



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

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



A near capacity crowd of People Plus Members gathered at the Center on April 25 to wish long-time front desk receptionist (seat at center) a happy retirement.

## “Breaking records! Just Fantastic!”

The 17th annual Music in April finished April 4 with a new and wonderful record setting total, and April 24, the 11th Annual Gelato Fiasco Scoop-a-thon followed suit. "It's just fantastic," suggested People Plus Executive Director Stacy Frizzle, shaking



Win Dodge, Mike Feldman and David Knight (left-right) enjoyed the festivities at this year's Music in April Gala.

her head, almost not believing, "both events met or exceeded our expectations!" More than \$60,000 was raised during the Music in April gala fundraiser, more than \$12,000 at the Scoop-a-Thon.

Music in April is THE signature fundraiser for People Plus, combining wonderful dining, live music and silent and live auctions into a gala evening that many anticipate. Nearly 250 people attended this year's event, held for the second year at the Brunswick Recreation Center on Brunswick Landing. People Plus wishes to thank lead sponsors Rousseau Management, Mid Coast-Parkview Health, and Bangor Savings Bank.

Attendance at the Gelato Fiasco Scoop-a-thon was amazing all day on April 24, and when receipts for the day were totaled with a sellout Canoe Raffle, another record was bettered. Brunswick boat-builder Chuck Rooney, hand-crafted a 14-foot canoe and donated it

to the event. The Center sold 200 tickets for \$20 and that craft was won by Peter Maher,



Local religious leaders joined in the fun as celebrity scoopers at the Scoop-a-thon.

of Harpswell, who announced he might use it to go fly fishing this weekend! This is the 11th year Gelato Fiasco has donated its space, and a portion of its day's income, to support the Brunswick Area Teen Center. Portland Pie, Co. and Cool as a Moose both joined in the fundraising fun this year by donating a portion of sales to the Teen Center, as well.

More than 100 volunteer "worker-bees," artists, musicians and friends worked tirelessly to make both events successful. Frizzle said, "We couldn't make this work without our volunteers, year after year, it's these folk who make the difference."

## MSMT ticket deal, Intern show coming

Excitement is growing in the Brunswick area as the Maine State Music Theatre prepares for its 61st season! Again this summer, MSMT is offering the People Plus Center a block of tickets to sell at a discounted rate, and thank goodness, the theater's intern program will return to the Center with their popular, "Curtains UP!" show in June.

This is at least the fourth season the theater has offered discounted tickets to People Plus Members only. Tickets that normally sell for \$60 will be available, on a first come, first served basis, for only \$40!

All tickets are for the first Friday night performance of the first two shows, *Sophisticated Ladies* and *Treasure Island*! Purchases are not refundable, may

not be exchanged for other shows and all payments should be made by cash or check at People Plus AFTER May 6. A portion of each ticket is donated back to the Center by the theater.

Save the date of Friday, June 7, at 12 noon, when the MSMT "Brunswick to Broadway Bunch" interns come to the Center to serenade you with delightful harmonic numbers from the 1930's, '40s, '50s, and '60s. This is a great opportunity to meet this year's interns "up close and personal!" This program is free to the public, but we hope you'll call 729-0757 to preregister.



### 'Aging Well' Lunch and Learn:

## Help at the Press of a Button!

**Mon, May 20, 12 pm.** SecureCare is a 24-hour emergency alert service that is activated by the press of a button worn by the subscriber. With the population in Maine aging at a quick rate, more and more people want to age in place where they are comfortable and familiar. A great way to help seniors achieve this decision and to be safe is to have a safety system installed in their home. Most of us have heard stories of someone that has had a fall or maybe have had a fall themselves. The consequences can be devastating if help doesn't arrive quickly to get the help

the person needs. Not only do these systems help the senior in an emergency, but they give family members and caregivers peace of mind knowing that their loved one can get help quickly with the push of a button.



Locally managed at Mid Coast Senior Health, Coordinator Jon Murray provides installation, equipment rental, maintenance, one-on-one customer service and will discuss the many options for this service. This event is free and open to the public. Bring your lunch, we'll provide drinks, chips and dessert. Registration appreciated.

## Nearly there!

Entering the last month of our Fiscal year, the Annual Fund for People Plus is "hovering" just under the campaign goal of \$50,000. The Center's office manager, Betsy White, said at the close of business, April 24, the People Plus number stood at \$49,328-that includes \$1,723 donated by members when they pay their annual dues-and the Teen Center total has exceeded it's goal, of \$10,000, standing at \$12,095. White suggested both totals were "impressive," and said the Center is well-positioned to reach its goals before the end of the fiscal years.



## FYI! What are Blue Zones?



**Thu, May 23, 1:30 pm.** Blue Zones were first introduced in the November 2005 National Geographic cover story "The Secrets of a Long Life," by Dan Buettner, when he identified five geographic areas of people living statistically longer and enjoying more years of good health. In his upcoming presentation, "What are Blue Zones?," Rande Reynolds, Vice President of Community Health at Mid Coast-Parkview Health, will present an introduction to Blue Zones, and how lessons learned from studying Blue Zones are helping people live longer and better. He will also outline Mid Coast Hospital's involvement in identifying the health needs of our community and what strategies are currently underway to address them. Free, open to public. Call to register.



# People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell 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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# A tough act to follow

As I stand here looking at the crowds of people at Gelato Fiasco on Maine Street in Brunswick, waiting in line for and eating gelato, getting their faces painted, waiting for balloon animals, buying raffle tickets, and listening to the performers out on the sidewalk with jugglers and unicycles, to boot; I am awestruck by the generosity and collaboration of the greater Brunswick area community.

We live in a really, really lovely place. People take care of each other, they're generous, they think of others and they're genuinely good at heart.

The month of April is all about fundraising for the People Plus organization as we have our only senior center fundraiser and our only Teen Center fundraiser and so I'm always overwhelmed by the generosity that we see pour out to support these programs at People Plus.

I also feel the opposite side of that coin which is that I keep asking for money the whole month of April... I also have to present to the United Way asking for

money and there are a number of grant applications due as well. So it's a time when I feel a bit sheepish about always holding out my hat. And I hope that people understand how much we do with so little here at the People Plus organization. And that we try very hard not to be wasteful and to only spend what we need to. Betsy is exceptionally good at keeping us on track where matters of finance are concerned.

And this month we're also saying goodbye to our lovely front desk receptionist, Pat Naberezny. After nearly six years, she is retiring to Ohio to be closer to her family. We are really going to miss her! Her cheery smile and bright demeanor have been a big part of People Plus for the last five years and she does a huge amount of work behind the scenes to help with the statistics that we generate based on who participates in programs, who attends exercise classes, etc. She is the gate keeper and point of first contact for everyone who walks through the door

## From the Executive Director

Stacy V. Frizzle



before 1 pm.

Pat's kindheartedness, generosity of spirit, dedication and loyalty are part of why the People Plus organization is such a lovely place to visit. And while we are looking forward to getting to know Phyllis McQuaide, who will replace Pat on the desk, we feel bittersweet about Pat leaving. She is a tough act to follow!

I hope you'll join me in welcoming Phyllis with open arms. She trained with Pat for several weeks but she will still be in learning mode for quite a while. And I know that all of us can pitch in to help her figure out how things are done. Most of the systems we have in place didn't exist when Pat took the job. They have developed slowly over the last five years and now Phyllis is going to have to jump in with both feet! Hopefully she's wearing very tall boots...

Next month we will see another transition take place as Frank will be retiring, come the end of June. As Lynne put it, everyone on the first floor "is leaving her". But Frank's retirement can wait until next month...

