

# People News

plus

The Center to get more out of life

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

September 2011 Volume 11, No. 9

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

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

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## Free healing clinics offer many benefits

The next Light Body Free Healing Clinics will be offered at the Center on Sept. 20, according to organizer Donna Maria Bordeaux, co-owner of Greater Brunswick Physical Therapy.

GBPT staff and volunteers transform the hall into a light, welcoming space with quiet corners for private care. Almost a dozen professional body workers including physical therapists from GBPT, reflexologists, and Reiki practitioners, come together to help the people of our community to diminish emotional and physical pain and improve mobility.

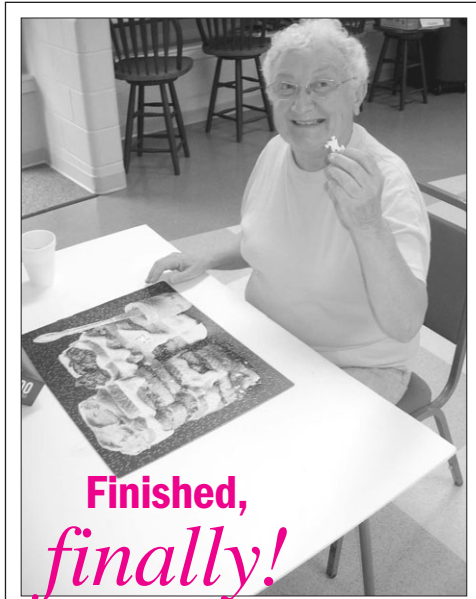
People of all ages came out in 90 degree heat to attend the Free Healing Clinic on July 19, where 80 half-hour sessions of free care were given.

The Free Healing Clinics reach people from all walks of life with a wide range of health issues. Recently, a senior came with a prescription in hand for physical therapy but she was unable to access care because she lacked transportation. She received a free session at the clinic and was then guided to transportation assistance to get the follow-up care she needed.

Another person without resources, suffering with terrible neck pain, saw the flyer for the clinic, came to People Plus for the very first time, and received care that she needed.

Donations of thanks benefit the People Plus Community Center and Mid Coast Hunger Prevention.

The last Free Healing Clinics for 2011 are on Sept. 20 and Nov. 15 from 1:30 to 5:30 p.m. Bring a friend and take advantage of this opportunity to support your good health and well-being here at People Plus.



After days of meticulous labor, Millie Ackley was the member who finished a puzzle on the café table. Working on "community" puzzles has become a regular café activity. Members who can't finish are still welcome to begin a puzzle and leave it incomplete for others to come by and work on as well.

## 'Super' September set!

Pick one or pick six programs, September is sure to become one of the most exciting and varied fall openings that People Plus members have ever seen.

"Folks REALLY need to check the calendar carefully," suggested Frank Connors, program coordinator, "or they will miss something they can't live without."

A monthly technological study opens with an overview of digital cameras, led by Bernie Breitbart on Wednesday Sept. 7. This same series will unlock questions to E-readers, to Ancestry.com and other subjects in the coming months.

Connie Bailey is back with her Tuesday and Thursday art classes, and Suzanne Neveux is supplementing her TaiChi and QiGong classes with a Tuesday/Thursday morning Loosen UP! class. Both Dennis and Ann Kimmage are back on the Tuesday-Thursday split schedule with Gentle Yoga, Beginning Mat Pilates, and an Unwind with Yoga class. Our own Ruth Vogel is back with her Thursday evening traditional Yoga presentation.

Cooking for One will bring some real action to the People Plus kitchen. Cooperative Extension nutritionist Eric Thoreson will try to make a practical cook out of our own Frank Connors, and lead this Wednesday class, starting Sept. 7, down a path to healthy, happier, more economical cooking.

The bicycle clinic on the bike path, and the brand new Café en Francais, both planned for Tuesday, Sept. 13, are sure to be crowd pleasers, and are the work of Jill Victor, new program developer at the Center. "We are where we are, because of Jill," observed Frank Connors. "She is a wonderful when it comes to some of these ideas."

### 'Loosen Up' with Suzanne Neveux

This new class is a gentle way to get moving in the morning that can increase mobility and improve well-being.

Using a chair or standing, always supported (no floor work), Suzanne will help you to 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.

Tuesdays and Thursdays, 9-9:45 a.m. beginning Sept. 6. Cost \$34 per month.

### Tai Chi Easy with Diane Doiron

Ease into day through a carefully designed combination of QiGong and health enhancing Tai Chi with slow gentle movements to warm up the body, with concentration on breathing and inner stillness, simple self-massage and quiet meditation. Tai Chi Easy makes Tai Chi accessible to people of any age and can be performed sitting or standing, with any level of physical ability and all ranges of mobility.

