



People Plus
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35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org May 2018 Volume 18, No. 5

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



Photo: Neil Genel



PARTY TIME! Eloise (left) scoops up a heaping spoon of Gelato during the Gelato Fiasco Scoop-A-Thon April 25. Gala goers (above) enjoyed dinner, entertainment and auction action during the 16th annual Music in April event, held this year at the Brunswick Recreation Center.

“Two great events.....”

Numbers are still being totaled, but we can be sure the 16th annual Music in April event and the annual Gelato Fiasco Scoop-A-Thon are in the books as “huge successes” according to People Plus Executive Director Stacy Frizzle.

The first Music in April event held at the Brunswick Recreation Center sat another record for this annual fund-raising gala, clearing more than \$55,000, according to Frizzle. “It’s just amazing the way these events come together,” she said, “the working volunteers, the sponsors, the restaurants, those folks who donate auction items.....year after year, it just

keeps getting better!”

The Scoop-A-Thon on April 25 brought some rain but no dampened spirits. Totals were not available at press time, but Frizzle was confident of the outcome. “We get into these events with enough support from sponsors so we know the effort will be a financial success. Some of these sponsors step up time and again, year after year, they are just incredible.” The 12-hour marathon gelato event is expected to generate “very close” to \$10,000 for the Brunswick Area Teen Center.

Frank’s Field Trip:

Cemetery, crematory tour set for May 9

Join Frank Connors on Wednesday, May 9 for a “spot visit” of several local cemeteries, “the easy way,” Connors said, “I talk, you ride!” Connors claims to be a bit of a cemetery expert, saying his job this day is “pointing to a few high (and low) points at more than a half dozen old, local cemeteries, so you’ll want to come back and explore more!” The tour twists through Brunswick, Topsham and Bowdoinham, ending at the Richmond Crematorium behind the old Cotton Cemetery, then we do lunch on your own at Kimberley’s Cafe, in Richmond. “Did you know that building used to be a funeral home?” Connors was heard asking!

Our van leaves the Coastal Landing parking lot (142 Neptune Drive, on Brunswick Landing) at 9:30 a.m., don’t be late! NOTE: There will be NO pickup or parking at the People Plus Center this month. Cost is only \$12, and the first dozen folks who register and pay get to go. These trips are made possible by donations from the Rousseau family at Coastal Landing and Scott Lemieux at Brunswick’s Ameriprise Financial Services office.



We're still OPEN!!

Sure, the streets are all torn up, sure, most on-street parking is gone, but remember, we're maintaining our programming throughout!

DO come see us!



Maine State Music Theatre Ticket Deal is back for Members

Again this season, the Maine State Music Theatre is offering the People Plus Center a block of tickets to sell at discounted rates to members only for each of its main shows. Tickets that normally sell for over \$60 will be available, on a first come, first served basis, for only \$40. All tickets are for the first Friday night performance of *Million Dollar Quartet*, *Beauty and the Beast*, *Saturday Night Fever* and *Singin’ in the Rain*. Tickets are available only for active, dues-paying Center members and their guests, and may be purchased at the People Plus

information desk. Just ask Pat or Jill to see what’s available. Purchases are not refundable, may not be exchanged for other shows, and all payments should be made in cash or by check. A portion of each ticket purchased is donated back to the Center by the theatre.



MSMT Tuesday Teaser Films!

In preparation for their 60th summer season at the Pickard Theatre, MSMT will host three special **Teaser Tuesday** films on May 8, 15 and 22 at Brunswick’s Curtis Memorial Library this May. Each screening will include a free showing of a movie version of the theatre’s 2018 main stage shows including *Beauty and the Beast*, *Saturday Night Fever*, and *Singin’ in the Rain*. Screenings will start at 6 PM and take place in the Morrell Meeting Room. Teaser Tuesdays are free and open to the public. Each showing will be followed by a talk-back with Artistic Director Curt Dale Clark, who will discuss how the films compare to the stage versions. The original animated version of *Beauty and the Beast* will screen on May 8, the 1977 film *Saturday Night Fever* will screen on May 15, and the 1952 film *Singin’ in the Rain* will screen on May 22. FMI call 725-8769.

