

# People Plus! News

The center that builds community

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

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Brunswick, ME 04011  
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**Who?  
When?  
Where?**

Story on page 11.

## Spectacular September sessions set

Kids are back in school, summer is winding down, tourists are headed home. Now it's time to check out the spectacular programming coming to you from People Plus this fall.

Our popular cooking classes are back. There are several new dance and yoga opportunities. We add Spanish to our "café series" and Ed Knox is back with his popular "World Affairs Conversations." There's a little something for everybody, but if you don't find it,

just ask. We work for you. We hope your only programming problem this fall is finding a parking spot.

Calling the Center at 729-0757 to register for any program.

### 'Cooking For One' with Claudia Adams

Join us for our continuing "Cooking for One" series. Because of space needs and the desire to allow for more of a "hands on" participation we will meet at the

Mid Coast Hunger Prevention Program kitchen in September. The kitchen and work area there is larger and more suited to involving class members. This will hopefully allow everyone more room to actually help with preparation and cooking. The great community partnership between People Plus and MCHPP has made this possible. No set menu yet, but we'll try and take advantage of fresh local farmers market ingredients as we

plan the day's recipes. If anyone has a particular food or recipe they would like considered for this (and any upcoming sessions), please email those to Claudia Adams at clabelladams@gmail.com.

Thursday, Sept. 26 from 2-4 p.m., off campus and up the street at Mid Coast Hunger Prevention Program, 52 Union St., Brunswick. There is a \$5 material

Please see **SESSIONS** Page 4



### MahJongg Master

Shirley Petersen, one of the People Plus MahJongg coaches, displays a set of tiles used to play the popular game. The Center is purchasing two sets of tiles and plans to host a tea and a 50-50 raffle to subsidize the new game. MahJongg is played every Wednesday.

## Healing clinic coming Sept. 20

Join us Friday, Sept. 20, for an opportunity to relax and unwind at the light body healing clinic in the main hall at People Plus.

The clinic is sponsored jointly by the Center and Greater Brunswick Physical Therapy, commencing at 11:30 a.m. and ending at 5 p.m.

Nearly a dozen professional health practitioners, including massage therapists, physical therapists, Reiki masters and yoga practitioners, come together to provide this safe, supportive environment for people to explore ways to improve their personal health and well-being. Treatments are provided free of charge.

This is an opportunity to

enjoy a 30-minute session of individualized care, for the cost of a donation to benefit People Plus and the Mid Coast Hunger Prevention Program. Each session is designed to teach and offer the basics of physical therapy, and whether it could relieve chronic pain. The People Plus Loosen Up! exercise program will be canceled for this date only, but the afternoon Tai Chi and Qigong classes will held in our activity room.

People Plus will not pre-register anyone; all appointments will be scheduled on a first come, first served basis, the day of the clinic. For more information, call People Plus at 727-0757 or Greater Brunswick Physical Therapy at 729-1164.

### Lunch & Connections

## Welcome autumn with Shepherd's Pie and Apple Crisp

Shepherd's pie and french-cut bean casserole are posted on the Lunch & Connections menu for Sept. 19.

"This is a great fallish meal," chef Frank Connors suggested. "We expect to fill the hall all over again."

"We start with a pre-cooked beef of meat," Connors described, noting how the pies are crafted by the group he calls "his amazing, professional kitchen staff."

"Using our special blend of beef, lamb and turkey we add in a little chopped onion, gravy and secret spices, fold in creamed andkerneled corn, crown it with mashed Maine

potatoes and roast it until it is brown and flavorful."

The cut, green bean casserole, capped with crisp, browned onion rings, is also guaranteed to be a favorite.

There will also be a lightly-dressed, tossed green garden salad for all, coffee, iced tea, 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 scoop of vanilla ice cream.

Glady Szabo assures us that Sept. 19 is "National Ice Cream Cone Day," so watch for another memorable and appropriate

favor on your table.

Spectrum Generations underwrites our monthly Lunch & Connections dinners. A CHANS home health care professional will be on hand to offer and record free blood pressure checks. This month we'll also offer a tribute to National Grandparents Day, and to National Honey Month.

Join us at 11:30 a.m. to purchase your 50/50 raffle ticket, and everyone is automatically registered to receive one of our several free door prizes. Seating is limited to 60, so please call the People Plus information desk, 729-0757, for reservations. Lunch is served at noon.



### Touchdown!

Members of the Bowdoin College football team — about 19 in all — came to People Plus on Aug. 26 — weeding, sweeping and raking their way from one corner of the lot to the other. As part of their pre-season tour around Brunswick they also did yard work at Mid Coast Hunger Prevention Program, Tedford Shelter, The Gathering Place and People Plus.

## People Plus News

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

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

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

The Editor, People Plus  
P.O. Box 766  
Brunswick, ME 04011-0766  
Office phone (207) 729-0757

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### People Plus Staff

<b>Stacy Y. Frizzle</b> Executive director <a href="mailto:director@peopleplusmaine.org">director@peopleplusmaine.org</a>
<b>Rebecca Banks</b> Program and outreach coordinator <a href="mailto:rebecca@peopleplusmaine.org">rebecca@peopleplusmaine.org</a>
<b>Elizabeth White</b> Office manager <a href="mailto:betsy@peopleplusmaine.org">betsy@peopleplusmaine.org</a>
<b>Frank Connors</b> Member services <a href="mailto:frank@peopleplusmaine.org">frank@peopleplusmaine.org</a>
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<b>Patricia Naberezny</b> Receptionist <a href="mailto:pat@peopleplusmaine.org">pat@peopleplusmaine.org</a>
<b>Spectrum Generations Staff</b>
<b>Craig Patterson</b> Resource counselor <a href="mailto:cpatterson@spectrumgenerations.org">cpatterson@spectrumgenerations.org</a>
<b>Shannon Hall</b> Meals on Wheels coordinator <a href="mailto:shall@spectrumgenerations.org">shall@spectrumgenerations.org</a>

## A community always changes

Who said that August would be quiet and sleepy around here? The Center was busier than ever! Filled with new faces, new programs and new services.

I'm sure we've all noticed that Spectrum Generations is in the house!

Shannon and Craig are settling in and as promised we've seen an increase in the number of people at the Center on Wednesday mornings. Add to their six Meals on Wheels drivers, the addition of a dozen MahJongg players, 25 Loosen Up! enthusiasts and 24 cribbage competitors and half a dozen table tennis players. Phew!

Craig Patterson has been completely booking his 20 one-hour Medicare and Aging Resource slots and Shannon Hall has now cranked out four successful Meals on Wheels deliveries — each one

getting smoother than the last.

Of course we are bound to experience some growing pains and I'm so appreciative of the support of our longtime members as we go through these changes. Your leadership really sets the tone of patience and acceptance as things change.

We will miss Rebecca Banks as she leaves the Center to work for the history department at Bowdoin College. Her work here has been hugely impactful and well executed.

And we excitedly welcome Patricia Naberezny on the desk as she gets settled into her new spot. She already cleaned up the computer, is learning the file systems and according to Gladys is going to fit right in.

When I think that three years ago Peo-

## From the Executive Director

STACY Y. FRIZZLE



ple Plus almost closed it's doors, it is great that we are now bursting at the seams. It's been such a wonderful transition to a busy, lively, energetic place and I really couldn't be more proud of everything that's going on here.

Whether we are welcoming new people or saying goodbye, a community always changes; so I really appreciate everyone remembering the good that all the "new" people do. And I hope that we all pull together to support them as we create the wonderful Center that Builds Community here at People Plus.

## From Anita's Plate

ANITA HUEY



## Real progress one day at a time

As I sit down to write this article, I realize that I have been affiliated with People Plus for six months.

What a great six months it has been meeting tons of new people, setting up shop in the Teen Center and bringing my style of nutritional guidance to the Center.

