

Plus!

People News

The center that builds community

People Plus
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Hot dog! What a summer



Bernie Breitbart was one of nearly 120 members enjoying the annual People Plus picnic in July at Thomas Point Beach. See more pictures on pages 6 and 7. The day was sponsored in part by Scott Lemieux and Ameriprise Financial and Pati Crooker, owner of Thomas Point Beach.



Limberjack dancers coming to People Plus

The world traveling, unique hand puppets of Dr. Richard Krejsa will perform at the center on Tuesday, Aug. 26, beginning at 1 p.m.

Known as Dr. Dick's Fast-Dancing Limberjack Society, this 24 puppet dance troupe, featuring a variety of hand-carved, hand-painted, stick mounted figures are sure to impress and entertain.

Unlike more common hand puppets or string mounted marionette puppets, limberjack puppets are mounted on a stick inserted into the balancing point on the puppet's body. The puppet is then held so that its heavy feet barely touch a thin springy dance platform. Dr. Krejsa creates some of his own music with harmonics and uses accompanying music such as hornpipes, reels, polkas, Dixieland jazz and old time fiddle tunes.

Dr. Krejsa has toured North America and Europe with his puppets, and is a familiar entertainer at Maine's Common Ground Fair.

"This is something new and different for us at People Plus," suggested member services coordinator Frank Connors. "We hope it becomes a real intergenerational event for us, with grandparents bringing their grand kids to see the show."

During the show, Dr. Krejsa, 81, will chat about the origins of his puppets, and encourage folks to perhaps make their own.

Please call the center at 729-0757 to register for this event.

'Times and Seasons'

Center's Write ON! group does it again

"Times and Seasons," the latest book to be written and published by the Write On! group at People Plus, will be published in August and released for sale later this month.

This 174-page collection of poetry, prose, photographs and surprises, features the work of 21 writers, some original photography and artwork. The book has been "in the works" for more than a year, and is being billed as, "the best effort yet." This book will be featured at a very special authors' chat at the Center on Sept. 17, beginning at 2 p.m.

The book includes work by P.K. Allen, Beth Compton, Robert Dow, Ruth Foehring,



Charlotte B. Hart, Julia Garbowski, Adelaide Guernelli, Karen Johnson, Paul Karwowski, Wendell Kinney, Margie Kivel, Elizabeth King, Ralph Laughlin, Vince McDermott, Dottie Moody, Ann Robinson, Karen Schneider, Winnie Silverman, Nancy Sohl, Patty Sparks, Gladys Szabo and Bonnie Wheeler.

Expo coming in October

It's not too early to plan to participate in the second annual Senior Health Expo, sponsored jointly by People Plus and Spectrum Generations. This year's event is earlier than usual, beginning at 9 a.m. on Tuesday, Oct. 21, at the Cook's Corner Shopping Mall, and promises to be "bigger and better than ever."

The last event was a "sold-out effort" with more than 70 exhibitors and 500 community members attending. Open registration for tables begins Aug. 1. Call 729-0757 for more information.



Lunch & Connections

Lobster mac & cheese, fresh veggies on menu

What better way to celebrate summer than with a little lobster and loads of fresh garden vegetables?

Our Lunch & Connection dinner on Thursday, August 21, will feature lobster mac & cheese casseroles, awash in piles of native green beans, with zucchini, summer squash, onions and peppers, sautéed in

olive oil.

"The season for fresh veggies is just too short in Maine," Center chef Frank Connors suggested. "We want to take advantage of it as often as we can." He said the lobster-mac & cheese is a new entree for Lunch & Connections. "We like to keep the menu fresh and interesting," he said.

A fresh, lightly dressed green garden salad will be waiting for everyone. Our bread offering will once again come from Brunswick's Wild Oats bakery, and the dessert this month will be fresh and chilled, strawberry-rhubarb crisp, served with vanilla ice cream. Our mem-

Please see LUNCH, Page 5

TUESDAY, AUG. 5, IS SENIORS DAY AT THE

160TH TOPSHAM FAIR

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:

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Record-breaking year

Numbers! Numbers! It's all in the "accounting." We broke so many records this month and celebrated anniversaries as well.

It's been almost 20 years of Thomas Point Beach picnics and we broke a record with 118 attendees! Frank and Ralph grilled up 128 burgers and 110 hot dogs! (A record!) Gladys served 25 pounds of potato salad, Rose made 10 pounds of cole slaw, we saw buckets of baked beans go through the line and Anita sliced up 3 watermelons (another record!).

If you missed the picnic, don't worry, we will do it again next year, because it was a very good time had by all. Thank you again to Gladys and her crew. Without our Rose, Beth, Megan, Kathy, Ralph and the rest we could not have pulled it together!

A big thanks to Scott Lemieux and Ameriprise Financial for underwriting the wonderful band. We love Pejescot Station and they were kind enough to allow me to jump in on a few songs. I'm not going to cut an album this week, but it was fun and was a first!

One of the highlights of the picnic was celebrating the Spectrum Generations one year anniversary with a gigantic cake and a talk from Gerry Queally, Spectrum Generations's CEO. It's been a very productive partnership thus far

and we look forward to many years to come!

Shannon Hall has coordinated the delivery of more than 18,000 meals out of our Center with the Meals on Wheels volunteer program (a record!) and Craig Patterson the Spectrum Generations Aging and Disability Resource Counselor has seen a record breaking 600 clients this past year in 30-minute counseling slots, which are all free! If you haven't sat down yet with Craig to discuss your aging options, you really should do so. He is full of great information and resource guidance.

