

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."

EVERYONE'S GETTING A FLU SHOT!



Former Maine Gov. Angus King visited People Plus Center last month, getting his flu shot from CHANS nurse Avanel Payne. Shots remain available Fridays, 9 a.m. until noon, through November, at the Mid Coast Senior Health Center, 58 Baribeau Drive, Brunswick. Gov. King will be back at People Plus for a book signing. Stay tuned for more details!

Lunch & Connections

November luncheon is turkey and trimmings

Golden roasted turkey with all the trimmings will be The Lunch & Connections offering on Nov. 17. "It's the week before Thanksgiving," of course we will be focused on the holiday Mounds of mashed Maine potatoes, turnip, squash and cranberry sauce will fill our demand for local vegetables and, just because everyone seems to like them, and no one ever cooks them for themselves, we're serving Harvard beets again!"

Madeleine Ashe has agreed to personally supervise preparation of the brown gravy and stuffing, so you know it will be great! A spinach noodle casserole will be waiting for our vegetarian guests.

Of course there will be a fresh, lightly-dressed green garden salad for everyone, and the featured drink will be fresh cider. Tea, coffee and milk are always available.

Fresh apple pies, baked specially in

our new oven and crafted by the lady mentors of Seeds of Independence, is our unique dessert offering this month. People Plus hosts a teen parenting group once each week, and mentors Elnel Browder and Megan Kyle offered this unique treat as a "give back" to the center.

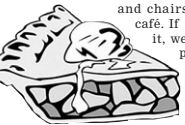
Our monthly Lunch & Connections program, underwritten by Spectrum Generations, focuses on nutrition, information and variety. A CHANS Home Health Care professional is always on hand in the café area to offer a free blood pressure check prior to lunch.

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 calling the People Plus information desk at 729-0757. Suggested donation is only \$5 for members of People Plus, and \$7.50 for all others. Lunch is served at noon.

Free healing clinic set

The next free healing clinic will be offered at the Center on Nov. 15, according to organizer Donna Maria Bordeaux, co-owner of the Greater Brunswick Physical Therapy Center.

GBPT staff and volunteers transform our Center's main hall and café into a light, welcoming space with a half dozen quiet corners for private care. Almost a dozen professional body workers, including massage, reiki and reflexologist practitioners, come together to help people of our community to diminish emotional and physical pain, and improve mobility. The clinic opens at 12:30 p.m. and operates through the afternoon until 5:30 p.m. It is important that you make a reservation.



include new cabinets, tables and chairs for the café. If we want it, we need to pay for it." The pie raffle will feature one of Jane Connors famous fruit pies, made especially for you and delivered by Frank Connors the Wednesday before Thanksgiving if you live within a 25 mile radius of Brunswick. Tickets are \$2 each, the drawing will be on the 17 at the luncheon, and you do not have to be present to win. Tickets are available at the People Plus information desk.

The bake sale will feature cookies, treats and goodies, made by members and volunteers and will run consecutively with the November luncheon. Watch for our display in the café.

Wheelbarrows of food to fill pantry shelves

Collecting food for Mid Coast Hunger Prevention Program

Nonperishable food is now being collected in our big red wheelbarrow at People Plus to benefit Mid Coast Hunger Prevention Program on Union Street.

Mid Coast Hunger Prevention has identified foods needed to help with local holiday distribution, plus items the agency is "always short of" in its food bank.

Foods actively collected for Thanksgiving distribution include: boxed instant potato, canned gravy, cranberry sauces, canned vegetables and canned fruits. Foods always in need include: canned tuna, peanut butter, baked beans, rice, canned soups, helper mixes (tuna and hamburger) and again, canned fruits and vegetables.

As in past years, Mid Coast will find good uses for any and every nonperishable food donated.

Pie raffle, bake sale planned

Boost your Thanksgiving day menu with a fresh apple pie or other baked goods from our raffle and sale on Thursday Nov. 17, from 11 a.m. until "things are gone," according to Frank Connors.

"We're doing a pie raffle and bake sale to help pay for our stove and other café improvements," he explained. "Last month a water fountain was added to the hall, and planned 2012 improvements

VOTE ■ VOTE ■ VOTE

Make your voice heard on Tuesday, Nov. 8

People Plus News

The official monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

frank@peopleplusmaine.org

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

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Beginning a 'wonderful trip'

Hello! It's been a few weeks since I began my journey as the executive director here at People Plus and so far this has been a wonderful trip!

