



People Plus
P. O. Box 766
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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



We're Still OPEN!

Union street may be quite an unpaved, unpredictable mess, but we want you to know we're STILL open for business, every day! Crews from Crooker's, Brunswick Public Works and the Brunswick-Topsham Water District are making progress, but the weekly reports published in our lobby indicate there will be another month's work before we return to normal. Remember you can "almost always sneak into the Center using the rear, or Cumberland Street entrance, and most days, IF YOU ARE CAREFUL, you can creep out the same way, connecting to the municipal parking lot. We thank you for your patience!

Connors to retire.... "almost"

Frank Connors, that "fixture" at the People Plus Center for a decade and a half, has selected what he's calling his retirement date. "I've given it lots of thought," he said, "and June 22, that's THIS year, is the date I've selected. It's the end of the school year, near the end of the Center's Fiscal year, the beginning of summer, and a date that has a great deal of personal significance to me."



Executive Director Stacy Frizzle chooses to call the move, "going 'Pahht' time," though Connors has always been just a part time employee of the Center. She said she and Connors are working on

a schedule that will give him at least two weeks off every month, and "still try to preserve his work on the newspaper, Men's Breakfast, Luncheons and Field Trips. "He has to have time to paddle his canoe and stack and then re-stack his winter's wood! That just Frank! "

Frizzle added that Connors' wife Jane retired last January, "so we knew this was coming!" She suggested Connors might be hard to replace, and the changes will take some getting used to. "No worries folks," she added, "he isn't really going too far.... not yet!

Center's Legacy Fund gets boost

An anonymous \$10,000 donation of stock in early May will make a "huge difference" in the Center's Legacy Fund, according to Executive Director Stacy Frizzle. "We are so deeply appreciative of this donation," she added, "these unsolicited donations serve as a real validation of what we are trying to do here at the Center. Here we are at the end of our fiscal year, this gift could not have come at a better time." Frizzle said the money came from a Brunswick couple, "the lady is a regular user of the Center, we almost never see her husband!"

You too can become an honored member of of the Legacy Society for People Plus by giving now or when you communicate your intentions through planned giving.

By designating individuals and organizations as beneficiaries in your will, you can make a powerful statement about your values and priorities. By making a gift to People Plus you clearly communicate your intention to support its mission and will leave a lasting legacy for the next generation.

'Aging Well' Lunch and Learn: Stay Positive As You Age



Thu, June 28, 12 pm. Ingrid O. Plunkett, LCSW, psychiatric social worker with Mid Coast Senior Mental Health Services discusses how to keep your brain active, building resiliency as you age, and ways to care for your mental wellbeing. Bring your lunch and we provide, drinks, chips and dessert. Free, open to the public. Call to register.

FYI! Curtain's Up!

Thu, June 7, 1 pm. Join the "Brunswick to Broadway Bunch" from the Maine State Music Theatre's intern program as they serenade you with tight harmony numbers from the '30s, '40s, '50s and '60s. Come meet this year's interns! Free, open to public. Call to register.



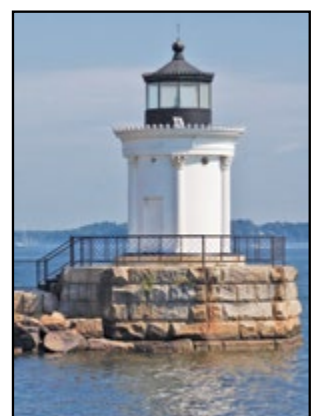
MSMT Ticket Deal is back

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.

Frank's Field Trips: Lighthouses & Liberty Ships!

Join Frank Connors on Wednesday, June 13 as he welcomes summer exploring South Portland's Liberty Ship Park, along with a pair of picturesque lighthouses. "The park has a mockup skeleton hull of a WWII vintage Liberty Ship," Connors explained, "and the little "Bug" light, and Spring Point lighthouse are right there." Connors said they would do lunch on their own at the SoPo Saltwater Grill, and at least a drive by, time permitting, of the iconic Portland Harbor lighthouse.

Our van leaves the Coastal Landing parking lot (142 Neptune Drive, on Brunswick Landing) at 9:30 a.m., do NOT be late! Note: There will not be a pick-up or parking



at the People Plus Center this month. Cost is only \$15, 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 from Scott Lemieux at Brunswick's Ameriprise financial services office.

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
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Check out past newspapers online at www.peopleplustmaine.org

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Playing "catch-up"

From the Executive Director

Stacy V. Frizzle



Phew!! May has been a month of playing catch-up! Catching up with all the stuff in my office that doesn't get done during the month of April while we are so busy fundraising, catching up on activities at the Center, catching up on planning for next year, catching up on new board members and retiring board members, catching up on developing the budget for next year, catching up on where we are with the annual fund and how it is progressing... I always feel so far behind in May! I could go on and on!

But I have to say I love it because this place is always hopping, always has fun stuff happening, is a vibrant and productive haven for seniors in our community to come spend their time and we're looking to add even more options.

We are investigating a memory enhancement/educational program (MEPS) for people in the very early stages of dementia and Alzheimer's as a program that we might host here at the Center. We will be having an informational session about that in July or August, so stay tuned for more of those details if you or a family member are beginning to experience memory loss.

