

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

Szabo, Welzel named Volunteers of the Year

Gladys Szabo was named People Plus Volunteer of the Year for 2011, and Hank Welzel was named Brunswick Teen Center Volunteer of the Year at the annual volunteer appreciation program held June 9.

Both are longtime members of People Plus, and both are involved in several very different activities at the Center.

Szabo is "chief volunteer and bottle washer" of the monthly Lunch and Connection dinners. She coordinates the volunteer work crews and tabulates all the monthly reports. She has been a longtime contributor to the WriteOn! writers group. When the Spectrum Generations/People Plus cooperation evolved for the Brunswick Area Respite Center's Carefree Café, it was Szabo who stepped

up and made the program work.

Welzel is a retired engineer and a woodworking hobbyist. Several of his creations grace the public spaces at People Plus, including our new suggestion box. He volunteers regularly at the Teen Center. His smiling face and regular bag of food donations is a known and welcome fixture at the Center.

Welzel's volunteer award was the first given by the Teen Center.

Pat Longworth, Ann Frey, Alvina Menard, Vince McDermott and Judy Wilbur were also recognized for continuing service to the Center.

Longworth has been the Monday morning front desk receptionist for a number of years, and is the "secret caller" of the dozens of men who attend



HANK WELZEL



GLADYS SZABO

the regular monthly men's breakfast.

Frey, a member of the Center's Board of Trustees, has been instrumental in upgrading and maintaining the Center's website.

For longer than anyone can remem-

ber, Alvina Menard has been coordinating the distribution of the People Plus News.

Wilbur coordinates the volunteers for the front desk and is a "secret dessert maker" for many of the Lunch & Connections meals.

McDermott is a leader of the center's WriteOn! group, coordinates the ping pong events for the Center and, "just pops up, almost everywhere he's needed."

According to Frank Connors, who awarded the prizes to the seven, "Volunteers make this Center work. This group may bubble to the top this month, but there is no doubt in anyone's mind that we wouldn't be here without the efforts of hundreds of volunteers."

Lunch & Connections

July cookout moving to beach

Grilled hot dogs, hamburgers and baked beans are on the menu for the Thursday, July 21, when the Lunch & Connections dinner goes off location — this month only — to Brunswick's Thomas Point Beach.

"We're planning a good, old fashioned beach-front picnic," offered Chef Frank Connors. "It should be the event of the summer."

Gordon Hersom will be providing entertainment at the event, and Connors added that "similarities to the old People Plus summer picnics are certainly on purpose."

There will be a fresh, lightly-dressed green garden salad, and this time only, a side of cole slaw. Madeleine Ashe's secret summer punch will be the featured drink; coffee, iced tea and milk are available. The dessert for July will be fresh melons and a medley of cookies. A pot of "veggie baked beans," will be ready



Big winners. Christian Potts and his mother, Anna Potts, together won last month's Lunch & Connections' record-setting 50/50 raffle and a door prize.

for our vegetarian friends.

Focus of this monthly Lunch & Connections program, underwritten by Spectrum Generations, is nutrition, information and variety. Each meal must include regu-

lar 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.

Come to the beach early enough to kick some sand around — we start registering folks at 11 a.m. — pick up your 50/50 raffle ticket and register for one of several door prizes. If the weather is questionable, the cookout will be served inside at People Plus, 35 Union St. There will not be a storm-related rescheduling.

All guests must check in at the Thomas Point beach gate house. Reservations for seating are necessary 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. We can NOT accept walk-ins for this event.

Suggested donation is \$7 for adults 60 and older and children 12 and under, and \$7.50 for all others. Lunch is served at noon.

Strategic planning report to members

By ED HARRIS

RETIRING CHAIRPERSON, BOARD OF TRUSTEES

We have experienced huge changes in the last five years in this organization. We have opened up the mission to include building community for all ages, changed the name to People Plus, welcomed the Teen Center, moved to a wonderful new space, and lost a beloved, longtime leader. The impact of all this cannot be underestimated. The strategic planning process we have begun is intended to help us better define our focus going forward.

This winter we conducted three focus groups (community leaders, staff/volunteer leaders/instructors, and Teen Center Council members), and surveyed our members, (120 responses). Jim Pierce held dozens of individual meetings with other organizations and community leaders. This effort generated much highly useful information about People Plus, its strengths and weaknesses, and suggestions for its future.

Some of the themes that emerged (in no particular order) were:

- Focus on seniors but don't eliminate programming for others.
- People Plus is a good name.
- Consider a mission statement that better explains what we do.
- People Plus provides seniors in the Brunswick area with a great place to socialize, learn, serve, be served, and interact with community members of all ages.

