

# People News

plus

The Center to get more out of life

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

Non-Profit Organization  
U.S. Postage PAID  
Brunswick, ME 04011  
Permit No. 52

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

May 2011

Volume 11, No. 5

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

## Volunteers are the heart of People Plus

Pick the day and pick the event, there are few things that happen at People Plus without the touch of a volunteer.

There is the volunteer sitting behind the desk as you enter the Center, waiting to help and willing to greet. Each year, the Music in April volunteer team supports an incredibly varied and demanding program. We have monthly distributors of our

*Please see VOLUNTEERS, Page 6*

## Trips and activity schedule is taking shape

The first trip of our 2011 season opens May 3 with a bus to Portland with shopping visits to the Christmas Tree Shop and the new Trader Joe's.

The bus leaves Bath at 9 a.m., picks up in Topsham at the Park & Ride lot at 9:20 a.m. and arrives in Portland about 10 a.m. Lunch on your own will be at the Cracker Barrel Restaurant. Return to the Brunswick area is scheduled for mid-afternoon. Cost of the trip, lunch not included, is only \$5 for members of People Plus or the Bath Area Senior citizens, \$7 for anyone else. Register at the Bath Center only.

Beginning last season, People Plus, the Bath Area Senior Citizens, and Topsham's Merry Meeters began cooper-

*Please see TRIPS, Page 6*

## Music in April sets new record

The ninth annual Music in April gala opened April 14 to another capacity crowd and bulging auction tables, and when the evening was over, another record setting year was enjoyed by all.

This annual benefit for People Plus again featured a unique and sumptuous buffet offered by leading area restaurants, two great musical headliners, plus live and silent auctions.

**Downeast Energy, for the ninth straight year, was the "Fortissimo," or event sponsor.**

**"Forte," or table sponsors this year included: (alphabetically) Ameriprise Financial Services, Atlantic Regional Federal Credit Union, Bath Savings Institution, Bowdoin College, Brackett Funeral Home, CHANS Home Health Care, Down East Credit Union & Insurance Agency, Edward Jones Investments, Hammond Lumber Co., The Highlands, Mid Coast Hospital, Midcoast Regional Redevelopment Authority, Neighbors Inc., Primerica Financial Services, Riley Insurance Agency, Savings Bank of Maine-Brunswick & Topsham, Sitelines, Spectrum Generations and Thornton Oaks.**

**"Mezzoforte," or activity sponsors include Ouellet Associates and Kathleen Winn, Dentistry.**

Neil Lamb and David Lawlor, two notable local jazz guitarists, headlined the musical programs this season. The pair recently collabo-



Celebrity carver Sam Hayward, left, passes off a serving of pork tenderloin while chef Chris Toole assists.

rated on and released a CD titled, "Molly Brown," as the "Lambo Law Guitar Duet." Bowdoin College's nationally acclaimed male acapella group, The Bowdoin Longfells, also offered its fourth spectacular presentation in as many years.

**The list of exceptional restaurants supporting the event this year included: Barn Door Café, Back Street Bistro & Lilee's, Belle Fete Catering, Bow-**

**doins, Byrnes' Irish Pub, Captain Mike's Restaurant, Clementine's, Cook's Lobster House, El Camino & Flipside, Frontier Café, The Great Impasta, Henry & Marty, Kennebec Tavern, Murphy's Seafood Grille, O'Shea's Pub, Provisions, Richard's, Scarlet Begonia's, Wicked Joe's Coffee, Wild Oats Bakery, and 111 Maine Catering.**

Restauranteur Chris Toole coordinated this exceptional collection of foods from area

restaurants again, and the always popular carving table was operated by guest chef Sam Hayward of Fore Street Restaurant in Portland.

Former People Plus Board member O Jeanne d'Arc Mayo, whose leadership and imagination over the past four years has led to a series of sold-out shows and remarkable presentations, served as honorary chairperson this year, and was recognized at the event. Mayo transferred leadership this season to People Plus board members Lennie Burke and Alison Harris, and the transition seemed to prove flawless.

The list of live and silent auction items was the most extensive ever, with unique trips and food offerings again leading the list. In this year's program, auction items were divided into categories of interest for the first time. Major categories included Arts, Craft & Literature, Clothing & Jewelry, Food Treats, Home & Garden, Sports, Entertainment & Outings, and finally, Pampering Yourself.

John Bottero of Thomaston Place Auction Galleries once again led the live auction. Both auctions included a total of more than 100 items, and organizers' promises of a great mix of "dependable standby items, and some new and exciting offerings," was certainly met.

The 2010 event raised more than \$22,000 for People Plus, and initial counts of this year's proceeds are exceeding that number.

## Lunch & Connections

### Soups & sandwiches on May menu

Our May 19 luncheon will be a delectable sampling of seasonal soups and sandwiches. The menu, right down to the rhubarb crisp is designed to get everyone into the mood for spring.

The main menu entrée is a Tuscan vegetable soup, inspired by our friends at the Olive Garden restaurants. The hearty, full-bodied soup features Italian sausage, Maine potatoes, red and green peppers and white onions. Our vegetarian option will be a vegetable soup with a heavy broth. The sandwich selection will include egg, ham and tuna salads on wheat or white enriched breads.

There will be a fresh, lightly-dressed green garden salad. Coffee, tea, fruit juices and milk are available and the dessert for May will be a thick helping of crisp, made from local rhubarb and served with ice cream.

May is military appreciation month, and a patriotic sing-along might be appropriate. Also, as a tribute to National Straw Hat Day, the first door prize of the day will be awarded to the "most uniquely presented" straw hat.

