

People News

plus

The Center to get more out of life

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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."



Formal opening set for September

Celebrating the grand opening of People Plus at the new Union Street Center is focusing on a full week of events in September, according to board member Gordon Brigham.

"We're taking our time and doing it right," he said, coming out of a meeting to preplan the event. People Plus staff, Board members and membership are serving on the committee.

Brigham said the week starting Sept. 20, "is the likely target." He predicted the week would open with a formal ribbon cutting, and a thank you to Brunswick's town government. The rest of the week would be filled with, "visits and demonstrations ... from Zumba gold to cooking for one. We want everyone to have more than one opportunity to come see our new facility, and to learn who we are."

Executive Director Susan Cole said the celebration would "give people a sense of existing and future opportunities," at People Plus, and would mark an end to what has sometimes been a long and different journey.

"We're Home!" she said. "We want to share our joy."



Signs of ownership

Nicholas Gilman of Sabattus, right, and Abdi Jibril of Lewiston, try our sign on for size at the new People Plus location on Union Street. The two are part of the summer Upward Bound program at Bowdoin College and has been assigned to help out at the Teen Center and around the facility.

Tours to Canada, botanical gardens set

Summer is focusing fast on the trips being sponsored jointly by the Bath Seniors and People Plus.

Several play house visits are planned, plus an overnight to Canada, a visit to Boothbay's botanical gardens and foliage trips to Vermont and on the Maine Eastern Railroad.

The first seasonal visit to the Ogunquit Playhouse ("Sound of Music") this month is full, but there's still time to register for the shopping trip to Christmas Tree Shop on July 13 and the Cabbage Island clambake on July 21. The round trip bus to the Christmas Tree Shop is only \$5 for members and leaves the Topsham Park & Ride at 9:15 a.m. Lunch on your own will be at the Olde Country Buffet. The Clambake bus leaves Bath only at 10:30 a.m. (no pick-up in Topsham). That event costs \$60 for members.

The August 5 trip to the Theater at Monmouth to see the "Canterville Ghost," with dinner at the Sedgeley Place after, is nearly full. Registration on a first come, first served basis. Cost is \$45 for members, \$47 for nonmembers. A second bus has been rented for the overnight trip to Montreal and Quebec. Members cost is \$529, (\$539 for nonmembers). Registrations are also being taken for the Aug. 27 Meals on Wheels Benefit Cruise at Boothbay Harbor (only \$28).

The Sept. 15 trip to Coastal Maine Botanical Gardens, with a docent guided tour available, will cost \$17. Lunch on your own in Boothbay Harbor will follow.

Bookings are still being made for a bus trip into the White Mountains and Rutland, Vt., for October. More information will be available next month, but a visit to the Vermont Country Store is topping the list. The annual foliage trip aboard the Maine Eastern Railroad will also be dated by next month.

To book your name for a trip, call the Bath Center at 443-4937. For more information contact Frank Connors at People Plus, 729-0757.

Lunch & Connections

Burgers and hot dogs mark July meal

Hotdogs and hamburgers off the grill are features of the Thursday, July 15, Lunch & Connections meal. "We're home and happy, ready to do summer," offered chef Frank Connors. "Burgers and dogs is the best way to get summer going in us all."

Of course, there will be plenty of fresh tossed green salad, coffee, iced tea, fruit juices and milk to drink, and dessert for July will be a delightful fruit and ice cream cup.

The Lunch & Connections meal program is a joint venture for People Plus and Spectrum Generations. Focus of the monthly program is nutrition and variety. Each meal includes regular or vegetarian options, a salad, fruit, and whole-grained breads. A limited number of rides to the meal can be provided, on a first come, first served basis. Discussions of menus and nutrition are always encouraged.

Come at 11:30 a.m. to get a good seat

in our great new hall, and join in the sing-along of patriotic songs.

Reservations for seating are encouraged and obtained by calling the People Plus information desk at 729-0757. Seating is limited to 60 people. Meals are open to the public. Suggested donation will be \$3.50 for adults 60 and older and children 12 and under, and \$5 for all others. Doors open at 11:30 a.m. and lunch is served at noon.

Teens, take note

The Brunswick Teen Center has announced its summer hours: Monday through Thursday from 1:30 to 4:30 p.m.

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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Read past
newsletters @
www.peopleplusmaine.org

Where does the time go?

July marks my one-year anniversary serving People Plus as your executive director. It has been a huge year for People Plus and for me personally. The days and weeks have flown by, as "the move," which began as a paint and patch, became an opportunity to revitalize an organization, a neighborhood and a community.

