



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



Fun and fit! Yoga instructor Leslie Balin (left) works through a Thursday Yoga routine at the People Plus Center. Her class is the second weekly Yoga class now offered at the Center and is proof it can be fun to be fit!

Dine at McD's; support People Plus

If you have NOT yet been to the recently enlarged and improved McDonald's Restaurant at Cook's Corner, you need to mark your calendar and get there either Monday, Jan. 22, or Monday, Feb. 12, because on the evening of those dates (between 5 and 7 pm) you can have a wonderful meal AND benefit People Plus projects.

The popular Brunswick restaurant has just been remodeled by new owners, who say they want more direct involvement with the community. On designated Monday evenings, the restaurant will host Community Night, and highlight different local non-profits, and on that night donate 20% of sales for those two hours to the designated organization. The Brunswick Area Teen Center will be highlighted on Monday, January 22, and the People Plus Center will be featured on February 12.



Holiday Surprise. The Brunswick Teen Center was honored to be the recipient of a \$2500 award from Priority Real Estate Group as a part of the \$30,000 P.R.E.G. awarded to Brunswick area non-profits in December. Said President and CEO Jim Howard as he addressed the group of local NPO leaders, "A community's success is not judged solely on its financial success... it's also judged on how it supports and helps its most needy. That's the true character of a company or community."

A long-time supporter of the Teen Center, Howard was a homeless teen himself at age 15 and acts as a mentor and supporter to the kids who use our program.

Author's Chat

James L Nelson on The 200-Year Invasion

Join Harpswell author James L Nelson at the People Plus Center on Thursday, January 11, at 1:30 p.m. as he discusses "*Fin Gall*," first book of the popular *Norsemen Saga*, telling the story of the Vikings incursions into Ireland." Award-winning author James Nelson has turned his story-telling skills toward the unique history of the raids and settlements by Vikings in Medieval Ireland, and you'll find his accounts very interesting.

An author and historian since

1994, Nelson has lectured all over the country and written more than 20 books of maritime fiction and history. His books cover the gamut from Vikings in Ireland to piracy in Colonial America, from naval action in the American Revolution to naval action in the American Civil war. He won the American Library Association's William Young Boyd Award.

Nelson's presentation is free and open to the public, pre-registration is appreciated.



Annual Funds "building well" at year's end

Donations to both the People Plus Center and the Brunswick Area Teen Center were "building well at years' end," according to People Plus Center office manager Betsy White. An unexpected \$2,500 donation to the Teen Center from Topsham businessman James Howard brought the Teen Center's total to a new high of \$19,480, while donations to the parent People Plus Center reached \$20,350. The People Plus center's number includes over \$1,500 donated by members as "additional donations" when members renew annual dues.

In Mid-November, the Center mailed nearly 1,600 appeal letters to Friends and members of People Plus, separate notes went to friends of the Teen Center earlier. The Center needs to raise \$50,000 before the end of its fiscal year in June.

Musical Gala plans progressing

The 16th annual Music in April gala to benefit the People Plus Center will be "bigger and better than ever," Center Executive Director Stacy Frizzle predicted, "there will be a new venue and we expect more sponsors and participation than ever." The signature event will be held at the Brunswick Recreation Center on Brunswick Landing this year. Frizzle said the larger space means "lots of new possibilities."

This year's event is April 5, from 5 until 9 p.m., and will once again benefit from the "legendary guidance and imagination" of general chairperson O Jeanne d'Arc Mayo, who has worked on every Music in April

"since before it was Music in April," Frizzle quipped, referring to the first two fund raisers, in the last century, that were held in March. "There is just no reason NOT to assume this will be the best one yet," said Frizzle.

Nearly a dozen sponsors are already signed up, "several signed on at the event last year," Frizzle remembered, the list of auction items has already been started and Chef Chris Toole is working on some "new ideas" for the spectacular buffet that last year featured two dozen area restaurants.

Over the years, Music in April has evolved into one of Brunswick's premier social events, complete with live music, an exceptional buffet and huge live and silent auctions. "We try to add something new and different each year," Frizzle said, "keeping it fresh, fun and exciting." Individual tickets to the event are still only \$50, Frizzle said, and what's available sells quickly.

Last year's event raised more than \$50,000 for the People Plus Center and the Brunswick Area Teen Center. If you have questions or want to register as a sponsor, please call the Center at 729-0757.

Fit for FREE?

If you made a New Year's resolution to "pick up the pace" of your personal fitness, why not come to People Plus and start something new at no cost? If you are a Center member, you can try any one (or more) of our fitness offerings between Monday, Jan. 8 and Friday, Jan. 19 "for Free!" Executive Director Stacy Frizzle explains, "this is more about getting new folks into new experiences," she said, "we're confident if they try it, they'll like it!" The Center routinely offers more than a dozen fitness classes each week, varying from Table Tennis (free all the time!) to Tai Chi. All of our instructor led courses are available to members for a cost of only \$5 a session.

The popular chair-based exercise program Loosen-Up! is offered each Monday, Wednesday and Friday at 9 a.m., and Zumba Dancing follows every Monday at 10 a.m. You can play pick up table tennis in the hall, singles or doubles, at least four days each week, Monday through Thursday.

Tuesday we offer Yoga, Aerobics Lite and Chair Yoga, and Wednesday and Friday we have classes in Tai Chi. Separate Yoga classes, Line Dancing and Qigong complete the Center's fitness offerings.

"The goal is to get folks engaged," Frizzle explained, "This offer is for new attendees to try classes and see if they like it. We're confident they will. There is no better investment than the one we all make in our own personal health. What a way to start the new year!"

This offer is free and open to the public. Call the Center at 729-0757 if you have questions or want to sign up.