For now, I will stay focused on Pat and on the goodness of our community; of which she is such a valued member. And if you didn't have a chance to say goodbye, I'm sure she'd love a card or letter if you have the inclination to send one, we'll make sure it gets to her.

And join us down here to welcome Phyllis at People Plus, the Center That Builds Community.



Pat & Phyllis

## From Anita's Plate

Anita Huey  
(207) 504-6439



[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)

When the summer harvest of fresh tomatoes are gone, I rely on "ugly" or heirloom tomatoes to get me through the winter. These tomatoes get their name because they look more like the tomatoes that we get out of our garden. Often they are misshaped a bit but they are worth the price because the taste and texture is just like the ones we grow in our garden. They may often be overlooked because they don't look like the rest of the tomatoes in the grocery store.

I attended a conference last week and really didn't know what the first session was going to be about. It was called "Why Dietitians need to be trash talking." The speaker discussed how we can decrease produce waste. She coined the phrase "imperfect is the new

## One Pan Chicken with Spring Vegetables

### Ingredients

- 2 split chicken breasts
- 1 lemon, juiced
- 1 tsp. Thyme leaves
- Black pepper
- 1 Tb. olive oil
- 12 small radishes, halved
- 6 small, thin carrots, trimmed and scrubbed
- 1 cup sugar snap peas, sliced crosswise into 1/4-in. pieces

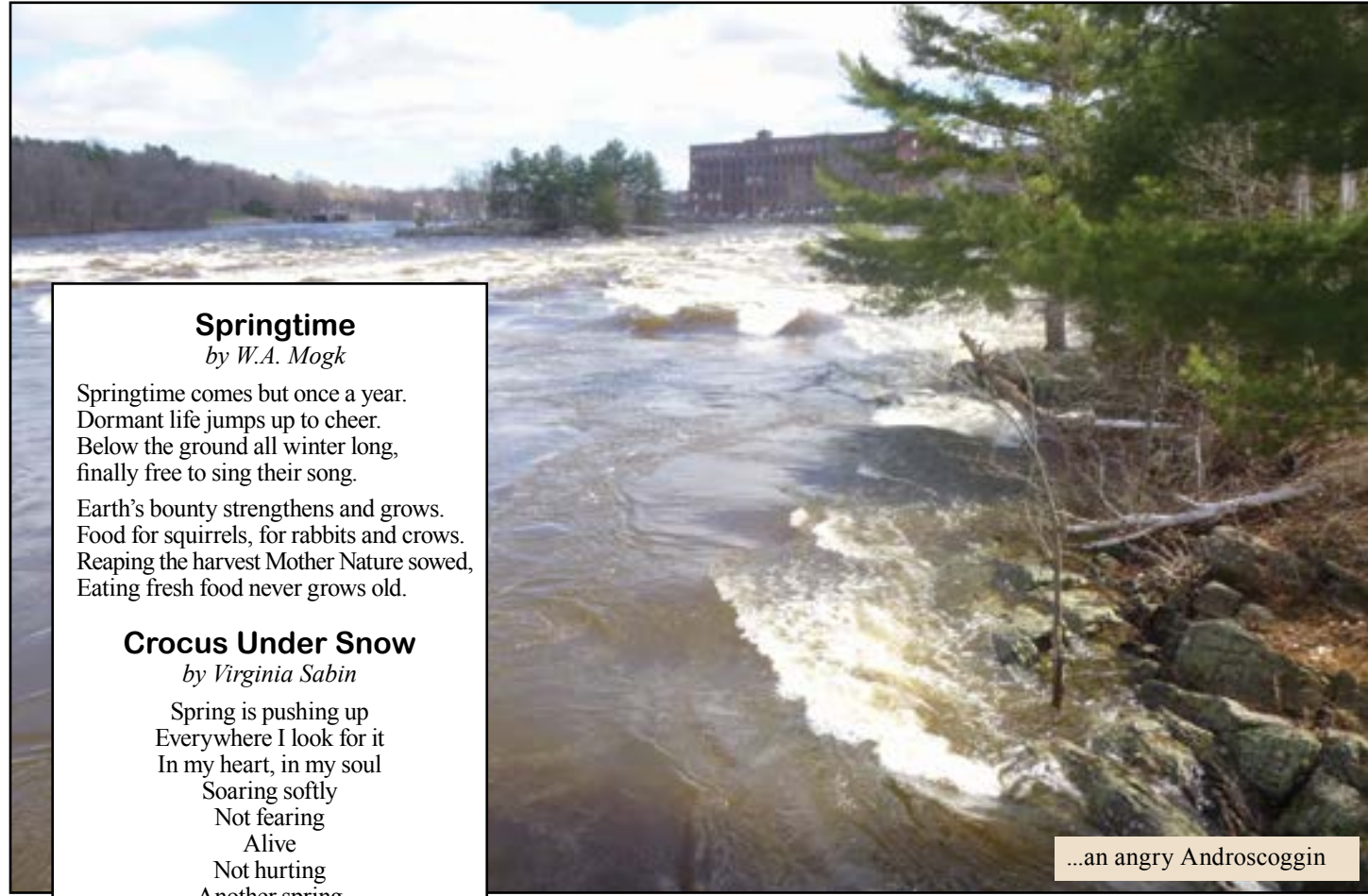
### Directions

1. Heat oven to 425°F. Pat chicken breasts dry with a paper towel and drizzle with half of lemon juice, then
2. Heat oil in a large oven-proof skillet on medium-high. Add chicken, skin side down, and cook until golden brown, 4 to 5 minutes. Transfer to a plate.
3. Return pan to medium-high, add radishes, and cook, cut sides down, 2 minutes. Add carrots, toss to combine, and remove from heat.
4. Nestle chicken breasts into vegetables, transfer to oven, and roast until chicken is cooked through and vegetables are tender, 18 to 22 minutes. Transfer chicken to a cutting board and let rest at least 5 minutes before removing bones and slicing.
5. Add snap peas to skillet, season with pepper, and toss to combine, and then toss with remaining lemon juice.
6. Serve with chicken.

perfect!" Most imperfect produce never makes it to our grocery stores. The baby carrots that we can buy at the grocery store came about when a farmer wanted a way to use the parts of a carrot the were misshaped and wouldn't typically be sold. She encouraged all of us to accept this type of produce because it is just as healthy and tasty! There are all kinds of movements to help reduce produce waste. One of them is called the

*Hungry Harvest*. It brings "imperfect" fruits and vegetables from farm to doorstep. Its focus is to decrease waste and hunger.

Here at the Center we have seen, first hand, how the produce donated by our local *Merrymeeting Gleaners* can be a bit misshaped but is by no means lacking in flavor. So let's join the movement and say "yes!" to imperfect produce. We can do our part to help decrease produce waste.



## Springtime

by W.A. Mogk

Springtime comes but once a year. Dormant life jumps up to cheer. Below the ground all winter long, finally free to sing their song. Earth's bounty strengthens and grows. Food for squirrels, for rabbits and crows. Reaping the harvest Mother Nature sowed. Eating fresh food never grows old.

## Crocus Under Snow

by Virginia Sabin

Spring is pushing up  
Everywhere I look for it  
In my heart, in my soul  
Soaring softly  
Not fearing  
Alive  
Not hurting  
Another spring  
Who knows?

