

Plus! People NEWS!

The center that builds community

People Plus
P. O. Box 766
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Non-Profit Organization
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35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org March 2019 Volume 19, No. 3

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



Lots of time and effort went into organizing the half-day People Plus board of trustees retreat in mid-February at the LL Bean manufacturing plant in Brunswick. With both current and former Board Members in attendance, as well as several community members, the team put their heads together focusing on a five-year strategic plan and enjoyed a tour of the boot/tote manufacturing plant. Thanks to LL Bean for hosting our half-day retreat!

Aiming for 11K on the 11th year!

Help us raise \$11,000 for the Brunswick Area Teen Center at the 11th annual Gelato Fiasco Scoop-a-thon fundraiser on April 24!

Why support the Teens? We had nearly 3,000 visits by 6-12th grade youth members last year - that's over 8000 servings of snacks, meals and beverages! PLUS we offer access to mentoring, technology, games, friends, arts

BRUNSWICK AREA TEEN CENTER
SCOOP-A-THON

Wednesday, April 24, 2019

and more, in a safe and nurturing environment.

How can you help? Attend the event, provide entertainment and/or become a sponsor:

\$100 Business Sponsorship: Listing on event poster, newspaper and web pages of People Plus and Gelato Fiasco, Listing on full page in the Times Record with photos of the event and write up, Numerous announcements on WCME 900 in Brunswick and FB.

\$250 Supporting Sponsorship - All Business Sponsorship perks PLUS: Your logo on the event poster and on FB, email and calendar blasts, Listed as Supporting Sponsor on the event web pages of People Plus and Gelato Fiasco, AND... The opportunity to be a **Celebrity Scooper** at the event!!

YOU can be a part of making history and help to provide a safe place for teens in your community! FMI contact Jordan at 721-0754 or teens@peopleplusmaine.org.

Aging Well Lunch & Learn:

Arthritis Management from a PT's Perspective

Mon, Mar 25, 12 pm. Arthritis is a common diagnosis and concern for the majority of patients. The literal translation of arthritis is an "inflammation/disease of the joints". Derived in the 1540s and still in use today, the suggestion (by using "-itis") is active inflammation. Most patients have arthrosis, the "-osis" denoting a longer process and, some say, natural aging. Alas, we are all susceptible to our joints wearing out, as we are to wrinkles, reading glasses and graying hair.

Join us on Monday, March 25 at noon when Terry Pratt, *Greater Brunswick Physical Therapy*, will discuss arthritis and its multiple forms and the impact it has on functional movement. Although modern medical interventions including

medication, injections, and surgery may be inevitable, this presentation will discuss some daily strategies to utilize to manage loads to decrease impact and strengthen aging joints.

Terry has been the clinical director of *Greater Brunswick PT* for 11 years and is a faculty instructor/examiner for the North American Institute of Manual Therapy. He teaches nationally and internationally, instructing clinicians how to implement current research/evidence with the realities of a busy clinical practice. He has a passion for Physical Therapy and enjoys teaching patient's simple and functional self-management strategies.

This event is free and open to the public. Bring your lunch, we'll provide a drink, chips and dessert. Registration appreciated.



Gala prep "in the thick of it"

With only six weeks left before the 17th annual People Plus Music in April fundraising Gala on Thursday, April 4 at the Brunswick Recreation Center, according to event coordinator Jill Ellis "we are in the thick of it!"

There is a lot to organize with an event that seats over 200 people, includes a couple dozen restaurants and eateries, with over 300 auction items to gather and catalog, and approximately 50 volunteers!

We are honored to be partnering with the town of Brunswick and hosting the event at the Rec Center again. Robyn Allen, of Maine Event Design & Decor is thrilled to have the opportunity to flex her imagination.

"Last year was our first time in, so I am thinking this year we will have worked out the kinks and it will be even more beautiful with loads of twinkly lights and candles everywhere..."

A big shout out goes to Jill Ellis for sending out over 300 auction item solicitation letters and to Amy Feeley for making stops almost daily to pick up items all over the area!

A new face on the organizing committee this year is Stephanie Petkers who has taken on the daunting task of organizing the hundreds of auction items, along with tech guru Drew Dow. They are the combo extraordinaire with cataloging, organizing, and getting the technology down so that auction check out will be a breeze!

The Knights of Columbus are back providing bar service and John Bottero from Thomaston Place Galleries will again direct the live auction, and the food is bound to be amazing with Chris Toole in charge again! Toole is the head chef for the event and solicits about 25 local restaurants to donate a dish that feeds 200. It's a generous donation and we are honored that our area eateries always support us! Everyone said the food last year was the best it's ever been and we expect it to be just as good this year!

Those volunteers will also eat well, with set up covered by Tony Sachs at the Big Top Deli who always sends over a large sandwich platter and the evening crew, while teen waitstaff feast on pizza from Rusty Lantern Market and Lighthouse Variety & Deli! "No one ever goes home hungry from this event!", Chris Toole was heard to say last year. And he should know since this is his 12th Music in April on the books!

Touching Base will be in the house for the fifth year in a row providing music for the event.

But there is still lots to do as we get ever closer to this amazing event! If you're interested in donating an auction item or attending the event, (tickets are still only \$50 and can be purchased through our front desk receptionist), you can call the People Plus center at 729-0757. Hope to see you there!



Thank You 2019 Music in April Sponsors to date:

Fortissimo Gala Sponsor: Rousseau Management,

Crescendo Healthcare Sponsor: Mid Coast-Parkview Health,

Crescendo Financial Sponsor: Bangor Savings Bank,

Encore Event Sponsors: Maine State Music Theatre, Maine Event Design & Decor,

Forte Sponsors: Ameriprise Financial Services; Atlantic FCU; Avita of Brunswick & Sunnybrook; Bar Harbor Bank & Trust; Bath Savings Institution; Bill Dodge Auto Group; Brackett Funeral Home; CHANS Home Health Care; Coastal Landing Retirement Community; Edward Jones Investments, Brunswick Branch Offices; Goodwin Motor Group; The Highlands; Mechanics Savings Bank; Mid Coast Senior Health Center; Norway Savings Bank; Primerica; Priority Real Estate Group; Riley Insurance Agency; Rusty Lantern Markets; Spectrum Generations; Thornton Oaks; **Mezzo Sponsor:** JHR Development; **Location Sponsor:** Town of Brunswick.



