We're delighted with the event.” The CHANS nursing staff gave 80 flu shots, dozens of visitors received free massages and refreshment tables served fresh coffee, pounds of fresh fruit and homemade mini-cupcakes.

Partners Plus this season included Coastal Landing Retirement Community, Highland Green, Mid Coast-Parkview Health and The Times Record. Vicarage by the Sea was a Partner; Event Sponsors included Avita of Brunswick/Sunnybrook Senior Living, Bill Dodge Auto Group, Healthy Living for Maine, Maine Quality Counts/Choosing Wisely, Neighbors Inc, and The Highlands. Refreshment Sponsors included ClearCaptions, Jade Integrated Health, Martins Point Healthcare, Redfin and Wicked Joe Coffee.

Frizzle acknowledged, “it takes a hundred people to get this event up and going. It's just gratifying to know there are so many people in our area willing to help and to serve.” She said at the end of the day, vendors were asking her about plans for next year's Expo!



Field trip to Garden's Aglow

Join us on a “big bus” November 30th, as Frank's Field Trips go to the annual Garden's Aglow festival at Boothbay's Coastal Maine Botanical Gardens. “We can't do this with the van,” Connors said, “this is just going to be too much fun, too spectacular, I KNOW we'll fill our school bus.” The Bath Bus Service bus leaving the People Plus Center at 4:15 pm, arrives at the gardens about an hour later.



Cost, including transportation and admission to the gardens, is only \$12. “We'll stay at the light show about an hour,” Connors said, “reboard the bus and go to Bath's Kennebec Tavern for dinner on your own off a limited menu.” Connors cautioned that, “some walking is required, paths are typically dark, and buddying up

is a great idea. Hope it's a clear, not too cold night,” he added. Last year, the People Plus Center and the Bath Senior Center sent two busses to the light show, both originating in Bath. This year, the field trip bus leaves Brunswick at 4:15 pm, and the Bath center bus leaves an hour later, at 5:15 pm. “Nice to have options,” Connors said. The Center started *Frank's Field Trips* last summer, with the sponsorship of Coastal Landing Retirement Community and Scott Lemieux from Ameriprise Financial. Pre-register and pay in Brunswick if you want the first trip, in Bath if you want the second. Call Frank Connors at the People Plus Center, 729-0757, if you're confused.

Goal is \$50,000

November launch for Annual Campaign

Our annual campaign to support the People Plus Center launches in mid-November. “More than 1,600 requests are mailed to members and friends of the Center, just as soon as the United Way campaign ends,” Executive Director Stacy Frizzle explains, “that gives us about six months to raise what becomes one of the most important pieces of our budget.”

Frizzle described the Annual Campaign as “at the very heart” of the fund raising mix that supports the People Plus Center. She emphasized that the Center receives no federal or state funding and is largely dependent on gifts, donations, and grants from individuals, organizations, communities and businesses to help cover operating costs. “Donations can be \$10

or \$10,000,” she said, “and many of them come in with side stories that make them heartfelt and wonderful.” After the major November mailing, letters are often followed with personal contacts by board members, staff, and development committee members.

Office manager Betsy White said donations totaling \$4,973 have already been made to the fund, and members have donated an additional \$770 to the fund at the time they renew their membership. The annual campaign to raise \$10,000 for the Brunswick Area Teen Center stands at \$8,910, White added. Last year's campaign raised more than \$50,000 by the end of May. “I'm confident we can get it done again,” Frizzle said.

It's “in the bag!”

Brunswick area community residents packed the Cook's Corner Mall on October 17th for the People Plus Senior Health Expo, filling bags and minds with useful information.

Check out additional pictures on page 6.



‘Aging Well’ Lunch & Learn: “Palliative Care”

Mon, Nov 27, 12 pm. Margaret Gardiner, FNP & Kristen Skorpén, Medical Social Worker, will discuss the benefits of palliative care and advance directives.

The Mid Coast Palliative and Supportive Care program provides specialized medical care for people with serious illnesses, to improve quality of life for both the patient and the family and provide relief from

the symptoms and stress. Advance Care Planning is a process of understanding, reflecting on, discussing, and documenting your wishes for a time when you cannot make your own medical decisions.

Bring your lunch (or try our Monday Munchies) and we will provide chips, drinks and dessert. Free, open to public. Call to register.

Medicare

It's Open Enrollment season

The Fall Open Enrollment period for all Medicare recipients opened October 15, continues through November and closes on December 7. This is the only time of the year when Medicare beneficiaries can make routine changes to their coverage.

During this period, you may join a new Medicare advantage plan; join a new, stand alone Part-D Prescription plan; or simply switch to an original Medicare plan, with or without a drug option. Changes made during this enrollment period go in to effect on January 1, 2018

FYI! Letters from Vietnam



Vietnam in 1967-68. “This is the 50th anniversary of my service,” Connors said, “if not now, then when?”

Connors said most of the letters were sent home to his family and collected by his

mother. The collection also includes a few photographs, and letters to other relatives and friends in his home town of Bowdoinham. They offer a sometimes graphic description of his life as an airborne infantryman, in the Central Highlands of Vietnam, and “peeks at a 20 year old kid, just trying to stay alive. 67-68 was a watershed year,” Connors added, “highest American involvement, the Tet Offensive, direct conflict with North Vietnamese troops. I learn something new, each time I read them.”

This program is free and open to the public, pre-registration is helpful.

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harperswell 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

People Plus Board of Trustees

- Carol S. Aderman, Chair Freeport
- David R. Forkey, 1st Vice Chair Georgetown
- Jack Hudson, 2nd Vice Chair Brunswick
- Kelsie M. West-Ezzo, Finance Topsham
- Charles S. Evans, Secretary Topsham
- Mitchell W. Brown Brunswick
- Thomas Farrell, Ex-officio Brunswick
- Catherine Jarratt Brunswick
- Don L. Kniseley Brunswick
- Stephen F. Loebis, PhD Topsham
- O. Jeanne d'Arc Mayo Topsham
- Chris Perry Portland
- Richard J. Rizzo Yarmouth
- Dustin Slocum Brunswick
- Annee Tara Brunswick
- Kim Watson Topsham

People Plus Staff

- Stacy V. 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
Marketing coordinator
marketing@peopleplusmaine.org
- Jordan Cardone
Teen Center coordinator
teens@peopleplusmaine.org
- Patricia Naberezny
Receptionist
reception@peopleplusmaine.org
- Lynne Smith
VTN coordinator
driver@peopleplusmaine.org
- Amy Feeley
Monday munchies coordinator

Spectrum Generations Staff

- Casey Henson
Meals on Wheels coordinator
chenson@spectrumgenerations.org
- Lynn Boardway
Aging & Disability Resource counselor
lboardway@spectrumgenerations.org
- Hannah Tompkins
Aging & Disability Resource counselor
htompkins@spectrumgenerations.org

Check out past newspapers online at www.peopleplusmaine.org

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

- Reception Room
- Personalized Catering
- Spacious Chapel
- Private Family Room
- "Help Yourself" Kitchen

Bittersweet Thanksgiving

I can't believe that October is behind us and we are looking at the last two months of 2017! Time seems to accelerate, doesn't it?

The Senior health Expo last month was fantastic. I hope you made it down to the Cook's Corner mall that day as Jill, Jenn, Frank and the gang pulled out all the stops! With nearly 80 vendor tables, 80 CHANS flu shots, a dozen free massages, 400 free swag bags and hundreds of attendees and vendors at the mall, we sure set some records this year!

Jill and Jenn have given a sigh of relief as they rest on their laurels for about 20 minutes before they gear up for the next six months of planning and prepping for Music in April...

There's no rest for the fundraising staff of a non-profit.

