

Plus!

People News

The center that builds community

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

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Approaching perfection

Margaret Marchand, whose second year maintaining the plant boxes at the Center's front door is approaching a professional quality, says the project gives her great personal satisfaction. It's working pretty well for the Center, too.

Kinney offers author's chat

Wendall B. Kinney, a fifth-generation native Mainer with a knack for telling home-spun yarns, has published a book and an audio CD about growing up in Maine, and will be our Author's Chat guest on Wednesday, July 9, beginning at 2 p.m.

Kinney is a long-time member at People Plus and a popular member of the Center's Write ON! Group.

Reading from his book, "Overhome, and other Kitchen Table Tales," and listening to the audio CD, "The Bull and I" will be features of the afternoon event.

"Overhome," is a compilation of short stories based largely on his family history. Kinney says the stories are "largely true with a bit of blarney added."

He grew up in Washington County on a dairy farm and is a veteran of the U.S. Army. He and his wife, Mona, have two grown children and have retired in Brunswick.

The program is free and open to the public. Please register with the front desk, 729-0757, if you plan to attend.



Volunteers feted for service

Nearly two dozen People Plus and Spectrum Generations volunteers were singled out for outstanding service to the Center during a spirited, well-attended program on June 12.

O Jeanne d'Arc Mayo, whose service to the People Plus Center is legendary, was feted a second time; and Ralph Laughlin, whose talents carry him from the Center's Write ON! Group to its kitchen, were both singled out as Volunteers of the Year.

Mayo was first named Volunteer of the Year in 2010. Well-known around the Brunswick community for her volunteer efforts, she has served three terms on the People Plus Center board of Trustees, and almost singlehandedly maneuvered most of the Center's past Music In April events from a lack-luster fundraiser into "the hottest ticket in town." This year's event raised nearly \$45,000 for the Center.

Laughlin, by comparison, is a newcomer to the Center. Retired to Brunswick and an accomplished writer, he came to the Center first as a member of the writer's group. His publishing skills made the Center's recently published book



RALPH LAUGHLIN



O JEANNE D'ARC MAYO

"Speaking Frankly" possible, and his leadership is helping to deliver the fourth collection of Write On! Essays. In the past several months, his efforts to "streamline" the Center's popular Lunch & Connections meals have proved very fruitful.

Meals on Wheels Coordinator Shannon Hall cited three volunteer drivers for their efforts — Hollis McBride, Su Olds and Steve Garde — and asked for special notice for George Moore of Topsham, who has transported meals from center to center for "longer than we can remember."

She said in the past year, 17,000 meals have been delivered from the People Plus Center and in April, a record number

Please see VOLUNTEERS, Page 5

Dues increase called 'essential'

Beginning July 1, dues for annual membership to People Plus will be \$35 for residents of Brunswick and \$45 for members from any other town.

"Membership and finance committees have wrestled with the numbers and made the recommendations," member services coordinator Frank Connors said. "Everyone agrees that an increase is overdue and essential." Dues were last increased in 2005.

Connors said the increasing differential between dues for Brunswick residents and members from other towns is "the other issue argued long and hard," in committee. "The fact is the Town of Brunswick contributes more than a third of our Center's operating budget, and the Town Council advocated the two levels," Connors explained.

"It is a process we need to promote and explain to membership. Our members understand what it takes to run this Center, and they know what's happened to prices of almost everything since 2009."

"Scholarships for membership have always been available," Connors said. "We will always understand that the ability to pay is as diverse as our member base."

Connors said he has been a part-time employee of the Center for a dozen years. "I've never known of a situation where we excluded anyone because they were unable to pay," he said.

The People Plus Center first asked members to pay dues April 1, 2003, and the request was \$10 per year. In 2005 dues were changed to coincide with the calendar year and on Jan. 1, 2007, basic annual dues went to \$15. In 2009, annual dues became \$25.

ANNUAL MEMBERS PICNIC

Burgers, baked beans and hot dogs
Live music by Pejepsco Station
Thursday, July 17, noon
Thomas Point Beach, Brunswick



2 more shows to go!

There is still time to attend the last two shows of the Maine State Music Theater's season, and get your discounted tickets at People Plus. The Center is offering tickets for "7 Brides for 7 Brothers" on Friday, July 18, and "Footloose!" on Friday, Aug. 8, for only \$40. Regular price is \$63, you save \$20. (We can also get tickets to the first Sunday evening show.) Tickets must be purchased in advance at the reception desk of People Plus, and are not refundable. Call ahead to be sure tickets are available.

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

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

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Closing the year

Another fabulously busy month at the Center has flown by. We were packed to the gills with a Pulitzer Prize-winning author, a volunteer tribute that's not soon to be forgotten, and a grill chik'n lunch that fed 85 people including Rob Montana, the new managing editor of The Times Record!

As we close out the 38th fiscal year at People Plus, we are so pleased with the support from the town of Brunswick. Thank you to everyone who wrote a letter on our behalf. It is so important to thank the Brunswick Town Council and town manager for their support of our wonderful Center and the programs that funding allows us to provide. We would not exist without it.

Brunswick is our largest supporter (\$110,000 next year!) so I am working hard to get the town of Topsam (currently at \$0) to fund us as well and to possibly get an increase from Harpswell (currently at \$1,500). I've got a meeting with Rich Roedner, the new Topsam town manager set for December so that we can hopefully be in their budget cycle for next fiscal year. But as for now, there's nothing coming our way.

Consequently, as we look at raising our membership rates, Brunswick residents will experience a lower rate increase than all "other towns" residents because they already pay taxes that are being directed back to the Center.

