

People News

plus The Center That Builds Community

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."

Music in April strikes a chord

Sponsorships filling; auction lists grow

Sponsorships, restaurant support and auction items are rolling into "Music in April Central," and event organizers are already predicting the 10th annual event will be another, record setter. It's scheduled for April 12 at 5 p.m. at the Knights of Columbus Hall in Brunswick.

"This is just a huge and wonderful effort," General Chairperson Lennie Burke acknowledged, "with lots of people who believe in People Plus working as a wonderful team." She acknowledged she is a little, "star struck," by the "energy and the detail," that is generated for the event.

Downeast Energy, for the 10th time is leading the way as our "Fortissimo" on event sponsor. "Forte" sponsors include: Ameriprise Financial Services, Atlantic Regional Federal Credit Union, Bank of Maine-Bath & Brunswick, Bath Savings Institution, Bill Dodge Auto Group, Bowdoin College, Brackett Funeral Home, Border Trust, CHANS Home Health Care, Edward Jones Investments, Hammond Lumber Co., Mid Coast Hospital, Neighbors Inc., Midcoast Regional Redevelopment Authority, Primérica Financial Services, Priority Group LLC, Riley

Save the Date

Music in April

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

Insurance Agency, The Highlands, Spectrum Generations and Thornton Oaks. Several other sponsorship queries are in the mail. Individual invitations to the event, which usually sell out quickly, were mailed late last month. Individual tickets to the event are still \$50.

Neil Lamb and David Lawlor are confirmed to lead the music program for this event, and The Bowdoin Longfellow's, a nationally acclaimed, male a cappella vocal group from Bowdoin College, will return for a fourth consecutive season. Lamb and Lawlor, noted local jazz guitarists, will lend their unique sound to a Knights of Columbus hall transformed by lights, balloons and the artistry of Robyn Allen and staff at Maine Event Design and Decor.

The list of live and silent auction items is growing each day, with unique trips and food offerings again leading



People Plus quilters are working extra shifts to be sure their handmade scrap quilt is completed for the Music in April auction on April 12. Seated is Fran Blokson. Standing from left are Ann Merryfield, Bev LaPointe, Mary Ann Douglas, Pam Galvin and Chloe Carman. Not pictured is Peg Mellon.

Both auctions will include more than 100 items, and organizers are promising a great mix of "dependable, standby items along with some new and exciting offerings." John Bottero of Thomaston Place Auction Galleries will once again lead the live auction.

Last year more than 20 area business-

es and organizations sponsored the event, which was attended by more than 200 people.

At least two dozen of our area's top restaurants provided food for the unique buffet, and most of those restaurants will return this season, according to organizers.

Lunch & Connections: Corned beef and cabbage, salute to Maine

Our Thursday, March 15, luncheon will mark St. Patrick's Day with a traditional corned beef and cabbage dinner. Members seem to wait for his special meal, which includes boiled potatoes and our own corned beef, with lots of cabbage, carrots and beets, cooked in an onion broth.

"Yum," said chef Frank Connors, and there will be a spinach noodle casserole for our vegetarian friends.

Of course there will be a fresh and green, lightly-dressed tossed salad. Coffee, tea, fruit juices and milk are available for each meal, and our wonderful home-made bread always comes from Wild Oats Bakery.

Focus of this monthly Lunch & Connections program, underwritten by

Spectrum Generations, is nutrition, information and variety. A CHANS nurse is always here by 11:30 a.m., ready to take and record blood pressures.

This month, along with some St. Patrick's Day surprises, we'll have a special tribute, and a test or two, to our great State of Maine. Maine will be 192 years old on March 15. Claim your share of our special Whoopee Pie prizes!

Come at 11:30 a.m. to get a good seat, pick up your 50/50 raffle ticket and register for a door prize. Seating is limited to 60 people, and meals are open to the public. Cost is still only \$5 for members and \$7.50 for all others. Reservations for seating are encouraged, and obtained by calling the People Plus Information desk at 729-0757.

Gelato fundraiser set for Teen Center

Come one, come all, to the Gelato Fiasco at 74 Maine St., in Brunswick, on April 5 for the fourth annual "Celebrity Scoop-athon." Guest scoopers, special live music, a 50/50 raffle and other surprise events promise to make the day, "one to remember," according to Teen Center Coordinator Jordan Cardone.

The Gelato Fiasco pledges all proceeds

from sales, above and beyond what it considers normal sales totals for an average day, will be donated to the Teen Center. Last spring's Fools Day Fiasco raised more than \$2,000 for the Center.

Doors open at 11 a.m., and the event continues till 11 p.m., so there is ample time to try out these unique and delicious gelatos and sorbets for a very worthy cause.

Author's Chat to feature Ken Nye

Freeport author and poet Kenneth Nye will offer selected readings from several of his books when he comes to People Plus on Wednesday, March 21, beginning at 2 p.m.

Nye, an English teacher before he decided to write, won public acclaim for his first work titled, "From the Heart," an exceptional collection of poems reflecting on growing old in Maine. His second poetry book about Maine is titled "Searching for the Spring."

Nye is an exceptional presenter, and loves to engage his audience with his experiences. His mastery of the every-



day experience, his ability to make a sniff of smoke from a farm house memorable, is a talent that sets him apart, and above most writers. Copies of his books will be available to purchase at the chat. Reserve a seat by calling 729-0757.

Computer tutor adds classes

Jack Hudson returns to People Plus in March as the computer tutor. Each week, Jack's classes help people navigate a different part of the electronic age.

This month's classes are:

- March 6 at 10 a.m. and March 8 at 10:30 a.m., "How to Search the Internet Safely"
- March 20 and 22 at 10 a.m., "Troubleshooting for Word and Excel"
- March 27 and 29 at 10 a.m., "Introduction to Excel"

These classes are free and open only to People Plus members. There is a maximum of five people per class (unless you bring your own laptop). Sign up early at 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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Busy February yields to promising March

What a great month February has been! There's been all sorts of fun, well-attended events at the Center like the Valentine's Day social, which featured the Center Stage Players. There was an Author Chat with Janet Freeman Baribeau which drew a huge crowd.

Another big crowd was found at the second monthly women's breakfast — which has proven to be just as successful as the men's breakfast (much to Frank's dismay — and will have a new start time of 8:30 a.m. beginning in March).