We are also moving the Senior Health Expo to September since it is being relocated to the Brunswick Recreation Center on the former Navy base. With the Cooks Corner Mall being renovated, we are super excited about the Rec Center as the new venue for the Senior Health Expo and our invitation to vendors goes out on June 11!

So as we enter June, it is the last month of our fiscal year and we are in the homestretch

for our Annual Fund. If you haven't donated a little something to that campaign yet I invite you to still do so! Every little bit helps to support our programming and provide free rides to homebound elders in our community, serve great meals, organize fun and interesting activities, offer brain games, and so much more that we do every day here at People Plus! Thanks in advance for donating!

And did any of you see the picture of my giant birthday card? I was so honored to have everybody sign it at the monthly lunch. Turning 50 feels like quite the accomplishment in my life and I am looking forward to the next 50 years and spending it with all of you here at People Plus! This is a community center that I enjoy not only working at but I look forward someday to being just a normal member who comes here for activities!

Speaking of June, what does your month look like? Ours looks pretty busy here despite the construction happening around the neighborhood. And the kids get out of school on June 22 which means the Teen Center transitions to summer hours beginning the last week of June. Jordan plans to stay open the same days - Monday through Thursday 1:30 to 4:30. So this place will be hopping with teenagers who are out of school for the summer and looking for a place to hang out safely with their friends,

eat a meal, be inside the air conditioning and have access to gaming and the Internet in addition to all the fun games, field trips and activities that Jordan has lined up already!

Lastly, as I close this month's article to you all, I need to share some sad news. The last eight years of my life have been spent with a very faithful companion in my dog Gertrude. Most of you know her since she is at work with me every day, so I'm sad to tell you that she is suffering with a very large cancerous tumor. It is inoperable and she is struggling with food intake. We are in the final stages of pain management and her quality-of-life is still OK. But sadly her days with us are numbered. It will be hardest on my girls who have never known life without her by their side.

It is part of the cycle of life that we have all seen and will continue to see here at People Plus, the Center That Builds Community.



From Anita's Plate

Anita Huey
(207) 504-6439



info@nutritionforeveryday.com

Say good-bye to frosty cold nights and hello to long, warm summer days. June 21st will be the first day of summer and we all have our summer memories of cookouts filled with lots of food off the grill, summer salads and watermelon. So let's break out the grill but this summer why don't you try something a bit different!

Clients will often ask what they should bring to a party. Here is a list of some ideas that will put a new spin on the your next BBQ as a guest or host!

- Grilled eggplant
- Top grilled chicken with an avocado and tomato slice and grill for 4 more minutes
- Toast a tortilla on the grill and add your favorite fixings
- Take a piece of thin chicken with pesto on it, roll it up and secure it with a toothpick, then grill
- Grilled Brussels sprouts on a kabob
- Vegetables cooked in a grill pan
- Grilled avocado half
- Grilled fruit
- Chicken kabobs with Tzatziki sauce

Chicken Kabobs with Tzatziki Sauce

Kabob Ingredients:

- 1 Chicken breast, cut into pieces
- 1/2 c. onion, chunk size pieces
- 1/2 c. red pepper, chunk size pieces
- 1 Tb. olive oil
- 1 Tb. lemon juice
- 1 Tb. Greek yogurt
- 1/2 cup cucumber, peeled, seeded, and shredded
- 1/2 cup plain low-fat yogurt
- 1 Tb. lemon juice
- 1/4 t. dill
- 1 garlic clove, minced

Directions:

1. Put the chicken, onions and peppers on 2 skewers.
2. Combine the olive oil, lemon juice and yogurt.
3. Pour the marinade over the yogurt and marinade for 3 hours.
4. Grill the kabobs and throw away the marinade.
5. Combine the cucumber, yogurt, lemon juice, dill and garlic.
6. Serve the sauce with the kabobs.

Serves: 2
put on their oven in the summertime, the options are unlimited. I hope that you will try something different on the grill this summer. Enjoy.

The possibilities for cooking on the grill are endless. Let those creative juices flow. For those who do not like to

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Salt Slinger

by W.A. Mogk
Bonnie the Salt Slinger slings salt all day. She slings it in a restaurant owned by Jose.

She slings it on french fries, on burgers and such. She slings a lot or a little sometimes just a touch.

Bonnie slings salt on Margaritas and drinks them all day. She slings it on Margarita but away from Jose.

Jose doesn't like salt landing on his Sombrero. It creates lots of spots that turn a yucky yellow.

To Nancy

by Sally Hartikka

Some write poetry with ease; Others like writing prose. Some excel at science fiction, But I'm not one of those.

A few can write mystery thrillers, While others write helpful tour guides. Good descriptive phrases by some Take you to the scenes described.

Each has a certain specialty, One thing they do with facility. But there's one very special person Who has a superb ability:

She can bring us together, Make each feel unique As we speak round the table At our meetings midweek. Nancy, we'll miss you!

The Farmer's Daughter In June

by Nonie Moody

The farmer's daughter Slender and very shy Went to the field As my Dad's standby.

Driving the Ford tractor To rake and bale hay With 45 cows to feed This was not child's play.

Worked until noonday Then rest and have lunch Back to the field to finish And the hot sun was too much.

The barn chores were waiting And Mom's supper so good. Unloading hay wagons until eleven Tomorrow the same was understood.

