35 Union St. / PO Box 766, Brunswick, ME 04011

729-0757

www.peopleplusmaine.org September 2018

**Volume 18, No. 9** 

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



Folding and Stuffing. Two very active and industrious members of the Brunswick Area Teen Center program helped out at the Center last week folding and stuffing envelopes for the annual "Back to School" fundraising campaign. Look for your letter in mailboxes next week!

#### Rotary awards \$5,000 for Teen Computers

The Brunswick Area Teen Center has been awarded \$5,000 in grants to purchase nine laptop computers, mouses and a securable computer charging cabinet. Rotary District 7780 gave a \$4,500 competitive grant based on the quality and positive community impact of the request, and the local Rotary Club of Brunswick matched the donation with \$500.

A release from the Rotary Clubs said "ensuring sufficient and appropriate computers configured for homework, internet research, social networking and gaming will facilitate regular attendance by teens as well as support the development of this vulnerable population into technologically educated young adults." The additional equipment enables expansion of the Teen Center, and the Teen Center will hire an additional staff member to support the expansion. "Long term," the release added, "both the teens and community at large will benefit by having teens better prepared to live in our increasingly more technologically sophisticated society.'

#### Frank's Field Trips

#### Swan Island boat ride is season's first trip

The first People Plus field trip of the new season will be a Circumnavigation of the Kennebec River's Swan Island on Sunday afternoon, Sept. 16. "The boat own), and join the boat at 3 pm. We'll circle

ain't pretty," said group leader Frank Connors, "but the afternoon should be fun, educational and unique." Connors said Friends of Merrymeeting Bay has "chartered" the Island ferry

for the afternoon, and Richmond historian Jay Robbins, who is also President of the Friends of Swan Island will be Commodore and offering descriptions as the tour progresses. "We're just going to tag along and enjoy the afternoon," Connors said, "There are some beautiful vistas to enjoy along the way." Swan Island was once the Township of Perkins, and was served by regular Ferry service. It was the site of early shipbuilding, ice cutting and agricultural activities.

The van leaves the parking lot at Coastal

Landing at 12:30 pm Sunday, we'll have lunch at Kimberley's Restaurant, Main St. in Richmond, about 1 pm, (you pay your s

> the eight-mile island game preserve, almost certainly seeing deer, eagles, Frank and other wildlife, and should be back in Brunswick by 6 pm. Connors said there should be some early

fall color to enjoy. Be sure to carry a hat, extra clothing and perhaps a windbreaker. If it is raining we will cancel this trip, be sure your phone number is listed when you register with Pat at the front desk of People Plus. The first 12 to register and pay will \( \) go, we will keep a will call list until the 14th of Sept.

Cost of this trip is \$18, including your donation to the Island, thanks to the generous sponsorship of Scott Lemieux at Ameriprise Financial and Coastal Landing Retirement Community.

# nside!

The People Plus Senior Health Expo opens at 9 a.m. on Tuesday, September 18th at the Brunswick Recreation Center on Brunswick Landing (former Navy Base).

With a new venue, new activities and new exhibitors, as well as a parnership with the Brunswick Explorer providing pubic transportation to the event, we anticipate another exciting Expo. See our pull-out "Expo Extra" preview for details.



#### Write On Writers

#### "Out of Our Minds" debuts this month!

Out of Our Minds, the newest literary creation of the People Plus Center's Write On Writers, will be printed in early September and first released at the Senior Health Expo on Sept. 18.

"Within its covers you will meet twenty authors who have stories and created poems for your pleasure and enjoyment," writes Paul Karwowski, who helped edit the project, which he said is the writer's group's eighth major project. "Diversity, talent, dedication and wisdom are some of the characteristics of these authors," he added, "Their writings deal with a variety of subjects ranging from family, to animals, to life experiences, to holidays, to our times, our seasons and life in Maine.' Writers included in the book are: Elizabeth Bates, Betty Bavor, Ruth Foehring, Thomas Hallenbeck, Charlotte Hart, Sally Hartikka, Cecelia Hitte, Paul Karwowski, Russ Kinne, Ralph Laughlin, Rose Marie Mayer, Vince McDermott, Wayne Mogk, Nonie Moody, Ginny Sabin, Patty Sparks, Gladys Szabo, Marcia & Woody Townsend and Bonnie Wheeler. Marcia Townsend designed the book's cover and added illustrations throughout the 200-page volume. Charlotte Hart wrote the introduction to the book, which is dedicated to former members Charles Payne and Adelaide Guernelli.

Out of Our Minds will be available for purchase at the People Plus Center, and the book will be formally presented to the Center at an Author's Chat in October.

#### 'Aging well' Lunch & Learn

### "Benefits of Downsizing are many"

Let Mary Holmes lead you through a disdownsizing during a Lunch & Learn discus-

sion on Monday, September 24, beginning at 12 noon. Holmes, a "Professional Senior Mover" with Integrated Move Management, says it may seem "overwhelming to start the downsizing process, but once underway, it can be a pleasurable experience, reducing stress and providing peace of mind" as you ready for the next stage of your life.

The presentation lets you know you "are cussion of the benefits, (and pitfalls?) of not alone in this process," and it is human nature to "keep more possessions than you

need." A variety of options will be discussed on how to disperse items you no longer need, and details are offered on when it is appropriate to sell or donate your possessions.

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



## See you at the EXPO, September 18th!

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

#### news@peopleplusmaine.org

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

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

#### People Plus **Board of Trustees**

Carol S. Aderman, Chair, Freeport David R. Forkey, 1st Vice Chair, Georgetown Richard J. Rizzo, 2nd Vice Chair, Yarmouth Robert Davis, Treasurer, Harpswell Charles S. Evans, Secretary, Topsham

Mitchell W. Brown, Brunswick Carolyn Bulliner, Brunswick Thomas Farrell, Ex-officio, Brunswick Catherine Jarratt, Brunswick Rodie Lloyd, Freeport Stephen F. Loebs, PhD, Topsham

O. Jeanne d'Arc Mayo, Topsham Joseph Palma, Harpswell Chris Perry, Portland Dustin Slocum, Brunswick Annee Tara, Brunswick

Kim Watson, Topsham Kelsie M. West-Ezzo, Topsham

#### **People Plus Staff**

Stacy V. Frizzle Executive director director@peopleplusmaine.org

Jill Ellis Program and event coordinator

programming@peopleplusmaine.org Elizabeth White

Office manager betsy@peopleplusmaine.org

**Frank Connors** Media & Outreach frank@peopleplusmaine.org

Jennifer Felkav Marketing coordinator marketing@peopleplusmaine.org

Jordan Cardone Teen Center coordinato

teens@peopleplusmaine.org Patricia Naberezny

Receptionist reception@peopleplusmaine.org

Lynne Smith Membership/VTN coordinator driver@peopleplusmaine.org

Spectrum Generations Staff

Casey Henson Meals on Wheels coordinator

Hannah Tompkins Aging & Disability Resource counselor ntompkins@spectrumgenerations.org



Reception Room

Spacious Chapel

Personalized Catering

Private Family Room

"Help Yourself" Kitchen



12 Federal St. Brunswick, Maine 04011 www.stetsonsfuneralhome.com 207.725.4341 apurinton@gwi.net

Anthony B. Purinton • Funeral Director

## Long, hot days of summer...

here at People Plus. With Frank out of the office half the time and all of the staff getting their much-needed vacations scheduled, we have all had the luxury of some much-needed

Everybody here works very hard wearing many different hats to keep the People Plus organization running smoothly, so ensuring that we all get the needed time off is a pretty critical element of keeping everyone happy! All work and no play, per se'...

From lake houses, to beach houses, to camping, hiking Mount Katahdin, visiting Nantucket, and even as far away as Virginia, the staff was able to venture out and recharge their batteries.

