



SIGURD 'SIG'  
KNUDSEN  
1943-2010

## Former director remembered

Members, staff and friends of People Plus were deeply saddened to learn of the death of former executive director Sigurd A. Knudsen Jr., on Sunday, Sept. 19, 2010.

His loss followed an agonizing and heroic, five-year battle with cancer, which he endured with bravery, grace and humor. Friends and relatives packed Brunswick's First Parish Church on Friday, Sept. 24, at noon, to memorialize this unique man who dedicated his life to the improvement of people from Maine to Alaska.

Knudsen was born Sept. 24, 1943, in Dorchester, Mass., a son of Sigurd and Catherine B. Knudsen. He attended Freeport (Maine) elementary schools, graduated from Portland High School in 1961 and Bowdoin College in 1965, with a degree in sociology. He later earned a master of Social Sciences and Social Administration from Case Western Reserve University in Ohio.

He was executive director of People Plus from June 1997 until illness forced his retirement in September 2009. He helped change the Brunswick Center for Senior Citizens from what he called "a social club" to an "inter-generational center for real and positive change" and a "force for good."

Please see SIG, Page 2

## 34th annual meeting set

The 34th annual meeting of the People Plus Center will be held at the new Union Street center on Thursday, Oct. 28, beginning at 9:30 a.m., and closing with a light lunch, served at 11:30 a.m.

The agenda includes a detailed report on last year's activities and finances, and an outline of plans for the coming year and future. There will be an awards presentation, and recognition of service for board members.

Lunch is \$10 for members and \$15 for nonmembers.

# Opening in grand style

By FRANK CONNORS

Hundreds of new and old friends of People Plus attended last month's grand opening of the new People Plus Center on Union Street. Executive Director Susan Cole called the week-long celebration, "a huge effort with extraordinary results."

Dignitaries lined a wall of the "Great Hall" on Monday, Sept. 20, at 4:30 p.m. for the formal ribbon cutting, while nearly 200 onlookers packed the room to capacity. Town Manager Gary Brown, Town Councilor Chairperson Joanne King, councilor Margo Knight, and People Plus Board Chairperson Ed Harris all spoke to the occasion, citing the project as fruits of "true" community pride and ownership. Councilor Knight called the building, "a testament to the vision of (former director) Sig Knudsen," who died just one day before the week-long series of events.

The Brunswick Explorer bus service offered free rides and an open exhibition in the spacious (but packed) off-street parking lot, and the wireless Internet café offered tables loaded with fruits and foods prepared by members and volunteers.

Tuesday was a day of open collaboration, when representatives from CHANS, Spectrum Generations, Mid Coast Hospital, Thornton Oaks and The



Executive Director Susan Cole, right, presents Brunswick Council Chairwoman Joanne King with a plaque thanking People Plus citizens and the council for making the new People Plus location possible. People Plus Chairperson Ed Harris looks on at left.

### More photos from grand opening week, pages 6 and 7

Highlands (and others) joined forces to discuss how best to use the gleaming new asset at Union Street, and how to work more efficiently together.

Wednesday was a day for the People Plus Center to "toot its own horn." Instructors for all the classes at the Center, from Basic Art to Strength Training, from Yoga to the Write On! writers group, were offering free classes, exhibitions and demonstrations.

Ida Messerman's Zumba Gold demo was loaded with interested members, and

who among us will ever forget that fabulous impromptu line dance exhibition offered that morning by Brunswick High School Service Learning coordinator Rick Wilson?!

Thursday, Sept. 23, was the day for the Brunswick Teen Center to shine. There was a pick-up basketball game on the new backboard just given to the center by the Brunswick Rotary Club, and lots of activity around the karaoke set and electronic games upstairs.

Public tours were offered during all four days. It is

estimated more than a thousand people toured or visited the center during the week-long event.

Bernard Breitbart was winner of the final 50/50 raffle, and Ron Kurtz of Topsham was winner of two guest passes to ride on the Maine Eastern Railroad to Rockland. Robert Morrell of Brunswick was the winner of a gift certificate entitling him to a month of free classes at People Plus, and Joanne Rosenthal, who is already a member of People Plus, won an addition year's membership. Ann Hollingshead won a free pass to lunch at People Plus on Oct. 21.

### Lunch & Connections

## Harvest Dinner to celebrate fall

An old-fashioned harvest dinner, with corned beef and loads of locally-raised root vegetables (and a fresh Maine apple for everyone) are features of the Thursday, Oct. 21, Lunch & Connections dinner at People Plus.

"We want to welcome the fall season, and celebrate a successful harvest," said chef Frank Connors, "this is a special dinner, loaded with fresh foods grown in the area."

There will be plenty of fresh tossed green salad. Vegetables served in the

dinner include potatoes, turnip, cabbage, onions, carrots and beets, and some of these veggies, to serve our vegetarian friends, will be prepared without contact to meats. Of course we "salt" our own locally raised beef. We serve coffee, iced tea, fruit juices and milk with each meal and the dessert will be a choice of fresh apple crumb cake or pumpkin bars.

Former People Plus board member Pat Conner, who is director of EAP and Substance Abuse Prevention at Mid Coast Hospital, will

attend the luncheon and speak on efforts to educate older adults about the potential dangers of alcohol abuse and prescription drug misuse. This program is a joint effort of Mid Coast Hospital and United Way. Conner will focus on the added dangers of mixing alcohol and drugs that can lead to falls, accidents, drug interactions and many other dangerous and unwanted outcomes.

Focus of the monthly Lunch & Connections program is nutrition, information and variety. Each meal

includes regular and vegetarian options, a salad, fruit, and whole-grained breads. Discussions of menus and nutrition are always encouraged.

Come at 11:30 a.m. to get a good seat in our new hall at 35 Union St., pick up your 50/50 raffle ticket, register for a door prize and get a free blood pressure check from a CHANS home health care professional.

Reservations for seating are encouraged and obtained by calling the People Plus information desk at

Please see LUNCH, Page 2

## From the Executive Director

SUSAN COLE



# A vision realized

Dear friends of People Plus. The death of longtime visionary and People Plus leader Sig Knudsen lent a decidedly poignant air to our grand opening events in late September.

For many of us it was clearly understood that without his advocacy the need for a "People Plus" — never mind a new, accessible location — would never have been fully appreciated. So often during the past months it was his vision of community that shaped the conversations and rationale for what is now our beautiful new home at 35 Union St.

I often think how thrilled he would be to hear, as I do daily after 3 p.m., the deep bass beat of the teens playing "Rock Star" or the buzz in the café around 4:55 p.m. as working adults rush in, put on their sneakers and dash into Ida's class for robust workout! And of course he would have appreciated the other sounds, such as the hum of writers, crafters, painters and quilters as well as the chatter and laughter of cribbage and bridge players. These sounds offer proof of the wisdom of bringing communities of all ages together.