However, with the new year looming, I try to pause and give thanks for the joys we have in our life. Everyone who comes to People Plus and everyone who benefits from our outreach services like free rides, delivered meals and a morning call check-in know the benefits of this amazing little senior community center.

Our job is to help take care of people; help them age longer in their homes; help them eat better, stay healthier and generally live longer and more productive lives than they would have without People Plus. It's a pretty good gig and I have to admit I feel exceptionally fortunate and thankful to be a part of this team who is lucky enough to come to People Plus every day for work.

For instance, we had nearly 40 people here today for our monthly lunch and learn

lecture presented by Mid Coast-Parkview Health surgeons to discuss hip and knee replacements. That's 40 people who learned a lot about something that already has or could very likely affect their lives. It's exactly that kind of programming that enriches the lives of our senior community.

It's also this time a year where we usually think about helping our neighbors as we all hunker down for these darker, cold days in Maine. There is always someone who needs our services, always someone who could use a meal or a helping hand or ride. Transportation is at the top of the list when seniors are asked about their barriers to health and staying in their homes.

So if you are a good driver and come in and out of town several times a week, I encourage you to consider driving for our transportation network. There's no better way to help your neighbor and to improve your own community. The nearly 400 riders who are stuck at home without access to transportation are so deeply appreciative of the volunteer drivers who come to their homes and get them out and about. Without the free rides most of these people wouldn't see another person all week. They wouldn't have access to the grocery store, they might not get to the doctor, to the pharmacy or to the food pantry. It's a really valuable service and I do hope you will consider becoming a driver. You might end up only taking one or two rides a month but I'll bet those few hours will be some of the most rewarding you'll spend!

And as I sign off, I have to mention that we lost an integral member of the People

From the Executive Director

Stacy V. Frizzle



Plus family this month. Our beloved volunteer Judy Krok passed away after battling cancer. As a volunteer on the desk, Judy spent her Monday afternoons with us for 15 years. She was here without fail, four hours a week, every week – that's nearly 3000 volunteer hours. She would keep herself busy with the crossword (done in ink) if we didn't have a small job for her. She also became an active participant in our Tai-Chi class, took Connie's painting class and pitched in on Music in April for years.

I learned over the last six years to go to Judy for advice. I would sit in the lobby and tell her about an issue with which I was struggling and she would provide valuable insight, guidance and mentoring. As a former Assistant Director of HR for the School Department in Riverside, CT, she was smart, calm and thoughtful. I will miss her quiet humor, her calm attitude, her stalwart way of approaching life and her consistency. I hope she is resting easy now, chuckling at Frank's bad jokes, and missing all of us as much as we miss her.

Goodbye Judy, you helped to create this Center that Builds Community and make it what it is today.

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

November is American Diabetes Month. In 2015, 30.3 million American or 9.4% of the population had diabetes. The total cost of diagnosed diabetes in the United States, in 2012, was \$245 billion!! The percentage of Americans with diabetes age 65 and older is at 25.2% or 12 million seniors. These numbers are staggering. In my practice I have seen people make dramatic improvement in the blood sugar numbers. Diabetes medication can help with glucose control but I have seen people make significantly greater improvement when modifying their food choices and increasing physical activity. Just in the past 2 weeks, I had 2 clients share their success stories. One was recently diagnosed with diabetes and brought her numbers into the prediabetes range. Another with prediabetes was told by her provider that her glucose numbers were now in the normal range!! This really speaks to the power of making changes in our food routine, being physically active and modest weight loss (for most individuals). I know that both of these people still enjoyed the food that they were eating while making great strides in their glucose control. If you or someone you know has been diagnosed with diabetes

Southwestern Turkey Soup

Ingredients:

- 1 1/2 C. shredded cooked turkey
- 4 C. low sodium broth
- 1 (14.5 oz.) can of low sodium diced tomatoes
- 1 (14.5 oz.) can of low sodium black beans, drained and rinsed
- 1 C. salsa
- 1Tb. lime juice
- 1 t. crushed red pepper
- 1/2 t. ground cumin
- 1/2 t. dried cilantro
- Black pepper to taste
- 1 avocado, peeled, pitted and diced
- 1/2 C. low fat shredded cheese

Directions:

1. In a large pot over medium heat, combine turkey, broth, diced tomatoes, black beans, salsa and lime juice. Season with crushed red pepper, cumin and pepper. Bring to a boil, then reduce heat, and simmer 15 to 20 minutes.
2. Stir in avocado and cilantro, and simmer 15 to 20 minutes, until slightly thickened. Spoon into serving bowls, and top with shredded cheese.

Serves: 4

or prediabetes you have the opportunity to make changes that can help prevent diabetes or improve glucose control.

Next month I will provide additional information on the Diabetes Prevention Program that Medicare will begin to cover in 2018 for those who meet their criteria for coverage.

I always try to encourage people to take charge of foods that they are surrounded by

to help them make better choices or consume smaller portions. This can be helpful when planning for Thanksgiving. Preparing less of the stuffing, potatoes, gravy and desserts while making more squash, roasted vegetables and turnips can help us consume fewer calories. I chose this month's recipe as a quick and healthy way to make use of leftover turkey.

Memorial Donation in Memory of

Judy Krok
June 23, 1939 - October 7, 2017

Nancy L. Laffely
April 20, 1938 - October 2, 2017

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, 9-10:30 am

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

November Childhood Memories

by Gladys Szabo

November as a child meant fun and excitement! Winter, snow, skating and sledding. The holiday season was on its way! Anticipating Thanksgiving Day Mom preparing a scrumptious feast My favorite relatives were always our guests Then Santa arrived along with glistening trees Christmas carols being sung with glee. Memories lasting forever Each and every November

Judy Krok
1939 - 2017
Volunteer of the Year 2004

November As A Senior

by Gladys Szabo

Cold wind and lots of shoveling Thanksgiving arriving, cooking and baking Favorite guests no long with us Santa? Well where are you? Love the carols Hope to live long enough for these to be memories.

Then and Now

by Vince McDermott

Then
Oh look! The first leaves of fall are coming down. Aren't they beautiful? One or two here and there. I'll just pick them up and put them in a bag. Maybe more will drop over the next few days. What a sight!

Now

Sixteen bags Monday. Fifteen today. Probably more tomorrow. When is this going to stop? Enough already! Give me a break, Mother Nature! Bring on winter.

BITS AN' PIECES

by Ralph Laughlin

Life is a little different down here; here being a no-man land between Yankee and Confederate territories. Virginia is considered a step-child by people in the deep South, while Northerners see it as the tip of the Rebel land. It's probably both, truth be told. Truth being told being a whole other matter. There are some unquities; here are a few.

TAKE RESTAURANTS. If you don't like bar-be-que don't come here. It seems like every other hole in the wall boasts about having the best BBQ in the world. And the variety of sauces will blow your mind. There are more types of sauces than the number hairs on Frank's head.

There are a few that are exceptions. First there's the Chip and Joe's. It's a stand-alone restaurant that serves up some great meals at a price that you wonder how they can do it. Here's just one offering to whet your appetite: The East Bottom Express is two eggs, home fries or hash browns, fried apples or grits, one bacon, one sausage, one slice of country ham, one slice of white gravy, and toast or biscuit, all for under nine dollars. The first time I saw one of their biscuits, my eyes about popped out. I said, "It's the size of a life boat." It seats about 40, all served by one waitress. Yet, the food comes out fast, furious, and delicious.

Another local standard is Texas Tavern. With that name you would think it serves steaks, has a bar and trimmed out in wood. Well, you'd be wrong. A sign by the counter says, "We can serve 1,000 people...ten at a time. Yup, there's one counter with ten stools – the kind that spin around.

