

Plus! People NEWS!

The center that builds community

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

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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



Expo Extras. Jack & Judi Hudson (left photo) visit with Otto of the Bill Dodge Auto Group during the Expo Sept 18. Jack is retiring from the People Plus Board of Trustees after six years of service. Center staff members and volunteers gather for a cameo before the busy event got underway.

FYI! "What a Difference the Women Make!"

Thu Oct 11, 1:30 pm. When local writer David Treadwell entered Bowdoin College in 1960, the student body consisted of 800 men. Almost all students came from New England, and there were only a few students of color.

Today the College enrolls 1,800 students from around the world, and about half of them are women. David worked in the Admissions Office when Bowdoin first admitted women in 1971, and he remains well connected to the College today. He will talk about the vast differences that have occurred since women were first admitted. Free, open to public. Call to register.



'Aging Well' Lunch & Learn

Collaboration aims at safer, more CAPABLE senior living

Mon, Oct 22, 12 pm. Two free program to keep elders safe at home longer are being outlined at the Center on Monday, Oct. 22, at 12 noon during a Lunch & Learn. Bath Housing and Mid Coast-Parkview Health now offer these programs to the Bath/Brunswick area and beyond at no cost to participants. **Comfortably Home** provides minor repairs and basic accessibility and safety improvements to qualified home owners. **Community Aging in Place Advancing Better Living for Elders (CAPABLE)** is a John Hopkins University inspired program to help elders stay in their homes longer. CAPABLE couples nursing and occupational therapy visits with home modifications. This introduction is free and open to the public. Bring your lunch, we provide drinks, chips and dessert. Please call 729-0757 to pre-register.



Frank's Field Trips

Headed to "apple country"

Picked any apples this season? Frank's Field Trip heads to Turner on Wednesday, Oct 10, for a visit to the Ricker Hill Orchards, a chance to "pick your own apples," to enjoy a fresh donut and take a sip of something called "Mainiac Mush?"

Ricker Hill is one of Maine's premier and oldest orchards, and its hilltop site in Turner has been called "Spectacular!" You can pick your own apples, or buy a bag in the orchard-side gift shop. Frank may ask you to help him pick a bushel of Cortlands for the Apple Crisp HE has promised to make for the October Lunch & Connections on Oct. 18. Everyone will get a fresh cinnamon cider donut, and a glass of fresh pressed cider.

Our van leaves the Coastal Landing parking lot at 11 am on Oct. 10, and we'll have lunch (you pay your own) at the Chickadee

Restaurant in Lewiston. (Did you know the "original" Chickadee was in Turner?) This should be a great opportunity to see some autumn foliage, Frank says "of course" the weather will be "perfect!" but you should bring a windbreaker, in case it is NOT!

IF it is raining we will cancel this trip, be sure your phone number is offered when you register with Pat at the Center's front desk. Registration opens on the first of the month, and the first dozen to register and pay will go, we do keep a will-call list until Oct. 8.

Cost of this trip is only \$16, thanks to the generous sponsorship of Scott Lemieux at Ameriprise Financial, and our friends at the Coastal Landing Retirement Community.



Expo called, "So good!"

Neither a site change nor the weather became an issue, as the seventh annual People Plus Senior Health Expo played out last month to layers of raves and compliments. "It was just so Good!" People Plus Executive Director Stacy V. Frizzle exclaimed after the Sept. 18th event closed. Worries that changing the venue to the Brunswick Recreation Center on Brunswick Landing proved unfounded, as nearly 80 vendors entertained some 600 participants with music, food, fun, and information. "We just couldn't be happier," Frizzle said, "and we're already looking to next year!"

People Plus would like to thank the support of Coastal Landing Retirement Community, Highland Green, Mid Coast-Parkview Health, our Lead Partners Plus, and additional Partners The Vicarage by



the Sea, Spectrum Generations and The Times Record. Also thanks to sponsors Avita of Brunswick/Sunnybrook Senior Living, Bankers Life, Bill Dodge Auto Group, Brackett Funeral Home, Bridges Home Services, Healthcentric Advisors, Healthy Living for ME, Neighbors, Inc, ClearCaptions, the Town of Brunswick, and Wicked Joe Coffee. Special thanks to The Brunswick Explorer and Cool as a Moose. Also a huge thanks to the Brunswick Parks and Recreation staff and volunteers for all their help!

Maine has the highest percentage of older adults in the United States, and the Mid Coast is where that population is growing the fastest. The People Plus Senior Health Expo brought together a variety of resources for this increasingly important segment of our community.

Trustee Board makes changes

The end of the fiscal year always brings changes to the Center's eighteen member, volunteer Board of Trustees. This year, former board chairman Donald Kniseley and vice chairperson Jack Hudson retired after six years of service, and the board welcomes new trustees Robert Davis and Rodie Lloyd. Davis is a banker and a former People Plus board member, Lloyd is Director of Alumni Relations at Bowdoin College.

For more information on these new board members, *turn to page 7.*

Author's Chat features "Out of Our Minds"

Wed, Oct 24, 2 pm. The 20-plus member/writers of *Out of our Minds*, the newest literary creation of the People Plus Center's Write On Writers will be hosted at the Center during an Author's Chat on Wednesday, Oct. 24, beginning at 2 p.m.

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.

"Within its covers you will meet twenty authors whom 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."

Copies of *Out of our Minds* will be available for purchase at the event for only \$14.95, and at the Center after that date.





Collette Trip Talk - Imperial Cities!



Thu, Oct 18, 2 pm. Travel Oct 7-17, 2019 with Collette and visit Prague, Vienna & Budapest with Collette. Includes Prague Castle, Danube River Cruise, Renaissance Dinner, Fisherman's Bastion, and Classical Music Concert at Lobkowitz Palace. Come to People Plus to hear all about this fantastic travel opportunity! Open to the public. Registration appreciated.

Saving Energy. Window Dressers techie Timothy Banks measures a window in the Center's cafe, prepping it for insulating window inserts. The units are measured by volunteers, created at community workshops and will be installed before cold weather. "It's all about saving energy," Banks said.

Call 729-0757 to register for classes & events.

Do you like Scrabble?

Anyone interested in starting a scrabble group at the Center, please contact Jill at 729-0757 or programming@peopleplusmaine.org.

Try Chair Yoga!

Tuesdays, 2:00 pm. Chair Yoga is 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.

VTN News

Volunteer Transportation Network Needs Drivers!