Mondays and Wednesdays, 8-9 a.m.

Please see SEPTEMBER, Page 8

## Stove & Stuff raffle to benefit kitchen

A limited sale of 300 raffle tickets will benefit the effort to bring a new multifuel stove to the kitchen at People Plus, and to develop a new coffee serving area in the Café. The tickets sell for \$5 each, and gift certificates from several area

restaurants are being offered as prizes.

The Fat Boy Drive-In restaurant in Brunswick donated three \$25 gift certificates. Captain Mike's of Brunswick and The Dolphin restaurant of Harpswell each offered a \$25 certificate, and

Richard's Restaurant gave a \$30 certificate to the effort. The drawing will be held at the Lunch & Connections luncheon on Sept. 15, and you do not need to be present to win. Tickets are available at the front desk at People Plus.

### Lunch & Connections

## September luncheon is casserole and corn on the cob

The Sept. 15 Lunch & Connections will feature a hearty and flavorful tuna and noodle casserole and corn on the cob. Cooked on the Center's new range, chef Frank promises this will be a meal to remember.

Of course there will be a fresh, lightly-dressed green garden salad for everyone. Madeleine Ashe's secret summer punch will once again be the featured drink, with iced tea, coffee and milk available. The dessert for September will be a hot and juicy, deep-dish apple cobbler. A spinach casserole will be waiting for our vegetarian guests. Since September opens the door to fall, every place setting will have a fresh and crisp Cortland

Apple waiting for the ride home.

Focus of this monthly Lunch & Connections program, underwritten by Spectrum Generations, is nutrition, information and variety. Each monthly 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. The drawing of winners for our "Stove & Stuff" kitchen benefit raffle will be drawn, but you do NOT have to be present to win.

Reservations for seating are necessary and obtained by calling and 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](mailto:frank@peopleplusmaine.org)

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

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# Where did the summer go?

## From the Executive Director

JIM PIERCE



My plans to hike, bike and do lots of outside activities this summer have gone unfulfilled. Sitting behind a desk, managing People Plus was not what I had in mind for my 65th summer!

As I sit here writing this last column, two of my five brothers are waiting for me to return to my house so we can spend the afternoon doing some "tourist" activities. Not that I am complaining ... much. Frank is a stern taskmaster who has deadlines to meet and is really cranky when expected items for the People Plus News do not materialize! He gave me a pass last month as I was so buried in administrative work that I just could not find the time to write this column. Let alone think of an appropriate topic and get it written!

I will miss this old computer and the desk and chair I have occupied for the past 10 months. The time has flown but we have done good work. Frank, Betsy, Jordan, Joanne, Jill, Dottie and Kathy are a wonderful team. They work well together and I have been honored to work alongside them. Just look at the returning and new programs we are offering for the fall. Sitting Tai Chi, a new movement class taught by Suzanne

Neveux, technology classes, cooking and nutritional classes and belly dancing with Josephina. Jill Victor, our program developer, along with Frank and Kathy has done an amazing job of lining up new programs. Returning favorites include art classes with Consuelo Bailey, Yoga and Pilate's with Dennis and Ann Kimmage, Line Dancing with Janice McLaughlin, yoga with Ruth Vogel and Qi Gong and Tai Chi with Suzanne Neveux.

Collaborations with the Curtis Memorial Library, the Brunswick Parks and Recreation Department and the MSAD 75 Adult Education Department have strengthened and expanded the offerings of People Plus. Membership continues to expand, and the number of community groups wanting to utilize our

terrific program and meeting spaces has dramatically increased.

I also want to pay tribute to the scores of volunteers who make People Plus hum. Without these incredibly dedicated individuals there would be no luncheons, bridge classes, Good Morning Program, writers group, cribbage group, ping pong or a whole host of other activities that take place here on a daily basis. God bless you for all that you do for the rest of us!

I have also been honored to work with the hardest working board I have ever been associated with. Under the leadership of Ed Harris, former Board Chairperson, and now Greg Shea, People Plus has adapted well to it's new home on Union Street and continues to develop, creating an exciting and energetic community resource.

So, it is with very mixed emotions that I anticipate my final days as the interim executive director. People Plus is a vibrant and exciting organization with a great group of Board, staff and volunteers.

My very best wishes to the incoming executive director. You will gain much from the wonderful people who make up this organization!

