

Plus! People NEWS!

The center that builds community

People Plus
P. O. Box 766
Brunswick, ME
04011-0766

Non-Profit Organization
U. S. Postage PAID
Brunswick, ME 04011
Permit No. 52

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org April 2018 Volume 18, No. 4

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

2018 Music in April Sponsors



ROUSSEAU
MANAGEMENT



MID COAST-PARKVIEW
HEALTH

Bangor
Savings Bank

Ameriprise Financial Services
Atlantic Federal Credit Union
Avita of Brunswick & Sunnybrook
Bar Harbor Bank and Trust
Bath Savings Institution
Bill Dodge Auto Group
Brackett Funeral Home
CHANS Home Health & Hospice
Coastal Landing Retirement Community
Edward Jones Investments, Brunswick Offices
Goodwin Motor Group
Hammond Lumber Company
Highland Green
JHR Development, LLC
Maine Event Design & Décor
Maine State Music Theatre
Mechanics Savings Bank
Mid Coast Senior Health Center
Neighbors, Inc.
Norway Savings Bank
Primerica
Priority Real Estate Group
Riley Insurance Agency
Rusty Lantern Market
Spectrum Generations
The Highlands
Thornton Oaks
Town of Brunswick
Kathleen S. Winn, DMD

Great Chefs Gathering

Bowdoin College
Byrne's Irish Pub
Coast Bar + Bistro
Cohen on the Meadows
Columbus Club of Brunswick
El Camino
Enotica Athena
Flight Dek Brewing
Frontier Cafe
Henry and Marty Restaurant
Joshua's Restaurant and Tavern
Karmasoupra
Kennebec Tavern
Lemongrass
Lighthouse Variety & Deli
Local Market & Cafe
Oaks & Maple Cafe
Pedro O'Hara's
Portland Pie
Run with Soup
Salt Pine Social
Scarlet Begonia's
The Big Top Deli
The Brunswick Inn
The Highlands
Thornton Oaks
Union Street Bakery & Cake Shop
Wicked Joe Coffee
Wild Oats Bakery

*List updated 3/28/18



SPRING UP CLOSE! Lee and Louise enjoyed a train ride to Portland March 22 and a tour of the 2nd Annual Maine Flower Show. Franks Field Trips are sponsored each month by our friends at Ameriprise Financial and Coastal Landing.

Fundraising Gala is April 5

Join the fun and excitement on Thursday, April 5, at the 16th annual Music in April gala to benefit the People Plus Center. Doors open promptly at 5 p.m., this year for the first time in the spacious Brunswick Recreation Center on Brunswick Landing. "We're so excited about this year," offered Executive Director Stacy Frizzle, "we have this new, exciting venue, new sponsors, a few new restaurants and a completely new plan for serving dinner. The live and silent auctions are shaping up to be the best ever," Frizzle predicted, "and this year we have plenty of space to exhibit the items."

Two dozen of the area's best restaurants and food services (listed below) have once again offered their pick of house specials for our food stations; and more than two dozen local businesses and organizations (listed below) share our longest list of Event Sponsors, ever!

Our live music offerings this season include the soft-mood music of Touching Bass jazz band, and the delightful barbershop harmony of the Porch Time Quartet.

Auctioneer extraordinaire John Bottero of Thomaston Place Galleries again pilots us through the more than two dozen live auction items which again includes exceptional vacation get-a-ways, one-of-a-kind items, and specialty food and dining events designed to take your breath away. More than a hundred items in the silent auction offer something for every interest and budget.

Last year's sold out event was attended by over 200 people, and raised a record \$50,000 to benefit the People Plus Center. At press-time there are a few individual attendance tickets remaining, and the cost is still only \$50. Call the Information Desk at People Plus to reserve your tickets, right now!

Author's Chat

Elizabeth Strout Returns to People Plus



Pulitzer Prize winning author Elizabeth Strout will be returning to the People Plus Center for a reading and lecture on April 30th. Strout, who divides her schedule between New York City and

Maine, quickly admits, "I'd rather be in Brunswick!" She plans to read from her most recent novel, *Anything Is Possible*, during the event, which begins at 1:30 pm.

Strout was born in Portland, Maine, and grew up in several small New England towns. She often uses that experience to set or provide characters for her work. *Anything Is Possible* offers an unforgettable cast of small-town, farm related characters coping with love and loss, and her novel *Burgess Boys* is based in a fictional Penobscot River mill town dealing with a growing immigrant population.

Strout won her Pulitzer Prize in 2009 for her novel *Olive Kitteridge*, and a number of her books have been on the New York Times bestseller list. Her short stories have been published in a number of magazines, including *The New Yorker*, and "O": *The Oprah Magazine*.

Strout presented to a capacity audience at the People Plus Center in June 2014. Her lecture is free and open to the public, but you must pre-register by calling the Center information desk at 729-0757 if you plan to attend. Gulf of Maine Books will offer a selection of her books for purchase during the event.

Monthly Breakfasts to be a "Doubleheader!"

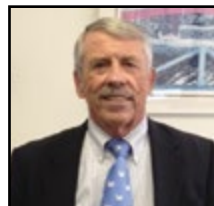
This month only, join us as we "almost" combine our Men's and Women's breakfasts! Since our traditional, first Thursday Women's Breakfast fell on the same date as our HUGE Music in April event this year, we decided it would be "fun??".... "interesting??" if we doubled our breakfasts on the same morning! April 12, beginning at 8 a.m. we'll offer our regular Men's Breakfast and one hour later, beginning, at 9 a.m., we'll be serving the Ladies. Chef Frank guessed there may be "breakfast sandwiches, home fries and scrambled eggs for everyone," while Chef Stacy would only predict, "something more exciting, with fruit!" Please call 729-0757 to register for either (both??), and remember, next month we'll get back to normal.

Agging Well Lunch & Learn:

Getting Your Affairs in Order

Mon, Apr 23, 12 pm. John Moncure, Esq. of Moncure & Barnicle, presents on basic estate planning and implications of recent tax changes. Moncure will offer a number of hints and be available for questions.

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



What's the Scoop?

Find out on page 6...



GELATO FIASCO INSPIRED BY ITALY. PERFECTED IN MAINE. BRUNSWICK TEEN CENTER SCOOP-A-THON



Wednesday, April 25, 2018

People Plus News

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

news@peopleplustmaine.org

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

The Editor, People Plus News
P. O. Box 766
Brunswick, ME 04011-0766
Office phone (207) 729-0757

People Plus Board of Trustees

- Carol S. Aderman, Chair, Freeport
- David R. Forkey, 1st Vice Chair, Georgetown
- Jack Hudson, 2nd Vice Chair, Brunswick
- Kelsie M. West-Ezzo, Finance, Topsham
- Charles S. Evans, Secretary, Topsham
- Mitchell W. Brown, Brunswick
- Carolyn Bulliner, Brunswick
- Thomas Farrell, Ex-officio, Brunswick
- Catherine Jarratt, Brunswick
- Don L. Kniseley, Brunswick
- Stephen F. Loeb, PhD, Topsham
- O. Jeanne d'Arc Mayo, Topsham
- Joseph Palma, Harpswell
- Chris Perry, Portland
- Richard J. Rizzo, Yarmouth
- Dustin Slocum, Brunswick
- Annee Tara, Brunswick
- Kim Watson, Topsham

People Plus Staff

- Stacy V. Frizzle
Executive director
director@peopleplustmaine.org
- Jill Ellis
Program and outreach coordinator
programming@peopleplustmaine.org
- Elizabeth White
Office manager
betsy@peopleplustmaine.org
- Frank Connors
Membership coordinator
frank@peopleplustmaine.org
- Jennifer Felkay
Marketing coordinator
marketing@peopleplustmaine.org
- Jordan Cardone
Teen Center coordinator
teens@peopleplustmaine.org
- Patricia Naberezny
Receptionist
reception@peopleplustmaine.org
- Lynne Smith
VTN coordinator
driver@peopleplustmaine.org

Spectrum Generations Staff

- Casey Henson
Meals on Wheels coordinator
chenson@spectrumgenerations.org
- Hannah Tompkins
Aging & Disability Resource counselor
htompkins@spectrumgenerations.org

Check out past newspapers at www.peopleplustmaine.org



Reception Room
Personalized Catering
Spacious Chapel
Private Family Room
"Help Yourself" Kitchen

12 Federal St. Brunswick, Maine 04011
www.stetsonsfuneralhome.com
207.725.4344
apurinton@gwi.net
Anthony B. Purinton • Funeral Director

A fresh perspective...

