

40 Years! Plus! People NEWS! The center that builds community

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

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People Plus
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Kingly Moments. Senator Angus King's visit March 11 to help the Center launch its 40th anniversary celebrate was "not" without its lighter moments. The Senator arrived "right on time" (left) and jumped from his car to move the sign saving his parking space; and (right) Executive Director Stacy moved "faster than the speed of film" to get into a "selfie" that King later posted on Facebook. More than 125 people attended the event.

14th annual Music in April

Gala fundraiser is April 7

Doors open on the 14th annual Music in April Gala on Thursday, April 7. This landmark spring benefit for your People Plus Center will once again feature a unique and sumptuous buffet, several live music events, a live and silent auction, an in-house raffle, a chance to mix and meet a hundred of your new best friends, and a batch of other interesting, fun and surprising activities.

Door open promptly at 5 p.m., wait till you see how Robin at Maine Events Design have transformed Brunswick's Knights of Columbus hall into a spectacular banquet space and another sold out show. Two dozen of the area's finest restaurants (listed below)

and food services have once again offered their pick of a house specialty for our buffet line, each offering a specialty hors d'oeuvre, entree, appetizer or dessert.

Several will be staffing their stations in person, excited to answer questions about their individual menus and businesses. Chef Chris Toole has again assembled and coordinated this dynamic collection of delectable tables, along with the ever-popular carving station.

More than two dozen local businesses and organizations lead our sponsor list, all are listed below.

Another record setting list of auction items is coming this year, with nearly 300 items bundled and

displayed in at least 150 packages for the live auction, silent auction and raffle tables.

John Bottero of Thomaston Place Galleries will once again preside over the live auction. Favorite items returning this year include original and printed art, ocean-side and lake-side camping adventures, plane boat and train rides, sporting events, unique trips, adventures, food items and dozens of gift certificates, and of course, we have dozens of new items you just have to check out. (lists are inside, pages 6, 7, and 10.

"We're making this one fresh and springy," Executive Director Stacy V. Frizzle said, talking of fresh flowers, new lighting

Annual Funds on track to reach goal

Less than \$9,000 needs to be raised before the end of the People Plus fiscal year June 30 for both the Teen Center and People Plus Center to achieve its goals. Executive Director Stacy V. Frizzle believes the two funds are "inter-connected" and "both will be reached by years end."

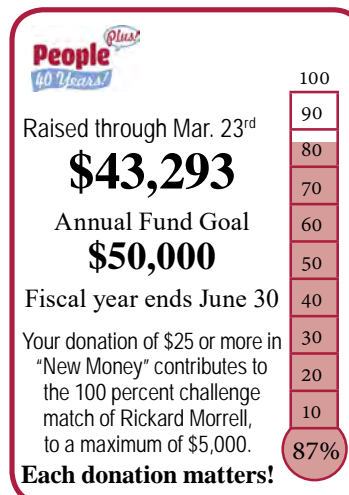
Frizzle said for the fourth consecutive year, Richard and Smokey Morrell have written a \$5,000 check as a matching grant, and that again this year, it is anticipated that Jim Howard will offer \$5,000 to the Teen Center

in time for a challenge round at the Center's Music in April event. Frizzle called Howard "our largest Teen Center Supporter," and

said last year, the donation from Howard led to a better than dollar to dollar match in just one evening!

The Morrell family has been perhaps the most consistent and largest supporter that People Plus

has had over the years. Since 2011, the \$5,000 challenge has aimed at new donations, and has proved very successful. "If you gave \$15 last year and gave \$20 this, your increase is matched by their donation," Frizzle explained, "and if you have never given before, every dollar you give will be matched, up to



\$5,000!"

As of March 23 the People Plus Annual Fund total stands at \$40,436 and extra member donations made at the time of renewal totaled \$2,857. The Brunswick Teen Center Annual Fund for the same time stands at \$7,802.54.

Our Chefs

- Big Top Deli
- Bowdoin College
- Byrnes' Irish Pub
- Captain Mike's
- Ebenezer's Brew Pub
- El Camino
- Frontier Café
- Henry and Marty Restaurant and Catering
- Kennebec Tavern
- Lemongrass
- Pedro O'Hara's
- Portland Pie Company
- Scarlet Begonias
- The Brunswick Tavern
- The Highlands
- Thornton Oaks
- Trattoria Athena
- Union Street Bakery & Cake Shop
- Wicked Joe Coffee
- Wild Duck Pub
- Wild Oats Bakery

Author's Chat:

"An Un-American Childhood" by Ann Kimmage

Wednesday, April 13, 2:00 pm
Join us as People Plus member Ann Kimmage shares her story of growing up "behind the iron curtain" after her family stole away to communist Czechoslovakia when she was only eight years old. This provocative and moving talk exploring her memoirs is free to People Plus Members and \$5 to the public. This book is available on Amazon, so order yours now and bring it for Ann to sign on the 13th!



Music In April Sponsors

Fortissimo Gala Sponsor: **Coastal Landing**
Crescendo Healthcare Sponsor: **Mid Coast-Parkview Health**
Crescendo Financial Sponsor: **Bangor Savings Bank**
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- Lighthouse Variety and Deli
- Little Dog Coffee Shop
- Priority Real Estate Group
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**BRUNSWICK TEEN CENTER
SCOOP-A-THON**

April 27, 2016



Support Brunswick-area youth by purchasing a dish of gelato or cup of coffee at regular prices.

Gelato Fiasco will donate all sales beyond the daily seasonal average to the Brunswick Area Teen Center.

Last year, more than 1,000 people came together to support the Teen Center.

Purchases qualify all day.

Visit gelatofiasco.com for celebrity scooper schedules.

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:

news@peopleplusmaine.org

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

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Check out past newspapers at
www.peopleplusmaine.org



Looking back, looking forward

It's been another busy month here at People Plus and while I'm not surprised about that, it never ceases to amaze me how fast the days fly by. With our 40th anniversary event finally coming to a fun fruition, we were honored and so pleased to have Senator Angus S. King as our keynote speaker on March 11. Over 130 people attended this fantastically fun event!

In addition to Senator King, the staff was very pleased to acknowledge many of the members of our board for their years of volunteer time and dedication to the

organization.

And we had an opportunity to also thank the town of Brunswick for its continued support of this organization by presenting town manager John Eldridge with a framed photo of he and the assistant town manager Derek Scrapchansky at our monthly luncheon surrounded by about 50 people plus members.

It was also fun to surprise both Frank and Betsy with a plaque acknowledging they have each worked for over 15 years with this wonderful organization and we

From the Executive Director

Stacy V. Frizzle



wouldn't be where we are today without them and their dedication to maintaining the quality of service we provide for the seniors in our community. Thanks to Jane Connors, for sending over a picture of Frank from 1976 and we dug in our archives to find one of Betsy from at least 15 years ago too!

The big focus now is on Music in April. As always, it's our primary fundraiser for the organization and we put on quite an event! We couldn't do it without our fearless leader Jeanne Mayo, who along with Frank has been creating an extraordinary event for 14 years!

We are excited to bring an element of the event to the Center for those of you who can't make it out that night. So we have pulled out three of our fantastic raffle items and we will raffle them off at the Center for the month of April with the winner being pulled at our monthly luncheon on April 21. You do not need to be present to win! To stop in at the front desk and get your raffle tickets to win one of our three fantastic prizes of homemade New England sports fan T-shirt quilt, brunch before, or a beautiful watercolor from Nepal.

In addition to all these great things we of course have our day-to-day happenings at the center as always. You can always find us here playing games, eating meals, getting healthy, and visiting with friends. So we hope to see you here doing all those things too- at the Center that builds Community!

