

# People Plus! NEWS!

The center that builds community

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

Non-Profit Organization  
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Portland, ME 04101  
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35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org

April 2019 Volume 19, No. 4

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

## Music in April

### 2019 Sponsors

Rousseau Management

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Flight Deck Brewing  
Frontier Cafe  
Henry and Marty Restaurant  
Joshua's Restaurant & Tavern  
Karmasoupra  
Kennebec Tavern  
Lemongrass  
Lighthouse Variety & Deli  
Pedro O'Hara's  
Portland Pie  
Run with Soup  
Rusty Lantern Market  
Salt Pine Social  
Scarlet Begonia's  
The Brunswick Inn  
The Highlands  
Thornton Oaks  
Union Street Bakery & Cake Shop  
Wicked Joe Coffee  
Wild Oats Bakery

## Fundraising Gala is April 4

Be part of the fun and excitement on Thursday, April 4, when the curtain rises on the 17th Annual Music in April gala to benefit your People Plus Center. Doors open promptly at 5 pm, in the spacious Brunswick Recreation Center on Brunswick Landing. "We're so excited about this event," Executive Director Stacy Frizzle exclaimed, "we have this exciting venue, some new sponsors and musicians, and the live and silent auctions are filling fast so there is no reason why this won't be the biggest and best show yet!"

The live music offerings this year include the soft-mood music of the Touching Base jazz band, and the exceptional sound of BOKA, a co-ed a capella group from Bowdoin College. Touching Base has become a regular delight at our gala over the years, and when BOKA gets on-stage with their unique arrangements of songs from classic rock to traditional melodies, it will be a first-time treat!

Two dozen of the area's best eateries (listed bottom, left column) are once again offering their pick of house specialties at our food stations; and more than two dozen local businesses and organizations (also listed, left) are sharing our longest list of Event Sponsors ever!

Auctioneer extraordinaire John Bottero of Thomaston Place Galleries will again pilot us through an impressive list of live auction items, including exceptional vacation get-a-ways, one of a kind items and specialty dining experiences that will take your breath away! More than two hundred items are featured in the silent auction, displayed in an area large enough for everyone to enjoy.

Last year's sold-out event was enjoyed by more than 200 guests, and raised another record \$55,000 to benefit the People Plus Center. At press-time there were a few individual event tickets remaining and the cost per person is still only \$50. Call People Plus at 729-0757 if you are still hoping to attend.

### Frank's Field Trips

#### A Tour of Skowhegan



Snow's gone (almost?) so we will journey up the Kennebec River for a tour of the high points of Skowhegan!

We've planned a guided tour of the library and museum of former Senator Margaret Chase Smith, we'll walk the swinging bridge over the Kennebec River to Colburn Park, see the "tallest" Indian in Maine, and then decide if we want to tour the L.C. Bates Museum at Hinkley School, or see the biblical murals in the old South Solon Meeting house, (or both?) All along the road, Frank will dazzle you with his amazing knowledge of this part of Maine.

We'll leave the parking lot at Coastal Landing Retirement Community at 9:30 am on Wednesday, April 10, (don't be late) take in the sights in Skowhegan, do lunch on your own at Ken's Family Restaurant, and walk the bridge, if you dare, before we start home. Hope to return to the Brunswick area by 4. Cost of the trip is only \$18, including museum tours and transportation. The first dozen folks to register after April 1 get to go (members only). Call the front desk at 729-0757 to register.

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



**REALLY??** What are the chances Frank Connors and People Plus Member Chuck Annable were headed home from separate vacations in Florida with their wives, and "happened" to meet in a South Carolina restaurant! For more details read Speaking Frankly on page 11...

## 'Aging Well' Lunch and Learn: Put your best foot forward!

**Mon, Apr 29, 12 pm.** Are your feet aching for a little attention? Jeanne Otis, RN and Professional Foot Care Nurse, discusses types of foot problems and interventions; the benefits of safe, thorough and regular care; diabetes and the feet; prevention and early detection; and proper footwear and socks.

Jeanne has been a registered nurse for 15 years and has experience in foot health care, diabetes education, emergency room nursing and nurse management. She received her nursing foot care certification through the University of Wisconsin and has multiple ongoing foot clinics throughout Maine where she provides safe &

thorough foot care for people of all ages.

She promotes health & wellness and believes in the holistic approach, including early detection, prevention of worsening conditions and physician collaboration. She also provides resources at every opportunity in an effort to help people to have the healthiest feet possible. Her experience in foot health care enables her to provide you the very best of services...in a community setting or in the privacy of your own home.

Event includes a drawing for a FREE foot-care session! This event is free and open to the public. Bring your lunch and we provide drinks, chips and dessert. Call 729-0757 to register.

## What's the Scoop?

### BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

WEDNESDAY, APRIL 24, 11 am to 11 pm



Gelato Fiasco will donate a portion of sales **all day April 24th.**

### WIN A CANOE!

**Only 200 tickets will be sold!**

Raffle tickets are \$20 each, 6 for \$100!

Winner will be drawn at the Scoop-a-thon, **April 24th at 8pm!!**



### AND PIZZA, TOO!

Portland Pie Co. will also donate 10% of sales



FMI about the Scoop-a-thon and raffle, see page 7 & 8

# People Plus News

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

[news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

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

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P. O. Box 766  
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# Already missed but not forgotten

Lots of people come and go through the doors of People Plus; including members, volunteers and staff.

And I think all of them would agree that one of the bright spots in their day is the moment or two they share chatting with Pat Naberezny, our front desk receptionist for nearly the last six years.

Whether it's to share stories of their day or pets, check out the latest lobby puzzle she has going, sign up for an event, pay for membership or figure out what's happening with Frank's Field Trip, Pat is very much our "circulation desk" here at the Center.

She is the hub of knowledge of what's happening, who has come and gone, who likes or dislikes which class, who is best at puzzles, who's getting a hip replacement surgery, and whether or not we need more coffee!

Everyone knows Pat and she knows everyone. And the fact that she is leaving us is

really sad. We're happy for her of course but we are sad for the loss that we will feel here at People Plus and we will miss her cheery face, her sassy attitude when it comes to the teenagers, her organizational and computer skills, her loyalty and stalwart presence here at the Center.

Pat showed up at 8 am no matter the weather, the ice storm, the rain, the hail, she was always here first thing to make the coffee, get the lobby warmed up and put out a snack.

We hope you'll join us on Thursday, April 25 at 1:30 pm to say farewell to Pat. Share your favorite story about her and your time together and we invite you to bring a treat to share for the party!

And please call Pat to RSVP for the party! She would be irritated and shake her finger at you if you don't.

And while we try to muddle through without Pat here in Maine, we are exceptionally

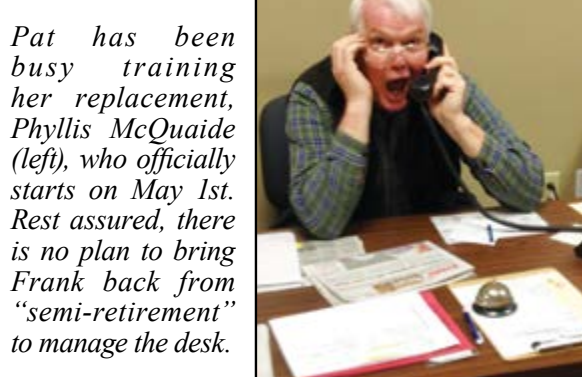
## From the Executive Director

Stacy V. Frizzle  
fortunate and pleased that Phyllis McQuaide will be joining our staff to fill Pat's very big shoes... You may have met Phyllis when she worked with Pat for a few weeks this winter? She's a lovely woman who was the circulation desk manager at Bowdoin College for 20 years and we are confident that Phyllis' organizational skills and ability to run the desk are fantastic! And we are excited to get to know her better and have her become a part of the family!



