

People News

plus

The Center to get more out of life

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

Annual fund reaches goal, sets record

The Development Committee of the People Plus Board of Trustees announced "with great pleasure," that the Center has again surpassed all past Annual Fund giving levels, and achieved its \$50,000 goal for fiscal year 2010-2011.

"Both the increase in financial support and the increase in the number of people benefiting from all the activities at 35 Union St. is a strong testament to how people in the Brunswick region view the need for both the new building and the programs it houses," said Joan Phillips, chair of the Trustee Development Committee.

Beside being used to cover the day-to-day operating expenses of People Plus, the Annual Fund assures that there will be an adequate number of staff hours so People Plus can provide a variety of programs for the people who depend on us, from teens to seniors. The Fund also allows the Center to constantly explore additional programming offerings, and to expand our volunteering networks, resulting in better services for all our constituents. This includes activities such as basic computer lessons, and helping folks understand, and better manage, their limited finances. Comple-

menting this is the area-wide Volunteer Transportation Network program, which serves people who simply can no longer drive. Thanks to many volunteers, companies and organizations, these people can now make important doctor's appointments, or simply get out of their house for a simple change of scenery, even if just for a few hours, to be able to be with and to socialize with other people.

"As the interim Executive Director of People Plus," Jim Pierce stated, "and for the Trustees, staff and volunteers, I want to shout a loud THANK YOU to all

those who helped us reach this stretch goal. It says a lot about both the generosity of the citizens in our area, and the need for all that we try to do for all the citizens. And, it shows the commitment of all of us at People Plus to use these funds wisely to get the maximum benefit out of all our programs."

In FY 2009-10, the Annual Fund generated \$48,200, and in 2008-09, it raised \$42,700. For further information and details of ways you might support the People Plus Annual Fund, please call 729-0757.

Search for executive director enters interview phase

Gordon Brigham, vice chairperson of the People Plus Board of Trustees, reports the "search phase" for the new executive director has ended and August finds the board entering its interview phase.

"We had a good set of applicants," Brigham said. "We're fortunate to have the situation we're in. This area has a wealth of talented people."

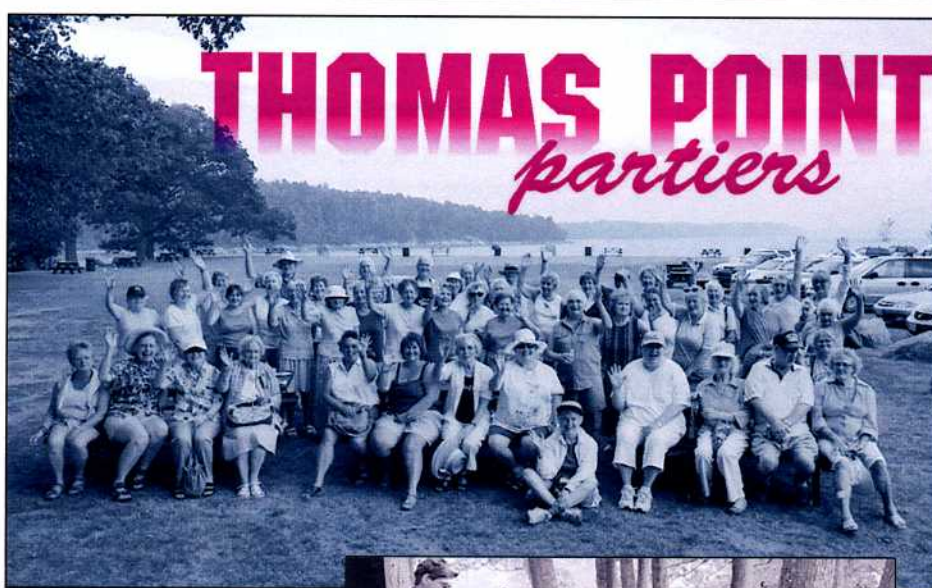
Asked late last month, he said the board was still deciding on the number of candidates to interview. He said the new hire would be "in place Nov. 1 at the very latest."

Former board member James Pierce has served as People Plus interim executive director since Nov. 1, 2010, when former director Susan Cole resigned unexpectedly.

Pierce directed Brunswick's Independence Associates for 33 years before accepting the interim position at People Plus.

Back to the Beach!

If you have a current People Plus Membership Card you can visit Thomas Point Beach any weekday in August for only \$1! Thank you Patti!



Most of the July Lunch and Connections picnic attendees gathered for a formal portrait after a near-perfect lunch on a picture-perfect day at Thomas Point Beach in Brunswick. The Gordon Hersom Band has been playing at People Plus Center picnic at Thomas Point Beach for many years. Hersom is at far right.

PHOTOS BY MIKE MULLIGAN,
COVER THIS PHOTOGRAPHY



Lunch & Connections

August cookout is chicken, sausage, corn on the cob

The Aug. 18 Lunch & Connections will feature grilled chicken, pan-fried sausage and vegetables, with potato salad and corn on the cob.

