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

729-0757

www.peopleplusmaine.org

October 2018 Volume 18, No. 10

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

Comfortably Home

and Mid Coast-Parkview Health now offer these programs to the Bath/Brunswick area and beyond at no cost to participants. **Comfortably Home** provides makes 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"

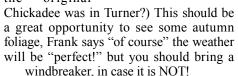
Picked any apples this season? Frank's Field Restaurant Trip heads to Turner on Wednesday, Oct 10, for a visit to the Ricker Hill Orchards, a chance to "pick your own apples," to enjoy a fresh donut and take a sip of something called "Mainiac Mush?"

Ricker Hill is one of Maine's premier and oldest orchards, and its hilltop site in Turner has been called "Spectacular!" You can

pick you 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 cin-

namon 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 in Lewiston. (Did you know "original" the



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 Kniselev 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, begin-

ning 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 200page 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.

October 2018

A Garden

by Virginia Sabin

Walking alone and old

So precious

August, die she must.

September, I will remember

student with wisdom, passion for learn-

ing, understanding and hopes in solving

today's issues to make the world a better

serving residents of the Brunswick-Topsham-Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

news@peopleplusmaine.org

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

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It's A WRAP!!!

Phew! I have to admit that I am relieved that dozens of hearing videoscopes (to see inside September and the workload that it carried is the ear), countless people serenaded by barbehind us. The staff at People Plus has worked their patootie's off this month and I am not going to be shy in saying that everyone has done a fantastic job getting a ton of stuff done

already this fall! Let's see, we are a quarter of the way through this fiscal year and already we have had a giant Teen Center annual fund mailing go out. 1,700 letters were mailed for the Teen Center Back To School Annual Fund Campaign! With staff, volunteers and teenagers helping to pull it all together and get that out the door! We are so hopeful that the letter will help people understand the impact that their donations for the Teen Center program have on the lives of all those kids upstairs every day. And we thank you if you have contributed in the past or even already this year. And if you haven't, we hope you will consider

doing so. It's a wonderfully worthwhile cause. And if cooking or baking is your thing, Jordan could really use some help feeding all those teenagers! With 25-30 hungry mouths to fill every afternoon she is scrambling daily to provide the necessary food. Making a casserole or a double batch of brownies once a month or so would really help her out! The majority of those kids don't have homecooked meals as a regular part of their lives, so think how impactful it would be to them if we could get a bunch of our senior members bringing in macaroni and cheese casserole or a pot of meatballs with red sauce or batches of homemade cookies! Thank you in advance

for considering helping. And if getting out a huge fundraising appeal letter campaign wasn't enough, we also threw an event with 650 people participating!!

If you don't know what I'm talking about then clearly you did not attend the seventh annual Senior Health Expo! Held at its new venue, the Brunswick Recreation Center, this year's Expo was better than ever. With 80 tables full of businesses and organizations that serve our senior Mid Coast population, we saw 600 swag bags go out the door, 77 flu shots given free by CHANS, 30 free massages from Massage on Maine, over 100 balance current board members helped me reach out to assessments done by Spectrum Generations, Clayton Rose, the president of the college and

From

Plate

info@nutritionforeveryday.com

I am writing my article after returning

from the Senior Health Expo. The turnout

was amazing despite the raining weather.

I wanted to wait to write my article until

after we had an opportunity to demo some

healthier desserts at this event. Many of my

clients share with me their love for desserts

ies and Baklava cups. Here are some of the

so I wanted to see how people would react

Anita's

Anita Huev

(207) 504-6439

bershop singers, hundreds of hands shook by vendors and very likely thousands of business cards exchanged

People left the Rec Center Tuesday afternoon with smiling faces and swag bags full of fun little tchotchkes, helpful informational items, fresh fruit, granola bars and pens, hats, magnets, calendars, and more!

It was an event for the record books in a new location. And I will admit we were not sure how that new location would play out. We figured it would be roomier than the Cook's Corner mall but it is slightly out of the way and we were worried people might not show

Luckily my worry was all for naught as we barely lost any foot traffic and realized that everyone who came to the Rec Center on Tuesday for the Senior Health Expo really wanted to be there. They didn't just accidentally stumble upon it on their way to TJ Maxx! But if YOU missed it, we hope to see you

next vear! So what else have we done this first quarter? Well, we have said farewell to two long-standing board members, Jack Hudson and Don Kniseley. They both served this organization for six years and we will miss them greatly! Jack has agreed to stay on as a part of the Strategic Planning Committee and we couldn't be happier about that!

We have also welcomed two new board members into our fold.

Bob Davis has re-joined the board of People Plus after a one-year hiatus and has very generously taken on the enormously important role of treasurer. He spent six years on our board already so he is right back up to speed immediately. As a CPA, his advice and help overseeing the finances is invaluable both to me as a mentor and to the organization.

