

# 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."



GABE SOUZA PHOTOS

**COMCAST CARES DAYS** volunteers, from left, Dean Lanphear, Renard Duckett and Charlie Frizzle constructed and then moved into place a raised bed garden frame at People Plus in Brunswick on April 21. More photos, pages 6-7.

## What a month!

### Fundraisers, projects help move Center ahead

April was a blockbuster for the People Plus Center! The 4th annual Gelato Fiasco, the 10th annual Music in April gala, and the Comcast Cares weekend combined to raise money, public awareness and new friends for the Center.

The April 5 Scoop-a-thon at Gelato Fiasco on Maine Street in Brunswick, raised more than \$3,500 for the Brunswick Teen Center is just 12 hours, crushing records from previous years.

The 10th annual Music In April gala, just a week later, also proved to be another success.

The silent and live auctions, along with table sponsorships and other efforts, raised, "more than \$30,000," according to preliminary estimates.

The Comcast Cares Day on April 21 produced a series of improvements at the Center: Two raised-bed gardens were built and set; the yards were raked,

grimed and reseeded; and changes were made in the kitchen, including pot racks and other storage improvements. Thanks also to Cosmic Stone of Topsham; their donation of soil and mulch will keep the raised beds productive for months to come.

"It was amazing," program and outreach coordinator Rebecca Banks said. "At the end of the day, we really had transformed our Center."

## Volunteers are the difference

Election of a new volunteer of the year for People Plus commences this month. "It's a contest for the best of the best," member services director Frank Connors suggested. "I'm glad the selection is not MY job. This Center runs on volunteers ... receptionists, cooks, cleaners, file clerks, mailers, board members, gardeners, drivers, walkers, leaders, followers, service providers ... the worry is we'll forget someone."

Connors suggests there are at least 250 members and friends of the Center who provide unduplicated volunteer tasks at People Plus. "Think of that resource for a moment," he said. "Thousands of hours donated every year to make our Center, and our communities, better places to live."

May and June are traditional months to recognize volunteers. Connors added, "we'll crown our newest leader in June."

Last year, Gladys Szabo was volunteer

Please see **VOLUNTEER** Page 2

### Lunch & Connections

## Chicken and sausage stir fry

Our May 17 luncheon will be a flavorful sampling of chicken and sausage chunks, stir fried in olive oil with peppers and onions. "This is one I look forward to," offered chef Frank Connors, "even though we're serving it on a bed of rice!"

There will be a side dish of roasted veggies. Connors added — potatoes, broccoli, carrots and turnip — and a spinach-cheese casserole for our vegetarian friends.

There will be a fresh, lightly-dressed green garden salad, coffee, tea, fruit juices and milk available to drink, and the dessert for May will be a thick helping of strawberry-rhubarb crisp, made from Evelyn's and Linda's rhubarb, and topped off with a knob of vanilla ice cream.

May is Military Appreciation Month according to volunteer director Gladys Szabo, and of course there will be a 50/50 raffle. Come at 11:30 a.m. to pick up your raffle tickets and register for one of several door prizes. A CHANS nursing professional will be offering free blood pressure checks. Reservations for seating are encouraged, and are obtained by calling 729-0757. Seating is limited to 60 people and meals are open to the public. Cost of the luncheon is \$5 for members, \$7.50 for nonmembers. Doors open at 11:15 a.m. and lunch is served at noon.

## Mt. Everest climber to share adventures

Author's chat to feature Ed Webster

Ed Webster, who in 1988 achieved and survived a new, never-before-attempted route up Mt. Everest's most dangerous and most isolated Tibetan side, will present an unforgettable photo collection and lecture when he offers his author's chat on May 16 at 2 p.m.

"Snow in the Kingdom: My Storm Years on Everest," was written by Webster and offers a great testimony to the career of this adventurer. The 500-page volume is loaded with stunning color and black-and-white photographs. His inspiring

stories of survival and endurance will leave you breathless! He is a veteran of seven Himalayan expeditions, and was the first American mountaineer to climb in Mongolia.

A resident of Orr's Island, Webster's articles and photography have been published in dozens of magazines, including those published by the Sierra Club and the National Geographic Society.

Copies of his book will be available for purchase at the meeting. Reserve your seat by calling 729-0757.



Adventurer Ed Webster to speak at People Plus on May 16 at 2 p.m.

## 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](mailto:frank@peopleplusmaine.org)

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

The Editor: People Plus  
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# No time for a breather!

It's been a crazy, busy month of community support for our wonderful People Plus Center and I think we are all ready to take a breath as we ease into spring.

OK — deeeep breath in ...

Let it out ...

Ahhhh, that was lovely! And now back to work!

With the Gelato Fiasco and Music In April fundraisers and the Comcast Cares Day, April saw more than a thousand people donate their sponsorship, their money, their businesses, their skills, their patronage and most importantly their time to help support this organization and the programs that we offer.

I know I speak for all the staff, volunteers and members of People Plus when I give a heartfelt thank you to each and everyone of you who donated so much. It is deeply appreciated by all of us. I simply cannot say often enough how much we appreciate the efforts from our staff and volunteers.

Everyone at the Center has worked extra hours this month, organizing, setting up, cleaning, counting, folding and printing while coming in on weekends to clean (with their children in tow).

And the front desk and lunch gang volunteers have all worked tirelessly to stuff and stamp envelopes, fold flyers, make meals, create spring flowers and still serve double duty at Music in April as receptionists, check out helpers and the set-up/take-down crew.

As we head toward into spring and the warmer summer months, it is exciting to see the tulips that were planted last fall by O Jeanne d'Arc Mayo and crew blooming out front in the warm sun.

And with the new garden beds installed over the weekend, the little "face lift" in the kitchen and the flowers in the planter boxes Hank Welzel made for us; the place seems more alive and lived in than ever. More loved and more appreciated.

So it seems the Center too is taking in a deep breath of the fresh, warm spring air; drinking it up so to speak, as it should.

I'm thrilled that every time I get here the parking lot has at least a dozen cars in it. So despite my wanting to rest, it would appear that we still have some work to do and programs to fund thanks to Rebecca Banks and Frank Connors generating all sorts of new and exciting things for May.

## From the Executive Director



STACY V. FRIZZLE

Check out the May calendar: Jack Hudson is back, Frank Connors is leading a walk and ballerinas will fill through the evenings. AARP has a driving class, you can (finally!) start your own Facebook page and we get "hung up" by art on May 11.