We opened March with a free pilates/yoga demonstration class with Ann and Dennis Kimmage. This offered an opportunity to try it before committing.

Also at the Center this month is AARP tax help, an Author's Chat with Freeprot poet Ken Nye, Café en Français, Civil War Book Club, Pain-Free (Almost!) Gardening, three community shared meals, computer tutor with Jack Hudson and math enrichment (for elementary school-aged students). And its all free to members.

Other classes running this month include adult ballet, meditation, line dancing and Choreo Lab, to name just a few. Don't miss the second "meeting" of the Social Club on March 26 at 3 p.m. (Later time is due to more daylight).

Over the past month, I've also been amazed by the outpouring of community support for People Plus. Starting with the Brunswick Teen Center (BTC) receiving a pallet of water from The Brunswick Rotary Club, the teens have also received funding from The Center Fund for free SAT prep classes.

And Gelato Piasco is again sponsoring the BTC's yearly fundraiser — an all-day "celebrity scoopathon" on April 5, so mark your calendars to get some gelato and see your favorite local celebrities.

February also saw ALL of the 22 tables for People Plus' 10th annual "Music In April" fundraiser being sponsored by local businesses along with Downeast Energy again stepping up as the "Fortissimo" benefactor of this elegant gala that can't be missed on April 12.

We've had dozens of new members

From the Executive Director

STACY V. FRIZZLE



join People Plus since January. I get asked all the time how old you have to be to join, and always give my standard answer that, "anyone can become a member but we recommend you are older than 12 and no younger than 11!"

With so many businesses giving discounts for People Plus members, it's a wonder that everyone in town doesn't join just to get in on the deals! At \$25, the price of membership is a steal and entitles you to all the fun events, programs and classes at the Center in addition to discounts all over town at places like the Big Top Deli, The Eveningstar Cinema, Berrie's Opticians, Play It Again Sports, The Fairground Cafe, and Bill Dodge Auto Group to name just a few!

Lastly, we are now using emails to send out reminders and information about the Center and events.

If you aren't getting these emails please let the front desk know your email address so you won't miss a thing.

Here is to another great month. Come on spring.

Free healing clinic set for March 16

Do you know that Physical Therapy can improve mobility and reduce pain? Have you experienced the comfort and healing of Reiki or massage?

Join us on Friday, March 16, at People Plus, 35 Union St., Brunswick from 11 a.m.-4:30 p.m. for a good cause and your own good health.

People Plus and Greater Brunswick Physical Therapy are co-hosting the Light Body Free Healing Clinic on March 16.

The Light Body Free Healing clinics are Greater Brunswick PT's way of providing a sampling of free care for people who might not realize how therapeutic and helpful different modalities for healing can be.

More than a dozen bodywork professionals will donate care including physical therapists and staff from Greater Brunswick Physical Therapy, massage

therapists and Reiki masters — all to benefit Mid Coast Hunger Prevention Program and People Plus.

Come to People Plus on March 16 during the clinic to sign up for one or two 30-minute sessions.

Greater Brunswick Physical Therapy's staff and volunteers transform the Hall at People Plus into a light, welcoming space with quiet corners for private care. Care is gentle and done in your street clothes, to your level of comfort.

Physical therapist Donna Maria Bordeaux, co-owner of Greater Brunswick Physical Therapy, will be one of the professionals offering half-hour healing sessions at the clinic.

Donna Maria's goal for Greater Brunswick PT has always been "to treat individuals with a greater depth of caring, to honor the interconnectedness of the body, mind, and spirit and to touch the hearts of those who come here for help."

A partial list of courses that Donna Maria has taken to augment her physical therapy skills include visceral manipulation, neural mobilization, and myofascial, craniosacral, and integrated manual therapy techniques — providing her with a wide range of tools and practices for reducing pain, increasing circulation and promoting healing. Visit www.greaterbrunswickpt.com to learn about all of the outstanding practitioners at Greater Brunswick Physical Ther-

apy.

Christine Charette, the Greater Brunswick PT office manager, will be on hand to answer insurance questions and guide you to resources so you get the care you need.

This event is open to the public. Everyone is welcome.

The Light Body Free Healing Clinics reach people of all ages, from all walks of life, with a wide range of health issues. More than 80 half-hour sessions of care were given at the last free healing clinic.

A senior came with a prescription in hand for physical therapy but she was unable to access care because she lacked transportation. She received a free session at the clinic and was guided to transportation assistance.

Another person, suffering with neck pain, saw the flyer for the clinic, came to People Plus for the very first time, received care that she needed, and direction to resources to help her receive follow-up treatment.

Mark your calendars for March 16, June 15, Aug. 17 and Nov. 9 and plan to improve your health and support People Plus and Mid Coast Hunger Prevention Program.

People Plus is a regular stop on the Brunswick Explorer bus line.

Questions? Call People Plus at 729-0757, or Greater Brunswick Physical Therapy at 729-1164.

Memorial Donation

made to People Plus in February

In memory of

Norman "Mike" Marriner

In memory of

Charles & Jeanne Kappler

CHANS
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An affiliate of MID COAST HEALTH SERVICES

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♥ Private Duty
♥ Hospice Care

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60 Baribeau Drive, Brunswick, Maine 04011

www.chanshomehealthcare.com

Check out past newsletters at
www.peopleplusmaine.org



"Pork Point Tree," by Jane Page-Conway

Page-Conway exhibits photographs

Jane Page-Conway, an artist-photographer from Bowdoinham, will be the featured artist in our Union Street Gallery through April. A practicing photographer for 35 years, Page-Conway has worked with many forms of traditional and alternative photography. Most of the work in this show was produced in a traditional, wet darkroom, though most of her current work is done in a digital process.

Page-Conway is well known in the area for her hand-colored photographic images.

She uses a fiber-based paper that is toned sepia, uses Marshall photo oils, peerless water colors and Lyra wax-colored pencils to create many of her vibrant

style pictures.

Her current interests include relief painting, where she artistically alters an ink jet photograph by bathing it in wax, then collaging materials or other images under the wax, which she can leave textured or make smooth.

Jane Page-Conway has taught photography in several area schools, and in the Merrymeeting Adult Education program. She has had exhibits in many local galleries, including the Merrymeeting Arts Center, Bowdoin College, the Kennebec Estuary Gallery and the Topsham Public Library.

The show is free, and available for review at the Center during regular business hours.

