



People Plus  
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04011-0766

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## Expo Extra!

The People Plus Senior Health Expo opens at 9 a.m. on the heated, indoor concourse at Brunswick's Cook's Corner Shopping Mall on Tuesday, Oct. 20. Sponsors and vendors have filled the spaces, leaving all to anticipate another exciting event. See our pull-out "Preview" starting on page 5.



### Merrymeeting Bay Cruise Set

Cruise onto Maine's unique Merrymeeting Bay on Wednesday, Oct. 14, aboard the Maine Maritime Museum's tour vessel Pied Piper. This is a great opportunity to steam past the "Yard" at Bath Iron Works, under the Kennebec and Carlton bridges, up the Kennebec River through the Chopps and into Merrymeeting Bay.

This voyage is narrated by docents who are willing to share their knowledge of wildlife, ecological vitality and the challenges that now face this unique place. It is very common to see bald eagles, seals, even Sturgeon jumps during this three hour cruise. Vessel has a closed observation cabin (if it's chilly) and a second-story deck if it is not. Tour boat leaves the Maine Maritime Museum dock, 243 Washington St., Bath, promptly at 2 p.m. and returns about 5 p.m. Cost is only \$35 for members of People Plus or the Bath Area Senior Citizen's Center, or \$38 for non-members. To register, call the Bath Center at 443-4937.



**Mechanical picker!** Dr. Richard Guistra, a retired Brunswick Surgeon and People Plus member showed up at our annual apple picking at Rocky Hill Orchard, Bowdoin, with what he called "a slightly mechanical apple picker." He took the device into the orchard and picked nearly a bushel of apples, then he was back at the orchard's patio, eating free donuts and drinking fresh cider with members who attended, including Barbara Wyman.

### "Aging Well" Lunch and Learn: Diabetes/Pre-diabetes Survival Skills

Come for lunch on Monday, Oct 26, 12:00 pm, to learn about the tools you ALREADY have to manage your diabetes or pre-diabetes. Want to know your individualized carb number for weight loss and blood sugar control? Come to People Plus to find out! Hosted by Anita Huey, Everyday Nutrition Associates, LLC and Marie Veselsky, Integrated Optimal Health. You bring lunch and we will provide low-carb and low-sugar desserts and drinks!

### Foliage train could be the last

Join us Thursday, Oct 8, for a leisurely ride to Rockland aboard the Maine Eastern Railroad. The train leaves Brunswick Station at 10 a.m., picks up in Bath at 10:25 a.m., and rolls through what is expected to be brilliant foliage in Woolwich, Wiscasset, Damariscota and Warren, arriving in Rockland at approximately noon. You'll have more than two hours to eat or tour in Rockland, leaving for the return trip at 2:30 p.m. Train should return to Bath by 4:15 p.m., and Brunswick at 4:40 p.m.

Cost of the round trip rail ride is only \$30 for members of

People Plus or the Bath Area Senior Citizens Center, and \$35 for non-members. Lunch is your own expense. For this trip only, you may sign up and pay at either center. Reservations will accommodate the first 45 people who sign and pay.

It has been reported that the Maine Eastern Railroad has lost its lease on this line, and after Dec. 31, passenger service to Rockland will no longer be possible.

For more information, or to register, call People Plus at 729-0757 or the Bath Area Senior Center at 443-4937.

### Support grows for Teen Center

The school buses are back on the road, students are again filling their classrooms, and last month the annual appeal letter to support programs at the Brunswick Teen Center may have landed in your mailbox. "There were just under 900 letters mailed this year," according to People Plus office manager Betsy White. Just one week into the campaign, nearly 50 letters have come back with donations.

"We depend on contributions from our members, friends and local businesses to cover our \$10,000 budget for food in the Teen Center," People Plus Executive Director Stacy V. Frizzle explained, "The need for the program is critical," she added, "with nearly 1,800 visits last year, we served over 4,000 snack and small meals."

"When these kids get off their buses," echoed Teen Center coordinator Jordan Cardone, "they are just starving!"

The appeal letter suggested a \$25 Youth Scholarship; or \$50 to provide the center with healthy snacks for a day. This year, the letter suggests an extra \$10 from donors to help the center mark

its tenth anniversary. A final suggested amount of \$100 would purchase two scholarships AND a day's worth of snacks.

Frizzle called the early success of the drive, "gratifying," and added that "support is needed more than ever." She acknowledged the Center gets no State or

Federal help—"there is none for us to apply for"—she said. "This year we're committed to a fourth day on the calendar," she added, "and we've already seen increases in numbers upstairs."

Last season's fall campaign raised just over \$8,000 for the Teen Center.



Teens, by the truck-full, helped celebrate the 10th anniversary of the Brunswick Teen Center on September 17th.

### Write On! 20th Anniversary OPEN HOUSE

The Write On! Writers of People Plus will host an open house to celebrate their 20th anniversary on Wednesday, October 28, from 2-4 pm. Event includes readings by past and present members, open mike for public readings, door prizes, book sales, live music and refreshments.

Free and open to the public.

## 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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Check out past newspapers at  
[www.peopleplusmaine.org](http://www.peopleplusmaine.org)



## Stay Healthy, it's a busy Fall

As I write this column, I'm really sick – it's a bad head cold. One of those back to school, sniffing, sneezing, achy head, fever, with a cough sort of things that has run rampant through my girls and their classrooms and my house.

I want nothing more than to curl up on the couch with a blanket, a box of Kleenex and a bowl of soup. But unfortunately we just don't have that kind of time, do we?

Not with the Senior Health Expo (thanks to Major Sponsor Coastal Landing!) only four weeks away on October 20, at the Cook's Corner Mall; nor with the People Plus annual fund letters being personalized by the board as we speak. And there are grant applications to complete, funding sources to investigate and if only I could raise the money to buy a TV for the café, that project would finally be done! I can't wait to have the Today show on in the mornings and people hanging about with coffee and a muffin; chatting about current events or watching the Olympics or whatever might be on that's good, (Like News and Views with Frank and me!).

We are looking at starting a Corn Hole Club soon. Do you know what that is? I

didn't until about three weeks ago but it appears it's an Olympic event for seniors. Who knew? It really just means a beanbag toss but there's all sorts of skill and intrigue involved... and who knows what will happen when Jack and Judy Hudson get involved with something.

Speaking of the Hudsons, they make me think of decorating and landscaping and I'm excited to hang some of the fall decorations at the Center. If you're out and want to pick up an extra pumpkin for us it would be great fun to line our planter boxes with the little ones they sell at Hannaford. They're so adorable.

And what could be more appropriate than celebrating Oktoberfest at People Plus? On October 29 at 1 PM I'll be showing pictures of my trip to Germany, Prague and Austria. I hope you'll come in and "travel" with me through my two week photo journey while we feast on yummy German food, sample some German beers and hopefully sing some rousing German songs led by Hank Welzel, Richard Gnauck and Edie Rentz. Do join us, won't you?

I'm taking the Apple club on the road this month as I FaceTime in from my trip

## From the Executive Director

STACY V. FRIZZLE



to Europe to the monthly technology talk session. We are thrilled and thankful to have Eric from the AT&T store in Cook's corner leading the Apple club on Monday, October 5. And I will FaceTime in to the class that day. It should be a kick! If you have an Apple product, that is the club for you. It meets the first Monday of every month at 10 AM at the Center. Members only of course!! (If you have other types of technology, then the third Monday at 10 is for you.)

And I hope you didn't miss Dana Bateman's talk on genetics and ethical DNA issues. Frank and I are going to take the DNA test that reveals exactly how much Neanderthal we might have in our gene code. My guess is Frank has a tad more than I... But that's mere speculation.

Stay tuned for the results. You'll only hear them here at 35 Union St....You know where we are, at the Center that Builds Community.

## From Anita's Plate

ANITA HUEY



I hope that you have all been enjoying the delicious summer fruits and vegetables. Yesterday I put several slices of tomato that I got out of the People Plus garden, on my chicken sandwich. I think it was the best tomato I have had this season! Everyday when I talk with clients or I read something on the computer, I am amazed at all the creative ways to add more fruits and vegetables to our meals. Not only is it better for us but also now our meals have more flavor. Here are some ideas:

- Grill a slice of eggplant on both sides and top with salsa
- Mash up cooked cauliflower with non fat half and half, garlic powder and black pepper and put on top of a shepherd's pie
- Buy "cauliflower rice" in the produce section of the grocery store to use in place of rice
- Roast vegetables for dinner and then take the leftover and add to your salad the next day
- Make a lasagna with cabbage instead of noodles

Until recently, I didn't think about adding fruit to a main meal but this month's recipe does just that. I made it last weekend and we loved it! I hope that you will try some of these ideas to add more nutrition and variety to your meals.

My practice continues to see clients make changes in their food intake. My approach is a plan for each person to take a step-by-step journey for a healthier lifestyle. This week I have a client that has lost 10 pounds, one person lowered their bad cholesterol

## Pork with Apples

### Ingredients:

- 4 (6- to 8-oz.) bone-in pork rib chops (1 to 1 1/4 inches thick)
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 2 Granny Smith apples, cut into 1/2-inch-thick wedges
- 1 medium-size yellow onion, thinly sliced
- 1/3 cup low sodium chicken broth
- 1 cup fat free half and half
- 1/4 cup Dijon mustard
- 1 t vanilla
- 1/4 t dried thyme

### Directions:

1. Sprinkle pork with pepper. Cook in hot oil in a 12-inch skillet over medium heat 5 to 6 minutes on each side or until golden brown. Remove from skillet.
2. Add apples and onion to skillet; cook, stirring occasionally, 4 to 5 minutes or until browned. Remove from skillet.
3. Add broth to skillet, and cook 1 to 2 minutes, stirring to loosen browned bits from bottom of skillet. Whisk together half and half and mustard and add to skillet. Stir constantly until it bubbles.
4. Stir in vanilla. Add pork, turning to coat, and top with apples, onions, and thyme.
5. Cook on low and serve.

*Note: I made this last week and it was delicious. Enjoy!*

by 100 points without medication and one person that has now lost 50 pounds. These are just a few of the results I have seen. These individuals have accomplished these results by making healthier choices, modifying their food choices without feeling deprived! I love it when someone tells me that they have so much more energy, their clothes are fitting better or their taste buds are changing. If you have been thinking about making some healthier changes, maybe now is the time to take the first step!

I am happy to announce that I have just teamed up with Marie Veselsky, MS, RD, LD, CDE to bring the Diabetes Self-Management Program to the center. This is a fully accredited program that involves individual and group sessions. Most insurance companies cover this program!

