



People Plus  
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Gold Medalists times two!

Rollande and Rick Fortin, both residents of Brunswick and both members of People Plus, won first place medals in the cornhole toss at the Maine Senior games. Rick Fortin is also a perennial favorite to win gold in the annual horeshoe toss at the games.

## FYI! What's in YOUR Genes?

Ever wonder about your ancestors, or what's in your genes? Do you wonder what DNA is and what it can teach us? On Thursday, Sept. 10, at 1 p.m. Harvard Medical School educator Dana Waring Bateman will lead what we expect to be a lively, engaging and very accessible conversation at People Plus about genetics and human ancestry.

Waring Bateman is the co-founder and Education Director of the Personal Genetics Education Project at Harvard Medical School. She writes and lectures nationally about the ethical, legal, social and familial questions related to the study of DNA and society. A resident of Brunswick, Maine, Waring Bateman reports she was "unsurprised" to have learned that her personal DNA possessed a higher than average amount of Neanderthal DNA coursing through her veins.

Waring Bateman will chat about the social questions related to genetics, such as law enforcement, privacy, workplace discrimination, and de-extinction, which is a movement to use genetic engineering techniques to bring back extinct animals, such as the carrier pigeon or the woolly mammoth! Please register at 729-0757, we expect this program will fill up!



## Orchard tour planned

Celebrate fall with a visit to Bowdoin's Rocky Ridge orchards on Tuesday, Sept. 22. Register for a car pool if you need a ride, or join us at the orchard, beginning at 11:30 a.m. Folks flashing their People Plus membership card will be treated to a cup of fresh-pressed cider and a homemade doughnut, compliments of the Center. Sandwiches, homemade pickles, jams and other grand goodies are there, waiting for you to order.

Chris at Rocky Ridge predicts MacIntosh and Paula Reds will be available for picking, and that Cortlands, "might be ready." Last season, maybe a dozen center members went off to the orchards and picked their own bags of apples, and all attending enjoyed a great afternoon in the out-of-doors. To reach Rocky Ridge drive nearly 12 miles through Topsham on US Route 201.

Please register for the event by calling Pat at 729-0757.

## Senior Health Expo is filling fast

As the deadline for registration nears, local organizations and businesses are lining up to participate in the third annual People Plus Senior Health Expo, presented by Spectrum Generations and People Plus and being held on the indoor concourse at the Cook's Corner Shopping Mall on Tuesday, Oct. 20, from 9 a.m. until 1 p.m.

"We expect most of our standbys to participate." People Plus programming coordinator Jill Ellis said, "and we're working with some exciting new exhibitors. Last season, more than 600 seniors attended," Ellis added, "and our sponsorship and exhibitor opportunities sold out." She said the expo is a great "meet and greet opportunity" for vendors and visitors alike.

Mid Coast Health Services is already signed on as a Partner, and Sponsors include Bill Dodge Auto Group, The Bath Brunswick Times Record, Bar Harbor Bank and Trust, and Winship Green & Brentwood centers for Health and Rehabilitation.

Exhibitors at press time include: Bay Square at Yarmouth; CaptionCall; Catholic Charities-SEARCH- Greater Bath Program; Collette, guided by travel; Comfort Keepers; CHANS; Eastern Admin Services; Gentiva Home Health; Head to Toe Physical Therapy; It's My Death; Pejepsco Terrace; Maine Bureau of Insurance; Mary's Affordable Hearing Aids; Mid Coast Hospital; Mid Coast Hunger Prevention Program; Mid Coast Senior Health Center; New England Rehabilitation Hospital; Sartoris Law; Spectrum Generations, Aging and Disability Resource Center & Meals on Wheels; Stetson's Funeral Home; US Cellular; and the Write On! Group of People Plus.

Admission to the expo is free to visitors, the first 300 people to participate receive free swag bags. Non-profit exhibitor tables are still only \$75, and for-profit tables are \$125. Businesses can be sponsors for \$500, and Partners for \$1,000. Open registration ends on Friday, Sept. 18, and tables are released on a first come, first-registered basis. Visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) for more information or call Jill Ellis at 729-0757



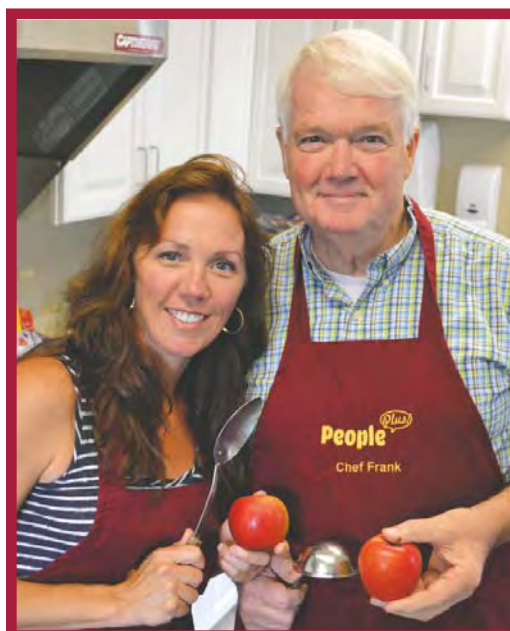
## Free Healing Clinic

A Free Healing Clinic hosted by Greater Brunswick Physical Therapy is set for the People Plus Center's Maine Hall on Friday, Sept. 18, beginning at 11 a.m. and continuing until 5 p.m. Sessions offered include treatment intended to improve postural alignment, clear energy, and ease emotional or physical pain, all provided in a "safe, calming atmosphere," according to a summary offered by practitioner Vivian Kemp. The clinic includes massage therapists, physical therapists, reflexologists, reiki healers, shamanic healers and more.

Attending the last clinic and expected at this clinic are

practitioners Donna Marie Bordeaux, Donna Henry, Sally Bechtel, Burt Brewer, Kelly Burnham, Deb Casterlin, Martha Spruce, Noreen Cohen, Jill Coffin, Aura Dumont, Vivian Kemp, Rose Mello, Ginnie Oliver, Glen Stover, Katie Vaillancourt and Joni Larlee.

No fee is charged for the sessions, but a voluntary donation can be made to various non-profit organizations, including People Plus. The next free healing clinic will be offered at GBPT, at their site on Bowdoin Mill Island on Oct. 30, 12:30-6:30 p.m. Refreshments are provided and treatments delivered on a first come, first served basis.



## People Plus Cooks! Coming soon...

Executive Director Stacy V. Frizzle and Member Services Coordinator Frank Connors are cooking up something special this fall with a series of television shows aimed at preserving original, historical recipes and cooking skills of our senior community members.

The cooking shows produced at Harpswell TV14, will start as five minute snippets featuring a single recipe and will be paired with the long-running News & Views program, aired monthly on local television, the People Plus website and the People Plus Vimeo channel.

With a goal of expanding to a full 30 minute show featuring Frank and Stacy along with an occasional monthly guest of members, local chefs and farmers, Frank has his sites set on the Food Network. "I need something to do when I eventually retire.," he was overheard saying...



## Come visit!

Teens become hosts at the Brunswick Teen Center Sept. 17 when all celebrate the 10th anniversary with an open house. Teens saying thank you include (front row, from left) Darius, Paige and Dustin, (back row) Britney, Cody and Va'a.



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

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

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

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### Spectrum Generations Staff

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## Teen Center Marks Tenth Anniversary

It's back-to-school time here at the Center and the teens are all buzzing with a mix of anticipation, sorrow, glee and nervousness. Per Jordan's request, I picked up two string bags yesterday at Claire's in Freeport for \$20 total. I hope many of you are able to pick up string bags as well. The teens are in need of them as they are now required at the middle school. It is like a draw string, nap sack that is smaller than a traditional back pack.

