



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

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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



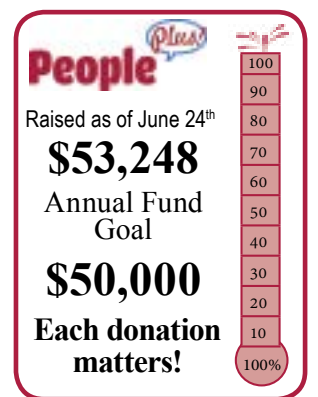
Capacity crowd! MSMT Interns, with artistic director Curt Dale Clark (far right) wowed a near-capacity crowd at the Center on June 7th. The "Brunswick to Broadway Bunch" presented a number of Broadway tunes to the group, and then offered some personal information and interviews.

Annual funds top goals

"It's putting an exclamation point on another exceptional year," suggested People Plus Executive Director Stacy Frizzle as she summarized the two annual campaigns ending this month, "both exceeded our budget lines, and both exceeded our expectations!"

Office Manager Betsy White reported that on June 24, the campaign for People Plus totaled \$53,248, and the campaign for the Brunswick Area Teen Center stood at \$13,095. Frizzle said the fiscal year ends June 30, and "there might be a few more checks in the mail." The fiscal 2018-19 budget called for \$50,000 for People Plus, and the Teen Center ask was \$10,000.

Frizzle said the Center is finishing the fiscal year, "right on budget and in very good shape. Looking good and looking forward to the coming year!"



Dues will DECREASE with new fiscal year!

Rates are going RETRO at People Plus! Beginning July 1, 2019, it will cost you LESS for your annual membership to the People Plus Center! When is the last time you paid LESS for something you LOVE??

In the new fiscal year, dues for members from Brunswick will cost only \$30 per year, and members from all other places will pay only \$35.

"We're excited," Executive Director Stacy Frizzle explained, "this is new, this is bold," she offered her patent smile, "and if it goes sideways, we'll just make Frank Connors come back and fix it." Frizzle described the Center as "fiscally sound" and "ready for what's next!" and explained that Connors, who retired at the end of the last fiscal year, "has had a hand" in membership since the Center started collecting dues in 2003 (dues were \$10 that year). "Every time dues were increased over the last 15 years," Frizzle said, "Frank was right there to complain!

None of us ever questioned the need" she explained, "and we all worried that each time the number increased, we were potentially excluding someone from our market. We always want our Center open to everyone, from any town."

Frizzle said the decrease will "test Frank's theory." Connors, as he retired, said he was "SURE hundreds of people will be in on July 1st to join or rejoin, and the Center will be better than evah!"

He also guessed that members will continue to donate to the Center's annual fund when they re-enroll, and he lauded Frizzle's courage in making the change. "I know sometimes it has to be about the money," he said, "but friendships and loyalties are a huge piece of what People Plus is about."

As part of the dues decreasing, the Lifetime Membership to the Center will increase from \$250 to \$300, and the Center discontinued the discount for married couples.

Deck joins staff as Office Coordinator



Sarah Deck joined the staff at People Plus on June 3 as the Office Coordinator. In this newly expanded position, Deck will manage the front desk and also provide support for the office manager, VTN coordinator, and

marketing/programming departments.

Deck comes to us after eight years working in the field of early childhood special education, and before that worked at the Bath YMCA on the front desk.

A native of Dedham, Mass., Deck has a degree in Special Education. She enjoys working with people of all ages, and is excited to be back in the Brunswick community after three years of commuting to Scarborough. She is the mother of three grown children.

Gabrion becomes Editor-in-Chief

Patrick Gabrion, recently retired as an editor with the Brunswick Times Record, has been named editor of People Plus News.

Gabrion, 66, who is a native of Michigan, compiled a 44-year career in journalism working at daily newspapers in Michigan, Florida, and Maine. He is a graduate of Lake Superior State University in Sault Ste. Marie, Michigan, with a degree in History.

While at the Times Record for 16 years, Gabrion was responsible for designing and editing the front page, and had similar duties producing the Home, Business, and Science

sections of the newspaper.

"I look forward getting to know the people who utilize the wonderful facilities at People Plus," said Gabrion. "The publication is for them, to keep them and others informed as to what's going on, and hopefully tell their stories."

Gabrion and his wife, Vicky, live in Hallowell.



Spectrum Generations

Meals on Wheels Coordinator hired

Zyanya S. Holman, a recent University of Maine graduate, has started work as the Nutrition Coordinator for the Spectrum Generations Midcoast Regional Center located in the People Plus Center. Her primary duty is the bi-weekly distribution of Meals on Wheels dinners to nearly 150 households in the Brunswick-Bath-Harpswell area.



Holman was born in Tuxpan, Veracruz, Mexico, and moved to Maine in 2011. She

attended high school at George Stevens Academy in Blue Hill, Maine, graduating in 2015. She received a Bachelor of Science degree in Community Health Education from the University of Maine-Farmington, graduating Cum Laude in May 2019. She finished school with minors in Spanish and International Global Studies. New to this area, Holman said, "I am beyond excited to start this position and help this community with this worthwhile program."

FYI! Bowdoin International Music Festival Community Concert

Mon, July 22, 11:30 am. People Plus is excited to host a Bowdoin International Music Festival Community Concert again this year! These concerts are performed by the talented student musicians who come to the Festival each year from all over the world. Thank you to Bowdoin College for this wonderful event. Free and open to the public. Advance registration appreciated. FMI <http://www.bowdoinfestival.org>.

Free and open to the public. Advance registration appreciated. FMI <http://www.bowdoinfestival.org>.



SUMMER PICNIC & FRANK'S FAREWELL

11 am on July 18th at Thomas Point Beach

Delicious BBQ, outdoor games, live entertainment with *Off Their Rockers* and good company. \$7 members, \$10 non-members. **REGISTER NOW!**

(details on page 4)

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area.

news@peopleplusmaine.org

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

The Editor, People Plus News P. O. Box 766 Brunswick, ME 04011-0766 Office phone (207) 729-0757

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Patrick Gaborin People Plus News Editor news@peopleplusmaine.org

Spectrum Generations Staff

Zyanya Holman Meals on Wheels/Nutrition coordinator zholman@spectrumgenerations.org

Andrea Handel Aging & Disability Resource Specialist ahandel@spectrumgenerations.org

Faces change but it's still home

It's certainly been a year of change and transitions here at People Plus.

We've seen Frank embrace his semi-retirement and do his job by only coming to the Center a couple weeks a month; we've (sadly) seen Pat leave and Phyllis come and then Phyllis go as well... Yet, thankfully, in the silver-lining department, we are happy to welcome Sarah Deck to the front desk as the Office Coordinator.

With Frank leaving we also had to figure out who would lead both the Lunch and Connections crew and the Men's Breakfast. We are thrilled to welcome Stephanie Petkers as the head chef for the Lunch crew and Jason Whitten, the head chef from the Senior Health Center, will be running Men's Breakfast on the last Thursday of every month.

