

People News

plus

The Center to get more out of life

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."

Annual fund reaches goal, sets record

The Development Committee of the People Plus Board of Trustees announced "with great pleasure," that the Center has again surpassed all past Annual Fund giving levels, and achieved its \$50,000 goal for fiscal year 2010-2011.

"Both the increase in financial support and the increase in the number of people benefiting from all the activities at 35 Union St. is a strong testament to how people in the Brunswick region view the need for both the new building and the programs it houses," said Joan Phillips, chair of the Trustee Development Committee.

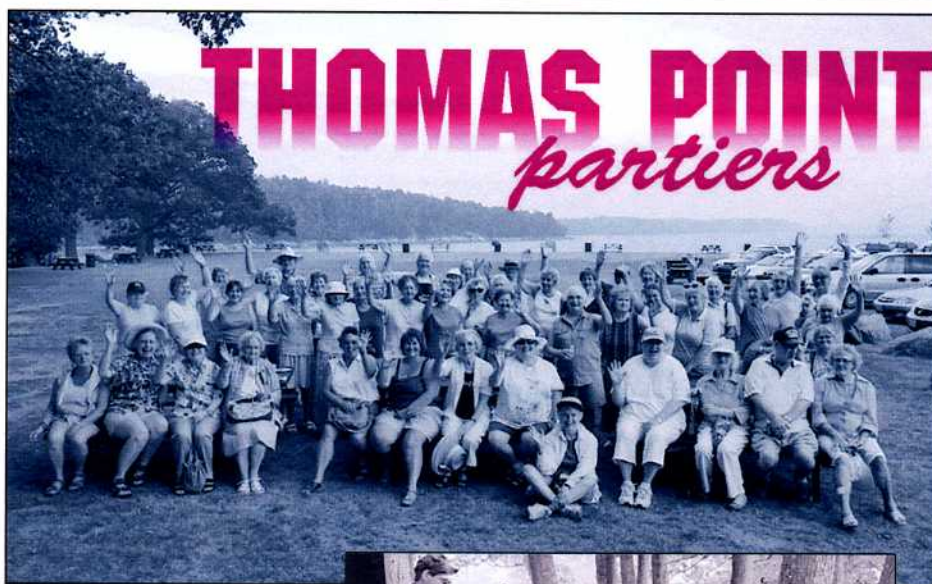
Beside being used to cover the day-to-day operating expenses of People Plus, the Annual Fund assures that there will be an adequate number of staff hours so People Plus can provide a variety of programs for the people who depend on us, from teens to seniors. The Fund also allows the Center to constantly explore additional programming offerings, and to expand our volunteering networks, resulting in better services for all our constituents. This includes activities such as basic computer lessons, and helping folks understand, and better manage, their limited finances. Comple-

menting this is the area-wide Volunteer Transportation Network program, which serves people who simply can no longer drive. Thanks to many volunteers, companies and organizations, these people can now make important doctor's appointments, or simply get out of their house for a simple change of scenery, even if just for a few hours, to be able to be with and to socialize with other people.

"As the interim Executive Director of People Plus," Jim Pierce stated, "and for the Trustees, staff and volunteers, I want to shout a loud THANK YOU to all

those who helped us reach this stretch goal. It says a lot about both the generosity of the citizens in our area, and the need for all that we try to do for all the citizens. And, it shows the commitment of all of us at People Plus to use these funds wisely to get the maximum benefit out of all our programs."

In FY 2009-10, the Annual Fund generated \$48,200, and in 2008-09, it raised \$42,700. For further information and details of ways you might support the People Plus Annual Fund, please call 729-0757.



Most of the July Lunch and Connections picnic attendees gathered for a formal portrait after a near-perfect lunch on a picture-perfect day at Thomas Point Beach in Brunswick. The Gordon Hersom Band has been playing at People Plus Center picnic at Thomas Point Beach for many years. Hersom is at far right.

PHOTOS BY MIKE MULLIGAN,
COVER THIS PHOTOGRAPHY



Search for executive director enters interview phase

Gordon Brigham, vice chairperson of the People Plus Board of Trustees, reports the "search phase" for the new executive director has ended and August finds the board entering its interview phase.

"We had a good set of applicants," Brigham said. "We're fortunate to have the situation we're in. This area has a wealth of talented people."

Asked late last month, he said the board was still deciding on the number of candidates to interview. He said the new hire would be "in place Nov. 1 at the very latest."

Former board member James Pierce has served as People Plus interim executive director since Nov. 1, 2010, when former director Susan Cole resigned unexpectedly.