Come at 11:30 a.m. to pick up your 50/50 raffle ticket and register for one of several door prizes. Reservations for seating are encouraged by calling the People Plus information desk at 729-0757. A limited number of rides to dinner can be provided, on a first call, first served basis, and if you want to try a home delivery, give us a call, 48 hours in advance, we will take care of it. Seating is limited to 60 people and meals are open to the public. Suggested donation is \$5 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.



## Here's the scoop!

The March 31 Gelato Fool's Eve Fiasco Event to benefit the Brunswick Teen Center Program raised more than \$2,500. Pictured are one of the Bowdoin College sports teams that volunteered to scoop gelato for the event. Thank you to the many people who, over the course of the 12-hour event, scooped, greeted, played music, entertained and made purchases. The Gelato Fiasco is located at 74 Maine St. in Brunswick. Please remember to visit them often!

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



# Springing toward our future

Spring ... finally ... interspersed with rain and mist ... casual glimpses of the sun ... you can feel on your face the anticipation of summer as the strength of the sun gains with each new day. New beginnings ... the promise of spring ... our hopes for the future.

As you know, the Board, staff and membership of People Plus are engaged in a strategic planning/ visioning process to assist the Board of Trustees with setting the agenda for future programs and activities and develop the job description for a new executive director. I am deeply appreciative of the opportunity I have been given to be a part of this process.

We are now eight weeks into our strategic planning and visioning work. We have held focus groups with community leaders, staff, instructors

## From the Executive Director

JIM PIERCE



and volunteers and the Teen Center Committee. I have been spending a lot of time talking about the future of People Plus with many of you.

The casual conversations we have engaged in have provided me with an expanded vision and appreciation for what this diverse and vibrant organization means to many of you. I have also met with several key individuals who represent organizations that we currently, or have the potential to, collaborate with.

These discussions are important as we strive to develop a plan for "building out" our programs and activities in areas that need support and are not duplicating what others are offering. Each new conversation includes the name of one or two additional people I should talk to. I only wish I could meet with everyone!

The Board of Trustees is meeting in mid-May to digest and analyze the results of this important work. I am confident that the time and resources we have given this endeavor will result in a solid foundation and well thought out plan for the future growth of this wonderful organization.

As with the emerging promise of spring and the increasing warmth of longer days, one can sense the strength of People Plus and the brightness of it's future.

## Third free healing clinic is set for May 17

Do you know what Physical Therapy can do to improve your mobility and reduce pain? Have you ever experienced the comfort of Reiki healing? Join us on Tuesday, May 17, at the Light Body Free Healing Clinic to find out.

People Plus and Greater Brunswick Physical Therapy are co-hosting the third of six free healing clinics on May 17 at People Plus, 35 Union St., from 1:30 to 6:30 p.m. This event is open to the public. We especially want to reach out to those without health insurance and individuals have not yet experienced this kind of supportive healing.

The practitioners offering free care include physical therapists, massage therapists and Reiki masters.

Physical therapist Donna Maria Bordeaux, co-owner of Greater Brunswick Physical Therapy, will be offering 1/2 hour healing sessions.

Giving back to the community through The Light Body Free Healing Clinics is one of her passions and Greater Brunswick Physical Therapy has been sponsoring them for the past six years at its Harpswell clinic location.

Working with People Plus to bring

the Free Healing Clinics to the center of Brunswick is a magical opportunity, offered Bordeaux. The professionals providing free care travel from as far away as Saco to share their talent and experience with our community.

Bordeaux's goal has always been "to treat individuals with a greater depth of caring, to honor the interconnectedness of the body, mind and spirit and to touch the hearts of those who come here for help."

A partial list of courses that Bordeaux has taken to augment her Physical Therapy skills include Visceral Manipulation, Neural Mobilization, and Myofascial, Craniosacral, and Integrated Manual Therapy Techniques, providing her with a wide range of tools and practices for reducing pain, increasing circulation and promoting healing.

All clinic treatments are provided at no cost, but anyone wishing to make a donation of thanks may do so. All monies collected will benefit the People Plus Center and Mid Coast Hunger Prevention Program.

The final three clinics will be July 19, Sept. 20 and Nov. 15.

People Plus is a regular stop on the Brunswick Explorer bus line.

For more information about receiving care at the clinic, call Greater Brunswick Physical Therapy at 729-1164.

## Habitat's 5K Home Run & Walk

Attention all 5K runners! Habitat for Humanity/7 Rivers Maine has added a 5-kilometer run to its 18th annual Spring Walk.

Habitat invites you to join them on Sunday, May 15, in an effort to raise funds in support of affordable area housing, and to enjoy the newly arrived spring weather.

More than 20 churches, organizations and businesses are expected to participate in what is being billed as Habitat's largest annual fundraiser. Runners and walkers will gather at the Habitat ReStore and administrative offices at 108 Centre St., Bath, for registration, an opening ceremony and refreshments.

The \$20 registration will be accepted from noon to 1:30 p.m. for either event on May 15. Preregistering online at [www.habitat7rivers.org](http://www.habitat7rivers.org) (credit card only) costs \$15. The opening ceremony is at 1:30 p.m. The 5K run (USATF certification pending) leaves at 2 p.m., and the 5K walk at 2:15 p.m. Closing ceremony will be at 3:30 p.m.

To volunteer the day of the event, call Michelle at 386-5081. To sponsor the event, contact Peggy Siegle, director of development, at the same number.



Volunteer Transportation Network provides door-to-door rides in Brunswick, Topsham and Harpswell for medical appointments, grocery shopping and personal needs.

Call to register at 729-0757, extension 105.