We have coupons at the front desk for Olympia Sports in Cooks Corner as well as pictures of what a string bag is just in case you need that. Thank you in advance for your help!

This marks the 10th fall "back to school" anniversary for our teen center program here in Brunswick and it is amazing that Jordan Cardone has stuck in there with us for the entire decade. She had a one-year sabbatical when I first came on board and was able to come back stronger and smarter than ever.

Jordan has grown this program from a handful of teens a week, to an average of 15-ish teens a day upstairs. Last year she served nearly 4000 meals and snacks to her hungry brood. And it really does feel like a little brood. She is so much like their mother/mentor/teacher/parent. All of which they need at any given moment in their lives.

We will be sending out the back to school support letter in the next week or so and hope that you might consider sponsoring a teen for this year. It's still only costs \$25 for a teen for a year and food for a week is \$50. With 15 teenagers eating four times a week it can certainly add up! Look for your letter in your mailbox soon!

If you don't get a letter, please don't hesitate to stop in and see Pat at the front desk here at the Center. We always take donations on the spot to sponsor a teen as well as any food items you could possibly bring in. Half a pan of left over lasagna feeds quite a few kids as do boxes of granola bars, loaves of bread, tortillas, juice boxes, and drink mixes. Perishables like milk, yogurt and cheese also get gobbled up on a daily basis.

Jordan really loves when someone makes a big tray of macaroni and cheese or American Chop Suey or bakes a loaf of banana bread or zucchini bread. It saves her a lot of work and we run out of food on a daily basis upstairs!

Did you know it takes about \$10,000 a year to feed our teens? So every dollar donated really helps!

In the last four years I have watched a lot of these kids grow from 11-year-old, sixth graders into high schoolers. There are two boys that come to mind in particular. Both going into 10th grade now at the high school; I knew them as mildly troublesome

## From the Executive Director

STACY V. FRIZZLE



when I first joined People Plus and have watched them mature into lovely young men who are personable and well mannered.

Both of them are from single-parent households. Both of them rely on each other for support and both of them have been visiting the teen center at least three out of four days a week for the last four years. Both of them have reaped the benefits of having Jordan as a constant in their lives as well as this Center as a safe place to go after school to get away from negative social influences, bullying, and peer pressure.

I can't thank each and every one of you for years of continued support of the Brunswick Area Teen Center. And those two boys are only a couple of the reasons why it is so important.

I hope that you will join us on Thursday, September 17 at 4 PM as we celebrate our 10th anniversary with an open house and tours of the teen center, festivities, music, snacks, a door prize and more!

See you here at the Center that builds Community – one child at a time...

## From Anita's Plate

ANITA HUEY



## Dip, dunk or dump?

Several years ago I was eating a lobster and had an idea. What if I dipped my fork in the butter and then grabbed a piece of

lobster? I was amazed at how much butter was left. What was just as interesting was that I had enjoyed my lobster just as much! Just recently a newsletter came in the mail and it spoke about dip, dunk or dump. Dumping is where you pour all the dressing on the salad and dunk is taking your fork full of salad and dunking it in the dressing. Here was the same concept dipping. I thought about it a bit more and realized that not only can you use this for butter and dressing but for maple syrup and gravy. Why is this important?

- ¼ c butter is 407 calories
- ¼ c maple syrup is 210 calories
- ¼ c homemade gravy is 180
- ¼ c Caesar dressing is 310 calories

I work with clients to help them move forward in their journey for eating healthier. These little tools can help make changes while enjoying the foods that they eat. Just last week a client reported that this is exactly what happened when he dipped his fork in the dressing and then his salad. It just doesn't get any better than that! So the next time you eat a lobster, salad, pancake or gravy.....think about dipping instead of dumping or dunking.

## HEAD TO TOE PHYSICAL THERAPY



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## Avocado Salad Dressing

### Ingredients:

- Clove of garlic, smashed
- Avocado, sliced
- Juice of ½ lime
- Ground pepper, to taste
- 3 Tb. olive oil
- Water if need to adjust the consistency

### Directions:

1. In a mini processor, combine all the ingredients except for the water.
2. Blend until smooth.
3. Add water if you would like it to be a thinner liquid.
4. Store in an airtight container for up to 2 days.

Note: I know I have shown you a lot of avocado recipes but I wanted a recipe that could be used to try the technique of the "dip."

## Memorial Donation in Memory of Germain (Gerry) LaRoche

Sept. 25, 1926 – July 31, 2015

missed by his friends in the Cribbage games

## Flu Shot Clinic

CHANS will be offering a free flu shot clinic at People Plus on Thursday, Sept. 17, from 11 a.m. to 1 p.m. (During the luncheon). Donations for shots are appreciated but not required.

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## Fondly Recalled . . .



THE HARPSWELL SOUND

Back in the 60's the best sound coming out of Harpswell was the Harpswell Sound, four young singers who made quite a name for themselves, from the local grange all the way to Broadway! (Almost) a member brought a Harpswell Sound album into the Center recently, we've played it on our new sound system and like what we hear. Come give a listen! **If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors, 729-0757, with your contributions, comments and suggestions.**

## THE FLEA MARKET BY ELIZABETH B. BATES

All the tables are set up. The noise and camaraderie begin. The early buyer moves along examining what might bring him money for his rent. If he is going to set up soon, the table rent is usually \$10 for each table. If he isn't a seller that day, or never, he is looking for anything he can use, or a gift for someone; a collector moves quickly, looking for that special item. There is such an accumulation of old and new, anything is possible. The price is negotiable, determined by the need, the time of day, or the weather.

The parking lot is getting crowded already, but some are leaving with their trunks bursting with treasures, pulling out into the busy road to go to the next flea market in the next town.

Out West, they call these doings a "swap-meet"...there they have clothes on racks, stacks of shoes, old tires still usable. You don't rent tables, everything is on blankets or tarps you put on the ground. Here, there are tables covered with mugs, coffee all gone; old wooden furniture of different eras, and jewelry sparkling in the light from the rising sun. There already is the smell of cooking hot dogs, dough-nuts stacked high, and people standing in front of the cooker eating, because the few seats are filled. There is loud music coming from an old radio of the Sixties, and children running around seemingly without parents. When things start to slow down

by the middle of the afternoon, the re-packing begins. The seller's faces might look happy, or grouchy, depending on how well they did that day. Most are there every week. They know each other. Most are older men and women trying to get through another day in their lives. They wear old clothes.

Some have very messy displays all over their rented spot. Some have neat table-covers with things on them the way your mother would have done it for company. Some have price tags on their merchandise. Some have no price tags. They just yell a price at you when you pick something up to look at it. The price might go down as you look at it for a few minutes. The whole process can be electric. Is the seller winning? Or are you getting a real bargain? Nobody knows.

## Rhyming

BY BOB DOW (on the occasion of the Write On! meeting of July 22, 2015)

I asked to borrow paper  
So I could write a rhyme  
Before it turned to vapor—  
Another waste of time.

I haven't written lately  
(In fact I've not done much.)  
It won't be very stately.  
I've prob'ly lost my touch.

