

Plus! People NEWS!

The center that builds community

People Plus
P. O. Box 766
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Non-Profit Organization
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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



SISTER ACT! Sisters Barbara and Judy attended last month's field trip to Boston, and were spotted (briefly) in one of the local bars. At the end of the day, all made it back to Brunswick on the Downeaster. There are already plans being made for a SPRING TRAIN to Boston.

Prep for musical gala hits high gear

With just about a month left to make final preparations for the 16th annual People Plus Music in April gala, Executive Director Stacy Frizzle breathes confidence when she says, "we're dotting our i's and crossing our t's...we have every reason to expect this could be our best effort yet! We have a new, in-Brunswick venue, only the biggest and best yet; we're changing up our food services; and the auctions are both doing very, VERY well!"

This year's April 5th event will be held in the Brunswick Recreation Center at Brunswick Landing. "Finally we have room enough to stretch our tables," Frizzle said, "and our auction areas will be large enough to display our amazing selections." Frizzle said Robin at Maine Event Design was "inspired" by the newer, larger spaces, and that it is "unbelievable" the way the rec department and sponsors are reacting to the challenges. Chef Chris Toole is working a new concept that will provide food stations rather than the more traditional buffet line, and Toole reports the participating restaurant list is perhaps the best he has ever worked with.

Music will be provided

again by Touching Base and Porch Time Quartet, and John Bottero of Thomaston Place Galleries will again direct the live auction, so when the excitement starts at 5 p.m., again under the watchful eye of legendary general chairperson and People Plus Board member O Jeanne d'Arc Mayo, "there is simply no reason not to anticipate perfection," said Frizzle with that signature smile.

If you want to donate to either our live or silent auctions, you should contact Jill Ellis immediately. Individual tickets to this event are still only \$50 each, you can reserve yours by calling Pat at 729-0757.

Music in April Sponsors to date:

Fortissimo Gala Sponsor: Coastal Landing,
Crescendo Healthcare Sponsor: Mid Coast-Parkview Health,
Crescendo Financial Sponsor: Bangor Savings Bank,
Mezzo Decor Sponsor: Maine State Music Theatre,
Duet Event Sponsor: Spectrum Generations,
Forte Sponsors: Atlantic FCU; Avita of Brunswick & Sunnybrook; Bar Harbor Bank and Trust; Bath Savings Institution; Bill Dodge Auto Group; Brackett Funeral Home; CHANS Home Health Care; Edward Jones Investments, Brunswick Branch Office; Goodwin Motor Group; Hammond Lumber Company; Highland Green; The Highlands; Mechanics Savings Bank; Mid Coast Senior Health Center; Neighbors, Inc.; Norway Savings Bank; Primerica; Priority Real Estate Group; Riley Insurance Agency; Rousseau Management; Rusty Lantern Markets; Thornton Oaks; **Mezzo Sponsors:** Maine Event Design and Decor; JHR Development; **Location Sponsor:** Town of Brunswick.

Share your "teddy"

The Teddy Bear Club of Mid Coast Hospital's Auxiliary and Emergency Department is seeking donations from People Plus members during the month of March. Volunteer project supervisor Sharon Dodge said as many as 200 bears a month can be given out, and the entire program depends on donations from local individuals and businesses. Each donated toy should be new with tags still attached.

Last year, more than 50 new toys were collected at People Plus and distributed at the hospital, often during emergency room or other "unplanned" visits. "Let your members know these bears help relieve the anxiety of so many little visitors to the hospital," Dodge said



People Plus
Raised through Feb. 21
\$46,443
Annual Fund Goal
\$50,000
Fiscal year ends June 30
Your donation of \$25 or more in "New Money" contributes to a 100% challenge match.
Each donation matters!

Swing Dance Brunswick

Sun, March 4, 6-8 pm. People Plus welcomes Swing Dance Brunswick to the Center on Sunday evenings! Join them on March 4 with DJ Paul Krakauske. All ages and all generations are welcome and you don't need to come with a partner! Beginner's can take a lesson from 6-6:30 and stay to dance! Bring dance shoes to change into (outside shoes remain off the dance floor). Suggested \$5 donation includes dance and lesson. Watch for more Sunday evenings in April. FMI visit swingdancebrunswick.org.

What is Rollerlates?
Find out on page 4.



HERE WE GO! Brunswick Public Works Director John Foster and Crooker Construction Project Manager Rick Powers came to the Center last month to outline the Town's plan to "rehabilitate" Union Street. The three-month, \$2 million dollar project will surely "compound" traffic and parking.

Frank's Field Trips



Train to the Flower Show

Rumble to Portland in style on Thursday, March 22, as we take the Amtrak Downeaster to the 2018 Maine Flower Show. The train leaves Brunswick at 11:05 a.m., (let's gather at trainside by 10:30 a.m. to check in.) and arrives at the Portland Transportation Center, (just a short, five-minute walk to the flower show on Thompson Point) minutes before noon. Return trip on the Downeaster is train number 683, leaving Portland at 3:45 p.m. arriving in Brunswick at 4:30 p.m.

This year's show features more than a dozen full garden displays and 115 separate exhibits of plants and other garden related products and supplies for outdoor gardening enthusiasts. Cost of the trip, including train fare round trip and the flower

show is only \$26. Snacks at the show or lunch in Portland is on you. It's okay if you invite a friend, we're reserving 26 tickets on the train. Register with Pat at the Center's information desk, 729-0757, or be disappointed.

For all you people keeping track, and for the "few" who offered deposits, the field trip to the Southworth Planetarium is coming up in April, and we're booking outings to Fort Edgecomb, Pineland Farms, the Knox Observatory, Liberty Ship Park, and yes, Frank's crematorium/cemetery trip is "still on the books."

These field trips are made possible by donations from Scott Lemieux at Brunswick's American Express Financial office, and from the Rousseau family at Coastal Landing Retirement Community.

Engineers, Center brace for street disruption

Town engineers and project managers from Crooker Construction, LLC. came to the Center February 22 to brief members, staff and neighborhood residents about the major spring 'rehabilitation' of Union Street. The four-month project to replace utilities is scheduled to start in mid-March and promises to create major traffic, parking and access problems along Union Street and at the People Plus Center.

Crooker manager Rick Powers described the \$2 million dollar project as "long overdue," and a continuation of work done along Mill and Maine streets last fall. The project will add a new and larger storm water drainage system, new water and sewer lines, and a resurfacing and

sidewalk work along Union Street from Mill to Pleasant Streets. Powers told members to expect "noise...some vibration, and short-term restricted access." Work will routinely be done weekdays from 7 a.m. until 5 p.m., Powers said, with overnight and weekend access "sometimes difficult but usually possible." He said "mother nature rules" the start of the project, and all work should "wrap up by July." He said most work would be done in sections, and there would "rolling closures," rather than completely blocked access along Union Street. Neighborhood Association President and resident Marybeth Burbank pointed to high pedestrian use of the area by older residents, and stressed that "walk-ability, and safety" in the area is "most important."

BRUNSWICK AREA TEEN CENTER
SCOOP-A-THON

Wednesday, April 25, 2018

People Plus News

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

news@peopleplustmaine.org

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

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Check out past newspapers at www.peopleplustmaine.org



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Fundraising is a year-round necessity!

Fundraising is a year-round adventure for all nonprofits with annual mailings, grant writing and events. For People Plus the spring is all about Music in April and the Gelato Fiasco Teen Center Scoop-a-Thon, so consequently, February and March are all about organizing those two HUGE events!

We are terrifically excited to have a beautiful new venue this year for Music in April - our wonderful dinner-gala-auction event! The Town of Brunswick recreation center is allowing the use of its enormous indoor space and we couldn't be more pleased with that partnership.

Tom Farrell, director of parks and rec for the town of Brunswick is the longest standing member of the board of People Plus becoming a trustee when he took his position with the town in the early 1980s. "It's a great opportunity for the two organizations to partner in utilizing this town asset," says Farrell, "We couldn't be more pleased that People Plus is able to make use of the facility here at Brunswick Landing."

With nearly 30 sponsors of the event it is a wonderful gathering of community businesses and residents who come together for a fantastic meal donated by over 20 restaurants, an amazing auction with John Bottero our auctioneer extraordinaire from Thomaston Auction House, and musical entertainment provided by two amazing musical acts. "Touching Base" a trio from

Bath and "Porch Time" a barbershop quartet, will both provide entertainment throughout the evening.