## Center launching more new programs in October

Several new programs will be launched in October. They include:

### 'Tools for Budgeting and Ways to Save,' with Ellen Hawkins and Martin Blasco

Frugality and thrift are words that have not been used much lately but they are making a comeback with the recession so much in our lives. Ellen Hawkins, literacy program director, and Martin Blasco, financial literacy librarian, from the Money Works for Women program at the Curtis Memorial Library, will present "Tools for Budgeting and Ways to Save," in the café at People Plus on Tuesday, Oct. 25, from 9-10 a.m. This event is free and open to the public.

Ellen will address how to create a budget to eliminate debt and save money; how to keep track of your money and know how much you have; and where the money goes so that you control your money.

Martin will discuss the power of thrift: How to eliminate credit card debt, reduce the costs of what we do often,

and build a fund for unpredictable situations.

Ellen and Martin will help you to determine how much money you need to feel secure, where to get free annual credit reports, how to identify waste in your spending and much more.

Come to this casual and sure to be informative gathering in the café to learn ways to take charge of your finances and save money.

Cost is a donation to People Plus.

### Group personal training with Chad Murillo

Chad Murillo, the owner of Full Spectrum Fitness, 9 Cumberland St., Brunswick, is offering People Plus members a special personal training class in October. This supervised workout will be customized to your needs. With individual attention, Chad will design your workout according to your ability, and around any injuries. The class is open to people with all levels of mobility.

Group Personal Training will meet at the lower level of the Senter's Building with access by elevator, without stairs. You can shower and change in the building. Bring a towel.

Tuesdays and Thursdays, 11 a.m.-noon, beginning Oct. 4. Cost \$75. Maximum of 8 people. For information or to sign up, call Full Spectrum Fitness at 721-0007.

### Volunteer Opportunity Fair

Are you eager to participate in your community by volunteering, but you don't know what opportunities are avail-

able, or which agencies or organizations need your help, or what groups are looking for your expertise to expand their good work that they do?

Then come to the first Volunteer Opportunity Fair. People Plus, Curtis Memorial Library and the United Way are bringing together more than 25 local, art, environmental, community service, education and support groups needing your help. Volunteers are the life blood of every organization. Learn more about the generous people in our community and become a volunteer. Everyone welcome!

Thursday Oct. 27, in the Morrell Meeting Room at the Curtis Memorial Library, from 2-7 p.m.

### 'Living Well with Diabetes' with Carol Freshley

Join us in the café for "Living Well with Diabetes," with registered nurse Carol Freshley, on Wednesday, Oct. 26, from 11 a.m.-noon.

Carol helps people to incorporate healthy lifestyle choices into their diabetes self-management — lifestyle changes that not only lower the risk of diabetes complications, but also improve a person's blood pressure and cholesterol levels, and lower the risk of developing other chronic diseases.

People Plus is delighted to welcome Carol from Midcoast Health and we look forward to learning more practical tools for navigating diabetes safely. Come to this casual meeting on a serious subject.

Call the Front Desk at People Plus, 729-0757, to sign up. Cost is a donation to People Plus.

## Free flu shot clinic scheduled in October

CHANS Home Health Care will offer a free seasonal flu shot clinic at People Plus on Oct. 20 from 11 a.m. to 1 p.m.

Unlike a couple of years ago when the H1N1 flu virus appeared, there is nothing special about this year's flu season. However, it is still important to get an annual flu shot as the bout of the flu is serious business. Make sure you practice good hand hygiene, get plenty of rest and drink lots of water and come on in for your flu shot.

If you cannot make it to the flu shot clinic at People Plus, call the CHANS Flu Clinic Line at 721-6982 or visit [www.chanshomehealthcare.com](http://www.chanshomehealthcare.com) to learn about the other public clinics.

**CHANS**  
homehealthcare

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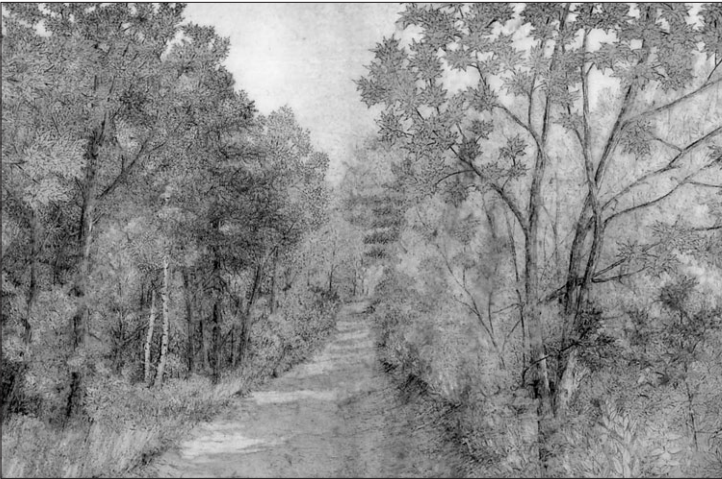
♥ Hospice Care

(207) 729-6782

60 Baribeau Drive, Brunswick, Maine 04011

[www.chanshomehealthcare.com](http://www.chanshomehealthcare.com)

Seasonal Flu Shots to be offered at People Plus Center this fall.