## That Perfect Day

BY CHARLES PAYNE

Your God has given you a perfect day.  
He dazzles your sight and senses  
With a splash of brilliant flowers and lush green foliage.  
Praise him for this day. Crush it to your breast.  
Write it on your heart to keep and cherish.  
How much more perfect could Eden be?  
There will be a price to pay for his largess.  
You are stewards on this Earth.  
A host have defiled and abused it to extremes.  
Many have used it as a dumping ground and fouled the soil  
And made the lakes, streams, and even our oceans blue  
a turgid sewer.  
A stygian night will visit you and blot out His wonderful display  
Up in the azure sky of stars sparkling diamond-like  
And shroud the moon and snuff out its light.  
Amen and Amen.

## The Mall

BY SALLY HARTIKKA

The mall in Brunswick's where we meet.  
It's located on Maine Street.  
It's been there for many a year,  
And it's a place we all hold dear.

In spring, when tufts of grass arise,  
And winter's hold has met demise,  
People are glad to be outdoors,  
And moods are happy, spirit soars.

Food vendors now take their spots,  
Selling wrappers and red hots.  
Kids play Frisbee, race around,  
Now they are no more house bound.

In summer all the trees give shelter  
So people underneath won't swelter.  
At dusk band concerts, 'squitos reign,  
Driving listeners insane.

In fall, the farmers' markets share  
All the bounty they can spare.  
Bright red apples, golden corn,  
All picked earlier that morn.

It's winter, and the trees are bare.  
Children are now skating there.  
See them spin, shoot pucks, fall down,  
All right in the midst of town.

A Christmas tree lights up the nights,  
Homes and stores all have bright lights.  
Soon the snow will be piled high,  
And the mall will be passed by.

## PINING

BY VIRGINIA SABIN

Grief is a pine tree  
Evergreen in memory  
Top heavy  
Held erect by a tenuous tap root  
Plumbing depth in unforgiving ledge  
Weeping sticky tears in spring  
On the shiny bravado  
In cold and damp  
of a new car  
Parked under a brooding bough



## A new door opens

BY BETTY FAVOR

Hello, Betty is my name.  
To People Plus, and to Write On!, I came.  
"You will replace our lost Betty member"  
is one comment I remember.

After a joyous hour,  
it was home to reread July, 2015, People Plus News.  
Memorial Donations in memory of Elizabeth 'Betty' King  
came to my view.  
I became humbled and honored that you think me worthy  
to fill the chair of this talented woman.  
Gratitude, pleasure and inspiration, Write On! Is for me  
in my new place. This is God's plan.

## FADE TO FALL BY WINNIE SILVERMAN

It begins gradually in late August. Early summer flowers lose their glory. The nights begin to cool off, which is a good thing. Windows open, light blankets. No need for heat, yet no need for air conditioning (if ever, and in my house that means hardly ever).

For kids the glorious days of vacation are over but the new school year was actually welcomed by some, seeing old friends and the start of school activities. Parents breathed a sigh of relief as the great fall parade of school buses began once again. On any school day, around 2:30 on Maine Street Brunswick, have you ever seen the endless yellow stream of buses spilling out for routes all over the city? It's an amazing sight, repeated in every school district in every town and township.

The "Street" (my street) has become quiet once again. No shooting hoops, no bike riding or skateboarding. It's time to get any yard and outside work that was put off, done. Before fall sets in, it's time to enjoy those summer days and nights that are so fleeting.

Between Labor Day and Columbus Day Mainer can once again enjoy Maine. It's quiet, it's peaceful, it's beautiful. Sometimes, perhaps not often enough, I sat outside and just enjoyed the beautiful day.

Gradually summer comes to an end. There is a noticeable pause in the air before the leaves begin to fall. Looking back, summer was not brutally hot, though it seemed to rain exactly when it wasn't wanted. Nature turned on a water system, set to begin rain and thunderstorms every 3 days. Aren't we glad it gets more evenly spaced out in the winter! The weeds never gave up, growing an inch or more after each rain. (I do have a "thing" about weeds. On the other hand I am lucky to have weeds to annoy me.) The good news is this past summer needing a hose to water the lawn was a rarity.

Get out there now. The days grow shorter, daylight saving time ends. Visit Lands End in Harpswell, go to Reid State Park, Boothbay or Bar Harbor, or even just sit outside at home in the waning summer days.

## For Grandparents Day

For Jakobli,

BY ROSE MARIE MAYER

Born on the eighteenth of May,  
that made it a very auspicious day.

We were all filled with cheer,  
our little boy was here, I do believe that I shed a little tear.  
How beautiful, in an instant  
my heart was won, he was my very first grandson.

When as a blonde haired toddler,  
we'd play, I loved it when at my house, he would stay.

Sparkling eyes, joyous laughter,  
smile so sunny, the things he would say, my, they were funny.

We would laugh, we would giggle,  
his toes he would wiggle.

"The Knight Who Was Afraid of the Dark",  
his favorite book, we'd read and we'd read  
and at the pictures we would look.

At Coffin Pond, there were castles of sand,  
they were

amazing, they were grand.  
Off to the skate park we would go,  
and all of his neat tricks, to me, he would show.

I'd ooh and I'd aah and I'd be so amazed,  
also fearing his knees he would be grazed.

We'd build houses of Legos,  
we'd color and paint, play Uno and Checkers and Cathedral,  
and never say can't.

Then before an eye I did blink,  
he grew so much taller, and at the same time, it seemed, that I grew so much smaller.

And today from University did he graduate with a degree,  
and to that do I say, don't you see, can it be?

A brilliant artist with a BFA in his pocket,  
and amazing portfolio, and great music, don't mock it.

I look at him now with deep pride and great joy,  
at this fine, young man, who was once our little boy.

**Granparents Day is September 15, 2015**

## Ode to September

BY NANCY SOHL

September, I don't think there's a month that is better  
Bring on the cool and I'll get my sweater.  
Those horrid black flies are a thing of the past  
And the tourists and traffic have gone home at last.

September, your days are shorter, I can't deny  
Sunsets before eight almost make me cry.  
But your sun is still warm as I sit in its glow  
There's a feel to your air that says, "come on, let's go!"

September, you are apples, pumpkins and bales of hay  
You're too short a month, I wish you could stay.  
You're yellow and orange and sometimes bright red  
The images of September stick long in my head.

September, you shout proudly that fall is now here  
That means winter's cold days are so very near.  
But I can't help but love you, for all that you bring  
September- your beauty, your joy, your praises I'll sing.

## THE MUSE

BY PATTY L. SPARKS

Autumn approaches,  
a silence  
forms about me,  
into which  
she might drop  
her words.





# More September Programming at People Plus

## “Aging Well” Lunch and Learn: Tooth or Consequences



Bring your lunch on Monday, 9/28 at noon when Dr. Kathleen S. Winn will discuss the importance of maintaining a healthy mouth as we age. Topics include gum disease, dry mouth, medications, decay, dental implants and importance of regular check-ups. Winn has been practicing for over 20 years and has an office in Brunswick. Free, open to the public. Bring lunch, PP will provide drinks, chips and dessert. Call to register.

### A Matter of Balance Workshop: Managing Concerns About Falls

A Spectrum Generations program, A Matter of Balance: Managing Concerns About Falls, is specifically designed to reduce fear of falling, stop the fear of falling cycle, and improve activity levels among community-dwelling older adults. The program includes eight two hour classes where participants learn to view falls and fear of falling as controllable; to set realistic goals for increasing activity; to change their environment to reduce fall risk factors; to promote exercise to increase strength and balance. MOB is designed to benefit community-dwelling older adults who are

concerned about falls, have sustained a fall in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength, are age 60 or older, ambulatory and able to problem-solve. Participants have found significant improvement regarding their level of falls management; falls control; level of exercise; and social limitations with regard to concern about falling. Free eight week workshop, Mondays 1:30 – 3:30, Sept. 28 – Nov. 30 (no class Oct. 12, Nov. 23). Class size limited. FMI or to register call Jennifer Fortin at 620-1657.