— The Union Street facility is really
Please see REPORT, Page 2

TRIAD: New look, same mission

Merrymeeting Bay TRIAD has a new look, but its mission remains the same.

The "new look" is a new brochure that explains what TRIAD is and does. The mission is two-fold:

— TRIAD is a coalition of senior citizens, law enforcement officials and community service providers working together to enhance and ensure the safety of older adults in the community, and to reduce crimes targeting the senior population.

How does TRIAD accomplish this? One way is to sponsor and coordinate educational programs on crime prevention, that provide information about current

scams, and how to avoid becoming a victim of these and other criminal activities that might be in the area.

— TRIAD also provides information about who to contact if you have a concern or question about a transaction that just doesn't seem right. For example: Is that person knocking on your door legitimate or might he be an unscrupulous salesperson or home repair fraud? Does that investment promising financial security right for me? It might not be. Is it too good to be true? It might be — check

it out. TRIAD can refer you to the proper service provider resource.

Do you live alone without family living nearby? Have you signed up for the TRIAD Good Morning Program which establishes a daily telephone contact to ensure your well-being? Do you want to be a safer driver? Watch for upcoming TRIAD/AARP safe driver courses in the area.

These are but a few TRIAD initiatives which help to ensure the well-being of older residents in the community and address issues that can adverse-

ly affect our physical or financial security. To learn more, pick up a TRIAD brochure at People Plus. They will also be available at other community organizations, town offices, hospitals and other public places in the area soon.

For more information about Merrymeeting Bay TRIAD call 725-4736, or send questions to the address on the brochure. We welcome your input. If you have a question or concern about someone's safety, contact the law enforcement office in your area listed in the brochure.

Are you interested in a TRIAD program at People Plus? Call Frank Connors at the Center, 729-0757.



**Teen Center
Summer Schedule**

Tuesday, Wednesday
& Thursday
1:30-4:30 p.m.

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:

The Editor, People Plus

P.O. Box 766

Brunswick, ME 04011-0766

Office phone (207) 729-0757

Office fax (207) 729-0672

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ENCORPS for Baby Boomers

In early spring of 2010 I became aware of a terrific organization supporting community volunteer work of people over 50 years of age: the Encore Leadership Corps (www.encoreleaders.org).

The Encore Leadership Corps (ENCORPS) is a statewide initiative of the University of Maine Center on Aging, the Environmental Protection Agency and the Maine Community Foundation, with the cooperation of many other local, state and national organizations.

Among their program goals are the development of meaningful volunteer and leadership opportunities and a statewide infrastructure to support the engagement of Baby Boomer and older adult volunteers. There is a strong focus

on environmental issues such as limiting the air, water and land impacts of new growth and development through the use of smart growth strategies. As a person with a keen interest in the development of community based transportation systems, I have found ENCORPS to be very helpful in providing me with advocacy and skills training in working with state and local organizations that are also interested in this issue.

Training provided to volunteers focuses on the development of leadership skills, how to engage the community, grant writing, effective marketing and board development. These trainings are a great opportunity to meet others with similar interests and learn how to advocate effectively for the issues that are

From the Executive Director

JIM PIERCE



near and dear to your heart.

I would encourage anyone over 50 and particularly those of you who have retired to take a serious look at becoming an ENCORPS volunteer. As our community struggles with such issues as growth and transportation, we all need to be engaged in seeking the best outcomes possible for these initiatives.

If you would like more information, please feel free to contact me at 729-0757 or jim@peopleplusmaine.org, or email the program at info@encoreleaders.org.



Music festival visits Union St.

Students with the Bowdoin International Music Festival will offer a free concert at People Plus on July 11 at 2 p.m.



Messerman recognized for 'outstanding achievement'

Ida Messerman, center, fitness director at People Plus, has been cited by the Maine Governor's Council on Physical Activity for "outstanding achievement in physical fitness activity programs for the people of Maine." She was the runner-up nominee in the Community Category at the 2011 Maine Fitness awards, held last month in Augusta.

REPORT

From Page 1

terrific, make the most of it!

— The Teen Center is misplaced at Union Street, much needed in the community but not a good fit for the Union Street space.

— Collaborate with other community organizations.

— Advocate for seniors throughout the community.

— Do a much better job marketing ourselves and our services.

— Do a better job with fundraising and development.

— Make more of the membership and better define the benefits.

— Increase volunteer capacity.

— Provide more and better opportunities for seniors to volunteer.

