

People ^{Plus!} News

The center that builds community

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

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Volunteers to be recognized, feted

The annual People Plus tribute to our volunteers will be held on Thursday, June 12, beginning at 1 p.m. Join us for “mock” tails, tasty finger foods, fruits, cookies and good conversation.

Mike McCarthy will offer musical entertainment from his keyboard, and there will be “light-hearted distribution of honors” recognizing the importance of volunteers to the Center.

“Volunteers are the heart and soul of People Plus,” Program Coordinator Jill Ellis observed. “Without their hard work, support and enthusiasm, there is just no way that People Plus could offer half of the programs or services we supply.”

She estimated more than 300 people routinely volunteer time and talent at People Plus, working as receptionists, drivers, callers, cleaners, gardeners, cooks, tutors, instructors, greeters and more.

Staff will be “tweaking” the actual awards ceremony, moving the recognition away from a traditional single nomination of one Volunteer of the Year, to a more comprehensive, and diverse, salute to dozens of folks who have made immeasurable volunteer contributions to the Center.

We hope you will plan to attend. Please confirm with the front desk by calling 729-0757 by Monday, June 9.



Load 'em up

Brunswick Police Chief Richard Rizzo, who is also a People Plus board member, considered it a distinct pleasure to load “three willing convicts” in his cruiser for the Memorial Day parade. The three, from left, are Dee Fiskel, Pam Ouellette and Linda Cronkhite. The three women were high bidders for the ride at the Music in April auction.

MSMT courts Center members

Staff and summer interns of Brunswick’s Maine State music Theater will offer a sneak preview of the 2014 summer season to People Plus members at the Center on Tuesday, June 3, beginning at noon.

Curtains Up!, an FYI presentation loaded with hints of Broadway, will mark the new season at the summer theater and a new level of participation and partnership between the People Plus Center and MSMT.

“This is going to be a huge season,” theater Artistic Director

Curt Dale Clark explained, “and we want to work with the Center to make it bigger.”

MSMT has offered the Center a main floor block of 40 tickets to sell for each show’s first Friday night presentation. Tickets that normally sell for \$63 will be available, while supplies last, for only \$40. The Center will make \$10 from the sale of each ticket. Tickets are for People Plus members only, are available at the front desk and will not be refundable.

Clark and a group of summer interns will entertain during a

pizza party at the Center on June 3.

“Some of these kids are involved with every show,” Clark explained. “They are indeed the heart of our theater.”

Shows played this summer include: “Buddy: The Buddy Holly Story,” “Chamberlain,” “Footloose” and “Seven Brides for Seven Brothers.” Please pre-register with the People Plus information desk at 729-0757 if you are planning to attend this program, we need to know how much pizza and other refreshments to provide.



Chowing down to feed others

Craig Patterson, resource counselor at Spectrum Generations, was among the first at a fundraiser for the local Meals on Wheels program on May 28. A portion of all sales at Five Guys Burgers and Fries went to support the program.

Increase coming for member dues

“One thing is certain,” member services director Frank Connors said at the most recent staff meeting, “dues at People Plus will have to increase in our next fiscal year budget.”

During tough budget negotiations with the Town of Brunswick this season, councilors repeatedly suggested to center Executive Director Stacy Frizzle that it was “essential” that members pay a larger portion of the Center’s operational costs. One council member suggested \$75 per year was not “out of line,” but that suggestion was quickly discounted.

Members of the finance and membership committees and the Board of Trustees are all grappling with different recommenda-

Please see **DUES**, Page 5

‘Chat’ to feature Elizabeth Strout

Elizabeth Strout, who won a Pulitzer Prize in 2009 for her novel “Olive Kitteridge,” will lecture and read at People Plus on Tuesday, June 10, beginning at 1 p.m.

A Maine native who uses her Pine Tree State roots in many of her novels, Strout has published four major works. Her newest, “The Burgess Boys,” is based in a small, Penobscot River mill town, and deals with the manner in which townspeople respond to a growing immigrant population.

During a recent presentation at Bowdoin College, Strout



Pulitzer Prize-winning author Elizabeth Strout will be featured during the Author’s Chat on June 10.

filled her lecture hall and had her program placed remotely to other classrooms. Please be sure to pre-register if you plan to attend this author’s chat.

GOOD MORNING, BRUNSWICK

Call program offers reassurance

The Good Morning Program is a free, daily, safety check-in program created by People Plus and the Brunswick Police Department.

Each morning, people in the program call a designated line at the police department and leave a brief “I’m OK”-type message on the voice mail.

If a program participant does not call, an emergency protocol is initiated, starting with a People Plus volunteer calling them at

home. If they do not answer, a designated caregiver would be contacted, followed by a local police officer visiting the home to check on them.

Available to older adults or the disabled in Brunswick, Harpswell, Freeport, Topsham, Bowdoin or Bowdoinham, this program enables participants to call in by phone seven mornings a week from the time they wake up

Please see **CONTACT**, Page 5

People Plus News

The 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:

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

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People Plus Staff

Stacy V. Frizzle Executive director director@peopleplusmaine.org
Jill Ellis Program and outreach coordinator programming@peopleplusmaine.org
Elizabeth White Office manager betsy@peopleplusmaine.org
Frank Connors Member services frank@peopleplusmaine.org
Jordan Cardone Teen Center coordinator teens@peopleplusmaine.org
Patricia Naberezny Receptionist reception@peopleplusmaine.org

Spectrum Generations Staff

Craig Patterson Resource counselor cpatterson@spectrumgenerations.org
Shannon Hall Meals on Wheels coordinator shall@spectrumgenerations.org

Politics of budget season

I learned a lot this month. The budget cycle this go round has been more difficult and trickier than in the past two years.

So, this year I finally got to see the inner workings of the Brunswick Town Council as I was privy to meetings that involved the town manager/finance director, town counselors and members of the People Plus finance committee.

After putting in a request for funding that includes both People Plus and the Teen Center program, I received feedback from the town that they were not able to give the full amount requested. (This is standard.) However, it appeared these cuts to the request would go deeper than expected. And we put out a call to action for our membership to write letters to the Town Council in support of the funding. Over 75 of you reached out!

The council heard your pleas and we worked together over the next couple of weeks and reached an understanding of what they are capable of giving. It was an incredibly productive exercise and I really saw the counselors putting great time and energy into researching every dollar spent in that budget.

This budget cycle is hitting at a time

when fundraising has been difficult for this organization — as for all nonprofits in this area. Our annual fund campaign is still shy of its goal and our grant awards are down this year. There are more nonprofits than ever looking for funding at a time when our local economy is still reeling from the base closure and competition for every dollar is fierce!