Music in April

Now, a raffle everyone can play

The 200 seats at The People Plus Music in April fundraiser on April 7 have long been some of the hottest items in town, so this year, for the first time, everyone gets to participate in what's being billed as a hot new raffle. "Music in April is an amazingly fun fundraiser," explained Executive director Stacy V. Frizzle, "we hope this widens the circle, more people get to join the fun."

Three items have been selected from the hundreds of items donated for the Music in April silent and live auctions, and will be offered in this first-ever raffle.

"We wanted them to be representative," Frizzle said, "It became a very tough choice." The selection committee settled on a brunch for four, an original water color, and a hand-made quilt. Just like at the gala, tickets will be one for five dollars

or three tickets for \$10.

The brunch for four will be served in the dining room at Thornton Oaks and the water color was painted in Nepal, showing some amazing scenery and breathtaking color, and has been professionally framed by The Picture Framer in Topsham. The original and unique quilt is one of three produced for the Center by an anonymous member, made from T-shirts featuring sports teams of New England. One of these quilts will be in our Music in April silent auction, the other will be in our live auction! Tickets may be purchased from Pat at the People Plus information desk, all three items will be featured in a display of the Center Lobby until the special drawing, tentatively set for our Lunch and Connection luncheon on April 21.

From Anita's Plate

Anita Huey



The Diabetes Prevention Program is underway. There are seven participants and they are all losing weight! They have already completed 4 weeks of the program.

Recently I received an email called Meal Makeover. On one side of the page was a picture of a plate of pizza and on the other side was a slice of pizza with half of the plate full of veggies. The concept being that sometimes our food choices may not be the healthiest but if we can "make it over" our intake of that food is reasonable. It really does come down to portions! We can use this idea in many different ways. When enjoying our comfort food we can add veggies to our mac and cheese or have a piece of lasagna that has 1/2 of the plate full of salad or a slice of Shepherds pie with a 1/2 plate full of broccoli. This way we can have these foods without derailing our efforts at eating healthy.

Now that spring is here we can continue with the meal makeover. At potlucks or parties, seek out the vegetables and fill 1/2 of your plate with vegetables before you choose anything else. Then when summer BBQ's roll around bring delicious vegetable to continue with this

Avocado Cabbage Carrot Coleslaw

Ingredients:

- 2 ripe Avocados, peeled and diced
- 1/4 c vinegar
- 2 Tb. water
- 1 Tb. sugar
- 1/2 t cumin
- 4 cups cabbage, sliced
- 2 cups carrots, grated
- 1/2 cup red onion, sliced
- 1/4 cup cilantro, chopped
- black pepper, to taste

Directions;

1. Place one avocado, vinegar, water, sugar and cumin in a blender.
2. Blend until smooth.
3. In a large bowl, combine the cabbage, carrots, onion, cilantro and remaining avocado.
4. Pour the dressing over the cabbage mixture, toss gently and season with pepper.

same plan. I plan to make this cabbage slaw with avocado at my next BBQ!

Each day as you make your food choices, I encourage you to use the concept of meal makeover!

We will be having a Diabetes Self-Management Program again in the near future. It is a comprehensive and interactive program to help people manage their diabetes. Most health insurance companies cover it. Please contact me for additional information. Anita Huey, Everyday Nutrition Associates, Inc., 504-6439, shebakme@comcast.net

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Bidders and bidding comes fast and furious at our benefit Music in April silent auction



55 Plus Center

WHAT'S HAPPENING ON THE HILL



6 Noble Street, Brunswick, ME 04011 ~ 729-0757 ~ March 2004 ~ Volume 4, No. 3

The mission of the 55 Plus Center is to enrich and enhance the quality of life for people who are 55 years of age or older through advocacy: organized social, recreational and educational programs; and to serve as their center for information, referrals and support services.

THRU THE YEARS *a 40th anniversary feature*

April, 2000: "Volunteers manage the front desk; fold newsletters; call on homebound seniors; provide transportation for those needing rides to doctor's visits; take on subscribers in our G.I.F.T program; plan and carry out trips, cultural events, educational workshops, the wellness program, hikes, parties, dinners and classes. Volunteers help us to dream our dreams and then work with us to make those dreams a reality." Quotable from Center newsletter.

Why Get Out Of Bed?

By Virginia Sabin

Early morning I feel the pull
Of so much to see and do
Stoke the wood fire in a black stove
Raise the curtain and the day begins
A bright orange ball of sun rising
Behind tall masts of pine, climbs
Into window panes, warming
African violets and sweet basil
Chickadees breakfast
While I have coffee and listen
To news and weather. A balmy 40!
Good day for raking away
Last year's dead leaves, uncovering
Dormant perennial beds and
Discovering what's coming up
On my way to the mailbox
To flag my granddaughter's birthday card

Don't Block The Feelings

By Joni Larlee

Don't block the feelings,
Don't let the fear from the past tie you down
Don't block the feelings,
Don't let those doubts in your mind
go round and round
They have no power until you give in
And let them rule to your chagrin
Don't block the feelings,
Just let them come on through
Because when you're feeling,
It's the best thing you can do
It might feel good, it might feel bad,
And whether happy or just sad
Could be the greatest healing you've ever had!
Don't block the feelings,
Listen to the messages they bring
They'll gift you with the answers
And your heart will truly sing
Don't block the feelings
If you're wanting to survive
They'll be your friends forever
And you'll really feel alive!

Sweet Snow Candy at Stevens Corner

by Charlotte Hart

Sun shone on sap pails gracing maple trees.
Cold nights, warm days produce sweet liquid flow.
We trudged the hilly yard, filled pails with ease.
"Take care!" "Don't spill!" Bright mornings years ago.
Pail after pail we carried carefully
To the shed, the vat atop the old woodstove
Sweet sap from yard and field—each maple tree
Day-long-boiled gently; then what treasure trove!
Ski trails near home. Return the fire to tend.
Sap bubbles. Late day shadows fall.
Glass jars of syrup sealed—day's end.
Enough thick liquid for the best of all.
Pour steamy streams on snow, so white, so cold.
Dip careful fingers. Taste! Sweet liquid gold!

April, 1988: Janet Foley, Director, reports registrations have increased 44 % since May, 1987; "We have over a thousand signatures (in our registration books) every month."

April, 1992: Once a month we'll have a **Baby Photo contest.** You'll need to provide the pictures, only Janet and Evelyn will know the truth.

April 20, 1992: Bible class begins again April 20th, please join us!

April 22, 1997: Today is **EARTH DAY**, the perfect time to do our part helping everyone in our community renew their commitment to caring for our natural environment...also for a commitment to ourselves to take advantage of enjoying our 'earthy' surroundings?

April 1, 2000: Larry Paradis has taken over as our maintenance and custodial person. Some of you may remember Larry when he was a volunteer cook of last year's Thanksgiving dinner.

April 18, 2000: Lunch with Friends goes to **New Meadows Inn** in West Bath. See you there, order off the menu.

April 25, 2000: Robert Sawyer offers slides and a talk about Irises He's a member of the Maine Iris Society and an American Iris Society Judge.

April, 2002: Weight Watchers of Maine program moves its Wednesday meetings to Evergreen Senior Citizens Club, saying "parking problems on Noble Street are increasingly difficult." WW has been with Center for 14 years.

April 18-19, 2002: Overnight trip to Foxwoods Casino, Conn. Optional tour of Submarine force at Groton available. Cost is \$159 for Brunswick, Harpswell residents, \$195 for others.

