

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

Grants boost outreach services

People Plus Center has received two grants totaling more than \$15,000 to expand services.

The John T. Gorman Foundation of L.L. Bean fame) awarded the Center a \$5,000 grant for support of the Volunteer Transportation System which provided rides for local seniors who demonstrate need in the Brunswick, Topsham and Harpswell areas. We anticipate that this funding will allow us to increase the number of rides offered

as well as the gas cards given to reimburse volunteer drivers.

In March, Chris Tripp and Stacy Frizzle wrote a grant proposal to the Maine Community Foundation (MCF) asking them to co-sponsor the Center's outreach programming. This request was for \$7,250.

Last month, the directors of the Maine Community Foundation approved a grant of \$10,875 for People Plus to evaluate, revamp and expand the Homebound Out-

reach Programs serving homebound seniors and elders in the local area. The MCF actually awarded the Center more than the requested \$7250.

"I've never seen that happen in all my years of fundraising," stated David Knight of the development committee.

This is the second grant awarded from the Maine Community Foundation this year. The first will be used to hang sound baffles in the hall in July.



Claude Bonang plays the tie saw with thimbles during the May social sponsored by Brackett Funeral Home. He also plays bones, spoons and rip saws. One spectator suggested Bonang belongs on "America's Got Talent."



A crew of volunteers from the Brunswick branch of Key Bank make short work of tree mulching and other yard work during a "Give Back Day" at People Plus on May 24. More than a dozen employees joined People Plus volunteers in the effort. See related photo on page 7.

They LIKE us!

Last month marked the launch of Facebook both on the stock exchange and for People Plus.

Entering a new era in technology, the Center now has a Facebook page titled "People Plus Maine."

Please find us and like us. You don't need a Facebook account to view this page.



Casco Bay boating tragedy is focus of author's chat

Stacy L. Welner, who's book, "Tragedy in Casco Bay," has become the standard reference for information concerning the loss of the cruise ship Don, of Cundy's Harbor, will be offering her author's chat on June 20, beginning at 2 p.m.

On June 29, 1941, the 40-foot cabin cruiser Don, of Cundy's Harbor, left on a day cruise to Monhegan Island, with 36 people aboard. The vessel never made it to Monhegan, and even today, its loss with all hands aboard, remains one of the

greatest unsolved maritime mysteries of the area.

Welner grew up in Cundy's Harbor, and has always been intrigued by stories of the tragedy. Her work reflects years of research, first-hand interviews, and includes "the best collection of photos" assembled concerning the tragedy.

Copies of "Tragedy in Casco Bay" will be available for purchase at the meeting. Reserve your seat by calling the People Plus information desk at 729-0757.



Lunch & Connections:

Join us for lasagna and salad

Deep-dish lasagna, loaded with tomatoes, pasta and wonderful tastes, will be the feature at our June 21 Lunch & Connections.

"Nothing like it," offers Chef Frank Connors, speaking of his roasted lasagna. "Everyone feels just a little more Italian after this meal."

Connors uses sausage and hamburger in his meated lasagna, and builds his vegetable lasagna, for our vegetarian friends, with summer squash and broccoli.

The main course will be served with a "fortified" green salad, Connors added. "Salads need to be substantial, and memorable, when served with lasagna." Of course, there will be crisp Italian bread as well.

"Norman's" famous iced tea will be back, supplementing our coffee, juices and milk. The

dessert for June will be a sherbet cup, capped with selected fresh fruits.

A CHANS nursing professional will be offering free blood pressure checks from 11:30 a.m. until noon. Reservations for seating are necessary. Seating is limited to 60 people and walk-in can be accommodated only after reservations are seated. There will be a 50/50 raffle to benefit the Center, and everyone is eligible for one of our door prizes.

Cost of the luncheon is still only \$5 for members, \$7.50 for nonmembers. Doors open at 11:15 a.m., and lunch is served at noon.

HAVE A HAPPY FATHER'S DAY!

People Plus News

The official monthly newspaper of People Plus, serving residents of the Brunswick-Topsam-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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Year's end: A challenge and opportunity

With spring flowers come the end of the fiscal year, so I'm in full budget-crunching, squeezing-every-dime's-worth, penny-pinching mode as we enter the 35th year for People Plus.

I was very fortunate to inherit the organization from Jim Pierce after he completed a budget overhaul. His seeds of financial knowledge gave People Plus the time it needed to take root in the new space.

A year later the place is blooming with programs, classes, single day events and monthly meetings.

Just this week I've heard that the parking lot is "too crowded!" (And I gotta say, that's a pretty good problem to have!)

Yet the budget is tight as we decide what to run next year and where to spend money. With more members than ever, we want to offer high-quality programs that serve the needs of everyone while offering a scholarship fund and outreach for folks that need it.

The programming and membership committees have been brainstorming about how to do this in today's economy and have come up with a few ideas I'd like to run by you.

First, Rebecca Banks, the Center's Programming/Outreach Coordinator is developing a survey to get your feedback on the kind of programs you want to see offered here at the Center. This feedback is extremely vital to our ability to keep

members interested and engaged while serving their health, wellness and social needs.

Look for this survey in the July News, at the front desk or in the Peek of the Week starting in July. I hope that you will take a minute to fill it out so we can hear from you.

Then once we have found out what YOU want to see here at the Center, we have to pay for it! There are several ideas about how to make that happen and I think that a combination of all of them will be what is needed to keep this wonderful organization running along smoothly while offering all that it can.

So here is what I've come up with for income generating sources:

1. Grants, grants and more grants. I have been writing grant applications every week and hope that we can come up with enough funding to support everything we need and want. But just in case we don't ...

2. The annual fund drive. We still hope to take in \$50,000 this year and are short about \$9,000 toward that goal. If you are interested in contributing to the annual fund, we could use the support. No amount is too small. But if that doesn't work ...

3. More fundraisers — like Music in April and a possible Fall Antique Show. We met our goal of \$30,000 in April thanks to the lovely team of Lennie, Jeanne, Alison and Ann. Now it is time

From the Executive Director

STACY V. FRIZZLE



for a fall fundraiser to kick off the new fiscal year right.

4. A business appeal campaign. We have been asking for support from our local businesses and hope they will partner with us on our journey, but if that doesn't work ...

5. Friday Night Game Night. Fridays at the Center just got a whole lot more fun starting this fall. But if that doesn't bring in enough — we could always have ...

6. A possible membership rate increase. OUGH! This is a LAST resort! It has been several years since we increased our yearly membership rate and we don't want to do it now. Either way, now is the time to get in on the \$25 rate so renew now to lock in.

Phew! I'd love to hear from you on these ideas and any others you might have to generate income for the Center. Just like an annual fund contribution, no idea is too small and I find that the ideas of our members are often the most insightful and on-target.

I'm excited about the new season at People Plus and can't wait to see it blossom. I hope to see you here as well, at the Center the Builds Community.