During this time I have seen people make some great changes in their health and wellness. They have lost 10, 20, 30 and even 50 pounds! Not to mention that diabetes, cholesterol and high blood pressure have improved under my coaching for many people as well.

I get great feedback from everyone, but the best are those people who report

## Front desk goes 'professional'

Patricia Naberezny started work in late August as a part-time, front desk receptionist. Her hiring replaced several morning volunteers, some of whom had worked at the Center for as much as a decade.

"It was a transition whose time had come," suggested Executive Director Stacy Frizzle. "The work load on our morning volunteers, in particular, has been changing dramatically. Adding Patricia will give us continuity to a vital job."

## Corn and Crab Chowder

### Ingredients:

- 6 ears of corn, cut kernels off (or two cans of whole corn drained)
- 1 large can of crab (drained) or fresh
- 1/2 cup onion, chopped
- 1/2 cup red pepper, chopped
- 1 Tb. olive oil
- 14 ounce low sodium chicken broth
- 1 cup peeled potato, cubed
- 2 Tb. flour
- 1/4 tsp. black pepper
- 1 1/2 cup 1% milk
- 1 Tb. parsley

### Directions:

1. In a large saucepan cook onion and

pepper in hot oil until tender. Stir in broth, potato and corn. Bring to a boil, then reduce heat and simmer for 10-15 minutes.

2. In a small bowl combine flour and pepper. Stir milk into flour mixture until smooth then add to the saucepan. Cook and stir until slightly thickened and bubbly. Add drained crab, stir and then sprinkle with parsley. Serve immediately.

**Nutrition information (6 servings):** 210 calories, 8 grams of fat, 300 mg sodium, 29 grams of carbohydrate.

**Note:** This is a great way to use left-over corn or potatoes in a meal. Add a salad and make it a meal. Enjoy!

they are generally feeling better and have more energy. Isn't that what making changes to our food choices is all about?

To all of you, keep it going. As I always say, small steps to success.

If you are interesting in joining us to make some changes in your food intake, consider my next weight management class which starts on Thursday, Sept. 19,

and runs for four Thursdays from 11 a.m. to noon each week. Come join us. Sign up at the front desk.

It was great to see people come inside on a beautiful day, to attend the weight management follow-up class and the portion distortion classes I taught last month. We all learned that simply using a smaller plate can be a great small step toward success!

## Apple Club moves, computer classes coming

The always popular Apple Club, a group of iUsers sharing information, will move to the third Monday of the month this fall, beginning Sept. 16. The session opens at the regular time, 11 a.m., under the capable leadership of Stacy Frizzle. Please register in advance by calling 729-0757.

Jack Hudson and his Computer Tutor classes will return in October, and Craig Snapp will open a new series on Google Earth later this fall.

Watch next month's People Plus News for more details.



## Memorial Donation in Memory of Virginia 'Ginnie' Linkovich

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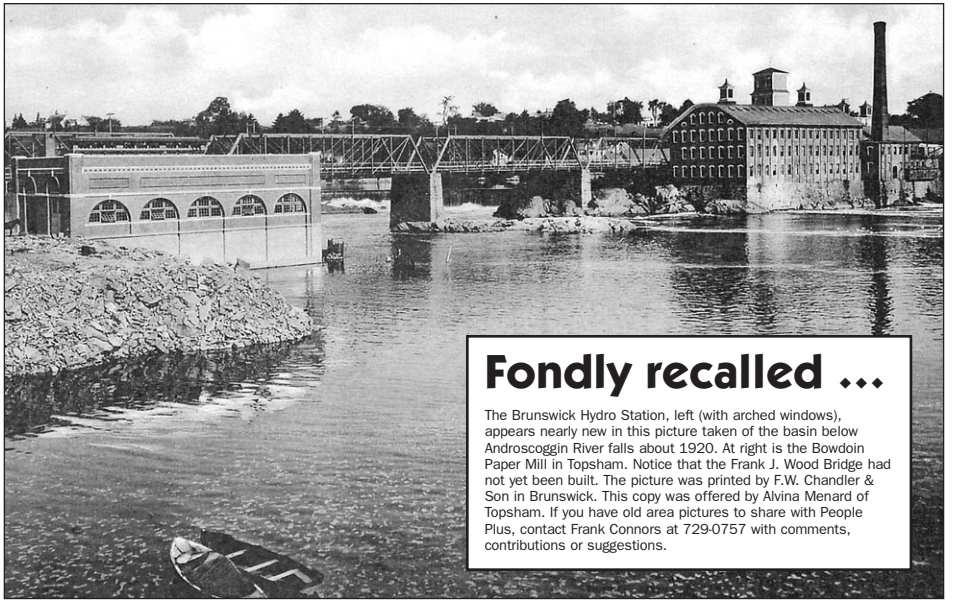
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Seasonal flu shots to be offered at People Plus this fall!



## Fondly recalled ...

The Brunswick Hydro Station, left (with arched windows), appears nearly new in this picture taken of the basin below Androscoggin River falls about 1920. At right is the Bowdoin Paper Mill in Topsham. Notice that the Frank J. Wood Bridge had not yet been built. The picture was printed by F.W. Chandler & Son in Brunswick. This copy was offered by Alvina Menard of Topsham. If you have old area pictures to share with People Plus, contact Frank Connors at 729-0757 with comments, contributions or suggestions.

## Where Has America Gone?

By RALPH LAUGHLIN

**Where has America gone...**  
Kids playing outside on their own

Doors left unlocked all day  
Open time to do whatever  
People looking out for each other  
Neighbors talking to neighbors.  
Public officers held in esteem  
Politicians being civil servants  
Public events joyful celebrations  
Issues placed ahead of personalities  
The Common Good, the common thread.

**Where has America gone...**  
Children being massacred in class

Homes made into fortresses  
Everything to a schedule, a task  
People indiscriminately attacked  
Conversations held via machines  
Public safety slain on the political alter  
Public service now a career  
Public events turned to hunting seasons  
Personalities placed ahead of issues  
Government's interest in special interests

**Where has America gone...**  
and will we ever get it back?  
The embers still linger  
but must be fanned and flamed  
to rekindle and rebuild our core  
of Truth, Caring and the Common Good  
for every citizen, rich or poor.

## A Different View

By GLADYS SZABO

A trip to the store  
I often thought of as a chore.  
Today I took a different view  
I needed things, this I knew.  
Off to Walmart I did go  
Had a little extra dough.  
Took my time to walk around  
Unexpected things I found,  
End to end and back again  
I walked but little did I spend.  
Chatted with friends and others  
were new  
Interesting conversations did pursue.  
On to get the items needed

Left the store, to my car proceeded.  
Driving home I realized  
I felt more vitalized.  
I walked an hour at different paces  
Conversed with people, wearing happy faces.  
Got my chores done  
Had some fun.  
Now this did proved to me  
Chores don't always have to be Boring things we have to do  
But something vitalizing and good for you.

## Goodbye to Old Friends?

By VINCE MCDERMOTT

There comes a time in every man's life when he must face the inevitable. The clothes closet has to be cleaned out and old friends have to go.

The first choices are easy — two short sleeve shirts, one from Montgomery Ward and the other from Woodward and Lothrop. They were getting a bit snug. I thought they were shrink resistant — shoddy merchandise.

Then it got tougher — T-

shirts. What to do about a 1991 Washington Redskins Championship shirt, a 1987 "Say No" to drugs tee. They still fit. OK, put them into the "maybe" pile.

Pants. A pair from Porteus and one from Senter's. Hey they are not that old. A bit snug, perhaps, but I can live with that.

Then, last but certainly not least, from the deepest, darkest corner of the closet, my oldest friend — a Robert Hall suit!  
Goodbye, old buddy.

## The Load

By KAREN JOHNSON

Wherever I go, there I am ...  
When we boarded, they asked what I was carrying and I told them.