In the last year, People Plus has coordinated over 25,000 miles of FREE rides for home-bound residents of Brunswick, Topsham and Harpswell. But we can't do it alone - we need your help with the driving! We ask that you become a driver today! It is a rewarding and selfless gift to help your neighbors in need. Thank you!! And thanks go to our generous sponsors, *Rusty Lantern Market, Suzan Wilson & Daniel McLaughlin Family, United Way of Mid Coast Maine* and *Spectrum Generations*, who help keep the program growing!

Join our team - Volunteer to drive TODAY!

NEW-Donuts & Drivers!

Come join us this month for coffee and donuts as we meet with all of our Volunteer Transportation Network drivers! In this new monthly coffee klatch, we will meet as a group to see how a months worth of driving went, celebrate the victories and hash out any issues. A great way to get in touch with and become friendly with other drivers and to decide if you'd like to become a new driver yourself!

We hope to see you here at the center the first Thursday of every month at 10 o'clock for coffee and donuts on us!

Please call to RSVP to make sure we have enough donuts!

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!

Lunch & Connections

Boiled Dinner is our Harvest Celebration

We're celebrating the fall harvest on Thursday, Oct. 18, with that most delightful and flavor-filled New England seasonal meals, the "Boiled Dinner!" Chef Frank Connors promised, "this is always a good one, loads of fresh, seasonal veggies, corned beef and fruit." The meal will include fresh and local potatoes, turnip, carrots and onions, plus pickled beets and corned beef. "This is one not to be missed," Connors advised, "sign up early so you don't miss it!" Dessert this month will be another fall favorite, deep-dish apple crisp, (apples are being picked at Ricker Hill Orchards by folks on Frank's Field Trip) smothered in vanilla ice cream. Drinks include fresh-pressed cider, hot coffee, teas, milk and iced water on ever table.

Of course there will be a lightly-dressed tossed green garden salad for everyone, and Frank said he has a bushel of fresh tomatoes he want to add to the salad bar. Our bread this month is coming warm and fresh from our neighbors at the Union Street Bakery.

Our monthly Lunch & Connections meals are underwritten by Spectrum Generations, and are planned to focus on nutrition, information, fun and variety. A CHANS Home Health & Hospice professional is always on hand to offer and record free blood pressure checks, and Mary Marino, of Mary's Affordable Hearing Aids is also available to offer a free hearing check, from 11 a.m. until noon.

Join us at 11:30 a.m. to select your favorite seat and to purchase your 50/50 raffle ticket. (last month's winner collected \$28, and gave it right back to the Center!) Everyone is automatically registered to win one of our several door prizes. And special for this month, we'll have a raffle to win **TWO round trip tickets** aboard the **Amtrak Downeaster!**

Seating is limited to 68 people, so advance registration is necessary. Cost is still only \$6 for card-carrying People Plus members, and \$8.50 for non-members. We start serving our buffet-styled luncheon at 12 noon, Take-out luncheons may be picked up at 11:30 a.m.

Writing as Healing Class-

Exploring Healing Through Writing & Meditation

Thursdays, 9-10:30 am, Oct 4 - Nov 29 (no class Nov. 22). Deepen self-knowledge and awareness by tapping into your healing resources with instructor Ann Kimmage. Explore your inner physical and emotional world through 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 loose clothing. No prior experience necessary. Try the first class for free! Class is \$40 for 8 weeks (or \$5/week) for members, \$80 (or \$10/week) non-members. Registration required. Open to the public.

Swing Dance Brunswick is back!

Sunday Oct. 28, 6 pm. All ages and all generations welcome! You don't need to bring a partner. Swing dancers often enjoy and benefit from dancing with lots of different partners, so there's plenty of optional mixing of partners, and we welcome new dancers. Includes beginner's lesson from 6:00-6:30. Come and join the lesson even if you're not a beginner to help welcome newcomers and enjoy the fun. Please bring dance shoes to change into when you arrive, to protect the dance floor from street grit. Hint: comfortable shoes with smooth soles that aren't too sticky on the floor make it easier to dance. Suggested Donation \$5, includes dance & lesson.

Hair Cuts with Margarita

Fridays, Oct 19 & 26, 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!

Holiday shopping trips planned

Join our friends at the Bath Center for two shopping trips this fall, picking either the Christmas Tree Shops in October or the Kittery Outlets in November, or you can plan to enjoy both!

Tuesday, Oct. 23, the bus goes to South Portland's Christmas Tree Shops, leaving the Bath Senior Center at 9 a.m., and picking up at the Topsham Fair Mall's Home Depot Park & Ride about 9:15 a.m. Cost for your seat on the bus is only \$6.00 for members or \$8.00 for non members. Plan to enjoy lunch on your own at the nearby Olive Garden, and return to Topsham and then Bath by mid-afternoon.

The Wednesday after Thanksgiving ("black" Wednesday?) there's a special bus

headed for the Kittery Outlet stores. This bus is early, leaving the Bath Center at 8:30 a.m., and Topsham about 8:45 a.m. Cost is \$12 for Members, and \$15 for non-members, but aren't we all members of either People Plus or the Bath Area Senior Citizens Center? There are more than three dozen stores in the Kittery Outlet complex, this is a good one to buddy up with a fellow shopper, get lunch on your own, and make a real day of it! Bus is scheduled to return to our area about 5:30 p.m.

Sign up and pay for either or both of these trips at the Bath Senior Citizens Center, Floral Street, in Bath, 443-4937. Seating is on a first come, first served basis, IF you are meeting the bus in Topsham, be certain you pre-register.

Oxford Casino trip set

Register at the Bath Senior Center if you want to attend a day of gaming at the Oxford Casino on Wednesday, Oct. 10. The bus leaves the Bath Center at 9 a.m., and picks up at the Topsham Fair Mall's Home Depot Park & Ride approximately 15 minutes later. Cost of the trip, including transportation and favors for you at the Casino, is still only \$30. You may pay the day of the event, but you must be preregistered in Bath by calling 443-4937. The bus leaves the Casino promptly at 4 p.m., assuring you a busy day of "wicked good fun!"

Spectrum Generations Medicare 101 Session

Tue, Oct 9, 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.

Lots to do this fall, winter, ALL YEAR!