Summer intern 'on deck'

Anna Holmblad, a psychology and education major who will be a junior at Dickinson College in Carlisle, Pa., is the new summer intern at People Plus.

"Meeting new people and making connections, is my top priority for the summer," she said in an interview last month.

"I hope to gain lots of new experiences at People Plus, experience that I can use as a further step on my journey into the working fields, where I hope to become a school counselor or a field worker in social work," she added.

A self-proclaimed, "Boston team fan," Holmblad is on the lacrosse team at Dickinson and volunteers at the local teen center in Carlisle. Her interests include being with her friends and family, taking rides in the family boat, and watching or playing "all sorts" of sports.

Anna is the daughter of David and Marcy Holmblad of Brunswick. Her brother Seth is a student at Brunswick High school.

Anna Holmblad, the Center's new summer intern, works the camera during a recent taping of the June edition of "News & Views" at Harpswell Television Studios.

BOB DOW PHOTO



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JUNE: The Poet's Friend

By VINCE McDERMOTT

June should be Poetry Month. June is the poet's friend. There are so many nice, useful words which rhyme with June: boon, baboon, coon, dune, goon, rune, soon, spoon, tune, etc.

Poets don't have to work too hard to come up with a poem:

One recent June
Precisely at noon
I took the express balloon
To downtown Rangoon
I played a loud bassoon
Was thought a buffoon
I saw a loon
And a late rising moon

June is much better than other months, like February. What can you do with February?

February
What? Me worry?

You see what I mean.

Only One River

(an allusion to "River of Jordan"
by Peter, Paul and Mary)

By CHARLOTTE HART

I look behind me, and you are still there.
Before! Around! Eternal! Everywhere!
For miles and miles you wend your
mighty way,
Great Androsoggin, here you falls call
to the Bay
We call you Mississippi, mighty, wide;
Your power served Huck and Jim their
desperate ride!
We call you Ganges? Himalayas to Ben-
gal,
Worshipped by millions as in your balmy
their fall.
Sweet Avon, you inspired the mightiest
Pen.
Historic Thames, whisper! "Listen!"
peals Big Ben.
With reverence and joy, Peter, Paul and
Mary have sung.
"There is only one river. We are one. We
are one. We are one."

My Favorite Quote

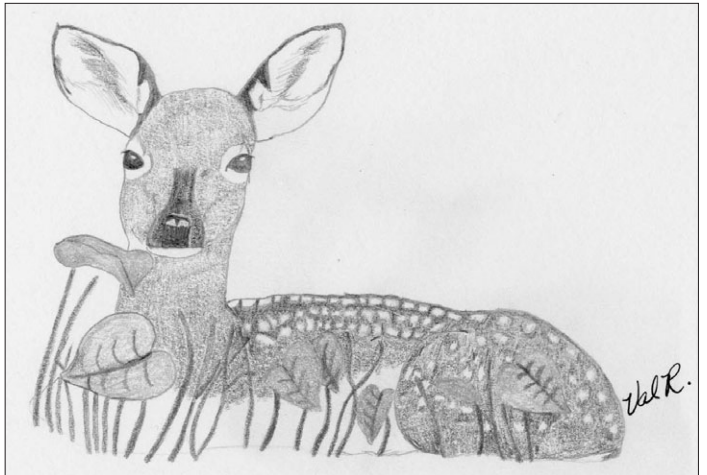
By GLADYS SZABO

"One Day at a Time" is my favorite
quote.
Many a time it keeps me aloft.
My life is busy as most people know.
Nothing I do, would I want to forgo.
As I glance at a week, overwhelmed I
become.
No way can I do all that needs to be
done!
I pass on the week and look at one day.
This can be done, to myself I say.
If one day still causes me rue,
I break into minutes, this I can do!

She's Back

By BONNIE WHEELER

Wife gone for three week vacation
House completely mine
Living room becomes a manecave
Toilet lid in upper position
Kitchen cabinet doors left open
Table stacked with cups and plates
Take-out cartons and open cans litter all
the space
Three weeks of no nagging? they did fly
Desperate now to clean up the pig sty
Oh darn? too late! She's back. Stand by.



"Spring Fawn," a colored pencil drawing by Val Robbins, is part of the "Students Artist Collection" on display at the People Plus Center. The multi-media exhibit continues through June. The students are all members of the Art I and Art II classes taught each Tuesday and Thursday by Connie Bailey.

The Tall Tree I Love

By ADELAIDE GUERNELLI

How tall and delicate is the beautiful
tree in front of my parlour!
It's the opposite of the one in the back
of my condo ... My grandchildren
And some of my neighbors were
learning to dance with its movements,
Now that Nature decided to make our
winters longer and colder! ... We must
Be parts of the mountains of snow! ...
I also believe that our

Dancing Tree just wanted to treat us
well, to make us warm! ... It makes
Us happy to do some yoga, rumba,
waltz ... etc. God and Nature are profes-
sors.

And we save our money ... But it will
be very good to thank them and have

Patience to wait until all the spaces
beyond the Sun and the Moon are cor-
rectly

Open for our country, the USA! There
are many other places that will be visit-
ed

By our astronomers, but we have to
pray that they all will do it slowly and
Carefully. God is the owner of the
Immense Universe and He knows well
what

Our country did and will continue
doing for all the other places that
deserve our

Respect. So, our Tall Tree was really
my best medicine and I got much better,
dancing.

Not with the Stars, but with IT! ... And
... the time to continue discovering the
Universe

Is very, very expensive!

God's Poetry

By BONNIE WHEELER

God created a world of beauty.
Poetry dances all around.
See the rainbows in the sky
The flowers on the ground
The miracle of new birth.
A baby's first smile and words
Lovers holding hands.
Beautiful mystical poetry
Look around.

Center Stage Players wrap season, page 4.

Memorial Day

By BETTY KING

Today I am remembering Southern
wives and mothers, who,
taking time from the unaccustomed
tasks no longer performed
by husbands, sons, brothers now lying
underground,
chopping wood, building fences, forking
hay, spring plowing,
turned to their ruined orchards and gar-
dens,
gathering spring flowers for the graves

of their men.
Then, looking across at the untended
Union graves
of men just as young as their own, and
just as dead,
but with no loving hands to tend them,
went again
for flowers, honoring their northern sis-
ters
and those young Union dead, enemies no
longer.

Black Fly Season

By P.K. ALLEN

You can tell it's black fly season
by the scars on your arm
From those tiny flying piranha
causing you damage and harm.
Leaving red blotches of blood
and huge lumps that do itch,
Good thing they're not larger
or they'd require a stitch.
There are lotions and creams
claiming to keep them away.
Along with your friends
who would rather not stay.
Though the season is short,
I'm glad to see it quit.
The next one is for mosquitoes
which are much easier to hit.

