

Plus!

People News

The center that builds community

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

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Spectrum Generations moving to People Plus



TOPS ON THE ROSTER

Pat Longworth, above, and Alison Harris were named Volunteers of the Year during a recognition ceremony on June 13. Longworth has been a faithful desk reception Monday mornings for nearly a dozen years. Harris served as a trustee, master-minded many details of two Music In April auctions and has helped update the computer system.



Lunch & Connections

Burgers at the Beach

Our high summer July 18 luncheon will be grilled hamburgers and hot dogs, served just off the sands of Thomas Point Beach.

"Everyone loves our traditional beach cookout," chef Frank Connors said. "All we need is a half decent day and 100 or so of our very best friends, and it will be a great, great day."

The menu includes hamburgers, cheeseburgers (garden burgers for our vegetarian

Please see **BURGERS**, Page 4

Spectrum Generations will close its Southern Midcoast Community Center on Main Street in Topsham later in July, and move its operations to the People Plus Center on Union Street in Brunswick.

"This is a collaboration, not a merger," Spectrum Generations President Gerald Quasally said in a June interview. "The move should eliminate redundancies in services to seniors in the Brunswick-Topsham region. 'It's a move that makes sense,'" he added.

People Plus Executive Director Stacy V. Frizzle called the union, "a natural evolution," and added, "It's about more than sharing space to save money, it's about the best way to serve (our) senior community."

She said this brings us closer to, "one-stop shopping for seniors."



Executive Director Stacy V. Frizzle and board Chairperson Bob Davis of People Plus, from left, finalize two years of discussions to bring Spectrum Generations operations to the Union Street center. Spectrum CEO Gerry Quasally, far right, and board Chairman Dick Colburn signed the contract.

Two part-time staff members will make the cross-river transition. Nutritionist Shannon Hall, who runs the Meals on Wheels program, sees the day when economies of the move

might bring an expansion of services, and Craig Patterson, resource counselor, guesses he'll still be working with many of the same people. "People Plus will continue to

do what we do best," Frizzle promised, "and at the same time, having Spectrum here gives our 1,000 members access to services in a way that has not been available for a long time."

Frizzle predicted some "challenges" as the moving date in late July gets closer, but she added, "we all tend to resist change, but when the dust settles, we'll be better and stronger for the transition."

The Topsham center has been part of the Central Maine Agency on Aging network of resource centers that receives federal and state funding to provide mandated services to seniors across Maine. The People Plus Center, which functions independently with no federal funds, has been serving the Brunswick region since 1976.



Dianne Arnold, left, a coach with Independence Association, and Kim plant annuals in the People Plus raised beds. IA members will tend the gardens this summer.

Annual Fund reaches goal

With just a couple days to spare, the annual fund challenge has been met.

"A dollar over is a dollar over," Executive Director Stacy V. Frizzle said at press time. "It goes in the books as black." She said a couple large checks came in during the last few weeks, and, "response from individual members made the difference."

A charitable foundation in Minnesota sent a check for \$900 to match a member's volunteer hour commitment; several members gave \$10 each "in appreciation" for garden plots at the Industry Road Senior Gardens; and three more

checks for \$25 came in to match the challenge made several months ago by Richard and Eleanor Morrell.

"That challenge by itself was huge—nearly 20 percent of our fund this year," Frizzle said.

The annual fund produced "slightly more than \$50,000 in hand" for the fiscal year. It did "not quite" reach its goal of an additional \$3,000 to add to the Center's endowment. Frizzle said there is always a possibility of a late donation for the endowment, and that she was "delighted" to see the fund go over the top.

Changes made in dues structure

Beginning with the new fiscal year, some "subtle changes" have been made in the way People Plus will collect basic annual dues, according to member services coordinator Frank Connors.

"The basic annual fee stays at \$25," Connors said. "That is a premise that we just did not want to change. BUT if you live in a town other than Brunswick or Harspwell, that fee will change to \$30. Brunswick as a town is hugely supportive of the Center, and Harspwell continues to support the Center with an annual stipend, so we want the dues structure to reflect that fact."

Connors said nearly two-thirds of People Plus members live in Brunswick or Harspwell. "We hope people see this for what it is," Connors added. "NOT a penalty for folks living in the surrounding towns, but recognition for the local govern-

ments that support the Center."

Several new structures are in place for members to provide additional support for the Center, Connors said. "We have had the lifetime membership in place for nearly a year," he explained, "and that has been very successful."

People 65 years or older become lifetime members by paying a one time donation of \$250. The Center already has nearly 50 lifetime members.

"For \$40 you can now become a Friend, or Sustaining Member of People Plus," Connors said, "and that membership level will get you a free pass to one of our Lunch and Connection meals, or \$100 per year will make you a Partner, with People Plus." Connors said membership fees need to provide at least \$25,000 toward the annual budget.

Membership dues have been unchanged since January 2009.