I saw a giant bald eagle this morning while I was driving into work. I'd had a terrible night's sleep, with a million "to do items" on my mind and I was half focused on the day ahead, and half focused on what my two daughters were arguing about when I glanced up and noticed something giant high in a tree on the edge of the stream.

I think half my brain registered "That's a HUGE eagle!" and the other half of my brain thought "What the heck IS that?!" I quickly pulled over, despite the protestations of my brood, so I could have a good look at him. He was at least 2 feet tall if not more, with a stark white head, smoky grey wings wrapped tightly around himself and bright yellow talons fiercely gripping his perch. As we sat there watching, he launched himself into the air. For a moment in which he seemed to be falling, my breath caught until his wings unfurled and he swooped down and then up over the 60 foot pine trees. With a wingspan of what looked to be the length of a grown man, he allowed himself one high, slow circle around the stream bed before he soared into the distance.

"That was amazing", was heard from the back seat as I slowly pulled back onto the road. And I had to agree it was a magical and majestic thing to watch and I felt somehow different afterwards. I was profoundly moved by his beauty and grace as he paused to take in the world around him before launching again on his quest.

That moment of quiet shared with my girls and an eagle left me feeling reflective about my life these days. It often seems that I'm soaring after an unattainable goal. Sometimes the goal is as small as getting the kids to school or dinner on the table or

it is as big as raising \$300,000 for programming at the Center.
As I watched him soar away I had a sense of soaring myself. Of being able to look down on everything in life. The troubles and struggles and challenges looked much smaller from that height and I began to breathe a little easier. It was as if that eagle had reminded me that we need to all try to soar above the little things and see the big picture. See the open landscape and everything it holds.
And when I launch myself into the air for a birds-eye view of everything we do at People Plus, the anxiety and stress that we are feeling in pulling together Music in April - in a new venue without a kitchen, and the Teen Center Gelato Fiasco Scoopathon and the grant writing deadlines that loom ever closer, and the presentations to Town Council for funding, all seem just ever so slightly less daunting. And definitely more worthwhile.

I know that we are here because of our retired senior community, and our home-bound elders and our kids upstairs in the Center who all without this work and this fundraising and these donations and the grant writing would not have a place to come eat, be social, learn new things, play games, get rides to their doctor appointment or the grocery store.
And it's for them that we do it. It's why Jill is working on auction items at 11:30 last night and Betsy is ordering linens at 1 am, and Jenn is doing table layout at her son's game, all while Frank is pulling together the newspaper and we are planning a cooking show!

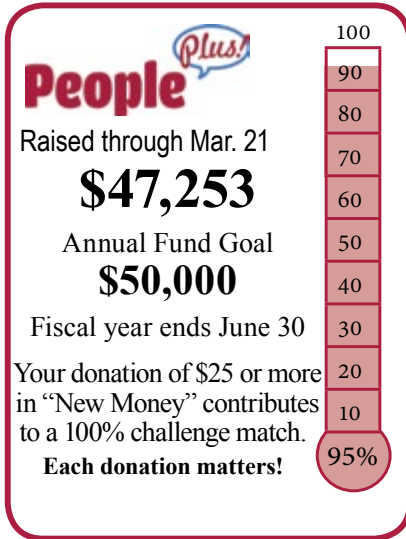
But at the end of the day it IS all worth it. I come to the work and hear stories, of

From the Executive Director

Stacy V. Frizzle



teens who would not have made it without the Teen Center program, of members whose lives are changed by our free driving program, and that the best part of their week is when they come to People Plus, and play a game or share a meal or hear a lecture.
And even though I know that we will be so glad when April is over and all of these events are finished, I'm also so appreciative of that eagle this morning who reminded me to try and soar above just a little. So that we can keep our eye on the bigger picture - our seniors and our teens here at People Plus, the Center that Builds Community.



People Plus
Raised through Mar. 21
\$47,253
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! 95%

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

Meal planning has been a huge area of interest for me and I have used a variety of ideas to help my clients get dinner on the table. Meal planning not only involves knowing what you are going to prepare but having the food on hand.

Cook once and eat twice. These are also called planned overs or do overs. Make a crock-pot meal and at the same time put in those ingredients in a Ziploc bag to freeze. These are just a few of the ways to help plan meals. There are so many reasons why meal planning is important. Most people don't think about what they are going to have for dinner until 1 hour before they plan to have dinner. This could lead to a visit to a busy grocery store or ordering take out if there isn't food in the house to prepare. Each meal we prepare is an opportunity to fuel our bodies with good nutrition. Meal planning is not just for working families but also rather for everyone to consider to have the answer to "What is for dinner?"

My goal is to make putting on the table as easy as possible. So I was intrigued when I was watching a recent webinar and the speaker mentioned sheet pan dinners. I googled this and found that there are many delicious meals that have all the ingredients for a meal on a sheet pan. Clean up is a breeze because you

Sheet Pan Sweet Potatoes, Chicken and Brussel Sprouts

Ingredients:

- 1 pound sweet potatoes, cut into 1/2-inch wedges
- 2 Tb. olive oil, divided
- 1/4 t. ground pepper, divided
- 4 c. Brussels sprouts, quartered
- 1 1/4 pounds boneless chicken breasts
- 1/2 t. ground cumin
- 1/2 t. dried thyme
- 3 Tb. sherry vinegar

Directions:

- Preheat oven to 425°F.
- Toss sweet potatoes with 1 tablespoon oil and 1/4 teaspoon pepper in a large bowl. Spread evenly on a rimmed baking sheet. Roast for 15 minutes.
- Toss Brussels sprouts with the remaining 1 tablespoon oil and 1/4 teaspoon pepper in the bowl. Stir into the sweet potatoes on the baking sheet.
- Sprinkle chicken with cumin, thyme and the remaining 1/4 teaspoon pepper. Place on top of the vegetables. Roast until the chicken is cooked through and the vegetables are tender, 10 to 15 minutes more.
- Transfer the chicken to a serving platter. Stir vinegar into the vegetables and serve with the chicken.

can put foil down on the sheet pan. It is great to make just enough for one person or modify the ingredients on one part of the pan

if someone in the family doesn't like a particular ingredient. So try something new with this month's recipe for a sheet pan dinner!



Neighbors, Inc.
The Home Care Company
...helping people live independently and in their own homes as long as possible...
Non-Medical Home-Based Services
from 1 to 24 Hours a Day

At-home Assistance	Errands/Shopping	Bookkeeping
Meal Preparation	Appointments	House Checks
Personal Care	Transportation	Pet Care
Chores/Laundry	Medication Reminders	Respite Care
Companionship	Paperwork	Organizing

Locally owned and operated for over 27 years!
725-9444
www.neighborsinc.com

Meanwhile

by Marcia Good Townsend

Smiling Through the Rain
Should be easier than it seems
The sun dries everything out
The rain restores the drought

Meanwhile.....

I smile when I watch the finches dash from the spruce to the covered Lucite window feeders. Once there, they jump in and look about all while whittling the cases off the sunflower seeds

The Chickadees have a different drill. They rush in, but do not stay.

"Snatch & grab" is how they play.

You'd think the drenching drops would keep them longer!

But those stubby little bodies quickly dip and dive back to the safety of the spruce.

The Juncos school 'neath the boughs, gleanings all lost treasures. Occasionally they look up.

I smile at the flash of the petite white beaks.

Snow is vanishing
Puddles are arriving
Slipping beneath
Squirrels find lost treasures.

Crocus are not far behind.

Daredevil

by Woody Townsend

My aunt used to take my brother and I fishing. The fish in question was almost always pickerel. It is important to know that my aunt built houses and used to work in the woods so she had a fairly strong right arm.

On this particular trip we were using a lure that was a piece of metal shaped like a spoon with three hooks attached. As we approached the location, my Aunt Ruth decided to take a long cast to drop the lure near some weeds at the edge of the water. It was a considerable distance away, so she wound up and swung as hard as she could to get enough distance. Sadly, the lure never left the boat, but instead was driven into my chin with considerable force. The three attached hooks wedged their way into my throat. It hurt me some but scared her half to death. Starting the motor we made a quick trip home followed by a quick trip to the doctor's office.