"We're planning a good, old fashioned cookout featuring local veggies," offered Chef Frank Connors. "It should be the event of the summer."

There will be a fresh, lightly-dressed green garden salad. Madeleine Ashe's secret summer punch will again be the featured drink, with iced tea, coffee and milk available as well. Dessert for August will be fresh melons and a medley of cookies. A pot of "veggie baked beans" will be waiting for our

vegetarian friends.

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

Come to the Center early, pick up your 50/50 raffle ticket and register for one of several door prizes.

Reservations for seating are necessary and obtained by call-

ing 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.

Suggested donation is only \$5 for adults 60 and older and children 12 and under, and \$7.50 for all others. Lunch is served at noon.

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
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Events and programs coming soon

From art classes to yoga, from cooking for one to new ways to stretch, there's a lot of action coming your way beginning in September at People Plus. Search the synopsis below to find a class or activity that excites you.

Contact the Center at 729-0757 to register or visit the website, www.peopleplusmaine.org, for more information.

Art classes with Connie Bailey

Connie Bailey is a professional artist who has worked with People Plus for 20 years, offering programs in different mediums for all levels.

She describes her classes as extremely warm and friendly, with a group atmosphere. Students attend her class to acquire discipline in their work, to achieve a higher level of expertise to be able to sell their work; or simply to find an activity to take them away from the house, be social or escape difficulties in their lives.

Connie believes that a teacher finds success when a student is successful so she conducts her classes in a way that nourishes and supports the skills of each of her students at their level.

Connie is offering Basic Art 1, beginning on Tuesday, Sept. 6, from 10 a.m.-noon. There will be four classes in September.

This class will explore drawing with Graphite and Charcoal, and will include presentations and discussions. Basic Art 1 is open to beginners with no experience, as well as those students who wish to improve their drawing skills.

Connie is also offering Basic Art 2 with Graphite and Charcoal, beginning on Thursday, Sept. 1, from 10 a.m.-noon. There will be five classes in September. Basic Art 2 is also open to anyone who wants to improve his or her drawing skills, with more independent activities.

Basic Art 1 and 2 will continue in October using colored pencil, November using pen and ink, and December classes will cover mixed media.

Students need to bring HB pencils, a Pink Pearl eraser and a 9 x 12 or 11 x 14 sketchbook (acid free and 2 ply) to the first class.

A minimum of six students, maximum of 12, is required in both classes. Please register for class at the Front Desk or by phone at People Plus before Aug. 23.

'Loosen Up'

"Loosen Up" in Suzanne Neveux's new class at People Plus starting Thursday, Sept. 1. Classes will be Tuesday and Thursday mornings from 9-9:45 a.m.

This is a gentle class — using a chair or standing, always supported (no floor work) — to help mobilize joints and lengthen muscles using techniques derived from traditional stretching movements, tai chi and yoga.

It's just what you need to help work out the kinks in the morning and release the tensions of everyday life.

"Loosen Up" will run through the month of September.

Please sign up at the Front Desk or by phone, at 729-0757.

Monthly technology classes

Are you looking to buy a digital camera but don't know what features you'll need?

Do you have a digital camera but don't know what all of the buttons are for?

Join us on Sept. 7 at 10 a.m. for the first of the People Plus monthly technology classes when Bernie Breitbart will share what he knows about digital cameras.

Bernie is a retired cameraman whose work in film included documentaries, feature films, children's television and commercials.

He pursued still photography as a hobby, shifting from film to digital as technology advanced.

Since moving to the Brunswick area in 2007, he has exhibited in the Topsham Public Library's Joy of the Lens shows and was awarded first prize by the Village Review Board for his photograph of an historic home in Brunswick.

He recently has joined the ranks of People Plus Ping Pong players.

Call the front desk or stop by to sign up for an entertaining and informative gathering to discuss the joys (and frustrations) of digital cameras.

Get back in the (bicycle) saddle again

Rich Cromwell, of the Merrymeeting Wheelers, is devoted to helping people get moving on bicycles and is offering a free workshop on Sept. 13 through People Plus.

If you have a bike but haven't been on it for a while, this workshop is for you!

If you don't have one, but are considering buying a bicycle or three-wheeler, then meet us on Sept. 13.

Lee from Center Street Cycle in Brunswick will join Rich to check over your bikes for safety and then guide you

back on, practicing on a smooth stretch until it feels like it used to.

Lee will also bring some of the new trikes for people to try out.

Sign up at the Front Desk and meet us at the Brunswick bicycle path from 4-5 p.m. on Sept. 13 for a great way to improve your health and have fun at the same time. (Rain date is Sept. 20.)

Voulez-vous parler Français?

Bring your friends and join us at the first Café en Français at People Plus on Tuesday, Sept. 27, from 2:30-3:30 p.m.

Are you a French speaker, eager to share a lively hour with good company?

Have a cup of coffee or tea, visit with friends and make new ones at this — what we hope — will be a fun monthly event. All are welcome.

Sign up at the Front Desk to come to Café en Français at People Plus.