## Memorial Donation

made to People Plus in April

In memory of **Muriel T. Mehlhorn**  
from "Your friends in the Wednesday Cribbage Group"

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"Pansy," colored pencil and water color, by Al Tyrol

## Show features Center artists

Original works by students of Connie Bailey's combined art classes are gracing the Union Street Gallery at People Plus for the months of May and June.

The multi-media show includes more than two dozen pieces by nearly a dozen artists. Students invited to display include: Beth Aldenberg, Cynthia Fisher, Ann Frey, Sally Gibson, Karen Giustra, Judy Krok, Marilyn Otterstein, Nick Payson, Paula Spector and Alfred Tyrol

Al Tyrol, featured artist in this month's People Plus News, has been "interested in art" since he was a very young man. He is a native of upstate New York, and has lived in Brunswick since 1994. His first organized art instruction came from the Lake Placid Art School, and he holds a bachelor of art degree from the Pratt Institute in Brooklyn, New York.

The student's art show may be viewed at People Plus during regular business hours.

## Spring in Maine

By VINCE McDERMOTT

You know spring has arrived in Maine when —  
The sun is shining brightly but your teeth are chattering;  
You have to wear a parka over your Bermuda shorts;  
The sunscreen display is next to the

ice melt display in the store;  
Your early blooms have to poke up through the ice;  
You want to start digging your garden but are out of dynamite;  
You just got back from Florida and are ready to go again, but you have to wait until the roads have been cleared of snow.

## A windy day at the beach

By LYNNE KRESGE

The salty wind blows my hair straight out behind me.  
My hat has blown off so many times I am doomed to squint from the glaring sun.  
The Gulf waves are high today — not always so.

I see that second breaking wave 30 feet beyond the much gentler one lapping the shore.  
It is daunting, breaking with such energy, perhaps more than I wish to be challenged by today, even if the

water is so delightfully warm.  
I rode the trolley here for 25 cents.  
A ten-minute trip. No worry to park or pay.  
You can't beat that. Or being here, in the sunny, windy warmth of this very moment.

## A great adventure (1949)

By BOB DOW

It wasn't my idea (That long Alaskan drive).  
A great adventure, though,  
And one for which to strive.

Then, hardly more than teens,  
We undertook the plan  
To drive to Fairbanks in  
A small Renault sedan.  
The engine was in back.

The tires were two ply  
For that long gravel road,  
Most people wondered why.

Right now, as I look back,  
I also wonder why.  
I guess we didn't think,  
Just gave the plan a try.

Of course we did succeed,  
But not without some strife.  
We made news on the way ...  
And memories for life!

# With pride and honor

By P.K. ALLEN

I'm proud to be a Citizen  
of the greatest Nation on earth,  
Born of thirteen separate colonies  
that United to show their worth

With a Declaration of Independence,  
signed with an unwavering hand,  
That promised "Life, Liberty, and the  
Pursuit of Happiness"  
across this great vast land.

And The Constitution that soon fol-  
lowed,  
along with The Bill of Rights,  
Forged by Courage and Wisdom

to guide us through our nights.

And our Flag that we fly each day  
to wave in Freedom's light  
With its Stars and Stripes forever  
giving hope to those in plight.

And our Allegiance that we pledge  
"with Liberty and Justice for all,"  
"One Nation, under God and Indivisi-  
ble"  
that lets us stand so tall.

So it is with Pride and Honor  
that I sing our Anthem loud.  
I'm glad to be an American,  
for THAT IS WHAT MAKES ME  
PROUD.

## Three cheers for Mom!

By P.K. ALLEN

Cheers!  
For the one who changed my diapers  
For the one who gave me life  
For the one who fed me breast milk  
For the one who likes my wife  
Cheers!  
For the one who clothed my body

For the one who taught me right  
For the one who nursed my wounds  
For the one who held me tight  
Cheers!  
For the one who loves me dearly  
For the one who tickled my palm  
For the one who I'll love always  
For the one who I call ... Mom

## The phases of motherhood

By P.K. ALLEN

A woman bears her child,  
who soon will call her Ma.  
She'll nurse him, and cuddle him,  
and teach him to say, Da.

A woman rears her child  
who will call her, Mom.  
She'll hold him tightly in her arms,

for soon he'll go to the prom.

A woman loves her child,  
with a devotion like no other.  
He'll grow and learn and prosper,  
and start to call her, Mother.

A man will leave his Mother  
to face life's continuous exam.  
He'll love and wed and have children,  
who soon will call her, Gram.

# The Members Page

## Nantasket roller coaster

By CHARLOTTE HART

My Aunt Dodi was a Massachusetts lady,  
The most proper Bostonian alive.  
I'd visit for a weekend now and then  
Her Cambridge apartment at Nine  
Eight Seven Memorial Drive.  
She'd suggest a walk on the Freedom Trail.  
Boston Pops! A museum — or two!  
Concert on the Common! Red Sox at Fenway!  
Once she said, "I've a real treat for you."  
Off we went to old Boston Harbor  
Where Patriots made British tea float.  
There, at Rows Wharf, we climbed aboard  
The lovely, smooth-moving Nantasket boat.

On the great sandy beach, Dodi questioned,  
"Shall we swim? Shall we lunch? You decide."  
"All my life," I announced, "I have wanted  
To go on a roller coaster ride."  
That coaster car would climb up to a cloud.  
Then we'd plummet straight down,  
screaming so loud!  
I truly believed I would die that day.  
I wanted to die! To die I did pray!  
Finally we stopped and got off — to the ground.  
I was shaking. My knees were all slack.  
"Wasn't that great fun!" cried Aunt Dodi.  
"Sure was," I lied. I thought to myself  
I will never never be back!