Mainers Are Happy With The Simple Things

by Betty Bavor

I know why Mainers are healthy. It's nature and trails, no need to be wealthy. Flowers and vegetables from gardens to share, For family and friends always plenty to spare. A coastline lined with rocks and waves, Sea air, a bird, a boat or seal are people's craves. Mountains of grandeur a haven of flora and fauna Some persistence and planning, one might seek a sauna. Some knowledge, keen understanding, and dreams, A questioning mind flow through moon beams. The seasons of charm come and go. A faith for tomorrow completes the show. A place to call home, blue sky above, Vision unequalled and a heart full of love. Some simple things that make Mainers days. Are the things that deserve praise.

IS THIS HEAVEN?

by Charlotte Hart

Is this Heaven? No. It's Hadlock Field. It's the field of dreams by the sea.

Where sea gulls swoop and great planes land And tourists find lobster and real history. In the heart of town near Deering Oaks Hear the cheers of thousands of fans. On a Sea Dogs game day, our boys of summer play. Be here! Feel the passion! Make plans!

At Hadlock Field the welcome is warm. Side shows? The fun never ends. Races and games for delightful Maine kids Thanks to Slugger and all of his friends.

Fries and burgers add to the joy. *Star Spangled Banner* thrills to the end. Imagine THAT! This crowd does it right. Theumps are in charge. Now it's time! Play ball! Oh! The crack of the Sea Dogs bat!

Batter up! Now keep your eye on the ball. A fly ball could kill you. Beware! Hadlock in the spring—the summer—the fall... Is there a Heaven? Oh yes. I'm already there.

Thieving Moon

by Elizabeth B. Bates

Curious, the way the tide empties itself of beach, receding under a full moon to a place we cannot reach with the help of the most detailed of navigational charts.

While we remain exposed and without understanding, refusing to be gulled by scientific explanations of something strange that pulls our inner sea into motion.

Who cares how much of ocean is salt, and how much mathematics, when we awake from a sleepless night, moon-besotted and sore, to find less than we bargained for?

Pott's Point Preserve Hike, Harpswell Heritage Land Trust

by Nonie Moody

Our weather was superb with sunshine and not a cloud in the sky one Saturday morning. We used Route 123 passing Bowdoin College and the speed limit picks up to 45 mph. This road meanders southwest for 13.9 miles of beautiful coastal countryside. Arriving at the end of the road we parked the car. The street sign Pott's Point Rd., Private, Pedestrians Only, was to our left. We adjusted our hats and started walking up a little hill. Quickly cresting the top, found the view beautiful and we lingered drinking in the scene. The sky was so clear and the islands showed up sharper than usual. The walk to the

Preserve was only .4 of a mile as we viewed many cute summer homes.

At the end of this little road is Pott's Point Preserve. A very small island open to the public for exploring, swimming and just poking around. We had visited this island a year ago and hiked to the right but this year we decided to hike to the left. We took numerous photos of the other islands with the water looking so blue. There is a causeway getting to and from Pott's Point Preserve and if the tide is high you might get your feet wet, but that is part of the fun.

Another fun part of hiking is the traditional stop for ice cream on the way home.

Memorial Donation in Memory of
Mary Ann Prue
April 21, 1938 - March 30, 2018
Richard "Dick" B. Smith
October 4, 1930 - April 30, 2018

INVISIBLE NEW ENGLAND: THE REAL NEW ENGLAND?
6:00 PM, THIRD MONDAY, JUNE-SEPTEMBER

The words "New England" often conjure up an image of neat houses clustered picturesquely around a village green. The books in this discussion series take us into a more complicated and richer reality, and offer parts of the story that are often missing from this incomplete view of New England.

June 18	The Living is Easy by Dorothy West	
July 16	The Wooden Nickel by William Carpenter	
Aug 20	The Burgess Boys by Elizabeth Strout	
Sept 17	The Family by David Plante	

Discussion facilitated by **Larissa Vigue Picard**, Executive Director of the Pejepscot Historical Society.

Join the Curtis Library community as we explore the REAL New England in this book discussion series sponsored by the Maine Humanities Council.

Registration limited to 20—so sign up early! To register and reserve a copy of the books, call the Reference Desk at 725-5242 #503.

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Free Community Breakfast, 2nd Sat, 9-10:30 am

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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

June at People Plus. . .



Join the 'Easy Riders' Biking Club

Already in their fifth season, the Easy Rider Biking Club meets each Wednesday, weather permitting, leaving the Center at 8 a.m. (starting in June). Rides might average 8-10 miles, and take about two hours from your morning, with members usually stopping for "coffee and...." at the end of their ride.

Last season, the "biking gang" pedaled from mid-May through December, touring all over Brunswick, Brunswick Landing, Freeport, Lisbon Falls and Bowdoinham. Call the People Plus information desk, 729-0757, to confirm weekly departure times and destinations.

Lunch & Connections

Grilled Lemon Chicken opens Summer

We open summer with fresh chicken thigh and breast meat, marinated overnight in melted butter and lemon juice, and grilled to perfection right on the lawn at People Plus at noon, June 21. "What a way to celebrate the arrival of Summer Solstice," Center chef Frank Connors declared, "cooking outside, chicken fresh and hot, like the Colonel won't cook it!"

