

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."

Center's outreach coordinator to retire

Libby Herrick, outreach and volunteer coordinator at People Plus, will retire on March 3. She has been on the job for six-and-a-half-years.

She began working in the summer of 2004 after spending more than 30 years in long-term care and education. During her time at People Plus, and with the support of more than 20 other nonprofits, she started the Good Morn-

ing daily phone-in program to decrease isolation and increase daily security. A year later, she created On The Go — now called Volunteer Transportation Network — to provide coordinated rides with volunteer drivers for those who could no longer drive or had no other means of transportation. This program helped to increase community connections and decrease missed medical appointments.

Libby says she is tickled with how both outreach programs are going strong and have dedicated coordinators and volunteers. Both programs were designed to support community involvement, and have both almost tripled their volunteer and participant numbers over the past five years.

Please see RETIRE, Page 2



LIBBY HERRICK

Lamb and Lawlor will make Music at Music in April

Sponsorship queries are in the mail and Neil Lamb and Dave Lawlor are confirmed to lead the music program for the ninth annual Music in April gala, set for April 14 from 5 until 9 p.m., at the Knights of Columbus ball room in Brunswick.

This signature annual fund raising event for Brunswick and People Plus will again include a buffet dinner fea-

SAVE THE DATE
Music in April is April 14

turing foods from area restaurants, silent and live auctions and live music events from several area groups and artists.

Former board member O Jeanne d'Arc Mayo, whose leadership over the past four years has led to sold-out shows and remarkable presentations, is honorary chairperson this year, and board member Lennie Burke is serving as general chairman. Chris Toole is again coordinating the exceptional collection of foods from area restaurants, and the popular carving table will be returning.

The list of live and silent auction items is growing each day, with

Please see MUSIC, Page 8



Lots of snow[men]

Priscille Bernier helps handcraft a legion of marshmallow snowmen topped with peanut butter cup hats for last month's luncheon.

Annual campaign making strides

By FRANK CONNORS

The first phase of the People Plus Annual Fund Campaign has ended, with receipts and goals slightly better than expected.

"So far," offered John McCurrach, People Plus Board of Trustee treasurer, "we have raised \$26,500, so we are (at) 53 percent of our goal. We have visited 40 people so far, and in the spring we will visit some 40 more."

McCurrach said the entire Board of Trustees is "deeply involved in the Annual Fund Campaign," and during the past three years, the effort has become, "increasingly organized." A prospect list of nearly 100 people who have expressed an interest in being a friend of People Plus has been developed, and all board members have signed up to visit some of these prospects in their homes, McCurrach said. He was quick to point out that every board member, and every staff member of People Plus have already contributed to the campaign.

The annual campaign, made up of individual gifts of all sizes, can be described as the bread and butter account of the center. Dollars from the Annual Fund help pay the power and fuel bills, supplement staff salaries, add equipment to our wellness classes, or items for the teen center.

In the fiscal year ended June 30, 2008, the annual fund campaign raised a total of \$32,900, according to McCurrach. The next year \$42,698 was raised, and last year the campaign brought in \$47,169. The goal for fiscal year 2010-2011 is \$50,000. McCurrach reminded prospects in a press release that People Plus receives no state or federal monies for general fund support.

The towns of Brunswick and Harpswell routinely contribute to the maintenance of the Center, along with annual grants from the United Way and Spectrum Generations. While many programs at the Center are self-supporting, monies raised from membership dues (still \$25 per person, per year) and fundraising activities are critically important.

Heart to Heart Valentine celebration set

Monday, Feb. 14, is Valentine's Day at People Plus, join us for music, scrumptious desserts and a holiday card exchange.

The fun starts at 1:30 p.m. in the Union Street café. Our new keyboard, played by Bob Moore and other volunteers, will get it's first real workout. Come listen, come play. Desserts to sample and enjoy and mix with your favorite ice cream will include chocolate dips, chocolate pudding, Indian pudding, apple crisp and sprinkled cookies, homemade by your friends at the Center. We'll have a 50/50 raffle during the event, drawing at 3 p.m. and you do not have to be present to win, and Frank Connors has promised a "Presidential Quiz" to test the talents of all our local scholars.

There will be a table for anyone wishing to create their own Valentine card, or create a card to share with an area nursing home resident.

Lunch & Connections

Baked ziti casseroles on the menu

Our luncheon on Thursday, Feb. 18, will feature three-inch deep baked ziti (noodle) casseroles, both meat and not-meat, drenched with cheeses, spices and tomato sauces. Chef Frank Connors called it tasty and exciting mid-winter fare, and added, "this one was a favorite of our kids when they were growing up."

Of course there will also be a fresh, lightly-dressed green salad, and crispy, warm Italian bread. Coffee, tea, fruit juices and milk are served with each meal and the dessert for February will be chocolate and cherry bundt cake, with chilled, canned fruit. Our whole grain bread always comes from Wild Oats Bakery.

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. Discussion of menus and nutrition is always encouraged.

A CHANS Home-health care professional is always on hand in the café area to offer a free blood pressure check.

Come at 11:30 a.m. to get a good seat at 35 Union St., pick up your 50/50 raffle ticket, register for a door prize. Reservations for seating are encouraged and obtained by calling 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, and if you want to try a home delivery, give us a call, 48 hours in advance. Seating is limited to 60 people and meals are open to the public.

Suggested donation is \$5 for adults 60 and older and children 12 and under, and \$7.50 for all others. Doors open at 11:15 a.m. and 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@peopleplustmaine.org

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

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Come on over, there's lots to do

Entering my third month as your interim executive director, I am continually amazed and delighted with the array of programs and activities being sponsored by this great organization.

In the areas of health, wellness and fitness there are multiple opportunities to participate and engage in excellent programs and activities.

