



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

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

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org August 2018 Volume 18, No. 8

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



**Primping Pansies.** Barbara Wyman, who last month was named the People Plus Volunteer of the Year, takes a minute from her desk duties to be sure the flowers at our front entry “look perfect!”

## Volunteers thanked at ice cream “sociable”

Center volunteers gathered on Thursday, July 19, to “celebrate volunteerism and to fete friends!” Certificates, gifts and awards were presented, Executive Director Stacy V. Frizzle acknowledged the “power and importance” of volunteers, and everyone (except maybe Ralph Laughlin) enjoyed their ice cream sundaes, smothered in whipped cream.

2018 top honors went to Barbara Wyman of Brunswick, who was named People Plus Volunteer of the Year, for her countless hours of service on the front desk, making food for the seniors and teens, helping with office projects, and taking over the daily birthday calls to members. Board member Jack Hudson of Brunswick was named Board Trustee Volunteer of the Year and Brunswick Area Teen Center Volunteer of the Year was

awarded to Carol Israel of Harpswell.

“Frank’s kitchen crew” was again recognized for outstanding work, and volunteers were treated to candy coupons courtesy of Maine Street Sweets, as well a new People Plus logo umbrellas, exclusively for volunteers!

Guests were entertained with a fun look at nostalgic candy from their youth with Paul Giggey from Maine Street Sweets and then enjoyed an ice cream buffet with all their favorite toppings.

“This Center as we know it could not exist a day without these dedicated, passionate and talented volunteers,” Frizzle added.

Nearly 200 volunteers support more than 50 health, wellness, technology, education, creative, social and outreach programs each month at the People Plus Center.

**“We’re Ready!”** The People Plus kitchen crew was again heralded for their service at last month’s Volunteer Appreciation event. Volunteers were given umbrellas “just in case” the weather for the Center’s annual picnic didn’t work out.

### NEW! Aging Parents Series

## “Navigating the journey”

People Plus, Mid Coast-Parkview Health, Spectrum Generations and the folks at Rousseau Management are teaming resources to develop a new, “after work” series aimed at “humanizing and customizing” the challenges and rewards associated with “kids” helping their aging parents find and utilize needed resources. Join us Tuesday, Aug. 21, 6-7:30 pm where we will provide critical and helpful information as we take this journey together.

If we are lucky enough to still have our

parents when we hit our 50’s, helping them navigate the journey of aging can be an additional challenge for both parties. Where will they live? How do we have the talk about giving up the car keys? What about the legal questions that arise? These questions are just the tip of the iceberg when it comes to dealing with aging parents. Additional topics will include transportation, housing, medical, legal, and more! These programs are free and open to the public, please call 729-0757 to register.

## Health Expo in September!

The seventh annual People Plus Senior Health Expo is set, coming this year with an exciting new site and a new date. Programming Coordinator Jill Ellis reports early registration is “strong” and says there is every reason to expect this year’s event, coming to the Brunswick Recreation Center at 220 Neptune Drive on Brunswick Landing on Tuesday, Sept. 18, “will be the best one yet!”

“This is certainly the premier event of its kind in our community,” Ellis added, “last year, more than 700 people participated, and our sponsorship and exhibition opportunities were sold out!” She added that the Expo is always a “great meet and greet opportunity”



for vendors and for visitors, and visitor admission is always free. Ellis said the move to Brunswick Landing is necessary because of renovation plans at the Cooks Corner Shopping Mall. “We’re excited by the possibilities the new space offers,” she added.

Sponsorship opportunities are still available and vendors seeking tables will find prices the same as last year. Non-profit exhibitor tables are still only \$75, and for-profit tables are \$125. Tables are released on a first-come, first-served basis. “We’re filling up fast,” Ellis observed. **Registration Deadline is August 10!** Sponsors and vendors as of print date include:

**FREE admission!**  
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### 2018 LEAD SPONSORS & PARTNERS



**Event Sponsors:** Avita of Brunswick/Sunnybrook Senior Living, Bridges Home Services, Brackett Funeral Home, Healthy Living for ME; Neighbors, Inc. **Refreshment Sponsor:** ClearCaptions; **Location Sponsor:** Town of Brunswick; **Exhibitors:** Amtrak Downeaster, Androscoggin Home Health Care, Area First Responders, Augat Chiropractic, Bath Housing, Brunswick Area Respite Care, CHANS Home Health Care, Cohen on the Meadows, Disability Rights Maine/Maine Relay, Funeral Alternatives, Habitat for Humanity/7 Rivers Maine, Harpswell Aging at Home, Hearts & Hands Reiki, Maine Bureau of Insurance, Maine Emergency Management Agency, Maine Insurance Group, Maine Pines Racquet and Fitness, Mary’s Affordable Hearing Aids, Merrymeeting Bay Triad, Mid Coast Hospital, Mid Coast Senior Health Center, Penquis Foster Grandparent Program, People Plus, Spectrum Generations Aging & Disability Resource Counseling, Spectrum Generations Meals on Wheels, Stetson’s Funeral Home, The Highlands, Topsham Dental Arts, Write on Writers of People Plus.  
**FMI visit www.peopleplusmaine.org or call Jill Ellis at 729-0757.**

### Picnic is back!

The People Plus Summer Picnic at Thomas Point, canceled on July 26 because of foul weather, has been rescheduled for Thursday, Aug. 9, at noon! “We got lots of pushback from members,” Chef Frank Connors said, “no one questioned the wisdom of canceling, but everyone was bummed and glum about missing the picnic! Minds were made to be changed!”

Connors said Executive Director Stacy Frizzle and programming coordinator Jill Ellis “made a bunch of quick calls,” and both the beach and the band - *Off Their Rockers* from Highland Green- were able to reschedule. “Is that lucky or what?” Connors asked. If you had your name on a list for July 26, you should call the Center to reconfirm, “Join us as we pray for good weather on the ninth,” Connors added.

### ‘Aging Well’ Lunch and Learn: “Changes in the Healthcare Landscape”



**Mon, Aug 20, 12 pm.** Join Lois Skillings, President and CEO of Mid Coast-Parkview Health, to get informed on the recent changes in healthcare both on a national and local level. Lois will give her perspective on the state of healthcare, as well as provide insight on where she sees it going from her decades of experience in this region, including what it will mean for the citizens of the Midcoast and the overall health of our community. Free, open to the public. Bring your lunch, we provide drinks, chips, dessert. Please call to register.

