



People Plus
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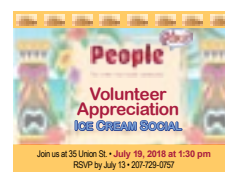
July 2018 Volume 18, No. 7

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



On the road again! “Frank’s Friends” pack the van each month (thanks Coastal Landing for the VAN!) heading out on yet another adventure to “see bits of Maine.” Connors laments that only 12 folks can go each month, and encourages folks to follow his lead and take family and friends on the same trips. “Maine’s fun and exciting in the summer,” Connors said.

Center to celebrate volunteers



Our annual celebration of Center volunteers is coming up on Thursday, July 19, beginning at 1:30 p.m. “Ice cream and goodies for everyone,” is how Program Coordinator Jill Ellis describes the afternoon, “a chance to say thank you, and an hour (or two) to take on the serious business of helping volunteers understand how important their contributions are to the Center.” Staff will “turn the tables”, so to speak, and show our appreciation by serving the volunteers ice cream, tasty finger foods, fresh fruit, cookies and punch. Good conversation will be had by all.

Ellis estimates nearly 200 people routinely and regularly volunteer time and/or talents to the Center, working as receptionists, drivers, cooks, instructors, callers, cleaners, gardeners, greeters and more. “There is just no way that People Plus could offer even half of the programs, activities and services we provide without our volunteer base,” Ellis said, “they remain the heart and soul of this Center!”

Registration for the seventh annual People Plus Senior Health Expo is OPEN and planning is in full swing for this year’s event, now in September and at a new location. Center Programming Director Jill Ellis said early registration is “looking good, many people registered last year have already renewed for this year,” so she expects this year’s event scheduled for September 18 at the Brunswick Recreation Center, “to be the best one yet!”

Senior Health Expo is in September

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the Center moved it’s Music in April gala into the Recreation Center at 220 Neptune Drive, and Ellis called the transition “stunning!...We expect the same wonderful transition for the Expo,” she said. “We are excited at the possibilities the new space has to offer!”

Sponsorship opportunities are available and table fees are the same price as last year, when the Expo sold out, and more than 700 participants crowded into the event. Table locations are made on a first come, first registered basis. Visit peopleplusmaine.org FMI, or contact Ellis at 729-0757.

Annual funds exceed goals

“It’s like putting an explanation point on another wonderful year,” offered Center Executive Director Stacy V. Frizzle while summarizing the two annual campaigns for the Center, “one exceeded our expectations and the other managed to set a record!”

Office manager Betsy White reported on June 20 the Campaign for People Plus totaled \$53,277.83, and the campaign for the Brunswick Area Teen Center stood at \$22,967.97. She said the fiscal year ends June 30 and there “might be a few more checks in the mail!” The fiscal 2017-18 budget called for \$50,000, and the Teen Center total was \$10,000. White called the Teen Center total a “new and impressive” record.

Frizzle said the Center is finishing the fiscal year, “right on budget, in very good shape.... looking good and looking forward to the coming year.”



FYI! Bowdoin International Music Festival Community Concert

Mon, July 9, 2 pm. People Plus is excited to once again host a Bowdoin International Music Festival Community Concert. These concerts are performed by the talented student musicians who come to the Festival each year from all over the world. Thank you to Bowdoin College for this wonderful event. Free and open to the public. Advance registration appreciated.

FMI <http://www.bowdoinfestival.org>.



ANNUAL SUMMER PICNIC

at Thomas Point Beach

NEW DATE: July 26th

Beans, burgers, hot dogs...
 Music by *Off Their Rockers*

Register NOW!
 (details on page 4)

Overnight in the Whites?

Is it too early to talk about a vacation in the fall foliage of the White Mountains? Bath’s Seniors (with a little help from their friends at People Plus) are planning two days in the mountains with an overnight at the storied Indian Head Resort, Lincoln, New Hampshire, in October.

There is space for the first 37 people who sign up and pay, the trip leaves Bath on Wednesday, October 17, at 1 pm, and returns to Bath late in the day October 18. Cost is only \$185 for members of Bath Seniors or People Plus, or \$190 for non-members.

Participants are welcomed to their luxury scenic lodging with a wine and cheese reception, entertained at dinner and music after from the *Fabulous Fifties*. There will be a costume contest that evening for the couple with the best “fifties outfits.” All receive complimentary photos, a generous gift certificate to the Indian Head Resorts gift shop, and a “fancy” breakfast the next day. There will be some time for everyone to walk the mountain trails and enjoy the fall foliage. For more information, or to register, call the Bath Senior Center at 443-4937.

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:

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Check out past newspapers online at www.peopleplustmaine.org

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Dear Mr. Scarecrow

From the Executive Director

Stacy V. Frizzle



"Gleeful", "melancholy", "joyous" or perhaps "anticipatory" are some the adjectives that describe Frank Connors' current attitude toward employment these days at the People Plus Center. He just seems WAY too happy about retiring! He is so clearly ready to be done and be gone but we're just not quite as ready to let him go!

Let me explain... Frank decided he wants to retire. I think I mentioned this in my column last month but in case you missed it, Jane is now retired and not too surprisingly, Frank wants to retire now, too! (Well his bride is at home every day... so duh!!)

Thankfully, we have convinced him to only semi-retire and stay on half-time. So he is going to very generously stay with the People Plus gang for a couple weeks a month on a "part-time" basis. He will thankfully continue to be our glorious editor in chief of this amazing newspaper put out on a monthly basis, he will also be my partner in crime on our News & Views TV and cooking shows, and he'll continue to whip up breakfast for the men and lead the charge with all of his lovely ladies on the monthly luncheon crew. PHEW!!!

He has been the face of the Center for so long and I really don't know what we would have done had he not agreed to stay on part time. That said, I do have to admit that by last Thursday, June 21, it was clear that Frank was feeling his oats and needed to get the heck out of Dodge. Even if it was just for a three day weekend.

So, after 16 years with the organization, hundreds of People Plus newspapers, hundreds of News & Views TV shows,

hundreds of monthly columns, hundreds of birthday phone calls never forgotten, and hundreds of membership dues reminder letters sent out, our beloved Frank chose Friday, June 22 as his official "last day of regular employment with People Plus". FOR THE REST OF HIS LIFE!!!

Now, you need to understand that Friday, June 22 is a significant day in Frank's life and I'm sure he'll tell you why if you ask him, but that's his story to tell - not mine. Suffice to say June 22 has become an impactful day in my life now too.