The doc took a quick look, shook his head, and got out the scissors. With a few careful snips, he removed each of the three hooks. There was never any serious damage, but I do wish I had the photo of the three hooks in the lure, called a daredevil, dangling from my throat!

LAST Lower 47

When you make a mistake, you have two choices, you can live with it or change it. In our case, we chose to correct it, so be warned, we WILL be back in Brunswick, right after EASTER! We're already packed, and heading back to where we never should have left.

by Ralph Laughlin

Back to be with friends. WHY? That's what several people here have asked, sighting the weather. The answer is, "the chill from the biting cold is melted by the warmth of those people, our old, REAL friends! We'll see you all soon!"

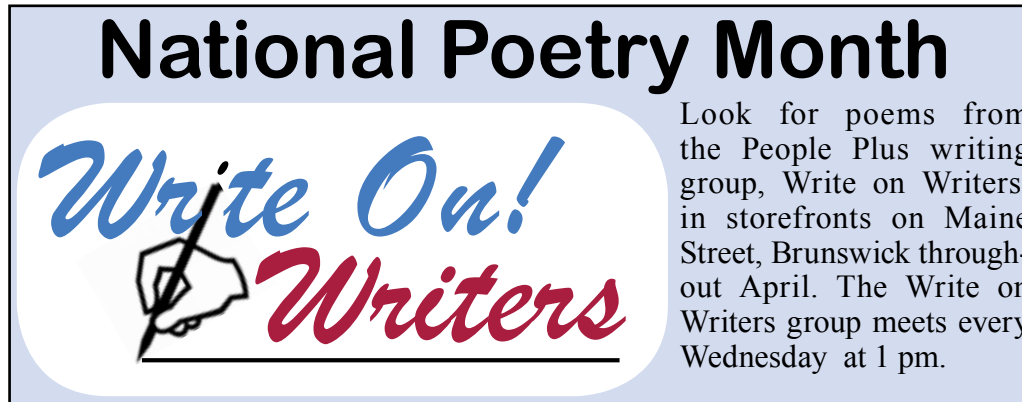
One That Got Away!

by Woody Townsend

This fishing story took place in 1970. My good friend Paul D. and I decided to go for some trout at Alfred Lake. It was a hot day so we secured a couple of cans of beer for each of us. Arriving at the lake, we hurriedly unloaded our boat and headed for a well-known trout fishing area. After an hour Paul decided it was time to break open a beer. He had barely had the first taste before he got a strike. Dramatically standing, while holding the rod in one hand the beer and the other, he maneuvered while playing the fish. The fish not to be outdone...made a dramatically high leap...but the hook held. By this time, at least half the beer had spilled. Paul decided to set the can down and concentrate on the fish. As he leaned over to

place his can on the seat... the boat lurched... the can tipped... and fell into the sloshing water at the bottom of the boat. "Now I can concentrate on catching this fish!" he said, but the fish jumped again and was gone. Paul looked mighty angry and I tried not to laugh.

10 minutes later, it was time for Paul's last beer. Just as he pulled the tab... incredibly, there was another strike at his line. This one seemingly larger than before. Paul stood up, looked at me as I started to grin and said, "Not this time!" and dramatically threw the full can over the side. A short struggle followed and Paul reeled in a fine trophy pine branch!!
The day's final score: No beer, No fish, No fun!!



National Poetry Month
Write On! Writers
Look for poems from the People Plus writing group, Write on Writers, in storefronts on Maine Street, Brunswick throughout April. The Write on Writers group meets every Wednesday at 1 pm.



Preseason Rhode. Photo by David Selleck.

Promising

by Virginia Sabin

After a bitter winter Lacking snow cover Discerning signs of burgeoning life Where purple sage, a healing herb With blissful aroma Once appearing faithfully Spring after spring Fails to show	Curiously Neighboring lavender and thyme Do not invade this seemingly empty space Discerning a healthy plant Surviving a bitter winter Only needed more time Showing itself back in Eden
--	--

Solitude

by P.L. Sparks

rock-cliffs
empty air,
a hawk
floating over
...the void

Missing Jasmine

by Charlotte Hart

She died on her 13th birthday
My soul mate, my comfort, my friend.
She loved to tear through the field
To retrieve... a snow ball, tennis ball,
Whatever I'd send.
She listened! To my fears, my joys, my concerns.
Total compassion she'd lend.

We would race by the lake
Or by sun-sparkled sea, climb steep paths—
Great White Mountain peaks to ascend.
She's long gone.

There's an empty place in my home,
By my hearth, in my heart. No use to pretend.
No wild leaps, yips, or bright joyful barks now
To welcome me home.

Will long months of grief never end?

Pondering

by Marcia Good Townsend

Tomorrow is on the horizon
Today has fallen behind

Wondering about tomorrow
Just what will be then on my mind?

News, challenges, weather
Thoughts on what "might be"

Time now to pause...time to mull
Time for a hot cup of tea!

Alleluia


by Elizabeth B. Bates

I remember the excitement of Easter, the children getting up and running to pick up their empty Easter baskets. There was a quick putting on of old clothing and then going outside to search for the brightly-colored eggs. They screamed and pushed each other away so they could get the most eggs. When they finally came back in from outside, they had eggs for breakfast! A change of clothes to get ready for church.

The choir sang ...ALLELUIA...ALLELUIA!
Back home to welcome relatives for Easter dinner. Baked ham and white-frosted cake with angels standing on it. Then back outside where they saw on the back porch a cage with something in it. What was it?

There were three rabbits inside! They opened the cage and reached in for them, one for each child. The rabbits squirmed in their arms. They took them inside to show everyone. They gave them three different names. Their cousins stared with envy.

The time for goodbyes came, lots of hugs and then the relatives were gone. The rabbits were back in their cages with plenty of food and water. And then to bed, with a prayer said, and GOOD NIGHT!
ALLELUIA...ALLELUIA!



BRUNSWICK AREA
Respite Care
Since 1989 Adult Day Service

Invites you to our signature event
**The 18th Annual Barbershop Chorus
Concert and Auction**
Saturday, April 28th, 2018
1pm doors open for the Silent Auction, 2pm Concert

Featured performances by
Nor'easters Barbershop Chorus
Whatever 4 Quartet
Porch Time Quartet
In The Mix Quartet
Brunswick High School
Men's & Women's Acapella Groups

Concert will be held at Brunswick United Methodist Church, 320 Church Rd., Brunswick.
Handicapped Accessible

Tickets are available in advance by calling the office at 729-8571 or at the door—\$15

April at People Plus...



First of the season. People Plus Member Donna Perreault answered the call for the season's first pussy willows last month.

Frank's Field Trip is going "Out of this World!"

Tue, Apr 17, 10 to 3-ish (rescheduled from January). Join us as we travel by bus to the Southworth Planetarium in Portland for THREE exclusive shows 1. *Into the deep*, 2. *Seeing the night sky* & 3. *Eight Planets and Counting!* Cost is still only \$10, lunch on your own at Becky's Diner on the Portland waterfront. Reservations and deposits made in January will be honored first. Space is limited, register now!



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

Lunch & Connections

Boiled dinner coming in April

Our famous and favorite New England Boiled dinner, canceled last month during the snows of March, will be served at the Center on Thursday, April 19. "You don't let this one go by," chef Frank Connors explained, "this is one the members wait for, and there are consequences if we let it Pass!"

Our Traditional boiled dinner includes brined-beef brisket, with sides of potatoes, carrots and turnip, all slow-boiled in a flavor-filled onion broth. Naturally, there will be a side of red 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 you water glasses filled on each table.

Dessert this month will be a slice of Carmella's delightful Pistachio Cake with a generous side of ice cream, and Nancy is producing 12 loaves of Irish Soda Bread, so we can be sure everyone gets a great, flavor-filled slice. Finally, you just need to see how Gladys and company are decorating our tables to welcome Earth Day and Spring!

These monthly Lunch & Connections meals are sponsored by our friends at Spectrum Generations, and are intended to focus on

good nutrition, useful information and variety. A CHANS home-healthcare professional is always in attendance to administer and record free blood pressure checks, Mary Marino of Mary's Affordable Hearing will be upstairs offering complimentary hearing evaluations, and you can bet you'll always find a friend or two, gathering around our coffee table.