I've met so many wonderful people already — from the staff, to the board, to many of the volunteers — and I've been struck by the same thought time and time again which is that People Plus is a warm and inviting second home for the hundreds of people who visit the center and use it on a regular basis.

In the last few weeks I've developed a deeper appreciation for the fact that this organization exists solely for the betterment of other people's lives. It creates a sense of community with the many activities here like lunches, bridge games, cribbage matches, yoga, Tai Chi, writing, French Café, art and all kinds of dance — just to name a few.

After years of working in the private sector at Turner Broadcasting and The

Coca-Cola Co., I've found greater reward fundraising and marketing for smaller nonprofit organizations like the Bath YMCA, the Brunswick-Topsham Land Trust and the Brunswick Downtown Association. Now I'm excited to turn my attention to People Plus and the wonderful opportunities the center offers.

I've lived in Topsham at The Riverview Farm for almost a decade so my 3.2 mile commute to work is short and sweet. I put my three daughters on the bus and arrive at work to find the center bustling with activity.

Frank's bound to be there, either setting up or taking down one of the several meals he runs every month while chatting with half a dozen Ping-Pong or cribbage players about to start another mean round of competition.

Betsy may have never left as she works tirelessly to keep the center humming along like a well-oiled machine.

From the Executive Director

STACY V. FRITZIE



And you're bound to run into Kathy, Joanne, or Dottie busy with their daily tasks.

If you stick around 'til afternoon, you'll meet Jordan who runs the Teen Center and you just might be lucky enough to meet a few of the grateful teenagers, too!

I am so appreciative of being entrusted with the position of executive director for People Plus. My office door is always open and I hope that you will stop in any time to see me and to say "Hello" and let me know your thoughts and ideas for People Plus. My dog Gertie may be sleeping in there too and we will both be happy to see you!

Volunteers needed

The Center is always looking to expand its core of volunteers. Two or three front desk volunteers are needed immediately to staff the information desk for four-hour shifts in either the morning or afternoon.

If you like to cook, prepare food, wash pots or simply take directions from a man who continues to think he's in charge, maybe you would join our award winning, monthly Lunch & Connections staff.

We'd like to find a grounds and facility volunteer, or two, just to be sure the Center is always safe, looking sharp and welcoming. This is a new position, so the job can be designed to fit the volunteer.

Volunteer drivers are always needed for our shopping and medical appointment drivers, and we need at least one other person to help staff our good morning caller lists.

Planting 'round the flag pole

Join us Wednesday, Nov. 9, at 12:30 p.m. as we beautify our Center with a bulb planting around the flag pole, and several other places.

"We've been given several boxes of bulbs," Frank Connors said, "and we're always willing to accept more." He said the goal is to prepare the Center grounds for spring blooms, and get the flag pole "in shape" for Veteran's Day.



Crafty crafters

Monday Crafters, from left, Bev, Madeleine and Shirley show off hats made for sale at the Center. Each fleece hat costs \$5. For information on buying one, call 729-0757 or stop by the Center.

Legion Post reactivating

The George T. Files American Legion Post No. 20 of Brunswick is being reactivated and a call to old or new members is being issued.

"We are an organization of veterans helping veterans," offered Chic Ciciotte, post membership coordinator. "We also support Boy and Girl

Scouts, Boys and Girls State, Americanism, national security, child welfare, and family support networks.

The post meets on the fourth Wednesday of each month at 7 p.m. at the Elks Lodge in Brunswick.

For more information contact Ciciotte at 725-8543.

Lunch Out!

Nov. 8 at 11:30 a.m.

Kennebec Tavern

119 Commercial St., Bath



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

Liz and I and hot apple pie *By CHARLOTTE HART*

"November's here. This month, you will be nine!
So, Liz, I'd like to know your birthday wish."
"A baking lesson, Gram. Pie baking would be fine.
Let's bake an apple pie! In your blue pie dish."
We'll walk up to the farm stand on the hill
Then wander rows of Cortlands. Pick the best.
Back to the kitchen. Counter tops we'll fill

With peelers and knives, the rolling pin, the rest.
"Great job, Liz! You've laid that crust just right.
Now carve an A. This crust will be the crown.
Heap slices, cinnamon, sugar! Yummy sight!
Paint the top with egg white. Bake 'til golden brown
Now call your mom, your dad, and Jim and Dan and Jean.
Liz! Slice your pie and serve it with ice cream.

When pine needles turn brown *By P.K. ALLEN*

When pine needles turn brown in the fall of the year,
The days get shorter,
the nights cool and clear.
The toys from summer are stored neatly away.
Some birds have gone south while others will stay.
Chipmunks scurry around in search of winter food
To stuff into their pouches,
though not to be rude.

