

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

Volunteer recognition is June 9

There will be a volunteer recognition at People Plus on June 9 from 1:30 to 3 p.m.

An old-fashioned ice cream social is the theme, featuring home-made fruit sauces, cookies and iced tea. If you are a volunteer at People Plus, the Brunswick Teen Center, or volunteer in any of the pro-

grams at the center, we want you to attend.

For the past month, balloting has taken place to help staff name the volunteer of the year for 2011, and that person will be recognized at this event. "Most important," suggested program coordinator Frank Connors, "is we'll all

have a chance to recognize volunteer efforts at the center, large and small."

For the first time ever, a volunteer of the year will also be named by the Teen Center organization.

If you can attend, please confirm with the front desk at 729-0757.

Yoga classes, trips open summer

Dennis and Ann Kimmage are opening the summer at People Plus with an offering of several new yoga programs. The three programs, running through June, include Basic Mat Pilates, Unwind with Yoga, and Yoga-Sivananda Style.

Basic Mat Pilates can benefit most people at many levels of fitness. It can improve range of motion, flexibility, circulation and posture. Often it can lead to a decrease in back, neck and joint pain. This class, Thursdays from June 9 to 30, is offered from 4:30 to 5 p.m. and taught by Ann Kimmage. Cost is \$20.

Unwind with Yoga follows the Basic Mat Pilates and is also taught by Ann Kimmage. It runs from 5-6 p.m. June 9 to 30. Cost is \$40. It's been said that yoga does many wonderful things for the body, improving flexibility, strength, range of motion and reduces stress. This class is filled with classic Yoga postures and breathing techniques, and is designed to help you unwind and re-energize after a busy day.

There are many styles of Yoga, some new, some ancient. Sivanada-style Yoga uses classic postures to develop overall muscle strength and joint mobility with a focus on keeping the spine healthy, flexible and young. Dennis Kimmage leads this class, beginning June 7 and running through the 28, from 5-6 p.m. Cost is \$40.

In addition to the offerings at the Center, several trips are planned this summer.

June trips include a visit to Coastal Maine 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, and that trip is planned for June 14. It'll leave Bath at 9 a.m. Cost will be \$18 for members, \$20 for nonmembers. Lunch on your own will be at Slates in Hallowell.

The trip to Boothbay's botanical gardens will be Monday, June 20. Cost is \$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.

On 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 Renys 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 upcoming information. The activity committee is still discussing train trips to Rockland and Boston, visits to Portland Stage Co., and other "afternoons away."



Dress Rehearsal for Summer

Teen Center members enjoy a rare May sunny day and hope for more to come.

JORDAN CARDONE PHOTO

Bingo 'Free For All' planned

Members surveyed this spring indicated a real and undiminished desire to have a Bingo game return to People Plus, so, June 13th, beginning at 1 p.m., we will reopen that game an afternoon at the Center.

"We're calling it a Bingo Free For All," explained Frank Connors, program manager. "We're setting up the tables and cards and will be playing for the fun of it. There will be a limit of four cards to a person; each game winner will receive small prizes. Donations collected will be divided between the house and winners."

Connors added there would be "one major (secret) prize" awarded after the last game. "This is a social game, nothing high stakes about it," he said. "This is also a test of market," he said, "to see if a regular Bingo program should be restarted at the Center."

Lunch & Connections

Menu features mixed grill

A mixed medley of meats and veggies in a stir fry will be the feature of our Thursday, June 16, luncheon, according to Frank Connors, Center chef who claims to know such things.

Connors said the menu, right down to the three berry cake, "is designed to get everyone thinking about summer."

The main menu entrée will be grilled chicken and sausage with peppers, broccoli and carrots served on rice or noodles. This will be a hearty dinner featuring ground and chopped Italian sausage, red and green peppers, and white onions. Our vegetarian option will be grilled vegetables, served as usual with wheat or white enriched breads, "always" offered by Brunswick's own Wild Oats Bakery.

Of course there will always be a fresh, lightly-dressed green garden salad. Coffee, tea, fruit juices and milk are available for each meal and the dessert for June will be a thick, moist slice of Jane's special three berry cake, served with ice cream.

Focus of our monthly Lunch & Connections program, under-

written by Spectrum Generations, is nutrition, information and variety. Each meal must include regular and vegetarian options, a salad, fruit, and whole-grained breads. A CHANS Home-health care professional is always on hand in the café area to offer a free blood pressure check prior to lunch, and we're going to invite Mike McCarthy back to play music on his electronic keyboard.

Come at 11:30 a.m. to get a good seat at 35 Union St., pick up your 50/50 raffle ticket and register for one of several door prizes. Reservations for seating are encouraged and obtained 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.



Carefree Café crew

Nancy Herk-Bott, left, executive director of Respite Care, and Gladys Szabo prior to hosting the popular monthly collaborative, Carefree Café, between People Plus, Spectrum Generations and Respite Care center.

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

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

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These incredible volunteers

What an incredible organization this is! In the first quarter of this year, People Plus offered over 25 different activities and events that were member-driven. Most of these are weekly happenings.