We're also about to see a bittersweet change at the Center this summer. Our longest running instructor, Ruth Vogel who has been a member since 1976 when the Center opened (a record!), is retiring after almost 30 years (another record!). She is a landmark within our walls and has taught hundreds of members in her lifetime. We will miss Ruth's savvy and sassy style of interacting with members, and teaching yoga. She will stay active in the line dancing club so you just may see her around. We are planning a retirement party for her this fall, so keep your ears open about that.

I'm pleased to report that we closed out the fiscal year with a smidge of money in the bank. "In the black" they call it and that is a record for sure! This

From the Executive Director

STACY V. FRIZZLE



was made possible by the addition of more rental income (thanks Jill!), increased membership (thanks Frank!), double the teens (thanks Jordan!) and a reduction in overhead (thanks Betsy!).

We have seen our VTN program explode with more than 100 riders (thanks Kathy!), (a record) and about 500 people a week come through the doors, (thanks Pat for tracking that!). These are all record breaking numbers for the Center and it is so gratifying to me to be a part of this great team.

Tracking these numbers is vital to the success of the Center. Scanning your card and checking in is the way to keep it all straight and I ask that you please do so each and every time you come in. Without attendance numbers I can't obtain funding from the United Way, the town or from grants (or rejoice in our record breaking accomplishments!)

This Center is here to serve the needs of our area seniors and teens and we are really going like gangbusters on both fronts. Come on in to see us and help us set a few new records this year at the Center that builds Community!

From Anita's Plate

ANITA HUEY



Whether you have planted your own garden, bought locally at the farmer's market or grocery store, summer is a great way to enjoy fruits and vegetables.

I thought I would share some interesting ways of adding more flavor to your meals with the added bonus of increasing your intake of fruits and vegetables. I encourage you to try something different.

Several months ago, I shared my recipe for sweet potato with black beans and salsa with a client. She wasn't sure that she would like it but decided to make it. She came back and claimed that it was her new favorite!

Here are some ideas:

- Grilled vegetables with scrambled eggs
- Scrambled eggs with salsa
- Grill pan for vegetables
- Place grilled meat on bed of spinach
- Use fruit salsas on meats and brown rice
- Grill pineapples
- Try sandwiches made from lettuce cups
- Fruit kabobs with drizzled chocolate

Peach and Avocado Salsa

Ingredients:

- 2 fresh peaches — peeled, pitted, and diced
- 1/2 red onion, minced
- 1/2 red bell pepper, minced
- 1/4 cup chopped fresh cilantro, or to taste
- 1/2 lime, juiced
- 1/2 lemon, juiced
- ground black pepper to taste
- 1 avocado — peeled, pitted and diced

Directions:

1. Gently fold together all ingredients except for the avocado. Cover and refrigerate for 30 minutes.
 2. Toss in avocado just before serving.
 3. Serve on top of grilled fish, chicken or brown rice.
- Nutrition (Serves 4): 111 calories, 7 grams of fat, 50 mg sodium and 10 grams of carbohydrate
- Note:** A great way to increase the flavor of your food and increase your fruit and vegetable intake. Enjoy!

• Top a lean burger with lettuce, tomato, onion and guacamole

• Add strawberries to a spinach salad

• Mash up berries and place on baked or grilled fish

• Roast vegetables to use a variety of different vegetables that are all prepared in the same pan

• Place vanilla yogurt in a fillo cup (purchased in the freezer section next to the frozen fruit) and top with raspberries, blueberries or strawberries

• Add Kale to your next stir-fry

• Add a bag of spinach and low sodium diced tomatoes to low sodium broth based

soups

If you try one of these, let me know! These are great easy ways of adding flavor and nutrition!

Finally, I just want to mention, that my first diabetes prevention group has met for its first of six monthly follow-ups. Two of the participants have reduced their pre-diabetes glucose readings to the normal level. My second group for the diabetes prevention group has met for six weeks. They are making great progress.

Have a great August.

Anita Huey can be reached at sheksma@comcast.net.

Memorial Donation in Memory of

FRAN BLOXAM: author, artist, quilter

Harpwell Garden Club to meet Aug. 21

The Harpwell Garden Club will meet Thursday, Aug. 21, at 12:30 p.m. at Curtis Memorial Library, 29 Pleasant St., Brunswick.

Following a business meeting, James McCain will present "The Ongoing Development of the Arboretum at Fort Williams Park."

For more information, call Becky at 833-6159.

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Summer in Maine

By NANCY SOHL

Summer in Maine is beautiful, with sunny days and temperatures in the mid-70s. This summer in particular has been a gift to be treasured. Oh I know, there are ticks, black flies and the threat of invading hordes of tourists. But my Midwest friends are experiencing daily temperatures in the upper 80s and low 90s, flooding rains, and the threat of tornadoes all of which will only get worse as we move into July and August. They would love to have nighttime temperatures in the 40s and 50s. I feel lucky to sleep with the windows open and pull the blanket up under my chin.

I can't help but think about the song from "Camelot" that King Arthur sings:

*A law was made a distant moon ago here:
July and August cannot be too hot.*

*And there's a legal limit to the snow here
In Camelot
The winter is forbidden till December
And exits March the second on the dot*

*By order, summer lingers through September
In Camelot*

The song finishes by saying: *In short, there's simply not A more congenial spot For happily-ever-aftering than here
In Camelot*

I know we've had snow in November, and I had snow on my lawn this April, but there is something pretty wonderful that happens here from May through September. We need to take notice, get out in it, and enjoy every beautiful day. There is not a more congenial spot for happily-ever-aftering than right here on the coast of Maine in the summer.



PHOTO COURTESY OF RAFAEL MACIAS

'The Veterans' are coming to People Plus

"The Veterans," a unique collection of black and white portrait-grade photographs by MaineArtsworks photographer Rafael Macias, will be on display at the Union Street Gallery of People Plus during the months of August and September.