Frank's Field Trips

Southworth Planetarium

We're driving the Coastal Landing van to the Southworth Planetarium in Portland on Tuesday, January 9, leaving the Center at 10 a.m. for three special and exclusive presentations! Into the Deep, a fascinating history of deep-sea exploration begins the programming; followed by a "seasonally adjusted," Tour of the Night Sky; and the stunning presentation, Eight Planets and Counting!

Cost for this trip is only \$10, thanks to a gift from Scott Lemieux at Brunswick's Ameriprise Financial planners.

After the planetarium visit, you'll have lunch at your own expense at Becky's Diner on the Portland waterfront, and we should be back in Brunswick about 3 p.m. Registration is limited to the first 12 who sign and pay, current members only, please!



People Plus News

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

news@peopleplusmaine.org

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

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Give a gift to yourself

Life can change in the blink of an eye. One minute everything's fine and the next minute you might take a fall, or you get the dreaded call, or you realize you missed the stop sign and suddenly nothing will ever be the same again. As we get older this fact is more apparent than ever. Over the last week several members of the People Plus family have injured themselves or had bad news about their families and their lives are forever impacted.

As I write this, Jill Ellis our Programming Coordinator is at home with a broken foot and Alvina Menard, one of the founding members of People Plus 42 years ago, is recovering from a broken hip. Neither of those ladies expected to fall last week and while they are both on the road to recovery, it will be slow going. None of us heals as fast as we used to, do we??

And somehow, in some inexplicable way my firstborn daughter Daphne will turn 18 in 2018 and I will turn 50! I didn't think either of those two events would ever come to pass and they've got me realizing

none of us are getting any younger... It's for these very reasons that we are focusing in the new year to improving our health AND YOURS at People Plus so we NEVER grow old! Now before you laugh out loud, we KNOW everyone grows old, and we know everyone makes New Year's resolutions to lose weight or get fit or be healthy - but this is DIFFERENT. We are really encouraging members to



Ralph Laughlin counts push-ups for Frank and Stacy during the 2016 Push-up Challenge.

become engaged with our campaign to get fit for free. To make that possible, we are offering two weeks of free fitness classes for all new

From the Executive Director

Stacy V. Frizzle



attendees beginning January 8th and running through January 19th.

So, if you haven't taken the exercise class before - you can take it free for the whole two weeks! And you can really figure out what works for you and what doesn't. It can often take a week or two to decide if you like a new class or if it's going to be the right fit for your schedule. You also might have sore muscles after you do it once which means you need to come back and do it two or three more times before you really start to feel the benefits!

So check out all of our class descriptions and times and come try them out! There is no excuse to put off taking care of ourselves - it is the most important gift you can give yourself this year!

No spandex required - come on down in comfy clothes, and try out a new exercise class - for FREE at People Plus - the Center that Builds Community!

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

Just last week one of my clients thanked me for helping her successfully lower her ALC (a measure of blood glucose control.) I let her know that she was the one who had made the changes in her food intake and physical activity that had resulted in her improving her lab values. She agreed but expressed that it was some of the information that I had given her that lead to her on going journey for healthier eating and her success. She said that there was one particular phrase that helped her in many different food related situations. This was that one that I had shared with her quite a while ago. It goes like this...keep the door half way open. This means that when approaching food situations, it is important to enjoy some of the treats without depriving yourself but don't go overboard. Each one of us should strive to find the balance.

Just last week I was talking about the coming of the New Year with a client and he said "Don't think about what you can't have but rather what you can eat!" Encouraging all of us to enjoy the food that we choose to eat while watching the portion size. I can be heard saying that we are in the most exciting time for different, creative and delicious food! Just last week I bought a frozen pizza made with a cauliflower pizza crust that was fantastic!

If you want to make change in the New Year, I suggest that you make them small, realistic and attainable. Happy 2018!

Black-Eyed Pea Soup

Ingredients:

- 2 pounds ground turkey
- 1 large onion, diced
- 4 cups water
- 3 (15 ounce) cans black-eyed peas, drained
- 1 (28 ounce) can diced tomatoes
- 1 (10 ounce) can diced tomatoes with green chile peppers, undrained
- 1 teaspoon Worcestershire sauce
- 3/4 teaspoon garlic salt
- 1/2 teaspoon salt
- 1 (4 ounce) can chopped green chilies

- 4 teaspoons molasses
- 4 beef bouillon cubes
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground cumin

Directions:

1. In a large Dutch oven, cook and stir the pork sausage and ground beef with the onion over medium heat until the meat is no longer pink, 10 to 12 minutes; drain off excess fat. Pour in the water, and stir in black-eyed peas, diced tomatoes, tomatoes with green chiles, Worcestershire sauce, garlic salt, salt, canned green chilies, molasses, beef bouillon cubes, black pepper, and cumin until thoroughly mixed.
2. Bring the soup to a boil, reduce heat to a simmer, cover, and simmer for 45 minutes.

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STORM TROOPER BLUES
by Vince McDermott

Oh, no! Another Star Wars movie. I guess I should not complain too much. I get paid. Yeah, I'm a storm trooper - one of the guys in the ugly white suits. We wear masks and tromp around in boots chasing the heroes. We get off 50 shots and don't hit anything, and the heroes shoot twice and put down six of my mates. I ask you - is that fair? No!

We train hard, work out, and put in long hours guarding the bad guys. And what do we get - no love at all. Do you think all those people lining up to watch the movie want to see us? There is only one way to stop this nonsense - bring everything to a halt. We are going out on strike! No more storm troopers to shoot. No more Star Wars!