Get tapping

People Plus is joining with Merrymeeting Adult Education to offer Tap Dancing with Daphne McCoy at People Plus on Mondays from 1-2 p.m. for beginners and Fridays from 5-6 p.m. for intermediate tap dancers. Classes begin Sept. 19. Sign up through Merrymeeting Adult Education at www.merrymeeting.org or call 729-7323 and be sure to tell them if you are a member of People Plus.

Call Merrymeeting Adult Education at 729-7323 for details.

In the works

Additional programming at People Plus this fall will include:

- Yoga and Pilates, with Dennis and Ann Kimmage
 - Supporting Well Being, with Donna-Marie Bordeaux
 - Cooking for One, with Eric Thoreson of Cooperative Extension Service
 - Matter of Balance Class
 - Mid Coast Senior College classes
 - Poetry Workshop
 - Ancestry.com genealogy software class at Curtis Memorial Library
 - Creating Menus and Budget Shopping
 - Everything you want to know about E-Readers
 - Financial Fraud and Scams
 - Cooking Soups and Stews
 - AARP Driving Class
 - Totally Appropriate Bird Houses
- Watch for details in the September People Plus News and check the website at www.peopleplusmaine.org.

Your membership is important to People Plus.

Reception Room
Personalized Catering
Spacious Chapel
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"Help Yourself" Kitchen



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Honorable mention

"159 Park Row," a digital photograph by Benjamin Gagnon, hangs in the People Plus Center gallery following a preservation photograph contest last spring. Gagnon is a 2011 graduate of Brunswick High School. His work, and other entries, can be seen through August during normal Center hours.

'Any day but Wednesday'

By CHARLOTTE HART

I have always loved to write. For years I would find treasures in the mail box. Personal letters! Long, hand-written letters from Great Uncle Leonard in Lily, S.D.; Aunt Florence in Cambridge, Mass.; Cousin Caroline in Yorkshire, England.

Sadly, the art of letter writing and letter writing artists have gradually died off. What could take their place? A writing group? On Wednesday, Jan. 10, 2007, I walked in to the meeting of the Write On! group of People Plus.

For Write On!, I have written poems, some serious poems, some silly poems, some occasional poems. I have written short memoir pieces — childhood memories, grandparent-joy pieces, descriptions of wonderful places like Crystal Spring Farm. At Write On!, I have heard poems — some expressing deep feelings, some light and fanciful, free verse, blank verse, carefully-rhymed-and-precisely-constructed verse.

I have heard unique memoirs. I have heard convincing fiction. I have heard clever satire — the writing of Jane Exhaustion. I have

heard scenes from plays on their way to Theater Project production. I have heard well-researched essays which became Letters to the Editor; and one actual letter to The Internal Revenue Service worthy of a gleaming gold star.

Since Jan. 10, 2007, I have attended 221 Write On! meetings. According to my calendars for the last four years and six months, I have not missed one meeting. If a snow day has cancelled a Wednesday meeting, I have been at the Thursday make-up meeting. If my doctor wants me to make an appointment, I say, "Any day but Wednesday." If I need a dental check-up, I say, "Any day but Wednesday." Two close friends have passed on during the last two years. Their families scheduled memorial services on Wednesdays. I wrote sincere condolence notes. I visited family members to share memories and to say I was sorry not to be at the Wednesday services.

You ask why I must be at Write On on Wednesday. To quote Tevye in Fiddler on the Roof, "Well, I'll tell you. I don't know."

Show features Dow's dioramas

Bob Dow will continue to exhibit a collection of his unique "dioramas" in the People Plus Café throughout the month. Dow grew up in Melrose, Mass., and was exposed to photography at an 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 Plus during regular business hours.

Welcome new birth

By BONNIE WHEELER

A newborn baby girl, Teagan Christine Wheeler, began her life in England on May 30, 2011. Her mother is Audra, her father is my first grandson, Matthew, who is serving in the U.S. Air Force, stationed in England.

This tiny 6-pound infant is blood of my blood. Somewhere a tiny flow of my ancestry stirs in her veins. Who will she look like? What will her personality be? Will her eyes be blue or brown? My prayer is she will be perfectly healthy and learn to be herself. I yearn to span

the miles and hold her — to see our little miracle of life beginning a new generation of life in the Wheeler family.

Will Tilly make her mark in the world? Will she make the world a better place? Will I get to rock her; sing nursery rhymes and "Jesus Loves Me"; and dress her in fluffy pink dresses? I have no idea.

For now, it's enough to hug the joy of her birth and ask God to take care of Tilly. How reassuring to know that He loves her even more than her Great Gram MeMe does.

Nuts! On a visit to Concord, Calif.

By BOB DOW

A fellow who went there from Maine
Saw a scrub jay he wanted to train.
He did have success,
But boy what a mess!
That scrub jay is now a big pain.
A squirrel saw those nuts, which he
lacked,
And wished to get into the act.
He stood by the door
And begged for some more.

Now both are a nuisance in fact!