April 1, 2003: Annual dues collected first time ever, \$10 per year, April 1-March 31.

April, 2004: Center's "for-profit venture," **Toolboxes Plus** solicits small jobs and retired crew members.

April 16, 2004: Center Stage Players offer **Coffee House Theater** at Center, featuring Rodney Sarle, Joan Brewer, K Schmidt, Bonnie Wheeler, Edie Hazard, Vivian Kemp and Jim Arbuckle.

April 11, 2007: Verdi Tripp, who publishes the People Plus News, brought some of HIS "home-made" maple syrup to "sweeten up" our men's breakfast.

April 17, 2009: 7th annual **Music in April** features expanded buffet line, a carving table with a mystery server, plus an "expansive list of live and silent auction items."

Apr. 29, 2010: O Jeanne d Arc Mayo, the "Marvel" behind so many exceptional Music in April events AND perennial club member, named volunteer of the year.

April 19, 2012: "Shrimp wiggle" on a bed of rich egg noodles is Lunch and Connections special this month.

A TRIBUTE

by Millie Ackley

55 Plus, used to be your name,
Senior activities, your claim to fame!

Director Sig Knudsen, full of good-will,
Encouraged Frank Wicks, back then on the hill,
To gather some seniors with talent plus,
Frank welcomed the project without any fuss!

There was Anthony; Arbuckle; Baxter - that's three!
Bennett; Brewer; Edie Hazard - what glee!
Kemp and Sarle - we sometimes called Rod!
Schmidt and Schmidt - now aint that odd!
Smith and Tombrinck, Webb and White,
Wicks and Wheeler - what a wonderful sight!

Well that was then and this is now,
New leaders and members will all take their bow!
These fourteen years we've acted and schemed,
Doing various venues with theatrical themes!

We are the Center Stage Players,
And we've come home to say,
Many thanks People Plus
On your 40th Birthday!

Spring Ritual

by Patty L. Sparks

billowing white sheets
secured by wooden clothes-pins
fresh air, clear skies...sun

WINTER

by Gladys Szabo

Days of wind
Bitter cold
Your hat
You must hold
Glistening snow
Of fluffy white
Building snowmen
Of great height
Days are short
Nights are long
But soon the winter
Will be gone
Spring will bring
Birds' sweet songs

Come In

by Sally Hartikka

Come in, come in, come out of the cold.
Come in and stay a while.
Let's have a chat, tell some jokes.
Come in and make me smile!

I've got a fire going;
We'll have a cup of tea.
I've got cabin fever;
Come in and amuse me!

Read any good books lately?
What have you seen on tv?
What's your opinion of politics?
Oh, no, let's let that be!

What are your kids doing these days?
Where did you go on vacation?
You've had a birthday lately.
Where was your celebration?

Heard your Aunt Thelma died,
When was the funeral service?
Heard you gave a talk last week;
You must have been quite nervous!

Sorry you have to leave me now,
But at least the snow is ceasing.
Let's hope winter's almost over
And the cold will soon be easing.

Here, take some scones home.
And let's get together again.
Another storm is brewing
Let's get together then!

BOOK OR CAKE

by Bonnie Wheeler

I decided to write a novel
I baked a cake instead
the recipe all written for me
the ingredients I had
a piece of cake the kids gladly took
tomorrow I will write the book

CANCELLED DUE TO RAIN

by Charles Payne

I cannot, with a straight face
and an honest heart, celebrate
in this farce now going on
in this nation, this debacle
called democracy at work. We
need leaders to do what they
elected to do. To top it all off,
my substitute cellphone is
lousy and my walker is a piece
of junk. All I need now is to
be audited and dragged off to
Quantanamo! C' est le vie!



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welcomes you to join us for

Sunday Morning Worship, 9 am
Thursday Evening Prayer, 6:30 pm
Celtic Evening Prayer, Sundays at 5:30 pm

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WHAT'S HAPPENING IN APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>News & Views with 40 Years! Plus! People The center that builds community</p>	<p>Frank Connors and Stacy V. Frizzle chat about People Plus programming</p> <p>Viewed weekly on Cable Channel 3, Brunswick Community TV Monday at 4 P.M., Wednesday at 7 A.M., and SUNDAY at 9 P.M. and view online, anytime at: http://vimeo.com/peopleplussaine</p>	 <p>40 Years! Plus! People Cooks! Stirring things up at the Center!</p>	<p>People Plus Hours</p> <p>Mon-Thu: 8:30-4 pm</p> <p>Fri: 8:30-1 pm</p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p>	<p>10:00 Bridge</p>
<p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Apple Club 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing</p>	<p>8:30 Table Tennis 8:30 AARP Free Tax Aide 9:00 Beg/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 1:00pm Quilters 3:00pm Access Health Teen Event 5:00pm NAMI Maine Workshop 6:00pm Girl Scout Meeting</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers</p>	<p>8:30 Table Tennis 9:00 Beg/Interm Bridge 11:00 Diabetes Prevention 1:00pm AARP Free Tax Aide 5:00pm MUSIC IN APRIL 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 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p>	<p>10:00 Bridge</p>
<p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing</p>	<p>8:30 Table Tennis 8:30 AARP Free Tax Aide 9:00 Beg/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Welcome to Medicare 12:30pm Kaffeestunde! at Richard's 4:30pm TCAC Meeting 5:00pm NAMI Maine Workshop 6:00pm Girl Scout Meeting</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 2:00pm AUTHOR'S CHAT Ann Kimmage 6:30pm Brunswick Coin/Stamp</p>	<p>8:00 MEN'S BREAKFAST 8:30 Table Tennis 9:00 Beg/Interm Bridge 11:00 Diabetes Prevention 1:00pm AARP Free Tax Aide 1:00pm SG Focus Group 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 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p>	<p>10:00 Bridge</p>
 <p>Patriot's Day Center Closed</p>	<p>8:30 Table Tennis 9:00 Beg/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 1:00pm Quilters 3:00pm Books a la Carte 5:00pm NAMI Maine Workshop 6:00pm Girl Scout Meeting</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers</p>	<p>9:00 Beg/Interm Bridge 11:00 Hearing Screenings 11:00 Diabetes Prevention 11:30 CHANS BP Clinic 12:00pm LUNCH/CONNECTIONS 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 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p>	<p>10:00 Bridge</p>
<p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Tech Time 10:00 Zumba 11:00 Monday Munchies 12:00pm LUNCH & LEARN "Who Knew?" 12:00pm Bridge 6:00pm Belly Dancing 6:30pm Civil War Book Club</p>	<p>8:30 Table Tennis 9:00 Beg/Interm Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 2:30pm Café en Français 5:00pm NAMI Maine Workshop 6:00pm Girl Scout Meeting</p>	<p>8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 11:00 Gelato Fiasco SCOOP-A-THON 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp</p>	<p>8:30 Table Tennis 9:00 Beg/Interm Bridge 11:00 Diabetes Prevention 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 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p>	<p>10:00 Bridge 8:00pm Middle Eastern Dance Party</p>

"My Experiences with Self-Publishing for Genealogy"

The April meeting of the Pejepsco Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, April 10, 2016 at 2 pm. Our guest speaker, self-published family historian Gene Vogt, will be presenting "My Experiences with Self-Publishing for Genealogy".

Gene has been working on his family genealogy for almost 30 years, since a maiden aunt, who was the oral historian in the family, passed away suddenly. He realized that if he didn't start collecting his family history, his children would know nothing about the immigrant Irish, French and Swedish ancestry of the family with a very German-sounding name. Over the course of the years, he has self-published two family history books, fourteen years apart. Things changed in the self-publishing arena over those years, for the better in some ways.