### Pat's Farewell Party!

Join us on **April 25 at 1:30 pm** to say farewell to People Plus receptionist, Pat Naberezny. She is moving to Ohio to be near family members and enjoy her retirement. Refreshments will be served, but we invite you to please bring cookies or treats to share as we reminisce and remember almost 6 years of life with Pat!



*Pat has been busy training her replacement, Phyllis McQuaide (left), who officially starts on May 1st. Rest assured, there is no plan to bring Frank back from "semi-retirement" to manage the desk.*

Nutrition is always in the news. I read about a new "diet" every week. Last week it was the "snake diet!" I do not like snakes so I didn't read any further about this latest fad. These diets are always about taking something out of our food choices. I watched a webinar this week that made a great suggestion. What about if we add something to our food choices instead of focusing on taking something out!

Here are some ideas:

- Add an extra fruit each day.
- Vary your vegetables. Produce & freezer departments are loaded with great ideas.
- Use more herbs and spices. You do not need a recipe for this - just add a bit and see how you like it.
- Drink more water. I like the water that has a hint of a fruit flavor without and sugar or artificial sweeteners.

## From Anita's Plate

Anita Huey  
(207) 504-6439  
[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)



- Try a food that you have never had before. I challenged a client to try hummus and to his great surprise he loves it!! Another client set a goal to try 3 new foods this week.

I encourage everyone to take a different angle on trying to eat healthier. Add something to your daily food choices instead of taking things away and feeling deprived. The next step may be to subtract something from your food choices but it doesn't have to be the first thing that you focus on doing.

### Vegetarian Bowl

**Ingredients:**

- 1 1/2 c. cooked quinoa
- 1/2 sweet potato cooked and diced
- Black pepper to taste
- 1/2 c. chick peas
- 1 c. baby spinach leaves
- 1 c. shredded purple cabbage
- 1/4 c. roasted cashews
- 1/2 avocado, sliced
- 1/4 c. peanut butter

**Instructions**

1. Place the quinoa, sweet potato, chickpeas, spinach and cabbage around in a bowl.
2. In a small bowl whisk together the tahini, lemon juice, maple syrup and pepper.
3. Drizzle the tahini dressing over the bowl and serve immediately.

• 1 Tb. lemon juice  
• 2 t. maple syrup

### Stetson's Funeral Home

12 Federal St. Brunswick, Maine 04011  
[www.stetsonsfuneralhome.com](http://www.stetsonsfuneralhome.com)  
207.725.4341  
[apurinton@gwi.net](mailto:apurinton@gwi.net)

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### To My Dad

by Gladys Szabo

At age fourteen, how could I know  
As off to the hospital you had to go  
That never again I would feel your hugs.  
April eleventh will be sixty four years  
For you I still at times shed tears.  
I feel your presence  
I hear your voice  
Whenever I need to make a choice.  
In my heart you live forever  
Till next we meet up in heaven.

### Local Shipyards

by Sally Hartikka

They looked out their window,  
Saw a ship passing by...  
Not on the sea,  
But the road, high and dry.  
From whence this illusion,  
This unlikely occurrence?  
Where was she going?  
Why this mode of transference?

In the nineteenth century  
They built ships all 'round Maine,  
Some even far inland,  
Far from a sea lane.

Once constructed, of no use  
Unless put into the sea,  
So boats were brought eastward  
To depart at some quay.

From Durham they came,  
And also from Lisbon,  
Proceeding down Maine Street,  
To launch was their mission.

Other shipyards were working  
At Maquoit and at Bunganuc.  
As they set out for the ocean  
Their ships might get stuck.

Topsham too had a yard,  
But no problem there,  
They launched in the river  
With fathoms to spare.

Trains finally ended  
The dominance of sail,  
And small shipyards closed,  
All yielding to rail.



Ice house on the Androscoggin. Photo by Chris Gutscher.

### You May Be Growing Older When...

by "Multiple Sources" at Write on Writers

You stop to catch your breath after riding to the top of an escalator.  
You believe you're wearing a wrinkled shirt, then realize you're not wearing a shirt.  
You read a company's logo that touts being in business less years than you are old.  
You wear a size eight, but your skin is a size fourteen.  
Little old gray headed ladies open the door for you.  
You enjoy watching 50-year old reruns better than today's TV shows.  
Today's breaking news sounds like old reruns.  
You wear white socks and no one notices, or cares.  
You realize lids on jars are much tighter than they use to be.

Everyone around you mumbles.  
You look for your eye glasses and finally realize they are on your head.  
Everything is too fine of print.  
The challenge of picking up something is not getting down to it but getting back up.  
Your recliner is more comfortable than your bed.  
Your friends compliment you on your new alligator shoes and you're barefoot.  
You are cautioned to slow down by the doctor instead of by the police.  
'Getting lucky' means you find your car in the parking lot.  
An 'all-nighter' means not getting up to use the bathroom.  
...You are not sure these are jokes.

### Rain Or Snow?

by Doris Weinberg

It was bitter cold last night and not much warmer this morning,  
so I stayed a little longer in bed.  
My dog at my side, all cuddly and warm.  
She'd have to use her puppy pad instead.

I finally got myself up-it was close to ten and glanced outside at the sky.  
It wasn't blue, sunny and warm  
And the wind would bring tears to my eyes.

March has now finally arrived and  
I'm ready for some sun and warm air.  
To still be so cold this late in the winter,  
doesn't seem very fair.

When I finally dress and go outside,  
It really is much too cold!  
This is never good for this old lady  
Whose bones are now chilled and old.

I smell the air- it feels like rain,  
But it's just very damp and flat.  
It's possibly the scent of snow that I smell  
And we've sure had enough of that!

I'm ready to see a crocus appear  
Or a bud popping out of a tree.  
But that's the beauty of each of the seasons.  
Only four months for each you see.

So with March just starting,  
Lots of changes will begin.  
Daylight Savings is the first  
And the sun will feel warmer on your skin.  
The Scent of snow might be strong today,  
But snow on the ground won't last long.  
The white stuff will melt much faster now.  
I sure hope that I am not wrong!

### The Past

By Elizabeth B. Bates

The past is past, let it be, let it be.  
The future is not for us to see.  
Today is a gift we open with care.  
Too quickly it's gone, and there's no more there.

### A Cure for Insomnia

by W A Mogk

Are you one of the many who suffer sleepless nights? Do you hear sounds that keep you awake? Science has now found the cause of this problem, it is the death screams of the millions of germs as they die in your mouth, after using that mouthwash! You may have thought your tooth fillings were picking up radio broadcasts, or that you were possessed by demons, but worry no more, you can cancel that appointment with the Exorcist! Restful sleep can be yours once again, with our new product, called "Scream Away" our new, two-component Mouthwash system.

The first part renders germs completely unconscious, like chloroform. Then, while the germs are helpless, the second part humanely kills them all dead! No more screaming germs to keep you up all night!

