

Zumwalt: the ship, the man

Capt. James T. Kirk of the United States Navy will visit the center on Thursday, Sept. 25, at 1 p.m., to offer an “enthralling and informative talk,” about the leadship destroyer, the USS Zumwalt, now being constructed at Bath Iron Works, and about Adm. Elmo Zumwalt, the former chief of naval operations, for whom the ship is named.

The USS Zumwalt has been called the most advanced warship ever constructed for the U.S. Navy, and Adm. Zumwalt, the 19th chief of naval operations, was the youngest officer

ever to serve in that capacity. As an admiral, and later as CNO, Zumwalt played a major role in modern naval history, especially during the Vietnam War. A highly decorated naval veteran, Zumwalt is credited with reforming the navy’s personnel policies in an effort to improve enlisted life and to ease racial tensions.

The talk is open to the public and free of charge. Please call the Center’s information desk at 729-0757 to register.



NAVY CAPT. JAMES T. KIRK

Fall health expo is filling fast

As the deadline for registration nears, local businesses and organizations are lining up to participate in the second annual Senior Health Expo being organized jointly by People Plus and Spectrum Generations, and held on the indoor concourse at the Cook’s Corner Shopping Mall on Tuesday, Oct. 21, from 9 a.m. until 1 p.m.

Mid Coast Health and Rousseau Management are already signed on as partners, and sponsors include Bar Harbor Bank & Trust, Bill Dodge Auto Group and The Times Record.

Exhibitors thus far include: Androscoggin Home Care & Hospice; Assisted Home Care II; Bath Housing Authority; Bay Square of Yarmouth; Before & After Photo Restoration; Brunswick First Responders; Bridges Home Care; CHANS Home Health Care; Denture

Designs; Dionne Commons; Freeport Place Assisted Living; Hawthorne House Rehabilitation and Nursing, Freeport; Horizons Living & Rehab Center; Iris Network; Lincoln County Dental; Lincs To Home; Maine Center on Deafness; Maine Veterans Home; MAS Home Care of Maine; Mid Coast Hospital; Mid Coast Senior Health Center; Pejepsco Terrace; Skolfield House; Stetson’s Funeral Home; Sullivan Chiropractic; Thornton Oaks Retirement Community; and Maine Behavioral HealthCare, WISE Center.

Registration deadline for exhibitors is Sept. 19.

The collaborative effort last season was a “sold out effort,” with more than 70 exhibitors and at least 500 community members attending the free, public service event. Call 729-0757 for more information.



Times and Seasons

Author’s chat features Write On! book

Members of the People Plus Write On! group will strut their stuff during a very special Author’s Chat at the Center on Sept. 17, beginning at 2 p.m.

The 174-page book, titled, “Times and Seasons,” is a unique collection of poetry, prose and photographs featuring the work of 21 local writers and artists. The book has been “in the works” for more than a year and is being billed as “the best effort yet” completed by the writers group.

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, Wendall Kenney, Margie Kivel, Elizabeth “Betty” King, Ralph Laughlin, Vince McDermott, Dottie Moody, Ann Robinson, Karen Schneider, Winnie Silverman, Nancy Sohl, Patty Sparks, Gladys Szabo and Bonnie Wheeler.

The book has been delivered and is available for purchase at the Center.

Cost is only \$14.95, and all proceeds, after costs, benefit the People Plus Center.



Yoga legend to be feted

Please join us on Monday, Oct. 6, at 1:30 p.m. when we salute the career (and birthday) of longtime yoga instructor Ruth Vogel, who announced her “retirement” from teaching at People Plus after “more than 20 years.”

Vogel, who will be “90 something” Oct. 4, admitted it is time to “slow down at least a little,” and since she doesn’t drive much any more, it was hard to meet her class commitments.

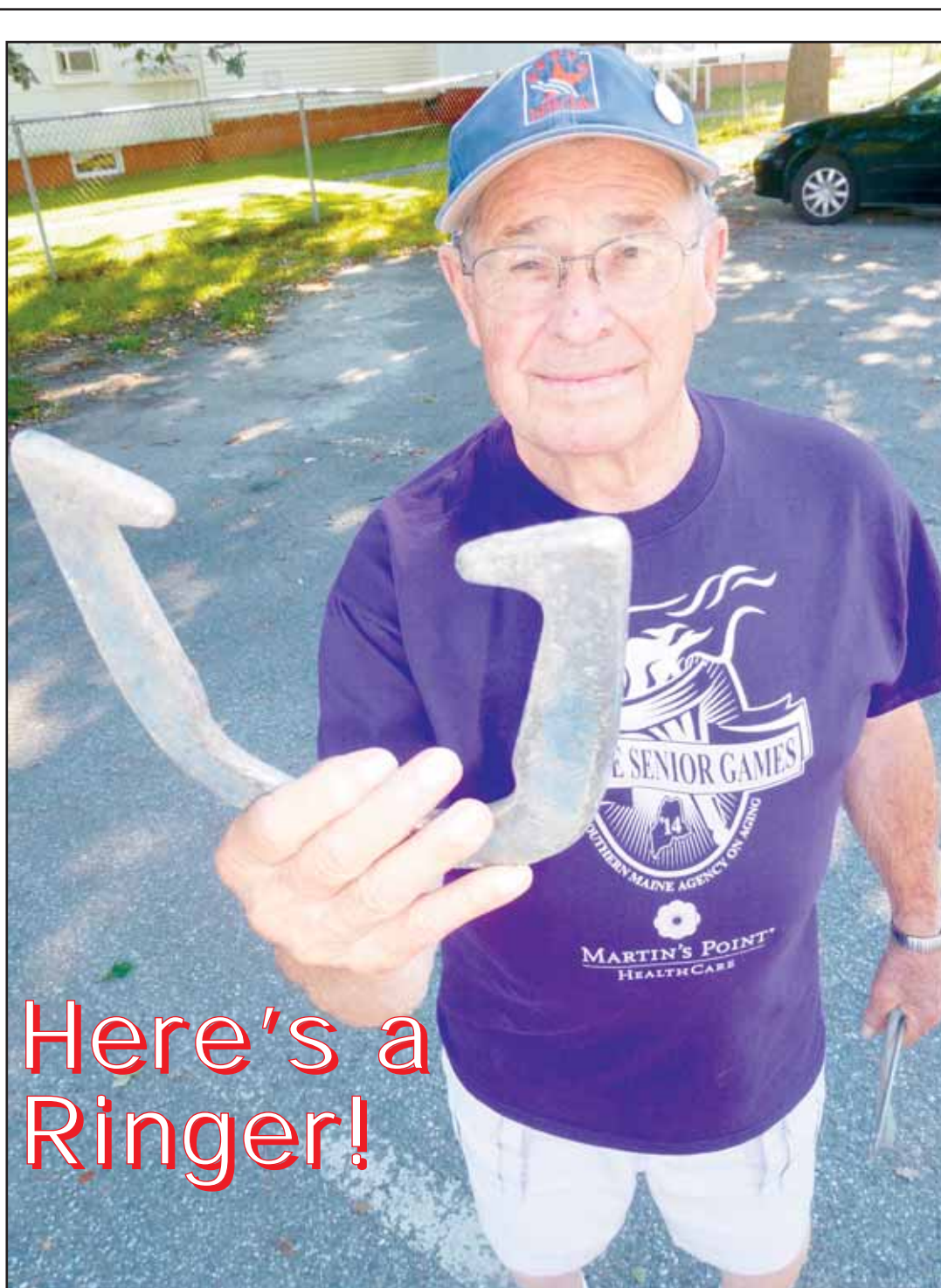
Center Executive Director

Stacy V. Frizzle promised a “celebration to equal the person,” adding that Vogel has been a central piece of the Center’s fabric, “Longer than some of us can remember.”

Vogel has promised to “drop by” the Center whenever she can, and still hopes to participate in yoga classes in the future.



RUTH VOGEL



Here’s a Ringer!

People Plus member and championship horseshoe tosser Rick Fortin, 83, of Brunswick, shows off the exceptional form that won him gold at the Maine Senior Olympic Games at Portland’s Deering Oaks Park last week. Pitching horseshoes since 1980, he’s competed in the Maine Senior games since 1993. His win this year automatically qualifies him for the National Senior Olympic games competition coming to Minnesota in 2015.

Join us in the orchard

Join your friends at the Center on Wednesday, Sept. 24, for an afternoon at the orchard with “cider and a doughnut on us.”