Jordan even went to the Turks and Caicos Islands, where she was able to spend an entire week without a single teenager pulling on her arm or asking for the game remote or looking for food... I believe we could here her sighing contentedly all the way up here in Maine!

These long, hot, sunny days are what we will hold onto all winter long...

So we are rested! We are tan! And we are geared up and ready to go with a fantastic Teen Center "Back to School" annual funding campaign and a Senior Health Expo planned for September 18 that will knock your socks

First of all, let's start with the Teen Center fundraiser. The kids are going back to school next week, but before they do so, they are upstairs in the center folding and stuffing envelopes - hoping that people will help them raise the necessary money to fund their precious and vital program for another year.

It will take \$65,000 to do so this year because we are adding some critical staff members and feeding over 3,000 teen visits! That means 3,000 snacks and 3,000 meals and 6,000 beverages projected for this year! It also means 20 million smiles, games played, laughs shared

It has felt like a long, lazy summer around and friends made. All pretty important stuff when you are a teen.

So keep a lookout for your letter. Let us know if you don't get one. We will have extras here at the Center! It only takes \$25 to underwrite a teen's full year membership and \$50 buys food for the week. By my calculation, that means \$100 buys food and two memberships!

And we need to thank Jim Howard and Priority Realty Group for putting up a matching \$5,000 grant that brought in an additional \$7,000 at Music in April. So we have \$12,000 of this budget already covered! Jordan has been interviewing for Teen Center Assistant Coordinators and will hopefully have some extra staff upstairs very soon! Fingers crossed...

And Jill would kill me if I didn't remind you to mark your calendars for September 18 to join us out at the Brunswick Rec. Center for the seventh annual Senior Health Expo!

It is going to be an amazing year with Coastal Landing tours, the Explorer Bus adding stops all day, Mid Coast-Parkview

From the **Executive Director** 

September 2018

September 2018

The Thief by Gladys Szabo

Our JR Scout Troop was excited

Off to Portland Head Lighthouse, they were going.

Rushing waves crashing on rocks,

Whirling wind like a giant cyclone.

Was the Setting on the top of the Hill.

Preparing for lunch amongst the chill

Someone yelled, "Hang on to your lunch

Or you'll have nothing to munch!"

No sooner said,

We heard a scream

"MY SANDWICH! MY SANDWICH"

The entire troop swung around to see

"Jonathan" seagull soaring up high

A sandwich bag dangling from his beak

Everyone screeching!

I took off running

As if I could catch him

Fifteen girls racing behind me

As if we could grab it from his beak

Suddenly to our amazement!

Jonathan dropped the sandwich bag!!

I lunged, reaching out attempting to catch it.

Jonathan swooped down,

Again snatching the bag

I almost had it in my hand

The scouts screaming, running, and chasing again

Giving up we stopped and watched.

Jonathan continued circling as if chanting,

"You can't win!"

Everyone wearily returned to our tables.

The giggling girls shared their lunches.

SUDDENLY! Jonathan, teasingly swooped down

He was not finished playing this game!

One last time, we took off racing across the hill

The girls were screaming at Jonathan.

Unexpectedly he DROPPED it again!

One leader, 15 scouts

Pounced on the sandwich!

Much to Jonathan's disappointment!

We had the last laugh.

We won the smashed, inedible sandwich.

Philosophy for life

by Ralph Laughlin

Garden Woes by Nonie Moody

When you got it,

Summer gardens are fun

Planting and harvesting

Many little plants emerge

Green, healthy and growing.

By midsummer there's weeds

But wait, something is wrong

Leaves are bare and shredded.

Where did he come from anyway

You don't want to feel soft green.

I'm sorry, this plant must be clean.

**Loons** by Sally Hartikka

The loon is a most unusual bird

Whose cry can be distinctly heard.

It calls to friends in voice so eerie

At night when most of us are weary

But they will not be deterred.

An answer comes from across the lake

And they keep talking until daybreak.

Do you think they ever got together,

Who managed to keep me awake?

These two birds of a feather

There he is, hiding underneath

Big round green worm, where is he?

That hinders gardens appeal

Strict attentions required

Tomato plants shoot high

Not that ugly worm again

Searching for his hideaway.

Eyes look only, don't touch

For a future good meal.

Anticipation for red

When you don't got it,

Well, you just don't got it.

You share it.

barbershop quartet singers, food from Cohen on the Meadow, book sales, wellness treatments, and so much more! Come walk the track, check your balance, get your back rubbed, have lunch, and get this year's swag bag – which you can stuff to the gills with all the informational things you can pick up at the tables! You absolutely do not want to miss it!

You can either meet up at the People Plus Center and take the bus or drive over and check out Brunswick Landing - which we all fondly refer to as "the base". There is tons of parking and it's really easy to find!

I hope we will see you there on September 18 from 9 to 1 PM. We will be there as always in our People Plus T- shirts taking our show on Health on site with flu shots, our favorite the road as the Center that Builds Community!

## New Class: Writing as healing

Explore healing through writing, meditation and gentle yoga movements.

Deepen self-knowledge and awareness by with yoga or meditation necessary. apping into your healing resources with this new eight week course offered by Ann Kimmage on Thursdays, Oct 4 - Nov 29, 9-10:30 am (no class Nov 22).

Explore your inner physical and emotional world through gentle yoga, breathing practices, meditation and specially designed writing exercises done in class. Learn and share in facilitated group discussion about how the healing process works. Bring a pen and notebook to each class and dress in comfortable lose clothing. No prior experience

Ann Kimmage, certified yoga and stress management instructor, meditator, and experienced writing teacher is the author of a memoir An Un-American Childhood. Currently she teaches Memoir Writing, Yoga, Meditation and Pilates. She believes in the power of writing to heal and restore ones equilibrium.

Class is \$40 for 8 weeks (or \$5/week) for members, \$80 (or \$10/week) non-members. Registration required. Open to the public.

#### From Anita's **Plate**

Anita Huev (207) 504-6439

#### info@nutritionforeveryday.com

I love it when a new box of vegetables is dropped off at the center. It is like Christmas because you never know what is going to be inside! I have discovered microgreens and reconnected with parsnips. A few weeks ago I picked up an eggplant and brought it home. My girls didn't seen to keen on trying it all by itself. Time was running out and I couldn't decide what to do with it. I looked at my garden and was thrilled to find that a lot of tomatoes were ripe. I found a zucchini. Now I was left with what should I do with all of these vegetables? I have been trying to come with my own ideas to put a meal together without a recipe. I thought about for a few minutes and came up with the plan to make spaghetti sauce. I set out to put all the ingredients together without any measurements. I cooked and drained the meat and then started adding the vegetables and then the spices. Finally, I decided to try it...it was delicious! That evening my older daughter came home from work and tasted the sauce. So concurred that it was really good and had it for dinner! So if you want to try a recipe without any measurements...take a stab at this flavorful tomato sauce full of summer vegetables!

## Spaghetti Sauce

Ingredients:

- Onions, diced
- Garlic, diced
- Zucchini, diced • Mushrooms, sliced

- Crushed red pepper flakes

- Black pepper

- Lean ground meat, cooked and drained
- Eggplant, diced
- Tomatoes, drop tomatoes into boiling water for a few minutes to help remove the skin
- Fresh basil, sliced
- Cooking red wine
- Whole fennel seeds
- Sugar
- Target's no salt lemon pepper spice

#### **Directions:**

- 1. Heat olive oil in a large pan. Add the onions and cooked over medium heat.
  - 2. Add the garlic and continue to cook over
  - 3. Add the remaining vegetables and cook until tender.
  - 4. Add the spices and return the meat to the pan

containers and put in the freezer.

5. Simmer for 30 minutes or more. Note: This recipe really came together quickly. I stored the remaining sauce in

# Neighbors, Inc.

## The Home Care Company

...helping people live independently and in their own homes as long as possible...