Robyn Allen of Maine Events Design and Decor will help us as always to transform the facility into a place of magical beauty with twinkly lights and ambiance to set the tone for an evening of celebration and philanthropic good will.

We are serving the food a little differently this year and Chris Toole our head chef and restaurant organizer will be creating delicious and tantalizing food stations with interesting and diverse food choices scattered around the room. This will enable guests to sample all the foods at their leisure while shopping at the silent auction, enjoying the music and having their photo taken to boot!

Tickets are on sale now at the People Plus Center so if you are interested in a wonderful night of fundraising, fantastic food, magical music, and philanthropic outreach to support this amazing senior community center then I invite you to buy your tickets now - at only \$50 per person they will be gone fast!

Later that same month on April 25th is the Teen Center Gelato Fiasco Scoop-a-Thon fundraiser. It takes place on Maine Street in downtown Brunswick at the flagship location for Gelato Fiasco. This fantastically fun event runs from 11 AM until 11 PM and last year we had over 1100 people come out for

From the Executive Director

Stacy V. Frizzle



gelato in the pouring rain! With an average scoop of gelato being served every 3.9 seconds, this is sure to be one of the sweetest fundraisers all year!

We have celebrities scooper's, magicians, balloons, face-painting. A different musical act every hour on Main Street, raffle prizes and more! And new this year we are welcoming businesses to sponsor the event for \$100 to be a part of the fun. And if you'd like to be a celebrity scooper that will cost you a mere \$250! These are coveted spots and fill up as people embrace the opportunity to help support our at risk youth while spending a fun time behind the counter at Gelato Fiasco. Who hasn't wanted to scoop ice cream at some point in their lives??

The staff will be exhausted when all of this is finished but April is always our sweetest time of year and we hope to see you at both music in April and the Gelato Fiasco. And if not there then I certainly hope we will see you at People Plus on Union Street down at the Center That Builds Community.

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

March is National Nutrition Month and each year there is a theme. For 2018 it is "Go further with food." This year there seems to be several layers to the theme. Try to get a variety of food choices by using the food you have on hand. Limit what you purchase to reduce waste, while using safe food handling techniques. Watch your portions and be as active as you can.

It can be a bit challenging to get more fruits and vegetables but the grocery store is making it much easier for us all the time. Cauliflower rice, spiral zucchini and carrots, blueberries with kale are just a few of the items that can be purchased frozen. Caramelized onions and wilted baby kale can be cooked ahead of time and added to eggs, spaghetti and as a base for your lean protein. Sliced berries from the salad bar can be added to salads, smoothies, oatmeal or on top of a peanut butter sandwich. Beans are great to add to baked potatoes or rice, along with salsa. So to get more nutrition try to think "outside the box" and add more to your food choices.

Cooking from what is on hand has never been something I do on a regular basis. Recently, when we were on vacation, the closest grocery store was 22 miles away so it was a good time to practice using what we had on hand. I let my creative juices flow and made rice with caramelized onions, spinach and Dijon mustard to go with our BBQ pork. We ended up with leftover rice so another night I added a bit more water, cooked peppers and BBQ sauce. The rice came out like a creamy risotto and was delicious!! Working with what you have on hand can reduce waste! I just read that people throw away 40% of what they purchased. This number seems staggering but most people agree that is a big issue in most households. So try to purchase only what you

Acorn Squash with Meat Sauce

Ingredients:

For the squash:

- 2 acorn squash, cut in half, with seeds scooped out
- 2 teaspoons olive oil
- Fresh ground pepper

For the sauce:

- 1 Tb. olive oil
- 3 cloves of garlic, minced
- 2 carrots, minced
- 1 onion, minced
- 1 lb. lean ground turkey
- 1 23.5 ounce jar of spaghetti sauce
- 3 handfuls baby kale
- 1 Tb. oregano
- Pepper, to taste

Directions:

1. Preheat oven to 425 degrees.
2. Place acorn squash on baking sheet and drizzle olive oil over top of each quarter. Sprinkle with pepper and bake in oven for 30 minutes.

While squash is roasting prepare your sauce:

1. In a large skillet or medium saucepan, heat oil over medium heat. Add onions, garlic and carrots and cook for about 5-7 minutes until soft.
2. Increase to medium-high heat and add turkey to vegetables, crumbling with a wooden spoon or spatula. Cook turkey meat until no longer pink.
3. Add kale to turkey mixture, one handful at a time. Each time you add the kale, carefully stir into meat mixture until it starts to wilt down.
4. Once kale is wilted, add spaghetti sauce. Add oregano, fresh ground pepper and bring to a slow boil. Reduce to low heat and let simmer for about 15- 20 minutes, stirring occasionally.

Note: This recipe is meant to be used as a creative use of leftovers. Day one serve acorn squash with grilled chicken and steamed broccoli. Day 2 serve spaghetti zoodles (zucchini noodles) with meat sauce. Day 3 serve the leftover meat sauce in the acorn squash!!

think you will use and be creative with the food you have on hand.

Mindful of portion sizes is always something that we need to manage. The plate method is probably the easiest. Fill your plate with vegetables and add a fist portion of carbohydrate, deck of cards size of lean protein and small

amount of heart healthy fat. Taking time to enjoy your food may help you to eat smaller portions.

I choose this month's recipe to show an example of the themes from National Nutrition Month. I hope that you enjoy it!!



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RUBY by Bonnie Wheeler

Well Ruby, I ate my eggs for breakfast—I know you would want me to put vegetables with them—I put cheese and shared with Missy. She mewed her thanks. We went to the grocery store, she loves the ride and wants to get out, like she has a list and wants to shop. The list would read cat treats, hot dogs, and vanilla ice cream. We love our bowl of ice cream at night. Yes, I put hers in her bowl, but sometimes she licks my bowl—sorry.

Your magazine came today, another dang wig magazine. I thought about taking it next door to Sally. Maybe she would find how to wear a wig. Every time I see her I want to tug hers straight. OK, Ruby, I know that would be rude. You think she likes it crooked? It looks weird to me.

The new neighbor's dog chases Missy if she goes outside. Done got me a sling shot to take care of the problem. No, Ruby, I won't hurt him, just remind him to stay in his own yard.

Ruby, I'm tired of canned soup and washing up after, so I am stopping by McDonalds and picking up that new chicken sandwich and some fries. Now, I know you don't like me eating greasy fast food, so I'll get an apple pie too. Apples are healthy. Yep, you make the best cinnamon apple pie. You know I am hungry for your pie, don't you?

Do you like the spring white daisies? The florist said they will last a week. Friday, I will be back with Tulips, red ones. The color you favored.

I miss you, Ruby. *Reaching down, lovingly touching the grave stone, and slowly walking away.*

The Dream by Elizabeth B. Bates

March...a time for rebirth. Against the backyard walls that are stained with damp earth, there is a small show of green tips of something that is eager to push up into the weak, warming sunlight. "Way too soon, way too soon," we mutter. There is still some snow on the ground, some patches of ice under the trees. Winter is not over!

Yet, the mailbox is full of seed catalogs. Their pages are full of gorgeous flowers in full bloom, and the bright greens of future vegetables ready for picking. You get a thrill just looking at them, you make lists of all that you want. The books don't mention the hard work it takes to prepare the soil, but when the seeds send out their first hopeful shoots, you are so happy. When some of the disappear, you are so angry! Hungry creatures have been eating their breakfasts there. Remember, Spring is for everybody! Get out the wheelbarrow, the shovel and the rake, and take a deep breath. The garden is now just a dream, but it WILL arrive!

SONG TO SPRING by Rose Marie Mayer

Arise and rejoice!
Burst into your song of Spring.
Stand with your face to the warming sun, breathing in the clear, fresh air.
Filling your lungs, feeling the joy bubbling up from your soul.
Days are being filled with a merry chorus.
Dripping snow trickles from the eaves.
Winter's back is broken.
A new Spring is opening its heart to You!
Deep underground the renewal begins, worms, wiggling roots, stretching, sap, running
The sun begins its climb, higher, towards its ultimate zenith, warming the earth, driving into submission, the North winds.
The snow still deep, blankets the slowly awakening earth.
Nights, starry and cold, birds returning, wake up singing, sending out the glorious message.
Spring is opening its heart to You!
Bright mallards nuzzling their mates
robins, spreading their wings in jubilation
the finches slowly shedding their winter's camouflage, golden feathers replacing dull brown.
In the crab apple tree, cedar waxwings dance, filling themselves with the winters bounty,
making ready for the new season.
Wake up and rejoice!
Spring is opening its heart to You!