Please remember to pre-register after the first of April if you want to be included. Seating is limited to the first 68 folks who call Barbara at 729-0757, and leave their name. Cost of the meal is still only \$6.00 for members and \$8.50 for non-members and you are not expected to pay until Betsy stops you at the door. Can't deal with parking and construction? You can pre-order a take out meal, and pick it up after 11:30 a.m., on the date of the Luncheon.

We hope you'll arrive at the Center after 11:15 a.m., and remember, carpooling with a friend makes it easier for everyone. You are automatically registered for one of our free door prizes when you attend, and you might want to buy into our 50/50 raffle while you wait for your meal. Last month's 50/50 winner at our Pizza Party took home \$27!

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

Take Note! New Programming in April

- World Affairs Conversation Series with Ed Knox will now meet every other Friday. Please check the monthly calendar for dates. For members only.
- Advanced Bridge is back! The group meets Fridays at 1:00 pm. Members only.
- For April only, Women's Breakfast will meet the 2nd Thursday of the month, April 12, at 9:00 am (after Men's Breakfast)
- For April only, Apple Club will meet on Thursday, April 12, 10:00 am
- 'Easy Riders' Biking Club is back starting in April! Wednesdays, 9:00 am. Call the Center for weekly destination!

Hair Cuts for Seniors

Fridays, 9-12 pm. Drop in for a \$10 haircut with Margarita Day, former owner of Margarita's Hair Styles in Brunswick. All proceeds benefit People Plus. No appointment necessary, just show up with clean hair and she will give you a cut! Open to the public!

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

Center Stage Players present "WHO CARES"

Thu, Apr 26, 1:30 pm. Center Stage Players are a group of Mid-coast Maine seniors who create and perform original and classic pieces "readers theater" style. "WHO CARES" consists of two twenty-minute plays separated by a 5 minute interlude of poetry and music. Part one, "A Profusion of Roses" written by Marcus Steinhour, is about the compassion and understanding of a family member who has taken on the task of caregiver. Part two entitled "Plain & Simple" written by Millie

Ackley, is a lighthearted look at relationships at a summer arts and crafts colony and how the group comes together to help an elderly couple. Free, open to the public. Registration appreciated.

ROLLERLATES!

Have you tried it yet?
Wednesdays, 1:30 pm

Last Chance to Register!

Spain's Classics & Portugal Trip

Visit Spain, Oct 17-30, 2018 with Collette Travel and People Plus! Some highlights include Lisbon, Fatima, Nazare, Madrid, Royal Palace, Toledo, Cordoba, Seville, Granada. Open to the public. FMI contact Jill at People Plus. **Deposits due April 11, 2018.**

Spectrum Generations Medicare 101 Session

Tue, April 10, 10:30 am. Learn about Medicare and its many "Parts" on the 2nd 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.**

Swing Dance Brunswick at People Plus

Sunday, April 15, 6-8 pm. All ages welcome. No experience necessary. You don't need to bring a partner! Includes beginner's lesson 6-6:30, taught by DJ Paul Krakauske. Please bring dance shoes to change into when you arrive to protect the floor. Suggested \$5 Donation. Open to the public. FMI swingdancebrunswick.org.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Grace Reformed Baptist Church	2 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	3 8:30 AARP Tax Aide 8:30 Table Tennis 9:30 Beg/Intermed. Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga	4 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 5:30pm Knights of Columbus	5 8:30 Table Tennis 9:30 Beg/Intermed. Bridge 11:00 Yoga 1:00pm AARP Tax Aide 5:00pm Music in April Gala at the Brunswick Rec Center 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing	6 9:00 Hair Cuts w/Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 1:00pm Advanced Bridge 6:30pm Folk Dance Bruns.	7 9:00 Hair Cuts w/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 Bruns.
8 9:00 Grace Reformed Baptist Church	9 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	10 8:30 AARP Tax Aide 8:30 Table Tennis 9:30 Beg/Intermed. Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German 4:30pm TCAC Meeting	11 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	12 8:00 Men's Breakfast 8:30 Table Tennis 9:00 Women's Breakfast 9:30 Beg/Intermed. Bridge 10:00 Apple Club 10:00 Table Tennis 1:00pm AARP Tax Aide 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing	13 9:00 Hair Cuts w/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 Bruns.	14 9:00 Hair Cuts w/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 Bruns.
15 9:00 Grace Reformed Baptist Church 6:00pm Swing Dance Brunswick	16 Center Closed PATRIOTS DAY	17 8:30 Table Tennis 9:30 Beg/Intermed. Bridge 10:00 Art with Connie Bailey 10:00 Frank's Field Trip Southworth Planetarium 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 3:00pm Books a la Carte	18 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	19 9:30 Beg/Intermed. Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch/Connections 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing	20 9:00 Hair Cuts w/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 Bruns.	21 9:00 Hair Cuts w/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 Bruns.
22 9:00 Grace Reformed Baptist Church 	23 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 12:00pm Bridge 12:00pm Lunch/Learn: Getting Affairs in Order	24 8:30 Table Tennis 9:30 Beg/Intermed. Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Francais	25 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 11:00 Scoop-a-Thon 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Bruns. Coin/Stamp	26 8:30 Table Tennis 9:30 Beg/Intermed. Bridge 11:00 Yoga 1:30pm Center Stage Players Present "Who Cares" 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing	27 9:00 Hair Cuts w/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 Bruns.	28 8:00pm Middle Eastern Dance Party
29 9:00 Grace Reformed Baptist Church	30 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Author's Chat Elizabeth Strout	Plus! People Cooks! Stirring things up at the Center!		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/harpsswlltv		People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm

Twice-Told Tales
QUALITY USED BOOKS
11 Pleasant Street, Brunswick
We Have Reopened!
Monday - Saturday
10am - 4pm

There's retirement. And then there's THE HIGHLANDS.

"THERE'S NEVER A DULL MOMENT HERE...UNLESS IT'S YOUR CHOICE."
— DAVE C.

DON'T JUST RETIRE FROM LIFE—EMBRACE IT.

Experience a healthy, active, exciting lifestyle in the retirement community that offers it all:

- Indoor heated saltwater pool
- Two full time personal trainers
- Hiking trails
- Restaurant-style dining
- Brewery tours & much more!

THE HIGHLANDS
A CPF Living Community
CALL (888) 760-1042 TODAY TO SCHEDULE YOUR PERSONAL TOUR & LUNCH
30 GOVERNORS WAY, TOPSHAM ME 04086 | WWW.HIGHLANDSRC.COM

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

Bath Savings Trust Company is a wholly owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

Senior Companion and Personal Care Services
1 to 24 hours
Yarmouth, Freeport, Cumberland, Falmouth
729-0991

AGING EXCELLENCE
SeniorsOnTheGo.com

NOW HIRING
Brunswick to Portland \$13-\$15/hr
Free Yoga, Free Massage!

What's the Scoop?

Come to Gelato Fiasco April 25



BRUNSWICK AREA TEEN CENTER SCOOP-A-THON



Support Area Teens!



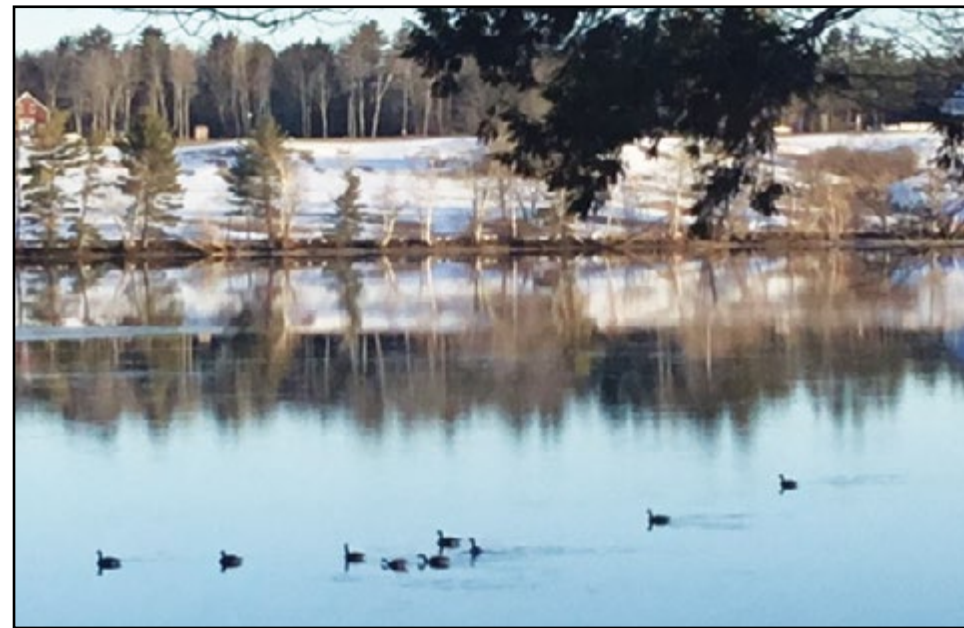
Purchase a dish of gelato or cup of coffee at regular prices and Gelato Fiasco will donate all sales beyond the daily seasonal average to the Brunswick Area Teen Center.