Worried that you may be gaining a few extra pounds? We have yoga, Tai Chi, strength training, line dancing and Ping Pong. Check out the calendar in this issue, or the website, for days and times and come on over. Need an individual exercise program? Feeling a little self-conscious? Set up an appointment with our excellent health and fitness director, Ida Messerman. She will soon have you on your way to feeling better and lighter!

Getting cabin fever? These long, cold days can become pretty tiresome! Come on over and play some bridge or cribbage. Like to write? Draw or paint? Quilt? Are you a crafter? Want to learn any of these? Check out the calendar or the website for days and times and COME ON OVER!

Do you have ideas for activities you would like to see People Plus sponsor? Give Frank Connors a call or send him an e-mail at frank@peopleplustmaine.org. Frank is our program coordinator and is always looking for new and exciting ways to keep us healthy

From the Executive Director

JIM PIERCE



and entertained. Come on over!

Be sure to look for the monthly and random activities and events that take place here. We have a men's breakfast the second Tuesday of each month and a luncheon on the third Thursday. Last month we were treated to the first of five Light Body Free Healing Clinics. What a wonderful experience. Organized by Donna Maria Bordeaux from Greater Brunswick Physical Therapy, this free clinic offered massages, Reiki sessions, Integrated Energy sessions and sessions with physical therapists. All of the sessions were free!

Practitioners offering these sessions were Donna Maria Bordeaux, Sally Bechtel, Debbie Casterlin, and Stephanie Jacques from Greater Brunswick Physical Therapy; Martha Spence, Reiki Master from Hearts and Hands; Burt Brewer offering Integrated Energy Therapy; and Kathleen Hamil offering chair massage.

The dates for the next Light Body Free Healing Clinics are March 15, May 17, Sept. 20 and Nov. 15.

Considering the planned giving option

Deane Lanphear, a board member and Topsham resident, is very interested in having members and friends of the Center consider a deferred or planned giving option as a means of supporting the People Plus Center.

"Last year, \$40 billion was left to organizations of all sorts in this country," Lanphear said. "We just need to show people how easy it is, to open the door to our share of that resource."

Lanphear, a retired minister, guessed as many as 50 percent of peo-

ple today die without accurate and corrected wills, and that process opens the door to "other people, or the state," making final decisions for people about their estates. "None of us want that," he said.

"One needs only to let the lawyer know what you want to do," Lanphear said, "and when the time comes, your wishes are carried out." He added, "the sad part is that too many people think they don't have the resources to make a difference, and that's just not true."

10 steps to stay home happier, longer and safer

Join Joanne Rosenthal of Aging Consultation Services for a lively discussion, "10 Easy Steps to stay home happier, longer and safer," at the People Plus Center on Wednesday, Feb. 23, beginning at 11 a.m., and ending with a "light and friendly lunch. I want people to come learn about simple and affordable steps we all can take that will increase the likelihood we can remain in our homes for as long as we choose."

She suggested the session could become a great discussion, "useful for everyone."

Immediately following the talk, a light lunch of soup and sandwiches will be served.

"We want people to hang around and talk," said Frank Connors, program manager. Cost of the discussion, with lunch, is \$10. It is necessary to register by calling 729-0757.

Genealogy Society meeting set

Topsham resident and author/publisher Nancy Randolph will lead the Pejepscot Genealogy Society's February meeting with a discussion of guides and encouragement to help you write your own life story.

The meeting starts Sunday, Feb. 13, at 2 p.m. in the Morrell Meeting Room of the Curtis Memorial Library in Brunswick. In case of inclement weather, call Brian at 729-4098 or check the website at www.Pejepscotgenealogy.org.

Wish List working

By FRANK CONNORS

Ping Pong players (9-10 of them) took matters into their own hands late last year, soliciting among themselves until they had raised enough money (nearly \$900) to purchase a new, professional grade table, shipped here directly from it's West Coast distributor.

If that's not enough, when it arrived on a snowy day last month, they chipped in and assembled it themselves. This means the table they have been using, of unknown age and origin and moved over from Noble Street six months ago, gets less use. We now have the capacity to play tournaments and/or set two tables in the main hall. How to show the way, team!

Lois Fournier answered our call for a piano with a lovely, slightly used keyboard that I suspect will do everything but dance! It makes me wish I'd paid just a little more attention to my piano lessons, all those years ago. Thank you, Lois, we plan to put our new keyboard to it's first real test at our Valentine's party!

Kay Labbe brought in a seldom used microwave oven, that we hear is perfect for popcorn in the teen center

... and now, let's turn this over to YOU! What do you wish the Center would do for YOU? Deliver your requests to the editor, P.O. Box 766, Brunswick, ME 04011; or electronically at Frank@peopleplustmaine.org.

RETIRE

From Page 1

While at People Plus, Libby worked with many programs, volunteer needs and coordination, special events and activities, Music in April, the Jack Frost walks, the Mt. Ararat Friends program, the News and Views television show, and interns from University of New England, Bowdoin College, and the University of Florida. She also collaborated with a number of Mid-coast organizations for short-term or long-term projects.

In looking back, Libby remembers, with humor and affection, the four months of phone conversations, prior to working at People Plus, and, finally, a breakfast in Portland with Sig Knudsen, the executive director at the time. She said she was impressed with his passion for the equality for all people, particularly older adults who, he felt, were being marginalized through ageism. She also said she was impressed with his vision for inter-generational community involvement and his delicious sense of humor. It was impossible to say no to a job offer.

Libby said she is very grateful for the opportunities she has had to meet many interesting and devoted members of the Mid-coast area, and that she has enjoyed the caring, independently minded staff "with their blend of the serious and the silly."

"People Plus has been a great place to work. I will miss it," she said.