We will be offering our first group classes:

- Saturday November 7th from 9-1:30 and
- Saturday November 14th from 9-1:30

As part of the program we will have a cooking demonstration and serve a meal. In addition, we will have a light exercise class. If you have diabetes we hope that you will consider this comprehensive program. Please feel free to contact me for more information. Anita Huey 504-6439, [shebakme@comcast.net](mailto:shebakme@comcast.net).

## People Plus Business Hours

Monday-Thursday  
8:30 am to 4:00 pm

Friday  
8:30 am to 1 pm

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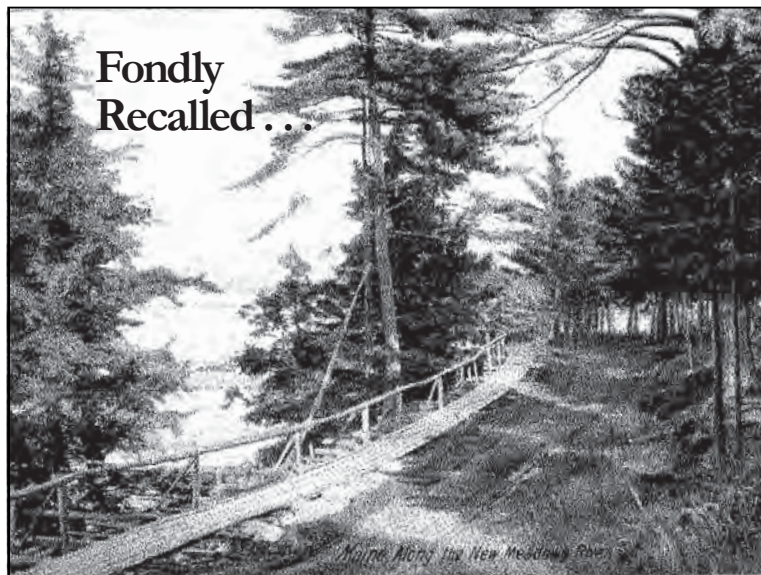
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## Fondly Recalled . . .

A lovely fall day, and a stroll on a rustic, wooded path beside the New Meadows River used to be "part of the charm of a captain's plate at the Inn" reads the message on this old post card, sent in 1904.

If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors, 429-0757 with you contributions, comments and suggestions.

## GERMINATION

BY VIRGINIA SABIN

Fallen Leaves  
Blown to compost  
Cover seed  
In dark and deep  
Seed sleep  
In cold and damp  
To wake  
Warm and wet  
In mud and rain  
To green in light  
To bud and blow  
A flower

Again and again

## Write On! OPEN HOUSE

Wed, October 28,  
2-4 pm

## Prelude to Autumn

BY CHARLES PAYNE

Summer's sun streams a golden river of light  
Across mountain and meadow, chasing night's shadows from sight.  
Glory in this moment and hold it tight  
Autumn's shadow's a heartbeat away, will change it over night.  
Scent of apples will tempt you to tarry  
You must not  
The air has a bite  
If you do you might see rime on the lawn instead of dew  
Come daylight.

## When We Were Young By P.K. ALLEN

When we were young,  
The trees seemed so tall  
With bright green leaves in the springtime  
And colored ones in the fall.

When we were young,  
Our ideals sparkled like the dew  
On cool, crystal clear mornings  
With values that were true.

When we were young,  
We set our goals so very high  
Like the mountaintops in the distance  
We strive to reach before we die.

Today, when we hear nostalgic music  
With familiar lyrics being sung  
It brings back fond memories  
Of the time when we were young.

## Grandpa's Biscuits BY BONNIE WHEELER

My grandpa lived down the street with his dog, Carpenter, and a yellow parakeet, Topaz. I loved to run to his house and spend time with him. He always gave his grandchildren his complete attention. On occasion, we would spend the night, and he would cook breakfast for us. I would sit at the table and watch him make biscuits. He would make large round ones, dip them in bacon grease, and put them into a hot oven. We waited for those crusty melt in your mouth delights to get done. Then he would smother the open biscuits with butter, cover them with sorghum syrup, and we would have a delicious breakfast together. To this day, I can't recreate that biscuit. It must just have been Grandpa's magic.

## Songs I Remember

BY ROSE MARIE MAYER

Choose one for each decade, you ask, a favorite song  
How can I do that in a lifetime so long?  
So many in each how can I pick  
So, forgive me, my friends, if in my childhood I stick.  
On a railroad track, the peanut sat, heart all flutter,  
And through "You are my Sunshine" I would stutter  
For Christmas, we would have "ihr Kinderlein kommet"  
And then with my playmate, down the cellar door we would plummet.  
There was an itzy, bitsy spider, climbing up the waterspout  
And in our little red wagon, coasting down the hill, we would shout.  
Music and song have filled such beautiful hours  
Sousa's Marches, September Song and even April Showers.  
Beethoven, Bach, Johnny Cash, Isaac Stern  
Elvis, Fats, Strauss, Rossini and also Jerome Kern.  
So many more, I can scarcely remember  
That was in January, and now it's the end of November.

## He Stood There

SALLY HARTIKKA

He stood there, alone, in the middle of the square,  
Facing down an enemy that never should have been there.  
Man versus tanks, how one-sided can that be?  
Man versus government, he stood, he didn't flee.

Peaceful demonstrations turned violent by regime  
Wanting obedience, not questions, so it would seem.  
Students wanted answers, and martial law ensued.  
Charged with corruption, leaders soon became unglued.

Give us our freedoms, the protesters pleaded  
As they stood with signs, their requests going unheeded.  
The leaders sent tanks to threaten and to browbeat  
Until one courageous man, undeterred, rose to his feet.

He stood there, alone, in the middle of the square  
And faced the leading tank that was proceeding there.  
The tank moved sideways, as if to go around him,  
But he moved the same way, too, in a dance grim.

This pas de deux played out for several minutes more  
'Til two men in blue stepped in, and amidst a roar  
Pulled him away, to face a fate unknown,  
This nameless person with a stiff backbone.

Who was he, this lone individual so daring?  
So courageous, so fearless, so bold, and so caring?  
Although his name might ever be a mystery,  
His deed will surely always be evoked in history.

He stood there, alone, in the middle of the square.  
He will forever be remembered standing there.  
He has earned respect of all of humankind.  
When "hero's" spoken now, he always comes to mind.

## Upside of Down!

BY VIRGINIA SABIN

Oh, to know  
the freeing up side of anger.

To feel its nudge and not its jarring  
To free it from its narrow space  
Its covered walk, its cloister  
to let it go at a slow, steady pace.

To feel its nudge and not its jarring  
To fuel the creative furnace  
Of a poem, a garden, a painting  
Jogging memories of its upside.

## Mom's Christening Dress

BY CHARLOTTE HART

New England steeple bells rang out that day.  
Eighteen ninety-six it was, a peaceful year.  
Family gathered their baptismal hopes to pray.  
Girl baby's christening dress—handcrafted, dear.  
The mother was the oldest child of eight,  
Knew shearing, spinning, knitting, sibling care.  
Her faith foretold the baby's shining fate,  
Their goal—unselfish life beyond compare.  
In 1920 the daughter traveled far  
To teach! Atlanta U! Her students—black!  
Next—prep years—speech—dramatic repertoire.  
In homelike housing her students felt no lack.  
Life then brought marriage, farming, things to treasure.  
Her christening dress? Her great great granddaughter's—  
now valued beyond measure

## Mom

BY DOTTIE MOODY

Riding down the Harpswell Road, Route 24  
You can still feel the increasing isolation

She felt in 1946  
A town gal  
Used to people so close  
Now there were trees  
Isolated homes  
Clusters of houses  
Eventually a church,  
A storefront

There was no road between the islands  
One road in, one road out  
this side of the Harpswells  
Isolation grew in winter  
Unplowed roads  
High schoolers boarded in town  
To complete their studies  
Rapid fire babies  
From 1948 to 1953  
Five who made it  
Two who did not  
There was food  
Neighbors shared,  
Two grocers delivered  
Everything else required  
A trip to town  
And mercy from  
Others blessed with an automobile  
In marrying  
She had lost  
A steady job  
Reliable transportation.  
Indoor plumbing

## Fall Fashions

BY PATTY L. SPARKS

Hypnotic, tres chic  
a-blaze in art nouveau,  
Autumn "trods the boards."

## To Be a Tree

BY VIRGINIA SABIN

Little did I know  
How rooted I longed to be  
As a tree  
Planted in nurturing soil  
Left to grow  
To be branches  
Snow covered and icy  
Bared by the wind  
To be leaves  
Green in the spring  
Fruitful and colorful  
And to fall gracefully  
Just before winter.

## Song of the Damariscotta River

BY ELIZABETH B. BATES

Ice breaks like an unwanted gift  
over the rocks on the shore,  
while stacks of lobster traps  
spell out their long winter lessons,  
a slow geometry of lines and half-curves,  
indifferent to weather.  
The river lies sleeping.

Breathless, we watch as the gray,  
immense, immobile skin is cut  
by the surgical hand of a passing  
shrimp boat, trailing a net of gulls  
in the air. Now the wake leaps  
to break her sleep, like a rough dream  
welling over, or a lover who awaits.

She turns in her bed of rock weed and kelp  
and sings crows crows where, green at the edge,  
spruce and fir root down.  
She cries goldeneyes into her mirror,  
combing with barnacle shells  
her green curls of waves,  
and pins sunlight into her hair.

## Ode To My Mandee Mine

BY CHARLES PAYNE

She sails true to her Polestar  
With her hand at the helm of that sleek craft  
My Mandee mine.  
Through heavy seas or deadly calm,  
She guides her craft with a steady arm  
My Mandee mine.  
She keeps a log that's fair and true  
To all hands.... and stays on course  
'till she hears from the crow's nest, "Land ho!"  
And I'll dip my colors as she sails by  
And drops her hook in soft sands.  
All the small craft will ship their oars  
To my Mandee mine.  
She's a heart's delight to all her friends  
My Mandee mine.  
May she have one foot in heaven  
Before the Devil knows she's there--  
My Mandee mine.

## Where have all my hummingbirds gone?

BY NANCY SOHL

Where have all my hummingbirds gone?  
There was a bunch at my feeder happy to drink  
I fed them all summer, now they're gone in a wink  
They've left me for the winter is what I think

Where have all my hummingbirds gone?  
You're too tiny to stay and soon you must go  
But it's summer outside – there's no danger of snow  
Stay just a bit and let me enjoy your show

Where have all my hummingbirds gone?  
When the hummingbirds go, the summer goes too  
To lose them both will make me very sad, that's true  
But I know nature calls and summer days are few

Where have all my hummingbirds gone?  
I'll fill my feeders and watch for you next spring  
You bring me great joy with your purring wings  
So small and fierce - you're one of my favorite things

# More October Programming at People Plus



## Uncommonly Good!

An industrious group of Bowdoin College students marked Common Good Day by visiting People Plus on September 26. In a few short hours they cleaned our raised bed gardens, swept, washed, and cleaned several areas inside and out, and still had energy enough to open a new perennial bed on our Cumberland Street lawn. Thanks Bowdoin Students!