The newspaper will probably be the biggest shoes Frank is leaving us to fill. We're super excited about the addition of Patrick Gaborin to the People Plus team as our new Editor-in-Chief of the newspaper.

And we have some members who are leaving as well.... We will especially miss Ralph and Diane Laughlin as they leave us to live in New Orleans with their son.

group, as well as his friendship with Frank, are legendary. And Diane's running of the book club has been incredibly wonderful as well. We will miss them and look forward to their visits!

Some of the other changes we have seen this year are in the fiscal arena and in the types of services that we offer both at the Center and for our members at home.

Regarding the fiscal changes, we are seeing a shift in how people donate. Members are donating stock rather than cash to the annual fund campaign.

We saw several large donations come to the annual fund that way this year. It is a wonderful way to support People Plus and reminds me of K. Schmidt. A longtime resident of Topsham, K was the founding member of the "Women's endowment fund" here at People Plus.

Her initial gift of stock created an endowment to which several other women have contributed and it's become a lovely way for them to come together to support our community.

From the Executive Director



Stacy V. Frizzle

future of the organization for both the senior membership and the teens.

We've also seen an expansion in the types of services we offer here at the Center with a particular focus on a new initiative moving into the next fiscal year.

So while change can often be difficult, it can also be a good thing. Having just celebrated the summer solstice, we are all about to begin a period of rebirth and renewal.

We are so blessed and fortunate to have continued and ongoing support from our membership base, our community business partners, our wonderful and extraordinary volunteers, our amazing staff and most especially all of you.

From Anita's Plate



Anita Huey (207) 504-6439

info@nutritionforeveryday.com

I think that we have all enjoyed the first string of nice days that we have had in 8 months!! Last week one of my clients told me that he attended a BBQ where there really wasn't anything that he wanted to eat.

- Thin chicken spread with pesto, rolled and secured with a toothpick then grilled
Tzatziki sauce with vegetables. Simply combine plain Greek yogurt, diced cucumber, 1 clove garlic and ground

Radish Green Pesto

- Ingredients: 2 large handfuls of good-looking radish leaves, stems removed
Instructions: 1. Put all the ingredients in a food processor or blender, and process in short pulses until smooth.
2. Add more oil and pulse again to get the consistency you prefer.
3. Taste, adjust the seasoning, and pack

- pepper for a great dip.
Grilled pineapple
Vegetable kabobs
Chocolate hummus with strawberries
Black bean salad

I love bringing something different to a gathering. It often leads to interesting conversation and an opportunity to have guests given an opportunity to try something new.

Frank and I have had a robust conversation about recipes that contain kale. I really wanted to put in one more kale recipe, before he retired, but we just made pesto from our radish greens so I just couldn't pass on this recipe.

4th of July Fireworks

by Betty Bavor

Let us pretend America is the birthday cake and the fireworks are the candles. 243 years ago, John Adams said this day should have illuminations from one end of the continent to the other.

Stepping back to the late 1930s - 40s when I was growing up on a farm, 4th of July was special. My brother and I marched proudly in our uniforms with boy & girl scouts and my dad was in the band playing his saxophone.

Watermelon was the dessert and we looked forward to the seed spitting contest.

A game of "kick the can" helped make dusk come sooner for the finally celebration. We kids sat on blankets after being firmly told to remain behind a rope boundary line.

A log or two was added to the fire and it was toasting marshmallows time. Adults were comfortable in their chairs so kids took orders toasting marshmallows with perfection for them.

Happy 243 birthday America! Proudly let freedom ring & god bless our leaders and pray for justice, humanity and peace

Soul Mate

by WA Mogk

Soul mates on the ship of time we sail eternity's sea. Together, now and forever; together, you and me. We gravitate to one another, no force keeps us apart.

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.

Change...Change What would we do without it?

by Elizabeth B. Bates

The earth is beautiful today, the sun is lighting up the sky, a burning torch that will not die, we always think. But in a blink of our lidded eyes the clouds come in. The sun will not be seen again (our most worst fear).

A wind comes flying in and rain begins. It hides the light. But the rain soon stops and the earth gives a sigh of relief...we pack up a lunch and we go to the beach!

Just a Picnic

by Doris Weinberg

My early years were spent on Long Island-Flushing was the place. We lived in a row house- middle of the block, with not very much space.

I was there from age four until probably eight. And I remember the good times, between those dates.

My Dad was kept busy during the week, but the weekends were saved for us. We'd head out in the car and not have to go far. A picnic was made with very little fuss.

I can't remember the car we had But I know we could take out the seats. My Dad would place them in the grass And my Mom would bring out the eats.

We'd be way out in the country And just stop on the side of the road. There would probably be a farm nearby-Lovely memories of those episodes.

Things have changed so much these days. How complicated life has become. Just a little family picnic somewhere, I think it's rarely done.

If only today life could slow down a bit. And without all the electronic toys. Will people today be able to remember Some of those simple joys?

It was only a "Side of The Road Picnic" And I remember it all these years. And it gives me such a warm feeling That I hope never disappears.

Sound of Silence

by Sally Hartikka

Silence is a thing of the past. In today's world, it's hard to hear. Talk radio, cellphones calling Allow scarce chance to rest the ear. Everyone has something to say, But not so many listen.

Farewell To Ralph

I remember the day you walked through the door You and Diane had come to explore I knew in a heartbeat We were in for a treat! Jumping right into volunteering. Did you hear the loud cheering? You cooked and cleaned for our monthly lunches, Joking and kidding with the whole lunch bunch. Write On Writers welcomed you Never realizing all you would do. Your election as volunteer of the year Gave us just more reason to cheer! Thank you Ralph, you are the best! Prayers for happiness in your new nest. I am blessed we became close friends Moving doesn't mean this will end! Best wishes and hugs, Gladys



Summer Lobsterbake. Cookouts at Frank & Jane Connors' home have long been a sign of summer in the Brunswick area.

Maine Birding

by Nonie Moody

I've noticed a new bird in the area And its arrival is quite mysterious. A pretty wading bird seen on dry land And a second look is most serious.

This bird is extremely slender Seen with a large "Roman nose." Its neck and legs are extra long Unable to find its food it knows. This bird is way out of its range

Found In A Trunk

Submitted by Ginny Sabin

If you fail, never give up because: F.A.I.L. equals First Attempt In Learning. End is not the end. In fact E.N.D. equals Effort Never Dies. If you get a no as an answer, remember N.O. equals Next Opportunity. BE POSITIVE!



July Events

by Vince McDermott

Most people are aware of the most important events which occur in any given month. The obvious one in July is Independence Day. Looking back, how did you do in June? Everyone probably observed the big ones - Father's Day, D-Day, and the beginning of summer. But how about Flag Day and the anniversary of the start

Check your calendar - you may be surprised at what events are listed.