— Provide opportunities for others to volunteer to serve seniors and teens.

— Improve programming.

— Dealing with life changes and transitions.

— How to get the most out of "the next stage of life."

Specific ideas:

— Using computers and other electronic devices.

— Navigating Medicaid

— Senior yoga, exercise, aerobics, dance, movement.

— How to connect with others through social media.

— Financial management

— Cooperative buying

— Food or fuel oil coop

— Welcome to the Community Program

— Education of general interest; single talks and Senior College classes

The Board and its committees will be using the results of this planning effort in many ways, but immediately to shape the search for the next executive director, to inform program plans for the fall, to better define membership, and to increase our marketing efforts.

The results also reaffirm our collaborative approach to programming and serving the community. We have already begun a long range planning process for the Teen Center. You should see additional evidence of our learning from this planning process in the months to come. I want to extend a big thank you to all who contributed to this important work.

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On the lake on the Fourth of July

By CHARLOTTE HART

The cottage is open. Soft lake breezes sigh.
Giant pines whisper welcome under Maine's bluest sky.
Be here on time. Before noon. You ask why?
Boat parade on the lake on the Fourth of July!
Speed boats! Row boats! Kayaks!
A canoe.
Uncle Sam's barge. A house boat or two.
A flag flies from each vessel. Red, white and blue!
The boat house sports bunting, patriotic and new.
On Uncle Sam's barge — musicians!
A band.
Trumpets. Banjos. A joyful noise

reaches land.
Elizabeth and her cousins march on the sand.
"It's a grand old flag," they shout back. Simply grand!
Ice cream we are making in the old cottage churn.
It won't take much longer. Each child takes a turn.
We'll have barbecued chicken, juicy steak for to die!
Then smooth white ice cream on three-berry pie.
Evening will come. To a great day good-bye.
Fireworks on the island will light up the sky.
From sleeping porch cots, we'll hear loons' soothing cry.
Under star-spangled heavens on the Fourth of July.

An older guy (adapted from the Internet by Bob Dow)

An older guy, not in his prime,
Was working out to pass the time.
A cute young chick then happened by.
He asked a trainer, who was nigh,
Just what equipment he could use
That would impress that girl he views.

The trainer looked him up and down
While on his face, suppressed a frown.
He said, "If I were you, my friend,
"I'd try the lobby to that end."
"The one out there's is quite a gem ..."
Of course he meant the ATM!



Bob Dow holds a sample of his unique creations.

Art show features Dow's dioramas

Bob Dow, a multitaleanted regular at People Plus, will exhibit a collection of his unique "dioramas" in the People Plus Café for the months of July and August.

Dow grew up in Melrose, Mass., during the depression years, and was exposed to photography at a very early age. His grandfather had a wooden box camera from the 1890s that allowed him to make 4x5 inch glass negatives, and his father built a darkroom in the family basement, using an old folding camera as an enlarger.

Retired in Brunswick, Dow still boasts photography as a hobby, and

says his computer has become the color darkroom that he never had. His photography work has appeared in several issues of the People Plus News, and most members will recognize his name from writings on the members page.

Dow said this exhibit, his first public solo show, "is not about my photographic ability, but rather a demonstration of an idea," that he has been working on for a while, namely, "a technique that adds depth to a print with out the use of special glasses or other accessories."

This show may be viewed at People

Freedom

By P.K. ALLEN

Freedom is a privilege
paid for in human life,
Along with pain and suffering
that causes grief and strife.

Freedom is a sacred treasure
handed down from our fathers to us,
Keeping alive an inner spirit
on which we depend and trust.

So it is with honor and courage
we face our deadly foe,
To defend our flag and country
and the freedom we treasure so.

On writing By P.K. ALLEN

Writing is a lot of fun
And sometimes a work of art.
You don't have to be brilliant
Or even very smart.

Just grab a pencil and paper
To give it a good start,
Then let the words flow soft and gently
From the feelings in your heart.

Seen in my yard

By VINCE McDERMOTT

I have some floodlights mounted on the outside of my house and garage. From time to time I flick them on at night to see what is out there. A few years ago, the lights illuminated a fox crossing my driveway. I was outside at the time. We looked at each other for several seconds, then chose to go in opposite directions.

I hadn't had much luck since then until a few nights ago. I flipped on the light switch and looked outside. There he was. A magnificent moose. He was huge, with a rack a mile wide. Steam was flowing from his nostrils. His eyes glowed.

I ran to get my camera. As I headed back to the door, I stepped on a small rug which skidded on the hardwood floor. I went flying, and then ... and then ... I woke up. I was still in bed. Oh well, I can dream, can't I?