Consequently we are tightening the bootstraps here at People Plus and taking a look at our books. Cutting spending and increasing membership dues is sadly going to be necessary moving into the new fiscal year. I've done everything I could for the last three years to stave off an increase, but there will be one coming in July.

It's been five years since we raised the membership rate for members in Brunswick and sadly I can't think of anything that costs the same thing it did five years ago. Harpswell and Topsham will also be affected, as to be expected.

It might help everyone understand and "swallow" the information better if I go through the numbers with you. So here goes...

The town of Brunswick gave us

From the Executive Director

STACY V. FRIZZLE



\$100,000 last year. This funding from Brunswick of course is paid by Brunswick taxpayers, yet it is covering the cost of people who live in Topsham and Harpswell. Consequently we charge those residents a little bit more than Brunswick residents.

An increase is often hard to swallow but so worth it when you look at the value that this organization gives to all of our lives. The health and wellness aspect, the technology classes, the educational lecture series, the lunches, etc. We can all go on for hours talking about the positive benefits of People Plus and the benefits of membership.

We have dozens of businesses in town that give discounts on services just to our membership! I hope you'll bare with me as we move into the new fiscal year together, with the understanding that we all hate a membership dues increase but that it helps defray the cost of running your well-loved Center.

Hopefully it won't be drastic and we all see the value of pulling together to keep the doors open at this wonderful Center That Builds Community since 1976.

From Anita's Plate

ANITA HUEY



'What's for lunch?'

If you walked up to 100 people and asked them, "What's for lunch?" I would bet that 90 percent of them would say a sandwich.

I love to talk about meal planning and thought it would be fun to talk about lunch in this month's article. It is always

Roasted Vegetables in a Salad for lunch

As you are serving up your dinner, add some roasted vegetables to a canning jar and top with salad greens and finally pieces of chicken. Place the dressing in a separate container for a delicious lunch.

Dressing 2 servings:

1 Tb. Olive oil
2 t peanut butter
2 t lemon juice
2 t reduced sodium soy sauce
Nutrition: 100 calories, 6 grams of fat and 150 mg of sodium
Note: Enjoy this delicious lunch

nice to keep things interesting with our food choices so that we look forward to the meal ahead.

That being said, we are all busy and it is hard to think about adding one more "to do" item to our list.

Let's think about making dinner and then using something from dinner to use for a delicious lunch. So if you prepared baked chicken with roasted vegetables for a meal, you can use them for a lunch the next day in a salad (see

recipe). This is a great way to use food that you have already prepared for a great lunch.

The Diabetes Prevention Program that I am running has now completed its 11th week and participants have made great progress.

If you know of anyone that may benefit from this program have them give me a call as we are starting another one on June 18 at 4 p.m. I can be reached at 504-6439 or shebakme@comcast.net.

Second Diabetes Prevention Program set June 18

A second Diabetes Prevention Program will open at the People Plus Center, beginning June 18 at 4 p.m. The 16-week program, led by Everyday Nutrition Associates director Anita Huey (MS, RD, LD, CDE) features open lectures, group sup-

port and weekly weigh-ins.

Huey said the first program, which started in late March, attracted nine participants who have collectively lost a total of 120 pounds.

"It's not only about weight loss," Huey

said, "but the number is impressive and it indicates a level of commitment by class members."

This Centers for Disease Control-sanctioned program will help you learn how to change your lifestyle to prevent or help control Type 2 Diabetes. There is a six-month follow-up to the 16-week program. Cost is still only \$125 for People Plus members and \$150 for nonmembers.

Contact Huey at 729-0757 to register or obtain more information at shebakme@comcast.net.

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Fondly recalled ...



Years before David or Danny were selling hot dogs on Brunswick's Mall — about 1935 — Uncle Dave Fortin was selling Swift's Premium Frankfurts on Brunswick's Maine Street. Sometimes he could be heard saying, "They're all red ready and they're all red hot, with a pickle in the middle and the mustard on top." (Photo courtesy of George Lemieux.) **Do you have old area pictures to share with readers of People Plus? Please contact Frank Connors, 729-0757, with your comments, contributions or suggestions.**

A Tribute to 'My Dads'

By GLADYS SZABO

Albert, my biological dad, educated me regarding the true values of life. He was a living example rather than using words.

He taught me honesty, kindness, to be helpful and most of all loving and accepting of all people. My dad's radiant smile and sense of humor could transform a room of somber people into laughter and joy. His priorities were family, friends and community. I watched with anticipation, when as a volunteer fireman, he braved burning buildings, flames lighting the night's dark sky, gas tanks exploding. I cried with relief, knowing he was safe as he emerged from the rubble, covered in ashes.

I would accompany my dad when he was setting up playgrounds in the city or coaching a Little League team even though I was his only child. He enthusiastically attended every event in which I took part. We were inseparable.

Our nightly trips for ice cream, snuggling in the warmed blankets he wrapped me in, as I climbed into my cold bed, are just two of many, special memories I hold in my heart. I was his side kick and helper no matter what task he tackled. Most important to me were his loving heart and warm hugs, as he would embrace me in his strong arms.

At the age of 44, my dad sud-

denly died of a heart attack. I was 14 and devastated!

Several years after my dad's death, my mom married Roland. He became a "dad" rather than a stepdad in every sense of the word. He never tried to replace my dad. His respect was touching for my feelings. We laughed and cried through life's ups and downs.

He patiently taught me to drive. He beamed as "my dad" when I graduated high school, and walked me down the aisle, weeping with emotion, the day I married.

Like my "dad," his actions spoke louder than words, teaching me to respect everyone including myself. Even though I was a teenager when he came into my life, we shared wonderful times and bonded in a very special relationship. He was great at working out "teenage issues" between my mom and I. He loved introducing me as "his daughter!"

When I was 36, married and the mother of two children, Pop-Pop (as we called him), legally adopted me. He wanted us to be his legal family. As we walked out of the court room, you'd have thought he won the lottery, excitedly telling anyone and everyone, "This is my daughter and grandchildren!"

I am truly blessed to have had two, extraordinary dads in my life. Because of their loving guidance, I am the person I am today, and still striving to live up to their ideals.

HAPPY FATHER'S DAY

Rain

By NANCY SOHL

Sometimes you can tell all day that rain is going to fall
Sometimes the sky opens up with no warning at all.
Sometimes the thunder and lightning knocks you off your chair
Sometimes it's a misty rain you hardly know is there.
Sometimes we pray for rain that will make the green things grow
Sometimes too much rain means rivers where they shouldn't go.
Sometimes rain on the roof

sounds so gentle and pretty
Sometimes rain means mud and flooded streets in the city.
Sometimes rain keeps you indoors when you want to be outside
Sometimes rain lets you stay indoors while from the world you hide.
Sometimes rain is a wondrous thing — a gift to earth with love
Sometimes rain just seems so sad — tears from storm clouds above.