"Where The Road Leads III," paper batik by Consuelo G. Bailey, was awarded the mixed-media blue-ribbon at the Brunswick Downtown Association's fifth annual Outdoor Arts Festival on Aug. 20. CONGRATULATIONS, CONNIE!

## Gallery features art association

Members of the Merry Meeting Art Association are exhibiting in the Union Street Gallery at People Plus in September and October. The multi-media show is a first for the association since the gallery opened, but several of the art association members are no strangers to

the Center, as several of them are students in the Tuesday/Thursday painting classes taught at People Plus by Connie Bailey.

Association members invited to exhibit include Marilyn Flanagan, Meridith Hicks, Fran Townsend, Jan Roberson,

Lee Peterson, Judy Krok, Flo Carman, Flo Rich, Debby Stubbs, Sharon Bond and Connie Bailey.

The Merry Meeting show replaces a popular photography show by Robert Dow, and is available for review during normal business hours.

## Summer is here

By ADELAIDE GUERNELLI

We can breathe the sun that not only warms us, but it also teaches the kids to dance with us, in the backyard. We can also collect beautiful flowers: white, red, green, yellow, etc., if we are careful when we get them, because most of them have thorns.

The same week, I plant the roots of the same colors that I saved in water, and we continue feeling how beautiful and peaceful is Maine, when we take pic-

tures and breathe the air that is clean.

We also enjoy the good trips in the boats of our families because we can admire the landscape, birds, and waters. They seem to tell us, "enjoy summer with us and sing the short poems of music that the safe environment is giving to you all ..." And ... we almost forget the snow! I also have fun with the squirrels and I can feed them with my hands when only two or three are in the back yard.

## We took Liz to the Cumberland Fair!

By CHARLOTTE HART

What fun to go to the Fair! The wonderful Cumberland Fair! Rabbits and chickens and ducks are there.

Liz photoed them all, each cow in each stall.

Alpacas and goats and big pigs! Beware!

What a blast to go to the Fair! They have the wildest rides there. Liz liked them all. Spin! Glide! Flip! Don't fall!

At the fast-rockin' rip-roarin' Fair!

How delicious to go to the Fair! Chocolate-caramel apples? Beyond com-

pare! Ice cream cones for licken', hot tenders, fried chicken! Burgers and hot dogs and fries at the Fair!

Maine farm produce shines at the Fair. Amazingly fine crafts are there. Five-foot pumpkins to weigh, handmade quilts on display! Skilled work celebrated with flair!

Lovely horses race at the Fair. Try your luck at a gamble? Take care! "The favorite to show" is a safe place to go. But ration your dough — Or you might walk home from the Fair.

## The drive

By P.K. ALLEN

While out for a drive  
On one late summer day,  
I came to an old cemetery  
Down a lonely country way.

I strolled up that hillside  
To see what was said,  
On the tombstones and plaques  
Where people lay dead.

One verse I remember  
To a man from his wife,  
Who must have preceded her  
From this great life.

Brought tears to my eyes  
And to my lips a great sigh,  
As she wrote to her lover,

"Farewell is not Good-bye."

# Tweets and Twitters

By VINCE McDERMOTT

If you want to get lots of tweets and twitters, take your bird feeders off line for a short time. I had removed one for maintenance and the second in preparation for a severe thunderstorm.

I had never seen so many birds in my feeder area at one time. There were tweets, twitters, complaints and fights. The birds were lined up five deep on the feeder support arm for their evening meal.

There was even a family of cardinals pecking at the leavings on the ground. I had not seen them previously. The parents, even the male, were teaching the young how to feed. I had never seen a male cardinal teaching young before.

All this was going on in the middle of a thunderstorm. I hope all my clients return. I had no idea the word about our haute cuisine had spread so far.

## Remembering the seals

By BONNIE WHEELER

Thirty young soldiers

Never said goodbye

One second on alert

Then lifted on high

Americans living the good life

Continuing safely on our way

Thirty devastated families

Burying sons today

## Bittersweet

By GLADYS SZABO

September, a bittersweet month.  
Summer's end brings sadness.

Fall's beauty of vibrant color induces pleasure.

Flowers still blooming,  
Soon return to their beds for winter.