I will let you know as it gets closer to December about having Topsam resi-

dents help me demonstrate to the town select board of Topsam that we need additional support from them to fund the valuable programs and services that about 200 Topsam residents enjoy at the People Plus Center! Same holds true for Harpswell. There are nearly 200 resident members there as well.

Combined with the approximately 800 Brunswick members, that gives us a record high of about 1,200 members going into the new fiscal year. And we are still growing!

One of the major increases we've seen in the Center this year has been in space usage. Jill Ellis really has the place bursting at the seams with programming and rentals and always insists that any program cover its own cost or do better. She has also taken on the running of the Senior Heat Expo this year (coming up in October), which is a huge service to our senior community. Last year's expo saw about 500 people in the Cook's Corner Mall networking, collecting information and having a great time.

Speaking of Jill reminds me of all of the staff at People Plus. We have really got our act together these days. It feels like a real family, working together; each with our individual strengths and assets.

Frank works to juggle the membership information, makes birthday phone calls, keeps up with expirations/renewals and continues as an extremely talented editor of the newspaper. Betsy

From the Executive Director

STACY V. FRIZZLE



keeps the office and Center running smoothly, paying the bills, the instructors and the staff.

Then there is Pat with her smiling face at the front desk (making sure everyone scans their card when they come in) who has really helped Jill get a handle on the programming numbers. We can now account for "every" body that passes through on a daily basis and that is saying something when it's over 500 a week!

Jordan up in the Teen Center has seen her membership double in the last year. She is an amazing gift to the teen community of Brunswick as she tends to the teens, feeding them, wrangling them and handling disputes.

We can't forget to mention Kathy and Dottie as they get tons of work done and manage to wrangle Frank and Jill at the same time. In addition, Anita is upstairs with her dietitian clients and has helped dozens of our members get healthy, lose weight and prevent diabetes this past year. If you haven't tried out one of her recipes by now, what are you waiting for? They're all delicious!

One of the accomplishments I'm most proud of from this last year has been the partnership with Spectrum Genera-

tion. See **YEAR**, Page 3

From Anita's Plate

ANITA HUEY



Have a healthy summer

School has just gotten over and I see signs that people are headed to the beach. Summer is the time for outdoor cookouts and barbecues. I encourage people to continue with their healthy eating all year long.

It is OK to have something that may not be the healthiest choice but it is important to plan for it and not have it to often. Just the other day I was in the grocery store and thought I would check the fat content of the deli potato salad. There were 20 grams of fat in just 1/2 cup! To put that into the context of total fat for the whole day, most people are around 40 grams. That sure is a lot of fat in a very small amount. How many people consume more than 1/2 cup? So next time you are headed to the beach,

8-Layer Taco Salad

Ingredients:

- 1 Tb. canola oil
- 1 pound ground turkey breast
- 2 Tb. chili powder
- 1 avocado, pitted
- 1/2 cup nonfat plain yogurt
- 1 1/2 cup low fat, low sodium tortilla chips
- 1 cup salsa
- 1 15-ounce can low sodium kidney beans, drained
- 4 cups romaine lettuce, thinly sliced
- 1/2 cup low fat shredded cheese
- 1 medium tomato, diced

Preparation:

1. Heat oil in a large skillet over

- medium heat. Add turkey and chili powder. Stir to break up the turkey.
2. As the turkey is cooking, mash the avocado and yogurt until smooth.
3. Transfer the turkey to a clear serving bowl.
4. Layer chips, salsa, beans and lettuce over the turkey.
5. Spread the avocado mixture over the lettuce. Top with cheese and tomato.

Nutrition (Serves 8): 220 calories, 8 grams of fat, 300 mg sodium, 15 grams of carbohydrate

Note: A great item to bring to a barbecue. Enjoy!

BBQ or whatever summer adventure comes your way, try to make a healthier choice. Included with my article is a recipe that would fit in great with a barbecue. It is nutritious and looks delicious too.

My first diabetes prevention group has completed their 16 weeks. Now we will meet weekly for the next 6 months. It has been so exciting watching this group make such terrific progress. Two of the participants had glucose levels that were in the pre-diabetes range. Recent blood work shows they are now in the normal range! To date the 9 participants who completed the 16 weeks have lost 118 pounds. The group never

knew what treat they might get at a session. They have included a raffle for a free oil change from Bill Dodge, a \$10 gift certificate from Maine Running Co., a gift set from Fiore Olive Oil and black bean brownies to name a few. They met their goals of weight loss and being physically active.

I have now begun my second diabetes prevention group and this group is certainly very engaged and ready to take on the challenge for healthier eating and being active.

I hope you enjoy the next month. If you have a chance to try the recipe, please let me know what you think at shebakme@comcast.net.

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WILDA STEINKUHLER

(Maine's oldest female World War II veteran at time of death)

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YEAR

From Page 2

tions. Things have settled into an easy and warm sharing of responsibilities as we all work together to serve our senior community. Having Craig, Shannon and Noreen at the Center on a daily basis has truly been a wonderful addition. This partnership has created "one-stop" shopping for seniors in the Mid-coast region for everything from health and wellness to Medicare education and technology opportunities.

This Spectrum Generations partnership would not have been possible without the support and work of both organizations' boards. So thanks to all 40 of you as well as Gerry Quealey, the CEO of Spectrum Generations. I look forward to many more years to come.

And where would any of us be without our wonderful volunteers? I thank each of you personally and warmly. It is because of you that we have afternoon desk hours, meals, safety calls, free transportation, office mailings, donor appeals, breakfasts, gardens, flowers, full candy bowls, interesting lecture series, free classes and programs and food for the teens. We value and appreciate each of you!

