

People News

plus The Center That Builds Community

People Plus
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Brunswick, ME 04011
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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."

Save the Date



April 12, 5-9 p.m.
Knights of Columbus Hall,
Brunswick

Gala turns 10

The 10th annual Music in April gala, set this spring for April 12, will be "an exceptional mix" of what has worked in the past and "some new and exciting twists," according to its organizers.

The sponsorship roster is already nearly complete, led again by Downeast Energy returning as the Fortissimo event sponsor, and the hunt for irresistible auction items is also well under way.

Once again, this signature annual fund raising event will include a buffet dinner, silent and live auctions, and several live musical performances. The gala will be held in the beautifully decorated Knights of Columbus ball room, beginning at 5 p.m. with a cash bar and hors d'oeuvres.

Former People Plus board member O Jeanne d'Arc Mayo, whose leadership over the past five years has led to sold-out festive evenings generating record proceeds, is co-chairperson this year with board member Lennie Burke. They are hard at work on each and every detail with vice chairperson and

Please see GALA, Page 11

'Sadie Hawkins' Social
See page 10

Banks joins Center staff



REBECCA BANKS and Executive Director Stacy V. Frizzle help prepare quiche for the first ever Women's Breakfast at People Plus Center on Jan. 25.

Programming and outreach will be her focus

Topsham resident Rebecca Banks has named the new program and outreach coordinator for People Plus. Banks, most recently the development coordinator at the Brunswick Downtown Association, started the job in mid-January. "I just love it here."

Banks said last month while helping produce the Center's first Women's Breakfast, "the people are so very open and helpful."

A graduate of the University of Texas with a degree in business administration, Banks is married, and lives with her husband, Jonathan, her daughters Isabella and Emma, and son, Jack, in Topsham. She is a former AmeriCorps Volunteer, specializing in community relations, and a board member of Brunswick's Learning Land Nursery School.

In 1996-97, she was a Peace Corps volunteer in the Republic of Congo. She managed the events department for a health care research company in Washington, D.C., for five years, and has operated her own small business here in Maine.

Lunch & Connections: Baked ziti casseroles, 'deep & tasty'

Our luncheon on Thursday, Feb. 16, will feature deep-dish baked ziti (noodle) casseroles, both meated and non-meat, drenched with cheeses, Italian spices and tomato sauces. Our dessert will be Beth Carr's special King's cakes and the theme this month will be "love your valentines" and a salute to the Mardi Gras season.

"This one will be fun," chef Frank Connors promised. "Hearty and wholesome food, lots of fun and excitement during the meal."

There will be a food sale accompanying the February luncheon, to benefit the kitchen stove fund, and we'll feature the drawing of the Chocolate basket raffle.

Of course there will be a fresh, lightly dressed green salad, and crispy, warm Italian bread. Veggies will include peas, carrots and broccoli. Coffee, tea, fruit juices and milk are offered with each meal, and the King's cakes will be served with rainbow sherbert and a fruit cup.

A CHANS home-health care professional

is always on hand in the cafe to offer a free blood pressure check. Focus of this monthly Lunch & Connections program, underwritten by Spectrum Generations, is nutrition, information and variety.

Doors open at 11:30 a.m., and reservations for seating are encouraged, and obtained by calling the People Plus information desk at 729-0757. Seating is limited to 60 people. Suggested donation is still only \$5 for members and \$7.50 for all others. Lunch is served at noon.

'Have a Heart' is Valentine's message

The Center Stage Players have created a production titled, "Have a Heart," and the show will have its "world premier" at People Plus on Tuesday, Feb. 14, Valentine's Day. The Players will perform selected poetry and stories, and offer some of their own original remembrances of Valentine's Day. With their presentation, the Players aspire to awaken fond memories in everyone who attend their performances.

You will not want to miss Joan Brewer and Rodney Sarle in their, "Valentine Surprise," or Patricia Johnson as she recalls her valentine memories on an isolated island. New member Sybil Baker will offer her unique interpretation of Maggie Smith

at a Valentine's Day party in America, and Millie Ackley will offer her original childhood memory titled, "The Red Box."

After the performance, People Plus will host a wine and cheese reception to extend the festive day, and give everyone a chance to meet and make new Valentine memories.

Suggested donation for the presentation is \$5, and will be shared by The Theater Project and People Plus. Tickets for the Cafe wine tasting will be \$3 for one glass or \$5 for two.

A Basket of Chocolate raffle, featuring chocolate treats from Wilbur's of Maine, will be available to look at and touch. Drawing will be at our February luncheon on the 19th.

Author's Chat featuring 'A Bailey Island Girl Remembers'

Janet Freeman Baribeau comes to the People Plus Cafe on Wednesday afternoon, Feb. 15, to read from, show photographs, and tell stories about her book, "A Bailey Island Girl Remembers." The discussion starts at 2 p.m.



Freeman grew up among the lobster fishermen, the restaurant owners, the "locals" and the "summer people" and over the years, many of them became her extended family. Baribeau's long line of maternal ancestors and her love for the

island and its people prompted the writing of this book, which she has loaded with photographs offered from family and friends. She "has tried to show and share a life that is no more." Brunswick's Gulf of Maine Books will have copies available for purchase and for signing.

Author's Chats are a new feature at the People Plus Center. Last month, former Gov. Angus King (photo, page 2) opened the series, and next month, Freeport poet and author Ken Nye will be our guest.

Reserve your seat by calling 729-0757.

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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Rebecca Banks Program and outreach coordinator rebecca@peopleplusmaine.org

People Plus dues, still only \$25

Passed in a flash

The older I get the faster the days whiz by. "Tempus Fugit," my wise, old dad would say, trying to impart some knowledge into my stubborn, youthful mind.

Time flies he meant, and though I didn't believe it at the time, now of course I can see the "grains" slipping through my fingers every day. With three children, it has never been more apparent.

The same is true here at the Center, so it is not hard to believe that it is already time for my 90-day review. I really love working here and know that every day we do something that really helps other people and improves their lives.

But what have we really gotten done in the last 90 days?

We are approaching 100 new members, have many new committees, tons of fun and interesting new programs, dozens of stimulating social and outreach events,

scores of membership benefits in town with local business partners... (I hear a song coming on...)

12 blankets for yoga classes

11 new classes

10 people who played Game On!

9-hundred pound granite bench

8 toys chewed by Gertie

7 new grant applications

6 computers from Bowdoin College

5 Times Record editorials

4 sold out lunch and connections meals

3 News and Views shows,

2 grants awarded

1 Pulse page

And a new employee named Rebecca Banks!

As I write this, Jack Hudson and Dan

From the Executive Director



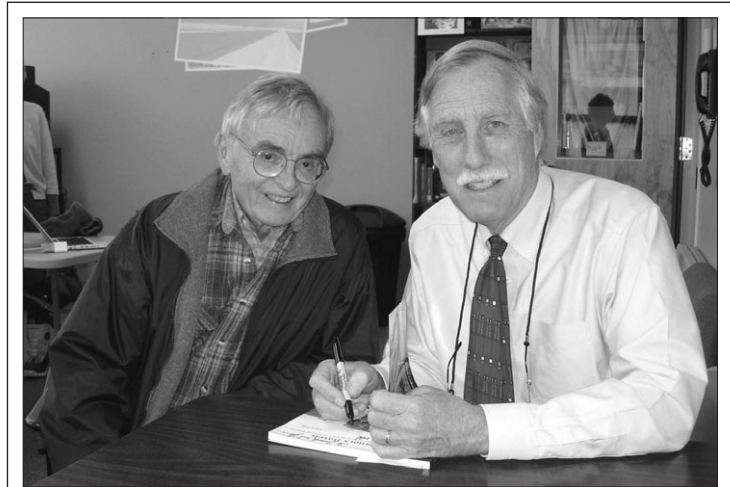
STACY V. FRIZZLE

Ehlers, our volunteer computer technical support team is setting up a bank of four computers for an Internet cafe.