Real winters

By RICHARD DRESELY

Reddened cheeks,
Frozen toes,
We've had enough
of ten below.

White powdered snow
Makes things so scenic,
But it's also
Cryogenic.

Frigid gusts
To 66,
Remind one of
The River Styx.

A warming globe?
A welcome theory,
To winter-phobes
Grown Janu-weary.

The Chickadees
They welcome snow,
But we freeze
Or Southward go.

If winter comes, then
spring
Will soon be found.
Or is it the other
Way around?

Middle age

By P.K. ALLEN

Middle age is that time of life
when the body begins to creak,
And moan, and groan, and grumble,
and the joints begin to squeak.

Your doctor says that's normal,
old age is getting near.
He checks you out from head to toe
and the privacy of your rear.

He prescribes some moderate exercise
and foods that are low in fat,
And when going out in bright sunshine,
on your balding head to wear a hat.

As far as love and sex are concerned,
don't make of them a test,
Just stay within your bodies' limits
and try to do your best.

Now this may all seem very proper
to those of lesser years,
But it really is most discouraging
for me and all my peers.

It's hard to reason within yourself
when feeling young and alert,
For though you have a middle aged
body,
your mind still thinks it's thirty.

What if?

By P.K. ALLEN

"What if?" is a question we ask
to explore a different trail,
leaving us to wonder
whether we'll succeed or fail.

"What if?" is an easy question
you can answer if you dare.
Just ask yourself these "What ifs?"
to see how you would fare.

What if I live to be one hundred,
and outlive my family and friends,
Will I reside in some "old folks home"
sitting stagnant in my Depends?

What if I have an operation
that saves my ailing life;

Will I be more compassionate
or share more with my wife?

What if I become rich and famous,
and remain in perfect health;
Will I remember where I came from
or bask in my new wealth?

What if just one if comes true
and changes my life somehow;
Will I still be the same person
who is sitting here right now?

"What if?" begs for an answer
I'm not sure I want to hear.
What makes life so very special
is to live it without fear.

The lion and the lamb

By VINCE McDERMOTT

The lion and the lamb were bored. It was the same thing every year.
"If March comes in like a lion, it goes out as a ..." yadda, yadda, yadda. It was trite, stale, BORING. They tried to spice it up a little each year: dry year, wet year; snowy, icy, etc., but nothing seemed to work.
Mother Nature exerted a firm hand. They flipped a coin each year to see who would start the month.

But perhaps they could come up with something new, something special, something ... dreadful. That's the ticket. Surprise them. Sneak a big one around Mother Nature. Right on Now, what could that be. They thought about it for a long time. Each came up with a plan. The lion's was more diabolical, the lamb's more tranquil, but still dangerous.
They flipped the coin.
March is coming.

'One excellent follower'

By C.H. LeGRANDE

The year was 1952. I was applying for admission to the state university. Included in my application forms was a page to be filled out by one of my parents. Dad answered the questions and returned that page to me. The last question was, "Do you consider your daughter/son to be a good leader?" My dad responded, "I consider my daughter to be an excellent

follower."
A few weeks later I was accepted at the university. My dad received a personal note from the university president, "We look forward to the arrival of one thousand freshmen next fall. I believe that it is fortunate that with a group of nine hundred and ninety-nine excellent leaders, there will be one excellent follower."

Can you spend a day with me?

By CHARLOTTE HART

"Can you spend a day with me?"
A winter day. Blue sky, sun-diamond sparkled snow.
We'll talk of this and that, realize new things.
We'll walk the river path by Androscoegin's mighty flow.
Or stroll at Popham's great deserted beach.
Listen. Gulls! And breakers on the shore.
We'll marvel. Amazing men came here.
They lived and worked — then left.
Four hundred years before.

Or take a train to Boston! We'll stroll the Freedom Trail.
Lunch? North End's Galleria Umberto!
Light-faded calzones, oysters, smooth dry wine.
Then visit Symphony Hall. Violins. Piano. Concerto!
Or — best of all — a quiet day at home.
A book to read, a poem to write, a pond-side walk.
Great friends to host, bluebirds to feed,
Such treasures save! In our strongbox!
Turn fast the key, and lock!

Ode to Books

By DOTTIE MOODY

Book sales oh my
Used books oh my
At first there were strictly
books I was interested in.
The problem is there is not much that I am not interested in

Get the picture?
The collection grows and grows
Now I buy for resale a very inexact science
You always have some left over
You were just dreaming they won't sell
Books in storage

books in boxes
books in kitchen cabinets
books in the closet
books in the kitchen cupboards
Best of all
books in bookcases
Do I have enough books?
Nah

Waiting

By BONNIE WHEELER

I am older in age — not heart.
I still have dreams and ambitions.

Music in my inner core still sings.
I dance in my memory mind
Waiting to dance on Streets of Gold.



There's a
WORLD of
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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, nail grooming and care. 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 Purinton is an ABMP certified, licensed Massage Therapist and Polarity practitioner. 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



Shoe Fitting EZ-diabetic Supply will be at the Topsham Center March 13th from 10 am to 12 noon. They are offering a free shoe fitting clinic for diabetic shoes. free

Healthy Feet are No Accident!
 An afternoon seminar by Jeanne Otis, RN will discuss the ins and outs of good foot care, to help with balance and health. Free

Resources for Staying Happy and Healthy in Your Home - Join us for this informative seminar covering area resources, tips for hiring caregivers and for staying healthy and well in your home provided by CHANS Home Health Care. March 2nd, 1 pm Free

Eating Smarter - Nutrition and supplementation to help avoid disease. Join Dr. Sullivan after lunch for this timely discussion on nutrition and avoiding disease. March 8th at 1pm, Free

Chair Yoga class Next six-week class starting March 12th. No matter what your age or level of physical fitness, you can receive the health benefits of Yoga without getting down on the floor! Build your flexibility and strength safely, all sitting in a chair. Instructor: Shannon Elliott Registered Yoga Teacher Certified Chair Yoga Teacher. \$48 for the six-week class. Call to register 729-0475

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. March 28th at 12 noon. Call 729-0475 for more information.



Fireside Luncheon Spectrum Generations serves lunch on Fridays. 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.