Summers' humid evenings  
Give way to cooler nights.

Leisure days on the beach

Freedom of schedules

Soon forgotten

As sports and school, return schedules to our lives.

Yet, sometimes we welcome some sequence.

Days are shorter, while nights grow longer.

Do we welcome all these changes?

Sometimes we do

But there is no other choice!

## Blueberry season

By VINCE McDERMOTT

Blueberry season is here! UMMMM, blueberries. I'm going to put them on everything — cereal, ice cream, salads and waffles. We can use them in muffins, pies and cookies. I can eat them by the handful.

Is that stand down the road open yet? We can get them there. Or we can go pick some. Let's get several quarts to start with. I can't wait! Hope it's a great year. We need to be sure we get a lot

before they run out. There is plenty of room in the fridge.

Want more blueberries? Maybe we should finish off some of the older ones before they go bad. What, you don't want any more? Lots left. Maybe the people next door would like some. We shouldn't let them go to waste. I guess we bought too many.

I never want to see another blueberry. Hey? Do we have any strawberries left? UMMMMM, strawberries.



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# spectrum generations

## Happenings

**Games on Monday's**— Come join our friendly group for coffee, a muffin, and fun games. Perfect for casual and novice players. 9:30—11:30 Mondays. Free

**Check your numbers**— Drop in and get your blood pressure and weight checked. Learn what Body-Mass-Index is and how it can affect your health. Tuesday, September 6th from 9-11:30, Free

**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.

**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.

**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.

**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 September 21st. Six weeks for \$38.

**Wreath making** - Learn the craft of working with glass and wood. Make a delightful and colorful wreath from wood and glass. All supplies provided. Thursday, 10am. \$5.00

**Flu Clinic** - Get your flu shot early! Free clinic Tuesday, September 20th 9 am to 2 pm. Free

**Breakfast & the stock market** - Where is all of this financial chaos headed. Come hear one perspective and enjoy breakfast. Tuesday, September 20th at 9 am. Free

**How to choose assisted living** - Learn some of the things to consider—and some of the things to watch out for—in choosing an assisted living home. Tuesday, September 20th, 11 am free

**Choosing professional support for in home services**. What are some of the things that should be required, what is available, how to find someone reputable. Tuesday, September 20th, 10 am Free

## Life Without Limits

While the title may be a little over the top – the sentiment is accurate. Tuesday, September 20<sup>th</sup> Spectrum Generations is hosting this exposition at the Cook's Corner Mall from 9 am until 2 am. In attendance will be social services, products, and information on how to live a fuller and easier life. Fifty exhibitors are attending – with products, services, seminars, and raffles. We also have a flu clinic so that you can get protection early in the season.

Included in our fifty exhibitors are these special sponsors:

- Maine Senior College
- Ameriprise Financial
- Anthem Blue Cross/Blue Shield
- AARP
- Maine Veterans Home
- Midcoast Hospital
- Brunswick Area Respite Services
- Parkview Hospital



We have seminars on finances, finding personal care attendants, deciding on long term care, money management, and many others. A breakfast seminar on retirement funding and the current market conditions.

Look for the insert in the Times Record September 2, 2011 and plan to attend!

*Learn more ways to*

**Live life to the fullest!**

**Join us Tuesday Sept. 20th**

**9 am to 2 pm**



**At the Expo  
September 20th**

**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 pick one up 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