During grand opening celebration week it was a thrill to open our doors to the community and show off our wonderful space, programs and services. Many visitors were pleased to learn how much People Plus offers for greater Brunswick residents either at 35 Union St. or throughout the community. For those of you who helped us prepare, cook, serve or host ... thank you. For those of you who joined us to celebrate, tour or attend a free class ... come back soon.

Sincerely,  
Susan Cole



Members of the Monday Crafters converted swags salvaged from the former People Plus home at 6 Noble St. and modified them for new life in the main hall of the Union Street center.

## SIG From Page 1

Brunswick earned its Community For All Ages distinction under his leadership, and the Brunswick Teen Center was created and thrived under his careful nurturing and guidance.

As his social work career evolved, Knudsen served as executive director of two other Maine nonprofits, The Coastal Economic Development Corp. and the People's Regional Opportunity Program following a stint in Alaska, where he worked for the Bureau of Indian Affairs, and the Bethel (Alaska) school student housing system.

In Alaska, he was honored by the natives in Toksook Bay, where the locals gave him the indigenous name

of "Mingtuli," meaning, "the wake of a boat."

In addition to his career in social work, Knudsen owned the Bagley House Bed & Breakfast in Durham. During that time, his inn was featured in "Best Places to Stay in New England." His guests knew him as the "Muffin Man." He sold the inn and cruised the East Coast for two years on his Alburg 37 sailboat, which he named, "Inua," (an Inuit, Alaska, word akin to soul, in all natural beings).

Sig was known for his zest for life, his sense of humor and his love of nature. He had a great love of travel. He enjoyed camping and loved reading. He loved to host gatherings of diverse groups of friends, to whom he told an endless cache of colorful stories.

Speaking at First Parish Church last week, longtime friend Gregg Shea said Knudsen spent his life defining service to people in his own terms.

"Sig's legacy is huge and beautiful and lasting. The thousands of lives he touched are part of it; giving of his

hope, vision, courage, support, faith and love is another. These pieces of magic are being passed on to others every day, and that legacy will continue."

Shea added, "doing this was not his job, it was not a labor, it was how he lived every day. It was how he made the world a better place. Sig," he concluded, "you were our gift, we celebrate your being."

In June of this year, Knudsen was given the Bowdoin (College) Spirit of Service Award, and in 2009, he was an honoree for Lifetime Achievement by the Southern Mid-coast Chamber of Commerce.

The family has asked that donations be made in Sig Knudsen's memory to the following:

The People Plus Center, PO Box 766, Brunswick, ME 04011;

The Human Rights Campaign ([www.hrc.org](http://www.hrc.org)); or The Calista Scholarship Fund, Bethel, AK ([www.calista-corp.com](http://www.calista-corp.com)).

Information was collected from various news sources.

## Memorial Donation

made to People Plus in September

In memory of **Joseph Dumont Jr.**

"remembered at men's breakfasts"

In memory of **Arline Inman**

"from her friends in the Cribbage group"

## LUNCH From Page 1

729-0757. A limited number of rides to dinner can be provided, on a first call, first served basis. Seating is limited to

60 people and meals are open to the public. Suggested donation will be \$5 (notice the new price) for adults 60 and older and children 12 and under; and \$7.50 for all others. Doors open at 11:15 a.m. and lunch is served at noon.

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Watch for Seasonal flu shots to be offered at People Plus Center this fall.

# Members medal at Sr. Games

The 24th annual Maine Senior Games were held Aug. 6 through Sept. 26 at various locations throughout the state. Seventeen athletic activities were scheduled, including table tennis games at the Pineland YMCA in New Gloucester on Sept. 17.

People Plus members Parker McLaren and Andre Pourreyron took part in table tennis. In the singles, players were divided into groups by age. The doubles matches were open to all ages.

Parker and Andre teamed up to take second place in the doubles competition. Andre won a bronze medal in singles, while the formidable Parker so cowed any competitors that no one challenged him in his age bracket, leaving him as the gold medalist.



Andre Pourreyron

# 'Twas All Hallow's Eve

By WENDALL B. KINNEY

'Twas All Hallow's Eve in a small Maine town. The year was 1952. Mischievous was about in the form of four teenage boys. What could we do but play those tricks we had wanted to play all year but had had no excuse to do so? There was no question of treat for there was much more fun in the trick.

Eaton is a section of Danforth, Maine, on the road between Calais and Houlton. It is not even a wide place in that road but a community of good people. It was a quiet place in the '50s, with little to do for its teenage population that was acceptable to adults. There was church and Sunday School on Sunday and the rest of the week, chores.

Teenagers in those days, in rural communities anyway, worked — the boys, in the woods or on the farm, and the girls, in the house learning those skills of sewing and cooking that would serve them well as wives and mothers.

The coming of Halloween was a time for kicking over the traces, so to speak, and was looked forward to with anticipation on the part of the teenage boys and dread by most men.

Owners guarded their property with vigor in hopes of preventing loss and destruction, though these were usually more in the way of removal and disfigurement — Jim Cogswell's hay rack a mile down the road in the ditch, Harry Johansson's cow in George Stoddard's barn and so on.

The favorite target for us boys was the outhouse. The goal was to upset, topple or otherwise remove from foundations, all the outhouses in the village with the exception of our own, of course. An outhouse occupied at the time of displacement was an extra bonus. Since most outhouses were set well away from the house, for obvious reasons, they were easy to approach on a dark night. The defense of such

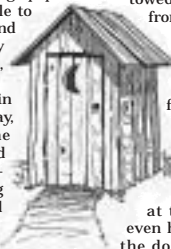
an outhouse was difficult unless the suspicious owner dared to spend the evening inside it. Inside presented a problem for the owner, however, since it was difficult to see an approaching vandal until one felt the house move and then it was often too late to prevent the dastardly deed.

The danger and the thrill for the teenage vandals was the possibility of rock salt from the shotgun of an irate adult if one were caught in the act or shortly thereafter.

On this particular Halloween in 1952, there was no moon. The night was dark as a pocket. We had just towed Morris Gray's hay wagon from his barn, across the road, and pushed it into the ditch and then ran away laughing as the rock salt pellets rained into the dry fall leaves nearby. We were now on our way to tip old Ben Steven's outhouse. It was a three holer, two for grownups and one for a young'un. It had curtains at the opaque windows and even had a half moon carved in the door. It was the best one in town and always the annual prime target.

We made a circuitous approach from the woods, unaided by moonbeam, flashlight or lantern, and reached our target without any more difficulty than tripping over a few roots and bumping into a few branches. We could hear Ben snoring inside and we, all four of us, leaned into our task with vigor. The outhouse tipped a little to the side and we heard Ben awaken with a roar. "Damn brats. I'll fix you." We heard the pump action on his shotgun as he jacked a shell into the chamber. We pushed harder and the house toppled. Joe and Tom both fell into the pit of last year's groceries as the outhouse door sprang open and Ben tried to crawl out from his prone position — shotgun in hand. Billie and I took off through the woods aching with laughter.

