



People Plus  
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Brunswick, ME  
04011-0766

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



**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, mice 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 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 own), and join the boat at 3 pm. We'll circle 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.



### Write On Writers

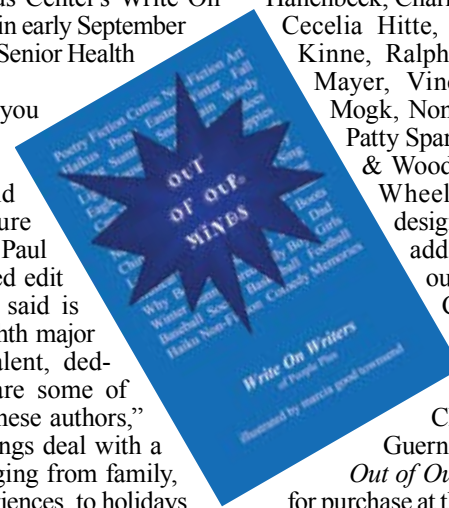
## "Out of Our Minds" debuts this month!

*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 created stories and 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 discussion of the benefits, (and pitfalls?) of downsizing during a Lunch & Learn discussion 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 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!



# 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?

## Lunch & Connections

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

We'll be serving steaming hot spaghetti and meatballs 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 hamburger, 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

on the side. 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 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 11 am until noon. 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 pm (no class Oct 8).** Six-week free 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](mailto: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, knowledgeable, 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](mailto:jrfischer@gwi.net).

### 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.

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

## SEPTEMBER Seasonal Community Flu Shot Clinics

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

<b>Sept. 18–People Plus Senior Health Expo</b> Brunswick Recreation, 220 Neptune Drive, Brunswick	9 a.m. -1 p.m.
<b>Sept. 19–Pine Tree Society</b> 149 Front Street, Bath	12:30-2 p.m.
<b>Sept. 20–People Plus</b> 35 Union Street, Brunswick	11:30 a.m. -1:30 p.m.
<b>Sept. 25–Bowdoinham Wellness Fair</b> Fire Station, 57 Post Road, Bowdoinham	10 a.m.–NOON
<b>Sept. 25–Mid Coast Senior Health</b> 58 Baribeau Drive, Brunswick	4-6 p.m.
<b>Sept. 25–Sagadahoc County Courthouse</b> 752 High Street, Bath	9:30 a.m.-12:30 p.m.
<b>Sept. 26–Georgetown Town Office</b> 50 Bay Point Road, Georgetown	10 a.m.-1:30 p.m.
<b>Sept. 27–Topsham Town Office</b> 100 Main Street, Topsham	2-5 p.m.

Visit [www.midcoasthealth.com/flu](http://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!*

**MID COAST-PARKVIEW HEALTH**  
*Our Community. Our Health.*

Call 729-0757 to register for classes & events.

### 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-of-mind with instructor Audrey Palma – come try it out! For all levels. \$5 members/\$10 non-members.

### 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 accommodations. Free, suggested \$15 donation.

Sun	Mon	Tue	Wed	Thu	Fri
2 9:00 Grace Reformed Baptist Church	Center Closed LABOR DAY	4 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	5 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	6 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	7 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 9:00 Grace Reformed Baptist Church	10 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	11 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	12 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	13 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	14 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
16 9:00 Grace Reformed Baptist Church	17 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	18 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	19 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	20 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	21 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
23 9:00 Grace Reformed Baptist Church	24 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 12:00pm Lunch and Learn: Downsizing 101 12:00pm Bridge 1:30pm Diabetes Program 6:00pm Belly Dancing	25 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	26 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	27 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	28 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

## REFORM PHYSICAL THERAPY

Don't neglect your health, reform it

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

Why let it go to waste?

[www.reform-pt.com](http://www.reform-pt.com)

## Fall Festival & OPEN HOUSE

**OCTOBER 13 11 AM - 3 PM HOLDEN FROST 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](mailto:ELEONORB@HIGHLANDSRC.COM).

