



People Plus
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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

Frank's "final request"

Fiscal successes ahead

Annual fund going up, dues going down

The Annual Fund to support People Plus enters its home stretch "inches away" from success, and Executive Director Stacy Frizzle has accepted a "retiring challenge" that offers members a fundamental change in the collection of annual membership dues.

The annual fund total stood at \$49,843 on May 16, meaning the Center needs to raise slightly more than \$150 before June 30, if it is to once again exceed its annual goal of \$50,000. "It's amazing, it's just wonderful" Frizzle observed, "how our membership, our communities always seem to step up and support the Center!"

This year's annual fund total includes \$2,038 donated to the Center when members paid their dues, according to Office Manager Betsy White. Frizzle said the past year's total

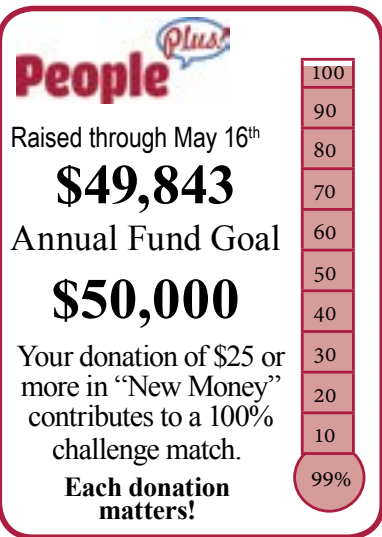
includes several gifts of stock made to the Center, and said "stock gifts" are emerging as a great way for people to support the Center without depleting their cash reserves, "and they don't have to pay the capital gains," Frizzle added. She said four "ladies" had donated stock reserves to the Center in the past year, "maybe this will be the year one of our MALE members comes through," Frizzle said with a smile. "We would love to grow our endowment fund through gifts of stock. They really help secure the future of the organization, and we couldn't do it without our membership!"

Since the Center started collecting annual dues in 2003 (\$10 that year) Frank Connors has had "a hand" in collections, Frizzle said, and costs have increased over the years until current dues are \$40 for Brunswick residents and \$50 for non-residents. "Every time dues were increased," Frizzle said, "Frank was right there to complain. He never questioned the value, he was just worried that each time the cost went up, we were excluding someone from our market, and he has always wanted our Center open to everyone."

"Commencing with the next fiscal year" Frizzle said, "dues will drop to \$30 per year for Brunswick residents and \$35 for members from any other place!" She acknowledged it's been "years" since annual dues were this low, and "this is a real test of Frank's theory!" Connors said he was sure, "hundreds of folks will be in July 1 to pay the new lower prices," and that the Center would continue into the future, fiscally sound. "I know it has to be about the money," Connors said, "but friendships and loyalties are a huge piece of what People Plus is about."



There he goes! After 17 years and lots of fun, Frank Connors is "going through with his threat" to retire. This picture is actually a personal favorite of Frank's, taken by member Bob Dow when the Center was on Noble Street, and Connors was climbing onto a roof to get a "special" picture of the Write On Writers.



Frank's Field Trips:

Hidden treasures of Maine Street

The last field trip before Frank Connors "retires" will be an exciting and interesting walk around downtown Brunswick, scheduled for Wednesday, June 12, leaving the Brunswick Mall (park on the Park Row side) at 10 am. "A little bit different," Connors said of this trip, "leaving the van behind for an up close and personal tour of our town." His list of "places" includes a guided tour of the Artforms screen-printing operation at Cool as a Moose, Wilbur's Chocolates, Bolo's Bowling alley, Maine Street Sweets, the "green" bridge, and 250th Anniversary park. Lunch will be "on your own" at Joshua's Restaurant. Connors has a "Pretty good" collection of vintage downtown photos that he'll share on this trip. Be sure to wear your hiking shoes, bring your walking stick, and please, if YOU have some pictures to share, bring them along.

Cost of this trip is \$6.22 (Frank retires on June 22, so that is the price he "came up with" for this trip.) The first 20 people who register after 9 am, June 3 will get to go. {Frank says he's feeling "too old" to yell directions to a larger crowd than that.}

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.



'Aging Well' Lunch and Learn:

Get Active this summer, Midcoast!

Mon, June 24, 12 pm. Angela Twitchell, Executive Director of the Brunswick Topsham Land Trust, and Celeste Pascarella (RN) of the Mid Coast Center for Health and Wellness, come to the Center on Monday, June 24, at 12-noon, to debut the fantastic new Southern Midcoast Trail Guide. Twitchell will tell us what's new and exciting about local trails and outdoor programs, and Pascarella, who coordinates employee wellness, the Running Start program and the Medical Fitness



program for Mid Coast-Parkview Health, will discuss hiking safety and physical preparedness tips, including proper use of hiking poles, stretches/preparation, and proper footwear.

Bring your lunch and hear all about it, we expect to have some maps and handouts to share. As usual, we'll provide chips, drinks and a dessert. This program is free and open to the public, we hope you'll pre-register by calling 729-0757. You could win a set of hiking poles as a door prize.

"Brunswick to Broadway Bunch"

FYI! Curtain's Up!

Join this year's group of MSMT acting interns and production staff members when they return to the People Plus Center on FRIDAY, June 7, beginning at 12-noon, to serenade with fun songs, interesting interviews, stories and information about the new season.

Be sure to notice this is a special, FRIDAY program! We expect Curt Dale Clark, Artistic Director at the theater to preview the 2019 season, which includes, *Sophisticated Ladies*, *Treasure Island*, *Hello Dolly*, and *The Wizard of Oz*. Clark has called his acting interns, "the heart of our theater," and each intern will be personally introduced.