# SEPTEMBER 2011 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<ul style="list-style-type: none"> <li>10:00 AM Art II</li> <li>10:00 AM Ping Pong</li> <li>6:00 PM Yoga</li> <li>6:00 PM Course in Miracles</li> <li>7:15 PM Line dancing</li> </ul>	<ul style="list-style-type: none"> <li>1:30 PM Qigong</li> </ul>		
			<ul style="list-style-type: none"> <li>9:00 AM Loosen UP!</li> <li>10:00 AM Art I</li> <li>10:00 AM Ping Pong</li> <li>10:00 AM Combined Art</li> <li>1:00 PM Quilting Club</li> </ul>	<ul style="list-style-type: none"> <li>8:45 AM Inter. Cribbage</li> <li>9:00 AM Ping Pong</li> <li>11:00 AM Cooking for One</li> <li>1:00 PM Writer's Group</li> <li>1:30 PM Tai chi</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen UP!</li> <li>10:00 AM Ping Pong</li> <li>11:00 AM Art II</li> <li>6:00 PM Yoga</li> <li>6:00 PM Course in Miracles</li> <li>7:15 PM Line dancing</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Bridge</li> </ul>
<p><b>NEW FALL HOURS:</b> Teen Center open, Monday through Thursday, 2:30-5:30 PM</p>						
<ul style="list-style-type: none"> <li>9:00 AM Crafters</li> <li>10:00 AM Ping Pong</li> <li>12:00 PM Bridge</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen UP!</li> <li>10:00 AM Art I</li> <li>10:00 AM Ping Pong</li> <li>10:00 AM Combined Art</li> <li>5:30 PM Gentle Yoga</li> <li>11:30 AM Lunch Out at Block and Tackle</li> <li>4:00 PM Bicycle workshop</li> </ul>	<ul style="list-style-type: none"> <li>8:00 AM MEN'S BREAKFAST</li> <li>8:45 AM Inter. Cribbage</li> <li>9:00 AM Ping Pong</li> <li>11:00 AM Cooking for One</li> <li>1:00 PM Writer's Group</li> <li>1:30 PM Tai chi</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen UP!</li> <li>10:00 AM Art II</li> <li>10:00 AM Ping Pong</li> <li>4:15 PM Pilates</li> <li>5:00 PM Just Yoga</li> <li>6:00 PM Course in Miracles</li> <li>6:00 PM Yoga</li> <li>7:15 PM Line dancing</li> </ul>	<ul style="list-style-type: none"> <li>1:30 PM Qigong</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Bridge</li> </ul>	
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coordinator of the Mid Coast Senior Health Center LifeLine program

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## Welcome, Brian

When the school year came to a close, students finishing up the fifth grade were able to start attending the Teen Center and we had some who were very much looking forward to this milestone!

One of our members sat down with me to do a brief "interview" and this is what he had to share:

Brian Brown will be entering sixth grade at Brunswick Junior High School this month. Brian is an honor student who plays football and baseball.

Skylar, Brian's older brother, has been coming to the Teen Center for the past year and Brian has been able to come up for occasional visits during that time.

He says that he is glad that he is old enough to start coming to the center now, especially when he has nothing to do.

"You do lots of fun things here," states Brian. When asked what his favorite thing to do at the Teen Center was, he answered "everything."

### Now, get up!

Stephanie Fisher and her therapy dog, Amber, were guests at the August Lunch and Connections and offered to demonstrate how helpful therapy animals can be.



## Teen member donates summer earnings to Center

By JORDAN CARDONE

Dan Stadden, longtime teen member (5 years) and teen representative serving on the Teen Center Advisory Council, recently presented a check for \$125 to the Teen Program Coordinator. Dan said it was a mix of birthday money and money he made mowing lawns.

When Dan told his parents of his wish to donate his money, they were very supportive and told him "whatever you decide to do, we will add \$25." So, total donation from the family was \$150.

When asked how he is hoping the

money will be used, Dan responded by saying he hopes it will help toward making new additions to Teen Center items (video games are a big wish item here!) and to help out with finances in general.

I am so impressed with this gesture and that the Teen Center Program means this much to our teens, I decided to add \$25 to this donation as well!

This was such a "feel good" moment when Dan appeared in my office to present his donation; it was "priceless."

So, with \$175 now, as Dan states, this will be a big help toward acquiring some of our biggest "wish list" items! Thank you Dan!

## Volunteer Transportation Network usage grows steadily

By JOANNE ROSENTHAL

We are happy to report that the Volunteer Transportation Network is steadily growing.

There are currently 70 registered riders and 16 drivers. Monday through Friday, rides are given within Brunswick, Harpswell and Topsham; as well as to Bath on occasion. People are taken to doctor appointments, physical therapy, specialty clinics, counseling, the hairdresser and food shopping. The team of VTN drivers finds the work enjoyable, as do the riders who frequently sing the praises of their drivers.

In order to keep pace with the ride requests, we have changed a few of our procedures, including:

— Requests for most rides must be received by Wednesday at 2 p.m. for the following week.

— For rides needed on a Thursday or Friday, request must be received by Monday at 2 p.m.

— Staff is not available to take calls on Thursdays, Fridays or the weekend. Messages may be left in the voice-mail box, but will not be retrieved until Monday.

— There will be times that riders will be riding with other VTN passengers and may need to be dropped off a little early or wait for a bit after their appointment.

These changes are necessary to accommodate the growing number of users of this service. We aim to fill all of the requested rides, but there are times when no drivers are available. In those cases we are happy to help you make alternate arrangements. To learn more about becoming a VTN driver or rider, please call Joanne at 729-0757.

## 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.

**Sept. 2:** Brunswick Hannaford  
**Sept. 9:** Wal-Mart at Cook's Corner  
**Sept. 16:** Topsham Hannaford

**Sept. 23:** Shaw's at Cook's Corner

**Sept. 30:** Brunswick Hannaford

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.