Check out past newspapers online at www.peopleplusmaine.org

Advertisement for Chicks Do Chores, featuring services like attic basements, deck fences, garages, etc. and contact info: www.chicksdochores.com

Memorial Donation in Memory of Ernst 'Bev' Bevilacqua Mar. 21, 1927 - May 27, 2019 Rodney Sarle Mar. 29, 1925 - May 27, 2019

Advertisement for Stetson's Funeral Home, located at 12 Federal St., Brunswick, Maine 04011. Contact: 207.725.4341

PEOPLE PLUS MEMBERSHIP APPLICATION form with fields for name, phone, birthdate, dues, and contact info.

July is Jumpin' at People Plus!



"Just don't..." Super chef Ralph Laughlin (left) and head chef Frank Connors discuss the proper way to grill chicken thighs during last month's luncheon.

Lunch & Connections

Annual summer picnic is Thursday, July 18th

Pulled pork sandwiches, yum! Hot dogs for Frank, a heaping helping of steaming-hot, home-baked beans, pickled beets and watermelon. Save at least a little room for our home-made cookie and cake desserts. Drinks include iced tea, canned sodas and bottled water.

You may preregister and pay at the Center before the picnic. Cost, including admission to the beach, is still only \$7 for members and \$10 for non-members. The picnic is another Lunch & Connections event sponsored by our friends at Spectrum Generations, and our meal is planned to focus on nutrition, information, fun and variety. This month there is NO limit for seating, but your preregistration helps us plan and order accordingly.

Remember your hat and sun screen, sneakers are better than high heels, and bring your favorite lawn chair if you worry about those hard picnic table seats. Betsy White will be checking memberships and passports at the gate by 10:30 am, correct change is helpful.

To preregister, simply call the People Plus Center information desk at 729-0757, and ask for Sarah. Food service begins at high noon. In case of inclement weather, the picnic will NOT be rescheduled.

and hot dogs, we will have salad, cole slaw, Frank's famous baked beans, pickled beets and watermelon. Save at least a little room for our home-made cookie and cake desserts. Drinks include iced tea, canned sodas and bottled water.

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Fall tour of Boston planned

Seats are going fast for the White Star tour of the Boston area being planned by the Bath Area Senior Center for Sept. 24-25, 2019. The two-day, one-night motorcoach tour includes a night's lodging in the Boston area, a breakfast and a dinner. There will be a visit to Boston's famed Faneuil Hall Marketplace, Boston's Old North Church and Bunker Hill monument on Boston's Freedom Trail. The trip will tour Boston, the JFK Library and Museum and the

historic villages of Salem and Gloucester. Cost of the trip is only \$275 per person, based on double occupancy, or \$354 for a private room. Add \$10 to this cost if you are not a member of the Bath Seniors, or People Plus. Call the Bath Center (443-4937) for more details and to register. You must place a \$50 deposit by July 24 to reserve a seat, and your final payment is due August 3.

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.

A Matter of Balance

Mondays, Aug. 5 – Sept. 30, 1:30-3:30 pm
Presented by Healthy Living for ME, this eight-week workshop emphasizes practical strategies to reduce fear of falling and increase activity levels. Free, open to public. Call 1-800-620-6036 to register.

Call 729-0757 to register for classes & events.

Art with Connie - Thursday class has space!

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. Registration required. Members: \$26/month, non-members: \$52/month.

\$10 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, July 9, 12:30 pm. Learn about Medicare and its many "Parts" on the 2nd Tuesday of every month. Open to the public. Registration required. Please notify us two weeks prior to an event if you require special accommodations. Free, suggested \$15 donation.

Christmas in July?

The Bath Seniors are inviting People Plus members to a day-long shopping trip to South Portland's Christmas Tree Shops, complete with lunch on your own at Uno's Grill & Pizzeria at the Maine Mall. Cost of the trip is only \$10 for members of the Bath Center or People Plus and \$15 if you are not a member.

The bus leaves the Bath Senior Center on Floral Street at 9 am, and picks up in Topsham at the Home Depot Park & Ride, Topsham Fair Mall, between 9:15 and 9:30 am. Sign up and pay only at the Bath Senior Center office, 443-4937



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. Registration is first come-first served. Deposit deadline August 1. Open to the public. FMI <https://gateway.gocollette.com/link/944095>.



Mon	Tue	Wed	Thu	Fri
1 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm MSMT Angels Meeting	2 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:30 Yoga 12:30pm Aerobics Lite 2:00pm Chair Yoga	3 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 1:00pm Write on Writers	4 Center Closed July 4th and 5th Have a safe and happy holiday!	5 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
8 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	9 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club	10 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	11 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 5:30pm Medical Professions	12 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
15 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:30pm Sage Square Dancers	16 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 2:00pm Books a la Carte 2:00pm Chair Yoga	17 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	18 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey (at the beach, weather permitting) 11:00 Yoga at the beach 11:00 Picnic/Frank's Farewell 5:30pm Medical Professions	19 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
22 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:30 Bowdoin Int'l Music Festival Concert 12:00pm Bridge	23 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm Cafe en Francais	24 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 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	25 8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga 1:00pm AARP Smart Driver Class 5:30pm Medical Professions	26 9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 11:00 World Affairs 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
29 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:30 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	30 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 2:00pm Chair Yoga	31 8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	People Plus in the Media People Plus videos can be viewed online at http://vimeo.com/harpswelltv 	
				Business Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm 729-0757

Senior Health Expo!

Registration for sponsors and exhibitors is now open for the 2019 Senior Health Expo on Thursday, Oct. 10, 2019 at the Brunswick Recreation Center. Visit peopleplusmaine.org FMI on the event including table registration and sponsorship opportunities. Registration deadline Sept. 6.

Like the Trivial Pursuit game?

A member is interested in starting a regular group to play (4 players against each other, or two teams of four?). Call the front desk to add your name as a possible player!

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

See you at the summer picnic, July 18, Thomas Point Beach!

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

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.

A Place Where You Belong

Looking for a community that recognizes you as a unique individual? With a variety of living options as well as various wellness, cultural and educational programs and activities offered, The Highlands is the home to live your best life—exactly as you want.

Call (207) 725-2650 to schedule a personalized tour.

THE HIGHLANDS
A GRACE MGMT COMMUNITY

30 Governors Way • Topsham, ME 04086
(207) 725-2650 • www.HighlandsRC.com



Maine Women's Giving Tree Donations. On Wednesday, June 12th, the Maine Women's Giving Tree (MWGT) awarded grants to 12 outstanding Midcoast Maine organizations that help women, children and families. Treasurer Diane Field thanked them for their dedicated work ranging from diapers for babies to nutritious meals for the elderly. The awards totaled \$50,000. MWGT hopes to increase membership in order to even more to address the increasing needs in the region. Left to right back row: Pat Carton and John Newlin from The Growing Place, Peg Orlando and Surrey Harcastle from Harpswell Aging at Home, Kathy Smith from Habitat for Humanity 7 Rivers, Lindsay MacDonald from Big Brothers Big Sisters; Barb Reinersten from United Way, Craig Phillips from Tedford Housing, Lucille Stott from Midcoast Literacy, Ashley Wilcock and Wendy Anders from Sweetser, Karen Parker from Mid Coast Hunger Prevention Program, and Mary Connolly from The Gathering Place. Front row is Stacy Frizzle from People Plus and Jamie Sylvestri from ArtVan.



