

# People Plus! News

35 YEARS STRONG

The center that builds community



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Brunswick, ME 04011  
Permit No. 52

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

September 2012 Volume 12, No. 9

## Fall programming has something for everyone

Whether you like wood carving or folk dancing, singing, belly dancing, Yoga, Pilates, or just want to, "Loosen Up!," there is something coming to People Plus for you!

Program coordinator Rebecca Banks has been working through the summer, organizing new activities and rescheduling time-tested classes and services at the Center. "We expect there is something for everyone here," Banks observed.

Connie Bailey's art classes resume on Tuesday and Thursday mornings this month. Suzanne Neveux's popular "Loosen Up!" sessions are expanded to a

Monday, Wednesday and Friday schedule and Table Tennis has been, "tweaked" to get maximum use of the hall floor for those players. Following is a guide to new and renewing programs:

### • Art I and Art II

With Connie Bailey  
When: Tuesdays and Thursdays at 10 a.m.  
Cost: \$26 per month for once a week

### • A capella singing

With Pat Cannon  
When: Mondays at 1 p.m.  
Cost: Free for members.

### • Belly dancing

With Josephina Gasca  
When: Mondays at 6 p.m.

### • Cafe en Français

With Madeleine Ashe  
When: Fourth Tuesday of month at 2:30 p.m.  
Cost: Free. Donations accepted.

### • Computer Tutor: Basic Internet Skills

With Jack Hudson  
When: Sept. 25 and 26 at 10:30 a.m.

Cost: Free and open to members.  
Advance registration at 729-0757 required.

### • Course in Miracles

Group discussion.  
When: Every Thursday at 6 p.m.  
Cost: Free to members.

### • Folk Dance Brunswick

Organized by Ed Pontius, Donna Bann and Marie Wendt.  
When: Second and fourth Fridays of the

Please see **PROGRAMS**, Page 8



## Carnival Capers

A children's carnival on Aug. 25 raises nearly \$700 for the Brunswick Teen Center and Calvin's Cure, a foundation to benefit Calvin Shake, a local student who endures severe epilepsy. The carnival staff, pictured at left in blue shirts, were students in grades 1 to 5 who spent the summer learning practical math applications during a math camp at People Plus. Christina Fedolff, centered under canopy, directed the program. At right, Al Marblestone came prepared to serve his stint in the dunk tank, which proved to be one of the more exciting attractions at the carnival.

JILL ELLIS PHOTOS



## Candidates forum set

People Plus will host a candidate's forum on Wednesday, Sept. 26, beginning at 7 p.m., to introduce the three candidates seeking the House District 66 seat, serving the northern half of Brunswick and parts of Durham.

Republican candidate Grant Connors, Democratic candidate Matthea "Mattie" Daughtry and Green candidate Fred Horch are all expected to attend. People Plus offers no political opinions, but is located in the 68th legislative district.

The three candidates will field "general questions," and be asked to focus on health care concerns in Maine. Another forum is being scheduled for Sept. 18 at the Brunswick Junior High school, and a third may be scheduled for the Brunswick Town Council chambers on the 13. Watch The Times Record Calendar notices to confirm the earlier dates.

## Scenic trip, train ride planned

Join People Plus and Adventures in Language and Culture (ALC) tours for an unforgettable day in the Rangeley Lakes region. Guide Cal Hooker of ALC has planned a full day's adventure that includes a great meal, seasonal vistas, a "close encounter" with a narrow gauge railroad, "and a few surprises you just have to wait for," according to Hooker.

The tour leaves Brunswick at 8 a.m., and the Topsham Park and Ride at 8:15 a.m. on Wednesday, Oct. 3, aboard the 26 passenger "Green Machine," operated by Northeast Tour and Travel Co.

There will be a coffee break at Tim Horton's in Auburn, and a tour and ride on the Sandy

River and Rangeley narrow gauge steam railroad (weather permitting) will be the highlight of the morning. Lunch at the Parkside Restaurant in downtown Rangeley is planned for 12:30 p.m. The cost of the meal is included in the trip.

The return to Brunswick goes over the scenic and historic Height of Land, and is sure to be a fall foliage crowd-pleaser. Return to Brunswick is projected to be about 6:30 p.m.

Cost is \$79 for members of People Plus, the Topsham Merry-meeters or the Bath Area Senior Citizens, and \$89 for others. All tips are included. Reservations are essential and not refundable. Contact Frank Connors at People Plus for details.

## Lunch & Connections

### Shepherd's Pie and Apple Crisp to tempt September diners

"It's a great fall meal," Chef Frank Connors promised of his shepherd's pie and green bean casserole, posted on the Lunch & Connections menu for Sept. 20.

"We expect to fill the hall all over again. We start with a bed of meat," he said. "Our special blend of lamb, beef, turkey. We add onions, gravy and spices, fold in creamed andkerneled corn, crown it with mashed Maine potatoes and roast it till it's brown and luscious."

The cut bean casserole, capped with browned onion rings, is also guaranteed to be a favorite. There will be a lightly-dressed, tossed green garden salad, for all; iced tea, coffee, fruit juices, milk and water available to drink. Dessert this month will be a deep-dish apple crisp, loaded with first of the season fall apples and topped with a dollop of ice cream.

Our monthly Lunch & Connections meals are underwritten by Spectrum Generations, and the focus of these gatherings is on nutrition, information and variety. A CHANS home health care professional is on hand to offer and record free blood pressure checks. This month we'll offer a tribute to National Grandparents Day and to Natural Honey Month.

Join us at 11:30 a.m. to get a seat and purchase your \$9.50 raffle ticket. Everyone is automatically registered for one of several door prizes offered each month. Seating is limited to 60, so reservations are encouraged, and obtained by calling the People Plus information desk at 729-0757.

Meals are open to the public. Members still pay only \$5, and non-members pay \$7.50. Lunch is served at noon.

## 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:

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## People Plus Staff

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<b>Peter Coffin</b> Teen Center coordinator <a href="mailto:pete@peopleplusmaine.org">pete@peopleplusmaine.org</a>

The CHANS team will be offering flu shots at People Plus on Oct. 18 from 11 a.m. to 1 p.m.

# Back to school, back to the Center

Those three magic little words... We have heard it said many times, "Who would have thought three little words could mean so much?" I am sure you know the three words I mean, don't you?

"Back to School," of course! In my house this phrase carries with it great influence and causes a plethora of emotions to bubble up including excitement, happiness and dread.

It is much the same here at the Center where we have more than 125 youngsters on scholarships that enable them to use the Brunswick Area Teen Center Program, an after-school drop in program where the kids can have a healthy snack, unwind, meet friends, share school stories, get help with homework and come for mentoring.

The Teens First Program for teen parents and several after school programs like Math Enrichment and Girl Scouts also use our space for no charge thanks to

the support of members and community folks who sponsor our youth programs.

So what will Sept. 4, the first day of school look like here at the Center? Pete Coffin, our Teen Center coordinator, will be here making sure he has everything ready to go so that when the bus pulls up at 2:35 p.m. and a dozen young people in grades 6-12 roll out, he can welcome them with a cheery grin, a pat on the back and a peanut butter sandwich.