FYI! Honoring Area Veterans

Thu, Mar 14, 1:30 pm. Tom Farrell, Director, *Brunswick Parks and Recreation*, discusses plans for the new Veterans Plaza on the Brunswick Mall to honor veterans of all branches of service. Included in the Plaza will be 320 granite honor blocks that people can adopt to permanently honor those veterans they wish by engraving the name of their honoree, their branch of service, the war/conflict in which they served or the years of their service. For more information contact the Mid-Coast Veterans Resource Center visit veteransplaza.info or call 406-4103. Free, open to public. Registration appreciated.

Frank's Field Trips

Train to the Flower Show

Join us Thursday, Mar. 28, on the Amtrak Downeaster as we journey to the 3rd Annual Maine Flower Show, in Portland. Our train leaves the Brunswick depot at 11:10 a.m., let's gather trainside by 10:45 to check in. Our train arrives at the Portland Transportation Center just before noon. The flower show is a short walk from the train stop, weather permitting, and a shuttle bus will be provided.

This year's show, titled "A Walk in Maine," features 14 display gardens and more than 100 separate gardening and landscape exhibitions. Other exhibits include the latest in gardening tools and supplies, there are continuous product demonstrations and workshops, and a

spattering of great local food and craft brews to enjoy.

Cost of the trip, including transportation and the show, is only \$24, the first 20 people to register and pay get to go. Lunch is not included, bring a snack to eat on the train, pick up a burger in the cafe car, or graze on fresh goodies and samples at the show. Return train to Brunswick leaves Portland at 3:40 pm, arrives in Brunswick at 4:25. Call the front desk (729-0757) to register.

These field trips are made possible by donations from Scott Lemieux at Brunswick's Ameriprise Financial offices, and from the Rousseau family at Coastal Landing Retirement Community.



March "Madness" at People Plus!



Heart of hearts. Members (from left) Lorraine, Pat and Gladys share a moment during the Valentin'e Day party at the Center on February 14. Mike McCarthy's magic piano provided live music, and there were goodies and punch for everyone.

Lunch & Connections "An Irish delight"

We celebrate St Patrick's Day AND the arrival of spring with our traditional corned beef and cabbage dinner on Thursday, March 21. "This is one the members wait for," chef Frank Connors said, "we always fill the house! We use locally-raised vegetables and the results are spectacular, or better! This is one no one wants to miss!"

This traditional New England boiled dinner includes brined beef brisket with potatoes, carrots, and turnip, all slow-boiled in a flavor-filled onion broth. We always have a side of pickled beets, and of course there will be a fresh and green, lightly dressed garden salad for all. Coffee (regular and decaf), teas, fruit juices and milk are available with each meal, and we intend to keep your water glasses filled on each table. Dessert this month will be a cup of ice cream with a Girl Scout cookie, (or two,) on the side, and you just need to wait and see how Gladys and company are decorating the tables to welcome SPRING!

These monthly Lunch & Connections meals are sponsored by our friends at Spectrum Generations, and are intended to focus on good nutrition, useful information and variety. Mary Marino of Mary's Affordable Hearing Aids makes herself available before lunch to complete free hearing assessments. A CHANS healthcare professional is always in attendance to offer and record free blood pressure checks, and you can bet you'll find a friend or two, gathered around the coffee table.

Please remember to pre-register after the first of March to be included. Seating is limited to the first 68 folks who call Pat at 729-0757. Cost of the meal is still only \$6.00 for members and \$8.50 for non-members, and you don't need to pay until Betsy stops you at the door. Yes, you can pre-order a take-out meal, and pick it up after 1 pm on the day of the luncheon. Please arrive at the Center after 11:15 am, carpooling with a friend makes it easier for everyone. You will be automatically registered for one of our several free door prizes, and you might want to buy into our 50/50 raffle, our winner last month took home \$46. The person wearing the most "GREEN" will automatically "get some green" from chef Frank!

Our buffet-style luncheon is served, beginning at 12-noon.

"Living Well with Chronic Pain" Workshop

Mondays, Feb 25-April 1, 1:30-4 pm. Presented by *Healthy Living for ME*, the chronic pain workshop is a 6-week workshop for those who want to learn ways to better manage their pain and health concerns. Through this program, originally developed by Stanford University and support by *Healthy Living for ME*, participants will discover skills and strategies that will allow them or someone they care for, to manage symptoms, gain confidence and motivation to deal with challenges of living with chronic pain. The workshop is held once a week for 2 1/2 hours for adults who have long-term or chronic pain lasting longer than 3 - 6 months, or beyond the normal healing time for an injury. Free, open to the public. Call 1-800-620-6036 to register. FMI healthylivingforme.org.



Casino visit set

Be sure to register at the Bath Senior Center if you'd like to enjoy a day of gaming at the Oxford Casino on Wednesday, March 20. That's the first day of SPRING, folks! The bus is scheduled to leave the Bath Center on Floral Street at 9 am and will pick up at the Topsham Fair Mall's Park & Ride in front of Home Depot about 15 minutes later.

Cost of the trip, including transportation and favors for you at the Casino, is still only \$33. You should sign up and pay at the Bath office to confirm your reservation and guarantee pick up in Topsham. Call the Bath office (443-4937) if you need more information. The bus returns from the Casino promptly at 4 pm, assuring you a day of "Wicked good fun".

March is Colorectal Cancer Awareness Month

With well over 100,000 new cases each year and over one million cases total, colorectal cancer is the fourth most common type of cancer in the United States. But with early detection of this disease, it is estimated that well over half of the deaths that occur annually could be prevented. Thanks to National Colorectal Cancer Awareness Month, a much-needed spotlight is being cast on the importance of early detection. Stacy had her exam earlier this year and said it "didn't hurt a bit!"



BRUNSWICK AREA STUDENT AID FUND
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"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

Exercise Class Punch Cards

We have a punch payment card system for your convenience. See the receptionist for details, or to purchase your card!



Reduced Price Hair Cuts for Seniors

Fridays, 9-12 pm. Drop in for a \$10 haircut with Margarita Day. All proceeds benefit People Plus. No appointment necessary, just show up with clean hair. Open to the public!