These computers are now available for members to use to surf the 'Net, create Word documents or resumés, check their Facebook pages or shop online.

The World (Wide Web) is the limit! Thank you Jack and Dan for your amazing hours of contribution to People Plus.

It is such an exciting time at the Center and it really seems to be flying by. I can't wait to see what the NEXT 90 days brings.



Signing Up

People Plus Write On! writer's group member George Phipps, left, chats with former Gov. Angus King over the signing of his book, "Governor's Travels: How I Left Politics, Learned to Back Up a Bus, and Found America," during the first Author's Chat last month.

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"Aleutian Volcano" photograph by Priscilla Sargent.

Sargent photos featured

The Union Street Gallery at People Plus features photographs by Priscilla Sargent through February. Sargent specializes in "natural world" photography, both directly and abstractly, and is well known in this area.

"My photography mirrors the traveling I have been fortunate to do, and my interest in the natural and manmade world," she said.

Sargent describes herself as a "Maine transplant," having lived here since 1969. Originally, she lived in the Waterville region. She says her first camera was a Kodak Brownie that she was allowed to take to summer camp on Orr's Island. She now uses a Nikon D-90 with a 28-300 mm zoom lens.

The show is free, and is available for review during normal business hours.

From Nice to Ice

By *LYNNE KRESGE*

Gentle breezes, warm on skin
 Ocean waves lapping softly
 Lifting voices, British accents
 Jamaican beauty of landscape and people
 Pina colodas flowing,
 Flowing, flowing
 A cry heard ----
 Leaving, leaving, leaving
 Now bitter cold in summer jackets
 Ice, crusted snow
 Chipping, clearing
 Tires spinning,
 Spinning, spinning
 A morning vastness of white
 Cracking, scraping, aching
 Images of beaches, flowers, sun
 Reality speaks
 From nice to ice

That Super Day

By *P.K. ALLEN*

It's that super day of the year once again
 bringing gusto and courage to all of the men.
 Though some ladies do care while others deplore
 the carrying on when our team makes a score.
 First, we gather with friends who are in a good mood,
 then break out the peanuts, soda, beer, chips, and food.
 As we huddle by the T.V. and pass strategies around,
 our quarterback is sacked and lies on the ground.
 This scene is repeated in each house in each town,
 the cheering and jeering with each pass and first down,
 Which tells everyone near that it's a great way
 to spend time with your friends on Super Bowl Sunday.

February Lament

By *VINCE McDERMOTT*

I don't mind snow
 I don't mind wind
 I don't mind cold
 I don't mind sleet
 BUT NOT ALL AT ONCE!

Sue Ellen Smith found a neighbor with brains

By *C. H. LEGRANDE*

Sue Ellen Smith's family moved to Princeton, New Jersey (Sue Ellen was in second grade.) To a big old house on Mercer Street With gardens and lawns and tall elms for shade.
 Neighbors were Madisons, Fords, and Stocktons.
 Conleys and Altmans in old homes? Quite fine!
 Stewarts and Cunninghams lived there too
 And on Mercer Street, near Sue Ellen's house lived people named Einstein.
 Sue Ellen's school was not far away
 She'd walk there with friends, wave good-bye to her mother
 With blond hair swinging in a long pony tail,
 Book bag in one hand, lunch box in the other.

She came home alone in the afternoons
 With happy smile and bouncy step through the gate.
 Her mother looked at the clock and said,
 "Sue Ellen, these days you are getting home late."

"I've been stopping at Dr. Einstein's house
 He teaches morning classes. Then he's

Love at First Sight

By *GLADYS SZABO*

Do I believe in love at first sight?
 Yes, it happened to me one magical night.
 As we entered a party, smiles were exchanged.
 All of a sudden I was feeling so strange.
 My heart was beating like a snare drum.
 My stomach had jitters and my legs went numb.
 My eyes searched him out as he graciously mingled,
 Too shy to approach, having just become single.
 The evening ended without an introduction.
 My chances were gone, was my deduction.
 To my surprise, a second chance I did get.
 He asked me to dance, I will never forget!
 How did I not notice that very first night,
 That he never let me out of his sight?

home for a rest.
 Then he walks in the park. Then he visits with me.
 Then he plays his violin; he likes that best."

"You've been stopping at Dr. Einstein's house?
 Sue Ellen! Do you know who he is? Oh, dear!
 He's world famous! A genius! A physics professor!
 You shouldn't do that! You're a bother, I fear!"

The next afternoon Mrs. Smith and Sue Ellen
 Met the great man on his afternoon walk.
 "I have to apologize, Dr. Einstein, for Sue Ellen.
 She's been bothering you. She does love to talk."

Those marvelous eyes twinkled. Einstein smiled.
 "A bother? Not at all. A favorite of mine is Heath Bar Crunch.
 I help Sue Ellen with arithmetic homework.
 She saves me a Heath Bar cookie from lunch."

February snow

By *BONNIE WHEELER*

Snow falling off a new tin roof
 No shoveling. Sliding off is prof.
 Just pray you aren't standing below
 When a ton of snow decides to go.

Please cover period seven

By *C.H. LEGRANDE*

I spent years teaching English and Social Studies. The classroom is a challenging, exciting, and rewarding place. However, one job assignment I never liked was "covering" some other teacher's class. A prime example was the day I was told, "Mrs. Jackson will be out during period 7. Will you please cover her Home Ec. Class. She has the lesson all planned. Here it is."

"Period 7. Room 302. Grade 7. Home Economics. Sex Education." During 5th period study hall, I read through Mrs. Jackson's lesson plan. "Role Playing" (Oh joy!) "Reacting in Sexual Encounters" (I can hardly wait!) "Dealing with unwelcome sexual advances" (I am not prepared for this.) "S.T.D." I grabbed an Oxford Random House Dictionary. S.T.D. - Doctor of Sacred Theology. (How strange!)

Luckily the class was a serious and respectful group of seventh-graders. We plowed through the lesson fairly smoothly until I mentioned, "S.T.D. Doctor of Sacred Theology" A helpful boy in the first row whispered, "Mrs. LeGrande, in this class, S.T.D. means sexually transmitted disease."

Was my face red!



There's a **WORLD** of **NEWS** out there.

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SIGNS of improvement at Teen Center

By JORDAN CARDONE

The Teen Center has re-opened after the holiday break. The program is open Monday, Tuesday and Wednesday from 2:30 to 5:30 p.m. and the Teen Center office is open on Thursdays also.

Note the very cool new signage above the door. Donated by Carrot Signs — thank you Allen, Brenda and Jamie Buonaiuto — the signage sports the familiar Teen Center lettering.

The teens will now be entering and exiting the Teen Center from the Union Street entrance located in the front of the building.

Over the break, which was spent cleaning, washing, moving stuff around working on projects and program planning, I found myself listing items we are in need of. In the hopes that someone has some of this lying around, I am sharing our "wish list":

- Computer "task" chairs
- A small computer stand on wheels
- Coat rack to mount on wall (one or two)
- Curtains: 84 inch length (we need three or four warmer panels) and 1 to 3 sheer or thinner panels that would keep sun glare out.
- Curtain rods (I think the windows are about 45 inches wide)



- A refrigerator (bigger than dorm size but smaller than big full size)
- 4 drawer locking file cabinet

We continue to send our thanks out to our People Plus faithful snack donors, our volunteers and the community members, groups and businesses who help support the teen center program.