Have a safe and happy
FOURTH OF JULY

The Members Page

My church, my cathedral

By DOTTIE MOODY

Wednesday afternoon at 1:00

Is my church
my cathedral

Here the written word is sacred
Each strives
to carve their own words
on the tablet of truth

No one is judged

All are esteemed

There is no hush
There is
reading
laughing
caring
encouragement

In valuing the written word
we also value
each other

Seeds By BONNIE WHEELER

Warm spring winds whip the flag,
Birds send different songs from tree to tree.

New leaves fill trees with shades of green.

Free from winter's rest, squirrels scurry, searching for hidden treats.
Bushes and flowers grow and bloom red and yellow.

My yard is a universe alive with movement.

I feel renewing of life.
This day's blooming flowers were last year's tiny seeds.

This minute a seed is forming my great grandchild

inside its mother's womb.
Miracles surround me.

I never cease to be grateful and amazed

at the gift of God's touch.

Correction

On page 3 of last month's paper, the excellent piece titled, "TAPS" was attributed to P.K. Allen, when it was actually written by Dottie Moody. Your editor regrets the error.

It's our time

by Gloria Smith

Issues and activities for older adults

Look for Gloria's column, every Monday

The Times Record

www.thetimesrecord.com

your local paper!



For subscription information call 729-3311

Staying cool when it's not

Community living options in action

BY DANI O'ROURKE-SUCHOFF

Summer is here! Though the warm weather feels great, temperatures that climb too high can be dangerous. Here are some tips for getting the most out of summer without overheating.

— Drink water, even if you are not thirsty.

— Avoid drinking alcoholic beverages.

— Wear loose fitting, lightweight, light-colored clothing.

— Take it easy Stay inside and avoid strenuous activities during the hottest part of the day

— If you must be outdoors, take frequent breaks in the shade to cool off.

— Seek air-conditioning in cooling centers or in other public places like big



stores or malls.

— Know the signs of heat exhaustion before they become dangerous: Cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion.

If someone appears to be suffering from heat exhaustion, take the person to a cooler area, and apply cool damp cloths to his skin. Fan the person, and give him sips of water. If the person refuses water, vomits, or

loses consciousness, call 911.

Take care of your best friends too!

Remember, when it feels hot outside to you, your pets are toasty as well.

Make sure to take care of them when the temperature climbs.

— Make sure your pets have lots of water available to them.— Don't ever leave pets in the car on a hot day.

— Walk your dog in the morning or evening, avoiding the hottest part of the day.

— If your dog is outside all day, make sure he has a shady place to rest. Doghouses can get quite hot.

For more information about heat related health issues (for both people and pets) visit www.redcross.org and www.wakc.org.

5th annual Meals on Wheels Harbor Cruise

The fifth annual Meals on Wheels Harbor Cruise will be held on Friday, Aug. 26, in Boothbay Harbor. Tickets are \$20 per person. Entertainment will be announced.

For more information contact Robin Maginn at the Coastal Center (563-1363) or Sarah Hunter at the Topsham Center (729-0475).

Check your numbers

It's important to keep track of the important health numbers. Stop in and have your numbers checked by a registered nurse. Blood pressure, heart rate, weight and sugars. Juice and muffins served. Free. Tuesday, July 5, 9 to 11:30 a.m.

Games, games, games

Start the week out in a wonderful way! We have groups playing Scrabble, Cribbage and Bridge at Spectrum Generations. Other games would be great too! Bring a board game if you have one. Bring a lunch and eat by the fire after games. Free. Mondays at 10 a.m.

Chair yoga is coming to Topsham

No matter what your age or level of physical fitness, you can receive the health benefits of yoga without getting down on the floor! "Get fit where you sit." Build

your flexibility and strength safely, all sitting in a chair. Classes will include joint openers, spinal movements, traditional yoga poses, light weights for muscle and bone building, breathing exercises and relaxation techniques. Tuesdays starting July 12 at 10:30 a.m. Suggested cost is \$10 per class, or pay what you can. Instructor is Shannon Elliott.

Walk in the woods — Cathance River education

This walk in the woods of Topsham is 3/4-mile long in a loop. We will see pastures, quarries, wetlands and hopefully birds. The easy to moderate Heath Trail is a prime birding watching area. Join us at the site, Friday, July 15, at 1 p.m. Call for more information. Free.

Individual computer tutoring

We have spots available for individual tutoring for one on one attention. Call for times and a reservation. \$15 per person per hour.

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 volun-

teers 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. For more information, call 729-0475.