I carry the pain of rejection by my emotionally absent father.

I carry the same pain I see reflected in my husband's eyes,  
I carry the desperate need of my mother, who threw her anger at me,  
I carry the death of my sister's dreams in pointless memories she doesn't remember,  
I carry the rigidity of my

aunt, who challenged me to intellectual combat.

I carry the longevity of my grandmother's cold unconcern behind eyes that never saw me.

I carry the defeat of my uncle, who drowned in a bottle of wishes that were always denied him.

I carry the heavy cross of Saint Grandfather around my neck.

I told them I carry no more and no less than the other travelers aboard this ship.

## Summer in Maine

By ADELAIDE GUERNELLI

Why our summer days are so great?  
Because they make us feel that we don't  
Need to worry about anything!  
They give us strength to walk and  
Think about the beauty that surrounds us.  
We don't have to sleep twelve hours every night  
'Cause we want to enjoy every day with the crystal  
Face of the sun, and write

about the flowers that Grow at their own wish, and seem to be back to play  
With the pieces of nature that man can only help to create.  
I wish that summer days will be, who knows when ...  
The description of the Earth with a special grace that will Enroll in the schools beyond the sun, and the stars ...  
And we, of today's experience, will not be dust in the sky!

## A Perfect Day

By BOB DOW

Define a perfect day.  
"In terms of what?" I ask  
"The weather is one way,  
Or else a well-done task.

There are no bills to pay.  
Or maybe how we feel?  
The joints all work today,  
No pain with which to deal.

A sense of having done  
All that I'd planned to do.  
A day of work or fun  
That may be over due.

Some days create some frowns.  
We wish that were not so.  
With ups we must have downs,  
'Cause that's the life we know.

Be positive; don't pout.  
And if the day's not great,  
Just pick a high point out?  
And blame the rest on fate.

## Morning at Camp Grandpa

By BETTY KING

Three dark heads, intent,  
admiring  
the rainbow flow and smooth  
roundness  
of sunfish in a bucket, just lately  
flipped  
flopping at the end of a line,  
destined for the lunchtime fry-  
pan.  
Behind them the forest descends  
Graciously, abundantly, to the  
water's edge.  
A warm steady breeze ruffles  
the pond,  
Shifts the pools of sunlight on  
the shady rock.  
In the sheltered pool below us  
minnow mouths make shiny  
spreading rings,  
and dragonflies gyrate. Grand-  
pa helps  
to bait the hooks just one more  
time!

# Banks leaving Center

Rebecca Banks, who brought "explosive growth and imagination" to the programming processes at People Plus during the past 18 months, will be leaving the Center in September to take a position at Bowdoin College.

"It's an opportunity I just shouldn't pass up," Banks said of the new job. "But I leave with a heavy heart." She said her position at People Plus has exposed her "to whole new generations of folks," and the experience "has been life changing. I'm going to miss lots of these people."

Executive Director Stacy Frizzle said, "Rebecca leaves us in an excellent position for the fall, with loads of programming (in place) We're sad to see her move on in her career, but proud of the work she has accomplished with People Plus and (she knows) we will always consider her to be one of the family."

Frizzle said she will post the programming position immediately. "It is so central to what we do here... Rebecca will be a hard act to follow," she added.



Rebecca Banks

## 'Café Español'

### Spanish afternoons coming to People Plus



Pilar Tirado

Pilar Tirado, a professional translator and interpreter of Spanish is opening a "discussion of the language" at People Plus, beginning Monday, Sept. 16, from 1-2 p.m.

"I'm passionate about all things Spanish," she explained. "Café Español will be an opportunity to talk or simply sit and listen." Tirado is a coordinator of the Brunswick to Trinidad, Cuba, Sister City program.

"This is not a class," Tirado explained, "but an opportunity to connect native speakers." She said Spanish is the third most spoken language in the world, and the United States is the third largest Spanish speaking country.

"I hope only to facilitate discussions in Spanish." She promised the monthly sessions would be "fun and interesting."

For more information or to register please call the Center at 729-0757.

## Phone discount programs for seniors

Mainers living on a limited income have two different federal programs to choose from to reduce the cost of their monthly basic land line or their cell phone — and many don't even know about it!

The Federal Lifeline Program assists low-income Mainers on either their land line phone or cell phone charges. To qualify, the applicant has to be receiving assistance through Food Stamps (SNAP), MaineCare, heating assistance (LIHEAP), or Supplemental Security Income (SSI).

The FairPoint Lifeline Program will help reduce the monthly cost of basic local landline service.

The application and mailing infor-

mation for the reduction is available online at [www.fairpoint.com/lifeline/Lifeline\\_App\\_NNE\\_ME.pdf](http://www.fairpoint.com/lifeline/Lifeline_App_NNE_ME.pdf) or by calling 1-866-694-2001.

The SafeLink Lifeline Program may provide a free cell phone and free monthly service, or 250 fee minutes added to an existing plan.

Those who already have a cell phone, and would like to participate in the SafeLink Program, should contact their wireless provider (not all providers participate).

Spectrum Generations, our local Area Agency on Aging, can provide assistance with understanding the Federal Lifeline Assistance Programs and benefits by calling 1-800-639-1553.

## SESSIONS

From Page 1

fee and class limited to first 8 people that register.

### Yoga with Ann

Stretch, flex, breathe and relax for optimum well being. Yoga is a wonderful way to re-balance and feel grounded. Join this class, which also includes an introduction to meditation, with an experienced instructor who brings the joy out of yoga and tailors yoga to your individual needs.

Tuesdays at 1:30 p.m. and Wednesdays at 5:15 p.m., for six weeks, beginning Sept. 17. This class is \$30 for members for one time per week, or \$60 for non-members for one time per week. Attendees can drop in for \$8 per week, but we must have five people registered for each class before the start of class.

### Zumba with April Yurington

Zumba is a fun way to socialize, enjoy some fabulous music, and accidentally get some exercise! All fitness levels welcome and no dance experience is necessary. Just smile, shimmy away the blues and salsa up a good time!

Wednesdays at 4 p.m. beginning on Sept. 18. \$30 member rate/\$48 nonmember rate for a six-week session. \$8 member/\$12 nonmember drop in rate. There must be six people registered in advance of this session for it to happen.

### TRIAD: Learn who they are and what they do

Have you heard of Merrymeeting Bay TRIAD? Do you know what we do to help Seniors stay safe in Sagadahoc County, Brunswick and Harpswell? Are you concerned about recent billing changes for the FairPoint Lifeline/Senior phone discount? Are you looking for an organization to volunteer with in your community?

Grace Lalime, co-chairwoman of MMB TRIAD, will be at People Plus on Sept. 10 from 2:30-3:30 p.m. to present an overview of TRIAD and share information about Fairpoint billing changes. This session is free and open to the public. Reservations are encouraged.

### World Affairs Conversation with Ed Knox

World Affairs Conversation with Dr. Ed Knox is being scheduled for later this month. See <http://worldaffairsconversation.weebly.com/> or the People Plus website for details.

### Weight Management Class with Anita Huey

Are you looking for a class that is geared toward your individual weight needs? Are you looking for a class that encourages you to set small goals and work toward making a long-term commitment to change? Are you looking for a class that encourages you to choose the foods that you enjoy? Then this class is for you!

Individuals will be provided the tools to help them make healthy food choices, set small goals, learn healthier dining out, meal planning and recipe modification. Making changes in your daily food choices can be delicious and fun!

Starting Thursday, Sept. 19, at 11 a.m. and continuing for 4 weeks. \$20 for members/\$40 for nonmembers. There must

be three people registered for class to take place.

### Chronic Pain Workshops

Spectrum Generations is offering a six-week Chronic Pain Self Management workshop from Sept. 19 through Oct. 24, from 1:30 p.m. (Thursdays) at its location in the People Plus building located at 35 Union St. in Brunswick.