WHAT'S NEW
by Elizabeth B. Bates

CHRISTMAS IS PAST.
NO MORE CHURCHES ARE PEALING THEIR BELLS.
IT IS QUIET. MAYBE TOO QUIET.
SOME PEOPLE ARE ECSTATIC OVER THE COLD WEATHER.
THE MOUNTAINS ARE COVERED WITH SNOW.
THE LOCAL PONDS HAVE FROZEN FOR THE SKATERS
WHO ARE WHIZZING AROUND IN THEIR NEW JACKETS.
BEHIND THE SMALL GROCERY STORE ARE THE UNBOUGHT
CHRISTMAS DECORATIONS IN DISARRAY, WAITING FOR THE
GARBAGE TRUCK.
YES, THE CREDIT CARD BILLS ARE ARRIVING.
IS THE FUEL TANK FULL?
IS THERE STILL FROZEN TURKEY IN THE FREEZER?
THE NEW YEAR IS HERE!
GRIT YOUR TEETH AND SIT DOWN AND ENJOY IT!



TRACKS IN THE SNOW
by Betty Bavor

I see tracks in the snow
Are they an entourage of critters I know?
Small ones, big ones, shallow and deep lead to where.
Is there food, comfort or family there?

I've studied and followed, even checked in a book
Trying to identify patterns and shapes as I look.
Cats, dogs, rabbits, squirrels and deer,
Maybe a mouse, a fisher or birds in the clear.

A trail of boot tracks, I also spy
They lead to my electric meter by and by.
A bill in my mailbox, I will soon find.
Some tracks leave no curiosity behind.

LIFE'S REWARDS
by R. Neil Laughlin

The
greatest
joys in life
come from:
Giving not Keeping
Sowing not Harvesting
Sharing not Hoarding
Distributing not Amassing
Releasing not Keeping
Dispersing not Gathering
Letting Go not Holding On
Spreading not Acquiring
Some people believe he who
dies with the most possessions
is the most, grand prize winner
in the wonderful Game of Life.
The would be wrong, very wrong
Without experiencing the joy and happiness
reaped from a full-sharing and caring of life,
the Grand Prize Winner is the Grand Prize Loser.
In the end it is not the material that counts,
but the full, rewarding participation in the game.

WINTER REST
by Bonnie Wheeler

Christmas behind us
Spring, a dream away
Praying for a mild winter
Where books and good movies take us away
Family and friends warm our hearts with love

Ralph's Word Puzzle

New Years a point of transition. It closes the door on the Past, while simultaneously opening the gates to welcome in and new chance for a new burst of life. The one question that goes unanswered is "What is Life".

We can all speculate on what it is, but no one has the definitive answer, which leads to the inevitable conclusion that Life is a puzzle; a puzzle that each of has to figure out for ourselves.

To that end I put together the following Puzzle of Life for your pondering and enjoyment. May 2018 bring you many bundles of happiness that touch your heart and ignite a renewed joy in living.

Embrace each Moment...Every Moment.

B	S	U	S	T	A	I	N
A	I	P	U	D	O	W	E
B	T	H	R	I	V	E	W
E	L	O	V	E	M	O	B
S	T	R	I	V	E	M	O
S	G	I	V	E	N	O	R
O	O	S	E	V	R	E	N
W	O	M	E	N	O	O	N
D	D	A	E	D	L	O	C

BABES
BORN
COLD
CORE
DIE
DEAD
DO
DOW
GIVE
GO
GOOD

IS
LOVE
MEOW
MEN
MOB
SIR
SIT
SOD
SOME
SOW
STAIN

STRIVE
SURVIVE
SUSTAIN
THRIVE
TIE
TWIST
UP
WE
WOE
WOMEN

NOTE: There is one word that does NOT appear in the word maze. But isn't that what life is about, just when you think you have it all figured out it surprises you with an unanticipated twist. Embrace to Moment... Every Moment, for who knows what is next. ENJOY!

MARGARET L. VARNEY
by Charlotte Hart

"We don't smile until Thanksgiving," Margaret would announce to our teaching team as we prepared to meet Margaret's classes of 50 eighth graders in her double classroom. Those 50 students would silently go to their assigned seats convinced that they had better be obedient and diligent. By Thanksgiving, those students would know that Margaret's orderly classroom was a wonderful place of lectures, group work, projects, and presentations, and instructors could then smile.

Born in Portland, Maine, Margaret Varney called Brunswick her home town. Victim of severe and life threatening infantile paralysis at age six, she was treated with extensive surgery and a full year in bed. During that year, she studied and kept up with her classmates so that she lost absolutely no school time. Polio left Margaret physically challenged, an affliction she chose to ignore as she pursued a long career in education and a lifetime of travel.

She attended Brunswick's Longfellow and Hawthorne elementary schools and graduated from Brunswick High School. At Farmington State Teachers College she earned her bachelor's degree and at the University of Maine at Orono her master's and a certificate of advanced study. She taught in Auburn, Maine for seven years, then returned home to teach at Brunswick Junior High for thirty-two years. Chairman of the Social Studies Department, she retired in June 1992. Margaret was

active in the Maine Council for the Social Studies. She was earned the M.C.S.S. Award for Excellence in Social Studies Education. She received the Teacher of the Year Award sponsored by the Daughters of the American Revolution.

Facing a critical need for Maine Studies audio visual materials, she and her colleagues at Brunswick Junior High developed Downeast Discoveries lesson masters, filmstrips, and cassettes; these were used extensively throughout Maine. A passionate traveler, Margaret was eager to visit historic sites and state and national capitals. She visited every state in the Union, returning several times to Hawaii. She traveled throughout Canada and every country in Europe. Highlights of her journeys included the USSR, China, Japan, Africa, India and Australia. She wanted to ride down the Amazon, but she could not convince a friend to join her. She enjoyed reading, especially historical fiction and biographies. Her favorite figure in history was Joshua Chamberlain. She was talented at embroidery, knitting, and flower gardening.

She died following a tragic traffic accident in Kill Devil Hills, North Carolina. Reflecting on her career, Brunswick High School Principal Truman Libby called her "an energetic and enthusiastic individual who taught on her last day in June 1992...as if it were her first day...."