Like People Plus, I also moved after living many years in one location. And like People Plus, while I was excited about the new location, I did not initially relish the idea of the physical move. However, while the packing process felt never-ending, it turned out to be an important process. It allowed time to sort through documents, pictures and possessions. Those "piles" told important stories about the past and helped me understand the present day. And we all felt lighter after discarding "stuff" we had hung onto but no longer needed.

Moving also means that relationships change. Former neighbors are bid good-bye and new people are introduced. Some are afraid of the change, and others wonder why it took so long. One of my favorite consequences of both moves is reconnection. At People Plus we have welcomed back many former members, drawn to the new accessible facility and reenergized organization. And, personally moving back to Portland and close to family and friends has boosted my energy (the short commute helps, too!).

From the Executive Director

SUSAN COLE



"After we move," was a frequent refrain of mine this past year. And while moving seemed only a nuisance, a huge task that stood in the way of the prized new homes, both personally and professionally the process taught me other wise. I am grateful for joining People Plus at this important time in its long history and greatly appreciate the support from members, volunteers, staff and the community. I continue to look forward to the future but have a greater appreciation for the now. Thank you.

"When we reach the station, that will be it!" we cry. "When I'm 18" "When I buy a new SL Mercedes Benz!" "When I put the last kid through college." "When I have paid off the mortgage!" "When I get a promotion." "When I reach the age of retirement, I shall live happily ever after!" (Excerpt from "The Station," by Robert J. Hastings)

Sooner or later, we must realize there is no station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.



The Royal Hospital Chelsea

Hospital hosts leaders of U.K., France, and ... People Plus?

Leaders from the United Kingdom and France visited nearly a thousand French and British World War II veterans on June 18 for a unique commemoration of the General Charles de Gaulle BBC resistance broadcasts made 70 years ago.

French veterans arrived on a customized Eurostar train, and watched the ceremony in Figure Court and then had lunch with the Chelsea Pensioners in the Great Hall.

Susan Cole happened to be there later in the day to visit with her friend's father who resides there. The Royal Hospital Chelsea was founded in 1682 by King Charles II and intended for the "succour and relief of veterans broken by age and war."

Cole met with the 89-year-old Chelsea Pensioner, one of "The Men in Scarlet," at the Royal Hospital Chelsea. The term derives from the period when the Royal Hospital was still being built. James II, who succeeded King Charles in 1685, made the first attempt to put Army pensions on a systematic basis in 1689. He decreed that a daily allowance should be made to all soldiers disabled by wounds or accidents, who had become unfit for service or who had served for 20 years. A candidate must be a former non-commissioned officer or soldier of the British Army.

Free blood pressure tests

A CHANS Home Health Care professional visits the People Plus Center the third Thursday of each month from 11:30 a.m. until noon, during the Lunch & Connections event, to offer free blood pressure testing. Appointments may be made but are not necessary.

Memorial Donation

made to People Plus in June

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A Day in Mid-July

By JIM FRIEDLANDER

In 1950, I was in Paris when the French day of independence, Quatorze Juillet, officially La Fete Nationale, was celebrated. Americans refer to it as Bastille Day, commemorating the fall of the eponymous fortress/prison which once symbolized the power of the despotic kingdom that preceded France's revolution of 1789.

As on our July 4, Quatorze Juillet (July 14) is replete with flags, fireworks, parades, pompous political speeches and songs of jubilation. The French are somewhat more exuberant in their celebration, however, than are we Americans. Especially in the Left Bank's 5th and 6th Arrondissements which encompass the Latin Quarter and the Sorbonne. Here the jinks are higher than elsewhere. In short, students run riot.

There is literally dancing in the streets, fueled by music and liquor both of which emanate from the many bars, cafes, bistros, brasseries, restaurants and clubs that permeate the area. Once called the Quartier Latin for all the foreigners come to study in Paris to whom Latin was the only common language, the Latin Quarter still attracts foreigners — tourists, students, business people, artists, folks from all over and every classification — as well as French people from the provinces and both ordinary and extraordinary Parisians.

These days, it's still considered quite a chic neighborhood in which to live. Paris has 20 arrondissements — administrative districts; the lower the number, the closer to Paris' business, cultural, financial and government centers. The 5th and 6th are just across the Seine from Notre-Dame, the Louvre and other historical attractions. Hence, a high-rent district.