Of course we know who is to blame.
The fellow denies t'was his aim.
He said, "Don't blame me.
I just wished to see
How long they would take to be tame."

The view of his hostess was dim.
She said, and appeared to be grim,
"This, I don't condone.
You have jays of your own,
So go back to Maine and feed them!"

My pet peeve

By GLADYS SZABO

Electronic devices are just fine
Depending on use, where and time
Cell phones, iPods, iPhone and more
When used in my car, I do deplore
I don't mind traveling alone,
When others choose to stay at home

So if you want to ride with me
Then with me you ought to be
Don't plug in to tunes
Like you live in a cocoon
Or make call to somewhere
Never showing you are aware.
Of other's presence in the vehicle
As if they are indistinguishable!

The Members Page

Peace

By DOTTIE MOODY

If your thoughts are
getting dark and ugly
don't go there

There are alternatives
you are turning away
from the light

Light keeps the earth
turning
Light keeps us free

from all the negative
emotions
that want to tear us down

If something
is making you angry
don't follow it's trail

Your mind has the power
to calm those thoughts
down

It's a choice

Pick the way that
won't add fuel to the fire

Pick the way that
that will lead you
to brighter days

It's our choice
anger
or peace

Choose peace

The robin

By JUDITH ZOTTOLI

I see Robin Red Breast
Hopping along,
Looking for worms
Where the snow
Has left the ground.

I see Robin Red Breast,
And hear his melodic song,
My thoughts
Turn to spring.

He asks me

If winter has been long,
And flashes his red breast,
The color warming my heart.

He asks me if I am tired
Of this cold, bad weather,
And sings to me
A lovely tune.

He asks me,
"Are you glad to see me?",
And I reply,
"Where have you been!"

Awake and ready

By BONNIE WHEELER

I sleep through the dark night,
Awake with the dawn's light.
Nature's colors begin to emerge.
A new day filled with beauty and pos-

sibilities.
I begin to feel alive and eager:
What miracles await?
I'm trusting, ready, waiting, believing
...

It's our time

by Gloria Smith

Issues and activities for older adults

Look for Gloria's column
every other Monday

The Times Record

your local paper!

For subscription information call 729-3311



spectrum generations

Happenings

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. On the third Tuesday of each month we will have a representative of the Veterans Administration here at the center. Call for appointment.

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, Aug 2nd, 9 am to 11:30

Facebook— So much happened at the last facebook class we were asked to have it again. Come learn a little about this social media phenomena. No Facebook knowledge required. Thursday, Aug 25th. 10:00-11:30 am, \$10.

Cell Phone 101 - Cell phones are such an important part of our lives. Come in and learn how to use yours effectively. A phone expert will be here to give you the ins and outs of using the basic features of your phone. August 23, 1pm \$2.00 activity fee

Chair YOGA - No matter what your age or level of physical fitness, you can receive the health benefits of Yoga without getting down on the floor. All are welcome! Tuesdays at 10:30 AM Suggested cost: \$10.00/class, or pay what you can

Professional Foot Care Clinic - R.N. Jeanne Otis offers monthly appointments which include a foot and nail evaluation, along with written recommendations for further medical attention if needed, nail grooming and care, tips for home foot health, education for diabetics. For gentle, consistent, and professional care make an appointment with Jeanne.

Six week computer basics class - Spend some in depth time learning how to use your computer. No experience necessary—this class starts at the beginning. Perfect for the new or first time computer owner. Call for information. Class begins in September.

A Matter of Balance, a nationally recognized program for older adults who have concerns about falling, will be offered at no charge at Thornton Hall assisted living, 56 Baribeau Drive, Brunswick. The program will be Mondays and Wednesdays, August 1-24, from 1:00 to 3:00 p.m.

Welcome To Our New CEO



The Spectrum Generations Board of Directors has selected **Gerard Queally** as our next CEO. He succeeds Muriel Scott who is retiring after thirty-five years of service to our organization. Gerard has twelve years of senior non-profit management and a wealth of experience. To learn more about Gerard's appointment please visit our news story on www.spectrumgenerations.org

Fifth Annual Meals On Wheels Fundraising Event

End your summer the right way by hopping on board Boothbay's Harbor Princess. On Friday Evening, August 26 the Horseshoe Crabs will join Spectrum Generations, volunteers and friends for a festive evening of music, dancing and conversation.

Along with the opportunity to view the beautiful vistas along Maine's pristine coastline as the sun sets, there will also be raffles and old fashioned summer fun all in support of Spectrum Generations Meals on Wheels Nutrition Program.

Encourage family members,



friends and your neighbors to join this year's summer's end celebration and to bring a basket of goodies or a gift certificate to add to the raffle table. Advanced Reservations Required. \$20 per person To make your reservations call 729-0475.

Living Well

People living with ongoing health issues experience challenges beyond dealing with their disease. They may worry about their future, feel frustrated they're unable to do the things they used to do, or experience other difficulties such as stress, anxiety, depression, or fatigue. Spectrum Generations offers Living Well for Better Health workshops and other healthy living and wellness programs to help these people take control of their health.