WINTER IN MAINE
by Bonnie Wheeler

Farewell short sleeves and cute shoes
Winter is forcing its ways
Longer sleeves and warm sweaters and boots
Hats, gloves, and lots of hot soups
Every year tis the same
Still we moan and complain
We could all move away
What????? no way.... We love it here!!!

Some Words for Thought in the New Year
by P.K. Allen

Resolutions and wishes are easy to make,
But it's hard to make them come true.
Here are some words to think about.
See what that they mean to you.

PEACE
LOVE
JOY

Yesterday is history, it can't be changed,
But we can celebrate today and tomorrow
in such a way
That when they do become yesterday,
We will know we made a difference.

Alzheimer's
by P.K. Allen

Memories fade into the fog of uncertainty
Once familiar faces turn into forgotten names from the past
Friends and family become unrecognizable strangers
Bewildered eyes stare into the emptiness of space
A feeble voice mumbles incoherent words only she can understand
Questions repeated over and over, forgotten just as fast
A life of vitality and grace now confined to bed and wheelchair
Little by little, Alzheimer's slowly claims another victim into the realm of distant solitude

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January at People Plus. . .

People Plus now offering Short and Long Form Tai Chi



Tai Chi is an ancient martial art that is currently practiced for healthful reasons. The movements are slow and mindful, meaning that you pay attention to each foot placement, each weight shift, each arm gesture. This can sound very complicated but it helps to bring awareness to how you move which then improves things like balance and strength.

A Tai Chi form is a sequence of postures performed in a specific order. The postures are carefully designed such that each movement within a posture is done with correct body position. And so over time, you begin to move with greater ease and with better strength because you are using your body correctly. Plus the names of some of the postures are just simply fun, like golden rooster stands on one leg and part the wild horse's mane which provides some creative imagery to the practice too.

There are two classes of Tai Chi offered at People Plus with instructor Suzanne Neveux. The Short Form is on Fridays at 10 am and the Long Form meets on Wednesdays at 12:30 pm. Both classes are on-going and new students are invited to come in and start practicing right away. Each class begins with a lesson either examining a particular posture or perhaps a particular principle of movement that is then incorporated into the form. Everyone follows along as best as they can and, with repeated practice, eventually the pieces come together. Tai Chi can feel very complicated ("how am I ever going to learn all this?") but with patience and practice, what initially was confusing suddenly has a calming flow and recognizable pattern. And it becomes a meditation in motion as you quietly pay attention to how you are moving and is very satisfying to those willing to take the time to play. Classes are \$5/ members and \$10/non-members.

Lunch & Connections "Comfort food" coming for January

"A pile of mashed potato and a healthy hunk of meatloaf" will headline our Lunch & Connections dinner on Thursday, Jan. 18, 2018, at the People Plus Center. "Meatloaf is one of our staples in winter around here," Center chef Frank Connors said, "served good and hot and awash in a rich brown gravy, this meal will help us all forget how cold it is outside!"

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

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

These Lunch & Connections meals are underwritten each month by our friends at Spectrum Generations, and are carefully planned to focus on nutrition, information, variety and fun. A CHANS home-health-care professional is always on hand to complete and record free blood pressure checks prior to the meal, and Mary Marino of Mary's Affordable Hearing Aids is available in the privacy of the Teen Center to complete free hearing exams from 11 a.m. until noon.

Remember, we need you to pre-register after the first of January to be seated, and seating is limited to the first 68 folks who sign up. Don't be disappointed! Cost of the meal is still only \$6 for members and \$8.50 for non-members, payable when you arrive at our door. Yes, you may order a take-out for the same prices, to be picked up after 11:30 a.m.

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

We start serving our buffet-style lunch at noon.

'Aging Well' Lunch and Learn: Essential Oils



Mon., Jan. 22, 12:00 pm
Melinda Baxter FDN-P, CHHC, CYT, LMT, Pathways to Health, introduces us to Certified Pure Therapeutic Grade Essential Oils for health and wellness. There is so much buzz around essential oils and they have amazing applications for health and wellness but you want to make sure you are using pure oils to actually receive health benefits. Melinda is a Holistic Health Coach and Master Life Coach who works with clients to create gut and mind wellness. She is also a certified yoga teacher and massage therapist. We provide chips, drinks and a light dessert.

Bring your own lunch or try our special Monday Munchies, hosted by Amy Feeley. Amy will be cooking up a flavorful creamed turkey, peppered with green peas and served on a heaping bed of hot noodles; we welcome your donation for lunch. This event is free and open to the public. Pre-registration makes it easier for us to plan, please call our information desk at 729-0757, ask for Pat.

Wellness of the Spine with Dr. Giustra

Part 1, Tue, Jan 30, 1:30 pm
Part 2, Wed, Jan 31, 2:00 pm
Provides basic information on the lumbar and cervical regions and demonstrates useful techniques for maintaining a healthy spine. Four part series concludes in February. Open to the public.

Balance and Falls with Reform Physical Therapy

Mon, Jan 29, 1:30 pm
Dr. Christina Levesque, PT, DPT of Reform Physical Therapy (formerly Head to Toe PT) is back to teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs. Perfect tips for the winter season and all year long! Free, open to the public. Registration appreciated!

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

Now Twice per Month! Spectrum Generations: Medicare 101 Session

Tue, Jan 9 & 23, 12:30 pm
Medicare 101 Workshops offered through Spectrum Generations at the People Plus Center have been increased! In addition to the regularly scheduled 2nd Tuesday of the month session, there will be an additional opportunity to attend Medicare 101 on the 4th Tuesday of the month! Medicare 101 explains the basics of Medicare, eligibility requirements, how and when to sign up, and provide an overview of the four parts: A, B, C, and D. Sessions begin at 12:30 at the People Plus building, registration is required, 729-0757. Free and open to the public, suggested \$15 donation. Please notify us two weeks prior to an event if you require special accommodations.



Still Spots Left! Spain's Classics and Portugal

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. Open to the public.