In 1950, I resided elsewhere, but my friends and I often gravitated there to dine in the district's cheap student eateries or to nurse drinks and chat late into the night at the sidewalk cafes including some of the famous ones that catered to the artists and literati: The Deux Magots, Le Cafe de Flore or Mabillon, all along the Boulevard Saint-Germain.

July 14 was something different. Actually it ran from July 13 well into July 15. Riots were commonplace. Riots of joy. Woe betide any couple in a small car who refused to respond positively to the crowd's demand: "Embrassez, embrassez." If they refused to kiss, it was not unusual for the crowd to pick up their vehicle, carry it and its two riders down the stairs to the Metro and deposit car and passengers on the subway platform.

Much of Paris transformed itself into New York's Times Square at New Year's Eve or New Orleans at Mardi Gras. Foreigners joined in the bacchanal. All international ethnic or class antipathies disappeared for the occasion. Croats danced with Serbs. Israelis with Egyptians. Greeks with Turks. And who knows who and what else! About the only nationality NOT represented was German; for several years after the war, Germans were prohibited from leaving their country. The whole world became French, and enthusiastically so.

Strange and bizarre costumes were seen everywhere. A few more exhibitionistic or daring women went topless.

I don't know whether the enthusiasm of that period, not long after the ending of the world's worst war, still emerges every mid-July. I doubt it, but I would like to imagine that it still does.



"Portrait of Nick," colored pencils, by Ann Frey

The Members Page

Sidewalk poetry By GEORGE PHIPPS

Walking home recently a little after 7 p.m., I noticed two young girls seated behind two chairs in a neighbor's driveway.

The chair backs were facing the sidewalk and the seats were covered with papers. They were the girls' desks. There was a paper cup with a dollar and change in it.

The girls were selling something. I asked and they said they were selling poems. I said I didn't have any change but if they each would like to read a poem I would like to hear them. They eagerly agreed.

First Rae read "Colors" and then Kira read "A World Without Color." I was so impressed I took out a dollar bill and said I would like a copy of each.

They said they had change, but I put

Colors
By RAE BAMBERGER

Turquoise Yellow
Blue and Pink, Black
As dark as indians ink
brightly Orange and
shining Red, Purple
and Lilac like when
the sun goes to bed

the bill in the cup. Rae gave me hers written in pencil in the form you see below and Kira proceeded to copy hers from a notebook.

A mother appeared to call the girls in for supper. She listened patiently while I told her about our writers group and our book. Kira finished and as I walked away with my copies I

A world without color

By KIRA WALPOW

Have you ever thought
What the world would be
Without black or yellow or blue
like the sea
Green like the grass
Orange like the sun
Or pink and red when the days just
began
White is the color of the skies
when all color is sucked into sunset
or sunrise
Without its color
And without its beauty
What a sad and dreary place the
world
would be

noticed the handwritten sign that read, "poems 5¢, 3 for 10¢." I still think I got a bargain.

The resurrection of the good weather

By ADELAIDE GUERNELLI

We don't die when it's very cold but ...
We need to sing with the notes we
have
Saved in our hearts, when the whole
sky cries ...
And everything is just too dark,
In the exquisite picture of the weather ...
That lost its jacket, in the cold of
many nights!
But, it will take few more days
To feel the precious tolerance of the
cold that,
Little by little, becomes an exquisite
warmth and,
We shall be happy to see all the trees
and,
All the flowers, singing, not in the
raining, and
Dancing with all that defines their
eternal life.

**You don't have a garden just for yourself.
You have a garden to share.**

— Augusta Carter

It's our time

by Gloria Smith

Issues and activities for older adults

Look for Gloria's column, every Monday

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Atwood leaves center

Debbie Atwood has left Spectrum Generations after three years of dedicated service. After keeping the Meals on Wheels program on the road and working in the Money Management Program, Debbie assumed the role of center coordinator when we moved to our Topsham location.

She energetically and cre-

atively put together a schedule of diverse offerings ranging from sitting Tai Chi, Safe Driving, to teaching older adults how to use Facebook.

Debbie will continue her service to Brunswick in her capacity as town councilor and community organizer. We wish her all the best in her future endeavors.

While a new center coordi-

nator is being sought, Joanne Rosenthal, consumer information specialist, is continuing to provide outreach services to adults and people with disabilities.

Insurance counseling, benefits screening, information and referrals is provided over the phone or by appointment. Please call 729-0475.



DEBBIE ATWOOD, center, dances during the 2009 Meals on Wheels fundraising cruise. Atwood finished her job as center director in June.