Cleanin' up! Alison Coffin (front) and Catherine Jarrett were part of the crew doing "spring clean-up" at the Center last month.

Senior Companion and Personal Care Services
1 to 24 hours

Yarmouth, Freeport, Cumberland, Falmouth
729-0991



AGING EXCELLENCE
SeniorsOnTheGo.com

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



Lunch out!
July 9th at 11:30 a.m.

MORSE'S CRIBSTONE GRILL

1945 Harpswell Islands Road, Bailey Island

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Biker's delight! Still a little chilly, but our Wednesday bikers had a great tour 'round Brunswick Landing in June. These "Easy Riders" are always looking for new teammates.

MAINE SNAP-Ed

Merrymeeting Food Council
CURTIS MEMORIAL LIBRARY
A world of possibility

Fresh Food Fiesta

Friday, July 19th 9:30 - Noon. Learn about local food in the lobby of CML. Coffee, produce and participation is FREE.

The Merrymeeting Food Council, Maine SNAP-Ed and Curtis Memorial Library invite you to join us for a cup of coffee and recognize our local bounty of seasonal vegetables. A table will be set up in the lobby of CML to celebrate the Sharing Table's produce, SNAP-Ed's many nutritional classes and our abundance of lendable resources to help patrons create healthy lifestyles.

Gardening and cooking experts will be on hand to help you with your efforts to learn to grow, harvest and use local food. Bring your questions, leave with produce!



Three-lunch-kateers! Frank Connors (left), Gladys Szabo, and Ralph Laughlin have been at the heart of many a great luncheon over the years at People Plus. The three were recognized during last month's chicken luncheon.

Books A La Carte

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

Moscow Rules by Antonio J. Mendez and Jonna Mendez. Antonio Mendez and his future wife Jonna were CIA operatives working to spy on Moscow in the late 1970s, at one of the most dangerous moments in the Cold War. Soviets kept files on all foreigners, studied their patterns, and tapped their phones. Intelligence work was effectively impossible. The Soviet threat loomed larger than ever.

The Moscow Rules tells the story of the intelligence breakthroughs that turned the odds in America's favor.

The Last Kashmiri Rose by Barbara Cleverly. Calcutta, 1922. In a land of saffron sunsets and blazing summer heat, an Englishwoman has been found dead, her wrists slit, her body floating in a bathtub of blood and water. Is it suicide or murder? The case falls to Scotland Yard inspector Joe Sandilands, who survived the horror of the Western Front and has endured six sultry months in English-ruled Calcutta. Sandilands is ordered to investigate and soon discovers that there have been other mysterious deaths, with sinister ties to the present case.

Now, as the sovereignty of Britain is in decline and an insurgent India is on the rise, Sandilands must navigate the treacherous corridors of political decorum to bring a cunning killer to justice, knowing the next victim is already marked to die.

Matriarch by Susan Page. Barbara Pierce Bush was one of the country's most popular and powerful figures, yet her full story has never been told. It tells the riveting tale of a woman who helped define two American presidencies and an entire political era. It examines not only her public persona but also less well-known aspects of her remarkable life. As a girl in Rye, New York, Barbara Bush weathered criticism of her weight from her mother, barbs that left lifelong scars. As a young wife, she coped with the death of her three-year-old daughter from leukemia, a loss that changed her forever. In middle age, she grappled with depression so serious that she contemplated suicide. And as first the wife and then the mother of another American president, she made history as the only woman to see -- and advise -- both her husband and son in the Oval Office.

Please send comments to news@peopleplusmaine.org

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Speaking Fondly: A Farewell to Frank



FINDING FRANK *by Ralph Laughlin*

P R Z A I R B O U R N E E D A P
 H O P P E R I N G F A T H E R O
 O T O P L M G U I D E A R A G O
 T O O L P W T H O U G H T F U L
 O O Z E S J A N I T O R C L H U
 G H O S T P L O V E R K S O O F
 R U N A J O K E R V U A U R T H
 A M K U A V E S W E N Y O I D T
 P I E C N R R E E T B M I S O U
 H W Q E E Q S T A E Q R R T G O
 E S O U P R E T I R E E A B B Y
 R E E N O I T C U A I T G I R O
 O H O H O H F K T N L H E R N U
 G O O D P E R S O N R E R R W N
 U J N A M H S I R I R R G O N G
 E K G N A E M A H N I O D W O B
 M I L E S R O N N O C K N A R F
 N O D A J S I L A S R E D N A Z

(Find the words in *italics* to find Frank, Frank Connors)

Many years ago, **FRANK CONNORS** was a member of the 173rd **Airborne** in Viet **Nam**, where he learned to be a **photographer**, later using it to report the **news**. That was when he was **youthful**. Today he's a **veteran**, and a **hero** in the eyes of so many.

He has always been a **gregarious bigtalker bowdoinhamean** whose **lover** is **Jane**, a **florist** and great **pie** maker. **Father of Abby and Miles**.

At Christmas he plays **Santa** with a mighty **ho, ho, ho**; his **rig** being a wheel barrel accompanied by bells that jingle and **ring** to deliver food and **soup** to Brunswick Shelters. But at Easter he doesn't **go**. He may be hip, but he's not a **hopper**, not light on the **toe**.

He's a great **chef**, **applesauce** his best. His favorite **eats**, a **hotdog** or two in a **row**.

He loves his **pool** where he will **swim** with his **young** grandchildren **Zander, Silas** and **Jadon**.

He's **thoughtful** of people, never having a **deaf** ear, sensitive to their **need**. He's a **good person**, a **dear** of a friend to all.

Being an **Irishman**, he can be a **joker**, an **imp**. Sometimes you think he could host the **Gong** show, and at others manage a **zoo**. **Rain** or shine he will be your **guide**, keeping you on the **run**.

He's been the tuxedoed **auctioneer** at Music in April. And when there is a **need**, he will be the **janitor**, always bringing the right **tool** and mop.

Even though now a **retiree**, his **ghost** will prowl People Plus for many years.



**No Starting Time,
 No Quitting Time,
 It Is About Time**

Enjoy Retirement!

- F — Friendly - fantastic
- R — Reasonable - reliable
- A — Admirable - ambitious
- N — Negotiable - nurturing
- K — Knowledgeable - kind

- C — Creative - caring
- O — Obliging - omnibus
- N — Navigating - narrative
- N — Notable - noble
- O — Obliging - organizer
- R — Rational - respected
- S — Scholarly - sensational

Dear Frank,
 It is time to live life according to your own schedule. May it bring you a reflection of the kindness you've shown to others. I am grateful to know you and wish you blessings and many years of adventure, health and happy retirement surrounded by family and friends.