We hope to spend February drinking hot chocolate, celebrating Valentine's Day, riding the Explorer bus somewhere fun and resting during the February school vacation break.

Happy winter.



Water, water everywhere

Patti Biggs, manager of the Shaw's supermarket at Cook's Corner in Brunswick, helps load the last of 1,726 water bottles that were purchased by the Brunswick Rotary and donated to the Teen Center.



Teen Center coordinator Jordan Cardone joins member Simone and Center intern Chris under the new sign marking the new entrance to the Teen Center. In photo at top, Allen Buonaiuto, owner of Carrot Signs in Topsham, finishes installing the sign his company donated.


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As a service to seniors and those with disabilities, Curtis Friends provides FREE home delivery service to library cardholders from Brunswick and Harpswell.



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- Call 725-5242, ext. 301 or
- Email friends@curtislibrary.com.
- Leave a message with your name and phone number.
- The coordinator will call you back to register.

Once registered, each person is matched with a volunteer who will deliver (and return) materials as requested.

spectrum generations

Southern Midcoast Community Center
12 Main St., Topsham
Open Monday thru Friday 9am to 3pm
729-0475

Live Healthy

Professional Foot Care Clinic
 R.N. Jeanne Otis offers foot care 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.

Healing Arts Spectrum Generations is pleased to have Harpswell Healing Arts available twice a week at our center. April Joy Parinotto is an ABMP certified, licensed Massage Therapist and Polarity practitioner, and a graduate of the Holistic massage program at Spa-Tech Institute in Westbrook.



We are very pleased to have April offering her services here at the center. She is running a special—\$39 for an hour long massage. Call for an appointment. 729-0475

Senior Farm Share Participants in the Senior Farm Share Program are entitled to receive a Farm Share (\$50 worth) of first quality, fresh, local produce from a Maine farm for a core 8-week period during the growing season. The variety of produce and supply method will vary depending on the farm you choose.

Learn about this important program at our seminar on Thursday March 1st at 1 pm. Call us for more information and learn how you can get healthy produce on this popular program. 729-0475

Live Well

Laughing Club If you dread the increasing darkness as winter approaches, you're not alone. "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. Thursday mornings at 10:30. \$2.00 fee



Get Connected

Carefree Café This wonderful restaurant style meal is for people with progressive memory loss and their caregivers. Relax in our elegant environment, quiet jazz music by the fireplace with exceptional food choices provided by volunteers. Carefree Café answers the need of caregivers who wish to enjoy a special outing with their loved one. Lunch is free but reservations are required so that we may keep it an intimate affair. February 28th at 12 noon. Call 729-0475 for more information.



Fireside Luncheon Starting March 2nd, Spectrum Generations will be serving lunch on Fridays. We are calling this event *Fireside Luncheon by Spectrum Generations* to recognize our comfortable dining room with our fireplace.

Call 729-0475 and reserve your spot as seating is limited. The cost is \$5.00 for those under 60 and for those 60 and older a suggested donation of \$4.00.

National Senior Independence Join us on Fridays in February to learn some of the services and techniques for remaining independent as a senior.

February 17th: Learn about services available from Spectrum Generations as your Agency on Aging. Presented by Bridges, 1pm. Free

February 24th: Learn about personal service care from Hearthside Senior Assistance. 1pm. Free

March 2nd: Chans will be talking about services they provide that may make the difference in helping one stay independent. All are on Fridays at 1 pm. Free

Don't forget our **CyberCafé.**

We have several computers with printers that can be used free. We also have free Wi-Fi available throughout the building. Visit us while you visit the web and get connected!



Agency News

Welcome Shannon Hall

Spectrum Generations welcomes Shannon Hall as our new Nutrition Coordinator for the Southern Midcoast area of Spectrum Generations. In this position she will be responsible for the Meals on Wheels Program and congregate (social) dining in the Sagadahoc county region as well as Brunswick and Harpswell.



She graduated from Keene State College in 2011 with a degree in Nutrition. Before her graduation Shannon was very active in her local community and has spent time working on an organic farm in New Hampshire. Seeing the process of vegetable growth through meal incorporation, Shannon was able to shape her skills as a nutritionist. Upon graduation, she has most recently been volunteering at Women, Infant and Children

(WIC) where she discovered her passion for working for non-profit organizations.

Shannon has just moved to Portland where she found the opportunity here as the Nutrition Coordinator for Spectrum Generations. Shannon said during our interview, "I look forward to learning and growing within this position and helping the local community. I will enjoy meeting everyone involved in the program and center. Please don't hesitate to stop in my office to introduce yourself!"

Get Answers

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 729-0475 for appointment.

Consumer Information

Do you have questions about what services are available for you or your loved ones? Karen Crum is available to help you obtain information on benefits and savings programs. Call 729-0475 for an appointment.

Meals on Wheels

Do you know someone who is homebound and doesn't have a support system to regularly eat? If so, we have the answer. We deliver nutritious meals to shut in seniors 60 and older and to disabled adults. **We Sustain Maine**, our new award winning senior nutrition program, has begun using locally grown products from the fields of Maine farms. Call 729-0475 today for more information.

Welcome to Medicare If you are turning 65 soon, or have recently turned 65, or know someone who is, attend this seminar and learn how to enroll, and what Medicare means for you. **Tuesday, February 21st, 1 pm** Free



Spectrum Generations is a designated **Aging and Disability Resource Center (ADRC)** that promotes independence and dignity for individuals. If you need answers on aging and disability issues we are here for you. We provide easy access to information to assist consumers in exploring a full range of long-term support options plus provide resources and services that support caregivers.

AARP Tax Assistance February, March, and April Spectrum Generations is hosting AARP in their tax preparation service. This is a free service that just requires an appointment. Call 729-0475 for more information and to make your appointment. Starts February 6th.



PROUD TO PARTNER WITH PEOPLE PLUS

Membership has its privileges ... *and rewards*



Did you know there are dozens of local businesses that offer you special deals and discounts IF you show them your People Plus Membership card? Annual membership in People Plus is still only \$25, and the day you enroll

becomes your anniversary date. Your membership becomes an important piece of the Center's annual operating budget, and now, when you show it around town, it has more value to you. Below is a list of local businesses that

support People Plus by offering you special discounts. Watch for additional businesses and organizations in future People Plus News editions, or check us out at www.Peopleplusmaine.org.