Special exhibit set for 2nd Friday ArtWalk

Original art and prints that celebrate the spirit of Brunswick will be featured in a very special exhibit scheduled for Brunswick's Second Friday ArtWalk, July 12, from 5-8 p.m., in the offices of Scott Lemieux and Ameriprise Financial Services at 157 Park Row.

"There will be work by artists Connie Bailey, John Gable, Ann Frey and Mary Alice Treworgy, along with a very special collection of paintings by Brunswick artist Edythe Laws, who died in 1984 after spending a life painting scenes of Brunswick and

coastal Maine. All five of the Center's framed Heritage prints will be on display, along with a new handout describing how this uniquely Brunswick collection came to be.

Live music will be provided by Bob Mohr and the Pistons and refreshments will be served. This special show is being hosted by Scott Lemieux, and is intended to supplement regular activities of the Brunswick Second Friday ArtWalks, which are produced by the Five Rivers Arts Alliance.

People Plus News

The official monthly newspaper of People Plus, serving residents of the Brunswick/Topsham-Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

frank@peopleplusmaine.org

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

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We did it, together!

Well folks, it's the end of June and we did it! We've made our \$50,000 annual fund cash goal with 48 hours to spare! We are still working to raise an additional \$3,000 to add to the Center's endowment.

Hopefully some of that will come in by the time I write my next column. We are always looking to grow the endowment fund and "sharing" gifts of stock is a great way to help us do that.

Last year we received a lovely gift from a wonderful Topsham friend that has earned more than \$1,500 in dividends for the endowment fund already.

So you may remember I had a pretty good-sized to do list at the end of last month and I've made my way through 99.9 percent of it. At the end of June, the board was scheduled to vote on the 2013-14 fiscal year budget as well as a vote on a couple new board members. We will very much miss the "graduating" members of the board.

Dan Stadden is literally graduating from Brunswick High School and from seven years of involvement with the

Teen Center program. We have been so fortunate that Dan grew up with us here at People Plus and the Teen Center. He has served as a member of our full board for the last three years and as a member of the Teen Advisory Council for the last four years. We wish Dan all the best of luck as he begins his adventure at Colby-Sawyer Colby in New Hampshire.

He's not getting away quite yet though, as we roped him into working as the Teen Center assistant coordinator for the summer. It's a great gig for Dan and we are lucky to have him helping out with Jordan and her son, Conan, upstairs all summer.

Also "graduating" this June are Deane Lanphear after six years on the board; Ann Frey and Alison Harris, both after three-year terms; and Darlene Chalmers after two years on the board. We could not be more appreciative of the time and effort and sweat-equity that these five wonderful community members have put into People Plus. They have seen it grow into an organization

From the Executive Director

STACY V. FRIZZLE



with 1,000 members serving the Mid-coast.

As we enter the summer months at People Plus I will be looking to hire a receptionist to work the front desk from 8:30 a.m. to 1 p.m. Monday through Friday. We absolutely adore all of our front desk volunteers, however the position is growing and changing with the addition of Spectrum Generations and we need someone who can really tackle the computer work. If you know anyone like that please send them my way!

We are excited about Patti Crooker giving us the use of Thomas Point Beach for the picnic on July 18. That was really good of her and we appreciate it! I am looking forward to that fun day. I hope to see all of you there. Until then, feel free to stop by my office and have a visit at the Center that Builds Community.

From Anita's Plate

ANITA HUEY



The half-dozen or so members that attended the class on high blood pressure and DASH, learned that it stands for Dietary Approaches to Stop Hypertension.

In other words, if you are trying to lower your blood pressure, focus on choosing lower sodium foods, eating healthfully, losing a few un-needed pounds and trying to get some more physical activity (as OK'd by your provider). These small steps (my mantra) can carry you down the path of

Easy Smoothie

Ingredients:
3/4 cup Vanilla Almond Milk

15 ice cubes
Cocoa Powder optional

Procedure:
Place ingredients in blender. Blend until smooth.

Nutrition: 60 calories, 150 milligrams of sodium, 2

grams of fat, 12 grams of carbohydrates.

Note: Add 1-2 tablespoons cocoa powder for a chocolate treat or buy chocolate almond milk.

Enjoy this delicious treat that is a good source of calcium and vitamin D.



lower blood pressure and better health. If you missed this fun and informative session, I will offer it again in the winter so stayed tuned.

I am sure that most of us have been looking forward to summer and it is finally here. We love and cherish the traditions of summertime. That could mean gardening, going to a barbecue, swimming, hiking or taking a vacation. Many people look forward to summer because they can get away from the heavier "comfort foods" and eat more fresh foods

from the garden and farmers market which are perfect for the grill. We all enjoy more fresh fruits and vegetables in the summer, right? And an added bonus is the "accidental" weight loss.