## Spring Me

by Betty Bavor

I am a daffodil and after blooming bright a year ago,  
With my buddies, crocus, hyacinth, tulips and spring flowers all aglow,  
Vanished from the landscape to reenergize for next season  
Well dear friends, next season is here and I am coming to life for a reason  
It is April, spring and Easter celebration time  
Good bye to dark winter enjoy the light and warm sunshine.  
Everyone is raking the leaves from above so our green stems can break ground.  
Our colors we plan to display without a sound.  
But wait, what is happening?  
My growth just seems to be stopping  
Warming temperatures turning back to cold  
Snow and freezing, are we being scold?  
Spring fever is in the air with dreams of summer fun  
Winter clothes packed away, spring cleaning done  
When can I bloom without harm?  
Along with my brothers and sisters bringing charm  
It is in the Lord's hands  
We are ready for your plans

## May Baskets at Stevens Corner

by Charlotte Hart

At the big oblong kitchen table, busy as bees we would labor  
Fashioning baskets, with presents, and sweets to hang on the door of each neighbor.  
Gram had a wicker basket, six inches across it would measure,  
Nova Scotia—made she'd brought it to Maine, for years her May First treasure.  
We gathered at Stevens Corner House. "Best May baskets yet!" we would think.  
We'd fashion six-inch paper baskets—soft yellow, pale green, lavender, pink.  
Brother Bill and Charlie, and Sumner, Nan, Eunice, Theresa, and I  
Made sturdy handles to hang on doors. Pretty, strong baskets! Oh yes! We would try.  
We baked flower-shape sugar cookies. We made friendly cards to say,  
"Surprise! Happy May Day! Happy springtime! A happy month, this May!"  
Then early on First-of-May-Morning, being quiet, before sunrise  
We would hurry 'round from house to house. This must be a surprise.  
One for the Bucks' house beside their big farm, one for Chicks by their lumber mill,  
One for Carltons near their apple orchard. Eight more! Sun will rise soon! It will!  
Will this lovely old custom return? ... children make May baskets galore?  
Created in a home like the Stevens Corner House... to hang on each neighbor's door...

## I Looked Out The Window

by Betty Bavor

The calendar was turned over to April  
Spring spring it is supposed to bring  
But I looked out my window still a pile of snow  
A sunny day, however, some melt down the lawn begins to show  
Then from out of nowhere, a flock of robins - there must have been a dozen  
My yard and holly bushes a search for treats they had chosen  
They danced and darted, a quick flight here and there  
I imagined how happy they were to find seeds and berries delicious fare  
I thought about our trip to the Portland Flower Show  
The beauty of flowers and plants we hope to grow  
Just let April warm up with a few showers and we will be out planting  
More birds, some butterflies a squirrel or two will be scampering  
While spring moves on to summer renew life's leisure  
Enjoy the outdoors, nature, friends, vacations and pleasure  
For we bloom where are planted  
So count your blessings never taken for granted.

## I Can't Believe It!

by Doris Weinberg

Would you believe I have a date?  
I'm not even sure it's for real!  
It happened in the oddest place  
And I didn't think it a big deal.  
I was out shopping at Shaw's last week,  
Looking over the veggies and fruit.  
I noticed a man standing next to me,  
Wearing a business suit.  
I paid no attention but was touching a melon,  
Trying to find one that was ripe.  
I felt as though he was watching me closely.  
But he didn't appear to be a scary type.  
I turned toward him and looked him in the eye.  
I asked if there were something I could do?  
He said "how did I tell if a melon was ripe?"  
And I proceeded to show him a few.  
We stood there talking about the produce  
For quite awhile it seemed.  
We even got onto other topics-  
Looking back it felt like a "dream".  
When had I last talked so long to a man?  
One that I didn't even know?  
We were sharing much so easily that  
I wondered where it was going to go!  
I finally realized it was getting late  
And I had to go on my way.  
I thanked him for the lovely visit,  
But I really couldn't stay.  
He reached out and touched my arm  
And said, "he enjoyed it too.  
Could we possibly meet again real soon?"  
And I thought "what should I do?"  
I finally decided I would take a chance  
And share coffee the very next day.  
So now here I am, walking to town  
And hiding my nerves from display.  
I suddenly realize that it's the First of April  
And I could possibly be a Fool!  
Is this all a joke and I am being tricked?  
That would be unfair and not cool.  
I walk in the door and look in every booth.  
Were my worries all for naught?  
I thought he seemed nice right from the start.  
But should I have had second thoughts?  
And then out of nowhere, a hand on my shoulder.  
That smile from the "nice man or felon?"  
He says, "this is for you",  
And hands me a nice ripened melon!

## Hats

by Nonie Moody

My family reunion decided to pick up  
the attendance by calling for everyone  
to wear their special hats the following  
year. To our surprise the older ones  
joined in with such excitement and  
anticipation that no one could have  
imagined. It was the hats that they  
made that brought the most fun. You  
see one winner won by turning a colander  
upside down and attaching all the  
measuring spoon and kitchen gadgets  
with a colorful ribbon bow tied under  
my mother's chin. Her sister had a  
bowl decorated to her perfection and  
the two ladies sat side by side and  
giggled, while everyone else snap a  
picture.

## Creation

by Elizabeth B. Bates

Out of the womb of nothing, the large white canvas waiting,  
the hovering brush of the painter begins its fateful journey.  
The sky so blue like a jewel, with drifting clouds of white,  
the mountains gray in the distance, so many birds in flight.  
The painter backs away and stares. What should the land look like?  
A small brown wood in the field? A house with a barn so red?  
A marsh with water green? Or a small white church instead?  
The painter goes back to his work. Creation is heavenly done.  
The painting is only a mirror of all that surrounds us as one.

*What you write and leave behind will  
always dwell in people's minds! -W.A. Mogk*

## Honoring Frank's Service

Give a little, honor a veteran. Join with your fellow People Plus members to honor Frank Connors with a granite stone marker in the veteran war plaza being planned for installation in downtown Brunswick! Each veteran granite marker stone is \$250. Help us honor Frank as he retires with a marker stone that will bear his name and dates he served in Vietnam. If we all put in a few dollars it should be no trouble to come up with the money to honor Frank Connors for his service to our country and his service to People Plus!



# May is Blooming at People Plus!



Richard (left) and Cory (right) of the Wednesday Hiker/Bikers met with Sluggo of the Portland Sea Dogs at the library. (that's Sluggo in the middle) Talk is there will be a Sea Dog trip or two planned for People Plus members this summer.

## Lunch & Connections

### “Pig in a bag,” mud for dessert?

Join us Thursday, May 16, when our monthly luncheon features roast pork, mashed potatoes and gravy, Frank's famous applesauce, and yellow squash casserole. “Spring's finally here,” noted chef Frank Connors, “It's okay to start packing on a few extra carbs again!”

There will be a fresh and green, lightly-dressed garden salad for everyone, with coffee (regular and decaf) hot herb teas, fruit juices and milk available with each meal, and chilled water is always waiting on each table. Our fresh bread this month comes from our neighbor at Union Street Bakery, and our dessert will be a homemade and delicious, cookie/pudding concoction Gladys likes to call “May mud!”

Our Lunch & Connections luncheons are underwritten each month by our great friends at Spectrum Generations, and are designed to focus on nutrition, information, fun, and variety. A CHANS

home-healthcare professional is always available to offer and record blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids is waiting in a quiet corner of the Teen Center to offer free hearing examinations.

Please remember to pre-register after the first of each month to be included, as seating is limited to the first 68 folks who sign up. Do plan to arrive after 11:15 a.m. to claim your favorite seat and say “hi” to your friends. Plan to register to win one of our free door prizes, and to purchase a string of our 50/50 raffle tickets. (Last month's winner received \$36, and used it to buy dinners for his table THIS month!)