Show your card and save

We are grateful to the following businesses in the greater Brunswick area who offer special discounts to patrons showing a People Plus membership card:

Beauty Salons/Skin Care

Reflections: 10%, Monday-Friday
2 Center St., Brunswick
729-8028, www.reflectionsbylucy.com/

Candy

Wilbur's of Maine: 10%, Anytime
43 Maine St., Brunswick; 729-4462

Chiropractor

Augat Chiropractic: Free consultation and cursory exam
9 Pleasant St., Brunswick; 725-7177

Dry Cleaning

J&J Cleaners: 10% Pickups, Wednesdays (customers over 55)
Maine Street, Brunswick; 729-0176

Florist

Pauline's Bloomers: 10%, Anytime
49 Maine St., Brunswick
725-5952, www.paulinesbloomers.com

Garages/Service Stations

Autometrics: 10% Anytime
21 Bath Road, Brunswick; 729-0842

Brunswick Ford: 10% on Parts and Service
157 Pleasant St., Brunswick; 725-1228

Lee's Tire & Service: 10% on Parts (excludes Tires)
35 Gurnet Road, Brunswick; 729-4131
27 Monument Place, Topsham; 729-1676

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725-7020, www.tirewarehouse.net

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Portland Glass: 10% on Materials (\$50 max)
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www.portlandglass.com

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Shift: 10% on Wednesdays
56 Maine St., Brunswick; 729-4060
www.shiftofmaine.com

Optical and Hearing

Berrie's Opticians: 20%, Anytime
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Maine Optometry: \$30 off complete pair of glasses
82 Maine St., Brunswick; 729-8474
www.maineoptometry.com

Nickerson Optical & Hearing Aid Center: 15% Optical, 10% Hearing
82 Baribeau Drive, Brunswick
725-1110, www.nickersonoptical.com

Recreation/Entertainment

Eveningstar Cinema: Buy one ticket, get one free at Monday-Thursday Matinee; free bag of popcorn at evening shows
149 Maine St., Brunswick; 729-5486
www.eveningstarcinema.com

Maine State Music Theatre: 10% off Season Pass
22 Elm St., Brunswick; 725-8769
msmt.org

Play It Again Sports: 10% Anytime
124 Maine St., Brunswick; 729-3900
www.playitagainsports.com

Spare Time Bowling: \$1.85/String, 7 days a week, 9 a.m.-5 p.m.
276 Bath Road, Brunswick; 725-2963
www.sparetimebrunswick.com

Restaurants

Arby's: 10%, Anytime, excluding coupons
Topsham Fair Mall Road, Topsham
729-8244, www.arbys.com

Big Top Deli: 10%, Anytime
70 Maine St., Brunswick

721-8900, www.bigtopdeli.com

Fairground Café: 10%, Anytime
Topsham Fair Mall
729-6366

McDonald's: Free Dessert with Purchase
11 Gurnet Road (Route 24), Cook's Corner, Brunswick; 729-4416
www.mcmaine.com/1080

Sam's Italian Foods: 10%, Except for Specials (Patrons over 60)
Cook's Corner, Brunswick; 725-4444

Tavern at Brunswick Station: Buy one entrée, get one half off
4 Noble St., Brunswick; 443-3538
www.innatbrunswickstation.com/tavern_dining/

Stores

Bowdoin College Store: 10%, Anytime
Station Avenue, Brunswick; 798-4344
www.bowdoin.edu/bookstore

Indriani's: 10% on Non-sale Items, Mondays
Tontine Mall, Brunswick; 729-6448

FEBRUARY IS A LOVE-LY MONTH

Valentine's Day

By P.K. ALLEN

Many a poem has been written,
each in its own special way,
For people to share in their feelings
once a year on Valentine's Day.

What a shame it would be for all of us to waste the other days of the year, By not sharing those feelings more often with those who we hold so dear.

A Valentine Puzzle

By P.K. ALLEN

Though we both have different shapes that are of different size, And faces with different tints along with different eyes,

Though we both have different hair that's cut to different lengths, And spirits with different weaknesses along with different strengths,

There's a corner in my heart where I keep for you a space, For like two different parts of a puzzle, we both fit right into place.



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Cathy Bagdon and Judy Warren, Owners



FEBRUARY 2012 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<h2 style="color: red; margin: 0;">Teen Center</h2> <p style="margin: 0;">Monday – Wednesday 2:30-5:30 PM</p>							
<ul style="list-style-type: none"> ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Table Tennis ■ 12:00 PM Choreo Lab ■ 1:00 PM Writer's Group ■ 1:30 PM Tai Chi ■ 4:30 PM Math Enrichment 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 10:00 AM Table Tennis ■ 10:00 AM Art II ■ 1:00 PM AARP Tax Help ■ 3:00 PM Yoga for Mobility ■ 6:00 PM Yoga ■ 6:00 PM Course in Miracles ■ 7:15 PM Line dancing 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 10:00 AM Computer Tutor ■ 10:00 AM Table Tennis ■ 10:00 AM Cell Phone Overview ■ 12:00 PM Choreo Lab ■ 1:00 PM Writer's Group ■ 1:30 PM Tai Chi ■ 4:30 PM Math Enrichment ■ 6:00 PM Cook gluten-free 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 10:00 AM Computer Tutor ■ 10:00 AM Art II ■ 10:00 AM Table Tennis ■ 1:00 PM AARP Tax Help ■ 3:30 PM Yoga for Mobility ■ 5:00 PM Course in Miracles ■ 6:00 PM Yoga ■ 7:15 PM Line dancing 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 1:30 PM Qigong 	<ul style="list-style-type: none"> ■ 10:00 AM Bridge 		
<ul style="list-style-type: none"> ■ 9:00 AM Crafters ■ 9:00 AM Yoga ■ 10:00 AM Table Tennis ■ 10:00 AM Chair yoga ■ 12:00 PM Bridge ■ 12:00 PM Pilates ■ 1:15 PM Laughter Club ■ 6:00 PM Belly Dancing 	<ul style="list-style-type: none"> ■ 8:30 AM AARP Tax Help ■ 9:00 AM Loosen UP! ■ 10:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:00 AM Computer Tutor ■ 1:00 PM Quilting Club ■ 2:00 PM Teens First ■ 4:30 PM Math Enrichment ■ 6:30 PM Int. Modern Dance 	<ul style="list-style-type: none"> ■ 8:00 AM MEN'S BREAKFAST ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Table Tennis ■ 10:30 AM Cell Phone Overview ■ 12:00 PM Choreo Lab ■ 1:00 PM Writer's Group ■ 1:30 PM Tai Chi ■ 4:30 PM Math Enrichment ■ 6:00 PM Cook gluten-free 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 10:00 AM Art II ■ 10:00 AM Computer Tutor ■ 11:30 AM LUNCH & CONNECTIONS ■ 2:00 PM AARP Tax Help ■ 3:00 PM Game On! ■ 3:30 PM Yoga for Mobility ■ 5:00 PM Course in Miracles ■ 6:00 PM Yoga ■ 7:15 PM Line dancing 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 1:30 PM Qigong 	<ul style="list-style-type: none"> ■ 10:00 AM Bridge 		
<ul style="list-style-type: none"> ■ 9:00 AM Crafters ■ 9:00 AM Yoga ■ 10:00 AM Table Tennis ■ 10:00 AM Chair yoga ■ 12:00 PM Bridge ■ 12:00 PM Pilates ■ 1:15 PM Laughter Club ■ 6:00 PM Belly Dancing 	<ul style="list-style-type: none"> ■ 8:30 AM AARP Tax Help ■ 9:00 AM Loosen UP! ■ 10:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:00 AM Computer Tutor ■ 11:45 AM Ararat Friends ■ 12:00 PM LUNCH OUT ■ 2:00 PM Valentine's Day celebration ■ 3:00 PM Teens First ■ 6:30 PM Int. Modern Dance 	<ul style="list-style-type: none"> ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Table Tennis ■ 12:00 PM Choreo Lab ■ 1:00 PM Writer's Group ■ 1:30 PM Tai Chi ■ 2:00 PM Author's Chat 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 10:00 AM Art II ■ 10:00 AM Computer Tutor ■ 11:30 AM LUNCH & CONNECTIONS ■ 2:00 PM AARP Tax Help ■ 3:00 PM Game On! ■ 3:30 PM Yoga for Mobility ■ 5:00 PM Course in Miracles ■ 6:00 PM Yoga ■ 7:15 PM Line dancing 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 1:30 PM Qigong 	<ul style="list-style-type: none"> ■ 10:00 AM Bridge 		
<div style="text-align: center;">  <p>20 PRESIDENTS DAY</p> <p>Center is closed</p> </div>	<ul style="list-style-type: none"> ■ 8:30 AM AARP Tax Help ■ 9:00 AM Loosen UP! ■ 10:00 AM Table Tennis ■ 10:00 AM Computer Tutor ■ 10:00 AM Art I ■ 1:00 PM Joint Health and Mobility ■ 1:00 PM Quilting Club ■ 3:00 PM Teens First ■ 6:30 PM Int. Modern Dance 	<ul style="list-style-type: none"> ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Table Tennis ■ 9:00 AM WOMEN'S BREAKFAST ■ 12:00 PM Choreo Lab ■ 1:00 PM Writer's Group ■ 1:30 PM Tai Chi 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 10:00 AM Table Tennis ■ 10:00 AM Computer Tutor ■ 10:00 AM Art II ■ 1:00 PM AARP Tax Help ■ 3:30 PM Yoga for Mobility ■ 5:00 PM Course in Miracles ■ 6:00 PM Yoga ■ 7:15 PM Line dancing 	<ul style="list-style-type: none"> ■ 9:00 AM Loosen UP! ■ 1:30 PM Qigong 	<ul style="list-style-type: none"> ■ 10:00 AM Bridge 		
<ul style="list-style-type: none"> ■ 9:00 AM Crafters ■ 9:00 AM Yoga ■ 10:00 AM Chair yoga ■ 10:00 AM Table Tennis ■ 12:00 PM Bridge ■ 1:15 PM Laughter Club ■ 6:00 PM Belly Dancing ■ 6:30 PM Civil War Book Club 	<ul style="list-style-type: none"> ■ 8:30 AM AARP Tax Help ■ 9:00 AM Loosen UP! ■ 10:00 AM Art I ■ 10:00 AM Table Tennis ■ 10:00 AM Computer Tutor ■ 11:45 AM Ararat Friends ■ 2:30 PM Café en Francais ■ 3:00 PM Teens First ■ 4:30 PM Math Enrichment ■ 6:30 PM Int. Modern Dance 	<ul style="list-style-type: none"> ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Table Tennis ■ 12:00 PM Choreo Lab ■ 1:00 PM Writer's Group ■ 1:30 PM Tai Chi ■ 2:00 PM Sadie Hawkins Social ■ 4:30 PM Math Enrichment 	<p style="color: red; font-weight: bold;">Teen Center closed during school vacation week.</p>				<div style="text-align: center;"> <p>PEOPLE PLUS</p> <h2 style="color: red; margin: 0;">NEWS & VIEWS</h2> <p>WELCOMING</p> <p>REBECCA BANKS, our new outreach and program coordinator</p> </div>