‘Aging well’ Lunch & Learn

“Benefits of Downsizing are many”

Let Mary Holmes lead you through a discussion of the benefits, (and pitfalls?) of downsizing during a Lunch & Learn discussion on Monday, May 21, beginning at 12 noon. Holmes, a “Professional Senior Mover” with Integrated Move Management, says it may seem “overwhelming to start the downsizing process, but once underway, it can be a pleasurable experience, reducing stress and providing peace of mind” as you ready for the next stage of your life.



The presentation lets you know you “are not alone in this process,” and it is human nature to “keep more possessions than you need.” A variety of options will be discussed on how to disperse items you no longer need, and details are offered on when it is appropriate to sell or donate your possessions.

Bring your lunch (or try our Monday Munchies.) We always provide drinks, potato chips and a light dessert. This program is free and open to the general public, but please call the Center at 729-0757 to register.

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsam-Harpswell area.

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

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Check out past newspapers online at www.peopleplusmaine.org

Stetson's Funeral Home advertisement with contact info and services list.

Take a breath, take a bow

From the Executive Director Stacy V. Frizzle



They say life is a numbers game. Or that it's a roll of the dice, or that it's all in the hand you're dealt...

If you didn't make it down for Music in April or to the Gelato Fiasco Scoop-A-Thon, I invite you to stop by the People Plus Center and check out what we're all about.

MMoME sets Open House, wish list

The Marine Mammals of Maine Rescue Service is holding a "Pup Shower" Open House on Sunday, May 6, from 11 a.m. until 2 p.m.

Memorial Day Parade by Nonie Moody

There is going to be a parade today You can feel the excitement in the air. Rushing to secure a good parking spot We select a viewing area with care.

Pining by Virginia Sabin

Grief is a pine tree Evergreen in memory Top heavy Held erect by a tenuous tap root

Country Gal by W.A. Mogk

I went to Oklahoma and wound up in a coma. That country gal was much to much, for me!

Books A La Carte

Books A La Carte is a group of readers who gather to discuss, trade, lend, and donate books.



The Silent Sister by Diane Chamberlain. A well written novel about a woman who spent her life believing her older sister committed suicide when a teenager.

Into Thin Air by Jon Krakauer. An exciting personal account of the 1996 Mt. Everest disaster.



Bed Riddance by Ogden Nash. Humorous poetry written by a hypochondriac. Contains many comic illustrations.

Mother's Day Memories by Nonie Moody

There is a somber thought in my mind As I walked the card aisle of Walmart.

Mother Earth by Elizabeth B. Bates

We love her, except when we forget her. She is cold, she is hot. She is fruitful, she is desert.

SPRING TREAT by Betty Bavor

March 22 dawned with snow & rain showers. 36 hail and hardy People Plus members gathered at the Brunswick train station.

First Lady by Bonnie Wheeler

God got a good one today, Barbara Bush went home to stay! Her legacy is love and strength.

Contented Is The Night by Marcia Good Townsend

Love enters the room On gray feet She circles behind Then tiptoes closer

Signed: With love by P.K Allen

Dear Mom, Is how the letter would start that I wasn't able to write. Thanks so much for being there to help me through the night.

My Square Grand Piano by Charlotte Hart

Near the Little Ossipee River with old mills and running streams A museum of living history honored Victorian Era dreams.

BRUNSWICK AREA Respite Care



For 29 years the "Club" has been a social program offering "time off for caregivers and joyful hours for participants" in a warm, welcoming community environment.

Call 729-8571 for more information or to schedule a visit. Brunswick Area Respite Care is a 501(c)3 Non Profit organization

May at People Plus...



Teddy's to Go! Brianna stopped at the People Plus Center last month to collect the first barrel of bears intended for the Teddy Bear Club Den at Mid Coast Hospital. The toys are delivered to children experiencing emergency services at the hospital.

Lunch & Connections

Roast Pork, roasted potatoes and veggies make May lunch

Our Thursday, May 17th luncheon will feature pork tenderloin, roasted-red potatoes, Frank's apple sauce and a squash casserole you won't soon forget! "Spring is finally sprung," noted chef Frank Connors, "it's okay to start packing on the carbs again!"

Of course there will be a fresh and green, lightly-dressed garden salad for everyone, with coffee, hot herb teas, fruit juices, and milk available with each meal, and chilled water is always waiting on every table. Our bread this month is fresh baked from the Union Street Bakery, our dessert will be home-baked cookies served with ice cream.