Purchases qualify all day, 11am - 11pm.



Thank You 2018 Sponsors!

*Current sponsor list as of print date



Geese relax in the tranquil waters of the Androscoggin River in late March. Photo was submitted by Chris Gutcher.

Library Celebrates Poetry, Art, And Music In April

April is National Poetry Month, 30 days of celebrating the joy, expressiveness, and pure delight of poetry. To help your inner poet break free we have come up with some light and lively ways to explore poetry throughout the month.

- **Poetry Takes Wing** in the Collaboratory: a month-long collaborative poetry exhibit featuring an Ekphrastic Poetry Café and Art Exhibit. See art from Spindleworks and local schools on display, then let your inner poet run free.
 - **Poem in Your Pocket:** Thursday, April 26 – All Day! On this day, select a poem, carry it with you, and share it with others at schools, bookstores, libraries, parks, workplaces, street corners, and anyone who will listen!
 - **Open Mic Night:** Thursday, April 26, 6:30 pm: All community members young and old are welcome to join us for open mic night at the library.
 - **Poetry and Music:** Fridays, noon to 1:00 pm: Each week, come hear featured poets and live music.
 - April 6: Spindleworks Poets and Musicians
 - April 13: Featuring Poet Maryli Tiemann; Music by Louise Gephart, harp
 - April 20: Featuring poets from People Plus Write On Writers Group; Music by Brian Cullen, classical guitar
 - April 27: Curtis Library staff share their favorite poems, Music by Dave Bullard
- Events are free and open to the public. No registration required. FMI: 725-5242 or curtislibrary.com

Mary Poppins tickets on sale at People Plus

Join us on a "Jolly Holiday" as Midcoast Youth Theater (MYT) presents Mary Poppins! The show includes a cast of almost 120 ranging in age from 3-70 from the Mid Coast and other surrounding areas! The show will be fabulous with all your favorite songs, beautiful costumes and lots of fun for the whole family! The show includes our own Jill Ellis and family! MYT will present Mary Poppins at Brunswick High School's Crocker Theater on Thursday May 3, Friday May 4, and Saturday May 5 at 7 pm. Also 2 pm matinees on Saturday May 5 and Sunday May 6. MYT thanks show sponsors Norway Savings Bank, Androscoggin Animal Hospital and Goodwin Motor Group.

People Plus is lucky to have tickets for sale for the opening night performance on Thursday, May 3 at 7 pm. Tickets are \$10. Cash or checks to Midcoast Youth Theater. Please see Jill at the Center!



Good Shepherd Lutheran Church
welcomes you to join us for

Sunday morning worship, 9:00 am
Celtic Evening Prayer, Sun. 5:30 pm
Thurs. Evening Prayer, 6:30 pm
Free Community Breakfast, 2nd Sat, 9-10:30 am

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

SPRING IS IN THE AIR! Well, sort of.
No matter the season, it's always a good time to have a good lunch with friends and get good tips on staying safe!

The Cumberland County Sheriff's Office and the Merrymeeting Bay Trail present:

SPRING LUNCH AND LEARN
APRIL 5, 2018, 11:30
Elijah Kellogg Church, 917 Harpswell, Maine

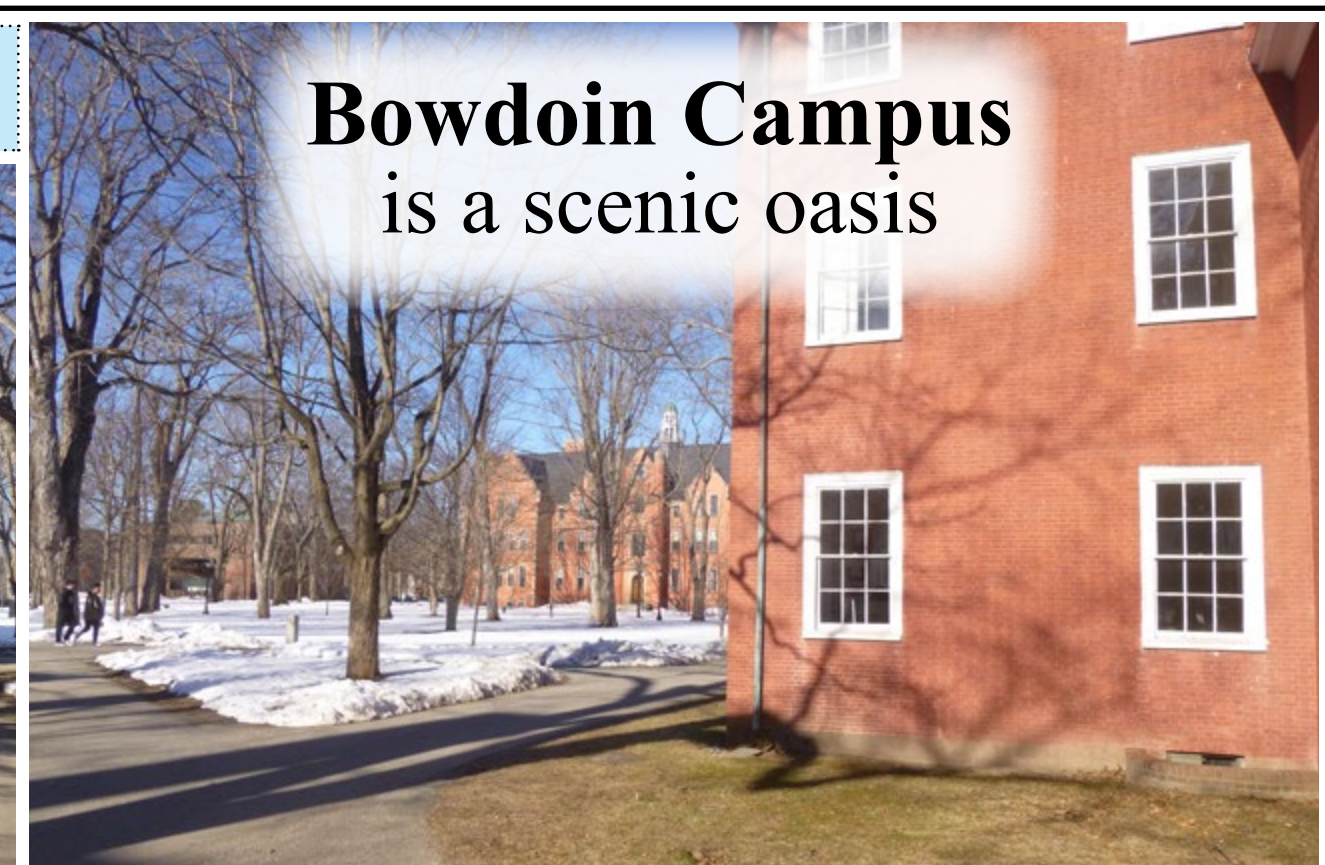
FREE AND OPEN TO ALL SENIORS

RSVP by March 29, 2018
(800)266-1444 ext. 2176 schnupp@cumberlandcounty.org

If you have a favorite walk in the Brunswick area, let Frank know about it at 729-0757 frank@peopleplusmaine.org



Don't we all drive past the campus at Bowdoin College, take a quick glance inward perhaps, and then drive on? Last week, when most of the students were away on winter break and the grounds were still pretty much shrouded in snow, I decided to park my truck and wander for an hour. The trek took two hours, and the



Bowdoin Campus is a scenic oasis

time spent was a treat.