**It's our time**

by Gloria Smith

Issues and activities for older adults

Look for Gloria's column, every Monday

**The Times Record**

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**Happy Mother's Day!!**

# Her passions shine through

Meet Andrea Handel, the newest member of the team at Spectrum Generations Southern Midcoast Community Center in Topsham.

Her job as consumer information specialist keeps her pretty busy helping older adults and people with disabilities to access and understand the benefits available to them.

People in the Topsham area are invited to call Andrea at 729-0745, or drop in and visit her at the Topsham Center located at 12 Main St. from 9 a.m. to 3 p.m. Tuesdays through Fridays for help with issues on aging such as help with complicated forms, Medicare benefits, prescription drugs, insurance counseling, home energy, and much more.

"The most rewarding part of my job is knowing that I help people cut through the red tape of many state and federal benefit programs and get the help they need," says Andrea.

Andrea has had a life-long passion for helping others. Her human service career spans nearly 30 years working for local nonprofit organizations serving a variety of populations, including adults and youth with disabilities and seniors. She and her husband, Tom, were the first managers of the Mobius Group Home that opened in 1982 in Newcastle and following this, Andrea worked as a client services coordinator for the state of Maine.

In 1986, Andrea became licensed as an LSW and assisted seniors in long-term care and skilled nursing settings at Mere Point Nursing Home in Brunswick and Cove's Edge in Damariscotta.

While involved in discharge planning for local seniors, it became clear that Lincoln County had few, if any, residential care options for low-income seniors. In 1998, she was hired as Executive Director of ElderCare Network of Lincoln County, became a licensed residential facility administrator, and within 10 years working with the ECN board, developed seven small residential care homes for frail seniors in seven Lincoln County communities.

Andrea's other passion is theater. Andrea is a founding member of the River Company in Damariscotta and currently serves as president of the Minimalist Theatre company, now in its 14th season. In May 2010, Andrea completed a master's degree in theatre education from Emerson College in Boston. She is now putting her theater skills to work directing "Stones in his



Andrea Handel as "Scraps" in River Company's October 2011 production of "Talking With..."

Pockets," River Company's summer show. Look for it in July in Damariscotta and laugh!

Spectrum Generations has trained consumer information specialists at each of its seven community centers spread across central Maine. Please do not hesitate to call Spectrum Generations at 1-800-639-1553 to get the help you deserve to live life to the fullest.

## Benefits checkup kiosks

Spectrum Generations has installed benefits checkup kiosks in its community centers located in Rockland, Topsham and Damariscotta to help seniors find and apply for benefits that may help them save money.

These easy to use touch screen computers are part of a grant for the National Center for Benefits enrollment at the National Council on Aging. The program points out the possible eligibility for programs such as MaineCare, Medicare Savings Program, Home Energy Assistance, Medicare and Maine drug programs and more.

A consumer can easily open the screen, which holds only the Benefits Checkup program, and put in the requested information related to their income. All information is kept confidential and trained consumer information staffs are on-hand to assist people with using the technology and submitting forms if needed. The public is invited to use these kiosks to check their eligibility for money savings programs.

## Savvy caregiver training

Spectrum Generations Family Caregiver Support Program is providing four Maine Savvy Caregiver trainings this spring and summer.

Savvy Caregiver is a 12-hour training program for family caregivers of people with dementing disorders like Alzheimer's disease. These

trainings are sponsored by the Office of Elder Services, Department of Health and Human Services and funded by a grant from the U.S. Administration on Aging.

Assuming that family members have often taken on the role of caregiving without any preparation or training, the program provides family members with knowledge of the disease and available resources. Participants learn skills for dealing with losses that the disease produces in the person, as well as skills on how to take care of oneself as a caregiver. Participants build an attitude that fosters confidence and a sense of mastery in the caregiver role.

Locally, trainings will be held in the following locations:

— Spectrum Generations Coastal Community Center, Damariscotta; Thursdays, May 5, 12, 19, 26 and June 2 and 9, 10 a.m. to noon.

— First Parish Church, Pilgrim House, Brunswick; Wednesdays, May 11, 18, 25 and June 1, 8 and 15; 1 to 3 p.m.

Sessions include training, interactive exercises and discussion. Between sessions, caregivers have readings, exercises and assignments to complete and report back to the group on the home activities. Feedback will be provided and strategies developed to support successful caregiving. Pre-registration is required. To obtain more information or to register, call 1-800-282-0764 ext.127 or 139.

## AARP driving class

You can expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time.

You will learn the following:

- How to minimize the effects of dangerous blind spots.

- How to maintain the proper following distance behind another car.

- The safest ways to change lanes and make turns at busy intersections.

- Proper use of safety belts, air bags, anti-lock brakes and new technologies used in cars.

- Ways to monitor your own and others' driving skills and capabilities.

- The effects of medications on driving.

- The importance of eliminating distractions, such as eating, smoking and cell-phone use.

The session will be Tuesday, May 10, from 9 a.m.-2 p.m. Cost is \$14 and \$12 for AARP members.

## New foot clinic

We are very excited to be introducing a diabetic foot clinic here at the Southern Midcoast Community Center. This will be staffed on the first Tuesday of every month with a registered nurse,



Jeanne Otis

Jeanne Otis, who specializes in foot care.

Foot care services are provided at Jeanne's Professional Foot Care begins with a foot assessment:

inspecting skin color, temperature, pedal pulses, condition of the skin, deformities and painful areas. A sensation check using a small nylon monofilament is added if there is any indication of peripheral neuropathy (lack of sensation in the feet), diabetes, or age-related concerns. Rates are \$30 per visit and package deals are available. Please call for an appointment.