Live Well

Lauging Club If you are still in the winter doldrums, 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

David Mallett Band

Sunday March 11, 2pm
 Williamson Auditorium, Oakland
 David Mallett hails from a small town in northern Maine, and in a career that spans four decades, his music has traveled to all corners of the world. His songs have been recorded by more than 150 artists. Tickets are selling fast. Call 873-4745 for fees and general info.



Don't forget our Cyber-Café.

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!



One in every three seniors over the age of 65 will have a fall this year.



Bridges' recently added a new service: "The Home Safety Assessment". It is a detailed review of a consumer's home which includes all livable space, storage, basement, garage and the grounds immediate surrounding the home. Included in the written assessment are suggested recommendations and resources to follow-up on the recommendations.

The furnace, hot water devices, electrical outlets, electrical lamp and appliance cords will be visually inspected as will the light bulb wattage for compatibility.

There is a set fee for the assessment. Call to schedule one today. Spectrum Generations 1-800-639-1553 Ex 102

Travel to the Southwest—Come to the center and learn about this exciting October trip

- Enjoy the services of your expert guide and the companionship of your friends at Spectrum Generations as you travel through the majestic southwest. Sedona, Scottsdale, and the Grand Canyon are just a few highlights on this incredible trip. Sandia Peak Tramway and Verde Canyon Railroad will take you deep into the heart of canyon country. RSVP with Dave Brown for details on our informational travel presentation!
 An informational presentation will be held March 21st at 10 am here at the Topsham Center. Refreshments will be served.



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, its rewards and its obligations



There are dozens of local businesses that offer you special discounts and deals when you show them your paid-up membership card.

Last month, a member who we'll call "Jill," offered the following testimonial: "After years of fine service at Berrie's Opticians in Brunswick, I was thrilled to realize that they offer a 20 percent discount to any member of People Plus! My new prescription required all new glasses and I was thrilled to be able to save over \$100 on

the perfect pair that I needed! Thank you Berrie's and thank you People Plus for your collaboration!"

Annual membership in People Plus is still only \$25, and the day you enroll becomes the day your benefits start.

You should also know that People Plus is the "largest local membership service organization" in the area.

The fact, simply stated, is that People Plus could not be here without your support. Our annual budget is based on 1,000 members stepping up and making

that annual donation of only \$25.

That one important budget item accounts for more than 10 percent of our Center's annual operating capital. Please help, we won't be here without you!

Below is a list of local businesses that support People Plus — and you, its membership — by offering special discounts. Watch for additional businesses and organizations in future editions of the People Plus News, and always check us out at www.peopleplustaine.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.reflectionsbylucie.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 on 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/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
Tire Warehouse: 20% on labor
24 Topsham Fair Road, Topsham
725-7020, www.tirewarehouse.net

Glass

Portland Glass: 10% on materials (\$50 maximum)
61 Bath Road; 729-9971
www.portlandglass.com

Optical and Hearing

Berrie's Opticians: 20%, anytime

PEOPLE PLUS 2012 MEMBERSHIP Date _____

PLEASE PRINT

1. Name _____ Phone _____ Birthdate _____
(LAST) (FIRST)

2. Name _____ Phone _____ Birthdate _____
(LAST) (FIRST)

Mailing Address _____ City _____
 State _____ ZIP _____

New Member Renewal

Would you like your Newsletter: Mailed E-mailed

E-mail _____

I would like more information about: Services
 Volunteer Opportunities Programs & Activities

Membership Fees: \$25 per person	Additional Donation: \$ _____
Payable to People Plus: <input type="checkbox"/> Check/Cash <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard	
Total \$ _____	
Credit Card # _____	Exp. Date _____
Signature _____	
Donations above Membership Fees are tax deductible.	

6 Maine St., Brunswick
725-5111, www.berriesopticians.com
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 Cafe: 10%, anytime
Topsham Fair Mall; 729-5366
McDonald's: Free dessert with purchase; www.mcmaine.com/1080
11 Gurnet Road (Route 24), Cook's Corner, Brunswick; 729-4416
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.innatabrunswickstation.com/tavern_dining/

Stores

Bowdoin College Store: 10%, anytime
Station Avenue, Brunswick; 798-4344
www.bowdoin.edu/bookstore
Indriani's: 10% on nonsale items on Mondays
Tontine Mall, Brunswick; 729-6448
Shift: 10% on Wednesdays
56 Maine St., Brunswick; 729-4050
www.shiftofmaine.com

Suppers are a seasonal tradition

Ever been to a Lenten supper at St. Charles Borromeo Church? Since 1998, the Social Justice Committee at St. Charles in Brunswick has been hosting baked fish suppers on Friday nights during the Lenten season.

Baked fish, mashed potatoes, steamed beans, corn, a bun, cake from scratch, the meals are as memorable as their causes. A different local action organization is the beneficiary of every weekly meal.

Dottie Litchfield of Harpswell, a long-time worker at the suppers and member

of the church, called the dinners an "opportunity to give back to the community," and "a unique ministry." She said an "average supper" can feed 400 people, will consume 250 pounds of local haddock, 150 pounds of Maine potatoes, and a dozen or more of Tess' pizza. "Yes," she smiled, "there are folks who come to a fish supper who don't want fish."

Suppers are served at the church, 132 McKean St. from 5 to 7 p.m. each Friday in March. Tickets — \$8 for adults and \$4 for children — are available at the door.



All Saints Parish
St. Charles Borromeo Church

LENTEN SUPPERS

- March 2 ... proceeds benefit **Tedford Housing**
- March 9 ... proceeds benefit **Mid-Coast Hunger Prevention Program**
- March 16 ... proceeds benefit **Hospice of Midcoast Maine**
- March 23 ... proceeds benefit **All About Prevention**
- March 30 ... proceeds benefit **Oasis Health Center**

Tasty Fish Dinner ...
Baked Haddock, Corn, Mashed Potato, Green Beans, Coleslaw, Rolls, Beverage, Dessert
Pizza also available
Adults \$8.00, Youth \$4.00, Under 5 yrs. \$2.00
Served 5 to 7 p.m. on Fridays