It is an interesting group of kids that come to our Teen Center. Some live in this neighborhood and others get a special pass to ride the Teen Center bus from school. There is a nice blending of demographics, income levels and experiences.

I was surprised recently to learn that one of our Teen Center "regulars" struggles at school. Pete suspects that while here, this teenager doesn't feel the pressures of school, of peers or teachers and he can relax a bit. Consequently we see a

## From the Executive Director

STACY V. FRIZZLE



different side to him.

Here at People Plus, he is helpful, involved and responsible.

"The Teen Center has become the place that this boy goes to be his 'best self'."

It is for this teen and the other kids like him that we continue to offer the Teen Center Program free to all youth who attend. But it's not free to us. So I thank each of you who have sent in your "Back to School" letter with support for the program.

At \$25 to sponsor a youth membership and \$50 for a week of healthy snacks, it is a great way to provide an opportunity for a local teen to grow and gain invaluable experience. If you haven't already sent yours in, perhaps you will consider doing so and join us in providing this valuable space for our local teens.

I am sure we will all harvest the rewards of that down the road.

## Grandpa's porch BY BONNIE WHEELER

Grandpa use to say, "I'm sitting on my front porch watching the world pass by. Come join me."

He loved spending time with his grandkids. He taught us to play dominoes and checkers and would challenge us when we made a wrong move to think it over and we did and made a better move and grandpa would nod and smile.

He told us about killing a rattle snake and asked if we would like to see the rattle that he saved. Of course we did! He handed us an envelope and we carefully opened it until it began to rattle, and then we screamed and threw it. Grandpa laughed. He had wound a rubber band around a hobbie pin so that it would sound just like a live rattler. After he played the trick on us, we delighted whenever someone new came to see grandpa.

In Oklahoma there are a lot of scissor-tail birds and he told us never to take their eggs or bother their nests because they would cut your fingers off with their long tails. We left their nests alone. He also assured us if we put salt on a birch tail we could catch it. As a child I spent hours tossing salt all over the porch and honey suckle vines trying to catch me a bird. Grandpa would encourage me, saying that I almost got the salt on the tail that time. Finally, my mom would come out of the house and take my salt shaker and say, "Bonnie Sue,

quit wasting my salt." I'd sadly look at Grandpa and he'd say, "Next time you will get one."

Often I went to spend a summer vacation on the farm with my cousin Gaye and Grandpa. Grandpa had a locked chest where he kept his important papers and also a carton of Camel cigarettes and candy bars. He would give us a bar every few days.

My cousin Gaye could pick the lock with a hairpin, and we would help ourselves to a candy bar. One day while Grandpa was working in the fields, we decided we wanted a candy bar, so she picked the lock and took two candy bars. That's when she saw the cigarettes, so she took a pack of Camels for us to have our first smokes.

Out behind the barn we ran with our pack of cigarettes and a handful of long kitchen matches. We lit up, took a puff and sucked in the smoke. We gagged, choked and threw up, before deciding smoking was not glamorous or fun and tasted bad. We had to go lick the crows' salt lick to get rid of the taste.

Now, what could we do with the rest of the pack? We couldn't take it back opened, so we had to dig a deep hole and bury them awful Camel cigarettes before we could casually return to eat supper.

After supper we sat on the farm house porch smelling the honeysuckle blossoms

and talking about our day. Grandpa said I did something I hated to do today. I put poison in a pack of cigarettes because a rat was getting into my safe. Then he said, "Wasn't that a good supper tonight?"

My supper was beginning to want to come back up. I looked at Gaye and she and I quickly ran to the back field. We waited to die! We looked at the moon and stars and back to the farmhouse, knowing it might be our last night on earth. Gaye asked, "What do you think heaven will look like?" I didn't know, but was sure I would soon.

When we went to bed we tried to keep each other awake all night. Of course we couldn't, and was shocked to wake up the next morning feeling fine. It must take longer then a day to die, so we waited a week and then decided we must have not taken the poisoned pack of cigarettes. Grandpa never said another word about it, just smiled a lot like that week.

Gaye and I are nonsmokers to this day.

Grandpa lived into his 90s, alert, yet spending more time in bed. So we sat by his bed and played checkers. He had a box of candy that he offered to everyone, but when he opened it, there was a spring covered coil that hit you in the face. He would laugh.

Grandpa drove his car into his 93rd year, no faster than 15 miles per hour. When he saw the grandkids walking home from school he would slowly pull over and offer us a ride. Did we want to ride instead of walking with friends, and know they would beat us home walking? Not really, but we always got in the car. Why? Because we loved our Grandpa and whatever he offered us — a game of dominoes, a candy bar or a place on the porch to watch the world pass by — we took. Weren't we lucky?

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Seasonal Flu Shots to be offered at the center this fall.



"Cameo," colored pencil by Judy Krok.

## Students featured in art show

Several of Connie Bailey's art students will be featured in the Union Street Gallery at People Plus, in a show that opens Sept. 4. Artists Anne Frey, Judy Krok, Wilma Sarna and Karen Giustra will offer their multimedia show through September and October.

Bailey has been an instructor at People Plus for more than a dozen years, teaching two levels on Tuesday and Thursday mornings, "endeavoring to expose artists of every talent to as many medias as possible." Bailey

is an accomplished artist, specializing in miniature water colors of exceptional detail.

The student show will be open for discovery as part of the summer's Second Friday Artwalks on Sept. 14.

That same evening, Bayview Gallery on Maine Street in Brunswick, will exhibit the new original oil painting, "The Topsham Fair," painted by Woolwich artist John Gable and offered in a signed and numbered limited edition print by People Plus.

## Brunswick squirrel-off

By ANN ROBINSON

He was not your average squirrel. Native to the commons he was well versed in humans and their canine companions ... all of the latter from his point of view, vile and treacherous creatures. What happened one spring morning when he encountered my own personal vile and treacherous creature mystifies me to this day.

My golden retriever and I were proceeding merrily on our twice daily trek around the Pine Barren Loop, chuck it in hand, ball in mouth when suddenly ball drops to trail and retriever charges furiously through the underbrush. I figure a squirrel.

She only exerts that kind of energy for squirrels and airborne tennis balls. Suddenly the commotion stops and squirrel and dog are nose-to-nose ... inches apart, suspended in time, save for heaving abdomens and audible pants. Eternity passes and suddenly the spell is broken, the chase resumes and just as suddenly stops again. Dark gray squirrel planted firmly in golden retriever mouth ... long ways ... and just as sud-

denly spit out in a not so graceful arc to the ground.

"Blech," says the dog and the chase is on again. Round and round and round. Then suddenly time stops once more. Dog to squirrel again ... dog poised on ground ... squirrel back paws on ground, front paws on tree — eyes locked and both immovable save the well earned panting.

Eternity passes again. Finally I intervene and chuck the ball down the trail, futilely I think ... she will never leave that squirrel. But she does ... and I wait for the squirrel to scamper up the tree ... which he DOES NOT do. I am mystified and stand frozen, myself waiting for the next act and well ... you know who brings the ball back and re-engages the standoff. Squirrel moves 6 inches up the tree but still well within reach of vile and treacherous dog jaws.

"I double dog dare you," says the squirrel. I give up ... chuck the ball down the trail and follow bounding dog and ball myself ...