The Reverend Billy Graham by Bonnie Wheeler

God got a good one today. Billy Graham went home to stay. Let the heavens celebrate! Millions line up to greet with loving words, because of your ministry, I am here today.

Thank you!
Jesus stands at the head of the line, hands held out with the welcome. Well done, Billy,

MOMENTS OF SERENITY by Gladys Szabo

Swaddled in my arms
Resting upon my chest
Enjoying gentle squeezing hugs
Her soft paw tenderly brushes my cheek

Her eyes connect with mine
"What are you thinking" I wonder.
Her head nestles in my neck
Soft purrs are soothing to my ears

The world is momentarily shut out
By these moments of serenity.

Rituals by Cecelia Hittle

For winter solstice, I follow
The Scandinavians with my candle
A crackling campfire, hot
Cocoa and songs send the darkest
Day of the year on its way
Now it's Japanese Setsubun
The mid-point of winter
I carry five black beans as I hike with my dog
And throw them at a snow bank
I am pleased to hear the devil grumble

Iceicles by Sally Hartikka

They drip cheerfully, glinting in the sunlight,
Channeling melting snow off the rooftops.
They remind us that spring is coming
As they relinquish their twinkling drops
And hang delicately from the eaves
'Til finally, they crash down, and dripping stops.

BROWNTAIL MOTHS by Russ Kinne

Now, why should we waste our time talking about moths?

Well, when they cause a rash & violent itching, we WILL talk about them., quite naturally. And lots of mid-coast Mainers are doing just that.

Well, the moths themselves don't just fly up and attack humans; that's just a Hollywood-plot type of thing. But their caterpillars are another thing.

What we're discussing here is the "brown-tailed moth", scientifically Euproctis chrysorrhoea, a quite attractive little guy/girl about an inch and a half long, pure white with - you've guessed it - a brown butt. Unmistakable, but we won't see these adults moths until August or September.

What's causing the trouble now is their larvae, or what we call caterpillars. These are close to two inches long, grey-brown with a white stripe down both sides.

Nothing wrong with that, but they shed microscopic hairs covered with a poisonous substance that are so small and so light they become airborne! - drift around and can light on your face, arms, any exposed skin. Then you'll know it.

Not dangerous, but head for your druggist & get a can of anti-itch spray. There are some new, good, very effective ones. And cover up if you'll be pruning bushes, working in the garden, mowing the lawn, whatever.

And stomp on any caterpillar you see!
Some years ago, in Connecticut, we had an infestation of gypsy moths. They don't cause an itch, but do defoliate trees dramatically. (the trees usually recover), and can cause bike-riding kids to freak out. But people being people, people screamed DO SOMETHING! - in this case, they clamored for an aerial-spraying of our town, by helicopters, and wickedly expensive. It got to be a Big Deal, eventually

requiring a town-wide referendum. Citizens were polarized, forming committees of "them" and "us". The "us's" won this, but for the wrong reasons. Owners of small houses downtown refused to pay for the spraying of the "rich folks" big properties further away. Scientific studies had proven that spraying was ineffective, but excited people often don't want to listen to facts like that.

I still have a T-shirt somewhere that proudly says "PEOPLE, NOT CATERPILLARS". Must dig it out sometime.

Changeless by Elizabeth Bates

In Maine, things don't change easily. The waterfront is still crowded with very old wooden sheds and pilings. Bright-colored buoys hanging on the sheds are quickly taken away, as needed. Some of the old, wood-made lobster pots are still used, but the newer, metal ones are piling up next to the water. Maybe they're more expensive, but they last longer. The change was slow.

The fresh ocean air mixes with other airs, not so fresh. Visitors might not like it, but when I take a deep breath, it is wonderful to me. The smell of fish and lobsters from their deep, dark homes, mixed with gas fumes from the arriving boats doesn't bother me.

Day-lilies spring up where no one has planted them, but bloom in orange splendor. There is a rhythm here. Everyone knows what it is all about, but change is still slow.

I'm Glad I'm Not A Wild Turkey by Nonie Moody

The wild turkey's day is so simple
Peck, peck - peck, peck, peck
He's big and fat on two spindly legs
Pecking around the trunks of old apple trees
Peck, peck - peck, peck
His neck looks like it would be tired bent down so low
Looking for food every day of the year
Peck, peck - peck- peck, peck
If one turkey gets left behind he sprints to catch up
joining the others with their
Peck, peck - peck, peck
Their fun comes when one is annoyed with another
The feathers fly but irritation is quickly forgotten
Peck, peck - peck, peck, peck
Friends forever they will be side by side
Up and down the hills searching for delicacies
Peck, peck - peck - peck
Their feathers are fluffed big in 0 degree weather
And their instinct to graze continues on
Peck, peck - peck
I'm glad I'm not a wild turkey
For I wouldn't be able to read a book or study
Play games or do puzzles, listen to music or travel
One thing the turkey does that is an example for us
To forgive the little hurts and irritations of others
Quickly letting go and getting back to the
Peck, peck - peck - peck

Celebrate the Ides of March! by Charlotte Hart

"Beware the Ides of March!" That's what Caesar's soothsayer said. "Ho! Ho! No way!" I say, "We'll celebrate instead."

The champion of equal rights and abolition of slavery Was born right on the Ides of March. Susan B. Anthony! Icon of women's suffrage, the vital right to vote,

Equal pay for equal work, brave new ideas of note! "Organize, agitate, educate," she vowed, "must be our cry. Wherever women gather together—failure they'll deny!" Susan B. Anthony Day! March 15th! National celebration.

"Nothing is hopeless that is right," said that lady, history's sensation.

SENSORY AWAKENING by P.L. Sparks

subtle but relentless, this silent movement into spring-time

BRUNSWICK AREA Respite Care



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All Saints Parish St. Charles Borromeo Church

LENTEEN SUPPERS

March 2proceeds benefit
Tedford Housing

March 9proceeds benefit
The Gathering Place

March 16 ..proceeds benefit
Habitat for Humanity, 7 Rivers Maine

March 23 ..proceeds benefit
Mid Coast Hunger Prevention

Tasty Fish Dinner ...
Baked Haddock, Mashed Potatoes, Corn or Green Beans, Coleslaw, Rolls, Beverage, Dessert

Pizza also available
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Come all! Tickets available at door. 132 McKeen St., Brunswick

March at People Plus . . .



Hair Cuts for Seniors!

Fridays, Mar 16, 23 & 30, 9-12 pm. Come for a \$10 haircut with Margarita Day, former owner of Margarita's Hair Styles in Brunswick. Margarita has been working in the hair dressing business in the Brunswick area since 1976 and owned and operated two salons. Now retired, she is offering her services to People Plus and will donate all proceeds from the haircuts to the Center! No appointment necessary, just show up with clean hair and she will give you a cut! Open to the public!

Oh, Margarita! Friday hair cuts at People Plus are becoming very popular. Thank You, Margarita!

NEW CLASS - "Rollerlates" with Dr. Giustra

Wednesdays 1:30 pm. Rollerlates is a restorative, low impact exercise routine combining roller therapy and Pilates. It specifically targets musculoskeletal pain (Roller) and the accompanying loss of stability and mobility (Pilates). Relaxing, meditative breathing throughout is a critical component. Its founder/originator is People



Plus member Richard Giustra, a favorite frequent presenter at the Center. Giustra is a retired board certified Orthopedic Surgeon and ASFA certified Pilates instructor. Cost is \$5/members, \$10/non-members per class. Attendees are required to bring their own foam roller (contact the Center for information on purchasing). Try any class once for free!

Lunch & Connections

"An Irish delight"

We celebrate St Patrick's Day (and Maine's birthday and the return of Daylight Saving Time) with our traditional corned beef and cabbage dinner on Thursday, March 15, beginning at noon. "This is one the members wait for," chef Frank Connors said, "we always fill the house! We salt our own beef, we use locally-raised vegetables and the results are spectacular, or better! This is one no one wants to miss!"