"These portraits are meant to reveal the character and pride of these individuals," offered Macias, who is himself a naval veteran. "These veterans in all stages of their lives have agreed to pose for my cameras, and to share their stories with me. Through their eyes or from their facial features, I attempt to convey the dignity

and pride that comes through to me."

Sailors, soldiers, airmen and Marines from World War II, Korea and Vietnam are featured in the presentation.

Based in Brunswick, Macias' work encompasses portraiture, fine art landscapes, travel photography and photo-journalism. His MaineArtsworks studio is located at 101 Maine St. For more information, visit his website, MaineArtsworks.com.

The collection may be seen during regular business hours at the People Plus Center, 35 Union St., in Brunswick.

Vandalism on Maine Street

Why would anyone vandalize a great work of art?

By CHARLOTTE HART

It was a hot, humid summer day I decided that the lovely climate-controlled Bowdoin College Museum of Art would be a comfortable and inspiring place to spend some time.

For me the most impressive area of the Bowdoin Art Museum is the Assyrian Gallery. Flights of stairs lead to that hall of natural light. The west side of that hall is a wall of thick glass showing bustling traffic at the corner of Maine and McKean streets.

The east side wall is made up of great stone bas relief scenes from ancient Assyria. Beside the 10 foot high bas relief statue of an Assyrian king is a request, "Do not touch. Natural hand oils cause deterioration." The gallery attendant watches. Another sign by the great king's statue notes that there are small traces of red paint on the king's sandals.

"The great bas relief scenes were originally totally painted," the gallery attendant assures me when I ask about it.

"These Assyrian works were kept here at the Bowdoin Walker Art Building in the dark rotunda for years before the big expansion. It was when they brought these works into the light that they saw the vandalism."

"Vandalism?" I gapped!
"Yes! Look! The king's eye was gouged out. His Achilles tendon was chopped away. Those gashes above his head are not part of the original art!"

Why? Why would anyone vandalize a great work of art? Why? Of all places ... the beautiful Bowdoin Art Museum!

"Intentional vandalism? I can't believe it! Bowdoin students did that?"

"Oh! No! No! No!" said the attendant. "Men from a conquering army did that. The Assyrian king had lost a battle. It was tradition. The victors gouged the eyes and Achilles tendon of the loser's statue and made crude signs high on the bas relief! We won! This vandalism is 4,000 years old."

Sparked Memory

By GLADYS SZABO

Strange things can spark a memory like eating a dish of Cozy Shack rice pudding.

My mother's rice pudding was one of my favorite desserts. No matter how many times I tried to make it I never got it right. As I was eating, loving memories flooded back reminding me of her pudding and all the delicious desserts after every dinner.

A second memory came to mind of Alice, a client I had when I worked as an in-home care-giver. This woman was eccentric (Strange as I would put it).

I was asked by my employer if I would take her on since they could not get anyone to work with her. I was her last chance to have an in-home caregiver from our company. Of course I said yes.

My first task was to do her grocery shopping. She gave me a very detailed list. Off to the store I went. I was in the store, possibly five minutes when I heard, "Will Gladys Szabo come to the customer service desk?"

I was shocked! Who even knew where I was and why would they be calling me? Again I heard the page. As I approached the desk, I was told I had a phone call. It was Alice. She forgot to tell me to get her Cozy Shack Rice pudding — NO RAISINS! No other brand. Make sure it is the newest date. When I hung up the phone, the clerk laughingly said, "You must be a new one working with Alice?"

I replied, "Yes I am."
"Wonder how long you will be with her?"
"A long time I hope."
"She WILL call you every

time you come to the store."

"That's fine I can handle it." I continued shopping and again got another page to come to the desk.

She had forgotten something else. I proceeded to shop, stopping at the meat department where she had ordered her meat. The meat cutter handed me her order with a big smile. "So you are working for Alice. Wonder how long we will see you?"

After going to the cosmetic and bakery departments and getting the same remarks every time, I finally asked, "Why does everyone keep asking me this?"

I was told, "Alice is a tough cookie. Very demanding. She calls every week with specific orders for what she wants and is never happy with what she gets. She calls every department and does this. Every few weeks there is a new person."

"Well I hope to break the chain so we will see. Thanks for the information."

This is just one of the quirky things she did. She also had a "Boyfriend" who no one ever saw.

I called him the invisible man. I could make you blush with the stories she would tell me about him. She would get all these lovely gifts from him. She ordered things from a department store who delivers, would wrap them up and put his name on them and tell me he brought them to her.

I could write a book on the stories and situations I experienced with her in the two plus years I worked with her. I was on personal names with all the store managers and had a bundle of laughs. The only reason I stopped working for her was because I took on a full-time job.

Connections Fade

By DOTTIE MOODY

There's only one left now
People I knew as a child in Harpswell
Harpswell was dad's home
Mom's temporary one
Where their children spent
Early childhood

We knew family, neighbors,
fellow church goers
We stayed loosely connected
through the years

Now only one remains
The widow of my dad's nephew

A rite of passage
As you age
The winnowing down
of connections
Now Harpswell is a world of peers
I did not grow up with
and others unknown
Many related

As the circle of connections fades
Beloved faces
Keep Harpswell in my heart.

Good Morning

By BONNIE WHEELER

The early morning
fog sweeps in
Your bed is too warm and cozy
you snuggle deeper under the
down softness
it feels like a warm fur coat
a sleepy inner voice whispers,
close your eyes
before long the aroma of coffee
wakes you,
You slide out of bed and the fog
rolls away

Slow Down

By ELIZABETH B. BATES

At my age, I have learned to
take things slowly. The world
around me is spinning ... I get
a kind of "left behind" feel-
ing, like driftwood on the
beach, with the tide going
out.