Southern Midcoast Community Center

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

Yard sale

Do you have some things to sell — or do you have things you want? Our first yard sale will be Saturday, July 2. Plenty of parking available. Tables will be \$5. Call for more information 729-0475

Veterans Benefits Assistance

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.

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.

Movies with the grandkids

Bring grandchildren in for popcorn, lemonade and a movie this summer.

The lineup includes: July 17, "Freaky Friday"; July 14, "Pay it Forward"; July 21 "Dr. Doolittle"; July 28, "Babe"; and Aug. 4, "ET." \$5.00 suggested donation. Thursdays at 1 p.m.

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 help you. Thursdays, July 7, 10-11:30 a.m., \$10 each session.

A few months ago Pat Greenleaf, the Community Living Program coordinator for Spectrum Generations, received a call from the son of a couple about needing help finding a way to keep his folks at home.

Both of his parents required assistance with bathing and dressing, and the son commented that the house was a complete disaster with barely enough room to live in because his folk's poor health made it impossible for them to maintain their home. He was afraid that they would have to go to a nursing home or assisted living if he could not find them some help, and his folks really wanted to stay in their own home.

Pat explained that Spectrum Generations, the Central Maine Area Agency on Aging, plus the other four Area Agencies on Aging across Maine: provide options counseling under an ADRC Options Counseling Grant. As an Options Counselor, Pat works closely with people at risk of nursing home placement to identify options to meet the client's long term services and support needs, and encourage them to access the options that best suit their individual needs, values and circumstances.

Because their son worked long hours and lived so far away, Pat was asked to call his folks directly to discuss community options. After speaking with the couple, Pat made referrals on their behalf to Spectrum Generations Family Caregiver Program and Community Living Program, and also to the Veteran's Administration. This started the ball rolling on getting the services they desperately needed.

When the two month follow up call was made, the home had been completely cleaned.

Community Living Program funds had made it possible to renovate the bathroom and the VA was in the process of installing a stair lift enabling the couple to safely go up and down the stairs. The VA also instituted Home Base Care funds to assist with personal care.

When asked if there were any unmet needs, the son stated his mother needed some dental work. Pat referred them to the local county health clinic which is open for free dental care a couple days a week.

The whole family is very pleased with the outcome.

The services put in place greatly improved the parents living conditions and quality of life, and their son now has peace of mind knowing his parents are living happily and safely in their own home.

For more information about Community Living Options Counseling call Pat Greenleaf at Spectrum Generations at 1-800-639-1553, or visit us on the web at www.spectrumgenerations.org.

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**Southern Midcoast
Community Center**

12 Main St., Topsham

The Central Maine Area Agency On Aging

JULY 2011 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>PEOPLE PLUS News & Views</p> <p>GUESTS: JIM PIERCE, interim executive director AND ED HARRIS, board chairman</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 TV online at vimeo.com/harpswelltv</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>
<p>4TH OF JULY</p> <p>Center is closed.</p>	<p>10:00 AM Ping Pong 10:00 AM Combined Art 1:00 PM Quilting Club</p>	<p>8:45 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 Ping Pong 6:00 PM Course in Miracles 6:00 PM Yoga 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>	
<p>Teen Center open, Tuesday through Thursday, 1:30-4:30 PM</p>						
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Ping Pong 10:00 AM Chair yoga 12:00 PM Bridge 5:00 PM Interval Plus 2:00 PM Bowdoin Int'l Music Festival concert</p>	<p>10:00 AM Ping Pong 10:00 AM Combined Art 11:30 AM Lunch Out at Muddy Rudder</p>	<p>8:00 AM MEN'S BREAKFAST 8:45 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 Ping Pong 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing 1:30 PM File of Life clinic</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>	
<p>Teen Center open, Tuesday through Thursday, 1:30-4:30 PM</p>						
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Ping Pong 10:00 AM Chair yoga 12:00 PM Bridge 5:00 PM Interval Plus</p>	<p>10:00 AM Combined Art 10:00 AM Ping Pong 1:00 PM Quilting Club 10:30 AM Bus to Sea Dogs FREE HEALING CLINIC</p>	<p>8:45 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 Ping Pong 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing 11:30 AM Lunch & Connections at Thomas Point Beach</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>	
<p>Teen Center open, Tuesday through Thursday, 1:30-4:30 PM</p>						
<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>10:00 AM Combined Art 10:00 AM Ping Pong 11:30 AM Good Morning Volunteer Luncheon</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Ping Pong 1:00 PM Writer's Group 1:30 PM Tai chi 5:00 PM Interval Plus 9:30 AM Cabbage Island bake</p>	<p>10:00 AM Ping Pong 6:00 PM Course in Miracles 6:00 PM Yoga 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>	
<p>Teen Center open, Tuesday through Thursday, 1:30-4:30 PM</p>						

Reiki, massage sessions expand

Summer is here, and a few great changes have happened to our healing room.