Squirrel 1, Dog 0, Human DNS

## Riding the rapids

By RUTH FOEHRING

Once in awhile life has a way of dealing us a stressful hand, and when I came through a particularly miserable hand, I felt like I could now handle anything. I wanted to prove to myself how brave and strong I was. Nothing could scare me now or ever again!

So, on a vacation that summer, I announced I wanted to ride the rapids. Stunned, my husband asked, "Why? ...! YOU and the rapids! Never! You would be too afraid, more like terrified. You could NEVER do it!"

"Well, that's what you think, I declared and .... I want to do it tomorrow!"

So off we went the very next day. I took a close look at the boat, and a longer look at the skinny young driver. He sat on a perch in the middle of the boat and next to him were the longest pair of oars I had ever seen. I guessed he would steer the boat with them and hoped he was strong enough to lift them. My biggest concern was the seats. They did not look too safe to me. They ran around the edge of the boat and were made of inflated rubber. I was really determined though, and all fired up by my new found courage.

We changed into bathing suits and were given life jackets. I walked into the gift shop and bought a t-shirt that said, "I RODE THE RAPIDS ON THE MADAWASKA IN ONTARIO, CANADA." Now I really had to do it. There was no turning back.

We approached the boat which was now loading with other courageous people. My husband, Bob, looked at me and said, "Now what?"

I replied, "I have this all worked out. See that man over there? Let's sit next to him. He looks friendly. Now I will hold on to your right arm on my right, and I'll hold on to his left arm on my left

side. But ... only if I need too." My husband smirked but I did not say a word.

We started off smoothly at first. I was holding Bob's arm already. Then up we went and then down we went. Then we went faster and faster, and higher up and lower down. Now I was terrified but I told myself I could do this. Bob did not look happy as I was squeezing his arm with a mighty grip.

Splash, a loud roar and a big bump and I grabbed the poor man next to me. I grabbed an empty sleeve and to my astonishment I could not find his arm. I was holding an empty sleeve! "This cannot be!" I thought. What are the chances of being in my predicament and having a one-armed man sitting next to me!? I was about to grab his neck but when our eyes met, I thought twice about it and held on to a rope I found attached to the seat.

Five minutes later the boatman stopped and announced that we were approaching a recirculating eddy and wouldn't it be fun to jump off, one at a time, and float on our backs and let the eddy bring us right back to the boat. Now the very idea of attempting to do this did not thrill me one bit. With my luck I would head out to sea and never be seen again. But ... seeing my husband smirk again, I dropped over the side of the boat and began floating downstream in the current, and then at the end of the eddy the return current took over and brought me right back to the boat. What a feeling of relief that was! I made it back to the starting place and wore that t-shirt for years until it finally just wore out.

It's a nice memory, and one I could never forget. I cannot believe that I did it and ... I positively, would not like to ever do it again!

## Grandparents

By VINCE McDERMOTT

Grandparents were always there for us. Then suddenly they were gone. We didn't understand. Parents couldn't explain.

Grandparents entrusted the earth to us. They didn't explain.

They just did it. They hoped we would understand.

What have we done? Have we earned their trust? We don't know yet. I hope we understand.

## Our family hero

By BONNIE WHEELER

His father's son, he joined the military young. He served, gave his country his all. For 24 years, he worked for Uncle Sam. In foreign countries, in war-torn commands, In deserts, camped on burning sand. Spent hours on alert defending our land. Brought home heroes, their last angel ride. Laid wreaths at Arlington, with humble pride. Flew government officials overseas to preside. In his home church always willing to

assist. Volunteered in school with his son, Chris. On weekends he painted the deck and repaired the cars. Then put on his uniform and went back to war. Today Dave retires, military season over. With his family beside him goes back to Dover. What will this American hero do now? Whatever he does, where ever he goes, He goes with God as ever before. Our prayers have been answered, Dave is safely back home.

## My Nana

By GLADYS SZABO

The appetizing aroma of apple pies cooking  
Arouses memories of Nana's fabulous baking  
Standing on the stool, I would roll out the dough  
As Nana prepared delicious pie fillings.  
I would peek around the corner  
From my crib  
Watching Nana in the dimly lit room  
Her ear hugging the radio  
Shades pulled down  
I did not know there was a war going on.

We spent warm sunny afternoons sitting on the porch  
Nana telling me stories while I played with the cat  
Her loving ways were such a comfort to me.

From her hospital window, she blew kisses to me  
As I blew mine, from the ground below.  
Then one day she didn't appear  
In my heart she is always near.



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**Aren't grandparents grand?**  
September is National Grandparents Month.



June Austin, left, and Barbara Tucker proudly pose with their Maine State Park Passbooks during a July visit to Cobscook Bay State Park in Lubec.

## 40 done, 8 to go!

When visiting any of our great state parks, one might wonder about those brown boxes with the cute little padlocks located at each entrance.

Well, June Austin wants everyone to know the boxes are the "key" to the Maine State Park Passbook Program, and admission to lots of personal adventures, if you just try them out.

"We've had a wonderful time, exploring, learning and enjoying," Austin said of the program that started three years ago to mark the 75th anniversary of the Maine State Park system.

"All the parks are beautiful and interesting," she said. "Some are historic, some woody and wonderful."

Along the way she said she has met lots of interesting people, explored hiking trails, had picnics and taken pictures.

In July, Austin and Barbara Tucker visited Lubec and the Cobscook Bay State Park.

"Even though we have only eight more parks to visit," said Austin, "we may not finish the list this year."

Three of the remaining parks are on off-shore islands and others are "way up north, or hard to get to."

Austin said the pass book was a "wonderful way to learn about our great state" and hinted at starting over with a new book next season.

## Master carver to offer intro course

Master carver James Wade will offer an introductory, five-week wood carving class at the Center, beginning Tuesday, Oct. 2.

An entry level opportunity, this class will familiarize students with, "the feel of wood, and the use of basic tools," Wade said. Tools will be available for use and/or purchase, each student will work from a wooden plug and produce a hand carved shore bird, or stick bird, using hand labor, a carving knife and sandpaper. If time allows, the work will be painted or wood-burned to finish.

Wade has been a carver for more than 40 years, learning the craft from his father. He has worked with some of the

best carvers in Maine, and participated in several out-of-state instructor seminars. His gallery of projects includes "multiple eagles and various animals, including people." Wade promised that his instruction will be tailored to each individual and their needs, and each class will include "time for some fun. If it's not fun," he asks, "why do it?"

Cost of the five-week class, including tools and material, is only \$40 for People Plus members, and \$65 for nonmembers. A minimum of five people are needed for this class to continue, and no more than a dozen registrations will be accepted. Register early by calling the Center's information desk, 729-0757.

## Yoga, Pilates offerings are expanding

Pilates for grown-ups, Yoga Fusion, Yoga for Transitions, Yoga with Ruth and Chair Yoga are among the low-impact exercise classes being offered at People Plus this fall.

Dennis Kimmage will lead a mat pilates class, opening Tuesday, Sept. 11, at noon, with a free demonstration. Cost of the class is \$64 for an eight-week session. Pilates for grown-ups is designed to develop muscle tone, endurance, flexibility and well being without any special equipment. Five members are needed for this class to continue.