Come all! Tickets available at door. 132 McKean St., Brunswick

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MARCH 2012 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PEOPLE PLUS News & Views FEATURING O JEANNE D'ARC MAYO and ALISON HARRIS</p>	<p>Viewed weekly on Cable Channel 3, Brunswick Community TV MONDAY AFTERNOON 4 P.M. WEDNESDAY MORNING 7 A.M. SUNDAY EVENING 9 P.M.</p> <p>And on Harspswell Community Television viewed online, anytime: http://vimeo.com/harspswelltv</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art II 12:00 PM Free demo class, Pilates for Grownpups and Yoga for Mobility 1:00 PM AARP Tax Help 3:30 PM Yoga for Mobility 6:00 PM Course in Miracles 7:15 PM Line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art II 12:00 PM Free demo class, Pilates for Grownpups and Yoga for Mobility 1:00 PM AARP Tax Help 3:30 PM Game On! 6:00 PM Yoga for Mobility 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Giggig</p>	<p>10:00 AM Bridge</p>
<p>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</p>	<p>8:30 AM AARP Tax Help 9:00 AM Loosen UP! 10:00 AM Computer Tutor 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM Teens First 4:30 PM Math Enrichment</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Table Tennis 10:00 AM Healthy Eating Store Tour at Hannaford 12:00 PM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi 3:30 PM Meditation 4:30 PM Math Enrichment 6:30 PM Adult Ballet</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art II 10:30 AM Computer Tutor 1:00 PM AARP Tax Help 3:30 PM Game On! 6:00 PM Yoga for Mobility 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Giggig</p>	<p>10:00 AM Bridge</p>
<p>9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Table Tennis 12:00 PM Bridge 1:15 PM Laughter Club 6:00 PM Belly Dancing</p>	<p>8:30 AM AARP Tax Help 9:00 AM Loosen UP! 10:00 AM Computer Tutor 10:00 AM Art I 11:30 AM LUNCH OUT 11:45 AM Ararat Friends 1:00 PM Maintain a Healthy Weight Year Round 3:00 PM Teens First 4:30 PM Math Enrichment</p>	<p>8:00 AM MEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Table Tennis 1:00 PM Writer's Group 1:30 PM Tai Chi 3:30 PM Meditation 4:30 PM Math Enrichment 6:30 PM Adult Ballet</p>	<p>9:00 AM Loosen UP! 10:00 AM Art II 11:30 AM Blood Pressure Clinic 12:00 PM LUNCH & CONNECTIONS 1:00 PM My Maine 2:00 PM AARP Tax Help 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing</p>	<p>11:00 AM FREE HEALING CLINIC</p>	<p>10:00 AM Bridge</p>
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Chair yoga 10:00 AM Table Tennis 12:00 PM Bridge 12:00 PM Pilates for Grownpups (new session) 1:15 PM Laughter Club 6:00 PM Belly Dancing 6:30 PM Civil War Book Club</p>	<p>8:30 AM AARP Tax Help 9:00 AM Loosen UP! 10:00 AM Computer Tutor 10:00 AM Art I 10:00 AM Table Tennis 1:00 PM Quilting Club 3:00 PM Pain Free (Almost) Gardening 4:30 PM Math Enrichment</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Table Tennis 10:00 AM Healthy Eating 12:00 PM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi 2:00 PM Author's Chat 3:30 PM Meditation 4:30 PM Math Enrichment 6:30 PM Adult Ballet</p>	<p>9:00 AM Loosen UP! 10:00 AM Art II 10:00 AM Table Tennis 10:00 AM Computer Tutor 1:00 PM AARP Tax Help 3:30 PM Game On! 6:00 PM Yoga for Mobility 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Giggig</p>	<p>10:00 AM Bridge</p>
<p>9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 12:00 PM Bridge 1:15 PM Laughter Club</p>	<p>8:30 AM AARP Tax Help 9:00 AM Loosen UP! 10:00 AM Computer Tutor 10:00 AM Art I 2:30 PM Café en Français 3:00 PM Teens First 4:30 PM Math Enrichment</p>	<p>8:30 AM WOMEN'S BREAKFAST 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 3:00 PM SOCIAL CLUB 3:30 PM Meditation 4:30 PM Math Enrichment 6:30 PM Adult Ballet</p>	<p>9:00 AM Loosen UP! 10:00 AM Art II 10:00 AM Table Tennis 10:00 AM Computer Tutor 1:00 PM AARP Tax Help 3:30 PM Yoga for Mobility 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Giggig</p>	<p>10:00 AM Bridge</p>

Teen Center
Monday – Wednesday
2:30-5:30 PM

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 information, 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.

Genealogists to hear from garden club president

Pejepscot Genealogy Society will gather March 11 at 2 p.m. in the meeting room at Curtis Memorial Library, 23 Pleasant St., Brunswick.

The program will feature Suzanne Bushnell, president of the Harspswell Garden Club, who will present an update on activities at the former

Brunswick Naval Air Station.

Her presentation is titled, "Memorial and Friendship Garden at the former Brunswick Naval Air Station."

Come early to chat with newly discovered relatives. For more information, call 833-7371. Doubts about the weather? Call Brian at 729-4098.

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.

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Monday-Saturday Bridge

- Jan. 23: Bill Buermeyer, Marian Schneider
- Jan. 28: Hope Russell, Marian Schneider, Bill Buermeyer
- Jan. 30: Vince McDermott, Lorraine LaRoche
- Feb. 4: Richard Totten, Jini Linkovich
- Feb. 6: Gladys Totten, Cecil Eldridge
- Feb. 11: Gladys Totten, Linda Paisley, Marsha Blackman
- Feb. 13: Vince McDermott, Bill Washington
- Feb. 18: Bill Washington, Jim Redwine, Bill Buermeyer
- Feb. 20: Gladys Totten, Bill Buermeyer

Intermediate Cribbage

- Jan. 25: Harry Higgins, 726 (perfect score); Mike Linkovich, 714; Darryl Wood, 701.
- Feb. 1: Lois Fournier, 719; Germain LaRoche, 716; Priscilla Sargent, 710; Andrew DeBiasio, 707.
- Feb. 8: Lois Fournier, 723; Virginia Linkovich, 722; Mike Linkovich, 710; Priscilla Sargent, 699.
- Feb. 15: Virginia Linkovich, 714; Virginia Zimmerman, 697; Germain LaRoche, 696; Lorraine LaRoche, 695; Cecil Eldredge, 694.



Merrilyn, left, and Nancy join in a hotly contested Game On! dominoes duel last month. Thursday afternoon Game On! sessions are held twice a month in the café. Join us.

Center offering variety of classes in March

Free Pilates, yoga demo classes

Join us at People Plus on Thursday, March 1, starting at noon for a free demonstration of Pilates for Grownups with Dennis Kimmage, immediately followed by Yoga for Mobility with Ann Kimmage.

