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

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





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

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.

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.

We're still OPEN!!

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

& 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 falls?) of downsizing during a Lunch 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.

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@peopleplusmaine.org Questions, comments and written contri-

butions should be sent by the 15th of the The Editor, People Plus News

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Take a breath, take a bow

the hand you're dealt, and while I think that chance certainly plays a big role in tion are what tips the odds in someone's

And I certainly feel lucky that the staff and volunteers at People Plus are such dedicated hard workers who all pull together every year to create fantastic fundraising events that have set records this year for our seniors and teens!

It all started with a brand new menu for our Music in April gala. Transforming the Brunswick Recreation Center at Brunswick Landing was no easy feat but Robyn Allen of Maine Event Design & Décor rose to the challenge and created a beautiful landscape of deep rich blues and crisp, bright yellows for our fundraising dinner and auctions.

With over 50 volunteers pitching in on auction item collection, setup, food pickup, auction set up, basket decorating, table service, food service, check in and check out, and musicians, we had a record number of attendees at 215 people AND...

We set an income record! Coming in at just a smidge over \$55,000!

It's such an amazing feat considering the first year Music in April was held, in 2001, they had an income of about \$1,500. And I think it was going to fall by the wayside if it hadn't been for the valiant efforts of Jeanne Mayo and Gloria Smith.

We were so sad to lose Gloria Smith this year, so it's a very lovely and fitting tribute to Gloria that her beloved Music

They say life is a numbers game. Or that in April is still going strong and brings it's a roll of the dice, or that it's all in in such a large amount for her beloved senior center.

We look forward to next year's event things, I say that hard work and dedica- already and thank each and everyone of vou who participated to help make it the best Music in April ever!

And we had over 1,000 people come out in the rain to buy, eat, and imbibe in gelato at the annual Brunswick Area Teen Center Gelato Fiasco Scoop-A-Thon fundraiser! With a new partnership this year at Portland Pie, the slices were also "bringing home the bread" for the teens as Portland Pie gave back ten percent of their sales for that day as well.

With scoops and pints and cups and treats being served every second at Gelato Fiasco over the course of 12 hours on Maine Street in Brunswick, we broke records with sponsorship income and the combination of pizza and gelato. It went so well that we're hopeful do it again next year just in case you missed it this year! None of these events would be possible

without the staff and volunteers at People

Plus and in our community. There is so much amazing community generosity and involvement in this Midcoast area that we are able to pull together just one of many fundraisers that happen through the course of the year here. Nonprofits all over town continue to manage to raise the dollars they need to help others.

Thousands and thousands of dollars are raised every year in the Midcoast for nonprofits due to the generosity of thousands and thousands of people. And we are so grateful to be included in that group

From the **Executive Director**



May 2018

May 2018

Memorial Day Parade

by Nonie Moody

There is going to be a parade today

We select a viewing area with care.

You can feel the excitement in the air.

Rushing to secure a good parking spot

Brunswick-Topsham's Memorial Day parade

Where we are honoring the fallen soldiers

When they were called to duty as a warrior.

Bagpipes play as flag is slowly lowered down

Amazing Grace, how sweet the sound that....

Who have given the ultimate sacrifice

Ceremony starts at Monument Place

The flag at half staff is securely bound.

A local clergy brings a stirring prayer

God bless the fallen soldiers' families

And asking God's blessing on our nation.

As pain and suffering God sees all these.

A gun salute, and the trumpet played clearly

Watching closely for the parade to commence

First the antique cars, and they were beauties.

Those cool unicycles, how many were there?

Soldiers march and my hand covers my heart

Grateful hearts felt on this Memorial Day

Buses, trucks, cars, hikers and walkers moving

Floats and boats, and scouts using their footwear.

While others were standing they clap their hands.

Honoring those who gave all for their homeland.