Sun	Mon	Tue	Wed	Thu	Fri
People Plus Hours Mon-Thu: 8:30-4 Fri: 8:30-1 729-0757	9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Diabetes Program 6:00pm Belly Dancing	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 10:00 Donuts & Drivers 9:00 Writing As Healing Class 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 VTN: Donuts & Drivers 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 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church	Center Closed Have a Safe and Happy Holiday Weekend	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 11:00 Franks Field Trip Ricker Hill Orchard 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:00 Writing As Healing Class 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Apple Club 11:00 Yoga 1:30pm SG Meeting 1:30pm FYI! What a Difference the Women Make 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 11:15 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 1:30pm Diabetes Program 6:00pm Belly Dancing 7:00pm Civil War Book Club	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	9:00 Writing As Healing Class 9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch and Connections 2:00pm Trip Presentation: Imperial Cities 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 12:00pm Lunch and Learn: Comfortably Home/CAPABLE 12:00pm Bridge 1:30pm Diabetes Program 6:00pm Belly Dancing	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 2:00pm Author's Chat: Write On Writers 6:30pm Brunswick Coin and Stamp Club	8:00 Men's Breakfast 9:00 Writing As Healing Class 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 10:00 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
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*Hair Cuts with Margarita will be at People Plus only on Friday Oct. 19th and 26th
*World Affairs will meet on Friday Oct. 19th and 26th

Wednesday, October 31st

Happy Halloween!

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.

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THANK YOU Partners & Sponsors!

Thanks to our 2018 Senior Health Expo Exhibitors:

- AARP
- Amtrak Downeaster
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- Area First Responders
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- Avita of Brunswick/Sunnybrook
- Bankers Life
- Bath Area Family YMCA
- Bath Area Senior Citizens Activity Center
- Bath Housing
- Beltone
- Bill Dodge Auto Group
- Brackett Funeral Home
- Bridges Home Services
- Brunswick Area Respite Care
- Brunswick Explorer Bus
- Brunswick Parks & Recreation Department
- Catholic Charities SEARCH
- ClearCaptions
- Coastal Landing Retirement Community
- Coastal Orthopedics
- Comfortably Home/CAPABLE
- Curtis Memorial Library
- Disability Rights/Maine Relay
- Dr. Bob's Family Dentistry
- Elder Abuse Institute of Maine
- Everyday Nutrition Associates
- Funeral Alternatives
- Habitat for Humanity/7 Rivers Maine
- Healthcentric Advisors
- Healthy Living for ME
- Hearts & Hands Reiki
- Highland Green
- HillHouse Assisted Living
- It's My Death
- Kennebec Pharmacy & Home Care
- Local Representatives & Candidates
- Maine Bureau of Insurance
- Maine Emergency Management Agency
- Maine Insurance Group
- Maine Pines Racquet & Fitness
- Mary's Affordable Hearing Aids
- Massage on Maine
- Merrymeeting Bay Triad
- Mid Coast-Parkview Health
- Midcoast Lyme Disease Support & Education
- Neighbors, Inc.
- Nor'easters Barbershop Chorus
- Norway Savings Bank
- Page Monuments
- Penjpscot Terrace
- Penquis Foster Grandparent Program
- People Plus
- Plant Memorial Home/Thomas Cottages
- Reform Physical Therapy
- Senscio Systems
- Sexual Assault Support Services (SASSMM)
- Sky-Hy Adult Day Center & Conference Center
- Sleep Number
- Spectrum Generations
- Spectrum Generations - Cohen on the Meadows
- Stetson's Funeral Home
- The Gathering Place
- The Highlands
- The Times Record
- The Vicarage By the Sea, Inc.
- Topsham Dental Arts
- Topsham Public Library
- United Way of Mid Coast Maine
- Wiser Living Magazine
- Write On Writers

Welcome new members of the People Plus Board of Trustees

Bob Davis

Bob was re-appointed to the board in July 2018. Currently, Bob is a partner at JMH Assoc, a financial consulting firm. He started his career, after graduating from American International College in Springfield, Massachusetts, with the international CPA firm of Price Waterhouse Coopers. Bob moved to Maine in 1999 where he independently developed a client base in excess of 40 organizations, including several large and medium size financial organizations, manufacturing, and service organizations. He serves on several boards in the Mid Coast area including Cryptomedix, Mid Coast Health Services, People Plus, The Bath Area YMCA, and United Way of Mid Coast Maine.



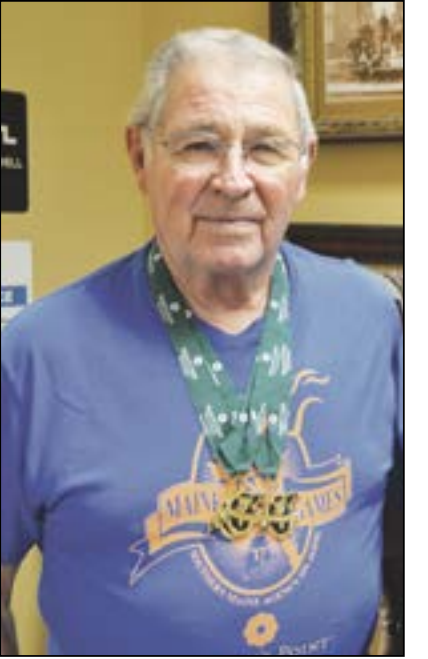
Rodie Lloyd

Rodie was appointed to the board in August 2018. As a graduate of Bowdoin College, Rodie spent 25 years at L.L. Bean beginning almost immediately after graduation. She then joined the staff of Bowdoin college as Associate Director of Alumni Relations in 2007. She is currently the Director of Alumni Relations and has been at the college for nearly 12 years. She is a resident of Falmouth, Maine.



Horseshoe dynasty

Brunswick's Richard "Rick" Fortin took gold again (ho hum!) in the Maine Senior Games horseshoe toss competition in Gorham last month. "I started competing in horseshoes in 1994," he reported proudly, "winning a silver medal which qualified me to compete in 1995 in San Antonio, Texas." Fortin took fourth place in that competition, and he was hooked, competing in local and national senior events ever since. Over the years, Fortin has won 29 individual gold medals for horseshoes, and one silver medal. He has also won four gold medals and two bronze medals for golf in seniors competition. More recently, he has won four gold medals in Cornhole tossing competition, two of those medals coming in doubles events, in the company of his wife Rollande.



Rick Fortin.

Maine Senior Games take place every fall and National games are every other year. Competitions include many track and field events, plus table tennis, tennis, swimming, cycling, archery, basketball, pickleball, golf and road racing. Anyone interested in competing may call Jo Dill, the Maine Senior Games coordinator at 396-6519.