Changes

By CHARLES PAYNE

Grammy says I must change my ways.
Will I lose all my happy days?
I will cry into my pillow every night,
But I won't give in without a fight!

Spring

By DOTTIE MOODY

Spring is a stubborn season in the northeast
We seek warmth and sunshine
We get cold and rain
We wait for our first spring planting
We wait for the trees to bud
We wait, we yearn, we wait...

Cremations

By ADELAIDE GUERNELLI

When I die, I don't want to be cremated, do you want to know why?
Because I want my body to dissolve itself, according to God and the steps of time, which allows us to rest until the whole body is ready!

When my dear Aunt Josie was cremated a few weeks ago, she probably did not remember what happened to her husband, almost 10 years ago.

He was cremated many times and we can say there were two persons that became only ONE, and we must pray for them, and for all the other human beings that die ... Amen.

In 1964, we were stationed in San Diego, Calif., a Navy family with two young sons. Gary's orders sent him to the USS Constellation. The ship was headed for the Gulf of Tonkin, the start of the Vietnam War. The first fighter airplane was shot down, its pilot captured and became the first POW.

The war did not go as Americans expected. Political influence and lack of American support prolonged a long horrific war: 58,220 soldiers died and many others were left mentally and physically impaired. We left Vietnam without a victory.

When Gary returned home it

At Last

By BONNIE WHEELER

was not to a hero's welcome but to a mostly uncaring nation. Only the soldiers who served, and their families, knew and grieved for the ones who had given their all. At least the broken and beaten POWs would return to a small joyful reunion with their families and fellow soldiers. Often when asked where they had been for the past years, and answering Vietnam, they would be greeted with silence and disappointment, and even hostile words.

The military continued the job of serving and protecting America, seldom hearing the words, "thanks for serving," or

"well done." Vietnam veterans were grateful to be alive and back home. Time passed, retirement from the Navy, children grew, grandchildren born, we moved on — 50 years.

This week Gary went to Portland to eat out at Cracker Barrel, and after a good meal the check came paid in full with these written words, "Thanks for your service." He was shocked and amazed and wondered how they knew. Then he realized his ball cap said, Vietnam Veteran. At age 75, it was a satisfying feeling to at last be appreciated.

Footprints

By ELIZABETH B. BATES

My friend passed away last week
During the snow.
It fell gently, whitely ...
Her head against the pillow.

The ladies played their Tuesday game,

Her chair empty in the parlor.
Talk was low ... calico cat
Lay sleeping by the fire.

Her daughter took the cat.
The house is locked and alone.
My friend passed away last week ...
No footprints in the snow.

The Flipping Squirrel (A true story)

By VINCE MCDERMOTT

One recent morning I happened to glance out my window. One of our neighborhood squirrels was roaming around looking for goodies. He looked up at me and I looked down at him. He continued to forage. I rapped

on the window. He stopped, then moved on. I rapped again. He hesitated, moved forward, then did a complete front flip, landing on his paws. He looked up at me and moved away.

I have no idea if this was a performance or an insult. Any ideas?

CORRECTION



This photo, which appeared on page 3 of the May issue of People Plus News, pictured Dick Dreselly in 1928 on a horse beside his grandfather. The caption said they were on a rickety wharf. Actually the photo was taken at the house in the picture, which is beside the present side road to The Vicarage in Harpswell.

Lunch & Connections

Chicken off the grill will be a treat

Chicken, marinated in lemon juice and butter, then grilled to perfection on the lawns at People Plus, will be your luncheon feature June 19 at noon.

"We always have fun with this one," Center chef Frank Connors said. "Gosh, last year, it got so smoky Ralph and I almost invited the Brunswick Fire Department to lunch!"

Chicken will be served with a baked bread stuffing and cranberry sauce, and there will be a macaroni and cheese casserole, green string beans with almonds, glazed carrots, and no potatoes on the menu, according to Connors.

A fresh, lightly dressed green garden salad will be waiting for everyone. Our bread offering will once again come from the Wild Oats Bakery, and dessert this month will be a cupcake served with frozen yogurt.

Watch for a theme that honors flag day, National Smile month, and national iced tea month. Did you know that the 19th of June is Garfield the cat's birthday?

Watch for a return of Norman's secret iced tea recipe next month!

Our monthly Lunch & Connection meals are sponsored by Spectrum Generations, and are planned to focus on nutrition, information, fun and variety. A CHANS home healthcare provider is always in attendance to offer and record member's blood pressures.

Come at 11:30 a.m. to chat with friends and claim your seat. There's always a chance to pick up a 50/50 raffle ticket (last month's ticket paid \$24!) and to register for one of several free door prizes.

Seating is limited (last month we served 69 guests) and pre-registration is required. Remember, if you are registered and can't attend, please call us so we can activate our waiting list.

Cost is still only \$5 for members and \$7.50 for non-members. Lunch is served at noon. To register, call the People Plus information desk at 729-0757. We accept registrations only after the first of June.



Drew Dow, standing, leads a group of People Plus members in one of his ever-popular Apple 101 classes. The series will continue this summer on Mondays and Tuesdays.

Apple 101 classes on Macbooks, devices planned

Apple 101 sessions for MacBooks or Apple Devices — back by popular demand — will be offered either Monday afternoons or Tuesday mornings.

• Apple 101 for MacBooks

Mondays (six weeks, June 23-July 28), 3-4 p.m. or Tuesdays (six weeks, June 24-July 29), 9-10 a.m.

Bring your own MacBooks to Apple 101. Each week we will learn about a new service you can use on your MacBook.

• Apple 101 for your Apple Device

Mondays (six weeks, June 23-July 28), 4:10-5:10 p.m. or Tuesdays (six weeks, June 24-July 29), 10:10-11:10 a.m.

Bring your iPhones, iPads or iPods to Apple 101 for Apple Devices. Each week we will learn about a new application or service provided by your device such as iCloud, FaceTime, Facebook and multiple applications.

Long-term care meeting postponed until fall

The Lunch and Learn program sponsored by Rousseau Management, "Understanding Long-Term Care," and scheduled for June 5 at noon, has been postponed, due to a scheduling conflict. The meeting will be rescheduled for the fall.