First Date

By P.K. ALLEN

My first date was a real sweetheart
With buck teeth and a long pony tail.
She had the looks of an angel,
And a mind as sharp as a nail.
We walked to the dance together
Chatting about that and this.
I wonder whatever became of
The first girl to give me a kiss.

Famous Last Words

By BONNIE WHEELER

Famous last words I forgot to say
Changed my mind. No cremation today.
Famous last words no one will say
As dirt hits the casket. Have a great day.

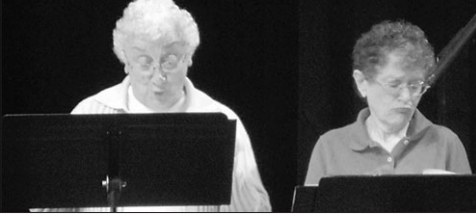


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Life's Troubadours



Millie Ackley, left, and Jean Konzul on stage during the Center Stage Players' production of "Laugh Out Loud," an original work written by group members.

Players wrap successful season

By MILLIE ACKLEY

With the close of their "Laugh Out Loud" show on May 20 at The Theater Project, the Center Stage Players completed another successful season of entertainment, and will now concentrate on their summer outreach program.

On June 4 the Players will meet to start planning their summer program and recruiting new "seniors" who are

looking for ways to express their hidden artistic talents.

If you have seen the Players in action, then you know they are more than just a group of old actors — they are modern day "life's troubadours," telling their stories as only they can tell them.

Come join The Center Stage Players and add another voice to the group. You can contact any of the Players, call People Plus, The Theater Project or call Ackley at 729-5883.

AARP safe driver course set

There are still a few seats available in the Safe Driver class scheduled for People Plus on Monday, June 11, from 12:30 until 4:30 p.m. Taught by AARP certified safe driving instructor Joseph Hahn, this class is designed to help older drivers, "hone driving skills, and learn about any recent law changes."

Any licensed driver, 50 years old or older may register for the class by calling the instructor directly at 751-9664. Class fees are \$14 to the general public, and only \$12 if you are a member of AARP. If you are older than 55 years of age, and have completed this four-hour refresher class in the last three years, you may qualify for a discount on your automobile insurance.

Remaining seats are available on a first come, first served basis.

Top volunteers to be revealed at ice cream social

Volunteer Recognition and Celebration is June 13

People Plus invites all current volunteers to a celebration at the Center on June 13 from 2 to 3:30 p.m.

This ice cream social celebration, generously sponsored by Stetson Funeral Home, features delicious fruit and chocolate sauces, cookies and ice cold lemonade. If you are a volunteer at People Plus, the Brunswick Teen Center or volunteer in any of the programs at the Center (Volunteer Transportation Network or Good Morning Call, etc.) we invite you to attend.

For the past month we have been accepting nominations for the 2012 Center Volunteer of the Year, Teen Center Volunteer of the Year and People Plus

Trustee Volunteer of the Year. We will take this occasion to recognize those volunteers.

"Volunteers are the heart of People Plus. Without their support, hard work and enthusiasm the Center could not offer the programs or services they supply. Their spirit of generosity is contagious!" said program coordinator Rebecca Banks.

"This is a way for us to recognize volunteer efforts at the center, large and small," adds membership coordinator Frank Connors.

If you can attend, please confirm with the front desk at 729-0757.

Talks and walks

A "TICK" Talk

Lyme Disease, a tick-borne disease, is on the rise nationwide and since the year 2000 has increased tenfold or more in several New England states. Join us Wednesday, June 20, at 11 a.m. as we welcome Mainely Ticks for a Tick Talk!

The focus will be on how to utilize a combination of education and awareness, landscape modifications, personal protection strategies and the proper and timely removal of attached ticks, to significantly reduce the chance of contracting a tick-borne disease.

This discussion will walk us through the steps of tick identification, proper tick removal and, if necessary, the process of submitting ticks for testing.

For more information on ticks in advance of this session, visit www.mainelyticks.com. To register, contact People Plus at 729-0757.

What's under your hood?

Have you ever wondered what language the mechanic was using when he explained what needs to be repaired on your car? Can you change your tire or do you know what your car needs to be safe? Join us as we uncover the mystery of what is under your hood.

Bill Dodge Auto Group staff will join us for a car talk on Tuesday, June 26, at 1 p.m.

This informative session will walk you through your owner's manual and insure that you are taking the necessary steps to check your car for safety. We will then venture outdoors for a look under the hood as we explore what is under your hood.

Please register with People Plus in advance at 729-0757.

Walking group to tackle Androscoggin River

The newly organized Walking Club will meet on June 13 to journey over the Androscoggin River via the "The Swing-

ing Bridge."

The monthly Walk the Walk begins at the Center at 9:30 a.m., following the Men's Breakfast. Members will try the popular river walk that includes the swinging bridge, and the Frank J. Wood Bridge. This is a longer route, almost two miles, but will prove interesting because it twice crosses the Androscoggin River.

If you have not enjoyed the river from the many vistas and views provided by this walk, you're in for a treat. If you want shorten your trek just a little you may join us in the parking lot off Mill Street at the suspended, or swinging bridge, but please let the Center know you are planning to participate (729-0757).

Our first walk, into the 250th Anniversary Park, was plagued by rain, but proved very interesting for the six folks who attended. Do stop in the Center and ask Frank to see some of the old pictures he has collected of the river park.

Downsizing made easy!

As life changes, it may become necessary to downsize to a smaller home, retirement community or nursing home. Join us on Tuesday, June 12, at 1:30 p.m. as Elizabeth MacMullen, owner of Caring Transitions in Brunswick, walks us through the planning process to help ease the stress of relocating.

MacMullen will discuss the options available when downsizing.

"The way individuals choose to get rid of their possessions can be a very personal choice. It usually depends on how attached you are to your things, how much time you have to invest and how much your items are worth," she said.

She will outline guidelines that help insure a good sales experience that minimizes stress and maximizes results during one of life's transitions.

Join us for this informative session. Contact People Plus at 729-0757 for more information or to register.