## 164th Topsham Fair

August 7-12, Seniors Day is Tuesday, Aug. 7

# People Plus News

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

[news@peopleplustmaine.org](mailto:news@peopleplustmaine.org)

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

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

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Check out past newspapers online at [www.peopleplustmaine.org](http://www.peopleplustmaine.org)

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# Putting down roots

People Plus is such a lovely place to work. I've been overwhelmed in the last few weeks by the dozens of heart-felt well-wishes and compassionate notes regarding the loss of my dog Gertie. Her passing has been more impactful than I anticipated and I miss her tremendously.

Gertie's inoperable, cancerous tumor had become very large and she was struggling to eat or walk and even her breathing had become labored.

So we took her to the vet and there, surrounded by my children and Jonathan, Gertie was given a shot that helped her to relax and be very calm. We then spent a good long while stroking her soft fur, crooning words of love and comfort to her, and showering her with affection. She was in her happy place and seemed very tranquil as she looked up at me with those big brown eyes for one last time. Then they softly closed and after a long sigh of contentment she died peacefully with her head in my lap.

We brought her home and buried her in our backyard under a young Dogwood tree that my daughter gave me in May for my 50th birthday.

Frank, along with his friends at Page Monuments Company, have taken it upon themselves to have a site marker made for us. I gave him a very large heart-shaped

rock that I discovered on a hiking trip years ago, with Gertie trotting by my side.

So she will forever rest in the backyard next to the pond, under a dogwood tree marked with a heart. While putting down roots there, I'm sure she's chasing squirrels and having all the treats she likes up in doggy heaven...

So I thank you all again for the warmth and affection that you had for that sweet dog. She loved coming to the Center every



day. It was her very deepest joy to visit all the classes, nuzzling your palms under the table during art or resting her head on your foot during a meeting. She especially loved to visit each of you during meals when I would have to command her back to my office and out of the way.

So many of you stopped by to scratch

## From the Executive Director

Stacy V. Frizzle



her head and say goodbye over the last month or so and I know that she appreciated that.

Greeting all of you every day here at the People Plus Center was absolutely her favorite place to be. She knew when we turned the corner in the car onto Cumberland Street and would get excited to run in and get her first treat of the day from Pat at the desk. There were many more to follow every day and I'm sure she's getting her fill of them now as well.

Having her here at the Center for the last seven years enabled her to become a part of the People Plus community. She put down her roots here as well and became everyone's dog as she brought us all together in a way that only animals can.

So I'll say it again, I really love working here. Everyone is so kind and thoughtful and warm and friendly. It is the atmosphere we try to create with classes and programs that bring people together for socialization and health. Yet it is all of you who truly foster and grow this organization.

And Gertie was one lucky dog to be a part of this Center that Builds Community.

## From Anita's Plate

Anita Huey  
(207) 504-6439

[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)



I hope that everyone is having a great summer. This is the first summer that I have ever planted a garden and I have to say that I am having a lot of fun. I was very fortunate that my neighbor gave me everything that I need to get my garden growing. I made a few mistakes along the way. One of them was putting the cages for the tomatoes on upside down but I keep embracing the growing process! Maybe part of it is because my vegetables are thriving and nothing has come along and started to eat my harvest!

I have enjoyed hearing my daughter say that our house smells like lettuce and she is eating it daily! So whether you have a garden or not, I am sure that you have an abundance of zucchini, summer squash and other vegetables. The question you may be asking yourself is "what is something different that I can do with these summer vegetables?"

I have given this some thought and I have come up with some ideas:

- Make zoodles (zucchini noodles) and creating a nest. Top with olive oil, pepper and Parmesan cheese and broil.
- Cook green beans and chill them then add Italian dressing for a nice salad.

### Tomato Stack Salad

**Ingredients**

- 4 large heirloom tomatoes in different colors/varieties
- 1 avocado
- 8 thin slices of mozzarella cheese, cut in half
- 1/4 c. extra virgin olive oil
- 1 c. arugula
- 2 Tb. chopped basil
- dash of pepper

**Instructions**

1. Slice your tomatoes about 1/8" thick
2. Slice your avocado in half, remove pit, and slice 1/8" thick sections
3. Slice the smoked mozzarella into 1/8" rounds
4. Blend the olive oil and basil in a blender.
5. Stack alternating layers of tomato, avocado, arugula, mozzarella, drizzling your basil olive oil and adding a dash of salt and pepper in between some of the layers
6. Top it with an additional drizzle of basil olive oil



- Take zucchini noodles and make a pasta salad.
  - Make a tomato stack (recipe provided)
- I will continue to watch my garden grow and enjoy all of the vegetables that are growing. I hope that you try something different this summer with all of you summer produce.

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\*the early name given the general area of Brunswick and Topsham

## Thursday Hikers Destination

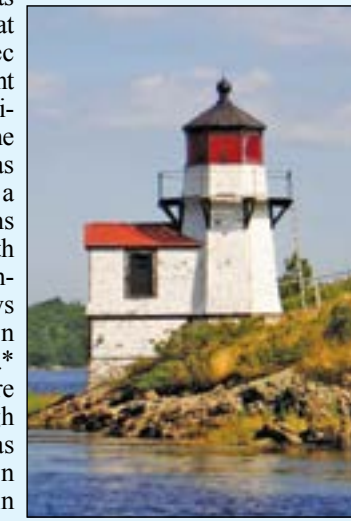
by Betty Bavor

Who's visited the Squirrel Point Lighthouse on Arrowsic Island along the bank of the Kennebec River? May 26, Thursday hikers followed the narrow woods and marsh trail with gentle ups and downs, a few roots and rocks with Maine nature at its best. We spotted lady slippers, delicate purple gay wings, trillium, star shaped flowers, grasses, ferns, and a variety of trees along the way. Birds provided music, 70+degree temperature, sun and a gentle breeze was ideal for our 1 1/2 mile trek to this historic Lighthouse. As we neared the site our quiet solitude was interrupted with hammering. This property, sadly, has fallen into disrepair with a chain of legal events in recent years which I will touch upon later. It's nice to see some TLC currently taking place.