Split wood from outdoors is stacked in the cellar,
Maple and oak trees turn bright red and "yeller."
Animals are wary of hunters on the prowl,
As bird dogs run off to retrieve shot down fowl.
These are some events this season does crown,
It's that time of the year when pine needles turn brown.

A once upon a time Thanksgiving

By RUTH FOEHRING

November is not my favorite month of the year, but we have a special day that month that makes it unique. Thanksgiving arrives late in the month and is something we all can look forward to. It is a day to say thanks for the special blessings we have been given, a day of wonderful aromas and delicious food.

One, once upon a time Thanksgiving, really stands out in my mind. That morning my family and I all piled into our 1982 light blue Chevrolet sedan, and headed from New Jersey to a small town on Long Island where I had grown up. The trip ahead would take about 2 hours, and the New Jersey Turnpike — even back then — was busy. Cars were all traveling for the same reason we were. The back seat held four children, ages 2 to 8 and all eagerly looking forward to seeing their grandparents, but tiring at once of sitting and being nice to one another. My husband kept his eyes on the road. My job was keeping order in the back seat!

I started by telling stories of past Thanksgivings but needed to think of something else and fast. So I began singing, as quietly as possible, that old favorite, "Over the River and through the Woods" but I changed the words to "Over the Bridges and Through the Tunnels to Grandmother's House We Go." Now they were interested and we changed every line and had our very own song that made more sense for this family of 6.

Toll booth collectors were greeted with a cheerful, "Happy Thanksgiving!" The youngest had started this, the oldest frowned, but soon they were all chiming in. We played all the usual games of

counting red cars or a game of Car Bingo that I used in emergencies.

Time passed, and before we knew it our destination was finally reached. The front door opened and there stood Grandma and Grandpa, with beaming faces and arms outstretched. Car doors were opened quickly, slammed shut, and the children ran from the car and the hugging began. We entered the house and savory smells of turkey and a baking pumpkin pie filled the house.

The sweet joy of being together overcomes me even now. The dining room table was set for the feast. Snacks were laid out on the coffee table and the Macy's Thanksgiving Day parade was on the television. After that always came, "The March of the Wooden Soldiers" with Laurel and Hardy.

Then it would be time for the feast. My Father would carry out the turkey browned to perfection and we all sat down. Blessings were said and thanks given. The peace and joy of togetherness filled my heart. Just the memory of it still does.

We left about 5 p.m. and drove home. This time the car was quiet and the youngest fell asleep on his sister's shoulder. Toll booths were entered and no greetings were given. Home seemed so far away but it was finally reached and we all entered with the desire to head for bed as soon as possible and fall asleep.

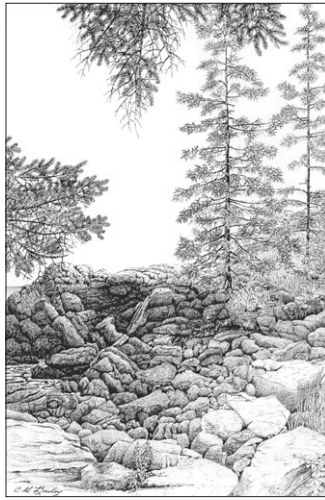
The next day began with questions about Christmas and thoughts of Santa and the gifts he would bring. The Sears and Roebuck Toy Catalog was quickly found and the dream list of who wanted what started. Thanksgiving was tucked away but sealed in our memories and never far away.

Heroes *By GLADYS SZABO & P.K. ALLEN*

I awoke this early morn to the words of a song about this land of the free in which I'm proud to belong.
"Oh say can you see, by the dawn's early light," made me give thanks for the freedom to see such a sight, and for our soldiers defending freedom every day and every night, laden with body armor while from foreign bunkers they fight.
Alert for attacks from land, sea, and air,

evacuating the wounded to get life saving care.
Do I take for granted my warm cozy bed when I should be praying for these heroes instead?
We need to honor our heroes, present and past.
We need to remember them, and to thank them at last.
On Veterans Day and every day we should give them a cheer, because they serve and protect us every day of the year.

Gallery will feature student work



"Reid State Park," pen and ink, by Connie Bailey

The Union Street Gallery at People Plus will feature work by Center artists through December. The multimedia show is a first of the new season for all the students in Connie Bailey's art classes at People Plus. Bailey has classes on Tuesday and Thursday mornings, offering a variety of media choices intended to challenge and expose artists to all sorts of possibilities.