Of course refreshments will be served, and we hope you'll preregister, 729-0757, as seating is limited. This program is free and open to the public.

Ticket offer is back! Again this season, the Maine State Music Theatre is offering the People Plus Center a main-floor block of tickets to sell at discounted rates to MEMBERS ONLY! This is for the first Friday performance only for \$40. These tickets normally sell for over \$60, and we have only a limited number, and for the first two shows – *Sophisticated Ladies* and *Treasure Island* – only! Purchases should be made at People Plus, are not refundable, and may not be exchanged for other shows. A portion of each ticket purchased is donated to the Center by the theater.



2018 MSMT Interns

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

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

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Saying goodbye to Frank

From the Executive Director

Stacy V. Frizzle



I've been procrastinating writing this column. I don't want to be writing it. And I wish I wasn't writing it.

It's always hard to say goodbye or even just "see you later" to people with whom you've become very close and attached. And having Frank Connors retire is no different, and may be worse!

And not just for those of us who work with him every day on the staff, but for members who come and see him every time you come to People Plus. He's such a huge presence! One of the first things I was told when I got hired at People Plus is that I might struggle "dealing with and managing" Frank Connors. I was told he could be a little stubborn, and perhaps bullheaded, and "likes to do it his way."

I suppose I've seen glimpses of all of those things in Frank over the last eight years, but I've also come to love his stubborn dedication to our members and the traditions of the Center. He has become my alter ego and my "go-to" in so many areas.

He is the face of the Center and his boyish

New England charm can entertain a crowd and turn someone who was disgruntled into "gruntled". And he's comfortable cajoling a fundraising committee or a group of ladies in the kitchen or the guys in the back playing bridge.

Frank is a man of many talents... He is a Renaissance man. He writes exceptionally well in a style that is easily accessible to every day and common place ideas and thoughts; with a very sophisticated sense of humor and self deprecation that makes him incredibly accessible and available to everyone.

His office may look a little unkempt, but I have seen him put his hands instantly on whatever he might be seeking.

And he never forgets a name or a face. He can pull up stories from 60 years ago in junior high school with a guy that's now playing cribbage at the Center and they'll have a good yak about the teacher that they both liked back then when they were still bringing their lunches to school in a pail.

He is a photographer with an innate ability

to capture a moment in time. He's a fantastic cook. And makes good food to feed the masses.

He is generous to a fault, and fiercely devoted to his friends and family. He will go out of his way to keep a tradition alive more than anyone I've ever met.

How do you honor the man who has managed (without trying!) over the last 17 years to represent an entire organization? He IS the face of People Plus. And he is certainly the heart and soul of the Center.

So rather than trying to figure out how I'm going to manage and deal with him, I find myself struggling to figure out how I'm going to manage and deal without him...

I almost can't bring myself to post his job... So if you know anyone that wants to become the next editor-in-chief of the newspaper, cook breakfast for 25 guys once a month, take some fun field trips, and maybe join me on TV, let me know!

Because I think it's going to be pretty hard to become the new Frank Connors... but there must be someone out there who is willing to try and pick up the reins.

And we could really use that person down at People Plus. The Center that Builds Community. Where we will all be in mourning...

Memorial Donation in Memory of

Henry 'Hank' Welzel

October 20, 1926—May 1, 2019

Gloria Welzel

May 12, 1925—April 1, 2019

From Anita's Plate

Anita Huey
(207) 504-6439



info@nutritionforeveryday.com

Last week I received an email telling me about an upcoming webinar on "Making peace with food." The title intrigued me and I thought about what that meant to me before I looked at the description. To summarize my takeaway we need to:

- Get away from food "rules"
- Avoid saying "No" to certain foods
- Avoid "good" food/"bad food"
- Not feel "guilty"
- Find our own balance

There are some steps that we can take to get there. Start by making small changes.

Zucchini Zoodles with Avocado Pesto & Shrimp

Ingredients:

- 1 bag of zucchini veggie spirals
- 1 ripe avocado
- 1 C. packed fresh basil leaves
- ¼ C. unsalted shelled pistachios
- 2 Tb. lemon juice
- ¼ t. ground pepper
- ¼ C. extra-virgin olive oil plus 2 Tb., divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired
- 1-2 teaspoons Old Bay seasoning

Directions:

1. Let the zucchini thaw on a plate lined with paper towels.
2. Meanwhile, combine avocado, basil, pistachios, lemon juice and pepper in a blender. Pulse until finely chopped. Add ¼ cup oil and process until smooth.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.
4. Add the remaining 1 tablespoon oil to the pan. Add the zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

Make sure that we do not get over hungry and listen to our bodies to know when we have had enough to eat.

These concepts can make a huge difference. So many of my clients use the phrase "I choose not to eat that" vs. "No I can't eat that." It can lead to feeling fine with not

eating it, instead of overeating it at another time. On the other side of the plate, we may choose to eat a food that we may have said "No" to in the past. This time we choose it, enjoy it and find the balance to keep us loving the food that we eat.

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"My Old Friend"

by Doris Weinberg

I got some unfortunate news last week from one of my few "old friends."
She called me early one morning
To tell me what she preferred not to send.

She had just been told her eldest daughter had passed
And she was still very much in shock.
It's the kind of news that is so unreal
That you need to hold yourself or maybe turn back the clock.