Arrowsic Island was one of the first and largest colonial settlements in Maine having 50 or so families in 1670. In spite of armed guards around it's boundary, Indians attacked in August 1676 and massacred 9 families. The settlement recovered and became known as 'Newtown'. Massachusetts Governor Samuel Shute made a visit in 1717 arriving at this point aboard his frigate "Squirrel" hence

the name Squirrel Point. The Kennebec River became an important waterway needing improved navigational aids replacing the lanterns that were hung from buoys at strategic points for safe passage by towboat companies and Kennebec Steam Company. President Grover Cleveland appropriated \$4,650 in 1895 and the 25 foot tall lighthouse was completed in 1898 with a small 5th order Fresnel lens having a fixed red light with a white sector to the southward. George Matthews was the first keeper in 1898 serving until 1912.\* Additional structures were added to the site through the years and the light was increased in intensity in 1902. It was automated in 1979 with a modern 250mm lens powered by a solar panel. The fog horn is deactivated in lieu of GPS technology. Many lighthouse keepers and families have

enjoyed, endured, suffered tragic and life changing experiences while on assignment at this lighthouse. Several have written their memoirs, stories of events and happenings while living the life of a lighthouse keeper. This is a profession and lifestyle of the past lost to technology.



I'm jumping ahead to 1993 when Mike Trenholm, a semi retired realtor negotiated with the Coast Guard to lease the property and form a non-profit group called SQUIRREL POINT ASSOCIATION. He was awarded the lighthouse by an act of congress in 1996 with conditions it be used for educational, historic, recreational, cultural and wildlife conservation programs for the general public, and also be maintained in a manner consistent with provisions of the National Historic Presentation Act of 1966.\* Controversy arose with the Maine Lights

Program when the property was put up for sale in 1998 with quick negative response. The sale did not happen. Trenholm was having health issues and the for sale sign was out again in 2002. Residents were outraged and organized Citizens for Squirrel Point. They sent a letter to Senator Olympia Snow hoping to maintain the original quest. Retired Navy Rear Admiral Leonard wanted to buy the property for personal use. I imagine many long meetings took place, but finally the citizens won and the property has reverted back to the federal government and is listed on the National Register of Historic Preservation.

The roof workers descended when we arrived and we asked what is ahead for the lighthouse. The girl said, "she was a laborer, not on the board who are looking for ideas. Did we have any?" Fortunately, needed repairs are being done and people are welcome to visit the property - no one is allowed in any buildings. We refreshed with our snacks & water bottles before hiking the 1 1/2 mile trail back to our cars. A day to remember and stay tuned for future Squirrel Point developments of this Maine Lighthouse. It is worth the hike to visit this historic site and I wish them well.

## The fateful ride of Pepe Caruso

by W.A. Mogk

This is a tale from long ago, of the fateful ride of Pepe Caruso.

Pepe no speak' da English so good, but he always try to be understood.

He heard that Santa would visit one night at Al & Moe's, he was filled with delight.

So he jumped on his horse for the long dusty ride he had a fine steed, his horse was named Clyde.

Pepe rode over gullies, he rode thru the bush he rode for so long, he got a blister on his tush.

Pepe galloped with a fury, he would not be late it was just before dawn when he entered the gate.

As the sun rose that day, it all became clear there would be no Santa Claus, no Santa Claus here.

Outside was Santa Ana, not the Santa he overheard and Al & Moe was a church, Pepe felt most perturbed.

Like famous Paul Revere, Pepe had a great ride but he did not survive, just a horse named Clyde

## The Discovery of Brunswick and Topsham

by Sally Hartikka

Gliding on the wide stream they came, Proceeding warily, they barely spoke As they surveyed this untamed ground. 'Twas the same year Jamestown was founded When Pejepscot\* saw its first white folk. A young native lad took note of their coming. He watched from behind some broad oaks And wondered at their boat, their significance, And wondered at their strange appearance, Their hairy faces and peculiar cloaks. He watched how they studied the falls, As they wondered how they might prevail. Their boat, an awkward means of conveyance Was large, cumbersome, a hindrance; Would they triumph or turn tail? One man jumped out, painter in hand, Attaching the boat to this alien place. The child, bronzed and lithesome, Wondered just why they had come, A split second of fear crossing his face. Who were these people, did they mean any harm? Should he run to his chief for assistance? Were others following behind their craft? Were there weapons in their rough raft? He kept silent and stayed at a distance. He watched as they used ropes and pulled, Pulled and pushed and lifted, chests bare Until the vessel began to rise Above the falls to where calm water lies And to the broad lake which lay there. They then disappeared, at least for a time; The boy told the tribe of his sighting, Of these remarkable creatures he'd seen, Keeping still about how scared he'd been, Of these Androscoggin explorers alighting.

\*the early name given the general area of Brunswick and Topsham

## Memorial Donation in Memory of Priscilla Despres

August 19, 1927 – June 27, 2018

## MOTHER NATURE'S SURPRISES

by Betty Bavor

Eight Thursday Hikers gathered in Topsham to enjoy a hike at Beaver Park in Lisbon. The day was perfect and as we drove into the parking lot, the lead car dodged what appeared to be a rock, stump or debris in the center of the parking area. Each driver avoided the object parking a safe distance away. We exited our cars to investigate and to our amazement it was a snapping turtle on the nest she has prepared in this sand lot for her eggs. One of the hikers went to the Ranger Station to report the turtle and suggest a cone be brought to alert visitors. The young ranger who came, was intrigued and told us he had arrived on this job a week or so ago. He had not seen a snapping turtle lay eggs so far away from water. We did not know how many eggs had been laid but while we watched, 15 white eggs dropped from this turtle into the soft sand nest below. We all wondered if the babies would make it across the parking lot to safety in the woods. Birds, raccoons muskrats and other critters enjoy a succulent meal of baby turtles. I guess it is survival of the fittest as the species does continue to exist. A member of our group related a snapping turtle experience she had. She said snapping turtles have long necks and if

you pick one by its shell, as recommended, they can reach around and bite you and they don't like to let go. A friend of hers had this happen when he moved a slow moving snapping tortoise off the road for its safety.

Enough time spent watching this incredible act of nature - we were off on the nice trails circling ponds, seeing fitness/exercise courses, checking spring growth and enjoying the scenery within the park. We rested at a picnic area for a water and snack break. The trail map showed a way back on an unexplored trail so we did not have to retrace our tracks. We hiked about three miles leaving plenty more trails to explore on another day. Rangers advised us not to go on the swamp trails due to heavy rain, so that can be another day of adventure.

Back at our cars, we discovered four cones with yellow caution tape around them. The turtle nest was covered with sand and no Mommy! I hope Mother Nature has her eye on the baby turtles. When we return one day to do the swamp trails, maybe one of the turtle offspring will have returned to their birth site in the parking lot and be laying her eggs for the next generation.