This month's recipe is a sneak peek at one of the items that I will be preparing for the GUILT-free Sweet Treats on July 15 at 1 p.m. Come join us as we make an alternative to ice cream that is good for you! Hope to see you at the GUILT-Free Sweet Treat class! It will be held in the kitchen.

Memorial Donation in Memory of

William "Brother Bill" Bodwell

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Monday-Saturday Bridge

- May 20:** Cecil Eldredge, Gladys Totten, Kay Bagwell, David Bracy.
- May 25:** Lorraine LaRoche, Cecil Eldredge, Mary Lou Cobb.
- May 27:** Cecil Eldredge, Bill Buermeyer, David Bracy.
- June 1:** Cecil Eldredge, Sherry Watson, Bill Buermeyer.
- June 3:** Virginia Domhoff, Marian Schneider, Bill Buermeyer.
- June 8:** Virginia Domhoff, Lorraine LaRoche, Bill Buermeyer.
- June 10:** David Bracy, Mary Lou Cobb, Mary O'Connell, Bill Buermeyer.
- June 15:** Gladys Totten, Richard Totten.
- June 17:** David Bracy, Gladys Totten, Tony Monaco, Lorraine LaRoche.

Senior Intermediate Cribbage

- May 22:** Nancy Laffley, 725; Lois Fournier, 719; Mike Linkovich, 718; Leah Nelson, 706; Richard Tomko, 702.
- May 29:** Darryl Wood, 719; Bob Frost, 707; Bob Foehring, 706; Colleen Potvin, 705; Mike Linkovich, 704.
- June 5:** Bob Frost, 706; Dick LaPointe, 700; Rolande Fortin, 687; Bob Mehlnorn, 682.
- June 12:** Joe Toney, 723; Leah Nelson, 715; Gerry LaRoche, 711; Patricia Johnson, 696; Darryl Wood, 694.
- June 19:** Nancy Laffley, 725; Rolande Fortin, 713; Patricia Johnson, 711; Bob Mehlnorn, 706.

Stuffed Sofa

By MARGIE KIVEL

I'm blue and plump, but can be long and lean when pulled out into a bed or something in between.

Her sister passed me on, did not like my overstuffed pillows — no place to sit! New owner has me, is also miffed.

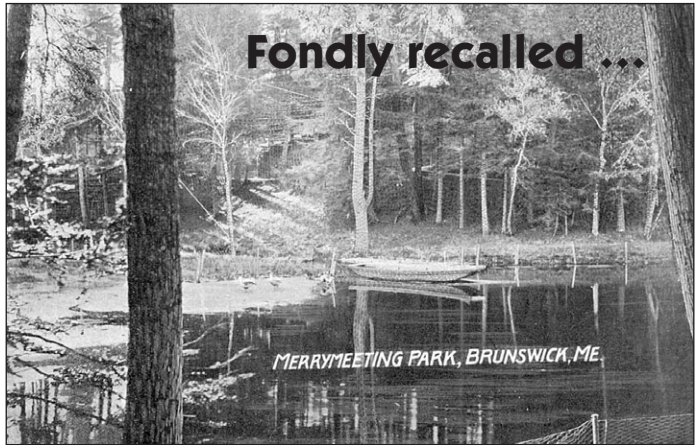
The remedy is simple and easy, I implore do not fight the obvious, just put my pillows on the floor.

A dinner/mystery theater

By MILLIE ACKLEY

The BASIC Players of Bath have their parts and Roxanne has planned a menu of Oven Fried Chicken, Roasted Red Potatoes and Baby Candied Carrots with Apple Crisp Almond for dessert. All we need is time to make it all come together! This will be our first dinner/mystery theater production, and as you may already know, seating is by reservation only. We are planning a gala event, so shine up those shoes and get out your best evening attire.

No tickets will be sold at the door, but they are available at the Bath Area Senior Citizen Center office for \$25 per person, starting Wednesday, Aug. 7, at the Center's monthly business meeting/luncheon. Did I mention the date is Sept. 13 (Friday the 13th) and the mystery is "The Thirteenth Guest"?



Fondly recalled ...

A canoe in a pine-shaded pond was just one of the natural attractions available to visitors of Merrymeeting Park at the turn of the last century. Located on a bend of the Androscoggin River west of Brunswick's Cook's Corner, the park was developed for "tourists" by local street car companies, and included a casino, a zoo, several restaurants and miles of walking paths. **Do you have old old era pictures to share with readers of People Plus? Please contact Frank Connors, 729-0757, with your comments, contributions or suggestions.**

Five Trees in a Shore Breeze By BETTY KING

Air moves through fresh young leaves, tender, alive; different movement styles numbering five.
Flexing of long branches graceful and smooth; riding the turbulence eager to soothe.
Seawater smooths itself over the beach, covering everything within its reach,
Tentative gestures reach out to feel — are these intentions to hurt or to heal?