### Yoga for Seniors with Ann – New Session in September

Stretch, flex, breathe and relax for optimum well being. Designed for older bodies, this yoga is a wonderful way to re-balance and feel grounded. Six week session Sept. 22 – Nov. 3 (no class Oct. 13), Tuesdays, 10:30 am. \$30 members/\$60 non-members.

### Pilates Lite for Seniors – New Session in September

Pilates Lite, led by Dennis Kimmage, strengthens the key core muscles in your body but more gently than a traditional Pilates workout. Six week session 9/22-11/3 (no class 10/13), Tuesdays 12-1 pm, \$30 members/\$60 non-members.



## Attention Italy Trip Attendees

**Document Party with Collette Travel**

Monday, 9/14, 3:30 pm  
Come get last minute forms, luggage tags and ask questions!

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

### Lunch & Connections

## Lasagna is September Luncheon

Deep dish lasagna, drenched in cheeses, spices and tomato sauces, and loaded with chips of sausage and beef, will be our luncheon specialty on Thursday, Sept. 17 “This one was a favorite in our house when the kids were growing up,” Center Chef Frank Connors said, “we cook them deep and juicy, just like the kids like it.”

There will be garlic-buttered and plain Italian breads waiting at the end of the table, the side veggie will be broccoli crowns, and of course we'll prepare a meatless lasagna for our vegetarian friends. Dessert will be a fresh from the oven chocolate brownie, perched on the corner of a dish of tasty vanilla ice cream. As usual, there will be a fresh, lightly-dressed green garden salad for everyone, and our drink table will include iced teas, juices, coffee and milk.

Our monthly Lunch & Connection dinners are sponsored in part by Spectrum Generations, and are planned to focus on nutrition, public information, fun and variety. A CHANS professional home healthcare provider is always in attendance to offer and record personal blood pressure checks, and this month, another team from CHANS will be providing first of the season flu Shots. A free hearing check with Mary Marino of Mary's Affordable Hearing Aids is available in the Teen Center from 11 a.m. until noon.

Come to the Center early, but remember, the dining room opens AFTER 11:15 a.m. Pick up your 50/50 raffle ticket (our August winner took home \$42) and make sure you are registered to win one of our several free door prizes. Lunch is served at noon.

## Save the Date:

London/Paris Trip Oct 2016

Collette Travel Presentation  
Monday, Oct 26, 6:00 pm

### NEW! “Tech Time” for Windows & Android Operating Systems

Can't attend Stacy's monthly Apple Club because you don't have an Apple product? Now you have your own monthly club! Bring your laptop, smartphone, or tablet and questions to a fun, informal, monthly drop-in chat group. Beth Aldrich (from All Thumbs Computer Care) will provide tech support for all levels of users. No Apple products – this one is for Oranges only! Typically the 3rd Monday of the month (but check calendar for changes due to holidays) beginning Sept. 21 at 10:00 am.

### Beginners Bridge

“That other bridge group” is still meeting Tuesday and Thursday, 9:30 a.m. to noon. Called Beginner's bridge because people who never played are welcome, along with people who once played and want to get back into it. This is a noncompetitive, fun and social atmosphere for beginners. Come check us out!

### World War II Book Club

Don't miss our World War II Book Club meeting the third Wednesday of every month from 3 to 4:30 pm. Discussing “The American Experience in World War II”, it's not to be missed! (For PP Members only, but you can join at the door!)

### Welcome to Medicare with Spectrum Generations

Designed to provide educate about Medicare. This class answers 90% of basic questions and is held the 2nd Tuesday of each month from 12:30 to 2:00 pm. Free to the public. Registration required.

The Harpswell Garden Club will hold its annual Fall Sale on **Saturday September 19, 2015** from 8:30 a.m.-1 p.m. at Centennial Hall Route 123, Harpswell Center. Featured: chrysanthemums, cut flowers, baked goods, crafts and a white elephant sale. FMI call Becky 833-6159.

## Casino trip planned

The next casino trip planned by the Bath Area Senior Center goes to the Oxford Casino, on Wednesday, Sept. 23. Cost of the trip is still only \$30, and you will be given \$10 in free “play” money when you enter the casino. The coach bus leaves from Floral st. in Bath at 9 a.m. and picks up at the Topsham Home Depot Park and ride at approximately 9:20 a.m. Remember, you must have identification with you to enter the casino, and the bus starts its return trip from Oxford at 4 p.m. Call the Bath center at 443-4937 for more information or to register for the trip.

### The Harpswell Garden Club

will meet Wednesday September 16, 2015 at 12:30 p.m. at the Curtis Memorial Library in Brunswick. Guest speaker Lois Berg Stack, Extension Specialist, Ornamental Horticulture Professor, U of Maine will present “Soil 101.” The meeting is free and open to the public. FMI call Becky 833-6159.

### Book Club a la Carte Sharing your summer reads

The Cafe Book Club reconvenes this month, Sept. 15 at 3 p.m. for a second season with a new name: Book Club a la Carte. “Each person attending reviews a book that they have read, instead of all attendees reading the same book,” explains Dianne Laughlin, guide for the club, “thus the name a la Carte, it's all about individual choice. We are a very informal group,” Laughlin adds, “openly sharing our ideas about books we've recently read and liked.”

Book Club a la Carte participants will meet in the activity room of the People Plus Center the third Tuesday of the month. Beginning with October, the titles of books discussed by the club will be published in the next month's edition of the People Plus News. For more information on Book Club a la Carte, call Dianne through the Center at 406-4049.