After using "Scream Away," some people are concerned about any lingering germ carcasses that might get caught between teeth and gums. For this problem you might try our "Coffin Drops!" They dispense tiny caskets as they dissolve, providing a respectful burial for the recently departed.

### So what is growing older

by Virginia Sabin

So what is growing older?  
A growing perspective  
Of order out of chaos  
Of maturity  
Acceptance of what is, and what is not  
Of fulfillment and longing  
And appreciation of beauty

### The Flake

by W.A. Mogk

Peter Saint Drake  
was an expert on snowflakes.  
"No two are alike," he said,  
"no sirrie, or my name is Fred!"  
Peter loved his snowstorms  
and caught flakes falling down.  
He ran up hill and dale,  
and sometimes out of town.  
He found himself one day,  
catching snowflakes in a jar.  
Way up on a rise  
and from Town, very far.  
Then up above he saw one,  
drifting down his way.  
A snowflake shape he saw  
just the other day.  
Peter tried to snatch it  
he stuck his arm out stiff.  
He just about had it  
when he stepped right off that cliff.

Write on Writers meet Wednesdays at 1 pm

Now, skiing is not Peter's forte,  
he has two weak knees.  
And it's even much harder  
If you aren't wearing skis!  
So Peter tumbled down that slope,  
he fell head over heels.  
His thoughts turned to snowfalls,  
"this must be how they feel!"  
On and on he rolled  
picking up more speed.  
A sign ahead said 30 MPH,  
but he paid it no heed.  
Then the ground leveled out  
and Peter slowed down.  
He was aimed at a building,  
the lodge outside of Town.  
As a door opened wide  
he rolled right on inside.  
He plopped hard onto a chair  
with the waiter, most surprised!  
He said, "Good morning, Sir,  
how are you today?"  
Peter said, "I was chasing a flake  
but it got away."  
"Oh NO, sir, it's right there  
sitting on your lapel!"  
Peter put it in his jar,  
Catching flakes can sure be Hell!"

### Moon Shadows

by Nonie Moody

A full moon is so certain  
Having waited many days  
To catch a fresh new glimpse  
Of soft moon-beam's rays.  
A full moon is so yielding  
Of itself to the world below.  
Its timing tenderly granted  
During a cold winter snow.  
A full moon appears so satiny  
Sweeping over fields and me  
Gleaming upon recent snow,  
Filling my soul with glee.  
A full moon casts shadows  
Of earth's many leafless trees  
Bringing colorless shaded lines  
Of clean silhouettes that please.

Check out past newspapers online at [www.peopleplusmaine.org](http://www.peopleplusmaine.org)

### "Make way for Spring!"

# Chicks Do Chores

(AND SOMETIMES CHUCK)

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### PEOPLE PLUS MEMBERSHIP APPLICATION

Date \_\_\_\_\_  
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • [www.peopleplusmaine.org](http://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.

**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)

Cash/Check (Payable to People Plus)  
Membership Dues: \$ \_\_\_\_\_  
Additional Donation\*: \$ \_\_\_\_\_  
\*donations above membership dues are tax deductible

Total: \$ \_\_\_\_\_

OFFICE USE:  Accounting  Data  Membership Card Sent

**Do your dues!**  
Still only \$40 - Brunswick res.  
\$50 - all other towns

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

# April is blooming at People Plus!



**AN APPLE A DAY.** Students in Stacy Frizzle's Apple Club enjoy a moment last month. Meeting once each month, "The Apple Gang" works out problems together, and listen to Frizzle's explanations, to make better use of their electronic devices.



## Balance & Falls Clinic with Reform Physical Therapy

**Mon, Apr 8, 1:30 pm.** Dr. Christina Levesque, PT, DPT of Reform Physical Therapy, is back to teach us what balance means, how to prevent a fall, and how to properly handle a fall if one occurs. Perfect tips for the winter season and all year long! She will also discuss the many benefits of physical therapy, as well as how the process of starting physical therapy works. Free, open to the public. Registration appreciated.

## Living Well with Chronic Pain

**Mondays, April 22-June 3, 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. This workshop is free and open to the public. Call 1-800-620-6036 to register. FMI [healthylivingforme.org](http://healthylivingforme.org).



## Scrabble Club

**Mondays, 9:30 am.** Come challenge yourself, keep your brain active and socialize while playing your favorite word game! No registration required. Members only.

## 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!

Call 729-0757 to register for classes & events.

## Lunch & Connections Lasagna & Meatballs are ALWAYS worth the wait!

Fresh-baked, home-made, deep-dish Lasagna, loaded with your favorite cheeses, Italian spices and tomato sauces, will be the feature of our monthly luncheon on Thursday, April 18. "We missed this in February," Center chef Frank Connors explains, "and people were complaining, it's one of our favorites!" He added there would be a side of Italian meatballs, smothered again in extra sauces and shredded cheeses, and our bread this month will be your choice of garlic knots, or crisp and warmed Italian breads, either garlic-buttered or plain.

There will be a fresh, lightly-dressed green garden salad for everyone, and steamed broccoli will be our main vegetable. Our drinks will include regular and decaf coffee, teas, a fruit juice and milk. Fresh, iced-water is always available on each table. Our April dessert will be oven-baked brownies, topped with a dollop of fruit sherbet.

Each of our Lunch & Connections events is underwritten by our friends at Spectrum Generations and is planned to focus on nutrition, healthful information, variety and fun. A CHANS healthcare professional is always available to offer and record free blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids makes herself available to complete free hearing assessments.


Our meals are always open to the public, but we ask you to pre-register after the first of the month, as seating is limited to the first 68 people who register. Cost of our meal is still only \$6 for People Plus members, and \$8.50 if you are not. You may order a take-out meal to be picked up after 1 pm. Please arrive after 11:30 am to visit with your friends in our cafe area and to claim your favorite seat. We'll automatically register you for one of our free door prizes, and you may want to purchase a \$0/50 raffle ticket. Last month's winner took home a \$39 prize!

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

## Spectrum Generations Medicare 101 Session

**Tue, Apr 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.



Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	<b>2</b> 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	<b>3</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 5:30pm Knights of Columbus	<b>4</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 1:00pm AARP Free Tax Aide <b>5:00pm Music in April</b>	<b>5</b> 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
<b>8</b> 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge <b>1:30pm Balance and Falls Clinic</b> 6:00pm Belly Dancing	<b>9</b> 8:30 AARP Free Tax Aide 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey <b>10:30 YOGA WITH ANN</b> 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club	<b>10</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club <b>9:30 Frank's Field Trip: Skowhegan</b> 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	<b>11</b> <b>8:30 Women's Breakfast</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Apple Club 11:00 Yoga 1:00pm AARP Free Tax Aide	<b>12</b> 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
<b>15</b> <b>Center Closed</b> 	<b>16</b> 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	<b>17</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	<b>18</b> 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey <b>11:00 Hearing Screenings</b> <b>11:30 CHANS BP Check</b> <b>12:00pm Lunch and Connections</b>	<b>19</b> 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
<b>22</b> 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 w/ Chronic Pain 6:00pm Belly Dancing	<b>23</b> 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	<b>24</b> 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals on Wheels 10:00 Table Tennis <b>11:00 Gelato Scoop-a-thon</b> 12:30pm Tai Chi - Long Form 1:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	<b>25</b> <b>8:00 Men's Breakfast</b> 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga <b>1:30pm Pat's Farewell Party</b>	<b>26</b> 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
<b>29</b> 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba <b>12:00pm Lunch and Learn: Put Your Best Foot Forward</b> 12:00pm Bridge 1:30pm Living w/ Chronic Pain 6:00pm Belly Dancing	<b>30</b> 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	<b>April Program Notes:</b> <ul style="list-style-type: none"> <li>• For April only, Women's Breakfast will meet the 2nd Thursday of the month, April 11</li> <li>• For April only, Apple Club will meet on Thursday, April 11</li> <li>• 'Easy Riders' Biking Club is back starting in April! Wednesdays, 9 am. Call the Center at 729-0757 for weekly destination!</li> </ul>		



Spring is springing all over!