And suffice to say that Frank's legacy will never be challenged. He will forever be the face of this organization in an Arnold Palmer / Joe DiMaggio / Muhammad Ali sort of way... He will always represent People Plus and what we do here...

And sadly his departure is not the only one we are seeing at the organization. Being that it is June, our board terms coincide with our fiscal year. So two of our longtime board trustees will also term out after six years of generous volunteer duties on our board.

Jack Hudson, who is the second vice chair of the board has been one of the greatest gifts this organization has ever known (or given me). He is a wise and thoughtful man who has helped me navigate this ship when the waters got murky, has stood at the helm with me with offerings of guidance and support, has appreciated and cheered on our victories and has generally proven himself to be one of the most lovely people I've ever known. He annually fills a table with his besties at Music in April, leads the team in the Golf Challenge, builds things we need, plants the gardens, and offers his

technology support to teach classes at the Center or to go to people's homes to help them in person. He is, in short - a peach.

And Don Kniseley, the director of Thornton Oaks, has served as a board trustee for six years and two of those as the chair of the board. There are few people who understand the psyche of the senior, retired adult better than Don Kniseley. He knows what they need, and how to get it. He was an upbeat and helpful chair of the board allowing me to grow in my role here with the organization. Under his tutelage, we increased membership, grew our budget and won several difficult grant awards. Thankfully he isn't kicking us out of Thornton Oaks either, where we have been holding our monthly board meetings for years!

All of these wonderful and generous men will be missed here at People Plus. And we hope they know how deeply we appreciate their dedication and generosity toward this organization. Without their help and leadership we would not be where we are today.

As Dorothy said in Oz, "Goodbye Scarecrow, I'll miss you most of all."

But thankfully in this story at People Plus, the Center that Builds Community, the Scarecrow is only going part-time!!!

From Anita's Plate

Anita Huey
(207) 504-6439



info@nutritionforeveryday.com

I have been a dietitian for a long time and one thing hasn't changed. Desserts are a big part of many gatherings. Desserts are typically full of sugar and fat that is not heart healthy friendly. I often say that I like to make it easier for people to make better choices. That is the main reason that I have been gathering dessert recipes that make healthier choices.

I have been thinking about how can I introduce these products and where. Would people like them! Would people buy them? I spoke with Stacy last week and we decided that we would have a focus group, made up of People Plus members, to obtain their valuable input. The People Plus picnic was chosen as the date for this to take place. The picnic is on July 26th. We will have a healthier dessert station and folks are encouraged to come by and try our creations. We welcome your feedback.

We still have some logistics to work out but the hope that we would start that selling healthier desserts once a week at the Center. Many of them will be healthier versions of your favorites! Stacy's daughter and mine

Red, White, and Blue Fruit Skewers with Cheesecake Yogurt Dip

Ingredients:

- Cheesecake dipping sauce:**
 - 4 oz. 1/3 less fat cream cheese, softened
 - 1/2 C. fat free fruited Greek yogurt
 - 1/2 8 t. vanilla
- Skewers:**
 - 35 medium strawberries stems removed
 - 1/2 pint blueberries
 - 12 skewers

Directions:

1. In a medium bowl, combine the cream cheese with yogurt and vanilla. Set aside.
2. Thread the strawberries and blueberries onto each skewer.
3. Place finished skewers on a platter and refrigerate until ready to eat.
4. Dip skewers in the dipping sauce. Makes 12. Enjoy!

will be helping to roll this out!!

Today I received a call from Bernie, at the Harpswell community TV, asking me if I would be interested in doing a cooking show. I have agreed and will be working on developing some quick healthy meals for

people to prepare at home. I will keep you posted on this latest project!!

I hope you have a great 4th of July and consider making my healthier Red, white and blue dessert!

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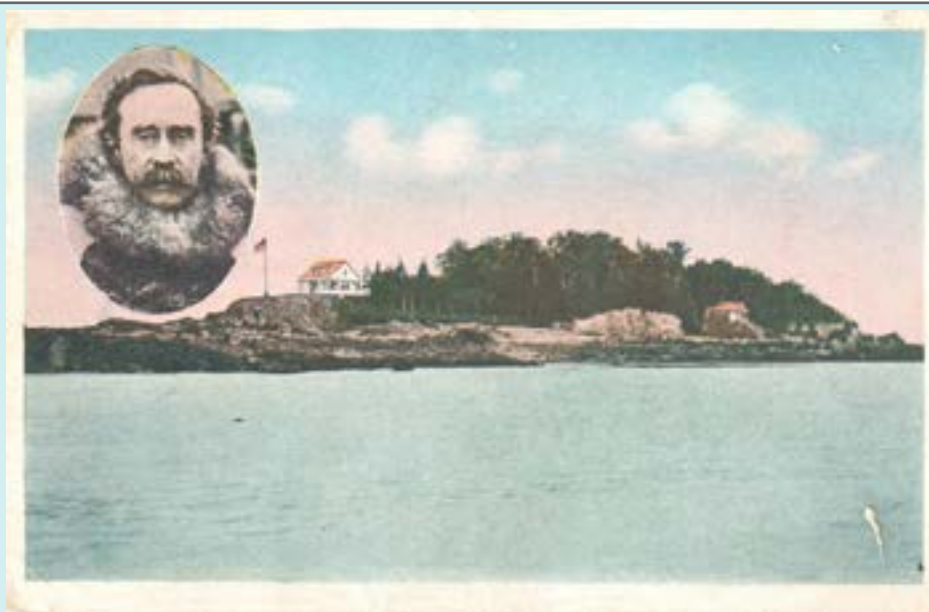
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A Favorite Maine Summer Place

by Tom Hallenbeck

When summer arrives, Maine abounds with places I want to visit. Fortunately, there is one I will frequent throughout the coming months. I am a docent at Eagle Island, the former seasonal home of Arctic explorer Robert Peary and his family. The island has been a state historic site for many years, and recently has been named a national historic landmark as well. It is a short boat ride from Harpswell Neck, and easily accessible from other coastal locations along Casco Bay. For spectacular views of the bay, Robert Peary could hardly have found a better summer retreat. He first visited the site while camping on a nearby island with high school friends.

When the small boat piloted by the site manager deposits me on the island for the first time this year, I will do the normal chores with another docent to prepare for welcoming visitors. We will open the visitors center, and make sure everything is set to show a twelve-minute video which focuses on Peary's explorations and his love for Eagle Island. Then I'll go up to the house and raise shades and do other pre-opening work. If time permits, I will sneak out the back of the house to see if the osprey nest high in a tree overlooking the sea is occupied. If so, the parents will be busy making



generations enjoyed Eagle Island as their second home. The house definitely is not opulent; it feels comfortable and lived-in. The design and positioning of the home, which was enlarged after Peary retired from the Navy, has some characteristics of a ship.