Cost of our meal is still only \$6 for members and \$8.50 for non-members, payable when you arrive at our doors. Yes, you can pre-order a takeout and pick it up after 1 pm.

Our buffet-styled meal is served beginning at 12 noon.

## Art With Connie Bailey

### Openings in Thursday Class!

Thursdays, 10 am – 12 pm. Come check it out - there is space in this popular art class!

### Swing Dance is Back!

Sunday, May 12, 6-8 pm

### “CLYNK” is solid fundraiser, one nickel at a time

Perhaps you didn't know you can save your returnable bottles and cans to benefit the People Plus Center. The “CLYNK” returnable program, sponsored by Hannaford Supermarkets and endorsed by the Center, is one of those “under the radar things we do,” that benefits both the Center and our community.

Green “CLYNK” bags, pre-barcode with the Center's unit numbers, are always available at our information desk. You need only to fill the bag with your returnables, scan and drop it at the store when you next shop, and the Center receives credit for the accumulated deposits. Thank you for recycling, and thank you for supporting your Center.

Call 729-0757 to register for classes & events.

## Spectrum Generations Medicare 101 Session

Tue, May 14, 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.



### Collette Trip Talk: Tiptoe Thru the Tulips on a River Cruise!

Wed, May, 22, 3 pm. Savor springtime in Holland and Belgium with a 7-night cruise March 31-April 8, 2020 that highlights the blooming Dutch tulip fields. Experience Kinderdijk, home to Holland's largest collection of Windmills; explore “Liebfrauenkirche,” Belgium's largest Gothic church; return to medieval times during a walking tour of Bruges; dock in Middelburg, known as “the monumental city”; travel to Arnhem, the favorite summer retreat of the Dutch royal family; set out on a city tour of Amsterdam; visit a local cheese farm for a tasting and celebrate your journey during a farewell dinner and folklore show in Amsterdam. Highlights also include Ghent, Antwerp, and Keukenhof Gardens. Come learn all about this wonderful cruise. Free, open to the public. Call to register.



### Reduced Price Hair Cuts for Seniors

Fridays, May 3 & 10, 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!

Calendar grid for People Plus activities from Sun to Fri, including events like 'People Plus in the Media', 'People Plus Hours', 'Cribbage', 'Table Tennis', 'Yoga', 'Dance', etc.

## Center Stage Players Present: “Life Choices”

### It's a strike!

Wed, May 15, 2:30 pm. Come join the Center Stage Players for an hour-long, unique collection of skits, monologues and musical parodies. “Life Choices” turns everyday situations into dramatic and sometimes humorous life lessons. With the abundance of material things, choice can be overwhelming at the local supermarket and coffee shop, as in George Phipps' “To Go” and Phyllis Blackstone's “Quandary”.

Come bowling with us on Fridays at Bolos in downtown Brunswick! People Plus is starting a candlepin bowling league! Want to come play a game of bowling or just hang out for lunch? Join us at Bolos, 11:30 to 1 on Fridays starting May 10. \$8 for shoes and bowling and \$7 will buy you lunch with a choice of burrito or taco special. That's \$15 for both bowling and lunch. Sign up at the desk if you're interested! If we get enough people signed up will print fun, fancy T-shirts for the league.



Volunteer Transportation Network Driver Appreciation Coffee is Thursday, May 30, at 10 am.

Brunswick Area Student Aid Fund logo and photo of James Tierney.

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

Visit www.studentaidfund.org. Donations may be sent to: Brunswick Area Student Aid Fund, P.O. Box 867, Brunswick, ME 04011

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## Freeport singers to perform African music

The Greater Freeport Community Chorus will present “Missa Kenya and Songs Inspired by Africa” in concerts May 4 and 5 in Brunswick and Yarmouth. The 75-voice chorus will perform at 7 p.m. Saturday, May 4, at the Brunswick United Methodist Church, 320 Church Road, and 2:30 p.m. Sunday, May 5, at Sacred Heart Church, 326 Main St., Yarmouth. The group is directed by Virgil Bozeman IV and accompanied by pianist Kellie Moody.

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## Don't forget Mother's Day on Sunday, May 12th!

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**The winner is.....!** Peter Maher of Harpswell won the canoe raffle to benefit the Brunswick Area Teen Center. The canoe was hand-crafted by Brunswick boat-builder Charles "Chuck" Rooney, who donated it to for the Gelato Fiasco Scoop-a-thon on April 24th.

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APRIL—MAY 2019

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

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

Learn more at [www.curtislibrary.com/food](http://www.curtislibrary.com/food)



**10 Tips to Save You \$**

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

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!



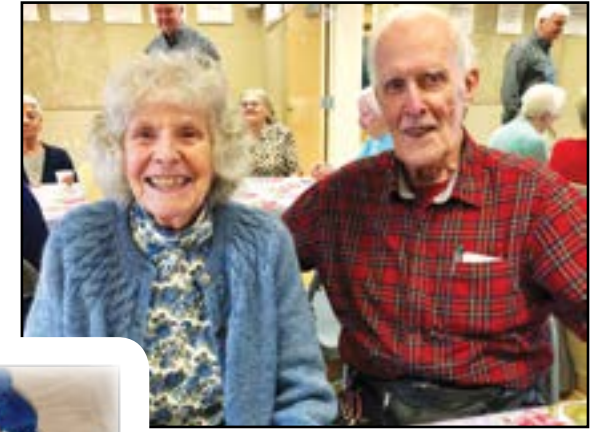
**BRUNSWICK AREA Respite Care**



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



**"Patting" PAT!** Members and friends gathered at the Center on April 25 to honor their friend -our receptionist- Pat Naberezny, who has retired and is moving to Ohio.

**"May" you have a clean home with...**

**chicks DO chores**  
(AND SOMETIMES CHUCK) So you don't have to!

- WE'LL TACKLE YOUR TO-DO LIST!
- ★ ATTICS - BASEMENTS - DECKS - FENCES - GARAGES - GARDENS - OFFICES - YARDS etc.
  - ★ CLEAN - CLEAR-OUT - FILE - DUMPSTONS - LABEL - MOVE - MULES - PAINT - RAKE - SPLIT/STACK WOOD - TRIM - WEED etc.
  - ★ RUN ERRANDS FOR YOU OR WITH YOU!
- MARY ELLEN ROSENBERG - OWNER  
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[www.chicksdochores.com](http://www.chicksdochores.com)

**Changing your perception on health care**

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

**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

**LUCILLE STOTT: SAVING THOREAU'S BIRTHPLACE**

SUNDAY, MAY 5, 2:00 PM

**AUTHOR TALK AND BOOK SIGNING**

Date: Sunday, May 5, 2019  
Time: 2:00-3:30 pm

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

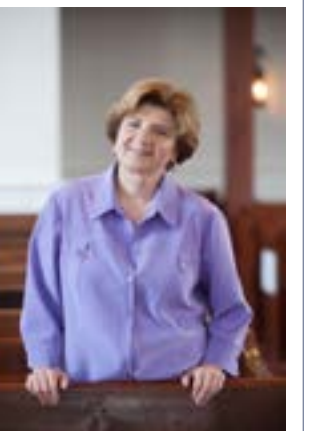
Free refreshments provided.

Copies of the author's books will be available for purchase and signing.



**Saving Thoreau's Birthplace**  
How Citizens Rallied to Bring Henry Out of the Woods

Lucille Stott



**SAVING THOREAU'S BIRTHPLACE. HOW CITIZENS RALLIED TO BRING HENRY OUT OF THE WOODS**

Lucille Stott, former president of Thoreau Farm Trust and former editor of *The Concord Journal*, presents her new book, "Saving Thoreau's Birthplace: How Citizens Rallied to Bring Henry Out of the Woods," a story of citizens who joined forces and worked through their differences to prevent a cultural landmark from being lost forever.