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Love at first sight

By GLADYS SZABO

Do I believe in love at first sight?
 Yes, it happened to me one magical
 night.
 As we entered a party, smiles were
 exchanged.
 All of a sudden I was feeling so
 strange.
 My heart was beating like a snare
 drum.
 My stomach had jitters and my legs
 went numb.
 My eyes searched him out as he gra-

cialously mingled,
 Too shy to approach, having just
 become single.
 The evening ended without an intro-
 duction,
 My chances were gone, was my deduc-
 tion.
 To my surprise, a second chance I did
 get,
 He asked me to dance, I will never for-
 get!
 How did I not notice that very first
 night,
 That he never let me out of his sight?



Enough already!

Midwinter snows seem about to envelop the gravestone of Maine's 11th governor, Robert P. Dunlap, in Pine Grove Cemetery, Brunswick.

Past their prime

By KATHLEEN NEWTON-SMITH

Rural water hand pumps — you still see one now and then. Most are past their prime — ours often was! Then we would have to pour water down it's throat. You could "feel" it "catch." This was our only source of water for drinking, cooking, cleaning, bathing and laundry for the 10 members of the Newton family. It took many trips on laundry day to fill the wringer washer and galvanized rinse tub. For fun, us kids would have relays back and forth from the house with the pails of water. During the winter months, if the ice was too thick in the well, we would look for a good sized rock, or put a few in a bucket to throw down to break the ice.

I recall carrying two, 10-quart buckets at a time from the well to the house, when I was 10 to 12 years old. Yep, I was the oldest of eight kids. One bucket was all the younger kids could handle. Holding it in front of them with both hands and the pail knocking on their knees! In the mid-1950s, while living in Woolwich, our well was across the street and had no pump. We plugged the pail down (with rope attached, of course) and hauled it up by hand. Sometimes we even lost the pails down the well. I wonder how many are still at the bottom.



My "baby brother" Danny Newton sits atop the water pump in this 1959 photo in North Bath. The youngest of eight kids, he grins proudly as he pumps the water from the well.

The riddle of the rarest gift

By P.K. ALLEN

The rarest gift that I did ever receive
 Was left out by the back porch when
 they decided to leave.
 So here are some clues that will boggle
 your mind
 As you try to figure out just what they
 left behind.

It was started by one, but not just for
 fun,
 and grew larger each day for a place
 where to stay.
 Layer after layer it grew larger in size
 as people were amazed at what they
 saw with their eyes.
 Sometimes we'd get hit if we got in the
 way,
 just to remind us, no closer to stray.
 Inside was a light that couldn't be
 used

to help make it bright for they'd not be
 amused.
 As their numbers increased, it grew
 even more,
 to finish by Fall would prove quite a
 chore.
 Then they left it right there as they
 went off into the air;
 for it had served them very well as we
 could surly tell.
 So now it's up to you to make use of
 each clue
 To figure out in your mind exactly
 what I did find.
 And if you are pretty smart, you will
 know in your heart
 That this gist is not in jest, for it is a
 very large ...

See answer on page 7.

Winter thoughts

By BONNIE WHEELER

A winter day, snow swirling askew
 My home warm and cozy, time to relax
 And reflect on the year past
 2010 raced by in a flash
 Some work, some play, some pain

through the day
 I taught, I bought, I ate, and I prayed
 Another year, a fresh beginning, a new
 day
 Welcome 2011, what will you convey?
 PEACE — I pray

The Members Page

Groundhog

Oh fickle furry fiend
 Indecisive, unreliable, overrated
 Living a life of luxury
 Pampered, coddled, cared for
 You raise our hopes
 Or dash them
 Sunshine or shadow
 More winter or less

By VINCE McDERMOTT
 One day of work
 Such a deal
 What do you do
 The rest of the year?
 A solution to
 The problem
 Is plain to see
 Groundhog fricassee.

February

Cold to the bones, February days and
 nights
 Pull on coats, hats, boots, and woolen
 tights
 Or call the airlines, credit cards will
 pay
 Fly off to Florida and have a warm
 day

By BONNIE WHEELER
 Or stay in Maine, put more wood in
 the stove
 Cook a hot soup, read a book, call a
 friend on the phone
 It isn't forever, Spring will soon come
 calling
 Not a minute quicker if you're com-
 plaining or squalling

It's our time

by Gloria Smith

Issues and activities for older adults

Look for Gloria's column, every Monday

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Legislative news from Maine Association of Area Agencies on Aging

The 125th legislative session promises to be very busy and there are already many bills that the Maine Association of Area Agencies on Aging (M4A) intends to support. Maine's network of Area Agencies on Aging is the leading source of information for Maine seniors on aging, healthy living and benefits. Program and services are designed to improve the physical, social and emotional well-being of older adults, and to reduce the burden on families and caregivers.

M4A is tracking newly printed bills closely and will take formal positions on bills that affect the health, safety and well-being of Maine's older residents.

Jessica Maurer, the new M4A executive director, will provide leadership and a unifying voice for Maine's five Area Agencies on Aging on legislative issues that promote independence, dignity and economic self-reliance for Maine's 200,000-plus seniors.

Visit www.spectrumgenerations.org for a summary of some of the bills that the M4A intends to support. These bills are not yet printed, so our support may change once we see the final language. For now, though, the concept drafts appear to deserve our strong support.

M4A will do its part to make sure these bills are passed, but we'll need your help too! Your elected officials want to hear from you, so please go visit <http://maine.gov/legis/> to find their contact information.

ADRC

Spectrum Generations offers many services — and among them are their services as an Aging and Disabilities Resource Center, known as an ADRC.

Since 2007, Spectrum Generations has been a federally designated ADRC and provided information and counseling to aging individuals and those 18 and older with disabilities. The ADRC provides help in assessing potential needs and eligibility for all available long-term care services. Follow-up is provided to determine outcomes and the success of referrals to other programs and benefits.