I sometimes regret that I am spending a Saturday or a Sunday on an island during Maine's summer, when there is so much else I could be doing. But like the Peary family, I am pulled back by the mesmerizing natural beauty.

Although artifacts from Robert Peary's explorations are present in the house, family life is the overriding theme, and rightly so. Josephine Peary outlived her husband by thirty-five years, and during that time she and the younger

My visit to Japan

by W.A. Mogk

When I was in college, I had a Japanese roommate for a time, named Obe Nami. He was a nice guy, very friendly and helpful, as are most Japanese people. After graduation, he invited me to visit him in Japan, so I took him up on his offer.

I stayed with Obe, his parents, and his sister Susan. They showed me the sights around Tokyo, and introduced me to Sumo wrestling. That's when morbidly obese fat guys in diapers run at each other and try to push the other one out of a circle marked on the ground. Very bizarre!

One day, Mr. Nami suggested that we should all go to the beach. That seemed like a good idea to me; getting out of town and away from the crowds. Well, I was in for another surprise. The beach was just as crowded as the city; wall-to-wall Japanese wherever you look! But we made the best of it and had a pleasant time. When it was time to leave, we noticed that Susan wasn't anywhere nearby, and we couldn't see her in the masses of people!

I thought I could help, so I stood up and yelled, "Sue Nami, Sue Nami!" All of the sudden, many people jumped up

and also yelled, "Sue Nami, Sue Nami!" It was heart-warming to see how concerned they all were for Susan! In fact everyone ran off in all directions to search for her, still yelling, "Sue Nami, Sue Nami!" It was so refreshing to be among such caring people! As the beach cleared out, one lone figure still remained: it was Susan! Somehow, everyone just happened to run past her! The important thing was that she was found.

On the ride back to Tokyo, Mr. Nami explained my faux pas at the beach. I was embarrassed! Later on, I found out from Obe that the whole thing was a set up. Mr. Nami had told Susan to get lost in the crowd, hoping I would call for her. Then people would run to their cars, emptying out the parking lot, making his car easier to find!

Make-Believe Sky

by Virginia Sabin

It is different now, this room
Its make-believe sky of pink and blue
Tiered with elaborate balconies
Its classic cream and gold columns
And mirrors reflecting then and now

Then was a ball for graduating nurses
A borrowed gown, a borrowed beau
Knowing the first and last dance
Encapsulated all the magical time we had
Under that make-believe sky

Now decades later
The mirrors, moldings, and painted sky
Had withstood time, but the dance floor was carpeted
To muffle the sound of a throng of professionals
In their cerebral song and dance of geriatric psychiatry
I lean backwards, and look up
That make-believe sky fills my eyes and I wonder
The value of knowing when it is the end

FROM APRIL 18TH TO THE 4TH OF JULY!

by Charlotte Hart

Hark! Here's a story to give you pause! **The midnight ride of William Dawes!** William Dawes? Who was he? Was he a Son of Liberty? He rode farther and faster than Paul Revere. But his name did not rhyme—"Listen my children and you shall hear of the midnight ride of William Dawes? No," thought Longfellow, "no because I can't rhyme *hear* with *William Dawes*." **The eighteenth of April 1775.** Hardly a student today is alive Who misses that Lexington-Concord story. Here's the thing! Paul Revere got all the glory. Dawes left Boston at 9:00 it is true—Lexington at midnight? He practically flew! The dynamic duo, Dawes and Revere, Pushed tired horses toward Concord—really quite near. The two warned the countryside, "Get ready to fight!" The British were coming that famous long night. SO they started Revolution, from England broke away. Now we celebrate July 4th! **INDEPENDENCE DAY!** We do! We really go wild every year With marching and feasting and fireworks and cheer. Decades later Revere got his claim to fame. Longfellow found it useful—Paul Revere's name. SO if you wish to be famous through time, give yourself a name that's easy to rhyme.

Memorial Donation in Memory of
Edith 'Edie' Rentz
January 13, 1941 – June 6, 2018

What I Like Most About America

By P.K.Allen

What I like most about America is the people who make her great, From her busy New York Harbor to her misty Golden Gate. From Hawaii to Alaska, From Texas up to Maine, From Florida to the heartland with its amber waves of grain.

From her northern Canadian border states To the ones on her Gulf Coast, From the Atlantic to the Pacific live the people of whom I boast.

It's the people of this Country of each color, race, and creed, Who help to build this Nation by nurturing freedom's seed.

Yes, It's the people of this country of whom I praise and rave, Because they make this great Nation "the land of the free and the home of the brave."

Fourth of July on the Island

by Sally Hartikka

The row across short, expectation great... Hard for a kid to stay seated.

After the boat is moored to a tree The men dig clams, the women get busy And children start exploring with glee. What wonders there are to behold On this piece of land in the sea. Tidal pools filled with crabs and snails, Yachts in a race glide by With wind filling billowing sails.

The best is yet to come, however, As Dad starts cooking the seafood. In a stovepipe he places crustaceans, Stuffs each end with wet seaweed, And we stand by the fire with impatience. What tantalizing smells issue forth! How delicious this feast on the rocks! Well sated, sun going down, We watch fireworks from the distant shore, Then I fall asleep on the trip back to town.

Maine Wild Blueberries

by Nonie Moody

Wild blueberries are sold each year In Mid Coast Maine along Route One From farmers who harvested them Have full boxes for sale, what fun.

A native berry grown on hillsides And with farmers expert controls Can produce a decent cash crop Enough to fill many cereal bowls.

Blueberries are a perennial plant Flowering with indigo-colored berries. One cup will give you 80 calories And antioxidant power it carries.

Blueberries are ready for picking At several farms in Mid Coast Maine From mid July to early August Is the perfect time to obtain.

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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.
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July at People Plus . . .



Then you turn the heat on! Megan Rosenberg and chef Frank share a break while grilling 22 pounds of chicken for last month's luncheon. Connors' lemon/butter marinade gives chicken "a unique flavor," Megan said.