But ...
I am lucky I can take my own
sweet time!
A long, slow intake of breath
and I am fine.
I can read a book ... it isn't due
for a week.

Or, take a long walk ... who says
running is sweet?
Drink some tea, eat that cake.
Watch the cat take a nap.
Close my eyes or stay awake.
Pick up the phone and call that
cousin I hate.
Forgive and forget ... it's not too
late.
Before I know it, the sun will
have set ...
But NO! SLOW DOWN!
I'M NOT DONE YET!

Island adventure, theater, casino visits available



There is still time to register for the boat ride to Harpswell's Eagle Island, a bus trip to Bangor's Hollywood Casino, and a bus tour to Ogunquit for a show and lunch. The three trips are intended to "keep our summer busy," and are sponsored jointly by People Plus and the Bath Senior Citizen Center.

The boat Atlantic Seal leaves Dolphin Marina on Aug. 12, piloted by Capt Ring, who knows all the history of the island and narrates all the sights you will see. Cost of the tour, including the boat and bus to Harpswell, is \$22 for members and \$25

for nonmembers. The bus leaves the Bath Center at 8:30 a.m. and there is no pick-up in Topsham. Eagle Island was the summer home of Arctic explorer Adm. Robert Peary and is now a state historic site.

Bring your walking shoes, there are many scenic hiking trails on the island.

The bus to Hollywood Casino, in Bangor, leaves the Bath center at 9 a.m. on Wednesday, Aug. 20, and the Topsham Home Depot Park & Ride at 9:20 a.m. You will receive food and gaming credits when you arrive in Bangor, you do not need to be a center member or a senior to make this trip. Cost

is only \$30 for the round trip bus service. The bus leaves Bangor for the trip home at 4 p.m.

The Broadway musical "Mary Poppins" and lunch at Jonathan's Restaurant in Ogunquit has a few seats left. Cost for transportation, the show and luncheon is \$76 for members of People Plus or the Bath Center, and \$80 for nonmembers. Only 40 seats were available, less than 10 remain. Seats go to the first who sign up and pay.

All registrations are handled by the Bath Senior Center. Call 443-4937 for more information or to register.

Senior Intermediate Cribbage

June 25: Anita Owens, 720; Leah Nelson, 710; Gerry LaRoche, 704; Patricia A. Johnson, 688; Lorraine LaRoche and Richard Fortin, (tie) 685.

July 2: Anita Owens, 724; Gerry LaRoche, 723; Craby LaRoche, 719.

July 9: Gerry LaRoche, 720 (perfect score); Don Leaver, 725; Rick Fortin, 704; Lois Fournier, 702.

July 16: Patricia Johnson, 726 (perfect score); Rick Fortin, 720; Nancy Laffely, 302.

Monday-Saturday Bridge

June 21: Gladys Totten, 5,120; Bill Buermeyer, 3,736; David Bracy, 3,670; Fran Lee, 3,330.

June 23: Ann Swanson, 4,670; Gladys Totten, 4,650; John Rich, 4,120; Richard Totten, 3,780.

June 28: Marion Schneider, 4,380; Edna Seeley, 4,010; Richard Totten, 4,000.

June 30: Bill Buermeyer, 6,280; Bill Washington, 5,350; Jeff Lauder, 3,830; Alan Reeder, 3,590.

July 5: Sherry Watson, 3,730; Lorraine LaRoche, 3,520; Bill Washington, 3,470.

July 7: Jeff Lauder, 5,640; Paul Betit, 4,890; David Bracy, 4,590; Richard Totten, 4,030.

July 12: Marion Schneider, 4,340; Richard Totten, 4,050; David Bracy, 3,950.

July 14: Bill Buermeyer, 5,250; Joyce Lyons, 4,850; Terry Law, 4,320; Tom Alley, 4,160; Gladys Totten, 3,960.



Impromptu game

Members enjoy a pick up cribbage game at the picnic last month. Cribbage is played every week at the Center on Wednesday mornings beginning at 8:45 a.m.

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

es from the moment we 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

Please recycle this newspaper.

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.



Medicare information with Spectrum Generations

Designed to provide education about Medicare.

This class answers 90 percent of basic questions and is held the second Tuesday of each month from 12:30-2 p.m.

Free to the public. Registration required by calling 729-0775.

AARP Safe Driver class in September

Register now at 729-0775. AARP Safe Driver class on Friday, Sept. 18, noon.

Drivers can be eligible for discounts on insurance upon class completion. Register with instructor, Read Rich at 729-0775.

Class size is limited to 20. Cost is \$15 for AARP members, \$20 for all others.

Please call to register for classes and events at 729-0775.