Sincerely,
 Betty Bavor

Franks *by Vince McDermott*

Frankly, Frank loves franks. It is rumored that one of the reasons Frank moved to Brunswick was to be near his supplier of franks. While the seller of franks on the mall is in no danger of going out of business if Frank does not buy his usual frank, the owner is a little nervous about what will happen when Frank retires. Some critics say Frank is a hot dog, but that isn't true now.

But, frankly speaking, I don't know what will happen if Frank keeps on eating franks.



Speaking Fondly: A Farewell to Frank



Once upon a time, long ago but not very far away, a young boy was born and grew up in a small Maine town. From the first he was unusual, if not exceptional – always willing to help out and do jobs others didn't want to do – or he just saw they needed to be done, and did them. Among these were putting over a thousand small American flags on veterans' graves, when no one else seemed to get around to it.

Then as a smart and well-muscled teenager his Rich Uncle saw fit to send him to Georgia to learn how to make (safe and deliberate) parachute jumps!

His Rich Uncle was pleased – and needed intelligent and able young men to go to Beautiful Downtown Southeast Asia, where some nasty people were trying to harm Americans. He did his work well, survived it all, and after a couple years returned to America.

He is an accomplished wordsmith, and eventually ended up in a "senior-center" type of organization, where he joined, and helped create, a very vigorous, talented, and dedicated crew of hard-working folk who got a lot done. They provide an awesome number of services and programs for seniors, and a large Teen Center as well.

That's a career anyone would be proud of. *-Russ Kinne*



Speaking Frankly to Mr. Connors
by Charlotte Hart

Month after month, year after year,
Jack of all trades and master of ALL!
Whatever the job, whatever the need,
We looked for Frank! We'd just call.

Producer, Director, Actor,
Witty, upbeat, on the go,
Creative, efficient, and caring,
Frank has run the People Plus Show.

One of his best projects?
You don't need many clues.
It's the info-packed, monthly production,
Eagerly awaited People Plus News.

He makes a showcase for the writing group.
This fine presentation – it is Frank's!
It is a sensation! Deserves celebration
Say the Write On Writers, "SO many thanks!"

Frank is an inspiration!! He made my Internship at People Plus that much more fun. First day I started I will never forget what he said, "You should see what happened to the last intern." He always brought a smile to your face with his witty personality and Maine humor. I really enjoyed listening to all his life experiences, fatherly advice and wisdom. He was always quick to lend a helping hand. So glad we got to share a hot dog at Danny's on my birthday, cooking and working around each other. You will be missed! Best wishes for retirement ((hugs)). Thanks for being you! *-Amy Feeley*



Mr. Frank Connors
by Nonie Moody

Yes, "Thanks for being You"
Is retiring from People Plus.
Tall man in his early seventies
Respecting everyone without fuss.

Soon after joining People Plus
The phone rang and rang.
Hi, This is Frank. Frank who?
Frank from People Plus.

It's your birthday isn't it?
Yes it is and you're calling me?
Why not? You have a birthday don't you?
I'm wishing you a Happy Birthday.

So special that phone call was to me
Being new to Maine our new state
I valued your birthday message.
Thank you Frank you were great.

Tours by Frank a pleasure to go
With wit and insight he directed,
Making many traveling day
A cascade of memories collected.

We will see Frank around town
At least once a year in May,
Walking or riding in the
Annual Memorial Day Parade.



Frank
by P.K. Allen

He's the "Big Man on Campus"
at this place called "People Plus."
He writes, he cooks, he organizes,
yet he doesn't make a fuss.

So, when naming this fine
establishment,
you can take this to the bank,
It would have been very proper
to have named it, "People - Plus Frank."



Speaking Fondly: A Farewell to Frank

AN ODE FOR FRANK
by Doris Weinberg

We've never been properly introduced,
But I sure know who you are!
You're the tall, handsome man with a head of white hair.
You're almost like a "movie star"

If I ask for information about you,
I hear wonderful things and raves.
I now picture you as a "Wonder Man!"
So much praise—I am amazed!!

We never actually came face to face
But I've seen you at your desk.
With papers and stuff spread all around—
It's not too picturesque.

But you handle so many jobs yourself
That you will be hard to replace.
And everyone here is very upset
Not to be seeing your "good-looking face."

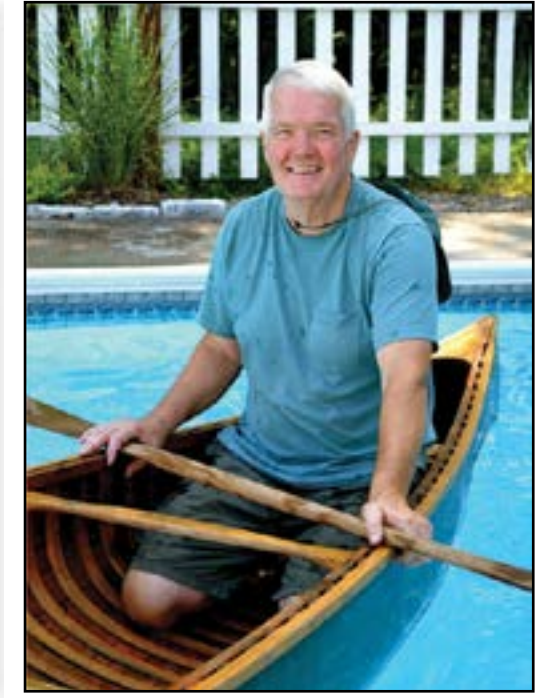
I have sent you many poems
That were written for the writing class.
And when you've seen fit to print them,
You've me a "Happy Lass."

I hope we'll meet before you leave
And I am sad to see you retire.
But give me a chance to shake your hand.
You're a man I certainly admire!!



Renaissance Man by Sally Hartikka

What are the traits of a Renaissance man?
He lets new ideas and interests unfold.
He's curious and loves to explore new places
While still revisiting and honoring the old.
He passes on his knowledge to others
And leads by achievements and deeds.
He takes advantage of opportunities
And make no mistake, he leads!
He hones his talents; in this case writing
And crafts stories so thought-provoking.
But he doesn't take himself too seriously
And includes in his tales lots of joking.
You know of whom I am speaking, I'm sure.
It's someone we all want to thank
For his friendship, his leadership, his wisdom.
Of course, I'm speaking of Frank.