We plan to car pool to Bowdoin’s Rocky Ridge Orchards for an opportunity to eat lunch, pick some apples and have a

great afternoon in the out-of-doors.

Meet at the park and ride in front of Home Depot, in the Topsham Mall at 11 a.m., or be at the orchard, in the town of Bowdoin, off Maine Route 201, by 11:30 a.m.

Folks flashing their People

Plus membership card will be treated to a cup of fresh cider, made at the orchard, and a homemade doughnut.

You may purchase your lunch in the restaurant at the orchard.

Please sign up for the carpool by calling 729-0757.

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@peopleplussmaine.org

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

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Free flu shot clinic

CHANS will be offering a FREE flu shot clinic at People Plus during the luncheon on Thursday, Sept. 18, from 11 a.m.-1 p.m. Donations for shots are appreciated but not required.

Summer: Eventful and event-filled

Whoever said summer is slow and sleepy at the Center hasn't been around much lately if that's what they think!

We had more than 2,000 visitors this month of August including almost 100 at the lobster mac and cheese luncheon extravaganza put on by Gladys and Frank and their team. Everyone in attendance got to see Frank and I take the ALS Ice Bucket Challenge. It was a very fun day.

From cribbage and Mah-jongg, to health classes, social events and more, including a puppeteer, it's been a very nice August at the Center. And we are looking forward to an even better September.

The kids are going back to school so we are sending out the back to school, teen center fundraising letter. We are hopeful that each and everyone of you will sponsor a teenager for \$25. It pays for one year of their membership at the teen center program. Or, \$50 pays for food for a week. So please send in something if you can to sponsor a teen or some food or both!

I've become a Brunswick resident this month. I rented my beautiful, 200-year-

old farmhouse in Topsham out for the next three years to a lovely family in the Navy. And I have moved to a much smaller four-bedroom on Thompson Street in Brunswick. The girls and I are excited about this change but it has been a bittersweet and cathartic process to extract ourselves after 12 years from The Farm and Topsham.

Everything has not gone smoothly as it never does in a move but we are in Brunswick now and getting settled. You may see me riding my bike or walking Gertie on a much more regular basis in town. My eldest starts high school this fall and my middle daughter starts junior high school — both in Brunswick. It's a very exciting time!

These changes come along with the seasons and feel very natural. With the cooler night air brings leaves in the trees starting to change (we have seen a few already!), and apples on the trees. I hope you'll join us for our apple picking field trip on Wednesday, Sept. 24. It'll be a hoot and I'm buying cider and doughnuts for all People Plus members who come out for lunch and pick some apples that day. Call Pat at the front desk to get

From the Executive Director

STACY V. FRIZZLE



on the list.

Frank did something special this month. He helped a member get a military tombstone for her husband's gravesite. He was killed very early in their marriage, in 1958 after service in Korea, and has never been awarded a tombstone.

Frank helped her put in the paperwork needed and when things didn't go smoothly he called Sen. Angus King's office. Scott and Gail at the senator's local office, got the wheels in motion and three weeks later the tombstone showed up at People Plus. It was a really good deed and I'm proud of Frank for making that happen.

I hope you have the Senior Health Expo on your calendar for Oct. 21. It was a blast last year with more than 500 people participating as either vendors or community partners. Don't miss it!

I'm looking forward to the fall and my new life in Brunswick. I hope you'll stop by and see me on Thompson Street or at the Center that builds community.

From Anita's Plate

ANITA HUEY



Food prep always worth a little caution

This time, as Frank approached me in the hallway and asked when my article would be ready, I knew what I was going to write about.

I had been thinking about writing about food safety and thought this would be a good time. I have worked in restaurants and hospitals and have always taken food safety very seriously. So here are a few tips that you may find helpful:

- Buy only the amount of produce that you will use in a week.

Honey Lime Fruit Salad

Ingredients:

- 1 Banana
- 1 (16 ounce) package fresh strawberries
- 1 package fresh blueberries
- 1 Tb. honey

- 1 lime juiced
- 1/4 cup almonds

Nutrition (serves 4): 115 calories, 3.3 grams of fat and 18 grams of carbohydrate

Note: This is a quick and delicious way to enjoy eating fruit. Use it as a dessert. Enjoy!

- Do not purchase any produce with mold or bruises.

- Wash produce with cool tap water before eating.

- Use separate cutting boards. One for raw meat and one for produce.

- Cook raw sprouts (alfalfa) to reduce risk of food poisoning.

- Cook hamburgers to an internal temperature of 160 degrees.

- Cook chicken to 165 degrees and pork chops to 145 degrees.

- Refrigerate leftovers within two hours.

- Cooked soups and stews will cool quicker in shallow containers.

- Cooked meat will last in the refrigerator three to four days.

- If you use a marinade, either cook it

thoroughly or throw it out.

Just yesterday my website was updated. If you go to the meal planning tab you will find that you can print recipes and a shopping list. Please check it out at www.nutritionforeveryday.com.

Just a quick update on the "Take control to prevent diabetes program." My first group has completely their first post core session. The second group has now completed nine weeks. I cannot say enough good things about this program and how quickly the weeks go by.

Participants are losing weight. I am planning to start another program in January. Let me know if you have questions about the program or would like to enroll.

Retired educators group to gather Sept. 9

The Mid-Coast Retired Educators Association will meet on Tuesday, Sept. 9, at People Plus with the social gathering at 10:30 a.m. and the meeting and program to commence at 11 a.m.

The program will be centered on meeting local candidates for the November election. The luncheon at 12:15 p.m. will


be a pot luck provided by the attendees.

All retired educators and spouses are welcome to attend the MCREA meetings. Educators need not have taught in the Mid-coast area or even in the state of Maine. This is an opportunity to meet other retired educators and to hear what is happening at the state and national

level. Meetings are held seven times a year: September through December and April through June.

No reservations are needed to attend but to secure further information contact Corley Anne Byras, president at 666-3922 or by email, corleybyras@gmail.com.

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Black-eyed Susans

BY ELISABETH KING

Gold and black,
growing low on the bank
beyond the reach of the bar
that has mowed down every-
thing else that can bloom.
Flower faces doubled on the
surface of the pond
like a deliberate provocation
like a tongue stuck out at a pur-
suer
from a safe haven,
an impudent defiance of the
order
imposed on the rest of the field
by a standard of beauty appro-
priate
to a golf course. Flowers
are only of value,
should only be permitted
when planted by a gardener
in a flower bed.

Summer Sun

BY NANCY SOHL

Summer sun gently kisses my
cheek
But I can feel it fading
It won't be here long
Summer sun promises days
that last forever
But now every day is shorter
The nights are longer
Summer sun warms my heart
and makes me smile
But the song it sings is slowing
September's coming

Japanese Beetles

BY VINCE McDERMOTT

Japanese beetles annual
invasion
Tra la tra la
Picked off one by one
Tra la tra la
Picked off by twos and threes
Tra la tra la
Picked off...
That's not a beetle!!
Oh, the pain
Tra la...
I prefer the 1964 Beatles
invasion
la la la la dah...