Lastly, I'm really looking forward to celebrating the Center's 35th birthday this summer with a Member Appreciation Day at Brunswick Landing. I got a tour of the former Brunswick Naval Air Station recently from Steve Levesque of Midcoast Regional Redevelopment Authority who graciously offered People Plus the use of the outdoor pavilion and grill area complete with a softball field, basketball hoops and horse shoes.

It will be the perfect spot for a day of fun in the sun with all your friends at People Plus. So stay tuned for more information next month on our 35th birthday/Member Appreciation Day!

As always, I close with the invitation to come see us at People Plus, The Center That Builds Community. We are having a great time!

### 2012 VOLUNTEER OF THE YEAR 2012

Nominate a caring volunteer who has given regularly and represents the mission of People Plus. Use this form, complete one at the Center, or call 729-0757 to cast your vote for Volunteer of the Year.

**Name:** \_\_\_\_\_

**Why you are nominating this person:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**The winner will be announced at your Volunteer Celebration in June.**

## VOLUNTEER

From Page 1

of the year for People Plus, Hank Welzel was volunteer of the year for the Brunswick Teen Center.

Nomination forms are available at the front desk, or may be clipped from this newspaper. You may vote for more than one person, and you do NOT need to identify yourself.

Nominations will cease on Thursday, May 31, at the close of business for the Center, and a reception will be coming in June.

Don't forget to VOTE!

### MCREA meeting set

On Wednesday, May 16, the Mid-Coast Retired Educators Association will gather at 11 a.m. at the Harpswell Inn. A master gardener will discuss container gardening. The agenda includes a business meeting and luncheon. This month's fundraiser will be a plant sale, and profits will be donated to the MCREA scholarship fund. For information, please contact Jane Gott 721-0659.

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~Nancy D.

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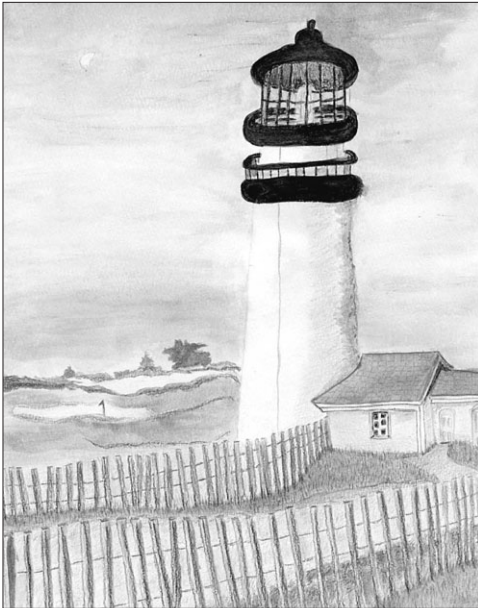
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"Coastal Beacon," mixed-media, Frankie Stone

## Center artists are the Centerpiece

A collection of original work by students of Connie Bailey's combined art classes are gathered in the Union Street Gallery at People Plus for the months of May and June.

The multi-media show, opening May 1, includes more than two dozen pieces by more than a dozen local artists. Students invited to display include: Beth Aldenberg, Cindy Fischer, Ann Frey, Karen

Guistra, Richard Jordan, Judy Krok, Donna Lemieux, Richard Nickerson, Nick Payson, Val Robins, Frankie Stone, William Tracy, Al Tyrol and Susan White.

This show and the Union Street Gallery will be a feature of Brunswick's Second Friday Art Walk on May 11. Artist are being encouraged to attend. Refreshments will be served.

## Parents BY BETTY KING

Rummaging through old papers, I found letters from my parents, written fifty years ago, to a young mother, myself! My end of this correspondence is lost, but they respond to news that I was sending. Through their words those scenes come back to me. I would like to thank them for unhesitatingly supporting whatever I was doing or thinking of doing. No matter how crazy it may have seemed to them (And to my older, wiser self). Knowing that I would float, they launched me out onto the river. Knowing that I could fly, they let go of the string. Knowing that I would fly away.

## Time Passing Lesson

BY GLADYS SZABO

If my mother was here today I'm sure I would have a lot to say. But questions definitely by the score. Know so little and want much more. Time flies by much too fast. The end we can't ever forecast. This should be a lesson for me. To write things down for family to see. No time right now. Maybe tomorrow somehow!

## Signed: With Love

BY P.K. ALLEN

Dear Mom, Is how the letter would start that I wasn't able to write. Thanks so much for being there to help me through the night. If it hadn't been for you, I don't know where I'd be. So thanks again for being there to take such care of me.

With love, Is how I'd end it, and I'd sign it with a date. But, I should have written it sooner, now she's gone, and it's too late.

## The Vow

BY P.K. ALLEN

We promised to love and honor so long as we do live, But I'm not sure that's long enough for the love we have to give.

We took that vow together on a wintry wedding day when we were young and innocent and believed what we did say.

Now that I look back on it to when those bells did chime, I didn't ever think a love could outlast the end of time.

**Have a happy Mother's Day**

# Center Stage bringing 'LOL' to Theater Project

BY MILLIE ACKLEY

What is LOL you may ask? When the Center Stage Players found out it was the title of their May performance at The Theater Project, they immediately guessed: "Lively Old Ladies."

But that couldn't be right because they also have lively old men!

"Love or Lust?" was quickly followed by "Lots of Luck" and so it went. But the truth is, it's "Laughing Out Loud."

And that's something the Center Stage Players anticipate their audience will do when they present eight comedy pieces titled: "The Rehearsal"; "Cinderella"; "Fast Forward," by Edie Hazard; "The Glass in the Field," by James Thurber;

"Abbot and Costello: Buying a Computer"; "The Week That Had Two Tuesdays," by Glenna Smith; "Church of the Divine Pot Luck," by Sybil Baker; "Bob and Ray: Hard Luck Stories"; and "Maud and Edwena," by Millie Ackley.

Performances are by Joan Brewer, Eleanor Grate, Whit Blair, John and Kathleen Sutherland, Bill and Jean Konzal, Lollie Brown, Ann Hough, Sybil Baker, Everett Hanke, Patricia Johnson, Susan White, Vivian Kemp, Ann Cort and Millie Ackley. Show times are Friday May 18, and Saturday, May 19, at 7 p.m., and Sunday, May 20, at 2 p.m.