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# SEPTEMBER 2015 AT PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Brunswick Teen Center</b> <b>FALL HOURS</b> Monday-Thursday 2:30-5:30 pm	9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 1:00PM Quilters 1:00PM Quilters	8:45 Cribbage 9:00 Loosen Up 9:00 Easy Riders Biking Club 9:00 Mah-Jongg 10:00 Meals On Wheels 12:30PM Tai Chi - Advanced 1:00PM Write On!	8:30 WOMEN'S BREAKFAST 9:00 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 1:00PM Table Tennis 6:30PM Folk Dance	10:00 Bridge
	8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 10:00 Apple Club *New Day* 11:30 LUNCH OUT 12:30PM Welcome to Medicare 3:00PM Kaffeestunde! German Club 4:30PM TCAC Meeting	8:45 Cribbage 9:00 Loosen Up 9:00 Easy Riders Biking Club 9:00 Mah-Jongg 10:00 Meals On Wheels 12:30PM Tai Chi - Advanced 1:00PM Write On! 6:30PM Brunswick Coin & Stamp	8:00 MEN'S BREAKFAST 9:00 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 1:00PM FYI! WHAT'S IN YOUR GENES? 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs Talk 11:00 Qigong 1:00PM Table Tennis 6:30PM Folk Dance	10:00 Bridge
9:00 Loosen Up 9:00 Crafters 9:00 Mah-Jongg 10:00 Zumba 11:00 Table Tennis 12:00PM Bridge 3:30PM Italy Trip Participant Meeting 6:00PM Belly Dancing	8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 10:30 Retired Educators Potluck 1:00PM Quilters 3:00PM Books a la Carte	8:45 Cribbage 9:00 Loosen Up 9:00 Easy Riders Biking Club 9:00 Mah-Jongg 10:00 Meals On Wheels 12:30PM Tai Chi - Advanced 1:00PM Write On! 3:00PM WWII Book Club	9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 11:00 CHANS FLU CLINIC 11:00 Hearing Screenings 11:30 CHANS BLOOD PRESSURE CLINIC 12:00PM LUNCH & CONNECTIONS 4:00PM Diabetes Prevention 4:00PM TEEN CENTER OPEN HOUSE 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 GBPT HEALING CLINIC 11:00 World Affairs Talk 11:00 Qigong 6:30PM Folk Dance	10:00 Bridge
9:00 Loosen Up 9:00 Crafters 9:00 Mah-Jongg 10:00 Zumba 10:00 Tech Time 11:00 Table Tennis 12:00PM Bridge 6:00PM Belly Dancing 6:30PM Civil War Book Club	8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 Apple Picking: Rocky Ridge 12:00PM Pilates Lite 2:30PM Café en Français	8:45 Cribbage 9:00 Loosen Up 9:00 Easy Riders Biking Club 9:00 Mah-Jongg 10:00 Meals On Wheels 12:30PM Tai Chi - Advanced 1:00PM Write On! 5:45PM Girl Scouts 6:30PM Brunswick Coin & Stamp	9:00 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 4:00PM Diabetes Prevention 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs Talk 11:00 Qigong 1:00PM Table Tennis 6:30PM Folk Dance	10:00 Bridge
9:00 Loosen Up 9:00 Crafters 9:00 Mah-Jongg 10:00 Zumba 12:00PM Bridge 12:00PM LUNCH & LEARN: Tooth or Consequences 1:30PM Matter of Balance Workshop 6:00PM Belly Dancing	8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:00PM Pilates Lite	8:45 Cribbage 9:00 Loosen Up 9:00 Easy Riders Biking Club 9:00 Mah-Jongg 10:00 Meals On Wheels 12:30PM Tai Chi - Advanced 1:00PM Write On!			

## MYSTERY AUTHOR SERIES AT CURTIS MEMORIAL LIBRARY

Mark your calendars and join Curtis Friends, Sister in Crime, and Maine Crime Writers for a fascinating evening with author Kathy Lynn Emerson as we launch the 2015 Mystery Author Series on Tuesday, Sept. 8, at 7p.m. In the Morrell Meeting Room. Free refreshments will be provided by the Bohemian Coffee House. And the Gulf of Maine bookstore will have copies of Emerson's books for sale.

Writing under multiple pseudonyms, Emerson combines many authors and sub-genres into one talented woman. Emerson writes the Face Down series that features Susanna, Lady Appleton, a 16th century gentlewoman, herbalist and sleuth; and the Diana Spaulding series, featuring a widowed New York City theatrical journalist. As Kaitlyn Dunnett, she writes the present day Liss MacCrimmon Scottish-American

Heritage Mystery series that takes place in Moosetookalook, Maine. In her own name, she writes non-mystery historical novels set in the 16th century. Her latest book, "Murder in the Queen's Wardrobe," is a spin-off of the Lady Appleton series.

The second mystery author, appearing on Tuesday, Sept. 22, is Vaughn Hardacker, a veteran of the U.S Marine corps who served in Vietnam. His two police novels, "Sniper," and "the fisherman," feature Boston homicide detectives Mike Houston and Anne Bouchard. His novels have been described as, "tense, taut, and genuinely chilling....disturbingly sinister tales with vengeance and terror,

with true Boston heart and authenticity." Appearing on Tuesday, Oct. 6 is Clea Simon, who has three pet-related series: the Theda Krakow series, the Dulcie Schwartz Feline mysteries, and the Pru Marlowe PetNoir series. Clea is also the author of three non-fiction books and her essay and mystery short stories appear in several anthologies. The series concludes on Tuesday, Oct. 20 with Jesse Crockett, who is the author of two mystery series, The Granite State Mysteries and the Sugar Grove Mystery series. For more information call 725-5242 or visit [www.curtislibrary.com](http://www.curtislibrary.com)

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Well done!

Stephanie Whittingham (right) completed her degree requirements last month as a summer intern with the Spectrum Generations Meal on Wheels program at People Plus. Whittingham will graduate from University of Maine-Augusta with a bachelors degree in Mental Health-Human Services.

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**Senior Intermediate Cribbage**

July 22: Robert Mehlhorn, 712; Leah Nelson, 707; Lorraine LaRoche, 706; Lois Fournier, 695; Colleen Petrin, 689.  
 July 29: Lois Fournier, 694; Anita Owens, 692; Robert Frost, 688; Joe Tonely, 676.  
 Aug. 5: Patricia Johnson, 726 (perfect game); Leah Nelson, 716; Priscilla Sargent, 713; Tim Owens, 710.  
 Aug. 12: Bob Foehring, 718; Bob Frost, 698; Rick Fortin, 697; Priscilla Sargent, 691.  
 Aug. 19: Anita Owens, 725; Priscilla Sargent, 714; Andy DeBiasio, 704; Ray Lourie, 697.

**Monday-Saturday Bridge**

July 18: Martha Cushing, 4,390; John Rich, 3,670; Mary O'Connell, 3,630.  
 July 20: Jeff Lauder, 5,160; Bill Buermeyer, 4,570; Richard Totten, 4,160; Terry Law, 4,000.  
 July 25: Lorraine LaRoche, 5,110; Sherry Watson, 4,740; Gladys Totten, 4,590.  
 July 27: Lloyd Jones, 6,280; Sherry Watson, 6,010; Bill Washington, 5,790; Bill Buermeyer, 4,830.  
 July 30: Lloyd Jones, 6,280; Sherry Watson, 6,010; Bill Washington, 5,780; Bill Buermeyer, 4,830.  
 Aug. 3: David Bracy, 4,080; John Rich, 3,860; Alan Reder, 3,720; Gladys Totten, 3,530.  
 Aug. 8: John Rich, 6,220; Mary O'Connell, 4,160; Sherry Watson, 4,090.  
 Aug. 10: Bill Washington, 5,690; David Bracy, 4,960; Lloyd Jones, 4,470; John Rich, 4,430.  
 Aug. 15: David Bracy, 5,630; Bill Buermeyer, 4,280; Bill Washington, 4,010.  
 Aug. 17: David Bracy, 4,180; Bill Coop, 3,950; Bill Buermeyer, 3,780.



**Teen Center  
 Fall Hours  
 Monday-Thursday  
 2:30-5:30 pm**

The summer Teen Center gang surrounds coordinator Jordan Cardone

**Teen Center Readies for School**

No-o-o-o, I am not ready for the school year to begin and summer to be over! Sure enough though, on August 31st, Brunswick (some) students start school and we change to our school year schedule, open 4 days, Monday-Thursday, and later, 2:30-5:30. I am scheduled to attend the Bowdoin College Volunteer Fair September 4th and have high hopes of recruiting some new faces to volunteer with us this year!  
 We are having a 10th Anniversary of the Teen Center Program celebration at People Plus on Thursday, September 17th. If you have not been to People Plus yet, or have not checked out the Teen Program space, come on by between 4 and 5:30 p.m. for some light refreshments and a little tour!  
 I am scheduled to visit Rotary in September. The Brunswick Rotary recently chose the Teen Center Program to do their "coins" collection for. This really does have an official name, which escapes me! I

know that we decorated many coffee cans with Teen photos etc. and they are placed on all the tables during rotary meetings and people put change in them and they stay there until \$500 is collected! Thank you Brunswick Rotary!  
 So, I would like to take the time to talk about some of the program's "other" aspects that are part of us, in addition to nail painting and laughing and eating and pillow fights and basketball and our wonderful volunteers and the other things I highlight in our weekly peek.  
 I do not know that's happening "out there" in public with real estate and an unusual number of large, old apartment buildings, many housing families with "housing vouchers", currently being sold.  
 I do see the effect it has on some of the tenants, namely some of our kids. When I say kids, the majority of our members right now are 11-13 years old. I don't think I have ever heard as many kids saying, "they are selling our building and we have to move" before! I believe I have 5 kids in this situation right now. For them, this also means, "school is starting and I don't even know where I will end up going to school"  
 Sometimes this ends up meaning they have to live with someone else for a while, or end up in Tedford for a while. It ALWAYS means anxiety  
 We have kids coming in who have had the electricity shut off at their homes and or have no hot water.  
 One of our kids who has been coming to the Teen Center program for at least 5 years, recently posted on Facebook: "It hurts to