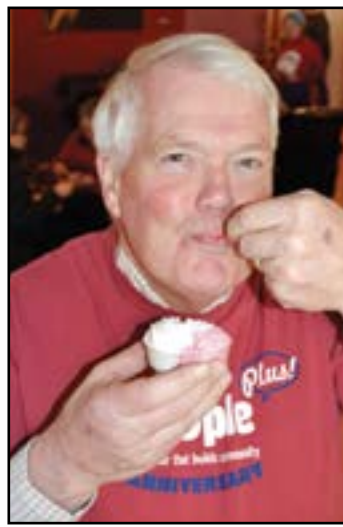


Dear Frank,
Thank all the powers that be, returning a young warrior to be in our hearts and community. As I quietly accepted walking into the sunset after many years of existing, I was encouraged to submit a couple of my poems to you for publishing; the start of many for me. What a wonderful gift, giving life to whatever time remaining for me. One of my many fond memories was your "Bed Lamb" in Bowdoinham. While tending a neighbor's bulging flock of sheep, being assured by their vet there would be no birth before April first, soon proven false by a tiny lamb's foot projecting from the birth canal of one of the sheep. Then water broke and it was bedlamb! No calling too great or small for you! You even delivered the breach! What a guy.

Fondly and gratefully,
Ginny Sabin

Frank Connors by Bonnie Wheeler

He has always been MR. PEOPLE PLUS
The room lights up when he walks in
With consideration, kindness, and love
Frank Connors got things done
For years he made things right
Always with a smile, not a fight
He was the go-to man with all the answers
Can't replace him ever
People Plus has lost a treasure



Speaking Fondly: A Farewell to Frank



Dear Frank,

Ten years ago I joined People Plus and the Write On Writers group. I constantly heard great things about this guy "Frank."

People Plus was moving from Noble Street and the writers group wanted a photo of our group under the huge tree icon which was to be taken down. You climbed out the window on the second floor to take our photo and that was the first time I saw you, the Frank I heard so much about.

How could I know I would be fortunate enough to work side by side with you for ten years!

We began with the Lunch and Connections. I offered to volunteer making sure there were enough people to get everything done, but of course I came to help the first time and was in for the long haul. We have done these lunches every month for ten years – May 2009 to May 2019. I believe we have both only missed one lunch in all these years. We have done out reach and worked many events together.

We have shared good and bad news together and survived many changes through the years. I am not sure how to survive this enormous one. It feels like a divorce I don't want. Seeing you at your desk when I walk through the door always put a smile on my face. We were able to agree and disagree, joke around and never get angry with each other.

You always had time for everyone no matter how busy you were, giving them your undivided attention, caring what they shared! I could go on about all your admirable qualities but it would take too many pages.

I feel like I am losing my right arm and my selfish side says "You can't leave!" My caring side says "Good for you!" I am glad you are retiring while you are able to enjoy new adventures, spending time with Jane and the grandboys and just have fun.

I, along with all who know you will miss you more than you can ever imagine. No one will be able to fill the void you leave

Be happy – enjoy life to the fullest and live every day jam packed. But when your body says "I need a rest," take it.

I will miss you and your hugs. I refuse to say goodbye so see you around.

With adoration and hugs,
Gladys Szabo

FRANK, an Ultimate Winner

The accumulation of wealth does not make a person a winner in life. The true winners in life are those people who commit themselves to fully participating in the family of man; the people who say "yes" to whatever circumstances they encounter on their journey through life.

They reap the ultimate rewards from living, loving, laughing, crying and embracing life's offerings. Frank Connors is such a person.

It's a privilege and pleasure to know him and to have worked with him. *-Ralph Laughlin*

We'll Miss You, Frank!



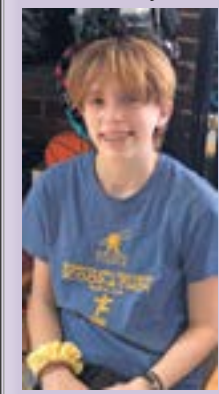
Speaking Fondly,

Write On!
Writers

No more teachers, no more books...

TEEN OF THE MONTH (Junior High): Kalina Kantsas

Kalina is in 7th grade at BJHS and has been attending the Teen Program for 2 years. Kalina's favorite things to do at the Teen Center are eat and hang out with friends, especially her friend Natalya! Kalina and her family are moving and we won't be seeing her around much anymore! She will be missed around here especially for her smile!



After our busiest school year ever, summer is finally here!

In the 10 months since school began this past year, we have had 2,492 visits to the Teen Center by area youth and had 41 new members join our already existing group! Most afternoons we had between 25-30 kids with us (and sometimes over 30!)

Since September we have also added three additional Teen Center staff and we are now a crew of 4!

We currently have 12 kids on a waiting list to join the program with kids and parents continuing to inquire about coming to the Teen Center. In past years, summer attendance is lower than during the school year and we hope to be able to accommodate the kids on the wait list now that school is over. Someone asked me what will happen in September then when we have all those additional kids.....well....that's a good question and one we will discover the answer to in September I guess.....

This school year we also gained some new meal preparers/donors! We now have 5-7 different people or groups providing a meal once a month which helps immensely with our efforts to provide healthy home-made meals for our kids! It is not easy coming up with ideas or cooking for 25-30 people! Sending out a huge

thank you to our volunteer chefs ☺!

In preparation for summertime at the TC, we are adding some new projects/games and recently acquired a corn hole game (now referred to as bean bag toss game since so many kids responded "What's that?") and we broke it



out at the end of June and I am happy to say the kids really like it and it gets us outdoors! However, in no way can this replace dodgeball the kids have informed us...forever the number one activity among the kids and yes, we will do both! Our first attempt at cornhole was quite the event with those who had played before

all having played different ways and insisting their way was the "right" way! It was a comedy of errors and impossible to keep score as they switched rules around during the games and finally a father arrived to pick his son up and told us he is an official (judge?) for official corn hole matches so we got him to go over the rules and get everyone on the same page finally!

I am writing this the day before our last (TC) day of the school year. We are having an end of the school year cookout tomorrow, June 20th

Teen Center News

Jordan Cardone



despite the forecast! The kids are celebrating the end of school and staff is celebrating the end of the last 4 weeks or so with the kids getting more and more worked up as the end of school neared.....boy, oh boy, it was a great test of our (fortitude, sense of humor, patience, skills, moods etc.) I'll tell you!!!! We sympathize with teachers everywhere! My son is a teacher and experiences the same "spell" that seems to take over the kids towards the end of the school year.....

This is also the last week that Mr. Frank Connors will be my co-worker. ☺ July will be our first People Plus month without him... Lynne, who shares office space with him, is already re-decorating her hee (not because she is happy though!) Big Sigh...

Let's enjoy what summer brings our way because it goes by far too quickly! Jordan and the gang

TEEN OF THE MONTH (High School): Cody Carter

Cody Carter has been attending the Teen Program for almost 4 years and just graduated High School!!!!!! Over the years Cody has enjoyed the Teen Center sometimes for quiet time (in the office) and sometimes for game playing and also for socializing and making friends. Now Cody can come back as a volunteer!!!!!! Yippee and congratulations on graduation Cody and congrats to both teens for earning Teen of the Month!