Tickets are on a pay-what-you want basis, with a \$8 suggestion.

## Josie, a.k.a. Sunny

BY GLADYS SZABO

Josie has been living at the Coastal Humane Society since the middle of December when she was found under a porch. It is now almost the end of January and she is yearning for a new home. Josie is 6 years old.

Josie looks toward the door as three women enter the room. (Grandmother, daughter and granddaughter)

I wonder who they are coming to see? Bet it's not me! Of course! They are looking for perky Sophie. I need to get their attention.

I will lean over the edge of the cages, tilt my head and put my paw out as a welcome. Maybe one of them will notice me. It's working! The granddaughter is looking my way.

Darn, the daughter is picking perky little Sophie up. Go ahead Sophie, wiggle out of her arms-you're not as lovable as I am! Doesn't look like grandma wants a squirmy cat. Now is the time to turn on my charm, full blast. I'll stretch out further. Wait! the granddaughter is reaching to hold me — yessss! PUTTTTT. She is trying to get grandma's atten-

tion but she is more interested in looking at all the other lazy cats, trying to be cute. Great — now the granddaughter is putting me in her mother's arms. How can I impress grandma this way? Maybe if I am real lovable she will convince grandma to check me out. Oh yeah! Grandma is taking me in her arms — now is my chance to turn on the real charm. Tip my head, rub my face up against her's and purr softly, turning on the love.

Oh no she is giving me back to her daughter and she and her granddaughter are leaving the room. This might not be a good thing. Did I fail to embrace them with my sweet loving personality?

BUT, oh here comes one of the volunteers. She is taking me — no! no! I want to go home with Grandma. Please don't put me back on the cages. Wait! Where is she taking me? A collar with a bell? Could this mean a new home for me?

I did it! I'm the center of attention! Kids hugging and kissing me, photos being taken — but they keep calling me Sunny? I'll just play along and settle in with Grandma.

## Chair yoga

BY BONNIE WHEELER

I joined a chair yoga class this week. My doctor suggested it 10 years ago. I tell my doctor he is a better doctor than I am a patient.

If I had joined when he told me, maybe I could have done matt and floor yoga. Today, with I had knee, bad arthritis, and diabetes, I am lucky to sit in a chair and breathe right and stretch my arms over my head.

The day I can cross one knee over the other will be a celebration. I have a great

yoga teacher. When she scans the class and looks at me, she often says, "Keep your spine straight. Breathe more deeply."

Why didn't I start yoga 10 years ago? Why didn't I learn yoga when I was young?

Picture it? A young girl in an Oklahoma corn field with her arms in the air swaying slowly in the wind, taking deep breaths.

Whatever would the cows have thought?



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### Getting it done

Madeleine Ashe, one of our Lunch & Connections kitchen secret weapons, takes the extra step while stirring noodles for last month's shrimp wiggle.

## May offers dance, computer and education options

### Elder law and obits

Questions on Elder Law? Wondering how to write an obit to DIE for?

Join local attorney Jane Quirion on Tuesday, May 22, at noon as she comes to People Plus to answer your questions regarding Elder Law.

Just as we create estate plans for our eventual demise, we also need to plan ahead for the possibility that we will become sick and unable to make our own medical decisions. Medical science has created many miracles, among them the technology to keep patients alive longer, sometimes indefinitely.

As a result of many well-publicized "right to die" cases, states have made it possible for individuals to give detailed instructions regarding the kind of care they would like to receive should they become terminally ill or are in a permanently unconscious state. These instructions fall under the general category of "health care decision making."

Ms. Quirion will walk us through the legal framework necessary to maintain the right to make our own decisions.

Immediately following Jane's discussion, Frank Connors will take the reins and discuss the steps to create your own obituary to DIE for. Always entertaining, Frank will focus on the importance of creating one and the details important to include.

Join us, May 22 at noon. Please register at 729-0757 or contact us FMI.

### Computer Tutor classes

Jack Hudson returns to People Plus as our Computer Tutor. Jack's classes help people navigate a different part of the electronic age. If you have any suggestions on what you would like to learn, please contact the Center.

This month's classes are:

— May 1 and 3 at 10 a.m., "Advanced Excel." For this class, participants should have already taken Jack's "Intro to Excel" class or have working knowledge of Excel.

— May 8 and 10 at 10 a.m., "New To Computers! The Basics!"

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). Advanced sign up is required.

### 'Facebook, Part Two'

Congratulations! You have a Facebook page and even some "friends." What now? How do you use this type of social media to connect with grandchildren, friends, family and even People Plus?

Join us on Thursday, May 17, at 10:30 a.m. for "Facebook, Part Two" at People Plus. This is the second talk led by Sarah

Brown, adult services librarian at the Curtis Memorial Library in Brunswick.

Sarah will discuss Facebook's new timeline, privacy settings and notifications. She will show us how to write and post messages and comment on those posted.

She will teach you how to create photo albums, make "friends" lists and remove offensive and annoying ads. Join us as Sarah discusses all aspects of "netiquette" and how it applies to Facebook and you!

Save the date for this important discussion and continue your Facebook journey here at People Plus.

Wait! If you are new to Facebook and don't feel like you're ready for something like this yet, attend the Curtis Library Tech meet-up on Monday, May 14, at noon as they take the first steps into Facebook, a beginners look at this form of social media. Then join us on Thursday, May 17, here at People Plus for "Facebook, Part Two."

Due to limited space, registration is required for this event. Please contact the Center to register.

### Adult ballet returns

Join Donna Bissett as she returns to People Plus with adult ballet on May 9, 16, 23 and 30 at 6:30 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. If you are interested, please sign up by calling 729-0757 by May 7 as we have to have four people to continue the class.

### Laughter ... the best medicine

Laughter Clubs were started by an Indian physician in Mumbai in 1995, using intended laughter as a tool to improve health, increase a sense of well-being, and promote peace through personal transformation.

Join us on Mondays, from 1:15 to 2:15 p.m. for the People Plus Laughter Club. You do not need to have a sense of humor to laugh; you do not need to be happy to laugh; and you do not need a reason to laugh. All you need is an open mind and the willingness to laugh. No special equipment, clothes or physical prowess needed.