There's not much to do at night in a small town — 'cept on Halloween.



# The Members Page

## 'Two boys, three visits'

By BOB DOW

It was a dark and cloudy night: The sky devoid of any light. I heard a noise outside the door, Then saw a face down near the floor. (Beside the door, glass panels stood; That's how I saw the face so good.)

Now I was dressed from head to toe In black: complete with hood, also Around my neck a noose was made, And too, some spooky tapes were played.

I slowly opened up the door So I could see a little more.

Two boys stood there, just briefly stared, Then fled...though, big to be that scared....

A little later I went out To check my car and all about. Those two came back...not spotting me.

It was too dark for them to see.

One lagged behind; one climbed the stair.

"Where is he?" asked one of the pair. I said, "I'm right behind you, Mac." I thought he'd have a heart attack! They should have been a bit more wary.

Their Hallowe'en was getting scary.

My brother Cal and I went out: A party was what we're about Cal made a liquid-rubber mask. It turned out great, though quite a task.

When we got home, he left it there Beside the door, upon a chair.

The next day they were back. Believin'.

I guess...they needed to get even. They crept along the porch until They reached the side hall windowsill. My brother saw them sneaking by, And donned his mask, then, on the fly.

As they peeked in, that face arose... Have they stopped running yet? Who knows.

I often wonder if they might— each Hallowe'en — recall their fright. I do.

## A summer to forget

By VINCE McDERMOTT

Heat and drought Not friends of mine Some rain here and there Clear skies at times

But ills abound So many to count Strange weeds, worms,

beetles The numbers mount Grub hunting skunks Tearing up my grass How long is this Going to last?

Deer were absent Now are back My hosta in peril

Alas and alack After all this Days ahead are bleak Ten below and snow Not for the meek

Which would I choose? I'm sure you will see I'm Florida bound To sit by the sea

## Forest fires in Maine, October 1947

By CHARLOTTE HART

"Dad's leaving now to hurry home to Maine."

"It's dark outside! It's Thursday. Why today?"

Why aren't we going too? Please make that plain.

Let's all go. Why is it that we must stay?"

"Great forest fires are raging close to home.

The woods are dry. The winds are whipping strong.

We have to let Dad go, to go alone. He'll fight a dangerous fight. It may be

long." Thousands of acres! Horrific yellow days.

Newfield, Limerick, Alfred, fair Shapleigh.

No sun that week broke through the reeking haze.

Hollis, Kennebunk, and Goose Rocks by the Sea.

We let Dad go. In scenes hell did forbode

He saved our house on Stevens Corner Road.

# It's our time

by Gloria Smith

Issues and activities for older adults

Look for Gloria's column every Monday

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# Spectrum plans busy month of programs

Edward Ham is an expert on the International Space Station (ISS). He has given talks all through the state over the years. His son was a commander on the space shuttle. Mr. Ham will be at the Southern Mid-Coast Community Center to talk about the goings on with the space station. Learn what it is like on the remotest workplace in the galaxy!

The International Space Station (ISS) is an internationally developed research facility that is being assembled in low Earth orbit. On-orbit construction of the station began in 1998 and is scheduled for completion by late 2011. The station is expected to remain in operation until at least 2015, and likely 2020. With a greater cross-sectional area than that of any previous space station, the ISS can be seen from Earth with the naked eye, and is by far the largest artificial satellite that has ever orbited Earth.

The ISS serves as a research laboratory that has a microgravity environment in which crews conduct experiments in biology, chemistry, medicine, physiology and physics, as well as astronomical and meteorological observations. The station provides a unique environment for the testing of the spacecraft systems that will be required for missions to the Moon and Mars.

The ISS is operated by expedition crews of six astronauts and cosmonauts, with the station program maintaining an uninterrupted human presence in space since the launch of Expedition 1 on Oct. 31, 2000.

Ham will be discussing life aboard the ISS as well as showing a DVD highlighting the current configuration and daily life on the space station. He will also be bringing the only model of the ISS in the state. Come see what space is all about on Tuesday, Oct. 20, at 10 a.m. Cost is a \$2 activity fee and there will be refreshments.

## Care Free Café, Oct. 26 at 5 p.m.

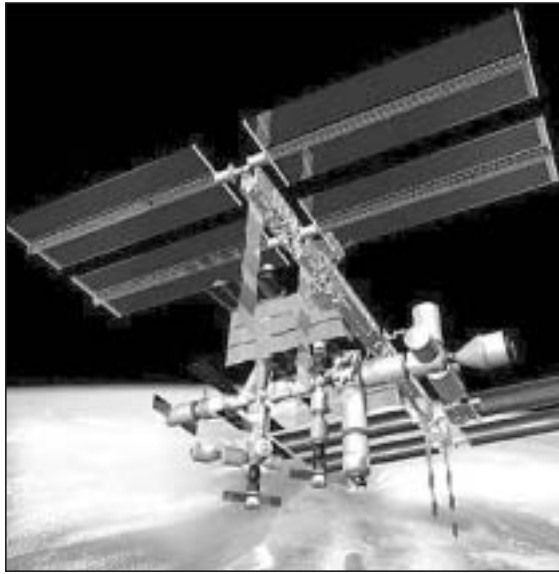
This special gathering place is designed for people with dementia, their caregivers, spouses, family members and friends. Enjoy an evening out in a friendly, safe and fun setting.

Dinner is a four course restaurant style meal and provides wonderful ambience for seniors to connect with their community.

The cost is \$8 per person or \$15 per couple. Reservations are required.

## Attention all veterans

The Veterans Independence Program (VIP) is a new program offered to Veterans through the VA to help keep veterans living at home independently rather than going to a med-



Life in outerspace on the International Space Station will be the focus of a presentation by Edward Ham.

ical facility. It is a self-directed program meaning that the veteran makes the decisions on what services and goods to purchase using a monthly allotment from the VA. For additional information — visit the Spectrum website, pick up a brochure at the local center, or call Kristin Overton at 623-0764 ext. 118.

## Tai Chi, the place to be

Sitting Tai Chi features the same moves that you would perform while standing but now you can experience the benefits from a seated position. In this beginner class we focus on gentle movements, self-massage, meditation and breath work. As time allows, we include a variety of other movements, such as tendon stretching and balance work. Come join us for a 75 minute class and experience the many health benefits that we can initiate ourselves with this ancient healing modality.

## M4A conference

We're pleased to announce that the Maine Association of Agencies on Aging (M4A) is holding its 3rd annual Conference on Aging on Oct. 22 at Point Lookout in Northport. This conference will address Healthcare Reform, how to best meet the needs of Maine citizens as they get older, the future of Medicare and Medicaid as we know it, and what should we be

doing now to ensure the health and welfare of our aging state.