# Music in April

## Thank You!

to our sponsors, contributors, volunteers, and participants for making this year's *Music In April* fundraising gala the best ever, raising over **\$60,000!**



**ROUSSEAU MANAGEMENT**  
Skilled and Assisted Living in Midcoast Maine



[www.rmimaine.com](http://www.rmimaine.com)



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(207) 725-5801



24 Maurice Dr, Brunswick  
(207) 725-4379



142 Neptune Dr, Brunswick  
(207) 725-9444



29 Maurice Dr, Brunswick  
(207) 725-7495

*We take your loved ones comfort and health to heart.*

## Grand & Glorious Yard Sale

Mid Coast Hospital Auxiliary yard sale is comprised of three unique shops located at **Merrymeeting Plaza**, 147 Bath Road in Brunswick.

### 3 ways to be part of the fun!

#### 1. Donate

**Drop Off Your "Good Goods"**  
9 a.m. to NOON, Saturdays & Wednesdays, March 9-May 11  
Merrymeeting Plaza, 147 Bath Road in Brunswick  
(between Pet Smart and Bed, Bath & Beyond)  
For pick-up of home furnishings, call (207) 373-6015.

#### 2. Take a Sneak Peek

**Come to the Preview Party, Friday, May 17, 5-7:30 p.m.**  
Get first dibs on purchasing. \$20 per ticket in advance (\$25 per ticket at the door). Advance tickets are available until 5 p.m. May 15, at Mid Coast Hospital's Gift Shop, Gulf of Maine Books in Brunswick, and Now You're Cooking in Bath.

#### 3. Find a Treasure

**Saturday, May 18, 9 a.m.-3 p.m.**  
**and Sunday, May 19, 9 a.m.-NOON**  
Admission is **FREE**. Proceeds will benefit Health Career Scholarship and vital Mid Coast Hospital projects.



**MID COAST HOSPITAL**  
*Auxiliary*

[WWW.MIDCOASTHEALTH.COM/AUXILIARY](http://WWW.MIDCOASTHEALTH.COM/AUXILIARY)



# BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

## Thank You!

to **Gelato Fiasco**, **Portland Pie Co.**, **Cool as a Moose**, and our sponsors, volunteers, entertainers, scoopers & participants for making this year's **Gelato Fiasco Brunswick Area Teen Center Scoop-a-thon** fundraiser the best ever, raising over **\$12,000!**



## Your Solution for Pain Treatment

**Mid Coast Medical Group-Physiatry & Pain Management** offers evaluation and treatment of muscle, bone, and joint conditions to improve function and relieve pain from injuries and impairments. Whether your pain is chronic or acute, we work together with you and our team of specialists to find solutions focused on improving your quality of life.

**We offer the most advanced pain treatment options:**

- Trigger point injections and dry needling
- Joint and epidural injections
- Radio-frequency lesioning
- Nerve blocks
- Spinal cord stimulation
- Referrals and co-management with other specialists



**MID COAST MEDICAL GROUP**  
Physiatry & Pain Management

81 MEDICAL CENTER DRIVE, SUITE 2700, BRUNSWICK  
[WWW.MIDCOASTHEALTH.COM/MCMG](http://WWW.MIDCOASTHEALTH.COM/MCMG)



# Maine State Music Theatre Looks Toward 61st Summer Season with Teaser Tuesdays

In preparation for their 61st summer season at the Pickard Theater, Maine State Music Theatre will host three special "Teaser Tuesdays" on May 7, 14, and 21 at Brunswick's Curtis Memorial Library. Each screening will include a free showing of three movie versions of their main stage shows. Screenings start at 6 pm and take place in the Morrell Meeting Room. Film Fridays are free and open to the public.

The 1950 Disney film version of Treasure Island will be shown on May 7. The film follows Robert Louis Stevenson's classic 1883 novel of the treasure seeking adventures of Jim Hawkins (Bobby Driscoll) and Long John Silver (Robert Newton). With swashbuckling pirates and hidden treasure, this film is Disney's first completely live-action film.

The 1960 version of Hello, Dolly! will be shown on May 14. The film follows a headstrong matchmaker, Dolly Levi (Barbara Streisand) as she finds a match for "half-a-millionaire" Horace Vandergelder

(Walter Matthau). The film, directed by Gene Kelly, won three Oscars for Best Art Direction, Best Score of a Musical Picture and Best Sound.

The 1939 version of The Wizard of Oz (celebrating its 80th anniversary) will be screened on May 21. This American musical-fantasy is considered to be one of the greatest films in cinema history. Starring Judy Garland as Dorothy Gale, the story follows her whimsical adventure through Oz with help from the Scarecrow (Ray Bolger), the Tinman (Jack Haley), the Cowardly Lion (Bert Lahr) and her dog, Toto.

Each film showing will be followed by a talk-back with MSMT Artistic Director Curt Dale Clark, who will discuss how the films compare to the stage versions that will be seen on the Pickard Theater stage this summer.

For more information on these programs please call the MSMT box office at (207) 725-8769 or visit [www.msmt.org](http://www.msmt.org)

## In Others' Words...

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 35 Union St, Brunswick, ME 04011 or [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

"..... a special, local resource!"

My name is Art Treffry, and I'm a resident of Brunswick. I am also a current member of People Plus, a senior community and teen center in Brunswick. I am writing to declare that I have participated regularly each week in three separate activities—Bridge, Table Tennis and Tai Chi—during the last six and a half years.

I am absolutely convinced that People Plus has positively contributed to making its members and the greater regional Brunswick population so much enriched, rewarded and well served as a result of its presence at 35 Union Street.

Not only does People Plus offer the programs that I cited earlier, but they offer Zumba, and Yoga as well as art and writing. During the earlier winter months, the Center hosts AARP Tax Preparers to help scheduled tax payers fill out their forms. During the summer, student musicians affiliated with the Bowdoin International Music Festival often play music at the People Plus Center.

The Center also provides a Volunteer Transportation Network with a staff coordinator that matches drivers with riders who need rides to appointments or the grocery store (as examples.) I take advantage of this offering. Occasionally, there will be lectures for the regional public to attend. I have gone to hear free lectures on preventing falls, on the history of Tea in China, and DNA.

The Center is also combined with Spectrum Generations. This organization has a Meals on Wheels program.

People Plus is a special and local resource in Brunswick, and it deserves our full and continuing support.

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.

**Greater Weight of Evidence** by James H.K. Bruner. Port Talbot is a tourist trap on the southern coast of Maine. The wealth and pedigree of the summer folk is legendary with their cottages on the rocky bluffs. The traffic snarls around the cedar-shingled shops in the port, bringing things to a standstill. The chief of police chooses David "Digger" Davenport, the son of one of the richest summer families, to be the bicycle cop. His summer of peddling starts as it should, breaking up traffic jams. Along the way he meets "the Virginians", gorgeous coeds, when they cause a traffic jam in their yellow VW bug convertible.

Annie, one of the Virginians, a waitress at the Brigantine Hotel, is found dead on the beach. Quickly a suspect is arrested: a black bellhop. Port Talbot is thrown into turmoil and only Digger works through it all to find the real murder.

**The Winter House** by Joan MacCracken (Maine author.) What does an older woman do when she finds herself alone in her later years? Will she live by herself for the rest of her life? Will she look for another husband or partner, or move in with her children? The Winter House presents a creative alternative of four single women mostly in their 60s and 70 who share a home around Bangor, Maine.