It only sells three things: hamburgers (it probably invented the slider), chili, and, yes Frank, hot dogs. It's been in business since 1930, and I doubt if it's been repainted all that time, but the eats are treats. To be fair to everyone, it's open 24/7. Forgot to mention it's in the heart of the area's banking and business center. It's never been robbed, but maybe it helps that the FBI office is in the building just

37th WWII 43rd Bomb Group Reunion 2017

by Betty Bavor

Attending a WWII reunion is humbling and an honor. Six veterans of the Greatest Generation age 92-98, attended this 37th reunion. Two widows and family members totaled 40 people gathering together at Ft Bragg's Pope Air Field, NC, to unveil a new monument and bench honoring POW/MIAs. This is the latest feature to honor the heritage of the 43rd Group and where a Time Capsule we assembled at the 35th reunion in 2015 will be buried. The 43rd Bomb Group, now called 43rd Air Mobility Operations Group no longer drops bombs on enemies. Instead, its airmen are tasked with helping US troops including the 82nd airborne division and special operations forces, deploy on short notice from Ft Bragg to any place if there is need. Col. Kelly Holbert said, "The key is tying our legacy together. We have a responsibility to live up to the airmen who went before us and the sacrifices they made. This is all about pride – unit pride." Holbert told the veterans, "I promise you that we're living up to your legacy of valor. We are not going to forget you." Holbert then expressed pride and honor to present medals to a member of our group, Elmer Roy, a 43rd ground crew mechanic never received his medals from the war. It was a surprise as he was awarded the WWII Victory Medal, Asiatic Pacific Campaign Medal and the Army Presidential Unit Citation. Roy said, "Being among his fellow veterans and modern airmen was much more special than a handful of medals." He joined the Army weeks after his high school graduation, his two brothers already in the war. "It was my duty to go," he said. This was an emotional experience for all of us.

We visited the Airborne & Special Operations Museum, a federal institution located in downtown Fayetteville, NC. Exhibits focus on the history of U.S. Army Airborne and Special Operations units from

World War II to the present. Last year at our reunion, we went to a Gun Range where we learned about WWII weapons and went to the shooting range where we shot some of them. At this museum, we experienced an action packed Motion Simulator-two rides. The first, Experience the Legend. We entered a dark theater with several rows of chairs with seat belts surrounded by a screen which came alive as we rocked in every direction. We flew into Normandy with the 101st Screaming Eagles on the morning of D-Day. Next was a jump into Munson-ni Korea in March 1951 followed by Deploy into a hot LZ with the 3rd Brigade of the 82nd Airborne. Travel through a hot bed of action with the Ranger Regiment in Kahbul then a ride with Special Forces down the Euphrates River in Iraq. We came out of the simulator to regain our equilibrium and then returned to see and be Army on the Move – It began with deploy of a scout cycle from a Chinook through the desert, then a Special Forces ski team through snowy woods. A HALO operation took place from 25,000 feet then covered a rooftop insertion by Special Operation from a helicopter gunship followed by a blast thorough a town fast and furious by Ranger Buggies. Finally flyover a hostile town blasting away from a helicopter gunship and a crash. It took us several minutes to recover from all the action before we could unbuckle our seat belts and stand up. Our present military need our prayers, support and respect. These young people are awesome serving their country.

While hurricanes made challenges for many, we departed saying we will see you in July 2018 in Carlyle, PA for the 38th WWII 43rd Bomb Group Reunion. We remembered the departed members and will never forget them. God Bless present day military everywhere. I thank all who made this event possible and a cherished memory.

Building Bridges Back From Dementia

by Charlotte Hart

Long memories fade—a life of skill, words, places, friends. A sharp mind loses power. Bright light of knowledge ends. Journeys across great continents did once abound. But now the short way home can not be found. Is there relief from cruel dementia's plight, Small daily miracles to let in light? So much depends on walks by rivers wide, On sand beach strolls by glorious light sea side. Memorial marches, Christmas music blends, Builds bridges! As do understanding friends! Miracles occur. A child of three Presents his set of blocks at an old man's knee. The two build castles, houses, roads—creative flight, Build bridges out of the dark on rays of light.

To Be a Tree
by Virginia Sabin

Little did I know
How rooted I longed to be
As a tree
Planted in nurturing soil
Left to grow
To be branches
Snow covered and icy
Bared by the wind
To be leaves
Green in spring
Fruitful and colorful
And to fall gracefully
Before winter

Mother Nature

By P.K. Allen

It's Her nature to be the Mother of all living things
And the mountains and valleys and the oceans and clear springs
From the tiny birds and bees to the great whales in the sea
She reins over the destiny of all we hear, touch, and see
From lightning storms and hurricanes to quakes that shake the earth
She's controlled this world's environment from the formation of its birth
But now, after years of lethal pollution causing earth's sea levels to rise
It's time to help and protect her before she withers, crumbles, and dies
From devastating floods, fire, and famine to other warnings we should heed
We must be kinder to Mother Nature before we find ourselves in dire need

November

by Sally Hartikka

Here comes November with shorter days
That often are dark, somewhat dreary.
It presages winter and all that it brings;
The sun seems to be a bit weary.

The colors of autumn have disappeared
And the ground is brown and bare.
It will remain drab until snow arrives
And covers the bleakness there.

However, be of good cheer this month,
For color will soon be here
With the colored lights of the holiday
That are about to appear.

A Pattern

By Bonnie Wheeler

There is a pattern for our lives
The fit isn't always comfortable
We often chase another and begin again
We learned where to make the cuts
For a better fit

Thanksgiving Dinner Preparations

by Nonie Moody

Thanksgivings at home on the farm were big family events and that is the way Mom wanted it. She would work for days to put this feast on for her family. There would a total of 11 sitting at the large five-legged oak table with all its leaves extended.

About a week before Thanksgiving we would clean till no dust or dirt could be found. We didn't have much but Mom liked a clean house. After the cleaning the kitchen baking would start. Mom's baked Cinnamon Apples were delicious and the first to go in the oven. She would take apples, core the middle only and drizzle the red heart cinnamon sauce made from 1/2 c. red cinnamon candies, 1/2 c. sugar, 1 c. water, over the apples. The marshmallow was placed on top just a few seconds before the apples come out of the oven. This dish is more like dessert than a side dish.

Another favorite dish was Mom's Pennsylvania Dutch dressing. So different than the dressings that come in a box today. The bread had been broken into small pieces about an inch and spread out on cookie sheets drying in the oven. Soon it was time to put the dressing together. Mom would dump all the dried bread crumbs into a very large bowl.

Write on
Writers
meet
Wednesdays
at 1 pm

November at People Plus...



Tree Hugger. Dr. Richard Giustra was one of the more enthusiastic attendees of the Brunswick Downtown Tree Tour, sponsored by People Plus and led by Town Arborist, Jay Astle.

Collette Trip Presentation

Spain/Portugal Trip Info Session

Tue, Nov 7, 3:30 pm. Visit Spain, Oct 17-30, 2018 with Collette Travel and People Plus! Highlights include Lisbon, Fatima, Nazare, Obidos, Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada, The Alhambra and Valencia. Savor a "paella experience" including a paella-making demonstration and lunch and dine on traditional Portuguese cuisine and enjoy Fado music. Come hear all about it at this presentation from Collette! Open to the public.

Desk volunteers needed

Your Center is looking for three or four volunteers to staff the reception area desk on weekday afternoons. Duties include greeting members and answering their questions, answering the phone and directing calls to appropriate phone extensions. You will be asked from time to time to work on Center

mailings and other special projects. Your typical session at the desk would start at 1 p.m., when morning receptionist Pat leaves for the day. The front desk closes for the day at 4 p.m.