To register to attend, call Holly Couture at 1-800-282-0764 ext. 146, or download registration materials online at [www.maine4a.com](http://www.maine4a.com).

## Discover the Southwest

Come sit and be an armchair visitor to the southwest United States. Spectrum Generations will be offering a trip to this wild and wonderful part of the country and would like you to see some of the details on Wednesday, Oct. 20, at 10 a.m.

## Notices

— Tuesday, Oct. 5: The center will be closed for Employee Day

— Monday, Oct. 11: The center will be closed in observance of Columbus Day

— Wednesday, Oct. 13: The center will be opening at 11 a.m.

— Friday, Oct. 29: The center will be closed.

## Cyber Cafe

Don't forget that we offer free Internet access. We have a cyber café with two computers and a printer as well as free WiFi throughout the building. Bring your portable computer in, have a cup of delicious coffee, sit by the fire and relax.

The hours are Monday through Friday, 9 a.m. to 3 p.m.

# Choice — the greatest freedom of all

By KRISTIN OVERTON

The healthcare paradigm is shifting and self direction is the model to look for, and what every health system should strive to achieve. Currently most long-term care benefits are on an as-needed basis, pieced together based on separate eligibility requirements, and sometimes with several different funding sources.

True self-direction, also called consumer direction or participant direction, is a revolutionary way of thinking. The intention is to maintain a person's lifestyle at home and in their community rather than relying so heavily on nursing facility care. This movement offers a choice and an empowerment; a trust, respect and understanding that each individual knows their unique circumstances intimately and therefore is the most qualified person to provide the ultimate judgment of their needs.

How it works is this: A funding source provides a monthly allotment of funds to be budgeted to pay for services that directly relate to each specific person's care. For example, one person may choose to hire their neighbor for housekeeping services, and a grandchild for personal hygiene.

Other items purchased may be snow removal and lawn care, several days at an adult day program and transportation to get to the grocery store. In our current system, unless that same person could pay privately for these services, that person would only be able to have an allotted amount of adult daycare services and personal care hours which would include housekeeping, and would not be able to choose their provider or the caregiver. Lawn care, snow removal, and transportation would not be services that would be covered at all.

Leading this movement locally is the Togus Veterans' Administration Medical Center in partnership with Spectrum Generations, the Central Maine Area Agency on Aging. The program is known state-wide as Veterans Independence Program, or VIP. Once a veteran has been deemed eligible, the veteran is able to access their allotted funds with the support of a care advisor through Spectrum Generations.

The veteran makes their own choices regarding the program; however Spectrum Generations acts as the go-between, paying the invoices and workers wages and providing expertise on available services in the veteran's community.

The VIP program is ideal for veterans who wish to stay in their own home but need additional supports in order to do so. Spectrum Generations is currently referring Veterans, so if you or a loved one may benefit from this program, you are urged to call us today.

For more information about the VIP program, or if you have interest in the program for yourself or a loved one, call Spectrum Generation's at 1-800-639-1553 — or visit us online at [www.spectrum-generations.org](http://www.spectrum-generations.org).

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## Osteoporosis is focus of Prevention program

"Osteoporosis: Bone Health and You" will be discussed by Laura Smith-Tucker at the Ounce of Prevention program on Oct. 18 from 11 a.m. to noon at the Mid Coast Senior Health Center Community Room, 58 Baribeau Drive. The public is welcome.

Smith-Tucker is a family nurse practitioner at Mid Coast Hospital, working with an orthopedic group providing peri-operative care for orthopedic patients of all ages. She provides pre-operative evaluation of surgical patients, assists in surgery and provides post-operative care in hospital and in outpatient settings.

She has been a nurse with the Bowdoin Medical Group, a research assistant at Massachusetts General Hospital and a mental health specialist with MacLean Hospital in Belmont, Mass.

Smith-Tucker has published many articles and made presentations at scientific meetings and received multiple awards.

The Ounce of Prevention is a monthly program regarding health issues offered by the Mid Coast Senior Health Center. The Nov. 8 program will be "Healthy Eyes: Cataracts, Glaucoma and Age-Related Macular Degeneration" presented by Brian Daniels, OD, of Brunswick Eye Care.



LAURA SMITH-TUCKER

## Calling angels to the healing room

By SALLY MOULTON and MERRILYN TOMBRINCK

Now that our new center is officially open, so is the healing room.

This service is unique. How many senior/teen centers do you know which have a healing room? This service is free to all members. Energy work is provided by volunteers. Naturally, we accept love offerings for People Plus.

We are calling for energy and body workers of the Brunswick area to come and give an hour or two of your time in the healing room. People Plus members appreciate the healing touch, listening ears and love they receive from the healing volunteers. We want this special service to continue and to grow: Reiki, Healing Touch, Massage, Trager, Reflexology, Integrated Energy Therapy sound and light therapy, to name a few. Just call the center at 729-0757.

The schedule is out for October so that those who are interested can call or come into the center to make an appointment. As our volunteers multiply we will offer more time for healing experiences. So spread the word among everyone in the alternative healing community. We are calling all angels to the new People Plus Healing Room. Thank you.

# OCTOBER 2010 at PEOPLE PLUS

Monday Tuesday Wednesday Thursday Friday

## LOOK OUT, LOOK UP!

Crews will be replacing the roof on the front section of the People Plus Center at 35 Union St., on or about Oct. 11. Areas of the parking lot and grounds will have to be corded off, and/or occupied by construction crews, supplies and equipment. We apologize for the inconvenience. Please use extreme caution during this period when you visit the center.