Students invited to exhibit include: Nick Payson, Cindy Fisher, Ann Frey, Frankie Stone, Richard Nickerson, Alfred Tyrol, Paula Spector, Beth Aldenberg, Patricia L'Heureux, Valerie Robbins, Karen Giustra, Marilyn Morse, Pat Zacharias, Susan White, Frieda Wood, Wilma Sarna, Carol Oliver, Joan Tarrzewicz, Claire Gosselin, Richard Jordan, Jackie Jordan, Bill Tracy and Donna Lemieux.

The works can be seen during normal business hours at People Plus.

Let's remember our veterans

By ADELAIDE GUERNELLI

As we remember and honor all the soldiers (men and women) who died in the wars, we must also thank our veterans for risking their lives.

I pray for both groups, but our veterans had to protect small countries that are attacked by terrorists! Neither the dead soldiers, nor the ones that are still alive, knew in advance, what they were going to find, face to face! So we must use our tears to wash their sufferings and pray for all, in the name of God and

our country, the United States of America!

We celebrate Veterans' Day on Nov. 11, and I dare to say, that on that day we must honor all of them, those who are still alive, and those that died, and are in heaven! I only wish that wars could be forgotten forever, and that all human problems could be resolved face to face ... with a calm behavior.

But, I also realize that we, human beings, are not all the same ... so let's stick to our faith and to God!

Thanksgiving *By P.K. ALLEN*

Over three hundred years ago The Pilgrims came to land,
On a rock we call Plymouth,
Half buried in the sand.

They started a festive tradition
We still honor to this day,
By gathering with friends and family
In a very special way

To give thanks to the Almighty
For providing the things we need
To live and grow together
In the good life we lead.

We call this day Thanksgiving,
When we cook and eat and share
The joy of being together
With one of for whom we care.

Memory music *By BONNIE WHEELER*

The beauty of the melody sweeps through me. I stop whatever I am doing to listen. I wonder how the composer of this music was inspired. How the notes drifted through his brain and became black on paper and then travelled through fingers and through instru-

ments to delight generation after generation. Why are we drawn to the hypnotic vibrations reaching inside, reminding us of past memories, taking us away from the ordinary. For a few moments, we are in tune with our tranquil, joyous nature.



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

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.

Come Play Games - Every Monday morning at 9:30 we have a game morning. Coffee, tea, fun & games. Stop in and join in!

Carefree Café -

Our second season continues. This restaurant style meal is for people with progressive memory loss & their caregivers & loved ones. Call and register for this free lunch. October 25th at noon.

Social Security and You!

An educational workshop, "Social Security Planning for Boomers: What Everyone Needs to Know" has been scheduled for Monday, Nov 10th at 1-2 pm, followed by a question and answer session.

The presenter is a Certified Financial Planner. Anyone in the community, especially people within 10 years of retirement, is invited to attend.

Don't forget the **Cyber-Café** at **Spectrum Generations**. We have several computers with printers that can be used free. Free Wi-Fi



Laughing Club for Everyone

If you dread the increasing darkness as winter approaches, you're not alone. This year Spectrum Generations is offering a simple way to help



keep our spirits from sinking—our first Laughter Club.

This movement was started by a physician in India, who recognized its health benefits, and then brought to the United States in 1998 by psychologist Steve Wilson. Today, there are more than 1,000 Laughter Clubs worldwide, and World Laughter Day is observed on the first Sunday in May.

Claire M. Gosselin of Harpswell is a certified laugh leader. She will explain how therapeutic laughter benefits mind, body and spirit, and show us how easy and fun it is to do. As she likes to say, "We don't laugh because we feel good; we feel good because we laugh." Come as you are. The more the merrier so bring a friend.

Our first meeting is **November 3rd at 10:30**. \$2.00 activity fee. Refreshments served.

Computer Class for Beginners

Everyone starts somewhere - we are here to help you learn to use the computer. Our skilled instructor will help you learn to be more comfortable with computers. Bring your own or use one of ours. This Six-week class will be starting early in December and class size is limited so call us now to reserve your spot!



Each year the Center for Medicare Services (CMS) offers an open enrollment period for Medicare

beneficiaries. This year the open enrollment period is earlier than previous years - October 15 through December 7. Spectrum Generations in Topsham, in addition to our normal consulting times is setting aside four complete days for Enrollment clinics. These days are:

Friday October 28th
Tuesday, November 1st
Thursday December 1st
Tuesday December 6th.

Please call for your appointment.