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## Volunteer Transportation Network

Volunteer Transportation Network provides door-to-door rides in Brunswick, Topsham and Harpswell for medical appointments, grocery shopping and personal needs. Call to register at 729-0757, extension 105.

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# Rites of September

The goldenrod in our field is waist deep, already dripping with pollen and ever-changing tones of yellow, setting the stage for that eventual frost. The monarch butterflies are mousing on the milkweed, making good on their goal to be on their way south before cold weather consumes them. The evenings are noticeably cooler, sooner... shadows are longer, and there is a new, more measurable moistness to the lawn each morning.

Nick and Zach are off to college, bus-drivers have practiced their routes, and teachers are putting their finishing touches on all those classrooms with all those newly waxed floors. My brother Grant, NOT teaching after 42 straight seasons, is certainly suffering from some sort of withdrawal. He can't even talk about it, and I expect he's pacing the

floor of his house, looking for something to do. I'm thinking the first day of school, I should play hookie for three hours, get him out somewhere and buy him a beer. What are little brothers for?

Our gardens were so-so, cucumbers by the bushel, stringbeans by the pound. But now Jane wants to eat the beans we planted for drying and shelling. "they look really good," says she, and our tomatoes were a disaster: defoliated first and bored by some unfound worm, or something. The row of sunflower plants is taller than I, and their blooms promise to dull the gloom of declining fall days.

The list of stuff I should have done is almost as long as the list of things completed, and now, Jane is wondering if we should have hired a kid or three to get more painting done. I remind her that we

had NOT intended to do that south roof on the house this summer, and there is never a way to predict how many weekends we would be giving up to foul weather, to sitting for our grandsons, entertaining friends from away, or cemetery business or clamcakes. It seems like June was just a few weeks ago.

The freezer is full of blueberries and strawberries, and I'm making plans with Nate and Gabriella, ordering potatoes, beans and carrots to put away in the cellar, into what I still call Frank's Famous Food boxes. Even they were impressed with the simplicity of my system, and Miles was delighted to recall that an integral part of the process is to make a late season trip to the beach and collect the fine, salty sand. His father is no dummie. Time to show another generation how to put away food.

## Speaking Frankly

FRANK CONNORS



Jane is thinking that next season, maybe we should order more veggies from the kids, and grow less in the garden. We'll have a long winter to debate that idea.

But wait, all is never lost! September and October in Maine offers some of the most picture-perfect weather on earth. Mountains are waiting folks, Borestone, Katahdin, Doubletop or Roundtop, and the canoe and kayaks can be launched from a hundred local sites in a matter of minutes. We need to remember that winter is long, summer is short, and fall is the season that makes the difference for us all. Pick a day and enjoy it.

## New or renewing members — September

\*Additional donation

**BRUNSWICK**  
Ethel Crispin  
James Crispin  
Germaine Bois  
Suse Weissman  
Muriel Knowles  
Barbara Proffit  
Gunnel Payne  
Nora Brinick  
Sheila Nacke  
Florence Ludwig  
Paul Ludwig  
Janice Hodge  
Nancy Morrell  
Robert Morrell  
Rita Bailey  
Patricia Zacharias  
Angelyn L. Medary  
Jessie "Jill" Jones

Janel Bodwell  
Dante B. DiEdwardo  
Donna Bubar  
Robert Mehlhorn\*  
Pauline B. Thorpe  
James Pepper\*  
Joan F. Bayer  
Edyth Smith  
Elizabeth Newman  
Alfred Tyrol  
Terry Howell  
Lorraine Muller  
Carol Oliver  
June Austin  
Nancy Ashley  
Elliot Ashley  
Joan Henich  
Mariette Bulger  
Adelaide Guernelli  
Cherry Clapp  
Carol Oliver

Dana Baggett  
Marybeth Burbank\*  
James Burbank\*  
Ellen Parmalee  
**HARPSWELL**  
Ely Cary  
Charles Cary  
Janet Foley  
Barbara Sawyer  
Robert Sawyer  
Daniel Boland  
Helen Norton  
Nancy Wilds  
**TOPSHAM**  
Susan Busch  
Marguerite L. Curtis  
Robert Busch  
Michael Machacek  
Linda Machacek  
Sylvia Mason

Agnes Maynard  
**OTHER PLACES**  
Kathleen A.  
Lacasse, Bath  
Diane Nicol, Bath  
Mary Coleman,  
Annapolis, Md.  
Ernie Stallworth,\*  
West Bath  
Judy Stallworth,\*  
West Bath  
Frances Thompson,  
Bath  
Adair DeLamater,\*  
West Bath  
Horace Stevens,  
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# SEPTEMBER

From Page 1

beginning Oct. 3. Cost \$34 for 8 sessions in October.