Lunch & Connections

Annual summer picnic is Thursday, July 26th

Hamburgers and hot dogs, char-grilled to NEAR perfection by "Ralph and those Connors boys," a heaping helping of steaming-hot, home-baked beans, your favorite chair in the shade, a cooling breeze off the water, YOU surrounded by a hundred plus of your closest friends...these are all signs that it's time once again for the annual People Plus picnic/outing at Thomas Point Beach! "It begins with our check-in at 11 a.m., on Thursday, July 26, and will continue until all the food and fun is done," according to Center chef Frank Connors, who "comes out of semi-retirement" for this event. "This is always just a great time," Connors added, "we assume the weather will be perfect and build from there!"

Come early to try your luck at corn hole tossing against Jack, or just take a leisurely stroll along what has to be Brunswick's "prettiest beach." Osprey sighting are guaranteed,

and if you're willing to get your feet wet (and chilled) Grant Connors of Critter Catchers will be hanging out near the tide line, showing you where you might see a Horseshoe Crab.

That renowned Highland Green classic rock group, "Off Their Rockers," will again offer their magnificent sounds of "songs from our senior generation," and then mix with the crowd, enjoying their day. Another special thank you goes to Scott Lemieux at Ameriprise Financial, who returns this season as our primary picnic sponsor.

Anita Huey, the Center's nutritionist, will be on hand offering hints and SAMPLES of desserts that are nutritionally sound, fun and taste great, and yoga instructor Leslie Ballin will be in the shade demonstrating why, and how, yoga is good for you!

Frank & Grant Connors, and Ralph Laughlin, will be cooking again this year, "we keep trying

to get it right," Frank Connors said, "tossing burgers off our duel gas and charcoal grills." Our condiments include, fresh "local?" tomatoes, cheese, cucumbers, onions, relishes, potato chips and watermelon. You can skip your bun and bury your burger in Frank's special home-baked beans if you prefer. Save at least a little room for our home-made cookie and cake desserts. Drinks include iced tea, canned sodas and bottled water.

You may preregister and pay at the Center before the picnic. Cost, including admission to the beach, is still only \$7 for members and \$10 for non-members. The picnic is another Lunch & Connections event sponsored by our friends at Spectrum Generations, our meal is planned to focus on nutrition, information, fun and variety. This month there is NO limit for seating, but your pre-registration helps us plan and order according.

Remember your hat and sun screen, sneakers are better than high heels, and bring your favorite lawn chair if you worry about those hard picnic table seats. Betsy White will be checking memberships and passports at the gate by 10:30 a.m, correct change is helpful.

To preregister, simply call the People Plus Center information desk at 729-0757, and ask for Pat. Food service begins at high noon, in case of inclement weather, the picnic will NOT be rescheduled.

Thanks Mike!

A special THANK YOU! to Mike Crooker Mulligan, who continues this summer People Plus tradition started by his mother, Patti Crooker at Thomas Point Beach some 20 years ago. This donation makes the whole event possible and affordable.

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Chair Yoga Moving to Thursdays!

Thursdays, 2 pm. Chair Yoga is switching from Tuesday to Thursday for July and August. It's a wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind with instructor Audrey Palma - come try it out! For all levels. \$5 members/\$10 non-members.

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

South Portland shopping trip set

Celebrate high summer with a shopping outing to Christmas Tree Shops at South Portland on Monday, July 16th. It's a deal at \$7 for members of People Plus and/or the Bath Area Senior Center (\$8 for non-members.) and after the shopping spree, you can enjoy a leisurely lunch, paying on your own, at the Longhorn Steakhouse and restaurant. You

need to sign-up and pay at the Bath Center, phone 443-4937.

The bus leaves Bath's Floral Street Center at 9 a.m., and picks up in Topsham at the Home Depot park'n ride between 9:15 and 9:30 a.m. Return trip is expected by mid afternoon. Don't you still LOVE a bargain?

Collette Travel Trip

Trip Presentation for America's Music Cities!

Thu Aug 2, 3:30 pm. Travel April 7-14, 2019 and visit New Orleans, Memphis & Nashville with Collette. Highlights include French Quarter, cooking demo at New Orleans School of Cooking, Graceland, Jazz Revue, a Swamp Tour, wine tasting at Belle Meade Plantation, Grand Ole Opry Show, Country Music Hall of Fame, Ryman Auditorium, and Historic



RCA Studio B! Come to People Plus to hear all about this fantastic trip! Open to the public.

Hair Cuts for Seniors

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



Call 729-0757 to register for classes & events.

Spectrum Generations Medicare 101 Session

Tue, July 10, 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.



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>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 5:00pm MSMT Angels</p>	<p>3</p> <p>8:30 Table Tennis 9:30 Beg./Intermed. Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite</p>	<p>4</p> <p>HAPPY 4TH OF JULY!</p> <p>Closed July 4th</p>	<p>5</p> <p>8:30 Table Tennis 8:30 Women's Breakfast 9:30 Beg./Intermed. Bridge 10:00 Apple Club 11:00 Yoga 2:00pm Chair Yoga 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing</p>	<p>6</p> <p>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</p>
<p>9</p> <p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 2:00pm Bowdoin Internat. Music Festival Concert</p>	<p>10</p> <p>8:30 Table Tennis 9:30 Beg./Intermed. Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting</p>	<p>11</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers 5:30pm Knights of Columbus</p>	<p>12</p> <p>8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg./Intermed. Bridge 11:00 Yoga 2:00pm Chair Yoga 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing</p>	<p>13</p> <p>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</p>
<p>16</p> <p>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 SAGE Dance Club 6:30pm Civil War Book Club</p>	<p>17</p> <p>8:30 Table Tennis 9:30 Beg./Intermed. Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 3:00pm Books a la Carte</p>	<p>18</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 9:30 Frank's Field Trip: Reid State Park 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers</p>	<p>19</p> <p>8:30 Table Tennis 9:00 SG Team Meeting 9:30 Beg./Intermed. Bridge 11:00 Yoga 1:30pm Volunteer Apprec. Ice Cream Social 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing</p>	<p>20</p> <p>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</p>
<p>23</p> <p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge</p>	<p>24</p> <p>8:30 Table Tennis 9:30 Beg./Intermed. Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:30pm Cafe en Francais</p>	<p>25</p> <p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp</p>	<p>26</p> <p>8:30 Table Tennis 9:30 Beg./Intermed. Bridge 11:00 Yoga at the Beach 11:00 Lunch/Connections Member Picnic at Thomas Point Beach 2:00pm Chair Yoga 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing</p>	<p>27</p> <p>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 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick</p>
<p>30</p> <p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge</p>	<p>31</p> <p>8:30 Table Tennis 9:30 Beg./Intermed. Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite</p>	<p>People Plus Hours</p> <p>Mon-Thu: 8:30-4 pm</p> <p>Fri: 8:30-1 pm</p>	<p>News & Views with People Plus!</p> <p>The center that builds community</p>	<p>News & Views with Frank & Stacy</p> <p>Viewed weekly on Cable Channel 3, Brunswick</p> <p>Community TV: Mon 4 pm, Wed 7 am, Sun 9 pm.</p> <p>And viewed online, anytime:</p> <p>http://vimeo.com/harpowelltv</p>

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Books A La Carte

This group of readers 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.