Spectrum Generations Medicare 101 Session

Tue, Mar 12, 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.



Call 729-0757 to register for classes & events.

Collette Trip Talk - Imperial Cities!



Wed, Mar 6, 3 pm. Come hear all about this wonderful trip! Travel Oct 7-17, 2019 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. Talk is free and open to the public. See Jill for more information!

Mon	Tue	Wed	Thu	Fri
People Cooks! Stirring things up at the Center!	People Plus Cooks! and News & Views with Frank & Stacy viewed weekly on Cable Channel 3 and online at http://vimeo.com/harpwelltv	News & Views with People The center that builds community	PeoplePlus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm 729-0757	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 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 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living with Pain 6:00pm Belly Dancing	8:30 AARP Free Tax Aide 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	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 Winter Outing Group 10:00 Meals on Wheels 10:30 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 3:00pm Collette Trip Talk: Imperial Cities 4:00pm Trip Docs Meeting	8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Apple Club 10:00 Art with Connie Bailey 11:00 Yoga 1:00pm AARP Free Tax Aide	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 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 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living with Pain 6:00pm Belly Dancing	8:30 AARP Free Tax Aide 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	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 Winter Outing Group 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 1:00pm AARP Free Tax Aide 1:30pm FY!! Veteran's Plaza	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 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 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living with Pain 7:00pm Civil War Book Club	8:30 AARP Free Tax Aide 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	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 Winter Outing Group 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch and Connections 2:00pm AARP Free Tax Aide	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:30 Meals on Wheels 10:30 World Affairs 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 12:00pm Lunch/Learn: Arthritis 1:30pm Living with Pain 6:00pm Belly Dancing	8:30 AARP Free Tax Aide 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	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 Winter Outing Group 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Donuts and Drivers 10:00 Art with Connie Bailey 10:45 Frank's Field Trip Train to Maine Flower Show 11:00 Yoga 1:00pm AARP Free Tax Aide	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 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

Spring begins March 20th!

It's not like home. It is home.

THE HIGHLANDS
A GRACE MGMT COMMUNITY
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Do you worry about living alone?
The Good Morning program is a FREE daily safety check-in phone call providing peace of mind. In partnership with Brunswick Police Department.
Sign up now!
FMI 729-0757 www.peopleplusmaine.org programming@peopleplusmaine.org

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



“Don’t miss the party!”

As either a sponsor, ticket holder or both; you can help save a life, provide peace of mind and have a great time while doing it... The 17th annual People Plus Music in April Gala fundraising event takes place on April 4 at the Brunswick Recreation Center. Join us as a sponsor or a guest for this fantastic event that provides safety for elders aging in place!



Midcoast Humane Animal Basket with free Adoption Certificate

Forever Collectible Building Brick Set



Collection of Fabulous Auction Items Grows

- Tickets to the Bowdoin International Music Festival
 - Gift certificate to a Maine Forest Yurt
 - Indoor Karting passes
 - Tickets to the Skywalk Observatory
 - Gorgeous earrings
 - Portland Stage tickets
- ... just to name a few of the amazing items in-house so far!

BRUNSWICK AREA Respite Care

For **30** 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

“Christmas” in March?

There’s a shopping trip planned to the Christmas Tree Shops in South Portland on Wed, March 20. Organized by our friends at the Bath Area Senior Citizens Center, the bus leaves Bath’s Floral Street at 9 am and picks up in Topsham at the Home Depot Park & Ride about 15 minutes later. Cost of the trip is \$8 for members of People Plus or the Bath Seniors, and \$10 for non-members. The bus will take you to Olive Garden for lunch on your own about noon-time, and you’ll be back in our area before 4 pm. Be sure to register at the Bath office by calling 443-4937.

HAPPY BIRTHDAY!

Maine celebrates its 199th birthday on March 15th!

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- ★ CLEAN - CLEAR-OUT - FILE - DUMPTRUNKS - LABEL - MOW - MULCH - PAINT - RAKE - SPLIT/STACK WOOD - TRIM - WEED etc.
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A big shout out to the town of Brunswick and the Brunswick Parks & Recreation department for all the rapid snow plowing and removal this year! They also installed a brand new sand bucket at the parking lot to ensure that we have safe walkways for all of our members!

Afternoon desk volunteers needed!

People Plus is seeking volunteers to staff the reception desk. Duties include greeting members and answering questions, answering the phone and directing calls, as well as other special projects as needed.

If you are interested in this opportunity, please contact volunteer coordinator Gladys Szabo, come in and chat with Pat at the desk, or leave your name with a staff member.

“Spirituals: Songs of the Soul” Concert

Under the direction of Dr. Jane Hagness, the choirs of First Parish Church UCC, 217 Maine Street in Brunswick, ME present their spring concert, Spirituals: Songs of the Soul, featuring renowned soprano, Dr. Angeliq Clay Everett; Metropolitan opera tenor, Michael Forest; and internationally acclaimed baritone, Michael Preecey on Sunday, March 31st at 3 p.m. Tickets are \$15.00 in advance, \$20.00 at the door, and students are free. Call 207-729-7331 for tickets.

Free Local Cooking Classes, Cookbooks & Groceries

March-April 2019

Join us for a SNAP-Ed program that teaches you how to cook!

This series is FREE and open to the public, but you must sign up in advance by contacting the 2nd Floor Reference Desk 725- 5242 #2

Learn more at www.curtislibrary.com/food



10 Tips to Save You \$

Thanks to Maine SNAP-Ed, Curtis Memorial Library is thrilled to host our first FREE 10 Tips class.

Learn how to cook with SNAP-Ed’s meal preparation course, 10 Tips. Each week learn how to create a healthy meal and taste test it to make sure it really is delicious. Go home with your own cookbook and money for groceries to replicate these meals yourself!



Cancer care you need, right here in Maine.

Mid Coast Medical Group Cancer & Blood Disorders provides compassionate, comprehensive cancer care, fully integrated with the Mid Coast Hospital Center for Cancer Care and the MaineHealth Cancer Care Network.

Our state-of-the-art medical oncology practice offers:

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- Nurse navigation
- Care coordination
- Symptom management
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- Oncology infusion



John J. Gullo, MD

Physician coverage and appointments are available Monday through Friday, 8 a.m. to 4:30 p.m.