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Free Yoga, Free Massage!

Mon	Tue	Wed	Thu	Fri	Sat
<div>1</div> <div></div> <div>Center Closed</div>	<div>2</div> <div>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga</div>	<div>3</div> <div>8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 5:30pm Knights of Columbus</div>	<div>4</div> <div>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</div>	<div>5</div> <div>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick</div>	<div>6</div> <div>8:30 Maine Meditation Intensive 10:00 Bridge</div>
<div>8</div> <div>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing</div>	<div>9</div> <div>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting</div>	<div>10</div> <div>8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers</div>	<div>11</div> <div>8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:30pm Author's Chat: James L. Nelson 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</div>	<div>12</div> <div>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick</div>	<div>13</div> <div>10:00 Bridge</div>
<div>15</div> <div></div> <div>Center Closed</div>	<div>16</div> <div>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga 3:00pm Books a la Carte</div>	<div>17</div> <div>8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 5:30pm Knights of Columbus</div>	<div>18</div> <div>9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch & Connections 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</div>	<div>19</div> <div>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs 6:30pm Folk Dance Brunswick</div>	<div>20</div> <div>10:00 Bridge</div>
<div>22</div> <div>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 12:00pm Lunch & Learn: Essential Oils 12:00pm Bridge 6:00pm Belly Dancing 6:30pm Civil War Book Club</div>	<div>23</div> <div>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:00pm Medicare 101 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Francais</div>	<div>24</div> <div>8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp</div>	<div>25</div> <div>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</div>	<div>26</div> <div>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick</div>	<div>27</div> <div>10:00 Bridge</div>
<div>29</div> <div>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Balance & Falls Clinic 6:00pm Belly Dancing</div>	<div>30</div> <div>10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:30pm Spine Wellness, Part 1 2:00pm Chair Yoga</div>	<div>31</div> <div>8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 2:00pm Spine Wellness, Part 2 1:00pm Write on Writers</div>	<div></div> <div>People Plus videos can be viewed online at http://vimeo.com/harpsswelltv</div>		<div>People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm</div>

Maine Non-Profit Day is January 16th

Investments designed with you in mind



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"Searching for Alexander Theriault"

The Pejepscot Genealogical Society (PGS) will hold its next monthly meeting in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, January 14, 2018 at 2 pm. Guest speaker, and Vice President of the Maine Genealogical Society, Brian Bouchard will be speaking on "Searching for Alexander Theriault". This program is a case study in persistence, perseverance and some good old fashioned luck in solving Mr. Bouchard's own family's brick wall. For more than a decade he struggled to identify the parents and family of his great-great-grandfather. During this presentation, Brian will explore what caused this brick wall and how a combination of on-line and on-the-road research, coupled with social media and good fortune, helped him solve the question "Who were Alexander Theriault's parents?" For more information contact John Webster, PGS President at (207) 833-5430.

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?

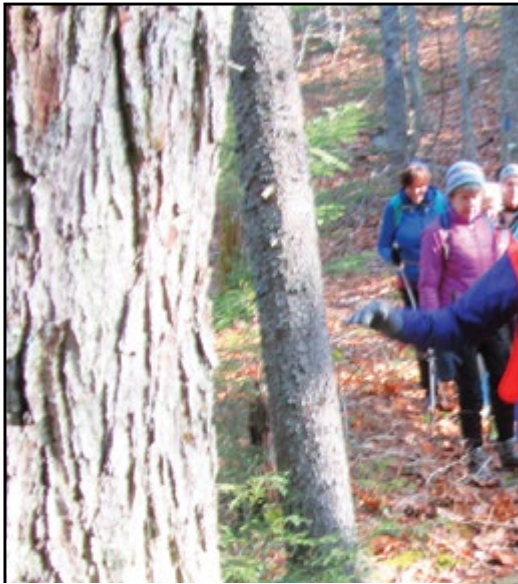
- US spends more on healthcare than the next 3 countries combined
- Spends over \$8,000 per person per year
- US ranks 37th in world health care through studies done by world health organization
- Neighbors to the north have not figured it out either they rank 30th
- Better living through pharmacology?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





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

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 information.

When you need an MRI... only the best will do.


New, advanced MRI technology now available at MID COAST HOSPITAL.

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When your doctor recommends an MRI, it may be one of the most important tests of your life. Doctors use these images to make decisions on how to best care for your body, sometimes diagnosing life-threatening illnesses.

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Creativity &

We invite c
cupcake
company
evening


Feel free to

WHEN: Wednesday, Ja
5:30 pm recept


WHERE: Avita of Brunsw
89 Admiral Fite

RSVP: Space is limited
email bethany(

The night will be led by K
Kristine is the owner of *The Creative*
Program and has been teaching art cl
in both studio and school settings. Sh
Education and loves to work with artists


of Brun
A North
Memory Care

Assisted Living Special
avitaofbrun





Thursday hikers get a last fall hike before snow blankets the area, exploring the ledges, bridges and woodlands in Phippsburg.



All aglow. Center member Noni Moody took this picture during a field trip to the Boothbay botanical gardens last month.

& Cupcakes

Caregivers to enjoy homemade
s, a glass of wine and great
y as you relax and spend an
g with our team at Avita of
Brunswick!
bring a friend and spread the
creativity!

January 17, 2018
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of all ages and abilities.