Our Lunch & Connections luncheons are underwritten each month by our friends at Spectrum Generations and are designed to focus on nutrition, information, fun and variety. A CHANS home healthcare professional is available each month to offer and record free blood pressure checks, and

Mary Marino of Mary's Affordable Hearing Aids is waiting in a quiet corner of the Teen Center to offer free hearing examinations.

Remember, you do need to preregister after the first of each month to be included, as seating is limited to the first 68 folks who sign up. Please plan to arrive after 11:15 am to claim your favorite seat. Plan to register to win one of our free door prizes and purchase a string of our 50/50 raffle tickets. (Last month's winner took home \$34!)

Cost of our meal is still only \$6.00 for members and \$8.50 for non-members, payable when you arrive at our door. Yes, you can pre-order a take out meal and pick it up after 11:30 am. Drive to the Center with a friend if you can, as construction on Union Street continues to be a challenge.

Our buffet-styled meal is served beginning at 12 noon.

FYI! "What a Difference Women Make!"



Thu, May 10, 1:30 pm. When local writer David Treadwell entered Bowdoin College in 1960, the student body consisted of 800 men. Almost all students came from New England, and there were only a few students of color. Today the college enrolls 1,800 students from around the world, and about half of them are women. David worked in the Admissions Office when Bowdoin first admitted women in 1971, and he remains well connected to the college today. He will talk about the vast differences that have occurred since women were first admitted. Free, open to public. Call to register.

Knights of Columbus Lodge sets second Roland Levesque Memorial Tournament

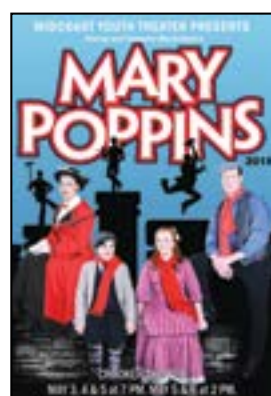
The Brunswick Lodge Knights of Columbus, will host the second annual Roland Levesque Memorial Cribbage tournament on June 2 at the People Plus Center, Union Street in Brunswick. The double-formatted tournament will start at 1 p.m., with points awarded for each win, and partners will change after each completed game. K of C members and their wives are eligible to participate, along with any member of the People Plus Center. Entry fee is \$5.00, plus an additional \$1.00 for the highest hand throughout the tournament. Roland Levesque was a leader in cribbage at the Knight's Lodge for many years, and

passed away on Feb. 15, 2017. Prizes will be awarded for the following, with amounts dependent on the size of the prize fund: First place award =50% of the prize fund; second place award =30% of the prize fund; and third place award = 20% of the prize fund. Total amount of the prize fund will be considered High Hand. In the event of a tie, prize money is split evenly.

You may sign up for the tournament at the People Plus Center on Monday through Friday from noon till 2 p.m., or by calling Lou Levesque at 841-9082.

Mary Poppins tickets available!

Join us on a "Jolly Holiday" as Midcoast Youth Theater (MYT) presents Mary Poppins May 3-6 at Brunswick High's Crooker Theater!! The show will be fabulous with all your favorite songs, beautiful costumes and lots of fun for the whole family! The production includes our own Jill Ellis and family! Shows times are 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. People Plus is lucky to have tickets for sale for the opening night performance on Thursday, May 3 at 7 pm for just \$10. Cash or checks to Midcoast Youth Theater. Please see Jill at the Center!



Spectrum Generations

Medicare 101 Session

Tue, May 8, 12:30 pm. 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.

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!

Swing Dance Brunswick at People Plus

Sunday, May 13, 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. FMI swingdancebrunswick.org.

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.