By member-driven I mean that the "heavy lifting" to insure that these activities and events were well organized was carried out by volunteers. Some volunteers organize and facilitate various groups such as WriteOn! writers; quilters and crafters; bridge, cribbage and Ping Pong players; Civil War book club; and the Course in Miracles weekly meetings. Those, and other special events, such as the free Light Body Healing Clinics, free Reiki

treatments, the monthly luncheons, the Matter of Balance workshops, the Good Morning Program, and the Volunteer Transportation network, take hundreds of volunteer hours to ensure successful, informative and fun events.

Interested in volunteering but a bit shy? Please give any of the staff here a call and let us know your interests! I suspect we have a "spot" for you!

Is there a program we don't offer but you would like to participate in? How about leading a book club, teaching meditation, teaching cooking for one or offering a class on nutrition? Been on a great trip and have some wonderful photos? Why not lead a travel club?

From the Executive Director

JIM PIERCE



We all have skills and experiences that others would love to hear about and learn how to do.

On June 9, from 1:30-3 p.m., we will be honoring all of these folks with an ice cream social. We will also be honoring the Volunteer of the Year for both the Teen Center and our regular programs. If you have participated in any of the programs and events we have sponsored, then you have benefited from the work of these terrific individuals.

Please stop by to say hello and thank these wonderful people who provide so much to the rest of us!

New or renewing members — June

*Indicates membership donation

BRUNSWICK

- Joan P. Crothers
- Phyllis Thiboutot
- William Peabody
- Doris Armstrong
- Maybelle A. Sturgeon
- Robert Watson
- Greg Barlag
- Nancy Chandler
- Amy Berube
- Mary Roberts
- Judith D. Collette
- Laraine (Laorie) Lach

TOPSHAM

- Mary A. O'Connell
- Bonnie Mason*
- Lorette J. Steed*

HARPSWELL

- Stephanie J. Rogers
- Louise McIntire
- Thelma Curts

People Plus offers safe driving course

An AARP-sanctioned safe driver class will be offered Tuesday, June 28, from 12:30 p.m. until 4:30 p.m. at the People Plus Center, 35 Union St., Brunswick.

This four-hour classroom course teaches safe driving techniques, and is designed for drivers over the age of 50. You'll learn simple adjustments you can make in your driving skills that help you compensate for age-related changes in vision, hearing and reaction times. Maine law requires that insurance companies give a suitable discount for eligible participants over the age of 55 who satisfactorily complete the course.

Advanced registration is required, and may be made by calling Joe Hahn, the class instructor, directly at 751-9364. Class size is limited to 25 participants, and the course is sponsored by AARP, Merrymeeting Bay TRIAD and People Plus.

Cost of the course is only \$14, and members of AARP pay only \$12. Payment may be made the day of the class, with check made out to AARP.

For more information, call Frank Connors at the People Plus information line, 729-0757.

Genealogists, retired educators plan meetings

Pejepscot Genealogical Society members are invited to meet at Melinda Richter's Island Candy Store, Route 24 (Orr's Island) at noon on June 12. Then the group will gather at the home of John Webster on Blueberry Lane.

A "bring your own picnic" lunch and potluck desserts provided by members will be followed by a business meeting. Bring a jacket or sweater and enjoy the cool air from upper Casco Bay. For more information, call 833-5430 or 729-4098.

On Wednesday, June 22, the Mid-Coast Retired Educators Association will meet at 11:30 a.m. at the Topsham Public Library, 25 Foreside Road.

The annual potluck luncheon will precede this month's program, which is open to the public. Linda T. Wood, an elder law attorney, will speak on estate planning. This month's internal fundraiser will feature a book sale.

For information, call 721-0659.

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Volunteer Transportation Network

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.

Lunch Out!

June 14 at 11:30 a.m.

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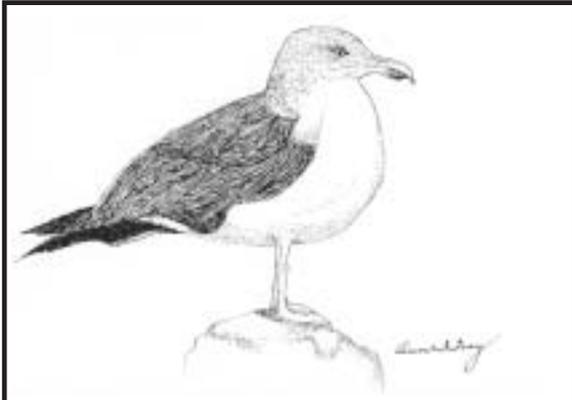
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"Gull," pen and ink by Ann Frey

Show featuring Center artists

Original works by students of Connie Bailey's combined art classes will continue to grace the Union Street Gallery at People Plus throughout 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

The student's art show may be viewed at People Plus during regular business hours. For information, call 729-0757.

My two dads

By GLADYS SZABO

Albert, my biological dad, educated me regarding true values of life. He did this as a living example rather than words.