Pilates for grownups with Dennis Kimmage works to improve your strength, flexibility, balance and stamina. It is another tool to stay strong, vibrant and healthy.

Yoga for mobility with Ann Kimmage enhances your enjoyment of walking, biking, hiking, cooking and moving by increasing circulation and flexibility of the 360 joints in your body.

A new series of these classes is scheduled to begin at People Plus in March. Try it out and then sign up for more.

Adult ballet

A new session of adult ballet is scheduled to begin at People Plus on Wednesday, March 7, from 6:30 to 7:45 p.m.

Ballet is more than tutus and toe

shoes. It is a time-honored exercise practice that improves balance, coordination, flexibility, memory and more. This four-week session will be slow enough for confident beginners and provide a gentle workout for those with some dance experience.

The cost for this class will be \$40 for four sessions. Please sign up early as there must be four students registered by March 5 for the class to continue.

This class begins March 7 and runs each Wednesday in March from 6:30 to 7:45 p.m. You will be notified by March 6 if there are not enough people registered.

Meditation for Well Being

Do you want to function more calmly? Become more present in your every day life? Sign up today for a four-week Meditation for Well Being class at People Plus starting on March 7.

Guided meditation can bring you back to center, help create more resource for living and quiet your nervous system to promote healing. Our facilitators,

Stephanie Batterman and Karen Foley, have extensive experiences leading and teaching guided meditation.

Meditation for Well Being at People Plus is nondenominational.

Class meets every Wednesday in March from 3:30 to 4:30 p.m. Cost is \$24 for People Plus members, \$28 for non-members.

'Pain Free (Almost!) Gardening Class!'

Gardening is a labor of love. As gardeners, we invest a ton of work into making sure our plants are healthy. We dig, weed, water and haul stuff around, often assuming the aches and pains that come with this sort of work are necessary byproducts of gardening. But are they?

Join People Plus and instructor Corie Washow for the "Pain Free (Almost!) Gardening Class" on Tuesday, March 20. Learn techniques to shift your work practices and tools so that gardening hurts less. We can't promise it will be pain free, but we can promise you'll learn how to get the work done more efficiently with the right tools, and less pain.

Instructor Corie Washow co-owns

■ **FOR MORE INFORMATION** or to register for new or ongoing programming, contact People Plus at 729-0757.

Shift, a sustainable home goods store on Maine Street in Brunswick that provides products and educational offerings that decrease our impact on the planet.

Shenjoys practicing and learning about sustainable living with an emphasis on growing and preserving food, minimizing consumption and self-sufficiency. She has a master's degree in environmental education and has worked in a variety of nonprofit and educational settings.

Before buying Shift, she worked at the University of Maine Cooperative Extension coordinating Maine AgrAbility, a program that helps farmers and gardeners figure out how to continue to grow productively even when their bodies offer challenges to their success.

"The Pain Free (Almost!) Gardening Class" will be held on Tuesday, March 20, at 3 p.m. at People Plus.

This class is free and open to the public. Sign-ups are appreciated, but not necessary

Are you caring for an elderly loved one?

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

Open: Monday through Friday 9:30 to 3:30

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.

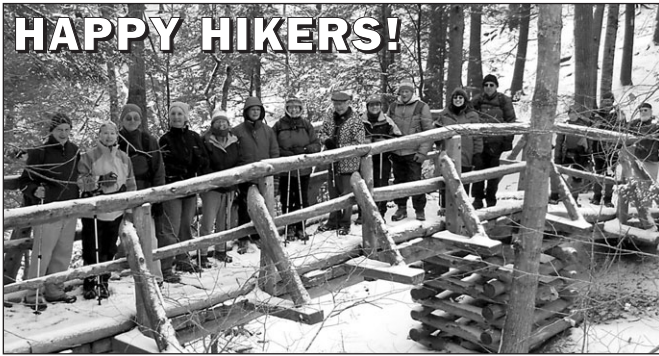
I am so sure that you CAN BE more flexible, have better energy, feel stronger, and have less pain that I want to make you an offer I hope you WILL NOT refuse! I want to give you a completely complimentary health and well-being consultation with me during the month of February!

I offer this because I believe in you and I honor and respect the value you bring to our community. Just call Slocum 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. Slocum



Dr. Jeffrey S. Slocum



Members of the Thursday Hikers have taken advantage of this mild winter to get out regularly and enjoy the weather. Above, on a recent Harpswell march are hikers, from left, David Selleck, Doris Neiman, Bruce Neiman, Florence Rich, Helen Johnson, Arlene Brother, Judy Reynolds, Bill Coop, Carol Jack, Richard White, Sid Briggs, Allen Brother, Michelle Moody, Stan Moody and Web Browser. In the picture at left, a hiker, "hoping not to be identified," takes in some sun at Popham Beach. (Photos courtesy of Thursday Hikers)

Café en Francais welcomes writer Juliana L'Heureux

Join Cafe en Francais at People Plus on March 27 as it welcomes special guest Juliana L'Heureux. L'Heureux will discuss her experiences for the past 22 years, writing about the Franco-American culture in Maine and its relationship to the French culture throughout the world.

In addition to her weekly writings about the history, culture, language, genealogies and overall family stories printed in *The Portland Press Herald*, she has also been published in *Lewiston Sun Journal*, the *Saint John Valley Times*, *The Church World*, *The Boston Globe*, and in dozens of newsletters and family history journals. An essay about the Brunswick-Topsam swinging bridge was published in "Les Voyages," an anthology of Franco-American authors published by the University of Maine press.

"I've been blessed to report on all aspects of the Franco-American culture, language and heritage, wherever I find

it," she says.

Although she proudly collects dozens of recipes for tourtiere (French-Canadian pork pie) submitted by readers, her most important coverage includes stories reporting on the French presence in North America, beginning with the St. Croix colony founded in 1604 on an island in the St. Croix River; between Maine and New Brunswick.

Writing about Franco-Americans includes stories about the past, and the present. She is often asked about diversity within the culture expressed by the Quebecois from Quebec, and the Acadians of Eastern Canada and Northern Maine.

On March 27, her talk to the People Plus forum will include a sampling of the wonderful reading resources available to help people better understand the hundreds of years of interesting history, language and culture of Les Franco-Americans.