Sea foam is left behind, brittle and light marking the wave's reach charting its height.
Stiffer boughs, in control angrily shaking bristle defensively in fear of breaking.
Seawater smashes against the rock wall; spray flying skyward twenty feet tall.
Larger and heavier boughs already know their own powerfulness to shape the flow

Breakers curve smoothly, grow as they go — rising majestic from hollows below.
Other boughs playfully trying to tease exchange of playfulness out of the breeze.
Seafom dissolves again into the tide; into that vastness in which it can hide.
Wind drops at sunset; goodbye to light. Seas and trees quiet now, tucked in for night.

Latifa Raqib Of Afghanistan and Maine

By CHARLOTTE HART

On Pleasant Hill, a summer day will bring Crowds thronging Market Day at Crystal Spring.
Fine produce, home baked wonders, country's best!
All vendors show their finest, highest limits test.
Latifa's skill she learned long years ago
In her strife torn homeland, land that she loved so.
She creates, bakes, and combines with careful plan.
She presents food treasures of Afghanistan.
She greets her public with warmth and joy profound.
For her, warm greetings, cries of praise abound.
Her jewels? Her six daughters! They and she
Found refuge in this land where they felt free.
All six fulfill Latifa's expectation!
The name of each she speaks with adoration.
With shining eyes, her daughters' futures she sees!
All six hold baccalaureate degrees.
The Market closes. Crowds go on their way.
She saw, "so many good sweet friends today!"

Sermons or Poetry?

By DOTTIE MOODY

I have a Master of Divinity
I might deliver a sermon or two a week.
Do I want to write sermons when I can write poetry?
Poetry can live on for those Who love language as I do.
I'm not disparaging those sermons. I am just listening to my inner truth.
I love the rocks and rills of poetry
I love words of all varieties,
To play with words until they reveal
What they have to say
That is my joy.

Summer Scenes

By P.K. ALLEN

The sun shines bright yellow, grass dark green
Painted blue, clouds a white sheen
Squirrels scurry about, forage for food
Finches swarm feeders, then home to brood
Streaks in the sky, planes far away
Cats hunt field mice, grandchildren play
Flowers welcome bees, the nectar of life
Birds sing love songs, the pitch of a life
A cool gentle breeze, flag flying free
Content in the shade, sipping iced tea
Leaves in trees, sway with the air
Summer is here, not a worry, not a care

Happy Fourth of July.

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BURGERS

From Page 1

members), hot dogs, baked beans, potato chips, pasta and cole slaw salads and pickled beets. Dessert will be sugar cookies and watermelon; drinks will be iced sodas, lemonade and iced tea. You may enter the park as early as 11 a.m. Luncheon is served, beginning at noon.

As a special treat, the flashing banjo and guitars of Pejepscot Station will be playing a unique style of country-bluegrass live from 11:30 a.m. until 12:30 p.m.

There will be no CHANS nurse offering free blood pressure checks, and we hope her services aren't needed for anything else! Remember your sunblock, hats and glasses.

Reservations are needed, so we will know how many folks to prepare for. There will be a 50/50 raffle to benefit the Center, and everyone gets a ticket to be eligible for one of our fun door prizes. These monthly Lunch & Connection meals are underwritten by Spectrum Generations, and the focus is always on nutrition, information and variety.

Cost of this luncheon is \$6 for People Plus members and \$9.50 for non-members. Admission to the park is included in the cost, just check in with Betsy at the gate. Be sure to bring your current membership card. Betsy is going to be checking.

Special thanks to park owner/manager Patti Crooker for making this event possible.



The ABCs of Mah-Jongg

Volunteer instructor Joan Bussiere will offer beginning Mah-Jongg classes for those wanting to learn the basics. Mah-Jongg is a game that originated in China, commonly played by four players. Similar to the Western card game Rummy, Mah-Jongg is a game of skill, strategy and calculation and involves a certain degree of chance. Classes are free and open to People Plus members only. They will start Wednesday, July 10, at 9 a.m. and last four weeks. If interested in registering, please contact People Plus in advance at 729-0757.

Pillows for Pets

Judy called People Plus one day recently, looking for folks who might donate, "lightly-used pillows" to her for a noble cause. Judy is a crafty lady who makes new pillow covers for the used pillows, then gives them to the Coastal Humane Society for the dogs and cats being sheltered there. If you have a pillow or two you can give this effort, drop them by the Center.

Bowdoin International Music Festival to entertain

Building on past popularity, People Plus is once again teaming with Bowdoin International Music Festival to offer a free classical music concert at the center. The hour-long concert is scheduled July 11 at 2 p.m. and will feature talented student musicians from around the globe.

The concert is open to the public. Thanks to Peter Simmons and Bowdoin College for this wonderful event. Advance registration appreciated but not necessary.