Rousseau operates several extended and specialized care facilities in our area, including Dionne Commons, Skolfield House, Horizons Rehab and Assisted Home Care II. Watch your August People Plus News for a new fall date for this important meeting.

The instructor for both sessions is Drew Dow. Cost of each is \$30 for members or \$60 for nonmembers. Registration is required and class sizes are limited.

Other offerings at the Center include Welcome to Medicare and Learn to Play Bridge. Participants are asked to call to register for classes and events at 729-0757.

Welcome to Medicare with Spectrum Generations

This session is designed to provide you with knowledge about Medicare and its many "Parts" so that you can make an informed decision about health care cover-

age. This class is held the second Tuesday of each month from 12:30-2 p.m. Free and open to the public. Registration is required.

Learn to Play Bridge with Bridges Home Care

Dave Brown, of Bridges Home Care, a division of Spectrum Generations, will be back to People Plus this summer to teach his popular Learn to Play Bridge class.

The class will run from June 13-July 25 on Fridays from 10-11:30 a.m. and is offered to members only.

Registration is required.

Maisy at the Bat BY RUTH FOEHRING

"Twas recess time in lovely May,
It was a great time to go out and play,
Maisy Maloney's class did this and that,
A gym bar even held an acrobat.
Some ran up and down, with many a shout
She wandered here and there, showing her clout!
Jump ropes circled, some were swinging,
One large group seemed to be singing.
In one small corner on a grassy mound,
Two boys played without a sound,
One held a bat and the other a ball,
They looked her way and gave a call.
Ned quickly hit, while on that mound stood Rich,
He was about to throw another fast pitch,
They asked her to play,
So, what could she say.
A bat was swiftly lent,
She hit that ball but no where was it sent!
"Keep, your eye on the ball, straighten your arm."
These loud shouts began to fill her with alarm.
Rich said, "Turn around and do what I

say."
"You're a southpaw, but that's O.K."
She stood now at an odd angle,
Knees and arms began to jangle.
Swat went that ball; the ball began to soar,
Rich astonished, began to roar!!
"You are a left handed hitter," he screamed!
Maisy stood with that bat and beamed.
Rich now pitched eagerly from that mound,
Maisy hit each ball with a cracking sound!
Eight times the ball went over the fence,
Children gathered and watched with suspense.
Many ball games were recalled from her youth,
None had chosen her to play, that's the truth,
Leaders would choose their sides, and have their pick,
This part had always made her sick.
"I'll take Priscilla, and you can have Joe."
Maisy was always the last to go.
"She sure can't hit, there is no cure.
With Maisy we'll lose; and that's for sure.
She was a southpaw, if only she had known,
Years ago her gift would have shown.
The bell rang; it was time to stop their play,
Maisy heard someone say,
"Boy, Mrs. Maloney is really great!"
Now she had no desire to educate.
The news that she had hit that ball right,
Must be told and that very night!

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All processes take time

In the time it takes you to read this ad, you will breath in and out approximately 50 times, your heart will beat hundreds of times, your body will create tens of thousands of new cells and break down an equal or greater number of cells that are at their end stage of usefulness for health.

On the same token, your nervous system is evaluating your environment to maintain and regulate your temperature, maintain your posture, read and understand the content of this article and creating short-term and long-term ideas that will become a critical part of your world view.

Think that is amazing? Consider this, every second of your life, your nervous system processes, organizes, reacts and adapts to 300 million or more different pieces of information and does so with amazing success.

As fast as the nervous system processes and adapts to our external environment and the speed at which it is capable of regulating our internal environment, it is easy to forget that the current state of our adaptability started approximately 9 months before we are born and it has been getting better and/or worse consistently every moment of every day you have been in existence! Your nervous system is literally an ever learning, fluid entity that creates and recreates it's function minute to minute but as a whole throughout a lifetime.

True health and a highly functioning nervous system is the sum total of all your decisions, actions, attitudes, ideas, habits and lifestyle choices

from the moment you were conceived. Whereas you cannot change your history, you can change your future. You can become more conscious and have complete control over the aspects of your life that most affect your health.

A short list of the critical components include, but are not limited to, becoming more selective of your environment (internal and external), your body (your daily habits of exercise, posture and flexibility), your diet (when, what and how much you eat), and your thoughts (stay positive and choose hope, love and gratitude).

As a chiropractor I cannot tell you how important conscious lifestyle choices are when it comes to living to our full potential! The people I see daily in my office have made a conscious choice to become healthy, to get stronger, to honor their physical body, to free their nervous system from stress, and live each day as the first day of the rest of their lives; an amazingly powerful position that leads to celebration and freedom.

The choice to honor the relationship of our spinal health to our total health allows chiropractic consumers the opportunity to thrive in a world where most only survive.

You have TIME. Use it wisely.



Dr. Jeffrey S. Slocum

Dr. Jeffrey S. Slocum

ANNUAL MEMBERS PICNIC

Music by Pejepsot Station
Burgers, beans and hot dogs
July 17, Thomas Point Beach,
Brunswick