Information on the Laughter Club movement is available at [www.laughtertoyoga.org](http://www.laughtertoyoga.org) and [www.worldlaughter-tour.org](http://www.worldlaughter-tour.org). Cost: Free for People Plus members, \$2 facility fee for nonmembers.



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# MAY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Don't forget MOTHER'S DAY</b> May 13</p>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Computer Tutor</li> <li>10:00 AM Table Tennis</li> <li>10:00 AM Art I</li> <li>1:00 PM Quilting Club</li> <li>3:00 PM Teens First</li> <li>6:15 PM Int. Modern dance</li> </ul>	<ul style="list-style-type: none"> <li>8:45 AM Inter. Cribbage</li> <li>9:00 AM Table Tennis</li> <li>1:00 PM Writer's Group</li> <li>1:30 PM Advanced Tai Chi</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Computer Tutor</li> <li>10:00 AM Table Tennis</li> <li>10:00 AM Art II</li> <li>5:00 PM Yoga</li> <li>6:00 PM Beg. line dancing</li> <li>6:00 PM Course in Miracles</li> <li>7:15 PM Adv. line dancing</li> </ul>	<ul style="list-style-type: none"> <li>8:00 AM Tai Chi Easy practice leader training</li> <li>9:00 AM Loosen Up!</li> <li>1:30 PM Qigong</li> </ul>	<ul style="list-style-type: none"> <li>8:00 AM Tai Chi Easy practice leader training (also on Sunday)</li> </ul>
<ul style="list-style-type: none"> <li>9:00 AM Crafters</li> <li>9:00 AM Yoga</li> <li>10:00 AM Chair yoga</li> <li>10:00 AM Table Tennis</li> <li>12:00 PM Pilates for Growups</li> <li>12:00 PM Bridge</li> <li>1:15 PM Laughter Club</li> <li>6:00 PM Belly dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Computer Tutor</li> <li>10:00 AM Table Tennis</li> <li>10:00 AM Art I</li> <li>11:30 AM LUNCH OUT</li> <li>3:00 PM Teens First</li> <li>6:15 PM Int. Modern dance</li> </ul>	<ul style="list-style-type: none"> <li>8:00 AM MEN'S BREAKFAST</li> <li>8:45 AM Inter. Cribbage</li> <li>9:00 AM People Plus ON THE GO</li> <li>9:00 AM Table Tennis</li> <li>1:00 PM Writer's Group</li> <li>1:30 PM Advanced Tai Chi</li> <li>6:30 PM Adult ballet</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Table Tennis</li> <li>10:00 AM Art II</li> <li>10:00 AM Computer Tutor</li> <li>3:00 PM Game On!</li> <li>5:00 PM Yoga</li> <li>6:00 PM Course in Miracles</li> <li>6:00 PM Beg. line dancing</li> <li>7:15 PM Adv. line dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Table Tennis</li> <li>1:30 PM Qigong</li> <li>5:00 PM 2nd Friday Art Walk</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Bridge</li> </ul>
<ul style="list-style-type: none"> <li>9:00 AM Yoga</li> <li>9:00 AM Crafters</li> <li>10:00 AM Table Tennis</li> <li>10:00 AM Chair yoga</li> <li>12:00 PM Bridge</li> <li>12:00 PM Pilates for Growups</li> <li>1:15 PM Laughter Club</li> <li>6:00 PM Belly dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Table Tennis</li> <li>10:00 AM Art I</li> <li>1:00 PM Quilting Club</li> <li>3:00 PM Teens First</li> <li>6:15 PM Int. Modern dance</li> </ul>	<ul style="list-style-type: none"> <li>8:45 AM Inter. Cribbage</li> <li>9:00 AM Table Tennis</li> <li>1:00 PM Writer's Group</li> <li>1:30 PM Advanced Tai Chi</li> <li>2:00 PM Author's Chat</li> <li>6:30 PM Adult ballet</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Art II</li> <li>10:30 AM Facebook Part II</li> <li>11:30 AM BP clinic</li> <li>12:00 PM LUNCH &amp; CONNECTIONS</li> <li>5:00 PM Yoga</li> <li>6:00 PM Beg. line dancing</li> <li>6:00 PM Course in Miracles</li> <li>7:15 PM Adv. line dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Table Tennis</li> <li>1:30 PM Qigong</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Bridge</li> </ul>
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<p><b>MEMORIAL DAY</b> Center is closed.</p>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Art I</li> <li>10:00 AM Table Tennis</li> <li>3:00 PM Teens First</li> <li>6:15 PM Int. Modern dance</li> </ul>	<ul style="list-style-type: none"> <li>8:45 AM Inter. Cribbage</li> <li>9:00 AM Table Tennis</li> <li>1:00 PM Writer's Group</li> <li>1:30 PM Advanced Tai Chi</li> <li>6:30 PM Adult ballet</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Table Tennis</li> <li>10:00 AM Art II</li> <li>5:00 PM Yoga</li> <li>6:00 PM Course in Miracles</li> <li>7:15 PM Adv. line dancing</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Table Tennis</li> <li>1:30 PM Qigong</li> </ul>	<p><b>Teen Center</b> Monday – Wednesday 2:30-5:30 PM</p>

## Safe driving courses planned

AARP certified safe driving instructor Joseph Hahn is planning two AARP safe driver refresher classes this spring, one at the People Plus Center, and the other at Thornton Oaks.

The Thornton Oaks class is Thursday, May 10, from 8:30 a.m. to 12:30 p.m., and the People Plus class is Monday, June 11, from 12:30 p.m. until 4:30 p.m.

These classes are designed to help drivers, "hone driving skills, talk about any recent law changes, and, with a successful completion certificate, qualify to receive a discount on automobile insurance."

Any licensed driver 50 or older may register for the class. You must be older than 55 years of age, and have completed the four-hour refresher class in the last three years, to qualify for the insurance discount.

Class fees are \$14 to the general public, \$12 if you are a member of AARP. Attendance is limited to the first 24 who register. You must pre-register directly with instructor Hahn at 751-9364.

## Dead Poets (and others) Social

Did you ever want to ask Buddy Holly about his last words to Richie Valens? Ask Elizabeth Taylor if you could be Mr. No. 8? Or inquire of Jimmy Hoffa where he's been hiding all these years?