Back in November 2011, Gene presented the case history of his research into his German ancestry to the Pejepsco Genealogical Society, describing the amazing twists and turns the hunt took over the years. This April he will describe his experiences publishing the results of that research – TWICE – to preserve the work and share it with family. As much as we'd like it to be as easy as pressing the PRINT button, it's a lot more complicated than that!

Join us on April 10th as we learn more about self-publishing for genealogy. 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 John Webster, PGS President at (207) 833-5430.

Always, Patsy Cline

Show at Lakewood Theater booked for June

Make your summer memorable with a day-trip to the historic and picturesque Lakewood Theater, in Madison, on Wednesday, June 29, to see the always exciting musical, "Always, Patsy Cline." Cost is only \$42 for members of People Plus or the Bath Area Senior Center, and \$47 for non-members, and that fee includes transport by school bus, lunch at the theater and the show.

Always Patsy Cline tells the true story of a pen-pal relationship that developed between the famous singer and Houston house-wife Louise Seger, who was Cline's most devoted fan. Louise narrates the story of the day in 1961, when she met Cline at the Esquire Ballroom, and of the long, hand-written letters that circulated between the two, until Cline's tragic death in a plane crash. The always popular Nance Carbone plays Patsy at the Lakewood and the show features more than two dozen of Cline's most favorite songs, including Sweet Dreams, and, Walkin' After Midnight.

Trip is limited to the first 44 persons who sign up and pay. Bus leaves Bath at 9:45 a.m., and the Topsham Park & Ride at 10a.m. Register at the Bath Center by calling 443-4937; for more information contact Frank Connors at People Plus, 729-0757.



Senior Garden plots available

It's not too early to register for your garden spot over in the Senior Gardens, off Industry Road. If you are a resident of Brunswick and want to encourage your green thumb, the process is pretty simple. Call People Plus, ask for Pat, and she'll put you on the waiting list. People who have been "plot farmers" in the past are given priority over newcomers, according Ursula Desjardins, who has managed the farm for more than dozen years, but each year there are several plots available.

Each spring and fall, the entire quarter acre of land, which was once a piece of the Brunswick Town Farm, is rototilled by the Brunswick Parks and Recreation Department, and Desjardins supervises the subdivision of the area into 30 plots measuring "close" to 20 x 24 feet. Many seniors try to get "their little piece of Heaven," year after year, but Desjardins said that's pretty hard to do. Each plot is served from common paths, and water is available from common hoses.

Desjardins said the soil is quite sandy, but the gardens are located "next door" to Brunswick's Public Works department and right beside what she called the "community" mulch pile. Raised beds are not allowed. She said the average gardener might have a few rows of vegetables, a hill or two for squash and cucumbers, and a row or more for flowers. "But there's really no such thing as an average gardener," She added. "People get pretty creative."

If you are interested in reserving your plot in the Brunswick Senior Gardens, call the People Plus Center at 729-0757. Desjardins said she encourages plot farmers to become members of PeoplePlus, but it is not a requirement. "The only real requirement is to be interested and have willingness to keep your weeds under control," she added.

The Harpswell Garden Club will meet Thursday April 21, 2016 at 12:30 p.m. at the Kellogg Church in Harpswell. Tina Phillips and Lori Gagnon, physical therapists with Midcoast Hospital will present "Enjoy Gardening Without Back Pain." Free and open to the public. FMI call Becky 833-6159

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More April Programming...



“Aging Well” Lunch and Learn: Who Knew?

Monday, April 25, 2016, 12:00 pm

Did you know that a person who continues learning into older adulthood could extend their life by up to 25%? Find out what you can learn at this fun and informative talk with folks at the Midcoast Senior College whose mission is to “provide non-credit academic courses and other educational events for people 50 years and older to continue learning”. Bring a lunch or stop at Monday Munchies, we supply drinks, chips and dessert! Free to People Plus Members and \$5 to the public. Call to register!

Richard's Restaurant hosting Kaffeestunde

The April meeting of our People Plus German Club will take a dramatic turn when it meets at Richard's Restaurant on Maine St., in Brunswick, on April 12. “Instead of a Kaffeestunde (coffee) at 3 p.m., we're excited to have Mittagessen (lunch) served at Richard's, this month only, at 12:30 p.m.,” organizer Edith Rentz explained. Richard's Restaurant specializes in fine and authentic German cuisine, and its owner, Richard Gnauck has long been a People Plus member and supporter. The People Plus Kaffeestunde is open to “interested German speakers,” persons expecting to attend this April meeting should let Rentz know by April 10. Contact her by phone: 729-0593 or e-mail: edithrentz@comcast.net.

Pickleball anyone?

Pickleball mentor and enthusiast Theresa Houtman is available Tuesday afternoons from 1:30-3:00 p.m. at the Recreation Center on Brunswick Landing, teaching introductory and catch-up classes in Pickleball. Equipment is included, you need provide only appropriate clothing and shoes.

Pickleball has been compared to both tennis and badminton, and is now being played in centers all over the country. It's been called a “near perfect” means of staying fit for persons of any age. Houtman's classes are limited to eight participants, and you need to preregister at the rec center office. A single introductory class is \$10 for Brunswick residents, and \$12 for non-residents, or you can register for three classes for \$20 (Brunswick residents) and \$26 for non-residents. Register at the rec center business office, 220 Neptune Drive, Brunswick Landing, or call 725-6656 for more information.

Lunch & Connections

Fricasseed Chicken, fresh vegetables for April

Fricasseed chicken will headline our luncheon on Thursday, April 21, as we focus on Earth Day-2016, and all things SPRING! “The grass will be greening, tulips budding outback,” head chef Frank Connors predicted, “watch for us to try to get everyone focused on SPRING! We're planning a heaping plate of chicken, squash, cheeses and pudding, to prime everyone's mood,” he added. Last month's St. Patrick's Day corned beef and cabbage meal served 82, members and friends, Connors reported, “there's a record that will stand until our summer picnic.”

This meal will include heavily creamed chicken breast and thigh meat, served on a bed of fluffy egg noodles, with string beans almondine, butternut squash and a side of mac & cheese casserole waiting for people with special dietary concerns. We'll have our trademark fresh, lightly-dressed green garden salad for everyone, and coffee, teas,

fruit juices, milk, and chilled water is available with every meal. Dessert will be a cup of rich Pistachio pudding, served with a spot of whipped cream and a Girl Scout's Thin Mint cookie.

Our Lunch and Connections meals are underwritten by a grant from Spectrum Generations, and are designed to focus on nutrition, variety and information. A CHANS healthcare professional is always on hand to offer and record free blood pressure checks, and Mary Morano of Mary's affordable Hearing Aids is available in the “quiet” Teen Center to complete free hearing checks from 11 a.m. until noon.

Do remember you must pre-register after the first of April to be included, we can only rarely accommodate walk-ins. Cost of the meal is still only \$6.00 for members, (\$8.50 for non-members), and that's payable at the door. Yes, you can preorder a take-out, (we had seven last month!) and pick it up after 11:30 a.m.

Please arrive at the Center after 11:15 a.m. to claim your seat and chat with your friends. Always register for one of our several free door prizes, and plan to purchase your 50/50 raffle tickets. (last month's winner took home \$48!)

Our buffet-styled luncheon is served at noon.