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Weekly Winners

Senior Intermediate Cribbage

Nov. 29: Gabriele Niffka, 716
Anita Owens, 714
Joe Tonely, 710

Dec. 6: Rollande Fortin, 715
Gaby Niffka, 712
Don Durkin, 703

Dec. 13: Gabriele Niffka, 715
Craig Aderman, 707
Joe Tonely, 704

Monday & Friday Bridge

Nov. 27: Richard Totten, 5,450
Anne Brautigam, 4,740
Lorraine LaRoche, 4,340

Dec. 8: John Rich, 3,270
Lorraine LaRoche, 3,080

Dec. 11: David Bracy, 3,990
Terry Law, 3,950
Mary O'Connell, 3,000

Dec. 15: Sherry Watson, 1,990
Betsy Mace, 1,930

Dec. 18: John Rich, 3,930
Bob Cressey, 3,850

Brunswick Area Teen Center

New year, new faces

Happy 2018! We ended the year of 2017 with some great numbers! We had 1,975 youth visits to the program last year, had 47 new members sign up in 2017 and ended the year with over \$19,000 in from our TC annual appeal letter! Nice numbers!

Another number that got higher and is remaining high is our daily attendance average! Our average per day was 17.5 (poor ½ kid!) per day (December not done quite yet!) in November. The increase in this number of course increased other numbers such as food amounts provided, cups washed, paper goods used, noise decibel level increases and so much more!

The remarkable thing I have witnessed with the influx of so many new members is (with so many different personalities, energy levels and ages!) the ability they have to successfully (15-22 of them) co-exist in one big room and keep it fun and interesting and (almost always) non-problematic each afternoon! This says a lot about the group we currently have (and hopefully about the success of what the

program stresses-a safe, fun, stress free place where kids can be kids and anyone and everyone should be made to feel welcome and respected for who they are) No problem, right? ☺

Some reflecting back...by the summer of 2016 we experienced a fairly significant exodus of some of our long-term members, due to moving and or graduating from H.S. There were pluses and minuses to this, the downside was, we really miss them! The upside, with fewer kids we had more room and time to do some creative projects during the year like the Cooking Matters course which the kids loved, and the sewing machine and photo projects and more movie days (because we could actually hear the movie!) etc. It was a good transition year, which ended this past summer! It was a busier summer than usual with 15 new kids enrolling over the summer and 21 more by the end of October, and we continue to have new members each month since!

Most of our new members are in Jr. High. When I look around the room I see the next few (plus) years taking shape as these kids make the place their own, and if history repeats itself, we will have some of them

Teen Center News

Jordan Cardone



for up to 7 years!

So, new year, new kids and new adventures ahead for the TC program!

As I sign off, I want to say Thank You to all of you who helped us successfully fill 50 bags with goodies for the holidays for 50 of our youth members! It is 4 days away, as I write this, until they get the bags and since so many of them are new-they really will be surprised! We will take pictures! And to so many others of you who support the TC program in so many ways...Thank You! I know I am repeating myself, but it is so true, we could not do what we do for the kids who we serve, without YOU!

Here's hoping that the year 2018 is a happy and healthy one for all of us!

Cheers!
Jordan and gang

In Others' Words...

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 35 Union St, Brunswick, ME 04011 or news@peopleplusmaine.org

Light Aerobics

My doctor recently told me to take Yoga classes for balance issues, but I didn't care for them. When I heard about the Light Aerobics class coming to People Plus, I decided to try the first class, Which was FREE!

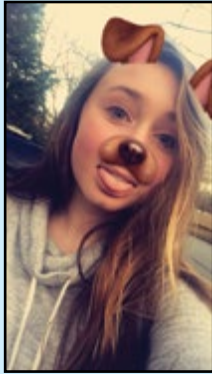
After about the second or third class, I felt the muscles in my body were more relaxed. I have Arthritis and it would be easy for me to give up after a few sessions, but I'm stubborn and I will fight my body because my mind is young.

I've noticed my balance was getting better with each class, and I'm walking less and less with a cane. I've also noticed I can walk much faster when pushing a shopping cart! The hand, arm and finger muscles have also strengthened, I could not open some jars of relish, mayo, my water bottles, etc., but now I CAN!

The breathing exercises we do in class are also good. I found that people who did not do strenuous exercises tend to take only shallow breaths, which the instructor will tell you does not clear your lungs like it should. My goal is to get back on my old Sears bike, and workout independently. It may hurt a little at first, but I plan to stay with it, it can only help!

TEEN OF THE MONTH

Jenny O'Connor



Our Teen of the month is Jenny O'Connor! Jenny is in 6th grade at BJH school and started attending the TC program in September and attends almost every day that we are open! When asked what she likes about the TC, Jenny replied "it is extremely fun, I like meeting new people, the kids here are very nice and very funny and the adults here are very generous and kind" Jenny added that "the snacks are delicious, esp. the mashed potato one" (Shepards pie :) Jenny is another great addition to the TC; quiet, smiley and never ever ever gives us any trouble! She is also pretty cute without the dog nose!!!! Thanks Jenny and congratulations! Jenny goes to the movies on us!

Start 2018 with Classes, Games, Clubs and Events at People Plus

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

ACTIVE GROUPS

(free, for members only)

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

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

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

EXERCISE AND ART

(paid classes, open to public)

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

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

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

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

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

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

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

Chair Yoga
Tues, 2:00 pm
A blend of breathing and stretching to improve balance, stability and peace-of-mind. Offers both poses and helpful techniques to be your most comfortable self. For all levels, Instructor Audrey Palma.

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

GAMES

(Free, members only):

Beg/Int Bridge
A less formal Bridge group. All levels welcome – come learn how to play! Tuesday and Thursday mornings.

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

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

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

CLUBS

(Free, members only)

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

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

Cafe en Francais
Fourth Tuesday of month, 2:30 pm. Spend a lively hour once a month speaking French with good company. Civil War Book Club Third Monday of month, 6:30 pm

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

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

Quilters

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

World Affairs Conversation Club
Third Friday of month, 11 am. Ed Knox moderates this club. He has lived and worked professionally in the Middle East and taught Mideast History.

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

MEALS

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

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

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

Lunch Out

Second Tuesday of month, 11:30 am. Organized get-together at local restaurants. Monday Munchies 4th Monday of the month, 11-12:30 pm. Sit down or take out. \$3.