He taught me honesty, kindness, to be helpful, and, above all, loving and accepting of all people. My dad's radiant smile made him friend's with everyone. He had a sense of humor, which transformed rooms of somber people into laughter and joy. His priorities were family, friends and community.

As a volunteer fireman, I watched him enter burning buildings. As a member of a community, he built playgrounds for the inner city children, even coached Little League, although he had no sons.

My dad and I were inseparable. I have many special memories with my dad. Nightly trips for ice cream, snuggling in the warm blankets, heated on the radiator, with which he embraced me, as I climbed into my cold bed. I was his side kick and helper no matter what task he tackled. His loving heart and warm hugs, as he tightly encased me in his strong arms, are memories engraved on my heart.

At the age of 44, my dad died suddenly of a heart attack. I was 14 and devastated.

Several years later, Roland married

my mom. Roland became a dad in every sense of the word, yet never trying to replace my dad. His respect for my feelings, were heartfelt. We laughed and cried through life's ups and downs. He patiently taught me to drive, beamed as any "dad" when I graduated high school, and walked me down the aisle, weeping with emotion, the day I married.

Like my "dad," his actions spoke louder than words, teaching me to respect everyone including myself. We shared wonderful times together and as a teenager, we bonded in a very special relationship. His favorite times were introducing me as his daughter. He was great at working out "teenage issues" between my mom and I.

Many years later, after I was married and mother of two children, Pop-Pop (as we called him), legally adopted me. He wanted us to be his legal family. He was so excited, as we walked out of the court room, you'd have thought he won the lottery, exclaiming to everyone, "This is my daughter and grandchildren!"

I am truly blessed to have had two, extraordinary dads in my life. Because of their loving guidance, I have become the person I am today, still working to live up to their ideals.

The Members Page

Where is Dave Slovenski?

By CHARLOTTE HART

"Mam, how much longer will this track meet go on?"

"Looks as if this one will end after midnight."

"Is this unusual?"

"Yes! This is a big one. Usually these high school meets are over between 10:30 and 11:00."

"We came to see the Slovenski boy in the pole vault. What's his name? Dan?"

"Dave. Dave Slovenski."

"I understand he is the son of the track coach here at Bowdoin."

"Yes. Dave is Coach Peter Slovenski's second son."

"Well! The pole vault has been going on for a while! Where is Dave Slovenski?"

"Look way down to the far end of the field house. See the Brunswick High team in black and orange, on the bleachers way at the end. See the boy sitting on the floor. That is Dave. Waiting. It will be a while before he can compete. These kids vaulting now are clearing 13 feet. Dave will probably clear 15 feet."

"Wow! It probably helps to have his father a track coach."

"It does not hurt."

"Does Coach Slovenski have special expertise in the pole vault?"

"Peter Slovenski set a Kennebec Valley Athletic Conference pole vault record in high school. That record held for over 30 years."

"Wow. Who broke that record?"

"Steve Slovenski."

"Another son?"

"Steve is Coach Slovenski's oldest son. Last February, Steve broke his dad's record and won the pole vault state championship. I saw him do that. That was at Slovenski Track at Bates."

"Slovenski Track? Wait a minute!"

"Yes. Slovenski Track was named after Walter Slovenski."

"Coach Slovenski's brother?"

"No. Coach Slovenski does have a brother who is a track coach — at M.I.T. Walter Slovenski was their

father. One of my favorite Slovenski stories is about how Walter Slovenski got started in track. He grew up in Pennsylvania. When he finished 8th grade, he quit school and went to work in the coal mines. One Sunday afternoon he and his family were at a church picnic. There were games and races. A track coach saw Walter Slovenski run! He talked Walter's parents into having him return to school — and go out for track. Walter was in the service in World War II, and he went to college on the G.I. Bill. He was track coach at Bates for many years."

"I guess Slovenski men make a lot of headlines."

"Actually, the most Slovenski headlines I have seen were about Ruth Slovenski."

"Coach Slovenski's daughter?"

"No — his mother! Oh there she is now! She just came into the lobby. See the little lady with wavy gray hair? Running up the stairs."

"What did she do to make headlines?"

"She had her bicycle stolen."

"What?"

"Yes. She went to visit a friend in a nursing home. Didn't lock her bike. When she came out, it was gone. She told the police it had great sentimental value, a gift from her parents. She had been riding that bike for 66 years. It was written up in The Times Record. The Portland Press Herald. Boston papers! New York papers. Miami, San Francisco, Seattle. Everywhere in between. "Eighty-three year old Maine woman has bicycle stolen."

Oh! Dave Slovenski is on his feet. He is starting to warm up. It is almost show time."

P.S. Dave Slovenski cleared 15 feet that evening, or rather at about 1:00 the next morning.

P.P.S. Because of the nationwide firestorm of publicity, the police were able to recover Ruth Slovenski's bicycle.

Taps

By P.K. ALLEN

My only brother lived 59 years; he died April 3, 2011. Harold V. Moody lived what seemed an ordinary life. For siblings the primary memories that linger are those of childhood. Often beyond that we see only glimpses of a life. As we've gone through this week of mourning I've become again aware of two very special aspects of my brother's life.