Autumn Yard Sale

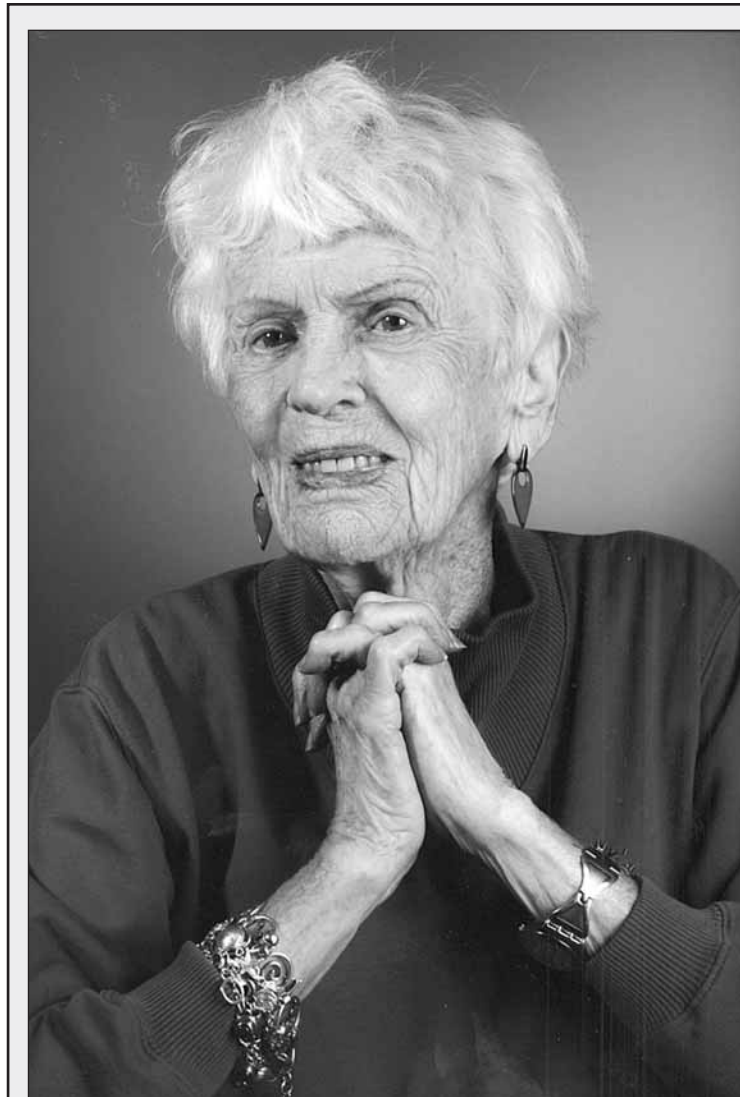
BY CHARLOTTE HART

I have sold my bike, my three
speed bike
That I once called sleek and
new.
My yellow kayak, the blue lake
glider,
That is gone now, too.
My shillelagh from Chocorua
Still stand in the nook by the
door.
No one has walked off with that
Will I hike with it any more?
Oh, the plan to fly to Ireland!
Killarney! Kilkenny! The Stone!
Gone is my friend of travel
plans,
I cannot fly there alone.
Humming birds flit through
cosmos blooms,
Great-grandchildren smile and
race free.
With wonder and joy-filled
faces,
With eyes that I know see me!

'She'

BY PATTY L. SPARKS

Orr's Island beauty
born of Linscott heritage
betrothed to the sea



'The Veterans' photo show a hit

"The Veterans," a unique and powerful collection of black and white, portrait-grade photographs by MaineArtworks photographer Rafael Macias, will remain on display at the Union Street Gallery of People Plus through the month of September.

"This one is a sleeper," acknowledged Member Services Coordinator Frank Connors. "Folks are stopping in their tracks and just staring. Are there more?" one woman wanted to know?

More than a dozen sailors, soldiers, airmen and Marines from the second world war, Korea and Vietnam are featured in this presentation. Most of them are still living locally, at least two are People Plus members.

"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."

Based in Brunswick, the work of Rafael Macias encompasses portraiture, fine-art landscapes, travel photography and photo journalism. His MaineArtworks studio is located at 101 Maine St., Brunswick. For more information, visit his website at: www.maineartworks.com.

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

Summer Solstice

BY ROSE MARIE MAYER

In the autumn, the leaves fall
and the earth prepares
for the long and quiet rest of
winter.
The fields sleep contentedly
under a deep blanket of snow
and the rivers run silent
beneath their covering of ice.
All is peaceful and still.
Slowly. Ever so slowly, spring
emerges
and once again the bareness of
the earth is revealed
and the cold eases back and
warmth begins to return to
the days.
The sun climbs higher in the
sky
and all of nature rejoices with
shouts of joy

and much preparation for the
grand celebration.
All turns green and flowers
burst forth,
Babies are born in the under-
ground lairs
and eggs break their hold
and tiny creatures come forth
into the light
in the highest treetops.
The time of the summer sol-
stice is at hand,
when the world reveals it's
glory
and the season of lushness and
growth,
and fruition and fecundity is
upon us.
Sing, dance, rejoice,
for these are the halcyon days of
summer.

Basic Players present 2-act comedy

BY MILLIE ACKLEY

Join the Basic Players when they present the two-act comedy, "If it's Monday, It Must be Murder!" on Friday and Saturday evenings, Sept. 12 and 13, at 7 p.m., and Sunday afternoon, Sept. 14, at 2 p.m., at the Bath Senior Center, off Floral Street in Bath.

The "Shady Acres" Country Club is having a hard time maintaining its high-society image — ever since a murderer started creeping around, and killing off the members! Club manager Billie Jean Hodecker (Bonnie McDonald), found the name of a top-notch private eye, Harry Monday (Michael Millett), on the bathroom wall and hired him to get to the bottom of it (the murders, not the bathroom wall). Three murders start off the story — Linus Harcourt, bookkeeper and whistleblower (W.O.) was the first, followed by Mrs. Pomeroy (Judi Rittal) and then the greens keeper (D.H.), with a promise of more to come. Cecil Deborus

(Willy Bryan), club president, would like to wash his hands of the whole mess, but everyone is a suspect, including the seductive Stella Fontaine (Lynn Otto). Whenever Glamis Ludlow (Dianna Wells) puts her psychic powers to work, Davis Soames, ad man (Dick Higgins), craves hors d' oeuvres! Then there is police Sgt. Brogan (Wayne Cochrane) who knows that Harry is NOT a member of the "Bridge and Horsey" set, so what is he doing at Shady Acres — and what about Freida Mae Bristow and Anita Fay Martoon (Debbie Wallace)? How do they fit into this murder mystery?

Poor, over-worked, and under-paid George (Wayne Otto) has a staggering revelation, but it is the messenger (W.O.) who finally saves the day!

Tickets (\$10) are on sale in the Bath Senior Center office and will be available at the door for \$12. Refreshments will be served at the end of the first act by Roxanne Easterling, but don't eat and run, there is a murder to solve!

The Gold Star

BY WINNIE SILVERMAN

I labored over that paper, chewing up the eraser on my No. 2 pencil. I crossed out and replaced words. I cut added and re-worded portions over and over again.

The more I looked at the thing, the more I was embarrassed to turn it in to the teacher, but I reluctantly did so. It came back to me with a gold star and a note on top, "Good Work."

Well, after all that effort in the end I was proud of my "masterpiece" but I also was happy that the teacher liked it. I took the paper home and showed it to my mom. Of course she told me I "Did Good." She didn't exactly gush over me or the paper as she kind of expected me to come home with gold stars. It's the old way of bringing up kids not to praise them or else the evil eye will get them. Whether or not I receive praise, I tend to give my best efforts to whatever I do, except for such mundane activities as housework.

It follows, then, that I put my best efforts into creating my pieces for the new book by our Write On! members, "Times and

Seasons ... from the Heart of Maine" which came out in August and will be featured at the September Authors' Chat. I am sure the other 20 authors also gave it their best efforts. Many hours by some of our talented members went into editing and putting the book together. The last draft of the book went to the printers only last month after almost a year of preparation. We are quite proud of end result.

While creativity in itself gives one satisfaction, receiving acknowledgment for one's effort is the icing on the cake, so to speak. Therefore, I hope many people come to the Authors' Chat this month to hear some authors read part of their writing. Even more so I hope that people buy the book, the proceeds of which go to People Plus who gives us free space to meet and encourage for our efforts.

This "commercial" is by me and appears here on the Members Page without being asked for or edited by anyone at People Plus, as our Newspaper contributions are always welcomed and printed as written. Buy the book.

With love, to Robin Williams

BY DOTTIE MOODY

A lot of suicides
could be prevented
by a buddy system
What is a key word
in most suicide press?
Alone
Never leave a suicidal
person alone
That is like saying
Go ahead. Do it.
A friend said to me
when a young girl committed
suicide
Her parents couldn't be
with her all the time.
Why not?
What did they do

when she was a baby?
Link arms with others
who care
and see the person is
not left alone.
It is hard to commit suicide
when someone's arms
are around you.
The basic problem
in America today is
we just do not
care as much about others (as
we care about ourselves)
Our own self interest
blinds us to genuine love
and selfless caring.
Life may go on
but not for the person
we did not love enough to save.

'The only thing that makes me feel graceful'

By SUZANNE NEVEUX

Learning Tai Chi is not necessarily easy but you will develop an ease in how you move and discover a calmness and focus that can be beneficial to all aspects of your daily life.

Taking a Tai Chi class is an investment in time and energy (practicing at home is greatly encouraged!) and the payback is enormous, just read these comments from Advanced Tai Chi students:

"A really good thing to do."