First, we have moved our treatment room to the space off the program/activity room, where it is much more private and quiet, and secondly, two new practitioners have joined our team.

Benjamin Keil is an energy healer with a unique technique. He uses crystals and stones, combined with his own energy and intuition to know exactly where healing within the body needs to take place, and releases energy blockages and residue from past traumas or emotional issues. You can sign up with him on Wednesday after-

noons, beginning at 1:30 p.m.

Mia Beale is another healer, actively practicing since 1984. She is a former manager of Holistic Therapy Services in Bath, offering energy field psychotherapy, consultation and training.

For the past nine years, she has been a student of the Tetzkatlipoka Traditions of Mexico, one aspect of which is an extensive healing system. She also serves as a volunteer chaplain at Parkview and Midcoast hospitals. Her sign-up times are Thursday afternoons at 2 and 3 p.m.

Beale and Keil are added to a wonderful, volunteer-based energy work program at People Plus, where five professionals donate their time to

bring healing services 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 split schedule offer-

ing Reiki, healing touch and Integrated Energy Therapy on Tuesday afternoon and Michael Coughlin offers Reiki sessions on Friday mornings. All Reiki sessions are free, but donations to the Center are always appreciated.

For more information call Merrilyn Tombrinck at 725-2424, or schedule a session by calling the Center information desk at 729-0757.

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Greg Guerette, center, presents a check for \$750 to Jim Pierce, left, and Jordan Cardone of People Plus.

File of Life clinic is July 14

By JOANNE ROSENTHAL

Have you seen, or picked up one of those red and white plastic packets at People Plus or perhaps your doctors office? You are definitely not alone if you took it home with the best of intentions of filling it out, and months later come across it at the bottom of a pile.

For that reason, we are setting aside a time to have your questions answered about the File of Life, and fill out the paperwork inside the packets. You will then have some peace of mind knowing that your medical and contact information is all in one place, to post on your fridge, and to put in your wallet, should any unforeseen event take place.

To complete a file of life, you need the following information:

- Current medications list, includ-

ing dosage and frequency.

- Two emergency contacts.
- Medical Power of Attorney (if you have designated someone to make medical decisions if you are unable).

We will also be introducing a relatively new advanced directive form being used at many area hospitals and doctors offices. This is a document where you specify the extent of life sustaining treatment you would wish to receive if faced with a serious illness.

Your doctors receive copies of this document so they are able to abide by your treatment wishes. We will be happy to help you prepare for making these very important decisions.

Please consider taking a cool break from the midday sun by attending this free workshop from 1:30-3 p.m. on July 14. Refreshments will be provided. Please call 729-0757 to RSVP.

Space still available for Nashville trip

The Bath Area Senior Citizens Activity Center and People Plus are sponsoring a nine-day trip to Nashville, Tenn., beginning Sept. 17. There are still spaces available.

The cost is \$709 per person, double occupancy, and includes:

- Motorcoach transportation
- Eight nights lodging including, four consecutive nights in Nashville
- 14 meals: eight breakfasts and six dinners
- Two great shows: 1) The Grand Ole Opry; and 2) Nashville Nightlife Dinner Theater

- Exclusive Diamond Tours dinner party with entertainment

- Guided tour of Nashville
- Admission to the Country Music Hall of Fame
- Admission to Barbara Mandrell's former mansion at Fontanel
- Ride on the Delta Flatboats at the Opryland Hotel

Final payment is due July 14. For more information or to sign up, call the Bath Area Senior Citizens Center at 443-4937. Information sheets are available at People Plus. More details are available at www.diamondtours.com.

Shaw's raises \$750 for Teen Center

On Tuesday, June 14, Shaw's store manager Greg Guerette presented a check for \$750 to Jim Pierce and Jordan Cardone of People Plus at the Cook's Corner store.

This check was the result of the "People Working Together For Our Community" event sponsored by Frito Lay & Pepsi. Shaw's chose the Teen Center Program to be the beneficiary of funds raised by this event. The maximum that could be awarded was \$750, which was dependent on product sales and we reached that goal!

Thank you all who purchased products that supported this effort.

Since the event went so well, Frito Lay-Pepsi decided to run it again from

Friday, June 17, through Thursday, Aug. 4. Shaw's chose to continue to have the Teen Center Program supported by the new promotion as well.