Managing Honey Bees

The Harpswell Garden Club will meet on Thursday October 18, 2018 at 1 p.m. at the Kellogg Church Rte. 123 Harpswell. After a brief business meeting, Judith Stanton, local bee keeper and Member of Maine State Beekeeper's Association will present "Managing Honey Bees in a Challenging Coastal Habitat, and Plants that Help Them Survive" slide and lecture. Free and open to the public. FMI call Becky at 833-6159



Weekly Winners

Senior Intermediate Cribbage

- Aug. 29: Rollande Fortin, 717; Lois Fournier, 715; Harry Higgins, 695
- Sept. 5: Anne Bouchard, 726 (Perfect Game!); Lorraine LaRoche, 697; Mike Linkovich, 694; Robert Frost, 690; Harry Higgins, 690; Joseph Toney, 690 (FOUR-way tie!)
- Sept. 12: Lois Fournier, 716; Patricia A. Johnson, 712; Craig, 688; Anita Owens, 687
- Sept. 19: George Harding, 701; Joe Toney, 699; Lois Fournier, 697; George Tetu, 681

Senior Bridge

- Aug. 20: Don Caton, 4,190; Paul Betit, 3,820; John Rich, 3,580; Joyce Lyons, 3,250
- Aug. 24: John Rich, 3,820; Judy Feimer, 3,650
- Aug. 27: David Bracy, 4,290; Paul Betit, 3,900; John Rich, 3,230; Bob Cressey, 3,020
- Aug. 31: John Rich, 4,560; Lorraine LaRoche, 3,460
- Sept. 3: John Rich, 3,900; Lorraine LaRoche, 3,290; David Bracy, 3,200
- Sept. 7: Lorraine LaRoche, 4,280; Paul Betit, 4,210
- Sept. 10: Paul Betit, 4,410; David Bracy, 4,390; Don Caton, 4,380; Cathy Cooper, 4,110
- Sept. 14: Jeff Lauder, 2,580; John Rich, 2,420
- Sept. 17: Woody Townsend, 6,650; Lloyd Jones, 4,780; Lorraine LaRoche, 4,440; Richard Totten, 3,350

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

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.

- Oct. 2-RSU 5 Freeport Schools, Freeport High School, 30 Holbrook Street, Freeport 3-7 p.m.
- Oct. 3-Bath YMCA, 303 Centre Street, Bath 9:30-10:30 a.m.
- Oct. 4-Maine Senior Guide Expo, Hilton Garden Inn, 5 Park Street, Freeport 9 a.m.-2 p.m.
- Oct. 6-Bath Citizen Involvement Day, Bath Waterfront Park, Bath 9:30 a.m.-12:30 p.m.
- Oct. 10-MCHPP The Gathering Place, 5 Tenney Way, Brunswick 11 a.m.-12:30 p.m.
- Oct. 10-Richmond Golden Oldies, 314 Front Street, Richmond 1:30-4:30 p.m.
- Oct. 11-Harpswell Town Office, 263 Mountain Road, Harpswell 9 a.m.-NOON / 5-6:30 p.m.
- Oct. 11-Brunswick Landing, L.L.Bean Learning Center, 29 Sewell Street, Brunswick 9-11 a.m. / 3-5 p.m.
- Oct. 13-Brunswick Public Schools, Stowe Elementary, 44 McKeen Street, Brunswick 8 a.m.-1 p.m.
- Oct. 13-Elijah Kellogg Church, Public Supper, 917 Harpswell Neck Road, Harpswell 5-7 p.m.
- Oct. 15-Freeport Town Office, 30 Main Street, Freeport 1-3 p.m.
- Oct. 17-Wiscasset Community Center, 242 Gardiner Road, Wiscasset 4:30-5:30 p.m.
- Oct. 20-MSAD 75, Mt. Ararat Middle School, 66 Republic Ave., Topsham 9 a.m.-NOON
- Oct. 24-Bowdoinham Town Office, 13 School Street, Bowdoinham 3-5 p.m.
- Oct. 25-Freeport Community Services, 53 Depot Street, Freeport 10-11 a.m.
- Oct. 27-Bath Area Senior Citizens, 56 Floral Street, Bath 3:30-6:30 p.m.
- Oct. 30-Mid Coast Senior Health, 58 Baribeau Drive, Brunswick 4-6 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!

MID COAST-PARKVIEW HEALTH
Our Community. Our Health.



Not moving yet. Part-time staffer Frank Connors was spotted recently beside a road side in Bristol, he said it was just coincidence, he has no immediate plans to move anywhere.



Seeing Swan Island from the Kennebec, field trip members gather on the gangway at Richmond (bottom photo) and listen to Island historian Jay Robbins (top photo) explain what life on the island might have been like 150 years ago, when the Island was the Township of Perkins.

SWAN ISLAND



FIELD TRIP



STORM POLICY When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. The Center may remain open for business, unless conditions warrant a complete closure. Check our website, www.peopleplasmaine.org, or local media for closure information.



Great Hike! Five members of the Thursday Hikers line up for a walk through Boothbay's Oven Mouth trail. Word is it's been a great fall for hiking, but next time, we need to remember jackets!



Take FIVE! Bernie Breitbart, producer of the Center's News & Views and People Plus Cooks television shows, takes a break waiting to tape a recent Lunch & Learn. Thanks Bernie!

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.

Blue Horses by Mary Oliver. In this stunning collection of new poems describing with wonder both the everyday and the unaffected beauty of nature, herons, sparrows, owls, and kingfishers flit across the page in meditations on love, artistry, and impermanence.

Inward Empire by Christian Donlan. Soon after his daughter Leontine is born, 36-year old Christian Donlan's world shifted an inch to the left. He was suddenly unable to fasten the tiny buttons on his new daughter's clothes. These experiences were the early symptoms of multiple sclerosis, an incurable and degenerative neurological illness.

Orphan #8 by Kim Van Alkemade. A historical novel inspired by true events tells the fascinating story of a woman who must choose between revenge and mercy when she encounters the doctor who subjected her to dangerous medical experiments in a New York City Jewish orphanage years before. Lush in historical detail, rich in atmosphere and based on true events, Orphan #8 is a powerful, affecting novel of the unexpected choices we are compelled to make that can shape our destinies.

Storm Front by Jim Butcher. In the first novel in the #1 New York Times bestselling Dresden Files series, Harry Dresden's investigation of a grisly double murder pulls him into the darkest depths of magical Chicago. As a professional wizard, Harry Dresden knows firsthand that the "everyday" world is actually full of strange and magical things—and most of them don't play well with humans. So when the Chicago P.D. bring him in to consult on a double homicide committed with black magic, Harry's seeing dollar signs. But where there's black magic, there's a black mage behind it. And now that mage knows Harry's name.