## Yoga and Pilates with Ann and Dennis Kimmage

### • Beginning Mat Pilates, with Ann Kimmage:

Pilates can benefit many people at many levels of fitness. It can improve range of motion, flexibility, circulation, posture and abdominal strength. Strong abdominal muscles increase your control and precision of movement, improve posture and contribute to a healthy spine and back. Often it leads to a decrease in back, neck and joint pain. This class focuses on learning simple and beneficial beginning Pilates exercises done on a mat.

Thursdays 4:15-5 p.m. beginning Sept. 15. Cost \$10 per session.

### • Unwind with Yoga, with Ann Kimmage:

Yoga does many wonderful things for the body. It improves flexibility, strength,

range of motion, balance and reduces stress. Many experience better range of motion and joint mobility after doing Yoga. This class consists of classic yoga postures and breathing techniques designed to help you unwind and re-energize after a busy day.

Thursdays, 5-6 p.m. beginning Sept. 15. Cost \$10 per session.

### • Gentle Yoga, with Dennis Kimmage:

The key to Gentle Yoga is simplicity of movement and relaxed pace. Classic yoga postures that stretch, tone and improve joint flexibility are modified in a gentle class to make them more accessible. Length of holdings is reduced while restorative time between postures is increased. As a result, Gentle Yoga is ideal for anyone seeking a mild form of exercise and especially beneficial to seniors or people recovering from illness or injury. It is an excellent way to start yoga or deepen an existing practice.

Tuesdays, 5:30-6:30 p.m. beginning Sept. 13. Cost \$10 per session.

Sign up for one or more classes at People Plus by calling the Front Desk at 729-0757.



The little school at Bungenuck (West Brunswick) was so very typical of the hundreds of one-room schools that used to dot Maine. Families were educated together in what must have been a real experience. I bet no child was ever left behind. If you have some fond recollections of old school days, 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.

## ‘Anybody for Tea?’

“Anybody for Tea” is a delightful mystery, chocked full of humor. Watch with delight as detective Dennis O’Finn (Samuel Trot) and his sidekick Kramer (Willy Bryan) investigate the death of an elderly lady, Elizabeth Ellsworth (Sandy

Kaler) who lived in the home of Hildgarde Hodge (Donna Waterman).

Was the death by natural causes, or had she been murdered? Are the spinster lady boarders, Nettie Norton (Barbara Small), Amatha Abernathy (Bonnie McDonald), Lucy Long (Phyllis McNeely) and Birdie Beauregard (Norma Peck) in the Hodge home involved, or innocent by-standers? What’s this about the binoculars? Why does O’Finn want Capt. Williams (Richard Higgins) to approve his transfer to the arson squad?

Enjoy the Basic Players, as they perform this one-act play, directed by Millie Ackley, on Sept. 9, 10 and 11, at the Bath Area Senior Citizens Activity Center, 45 Floral St., Bath.

For more information, call 443-4937. Tickets are available at the Center or from cast members.

## ‘Magic keys’ to boost energy

Do you wish you had the magic keys to strengthen your immune system and boost your energy? Find them at “A New Path to Hope and Healing: Discovering Ways to Help Yourself.”

Donna Maria Bordeaux, physical therapist and founder of Greater Brunswick Physical Therapy will share tools for well-being at a special wellness workshop at the People Plus Community Center, 35 Union St., Brunswick, on Thursday, Sept. 8, from 1:30 to 3:30 p.m. Come to learn new ways to care for yourself gen-



Donna Maria Bordeaux

tly, to promote good health and vitality. Bring a friend.

Donna Maria will show you how to:

- increase your body awareness and honor healthy limits
- create and hold a space for yourself to heal
- let in the “good” and shield yourself from the “bad”
- re-educate your nervous system so that it’s in the “healing” mode

For more information or to sign up for “A New Path to Hope and Healing,” call the People Plus Community Center at 729-0757.

## CLASSIFIED ADS

**Mobile Home for sale.** Affordable, energy-efficient, three bedroom, 2 bath mobile home in a lovely, wooded park in Bowdoin. Only \$39,800. Can be moved. Call 841-0424 for more information.

**Stove for sale.** The center is offering its electric kitchen range for sale for only \$300. We paid over \$600 for it just one year ago, we are switching to a gas stove. Call 729-0757.

**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. Ask for Frank at 729-0757.

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

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

**Advertise in Classifieds.** The cost is \$10 per inch, per month, paid in advance. Call 729-0757.



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