The ADRC assistance ensures that people are connected to the appropriate crisis intervention and focuses on the long term goal of keeping consumers safe and independent as long as possible by



John Nale, president of the Maine Association of Area Agencies on Aging's board of directors, welcomes the group's new executive director, Jessica Maurer.

utilizing informed, cost effective and personalized options. Spectrum Generations welcomes the opportunity to assist adults and disabilities.

For more information on what an Adult & Disability Resource Center provides for adults with disabilities, visit www.spectrumgenerations.org or call the Helpline at 1-800-639-1553.

Gene and Lucille Letourneau Ice Fishing Derby

Spectrum Generations Muskie Community Center is hosting its 13th annual Gene and Lucille Letourneau Ice Fishing Derby to benefit the Meals on Wheels Program. The event will be held Feb. 27 at the Muskie Center located at 38 Gold St. in Waterville.

This annual family event is named for, and in memory of, avid sportsman and environmentalist Gene Letourneau and his wife, Lucille, who was a longtime volunteer and advocate of the Meals on Wheels program. Spectrum Generations has been delivering meals throughout central Maine for almost 40 years, and the need for these nutritious meals to homebound and disabled adults is increasing.

The weigh-in will be inside the warm and beautiful Muskie Center from 11 a.m. to 5 p.m. on Sunday, Feb. 27.

Tickets to enter are \$5, or five for \$20. Each ticket allows entry of one fish, plus enters contestants in the grand prize drawing, \$500. Any legal fish caught on Feb. 27 in any legal water in the state of Maine can be entered. The fish categories are salmon, brook trout, brown trout, togue, splake, pickerel, pike and white perch.

There will be first- and second-place prizes for the

biggest fish in each category for adults, and three prize categories for the biggest fish in each category for children 15 and younger.

Where can you get your tickets? Call 873-4745 for ticket locations — or stop by the Muskie Center.

Join us for a fun day for your whole family. Buy your tickets now and catch "the big one" on Feb. 27 and you could win fantastic prizes.

Tax assistance

AARP is offering help with filing taxes. On Tuesdays from 1-5 p.m. through April 18, volunteers will be on hand to assist with filling out and filing federal and state tax forms.

This is a free service, but requires an appointment. Individuals must bring all pertinent financial information. Call 729-0475 for an appointment.

Take a walk on the River's Edge with Spectrum Generations

A group will be taking a gentle stroll along the river walk to see the beauty of winter, so don't forget your camera. Return with us to the community center for hot chocolate and snacks on Feb. 21 at 1 p.m.

Asset preservation workshop

Learn how to avoid the cracks in your nest egg at this free seminar. We will be hosting Bruce Macomber, a national speaker on retirement issues, and Elisabeth Pickle, an estate planning attorney.

Learn how to avoid probate, have more spendable income, protect yourself from nursing homes without buying nurs-

ing home insurance and much more.

Coffee, tea, juice, muffins and pastries will be here as well. Join us Monday, Feb. 14, at 10 a.m. Call to reserve your spot at 729-0475.

Carefree Café lunch

Lunch is on us! This lunch is a restaurant style meal for those with progressive memory loss and their caregivers. Delicious food is being provided by volunteers from the community and served in collaboration with Brunswick Area Respite Services.

Reservations are required so call us now and reserve your seats. The meal is Tuesday, Feb. 22, at noon.

Healthy classes

Doctors at Parkview Adventist Medical Center are offering seminars in their specialties, here at our gathering place.

• "I've Fallen and I Can't Get Up!" Jeff Emde joins us to talk about physical therapy and rehabilitation. He brings useful information on how to stay limber enough to be able to get off the floor if you fall, what to expect at rehab, and other useful physical therapy issues. Feb. 10, 1-3 p.m. Free.

• Cancer Prevention Strategies. Mary Penner, a nurse practitioner who works with Dr. Tim Howe and Dr. Stephen Boyd will be talking about cancer — specifically cancer prevention. She will talk about what to add to diets to help prevent cancer. Join us for a fun and practical discussion. Feb. 24, 1-3 p.m. Free.

Tai Chi is the place to be

We are offering an alternative to strenuous stretching and exercise. Try our Sitting Tai Chi! Work at your own pace and stretch your limits as much or as little as you want to.

Sitting Tai Chi features the same moves that you would perform while standing, but now you can experience the benefits from a seated position. In this beginner class, we focus on gentle movements, self-massage, meditation, and breath work. As time allows, we include a variety of other movements, such as tendon stretching and balance work. Come join us for an one-and-a-quarter-hour class and experience the many health benefits that we can initiate ourselves with this ancient healing modality. Thursdays at 10 a.m., \$15, try us for FREE.

Cyber Café

Don't forget that we offer free Internet access. We have a cyber café with two computers and a printer as well as free WiFi throughout the building. Bring your portable computer in, have a cup of delicious coffee, sit by the fire and relax.

The hours are Monday through Friday, 9 a.m. to 3 p.m.

Games to start in February

Start your week the right way, with fun and games!

Spectrum Generations is getting some winter games organized. Are you interested in learning, playing or teaching bridge, cribbage, scrabble or any other games? We would love to hear from you!

Game day is Mondays from 10 a.m. to noon. Bring a lunch and stay with the new friends you'll make! Games start Monday, Feb. 21. Coffee and tea served. \$2 participation fee.

Computer 101 class

Eddie Greyfox continues his very popular classes on computer basics. This is a VERY basic class — how do I turn on my computer, how do I plug everything in, how do I get on the Internet. Please call and register so we have enough space for everyone. Tuesdays 9 to 10 a.m. \$5 activity fee.