Well now's your chance! Mingle with these celebrities and many more famous figures at the People Plus May Social, sponsored by the Brackett Funeral Home.

No costumes necessary — you'll be

transformed at the door — though you're the only one who won't know who you are!

The fun won't stop with celebrity spotlights! Enjoy the unique musical entertainment of Claude Bonang on the bones and saw tie.

Join us and enjoy hors d'oeuvres, drink, laughs and Claude on Wednesday, May 23, from 3 to 5 p.m.

**Reiki treatments are given at the Center.**

Call 729-0757 for appointments.

*Stetson's*  
Funeral Home

12 Federal St., Brunswick, Maine 04011  
www.stetsonsfuneralhome.com  
207.725.4341  
apurinton@gwi.net

Anthony B. Purinton • Funeral Director

## PEOPLE PLUS NEWS & VIEWS

FEATURING

STACY V. FRIZZLE & FRANK CONNORS  
"New days at the Center"

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 Harswell Community Television viewed online, anytime:  
<http://vimeo.com/harswelltv>

## ChiroCare Center, P.A.



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# Spring ...



GABE SOUZA PHOTOS

Volunteers from Comcast gathered at People Plus in Brunswick on April 21 to do yard work and other handiwork as part of a national effort to create Comcast Cares Day. The workers were reseeded a section of the lawn and placed hay on top to protect the seed. At top, Audrey Nile couldn't resist taking an enthusiastic break while volunteering. Below, Devon Nile washes windows with his sister, Audrey, during the volunteer work day.

Howard Truesdell, from Cosmic Stone in Topsham, delivers a donated load of composted soil used for raised beds and reseeded projects during Comcast Cares Day on April 21.

Frank Connors photo



BOB DOW PHOTO

A capacity crowd of auction bidders check out the silent auction items during the Music In April gala on April 12. At right, O Jeanne d'Arc Mayo puts finishing touches on decorations for the 10th annual event.

## Bustin' Out All Over



BOB DOW PHOTO

Auctioneer John Botterro directs bidding during the Music In April live auction on April 12.



FRANK CONNORS PHOTO



STACY V. FRIZZLE PHOTO

Spontaneous dancing erupted during the Gelato Fiasco Scoop-a-thon on April 5. Matt Loosigian, pictured, was one of several entertainers on hand throughout the day.



Volunteer Grant Connors installs hardware hangers in the People Plus kitchen during a Comcast Cares Day event on April 21. Nearly 50 volunteers made the Center shine.

FRANK CONNORS PHOTO

Join us again in  
 thanking those  
 who made Music  
 In April a success

**Sponsors**

- Fortissimo**  
 Downeast Energy
- Forte**  
 Ameriprise Financial Services  
 Atlantic Regional Federal Credit Union  
 Bank of Maine-Brunswick & Topsham  
 Bath Savings Institution  
 Bill Dodge Auto Group  
 Border Trust Co.  
 Bowdoin College  
 Brackett Funeral Home  
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 Hammond Lumber Co.  
 The Highlands  
 Mid Coast Hospital  
 Mid Coast Senior  
 Health Center  
 Midcoast Regional Redevelopment  
 Authority  
 Neighbors Inc.  
 Primerica Financial Services  
 Priority Group LLC.  
 Riley Insurance Agency  
 Spectrum Generators  
 Thornton Oaks

**Messoforte**

- Hancock Lumber Co.  
 JHR Development  
 Kathleen Winn, Dentistry

**Restaurants**

- Byrnes' Irish Pub  
 Back Street Bistro  
 Big Top Deli  
 Bowdoin College Dining Services  
 111 Maine Catering  
 Captain Mike's Restaurant  
 Clementine's Restaurant  
 Cook's Lobster House  
 El Camino/Flipside  
 The Great Impasta  
 Henry Marty Restaurant  
 Inn at Brunswick Station  
 Kennebec Tavern  
 Lise's Public House  
 Pedro O'Hara's  
 Richard's Restaurant  
 Run with Soup  
 Scarlet Begonias  
 Trattoria Athena  
 Region 10 Culinary Program  
 Wild Oats Bakery  
 Wicked Joe Coffee

**PEOPLE PLUS 2012 MEMBERSHIP** Date \_\_\_\_\_

PLEASE PRINT

1. Name \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) Phone \_\_\_\_\_ Birthdate \_\_\_\_\_

2. Name \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) Phone \_\_\_\_\_ Birthdate \_\_\_\_\_

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:**  Check/Cash  Visa  Mastercard  
**Total \$** \_\_\_\_\_  
 Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Signature \_\_\_\_\_

Donations above Membership Fees are tax deductible.

**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, Wednesdays (customers over 55)  
 Maine Street, Brunswick; 729-0176

**Florist**

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

**Auto Service**

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

**Bill Dodge Auto Group:** 10% off parts and service  
 262 Bath Rd., Brunswick; 888-378-1404  
 118 Pleasant St., Brunswick; 729-6653  
 www.billdodgeautogroup.com

**Brunswick Ford:** 10% off 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

**Tire Warehouse:** 20% on Labor  
 24 Topsham Fair Road, Topsham  
 725-7020, www.tirewarehouse.net

**"Green" Living**

**Shift:** 10% on Wednesdays  
 56 Maine St., Brunswick; 729-4050  
 www.shiftofmaine.com

**Optical and Hearing**

**Berrie's Opticians:** 20%, Anytime  
 6 Maine St., Brunswick  
 725-5111, www.berrieopticians.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 Aid  
 82 Baribeau Drive, Brunswick  
 725-1110, www.nickersonoptical.com

**Recreation/Entertainment**

**Eveningstar Cinema:** Free bag of popcorn at evening shows  
 149 Maine St., Brunswick; 729-5486  
 www.eveningstarcinema.com

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

**Spare Time Bowling:** 11.85/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  
 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.innattrunswickstation.com/tavern\_dining/

**The Great Impasta:** 15% off Wednesday lunch(food only)  
 42 Maine St., Brunswick; 729-5858  
 www.thegreatimpasta.com

**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

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

**The Wellness Connection**

As a chiropractor I often encounter people that don't understand why I do or why I do it. In this segment of the wellness connection, I will share 4 simple but sensible principles that make chiropractors the leading providers of wellness health care.

I know that you may have heard that chiropractors are back and neck pain doctors, but I need you to know that that is like calling an icebergs a diver or ice floating above the water.