This traditional New England boiled dinner includes home-brined beef brisket with potatoes, carrots, and turnip, all slow-boiled in a flavor-filled onion broth. We always have a side of pickled beets, and of course there will be a fresh and green, lightly dressed garden salad for all. Coffee, teas, fruit juices and milk are available with each meal, and we intend to keep your water glasses filled on each table. Dessert this month will be a cup of flavorful Pistachio pudding with a Girl Scout cookie, (or two,) on the side, and you just need to wait and see how Gladys and company are decorating the tables to welcome SPRING!

These monthly Lunch & Connections meals are sponsored with a grant from our

friends at Spectrum Generations, and are intended to focus on good nutrition, useful information and variety. A CHANS health-care professional is always in attendance to offer and record free blood pressure checks, and you can be you'll find a friend or two, gathered around the coffee table.

Please remember to pre-register after the first of March to be included. Seating is limited to the first 68 folks who call Pat at 729-0757. Cost of the meal is still only \$6.00 for members and \$8.50 for non-members, and you don't need to pay until Betsy stops you at the door. Yes, you can pre-order a take-out meal, and pick it up after 11:30 a.m., on the day of the luncheon. Please arrive at the Center after 11:15 a.m., carpooling with a friend makes it easier for everyone. You will be automatically registered for one of our several free door prizes, and you might want to buy into our 50/50 raffle, our winner last month took home \$40. The person wearing the most "GREEN" will automatically "get some green" from chef Frank!

Our buffet-style luncheon is served, beginning at 12-noon.

Casino trip planned

Celebrate the Ides of March with a bus trip and day-visit to the Oxford Casino. The bus leaves the Bath Senior Center at 9 a.m. on Wednesday, March 14, and picks up at the Topsham Fair Mall Park and Ride in front of the Home Depot at 9:20 a.m. You can have lunch on your own at the Casino, and enjoy a day of gaming with your friends. Cost is still only \$30 (you can pay when you get on the bus) The bus leaves Oxford for the return trip to Bath/Brunswick at 4 p.m. FMI and to register for the trip, contact the Bath Center at 443-4937.

Spain & Portugal Trip Presentation

Wed, Mar 7, 3:00 pm. Discover Spain and Portugal, Oct 17-30, 2018 with Collette Travel! Highlights include Lisbon, Fatima, Nazare, Obidos, Madrid, Royal Palace, Toledo, Cordoba, Seville, Flamenco Show, Granada, The Alhambra and Valencia. Savor a "paella experience" including a paella-making demonstration and lunch and dine on traditional Portuguese cuisine and enjoy Fado music. Deposits due April 11. Open to the public.



FYI! Italyfest!

Thu, Mar 8, 1:30 pm. Join us for a fun, Italian festival at the Center! We'll have tasty Italian treats (Not just pizza!), Italian music and a wine tasting. This event will have you shouting "Mangia! Mangia!" With a wine talk presented by Jonathan Edgerton featuring wines from Tess' Market, we take a tour of Italy through photos and stories. Director Stacy V. Frizzle and Jonathan Edgerton will share their slideshow of photos, memories and adventures in Italy last year. For members only. Call to register.

Trip to Christmas Tree shops

We know Christmas is over, but if you're looking for a shopping outing to South Portland, sign up for the bus going to Christmas Tree Shops on Tuesday, March 13. It's still a deal at \$7 for members of People Plus and/or the Bath Senior Center, (\$8 for non-members) and after the shopping spree, you can have a leisurely lunch on your own at the South Portland Olive Garden Restaurant.

Our bus leaves Floral Street and the Bath Center at 9 a.m., picks up in Topsham a few minutes later, about 9:15 a.m., at the Park and Ride in front of Home Depot. Don't you STILL love a bargain?

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

Spectrum Generations Medicare 101 Session

Tuesdays, Mar 13 & 27, 12:30 pm. Learn about Medicare and its many "Parts" on the 2nd and 4th Tuesday of every month. Open to the public. Registration required. Please notify us two weeks prior to an event if you require special accommodations. Free, suggested \$15 donation.

'Aging Well' Lunch/Learn: Spectrum Generations 101

Mon, Mar 26, 12:00 pm. Do you need help managing the complex issues of Medicare? Are you 55 or older and finding managing your finances is becoming difficult? Do you need help with looking for housing and other aging resources? Do you need access to Meals on Wheels?

Did you know that Spectrum Generations has offices and personnel conveniently located within the People Plus Center?

Come hear what Spectrum Generations can do for you with Deb McFarland SHIP/SMP Coordinator (State Health Insurance Assistance Program and Senior Medicare Patrol) and Hannah Tompkins, ADRC (Aging and Disabilities Resource Counselor). Learn all about these Spectrum Generations programs:

- SHIP/SMP (State Health Insurance Assistance Program and Senior Medicare Patrol)
- Money Minders Program
- Family Care Giver
- Health and Wellness

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

Qigong Class Time Change

Effective March 2, Qigong with Suzanne Neveux on Fridays will start at 11:15 am instead of 11:00 am. This will allow for time between her classes for previous class to leave the parking lot so next class can use the spaces! Loosen Up will continue to meet from 9-9:45 and Tai Chi will still start at 10:00.

Changing your perception on health care

Medical definition of health care: The maintaining and restoration of health by the treatment and prevention of disease especially by trained and licensed professionals (as in medicine, dentistry, clinical psychology, and public health). *What is your definition of health?*

WHO definition of health: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Health care vs Sick care - We live in a nation that focuses on trying to fix problems rather than preventing them. We live in a "Sick Care" world.



Dr. Tim Coffin

Symptoms vs Cause - Are we just chasing symptoms or treating the cause? Simply look at the drug commercials; we are chasing one symptom after another covering up one with a drug to have to cover another caused by the same drug. I use a metaphor all the time that I think makes it easy to understand. Think of your problem as a burning fire, the smoke alarm is going off letting you know that there is a problem (symptom). Does it make more sense to take the battery out of the smoke alarm so the sound stops and go about your business (drugs) or to put out the fire (take care of the cause)? We tend to cover up issues rather than putting the fire out.

Where do you think the US ranks within the world in terms of health?

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

Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison

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Sun	Mon	Tue	Wed	Thu	Fri
People Plus in the Media News & Views with Frank & Stacy viewed weekly on Cable Channel 3, Brunswick Community TV: Mon 4 pm, Wed 7 am, Sun 9 pm. And viewed online, anytime: http://vimeo.com/harpswelltv		News & Views with People The center that builds community		8:30 Table Tennis 8:30 Women's Breakfast 9:30 Beg/Intermediate Bridge 10:00 Apple Club 11:00 Yoga 1:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:30 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church 6:00pm Swing Dance Brunswick	9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	8:30 AARP Free Tax Aide 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters	8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 1:30pm Rollerlates - NEW! 3:00pm Trip Presentation	8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 1:30pm FYI! Italyfest! 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:30pm Civil War Book Club	8:30 AARP Free Tax Aide 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting	8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 1:30pm Rollerlates - NEW!	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch and Connections 2:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	8:30 AARP Free Tax Aide 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 3:00pm Books a la Carte	8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 1:30pm Rollerlates - NEW!	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:30 Frank's Field Trips: Train to Flower Show 11:00 Yoga 1:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 12:00pm Lunch and Learn: Spectrum Generations 101 12:00pm Bridge 6:00pm Belly Dancing	8:30 AARP Free Tax Aide 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Medicare 101 12:30pm Aerobics Lite 2:30pm Cafe en Francais	8:45 Cribbage 9:00 Winter Outing Club 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 1:30pm Rollerlates - NEW! 6:30pm Brunswick Coin/Stamp	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 6:30pm Folk Dance Brunswick