Computer 201 class

Eddie Greyfox expands our offerings with this class. This class starts with how to open documents, how to browse the Internet, how to sign up and use e-mail, how to download photos, etc. Class size limited. Call to register. Tuesdays 10 to 11 a.m. \$8 activity fee.

Personal tutoring and problem solving with the computer

Sign up for some personal tutoring and problem solving with your computer.

These one-on-one sessions can be on any topic from e-mail, to Internet shopping, to adding printers. Give us a call and schedule some time. 729-0475. \$15/hour.

Interest and personality guide to finding the right job

Interested in finding a part-time or full-time job. Visit with us and explore your personality type and interests to zero in on the types of jobs that would work best for you. This is the first in a series on finding a job. Feb. 16 at 1 p.m. Free.

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Southern Midcoast
Community Center

12 Main St., Topsham

The Central Maine Area Agency On Aging

Teen Center check in

By JORDAN CARDONE

The teens and I would like to thank Jean L. for the donation of a microwave for the teen program room. We'll be making hot chocolate during this cold and snowy season!

Also thanks to Bob M. for the donation of a television set which we were able to replace one of our smaller, older ones with! A loveseat was donated by Susan W. and some games by Joan T. and others. Thank you all.

I continue to put out a free snack after school each day for the teens. I always try to have peanut butter and crackers out at the very least.

Thanks to Hank W. we regularly have fruit and different crackers and sometimes other surprises for snack time also. Carmella has baked some wonderful treats for us, thank you. Ann F. has brought in snacks for us and I do remember those lemon squares from O Jeanne d'Arc. I am making myself very hungry writing this.

Thank you Gladys Szabo and the local Girl Scout troops that helped make a family's holiday extra special this season!

I am always fearful of leaving a thank-you out. Please know that we love and appreciate every item and every morsel and every effort from all of our friends and supporters out there!

This month we celebrate Valentine's Day. We are going to send Valentines to 10 People Plus members we don't know. Watch for your mail, you could be one of them! Happy Valentine's Day!

Stars on Ice trip planned

The 25th anniversary tour of Smucker's Stars on Ice will visit the Portland Civic Center on April 8, and we're sending a bus. This skating show is a fantastic one, and a great way to celebrate the very last of the winter of 2010-11.

Cost is \$40 for members of People Plus, the Bath Senior Citizens and the Merry Meeters of Topsham, and \$45 for nonmembers. Transportation and ticket to the show are included, and payment must be made before March 17. The first 40 to register and pay get to go. The bus leaves the Bath Senior Center at 4:15 p.m. and there is a Topsham pick-up at the Topsham Fair Mall Park & Ride at 4:30 p.m. Dinner will be available (pay on your own) before the show at Romano's Macaroni Grill.

For more information, or to register, call the Bath Area Senior Citizens at 443-4937, or if you have questions call Frank Connors at People Plus 729-0757.

FEBRUARY 2011 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00 Strength Training 8:30-Meal AARP Tax Help 9:00-10:15 Ping Pong 10:00 Basic Art 11:45 Friends of Mt. Ararat 1:00-3:00 Quilting Club 2:30-5:30 Teen Center	2-Ground Hog Day 8:45 Intermediate Cabbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00-6:00 Interval Plus 2:30-5:30 Teen Center	3 8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 12:30-4:00 AARP Tax Help 6:00 Course in Miracles 8:00 Yoga 7:15 p.m. Line Dancing 2:30-5:30 Teen Center	4 9:00 Yoga 1:30 Qigong 5 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman
7 9:00 Yoga 9:00 Crackers 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus 2:30-5:30 Teen Center	8 8:00 Strength Training 8:30-Meal AARP Tax Help 9:00-10:15 Ping Pong 10:00 Basic Art 12:00 LUNCH OUT Sea Dog Brewing Co. Topsham 11:45 Friends of Mt. Ararat 2:30-5:30 Teen Center	9 8:00 Men's Breakfast 8:45 Intermediate Cabbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00-6:00 Interval Plus 2:30-5:30 Teen Center	10 8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 12:30-4:00 AARP Tax Help 6:00 Course in Miracles 8:00 Yoga 7:15 p.m. Line Dancing 2:30-5:30 Teen Center	11 9:00 Yoga 1:30 Qigong 12 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman
14 9:00 Yoga 9:00 Crackers 10:00-11:30 Ping Pong 12:00 Bridge 1:30-3:00 Heart to Heart 5:00 Interval Plus 2:30-5:30 Teen Center	15 8:00 Strength Training 8:30-Meal AARP Tax Help 9:00-10:15 Ping Pong 10:00 Basic Art 1:00-3:00 Quilting Club 2:30-5:30 Teen Center	16 8:45 Intermediate Cabbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00-6:00 Interval Plus 2:30-5:30 Teen Center	17 8:00 Strength Training 9:00-10:15 Ping-Pong 10:00 Advanced Art 11:30 Blood Pressure Clinic 12:00 Lunch & Connections 6:00 Course in Miracles 8:00 Yoga 7:15 p.m. Line Dancing 2:30-5:30 Teen Center	18 9:00 Yoga 1:30 Qigong 19 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman
21 PRESIDENT'S DAY CENTER CLOSED	22 8:00 Strength Training 8:30-Meal AARP Tax Help 9:00-10:15 Ping Pong 10:00 Basic Art 11:45 Friends of Mt. Ararat 7:00 Civil War Book Club 2:30-5:30 Teen Center	23 8:45 Intermediate Cabbage 9:30-11:00 Line Dancing 11:00-Meal - 18 Easy Steps 11:15-12:30 Ping Pong 1:00 Writer's Group 1:30-3:00 Tai Chi 5:00-6:00 Interval Plus 2:30-5:30 Teen Center	24 8:00 Strength Training 9:00-10:15 Ping-Pong 12:30-4:00 AARP Tax Help 6:00 Course in Miracles 8:00 Yoga 7:15 p.m. Line Dancing 2:30-5:30 Teen Center	25 9:00 Yoga 1:30 Qigong 26 SATURDAY 8:30-9:30 Weekend Workout with Ida Messerman
28 9:00 Yoga 9:00 Crackers 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus				

STORM POLICY

When Brunswick schools are closed because of weather, all People Plus programs, classes and activities are cancelled for that day. The center shall remain open for business, unless conditions warrant a center closure. Tune to WGAN-AM Radio (560 on the dial) for announcements.