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## The Noshor

by Vince McDermott

I may have finally seen "The Noshor," the deer which roams through my neighborhood and takes a bite here, a nibble there. It, like other deer, likes hosta. I was driving away from my house when a deer crossed the street not far from my car. It didn't scamper off, just proceeded on its way. It was mature, but had no rack. It was 11:30 in the morning. I have seen many deer of all ages at all times of the day in my area, but only one with a rack - and it was a small one. I have never seen fully mature male. They must be out there - fauns appear every year.

## Who Ate My Soap?

by Vince McDermott

I put out soap to ward off hungry deer. The effort is partly successful. I have used Ivory and Irish Spring. A few bars of Ivory have disappeared. Who ate them or carried them off? If I see a critter foaming at the mouth, is it rabid or just enjoying my soap? I do not intend to stay around to find out.

## Failing Hearts

by Virginia Sabin

We were sweethearts  
Half a century ago  
We married, made a family  
Built a home on a hill  
With a mountain view  
Of changing purples  
Strong hearts and changing views  
Hearts not true enough  
And differing views  
Not strong enough  
To climb mountains  
To change views  
As evening fell and then the night  
Decades ago  
You clung to your mountain  
And I to my ocean view  
Your heart is failing now  
And I'm feeling mine has failed you

Write on Writers  
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## Weapon Of Choice

by Vince McDermott

More and more Brunswick residents are carrying weapons of some sort when they take a walk, work in their garden, or go for the mail. The purpose of the weapon is a defense against a rabid critter. I have a long dandelion remover with a sharp pronged end; a walking stick with a heavy knob, and a swagger stick with a small knob. I select my weapon to suit the situation.

# August at People Plus . . .



## Good Morning Program Volunteers and Participants Needed!

The Good Morning Program is a daily safety check-in program managed by People Plus and physically located at the Brunswick Police Department. Available to older adults or the disabled in Brunswick, Harpswell, and Freeport, it enables those who have registered to call in by phone seven mornings a week to say they are O.K. The Good Morning Program is ideal for those who live alone and are concerned about their comfort and safety. It is also helpful for those who have recently returned from the hospital or a rehabilitation facility.

A volunteer is needed to fill 1 or 2 shifts per month. To volunteer you need to have your own transportation to the Police Station to arrive there about 9:30 am and are usually done in less than an hour.

Applications to participate in the program are available online at [peopleplusmaine.org](http://peopleplusmaine.org), at the Center, or at the Brunswick Police Department.

For more information call or email Tulle Frazer (725-8942) or [tullefrazer@gmail.com](mailto:tullefrazer@gmail.com)



**Best Buddies!** Center members Dorothy Boddaert (left) and Sixta (Cita) Levine, enjoy a seasonal reunion at the Center last month. Cita spends part of her winter in Florida and is always glad to see "Dottie and the rest of the gang," when she returns to Brunswick.

## Balance and Falls Workshop with Reform Physical Therapy

## Try Chair Yoga- Get stronger while safely seated!

**Thu, Aug 30, 12:30 pm.** Dr. Christina Levesque, PT, DPT of Reform Physical Therapy is back to teach us what balance means, how to prevent a fall if one occurs. Perfect tips for all year long! Free, open to the public. Registration appreciated!

**Thursdays, 2 pm.** 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. Class is on Thursdays for August, then switching back to Tuesdays for the fall.

## Swing Dance Brunswick returns to People Plus!

**Sunday, Aug 5, 6-8 pm.** All ages and all generations are welcome and you don't need to bring a partner! We welcome new dancers and there's a beginner's lesson from 6:00-6:30. Come and join the lesson even if you're not a beginner to help welcome newcomers and enjoy the

fun. Please bring dance shoes to change into when you arrive, to protect the dance floor from street grit. Hint: comfortable shoes with smooth soles that aren't too sticky on the floor make it easier to dance. Open to the public. Suggested donation \$5, includes dance and lesson.



## Avita Men's Group Weekly Luncheon



Join Executive Director, Gary Currier, Resident Dining Director, Howard Smith and Maintenance Director, Mike Smith for a weekly men's lunch at Avita! This group is open to Avita residents and the Brunswick community.

**When:** Every Thursday starting July 26<sup>th</sup> 12:00-1:00 PM | Open to the public  
**Where:** Avita of Brunswick  
89 Admiral Fitch Ave | Brunswick, ME  
**RSVP:** 207.729.6222 or email [bethany@avitaofbrunswick.com](mailto:bethany@avitaofbrunswick.com)

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## Proud Olympian

Brunswick's special Special Olympian Megan Rosenberg was in Seattle, Washington, last month, competing in the national final track and field events. She came home all smiles, and loaded with medals, taking first place in the 400 meter dash, third place in the 200 meter dash, seventh place in the 100 meter dash and a third place in the 4x4 relay.

When she's not training for her field events, Megan is a key member of the Lunch & Connections kitchen crew at People Plus.

## Collette Travel Trips 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, Graeceland, 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.

## SAVE THE DATE Imperial Cities Trip Presentation!

**Thu, Oct 18, 2 pm.** Visit Prague, Vienna & Budapest October 7-17, 2019 with Collette! Highlights include Prague Castle, Lobkowitz Palace, Classical Music Performances, Danube River Cruise, Bratislava, Budapest, Matthias Church, Fisherman's Bastion, School Visit, Visegrad, Renaissance Dinner. Come here all about this trip! Free, 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, Aug 14, 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.