I can see how faithfully he loved his family. Harold's marriage to Sandra Heath did not last but they always stayed the best of friends. She is a widow now. The couple created two fine young men, Brendan and Conner. Both sons know Harold loved them fiercely.

The other thing that stands out about my brother's life was his four years in the Air Force. At the end of

his life, that made a difference. Funeral homes and churches are two places family and friends can say their good-byes. My brother's funeral was at the chapel in the new Maine Veterans Cemetery in Augusta. We are fortunate that is a benefit of serving in the American military.

At the service there was a military flag ceremony and then presentation of the flag to, as his obituary said, "the love of his life." The funeral ended with the playing of Taps. He is laid to rest with others who were willing to give up some of the years of their lives for our country. He is in a very special cemetery where those he loved most in life can come and reflect on the brother, the lover, the dad who left us too soon.

The passion of youth

By P.K. ALLEN

Oh, the passion of youth,
It's a wonderful thing.
It puts fire in the heart
And it makes the birds sing.

Through deeds of valor
We'll hear of wondrous feats,
And cheer with excitement
And rise from our seats.

The passion of youth
Is an uncontrolled urge,
To right every wrong
And evil to purge.

Armed with truth and justice
In one righteous hand,
In the other, the shield of honor,
To guard with in the stand.

It's our time

by Gloria Smith

Issues and activities for older adults

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Intermediate Cribbage winners

- April 27:** 1st, Mike Linkovich 720; 2nd, Cecil Eldridge 711; 3rd, Darryl Wood 703; 4th, Lois Fournier 699; and 5th (tie) Leah Nelson and Linda Paisley, 692.
- May 4:** 1st, Elise Horsfall 709; 2nd, Virginia Linkovich 703; 3rd, Joseph Tonely 699; 4th, Patricia Johnson 693; 5th, Lorraine LaRoche 688; and 6th, Cecil Eldridge 687.
- May 11:** 1st, Richard Lapointe 706; 2nd, Robert Mehlhorn 692; 3rd, Richard Tomko 684; and 4th (tie) Andrew DeBiasio and Mike Linkovich, 679.
- May 18:** 1st, Darryl Wood 714; 2nd, Linda Paisley 712; 3rd, Elise Horsfall 710; and 4th (tie) Richard LaPointe Mike Linkovich, 708.

Monday/Saturday Bridge

- April 16:** Lorraine Muller, Gladys Totten, Mary O'Conner and Lorraine La Roche.
- April 18:** Vince McDermott, Gladys Totten, Cecil Eldridge and Sherman Milliken.
- April 23:** Jini Linkovich, Lorraine Muller, Lorraine LaRoche and Gladys Totten.
- April 25:** Lorraine Muller, Lorraine LaRoche, Gladys Totten and Yvette Dumont.
- April 30:** Mary O'Conner, Gladys Totten, Jini Linkovich and Cecil Eldridge.
- May 2:** Bill Buermeyer, Lorraine LaRoche, Gladys Totten and Marian Snyder.
- May 7:** Marian Snyder, Cecil Eldridge, Bill Buermeyer and Alan Reader.
- May 9:** Marian Snyder, Sherman Milliken, Mary O'Conner and Gladys Totten.

SPECIAL NOTE

Bill Buermeyer scored the highest single score and the most total wins in the last six months.

'Magical' afternoon program

On Tuesday, June 14, from 2-3 p.m. at the People Plus Center, the Volunteer Transportation Network (VTN) and Greater Bath Elder Outreach (GBEON) will co-host a program for their volunteers and interested members of the community, featuring magician Steve Cornish, otherwise known as "The Great Stephan."

The Great Stephan has performed all over New England at private parties, weddings and on cruise ships, and has placed highly in magic competitions.

The not so "hidden" agenda of this program is to explore the theme of "change," as well as to honor and recognize the service provided by the volunteer drivers and elder companions of our communities. Joanne Rosenthal, VTN coordinator, and Martha Cushing, GBEON coordinator, unequivocally agree that program volunteers give of themselves with generosity, humor and flexibility, and have more than earned an afternoon of entertainment and illusion.

So far this year, VTN volunteers have logged more than 2,500 miles and have provided 300 hours of direct service to 26 older adults. GBEON volun-



"The Great Stephan"

teers have reported 824 hours of companionship with 38 folks who otherwise would be lonely and isolated.

This program is made possible through a grant from the Joseph Mckeen Center for the Common Good at Bowdoin College. People interested in learning more about these volunteer opportunities are invited to attend this program. For more information, call Joanne at 729-0757 or Martha at 837-8810. To learn more about the magic show, visit www.thegreatstephan.com for more information.

Teen Center Umbrellas up!

By JORDAN CARDONE

As of the day I write this, there are 22 days of school left, and tomorrow's report will be 21, then 20 ... well, you get the gist.

I get this report each day as summer nears. Summer? Hmmm. What happened to Spring? For many of the teens, regardless of the temperature, June 18 will be the first day of summer vacation!