For assistance and a convenient appointment, please call Spectrum Generations Center at 729-0475.

Reike Sessions

Alex Veguilla is a Registered Reiki Master Teacher with the International Association of Reiki



Practitioners and is also a Certified Holistic Life Coach. He promotes wellness through relaxation in his practice and finds that Reiki is a way to allow the body and mind to reach the relaxation point where healing can occur. He has been practicing Reiki for over 6 years and was trained at Hearts and Hands, Inc.

We are offering free sessions with Alex during November.

Call for your appointment at Spectrum generations in Topsham.

Holiday Cards!

Lil will bring supplies and teach us how to make cards and gift tags from old note cards. They are beautiful and easy to make.

Bring scissors and \$2.00. Please call and register so we know how many to expect. November 28th at 1 pm



Bridge Class for Beginner's



Six week beginner's class in bidding and playing bridge. Class starts November 8th at 10 am and will follow the ACBL conventions. Learn this wonderful game in a fun, non-competitive environment! \$15 for all six classes. Call to sign up—729-0475

Stop In and See All That Is Happening

Consumer Information Specialist—Karen Crum 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

NOVEMBER 2011 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>REIKI TREATMENTS are given at the Center. Call 729-0757 to schedule.</p>	<p>9:00 AM Loosen Up! 10:00 AM Ping Pong 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM Teens First 6:30 PM Modern Dance</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Ping Pong 1:00 PM Writer's Group 1:30 PM Tai Chi</p>	<p>9:00 AM Loosen Up! 10:00 AM Ping Pong 10:00 AM Art II 1:30 PM Frauds and Scams 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing</p>	<p>1:30 PM Qigong</p>	<p>10:00 AM Bridge</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 1:00 PM VTN FORUM 7:15 PM Ballet II</p>	<p>9:00 AM Loosen Up! 10:00 AM Ping Pong 11:30 AM Lunch Out! 11:45 AM Ararat Friends 3:00 PM Teens First 6:30 PM Modern Dance</p> <p>Remember to VOTE!!</p>	<p>6:30 AM Foxwoods trip 8:00 AM MEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Ping Pong 11:00 AM Menus & Budgets 12:30 PM Planting around the flag 1:00 PM Writer's Group 1:30 PM Tai Chi</p>	<p>9:00 AM Loosen Up! 10:00 AM Art II 10:00 AM Ping Pong 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing</p>		
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 7:15 PM Ballet II</p>	<p>9:00 AM Loosen Up! 10:00 AM Art I 10:00 AM Ping Pong 12:00 PM FREE HEALING 1:00 PM Quilting Club 6:30 PM Modern Dance</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Ping Pong 11:00 AM Menus & Budgets 11:00 AM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi 3:30 PM Meditation</p>	<p>9:00 AM Loosen Up! 10:00 AM Art II 11:00 AM Bake sale 11:30 AM LUNCH & CONNECTIONS 1:30 PM e-Readers 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing</p>	<p>1:30 PM Qigong</p>	<p>10:00 AM Bridge</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Ping Pong 12:00 PM Bridge 6:30 PM Civil War Book Club 7:15 PM Ballet II</p>	<p>9:00 AM Loosen Up! 10:00 AM Art I 10:00 AM Ping Pong 11:45 AM Ararat Friends 2:30 PM CAFE en FRANCAIS 3:00 PM Teens First 6:30 PM Modern Dance</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Ping Pong 11:00 AM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi 3:30 PM Meditation</p>	<p>24 THANKSGIVING Center is closed.</p>		<p>1:30 PM Qigong</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Ping Pong 10:00 AM Chair yoga 12:00 PM Bridge</p>	<p>9:00 AM Loosen Up! 10:00 AM SHOPPING TRIP 10:00 AM Ping Pong 10:00 AM Art I 2:00 PM Teens First 6:30 PM Modern Dance</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Ping Pong 11:00 AM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi 3:30 PM Meditation</p>			
Teen Center open, Monday through Thursday, 2:30-5:30 PM					

Foxwoods, Portland shopping trips set

Call immediately if you want to join the bus trip to Foxwoods Resort and Casino. The luxury motor coach leaves the Bath Senior Citizen's Center at 6:30 a.m., Nov. 9, and leaves the Topsham Fair Mall at 6:45 a.m. The \$45 cost includes transportation, a noontime buffet at the casino and a Keno ticket. Return to our area is usually between 6 and 7 p.m.