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



Dr. Tim Coffin

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People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm		8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga	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 1:45pm Rollerlates 5:30pm Knights of Columbus	8:30 Table Tennis 8:30 Women's Breakfast 9:30 Beg/Intermediate Bridge 10:00 Apple Club 11:00 Yoga 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 11:00 World Affairs 11:15 Qigong 1:00pm Advanced Bridge 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 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 Session 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 9:30 Frank's Field Trip: Cemetery/Crematory Tour 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 1:45pm Rollerlates	8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:30pm FYI! What a Difference the Women Make 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 1:00pm Advanced Bridge 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 6:00pm Beg. Line Dancing 6:30pm Civil War Book Club 7:15pm Adv. Line Dancing	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 3:00pm Books a la Carte	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 1:45pm Rollerlates	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch & Connections	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 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	2:30pm Folk Dance Event
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 12:00pm Bridge 12:00pm Lunch/Learn: Downsizing 101	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Français	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 1:45pm Rollerlates 6:30pm Bruns. Coin/Stamp	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 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 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	
9:00 Grace Reformed Baptist Church	Memorial Day! Center Closed		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 1:45pm Rollerlates	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 VTN Driver Coffee 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing		

News & Views with **People** *Plus!*
People Plus videos can be viewed online at <http://vimeo.com/harpowelltv>

Don't forget Mother's Day on Sunday, May 13th!

People Plus Volunteer Transportation Network
Driver Appreciation Coffee is Thursday, May 31, at 10 am.

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Music in April

Thank You!

to our sponsors, contributors, volunteers, and participants for making this year's *Music In April* fundraising gala the best ever, raising over \$55,000.00!

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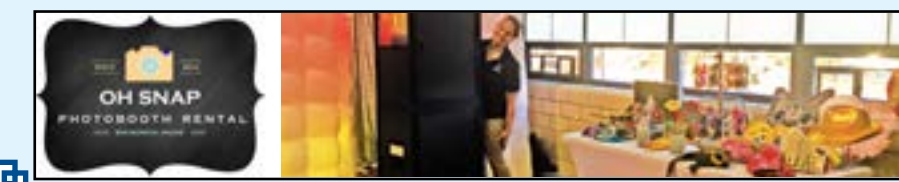
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ENTERTAINERS

Porch Time Quartet • Touching Base Oh Snap Photobooth

LOCATION SPONSOR

Special thanks to the **Town of Brunswick** and the wonderful Parks and Recreation crew. *We couldn't have done it without you!*



Left: Teens from the Brunswick Area Teen Center head over to the Scoop-A-Thon.

Below: Representing Music in April (and Frank's Field Trips) Sponsor Ameriprise Financial Services, Scott Lemieux and family pause for a picture at this year's gala event.



Pine Grove is Precious!

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

by Frank Connors

Where might you find botanist Kate Furbish, General Joshua there without coming away wondering about notes I felt compelled to take, about wanting to look someone up. The cemetery began in 1821, an adjunct to Bowdoin College and soon developed as The Cemetery of the Town of Brunswick.

Pine Grove Cemetery in Brunswick is just an amazing place to walk. It's collection of grave stones is imposing,

its collection of trees and other plantings notable. I've never walked there without coming away wondering about notes I felt compelled to take, about wanting to look someone up. The cemetery began in 1821, an adjunct to Bowdoin College and soon developed as The Cemetery of the Town of Brunswick.

Now that spring is here, an evening walk is quieting, informative, and relaxing. Invite a neighbor or friend to join you, I can guarantee you'll be back.



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Photo: Joe Palma

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



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



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BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

Thank You Sponsors!



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MAKING SENSE OF INVESTING



Special Thanks to Portland Pie for the companion pizza event!



Brunswick Area Teen Center

Toothbrushes, gelato, vacation and help on the way!

TEEN OF THE MONTH

Viv Franklin

Viv Franklin is in 6th grade at BJH and began coming to the Teen Center program in January. Her favorite things about the TC are "They are all nice people here and we can be ourselves and not be judged about how we are." In the few short months that she has been attending the program, Viv (as her friends call her) quickly became a welcome addition to the program!



She is a part of the group of girls who like dancing, laughing, watching videos and "being with friends". Congratulations Viv, movie tickets on us!

May is almost here! Although it does not feel like it is almost here as I am writing this looking out a window where snow, sleet and rain is pouring down! If April showers are supposed to bring May flowers, we should be having gardens galore in May!

April brought our first slight decrease in attendance since September, now that sports have begun after school! April also brought 4 new members as well so our numbers were down a bit but certainly not low!

April was, as it is annually, our busiest month of the year otherwise with both Music In April and The Gelato Fiasco Scoop-a-Thon!

This year at Music In April, \$12,000 was raised for the Teen program, which means we can begin our search for a part-time Coordinator Assistant!