Anne Kimmage will open a Yoga Fusion Class with a free demonstration on Thursday, Sept. 13, at 9 a.m., and a Yoga for Transitions demo immediately following at 10 a.m. Each class runs for

eight weeks and costs \$64. The Fusion class combines Yoga and Pilates movement for maximum mobility and muscle tone development. The transitions class is designed to help you through stressful events in your life by using gentle movement, breathing and relaxation techniques. Dennis and Ann Kimmage have each had years of experience as professional yoga instructors.

Ruth Vogel has been offering traditional Yoga movement at People Plus for nearly 20 years. Her Monday morning class opens at 10 a.m. (that is one hour later than usual) and is followed by her more gentle chair yoga at 11 a.m.

Call the People Plus information desk at 729-0757 to pre-register for any of these classes.

## Ancestor search opens this fall

People Plus and the Curtis Memorial library are teaming up to help you learn everything you want to know about your ancestors.

Five "Get-togethers," hosted at the library and commencing, Tuesday, Sept. 18, with a general Introduction to Genealogy, are free and open to the public, but you must be pre-registered. Space is limited, as some of the class work will be done using library computer equipment. The Sept. 25 class will introduce you to Ancestry.com, the Oct. 2 meeting

will familiarize you with local genealogical resources, and the Oct. 9 class will outline software options available for genealogy studies. The last class, on Oct. 16, will show you how to research your Canadian ancestors.

Register directly with the library by emailing Liz Doucett at edouce@curtislibrary.com, or sign up at the library's front information desk. You'll need to indicate your name, a phone number and can register for one or all of the classes.

## Preventing falls is focus of library talk

Sen. Susan Collins, R-Maine, will be co-sponsoring the Fall Prevention Awareness Day Proclamation in September this year.

Falling is a serious health issue for Maine residents and the Community Health Information Partnership (CHIP) is sponsoring a Fall Prevention Event on Tuesday, Sept. 25, at Curtis Memorial Library from 10 a.m. to noon.

The National Council on Aging states: "Falling is not an inevitable result of aging. Through evidence-based interventions, practical lifestyle adjustments and community partnerships, the number of falls among seniors can be substantially reduced."

You are never too young or too old to increase your balance, gain strength, learn how to avoid falls and live a vital life

through your middle and senior years.

Professional staff from Parkview Adventist Medical Center and Mid Coast Hospital will teach you exercises that strengthen your muscles, increase your flexibility and improve balance. You will learn how to do the exercises safely at home and have a safer home environment. You will take home tips for increasing your bone density and other strategies to avoid falls. Bring a friend or family member.

This free, walk-through event is appropriate for adults of all ages. Win a door prize, take home a resistance band, and a free copy of MaineHealth's booklet, "Fall Prevention Guide Information For Patients and Families." If you visit three stations, you can also choose a free health book or DVD.



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# SEPTEMBER 2012 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Teen Center</b> <b>FALL HOURS:</b> <b>Monday, Tuesday</b> <b>and Thursday</b> <b>2:30-5:30 PM</b>	<b>PEOPLE PLUS NEWS &amp; VIEWS</b>		<b>REBECCA BANKS &amp; FRANK CONNORS</b> DISCUSS NEW FALL PROGRAM Viewed weekly on Cable Channel 3, Brunswick Community TV		MONDAY AFTERNOON..... 4 P.M. WEDNESDAY MORNING..... 7 A.M. SUNDAY EVENING..... 9 P.M. And on Harpswell Community Television viewed online, anytime: <a href="http://wimeo.com/harpswelltv">http://wimeo.com/harpswelltv</a>	
	■ 10:00 AM Table Tennis ■ 10:00 AM Art I ■ 1:00 PM Quilting Club ■ 3:00 PM Teens First	■ 8:45 AM Inter. Cribbage ■ 9:00 AM Loosen Up! ■ 10:00 AM ELECTRICITY MAINE talk ■ 10:00 AM Table Tennis ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group	■ 10:00 AM Art II ■ 5:00 PM Yoga ■ 6:00 PM Course in Miracles ■ 6:00 PM Beg. line dancing ■ 7:15 PM Adv. line dancing	■ 9:00 AM Loosen Up! ■ 10:00 AM Table Tennis ■ 12:30 PM Beginning Tai Chi ■ 1:30 PM Qigong ■ 7:00 PM Movie Under the Stars	■ 10:00 AM Bridge	
	■ 9:00 AM Crafters ■ 9:00 AM Loosen UP! ■ 10:00 AM Yoga ■ 11:00 AM Chair yoga ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 5:30 PM Laughter Club	■ 9:00 AM 2012 Life Without Limits Expo (Cook's Corner Mall) ■ 10:00 AM Table Tennis ■ 10:00 AM Art I ■ 12:00 PM LUNCH OUT ■ 12:00 PM Plates for Groupwups ■ 3:00 PM Teens First	■ 8:00 AM MEN'S BREAKFAST ■ 8:45 AM Inter. Cribbage ■ 9:00 AM Loosen Up! ■ 9:30 AM Walk the Walk ■ 10:00 AM Table Tennis ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group	■ 9:00 AM YogaFusion~demo ■ 10:00 AM Art II ■ 10:15 AM Transitions Yoga - free demo ■ 12:00 PM LUNCHEON ■ 3:00 PM Game Ont! ■ 5:00 PM Yoga ■ 6:00 PM Beg. line dancing ■ 6:00 PM Course in Miracles ■ 7:15 PM Adv. line dancing	■ 9:00 AM Loosen UP! ■ 10:00 AM Table Tennis ■ 12:30 PM Beginning Tai Chi ■ 1:30 PM Qigong ■ 5:00 PM 2nd Friday Art Walk ■ 6:00 PM Folk Dance Brunswick	■ 10:00 AM Bridge
	■ 9:00 AM Crafters ■ 9:00 AM Loosen UP! ■ 10:00 AM Yoga ■ 11:00 AM Chair yoga ■ 11:00 AM Table Tennis ■ 12:00 PM Bridge ■ 5:30 PM Laughter Club ■ 5:30 PM Belly Dance Demo ■ 6:30 PM Civil War Book	■ 10:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Computer Tutor ■ 12:00 PM Plates for Groupwups ■ 1:00 PM Quilting Club ■ 3:00 PM Teens First ■ 5:30 PM Curtis Library Genealogy Get-together	■ 8:45 AM Inter. Cribbage ■ 9:00 AM Loosen Up! ■ 10:00 AM Table Tennis ■ 10:30 AM Computer Tutor ■ 12:30 PM Advanced Tai Chi ■ 1:00 PM Writer's Group ■ 2:00 PM Author's Chat	■ 9:00 AM Yoga Fusion ■ 10:00 AM Art II ■ 10:15 AM Transitions yoga ■ 12:00 PM LUNCHEON ■ 1:00 PM Film: 'Laughology' ■ 5:00 PM Yoga ■ 6:00 PM Beg. line dancing ■ 6:00 PM Course in Miracles ■ 7:15 PM Adv. line dancing	■ 9:00 AM Loosen UP! ■ 10:00 AM Table Tennis ■ 12:30 PM Beginning Tai Chi ■ 1:30 PM Qigong	■ 10:00 AM Bridge
	■ 9:00 AM Crafters ■ 10:00 AM Yoga ■ 11:00 AM Table Tennis ■ 11:00 AM Chair yoga ■ 12:00 PM Bridge ■ 1:00 PM A capella singing class - free demo ■ 5:30 PM Laughter Club ■ 6:00 PM Belly Dancing	■ 10:00 AM Table Tennis ■ 10:00 AM Art I ■ 10:30 AM Computer Tutor ■ 12:00 PM Plates for Groupwups ■ 2:30 PM Café en Français ■ 3:00 PM Teens First ■ 5:00 PM Curtis Library Genealogy Get-together ■ 6:15 PM Int. Modern dance	■ 8:30 AM WOMEN'S BREAKFAST ■ 8:45 AM Inter. Cribbage ■ 10:00 AM Table Tennis ■ 10:30 AM Computer Tutor ■ 1:00 PM Writer's Group ■ 6:30 PM Earth's Climate Crisis - small group discussion	■ 9:00 AM Yoga Fusion ■ 10:00 AM Art II ■ 10:15 AM Transitions yoga ■ 3:00 PM Game Ont ■ 5:00 PM Yoga ■ 6:00 PM Beg. line dancing ■ 6:00 PM Course in Miracles ■ 7:15 PM Adv. line dancing	■ 10:00 AM Table Tennis ■ 6:30 PM Folk Dance Brunswick	■ 10:00 AM Bridge