June Teen of the Month

Skylar Somerville receives his second Teen of the Month award. Skylar continues to be a welcomed addition to our teen membership and is always helpful and a good role model for the younger teens. Skylar has shown notable growth as a young man over the past year. Yes, he has gotten taller, but it is his attitude, calmness, level of conversation and increase in his skills at setting an example to the other teens that have impressed us the most.



Skylar just completed 10th grade this year and is doing very well in school, another attribute we greatly applaud! Congratulations Skylar. Skylar will receive two tickets to the Regal Cinema.

PROGRAMMING NOTES

Apple Club

A group of i users sharing information, Monday July 8, at 11 a.m.

Would you like to learn more about your iPhone/iPad/iTouch? Would you like to know how the many apps you have heard about can help enhance and organize your life?

This group will meet once per month in the summer months. No experience necessary.

You only have to be a member of People Plus to join. Please register at the Center in advance by calling 729-0757.

Quilt Free Sweet Treats: Flavorful Summertime Desserts with Anita Huey

Monday, July 15, at 1 p.m.

Come try some sweet treats that can be good for you. Recipes and samples will be provided during this delicious food demonstration with nutritionist Anita Huey.

This class is open to People Plus members. Attendance is limited to 8. A donation of \$5 to cover materials is suggested. Register today by calling the Center at 729-0757.

News to note

The Center will be closed on Thursday, July 4, and Friday, July 5, in observance of the Independence Day holiday.

There will not be a Women's Breakfast in July and August. There is no Men's Breakfast scheduled for August.

There will be no Author's Chat in July and August.




We see the breast cancer, and the collective spirit to overcome it.

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JULY 2013 at PEOPLE PLUS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|
| <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Yoga 11:00 AM Table Tennis practice 11:00 AM Chair yoga 12:00 PM Bridge | <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice 1:00 PM Quilting Club | <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group |  <p>Fourth of July CENTER IS CLOSED.</p> | <ul style="list-style-type: none"> 10:00 AM Bridge | |
| <ul style="list-style-type: none"> 9:00 AM Crafters 9:00 AM Loosen Up! 10:00 AM Yoga 11:00 AM Table Tennis 11:00 AM Chair yoga 11:00 AM Apple Club 12:00 PM Bridge | <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice 11:30 AM LUNCH OUT 12:30 PM Welcome to Medicare | <ul style="list-style-type: none"> 8:00 AM MEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM The ABCs of Mahjongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:30 PM TCAC meeting | <ul style="list-style-type: none"> 9:00 AM Table Tennis 2:00 PM BIME CONCERT 5:00 PM Yoga 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing | <ul style="list-style-type: none"> 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qigong 6:30 PM Folk Dance Brunswick | <div style="border: 1px solid black; padding: 5px;"> <h2 style="color: #00AEEF;">Teen Center</h2> <p>New summer hours: Tues.-Thurs., 1:30-4:30 p.m.</p> </div> |
| <ul style="list-style-type: none"> 9:00 AM Loosen Up! 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 Gift-free sweet treats for summer | <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice 1:00 PM Quilting Club | <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM The ABCs of Mahjongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group | <ul style="list-style-type: none"> 12:00 PM ANNUAL PICNIC at THOMAS PT. BEACH 3:00 PM Line dancing practice 9:00 AM Loosen Up! 5:00 PM Yoga 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing | <ul style="list-style-type: none"> 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qigong 6:30 PM Folk Dance Brunswick | |
| <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Yoga 11:00 AM Chair yoga 11:00 AM Table Tennis 12:00 PM Bridge 6:30 PM Sage Round Dancers | <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice 2:30 PM CAFÉ en FRANCAIS | <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM The ABCs of Mahjongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Alzheimer's Association meeting | <ul style="list-style-type: none"> 9:00 AM Table Tennis 3:00 PM Line dancing practice 5:00 PM Yoga 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing | <ul style="list-style-type: none"> 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qigong 6:30 PM Folk Dance Brunswick | <ul style="list-style-type: none"> 10:00 AM Bridge |
| <ul style="list-style-type: none"> 9:00 AM Crafters 9:00 AM Loosen Up! 10:00 AM Yoga 11:00 AM Table Tennis 11:00 AM Chair yoga 12:00 PM Bridge | <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice | <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM The ABCs of Mahjongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group | <div style="border: 1px solid black; padding: 10px;"> <h2 style="margin: 0;">PEOPLE PLUS NEWS & VIEWS</h2> <p style="margin: 0;">FRANK CONNORS with STACY V. FRIZZLE</p> <p style="margin: 0;">"SUMMER AT THE CENTER" Viewed weekly on Cable Channel 3, Brunswick Community TV</p> <p style="margin: 0;">MONDAY AFTERNOON 4 P.M. WEDNESDAY MORNING 7 A.M. SUNDAY EVENING 9 P.M.</p> <p style="margin: 0;">And on Harpswell Community Television viewed online, anytime: http://vimeo.com/harpswelltv</p> </div> | | |

Our senior center trips By MILLIE ACKLEY

With our first Ogunquit Playhouse trip behind us and a full schedule of summer trips and activities ahead of us, I would like to extend a friendly pat on the back to our Activities Committee for all the work they do to make these outings so enjoyable.