## Carefree Café lunch

Lunch is on us! Brunswick Area Respite, People Plus and Spectrum Generations collaborate on this event. Join us at People Plus, 35 Union St., in Brunswick.

This free lunch is designed for those with progressive memory loss and their loved ones. We serve a wonderful restaurant-style meal with food provided by volunteers. We offer a place that is safe, comfortable and we have delicious food to boot!

Reservations are required so that we know how many we will be serving. Tuesday, May 24, at noon.

## Respite dementia panel

A panel of persons experienced in caring for loved ones with dementia symptoms, as well as providing hands-on care at home for them, will share their experience and respond to questions.

The format will be primarily Q&A. The program will be offered monthly on the second Wednesday at 1 p.m. and the fourth Wednesday at 7 p.m.

What Boomers need to know about Social Security

Making the right decision on Social Security can have a large impact on the value of benefits received over a lifetime. The presenter is a certified financial planner. Anyone in the community, especially people within 10 years of retirement, is invited to attend.

The following areas will be addressed: Will Social Security be there for me? How much can I expect to receive? When should I apply for Social Security? How can I maximize my benefits? The workshop will also

cover: five factors to consider when deciding when to apply for benefits; when it makes sense to delay benefits — and when it does not; how to estimate your benefits; how to coordinate benefits with your spouse; benefits available for divorced spouses. May 17 at 2 p.m. Free.

Walk in the woods and lunch in the woods for a gentle walk in the woods behind Thornton Oaks Retirement Community. This is wonderful, easy and beautiful trail.

Refreshments inside after the walk, followed by lunch together at Wild Oats Bakery at the Tontine Mall.

Wednesday, May 18, at 10 a.m. The walk and refreshments are free, lunch is on an individual basis.

## Stay active by volunteering

Bath Area Elder Outreach provides support for people who are in their homes. Come learn how to be a volunteer, with just an hour or two a week, build supportive relationships, and help a worthy cause. Monday, May 16, 1 p.m. Free.

## May fun with a movie

Popcorn and a movie and some great social time. What a great way to spend an afternoon. One of the all time best movies. Who is teasing whom in this movie?

Join us and see one of the greatest Bogart & Hepburn movies!

Thursday, May 26, at 1 p.m. \$5 activity fee.

## Costa Rica preview slideshow

Start your adventure on Tuesday, May 31. Visit our center and listen to what is included in our trip to Costa Rica.

Enjoy nine days in tropical Costa Rica. This trip leaves Boston on Feb. 18, 2012, and returns Feb. 26. Some of the highlights are seeing historic San Jose, Arenal Volcano, and Monteverde Cloud Forest. Rates start at \$2,249 including airfare from Boston.

See a slide show of the country — learn what to expect when traveling there — and find out what a great deal this trip is and how exciting it will be to go on it! Slide show Tuesday, May 31, at 12:30 p.m. Free.

## Meals on Wheels needs help

One of the very important programs we do is the Meals on Wheels program for Sagadahoc County, Brunswick & Harpswell. This program is successful due to the dedicated volunteers that sort and deliver meals. We currently have some openings for deliverers — or backup deliverers — for the Bath area for either or both days.

We deliver meals on Wednesdays and Fridays each week. The time commitment for a day of delivery is one to three hours.

Please call for more information.

**spectrum**  
generations  
The Central Maine Area Agency On Aging

Proud to Partner  
with People Plus  
1-800-639-1553 • 729-0475  
Southern Midcoast  
Community Center  
12 Main St., Topsham

For more information about Spectrum Generations' other programs and services, call 1-800-639-1553, or visit [www.spectrumgenerations.org](http://www.spectrumgenerations.org).