**A Cold Red Sunrise** by Stuart M. Kaminsky. A Moscow cop is left out in the cold. When forced to choose between the law and the party line, Police Inspector Porfiry Rostnikov has a disturbing tendency to fight for justice, and that has won him no friends at the Kremlin. Now his enemies have arranged a transfer to a backwater department deep into Siberia.

Please send comments to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org) A corrupt commissar has been

stabbed through the eye with an icicle should be a top priority, but Rostnikov gets the distinct impression that the powers-that-be would prefer this case go unsolved—and that Rostnikov not survive this Siberian winter.

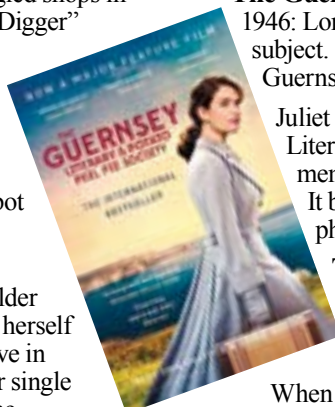
**The Guernsey Literary and Potato Peel Society** by Shaffer and Barrows. January 1946: London is emerging WWII, and writer Juliet Ashton is looking for her next book subject. she finds it in a letter from a man she's never met, a native of the island of Guernsey, who has come across her name written inside a book by Charles Lamb. . . .

Juliet is drawn into the world of this man and his friends—and The Guernsey Literary and Potato Peel Pie Society—born as a spur-of-the-moment alibi when its members were discovered breaking curfew by the Germans occupying their island. It boasts a charming, funny, deeply human cast of characters, from pig farmers to phrenologists, literature lovers all. True story.

**The Elephant Company** by Vicki Constantine Croke. In 1920, Billy Williams came to colonial Burma as a "forest man" for a British teak company. Mesmerized by the intelligence and character of the great animals who hauled logs through the jungle, he became a gifted "elephant wallah."

When Japanese forces invaded Burma in 1942, Williams joined the elite British Force 136 and operated behind enemy lines. His war elephants carried supplies, helped build bridges, and transported the sick and elderly over treacherous mountain terrain. Occupying authorities put a price on his head. Williams, and his Elephant Company, cornered by the enemy, make a desperate escape over the mountainous border to India, with a bedraggled group of refugees in tow. Part biography, part war epic that illuminates a little-known chapter in wartime heroism.

## Books A La Carte



## 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](http://www.funeralalternatives.net)

# 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:

#### Walk with a Doc

Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels, elevate your mood, and reduce your risk of osteoporosis, cancer, and diabetes. Join doctors and others looking to improve their health at this weekly gathering.



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

MID COAST Center for Community Health & Wellness

[WWW.MIDCOASTHEALTH.COM/WELLNESS](http://WWW.MIDCOASTHEALTH.COM/WELLNESS)  
329 MAINE STREET-SOUTH ENTRANCE, BRUNSWICK

## May Calendar of Events

**WOMEN'S PELVIC HEALTH SERIES Pelvic Health Exercises** with Ruth E. Macy, PT, DPT  
A FREE monthly education series focusing on topics of concern to every woman.  
May 1 from 5-6 p.m.

**WALK WITH A DOC**  
Join Kristin Jhamb, MD, Jennifer Riehl, MD and others looking to improve their health at this weekly gathering.  
Every Wednesday from 12:15-12:45 p.m.  
Topsham Internal Medicine, One Wellness Way, Topsham

**OUNCE OF PREVENTION Alcohol and Aging** with Tom Kivler, LCPC, CCS  
Sponsored by Mid Coast Senior Health, this FREE series provides education about important senior health topics.  
May 8 from 3-4 p.m.  
Thornton Oaks, 25 Thornton Way, Brunswick

**FAMILY & FRIENDS CPR**  
This Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillators (AED) class focuses on adult, child, and infant resuscitation. It is designed for community members who want to learn CPR but do not need a certification card.  
May 13 from 5:30-8 p.m.

**FOOD FOR HEALTH The Impact of Diet and Lifestyle on Congestive Heart Failure** with Timothy R. Howe, MD  
A FREE plant-based cooking and education series.  
May 14 from 6:30-8 p.m.

**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.  
May 20 from 8:30 a.m.-4:30 p.m.  
Bath Parks & Recreation, 4 Sheridan Road, Bath

**HEALTH WITHIN REACH Exercise IS Medicine**  
with Eric Gosselin, DPT, OCS, ATC/L, CSCS  
FREE ongoing series of talks, classes, demonstrations, and healthy lifestyle options.  
May 22 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



### TEEN OF THE MONTH: Olivia Mansfield

Olivia Mansfield is in 7th grade and is home schooled. Olivia has been attending the Teen Center program for about 2 years now (as well as her two sisters). Her favorite things about the program are "the opportunity to socialize with other kids" and she really likes the staff and says "they are fun, goofy and nice to hang out with!" Olivia has blossomed since she first starting coming to the TC, interacting much more with the other kids and staff, working on her social skills! Olivia is one of the few kids who never spends any time on electronics while she is at the TC!! We really enjoy having her with us! Off to the movies she goes!



### Brunswick Area Teen Center

# Rain, Rain Go Away!

Hey, it's May! It's springtime!!!! Due to our earlier publishing deadline, as I write, it isn't quite here yet, but it will be by the time you are reading this! Also not here yet, as I write, is the Scoop-a-thon and the end of the Canoe Raffle! That means there will be a lot to report next month! May will be recuperation month for me, and I dare say, all PP staff! Events, events and more events have kept us really busy for the past couple months or so!

We have been keeping the kids busy as well, delivering scoop-a-thon posters around town with some of our staff and working as servers at this year's Music In April event and we were also able to have one of our teens join us for our presentation to the United Way in April. The kids have been eager to help out and have been doing a great job! (There was actually one teen sitting out in front of Shaws for 3 hours with volunteer Carol Israel selling canoe raffle tickets- and another teen all

afternoon and evening, brrrr) I am going to go recuperate somewhere warm with a beach and sunshine in May (my annual winter? vacation!). For the first time I will be able to leave without being consumed with guilt that we had to close the Teen Program while I was gone, because we can leave it open this year thanks to being well staffed!!!!!!

We noticed our first slight drop off in attendance in quite a while as school sports practices have begun! Quite a few kids are doing track which is great because they have a lot of energy to get out of their systems!!!! Meanwhile we still have plenty of kids keeping us hopping. Favorite activities continue to be playing dodgeball and also having our staff member Melissa do yoga with them! Of course, the computers and game systems are a daily favorite!

In the past few days the weather report for Scoop-a-thon day has gone from no rain to lots of rain ☹️. This would mean the third year in a row of arming kids with umbrellas for our annual walk down to the event, donning raincoats and stepping in plenty of puddles along the way!

Sigh...well, rain or not, still lots to do to get ready! I know lots of you will stop by on Wednesday anyways (thank you!) and well, I guess I will fill the rest of you in next month!

Happy Spring!  
Jordan and The Gang!

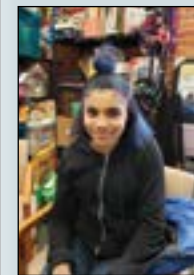
### Teen Center News

Jordan Cardone



### MOST IMPROVED TEEN: Serfine Carrigan

Serfine Carrigan is in 8th grade at BJH and has been coming to the Teen Center for most of the school year. Serfine has improved both her attitude and behavior since she began coming to the Teen program and says coming here is helping her do better at school and overall since she knows after school she can see her friends and get her energy out! Her favorite things about the Teen Center are hanging out with friends and "not having to go home and hang out with the exact same people every day". Keep up the good work Serfine and enjoy the movies!