Glass Houses by Louise Penny. When a mysterious figure appears in Three Pines one cold November day, Armand Gamache and the rest of the villagers are at first curious. Then wary. Through rain and sleet, the figure stands unmoving, staring ahead. But when the figure vanishes overnight and a body is discovered, it falls to Gamache to discover if a debt has been paid or levied. In Glass Houses, Penny shatters the conventions of the crime novel to explore what Gandhi called the court of conscience. A court that supersedes all others.

The Light Between Oceans by M.L. Stedman. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby. Tom, who keeps meticulous records and whose moral principles have withstood a horrific war, wants to report the man and infant immediately. But Isabel insists the baby is a "gift from God," and against Tom's judgment, they claim her as their own and name her Lucy. When she is two, Tom and Isabel return to the mainland and are reminded that there are other people in the world.

The Devil's Breath by G.M. Malliet. The sixth mystery in popular series featuring handsome spy-turned-cleric Father Max Tudor. Having realized there is no escape from his past as an agent, Father Max Tudor has offered his services to MI5 on an as-needed basis. Now it's time for him to follow through. The body of glamorous film star Margot Browne has washed ashore from a luxury yacht and Max's former colleague wants his help to find the murderer. The investigation into Margot's lurid past uncovers a host of motives—it seems she was not the only person on board with a secret they'd kill to keep.

Empty Mansions by Bill Dedman. Though virtually unknown today, W.A. Clark was one of the fifty richest Americans ever. Yet his daughter, Huguette, became a bizarre recluse. Empty mansions in Washington, Connecticut, and New York. She abandoned all to spend her last twenty years in a hospital room with a window looking out on air conditioning units. Heirs today are battling over a \$300 million fortune she left behind. True story.

Please send comments to news@peopleplusmaine.org



Curtain's UP! (above) Maine State Music Theatre Interns came to People Plus on June 7, offering their exceptional sounds and stories as they premier the Theatre's 60th season.



Quick break for breakfast. (left) Union Street safety officer John Casper, from Lewiston, was a surprise visitor to our men's breakfast last month, enjoying french toast, sausage, scrambled eggs... "the works" he said. Crews expect to repave Union Street in early July, he said.



Liberty ship tour. (above and top right) Evelyn Bryant scans a picture of WWII ship yard workers, thinking there might be chance she'd find her father, who worked in the yard in the 1940's. The field trip also featured looks at five Maine lighthouses, and lunch on the shore.



Avita of Brunswick 1st Annual Alzheimer's Walk Charity Golf Tournament

When: Friday, August 10, 2018
12:00 pm Registration | 1:00 pm Shotgun Start
Where: Mere Creek Golf Course
41 Merriconeag Road | Brunswick, ME

Enjoy an afternoon on the links while supporting a cause very near and dear to us and many of you. Net proceeds raised at the event will be donated to the **Alzheimer's Association Walk to End Alzheimer's Disease.**

Event Information:
Format: 4 Person Scramble
Cost: \$75 Per Person
Includes: 18 Holes of Golf with a Golf Cart, Range Balls, Closest to Pin Prizes & BBQ after the tournament.
\$20 Optional Score Enhancement and Putting Contest Package
Includes: 2 Mulligan tickets, 1 String, 1 Putting Contest Ticket

For more information or to register contact **Bethany** or **Gary** at Avita of Brunswick: 207.729.6222 or email Gary@avitaofbrunswick.com
Participants must register by August 6, limit 16 teams

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NOW: 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? 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!



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TEEN OF THE MONTH

Sean Ferguson

Sean has been attending the Teen Center program since school began in September and is finishing up 6th grade at BJH. Sean likes art and while at the Center, likes "sitting in a quiet corner listening to music and drawing" and says "the Teen Center is a nice escape from home". Sean is one of our quieter, shyer members and has been a pleasant addition to this year's crew! Congratulations Sean, off to the movies you go!



Brunswick Area Teen Center

Getting Summer Rolling!

School is over! Summer is officially here now!

We don't yet know what that will look like for us in the TC program. We have new staff, we are open four days a week instead of three this summer and since September, we have gained over 50 new members in addition to our existing membership, and continue to have new kids signing up.

June has been a balancing act of sorts.... scrambling to accommodate high numbers of kids each afternoon, so far June 13th was a record with 27 kids, but more and more of our days in June were over 20. Obtaining and training additional staff, while trying to train and orient (and control and amuse and entertain and referee 20-ish kids) new youth members at the same time has been challenging and our new guys have had to mostly learn by jumping right

into it (right into the fire I think they say).

We were still in the planning stages of how to utilize downstairs areas during TC hours so we can spread the kids out some but our numbers knocked us out of the planning into the "doing immediately" stage, trying to take a group downstairs whenever we can while we continue to try to create activities downstairs for them that they like or want to do, at times having to override their input for suggestions such as a swimming pool, giant trampoline, etc.!

Adjusting our food needs has also been a scramble as we up amounts to have enough for our numbers and try to work on a summer food plan. We usually give our 2 wonderful regular chefs the summer off. If anyone is interested in signing up to provide a meal for a day this summer, please contact me about scheduling a day! It can be as simple as sandwich makings.

Teen Center News

Jordan Cardone



The Unitarian Universal Church worked with Wild Flours Bakery setting up a day in June where the proceeds from every cup of iced coffee sold would be donated to the Teen Center and \$50 was raised! With the change of seasons, we now find lemonade as well as apple juice from UU Church members waiting for us by the elevator when I get in! Much appreciated!

For July, with school out now, we are looking forward to some lazy days of summer at the Teen Center. Along with our summer Intern and our Bowdoin College staffer, we have recently graduated teen Kelly coming in once a week to volunteer.

Because during the summer months there is no school bus, instead of around 20 kids bursting through the door all at once, kids trickle in at different times, biking, walking or getting rides, which tends to make the days less hectic. We'll see how it goes this summer! I'll update you next month!