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<p>9:00 AM Yoga 9:00 AM Crafters 10:00 AM Table Tennis 10:00 AM Chair yoga 12:00 PM Bridge 1:15 PM Laughter Club 6:00 PM Belly dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM Teens First 6:15 PM Int. Modern dance</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Table Tennis 1:00 PM Writer's Group 1:30 PM Advanced Tai Chi</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art II 1:00 PM Writer's Group 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. line dancing</p>	<p>TEEN CENTER</p> <p>Monday – Wednesday 2:30-5:30 PM until summer vacation Tuesday – Thursday 1:30-4:30 PM through summer</p>	
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Table Tennis 10:00 AM Chair yoga 12:00 PM Bridge 12:30 PM AARP Safe Driving Class 1:15 PM Laughter Club</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art I 11:30 AM LUNCH OUT 1:30 PM TRANSITIONS: Tips on moving and downsizing 3:00 PM Teens First 6:15 PM Int. Modern dance</p>	<p>8:00 AM MEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Table Tennis 9:30 AM Walking Club 1:00 PM Writer's Group 1:30 PM Advanced Tai Chi 2:00 PM VOLUNTEER RECOGNITION</p>	<p>9:00 AM Loosen UP! 10:00 AM Art II 10:00 AM Table Tennis 12:00 PM BEWARE! ELDER SCAMS brownbag lunch 3:00 PM Game On! 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. 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 1:15 PM Laughter Club 6:30 PM Civil War Book Club</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM Teens First 6:15 PM Int. Modern dance</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Table Tennis 11:00 AM TICK TALK! 1:00 PM Writer's Group 1:30 PM Advanced Tai Chi 2:00 PM Author's Chat</p>	<p>9:00 AM Loosen UP! 10:00 AM Art II 11:30 AM Free CHANS Blood Pressure Clinic 12:00 PM LUNCH & CONNECTIONS 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Qigong</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</p>	<p>9:00 AM Loosen UP! 10:00 AM Art I 10:00 AM Table Tennis 1:00 PM CAR TALK! What's Under Your Hood 2:30 PM Café en Français 3:00 PM Teens First 6:15 PM Int. Modern dance</p>	<p>8:30 AM WOMEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Table Tennis 1:00 PM Writer's Group 1:30 PM Advanced Tai Chi</p>	<p>9:00 AM End of Year Board Meeting & Reception 9:00 AM Loosen UP! 10:00 AM Art II 1:00 PM Game On! 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Qigong</p>	<p>10:00 AM Bridge</p>

'An amazing transformation'

By CHRISTOPHER TRIPP

In early September 2011 I started an internship here at People Plus. At that time the organization was undergoing a major transition; a new executive director was being hired, the Teen Center was undergoing major adjustments, programming was in flux, and overall there was a haze of uncertainty about the future.

Being an intern, I had the ability to absorb the transformation unlike the employees or volunteers. Now, nine months later I can personally attest to the strength and viability of the organization. The immense changes that have taken place over the last nine months are a true testament to the supportive

nature of the greater Brunswick community.

Yet, nine months ago I was a bit apprehensive about what I was getting into. I mean, the stability of an organization is extremely important to an intern. I wanted to get my hands dirty, but also have necessary support and assurance of longevity. For brief periods of time clean and understandable stability was far from the case, but with the hard work and dedication of a invested executive director, a dynamic board, and faithful staff and volunteers, stability has finally found its footing. People Plus was at a crossroad, but now a clear path has been chosen and a bright future is in store.

My time at People Plus has marked some major milestones. In this past year



CHRISTOPHER TRIPP

a large majority of the computer technology has been upgraded to fast and proficient Apple computers, grant writing and funding has increased and been strengthened, a Policies and Procedures manual has been completed, and — most importantly — increased community partnership has been fostered. These significant changes ensure that People Plus can run in an efficient and progressive way.

Overall, the health and well-being of People Plus depends less on the behind-the-scenes support of interns like myself, and more on the support of and relationships with community members, families and businesses. The growth of People Plus will continue for many years to come, and prosperity will continue to rein upon this wonderful organization.

I will leave you with one final thought that truly sums up this organization: People Plus "builds" community, "strengthens" community and "is" community.

CHRISTOPHER TRIPP

is a student in the master's of social work program at the University of New England.


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Frank who?

With all the attention going to area bridges of late (cranes, closures, repairs and detours) someone came into the Center recently and asked the burning question, "who was Frank J. Wood, anyway?"



FRANK J. WOOD

Most of us know that the main, green bridge connecting Maine Street in Brunswick to Main Street in Topsham is called the Frank J. Wood Bridge. Most of us do NOT know the reason why.

Wood was a "farmer" in Topsham who worked also in the old paper mills of Topsham and Pejepscot. Born in Topsham in 1861, his farm was located about three miles out of town, on what is now state Route 201.

Wood's claim to fame came by developing and then pressing for the plan that placed the modern bridge where it is, rather than following the state plan that would have built the existing bridge on the site of former bridges, which had always been "between" the mills on what was called Mill Island. His "energy," his "Yankee keenness," in getting the matter reconsidered by the highway commission, resulted in a re-survey and the eventual relocation of the bridge to where it stands today.

Wood died on Feb. 9, 1933, so he did NOT get to see the completion of the bridge that carries his name. The bridge opened in 1935.

Aging issues? Not sure where to turn?

Joanne Rosenthal, former People Plus and Spectrum Generations employee, has launched a new venture, Aging Consultation Services.

In this practice, Joanne provides planning services for those seeking information about a wide range of aging topics related to housing, community services, advanced directives, family dynamics, care-giving, insurance and others. Her clients receive a personalized plan to guide them in decision making and taking action on behalf of themselves or an elderly family member.

Joanne is committed to empowering her clients to make well informed decisions that promote autonomy and optimal well being. With more than 25 years of experience as a social worker in geriatrics, family services and home health care, Joanne is a skilled resource specialist, facilitator and elder advocate. Office and home visits, as well as telephone consultations can be arranged. Workshops are available for organizations and groups. Please call 841-6188 for more information.



DAVID SELLECK PHOTO

Up the down staircase

Thursday Hikers spent a great spring day recently trekking around Linekin Preserve in East Boothbay. To view more photos from the hike, visit www.flickr.com/photos/elders/sets/72157629796272014/.



Enjoy a meal with us & we'll GiveBack

100% of the GiveBack amount is donated directly to your organization.

Ruby Tuesday is extremely proud to be part of your hometown and believes in giving back. As a fellow member of the community, we invite you to participate in...

Ruby Tuesday's Community GiveBack Program.

Grab your family and friends and join us at **55 Topsham Fair Mall Road** on **JUNE 26, 27 & 28, 2012**. Please present this flyer to your server, and we will give back **20%** of your purchase to the organization.

(We apologize but we cannot accommodate coupon usage or other discounts in conjunction with our GiveBack Program.)

HOW IT WORKS



To make a reservation, call us at 207-721-0145 or visit us online at rubytuesday.com

Organization's Name: **People Plus Center**

Event Name: **Give Back**

Date of Visit: **JUNE 26, 27 & 28, 2012**

For directions to the restaurant or a peek at the menu, visit rubytuesday.com

Ruby Tuesday

55 TOPSHAM FAIR MALL RD, TOPSHAM

Summer Wisdom lectures for June

Thornton Oaks Retirement Community will sponsor this year's Midcoast Senior College Summer Wisdom lecture series.

The series will take place at 7 p.m. Wednesdays in June in the Morrell Meeting Room at Curtis Memorial Library, 23 Pleasant St. All sessions are free and open to the public.

"The college has been holding classes at Thornton Oaks since the establishment of our Midcoast Senior College release states. "Thornton Oaks residents have expressed their interest in continued learning and enjoy the expanded opportunities to explore topics with peers, taught by peers. Senior College faculty Barclay Palmer and Charlie Plummer have taught multiple classes at Thornton Oaks and Thornton Oaks residents have taught senior college classes."