<p><b>4</b> 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus</p> <p>2:30-5:30 Teen Center</p>	<p><b>5</b> 8:00 Strength Training 9:00-10:15 Ping Pong 10:30 Basic Art 1:00-3:00 p.m. Quilting Club</p> <p>2:30-5:30 Teen Center</p>	<p><b>6</b> 8:30-9:15 Zumba Gold 8:45 Intermediate Cabbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00-3:00 Wiler's Group 1:30-3:00 Tai Chi 3:45-5:00 Bridge Class 5:00-6:00 Interval Plus 2:30-5:30 Teen Center</p>	<p><b>7</b> 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Advanced Art 6:00 Yoga 6:00 Course in Miracles 7:15 p.m. Line Dancing</p> <p>2:30-5:30 Teen Center</p>	<p><b>1</b> 8:00 Yoga 1:30 Qigong</p> <p><b>2</b> SATURDAY 8:30-9:30 a.m. Weekend Workout with Ida Messerman</p>
<p><b>11</b> <b>COLUMBUS DAY</b>  <b>Center Closed</b></p>	<p><b>12</b> 8:00 Strength Training 9:00-10:15 Ping Pong 10:30 Basic Art 11:30 LUNCH OUT J.R. Maxwell, Bath 11:45 Friends of Mt. Ararat</p> <p>2:30-5:30 Teen Center</p>	<p><b>13</b> 9:00 Men's Breakfast 8:30-9:15 Zumba Gold 8:45 Intermediate Cabbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00-3:00 Wiler's Group 1:30-3:00 Tai Chi 3:45-5:00 Bridge Class 5:00-6:00 Interval Plus 2:30-5:30 Teen Center</p>	<p><b>14</b> 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Advanced Art 6:00 Yoga 6:00 Course in Miracles 7:15 p.m. Line Dancing</p> <p>2:30-5:30 Teen Center</p>	<p><b>15</b> 9:00 Yoga</p> <p><b>16</b> SATURDAY 8:30-9:30 a.m. Weekend Workout with Ida Messerman</p>
<p><b>18</b> 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus</p> <p>2:30-5:30 Teen Center</p>	<p><b>19</b> 8:00 Strength Training 9:00-10:15 Ping Pong 10:30 Basic Art 1:30-3:00 p.m. Quilting Club</p> <p>2:30-5:30 Teen Center</p>	<p><b>20</b> 8:30-9:15 Zumba Gold 8:45 Intermediate Cabbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00-3:00 Wiler's Group 1:30-3:00 Tai Chi 3:45-5:00 Bridge Class 5:00-6:00 Interval Plus 2:30-5:30 Teen Center</p>	<p><b>21</b> 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Advanced Art 11:30 Blood Pressure Clinic 12:30 Lunch &amp; Connections 12:30-2:30 p.m. FLU SHOTS 6:00 Yoga 6:00 Course in Miracles 7:15 p.m. Line Dancing 2:30-5:30 Teen Center</p>	<p><b>22</b> 8:00 Yoga 1:30 Qigong</p> <p><b>23</b> 8:30-9:30 a.m. Weekend Workout with Ida Messerman</p>
<p><b>25</b> 9:00 Yoga 9:00 Crafters 10:00-11:30 Ping Pong 12:00 Bridge 5:00 Interval Plus</p> <p>2:30-5:30 Teen Center</p>	<p><b>26</b> 8:00 Strength Training 9:00-10:15 Ping Pong 10:00 Basic Art 11:45 Friends of Mt. Ararat</p> <p>2:30-5:30 Teen Center</p>	<p><b>27</b> 8:30-9:15 Zumba Gold 8:45 Intermediate Cabbage 9:30-11:00 Line Dancing 11:15-12:30 Ping Pong 1:00-3:00 Wiler's Group 1:30-3:00 Tai Chi 3:45-5:00 Bridge Class 5:00-6:00 Interval Plus 2:30-5:30 Teen Center</p>	<p><b>28</b> 8:00 Strength Training 8:30-11:30 Annual Meeting 10:00 Advanced Art 6:00 Yoga 6:00 Course in Miracles 7:15 p.m. Line Dancing</p> <p>2:30-5:30 Teen Center</p>	<p><b>29</b> 9:00 Yoga 1:30 Qigong</p> <p><b>30</b> 8:30-9:30 a.m. Weekend Workout with Ida Messerman</p>

Reiki treatments are back at the center.  
Call 729-0757 for appointments.

## PEOPLE PLUS NEWS & VIEWS

SPECIAL GUESTS  
DEBORAH MULLEN of LINCOLN COUNTY TRIAD AND TERRY GOAN of THE BRUNSWICK POLICE DEPARTMENT Viewed weekly on Cable Channel 3, Brunswick Community TV  
MONDAY AFTERNOON ..... 4 P.M.  
WEDNESDAY MORNING ..... 7 A.M.  
SUNDAY EVENING ..... 9 P.M.

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MORE THAN 1,000 VISITORS ATTEND PEOPLE PLUS CENTER'S GRAND OPENING CELEBRATION, SEPT. 20-25

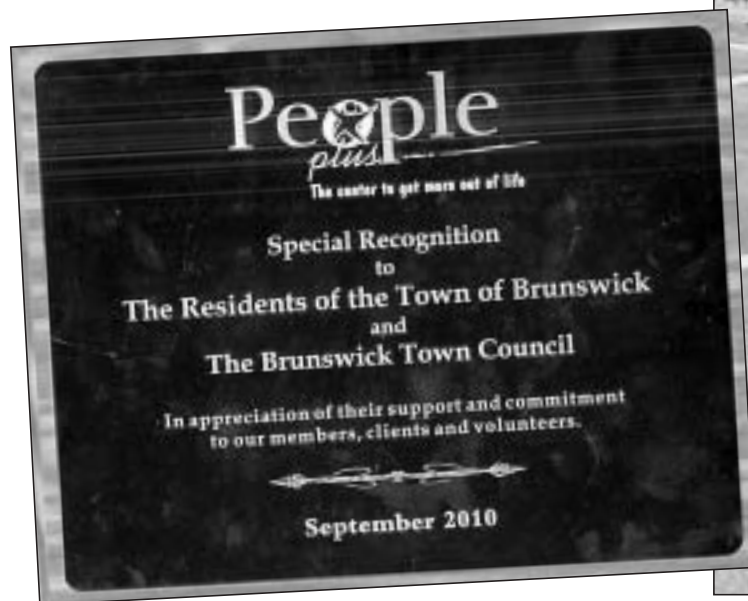
# What a week we had!



Ida Messerman leads a Zumba Gold demonstration on Wednesday. Below, the appreciation plaque that hangs in the lobby at People Plus. At right, teen center hoopsters shoot baskets under the watchful eye of Town Councilor Gerald Favreau.



Teen Center groupies cluster for a picture after their main room was named in honor of former executive director Sig Knudsen during a special ceremony on Thursday. At left, visitors gather around tables of goodies supplied everyday by volunteers.



# He Otto have a home!

By FRANK CONNORS

Otto, a fine, "older" tabby cat, was pretty much ruler of a retirement community, "east of Augusta," when the management at the home changed and decreed he must leave. Shame on them.

The 10-year-old Otto is now living in a foster home, awaiting a new home with new friends.

Otto talks a bit and purrs like crazy. He is neutered and absolutely up to date on all his shots. He passed a recent physical exam with the exception of what the vet called, "a weakness" in a back foot or leg, that keeps him from running, even walking too much.

He is definitely an indoor cat, and would appreciate a new home on a single level.



Ten-year-old Otto the cat was banished in Cooper's Mills. Now he's living in a foster home awaiting a permanent placement.

He has been described as a "snuggly couch potato who adores attention." A new home with 'older folks' would be a perfect situation for Otto, as that is what he's used to, and he is getting "up there" in

age himself.

If you are interested in adopting Otto, or have a friend who could be suitable, simply call Pam at 443-4035, or contact Frank Connors at 729-0757.