Pining by Virginia Sabin

Grief is a pine tree

Evergreen in memory

Top heavy

Held erect by a tenuous tap root

Plumbing depth in unforgiving ledge

Weeping sticky tears in spring

On the shiny bravado of a new car

Country Gal by W.A. Mogk

when she rode up and said, "come home with me!"

Parked under a brooding bough.

That country gal was much to much, for me!

With spurs and guns and all rawhide

"You can work out on my ranch!"

I thought that I would take a chance,

I mended fences to make them right,

Then one day she took my hand

I tried to escape up on a horse,

Later on, when I came to,

along with a broken nose,

is plain for everyone to see!"

but I can't really ride, of course,

and tried to stick me with her brand.

It was red hot, with a big double "E."

so I fell off and landed in the street.

the Doctor said, "What's wrong with you

"You've fractured quite a number of toes,

and etched on your butt is a big double "E!"

Pretty soon, I was feeling weak in the knees!

I went to Oklahoma

and wound up in a coma.

it really blew my mind

I mean, how hard can it be?

then tended to her all night!

Then everyone moves swiftly to the street

With renewed excitement that is upbeat.

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. Try a class or read a book with the book club, do some yoga or have a meal. It's all about serving our senior and teen communities and we are honored to be doing it after 42 years.

So we hope to see you down at People Plus, the Center That Builds Community!

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., at the facility of 3 Farr Lane, Harpswell. This new short-term rescue. holding facility, the first of its kind on the East Coast, has an immediate need for bottled Bleach, Dawn dish washing liquid, All sizes of Latex Gloves and any sized bath towels. Donations may be given at the open house, or will be picked up if you call the rescue hotline at 800-532-9551.

From I Anita's **Plate**

Anita Huev

(207) 504-6439

info@nutritionforeveryday.com

One year I received a phone call the day after a Christmas party. My friend asked if I had eaten any of the chocolate mousse and I told her that I had a small taste. Evidently, it had been made with whipped egg whites that were never cooked. One of the guests ate a large portion of it and became very ill. Unfortunately he was one of the 48 million people in the US that get some kind of food borne illness each year. I have always been super vigilant about food safety and would like to share some of the best practices for food

- Always wash hands with warm water and soap for 20 seconds before and after handling food.
- Don't cross-contaminate. Keep raw meat and their juices away from other
- After cutting raw meat, wash the cutting and knife with hot, soapy water.
- Thaw frozen food in the refrigerator. • Cook raw meat to an internal tempera-
- ture of 145 degrees and ground meat to

12 Federal St. Brunswick, Maine 04011

www.stetsonsfuneralhome.com

207.725.4341

apurinton@gwi.net

Anthony B. Purinton • Funeral Director

Directions: 1. Place the kale, greens, carrots, berries, and chia

together well

Spring Kale Salad

seeds in a large salad bowl.

2. Mix the yogurt, orange juice and vinegar

3. Pour the dressing over the salad and toss

together in a medium-sized mixing bowl and mix

- 2 C. sliced fresh kale
- (chopped, rinsed, dried)
- 2 C. mixed greens (chopped,
- rinsed, dried) C. sliced carrots

Ingredients:

- C. blueberries
- 1 Tb. chia seeds
- 1/2 c. vanilla Greek yogurt
- 1/3 c. orange juice
- 2 Tb. red wine vinegar
- Hot food should be held at 140 degrees or warmer and cold food at 40 degrees
- Discard any food left out at room temperature for more than 2 hours.
- Reheat leftovers to 165 degrees.
- Meat defrosted in the refrigerator may be refrozen before or after cooking.
- Cook egg yolks until that are firm. • Use cooked leftovers within 4 days.
- Safe steps in food handling, cooking and

storage are essential to prevent food borne illness. Use these practices to keep yourself or someone you know from getting sick. When in doubt, throw it out!