If you are interested in this opportunity, please contact volunteer coordinator Gladys Szabo, come in and chat with Pat at the desk, or leave your name with a staff member.

Congratulations
to People Plus
Board Member of the Year
Highland Green resident
Charlie Evans!

HIGHLAND GREEN™
7 Evergreen Circle, Topsham, Maine | 207-725-4549 | HighlandGreenLifestyle.com

Lunch & Connections

"Turkey, well-dressed for the season"

Our Lunch & Connections dinner for Thursday, November 16, will once again be golden-roasted and flavor-filled turkey, served on a plate filled with "all the fixings," according to Center chef Frank Connors. "It's just a week before that great American holiday," he added, "naturally, our focus will be on Thanksgiving."

The Center's traditional Thanksgiving dinner will feature Stacy's own brine-soaked and roasted turkey, mounds of mashed Maine potatoes, green beans, squash, and cranberry sauce, all smothered in our own special gravy and a side of stuffing. There is always a lightly-dressed, fresh green garden salad for everyone, and the featured drink this month will again be locally pressed apple cider, with coffee, hot teas and milk. Our dessert this month will be pumpkin-spiced cake with a ball or two of orange sherbet. Last month's roast pork dinner served 62 paying members, and our 50/50 raffle paid \$47.

This special monthly meal is underwritten by our friends at Spectrum Generations, and is planned to focus on nutrition, variety, and helpful information. A CHANS home healthcare professional is always available in the Cafe to take and record free blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids is available in the Teen Center to complete free hearing checks.

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

Our buffet-styled luncheon is served, beginning at 12-noon. Please arrive after 11:30 a.m. to catch up with your friends, claim your favorite seat, purchase your 50/50 raffle ticket and to register for one of our free door prizes.

Pacific Northwest & California

Spots Still Open for Pacific Northwest & California Trip, May 20-27, 2018! Highlights include Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Newport, Bandon State Natural Area, Redwood National Park, Eureka, Avenue of the Giants and San Francisco. Contact Jill Ellis for more information.

Trip Registration deadline is November 13!

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

Medicare 101 Session with Spectrum Generations

Tue, Nov 14, 12:30 pm. Learn about Medicare and its many "Parts" so that you can make an informed decision about health care coverage. 2nd Tuesday of each month from 12:30 - 2:00 pm. Free, open to the public. Registration required. Please notify us two weeks prior to an event if you require special accommodations.

Chronic Pain Workshop with Spectrum Generations

Mondays, Nov 6-Dec 11, 1:30-4 pm
The Chronic Pain Workshop is a 6-week workshop for those who want to learn ways to better manage their pain and health concerns. The workshop is held once a week for 2 1/2 hours for adults who have long-term or chronic pain lasting longer than 3 - 6 months, or beyond the normal healing time for an injury.

Participants of this interactive workshop learn ways to deal with frustration, fatigue, poor sleep, isolation. You will also learn appropriate exercises for maintaining and improving strength, flexibility, endurance, techniques for pacing activity and rest, how to evaluate new treatments,

appropriate use of medications and much more.

Studies have shown that participants of the Chronic Pain Workshop gain immediate benefits: more vitality and energy, reduced pain, more independent lifestyle, improved mental health, more involvement in everyday activities and more satisfaction with their lives.

Spectrum Generations is licensed by the Self-Management Resource Center to provide the Chronic Pain Self-Management Program (CPSMP) originally developed by Stanford University. Free, open to the public. Registration required.

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

At-home Assistance	Errands/Shopping	Bookkeeping
Meal Preparation	Appointments	House Checks
Personal Care	Transportation	Pet Care
Chores/Laundry	Medication Reminders	Respite Care
Companionship	Paperwork	Organizing

Locally owned and operated for over 27 years!
725-9444
www.neighborsinc.com

Mon	Tue	Wed	Thu	Fri	Sat	
People Cooks! Shirking things up at the Center!	People Plus in the Media: viewed online at http://vimeo.com/harpwelltv	News & Views with People The leader that leads community	8:45 Cribbage 9:00 'Easy Riders' Biking Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write on Writers 5:30pm Knights of Columbus	8:30 Table Tennis 8:30 Women's Breakfast 9:30 Beg/Intermediate Bridge 10:00 Apple Club 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 1:00pm Advanced Brunswick 6:30pm Folk Dance Brunswick	10:00 Bridge
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 Chronic Pain Workshop	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga 3:30pm Trip Talk: Spain & Portugal!	8:45 Cribbage 9:00 'Easy Riders' Biking Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write on Writers	8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:30pm FY!! "Letters from Vietnam" 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	Center Closed	10:00 Bridge	
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 Chronic Pain Workshop 6:30pm Civil War Book Club	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 Session 2:00pm Chair Yoga 4:30pm TCAC Meeting	8:45 Cribbage 9:00 'Easy Riders' Biking Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write on Writers 5:30pm Knights of Columbus	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch and Connections 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge	
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 Chronic Pain Workshop	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga 3:00pm Books a la Carte	8:45 Cribbage 9:00 'Easy Riders' Biking Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	Center Closed for Thanksgiving <i>Happy Thanksgiving</i>		10:00 Bridge	
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Lunch & Learn: "Palliative Care" 12:00pm Bridge 1:30pm Chronic Pain Workshop	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Francais	8:45 Cribbage 9:00 'Easy Riders' Biking Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write on Writers	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 4:15 pm Frank's Field Trips Garden's Aglow 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	People Plus Hours Mon-Thu: 8:30-4pm Fri: 8:30-1 pm		

Holiday food drive opening

The ninth annual Holiday Food Drive by People Plus to benefit the Mid Coast Hunger Prevention Program opens at the Center on Wednesday, Nov. 1. "Here comes my little red wheelbarrow again," warned Member Services Coordinator Frank Connors, "the goal again this season is to collect more than 1,000 items totaling 1,000 pounds, OR MORE, and to get it done before the Christmas Holiday!"

The Center will accept non-perishable food products, and see that they are tallied and delivered to our friends at the Midcoast Hunger Prevention Program (MCHPP). That non-profit community food bank suggests

canned fruits, soups and vegetables, peanut butter, and baked beans as items that are in constant demand. They add that November donations of boxed instant potatoes, cranberry sauces, canned gravy and boxed "helper" mixes, both hamburger and tuna, are useful to help fill anticipated holiday needs. Last season, the Center collected 1,068 pieces weighing 1,104 pounds, and was able to close the campaign on December 21. In the same period, the Center collected \$255 in cash or checks for the MCHPP.

Connors suggested since the Center has more than 1,000 dues-paying members, "it should be simple for us to meet and exceed this goal for the fifth straight year. Wouldn't

it be great if each and every member dropped by the Center with just one can of food for this drive," he added, "and we could set another record, well before Christmas. MCHPP has

what amounts to a constant need for food to serve this area," Connors said, "this is the season we all should be willing to pitch in and make a difference."

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

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, and are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.



Scenes from the 2017 People Plus Senior Health Expo on October 17th.