## Brunswick hospital opens new diabetes center

## Caruso honored by Edward Jones

Mid Coast Hospital in Brunswick has launched the new Mid Coast Center for Diabetes & Endocrinology to provide medical care and education for adults living with diabetes.

The center opened Aug. 13 and focuses on a multidisciplinary approach designed to empower individuals to take an active role in managing their disease. The center is located at 81 Medical Center Drive, Suite 2200.

It is estimated that more than 100,000 Maine adults are living with diabetes; a disease that could lead to additional health complications including kidney failure, nontraumatic lower extremity amputations, blindness, cardiovascular disease, and death. Through education programs and regular medical care, these risks can be greatly reduced.

Staffed by a team of board-certified physician endocrinologists, a nurse practitioner, and certified diabetes and nutrition educators, the Mid Coast Center for Diabetes & Endocrinology offers a full range of services to manage and treat Type 1 and Type 2 diabetes, as well as other glandular disorders. The Brunswick-based center also provides

education and treatment for pregnant women diagnosed with gestational diabetes.

The educational component of the center is recognized by the American Diabetes Association (ADA) and offers diabetes education, nutrition counseling, insulin pump training, continuous glucose monitoring, and more.

Dr. Christine L. Twining, an endocrinologist at the new center, sees great value in such a model. "We are excited to offer comprehensive diabetes care to individuals in the Mid-coast area. In partnership with the patient's primary care doctor, we will be able to provide high quality care in a convenient and familiar setting, close to home."

By supporting diabetes self-care and management, center aims to prevent unnecessary hospitalizations, which account for almost \$7 million of annual healthcare expenses in Maine.

Appointments are made through a referral from a doctor. Physicians should call 406-7290 to start the referral process. For more information and to meet the team, visit [www.midcoasthealth.com/endocrinology](http://www.midcoasthealth.com/endocrinology).

Virginia M. Caruso of the financial services firm Edward Jones in Brunswick recently won the firm's Edward Jones Sr. Founders Award for her exceptional achievement in building client relationships.

"It's truly an honor to be recognized for building relationships with those clients we serve," said Caruso. "And it is also quite inspirational to receive an award named after a firm legend such as Edward Jones Sr. who was so innovative and recognized the need for quality financial advice for long-term individual investors."

Edward Jones provides financial services for individual investors in the United States and, through its affiliate, in Canada.

Every aspect of the firm's business, from the types of investment options offered to the location of branch offices,

is designed to cater to individual investors in the communities in which they live and work.

The firm's 12,000-plus financial advisors work directly with nearly 7 million clients to understand their personal goals — from college savings to retirement — and create long-term investment solutions that emphasize a well-balanced portfolio and a buy-and-hold strategy. Edward Jones embraces the importance of building long-term, face-to-face relationships with clients, helping them to understand and make sense of the investment options available today.

Edward Jones is headquartered in St. Louis.

For more information, call visit [www.edwardjones.com](http://www.edwardjones.com) or its recruiting website at [www.careers.edwardjones.com](http://www.careers.edwardjones.com).

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## Sprucing up

Gladys Szabo plants fall mums in the window boxes around the entrance of the People Plus Center last month.

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Standing L to R: Lori Hyland MSPT, Bethany Lawrence RN, BSN, CMC, Founder, and Shaaron Heady, Sitter L to R: Kate Adams BA, CMC, Abbey Daviss MEd.

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## Setting up

Jack Hudson, left, and Dan Ehlers network and set up some of the 12 "like new" computers in the new computer lab upstairs at the Center. The computers will allow Hudson to double the number of students in his technology classes this fall. Six other computers will be set up for Teen Center use. The donation also included projection equipment and a screen, seen at right.

## Bus to Savannah, boat on Casco Bay?

There are still several seats available on the early October Diamond tour bus to Georgia, and open boarding passes are waiting for the mailboat ride around Casco Bay, scheduled for Sept. 26.

The luxury motorcoach tour of Savannah, Ga., originates at Bath, on Oct. 6, leaving at 8 a.m. Stops include Baltimore's inner harbor, Savannah's oak-lined streets and town squares, a guided tour and shop stop on St. Simon's Island, and a tour of historic Jekyll Island.

Other day trips include tours of Beaufort, S.C., the Parris Island Marine base, the Airborne Museum in Fayetteville, N.C., and the Walters Art Museum in Baltimore, Md. This exceptional eight nights, nine-day tour includes four consecutive nights in the Savannah area, eight breakfasts and six dinners, and costs \$659 per person, based on double occupancy. A \$75 deposit is due at registration at the Bath Senior Center, and registrations must be received at Bath before Sept. 16.

The Casco Bay Mailboat run is a late season, on-the-water adventure you won't want to miss. Leaving the Bath Center at 8:30 a.m., picking up at the Topsham Park & Ride at 9 a.m., this working boat tour of Maine's Casco Bay includes stops at Long Island, Cliff Island and Great Chebeague. Cost is only \$15 for members, \$17 for nonmembers, and costs \$659 per person, based on double occupancy. Transportation to Portland is by the Bath Bus Service, lunch on your own will be at Becky's Diner; on the Portland waterfront. You should register at Bath, 443-4937, before Sept. 14, to be guaranteed a seat.

These two trips are joint projects of the People Plus Center, The Bath Area Senior Citizens Center, and the Topsham Merrymeeters. For more information, contact Frank Connors at People Plus, 729-0757, Judy Rittall at Bath Senior Citizens, 443-4937, or Iona Oznoe at the Merrymeeters, 729-7607.



### Picture perfect

Walk this Bath travelers visit the Giant Staircase in Harpswell last month, perching on the edge of the Atlantic Ocean on a perfect day.



Jim Howard unveils his commissioned print, "The Topsham Fair," in the exhibition hall at the Topsham Fair last month. Prints are available at the Center. Call 729-0757 for details. KERRI PRESCOTT PHOTO

## Lace 'em up Team People Plus needs you to walk

People Plus is sponsoring a team in the annual Walk to End Alzheimer's on Sept. 15. The walk begins at Topsham town office and ends at Bowdoin College in Brunswick.