| Sun   | Mon  | Tue   | Wed  | Thu  | Fri  |
|---|--|---|--|--|--|
| <b>5</b><br>9:00 Grace Church<br>6:00pm Swing Dance Brunswick | <b>6</b><br>9:00 Mah-Jongg<br>9:00 Crafters<br>9:00 Loosen Up<br>10:00 Zumba<br>11:00 Table Tennis<br>12:00pm Bridge   | <b>7</b><br>8:30 Table Tennis<br>9:30 Beg/Intermediate Bridge<br>10:00 Art with Connie Bailey<br>10:30 Yoga with Ann<br>12:30pm Aerobics Lite   | <b>8</b><br>8:00 'Easy Riders' Biking Club<br>8:45 Cribbage<br>9:00 Mah-Jongg<br>9:00 Loosen Up<br>10:00 Meals on Wheels<br>10:00 Table Tennis<br>12:30pm Tai Chi - Long Form<br>1:00pm Write on Writers<br>5:30pm Knights of Columbus   | <b>9</b><br>8:30 Table Tennis<br>9:30 Beg/Intermediate Bridge<br>11:00 Yoga at the Beach<br>11:00 Lunch/Connections<br>Member Picnic at Thomas Point Beach (Rescheduled from July)<br>2:00pm Chair Yoga<br>6:00pm Beginning Line Dancing<br>7:15pm Advanced Line Dancing | <b>10</b><br>9:00 Mah-Jongg<br>9:00 Loosen Up<br>10:00 Tai Chi - Short Form<br>10:30 Meals on Wheels<br>11:15 Qigong<br>12:30pm Advanced Bridge<br>6:30pm Folk Dance Brunswick |
| <b>12</b><br>9:00 Grace Church                                | <b>13</b><br>9:00 Mah-Jongg<br>9:00 Crafters<br>9:00 Loosen Up<br>10:00 Zumba<br>11:00 Table Tennis<br>12:00pm Bridge  | <b>14</b><br>8:30 Table Tennis<br>9:30 Beg/Intermediate Bridge<br>10:00 Art with Connie Bailey<br>10:30 Yoga with Ann<br><b>11:30 LUNCH OUT</b><br>12:30pm Aerobics Lite<br>12:30pm Medicare 101<br>3:00pm Kaffeestunde! German Club<br>4:30pm TCAC Meeting | <b>15</b><br>8:00 'Easy Riders' Biking Club<br>8:45 Cribbage<br>9:00 Mah-Jongg<br>9:00 Loosen Up<br>10:00 Meals on Wheels<br>10:00 Table Tennis<br>12:30pm Tai Chi - Long Form<br>1:00pm Write on Writers                                | <b>16</b><br>8:30 Table Tennis<br>9:30 Beg/Intermediate Bridge<br>11:00 Yoga<br>2:00pm Chair Yoga<br>6:00pm Beginning Line Dancing<br>7:15pm Advanced Line Dancing   | <b>17</b><br>9:00 Mah-Jongg<br>9:00 Loosen Up<br>10:00 Tai Chi - Short Form<br>10:30 Meals on Wheels<br>11:15 Qigong<br>12:30pm Advanced Bridge<br>6:30pm Folk Dance Brunswick |
| <b>19</b><br>9:00 Grace Church                                | <b>20</b><br>9:00 Mah-Jongg<br>9:00 Crafters<br>9:00 Loosen Up<br>10:00 Zumba<br>11:00 Table Tennis<br><b>12:00pm Lunch and Learn: Changes in Healthcare</b><br>12:00pm Bridge<br>6:30pm SAGE Dance Club<br>6:30pm Civil War Book Club | <b>21</b><br>8:30 Table Tennis<br>9:30 Beg/Intermediate Bridge<br>10:00 Art with Connie Bailey<br>10:30 Yoga with Ann<br>12:30pm Aerobics Lite<br>2:00pm Books a la Carte<br><b>6:00pm Aging Parent Series: Navigating the Journey</b>                      | <b>22</b><br>8:00 'Easy Riders' Biking Club<br>8:45 Cribbage<br>9:00 Mah-Jongg<br>9:00 Loosen Up<br>10:00 Meals on Wheels<br>10:00 Table Tennis<br>12:30pm Tai Chi - Long Form<br>1:00pm Write on Writers<br>6:30pm Brunswick Coin/Stamp | <b>23</b><br>8:30 Table Tennis<br>9:30 Beg/Intermediate Bridge<br>11:00 Yoga<br>2:00pm Chair Yoga<br>6:00pm Beginning Line Dancing<br>7:15pm Advanced Line Dancing   | <b>24</b><br>9:00 Mah-Jongg<br>9:00 Loosen Up<br>10:00 Tai Chi - Short Form<br>10:30 Meals on Wheels<br>11:15 Qigong<br>12:30pm Advanced Bridge<br>6:30pm Folk Dance Brunswick |
| <b>26</b><br>9:00 Grace Church                                | <b>27</b><br>9:00 Mah-Jongg<br>9:00 Crafters<br>9:00 Loosen Up<br>10:00 Zumba<br>11:00 Table Tennis<br>12:00pm Bridge  | <b>28</b><br>8:30 Table Tennis<br>9:30 Beg/Intermediate Bridge<br>10:00 Art with Connie Bailey<br>10:30 Yoga with Ann<br>12:30pm Aerobics Lite<br>2:30pm Cafe en Francais   | <b>29</b><br>8:00 'Easy Riders' Biking Club<br>8:45 Cribbage<br>9:00 Mah-Jongg<br>9:00 Loosen Up<br>10:00 Meals on Wheels<br>10:00 Table Tennis<br>12:30pm Tai Chi - Long Form<br>1:00pm Write on Writers                                | <b>30</b><br>8:30 Table Tennis<br>9:30 Beg/Intermediate Bridge<br>11:00 Yoga<br><b>12:30pm Balance/Falls Workshop</b><br>2:00pm Chair Yoga<br>6:00pm Beginning Line Dancing<br>7:15pm Advanced Line Dancing  | <b>31</b><br>9:00 Mah-Jongg<br>9:00 Loosen Up<br>10:00 Tai Chi - Short Form<br>10:30 Meals on Wheels<br>11:15 Qigong<br>12:30pm Advanced Bridge<br>6:30pm Folk Dance Brunswick |