Cross Stitching. Dina Morre, of Topsham, brings her mother to Loosen Up class twice per week. While waiting in the Cafe she often works on a military emblem cross stitch to memorialize her father, Dean Tibbits, who died recently after serving 23 years in the US Navy

“MONDAY MUNCHIES”

Join us Mondays (11-12:30) at People Plus for our weekly meal program providing a healthy and low-cost lunch for seniors. A \$3-4 donation is appreciated but not required! Come eat with your friends or take it home or both! Check our calendar for weekly menu!

www.peopleplusmaine.org

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

Trip to Oxford Casino set

There will be a bus to the Casino at Oxford on April 12. The bus leaves the Bath Area Senior Citizens Center parking lot at 9 a.m.; and picks up at the Home depot Park & Ride, Topsham, at approximately 9:20 a.m. Cost is only \$30 for transportation and casino admission, and each participant

receives \$10 in free Casino credits. You must be a member of The Bath Center, People Plus, or the Topsham Merrymeeters to participate. Remember to carry a photo ID to confirm admission. Bus leaves Oxford at 4 p.m.

Do you spend lots of time in the sun?

FREE Skin Cancer Screening

Saturday, May 7 from 9 a.m.–NOON

First Floor Surgical Suites

121 Medical Center Drive, Brunswick (Adjoining Mid Coast Hospital)

Skin cancer is the most common form of cancer with more than 1 million new cases every year. If you...

- Do not have a dermatologist
 - Are often exposed to the sun, or
 - Have a suspicious growth or sore on your skin,
- this FREE Screening by Dermatologists Nancy Egan, MD, and Helge Riemann, MD, is just for you!

Held in collaboration with the American Academy of Dermatology and the American Cancer Society.

SPACE IS LIMITED. NO WALK-INS ACCEPTED. Pre-registration is required.

For more information, please call (207) 373-6585 www.midcoasthealth.com/wellness



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www.midcoasthealth.com/wellness



Silent Auction

- ♫ **"Abandoned"** framed and matted print by Jim O'Reilly; from Lisa Marie's Made in Maine
- ♫ **"Camouflage"** framed, matted original photograph; from Gail Ripa
- ♫ **"Cats on a Fence"** afghan by Colleen Wilbur in memory of Arvilla Ames from Judy Wilbur



- ♫ **"Dolphin Marina"** limited edition giclee print; from Mary Alice Treworgy
- ♫ **"Fish Shacks on the Androscoggin"** by Frances Pratt Caswell; from Pat & Colby Currier
- ♫ **"Lily of the North"** book by Jane Parker and Patricia Flint; from The Mustard Seed Bookstore
- ♫ **"Main Street - Monhegan Island"** print from Sylvia Dyer
- ♫ **"Patrick Pawsley" Boyds Bear** with metal stand
- ♫ **"Puffed Octagon" handmade baby quilt** from Shirley Bello
- ♫ **"The Fish House Door"** by Robert F. Baldwin and Astrid Sheckels; from The Mix
- ♫ **"The Garden and Beyond" notecards** with envelopes in a painted metal container; from Gail Ripa
- ♫ **"Waterside"** print by David W. Knowlton III; from Bayview Gallery
- ♫ **10 packages Lewis Fiber Fuel bricks** from Maine Biomass
- ♫ **12 Greeting cards** with envelopes with images painted by Bev Bevilacqua
- ♫ **12 x 36 aerial color photo of Harpswell & Harpswell Islands** taken by Tom Jones
- ♫ **1940s/50s Vintage side table** from Blessings Home Design Store

- ♫ **1 hour massage** from Linda Morse, Serene Healing Arts
- ♫ **2 bags of Natures Choice bird seed** from Brook's Feed & Farm Supply
- ♫ **2 hand-made winter hats** from People Plus Mah Jongg Group
- ♫ **2 movie passes** from Smitty's Cinema
- ♫ **2 sets of notecards** from Bayview Gallery
- ♫ **2 small lobster rolls** from Libby's Market
- ♫ **3-month family, adult, youth, or senior YMCA membership** from Bath Area Family YMCA
- ♫ **3 Hand-carved feather pins** includes snowy owl, cardinal, and wood duck; from Roger Barras
- ♫ **4 pints of soup** from Run With Soup
- ♫ **AAA Basic Membership** from AAA Northern New England
- ♫ **Acrylic travel set, easel, 2 canvases** from The Mix
- ♫ **Afghan 50" x 60"**
- ♫ **A Gardener's Delight Basket** from Terri Burgess
- ♫ **American Elm bowl** from Bob Morrell
- ♫ **Asian-inspired serving tray** from Lorraine LaRoche
- ♫ **Baking Lover's Basket** from Bay Square at Yarmouth Senior Living
- ♫ **Bamboo steamer basket** from Jonathan Edgerton
- ♫ **Bee-tastic Basket** includes honey sampler bag and print by Hannah Rosengren; from Bees - 'N - Me and Close Buy
- ♫ **Better Sweater Jacket** from Patagonia
- ♫ **Blue Danube** 4 soup bowls, 2 soup cups and saucers
- ♫ **Blue spongeware porcelain cat** from Jonathan Edgerton
- ♫ **Bosch 4-1/2" Angle Grinder** from Lowes Home Improvement
- ♫ **Bronze bicycle tune-up** includes a basic adjust, adjust brakes and shifting, bearings inspection, lube chain and moving parts, true wheels and pump up tires; from Gorham Bike & Ski
- ♫ **Cactus Statue** made from Mesquite wood; from Indrani's

Live Auction

- ♫ **"Cumberland Island Armadillo"** framed and matted etching on copper with Chine Colle; from Judith Long
- ♫ **"Beachcomber's Treasures" handmade mirror** made with sea glass and beach findings; from Darlene Chalmers
- ♫ **A ride for three at the head of the Memorial Day Parade** in a police car from Chief Richard Rizzo
- ♫ **"An evening at Fiore"** tasty educational evening from Fiore Artisan Olive Oils & Vinegars
- ♫ **Boat ride for four** leaving from Robinhood Marina with lunch at Oliver's in Cozy Harbor; from Peter & Mara Kruze
- ♫ **Cruise on Casco Bay** for party of four (4) aboard a 28' C&C sailboat with David & Margo Knight; course of your choice or can be suggested by captain and crew; gourmet lunch with "above average" beverages and designer dessert provided; from Margo & David Knight
- ♫ **Cruise the Cathance in a canoe** from Frank Connors
- ♫ **Four Red Sox tickets** from Mark & Keri Seitz
- ♫ **Gourmet Chinese meal for six** from Mike Feldman
- ♫ **Hors d'oeuvres tray** for party of ten; from Simply Elegant Catering
- ♫ **Italian dinner for eight** with wine pairings. Created and served by Trattoria Athena owner and chef, Tim O'Brien. Hosted at the home of Jonathan Edgerton in Bowdoin
- ♫ **Moosehead Lake 3-night "long weekend"** Camp Chenango, sleeps six with boat launch, sailboats, canoes, paddleboard; from Richard & Anne Brautigam
- ♫ **MSMT package** Two 2016 season tickets for the first Sunday evening performance of each production PLUS a \$50 gift certificate to Little Tokyo, \$30 gift certificate to The Great Impasta, \$25 gift certificate to Lemongrass, and a \$50 gift certificate to Portland Pie Co.
- ♫ **Portland Getaway** Two (2) tickets to any Portland Symphony Orchestra Tuesday Classical, Sunday Classical or PSO POPS! concert during the 2016 season with gift certificate for Fore Street and overnight accommodations with breakfast for two at Portland's Clarion Hotel
- ♫ **Queen-size quilt** from People Plus Quilters
- ♫ **Red Sox Collector's Item T-shirt Quilt**
- ♫ **Traditional New England Clam/Lobster Bake** from Frank & Jane Connors
- ♫ **Up to a week at Popham Beach** in "Hazel-rah", house sleeps eight, minutes from beach on foot, available before June 1, 2016 or after October 1, 2016; from Clark Hill
- ♫ **Walnut Bowl** hand-turned native walnut bowl highlighted with a segmented maple ring and a segmented walnut cap; from Bob Biette