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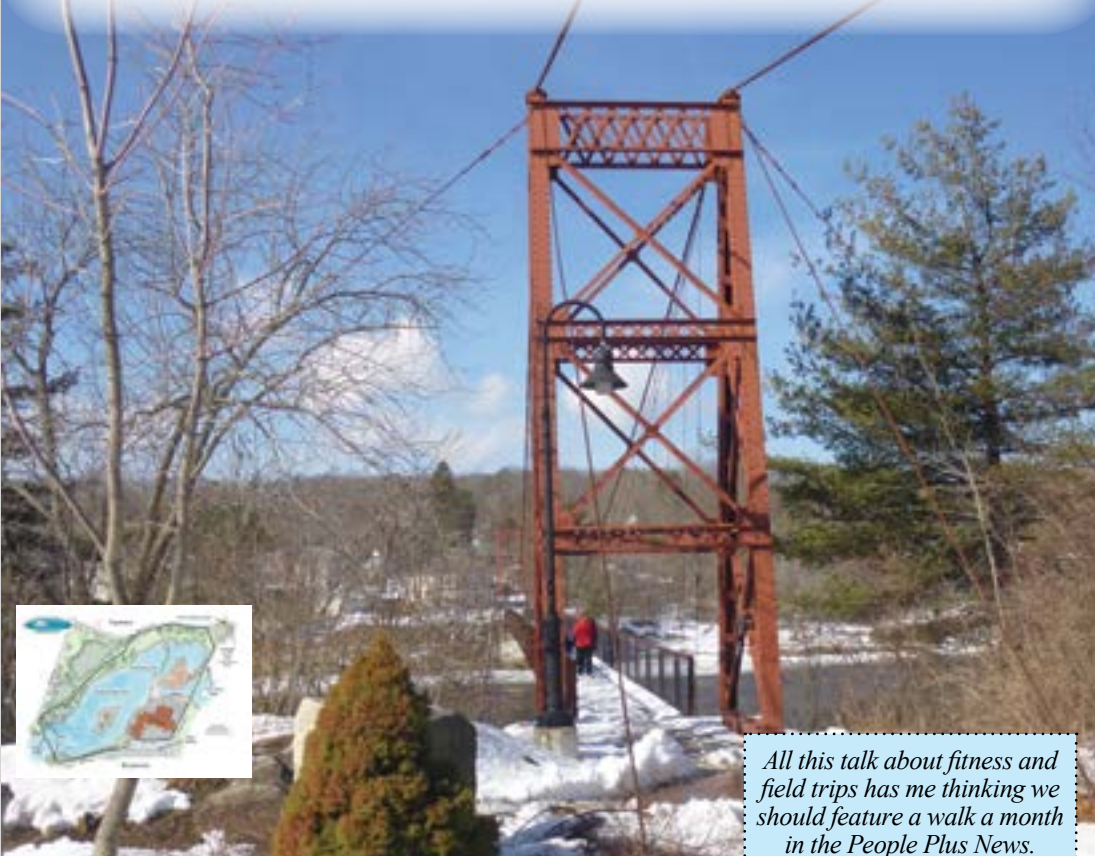
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Androscoggin River Walkway is scenic, urban stroll



by Frank Connors

You can almost see it from People Plus, this mile-plus river walk with its ever-changing vistas that includes two very different bridges, some wooded glades, rugged shorelines, city sidewalks and chances for wildlife sightings. Created over a number of years after the cooperation of the towns of Brunswick and Topsham and a cadre of private citizens, the Androscoggin River Walkway is still evolving as an in-town retreat. "Le Petit" footbridge, connecting the two towns for nearly 125 years, "above the dam" remains the focal point. Built in 1892 as a pedestrian walkway for millworkers, this little gem was constructed by the same company that built New

York's famed Brooklyn Bridge! Step on it, walk to the middle point, you'll feel this bridge move under you!

The Topsham shore walk up to Summer Street and the little dead end created toward the old approach under the railroad bridge is where you might see some wildlife. My grandboys and I made this hike while snow was still on the ground (both towns "plow" their walkways) and the tracks we saw were either bear, dogs, or raccoons! Follow the sidewalks on Summer Street toward the "green bridge," and enjoy the vistas of the hydro dam, the mills and homes.

Do stay on the road sides and sidewalks, and enjoy a closeup look at the Androscoggin Falls as you skirt around the Priority

All this talk about fitness and field trips has me thinking we should feature a walk a month in the People Plus News. If you have a favorite, let me know about it at 729-0757.

business center and bank. The steel-truss Frank Wood Bridge, has connected Brunswick and Topsham since 1935, its sidewalk will allow to look down into the river and check out the fishway. Your walk continues into the shadow of the gigantic old Cabot Mill, or Fort Andross as it is now called. Again, stay aware of traffic, there is so much to look at, it's easy to be distracted. The last section of your walk: Cabot, Bow and Mill streets, are often congested, but this walk is worth the effort. Free parking is available off Mill Street in Brunswick and Summer street in Topsham. The entire walk will take an hour or two, if you don't get distracted.



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BEACH BUDDIES! Ray Bernier and Richard Guistra enjoying a late winter stroll on Popham Beach last week. We hear shoes came off, but no one went swimming. "Maybe next month," Guistra said. Both men are members of the Center's Wednesday Winter Outing Group.



Don't neglect your health, reform it

439 Lewiston Road, Topsham
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www.reform-pt.com

Did you know Medicare will pay up to \$2,010 each year for out-patient physical therapy?

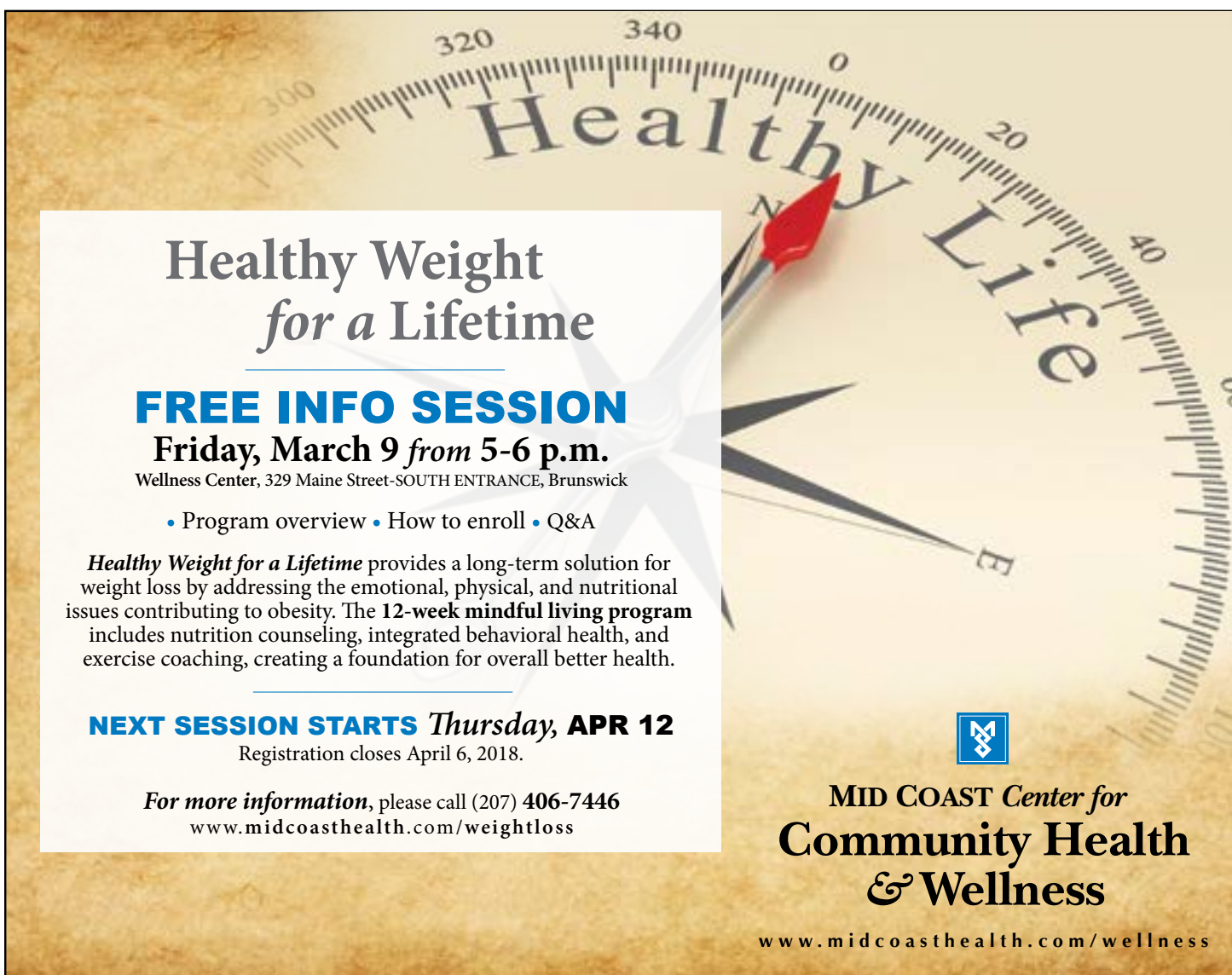
Why let it go to waste?