The workshop is for adults who have long-term or chronic pain lasting longer than three to six months, or beyond the normal healing time for an injury who want to learn ways to better manage their pain and health concerns. Participants of this interactive workshop also learn ways to deal with frustration, fatigue, poor sleep and isolation.

Studies have shown that participants of the Chronic Pain Workshop gain immediate benefits, such as more vitality and energy, reduced pain, a more independent lifestyle, improved mental health, more involvement in everyday activities, and more overall satisfaction with their lives.

The workshop cost \$75, which covers all materials. Some scholarships are available. To register, call Tina DeRaps at 629-1657 or [tderaps@spectrumgenerations.org](mailto:tderaps@spectrumgenerations.org).

### Belly Dancing with Josephina Gasca

Authentic Belly Dance, or raks sharqi, is an ancient form of dance. Raks sharqi means "dance of the east" in Arabic. Belly dance celebrates every body type and every stage of life. The dance is proud and powerful and soft and sinewy with elegant and isolating movements emanating from the core. It's the Pilates of dance and so much fun!

Please wear comfortable clothing, similar to what you might wear to a yoga class that will allow for free movement and the ability to see your movement. Hip scarves make it even more fun. You can dance barefoot or in a pair of comfortable dance shoes. Zills (finger cymbals) will be used in class and are available from the instructor.

Class is for 8 weeks on Mondays, from Sept. 23-Nov. 11, at from 6-7 p.m. A free trial class will be held from 6-7 p.m. on Monday, Sept. 16. Merrymeeting Adult Education's belly dancing class offers a discounted fee for People Plus members of \$86. Call Merrymeeting Adult Education at 729-7323 to register.

### Programming notes

- The Center will be closed Monday, Sept. 2, in observance of Labor Day.
- Loosen Up!, Qigong, and Beginning and Advanced Tai Chi won't be offered the first week in September.
- The Women's and Men's Breakfasts have been moved to Thursdays, beginning this month. The next Women's Breakfast is Sept. 5 at 8:30 a.m. The Men's Breakfast will be Sept. 12 at 8 a.m.
- Regular classes are returning to their normal schedules this month. Art will return to Tuesdays and Thursdays from 10 a.m. to 12 p.m.
- TRIAD will host its monthly meeting at People Plus on Wednesday, Sept. 18, at 10 a.m.
- MahJongg will continue on Wednesday mornings.
- Our next Author's Chat will be in October.

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# SEPTEMBER 2013 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><b>LABOR DAY</b> The Center is closed today</p>	<ul style="list-style-type: none"> <li>9:00 AM Table Tennis</li> <li>10:00 AM Art I</li> <li>10:30 AM Table Tennis practice</li> <li>1:00 PM Quilting Club</li> </ul>	<ul style="list-style-type: none"> <li>8:45 AM Inter. Cribbage</li> <li>9:00 AM Mahjongg</li> <li>10:00 AM Table Tennis</li> <li>10:00 AM Meals on Wheels distribution</li> <li>1:00 PM Writer's Group</li> </ul>	<ul style="list-style-type: none"> <li>8:30 AM WOMEN'S BREAKFAST</li> <li>9:00 AM Table Tennis</li> <li>10:00 AM Art II</li> <li>3:00 PM Line dancing practice</li> <li>5:00 PM Yoga with Ruth</li> <li>6:00 PM Course in Miracles</li> <li>6:00 PM Beg. line dancing</li> <li>7:15 PM Adv. line dancing</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Table Tennis</li> <li>6:30 PM Folk Dance Brunswick</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Bridge</li> </ul>	
<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>9:00 AM Crafters</li> <li>10:00 AM Yoga with Ruth</li> <li>11:00 AM Chair yoga</li> <li>11:00 AM Table Tennis</li> <li>12:00 PM Bridge</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Table Tennis</li> <li>10:00 AM Art I</li> <li>10:30 AM Table Tennis practice</li> <li>11:30 AM LUNCH OUT</li> <li>12:30 PM Welcome to Medicare</li> <li>2:00 PM What is TRIAD?</li> <li>3:30 PM Brunswick School of Dance</li> </ul>	<ul style="list-style-type: none"> <li>8:45 AM Inter. Cribbage</li> <li>9:00 AM Mahjongg</li> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Table Tennis</li> <li>10:00 AM Meals on Wheels distribution</li> <li>12:30 PM Advanced Tai Chi</li> <li>1:00 PM Writer's Group</li> <li>4:30 PM TCAC meeting</li> </ul>	<ul style="list-style-type: none"> <li>8:00 AM MEN'S BREAKFAST</li> <li>9:00 AM Table Tennis</li> <li>9:00 AM Art II</li> <li>11:00 AM Weight Management Class</li> <li>3:00 PM Line dancing practice</li> <li>5:00 PM Yoga with Ruth</li> <li>6:00 PM Course in Miracles</li> <li>6:00 PM Beg. line dancing</li> <li>7:15 PM Adv. line dancing</li> </ul>	<ul style="list-style-type: none"> <li>8:30 AM AARP Safe Driving class</li> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Table Tennis</li> <li>12:30 PM Beginning Tai Chi</li> <li>1:30 PM Qigong</li> <li>6:30 PM Folk Dance Brunswick</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Bridge</li> </ul>	
<ul style="list-style-type: none"> <li>9:00 AM Loosen Up!</li> <li>9:00 AM Crafters</li> <li>10:00 AM Yoga with Ruth</li> <li>11:00 AM Apple Club</li> <li>11:00 AM Chair yoga</li> <li>11:00 AM Table Tennis</li> <li>12:00 PM Bridge</li> <li>1:00 PM CAFE ESPAÑOL</li> <li>6:00 PM Belly Dancing demo</li> <li>6:30 PM Civil War Book</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Table Tennis</li> <li>10:00 AM Art I</li> <li>10:30 AM Table Tennis practice</li> <li>1:00 PM Quilting Club</li> <li>1:30 PM Yoga with Ann</li> <li>3:30 PM Brunswick School of Dance</li> </ul>	<ul style="list-style-type: none"> <li>8:45 AM Inter. Cribbage</li> <li>9:00 AM Loosen Up!</li> <li>9:00 AM Mahjongg</li> <li>10:00 AM Meals on Wheels distribution</li> <li>10:00 AM TRIAD meeting</li> <li>12:30 PM Advanced Tai Chi</li> <li>1:00 PM Writer's Group</li> <li>4:00 PM Zumba</li> <li>5:15 PM Yoga with Ann</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Art II</li> <li>11:00 AM Weight Management Class</li> <li>11:30 AM BP Clinic</li> <li>12:00 PM LUNCH &amp; 1:00 PM Chronic pain!</li> <li>3:00 PM Line dancing</li> <li>5:00 PM Yoga with Ruth</li> <li>6:00 PM line dancing</li> <li>6:00 PM Course in Miracles</li> <li>7:15 PM Adv. line dancing</li> </ul>	<ul style="list-style-type: none"> <li>11:30 AM Healing Clinic</li> <li>12:30 PM Beginning Tai Chi</li> <li>1:30 PM Qigong</li> <li>6:30 PM Folk Dance Brunswick</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Bridge</li> </ul>	
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<ul style="list-style-type: none"> <li>9:00 AM Crafters</li> <li>9:00 AM Loosen Up!</li> <li>10:00 AM Yoga with Ruth</li> <li>11:00 AM Chair yoga</li> <li>11:00 AM Table Tennis</li> <li>12:00 PM Bridge</li> <li>6:00 PM Belly Dancing</li> </ul>	<p align="center"><b>PEOPLE PLUS NEWS &amp; VIEWS</b></p> <p align="center">FRANK CONNORS and STACY V. FRIZZLE chat about fall programming</p>			<p>Viewed weekly on Cable Channel 3, Brunswick Community TV</p> <p>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://vimeo.com/harpswelltv">http://vimeo.com/harpswelltv</a></p>	<h2 align="center">Teen Center</h2> <p align="center"><b>Monday through Thursday</b> <b>2:30-5:30 PM</b></p>	

## River ride, foliage cruise offered

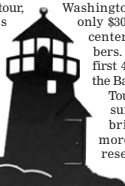
Your mighty Kennebec River on Friday, Sept. 20, as part of a three-hour cruise originating at the Maine Maritime Museum in Bath. The tour, titled "Seven Hights and Hell's Gates," is sponsored jointly by the Bath Area Senior Citizens Center and People Plus.