The after-Thanksgiving shopping trip to South Portland's Christmas Tree Shop leaves the Bath Center at 9 a.m., and the Topsham Fair Mall at 9:15 a.m.,

on Tuesday, Nov. 29. Lunch on your own will be at Portland's Cracker Barrel restaurant.

Cost of the bus is \$5 for members, \$7 for nonmembers of the Bath center or of People Plus. Register for both trips at the Bath center by calling 443-4937. For more information, contact Frank Connors at People Plus (729-0757), Iona at the Merry Meeters in Topsham at 729-7686, or call the Bath Center.

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Monday/Saturday bridge

Sept. 17: Carol Markell, Bill Buermeyer and Yvette Dumont
Sept. 19: Lorraine LaRoche and Frank Wicks
Sept. 24: Gladys Totten, Hope Russell and Marsha Blackman
Sept. 26: Bill Washington and Cecil Eldredge
Oct. 1: Richard Totten, Bill Buermeyer and Marion Schneider
Oct. 3: Gladys Totten, Frank Wicks and Jimm Linkovich
Oct. 8: Yvette Dumont, Gladys Totten and Cecil Eldredge
Oct. 10: Cecil Eldredge and Gladys Totten
Oct. 15: Mary O'Connell, Bill Washington and Donna Burch

Intermediate cribbage

Sept. 21: Joseph Toney, 721; Nancy Laffely, 709; Leah Nelson, 704; Pamela Frampton, 699; Yvette Dumont, 697.
Sept. 28: Mike Linkovich, 715; Cecil Eldredge, 711; Virginia Linkovich, 702; Darryl Wood, 701; Leah Nelson, 697.
Oct. 5: Richard LaPointe, 706; Lois Fournier, 695; Robert Melhorn, 690; Darryl Wood, 686.
Oct. 12: Germain LaRoche, 707; Andrew DeBasso, 703; Darryl Wood, 701; Cecil Eldredge, 700.
Oct. 19: Lois Fournier, 724; Andrew DeBasso, 703; Richard LaPointe, 722; Germain LaRoche, 701; Priscilla Sargent, 689.

Transportation forum planned

On Monday Nov. 7, at 1 p.m., the Volunteer Transportation Network will hold a forum for volunteer drivers, community partners and VTN riders.

The purpose of this meeting is for the program stakeholders to discuss how the service is meeting their needs, what needs improving, and how to best deliver transportation services going forward.

We hope to see many of you at the forum, but if you are unable to attend and would like to share your thoughts, give the VTN program a call at 729-0757.

Your perspective is vitally important as we work to improve access to transportation in the Brunswick, Topsham and Harpswell communities.

If you will need a ride, give us a call as soon as possible.

'Good Morning' program volunteers needed

Every morning at 9:30 a.m., the Good Morning Program quietly provides a vital service to isolated elders in our communities. By checking the phone messages left by members of the program — indicating that they are "OK" — volunteers help to ensure the safety of older and disabled adults.

People who might otherwise "fall through the cracks" are reassured that others are concerned about their welfare. If the program volunteer does not receive a call from a member, volunteers will set in motion attempts to contact the individual, and will notify law enforcement to do a wellness check if necessary. The volunteer opportunity involves a twice-per-month, one hour commitment of time. Presently, the work is being done at the Brunswick Police Department, but plans to allow volunteers to work from home are under way. Please call the People Plus Center to learn more about this meaningful volunteer opportunity.

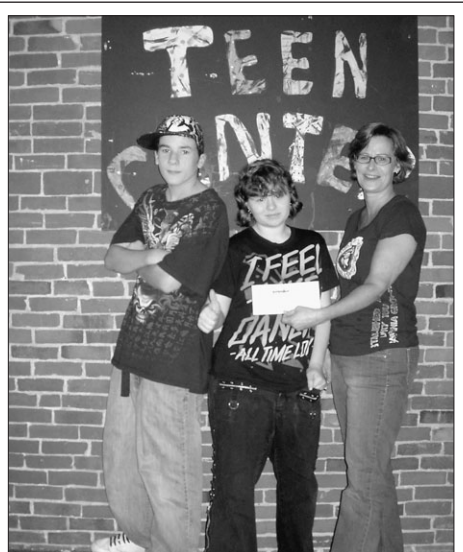
Create your cards

Get your holiday fires burning as you create your own masterpiece of a Christmas card. Connie Bailey has been designing her own holiday cards for years, and will lead this class. Envelopes are provided by local Hallmark stores. Bring in your old greeting cards, photos, ribbons, buttons, etc., and watch the magic happen. Class is Dec. 1, from 1-3 p.m. in the activity room. Suggested donation is \$5.