Spectrum launches AniMeals program

Spectrum Generations Southern Midcoast Community Center announces the launch of AniMeals, a program which provides supplemental pet food for Meals on Wheels consumers who share their lives with a dog or cat.

Initiated by Spectrum Generations Cohen Community Center in Hallowell six years ago, this program acknowledges the important relationship that homebound adults have with their pets, and the challenges they face.

"Our homebound consumers love their pets, and worry about how to provide for them," says Nutrition Coordinator Sarah Hunter. "When we initially began thinking about this program, we sent notices to our consumers to assess the level of interest, and were overwhelmed with the response. After our first delivery, we received several phone calls from tearful consumers expressing their deep gratitude."

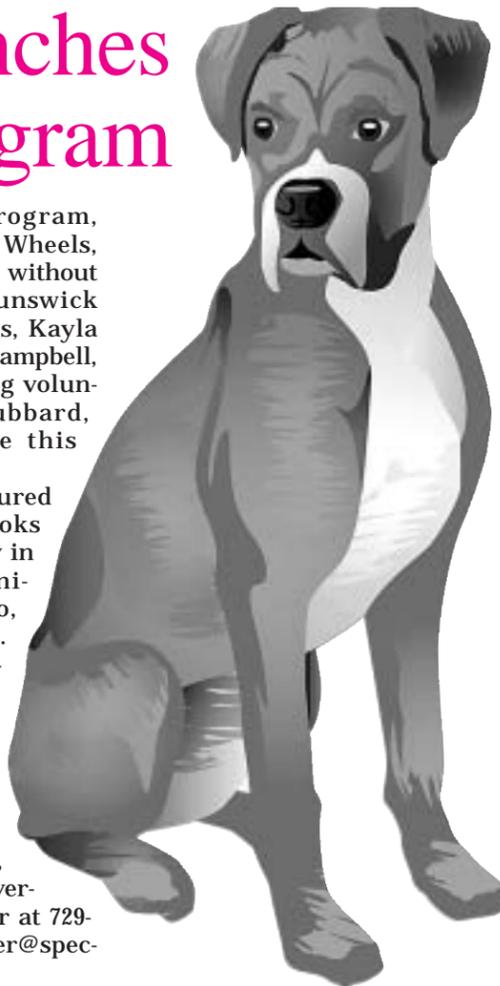
The AniMeals program, much like Meals on Wheels, would not be possible without volunteers. Two Brunswick High School students, Kayla Lucas and Amanda Campbell, along with marketing volunteer Amanda Hubbard, worked to organize this valuable program.

Together, they secured donations from Brooks Feed & Farms Supply in Brunswick, Bath Animal Hospital, Petco, and Pet Quarters. Spectrum Generations thanks these generous local businesses for their support.

For information about donating to the AniMeals program, or assisting with deliveries, call Sarah Hunter at 729-0475 or e-mail shunter@spectrumgenerations.org.

The public is invited to call the Agency's Consumer Helpline at 1-800-639-1553.

The Agency's website is



located at www.spectrumgenerations.org.

Health reform and you

On March 23, President Obama signed the Patient Protection and Affordable Care Act into law, which means that health care reform is now the law of the land. Following is a list of changes that will affect your Medicare.

Prescription changes:

2010 — you will get a \$250 rebate if you fall into the doughnut hole (upon spending \$2,850 on prescriptions)

2011 — you will get a 50 percent discount for name-brand drugs while in the "doughnut hole" AND 7 percent discount on generic drugs

2012-2020: The discounts will increase each year until the "doughnut hole" is eliminated in 2020!

Preventive services:

Starting 2011, 20 percent Part B co-payment is eliminated for preventive care such as cancer and diabetes screenings and more;

2011: A FREE annual wellness visit with your doctor is added.

Medicare Advantage Plans:

Expect to see fewer plans, higher premiums and reduced special benefits in plans that offer extras such as dental and vision care;

But, plans determined to be "High Quality" (some Maine plans will qualify) will receive bonus payments offsetting the loss of the subsidy.

Other Medicare Changes That May Affect You:

High quality medical providers paid more and incentives will be in place to reward hospitals who reduce readmission rates.

Poor quality providers will be penalized if you develop an infection resulting from their care or have other preventable complications.

What About the \$500 billion in "Medicare Cuts?"

Over the next 10 years, Medicare spending will continue to grow, but at a slower rate than the past.

Medicare is expected to save \$500 billion over 10 years and is projected to extend the solvency of the Medicare Trust Fund from 2017 to 2026.