Stewart Spigel, MD



Mikee Spaulding, FNP-C

MID COAST MEDICAL GROUP Cancer & Blood Disorders

329 MAINE STREET, SUITE E101-NORTH ENTRANCE, BRUNSWICK
WWW.MIDCOASTHEALTH.COM/MCMG



Perfect sleddin'! Members of the Thursday Hikers enjoy new snow and high sun during an outing on Lover's Lane in Topsham last month.



Capitol Coffee with Angus
Headed to Washington?

Every Wednesday morning while the Senate is in session, Senator Angus S. King hosts "Capitol Coffee with Angus" from 9 to 10 am. This is an opportunity for Mainers in the area to stop by his office, say hello, and talk about issues important to them. Along with coffee, he is proud to provide homemade blueberry bread made with real Maine blueberries! His office is located in 133 Hart Senate Office Building. RSVPs are not required. If you have any questions, please feel free to call his Washington, D.C. office at (202) 224-5344. Hope to see you there!

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STORM POLICY: When Brunswick schools are closed due to weather, The Center is closed and all People Plus programs, classes, and activities are canceled for the day. Check www.peopleplusmaine.org, or local media for closure information.

Veterans Book Group
March-April 2019

Join us in the Board Room of Curtis Memorial Library for a new book group. This program is FREE and open to all veterans. Snacks and books provided.

Registration is required, please call Cliff Trott at (207)780-3584.

Brunswick VETERANS BOOK GROUP

The Maine Humanities Council, the Vet Center, the Mid-Coast Veteran's Council, and Curtis Memorial Library invite you to join us for a new Book Discussion Group for Veterans/Former Service Members of all eras. We will read *The Odyssey* by Homer, with conversation facilitated by Margaret Imber from Bates College and Cliff Trott of the U.S. Army.

All meetings are on Wednesdays and each program will run from 6-7:30 PM. We will gather in the Board Room at Curtis Memorial Library. This program is FREE. Snacks and readings are provided. Please join us!

Meeting dates include Wednesday nights from March 6th through April 24th.

To register call Cliff Trott: (207) 780-3584

DIAPER DRIVER

Bring diaper donations to People Plus during the month of March!

LIVE UNITED
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Private Family Room
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Stetson's
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12 Federal St. Brunswick, Maine 04011
www.stetsonsfuneralhome.com
207.725.4341
apurinton@gwi.net

Anthony B. Purinton • Funeral Director

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Learn more at www.curtislibrary.com/food

GET FREE GROCERIES

Thanks to Maine SNAP-Ed and Hannaford's Dietitian, Curtis Memorial Library is thrilled to offer our patrons FREE Food Market Tours.

Learn how to shop for healthy food on a budget with SNAP-Ed food market tours, and then put that knowledge to use with 10% of store credit.

Only five participants can attend each tour so you must sign up for your place in advance at the CML Reference Desk, but the Hannaford's Grocery Store Tours will take place at the Brunswick Hannaford Store.

WWW.CURTISLIBRARY.COM



Your Partner in Health Education

At Mid Coast Center for Community Health & Wellness we are as invested in your good health as you are. We offer quality medical wellness tools focused on preventing and managing chronic disease, as well as support for your general wellbeing.

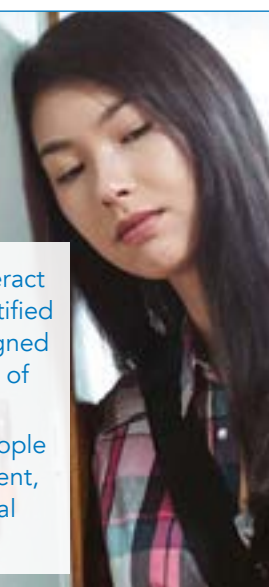
We provide information and resources on a variety of topics such as medical exercise, lifestyle medicine, nutrition, weight loss, mental health, and tobacco education.

Featured Program:

Youth Mental Health First Aid

Specifically designed for people who interact with youth ages 12-18, this nationally certified program is packed with information designed to help you identify and respond to signs of mental health concerns.

Youth Mental Health First Aid helps people understand typical adolescent development, as well as signs and symptoms of potential mental health concerns.



Take a look at our calendar of upcoming events and see how we can partner together for better health.



WWW.MIDCOASTHEALTH.COM/WELLNESS
329 MAINE STREET-SOUTH ENTRANCE, BRUNSWICK

March Calendar of Events

WOMEN'S PELVIC HEALTH SERIES

Total Pelvic Health with Ruth E. Macy, PT, DPT
A **FREE** monthly education series focusing on topics of concern to every woman.
March 6 from **5-6 p.m.**

FOOD FOR HEALTH

The Health Impact of Dietary Spices with Timothy R. Howe, MD
FREE plant-based cooking and education series.
March 12 from **5:30-6:30 p.m.**

OUNCE OF PREVENTION

Men's Health with Aging with Craig Hawkins, MD
Sponsored by Mid Coast Senior Health, this **FREE** series provides education about important senior health topics.
March 13 from **3-4 p.m.**

Thornton Oaks, 25 Thornton Way, Brunswick

YOUTH MENTAL HEALTH FIRST AID

FREE NAMI-Maine training is designed to teach you how to help a teen who is experiencing a mental health or addiction challenge, or who is in crisis. *Registration required.*
March 19 from **8:30 a.m.-4:30 p.m.**
Bath Parks & Recreation, 4 Sheridan Road, Bath

HEALTH WITHIN REACH

Prostate Health and Disease with Craig Hawkins, MD
FREE ongoing series of talks, classes, demonstrations, and healthy lifestyle options.
March 20 from **5:30-6:30 p.m.**

PREVENTION ON THE BRAIN

with Sheila Nelson, Program Manager, Adolescent Health and Injury Prevention, Maine CDC
FREE training for professionals on how to develop brain friendly prevention messages for youth. *Registration required.*
March 22 from **8:30 a.m.-Noon**

OUR HEALTH: FILM & DISCUSSION SERIES

Age of Champions
The film series continues throughout the year, featuring films that shine a spotlight on important health topics for the Midcoast region. *Registration required at www.explorefrontier.com.*
March 26 at **7 p.m.** Frontier, 14 Maine Street, Brunswick

For a full listing of classes, screenings, and support groups, including cost and registration details, call **(207) 373-6585** or visit www.midcoasthealth.com/wellness.