Sides this month include a healthy helping of a deep dish mac and cheese casserole, and a grilled medley of onion chips, zucchini, yellow squash and broccoli, flavored with bites of sweet sausage. Of course, everyone has a serving of our fresh, lightly-dressed green garden salad, and drinks include steaming coffee and tea as you like it, juices and milk, and to mark National Iced Tea Month, we'll bring in a pot full of Norman's "secret" iced tea recipe. Our bread again this month is coming from the Union Street Bakery, and our dessert for June is something Gladys likes to call "DIRT!" You just need to come find out what that is!

These monthly Lunch & Connections meals are sponsored by our friends at

Spectrum Generations, and are intended to focus on nutrition, useful information, variety and fun. A CHANS home health-care professional is always in attendance to take and record members' blood pressures; and Mary Marino of Mary's Affordable Hearing Aids is available in a quiet corner of the Teen Center to complete complimentary hearing checks.

Please plan to arrive after 11:15 a.m. to claim your favorite place setting and chat with your friends. You'll have plenty of time to pick up your 50/50 raffle ticket (last month's winner collected \$32 and gave it right back to the Center, thank you, Monique!) and to register for one of our several free door prizes.

Cost of the meal is still only \$6.00 for Center members and \$8.50 for non-members, payable when you arrive at our doors. Seating is limited to the first 68 folks who register, and we need you to pre-register to be included. Yes, you can pre-order a takeout meal and pick it up after 11:30 a.m. We serve our buffet-style luncheon, beginning at 12 noon.

NEW: Punch card payment possible

Tired of searching for a five dollar bill (or rummaging through the couch cushions for loose change), to pay your exercise class costs? Beginning June first, the Center is offering a new punch payment card system for your convenience. Before each exercise class you simply present your card to be punched by the receptionist and you are good to go! It's that easy! All cards get you eleven classes for \$50 (we're throwing in one class FREE as your bonus for being thoughtful.) See our receptionist for details, or to purchase your card!



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

'Irish' show set at Lakewood

If you want to go to the Lakewood Theater presentation of "The Irish... and How They Got That Way" on Wed, July 25, be sure to sign up at the Bath Area Senior Center as soon as you can. Space is available for the first 30 people who sign and pay. Cost is \$23 for Members and \$26 for non members, the bus leaves Bath at 10:30 a.m. and Topsham Park and Ride at 10:45. Lunch is on your own, the fee includes transportation to the theater at Skowhegan and the show.

The Irish and How They Got That Way is an uplifting musical celebration of all things Irish through the eyes of Pulitzer Prize winning author Frank McCourt

Chair Yoga Class

Tuesdays, 2 pm. A wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind with instructor Audrey Palma. For all levels. \$5 members/\$10 non-members.

People Plus Senior Health Expo New Date and Location

Registration is now open for the 2018 People Plus Senior Health Expo on Tuesday, September 18, 2018. This year's event will be held at the Brunswick Recreation Center, 220 Neptune Drive, Brunswick. We are so excited for this new location and all its possibilities! Visit people-plusmaine.org FMI on the event including table registration and sponsorship opportunities.

Registration opens June 1!

Call 729-0757 to register for classes & events.

Spectrum Generations Medicare 101 Session

Tue, June 12, 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, June 15, 22 & 29, 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!

Mon	Tue	Wed	Thu	Fri	Sat
People Plus in the Media News & Views with Frank & Stacy Viewed weekly on Cable Channel 3, Brunswick Community TV: Mon 4 pm, Wed 7 am, Sun 9 pm. And viewed online, anytime: http://vimeo.com/harpswelltv		News & Views with People The center that builds community		People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm	
People Cooks! Stirring things up at the Center!	4 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living w/ Diabetes	5 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	6 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 5:30pm Knights of Columbus	7 8:30 Table Tennis 8:30 Women's Breakfast 9:30 Beg/Intermediate Bridge 10:00 Apple Club 11:00 Yoga 1:00pm FYI! Curtains Up! with MSMT 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	8 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
11 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living w/ Diabetes	12 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 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting	13 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Frank's Field Trips: Lighthouses and Liberty Ships 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	14 8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	15 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 11:00 World Affairs 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	
18 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living w/ Diabetes 6:30pm Civil War Book Club	19 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	20 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	21 9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch and Connections 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	22 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	
25 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living w/ Diabetes	26 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 Francais	27 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	28 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 12:00pm 'Aging Well' Lunch/Learn: Stay Positive As You Age 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	29 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	
				30 1:00pm KOC Cribbage Tournament	

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Spring hikers

Thursday Hikers enjoy trails and lawns at Laudholm farm. Photos by Dave Selleck.



Author Elizabeth Strout signs books, and gets some friendly advice, after her Author's Chat April 30. The program attracted more than 120 people and was moved to St. Charles Church to accommodate the crowd.

“Shout out!” to St. Charles Church

Twice recently, our friends at St. Charles Church offered valuable assistance to the People Plus Center. On April 30, staffers at the Church helped us host our Author's Chat with Elizabeth Strout. When pre-registrations made it obvious our hall and parking lot could not accommodate the event, the Church stepped in and made the event possible! More than 125 members and friends attended that reading.

Early in May, we also received word from the Church that their popular Lenten Baked Haddock Supper to benefit the Brunswick Area Teen Center netted the Center a total of \$1,042! These Friday

night in February suppers also benefited Mid Coast Hunger Prevention, Habitat for Humanity, Tedford Housing, The Gathering Place and the Oasis Free Clinic.