Bowdoin's Campus is a delightful network of accessible, welcoming walkways, connecting building after building and loaded with vistas, architectural details, and carefully groomed trees. You can park in any one of hundred places around the perimeter of campus, walk for a

couple hundred yards or for miles, let the choice be yours. What I call the "traditional campus" is always most interesting. That area closed by Bath Road, Maine Street, Longfellow Avenue and Harpswell Road is just loaded with buildings, old and new, paths are almost always clear and dry, and when you meet a student,

or a squirrel, they ARE almost always friendly.

Soon the snow will give way to green grass, those kids will be back, energized to toss frisbies and finish classes, and after that, we have a summer of engagement with our Maine State Music Theatre. I can't imagine a time when it's not fun and interesting to wander around the grounds of Bowdoin College.



TWICE-TOLD TALES REOPENS

TWICE-TOLD TALES, the used and rare bookstore in Brunswick, has reopened after being closed since Christmas because of construction occurring in other parts of the building. The bookstore reopened on Friday, March 9th. Regular patrons will note a new set of doors inside the familiar Pleasant Street entrance to the building; these doors lead to the entrance of the store. The layout of the store is unchanged. Special sales and promotions originally announced for January and February will be in effect through March and April.

Hours remain Monday through Saturday 10 to 4. Twice Told Tales is located at 11 Pleasant Street in Brunswick. It was founded in 2015 and is sponsored and operated by the Friends of Curtis Library, with all purchases and donations in support of the library.

AVAILABLE NOW
Call to reserve.

Hop, Skip and a Jump to Downtown

Life is easier downtown!

The McLellan
Live better.

Wake up to the sun and have your coffee on your deck with a view. Leave your car in the garage, and cross the street to catch that Chair Yoga class at People Plus. Later, head down the street to do some shopping or pick up a croissant at the Union Street Bakery. You live downtown when you live at The McLellan!

Contact Amy McLellan, RN to learn more about living at The McLellan.
(207) 671-9033 | amy@themclellan.com | www.themclellan.com
26 Cumberland St. Brunswick, ME

Our Health
A Film & Discussion Series at
FRONTIER
Cafe + Cinema + Gallery

THE ANONYMOUS PEOPLE

The Anonymous People features prominent people who are living publicly in long-term recovery, like former NBA star Chris Herren, award-winning actress Kristen Johnston, Miss USA 2006 Tara Conner, best-selling author William Cope Moyers, former congressmen Patrick Kennedy and Jim Ramstad, among others. Their brave testimonies dispel long-standing clichés about addiction and recovery and turns the focus of conversation from problems to solutions.

Guest Panelists

Leah K. Bauer, MD
Medical Director
Addiction Resource Center

Matthew Braun
Biddeford Chapter Lead
Young People in Recovery

7 p.m., Tuesday, April 10
Frontier Café+Cinema+Gallery
14 Maine Street, Mill 3 Fort Andross, Brunswick

Admission is FREE, BUT SPACE IS LIMITED. TICKETS REQUIRED.
GET TICKETS to hold your seat at
www.explorefrontier.com/schedule/film
For general information, call (207) 725-5222.

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

Brunswick Area Teen Center

Counting the days (and kids) for the Gelato Fiasco Scoop-a-Thon

April! Finally! Hope the weather is better than it was in March!

April is our hard-work/good fun month! Both Music in April and the Gelato Fiasco Scoop-a-Thon are this month! These events take months of preparation, always end up fun and are the only fundraising events done by the Organization each year. The funds raised from these two events are always crucial towards meeting our budget needs for the year!

The Scoop-a-Thon benefits the Teen Program and if you have not been before, features 12 hours of "celebrity scoopers", outdoor entertainment and brings in over 1,000 people during those 12 hours! I always get to see old friends and new friends at this event, which I love! From 7-11 p.m. it's all Bowdoin College student scoopers (sometimes a staff member!) and the entertainment is all by Bowdoin student musicians.

What do YOU have to do on this day, besides show up? Eat some delicious gelato or sorbetto, drink some great coffee, stock up on goodies to go and buy a few raffle tickets for our 50/50 raffle!

Each year we take the TC members on a

walking field trip to the event to get some gelato and say hi to all their supporters. We have sooooo many new kids this year that this will be a first for many of them! I also think it will be a bigger group this year e-gads! I have visions of children all holding onto a long rope and walking in and orderly fashion on field trips but those are fantasies or hallucinations really.

In the past, some kids liked to ride bikes down, or skateboard or walk way ahead or lag far behind....some want to leave after 10 minutes, some want to stay for an hour, some want to wear funny hats and get balloon animals, others think that's silly.....

They all think it is a "blast" though! I have learned over the years that the 3 most important things I need to do are #1 give my one minute pre trip pep-talk (aka-expected behavior rules!), #2, do a headcount when leaving center and #3 do an headcount when returning to center and hope like crazy the numbers match! We haven't lost one yet! So, mark your calendars for April 25th and come on by The Gelato Fiasco!

Other program news; we still have an

average of 20 kids per day attending the program! We are attempting to create some downstairs activities during TC hours for added fun and to lessen our numbers upstairs, at least briefly! We currently have Zumba class on Wednesdays from 3:30-4:30 in the hall and so far, so good! There's also a group of girls who ask almost every day around 4:00 if they can go down to the hall with their music and just "play" and we have been trying to do that with them once a week as well.

So, Hello April, goodbye March with your clock/time change and numerous snow-storms and school cancellations! We are ready to spring into Spring!

Jordan and gang!

What's the Scoop?
Find out on page 6...

GELATO FIASCO
INSPIRED BY ITALY. PERFECTED IN MAINE.

BRUNSWICK TEEN CENTER
SCOOP-A-THON

April 25, 11am-11pm

Teen Center News

Jordan Cardone



Nice Duds! Pictured is Milo who is in 7th grade at BJH and he has been attending the TC program for a few months now. When asked why he was dressed up this day, he replied "because it's early release day" (school had 1/2 day that day). No, it was not "formal wear" day at school that day, Milo elicits lots of smiles at the TC with his individualism and he actually smiles a lot himself! Nice duds Milo!

Weekly Winners

Senior Intermediate Cribbage

- Feb. 21: Lorraine LaRoche, 708
Armand Bouchard, 699
Patricia Johnson, 690
Anne Bouchard, 688
- Feb. 28: Julie Swol, 708
Joe Tonely, 707
Tim Owens, 695
- Mar. 7: George Hardin, 726, Perfect Game!
George Tetu, 690
Joe Tonely, 684
- Mar. 14: Storm day, no play!
- Mar. 21: George Tetu, 719
Harry Higgins, 716
Rollande Fortin, 700

Senior Bridge

- Feb. 19: Lorraine LaRoche, 4,700
John Rich, 3,460
Bob Cressey, 3,420
- Feb. 23: Bill Coop, 4,460
Sherry Watson, 4,170
- Feb. 26: Paul Betit, 3,600
Craig Aderman, 3,540
- Mar. 2: Betsy Mace, 3,590
Jeff Lauder, 3,040
- Mar. 5: Paul Betit, 3,760
Cathy Cooper, 3,690
Bill Coop 3,440
- Mar. 9: Tina Iffland, 4,430
Jeff Lauder, 3,520
- Mar. 12: David Bracy, 4,650
Paul Betit, 4,090
- Mar. 16: John Rich, 4,110



THANKS! Brunswick High School class of 1949 (pictured at their 25th reunion) voted recently to "unorganize" and liquidate their assets. After just a little bit of discussion, remaining classmates agreed to send a check to the People Plus Center, with instructions to add the money to the Center's permanent Endowment Fund.

Maine Genealogical Society Writing Workshop

How do family researchers answer that age-old question: What do I do with all the research I have accumulated? The simple answer is Write it up, Publish it, and Make Your Family Proud. The Maine Genealogical Spring Writing Workshop will give you the tools to get you started. This workshop, led by Joseph C. Anderson, FASG, editor of The Maine Genealogist, will cover the steps to turn your yellowing,

dusty files into the printed word. The Workshop is Saturday, April 21 from 9-4 at the Elks Lodge, 397 Civic Center Drive in Augusta. Details about "Writing Your Family History" and more information can be found at www.maineroots.org. Registration can be done online or by mail. FMI: Carol McCoy at Find-Your-Roots.com 207.373.0318



The "Long & short of it!" Sam Whitaker, right, and Ann Young compare notes during an AARP Tax Aides interview at the People Plus Center last month. Sam has been a greeter for the tax preparers for at least seven years, and admits he is "well over six-feet tall!" Ann Young was one of more than 400 are residents completing their taxes at the Center this season, and she won't tell anyone how tall she is!