Unless otherwise noted, all classes are held at the **Mid Coast Center for Community Health & Wellness**
329 Maine Street-SOUTH ENTRANCE, Brunswick

Good Morning Call Check-In Program Keeps People Safely at Home

The Good Morning Program is a free daily safety call-in program created by People Plus and the Brunswick Police Department. This program is available to older or disabled adults in Brunswick, Harpswell, and Freeport and is available seven mornings a week, 365 days a year. Each day, Good Morning participants can call in from the time they wake up until 9:30 am to say they are OK. If a participant does not call in by 9:30 am, a volunteer will call the participant. If there is no answer, an emergency plan is enacted which can include local police making a house visit to check on the participant.

Giving peace of mind to participants and their families, the Good Morning Program is ideal for older adults or those who live alone or with someone with disabilities. (Even if you are healthy, what would happen if you fell? Could your family member get help?) It is perfect for those concerned about their comfort and safety or for those who have recently returned from the hospital or a rehabilitation facility.

The program currently has enough volunteers to expand so we are looking for new participants!

For more information, call People Plus at 729-0757 or Brunswick Police, non-emergency number, 725-6621,

extension 4310; or visit peopleplusmaine.org/content/good-morning-program to download an application. Get signed up for FREE and let us give you and your family peace of mind!

People Plus is the Brunswick Area Senior Community Center and supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages. Dedicated

to intergenerational community participation and support, we offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach and are home to the Brunswick Area Teen Center Program.

To learn more find us on Facebook or visit our website at peopleplusmaine.org



Lifetime Member, Linda Cronkrite is thrilled to be leaving Bodwell Nursing and Rehabilitation Center and head for home after a week of recuperation. "The people here have been wonderful - kind and helpful - and the food is great! But I'm ready to go home to my dogs, my home and my routine! They set me up with *Secure Care* (a device similar to Lifeline), so that I'll never be alone again."



Good Morning Program Volunteer Jack Rhode listens to messages at the Brunswick Police Department.

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.

Key to Rebecca by Ken Follett. A brilliant and ruthless Nazi master agent is on the loose in Cairo. His mission is to send Rommel's advancing army the secrets that will unlock the city's doors. In all of Cairo, only two people can stop him. One is a down-on-his-luck English officer no one will listen to. The other is a vulnerable young Jewish girl.

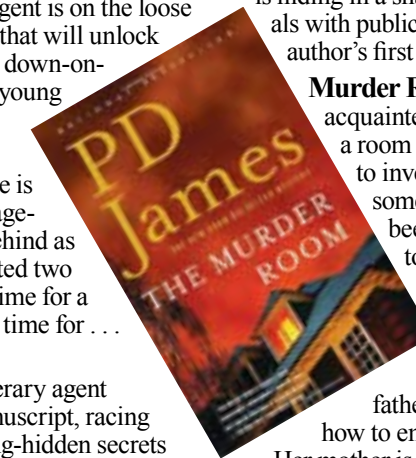
The Good Wife Strikes Back by Elizabeth Buchan. After nineteen years of being the perfect wife to an ambitious politician, Fanny Savage is restless. Tired of merely keeping quiet and looking good at public engagements, she remembers the career she abandoned and the life she left behind as a successful partner in her father's Italian wine business. She has devoted two decades to being the Good Wife. Was it worth it after all? Could it be time for a trip back to Italy—to the pleasures of sun, wine, and food? Could it be time for a change?

The Accident by Chris Pavone. As dawn approaches in New York, literary agent Isabel Reed is turning the final pages of a mysterious, anonymous manuscript, racing through the explosive revelations about powerful people, as well as long-hidden secrets about her own past. In Copenhagen, veteran CIA operative Hayden Gray, determined that

this sweeping story be buried, is suddenly staring down the barrel of an unexpected gun. And in Zurich, the author himself is hiding in a shadowy expat life, trying to atone for a lifetime's worth of lies and betrayals with publication of *The Accident*, while always looking over his shoulder. This the author's first book after his inaugural greatly successful EX-PATS.

Murder Room by P.D. James. James' Commander Adam Dalgliesh is already acquainted with the Dupayne—a museum dedicated to the interwar years, with a room celebrating the most notorious murders of that time—when he is called to investigate the killing of one of the family trustees. Everyone, it seems, has something to gain from the crime. When it becomes clear that the murderer has been inspired by the real-life crimes from the murder room—and is preparing to kill again—Dalgliesh knows that to solve this case he must get inside the killer's mind.

The Glass Castle by Jeanette Walls. The Glass Castle is a remarkable memoir of resilience and redemption of a family deeply dysfunctional yet uniquely vibrant. When sober, Jeannette's brilliant and charismatic father captures his children's imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drinks, he's dishonest and destructive. Her mother is a free spirit who abhors doesn't accept the responsibility of raising a family.



Please send comments to news@peopleplusmaine.org

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



Brunswick Area Teen Center

March-ing To a Different Drummer!

Something that we all do! Our variety of kids are no exception! Fast or slow, yes or no, tall or short, quiet or energetic, happy or sad, vegetarian or carnivore, shabby chic or preppy, introvert or extrovert, you name it-we've got it!

All in one place, all at one time! We try to divide (and conquer) offering multiple options for any given afternoon! Recently, we have another Cooking Matters class going on once a week for 6 weeks, occupying our

foodies, Volunteer Carol continues to come up with creative things to make for our artistic kids, dodgeball in the hall happens at least once a week to occupy our more physical kids and they even tried outdoor basketball on the warm day we had in February (remember that day...). Many games of pool are played each week as well as plenty of video game playing and board or trivia games when we can get some of them to sit still long enough!