And we have established an "unofficial seat" on the board for Bowdoin College. In an effort to strengthen and deepen our relationship with the college it seems to make sense to have someone from the college as a member of the board of People Plus. So several of our

From the **Executive Director**



through him to Matt Orlando the Treasurer. After a lovely meeting with Mr. Orlando, he put the word out to several staff members and we are so grateful and fortunate that Rodie Lloyd, the Director of Alumni Relations, who has been at the college for 11 years, decided to give us a try!

We look forward to this new relationship with the college and hope it will help us continue to strengthen our ever-growing senior membership community. Just imagine all the great new programs we can develop as well as the potential for new members through the alumni association. Many of them don't have any idea what we do at People Plus so let's hope it's a win-win for everyone!

We also had a very sad event happen this month at the Center. We lost a long-standing, highly-respected, greatly-loved member of our community when Winifred Silverman passed away. A long time member of the writers group, "Winnie" was quite the character. She was a thoughtful and warm person yet she also spoke her mind and you always knew where you stood with her. As our self-proclaimed "Token Jewish member", she kept us on track for honoring the religious holidays and acknowledging Judaism as often as Christianity. She was a smart and outspoken woman who was way ahead of her time. And we will miss her dearly.

Her love for this place was strong as well. In fact, her family has asked that in lieu of flowers, people make a donation to People Plus. We are honored by that request and will use those funds for supporting our elderly population as they age in place. It's our legacy

So here's to moving forward into the fall with gorgeous weather, great friends and fun and we hope to see you here at People Plus, the Center that Builds Community!

1. Heat the olive oil in a large, nonstick pan

over medium heat. Add the diced chicken and

pepper. Cook until lightly brown and cooked

Cook until the vegetables are crisp-tender and

the onion is translucent, stirring occasionally.

3. Stir in the apples, garlic, thyme, and cinnamon. Cook 1 minute, then pour in 1/2

cup of the chicken stock. Bring to a boil and

cook until the stock has evaporated. Add the

chicken and remaining chicken stock. Cook

through. Push the chicken to the side of the

2. Add broccoli, sweet potato and onion.

One-Pot Chicken with Apples

Instructions

- 1 pound chicken breast, diced
- 1 medium sweet potato peeled and diced into 1/2 inch pieces
- I medium white onion, chopped 2 granny smith apples cored, and

- 1 C. low sodium chicken stock

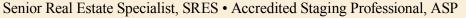
- a terrific dessert but why not have health• "I don't really care for black beans but this ier options for people that want something is really good.
 - 'This tastes like my daughter's Baklava that I have in my files! and I know this is much healthier."

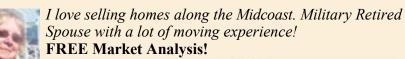
by the end of the Expo. These recipes were apples. I hope that you will try it sometime so quick and easy to make and clean up soon!

I am look forward to picking apples this year and picked this recipe because it offers All of our samples and recipes were gone a one-pot meal with veggies, spices and

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Nancy Beal, Realtor



Fall Frolic

How magical is it that after Labor Day the weather seems to change and fall seasonal activities take center stage. Summer residents and Maine tourists have taken advantage of the summer festivals, theater, concerts, hiking, camping and splendor of Maine's natural beauty. The changing of the seasons brings excitement for more visitors as Maine Fairs continue to provide the opportunity to see Mainers in action exhibiting farm animals, prize produce, flowers, delicious food, Maine made crafts and a midway of activities for all ages. Competitions in the arena A love once new has now grown old Fair September 30th - thru October 7th.

and thrilling amusement rides round out a day at the Fair. There are twenty five 2018 Maine Fairs beginning June 30th in Houlton and ending with the Fryeburg

is dropping, harvesting is in full gear and

by Doris Weinberg

If I close my eyes I can remember back A good 70 years. I can see a classroom very clearly

It wasn't a required class And we used an odd textbook.

It was a new skill we learned But to know it and do it well-Added to your potential.

If you haven't guessed—it was "learning to type" A challenge I'll never regret. Especially now in this "computer world". You need it for a "safety net."

> Back in those very old days. The keys were blank-no letters on them. At first it left us dazed!

Our text book stood up on the desk to the left-Showing the "space bar and 2 letters." We learned by feel to press them down-And our skill got better and better.

Over and over again. More letters were added on each day. Easier that writing by pen! By the end of the term we could type very well-

Many words per minute. And like "riding a bike" or "swimming at the beach" You never forgot how to do it. Today, of course, most everyone can type,

Right down to a very young child. It's amazing to me all they can do. What their young brains have learned and compiled.

> That my brain hasn't turned to cotton. My typing skill may not be great, But least it's not forgotten.

By Charlotte Hart

"My name is Joe Kwitkoski," the man said.

"I've waited years to meet you. A long while! You saved two hundred shipmates! Saved my husband! Saved your crew.

"Yep. That's me."

"You shot a kamikaze at close range! We celebrate reunions decades hence.

Hundreds owe you a debt. Immense!"