In closing, I would like to say how very much I appreciate being at the helm of this wonderful ship. I know that having a membership rate increase is hard to swallow and if any of you need help with it, I hope you come see me personally. We offer scholarships for anyone — no questions asked. And if you are able, I hope you will consider covering the cost of another member's fee. I know it will not be forgotten.

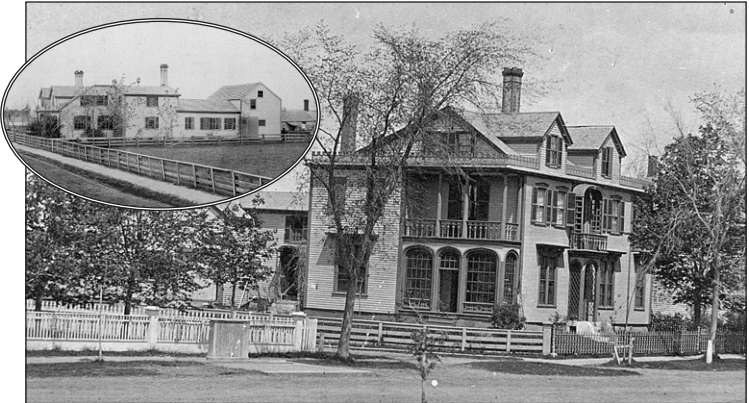
So please join me as you thank a volunteer, listen to a lecture, take a health class or eat a meal or snack in taking just one small moment to turn to the person next to you and telling them what a wonderfully lucky group we are to have People Plus, the Center that Builds Community right here in OUR town.

A Palm of Salvation

By ADELAIDE GUERNELLI

Again, I must remember the four members of the family that were in the USA wars, and ... I must pray and tell God to continue being their doctor!
October, November and December are the veteran's times to follow the poems of God's Salvation.
All the troops must remember my family that are still lovers of the troops that were with our four men!
Jesus continues with them, and also protects all the new groups of men, and women, in order to protect the United States of America ... and every day they pray with us.
Today I want to pay thanks to the good friends that never forget my people!

Fondly recalled ...



The Maine Street home of Joshua L. Chamberlain, now a museum of the Pejepscot Historical Society, was originally built around the corner on Potter Street in 1825 as a one-and-a-half-story cape (see inset). When Chamberlain became president of Bowdoin College in 1871 he had the house raised 11 feet into the air and a new first floor built underneath it. The building is open for tours during the summer months. Photos courtesy of the Pejepscot Historical Society. Do you have old area pictures to share with readers of the People Plus News? Please contact editor Frank Connors, 729-0757, with your comments, contributions and suggestions.

Lost Dreams

Eddie Carr: Oct. 12, 1896-Sept. 29, 1918

By RUTH FOEHRING

My dear Uncle Eddie, we never met.
And this fact I truly regret.
I know for a fact you were quite a dandy,
Tall and thin and hair that was sandy.
Your letters to home are in a big file.
They all show your humor and make me smile.
You died so very young,
Life's precious blood from you was wrung.
Your country gave you a medal,
We were so very brave,
We safely have it, a treasure to honor and save.
Your family after all these years,
Can think of you and brush away tears.
We heard of your courage; how determined you were,
That from that trench you did not stir.
You fired at the enemy with all your mates,
One by one they met their fate.
You alone were left to defend that hill,
Until a shot was fired, and all was still.
You gave your life at twenty-one,
One month later the war was won.
Your war was fought to end all wars,
But they've kept up without a pause.
So many lost lives and beautiful dreams,
Wars would be outlawed if I had the means.
The critical telegram, a general's citation.
It tells your story and gets our attention.
My grandmother grieved the

loss of her son,
Her boy was gone but the war was won,
So many boys and men were slain.
One hopes it was not all in vain.
Men still march and hold the flag high,
Bands play crowds cheer and clap and sigh,
People stand tall and straight and smart,
Men remove their hats, and put a hand over their hearts.
Their respect is shown so clearly.
All they love this country dearly.
France is where you were laid to rest,
This would be your mother's quest.
Europe was far but over she would sail,
Resolved her mission would not fail.
She knelt at your grave and said a prayer with care,
Hoping that you would know she was there.
Rows of white crosses, so small and white,
Where you lay was a solemn sight.
Thank you Eddie, from those of us who came after;
We know you are with our divine master.
May angels attend and watch over you,
Friends and family are with you now too.
I think of all the girls you never kissed,
All those good years that you missed,
The lovely cycle of the seasons.
All denied for no sensible reasons.
So long for now, rest in peace,
Thanks and love from your niece.

At My Age I've Learned ...

By NANCY SOHL

At my age I've learned that aging gracefully requires a sense of humor. Sunday will be my BEATLES BIRTHDAY — "Will you still need me, will you still feed me, when I'm 64?" I used to think those words were just part of a great song. Now I'm thinking it's a legitimate question that needs an answer. Seriously will you?
At 64 there are things you just have to laugh at. I get up from a table in a restaurant and push in my chair, search my purse for something, and adjust my jacket all so I can get the blood back in my legs and take a step without pain. It's become a joke with my husband who covers for me by engaging in conversation as we stand there. You can instantly bond with other women at highway rest areas when we get out of our cars brushing imaginary crumbs off our laps and reaching back into the car for trash or our purse. We nod at each other and smile knowing what's

really happening.
There are places on my 64-year-old body that should bend and no longer do. There are things I should be able to step over or crawl under that I no longer can. The idea of sitting on the floor, and getting up again, is laughable.
You have to laugh when you can't remember people's names you were just introduced to. All you can do is chuckle and shake your head when you walk into a room and not know why you're there. My younger self would think it's hysterical that I now worry about my fiber. It is funny I think, when most of my exercise on some days comes from my walks to the bathroom at night.
So laugh at those crazy aches and pains. Make jokes about the bathroom concerns you're obsessing over. And smile at all the things you used to do without a second thought to now require a master plan and safety equipment. It's all part of aging gracefully.