The cruise takes you past Bath Iron Works, down the Sasanoa River to the Sheepscot River and through the Back River to the Kennebec. You will get close-up looks at seven light houses and

a sneak preview of fall foliage along a very pretty piece of Maine.

The tour leaves the museum, 243 Washington St., at 2 p.m. Cost is only \$80 for members of either center, and \$35 for nonmembers. Space is limited to the first 40 people who sign up at the Bath Center and pay.

Tour leaves rain or shine, be sure to dress warmly and bring your camera. For more information or to reserve your seat, call the Bath Center at 443-4937.



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The Vicerage provides long-term specialized dementia care for less than the rest.

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## Dinner theater offered by Basic Players

There are tickets left for "The Thirteenth Guest," a dinner theater presentation of the Basic Players, being held at the Bath Area Senior Citizens Center on Friday, the 13th of September; beginning at 5 p.m. with a cast party and hors d'oeuvres.

"This is mystery theater of the most bizarre kind," said Millie Ackley, director of the show. "The audience will have an opportunity to test their own crime-solving abilities, and to win a small monetary prize by simply answering 13

questions."

Ackley added that the dinner would feature, "delicious, oven-baked chicken."

"The Thirteenth Guest" centers on Bath's old Morgan Mansion, vacated 13 years ago, but now suddenly the scene of gunshots and screams of a woman. The drama starts when detectives "Rosie" and "Grump" move in to check out the house.

Tickets are \$25. Call the Bath Senior Center at 443-4937 to reserve yours. Tickets will not be available at the door.

## Are you caring for an elderly loved one?



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

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# 48 and finished

## Pair reaches goal to visit every Maine state park

By FRANK CONNORS

June Austin and Barbara Tucker may now present themselves to the world as "experts" on Maine state parks and historic sites.

In early August the pair visited the remote Penobscot River basin.

"We put over 400 miles on our car in one weekend," June said, and collected the 48th and final stamp for their passport book.

"We saved the toughest for last," Austin quipped. "Isn't that the way? The Penobscot River, Mount Kineo and Warren Island trips were left. We had to work to get them."

The Kineo Mountain climb is preceded by a small, open-boat ride across Moosehead Lake, and the Warren Island

visit requires rowing an even smaller boat from Islesboro, across open water to the island. "We cheated on that one a little," Austin admitted with a fetching smile. "We told the ranger we were a couple of old ladies, and he came with a power boat to meet us."

Their travels took them from Kittery to Fort Kent, to the Allagash, to Eastport.

"It leaves you with a real appreciation for the size and beauty of the state we live in," Austin said. The two took three years to complete their passbook. The Passbook program was initiated by the park service and Department of Conservation to celebrate the park system's 75th year.

Austin reported the passbooks are, "a wonderful way to learn about our great



June Austin, left, and Barbara Tucker relax for a photo op at Warren Island State Park, in Penobscot Bay this summer. It was one of the last three stops for the pair as they worked to visit all 48 Maine state parks.

state," and she said she had met many wonderful people along the way. She said completion of the book gets her a "free

season pass" to any state park she may want to revisit. She hinted next year, she may, "take off and start a new passbook."

## Beginner genealogy class offered

An introduction to starting your family genealogy and the tools that will help is being offered Sept. 23, from 6-8 p.m. at Harspwell Town Office.

The program is sponsored by Curtis Memorial Library in Brunswick.

The class is for beginners to genealogy, and no experience is necessary. The town office is located at 263 Mountain Road. The free "Starting Your Family Tree" program is open to all.

The class will provide an introduction to how to get started researching your family tree, identifying some of the best online resources for genealogists and an overview of the local resources available to genealogy researchers.

Space is limited so please register by calling 833-5771 or emailing Liz Doucett at edoucett@curtislibrary.com.

Aren't grandparents **GRAND?**  
September is National Grandparents Month

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Residency: Hospital of the University of Pennsylvania, Philadelphia, PA

Board Certification: Internal Medicine

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## Lace 'em up!

Team People Plus needs you to walk 

People Plus is once again sponsoring a team in the annual Walk to End Alzheimer's on Sept. 14. The trek begins on the Brunswick Town Mall at the gazebo and winds through town for just over one mile.

Member services coordinator Frank Connors is again leading the People Plus contingent.

"There will be room under the umbrella for us all," he promised, recalling the rainy walk last year that raised more than \$2,000 to help fight the disease. Anyone who raises \$100 or more in donations, or contributes to the Alzheimer's Association of Maine through the Center will be given a "vintage" People Plus T-shirt.

Contact Connors at 729-0757 to register; receive a brochure or additional information.



## Lunch Out!

Sept. 10 at 11:30 a.m.

**BOOT & BUCKLE CAFE**

235 Old Lewiston Road, Topsham  
729-9585

Photos by Jeff Morrison of The Press-Desk, Brunswick



**Two Maine landscape artists on display at Thornton Oaks**

Birds, flowers, bogs, marshes and the rich Maine environment will be exhibited through the works of Georgetown artist Cory Hart and Brunswick artist Barbara Bean.

"Exploration of Place" will open with the artists' talk on Thursday, Sept. 12, at 4 p.m. followed by a reception from 4:30 to 6 p.m. at Thornton Oaks Retirement Community, 25 Thornton Way. The public is invited.

Hart's paintings (see example of Reid Park surf below) capture the powerful moods of the ocean and sky, the mysteries of salt marshes, and the flora that cling to the edges of waterscapes. Her

work also investigates the labor of her heroes and neighbors including lobstermen, clambers, shrimpers, boat builders, crossing guards, snow plowers and linemen.

Bean works in many media focusing on birds, plants and harvests from her garden (see example above). She has spent more than three years exploring the Saco Heath, Bangor Bog and Quoddy Head to create drawings with ink and prismacolor that reflect the land and literature that "continue to be a source of constant amazement, amusement and learning."



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The Highlands is a continuing care retirement community, surrounded by nature and located within Topsham's Historic District. Our campus combines a historic setting with a variety of rental and purchase options designed to complement your unique retirement lifestyle. The community promotes an atmosphere of neighborly values shared by its residents who enjoy endless possibilities to maintain wellness, social connections and independence.



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**Petunia Lady**

Margaret Marchand has spent most of the summer maintaining the petunia patch in the window boxes at our front entrance. A Loosen Up! class member and enthusiast, she works her magic on the petunias following each class.

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- **Report** any suspicious activity to your credit union, your local authorities and the Federal Trade Commission  
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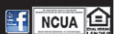
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**Monday-Saturday Bridge**

- July 20:** Bill Washington, Mary Lou Cobb, David Bracy.
- July 22:** Sherry Watson, David Bracy, Cecil Eldredge, Lorraine LaRoche.
- July 27:** Cecile Eldredge, Bill Washington, Marian Schneider, David Bracy.
- July 29:** Lorraine LaRoche, Marian Schneider, Richard Totten, Kay Bagwell.
- Aug. 3:** Bill Washington, Sherry Watson, David Bracy.
- Aug. 5:** Lloyd Jones, Richard Totten, Tom Alley, Mary O'Connell.
- Aug.10:** Bill Washington, David Bracy, Bill Buermeyer.
- Aug. 12:** Bill Washington, Bill Buermeyer, Sherry Watson, Gladys Totten.