The American Heiress by Daisy Goodwin. Be careful what you wish for. Traveling abroad with her mother at the turn of the twentieth century to seek a titled husband, beautiful, vivacious Cora Cash, whose family mansion in Newport dwarfs the Vanderbilts', suddenly finds herself Duchess of Wareham, married to Ivo, the most eligible bachelor in England. Nothing is quite as it seems, however: Ivo is withdrawn and secretive, and the English social scene is full of traps and betrayals. Witty, moving, and brilliantly entertaining, Cora's story marks the debut of a glorious storyteller who brings a fresh new spirit to the world of Edith Wharton and Henry James.

Please send comments to news@peopleplasmaine.org



MID COAST Center for Community Health & Wellness

Our Community. Our Health.

Be an Active Part of Your Wellbeing

Add these health-wise events to your calendar!

- Oct 03 - Women's Pelvic Health Total Pelvic Health with Ruth E. Macy, PT, DPT 5-6 p.m. Community Health & Wellness, 329 Maine Street-SOUTH ENTRANCE, Brunswick Monthly educational series focusing on topics of concern to every woman.
- Oct 09 - Food for Health Impact of Lifestyle Choices on Biometrics with Sheryl S. McWilliams, MPH, RN 6:30 p.m. Teaching Kitchen-Classroom 2, 329 Maine Street-SOUTH ENTRANCE, Brunswick A plant-based cooking and education series.
- Oct 10 - Ounce of Prevention Celebrating Women's Health with Melissa J. Streeter 3-4 p.m. Thornton Oaks Retirement Community, 25 Thornton Way, Brunswick Education about senior healthcare topics sponsored by MID COAST SENIOR HEALTH.
- Oct 17 - Understanding Your Parkinson's Diagnosis 3-5 p.m. Community Health & Wellness, 329 Maine Street-SOUTH ENTRANCE, Brunswick For newly diagnosed patients to help them better understand the disease.
- Oct 24 - Health Within Reach It's Fall, Think Greens with Kimberly A. Dovin, MD 5:30 p.m. Teaching Kitchen-Classroom 2, 329 Maine Street-SOUTH ENTRANCE, Brunswick An ongoing series of talks, classes, demonstrations, and healthy lifestyle options.
- Oct 25 - 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 An informational session to answer your questions about joint replacement surgery.
- Oct 27 - Medication Collection 10 a.m.-2 p.m. Local designated public safety facilities Safely dispose of unused, unwanted, or outdated household pills, ointments, or drops.

All events are FREE and open to the public. For more information, call (207) 373-6585

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

Winter's Hibernation Starts with... Chicks Do Chores (AND SOMETIMES CHUCK) So you don't have to! WE'LL TACKLE YOUR TO-DO LIST! ATTICS - BASEMENTS - PECKS - FENCES - GARAGES - GARDENS - OFFICES - YARDS ETC. CLEAN - CLEAR - OUT - FILE - DUMPTRUNKS - LABEL - MOW - MULCH - PAINT - RAKE - SPLIT/STACK WOOD - TRIM - WEED ETC. RUN ERRANDS FOR YOU OR WITH YOU! MARY ELLEN ROSENBERG - OWNER CALL OR EMAIL FOR ESTIMATES OR SCHEDULING - CDC.4U@COMCAST.NET 207-729-5760 *Fully Insured *Bonded *LLC www.chicksdochores.com

REFORM PHYSICAL THERAPY Don't neglect your health, reform it! Did you know Medicare will pay up to \$2,010 each year for out-patient physical therapy? Why let it go to waste? 439 Lewiston Road, Topsham (207) 725-4400 www.reform-pt.com

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR. At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease. Register today at alz.org/walk. Midcoast Walk to End Alzheimer's Maine Street Gazebo, Brunswick Sat. Oct. 20, 2018 | 8 a.m. WALK TO END ALZHEIMER'S alzheimers.org association

We're trippin' at People Plus!

Join "semi-retired" Frank Connors as he explores local (and not so local) venues. The trip includes transportation and Frank's insights and local knowledge. Lunch will be "on your own" at a restaurant near the venue. The van generally leaves from Coastal Landing around 10 am and returns around 3 pm (depending on the distance). Registration goes to the first 12 who sign up, and you must be a registered member of People Plus to participate. Cost is

usually around \$8-\$18, thanks to generous sponsorships by Scott Lemieux of Ameriprise Financial and Coastal Landing Retirement Community. Check the People Plus News for the trip date and venue each month. As always, call Pat to register (729-0757). Some trips have included Blaine House & Maine State Museum in Augusta, Popham Beach and forts, Reid State Park, Fort Baldwin, Jellerson District one-room school in Bowdoinham, Apple Picking, Botanical Gardens,

train trip to Boston, Maine Flower Show, Lighthouses & Liberty Ships, Camden's Mount Battie, FIVE light-houses in ONE day, an open boat circum-navigation of Swan Island (this month) and many more.



People Plus is on TV!



Stacy V. Frizzle and Frank Connors tape two monthly TV shows: *People Plus News & Views* which discusses our monthly activities, and our monthly cooking show, *People Plus Cooks!* featuring historical recipes from our senior community. Episodes of our shows are taped at Harpswell TV14 each month with volunteer cameramen Ed Harris and Gordon Brigham and director Bernie Breitbart. The shows air on TV14 and Channel 3 in Brunswick (Mon 4 pm, Wed 7 am, Sun 9 pm) and can be viewed any time at www.peopleplusmaine.org or on the People Plus video page <https://vimeo.com/peopleplusmaine>.



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

AFFORDABLE HOUSING COMMUNITY CONVERSATIONS

OCTOBER-NOVEMBER, 2018

JOIN THE CONVERSATION

This fall, Curtis Library will be hosting a series of community conversations around affordable housing. Each session will feature a panel of speakers followed by audience Q&A.