PEOPLE PLUS
NEWS & VIEWS

SPECIAL GUEST
JOHN SECONE,
Supt. of the Brunswick Explorer

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Light body free healing clinics offered

Light body free healing clinics hosted by Greater Brunswick Physical Therapy, People Plus and Mid Coast Hunger Prevention Program, are being offered.

Improve your health and support your well-being. We are especially reaching out to people without health insurance, and everyone who would like to experience this kind of healing opportunity. Mark your calendar for the following clinic dates: March 15, May 15, July 19, Sept. 20 and Nov. 15, from 1:30 to 6:30 p.m. in the People Plus hall. Call Greater Brunswick Physical Therapy at 729-1164 with questions.

Calling all red, purple, or pink hats!

Join the fun of taking people to do errands, have their hair done, or go shopping. Proudly drive as a Red Hat lady. We know many people who will love you forever! Let Dottie know you would like to learn more. Ongoing training sessions with smiles and appreciation. 729-0757.

Free educational session

Greater Bath Elder Outreach Network and People Plus welcome all volunteers to "Knowing Your Boundaries: How to say 'no' with grace and no guilt."

Join Patricia Oh, family development specialist at Mid Coast Maine

Community Action, and Jenn Hemingway, Sexual Assault Support Services of Midcoast Maine Project Advance coordinator, who will demonstrate how to recognize and stand firm by our boundaries.

The session is March 9 at 2 p.m. in The Moorings on Wing Farm Parkway just off Congress Street in Bath. Although no reservations are needed, call 837-8810 or 729-0757 with any questions. Free of charge.

Volunteer opportunities

— Reception and greeting. The first impression any visitor gets of People Plus usually comes from the volunteers at the front desk. Our front desk volunteers greatly appreciated, and learn a great deal about the activities, programs and special events at People Plus.

— Volunteer Transportation Network (VTN): With support from a MeHAF grant, United Way of Midcoast Maine, and Bowdoin College, the VTN program continues to grow and fill community transportation needs. VTN drivers provide rides for personal and medically related needs, and food shopping trips. Enjoy meeting new people and helping others. Safety and security are paramount components of this program for both the drivers and riders.

— Greater Bath Elder Outreach Network (GBEON): People Plus collaborates with GBEON to help locate both those who could benefit from a one-on-one visitor and those who wish to become a visiting volunteer.

— Marketing and Distribution: Be a

"There is beauty in brevity."

— Anonymous

Forward with gusto

By LIBBY HERRICK

When Jonathan Swift wrote the line, "after dinner when the ladies retired to their tea, and left us over a bottle of wine," he probably was not thinking about gender equality.

Clearly the men continued their evening as usual at the dining room table with all the wine, and the ladies were the ones to withdraw or retire. Today, I am writing about another type of retire. Or maybe it's not so different.

In early March I will be retiring from People Plus after six-and-a-half wonderful and remarkable years. I have loved my time here, and will carry lots of intriguing, educational and entertaining memories with me when I leave.

I have been lucky to have known so many engaging and caring members of the community, to have worked with so many giving and dedicated volunteers and those affiliated with other organizations, to have been a part of a hard working staff, and to have experienced, finally, the move onto North Street. I am grateful for the camaraderie, and look forward to what is "forward" for me.

As I shared my decision with others, I learned that, like "work" and "vacation," the term "retirement" can have a very different meaning for different people. Some view it with fear, some with excitement, some with a sense of accomplishment and completion, and others with a feeling of loss or sadness. The Oxford English Dictionary identifies it as "a withdrawal from the world or the society of others," although states that is "now rare." I would say SO. Of course most dictionaries define retirement as "leaving a job or career." However, depending on how you look at it, to retire could almost be an oxymoron and mean both withdrawal from something or a

moving forward.

Tennyson wrote a line that suggests retirement is the beginning of something when he said, "How oft we saw the sun retire, and burn the threshold of the night!" We look forward to the night if only to experience the blaze.

Congreve suggests the same in the line, "I'll retire to my own chamber and think of what you have said." In his forward, he will have time to ruminate, something we rarely give ourselves time to do.

Possibly with a little humor, Hunt stated that Shakespeare "retired to his native place before he was old." It still suggests there was space for something ahead of him before he reached his "old," whatever that was.

An anonymous quote states that retirement means going, "Into a place or way of life for the sake of seclusion, shelter or security." Thank goodness few live that way now. The time following retirement has become its own major segment, creating its own equal space on our plates. We live far longer, are thinking forward, and can experience a second or third life and, therefore, a second or third retirement. What fun to be able to create a fresh forward. Maybe several.

So it is now time for me to experience my forward and my first step in the next chapter. I will find my own space and ideology. I will open the windows and let the air in. Lewis Gidley wrote, "Save what winds inspire, and forests minister, in whose cool retire are sombre glades." Boy that sounds nice. For the moment, anyway.

The second step might be, "I'm ready to think again; I'm getting bored." Norris sums it up well when he says, "The most natural way for the discovery of truth, is, instead of going abroad for intelligence, to retire into ourselves."

I think I may begin by joining the men at the dining room table.