The Teen Center will, regardless of the temperature, change over to summer hours, which will be Monday to Thursday from 1:30 to 4:30 p.m., starting June 20.

The Upward Bound Program has had students intern at the Teen Center for the past few summers, serving as volunteer staff assistants. We are looking forward to having them again this summer. The Upward Bound interns stay at Bowdoin College for about six weeks, attending college courses in the mornings and interning at local nonprofits in the afternoons, Tuesdays to Thursdays.

Our after-school snack program continues to be much appreciated by the teens. Hank, a member of People Plus, continues to deliver fruit for the teens each week. Carmella dropped off some of her "best I ever tasted" banana bread this month! Thank you both!

Recently Mid Coast Hunger Prevention generously offered to supply some goods to the Teen Center snack program on a weekly basis. We have been testing out different snacks for the teens and I have to say that green peppers and especially cucumbers were consumed very rapidly! So, it truly is a myth that teenagers only like junk food! Hopefully by next month's check in the sun will be shining and you will see the teens outside more. Until then, umbrellas up!

WEEKLY SHOPPING



Please call the Volunteer Transportation Network to sign up for one or more of the following trips:

- June 3:** Hannaford's in Brunswick
 - June 10:** Walmart at Cook's Corner
 - June 17:** Hannaford's in Brunswick
 - June 24:** Walmart at Cook's Corner
- We encourage any Brunswick residents who live on the Explorer Bus route to take the bus. Bus passes and tickets are always available at People Plus. Call 729-0757 for more information.

Book Sale

June 23-26

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Thursday (6/23) 5pm-8pm
Member Appreciation Sale (memberships available at the door)

Friday (6/24) 10am-7pm

Saturday (6/25) 10am-5pm

Sunday (6/26) 11am-3pm

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JUNE 2011 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Here comes summer!</p>		<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 9:00 AM Strenth training 10:00 AM PingPong 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing 	<ul style="list-style-type: none"> 9:00 AM Yoga 10:00 AM Chair Yoga 1:30 PM Qigong 	<ul style="list-style-type: none"> 8:30 AM Weekend workout with Ida
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 9:00 AM Strength Training 10:00 AM Combined Art 10:00 AM Ping Pong <p>1 PM Quilting Club 5 PM Sivananda Yoga</p>	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 9:00 AM Strenth training 10:00 AM PingPong 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing 1:30 PM Volunteer Appreciation Sociable 4:30 PM Mat Pilates 5 p.m. Unwind with Yoga 	<ul style="list-style-type: none"> 9:00 AM Yoga 10:00 AM Chair Yoga 1:30 PM Qigong 	<ul style="list-style-type: none"> 8:30 AM Weekend workout with Ida
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<ul style="list-style-type: none"> 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>1 PM 'Free for All' Bingo</p>	<ul style="list-style-type: none"> 9:00 AM Strength Training 10:00 AM Ping Pong 10:00 AM Combined Art <p>9 AM Animal Kingdom trip 11:30 AM LUNCH OUT 2 PM VTN Magic Show 5 PM Sivananda Yoga</p>	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing <p>11:30 AM Lunch & Connections 4:30 PM Mat Pilates 5 PM Unwind with Yoga</p>	<ul style="list-style-type: none"> 9:00 AM Yoga 10:00 AM Chair Yoga 1:30 PM Qigong 	<ul style="list-style-type: none"> 8:30 AM Weekend workout with Ida
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<ul style="list-style-type: none"> 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>9 AM Botanical Gardens trip</p>	<ul style="list-style-type: none"> 9:00 AM Strength Training 10:00 AM Ping Pong 10:00 AM Combined Art <p>1 PM Quilting Club 5 PM Sivananda Yoga</p>	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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>4:30 PM Mat Pilates 5 PM Unwind with Yoga</p>	<ul style="list-style-type: none"> 9:00 AM Yoga 10:00 AM Chair Yoga 1:30 PM Qigong 	<ul style="list-style-type: none"> 8:30 AM Weekend workout with Ida
NEW SUMMER HOURS: Teen Center open, Monday through Thursday, 1:30-4:30 PM					
<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 10:00 AM Combined Art 10:00 AM Ping Pong <p>1230 PM AARP Safe Drivers School 2 PM Razzle Dazzle 5 PM Sivananda Yoga</p>	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 10:00 AM PingPong 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing <p>4:30 PM Mat Pilates 5 PM Unwind with Yoga</p>	<p style="text-align: center;">PEOPLE PLUS NEWS & VIEWS</p> <p style="text-align: center;">FEATURING JESSICA LOONEE, Matter of Balance trainer</p>	
NEW SUMMER HOURS: Teen Center open, Monday through Thursday, 1:30-4:30 PM					
<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: http://vimeo.com/harpswelltv</p>					



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Beware — and report — elder abuse

June 15 is Elder Abuse Awareness Day.

It's important for all of us to be aware that elder abuse happens in Maine, the financial exploitation and abuse of elders, and what to do if we suspect it.