"I did not stand alone." Joe's eyes—a warm moist gleam

"On that brave ship, we stood as one—a team"

Apple-Time by Elizabeth B. Bates

On my morning walk where supermarket. I put it in my I live, I looked at an apple tree pocket. At home I took out in front of the building where the apple and washed it. I we had our meetings. It had sliced it in half. There were been beautiful in the spring with pale pink flowers and many bees and even a humming bird or two. Now there were apples underneath the tree that were spread out and rotting in the sun. The tree was part of After they softened, I put on a the landscaping plan, It was bib and sat down to eat.

not there for eating apples. as if it came from the local the apple would be reborn.

some brownish parts near the stub that I had to dispose of. The rest looked fine. I chopped it into pieces and put them into a small fryer, with a little bit of honey.

Page 3

It was delicious! I was so I was told that squirrels happy! I felt that I had saved would eat the apples, but I that apple from being of no didn't see any. I picked up use. I put the seeds in my one or two red-green apples small compost pile. Someday that looked good. One looked those seeds might sprout and

Who am I

by Ralph Laughlin

A participant or a bystander. An inclusionist, or exclusionist. A doer, or a talker. Freedom for all, or only for my kind. This is "My land", not for others. A sharer, or a hoarder.

One who listens, or just hears. One who reaches out or holds back. Belief in justice tempered by morality, or in only the law. One who stands or stays seated. One who is flexible, or unbending One who accepts change, or clings to status quo

> We are who we are by the choices we make. WHO ARE YOU

One who is sensitive, or calloused.

Underground Railroad

by Sally Hartikka? They'd come a long way, were in the last state. Holding their breaths as they headed up river, The boat dark, nobody speaking. Only sound was the boat creaking. The good Lord now determined their fate. They stopped, were told to go ashore And stepped onto a muddy platform Then into a brick tunnel hidden by brush. They were told there was a big need to rush Since someone might be watching them moor. Yet there were those whose interest in money

This town was sensitive to their plight, Might cause them to turn the runaways in And raise a loud and strident din As they left their boat on this dark night. The tunnel went upward, made a right, And they found themselves in a basement, Were given blankets, bread, and soup. Weariness overcame the group.

The Unsung Apostrophe by Russ Kinne

trophe', of which I just used two - dates way

spot of green ink over every word that they felt was used, and spelled, correctly. And a

That funny little squiggle we call an 'aposred one if it were wrong, and a yellow if they weren't sure. Weren't. There's another aposback to the late 16th century. Name comes trophe - the letter "o" has been removed from from something or other in the Latin lanthe word "not", so it means the same, but it's guage. But today it means one or several now WEREN'T instead of "WERE NOT". letters have been omitted, or it indicates a Now, I love the Brits, but they drive me nuts

People Plus

Write on

Writers

meet

Wednesdays

at 1 pm

in Swaffam, East Anglia, England in the springtime, we were completely rained out. Then they told me they were rained out last year, and for several years before that. When I asked "Why don't you hold it somewhere else, or at a different time of year?", they were had to read and scan everything, and put a horrified." But, but, cough cough, splutter, splutter, "We've ALWAYS held it here in the springtime!!" - so I guess they always will,

and I wish them luck

For a short time, a pause in their flight.

So perhaps it's no surprise to learn that there's a British outfit named the "Association to Abolish the Aberrant Apostrophe" And even a rival but lesser known group - the ³Apostrophe Abolition Army" How teddibly teddibly, British!

But proper usage is pretty simple. If you take out a letter or two, put in an apostrophe. And to make a word possessive, add an apostrophe-s. But a singular word needs an apostrophe-s, and a plural word an s-apostrophe. As in, one car's style, and many cars' styles. And nowadays almost no one cares about such trifles, but it is nice to know how to write proper English properly.

I hope so, anyway, that's what they pay us for!

Memorial Donation in Memory of Kimball M. Page

June 21, 1929 – September 9, 2018

Winifred "Winnie" Silverman

June 9, 1935 – September 15, 2018

Storms by Vince McDermott

home in Virginia

curiosity about that. Now I believe the storm we experienced in September was near enough

downtown Brunswick - one side of Maine Street came up while the other side stayed

went out. We were down from around 12:30 PM Thursday to 8 PM Friday - that was fun. I now hope that we will enjoy a peaceful

period for some time.

These Bones by Nonie Moody

How did this ever happen. It seems only yesterday

Out of the blue one morning A noise from the knee, absurd! My ears heard, my mind questioned. Was that really a creak I heard?

Why I'm not that old, am I? But last week another creak This time coming from the left wrist These joints are sure looking bleak.