Anyone who raises \$100 or more in donations, or contributes to the Alzheimer's Association of Maine through the Center, will be given a People Plus T-shirt.

Register at the People Plus information desk.

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(AND SOMETIMES CHUCK)

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## 'Tickless Time' coming to Bath

By MILLIE ACKLEY

The BASIC Players are putting the finishing touches on "Tickless Time," a one-act comedy written by Susan Glaspell, directed by Millie Ackley and performed by members of the Bath Area Senior Citizen Center.

Don't be misled by the title, the play has nothing whatsoever to do with those pesky little bloodsuckers!

Ian Joyce (Dick Higgins) and his wife Eloise (Bonnie McDonald) are going to be "done" with all that is standardized (clocks) and live by the sundial even though the sundial is 19 minutes and 20 seconds faster than standardized time.

Not an easy thing to do when dealing with the outside world and friends like Eddy Knight (Willy Bryan) and his wife Alice (Cheryl Carver) who embrace the wonder of clocks. Will Annie the cook (Martha Steen) ever get dinner ready without her clock? Does reason prevail when Mrs. Stubbs (Eleanor Grafe) offers a common sense solution?

Come see for yourself on Friday and Saturday, Sept. 28 and 29, at 7 p.m. and Sunday, Sept. 30, at 2 p.m. at the Bath Area Senior Citizen Center, 45 Floral St. Bath. Tickets are on sale at the Center for \$5, and we encourage you buy your tickets in advance.

## Walk this Walk Rambling the Bowdoin campus

The walk for September goes back to school, (sort of) when we go as a group to explore the many trails and attractions that mark the campus of Bowdoin College.

"If you want to consider a trail a four-foot paved walkway," one alum laughed, "but there is lots to look at and chat about," as you wander the class walks that mark the interior routes of the college campus. We will meet at the People Plus Center and carpool to the campus, gathering at 9:30 a.m., Sept. 12, immediately following the monthly Men's Breakfast. Our guide will be a "trained amateur" from the admissions office, with the hope for a "surprise celebrity."

Since opening this walking program, People Plus has guided tours of Brunswick's Maine Street and 250th Park, the Androscoggin River walkway, the cribsone bridge and the Giant's staircase in Harpswell ... all with the



A sundial can be seen in front of Massachusetts Hall on the Bowdoin College campus.

expectation that walkers might revisit these sites, and make walking a regular routine, enjoying any one of the wonderful and unique sites we have to enjoy in this area. Please walk this walk with us, or get out and do one with a friend.



## Monday-Saturday Bridge

**July 21:** Kay Bagwell, Bill Washington, Marion Schneider, Mary O'Connell.  
**July 23:** Gladys Totten, Frank Wicks, Marion Schneider, Lorraine LaRoche.  
**July 28:** Richard Totten, Bill Washington, Bill Buermeyer.  
**July 30:** Lloyd Jones, Bill Buermeyer, Mary Lou Cobb.

**Aug. 4:** Bill Washington, Gladys Totten, Kay Bagwell.

**Aug. 6:** Gladys Totten, Frank Wicks, Bill Washington, Lloyd Jones.

**Aug. 11:** Bill Washington, Cecil Eldredge, Bill Buermeyer.

**Aug. 13:** Marion Schneider, Mary O'Connell, Lloyd Jones.

**Aug. 18:** Cecil Eldredge, Bill Buermeyer.

**Aug. 20:** Bill Buermeyer, Marion Schneider, Bill Washington, Frank Wicks.

## Intermediate Cribbage

**July 25:** Yvette Dumont, 712; Mike Linkovich, 706; Lois Fournier, 703; Richard Tomko, 702.

**Aug. 1:** Andrew DeBiasio, 724; Leah Nelson, 693; Richard Tomko, 696; Anita Owen, 683.

**Aug. 8:** Robert Foehring, 723; Joseph Toney, 722; Lorraine Laroche, 714; Patricia Johnson and Nancy Laffely, (tied) 698.

**Aug. 15:** Lorraine LaRoche, 725; Richard Tomko, 713; Daryl Wood, 703; Robert Mehlhorn, 702; Pamela Framp-ton, 691.

## PROGRAMS

From Page 1

month beginning Sept. 14, from 6:30-9 p.m. (first 45 minutes is instruction) Cost: \$8; \$5 for members/seniors/students

Folk Dance Brunswick welcomes all levels, ages and abilities of dancers.

### • Laughter Club

When: Every Monday at 5:30 p.m. beginning Sept. 10.

Cost: Free to members; \$2 nonmembers. Special event: Preview of "Laughology Documentary" on Sept. 20 at 1 p.m.

### • Line Dancing and Advanced Line Dancing

With Janice McLaughlin

When: Beginning Line Dancing Thursdays at 6 p.m.; Advanced Line Dancing Thursdays at 7:15 p.m.

Cost: \$20 per month for each class

### • Loosen Up!

With Suzanne Neuvex

When: Mondays, Wednesdays and Fridays from 9:40 a.m.

Cost: Members only — \$34 per month for twice a week; or \$52 per month for three times a week. Class size limited to 25 people.

### • Pilates for Grownups

With Instructor Dennis Kimmage

When: Tuesdays, beginning Sept. 11, at noon.

Cost: \$64 for the 8-week session. Minimum of five to hold class.

### • QiGong

With Suzanne Neuvex

When: Fridays at 1:30 p.m.

Cost: Members only — \$26 per month or \$8 per session

### • Table Tennis

When: Mondays at 11 a.m., Tuesdays at 10 a.m., Wednesdays at 10 a.m., and Fridays at 10 a.m.

### • Tai Chi: Beginning or Advanced

With Instructor Suzanne Neuvex

When: Beginning Tai Chi every Friday at 12:30 p.m.; Advanced Tai Chi every Wednesday at 12:30 p.m.

Cost: Members only — \$26 per month or \$8 per session for each class.

### • Yoga and Chair Yoga

With Ruth Vogel

When: Yoga meets on Mondays at 10 a.m. and Thursdays at 5 p.m.; Chair Yoga meets on Mondays at 11 a.m.

Cost: \$11 a month for twice per week; \$20 a month for once per week.

**For more detailed information or to sign up for any class, call the Center at 729-0757.**

## AUTHOR'S CHAT, SEPT. 19

## Bonang will offer prose, verses



Claude Bonang, a retired teacher, Brunswick native, historian and author will offer selected readings and observations from his book, "Memories in Verse and Prose," at our author's chat on Wednesday, Sept. 19, beginning at 2 p.m.

Bonang describes his book as a collection of poetry, prose and original ink sketches, dealing with growing up in Brunswick. He describes in good detail what it was like on Bowker Street with his six sisters and two brothers, in pre-war Brunswick. Many of the daily chores, family games, special holidays, humorous events and glimpses of his beloved Brunswick abound in this book.

First published in 1996, a 176-page second edition with 28 new anecdotal stories was released in 2006. Reserve your seat by calling 729-0757.



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## Knitting 101!

If you are a novice knitter, or want to learn the craft, "from scratch," join our People Plus Crafters on the first Monday of each month, beginning at 9 a.m. in the activity room.