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AUGUST 2014 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PEOPLE PLUS NEWS & VIEWS	FRANK CONNORS & STACY FRIZZLE Check out our special Summer show Viewed weekly on Cable Channel 3, Brunswick Community TV	MONDAY AFTERNOON..... 4 P.M. WEDNESDAY MORNING..... 7 A.M. SUNDAY EVENING..... 9 P.M. And on Harpswell Community Television viewed online, anytime: http://wimeo.com/harpswelltv	== 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	1 == 10:00 AM Bridge	2 == 10:00 AM Bridge
4 == 9:00 AM Crafters == 9:00 AM Loosen Up! == 10:00 AM Apple Club == 11:00 AM Table Tennis == 12:00 PM Bridge	5 == 8:00 AM Topsham Fair Opens == 9:00 AM Table Tennis == 10:30 AM Table Tennis practice == 12:00 PM Pilates Lite == 1:00 PM Quilting Club == 1:30 PM Yoga with Ann	6 == 8:30 AM Biking Club == 8:45 AM Inter. Cribbage == 9:00 AM Loosen Up! == 9:00 AM Mah-Jongg == 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	7 == 8:00 AM SG Medicare Volunteer Training == 9:00 AM Table Tennis == 6:00 PM Beg. line dancing == 7:15 PM Adv. line dancing	8 == 9:00 AM Loosen Up! == 9:00 AM Mah-Jongg! == 10:00 AM Learn to Play Bridge == 10:00 AM Table Tennis == 10:30 AM Meals on Wheels == 1:00 PM Qigong == 6:30 PM Folk Dance Brunswick	9 == 10:00 AM Bridge
11 == 9:00 AM Crafters == 9:00 AM Loosen Up! == 9:00 AM Mah-Jongg == 11:00 AM Table Tennis == 12:00 PM Bridge	12 == 9:00 AM Table Tennis == 10:30 AM Table Tennis practice == 11:30 AM LUNCH OUT == 12:30 PM Medicare Intro == 3:00 PM German Club == 4:30 PM TCAC meeting	13 == 8:30 AM Biking Club == 8:45 AM Inter. Cribbage == 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 Prevent Diabetes	14 == 8:00 AM SG Medicare Volunteer Training == 9:00 AM Table Tennis == 6:00 PM Beg. line dancing == 7:15 PM Adv. line dancing	15 == 9:00 AM Mah-Jongg! == 9:00 AM Loosen Up! == 10:00 AM Table Tennis == 10:30 AM Meals on Wheels == 1:00 PM Qigong == 6:30 PM Folk Dance Brunswick	16 == 10:00 AM Bridge <div style="border: 1px solid black; padding: 5px; text-align: center;"> Teen Center SUMMER HOURS: Tuesday to Thursday, 1:30-5 PM </div>
18 == 9:00 AM Mah-Jongg == 9:00 AM Loosen Up! == 9:00 AM Crafters == 11:00 AM Table Tennis == 12:00 PM Bridge == 6:30 PM SAGE Square and Round Dance Club	19 == 9:00 AM Table Tennis == 10:30 AM Table Tennis practice == 1:00 PM Quilting Club	20 == 8:30 AM Biking Club == 8:45 AM Inter. Cribbage == 9:00 AM Loosen Up! == 9:00 AM Mah-Jongg == 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	21 == 11:30 AM BP Clinic == 12:00 PM LUNCH & CONNECTIONS == 6:00 PM Beg. line dancing == 7:15 PM Adv. line dancing	22 == 9:00 AM Mah-Jongg! == 9:00 AM Loosen Up! == 10:00 AM Table Tennis == 10:30 AM Meals on Wheels == 1:00 PM Qigong == 6:30 PM Folk Dance Brunswick	23 == 10:00 AM Bridge
25 == 9:00 AM Crafters == 9:00 AM Loosen Up! == 9:00 AM Mah-Jongg == 11:00 AM Table Tennis == 12:00 PM Bridge	26 == 1:00 AM Limberjack Puppet Show == 9:00 AM Table Tennis == 10:30 AM Table Tennis practice == 2:30 PM Café en Français	27 == 8:30 AM Biking Club == 8:45 AM Inter. Cribbage == 9:00 AM Mah-Jongg == 9:00 AM Loosen Up! == 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	28 == 8:00 AM SG Medicare Volunteer Training == 9:00 AM Table Tennis == 6:00 PM Beg. line dancing == 7:15 PM Adv. line dancing	29 == 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	30 == 10:00 AM Bridge

Left Behind By BONNIE WHEELER

When the heart stops the beat
 My body you no longer see
 Feel my love that never dies
 In photographs I left behind
 Birthday cakes, decorated just for you

Easter baskets, each year was new
 Halloween treats ... to give or receive
 Gifts piled high under the Christmas tree
 Remember — my loving spirit remains with thee

LUNCH

From Page 1


bers with dietary concerns will be offered regular mac & cheese casserole, without the seafood.
 The monthly Lunch & connection meals are sponsored by Spectrum Generations, and are planned to focus on nutrition, fun, information and variety. A CHANS home healthcare provider is always in attendance to offer and record personal blood pressures.
 Arrive at 11:30 a.m. to chat with

friends and to claim your seat. There's always a chance to pick up a 50/50 raffle ticket, and to register for one of several free door prizes. Seating is limited and pre-registration is required. Please remember, if you are registered and can NOT attend, please call us so we can activate our waiting list.
 Cost of the meal is still only \$5 for members and \$7.50 for nonmembers. Lunch is served at noon. To register, call Pat at the information desk (729-0757). We accept registrations only after the first of August.

UMaine Extension offers Backyard Locavore Day

The sixth annual Backyard Locavore Day sponsored by University of Maine Cooperative Extension in Cumberland County will be held from 10 a.m. to 3 p.m. Saturday, Aug. 9, in six gardens in Brunswick and Freeport. This self-guided tour will be held independent of the weather.
 Learn do-it-yourself strategies for becoming a locavore — a person who eats food locally grown and produced. Demonstrations and talk topics include vegetable and square-foot gardening, backyard composting, greenhouses, bee-keeping and backyard poultry. Each garden session will feature food-preservation methods, including drying, hot water bath canning and making herbal vinegars and jam. Complimentary food

samples will be provided. UMaine Extension master gardener and master food preserver volunteers, as well as homeowners, will answer questions.
 Cost is \$15 for those who register in advance, \$20 the day of event and free for children younger than 12. Registrants will receive a booklet with a map and descriptions of each site. Proceeds benefit UMaine Extension's Cumberland County Food Preservation Program. Online registration and information are available at umaine.edu/cumberland/programs/locavore/.
 Also, for more information, or to request a disability accommodation, call 781-6099, 800-287-1471 (in Maine), or email lois.ellwell@umaine.edu.