The Captain's Cat

By ELIZABETH B. BATES

In my courtier's Ruff it would seem
I have known queens,
they begged to bed me. But enough
of that! Under my soft fur
I'm a tiger, wiry and tough.
On pleasant days I return from birding

with feathers in my ears.
But what I like most
is sailing ships to Boston.
The fishy air suits me fine.
I learn my pay when I take
The long dull nightwatch,
Using my yellow moon eyes
To light the way.

Together

By BONNIE WHEELER

You could tell he had problems
His caregiver wife holding him
up Lovingly talking and helping
him walk
Together forever, for better or worse

Angels Unaware

By BONNIE WHEELER

My favorite angels
Are writer friends
Who inspire
With love and light
On Wednesday afternoons

Lunch & Connections

Burgers, beans, hot dogs are beach treat

Enjoy these sweet days of summer with us at Thomas Point Beach on July 17 as we bring our annual picnic to the shore of the New Meadows River. Hamburgers, hot dogs, baked beans, potato chips, potato salad and cole slaw galore mark the menu of this old-fashioned styled picnic as we gather in the shade of pine trees, enjoy music and visit with friends.

"This is always a great time," said Chef Frank Connors said. "How can we miss in a venue like Thomas Point Beach?"

Petepsot Station is returning this year with its unique combination of jazz and country, and this July, we mark the first year of our collaboration with Spectrum Generations over a dessert of watermelon, cake and ice cream. Burgers and hot dogs will fly off the duel gas and charcoal grills, prepped and fired by the "Con-nors boys," Frank and Grant. Featured drinks will be sodas, iced tea and water.

Come early to try your luck at horse shoes, a bean bag toss or a quiet stroll on the beach. Betsy will be manning the gate

to the beach starting at 11 a.m. You'll want to get enrolled in our special raffle this month, expected to produce at least \$50 in cash and several very special prizes.

Special thanks to Patti Crooker and the staff at Thomas Point Beach. Her donation of the site each year makes this celebration possible and affordable. Each year, Crooker makes this donation to the center in memory of her parents, Harry C. and Marlon Crooker.

Our monthly Lunch & Connections meals are sponsored

by Spectrum Generations, and are planned to focus on nutrition, information, fun and variety. Cost of this meal is \$6 for members and \$9.50 for non-members. Lunch is served at noon. This month only there is no limit to seating but we need to know who's attending so we can plan properly. To register call the People Plus information desk at 729-0757. We accept registrations only after the first of July.

In case of inclement weather, this picnic will not be rescheduled.

Free Healing Clinic with Greater Brunswick Physical Therapy

Join us on Friday, July 18, for an opportunity to relax and unwind as People Plus hosts a Healing Clinic sponsored by Greater Brunswick Physical Therapy from 11 a.m.-5 p.m.

Professional health practitioners, including massage therapists, physical therapists, and Reiki masters come together to provide this safe, supportive environment for people to explore ways to improve their personal health and well being.

There is no pre-registration; all appointments will be scheduled on a first come, first served basis on the day of the clinic.

Treatments are provided free of charge. Donations are welcomed. Open to the public.

Bowdoin Music Festival visiting Center

People Plus will once again host students of the Bowdoin International Music Festival in a free concert on Thursday, July 10, beginning at 2 p.m. The Bowdoin Festival's community concert series features "gifted classical musicians from around the world, performing in solo and chamber music arrangements in nontraditional venues," a college spokesperson said. This year's students represent 24 countries and 35 states, the promoter said. "The performers are conservatory and graduate students who attend the summer program to hone their performing skills in preparation for a professional life in music."

The Music Festival was founded in 1964 by Lewis Kaplan and the late Robert K. Beckwith of Bowdoin College. The mission of the festival is to prepare gifted young musicians from around the world for a life in music through study and interaction with world-class artists.

Over its 50 year history, the Bowdoin Festival has established itself as a vital force throughout the music world. For more information about the festival, visit the web at www.bowdoinfestival.org.

People Plus is offering several events throughout the summer months. Participants are asked to call 729-0757 to register for programs, which include:

Welcome to Medicare with Spectrum Generations

This session is designed to provide you with knowledge about Medicare and



Students from Bowdoin International Music Festival will perform again this year during a special concert at People Plus.

its many "Parts" so that you can make an informed decision about health care coverage. This class is held the second Tuesday of each month from 12:30-2 p.m. Free and open to the public.

Pilates Lite — new session

Have you ever wanted to try Pilates but thought it was too hard? Pilates Lite,

led by Dennis Kimmage, strengthens the key core muscles in your body but more gently than a traditional Pilates workout. In this class you will learn how to modify the physical movements to make them easier and more accessible. Six week session, July 1-Aug. 5, Tuesdays noon-1 p.m. \$30 members/ \$60 nonmembers. Drop-ins welcome for additional fee.

Yoga with Ann Kimmage — new session

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 experienced instructor Ann Kimmage, who brings the joy out of yoga and tailors yoga to your individual needs. Six week session, July 1-Aug. 5, Tuesdays 1:30 p.m. \$30 members/ \$60 nonmembers. Drop-ins welcome for additional fee.