Viewed weekly on Cable Channel 3, Brunswick Community TV

MONDAY AFTERNOON..... 4 P.M.
WEDNESDAY MORNING.... 7 A.M.
SUNDAY EVENING..... 9 P.M.

And on Harpswell Community Television, viewed online, anytime: <http://vimeo.com/harpswelltv> or www.PeoplePlusMaine.org.

Therapists explain rehabilitation process

BRUNSWICK — “Rehabilitation after hospitalization ... what you need to know about therapy,” will be discussed by the rehabilitation staff at the Mid Coast Senior Health Center on Monday, Feb. 13, from 11 a.m. to noon.

An optional tour of the rehabilitation services will follow the program, which is offered in the Community Room at the Mid Coast Senior Health Center, 58 Baribeau Drive. The public is invited.

Ounce of Prevention program is Feb. 13

Kim Watson, speech therapist, Carol Kelley, physical therapist, and Hilary LaForge, occupational therapist, will discuss the value of therapy, how therapy is provided, and how long it takes. For more information, contact 373-3646.

The Mid Coast Senior Health Center is the only facility in the Mid Coast Maine area that offers a full continuum of healthcare and wellness services for seniors under one roof.



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WINTER STORM POLICY

When Brunswick schools are closed because of weather, all People Plus programs, classes and activities are cancelled for that day. The Center shall remain open for business, unless conditions warrant a Center closure. Tune to WGAN-AM radio (560 on the dial) or check www.PeoplePlusMaine.org for announcements.

Happy Valentine's Day

from

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First-ever Women's Breakfast

Nearly two dozen members attended the first-ever Women's Breakfast sponsored by the People Plus Center. The menu featured quiche, yogurt and fresh fruit for all. The meal was prepared by Executive Director Stacy V. Frizzle and new Program Coordinator Rebecca Banks. They were assisted by Frank Connors, who has prepared the monthly Men's Breakfast for the past six years.



A summer in Paris?

Yes, we're at it again. ... Two years ago we sponsored a wonderful and scenic river cruise to Holland and Belgium. Now we're expanding our horizon and offer something for our flower-loving members and those that have always wanted to see Paris.

In June 2012, we'll leave from Logan Airport in Boston on an overnight flight to Amsterdam's Schiphol airport. After arrival in Amsterdam, we'll enjoy a delicious welcoming dinner later in the evening, followed by a candlelight canal cruise in this beautiful city, often referred to as the Venice of the north.

The next day we're in for a comprehensive tour of the city, including the Royal Palace and a visit to one of the famous diamond-cutting artisan work-

shops. Later our horticultural fellow passengers will be treated to a visit to the Hortus Botanicus, which was started in 1638 as an medicinal herb garden. Today it boasts more than 4,000 plant species in gardens and greenhouses.

Not to be outdone, the next day we'll find ourselves at the captivating 2012 Florida. The 165-acre horticultural exhibit features displays from more than 30 countries. There'll be specially constructed cultural exhibits and gardens as well as unique pavilions. The Florida is a unique, one-a-decade event.

After breakfast on day five, we'll en route to Brussels, Belgium, where we'll enjoy a panoramic tour of the city, including the Royal Gardens and castle, Arch of Triumph and, of course, the

famous Grand Place.

The next day, you'll visit the imperial city of Bruges, where splendor of bygone days with sights of typical patrician houses and canals await you. Allow yourself to journey back in the medieval times with a leisurely-paced walking tour, guided by a local resident, of this World Heritage city. Later, explore more of this city on your own before returning to Brussels.

On day seven, you can choose to explore Brussels on your own or opt for an optional excursion to the Belgian and French countryside, visiting local farms and food producers.

Day eight we'll travel through the Ardennes forest, where intense fighting took place during World War II, and the French countryside to the city of Paris. Upon arrival, you'll have time to explore the city independently or join your fel-

low travelers for an optional dinner and cabaret show in the city.

Day nine will take us on a panoramic tour of the city, including the Arc de Triomphe, Notre Dame Cathedral, the Place de la Concorde and the Champs-Elise.

A trip to Giverny means a visit to artist Claude Monet's home and gardens.

On Day 10, there will be an opportunity for an optional excursion to the world famous Louvre Museum or to Louis XIV's magnificent Palace of Versailles. Or, you may explore Paris on your own.

Cap off the evening with a dinner at the Eiffel Tower and a scenic, romantic cruise on the Seine River.

The cost is \$4,049 (double occupancy) and includes air fare, air taxes (\$150) and all transfers. Optional insurance is \$220.

For more information, call the Center at 729-0757.