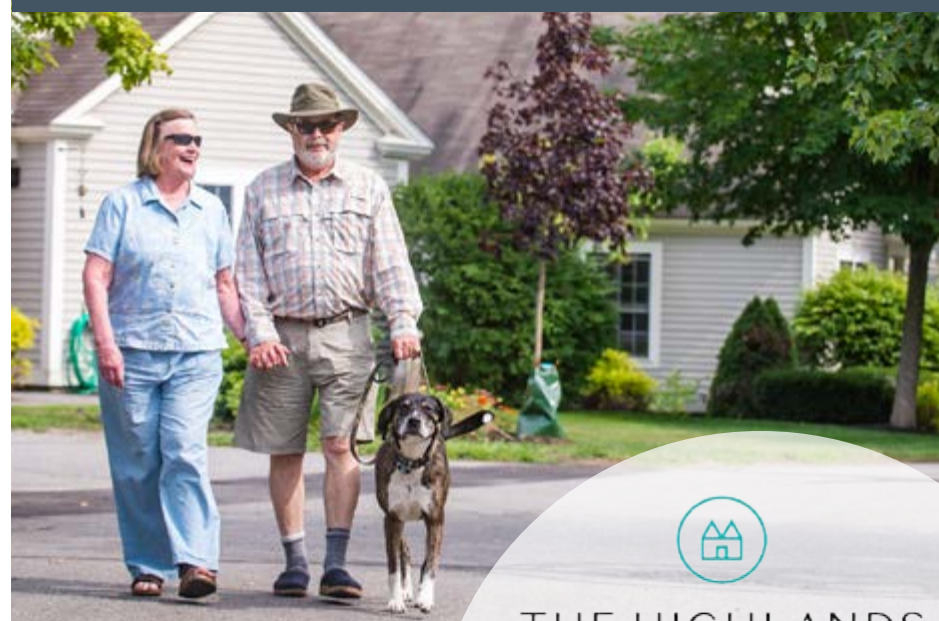
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# April 4, 2019

## Music in April

### Special Thanks

The Music in April Gala would not be possible without all of the amazing, dedicated volunteers, board of trustees, staff, and members of People Plus, as well as these wonderful event partners: *The Town of Brunswick and Parks & Recreation Staff; Robyn Allen of Maine Event Design & Décor; Auction Coordinators Stephanie Petkers and Drew Dow; Dining Coordinator Chris Toole; Musicians Touching Base and Bowdoin's BOKA Ensemble; Auctioneer John D. Bottero of Thomaston Place Auction Galleries; Oh Snap Maine Photobooth; Rick Wilson and the students from Brunswick High's Service Learning program; and all of the donors of our splendid auction items and food & beverages.*

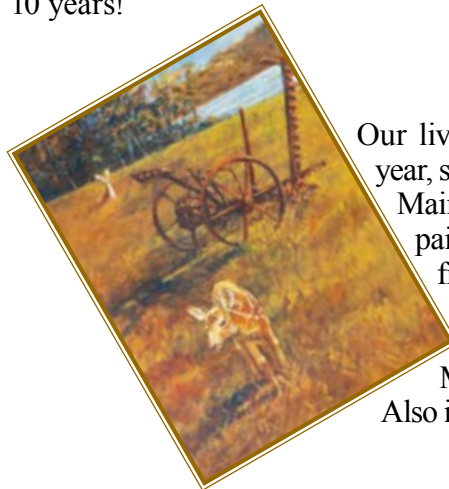
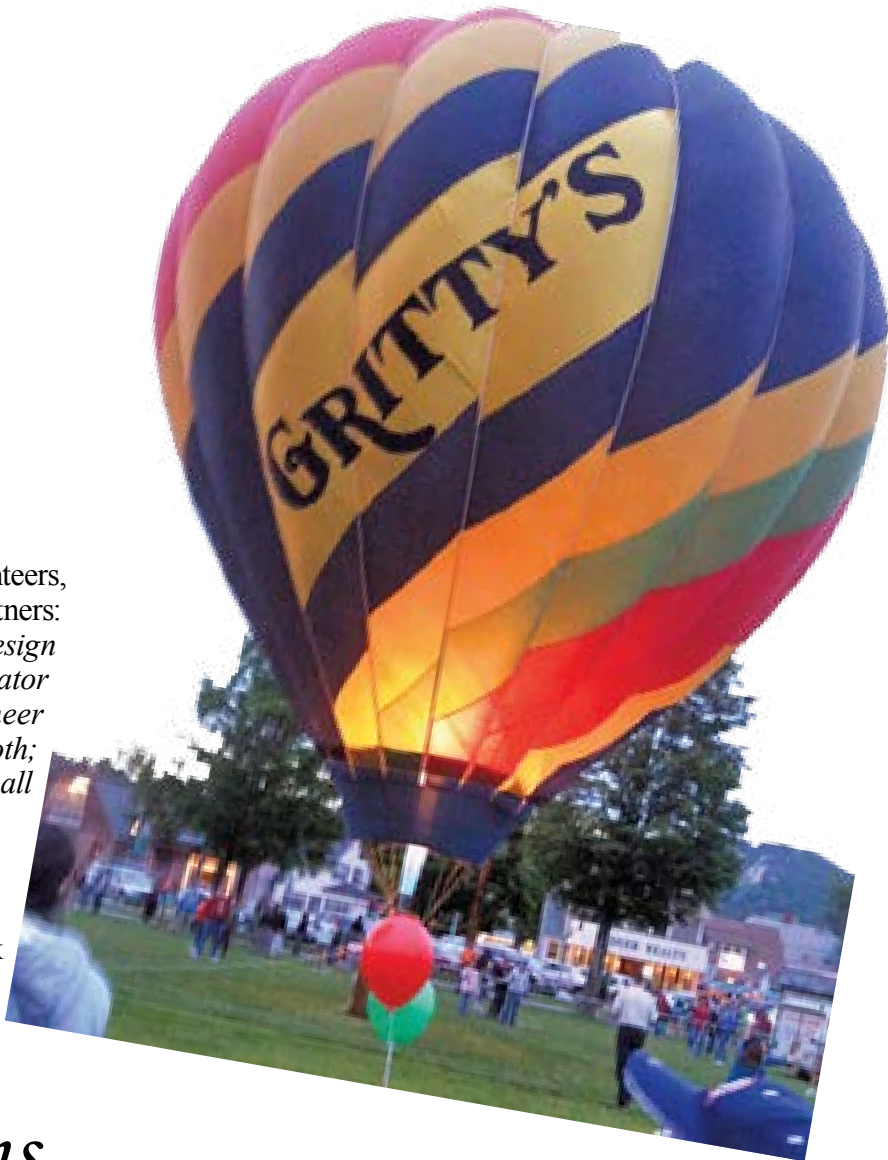
### Food

With over 20 restaurants on board we are sure to have a spectacular dinner. Thank you to the wonderful restaurants who each contribute a side dish, appetizer, or dessert to complement the carving station sponsored by People Plus. It takes a lot of work to organize all those restaurants and Chris Toole has been doing it for over 10 years!