With all the things there are to do in Maine, and our short summer season, these trips are meant to take the stress and worry out, so all you have to do is enjoy the company of friends.

Our committee understands how diffi-

cult it is to meet new people, the older we get, so we try to plan a variety of destinations to give everyone the opportunity to meet like-minded people and perhaps make new friends. We also know it is impossible to please everyone, but whenever possible we will try to accommodate people with special needs.

Your comments are encouraged, so if you have any questions or concerns don't hesitate to contact People Plus Bath Area Senior Activity Center. Enjoy your summer!

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Awareness

Spectrum Generations and People Plus Join Forces in Brunswick

Within the next month Spectrum Generations and People Plus will be joining forces at the current People Plus location at 35 Union Street in Brunswick to offer a full service experience to older and disabled adults and their families who want to lead active, healthy, independent lives. Spectrum Generations will move its midcoast Nutrition and ADRC staff into the People Plus building, where they will continue to administer Meals on Wheels and support the community dining program, and provide Aging and Disability Resource Counseling to help older and disabled adults navigate the complex system of aging in place. "People Plus is thrilled to share space with Spectrum Generations. Combining forces to serve seniors in the midcoast area in the most effective way possible is the smartest and best use of the town's building, the area's limited local funding sources and staff's time. We are excited to have Spectrum Generations offering their services from the People Plus Center." Stacy Frizzle, Executive Director, People Plus.

Choices for Long Term Care

You have choices for long-term care, and Spectrum Generations can help you find the right services, at the right time, in the right place for you.

For many people, making decisions about long term care support is not an easy task. What are the services and resources available to older and disabled adults to help them live their life in the place they want while still feeling safe and cared for? How do you connect with those services or even figure out what services you might need and what is available?

Spectrum Generations can help answer these questions with Options Counseling. An Aging and Disability Resource Counselor will work with you and your family or caregiver to help plan for the future and connect you with services in your

area to fit the life style you choose. We listen to you!

Spectrum Generations is a trusted place where people of all ages and income levels turn to for information on the full range of long-term support options and resources to live independently. Call 207-729-0475 and make an appointment with our Aging and Disability Resource Counselor today.

Center Activities

Welcome to Medicare

This session is designed to provide you with knowledge about Medicare and its many "Parts." This is where you can find the answers to basic questions about Medicare. Thursday, July 18th from 10-12pm.

Bridge Club

Join us for a social, easygoing, fun, and educational time playing bridge. Tuesdays and Thursdays from 9:30-12pm!

Veterans Benefits Assistance

On Tuesday, July 16th, 9-1pm we will have a representative of the Veterans Administration here at the center. She brings with her forms, information and expertise to help you get the benefits you deserve. Please call for a free appointment.

Take an hour long vacation

April Purinton offers a one-hour massage—the next best thing to a vacation! April is ABMP certified, licensed Massage Therapist and Polarity practitioner. Call and make your appointment today!

\$39 for 1 hour massage.

Get Answers

Consumer Information: Do you have questions about what services are available for you or your loved ones? Craig 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. Call 729-0475 today for more information.

* Currently Meals on wheels has a waiting list. Call to learn about our Catered Meal option.

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.

PROUD TO PARTNER WITH PEOPLE PLUS

Lobster tales at the Marriners'

Speaking Frankly



FRANK CONNORS

In a busy year, Jane and I might cook 1,000 lobsters, some years even more. Wouldn't you think I could make them like Norman's?

When I entered the Marriner family some 40-plus years ago as an innocent (if willing) newbie, it didn't take me too long to realize some real "baggage" came along with my life's new station. Jane's folks had already owned their beautiful, tidewater home for nearly 30 years, and Norman, back in those days, used to dig clams right in front of the place with nothing more than a shovel and a pall! There is an art I never mastered.

Norman was on the school board and Barbara was a teacher in those days, and it was very common for them to hold cookouts for staff, teachers and friends from town. Jane's younger brother Gregg was a "theater person," at Vickie's Brunswick Music Theater, and his list of "friends from away who needed to eat a lobster," was obviously endless. I think Jane and I'd been dating maybe a couple months before I was drafted (again?) to help out at my first bake with the Marriners.

Norman put me in charge of firewood, thinking, I suppose, there is no way I

could mess it up. You need to remember, I'm just a Bowdoinham boy. The tide water I knew flows fresh and not a little polluted through Merrymeeting Bay. Sturgeon, smelts and alewives may be common in that water, but a lobster dropped in that, murky, brackish liquid would die before it hit the shallow bottom. And yes, there are clams in Merrymeeting Bay, but you eat them at your perill!