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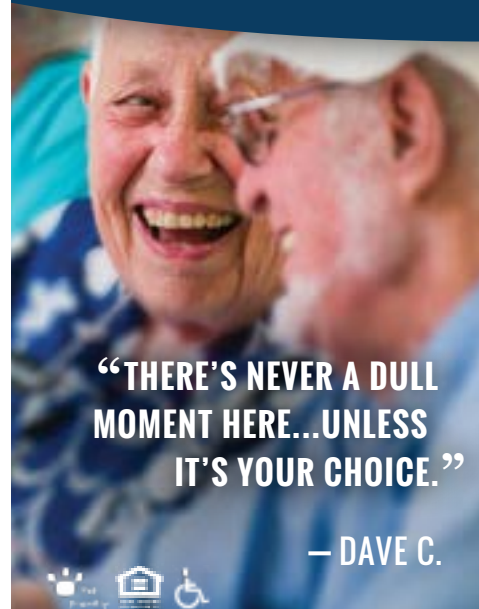
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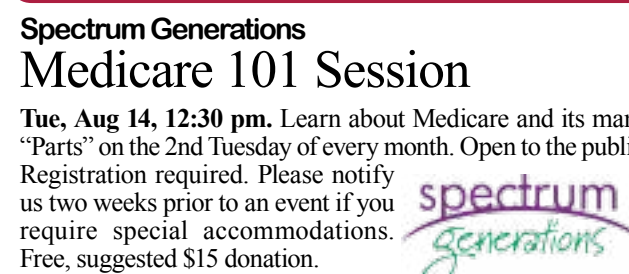
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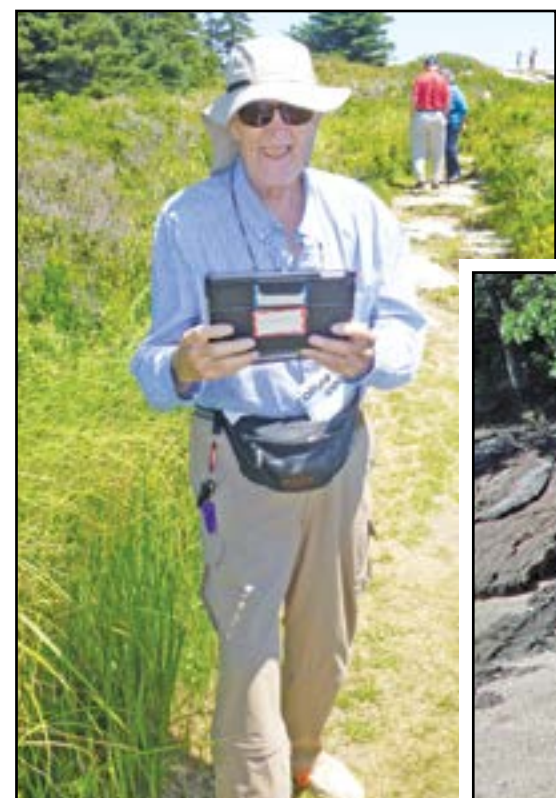
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Summer's best days

**Smile Everyone!** The Thursday hikers (above) take a break and smile for the camera during a day trip to Little John's Island, in Yarmouth. **Wading's Wonderful!** Gladys and Betty (top & left) enjoy the surf at Reid State Park during a Frank's Field Trip visit last month, while George Herman (above) tried to photograph a Green-headed fly.

### We appreciate our volunteers!



Special Thanks to Brunswick's MAINE STREET SWEETS for the nostalgic tour of old fashioned candy.

**Precious Moments!** Good times were had by all during the Volunteer Appreciation Social last month. Surprised Volunteer of the Year Barbara Wyman (top left) gets a congratulatory hug from Richard Giustra, Board Volunteer of the Year Jack Hudson (top right) poses with Executive Director Stacy Frizzle, and members listen intently while Paul Giggey of Maine Street Sweets explains the not-so-complicated history of candy.

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### Books A La Carte

*This group of readers gather to discuss, trade, lend, and donate books of any genre - there is no assigned list. The group meets on the third Tuesday of each month at 3 PM.*

**Pagan Spring** by G.M. Mallet. "There are certain things you want in a village mystery: a pretty setting, a tasteful murder, an appealing sleuth... Mallet delivers all that." —Marilyn Stasio, The New York Times. G. M. Mallet has charmed mystery lovers, cozy fans, and Agatha Christie devotees everywhere with *Wicked Autumn* and *A Fatal Winter*, the critically-acclaimed mysteries that introduced former spy turned cleric Max Tudor.

**Necessary Lies** by Diane Chamberlain. The author delivers a breakout book about a small southern town fifty years ago, and the darkest—and most hopeful—places in the human heart. Set in rural Grace County, North Carolina in a time of state-mandated sterilizations and racial tension, the story is of two young women, seemingly worlds apart, but both haunted by tragedy. Jane and Ivy are thrown together and must ask themselves: how can you know what you believe is right, when everyone is telling you it's wrong?

**Twisted Prey** by John Sanford. A rich psychopath, Taryn Grant had run successfully for the U.S. Senate, where Lucas had predicted she'd fit right in. He was also convinced that she'd been responsible for three murders, though he'd never been able to prove it. A federal marshal now, with a very wide scope of investigation, he's heard rumors that Grant has used her seat on the Senate intelligence committee to be very useful - using them to assassinate another senator. Grant stops at nothing.

**The Red Garden** by Alice Hoffman. The book introduces the luminous and haunting world of Blackwell, Massachusetts, capturing the unexpected turns in its history and in our own lives. From the town's founder, a brave young woman from England who has no fear of blizzards or bears, to the young man who runs away to New York City with only his dog for company, the characters are extraordinary and vivid.

Please send comments to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)



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Thanks, Carol. Carol Israel (left) got a bag full of goodies and a huge hug from Teen Center Coordinator Jordan Cardone at the People Plus Volunteer Appreciation event last month. "It's hard to imagine the Teen Center without Carol," Cardone said.

Brunswick Area Teen Center

# Slow Down, You Move Too Fast!

*Summer, Slow Down, You Move Too Fast, We Wanna Make The Summer Last!!!*

I remember that song.....  
Bye Bye July! It seems like time always goes by so quickly in the summer, warp speed compared to winter, which feels like it lasts forever sometimes.

July at the Teen Center was busy, busier than any previous summer but not quite as busy as during the school year. Our numbers continued to fall in the teens, with a few quiet days scattered here and there. The only pattern we noticed was that rainy days = lots of kids!

A big change we noticed was in food preference and consumption!

Hot meals lasted a couple of days instead of a couple of hors and fruit, go-gurts, bagels, p o p - t a r t s , carrots, sandwiches, crackers and cheese and lots of lemonade, milk and apple juice were

consumed instead with a couple pizza days thrown in there.

July brought a couple of big news items! United Way chose to feature the story of one of our long-time teen members (6 years) who just graduated from High School this year, in the next United Way campaign video! They came in to film her along with the Teen Center program and some of the adult People Plus programs! We feel honored as an Organization and excited to share with others how our programs positively impact our members' lives!

Other big news, as part of our continuing efforts to utilize downstairs space during Teen program hours, especially during the school year when it is literally overcrowded upstairs, People Plus Board member, Carolyn Bulliner, also a member of the Brunswick Rotary, wrote and submitted a grant to Rotary to submit to the District Rotary for funding to acquire laptops and a storage/charging cart for downstairs use by the Teen Program members, and the grant was approved for just under \$5,000! Thank You Carol

## Teen Center News

Jordan Cardone



and Rotarians!!!!

Now comes August...During July 1 have re-organized the TC office, creating an additional workspace for our anticipated Coordinator Assistant and interviews are underway! The kids, catching wind of this are like "why, we are perfectly fine with these guys" meaning our two young male summer staffers! I agree! But... those two young men are both headed back off to college even though we would be happy to keep them forever!