We continue to be very busy with the new year starting out in January with 357 visits to the program by 67 different youth and 5 new members signing up! We have 5 home schooled youth (from 3 different families), a few kids who attend Harpswell Coastal Academy, a handful from Mt. Ararat Middle/High School, a group of students in Special Education programs that utilize the space one Friday a month, and sooooo many Brunswick students especially from the Jr. High. The program was advocated for many, many years ago by area students looking for a youth oriented, safe, fun place to hang out with friends and this continues to be the primary need the program meets for more and more area youth. Years ago students told us that being bored and unsupervised is when they end up getting in trouble. We listened!!! As the years pass and many kids attend the program, the number of kids we see who stay in school has increased immensely and the number of kids who get in serious trouble outside of the Teen Program has decreased immensely!

While talking with some of the kids at the Teen Center recently, it surprised us to hear so many of them say that they never have

friends over to their homes and rarely, if ever, go over to a friends home! For someone who grew up in a household where there were always other kids around and then when I had kids, our house was always full of other kids, I had to really think about that. Times have changed. More parents work and aren't at home after school. Everyone is busier. As kids we could hop on a bus almost anywhere to get anywhere or we walked (far!) in order to get where we wanted to go. Times were safer back then. Times were less safe when my kids were growing up and they are even less safe now, sadly.

Anyway, the more I thought about it, it kind-of put things in a different perspective for me. Coming to the Teen Center isn't just one of a number of social, fun things the kids do throughout the week, for lots of them it is THE social time for the week and the ONLY time they get to hang out with friends! No wonder when we ask the kids what they would like to see or do at the Teen Center, we get "sleepovers" "be open more" (like always...nights, weekends, holidays, etc.). They ♥ it here!

March begins the 2 month period where staff and literally hundreds of others (Board members, Advisory Committee members, volunteers, guests, customers, area businesses etc.) get together to raise funds needed to support People Plus and programs (like the Teen Center) each year! With both Music In April (April 4th) and The Gelato Fiasco Scoop-a-Thon (April 24th) events in April, we have a lot of work to do!

Teen Center News

Jordan Cardone



The success of both events relies heavily on sponsorships and attendance at the events.

Also coming up on March 8th is the first Lenten supper of the year at St. Charles Church! The Teen Center program will be the area non-profit featured at the March 8th supper! AND, on March 16th, UU Church "Concerts for a Cause" series (benefiting both the Teen Center and The Gathering Place) features singer Cheryl Wheeler!

I hope you have a calendar out while you are reading this! I just listed lots of dates to put on your calendar!

If you see a leprechaun in March, it means an early spring hee hee!

May the Luck of the Irish grace you in March! We'll be back in April!!!! Jordan and the gang!

MOST IMPROVED TEEN: Isaiah Murphy

Isaiah Murphy is our Most Improved Teen for the Month! Isaiah is in 7th grade at BJH and has been attending the Teen Center program going on two years now. Hanging out with friends and playing video games are his favorite things to do at the Teen Center. Isaiah says he has improved his behavior since first attending the program and he sure has! Good job! Off to the movies he goes!



TEEN OF THE MONTH: Julia Mansfield

Julia Mansfield is in 11th grade and is home schooled. Julia (and her sisters) have been attending the Teen Center program for a year now. She believes being home schooled is a big reason she ended up at the Teen Center as she was looking for socialization and opportunities to hang out with others her age. Julia says that the Teen Center program has really helped her grow, she was so shy when she began coming in and she's come a long way. We love having her and so do all the other kids! Julia is the "mother" of the group of kids we have come in! We are sending Julia to the movies!



UUCB CONCERTS FOR A CAUSE PRESENTS

CHERYL WHEELER

March 16
7:30 pm

UU Church of Brunswick
1 Middle Street

Tickets
\$22, \$25 at Door,
\$10 Students/Children
Available at the Church Office,
Gulf of Maine Books or online at
wheeler.brownpapertickets.com.

Two-thirds of the proceeds go directly to local charities:
The Gathering Place and the Brunswick Teen Center

GO DRAGONS! A BUCK - A GAME!

Brunswick Seniors (over 60) get into any Brunswick High School sports event for ONE dollar!



All Saints Parish
St. Charles Borromeo Church

LENTEN SUPPERS

- March 8proceeds benefit Brunswick Area Teen Center
- March 15proceeds benefit Mid Coast Hunger Prevention
- March 22proceeds benefit Tedford Housing
- March 29proceeds benefit Oasis Free Clinic
- April 5proceeds benefit The Gathering Place
- April 12proceeds benefit Habitat for Humanity, 7 Rivers Maine

Adults \$9.00, Youth \$4.00 Served 5 to 6:30 p.m.
Come all! Tickets available at door. 132 McKeen St., Brunswick



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

March 2019

We Respect Your Abilities!



March is National Intellectual and Developmental Disabilities Month, and we're taking the opportunity to introduce you to our Case Management Team who serve these members of our communities. Spectrum Generations has 9 case managers serving 7 counties; we're here to help you and your family navigate the many complexities of available resources.

The term "intellectual and developmental disability" may refer to a broad range of characteristics or conditions. An intellectual disability is characterized by limitations in functioning and difficulties exhibited in social and practical skills. A developmental disability is attributed to a cognitive or physical impairment that results in limitations such as self-care, language, and mobility. These conditions are often misunderstood, but what should never be

in doubt is that all people have the fundamental and inherent right to be respected, valued, and accepted for the contributions they make to their families, their relationships, and their communities.

With effective and responsive coordination, Spectrum Generations' case managers link consumers to resources, enhancing their quality of life and inclusiveness in their communities. We are here to help:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Be free from conflict of interest
- Support the development and expression of self-determination and self-advocacy
- Provide a wide range of available resources

When we focus on monthly health topics, it gives us an opportunity to educate our communities and advocate for needed services. If you have questions or would like more information about case management from Spectrum Generations, call us at 1.800.639.1553.



One of our longtime Meals on Wheels volunteers, George Moore, enjoyed a book signing with Senator Angus King hosted by People Plus.

Pictured at left, George receives a copy of *A Senator's Eye* from the Senator himself, a friend of George's for many years.

The inscription reads: "To my old friend George—with respect, admiration and thanks for your service to Meals on Wheels!" - Angus



The Wedding is back on!

Spectrum Generations' Cohen Community Center presents a Murder Mystery Dinner:

"Marriage can be a Mystery"
Saturday, April 27, 2019
Reception starts at 6:00 p.m.

Come find out why the wedding was postponed. Was it the bride? Was it the groom? Is it the same bride and groom?