## Lunch & Connections

### 'Harvest Feast' is Fall Luncheon

We celebrate the fall harvest season on Thursday, Oct.15 with that most delightful and flavorful of New England's seasonal meals, the "boiled dinner."

"It's time to celebrate the harvest," chef Frank Connors said, "this is sure to be a good one, loaded with fresh seasonal veggies, corned beef and fruit." The meal will include fresh and local boiled potatoes, turnip, carrots, cabbage, pickled beets and onions, and as usual, we'll be corning our own beef.

"This is not one you want to miss," Connors warned, Dessert will be a flavor-filled apple-sauce spiced cake, with a topping of whipped cream.

As always there will be a fresh, lightly-dressed green garden salad for everyone, and our drink table will include farm fresh apple cider, coffee, tea, fruit juices and milk. There will be no vegetarian option this month.

These Lunch & Connections meals are co-sponsored by Spectrum Generations, and are planned to focus on nutrition, public information, fun and variety. A CHANS home healthcare professional is always in attendance to offer and record personal blood pressures, and Mary Marino of Mary's Affordable Hearing Aids is available in the Teen Center to complete free hearing checks from 11 a.m. until noon.

Remember, you must pre-register after the first of the month to be seated, and we can only seat 66 people. Cost of this meal is \$6.00 for members and \$8.50 for non-members. Yes, you can order a checkout for pick-up at 11:30 a.m. Lunch is served at noon, plan to arrive at 11:30 a.m. to chat with your friends and to claim your seat. Allow time to purchase your 50/50 raffle ticket, and to register to win one of our several free door prizes.

## Oktoberfest

Come celebrate Oktoberfest at the Center as Stacy (and Jonathan) share pictures of their recent trip to Germany! You can sample delicious German food, taste German beers, sing German songs and more! It will be "Gute!!" Thursday Oct. 29, 1:00 pm. Members Only. RSVP please!

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

## 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.

## Coming October 2016: Trip to London & Paris

A representative from Collette's Guided by Travel will be at the Center Monday evening, Oct. 26, to promote an 8-Day dream trip to the European Capitols of London and Paris, and to present an unforgettable collection of "snapshot images" of the many destinations that this premier travel service visits each year. The fun starts at 6 p.m., cookies and coffee will be available.

Collette's Matt Voccola will outline the October 5-12, 2016 trip that highlights both cities and features a dinner on Paris' Eiffel Tower, another meal at the famed Paradis Latin cabaret theater, a ride on the Eurostar high speed train, the Tower of London, Buckingham Palace, Westminster Abbey and so much more. Cost of the trip, including air fare, is described as "affordable," actual prices are released at the October meeting. Booking at the meeting will save you \$150.

To reserve your space at the presentation, call Pat at the information desk. 729-0757.

## "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) at 10:00 am.

## Yoga for Seniors with Ann

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

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 Sept. 22-Nov. 3 (no class Oct. 13) Tuesdays 12-1 pm, \$30 members/\$60 non-members.

## Memory Walk team assembling

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 4.

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

## "a few good artists" needed

If you have considered painting, think you have a "natural talent," or "just wanted to get back into a great hobby" Painting with Connie on Thursday morning may be for you. Consuela Bailey has been our primary art teacher, "teaching all mediums" for more than 20 years, and has a well-attended Tuesday morning class. If you are interested in joining our expanded Thursday class, and want some "personal attention," call Pat at the People Plus information desk, 729-0757. Cost is still only \$26 per month.



# COASTAL LANDING

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For more information, please contact  
 Susan Cary, Administrator at 837-6560  
[www.coastallanding.com](http://www.coastallanding.com)

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## Stetson's

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12 Federal St. Brunswick, Maine 04011  
[www.stetsonsfuneralhome.com](http://www.stetsonsfuneralhome.com)  
 207.725.4341  
[apurinton@gwi.net](mailto:apurinton@gwi.net)  
 Anthony B. Purinton • Funeral Director

# Senior Health Expo 2015

## “Connecting Communities!”

Tuesday, October 20, 2015  
 9 am to 1 pm  
 Cook's Corner Mall



The People Plus 2015 Senior Health Expo, presented by Spectrum Generations, is a premier event in our community; providing a link to local and regional resources for older adults. There will be Exhibitors from each of these basic categories:

- Medical Services
- Fitness and Health
- Technology
- Legal
- Community Services
- Housing/Respite Care
- Financial/Banking
- Food/Nutrition

### EXPO SERVICES

- FREE Massages courtesy of Greater Brunswick Physical Therapy
- FREE Flu shots courtesy of CHANS
- FREE Hearing Video Scope Screenings courtesy of Mary's Affordable Hearing Aids
- FREE Technology help courtesy of All Thumbs Computer Care
- FREE Yellow Dot registration courtesy of People Plus
- FREE Good Morning Call Program and Volunteer Transportation Network (VTN) registrations courtesy of People Plus
- FREE book signings and author chats courtesy of Write On!
- FREE Medication disposal courtesy of Brunswick Police Department and Access Health. They will be collecting unwanted, unused or expired medication (no needles or syringes will be accepted)



(This Expo preview is accurate as of the date of printing.)

# 2015 Health Expo Exhibitors



## AARP Maine

AARP is a nonprofit, nonpartisan membership organization for people age 50 and older. AARP is dedicated to enhancing quality of life for all as we age. We lead positive social change and deliver value to members through information, advocacy and service.

53 Baxter Boulevard, Suite 202, Portland, ME 866-554-5380  
aarp.org/me

## Access Health

Access Health, a local Healthy Maine Partnership coordinated by Mid Coast Hospital, works with local partners to create and promote healthy choices for all community members, with a focus on tobacco prevention, physical activity, healthy eating, substance abuse prevention, medication safety, and mental health awareness and wellbeing.

66 Baribeau Dr #7, Brunswick, ME 373-6957

www.accesshealth.org

## Advanced Modifications Inc.

Our focus is providing Freedom, Accessibility and Mobility Solutions through sales and service of Wheelchair Accessible Vans; Driving Aids; Specialty Seating; Patient Lifting Systems; Wheelchair/Scooter Sales and Service; Wheelchair Lift/Carriers; and Home Health Care Products. Visit www.AdvancedModifications.com to view the many products and services available.

89 Mussey Road, Suite 102, Scarborough, ME 848-8226

www.advancedmodifications.com

## Aerus

Since 1924, Aerus has been the standard of excellence in design, performance, and durability. Our unique solutions purify the air you breathe, decontaminate surfaces in your home, and eliminate harmful pollutants. We provide medical grade air purification, HEPA filtered vacuums, and water purification systems that reduce your exposure to contaminants.

119 Bath Road, Brunswick, ME 729-3811  
www.aerushome.com

## Aging Excellence

113 Pleasant St, Brunswick, ME 207-729-0991

http://www.seniorsonthego.com/

## All Thumbs Computer Care

Beth Aldrich is owner of All Thumbs Computer Care, focusing on customized technology learning for older adults. With a B.S. In Business Administration, she has worked as an analyst for several businesses over the past 30 years. Offering personalized service and solutions for our computer, tablet and smart phone questions.

36 Page St, Brunswick, ME 650-9457

## Alzheimer's Association

383 US Route One, 2C, Scarborough, ME 772-0115

www.alz.org/maine/

## AT&T

At AT&T, we're bringing it all together. We're helping people connect with advanced mobile services, next-generation TV, high-speed Internet services and smart solutions for businesses. Fast, secure and mobile connectivity – to everything on the Internet, everywhere, at every moment and on every device – is what drives us at AT&T.

190 Bath Rd, Brunswick, ME 725-7210

www.att.com



## Bar Harbor Bank & Trust

Bar Harbor Bank & Trust at 2 Main Street, Topsham offers banking, financial services and trust services. Founded in 1887 this true community bank recognizes, appreciates and supports the unique people and culture in the places they call home. Member FDIC. Equal Housing Lender.

PO Box 1089, Ellsworth, ME 667-7100  
www.bhbt.com

## Bath Housing

Bath Housing provides safe, attractive, efficient and affordable housing. The organization administers the Housing Choice Voucher program as well as owns and manages 160 affordable apartments serving elderly and disabled households and families. To receive more information about Bath Housing check our website bathhousing.org or call (207) 443-3116.

80 Congress Ave, Bath, ME 443-3116  
www.bathhousing.org/

## Bay Square at Yarmouth

The Assisted Living lifestyle at Bay Square at Yarmouth offers a personalized balance of assistance and independence. Enjoy the privacy of your own apartment and the support of our caring staff for anything you may need – from personal care and transportation, to medication and continence management, or even just a friend to check in and chat.

27 Forest Falls Dr, Yarmouth, ME 846-0044

www.baysquareatyarmouth.com/

## Bill Dodge Auto Group

The Bill Dodge Auto Group is Maine's Family owned dealership with locations in Brunswick, Westbrook, and Saco. It all began in 1970 and today Bill Dodge has 9 new car franchises and 4 pre-owned super centers! We pride ourselves on revolving our business around customers and their families! We hope to see you soon because it's all right here, right now at Bill Dodge Auto Group!

262 Bath Rd, Brunswick, ME 721-8300

www.billdodgeautogroup.com

## Brackett Funeral Home

The Brackett Funeral Home, a family owned and operated service for over 150 years, will help guide your family to create a meaningful way to honor the life, the wishes, and the memory of a loved one. The way you choose to remember your loved one can be anything you wish it to be: simple, private, elaborate, celebratory, traditional or unique. No matter how it's tailored, we believe our community deserves the highest quality of dignified and professional care to honor both loss and life.

29 Federal St, Brunswick, ME 725-5511

www.brackettfuneralhome.com/

## Brentwood Center for Health and Rehabilitation

51 Winship St., Bath, ME 207-443-9772  
www.brentwoodcenterrehab.com

## Bridges Home Care

One Weston Court, PO Box 2589, Augusta, ME 207-623-0761

www.bridgeshomecare.org

## Brunswick Area Respite Care

41-4 Greenwood Rd., Brunswick, ME 729-8571

www.respite-care.org

## Brunswick First Responders

Members of our local emergency services will be at the event to answer any questions you may have.

- Brunswick Police Department
- Brunswick Fire Department
- other area first responders

## CaptionCall

Do you or someone you know have trouble hearing on the telephone? With the free CaptionCall telephone, you can understand every word of every call. Its large, easy-to-read screen quickly displays written captions of what your callers say. That means you can get more from your conversations – and from life.