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 treat 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

es 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 included, 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 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

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JULY 2014 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 AM Table Tennis 9:00 AM Apple MacBooks 10:00 AM Art I 10:10 AM Apple Devices 10:30 AM Table Tennis practice 12:00 PM Pilates Lite 1:00 PM Quilting Club 1:30 PM Yoga with Ann 3:30 PM Brunswick School of Dance	8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 9:00 AM Biking Club 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Prevent Diabetes 4:00 PM Zumba	3 Center is closed		10:00 AM Bridge
9:00 AM Crafters 9:00 AM Loosen Up! 10:00 AM Apple Club 10:00 AM Yoga with Ruth 11:00 AM Table Tennis 12:00 PM Bridge	9:00 AM Table Tennis 9:00 AM Apple MacBooks 10:00 AM Art I 10:10 AM Apple Devices 10:30 AM Table Tennis 11:30 AM LUNCH OUT 12:00 PM Pilates Lite 12:30 PM Medicare Intro 1:30 PM Yoga with Ann 3:00 PM German Club 3:30 PM Dance School	8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 9:00 AM Biking Club 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 2:00 PM AUTHOR'S CHAT 4:00 PM Prevent Diabetes 4:00 PM Zumba	8:00 AM MEN'S BREAKFAST 9:00 AM Table Tennis 2:00 PM Bowdoin Int. Music Festival 5:00 PM Yoga with Ruth 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	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 Ojigong 6:30 PM Folk Dance Brunswick	10:00 AM Bridge
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<h2>Teen Center Summer Hours</h2> <p>Tuesday-Thursday 1:30-5 PM</p>					

VOLUNTEERS

From Page 1

ber of individuals — 90 people — were served.

Other "superstar" volunteers cited include: Bernie Breitbarth, for editing The Center's News & Views TV show; Madeleine Ashe, for organizing Cafe en Français, and the center's Good Morning program; Margaret Marchand, helping to maintain the Center's gardens; Ed Cardail, donating unique, hand-carved birds as door-prize gifts; Dr. Richard Guetstra, who was introduced as "instructor of the year," Dotie Moody, working with the Center's membership files; Josh Taylor, super Center helper; Gladys Szabo, working

to organize volunteers; and Beth Compton, for outstanding work in the kitchen.

Executive Director Stacy Frizzle acknowledged the efforts of "these and a hundred others whose selfless efforts as volunteers make the Center and our community better places ... we would not be here without you," she said.

Topsham Musician Mike McCarthy offered music at the event, and program director Jill Ellis noted that local business like Mechanical Savings Bank, Fairwind Farms, Atlantic Regional Credit Union, Brunswick Downtown Association, Mid Coast Health Services and Bar Harbor Bank & Trust all contributed items to "celebration bags" offered to each volunteer.

Garden Club to meet

The Harpswell Garden Club will meet Thursday, July 17, at 6:30 p.m. at the Kellogg Church, Route 123, Harpswell Center. Guest speaker Linda Stoddard will present "Creation and Development of the Thomas Settlement Community Garden."

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Elegy

By BETTY KING

Some of us are born smart, but none of us are born wise. Newborns have to learn to eat, to sleep, to speak, to walk, to talk, to climb, to swim, through stomach aches, skinned knees and bruises, tantrums and time-outs, heartbreaks and humiliations triumphs and disgraces, the process never ends. The more rivers we cross, the more hills we climb the more unexplored terrain there is ahead, until we reach a place where, saturated with experience,

the digestive process takes over. Juice coozes out of the crushed grapes and begins to ferment. Patiently stored and cared for, it improves with age. The old anguishes never go away, but they begin to lighten and glow to finally make sense, to lose their sting, to yield their fruit, part of the cosmic evolutionary process — into which we will presently dissolve, adding our own small special impetus as we merge back into the clouds of glory where this journey began.

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PEOPLE PLUS NEWS & VIEWS

FRANK CONNORS & STACY FRIZZLE talk about Summer at the Center

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 WEDNESDAY MORNING 7 A.M.
 SUNDAY EVENING 9 P.M.
 And on Harpswell Community Television viewed online, anytime:
<http://vimeo.com/harpswelltv>

'Easy riders' a summer hit

Several regular bicycle riders are carrying the load as the Center's new rider club enters its second month. Every Wednesday morning, weather permitting, two or five bike riders gather at the center and "ride the countryside," according to one of the regular cyclists, Libby Hyatt.

"We might do 8-10 miles, we're out maybe an hour and a half," she added, "we have a good time."

Last month the group toured Maquoit Bay Hillside Road, and the "bridges of Brunswick and Topsham," and in July there is talk of touring the old Navy base.

If you are interested in joining the group, call the People Plus information desk at 729-0757 for details, or bring your bike to the Center Wednesday morning and join in.



"Easy Rider" Richard Giustra reacquaints himself with the super frog between "Deep Cut" and Hillside Road in Brunswick during a recent ride.

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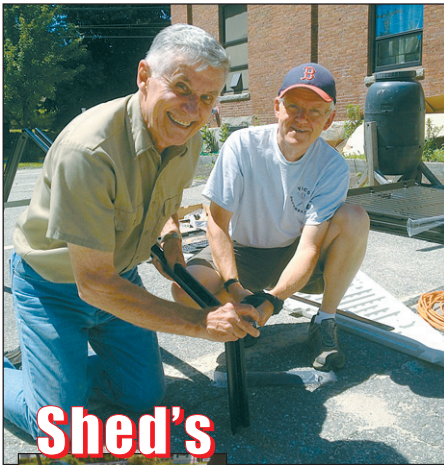
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Shed's Up

Shed builder/board members Charles Frizzle, left, and Jack Hudson erected a shed last month. Purchased with money from a Bowdoin College Common Good Grant, the shed will house a bike restoration project for the Brunswick Teen Center.



Time Out!

Pulitzer Prize-winning author Elizabeth Strout takes a break before her record-setting Author's Chat on June 10 to read a few pages of another Brunswick author's book often seen around the Center.