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Mid Coast Senior Health provides specialized assisted living for individuals experiencing memory loss. Part of our complete range of healthcare services, **Memory Care at the Garden** offers a warm and inviting home, personalized care plans, emotional support, and compassionate nursing care that allows peace of mind for residents, family, and friends.

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FREE GROCERIES & COOKING CLASSES FOR FAMILIES

Join us for a SNAP-Ed program that gives you groceries and teaches your family how to cook!

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

Learn more at www.curtislibrary.com/food



GET FREE GROCERIES

Thanks to Maine SNAP-Ed, Curtis Memorial Library is thrilled to host our first FREE Cooking Matters Class for children.

Learn how to cook with SNAP-Ed's meal preparation course, Cooking Matters. Each week learn how to create a delicious meal and go home with a bag full of groceries for you to cook that same healthy meal at home!

These classes will take place in the Morrell Meeting Room of Curtis Memorial Library. All children must be accompanied by an adult.

WWW.CURTISLIBRARY.COM

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Drivers will have a clean driving record, Maine driver's license, desire to provide high quality customer service, ability to work collaboratively with colleagues, preferably live in Brunswick or neighboring towns. No experience necessary. We will train you. Write to mdb501@gmail.com to begin.



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

July 2019

All Spectrum Generations' locations will be closed on Thursday, July 4, in observance of Independence Day.



Aging In Place Forum

Respecting Choices: Caregiver and Parent Empowerment

September 12, 2019 | 9:00 a.m.—2:30 p.m.

Inn Along the Way in Damariscotta

Free!

Keynote Speaker: Dr. Dora Anne Mills

Plan to join us for an informative day with workshops and presentations from:

- Lisa Steele-Maley, Author of Without a Map: A Caregivers Journey
- Dr. Marilyn Gugliucci, Professor & Director, Geriatrics Education and Research, University of New England College of Osteopathic Medicine
- Marcia DeGeer, Attorney
- Rick Bisson, of Bisson Real Estate will share a personal experience
- Steve Raymond, of Lincoln Homes will tie it all together
- And More....

Registration information will be available in the August newsletter.

For more information in the interim, please contact Cindy Sullivan at 620-1185 or csullivan@spectrumgenerations.org

Moving Easy Program

Often when experiencing chronic pain, we are not able to continue using our bodies in the same way. Reduced activity can then lead to muscle tension, limited flexibility, restricted movement and joint stiffness. The more pain we experience, the less we move, and the less we move, the more pain we can experience.

But there's good news! The Moving Easy Program (MEP) is a gentle, safe, and enjoyable exercise routine included in the Living Well with Chronic Pain program. The MEP includes 26 movements that gently loosen muscles and joints throughout the body. Flexibility and gentle strength training combined with better breathing can help promote relaxation, as well as reduce tension and stiffness. The exercises are gentle enough to practice every day, even on those days when you aren't feeling your best.

You can participate in the Moving Easy Program by signing up for Living Well with Chronic Pain.

Living Well with Chronic Pain is ideal for those who are experiencing a wide range of chronic pain conditions. In this class, we discuss practical tools to help develop self-management skills, as well as ways to communicate about the pain we experience, with an emphasis placed on creating action plans, setting realistic and attainable goals.

Living Well with Chronic Pain

Gardiner Adult Education, 40 West Hill Road, Gardiner
September 11 — October 16, 3:00—5:30 p.m.

Living Well for Better Health

Patten Free Library, 33 Summer Street, Bath
September 12 — October 24, 1:30—4:00 p.m.

A Matter of Balance: Managing Concerns about Falls

People Plus, 35 Union Street, Brunswick
August 5 — September 30, 1:30—3:30 p.m.

Visit healthylivingforme.org or email info@healthylivingforme.org for more information or to register for a program near you!



Monday, August 12, 2019

Foodies delight! Plan to join us as chefs battle to win your tastebuds and votes!

Festivities begin at 5:00 p.m.

Cohen Community Center
22 Town Farm Road, Hallowell

\$75 per person
\$300/table of 4 or \$550/table of 8

To purchase tickets, learn about sponsorship opportunities or donate an auction item, contact Sarah Brown at (207) 620-1677 or sbrown@spectrumgenerations.org

Medicare 101

Are you new to Medicare or nearing the age for eligibility? The four different parts of Medicare (Parts A, B, C, and D), the difference between a Medicare Advantage Plan and a Medigap Plan, and the many Prescription Drug Plans can be confusing and difficult to navigate alone.

Do not wait until you are 65! You should begin learning about Medicare **three to six months before you are eligible**. Even if you are covered by an employer, *you can face penalties for not signing up*. The informative sessions offered by Spectrum Generations addresses all of these topics and helps to get you started in the right direction!

Our Medicare 101 Session will take you through the four different parts of Medicare benefits and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage – and so much more! Additional one-on-one assistance will be available to you, if requested, upon completion of this session.

July 9
12:30—2:30 p.m.
People Plus
35 Union Street, Brunswick

Call 729-0757 for more information.
\$15 suggested donation.
Donations allow us to continue providing this resource!

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



Your Partner in Health Education

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

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

Featured Program:

Healthy Weight for a Lifetime

For those struggling with weight loss, diets by themselves do not result in long-lasting change. **Healthy Weight for a Lifetime** helps participants create a foundation to ensure sustained success and maintain a healthy weight and lifestyle. This 12-week program is set apart due to the multidisciplinary approach that includes nutrition counseling, behavioral health, and exercise coaching.



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
329 MAINE STREET-SOUTH ENTRANCE, BRUNSWICK

July Calendar of Events

MINDFULNESS BASED STRESS REDUCTION FOR TEENS

Learn skills and strategies that encourage positive self-care. Join us for this **FREE 7-week course** of 1½-hour weekly group sessions. To experience the full benefit of the program, we strongly encourage students to attend all sessions. **July 8** from **6-7:30 p.m.**

Information night for parents & youth is July 1 at 6 p.m.

YOGA FOR CANCER

A **FREE** weekly program designed to limit stress, reduce fatigue, and promote healing for cancer patients and their caregivers, pre, post, or during treatment. Walk-ins welcome. **Thursdays** from **5-5:45 p.m.** *No class July 4.*

Maine Pines Racquet & Fitness, 120 Harpswell Road, Brunswick

PRESCRIPTION FOR HEALTH

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

Thursdays from **Noon-1 p.m.** *No class July 4.*

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.*

July 15 from **8:30 a.m.-4:30 p.m.**

Bath Parks & Recreation, 4 Sheridan Road, Bath

MINDFUL MORNING MINI RETREAT

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

July 27 from **9 a.m.-Noon**

HEALTHY WEIGHT FOR A LIFETIME OPEN HOUSE

Learn about our 12-week mindful living program, starting in September, that provides a long-term solution for weight loss by addressing emotional, physical, and nutritional issues.