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.



The Teen Center sends a hearty "thank you" to the Brunswick Shaw's Super market. Working with their partners at Frito Lay and Pepsi, Brunswick's Shaw's presented two checks to the Brunswick Teen Center totaling nearly \$950.

Maine is the oldest

Maine has the oldest citizenry in the nation, according to the U.S. Census bureau.

In 2010, the bureau reports, Maine's median age of 42.7 years is two years older than the median age in Florida, and more than five years above the

national median age of 37.2 years.

Vermont had the second oldest median age at 41.5, and New Hampshire followed close behind with a 41.1 average. Utah, with a median age of only 29.2, can claim to be the youngest state in the United States.

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Caskets under the bed

The decline in "John's" health was so dramatic and rapid that "Ellen" knew it was time for her to make the call to their kids.

In the year just past, John had suffered increasingly from a debilitating illness, and in the last month, a fall had broken several bones and punctured a lung. Now he rested quietly, Ellen at his side, refusing "extraordinary treatment," and calmly awaiting what was next.

John and Ellen had been married more than 50 years, nurturing daily the love and the bond that had carried them through all the difficult days of his illness, and prepared them for this day.

The boys immediately answered their mother's call, visiting their dad at the hospital, coming home to busy themselves with leaves, mowing and other chores. It was an important time to find projects, and their mother was eager to please.

"Go up to our bedroom," she suggested quietly, "and bring down one of those wooden kits you'll find under our bed." Eager to please, the boys bounded up the

stairs, only to return in five minutes, faces ashen, expressionless, carrying a pile of pine and instructions to assemble a casket.

The story is that John and Ellen, years ago, had visited a carpenter's shop and decided, "it would be useful to be ready," so they purchased two casket kits, carried them home and slipped them under their bed. "There was just never a time to tell the kids," Ellen explained simply.

That same night, with the family gathered and John resting comfortably at the hospital, there was a family meeting and Ellen, the boys, their wives and their kids developed a united front to be sure that John's final wishes could be met. They planned a final celebration of John's life, and managed to share the joy, with the sorrow, of his passing.

I'm reminded of a time when Jane and I took her parents on one of our extended annual trips. We were outbond, driving through Freeport and headed for Michigan. Jane flipped out two folders and announced to her folks, "before we come home, I want to know all there is to

know about your hopes and plans for your final days." My knuckles went white on the steering wheel, and we were through Portland before I even dared a glance in the rearview mirror.

Jane's mother, Barbara, opened first. She wanted to be cremated. She said that she wanted to be buried with her son, she wanted to go quickly and she didn't want any fuss. Norman stayed quiet, offering advice when it was asked. I bet we drove more than 100 miles as we chatted over Barbara's obituary, learning stuff about this gracious woman that I suspect her husband of more than 50 years didn't know. Norman's comfort level increased as the days wore on, and I think they penned their signatures onto a formal directive as we drove down Pleasant Street, almost home. We had chatted on and off that whole trip, planning a certain future, and noting details of two storied, and busy pasts. It was a wonderful, enlightening experience.

Speaking Frankly

FRANK CONNORS



And I'm reminded of another discussion with an old friend named Caroline, who I once gave a hard time for pre-planning her funeral and erecting her own gravestone. She was quick to say, "You don't die a second sooner, just because you're ready," she'd say, and then add, "and think of the work I'm saving my family"

When you think of it, it has everything to do with family first. Life is made infinitely easier for everyone at a time of sorrow and crisis. Second, every one has a sense that things are done in a process that everyone can embrace. Jane and I reddid our wills this fall, her advance directive is finished and mine is almost done. Thanks Ellen, for the motivation.

New or renewing members

*Indicates donation with membership.	Jeanne Stinson	Ellen F. Toomey
BRUNSWICK	TOPSHAM	OTHER PLACES
Louise Colburn*	Lisa Webster	Thomas Jalbert,
George Phipps	Beverly A. Pearson	Bowdoinham
Valerie Lizotte	Marie York	Rob Mackenzie,
Carole Sargent	Hermia Tucker	Richmond
Dorothy Moody	HARPSWELL	Joan M. Steele, Old
Krista Woodbridge	Marilyn T. Otterstein	Orchard Beach
Paula Kappel	Donna Lemieux*	Elizabeth Steen,
William Washington	Marilyn Strout	Bowdoinham
Jacqueline Lord	Denise Deshaies	Jean Jenkins, Durham
Don Weatherbee	Allen Tucker	Frances Stone, Bath

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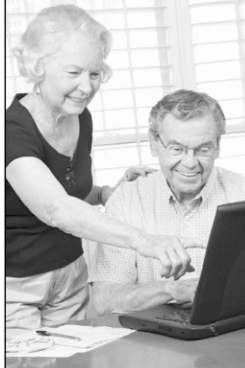
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Meditation for Well Being at People Plus

By JILL VICTOR

Guided meditation can bring us back to center and help to create more resources for living our daily lives, according to organizers. It can boost the immune system and quiet us to promote healing. It's a gentle loving thing we can do for ourselves in the course of our busy and demanding lives.