"Get Your Paints On"

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(AND SOMETIMES CHUCK)

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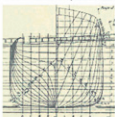
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Join us for Upcoming Events

Eye Sweet and Fair: Naval Architecture Lecture Series



Thursday, July 10 & July 31
2:00 PM
Holden Frost House
7 Academy Lane

Rescue of The Bounty & My Yacht
Designs and the Lessons They
Taught Me

Come See Our New Model Homes
Tuesday, July 15 2:00 - 4:00 PM
Tuesday, July 29 1:00 - 3:00 PM
Stop at the Welcome Center for a map

Come take a peek at our new model homes in the Estates, Benjamin Porter House, Holden Frost House and Town Hall Village.



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TEEN OF THE MONTH: BRITNI HART



Britni Hart attends Brunswick Junior High School and is in the eighth grade. She has been attending the Teen Center program since sixth grade and says her favorite things about the Teen Center are that we have "good food" which she says she "does not have at home" and her friends who are here.

Britni is receiving the award for most improved behavior over the past month and says that she has been working on "being better." I am here to attest that she indeed has succeeded. Britni has chosen two tickets to Regal Cinema as her reward. Congratulations Britni!

Teen Center Wish List:

- Flatscreen TVs 32" + (used and working fine is great)
 - Paper goods, especially paper plates and cups (holiday, birthday etc. ones are fine)
 - Area rugs, 5 foot by 7 foot preferably
 - Small set of speakers for computer use
 - Picture frames 5x7 or 8x10
 - Food items:**
 - Bottled water!
 - Regular Salsa — mild or medium
 - Shredded cheese
 - Tomatoes and cucumbers
 - Dill pickles
 - ANY baked goods, dessert or "dinner" ones!
- Please call Jordan at 721-0754 from 2-6 pm, or e-mail to teens@peopleplus-maine.org

Summer hours

Beginning the first week of July, Teen Center hours will be Tuesday, Wednesday and Thursday from 1:30-5 p.m. The Center will be closed on Monday's and Friday's.

The Teen Center program is free and open to area youth in grades 6-12.

Free snack, Wi-Fi, video games, pool table, ping pong, Netflix , air conditioning and more!

The center is located at 35 Union St. on the corner of Cumberland and Union streets.

Upward Bound interns arrive

On Tuesday, June 24, the Teen Center welcomed this summer's Upward Bound Bridge program interns.

This year's interns will be with us until July 31. The Bridge program is specifically for students who have just completed high school and are enrolled in college for the fall.

This year, all three interns have been with the Upward Bound program for three years. Year one as "rising juniors", year two as "rising seniors" and then the summer Bridge program.

The Teen Center has been fortunate to host Upward Bound Bridge program interns for at least four or five years now. A little about our three interns:



Mindy Power



Justina Morang



Jordan Daley

• **Mindy Power** attended Lewiston High School and is headed off to the University of Maine, Presque Isle. Mindy is interested in studying psychology and pursuing a career working with the mentally ill.

• **Jordan Daley** attended Calais High School and is headed off to University of Maine. Jordan (cool name huh?) is going to the honors college at UMaine for a dual major in psychology and accounting and wants to pursue a career in law enforcement. She would love to end up working for the FBI!

• **Justina Morang** attended Washington Academy in Machias and will be attending Eastern Maine Community College in Bangor. Justina will start with liberal arts, hoping to get into the radiology program her second year and would like to become a radiology technician.

It promises to be a fun July up in the Teen Center!



Teen Center Volunteer of the Year Carol Israel sports her brand new apron autographed and signed by dozens of Teen Center members.

Teens are 'doing summer'

Outside basketball, frozen flavor ices, sunburned faces and arms from field trips, shorts, sandals and sunglasses, ooohs and aahs walking into the air conditioned room after a hot bus ride, red red strawberries to eat, St. John's Bazaar, sadness over school ending (yep, for real!), bug bites, cut elbows and knees (already!), restocked first aid kit which is now in use (NO, you should not use duct tape to put on a gauze pad, but he did anyways! Ouch) flowers blooming out front of People Plus, finding turtles in the road...



Jordan Cardone

“Look, I brought my bunny in to show, want to hold it?”
“Look, I brought my new dog in to show, want to hold it?”

Who is going where, when and who is staying around this summer?

Those are some of our recent going-ons!
I also continue to have a steady stream of young, new faces showing up to enroll in the program. We have also been saying goodbyes to volunteers and assistant staff (temporarily) as we prepare for three new volunteers in July (our Upward Bound interns). Our hours are changing to summer ones, open Tuesday, Wednesday and Thursday from 1:30-5 pm.

I now add, "bring bags of ice in" when I pack up to go into work so we can have COLD drinks!

We have our new bike rack up and ready and already in use out front, and a storage shed outside!

So, July? I give up trying to predict, but am hoping to make good use of having four of us staffing in July and being able to spend more time outside and doing cook-outs! I am still driving a big ole pick-up truck so we are all set for tailgate cookouts although I am determined to get a CAR sometime in the near future...

If anyone has an overabundance of garden items, we are looking forward to fresh tomatoes and cucumbers ...

I am beginning the process of searching for fall staff, hoping to have an official assistant join us.

We usually see a drop in attendance during the summer, but after months of record-breaking numbers attending the program and a "full house" upstairs, I am preparing myself for a potentially busy summer

And before we know it, August will be here!

Until then, enjoy July!