Non-Medical Home-Based Services from 1 to 24 Hours a Day

At-home Assistance Meal Preparation Personal Care Chores/Laundry Companionship

Errands/Shopping Appointments Transportation Medication Reminders Paperwork

Bookkeeping House Checks Pet Care Respite Care Organizing

Locally owned and operated for over 27 years!



725-9444 www.neighborsinc.com

#### **Top O' the Light.** Pemaquid Point lighthouse with Easy Riders Biking Club. photo by Richard Guistra

An old man walks slowly along the boardwalk in Seaside Park, NJ. It is late summer, 1948. After a hot day, the night is cool. The man is dressed in a black suit, white shirt, vest, and tie. He is going to play bingo in Seaside Heights. He passes from the quiet darkness of the Park into the garish lights of the Heights. He ignores the enticements of tomato pie strands, dart games, and ball toss. He heads directly to the bingo parlor. Perhaps this will be his lucky night. Maybe he will hit the jackpot. Maybe he won't. It doesn't matter. The next night the old man walks slowly along the boardwalk.....

**Grandpop at the Shore** by Vince McDermott

People Plus News

**Can This Be Heaven?** *by Charlotte Hart* 

Can this be Heaven? No. A Maine sunrise. Acadia welcomes first warm precious light. Day's benediction? Gold-crimson sunset skies. And then star spangled darkness fills the night.

Is this place Heaven? No. It's summer in Maine. The belfry bell rings out its welcome call. Sweet "Jesu Joy of Man's Desiring". Hope's refrain A children's bell choir thrills—inspires us all.

The sound of Heaven? Surf! Peaceful. Pounding true! A tiny child finds treasures from the sea. Blonde head. Shy smile. "This shell's for you." Oh yes. He's found the perfect gift for me. Is infinite Heavenly travel on majestic river's flow?

Does roaring falling water never cease? Is our mighty Androscoggin a short journey "here below"? Or are Maine's rivers symbols of Heavenly peace? White churches dot the landscape, each beneath a stalwart steeple. People of faith, of hope, caring generous people.

#### Compassionate people! Feel the power of prayer. IS there a Heaven? Yes. Am I already there? **Delayed Poetess**

by Virginia Sabin

What took you so long, Lord Having me feeling so blessed Writing the words Hidden on my soul No longer hidden from me Basking in the light from others To know and show A part of myself So long denied Blocking for so many years Fearing what I would write Blocking a torrent of words In a poem that was me

#### Death of a hero by Elizabeth B. Bates

I've been a Democrat all my long life...but a Republican who has just left us has left a void for all of us to fill...a hero without doubt...not anyone like him in either party. I hope that some of us will try to remember what he hoped to teach us..to love our country no matter what party we belong to. He will be missed!

#### You Gotta Have Hope

by Virginia Sabin

Fowl mouth, fowl smelling, hitting, kicking, screaming, spitting are the newly admitted children in the only child psychiatry inpatient unit in the whole state. Overwhelming! How can these unfortunate children be helped?

Page 3

The transforming effect of regular bathing, good meals, rest, activity and clean clothing was first in evidence. Angelic faces with shining hair! Less in evidence was appreciable change in behavior. In my first group, one little fellow held my arms and said to his little friend, "I'll hold her, you kick her." Well, we are off to a predictable group dynamic, attacking the leader. A group consisted of up to 8 children, a group leader, and an assistant group leader. There were 3 groups; 6-8yo, 8-10yo, 10-12yo. The goals of therapy were infinitely more difficult to effect with this group of abused, abusive, and abandoned children, many having symptoms of depression, anxiety, and hyperactivity.

The first goal was to sit with others in a circle without hitting. kicking, spitting or screaming, to speak one at a time, so others can hear what you are thinking. A second goal was to create and maintain a predictable environment that engenders trust. The structure is a daily group meeting of 50 minutes. New members are introduced. Members who are leaving or have left, including staff, are given goodbyes. The calendar of events is confirmed.

Over time, predictably a lot of time, and a dogged persistence that the group goes on despite insurrections, it Is sometimes observable that a child begins to take a positive leadership role with peers. The trust experienced in that microcosm of humanity, the group, may hopefully transfer to other relationships

On my last meeting with this group, that same little fellow approached me and said to his little friend,

"I'll hold her, you kiss her"

**Grandparents** by Vince McDermott Grandparents were always there for us Then suddenly they were gone We did not understand

Parents did not explain Grandparents entrusted the earth to us They did not explain

They just did it They hoped we would understand What have we done? Have we earned their trust? We do not know yet

I hope we understand

#### If I Forgot by Gladys Szabo

Sometimes I forget to thank People in my life Who make me Happy in so many ways. Sometimes I forget to say How much they are appreciated And an important part of my life! Some come along and stay awhile Others pass with just a smile Each one leaves a personal mark A special place within my heart. My loving thanks to all of you Just in case I forgot

A Good Deal by Virginia Sabin We were newly weds with completed educations and no money. We rented a small cottage with the Green River flowing by the front and a wooded hill in the back of it. It needed a lot of elbow grease and paint. The soil around it was all clay. A dairy farmer across the road was willing to give me as much manure as I could cart away. I filled the wheel barrow many times, spread fresh manure all around the foundation of the

Bill was no farmer, but he was a good sport. We had to move out for several days until the smell was less offensive.

But, oh the rewards! The Grange gave me 1st prize for my flowers year after year. And so, my undying devotion to growing things...and manure.

## BRUNSWICK AREA Respite



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.

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

Come visit our convenient location in Brunswick.

People Plus News September 2018 Page 4

## September at People Plus . . .



**Ah-h-h!** Steve Winter, a regular player of table tennis at the Center, takes a break after winning a game. Resting up for the Senior Games, Steve?

#### Spaghetti & meatballs, "that Italian delight!"

We'll be serving steaming hot spaghetti and meatballs on the side. when we gather for our next luncheon on Thursday, Sept. 20. "There was a time when spaghetti was a staple at the Center," chef Frank Connors explained, "our great friend Larry Paradis was a spaghetti master!" Connors added that Paradis was still a "sometimes visitor to the Center," and he promised to check in with the one-time chef to find any "secrets" to his recipes.

"It's all about the sauce," Connors said, and he claimed, "absolute faith" in his own family recipe. "But we have Anita on the hook," Connors added, referring to Center Nutritionist Anita Huey, "she'll keep us on track and tasting good!" Connors said, "I like to beef up the sauce with extra onions, sausage chips and hamburg, people will just have to come see how we measure up!" Connors promised a separate pot of meatless sauce for those who prefer vegetarian options.

There will be garlic-buttered and plain Italian breads waiting at the end of the food service tables, and the side veggie will be broccoli crowns. There will be a lightly-dressed fresh garden salad for everyone, and our drink table will feature fresh coffee, some early season cider or apple juice, milk, and iced water. Dessert will be a generous bowl of rainbow sherbet with a cookie

Did you know September is Autumn Hat Month? Gladys is offering a contest and a special prize for the person arriving wearing the "Most Original HAT!" Join the fun!

These monthly Lunch & Connections meals are sponsored by our friends at Spectrum Generations, and are intended to to focus on nutrition, useful information. variety, socialization and fun! A CHANS home health professional is always in attendance to complete and record blood pressure checks, and this month, another team from CHANS will be in the activity room providing the first of the season flu shots. A free hearing check with Mary Marino of Mary's Affordable Hearing Aids is also available upstairs in the Teen Center from

Remember, the dining room opens at 11:15 am. Come to the center and claim your favorite seat, and pick up your 50/50 raffle ticket. Space is limited to the first 68 people who pre-register after Sept. 4. Cost of this meal is still only \$6 for card-carrying members of People Plus, and \$8.50 for non-members. We start serving our buffet-styled luncheon at 12 noon.