Senior Real Estate Specialist, SRES • Accredited Staging Professional, ASP

I love selling homes along the Midcoast. Military Retired Spouse with a lot of moving experience!
FREE Market Analysis!

Nancy Beal, Realtor
(207)751-0752

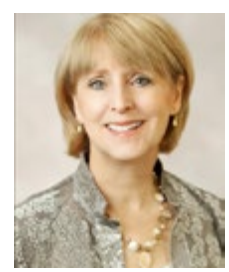
nancy.beal@century21.com
www.midcoastmainehomes.com
Century 21 Baribeau Agency, 51 Pleasant Street, Brunswick ME 04011

The Irony of Caregiver Guilt

Caregiver guilt can sneak up and make you second guess the quality of care you are providing. Once this guilt sets in it starts to take away comfort and peace of mind. In this presentation, led by Janet Edmunson, we will explore guilt in all aspects of caregiving and learn ways to challenge it once it has set in.

About Janet Edmunson, M. Ed.:

Janet is a motivational speaker, consultant and trainer with over 30 years experience in the health promotion field. She is also an experienced caregiver having taken care of her husband, Charles, during the five years he fought a movement disorder with dementia.



When: Tuesday, April 10, 2018
10 3:30 PM | Refreshments served

Where: Avita of Brunswick
89 Admiral Fitch Ave | Brunswick, ME

RSVP: 207.729.6222 or email
bethany@avitaofbrunswick.com

Visit us online at avitaofbrunswick.com



"We don't fool around!"

Chicks Do Chores

(AND SOMETIMES CHUCK)

So you don't have to!

WE'LL TACKLE YOUR TO-DO LIST!

- ★ ATTICS • BASEMENTS • DECKS • FENCES • GARAGES • GARDENS • OFFICES • YARDS ETC.
- ★ CLEAN • CLEAR-OUT • FILE • PUMPRUNS • LABEL • MOW • MULCH • PAINT • RAKE • SPLIT/STACK WOOD • TRIM • WEED ETC.
- ★ RUN ERRANDS FOR YOU OR WITH YOU!

MARY ELLEN ROSENBERG - OWNER
CALL OR EMAIL FOR ESTIMATES OR SCHEDULING -
CDC4U@COMCAST.NET

207-729-5760

*Fully Insured
*Bonded
*LLC

www.chicksdochores.com

BRUNSWICK AREA
STUDENT AID FUND
BOWDOIN • BOWDOINHAM •
BRUNSWICK • HARPSWELL • TOPSHAM

Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.

Help us make a difference in a student's life!

Visit www.studentaidfund.org
Donations may be sent to:

BRUNSWICK AREA
STUDENT AID FUND
P.O. Box 867, Brunswick, ME 04011

We are HG

College of Education Dean, Holistic Nurse, Clinical Social Worker,
Singers in a Rock Band, HG Community Garden Master Gardeners,
Highland Green Residents

The Northeast's Premier 55+ Active Adult Lifestyle Community

7 Evergreen Circle, Topsham, Maine | 207-725-4549 | HighlandGreenLifestyle.com



Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center
35 Union St, Suite 1, Brunswick, ME 04011
207-729-0475 | www.spectrumgenerations.org

April 2018

Money Minder Volunteers Needed!

What is Money Minders?

Money Minders is a rewarding program that matches volunteers with clients who need assistance getting their monthly bills paid timely and accurately.

How would I spend my time with this program?

Time could be spent assisting clients with sorting their mail, creating a basic budget, preparing checks (but not signing them), and balancing the check register against the bank statement.

What are the qualifications for a Money Minder Volunteer?

All candidates will have a background check completed. We are looking for friendly people who enjoy helping others in their community.

FMI contact Amy Morissette at amorissette@spectrumgenerations.org or 207.620.1664



April is Volunteer Appreciation Month!

Spectrum Generations relies on over 500 volunteers to bring a wide variety of vital services to communities across the counties of Kennebec, Lincoln, Sagadahoc, Knox, Waldo, and Somerset, plus the towns of Brunswick and Harpswell.



Whether it be delivering Meals on Wheels, helping in the kitchen, sharing a talent or hobby, waiting tables, answering phones, helping a senior balance their checkbook or create a budget, or just by brightening someone's day, our volunteers are committed to our mission of promoting life-long learning, health, wellness, nutrition, community engagement and social well-being of all older and disabled adults.

Across our agency, we are always actively searching for committed volunteers looking for the opportunity to give back to those in their community. With locations throughout the state of Maine, we're able to offer you the chance to connect with your neighbors and help those who need it most.



Meals on Wheels Nutrition Coordinator, Casey Henson (front), thanks volunteers at the annual volunteer appreciation party with a gift of Meals on Wheels "survival bags".

For more information about volunteer opportunities at Spectrum Generations or to request a volunteer application, please call 1-800-639-1553.



Spectrum Generations is an equal opportunity provider.



Ellen's "coldest and driest" Sauna evah!

I'm thinking my dear friend Ellen believes a day that includes a Sauna bath will fix just about anything. I've called her the Sauna Queen to folks who don't know her, and will never meet her.

At 80-something and a genuine, first-generation Finn, Ellen certainly is the Sauna expert. This lady walks around our neighborhood, happily humming the National Anthem of Finland.

When Ellen and her husband Joe moved to Brunswick back in the 60's, it was only a matter of time before a Sauna was added to the easterly corner of their garage.

But I digress, this piece is about me learning to Sauna. Please remember, I grew up a Baptist boy from Bowdoinham, and the closest I got to communal bathing would have been a gaggle of Boy Scouts in a swimming pool.

Over the past several years, my interest grew and my questions multiplied. Of course I told her we should Sauna together, of course she told me that was NEVER going to happen!

My summary follows, if it sounds like a cooking recipe, I'm sorry. Preheat the Sauna (remember, it's pronounced "SOW-na") to 140-160 degrees Fahrenheit.

To your left is a built-in bench with a rack above, maybe chest high, where I can lay if I really want to warm up fast. If Ellen's prepared the Sauna, there's a pan with soap, two pails of water (one cold, one hot), a dipper, and a stiff-bristled brush waiting on the bench.

After sitting awhile in my altogether, I use the dipper to throw cold water onto the hot rocks. Hot steam will fill the room and warm your body, and if you're normal, you'll start to sweat.

Speaking Frankly

Frank Connors



can rinse a little with a washcloth if you want!"

After a liberal sweat, leave the Sauna room, and sit in the dressing room to cool off. I'm thinking this is when Ellen might do a few pages of a good book, I just sit quietly for a few minutes, meditate, breathe deeply.

Quoting Ellen again: "at some point when you've had enough, stand beside the bench and wash the body. Fill a basin (or bucket) with cold water and pour it over yourself to rinse."

Quoting Frank, now: "if this doesn't make you feel invigorated, probably you're already dead!"

If it's dark outside, if there's snow on the ground, you might want to snow bath outside, but I never have. There are some things I just don't dare do outside Ellen's house!

Here are Ellen's last words: "fill a basin with cold water and pour it over you, finish by retreating to the dressing room to dry off OR take a moment to run outside.... or around the neighborhood.... then dress and feel super!"

I can tell you, life in Bowdoinham was NEVER like this!