### Auction Items

Our live auction includes many new items this year, such as a Hot Air Balloon ride from Gritty's, Maine Beer Bus tour for four and an original painting by our friend Jack Gable. Favorites from past years are back with a twist - Frank's canoe ride will tour Woodward Point area and the sailing cruise from David and Margo Knight includes a new destination! Also included are perennial favorites such as a one

week beachhouse rental at Popham Beach, season ticket passes for the Maine State Music Theatre paired with four restaurants, a homemade Chinese dinner for eight prepared in your home by Mike Feldman, a golf outing for four at four different courses from Resurrection Golf, a Portland Getaway and so much more. The silent auction is one of the best in the area and includes over 200 wonderful items, ensuring there is something for everyone!



## Complete healthcare for today's women.



As a woman's body matures, each stage brings different needs and concerns. At **Mid Coast Medical Group-Women's Health Care**, our board-certified physicians, nurse midwives, and nurse practitioners are here for you. We build relationships based on trust, confidence, and caring for all stages of a woman's life.

#### Healthcare services we offer:

- Annual examinations
- Cancer screenings
- Pregnancy care & family planning
- Minimally invasive surgery
- Treatment for menstrual disorders, prolapse, menopause, and urinary incontinence

### MID COAST MEDICAL GROUP Women's Health Care

121 MEDICAL CENTER DRIVE, SUITE 2700, BRUNSWICK  
WWW.MIDCOASTHEALTH.COM/MCMG

All Saints Parish  
**St. Charles Borromeo Church**

## LENTEN SUPPERS

April 5 .....proceeds benefit  
**The Gathering Place**

April 12 .....proceeds benefit  
**Habitat for Humanity, 7 Rivers Maine**

**Tasty Fish Dinner ...**

Baked Haddock, Mashed Potatoes, Corn or Green Beans, Coleslaw, Rolls, Beverage, Dessert. **Pizza also available**

Adults \$9.00, Youth \$4.00 Served 5 to 6:30 p.m.

Come all! Tickets available at door. 132 McKean St., Brunswick

### Changing your perception on health care

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

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

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

**Symptoms vs Cause** - Are we just chasing symptoms or treating the cause?

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

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

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

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

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



Dr. Tim Coffin



Corned beef and cabbage was our sell-out sensation at the March Lunch and Connections. Around 80 people enjoyed both eat-in and take-out lunches!



### Books A La Carte

*This group of readers gather to discuss, trade, lend, and donate books of any genre - there is no assigned list. The group meets on the third Tuesday of each month at 2 PM.*

**The Whistling Season** by Ivan Doig. “Can’t cook but doesn’t bite.” So begins the newspaper ad offering the services of an “A-1 housekeeper, sound morals, exceptional disposition” that draws the attention of widower Oliver Milliron in the fall of 1909. That unforgettable season deposits the ever-whistling Rose Llewellyn and her font-of-knowledge brother, Morris Morgan, in Marias Coulee along with a stampede of homesteaders drawn by the promise of the Big Ditch—a gargantuan irrigation project intended to make the Montana prairie bloom. Ivan Doig at his evocative best.



inspirational stories of our times.

**Stern Men** by Elizabeth Gilbert. Off the coast of Maine, Ruth Thomas is born into a feud fought for generations by two groups of local lobstermen over fishing rights for the waters that lie between their respective islands. At eighteen, she has returned from boarding school-smart as a whip, feisty, and irredeemably unromantic-determined to throw over her education and join the “stern men” working the lobster boats. Gilbert utterly captures the American spirit through an unforgettable heroine who is destined for greatness-and love-despite herself.

**Pachino** by Jen Lee. In the early 1900s, teenaged Sunja, the adored daughter of a crippled fisherman, falls for a wealthy stranger at the seashore near her home in Korea. He promises her the world, but when she discovers she is pregnant—and that her lover is married—she refuses to be bought. Instead, she accepts an offer of marriage from a gentle, sickly minister passing through on his way to Japan. But her decision to abandon her home, and to reject her son’s powerful father, sets off a dramatic saga that will echo down through the generations.

**Educated...A Memoir** by Tara Westover. The author’s gripping account of her life growing up barely literate in a conservative family in rural America and achieving academic success through hard work—is one of the greatest, and most well-told.

Please send comments to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)



## BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

Topsham Office

**GELATO FIASCO**

Inspired by Italy Perfect in Maine

Edward Jones MAKING SENSE OF INVESTING

**Bowdoin**

Center for Integrated Psychology

Bath Savings Institution BLUEWATER DESIGN Time Eric M. Staeben DDS J.R. MECHANICS MAINE PINES RACQUET & FITNESS

Mark Turcotte Plumbing MOBBY ROCK LANDSCAPING REMIX RIVERSIDE Mechanics Savings Bank PRIORITY REAL ESTATE GROUP

**WEDNESDAY, APRIL 24, 11 am to 11 pm**

## HELP FEED A TEEN!

Purchase any item and Gelato Fiasco will donate all sales beyond the seasonal average, ALL DAY LONG!

Visit [gelatofiasco.com](http://gelatofiasco.com) for celebrity scooper schedules.

## WIN A CANOE!

Only 200 tickets will be sold!

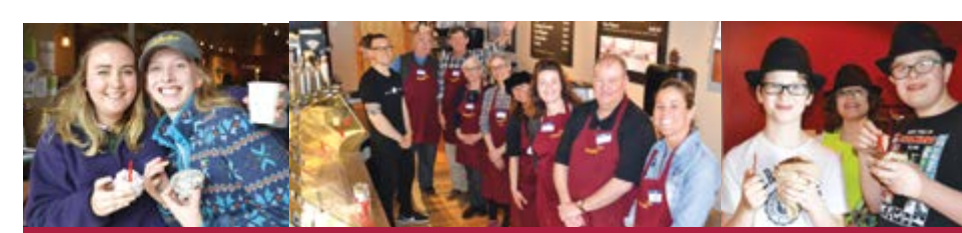
Raffle tickets are \$20 each, 6 for \$100! Stop by People Plus or check our website & Facebook page to get your tickets now.

Winner will be drawn at the Scoop-a-thon, **April 24th at 8pm!!**

\*Winner need not be present to win.

## AND PIZZA, TOO!

On the same day, Portland Pie Co. will donate 10% of sales to the Brunswick Area Teen Center.



Senior Companion and Personal Care Services  
1 to 24 hours

Yarmouth, Freeport, Cumberland, Falmouth  
729-0991

**AGING EXCELLENCE**  
SeniorsOnTheGo.com

## NOW HIRING

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

**WIN A CANOE!**  
**GREAT odds!!!**  
**Only 200 tickets will be sold!**

Raffle tickets are \$20 each, 6 for \$100!  
 Stop by People Plus or check our website & Facebook page to get your tickets now.

Winner will be drawn at the Scoop-a-thon, **April 24th at 8pm!**  
 \*Winner need not be present to win.



With over two decades of experience building boats and canoes, Chuck Rooney, a long time Brunswick resident and graduate of Brunswick High School built this beautiful 14-foot, handmade canoe to benefit the Brunswick Area Teen Center.