CLIP & SAVE

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

NOV/DEC Seasonal Community Flu Shot Clinics

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

FLU SHOT FRIDAYS

MID COAST SENIOR HEALTH CENTER 58 Baribeau Drive, Brunswick 9:00 a.m. to NOON Fridays September 16 through December 2

Nov. 2-Curtis Memorial Library, 23 Pleasant Street, Brunswick	9:00-11:30 a.m.
Nov. 7-Bath Vote and Vax, Bath Middle School, 6 Old Brunswick Road, Bath	8-10 a.m. / 4-7 p.m.
Nov. 11-Brunswick Early Bird Sale, Tontine Mall, 149 Maine Street, Brunswick	7 a.m.-NOON
Nov. 13-Westrum House, 22 Union Park Road, Suite 1, Topsham	11:30 a.m.-NOON
Nov. 16-RSU 5 Freeport Schools, Freeport High School, 30 Holbrook Street, Freeport	3:30-6:30 p.m.
Nov. 17-Town of Woolwich, Central School, 137 Nequasset Road, Woolwich	1:30-5:00 p.m.
Nov. 20-RSU 1, Bath Middle School, 6 Old Brunswick Road, Bath	3-6 p.m.
Nov. 28-Mid Coast Senior Health, 58 Baribeau Drive, Brunswick	4-6 p.m.
Nov. 28-MSAD 75, Mt. Ararat Middle School, 66 Republic Ave., Topsham	4-6 p.m.
Dec. 12-Bath Adult Ed, Morse High School, 826 High Street, Bath	4:30-6:00 p.m.
Dec. 26-Mid Coast Senior Health Center, 58 Baribeau Drive, Brunswick	4-6 p.m.

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

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

MID COAST-PARKVIEW HEALTH Our Community. Our Health.

Books A La Carte Reading List

FICTION

A Separation by Katie Kitamura. A woman in an unhappy marriage is pressured to go to southern Greece to find her missing husband. A nice read with an interesting story and good characterization.

Lady Luck's Map of Vegas by Barbara Samuel. A woman goes to care for her mother. The mother pressures her to search for the woman's twin sister. The mother had been a chorus girl in Vegas during the "Rat Pack" days.

State of Wonder by Ann Patchett. A pharmacologist journeys to Brazil to bring back info about seemingly miraculous drug research. She must find her former teacher and look into the death of a coworker in the jungle.

Revenge of a Middle Aged Woman by Elizabeth Buchan. A seemingly happily married woman loses her husband to her younger assistant. The woman must reevaluate her life.

NON FICTION

I Dreamed of Africa by Kuki Gallman. An Italian woman has been fascinated all her life by Africa. She relocates to Kenya to manage a farm. Similar to Out of Africa.

JFK and the Unspeakable by James W. Douglass. A well regarded close look at JFK's presidency and assassination.

Here are some additional books we have enjoyed:

- British mystery series reissued by Poisoned Pen Press.
- Books written (mostly prior to WW2) by famous, forgotten, and unjustly overlooked authors under the title British Library Crime Classics. Some are available at the Curtis Library.
- The Louise Penny mysteries featuring Inspector Gamache.

Please send comments and suggestions to the editor at news@peopleplusmaine.org



Fabulous Fall for All.

Fall activities at People Plus and Thursday Hikers included a field trip tour of Mt. Battie, Camden (top), the fire tower at Mt. Pisgah (top, right), and Bradbury Mountain in Pownal (right)

"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. \$3 per meal (additional donation appreciated). Come eat with your friends or take it home or both! Check our calendar for weekly menu! *menu subject to change www.peopleplusmaine.org



MONDAY MUNCHIES MENU

- Nov 6 Hot Dog & Fixin's
- Nov 13 Beefy Mac Casserole
- Nov 20 Split-Pea & Ham Soup
- Nov 27 Turkey Noodle Soup

"We can be your Holiday helping hands"

Chicks Do Chores (AND SOMETIMES CHUCK) So you don't have to!

- WE'LL TACKLE YOUR TO-DO LIST! ATTICS-BASEMENTS-DECKS-FENCES-GARAGES-GARDENS-OFFICES-YARDS etc.
- CLEAN-CLEAR-OUT-FILE-DUNDRUNS-LABEL-MOW-MULCH-PAINT-RAKE-SPLIT/STACK WOOD-TRIM-WEED etc.
- RUN ERRANDS FOR YOU or WITH YOU!

MARY ELLEN ROSENBERG - OWNER CALL OR EMAIL FOR ESTIMATES OR SCHEDULING - CDC4U@COMCAST.NET 207-729-5760



www.chicksdochores.com



BRUNSWICK AREA STUDENT AID FUND BOWDOIN • BOWDOINHAM • BRUNSWICK • HARPSWELL • TOPSHAM

"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."

- James Tierney, BHS Class of 1965

Visit www.studentaidfund.org Donations may be sent to:

BRUNSWICK AREA STUDENT AID FUND P.O. Box 867, Brunswick, ME 04011

Drivers Needed! !

Did you know that People Plus provides FREE rides for community members in need of transportation?

Volunteer Drivers Needed for the growing number of ride requests in the Bath area!

Sign up to drive TODAY! People Volunteer Transportation Network

FMI 729-0757 www.peopleplusmaine.org

Do you live alone?

The Good Morning program is a FREE daily safety check-in phone call.

Providing peace of mind.

Sign up now! People Good Morning Program

In Partnership with Brunswick Police Dept.

FMI 729-0757 www.peopleplusmaine.org

Brunswick Area Teen Center

Getting ready for the holidays!

With the school year well underway now and with nine new members (so far) since school began, we are getting a sense of what this year will be like at the TC!

Unlike last year where we had almost as many girls as we did boys, this year is definitely male dominated! Eight of our nine new members have been boys and two new members are in H.S., the others, Jr. High. We are ending October with an average attendance per day reaching 14-18 kids.

Also this year we have a mix of older and younger members and so far that has been a plus with our older members helping out and including new members in activities. I have been really pleased at the ease of our new members being quickly incorporated into the existing group of kids. So far, so good and I predict that this is going to be a great bunch this year!

More good news is that our Back To School appeal letter has been doing very well. As I write this we are nearing our

goal of \$10,000 and hope to exceed that like we did last year!

We feel fortunate and thankful for all of the donations coming in to support this important program for area youth!

We continue to feed and nurture our young members as they progress through what can be some challenging years!

With Halloween decorations just put up, the TC advisory committee in October already has started planning for our Holiday Bags for our youth members! Time is moving too fast!!!!

For the past few years we have been able to round up donations of items to put in a gift bag for each of our youth members with movie tickets along with some fun, as well as some practical, little gifts. Two years ago we added a Yankee swap to our holiday gathering, which was pretty popular so it looks like that is on the agenda again for this year!!!!

We will begin to put out information about

Teen Center News

Jordan Cardone



what items we are hoping to include in the bags soon!

In the meantime, we still have Halloween and Thanksgiving to celebrate! (Not sure if celebrate is the right term for Halloween?) I am looking forward to turkey dinner! Kids are looking forward to Halloween candy!

November is a month to reflect on what we are thankful for. I know that I have a lot to be thankful for, both personally and in my job, and I am, very!!!

Happy November and Happy Turkey Day! Jordan and the gang

50 Teen Holiday Gift Bags

- Movie tickets to Regal Cinema
- Tic Tacs (green or orange)
- Chap Stick
- Ear-bud style headphones
- Fingernail Polish
- Gummy bears
- Phone Chargers/Cords
- Assorted holiday candy
- Girls' and Boys' socks

STORM POLICY

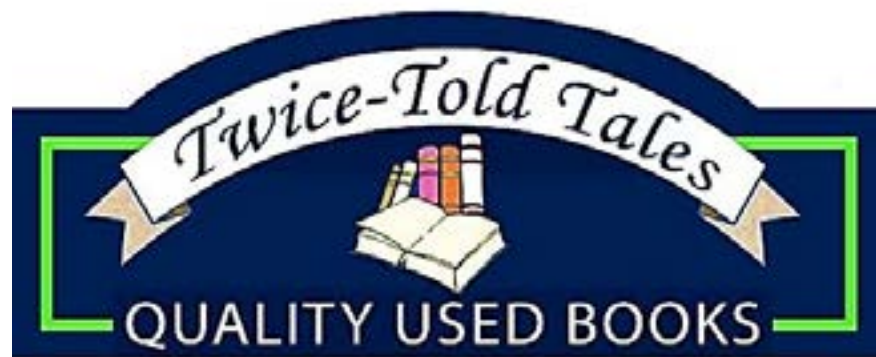
When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. The Center may remain open for business, unless conditions warrant a complete closure. Check www.peopleplusmaine.org, or local media for closure information.