We'd always been close until I moved away.
And now we only connect by phone.
How could I help? Being so far
And right now hearing her sad tone?

I waited until she ran out of tears
And tried my best to give comfort.
That's what old friends do for each other
When one is so upset and hurt

I will send a card and make a donation
But that doesn't seem enough.
I would much rather give her a hug.
Being so far is really quite tough.

I'll do what I can and call very often
To show her she's in my thoughts.
And maybe just hearing my voice each day
Will make her less distraught.

Too Late Too Soon

by Nonie Moody

Too late to grow, too soon to quit stretching.
Too late to race, too soon to quit moving.
Too late to earn a degree, too soon to quit learning.
Too late to start a new career, too soon to quit working.
Too late to drive a car, too soon to quit traveling.
Too late to joke, too soon to quit laughing.
Too late to be a star, too soon to quit dreaming.

People Plus

by Bonnie Wheeler

Joined People Plus in a church
Learned a lot, gave a lot
Today in a school
Still learning and enjoying
Thanks to teachers and volunteers
Giving help and fun to young and old
Thanks you all very much!!!

Our Gifts

by Bonnie Wheeler

Dads and Moms are a special gift
Not for a day but a lifetime-
We never lose them
They remain in our hearts

Black Eyed Susans

by Virginia Sabin

Never too late
To be me
Or to see
What is meant to be
In spring
You saw in me
Eyes like Black Eyed Susans
Randomly self-sowing
Blossoming
Like weeds in a green field
Your faithful presence there for me
In spring
Though every spring you were at sea
You are gone now
Gone from me
But not for me
Not for me
In spring

A Momentous Event

by Doris Weinberg

There are some occasions that are unforgettable. What is burned in your mind is "Where you were" when it happened. If it was something shocking, then you will never forget. One instance of that is the day that John F. Kennedy was shot. Something that was almost unimaginable.

I was at a local school that day, donating blood for the Red Cross-something I did regularly with no side effects. I had finished my donation and was lying on the table recovering when the announcement was made - A shock

to us all!
I suddenly became very pale, broke out in a cold sweat and felt very ill. The Aide noticed my distress and wheeled me quickly behind a screen and applied cold cloths to my face. Evidently, upon hearing the news, my blood pressure had dropped very low.
An awful time in our own history and an awful feeling for me that I have never forgotten. But I did continue to donate blood every 60 days.



Holbrook's Surprise. During the Field Trip to Skowhegan last month, a dozen members touring the Senator Margaret Chase Smith home/library were delighted to notice an original oil painting done by Edith Laws hanging in the late Senator's living room! The painting shows a snow-locked Holbrook's Store in Cundy's Harbor, surrounded by trees, a kid with a sled and a dog, and colored in a manner that made Edith Laws a favorite Brunswick painter in the 1970's. "Oh," said our guide, "you folks know this place?"

Indeed, members Sumner and Anne Ricker from Harpswell were in our group, and started telling facts about Laws and the Senator's connection to Cundy's Harbor. Ricker said it was a "common sight" to see the Senator's big, black car parked at Holbrook's, where she used to "chat" and discuss world affairs, with long-time proprietor Christine Holbrook.

The store is now operated by the Holbrook Community Foundation, has been maintained with much the same "look" as projected in the picture, and opened for the 2019 summer season on Saturday, May 25.

Coming Home

by Doris Weinberg

I looked forward to going away.
It had been a whole year, I'm sorry to say.
We've kept in touch by phone or email.
But it not the same when you've gotten old and frail.

I planned the trip for quite awhile.
I couldn't drive. It was too many miles!
I would have to fly but my last trip was not good.
But in order to go, I'd fly, I would!

The visit was great, we sightseed a great deal.
How much walking we did depended on the way I would feel.
Old friends were seen and new foods tried.
I am not too adventurous and nothing fried!

The flight back was on time and not an ordeal.
Finally getting home has great appeal.
You start planning that trip many months before.
And now you're home and ahead—What's in store?

The best thing to do
Is start planning again.
Pick out a place
And just figure out when.

Write on
Writers
Wednesdays
at 1 pm

GOODBYE by Bonnie Wheeler

Thank You, Ralph

A shocked silence around our table
We know nothing lasts forever
Then why are our hearts broken
Saying goodbye is too hard to do
It will not be the same without you, Ralph
Time to say thanks and GOD go with you
For a short season we shared a kindred heart
You are a gift we will always treasure
Thank you for teaching us to be better writers

Thank You, Frank

Frank was the greatest of gifts to People Plus
He gave his all taking care of us
Time went too fast, we want to hang on
Yet the season has come for
A GOOD BYE AND WELL DONE
Frank, go enjoy your life with family and friends
Time has flown by so fast, now it's time to walk slow
We pray you blessings whatever direction you go

Flag Day

by Nonie Moody

This is my flag the red white and blue,
It's been respected since grade school.
My pledge was sealed many years ago
Promising allegiance to homeland rule.

The American flag is mine and
Proudly sways in the fresh breezes,
Whether at home or in a parade
Its Liberty and justice pleases.

Old Glory stood beside the piano.
Once a week we had vocal music
Singing "My Country 'Tis of Thees"
And "When Johnny Comes Marching Home".

"America the Beautiful" gave us
Love of country in an early grade
So when I see the Stars and Stripes
My loyalty shall never, never fade.

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)

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Yearly Membership Dues (Scholarships Available)

Brunswick (New Member Renewal) \$30 per person
Other towns (New Member Renewal) \$35 per person
 \$250 for **Lifetime Membership** (65 or over)

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

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June is jumping at People Plus!