JUNE 2014 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>2</p> <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Apple Club 10:00 AM Yoga with Ruth 11:00 AM Table Tennis 12:00 PM Bridge 	<p>3</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice 12:30 PM Pizza Party with MSMT 1:00 PM Quilting Club 	<p>4</p> <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 9:00 AM Biking Club 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Zumba 	<p>5</p> <ul style="list-style-type: none"> 8:30 AM WOMEN'S BREAKFAST 9:00 AM Table Tennis 10:00 AM Art II 4:00 PM Prevent Diabetes 5:00 PM Yoga with Ruth 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>6</p> <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 1:00 PM Qigong 6:30 PM Folk Dance Brunswick 	<p>7</p> <ul style="list-style-type: none"> 10:00 AM Bridge 	
<p>9</p> <ul style="list-style-type: none"> 9:00 AM Mah-Jongg 9:00 AM Crafters 10:00 AM Yoga with Ruth 11:00 AM Table Tennis 12:00 PM Bridge 	<p>10</p> <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 Medicare intro 1:00 PM Author's Chat 3:00 PM German Club 4:30 PM TCAC meeting 	<p>11</p> <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM Biking Club 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Zumba 5:45 PM Girls Scouts 	<p>12</p> <ul style="list-style-type: none"> 8:00 AM MEN'S BREAKFAST 9:00 AM Table Tennis 10:00 AM Art II 1:00 PM Volunteer Appreciation Party 4:00 PM Prevent Diabetes 5:00 PM Yoga with Ruth 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>13</p> <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:00 AM Learn to Play Bridge 10:30 AM Meals on Wheels 1:00 PM Qigong 6:30 PM Folk Dance Brunswick 	<p>14</p> <ul style="list-style-type: none"> 10:00 AM Bridge 	
<p>16</p> <ul style="list-style-type: none"> 9:00 AM Mah-Jongg 9:00 AM Crafters 9:00 AM Loosen Up! 10:00 AM Yoga with Ruth 11:00 AM Table Tennis 12:00 PM Bridge 6:30 PM Civil War Book Club 	<p>17</p> <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 	<p>18</p> <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 9:00 AM Biking Club 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Zumba 4:00 PM Prevent Diabetes 	<p>19</p> <ul style="list-style-type: none"> 10:00 AM Art II 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 5:00 PM Yoga with Ruth 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>20</p> <ul style="list-style-type: none"> 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Learn to Play Bridge 10:30 AM Meals on Wheels 1:00 PM Qigong 6:30 PM Folk Dance Brunswick 	<p>21</p> <ul style="list-style-type: none"> 10:00 AM Bridge 	
<p>23</p> <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 9:00 AM Crafters 10:00 AM Yoga with Ruth 11:00 AM Table Tennis 12:00 PM Bridge 3:00 PM Apple 101 for MacBooks 4:00 PM Apple 101 for Apple Devices 	<p>24</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 9:00 AM Apple 101 for MacBooks 10:00 AM Apple 101 for Apple Devices 10:00 AM Art I 10:30 AM Table Tennis practice 2:30 PM Café en Français 	<p>25</p> <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 9:00 AM Biking Club 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Zumba 4:00 PM Prevent Diabetes 5:45 PM Girl Scouts 	<p>26</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art II 5:00 PM Yoga with Ruth 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>27</p> <ul style="list-style-type: none"> 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Learn to Play Bridge 10:30 AM Meals on Wheels 1:00 PM Qigong 6:30 PM Folk Dance Brunswick 	<p>28</p> <ul style="list-style-type: none"> 10:00 AM Bridge 	
<p>30</p> <ul style="list-style-type: none"> 9:00 AM Crafters 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Yoga with Ruth 11:00 AM Table Tennis 12:00 PM Bridge 3:00 PM Apple 101 for MacBooks 4:00 PM Apple 101 for Apple Devices 	<p>PEOPLE PLUS NEWS & VIEWS FRANK CONNORS & STACY FRIZZLE chat about summer 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.</p> <p>And on Harpswell Community Television viewed online, anytime: http://vimeo.com/harpswelltv</p>		<p>Teen Center Monday-Thursday 2:30-5:30 PM</p>

Retired educators plan potluck, meeting

The Mid-Coast Retired Educators group will hold its June meeting on Wednesday, June 11, at the Topsham Public Library with a potluck luncheon at 12:15 p.m.

The social time begins at 10:30 a.m., followed by the meeting at 11 a.m. The program then will be presented by Kathy Goddu on Japanese Art.

The FUNdraiser for the scholarship fund is a used book sale. This spring, \$750 scholarships will be presented by the association to a senior at Morse, Mt. Ararat, and Brunswick High School. Any retired educators in the area are invited to attend this gathering.

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

CONTACT

From Page 1

until 9:30 a.m. to say they are OK.

Saving at least one life a year and giving peace of mind to hundreds, the Good Morning Call program is ideal for older adults and their families or neighbors who live alone or with a disabled adult. (Even if you are healthy, what would happen if you

fell? Could your disabled family member get help?) It is perfect for those concerned about their comfort and safety or for those who have recently returned from the hospital or a rehabilitation facility.

For more information, call People Plus at 729-0757 or Brunswick Police, non-emergency number, 725-6621, extension 4310, to register. Get signed up for free and let us give you and your family peace of mind.

DUES

From Page 1

tions, trying to reach common ground before the fiscal year commences July 1.

"We want to stay aware that ability to pay is as diverse as our membership," Connors said, "but we need to do what works for the Center."

The People Plus Center first asked members to pay dues on April 1, 2003. That first annual fee was \$10. In 2005 dues were changed to coincide with the calendar year and on Jan. 1, 2007, basic annual dues

became \$15. In 2009, annual dues became \$25.

"There is never a good time for an increase," offered Frizzle, "but this one is probably overdue. The cost of everything has increased in five years." Connors echoed the sentiment of regret, but added, "I expect most members will be supportive and still see annual dues as a bargain, wherever the number drops. We know dues are an important barometer, writing that check (for membership) every year is usually the first way members affirm that the Center is important to them."

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3-ALARM RIDE-ALONG

Ken Brillant, fire chief in Brunswick, right, poses with Peter Frati, center, and Rob Copeland and Carter, 3½, before riding in a Brunswick fire truck in the Memorial Day parade. The opportunity came as the result of Frati's winning bid during the recent People Plus Music in April Gala. Carter seemed to like the bell more than the siren.

Why BY RALPH LAUGHLIN

Why do we most praise those we pay the least
 our teachers, firemen and police?
 Why does cutting off aid to the needy not make us feel like a nation more greedy?
 Why does eliminating unemployment benefits make us a Nation that's caring and fit?
 Why to the rich does money matter more than the hard working producing core?
 Why do we speak of "where are the jobs?" while infrastructures are collapsing

blobs?
 Why do companies call employees a resource, like nuts and bolts, classifying without remorse.
 Why do we say Education is the key to success yet continually cut funding as if it's an excess?
 Why do we keep investing in the Past when what we need is a Future that will last?
 Why do so many millionaires not understand the trials and tribulations of everyday man?
 Why do many millionaires want more at the expense of the working poor?
 Why can't we come together in a single stand;
 isn't that what made our Nation grand?

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Photo by Jeff Morris of The Pierce Studio, Brunswick

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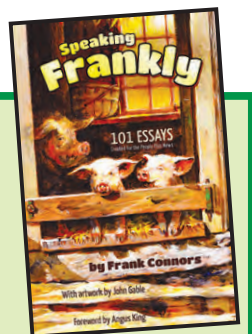
Lunch Out!

June 10,
 at 11:30 a.m.

KENNEBEC TAVERN

at 119 Commercial St., Bath

GOT YOUR COPY YET?



Available now at the People Plus Center, Gulf of Maine Bookstore & Amazon.com. Only \$16.95 each or 2 for \$30.

On the ROCKS



Thursday Hikers, bundled against early spring off-shore breezes, enjoy a tour of the shoreline trail at Prout's Neck in Cape Elizabeth. They even managed to get a "from-a-distance" look at artist Winslow Homer's newly restored studio, inset below.