This event will differ from the first in two ways: there will be no monetary limit to what can be made from the event; and 10 cents from every eligible item sold will go toward the Teen Program. Items eligible will differ throughout the promotion.

Please see your Shaw's flier as well as the display in the front of the store to see which items are eligible when you shop.

Once again, shop Shaw's and support a local store offering us support.

New or renewing members — July

*Indicates membership donation

BRUNSWICK

Nancy Dout
Edward E. Langbein Jr.
Jennifer L. Ford*
Nancy Chandler
Adele K. Little
George R. Little
Ruth "Bunny" Carlisle

Sixta Levine
Robert A. Galloupe
Joanne Wright-Laughlin

HARPSWELL

Anne Taft*
David Taft*
Mary Jo Maguire
TOPSHAM
Adele Gasset

Ernestine E. King*
Judith Michaud*
Theresa Hodge

OTHER PLACES

Kathleen Brummer,
Arrowsic
Janet Glatz*, Durham
Muriel Gamache,
Lisbon

New VTN drivers

The Volunteer Transportation Network has welcomed the following new drivers to the team: Hank Schwartz, Beth Ring, Marji Greenhut and Janet Kehl.

With these additional drivers, our capacity to provide transportation has increased significantly. Since January VTN has given 541 rides to residents of Brunswick, Topsham and Harpswell. WOW!

Please contact Joanne Rosenthal, 729-0757, to learn more about the VTN program and how to apply to become a volunteer driver. Together, we can



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.

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Driving through the base

The guy at the main gate was most un-Marine like. There was no salute, no intimidation, not even a starched uniform. "I just need to write down your license plate number, folks," he smiled pleasantly at Jane, adding "I hope you enjoy your evening."

Jane and I headed down Fitch Avenue, not really knowing what to expect next, except to expect that it would be different.

Immediately, that military air is gone. Places that were always well manicured were not, and the lack of policing was obvious. There was a hayable crop of grass on two of the post ballfields, an osprey nest perched atop a battery of lights, and weeds were coming up everywhere. Acres of tarmac, millions of weeds. Even the officer's housing seemed unkempt and abandoned.

This is all not to imply our base has become a ghost town, though that image does come to mind. The former Brunswick Naval Air Station is just a very, very different place right now.

Jane is more sensitive to the transformation than I. As a student growing up in Brunswick, her daily school bus rattled through the base, picking up and dropping off dependents. So many of those kids became personal friends, so many of those kids just went away.

Driving around one of the massive, still empty hangers, Jane catches me smiling. I told her I was recalling another day, a decade earlier and well

before the horrors of Sept. 11, 2001, when the base was a much more welcoming and open military community. I was driving a van for the Highlands that day, and returning from an outing in Harpswell, when a helicopter assigned to the base flew low and slow, right over our heads. One of the ladies aboard my van started a monologue about knowing nothing about choppers and my response was to tell her of my career of flying on helicopters in Vietnam.

A picture is worth a thousand words, thinks I. So I turned onto the base, drove past the golf course, and around the end of the massive runway. There were no gates or checkpoints in those days. My goal was nothing short of catching up to that helicopter. There were a dozen riders on the van, all had their faces pressed to the windows as we followed the machine around the runways and toward its hanger base.

I circled the same hanger, coming around the backside just as that chopper was flaring and preparing to land. I and several of my riders waved at the startled pilot, now less than a hundred yards away. For just a second, I was pretty pleased with myself.

Just then, two gray pickups, both flashing blue lights, sped around opposite ends of the hanger. One blocked the rear of our van. The other flashed across our front and rumbled to a halt.

A mean looking MP, left hand on his holstered side arm, jumped from the

truck and stuck his head in my window. "You need to tell me what you think you're doing," he said as he wagged a finger off the end of my nose.

I looked the guy right in the eye and told him the truth. "Helen here wanted to see a chopper up close," I said.

The guy looked at me crossly, waved off the other truck. He jerked his thumb roughly toward the Town of Brunswick and told me, "you need to get off my base." He stepped back two steps, puffed up his chest and said, "follow me to the main gate, your tour is over."

As the MP climbed back to his truck, my wonderful Helen patted me on the shoulder and thanked me for showing her the helicopter.

This pleasant, early summer evening with Jane, there would be no

Speaking Frankly

FRANK CONNORS



challenge from the MPs. Civilian access to the former base is once again quite untended, though there are still a bunch of locked gates and bolted buildings. Jane and I both realized, without saying a word, that the big difference, the big loss to Brunswick, is the people. Airmen, Marines, officers or civilian employees, it will be a long time before Brunswick Landing hums with the energy and will of our old Navy base.