Are you caring for an elderly loved one?

Respite Care provides time-off for caregivers and joyful hours for participants in a group setting.

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Sessions scheduled to meet your needs
1/2 day or full day
3 hours sessions



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'Don't let limitations become tolerations!'

Being a native of Harpswell and having nearly 2 decades of experience as a Chiropractor caring for the people of Mid-coast Maine, I have realized something about the stoic nature of our local people. I often hear people tell me they have become tired, stressed, stiff, and sore as they have aged. When I ask them about those complaints they regularly mark it up to aging and most have just come to expect and TOLERATE those limitations. I want you to know that you do NOT have to TOLERATE much of what you may accept as NORMAL.

I am so sure that you CAN BE more flexible, have better energy, feel stronger, and have less pain that I want to make you an offer I hope you WILL NOT refuse! I want to give you a completely complimentary health and well-being consultation with me during the month of February!

I offer this because I believe in you and I honor and respect the value you bring to our community. Just call Stocum Chiropractic Wellness Center (207-725-4222) and mention this article and my team will schedule your complimentary consultation at your convenience.

To your health,
Dr. Jeffrey S. Stocum



Dr. Jeffrey S. Stocum

Full slate of classes offered this month

Computer classes continue

Jack Hudson, our ace computer tutor, continues his basic and not so basic computer classes in February.

"More about Word" is available Feb. 7 and 9. "More about Excel" is available Feb. 14 and 16. An encore of his popular offering, "Very, very basic computer use" repeats Feb. 21 and 23. These classes are available for members of People Plus only and are free of charge. There is a maximum of four students allowed in each class. All classes are held upstairs in the Teen Center.

Hudson and Dan Ehlers last month completed the installation of four computers in the Center's Cyber Cafe. These computers are available for free Internet access.

Cell phone overview with Mica Roberts

Do you have a cell phone but really don't know how to work it? What are the buttons for? How do you find calls and answer calls? Which part is phone and what are all the other bells and whistles? Are you thinking of upgrading but don't know which features to look for? And what about all of those different plans.

Mica Roberts and his team will help to unscramble all of the cell phone information out there so you can find the practical solution to your telephone needs.

They'll bring samples of phones and smart phones and be ready for your questions.

Join us on Feb. 8 at 10:30 a.m. Call People Plus at 729-0757 to sign up. This class is free and open to the public.

Laughter Group

The new Laughter Group at People Plus is hilarious.

Break through your responsible, serious adult self and return to silliness on Mondays from 1:15 to 2:15 p.m. at People Plus.

Laughter boosts your immune system, releases tension and reminds you that the world is a place of joy. The Laughter Group is free for People Plus members. Nonmembers pay a \$2 facility fee.

Gluten-free cooking with Chef Denise Tepler

Gluten-free cooking can be fun and tasty. Come join this exciting new cooking class. More and more people are aware of their allergies or sensitivity to gluten and are adopting gluten-free diets. We'll prepare several delicious gluten-free dishes that are healthy and fun to make.

Wednesday, Feb. 8, 6-8:30 p.m. at People Plus.

Call Merrymeeting Adult Education at 729-7323 to register.

Cost: \$20 plus a \$10 food fee payable to the instructor. (Members, ask for People Plus discount)

Free joint health and mobility workshop

Terry Pratt PT, MS, CMPT, and clinical manager of Greater Brunswick Physical Therapy, has worked as an orthopedic therapist for the last 11 years with an emphasis on biomechanical assessment and manual treatment of the spine and extremities to increase stabilization, and relieve pain.

"My physical therapy approach is to focus both on improving comfort and developing a practical exercise program to help restore function," says Terry.

He will present practical information about mobility, arthritis and fitness which will include:

- Different causes of arthritis.
- The importance of mobility for cardiovascular and bone health.
- Ways to decrease risk of falls (planning for the future).

Terry will also demonstrate simple exercises that are important for longterm well-being, and will close with the opportunity for you to ask questions and get answers to your important mobility questions.

Learn more about Terry at http://greaterbrunswickpt.com/staff/terry_pratt.php

Joint Health and Mobility Workshop with Terry Pratt will be held on Feb. 21 at 1 p.m.

To sign up, call People Plus at 729-0757 or stop by.

Gardening workshops set

A series of gardening workshops, sponsored by the Brunswick Topsham Land trust's Tom Settlemyre Community Garden, will be held at St. Paul's Episcopal Church on selected Sunday afternoons in February, March and April at 2 p.m. Classes will be led by master gardeners, extension educators and a MOFGA crop specialist.

A discussion of "Vegetables: What grows well in Maine" will be led Sunday, Feb. 12, by master gardener Linton Studdiford. His focus will be on heirloom varieties, when to plant, and how best to extend our season. "Growing in raised beds," led by master gardener Clark Whittier on Feb. 26, will focus on raised bed farming, "Lasagna gardens," composting and mulching.

March and April workshops focus on companion plantings and starting seedlings indoors, led by Bonnie Studdiford on March 11; organic fertilizers and supplements and green manure crops, led by Nancy Curtis on March 25; and identification of garden pests, diseases, and organic pest and disease controls, led by Eric Sideman, on April 1.

The series is free and open to the public, call Linton Studdiford at 798-5899 for more details.



Cribbage is played every Wednesday morning at People Plus Center. The weekly games are open to any members.



Intermediate cribbage

Dec. 21: Harold Cain, 722; Anita Owens, 708; Richard Tomko, 704; Carl Nida, 700.

Dec. 28: Lois Fournier, 714; Robert Mehlhorn, 708; Patricia Johnson, 708; Mike Linkovich, 703; Nancy Laffely, 695.

Jan. 4: Priscilla Sargent, 717; Andrew DeBia-sio, 708; Richard LaPointe, 697; Richard Tomko, 689.

Jan. 11: Richard LaPointe, 720; Andrew DeBia-sio, 713; Darryl Wood and Carl Nida,

710 (tie); Joseph Toney, 707.

Jan. 18: Germain LaRoche and Priscilla Sargent, 718 (tie); Andrew DeBia-sio, 714; Richard LaPointe, 703.

Monday/Saturday bridge

Dec. 17: Bill Buermeyer, Lorraine LaRoche

Dec. 19: Gladys Totten, Bill Buermeyer

Dec. 24: Gladys Totten, Bill Washington

Dec. 26: Bill Washington, Cecil Eldredge

Dec. 31: Richard Totten, Bill Buermeyer

Jan. 2: Donna Burch, Lorraine LaRoche

Jan. 7: Marian Schneider, Donna Burch

Jan. 9: Lorraine LaRoche, Cecil Eldredge

Jan. 14: Gladys Totten, Lorraine LaRoche

Jan. 16: Lorraine LaRoche, Marian Schneider

Jan. 21: Bill Washington, Donna Burch



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~Nancy D.

Internet café 'up and ready'



Jack Hudson, left, and Dan Ehlers, extraordinary IT volunteers at People Plus worked through January getting the Internet café up and running and ready for free Internet access and word processing. Members are invited to use the computers anytime the Center is open. Donations of equipment from L.L. Bean and Bowdoin College, as well as a Senter Fund grant, made it possible to open the café after more than a year. This month, Hudson is again teaching a popular series of computer classes on Tuesdays and Thursdays. The classes are free to members, but enrollment is limited. For more information on the classes and signing up, see story on page 9.

Foxwoods trip planned

Call immediately if you want to be included on the next trip to the Foxwoods Casino in Connecticut. The Wednesday, Feb. 15, trip is made on a luxury motorcoach, does not spend the night, and your cost is only \$55.