All Saints Parish
St. Charles Borromeo Church



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- How to modify your eating habits to decrease shortness of breath

FOR MORE INFORMATION, call 373-3646.


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

Books A La Carte

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

Auntie Poldi and the Sicilian Lions by Mario Giordano. A new mystery series.

Report to Greco by Nikos Kazantzakis. Fictionalized account of Greek philosopher Nikos Kazantzakis, author of Zorba the Greek.

Lilac Girls by Martha Hall Kelly. Inspired by actual events and real people is the story of three women WWII and the world of Ravensbruck.

Frida Kahlo by multiple contributors. Mexican painter famous for her self portraits and marriage to artist Diego Rivera.

Leeway Cottage by Beth Gutcheon. Combines the story of one American 20th Century marriage in WWII and the role of Denmark in the rescue of thousands of Jews.



Please send comments to news@peopleplustaine.org




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Weekly Winners

Senior Intermediate Cribbage

- April 25: Julie Swol, 726, Perfect game!
Rollande Fortin, 705
Mike Linkovich, 698
- May 2: Lois Fournier, 722
Peter Watson, 686
Julie Swol, 681
Anita Owens, 680
- May 9: George Hardin and Julie Swol, (tied) 703
Rick Fortin, 700
Lois Fournier, 696

Senior Bridge

- April 16: Bob Cressey, 4,270
Woody Townsend, 4,130
- April 20: Woody Townsend, 3,250
Jeff Lauder, 2,340
- April 27: Betsy Mace, 4,960
Paul Betit, 3,540
- April 30: Terry Law, 4,040
Steve Gross, 3,860
Joyce Lyons, 3,060
- May 4: Paul Betit, 3,530
Sherry Watson, 3,430
- May 7: Woody Townsend, 3,620
David Bracy, 3,310
Ellie Peterson, 3,300
- May 11: Paul Betit, 2,600
Bill Coop, 2,460
- May 14: Woody Townsend, 4,011
Richard Totten, 3,230
Cathy Cooper, 3,180

Brunswick Area Teen Center

Feeling the "glow"

June! And not a moment too soon! We are ready for some nice outdoor weather! The most notable day in June, for our youth members, will be June 22nd, the last day of school for this year!

We only have one member who is a senior this year and she is graduating in June, but it's not just any member, it is long-time member Kelly who has been with us since 7th grade and has been a long time member of our Teen Center Advisory Committee and has represented the teen program at various public presentations over the years. Kelly is certainly one of our "success stories" and we are so proud of her and happy for her as she graduates High School and will be off to college in September!

I know that November is the "classic" month when we reflect and give thanks, but I am feeling that this month! Our fiscal year ends in June and the program is not only ending in the black but also has funding set aside to hire an Assistant Coordinator! This past year has brought us new grant funding, continued grant funding, record donations in response to our annual Back to School letter, record results from our Gelato Fiasco Scoop-a-Thon and new partners within the community.

One of our new supporters is the Universal Unitarian Church which has a group spearheading efforts to provide us with needed items such as apple juice / goldfish crackers / Cheez-Its, etc. I continue to find large bottles of apple juice every week when I arrive at work, which has been a huge help, not only \$ wise but has saved me countless shopping trips and lifting!!!! St. Charles Church included the TC program as one of their Lenten Supper beneficiaries this year and that event brought in over \$1,000 for the program. We have had more drop offs of baked goods as well this year, which the

kids love. I don't always know who brought what so want to say, THANK YOU to all of you and to our two regular meal makers. It's wonderful, it makes my day and it lessens my load! Do the kids appreciate it? YES! They really do!

Our kids are doing well. Since 95% of them are new this year, we are still getting to know them and are heading into a first summer with them, which leaves us in the dark as far as who will be around, what our numbers will be, etc. From my "polling" it sounds like most will be around this summer and intend to continue to come in to the Teen Center. They also unanimously voted for us being open 4 days for 3 hours a day (like now) as opposed to 3 days, but for an hour longer each day in the summer. The three days has been our schedule for years, geared towards the schedule of our summer help, Upward Bound Interns, a program which will not be in effect this summer so we can be flexible with our summer schedule this year. Sounds like we will continue to be open Mon-Thurs but earlier (1:30-4:30). I am currently working on adding staff and

Teen Center News

Jordan Cardone



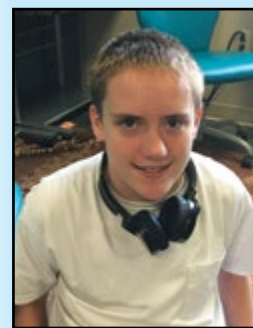
have three interesting prospects so far available to work during the summer! That's a good start! We have some hula-hoops and jump ropes coming for the kids to use in the hall downstairs or outside and it's time for outdoor basketball and dodge ball and as soon as we get added staff for those other areas, it'll be great! The sooner the better because before we know it, the kids will be saying "ohhhh it's toooooo hot to go outside" (meaning, we do not have air conditioning at home, please don't make us go outside, it feels too good in here!)

All in all, things are looking promising! I feel like it's going to be a good month and we hope that yours will be as well!