- ♫ **Certificate for an Extraordinary Wildlife of Merrymeeting Bay Cruise for two** from Maine Maritime Museum
- ♫ **Certificate for facial** includes cleaning, professional exfoliating, aromatherapy, and hydrating mask; from Laine Laliberte, Anew Studio
- ♫ **Certificate for oil, lube, and filter** from Meineke Car Care Center
- ♫ **Certificate for wheel alignment, nitrogen inflation, and tire rotation** from Tire Warehouse, Topsham
- ♫ **Chef-prepared quiche** from Mid Coast Senior Health Center
- ♫ **Cookie Jar and biscuits** from Bridgham & Cook, Ltd.
- ♫ **Cotton Herringbone throw** from Brahms Mount
- ♫ **Craftsman 4-pc. ratcheting wrench set** from Rogers Ace Hardware
- ♫ **Cranberry sauce and crisps** from Local Market
- ♫ **CREA 2016 Summer Day Camp week** from Cathance River Education Alliance
- ♫ **Custom-made frame** from Fogg Art Restoration & Custom Framing
- ♫ **Dash & Albert handwoven rug** from Nest
- ♫ **Desk model marine mobile** with scallop base; from Claude Bonang
- ♫ **Eight (8) lobsters** from Eliot Nixon
- ♫ **Family Pizza Night** from Warmings Market
- ♫ **Felted Sock Monkey** from The Mix
- ♫ **Fine cotton & wool throw** from Maine Woolens
- ♫ **Fire Pit** by Hampton Bay. 30" round, steel; from Home Depot
- ♫ **Five free subs** from Firehouse Subs
- ♫ **Four (4) jump passes** from Get Air Trampoline Park
- ♫ **Four (4) tickets** from Midcoast Symphony Orchestra



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Silent Auction (continued)

- ♫ **Four Portland Pirates tickets** vs. Bridgeport Sound Tigers on Friday, April 15th; from Bath Savings Institution
- ♫ **Four Sea Dogs tickets** vs. Reading Fighting Phils on Saturday, June 25, 2016; from Bath Savings Institution
- ♫ **Framed horseshoe crab** with frame made from lobster lathes; from Claude Bonang
- ♫ **Framed Landscape Oil Painting by D.E. Perrin** from Brooke Nixon
- ♫ **Garden pot set** from Jonathan Edgerton
- ♫ **Giant Chocolate Duck** milk chocolate; from Tuck's Candies in Rockport, MA
- ♫ **Gift basket** filled with jams, pickled beets, and potholders; from George & Sue Sergeant, Patchwork Gardens
- ♫ **Gift basket** includes aluminum water bottle, pound of coffee, and 12pk K-cups; from Starbucks - Topsham
- ♫ **Gift basket** includes a t-shirt, hat, key chain bottle opener, 2 pint glasses, 4-pack of "Daymark", and 2 free sample cards good for one 10 oz. pour in tasting room; from Rising Tide Brewing Company



- ♫ **Gift basket** includes t-shirt (large), water bottle, and pot holder set; from Cool as a Moose
- ♫ **Gift basket** includes two wine glasses, napkins, sea salt, fondue set, tapas, cutting board, wine bottle stoppers, bamboo appetizer picks, tapas serving set, and artisan olive oil; from Now You're Cooking
- ♫ **Gift card and aluminum water bottle** from Dunkin' Donuts - Pleasant Street, Brunswick
- ♫ **Gift certificate for \$10 a month for one year** from The Big Top Deli
- ♫ **Gift certificate for 5 movie rentals** from Bart & Greg's DVD Explosion!
- ♫ **Gift certificate for services** from Adrian Deyes at Kings & Queens Hair Studio
- ♫ **Gift certificate for services** from Before & After Photo
- ♫ **Gift package** includes tumbler and gift certificate for a bagel with cream cheese and small coffee; from Mister Bagel
- ♫ **Gift set** includes invisibobble hair ring, brush, and nail polish; from Looking Glass
- ♫ **Gilt mirror** with reverse painting of ship; from Martha Cushing
- ♫ **Girl Scout Basket** includes cookies, candy, and nuts; from Girl Scout Troop #1644

- ♫ **Hand-blown glass vase** by local artist David Jacobson; from Close Buy
- ♫ **Hand-carved and painted bird with pinecone** from Ralph Palmer
- ♫ **Hand-carved and painted cedar wax wing** created from basswood; from Richard Nickerson
- ♫ **Hand-crafted earring and necklace set** with brown beads; from Susan Loeb
- ♫ **Hand-crafted earrings** with silver and greenstone; from Susan Fuller
- ♫ **Hand-crafted jewelry** from Susan Loeb
- ♫ **Hand-crafted Kyanite necklace** by Susan Fuller
- ♫ **Hand-crafted Mesa earrings** with onyx and gold-filled accents; from Susan Fuller
- ♫ **Hand-crafted necklance** with brown stones and silver; from Susan Loeb
- ♫ **Hand-knitted mittens for the family** includes 2 adult sizes and 1 child's size; from Elaine Escholz
- ♫ **Hand-sewn potholders** (two), sachets (two), and a trivet; from Susan Loeb
- ♫ **Hand-turned pen** made of olive wood and plated with rhodium; from Dr. David Taft
- ♫ **Handmade bird house** Gene Collins
- ♫ **Hand made ice cream scoop** made of black locust from Mere Point; from Dr. David Taft
- ♫ **Handmade rustic bench** made of pine and spruce; from Hank Welzel



- ♫ **Handmade sweater mittens** from Jeanne Dube
- ♫ **Heidi Boyd Crafts Basket** includes cat softie whimsy kit, deer & bunny tea towel kit, skunk hoop it, fairy tale sewing book, fat quarter stack of 'Forest Follies' collection; from Heidi Boyd
- ♫ **Hot stone pedicure with Lili** from Nail World Spa

Raffle Items

- ♫ **Ride on a fire truck** from Chief Ken Brilliant, Brunswick Fire Department
- ♫ **Cherry bowl** from Bob Morrell
- ♫ **Two Red Sox tickets** from Mark & Keri Seitz
- ♫ **Maine "Favorite Places and Things" t-shirt quilt**
- ♫ **Up to a week at Popham Beach, sleeps 4** in "Stafford Place" house, minutes from beach on foot, available before June 1, 2016 or after October 1, 2016; from Dick Hill

- ♫ **I <3 Books puzzle** from The Mustard Seed Bookstore
- ♫ **Kalorik oil & vinegar sprayer/mister**
- ♫ **L.L. Bean Chickadee snow-globe** from Lorraine LaRoche
- ♫ **Landscape design** from Jack Hudson
- ♫ **Lobster pillow** from Patricia Porell at Timeless Cottage
- ♫ **Marine motif pen & pencil holder** featuring a horseshoe crab; from Claude Bonang
- ♫ **Melissa & Doug** from Island Treasure Toys
- ♫ **Mens Ampere jacket** from The North Face
- ♫ **Men's Timberland watch** from John H. Kilbourne
- ♫ **Metal Lawn Art** from Jonathan Edgerton
- ♫ **Mini Sunburst** full spectrum all-in-one growing light; from Urban Garden Center
- ♫ **Mix basket** from Morning Glory Natural Foods
- ♫ **Nepalese scene framed, matted water-color** by J. Rajopadhyay; from Gail Ripa
- ♫ **One-year family membership** from Coastal Maine Botanical Gardens
- ♫ **One free small cheese pizza per month for a year** from Romeos

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Silent Auction continued on page 10



Dementia Caregivers

SUPPORT GROUP

The Dementia Caregivers Support Group is a free monthly educational and support group offered by Mid Coast Senior Health Center to assist individuals in understanding and caring for someone with memory loss.