PRESENTATIONS

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

FYI! (For your Information)
Monthly programs to tantalize the mind with interesting and stimulating talks, discussions, presentations with snacks and foods.

Author Chats
Maine authors tell us about their books and writing experiences.

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.

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)
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Pauline's Bloomers, 10% off, anytime (within normal delivery range)
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www.maineoptometry.com

LEGAL

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



Members enjoyed entertainment, goodies and friendship at our annual member Holiday Party in December.

Memorial Donation in Memory of
Edith Louisa Mullane
December 16, 1930 – November 9, 2017
George Wyman
March 21, 1931 – December 1, 2017

People Plus Hours

Monday-Thursday:
8:30 am to 4:00 pm
Friday: 8:30
am to 1 pm

PEOPLE PLUS MEMBERSHIP APPLICATION Date _____
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____	Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Email _____	Emergency Contact _____	(name) (phone) (relationship)	
Name (2) _____	Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Email _____	Emergency Contact _____	(name) (phone) (relationship)	
Mailing Address _____		City _____	State _____ ZIP _____
<input type="checkbox"/> I do NOT need the People Plus monthly newspaper mailed to my house.		Cash/Check (Payable to People Plus)	
Yearly Membership Dues (Scholarships Available)		Membership Dues: \$ _____	
Brunswick (___ New Member ___ Renewal): <input type="checkbox"/> \$40 per person <input type="checkbox"/> \$70 per couple		Additional Donation*: \$ _____	
Other towns (___ New Member ___ Renewal): <input type="checkbox"/> \$50 per person <input type="checkbox"/> \$80 per couple		(*donations above membership dues are tax deductible)	
<input type="checkbox"/> \$250 for Lifetime Membership (65 or over)		Total: \$ _____	
OFFICE USE: <input type="checkbox"/> Accounting <input type="checkbox"/> Data <input type="checkbox"/> Membership Card Sent			

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

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

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

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



All Spectrum Generations locations will be closed on Monday, January 1st and Monday, January 15th in observance of New Year’s Day and Martin Luther King Jr. Day.



Thank You For Being A Friend!

We all know that the holidays and New Year can be a tough time for many - especially for those who are homebound and may find themselves away from family and friends. The team at Spectrum Generations’ Southern Midcoast Aging and Disability Resource Center would like to thank everyone in the community who supports our



mission of promoting life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. Emma Hughes, a senior at Brunswick High School, delivers a carload of poinsettias that were donated to Spectrum Generations as part of a fundraiser for the music department (top left picture). While Mt. Ararat Middle Schoolers Nadia Rosenberg, Olivia Cox, and Shea Farrell load up another car full of donated plants to be delivered to homebound Meals on Wheels consumers (top right picture). Thank you to everyone who helped brighten the day of a MOW recipient by purchasing and donating a beautiful poinsettia plant!

And we can’t forget about the volunteers who take time all year round to help deliver a nutritious meal and friendly smile to our homebound neighbors twice a week! Did you know that over 30,000 meals came through the People Plus building last year alone and were delivered to over 130 homebound seniors and disabled adults by our dedicated volunteers! The volunteers gathered last month and were treated to a home-cooked breakfast and Yankee Swap (pictured on right) to thank them for a year of hard work and dedication.



Thank you again, to all of those in the community who come together every year to make sure that the most vulnerable in our communities are not forgotten! Would you or your organization like to help support Meals on Wheels or any of the other programs that Spectrum Generations provides? Contact Casey at 607-4406 to learn more about our volunteer opportunities.



SCAM ALERT BULLETIN BOARD

Thanks to the Internet, researching your family tree is easier than ever. But since these sites are a goldmine of personal information, scammers are trying to trick people with lookalike pages or legitimate-looking free sites. Be

wary of sponsored ads that appear to feature well-known genealogy websites - even if the advertised link looks legitimate. It is very easy to change the name of links to appear that they are coming from a reputable source.

Before signing up to find out about your ancestors, search for the name of the company, and verify its reputation on genealogy forums and Facebook groups.

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.



LEGACY CORPS

Companionship Respite for Veterans and Military Family Caregivers

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

What is Legacy Corps?

Legacy Corps is a national AmeriCorps project 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.

Become a Member Volunteer!

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

****Volunteer needed in Brunswick!****

We are currently looking for a Legacy Member (volunteer) who would like to work with the daughter of a retired Navy Captain, a young woman in her twenties with Cerebral Palsy. Time with her could be spent assisting with a book she would like to write, going to a museum, or going shopping.

FMI contact Katie Carlson at kcarlson@spectrumgenerations.org or call 1-800-639-1553 and ask for Katie.



Sweet ‘lil M&M’s

It really was an awkward moment, my two grandsons standing expectantly in front of me, ONE thin (1.74 ounce) bag of M&M peanut-filled chocolate candies in my hand. Could I tell them I didn't expect to see them this day, that I was planning to eat all the candy myself? Of course not!

I winked at Abbie, suggested a game to the boys. "Hey," says I, "every bag of M&M's has blue, red, yellow, orange, chocolate and green candies inside, right? Let's each pick a favorite color, and we'll divide the candies, based on the color we liked the best!" Both Silas and Zander looked at me with not a little suspicion, no doubt thinking about deals they'd struck with their "bump" in the past.

Six-year old Silas went for it first, nodded, smiled happily and said, "RED." I almost guessed, I knew red was his favorite color. Three-year old Zander was tougher. He had his hands on his hips trying to out fox the old fox. "What happens to the extra colors," he wanted to know. I shrugged, "give 'em to your mother?" I suggested. Abbie was quick to back away, waving both hands. "You can divide what's left three ways," she said, "I don't need to be in this little contest." Almost as an afterthought, I told the boys I'd take the blue ones.