A creaky bone exercise is needed



People Plus News

The monthly newspaper of People Plus,

The Editor, People Plus News

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Anthony B. Purinton • Funeral Director

Ingredients • 1 Tb. olive oil

• 1/2 t. black pepper • 3 cups broccoli florets

• 2 cloves of garlic minced

• 1/2 t. dried thyme • 1 t. ground cinnamon

until heated through. to something a bit different. I happen to be comments from the samplers: one of those people that feels that fruit is • "They are yummy!"

else. I chose to make black bean brown- • 'They melt in your mouth."

was a breeze! The possibilities for healthier desserts are endless and I look forward to sharing more recipes in the near future. Sweet potato frosting, pumpkins tarts and an avocado soufflé are just a few recipes

(207)751-0752



farmers markets are flourishing. Trees are changing landscapes to vibrant colors, stores are filled with Halloween decora-

by Betty Bavor

tions and hayrides to pumpkins patches take families in search for the perfect pumpkin. Maybe the challenge of a corn maze catches the attention of a fall visitor. Students and teachers embark on another school year. The fall sports schedules are in place as athlete's practice hoping for success and celebrating as champions. Students from elementary to college age anticipate the possibilities ahead Teachers are challenged to provide every

As the seasons change, count your The days are shortening, the temperature blessing, pray for peace and God Bless America

At an October World War Two Shipmates' Reunion

Broad barrel chested. Gravelly voiced. Shy smile. How do I thank him? Thoughts swirled through my head.

They lived through Okinawa's war-raged sea. You're really Joe Kwitkoski?"

Your bravery and skill our destinies did change.

In past years, I had wondered what it would be like to be in a major hurricane or near a strong tornado. I had experienced weak hurricanes and a very small tornado hit near my

I feel the storm which occurred here in October 2017 was close enough to hurricane strength to satisfy my

to a tornado to fill my need about the second Although the damage was isolated, the effects were widespread. Power went out for 30,000 in the area. Most of Bath and Topsham stayed up. An unusual result happened in

dark. That has occurred before. I had a houseful of relatives when the power

I was hiking up to five miles Gladly willing to hit the hay.

For popping, creaking, grating To silence those noisy bones From squeaking, rasping, and grinding.



In a garden of memory A garden having hours, days

Who knows A year A year Of falling leaves First snowfall Another spring Pushing up Who knows April come she will.

Simon and Garfunkle A skill not forgotten

With all my high school peers. But one we were glad we took. There was very little homework

That long ago wasn't considered essential.

We had our own machine

We learned by typing "a s space a s space"

In my waning years I am happy to know

possessive, as in "day's end" or "Peter's car". sometimes. (or is that only a putt??) And it is very often mis-used; but today no When the annual Glider Meet was held one seems to care much about poor English, even in publications that should know better. Back when Mr Luce was running TIME, Inc, he had slews of proofreaders making sure that no grammatical errors appeared in his magazines and books. These poor folk

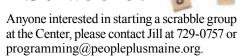
A splash of color by Wayne A. Mogk

How many people know that Maine's beautiful fall colors are due to a cosmic collision that happened about four billion years ago? Back then, a planet about the size of Mars struck the Earth, knocking it off its axis. After that, for half of the year the Northern Hemisphere of Earth tilts away from the sun, giving us Winter. Leafy plats adapted to the cold by going dormant and dropping their leaves. In the process we get the wonderful color changes we see each autumn.

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 Center are presenting two single act comesaving energy," Banks said.

Call 729-0757 to register for classes & events.

Do you like 🧸 Scrabble?



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.

who help keep the program growing!

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,

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

Fransportation 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

We hope to see you here at the center the first Thursday of every month at 10 o'clock

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

and to decide if you'd like to become a new driver yourself!

VTN News

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 Lobkowicz Palace. Come to People Plus to hear all about this fantastic travel opportunity! Open to the public. Registration appreciated.

Two comedy plays set in Bath

The BASIC players of the Bath Senior dies at the Bath Senior Citizens Center this month. The curtain rises on, The Last Day at W.O.R.K. and Any Body For Tea on Friday and Saturday, Oct. 6 & 7 at 7 p.m., with a matinee on Sunday, Oct. 7, at 2 p.m.

Dick Higgins and Bonnie McDonald are

the imaginary radio announcers at Station W.O.R.K's last day, you have to see it, and meet the dozen or so show guests to understand why the broadcast has to leave the air. Mike Powers is Detective O'Finn, charged with solving the murder?? in Any Body for Tea! This hilarious mystery will get you guessing, and laughing. Powers is new to the BASIC Players, other cast members include Donna Waterman, Leonard Rainey, Herman & Clara Merkord, Jeanine Sloan, Phyllis

McNelly, Sandi Panati and Linda Robitaille. All presentations are at the 45 Floral Street Center in Bath, suggested donation is \$19

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

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

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 headed for the Kittery Outlet stores. This bus Kittery Outlets in November, or you can plan

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.

shopping trips this fall, picking either the is early, leaving the Bath Center at 8:30 a.m. Christmas Tree Shops in October or the 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 The Wednesday after Thanksgiving come, first served basis, IF you are meeting the ("black" Wednesday?) there's a special bus 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.