4215 S Riverboat Rd., Salt Lake City, UT 801-293-6572

www.captioncall.com

## Catholic Charities SEARCH – Greater Bath Program

SEARCH (Seek Elderly Alone, Renew Courage & Hope). SEARCH provides FREE services by matching trained volunteers with elderly homebound individuals living in Sagadahoc County and the Bath/Brunswick area. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs.

125 Congress St., Bath, ME 837-8810

www.ccmaine.org/SEARCH

## CHANS Home Health Care

60 Baribeau Dr, Brunswick, ME 721-1278  
www.chanshomehealthcare.com/

## Chicks Do Chores

Chicks (and sometimes Chuck) Do Chores – so you don't have to! We'll tackle your to-do list! Attics, basements, decks, fences, garages, gardens, office, etc. Includes clean, clear-out, file, dump runs, label, mow, mulch, paint, rake, split/stack wood, trim, weed, etc. We'll run errands for you or with you! Licensed/Insured.

PO Box 385, Brunswick, ME 729-5760

## CHIP (Community Health Information Partnership)-Curtis Memorial Library

The Community Health Information Partnership (CHIP) of Curtis Memorial Library, Mid Coast Hospital and Parkview Adventist Medical Center provides current, quality health and wellness information in a variety of formats to residents of the Midcoast Region.

23 Pleasant St, Brunswick, ME 725-5242 x214

www.curtislibrary.com

## Coastal Landing Retirement Community

Coastal Landing Retirement Community is located at 142 Neptune Drive inside what was previously Brunswick Naval Air Station. It is set to open October 1st, 2015 and houses 82 independent apartments. Coastal Landing Retirement Community is locally owned and operated by Rousseau Management. Rousseau Management is a family-owned company devoted to providing quality, affordable healthcare in Midcoast Maine since 1982.

Life at Coastal Landing will consist of a plethora of wonderful amenities including delicious home cooked meals, daily activities, exercise programs, state of the art movie theater, ice cream parlor, social events, transportation, housekeeping, and a variety of other services. The front porch is a great way to spend an afternoon or evening catching up with family or making new friends. We invite you to learn more about us and what we have to offer.

142 Neptune Drive, Brunswick, ME 725-4071

http://coastallanding.com/



## Coastal Qigong

I offer beginning tai chi and qigong classes in the Greater Brunswick area. Classes consist of gentle movement, deep relaxed breathing, self-massage and meditation. My goal is to help you strengthen the body and increase flexibility while assisting in achieving a deeply healing state where the body can function with greater ease. I practice short forms that can be done either in a standing or seated position.

20 Cushnoc Lane, Brunswick, ME 725-8799

coastalqigong.com

## Collette Travel

## Comfort Keepers

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www.comfortkeepers.com

## Eastern Admin Services LLC

Our company provides confidential, trustworthy and reliable assistance to families, friends, caregivers, elderly and the disabled community, whom are applying for Long Term Care, Residential Care, Boarding Home or Maine Care, of which can be a daunting task. We provide knowledgeable and cost effective administrative support in completing the process. Our goal is to eliminate the paperwork burdens and to give freedom to the families or others to use where it is meant to be – supporting their loved one.

PO Box 670, Manchester, ME 207-213-4819

www.easternadminsolutions.com

## Everyday Nutrition Associates LLC

Anita Huey, MS, RD, LD, CDE is the owner of Everyday Nutrition Associates. Anita provides Medical Nutrition Therapy for individuals, facilitates the CDC diabetes prevention program and most recently has teamed up with Marie Veselsky, MS, RD, LD, CDE to bring a fully accredited diabetes program to the People Plus Center.

35 Union St, Brunswick, ME 504-6439

www.nutritionforeveryday.com

## Greater Brunswick Physical Therapy

11 Bowdoin Mill Island, Ste 220, Topsham, ME 729-1164

www.greaterbrunswickpt.com

## Head to Toe Physical Therapy

A privately, locally owned and operated outpatient physical therapy clinic with two locations in Topsham and Lewiston, Maine. We have been serving patients in central and midcoast Maine since 2006. We pride ourselves in treating the individual, not just the injury. Our therapists have extensive training in manual therapy.

439 Lewiston Rd, Topsham, ME 725-4400

http://headtootoept.com/

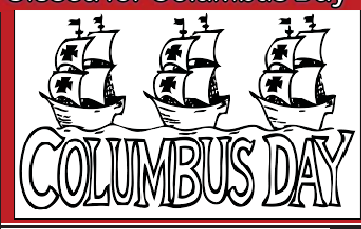
## Healthcentric Advisors

Located in downtown Brunswick, Healthcentric Advisors is the health care quality improvement organization for New England. We offer a free diabetes self-management program to help with problem-solving, healthy eating, stress management and more! Contact Geneva for more information, 207-406-3972, gwilgus@healthcentricadvisors.org

14 Maine St, Suite 208, Box 1, Brunswick, ME 207-406-3972

www.healthcentricadvisors.org

# OCTOBER 2015 AT PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>People NEWS &amp; VIEWS</b> FRANK CONNORS AND STACY V. FRIZZLE chat about fall programming</p>	<p>Viewed weekly on Cable Channel 3, Brunswick Community TV MONDAY AFTERNOON ..... 4 P.M. WEDNESDAY MORNING ..... 7 A.M. SUNDAY EVENING ..... 9 P.M. and on Harpswell Community Television viewed online, anytime at: <a href="http://vimeo.com/harpswelltv">http://vimeo.com/harpswelltv</a></p>	<p><b>Brunswick Teen Center FALL HOURS</b> Monday-Thursday 2:30-5:30 pm</p>	<p>8:30 WOMEN'S BREAKFAST 9:00 Beginning/Interm Bridge 9:00 Table Tennis 10:00 Art with Connie Bailey 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>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</p>	<p>10:00 Bridge</p>
<p>9:00 Loosen Up 9:00 Mah-Jongg 9:00 Crafters 10:00 Zumba 10:00 Apple Club 11:00 Table Tennis 12:00PM Bridge 1:30PM Matter of Balance Workshop 6:00PM Belly Dancing</p>	<p>8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:00PM Pilates Lite 1:00PM Quilters 4:30PM Studio 48 Performing Arts</p>	<p>8:30 Easy Riders Biking Club 8:45 Cribbage 9:00 Loosen Up 9:00 Mah-Jongg 10:00 Meals On Wheels 10:00 Table Tennis 12:30PM Tai Chi - Advanced 1:00PM Write On! 6:30PM Brunswick Coin &amp; Stamp</p>	<p>8:00 MEN'S BREAKFAST 9:00 Beginning/Interm Bridge 9:00 Table Tennis 10:00 FALL FOLIAGE TRAIN TRIP 10:00 Art with Connie Bailey 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>9:00 Table Tennis 9:00 Mah-Jongg 10:30 Meals on Wheels 11:00 World Affairs Talk 6:30PM Folk Dance</p>	<p>10:00 Bridge</p>
<p>Closed for Columbus Day</p> 	<p>8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 11:30 LUNCH OUT 12:30PM Welcome to Medicare 3:00PM Kaffeestunde! German Club 4:30PM TCAC Meeting 4:30PM Studio 48 Performing Arts</p>	<p>8:30 Easy Riders Biking Club 9:00 Loosen Up 9:00 Mah-Jongg 10:00 Meals On Wheels 10:00 Table Tennis 12:30PM Tai Chi - Advanced 1:00PM Write On! 6:30PM Brunswick Coin &amp; Stamp</p>	<p>10:00 Art with Connie Bailey 11:00 HEARING SCREENINGS 11:30 CHANS BLOOD PRESSURE CLINIC 12:00PM LUNCH &amp; CONNECTIONS 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>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</p>	<p>10:00 Bridge</p>
<p>9:00 Loosen Up 9:00 Crafters 10:00 Zumba 11:00 Table Tennis 12:00PM Bridge 1:30PM Matter of Balance Workshop 6:00PM Belly Dancing 6:30PM Civil War Bookclub</p>	<p>8:30 Table Tennis 9:00 2015 Senior Health Expo 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:00PM Pilates Lite 1:00PM Quilters 3:00PM Books a la Carte 4:30PM Studio 48 Performing Arts</p>	<p>8:30 Easy Riders Biking Club 8:45 Cribbage 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30PM Tai Chi - Advanced 1:00PM Write On! 3:00PM WWII Book Club</p>	<p>9:00 Beginning/Interm Bridge 9:00 Table Tennis 10:00 Art with Connie Bailey 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 11:00 World Affairs Talk 11:00 Qigong 1:00PM Table Tennis 6:30PM Folk Dance</p>	<p>10:00 Bridge</p>
<p>9:00 Loosen Up 9:00 Mah-Jongg 10:00 Zumba 10:00 Tech Time 12:00PM Bridge 12:00PM LUNCH &amp; LEARN: Diabetes/Pre-Diabetes Survival Skills 1:30PM Matter of Balance Workshop 6:00PM Belly Dancing 6:00PM Collette Travel Presentation</p>	<p>8:30 Table Tennis 9:00 Beginning/Interm Bridge 10:00 Art with Connie Bailey 12:00PM Pilates Lite 2:30PM Café en Français 4:30PM Studio 48 Performing Arts</p>	<p>8:30 Easy Riders Biking Club 8:45 Cribbage 9:00 Loosen Up 9:00 Easy Riders Biking Club 10:00 Meals On Wheels 10:00 Table Tennis 12:30PM Tai Chi - Advanced 2:00PM Write On! OPEN HOUSE 5:45PM Girl Scouts 6:30PM Brunswick Coin &amp; Stamp</p>	<p>9:00 Beginning/Interm Bridge 9:00 Table Tennis 10:00 Art with Connie Bailey 1:00PM OKTOBERFEST 6:00PM Beg. Line Dancing 7:15PM Adv. Line Dancing</p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 11:00 World Affairs Talk 11:00 Qigong 1:00PM Table Tennis 6:30PM Folk Dance</p>	<p>10:00 Bridge</p>

## Touring Brunswick's Most Famous Forgotten Burial Ground

The October meeting of the Pejepscot Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, October 11, 2015 at 2pm.

Our guest speaker will be Brian Bouchard, former president of PGS and current vice president of the Maine Genealogical Society. Mr. Bouchard will discuss the history around those early Brunswick settlers interred in what he calls Brunswick's Most Famous Forgotten Burial Ground and explain the

connections between the various family names found there, including Gatchell, Farrin, Marriner, Pollard and Walker.

Situated on land formerly controlled by the Navy at what is now Brunswick Landing, Gatchell Cemetery houses generations of a family we count among the earliest settlers of the New Meadows area of Brunswick. When the U.S. Navy purchased the land and homes of people in the area for its 1950s expansion, the cemetery was left behind. For years, until the base closure in 2011, access to

this cemetery was limited due to its location and maintenance was performed as needed by the Navy. Since the base closure, the Pejepscot Genealogical Society has organized a number of maintenance activities and continues to maintain this quiet, neighborhood cemetery with the help of several volunteers.