Sadly, the vast majority of financial abuse of elders involves close relatives defrauding, diverting, or boldly stealing money from their mothers, fathers, aunts and uncles, or grandparents.

The methods of removing money from the elder vary from subtle to brutally simple — and sometimes quite brutal — but the constants of an emotionally or physically vulnerable elder, a degree of isolation, and a sense of entitlement within the financial abuser remain.



According to Denis Culley, staff attorney with the Legal Services for the Elderly, elders are routinely convinced to deed over their home or parcels of property (with or without the retention of a life

estate), make gifts of large sums of cash, make loans with no written promise of repayment, co-sign a promissory note when the borrower has no source of income, mortgage their property up to

— or over — fair market value, or add a joint holder to bank accounts. These transactions are often contemplated and completed based on the manipulation of the elder's emotions and fears and are usually not accompanied by any counsel or legal advice.

The elder may experience the loss of their home or financial ruin at the hands of an intimate exploiter. Due to the fact that the elderly population is typically retired and lives on a fixed income, it is nearly impossible to bootstrap up again once an elder's life savings or nest egg has been wiped out.

The Augusta Area Elder Abuse Task Force works to raise awareness of financial abuse of the elderly and address the damage done. The

Office of Elder Services provides or arranges for services to protect incapacitated and dependent adults (age 18 and over) in danger of abuse, neglect or exploitation. Calls may be made anonymously.

To report abuse, neglect, or exploitation:

— Call 1-800-624-8404 (Voice and TTY during business hours)

— 1-800-963-9490 (TTY after hours)

For after business hours reports, call the Chief Advocate or leave a message at:

— 287-4228

— TTY 1-800-963-9490

This article quotes extensively from an article published in the 2010 issue of the Maine Law Review written by Denis Culley & Hanna Sanders, "Exploitation and Abuse of the Elderly During the Great Recession: A Maine Practitioner's Perspective," 62 Me. L. Rev. 429 (2010).

Get help contacting VA and know your benefits

Are you a veteran who deserves benefits from the VA? Do you know what VA benefits you are eligible for? Are you a dependent who might be eligible for VA benefits? Have you had trouble getting in touch with the VA? Are you homeless and maybe eligible for veterans benefits? Are you confused by the process of obtaining your VA benefits? On the third Tuesday of each month we will have a representative of the Veterans Administration here at the center. She brings with her forms and information and expertise to help you get the benefits you deserve.

Appointments are required so give us a call and make one! This is a free service.

Carefree Café Sponsor

The Carefree Café, our collaboration with Brunswick Area Respite Care, is the wonderful beneficiary of a sponsorship for our June 28 luncheon.

Hearthside Senior Assistance provides non-medical companion/home-maker services to seniors and others throughout Mid-coast Maine.

Their generous sponsorship of our lunch for June allows us to continue with the fine food and service that makes this lunch so special. Our last luncheon until September will be at our center in Topsham, 12 Main St., at noon. Thanks to sponsorships such as Hearthside's, this lunch is free. Reservations are required so that seating is available.

For reservations, or more information on Brunswick Respite Area Care, Spectrum Generations or Hearthside Senior Assistance, please call 729-0475.

Consumer Information Specialist

Andrea Handel is available to help you with Medicare, Social Security and other health care questions. Please call 729-0475 to make an appointment.

Reverse Mortgages

Reverse Mortgages are all over the news. Kristin Overton, Reverse Mortgage Counselor and Bridges director will be discussing reverse mortgages — what they are, what they require, and what to watch out for. The free session is Tuesday, June 14, at 10 a.m.

Workforce Development —

Online Job Search

Jobs are listed online these days more than the newspaper. It can be intimidating not even knowing where to look! This class will guide participants through the State's Career Center website, showing the features it offers for those online job searching. Participants can sign up for the Maine Job Bank, and become more comfortable navigating the site and using its tools while looking for employment! Thursday, June 1 p.m. Free.

Richmond Mystery Tour

Day trip with other adventurous souls. Leaves from Richmond Senior Center at 9:30 a.m. June 21. Bring your own lunch. \$4. Reservations are required. Call 737-2161.

Scenic Cruise

Leaves from the Richmond Community Center and cruises the Inner Bay of Great Diamond Island and Peaks Island. Lunch will be at the Macaroni Grill and is not included in the price. Leaves from the Richmond Senior Center at 9:30 a.m. on June 25. Call 737-2161 for more information and reservations. \$11; reservations are required.

June fun with a Movie

Popcorn and a movie and some great social time. What a great way to spend an afternoon.

June will be a time of laughter. This month's movie, "All of Me," stars Lilly

Tomlin and Steve Martin.

A dying millionaire has her soul transferred into a younger, willing woman. But something goes wrong, and she finds herself in her lawyer's body — together with the lawyer. Thursday, June 23 at 1 p.m. \$5.00 activity fee.