He and his wife Sandy Morrell Rooney have supported the teens for years (Sandy has been known to often drop off cookies on a whim).

With nearly 3000 teen visits last year, we go through a lot of food upstairs at 35 Union St.

**Don't miss this chance to win a beautiful canoe and to help feed a teen!**



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

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nancy.beal@century21.com  
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Century 21 Baribeau Agency, 51 Pleasant Street, Brunswick ME 04011



**BRUNSWICK AREA TEEN CENTER**  
**SCOOP-A-THON**  
 WEDNESDAY, APRIL 24, 11 am to 11 pm

**Brunswick Area Teen Center**  
**Fun-raising Month!**

Do you need some "Cookie Therapy"? More in the mood for "Cake Batter"? Feel like taking a trek towards the "Deep Maine Woods Brownie"? Or are you in the mood to just "Netflix and Chill"? I know where you can get some of all of that!!!!!! It will all be available at our Brunswick Area Teen Center Scoop-A-Thon at Gelato Fiasco on Wednesday, April 24th!

This is our 11th year of the Scoop-A-Thon (formerly the Fools Day Fiasco) when it was held on April 1st the first few years!

Every year it just gets better! As usual, we are lining up sponsors, entertainment, great celebrity scoopers and will have the 7-11 pm hours filled with Bowdoin student scoopers and performers!

In addition, this year we will be drawing the winning ticket for a raffle we are doing, NOW! We had a very generous donation of a beautiful handmade canoe to raffle off with ticket sales to benefit the Teen Center program! Tickets are on sale now and we will continue to sell tickets right up until 8 pm April 24th!

Before the Scoop-a-Thon event will be the annual People Plus Music In April event! Yep, the only big fundraising events we do each year are both in April, keeping staff crazy busy each spring!!!!

Speaking of busy...we had 259 youth visits to the program during the 11 days we were open in February! Snow days and school vacation week made it a short month for us! March is looking to be just as busy, if not busier. With February being a short month, we only had to provide 11 full meals (main dish), 259 (x2) snacks and 259 (x2) drinks and 518 cookies.... We are back to a 16-day month for March though! Main

dishes are the hardest to come up with. We have a few volunteers who provide an afternoon meal once a month which helps greatly! When we don't have something hot and hearty on the schedule, we are buying sandwich makings, emergency pizza days and being creative with the crockpot and I even "cheated" recently and baked up a big family size Stouffers Mac & Cheese which they ate right up! Because we know we could have over 30 kids any given afternoon, we plan food for 25 knowing some won't be able to eat the main dish, and we hope for the best. We also now stock gluten free bread, almond or Lactaid milk, pouches of rice that can be microwaved for our vegetarians and lactose intolerant kids.... All of this is made possible from the funds raised during events like our April ones!

I attended the sold-out Sheryl Wheeler concert March 16th at the UU Church and I had no idea how funny Sheryl is, she was as talented a comic as she was singing! There are a couple more concerts in the Concerts for a Cause series, each of which benefit the Church, the Gathering Place and the Teen Center program and if you haven't made it to one yet-check one out! On March 8th I attended the Lenten Supper at St. Charles Church, the first of the Lenten Suppers this year with proceeds benefiting specific local non-profits, including the Teen Center. Reminder! Proceeds are pooled at the end of lent and divided up so any Friday you attend will help towards raising funds!

To recap here...there are concerts to attend, dinners to go to on Fridays, Gelato to be consumed, a fancy gala to attend and

**Teen Center News**

Jordan Cardone

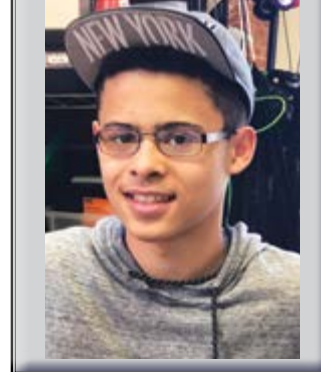


raffle tickets to purchase! Fun ways to donate to a great cause while enjoying something in return! Happy April and we hope to see you Somewhere this month!!!!!!

Jordan and the gang

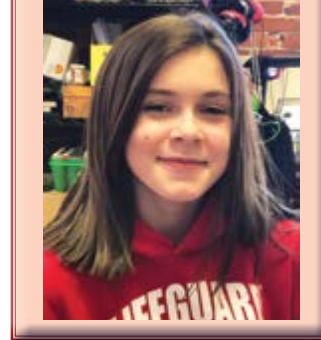
**TEEN OF THE MONTH: Toby Dutton**

Toby Dutton is in 8th grade at BJH and has been attending the Teen Center Program since 7th grade. Toby likes coming in because he has a lot of friends here and he loves ramen noodles! Toby is one of our quieter, polite, never have to "speak to" members, which we appreciate! Off to the movies he goes! Thank you Toby!



**MOST IMPROVED TEEN: Pyper Hutchinson**

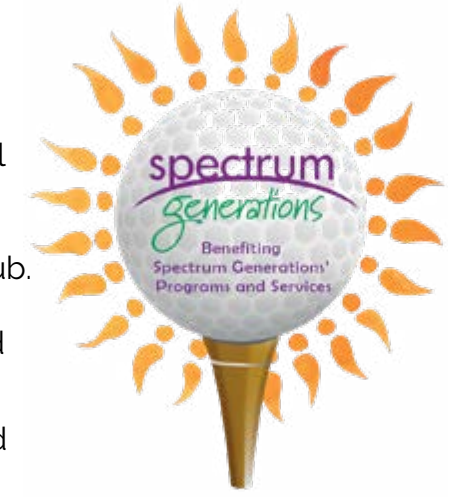
Pyper Hutchinson is in 7th grade at BJH and this is her 2nd year attending the Teen Center program. Pyper is a frequent presence at the Teen Center. Pyper has been working on gearing her energy towards positive outputs (we worked on that phrase together!) Pyper likes to eat food and a lot of it while she is here. Pyper rarely stays in one spot for more than a second and is interested in every person, sound, squeak, look, action etc. going on!!! Hanging out with her best friends while she is here is her favorite thing to do. Keep up the good effort Pyper! Enjoy the movies!



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

**17th Annual Golf Fore a Cause**

What better way to take advantage of Summer Solstice, the longest day of the year, than at one of Spectrum Generations' biggest fundraising events! Our 17th Annual Golf Fore a Cause tournament, benefiting our programs and services, will take place on Friday, June 21, at the Brunswick Golf Club. Spend the day on the course and transition into the evening with a Homestyle BBQ, and live music around the fire pit.



The cost is \$125 /individual, \$450/team and includes 18 holes with cart, bagged lunch catered by Cohen on the Meadows, Homestyle BBQ, awards, and much more!

There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament. Please contact Sarah Brown at sbrown@spectrumgenerations.org or 620-1677 for more information.

**A heartfelt Thank You TO OUR VOLUNTEERS**

Words are not enough to describe how grateful we are for the dedication, compassion, and generosity of the hundreds of individuals who have given of themselves to help fulfill the mission of Spectrum Generations.

Without our volunteers, we would not be able to accomplish all that we have! In the month of April, we are recognizing the dedication and commitment of those volunteers who give their time to help their neighbors and communities.

We also want to express our gratitude for continually inspiring us to serve the older and disabled adults in central and midcoast Maine.