Join us on October 11, as we learn more about the history of the families buried in this small family burying ground and the stories that connect them together.

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, Program Coordinator at (207) 729 4098.

### The Harpswell Garden Club

will meet Thursday evening October 15, 2015 at 6:30 p.m. to celebrate "85 Years of the Harpswell Garden Club", a lecture by Suzanne Bushnell, President Garden Club Federation of Maine. The meeting will take place at the Kellogg Church in Harpswell. It is free and open to the public. FMI call Becky at 833-6159.



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[attorney@sethlevylaw.com](mailto:attorney@sethlevylaw.com)  
[www.sethlevylaw.com](http://www.sethlevylaw.com)



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207-729-4645

**Hours: Monday, Wednesday & Friday 8AM - 11:15 to 12:15 - 5PM**



**Lunch out!**  
October 13th at 11:30 a.m.

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- |   |  |
|---|--|
| <p><b>Topsham Town Office</b>, 100 Main Street, Topsham<br/>Thursday, October 1 2-5 p.m.</p> <p><b>Georgetown Town Office</b>, 50 Bay Point Road, Georgetown<br/>Friday, October 2 10:15 a.m.-1 p.m.</p> <p><b>Brunswick Public Schools</b>, Harriet Beecher Stowe Elementary School, 44 McKeen Street, Brunswick<br/>Saturday, October 3 8 a.m.-1 p.m.</p> <p><b>Freeport Community Services</b>, 53 Depot Street, Freeport<br/>Tuesday, October 6 1 p.m.-4 p.m.</p> <p><b>RSU 1</b>, Bath Middle School, 6 Old Brunswick Road, Bath<br/>Tuesday, October 6 3-6 p.m.</p> <p><b>Wiscasset Community Center</b>, 242 Gardiner Road, Wiscasset<br/>Wednesday, October 7 4-6 p.m.</p> <p><b>Maine Senior Guide Expo</b>, Hilton Garden Inn, 5 Park Street, Freeport<br/>Wednesday, October 7 9 a.m.-3 p.m.</p> <p><b>Harpswell Town Hall</b>, 263 Mountain Road, Harpswell<br/>Thursday, October 8 9 a.m.-NOON and 5-7 p.m.</p> <p><b>Elijah Kellogg Church</b>-Public Supper, 917 Harpswell Neck Road, Harpswell<br/>Saturday, October 10 5-7 p.m.</p> <p><b>Bath Citizen Involvement Day</b>, Bath Waterfront Park, Bath<br/>Saturday, October 10 9:30 a.m.-12:30 p.m.</p> <p><b>Westrum House</b>, 22 Union Park Road, Suite 1, Topsham<br/>Monday, October 12 11 a.m.-NOON</p> <p><b>Freeport Town Office</b>, 30 Main Street, Freeport<br/>Wednesday, October 14 9-1 a.m.</p> <p><b>Richmond Golden Oldies</b>, 314 Front Street, Richmond<br/>Wednesday, October 14 9:30-11:15 a.m.</p> <p><b>Brunswick Landing/SMCC Campus</b>, 12 Sewell Street, Brunswick<br/>Thursday, October 15 11 a.m.-2 p.m.</p> <p><b>Pine Tree Society</b>, 149 Front Street, Bath<br/>Friday, October 16 12:30-2 p.m.</p> <p><b>Good Shepherd Lutheran Church</b>, 330 Maine Street, Brunswick<br/>Sunday, October 18 10:30-11:30 a.m.</p> <p><b>People Plus Senior Health Expo</b><br/>Cook's Corner Mall, 172 Bath Road, Brunswick<br/>Tuesday, October 20 9 a.m.-1 p.m.</p> <p><b>Bath Area Senior Citizens</b>, 56 Floral Street, Bath<br/>Saturday, October 24 3:30-6:30 p.m.</p> <p><b>RSU 75</b>, Mt. Ararat Middle School, 66 Republic Avenue, Topsham<br/>Saturday, October 24 9 a.m.-NOON</p> <p><b>Bowdoinham Town Office</b>, 13 School Street, Bowdoinham<br/>Wednesday, October 28 3-6 p.m.</p> | <p><b>Bath YMCA</b>, 303 Centre Street, Bath<br/>Thursday, October 29 9 a.m.-NOON</p> <p><b>Bowdoinham Fire Department</b>, 57 Post Road, Bowdoinham<br/>Saturday, October 31 4-6 p.m.</p> <p><b>Bath Vote and Vax</b>, Bath Middle School, 6 Old Brunswick Road, Bath<br/>Tuesday, November 3 8 a.m.-8 p.m.</p> <p><b>Curtis Memorial Library</b>, 23 Pleasant Street, Brunswick<br/>Thursday, November 5 9-11 a.m.</p> <p><b>Town of Woolwich</b>, Woolwich Central School, 137 Nequasset Road, Woolwich<br/>Friday, November 13 1-5 p.m.</p> <p><b>Brunswick Early Bird Sale</b>, Tontine Mall, 149 Maine Street, Brunswick<br/>Saturday, November 14 7 a.m.-NOON</p> <p><b>RSU 5 Freeport Schools</b>, Freeport High School, 30 Holbrook Street, Freeport<br/>Tuesday, November 17 3-7 p.m.</p> <p><b>RSU 75</b>, Mt. Ararat Middle School, 66 Republic Avenue, Topsham<br/>Tuesday, December 1 4-6 p.m.</p> |
|---|--|

*Thank you for helping keep  
our community healthy & well.*

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Thursday Hikers enjoy an early Fall beach day.



Spectrum Generations Executive Director, Gerry Queally, left, People Plus Executive Director Stacy V. Frizzle, and Meals on Wheels coordinator, Casey Henson pause over a plate of hors d'oeuvre at the Spectrum Generations Celebrity Chef Challenge on September 16th. Frizzle was a guest server. More than \$17,000 was raised to support the local Meals on Wheels program.



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## Come for a visit, stay for the time of your life!

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A CPF Living Community

30 Governors Way, Topsham, ME 04086  
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[www.highlandsrc.com](http://www.highlandsrc.com)

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## 207-729-5760





**Senior Intermediate Cribbage**

**Aug. 26:** Colleen Petrin, 726 (perfect game); Robert Frost, 706; Rollande Fortin, 702; Tim Owens, 698; Mike Linkovich, 695.  
**Sept. 2:** Anita Owens, 715; Leah Nelson, 709; Rick Fortin, 701; Colleen Petrin, 697; Diane Pye, 693.  
**Sept. 9:** Ray Lourie, 726 (perfect game); Nancy Laffely, 711; Rollande Fortin, 705; Leah Nelson & Joe Tonely, 696 (tie).  
**Sept. 16:** Andy DeBiasio, 706; Robert Foehring, 703; Tim Owens, 700; Joe Tonely, 694.

**Monday-Saturday Bridge**

**Aug. 22:** Bill Buermeyer and Lorraine LaRoche (tie) 4,550; Richard Totten, 3,780.  
**Aug. 24:** David Bracy, 5,710; Bill Buermeyer, 4,540; Lloyd Jones, 4,220; Richard Totten, 3,990.  
**Aug. 29:** David Bracy, 4,960; Martha Cushing, 4,930; Mary O'Connell, 4,050.  
**Aug. 31:** Sherry Watson, 4,230; John Rich, 4,060; Lorraine LaRoche, 3,650.  
**Sept. 4:** John Rich, 5,270; Lorraine LaRoche, 4,520; Martha Cushing, 3,990.  
**Sept. 7:** Martha Cushing, 4,760; Bill Washington, 4,560; John Rich, 4,480.  
**Sept. 14:** Sherry Watson, 4,520; David Bracy, 3,870; Jeff Lauder, 3,720.  
**Sept. 19:** David Bracy, 3,920; John Rich, 3,870; Gladys Totten, 3,700.  
**Sept. 21:** Dick Brautigam, 5,750; Libby Scully, 5,500; Gladys Totten, 5,380; Anne Nichols, 4,840; Lorraine LaRoche, 4,720.

# Happy 10th, busy Fall!

It has been an extremely busy start to the school year for us. September brought the Bowdoin student volunteer fair, a presentation at the Brunswick Rotary, our 10th Anniversary celebration and a very nice opportunity to meet the folks at the First Parish Congregational Church while receiving our grant award.

A lot of networking in September! I feel momentum going for there to be increased communication, awareness and collaboration among entities offering services in our community. I learn of new efforts underway every time I get together with other non-profits in our area!

On September 17th we held an open

house/birthday/anniversary party for the Teen Center at People Plus. People who had never been before had an opportunity to see the Teen Center space. It was a nice event during which we were presented with a plaque signed by Governor King congratulating us on 10 years of our work with youth! Pretty cool! Stacy and Tom Farrell also presented me with a lovely clock with a plaque inside recognizing me for my various efforts over these 10 plus years in supporting the Teen Center program :).

Meanwhile, talk about being busy! I have certainly been aware that our attendance has been increasing over the past couple of years, but the explosion of kids we have had attending our program since school began in September caught me off guard. We have had 186 youth visits to the program in the first 10 days of school that we were open. We still have 7 open days in September to go as I write this! The great part of that news is that we are reaching more youth, the other side of the coin is, we needed more staff, we are feeding more youth and trying to fit as many youth as possible into an already limited space on a limited budget!

My biggest immediate challenge was trying to come up with almost twice the amount of food, beverages, paper goods etc., than I had pre-planned for! We began the free food program, not because we suddenly had funding for it, we didn't, but after seeing and hearing about how hungry our youth were when they came in and hearing

# Teen Center News

JORDAN CARDONE

when they ate last and when they would eat next, we couldn't ignore this. We took it on, working hard each year to acquire the additional funding this part of the program requires and rounding up volunteers to cook and donate food for us and hooked up with MCHPP to obtain some of our needed food items! Since school began, I have had to plan for snacks/light mini meals, and beverages for 20 a day and frantically seek additional sources for food, and funding! The food aspect of our program is an integral part of our day, not only does it feed hungry kids, it is a social thing, a creative thing, a learning thing, a thinking thing (soliciting ideas from them based on cost etc).

So, as coordinator, my biggest, direct impact need for this program is food (most often used items list posted in newsletter), a few other PP members, or others, who may be willing to cook/bake for an afternoons offering (we put a lot on our 2 weekly PP members who every week contribute to this program) and funding! Many of you have received our annual back to school letter and I am hoping like crazy you'll send them back in, you did an astonishingly good job of it last year and yep, we need that again this year more than ever!!!! If you would like to help in any way directly with the food portion of our program, please feel free to contact me at teens@peopleplusmaine.org.