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Books A La Carte

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

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. When cleaning out the house of her deceased father, she discovers her sister is alive and living under an assumed name. The woman begins a search for the sister, uncovering many



Into Thin Air by Jon Krakauer. An exciting personal account of the 1996 Mt, Everest disaster, by the author of Into the Wild. Tells the story of the commercialization of Everest and the calamitous

> comic illustrations. Here are some books for those interested in learning about Tai-Chi:

SILENT

SISTER

DIANE

HAMBERLAIN

Embrace Tiger, Return to Mountain Tai Ji, Beginner's Tai Ji Book

by Chungliang Al Huang

The Tao of Tai-Chi Chuan, Way of Rejuvenation by Jou, Tsung Hwa.

Please send comments to news@peopleplusmaine.org

idance

First Lady

Page 3

God got a good one today, Barbara Bush went home to stay! Her legacy is love and strength, As a First Lady, she couldn't be beat! She didn't care if her shoes matched, Made fun of her silver hair and wrinkled face. She laughed often – at herself!

Barbara read children's books at hospitals, She rocked sick babies to comfort them. She did what the Lord led her to do, and encouraged the world that they could to For 73-years she held her husband's hand, Barbara Bush was a woman like no other. Today, the world is darker without her light!

Contented Is The Night by Marcia Good Townsend

Love enters the room On gray feet She circles behind Then tiptoes closer Settling in Behind my head.

She listens She waits

One delicate paw extends Slowly brushing my cheek She stops when she Reaches my shoulder. I feel her radiating vibrations

I smell her breath I hear tiny chirps Then purrrrrrrsssss... She showers me

Mother's Day Memories by Nonie Moody

There is a somber thought in my mind As I walked the card aisle of Walmart. Mother's day is quickly approaching Desiring to choose and put in my cart.

Remembering many days gone by Of never forgetting dear Mother With special lovingly worded cards. What pleasant times we had together.

But the cycle of life continues And it is now my daughter's turn to stroll The aisle for one card that fits her thoughts And delivers to me her kind soul.

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. She is fire, she is storm. We are afraid, but we soon forget. She is our mother. We need to take care of her.

PLEASE! No more poisons on our lawns. No more sewage in our seas.

No more smoke from big factories. No more gunshots bringing death. This we need for our Mother Earth.

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. If it hadn't been for you, I don't know here I'd be.

So thanks again for being there, to take such care of me. With love, Is how I'd end it, and I'd sign it with a date. But I should have written it sooner, Now she's gone, and it's too late.

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. A mill on a pond, a round bandstand, an antique carousel, The doctor's office, the school house, the blacksmiths' remembered well.

Early 1800's homesteads, a welcoming country store, A Mid Coast, Maine rare Concord Coach, carriages, tractors, sleighs and more.

One warm summer day we wandered—yearly stroll through Willowbrook. Durgin Homestead dining room—set for tea. Then we climbed steep stairs to have a look On the second floor was a ball room, space for a waltzing crowd. In a corner display stood a great square grand. "My piano!" I cried out loud.

"Yes it is," my brother Bill told me. "I thought I told you back when Our Stevens Corner house was—second time—sold. Your piano was moved here then.

Today Willowbrook has been closed. A museum fifty years. What a shame. A few collections remain there still. Many are now displayed throughout Maine.

SPRING TREAT by Betty Bavor

train and ride in style to The Portland Flower Show. Everyone looked forward to a taste of spring. Arriving at the Portland Transportation Center, the anticipated five minute walk to Thompson Point, instead, became a two minute ride aboard a VIP bus, courtesy of The Maine Flower Show

We were warmly welcomed to the second annual Maine Flower Show, given a detailed program which had a cover picture of a gardener holding the 2018 Show Theme sign in his right hand, "ROOTED IN MAINE" and a flat of flowers in his left hand. A tab was given to us for a vote of our favorite creative colorful garden design. There were 13 artistic displays the show. I purchased THE ULTIMATE GARDEN BROOM - works like a broom acts like a rake. The last broom you will ever need sourced from naturally fallen coconut palm branches. Every time I use it, I possible. will think of this trip.