This year's Summer Wisdom theme is "Art and Literature in Maine."

The schedule is as follows:

— June 6: "Watercolors, Awash in Color and Light-Modern American Art and Maine," Donna Cassidy, professor of American and New England studies and art history at the University of Southern Maine, will focus her lecture on how, in the late 19th and early 20th century, watercolor moved from the domain of the amateur painter to become a prominent medium for innovative, expressive art. This talk will explore how it came to center stage in New

York galleries and in the work of artists picturing Maine such as Winslow Homer and Andrew Wyeth.

— June 13 "Remembered Splendor, Social Class and Sartorial Imagery in The Scarlet Letter," Bill Watterson is the Edward Little Professor of English Language and Literature at Bowdoin College. His lecture discusses Hester Prynne's origin in the decayed gentry of England, which labeled her with a class identity in the vulgar and prudish environment of the puritanical Massachusetts Bay Colony in which she lived, and for which she paid a high price.

— June 20 "Ogunquit Art Colony: A History of Art and Lineage," There was an explosion of art and artists in Maine during the early part of the 20th century. Prominent among them was the Ogunquit Art Colony, which had a significant influence on the direction of modern art in this country. Ron Cruzan, director of the Ogunquit Museum of American Art, will be the guest speaker.

— June 27: "Stowe's "Uncle Tom's Cabin" Then and Now," Harriet Beecher Stowe's novel, written in Brunswick, has had a dramatic afterlife. The lecture will examine its impact on the development of African American literature from the 1890s to the work of James Baldwin in the mid-20th century. Tess Chakkalakal is associate professor of Africana Studies and English at Bowdoin College.



Setting up

Jack Hudson, master gardener and new board member, tosses composted soil donated by Cosmic Stone in Topsham. He was preparing to set seeds and plants for the summer growing season.



Many hands make light work

A volunteer crew from the Brunswick branch of Key Bank take a break from yard improvement work at People Plus on May 24. The group mulched around trees, tidied up the Teen Center and prepared sites for horse shoe pits and a future bocce court.

Eating locally getting easier

By REBECCA BANKS

Locally grown food is becoming easier to obtain now that many communities offer farmers markets and community gardening opportunities.

Area Farmers Markets

Brunswick Farmers' Market, Tuesday and Fridays, 8 a.m.-2 p.m., May to Thanksgiving, on the Mall below the gazebo on Main Street; www.brunswick-farmersmarket.com.

Crystal Springs Farmers' Market in Brunswick, Saturdays 8:30 a.m.-12:30 p.m., May through October. Operated by the Brunswick-Topsham Land Trust and located at Crystal Spring Farm, one mile up Pleasant Hill Road from Maine Street; blt@gwi.net.

Freeport Farmers Market, Fridays 1-5 p.m., June to September, in the Moose Lot between the L.L. Bean Flagship Store and the Home Store. Leslie Fitzgerald, market.galne@gmail.com.

Bowdoinham Farmers Market, Saturdays, 8:30 a.m.-12:30 p.m., June through October; Grange hall, 27 Main St., 666-5531.

New Gloucester Community Market, Sundays 11 a.m.-3 p.m., August to mid-October. Thompson's Orchard, 276 Gloucester Hill Road. On Facebook: The New Gloucester Community Market. Noah Fraich, market manager; 370-2027, norumbega-farm@gmail.com.

New Gloucester Farmers' Market, Tuesdays 4-7 p.m., June through October, Connemara Farm, 37 Peacock Hill Road. Anne McCormack, connemarafarm@gmail.com, 926-3672 or 318-1167.

Portland Farmers' Market, Wednesdays 7 a.m.-2 p.m. in Monument Square and Saturdays 7 a.m.-noon in Deering Oaks Park, April through November. www.portlandmainefarmersmarket.org/ and on Facebook: Portland Maine Farmers' Market. Daniel Price,



Gabrielle Gosselin of Six River Farm in Bowdoinham and the Brunswick Farmers Market offers up tomato and pepper plants for the raised bed gardens at the Center.

382-6007, PortlandMaineFarmersMarket@gmail.com.

South Portland Farmers' Market, Thursdays 3-7 p.m., mid-July through October; Thomas Knight Park, on the shore under Casco Bay Bridge. On Facebook: South Portland Farmers' Market. farmersmarket@alewivesbrookfarm.com, 799-7743.

Yarmouth Community Farmers' Market, Thursdays 2:30-6:30 p.m., late May through September, Town Hall Green, Main Street. Vanessa Farr, vfarr@yarmouth.me.us, 646-2401.

Community Gardens

Tom Settlemyre Community Garden, Brunswick Topsham Land Trust, 108 Maine St., 729-7694. Each plot will cost \$35. Land Trust members can obtain a plot for \$25.

Brunswick Senior Gardens,

Industry Road next to the Brunswick Public Works Department (reached via Water Street). At this site, community garden plots are available to senior citizens of Brunswick. PeoplePlusCenter@peopleplusmaine.org.

Community Supported Agriculture

Brunswick Area Community Supported Agriculture, Crystal Spring Community Farm; Seth Kroeck and Maura Bannon; 277 Pleasant Hill Road, Brunswick; 729-1112 or www.crystalsprings-sa.com.

Juniper Edge Farm; Jeanne Johnson; 532 Harpswell Road, Brunswick; 725-6414.

Milkweed Farm; Michael and Lucretia Woodward; 63 Gott Lane, Brunswick; 725-4554, milkweedfarm@gmail.com or www.milkweedfarm.net.

Ounce of Prevention focuses on women's health issues

A common but infrequently discussed problem of urinary incontinence in women will be discussed by Dr. Melissa J. Streeter, who will talk about the causes and treatment options at the Ounce of Prevention program June 11 from 11 a.m. to noon in the Community Room of

the Mid Coast Senior Health Center, 58 Baribeau Drive.

Dr. Streeter is board certified in obstetrics and gynecology and is a Fellow of the American Congress of Obstetricians and Gynecologists. She is affiliated with the Mid Coast Medical Group,

Women's Health Care.

The Ounce of Prevention offers programs throughout the year provided by physicians, nurses and other wellness advocates on a range of topics.

For information, visit www.midcoast-seniorhealthcenter.com.

Singers and Dancers unite for Spring Bouquet benefit

The Merrymeeting Singers, specializing in a capella music, will join forces with the Moving Spirit Dancers in a unique informal performance of song and dance on June 3 at People Plus in Brunswick. The show begins at 4 p.m.

The Merrymeeting Singers, an eight-member vocal ensemble, directed by Larry Lemmel, has been performing for several years at area churches and in special collaborations with the Moving Spirit Dancers. The singers currently include Stephanie Bernier, Peggy Brightman, Elaine Hartman, Sally Horne, Louise Gephard, Judy Chamberlain, Brad Mitchell and David Roundy, assisted by pianist Grace Lewis McLaren.