For the Gelato Fiasco Scoop-a-Thon, we have a record number of sponsorships this year which when added to the funds raised at the event itself, could bring in a record-breaking amount! (By the time the newsletter is published, we may know what that amount is!)

We received a donation of 150 dental packets from Dr. Oshetsky and his staff, each containing a toothbrush, toothpaste

and dental floss.

We have created an area by the TC entrance/exit door where we put items (food/hygiene) for our youth members to take home if needed, without all eyes upon them, and each day we see a few more items gone. When we put out the dental packs, they "flew" out the door as fast as we could refill the basket! We will continue to fill the basket until they are gone!

In the past, June meant welcoming Upward Bound Bridge Program volunteers for 6 weeks during the summer and I am sad to say that due to funding the program was re-vamped and the Bridge program was discontinued! We loved having the interns from the program here!

June will bring the end of the school year, latest possible day this year due to so many snow days, (can't remember the actual date) but the students will still get some summer off, hee hee.

We have started advertising for an Assistant Coordinator and hopefully we will have one by summertime!!! This is possible due to the funds raised at MIA and the generous support we have had throughout the year from individuals and grants!

Oh, and, I am going on vacation in May!!!! (I would put fireworks ere if I could!) It is

Teen Center News

Jordan Cardone



always a hard thing for me to do but the kids need me on top of my game, which requires occasional rejuvenation and r&r for me, and I am overdue! The kids often want to come with me...that would be an interesting trip, me and 20-ish kids.....I think the r&r and rejuvenation would be negated somehow ☹

In ending...looking forward to Gelato event (and results), flowers in May, my vacation and the possibility of an assistant!!!! I will let you know how that all goes!

Jordan and gang!

Chorus concert to celebrate cinema

The Greater Freeport Community Chorus will perform "As Time Goes By: Songs from the Movies" in concerts May 5 and 6 in Brunswick and Cumberland. The 65-voice group, made up of residents of about 15 Midcoast communities, will perform at 7 p.m. Saturday, May 5, at the Unitarian Universalist Church, 1 Middle St., Brunswick, and 2:30 p.m. Sunday, May 6, at the Congregational Church in Cumberland, 282 Main St.

Concert admission is \$10 for adults, with free admission to anyone younger than 18. Tickets may be purchased at the door. Visit the chorus on Facebook or at www.gfccsings.org.

Weekly Winners

Senior Intermediate Cribbage

- Mar. 28: Lois Fournier, 726, Perfect Game!
Anita Owens, 687
Julie Swol, 685
- April 4: Julie Swol, 723
Craig Aderman, 713
Lois Fournier, 712
- April 11: George Tetu, 720
Lorraine LaRoche, 716
Harry Higgins, 715
- April 18: Robert Frost, 719
Mike Linkovich, 707
Lorraine LaRoche & Anita Owens (tie) 703

Senior Bridge

- Mar.19: Terry Law, 3,610
Lorraine LaRoche, 3,300
Bob Cressey, 3,260
- Mar. 23: Paul Betit, 5,020
Bill Coop, 4,390
- Mar. 26: Paul Betit, 4,070
Alan Reder, 3,760
Lorraine LaRoche, 3,640
John Rich, 3,580
- April 2: Richard Totten, 3,800
David Bracy, 3,100
Bill Coop, 3,030
- April 9: Richard Totten, 3,530
Paul Betit, 3,450
Craig Aderman, 3,250
Lorraine LaRoche, 3,240
- April 13: Betsy Mace, 3,510
Donna Dillmore, 2,990



Photo: Neil Genel



Eventful Moments! Board member Stephen Loeb (left photo) directs attention to a raffle winner during our Music in April event last month, while Batman (and friends) showed up to help Jordan Cardone during our Teen Center Scoop-a-Thon



Plant-Based Eating Presentation & Cooking Demonstration

Thursday, May 17, 2018 | 12:00 PM



Join us for an informative, fun and tasty event at Avita of Brunswick!


Learn about the benefits of plant based eating from Dee Madore, M.S., R.D., L.D. and taste some of the food yourself during our cooking demonstration!

RSVP: 207.729.6222 or email: bethany@avitaofbrunswick.com

More about Dee: Dee Madore has worked with Avita of Brunswick since December 2017 as a registered dietitian providing menu guidance as well as nutrition and wellness education. Dee has 19 years of clinical experience and applies her dietetics expertise with a variety of clients from premature infants to geriatrics.