Pierce directed Brunswick's Independence Associates for 33 years before accepting the interim position at People Plus.

Back to the Beach!

If you have a current People Plus Membership Card you can visit Thomas Point Beach any weekday in August for only \$1! Thank you Patti!

Lunch & Connections

August cookout is chicken, sausage, corn on the cob

The Aug. 18 Lunch & Connections will feature grilled chicken, pan-fried sausage and vegetables, with potato salad and corn on the cob.

"We're planning a good, old fashioned cookout featuring local veggies," offered Chef Frank Connors. "It should be the event of the summer."

There will be a fresh, lightly-dressed green garden salad. Madeleine Ashe's secret summer punch will again be the featured drink, with iced tea, coffee and milk available as well. Dessert for August will be fresh melons and a medley of cookies. A pot of "veggie baked beans" will be waiting for our

vegetarian friends.

Focus of this monthly Lunch & Connections program, underwritten by Spectrum Generations, is nutrition, information and variety. Each meal includes regular and vegetarian options, a salad, fruit and whole-grained breads.

A CHANS Home-health care

professional is always on hand in the café area to offer a free blood pressure check prior to lunch.

Come to the Center early, pick up your 50/50 raffle ticket and register for one of several door prizes.

Reservations for seating are necessary and obtained by call-

ing the People Plus information desk at 729-0757.

A limited number of rides to dinner can be provided, on a first call, first served basis.

Suggested donation is only \$5 for adults 60 and older and children 12 and under, and \$7.50 for all others. Lunch is served at noon.

People Plus News

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

frank@peopleplusmaine.org

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

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Events and programs coming soon

From art classes to yoga, from cooking for one to new ways to stretch, there's a lot of action coming your way beginning in September at People Plus. Search the synopsis below to find a class or activity that excites you.

Contact the Center at 729-0757 to register or visit the website, www.peopleplusmaine.org, for more information.

Art classes with Connie Bailey

Connie Bailey is a professional artist who has worked with People Plus for 20 years, offering programs in different mediums for all levels.

She describes her classes as extremely warm and friendly, with a group atmosphere. Students attend her class to acquire discipline in their work, to achieve a higher level of expertise to be able to sell their work; or simply to find an activity to take them away from the house, be social or escape difficulties in their lives.

Connie believes that a teacher finds success when a student is successful so she conducts her classes in a way that nourishes and supports the skills of each of her students at their level.

Connie is offering Basic Art 1, beginning on Tuesday, Sept. 6, from 10 a.m.-noon. There will be four classes in September.

This class will explore drawing with Graphite and Charcoal, and will include presentations and discussions. Basic Art 1 is open to beginners with no experience, as well as those students who wish to improve their drawing skills.

Connie is also offering Basic Art 2 with Graphite and Charcoal, beginning on Thursday, Sept. 1, from 10 a.m.-noon. There will be five classes in September. Basic Art 2 is also open to anyone who wants to improve his or her drawing skills, with more independent activities.

Basic Art 1 and 2 will continue in October using colored pencil, November using pen and ink, and December classes will cover mixed media.

Students need to bring HB pencils, a Pink Pearl eraser and a 9 x 12 or 11 x 14 sketchbook (acid free and 2 ply) to the first class.

A minimum of six students, maximum of 12, is required in both classes. Please register for class at the Front Desk or by phone at People Plus before Aug. 23.

'Loosen Up'

"Loosen Up" in Suzanne Neveux's new class at People Plus starting Thursday, Sept. 1. Classes will be Tuesday and Thursday mornings from 9-9:45 a.m.

This is a gentle class — using a chair or standing, always supported (no floor work) — to help mobilize joints and lengthen muscles using techniques derived from traditional stretching movements, tai chi and yoga.

It's just what you need to help work out the kinks in the morning and release the tensions of everyday life.

"Loosen Up" will run through the month of September.

Please sign up at the Front Desk or by phone, at 729-0757.

Monthly technology classes

Are you looking to buy a digital camera but don't know what features you'll need?

Do you have a digital camera but don't know what all of the buttons are for?

Join us on Sept. 7 at 10 a.m. for the first of the People Plus monthly technology classes when Bernie Breitbart will share what he knows about digital cameras.

Bernie is a retired cameraman whose work in film included documentaries, feature films, children's television and commercials.

He pursued still photography as a hobby, shifting from film to digital as technology advanced.

Since moving to the Brunswick area in 2007, he has exhibited in the Topsham Public Library's Joy of the Lens shows and was awarded first prize by the Village Review Board for his photograph of an historic home in Brunswick.