**Senior intermediate cribbage**

- July 24:** Anita Owens, 719; Richard Tomko, 710; Lois Fournier, 709; Rick Fortin, 710; Coleen Petrin, 698.
- July 31:** Joe Toney, 605; Patricia Johnson, 600; Bob Mehlhorn, 599; Bob Frost, 593.
- Aug. 7:** Richard Tomko and Dick LaPointe, (tie) 722; Cecil Eldredge, 721; Patricia Johnson, 720; Lorraine LaRoche, 709.
- Aug. 14:** Cecil Eldredge, 707; Rolande Fortin, 703; Joe Toney, 691; Anita Owens, 683; Mike Linkovich, 680.



Teen Center summer regulars surround Jordan Cardone on the couch.

**‘Sprucing up’ on Common Good day**

The Union Street Center of People Plus will benefit from a “Sprucing Up,” when volunteers from Bowdoin College visit on Saturday, Sept. 18.

The volunteer Polar Bears will wash windows and screens, help with yard work and tackle “some lingering maintenance issues.

This effort is part of the 15th annual Common Good Day, a day dedicated to providing Bowdoin College students, faculty, alumni and staff the opportunity to join with community members, “to learn about local organizations through direct and beneficial service.”

**ADVERTISE**  
in People Plus News.  
Call 729-0757 for details.

**My summer back at the Teen Center**

Where did the time go? I can't believe the end of August is approaching as I write this! I can't believe the word “school” has started creeping into teen conversations ... some looking forward to it, some not ...

I returned as coordinator weeks prior to the end of last school year. It was just in time to see that many of the teens — some of whom I have known for years — were now old enough to graduate or get a “real” job for the summer. So, shortly after my return, many of the teens who had been coming to the Center for years, left to do what older teens do.

After a short period of, hmmm, what will happen now, a steady stream of new teens began to arrive at the Center. We have had at least 13 new teens sign up as members this summer, many of them now regular attendees. They are younger, junior high age or just about to enter high school (major life event!).

We have had more agency workers with clients coming in than we've had in quite awhile. The Teen Center has now been in existence long enough to have



Jordan Cardone

cycled through one generation of teens going from grades 6 to 12.

I can see that we are now transitioning to a new generation and I look forward to being a part of the lives of another group of youth going through their pre-teen and teen years!

There are still a few older regulars who will be good mentors to the younger teens coming in.

It was a fun summer having Kendra, Conan and Dan join me at the Center. We all brought different temperaments, talents and “gifts” to the program, as do the teens.

I am in the process of hiring an assistant coordinator and hope to have Bowdoin College volunteers throughout the school year so we have a variety of resources to meet the variety of needs and interests of our members.

So, here's to a great upcoming 2013-14

**Bike repair course coming to Teen Center**

The Brunswick Teen Center will facilitate a bicycle repair course this fall, thanks to a grant funded by Bowdoin College's Common Good Initiative.

The course will help teens build, re-built and repair bicycles, with a goal of selling used bicycles in order to repurchase materials, tools and supplies to continue the program.

Interested students should contact Teen Center Coordinator Jordan Cardone at teens@peopleplus-maine.org or 721-0754, Monday to Thursday afternoons, between 2 and 6 p.m. The Center is currently looking for bicycles needing “gentle repairs” and for tools that will make this course more productive.

school year! The staff and teens in the program greatly appreciate those who support us in so many ways. We couldn't do it without you.

**DOMETIC Silent Cellar for sale**

36/54 Bottle Wine Cellar offers a “most awesome” way to conveniently and carefully store your wines at the right temperature!

- Holds 36 to 54 bottles
- Retails between \$1,900 and \$2,095 depending where you buy it
- “Perfectly Used”!!
- View more details at: [www.silentcellar.com/cs52DVR](http://www.silentcellar.com/cs52DVR)
- Wooden model with glass door

If interested, please call 729-5760  
Located in Harpswell

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**Sum-R Healthy, Some are Not**

Now that summer is here, many people are getting out and enjoying the great outdoors. While physical activity is a wonderful thing with many benefits when done appropriately I would also like to share with you some other common traits observed in healthy populations.

1. Strong social relationships with family and friends are important for all aspects of health.
2. Managing stress through yoga, exercise, meditation, deep breathing or prayer has many benefits including improved immune function.
3. Purpose and Passion in work or other activities will keep you engaged in life.
4. A Healthy Diet is one of the most obvious things you can do to improve your health and extend your life.
5. Exercise strengthens muscles and bones while aerobic activities improve cardiovascular health.
6. Life-long learning stimulates the brain and engages the senses. Stimulating and engaging the

brain helps to keep the mind sharp and focused.

7. Adaptability to Change is essential to good health. Take setbacks gracefully, learn from your mistakes and adopt an attitude of gratitude.
8. Optimism  
Optimists tend to get sick less often and enjoy lower overall health care costs.
9. Spiritual Connections appropriate to an individual's value system are another common denominator in healthy individuals.

Chiropractic Care focusing on the health of the spine and nervous system will allow you to function at your highest potential.

I wish you a summer of optimal well-being and abundant health! Call Sluom Chiropractic Wellness Center at 725-4222 and mention this article and we will schedule a complimentary initial consultation and spinal evaluation for you and/or your family.

**Dr. Jeffrey S. Sluom**



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**Meals on Wheels Celebrity Challenge**

A dining event to benefit  
Meals on Wheels in Central Maine

September 25, 2013

Maine Maritime Museum in Bath  
Reception 5:15pm • Dinner 6:00pm

Featuring Top Maine Chefs, Celebrity Judges, and  
a Host of Celebrity Meals on Wheels "Delivery  
Volunteers" — All For a Great Cause!



Ray Franklyn  
*Solo Bistro, Bath*

Wendy Larson  
*Slates, Hallowell*

Tim O'Brien  
*Trattoria Athena,  
Brunswick*

**You're invited!**

Chefs Ray Franklyn of *Solo Bistro* in Bath, Wendy Larson of *Slates Restaurant & Bakery* in Hallowell, and Tim O'Brien of *Trattoria Athena* in Brunswick will compete by preparing a main dish using Meals on Wheels guidelines and ingredients. Local celebrities will be volunteering to deliver meals to your table while celebrity judges sample

and score each dish to declare a champion. There will also be a people's choice awarded by you!

The Top Chef and People's Choice winners will receive special recognition and all chef recipes will be incorporated into Spectrum Generations' Meals on Wheels menus.

Ticket price is \$75 per person or \$600 for a table of 8. There will also be a silent auction and cash bar. Sponsorship opportunities available.

Reserve your seat at the table today by calling 620-1677 or register online at [www.spectrumgenerations.org/celebrity](http://www.spectrumgenerations.org/celebrity).

**Chronic Pain Workshop**

People Plus  
35 Union Street, Suite 1, Brunswick

Thursdays  
September 19 – October 24, 2013  
1:00-3:30pm

Workshop cost- \$75  
Includes all materials

To register or for more information, contact:  
Tina DeRaps at Spectrum Generations  
207-620-1657  
[tderaps@spectrumgenerations.org](mailto:tderaps@spectrumgenerations.org)

This 6-week workshop series will help you:

- Better cope with chronic pain and feel more in control
- Improve your problem solving skills
- Work with healthcare providers to expand your skill to manage chronic pain
- Learn how eating healthy can make a difference
- Learn gentle movement exercise, please wear comfortable clothing
- Learn how to balance activity and rest... and much more

**Get Answers**

**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.

**Ageing and Disability Resource Center (ADRC)** Promoting independence and dignity for older and disabled adults, their families and caregivers. 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 resources and services that support caregivers.