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207-729-0475 | www.spectrumgenerations.org

May 2018

All Spectrum Generations' locations will be closed on Monday, May 28, in observance of Memorial Day.



Golf Fore a Cause - Registration now open!

With warmer weather comes one of Spectrum Generations' biggest fundraisers and a wonderful event that needs your support! Our 16th Annual Golf Fore a Cause tournament will take place on Thursday, June 7, at the Brunswick Golf Club.

Last year's event raised over \$20,000 for our programs and services like Meals on Wheels and center activities. We are still accepting sponsorships, and teams and individuals to play. We look forward to seeing you for a great day on the course!



The cost is \$100/individual, \$400/team and includes 18 holes with cart, player gift bags, lunch at our awards BBQ, contests for longest drive, accuracy drive, putting, and a few surprises!

There are also various sponsorship levels available which offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

Please contact Sarah Brown at sbrown@spectrumgenerations.org or 620-1677 for more information.

May is Older Americans Month



Each May the Administration for Community Living (ACL) celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year's theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life.

Whether it be socialization, life-long learning, wellness classes, and volunteerism, the possibilities are endless at Spectrum Generations!

Money Minders Volunteers Needed

We are looking for friendly people who enjoy helping others in their community.

Imagine coming to a point in your life when your eyesight makes it difficult to read bills, and balance a checkbook, or your hands have developed a tremor making it impossible to fill out a check.

If you are interested in more information, please contact Amy Morissette at amorissette@spectrumgenerations.org or 207-620-1664.



The Federal Trade Commission reports that the virtual child kidnapping scam has resurfaced. This scam begins with a call from someone claiming to have kidnapped a child in your family, and then demands money by wire transfer or prepaid card.

scammers are good at pressuring you before you have time to think. A good way to avoid being scammed is to contact your child or grandchild directly, and then report this fraud at ftc.gov/complaint.

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.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Not just for dead people anymore

I'm happy to suggest that too many cemeteries get a bad rap from too many people. I mean, most folks look at cemeteries simply as uninteresting places, used only to store dead people!

I've told you in the past of visiting graveyards as a kid with my grandparents, and I've mentioned I'm Cemetery Sexton for Bowdoinham, I'm a cemetery supervisor, a grave digger, grounds keeper, and at least an amateur genealogist. Sure, you can accuse me of being prejudiced FOR cemeteries, but this is not about me, this is about convincing you that cemeteries are great places to visit, great natural areas, great sources of local history....

Take my BayView Cemetery, PLEASE! For years, BayView has been a prime nesting area for Killdeers. You might ask, "What's a Killdeer?" Picture a Bluejay-sized bird with an attitude AND an aptitude for theatrics!

And we have Bald Eagles! BayView overlooks Merrymeeting Bay, and is on a direct route of flight from at least one Eagle's nest on the Cathance River. There are a pair of giant Spruce trees in our yard, the Eagles like to perch there and watch during active funeral services. You want to bring drama to a funeral, just ask your friendly gravedigger to point skyward, so all the bereaved folks at graveside get a good look at a circling Eagle!

Even the most tough will crumble! So, my little Town of Bowdoinham has identified 60 cemeteries within its borders, if you count each and every corner of each and every old farm that has a bone-white marble stone or two trying to stand proudly against invading trees, animals. Of course we have a committee that is trying to measure, read, photograph and catalogue every marker. Each year, before the black flies and mosquitoes consume our enthusiasm, we rake bushels of leaves and lift cords of broken limbs from yet another forgotten yard.

Me? I'm the one in search of veterans! Every spring, I go off into these tick-infested fields, looking to place American flags on the sites I know, and always looking for new stones, new hints to identify more vets. Ten years ago, we were decorating maybe 175-200 graves in town, last year we did just under 350! I wonder if that's even half of them? Last season we confirmed this Civil War veteran named Valentine Coombs. I'd passed this man's grave 16 times in the past dozen years, never giving it a second look, always thinking it was the grave

of a woman! Valentine! Can you imagine being in an Infantry company...129 men all carrying weapons.... and admitting your name is Valentine? Bet he did his share of picket duty! This year, he gets a flag! My kids learned to ride bikes in a cemetery, learned to drive cars at BayView. Ever parallel park a car between a pair of Maple trees? We routinely picnic in random cemeteries, gather wild flowers, or just wander aimlessly, reading names, imagining or recreating family histories. A year does not go by that some family "from away" calls me, looking for an ancestor they never knew existed.