In ending, I have tried to remain in denial about Frank "retiring" and now the time is upon us. I am glad it is only 1/2 time, he will still be in two weeks a month, but things just won't be the same walking in the door the two weeks he is not here and not seeing him there in his office! We might have to have a giant cardboard life size image of him made and prop it in his office for when he is out just to ease us into this transition!

Enjoy your July, summer seems to go by faster than other seasons!

Until Next Month
Jordan and The Gang

Weekly Winners

Senior Intermediate Cribbage

- May 16: Pete Watson, 711
Ray Lourie, 709
Anne Bouchard, 708
Rick Fortin, 705
- May 23: Lois Fournier, 707
Robert Frost, 703
Gaby Niffka, 699
George Hardin, 696
- May 30: Lois Fournier, 719
Ray Lourie, 708
Gaby Niffka, 700
Pete Watson, 698
- June 6: Rick Fortin, 703
Mike Linkovich, 699
Joe Toney, 692
Lois Fournier, 689
- June 13: Gaby Niffka, 721
Mike Linkovich & Pete Watson (tie) 705
Lois Fournier, 697

Senior Bridge

- May 21: Bob Cressey, 4,520
David Bracy, 3,850
Richard Totten, 3,130
- May 25: Paul Betit, 5,050
John Rich, 3,960
- May 28: Mary O'Connell, 3,490
David Bracy, 3,460
- June 1: John Rich, 5,100
Paul Betit, 5030
Lorraine LaRoche, 5,000
- June 4: Tilda Desorcy, 5,110
Paul Betit, 4,180
Joyce Lyons, 4,090
Richard Totten, 3,760
- June 8: Bill Coop, 4,700
Paul Betit, 4,160
- June 11: Paul Betit, 4,640
Woody Townsend, 3,990
Lorraine LaRoche, 3,710
Richard Totten, 2,810
- June 15: Jeff Lauder, 3,870
Woody Townsend, 3,830
- June 18: David Bracy, 4,070
Richard Totten, 3,870

"Impress them with People Plus"

Sure you're busy, sure your summer company is making you crazy!

Did you ever think of bringing them to the Center for a rousing game of Ping Pong? Maybe some Mah Jongg? An exercise class? A game of Cribbage? Bridge? Perhaps even a lecture? The first class is always free!

We keep things going just for you, all summer long. Check out our calendar for the latest details, the routine, the new, the exciting!

Go ahead, we're ready! Impress them with People Plus!

Do your dues!
Still only \$40 - Brunswick res.
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Membership Benefits

The following businesses offer discounts for People Plus members.

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

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14 Maine St, Brunswick, 319-4431
www.sethlevylaw.com

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



Gleaning Is GOOD!

Kelsey Keller, an AmeriCorps/Vista volunteer assigned to the Kennebec Estuary Landtrust is working with the Merrymeeting Gleaners, providing surplus food for public sites in the area. One of her "best stops" is the People Plus Center, where she has been leaving free produce each Monday. This weekly trip provided potatoes and parsnips from Goranson's and Six River Farms.

Maine State Music Theatre.

Senior discount (60+) on matinee tickets
22 Elm Street, Brunswick, 725-8769
www.msmt.org

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153 Park Row, Brunswick, 725-5952
www.paulinesbloomers.com

Reflections (Salon), 10% off, Mon and Fri
12 Center St, Brunswick, 729-8028
www.reflectionsbylucie.com

Thomas Point Beach, \$1 weekday admission
29 Meadow Road, Brunswick, 725-6009
www.thomaspoinbeach.com

Tire Warehouse, 20% off labor
Topsham Fair Mall, Topsham, 725-7020
www.tirewarehouse.net

Tucker Ford, 10% off invoice, parts and service
157 Pleasant St, Brunswick, 725-1228

Wilbur's of Maine, 10% off, anytime
43 Maine St, Brunswick, 729-4462

Wild Oats, 725-6287, 10% off on Mondays
149 Maine St, Brunswick, 725-6287
wildoatsbakery.com

*Benefits subject to change

Teen Center Summer Staff Additions

Both Hunter Boyce and Riley Harris have been with us for almost a month now and will be with us until mid August when they both head back to their respective Colleges.



Hunter Boyce

Hunter, who is interning with us for his studies in Human Services, attends Southern Maine Community College. Hunter is a Mainer from Harpswell and is majoring in Human Services and hopes to be a High School Counselor or a Therapist/Psychologist working with youth. Hunter says his internship at the TC program has been very helpful so far for getting a good sense of this age group, especially Jr. High ages which is a group he has not worked with before!

Riley attends Bowdoin College and was hired as part time staff at the TC until he returns to school. Riley is from New Jersey but is spending the summer on campus working both at the college and at the TC. Riley is studying Environmental Studies and Government, although he says he wants to be a teacher or mental health professional! Riley says his work with us is getting him even more interested in teaching/mental health! This coming school year Riley will be spending his first semester abroad in Morocco, Vietnam and Bolivia studying climate change.



Riley Harris

Both of these young men are great assets to our program and we are really enjoying having them with us. Not only are they helpful, I have watched the process of them getting to know the kids and getting more comfortable each day interacting with them and learning about them and the wild wonderful world of (mostly) pre-teens!

We wish them both well in their studies and will miss them a lot when they head back to classes!

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July 2018

All Spectrum Generations' locations will be closed on Wednesday, July 4, in observance of Independence Day.



save the date

Spectrum Generations' Cohen Community Center presents a Murder Mystery Dinner: "Marriage can be a Mystery"

Saturday, September 22, 2018



You are cordially invited to Spectrum Generations' Cohen Community Center Mystery Dinner, on Saturday, September 22, 2018 (Marriage Can be a Mystery). The event, which will be modeled after a real wedding reception party, will take place at the Cohen Community Center, 22 Town Farm Road in Hallowell.

You will delight in all the craziness that takes place at a wedding while enjoying a gourmet meal with the show. The entrée will be your choice of pan roasted beef, potatoes aligot, rainbow Swiss chard, red wine sauce -or- dill salmon, parsnip puree, green bean bundles, crispy maitake mushrooms, herbed aioli, with choice of soup and dessert. Full cash bar will also be available.

"Wedding gifts" are encouraged by way of sponsorships. Gift registry will follow but think dry dog, cat food, gift certificates to Hannaford, Petco, or Tractor Supply, and of course checks are always welcome.

Tickets will be available for purchase soon at the Cohen Center by stopping in or calling us at 626-7777. Cost is \$45 a ticket or \$240 for a table. RSVP for yourself and your "plus one," soon.

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 Debra McFarland at dmcfarland@spectrumgenerations.org or 207-620-1692.