Stephanie Petkers, (third from left) our new Lunch and Connections chef, had an unforgettable tour of the People Plus kitchen last month when “out-going” chefs Ralph Laughlin (right) and Frank Connors almost got in a “pot fight” with luncheon volunteer Gladys Szabo (left). As a former Meal on Wheels coordinator, Petkers is no stranger to our Center, and is “excited” to start her new venture working directly with People Plus. Petkers also has her own catering business called “Chef Steph!” Welcome aboard, Stephanie!

Lunch & Connections

Fresh-grilled chicken, veggie medley

Fresh chicken thighs and breast meat, marinated overnight in melted butter and lemon juice, then grilled to perfection right on the lawn of People Plus will be our featured luncheon on June 20. “Tell me a better way to welcome summer,” retiring Center Chef Frank Connors said, “and to welcome our new Chef Steph! This is always a fun one,” he added, “chicken cooked the way the Colonel doesn’t dare!”

Our “super sides” this month include a healthy helping of a deep-dish mac and cheese casserole, a grilled medley of chopped onions, zucchini, sausage chips and yellow squash, and of course, our famous and fresh, lightly-dressed green garden salad. Our drinks will include steaming decaf and regular coffee, tea water, juices and milk, and to mark National Iced Tea Month, we’ll bring back a pot full of Norman’s (secret recipe) iced tea.

Our bread this month again comes fresh and hot from our neighbors at Union Street Bakery and our dessert for June will be fresh baked cookies.

These monthly Lunch & Connection

meals are sponsored by our friends at Spectrum Generations, and are planned to focus on nutrition, useful information, variety and fun. A CHANS home-health-care professional is always in attendance to take and record members’ blood pressures, and Mary Morano of Mary’s Affordable Hearing Aids is available in the quiet and privacy of the Teen Center to complete hearing checks.

We hope you arrive after 11:15 am to claim your favorite place setting and chat with your friends. That leaves you plenty of time to pick up your 50/50 raffle ticket (last month’s winner took home \$41) and to register for one of our several free door prizes.

Cost of this meal is still only \$6 for Center members and \$8.50 for non-members, payable when you arrive at our doors. Seating is limited to the first 68 people who register, and you MUST pre-register to be included. It’s easy, just call 729-0757. Yes, you can pre-order a take-out meal, and pick it up after 1 pm. We serve our buffet-style luncheon, beginning at 12-noon.

It’s a strike!

Come bowling with us on Fridays at Bolos in downtown Brunswick! People Plus is starting a candlepin bowling program! Want to come play a game of bowling or just hang out for lunch? Join us at Bolos, 11:30 to 1 on Fridays. \$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, or just show up! If we get enough people we’ll print fun, fancy T-shirts.

Senior Health Expo!

Table registration is now open for the 2019 People Plus Senior Health Expo on Tuesday, October 10, 2019. This year’s event will be held at the Brunswick Recreation Center, 220 Neptune Drive, Brunswick. Visit peopleplusmaine.org FMI on the event including table registration and sponsorship opportunities.

Table Registration opens June 1!

Call 729-0757 to register for classes & events.

Help us spruce up the Center!

Thursday, June 13, 1-3 pm. Volunteers needed for a spring cleanup of the People Plus Center inside and out! Tasks may include organizing office supplies, tidying up the activity room and café, cleaning windows outside, planting flower boxes and plants around signs (have some plants you want to donate – let us know!), weeding and more. Dump and Goodwill runs may be needed. Bring gloves and join the fun! Refreshments provided. Call 729-0757 with questions and to register.

AARP Smart Driver Class

Thu, July 25, 1-5 pm. Register now – space is limited! Designed to help older drivers hone their driving skills and learn recent law changes. Contact instructor Read Rich directly to register at 729-0775. Cost is \$15 for AARP members and \$20 for non-members. Drivers may be eligible for discounts on insurance upon completion of the class.

Living Well for Better Health

Mondays, June 10-July 15, 1:30-4 pm. Presented by Healthy Living for ME, this six-week workshop focuses on helping participants manage their chronic diseases and symptoms, live a healthier life and take back control. Free, open to public. Call 1-800-620-6036 to register.

Art with Connie - spots available!

Thursdays, 10-12 pm. Each month the class explores different drawing materials such as graphite pencil, charcoal, colored pencil, pen and ink, pastel, and watercolor. The class combines artists of varying experience levels. Instructor Connie Bailey, an experienced artist, has a B.S. in Art Education from Eastern Michigan University. She is known for her Batiks and has received over 114 awards since 1983. She is in many private and corporate collections. Registration required. Members: \$26/month, non-members: \$52/month.

Reduced Price Hair Cuts for Seniors

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

Spectrum Generations Medicare 101 Session

Tue, June 11, 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 Travel

Tiptoe Thru the Tulips on a River Cruise!

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. Open to the public. FMI <https://gateway.gocollette.com/link/944095>.

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

Mon	Tue	Wed	Thu	Fri
3 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 1:30pm Living with Pain 6:00pm Belly Dancing	4 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	5 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	6 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Apple Club 11:00 Yoga	7 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 12:00pm FYI Curtain's Up! 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
10 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 Well	11 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club	12 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 10:00 Field Trip: Brunswick Walk 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	13 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 1:00pm Spruce Up the Center	14 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
17 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 Well 7:00pm Civil War Book Club	18 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	19 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	20 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch and Connections	21 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
24 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 12:00pm Bridge 12:00pm Lunch and Learn: Get Active Midcoast! 1:30pm Living Well	25 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	26 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 6:30pm Brunswick Coin/Stamp	27 8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	28 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick

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Hermit's Hikers. Our gang of Thursday Hikers found a rare, clear day in May to explore the beach and ledges of Hermit Island.