He recently has joined the ranks of People Plus Ping Pong players.

Call the front desk or stop by to sign up for an entertaining and informative gathering to discuss the joys (and frustrations) of digital cameras.

Get back in the (bicycle) saddle again

Rich Cromwell, of the Merrymeeting Wheelers, is devoted to helping people get moving on bicycles and is offering a free workshop on Sept. 13 through People Plus.

If you have a bike but haven't been on it for a while, this workshop is for you!

If you don't have one, but are considering buying a bicycle or three-wheeler, then meet us on Sept. 13.

Lee from Center Street Cycle in Brunswick will join Rich to check over your bikes for safety and then guide you

back on, practicing on a smooth stretch until it feels like it used to.

Lee will also bring some of the new trikes for people to try out.

Sign up at the Front Desk and meet us at the Brunswick bicycle path from 4-5 p.m. on Sept. 13 for a great way to improve your health and have fun at the same time. (Rain date is Sept. 20.)

Voulez-vous parler Français?

Bring your friends and join us at the first Café en Français at People Plus on Tuesday, Sept. 27, from 2:30-3:30 p.m.

Are you a French speaker, eager to share a lively hour with good company?

Have a cup of coffee or tea, visit with friends and make new ones at this — what we hope — will be a fun monthly event. All are welcome.

Sign up at the Front Desk to come to Café en Français at People Plus.

Get tapping

People Plus is joining with Merrymeeting Adult Education to offer Tap Dancing with Daphne McCoy at People Plus on Mondays from 1-2 p.m. for beginners and Fridays from 5-6 p.m. for intermediate tap dancers. Classes begin Sept. 19. Sign up through Merrymeeting Adult Education at www.merrymeeting.org or call 729-7323 and be sure to tell them if you are a member of People Plus.

Call Merrymeeting Adult Education at 729-7323 for details.

In the works

Additional programming at People Plus this fall will include:

- Yoga and Pilates, with Dennis and Ann Kimmage
 - Supporting Well Being, with Donna-Marie Bordeaux
 - Cooking for One, with Eric Thoreson of Cooperative Extension Service
 - Matter of Balance Class
 - Mid Coast Senior College classes
 - Poetry Workshop
 - Ancestry.com genealogy software class at Curtis Memorial Library
 - Creating Menus and Budget Shopping
 - Everything you want to know about E-Readers
 - Financial Fraud and Scams
 - Cooking Soups and Stews
 - AARP Driving Class
 - Totally Appropriate Bird Houses
- Watch for details in the September People Plus News and check the website at www.peopleplusmaine.org.

Your membership is important to People Plus.

Reception Room
Personalized Catering
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Honorable mention

"159 Park Row," a digital photograph by Benjamin Gagnon, hangs in the People Plus Center gallery following a preservation photograph contest last spring. Gagnon is a 2011 graduate of Brunswick High School. His work, and other entries, can be seen through August during normal Center hours.

'Any day but Wednesday'

By CHARLOTTE HART

I have always loved to write. For years I would find treasures in the mail box. Personal letters! Long, hand-written letters from Great Uncle Leonard in Lily, S.D.; Aunt Florence in Cambridge, Mass.; Cousin Caroline in Yorkshire, England.

Sadly, the art of letter writing and letter writing artists have gradually died off. What could take their place? A writing group? On Wednesday, Jan. 10, 2007, I walked in to the meeting of the Write On! group of People Plus.

For Write On!, I have written poems, some serious poems, some silly poems, some occasional poems. I have written short memoir pieces — childhood memories, grandparent-joy pieces, descriptions of wonderful places like Crystal Spring Farm. At Write On!, I have heard poems — some expressing deep feelings, some light and fanciful, free verse, blank verse, carefully-rhymed-and-precisely-constructed verse.

I have heard unique memoirs. I have heard convincing fiction. I have heard clever satire — the writing of Jane Exhaustion. I have

heard scenes from plays on their way to Theater Project production. I have heard well-researched essays which became Letters to the Editor; and one actual letter to The Internal Revenue Service worthy of a gleaming gold star.

Since Jan. 10, 2007, I have attended 221 Write On! meetings. According to my calendars for the last four years and six months, I have not missed one meeting. If a snow day has cancelled a Wednesday meeting, I have been at the Thursday make-up meeting. If my doctor wants me to make an appointment, I say, "Any day but Wednesday." If I need a dental check-up, I say, "Any day but Wednesday." Two close friends have passed on during the last two years. Their families scheduled memorial services on Wednesdays. I wrote sincere condolence notes. I visited family members to share memories and to say I was sorry not to be at the Wednesday services.