**THE HIGHLANDS**  
 A CPF Living Community  
 (207) 725-2650 | [www.highlandsrc.com](http://www.highlandsrc.com)

## September 8th is "Maine Seniors Day"

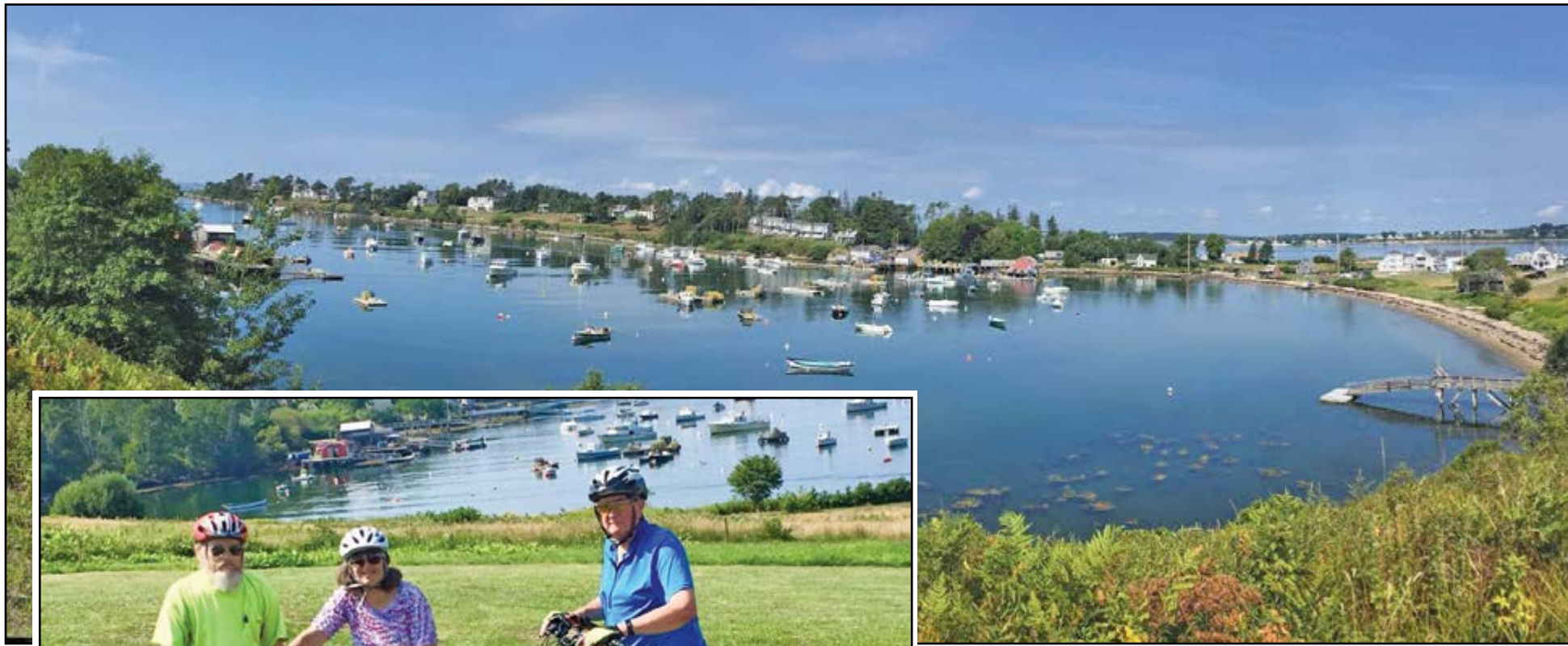
### Show your Senior Pride!

Investments designed with you in mind

**BATH SAVINGS TRUST COMPANY**

1-866-670-7517 [bathsavings.com](http://bathsavings.com)

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.



**Picture perfect!** Members of the Easy Rider bikers (inset: Donald, Cathy & Richard) enjoyed a perfect ride above Mackerel Cove on Bailey Island last month. "Great day to be alive!" Donald was heard to exclaim.



## Be an Active Part of Your Wellbeing

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 2½-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

For a full listing of classes, screenings, and support groups, visit [www.midcoasthealth.com/wellness/classes/](http://www.midcoasthealth.com/wellness/classes/)

MID COAST Center for Community Health & Wellness

Our Community. Our Health.



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



### 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! Open to the public. FMI call 729-0757.




**Lunch out!**

**GOVERNOR'S**  
Restaurant & Bakery

**Tuesday, Sep 11th**  
at 11:30 a.m.

1185 Lisbon St, Lewiston

**Sign up for the car pool!**



## We are HG

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



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7 Evergreen Circle, Topsham, Maine | 207-725-4549 | [HighlandGreenLifestyle.com](http://HighlandGreenLifestyle.com)

### 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 searchers.

**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 page.

**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 out-of-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](mailto:news@peopleplusmaine.org)

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729-0991



## NOW HIRING

Brunswick to Portland \$13-\$15/hr  
Free Yoga, Free Massage!

Brunswick Area Teen Center

# Here Come The Buses

After my week vacation in August, I returned to an on-going busy workplace! The kids, as 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

with the rest coming from the National Rotary. 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!

The Unitarian Universalist Church of 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

Jordan Cardone



attendance, as usual, and as you have probably read in previous writings, our attendance doubled last year during the school year.....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 year 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!

Jordan and gang  
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 incorrectly identified as Austin Tom.



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.

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



To Serve You Better, we've moved to 46 Bath Rd  
Simple cremations still only \$1,425

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

## 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

**Berie'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.beriesopticians.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



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 Form with fields for Name, Phone, Birthdate, Email, Address, and Membership Dues.