March By MILLIE ACKLEY

March can conjure up a bevy of school memories for me, as I'm sure it can for you.

Who can forget King George III signed the Stamp Act on March 22, 1765, the first tax levied on the American colonies and we are still fighting taxes!

Many states were admitted to the Union in March, Maine being one of them. The Girl Scouts were founded in March. Albert Einstein was born in March. And the 15th and 23rd Amendments were ratified in the month of March.

That was when our elected officials got things done! A lot of important events took place in the month of March, but they are not my best memories of March!

March to me means getting from point

"A" to point "B" whatever the objective! Breakfast, lunch, dinner and classes were the most common objectives! I never "walked" anywhere in boot camp — recruits "march!" Even so, that was and still is one of my fondest memories as I served my three-year tour of duty in the Navy.

Recently at one of our Lunch & Connections I was introduced to a woman who also served in the military, and I'm sorry to have to admit it, but I was so busy I do not remember her name. It got me to thinking about People Plus members and how many other women served in the military? I'm not getting any younger and it would be fun to swap experiences, so if you want to "March" into the past, maybe People Plus could arrange it.

SAFETY TIP

Keys can be alarming

Put your keys beside your bed at night. If you hear a noise outside your home or hear someone trying to enter your home, just press the alarm button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the battery dies.

This tip originated with a neighborhood watch co-ordinator. Next time you come home for the night and start to put your keys away, think of this: In your hand is a security alarm system that you probably already have, and there is no

additional cost for installation or maintenance. Test it. It will go off from almost anywhere in your house, and will keep honking until you reset it with the button on your key chain. It works if your car is parked in your garage or in your driveway. If that car alarm goes off, odds are anyone in your area, simply will not stick around.

Remember to keep your keys handy while walking to your car in a parking lot. The alarm can work just as easily for you there.



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‘Current Events Forum’ opening at library

Midcoast Senior College and the Curtis Memorial Library in Brunswick are co-sponsors of a new program titled, “Current Events Forum.” At each session, a moderator will choose from a variety of topics and facilitate discussion about current issues in the news. This program will be held weekly on Wednesdays, beginning March 7, and will continue through the month of May. “Current Events Forums” will be held from noon to 1 p.m., in the Morrell Meeting Room at Curtis Memorial Library. Moderators will include library staff, community leaders and Midcoast Senior College instructors.

Topics of local, national and international interest and concern will be discussed. Attendees will be given an opportunity to comment and express their point of view. The only rule to be observed is that all share the floor and listen respectfully. This program is free and open to the public.

Vivian Kemp speaks of a secret love during a special Valentine’s Day reading by the Center Stage Players at People Plus on Feb. 14.

March of the screwballs

Spring isn’t quite here yet and to help combat cabin fever, Curtis Memorial Library will host a classic screwball comedy film series in March featuring the witty repartee, romance, pratfalls, mistaken identities, slapstick and zany antics of Katharine Hepburn, Cary Grant, William Powell, Carole Lombard, Henry Fonda and Barbara Stanwyck.

Critics (and madcap couple) Robert Long and Melissa Orth bring on the laughs as they give a brief introduc-

tion to each film and discuss key players and trivia. Join them at 7:30 p.m. in the Morrell Meeting Room at Curtis Memorial Library four Friday nights in March. Free refreshments and popcorn will be served. The lineup includes:

- March 2: “My Man Godfrey” (1936)
- March 9: “Bringing Up Baby” (1938)
- March 23: “Holiday” (1938)
- March 30: “The Lady Eve” (1941)



Island chat

Harpwell historian Barbara Munsey, left, and Janet Baribeau, author of “A Bailey Island Girl Remembers,” share recollections during an Author’s Chat at People Plus last month.

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Personal thrift?

I've learned to accept that I'll never be rich, and part of my response to that reality has been what I like to call personal thrift. Yup, I save stuff, I reuse stuff, I borrow when I can, do without when I can't. I'm willing to try something myself, rather than hire someone to do it. I like to think I received some of those traits from my grandfather, but today as I watch and wonder as my own grandsons grow, I'm finding it tougher and tougher to transfer these same habits to our next generation. I mean, it's just not as easy as it used to be.

When I was a little, little kid, I used to walk the roads, search for bottles and would turn them in at the local store. The nickels would add to quarters, and after I'd treated myself to an occasional soda (10 cents) or some penny candy (that actually cost a penny). I'd make a

stop at the post office where Fred, the postmaster, would greet me and open a draw as I came into the room.

"Here for a stamp?" he'd ask, and I'd nod, yes. Those stamps would accumulate in a book till I had enough to trade in for a bond, and yes, Fred was personally involved when I got that bond.

Today if I want to buy a bond for my grandsons, I can't do that at the post office, and now I can't do that at a bank. I have to go online and order it electronically. They try to make me believe that process is easier, but Fred the postmaster and I would both disagree. More importantly, I fail to see a good way to teach thrift to a child using that process.

I don't remember ever having a regular allowance, or ever really missing it. Daily chores were something all of us did in our house, to keep a large family

functioning. I did occasionally iron my brothers shirts for a dime, or do odd jobs for neighbors, and when I decided I could work for real money, it was weeding Prout's fields, or picking his carrots, radishes, beans or squash.

When a credit union opened in Bowdoinham, my account was a two digit number, and it was exciting to sit at the "treasurer's" kitchen table, give him a couple bucks to add to a book and have him look over his glasses at me and tell me how much interest I'd accumulated in a month.

Today, that credit union has left my hometown and their sterile new offices down the road look like a fancy doctor's office. Banks everywhere seem more intent on forming clubs for little kids, giving them silly prizes and useless gifts rather than inspiring them toward real

Speaking Frankly

FRANK CONNORS



thrift by offering them a little simple interest on a savings account.

Both of my grandsons have had accounts opened to help them with college expenses. Here, finally, there still seems to be an opportunity to help prepare them for the future. Grandparents can send checks and lobby against the day when their kids confront crushing debt to get a college education.

But there really is something missing. In this day of corporate bailouts, seven or eight digit deficits, and monthly mortgage payments of a few thousand rather than a few hundred dollars, the opportunity for personal thrift and savings seems lost. How are we going to fix that?