Legacy Corps seeks members to aid in caregiving and respite for veterans and military families

Spectrum Generations' Legacy Corps Program, which caters to the caregiving needs of veterans and their families, is seeking new volunteer members.



At Spectrum Generations, the Legacy Corps program provides companionship respite care for veteran and military families and their caregivers, throughout central and midcoast Maine. The volunteer members are trained and carefully matched with each client they work with to help support the specific needs veterans and military families often face, as well as decrease feelings of burden and stress for caregivers when caring for a loved one.

With a current waitlist of 35 veteran families seeking assistance, the need is high. Legacy Corps volunteer members will receive high quality onboarding training, with monthly training on providing respite and the military culture. For more information, contact Maria Raymond, volunteer coordinator at Spectrum Generations: 620-1684 or mraymond@spectrumgenerations.org.

Additional information about Legacy Corps can be found online at spectrumgenerations.org/legacycorps

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Medicare 101

Medicare can be overwhelming to individuals enrolling for the first time. Our Medicare 101 Session will take you through the four different parts of Medicare benefits and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage.

People Plus Center on Tuesday, July 10 at 12:30 p.m.

and

Sunnybrook Senior Living Tuesday, July 31, time TBA

\$15.00 suggested donation.



Spectrum Generations' Cohen Community Center will be hosting a Pie Crawl Fundraiser.

Pumpkin pie, Apple Pie, Whoopie Pie, Pizza Pie, Shepherd's Pie, any pie will do.

Where: Downtown Hallowell

When: October 20, 2018

Cost: \$15 per person, children under 10 are free, accompanied by an adult. Cost includes pie from all of the participating stores, bars, and restaurants in downtown Hallowell.

Stay tuned for more information. Pencil in the date, you won't want to miss this event!



Planning an event? Cohen on the Meadows is available to serve all catering needs! 207-620-1189 or 207-660-9267

Now it's "MY" Sulky

Cruising toward Bowdoinham the other night, I passed an old place on Topsham's Middlesex that is obviously under new ownership. Equipment, ladders and staging were all around, multiple projects were underway, and there was a bunch of odd stuff on the lawn with for sale signs hanging off them. It was the sad old sulky that made me lock my brakes and roll back for a second look. Located between a rusty disc harrow and a plywood boat that wouldn't hold water if you filled it from a pressure hose, it was NOT the sort of thing you'd go looking for at the John Deere store or Tractor Supply. I parked my truck in the ditch and headed for a closer look.

Mind you this, I'm 70-years plus and I've never wasted a minute thinking about either driving horses or owning my own buggies, and if first impressions really could kill, I'd have dropped dead, right there in that ditch. The sulky had two pneumatic tires, but they were both rotted and flat. The seat-back, made of shredding and molded carpet, was rough-welded to the rusting frame with two bicycle frame forks. The mud guard had a couple big holes in it, and the floor boards were vintage, rotting oak. Did I tell you the for sale sign was asking \$100?

The seller was quick to come out his door and strike up a conversation. "I'm thinking it might have been a Topsham Fair racer," he said, realizing somehow I wasn't interested in the boat. "Ain't no pace car anymore," I mumbled my response, but I was already visualizing the thing with new white-wall tires, a plush leather seat, frame painted cherry-red with maybe a white or reflective pin stripe for sex appeal. I would attach a fancy little whip holder for good luck, put Jadon, Silas, and/or Zander aboard and go prancing down a path in my field like I was a four-year old gelding. Again.

"You'll never get a hundred for this thing," I opened the bidding, "it needs too much work!" "Make me an offer," came his quick response.

"I can give you \$25 cash," I offered, "and haul it away right now!"

"\$50!," he countered... "not a penny less..." I squatted beside the sulky, picking at some rust. "Not a dollar over 30," I told him, "that's my whole allowance for next week, including gas money!" He crossed his arms on his chest, shaking his head negatively. I shrugged, nodded, turned and started the walk toward the ditch. As I opened the truck

door I said, "give me a phone number and I'll call you Monday night. If you still have it, I'll take it for \$30, if you can sell it for more than that before then, you're a good man." He nodded, calling out a cell number for me to scribble down.

I went home and passed a full weekend without wondering more than five times about my sulky, but when Monday evening came, I made the call and was told the machine was mine if I wanted it. With only a bit of apprehension, I finally outlined my plan to Jane, then asked her if she'd like to ride along, she could help me load it and I'd buy her an ice cream. She rolled her eyes at me, gave me that "not again" look, but she did walk toward the truck. You know, when it comes to transferring concepts and ideas, maybe mine is not the sharpest tool in the shed. The fact is, Jane put her hand on that sulky and STILL didn't share my vision!

"Tires are flat," she said, "Only on the bottom," I pointed out.

I talked of hauling the boys in the field and she predicted, "heart attack city! You'll be laying flat on your face before you pull anyone a half mile!" I offered a shallow laugh and said, "but there will be a grin on my face when the EMT's roll me over!" We put the sulky on the truck, I paid the man and we headed home. "Maybe it will look good in the

Speaking Frankly

Frank Connors



field, rusting beside your mowing machine," Jane took another shot.

At home, we put the thing on blocks and I got my son-in-law George involved as my first and best hope. George can fix anything, you know. He said the wheel rims holding the tires were defective, there was a certain amount of "decay," and guessed the whole thing was "home built...no antique, NOT a treasure!" but he agreed, it could be a fun device for the boys to ride on summer adventures. When I talked of prancing 'round the field, boys in tow, George was the one who suggested we might be able to "rig" it to haul behind the John Deere. See how smart his is?

For the immediate future then, my sulky is up on blocks. Last Sunday, George took home one wheel, promising to grind, re-grease, re-pack, whatever it takes. "We'll figure out this wheel, then do the other," he said. So it will be a process, but I'm sure we'll get it done. Silas and Zander visited last night, and I took them out, let them sit on my sad-looking, blocked up sulky. They're excited, they saw the potential immediately!

"Where's the whip?" Silas wanted to know!

New/renewing members for June

* indicates new membership
• indicates donation made with membership

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Levesque Memorial Tournament
Niffka takes High Hand in tournament
Nearly two dozen participants enjoyed a "wonderful afternoon of Cribbage," and took a few moments to remember a good friend during the Knights of Columbus' second annual Roland Levesque Memorial Cribbage Tournament held at People Plus on Saturday, June 2.

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Lunch out!

July 10th at 11:30 a.m.

MORSE'S CRIBSTONE GRILL

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Be sure to sign up for the car pool!