DAVID SELLECK PHOTOS



Annual fund Closing in on goal

With the end of our fiscal year looming at the end of June, only one piece of the People Plus budget remains undone. With less than 30 days to close, that number hovered at \$40,556, or \$9,444 short of its \$50,000 goal.

There is still an opportunity for you to double your investment in the Center. "New" donations of \$25 or more are being matched by a challenge donation from Richard and Eleanor Morrell. Since the drive opened in January, \$4,381 has been contributed to the annual fund as extra payments with dues.

If you want to make a year-end contri-

Plus!

People

Raised through May 20
\$40,556

Annual Fund Goal
\$50,000

Fiscal year ends June 30

Your donation of \$25 or more in "New Money" contributes to a 100 percent challenge match of Richard Morrell, to a maximum of \$5,000.

Every donation matters.

100
90
80
70
60
50
40
30
20
10
0

81.1

bution, please mark your donation as "annual fund."

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(AND SOMETIMES CHUCK)

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Senior Intermediate Cribbage

April 30: Joseph Tonely, 713; Mike Linkovich, 702; Lois Fournier, 692; Robert Mehlhorn, 688.
May 7: Lois Fournier, 707; Mike Linkovich, 706; Tim Owens, 705.
May 14: Robert Frost, 726; Gabby LaRouche, 720; Anita Owen, 712; Mike Linkovich, 707.

Monday-Saturday Bridge

April 22: Bill Buermeyer, 4,910; Mary O'Connell, 4,450; Gladys Totten, 4,350; Bill Washington, 4,240.
April 26: Mary O'Connell, 4,810; Martha Cushing, 4,500; Bill Buermeyer, 4,400; David Bracy, 4,280.
April 28: Jeff Lauder, 4,660; Joyce Lyons, 4,600; Paul Betit, 4,230; Bob Cressey, 4,080; David Bracy, 3,610; Gladys Totten, 3,580.
May 3: Fran Lee, 4,500; Cecil Eldridge, 3,920; Bill Washington, 3,720; Sherry Watson, 3,300.
May 6: Gladys Totten, 4,190; Bill Buermeyer, 4,090; Sherry Watson, 3,850; Tony Monaco, 3,730; Terry Law, 3,650.
May 10: Sherry Watson, 5,530; David Bracy, 4,620; Richard Totten, 4,210.
May 12: Sue Shanahan, 4,880; Joyce Lyons, 4,330; Bill Washington, 4,180; David Bracy, 3,450; Anne Nichols, 3,370.
May 17: Lorraine LaRoche, 5,490; Richard Totten, 3,990; Martha Cushing, 3,530.

Jordan to teens: 'Jamaican me crazy'

I am writing this just after my return from Jamaica. We closed the Teen Center for a week in May and I went off on a very relaxing 8-day trip to Lucea, Jamaica.

Prior to my vacation we bid farewell to our Bowdoin College volunteers, two of whom have already signed up for a day each week once school begins again in the fall! Yeah!

Next to leave will be our volunteer Carol Israel who has been with us weekly during her sabbatical year from her position as an on-site psychologist at a high school (boarding school) in Massachusetts. She will be greatly missed by the teens, especially for her weekly cooking projects and her easy, supportive manner.

I will miss her greatly for many reasons. Carol has been an invaluable source of support for me during her time with us (I like to say I have been getting free therapy as well as help with the program on her days there — which in great part has been true!). Carol has also been attending our monthly Teen Center Advisory Council meetings, researching potential grants and visiting other teen centers and sharing her findings with the TCAC group. She will be returning to her position in Massachusetts toward the end of June.

Yesterday was my first day back from Jamaica and I have



The teens sport some of the bracelets Jordan brought back from Jamaica.

to say, as hard as it is to come back from "away," having the teens come flying up the stairs when the bus arrived and bursting into the room with "you're back!" And "Yeah!" And some "don't do that again and what did you bring us, where are your pictures" felt really great and the afternoon was spent with my being filled in with all the "going ons" of the week I was gone. It was a happy group I came back to yesterday.

I did manage to barter in Jamaica with a man selling Jamaican string bracelets so that I was able to bring some back for all "my kids."

Attendance continues to grow upstairs! Dan Stadden, former teen member, TCAC member and People Plus Board member comes in this week to help fill in the gaps in between Bowdoin volunteers going and Upward Bound interns arriving! The teens are excited to have him back.



Teen Center volunteer Carol Israel, a psychologist at a Massachusetts high school who spent part of her sabbatical as a Teen Center volunteer, has proven to be a "Jackie of All Trades."

So, my new favorite saying really, really sick of it! upstairs is gonna be "Jamaican Until next month, me crazy" until the kids get Jordan and gang

Teen of the Month: Michael Black

Michael Black is an eighth grade student at Brunswick Junior High School who used to attend the Teen Center program for awhile when he was in sixth grade.

After being busy doing other "stuff" in life, Michael started attending the Teen Center again a few months ago and is now one of our regular daily attendees!

Michael likes the teen program because it is "a fun place to relax, hang out and talk with friends."

Michael has been a welcome addition to the program and is a pretty laid back and social kind of guy.

Congratulations Michael! He chose two tickets to Regal Cinema as his reward.



Poem in Your Pocket Day at Harriet Beecher Stowe Elementary School

The chipmunk

BY MARISSA

Up he goes into the treetops,
 Round and round, looking about
 For nuts and berries;
 Around and around he goes...
 A squeaking, little fellow he is.
 Stealing bird seed from feeders
 And from the ground underneath;
 He gets himself a little tasty treat.

American crow

BY MIRA

A nest is a cup of sticks
 Mess-maker
 Early riser
 Rambunctious
 It is jet black
 Counts as a "bossy bird"
 A loud "caw"
 No one can mistake it for another bird
 Causes lots of fights
 Rude
 Oh, stop it, you darn crow!
 Why do you chase songbirds?

My wish

BY NATE

I would love to be a worm —
 Eating, squirming all around!
 I would love to be a worm —
 Squiggling just for a day!
 As I munch away.
 I would love to be a worm —
 Knowing that although my predators
 surround me
 I'll just eat my way down into the
 ground.

The spring flowers

BY ZACHARY

Flowers growing on the ground;
 Flowers blooming all around.
 Bees flying to and fro,
 Spreading pollen as they go!

Nature

BY RILEY

Spring days —
 Out comes nature!

Birds sing;
 Bears wake up
 from their 6-month nap.
 Deer roam in the forest.
 Worms slither out of the soil.
 Bugs sneak up to Maine
 to surprise people.
 Spiders construct sticky homes
 and catch their prey.
 Frogs hop for bugs
 and garden snakes zoom for the sun!
 Man, is spring cool!