In this workshop, adults with a variety of health issues participate in a series of discussions and activities, and learn skills to better deal with their health condition and the emotions and limitations that go along with it.

Kathy Wadley of West Gardiner is a 49 year old wife and mother of two grown children. She participated in the Living Well workshop series because she has high cholesterol and struggles with her weight. As she thought about her upcoming 50th birthday, Kathy realized she is the only one who can do something about her health, so she signed up for the workshop. "I've started exercising regularly at a fitness center and I'm really paying attention to the foods I eat. I walk during my breaks at work, and am using what I learned in the workshop." Kathy is happy to report she has lost 35



Vicki Foster from Spectrum Generations

pounds and dropped a few pant sizes since attending the Living Well workshop three months ago. "I'm able to move and bend so much easier. I don't feel stiff like the 'tin man' in the Wizard of Oz anymore," jokes Kathy.

Setting goals and making weekly action plans is an important part of the Living Well for Better Health workshop. Sometimes when living with health issues, even little things can seem too challenging. Having a goal of improving your health, reducing your cholesterol, or losing weight can feel overwhelming unless you break it down into steps. During the six week workshop, Kathy and the other participants set a weekly action plan, and discussed their successes the following week. About writing an action plan,

Kathy said, "it really helped motivate me to complete it each week, and encouraged me to set other goals and strive to make positive changes in my life."

Find out how Living Well for Better Health workshops can make a difference in your life! An informational meeting will be held at Mid Coast Senior Health Center on August 8th at 11:00 a.m., and a workshop series starting there on Wednesday from 12:30p.m. to 3:00p.m. beginning October 12 and ending November 16. To register or for more information about Living Well for Better Health, call 800-282-0764, ext. 126, or e-mail vfoster@spectrumgenerations.org

Spectrum Generations Community Services Programs

Spectrum Generations Community Services programs encompass a wide variety of services for adults, adults with disabilities, and their caregivers

Consumer Information Services
Our Consumer Information Services program consists of Information Specialists who are trained State Health Insurance Program (SHIP) counselors. Some of the programs we assist people with are: Medicare, including Medicare part D, Mainecare and food stamps, the Medicare Savings program, and the Maine Property Tax and Rent Refund program.

Spectrum Generations toll free Information and Helpline 1-800-639-1553 is available Monday through Friday from 8am to 4:30pm. Callers can receive information, assistance, and referral to the latest programs and services. Information Specialists are available for face to face appointments and home visits to those who are homebound. Consumer Information Services is also available to give community presentations on

the various programs offered by Spectrum Generations. Please call to schedule a presentation in your community.

Family Caregiver Support

The Family Caregiver Support Program provides information, assistance, counseling, training, respite funding, and support groups to caregivers. A caregiver is a friend, neighbor, or family member. This includes a relative providing care to a child under 18, anyone caring for someone with dementia, or a relative age 60 or older caring for an adult disabled child. Caregivers are encouraged to call a Family Caregiver Specialist for telephone support and information.

Money Management

The Money Management Program provides adults age 60 and over and those with disabilities assistance with sorting mail, organizing bills, bill payment, balancing checkbooks, writing checks, and developing a budget.

Community Living

The Community Living programs provide options and resources to help consumers. Identify and choose long term plans that meet their wishes and needs. They provide support options that meet the person's preferences, strengths, needs, and circumstances.

Stop In and See All That Is Happening

Consumer Information Specialist—Andrea Handel is available to help you with Medicare, Social Security and other health care questions. Please call to make an appointment.

Meals on Wheels—Do you know someone who is homebound and doesn't have a support system to regularly eat. We deliver Meals on Wheels—Call us to find out more.

Health Seminars at our Center—Stop in and pick up a newsletter, or at many public places. We offer health seminars on different topics each month.

Enrichment Classes & Seminars—Topics can include "Cell Phone 101", "Facebook", movies, VA help, and many others. Stop in and pick up a newsletter, or join our popular email list—to keep abreast of what is going on.