Good Shepherd Lutheran Church welcomes you to join us for

Sunday morning worship, 9:00 am
Celtic Evening Prayer, Sun. 5:30 pm
Free Community Breakfast, 2nd Sat, 9-10:30 am
*Maundy Thursday worship on Mar 29, 7 pm
*Good Friday worship on Mar 30, 7 pm
*Easter Worship followed by brunch on April 1

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



Healthy Weight for a Lifetime

FREE INFO SESSION
Friday, March 9 from 5-6 p.m.
Wellness Center, 329 Maine Street-SOUTH ENTRANCE, Brunswick

- Program overview • How to enroll • Q&A

Healthy Weight for a Lifetime provides a long-term solution for weight loss by addressing the emotional, physical, and nutritional issues contributing to obesity. The 12-week mindful living program includes nutrition counseling, integrated behavioral health, and exercise coaching, creating a foundation for overall better health.

NEXT SESSION STARTS Thursday, APR 12
Registration closes April 6, 2018.

For more information, please call (207) 406-7446
www.midcoasthealth.com/weightloss

MID COAST Center for Community Health & Wellness
www.midcoasthealth.com/wellness

Books A La Carte

Books A La Carte is a group of readers who gather to discuss, trade, lend, and donate books. Members read books of any genre - there is no assigned list. Readers describe books they have read and provide an opinion, pro or con, of the books. The group meets on the third Tuesday of each month at 3 PM.

Promise Me, Dad by Joe Biden. A memoir involving the death of Biden's son. Biden also discusses many aspects of politics.

The Foremost Good Fortune by Susan Conley. A memoir by a Maine author, set in China and Maine. A story of womanhood, motherhood, travel, and loss.

Hillbilly Elegy by J.D. Vance. A memoir of a family and a culture in crisis. A man escapes the "Rust Belt" and becomes a success through hard work and talent.

Chrysalis - Maria Sibylla Merian (1647-1717) and the Secrets of Metamorphosis by Kim Todd. A very descriptive account of a woman who studies insects in South America.

The Mistress of Spices by Chitra Banerjee Divakaruni. A novel set in California written by an Indian woman. An Indian woman becomes a shopkeeper and helps her customers by the use of spices.

Foxes Earth by Anne Rivers Siddons. A family saga set in the south. By the author of Colony. Siddons is recommended by several members, but not all her books are equally good.

The Daughter of Sherlock Holmes by Leonard Goldberg. Set in 1914. A brief liaison between Holmes and Irene Adler produces a daughter. Years later the daughter arrives in London with her young son. She encounters the elderly Dr. Watson and his son, and relatives of the characters in the Holmes stories. A bit over the top, but possibly enjoyed by fans of Holmes.

Bibliomysteries edited by Otto Penzler. An anthology of short mystery stories written by famous and not so famous authors. All the stories involve books or bookstores.

Please send comments to news@peopleplusmaine.org



Be an Active Part of Your Wellbeing

Add these health-wise events to your calendar!

- Thursdays throughout**
- March - Yoga for Cancer** 5:00 p.m.
Maine Pines Racquet & Fitness, 120 Harpswell Road, Brunswick
A FREE weekly program designed to limit stress, reduce fatigue, and promote healing for cancer patients—pre-, post-, and during treatment. Walk-ins welcome.
FMI, call (207) 729-8433
- Mar 8 - Youth Mental Health First Aid** 8 a.m.-4:30 p.m.
Region 10 Technical High School, 68 Church Road, Brunswick
This FREE NAMI-Maine training is designed to teach you how to help a teen who is experiencing a mental health or addiction challenge, or who is in crisis.
FMI, call (207) 373-6927
- Mar 9 - Healthy Weight for a Lifetime Information Session** 5-6 p.m.
Wellness Center, 329 Maine Street-SOUTH ENTRANCE, Brunswick
This is a FREE introduction to the upcoming 12-week mindful living program that provides a long-term solution for weight loss by addressing the emotional, physical, and nutritional issues contributing to obesity.
FMI, call (207) 406-7446
- Mar 15 - Dementia Caregivers Education Series** 4 p.m.
MID COAST SENIOR HEALTH CENTER, 58 Baribeau Drive, Brunswick
A FREE monthly educational group to assist individuals in understanding and caring for someone with memory loss.
FMI, call (207) 373-4656
- Mar 20 - Food for Health Slowing the Aging Process** with Timothy R. Howe, MD 6:30 p.m.
Wellness Center, 329 Maine Street-SOUTH ENTRANCE, Brunswick
FREE cooking demonstrations and education showing how chronic diseases can be prevented, treated, and even reversed with a plant-based diet.
FMI, call (207) 373-6585
- Mar 28 - Health Within Reach Screening for the Prevention of Colon Cancer**
with Calin Stoicov, MD 5:30 p.m.
Wellness Center, 329 Maine Street-SOUTH ENTRANCE, Brunswick
A FREE ongoing series of talks, classes, demonstrations, and healthy lifestyle options.
FMI, call (207) 373-6585

MID COAST Center for Community Health & Wellness

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For a full listing of classes, screenings, and support groups, visit
www.midcoasthealth.com/wellness/classes/

Brunswick Area Teen Center

Right into Spring?

March! Right into Spring I hope! After an extremely busy February in the Teen Program, we anticipate an even busier March! Our attendance numbers are higher than we have ever experienced before which is a fantastic thing but one which also brings new challenges. Brainstorming what changes we can implement (or at least test out) to keep up with the change in daily attendance, we have come up with a few additions/tweaks/ideas to the program.

We have 3-4 Bowdoin College students coming on board as volunteers! One student

started already and I noted that the kids, when being introduced to a volunteer, tend to respond by giving them advice like "RUN!" "Escape while you can!" I don't find that particularly helpful!

We are working on creating classes/events/time/activities etc. downstairs during our afternoons, taking advantage of previously not too often available open space currently available during TC hours! Bringing a group down to the Hall just to dance and play music was a big hit and freed up room as well as reduced noise upstairs, at least for

a while! Building on this, we tried a youth yoga class downstairs one afternoon with I believe 11 kids attending (and 13 of us headed down in the elevator was exciting in itself!). Next up we hope to try a Zumba class in the Hall! We are running ideas by the kids and trying things out hoping to find 2 or 3 popular ones that they would like to do on an ongoing basis. It is especially nice to take advantage of the opportunity to spread out in the building while it is still cold and icy out and we can't quite get outside to do things yet!

Meanwhile our days have been spent full of flying Ping-Pong balls, pool playing (sometimes with a jump shot flying pool ball-but we really frown upon that!), country music and dancing, pop music and dancing, singing, video game sound effects, efforts to strum one of the guitars or try out the keyboard, playing hide and seek, covering the pool table to make a fort underneath, trying out Wii fitness, eating of course, picture taking and posing and printing, applying the occasional band-aid, or nosebleed, comforting a young broken heart at times (oh ye painful Valentines Day), nail painting, sewing machine use (it's working now-yippe), some pretty impressive drawings by our art oriented kids and so much more.....

And of course in order to continue to provide for these happy kids, much of

Teen Center News

Jordan Cardone



March will also consist of obtaining sponsors for our 2018 Gelato Fiasco Scoop-a-Thon, planning the scooper schedule and submitting a few more grants.....

Being half Irish, I also hope for the luck of the Irish on my side in March, not just on March 17th! I'll let you know how that turns out!

Until Next Month!
Jordan and the gang

Vaccinating 4,750 CHANS leads offensive against flu

Throughout the fall of 2017, CHANS Home Health & Hospice offered a vigorous schedule of community vaccination clinics throughout the Midcoast region. Offered in partnership with more than 65 local schools, housing authorities, municipalities, primary care offices (two were conducted at People Plus) and many others, more than 95 separate clinics resulted in 4,750 individual vaccinations for community members.