October 2018 People Plus News

Lots to do this fall, winter, ALL YEAR!



12:30pm Tai Chi - Long Form

8:00 'Easy Riders' Biking Club

8:45 Cribbage

9:00 Mah-Jongg

9:00 Loosen Up

10:00 Meals on Wheels

12:30pm Tai Chi - Long Form

1:00pm Write on Writers

10:00 Table Tennis

6:30pm Brunswick Coin and Stamp Club

Wear a

today

and ge

a treat

1:00pm Write on Writers

*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

2:30pm Cafe en Français

9:30 Beg/Intermediate Bridge

10:00 Art with Connie Bailey

9:00 Table Tennis

10:30 Yoga with Ann

2:00pm Chair Yoga

12:30pm Aerobics Lite

12:00pm Bridge

9:00 Mah-Jongg

9:00 Loosen Up

12:00pm Bridge

11:00 Table Tennis

1:30pm Diabetes Program

6:00pm Belly Dancing

9:00 Crafters

10:00 Zumba

9:00

Grace

Baptist

Church

6:00pm

Swing Dance

Brunswick

Reformed

1:30pm Diabetes Program

6:00pm Belly Dancing



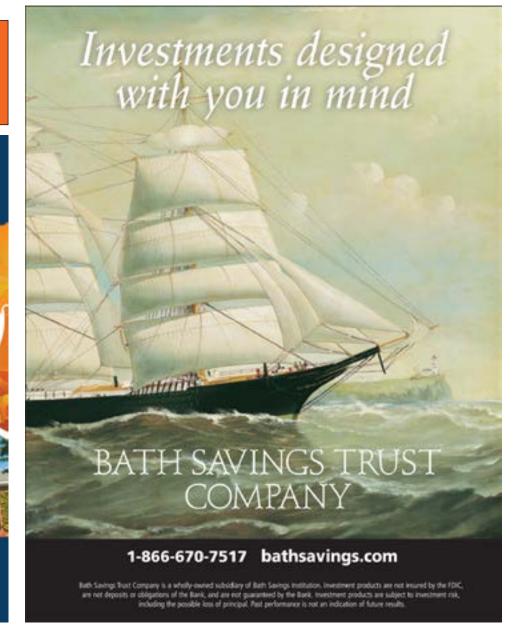


JOIN US FOR A SATURDAY OF HORSE-DRAWN HAYRIDES, SCARECROW TOURS AND MORE! **INDULGE IN A DELICIOUS SAMPLING** OF SEASONAL DISHES. TOUR OUR CAMPUS & FIND OUT WHY THE HIGHLANDS IS MID COAST MAINE'S PREMIER CHOICE FOR RETIREMENT LIVING.

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

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





7:15pm Advanced Line Dancing

People Plus videos can be viewed online at

http://vimeo.com/harpswelltv

11:15 Qigong

12:30pm Advanced Bridge

6:30pm Folk Dance Brunswick

News &

Views with

Frank &

Stacy

viewed

weekly on

Cable



Brunswick to Portland \$13-\$15/hr

Free Yoga, Free Massage!

People Plus News People Plus News October 2018 October 2018 Page 6















































Norway Savings Bank

Penquis Foster Grandparent

Reform Physical Therapy

Plant Memorial Home/Thomas

Sexual Assualt Support Services

Page Monuments

Pejepscot Terrace

Program

People Plus

Cottages

Senscio Systems





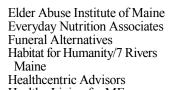


Amtrak Downeaster Androscoggin Home Health Care Area First Responders Maine

Augat Chiropractic wita of Brunswick/Sunnybrook 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 Catholic Charities SEARCH

ClearCaptions Coastal Landing Retirement Community Coastal Orthopedics Comfortably Ĥome/CAPABLE Curtis Memorial Library Disability Rights/Maine Relay Dr. Bob's Family Dentistry



Healthy Living for ME Hearts & Hands Reiki Highland Green HillHouse Assisted Living It's My Death Kennebec Pharmacy & Home

Local Representatives & Candidates Maine Bureau of Insurance Maine Emergency Management

Maine Insurance Group Massage on Maine Merrymeeting Bay Triad Mid Coast-Parkview Health

& Education Neighbors, Inc. Nor'easters Barbershop Chorus





MEET THE SMARTEST BED

IN THE WORLD





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



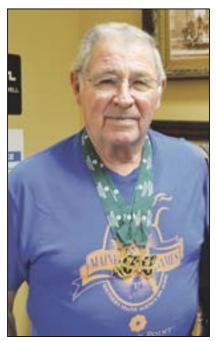
Rodie Lloyd

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.



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 competion. 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.

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.



Rick Fortin.