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Look at this!

Thursday Hikers get a firsthand close-up look at bog vegetation July 10 at Hidden Valley Nature Center in Jefferson. In inset is a surprising peak at a carnivorous pitcher plant hidden away in the valley.



PICTURE PERFECT PICNIC AT THOMAS POINT BEACH



Charcoal grilled hot dogs and burgers, salads, soft drinks, watermelon and cake all added to a wonderful annual picnic at Thomas Point Beach on July 17. **CLOCKWISE FROM LEFT:** Ralph Laughlin and Frank Connors man the grills; Rose Collins and Gladys Szabo work the condiment station; People Plus Executive Director Stacy Frizzle and Spectrum Generations CEO Gerry Queally prepare to cut the cake marking the one-year anniversary of the collaboration between the two organizations; and the crowd of more than 100 members of both organizations enjoy the music of Pejepscot Station.



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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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Jordan Daley, one of three Upward Bound Bridge program interns at the Teen Center this summer, prepares to paint shelving. In addition to Daley, Justina Morang and Mindy Power were interns. Power and Daley plan to attend the University of Maine system and Morang is headed to Eastern Maine Community College in Bangor this fall.

Summer sweeps through Teen Center

By JORDAN CARDONE

Wow, July went too quickly! I can't believe our Upward Bound Interns are

leaving us already! Wednesday, July 30, was their last scheduled day with us.

As always, it has been great having them with us and we hope they stay in touch as they head off to school! Our alumni of Upward Bound Interns has grown over the years.

With a month of low attendance to start the summer (which is typical of summertime at the teen center), who knows what August will bring. According to reports from our teens, the teens we have not been seeing are camping at Whites Beach, away working, swimming and fishing in the Androscoggin (ek), etc. Some were also attending a football camp in July.

The relative quietness gives us an opportunity to tackle some projects in the Center which we have been doing! Our interns have assembled shelving, learned to make teen tortillas, helped spray paint 10 big shelves (that they got to assemble) outside in the wind. Gordon Brigham, who was spiffed up your shelves! Before they left they were going to organize our games/crafts so our shelves look nice and neat.

We also got our second donation of a flat screen TV in July, which is wonderful (some movies too and a DVD player). This of course created another project, getting rid of the huge monster TV which I still can't believe is finally gone (that has been at the top of my need to do list for sooooo long). I also was very impressed that the teens could get it outside and a huge thank you to Stacy for driving it to Goodwill!

Since it was moved out, and we set up the flat screen and moved around some furniture, it looks more open and we gained some floor space too! Yeah! Now for the broken Ping-Pong table. Hopefully that's

next!

My goal for August is to find a new Teen Center assistant! The resumes are coming in and I am about to start setting up interviews. I Jordan Cardone have asked that potential candidates come in a time or two in August as volunteers because that is the best way to get a sense of the Teen Program, the low summer numbers may not give them a real sense of 15-20 teens in there like we have during the school year, but probably best to lead them gently into our little world up there.

We are also looking forward to the return of some of our Bowdoin student volunteers who worked their schedules so that they could come in one day a week each during the first semester at least.

Another August goal is to have at least one more cookout outside! A goal of the teens is to have a water balloon fight before the end of August and I even found self sealing water balloons so you don't have to tie every one of the little balloons!

But, I have not heard a good and definite answer as to who would be picking up 100 popped colored pieces of latex used afterward so we remain in the "discussion phase" of this activity.

I hope August does not fly by like July. Summer just goes too quickly in these parts!

Enjoy your August. I don't think it will be too hot because after many years I finally broke down and bought an air conditioner for at home and it is still in the box, so because I have it, I probably won't need it. Things just work that way.



Jordan Cardone



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Teen Center wish list:

- Ping Pong table (on wheels, that can fold). Ours has sadly seen its final days.
- Flat screen TV (gently used is great). We are looking for 2 more, we finally were able to get rid of the 100 pound monster TV and gained floor space this past month.
- Paper goods, especially plates and cups.
- Plastic bins/containers of various sizes to store art/craft supplies, etc.
- Bottled water
- School shopping? We can always use scotch tape, pens, push pins and notebooks at the Teen Center and to send off to school with teen members.
- A dictionary.



Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center
35 Union St, Brunswick, ME 04011 Suite 1
207-729-0475 - www.spectrumgenerations.org

August 2014

Join us for the Meals on Wheels Celebrity Chef Challenge!

Top chefs from coastal and central Maine will compete in Spectrum Generations 2nd Annual Meals on Wheels Celebrity Chef Challenge by preparing a main dish using Meals on Wheels guidelines and ingredients. The dining event will be held on September 24th at the scenic Maine Maritime Museum in Bath starting at 5:15pm.

Proceeds from the evening will benefit Spectrum Generations Meals on Wheels program. For many who are homebound, there is no other place to turn for help. Funds will also support Spectrum Generations We Sustain Maine senior nutrition initiative, which incorporates Maine food products in its Meals on Wheels and community dining programs. By bringing food from the fields of Maine farms to the plates of Maine's seniors, We Sustain Maine reduces senior hunger, supports Maine farmers, and ultimately helps Maine's economy by reinvesting local dollars back into our communities.

FMI @ www.spectrumgenerations.org/celebrity

Marci's Medicare Answers

Dear Marci,

My doctor told me that he is now an opt-out doctor. What is an opt-out doctor?
—Shelley

Dear Shelley,

An opt-out doctor is a doctor who has formally opted out of the Medicare program. Opt-out doctors do not submit any medical claims to Medicare and are not subject to the Medicare law that limits the amount they may charge patients with Medicare. In other words, opt-out doctors can charge whatever they want for health care services they provide to patients with Medicare.