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Century 21 Baribeu Agency, 51 Pleasant Street, Brunswick ME 04011



High & low sights in Skowhegan. The rescheduled field trip to Skowhegan was a good one, we visited the famous Langlais Indian, the swinging bridge over the Kennebec River, and the home-museum of former Senator Margret Chase Smith.

Lunch out!

515 Basin Pt Rd, So. Harpswell

Sign up for the car pool!

Tuesday, June 11th
at 11:30 a.m.

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— James Tierney, BHS Class of 1965

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<p>DIONNE COMMONS</p> <p>24 Maurice Dr, Brunswick (207) 725-4379</p>	<p>Neighbors, Inc. The Home Care Company</p> <p>142 Neptune Dr, Brunswick (207) 725-9444</p>	<p>Horizons Living & Rehabilitation Center</p> <p>29 Maurice Dr, Brunswick (207) 725-7495</p>

We take your loved ones comfort and health to heart.

Brunswick Area Teen Center

Hank and Frank and saying farewell...

I don't like saying goodbye....I have been in denial about Frank (really) retiring in June, haven't wanted to think about it and wanting time to move slowly so that the day never arrives! But now June is upon us. The place just won't be the same without him....and not only because he is the ONLY male employee!!!!

Hank Welzel, 92 years old and long, long time member of People Plus, passed away May 1 just as I was headed out on vacation.....

I have known both of these men for over 10 years and both have impressed me and

guided me in different ways (even if they never knew that!).

Hank came into the Teen Center 10-ish years ago, when we were still on Noble St., when most other adults were still trying to fathom "teenagers" becoming a part of the organization. We had a kitchen in the Teen Center back then and Hank came right into the kitchen and cooked for the kids! I actually wrote an article for the Newsletter once, with a picture of Hank in the kitchen titled Hanky-Panky in the kitchen which he (and his buddies) got quite a kick out of. Once we moved to Union St., Hank came in almost weekly, for YEARS with fruit (bananas and grapes were his go to's-with oranges when in season). Kids need fruit! I had a tough bunch of kids for our first few years at Union St. and Hank was not afraid to address one of them if they were out of line, esp. if it was causing me stress. Hank also would try to get the kids to do nice things for me and he did love sharing his stories with the kids and with me before the kids arrived. Family, his barn, woodworking, raising bunnies

for vets, along with stories about his fascinating history were his favorites. Years ago, Hank realized before I did really, that I needed a break to deal with things going on in life and soon afterwards I "kind of" took a year off with Hank making me a really nice bench as a parting gift! I didn't stay away long and eventually I bought one of Hank's benches so now I have two!!!! I will cherish them always! I used to send Hank postcards from away when I took a vacation. Over the past few years changes occurred both at the Teen Center (so busy and so many kids made it much harder to chat when Hank came in) and with Hank, selling his farm in Freeport and moving to Coastal Landing with his wife Gloria who was not doing well health wise. Visits became less frequent but were full of descriptive tales of Coastal Landing going ons and the FOOD! He loved it! I had been wondering why I had not seen him as of late and was so sad to hear the reason why..... he lived a very long and full life and I will miss him!

I've known Frank about the same length

Teen Center News

Jordan Cardone



of time. Frank did NOT come hang out at the Teen Center and cook for the kids, ha ha. I love to write, and Frank has been an inspiration to me with his writing skills and talent. He also has a rich history, a unique sense of humor and is everybody's "go to guy". I know he isn't going far, and I can't imagine we won't be seeing him around still, so I refuse to say "Good Bye". "See you around" maybe....I do wish him happy travels and lots of hot dogs in his future! Big Sigh....

I chose to use my allotted writing space this month to talk about two of my favorite guys so the shortest update on TC going ons ever- Gelato Fiasco Scoop-a-Thon exceeded our goals! I went on vacation in May leaving staff with the kids (instead of closing the TC) and all went really well! Last day of School is June 21st and then we start our TC summer schedule M-Th 1:30-4:30. Back next month with more! Jordan and the gang

TEEN OF THE MONTH: Coleton Holton

Coleton Holton is in 11th grade and is home schooled. Coleton has been attending the Teen Center program for about 4 months now. Coleton likes hanging out with friends at the TC and has made friends here that he now hangs out with outside of the TC too! Coleton feels he has improved his communication skills by attending the TC. We agree! Also, in the short time he



has been here he has volunteered for numerous events during our busy April month and we are very grateful for that! Thank you Coleton, enjoy the movies!

MOST IMPROVED TEEN: Chloe Mansfield

Chloe Mansfield has been attending the TC program for about 1.5 years now. Chloe is in 9th grade and is home schooled. Chloe really didn't have much improvement needed but says that she has improved her social skills and has overcome extreme shyness and no longer gets anxiety when around lots of people. We have seen the change for sure and are happy she has come out of her "space" and she gives good hugs, has a nice smile and high spirits! We really enjoy having her here and hope that she enjoys the movies! Thank you Chloe for being you!