Talented and knowledgeable people promoted emphasizes planting for better health, economic value, addicted to gardening!

March 22 dawned with snow & rain showers. 36 and environmental benefit. Plans include partnering hail and hardy People Plus members gathered at the with Maine schools motivating kids to get involved in Brunswick train station to board the Downeaster horticulture and all aspects of the green industry from gardening to research.

Maine Landscape and Nursery Association (MELNA), a non-profit, professional trade association is committed to promoting, representing its members and educating the people of Maine. Tom Esterbrook. owner/vice president of Esterbrook's Maine Garden Center and Nursery in Yarmouth points out gardening is good for your health and also the value of your home. "It is like a good addiction – you have a little success, you're pleased with the result, so you get further into it. You enjoy the therapeutic benefits of

the exercise and your overall well-being improves." Having visited all areas, BRICK SOUTH for consideration and each beautiful and unique. We BUILDING, THE CONNECTOR AND THE TENT. were off to a spring fling, 130+ exhibitors, 16 seminars an ice cream cone seemed a perfect treat before our and many vendors selling their products rounded out train trip back to Brunswick. We all thank Frank Connors, People Plus, Scott Lemieux of Ameriprise Financial Services and the Rousseau family at Coastal Landing Retirement Community for making this trip

Spring flowers are blooming in spite of snow and cool weather. Get ready to plant those seeds you were PLANT SOMETHING! Maine. This campaign given at The Maine Flower Show. Have fun and get

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.

Full or half day sessions - filled with a variety of engaging, stimulating activities. Come visit our convenient location in Brunswick.

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.

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

Senior Companion and

- 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

Roast Pork, roasted potatoes and veggies make May lunch

Our Thursday, May 17th luncheon will Mary Marino of Mary's Affordable Hearing 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

feature pork tenderloin, roasted-red potatoes, 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

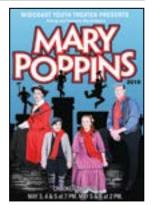
The Brunswick Lodge Knights of passed away on Feb. 15, 2017. Columbus, will host the second annual Roland ment will start at 1 p.m., with points awarded for each win, and partners will change after each completed game. K of C members and their wives are eligible to participate, along with any member 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 Levesque at 841-9082. at the Knight's Lodge for many years, and

Prizes will be awarded for the following Levesque Memorial Cribbage tournament on with amounts dependent on the size of the June 2 at the People Plus Center, Union Street prize fund: First place award =50% of the in Brunswick. The double-formated tournaprize 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

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

spectrum 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

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 being dance shoes to change into when you arrive to protect the floor. Suggested \$5 donation. FMI swingdancebrunswick.org.

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



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

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



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— DAVE C.







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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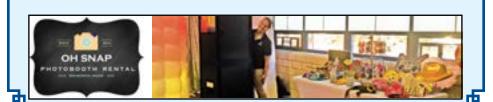
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ENTERTAINERS

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Where might you find botanist Kate Furbish, General Joshua Chamberlain, a couple Maine governors, six or ten former Bowdoin College Presidents, a boatload of local sea captains, a row of First Parish Church pastors, and generations of Brunswick folks most plain, some fancy???

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

it's 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.

Brunswick area, let Frank know about it

at 729-0757 frank@peopleplusmaine.org

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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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!



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Demonstration

of Brunswick —

الح الح

Eating Presentation

May is almost here! Although it does not and dental floss. 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

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

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,

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!!!! each containing a toothbrush, toothpaste (I would put fireworks ere if I could)! It is

Teen | Center News

Jordan Cardone



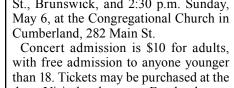
always a hard thing for me to do but the kids need me on top of my game, which requires occasional rejuvenation and r&r for me, and am overdue! The kids often want to come with me...that would be an interesting trip, me and 20-ish kids......I think the r&r and rejuvenation would be negated somehow ©

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 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, Cumberland, 282 Main St.

door. Visit the chorus on Facebook or at www.gfccsings.org.