If you're not currently a volunteer, we have many opportunities for you to get involved! Please contact Amalia, our volunteer coordinator, at 620-1684 or apdelpulgar@spectrumgenerations.org

**HEALTHY AGING EXPO**

Friday, June 7, 2019 from 9:00 a.m. to 2:00 p.m.  
 Cohen Community Center  
 22 Town Farm Road, Hallowell  
 Admission is FREE

**Maine Alzheimer's Association Community Education Program -**

Understanding and Responding to Dementia Related Behaviors

Behavior is a powerful form of communication and one of the primary ways people with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

April 9, 2019, from 1:00—2:30 p.m.  
 Jefferson Fire Department  
 204 Waldoboro Road, Jefferson

To register contact Cathy Morse at 1-800-639-1553 or morse@spectrumgenerations.org

Spectrum Generations' Cohen Community Center presents a Murder Mystery Dinner: **"Marriage can be a Mystery"** Saturday, April 27, 2019


Reception starts at 6 p.m.  
 Dinner at 7 p.m.

**The Wedding is back on! 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 the Cohen Community Center at 22 Town Farm Road in 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.

**2019 Annual Spring Book Sale**



Mid Coast Hospital Auxiliary used book sale is open to the public.  
**April 12 & 13**  
 9 a.m. to 4 p.m. at Merrymeeting Plaza, 147 Bath Road in Brunswick

**DONATIONS DROP-OFF 9 a.m. to NOON, Wednesdays & Saturdays from March 9-April 10**

Merrymeeting Plaza, 147 Bath Road in Brunswick (between Shaws and CVS)

Donations of gently used books may be dropped off at above address. Please no encyclopedias, textbooks, magazines, Reader's Digest condensed books, damaged, or soiled books.

**MID COAST HOSPITAL Auxiliary**  
 WWW.MIDCOASTHEALTH.COM/AUXILIARY

**BRUNSWICK AREA Respite Care**  
 Since 1989 Adult Day Service

**19th Annual Benefit Barbershop Chorus Concert & Silent Auction**  
 Saturday, April 20th

Doors Open for auction at 1 pm—concert begins at 2pm.  
 Tickets \$15 at the door or in advance by calling the office at 207-729-8571.



The Nor-easters Barbershop Chorus



Maine-ly Harmony Chorus

Brunswick Area Respite 30 years of caring!

Concert will be presented at the Brunswick United Methodist Church, 320 Church Rd., Brunswick. Handicapped accessible.

Spectrum Generations is an equal opportunity provider.

**PROUD TO PARTNER WITH PEOPLE PLUS**



# 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:

## PRESCRIPTION for Health

A **FREE**, one-hour introductory program to get you started on improving your health.

**Learn about...**

- Basics for weight loss
- Healthy foods and nutrition
- Physical activities and exercise
- Managing stress
- Importance of sleep
- Ways to quit smoking

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

## April Calendar of Events

### PRESCRIPTION FOR HEALTH

A **FREE** one-hour introductory program to get you started on improving your health.  
**Thursdays from Noon-1 p.m.**

### WOMEN'S PELVIC HEALTH SERIES

**Urinary Incontinence** with Ruth E. Macy, PT, DPT and guest speaker, Melissa J. Streeter, MD  
A **FREE** monthly education series focusing on topics of concern to every woman.  
**April 3 from 5-6 p.m.**

### MINDFUL MORNING MINI RETREAT

Mindfulness-based exercises, meditation, movement, and discussions provide an opportunity to pause and reflect on a healthier approach to life. *Fee and registration required.*  
**April 6 from 9 a.m.-Noon**

### FOOD FOR HEALTH

**Food and Inflammation: What You Should Know About Certain Foods** with Timothy R. Howe, MD  
A **FREE** plant-based cooking and education series.  
**April 9 from 6:30-8 p.m.**

### NATIONAL HEALTHCARE DECISION DAY

A **FREE** event with educational programs and exhibits designed to inspire, educate, and empower the community about the importance of advance care planning.  
**April 16 from 9 a.m.-Noon.**

### HEALTH WITHIN REACH

**Understanding Back Pain** with John Guernelli, MD  
**FREE** ongoing series of talks, classes, demonstrations, and healthy lifestyle options.  
**April 24 from 5:30-6:30 p.m.**

### MINDFULNESS BASED STRESS REDUCTION

This **eight-week course** consists of 2½-hour weekly group classes and a six-hour weekend retreat. Designed to help people better cope with stress and life's challenges.  
**April 22 from 5:30-8 p.m.** *Fee and registration required. Required orientation is Monday, April 8 from 5:30-6:30 p.m.*

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](http://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*

# Florida Road Trip!

"Excuse me," this guy was standing at the end of our table in the Cracker Barrel Restaurant, outside Florence, South Carolina. I looked at him quickly, not REALLY wanting to excuse him...we'd been driving all day, had our 555 miles plus behind us, and now we wanted a drink and some dinner, period! "Aren't you guys from Maine?" he persisted, I looked up again and knew he was familiar, I'm thinking, who, where...?

"Chuck," he said quickly, "you know, I do Yoga and Ping Pong at People Plus!" Now he did have my attention! REALLY, thinks I, what are the chances, two couples from Maine, beating their way up the road from Florida, neither knowing the other was on the road, neither really knowing the other, landing together in the same restaurant at the same time? We chatted for a few, we did order drinks, and then they left and we ordered our supper, shaking our heads and laughing as we told our waiter what had just happened.

Fed, watered and recharged after our corned beef & cabbage, Jane and I decided to take advantage of the extra daylight savings hour and drive more toward Charlottesville, N.C., where we planned to spend the next day touring Thomas Jefferson's Monticello. We remounted the Rav 4, still chuckling about the coincidence, and got to Fayetteville, where we found an interstate exit with our choice of four, maybe six random hotels. We picked one and turned in early.

Next day we're in the café early, eager for our breakfast and another quick start up the road. I head for the coffee bar and

there stands my NEW, best-friend, Chuck! "Come ON!" says I, "Who's stalking who here?" Again, neither had shared plans with the other, and the four of us had lifted coincidence to a new level. I told Jane this might be a good day to buy a lottery ticket! Don't tell Jane, but I have to admit our DRIVE to and from Florida last month brought me at least as much fun, interest, joy and excitement as the actual week-plus time we spent lounging around in the sun of the Sunshine State. You can call me a frustrated old truck driver if you want, but I've always enjoyed pounding down the open road, and lately, given work, kids, lawns to mow, and the price of gas, I just haven't had enough of it.

"This trip will give you a belly full," Jane said, and we were off, out of Maine, through New Hampshire, Massachusetts, Connecticut, New York and Pennsylvania, 550 miles or more was our daily goal. That first night we did supper at Funk's Family Restaurant in Indiantown Gap, Pa., and soon enough we were pushing into Charlyle, looking for a place to sleep. The exit boards pointed to a Day's Inn and an Econo-lodge and we shrugged at each other, could there really be a difference? We stopped at the stop sign, Econo-Lodge was right in front of us, Day's Inn across six lanes of busy traffic. Econo-Lodge wins!

Well, the guy at that Econo-lodge desk must have been in some sort of program. He messed up our booking, he apologized for things he didn't need to, and when we got to our room, it was colder than Maine. I went

to complain, he said he had nothing else, I asked for extra blankets, he could find only one; I went back to suggest Day's Inn was looking good, and Jane had the heat working and just wanted to rest. Who knew that first night would be the worst night?