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

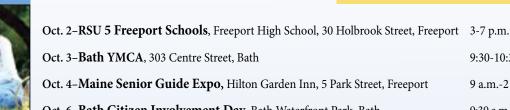




OCTOBER Seasonal Community Flu Shot Clinics

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

FLU SHOT FRIDAYS MID COAST SENIOR HEALTH 58 Baribeau Drive, Brunswick 9 a.m. to NOON Fridays



Oct. 3-Bath YMCA, 303 Centre Street, Bath Oct. 4-Maine Senior Guide Expo, Hilton Garden Inn, 5 Park Street, Freeport Oct. 6-Bath Citizen Involvement Day, Bath Waterfront Park, Bath

Oct. 11-Brunswick Landing, L.L.Bean Learning Center, 29 Sewell Street, Brunswick 9-11 a.m. / 3-5 p.m

Now through November 30

9:30-10:30 a.m.

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 Tonely, 690 (FOUR-way tie!) Sept. 12: Lois Fournier, 716 Patricia A. Johnson, 712

Senior Intermediate Cribbage

Aug. 29: Rollande Fortin, 717

Anita Owens, 687 Sept. 19: George Harding, 701 Joe Tonely, 699 Lois Fournier, 697 George Tetu, 681

Craig , 688

Senior Bridge

Aug. 20: Don Caton, 4,190 Paul Betit, 3,820 John Rich, 3,580 Joyce Lyons, 3,250 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 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



9 a.m.-2 p.m. 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. 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 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!





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.



TRIP

FIELD

STORM 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.peopleplusmaine.org, or local media for closure information.



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.*

 ${\bf Oct~09~-Food~for~Health~} \textit{Impact~of~Lifestyle~Choices~on~Biometrics}$

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**

Our Community. Our Health.

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



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!

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.

Storm Front by Jim Butcher. In the first novel in the #1 New York Times bestselling Dresden Files series, Har Dresden's investigation of a grisly double murder pulls him into the

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.

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

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@peopleplusmaine.org

MARYELLEN ROSENBERG - OWNER

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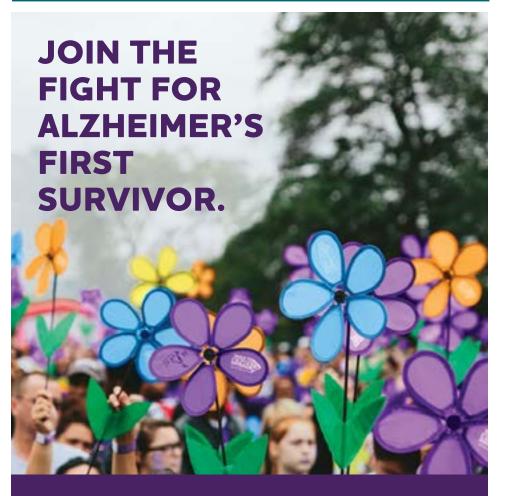
(207) 725-4400

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

Page 9

Why let it go to waste?

www.reform-pt.com



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.



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We're trippin' at People Plus!

he explores local (and not so local) erous sponsorships by Scott Lemieux venues. The trip includes transportation and Frank's insights and local knowl- Landing Retirement Community. edge. Lunch will be "on your own" at Check the People Plus News for the trip a restaurant near the venue. The van date and venue each month. As always, month) and many more.

generally leaves from Coastal Landing around 10 am and returns around 3 pm (depending on the distance).

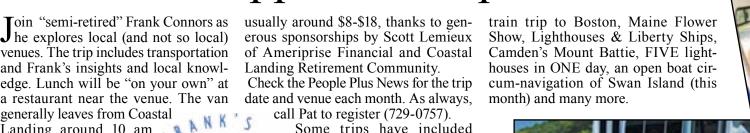
Registration goes to the first 12 who sign up, and you must be a registered member of People Plus to participate. Cost is

of Ameriprise Financial and Coastal

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,





People Plus is on TV!

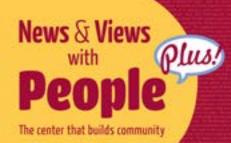


Stacy V. Frizzle and Frank Connors tape two monthly TV shows: People Plus News & Views which discusses our monthly activities, and our monthly cooking show. People Plus Cooks! featuring historical recipes from our senior community.

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

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





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

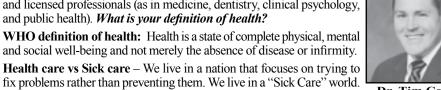
Thursday, November 29, 6:00-7:30 pm

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

WWW.CURTISLIBRARY.COM

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?



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



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

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 Floor Yoga twice a week

• 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 AerobicsLite – make Jane Fonda proud
- once a week • Tai Chi – this gentle flowing class
- meets twice a week Qigong – channel your energy once a
- "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!

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 s ideal for those who live alone or have recently returned from the hospital or rehaoilitation 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

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

Page 12 People Plus News October 2018

Brunswick Area Teen Center

30 Kids and counting...



where to begin... sooooooo 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!