UPCOMING PROGRAMS

April 21: *Music & Memory: Providing Positive Stimulation*
Tim Knight, RN, BSHCA, Director of Clinical Services
Heather Thomas, Events Coordinator
Mid Coast Senior Health Center

May 19: *An Introduction to the Alzheimer's Association*
Peter Baker, LMSW, Manager of Helpline Services
Alzheimer's Association, Maine Chapter

June 16: *Finding a Balance: Caring for Yourself & Others*
L. Susan Yetter, PhD, APRN, PMH-NP
Mid Coast Senior Mental Health Services

Group meetings are open to the public and are held from 4-5 p.m. the third Thursday of every month at Mid Coast Senior Health Center, 58 Baribeau Drive, Brunswick.

For more information, please call (207) 373-4656.

This support group is an affiliated group of the Alzheimer's Association, Maine Chapter.



**MID COAST Center for
Community Health
& Wellness**

“always something to celebrate!”

As you may have read in the Peek, it's that time of year again. Last year our goal with the Back to School Fund letter was \$7,000 and when we were at about \$5,000 we sent out a “help us make our goal” plea and we did!!!! Soooo guess what? Our goal this year is \$10,000 and we currently are at \$7,800 and I am sending out a “help us make our goal” plea!!!

We love the thought of \$10,000 for our 10th anniversary year, and still do, but it has become much more than that - once school started our attendance doubled! We have an assistant Teen Center staff person 4 days a week since July and even though it is certainly an enviable dream job hanging out with pre-teens and teens 4 afternoons a

week, feeding them and cleaning up after them and rolling your eyes a lot, we thought we should probably pay her a little something something (she did too!).... and we have been and we want to keep being able to! I am pretty much asking you all to help raise \$2,200 more dollars to preserve my own personal sanity really, cause I can't do this job alone, there's just too many of em these days (kids)!

We do only one appeal letter a year and one big fund-raiser a year to raise the bulk of the cost of running the Teen program. Speaking of big fund-raisers, yep, it is time for the Gelato Fiasco Scoop-a-Thon event again on April 27th! Come on by and get yourself some gelato or sorbetto or a great

cup of coffee (or a lb. of coffee!) for a worthy cause, see some familiar faces, have some fun!! Night -time brings some great entertainment from Bowdoin College!

This has been our busiest school year ever at the Teen Center (attendance) and I am predicting a busier than usual summer, which in the past has had much lower attendance than during the school year. And our membership really is determined by transportation or lack of really or we would have many more kids than primarily those from the neighborhood! After 7 of the busiest months I have ever experienced while working with the kids, I am about to go on vacation!☺ Far far away. I am writing this days before I go and this week upstairs has been about “where are you going? how long? I want to go with you. We all do. Last time you went on vacation you brought us all bracelets from Jamaica, will you bring

Teen Center News

Jordan Cardone



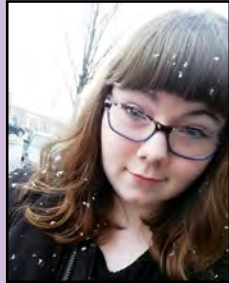
us something this time (um, hmmm, 2 years ago there were 1/2 as many kids!) “Maybe sea shells” I told them. I'll see what I can do (eek!). No complaining though, they, more than anyone else, know I could use a vacation.☺

Meanwhile, we have kids getting drivers permits, about to go to China, getting a first job, making honor roll and more happening. As crazy as it gets sometimes in the Teen Center, we always seem to have something to celebrate!!!!

Jordan and gang
FMI, or to contact me directly, email
teens@peopleplusmaine.org

Teen of the Month: *Kelly Ledsworth*

Kelly is getting Teen of the Month because she is, well..... overall awesome! Kelly is going to China on April 14th for 9 days! Along with a teacher from BHS, another BHS student and others who have signed up with the tour group. They go to Beijing, XI'AN and Shanghai. We are looking forward to hearing all about her trip when she returns! Have fun Kelly!



Weekly Winners

Senior Intermediate Cribbage

Feb. 24: Anita Owens, 703;
Anne Bouchard, 695.
Mar. 2: Joe Tonely, 725; Mike Linkovich, 707.
Mar. 9: Dick St. Cyr, 724;
Patricia Johnson, 705.
Mar. 16: Robert Frost, Anita Owens
AND Lois Fournier (tie) 683!

Monday-Saturday Bridge

Feb. 20: Bob Cressey, 4,290;
Bill Buermeyer, 4,070; Sherry Watson, 3,590.
Feb. 22: Fran Lee, 4,030;
Lorraine LaRoche and David Bracy (tie) 3,350; Joyce Lyons, 3,310; Bill Coop, 3,140.

Feb. 27: Richard Totten, 4,450;
Bill Buermeyer, 3,760.
Feb. 29: Bill Coop, 5,080;
Lorraine LaRoche, 4,330; David Bracy
and Fran Lee, (tie) 3,540.
Mar. 5: Jeff Lauder, 3,749;
Richard Totten, 3,410; Sherry Watson, 3,340.
Mar. 7: Alan Reder, 3,600; Joyce Lyons, 3,270; Paul Betit, 3,050.
Mar. 12: Donna Burch, 4,110; John Rich, 4,080.
Mar. 14: David Bracy, 3,900; John Rich, 3,630; Libby Scully, 3,620; Lorraine LaRoche, 3,310.

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Presenter Photo by Jeff Morris of The Pure Studio, Brunswick



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

April 2016



Thank You! For making Spectrum Generations' Southern Midcoast Aging and Disability Resource Center's March for Meals Community Lunch a huge success! On March 23rd, over 50 diners enjoyed gourmet tomato-garlic soup, a variety of wraps, and salad that were all freshly prepared at our Cohen Center and served out of the People Plus building.



Bath City Councilor, Terry Nordmann (left front) and Brunswick Town Council Chair, Sarah Brayman (left middle) enjoy lunch with community members.

The 14th annual March for Meals was a month-long, nationwide celebration of Meals on Wheels and the homebound and vulnerable seniors who rely on its vital safety net. Each month, Spectrum Generations serves over 17,600 meals to homebound seniors and disabled adults in our six-county service area. More than just a meal, Meals on Wheels also delivers wellness checks and friendly smiles so that seniors can continue to live independent, healthy lives.

April is Volunteer Appreciation Month

Spectrum Generations relies on over 500 volunteers to bring a wide variety of vital services to communities across the counties of Kennebec, Lincoln, Sagadahoc, Knox, Waldo, and Somerset, plus the towns of Brunswick and Harpswell.

Whether it be delivering Meals on Wheels, helping in the kitchen, sharing a talent or hobby, waiting tables, answering phones, helping a senior balance their checkbook or create a budget, or just brightening someone's day, our volunteers are committed to our mission of promoting life-long learning, health, wellness, nutrition, community engagement and social well-being of all older and disabled adults.



Thank you for all that you do!