**Teen Center News**

JORDAN CARDONE

see really good families because I don't have one". Last I knew he was in his 3rd foster home, and isn't any longer.  
 So, the point in my sharing some of this... it amazes me on a daily basis to have these kids come in, spill their "stuff", be listened to, get it out, be able to receive understanding from myself and the other kids if they have chosen to share publicly, and then be able to let it go for 3 hours and just be kids. I love them for being able to do this and they love the Teen Center Program for being a place where they can do this!  
 And honestly, yes I have to curb their language (a lot) and at times behavior, but for the most part, they are happy and great kids while at the center!



Jordan and Courtney

In closing, I am just so glad that this program exists and that we are here for them and that we have had such wonderful support from the community to keep this program going!!!!  
 Having been a part of this since it's inception 12 years ago (meaning, the first meeting of teens telling adults "we need a teen center") and then 2 years of hard work later, officially opening the doors to at first a one day, then 2 day a week program and then it took off, numbers increased, the need increased, the days open increased and community recognition and support increased. It has been a wonderful thing to watch and be a part of!  
 As someone who is "front line and center" I want to send a huge thank you to each and every one of you who has supported this program over the years! I really don't have the words to tell you what a positive difference it has and is making in the lives of our young people!  
 Sincerely, Jordan.

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**DON'T FORGET THE WATER**

This time of year it is important to stay hydrated. Most people agree that drinking water is common sense.  
 We also know many people report they never drink just water, and literally live on liquids that dehydrate the body. Examples of such dehydrating liquids are coffee, soda and tea, all of which contain caffeine. Switching from these dehydrating beverages can be the first step toward the health you desire.  
 The human body is composed of 75 percent water and as adults we can only survive three to four days without water.  
 Only nerve function and the air we breathe are more important for life than water. Hydrated people perform better on tests than dehydrated people.  
**Twenty percent more strength and aerobic power** can be seen in a typical 150 pound person who has optimum body water levels as compared to individuals who lose three pounds of water weight during the same activity.  
**Water as an aid to weight loss.** We often turn to food when in fact we're only really thirsty. Drinking water can fill you up, replenish fluids and even give you energy allowing your body to function properly and reduce weight.  
**Water and toxin/waste removal.** Water prevents damage to kidneys by helping dissolve the waste the kidneys remove. Without water a person

would be poisoned by their own waste products and toxins resulting from their body's metabolism.  
**Stay tall and maintain nerve integrity as you age.** The loss of height and decreased nerve function seen in some individuals can be linked to dehydration as well as joint dysfunction.  
 If each spinal disc loses 10 percent to 12 percent of its water content, an average person will lose approximately two inches in spinal height as they age. This loss of height impairs proper nerve signals exiting the spine and reduces overall health. The combination of proper hydration and proper spinal hygiene can help to minimize nerve and disc issues.  
**The Action Steps: How much water is enough?**  
 DAILY water requirements can be calculated by dividing your body weight in pounds by two. That number is the number of ounces of water that you should have. Water requirements come from clear fluids. Add 2 glasses of water per day for each cup of coffee, tea, pop, or serving of alcohol.  
 Keep hydrated and get your nervous system and spinal systems checked to improve overall function and the quality of your life.  
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September 2015

## 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,

I am turning 65 in December 2015, and I am anxious to enroll in Medicare on time. When is the earliest that I can enroll in Medicare?

—Nancy

Dear Nancy,

When you turn 65 and become eligible for Medicare, the best time to enroll is during your Initial Enrollment Period (IEP). Your IEP includes the three months before, the month of, and the three months following your 65<sup>th</sup> birthday. For you, your IEP will span from September 2015 to March 2016. If you enroll in Medicare during this time, you will avoid late enrollment penalties.

The date when your Medicare coverage begins depends on when you enroll during your IEP. For your coverage to begin as soon as possible, it is best to enroll in the first three months of your IEP. Your Medicare coverage will then go into effect starting the month you turn 65.

To enroll in Medicare, you can call the Social Security Administration at 1-800-772-1213 or you can visit your local Social Security office. It is important to be proactive and take the steps to enroll during your IEP. If you miss your IEP, you may be limited to specific times when you can enroll in Medicare in the future, and you may face a penalty for late enrollment resulting in higher premiums.

—Marci

**Marci's Medicare Answers** is a service of the Medicare Rights Center ([www.medicarights.org](http://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](http://www.medicarights.org)."

### Living Well for Better Health



#### Who should attend?

Any adult who has any kind of ongoing health condition. A family member or friend can also participate.

#### When is the next workshop series?

6-Week Workshop Dates: Tuesdays beginning September 22—October 27 at Golden Oldies Senior Center, 314 Front St. Richmond, ME.

To register or for more information contact Jennifer Fortin at 620.1657 or email [JFortin@spectrumgenerations.org](mailto:JFortin@spectrumgenerations.org)

### Welcome to Medicare

Spectrum Generations holds Welcome to Medicare informational sessions at its offices in Brunswick on the second Tuesday of each month from 12:30 to 2pm. These sessions are designed to help Medicare beneficiaries cut through the red tape of Medicare and its many "parts" so people can make informed decisions about their health care coverage. Free and open to the public. Registration is required. Call 729-0757 to register.

Spectrum Generations is an equal opportunity provider.

## Celebrity Chef Challenge

Wednesday, September 16th

Maine Maritime Museum, Bath

\$75.00 per person

\$550.00 per table of 8

### Things Are Heating Up!

Four Celebrity Chefs from mid-coast Maine compete in a fun, friendly competition of "best dish" using locally grown ingredients while following Meals on Wheels rules and guidelines.

This year's Celebrity Chefs are:

**Anthony St. Peter**  
Stirling & Mull Gastro Pub, Freeport

**Chris Toole**  
The Highlands, Topsham

**Troy Mains**  
Harraseket Inn, Freeport

**David French**  
Kennebec Tavern, Bath

This year's Celebrity Judges include Christopher Bassett, Executive Chef at Azure Café and 2014 Celebrity Chef Winner; Meredith Goad, Food Writer for the Portland Press Herald; and Kristin Furhmann-Simmons, Food & Travel Writer for Kennebunk Resort Collection. The judges have the difficult but delicious task of sampling each plate to choose a champion. There will also be a "People's Choice" vote.

Dr. Linda Sanborn, State Representative for District 26 will be this year's Keynote Speaker. Andrew Omo, Executive Chef from Linda Beans in Freeport will join the event as the Culinary Consultant and Jana Barnello from Good Day Maine WGME 13 will once again EmCee.

Silent Auction and Cash Bar at event.