# Flu shots coming to People Plus

Nurses from CHANS will be offering flu shots immediately following our next two Lunch & Connections dinners. The clinics are scheduled to begin at 12:30 p.m. on Oct. 21 and again on Nov. 18. Both clinics will close at 2:30 p.m. Shots are available by donation at People Plus, the CHANS policy is to welcome all who come, and to appreciate this opportunity to support community health through this clinic.

**Remember to do your part:**

- Wash your hands
- Cover your cough
- Stay home if you're sick

Last season's flu clinic required two shots, one for the pandemic H1N1 strain and the other for the regular seasonal flu. This year, because of better timing and preparation, the vaccines have been combined and only one vaccination will be needed.

The formula for the 2010-2011 flu season, according to a CHANS spokesperson, will be: A/California/7/09(H1N1); A/Perth/16/2009 (H3N3); and the B/Brisbane/60/2008-like virus. As usual, vaccinations are specific, and need to be administered annually to have immunity from new strains. This year the Centers for Disease Control (CDC) is recommending a flu vaccination for everyone older than 6 months of age, which is quite different from the specifically targeted population in the past.

# New fitness classes mark fall season

## Qigong, Zumba Gold center's latest offerings

A second Tai Chi and a new Zumba class tailored "for anyone" help us celebrate the opening of our "new" center on Union Street, and get ready for a fall and winter season of fitness and good health.

People Plus fitness director Ida Messerman is "Zumba Gold Certified," and will open a new class on Wednesday mornings from 8:30 a.m. until 9:15 a.m., starting Oct. 6. Zumba Gold is a series of fitness exercises specifically designed to take the exciting Latin dance rhythms created for the original Zumba program, and alter them to work with, and for, active older adults. The routines feature slower rhythms and include a chair workout.

The Qigong (chee gung) Tai Chi class, led by Suzanne Neveux, is a new Friday offering, and a wonderful extension of Tai Chi at People Plus.

# GIT FIT with Ida!

**STRETCH.** The need for flexibility and benefits of stretching are increased muscle power, increased muscle endurance, reduced recovery time and prevention of injuries. Stretching should be a regular routine for a healthy body. **Stretch for success ...**

The first class is Friday, Oct. 1, beginning at 1:30 p.m. Qigong is an ancient practice and an extension of Tai Chi. It's movements are gentle and slow but without some of the complexity of more standard Tai Chi postures.

Practiced in coordination with your breathing, Qigong is both relaxing and energizing. Many practitioners report an increase in stamina, improved balance and an overall sense of wellbeing. Qigong can also be done while sitting in a chair.

Both classes may be attended once free of charge, "as an audit," by mem-

bers of People Plus. Brunswick and Harpswell members of People Plus are charged only \$26 per month for either the Zumba Gold or Qigong weekly class, residents of "nondonor" towns are charged \$32.

Messerman's Tuesday-Thursday strength training class (8 a.m.) and Interval Plus exercise class on Monday-Wednesday (5 p.m.) are each available for audit and new enrollment, as is Neveux's Wednesday Tai Chi class (1:30-3 p.m.).

For more information, contact Frank Connors at the Center; 729-0757.

# Free 911 cell phones available

TRIAD is offering free 911 cell phones for senior citizens throughout the area, according to Deborah Mullen of Lincoln County TRIAD.

During the past several years, her group has delivered more than 1,200 emergency cell phones. The phones are provided at no cost by RMS Communication Group.

RMS is currently working with more than 200 agencies across the United States and has distributed thousands of 911 emergency phones.

Any unused cell phone can be dropped off at local police stations and People Plus to be recycled. RMS will clean all personal information from the phones, refurbish them, load them with 911 capabilities only, and send them to police stations.

How does one get an emergency cell phone? Call your local police station.

## You Have a Choice at Greater Brunswick Physical Therapy

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- Auburn, 2 Willow Run • 784-6462
- Bath, 30 Front Street • 443-1158
- Harpswell, 34 Doughty Pt. Road • 729-1164
- Aquatic Physical Therapy at Bath YMCA and Lewiston YWCA
- Massage Therapy at Bath • Brunswick • Auburn

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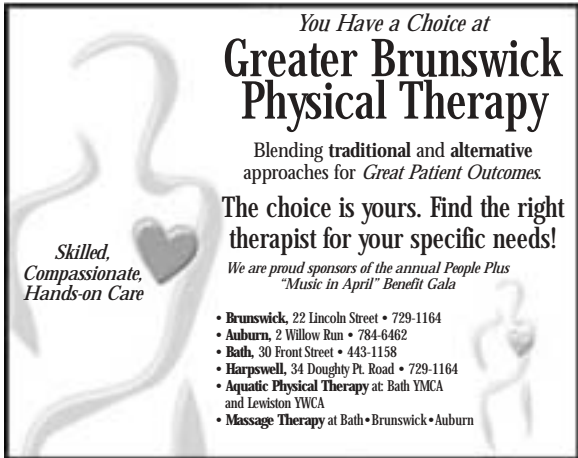
The Habitat for Humanity ReStore is open to the public, selling new and lightly used building materials, fixtures, furniture, and appliances at 25% to 75% off retail value!

The store's entire inventory is donated by members of the community like you — call today to schedule a free pick up!

108 Centre Street, Bath, ME  
207-386-5087

# October Foxwoods trip planned

Call immediately if you want to be included on the next trip to Foxwoods Casino in Connecticut. The trip is made on a quality coach, does not spend the night, and your cost is still only \$45. The Oct. 5 trip is hosted by Marion Whitcomb for the Bath Area Senior Citizen Center and People Plus. There will be a pick-up at the Topsham Fair Mall Park & Ride at 6:45 a.m., but you must be pre-registered. Call 443-2861 or 504-1704 to confirm space.



# Friday ArtWalk features 2 dozen exhibits

New exhibits and receptions are part of the Second Friday ArtWalk on Oct. 8 from 5 to 8 p.m. in Brunswick and Topsham.

People Plus at 35 Union St., Brunswick, will participate in this month's ArtWalk, showing work from students from two classes offered at the center. On Park Row, The Brunswick Inn will hold its second ArtRave of the season from 4 to 9 p.m. These are just two of the two dozen exhibits and studios open for the ArtWalk, from 5 to 8 p.m. in Brunswick and Topsham.

Many Fort Andross and downtown Brunswick studios and galleries will also be open.

The second Friday ArtWalk is a free self-guided tour of galleries and artist studios; it is sponsored by Five Rivers Arts Alliance with support from Season Sponsor Waterfront Maine.

Complete details can be found in yellow brochures available across town

## Art show is a hit

The multi-media art show featuring students of Connie Bailey's beginners and advanced art classes stole the show during last month's open house. The new exhibit area is a feature of the first floor cafe at 35 Union St.

Artists included in the show are Wilma Sarna, Ann Frey, Paula Spector, Beth Aldenburg, Sally Gibson, Elliot Ashley, Karen Giustra, Carol Oliver, Nick Payson, Judy Krok and Consuelo G. Bailey.