— Jordan and the teens

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 207-729-0475 - www.spectrumgenerations.org

July 2014

Senior Medicare Patrol - Help End Medicare Fraud

Free Medicare 3-Day Volunteer Training

Spectrum Generations is hosting a 3-day Medicare training on **August 7th, August 14th, and August 28th** from 8am – 2pm at its Southern Midcoast Aging and Disabilities Resource Center, 35 Union St, Brunswick. This training is provided for free by Legal Services for the Elderly.

Once you have completed the training, Spectrum Generations Senior Medicare Patrol Volunteer Coordinator will match you with a staff member at one of our seven centers throughout central Maine located in Brunswick, Damariscotta, Hallowell, Waterville, Skowhegan, Rockland, and Belfast. SMP Volunteers may be assigned to do public presentations, provide individualized counseling on Medicare Part D, and, in general, educating the public on Medicare.



You can make a difference. Help us cut Medicare fraud & abuse.

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,

My mother has both Medicare and Medicaid. What is the difference between Medicare and Medicaid (Maine Care)?

—Pamela

Dear Pamela,

This is a great question. Medicare is the federal health insurance program for older adults and individuals with disabilities. People with Medicare can get their Medicare benefits through Original Medicare, the traditional Medicare program administered directly through the federal government, or through a Medicare Advantage plan, also known as a Medicare private health plan. Medicaid, on the other hand, is a federal and state health insurance program for individuals with limited incomes. Those interested in learning more about Medicaid benefits should contact their local Medicaid office for more information.

While Medicare is different from Medicaid, keep in mind that someone can have both Medicare and Medicaid if he/she qualifies for both programs. Individuals with both Medicare and Medicaid are oftentimes referred to as dual-eligibles.

—Marci

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarights.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.medicarights.org.

Bring this delicious southern classic to your 4th of July celebration!

Broccoli Salad

Ingredients

- 1 lb of broccoli florets
- 1/2c Greek yogurt
- 1/4c Mayo
- 2 tablespoon cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon pepper
- 2 tablespoons of minced onion
- 1/3c dried cranberries
- 1/2c toasted almonds

Directions

1. In a small bowl, mix yogurt, mayo, vinegar, sugar, and pepper. Add to broccoli along with onions and mix.
2. Add cranberries and toasted almonds. Mix and refrigerate until ready to serve. Make a day ahead if you like. Leftovers keep well for several days in refrigerator.



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

Save the Date

Wednesday, September 24th

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 Bath, Maine**

Volunteers needed for planning committee & event night

FMI: 620-1677 spectrumgenerations.org/celebrity

Spectrum Generations will be closed July 4th for Independence Day.

PROUD TO PARTNER WITH PEOPLE PLUS

Every member is important

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:

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Candy

Wilbur's of Maine: 10%, Anytime
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Cleaning/Organizing

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

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The center that binds us together

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(LAST) (FIRST)

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When the Center's bird carver, Ed Cardali, right, saw artist Sandi Cox's painting of a woodpecker, he was so impressed that he copied it in wood. The two artists then made an even swap of their work.

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Indrani's: 10% on Non-sale Items, Mondays
Tortine Mall, Brunswick; 729-6448
Portland Glass: 10% on Materials (\$50 max)
61 Bath Road; 729-9971
www.portlandglass.com

People Plus!

Volunteer Transportation Network

WE NEED VOLUNTEER DRIVERS

Help your neighbors get to their appointments!

Please call People Plus at
729-0757 and ask for
VTN to send you a
Driver's Application.

Ticked off!

When we were kids, my brothers and I thought nothing of sitting or rolling in tall grass for hours, of sleeping overnight on bough beds, or walking through juniper-leafed fields. We camped, we tramped, we hunted. Not once, not ever, did we give even passing thoughts to chance of dangerous encounters with ticks.

How things have changed in 50 years. "Ticks will inherit our world," I told my daughter Abbie in disgust last month. "THEY WILL! Are we supposed to stop them with daily tick checks?"

There was a recent news report that said Maine's mighty moose are showing up dead in the woods, driven to a crazed state by a form of Lyme disease. Think about that for a moment — a magnificent moose of maybe 1,500 pounds, brought low, tortured and finally killed by multitudes of ticks, sucking the very essence from the animal, infecting it, making it crazy, making it ill, making it dead.

How do we jump in front of that?? I have a tick jar.

My lovely, tender-hearted, neighbor Evelyn thinks I'm a little morbid, and cruel, but my little jar gives me a certain amount of satisfaction. A couple nights ago, a tick transferred to me from our old cat, Maggie. I felt the little beast (the tick) land, caught it, pressed it immediately between two fingers and walked the length of the house, just to drop it into my jar. I caught myself smiling as I screwed the lid down tightly.

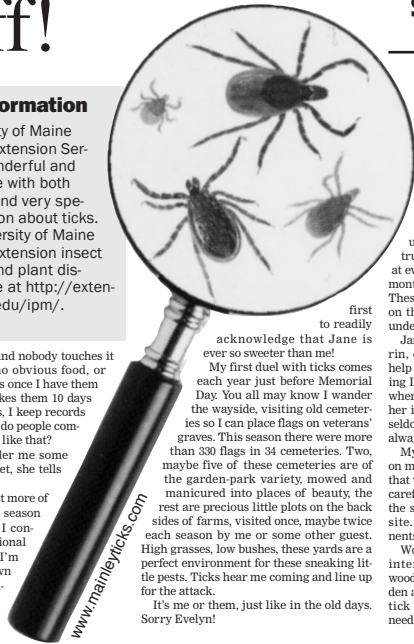
Maybe Evelyn's right! There may be a dozen ticks in that jar already. It sits on a sun drenched-corner of

More information

The University of Maine Cooperative Extension Service has a wonderful and useful website with both very general and very specific information about ticks. Visit the University of Maine Cooperative Extension insect pests, ticks and plant diseases website at <http://extension.umaine.edu/ipm/>.

a kitchen window, and nobody touches it but me. There is no obvious food, or water for these ticks once I have them in my jar. still it takes them 10 days or longer to die. Yes, I keep records in my journal! How do people compete with a parasite like that?