- Thomas Point Beach, \$1 weekday admission
Tire Warehouse, 20% off labor
Tucker Ford, 10% off invoice, parts and service
Wilbur's of Maine, 10% off, anytime
Wild Oats, 725-6287, 10% off on Mondays
Reflections (Salon), 10% off, Mon and Fri

## 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.

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.

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.

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

Brunswick Area Student Aid Fund advertisement featuring a photo of Mario Tonon and text about funding post-secondary education.

Chicks Do Chores advertisement with logo, services list, and contact information for Mary Ellen Rosenberg.



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, fatigue, 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 1/2 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](http://www.healthylivingforme.org) or email [info@healthylivingforme.org](mailto: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.

PROUD TO PARTNER WITH PEOPLE PLUS

Picking pretty rocks

I've always walked with my head down, 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 truck-load 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 school-house, 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 up and get them to my truck. Years ago,

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 collection.

Jane's an amazing gardener, and has enough of an artist's eye to know that good plantings are accentuated by exceptional 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 ones.

Surely you remember the story of us 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 home-grown wind indicator. "Southeast winds

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, 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 belted in.

Last weekend, the kids were visiting again and we took an afternoon with friends renting a cottage in Harpswell. My half-mile 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 and open to the public. FMI call Becky at 833-6159



New/renewing members for August

\* indicates new membership  
• indicates donation made with membership

Lifetime Memberships

Shirley Davis, Brunswick  
Barbara C. Sawyer, Harpswell  
Rudi Smith, Brunswick

Brunswick

June Austin  
Linda Tucker Burnham\*  
B. Joan Bussiere\*  
William Coop  
Catherine Cooper

Richard Cooper  
Diana Dove  
Jeanette Gallagher\*  
Eleanor Grafe  
Tom Hallenbeck\*  
Claire M. Holmblad  
Jennifer C. Jenkins\*  
Patricia Livesay  
Mary Maverick  
Eleanor 'Ellie' Peterson  
Dotty K. Powers  
Frank K. Powers, Jr.  
Lorraine Rich\*  
Read Rich\*  
Priscilla Sargent\*  
Geoffrey Sprague\*

Martha Spruce  
Sue Stableford\*  
Pauline B. Thorpe  
Arthur Treffry  
Alfred Tyrol  
Doris Weinberg

Topsham

Susan Smith

Harpswell

Robert Sawyer

Other places

Donald Caton, \* Durham  
Robert Neal Chase,  
Richmond



6th Annual  
Celebrity Chef Challenge  
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

or

\$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](mailto: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.

Page Monuments  
207-729-9936 • monuments@comcast.net  
204 Bath Road • Brunswick, Maine 04011

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24 Maurice Drive, Brunswick (207) 725-4379  
ASSISTED HOME CARE II  
11 Bank Street, Brunswick (207) 212-6736  
Horizons Living & Rehab Center  
29 Maurice Drive, Brunswick (207) 725-7495  
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.



Garden Flowers, Batik

by Consuelo Bailey

## 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 urbanly romantic folk-pop 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/>

### Weekly Winners

♠♥♦♣

**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 LaRoche, 4,020

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

*When you are contemplating a move...*

Navigate your way to

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*Expo*  
 CONNECTING COMMUNITIES

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

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**TUESDAY**  
**SEP. 18, 2018**  
**9AM-1PM**

**FREE ADMISSION**  
**BRUNSWICK**  
**RECREATION CENTER**  
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**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](http://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
- Harpwell Aging at Home
- It's My Death
- Maine Emergency Management Agency
- Merrymeeting Bay Triad



- Neighbors, Inc.\*
- Penquis Foster Grandparent Program
- People Plus
- Sexual Assault Support Services of Midcoast Maine (SASSMM)
- Spectrum Generations - Meals on Wheels and Aging & Disability Resource Center\*
- Stetson's Funeral Home
- Topsham Public Library

## 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



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

## 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

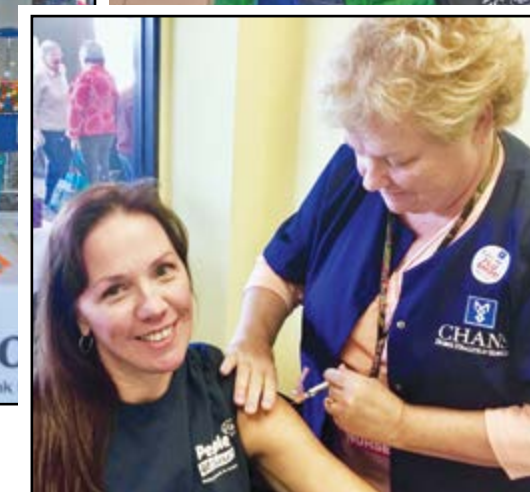
## FITNESS & HEALTH

- 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\*
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