If you have Original Medicare, the traditional Medicare program administered directly through the federal government, it's generally best to avoid seeing opt-out doctors. When you see a doctor who has opted out of Medicare, you are responsible for the entire cost of your care. Medicare will not pay for care you receive from an opt-out doctor. While there may be a few exceptions in the case of emergencies, you are generally responsible for the full cost of the care you receive from opt-out doctors. If you have Original Medicare, you should try to see a doctor who accepts Medicare and takes assignment to get your care at the lowest cost. Health care providers who take assignment accept the Medicare-approved amount for health care services as full payment.

If you have Original Medicare and you see an opt-out doctor, keep in mind that the doctor should have you sign a private contract that states that you understand you are responsible for the full cost of services you receive. If the opt-out doctor does not give you this contract before providing you with care, you are not responsible for paying for that care. Also, keep in mind that psychiatrists have been more likely to opt out of Medicare in recent years, compared to other doctors. Be sure to ask your doctor if he/she accepts Medicare, before you begin to receive health care services.

If you have a Medicare Advantage plan, also known as a Medicare private health plan, you will most likely need to get health care services from in-network doctors. Contact your plan directly to learn more about which types of doctors you can see for covered care.

Before you see any type of doctor, ask your doctor what types of insurances he/she accepts so you can get a sense of whether the health care services you receive will be covered.

—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.



A fine dining event featuring
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Wednesday, September 24th

5:15 Reception

6:00 Dinner & Program Cash Bar

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FMI: 620-1677 spectrumgenerations.org/celebrity

SpecGen Report

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Members make the difference

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,

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Classical pose
 Students presenters of the Bowdoin International Music Festival entertained a near-capacity crowd at the Center on July 10.

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It's tough going back to 1964

Speaking Frankly

FRANK CONNORS



Yup, my class reunion was everything I expected it would be.

In Bath, and I found ourselves wandering among the shrubs that surrounded the visitor center at Hyde School, looking for a door that was unlocked. (The first two were not.)

"Hey," booms this voice behind me, "Connors, do you need me to bail you out again?" I turned to face a rather portly, white-haired guy who looked like no one I'd ever known.

"Who are you?" I asked! "Phil," he declared, "Phil B. ... really, you don't recognize me?"

I had no clue, and the evening was on. Black and orange streamers and balloons decorated the hall, and the music was already going. They were playing a Beatles tune, if my memory serves, and I was starting to see that my memory was not serving. Phil was really beating up on me, telling his wife of stuff we'd done in Bowdoinham, at scout camp, in high school.

"I recognized you right off," he kept saying, "I can't believe you had to ask me my name."

I couldn't quite believe it either: I was already a little ashamed of myself,

already thinking maybe we should just bag the evening and get supper at Fat Boy.

My first official act was to buy 50/50 raffle tickets, "five for a dollar," the sign said, "ten for five dollars," "an arms length roll for ten dollars." I handed the guy a ten, spread my arms to a full six feet and collected a pocket full of tickets.

Phil asked me if I recognized the ticket seller. I shrugged, trying politely to sneak another look. "A hint, Connors," Phil pressed me, shaking his head in disbelief, "he was in our home room for four years."

I passed on a chance to buy a brick from the old Spring Street high school, focused instead on the bar. I took my first real look around the room and was shocked, the place was full of old people! Good fortune laid my eyes almost immediately on Bob and Nancy, Bowdoinham friends forever! They were seated together at an all-but-empty table, near the door, so I steered Jane in their direction.

A beer in my hand helped, but there really were just too many people I did not know. I became self conscious, staring at women's breast pockets, trying to read their name tags, when I should be

looking them in the eye.

A matronly, but still very attractive lady came to me, kissed my cheek, grabbed my hand and announced she "liked my little book," and that she was glad to see me again after "too many" years. In 1965 she was a drop-dead gorgeous, blond cheerleader, who went to pretty long lengths NOT to be bothered with me!

There were two classmates, I'll call them Dick and Sharon, who look so very much like they did in high school that I have to say even I was a little disgusted! I'll just blame that on good genes, good luck, and their living in Harpswell. I continued my push around the room, leering at name tags and too many unfamiliar faces.

Jane called me back to our table at one point and asked if I recognized the lady she was standing with. I did, (I thought) and confidently said her name was Judy. Jane gave me one of those "gotcha" smiles and reminded me, "Judy here was just telling me that you and she went to your junior prom together!" You could've knocked me down with a chair. For years it's been common knowledge in my house that I dance like a wounded dog, that I went to my junior prom with

a gal named Raye, and that I skipped my senior prom for lack of interest, AND a date. I tried limply to salvage that story, only to have Judy smile sweetly and say, "obviously, I found the evening more memorable than you, Mr. Connors!" She did confirm that my mother was driving our car that night, and we got home without any incidents.

I could only agree.

As we were leaving, I went over to see my old friend Louise, to thank her for all she had contributed to the evening. Louise sat behind me for four years in home room, was an absolute angel to me always, and she is one of the classmates who has worked tirelessly over the years to keep classmates engaged and to organize the many reunions I never attended. I told her she was one in a million, and gave her a big hug.

She smiled, she told me her name was Sue, she pointed a Louise across the room and suggested she was ready for another hug.