Professional knitters in the group have promised to offer extra care and attention for anyone needing a few lessons, a refresher class or a, "starting day one, knitter class." Special arrangements may be made for "male" students, we've been informed.

The Crafters meet ever Monday, working on their own projects, making alterations for members of People Plus, and creating special projects, like quilts, afghans and hats.

Members routinely knit, crochet, cross-stitch and scrapbook, among other projects. Sessions are free to members and you do not need to preregister.

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# spectrum generations

**Southern Midcoast Community Center**  
**12 Main St., Topsham**  
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**729-0475**

## Life Without Limits EXPO—September 11th

Mark your calendars for Spectrum Generations 2nd Annual Life Without Limits Expo coming Tuesday, September 11<sup>th</sup> from 9a.m. to 2p.m. to the Cooks Corner Mall in Brunswick. This event is being hosted by Spectrum Generations Southern Midcoast Community Center in Topsham, and sponsored in part by Maine Veterans Home, Bath Walgreens, The Times Record, Maine Senior College, Security One Lending and AARP. Admission is free.

Over 50 service providers will be in attendance to help you learn how to live life to its fullest. Get your flu shot at the Expo thanks to CHANS Home Health Service.

Are you having trouble getting a government agency on the phone? Veterans Affairs, Social Security, Medicare, and Rep. Pingree's

office will all be in attendance. This is your chance to attach a face to the other end of the 800 call.

The Midcoast Veterans Association will also have the VFW bus and will help with the Veterans website. Chair massages with April, lunch with Cohen on the Meadow, and so much more. Don't miss this great event!



## Life Without Limits

### EXPO Sponsors

We are very grateful to the following sponsors who help us make this EXPO successful:

- AARP
- Bath Walgreens
- Security One Lending
- Maine Veterans Home
- Maine Senior College
- Times Record

### Free Financial Fraud Seminar

Financial fraud and elder abuse affect thousands of Mainers each year. Join Spectrum Generations on September 10<sup>th</sup> from 9 to 11 a.m. at its Cohen Center in Hallowell for a FREE seminar, "Outsmarting Financial Fraud and Elder Abuse." Learn the facts, learn how to spot a scam, and learn how to stay safe. Space is limited. Call today to register at 207-623-0764 ext. 123.

## Live Healthy

**Fireside Luncheon**  Spectrum Generations serves lunch 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—Lunch with us Twice a Week!

Wednesday	September 5 - Roasted Pork Loin
Friday	September 7 - Chicken Parmesan
Wednesday	September 12 - Macaroni Casserole
Friday	September 14 - Spaghetti with Meatballs
Wednesday	September 19 - Chicken Cacciatore
Friday	September 21 - Baked ham
Wednesday	September 26 - Coq au Vin
Friday	September 28 - Chili Con Carne

**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 & Thursday** 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

### Home Safety Assessment

Bridges' now offers a new service: "The Home Safety Assessment". It is a detailed review of a consumer's home which includes all livable space, (storage, basement, garage) and the grounds immediately surrounding the home. Included in the written assessment are suggestions and resources to follow-up on the recommendations. Call for information: 1-800-639-1553 Ex 102

## 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, August 9th at 11 am and August 21st at 3 pm** 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**

# Your dues are important

The annual budget of People Plus includes a \$25,000 line titled "membership." A quick check on our calculator tells us we need 1,000 members to join (or rejoin) if we are going to meet that item for the coming year.

We have started sending monthly renewal notices on anniversary dates, and each month we do remove names of folks who have not renewed. We hope when you get your notice, you renew quickly, and happily. Your dues are important to us, and we hope your Center is important to YOU!

This past month, we enlisted our first "LIFE MEMBER" at People Plus! Corley Anne Byras, a recently retired teacher from Bowdoin, joined "to stay busy in her retirement."

For only \$250, you can join this very short and privileged list, and never be bothered with dues requests again!

Remember to show your card and SAVE, every day. The following businesses are delighted to offer special discounts to members and friends of People Plus:

## Beauty Salons/Skin Care

**Reflections:** 10%, Monday-Friday  
2 Center St., Brunswick  
729-8028, [www.reflectionsbysue.com](http://www.reflectionsbysue.com)

## Candy

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

## 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](http://www.paulinesbloomers.com)

## Auto Service

**Autometrics:** 10% Anytime

## Courage: A Characteristic of Advanced Citizenry

Courage is a state of mind that allows one to act in ways that test our resolve or our willingness to put our moral or ethical principles before our comfort, and other times it involves putting our physical self in harm's way. Everybody from the time we are born and learning to crawl to the time we pass are confronted with moments where we are faced with dilemmas that test our willingness to stand up to or face fear head on. We often hear stories about courageous men and women who stand up to a person or a group of people that are bent on causing harm, hatred or injury to others. There are the people who in inner cities



Dr. Jeffrey S. Sloucm

form community watch groups that patrol their streets and chase drug dealers and gangs away. There are stories throughout history of men and women who have made decisions to stand up to oppressive rulers (the American Revolution is a prime example), and then there are stories of children who befriended a quiet or shy child who is being teased by the bullies or "popular" crowd. These are stories of both moral and physical courage. Sometimes the courageous acts have a strong moral stance behind them and sometimes they are defined more by the physical threat or struggle that is being conquered through the act. As a doctor of chiropractic, I am very proud of the fact that the profession I love, the chiropractic profession, has faced many obstacles that have tested the moral and physical courage of generations of doctors and patients. Many don't know that from 1895 to the 1970s chiropractors had to endure the risk of possible jail sentences for the practice of medicine without a license. Without making this a long history of chiropractic, I will tell you that it took many years of courageous acts and many years of legal battles to get to where we are now. Today chiropractic is the second largest health care profession in the world and through the hard work of many dedicated and, yes, courageous chiropractors and the support of our patients, society has more health freedom than ever before. I believe that chiropractic patients are incredibly courageous, not because chiropractic care is dangerous, in fact it is much safer than even the safest of medical interventions. The reason for this feeling is that it takes courage to do something that most others don't do. It takes courage to look outside the box and go where most never go. When we do, we almost always find out something about ourselves that we didn't know before. What makes a chiropractic patient courageous is the willingness to act rationally and spend their time, energy and money to invest in their health and future wellbeing instead of waiting for sickness and disease to show up then reacting in an irrational way through the use of drugs and surgery. Practicing health care is actually less convenient in the short term than sick care, however in the long run the benefits of staying healthy far outweigh the costs of getting sick. Acting in a way that expresses free will and making uncommon decisions is in and of itself a very courageous act. To all of our patient's — current and future — we say congratulations for thinking outside the box and standing up to mediocrity and taking an ordinary life and creating an extraordinary path to health and wellbeing.