Morrell Meeting Room
Curtis Memorial Library
23 Pleasant Street
Brunswick, ME

CURTIS MEMORIAL LIBRARY
A World of Possibility

WWW.CURTISLIBRARY.COM

HOUSING VULNERABILITY & HOMELESSNESS
Thursday, October 18, 6:00-7:30 pm

This session will explore financial fragility and the many reasons why people might lose their housing. Panelists include:

- James Myall, Policy Analyst, Maine Center for Economic Policy
- Cullen Ryan, Executive Director of Community Housing of Maine; Chair, Statewide Homeless Council
- Giff Jamison, Operations Manager, Tedford Housing

THE LOCAL LANDSCAPE
Tuesday October 30, 6:00-7:30 pm

Join us to learn about the landscape of affordable housing in local and regional housing markets. Panelists include:

- John Hodge, Executive Director, Brunswick and Topsham Housing Authority
- Kevin Bunker, Developers Collaborative
- Jane Millett, Brunswick Town Councilor and Realtor

PROMISING PRACTICES
Thursday, November 29, 6:00-7:30 pm

Six local and statewide leaders will explore innovative approaches and funding opportunities that address housing affordability.

Changing your perception on health care

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

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

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

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

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

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

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

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



Dr. Tim Coffin



Fitness for a LIFETIME!

Ann Kimmage leads a yoga class at the Center.

How many times have we told ourselves "I will start that diet on Monday", or "next week I'm going to take that exercise class"? If you're like me you said that to yourself at least 100 times. And I'm guessing with the changing of the seasons and the days getting shorter, the same thoughts are in the back of your mind about not gaining weight this winter and trying to stay in shape. At People Plus we are here to help you do that. With over 15 exercise class options every week, there is no shortage of activities to help you become and stay active all through the long months of winter in Maine! The classes at the Center are varied and designed specifically for the bodies of a senior adult. Someone who is getting a little older, may not be as loose and limber or trim and fit as they used to be and certainly may not have the same range of motion or strength at this stage of their lives. But none of those are reasons to not exercise. They are actually the reasons to support exercise and starting a program can be super easy at the People Plus Center! Here are your options:

- Gentle Chair Yoga once a week
 - Loosen Up – strength and flexibility training three times a week
 - Zumba – dance your way to fitness once a week
 - Aerobics Lite – make Jane Fonda proud once a week
 - Tai Chi – this gentle flowing class meets twice a week
 - Qi Gong – channel your energy once a week
 - "Easy Riders" Biking Club - meets Wednesday mornings
 - Table Tennis a.k.a. ping-pong plays regularly at the Center four or five days a week
- All of these options are fun. All of these options are accessible to everyone at all fitness levels. All of these options will make you feel better and become more healthy. All of these options are available to try once for free! So there's no excuse not to come on down and give it a try as we stave off the winter blues, rebuke that extra 10 pounds, and end up next spring being able to still wear our shorts for summer!

BRUNSWICK AREA Respite Care

For 29 years the "Club" has been a social program offering "time off for caregivers and joyful hours for participants" in a warm, welcoming community environment.

Full or half day sessions - filled with a variety of engaging, stimulating activities. Come visit our convenient location in Brunswick.

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

Safety Check-In program looking for participants! Are You Signed Up Yet??

The *Good Morning* program is a free daily safety check-in program available to adults in Brunswick, Harpswell, and Freeport. Once registered, participants call in every morning to say they are OK. If a registered participant does not call in by 9:30 am, a volunteer will call the home. If there is no answer, the emergency plan will be enacted, which may include a wellness check by local police. Giving peace of mind to participants and their families, the *Good Morning* program is ideal for those who live alone or have recently returned from the hospital or rehabilitation facility. For more information, call People Plus at 729-0757 or Brunswick Police non-emergency number at 725-6621. To download an application, visit www.peopleplusmaine.org/good-morning-program.

MEDICATION COLLECTION

Unused...unwanted...outdated HOUSEHOLD

PILLS • OINTMENTS • DROPS

Prescription • Over-the-Counter • Veterinary
Please, no needles or thermometers.

Saturday, October 27 • 10 a.m.–2 p.m.

ONLY at these COMMUNITY COLLECTION POINTS

- Bath Police Department, 250 Water Street
- Brunswick Police Department, 85 Pleasant Street
- Georgetown Fire Department, 777 Five Islands Road
- Harpswell Town Office, 263 Mountain Road
- Richmond Police Department, 26 Gardiner Street
- Topsham Public Safety Building, 100 Main Street

Local medication collections are a joint effort of MID COAST HOSPITAL, local law enforcement, and Access Health — a local community health coalition.

Learn More!
For more information, contact 373-6957.

MID COAST HOSPITAL
Our Community. Our Health.
www.midcoasthealth.com

Brunswick Area Teen Center

30 Kids and counting...

Wow, I don't know where to begin... September was soooooo busy! On Tuesday, September 18th, we finally hit #30 for our attendance number! Nine days into the school year (closed one day-no power!). We are bustin at the seams.....

Thank goodness I have two new staff members who have joined me!

We have so much going on for and in the Teen Program!
 Saturday September 15th was Bowdoin Common Good Day. Sunday September 16th we were presented with a grant for \$1,000 from First Parish Church, who is also doing a snack drive in October for the kids and I got a couple sign ups from members to bake some desserts!

September 29th was the first concert of the UU Church's Concerts for a Cause which this year will benefit the Teen Center and The Gathering Place. Members of the UU Church also provided lunch for the kids on September 19th (sandwich fixings, chips, pickles, drinks and fruit for 30!)

Our Back to School Letter is out!!!!!! The kids did the bulk of the work this year preparing the mailing (after Jenn did a whole lot of printing!)-all except sealing the envelopes (thank you front desk staff and volunteers!) Mail is coming in!!! Donations are coming in! I love this time of year when I arrive at work and Betsy hands me Thank You letters to sign for donations that have come in

The support is so much appreciated!
 September 12th was the United Way Kick Off day and for those of you who will not see this year's campaign video

in a workplace, you can see it here <https://youtu.be/TWxzDpt5bo>

This year's video features one of our long time Teen members and her story!

Kelly is an example of the difference programs like ours can make in one persons life!

Our program is unique in that when a child walks through our doors, it may be just to have a fun place to hang out with friends, or a place to make friends, or it may be that they just don't want to, or are pretty young still, to be home alone. Others sometimes have more needs that the program fills "a safe place to be whoever we are". We have quite a diverse group! It takes time, listening and attention to get to know the kids, especially as membership grows and we get so many


Teen Center News

Jordan Cardone



new members, and to figure out what needs we may be meeting for them in our program. As one mental health worker (in with a client) said "whatever your recipe is, it's working! I agree!
 Until next month,
 Jordan and the gang

TEEN OF THE MONTH: Latrell Hatcher



Latrell Hatcher is in 7th grade at BJHS and has been coming to the TC program for over a year now. Latrell says he "likes hanging out with friends and have fun after school and one of his favorite things to do at the TC is play Guitar Hero!" Latrell has earned teen of the month for most improved and most helpful member of the month! Congratulations Latrell and off to the movies you go!