Spring

BY EVAN

Spring is when I see flies
 trying to land on my hotdog,
 Butterflies sipping nectar
 and rabbits hopping.
 Spring is when I hear birds
 singing love songs,
 Stinging bees buzzing
 and blowing wind
 And croaking frogs.
 Spring is when I touch sunflowers'
 soft petals.
 Spring is when I taste crunchy, ripe
 fruits and vegetables.
 Spring is when I smell tulips
 and green grass.

'Stayin' Alive!'

(Reprinted by reader request)

You don't have to be an expert to save a life.

If you see a teen or an adult collapse, call 9-1-1, then take the next step that just might save a life.

Performing hands-only CPR (it is not necessary to do mouth-to-mouth resuscitation) until emergency personal arrive can more than double a person's chances of survival.

Get beside the victim, then push hard and fast in the center of the person's chest to the beat of the BeeGees' disco classic, "Stayin' Alive."

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June 2014

**Elder Abuse Awareness Day:
 June 15, 2014**

The aim of Elder Abuse Awareness Day is to focus attention on the problem of physical, emotional, and financial abuse of elders. But let's not make this a priority one day year.



Please help "break the silence" by reporting any suspicion of elder abuse—physical, emotional and financial exploitation—to your local police, or to the Adult Protective Services Hot Line at 1-800-624-8404.

Marci's Medicare Answers

We have a rapidly aging population, and a Medicare program that has become increasingly complex. Now more than ever, people need answers to their questions about health care benefits, rights and options. Through Marci's Medicare Answers—a free, nationally syndicated column from The Medicare Rights Center—we're working to provide accurate, timely and helpful information on Medicare. Each month we will include on our website a Marci's Medicare Answers section. Hope you find this helpful and interesting.

Dear Marci,

Does Medicare pay for ambulance services?

—Janette

Dear Janette,

Yes, Medicare can cover emergency and non-emergency ambulance services if the following requirements are met:

- Ambulance transport is medically necessary, meaning that an ambulance is the only safe way to transport you, and the reason for your trip is to receive a service or return from a Medicare-covered service that you need;
- You are transported to and from certain locations; and

The ambulance carrier or supplier meets Medicare ambulance requirements.

Keep in mind that Medicare defines an emergency as a situation in which your health is in serious danger and every second counts to prevent your health from getting worse.

Medicare may cover non-emergency ambulance services under limited circumstances. However, keep in mind that lack of access to alternative transportation alone will not justify Medicare coverage. Specifically, Medicare may cover non-emergency ambulance services if you are confined to your bed, meaning you are unable to get up from a bed without help, unable to walk or unable to sit in a chair. Medicare may also cover non-emergency ambulance services if you need vital medical services during your trip that are only available in an ambulance. An example of this includes the monitoring of vital functions.

If you have Original Medicare, the traditional Medicare program administered directly through the federal government, Medicare will pay 80 percent of its approved amount for Medicare-covered ambulance services. You or your supplemental insurance will be responsible for the remaining 20 percent coinsurance. If you have a Medicare Advantage plan, also known as a Medicare private health plan, contact your plan directly to learn how your plan covers ambulance services.

Lastly, know that Medicare will never pay for ambulette services. An ambulette is a wheelchair-accessible van that provides non-emergency transportation for people with disabilities.

—Marci

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. "This information is republished with permission from the Medicare Rights Center. For more info visit www.medicarerights.org."

Congratulations to all newly insured Mainers

While not all Maine residents determined to be eligible for insurance through the Marketplace enrolled into a plan for 2014, many did. For some this is the first time they have had insurance, for others it has reduced their cost while providing better benefits. If you were not able to enroll in a plan before the deadline you will have another opportunity for 2015 beginning on November 15, 2014.

However, if you have a qualifying life changing event such as getting married, having a child, or losing your



current insurance plan any time during the year, your local Marketplace Navigators are still available to help you research and enroll into a plan for this year. Call Spectrum Generations at 1-800-639-1553 if you would like information about who is a Navigator in your area.



A fine dining event featuring top Maine Chefs using locally grown ingredients

Save the Date

Wednesday, September 24th

Maine Maritime Museum
 Bath, Maine

Volunteers needed for planning committee & event night

FMI: 620-1677 spectrumgenerations.org/celebrity

Members make our base

One of the things that makes our People Plus Center so unique and special is the fact that we are truly a LOCAL organization.

We don't have federal stipends and we do not receive support from the state of Maine. People Plus exists because of direct support from individual members, from area communities, businesses and organizations.

Did you know our membership totals more than 1,000 people, and that total makes People Plus one of the largest, member-based nonprofit organizations in Maine? When you send that check every year, whether you use the Center daily, weekly, monthly or only on very special occasions, you are maintaining "stock" in this very personal, very unique business that is People Plus.

In another sense, you offer a "vote" every time you come through our door — for a wellness class, for a computer class, a meal, a game of cards or table tennis — or just to volunteer, be social or say "hi," you are telling us what is important in your life.

Thank you for your support, thank you for helping out, "thanks for being YOU!"

We just don't seem to say that enough!

Remember always to proudly show your membership card at area businesses; you could save money each day. Many local businesses and organizations, including advertisers in the People Plus News, are delighted to offer special discounts to members and friends of your People Plus Center.

Check out the following lists, and always be ready to ask about member deals:

Beauty Salons/Skin Care

Studio 119 Hair & Nail Design: FREE haircut with color of perm; services by Missy Stockford.
119 Bath Road, Brunswick, 729-6119.

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

Candy

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

Cleaning/Organizing

Mia Clark: 15% off services for home, yards, gardens or buy 4 hours, get 1 free! Phone 939-5789; miaclark@hotmail.com

Dry Cleaning

J&J Cleaners: 10% Pickups, Wednesdays (customers over 55)

People Plus PEOPLE PLUS MEMBERSHIP Date _____

The center that builds community

PLEASE PRINT

Name (1) _____ Phone _____ Birthdate _____ Female Male
(LAST) (FIRST)

Name (1) _____ Phone _____ Birthdate _____ Female Male
(LAST) (FIRST)

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)

\$30 per person (all others) Membership: \$ _____

\$40 for People Plus Friend Additional Donation: \$ _____

\$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.