New or renewing members for July

- * New member
 - * Additional donation with membership
- LIFETIME MEMBERSHIP**
- James J. Pepper, Brunswick

- Sally Gibson
 Louise J. Harding
 Donald Harris
 Mary Jane Heros *
 Dorothy Johnson *
 Barbara Jones *
 Karen Jones *
 Muriel Knowles
 Nancy Laffely
 Maryanne Lamont
 Elizabeth Lamphier *
 Martha Lentz *
 Valerie Lizotta
 Yvette Lloyd *
 Janet Malmone *
 Jennifer Mason
 William Mason
 Darlene Mattocks
 Hollis McBride
 George McConnon
 Susan Michael *
 Jane Millett *
 James Nacke
 Sheila Nacke
 Elizabeth S. Newman
 Marilyn Nulman
 Joan G. Peck *

- George Potter
 Barbara Proffit
 Wilma Reynolds
 Priscilla Rooth *
 Priscilla Slinger
 Rudi A. Smith
 Shari Tarleton *
 Art Treffry
 Nancy Tucker
 Ralph Tucker
 Charles White
 Charles White

TOPSHAM

- Debra Hoskins
 Connie Jordan *
 Steve Jordan *
 Mary Lemieux
 Alvina Menard *
 Ralph Newton *
 Dotti Pelletier
 Alice Ponziani *
 Nancy Swinbourne

- Charles Tuttle
- HARPSWELL**
- Arnold H. Bennett
 Nancy A. Bennett
 Hannah Dring
 Beth Foster
 John LaForge *
 Hannah Trowbridge *
 Virginia Wright

OTHER PLACES

- Susan R. Blake, *
 Bowdoinham
 Gregg Clemens, *
 Georgetown
 Daryl Madore,
 Monmouth
 George Reichert,
 Bowdoinham

No August breakfasts

Remember, in the spirit of eating light over summer, there will be no men's or women's breakfasts served during the month of August at People Plus.

Our popular breakfasts will return in September on their usual schedule, the women's breakfast on the first Thursday, Sept. 4, beginning at 8:30 a.m.; and the Men's Breakfast will follow on the second Thursday, Sept. 11, beginning at 8 a.m. Both breakfasts are served based on a donation of only \$4.

Resolve to be tender to the young,
 Compassionate with the aged,
 Sympathetic with the strong and
 Tolerant with the weak or the wrong....
 for sometime in your life, you will have
 been all of these.

— Unknown


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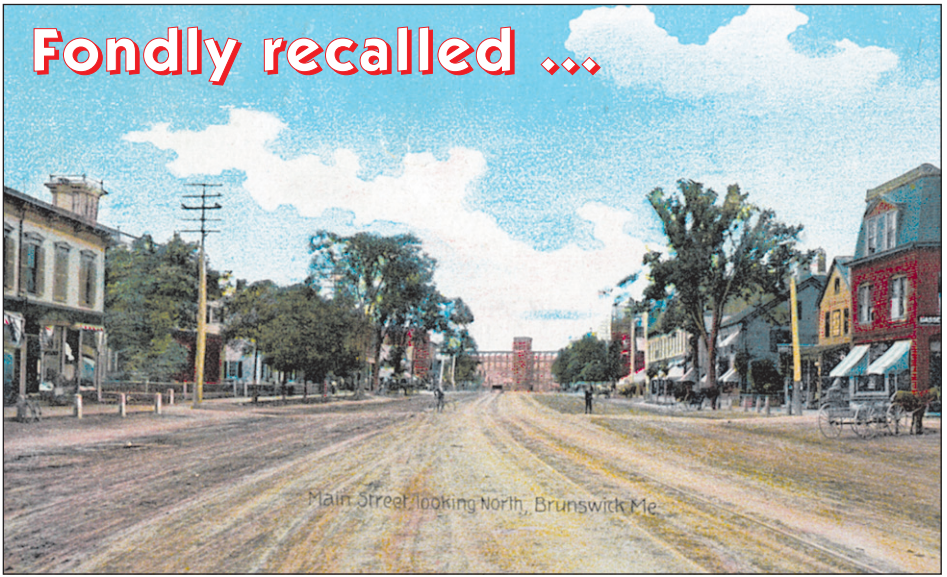
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"The tragedy of life doesn't lie in not reaching your goals. The tragedy lies in having no goal to reach." — Benjamin Mays

Fondly recalled ...



Main Street looking North, Brunswick Me

Maine Street in Brunswick was a wide, dirt thoroughfare in this old post card which had a post mark of 1909. Notice the huge brick "Cabot" mill at the river end of the street and the building on the right, "the Gassett House" that now is occupied by Richard's German Restaurant. Photo courtesy of James Pepper. **If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors, 729-0757 with your comments, suggestions and contributions.**

Golf tournament to benefit Big Brothers Big Sisters

Big Brothers Big Sisters of Bath/Brunswick needs teams for the Big Swing Charity Golf Tournament.

Register a team for a day filled with fun at the Brunswick Golf Club on Friday, Sept. 5.

We are seeking teams of four golfers to register for this event at a cost of \$150 per golfer or \$500 per team.

Or sign up for our special deal: \$600 for your team will also include a tee sign at the hole which you

start on for the event (scramble format) — this is a \$100 savings on a "hole sign sponsorship."

We will provide 18 holes of golf with cart, contests, lunch, awards, giveaways, silent/live auction and more. The Hole-in-One contest is sponsored by our friends at AAA of Northern New England and Sandals/Benches.

To reserve your spot, call 729-7736 today. Check out our website at www.bbbsbath-brunswick.org and like us on Facebook.

Lunch Out!
Aug. 12, at 11:30 a.m.
ESTES
LOBSTER HOUSE
 Pott's Point, Harpswell

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- People Plus-Brunswick Community Center
- Tedford Housing
- Sexual Assault Support Service
- The Theatre Project

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\$100 minimum deposit to receive gift certificate, eStatements required.

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