Next day we had two inches of sloppy, slushy snow on the roads, but we hit them anyway. We knew we were headed south! A call to daughter Abbie told us Maine fared worse. We smiled, pressing onward, always southward. By noon there were blooming Daffodils dotting the median strips! Maryland, West Virginia, Virginia, North Carolina, Georgia, the states dropped off in rapid succession....

Florida was all it's supposed to be! Warm, crowded, white-sandy beaches, temps in the 80's, everything is green, growing. Did I mention people are everywhere? We had a sweet little hideout in suburban St. Pete, daily we haunted places like John's Pass, Indian Rocks, Pass-a-grill, Madeira, Clearwater, and Fort Desoto beaches, Caladasi Island.... our strategy was to get there early, stay the day away from the tourists and traffic, find a nice place for supper and sneak home as the sun was setting. Jane's college roommate has a gulf-side condo not five miles away, with an Olympic-sized pool and a refrigerator full of cold cuts and beer. We both decided we could easily get accustomed to this life!

Too soon the weeks were up, the rent was due, and the car was packed for the return to our beloved, still-frozen north. Jane

## Speaking Frankly

Frank Connors



was spending quality time, convincing me that her phone's GPS was quicker than my Delorme's Atlas (sure, I have them for seven states, they stayed packed away for MOST of the trip) We drove 1,756 miles to get down there, 1,764 miles to get back. We took breaks when we wanted them, side trips when we felt like it, and not once did we have to submit to a TSA full-body search, or wait in a "sterile" terminal line for an hour, or more.

Best of all, Jane and I are still best of friends, and we're already thinking about our next road trip!

### The Harpswell Garden Club

will meet Thursday April 18, 2019 at 1 pm at the Curtis Memorial Library in Brunswick. After a brief business meeting, Kelly Orzel of Bowery Beach Farm Cape Elizabeth will present "Captivating Containers" and will have scented geraniums and copies of her book available for purchase. Free and open to the public. FMI call Becky 833-6159.



## New/renewing members for March

- |   |                    |                      |                                  |
|---|--------------------|----------------------|----------------------------------|
| * indicates new membership                | Cynthia Kennett    | Ksenia Willard       | Lisa Nickerson                   |
| * indicates donation made with membership | Ervin Kennett      | <b>Harpswell</b>     | Jane Scease                      |
|   | Stephen Kercel     | Liliette Breton      | Linda Schoenfeldt                |
| <b>Life Members</b>                       | Dianne Kidder *    | Calvin Hooker •      | <b>Other places</b>              |
| Lester Borodinsky, Topsham                | Rick Kidder *      | Connie Hooker •      | Joseph Aguiar,* Nantucket, Mass. |
| <b>Brunswick</b>                          | Nancy A. Lauckner  | Sharon Meunier       | Curry Ander, Freeport *          |
| Sharon Belanger                           | Elizabeth Mace     | Constance Parsons    | James Cherry, Durham *           |
| Dorothy Berner                            | Karen Madsen       | Harry Parsons        | Jenny Ferguson, Bath *           |
| Mary Biette                               | Joanne McCartan    | Karin Soderberg      | Richard Golek, Durham            |
| Robert Biette                             | Linda McCullough   | Burton 'Burr' Taylor | Edna Kennedy, Woolwich           |
| Lauren Bivona                             | William McCullough | Carol Duron Taylor   | J. Taylor Mansfield, Auburn      |
| Dorothy Boyett •                          | Gail McDougall •   | John Webster         | Clara Ross, Bath                 |
| Irene Brunelle                            | Debra Meinke       | Virginia Wright •    | Janet Stenberg, Lisbon           |
| Evelyn Bryant                             | Margaret Miller    | <b>Topsham</b>       | Sherry Watson, West Bath         |
| Stephen Cohen                             | Margaret Miller    | Patty Brewer         |                                  |
| Ursula Desjardins                         | John Rich          | Robert Chase         |                                  |
| Irma DeWitt                               | Dorothea Sulzer    | Louis Dorogi         |                                  |
| Virginia Domhoff                          | Barbara Tobin      | Merle Gott •         |                                  |
| Jacqueline Drapeau                        | Jean M. Tompkins   | Rachel Gott •        |                                  |
| Yvonne Fast                               | Kathleen Torrey    | George Hardin        |                                  |
| Doris Grano                               | Donald M. Trice    | Linda Mallard        |                                  |
| Karen Jones                               | Claire M. Wallace  | Barbara McHarg       |                                  |
|   | Dorothy Weeks      | Don McHarg           |                                  |
|   | Rupert White       |                      |                                  |
|   | Ruth White         |                      |                                  |
|   | Pat Wiggett *      |                      |                                  |

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<p>24 Maurice Dr, Brunswick (207) 725-4379</p>	<p>142 Neptune Dr, Brunswick (207) 725-9444</p>	<p>29 Maurice Dr, Brunswick (207) 725-7495</p>

We take your loved ones comfort and health to heart.



Hooked Rugs are at the heart of the current Fiber Arts show in our Union Street Gallery. Robert Galloupe crafted, "One Room School" (left) and Sally Broderick's "At The Beach."

*April Showers...*



**Lunch out!**

April 9th at 11:30 a.m.

**Chick-A-Dee**  
"of Lewiston"

1472 Lisbon Street, Lewiston

*Sign up for the car pool!*

**Weekly Winners**

**Senior Intermediate Cribbage**

- Feb. 20: Lois Fournier, 715  
Pete Watson, 705  
Anne Bouchard, 697  
Anita Owens, 683
- Feb. 27: Rick Fortin, 706  
Gabriele Niffka, 688  
Lorraine LaRoche, 683
- Mar. 6: George Tetu, 711  
Julie Swol, 703
- Mar. 13: Anita Owens, 709  
George Hardin, 700  
Lorraine LaRoche, 693

**Senior Bridge**

- Feb. 22: Woody Townsend, 3,570  
Jeff Lauder, 2,650
- Feb. 25: Libby Scully, 3,440  
Ellie Peterson, 3,310  
Paul Betit, 3,100
- Mar. 1: Paul Betit, 3,690  
Sherry Watson, 3,140
- Mar. 9: Betsy Mace, 2,970
- Mar. 11: Jenny Ferguson, 3,830  
Cathy Cooper, 3,240
- Mar. 15: Paul Betit, 4,610  
John Rich, 3,890
- Mar. 18: John Rich, 4,220  
David Bracy, 4,000  
Jenny Ferguson, 3,670

# Unique Textile show continues

That delightful and unique show featuring fiber arts creations by Loosen Up! members continues in the Union Street Gallery of People Plus. 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 proud exhibitor quipped. "Suzanne," of course, is Suzanne Neveux, our popular instructor of several fitness classes at People Plus and a very talented fiber artist as well. She said this special 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 has several pieces in the show, along with Betsy Bailey who works in mixed media, Sally Broderick, Ann and Robert Galloupe with hooked rugs, Joyce Munier in embroidery, Carolyn Farkas-Noe in cross-stitch, Lauralee Poutree in quilting and Penny Stevens in knitting. Neveux offered a friendly caution about the show. "Textiles can be very 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, even deteriorate over time." She added, "many textile pieces are NOT intended to be washed, so please, do enjoy the fiber arts on display, but please, please, PLEASE, do not touch them!" Most of the pieces in this unique show are not for sale, but if you are interested, you might approach the artist directly. This show is available to the general public free of charge during normal business hours at your People Plus Center, 35 Union Street, Brunswick, Maine.

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