Shopping trip planned

Jump start your Christmas shopping with an outing to the Christmas Tree shops, South Portland, on Tuesday, November 14. The bus leaves The Bath Area Senior Citizen's Center at 9 a.m., and picks up at the Topsham Park & Ride in front of the Home Depot about 9:15 a.m. Cost is only \$5 IF you are

a member of People Plus or the Bath Center, \$7 if you have not yet paid your dues. Everyone gets to do a "late" lunch on your own off the menu at Romano's Macaroni Grill.

You must pre-register and pay at the Bath Center on Floral Street.



11 Pleasant Street, Brunswick, ME 04011 (207) 725-8888

Selected Used Books of the Highest Quality

Fiction, Mystery, Biography and Memoir, Civil War and other History, Political Thought, Maine, Travel, Foreign Languages, Gardening, Cooking, Crafts and How-To, Poetry, Children's and Teen's, Books on CD, DVDs, Music CDs, and much more!

Monday through Saturday: 10 to 4

We welcome your donations of books, CDs, DVDs, and audiobooks

Sponsored and operated by the Friends of the Curtis Library with all purchases and donations in support of the library.

Find us on Facebook at Twice-Told Tales Bookshop or email us at twicetoldtales@curtislibrary.com

Members of the Curtis Friends receive a 10% discount with their membership card.



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

November 2017

All Spectrum Generations locations will be closed on November 10, in observance of Veterans Day, and November 23 and 24 in observance of Thanksgiving.



Need Help With Medicare?

October 15 through December 7 is the Open Enrollment period for Medicare Advantage and Medicare prescription drug coverage.

During this period you can:

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

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



Caregiver Respite Program

Caregivers are special people. The Caregiver Respite Program provides the opportunity for family caregivers to refresh and regenerate their energies through respite care. Participants in the Caregiver Respite Program have a diagnosis of Alzheimer's disease, dementia, or related memory disorders. This program assists the caregiver by helping them pay for someone to come into their home and stay with their loved one while the caregiver is able to get time for him or herself. The person, who would provide the respite care for your loved one, may be a family member, friend, neighbor, or someone from a home health agency or day program of your choice. This program enables the caregiver the opportunity to take some time for themselves, or just take some time off to do what they would like or need to do.

The Program Can:

- Reimburse 80% of what it costs to have someone come into the home a few hours/week
- Reimburse 80% of several hours of adult day care per week
- Help with the cost of up to two weeks of overnight continual care in an assisted living or nursing facility
- Allow a caregiver to apply for a waiver of all or part of co-pay depending on income and assets
- Help to pay for home modifications needed to promote independent living (up to \$2,000 lifetime)

Eligibility Requirements Are:

- A written statement of Alzheimer's, Dementia, or related memory disorder from primary care provider
- Care recipient's liquid assets (bank accounts, certificates of deposit, money market accounts, IRA, etc.) not to exceed \$50,000 for one person, or \$75,000 for two (home, land, or vehicles are not to be included as liquid assets).
- Not receiving assistance from any other state subsidized programs (Home Based Care, Adult Day Care funding, MaineCare Home Programs, etc.)

For more information

please call Spectrum Generations' Family Caregiver Support Program
1.800.639.1553 or TTY: 1.800.464.8703
Visit us online at www.spectrumgenerations.org

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



Benefiting Spectrum Generations Meals on Wheels, The Maine Children's Home for Little Wanderers, and Hospice Volunteers of Waterville Area.

Join us and Santa at the Hathaway Creative Center, 10 Water Street in Waterville.

November 17 - 19, & 24 - 26
Friday & Saturdays
10:00 a.m. — 8:00 p.m.
Sunday, Nov. 19, 10:00 a.m. — 6:00 p.m.
Sunday, Nov. 26, 10:00 a.m. — 4:00 p.m.

This two-weekend holiday extravaganza is not to be missed, as area businesses display their fully decorated trees with all the trimmings and give YOU a chance to take them home. Attendees will have a chance to win a tree by purchasing 50¢ raffle tickets to drop into the bucket of your tree of choice.

Drawings for trees will be on Sunday, November 26. The winner takes the fully decorated tree home with everything under it!

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



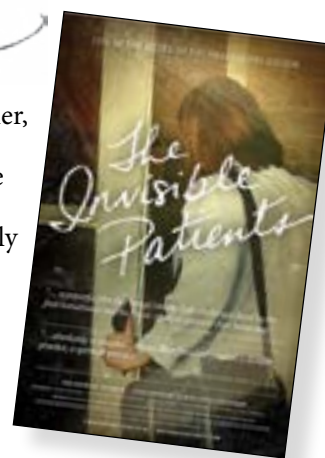
Our Health

A Film & Discussion Series at



The Invisible Patients

The story of Jessica Macleod, a nurse practitioner, and four homebound patients she cares for in Evansville, Indiana, puts a human face on some of the most urgent healthcare issues facing our nation—from the living conditions of the elderly poor and end-of-life care, to the soaring costs of hospitalization, complexity of insurance, and overprescription of opiates. Their stories reveal a hidden, vulnerable population, whose lives ask us to wrestle with not just healthcare policy, but today's fraying social fabric.



Guest Panelists

David Dumont, MD
Director of Palliative Care
MID COAST—PARKVIEW HEALTH

Ursula McFarland, RN
CHANS HOME HEALTH & HOSPICE

7 p.m., Tuesday, November 7

Frontier Café+Cinema+Gallery
14 Maine Street, Mill 3 Fort Andross, Brunswick

Admission is FREE, BUT SPACE IS LIMITED. TICKETS REQUIRED.

GET TICKETS to hold your seat at
www.explorefrontier.com/schedule/film

For general information, call (207) 725-5222.



MID COAST Center for
Community Health & Wellness

www.midcoasthealth.com/wellness

Weekly Winners

Senior Intermediate Cribbage

- Sept. 20: Lorraine LaRoche, 712
Rick Fortin, 706
Anne Bouchard, 706
Ellie Eramo, 699
- Sept. 27: Tim Owens, 705
Joe Tonely, 686
Julie Swol, 685
- Oct. 4: Lorraine LaRoche, 720
Joe Tonely & Gabriele Niffka, (tie) 702
Mike Linkovich, 691
- Oct. 11: Mike Linkovich, 715
Rollande Fortin, 709
Lorraine LaRoche, 705
Harry Higgins, 702
- Oct. 18: Lois Fournier, 722
Anita Owens, 713
George Tetu, 697

Monday-Saturday Bridge

- Sept. 18: Lorraine LaRoche, 4,050
Libby Scully, 3,960
Joyce Lyons, 3,770
John Rich, 3,610
- Sept. 23: Lorraine LaRoche, 5,930
David Bracy, 3,770
- Sept. 25: Joyce Lyons, 4,200
Lorraine LaRoche, 4,010
Terry Law, 3,510
- Sept. 30: David Bracy, 3,840
Betsy Mace, 3,620
- Oct. 2: Paul Betit, 4,350
Cathy Cooper, 4,300
David Bracy, 3,810
- Oct. 7: David Bracy, 2,690
Mary O'Connell, 2,170
David Bracy, 3,730
Lorraine LaRoche, 3,390
Paul Betit, 2,900
- Oct. 14: Cathy Cooper, 4,920
David Bracy, 4,540
- Oct. 16: Bill Coop, 4,020
Joyce Lyons, 3,400
David Bracy, 3,290



Winners ALL! People Plus members winning at the Maine Senior Games Table Tennis competition this season included, (Left to right) Armand Bouchard, 2nd doubles, 3rd singles, (75-79 age group); Dick Brautigam, 1st singles, 1st doubles (85-89 age group); and Steve Winter, 2nd doubles, 3rd singles (70-74 age group). INSET: Rick and Rollande Fortin maintained dominance in the Cornhole Toss, winning gold in singles and in mixed doubles. AGAIN! Rick Fortin won gold in Horseshoe toss, he has medal in that sport "every year" since 1994!