The trip leaves the Bath Area Senior Citizen Center at 6:30 a.m., and picks up

at the Topsham Park and Ride at 6:45 a.m. Each guest receives a buffet credit and a Keno ticket. There will be some "Interstate Bingo" on the bus on the way. You must be pre-registered at the Bath Senior Center if you plan to attend. Call 443-4937 for more information or to register.

Sadie Hawkins social featuring Otis Trio

In the musical, "Li'l Abner," Sadie Hawkins was the daughter of one of Dogpatch's earliest settlers, Hezekiah Hawkins. Known as "the ugliest gal in all them hills," Sadie grew frantic waiting for a suitor to come a-courtin'. When she reached the age of 35, the story goes, her father became even more frantic, worried about Sadie living at home with him for the rest of her life! In desperation, he called together all the unmarried men of Dogpatch, and declared it was "Sadie Hawkins Day." He organized a footrace, and the rest lives on in comic strip traditions.

If you want to hear the next chapter of this little ditty, join us Wednesday, Feb. 29, at 2 p.m. in the Maine Hall as we

mark Leap Year 2012 with our own Sadie Hawkins Day social. The Otis Trio will offer live music on the fiddle, horn and keyboard. There will be time to socialize, enjoy good food, and yes, there will be a return to our wine tasting.

In the interest of full disclosure, there will be no footrace associated with this event. It is, however, intended to be an opportunity to meet and greet fellow members, and have a great afternoon!

The appearance of the Otis Trio is being sponsored by Scott Lemieux and our friends at Ameriprise Financial of Brunswick. Tickets will be sold for the wine tasting, \$3 for one glass or \$5 for two.

Costs keep going up — are you prepared?

Many people have likely experienced "snicker shock" this year as prices increased significantly at the gas pump and the grocery store. Consumers have no choice but to pay up, but rising costs can be a big challenge during retirement. Future retirees will be forced to dig deeper into their savings to maintain their desired lifestyle, or may have to simply cut back in order to make ends meet.

The recent uptick in the cost of living is a reminder that life gets more expensive over time. This is important to keep in mind as you plan for your retirement. For retirees who are in good health, life after leaving the workforce could extend on for two or three decades.

"Adjust your goals accordingly" If you anticipate a lengthy retirement, it is important to recognize that the loss of purchasing power will be one of the most critical risks to overcome. Even if the annual cost of living average increases at a modest rate of 3 percent during your retirement, your living expenses will theoretically double in less than 25 years.

Many preparing for retirement make the mistake of assuming that the income they will need to meet their living expenses in the first year of retirement will be consistent throughout their lives. To determine a more precise estimate, you must inflate your income need each year. For example, if you estimated a retirement income need of \$50,000 per year for 30 years, that would indicate total anticipated spending of \$1,500,000. But if you assume that inflation will boost living costs by 3 percent per year (from the first year's income need of \$50,000, the total income required would actually be more than \$2,375,000).

"A tiered approach to managing money" The reality of purchasing power risk is opposite of what many expect to happen with their portfolio in retirement. Typically, retirees tend to keep money invested in relatively safe vehicles such as FDIC-protected savings accounts and fixed-



Scott L. Lemieux

income investments such as Treasury securities.

Although you may retire from work, you can't retire from investing. Due to the consistently increased cost of living, simply putting all of your money into fixed-income investments and living off of it isn't the answer. Over time, you'll discover that the income generated is not keeping up with inflation.

A different solution to consider once you reach retirement is to split your savings into different "buckets" of money. These include:

• **Cash** — To meet immediate income needs over the next 12 months, keep enough money in safe, liquid accounts that you can access freely to pay current expenses.

• **Short-term investments** — You don't want to risk money that must be in place to fund income needs in the near future. You should consider setting aside enough savings to meet another 1-2 years of income needs in investments with no (or limited) principal variability, such as certificates of deposit or short-term bonds. Protecting principal remains a high priority for this segment of your money.

• **Long-term investments** — Money that is not needed in the next few years to fund your income needs should be invested more aggressively, with the goal of generating capital appreciation. Investments can include a diversified mix of stocks, bonds, cash and other assets (such as real estate or commodities). This portion of your money is treated very much like the portfolio you maintained during the accumulation stage of life. Be sure to assess your risk tolerance before determining an asset mix. From time-to-time, money is shifted out of this "bucket" and set aside for income needs in approaching years (in either cash or short-term investments).

• **"Protecting your future"** Retirees must accomplish a delicate balancing act with their money. The tiered approach allows you access to cash, investments with protected principals and long-term investments that may potentially generate capital.

Scott L. Lemieux, MS, Financial Advisor, Ameriprise, 124 Maine Street, 7A Senter Place, Brunswick, Maine. Ameriprise is licensed/registered to do business with U.S. residents only in the states of CA, CT, FL, MA, ME, NH, OH, TX, WA. Diversification helps you spread risk throughout your portfolio, so investments that do poorly may be balanced by others that do relatively better. Diversification does not assure a profit and does not protect against loss in declining markets. Brokerage, investment and financial advisory services are made available through Ameriprise Financial Services, Inc. Member FINRA and SIPC. Some products and services may not be available in all jurisdictions or to all clients. © 2011 Ameriprise Financial, Inc. All rights reserved. File #121873

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‘Greatly missed, long remembered’

Turns out, I've known Norman Mariner longer than I've known his lovely daughter, (my wife) Jane.

When I was a fourth string basketball player (and manager) at Brunswick High, Norman was the school board member always sitting on the top row bleachers, always the perpetually optimistic fan, always blaring out encouragement and advice, even when there was little or no hope for what was then just a ho-hum team. In the 40-plus years, from those days to this, I never took it personally that Norman never told me back then that he had a daughter: I bet he had his reasons.

Dying in December at the age of 96, Norman would have been the very first to tell you he had lived a wonderful life. There was no surprise when his childhood in Topsham was compared to an episode from one of the old Walton's TV shows. His stories from his early days: working in the Daggett Brothers farm fields, playing basketball in the old

Brunswick town hall, hooking mail with his brothers down Winter Street on sleds, or chugging onto and across the Androscoggin River, certainly reflected a different age.

Norman worked hard every day of his life. He didn't go to college, but he made certain his kids had the opportunity. He took two, maybe three pills a day. In his ninth decade, his blood pressure was better than mine, and most of his days, his mind was as quick as mine. (OK, sometime quicker.) Most nights, he could eat more than me at supper. He was a Navy veteran from the "BIG" war, plying the Pacific on a sweaty old repair ship. It took a visit to the WWII memorial for he and me to come to terms about my "little" war, but we did it.

Norman was a patriot. He loved this country of ours without question, the old fashioned way, and he felt the same way about his community. His was an old fashioned Republican mind. It was

his pleasure, and usually his delight, to issue Republican logic to the misguided Democrats who seemed to encircle him.

For the past two years, Jane and I shared his home and his life. This was the place he and "Barb" bought when he came home from the war, and he never wanted to be anywhere else. He never doubted for a minute, these last years, that our presence was the difference between him staying in his home or going to, "one of those facilities..." Most days, I think he was grateful. But most days, sharing the house with him meant just as much to us. Experiencing him in his last days was a period neither Jane or I would ever change.

Today, there is a huge bowl of condolence cards on our dining room table, and their common theme reflects on the spirit that was Norman. "Always there" said one, "made the world better for the rest of us," said another. "Dandy of a family patriarch" ... "Warm and welcoming, always" ... "smartest Red Sox fan I

Speaking Frankly

FRANK CONNORS



know" ... "an anchor" ... "one of a kind."