Thank you, Thank you, Thank you!  
 Jordan and kids :)



**Special Teen Recognition**

Teen of the month resumes with the start of the school year and as it is not the end of Sept. as I write this, the T.O.M. Has not yet been decided! However, we have a teen who deserves and has earned special recognition! Kelly Ledsworth, a teen member as well as a member of our Teen Center Advisory Committee for over 2 years is due for some special kudos! Kelly has joined myself or myself and Stacy for numerous public presentations as a voice for our teen members. Kelly has presented at United Way, Mt. Ararat, Bowdoin College and most recently the Brunswick Rotary. The week prior to our 10th anniversary open house, Kelly was so helpful with preparations, I don't know what I would have done without her! Kelly, you are a gem and we appreciate you! Off to the movies you go, on us! Thank You!

## Big Brothers-Big Sisters: Mentoring program needs volunteers

Big Brothers-Big Sisters of Bath Brunswick is looking for volunteers for their fall school-based mentoring program. Last January, during National Mentoring month, BB-BB of Bath Brunswick launched a year-long recruitment campaign intending to increase the numbers of mentors; to decrease the time children are on waiting lists; and finally, to develop more mentoring involvement in local schools. The agency currently supports 12 school-based mentoring programs in ten area schools, most with an ongoing need for additional volunteers to be matched with students.

What is involved in being a school-based mentor? The program asks volunteers to spend 45 minutes to an hour once each week, usually at lunch or recess, to provide one-to-one, positive attention to a child in the school setting. Bigs and Littles decide together how to spend this time, often playing games, doing craft projects, getting help with homework or going outside to shoot hoops. Volunteers initially make a one-year commitment to meet weekly with their students.

What can be accomplished in such a short time? In consistent relationships the result

of time spent with a child has positive measurable impacts. Through a survey process, there is a reported boost in self-confidence, and improved relationships with friends and family. Children feel that time with their mentor is "their time," and they really look forward to it.

Many mentors return each year, maintaining a relationship with the same child. Some transition to the community-based program, where they have the ability to spend more time together and to expand their activities, Community matches spend 2-4 visits each month together, enjoying activities such as bowling, cooking, going to a movie, yardwork or taking a walk or a bike ride. Currently, there are 11 boys and 9 girls on the community-based wait list.

If you or someone you know is ready to make a meaningful, positive difference for a child in need of a friend, please consider applying to become a volunteer mentor with the Big Brothers-Big Sisters of Bath Brunswick. FMI: contact Lindsey Walton at 729-7736 (ext. 3) or e-mail: school@bbbsbathbrunswick.org.

## 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.



Dr. Tim Coffin


-Legion of Chiropractic



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# 2015 Health Expo Exhibitors

## Hearts & Hands Reiki

Please come and have a Reiki treatment on my table today! I invite you to slide effortlessly into the deeper part of you that knows what you need for your well-being. Reiki can help with improving sleep and reducing chronic or acute pain. I have been practicing and teaching how to do Reiki for 20 years and maintain a full time practice in Brunswick.

4 Magean Street, Brunswick, ME 751-5339  
www.hearts-n-hands.com

## HillHouse Assisted Living

HillHouse is an elder care facility located in North Bath, Maine, on grounds overlooking Whiskeag Creek and Merrymeeting Bay. HillHouse cares for elders along a continuum of needs, from independent living to end-of-life and hospice care. HillHouse staff offer personalized care to all residents in a home-like environment.

166 Whiskeag Rd, Bath, ME 443-6301  
www.hillhouseassistedliving.com/

## Independence Association

We support individuals with disabilities to live inclusive lives in their chosen community. We celebrate the abilities of all who face the challenges of intellectual and developmental disabilities.

87 Baribeau St., Brunswick, ME 725-4371  
www.independenceassociation.org

## Integrated Optimal Health

229 Center St, Auburn, ME 603-770-4856  
integratedoptimalhealth.com

## It's My Death

It's My Death, Inc (IMD) is a 501(c)(3) public charity organization providing services and education to people who wish to actively explore the meaning of life through embracing the certainty of death. We work individually with you at home, hospital, or hospice location. We offer community workshops and facilitated discussion groups to help people make friends with their own mortality. IMD's goal is to help people connect with death and dying as a part of living authentically and vulnerably. We don't promise it will be easy. We do promise it will be rewarding.

PO Box 1271, Wiscasset, ME 207-240-3186  
www.itsmydeath.com

## Maine Bureau of Insurance

The Maine Bureau of Insurance (BOI) regulates the insurance industry in the State and provides consumer education and protection. BOI staff answer consumer questions by phone (1-800-300-5000), email (insurance.pfr@maine.gov), or in person, and investigate insurance-related consumer complaints, resulting in millions of dollars recovered on behalf of consumers each year.

34 State House Station, Augusta, ME 207-624-3445  
www.maine.gov/insurance

## Maine Medical Partner-Division of Orthopedics & Sports Medicine

The Joint Replacement Center at Maine Medical Partners Orthopedics & Sport's Medicine is nationally recognized as a leader in advanced hip, knee, and shoulder surgeries. Our team performs more than 1800 joint replacement procedures each year, the highest volume in Maine. We commit to providing the highest quality care for each patient's specific needs.

5 Buckman Road, Falmouth, ME 781-1551  
http://www.mainemedicalpartners.org/orthopedics-sports-medicine



## Maine Senior College Network

Maine Senior College Network (MSCN), offering 17 senior colleges from Fort Kent to Wells, for people over 50 years of age. Learn for the fun of it! There are no tests, no papers, and no grades! The MSCN is coordinated by the University of Southern Maine.

34 Bedford St, USM, Portland, ME 780-4128  
maineseniorcollege.org

## Maine Veterans' Homes - Augusta

Maine Veterans' Homes provides outstanding quality care to Maine's veterans and their spouses. Our facilities are recognized for their modern amenities. Exceptional programs and full continuum of care. Our success can be directly attributed to our staffs unwavering commitment to our Mission and Core Values in taking care of Maine's veterans.

310 Cony Rd, Augusta, ME 622-2454  
www.maineveteranshomes.org/

## Mary's Affordable Hearing Aids

Hearing evaluations and hearing aid fittings in the comfort of your own home with licensed hearing specialist Mary Marino. Free hearing exam, quality hearing aids at affordable prices, personalized service. Over ten years of experience, satisfaction guaranteed, 30 day trial period.

32 Penny Lane, Stoneham, MA 781-249-5330  
marysaffordablehearingaids.com

## Mid Coast Hunger Prevention Program

Mid Coast Hunger Prevention Program is a nonprofit in Brunswick, Maine, dedicated to giving hungry people access to healthy food, improving the quality of their lives by partnering with others, and serving them in a manner that recognizes their dignity. Our biggest programs include our food bank, food pantry and soup kitchen. We also run the Summer Food Service Program for all children ages 2-18, a Reaching Elders delivery program, a Backpack program and a monthly food mobile.

84 A Union St., Brunswick, ME 207-729-8647 x 19  
www.mchpp.org/

## Mid Coast Senior Health Center

58 Baribeau Dr, Brunswick, ME 721-1278  
www.midcoastseniorhealthcenter.com/

## Neighbors, Inc.

Neighbors, Inc is a non-medical companion care business which provides services such as transportation, help with chores and errands, meal preparation, overnight safety care and companionship. Our mission is to support clients to remain in their own homes for as long as possible.

PO Box 728, Brunswick, ME 725-9444  
www.neighborsmn.org/

## New England Rehabilitation Hospital of Portland

NERHP is Maine's only freestanding acute rehabilitation hospital, a 90-bed facility specializing in physical rehabilitation for stroke, orthopedic, brain injury, amputee, spinal cord injury, oncology and general rehabilitation in both inpatient and outpatient settings. NERHP holds joint commission disease-specific certification in Stroke, Amputee, Hip Fracture, and Traumatic Brain Injury rehabilitation.

335 Brighton Ave, Portland, ME 207-662-8082  
http://www.nerhp.com/

## Northern New England Poison Center

901 Washington Ave, Ste 104, Portland, ME 662-7224  
www.nnepc.org

## Pejepscot Terrace

Pejepscot Terrace offers quality, affordable housing for those 62 and older or disabled. Pejepscot Terrace is located off Jordan Avenue in Brunswick. There are 114 apartments and most are on the ground floor with separate outside entrances. See our website www.pejepscotterrace.com or call 207-729-8006 for more information.

36 Pejepscot Terrace, Brunswick, ME 729-8006  
www.pejepscotterrace.com

## Penquis Foster Grandparent Program

The Foster Grandparent Program (FGP), which began in 1965, provides tutors and mentors to children and youth who are disadvantaged or have disabilities. Working one-on-one or in groups and serving between 15 and 40 hours a week, Foster Grandparents provide support in schools, Head Star centers, child care centers and other public and non-profit locations.

262 Harlow St., Bangor, ME 973-3611  
www.penquis.org

## People Plus

35 Union St, Brunswick, ME 729-0757  
www.peopleplusmaine.org

## Sartoris Law, LLC

Planning long term care or estate goals for yourself or an elder? Jackie Sartoris, Esq., provides elder law services in the Brunswick area, helping families ensure that their assets benefit their loved ones. Ms. Sartoris graduated cum laude from the Maine Law School, and received her B.A. from the University of Pennsylvania.

14 Bowdoin St., Brunswick, ME 441-4654  
www.sartorislaw.com/

## Spectrum Generations - Aging and Disability Resource/ Nutrition

PO Box 2589, Augusta, ME 207-620-1653  
http://www.spectrumgenerations.org/

## Stetson's Funeral Home

Stetson's Funeral Home and Cremation Services is a family owned/operated business. We've thought about all the details we would want taken care of during difficult times, giving you one less thing to think about, offering many services to create a memorable, customized experience, including two celebrants, unique to our Funeral Home.

12 Federal Street, Brunswick, ME 725-4341  
www.stetsonsfuneralhome.com

## The Patrick Dempsey Center for Cancer Hope and Healing

The Patrick Dempsey Center for Cancer Hope & Healing provides free services to anyone impacted by cancer through support, education, integrative medicine, outreach and prevention. Our interactive display at the Senior Health Expo will focus on good nutrition as a way to reduce your risk of cancer.

29 Lowell St., 5th Floor, Lewiston, ME 795-8250

dempseycenter.org/  
MaineCancerResourceConnection.org

## The Times Record

www.timesrecord.com

## The Vicarage By the Sea, Inc.

Since 1998, The Vicarage by the Sea has provided long-term, specialized dementia care in a safe, homelike setting overlooking beautiful Casco Bay! Our staff to resident ratio of one to four provides personalized care for loved ones. Our philosophy believes that every human being deserves the opportunity to grow regardless of age or ailment.