People Plus Business Hours

Monday-Thursday 8:30 am to 4:00 pm
Friday 8:30 am to 1 pm

Teen Center Summer Hours

Monday-Thursday 1:30 to 4:30 pm

Staying "Connected"

"CONNECTED," a free non-denominational gathering, invites all widowers, widows, divorced and singles 55 and over on Monday, June 3rd. The group meets at St. Charles Borromeo Church hall located at 132 McKeen Street in Brunswick from 7 to 9 pm. We will usually have a guest who will give a brief and interesting talk in the beginning. Light refreshments will be available. Come socialize, mingle and meet new friends! FMI call 725-1266 or 725-8386

GO DRAGONS! A BUCK - A GAME!

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

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



Spectrum Generations is the Central Maine Area Agency on Aging
Our Midcoast Regional Center, co-located at People Plus, serves the greater Brunswick area and Sagadahoc County! Find us with People Plus at 35 Union St, Suite 1, Brunswick, ME 04011
207-729-0475 | www.spectrumgenerations.org

June 2019

June is **Elder Abuse Awareness Month**, a time to highlight the ways many seniors are being abused, and provide education on signs to look for and resources if someone you care about may be in danger. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age.

You may see signs of abuse or neglect when you visit an older person at home or in an eldercare facility. You may notice the person:

- Has trouble sleeping
- Seems depressed or confused
- Loses weight for no reason
- Displays signs of trauma, like rocking back and forth
- Acts agitated or violent
- Becomes withdrawn
- Stops taking part in activities he or she enjoys
- Has unexplained bruises, burns, or scars
- Looks messy, with unwashed hair or dirty clothes
- Develops bed sores or other preventable conditions

If you see signs of abuse, try talking with the person to find out what's going on. If you see something that looks like abuse, you can contact the Maine Office of Elder Services at 1-800-624-8404 (Voice) 711 (Maine Relay), who can provide or arrange for services to protect incapacitated and dependent adults in danger of abuse, neglect, or exploitation. Calls may be made anonymously.

Every year on June 15, World Elder Abuse Awareness Day is recognized around the world. On this day, our Bridges Adult Day and Community Support Services will be holding a discussion with our consumer programs about the reason for this day, warning signs of elder abuse, how to overcome it, and what we can do to help. Our Team Leaders are always advocating for our consumers' wishes and needs no matter the time of year.



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

17th Annual Golf Fore a Cause

What better way to take advantage of the 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, 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 or for more information.



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 p.m.
August 5 through September 30

FMI contact healthylivingforme.org
or call 1-800-620-6036

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A Benefit for the Brunswick Area Teen Center and the Gathering Place

Cindy Kallet and Grey Larsen

June 15 @ 7:30
UU Church of Brunswick
1 Middle Street

Tickets
\$12, \$15 at Door,
\$5 Students/Children
Available at the Church Office,
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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:

Skin Cancer Screening

Skin cancer is the most common form of cancer with more than 1 million new cases every year.

You might be at risk if you:

- Do not regularly see a primary care physician
- Work outdoors or spend a lot of time in the sun
- Have a skin growth or sore



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

June Calendar of Events

EMBRACING LIFE AFTER CANCER Psychological Reactions to Cancer Diagnosis & Ways to Cope
with Jon Larssen, MDiv and Michelle Hayes, LCSW
A **FREE** educational opportunity.
June 4 from 6-7:30 p.m.

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

UNDERSTANDING PARKINSON'S
FREE discussion for those newly diagnosed with Parkinson's Disease.
June 12 from 3-5 p.m.

SKIN CANCER SCREENING
Join Helge G. Riemann, MD for this **FREE** skin cancer screening. *Limited availability. Pre-registration is required.*
June 13 from 6-8 p.m.
Mid Coast Hospital Parkview Campus Infusion Center
329 Maine Street—NORTH ENTRANCE, Brunswick

AMERICAN RED CROSS BLOOD DRIVE
Help keep blood supplies stocked at adequate levels. Walk-ins are always welcome.
June 14 from 10 a.m.-3 p.m.

HEALTH WITHIN REACH
Cooking With A Doc: What's at the Market
with Kim Dovin, MD
FREE ongoing series of talks, classes, demonstrations, and healthy lifestyle options.
June 19 from 5:30-6:30 p.m.

DEMENTIA CAREGIVERS EDUCATION SERIES
FREE educational series for those that help others cope with memory loss.
June 20 from 4-5 p.m.
Mid Coast Senior Health, 58 Baribeau Drive, Brunswick

LOCAL CELEBRITY CHEFS
Join **Aaron Parke**, owner and chef of **Henry and Marty** in Brunswick, for a culinary demonstration on how to prepare healthy and delicious dishes.
June 24 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.

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

PEOPLE PLUS COMMUNITY BOARD

Lawns Mowed: We offer dependable weekly, bi-weekly or as-needed lawn maintenance. We're accepting new customers for the 2019 summer season, no contract necessary. The price for a lawn cut on the average property is \$30. Call, we'll do an estimate. Ask for Gerard: 725-9738 or email: Flanaganlawncare@mail.com.

Coffin Books: In my retirement, I'm continuing to collect books by poet/author Robert P.T. Coffin. If you have these books, "Yoke of Thunder," "The Dukes of Buckingham," or "Christchurch," call Frank, 725-4043, I'd like to discuss purchase.

Items to sell? Services to offer? Contact over 4,000 readers, in print and online. Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757

May I be Frank?

I'm not dying, people, and I'm not moving away, I'm just retiring... Again!

I walked right up to Stacy a month or a few ago, and told her this time I intended to do it, to go through with it, to clean off my desk and just walk away! "It's time for me to get down to Gurnet and share some quality time with Jane," I said! We do have a golden wedding anniversary to plan; three little grandboys to spoil; our "1846 saltwater farm" always seems to need work; and I'm hoping there's another book or two in me before my mind goes blank.