"Improves my balance."

"A miracle."

"So similar to dance."

"Increases my flexibility in body and mind."

"MAKES ME FEEL YOUNG."

These students have been practicing from 2 to 15 years.

Tai Chi exercises mind and body. The body is challenged with moving slowly and learning to keep your feet underneath you to enhance the power of your movements. Too often we move our upper bodies first and then have to scramble for our feet to catch-up — this is not moving in balance or strength.

Tai Chi is an elegant martial art that trains us to slow down and be careful (mindful) and prepare our next move. We flow from one posture to the next, actively using our minds to remember the sequence and where to place each foot and shift our weight.

Beginners meet on Fridays at noon and will be working on the 24 Posture Short Form.

Advanced Tai Chi players meet on Wednesdays at 12:30 to continue their practice and enrichment of the 118 Posture



Suzanne Neveux, foreground, leads a Beginner's Tai Chi class at the Center.

Yang Long Form.

Classes taught by Suzanne Neveux provide instruction and repetitive practice in

the postures. Each of these classes cost \$26 per month and meets in the hall. To register, please call the Center at (207) 729-0757.

'Home Town, USA' at dinner theater

There are still a few seats available for the Carousel Music Theater presentation of "Home Town, USA," playing in Boothbay on Tuesday, Sept. 23.

The bus leaves the Bath Senior Center at 5:30 p.m. There is no pick up in Topsham for this show.

Cost is only \$32 for members of the Bath Senior Center or People Plus, and \$35 for

nonmembers. Cost includes the show, which is billed as a "1940s musical canon with the backdrop for a very patriotic time in America's history," plus transportation to the show with soup, sandwiches and coffee included.

There is room for 46 on the bus. The first to register and pay at the Bath Senior Center, 443-4937, will be registered.

Team assembling for Memory Walk

Members and staff of People Plus are once again participating in the Maine Walk to End Alzheimer's Disease, based this year on the Brunswick Mall on Saturday, Sept. 20.

Registration for walkers begins at the mall gazebo at 8 a.m., and the approximately three-mile walk commences at 10 a.m.

Any participant who raises \$100 or more will receive a free T-shirt.

Any participant who raises \$1,000 or more will receive a Grand Champion T-shirt.

If you want to walk or donate to this campaign, please contact Frank Connors at the Center, 729-0757.

Lunch & Connections

Lasagna on September menu

Our luncheon on Thursday, Sept. 18, will feature meated and not-meatd lasagna, drenched with cheeses, spices and tomato sauces.

"This one was a favorite in our house when the kids were growing up," Center chef Frank Connors said. "We'll cook it deep and juicy, just like the kids like it."

There will be garlic buttered and plain Italian bread, with carrots and peas as a side vegetable. Dessert will be fresh from the oven chocolate brownies with a dish of

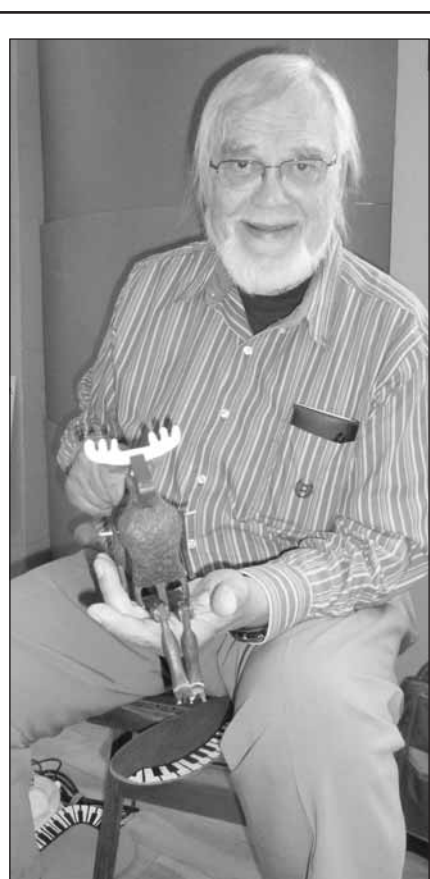
our special fruit cocktail.

As usual, there will be a fresh, lightly dressed green garden salad for everyone, and our drink table includes coffee, tea, juices and milk.

Our monthly Lunch & Connections meals are sponsored by Spectrum Generations, and are planned to focus on nutrition, public information, fun and variety. A CHANS home healthcare professional provider is always in attendance to offer and record personal blood pressure checks, and this month, there will be a team of CHANS nurses providing first of the season flu shots.

Plan to arrive at 11:30 a.m. to chat with your friends and claim your seat. There will be time to pick up your 50/50 raffle ticket, and to be sure you are registered for one of our several free door prizes. Seating is limited to 64 and preregistration is required. Remember we cannot accept your call until Tuesday, Sept. 2.

Cost of this 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).



Meet my moose

Puppeteer Richard Krejsa and his limberjack dancers played to a engaged intergenerational crowd on Tuesday, Aug. 26, at the Center. There is already talk of having him return next year.

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 its function minute to minute but as a whole throughout a lifetime.

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

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

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

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

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

You have TIME. Use it wisely.

Dr. Jeffrey S. Slocum



Dr. Jeffrey S. Slocum

Special September events

Even in the summer, the People Plus Center is hopping with all sorts of fun and healthy activities designed to engage your mind and body – or BOTH!

Please call to register for classes and events at 729-0757.

Bridging the Gap: Lunch and Learn
Bridges Home Care

Join Dave Brown from Bridges Home Care and Chris Teague, director of nutrition from Spectrum Generations for a discussion and cooking demo on successful strategies for "Aging in Place," (the buzz phrase for living independently in your home as long as possible).

Bring your sandwich Sept. 11 for the noontime chat; we will provide drinks, chips and cookies! Leave with useful tidbits to stay healthier, and live longer in your own home. Registration required please.

AARP Safe Driver Class

Register NOW at 729-0775. AARP Safe Driver class at People Plus on Friday, Sept. 12, 8 a.m.-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.

Are you hip?

On Sept. 26 at 10 a.m., come find out at this informative talk by Dr. Richard Guistra. The hip can be considered as the starting point for ambulation, the key exercise for overall good health.

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SEPTEMBER 2014 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>LABOR DAY</p> <p>The Center is closed.</p>	<p>2</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice 1:00 PM Quilting Club 	<p>3</p> <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 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 	<p>4</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art II 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>5</p> <ul style="list-style-type: none"> 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick 	<p>6</p> <ul style="list-style-type: none"> 10:00 AM Bridge 5:00 PM Mainly T Dinner and Program <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Teen Center Monday-Thursday 2:30-5:30 PM</p> </div>	
<p>8</p> <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Crafters 9:00 AM Mah-Jongg 10:00 AM Apple Club 11:00 AM Table Tennis 12:00 PM Bridge 	<p>9</p> <ul style="list-style-type: none"> 10:00 AM Art I 10:30 AM Retired educators potluck 11:30 AM LUNCH OUT 12:30 PM Healthcare Literacy 3:00 PM German Club 4:00 PM Brunswick School of Dance 4:30 PM TCAC meeting 	<p>10</p> <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Biking Club 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 4:00 PM Brunswick School of Dance 	<p>11</p> <ul style="list-style-type: none"> 8:00 AM MEN'S BREAKFAST 9:00 AM Table Tennis 10:00 AM Art II 12:00 PM Lunch and learn: Bridges Home Care 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>12</p> <ul style="list-style-type: none"> 8:00 AM AARP Safe Driver Class 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick 	<p>13</p> <ul style="list-style-type: none"> 10:00 AM Brunswick School of Dance 10:00 AM Bridge 	
<p>15</p> <ul style="list-style-type: none"> 9:00 AM Crafters 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly Dancing 6:30 PM Civil War Book Club 	<p>16</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice 12:00 PM Pilates Lite 1:00 PM Quilting Club 1:30 PM Yoga with Ann 4:00 PM Brunswick School of Dance 	<p>17</p> <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM Biking Club 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 2:00 PM Authors' Chat 4:00 PM Prevent Diabetes 4:30 PM School of Dance 	<p>18</p> <ul style="list-style-type: none"> 9:00 AM Meditation and Mindfulness 10:00 AM Art II 11:00 AM CHANS Flu Shot clinic 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>19</p> <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick 	<p>20</p> <ul style="list-style-type: none"> 10:00 AM Bridge 10:00 AM Brunswick School of Dance 	
<p>22</p> <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 9:00 AM Crafters 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly Dancing 	<p>23</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice 12:00 PM Pilates Lite 1:30 PM Yoga with Ann 2:30 PM Café en Français 4:00 PM Brunswick School of Dance 	<p>24</p> <ul style="list-style-type: none"> 8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 9:00 AM Biking Club 10:00 AM Meals on Wheels 10:00 AM Table Tennis 11:30 AM Apple picking 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Prevent Diabetes 4:30 PM School of Dance 	<p>25</p> <ul style="list-style-type: none"> 9:00 AM Meditation and Mindfulness 9:00 AM Table Tennis 10:00 AM Art II 1:00 PM FYI! Uss Zumwalt 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing 	<p>26</p> <ul style="list-style-type: none"> 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:00 AM "The Hip" with Dr. Guistra 10:30 AM Meals on Wheels 12:00 PM Beginning Tai Chi 1:00 PM Qigong 6:30 PM Folk Dance Brunswick 	<p>27</p> <ul style="list-style-type: none"> 10:00 AM Bridge 10:00 AM Brunswick School of Dance 	
<p>29</p> <ul style="list-style-type: none"> 9:00 AM Loosen Up! 9:00 AM Crafters 9:00 AM Mah-Jongg 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly Dancing 	<p>30</p> <ul style="list-style-type: none"> 9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Table Tennis practice 12:00 PM Pilates Lite 1:30 PM Yoga with Ann 4:00 PM Brunswick School of Dance 	<p>PEOPLE PLUS NEWS & VIEWS FRANK CONNORS & STACY FRIZZLE chat about new fall season</p>				<p>Viewed weekly on Cable Channel 3, Brunswick Community TV</p> <p>MONDAY AFTERNOON 4 P.M. WEDNESDAY MORNING 7 A.M. SUNDAY EVENING 9 P.M.</p> <p>And on Harpswell Community Television viewed online, anytime: http://vimeo.com/harpswelltv</p>