I believe August 9th will be their last day with us and I will be taking vacation the next week and returning to hopefully train a new assistant during the last two weeks of August!

Our long time Volunteer Carol Israel was awarded our TC Volunteer of the year award at the annual Volunteer Ice Cream Social in July! She was specially commended for the gallons and gallons of slime she made with the kids while volunteering © Thank you Carol!

Enjoy what's left of summer! We will because before we know it the start of a new school year will be upon us! EEK Until Next Month, Jordan and the gang

## TEEN OF THE MONTH Austin Tom

Austin has been attending the Teen Center program since last summer and is about to enter 9th grade at BHS. Austin is part of group of avid gamers! Austin has mellowed out a bit over the past year and is always one of the guys willing to help out when needed! He is a frequent attendee and likes hanging out with his friends, eating and playing video games of course! We are happy Austin wandered into the Teen Center last year! Off to the movies he goes!



## Changing your perception on health care

**Medical definition of health care:** The maintaining and restoration of health by the treatment and prevention of disease especially by trained and licensed professionals (as in medicine, dentistry, clinical psychology, and public health). *What is your definition of health?*

**WHO definition of health:** Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

**Health care vs Sick care** - We live in a nation that focuses on trying to fix problems rather than preventing them. We live in a "Sick Care" world.

**Symptoms vs Cause** - Are we just chasing symptoms or treating the cause? Simply look at the drug commercials; we are chasing one symptom after another covering up one with a drug to have to cover another caused by the same drug. I use a metaphor all the time that I think makes it easy to understand. Think of your problem as a burning fire, the smoke alarm is going off letting you know that there is a problem (symptom). Does it make more sense to take the battery out of the smoke alarm so the sound stops and go about your business (drugs) or to put out the fire (take care of the cause)? We tend to cover up issues rather than putting the fire out.

**Where do you think the US ranks within the world in terms of health?**

- US spends more on healthcare than the next 3 countries combined
- Spends over \$8,000 per person per year
- US ranks 37th in world health care through studies done by world health organization
- Neighbors to the north have not figured it out either they rank 30th
- Better living through pharmacology? - How is this working out for us.

Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.

*The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison*



Dr. Tim Coffin

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## Weekly Winners

### Senior Intermediate Cribbage

- July 4: No cribbage played
- July 11: Lorraine LaRoche, 721  
Lois Fournier, 717  
Anita Owens, 700  
Anne Bouchard, 691
- July 18: Mike Linkovich, 726, (Perfect Game!)  
Robert Frost, 703  
George Tetu, 696  
Pete Watson, 692
- July 25: Rollande Fortin, 723  
Lois Fournier, 702  
Rick Fortin, 700

### Senior Bridge

- June 22: John Rich, 5,100  
Paul Betit, 5,030
- June 25: Steve Gross, 3,890  
Bill Coop, 3,580  
John Rich, 3,030
- June 30: Sherry Watson, 3,930  
Woody Townsend, 3,730
- July 2: Joyce Lyons, 4,490  
Richard Totten, 3,910  
Woody Townsend, 3,830
- July 6: John Rich, 3,340  
Lorraine LaRoche, 2,640
- July 9: Terry Law, 4,350  
Alan Reeder, 4,280  
Ellie Peterson, 3,830
- July 13: Woody Townsend, 3,730  
Bill Coop, 3,190
- July 16: Lloyd Jones, 4,310  
Woody Townsend, 3,860  
John Rich, 3,730



**A Process!** Executive Director Stacy Frizzle was caught recently, "cleaning up" in the office where Frank Connors is now a part-time employee. "His desk is clean!" she was heard to exclaim, "But we miss him when he's not here," she added.



**Wish come true!** The Michaud family clustered around Tom & Judy (lower right, in front) during a Red Sox game in Boston last month. It has been a "long-held dream" of the family to enjoy a game from the "Green Monster" in Fenway Park. Michaud said it was a night to remember, "even if the Sox LOST!"

## 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

**Attorney N. Seth Levy**,  
Discounted legal services/documents including wills, living wills and estates  
14 Maine St, Brunswick, 319-4431  
www.sethlevylaw.com

**Augat Chiropractic**,  
Free consultation and cursory exam  
9 Pleasant St, Brunswick, 725-7177

**Autometrics**, 10% off labor  
21 Bath Road, Brunswick, 729-0842

**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

**Big Top Deli**, 10% off, anytime  
70 Maine St, Brunswick, 721-8900  
www.bigtopdeli.com

**Bill Dodge Auto Group**,  
10% off parts and service  
262 Bath Rd., Brunswick, 800-652-6118  
118 Pleasant St, Brunswick, 729-6653  
www.billdodgeautogroup.com

**Eveningstar Cinema**, Discount bag of popcorn at evening shows  
(\$1 sml, \$1.50 medium)  
149 Maine St, Brunswick, 729-5486  
www.eveningstarcinema.com

**Fairground Café**, 10% off, anytime  
Topsham Fair Mall, Topsham, 729-5366

**J&J Cleaners**, 10% off pickups: Wednesdays (customers over 55)  
Maine Street, Brunswick, 729-0176

**Lee's Tire & Service**,  
10% off parts (excludes tires)  
35 Gurnet Road, Brunswick, 729-4131  
27 Monument Place, Topsham, 729-1676

**Maine Optometry**,  
\$30 off complete pair of glasses  
82 Maine St, Brunswick, 729-8474  
www.maineoptometry.com

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

**Pauline's Bloomers**, 10% off, anytime (within normal delivery range)  
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  
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**Wilbur's of Maine**, 10% off, anytime  
43 Maine St, Brunswick, 729-4462

**Wild Oats**, 725-6287, 10% off on Mondays  
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\*Benefits subject to change

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- James Tierney, BHS Class of 1965

Visit [www.studentaidfund.org](http://www.studentaidfund.org)  
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August 2018



Volunteer Meal on Wheels drivers needed Wednesdays for the Woolwich/Bath route. There are five consumers in Bath and one consumer in Woolwich that needs your help.

If you are interested in volunteering please contact, Maria Raymond, at (207) 620-1684 or by email mraymond@spectrumgenerations.org.

We are also looking for two volunteers to do home assessments for our Meals on Wheels consumers in the Brunswick area.

If you have good communication skills, are professional and have reliable transportation please call: Casey Henson, 607-4406 or email chenson@spectrumgenerations.org.



It is a Wedding
It is a Mystery Dinner

It is a Fun Filled Night That You Won't Want to Miss

You are cordially invited to Spectrum Generations' Cohen Community Center Mystery Dinner, on Saturday, September 22, 2018 (Marriage Can be a Mystery).