You may remember we tried this last year. Oh, how faint was my heart when it came time for me to "git!" Stacy and I put our heads together, we worked up a part-time schedule for my old part time job, (Stacy described it as, "two weeks on, two weeks off," I called it a new, if benevolent form of elder abuse) but before I knew it, we'd wrung another year out of this ol' body!

But I AM a year older now, and maybe a year wiser. Jane's been "home" more than a year, and seems she's busier now "volunteering" than she was when she was working. More important and to the point, she has one or two or three of the grandboys on a seems

like daily basis, and I'm getting a little more than jealous!

So, 22 June it is, folks! You gotta' know that I made People Plus a piece of me. It became personal, and that's okay. I believed our Center was unique when Sig and I tried to make sense of Bingo and cigarette smoke back in the last century, and folks, it has only become better when Stacy and our gang came along! It HAS been a ride, I hope we've done some good, and I'm sure that on a daily basis, we've added smiles and good times to a world that surely needed it.

I'm remembering all those Birthday calls, I'm recalling trying to make a go of a thing we called Toolboxes Plus. Together we sold hundreds of Holiday Heritage prints, and then a thousand or more books. We cooked tons of food for hundreds of meals, and I was never told of anyone dying. Daily there was friendly contact made with a hundred or more people, and routinely, this old paratrooper went home thinking he'd done a little good for our piece of Maine.

You know, I once had a boss who felt the need to criticize my style at work, can you imagine? She walked right up to me, pounded my chest with her bony finger and said, "your problem, Frank Connors, is that you want to treat these people like they are your friends, not your customers!" I told her IF they couldn't

Speaking Frankly

Frank Connors



be both, I wasn't sure I wanted to work for her! She just smiled and said she could fix that, and she did! What a blessing, because that job, down a long and winding path, led me to People Plus, and this Center has always held nothing but friends for me.

I DO have goals for my retirement! I will beat Steve Winter at pingpong, before he has yet another part of his body patched or replaced. Maybe I'll try my luck at Connie's art class, you might know my mother started painting when she was 80! And I can't wait to sign up for a Lunch & Connections meal cooked by STEPHANIE and the gang, and to sit in a chair and wait for Gladys to clear my place!

Stacy and I are still discussing the details of my retirement. I'm starting to think most divorces are simpler. I told her I intend to stay away for three or five months, if I can, just to let the "new normal" take root. As those days fly by, I'm counting on you to keep the faith, keep it going. Our Center should only become a bigger and better part of this place we like to call mid-coast Maine, folks, and I'll see you on the other side. I have to remember I'm old, where else SHOULD I be?

New/renewing members for May

* indicates new membership
• indicates donation made with membership

Life Members

Mary Hepburn, Brunswick

Brunswick

Elaine Archambault
Suzanne Austin •
Janet F. Baribeau
Wanda Barlag
Jane Biscoe
Mark Biscoe
Dorothy Boddaert
Arleen Brother
Grace Chick
Ronald Fluet *
Gwen Gilson •
Judith Ginty

Dana Hirth •
David Hirth •
Theresa 'Terry' Howell •
Doris Howes
Pat Iles *
Laraine Lach
Mary Libby
Bill Mason
Jen Mason
Elizabeth Newman •
Clifton Olds •
Susan Olds •
George Potter
Priscilla Rooth
Monique Sondheim
Arthur (Sandy) Sondheim
Frances Weatherbie •
Margaret Wentworth
Richard Willis •

Shirley Willis •

Harpswell

Edith Francisco
Sally Haggerty
Anne Heinig *
Chris Heinig *
Nancy Simboli
Anne G. Taft •

Topsham

Tina Anna*
Ann Wilson

Other places

Ed Ainsworth, Yarmouth
Henry Atkins, Bath
Stephen E. Gross,
Dresden



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Good Morning Program
In Partnership with Brunswick Police Dept.
729-0757 www.peopleplussmaine.org

The Harpswell Garden Club will meet Thursday June 20, 2019 at 1 p.m. at the Curtis Memorial Library 23 Pleasant Street, Brunswick. Matt Craig of the Casco Bay Estuary Partnership will speak on Rising Tides and the Shoreline Habitat, including the 2018 tidal study of Basin Cove. Free and open to the public. FMI see harpswellgardenclub.org. or call Becky 833-6159.





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Part of **Mid Coast Medical Group—Pulmonology, Critical Care, and Sleep Medicine**, the **Mid Coast Hospital Center for Sleep Medicine** provides comprehensive evaluation, diagnosis, and management of sleep conditions.

If you are often tired or have difficulty falling asleep, staying asleep, or wake up unrefreshed, talk to your primary care provider about a referral for a full sleep evaluation. Our new state-of-the-art sleep laboratory offers the most advanced technology to diagnose common sleep problems to ensure that your health is the best it can be.