Habitat ReStore relocates to Topsham

After more than seven years at 108 Centre St. in Bath, Habitat for Humanity/7 Rivers Maine's ReStore and offices will be moving to 126 Main St. in Topsham.

Because the ReStore was so well received in Bath, it became necessary to expand the retail and merchandising space. The building is being sold to make way for a new primary care medical facility operated by Mid Coast Hospital.

The new Topsham location will feature approximately 33 percent more space for the ReStore, including a bigger and more flexible sales floor to allow more inventory to be on display, better-designed inventory intake and prep areas, convenient parking, and a visible location convenient to several

heavily traveled routes.

Executive Director Dave Perron stated, "Habitat is so fortunate to have had the opportunity to operate in Bath over the past 7 years. We are also fortunate to have the opportunity to make this move to 126 Main St. in Topsham. Executing our mission relies heavily on the success of our ReStore and we are confident that our new location will allow the ReStore to grow, and further support our programs."

A "soft opening" of the ReStore in Topsham is planned for Tuesday, Sept. 23. Details and dates of the grand opening will be forthcoming.

For more information, go to www.habitat7rivers.org.

Medicine collection set Sept. 27

Unwanted medications will be collected Saturday, Sept. 27, as part of a fall Prescription Take-Back Day, sponsored by the U.S. Drug Enforcement Agency, in cooperation with local municipalities and police departments.

Unwanted drugs will be accepted between the hours of 10 a.m. and 2 p.m. at several local sites in Brunswick, Bath, Topsham and other neighboring municipalities.


"Did you know that medicines in your home are a leading cause of accidental poisoning?" asked Heidi Tucker, a substance abuse prevention specialist at Mid Coast

Hospital. She said these "take-back days are a great opportunity for citizens to turn in unwanted or out dated medications, swiftly, safely and anonymously."

She added the April 2014 Take-Back day collected more than 27,000 pounds of unwanted medications in Maine.

Tucker said, "a national study conducted last year found that 49 percent of teens who misuse or abuse prescription medications get them from a family member or friends."


Go to www.accesshealth.com/casa for more information and a complete list of locations within your community.



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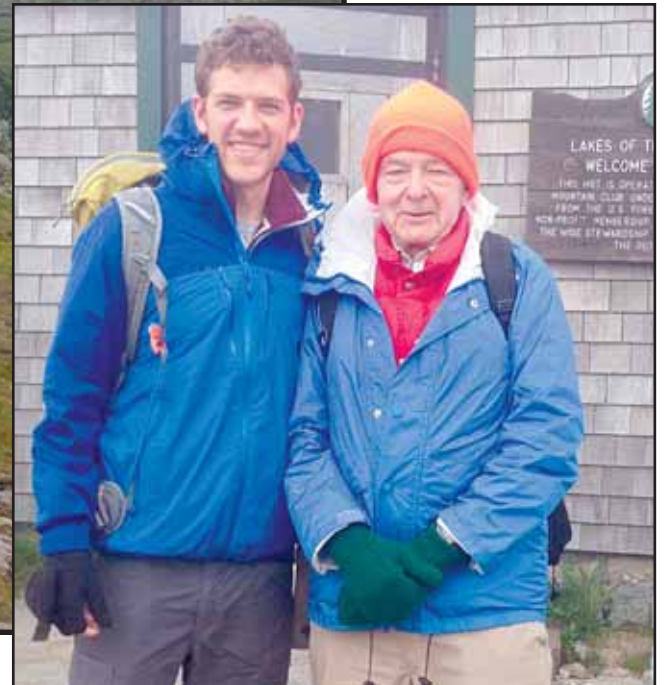
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Richard Dreselly with his grandson, Matthew Thomas, atop New Hampshire's Mt. Washington in July.





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Doing Mt. Washington, one more time

By FRANK CONNORS

Richard Dreselly would tell you he first climbed Mount Washington in 1939, and say it with a straight face and just a hint of pride! That was 75 years ago, folks!

"I used to zip up and down the mountain in an afternoon," Dreselly said, "but now

at age 89 1/2, I take two days."

But the wonderful, amazing truth is that he still wants to do it, and still has the gumption and energy to pull it off.

In July just past, Dreselly and his grandson, Matthew Thomas, visiting from Atlanta, Ga., made the climb with "no real incidents." Dreselly tells the story: "Matt and I drove from Maine, left our car at Crawford Notch and climbed to the Appalachian Mountain Club's Mizpah hut for the night. The second morning we followed the beautiful, undulating mountain ridge, mostly above timberline, for five miles to the AMC's Lake of the Clouds hut, where we left some of our gear, made the strenuous, rocky, round trip to the summit of Washington, where the wind was gusting to 70 mph and it was only 50 degrees. I noticed there were no mosquitoes. The third day we descended to the Cog Railroad base station, hitched a ride to our car, and returned to Topsham."

Dreselly and his wife, Margery, live at The Highlands, where he is chief engineer and volunteer maintenance supervisor for most of The Highlands trail system. When he sits and ponders his future, Dreselly said it's a goal to maybe become the "first centenarian to climb that mountain."

"Even this year," he added, "I sometimes sensed the only life on the mountain older than me were the lichens on the rocks and a few of the trees."

He offered one last comment. "In this century, I've tried to do it (climb the mountain) every summer, figuring it's the best way to keep doing it, like the farmer who lifted a calf every day, until he was lifting a cow..."

Great advice, Richard.

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Pediatrics (MaineCare ONLY)	81 Medical Center Drive, Brunswick	(207) 373-6844
Adult Health Care, Bath	1356A Washington Street, Bath	(207) 442-0048
Adult Health Care, Topsham	One Wellness Way, Topsham	(207) 406-7600
	NEW LOCATION Off Rte. 196 Adjacent to The Highlands	NEW NUMBER

Midcoast Pediatrics 121 Medical Center Drive, Brunswick (207) 721-8333
www.midcoastpediatricspa.com

Martin's Point Health Care Adult, Family & Pediatric Care
www.MartinsPoint.org

Cook's Corner-6 Farley Road, Brunswick	(207) 725-8079
Bowdoin-74 Baribeau Drive, Brunswick	(207) 798-4050



Lunch Out!

Sept. 9, at 11:30 a.m.

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Late summer adventures

Below, Thursday Hikers congregate on a bridge at Dodge Point, Boothbay. At right and inset, a view of Merrymeeting Bay and the Androscoggin River taken from kayaks.