### GO DRAGONS! A BUCK - A GAME!

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

### UUCB CONCERTS FOR A CAUSE

PRESENTS

## Denny Breau Trio

Sat, May 11  
7:30 pm

UU Church of Brunswick  
1 Middle Street

✦ A consummate picker, evocative songwriter, and a singer with a warm and inviting voice... mxing genres with ease: folk, Delta blues, country and jazz ✦



\$12, \$15 at Door, \$5 Students/Children

Available at the Church Office, Gulf of Maine Books or online at <http://breau.brownpapertickets.com>.

Two-thirds of the proceeds go directly to the *Gathering Place* and the *Brunswick Teen Center*.

MYT PRESENTS MAINE'S PREMIERE  
ROAD DAHL'S **Matilda** THE MUSICAL

May 2, 3 & 4 at 7 PM  
May 4 & 5 at 2 PM

[www.midcoastyouththeater.org](http://www.midcoastyouththeater.org)

Midcoast Youth Theater (MYT) is proud to announce their spring show and Maine's PREMIERE of Roald Dahl's *Matilda* the Musical based on Roald Dahl's classic children's book of the same name. It has a cast of over 100 and will be performed at Crooker Theater at Brunswick High School May 2-5. Shows will be at 7:00 PM on Thursday, Friday, and Saturday and 2:00 PM on Saturday and Sunday. Tickets are available in advance online and at the door (subject to availability) for \$15 for adults, \$13 for seniors/students and \$5 for children under 5, but Jill has tickets for sale at People Plus for \$10 each or visit [www.midcoastyouththeater.org](http://www.midcoastyouththeater.org). MYT thanks its generous show sponsors Goodwin Motor Group, Hope Homes and Mainely Construction Rentals.

## MAINE STREET TAXI

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Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center  
35 Union St, Suite 1, Brunswick, ME 04011  
207-729-0475 | [www.spectrumgenerations.org](http://www.spectrumgenerations.org)

May 2019

### May is a busy, but important month!



Every May, the Administration for Community Living leads our nation's observance of **Older Americans Month**. The 2019 theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. To get involved with volunteering, contact

May is also **Stroke Awareness Month** and we'd like to remind you to act **FAST** at the first sign of a stroke:

- **Face** - By asking the person to smile you can tell immediately if one side of the face droops.
- **Arm** - Ask the person to raise both arms. Observe to see if one arm drifts lower than the other.
- **Speech** - Slurred speech is a symptom of stroke. Ask the person to repeat a single sentence.
- **Time** - Call 911-Fast. Time may be the difference between life and death or even partial and full recovery.

### 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 including Meals on Wheels, will take place on **Friday, June 21**, at the Brunswick Golf Club. Spend the day on the course (1:00p.m. tee-time) 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 620-1677 or email [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org) or for more information.



### Immediate Openings in our Adult Day programs



Our Adult Day and Community Support Services offer supervised care with a wide range of activities and daily living skills to help grow and maintain your health, wellness, nutrition, and social well-being.

The flexibility of our program allows you to come when you want and stay for your desired amount of time. A division of Spectrum Generations, call today for more information 620.1193

11th Annual  
**HEALTHY AGING EXPO**

Friday, June 7 from 9:00 a.m.—2:00 p.m.

Cohen Community Center  
22 Town Farm Road  
Hallowell, Maine 04347

Plan to join us for an informative day filled with resources for baby boomers, active agers, retirees, and caregivers

Preventative approaches to a healthier life

Fun and relaxation tips for good mental health

Admission is FREE



### Living Well for Better Health

This 6-week program is designed to help those with chronic or long-term health conditions learn new strategies. Participants report improved symptom management, communication with physicians, self-efficacy, physical activity and general health.

Depending on your location, you can choose from two offerings!

**People Plus:** 35 Union Street, Brunswick  
Mondays, 1:30—4:00 p.m.  
April 22 through June 3

**Golden Oldies:** 314 Front Street, Richmond  
Tuesdays, 9:00-11:30  
June 25 through July 30

### A Matter of Balance: Managing Concerns About Falls

This 8-week structured group emphasizes practical strategies to reduce the fear of falling. Participants will learn how to view falls and fearing of falling as controllable, set realistic goals to increase activity level and change their environment to reduce the risk of falling.

**People Plus:** 35 Union Street, Brunswick  
Mondays, 1:30-3:30  
August 5 - September 30

FMI contact [healthylivingforme.org](http://healthylivingforme.org) or call 1-800-620-6036

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



**Grade "A" Greeters!** Volunteers June Austin, Doris Nieman, Betty Bavor and Gladys Szabo were busy checking in guests at the Music in April gala held last month at the Brunswick Recreation Department.

## New/renewing members for April

\* indicates new membership  
\* indicates donation made with membership

### Lifetime Member

Barbara Desmarais, Brunswick

### Brunswick

Betty Basinet  
Francis J. Bigelow  
Nan Bigelow  
Frank Broadbent  
Marlene Budd  
Kathy Carter  
Beth Compton  
John D. Cooke  
Nancy Desjardins  
Suzanne Hand  
Cynthia Hennessey  
Greg Hudak

Danny L. James  
Judith Johanson  
Audrey Keating  
Jack Kennedy  
Sue Kennedy  
Ann Kimmage  
Dennis Kimmage  
Paul Krakauske  
Marge Leeman  
Stephanie Leo  
Jane Longerbeam  
Patricia McReynolds  
Vivian Merritt  
Marguerite Miller  
Peggy Muir  
Paulette Oboyski  
George Phipps  
Lauralee Poutree  
Deborah Price  
George Quittmeyer

Jo Anne Quittmeyer  
Jerry Reese  
Janice Rigazio  
Priscilla Smith  
Brenda Sullivan  
Gladys Szabo  
Freda Taylor  
Robert Taylor  
Mary Alice Treworgy  
Jean Triggiani  
Jean Turner  
Donald Whittemore  
Sally Whittemore

### Harpwell

Elna Hunter  
Linda May Lawler  
Pamalee Labbe  
William Labbe

### Topsham

Elizabeth "Betty" Bavor  
Garth Duff  
Pamela Duff  
Mary Gammon  
Marjorie Hart  
Joyce A. Munier  
Carmella Pellerin  
Marie Anita Philippon  
Alice Ponziani  
Patricia A. Johnson

### Other places

Joseph Aquir, \* Nantucket, Mass.  
Jonathan Edgerton, Bowdoin  
Stacy Frizzle, Bowdoin  
Jeffrey Lauder, Bowdoinham  
Marilyn Moores, Bradford, Me.  
Nancy Power, \* S. Gardiner

**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)

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

OFFICE USE:  Accounting  Data  Membership Card Sent

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

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

Senior Companion and Personal Care Services  
1 to 24 hours  
Yarmouth, Freeport, Cumberland, Falmouth  
729-0991



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

# Different ways to remember

I try not to get into a "funk" this time of year, and I find myself wondering if other veterans may get some of these same feelings around Memorial Day. My service was short and a half century ago, but I wonder if my list of guys I remember who deserve recognition on Memorial Day is perhaps longer than most.