If you desire to live your most vibrant life NOW give us a call and we will help show you the way. Just call Sloucm Chiropractic Wellness Center (207-725-4222) OR Holland Chiropractic (443-2635) and mention this article and my team will schedule a complimentary consultation at your convenience. To Your Health, Dr. Jeffrey S. Sloucm

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**Spare Time Bowling:** \$1.85/String, 7 days a week, 9 a.m.-5 p.m.  
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## Restaurants

**Arby's:** 10%, Anytime, excluding coupons  
Topsham Fair Mall Road, Topsham  
729-8244, [www.arbys.com](http://www.arbys.com)

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70 Maine St., Brunswick  
721-8900, [www.bigtopdeli.com](http://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](http://www.mcmaine.com/1080)

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

**Tavern at Brunswick Station:** Buy one entrée, get one half off  
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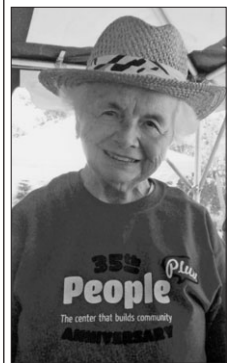
**The Great Impasta:** 15% off Wednesday lunch (food only)  
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## Stores

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Station Avenue, Brunswick; 798-4344  
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**Indriani's:** 10% on Non-sale Items, Mondays  
Tontine Mall, Brunswick; 729-6448

**Portland Glass:** 10% on Materials (\$50-max)



Priscilla Belanger sports one of the new People Plus T-shirts at the annual picnic at Brunswick Landing in July. T-shirts are available in three colors and are still only \$8.

ALVINA MENARD PHOTO

61 Bath Road; 729-9971  
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# Happy birthday, Bowdoinhammers!

"Oh, little Town of Bowdoinham," (sing along with me, would you?) "how still we see thee lie..."

But our little Town of Bowdoinham is anything but "still" this month, as the town continues to celebrate its 250th birthday with pomp, parties and programming. The town is uncharacteristically busy, crowded with people, cars and functions.

The actual fact is, Bowdoinham is seldom still. For a town its size, it does just fine, thank you. Bedroom community, yes, off the beaten track, yes. But the little community school hums with activity, the town's underbelly of agriculture is having a real rebirth, stimulated by a youthful cult of farmers, and back-to-the-landers, the village area is looking pretty spry, and that strain of independence that has always identified a resident of Bowdoinham ... yup, it's still there.

The assumption has often been made, with nothing but encouragement from me, that I'm a Bowdoinham native. The

## Speaking Frankly

FRANK CONNORS



sad truth is however, I was born at Yarmouth (Maine) and do now live in Brunswick. There is no truth to the rumor that I was born in a log cabin on a bank of Bowdoinham's mighty, if muddy, Abagadasset River, even though I lived in town till I was 20, moved back when I was 24, stayed there till I was 66, and still own land there. One's pedigree remains important in Bowdoinham.

In light of the continuing celebration, I'd just suggest you go up there and drive around. You can never be completely sure what you will see. I'd suggest you have lunch at the Town Landing, which just reopened after some guy drove his

truck through Lynne's front windows this summer.

Look over your shoulder, however, as you stand in the very heart of this little downtown. (Always look over your shoulder when you drive around Bowdoinham.) The town's old soldier's lot has been meticulously restored and looks pretty fancy, by Bowdoinham standards. The old Fort Popham cannon is repainted, and on a new granite base, the Cornish Brothers' watering trough has been moved closer to its original location, the entire site has been replanted and spiffed up.

And there are the new sidewalks. Some might suggest the sidewalks were pretentious and unnecessary, and their installation did create a bit of a stir, but now that they're done, I think most think they are a good idea. Old Center Street, where Jane and I lived for 36 years, is a whole lot more navigable, for sure. The other night, it was my pleasure to go up there and walk my old mile-long circle, and I have to say, the sidewalks are an improvement. Maybe I'm just older now.

This is one of the best times of year to do the East Bowdoinham Loop. Drive slow, there always may be deer in the road. Go out Browne's Point Road (I like

you were headed to the strawberry patch), and continue along Pork Point Road. The spinach fields are patches of perfection, glimpses of Merrymenting Bay are precious, and you can't help but notice the other jewel of the 250th birthday, the restored Jellerson School. This old, one-room school had been abandoned for years, and was given up as lost more than once. Now the building is painted a crisp white, stocked with vintage desks and awaiting a new future as a museum, and the next 250 years with at least a little pride and confidence.

Ladies of the town have crafted an incredible commemorative quilt, they'll sell you a share but won't let it leave town. You can buy cups, plates and hats, and there are a couple new books. It's turning out to be quite a bash.

At the heart of the year-long process is a volunteer core that is typical of this colonial town. Through good times and bad, past fires, floods and bank robberies, it has always been the people of Bowdoinham who have made the difference.

I wish the town only good luck and new legends as it starts its march toward a 300th anniversary, and lastly, let me say I will always be proud to be a Bowdoinhammer!

## New or renewing members — September

*Indicates membership donation	June Austin Sheila Nacke Christina Fedolfi David Gleason Dennis Blakemore Michael Feldman* Eleanor C. Peterson*	<b>OTHER PLACES</b> Jim Arbuckle, Durham Natalie Arbuckle, Durham Ernie Stallworth, West Bath John M. Goran, Freeport Toby Woods, Durham LaRae Green, Bath*
<b>BRUNSWICK</b> Nan Rand Sheila Benner Arthur Treffy Tobey Lee Sheila Gilmour Ruth E. Caouette Ruth Carlisle Connie Lundquist* Michael D. Irvin Sr.*	<b>TOPSHAM</b> Edward Pontius*	<b>LIFETIME MEMBER</b> Corley Anne Byras, Bowdoin
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## Retired teachers plan annual meeting

On Wednesday, Sept. 5, the Mid-Coast Retired Educators Association will gather at 10 a.m. at the United Methodist Church of Brunswick, located on 320 Church Road.

The business meeting will begin at 11 a.m. and include the annual installation of officers. Following the program, a

salad luncheon will be served at 12:15 p.m. The fundraiser is the auction of items donated by the membership. It will take place during the business meeting.

For more information, contact Corley Anne Byras at 666-3922.

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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, 35 Union St., Brunswick, ME 04011.

**Appreciating 'Loosen Up'**

I really appreciate the quality of the Loosen Up class conducted at People Plus by Suzanne Neveux, and I want to commend her for the excellent work she is doing. There's patience and caring in the classes and often, individual attention. Suzanne is a kind and considerate woman.

Loosen Up has brought me forward as I continue gaining strength, balance and muscle tone after a recent surgery. People Plus has provided a wonderful venue for Loosen Up.

Thank you very much,  
Barbara (Brunswick)

**Congratulating People Plus**

I wanted to offer my congratulations to People Plus on the celebration of your 35th anniversary!

I commend your efforts to promote healthy lifestyles in Maine. This anniversary is testament to the hard work and dedication of People Plus over the years. I am pleased to recognize you, your colleagues and the staff at People Plus for this outstanding achievement!

Congratulations again, and thank you for your service to the greater Brunswick community, and the state of Maine.

Sincerely,  
U.S. Sen. Susan M. Collins



**Fondly recalled** ◆◆◆

It was Labor Day weekend, 1986, when Agnes A. Maynard found herself, "drifting in a fishing boat, enjoying her last ride of the season," on a "very tranquil" Androscoggin River. She rounded the corner and could not resist photographing this very quiet scene. She later printed the image in her own darkroom, and has shared copies with many of her friends. If you have old area photographs to share with readers of the People Plus News, please contact Frank Connors at 729-0757.

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



**Lunch Out!**  
Sept. 11, 11:30 a.m.  
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