CHANS Announces Free Flu Shot Clinics

More than fifty locations offered throughout region

Over the next three months, CHANS Home Health & Hospice will provide more than 50 public flu shot clinics throughout the Midcoast region. Available free of charge to anyone in the community over six months of age, the vaccinations help to prevent the spread of seasonal influenza.

The fall 2018 clinic schedule is available at www.midcoasthealth.com/flu. In addition, CHANS holds weekly flu vaccination clinics on Fridays through November 30, 9 a.m. to Noon at Mid Coast Senior Health, 58 Baribeau Drive in Brunswick. Flu vaccinations are offered free of charge, but donations and insurance information are accepted.

Many people die from complications of infection with seasonal flu, and even more require hospitalization. Mid Coast-Parkview Health encourages as many people as possible to get vaccinated. Last year, CHANS nurses provided almost 5,000 free vaccinations to community members, helping to keep them safe.

According to the U.S. Centers for Disease Control and Prevention, flu vaccination is especially important for people at higher risk of severe complications from illness, and for persons who are in close contact with those at higher risk. High-risk groups include adults over 65, children younger than five, and pregnant women.

Part of Mid Coast-Parkview Health, CHANS Home Health & Hospice is a full-service, non-profit agency providing nursing, rehabilitation, palliative, hospice, and private duty care services, and an array of community-based wellness clinics in the Midcoast area.

For more information about CHANS or the upcoming flu vaccination clinics, call CHANS Home Health & Hospice at (207) 729-6782.

Meet our new Teen Program Staff!

Kim Totten has been working PT at Bed Bath and Beyond (and still is) for 5 years. Kim is currently Chair of the MSAD 75 School Board and has served on the Board for roughly 13 years! Kim is married, lives in Bowdoin, raised two kids and spent years with the boy scouts while (and even after) her son was in scouts!



Heather Rose has previously worked as Youth Program Leader at Joyful Harvest, Counselor & Art Director at Saco Recreation and was an Americorp member working with youth services at the Goodwill of Northern New England. Heather is married and lives in Lisbon.

We are very happy to have them on board!!!!

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



Members of Connie Bailey's art class surprised her last month with a cake and good wishes on her birthday. Bailey, pictured at center, was thankful but "vague" when asked how old she is. "I've been teaching here a long time!" she said.

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
 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

*Benefits subject to change

PEOPLE PLUS MEMBERSHIP APPLICATION

PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • www.peopleplusmaine.org

Name (1) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____ (name) (phone) (relationship)

Mailing Address _____ City _____ State _____ 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)
 Brunswick (___New Member ___Renewal): \$40 per person \$70 per couple
 Other towns (___New Member ___Renewal): \$50 per person \$80 per couple
 \$250 for **Lifetime Membership** (65 or over)

Membership Dues: \$ _____
 Additional Donation*: \$ _____
 (*donations above membership dues are tax deductible)
 Total: \$ _____

OFFICE USE: Accounting Data Membership Card Sent

Become a "Friend of People Plus" with an additional gift of \$25 or more!

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

OCTOBER HIGHLIGHT - NEW BENEFIT!
Hearts & Hands Reiki Wellness Center,
 with Martha Spruce. Seniors get 10% discount on first appointment. Experience deep, peaceful relaxation, expect pain and anxiety relief. 20+ years experience, appointments provided Mon-Fri, 10-6. 751-5339 or mspruce@live.com.

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

Massage on Maine,
 First visit \$60, always \$10 off for seniors
 56 Maine St, Brunswick, 504-6913
<http://massageonmaine.com/>

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

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

Thomas Point Beach, \$1 weekday admission

29 Meadow Road, Brunswick, 725-6009
www.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



BRUNSWICK AREA
STUDENT AID FUND
 BOWDOIN • BOWDOINHAM •
 BRUNSWICK • HARPSWELL • TOPSHAM

"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."
 - James Tierney, BHS Class of 1965

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

BRUNSWICK AREA
STUDENT AID FUND
 P.O. Box 867, Brunswick, ME 04011

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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

October 2018

All Spectrum Generations locations will be closed on Monday, October 8 in observance of Columbus Day.



Be a voice for older and disabled Mainers!

By participating in a survey, you can help inform and shape the MaineDOT's Long-Range Transportation Plan. Your responses will help MaineDOT understand the wants and desires of the traveling public...



2019 MEDICARE OPEN ENROLLMENT DATES
Dates and deadlines you need to know
OCT. 15, 2018
DEC. 7, 2018
JAN. 1, 2019

Need help with Medicare? October 15 through December 7 is the Open Enrollment period for Medicare Advantage and Medicare prescription drug coverage.

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage, or vice versa.
You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.

And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

- You must be enrolled in Medicare Part A and B.
You must live in the plan's service area.
You cannot have End-Stage Renal Disease (some exceptions apply).

Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you chose which plan is right for you.



SCAM ALERT BULLETIN BOARD

Scammers across the country are calling Social Security beneficiaries, claiming they are due a cost of living increase. They just need to verify your Social Security number and bank routing information...

Be a fraud fighter! If you can spot a scam, you can stop a scam. Contact local law enforcement or the AARP Fraud Watch Network...

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

In defense of boiled beef, potatoes and carrots

Speaking Frankly

Frank Connors



My gang on the People Plus kitchen crew has come to dread October, almost as much as I look forward to it. Faster than they can say Columbus Day, by mid-September, I've started my noise about doing our next Harvest Dinner...

You need to remember my roots are in Bowdoinham (get it, "roots") where I grew up pulling carrots, harvesting turnip and squash, braiding onions, cutting beets and barreling potatoes...

Harry Prout was the Carrot King and he raised maybe a half-hundred acres of those long, orange, beautiful things. He'd bring kids by bus for the harvest, but my mother would drop me and my brothers at the field, just so we could get a good section to pull...

While farmers all over Aroostook were going bankrupt because Fred Valshing's sugar beet refining dreams were going south, Mr. Prout switched to raising turnip, just to use the mechanical harvesters he'd purchased!

going bankrupt because Fred Valshing's sugar beet refining dreams were going south, Mr. Prout switched to raising turnip, just to use the mechanical harvesters he'd purchased!