"Yellow," Zander said, holding out his hand. I ripped the bag open, poured the contents into a pot I always carry in my truck, and a quick look told me there was going to be trouble. ONE yellow, three red, a bucket of blue, and a few orange and chocolate! I took the yellow one and dropped it into Zander's hand and watched his eyes cross! "One," he said, "ONE,? I don't like this game, I want to pick another color!" Silas didn't appear too happy, either. Zander took another look at the bucket and announced he'd take, "BLUE!"

I popped a blue M&M in my mouth, Zander threw his yellow one back in the pail. "Okay," said I, "we'll do three piles, even Steven!"

Zander grabbed the bucket, handed it to his brother and looked at me sternly. "Silas counts," he announced, "and you ate one already!"

Maybe you never wondered where the name M&M came from, but me, I spend time worrying about details like that. It seems in 1941, a Mr. Forrest Mars (Sr.) of the Mar's candy fortune was looking to collaborate with the folks over at Hershey's Chocolate. They were kicking around a plan to create a new candy: chocolate nibbles in a hard candy shell. First one's were only chocolate colored, multi colors

came later. Mars worked with Bruce Murray, a son of the Hershey family, and "M&M's" were born. Isn't America wonderful??? Thanks Anita, for helping me google that information!

One last confession and we'll leave this silly subject.

Years ago, I was standing in Day's Variety, eating my daily hot dog. As was my habit, I'd chat up the regulars, offer my "hi" to Rachel, complimenting her on cooking yet another great dinner, and read the headlines from the daily newspapers. IF it was a Tuesday or Thursday, I'd go to the candy rack and "select" my bag of M&M peanut candies. "Dessert," I liked to call it.

It's true, M&M candies are sold by weight. But another truth I have discovered is there can be as many as 24 candies in one of those ounce and ¾ bags, and as few as 19! I consider it a better lunch when I get closer to 24 than 19, so I developed the habit, as subtle as possible, of picking up a bag, moving the candies around

and counting them. I did that for more months than I remember, until that black day that Rachel caught me! She came right out from behind her hot dog steamer, got in my face and asked me "why" I was handling her candy! "Can't you just pick one?" she suggested!

Embarrassed that she'd caught me, I never explained to her the reason I might touch three, maybe four bags of candy before I selected one. "This one will do," I said, picking the bag I held in my hand. I'm guessing its a good thing I like the peanut candies, not the regular M&Ms! It would be VERY hard to count the individual pieces in one of those bags!

May the coming new year bring you and yours only GOOD STUFF!

Speaking Frankly

Frank Connors



Vietnam letters

If you missed Frank Connors' Veteran's Day presentation last month, reading from letters he'd mailed home during his year of service in the Vietnam war (1967) we're pleased to say you can now go to our web-site, click on our Vimeo pages and find a taped version, with a number of photographs added. While you check out that Vimeo account, notice you can also access the monthly People Plus Cooks! programs, and our monthly News & Views shows. Thanks to our editor, Bernie Breitbart!

New or renewing members for December

* indicates new membership	Hadley Horch	David Selleck
• indicates donation made with membership	Laura Katz	Dorothy Selleck
	Joan Laws	
	Mary Mabee	Harpswell
Brunswick	Joanne McCartan	Karin Frazer
Ted Allen •	Anthony Monaco	Joni Larlee
Consuelo 'Connie' Bailey	Diane Monaco	Peter Piedmont *
Barbara Bean •	Janice Norha	Sandy Potholm
Nancy Belt	Marilyn Nulman	Marielynn Towers
Lorraine Berte	Mike Ouellet •	
Crystal Bishop	Tina Phillips	Other places
David Bracy	Lorraine Ring	Craig Aderman, * Freeport
Claudette Brassil	Erik Sandelin	Charlotte Hart, Cumberland
Robert Broderick •	Harold Sawyer •	Joni Larlee, Lisbon
Sally Broderick •	Helen Sawyer •	Rose Marie Mayer, Lisbon Falls
Patricia Croy •	Elizabeth 'Betsy' White	Sarah L.O. Smith, Freeport
Sylvia Dyer		
Carolyn Earnest	Topsham	
Alice Franklin	Tim DeFreitas	
Dana Hirth	Russ Kinne	
David Hirth	Sherman Milliken	
Fred Horch	Aletta Ricker	
	Barbara Russell •	
	Donald Russell •	

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Lunch out!

January 9th at 11:30 a.m.

Ruby Tuesday

55 Topsham Fair Mall Rd, Topsham

Sign up for the car pool!

Student show opens in Cafe Gallery



Mackerel Cove (colored pencils),

by Tony LaCroix

A collection of original works created by students from Consuelo Bailey’s art classes are on display through January in the Union Street Gallery of People Plus. This multi-media exhibition features more than two dozen new works by the student artists of People Plus, and this is the second show of the season for Bailey’s popular classes.

Students invited to exhibit include: Beth Aldenberg, Lorraine Berte, Sandra Cox, Karen Guistra, Tony and Myrtle LaCroix, Donna Lemieux, Mary Maverick, Richard Nickerson, Ralph Palmer, Ann Sanfasin, Frances ‘Frankie’ Stone, Valerie Robbins and Alfred Tyrol.

Bailey’s mixed-media classes include instruction in the use of watercolors, watercolor pencils, colored pencils, graphite and charcoal, pen & ink, pastels, pastel chalks and scratchboard. Bailey’s “mission” is to expose students to the “several major forms of artistic expression” during the typical

class season, to encourage her students to practice some or all the mediums, and then to work in the media where they feel the most comfortable and hope to become proficient. Weekly classes are conducted every Tuesday morning, and run approximately two hours.

The collected student works are always framed and “almost always” offered for sale. This show may be seen free of charge during normal business hours at the People Plus Center, 35 Union Street, in Brunswick.



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Welcome Ben & Maruta from St. Cloud, Minnesota who, by moving to Highland Green, have brought the number of U.S. states from which HG residents have relocated to an astounding 31!

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