Bring the grandchildren to see

"Charlottes Web"

"Charlotte's Web" is an award-winning children's novel by acclaimed American author E.B. White, about a pig named Wilbur who is saved from being slaughtered by an intelligent spider named Charlotte. Thursday, June 16, at 1 p.m. \$5

Meals on Wheels routes available

One of the very important programs we do is the Meals on Wheels program for Sagadahoc County, Brunswick and Harpswell. This program is successful due to the dedicated volunteers that sort and deliver meals. We deliver meals on Wednesdays and Fridays each week. The time commitment for a day of delivery is one to three hours. Call 729-0475 for more information.

Volunteer at the Southern Midcoast Community Center

Please consider becoming a volunteer at our center. We have needs as basic as answering the phones to as complex as running a clinic or seminar. It's a great place to meet people and a great place to socialize. Call 729-0475 for more information.

Computer Counseling

Bring your computer or use one of ours. Bring your questions and issues and let us help. We have access to the Internet and printers and an expert here to offer help. Thursday, June 9, 10-11:30 a.m. \$10 each session.

Facebooking

Social Media is a great way to stay in touch with family and friends. It also lets you stay informed. Come to this class and learn the basics: how to sign up, how to find people and how to post. This is how the youth communicate — you should too! Learn your way around social networking. Thursday, June 16, 10-11:30 a.m. \$10.

Men should screen monthly

BY DANI O'ROURKE-SUCHOFF
HEALTHY AGING AND WELLNESS SPECIALIST

June is Men's Health Awareness Month and a time to ask what preventative health screenings are important for men, and what can men do to be in charge of their health?

At the doctor:

— Schedule a physical exam every year and ask your doctor about health screenings that are appropriate for you. For most men, recommended health screenings for those over 50 include:

- A blood pressure check every year.
- A blood test for diabetes if you have high blood pressure.
- Yearly blood tests for cholesterol levels, as well as kidney and thyroid function.

• Yearly rectal exam for prostate cancer and other lower rectal problems.

• A Prostate Specific Antigen (PSA) test each year to screen for prostate cancer.

• A colorectal cancer screening every three to four years.

— Get a flu vaccination every year.
— Ask questions about your medications. Know why you are taking them and how to take them correctly.

At home:

— Monthly self exams of the testicles, skin, mouth and breasts can find the earliest signs of cancer. Look for lumps on the testicles and breasts, lesions in the mouth, and any changing moles or freckles on the skin. Follow up with a doctor if you notice anything unusual.

— Eat healthy foods including lots of fruits and vegetables, whole grains, and foods low in saturated fat.

— Physical activity is great for many aspects of health including weight management, heart health, and keeping your bones and muscles strong. Including strengthening and flexibility exercises can help prevent falls. If falls are a concern, consider taking a "Matter of Balance" falls prevention workshop. Contact Vicki Foster at vfoster@spectrumgenerations.org for information about upcoming workshop.

For more information about men's health and other events for men's health month, go to www.menshealth-month.org.



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Southern Midcoast Community Center
12 Main St., Topsham
The Central Maine Area Agency On Aging

1-800-639-1553
729-0475

For more information about Spectrum Generations' other programs and services, call 1-800-639-1553, or visit www.spectrumgenerations.org.

Remembering Grampie

You have to know that my dad died when I was less than a year old, and the "male influence" during my formative years was my grandfather, Miles. He, and a couple neighbor guys (let's call them Phil and George), handled my upbringing when my mother was distracted, frustrated or simply figured I needed that "male touch."

Grampie Miles was an Aroostook potato farmer who brought his family south during the Great Depression. The story is they got here with what they had in their car, but were thankful for it. In Bowdoinham, he always kept a small farm as a second job, worked at BIW during the war, worked at Sagadahoc Fertilizer every spring, worked at whatever he needed to work at to make lives balance at the end of the year. Guess that was one of his first lessons for me.

He was the guy who convinced me that working the soil was a noble endeavor, not a dirty job. I bet I was 5 or 6 when he roped off a corner of his massive home garden, showing me how I could raise radishes as a cash crop and walked with me around the neighborhood when it was time to make the sales. He taught me to drive

cars and wheelbarrows. He told me bees would never sting unless they were threatened. "People are like that, too," he said more than once.

I have two brothers and two sisters, and I don't ever remember Miles raising his voice, or his hand, toward any of us. If there was disciplining to do, he would take a firm grip on our arm at just below the elbow, pull us out of whatever we were doing and utter the words, "That disappoints me, Frank" and the correction would be made.

When my first grandson, Jadon was 4 four years ago, I gave him a couple Maine books for his first Christmas, and attached a 4-page list of stuff he and I needed to do, "before I got too old." We've crossed off several lines from that list already, and have added more items to be concluded. I have to consider that list a constant work in progress, and realize that living the list is helping me to stay young.

When Silas, grandson number two, came along in January, the impulse was to create another list. Soon however, it was obvious that these two boys would need to share the love, and the obligation, that follows having me as a grandfather. There's a vision

shaping in my mind of the three of us becoming a troupe of musketeers. I just can't wait to get the two of them together for a hike across a blueberry-laden field, and yes, now I have to figure a way to get TWO boys over Katahdin's Knife Edge, and still get their grandfather home alive.