All proceeds help end senior hunger by going back into our Meals on Wheels program which helps keep seniors happy, healthy and independent in their own homes. Good health starts with good nutrition.

Tickets can be purchased at:  
[spectrumgenerations.org/celebrity](http://spectrumgenerations.org/celebrity)  
or by calling 207.620.1655

Thank you to our Dinner Sponsor!  
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**Bring a friend to the center**

If you are a regular Center visitor/member, you remain one of our very best ambassadors! "People who use and enjoy our center," says member services coordinator Frank Connors, "make it easy for us to expand our membership and keep the center vibrant. Most of the selling is done for us."

"There are two guys playing ping pong who have been friends since Brunswick High in 1956," Connors said, "and there are dozens of folks here ever week playing cards (Cribbage and/or Bridge) who have

been friends for 40 or 50 years. Those relationships are just one of the things that make our Center so special."

Remember always to show your membership card proudly at area businesses as many of them offer special discounts to Center Members. "You can save money every day," Connors said, "before you know it, you will have more than paid for your annual membership."

The businesses and organizations listed below regularly offer special discounts and deals to members and friends of People Plus:

# Membership Benefits

The following businesses offer discounts for People Plus members.

**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, yards, gardens or buy 4 hours, get 1 free!  
Phone 939-5789; miaclark@hotmail.com

**DRY CLEANING**

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

**Pauline's Bloomers:** 10%, Anytime except beyond normal delivery range  
49 Maine St., Brunswick; 725-5952  
www.paulinesbloomers.com

**AUTO SERVICE**

**Autometrics:** 10% Anytime  
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**Bill Dodge Auto Group:** 10% off parts and service  
262 Bath Rd., Brunswick; 800-652-6118  
118 Pleasant St., Brunswick; 729-6653  
www.billdodgeautogroup.com

**Brunswick Ford:** 10% off parts and service  
157 Pleasant St., Brunswick; 725-1228

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

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



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**MEDICAL SERVICES**

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**Berrie's Opticians:** 20% off complete pair of glasses  
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**Maine Optometry:** \$30 off complete pair of glasses  
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**RECREATION/ENTERTAINMENT**

**Eveningstar Cinema:** Discount bag of popcorn at evening shows (\$1 small, \$1.50 medium)  
149 Maine St., Brunswick; 729-5486  
www.eveningstarcinema.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**

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

**Big Top Deli:** 10%, Anytime  
70 Maine St., Brunswick 721-8900,  
www.bigtopdeli.com

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

**McDonald's:** Free Dessert with Purchase 1  
1 Gurnet Road (Route 24), Cook's Corner,  
Brunswick; 729-4416  
www.mcmaine.com/1080

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

**Brunswick Hotel and Tavern:** Buy one entrée, get one half off  
4 Noble St., Brunswick; 837-6556  
www.thebrunswickhotelandtavern.com/  
tavern\_dining/

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

**RETAIL STORES**

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

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



**Hanging "Thank You" banners**

Volunteers hang 34 Leadership Circle banners in the People Plus Main Hall. Each banner recognizes major annual support for the Center.

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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 Fee:**  
 \$35 per person (Brunswick residents)  
 New Member  Renewal  
 \$45 per person (all other towns)  
 New Member  Renewal  
 \$250 for **Lifetime Membership** (65 or over)

Cash/Check (Payable to People Plus)  
Membership Dues: \$ \_\_\_\_\_  
Additional Donation\*: \$ \_\_\_\_\_  
(\*Donations above Membership Fees are tax deductible)  
Total: \$ \_\_\_\_\_

OFFICE USE:  Accounting  Data  Membership Card Sent



# A career built on fluff?

At luncheon the other day this sweet little lady walked up to me, poked her finger at my maroon apron about where it says "Chef Frank" and asked, "WHAT makes you a chef, Frank?" I was only slightly taken back by her challenge, I had a tray of hot roasted potatoes in one hand so my answer was quick and casual. "years of trying, I guess," said I, and I turned away to keep the food coming. But she was primed for the last word..."Takes more than an apron to make a chef," her words echoed after me.

I grew up in a house where my mother was a fine cook, and when I married and moved, I only improved my station. Jane is an amazing cook in every way, and she continues to be one of the secret weapons of my chef's career. (More on that later) But Jane and my mother have both done me one tiny disservice. Both marked me as a distraction in their space, and say, rightfully I suppose, they can work quicker and better without my help.

Jane has this look that stops me in my tracks, and this cute little phrase, "get out of my bubble," that makes it very clear to me she'll ask for help when she needs it, and I shouldn't wait too close to see if she will ask. I do get to peel things now and again—turnip, apples, potatoes, carrots— but even on those days, I'm always encouraged to start my pile well out of her way.

My Mother had four daughters, and like it or no, they were the inner circle of mom's kitchen. She never quite said cooking was women's work, but the theme was always there. If it hadn't been for wiping dishes, I'd have had NO quality time in the kitchen growing up! My mother was also a single mother for too many years, she planned many a meal on a shoestring budget and

maybe she didn't want us kids to know exactly what we were eating?!!

But I made some inroads. As a teenager, I developed an in-house and 'round town reputation for my applesauce. Who could imagine such a simple thing? I actually think recipe development may have originated with my grandmother. My brothers liked the way I scrambled breakfast eggs with diced and sliced hotdogs, so we guys made a few dents in the feminine ceiling. As a boy scout, we perfected cooking on an open fire using paper cups and aluminum foil, and learned to follow recipes in the scout's Handbook for Boys. The one I remember most clearly, from all those years ago, was for pancakes. "Follow the recipe on the box," it advised the next generation of cooks.

Mom made me a hunter-gatherer. My brothers and I grew up working on local farms and were always given things to take home. My grandparents took us berry picking, and there was a college-aged stint as an apple picker. Mom would let me help if there was 50 pounds of beans to snap, a batch of minced meat to meld, or apples and berries to can or later, to freeze. I still love to go into the fields and gather "stuff" to put away.

It has been my pleasure during the past five or six years to be the unlikely manager of that confederation of volunteers producing the monthly Lunch & Connection dinner at People Plus. I'm thinking that job came to me because I had been the outstanding producer of Men's Breakfasts at the center for several years before that! Dare I admit here that the whole thing was built on fluff?? Two or twenty times in this new century, I have launched breakfasts,

even an occasional luncheon, on little more than a hope and a prayer! I read a recipe in a magazine, it sounds good so I multiply by two or four or six and poof! Dinner is served! Breakfast is ready!

Other meals, other times, I cleverly bait Jane into a discussion about how I intend to cook something in the morning, or how we have a plan to do something..."What," she'll ask, "are you crazy?" In ten minutes she'll have me on a working plan that works, and in 24 hours, I'll have another successful luncheon behind me. When I'm really clever, and bold enough, I'll ask Jane for help and the boxes of biscuits, the coffee cake and the strata will be prepared by HER, all I need to do is add heat and love.

## Speaking Frankly

FRANK  
CONNORS



Now there's talk of a cooking show. Stacy and I plan to go on-air this fall and winter, showing folk how to cook. Or not. Like most everything else that happens at People Plus, it will be a curious and original blend of information, entertainment and fun. Along the way, we expect it will help some folks realize a kitchen need not be hostile country, and you don't need to be a chef to make a meal. When we hit the air, I'll be making applesauce for the multitudes, just like at a men's breakfast. Join us, it'll be fun and most times, it will taste good!