The event, which will be modeled after a real wedding reception party, will take place at Spectrum Generations' Cohen Community Center 22 Town Farm Road, Hallowell.

You will enjoy all of the craziness that takes place at a wedding while enjoying a gourmet meal with the show. Tickets are available for purchase at the Cohen Center by stopping in or calling us at 626-7777. Cost is \$45 a ticket or \$240 for a table of six. RSVP for yourself and your "plus one," soon.

SAVE THE DATE Golf Fore a Cause

Returning to the Brunswick Golf Club for the second year in a row, **Golf Fore a Cause** will raise funds for Spectrum Generations' programs and services so mark your calendar for **Friday, June 21, 1:00 p.m.** tee time, and celebrate the arrival of summer with us!

FMI: spectrumgenerations.org/golf or call Sarah Brown at 620-1677

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

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

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

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

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

BEAUTY/HAIR SALON

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

CANDY

Wilbur's of Maine, 10% off, anytime
43 Maine St, Brunswick, 729-4462

MASSAGE/CHIROPRACTIC THERAPY

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

Hearts & Hands Reiki, 10% discount on first appointment, Mon-Fri, 10-6.
751-5339 or mspruce@live.com

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

DRY CLEANER

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

FLORIST

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

HEARING AND OPTICAL

Berrie's Hearing and Optical Center, 10% off a complete set of eye-wear, up to \$500 off costs of hearing aids
86 Maine St, Brunswick, 725-5111
www.berriesopticians.com

Maine Optometry

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

LEGAL

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

RECREATION / ENTERTAINMENT

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

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

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

RESTAURANT

Arby's, 10% off, excluding combos/coupons
Topsham Fair Mall, Topsham, 729-8244
www.arbys.com

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

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

Wild Oats Bakery & Cafe, 725-6287, 10% off on Mondays
149 Maine St, Brunswick, 725-6287
wildoatsbakery.com

*Benefits subject to change



Member Ellen Asherman enjoyed a vacation to Chile last month and happily shared these photos with us back in the frigid tundra... She says "This is a fascinating adventure and I love the warmth. But it is a diversion from real life. Brunswick is my home and 'You are my people'. And I look forward to our next gathering on the communal calendar! I find that the Chileans are torn by their fairly recent tragic history. 17 years of the most brutal dictatorship. The lesson for me at this time is that we truly must fight to preserve our fragile democracy."

New/renewing members for February

* indicates new membership
• indicates donation made with membership

Brunswick

Cheer Allan
Shirley Bello
Dennis Belt *
Nancy Belt
Dennis Bishop *
Brian Debasitis *
Rachel Debasitis *
Fred Dickey
Janet Doehring *
Jane Donelon
Ann Galloupe
Rosaland Harris
Sally Hartikka
Nancy Hoffman

Lorna Inman
Carolyn Johnson
Candice Kautzman *
Rory Keefe *
Ed Langbein
Linda Marquis
Deborah Rice
George Sergeant
Susan Sergeant
Edna Stoddard
Jon Tobey
Marilyn Whitaker *
Sam Whitaker *
Barbara Word *
Alice F. Yanok *
Ann C. Young *

Harpswell

Jere R. Hofferf *
Susan Millar

Topsham

Elizabeth Pettigrew

Other places

David Casada, * West Bath
Kathryn Conley, *
Bowdoinham
Matilda Desorcy, Rockport
Faye Plummer, * Bowdoin
Ellen Simon, *
West Bath
Richard Totten,
West Bath
Judith (Judith) Tracy, *
Lisbon Falls
Cheryl Young,
Bath



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\$50 - all other towns

People Plus PEOPLE PLUS MEMBERSHIP APPLICATION Date _____
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)

OFFICE USE: Accounting Data Membership Card Sent

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

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

Are you a local business?
Call 729-0757 to discuss creating your partnership with People Plus.

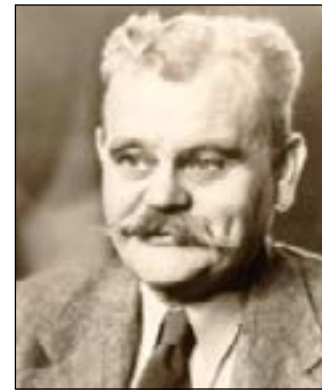
Senior Companion and Personal Care Services
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729-0991



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

Brunswick's own Poet Laureate?

If Robert Peter Tristram Coffin hadn't died suddenly on January 20, 1955, he'd be celebrating his birthday again this March 18th! (Or NOT?) I'm here to suggest today that Mr. Coffin deserves more recognition than he's ever had in this, his "native land," and to ask you why he shouldn't be our area's own Poet Laureate?



Robert Peter Tristram Coffin

A fisherman, farmer, storyteller and Bowdoin College Professor, Coffin won a Pulitzer Prize for Poetry in 1936. He graduated first in his class, 1915, from Bowdoin College, won a Henry W. Longfellow Scholarship to Princeton University, and was chosen a Rhodes Scholar at Oxford University, in England. The author of a thousand

or more poems, Coffin published some 45 books of collected works during his career, and wrote several novels and at least two histories. Oh, did I tell you he was an artist of some ability?

That "native land" hook is what's worthy of

note. You can hardly read five or a dozen lines of Coffin's work before you realize how deeply he was rooted in the area that surrounded him. OUR area! Gurnet, Pennellville, Misery Hill, Pond Island. His poems might describe riding a horse & wagon to town, the milking of a cow in a cold barn, walking through a snow storm to visit a friend, hand-lining for cod off Harpswell, or visiting an old graveyard on a ridge above a bay. His work is rich with local history and lore, colored by the nature and the people that surrounded him. It didn't hurt that he lived during, and was a keen observer of, that period when Maine was a very different, almost secluded place.

My favorite Coffin book is "One-Horse Farm," a quick read of collected poems that might just make you think you were farming a hard-scrabble piece of Midcoast Maine in the late thirties of the past century. It will leave you realizing what a difficult, but wonderful existence that time

must have been. It doesn't hurt that this little book has a half dozen of his exceptional wood-cut pieces, illustrating what a morning of hauling wood, or burning a pile of brush in a meadow might be like. His "Portrait of an American," tells his father's life story, his "Captain Abbie & Captain John," tells the story of a Pennell family, sea-faring legacy. If you're into a more serious read, there's always, "Kennebec, Cradle of Americans." This book was part of a New Deal, WPA project in the 1930's, that will give you a new appreciation for Maine's Kennebec River, and the ice cutters, the loggers, the ship builders and farmers that lived on and worked it.