You ask why I must be at Write On on Wednesday. To quote Tevye in Fiddler on the Roof, "Well, I'll tell you. I don't know."

Show features Dow's dioramas

Bob Dow will continue to exhibit a collection of his unique "dioramas" in the People Plus Café throughout the month. Dow grew up in Melrose, Mass., and was exposed to photography at an early age. His grandfather had a wooden box camera from the 1890s that allowed him to make 4x5 inch glass negatives, and his father built a darkroom in the family basement, using an old folding camera as an enlarger.

Retired in Brunswick, Dow still boasts photography as a hobby, and says his computer has become the color darkroom that he never had.

His photography work has appeared in several issues of the People Plus News, and most members will recognize his name from writings on the members page.

Dow said this exhibit, his first public solo show, "is not about my photographic ability, but rather a demonstration of an idea," that he has been working on for a while, namely, "a technique that adds depth to a print with out the use of special glasses or other accessories."

This show may be viewed at People Plus during regular business hours.

Welcome new birth

By BONNIE WHEELER

A newborn baby girl, Teagan Christine Wheeler, began her life in England on May 30, 2011. Her mother is Audra, her father is my first grandson, Matthew, who is serving in the U.S. Air Force, stationed in England.

This tiny 6-pound infant is blood of my blood. Somewhere a tiny flow of my ancestry stirs in her veins. Who will she look like? What will her personality be? Will her eyes be blue or brown? My prayer is she will be perfectly healthy and learn to be herself. I yearn to span

the miles and hold her — to see our little miracle of life beginning a new generation of life in the Wheeler family.

Will Tilly make her mark in the world? Will she make the world a better place? Will I get to rock her; sing nursery rhymes and "Jesus Loves Me"; and dress her in fluffy pink dresses? I have no idea.

For now, it's enough to hug the joy of her birth and ask God to take care of Tilly. How reassuring to know that He loves her even more than her Great Gram MeMe does.

Nuts! On a visit to Concord, Calif.

By BOB DOW

A fellow who went there from Maine
Saw a scrub jay he wanted to train.
He did have success,
But boy what a mess!
That scrub jay is now a big pain.
A squirrel saw those nuts, which he
lacked,
And wished to get into the act.
He stood by the door
And begged for some more.

Now both are a nuisance in fact!

Of course we know who is to blame.
The fellow denies t'was his aim.
He said, "Don't blame me.
I just wished to see
How long they would take to be tame."

The view of his hostess was dim.
She said, and appeared to be grim,
"This, I don't condone.
You have jays of your own,
So go back to Maine and feed them!"

My pet peeve

By GLADYS SZABO

Electronic devices are just fine
Depending on use, where and time
Cell phones, iPods, iPhone and more
When used in my car, I do deplore
I don't mind traveling alone,
When others choose to stay at home

So if you want to ride with me
Then with me you ought to be
Don't plug in to tunes
Like you live in a cocoon
Or make call to somewhere
Never showing you are aware.
Of other's presence in the vehicle
As if they are indistinguishable!

The Members Page

Peace

By DOTTIE MOODY

If your thoughts are
getting dark and ugly
don't go there

There are alternatives
you are turning away
from the light

Light keeps the earth
turning
Light keeps us free

from all the negative
emotions
that want to tear us down

If something
is making you angry
don't follow it's trail

Your mind has the power
to calm those thoughts
down

It's a choice

Pick the way that
won't add fuel to the fire

Pick the way that
that will lead you
to brighter days

It's our choice
anger
or peace

Choose peace

The robin

By JUDITH ZOTTOLI

I see Robin Red Breast
Hopping along,
Looking for worms
Where the snow
Has left the ground.

I see Robin Red Breast,
And hear his melodic song,
My thoughts
Turn to spring.

He asks me

If winter has been long,
And flashes his red breast,
The color warming my heart.

He asks me if I am tired
Of this cold, bad weather,
And sings to me
A lovely tune.

He asks me,
"Are you glad to see me?",
And I reply,
"Where have you been!"

Awake and ready

By BONNIE WHEELER

I sleep through the dark night,
Awake with the dawn's light.
Nature's colors begin to emerge.
A new day filled with beauty and pos-

sibilities.
I begin to feel alive and eager:
What miracles await?
I'm trusting, ready, waiting, believing
...

It's our time

by Gloria Smith

Issues and activities for older adults

Look for Gloria's column
every other Monday

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