New or renewing members for March

* indicates new membership
• indicates donation made with membership

Lifetime Membership

Michelle Brodinsky *, Topsham
Amy McLellan, * Brunswick

Brunswick

Sharon Belanger
Mary Biette •
Robert Biette •
Dorothy C. Boyett •
Irene Brunelle
Beth Compton
Grant Connors
Priscilla Despres •
Irma DeWitt
Jacqueline Drapeau
Carolyn Foster •
Karen Giustra
Richard Giustra
Doris Grano
Spencer Jones •
Susan Jones •
Stephen Kerel
Nancy Lauckner

Elizabeth Mace
Esther Melcher
Patricia Melcher
Vivian Merritt
Gail McDougall •
Margaret Miller •
Paulette Oboyski
George Phipps
Judith Reindl *
Winnie Silverman
Philip Steadman •
Dorothea Sulzer •
Gladys Szabo
Barbara A. Tobin
Clair Wallace •
Dorothy Weeks
Margaret Wentworth
Rupert White
Ruth White
Frances Woodring •

Topsham

Patty Brewer •
Lester Brodinsky * •
Joan Cirone
Louis Dorogi
Midge Hart
Linda Mallard
Barbara McHarg

Donald McHarg
Lisa M. Nickerson
Jane Secease
Linda Schoenfeldt
Stephen Spear

Harpswell

Susan Bates
Calvin Hooker
Connie Hooker
Theresa Lebel
Constance J. Parsons
Harry T. Parsons
Nancy Sohl •
Ray Sohl •
Evangeline Sparks
Carol Duron Taylor *
Burr Taylor

Other places

Ed Ainsworth, Yarmouth
Susan Burroughs, Bowdoinham
Janice Decato, Georgetown
Richard Golek, Durham
Edna Kennedy, Woolwich
Janet Stenberg, Lisbon
Sherry Watson, West Bath



SCAM ALERT BULLETIN BOARD

As the price of prescription drugs continue to rise, you might find your self searching online for more affordable medications.

Beware of bogus companies that take your money and never send your product, or worse, send you a product that could harm you. Also, be sure to read the fine print on prescription drug coupons you find online.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Contact local law enforcement or the AARP Fraud Watch Network www.aarp.org/fraudwatchnetwork or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.



New Medicare Cards Coming Soon

The Centers for Medicare and Medicaid Services (CMS) will be replacing all Medicare cards in the coming months. CMS has assigned all people with Medicare benefits a new, unique Medicare number, which contains a combination of numbers and uppercase letters.

CMS will begin mailing the new cards to people with Medicare benefits in April 2018. FMI visit www.cms.gov/newcard

16th Annual GOLF FORE A CAUSE
8 a.m. Check In | 9 a.m. Tee Time
THURS JUNE 7 2018
18 Holes Carts Lunch
BRUNSWICK GOLF CLUB 165 River Road
Benefiting Spectrum Generations' Programs
Reserve your tickets by March 30 to take advantage of our early bird ticket pricing!

BRACKETT FUNERAL HOME
A Ladner Family Service
TRADITIONAL FUNERALS MEMORIAL GATHERINGS CREMATION SERVICES
Honoring Loss. Celebrating Life.
Peter W. Ladner • Christopher C. Ladner
Glenn P. Henderson, CFSP • Gregory A. Giberson
29 Federal Street • Brunswick, Maine 04011-1590
Phone 207-725-5511 • Fax 207-729-5930
www.brackettfuneralhome.com

REFORM PHYSICAL THERAPY
Don't neglect your health, reform it
Did you know Medicare will pay up to \$2,010 each year for out-patient physical therapy?
Why let it go to waste?
439 Lewiston Road, Topsham
(207) 725-4400
www.reform-pt.com

ROUSSEAU MANAGEMENT
Skilled and Assisted Living in Midcoast Maine
www.rmimaine.com
COASTAL LANDING RETIREMENT COMMUNITY
142 Neptune Drive, Brunswick (207) 837-6560
COASTAL SHORES ASSISTED LIVING
142 Neptune Drive, Brunswick (207) 725-5801
DIONNE COMMONS
24 Maurice Drive, Brunswick (207) 725-4379
ASSISTED HOME CARE II
11 Bank Street, Brunswick (207) 212-6736
Horizons Living & Rehab Center
29 Maurice Drive, Brunswick (207) 725-7495
We take your loved ones comfort and health to heart.

PROUD TO PARTNER WITH PEOPLE PLUS

MacNeille exhibits collection of photographs



Cribstone Bridge.

Digital Photo by Stephanie MacNeille.

Color photography by Stephanie MacNeille is the subject of our newest exhibit in the Union Street Gallery at People Plus. A Bailey Island "resident from away" for "many years," MacNeille credits the world around her for much of her inspiration and work. She said she started photography "just for the fun of it," and when folks looked at her pictures, they started complimenting her and telling her she "had an eye of a photographer."

"I sort of stumbled into all this," she said, she said of her photography, first buying a better camera, then adding her own printing equipment. Last summer she "got a little more serious," offering some prints for sale in a local gift shop. "I sold a bunch," she said, her voice raised with surprise, "it's just nice to be appreciated!"

MacNeille acknowledged she's, "from away," but was quick to point out obvious roots. "My grandfather Perry MacNeille came to Bailey Island in 1909, designed and built a cottage, and had something to do with the design and building of Library Hall," she added with obvious pride. She described herself as "from Oakridge, Tenn., Rochester, N.Y., Thompson, Conn.,.... and various other places." In 1999 she "retired back to Bailey Island, and never wanted to be anywhere else. I'm home," she said, "I'm here to stay."

Most of the photography in this exhibit is professionally matted and offered for sale. The show is always open to the public, free of charge, during normal business hours at the People Plus Center, 35 Union Street, Brunswick.

The Harpswell Garden Club will meet Thursday April 19, 2018 at 12:30 p.m. at the Kellogg Church, Rte. 123 Harpswell Center. Amy Maloney of Pretty Flowers, Brunswick will present "Spring Floral Designs" and show how to bring Spring inside. Free and open to the public. FMI call Becky 833-6159



"Harriet Beecher Stowe: The Little Lady Who Started That Great War"

The Pejepsco Genealogical Society (PGS) will hold its next monthly meeting in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, April 8, 2018 at 2 pm. Guest speaker Cathi Belcher of Bowdoin College will present

"Harriet Beecher Stowe: The Little Lady Who Started That Great War". This lecture will give a well-rounded look at the background, the life and family of Harriet Beecher Stowe, and the personal events which led up to the writing of her most famous book, *Uncle Tom's*

Cabin. After a brief synopsis of the book, we'll look at various African-American men and women with whom Stowe had contact, and how they influenced her writing. Some original sources, such as letters written by Stowe, will be read, as well as excerpts from her books.

Ms. Belcher is the Stowe House Educator for Bowdoin College, giving tours, talks, as well as developing and implementing programs and events about Harriet, her literature and her famous 19th Century New England family. Cathi is a writer, an artist, a former homeschool mom, and a long-time owner of a 32-room inn in the White Mountains of New Hampshire. Born and raised in the Hudson Valley of NYS, she now resides in Topsham, ME where, in addition to her love of history and "all things Harriet", she offers workshops of interest to women. There will be a brief social period with refreshments before and after the speaker. A business meeting will follow. For more information contact John Webster, PGS President at (207) 833-5430.

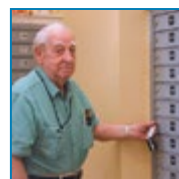
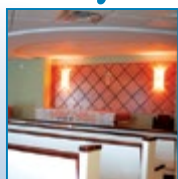
When you are contemplating a move...

Navigate your way to

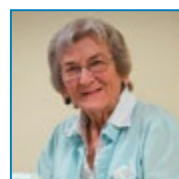
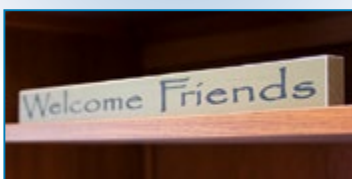


COASTAL LANDING

Retirement Community



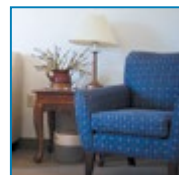
With so many reasons to love the Midcoast, come by for a visit and a personal tour and let Coastal Landing be the next great chapter in the story of your life!



142 Neptune Drive, Brunswick

Located in Brunswick Landing! (Former Navy Base)

www.coastallanding.com * 207-837-6560



CLASSIFIED ADS

Nuisance Wildlife? Call Critter Catchers (Grant Connors) for the safe and humane removal of skunks, opossum, squirrels and other natural pests. ADC licensed. Call 729-0460.

Items to sell? Services to offer? Contact over 4,000 readers, in print and online. Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757



Lunch out!

April 10th at 11:30 a.m.

Chick-A-Dee

"of Lewiston"

1472 Lisbon Street, Lewiston

Sign up for the car pool!