Jordan and the gang

TEEN OF THE MONTH

Bjorn Beal



Bjorn Beal is in 8th grade at BJH and has been attending the Teen Center program since shortly after school began this year. Bjorn likes hanging out with friends and says coming to the Center is "a good escape from the dullness of school and that this place helps balance that out and you can relax and hang out with friends here". Bjorn's sister also attends the program and both are regulars. Bjorn is helpful and kind and another great addition to the program! Alas, he really hates having his picture taken and it was pretty difficult to get one, but this is it, his choice-ek! Off to the movies he goes! Congratulations Bjorn!

Be an Active Part of Your Wellbeing

Add these health-wise events to your calendar!

Join us

June 6 - GRAND OPENING MID COAST HOSPITAL's Parkview Campus 4:30 p.m.
Community Health & Wellness • Primary Care • Cancer Care
329 Maine Street-SOUTH ENTRANCE, Brunswick
Tours and Refreshments

Thursdays throughout

June - Yoga for Cancer 5 p.m.
Maine Pines Racquet & Fitness, 120 Harpswell Road, Brunswick
A FREE weekly program designed to limit stress, reduce fatigue, and promote healing for cancer patients—pre-, post-, and during treatment. Walk-ins welcome.
FMI, call (207) 729-8433

June 18 - Ounce of Prevention Breathe Easier, Do More with Anna Walderman, RRT, 11 a.m.
MID COAST SENIOR HEALTH CENTER, 58 Baribeau Drive, Brunswick
A FREE presentation providing education about health and healthcare issues.
FMI, call (207) 373-3646

June 21 - Dementia Caregivers Education Series 4 p.m.
MID COAST SENIOR HEALTH CENTER, 58 Baribeau Drive, Brunswick
A FREE monthly educational group to assist individuals in understanding and caring for someone with memory loss.
FMI, call (207) 373-4656

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www.midcoasthealth.com/wellness/classes/



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www.sethlevylaw.com

Augat Chiropractic, Free consultation and cursory exam
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Autometrics, 10% off parts, anytime
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www.reflectionsbylucie.com

Pauline's Bloomers, 10% off, anytime (within normal delivery range)
153 Park Row, Brunswick, 725-5952
www.paulinesbloomers.com



Frank's Friends they're being called, and each month, a field trip takes them someplace interesting in the area. Last month there was a tour of local cemeteries and the Cotton Crematorium in Richmond. "It just proves they'll go anywhere," someone said, "if Frank's at the wheel!"



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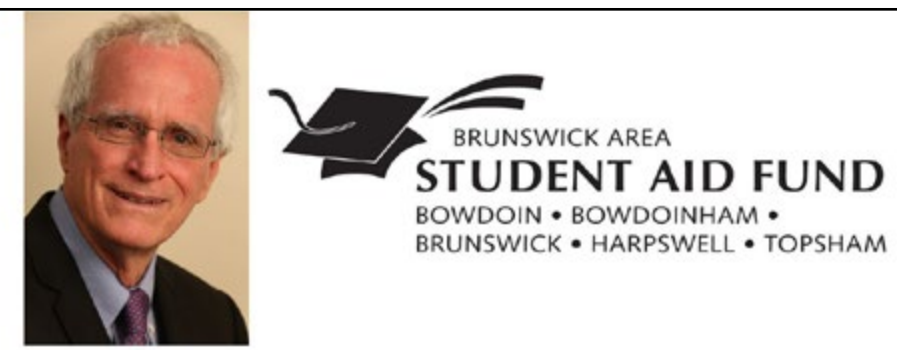
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June 2018

Living Well with Diabetes

6-week workshop series, Mondays, starting June 4 running through July 16 (no class on July 9)
1:30-4:00 p.m. at People Plus

Living Well with Diabetes is facilitated by two trained facilitators, one or both of whom have experience living with diabetes themselves.

Through this program originally developed by Stanford University and supported by Healthy Living for ME, participants will learn a variety of necessary day-to-day management skills needed to actively manage diabetes and manage and/or increase life's activities in order to lead active and fulfilling lives.



To register or FMI call 1-800-639-1553 or email ifortin@spectrumgenerations.org

Local Business Donates Sunshine and Smiles to Meals on Wheels Recipients

A local business (that wishes to remain anonymous) is now donating their excess flower bouquets to Spectrum Generations so that they may be delivered to homebound seniors and disabled adults along with Meals on Wheels.



"We've been sending flowers with meals for a few weeks now," says Spectrum Generations' Nutrition Coordinator Casey Henson.

Spectrum Generations' Meals on Wheels program provides delicious, nutritionally balanced meals for homebound individuals 60 years of age or older and to persons with a disability who are unable to prepare a meal due to physical or mental limitations.

FMI about the MOW program in your area, visit spectrumgenerations.org or call 1-800-282-0764.

save the date

Swing out to support Spectrum Generations at our Golf Fore a Cause fundraiser on Thursday, June 7, at the Brunswick Golf Club!



Players will receive a complimentary tournament goodie bag, green fees, cart, men and women's awards for closest to the pin, longest drive and accuracy drive, lunch during the awards ceremony, as well as options to purchase putting strings, mulligans, and more.

Not a golfer? No worries! You can still get into the swing of summer and support our programs buy purchasing a raffle ticket!

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



WORLD ELDER ABUSE AWARENESS
Building Strong Support for Elders

June is Elder Abuse Awareness Month, a time to highlight the ways many seniors are being abused, and provide education on signs to look for and resources if someone you care about may be in danger.

Over half a million reports of abuse of elderly Americans are made to authorities each year but it's believed that many more instances are never reported.