I'm just saying that spring is here, the snows are gone and everything is blooming off green again. Next time you see an interesting cemetery, don't drive past, walk in, look around, get acquainted. You won't be disappointed. You'll find it a great way to spend an afternoon.

Speaking Frankly

Frank Connors



New or renewing members for April

* indicates new membership
* indicates donation made with membership

Brunswick

- Maureen Bannon
William Bannon
Jane Biscoe
Mark Biscoe
Ann T. Bonang
Claude Bonang
Lorraine Caron
Joan Creswell
Corinne Dumont
Philip Dumont
F.B. Eldred
Shirley Eugley
Tom Hallenbeck
Monica Hamkins
Maria Havingg
John B. Jones
Paul Krakauske
John T. Kennedy
Sue Kennedy
Andre Labrie
Joan Labrie

- Nancy Laitala
Laraine Lach
Barbara Lemieux
Judith A. Lemons
Karen Madsen
Ruth Poynton
Jane Primmer
Stanley Primmer
George Quittmeyer
JoAnne Quittmeyer
John Rich
Mary Ellen Rosenberg
Megan Rosenberg
Ann E. Ruthsdottir
Elizabeth Scully
George Sergeant
Susan Sergeant
Winona Smith
Maybelle Sturgeon
Mary Alice Treworgy

Topsham

- Theodore Bernard
Pauline Harris
Walter Harris
Patricia Johnson

- Joyce A. Munier
Mary O'Connell
Carmella Pellerin
Laurie Stevens
Merrilyn Tombrink

Harpwell

- Sally Clifford
Elna Hunter
Barbara Osen
Kimball M. Page
Linda Strickland
John R. Webster
Virginia Wright
Sherod Yanley

Other places

- Henry Atkins, Bath
Linda Christie, Bowdoinham
Sarah Jacobs, * Freeport
Jeffrey Lauder, Bowdoinham
Cecile Pelletier, * Bowdoinham

save the date

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MacNeille Photographs continuing through May

The dramatic color photography of Stephanie MacNeille will remain in the Union Street Gallery of the People Plus Center through the month of May. "Folks are identifying with these pictures," gallery organizer Frank Connors said, "they stop, they look, they point and they say, I've been right there!" He added, "It's been a very fun and interactive show!"

"I sort of stumbled into this business," MacNeille said of her photography, "I started for the fun of it, a way to remember and show off some of the places I visit." She said folks would look at her pictures and they started complimenting her, telling her she had, "an eye of a photographer."

Many of her photographs focus on the Harpswell Islands area, a place she's loved for years. She acknowledged she is "from away," but was quick to point to obvious roots and connections. "My grandfather Perry MacNeille came to Bailey Island in 1909, he designed and built a cottage, then he had something to do with the designing and building of the Island's Library Hall. She describes herself as "from" Oakridge, Tenn.; Rochester, New York; Thompson, Conn.;...and various other places, and adds, "in 1999 I retired back to Bailey Island and never wanted to be anywhere else. I'm HOME, I'm here to STAY!"

Last summer MacNeille decided to become "a little more serious" about her photography, buying a better digital camera and adding her own printing equipment. She offered some prints for sale in a local gift shop, and "I actually sold a bunch," she said, her voice raising in surprise, "it's just nice to be appreciated!"

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



Do your dues!
Still only \$40 - Brunswick res.
\$50 - all other towns

Climate Lobby Presents...

The Bath-Brunswick Chapter of the Citizens' Climate Lobby is presenting the National Geographic documentary, "Years of Living Dangerously; Safe Passage," twice in the month of May in the Brunswick area. See it first at Thornton Oaks May 2, from 2 -3:45 p.m., and again at the Topsham Public Library on May 24, beginning at 6:30 p.m.

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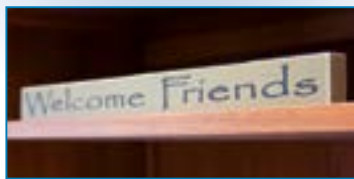


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