No Stacy, we did NOT call them rutabagas! I was kind of kidding you about the potatoes. We grew a long row or three in our home garden because my grandfather was a real Aroostook potato farmer...

Shortly after Jane and I were married and the historical society was getting together in Bowdoinham, we fell upon harvest suppers as a great fall fundraiser, and for a reason to celebrate the season...

I need to add right here that right now, that same society is trying to reclaim

Bowdoinham's old Grange Hall, where we always held those dinners! Guessing that's proof that if you live long enough, you get to close more than one circle!

Now, Harvest Dinners are a fixture at OUR Center. They always start with the dreaded peeling party, where Dottie reigns supreme, peeling 20 pounds of potatoes before rumbling out of the Cafe with her walker...

Somehow it all gets done, Ralph carves the beef, and the members rumble through, filling their plates. Someone will be nice enough to tell me, "this was the best one yet, Frank!" and I'll say, "it's all about the vegetables, don't you think?"

away quickly enough, but she's also awful handy when the crew starts chopping salad. Cita, Wanda, Megan, Pat, Wilma, Lorraine, even Ralph, they're always there, always willing to help, making it look easy, and making me look good.

It IS a bunch of work. Potatoes and turnip are peeled perfectly, some years we corn our own beef, some years we let Hannafor do it. Every year we argue about peeling the carrots, or not. Every year, the new guy (gal) gets stuck peeling and quartering, and crying, over the onions...

Somehow it all gets done, Ralph carves the beef, and the members rumble through, filling their plates. Someone will be nice enough to tell me, "this was the best one yet, Frank!" and I'll say, "it's all about the vegetables, don't you think?"

Follow our footprints



Wouldn't it be great if we had a FIFTY passenger van for our field trips? Until THAT day happens, we just want to remind you that all of our monthly trips are crafted for you to copy!

The premise of these trips is to get you out there, enjoying and rediscovering our area, our Maine! There has never been a trip that you and a few of your friends couldn't accomplish in your own car or on your own.

"I don't care where we go," one guy said recently, "just keep on picking those good restaurants!" That tells me half the fun of the field trip is in our restaurant choices, that people love the opportunity to get out, to eat well with friends.

If you have a favorite walk in the Brunswick area, let Frank know about it at 729-0757 frank@peopleplusmaine.org

New/renewing members for September

* indicates new membership
• indicates donation made with membership

Lifetime Memberships
Juana Haskins, Topsham

Brunswick
Cynthia Baskerville *
Ann Beal *

Agnes Dailey *
Jill Ellis
Patricia H. Emerson
Nancy Garland
Gregory Hudak
Richard Lamarre *
Susan Terrill Law
Laurette McCobb •
Selma Powers
Valerie Robbins
George Tetu

Topsham
Jeanette Cakouros
George A. McKay
Steve Obrin, Jr.
Mark Petroff *
Adele Robinson
Ed Robinson

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The Sweet & Savory Pie Crawl
Downtown Hallowell
Join us on Saturday, October 20, in downtown Hallowell, for the 1st Annual Pie Crawl!
Come and enjoy sweet and savory pie samples from 11:00 a.m. to 3:00 p.m. at your favorite downtown shops.
Tickets are \$15.00 each (children under 10 are free when accompanied by an adult) and must be purchased in advance.
To purchase tickets, visit the Cohen Community Center at 22 Town Farm Road, Hallowell or by calling 207-626-7777. office hours are Monday - Friday from 8:00 a.m. to 4:00 p.m.
You can also purchase online through spectrumgenerations.org/pie.
Check-in and participant bracelets can be picked up at the Antiques Mall or at the platform beside the Harlow Gallery beginning at 11:00 a.m. on the day of the event.
Participating downtown shops include:
Antiques Mall | Berry & Berry | Boynton's Market
Clay Works | Editor's Note Comics | Forbidden Fruit Gallery | Joyce's | Juiced. | Liberal Cup Lux Salon | Maine House | McAlister Real Estate Quarry Tap Room | Quilt Shop | Russell's Gems Scrummy's | Slates | Steam Salon
Sponsored by: Kennebec Savings Bank

Sukelorth Family Festival of Trees
For the fourth year, Spectrum Generations Meals on Wheels will benefit from this festive holiday fundraiser. Don't miss out—mark your calendars and plan to join us at the old American Legion at 21 College Avenue in Waterville!
Friday — Sunday, November 16, 17, 18, and November 23, 24, 25.
More information coming soon!

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PEOPLE PLUS PERSONALS

Do you have something to say, services to offer? If you are a paid-up, card-carrying People Plus member, we'll print your notice here at NO cost! Contact Editor Frank Connors (call 729-0757 or Frank@peopleplasmaine.org) for details.

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

Nuisance Wildlife? Call Critter Catchers (Grant Connors) for the safe and humane removal of skunks, opossum, squirrels and other natural pests. ADC licensed. Call 729-0460.

Computer headaches? I can help! Affordable, knowledgeable, 20+ years experience. Can support Mac, PC, Chromebook, i-phone. System & software setup. Fixing Internet, email, viruses & malware issues. Tutoring & data rescue. Contact John Fischer at 522-1238 or email: jrfischer@zwi.net.

Free Medical Equipment?



Do you have a need of a little support? A wheelchair, crutches, a walker, shower and toileting devices? The People Plus Center maintains a "lending inventory" and it's ready when you are. "It started almost by accident," explained Frank Connors, the Center staffer who usually hauls the surplus equipment up and down the stairs to a basement storage area, "We had members who'd used this equipment and no longer needed it, they offered it to us, we saw the need and the opportunity, and away it went!" Now, on a regular basis, people needing equipment to keep them safe and secure at home have a new source of access. "Everyone wins," Connors said. "We ask people to bring it in clean and in working condition," he added, "we take care of the rest." If you have a specific need, call or come by the Center. You do not need to be a member to borrow equipment.



Lunch out!

Tuesday, Oct 9th at 11:30 a.m.

Kimberly's Restaurant

64 Main St., Richmond

Sign up to car pool!

Bailey's work is gallery feature



Bend in the River, paper batik

by Consuelo Bailey

Selected works from the collections of Consuelo (Connie) Bailey are being exhibited in the Union Street Gallery of People Plus during the month of October. 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.

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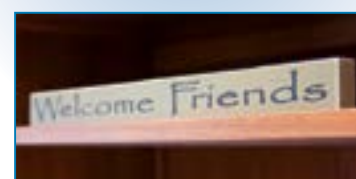


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