# MAY 2011 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 5:00 PM Interval Plus</p> <p><b>1 PM Matter of Balance</b></p>	<p>9:00 AM Strength Training 10:00 AM Ping Pong 10:00 AM Combined Art</p> <p><b>9 AM Shopping bus to Portland</b></p>	<p>8:30 AM Inter. Cribbage 9:00 AM Ping Pong 1:00 PM Writer's Group 1:30 PM Tai chi 5:00 PM Interval Plus</p>	<p>9:00 AM Strenth training 10:00 AM PingPong 5:00 PM Yoga-lates 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing</p> <p><b>1 PM Matter of Balance</b></p>	<p>9:00 AM Yoga 10:00 AM Chair Yoga 1:30 PM Qigong</p>	<p>8:30 AM Weekend workout with Ida</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Yoga 9:00 AM Crafters 10:00 AM Ping Pong 10:00 AM Chair yoga 12:00 PM Bridge 5:00 PM Interval Plus</p> <p><b>1 PM Matter of Balance</b></p>	<p>9:00 AM Strength Training 10:00 AM Ping Pong 10:00 AM Combined Art</p> <p><b>11:30 AM Lunch Out at Richard's Restaurant</b></p>	<p>8:00 AM Men's breakfast 8:30 AM Inter. Cribbage 9:00 AM Ping Pong 1:00 PM Writer's Group 1:30 PM Tai chi 5:00 PM Interval Plus</p>	<p>9:00 AM Strenth training 10:00 AM PingPong 5:00 PM Yoga-lates 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing</p> <p><b>1 PM Matter of Balance</b></p>	<p>9:00 AM Yoga 10:00 AM Chair Yoga 1:30 PM Qigong</p>	<p>8:30 AM Weekend workout with Ida</p>
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<p>9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 5:00 PM Interval Plus</p> <p><b>1 PM Matter of Balance</b></p>	<p>9:00 AM Strength Training 10:00 AM Combined Art 10:00 AM Ping Pong</p> <p><b>1:30-6:30 PM FREE HEALING CLINIC</b></p> <p><b>3 PM Music In April Volunteer Appreciation Tea</b></p>	<p>8:30 AM Inter. Cribbage 9:00 AM Ping Pong 1:00 PM Writer's Group 1:30 PM Tai chi 5:00 PM Interval Plus</p>	<p>10:00 AM PingPong 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing</p> <p><b>11:30 AM Lunch &amp; Connections</b></p> <p><b>1 PM Matter of Balance</b></p>	<p>9:00 AM Yoga 10:00 AM Chair Yoga 1:30 PM Qigong</p>	<p>8:30 AM Weekend workout with Ida</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 5:00 PM Interval Plus</p> <p><b>6:30 PM Civil War Roundtable</b></p>	<p>9:00 AM Strength Training 10:00 AM Ping Pong 10:00 AM Combined Art</p> <p><b>Noon Carefree Café</b></p>	<p>8:30 AM Inter. Cribbage 9:00 AM Ping Pong 1:00 PM Writer's Group 1:30 PM Tai chi 5:00 PM Interval Plus</p>	<p>9:00 AM Strenth training 10:00 AM PingPong 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing</p>	<p>9:00 AM Yoga 10:00 AM Chair Yoga 1:30 PM Qigong</p>	<p>8:30 AM Weekend workout with Ida</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
 <p><b>MEMORIAL DAY</b></p> <p>Center is closed.</p>	<p>9:00 AM Strength Training 10:00 AM Ping Pong 10:00 AM Combined Art</p> <p>Teen Center open, 2:30-5:30 PM</p>	<p>PEOPLE PLUS</p> <h2>NEWS &amp; VIEWS</h2>		<p>FEATURING</p> <p><b>BEV BEVILACQUA &amp; CONNIE BAILEY,</b> local artists</p>	<p>Viewed weekly on Cable Channel 3, Brunswick Community TV</p> <p>MONDAY AFTERNOON ..... 4 P.M. WEDNESDAY MORNING ..... 7 A.M. SUNDAY EVENING ..... 9 P.M.</p> <p>And on Harpswell Community Television viewed online, anytime: <a href="http://vimeo.com/harpswelltv">http://vimeo.com/harpswelltv</a></p>

## REIKI, massage sessions offered

We have a wonderful, volunteer-based Energy work program at People Plus, with five professionals donating their time to bring this service to members of People Plus.

On Monday at 1 p.m., Kathleen Newton-Smith offers Reiki and on Thursday morning, Burt Brewer gives Integrated Energy Therapy (IET) sessions at 10 and 11 a.m.

Sally Moulton comes in at 3 p.m. on Thursday for sessions of Reiki, healing touch and IET. Merrilyn Tombrinck does a varied schedule, offering Reiki, healing touch and Integrated Energy Therapy several times a week. Michael Coughlin offers Reiki sessions on Friday mornings.

All the Reiki sessions are free, but donations to the Center are always appreciated. Schedule a session by calling the Center information desk at 729-0757.

## Tea & Tips: For a safer you

People Plus and the Elder Abuse Task Force of Midcoast Maine invite residents of the Mid-coast region to a series of eight free classes and community conversations to share knowledge about how to keep yourself, family, friends and neighbors safe.

Topics include: "Go Bags" for emergency preparedness, local frauds and scams, heart health, medication safety, personal safety, and how to access help if someone you know needs it.

These weekly programs offer an opportunity to ask questions of local service providers and receive information particularly valuable to mature Mainers and their families.

Each week Mid-coast area service providers will present a snapshot of services available so community members will feel informed and comfortable accessing services if needed.

Local presenters typically include, but are not limited to, the Red Cross, local law enforcement, Spectrum Gen-

erations, Midcoast Maine Community Action, Legal Services for the Elderly, People Plus, Adult Protective Services, Sexual Assault Support Services of Midcoast Maine, TRIAD, Maine Center on Deafness, and the State Fire Marshall's Office.

The program is free and will take place on Tuesday mornings from 9 to 11 a.m. beginning May 10 at the Harpswell Town Office.

Registration is not required and attendance at all eight weeks is encouraged, but not required. Weekly raffle and refreshments will be served.

For information or questions about replicating this series outside of the Mid-coast region, contact Alison Grey, SASSMM special projects coordinator, [specproj@sassmm.org](mailto:specproj@sassmm.org), or 725-2181.

## Retired teachers to meet in Harpswell

On Tuesday, May 17, the Mid-Coast Retired Educators Association will meet at 11:30 a.m. at Harpswell Inn, 108 Look-out Point Road.

The program will be a musical presentation by students from West Harpswell Elementary School at noon, followed by lunch and business meeting.

This month's internal fundraiser will be a plant sale with plants provided from members' gardens.

The retired educators continue to sell their A+ Recipes Cookbook to the public, and profits from the sale will go to three scholarships to high school seniors who major in education at post-secondary schools. For information on the organization or the meeting, contact Jane Gott 721-0659.

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# VOLUNTEERS

From Page 1

People Plus News, cooks and staff who make our Lunch & Connections meals work seamlessly, and deliciously, every month. There is the dedicated group of crafters and quilters, folks who step up to run our card playing, Ping-Pong and wellness events, and a group of willing people always ready to help crank out bulk mailings and other projects.

Lots more people volunteer for special programs, be they advisors, drivers or practitioners.

Others serve on committees and boards, help guide the monthly calendar, keep pace with memberships, office projects and data entry. Every year, a group of highly skilled volunteers offer their expertise for completing state and local taxes.