UU Church's Concerts for a Cause which September was this year will benefit the Teen Center and The Gathering Place. Members of the UU Church also provided lunch for the kids on September19th (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 dona-

tions 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

September 29th was the first concert of the in a workplace, you can see it here https://youtu.be/TWxzbDpt5bo

This year's video features one of our long time Teen members and her story! Kelly is an example of the difference pro-

grams 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



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:





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!!!!

CHANS Announces Free Flu Shot Clinics More than fifty locations offered throughout region

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

Over the next three months, CHANS Home provided almost 5,000 free vaccinations to

According to the U.S. Centers for Disease nant women.

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

community members, helping to keep them

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 preg-

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

(\$1 sml, \$1. 50 medium) Funeral Alternatives is a locally-owned and operated family business.

Yearly Membership Dues (Scholarships Available) Brunswick (__New Member __Renewal): □ \$40 per person □ \$70 per couple : Additional Donation*: \$ Other towns (__New Member __Renewal): □ \$50 per person □ \$80 per couple: (*donations above membership dues

Lee's Tire & Service.

Maine Optometry,

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% dis-

count 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.

\$30 off complete pair of glasses 82 Maine St, Brunswick, 729-8474

Senior discount (60+) on matinee tickets

Bookkeeping

House Checks

Pet Care

Respite Care

Organizing

22 Elm Street, Brunswick, 725-8769

www.maineoptometry.com

Maine State Music Theatre.

Mailing Address

People

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

Big Top Deli, 10% off, anytime 70 Maine St, Brunswick, 721-8900

Bill Dodge Auto Group. 10% off parts and service

www.billdodgeautogroup.com at evening shows

www.eveningstarcinema.com Fairground Café, 10% off, anytime

(customers over 55) Maine Street, Brunswick, 729-0176

center, was thankful but "vague" when asked how old she is. "I've been teaching here a long time!" she said

PEOPLE PLUS MEMBERSHIP APPLICATION Date

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



People Plus News

Membership **Benefits**

October 2018

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

www.berriesopticians.com

www.bigtopdeli.com

262 Bath Rd., Brunswick, 800-652-6118 118 Pleasant St, Brunswick, 729-6653

Eveningstar Cinema, Discount bag of popcorn

149 Maine St, Brunswick, 729-5486

Topsham Fair Mall, Topsham, 729-5366 **J&J Cleaners**, 10% off pickups: Wednesdays

*Benefits subject to change

homes as long as possible.

Errands/Shopping

Transportation

Medication Reminders

Paperwork

www.neighborsinc.com

□ \$250 for *Lifetime Membership* (65 or over) OFFICE USE: ☐ Accounting ☐ Data ☐ Membership Card Sent Massage on Maine. First visit \$60, always \$10 off for seniors 10% off parts (excludes tires)

□ I do NOT need the People Plus monthly newspaper mailed to my house.

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

Cash/Check (Payable to People Plus)

Page 13

☐ Female ☐ Male

☐ Female ☐ Male

ZIP

(relationship)

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, 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:





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

People Plus News October 2018 Page 14



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

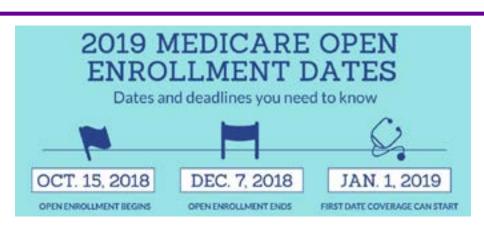
All Spectrum Generations locations will be closed on Monday, October 8 in observance of Columbus Day.



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, views on future growth, and where to invest and concentrate resources. The survey takes only 10 minutes! Find it online at: https://mainelongrangeplan2050.metroquest.com





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 <u>Original Medicare</u> to Medicare Advantage, or vice versa.
- You can also switch from one <u>Medicare Advantage</u> plan to another, or from one <u>Medicare</u> 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. If you live in the Brunswick, Harpswell, or Sagadahoc County area, call 729-0757 to make an appointment with one of our counselors. If you live outside of that area, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to 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, along with other personal information. Then, scammers contact the real Social Security Administration to try to change your direct deposit to their bank account. If you get a call like this, hang up!

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 www.aarp.org/fraudwatchnetwork or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.

Spectrum Generations is an equal opportunity provider.



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

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





For the fourth year, Spectrum Generations Meals on Wheels will benefit from this festive holiday fundraiser. Don't miss outmark 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!

PROUD TO PARTNER WITH PEOPLE PLUS

People Plus News October 2018 Page 15

In defense of boiled beef,

potatoes and carrots

My gang on the People Plus kitchen crew going bankrupt because Fred Valshing's 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. I'm thinking great eating, great memories, they're thinking about all that peeling.

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. It was hard, physical work, dirty most days, cold some days, wet when our luck went bad. We always started early and finished when the field was done. "Fifty cents for a bushel of carrots?" I can remember the day my son first questioned the wisdom of such labor, but back in my day, fifty cents was a real half dollar, and we cherished the money.