The dancers currently include Cheryl Mitchell, Dalziel Lewis and Rob MacKenzie, with Terre Burke, apprentice Donna Bann, and guest choreographer-performer Don Weatherbee.

The two performing groups have designed their Spring Bouquet of Song and Dance as a varied program for family audiences, to celebrate spring and welcome the sun! A group of Early American and Shaker songs will feature the premiere of Peg Brightman's choreographic setting of the lively call-and-response Shaker song "Pretty Love." "Pretty Love" celebrates the joys and tensions of the unique Shaker way of life.

Senior dancer Terre Burke, who has

been dancing for more than 60 years, plays the central role of Mother Ann, venerated founder of the Shakers. Two other dances in this group are set to Billings' joyful and rousing anthem, "Africa," and Aaron Copland's setting of the Shaker song "Simple Gifts."

The singers will perform works by Durufle, Dalglish, Vaughan Williams, two madrigals celebrating spring, and a group of spirituals. Dancer-actor Don Weatherbee of Brunswick, former dancer with Moving Spirit, will join Rob MacKenzie in a duet they choreographed to "Wade in the Water," a musical setting by Larry Lemmel.

Tickets will be sold for \$12 at the door; \$8 if you are a People Plus member.

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www.sunnybrookvillage.com

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

Willbur'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

Automotives: 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% (excludes Tires)

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.

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.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: 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:

\$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
701 Maine St., Brunswick
721-8900, www.bigtopdeli.com

Fairground Café:

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.innabrunswickstation.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.bowdoindu.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

Daryl Wood, 712; Harold Cain, 706; Robert Frost, 699.

Monday-Saturday Bridge

April 21: Bill Buermeyer, Bill Washington, Lorraine LaRoche, Richard Totten.

April 23: Anne Brautigam, Bill Buermeyer, Richard Brautigam.

April 28: Marian Schneider, Glady's Totten, Mary O'Connell, Richard Totten.

April 30: Bob Cressey, Jini Linkovich, Mari-ann Schneider, Yvette Dumont.

May 5: Mary Lou Cobb, Jini Linkovich, Mary O'Connell.

May 7: Cecil Eldredge, Glady's Totten, Jini Linkovich, Bill Washington.

May 12: Alen Reder, Jini Linkovich.

May 14: Cecil Eldredge, Mary Lou Cobb, Mary O'Connell.

May 19: Bill Markell, Lorraine LaRoche, Jane Colby.



Intermediate Cribbage

April 25: Virginia Zimmerman, 726 (perfect score); Robert Foehring, 714; Richard LaPointe, 711; Robert Frost, 707; Daryl Wood, 706; Richard King, 701; Richard Tomko, 697.

May 2: Richard King, 722; Robert Frost, 709; Joseph Toney, 704; Daryl Wood, 702; Lorraine LaRoche, 700; (tie) Germain LaRoche and Harry Higgins, 696.

May 9: Virginia Linkovich, 726 (perfect score); Harry Higgins, 718; Cecil Eldridge, 711; Carl Nida, 706; (tie) Patricia Johnson and Lorraine LaRoche, 704.

May 16: Virginia Linkovich, 717; Lois Fournier, 715; (tie) Robert Melhorn and

share. Book talks by volunteer members will comprise the program.

A book sale, consisting of books donated by members, will be this month's internal fundraiser.

For more information, contact Jane Gott at 721-0659.

Retired educators planning meeting on June 20

On Wednesday, June 20, the Mid-Coast Retired Educators Association will gather at 11 a.m. at the Topsham Public Library, 25 Forsythe Road.

The business meeting will be followed by a potluck luncheon at 12:15 p.m. Members are asked to bring food items to

share. Book talks by volunteer members will comprise the program.

A book sale, consisting of books donated by members, will be this month's internal fundraiser.

For more information, contact Jane Gott at 721-0659.

Your 3 Health Priorities

It is safe to say that nearly every single person has 3 priorities when it comes to health and wellness: to AGE their best, to FEEL their best, and have the capacity to PERFORM their best. With that said, a multi-trillion dollar industry is in place to offer products, services, procedures, and strategies to help people get what they want. So much time, money, energy, and frustration can be spared, however, if people were to become aware of some of the key principles that play the biggest role in determining how they are aging, feeling, and performing at any given moment.

The message that chiropractors have been sharing for over a century is that we are all born with the goods to thrive. Life is an innately intelligent process and all people are programmed with millions of years of wisdom in every cell of our body. Chiropractic emphasizes that nature is programming for life, not death, and success, not failure. We are constantly in the process of growing, adapting, evolving, and learning and states of illness are merely an extension of those processes, helping us ultimately expand our strength, potential, and lifespan. The bottom line is that we are meant to age slowly (research says our lifespan is 120-140 years), feel our best every day, and have the ability to perform at whatever level we desire.

Living Congruently: When it comes to aging, feeling, and performing our best, the key is to LIVE CONGRUENTLY. This means going with the flow, so to speak, instead of fighting the current and swimming upstream. Like any other living thing (take a plant for instance), when conditions are congruent with thriving, it thrives. On the other hand, when conditions are incongruent with thriving, it struggles and its vitality and potential decline.

Your Structure is Important to Health: One of the most important, yet most overlooked, conditions that we need to be aware of in order to age, feel, and perform our best is what is happening with our body structure, primarily our spine. There are three vital things happening in your body that isn't being influenced by the present state of your spine. If you are in a state of increased tension (from emotional stress or fatigue) or your spinal alignment and movement are compromised (from sitting too long, old traumas, etc), you cannot help but be in a defensive physiology, leading to increased cortisol production, energy inefficiency, organ malfunction, immune suppression, accelerated aging, hormone imbalance, and more. With all that said, the absolute worst thing you could do is wait until you have PAIN before you take care of your spine!

Ultimately, you can save a lot of time, money, energy, and frustration by being aware of your innate potential and by being aware of how the structural state of your body is influencing you at any given moment. With this new awareness, you can start to live more congruently, go with the flow, and age, feel, and perform your best every day, just like nature intended!

To find out how you can maximize your health and ability to thrive call the doctors at **Stocum Chiropractic** (707-725-4222) in Brunswick or **Holland Chiropractic** (707-443-2635) in Bath to schedule a comprehensive evaluation of your current needs and long term health goals.



Dr. Jeffrey S. Stocum

Are you caring for an elderly loved one?



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

729-8571

A United Way of Mid Coast Maine Agency

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

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



spectrum generations

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

Caregivers "Care" About Preventing Elder Abuse

It's not often talked about, but abuse, neglect, and exploitation is happening to thousands of adults in your community every year.

People often associate elder abuse with nursing homes, but the truth of the matter is that most elder abuse happens at home. Unfortunately, many of the elders being abused are dependent on their abusers and 75% to 95% of the abuse is committed by a family member.