Original works exhibited are in oils and water colors, colored pencil, scratch board, chalk and charcoal. The student show will stay available until the end of October.

and online at [www.fiveriversartsalliance.org](http://www.fiveriversartsalliance.org).

## Dementia and caregiving talks set in Brunswick

Author and national speaker Janet Edmunson will offer a three talks on Dementia and Caregiving at the Mid Coast Senior Health Center, 58 Baribeau Drive.

The talks for professionals and family caregivers will be Thursday, Oct. 7. Two contact hours for nursing will be available. Make reservations at 729-8033.

Edmunson will speak from 8 to 10 a.m. to professionals, such as nurses, CNAs and physicians, discussing "Affirm Yourself for Challenges with Dementia Patients."

From 11 a.m. to 1 p.m., she will speak with Hospice caregivers, "Affirmations for Hospice Caregivers," and a brown bag lunch will be included.

From 5 to 6:30 p.m., family and caregivers are invited to "Affirm Yourself for Caregiving Challenges."

"Each new patient with dementia presents unique issues that can challenge even professional caregivers," says Edmunson. She presents ideas and solutions by using poignant stories, affirmations and group discussion.

"You will walk away inspired and full of practical ideas you can implement immediately when working with patients and family members," says Edmunson.

The impetus for bringing Edmunson to the MCSHC for a full day of programs was initiated by staff of The Garden, a special place for the memory impaired at the Mid Coast Senior Health Center. Staff heard Edmunson at the annual Alzheimer's Conference in June and were enthusiastic about the message she brings. For more specific details about Edmunson, visit [www.janetedmunson.com](http://www.janetedmunson.com).

The sessions for professionals are \$15, including the lunch for the Hospice session. Two contact hours for nursing will be provided. The Mid Coast Hospital Nursing Education Committee is an approved provider of continuing nursing education by ANA-Maine, an

accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Awarding of contact hours does not imply endorsement by ANCC or ANA-Maine of any commercial products displayed in conjunction with an activity.



JANET EDMUNSON



## Un-Common-ly Good

Nora, a senior at Bowdoin College, was part of the Common Good team painting and sprucing up at People Plus on Sept. 25. The team retrofitted three benches to be used by people waiting for the Brunswick Explorer bus. The group also helped with some groundskeeping and other chores.

## Pre-Christmas trip to Christmas Tree shop

If you need a jump on your Christmas holiday shopping, join us for a Nov. 9 shopping tour to the Christmas Tree Shop and the new Marden's in South Portland.

The Bath Bus Service bus leaves Bath at 9 a.m., and the Topsham Fair Mall Park & Ride at 9:15 a.m. Cost of the excursion is only \$7 for members of People Plus or the Bath Area Senior Citizen's Center, or \$9 for nonmembers. You will have several hours to

shop in either or both stores and the motor to the Country Buffet, in Scarborough, for lunch on your own. A mid-afternoon return to our area is anticipated.

To register, call the Bath Senior Center at 443-4937. For more information, call Frank Connors at People Plus, 729-0757; Iona Osnoe of Topsham's Merrymeeters, 729-7686; or the Bath Senior Citizens Center at 443-4937.

## Retired teachers to meet local candidates

On Oct. 6 a meeting of the Mid-Coast Retired Educators' Association will be held at Richard's Restaurant on Maine Street in Brunswick. The program will be "A Local Candidates Forum." Social time begins at 11:30 a.m., with lunch at noon. The fundraiser will be a raffle.

The Mid-Coast Retired Educators' Association is comprised of retired teachers, ed techs, administrators, office personnel, nurses and librarians living in the Mid-coast area. Members meet seven times each year to attend informational programs and participate in fundraising projects, in

order to provide scholarship funds to area high school graduates.

All area retired school personnel are welcome to attend. For more information, please phone Jane Gott at 721-0659.

America's longest living apple tree was reportedly planted in 1647 by Peter Stuyvesant in Manhattan, New York City, and was still bearing fruit when a derailed train struck it in 1966.



**Are you caring for an elderly loved one?**

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# Beware the scammers come a calling

Beware of scams. They change all the time. Trust your instincts.

We are grateful to one of our members for sharing this story with us:

On Aug. 27, I was splitting wood when my wife came out in a panic. She had the cordless phone and wanted me to talk to our grandson "who was in jail in Haiti."

This immediately rang an alarm in my mind because I have read a number of articles on scams. This had a likeness to these rip offs that might not be coincidence.

When I took the phone, I was talking to a young man who was crying and repeating the story he had told my wife. He knew our grandson was a



LIBBY HERRICK

kicker for a football team and that he was our oldest grandchild. However, he didn't sound like our grandson and he kept calling me Grandpa. Our grandson never called me Grandpa; he always called me Papa. He said that he and his friend had gone to Haiti. They were driving around

and picked up some hitch hikers. The police stopped them and found drugs in the car. He said that the police checked him for drugs and he was clean, but he needed \$1,850 bail until

he could get a lawyer. Then the money would be returned.

I didn't wait for more details. I told him that I would call my son and find out where our grandson was. I told him I thought that this was a scam and that I would not send money. There was dead silence on the other end of the line, and I hung up.

Of course it was a scam and my two grandsons were at college football camp as they were supposed to be.

A word to the wise is sufficient. Worried you've been scammed? Put your mind at ease by calling the non-emergency number at the police department (725-6621).

# VTN adds partners

The Volunteer Transportation Network is a collaborative community program that provides free door-to-door transportation by volunteer drivers.

We are excited to introduce this new program that is absorbing the On The Go program. Now, in addition to medical appointments, VTN will be available for personal needs.

The new VTN program works very similarly to our previous On The Go. Riders continue to call the center to request rides that are then matched with drivers by our coordinator.

But now there is a new component: Partners — agencies, organizations, companies, churches, etc. — provide transportation for those who are affiliated with their organization. All drivers are now VTN volunteers.

VTN was initiated by the Midcoast Collaborative for Access to Transportation, the same organization that brought us the Explorer bus. VTN is supported by the United Way of Mid-coast Maine.

For more information, call 729-0757.

# Volunteer Fair grooms community connections

On Sept. 18 the Midcoast Presbyterian Church in Topsham hosted a Volunteer Fair to provide a single location where people could explore local opportunities with 22 area agencies.

People Plus presented its new Volunteer Transportation Network information, seeking new riders and drivers. It also sought mentors for the Brunswick Teen Center.