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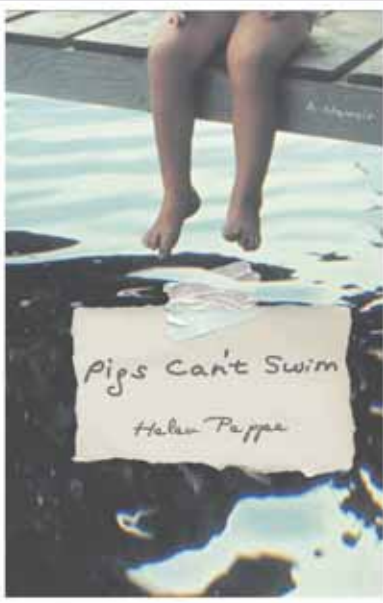
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Meet The Author - Helen Peppe



An accomplished Maine writer and photographer, Helen Peppe, will share her new book, *Pigs Can't Swim*, an outrageous, hilarious, and touching memoir of childhood by the youngest of nine children in a hardscrabble, beyond-eccentric Maine family.

Helen's written work and photography have received numerous awards and recognitions. You will not want to miss this special event!

Tuesday, September 9
10:00 AM • Holden Frost House

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The first 15 people to register will receive a free copy of Helen Peppe's book, *Pigs Can't Swim*.

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Senior Intermediate Cribbage

July 23: Tim Owens, 713; Robert Mehlhorn, 706; Dick St. Cyr and Lois Fournier, (tie) 704; Joe Tonely, 699.
July 30: Linda Paisley, 726 (perfect score); Lorraine LaRoche, 721; Rolande Fortin, 714; Nancy Laffely, 712; Lois Fournier, 707.
Aug. 6: Robert Mehlhorn, 721; Lorraine LaRoche, 717; Lois Fournier, 714.
Aug. 13: Lorraine LaRoche, 715; Robert Frost, 707; Leah Nelson, 703; Patricia Johnson, 687.

Monday-Saturday Bridge

July 19: Bill Washington, 4,620; Gladys Totten, 3,480; Dave Bracy, 3,360.
July 21: Joyce Lyons, 4,520; Jeff Lauer, 3,910; Paul Betit, 3,050; Tom Alley and Dave Bracy, 2,970.
July 26: Gladys Totten, 4,800; Lorraine LaRoche, 4,140; Richard Totten, 3,990.
July 28: Lorraine LaRoche, 3,740; Bill Buermeyer, 3,450; Art Trelfry, 3,370, Paul Betit, 3,300.
Aug. 2: Bill Buermeyer, 4,190; John Rich, 3,900; Fran Lee, 3,740.
Aug. 4: Joyce Lyons, 5,380; Bill Washington, 5,010; Gladys Totten, 4,430; Paul Betit, 4,360.
Aug. 9: John Rich, 4,900; Fran Lee, 4,380; Tom Alley, 3,820.
Aug. 11: Dave Bracy, 4,470; Sherry Watson, 3,670; Terry Law, 3,460; Bill Washington, 3,410.
Aug. 16: Bill Buermeyer, 4,150; John Rich, 3,600; Lorraine LaRoche, 3,370.

Dressing windows for winter

Before we know it, these warm fall days will be behind us and we'll be facing another cold winter, and we'll be thankful for our thermal window inserts.

People Plus is partnering with WindowDressers Inc., an all-volunteer community energy project based in Rockland and cosponsored by Brunswick's St. Paul's Episcopal Church. The group manufactures interior storm window inserts designed to chop heating bills 10 percent to 25 percent each season. WindowDressers provides inserts to low-income Mainers.

In a published brochure, the agency suggests an average window with an insert can save about .93 gallons of oil per square foot of surface area per heating season. Since the average size insert costs about \$10 to \$12, full payback happens before the end of the first season.

You can contact the WindowDressers project for more information by calling 370-7887 or by calling St. Paul's church environmental team at 725-5342.



Volunteer Anne Banks demonstrates measuring windows for removable, energy-saving inserts.

Saving and organizing digital photos

The September meeting of the Pejepscot Genealogical Society will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, on Sunday, Sept. 14, at 2 p.m.

Our speaker will be PGS Program Chair Brian Bouchard, who will prepare us for Save Your Photos Day later in September, by discussing tips and techniques for saving and organizing your digital photos.

We live in a unique period in history during a major technological shift in

how memories are stored. Gone are the days of stopping by the local drug store to pick up a new roll of film before your weekend trip. Places to develop film are becoming less and less abundant. Even digital cameras are giving way to the all-powerful smart phone as the instrument of choice for people to capture those special family moments and friendly get togethers.

But what happens to those photos once they are on your camera or smart phone? Join us as we discuss ways to transfer your old print photographs and other media to digital images.

"How should I organize my images?" "What happens if my computer crashes?" "How I can find the one photo I want in the mess of directories I've created?"

We'll answer these questions and more as we learn about programs and techniques for getting the most from your digital library.

Bouchard has been an active member of the Pejepscot Genealogical Society since 2007, serving in various officer roles since that time. He is on the board of directors for the Maine Genealogical Society, Maine's largest organization dedicated exclusively to the study of family history. He has lectured across the state to genealogists about various aspects of family history research, including the many uses of technology for today's researchers.

Everyone is invited to join to the group beginning with a brief social period before and after the speaker. A business meeting will follow. For more information contact Bouchard at 729-4098.

Teen Center ready for new school year

"No more papers, no more books. No more teacher's dirty looks." Remember that little ditty? I feel like we just finished humming that in the Teen Center and suddenly the first day of school is upon us for another year.

This is hitting everyone hard, adults and students alike. The summer just went by too quickly this year.

August was definitely busier for us than July was; more teens, new teens, younger teens headed into sixth grade this year.

I have sooo many teens entering high school this year; it will be interesting to be a part of their transition and to hear about and see the changes that brings for them!

We have eaten less and lighter this summer I have noticed. We will be pulling out the crock-pot and griddle again soon...

I spent some of August reviewing applications and interviewing prospective Teen Center assistants. I believe I have found just the right person ... more to come on that!

I am looking forward to having some of our Bowdoin College volunteers returning soon.

We closed for the last week in August to do summer cleanup, fall prep and orient our new assistant! Teens also went to dentist appointments and had physicals, went school shopping and enjoyed end of the summer trips that week.

On Sept. 2, the first day of school (Brunswick), we will begin our school year schedule. We'll be open Monday-Thursday from 2:30-5:30 p.m.

Well, that wraps up our summer here at the Teen Center.

— Jordan and gang

Teen Center wish list

Random items:

- guitar picks
- guitar tuner
- pens!
- a couple more throw pillows
- a couple more lamps (floor lamps especially needed)
- replacement slip covers (we have three sofas and one love seat)
- vinyl cling stuff to put on windows to keep sun glare out

Food program needs:

- paper goods, especially 7 ounce cups
- bottled water
- juice boxes or pouches
- pancake mix (only needs water added)
- syrup for pancakes
- chocolate syrup for milk


CLYNK working for Center, one nickel at a time

Did you know you can save your returnable bottles and cans to benefit the People Plus Center? The "Clynk" returnable program, sponsored by Hannaford supermarkets and endorsed by the Center, is "one of those under the radar things we can do," that benefits both the Center and our community.

"In the last fiscal year," office manager Betsy White reported, "that project generated at least \$500 for our operating budget."


The green Clynk bags — pre-barcode with the Center's number — are always available at the People Plus information desk. You need only to fill the bag with your returnables, scan and drop the bag at the store when you next shop, and the Center is automatically credited for the accumulated deposits.





If you can't get the bags to the store, leave them at the Center and we'll get the credit. Thank you for recycling, and thank you for supporting your Center.



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September 2014

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,

What is the difference between a hospital inpatient and hospital outpatient?

—Patrick

Dear Patrick,

This is a great question. A hospital inpatient is a patient who has been formally admitted into the hospital by a hospital doctor. If a patient has not been formally admitted into the hospital as a hospital inpatient, then he/she is generally considered to be an outpatient. For example, if you are receiving care in the emergency room, you are generally considered to be a hospital outpatient, since patients in the emergency room generally have not been formally admitted into the hospital as a hospital inpatient.

If you are in the hospital, it's important for you to know whether you are considered to be a hospital inpatient or outpatient, since this affects the way in which Medicare pays for hospital care you receive.