#### Living Well with Diabetes with Healthy Living for ME



Mondays, Sep 24 - Nov 5, 1:30-4 Mondays, Sep 24 – Nov 5, 1:30-4 pm (no class Oct 8). Six-week free workshop open to individuals living workshop open to individuals living with diabetes and their caregivers,

friends and family. Developed by Stanford University, participants learn variety of day-to-day management skills to manage diabetes and manage and/or increase life's activities in order to lead active and fulfilling lives. Free. Registration required. FMI or to register call 1-800-639-1553 or email jfortin@spectrumgenerations.org.

#### Save the Date!

#### Comfortably Home/CAPABLE programs coming to Brunswick!

Hear all about it at our October Lunch and Learn. Monday, Oct 22, 12:00 pm.

#### Computer Headaches? There is help!

Affordable, knowledgable, 20+ years experience. Can support Mac, PC's, Chromebook, i-phone. System & software setup. Fixing internet, email, viruses & malware issues. Tutoring & data rescue. Contact John Fischer at 522-1238 or email: jrfischer@gwi.net.

## Your best shot at avoiding the flu is to get your flu shot!



All CHANS Home Health & Hospice clinics are firstcome, first-served. Vaccine is for anyone 6-monthsof-age or older. Insurance or donations accepted.

**FLU SHOT FRIDAYS** MID COAST SENIOR HEALTH 58 Baribeau Drive, Brunswick

9:00 a.m. to NOON Fridays

Beginning **September 14** 

#### Sept. 18-People Plus Senior Health Expo

Brunswick Recreation, 220 Neptune Drive, Brunswick 9 a.m. -1 p.m.

Sept. 19-Pine Tree Society

149 Front Street, Bath

12:30-2 p.m.

Sept. 20-People Plus

35 Union Street, Brunswick

11:30 a.m. -1:30 p.m.

Sept. 25-Bowdoinham Wellness Fair

Fire Station, 57 Post Road, Bowdoinham

10 a.m.-NOON

4-6 p.m.

Sept. 25-Mid Coast Senior Health

58 Baribeau Drive, Brunswick

Sept. 25-Sagadahoc County Courthouse

752 High Street, Bath 9:30 a.m.-12:30 p.m.

Sept. 26-Georgetown Town Office

50 Bay Point Road, Georgetown

10 a.m.-1:30 p.m.

Sept. 27-Topsham Town Office

100 Main Street, Topsham

2-5 p.m.

Visit www.midcoasthealth.com/flu for a complete list of free local clinics provided by CHANS Home Health & Hospice.

Because you have better things to do than come down with the flu!



#### World Affairs Conversation Group resumes Sept. 7

This free club for Members Only meets on most Fridays 11-12:30 pm. Check our online calendar for the next date. Ed Knox will moderate the World Affairs Conversation Series. He has lived and worked professionally in the Middle East and taught Mideast History. Visit the group's https://worldaffairsconversation. weebly.com to see materials gathered by the group, suggested readings and research, and past topics.

Call 729-0757 to register for

#### Chair Yoga Moving back to Tuesdays!

Tuesdays, 2:00 pm. Chair Yoga is switching back to Tuesdays starting in September. It's a wonderful blend of breathing and stretching to improve balance, stability and peace-ofmind with instructor Audrey Palma – come try it out! For all levels. \$5 members/\$10

#### Hair Cuts with Margarita

Fridays, Sep 7, 14 & 21, 9-12 pm. Visit the Center on Fridays from 9-12 pm for a \$10 haircut with Margarita Day, former owner of Margarita's Hair Styles in Brunswick Margarita went to Hairdressing School in Aberdeen Scotland and moved to Brunswick in 1975. She's been working in the hair dressing business in the Brunswick area since 1976 and owned and operated two salons. Now retired, she is offering her services to People Plus and will donate all proceeds from the haircuts to the Center! She will visit the Center several Friday's

each month. No appointment necessary, just show up with clean hair and she will give you a cut! Open to the public!



#### **Spectrum Generations** Medicare 101 Session

**Tue, Sep 11, 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 spectrum accommodations. Free, suggested \$15 Generations donation.



September 2018 People Plus News Page 5

Sun	Mon	Tue	Wed	Thu	Fri
	_	1 ue 4	<b>5</b>	6	-
9:00 Grace Reformed Baptist Church	Center Closed  * * * * * *  LABOR DAY	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga	8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 5:30pm Knights of Columbus	8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Apple Club 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting	8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 11:00 World Affairs 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church  12:30pm Frank's Field Trip	9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing 6:30pm Civil War Book Club	9:00 Senior Health Expo 9-1 pm at Brunswick Recreation Center 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Books a la Carte 2:00pm Chair Yoga	8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 **CHANS Flu Shot Clinic ** 11:30 CHANS BP Check 12:00pm Lunch and Connections 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 11:00 World Affairs 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 12:00pm Lunch and Learn:	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Francais	8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick

### Schedule Changes for Fall 2018

Men's Breakfast moving to 4th Thursday starting in September! Tuesday/Thursday Table Tennis switching to 9 am start time



Did you know Medicare will pay up to \$2,010 each year for out-patient physical therapy?

439 Lewiston Road, Topsham (207) 725-4400

Why let it go to waste?

www.reform-pt.com

# Fall Festival &

OCTOBER 13 11 AM - 3 PM **HOLDEN FROST HOUSE** OPEN HOUSE 7 ACADEMY LANE TOPSHAM, ME 04086

JOIN US FOR A SATURDAY OF HORSE-DRAWN HAYRIDES, SCARECROW TOURS AND MORE! **INDULGE** IN A DELICIOUS SAMPLING OF SEASONAL DISHES. TOUR OUR CAMPUS & FIND OUT WHY THE HIGHLANDS IS MID COAST MAINE'S PREMIER CHOICE FOR RETIREMENT LIVING.

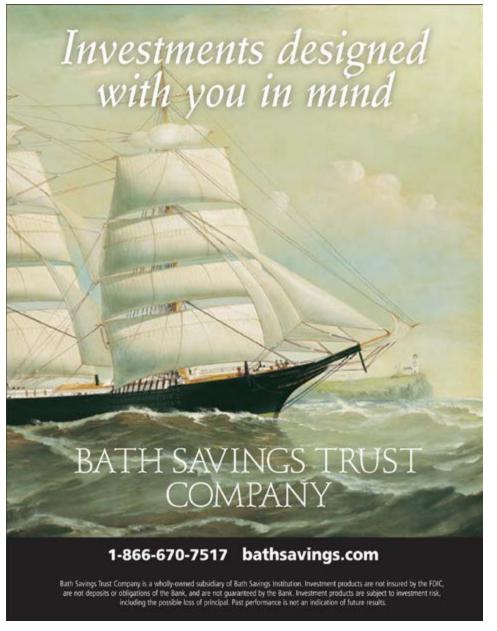
**STOP BY THE HOLDEN FROST HOUSE** FOR INFORMATION AND A MAP.

RSVP TO (207) 725-2650 OR TO ELEONORB@HIGHLANDSRC.COM.



# September 8th is "Maing Seniors Pay"

Show your Senior Pride!



People Plus News Page 6 People Plus News September 2018 September 2018 Page 7





### Be an Active Part of Your Wellbeing

day to be alive!" Donald was heard to exclaim.

Add these health-wise events to your calendar!

Sept 11 - Food for Health Healthy Soil, Healthy Plants, Healthy People with Timothy R. Howe, MD 6:30 p.m.

Teaching Kitchen-Classroom 2, 329 Maine Street-SOUTH ENTRANCE, Brunswick FREE cooking demonstrations and education showing how chronic diseases can be prevented, treated, and even reversed with a plant-based diet.