First, each of us is born with an innate intelligence that keeps us functioning every minute of our lives. It's that animating force that controls and regulates all tissues, cells, and organs. We don't have to know how a liver works for it to work. It just does what it was designed to do. This innate intelligence is far superior than our educated minds will ever be.

Second, the nervous system is the master system of the body. It allows the brain and the body to continuously communicate and adapt to our external environment while maintaining balance to our internal environment.

Third, misalignments of the spine can interfere with the nervous system and compromise the body's ability to adapt to stress. In chiropractic we call this condition a vertebral subluxation complex often shortened to subluxation.

Fourth, the job of the chiropractor is to detect and remove these subluxations with an adjustment to the spine. This restores proper spinal function and removes the stress to the nervous system which allows the body to return to a state of ease and adaptability.

When this happens, we see miraculous things happen! In fact, 19 years of experience has allowed me to witness thousands of people just like you return to health from a wide variety of health problems. I have witnessed children with chronic ear infections no longer needing antibiotics, headache and migraine sufferers that suffer no longer, and chronic pain sufferers return to active and vital lives without pain and suffering. In all those cases, I did not treat their condition, I simply found the areas of spinal stress and nerve interference, removed it, and then stood back and watched as the person/body healed naturally. Oh yeah, I never forgot the best part, when it was all said and done, the practice member and I celebrate health freedom and a vision for a new future!

If you want to know if chiropractic can help you achieve optimal health call the doctors of Slocum Chiropractic at 725-1222.



Dr. Jeffrey S. Slocum

*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

**729-8571**  
 A United Way of Mid Coast  
 Maine Agency

**BRUNSWICK AREA  
 Respite Care**

# spectrum generations

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

## Live Healthy

### 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—\$49 for an hour long massage. Call for an appointment. 729-0475



### Chair Yoga class

Next six-week class starting May 7th. 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

### Monday Morning Games

Drop by on Monday's at 9 for coffee and games. A lively group that is always looking for more people to share the fun laughs. Free

### Play Bridge Tuesday

At 9:30 a friendly group gets together to play bridge. Most novices they enjoy talking about the hands and helping each other gain experience. Call for more information 719-0475, Free



### Laughter Club

Children laugh 400 times a day; adults, only 15 times. Come strengthen your funny bone, boost your morale and make new friends. Learn how to create intentional laughter without using jokes. It's good for the body, mind and spirit. Handicapped accessible. Thursdays



from 10:30 to 11:30 a.m.  
 Activity Fee: \$2.

## Get Connected

### Carefree Café

This wonderful restaurant style meal is a collaboration with Brunswick Area Respite Care and Spectrum Generations. It 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. May 22nd at 12 noon. Call 729-0475 for more information.



### Fireside Luncheon

Spectrum Generations serves lunch on Fridays at the Southern Midcoast Community Center at 12 Main St in Topsham. Call 729-0475 and reserve your spot as seating is limited. The suggested donation for age 60+ or disabled is \$4.00 Under age 60 the cost is \$6.00



## Menu

### Friday May 4th

*Southern Style BBQ with ribs, chicken, corn bread, collard greens, corn on the cob.*

### Friday May 11th

*Beef pot roast with root vegetables and sautéed seasonal vegetable and salad*

### Friday, May 18th

*Oven Roasted turkey with mashed sweet potatoes. Wild mushroom and fennel stuffing. Salad*

### Friday, May 25

*New England BBQ with chicken, pork, baked beans, corn on the cob*

### 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!



## Celebrating Older Americans Month



### Come Play at Spectrum Generations

Spectrum Generations invites you to join us at our community centers located in Waterville, Hallowell, Topsham, Rockland and Damariscotta to celebrate Older Americans Month, May 2012. This year's theme – Never too Old to Play – puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding – and passing that knowledge on to other generations in a variety of significant ways.

Come meet new people, make new friends, and celebrate the fact that you are never too old to play! Special events and activities planned to show appreciation for "older Americans" include lunch and learn programs, health and fitness classes, dinner dances, free health screenings, lectures, spa day, games, live entertainment and a Celebrate Life Party. Details about these and more activities can be found in the May 2012 Center Newsletters by visiting [www.spectrumgenerations.org](http://www.spectrumgenerations.org) and clicking on the Center Events button.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. Spectrum Generations helps older and disabled adults live healthier and remain independent by promoting life-long learning, good nutrition, community engagement, and fun activities in its seven community centers spread across central Maine.

For more information about Spectrum Generations community centers, programs and services, call 1-800-639-1553, TTY 1-800-464-8703 or visit us online at [www.spectrumgenerations.org](http://www.spectrumgenerations.org). Like us on Facebook.

## 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. **Friday, May 4th at 10am, Thursday May 17 at 1pm.** Please call to register. 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 Driving Class

Attend this 6-hour class and get a discount on your auto insurance! Tuesday, May 8th 9 am to 2 pm. \$12 AARP members, \$14 non-members. Bring a snack. Please call to register.



PROUD TO PARTNER WITH PEOPLE PLUS





## Taxing job very well done

AARP volunteer tax preparers, from left, Hollis McBride, Sam Whitaker, Wells Johnson, Dick Coburn and Marlene Budd worked from January to April 17 processing hundreds of tax forms so Brunswick-area residents could meet their tax deadline. Not pictured are Bob Boothby, Perry Bradley, Joanne Labbe, Carl Koester and Ray Hender.

## Walk the Walk

Join us Wednesday, May 9, at 9 a.m. (right after the Men's Breakfast) for the first Walk the Walk of the People Plus Walking Club.

This first walk will explore the 250th Anniversary Park and the bridge that connect's Brunswick and Topsham. Who was Frank J. Woods, anyway??? Sound uninteresting? You need to make this trip with Frank Connors, his depth of

trivia and useless knowledge is just amazing. Distance covered is almost one mile (from the Center and return. Doughnuts at Frosty's are optional.

We should be back at the center by 10:30 a.m. As usual, there is no cost for Frank's time. (Stacy says that's only fair.) If it rains we will reschedule to the following month.

## Family Matters: It's Important to Discuss Finances

It might come as no surprise that Americans' confidence in achieving their financial goals and their optimism about the country's financial future has declined significantly during the past five years. But despite their concerns, many people are failing to discuss key financial issues with their families, according to a study commissioned by Ameriprise Financial.