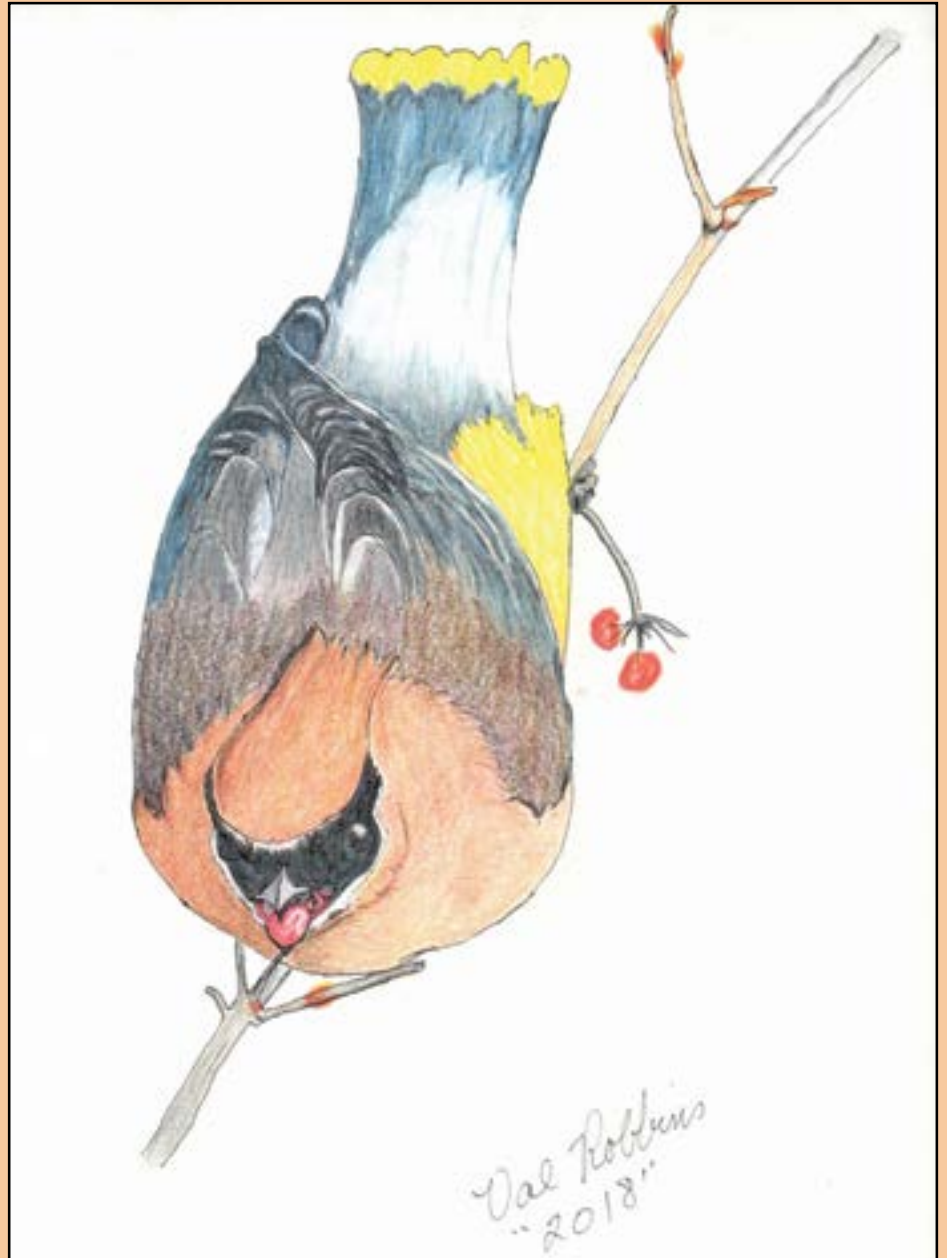
Student Show featured in Cafe Gallery

A unique collection of original works from member/students of Consuelo Bailey's art class are on display in the Union Street Gallery at People Plus through August. This multi-media presentation features more than two dozen new and original works by the student artist of People Plus, and is the first of the season show for Bailey's popular, long-running class.

Student artists invited to exhibit include: Beth Aldenberg, Lorraine Berte, Sandra Cox, Linda Glick, Karen Giustra, Jenna Haskins, Myrtle and Tony LaCroix, Richard Nickerson, Valerie Robbins, Margaret Sanfasin, Francis Shaw and Al Tyrol.

Bailey's mixed-media classes include instruction in the uses of watercolors, watercolor pencils, colored pencils, pen and ink, graphite and charcoal, pastel chalks and scratchboard. Bailey, who has taught at the Center for more than 20 years, wants to "expose" students to "the several major forms of expression" during a typical class cycle of several months, and to then encourage them to work with the media where they feel the most comfortable. Weekly classes are conducted Tuesday mornings, and run approximately two hours. During the "brighter" summer months, the class often goes "on location."

These collected works are always matted or framed and "almost always" are for sale. The show may be seen during normal business hours at the People Plus Center, 35 Union Street, Brunswick.



Feeding on red berries, colored pencil.

by Val Robbins

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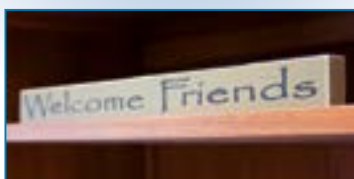


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Frank's Field Trips

Celebrating Reid State Park, "that other beach"



Frank and his "friends" will hit the road again on Wednesday, July 18, bound for Georgetown's expansive and underrated Reid

State Park and environs. "I send my closest friends to Reid all summer long," tour leader Frank Connors admitted recently, "even on the hottest days, Reid is a welcoming, exciting place to visit."

Weather and "her day" permitting, Frank has invited park director Samantha Wilkinson to board the van and offer a "three hour tour" of her park in "thirty minutes or less," outlining all the park's highlights (and lowlights.) Time on the actual beach will be "limited," but tour members are reminded to bring bottled water, a sun hat, and proper foot wear. After the tour we'll do a sandwich lunch (cheeseburger? Lobster roll?) at the Georgetown General Store, and a stop at Five Islands for a dessert of ice cream. Connors denied the accusation that his trips are becoming "more about food" and less about "touring!"

Our van leaves the Coastal Landing parking lot at 142 Neptune Drive, Brunswick Landing, at 9:30 a.m, do NOT be late! Cost this month is only \$12, and the first dozen folks who register and pay get to go. Remember, there is NO pickup or parking at the Center on Union Street.

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.