"The best way to prevent seasonal flu is to get vaccinated every year," said Luanne Crimion, an Infection Preventionist at Mid Coast Hospital. "Vaccinations help to prevent the spread of flu and prevention is the key to stopping the widespread transfer of disease." She added, "community members should also focus on washing hands, covering coughs and sneezes, and staying home when you are sick," as a means of flu prevention. Community members who have not been vaccinated should contact their primary care provider or check with a local pharmacy. It's NOT too late to get that shot.

Weekly Winners

- Senior Intermediate Cribbage**
- Jan. 24: George Hardin, 699
Rick Fortin, 684
Gaby Nifka, 629
 - Jan. 31: George Hardin, 712
Mike Linkovich, 701
Harry Higgins, 697
 - Feb. 7: George Hardin, 711
Patricia Johnson, 704
Lois Fournier, 697
 - Feb. 14: Lorraine LaRoche, 714
Anne Bouchard, 707
Lois Fournier, 692

- Senior Bridge**
- Jan. 19: Sherry Watson, 4,160
Bill Coop, 3,350
 - Jan. 22: Paul Betit, 4,660
Richard Totten, 3,630
 - Jan. 26: Bill Coop, 5,160
John Rich, 3,350
 - Jan. 28: Bill Coop, 3,220
John Rich, 2,850
 - Jan. 29: David Bracy, 5,330
Alan Reder, 4,140
 - Feb. 2: Betsy Mace, 3,520
John Rich, 2,850
 - Feb. 5: Bill Coop, 4,710
Paul Betit, 4,600
 - Feb. 9: Tina Iffland, 4,220
Woody Townsend, 3,590
Bill Coop, 2,860
Paul Betit, 2,850
 - Feb. 12: Alan Reder, 4,420
Richard Totten, 3,250
Feb. 16: Betsy Mace, 2,890
Sherry Watson, 2,870

TEEN OF THE MONTH Natalya Beal



Teen of the Month is Natalya Beal. Natalya began attending the program in September as she started 6th grade at BJH. Natalya (along with her older brother) has become a regular at the Teen Center. Asked what she enjoys most about the Teen program she replied "There is a lot to do here" her favorite things are "playing Roblox" and "music and dancing". Natalya is sweet and one of our quieter new members. I have never had to "speak to her" we realized, except she said I may have had to ask her to turn down the music :) Congratulations Natalya, it's nice to have you join us this year! She is off to the movies on us!



Is it Memory Loss or Alzheimer's

Join us for a presentation led by Avita Program Director, Heather LaFramboise, about the difference between memory loss and Alzheimer's. During this presentation you will learn about signs of normal aging as it relates to memory loss, personality and activities of daily living and how they differ when someone has Alzheimer's.



When: Thursday, March 8, 2018
1:00 PM | Refreshments served

Where: Sunnybrook Senior Living
340 Bath Road | Brunswick, ME

RSVP: 207.443.9100 or
email: brigit@sunnybrookvillage.com

avitaofbrunswick.com \ sunnybrookvillage.com



Membership Benefits

The following businesses offer discounts for People Plus members.

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

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

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

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

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

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

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

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

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

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

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

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Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____
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March 2018

Giving you the tools you need to help the ones you love.



Tuesdays, 1:00-3:00 p.m. April 10-May 15

The Savvy Caregiver Class

The Savvy Caregiver Program is a FREE, six-session training series for family caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as you would receive training for any new job.

Participants will learn what dementia is and how it affects the individual. The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their loved ones throughout the progression of dementia.

Classes will begin on Tuesday, April 10, from 1:00 - 3:00 p.m. at The Highlands Maine Lodge, Merrymeeting Bay Room at 30 Governor's Way, Topsham. Subsequent courses will be held Tuesday through May 15 from 1:30 - 3:30 p.m. at the same location.

SIGN UP TODAY: Katie Carlson, ADRC Manager (207) 620-1656 | kcarlson@spectrumgenerations.org

16th Annual GOLF FORE A CAUSE THURS JUNE 7 2018. 8 a.m. Check In | 9 a.m. Tee Time. 18 Holes Carts Lunch. BRUNSWICK GOLF CLUB 165 River Road. Benefiting Spectrum Generations' Programs.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

March for Meals with Spectrum Generations



Meals on Wheels serves virtually every community in America and is powered by a network of independently-run providers, like Spectrum Generations. Every March we come together to raise awareness for the program and the seniors we serve.

Providing so much more than just a meal - At the core of the Meals on Wheels service is a nutritious meal, companionship and a watchful eye on the health and safety of our elderly neighbors.

A nutritious meal - Adequate nutrition is necessary for health, functionality and the ability to remain independent. Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems. Meals on Wheels ensures that seniors have access to adequate nutrition even when family support, mobility and resources are lacking.

A friendly visit - For many seniors, the trusted Meals on Wheels volunteer who shows up with a meal and a warm smile is the only person they see all day. This special delivery is a reason to get up in the morning, something to look forward to, and a reminder to take good care of themselves.

A safety check - Along with the inevitable impacts of aging come the increased risks of medical emergencies, falls, and accidents. The safety check that accompanies each meal delivery helps to reduce falls, trips to the hospital, or premature institutionalization. It also ensure that, in the case of an emergency medics will be called, families will be notified and our seniors will not be forgotten.

Please join us at the Spectrum Generation's Southern Midcoast Aging & Disability Resource Center, located at 35 Union Street in Brunswick, on Wednesday, March 21 for a special March for Meals community lunch. Everyone in the community is invited to come and have soup, a sandwich, and salad, and learn more about the Meals on Wheel program. Lunch will be served from noon until two and will be provided at no cost, although donations will gratefully be accepted.

For more information about the March for Meals community lunch, please contact Casey Henson at 207-607-4406.

www.marchformeals.com www.spectrumgenerations.org

A casket for me and my Coffins

Yes indeed, it really IS a coffin for me, but until that sad day arrives when I finally need it, and have to use it, this beautiful pine box will hold my treasured collection of coffin BOOKS! My buddy Jon and I built it. (Okay, so Jon pretty much built it, but I helped him, and someone had to provide a plan and inspiration) It just seemed like a good thing to be doing during the DEAD of winter. Jon is a neighbor from down the street back in my Bowdoinham days, a real man among men. We've fished, hiked, raised kids, told stories and drank beer together, and several repair projects at my place have benefited greatly from Jon's exceptional woodworking talents. It only seemed natural to enlist his aid when I started cooking this casket

idea. I called Jon before Christmas and told him what was on my mind, he seemed tentative to the idea at first, and agreed to a call back with more details "after the Holidays." Not two minutes after my first call to him, Jane got a call on her cellphone, then starts texting and laughing. I like to monitor all her texts, you know, (if only I knew how), so I asked, "who's that?" Still smiling, still flashing fingers and thumbs over that phone, Jane looked at me and said, "It's Jon...he want's to know if you're all right!" The smile got bigger and she added, "I just told him you were never right! He seems to think if you need a casket, maybe you're dying!" We shared a quick smile and I said, "tell

me we're all dying, one day at a time!" Christmas came and went, I convinced Jon I was serious and we made plans. I called my buddies at the lumber yard and ordered a sheet of plywood and several pieces of pine. "Send me the good stuff," I told Kenny, "this is for my casket, you know," "A bookcase?" "Sure," said I, "a bookcase!" "One of the good things about working with Jon is that he comes with a workshop! No unheated January garages for us! Jon's boss Tim said something about this being a "noble project," then he'd said that he, "didn't know Frank was sick!" He reminded Jon to turn the heat back when we were done, and it would be nice if the place looked better than we found it when we left it.

Not five hours and \$150 later, I had me a top o' the line casket. (Jon contributed his labor, that's another nice thing about him. The deal we made is this, if he needs the thing before I do, he gets to use it FIRST!) We sanded it, smoothed it, vacuumed it, and just before I took it home, I climbed right in to be sure I'd fit! "A little tight at the shoulders," I told Jon, "but it'll do just fine!" I smiled and posed for a portrait, then he gave me his hand and helped me climb out. "Only



Speaking Frankly

Frank Connors



I expect to do this," he said. Jane was only luke-warm to this whole project from the very start, but when I brought my box home, stood it on end and set in a few shelves, she started to see some value. "Maybe it'll look better behind the door," I offered as a compromise, and by golly, I think I had her full support!