The following list represents the top volunteer needs for the other agencies:

American Cancer Society: Patient treatment drivers, administrative assistance (373-3715); American Red

Cross: Disaster assistance worker, administrative and fundraising support (729-6779); Big Brothers Big Sisters: Male mentors, school mentors (729-7736); Bright Start: Playground projects, monthly floor cleaning (725-7621); Coastal Humane Society: Dog walkers and cat care at shelter (725-5051); Girl Scouts of Maine: Junior Scout leader, member of neighborhood coordinating team (888-922-4763); Greater Bath Elder Outreach Network: Community visitor (837-8810); Habitat for Humanity: Weatherization projects, ReStore assistance (386-5081); Independence Association: Mentors,

tutors for basic skills (729-4912); Maine Center on Deafness: Volunteer coordinator trainer (797-7656); Mid Coast Hunger Prevention Program: Food bank collecting, sorting, organizing; soup kitchen cooking or kitchen assistants (725-2716); Sexual Assault Support Services of Midcoast Maine: Telephone line support advocates, fundraising events (725-2181); Spectrum Generations: Meals on Wheels drivers, group activity leaders (729-0475); Stevens Home: Men's group, friendly visitors (725-5701); Sweetser: Male and female mentors, special projects (373-3006); Tri-County Literacy Volunteers: Volunteer administrator, grant writer (443-6384); and Volunteers of America: Westrum House volunteers, Mediation Services support (373-1140).

If you have any questions, please contact the agencies directly.



If you no longer drive, we will take you grocery shopping. All trips are in the morning and give you an hour for shopping. Call by 2 p.m. the day before any shopping trip.

- Oct 1: Brunswick Hannaford's
  - Oct 8: Topsham Fair Mall
  - Oct 15: Brunswick Shaw's
  - Oct 22: Brunswick Hannaford's
  - Oct 29: Wal-Mart at Cook's Corner
- Call 729-0757 and ask for the driving program or press ext. 109.

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

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# ... a long and privileged line

Sig Knudsen often told me that dawn was the prettiest moment of any day, so, the morning after his death found me standing at our kitchen window and waiting for the show. I shivered with anticipation. There was an aloneness that is all too familiar.

But this day would bring no disappointments. The horizon in front of me went from black to a streak of promise to a bright, exciting crimson in just minutes. The room, my world, magically filled with light, and with newness, and with promise. When that fantastic orange orb burst out of those pines and splashed over the bay with dazzling color, I just knew Sig was at it again, and life was going to be OK.

The dawn thing started for us because I once told Sig that dawn for an infantryman in Vietnam was almost always a fear-filled moment, and we often used it for what we called a "mad minute." If we thought there were enemy troops in the area, we'd pick a tree in the shrouded jungle beyond us and "fire it up." More than once the tree would fire back. There was born my apprehension and suspicion of dawn, and it lived with me from those days to this one. It became easier for me just to sleep through the moment.

The first time I told Sig the story of my mad minutes, tear welled in his eyes. He turned away quickly and stared for a full minute at the beautiful tower on First Parish Church.

"Why do people do that to each other?" he asked me. We never came up with an answer.

So Sig became one of my confidants. "Time to get out of the jungle," he told me more than twice. He was such a giving, and willing listener, and he could take a complicated story, a memory that had crippled me in place, and chop it into silly, workable pieces, that would help me move on. Those grand blue eyes could burn through you while he waited for an answer, and when the two of us worked it out, chances are it was buried for good. I will miss that so much.

I don't for a moment think I was the only person Sig ever worked on and challenged to be better. I know I'm part of a long and privileged line. And there begs another question for me.

I have to believe that folks such as Sig — these rare, caring creatures of our world — ingest so much vile bile as they pilgrim their way through our nasty world, that the journey ultimately makes them sick, and our diseases takes them from us. If that sounds cold, or mean, I'll just apolo-

## Speaking Frankly

FRANK CONNORS



gize and ask you to prove me wrong. How else do we rationalize losing such a vibrant, vital person when they still have so much to give?

I don't want this to seem too bitter or negative, but when we lose good, productive people, or some around us are bothered and reduced by disease, can I help it if it makes me mad? Sig, in his quiet, calm way, would put his hand on a shoulder and tell us to take a breathe, and work through what's ailing us.

I'm trying to do that, boss, taking a breathe, working my way through another rough patch. The comfort, this time, is knowing I have you as an example for the rest of my life, and knowing the long, privileged line has to close ranks, again.

Sig, we'll see you on the other side. You are too soon gone, and the world is poorer for your passing.

## CLASSIFIED ADS

**Aging Consultation Services.** Call Joanne Rosenthal, MSW, for answers to your questions about Medicare, community resources, housing options and more. Affordable and confidential. To schedule an appointment call Joanne at 841-6188 or 725-6301

**Michele's Consignments,** Union St., is now an authorized dealer for People Plus. Buy specially marked items at her shop, and a commission is paid to the Center. Call 837-1801.

**Simple Alterations** on clothing or household items. Call our "Craft Ladies" at 729-0757.

**Items to Sell? Services to offer?** Advertise in our Classifieds. The cost is \$10 per inch, per month, paid in advance. Call 729-0757.

## Ancestry.com program set Oct. 25

The public is invited to a 45-minute introduction to Ancestry.com which is available to Curtis Memorial Library patrons free.

The program will be Monday, Oct. 25, at 1:30 p.m. at Thornton Oaks Retirement Community, 25 Thornton Way.

Ancestry.com is a very large genealogy database and an "outstanding resource for anyone interested in doing genealogical research," says

Elizabeth Doucette, executive director of the library, who will present the program.

The program is geared to folks who are interested in genealogy but are beginners.

She will discuss the basics of getting started in genealogy and cover what sort of information may be found using Ancestry. This will be a 30-45 minute program with time for questions.

## New or renewing members

\*Indicates donation

### BRUNSWICK

Linda Preusse  
Ruth Murphy  
Alfred W. Tyrol  
Jessie "Jill" Jones  
Dante Di Edwardo  
Ursula Overholt  
Mike Linkovich  
Terry Howell  
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Carol Oliver

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## People Plus News

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

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

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

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# Fondly recalled ...



In 1927, the cribstone bridge connecting Bailey and Orr's islands in Harpswell was nearing completion. Larry Pennell took these two pictures, one showing the long ramp up, the other showing a detail of the unique granite work. The bridge has undergone extensive restoration in the past two years, and is scheduled to reopen next month. If you have old area pictures to share with readers of People Plus News, contact Frank Connors at 729-0757.

## Upstairs at 35 Union

Maybe you have already graduated from high school, and never visited the Brunswick Teen Center, for "obvious" reasons.

Those among us who have visited the center know it as a fun and inviting place, and want to spread the word. Executive Director Susan Cole is calling the initiative, "Upstairs at

Union Street," a chance to explore the bit of a child in us all.

Starting in October from 10 a.m. until noon, each Monday, there will be a dart board and pool table ready and waiting. On Tuesday, from 10 a.m. to noon, those with a flair for the dramatic will be encouraged to try out the Karaoke stage, and on Wednesday, same times, you can try your hand at "Rock Star" and other video games.

Who knows, this could bring intergenerational activities to a whole new level.



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