Sept 12-Ounce of Prevention NEW TIME & LOCATION

Food for Brain Health with Timothy R. Howe, MD 3-4 p.m. Thornton Oaks Retirement Community, 25 Thornton Way, Brunswick This FREE series, which provides education about senior healthcare topics, is sponsored by MID COAST SENIOR HEALTH.

Sept 17- Mindfulness-Based Stress Reduction Mondays 5:30-8 p.m., or Tuesdays 10:30 a.m.-1 p.m. Movement Room-Classroom 3, 329 Maine Street-SOUTH ENTRANCE, Brunswick An educational program designed to help people better cope with stress and life's challenges. MBSR is an 8-week course of  $2\frac{1}{2}$ -hour weekly group classes and one 6-hour weekend retreat. Pre-registration is required.

Sept 20-Healthy Weight for a Lifetime 5-6 p.m.

Teaching Kitchen-Classroom 2, 329 Maine Street-SOUTH ENTRANCE, Brunswick This is a FREE introduction to the upcoming 12-week mindful living program that provides a long-term solution for weight loss by addressing the emotional, physical, and nutritional issues contributing to obesity.

Sept 25 - Youth Mental Health First Aid 8 a.m. - 4:30 p.m.

Brunswick Town Office, 85 Union Street, Brunswick This FREE NAMI-Maine training is designed to teach you how to help a teen who is experiencing a mental health or addiction challenge, or who is in crisis.

Sept 25 - Our Health Film Series Happy 7 p.m.

Frontier Café+Cinema+Gallery, 14 Maine Street, Mill 3 Fort Andross, Brunswick A FREE film and discussion series designed to shine a spotlight on important health topics for the Midcoast region.

Sept 26-Health Within Reach Simple Snacks for Smarter Kids

with Andrea Loeffler, MD and Deborah Q. Hagler, MD 5:30 p.m. Classrooms 2 & 3, 329 Maine Street-SOUTH ENTRANCE, Brunswick A FREE ongoing series of talks, classes, demonstrations, and healthy lifestyle options.

Sept 27 - Joint Replacement Educational Session

with Jacob H. Furey, MD and Thomas J. Kryzak, MD 5 p.m. Community Health & Wellness, 329 Maine Street-SOUTH ENTRANCE, Brunswick FREE informational session to answer your questions about who can benefit from and what is involved with joint replacement surgery.

*For more information* about these programs, call (207) **373-6585** 

Our Community. Our Health.

For a full listing of classes, screenings, and support groups, visit www.midcoasthealth.com/wellness/classes/



explaining healthcare needs and challenges, both nationally and locally.

#### **Collette Travel Trips** Trip Talk for Imperial Cities Tour!

Thu, Oct 18, 2 pm. Visit Prague, Vienna & Budapest October 7-17, 2019 with Collette! Highlights include Prague Castle, Lookowicz Palace, Classical Music Performances, Danube River Cruise, Bratislava, Budapest, Matthia Church, Fisherman's Bastion, Schoo

Visit, Visegrad, Renaissance Dinner. Come here all about this trip! Free, open to



#### Deposit due Oct. 1 for Music Cities Trip

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!

call 729-0757.

Open to the public. FM

at 11:30 a.m.

1185 Lisbon St, Lewiston

## Sign up for the car pool!

#### **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 2 PM.

The Third Gate by Lincoln Child. Search for the tomb of the first Pharaoh who united the Upper and Lower kingdoms of Egypt leads deep into the alligator infested swamps of the Nile. But the greater danger is the unseen forces trying to destroy the search and its

The Forgotten Room by Lincoln Child. A secret room, ingeniously hidden inside a vast seacoast mansion; a long-lost experiment of unguessable intent; occupants of the mansion driven to outrageous behavior are all elements that keep you wanted to read, page after

**The Housekeeper and the Professor** by Yoko Ogawa. He is a brilliant math Professor with a peculiar problem—ever since a traumatic head injury, he has lived with only eighty minutes of short-term memory. She is an astute young Housekeeper—with a ten-year-old son—who is hired to care for the Professor. And every morning, as the Professor and the Housekeeper are introduced to each other anew, a strange and beautiful relationship blossoms between them

The Beach Street Knitting Society and Yarn Club

by Gil McNeil When her husband dies in a car crash--not long after announcing he wants a divorce--Jo Mackenzie packs up her two rowdy boys and moves from London to a dilapidated villa in her seaside hometown. There, she takes over her beloved Gran's knitting shop--a quaint but outof-date store in desperate need of a facelift. After a rough beginning, Jo soon finds comfort in a "Stitch and Bitch" group; a collection of quirky, lively women who share their stories, and their addiction to cake, with warmth and humor.

Please send comments to news@peopleplusmaine.org



Important Stuff! Mid Coast-Parkview Health CEO Lois Skillings visited the Center last month, outlining and

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



The Northeast's Premier 55+ Active Adult Lifestyle Community

7 Evergreen Circle, Topsham, Maine | 207-725-4549 | HighlandGreenLifestyle.com

Senior Companion and Personal Care Services 1 to 24 hours Yarmouth, Freeport,

Cumberland, Falmouth 729-0991





NOW HIRING **Brunswick to Portland \$13-\$15/hr** 

Free Yoga, Free Massage!

People Plus News September 2018 Page 8

**Brunswick Area Teen Center** 

## Here Come The Buses

always, were happy that my vacation was over

During the first week back I had potential new hires in on different days to get a feel for the kids and the program. Stacy and I attended the August 20th Rotary meeting where we were presented with the check(s) from the Rotary Grant awarded for the purchase of 9 new laptops, mice, mouse pads and charging cart! \$500 of this funding came from our local Brunswick Rotary Club

After my week vacation in August, I returned with the rest coming from the National Rotary. to an on-going busy workplace! The kids, as Afterwards, Rotary member and People Plus Board member Carolyn Bulliner, who wrote the technology grant, came by the Teen Center and presented the laptops to the kids!

September is looking like a busy month ahead! On Saturday, September 15th, as part of Bowdoin College's Common Good Day, we will have a group come by to help spruce up the TC space and clean out the shed!

First Parish Church is doing a back to school snack drive so we will hopefully be well stocked for after school snacks!



Look at this! Teen Center members join People Plus Board Member Carolyn Bulliner and Teen Center Coordinator Jordan Cardone in a joyful survey of the Center's new computer charging cabinet, purchased using funds from a Rotary Club grant.

Brunswick has chosen the Brunswick Area Teen Center and The Gathering Place to be recipients of the benefits of their 2018-2019 Concerts for a Cause series! 2/3 of the proceeds from ticket sales will go towards these two organizations.

The first concert is on September 23rd and the featured music will be by Ellis Paul. We will be posting information about the concerts throughout the year and encourage all to go listen to some great music while supporting two great local non-profit programs! You can also visit the UU Church website for information.

The Teen Center program has also been chosen by UU Church as one of their 12 Charities with Soul and will receive half of the Sunday morning collections in the month of June 2019. Along with arranging lunches and many drop offs of juice and crackers, our "team" at the UU church has been incredibly supportive and helpful! (Thank you ladies ©)

We're sending you mail this month! Check your mailboxes soon for our annual Back To School Appeal letter! The Teen Center program only sends out one letter a year and last year our appeal letter brought in a record amount of funding for our program, funding we could not run the program without!!

School begins September 4th and I am ready to take my annual "new shoes for school pic" We always see a pretty impressive array of new shoes and haircuts when school begins!

I have my fingers crossed that the work on Union St. and the sidewalks etc. in front of the center where the school bus stops is completed before school begins!!!