Why, I bet before I met Jane, I'd never touched a lobster!

So, for that first bake, eager to learn and more eager to please, I showed up with a trunk full of the best-cured firewood I could steal from my mother's barn. Beach burned hotter than oak, I knew. Maple split easy, burns quicker and makes an easy fire. Norman rolled his eyes, slammed the trunk and told me to take it all home.

"Dry pine and spruce slab is all you need," he said. Lesson one is over, I decided I'd better just shut up and watch the master cook.

Norman built his fireplace of concrete block (15), topping it with a four-square piece of 3/4-inch plate steel. Under that he built a bed of snapping dry spruce slab, pine boards and newspapers.

"Needs to go from zero to 200 degrees in five minutes," he liked to say. "When spit bounces," was another expression of his. It means that the plate was hot enough for that bed of wet seaweed and fish.

A classic Marriner bake consists of 30-40 "bugs," (Norman's slang for lobster) and 25-30 pounds of soft-shell clams, garnished with two dozen hard boiled eggs, 25 hot dogs and some 30 ears of corn. He'd say the hot dogs and eggs were needed because cholesterol is naturally very low in lobster. He'd never admit he'd rather eat a hot dog than lobster.

"Tuck them in tight," Norman would say six times as he wrapped the whole meal in cotton sheets and painter's canvas. "Leave 'em alone, let 'em cook" he'd add, for those looking for a peek as the whole mess baked in its own juices.

Thirty minutes later, one of the prettiest sights you'll ever remember in Maine unfolded when Norman opened yet another bake. Lobsters now as red as

the coals left smoldering under the steel plate, clams smeared white by the heat, corn as bright as the sun, eggs and hot dogs, "split open done." Norman would put the whole thing together in a wheelbarrow and haul it off to a picnic table where it would be married perfectly with salads, pies and cakes crafted by Barbara and Jane, his "two girls."

Before the fourth of July, Jane and I will have hosted a half dozen bakes for family, for friends and for folks from away. Norman is gone now nearly two years, but I have to tell you, each time I throw bushels of "bugs and clams" atop a blazing fire, I miss the old guy's broad shoulders and broader smile. And there's always a moment when I catch myself hoping this bake, and this life, is up to his standards.

Thomas Point Beach for \$1

Do you have your current People Plus Membership card? Pull it proudly from your wallet when you go next to Thomas Point Beach any weekday, and if you will be admitted for only \$1!

Normal daytime admission to the popular Brunswick tidewater beach is \$3.50, and seniors are admitted for \$2.

"This I do to honor my mother," beach owner Patti Crooker explains. "She was a wonderful woman and she loved People Plus."



New or renewing members — July

*indicates additional membership donation

BRUNSWICK

- Marty Damiani
- Nancy Damiani
- George Croston
- Lorraine Bisson
- Jean L. Leavitt
- George Potter
- Susan White
- Charles White
- Darryl Wood
- Frieda Wood
- Marcy McGuire
- Barbara Proffitt
- David Child
- Sixta "Cita" Levine
- John Eastman*
- Elizabeth L. Eastman*
- Tom Williams
- Charlotte Williams
- Raymond Lourie
- George T. Croston
- Leah Nelson
- Dorothy Bodaardt
- Margaret Dunlop*
- Germaine Bois
- Suse Weissman

- Dorothy Johnson
- Rick Fortin
- Rollande Fortin
- Wendall Kinney
- Mona Kinney
- Joan Bayer
- Mary Coleman
- Ann Galleau*
- Robert Galleupe*
- Priscilla Rooth*
- Pearl Simmons
- Mel Hodgkins
- Jean Hodgkins
- Jill Standish
- Doris Calloway
- Richard Stark
- Eliza Stark
- Marilyn Nulman
- Janet Bodwell
- Steve Stern
- Arlene Morris
- Elizabeth "Belly" Basinet

- Lynda Hall
- Joan Gagnon
- Karin Congleton
- Robert Williams
- Carol Jack

HARPSWELL

- Virginia B. Wright
- Parker McLaren
- Barbara McLaren
- Donald Adams
- Nancy G. Wilds*
- Preston Lea Wilds*
- Hannah N. Dring
- Edward J. Harris*
- Jane T. Harris*
- Marilyn T. Otterstein
- Barbara White

OTHER PLACES

- Christina Deveau, Auburn
- Albert R. Bordeleau
- Helen M. Bordeleau
- Judy Wilbur, Weare, N.H.
- Rea Turet, New York City

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- Priscilla Hall
- John Ketter
- David Dearborn
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Tuesday, August 6th at 2:00 pm in The Holden Frost House
Ocean Station: Operations of the U.S. Coast Guard, 1940-1977

Thursday, August 22 at 2:00 pm in The Holden Frost House
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Summer Lecture Series

Probability vs. Possibility: You make the choice

Probabilities versus possibilities is a topic that is very important to understand if you have a goal to be well in life. The first key to becoming well is to understand that life is a continuum, that you're either moving toward sickness and disease or you're moving toward health and wellbeing. It is on the sickness side of this continuum where the probabilities lie, and those probabilities show up in the statistics.