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Volunteer Transportation Network

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Call to register at 729-0757, extension 105.

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Must do's and wanna do's: the art of making a list

Me, I work best from a list. It's not uncommon to find me on a Friday night, mapping out my weekend with a list of must do's, can do's, should do's, might do's, even a few wanna do's. Of course I pay close attention to adding things that Jane might suggest, (usually, they're at the very top of my list) and then I check the calendar to see what's coming, and, if I'm real sharp, I'll add a thing or two that didn't get done the weekend before.

I wasn't born yesterday, so I'll admit the list always includes a ringer or two, something simple that I can whack at early in the weekend and draw a quick, thick line through. You know, "go to the bank ... get gas in the truck ..." Effortless, routine, mindless items that guarantee quick and unconditional success. Few things work better than an early sense of accomplishment.

Maybe you recall my consternation four years ago, when I realized my first grandson was about to be born a native of Rhode Island. Part of my response to that malady was to pro-

Speaking Frankly

FRANK CONNORS



duce a list of things that I and this little guy could do to enhance his status as an adopted, or exiled, Mainer. I can tell you with a certain amount of pride that this list remains an active and fruitful one. We've done some of it, we've added to it, and now, it will be a delight to rework and turn this same list loose on my second little grandson, who is coming any day now, and, I should add, being born on the proper side of the old Piscataqua River.

You have to be careful with the wording of any list. If there are four cords of wood waiting out back to be stacked, or several lawns to mow, the list should say, "stack wood," or "mow lawn." Then, if Sunday's sunset comes and you have only put a half hour into

these projects, you still get to cross them off your list. "Mow THE lawns," is too specific. "Stack a cord of wood," is a trap. "Stack all the wood," is certainly an even bigger mistake.

I also have to admit I can sometimes be sneaky. If I know I have to paint the house, I must mow some lawns, or the garden needs weeding, but I'd rather be canoeing. I might put, "canoe on the Cathance," on my list. Casual, of course, is a rule. It needs to be somewhere near the bottom, and certainly well below the mowing and weeding. Jane takes an active interest in most of my lists, and she's almost certain to pick up on canoeing, snowshoeing, hiking or the like, if any of them appear too high, or too obvious. But seeing them on the list is like planting the seed. She likes to canoe and/or snowshoe too, after all. More than one wonderful weekend adventure has started after I posted the hint on my list.

But now I'm thinking a master list might be in order. I'm not as young as I used to be, you know.

There are some things I want to do once, or once more, while I can. There

are no black motives here, folks, I'm not secretly sick, and I'm not the one retiring, not yet. But I know what motivates me, and I'm sure if things appear on a list somewhere, there is a slightly better chance I'll get to them and get them done. Sort of my own bucket list, if you saw the movie.

I want a camp, or a yurt, where I can sleep overnight with my grandchildren. I want to cross Katahdin's Knife edge with my son. I'd like to visit Vietnam again, and not be shot at. The house needs a new roof, and a coat of paint, while I'm agile enough to get it done. I want a hive or two of bees. I'd like to write a history for Bowdoinham. I'd like to visit the top of Sugarloaf or Saddleback and not ride down on the chairlift ... you get the idea ... MAJOR stuff! Stuff that borders on dreams, or lots and lots of effort.

So, one of my plans for 2011 is to work from and watch TWO Lists. There will be the "effortless list," the one I sink or swim with each weekend, and the "wonder list" that I plan for, hope for, dream about, and add to my life's work.

Wish me luck!

New or renewing members

*Indicates membership donation

BRUNSWICK

- Helen Greene
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- Edward Cardali
- Priscilla G. Belanger
- Christina Cromwell
- Priscilla Davis
- Joanne McCartan
- Corey Hammond
- Robert Boothby
- Susan Boothby
- Yvette Davenport
- Enid S. Dwyer
- Virginia Zimmerman
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- Patricia Ford
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- Karkilee Atkins
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- LaVerne Vayo
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- Freda Bernotavicz
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- George Greenwood
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- Charles Dunbar*
- Claire B. Dubreuil
- Glenda Derbyshire
- Colleen Wilbur
- Marion Abramo
- Vincent Abramo
- Madeleine Ash*

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- Elfricde Nicholson
- Jill Victor
- Paul Dostie
- Caroline Shea Murphy
- Caroline Giegold
- Norman Marriner
- Mary Louise Cobb
- Monica Hamkins
- Rodney Sarle
- Beverly Strout
- Elizabeth Wescott
- Frank D. Connors*
- Ed Knox
- Claudia Knox
- Paul Putnam
- Judith Krok
- Agnes M. Beale
- Lois E. Hyde
- Cynthia D. Murphy
- Alice H. Johnson
- George R. Johnson
- Irma Howard*
- Beth Aldenberg
- Judith Kamir*
- Carolyn Foster*
- Carolyn Earnest*
- Mary Biette*
- Robert Biette*
- Mary H. Wood
- Normand Rocheleau
- Joanne McDermott
- Vincent McDermott
- Alfred Layton
- Carol Layton
- Patsy Lambert
- Joyce Labbe
- Nancy K. Hoffman
- Ursula Desjardins
- Jeanette Y. Cole
- Jeanne Bourque

- Consuelo Bailey
 - Alison Harris
 - Bernard "Bernie" Breitbart
- TOPSHAM
- Margaret A. Whitehead
 - Carmella Pellerin
 - Carleton Pellerin
 - Ruth Vogel
 - Gene Collins*
 - Rosaline "Rose" Collins*
 - Janice Foster
 - Cookie LeMieux
 - Doris Nieman
 - Marilyn L. Cottle
 - Bonnie Wheeler
 - Gerry LaRoche
 - Lorraine LaRoche
 - Patricia Longworth
 - Mary Ann Douglas
- HARPSWELL
- Evangeline Sparks
 - Ria Woodman
 - Charlie Woodman
 - Kathryn Raymond
 - Jolanda De Levie
 - Robert De Levie
 - Nellie Coulter
 - Barbara Collins
- OTHER PLACES
- Elizabeth Dexter, Durham
 - Charlotte Hart, Cumberland
 - Grace Anderson, Bowdoin
 - Susan Cole, Portland
 - Nancy Allyn, Yarmouth*
 - Vicki Woodsie, Bath
 - Kent Wilkinson, Freeport
 - Virginia Williams, Freeport
 - Kathleen Newton-Smith, Bath
 - Louise Sharp, Bath

Answer to riddle from page 3:
Wasp nest.