We are heading into September and the school year not knowing what to expect for

Teen Center

News



attendance, as usual, and as you have probably read in previous writings, our attendance doubled last year during the school .........what if that happens again this year??????? EEK. If at any time you see me waving a white flag out the window of the TC or you see smoke rising from the roof in the shape of SOS....that will probably be the day we have 30 (or more) kids and it means someone should bring me chocolate and probably a glass of Pinot Grigio too! ©

I will say, except for on the front line (which I am working like crazy to fortify), I am entering this school year feeling very supported by our community which means a lot to me every day and I feel fortunate for all of the help I get in so many ways! The help with food, shopping, the financial help, our annual fundraiser, grant writing, the moral support etc. enables me to dedicate more and needed time to the kids, which really is what we're all about and whatever we're doing seems to be working!!!!!!

On that happy note and with my thanks, Until next month!

P.S. We are so excited about being in this year's United Way video and we hope you get to see it at your workplace during the campaign this year!!!!

#### TEEN OF THE MONTH



Sterling Kane

Sterling Kane is our Teen of the Month. Sterling has been attending the TC program on and off for about a year and this summer, more on then off! Sterling, who is entering 7th grade at BJH, is one of our quieter members who enjoys playing video games and hanging out with friends at the TC. We enjoy having Sterling at the TC and we are sending him to the movies on us! Congratulations Sterling!

\*Correction: Last month's Teen of the Month, Austin Douchette, was www.reflectionsbylucie.com incorrectly identified as Austin Tom.

#### Funeral Alternatives is a locally-owned and operated family business.



September 2018 People Plus News Page 9

#### **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)

#### Lee's Tire & Service,

10% off parts (excludes tires) 35 Gurnet Road, Brunswick, 729-4131 27 Monument Place, Topsham, 729-1676

Maine Street, Brunswick, 729-0176

#### 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



Packed house! Rain may have moved our annual picnic "inside," but it did little to dampen spirits of our 80-plus attendees. Event sponsor Scott Lemieux presides over a table filled with family and friends, and right, Carmella shows off a tray of her delightful peanut cookie desserts.



PEOPLE PLUS MEMBERSHIP APPLICATION Date PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org □ Female □ Male (relationship) □ Female □ Male **Emergency Contact** (relationship) Mailing Address ZIP ☐ I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus) Yearly Membership Dues (Scholarships Available) Membership Dues: Brunswick (\_\_New Member \_\_Renewal): □ \$40 per person □ \$70 per couple : Additional Donation\*: \$ People Plus Other towns (\_\_New Member \_\_Renewal): □ \$50 per person □ \$80 per couple : (\*donations above membership dues with an addiare tax deductible) tional gift of \$25 or more. □ \$250 for *Lifetime Membership* (65 or over) OFFICE USE: ☐ Accounting ☐ Data ☐ Membership Card Sent

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





Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted.

Help us make a difference in a student's life!

Visit www.studentaidfund.org Donations may be sent to:



#### 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

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



MARYELLEN ROSENBERG - OWNER

CDC 4UE COMCAST. NET

So you don't have to!

WE'LL TACKLE YOUR TO-DO LIST! ATTICS BASEMENTS DECKS FENCES.
GARAGES GARDENS OFFICES YARDS BIL

CALL OR EMAIL FOR ESTIMATES OR SCHEDULING-CLEAN · CLEAR · OUT · FILE · DUMPRUNS · LABEL · MOW · MULCH · PAINT · RAKE · SPLIT / STACK WOOD · TRIM · WEED ere.

RUN ERRANDS FOR YOU OR WITH YOU!

207*-*729-5760

www.chicksdochores.com

46 Bath Rd, Brunswick • 406-4028 • www.funeralalternatives.net

Page 10 People Plus News September 2018



Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center 35 Union St, Suite 1, Brunswick, ME 04011 207-729-0475 | www.spectrumgenerations.org

September 2018

#### Health & Wellness News for September 2018



Did you know that 25% of Americans aged 65+ experience a fall each year? (CDC) This September, Healthy Living for ME will join with the National Council on Aging and hundreds of organizations nationwide to celebrate Falls Prevention Awareness Day with activities to empower older adults to prevent falls in their everyday life.

Photo courtesy of the National Council on Aging

To get more information, request a workshop guide or to register in advance, please contact: 1.800.620.6036 | www.healthylivingforme.org | info@healthylivingforme.org

#### **Living Well with Diabetes**

Living Well with Diabetes is designed to help people with type 2 diabetes learn how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatique, pain. hyper/hypoglycemia, stress, depression, anger, fear, and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers.

This FREE 6 week program meets once a week for 2 ½ hours beginning on September 24 and runs through November 5 from 1:30-4:00 p.m. Light refreshments provided. \*No class on Monday, October 8 in observance of Columbus Day.



September is **National Falls Prevention Month:** What you Should Know

#### What should you do if you fall at home?

- Stay Calm and take 3 deep breaths
- Check your surroundings and assess if you can get up safely

#### If you can get up safely, follow these guidelines

- Roll to your side and push up onto your hands and knees
- Use stable furniture to help yourself get to a sitting position
- Remembering to breathe, stand up slowly
- Rest and tell someone you have fallen
- Call your healthcare provider

#### If you can't get up safely, take the following steps:

- Get someone's attention by: Making a loud sound
  - Reaching for the phone
  - Slide or crawl slowly to a door
  - Press your personal emergency device, should you have one
- Conserve your energy and lie quietly until help arrives
- Use pillows and blankets that are within your reach to keep you comfortable
- Once help has arrived, tell someone you have fallen and see your healthcare provider

For more information visit www.healthylivingforme.org or email info@healthylivingforme.org Toll Free: 1-800-620-6036

Adapted from what should I do if I fall at home flowchart (2004). Stepping out: Passport to falls prevention Project. North Metropolitan Health service

Spectrum Generations is an equal opportunity provider.



**Saturday** 

#### September 8, 2018

as chefs battle to win your votes for the best dish!

Festivities begin at 5 p.m.

Spectrum Generations' Cohen Community Center 22 Town Farm Road, Hallowell

#### **Tickets**

\$75 per person

#### \$700 for a table of eight includes program ad

For sponsorship opportunities or tickets, call or email Sarah Brown at (207) 620-1677 or sbrown@spectrumgenerations.org



Spectrum Generations is seeking a full time Nutrition Coordinator.

Duties include: coordination of the Meals on Wheels, AniMeals, and USDA programs for Sagadahoc County, Brunswick and Harpswell. Ideal candidates will ensure proper data collection and entry, must be self-directed with good time management skills, possess intermediate computer skills, demonstrate a passion for this population and community, and maintain HIPAA compliance.

This position requires a valid drivers license and dependable transportation. FMI: call Spectrum Generations @ 207-620-4196 for a detailed job description and application.

## PROUD TO PARTNER WITH PEOPLE PLUS

People Plus News September 2018 Page 11

## Picking pretty rocks

at least a little. Some might suggest I'm avoiding eye contact, or head winds, or head rushes. Some might guess I'm just tired, or that my core posture is bad, but I'm here to tell you I'm probably just looking for my next rock.

Since the days when I was old enough to plug rocks at passing trucks, I've considered rocks as collectible. I am a very serious "skipper" of rocks on quiet lakes and rivers. When Jane and I moved from Bowdoinham, there was almost a truckload of rocks that had to move with us. I have pieces of Mount Kineo and Mount Katahdin in my yard. There is a cornerstone from an old Bowdoinham schoolhouse, rocks from ridges, bridges and beaches from all over Maine. We have the tiniest piece of petrified forest in a cabinet at home, and when Miles and I were in Acadia last month, I insisted he photograph me beside a sign on Seawall Beach that said removal of beach rocks was a Federal crime, and then I put just a tiny rock in my pocket. I made sure Jadon wasn't looking. Do you think I need professional help?