And there was this. "He was the likes of which we will never see again."

I need to suggest, at least from my point of view, that we lost more than a man here. Norman was my local feed to the last century. He was one of the reasons I'm walking confidently into this century. He was our family's last connection to the greatest generation.

In his own favorite phrase, I'll say, "here we go!"

I salute you, Norman, and accept the obligation, the challenge, of trying to live life to your standards.

*Indicates membership donation

New or renewing members — February

BRUNSWICK
Janet Baribeau
Libby Hyatt
Arden LeVasseur
Gerald LeVasseur
George McConnon
William H. Glenn, Jr.
Judith Krok
Rick Wilson
Jo Anne Moore
James Moore
David Barlag

Wanda Barlag
Barbara Whitepine
Jean B. Dodge
Richard Tomko
James Granger
Joan Granger
Sally Jeanne Kappler
Mollie Sandock
Louise Whittier*
Jeanne d'Arc Bourque*
Ralph Palmer
George McConnon
Claire B. Dubreuil

Joanne Labbe
Joyce Labbe
Ronald Paul Roy
Christine Roy
Frank Connors*
Pamela Galvin
Chrystal Bishop
Barbara Pluff
Ronald Paul Roy
Christine Roy
Christina Oddleifson
Katherine Harding
George W. Greenwood

Abbie M. Greenwood
Catherine Steele
William C. Buermeier
Pat Livesay*
Priscilla Sargent
Consuelo Bailey
Corey Hammond
Elaine M. Sells
Charles J. Booth

Lorraine LaRoche
Maureen Gaspar
Judith Allard
Nancy Gamage*
Herve Pelletier
Margaret "Peggy"
Whitehead
Rosaline "Rose" Collins*

TOPSHAM
William F. Berkowitz*
Germain LaRoche

HARPSWELL
Liz Sutton
Pamalee Labbe
Sharon Meunier

Barbara Meunier
Pamalee J. Labbe
Meaghan Gonsior
Edward B. Phinney
June A. Phinney
Judith Redwine

OTHER PLACES

Charlotte Hart,
Cumberland
Rita Lovejoy, Lisbon
Carl Nida,
New Gloucester
Virginia Williams,
Freeport

GALA

From Page 1

board member Alison Harris, and a strong committee of dedicated volunteers.

Robyn Allen of Maine Event Decorating Co. will return to transform the hall into its glamorous party venue. Chef Chris Toole is again coordinating the careful collection of sumptuous foods from area restaurants, and will supervise the return of the ever-popular carving table.

Musicians Neil Lamb and David Lawlor will return with their special brand of soft jazz for the event, as will the talented Longfellows a capella group, from Bowdoin College. Auctioneer John

Bottero of Thomaston Place Auction Galleries will return to lead the live auction.

Last year, two dozen area businesses and organizations sponsored the event, and more than 20 of the region's top restaurants provided food to the unique buffet. In 2011, the event raised over \$30,000 for People Plus. All proceeds from Music in April support the programs and activities of People Plus. To learn about any remaining sponsorship opportunities, to add your name to the invitation list, or to donate a specialty item to the auction, please contact Frank Connors at People Plus (729-0757) or Frank@peopleplusmaine.org. Look for updates about Music in April on the people Plus website: www.peopleplus-maine.org.



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— Sidney Harvey, Nobleboro, ME

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Sun: by appointment

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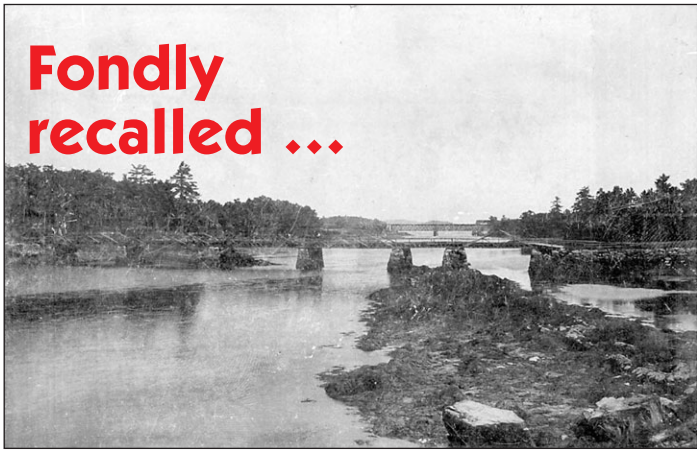
Keep up with Center news

Now, in addition to reading People Plus

News and visiting the website, www.PeoplePlusMaine.org, you can read **The Pulse** in The Times Record. The monthly page includes columns, features, photos, a calendar, Teen Center updates, TRIAD Talk and more. Find it the fourth Monday on the back page.

Reiki treatments are given at the Center.
Call 729-0757 for appointments.

Lunch Out!
Feb. 14 at 11:30 a.m.
RICHARD'S RESTAURANT
115 Maine St., Brunswick



Fondly recalled ...

Bull Rock Bridge was one of the first connections between Brunswick and West Bath, connecting about where Brunswick's Sawyer Park is today. (Notice the railroad bridge behind.) We found a great Brunswick Telegraph article, dated Oct. 17, 1906, "... Bull Rock Bridge over the New Meadows will be closed for some time, as several planks broke under the weight of a heavy team ...". **If you have old pictures from the area to share with readers of the People Plus News, please contact Frank Connors at 729-0757.**

AARP Tax-Aides are 'ready when you are'

Make your appointment today if you want help with either preparation or review of your state or federal income tax forms. Trained and certified AARP Tax-Aide specialists opened for business at the Union Street center of People Plus on Feb. 2, and will continue to be at your service through April 17.

Appointments are being made at the Center for Tuesday mornings from 8:30 a.m. until noon, or Thursday afternoons from 1 p.m. until 5 p.m., except the third Thursday of the month, when appointments open at 2 p.m.

Persons using this free tax service should bring to their appointment a

valid photo identification, Social Security numbers for themselves and any dependents, a copy of their 2010 tax return. Also bring any tax-related forms or statements you might have received from the Social Security Administration, any pension provider information, any bank and/or investment firm infor-

mation, and finally, any receipts you might have for deductions to which you believe you are entitled.

To make your appointment at People Plus, call the information-help desk at 729-0757. Preparation of returns and review of state or federal forms is a free service at the center, and is sponsored

jointly by the Internal Revenue Services and the AARP Foundation.

This service is also available at the Curtis Memorial Library in Brunswick, the Topsham Public Library and at the Spectrum Generation's Southern Mid-coast Community Center, 12 Main St. in Topsham.

CLASSIFIED ADS

Small Jobs. We haul away unneeded appliances, metals, almost anything. "Honey do," lists a specialty. Prompt service, reasonable rates. Call Ron in Topsham 423-0981.

Lift Chair. Slightly used, available free to the right owner. Can be visited and test driven. Call Frank at 725-4043.

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 switched 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.

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

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For more information about our Medicare Advantage Plans, call 1-877-974-2747 (TTY: 711), 8 am-8 pm, seven days a week from October 1 to February 14, and 8 am-8 pm, Monday through Friday from February 15 to September 30 or visit www.MartinsPoint.org/medicare

Martin's Point Generations, LLC, is a Medicare Advantage organization with a Medicare contract.
*www.Medicare.gov, Medicare's 2012 Plan Quality and Performance Ratings.

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