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Café Gallery has Encore Student Show

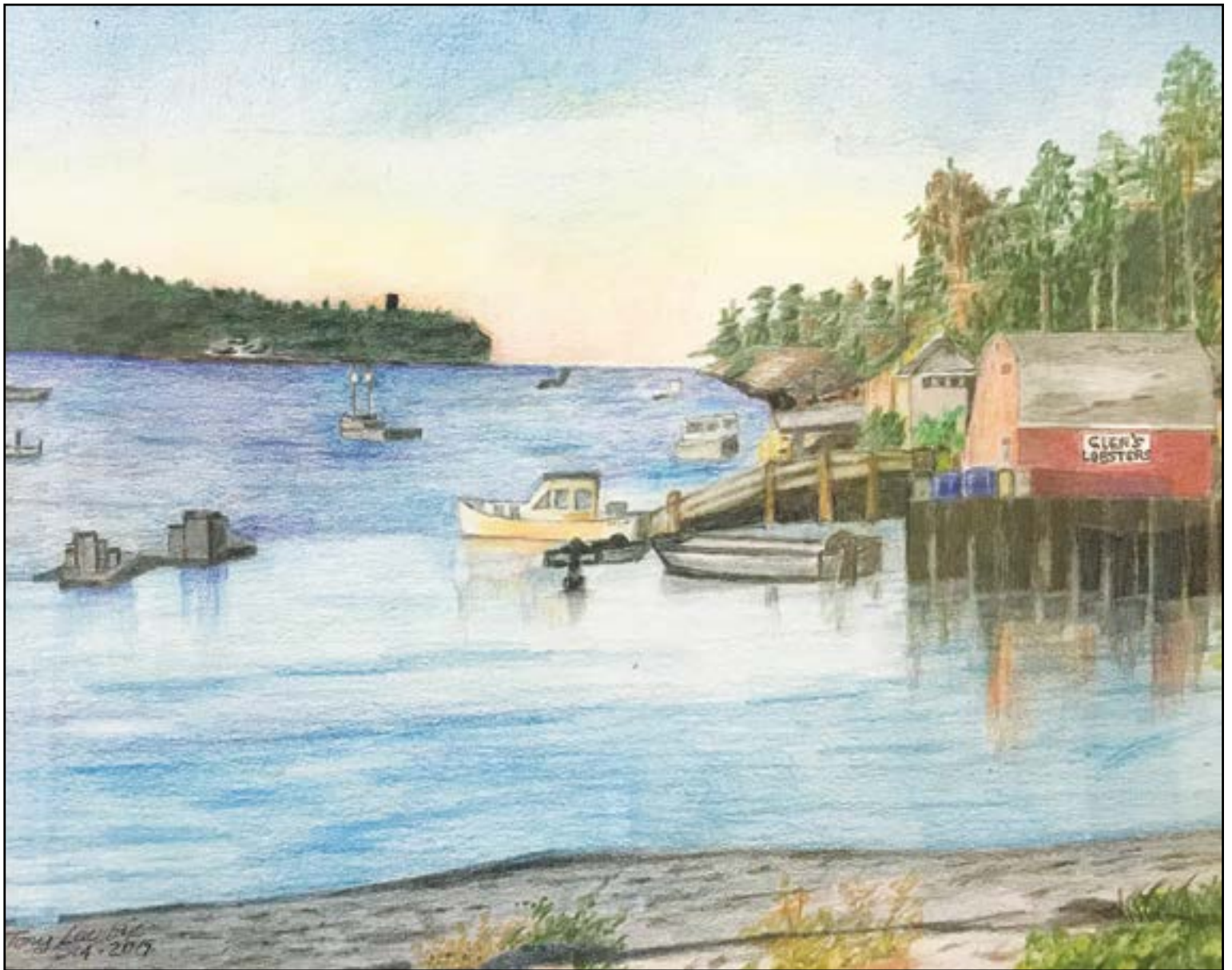
Our Café Gallery will host Connie Bailey's student artists for one more month. The multi-media exhibition features more than two dozen works by the student artists of People Plus, and will run through the month of June. This is a show that usually generates considerable interest around our Center, as all of our artists have friends within our membership.

Artists invited to exhibit include: Beth Aldenberg, Lorraine Berte, Alison Coffin, Sandra Cox, Jenn Haskins, Karen Guistra, Myrtle and Tony 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 feature 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" in her teaching is to expose her students to "the several major and popular forms of artistic expression." During the typical class cycle she encourages 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 sometimes meet outside, weather permitting.

These collected student works are always well framed, professionally presented and are "almost always" offered for sale. All sales are conducted by contacting the artists directly. The show may be seen free of charge during normal business hours at the People Plus Center, 35 Union Street, in Brunswick.



Mackerel Cove, colored pencil.

by Tony Lacroix

Weekly Winners ♠♥♦♣

Senior Intermediate Cribbage

April 17: Rick Fortin, 719
George Tetu, 701
Rollande Fortin, 695

April 24: Rick Fortin, 715
Patricia Johnson, 704
George Hardin, 701

May 1: Pete Watson, 723
Lois Fournier, 710
Julie Swol, 698
Gaby Niffka, 692

May 8: Lois Fournier, 722
Gaby Niffka, 696
George Tetu, 692
Anne Bouchard, 690

Senior Bridge

April 22: Richard Totten, 3,110
Tilda Dosorcy, 2,890
Craig Aderman, 2880

April 26: Barb McHaug, 2,750
Jenny Fergusson, 2,690

April 29: John Rich, 4,730
Richard Totten, 4,460
Joyce Lyons, 4,180

May 3: John Rich, 3,700
Lorraine LaRoche, 3,530

May 6: Paul Betit, 3,600
John Rich, 3,580
Terry Law, 3,440

May 10: Judy Feimer, 3,320
Paul Betit, 2,930

May 13: Richard Totten, 4,310
Tilda Desorcy, 3,730
Steve Gross, 3,370

May 17: Judy Feimer, 3,570
Jenny Fergusson, 2,930

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