### Yearbook collection grows

The People Plus collection of Brunswick High School yearbooks received a generous donation last month, when Virginia Wright walked in with six years we did not yet have, "I'm cleaning out a little," she announced, "glad to have them in a good place." Wright donated Dragon yearbooks from 1929, 1930, 1931, 1936, 1949 and 1950. The 1929 yearbook now becomes the oldest yearbook in our collection.

The Center collection now includes 1929, 1930, 1931, 1936, 1940, 1941, 1947, 1948, 1955, 1957, 1962, 1964, 1966, 1967 and 1969. We also have a Morse High School (Bath) yearbook from 1930. If you are "cleaning out" or want to share a family yearbook. People Plus will happily accept your yearbook and add it to our collection in the Center's activity room library.

## Memory Walk team assembles

Members and staff of People Plus are again planning to participate in the Brunswick Maine walk to end Alzheimer Disease, scheduled this year for October 24.

Registration for walkers begins the day of the walk on the Brunswick Mall at 8:30 a.m. and the approximately three-mile walk starts at 10 a.m.. Participants who raise \$100 or more are awarded a t-shirt, walkers who raise \$1,000 or more will receive a "Grand Champion" shirt.

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

## New or renewing members for August

\* indicates new membership  
• indicates donation made with membership

### LIFETIME MEMBERS

Madeleine Ashe,  
Belmont, Mass.  
Jo-Ann Turner,  
Brunswick

### BRUNSWICK

June Austin  
Kathy Billings  
Marlene Budd •  
Paris Cogswell •  
Robert Cressey  
Marguerite Curtis  
Dante DiEdwardo  
Chanel Fortin  
Stacy V. Frizzle •

Heidi M. Gannon \*  
Cecelia Hitte \*  
Maureen Hurley  
Jennifer Jenkins  
Victoria Lary \*  
William Lary \*  
Mike Linkovich •  
Darlene Mattocks  
Agnes Maynard  
Angelyn Medary  
Raymond Morin  
Ruth Nies  
Janice Northa  
Linda Pappin \*  
Joanne Pennington  
Eleanor Peterson  
Read Rich  
Connie Riendeau-Smith \*  
John Rivard  
Sandra Rivard  
Edyth Smith

Rudi Smith  
Judith Stoy  
Pauline Thorpe

### TOPSHAM

Ruth Caouette  
Connie Jordan  
Steve Jordan  
Lucille O'Leary \*  
Nancy Swainbourne

### HARPSWELL

Dorothy Bell

### OTHER PLACES

Carol Thomas,\*  
Bowdoinham  
Jonathan Edgerton,\*  
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Brittini Wishart / bwishart@mdausa.org

207-939-9177

Sign up today at [mdamusclewalk.org](http://mdamusclewalk.org).

**TOGETHER, WE ARE PROGRESS.**



When we unite as a community to take action and raise money for the Muscular Dystrophy Association, we are helping save and improve the lives of people fighting muscle disease. **Join us.**

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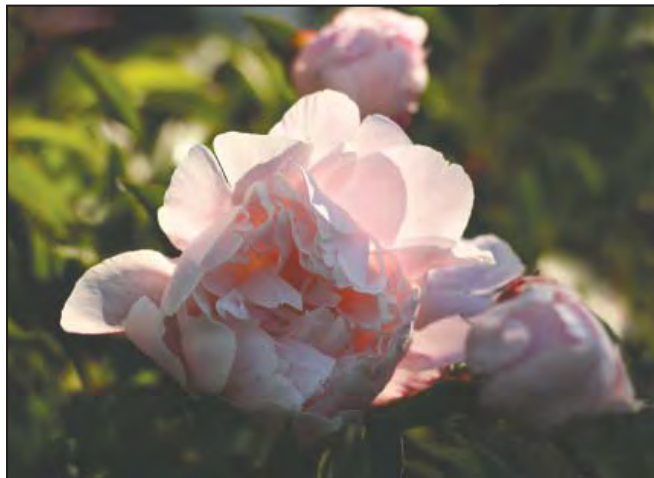


**CLASSIFIED ADS**

**Bake Sale.** Cookies, cakes, candy, other goodies, in front of Senter's, Maine St., Brunswick, Saturday, Sept. 26, 10 a.m. to 12-noon Proceeds to benefit Brunswick Chapter, Speaking Up For Us, a non-profit advocacy group for adults with developmental disabilities working to improve their lives and their communities.

**Exercise balls.** People Plus would like to place several exercise balls, some 24-inch, some 22-inch, in new homes. Take your pick, still only \$10. See Frank at the Center, or call 729-0757.

**Items to sell? Services to offer?** Contact over 4,000 readers, in print and online. Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757



**Kenison photos open fall exhibit**

Lifetime photography enthusiast Prisca Kenison will exhibit her colorful and detailed work in the Union Street Gallery of the People Plus Center, beginning Sept. 2.

A native of Biddeford, Me., Kenison said, "I have been taking pictures since high school, by my senior year, I was using the school's Argus single-lens reflex to take most of the yearbook's candid shots. 25 years ago, I invested in a camera for myself—that was still in the age of film—by 2004, as digital cameras were coming out at a more reasonable price, I bought one and started to experiment. Three point and shoot digital cameras later, I finally bought a DSLR, and started investing in various lenses."

A retired high school chemistry teacher, Kenison added, "I almost never leave the house without my camera. Landscape photography is my favorite subject. The past few years, I have spent many hours

*Peony (upper left) and Early Spring Reflections, photos by Prisca L Kenison*

traveling and making images of covered bridges across New England and Canada. I also like shooting lighthouses, waterfalls, mountain and fall scenes, people and flowers.

This collection of photography will continue through October, and can be viewed during normal business hours at the People Plus Center's cafe, 35 Union St. Brunswick.

**Do you speak French?**

If you speak French, or grew up speaking French at home but haven't spoken in a while, we'd like to invite you to Cafe en Francais at People Plus. We're a wonderful opportunity to meet other French speaking members of our community, to converse, to coach each other, to just tell or hear stories of a tradition we fear we're losing. We predict you'll have fun in the process.

We meet the fourth Tuesday of the month, for conversation, coffee and cookies, beginning at 2:30 p.m. at People Plus. "Voulez-vous nous rejoindre?"

**History and Genealogy of Franco-Americans of Brunswick, Maine**

The September meeting of the Pejepsco Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, September 13, 2015 at 2pm.

Our guest speaker will be David Vermette, a Franco-American researcher and writer. Mr. Vermette will provide an overview of the history and origins of the Franco-Americans of Brunswick and Topsham based on primary sources. Citing specific examples, he will trace one family from their origins in Québec and through their early history in Brunswick: where they

came from, why they came to the USA, and the conditions of life in their new home. He will present a single family's story that will also reflect on the broader Brunswick Franco-American community and the wider "Franco Fact" in New England.

David Vermette is a researcher and writer. He has contributed to research published by Oxford University Press and covered by The Wall Street Journal and the Harvard Business Review. He is the writer and editor of the blog French North America (<http://frenchnorthamerica.blogspot.com/>). He is administrator of the Facebook group

French Canadian Descendants, which has almost 5000 members. His work on Franco-American history has been featured in the Portland Press Herald, and has appeared in Le Forum and Késsinnimek - Roots - Racines. He has spoken at Bowdoin College, Tufts University, University of Maine at Orono, the Pejepsco Historical Society and other venues. Originally from New England, he is currently based in Annapolis, Maryland.

Join us on September 13, as we learn more about the history of the Franco-American community within the Brunswick and Topsham area with a dynamic and engaging speaker in David Vermette.

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 Brian Bouchard at (207) 729 4098.

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