July 29 from **5-6 p.m.**

AMERICAN RED CROSS BLOOD DRIVE

Help keep blood supplies stocked at adequate levels. Walk-ins are always welcome.

July 31 from **4:30-7:30 p.m.**

Mid Coast Hospital, Café Conference Rooms

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.

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Here I am ... warts and all

I'd certainly heard of People Plus, that place over on Union Street, during my nearly 16 years as an editor at the Brunswick Times Record. Articles on the community center had appeared in the newspaper from time to time, plus we ran the feature "Pic of the Week" every Friday. But beyond that, my knowledge of the ever-popular destination for a countless number of people was very limited.

When I was approached about the possibility of assuming the editorial duties here for the Center's own publication, it gave me the opportunity to come and see firsthand what actually happens at People Plus.

Needless to say, my initial visit was an eye-opener. There were activities galore in just about every area of the building — people playing ping pong, games of bridge, cyclists assembling for their Wednesday morning group ride, folks busy in the kitchen, staffers rushing around seeking information for members ... on and on it went.

Prior to my second visit with the Center's Executive Director, Stacy, I wanted to look a little more presentable, so I decided to change shirts standing alongside my car, substituting a tee version with a light-weight summer one that had a collar. No problem, right?

Well, as I was performing this simple task, a woman drove past and said through her open window, "You should have done that at home." Ouch! At first, I figured she was giving me a verbal scolding for doing such a thing in public and in broad daylight. But then a cheerful smile emerged across her face. It was one of those "gotcha" moments.

Right then and there, I thought this is really a joyous and fun place. I think I'm going to enjoy getting to know the people who gather at People Plus.

As far as getting to know me, I'm a native of Michigan, so yes I'm from away. But both of my children, Gavin and Sophie, were born in Maine, so that should count for something. My college days were spent in the Upper Peninsula near Lake Superior — it is truly God's Country there — and I embarked on my journalism journey as a sports writer at the daily newspaper in Sault Ste. Marie.

I followed with other editorial positions in Maine, then Sarasota, Florida, and subsequently coming back to the Pine Tree State, working for the Kennebec Journal in Augusta, the Morning Sentinel in Waterville, and capping my 44-year career at the Times Record, where my

Simply put

Patrick Gabrion



main duty was designing and editing the front page. I retired this past December.

The one important bit I've skipped — and keeping in mind where my two kids came from — was a little side trip I took to Europe in 1982 to visit some old friends. The long and the short of it, is that I purchased a bicycle, rode around England and France, was run over by a lorry (truck) in London, spent two months in the hospital because of my many injuries, and ended up marrying one of the nurses who was providing me with care. Hence, my two children, with Vicky, my wife for nearly 36 years.

There you have it — my life in three paragraphs. I'm still trying to figure out this new retirement gig, but it is sure fun trying. I enjoy gardening (the tending of flowers version), and I'm still passionate about riding a bike, despite my unfortunate accident. Even now, I'm working part-time in a bike shop in Farmingdale, and I have my own cycling blog (pedal-2page.com) that includes a more in-depth story of how I met my lovely life partner. And, I'm really looking forward to joining the group ride on Wednesdays here at People Plus.

So please if you see me at the Center, make a point to stop and say hello. Because I've told you a small part of my story, I want to hear yours. Who knows, it might just end up in this newspaper, and I think that would be wonderful. Thanks for reading.

Do your dues!
Now only \$30 - Brunswick res.
\$35- all other towns

Staying "Connected"

You are invited. "CONNECTED", a free nondenominational gathering, invites all widowers, widows, divorced and singles 55 and over on Monday, July 1st. The group meets at St. Charles Borromeo Church hall located at 132 McKeen Street in Brunswick from 7pm to 9pm. Light refreshments will be available. Come socialize, mingle and meet new friends! For More Information Call: 725-1266 or 725-8386

New/renewing members for June

* indicates new membership
* indicates donation made with membership

Life Members

Carol Evans, Topsham

Brunswick

Andree Appel *

Ann Baldwin

Bill Bannon

Maureen Bannon

Michael Barrett *

Albert C. Boothby

Sarah C. Boothby

Jordan Cardone

Donna Chale *

Shirley Eugley *

Richard Fortin *

Rollande Fortin *

Carolyn N. Foster *

Robert Galloupe *

Clarinda M. Gray

Anne Hillis *

Marjory Himmer **

Ronald Himmer *

Sally Hoople

Barbara Johanson

Mona Kinney *

Katharine "Kay" Mann

Etoile Martin

Jean Mulligan *

Robert Mulligan *

Joan G. Peck

John F. Peck

Robert J. Pinette

Susan A. Pinette

Patricia Porell

John J. Quinn III *

Monica F. Quinn *

Stephanie A Rivera *

Harold Roberts

Janet Spafford *

Sheryl Veilleux *

Topsham

Marcia Hahn *

Judy Leavitt *

Al Levesque

Joye Levesque

Judy Michaud *

Tom Michaud *

Harpswell

Jay Koo

Jenny Koo

Diane Marie Loughlin *

Virginia Sabin

Anne Towers

Other places

Miriam Carle,* Freeport

Frances B. Pinney,


Georgetown

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— 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

Student Show Continues in Café Gallery

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 July.

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.



Western Tanager. Water color.

by Jen Haskins

Drivers Needed! !

Did you know that People Plus provides **FREE** rides for community members in need of transportation?

Volunteer Drivers Needed for the growing number of ride requests in the **Bath area!**

Sign up to drive TODAY!

FMI 729-0757
www.peopleplusmaine.org

Weekly Winners

Senior Intermediate Cribbage

May 15: Joe Tonely, 716
Lorraine LaRoche, 709
Craig Aderman, 708
Mike Linkovich, 706

May 22: Lois Fournier, 726,
Perfect game!
Anne Bouchard, 717
George Tetu, 704

May 29: Rollande Fortin, 698
Joe Tonely, 694
Lorraine LaRoche, 689
Rick Fortin, 689

June 5: Anita Owens, 723
Joe Tonely, 692
Lois Fournier, 690

Senior Bridge

May 20: Richard Totten, 4,280
Terry Law, 4,090
Lorraine LaRoche, 2,890

May 24: John Rich, 4,140
Lorraine LaRoche, 2,960

May 27: David Bracy, 5,440
Richard Totten, 3,980

May 31: Dick Brautigam, 4,510
Anne Brautigam, 3,610

June 3: Paul Betit, 4,250
David Bracy, 4,140
John Rich, 3,370
Anne Nichols, 3,220

June 7: Sherry Watson, 3,730
Woody Townsend, 3,610

June 10: Woody Townsend, 6,070
Joyce Lyons, 5,180
John Rich, 4,650
David Bracy, 4,530

June 14: Paul Betit, 3,960
Sherry Watson, 3,760
John Rich, 3,620

June 17: Woody Townsend, 4,100
David Bracy, 3,450
Paul Betit, 2,590

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