Dr. Jeffrey S. Sloucum

The statistics show that more and more people are getting sicker; they are taking more drugs today than ever before, the cost of "sick care" — or as you may know it, "healthcare" — is rising at the same time your insurance costs are sky rocketing and your benefits are decreasing. In contrast to probabilities, there are possibilities and they happen when you live consciously whereas the probabilities happen when you live a semi-conscious or unconscious life. Living consciously expands the possibilities to experience greater potential in your life, and living an unconscious or semi-conscious life will leave you no choice but to settle for the probabilities of life.

Too often in our wellness center we see people that come to us for acute care needs because their lifestyle has created what appears to be an abrupt health crisis. They are in a position they never expected or wanted to be in. They have made some choices that interfered with their true potential to be well, and they find themselves in a place of diminished health and fear or doubt of what the future holds.

We don't want this to continue to be the pattern we see in our community so we have decided to act. We hope to see more people (of all ages) choose an active, vital and fulfilling lifestyle. We want to be your partner in possibilities and know we can help you achieve success in living consciously with the values-based care and the purposeful education we provide in our office. If you choose to live on the side of possibility and you want to find out how a balanced wellness lifestyle can create ever expanding opportunities for you, call us and let us help you begin your journey to an Extra Ordinary Life of Wellness.

Dr. Jeffrey S. Sloucum, president of Sloucum Chiropractic in Brunswick, 725-4222.

Moving to People Plus

Part-time Spectrum Generations staff members from will be relocating to People Plus Center when the agency closes its Topsham center. Shannon Hall will focus on Meals on Wheels while Craig Patterson will continue to focus on resources available to members of both organizations.

Shannon Hall

Shannon has worked as a nutrition coordinator for Spectrum Generations since December of 2011. In this position she is responsible for the Meals on Wheels Program and coordinating volunteers in the Sagadahoc County region as well as Brunswick and Harpswell.



She graduated from Keene State College in 2011 with a degree in nutrition. Before her graduation Shannon was very active in her local community and has spent time working on an organic farm in New Hampshire.

Seeing the process of vegetable growth through meal incorporation, Shannon was able to start shaping her skills as a nutritionist. Upon graduation, she volunteered at Women, Infant and Children (WIC) where she discovered her passion for working for nonprofit organizations. In November 2011 she moved to Portland and began working as a nutrition coordinator for Spectrum Generations. She lives in Portland with her boyfriend Joshua and little Chinese Crested dog, Ella.

"The Meals on Wheels Program in Sagadahoc has been through many transitions in the past few months. This is a positive transition and I look forward to working with People Plus," she said. "Please don't hesitate to stop by my office. Ella and I look forward to meeting everyone."

Craig Patterson

Craig Patterson has worked as an Aging and Disabilities Resource Counselor for Spectrum Generations since November 2012. He can assist in navigating the various senior and disability ser-



vice systems including Medicare and Medicaid.

He also provides educational sessions on the Medicare system and can help enroll individuals in Medicare Advantage and Part D plans. He can also assist in identifying long-term care options and other resources that might be of benefit for the elderly or disabled. Mr. Patterson is a licensed social worker, with a B.A. in psychology.

Prior to working for Spectrum Generations he worked for the State of Maine's Department of Health and Human Services as a caseworker and then as an advocate for the now defunct, Office of Advocacy. He has more than 20 years of experience working in social services in both the private and public sector.

Beginning his social service career as a music therapist for a local nonprofit agency, Craig continues to enjoy music as both a musician and a listener. He is also an avid sports fan and enjoys physical activities such as hiking, golf and tennis. He lives in Yarmouth with his partner, Karen, their two dogs (Meika and Lexi), two cats (Reeses and Teva) and their bird (Beauty).



"Gulls Along the Coast," ink and water color by Connie Bailey

Summer Art Show featured

Members of the Merrymeeting Art Association are next up in the Union Street Gallery at People Plus. Connie Bailey, art instructor at People Plus, hangs the multi-media show, which will remain in the cafe through the months of July and August. The Merrymeeting Art Association is one of the oldest and largest artist groups in the region, and last exhibited at the center two years ago.

CLASSIFIED ADS

Needed: The Teen Center is looking for one "old-fashioned" corded phone that can be wall-mounted.

Needed: We want to switch our Lunch and Connections baking from metal pans to glass. 3-5 five-quart Pyrex glass casserole baking dishes will put us in the business.

Frosty's Donuts and Coffee, "Still the Best in Brunswick." 54 Maine St., in Brunswick (besides Pennell's Store). Join us any morning. 729-4258.

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