I went to the living room, gathered my collection of Robert Peter Tristram Coffin books out of a cabinet and carried them to their new home. "A coffin for my Coffins," I observed, "I'm thinking this really is cool!" Jane rolled her eyes, but I could tell she shared my excitement, at least a little. I reminded her that March 18th was Coffin's birthday and finally, we had a fitting place to store and display our collection of his works. "I really feel motivated now," I told Jane, "I don't intend to stop collecting his books until I find all 45 of them, or until I need the box for something else!"

Jane looked to the lower left corner of my casket where I had proudly written Connors Casket Company, with a big number ONE beside it. "Really?" she asked, "will there be more?" I shrugged and she encouraged me, I think. "Don't quit your day job!" she said.

New or renewing members for February

* indicates new membership
• indicates donation made with membership

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Brunswick

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- Jean Tompkins David Tondreau * Jackie Tondreau* Donald Trice Jean Turner William Van Twisk * JoAnn "Jody" Watson • Marilyn Whitaker • Samuel Whitaker • Donald Whittemore • Sally Whittemore • Raymond Woodman * Ann Young

Topsham

- Suzanne Atwood Rosaline Collins Anna-Lena Flotten * Edward Flotten * George Hardin Ashley Massey Linda Parish Elizabeth Pettigrew •

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Lunch out!

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Bonnie Dickey's work called, "exceptional!"

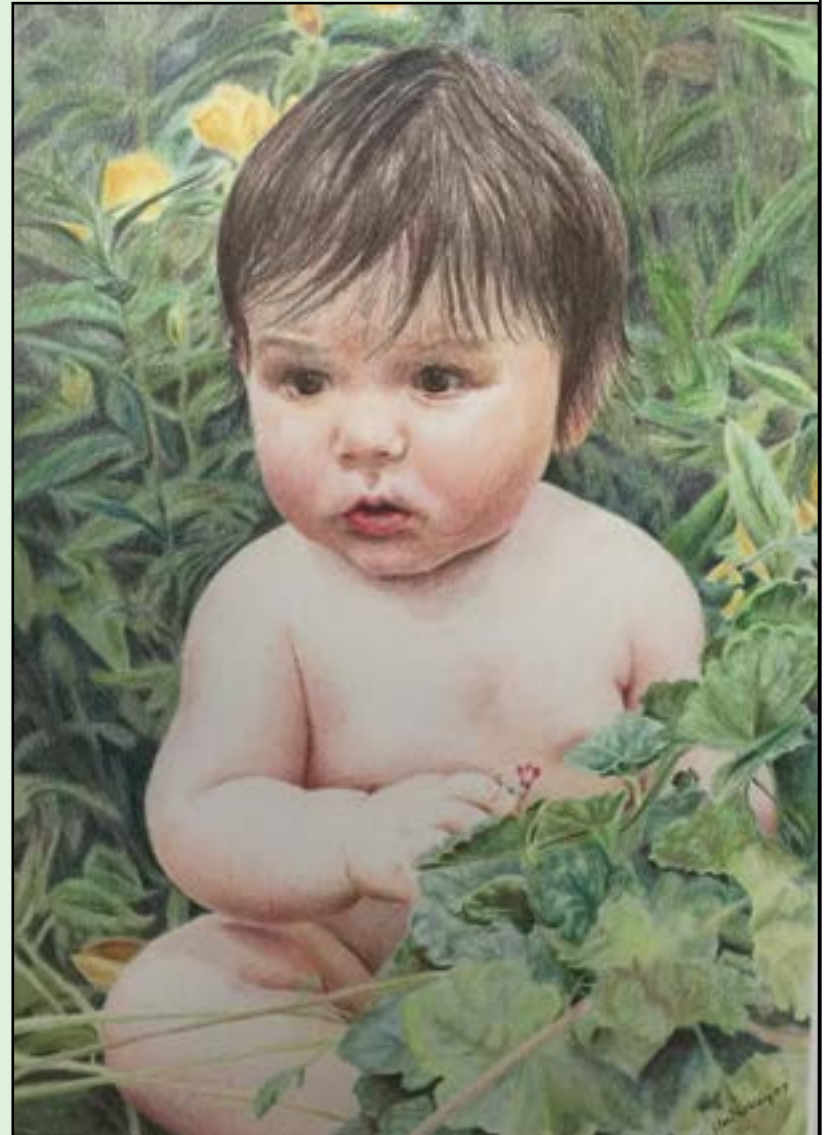
Visitors and Center members are giving rave reviews to the unusual colored pencil work by Bonnie Dickey, on exhibit for the rest of March in the Union Street Gallery of People Plus. "People keep stopping and asking me who this artist is," Member Services manager Frank Connors said last month, "all seem quite amazed by the exceptional detail of the work."

Well-known in the Brunswick area for her portraiture of people and animals, Dickey says she has been painting for "maybe 16 years. It was a gift to myself when I retired, something that I always thought I might like to do, if I just had a little more time." She said she took a series of lessons and classes in the Merrymeeting Adult Education Program, working often with instructor Kathy Boldt, and that she still feel motivated by many of her painting friends.

Dickey prefers to work with colored pencils, but recently has "branched out," creating works of abstract collage using acrylics and oil pastels. "It's more fun when you're working in the medium where you're most comfortable," she said, "but it's always good to experiment, to grow yourself, to try new things!"

She is a member of the Points of View Artists, where members meet regularly to paint at other members homes, and the same group that often exhibits at the Brunswick Business Center, off Pleasant Street. In years past, Dickey and other POV artists have worked to support a number of local art projects including the 10 x 10 art shows and sales.

Most of the art in this exhibit has been drawn from private collections. "There are blank living rooms walls all over Brunswick because of this show," Dickey said, "But it's always fun to pull them together and see people's reactions." Several of the pieces are for sale, and Dickey does do what she called "contract work," when she has time. This show is always open to the public, free of charge, during normal business hours at the People Plus Center, 35 Union Street, in Brunswick.



In Momma's Garden, colored pencil.

Bonnie Dickey

The Harpswell Garden Club will meet Thursday March 15, 2018 at 12:30 p.m. at the Kellogg Church Rte. 123 Harpswell Center. Trevor Kenkel of Springworks Farm, Lisbon will present "Eat Locally-Sourced Food Year Round" about growing veggies with aquaponics. Free and open to the public. FMI call Becky 833-6159

Maine State Music Theater Music Theater seeks Fellows, performance interns

The Maine State Music Theater is preparing for its 60th summer season with calls for candidates for its Education fellowship program and local auditions for performers and interns.

The Theater will hold local, open call auditions on Saturday, March 3, from 10 a.m. until 5 p.m., at 22 Elm St., in Brunswick. Those wishing to audition should show up and sign in. Prospects will be seen in the order in which they arrive. All hopefuls should provide a headshot photograph, a resume, and be prepared to sing at least one 16-bar song. You must bring sheet music, your accompanist will be provided. Some actors may be asked to remain for the 3-5 p.m. dance call, not all locals will be required to dance. Times for local auditions are: Children, 6-10 years old -10 to 11 a.m.; Maine adult actors - 11 a.m. to 3 p.m.; potential performance interns - 11 a.m. to 3 p.m. Callback will be held on Sunday, March 4.

The deadline to apply for the Theater's highly regarded Educational Fellowship Program is March 15, 2018. This program seeks to bridge the gap between education and the professional theatrical world by allowing those interested in working in theater access to the best and brightest casts, crews and administrators from Broadway, national tours and regional theaters. This intensive program offers three levels of career progression: Intern, Apprentice, and Journeyman in all departments, including Costumes, Electrics, Scenics/paints & Props, Carpenters, Wardrobes, Stage management or Operations, Performance and Administration. Housing and a modest stipend is provided, and College credits may be available. Applicants must be 18 years old or older on May 21, 2018. For more information contact Carol Marquis at 725-0185 (communications@msmt.org) or Olivia Wenner at 725-0189 (promotions@msmt.org)

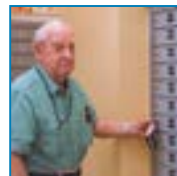
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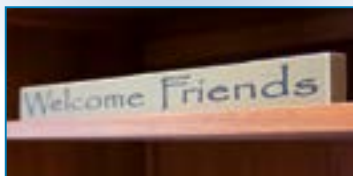


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