Hospitals, nursing homes and home health agencies will have growth, but less than in the past;

Fraud and waste will be curtailed;

Medicare Advantage subsidies will be eliminated and payments restructured.

Opportunity for Scams and Deception

Beware of offers of the "new" Medicare card with a requirement to pay a "processing fee" or reissuance fee. There is NO NEW MEDICARE CARD!

Be aware of solicitations for your financial help to fight the "health care tax on seniors." You will be giving to a political cause.

If you feel uncomfortable or have met an aggressive insurance salesperson, call the Maine State Bureau of Insurance at 1-800-300-5000.

Please call Joanne Rosenthal at 729-0475 if you have questions about this information or to schedule an appointment to discuss your Medicare plan.

Special 'lunch and learn' program set

Spectrum Generation will offer a lunch and learn program on July 23, titled "My Loved One Needs More Care than I Can Give: What do I do?"

Alzheimer's, Parkinson's or simple aging coupled with a busy life style means that many people can't be every thing to everyone. This session will highlight supports in the community that can assist care givers and loved ones.

Amy C. Berube, LMSW, will lead the program. The cost is \$7, which includes lunch.

For more information, e-mail shunter@spectrumgenerations.org.

Advocacy opportunity

The Aging and Disability Resource Center of Spectrum Generations sponsors a Consumer Advisory Board. The CAB is comprised of adults who utilize long-term community support services, and meets on the second Tuesday of each month from 1:30 to 3 p.m.

The group has been addressing transportation issues, adaptive services and community engagement.

We are looking for several new members; please call Joanne Rosenthal at 729-0475 if you would like more information about this opportunity.

spectrum
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This painting by John Bowdren is among those that will be displayed beginning July 29 at Thornton Oaks Retirement Community. Below is a sample of work by Alice Kirkpatrick.

Pownal artists open exhibit at Thornton Oaks

Alice Kirkpatrick and John Bowdren, both of Pownal, will mount an exhibit at Thornton Oaks Retirement Community beginning with the artists' talk and a reception on Thursday, July 29, at 4 p.m. at 25 Thornton Way.

The public is invited. The exhibit will be on display through Aug. 26.

Their theme, "Maine Places: Inside and Out," will feature Kirkpatrick's art inspired by the Maine landscape and the simple houses and structures that connect people and their surroundings.

Bowdren, who enjoys wandering the Maine coast, echoes through his art the presence of people, with objects like wharves and small boats moored to docks.



JULY 2010 at PEOPLE PLUS				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday AMERICA</p>			<p>1 8:00 Strength Training 9:00-10:15 Ping-Pong 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing 1:30-4:30 Teen Center</p>	<p>2 9:00 Yoga</p> <p>-----</p> <p>3 SATURDAY</p>
<p>5 CENTER CLOSED</p> <p>--- JULY 4th HOLIDAY</p>	<p>6 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art</p> <p>1:30-4:30 Teen Center</p>	<p>7 8:45 Intermediate Cribbage 9:30 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00 Interval Plus 1:30-4:30 Teen Center</p>	<p>8 8:00 Strength Training 9:00-10:15 Ping-Pong 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing</p> <p>1:30-4:30 Teen Center</p>	<p>9 9:00 Yoga 9:30 Grocery Shopping</p> <p>-----</p> <p>10 SATURDAY 8:30-9:30 a.m. Weekend Workout with Ida Messerman</p>
<p>12 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus 1:00 Make your own berry jam</p> <p>1:30-4:30 Teen Center</p>	<p>13 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 11:30 Lunch Out Kennebec Tavern, Bath 12:30 "Insights" for Volunteers</p> <p>1:30-4:30 Teen Center</p>	<p>14 8:00 Men's Breakfast 8:45 Intermediate Cribbage 9:30 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00 Interval Plus</p> <p>1:30-4:30 Teen Center</p>	<p>15 8:00 Strength Training 9:00-10:15 Ping-Pong 11-12:00 Spectrum Generations Information Specialist 11-12:00 Blood Pressure Clinic 12:00 Lunch & Connections 12:45 Sing Along 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing</p> <p>1:30-4:30 Teen Center</p>	<p>16 9:00 Yoga 9:30 Grocery Shopping</p> <p>-----</p> <p>17 SATURDAY 8:30-9:30 a.m. Weekend Workout with Ida Messerman</p>
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<p>26 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus</p> <p>1:30-4:30 Teen Center</p>	<p>27 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art</p> <p>1:30-4:30 Teen Center</p>	<p>28 8:45 Intermediate Cribbage 9:30 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00 Interval Plus 1:30-4:30 Teen Center</p>	<p>29 8:00 Strength Training 9:00-10:15 Ping-Pong 6:00 Course in Miracles 6:00 Yoga 7:15 p.m. Line Dancing</p> <p>1:30-4:30 Teen Center</p>	<p>30 9:00 Yoga 9:30 Grocery Shopping</p> <p>-----</p> <p>31 Saturday 8:30-9:30 a.m. Weekend Workout with Ida Messerman</p>