Sometimes the abuse is a continuation of patterns of abuse that have been long-standing in a family, but, more often than not, it is related to changes in circumstances and an elderly person's increasing reliance on family members, such as a caregiver. Being a caregiver is often an unexpected role for family members. It can be stressful, frustrating, and overwhelming at times. Caregivers can become socially isolated and frequently lack a strong support system.

Having a safe and supportive place to focus on feelings of loss, frustration, and sadness can help prevent caregiver burnout that may lead to abuse. To reduce these risk factors, the Family Caregiver Program at Spectrum Generations offers monthly support group meetings. Caregiving is hard work and it can take a toll on one's emotional and physical health, which is why it is so important for caregivers to practice good self care.

If support groups aren't your "thing," the Caregiver's Care Line is available. Family Caregiver Specialists Elizabeth Crawford and Ashley Hoffmann are available to provide support and resources, including financial resources, or pair you up with someone who has walked in your shoes to provide phone support during difficult times. If you are interested in this type of phone support, call Spectrum Generations Caregivers Specialist at 1-800-639-1553.

Caregiver training is also available. The Savvy Caregiver Program, a 6 week training for people caring for someone with dementia, helps caregivers gain knowledge and skills as well as develop confidence in caregiving.

If you are a caregiver, don't wait until it's too late to get support. Please call the Family Caregiver Program at Spectrum Generations for more information at 1-800-639-1553. It is so important for everyone to be aware of elder abuse. If you know or suspect an adult is being abused, neglected, or exploited, please contact the Department of Health and Human Services, Adult Protective Services at 1-800-624-8404 to make a report.

Spectrum Generations is Maine's Central Maine Area Agency on Aging and an Aging with Disability Resource Center with programs, services, resources and communities across central Maine promoting life-long learning, health, wellness, nutrition, community engagement and social well-being of all older and disabled adults.



Live Healthy

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 June 1st - Roasted Chicken with country gravy, mashed potatoes, and a vegetable

Friday June 8th - Meatloaf with mashed potatoes and roasted vegetables.

Friday, June 15th - Southern Style barbeque with ribs, chicken, corn bread, collard greens

Friday, June 22nd - Campe barbecue with cheeseburger, sausages, hot dogs, potato salad and coleslaw.

Friday, June 29th - New England barbecue with chicken, pork, baked beans, corn on the cob and country slaw.

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



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. Mostly novices they enjoy talking about the hands and helping each other gain experience. Call for more information 719-0475, Free

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, June 12th at 2pm** 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.

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!



PROUD TO PARTNER WITH PEOPLE PLUS



COURTESY OF PEOPLE PLUS

Added to the Board of Trustees

Three local men were added to the People Plus Center's Board of Trustees. They are, from left, Jim Pierce, Jack Hudson and Bill Gannon. Pierce is returning after a stint as interim executive director.

New summer schedule

As summer arrives, so does a new schedule for the Teen Center.

The summer hours will be Tuesday, Wednesday and Thursday from 1:30 to 4:30 p.m. This summer we welcome interns from the Upward Bound Program to assist us as volunteers.

In the past, this addition to our summer program has provided us with some great mentors/role models and has expanded our knowledge as the interns share about their life experiences.

The added staffing and earlier hours (and of course good weather) during the summer allows for activities such as barbecues and more time outside playing. And if there are small groups venturing off-site (accompanied, of course), there will still be staff available at the center.

Teen Center wish list

The Teen Center is on the look out for several items. Among them:

- Duct tape in different colors and patterns for projects.

- PlayStation 3 controller, new or used.

- Paper goods and cutlery, such as cups, plates, napkins, plastic spoons and forks.

- Food items, such as microwave popcorn, juice pouches or boxes, Saltine crackers, graham crackers, and strawberry or grape jellies.

Food drop offs of fruit, milk or other perishables are always very welcome.

Student volunteer will be missed

Mat Apeache, a Bowdoin College senior, has been a volunteer staff person for the Teen Center Program since the beginning of the academic year.

Once Mat got to know the program and the teen members, he also started attending the Teen Program Advisory Council, recognizing the need for program members, volunteers and staff to bring their ideas, concerns and voices in general to the table.

As part of Mat's involvement with the council, he also joined a council sub-committee and spearheaded the creation of an online survey which was sent out to area youth asking for their input on what they would like to see in a Teen Center and what other types of older youth/teen programs and activities they would like to see offered in the area. The survey generated more than 700 responses providing the Advisory Council with a wealth of information.



Mat Apeache

When asked about his time as a Teen Center volunteer, Mat said that his work here as a volunteer helped him learn how to better communicate with teens and his comfort level with teens, especially in a teen environment, increased greatly.

His future plans are to work with young people, specifically those with a unique circumstance such as a disability or other trait that differs or isolates them in some way from others. Within the next few years, Mat hopes to end up working in the field of Wilderness Therapy. These types of programs focus on youth with emotional or developmental disabilities, offering therapy utilizing a natural outdoor setting.

Mat has an easy going nature and genuine, caring interest in the teens that attend the Teen Center program and will be greatly missed by the teens and the Teen Center coordinator.

We wish him all the best as he heads toward his future.

Elks donate \$500 for youth program

On Thursday, May 10, James Oikie, Elks National Committee chairman, presented Jordan Cardone, coordinator of the Brunswick Teen Center, with a check for \$500 to help support the program. The grant award is in recognition of the program's "past efforts to assist people in need in our community, and to help us continue those efforts in the future."

In past years, the Elks were able to award one \$500 grant to an area nonprofit organization, including the Teen Center two years ago. This year, four \$500 grants were able to be awarded. Along

with the Teen Center program, Big Brothers Big Sisters of Brunswick, Mid Coast Hunger Prevention Program and the Red Cross were each awarded \$500 grants.

Oikie said that "local organizations, run by local people and serving the local community" were the criteria for potential grant recipients.

The Brunswick Elks Lodge No. 2043, located at 179 Park Row, is seeking new adult members, men and women of any age.

Thank you Brunswick Elks for supporting local youth.

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

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Pieces of me ...

Sig Knudsen didn't tell me he expected me to do a monthly "column" for a news paper when he hired me, that bit of information came up in one of those, "oh, I was going to tell you," or, "oops, I forgot to mention," discussions we had during my first few weeks of employment a decade ago.

When he pressed and I offered a little resistance, Sig said something like, "Just give it your best shot. If Rose Mary can do it, I'm sure you can come up with something as good as Denman's Deliberations," and so, the challenge was cast. It was July 2002, and the hot button items at the 55 Plus Center were safely (and legally) buying discount drugs from Canada, should the bingo players be allowed to smoke in the main hall, and should residents of Topsham, Harpswell and other surrounding towns pay a "surcharge" to attend trips sponsored by the Center. The Center was having end of fiscal year budgetary problems and had just replaced a full-time outreach coordinator and half-time outreach worker

with a part-time outreach coordinator — me.