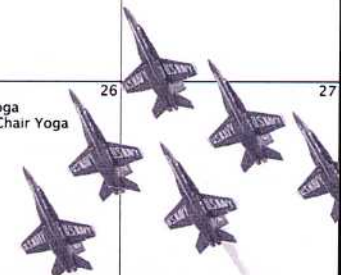
Southern Midcoast Community Center

12 Main St., Topsham
1-800-639-1553
729-0475

Open Monday—Friday
9 am to 3 pm

spectrumgenerations.org

AUGUST 2011 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ■ 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	2 ■ 10:00 AM Ping Pong ■ 1:00 PM Quilting Club Teen Center open, Tuesday through Thursday, 1:30-4:30 PM	3 ■ 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	4 ■ 10:00 AM Ping Pong ■ 6:00 PM Yoga ■ 6:00 PM Course in Miracles ■ 7:15 PM Line dancing	5 ■ 9:00 AM Yoga ■ 10:00 AM Chair Yoga ■ 1:30 PM Qigong	6
8 ■ 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	9 ■ 10:00 AM Ping Pong 11:30 AM Lunch Out! at Driftwood Inn, Bailey Island Teen Center open, Tuesday through Thursday, 1:30-4:30 PM	10 ■ 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 There'll be no Men's Breakfast this month	11 ■ 10:00 AM Ping Pong ■ 6:00 PM Course in Miracles ■ 6:00 PM Yoga ■ 7:15 PM Line dancing 9:15 AM Shopping bus to Portland	12 ■ 9:00 AM Yoga ■ 10:00 AM Chair Yoga ■ 1:30 PM Qigong	13
15 ■ 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	16 ■ 10:00 AM Ping Pong ■ 1:00 PM Quilting Club	17 ■ 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	18 ■ 6:00 PM Course in Miracles ■ 6:00 PM Yoga ■ 7:15 PM Line dancing 11:30 AM Lunch & Connections	19 ■ 9:00 AM Yoga ■ 10:00 AM Chair Yoga ■ 1:30 PM Qigong	20
22 ■ 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	23 ■ 10:00 AM Ping Pong	24 ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Ping Pong ■ 1:00 PM Writer's Group ■ 5:00 PM Interval Plus 8:30 AM Bus to Hollywood Slots in Bangor	25 ■ 10:00 AM Ping Pong ■ 6:00 PM Course in Miracles ■ 6:00 PM Yoga ■ 7:15 PM Line dancing	26 ■ 9:00 AM Yoga ■ 10:00 AM Chair Yoga	27
TEEN CENTER CLOSED FOR SUMMER BREAK					
29 ■ 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	30 ■ 10:00 AM Ping Pong	31 ■ 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 Teen Center open, Tuesday through Thursday, 1:30-4:30 PM			

Community Paints exhibit showcases novice to experienced artists

BRUNSWICK — Nearly 30 artists, from novice to experienced, teenagers to adults in their 70s and 80s, will exhibit in The Community Paints which opens Thursday, Aug. 18, at Thornton Oaks retirement community, 25 Thornton Way. A reception from 4 to 6 p.m. will celebrate the artists. The public is invited.

"Many of the artists told me this will be their first time to publicly exhibit," says Marlise Swartz, of Thornton Oaks. "We have many fine art exhibits at

Thornton Oaks, but I felt there were people 'out there' who are artistic, who had never had the opportunity, or who feel they aren't good enough to exhibit."

"I have never been in an exhibit," said Joan Atwood, Bath, who, at 76, says she did paint with a girlfriend in the sixties and years ago took a couple of classes. "But now I think I'm getting addicted; I feel compelled to paint!"

In another case, a mother and son will be exhibiting.



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Teen Center summer interns

Once again the Teen Center was fortunate to have had two Upward Bound Bridge Program students interning at the center for 6 weeks. Martha Jones and Shobow Saban were the two interns this summer.

Martha recently graduated from Woodland Jr./Sr. High School in Baileyville, and will be attending The University of Maine at Farmington with an interest in English.

Shobow recently graduated from Lewiston High School and will be attending Assumption College in Worcester, Mass., to study biology.

Shobow has previously volunteered with other organizations servicing youth such as Big Brothers Big Sisters.

Both Martha and Shobow have been participants of the Upward Bound Program for two years



Shobow Saban



Martha Jones

during high school before entering the Bridge Program this summer. The "bridge" refers to the transition from high school to college.

During high school, the summer program helps students prepare for courses they will be taking at school in the fall. The Bridge Program assists students with college planning, visiting schools, choosing a college, applications, assisting with obtaining financial aid and much more, while offering students an opportunity over the summer to meet with others around Maine going through the same process.

The students spend the Bridge summer taking a college level course in the morning at Bowdoin College and interning for an area organization in the

afternoon. The credit they receive from this summer's course will be applied to their first year college credits.

Shobow states that the Upward Bound program has been very helpful and is a great program.

We wish them the best as they head off to college!

Lunch Out!

Dine at the Driftwood Inn, put cash in Center coffers

The Lunch Out! planned for Aug. 9 is sure to be a crowd pleaser. The staff at Bailey Island's venerable Driftwood Inn are opening their doors for a rare luncheon presentation, and thanks to the sponsorship of Harpswell resident Al Moren, this "high summer" event is becoming a fundraiser for People Plus.

The Driftwood Inn, at the rocky end of Bailey Island's Washington Avenue, was built in 1905. In continuous seasonal operation since that date, the gray-shingled inn, restaurant and cottage complex is a Maine coastal gem.

This rare noon-time seating features your choice of four entrees: baked haddock, broiled swordfish, fried clams or baked scallops. Each meal includes half

of a baked potato, sweet corn and a salad. Drinks include coffee, tea, iced tea or milk. Homemade desserts are available at an extra cost.

Cost for either entrée will be \$11.95, NOT including tax or tip.

Al Moren, who has no affiliation with the inn, has agreed to pay the Center a cash donation of \$10 for each of the first 50 people who attend. Please ask at the Center if you want to attend but need transportation.