DAV service van to visit area

The mobile service office of Disabled American Veterans will visit in Brunswick from 9 a.m. until 3 p.m. on Thursday, July 15, at the Brunswick Elks Lodge, off Park Row and opposite the downtown mall bandstand.

Veterans researching services are urged to bring any claim numbers they may have, along with their Social Security cards, and other pertinent information, such as discharge papers.

The DAV reports many changes have occurred and improvements

made to the benefits provided by the Department of Veterans Affairs to veterans of all wars. Further, the Veterans Administration now accepts new applications with higher incomes than ever before. During the past several years, the review times for consideration of Veteran' claims and eligibility has been reduced considerably. The revitalized administration at the Togus (Maine) Veterans Hospital has recruited many new physicians with wider ranges of specialization.

For more information about



"FREE" DAV services, available to all veterans, a widow of a veteran or a child of a veteran. Call Gidget Rizzo, DAV National Service supervisor at 623-5725.

PEOPLE PLUS NEWS & VIEWS

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Can't wait for the November Medication Collection day? Are you uncomfortable keeping outdated or unneeded medications in your home?

The Safe Medicine Disposal for ME program provides Maine's residents with a safe disposal option for unused and unwanted medicine. Free medicine mailback envelopes are available at participating sites. This program is supported by the Fund for Healthy Maine administered by the Maine Drug Enforcement Agency.

"This program raises the level of awareness of the need for proper disposal and the current existing program," said Connie Lewis of TRIAD.

Envelope kits are available free of charge while supplies last at participating sites. For up-to-date information on program sites in your area, visit www.safemeddisposal.com or call 1-866-637-9743.

Brunswick locations include:



LIBBY HERRICK

— CVS at Merymeeting Plaza
— Rite-Aid, 166 Main St.

— CHANS Home Health Care
— Medical Center Pharmacy, 121 Medical Center Drive

The next local Medication Collection will be held in early November 2010. Locations and details will be published in the People Plus newsletter and local newspapers in mid-October.

Good Morning to Brunswick, Harpswell, Topsham and other local towns

Do you live alone? Do you like your independence? But do you ever wonder if anyone would know if something were to happen to you, and you were not able to get help? As a registered member of the Good Morning program, you would call the Good

Morning number in the morning any time up to 9:30 and say, "I'm O.K." You will always reach a live voice first, and then be forwarded to the program. It's easy, simple, totally confidential, and is free to all residents. We urge you to take advantage of this program. It is available every day of the year. The Good Morning program is supported by the United Way and operated out of the Brunswick Police Department. For more information or to register, call 729-0757 or 725-6621.

File of Life

What's in your wallet? Do you carry a File of Life? Do you have one on your refrigerator? Did you know our EMTs, police and fire personnel look for Files of Life when they answer emergency calls? They do that because the File of Life form captures information that allows emergency personnel to respond quickly. And yet it does not provide enough information needed by others to steal your identity.

The File of Life comes in two parts; one fits in your wallet, and the second attaches by magnet to the refrigerator.

Where do I get file of life?

The File of Life is available at a number of different locations including People Plus, town offices, hospitals, Spectrum Generations, Mid Coast Health, and Lifeline. In addition, information and help completing Files of Life will be available the third Thursday of every month at our Lunch & Connections from 11 a.m. to noon. Or you may call 729-0757 with any questions.

Looking for a small volunteer job?

People Plus is talking to those who may be interested in helping the Good Morning program, becoming a regular visitor for someone who can no longer get out of her house, or becoming one of our On The Go drivers. Please call Libby or Jane, Monday through Thursday, for more information at 729-0757.

WEEKLY SHOPPING



If you no longer drive, we will take you grocery shopping. All trips are in the morning and give you an hour for shopping. Call today to sign up for a ride.