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. "Biff" Foster would be on the field by dawn, running his cutter bar 16 inches deep into that priceless, matchless riverine soil, loosening the carrots so we could pull 'em, snap their lush green tops off and toss them in a basket. Working two or four rows, pushing ahead on our knees, there would be a bushel every foot or so.

While farmers all over Aroostook were

sugar beet refining dreams were going south, Mr. Prout switched to raising turnip, just to use the mechanical harvesters he'd purchased! He always gloried in the fact that his soil could produce twice the tonnage of any acre up in THE County, and for at least a few years, he was King of the State's turnip market, as well!

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 'til the depression drove him south (to Bowdoinham,) but we always harvested them in baskets, not barrels. I'm thinking Potato farming never really caught on in our area, unless you remember the Goranson farm in Dresden. But I digress.

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. Mr. Prout would give us fifty pound bags of carrots and turnips, someone mom knew in Aroostook would drop off a bag or two of potatoes, we'd find some onions, beets, corned beef and cabbage, and we'd clear \$200 for the society in a good year. It didn't hurt that half the best women in Bowdoinham were bringing in their homemade deep-dish fruit pies!

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

proof that if you live long enough, you get to close more than one circle! It's worth old structure up on stilts, getting a much deserved, new foundation. Go see!

walker, telling us she's ready for her nap. Gladys lets me think I'm in charge, while mastering the hundred other little details that deliver the food cooked, hot and on time, month after month. Carmella and month to the next. Joan's been known to wash a pan twice, just because it wasn't put vegetables, don't you think?"

Bowdoinham's old Grange Hall, where we away quickly enough, but she's also awful always held those dinners! Guessing that's handy when the crew starts chopping salad. Cita, Wanda, Megan, Pat, Wilma, Lorraine, even Ralph, they're always there, always the ride up route 24, just to see that square willing to help, making it look easy, and making me look good.

Connor.

Speaking

It IS a bunch of work. Potatoes and turnip Now, Harvest Dinners are a fixture at are peeled perfectly, some years we corn OUR Center. They always start with the our own beef, some years we let Hannaford dreaded peeling party, where Dottie reigns do it. Every year we argue about peeling supreme, peeling 20 pounds of potatoes the carrots, or not. Every year, the new guy before rumbling out of the Cafe with her (gal) gets stuck peeling and quartering, and crying, over the onions. I bring two pots from home, and wish we had that second stove top with four more burners.

Somehow it all gets done, Ralph carves the beef, and the members rumble through, Rose do most of the finish work, baking the filling their plates. Someone will be nice treasures everyone remembers from this enough to tell me, "this was the best one yet, Frank!" and I'll say, "it's all about the

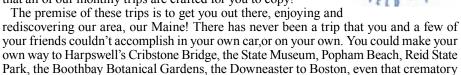
BYHK. Z

I'm With

Frank

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!



"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. To them I say check

out our Lunch Out! bunch, or again, just follow our leads! There is a great list of places to go and do in our area, so explore more on your own, or just follow along in Frank's footprints.

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 3

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

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

Harpswell Kathie Gilfillan •





A Ladner Family Service

Traditional Funerals Memorial Gatherings Cremation Services



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

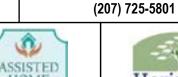
29 Federal Street • Brunswick, Maine 04011-1590 Phone 207-725-5511 • Fax 207-729-5930 www.brackettfuneralhome.com







(207) 837-6560



DIONNE COMMONS 24 Maurice Drive, Brunswick (207) 725-4379



(207) 212-6736 (207) 725-7495



142 Neptune Drive, Brunswick

We take your loved ones comfort and health to heart.

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@peopleplusmaine.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@gwi.net.

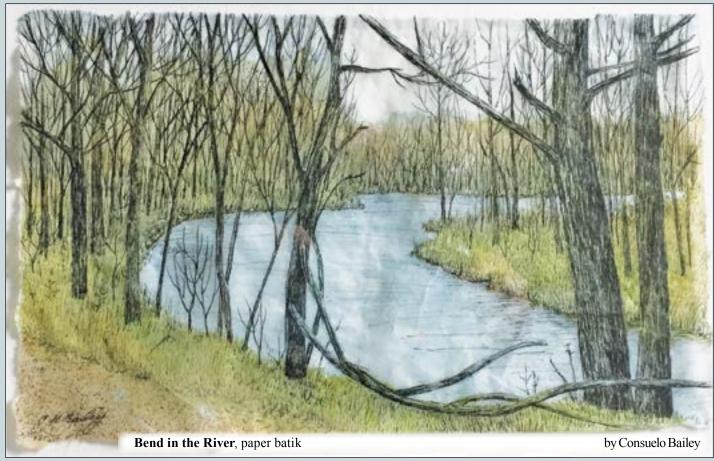
Free Medical Equipment?



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.



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 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.