Pre-registration at People Plus is essential, and you MUST select your entrée at the time of registration. Call 729-0757. Credit Cards are not accepted; cash or checks are.

There will be NO MEN'S BREAKFAST in August. Our kitchen is being renovated and our chef is in cooking school.

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.

- Aug. 5: Hannaford's in Brunswick
- Aug. 12: Walmart at Cook's Corner
- Aug. 19: Shaw's in Brunswick
- Aug. 26: 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.

New or renewing members — August

*Indicates membership donation

BRUNSWICK	Helena Zimmerman	Eliza Stark*	Lorraine Bisson	Parker McLaren	Janice McLaughlin
Phyllis Wetherell*	Robert Broderick	Joan Tarazewich	Carolyn Tufts	Barbara McLaren	Alice Ponziani
Robert Broderick	Sally Broderick	Joanna Dumdey	Jeannette Staples	Donald Adams	OTHER PLACES
Sally Broderick	Nancy Laffely	Jean Mulligan	Hollis McBride	Lorraine Green	Judith Floyd,
Clara Sollecito	Clara Sollecito	Adele Miller	Louise Harding	Theresa Burke	Asheville, N.C.
		Dorothy Boddard	Beverly Gerardi	Marjorie E. Stanley*	Lindsay Nelsen,
		Marj Greenhut	Shirley A. Davis	Hannah Dring*	Litchfield
		Sylvia Dyer	Jo Bouchard	Jacqueline Tuttle*	Robert Foehring,
		Leah Nelson	James Weaver	Usher "Al" Moren	Phippsburg
		Theresa Houtman	Elizabeth Marr	TOPSHAM	Ruth Foehring,
		Gilda Thing	Renee Karickhoff	John L. Ketter Jr.	Phippsburg
		Yoshiko Kilgore	Margaret Tripp	Ronald N. Kozlowski	Laura Dover,
		Dorothy Boyett*	Priscilla Rooth	David Dearborn	Durham
		Rudi Smith*	Nancy Tucker	Andre Philippon	Linda Jariz,
		Shirley M. Irish*	Ralph Tucker	Janice Solomon	Bowdoinham*
		Lucille P. Caron	Linda Arris	Gordon Brigham*	Iris Bailey,
		Susan White	Darryl Wood	Rosemary Brigham*	Georgetown
		Charles White	Frieda Wood		Elisabeth King,
		Robert F. Dow*	HARPSWELL		Woolwich
			Linda Despres		

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Perils of flight

The little white Cessna taxied down the runway, just like it thought it was one of those old Navy P-3's. Doctor David was at the controls, being very business-like, scanning the sky for incoming traffic, pushing buttons, checking systems.

He announced our position, midway along one of the two, mile-long runways that used to be the Brunswick Naval Air station, and turned his ship into the wind.

"Not like we have a lot of competition," he announced.

Ed was in the co-pilot's seat, making small talk about the weather and anticipating a fair day flight. I was in the rear seat, finding a place for my feet and preparing for the ride with just a tiny bit of anticipation.

There is a joke in my family that centers around me and motion sickness. Everyone likes to poke fun at the big, bad paratrooper with the delicate stomach. Yup, I used to jump out of airplanes. Yup, in Vietnam, I spent hundreds of hours, bouncing around in the back of helicopters, cargo planes and open trucks. I have the jump wings and an air medal to prove all that.

But, that was then. Today I can (and do) get car sick, air sick, even water sick at some of the most inappropriate times.

I didn't feel the need to share that information with Doctor David or with Ed, as such conversations usually dampen the anticipation for outings. So, unless Jane is in the equation and making fun of me, I just let it all ride and surprise people if I need to. The plane revved to speed and I checked my pocket, for the tenth time, to make sure the Hannaford bag was in place if I needed it.



Doctor David lifted that plane off the runway like the artist he is. We made a gentle twist to the left over Harpswell, climbed to maybe 2,000 feet and headed toward the mouth of the Kennebec. The flight plan called for us to find the houses where we all lived, do the obligatory pass over Bowdoinham, buzz Popham and Reid park beaches, slide over to Damariscotta, check out BIW and head home. Maybe an hour, maybe 90 minutes. Come on, Frank, you know you can do it.

If you have never flown at low altitude over Mid-coast Maine, you should add it to your bucket list.

You will be immediately struck by the unique beauty of our rugged coast, it's islands, the river lines, and the mountains that rim the horizon to the west. I

tend to gawk up and down, usually I'm peering through a viewfinder on a camera. Sometimes I'm looking through binoculars. Almost never do I fix my eyes on one place and relax, there is just too much to see.

I could feel the changes in my body. The three of us were wearing headphones so we could communicate without yelling over the engine noise. I worked the mouthpiece, making sure I could get it out of the way if needed. "Your house should be coming soon," Doctor David announced.

When I said I thought we just missed it, he took a slamming turn to the west to try and get around without losing altitude. I could feel that turn to my toes.