- July 1: Shaw's at Cook's Corner
- July 9: Brunswick Hannaford
- July 16: Wal-Mart at Cook's Corner
- July 23: Shaw's at Cook's Corner
- July 30: Brunswick Hannaford

Call 729-0757 and ask for the driving program or press ext. 109.

Project ideas needed

If you were a seamstress, and had plenty of fleece through fundraising efforts, and could create your own idea for any item that could be practical and warm, what would your idea be?

Our craft group is ready to make warm items to be given away to those in the community at no charge. But first they need ideas. Lap robes? TV blankets? Scarves? Other ideas?

Please call 729-0757 with your thoughts and tell whoever answers that you have a "fleece idea."

Insights...

By JEAN JENKINS, RN, MSW

Someone has said that Love is a peculiar thing — something like a lizard — It wraps itself around your heart And nibbles at your gizzard. Truth be told That is much like what I feel When volunteering. When I invest My energy, time, and caring In another person or cause.

The Good Book says, "It is more blessed to give Than to receive." And that is true. But have you ever felt too "blessed?" By all the demands, "nibbles" At your gizzard — Your time, energy, and caring? Have you ever felt "burned out" — Weary, angry, impatient, Drained, in well-doing?

This is one of the issues We have been exploring at Insights, A group of volunteers Who meet monthly at People Plus

In a relaxed, fun, non-threatening atmosphere.

We come together To support one another, To laugh, To challenge ourselves, To challenge one another, To fill our own cups, as it were. To learn from one another How to nourish ourselves, How to listen to our own hearts and minds. How to develop and respect our own boundaries. We remind ourselves That even as we are committed To caring for, enriching The lives of other people, We must be careful to Take the time and space To nurture ourselves. If any of this resonates with you, Speaks to your gizzard, Come join us.

The third Tuesday of the month At 1:30 p.m.

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That's just natural

The last chore I'd been assigned as we vacated Noble Street was to get our big white front lawn sign off that corner and moved to Union Street. ... Naturally, the afternoon I'd selected to do the job was hot and sticky, but I went at it anyway. I took it as just the latest challenge to my masculinity. I used my best cemetery shovel to dig out the posts and offered a half grunt of a thank you when I discovered the base had never been cemented in place. I rocked that beast back and forth till it came loose, put my back under it and grunted some more, till it almost jumped from the holes and landed flat on the lawn.

Only then did I accept that it was too heavy for me to move to the truck by myself.

Thirty seconds into my analysis of what to do next, this iPod-laden kid came bouncing down the street, jamming with his electronic world, completely unaware that I even existed, till I jumped to the side walk in front of him, shovel in hand, offering in sign language that he should pull the plugs from his ears.

Guess I startled the fellow, but he did what I asked, stepping back several steps, eyeing me very suspiciously. "Hey," I said, "I'll give you \$5 if you'll help get that sign on my truck."

The money had his attention. "Really dude?," he asked, "five bucks?"

I nodded and stepped away from him, claiming my side of the sign.

Together we hoisted the sign and moved it to my truck, only to realize that it was several inches too long to fit in the bed. "Guess we need to lift it up to the rack," I decided. "Guess I want to see my five bucks," he decided, dropping his side of the sign to the ground. I reached in my wallet, retrieved my lunch money and snapped it in front of his dull eyes. His faith renewed, he nodded and reached down for the sign.

We quickly settled that sign precariously on my weak wooden truck rack, I turned to thank him and was confronted by his out-stretched hand. I took the five from my pocket, dropped it in his hand and offered a quick, "thank you," but he was already plugging in his iPod, already walking off

toward Maine Street. I waved, "Dude," I added.

Today at 6 Noble St., the lights are off and the dust has settled. Classes are relocated, desks are moved, and the buzz that always surrounds People Plus has moved to Union Street. The old digs at Noble are suddenly silent and sad.

So I feel compelled to offer one last tribute to our little brown church, no matter that it was always cramped and crowded, hard to heat, hard to cool, hard to get around in, and usually, not a little bit dark and dingy. And when I visited last, it was still hard to find a place to park.

When we were removing a decorative mantle in the old house, saving it for re-use at our new Union Street center, we found an elaborate greeting card pinned to the wall and dated 1887, bearing only best wishes to all who might visit the place in the coming years. Certainly, no common woodworker in 1887 could ever have guessed the modest Victorian cottage he was building would next become a church complex and later still, a cen-

Speaking Frankly

FRANK CONNORS



ter for senior citizens

An impressive parade of myriad activity carried us through the 35 years we "lived" on Noble Street. Beano to boiled dinners, holiday celebrations, exercise classes, wellness programs, stunts, sales, trips, shows, service and social events. Six Noble was second home to thousands of seniors during the decades leading to this new century. Most of us still accepted the news with some misgiving when we learned we'd have to move, and our little corner on Maine and Noble was destined to house a hotel.