Jane is indeed a partner of mine. Sometimes she just points at a rock, and I know what to do. Sometimes she points at a rock so big, I think she's testing me, but so far, I've always been able to pick them

\* indicates new membership

Lifetime

**Memberships** 

Shirley Davis, Brunswick

• indicates donation made

with membership

Barbara C. Sawyer,

Rudi Smith, Brunswick

Linda Tucker Burnham

B. Joan Bussiere \*

Catherine Cooper

**Brunswick** 

Harpswell

June Austin

William Coop

I've aways walked with my head down, there was this rock on a wall almost large enough to be called a stone, and we decided together we just had to have it. Were it not for the availability of a derelict Pontiac in another corner of that field, willing to offer up its hood as a makeshift stoneboat, we'd have never carried that rock home to our

Jane's an amazing gardener, and has

enough of an artist's eye to know that

good plantings are accentuated by excep-

tional rocks. We're constantly looking for special shapes, special colors, certain sizes. My contribution to her gardens has always been my ability to shuffle rocks around when needed, and to keep adding new carrying a piece of Mt. Kineo across Moosehead lake in a canoe, only to be intercepted by a mini-gale. Miles wanted to dump the rock, I answered by saying if

anyone in the boat moved, we would ALL probably drown! No one did, and that rock still anchors a corner of one of Jane's gardens. Do you wonder if my kids need professional help? Some of you have seen the Cairn, with

its seven special stones, stacked on a ledge in front of our house. If people ask about them, and visitors usually do, I just smile and explain the collection is my homeup and get them to my truck. Years ago, grown wind indicator. "Southeast winds

Martha Spruce

Sue Stableford •

Alfred Tyrol

Susan Smith

Robert Sawyer

Pauline B. Thorpe

blowing over 45 miles per hour will take the whole thing down," I say with my most serious face, and the conversation almost always moves quickly to a different subject.

Before you go away shaking your head,

you need to know this about my five-foot weather tower. EVERY rock in that erection has a story! That huge base stone is a family heirloom I extracted from our driveway, and the granite chunk above came from a quarry in Thomaston. The sandstone oval resting atop them came from a bay in Newport, Rhode Island, Grandboy Jadon and I selected and recovered it together, one delightful day when he was just a sprout. There's a piece of black mica from a slag pile beside a Topsham quarry, Surely you remember the story of us and a snow white chunk of Quartz brings the tower to a perfect point. The "newest' rock is a curiously shaped, multi-colored rock that Silas, Zander and I retrieved from a beach on Bailey Island early last summer. It has some distinctive colored rings we all thought were "cool," and Silas suggested it would be "perfect for my rock pile, if I could pick it up!" We put it on the back seat of Jane's car, with Silas being sure it was

> Last weekend, the kids were visiting again and we took an afternoon with friends renting a cottage in Harpswell. My halfmile beach walk produced two saucer-sized

**Speaking** Frankly Frank

Connors

stones, (one deep black in color, the other a subtle gray) atop it I'd placed a section of surf-softened red brick, with just a touch of mortar still attached, making it look like an white hat. On that cap I placed a rounded, pure white piece of quartz, and I put the whole thing beside daughter-in-law Dina, with instructions to "guard this cairn with your life!" When the boys and I came back from a swim, Dina said "pretty please, can I take these rocks home with me?!" I could tell she was smitten, and I was delighted another generation was sharing our love for stones. Ain't that what it's all about?

The Harpswell Garden Club

will meet on Thursday September 20, 2018 at 1 p.m. at the Kellogg Church, route 123 in Harpswell. After a brief business meeting Kate McCarty of the University of Maine Extension Service will help us make the most of the garden's bounty. Free

142 Neptune Drive, Brunswick

(207) 725-5801

Horizons

29 Maurice Drive, Brunswick

(207) 725-7495

Becky at 833-6159

and open to the

public. FMI call 🌋

🚺 I love selling homes along the Midcoast. Military Retired Spouse with a lot of moving experience! FREE Market Analysis!

Senior Real Estate Specialist, SRES • Accredited Staging Professional, ASP

Nancy Beal, Realtor (207)751-0752

142 Neptune Drive, Brunswick

(207) 837-6560

DIONNE COMMONS

24 Maurice Drive, Brunswick

(207) 725-4379

Century 21 Baribeau Agency, 51 Pleasant Street, Brunswick ME 04011

Arthur Treffry nancy.beal@century21.com Doris Weinberg www.midcoastmainehomes.com Topsham



#### Other places

Donald Caton, \* Durham Robert Neal Chase, Richmond

Harpswell



New/renewing members for August

Richard Cooper

Jeanette Gallagher 3

Tom Hallenbeck •

Patricia Livesay

Mary Maverick

Dotty K. Powers

Lorraine Rich •

Priscilla Sargent •

Geoffrey Sprague

Read Rich •

Frank K. Powers, Jr.

Claire M. Holmblad

Jennifer C. Jenkins •

Eleanor 'Ellie' Peterson

Diana Dove

Eleanor Grafe



A Ladner Family Service

TRADITIONAL FUNERALS LIFE CELEBRATIONS CREMATION SERVICES



Peter W. Ladner · Christopher C. Ladner Glenn P. Henderson, CFSP · Gregory A. Giberson

29 Federal Street • Brunswick, Maine 04011-1590 Phone 207-725-5511 • Fax 207-729-5930 www.brackettfuneralhome.com



ASSISTED

HOME CARE II

1 Bank Street, Brunswick

(207) 212-6736

We take your loved ones comfort and health to heart.

## Bailey's work is gallery feature

Selected works from the collections of Consuelo (Connie) Bailey are being exhibited in the Union Street Gallery of People Plus during the month of September. Bailey, the art instructor at the Center since 1991 and a resident of Brunswick, has won many awards for her work. She is an accomplished artist who specializes in the difficult medium of Batik, but enjoys working in other mediums, such as scratchboard and colored pencils.

Bailey was born in northern Michigan, and holds a degree in Art Education from Eastern Michigan University. Early in her career she took Botanical and Natural History classes at the Morton Arboretum in Lisle, Illinois, and today is a Charter Member of the Morton Arboretum's Nature Artist's Guild. She moved to Maine in 1989, and first exhibited her

signature Batiks in the summer of 1991. She has received more than 115 technical awards since 1983, and two summers ago, she was the winner of the Best in Show award at the 2016 Art in the Park Show at South Portland, Me.

Bailey has taught mixed media classes at People Plus for more than 25 years, and continues to take part in area shows. She is a member and past Curator/Manager of Harpswell's Sebascodegan Summer Gallery; she is Gallery Coordinator for Topsham's Public Library; a long-time member of the Merrymeeting Art Association and of The Designing Women.

Several of the pieces in Bailey's exhibit are for sale. This exceptional and unique collection may be admired during normal business hours at the People Plus Center, 35 Union Street, Brunswick.

#### **UUCB** Concerts for a Cause

#### Ellis Paul Returns

Back by popular demand, Ellis Paul, one of Maine's most lauded singer-songwriters, will perform again for the Concerts for a Cause series on September 29th at 7:30 pm at the Unitarian Universalist Church of Brunswick. Two-thirds of the net proceeds of the 2018-2019 Concerts for a Cause series will be

donated to two local charities: The Gathering Place and The Brunswick Teen Center.

Born and raised in Aroostook County, Paul has a literate, provocative and urbanely romantic folkpop style that helped ignite the folk revival of the 1990's. Not only has Paul won 14 Boston Music Awards,

but he is an artist/cartoonist, has published 3 books, played thousands of shows and released 19 albums and a documentary film. His pop music songs have appeared in movies and on television, bridging the gap between the modern folk sound and the populist traditions of Woody Guthrie and Pete Seeger. In 2015 Paul was invited to give the commencement

address at the University of Maine and was given an honorary doctorate.

As Roberta B. Schwartz states in her review in the Folk and Acoustic Music Exchange, "Ellis Paul is one of the best singer/songwriters of his generation. And for many of us he is the face of contemporary folk

music—few are as smart, as literate and as poetic as Paul."