My first and only "Frank's column," was published, soon after: I'd rate that first column as shaky at best. It offered attempts at being autobiographical, philosophical, and funny. I promised to deliver energy, imagination, humor, creativity and common sense to my job, and there was a reference to my grandfather saying, "you want to move a mountain, you have to bend down and pick up that first rock."

I declared the Brunswick area was a very special place, and "the Center" is one of the reasons the area is so special. A decade of hindsight leaves me saying the column was unremarkable, too short and pretty fractured. We ended up filling the page with an "aerial" picture I'd taken of the Center from the tower of the First Parish Church across the street (the tower was being restored) and I was promising a better effort next month.

August brought a "Frankly Speaking" thought about building an addition at my

in-laws house. I introduced in-laws Barbara and Norman to my written world, and we were off! Sig said something about not having the Center mentioned in the column and I said that was by design. "You know what you're doing," he said, "I just nodded and made believe that I did."

In the coming months there was a piece about ceterachies, stacking wood, climbing Mount Katahdin. About Sunday rides, Santa visits, privies, picking the perfect Christmas tree, the bottom of winter, boiling sap, and waiting impatiently for spring. Other pieces remembered John Cole and Robert P.T. Coffin. I took to making fun of myself, giving Jane a hard time, digging down into my personal knowledge to write about apples, eagles, skunks and smelt fishing, about driving to the drive-in, walking to the brook, spending the winter in Florida. The first reference to Vietnam came in November 2003, and July 2004 was the piece about traveling to D.C. to open the World War II monument.

Speaking Frankly

FRANK CONNORS



It was June 2007 that we skipped a month. Our publisher and editor Verdi Tripp had died, and we went into a bit of a spin, wondering if the People Plus News would survive. It did, we did.

My personal favorite was the piece about 92-year-old Norman and a high school chum going clam digging. The toughest for me to write was the one that blended the birth of our first grandson with the death of my mother.

The decade of "Speaking Frankly" pieces that it has been my pleasure to share with you has mirrored huge changes to the life of my family, and my Center. The one constant is that the stories are genuine, and I never tire of wondering what to do next.

It is my hope we have another decade together, and that one day soon the pieces all come together

New or renewing members — June

* Indicates membership donation

BRUNSWICK

- Sharon Shelby
- Edith Mullane
- Beverly Gerardi
- Doris Calloway
- Timothy Owens
- Kathy Muench
- Frances Spiers
- Sharon Shelby*
- Jean Mulligan*
- Betsy Alden*
- P. Jeanne Lofthrop*
- Sharon Shelby
- Sally Loving
- Maybelle Sturgeon
- Edith Mullane
- Robert Nelson
- Rita Nelson
- Brenda Darcey
- Cynthia A. Hennessey*
- Gloria Murphy
- Theodore Laitala
- Rebecca Banks
- Jonathan Banks

- Geri Herbster
- Jeff Herbster
- Betty Leonard
- Elma Avery
- Shirley M. Irish
- Richard North
- Barbara Proffit
- John C. Frothingham
- Rhonda L. Frothingham
- Jean McIntyre Hodgkins
- Melvin Hodgkins
- Muriel Gamache
- Dorothy Boddard
- Priscilla P. Rooth
- Lorraine Bisson
- Ethel M. Brady
- Ethel Grasmuck
- Albert Boothby Jr.
- Sarah Boothby
- Anne-Marie Kell
- Frances Weatherbie
- Doris Armstrong
- Joanna Dumrey*
- Anita Owens
- Glenda B. Derbyshire

- Gilda Thing
- Leah Nelson
- Yoshiko N. Kilgore
- Katharine Mann
- Harold Roberts
- Joan Labrie*
- Mary Wood
- Monique Sondheim
- Sandy Sondheim
- Germaine Bois
- Beth Levesque
- Nancy Dout

TOPSHAM

- Ramona Cornish
- Janice Foster
- Tom Dupont
- John L. Keiner Jr.
- Cookie LeMieux
- Margaret Enright*
- Priscilla Hall
- David Dearborn*
- Joan Tarazewich*
- Judith "Judy" Michaud*
- Flower Noble
- Mia Clark

- Frances McCarthy
- Ann Wilson
- Jean Leavitt

HARPSWELL

- Jane Rowland
- Vincent Golonka
- Barbara White
- Sandra Golonka
- Nancy White
- Nancy Wilds*

- Preston Lea Wilds*
- Christine Campbell
- David Campbell
- Sandy Potholm
- Anne Brown
- Barbara McLaren
- Jeanie Rubio
- Lorraine Green
- Burton W. Taylor
- Marilyn Otterstein

OTHER PLACES

- Debra J. Fitts, Lyman*
- Sherry Watson, Bath
- Betty King, Woolwich
- Ann M. Carter, Charlotte
- Robert Pring,
- Phillipsburg
- Iris Bailey, Georgetown
- Linda Gardner, Bath

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Learning math in a carnival atmosphere

Christina Fedolfi, a 16-year teaching veteran, is starting a children's carnival class at People Plus in the hope of changing children's perception of math.

This class, open to students entering grades 1 to 5, will meet for seven Tuesdays or Wednesdays (your choice) from 4:30 to 5:30 p.m. at People Plus starting this July. Students will learn to plan, create and run a real live carnival.

Students will plan carnival games, budget for and purchase supplies, build booths if needed, create advertising, solicit donations and run the actual event — all valuable lifelong skills.

Fedolfi moved from Massachusetts to Brunswick five years ago. Prior to moving she taught fourth and fifth grade for 11 years in Belmont, Mass., and was manager of curriculum development at an educational consulting company for two years, training teachers from underperforming schools in urban areas. After she moved, she worked in Falmouth, Maine, for two years teaching fourth and fifth grade.

This winter, she ran a math enrichment class at People Plus that exposed children to different areas of math besides computation. She wanted to develop children's patience and tolerance for frustration, and help them discover some new math strengths they may not have known they had. In class, kids explored visual/spatial math through games and puzzles, and learn problem solving strategies through different types of logic problems.

"Younger students tend to think 'fast' equals 'smart' (when talking about) math. I hope to change their thinking to include 'persistent' and 'patient' equals 'smart' in math. Many days our challenges go unsolved and students take them home to work on. Some students will solve them at home or will bring them back to class and solve them the next week. The pride children experience when they have really struggled with a problem and then been successful is palpable and motivates us all to keep working."

For more information, contact People Plus. Class is limited to 20 students each night and there will be an \$80 class fee.

Fondly recalled ...



Gasoline was maybe 20 cents a gallon when Al Boucher purchased the Waterfall Filling Station on lower Main Street in Topsham, in 1943, and opened for business. A fill-up would include a windshield wash as well, we're told. On that site today (inset) is the Border Trust Business Center. Photo is courtesy of David Toth. **If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors, at 729-0757.**

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