With their extensive experience, leading and teaching guided meditation, we are beyond fortunate to have Stephanie Batterman and Karen Foley to lead our new group.

Guided meditation at People Plus is nondenominational and nonsectarian — not connected with any specific religious practice.

After a quick check in, Karen and Stephanie will lead us into guided relaxation of body and mind and then walk us through a 20-minute guided meditation to support our well being. The session will end with an opportunity, for those who wish, to talk about the experience or ask questions.

Meditation is a way to nourish ourselves so we can better help others. It can help us function more calmly and become more intentionally present in our lives.

Meditation for Well Being meets Wednesdays, beginning Nov. 9, from 3:30-4:30 p.m. at People Plus, 35 Union St., Brunswick.

Cost is \$24 for four sessions in November. Call People Plus at 729-0757 to sign up.

CLASSIFIED ADS

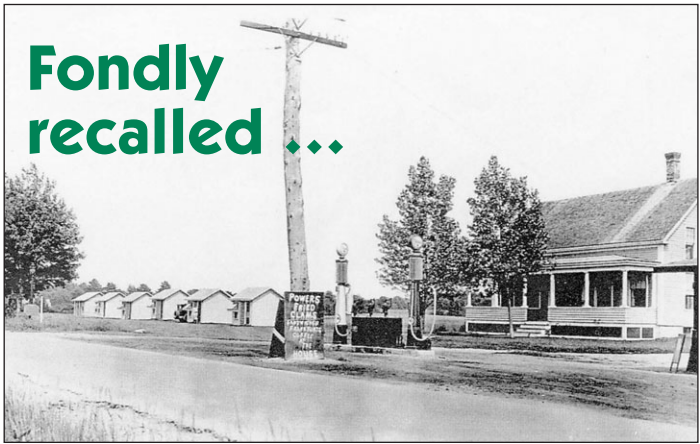
For sale. Beautiful condo, located in West Palm Beach, Fla. One bedroom, one bath, screened porch and completely furnished in a gated, 55-plus community. \$20,000. For more information and pictures, call Louise, 729-3480.

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, ask for Frank.

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.

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.

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 ...

Power's Overnight Cabins, located on Route 1 in Brunswick, had more than a local reputation for it's fried clams. Fact is, we're told on more than one occasion that Charles Lindberg and his family dropped in to enjoy a batch, followed by some Turner Center Creamery ice cream! This picture was offered by Brunswick's Village Heritage Society, hoping there may be an "ol' timer" or two in the area with more information. If you have old area pictures to share with readers of People Plus News, please contact Frank Connors, 729-0757.

e-Readers and iPods Librarians demonstrating technology

Mark your calendars for Nov. 10 when Paul Dostie and Linda Oliver from the Curtis Memorial Library will teach "Everything You Ever Wanted to Know About e-Readers."

E-Readers turn every book into a large print book, that weighs less than a small paperback and can fit in a handbag. No more waiting for the Best Sellers to come out in large print. You can borrow library books by downloading them into your e-Reader at no additional cost. The librarians will bring an assortment of

models to try, so you can compare features and see if an E-Reader is right for you.

This informative technology workshop session is Thursday, Nov. 10, from 1:30-2:30 p.m. at People Plus, 35 Union St., Brunswick.

The class is open to the public for a donation in any amount to People Plus. Call People Plus at 729-0757 to reserve a spot.

The December technology workshop will be on Dec. 1. "MP3 Players and

iPods: What they are and how to use them," will be led by Melissa Orth from the Curtis Memorial Library. Learn about these pocket-sized devices, including how to use them to listen to music and library audio books anywhere you go.

MP3 players and iPods only play what you load onto them, so you only hear what you want to hear — just your favorite music, without advertising.

The session runs from noon-1:45 p.m. in the Teen Center.

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*www.Medicare.gov, Medicare's 2012 Plan Quality and Performance Ratings.

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