Jane does consider me some sort of a tick magnet, she tells me so. Fact is, I do collect more of the little pests in a season than she does, but I consider it an occupational hazard. After all, I'm the grave digger, lawn mower and wood-land wanderer. I'm always among the



Speaking Frankly

FRANK CONNORS



I'm not stupid. I've learned to wear loose khakis or some other light colored pants, I tuck my cuffs into my socks and I wear real boots. Shirt sleeves are long, even if it's humid; belts are tight, even if it's uncomfortable. When I return to the truck, I stamp my feet mightily and look at every inch, every fold in my cloths. Last month, one cemetery netted me four ticks! These never make my jar, I just flick 'em on the hood of my truck and crush them under my fingernail.

Jane wants me to use DEET or Permethrin, or one of those other insecticides to help keep ticks at bay. I always resist, saying I prefer to bait them out into the open, where I can corner 'em and kill 'em. I tell her it's my old paratrooper training. She's seldom impressed, but my tick body count always is higher than hers!

My first attached tick of this season was on my leg for no more than four hours, and that was back in May. I found it, removed it carefully, quickly, but I can still show you the spot it bit me, there's still a hard, red site. These little ----- are worthy opponents!

Worthy or no, I'm not the guy who intends to surrender his walks in the woods for fear of ticks. I'll wait for the hidden advantages each evening of a full-body tick check with my sweet Jane, and if I need to, I'll just get me a bigger jar.

New or renewing members for June

* indicates new membership
• indicates donation with membership

Topsham

- Barbara Beaulieu •
- Ramona Cormish •
- Priscilla Hall
- John Ketner
- Al Levesque •
- Joye Levesque •
- Patricia Maloney •
- Jeanne B. Valley
- Mirka Willis •

Harpswell

- Donald Adams
- Edward Harris •
- Jane Harris •
- Peggy LaForge •
- Barbara McLaren
- Parker McLaren
- Linda Strickland
- Nancy G. Wilds

Brunswick

- Betsy Alden
- Elizabeth Basinet
- Germaine Bois

- Priscilla Booth •
- Ethel M. Brady
- Larissa Darcy •
- Elizabeth L. Eastman
- John D. Eastman
- Michael Feldman •
- Richard Fortin
- Rollande Fortin
- Ann Galloupe •
- Robert Galloupe •
- Muriel Gamache
- Thomas "Tom" Hallenbeck
- Frank J. Heymann •
- Ann Hollingshead

- Janet Hodgkins
- Melvin Hodgkins
- Mona Kinney
- Nancy Kinney
- Wendall Kinney
- Nancy Laitala
- Theodore Laitala
- Jean Leavitt
- Mary Beth Levesque
- Jean Mulligan •
- Leah Nelson
- Sandra Norton
- JoAnn Paul •

- Philip Paul •
- George Porter
- Read Rich •
- Judy Smith •
- Chanel Swaindon •
- Sue Weissman
- Barbara Whitepine
- Joan Wilson
- Ted Wilson
- Mary H. Wood

Other places

- Julie Krejsa, Durham •
- Donald Hale,
- Westport Island
- Shirley Hale,
- Westport Island
- Elisabeth "Betty" King
- Woolwich
- Richard Krejsa,
- Durham •
- Rea Turet, New York City
- July Wilbur, Weare,
- N.H. •



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Habitat puts out call for volunteers to build Brunswick homes

Habitat for Humanity / 7 Rivers Maine is holding a volunteer recruitment kickoff meeting on Wednesday, July 9, 6:30-7:30 p.m. at First Parish Church's Pilgrim House, 9 Cleveland St., in Brunswick.

The meeting will provide information about a current home building project at 89 Harpswell Road in Brunswick and other volunteer opportunities at the ReStore, with Family Services, providing office support, and weatherizing and repairing homes.

The benefits of becoming a Habitat volunteer include the relationship created between the volunteer and prospective homeowners or people partnering with Habitat. At the meeting, there will be a chance to gather, fill out volunteer

applications, watch a video of home construction, meet the site supervisor and talk with a Habitat homeowner.

Michele Ober, Habitat volunteer coordinator, said, "This summer, volunteers have the opportunity to engage in a most rewarding experience, by becoming a construction volunteer in the building of one home with a veteran and his/her family and a second home, financially supported by our Brunswick faith community."

The veteran's family and the second family will work side-by-side with Habitat volunteers to build their new home.

For more information about this volunteer recruitment kickoff event, contact Ober at 386-5081 or michele@habitat7rivers.org.

CLASSIFIED ADS

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.

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

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.

Items to Sell? Services to offer? Advertise in our Classifieds.

The cost is \$10 per inch, per month, paid in advance. Call 729-0757.



Lunch Out!

July 8,
at 11:30 a.m.

FREEPORT RESTAURANT & PUB

at Main Street, Freeport



Music theater offers exhibit

Maine State Music Theatre's special presentation, "Chamberlain, a Civil War Romance," will be featured in the People Plus Center's Union Street Gallery for the month of July.

Staff and interns from the theater are collaborating with the center to produce this unique collection of poster art, photographs and original artifacts.

"We have never attempted this sort of exhibiton," gallery director Frank Connors said, "but we didn't want to miss this chance to work with the theater."

The collection may be seen during regular business hours at the Center. Above is a poster from the original 1996 production.

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