Indeed, he is all that, and in a very real sense, even more. He's an observer, a philosopher, and an astute storyteller who shares with his listeners the life lessons he's learned, and in turn, life lessons they ought to heed as well. By affirming and

defining who he is, Ellis Paul affirms and uncovers the essence of us all.

Tickets: \$20 in advance, \$22 at the door. Available at the church office (729-8515), at Gulf of Maine Books (729-5083), or ONLINE at https://uucbellis.brownpapertickets.com/



Garden Flowers, Batik

by Consuelo Bailey



#### **Senior Intermediate Cribbage**

Aug. 1: Mike Linkovich, 706
Anita Owens, 706
Harry Higgins, 706
(THREE way tie!)
Lorraine LaRoche, 695

Aug. 8: Anne Bouchard, 726 (Perfect Game!) Gaby Niffka, 691 George Tetu, 682

Aug. 15: Rollande Fortin, 724
Patricia Johnson & Rick Fortin
(tie) 708
Robert Frost, 694

Aug. 22: George Tetu, 722 Joe Tonely, 710 Rollande Fortin, 699 Gaby Niffka, 696

#### Senior Bridge

July 23: Paul Betit, 3,660 Woody Townsend, 3,470 Richard Totten, 3,280

July 27: Woody Townsend, 4,190 Lorraine LaRoche, 3,940

July 30: John Rich, 5,590 Paul Betit, 3,670 Bill Coop, 3,550 David Bracy, 3,500

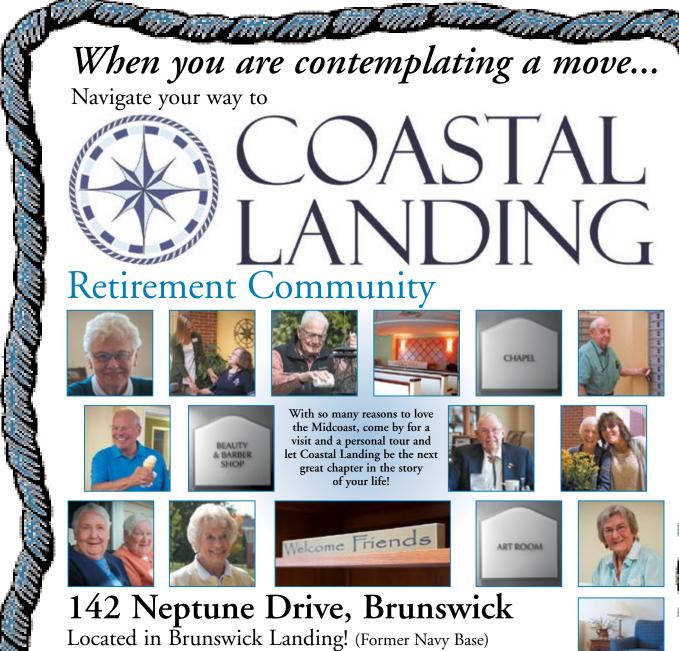
Aug. 2: Bill Coop, 4,140
Lorraine LaRoch

Aug. 6: David Bracy, 4,790
Richard Totten, 4,500
Lorraine LaRoche, 4,420

Paul Betit, 4,400 Aug. 11: Bill Coop, 3,440 Lorraine LaRoche, 3,400

Aug. 13: Joyce Lyons, 5,850 Don Caton, 4,660

David Bracy, 4,650 Aug. 17: John Rich, 4,590 Lorraine LaRoche, 3,800



www.coastallanding.com \* 207-837-6560



The *People Plus Senior Health Expo* is a premier event in our community; providing a link to local and regional resources for older adults.

FITNESS & HEALTH | TECHNOLOGY | MEDICAL SERVICES HOUSING & RESPITE CARE | LEGAL SERVICES | INSURANCE COMMUNITY SERVICES | FINANCE & BANKING | NUTRITION

TUESDAY SEP. 18, 2018 9AM-1PM BRUNSWICK
RECREATION CENTER
220 NEPTUNE DR
BRUNSWICK LANDING
mark your calendars!

#### FREE EVENTS NOT TO MISS!

Swag bags for the first 500 attendees! Reiki treatments with Hearts & Hands

Flu shots with CHANS Home Health Care

Video Otoscope courtesy of Mary's Affordable Hearing Aids

Car Winterization Tips with Bill Dodge Auto Group

Free Wicked Joe Coffee and Snacks! (lunch for sale by Cohen on the Meadows)

Falls Risk Screening with Healthy Living for ME

Tours of Coastal Landing Retirement Community

Try out the Indoor Track!

Technology Help desk courtesy of Curtis Memorial Library

"Learn to Play Pickleball" sessions

Performance by Porch Time - a Nor'easters Barbershop Chorus quartet

Chance to win Amtrak Downeaster train tickets!

Book signings, sales and author chats with Write On Writers

Yellow Dot, Good Morning & Volunteer Transportation Network registrations

**Public transportation will be available** during the event courtesy of *The Brunswick Explorer*. Just say "Take Me to the Expo!" Several return bus rides from the Brunswick Recreation Center will be made available. Check **www.brunswickexplorer.org** for bus route & schedule.





# Senior Health Expo 2018

"Connecting Communities!"

(This Expo preview is accurate as of the date of printing.)

## 2018 Senior Health Expo Exhibitors

#### **COMMUNITY SERVICE**

**AARP** 

**Area First Responders** 

**Bath Area Senior Citizens Activity Center** 

**Brackett Funeral Home\*** 

**Bridges Home Services\*** 

**Brunswick Explorer** 

**Brunswick Recreation Center** 

Catholic Charities SEARCH

**Program - Greater Bath Site** 

**Comfortably Home/CAPABLE** 

**Curtis Memorial Library** 

**Funeral Alternatives** 

**Habitat for Humanity/7 Rivers Maine** 

Harpswell Aging at Home

It's My Death

**Maine Emergency Management Agency** 

**Merrymeeting Bay Triad** 



Neighbors, Inc.\*

**Penquis Foster Grandparent Program** 

**People Plus** 

Sexual Assualt Support Services of Midcoast Maine (SASSMM)

Spectrum Generations - Meals on Wheels and Aging & Disability Resource Center\*

**Stetson's Funeral Home** 

**Topsham Public Library** 



Amtrak Downeaster
Bankers Life\*
Bill Dodge Auto Group\*
Disability Rights Maine/Maine Relay

#### **GENERAL SERVICE**

Elder Abuse Institute of Maine
Maine Bureau of Insurance
Nor'easters Barbershop Chorus
Page Monuments
Sleep Number
Spectrum Generations - Cohen
on the Meadows
The Times Record\*
Wiser Living Magazine

Write On Writers

# SENIOR HOUSING & RESPITE CARE

Bath Housing
Brunswick Area Respite Care
Coastal Landing Retirement Community\*
Highland Green\*
HillHouse Assisted Living
Pejepscot Terrace Affordable Apartments
Plant Memorial Home/Thomas Cottages
The Highlands

The Vicarage By the Sea, Inc.\*



## 2018 Senior Health Expo Exhibitors



#### FITNESS & HEALTH

Bath Area Family YMCA
ClearCaptions\*
Everyday Nutrition
Healthy Living for ME\*
Hearts & Hands Reiki
Maine Pines Racquet & Fitness

#### **MEDICAL SERVICE**

Androscoggin Home Health Care
Augat Chiropractic
Avita of Brunswick/Sunnybrook\*
CHANS Home Health Care
Healthcentric Advisors\*
Kennebec Pharmacy and Home Care
Maine Insurance Group
Mary's Affordable Hearing Aids
Mid Coast Hospital's Center for
Community Health & Wellness

Mid Coast-Parkview Health\* Reform Physical Therapy Senscio Systems

Topsham Dental Arts





People



# Thank You 2018 Partners & Sponsors!











## **PARTNER**







## **SPONSOR**