You will delight in all the craziness that takes place at a wedding while enjoying a gourmet meal with the show.

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

Tickets will be available for purchase by stopping by the Cohen Center or by calling us at 626-7777.

Cost is \$45 a ticket or \$240 for a table of 6.



Till Death Do Us Part...



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Not my last mountain, not yet!

There are some among us who would expect that my mountain climbing days are over. To them I'd suggest, "not so fast... it ain't over 'til I say it's over!"

You may recall stories of my trips to Katahdin. That mountain (5,267 feet) is a spiritual force in Maine and in me, and I've never been disappointed, climbing it's various trails. I did it first with my Boy Scout troop, again (and again) with my Jane, again with family and friends, and last, on my 60th birthday with my son Miles.



Maine's 10 Highest Mountains

- (according to Travelmaine.com) (star means I've summited)
Katahdin - 5,267\*
Sugarloaf - 4,240\*
Crocker - 4,228
Old Speck - 4,180
Bigelow (WestPeak) - 4,150\*
(Avery Peak) - 4,090\*
North Brother - 4,143\*
Saddleback - 4,116\*
Saddleback Horn - 4,023\*
Mount Abraham - 4,049
Mount Redington - 4,010
Mount Spaulding - 4,010

knee and a pacemaker!" Miles said to me once. "Why would I climb a mountain with the expectation I would end up carrying an old man, and a little kid off?" he asked me when I pushed for a trip.

So last weekend, I'm steaming up the most gradual shoulder of ol' Rattlesnake Mountain, (that's over in New Hampshire, I was worried I might run into someone I knew) telling anyone who cared that I was "in training" for Mount Katahdin.

a "walk" of nearly a mile, my buddy Walter said it was "too short" to be called a hike. I let it all out! I love my Jane, but I left her in my dust! That old feeling was back, there I was, summiting yet another mountain...

I looked up a list of Maine's ten highest peaks, just so I could point out to Miles I'd climbed six of them more than once. To that list I'd quickly add Tumbledown, Boarstone, Pleasant, Streaked, South Turner, Bradbury and Double Top mountains, just in case Miles was paying attention and told me two, maybe three of those "Highest Peaks," I'd climbed on ski lifts!

As you read this, Miles, grandboy Jadon and I are on our way to see the wonders of Acadia. We're doing a long August weekend of camping together, boys only, planning to climb the Beehive, the Bubbles, the Precipice and anything else that gets in our way. I'll have to remind him of the family story and go find Connors Nubble, and

Speaking Frankly

Frank Connors



we'll spend at least a minute and a "selfie," leaning against South Bubble Eratic! Yes, we'll drive to the top of Cadillac, just to get it on our list, and get ourselves in the mood. Sure we'll hike some long, shoreside trails, "just for the views," but each and every step, you know I'll be trying to add spring to my step, just so Miles will go home thinking maybe, just maybe, that old man has another Katahdin in him.

The Harpswell Garden Club

will meet Thursday August 16, 2018 at the Curtis Memorial Library in Brunswick. The program will begin at 1 p.m. After a brief business meeting, Nancy Sfera of Nature Conservancy will present "Nature Conservancy's Work in Mid-Coast Maine." Free and open to the public. FMI call Becky 833-6159.



Create you own Field Trip

August is "high season" in Maine - bright days, warm weather - "it's time to get out and enjoy our unique state when it's at its best!" according to Frank Connors.



no accidents, and I only got lost two, maybe three times!" Trips included an adventure in Boston, a light show tour at Coastal Maine Botanical, trips to Popham Beach and Reid State Park, a half-dozen light houses, the Maine State Museum, the Blaine House, even a crematory in Richmond.

"Thanks to the van loan from Coastal Landing and a cash grant from Scott Lemieux at Ameriprise Financial, our first year of Frank's Field Trips was a blast! No one died," he said, "we had

the real reason for the success of the trip, "each one ended with a dinner or lunch." Connors said he's "working on list for next year," and hoping members will call him with their lists of favorite places.

New/renewing members for July

\* indicates new membership
\* indicates donation made with membership

Lifetime Membership
Joe Civita, Harpswell
Brunswick

Linda Arnold
Michael Arnold
Ann Baldwin
Lillian Bates
Diane Briggs
Robert Cressey
Nancy Grote
James Hodge
Janice Hodge
Jean Hodgkins

Eugenie Holland
Ellen S. Lee
Cita Levine
David Reed
Susie Reed
Connie Riendeau Smith
Alan Sockloff
Carol Sockloff
Mary Lee Ward

Mary Schreiber
Eileen Stiles
Howard Stiles
Charles Tuttle

Harpswell

John LaForge
Peggy LaForge
Edward Roy
Jane Roy

Other Places

Joyce Edgecomb DeVito, Georgetown
Richard DeVito, Georgetown
Linda Earle, \* Naples, Fla.
Samantha Wilkinson, \* Georgetown

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We take your loved ones comfort and health to heart.

# Temporary medical equipment loan helps everyone



Do you have a temporary need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. "It started almost by accident," explained Frank Connors, the Center staffer who usually hauls the surplus equipment up and down the stairs to a basement storage area, "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!" Now, on a regular basis, members needing equipment to keep them safe and secure at home have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest." If you have a specific need, or equipment to loan to the program, call or come by the Center.



**You can have it, I don't need it!** Bernie Pagurko offers an unneeded wheelchair to a medical equipment loan program operated at People Plus. The aim is to connect used equipment with new users.

## CLASSIFIED ADS

### 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.

### Need Notary Services?

People Plus member Lorraine Berte will provide Notary services to other members, in exchange for a donation to the Center. Call 841-2555 for more information.

### Items to sell? Services to offer?

Over 4,000 readers, in print and online. Contact 729-0757 or news@peopleplusmaine.org to advertise in these classifieds.

# Student Show featured in Cafe Gallery



Gathering Honey, watercolor pencil.

by Karen Giustra

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 artists 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.

## LET'S EAT

by Gladys Szabo

Once a month we venture out  
Socializing is what it's about  
We welcome any age or gender  
Just sign up to attend  
Different areas are explored  
Summer months we hit the shores  
Winter, we keep close to home  
Too far we do not roam  
Car pooling leaves no one behind  
Thanks to others who are so kind  
Friends gathering, old and new  
Indulging in conversations, including good food  
We welcome all - How about you?



## Lunch out!



Tuesday, Aug 14th  
at 11:30 a.m.

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Sign up for the car pool!

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