According to the "Money Across Generations II" study, about half (49%) of boomers say they are optimistic about the financial future of the United States, down from two-thirds (64%) of those surveyed in 2007. Four-in-10 boomers (41%) admit they haven't adequately discussed their current financial situation with their children and one-quarter (27%) say they rarely or never discuss retirement. If your family tends to put financial discussions on the back-burner, approaching them now among challenging economic times may be intimidating. Keep the following tips in mind as you navigate these conversations.

**1. Communicate your own financial plans.** It's important to make your immediate family members aware of your short- and long-term plans. Share any major financial and lifestyle decisions, including if you're planning to travel or relocate in the near future or during retirement, what arrangements you've made for future health care needs and any legacy plans you have in place. If you're currently providing financial support to a family member (or plan to in the future), speak honestly and set realistic expectations. Be clear about your ability to contribute funds for their specific financial goals or to provide support if your relative has a financial emergency like an unexpected job loss.

**2. Let them know what they can expect in the future.** It's crucial to be upfront if you anticipate



Scott L. Lemieux

needing financial help from your parents, adult children or siblings in the future. If you've identified a shortfall or may need financial assistance if certain circumstances arise, make them aware of this immediately. Discuss their ability and willingness to help, and if needed, explore other options together. If you feel good about your financial situation, offer any financial truths you've learned along the way that may help them as they plan and save for their own financial goals.

**3. Plan for the unexpected.** An unexpected disability or death has the potential to greatly affect a family member's financial situation and may even leave you with unanticipated responsibility. Ask if they have life and disability insurance, and if they've established a guardianship plan for their children in case of a tragic event. Also share with them the plans you've made. Provide information on where important documents such as wills, a written power of attorney, financial statements and contact information for your financial professional, lawyer and accountant can be found.

**4. Listen and understand one another's values.** Whether you and your relatives usually agree about politics, religion or financial habits, it's important to respect their wishes and allow them to follow their own path. Come to a mutual understanding about when financial conversations are appropriate and what types of financial decisions should be communicated between both parties.

Consider inviting your adult children or parents to join you for a meeting with your financial advisor if you have one. A professional's objective viewpoint can be especially valuable for financial conversations between generations of family members.

For more information about the study, visit [Ameriprise.com](http://Ameriprise.com)

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\* — Indicates donation

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Robert Biette  
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Clarinna Gray  
Mary Strong  
Harold Hutchinson\*  
Joanna Hutchinson\*  
Bara Creswell  
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Frances Fowler  
Maria "Loukie" Lofchie  
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Cecelia Hilyard, Bowdoin\*  
Jane Page-Conway, Bowdoinham  
Aise Koroski, Lisbon Falls  
Linda Robitaille, Bath  
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# Doing Norman's flag

It was a year ago Saturday, when Joe and Norman brought that tear to my eye.

I was working upstairs and had stepped down to say hi. I'd observed that the flagpole was bare and said something like, "Norman, can't believe we don't have the flag out yet, it'll be Memorial Day before we know it!" I grabbed his flag, jogged over the lawn, raised it proudly and went back to where I'd left the guys chatting and listening to CLZ. Stepping back onto the porch, I was confronted by them both, Norman, aged 95, Joe, aged 79, both standing at attention, each offering their pledge of allegiance.

Norman, long since bent by pain, was teetering just inches from his walker, while Joe, who's speech had become sometimes fractured, was offering each word clearly, proud, with no hesitation. I could think of nothing else to do, so I saluted those two old veterans right back.

I could not have known that day, that both Norman and Joe would die in the year that followed.

So I hope you see my motivation last weekend when I told Jane it was time to get the flag, "up for the season."

There is a long list of things Jane and I went to, and need to do, to get our "new" old home up to snuff. The flagpole was obviously higher on my list than on Jane's. She was weeding a flower bed when I said the flag was going up, she kind of shrugged when I suggested the pole needed a new line. I went over to where she was weeding and asked if we didn't have a piece of line somewhere. She looked at me with that "look" and suggested I was recalling what she intended to be her clothesline. I went

## Speaking Frankly

FRANK CONNORS



back to the flagpole to decide if the old line would give me one more year.

Jane appeared beside me a few minutes later, new rope in hand. It was neatly packaged at 250 feet long. I needed 50 feet, maybe 60. "We'll cut it once and it will be too short for both places," she predicted.

I smiled. I stepped back and again estimated the height of the pole, she suggested we use the old line as a guide and I said I didn't want to pull the old line because I would then have to drop the whole pole to restring it. I explained my approach to her, cutting the new line to its appropriate length, taping the new line to the old line, pulling the new line through with the old line, tying the line off and being done in another five minutes.

It was Jane's turn to smile, she'd watched me attempting projects like this in the past.

Jane handed me the tape. I connected the two lines and pulled the tape tightly. Confidently, (hopefully) I yanked the line skyward.

Half way to the little eagle atop our pole, the lines separated. I think there was a hint of a smile on Jane's face, just a touch of horror on mine.

I tried to coax the line upward, flip-

ping the end I had left in my hand, but gravity resisted. Jane went back to her gardening. I was left to admit defeat.

I went to the barn, retrieved an old branch clipper that Norman had hanging on the top of a tool bench. I was attracted by it's long, slender pole with its hooky thing on its end. My plan was to use the spring snip to trap the wayward line, pull it down and start over.

I stretched the pole out as far as it would go, realized I needed just one foot more. I also realized Jane was watching this puny effort with just a certain amount of pleasure. I sat the pole down, went to her with my pride in my pocket and suggested if I extended the pole to its extreme and she worked the rope that connected to the snip, it "might" be just barely long enough. I extended the pole to its extreme and tickled the rope-end, now beating around in a pretty good breeze.

The two of us chased that ropes end six, maybe a dozen times. The wind played with us. It was obvious we were losing ground, an inch maybe two at a time. That slender pole got to be wicked heavy. Once more, I was staring into the cold, mean eyes of defeat. Jane went back to her garden. Was she smiling again?

When I came back from the barn the next time it was with my 24-foot ladder in hand. I was serious about this.