# Members by the numbers

Every membership is important to People Plus, and we hope People Plus stays important to every member. With a paid membership base that hovers at or near 1,000 people, your Center remains one of the state's largest, independent, member based organizations.

We remain so grateful to the following Brunswick area businesses who continue to offer special discounts to their patrons who show a People Plus membership card at time of purchase:

**Beauty Salons/Skin Care**

**Reflections:** 10%, Monday-Friday  
2 Center St., Brunswick  
729-8028, www.reflectionstbytucie.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

**Auto Service**

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

**Bill Dodge Auto Group:** 10% off parts and service; 262 Bath Rd., Brunswick; 888-378-1404

118 Pleasant St., Brunswick; 729-6653  
www.billdodgeautogroup.com

**Brunswick Ford:** 10% off on Parts and Service  
157 Pleasant St., Brunswick; 725-1228

**Lee's Tire & Service:** 10% on Parts (excludes tires)  
35 Gurnet Road, Brunswick; 729-4131

**People PLUS PEOPLE PLUS MEMBERSHIP** Date \_\_\_\_\_

No cash for membership

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Name (1) \_\_\_\_\_ (LAST) (FIRST) Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Name (1) \_\_\_\_\_ (LAST) (FIRST) Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Email \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

New Member  Renewal

I would like the People Plus News via  Mail  Email

I would like more information about  Volunteering

OFFICE USE:

Membership card sent  Accounting  Data

**YEARLY MEMBERSHIP FEES:**

\$25 per person (Brunswick, Harpswell residents) Membership: \$ \_\_\_\_\_

\$30 per person (all others) Additional Donation: \$ \_\_\_\_\_

\$40 for People Plus Friend  \$100 for People Plus Partner **Total \$ \_\_\_\_\_**

\$250 for Lifetime Membership (65 or over)

Visa  Mastercard  Check/Cash (Payable to People Plus)

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Donations above Membership Fees are tax deductible.

27 Monument Place, Topsham: 729-1676  
**Tire Warehouse:** 20% on Labor  
24 Topsham Fair Road, Topsham  
725-7020, www.tirewarehouse.net

**Medical Services**

**Augat Chiropractic:** Free consultation and cursory exam  
9 Pleasant St., Brunswick; 725-7177

**Berrie's Opticians:** 20%, Anytime  
6 Maine St., Brunswick  
725-5111, www.berriesopticians.com

**Maine Optometry:** \$30 off complete pair of glasses  
82 Maine St., Brunswick; 729-8474  
www.maineoptometry.com

**Nickerson Optical & Hearing Aid Center:** 15% Optical; 10% Hearing  
82 Barbeau Drive, Brunswick  
725-1110, www.nickersonoptical.com

**Recreation/Entertainment**

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

**Spare Time Bowling:** \$1.85/String, 7 days a week, 9 a.m.-5 p.m.  
276 Bath Road, Brunswick; 725-2963  
www.sparetimebrunswick.com

**Restaurants**

**Arby's:** 10%, Anytime, excluding coupons  
Topsham Fair Mall Road, Topsham  
729-8244, www.arbys.com

**Big Top Deli:** 10%, Anytime  
70 Maine St., Brunswick  
723-8900, www.bigtopdeli.com

**Fairground Cafe:** 10%, Anytime  
Topsham Fair Mall; 729-5366

**McDonald's:** Free Dessert with Purchase  
11 Gurnet Road (Route 24), Cook's  
Corner, Brunswick; 729-4416  
www.mcmaine.com/1080

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

**Tavern at Brunswick Station:** Buy one entrée, get one half off  
4 Noble St., Brunswick; 443-3538  
www.innatbrunswickstation.com/  
tavern\_dining/

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

**Stores**

**Bowdoin College Store:** 10%, Anytime  
Station Avenue, Brunswick; 798-4344  
www.bowdoin.edu/bookstore

**Indian's:** 10% on Non-sale Items, Mondays  
Tontine Mall, Brunswick; 729-6448

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

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

## Curtis Library members can access movies

Curtis Memorial Library, in partnership with RbDigital on Recorded Books, are pleased to announce the availability through the library of IndieFlix for Libraries, a premier online streaming service provider of award-winning independent films, shorts and documentaries from around the world.

Curtis Memorial Library cardholders now have unlimited, free access to thousands of streaming film-festival hits, including the best of Sundance, Cannes, Tribeca, SXSW and more. IndieFlix is available on Apple, Android, and all Internet-enabled devices. Patrons can also watch films on TV with their Roku devices.

Curtis Memorial Library Adult Services Manager Sarah Brown is a big fan of IndieFlix.

"Finding something to watch is easy — you can search or browse and sort by language, genre, film length, or age appropriateness."

Brown finds most of her films by browsing the IndieFlix channels. "There's one for every genre or mood, from action-adventure to classics, documentary, dramedy, foreign, horror, romance, thriller, western and even zombie. My favorite channel is the IndieFlix staff picks channel — it's a great way to discover new films and filmmakers. And with the variety of film lengths, from shorts to full length movies, you can always find something that fits into your schedule."

To sign up, simply visit [www.curtislibrary.com/downloads](http://www.curtislibrary.com/downloads). For any questions on this service please see a Curtis Library reference librarian.

## Unable to drive?

**Have no other means of transportation?**

The Volunteer Transportation Network (VTN) provides free rides for medical appointments, grocery shopping and personal needs to those without access to transportation within the Brunswick, Topsham and Harpswell communities. If you are in need of a ride or know of someone that might benefit from this program, please call us today at 729-0757 to see if you qualify.

*Volunteer Transportation Network  
Connecting people to places & residents to community.*

## Using historical newspapers for genealogical research

The September meeting of the Pejepscot Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library in Brunswick on Sunday, Sept. 8 at 2 p.m.

The guest speaker will be Brian Bouchard, PGS member and vice president and webmaster of the Maine Genealogical Society.

Newspapers have been around for hundreds of years and contain a plethora of information about our ancestors, but have historically been an underutilized source in genealogical research. In this discussion we will dispel the myth, "My ancestors weren't newsworthy," and explain how ordinary events in the lives of all our ancestors become local news.

Utilizing actual newspaper articles

from the past 250 years, participants will be challenged to think about how they can utilize this same type of information in their own research. Also discussed will be search techniques and some common subscription-based and FREE websites that participants may begin using right away for rounding out their own family histories.

Bouchard is a Brunswick native who has been exploring his own family history for nearly 20 years. He has spoken to a number of audiences on a variety of topics related to how to do genealogical research. He is the former president of the Pejepscot Genealogy Society.

Join us as we learn about this important tool in researching our family history and stay afterward for a short social time, followed by a business meeting.

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# Give me one more silver dollar

"Beans, beans, that miracle fruit..." Jane was plowing along on all fours through another row of string beans, topping off her second basket for the evening. "We're going to be eating beans for a while," she announced, and I wondered briefly if she wanted me to help her pick, or if she just wanted me to stop watching and go away.

I chose to go away. Picking string beans was one of my first paying jobs, back in my preteen days. It was in the '50s, and Harry Prout and Ransome Kelley were dueling for the child labor market in Bowdoinham. My personal preference always went to the Prouts — mostly because Harry's wife, Dot, was always so nice to us and always carried extra water — but one year, Mr. Kelley seized the edge.

The story is that Kelley got in some kind of a "to do" with merchants in Brunswick over the importance of the Bowdoinham agricultural business to the Brunswick market. Ransome always was a BIG promoter of Bowdoinham. Somehow, Kelley struck on the idea of paying his crews that season with silver dollars, and that's just what he did!

In a matter of days, those heavy and impressive coins started clanging down on counters all over Brunswick. Benoit's, McDuff's, the Cumberland Theater, you name it ... all those Brunswick businesses had to acknowledge the might of the Bowdoinham bean.