If the weather is clear, the ride steady, I have to accept that most of this stuff is in my head. I've chewed on sticks, taken deep breaths, carried on distracting con-

Speaking Frankly

FRANK CONNORS



versations. All that helps. Just telling myself to be cool and relax works. Doctor David looked back at me and asked if I was okay.

"Sure," said I, "this is great." We passed over Damariscotta, back to the Kennebec. On the horizon I could see the huge hanger at the base. "Yes?" I think to myself... "No,?" The Big BIW crane was right under us; all I could settle on was a "maybe!"

We circled into the wind over downtown Brunswick, made our approach. I drew another deep breath and smiled. Fat Boy Drive-In flashed under us.

"Hey," says I, "maybe we should go do burgers and frappes."

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Intermediate Cribbage

May 25: Virginia Linkovich, 724; Yvette Dumont, 715; Darryl Wood, 706; Lorraine LaRoche, 697; and Patricia Johnson, 696.

June 1: Lorraine LaRoche, 722; Richard Tomko, 702; Robert Mehlhorn and Cecil Eldredge (tie), 697; and Leah Nelson, 696.

June 8: Virginia Linkovich, 717; Mike Linkovich, 716; Patricia Johnson, 711; Andrew DeBiasio, 707; and Yvette Dumont, 689.

June 15: Leah Nelson, 719; Darryl Wood, 715; Richard Tomko, 700; and Lorraine LaRoche, 694.

June 22: Betty Wescott, 708; Carl Nida, 701; Leah Nelson, 700; and Patricia Johnson, 685.

June 29: Leah Nelson and Darryl Wood (tie), 720; Lorraine LaRoche, 717; and Carl Nida, 706.

July 6: Yvette Dumont, 718; Robert Mehlhorn and Richard Tomko (tie), 707.

July 13: Lorraine LaRoche, 721; Patricia Johnson, 703; Robert Mehlhorn, 702; Robert Foehring and Richard Tomko (tie), 697.

Monday/Saturday Bridge

June 18: Richard Totten, Bill Buermeyer and Marian Schneider

June 20: Mary O'Connell and Marian Schneider

June 25: Hope Russell, Lorraine LaRoche and Mary O'Connell

June 27: Gladys Totten, Lorraine LaRoche and Bill Buermeyer

July 2: Bill Buermeyer, Richard Totten and Bill Washington

July 4: Bill Washington and Bill Buermeyer

July 9: Lorraine LaRoche and Bill Washington

July 11: Lorraine LaRoche, Sherman Millilean and Mary O'Connell

July 16: Donna Burch, Lorraine Muller and Marsha Blakman

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Mobile home for sale. Asking \$25,000. 14x76, two bedroom. All appliances almost new, well maintained in nice Topsham mobile home park. Call 207-831-4437 for appointment.

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.



Fondly recalled ...

Brunswick's old Eagle Hotel used to stand where the Hannaford shopping plaza is now. It suffered a fire and was taken down in 1967. If you have other hotel pictures, or some fond recollections, why not share them with People Plus. **If you have old area pictures to share with readers of People Plus News, please contact Frank Connors, 729-0757.**

No trees, no fences

To the editor,
I notice on the back page of the People Plus News for July your caption over the picture of the South Harpswell steamboat landing circa 1939. You said "... notice how the skyline has changed."
The sparse vegetation is very noticeable in old photos of Bailey Island, too. When we bought our cottage in 1959, there was much less vegetation than has grown since. Fortunately, because we owned and operated the Bailey Island General Store from 1982-1993, I came in contact with a lot of old-timers who could remember "way back when." So I asked Jesse Johnson about it. He was in his 90s by then, I think. A lifelong island resident and fisherman — except for World War II when he went overseas.

At first he didn't know what I meant. I think when you live in one place for a long time the change is so gradual it doesn't register. But, he finally

In Others' Words...

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, P.O. Box 766, Brunswick, ME 04011.

scratched his head and said "Well, we did have a lot of free-range sheep in those days."

Bingo. I think that's it. Notice in your photograph and the many I have seen of Bailey Island that there are no fences. I was told that my cottage sits on land that was a pasture until after WWII when it was sold off for camp and house lots.

Just a thought.

I had a nice time at the People Plus men's breakfast this morning. It was a bit disconcerting that I was telling others how things were 50 plus years ago —

and I'm not even a native! Am I THAT old? Maybe many others are relatively new to the area. At least no one is inclined to contradict me.

— Dana Baggett

'Stanley's Choice' — GOTCHA!

To the editor,
Millie Ackely's one-act play sure got me fooled. The nearly full house matinee at The Theater Project was treated to a delightful performance by some of the area's most clever seasoned citizens. I won't give the story line away in the event of an encore production of "Stanley's Choice"; just suffice to say that the plot involves a nudist colony and two couples, and kept me on the edge of my seat for 35 minutes. All of the actors delivered their lines with fluency and deadpan humor, creating a performance that worked like a charm. I look forward to Millie's next production, which she reports is underway.

— Joanne Rosenthal



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