Jane's face took on the horrified look. She reminded me of my falling off that same ladder when it was leaned to our 36-foot Christmas tree, just a few months back. "No one died," I reminded her. I put the ladder against the pole, extended it once, maybe twice. She reminded me that snow is more forgiving than the

concrete pavers that surrounded the pole. "Maybe you want to lean against that pole," I suggested, wondering if the whole thing would pop from the ground when my weight got five, maybe six feet into the air. "Maybe I don't want to be anywhere near the pole," she responded.

I climbed, the pole bent. Higher I went, over it went. I got back to the ladder, wishing my arm was six inches longer; my body 20 pounds lighter.

"Hey," says I, "where is that little pick thing that Norman used to use to pick up stuff without bending over?" Jane was gone a minute and back in two, the device in her hand.

It was obvious she wanted this exercise to be over, as well.

Up the ladder I went again, my whole world spinning as the line blew, the pole moved and the ladder slid. But I focused on that line. I clipped it with Norman's little clipper; I pulled it down and everything worked. I stepped off the ladder, one step at a time, got to the ground and was one happy little boy!

This time we taped the line more carefully, and this time the new line followed the old line to the top and then down. To my delight, when all the old line was at my feet and all the new line was on the pole, I had about six feet of line left over! At least that worked the first time.

We attached the clips to the new line, attached the flag to the clips and it was a real pleasure to shoot that flag to the top of the pole. Old glory blew proudly against the building breeze. Seldom has it looked better.

"Norman would be pleased," I offered as a carried the ladder up the hill. Jane was back at her weeding, this time, smiling for all the right reasons.

## Intermediate cribbage

**March 21:** Carl Nida, 708; Darryl Wood, 701; Patricia Johnson, 696; Lois Fournier, 686; (tie) Nancy Laffely and Lorraine LaRoche, 679.

**March 28:** Virginia Zimmerman, 718; Mike Linkovich, 699; Linda Paisley, 698; Priscilla Sargent, 689.

**April 4:** Virginia Zimmerman, 726 (perfect score); Lorraine LaRoche, 720; Leah Nelson, 713; Pamela Frampton, 699; Linda Paisley, 690; Robert Foehring, 686.

**April 11:** Richard Tomko, 720; Robert Frost, 715; Patricia Johnson, 703; (tie) Harold Cain and Linda Paisley, 701.

**April 18:** Robert King, 713; Lois Fournier, 705; Germain LaRoche, 694; Nancy Laffely, 688; Yvette Dumont, 687.

## Monday-Saturday Bridge

**March 19:** Cecil Eldredge, Bill Buermeyer



**March 24:** Bill Washington, Marian Schneider, Phyllis Little

**March 26:** Mary Lou Cobb, Jini Linkovich  
**March 31:** Cecil Eldredge, Lorraine LaRoche, Bill Buermeyer

**April 2:** Gladys Totten, Marian Schneider, Bill Buermeyer

**April 7:** Lorraine LaRoche, Mary Lou Cobb, Gladys Totten

**April 9:** Jini Linkovich, Bill Washington

**April 14:** Lorraine LaRoche, Cecil Eldredge, Jini Linkovich

**April 16:** Marian Schneider, Cecil Eldredge, Vince McDermott

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*In Others' Words...*

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 6 Noble St., Brunswick, ME 04011.

**Good old days**

Dear PPNews,

I always enjoy your "Speaking Frankly" column, but never more than your recent piece titled, "Personal Thrift?" You're younger than me (I bet) and have the added advantage of growing up nearby, while I came of age in North Leominster, Mass., surrounded by apple orchards and dairy farms now paved over and crowded with condos, but, more often than not, our recollections of the "good old days" coincide.

You mention buying savings stamps and eventually cashing them in for "War Bonds." I did the same with money I earned doing odd jobs. If you watch old newsreels about World War II on TV, it's pretty common to see ads for buying bonds pop up with a sales pitch from Betty Grable, Bob Hope and other film stars of the day. I saw an old timer on TV the other day saying kids in school these days know nothing about WWII, he heard someone guess it must mean World War eleven! At some point, I guess it became unpopular to fight "overseas police actions" on the pay-as-you-fight plan, so Washington just decided to print more money, instead. How did that work out?

I think the "good old days" were just that. We lost something along the way from then to now. As an added point, how about some stories on, "Familiar names you DON'T know?" For instance, who was Frank J. Woods, of local bridge fame? I knew Harry Shulman, who has the distinction of having both a street and sanitary treatment plant named for him in Brunswick, but others may not. Those stories are their loss. It might be fun to learn more about local celebrities whose names we see on signs, but don't know.

Dana B.

**Thank you**

Dear PPNews,

Before it slips my mind, I need to thank People Plus for setting up the meeting with the Veterans Administration reps. I went to Togos the next day and it would appear I am eligible for hearing aids and maybe other health benefits as well as a small monthly disability compensation.

I may have never got this help were it not for you.

Thank you.  
Brian H.

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**Fondly recalled ...**



The Dirigo, a sea-going launch constructed for the Chicago World's Fair, was used for "tours" up and down the New Meadows River about 1900. Bath's Alonzo Fisher was skipper of the venerable, graceful craft, that was often based at the Fisher's Grocery Store, inset, on the end of Foster's Point in West Bath. The launch made regular connections between the old New Meadows Inn, the Gurnet House and points on the Harswell Islands. **If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors at 729-0757.**

**Plan to visit the White Mountains**

A day trip to New Hampshire's White Mountains, featuring lunch at Hart's Turkey Farms and a shopping visit to the Olde Country Store in Meredith, is set for June 19.

Motorcoach transportation leaves the

Bath Senior Citizen's Center at 8 a.m., and the Topsham Park & Ride at 8:15 a.m. Meal choice can be either turkey dinner with all the fixings, roast beef, baked ham with pineapple sauce, or boiled ham. Selection should be made at time of registration. Cost is \$43 for members of People Plus or the Bath Senior Center; \$45 for nonmembers. (Payment is due June 4.) Register by calling the Bath center at 443-4937.

There is still room on the bus going to Hollywood Slots on May 9, leaving the Bath Center at 8:30 a.m. and Topsham at 8:50 a.m. Cost is \$30 and the return from Bangor begins at 5 p.m. Call the Bath Center at 443-4937 immediately if you are interested.

Planning is continuing for a fall trip to Savannah, Ga., for buses to sea Dog games, the Maine Coast Botanical Gardens, and several summer plays.

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