An acre of beans is an impressive sight, a bushel of hand-picked beans, even more. If the weather was nice, the picking great and I was motivated, I could do three, maybe four bushels in a morning. Some of those French kids from Topsham were even faster.

The scale man at the edge of the field was a mean-looking, cigarette chewing guy that would always mutter something about girls picking faster than me. To this day I still wonder why he cared. (But you know, Jane DOES pick faster than me.) He'd tally my 5 cents a pound on a clipboard, and I would go back to my row for my next bucket of beans.

I was a happy guy when I eventually got tall enough to see over the hood of a Ford tractor, and strong enough to shoulder and run with a 50 pound bag of green string beans. There came my ticket-off the picking crew, and a promotion

to a solid, guaranteed wage of \$1 per hour, and a station on the packing crew.

Yep, before I left high school, I had that same scale man, working off the trailer of my tractor!

At home there was always a long row or three of beans in our family garden. If grammy wasn't around to pick, it fell to my brothers and me when we came home from the fields.

My mother was famous for her home-canned string beans, not because she ever sold a pint, but because she routinely pressure-canned 100 or more quarts for the season, and every single jar had to be, and was, Martha Stewart perfect. It was always her plan to put up enough so we could have canned beans at least twice each week, and it was always her expectation that every jar would be exhibition hall quality.

We had string beans at our People Plus luncheon last month, and I was challenging my kitchen crew to cut each bean into inch and a quarter sections. "That's how my mother trained me to do it," I kept saying. "We're not your mother," they kept reminding me.

There is a delightful side bar to the sil-

## Speaking Frankly

FRANK CONNORS



ver dollar story. When my mother died several years ago, my sisters found a heavy, oddly-shaped sock on the bottom of one of her bureaus. Further investigation uncovered a fistful of silver dollars, and refreshed the memory that mom often purchased those silver dollars from we boys, paying us at the accepted rate of \$2-\$3 for each coin, so we'd go for the deal.

I don't think any of my brothers or sisters knew she was hoarding that silver, but after her death, we stacked those dollars on her kitchen table one last time, and realized there were just enough to give one to each of her grandchildren. How did she know that? Ransome would have been proud, as well.

Maybe I should root around and find a few silver dollars of my own, then flip them to Jane when she comes in from the garden. Or maybe not.

## New or renewing members — September

- \*Indicates membership donation
- BRUNSWICK**
- Art Treffry
- Susan Olds
- Clifton Olds
- Marge St. Louis
- Muriel Knowles
- Ruth Nies
- Rose Minugh
- Catherine Minugh
- Annette Haas
- Joseph Haas
- Pauline Thorpe
- Eleanor Peterson
- Hope Russell\*
- June Austin
- Ruth Caouette
- Carole Heaphy
- Elaine Sells
- John Stoll
- Jennifer Jenkins
- Marguerite L. Curtis
- Connie Lundquist
- Albert Roberge
- Alicia Pietraho
- Ann Bonang\*
- Elaine Thibault
- TOPSHAM**
- Barbara McHarg
- Don McHarg
- Marguerite Emerson
- Edward Pontius\*
- Debra Hoskins
- Juana M. Haskins
- HARPSWELL**
- Claire Conlin\*
- OTHER COMMUNITIES**
- Cornell Knight, Hollowell
- Kathleen Dudzic, West Bath
- Thomas "Tom" O'Brien, Bowdoin
- Joella O'Brien, Bowdoin
- Joe McEntee, Newcastle
- Frances Thompson, Bath

## Who, where, why?

By FRANK CONNORS

Back in the last century, (1951 to be exact) when the Brunswick train depot was near the center of transportation and commerce in our community, local businessman Alfred Senter commissioned a photograph of a young woman, with her pet, for a contest sponsored by the New England Photographers Association.

When the image won awards at the contest, and created more than a little local buzz in Brunswick, Senter had the photo enlarged, framed and displayed at the local Maine Central depot waiting room; and, the story goes, there it stayed until the depot was removed in the 1960s.

The loss went unnoticed for nearly 50 years, until earlier this summer, the picture was reproduced, re-framed and regifted to the Brunswick Visitor's Center (and Amtrak "depot") where it has hung now for several months without causing too much controversy.

But here we go folks. If you remember who this delightful child was/is drop her name, and yours, on a piece of paper and give it to Frank Connors at the People Plus Center. If you can name her dog, then we'll have a tie breaker. Winners of this contest receive absolutely nothing. We'll print the name of the "mystery girl" in next month's People



Plus News. In the meantime, be sure to go to the Visitor's Center and check her out.

Life's a dance, you learn as you go, Sometimes you lead ... Sometimes you follow. It doesn't matter what you don't know, Because life's a dance, You learn as you go.

## Ski Club?

Snow will be here soon. If you are interested in carpooling to any Maine ski resorts, mid-week or weekends, please contact Frank Connors at the Center or call 729-4757.

We're looking for recreational downhill skiers of any talent, mostly interested in sharing the ride and expenses.

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The show at Union Street Gallery opening Sept. 3 will be a unique collection of work completed years ago by Brunswick artist Edythe Laws.

"This is a special project for the Center," Member Services Director Frank Connors said. "Laws was a personal friend, was well-known in Brunswick, and frankly, this is just fun to do."

Laws died in January 1985, at the age of 62.

The collection will include an area map, created by Laws in the 1940s. Most of her works will be of area scenes that should be easy to recognize.

Most of her work was oil on board, and many of her pieces were "larger than life," according to Connors, who remembers she liked to say she studied with "the Wyethes," and that she drew inspiration from N.C. Wyeth.

The show will remain on display through October, and may be viewed during regular business hours at the Center.

## Show features Edythe Laws



The former Brunswick Record building on Maine Street, oil on board by Edythe Laws. The building housed the Record for 40 years.

### CLASSIFIED ADS

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

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

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

### 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.**

To the Editor:  
 Just a quick note to tell you how much I enjoyed the "live" version of the News (People Plus' News & Views)! I sat here after breakfast and listened and nearly choked on my coffee when Stacy mentioned the "giant harpist." That visual image was just too good to be true! Also enjoyed hearing about the sex life of horseshoe crabs. I'll be happy to teach Frank how to "sign" various transitive verbs to help him better convey information to his grandson.

... Anyway, I loved it all, and I'm still smiling!  
 Deb of Brunswick

## Retired educators to meet for salad

Members of the Mid-Coast Retired Educators Association will meet on Wednesday, Sept. 4, at the United Methodist Church of Brunswick for a salad luncheon.

The social time commences at 10:30 a.m., with the business meeting at 11:45 a.m., followed by the luncheon. The FUND-raiser for the annual high school scholarships to be given to Brunswick, Morse and Mt. Ararat high school seniors will be the annual auction.

The association will also meet at People Plus on Tuesday, Nov. 12, for its potluck annual meeting. Watch for details in next month's paper: All retired educators living in the area are welcome to attend. Reservations and further information may be had by contacting the association president, Corley Anne Byras, at 666-3922.

## AARP safe driver classes offered in Bath, Brunswick

An AARP-Senior safe driver class will be offered at the People Plus Center, beginning at 8:30 a.m., on Friday, Sept. 13.

Registrations are booked directly with instructor Read Rich by calling 729-0775. Class size is limited to 24, and registrations are taken on a first-come, first-served basis.

Cost is only \$12 for members of AARP

and \$14 for all others.

The Bath Area Senior Center is hosting a class on Sept. 10, and there will be a class at the Bath American Legion Post on Sept. 21. Thornton Oaks, in Brunswick, will host an afternoon class on Sept. 30.

Most classes run for four hours, and under Maine state law, most drivers are eligible for discounts in insurance costs, after successfully completing a class.

### Flu & You

- Practice good health habits: Get plenty of sleep, be physically active, drink plenty of fluids.
- Clean your hands.
- Cover nose and mouth when coughing or sneezing.
- Stay home if you feel sick.

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