There is the 14-member board of Trustees, guiding policy, raising money, always deeply involved in the life and the future of the center.

In all, there are some 250 members (or more) who fill unduplicated volunteer jobs at People Plus. Think of that for a moment, and be grateful. Thou-

## 2011 VOLUNTEER OF THE YEAR 2011

We are seeking a dependable and caring volunteer who has given regularly and represents the mission of People Plus.

Use this form, complete one at the Center, or call 729-0757 ext. 102 to cast your vote for Volunteer of the Year.

Name: \_\_\_\_\_

Why you are nominating this person: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The winner will be announced at your Volunteer Celebration in June.

sands of hours donated every year to make our Center, and our communities, better places to live.

In June, we will recognize our volunteers in several ways, the most important perhaps is to name another volunteer of the year.

Please take the form on Page 6 and nominate your volunteer of the year. More forms are available at the reception desk. Nominations will cease on Tuesday, May 31, and a reception for all will be coming in June. Watch for it.

# TRIPS

From Page 1

ating on an area trip schedule. The result has been less expensive trips and fuller buses. The 2011 program is one of the most expansive yet. Information may be obtained from Frank Connors at the People Plus Center, all registrations, unless specified otherwise, are handled at Bath.

June trips include a visit to the botanical gardens at Boothbay and the Animal Kingdom at Mount Vernon. A dinner trip to the Sedgeley Place is also in the planning stages.

The Animal Kingdom is a wild animal rehabilitation site; that trip is planned for June 14, leaving Bath at 9 am. Cost will be \$18 for members; \$20 for nonmembers. Lunch on your own will be in August.

The trip to Boothbay's botanical gardens will be Monday, June 20; cost only \$17 for members and \$19 for nonmembers. Lunch will be on your own at the gardens. On this trip, there will be no Topsham pickup. All visitors will leave from Bath.

July 19 there will be a Tuesday afternoon game at the Sea Dogs in Portland and July 27, there will be lobster bake on Cabbage Island. In August, there will be a return shopping trip to the Christmas Tree Shop, the new Rensys in Portland and lunch at the Old Country Buffet. A trip to the Arundel Barn to see a matinee performance of "A Taffeta Wedding" is planned for Aug. 19.

Sept. 17-25, there will be a trip to tour Nashville, Tenn., and Dec. 2-5, there will be a Christmas tour of New York City. Watch for more information in the future. The activity committee is still discussing train trips to Rockland and Boston, visits to Portland Stage, and other, "afternoons away."

## WEEKLY SHOPPING



If you no longer drive, we will take you grocery shopping. All trips are Friday morning and give an hour for shopping. Call today to select where you want to shop. Call 729-0757 and ask for the driving program or press ext. 109.

## If you drive ... we need YOU!

The Volunteer Transportation Program (VTN) is in need of 10 new drivers to meet the rapidly increasing requests for rides.

Passengers live in the Brunswick, Topsham and Harpswell communities and a "typical" ride is to a doctor's appointment, the hairdresser, physical therapy, the supermarket or to the People Plus Center for a program or

class. Whenever possible, we encourage our riders to take the Explorer Bus, but many of our riders do not live near the bus route.

Please stop by People Plus to pick up an application, or call Dottie or Joanne at 729-0757. All applicants are screened and trained and on average drive 1.3 times each month. Please be a part of this movement to build a neighbor-helping-neighbor network in the communities we serve.



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# Sharing an underused, secret place

The water is still cold enough to pucker a fingernail, but do we care? I mean, Miles and I are in the first year of a spring tradition, dropping our grand Green Lady into the Cathance while there is still gray and decaying ice pack in the shady corners of the north shore, and we are psyched!

Well, I am anyway. I suspect if I really dared to look my son directly in the eye, I might see some apprehension, some questioning and just a dash of disbelief. So I just won't look. The pine paddle that belonged to Jane's granddad offered that luscious, hollow echo as it clattered onto the cedar keel of our little craft.

"We're ready," says I. I have to accept some of Miles' misgivings, I suppose, since we do have his son along. That was NOT an easy negotiation with either his mother or my Jane. At 4, Jadon is a slender, spirited little guy who might weigh 50 pounds, soaking wet. (But yes, WE had to promise to keep him "perfectly" dry.)

Jadon is right into this latest adventure, wearing at least 45 pounds of clothes, an oversized hat and a life jacket that could circle his frame, maybe twice. His grin makes his ears wiggle in anticipation as he steps gamely over the rail and plumps down in the bottom of the boat.

## Speaking Frankly

FRANK CONNORS



"Sit carefully," I advise, and those great, black eyes flash excitement, trust and approval.

Miles takes the bow end, with just a little reluctance. I know he's bigger than me, and stronger, and doesn't like paddling from the front, but hey, the Green Lady is mine, at least for a few more years. I'm the captain, I sit where I want, I take the stern. (It's really not about power, anyway, it is about me getting to watch the excitement in little Jadon's eyes, and Frankly, Miles gets more of that than I do.)

Jadon is a game and willing customer; he holds the canoe rail so tightly with both hands, his little knuckles whiten. We pitch the craft into the narrow, gentle stream and push toward Bradley Pond. It is just exciting for me to think of him experiencing this trip for the first time, first of many, I hope. His dad, Aunt Abbie and

I made this trip several times, and it was always my hope to do it more frequently. The Cathance River is just one of those underused, secret places of our area.

We all had to call on "Mr. Echo," as we paddled under the Route 201 bridge. It's too early for painted turtles, the snappers are still down-river, and the bulls from the Bisson farm are still in the barn, but the river still offers its surprises. Early on, the river has created a lake of its own over a corn field, we drift in it for a few minutes, pushing our way when the paddles fail, adoring the sun as it washes our faces.