Senior Intermediate Cribbage

Mar. 28: Lois Fournier, 726, Perfect Game! Anita Owens, 687

April 4: Julie Swol, 723

April 11: George Tetu, 720 Lorraine LaRoche, 716 Harry Higgins, 715

April 18: Robert Frost, 719 Mike Linkovich, 707 Lorraine LaRoche &

Mar. 26: Paul Betit, 4,070 Alan Reder, 3.760 Lorraine LaRoche, 3,640

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

Donna Dillmore, 2,990

Julie Swol, 685

Craig Aderman, 713 Lois Fournier, 712

Anita Owens (tie) 703

Mar.19: Terry Law, 3,610 Lorraine LaRoche, 3,300 Bob Cressey, 3,260

Mar. 23: Paul Betit, 5,020 Bill Coop, 4,390

John Rich, 3,580

April 2: Richard Totten, 3,800

April 13: Betsy Mace, 3,510





Eventful Moments! Board member Stephen Loebs (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



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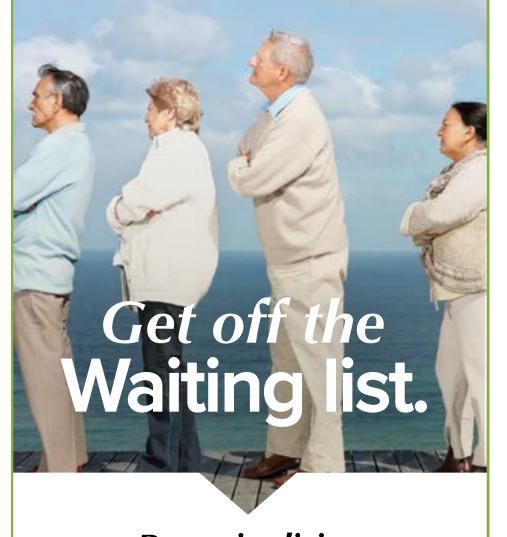


"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."

James Tierney, BHS Class of 1965

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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.

Thursday, May 17, 2018 | 12:00 PM

Join us for an informative, fun and tasty event

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!

ft



Page 10 People Plus News May 2018



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

May 2018

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

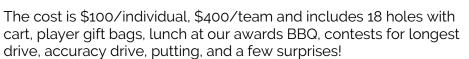


spectrum

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!





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. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being. We know older Americans are striving for wellness, focusing on independence, and advocating for themselves, their peers, and their communities, and what it means to age has changed.

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. Our Money Minders Volunteers have the rewarding role of helping those who have already found themselves in this position. We help them organize their bills, avoid late fees, and maintain their independence in their home.

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. These calls are fake and law enforcements organizations, like the FBI, are aware of them. If you get a call like this, resist the urge to send money, no matter how dramatic the story. These

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.

savethed



FRIDAY, JUNE 1

10 a.m. - 3 p.m.

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PROUD TO PARTNER WITH PEOPLE PLUS

May 2018 People Plus News

Not just for dead people anymore

teries get a bad rap from too many people. I mean, most folks look at cemeteries simply as uninteresting places, used only to store dead

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 geneologist. 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..... places to be treasured, not ignored.

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! (really, nothing to do with deer!) They are black,

brown, white and beautiful, they nest on the ground and typically hatch 3-5 young in early May. Approach their nest at your peril! I mean, these little mommas will fly right at your face to get your attention, then blow away from you, crash to the ground and act like they are injured, screaming a shrill cry all the while, as they drag one wing, maybe two, hoping to lead from their nest and egg cache, which is probably so well camouflaged you would have missed it in the first place.

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!

tified 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, 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

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Connors 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.

Frank

Speaking

Page 11

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.

So you don't have to!

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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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