PEOPLE PLUS MEMBERSHIP APPLICATION Date _____

PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

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 _____
 I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus)

Yearly Membership Dues (Scholarships Available)

Brunswick (___ New Member ___ Renewal): \$40 per person \$70 per couple
 Other towns (___ New Member ___ Renewal): \$50 per person \$80 per couple
 \$250 for **Lifetime Membership** (65 or over)

Membership Dues: \$ _____
 Additional Donation*: \$ _____
 (*donations above membership dues are tax deductible)
 Total: \$ _____

OFFICE USE: Accounting Data Membership Card Sent

Become a "Friend of People Plus" with an additional gift of \$25 or more!

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

Autometrics, 10% off parts, anytime
21 Bath Road, Brunswick, 729-0842

Bill Dodge Auto Group, 10% off parts and service
262 Bath Rd., Brunswick, 800-652-6118
118 Pleasant St., Brunswick, 729-6653
www.billdodgeautogroup.com

Lee's Tire & Service, 10% off parts (excludes tires)
35 Gurnet Road, Brunswick, 729-4131
27 Monument Place, Topsham, 729-1676

Tire Warehouse, 20% off labor
Topsham Fair Mall, Topsham, 725-7020
www.tirewarehouse.net

Tucker Ford, 10% off invoice, parts and service
157 Pleasant St., Brunswick, 725-1228

BEAUTY/HAIR SALON

Reflections (Salon), 10% off, Mon and Fri
12 Center St., Brunswick, 729-8028
www.reflectionsbylucie.com

Studio 119 Hair & Nail Design, FREE haircut with color or perm; services
119 Bath Road, Brunswick, 729-6119

CHIROPRACTOR

Augat Chiropractic, Free consultation and cursory exam
9 Pleasant St., Brunswick, 725-7177

DRY CLEANER

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

FLORIST

Pauline's Bloomers, 10% off, anytime (within normal delivery range)
153 Park Row, Brunswick, 725-5952
www.paulinesbloomers.com

HEARING AND OPTICAL

Berrie's Hearing and Optical Center, 10% off a complete set of eyewear, up to \$500 off costs of hearing aids
86 Maine St., Brunswick, 725-5111
www.berriesopticians.com

Maine Optometry, \$30 off complete pair of glasses
82 Maine St., Brunswick, 729-8474
www.maineoptometry.com

LEGAL

Attorney N. Seth Levy, Discounted legal services/documents including wills, living wills and estates
14 Maine St., Brunswick, 319-4431
www.sethlevy.com

RECREATION / ENTERTAINMENT

Eveningstar Cinema, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
149 Maine St., Brunswick, 729-5486
www.eveningstarcinema.com

Maine State Music Theatre, Senior discount (60+) on matinee tickets
22 Elm Street, Brunswick, 725-8769
www.msmt.org

Thomas Point Beach, \$1 weekday admission
29 Meadow Road, Brunswick, 725-6009
www.thomaspoinbeach.com

RESTAURANT

Arby's, 10% off, excluding combos/coupons
Topsham Fair Mall, Topsham, 729-8244
www.arbys.com

Big Top Deli, 10% off, anytime
70 Maine St., Brunswick, 721-8900
www.bigtopdeli.com

Fairground Café, 10% off, anytime
Topsham Fair Mall, Topsham, 729-5366

McDonald's, Free dessert with purchase
Cook's Corner, Brunswick, 729-4416

Wild Oats, 725-6287, 10% off on Mondays
149 Maine St, Brunswick, 725-6287
wildoatsbakery.com

SWEETS/CANDY

Wilbur's of Maine, 10% off, anytime
43 Maine St., Brunswick, 729-4462

*Benefits subject to change

Bring a friend to People Plus

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

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

All you need to do is encourage a friend to join, cost is still only \$40 if you live in Brunswick, \$50 if you live anywhere else. Your friends will start getting our great little newspaper, and before you know it, they'll be calling YOU about getting to programs, or events.

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

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

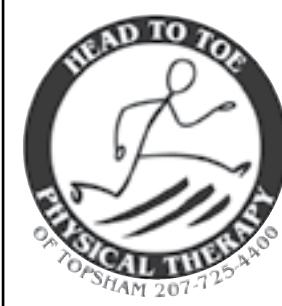
Senior Real Estate Specialist, SRES • Accredited Staging Professional, ASP

I love selling homes along the Midcoast. Military Retired Spouse with a lot of moving experience!
FREE Market Analysis!

Nancy Beal, Realtor
(207)751-0752

nancy.beal@century21.com
www.midcoastmainehomes.com

Century 21 Baribeau Agency, 51 Pleasant Street, Brunswick ME 04011



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

Why let it go to waste?

Treating the individual, not just the injury

www.headtoopt.com

Reading between the lines

In simple sentences, phrases, or paragraphs, these letters can bolt me back a half century, back to what I expect will have been the most trying year of my life. Stored under my mother's bed for so many years, my letters from Vietnam (to her, to my family and friends) offer a captivating window to that time. It was 1967-68, I was a 20 year-old paratrooper, pounding ground, beating heat, fighting wet, fearing fear...shooting back. Collectively, they document my lifeline to the "world," and to the sanity it promised.

But on this dubious golden anniversary, a re-reading of the letters leaves me keenly aware of what I never wrote. The references to actual combat are few, the four-letter expletives are all but missing. They total over 400 pages, and as I read them through, connecting dates to dates, places to paper, my mind rebuilds so many of those buried connections. So much is

surreal now, but so much remains in terrifying, vivid color. Let me show you what I mean.

29 June, 1967: I'm in Vietnam at the 90th Replacement Detachment, it's at Long Bien Junction (camp "LBJ," get it?)...we spent almost 22 hours in the air coming over, stopping for petrol and pee breaks at San Francisco, Honolulu, Wake Island, then Okinawa and here... It's awful hot here, the humidity is ridiculous...There's a 12-hour difference and we're across the date line, so it's still the 28th in Bowdoinham... Camp LBJ is a huge pile of red mud, we have five shower heads for 400 men and the water, only cold, is limited to five gallons per day...oh yes, almost forgot, all human waste is collected in steel fuel drums and destroyed daily by burning it with diesel fuel! UGH!!

3 July, 1967: I'm now in the "Herd,"

assigned to the 173rd Airborne Brigade, "only the best of the best" Airborne outfits in Vietnam. The 173rd was the first complete Army combat unit sent here in 1965, it made the first and only combat jump since the Korean war here four months ago. You may recall reading in the papers last month about an airborne unit being "wiped out," losing 76 from a company of 100, Remember that? That's the outfit I'm assigned to, there will be some serious time spent rebuilding...this a.m. I had five shots and my first malaria treatment....

10 July, 1967: Alpha Company got hit again last night (I wasn't with them, still processing in) three were killed and four wounded.