Medicare Part A, the hospital insurance part of Medicare, covers inpatient hospital care. If you have Original Medicare, the traditional Medicare program administered directly through the federal government, you pay a one-time deductible for your inpatient hospital stay under Part A. You also do not have to pay a copayment or copay for the first 60 days of your inpatient hospital stay.

Medicare Part B, the medical insurance part of Medicare, covers outpatient care. If you have Original Medicare, Part B generally covers 80 percent of the cost of Medicare-covered health care services you receive and you are responsible for the remaining 20 percent coinsurance. Note that if you get your Medicare benefits through a Medicare Advantage plan, also known as a Medicare private health plan, your costs and coverage may differ depending on your plan's rules.

It's best that you or a caregiver ask the hospital staff whether you are a hospital inpatient or outpatient during your hospital stay, so you can know how Medicare covers your hospital care. In addition, know that people with Original Medicare must have a 3-day inpatient hospital stay in order for Medicare to cover skilled nursing facility care after their hospital stay. Keep in mind that this may not apply to those who get their Medicare benefits through Medicare Advantage plans. Again, those with Medicare Advantage plans should contact their plan directly to learn more about their plan's benefits, costs and rules.

—Marci

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

Cutting health care costs by enrolling in a Medicare Savings Plan

We all know how costly health care can be, particularly if you're someone living on a fixed income (i.e. Social Security). For some, even the costs associated with Medicare are too much for them to cover on a monthly basis. Medicare Savings Plans (sometimes called QMB, SLMB or QI-1) can help save you money on these costs.

Qualified Medicare Beneficiary (QMB): Single individuals with monthly income of \$1437.00 or less may be eligible. This program will pay the cost of Medicare part A, B, and D premiums, deductibles and coinsurances. At the very least this program would save you \$104.90 per month for the part B premium, \$147.00 per year for the part B deductible and potentially more for medications and doctor visits. Couples may also be eligible, if their combined monthly income is at or under \$1936.00 per month.

Specified Low Income Medicare Beneficiary (SLMB): For single persons with a monthly income of \$1631.00 or less, SLMB may cover your part B premium (\$104.90). This program can be retroactive up to 3 months prior to the date of the application and a person can receive additional MaineCare coverage while receiving this benefit. Couples are also eligible if their combined monthly income is \$2198.00 or less.

Qualified Individuals (QI-1): Single individuals with monthly income of \$1777.00 or less may be eligible. This program also covers the cost of your Part B premium saving you \$104.90 per month. The individual cannot receive additional MaineCare benefits but coverage can be retroactive up to 3 months prior to the date of application. Couples may also be eligible for this benefit if their combined monthly income is \$2394.00 or less.

To learn more about these programs, or to get assistance in applying for them, contact Spectrum Generations at 1-800-639-1553 to make an appointment with one of our State Health Insurance Planners located in our seven Aging and Disability Resource Centers across Central Maine (Hallowell, Waterville, Rockland, Belfast, Damariscotta, Brunswick or Skowhegan).

To Benefit Meals on Wheels in Mid-Coast & Central Maine

A fine dining event featuring top Maine Chefs using locally grown ingredients - All For a Great Cause!

5:15 Reception	Wednesday September 24 th
6:00 Dinner & Program	\$75 per person
Cash Bar	\$550 table of 8

Maine Maritime Museum
 243 Washington St, Bath, ME

Tickets: 620-1677 spectrumgenerations.org/celebrity

Aging in Place Community Discussion Sept .11 at 12pm

Join Dave Brown and Chris Teague from Spectrum Generations for a discussion on successful strategies for staying on your home as long as possible.

Dave Brown, Community Liaison for Bridges Home Care, a division of Spectrum Generations, will speak about programs and services that support aging in place, in your own homes. Chris Teague, Spectrum Generations Nutrition Director, will speak about good nutrition and methods of processing locally grown fresh foods and produce.

Bring a brown bag and take home a few bits of information to stay healthier, in your own home.

To reserve a seat call People Plus reception at 207-729-0757



Spectrum Generations offers A Matter of Balance classes to help older adults overcome their fear of falling.

Spectrum Generations next A Matter of Balance class is being held at Mid Coast Senior Health Center, 58 Baribeau Drive in Brunswick beginning September 10th. It will run twice a week (Wednesdays and Fridays) for 4 weeks from 10am to 12pm. \$10 suggested donation.

For more information, or to register contact Tina DeRaps at 620-1657, or tderaps@spectrumgenerations.org

PROUD TO PARTNER WITH PEOPLE PLUS

Membership has its benefits

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

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

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

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

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

We just don't seem to say that enough!

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

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

Beauty Salons/Skin Care

Studio 119 Hair & Nail Design: FREE haircut with color of perm; services by Missy Stockford.

119 Bath Road, Brunswick, 729-6119.
Reflections: 10%, Monday and Friday
2 Center St., Brunswick
729-8028, www.reflectionsbylucie.com

Candy

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

Cleaning/Organizing

Mia Clark: 15% off services for home,

PEOPLE PLUS MEMBERSHIP

Date _____

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

Name (2) _____ Phone _____ Birthdate _____ Female Male
(LAST) (FIRST)

Mailing Address _____ City _____ State _____ ZIP _____

I would like **People Plus News** via Mail Email Email address _____

Yearly Membership Fees: \$35 per person (Brunswick) \$250 for **Lifetime Membership** (65 or over)
 \$45 per person (all other towns)

New Member Renewal

Membership Dues: \$ _____ Check/Cash (Payable to People Plus) Visa Mastercard

Additional Donation*: \$ _____ Credit Card# _____ Exp Date _____
(*Donations above Membership Fees are tax deductible)

Total: \$ _____ Signature _____

OFFICE USE: Accounting Data Membership Card Sent

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725-5111, www.berriesopticians.com
Maine Optometry: \$30 off complete pair of glasses
82 Maine St., Brunswick; 729-8474
www.maineoptometry.com

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149 Maine St., Brunswick; 729-5486
www.eveningstarcinema.com
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725-6009 or www.thomaspointbeach.com
Yankee Lanes: \$1.85/String, 7 days a week, 9 a.m.-5 p.m.
276 Bath Road, Brunswick; 725-2963
www.yankeelanes.com

Restaurants

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729-8244, www.arbys.com

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70 Maine St., Brunswick
721-8900, www.bigtopdeli.com

Fairground Café: 10%, Anytime
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McDonald's: Free Dessert with Purchase
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Stores

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Tontine Mall, Brunswick; 729-6448

Portland Glass: 10% on Materials (\$50 max)
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www.peopleplusmaine.org

Pelvic Health

Mid Coast Senior Health Center
Ounce of Prevention Series
Monday, Sept. 8, 11 a.m.-NOON

This presentation by two physical therapists is designed for women of all ages.

LEARN more about—

- the anatomy & physiology of the pelvic region
- urinary incontinence and frequency
- sexual function
- the proper way to do kegel exercises

Join
Ruth Macy, PT and Catherine Jaquith, PT
MID COAST HOSPITAL Rehabilitation

Monday, September 8, 11 a.m.-NOON
Community Room
Mid Coast Senior Health Center
58 Baribeau Drive, Brunswick

FOR MORE INFORMATION,
call 373-3646.

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midcoastseniorhealthcenter.com/ounce-of-prevention

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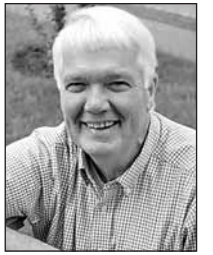
Please call People Plus at 729-0757 and ask for VTN to send you a Driver's Application.

Many thanks!

A late summer bonus

Speaking Frankly

FRANK CONNORS



I have two options open to me when I can't sleep; I can toss, turn and bounce around till Jane puts a stop to it, or I can get up and wander the house, or the neighborhood, till I feel ready to go back to sleep.

Usually, my little middle of the night adventures are uneventful, even boring, but then, there was that night walk in Bowdoinham several years ago, and the encounter with the sheriff's deputy.

It was a beautiful middle of the night. I really had no logical reason to be awake, but there I was, moonlight streaming in the window, and I was wide awake. It was early September, Labor Day was behind us and we were being treated to what I like to call a late summer bonus. Why, there was a fan running in the hall window!