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AARP Tax-Aides are ready

Trained and certified AARP Tax-Aide specialists opened for business at the Union Street Center of People Plus on Tuesday, Feb. 1, and will continue to be at your service, through April 14. Preparation and reviews of state and federal tax forms is a free service sponsored jointly by the Internal Revenue Service and the AARP Foundation.

Appointments are being made at People Plus for Tuesday mornings from 8:30 a.m. until noon, and Thursday afternoons, from 12:30 to 4 p.m.

Persons using this free tax service should bring to their appointment a valid photo ID, Social Security num-

bers for themselves and all other dependents, a copy of last year's tax returns (2009) all tax-related forms you have received from the Social Security Administration, any pension providers, banks and/or investment firms; as well as receipts you might have for deductions to which you feel you are entitled.

This service is also available at the Curtis Memorial Library, Brunswick, and the Topsham Public Library and Spectrum Generations (see page 4). To make your appointment at People Plus, call the information-help desk at 729-0757.

Coupon offered for Studio Theater of Bath

Studio Theater of Bath is offering \$5 coupons for members of People Plus wanting to attend their winter and spring offerings at the Chocolate Church Arts Center in Bath.

Cal Hooker, an actor and publicist for STB, said, "We know they'll get hooked, this is good theater. The coupon is offered as an enticement."

"Almost, Maine," plays Feb. 11-13 and 18-20, and tells the story of residents of a mythical remote town



in Maine, where residents find themselves falling in and out of love in unexpected and often hilarious ways. "Almost, Maine," is a delightful, midwinter night's dream.

"The Who's Tommy" opens in May. It is Peter Townsend's tale of a young boy's journey from pain to triumph and is an electrifying evening of theater,

intertwined with rock 'n' roll. Coupons are available at the Center. Ask Frank Connors at 729-0757.

MUSIC

From Page 1

unique trips and food offerings again leading the list. Board member Ann Frey is organizing the auction lists so that members will find it easier to bid on items and NOT attend the event, which had sold out in each of the three past years. John Bottero of Thomaston Place Auction Galleries will once again lead the live auction. Both auctions will include more than 100 items, and organizers are promising a great mix of "dependable stand-

by items, and new and exciting offerings."

Last year, 20 area businesses and organizations sponsored the event, which was attended by more than 200 people, and two dozen of the area's top restaurants provided food to the unique buffet. The 2010 event raised nearly \$20,000 for People Plus.

"Our goal," Mayo said at a recent planning meeting, "is to make this event the best one yet."

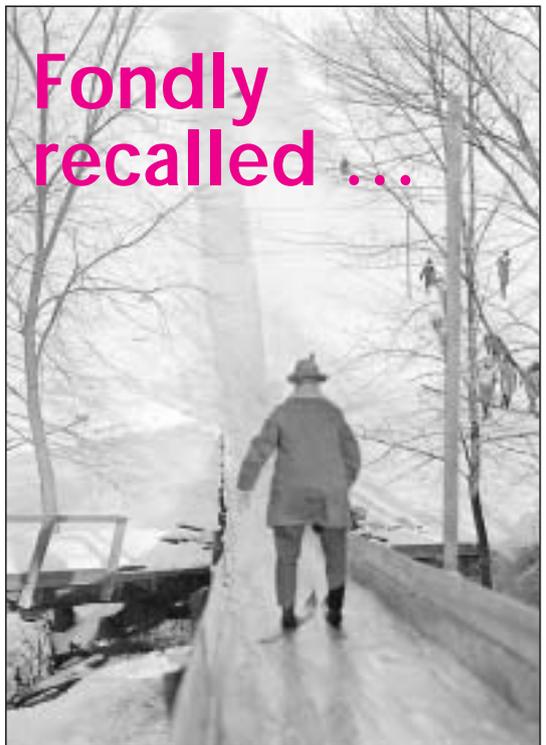
CLASSIFIED ADS

Local teen parent program seeks help transporting teen moms and babies to the Freeport Y on Tuesday mornings for one-hour group sessions. Program also seeks teen mom mentors. FMI contact Page Nichols at 272-2255 or Willo Wright at 865-9267.

Michele's Consignments, Union St., is an authorized dealer for People Plus. Buy specially marked items at her shop, and a commission is paid to the Center. Call 837-1801.

Agging Consultation Services. Call Joanne Rosenthal, MSW, for answers to your questions about Medicare, community resources, housing options and more. Affordable and confidential. To schedule an appointment call Joanne at 841-6188 or 725-6301

Items to Sell? Services to offer? Advertise in our Classifieds. The cost is \$10 per inch, per month, paid in advance. Call 729-0757.



Maybe you own one of the Center's "Chuting the Androscoggin" limited edition prints. If you do and you were looking for historical verification that these chutes existed, here you go. George Hill walked into the Center last month and offered this picture as evidence. Notice this guy on skis has a wet backside from riding the icy surface. If you have old area pictures to share with readers of People Plus News, please contact Frank Connors, 729-0757.



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