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

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

Lee's Tire & Service: 10% on Parts (excludes tires)
35 Gurnet Road, Brunswick: 729-4131
27 Monument Place, Topsham: 729-1676

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www.maineoptometry.com

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Recreation/Entertainment

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

Maine State Music Theater: Senior discount (60 years old or older) on regular matinee tickets
Bowdoin College campus, Brunswick
phone 725-8769; www.msmt.org

Yankee Lanes: \$1.85/String, 7 days a week, 9 a.m.-5 p.m.
276 Bath Road, Brunswick; 725-2963
www.yankeelanes.com

Restaurants

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

Big Top Deli: 10%, Anytime
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Fairground Café: 10%, Anytime
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The Great Impasta: 15% off Wednesday lunch (food only)
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www.thegreatimpasta.com



Easy Riders

Dr. Richard Giustra, left, Ed Cardelli and Libby Hyatt, members of the Centers newly formed Easy Riders bike club, pause to pose on the Brunswick-Topsham Swinging Bridge. The group meets every Wednesday, weather permitting, for an easy ride. Come join the fun.

Stores

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

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

Portland Glass: 10% on Materials (\$50 max)
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To volunteer, call People Plus at 729-0757, sign the volunteer sheet on the bulletin board or email programming@peopleplusmaine.org.

It's all about love and forgiveness. — MERRILYN TOMBRINCK

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.



'Dead or indifferent?'

Speaking Frankly

FRANK CONNORS



"One of our Bowdoinham boys ... stirring reports for history classes, (importance of Bowdoinham to the Civil War, etc.) ... wit and sense of humor ... livens up our classes."

— BRUNSWICK HIGH SCHOOL YEARBOOK, CLASS OF 1964

Fact is, high school was NOT some of the best years of my life. I did get it done in four years, I did manage to produce an unremarkable academic record, I did not do a bunch of extracurricular stuff, I did finally manage to sneak into college and get on to what was next. On rare occasions, I have slipped back to my yearbook to check out a name or a face, but honestly, when I stepped off that stage, after getting my diploma from none other than Norman A. Marriner (my future father-in-law), I never really looked back.

My class was a few shy of 250 scholars, not huge by today's standards, but "very large" back then. If you are a "mature" graduate of Brunswick High School, you'll remember my era as that time of "double sessions," the days prior to Mt. Ararat High when Brunswick worked desperately to deal with its own

students, plus we kids from the "tuition towns." Double sessions happened maybe two years, when an extra wing was being added to take care of all of us. (Let me say right here that Brunswick did an amazing job of doing just that, but there were days that some of us students felt like cordwood in a shed.)

If you were a "farmer" from Bowdoinham, your day started with a bussing process that often took an hour or more, built on a chance to meditate, or congregate, in the aisles of Blake's store. The trip home was reverse of the morning, and trust me, there was just one bus. Catch it or walk up the River Road. It was 14.3243 miles from my home to the high school side door. When I was younger, I could have told you how many steps it took to make that trip. My circle of friends ultimately included a couple friends with pick-up trucks, but rides to

school off the yellow beasts were a luxury few of us could afford.

Of course I dreamed of being an athlete, but again, after-school practices were tough on us car-less tuition kids. I tried out for basketball and ended up as a team statistician, seemed I only needed to show up for games with that job. My brother and I both had brief careers on the track team, it was easier to walk home in the spring. Fact is, both my brother and I had jobs at home about as soon as we got our licenses, but that would be another story.

So forgive me if I haven't showed up at any of my class reunions. Tell me why I might want to be once again confronted by the Brunswick girls who said "no" to me for prom night, because they knew I'd be showing up in a car driven by my mother!

I sat down with my yearbook the other night and found 20, maybe 30 folks I could identify without checking their names. Ten, maybe a dozen of these I see on rare social occasions, but guess what, they're probably from Bowdoinham! Why do I want to gather in a room with this odd collection of other "class-

mates," where the music will be too loud to actually chat, the light will be too poor to see, and the food will be too cold to eat?

Does that sound like a fun evening to you?

Hey, if I want a high school reunion, I'll go to Fat Boy, get a BLT and get over it!

I've been to a half-dozen of Jane's class reunions (class of 1966, they seem to have a lot going on) but I've never been to one of mine. I have been invited. I get the mailing most years, though I'm told by my sister-in-law Janet that I have spent a few years on the class of '64's "dead or indifferent" lists. The reunions at which I was a guest went well, tolerable every 10 years or so, but I was always glad when they were over.

But they tell me the 50th is special.

Will once every half century kill me?

Maybe this will be the year I get to my reunion, but don't count on it!

'Rude People'

BY FRANK CONNORS

At least twice in recent months, folks who have signed up for Lunch Out! dates have failed to show up for their meals.

There are several things wrong with this process. First, another fine local restaurant which has been asked to set up for 16 people (more or less) and probably brought in extra staff to provide a quality experience, ends up serving lunch to six or eight guests. Secondly, this restaurant may associate the reservation with a volunteer representative from People Plus, and could

remember the next time the Center goes to them for gift certificates or for food donations.

We have the same sort of problem, on a smaller scale, at our Lunch & Connections meals. Consistently there are four or five who have signed up and don't show up. There is almost always a standby list for Lunch & Connections and we do call folks to fill our dining room each month. But we can't call if we don't know.

Please, if you can't make it, give the Center a call. We consider that common courtesy, and we hope you do as well.

New or renewing members — May

Indicates new membership *
Indicates donation with membership •

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A World of Possibility



Student show continues

Students who study in instructor Connie Bailey’s art classes at People Plus are being featured through June in the Center’s Union Street Gallery. The multi-media show, which features more than two-dozen original

pieces, is the first in a new season for Bailey’s Tuesday and Thursday classes. Her mixed-media includes watercolor, water-colored pencil, graphite and charcoal, colored pencil, pen and ink, pastels and scratchboard.

Students invited to exhibit include Beth Aldenberg, Sandi Cox, Karen Giustra, Donna Lemieux, Judy Krok, Richard Nickerson, Nick Payson, Val Robbins, Wilma

Sarna, Frankie Stone, Alfred Tyrol, William Tracy and Richard Jordan.

The collected works — including “Bald Eagle,” above, a spectacular piece in colored pencil by Al Tyrol — can be seen during normal hours of operations at the People Plus Center, 35 Union St., Brunswick.

CLASSIFIED ADS

Items to Sell? Services to offer? Advertise in our Classifieds. The cost is \$10 per inch, per month, paid in advance.

Grandchildren visiting? They can have fun while they learn at DaVinci Experience Science & Art day camp, Pilgrim House, Cleveland St., Brunswick. FMI 541-9171 or www.davinciexperience.com.

Lawn & Yard Care. Call Corey Wallace Landscape Co. for your mowing, trimming, mulching and yard clean-up needs. Personal service, call 319-20732 or e-mail: coreywall1977@yahoo.com.

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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