Coffin is not without his credits in this area. There's a short street named for him, on the backside of Bowdoin College. My Grandboy Silas is a student at Brunswick Coffin School. There's still an off-sized portrait of the poet (Silas says he looks "scary") just inside the main entrance to the school. I've read more than one Coffin poem to little Silas, trying to help him realize the poet and his work has value beyond intimidating kids.

Maybe you will recall I built a casket in which to collect my Coffin books, that is a continuing project. I've already found 30 of his volumes, thanks to Phyllis, to Jane, to Jon, to Polly and Heidi for their help, and I'm still looking. My friend Mildred tasked me the other day, saying a collection is one

Speaking Frankly

Frank Connors



thing, being able to say I've read "each" is another. I'm working on that, Millie. I can tell there are many more unpleasant ways to spend a winter evening than landing in a chair in front of my woodstove, reading one of my Coffin books.

As this winter wanes into spring, folks, I want to suggest you should get to a local library and look up Mr. Coffin. It's not a bad way to celebrate a birthday. His poetry is immediately fun, interesting, and thought provoking. He'll leave you looking at the very common in new and unusual ways, and you'll no doubt have a better appreciation for the land we all call home. Isn't that what poets are supposed to do?

The Harpswell Garden Club will meet Thursday March 21, 2019 at 1 pm at Thornton Oaks, 25 Thornton Way in Brunswick. After a brief business meeting, Lorie Costigan of Glendarragh Lavender Farm will present "Lavender." Free and open to the public. FMI call Becky 833-6159.



The Pejepscot Genealogical Society (PGS) will hold its next meeting in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, March 10, 2019 at 2 pm. PGS member David Blethen will share the story of his forty-five year search for his grandmother's ancestry, which culminates in an emotional journey back to their roots in the Brecon Beacons region in Wales, UK. The presentation tells how old fashioned research perseverance and not-so-traditional use of technology combined to bring on a genealogical journey of a lifetime. Blethen is an amateur genealogist and Maine native who grew up in Waldo County. He raised his family in Lisbon where he resides with his wife Roxanne. There will be a brief social period with refreshments before and after the speaker. A business meeting will follow. For more information contact Brian Bouchard at (207) 729-4098.

ROUSSEAU MANAGEMENT
Skilled and Assisted Living in Midcoast Maine

www.rmimaine.com

COASTAL LANDING RETIREMENT COMMUNITY
142 Neptune Drive, Brunswick (207) 837-6560

COASTAL SHORES RESIDENTIAL CARE
142 Neptune Drive, Brunswick (207) 725-5801

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

Neighbors, Inc. The Home Care Company
142 Neptune Dr, Brunswick (207) 725-9444

Horizons Living & Rehabilitation Center
29 Maurice Dr, Brunswick (207) 725-7495

We take your loved ones comfort and health to heart.



BRACKETT FUNERAL HOME

29 Federal Street, Brunswick, ME
(207) 725-5511 www.BrackettFH.com

Loosen Up! Textile show opens

A delightful and unique show featuring member's fiber arts opens in the Union Street Gallery March 2, and will remain on display through the months of March and April. Nearly a dozen *Loosen Up!* exercise class members are first-time exhibitors in this show, "it's what we do when Suzanne isn't making us exercise," one member quipped.

"Suzanne," of course, is Suzanne Neveux, popular instructor of several fitness classes at People Plus and a very talented fiber artist as well. She said the show grew almost from a dare and a couple challenges, she knew her classes contained a number of embroiderers, quilters, cross stitchers and rug hookers, "it was just a matter of getting

everyone excited, organized and willing," she said.

Neveux will exhibit in the show, along with Betsy Bailey working in mixed media, Sally Broderick, Ann & Robert Galloupe with hooked rugs, Joyce Munier in embroidery, Carolyn Farkas-Noe in cross-stitch, Lauralee Poutree in quilting and Penny Stevens, knitter.

Neveux offered a friendly caution about the show. "Textiles can be so tempting to touch, but we ask that you do not. The oils from your hands can build up and actually cause the fibers to discolor, and even deteriorate over time." She added, "Many textile pieces are NOT intended to be washed, so do enjoy and respect the fiber arts on display, but please, please, PLEASE do not touch!"

Most of these unique pieces are not for sale, but if you are interested you might approach the artist directly. This show may be seen free of charge during normal business hours at the People Plus Center, 35 Union Street, Brunswick, Maine



Lunch out!

March 12th at 11:30 a.m.



112 Pleasant St, Brunswick

Sign up for the car pool!

Weekly Winners

Senior Intermediate Cribbage

- Jan. 23: Joe Tonely, 717
Pete Watson, 708
Harry Higgins, 703
- Jan. 30: No play
- Feb. 6: Sumner "Milt" Field, 726
Perfect Game!
Gaby Niffka, 725
George Tetu, 699
Anne Bouchard, 698
- Feb. 13: Storm day, Center closed

Senior Bridge

- Jan. 25: Paul Betit, 4,180
John Rich, 4,160
- Jan. 28: Steve Gross, 3,250
John Rich, 3,180
Ellie Peterson, 2,940
- Feb. 1: Jane Roy, 3,720
John Rich, 2,940 TIED!
Judy Feim, 2,940
- Feb. 4: John Rich, 3,830
Jane Roy, 3,820
Bob Cressey, 3,200
- Feb. 8: Paul Betit, 3,980
Sherry Watson, 3,780
- Feb. 11: Alan Reder, 3,900
David Bracy, 3,800
Tilda Desorcy, 3,710
- Feb. 15: Woody Townsend, 3,290
Judy Feim, 2,720
- Feb. 18: David Bracy, 3,950
Terry Law, 3,500

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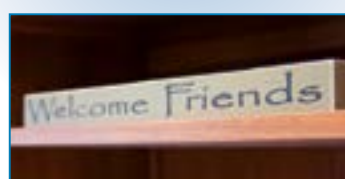


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