We took a quick walk under the wing of Brunswick's last P-3, safely grounded behind a pine thicket on the side of a road, and headed home.

"When one tugs at a single thing in nature, he finds it attached to the rest of the world." — John Muir



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- Monday/Saturday Bridge
- May 14:** Gladys Totten, Bill Buermeyer and Lorraine Muller.
 - May 16:** Frank Wicks, Bill Washington and Sherman Milliken.
 - May 21:** Gladys Totten, Bill Buermeyer and Lorraine Muller.
 - May 23:** Bill Buermeyer and Marian Snider.
 - May 28:** Lorraine Muller, Jini Linkovich and Frank Wicks.
 - May 30:** Gladys Totten, Lorraine LaRoche and Cecil Eldredge.
 - June 4:** Lorraine LaRoche, Lorraine Muller and Gladys Totten.
 - June 6:** Vince McDermott, Gladys Totten and Lorraine LaRouche.
 - June 11:** Bill Buermeyer, Richard Totten and Marsha Blackman.
 - June 13:** Cecil Eldredge and Bill Washington.

Fondly recalled ...



Awaiting summer traffic

Approaching the South Harpswell steamboat landing about 1939, notice how the skyline has changed. If you have old area pictures to share with readers of People Plus News, please contact Frank Connors, 729-0757.

Center explores book club potential

Are you interested in a book discussion group or book club? We are thinking of starting one this fall.

Local authors? Books about Brunswick and our surrounding areas? Any books you'd like to share your enthusiasm about? Book clubs are popular and generate new interests and friends. Hopefully we can coordinate with Curtis Memorial Library to get just the books we want!

Please speak to Frank or Kathy if you'd like to be involved, so we can gauge the interest and hopefully get started this fall.

Free healing clinic is July 19

Relax and release pain to increase mobility at People Plus on Tuesday, July 19, from 1:30 to 6:30 p.m. at the Light Body Free Healing Clinic.

Co-sponsored by Greater Brunswick Physical Therapy and People Plus to reach people that may not realize how physical therapy can support healing and improve wellbeing.

Come in on the 19th at 1:30 p.m. and sign up for a session or two with our practitioners. Be treated in a chair or on a table, in your street clothes. All treatment is gentle and to your personal level of comfort.

hopes to give each person a small piece of advice — a simple thing that they can do right away to reduce pain and improve postural habits. He will offer manual therapy, joint mobilization and soft tissue releases to reduce pain and promote healing in 1/2 hour sessions from 1:30 to 5 p.m.

People Plus members will recognize Merrilyn Tombrink who brings her gentle healing to the People Plus Healing Room every Tuesday from 12:30 to 1:30 p.m. Merrilyn has provided care at all of the Free Healing Clinics at People Plus. She does Reiki, Integrated Energy Therapy and Healing Touch.

Merrilyn became interested in this work when she experienced the benefits during her struggle with fibromyalgia. The techniques she uses "pull physical pain from the body" and allow the protective tissues — and you — to relax, to promote healing.

Merrilyn will provide care in 1/2 hour sessions from 1:30 to 6:30 p.m. on July 19. (Ask her to tell you about the healing labyrinth she helped to build in the Meadow of Angels in Topsham.)



Donna Maria Bordeaux offers a massage during the May healing clinic.

The Light Body Free Healing Clinics are free and open to the public.

Donations are welcome and gratefully accepted, to be shared between People Plus and Mid Coast Hunger Prevention.

Support the People Plus Center and do something wonderful for yourself by joining us in the big gym room — see it sparkle — for this special event.

Questions? Call Greater Brunswick Physical Therapy at 729-1164.

WEEKLY SHOPPING



If you no longer drive, we will take you grocery shopping. All trips are in the morning and give you an hour for shopping. Call today to sign up for any Friday.

- July 1:** Hannaford's in Brunswick
- July 8:** Walmart at Cook's Corner
- July 15:** Shaw's at Cook's Corner
- July 22:** Walmart at Cook's Corner
- July 29:** Hannaford's in Brunswick

To reserve a spot, please call People Plus, 729-0757 on Monday of the week you wish to shop. Shopping begins at 9:30 a.m.

CLASSIFIED ADS

Stove for sale. The center is offering its electric kitchen range for sale for only \$350. We paid over \$600 for it just one year ago, we are switching to a gas stove. Call 729-0757, ask for Frank.

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.

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



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