We all need to become more aware of signs when vulnerable people are mistreated. Here are questions to consider:

- Do you see changes in personality or behavior?
Is there noticeable tension or friction between the older person and their caregiver?
Has the older person lost weight?
This can be a sign of malnutrition or dehydration because of not being fed properly.

Not everyone who abuses the elderly will seem like bad people. Often they are just people who can't handle the pressures and responsibilities of looking after someone who is frail and unable to take care of themselves.

If you see something that looks like abuse may be going on, you can contact the Maine Office of Elder Services at 1-800-624-8404 (Voice) 711 (Maine Relay), who can provide or arrange for services to protect incapacitated and dependent adults in danger of abuse, neglect, or exploitation.

Getting more than I gave

Who knew a sometimes grouchy, middle-aged guy from Bowdoinham would come to People Plus and fall in love? I mean, it was July, 2002, the Center was looking for a part-time, "Outreach Coordinator," and I was looking for work.

Rosemary didn't like me a lick, Betsy questioned if a "man" might be wrong for the job, and I went home and told Jane it looked like I'd have some extra time to work on the addition to her folks' home that summer.

from his trailer. Sig just laughed, slapped my shoulder and suggested some days are better than others.

The Center was the 55 Plus place in those days, located in the little brown church on Noble Street. Cigarette smoke in the hall and low cost drugs from Canada were the hot button issues.

There followed stints as a personal repairman, trip director, program coordinator and cook. Some days I felt like a janitor.

Thousands of people have used us as a place to gather, to exercise, to read, write, listen and talk, to eat, play cards and games, get help with their issues, their arts.

If I found my personal groove, it was the day I added editor of the People Plus News

to my job description. I'm most proud of the transformation we made of our little monthly newsletter into what I like to say has become a full-color legitimate newspaper.

I take no credit, but suggest that the Center is so much stronger today than it was when I first came aboard.

Speaking Frankly

Frank Connors



That the bar has been raised is a good thing, it can only mean that our members are served better.

I've often said I get more from my job than I give. The people I've come to know because of my work have enriched my life immeasurably!

In Others' Words...

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 35 Union St, Brunswick, ME 04011 or news@peopleplusmaine.org

Hi Frank, I share your enthusiasm for cemeteries, I'm always poking around in them as well! I have relatives buried in Cape Elizabeth, Portland, South Portland, Saco, Rockport and Hope, Maine, and those are just the towns I know of!

New or renewing members for May

* indicates new membership
• indicates donation made with membership

Brunswick

- Suzanne Austin • Janet Baribeau Barbara Beaulieu Francis Bigelow Nancy Bigelow Frank Broadbent Arleen Brother Judy Collette Nancy Desjardins Gloria Dori Elwell Rick Fortin • Rollande Fortin • Joyce Freeman Sally Hoople

- Mary Libby Liz Moloff Ronald Moloff Elizabeth Newman • Cliff Olds • Su Olds • Ruth Peck • Lauralee Poutree Priscilla Rooth • Tony Rees Nancy Simboli Arthur Sondheim • Monique Sondheim • Linda Stromski Ann Taft Frances Weatherbie Alice Willard-michaels

Topsham

- Betty A. Bavor Pam Duff • Garth Duff • Al Levesque Joye Levesque Birgit Palmer • Alice Ponziani Ann Wilson

Harpwell

- Linda Lawler • Parker McLaren •

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Sustainable ME Lecture Series June 28, 6:30-8 pm

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Lawns Mowed: Still accepting customers for the Summer/2018 season. Contracts not necessary, we offer weekly, bi-weekly or as-needed lawn care. The price for a lawn cut on the average property is \$30.00. Call 725-9738 and ask for Gerard, of Gerard's Lawn Mowing Services.

Professional Personal Support. Call Grammie B's Cleaning/Helper Services. We'll discuss your needs and solve your problems. Call Donna, 207-939-5019