The first bend in the river scares up a pair of Canada geese. Trapped without a runway, the geese paddle feverishly to stay ahead of us. Jadon laughs as they honk and scream their complaints. Finally, they enter a stretch of straight river and get away, turning into the wind right over our heads. Jadon lifts a hand from the rail to wave his farewell.

We retrieve a beaver stick from the mud for Jadon to take to his mother, and we were delighted to see a beaver just off shore as we rounded one of the many muddy-banked corners. The beaver's slapping tail on the water lets us know he thinks HE owns this river! Miles slaps back with his paddle, just like I showed him, all those years ago.

We talk about how they can stand the cold water, as we realize it may be just a little too early, that this run up the Cathance is a warm up for others this summer.

Miles reminded me of the year we entered the Kenduskeag River Canoe race, and we rolled over more than twice in the 40-ish degree water. We finished that race a few minutes behind Uncle Grant and Ty, and maybe an hour behind the winners, but we finished.

"We were younger then," I suggested, "and smarter now."

Miles guided the canoe around a tree blown into the river, and reminded me there could be NO turn-overs today.

My Green Lady ground across a submerged limb just then, and I make a face for Jadon as I visualize a gouge across her perfect body. "First scratch is always the worst one," Miles says with a grin, but we decided to call it a day, and head home. Going back we find no more geese, we skirt the corn lake. We say good bye to Mr. Echo and pull the lady from the water.

Jadon is shivering as I turn the heater on in the truck but he looks at me and smiles, "can we go again tomorrow?" he asks.

"Real soon," says I, delighted to show another secret place to another generation.

## New or renewing members — May

\* Indicates membership donation

William A. Peabody  
Mitchell Lewis  
William Peabody  
Ann Kimmage  
Dennis Kimmage  
Jane Colby  
Doffie Barstow  
Fred Barstow  
Sami Berry

Shirley Fitzgerald  
Mary E. Welner

### OTHER PLACES

Susan Olds, Freeport  
Elizabeth "Betsy" Simonitis, Freeport  
Mary Martin, Lisbon  
Sharon Guethle  
Jane McElman, Woolwich  
Sharon Guethle, Georgetown  
Kelly A. Gleason, Bath  
Catherine Thomas, Phippsburg  
Phyllis B. Smith, Bowdoin  
Sylvia M. King, Bath

### BRUNSWICK

Lorraine Sheffield  
Sara J. Loving\*  
Ida Messerman  
Kimberly Balzanelli\*  
Karen Roderick  
Barbara Pluff  
Raymond Tufts  
Diana L. Dove  
Frank H. Carman  
Francis "Frank" Walls\*  
Mary Lancaster  
Mary Strong  
Sherree L. Kirk

### TOPSHAM

Lisa Nickerson  
Vivian Wixom

### HARPSWELL

Linda Strickland  
Roland Jorgensen  
Penelope Wilson

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## Lunch Out!

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**Intermediate cribbage**

March 30

Lois Fournier, 714  
 Germain LaRouche, 712  
 Richard LaPointe, 711  
 Anita Owens, 706

April 6

Virginia Zimmerman, 715  
 Anita Owens, 706  
 Harry Higgins, 705  
 (tie) Virginia Linkovich and  
 Darryl Wood, 704

April 13

Robert Foehring, 720  
 Virginia Likovich, 712  
 Lorraine LaRoche, 711  
 Cecil Eldredge, 707  
 Harold McCain, 703  
 Richard Tomko, 702

April 20

(tie) Lois Fournier and  
 Leah Nelson, 713  
 Lorraine LaRoche, 711  
 Andrew DeBiasio, 704  
 Robert Rogers, 700

**Monday/Saturday bridge**

March 19

Bill Buermeyer, Richard Totten and Jini Linkovich

March 21

Bill Buermeyer, Gladys Totten and Lorraine LaRoche

March 26

Linda Paisley, Bill Buermeyer and Richard Totten

March 28

Cecil Eldredge, Bill Washington and Bill Buermeyer

April 2

Bill Buermeyer and Marsha Blackman

April 4

Jini Linkovich, Lorraine LaRoche and Sherman Milliken

April 9

Lorraine Muller, Richard Totten and Donna Burch

April 11

Bill Washington, Vince McDermott and Lorraine LaRoche

**CLASSIFIED ADS**

**Michele's Consignments**, Union St., is 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.

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**Advertise in our Classifieds.** 729-0757.

**Fondly recalled ...**



The historic St. Onge block, a landmark at Maine and Mason streets in Brunswick since 1837, was destroyed in a catastrophic fire last month. Most of us remember it as painted yellow with a flat roof. This picture, provided by the Pejepscot Historical Society, was probably taken in the late 1800s. If you have old area pictures to share with readers of People Plus News, please contact Frank Connors, 729-0757.

**Interested in Bingo?, a coin club?**

Early returns of member surveys have indicated a real and undiminished desire to have a Bingo game return to People Plus, so, starting next month, we will reopen that game an afternoon at the Center.

Watch for a social game, nothing high stakes about it. Expectations are we might have a members-only game,

and sponsor a bake sale the same date. Watch your June calendar.

If you have an interest in any or all things numismatic, now is the time to contact People Plus. Bob Caouette would like to organize a discussion group or club, meeting at the Center, perhaps on Monday nights.

Activities involving coins, paper

currency, token and medal would be offered.

Possibilities include educational events, an auction, as well as "show & tell" sessions where members and friends could showcase their collections.

Please contact Frank Connors at 729-0757 if you are interested.



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