I sat on the edge of the bed, pulled on a pair of shorts, thought about the T-shirt and tucked it under my belt rather than pulling it over my head, it was that warm. I looked at the digital dial and its red eye said 1:18 a.m. I groaned and headed downstairs.

The earliest hours of any day are precious and unique. There is a quiet, a peacefulness that is nearly impossible to replicate. Neighbors' houses are dark, road noise, even the nearby interstate, is missing. A barking dog on Main Street echoes strangely. This new day, there was a cat on the wrong side of the door, she bursts in when I stumbled out. The grass is wet as I land on it. I decide it's okay to continue with my slippers.

At the street, I give my lame old body a bunch of reaches, twists and bends, and

away I go, stepping quick and fast under the three street lights on Center Street. There's a little hill onto Cemetery Road, followed by about a quarter miles of real darkness. Here's where I encounter the wildlife, here's where I notice the countless stars in the crystal sky above. Here, as I approach the cemetery, is my favorite section of road. I might dally a little, I might even wander into the cemetery if I'm in the mood.

But tonight, there's a car passing the school on the other end of Cemetery Road. I notice it with indifference first, and have a moment when I really don't want to share my space with it. The car keeps coming, I feel it's headlights on me and remember my shirt is tucked in my pants. I smile at the image I might be presenting to the driver, and ask myself if I care.

The vehicle zips past me, it's white, it says "sherriff" on its side.

"Oops," thinks I, but he keeps on going. Minutes pass, I'm nearing the Cemetery. Now there's a car coming up behind me. "Jeez," thinks I, "busy night on Cemetery Road."

I pull my T-shirt off my belt and twist it down over my head. The car passes me, it's the sherriff's car again. "Double oops," thinks I. He drives past me, slower than before, continues on to the school where he loops around, accelerating fast in my direction. Lights come on, flashing blue, blinking red, headlights on high beam.

I think about diving into the cemetery, I am an old Vietnam vet, you know.

"Stand where you are," a voice com-

mands as the car slams to a halt, maybe 10 feet from me.

"Okay," thinks I, "I have no other place to go."

The officer gets out of the car and shines a flashlight in my eyes. He's smaller than I expected.

"You got some form of ID?" he asked me.

"Really?," said I, remembering I was more than half naked, "do I look like I'm carrying an ID. ... Was I doing something wrong?"

"I'm asking the questions," he said gruffly. "What's your name, and what are you doing out here?"

I told him my name and I said I was taking a walk.

Maybe you can imagine how that was accepted.

"What's your address?" he demanded. I told him and he told me not to move while he checked on his radio. The radio told him a Frank Connors lived at my address.

"What are you doing out here," he asked again.

"Couldn't sleep," said I. "Nice night for a walk."

"You walk much?" I asked him.

His hand went down to his belt. Was he going for a gun?

"Have you been drinking?" he asked.

I almost told him that I liked a cup of water now and then, but decided against it. The flashlight was back in my eyes. "I'd walk a line for you," I said with a smirk, "but Bowdoinham doesn't feel the need to paint this street." I took a

step toward him, he raised his hand for me to stop.

"Mister," said the deputy, "you're about 30 seconds from being transported to Bath, you need to stand right where you are while I make another call."

My mother told me to always be respectful of police officers, and I knew this was the time. I smiled my best smile. "Call John Ackley," I said, referring to the county's chief deputy, who lived in town and was a close friend, "or call Calvin Temple, they'll both vouch for me. We don't need any rides to Bath this morning."

The officer seemed to relax for the first time. "You know both officers?" he asked. I nodded, but was already thinking about what might happen if the deputy did call either of the men and wake them in the middle of the night.

I used my most subdued voice and said, "Look, my house is right back there a half mile, how about me just walking home and going back to bed?"

"How about me driving you home?" the deputy asked.

I smiled. "Don't think my wife would like the lights," I said. "We good here?"

The deputy nodded, got in his cruiser, shut down the lights, and busied himself with the radio. I walked away quickly, not wanting to be in the neighborhood if he changed his mind.

New or renewing members for August

*New member

• Additional donation with membership

LIFETIME MEMBER

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Margaret Wetzal

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Nuisance Wildlife? Call Critter Catchers at 729-0460 for safe and humane removal of skunks, possum, squirrels and other natural pests. ADC Licensed. Call 729-0460

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

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

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



Fondly recalled ...

Beatlemania struck a high note in Brunswick just 50 years ago this month when the fab-four "starred" in a black-and-white movie at the Cumberland Theatre on Sept. 2, 1964. Word has it this was a sold out show, general admission was a dollar, and there was special seating for \$2.50! We have Brunswick master electrician George Croston to thank for saving this ticket memento all these years. **If you have old area pictures to share with readers of the People Plus News, don't hesitate to contact Editor Frank Connors at 729-0757 with your comments, suggestions and contributions.**

It's no 'mystery' how library lines up author series

Curtis Friends, Sisters in Crime, and Maine Crime Writers are pleased to announce the authors and dates for the fall 2014 Mystery Author Series at Curtis Memorial Library.

The series begins on Tuesday, Sept. 16, with **Dorothy Cannell**.

Cannell, a mother of four, grandmother of 10, and owner of a King Charles Spaniel, was born in England and moved to the United States when she was 20. After living for years in Peoria, Ill., she and her husband moved to Belfast, Maine.

On a lark 20 years ago, she took a writing class. The product of that class, her first Ellie Haskell novel, "The Thin Woman," was selected as one of the 100 Favorite Mysteries of the Twentieth Century by the Independent Mystery Booksellers Association. She has written more than a dozen mysteries featuring Ellie, whom Booklist describes as "part Miss Marple, part modern British

mum." Dorothy is also author of "Sea Glass Mystery" (2012) and "Murder at Mullings," a 1930s country house murder mystery (2014). Dorothy received the Lifetime Achievement Award at Malice Domestic Mystery Writers Convention in 2014.

The second mystery author is **Edith Maxwell**, appearing on Tuesday, Sept. 30.

Edith Maxwell's Local Foods Mystery series debuted in May 2013, with "A Tine to Live, a Tine to Die." The series features novice organic farmer Cam Flaherty and the quirky Westbury Locavore Club. As Tace Baker, she writes the Speaking of Mystery series featuring Quaker Linguistics professor, Lauren Rousseau, who solves murders in small-town Ashford, Mass.

Appearing on Tuesday, Oct. 7, is best-selling author **Julia Spencer-Fleming**.

Spencer-Fleming is the author of eight books. Her series features Clare Fergusson, a newly ordained Episcopal

priest, and Russ Van Alstyne, chief of police in Millers Kill, N.Y. Her latest novel, "Through the Evil Days," was a 2013 Agatha Award and a 2014 Anthony Award finalist.

The fourth mystery author is **Kate Flora**, appearing on Tuesday, Oct. 14.

Flora is the author of 12 books, including seven Thea Kozak mysteries and three Joe Burgess novels; a suspense thriller, "Steal Away," written as Katharine Clark; and a true crime story, "Finding Amy," which was a 2007 Edgar nominee and which has been optioned for a movie. "Redemption," her third Joe Burgess mystery, won the 2013 Maine Literary Award for Crime Fiction.

Her newest book will be released Sept. 9. "Death Dealer: How Cops and Cadaver Dogs Brought a Killer to Justice," is a true crime story of investigators, Maine game wardens, cadaver dogs, and their dedicated volunteer handlers in pursuit of a brutal murderer. This "Law and Order" meets "CSI" story culminates in a riveting courtroom drama.

The series will conclude on Tuesday, Oct. 21, with **Lea Wait**.

A Maine author, historian and antiques dealer, Wait writes the seven-book Agatha-finalist Shadows Antique Print Mystery featuring protagonist Maggie Summer, and historical novels for ages 8-14 set in 19th century Maine.

Her first in a new Maine series, "Twisted Threads," will debut in January 2015. Her new Antiques Print Mystery, "Shadows on a Maine Christmas," will be published in September.

Mark your calendars and join Curtis Friends, Sisters in Crime, and Maine Crime Writers for a fascinating evening with the talented Dorothy Cannell as we launch the 2014 Mystery Author Series, on Tuesday, Sept. 16, at 7 p.m. in the Morrell Meeting Room at Curtis Memorial Library.

Free refreshments will be provided by the Bohemian Coffee House, and Gulf of Maine will have copies of Cannell's books for sale. For information, call 725-5242, email sbrown@curtislibrary.com or visit www.curtislibrary.com.

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