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

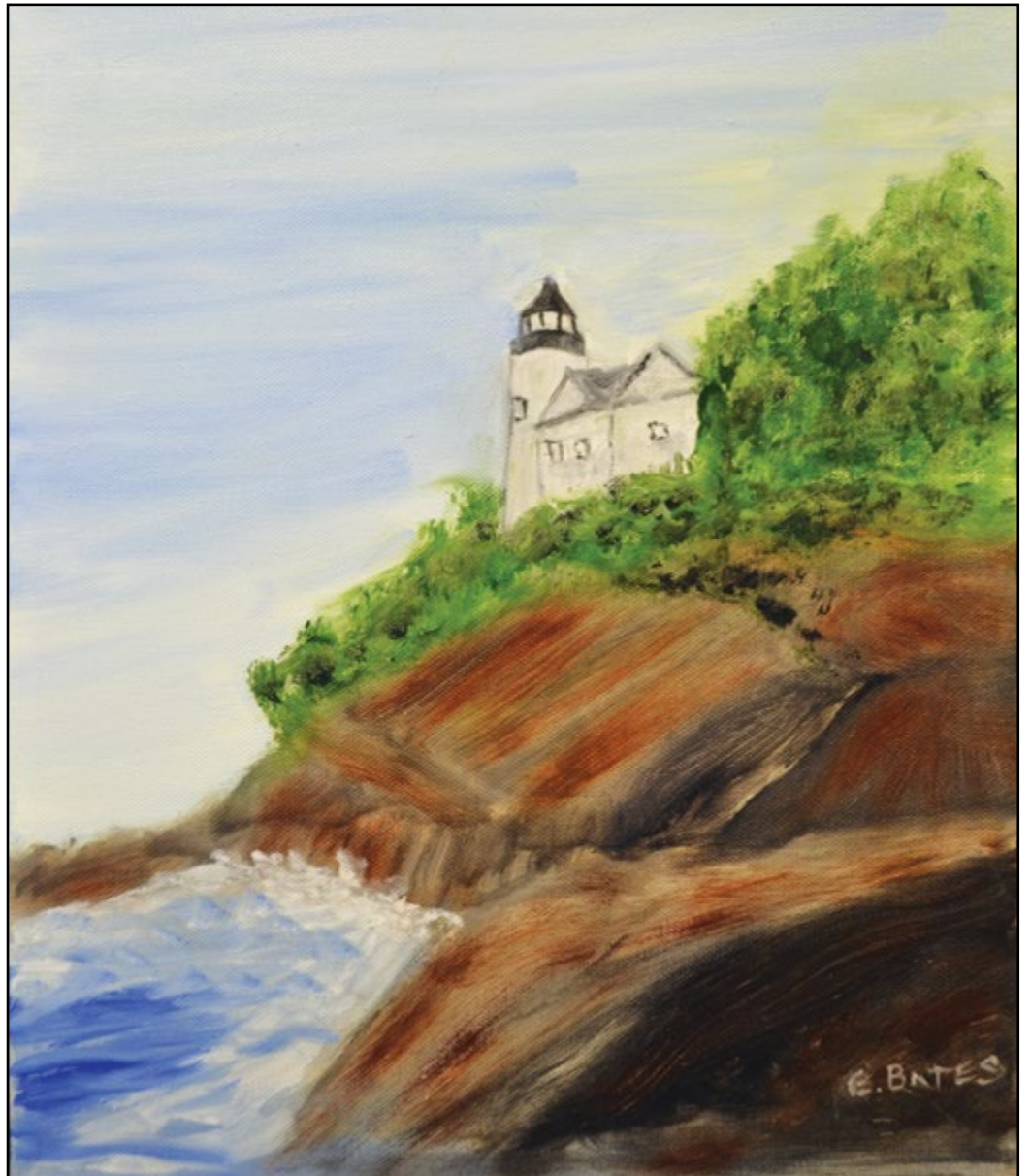
Oils by Elizabeth Bates in Center Gallery

Imaginative seascapes and landscapes painted in oils by Elizabeth Bates are the focus of our show at the Union Street Gallery during the months of June and July. Bates has long been a member of the Center's Write On Writers group, and has enjoyed painting as a hobby "for years."

"I fell in love with painting when I was married," explained Bates, who says she is "90-something!" She adds, "my husband Paul C. Bates was a natural painter, I learned with him, and from him." She said she has also taken classes from Audrey Becher, Elizabeth Knox, and Daisy Green, all teachers at the Round Top Center for the Arts in Damariscotta.

"I was born in Puerto Rico in 1926," Bates explains, "my mother was from Boston, my father from the island of Mallorca, in the Mediterranean Sea." She said her parents met in New York City, and her brother and sister were born there. "We moved to Boston when I was 10," she added, "I've always loved the arts, classical music and reading and writing poetry." Bates said she has painted "some" in watercolors and acrylics, but has decided she prefers working in oils. Some but not all of her displayed works are for sale.

The collected works of Elizabeth Bates may be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick, through the end of July.



Bass Island Light, in oil

by Elizabeth Bates

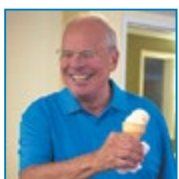
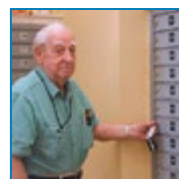
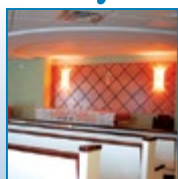
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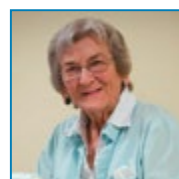
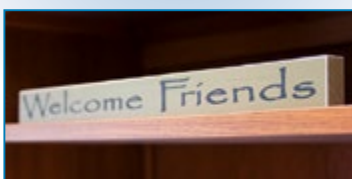
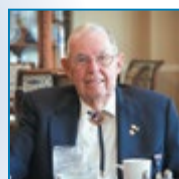


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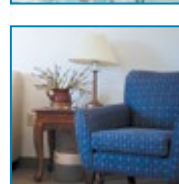
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Gold Star Memorial Marker Dedication Ceremony

Saturday June 23 at 10 a.m. Gold Star Memorial Marker Dedication Ceremony at P-3 Park, Brunswick Landing. Reception to follow.

RSVP smbushnell@comcast.net

The Harpswell Garden Club

will meet Thursday June 14, 2018 at Centennial Hall Route 123, Harpswell Center. The program will begin at 1 p.m. After a brief business meeting, Becky Gallery will present "Prelude to the Summer Solstice Swallow-wort Survey" a talk about the Harpswell Invasive Plant Partnership.

Free and open to the public. FMI call Becky 833-6159.



Lunch out!

June 12th, 11:30 am



161 Main St, Woolwich

Sign up for the car pool!