My dad heads that list, of course, and my Uncle Frank. Both these men were casualties of the "big war," the last one we won. My list of guys from Vietnam, ("my" war,) deserving recognition includes first names, nick names, whole names...vague, fleeting faces for some, intimate memories of others. It would be a long, depressing list if I wrote them all down. It amazes me that after fifty years, certain dates, special smells, different words, will still insert images of my old comrades into my mind's eye. I accepted years ago that this will never stop, and years ago, I decided that is okay.

We have three Sentinel Cedars in our yard on Gurnet Road, my son Miles and I planted them in a little cluster years ago, when our Navy Veteran Norman was still alive. I've named those trees Jesse, Bobbie and Don,

and I moved away, just because it joys me to acknowledge the service of some 350 hometown heroes. Last season I carried two of my grandboys along for some of that distribution, it's important to me that they hear some of the same stories I once told my kids.

Three years ago, Grandboys Silas and I rode a firetruck in the Brunswick-Topsham Memorial Day parade, and last year we did the parade in a police cruiser! This year I'll

be "hossing them along" on their own personal sully, and there's a rumor that Jadon may join us! I plan for it to be a "grand day with Bump," not a sad, empty time for remembering gray, dirty faces.

And now, along comes Brunswick, planning to install a Veteran's Plaza. Good for you, Brunswick! Word is that if donations keep coming in, there could be a ground breaking THIS Memorial Day, with a dedication in the fall, next Veteran's Day! Wouldn't that be GREAT?

The plaza will guard the eastern end of our town's Mall, and mark very nearly the busy epicenter of our village. The project is intended to honor ALL veterans of ALL military branches of ALL wars, and would realize a decade old dream of local visionaries like William "Chick" Ciciotte, and Gilbert "Gil" Ormsby. The peace-filled,

## Speaking Frankly

Frank Connors



tree-shaded, oval plaza would incorporate the existing veteran's monument existing on the Mall, and would add flag stations, seats, and a dozen tablets specifically honoring veterans from every conflict that required local sacrifices from local residents, beginning with the American Revolution.

A private effort to raise \$250,000 will fund the Veteran's Plaza project. I'm told more than a third of that amount is already in the bank, and solicitations are on-going. "Boss" Stacy tells me this one time, it's okay for me to use my pulpit to plug a cause. If you are looking for a place to put money into a great cause, I'm saying this is it! Some 300 granite "Honor Blocks" are being sold as part of the project, and that's where my boys and my memories come in. Jane and I intend to buy an Honor Block (or two?) the question is, who gets their name on the stone?

(For more information, visit the project website: veteransplaza.info.org.)

## Connors' books available

Missing Frank Connors already? We're quick to acknowledge that a part of his "legacy" to the Center will be the writing of his columns, editing newspapers, and always ready and willing to throw in his "Two Cents" to anyone willing to listen!

We have a good supply of his first book, Speaking

Frankly, published first in 2013 and re-released in 2015, and Stones and Stories, published in 2018. Both books are loaded with his published essays, art work by John Gable, and are suitable for libraries of any size. Both are for sale at the Center for \$15 each, and remember, all proceeds benefit the Center.



**Page Monuments**

207-729-9936 • pagemonuments.com  
204 Bath Road • Brunswick, Maine 04011



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



## Help Wanted

### Frank is Retiring! Again?

Want to join the team at People Plus? Are you a friendly, outgoing person, looking for meaningful, part-time work?

Do you have a knack for leading social trips, editing a world-class newsletter, cooking meals and working with people? YOU could be a part of the "team" we're putting together to replace him! Strong writing skills are required! Contact Stacy Frizzle at the Center or email [director@peopleplusmaine.org](mailto:director@peopleplusmaine.org).

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

**Linda's Hair Salon**  
Water Street Towers  
Brunswick

Perms & Senior Specials  
call us for Mother's Day!

(207) 729-5254  
Home: (207) 375-9541

Don't Miss the 46th Annual...  
**Bowdoinham Library**  
**PLANT SALE**

Saturday, May 18th  
Bowdoinham Town Hall  
9:00-4:00

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or e-mail [kcutko@bowdoinham.lib.me.us](mailto:kcutko@bowdoinham.lib.me.us)



Taking Root Plant Sale

# Benefit Plant Sale set

The eighth annual **Taking Root Plant Sale** will be on Saturday, June 1, from 9 a.m until 1 p.m, on the grounds of the Masonic Hall at 65 Baribeau Drive, Brunswick.

This sale is a major annual benefit for the Brunswick-Topsham Land Trust's Tom Settlemire Community Garden, which includes the MCHPP Common Good Garden, where fresh produce and vegetables are produced for the Mid Coast Hunger Prevention Program. The sale features a great selection of perennial and annual sets, vegetable seedlings, trees and shrubs.

Donations of local garden perennials potted for resale are greatly appreciated. If you can donate any plants or want to volunteer to help at the sale, please contact us at [plantsale@btl.org](mailto:plantsale@btl.org).



**Lunch out!**  
May 14th, 11:30 am

**TASTE of MAINE RESTAURANT**  
Whole Seafood & Cakes

161 Main St, Woolwich

Sign up for the car pool!

## Weekly Winners

**Senior intermediate Cribbage**

Mar. 20: Lorraine LaRoche, 720  
Mike Linkovich, 710  
George Hardin, 695

Mar. 27: Joe Tonely, 717  
Rollande Fortin, 715  
Lois Fournier, 710

April 3: Julie Swol, 726, Perfect Game!  
Rollande Fortin, 699  
Joseph Tonely, 687

April 10: Joseph Tonely, 713  
Anita Owens, 701

**Senior Bridge**

Mar. 25: Terry Law, 3,930  
Woody Townsend, 3,420  
Anne Brautigam, 2,960

Mar. 29: Lorraine LaRoche, 3,270  
Sherry Watson, 2,960

April 1: David Bracy, 4,670  
Art Trefley, 4,110  
Bob Cressey, 3,560

April 5: John Rich, 4,400  
Sherry Watson, 3,380

April 8: Terry Law, 4,080  
Richard Totten, 3,020

April 12: Woody Townsend, 3,340  
John Rich, 3,040

April 15: Steve Garde, 4,270  
David Bracy, 3,770

April 19: Jeff Lauder, 2,980  
Judy Feimer, 2,820

# Café Gallery has Encore Student show



Connie Bailey's art classes are now available two days each week, (Tuesday & Thursday mornings) and students from both classes are offering collected original artwork for display through June in the Union Street Gallery of People Plus. This multi-media exhibition features more than two dozen works by the student artists of People Plus, and is a show that usually generates considerable interest around our Center.

Artist invited to exhibit include Beth Aldenberg, Lorraine Berte, Alison Coffin, Sandra Cox, Jenn Haskins, Karen Guistra, Tony and Myrtle LaCroix, Mary Maverick,

Marsha Mogk, Richard Nickerson, Ralph Palmer, Nancy Pantaz, Valerie Robbins, Ann Sanfasin and Al Tyrol.

Bailey's mixed-media classes have long been a fixture at the Center, with expert instruction in the use of watercolors, watercolor pencils, colored pencils, graphite and charcoal, scratchboard, pen and ink, pastels and pastel chalks. Bailey explains that her "mission" is expose her students to "the several major and popular forms of artistic expression," during the typical class cycle, to encourage her students to practice in some or all of the mediums, and finally to work in the

mediums where they feel the most comfortable, and capable.

Classes are conducted weekly each Tuesday and Thursday morning, beginning at 10 am, and continue for approximately two hours. June classes often meet outside, weather permitting, and there is usually a student break for the month of August.

Our collected student works are always framed, professionally presented, and are "almost always" offered for sale. The show may be seen free of charge during normal business hours at the People Plus Center, 35 Union Street, in Brunswick.

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