9 Vicarage Lane, Harpswell, ME 833-5480  
www.thevicaragebythesea.com



## Topsham Dental Arts

We are dedicated to relationship based dental health. We believe that we must know your needs and priorities to best assist you toward your dental goals. In order to facilitate your care we provide a full range of services including implant placement, cosmetic dentistry, root canals, oral surgery, crowns, dentures and periodontal care.

37 Foreside Rd, Topsham, ME 798-6700  
http://www.topshamdentalarts.com/

## United Way

### US Cellular

The U.S. Cellular Home Phone provides customers with a simple, affordable option for home phone service. Customers can make phone calls over the U.S. Cellular award winning network using a corded or cordless telephone. Customers can keep their existing telephone number while gaining portability. Set the device up wherever you need it - whether it's in the kitchen, the garage, or even in a hotel room on vacation. But the best part of the U.S. Cellular Home Phone is the cost savings. This device is only \$0.01 and service is only \$20 a month!

11 Winners Circle, Suite 4, Topsham, ME 207-725-2383  
http://www.uscellular.com

### Volunteers of America

Volunteers of America is one of the largest providers of affordable senior housing in the nation. We believe that service-enriched housing allows seniors to maintain independence and age in place with dignity.

22 Union Park Road, Topsham, ME 373-0350  
www.voanne.org/

### Winship Green Center for Health and Rehabilitation

51 Winship St., Bath, ME 207-443-9772  
www.winshipgreencenterrehab.com/

### Write On! Writers of People Plus

The Write On! Writers meet every Wednesday from 1:00 to 2:30 pm to read and share their works of poetry and prose, and to improve their writing skills. The group has around 20 members. It has published three books, recorded one CD, and is anticipating the publication of a fourth book. New members are welcome at any time. Experience is not necessary. Meets in the activity room.

35 Union St, Brunswick, ME 729-0757





# Thank You to our SENIOR HEALTH EXPO Partners and Sponsors!

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

October 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 received a flier from my senior center telling me to review my Medicare coverage during Fall Open Enrollment. What is Fall Open Enrollment?**

—Frank

Dear Frank,

Fall Open Enrollment is the time of year when Medicare beneficiaries can make changes to their Medicare coverage. It lasts from October 15 to December 7 of each year. During this time, you can join a new Medicare Advantage plan, join a new stand-alone Part D prescription drug plan, or switch to Original Medicare with or without a stand-alone Part D plan. Any changes made during Fall Open Enrollment go into effect January 1.

Even if you are satisfied with your current Medicare coverage, it's important to investigate during Fall Open Enrollment whether other Medicare options may better suit your individual needs in the next calendar year. Research shows that people with Medicare prescription drug coverage (Part D) could lower their costs by shopping among plans each year. If you have Original Medicare, you will receive the annual guide to Medicare called *Medicare & You*. Read through the handbook for any cost sharing and/or coverage changes in the following year. If you are unsatisfied with your coverage for the following year, you can enroll in a Medicare Advantage plan during Fall Open Enrollment.

If you have a Medicare Advantage or Part D plan, you will receive an Annual Notice of Change (ANOC). Review this notice to ensure that your doctors and pharmacies will be in-network next year and that your prescription drugs will still be included on your plan's formulary. If you are unsatisfied with your coverage, you can enroll in a new Medicare Advantage plan, enroll in Original Medicare, or enroll in a new Part D plan.

Call 800-Medicare to enroll in Original Medicare or to find out what Medicare Advantage plans and Part D plans are in your area. You can contact plans directly to ask about their coverage, but it is best to enroll in a plan by calling 800-Medicare. This is the best way to protect yourself in case problems occur.

In many cases, this is the only time during the year that you can change your Medicare Advantage plan or Part D plan, and it is important to take advantage of this opportunity.

—Marci

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



At the Hathaway Creative Center  
In Waterville

### Benefiting

Spectrum Generations Meals on Wheels,  
Hospice Volunteers of Waterville Area,  
and House in the Woods

### November 20-22 & 27-29

Friday ~ 4:00 - 8:00

Saturday ~ 10:00 - 7:00

Sunday ~ 10:00 - 5:00

### How It Works

The object of the Festival of Trees is to have organizations and businesses donate fully decorated artificial trees that will be displayed throughout the event. The public is invited to come and see this extravaganza of trees, as well as some special displays benefiting the Christmas theme.



Raffle tickets will be available for sale so that viewers may enter their tickets in hopes of winning a beautiful tree. Each tree's winner gets to take it home fully decorated and all ready for the holidays with everything that is on it and under it. Drawing of the trees will be on November 29th at 5:00pm.

There will also be a café and special hours to visit with Santa Claus.



If your business or organization would like to donate a tree, please contact Annette Sukeforth Marin at (207) 313-3216 before October 15th.

For more information visit:  
[facebook.com/sukeforthfamilyfestivaloftrees](https://www.facebook.com/sukeforthfamilyfestivaloftrees)

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

# We're here for you!

We like to suggest the People Plus Center is a thousand things to a thousand people. Some come only for our luncheons, others just to play table tennis. Last month a lady came to our lecture by educator Dana Bateman, confessed she has been paying dues for three years, "and this is the first time I've darkened your door." Then she smiled and said, "but I'll be back!"

Yes, there are also members who come to the center so frequently, some days they are confused with staff members! However you choose to use your Center, know we're here for you, and because of you.

Dues are still only \$35 a year for Brunswick residents, and \$45 for folks from anywhere else. Remember to keep that membership card close, as dozens of area businesses will offer you significant discounts when you present the card at time of sale. "That card can save you money every day," member services coordinator Frank Connors explained. "Offer it often and proudly. Before you know it, you will pay for your annual membership several times over!"

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

### 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)  
Maine Street, Brunswick; 729-0176

### 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  
21 Bath Road, Brunswick; 729-0842

**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



**Winners All!** The People Plus Paladins once again powered their way to success and glory in the Maine Senior Games last month. Eva Kondor (left, with husband Steve) captured gold with a first place finish in women's singles. Armand Bouchard (not pictured) placed second in men's singles. Ron Roy (far right) placed second in his division of men's singles and Steve Winter, (beside Roy) placed third in men's singles. Roy and Winter also placed also captured second place in men's doubles competition.

**PEOPLE PLUS MEMBERSHIP**  
The center that builds community  
35 Union Street, Brunswick, Maine 04011 • (207) 729-0757

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 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

### LEGAL

**Attorney N. Seth Levy:** Discounted legal services & documents for members, including wills, living wills and estate work.  
14 Maine St., Suite 109D, Brunswick  
phone 319-4431; www.sethlevylaw.com

### MEDICAL SERVICES

**Augat Chiropractic:** Free consultation and cursory exam  
9 Pleasant St., Brunswick; 725-7177

**Berrie's Opticians:** 20% off complete pair of glasses  
6 Maine St., Brunswick 725-5111,  
www.berrieopticians.com

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

### 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

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www.arbys.com

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

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



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## Memorial Donation in Memory of

# Bette Taylor

**March 20, 1940 – September 5, 2015**

and

# Margaret "Peggy" Whitehead

**December 11, 1916 - August 30, 2015**

# Apples are best when they're saucy!

Where I live, there's nothing wrong with saying, "I'm into the sauce, again!"

I have at least a local reputation as a manufacturer of apple sauce, and I'm here to tell you why, and then how. First, I'm a prolific picker of apples, and you know, in my gospel according to Jane, "once you've picked a bunch of apples, something has to be done with them."

It's not unusual for me to go off to pick "just a few apples...maybe a bagful," and when I get home, I have a bushel, or three, to deal with. We give a few to the kids, I peel and freeze a bag full or two. Jane likes to eat one apple after supper with a little peanut butter, (me too) and though they keep a week or two with minimum care, apples never quite taste like they do right off the tree. Use 'em up, I say, then there's a reason to go get more.

I've never been a purposeful picker. I'm too often there for the day, for a reason to get out, and stay out. Give me a fall day, an apple orchard, a blue sky and a fair lass, and I'm thinking I might be as close to heaven as I'll ever be. I'll walk past the first rows

of trees, just to make the day last longer. When I do start picking, I'm selective, I like only the biggest, the best and the brightest. Again, I'm probably just trying to prolong my orchard visit.

I think my mother taught me to make applesauce, or maybe my grandmother. Whoever, it was a long time ago, and practice does make perfect. I consider applesauce to be one of the ultimate comfort foods, something anyone can do, and a recipe almost impossible to mess up. I've made it for Jane, I've cooked it for our kids, we give it as gifts. My grand boys have all acquired a taste for it, ask for it when they are eating over, and sometimes have to compete with their parents for the last spoonful. Guys at my men's breakfast complain if there's less than a gallon to garnish their sausage, their french toast, even their scrambled eggs!

I'm not too proud when I admit I cooked it more than once for Jane, back in the days when we were courting, leaving her with the distinct impression she might be hooking up with a guy who could cook!

Applesauce is a versatile, healthful food. A couple spoons full atop a heavily buttered piece of hot toast and you have some competition for a piece of Jane's apple pie. Sort of. Smother a piece of pork tenderloin with it, and watch the meat just disappear. I eat it atop a bowl of ice cream. You can make it by the gallon, you can make it by the pint. You can freeze it, save it, microwave it. You can eat it smoking hot, you can serve it cold. You can double the sugar in my recipe, or you can cut it in half! It is so much about personal taste.

It only seemed natural, when Stacy and I did our first taping of People Plus Cooks! Last month, that I would lead with my applesauce. Why not? It's the season!

## Speaking Frankly

FRANK CONNORS



Anyone can do it, it's simple, it's quick, It's good, It's good for you, and remember, "an apple every day..."



### My Applesauce Recipe

- 6 ripe, plump apples of at least two distinct varieties (MacIntosh & Cortland, Paula Red & MacIntosh)
- 1-1 1/2 cup of tap water or fresh cider
- 1/4 cup white sugar
- teaspoon cinnamon
- teaspoon of lemon juice

Peel, quarter and core the apples, cut the quarters into smaller slices. Boil the slices until they are transparent; add cinnamon, sugar and lemon juice, then mash till the sauce is the consistency you like. Cool in a bowl before eating, if sauce is too tart, you may add sugar to taste. Serves 4-6 people.

## MSMT Announces \$2 Million Capital Campaign

Maine State Music Theatre is announcing the public phase of their three-year capital campaign at the opening night of Young Frankenstein, the fourth and final show of their 2015 season.

The campaign began internally in 2015, and through various levels of donation from a small sampling of community members and the Board of Trustee, has raised a large portion of the two million dollar goal.