Last month, Jane, Abbie, Silas and I went to a local greenhouse, seeking flowers for the new season. Silas was awash in one of those bellie baskets (my name for a complicated, multi-strap thing that attaches him to my chest, facing out). Arms and legs are swinging, he's smiling at every young clerk that comes over to say "HI," and I'm remembering when we did the same with Jadon. I think Miles would have been impressed.

All this is a tribute, and a challenge, to the fathers of the world, and a state-

Speaking Frankly

FRANK CONNORS



ment to my kids who now have to deal directly, and constantly, with a grandfather who wants to inject himself into the lives of THEIR children. I hope they always see my actions as coming from a quiet place of love, and respect. I hope they stay gentle and kind, to their kids and to me.

I don't want Jadon, or even little Silas, to feel any pressure, but Silas will be 6 months old when I turn 65 in July, and when I'm 70 in 2017, Jadon will be 10, so we don't have a lot of time to waste!

And I just hope when the run is over, someone compares me to my grandfather.

'Stanley's Choice' premier

"Stanley's Choice," an original, one-act comedy written by the People Plus Center's own playwright, Millie Ackley, and directed by Al Miller of The Theater Project, will have its world premier performance at The Theater Project on Saturday, July 9, at 2 p.m. and 7:30 p.m.

As the story goes, Stanley Pincher (played by Samuel Trott) has arranged a surprise birthday vacation for his wife, Sally (Bonnie McDonald), and their very conservative best friends, Peter (Willy Bryan) and Penelope (Jean Konzal) Page. The fun begins when Sally discovers they are going to "Plain and Simple," a nudist colony

operated by Gertrude Horowitz (Eleanor Grafe). Sally insists that Stanley cancel their reservations, because Peter and Penelope don't know they are headed to a nudist colony. In the meantime, their friends decide it MUST be an exceptional place if Stanley and his family have always been members. It's a surprise vacation with a surprise ending!

Call the Information desk at People Plus, 729-0757, for more details.

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Table tennis table for sale. The Center now has two new Ping Pong tables, we have an older, well-treated table we'd love to sell for \$125. Come see it, make us an offer. Ask for Frank at 729-0757.

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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'A welcoming place to stop and rest'

By J. ROLAND MORIN

In the good old days, starting in the mid-1920's, many travelers driving the "newly renewed section of U.S. Route One" were pleased to find a friendly, welcoming place to stop and rest known as the Hillside Cabins.

There were six cabins in all, one larger one for families, two single cabins and three double cabins, and they were located 3 1/2 miles west of the center of Brunswick.

The accommodations were few. There was running cold water, with one outside "his and her" toilet for six cabins. One of the larger double bedroom cabins did have a small attached bathroom. Good, inexpensive food was available just a few feet away in a separate, decent dining room, or, you could cook your own meals at Freehaven, a stone, open-front building, located above the cabins on Oak Hill. It had a large fireplace, a wood-burning kitchen stove and running water in warm weather.

There was a small nine-hole golf course across the highway on a 12-acre lot. Many a tourist, plus many local people, came out to play on this course. Local boys using hand-pushed lawnmowers were hired to keep the greens well trimmed at all times. The large areas of grass between the greens was kept cut by more mature people, driving a noisy old steel-wheeled Fordson tractor. There was a beautiful outside shuffleboard court, with the concrete as smooth as glass, located a few feet below the cabins. Many people played shuffleboard in the summer evenings, when the floodlights were on.

The Fourth of July holiday was celebrated for three days. Skyrockets and fireworks were displayed over the golf course. People from the area would line up along Hillside Road to watch

Fondly recalled ...



The Hillside Cabins, a "traveler's Paradise" on Brunswick's west side, are well remembered by J. Roland Morin, who offered this picture and lives today on Hillside Road, Brunswick. Morin offers some recollections of the days when he was growing up beside the Hillside Cabins. If you have old area pictures to share with readers of People Plus News, please contact Frank Connors, 729-0757.

the show. During those three days the restaurant was very busy. Lobster and chicken dinners were the specialty. A dollar could get you a decent meal.

In the late 1930s things began to change. The west end of Hillside Road was closed where it crossed the railroad tracks, and business at the cabins was reduced drastically. The Grant Road was created, built right through the center of the golf course, to connect the old cabins to the now old Hill-

side Road. Mr. Freeman Grant, owner of the cabins property, was getting quite old, but was willing to build a new and much larger restaurant, dining and dance hall. This new restaurant, known as the Hillside Inn, was located on U.S. 1 and across from the new Grant Road, leading to the Hillside Road Cabins. This new facility had many travelers stopping for meals, and helped put the cabins back in business for a few more years.

Eventually the cabin business ended and the cabins were sold and moved away. Even the Hillside Inn is gone, purposely burned to the ground by a new owner who only wanted the land. Now, all that remains of the Hillside Cabins is a broken shuffleboard court, Freehaven, the outside, enclosed stone cooking area on Oak Hill, and the many, many memories in the minds of patrons who spent time at the Hillside Cabins, once a traveler's paradise.

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