14 July, 1967: I Got Mail Today! Believe me, mail is money over here! I'm now in a Montagnard village in the Central Highlands, called DakTo.... My clothes have not been dry in three days. I spent last night on ambush - down a ridge and maybe 400 meters from base camp- we had a machine gun, and 8 M-16s, but Charlie didn't mess with us... we're so deep in the jungle now that we get resupply from choppers hovering over us, dropping ammo, food, and water, wherever we pop a colored smoke grenade.

31 July, 1967: I'm thinking they're going to make me the platoon machine gunner, remember that I scored Expert back at Fort Campbell? I'm not really excited about the job, the last two gunners were killed, and it will mean carrying a 30 pound weapon, a spare barrel, 1,000 rounds of ammo and a 45 pistol.

8 August, 1967: Here in DakTo we're camped maybe 100 feet from the end of the runway, you know we don't get much sleep, with guard duty AND C-130's in and out all the time.

Speaking Frankly

Frank Connors



19 August, 1967: we got to our ambush site about 1600 - a bridge- spent the whole night, off and on, in water 6-16 inches deep! Mosquitoes were so thick we'd part them with our hands before we could move. Fella' will be lucky not to catch his death from Pneumonia, or Malaria, huh?...Today the whole company was pinned down by machine gun fire! Some idiot had tossed a belt of ammo into a dump fire, and nature took care of the rest....

21 September, 1967: Around here, you get in the habit of eating all you can, when you can, and if you have it...

12 November, 1967: I have a new home for now-the 6th Convalescent Center in Cam Rahn Bay-I have Malaria! I spent the whole of yesterday feeling hot, then cold, always nauseated, always dizzy, temp over 100 degrees, TOUGH shape....

22 November, 1967: Malaria is really nasty, hope I'm done with the worst of it. Tomorrow is Thanksgiving day. The fighting in DakTo is in it's 20th day, it's so very fierce. Some ways I'm glad to be out of that fight but it bothers me to be sitting here, knowing my buddies are in it up to their necks! I hate to think of them having to fight without me! I guess I've been in Vietnam too long....

They fill three white binders; a tormented, dirty year, now presented in a neat, ordered package. I offer them and their contents after all these years, not so much as a tribute to my service, but as a testament to the boys I served with, and as evidence that we've made great strides in the past 50 years, or maybe we haven't.

RM ROUSSEAU MANAGEMENT, INC.
Skilled and Assisted Living in Midcoast Maine

We take your loved ones comfort and health to heart.

COASTAL LANDING RETIREMENT COMMUNITY
142 Neptune Drive, Brunswick (207) 837-6560

COASTAL SHORES ASSISTED LIVING
142 Neptune Drive, Brunswick (207) 725-5801

DIONNE COMMONS
24 Maurice Drive, Brunswick (207) 725-4379

ASSISTED HOME CARE II
11 Bank Street, Brunswick (207) 725-6736

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

Page Monuments

207-729-9936 • monuments@comcast.net
204 Bath Road • Brunswick, Maine 04011

BRACKETT FUNERAL HOME
A Ladner Family Service
TRADITIONAL FUNERALS MEMORIAL GATHERINGS CREMATION SERVICES

Celebrating Life

Peter W. Ladner • Christopher C. Ladner
Rick A. Gagne • Gregory A. Giberson

29 Federal Street • Brunswick, Maine 04011-1590
Phone 207-725-5511 • Fax 207-729-5930
www.brackettfuneralhome.com

CLASSIFIED ADS

Computer headaches? I can help! 20+ years experience. Affordable, knowledgeable. Can support Mac, PC, Chromebook, i-Phone. System & software setup. Fix www/email/virus/malware issues. Tutoring & data rescue. Contact John Fischer at 522-1238 or email: jrfischer@gwi.net.

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.

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

Coats for Seniors Coat drive commences

Our annual drive to collect winter coats for seniors opens this month, with the addition of that big, decorated box in the People Plus Cafe. Coats for Seniors is a Maine-based initiative led by the Maine Association of Area Agencies on Aging (M4A) in collaboration with Freeport outfitter LL Bean, and Goodwill Industries of Maine.

For each clean, gently-used winter coat collected, Goodwill will provide a voucher to Maine's AAA's (Spectrum Generations is our area provider) to give a coat to older adults in need. This allows people to size and choose their own coat. Again this year, LL Bean will donate \$5 per coat donated (up to \$5000) to Maine's M4A's low-income fuel assistance program. Last year, LL Bean donated \$5000 to this program, and more than 1600 coats were collected to generate vouchers. More than 70 coats were collected at People Plus. FMI, Connie Jones, Connie7jones@gmail.com.

Our gallery show featuring works by Marilyn Flanagan and Debby Stubbs will continue through the month of November. Flanagan specializes in water colors of the "natural world," and Stubbs offers stunning closeup color photographs of "birds and blooms!"

"You could say my career started at People Plus," Flanagan said last week, (it was 55-Plus back then,) "painting class was up the creaky old stairs into a back room when the Center was on Noble Street. Carol Choate was my instructor. I got interested, got excited, joined a club, and everything blossomed from there"

The "Club" she joined was the Merrymeeting Art Association, a group she helped organize, and a group that still meets "most" Wednesday afternoons at the Brunswick Elks Club from noon until 3 p.m. "We gather, gab and Paint," she said. Other Association members include Connie Bailey, who now teaches painting at People Plus, Lorraine Williams, Flo Carman, Arlene Couture, Joyce Coyne, Carol Durgin, Marilyn Hicks, Peggy Thiboutot, Vivian Wixom, Stubbs, and Flanagan.

Stubbs tries to spend part of her year in Florida, and many of her photographs reflect that influence. She produces original photography on photo notecards, magnets, calendars, collages, canvases and framed prints.

Most of the pieces in the gallery show are for sale. This interesting collection can be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick.



Sunflowers.

Watercolor by Marilyn Flanagan

Coming in December...

FYI! Mission to Mars!

Thu, Dec 7, 1:30 pm

Ever wonder what it is like on Mars? Join us as Dr. R. Aileen Yingst introduces us to the Curiosity rover and takes us with her on her remarkable journey through Gale Crater on Mars!

Dr. Yingst, a resident of Brunswick, is a Senior Scientist at the Planetary Science Institute, a research institution headquartered in Tucson, AZ. She is Associate Principal



Investigator on the Mars Exploration Rover Mission and Deputy Principal Investigator for the Mars Handlens Imager instrument on the Mars Science Laboratory rover Curiosity. She is also an associate on the Dawn at Ceres mission. Other missions that Dr. Yingst has worked on include Dawn at Vesta, Mars Pathfinder, Mars Polar Lander, and Galileo. Dr. Yingst served as Director of the Wisconsin Space Grant Consortium for 14 years.

Dr. Yingst received her AB from Dartmouth College in Physics and Astronomy, and her M.Sc. and Ph.D. in Geological Sciences from Brown University.

Free, open to the public. Registration appreciated!



Lunch out!
Tues, Nov 14th, 11:30 am



161 Main St, Woolwich

Sign up for the car pool!



When you are contemplating a move...

to a Retirement Community, enjoy a visit to the new COASTAL LANDING in Brunswick to see all we offer in independent retirement living. (Assisted Living available on the same campus.)

Included in your monthly rent:

- * Choice of two meals daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Other services available for a reasonable monthly fee.
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Find your way to
837-6560
www.coast-



142 Neptune Drive, Brunswick
allanding.com

AGING EXCELLENCE
SeniorsOnTheGo.com

Contact Us:
113 Pleasant St.
Brunswick, ME 04011
207.729.0991
866.988.0991
www.seniorsonthego.com

SWIFT Wellness Program
Certified Professional Geriatric Care Management
Community Support Specialists/Social Companions
Personal Support Specialist/Personal Care Services
Handyman Services