New or renewing members — March

*Indicates membership donation

BRUNSWICK

- Mary Weiler
- Mildred Ackley
- Gloria Doney
- Dorothy Stetson
- Susan Boothby
- Robert Boothby
- Shelley St. Clair
- Dorothy C. Cardali
- Edward J. Cardali
- Joanne McCartan
- Laraine Lach
- Beverly LaPointe
- Richard LaPointe
- Priscille Bernier
- Ruth Poynton
- Vincent McDermott
- Joanne McDermott
- Irma Howard*
- Alison Harris
- Bernie Breitbart
- Ruth Vail White
- Thim Chhim
- Daniel E. Ehlers
- Preston Wilkins*
- Daniel Ehlers
- Wilda Steinkuhler*
- Robin Schmidt
- Tom Schmidt
- Edith Rentz*
- Elfriede Nicholson
- Carolyn Johnson
- Jack E. Hudson
- Chloe Carmer

- Beverly Nickerson
- Richard Nickerson
- Sam Whitaker
- Marilyn Whitaker
- Yvette Davenport
- Lee Atkins
- Gladys Szabo
- Jack E. Hudson
- Caroline Giegold
- Eleanor Grafe
- Charles Woodman
- Ria Woodman
- Peter Frati
- Helen Frati
- Beth Aldenberg
- Shirley Bello
- Joanne Rosenthal
- Richard Giustra
- Karen Giustra
- Patsy Lambert
- Nicholas Payson
- Nancy Hoffman*
- Raymond Tutts*
- Lynn Kinee
- Carol Bondy*
- Donald Trice
- Lois Thacker
- Arleen Rancourt*
- Kenneth Bedard
- Janice Rigazio
- Wilma Sarna
- Philip Steadman*
- Marcia Mead
- Normand Rocheleau
- Jill Victor
- Paul Dostie

- John Rhode
- Suzanne Rhode
- Patricia Holmes
- Adelbert Richardson
- Jeanne Clampitt
- Larry Clampitt
- Carolyn Foster*
- Michael Anne Banks
- Tim Banks
- Mary Ann Larochele*
- Armand J. Larochele*
- Gertrude Catlin*
- Barbara A. Wyman*
- Doris Gullifer
- Sonia Rush
- Judy Larrabee*
- Zoe Rote

TOPSHAM

- Elizabeth Pettigrew*
- Mary Ann Douglas
- Marion Schneider*
- R. Cecil Eldredge*
- George Reynolds
- J. Gregory Shea
- Susan Wylgal
- Doris Nieman
- Merrilyn L. Tombrink
- Alvina Menard*
- Tracy Gregoire
- Susan C. Smith
- Marie Neale
- Gordon Brigham
- Rosemary Brigham
- Maryanne Lamont

HARPSWELL

- Christine Sullivan

- Nellie Coulter
- Sharon Dowd
- Joseph Tonely
- Wilma Sarna
- Sarah "Sally" Moulton*
- John Moulton*
- Raymond T. Kemp
- Constance Lewis*

OTHER PLACES

- Wendy Johansen, Bath

- Joyce DeVito,
- Georgetown
- Richard DeVito,
- Georgetown
- Cynthia Fischer,
- Wiscasset
- Caroline Sonia,
- Wiscasset
- Pamela Meister-Pourreyon, Bath

- Andre Pourreyon, Bath
- Vicki Woodside, Bath
- Henry Thiboutot, Sabattus
- Levonia Thiboutot, Sabattus
- Christopher Tripp, Saco
- Marie Murray, Bowdoinham
- Judy Gray, Bowdoinham

Lunch Out! SEA DOG RESTAURANT

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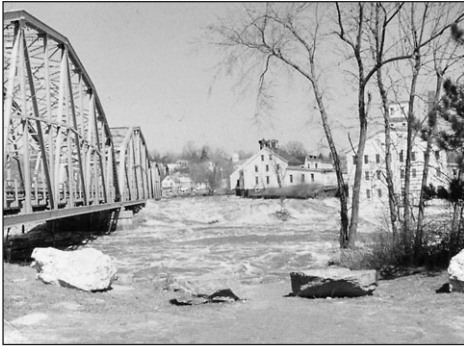


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Fondly recalled ...

Twenty-five years ago on April 1, 1987, melting snows and torrential rains played a cruel April Fool's Day joke on the Brunswick-Topsham area. The Androscoggin River exceeded flood stage, threatening the Frank J. Woods Bridge, left, and undermined a layer of traffic on Mill Street and threatened the Free Bridge, now known locally as the Black Bridge. (Photos courtesy of Susan K. White)

If you have old pictures from the area to share with readers of the People Plus News, please contact Frank Connors at 729-0757.



Keep up with Center news

Now, in addition to reading People

Plus News and 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.

Support group welcoming new caregivers

The Caregivers' Support Group meets every Monday from 2 to 3 p.m. in the Pilgrim House Parlor, First Parish Church, 9 Cleveland St., Brunswick. This is a time of sharing feelings and concerns, and offering support to one another.

Caregivers may be caring for a parent, a spouse or an elderly friend. They are doing personal care for a loved one, and many are doing this care 24 hours a day, seven days a week. Some are new to caregiving; for others it has become a way of life.

Currently, six to eight caregivers attend on a weekly basis, both men and women. The group is open to everyone in the community, and not limited to

members of First Parish. The caregiver journey can be lonely, and should not be traveled alone.

A Caregivers' Library, located in the parlor, contains 30 references. Informational materials pertaining to specific diseases as Alzheimer's and Parkinson's are available, along with several videos. Please stop and browse.

You may wish to sign out a book or choose some handout materials. A bulletin board is located outside the parlor for supportive pamphlets, current information and events related to health issues.

Please contact the church office at 729-7331 for further information.

Healing room gets makeover

Come one, come all, come see our newly painted walls in the healing room. Volunteers worked for hours climbing ladders and rolling rollers to make this lovely change happen.

You will be amazed at how light and bright and peaceful it is.

Light, bright, peaceful; those sound like qualities we all want to embrace.

These kind of feelings could be more a part of your life if you choose to sign up sometime for an energy treatment with Burt or Marilyn or Sally.

The healing team always welcomes new practitioners.

CLASSIFIED ADS

Jazzy Select Scooter, like new, valued at \$5,000, looking for a person in need who can make a real offer. Call Elaine at 721-0966.

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.

Simple Alterations on clothing or household items. Call our "Craft Ladies" at 729-0757.

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

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

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