Now, here's the last thing. I took an evening walk around the old place last week and was delighted to find our fine old cherry tree was once more loaded with fruit. I picked several and popped them in my mouth, tasting the tart and bitterness. No matter how nice and wonderful our new home is, there's always a little bitterness about leaving the old. That's just natural.

New or renewing members — July

BRUNSWICK

Ann M. Carter
Shirley Irish
Priscilla P. Rooth
Darryl Wood
Frieda Wood
Judith Wilbur
Irene Dow
Dorothy Boddaert
Leah Nelson
Linda Arris
Helena Zimmerman
Nancy Whiteside
Cita Levine
Rudi Smith
Germaine Bois
Sue Weissman
George Phipps
Barbara Toal

HARPSWELL

Sandra Potholm
Nancy Wilds
Kimberly Johnson
Pamela Craig
Marilyn Otterstein
Helen Norton
Hannah N. Dring
Beverly Martin
Joyce Rogers

TOPSHAM

Robert Busch
Susan Busch
Judith Michaud
Priscilla H. Hall
John L. Ketner Jr.
Gillian Watt

OTHER TOWNS

Linda Gardner, Bath
Toinette Weybrant, Bath
Betty King, Woolwich
Jerry Hix, Lisbon Falls
Patricia Hix, Lisbon Falls
Jane McElman, Woolwich
David Anderson, Bowdoinham
Leslie Anderson, Bowdoinham
Susan Levandoski, Freeport
Rose Creamer, Newcastle
Laura Dover, Durham
Sue Messerman, Defiance, Ohio
Sally Fitch, Georgetown
Phyllis Smith, Bowdoin

Dues for a full year, still only \$25.

Lunch Out!

July 13 at 11:30 a.m.



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Why I Like Living in Brunswick, Maine

By BETTY L. NORTH

Nestled in pines — surrounded by sea
Steeped in tradition and rich history
Place where my roots forever will be
My hometown of Brunswick speaks
proudly to me.

Where Coffin, Longfellow and Stowe
used to be
Writing great classics for posterity
Where artists delight in the grand
scenery
My hometown of Brunswick speaks
richly to me.

Base for the Navy — in air and on sea
Men risking life to defend you and me
Ever a vigil to keep our land free
My hometown of Brunswick speaks
bravely to me.

The campus of Bowdoin — its ivied
brick wall
Library, museum and music-filled hall
The theater, the chapel with bell towers
tall
My hometown of Brunswick speaks
culture for all.

Churches of all faiths — some new
and some old
Schools ever striving the young mind
to mold
As programs for learning and growing
unfold
My hometown of Brunswick speaks
promise untold.

The main street so wide — the stately
elm trees
The mall with its bandstand in soft
summer breeze
Or in winter the skaters who circle
with ease
My hometown of Brunswick speaks
warmly with these.

The main street — the churches — the
pines and the sea
The Navy, the college, the stately elm
tree
My hometown of Brunswick is lovely
to see
But best are the people — they speak
love to me.

*This poem was written in 1979
by Betty L. North. She passed away
on May 7, 2010.*

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Casco Castle, South Freeport, Maine.

Freeport Castle, connected to Portland and Brunswick by cable car and cruise boat, was once a "very LARGE attraction" in South Freeport. The hostel was lost to fire about 1900, but the old stone castle is still there, reminding people of days gone by. Photo offered by Trudy Catlin. **If you have old area pictures to share with readers of People Plus News, please contact Frank Connors, 729-0757.**

'Sweet jamming' session set

Building your personal supply of winter jams from summer fruits and berries is the topic of discussion when nutritionist Kate McCarty visits the center kitchen at 1 p.m., July 12. "Anyone can do it, and I'm here to show you how," McCarty said. "Jam is just a sweet way to remember summer, all winter long."

A food preservationist and nutritionist with the Cumberland County office of the University of Maine Cooperative Extension Services, McCarty will demonstrate how to prepare and preserve "boiled" or cooked jam, and explain how to make, "freezer jam."

Class participation is limited to the first dozen who register, and each participant will "take home" a class sample of either homemade strawberry jam, or black and blue jam made from blackberries and blueberries.

There is a \$10 fee, due at time of registration. Please call 729-0757 to register.



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