The purpose of this campaign is multi-faceted. At the heart, the theatre aims to solve

its ongoing housing problem for professional actors and members of Maine State Music Theatre's Educational Fellowship program each summer. With the funds raised so far, MSMT has purchased and renovated a housing property on Cedar Street in Brunswick, which was put to use this 2015 season.

Beyond housing, MSMT has plans to make significant updates to the Pickard Theater. This campaign will fund new carpeting, seats, and upholstery in the venue. Moreover, funds will be used to install an infrared hearing loop in the theater, which will allow patrons with hearing aids a better experience and higher quality sound.

At the administrative offices, rehearsal space, and technical studio, capital campaign money will provide energy efficient upgrades to the building, new flooring, roof replacement, and renovations to the three apprentice apartments located on the second floor. Technology updates include a new color photocopier and new ticketing and development software to replace the current outdated system.

With the help of the community, Maine State Music Theatre plans to build a better tomorrow for the arts in Midcoast Maine," says Artistic Director Curt Dale Clark. To help the theatre achieve their goal for the public phase of the Capital Campaign, or for more information on how to support the theatre, please contact Barbara Whidden, Development Director, at (207) 725-8760 x15, or gifts@msmt.org or Curt Dale Clark, Artistic Director, at 207-725-8769 x13 or artd@msmt.org.

## Fall Science Read at Curtis Memorial Library: The Accidental Universe

Cornerstones of Science and Curtis Memorial Library are pleased to announce the 2015 Fall Science Read is The Accidental Universe: The World You Thought You Knew by MIT professor Alan Lightman. The book is a series of seven essays that explain complex scientific concepts in the context of everyday experiences and concerns. On Wednesdays at 12noon throughout the month of October, experts from different disciplines will give presentations to enhance the reading of this book.

Schedule of presentations:

- October 7: Professor Emeritus Guy Emery, Bowdoin College Physics Department, Book Discussion
- October 14: Professor Scott Sehon, Bowdoin College Philosophy Department, Presentation
- October 21: Viewing of Alan Lightman's October 2014 Google Talk on The Accidental Universe
- October 28: Professor Robert Morrison, Bowdoin College Religion Department, Presentation

Programs are held in the library's Morrell Meeting Room from 12noon to 1pm. They are free and do not require registration. The Fall Science Read is sponsored by Cornerstones of Science, a science literacy initiative that provides funding for excellent science books and programming for adults and children. For more information, visit <http://www.curtislibrary.com/cornerstones-of-science/> or call 725-5242 X510.

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## New or renewing members for September

\* indicates new membership  
 • indicates donation made with membership

### LIFETIME MEMBERS

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- Sybil Baker
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- Sheila Benner
- Elizabeth Callen
- Panee Muncharoen Coffin
- Lillian Connors \*
- Cathy Cooper •
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- Robert Galen
- Nancy Garland
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- Connie Lindquist
- Patricia Livesay
- Joyce Lyons
- Laurette McCobb •
- George McConnor
- Constance McLean •
- Calvin Morgan
- Victoria Muller
- Sheryl Nadell
- Harriet Paris •
- Herbert Paris •
- Colleen Petrin
- Selma Powers
- Joanne Rioux
- Valerie Robbins
- Erik Sandelin
- Carole Sargent
- Suzanne Shanahan
- George Tetu
- Simonne Tetu
- Joann M. Thompson
- Alfred Tyrol
- Carolyn Wood \*
- Thomas Wood \*

### TOPSHAM

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- Kathleen Boynton
- Gia Comolli-Liva
- Denise Deshaies
- Gerry Deshaies
- Elaine Doody \*
- Maureen Gaspar •
- Juana Haskins
- Barbara P. Hutchinson •
- Harold B. Hutchinson •
- Russ Kinne
- Carla Rensenbrink
- Margaret 'Ann' Sanfasin

### HARPSWELL

- Janice Andersen \*
- Edie Bean
- Elsie 'Elly' Cary
- Lillian Everhart

### OTHER PLACES

- Thomas Alley
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- Freeport
- Sally Chater-Kelley,
- Bath
- Joan 'Joni' Larlee,
- Lisbon

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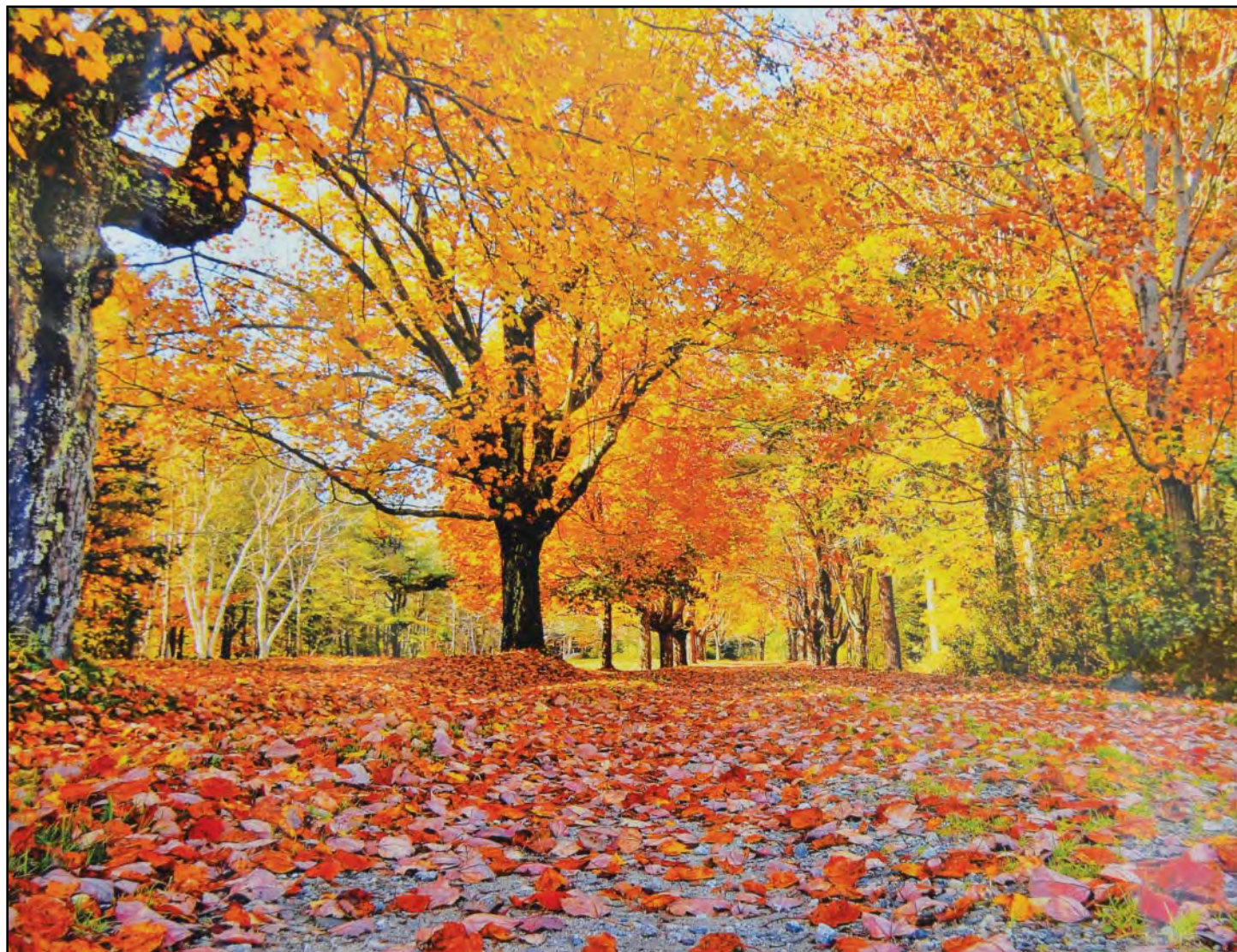
**Winter storage.** Need covered or enclosed space to store pop-up camper, November to March. Ask for Len, or leave phone number at 207-208-7353.

**Restaurant Hosts needed.** Applebee's Restaurant, at 11 Gurnet Road, Cook's Corner, Brunswick, is looking for a few "outgoing, friendly, and happy individuals" to welcome guests to their dining room. Starting pay is \$10 per hour, shifts are 4 hours. Benefits include half price meals and opportunity to earn bonuses. Maturity is a plus! Call 721-9920 or visit to schedule an interview with Barbara Brown, Dining room manager.

**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

**DRIVERS NEEDED** Full-time and part-time drivers are needed for the Explorer public bus system in Brunswick. Duties include: ensuring safety and comfort of passengers; efficient operation of bus; perform pre and post-trip vehicle inspections; maintain cleanliness; collect tickets and fares; and keep ridership records. We're looking for team players with strong interpersonal skills, an ability to read, speak and understand English and do basic math. CDL license with P endorsement is required. Must pass DOT pre-employment physical and drug screening. Full benefit package for employees working 30-plus hours per week. Ours is a drug-free work place. Work schedule will be between 7 a.m. and 7 p.m. Monday-Friday. EOE. To apply, send resume with cover letter via e-mail to: Adminoffic@mchinc.org; or hard copy to MCH, Inc., 46 Summer St., Rockland, Me., 04841; or call (207) 596-6477 for an application.



**Kenison photos highlight Fall in Maine**

The exquisite photography of Prisca Kenison remains in the Center's Union Street Gallery through the end of this month. Kenison, a lifetime enthusiast turned professional, now specializes in landscapes and "New England views." Kenison said, "the past few years, I have spent many hours traveling and making images of covered bridges across New England and Canada. I also like to shoot Lighthouses, waterfalls, mountain and fall scenes, people and flowers."

A native of Biddeford, ME, Kenison said, "I've been taking pictures since high school, where I took most of the yearbook's candid photographs. 25 years ago, I invested in a camera for myself-that was in the age of film-as digital cameras came out at a more reasonable price, I bought one and started to experiment. Three point-and-shoot cameras later I finally bought a DSLR, and started investing in various specialty lenses." A retired high school chemistry teacher, she added, "Now I almost never leave my house without my camera."

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

**Mystery Dinner features "Three Murders!"**

The Basic Players take to the stage again Oct. 16 and 17 at the Bath Area Senior Citizens Center, this time presenting a mystery dinner show titled, "Three Murders, and it's only Monday!"

Written by Pat Cook and directed locally by Wayne Otto, the play promises to deliver more than its share of humor, mystery, and intrigue. Cast members include Dick Higgins, Bonnie McDonald, Willy Bryan, Linda Robitaille, Phyllis McNelly, Wayne Otto, Donna Waterman, Mike & Beth

Rowe, Jan Levitt, Belita Velizco, Ann Scarponi and Sandra Johnson.

Tickets are \$25 per person, (meal included) and available at the Bath center. There is no matinee, both shows start at 6 p.m. FMI or to reserve tickets, call the center at 443-4937.

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