SCAM ALERT BULLETIN BOARD

Every day, hundreds of Americans fall for a con known as the "grandparent scam". This occurs when someone poses as a grandchild claiming to be in trouble and in need of money that must be wire-transferred immediately. Scammers will likely garner family details

from social networking sites or online directories and may know names, travel plans, etc. If you get a call from you "grandchild", ask them a question only the real grandchild would be able to answer. The fake grandchild will typically implore you to send them money in secret - another red flag. Hang up the phone and verify the whereabouts of your grandchild with another family member. Know the signs and keep your hard-earned money safe.

Be a fraud fighter! If you can spot a scam, you can stop a scam. **Contact local law enforcement or the AARP Fraud Watch Network www.aarp.org/fraudwatchnetwork or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.**

Spectrum Generations Money Minders Program



Are you 55 or older and finding managing your finances is becoming difficult? Have you had to start paying bills for the first time ever, or paid a bill twice? Maybe you have started receiving late notices, spending more than you have, or are just feeling overwhelmed by bills. Spectrum Generations can help.

Spectrum Generations offers the Money Minders program to qualified seniors in central Maine (Kennebec, Somerset, Waldo, Knox, Lincoln, and Sagadahoc Counties, as well as Brunswick and Harpswell). Through this program, highly skilled and bonded Money Minders volunteers are matched with a senior who needs help establishing and maintain a monthly budget, ensuring bills get paid accurately and on time. Money Minders volunteers also help clients avoid over drafting their bank accounts, financial frauds, and scams.

To be eligible for the Money Minders program at no fee you must be 55 or older, have an annual income of \$33,700 or less if single (or \$38,550 for couples) and have liquid assets of less than \$50,000. Liquid assets include cash assets (such as savings, CDs, money market funds) but do not include real property such as houses, cars, or retirement accounts. The Money Minders client must be competent and able to make all financial decisions about the handling of their money, sign their own checks, and keep full control of their bank accounts and other assets.

We also offer the program on a fee-for-service basis if you exceed the above eligibility standards and still require help. If any of the above apply to you, or if you are interested in becoming a Money minder volunteer, please contact Aryana Davis at 207-607-4405 or adavis@spectrumgenerations.org.



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Silent Auction (continued)

- ♪ **One free small pizza per month for a year** from Romeos
- ♪ **One indoor family sitting plus one 8 x 10 portrait** from The Pierce Studio
- ♪ **One large, one topping pizza** from Sam's Italian Foods, Lewiston
- ♪ **One night stay for two with three-course dinner** from The Brunswick Hotel & Tavern
- ♪ **Oral-B Pro 5000 Smart Series** rechargeable toothbrush; from T. Kevin Sullivan, DDS
- ♪ **Original paper batik by Connie Bailey** from Consuelo Bailey
- ♪ **Pinnacle Vodka variety pack**
- ♪ **Print of an oil painting** steam locomotive on turntable at Maine Central Roadhouse; from Claude Bonang
- ♪ **Purr-fect Cat Lovers Basket** includes a cat nap bed with cover, "Pouncer" Ty cat, and a cat frame; from Linda Potts-Crawford
- ♪ **Round trip for 2 on the Amtrak Downeaster** from Northern New England Passenger Rail Authority
- ♪ **Royal Heirloom Collection porcelain doll** from Jonathan Edgerton
- ♪ **Scarf and Pin set** handwoven chenille scarf by Mel Fuller in 100% Rayon and a hand-carved blue jay feather pin by Roger Barras
- ♪ **Scarf and Pin set** handwoven scarf by Mel Fuller in 100% Tencel and a hand-carved chickadee feather pin by Roger Barras
- ♪ **Seashells by the Seashore basket** includes 'Island Hopping' and 'Peach Picking Time' Seawicks 100% soy candles and decorative shells; from Hatch on Maine, The Mix
- ♪ **Set of 4 vintage Christmas tree glass mugs** from Lorraine LaRoche
- ♪ **Set of four Coaster Stones** from Lorraine LaRoche
- ♪ **Set of four coffee mugs** made in Maine by Cabin Pottery
- ♪ **Set of two porcelain incense holders** from Jonathan Edgerton
- ♪ **Shiatsu CD and gift card** from Leapin' Lizards
- ♪ **Six (6) custom-built insulating interior window inserts** from ReStore - Habitat for Humanity
- ♪ **Six fabulous homemade deep-dish fruit pies** from Jane Connors
- ♪ **Star Wars package** from Island Treasure Toys
- ♪ **Sunday brunch for two** from Harraseeket Inn
- ♪ **The Ropes bracelet** 7mm chevron with pink and orange, brass clasp; from Springer's
- ♪ **Three 1-hour sessions in the studio** from Smudge Art Studio for Kids
- ♪ **Three tins of tea** includes Green Mao Jian, Jasmine Green, and Green Eyebrow; from Little Red Cup Tea Co.
- ♪ **Tie Rack Frangi lightweight pashmina:** silk and cotton blend, made in India
- ♪ **Topographic map:** Phippsburg quadrangle, 7.5 minute series
- ♪ **Trader Joe's chocolate bars**
- ♪ **Two (2) movie tickets** from Regal Cinemas
- ♪ **Two (2) pairs of tickets** from Bowdoin International Music Festival
- ♪ **Two 1-hour batting cage sessions** from Coastal Ortho/Coastal Performance
- ♪ **Two books** from Maine author Miriam Nesset
- ♪ **Two Chris Van Dusen books with memo board** includes "If I Built a Car" and "Down to the Sea with Mr. Magee"
- ♪ **Two home-baked pies** from Amanda Similien
- ♪ **Two movie passes** from Eveningstar Cinema
- ♪ **Two table-top custom-made frames** from Fogg Art Restoration & Custom Framing
- ♪ **Two tickets to Sagadahoc Preservation's 14th annual tour** from Sagadahoc Preservation, Inc.
- ♪ **Usana Basket** from Sharon Dodge
- ♪ **Vera Bradley cosmetic bags** from House of Logan
- ♪ **Vera Bradley Quick Draw string bag** Suzani pattern; from Terri Burgess
- ♪ **Vintage Little Tikes Place** from Jonathan Edgerton
- ♪ **Vintage table** from Blessings Home Design Store
- ♪ **Vinyard Vines golf tie** from Vinyard Vines
- ♪ **Vinyard Vines tote bag** from Vinyard Vines
- ♪ **Whale tail charm** from Keith Field Classical Goldsmith
- ♪ **Wine carrier** with a bottle of "Plexus" and a bottle of "Artemis"; from John H. Kilbourne
- ♪ **Womens Cyclone hoodie** from The North Face



Armand and Anne Bouchard, two faithful People Plus members, took a break during to enjoy People Plus News with Red Sox mascot Wally the Green Monster.

Silent Auction Gift Certificates

- Aki Japanese Cuisine • Bath Natural Market • Bath Sweet Shoppe
 Betty's Homestyle Cooking • Cameron's Lobster House
 Centre Street Hair Studio • Chilton Furniture • Coastal Maine Popcorn • Dube's Music
 Edible Arrangements • Fairground Cafe • Frontier • Gelato Fiasco • Glazed
 Gritty McDuff's - Freeport • Gulf of Maine Books • It's All Good • Jeanne Burton
 Jill McGowan Retail Store • Joshua's Restaurant & Tavern • Maine Optometry, P.A.
 Margarita's Hair Styles • Maurices • New Beet Market • Pauline's Bloomers • Red's Eats
 Reny's, Bath • Reny's, Topsham • Sea Basket • Sea Dog Brewing Co.
 Sherman's Books & Stationary • Skillins Greenhouses • Slot Car Junction • Solo Bistro
 Starlight Cafe • Sweet Dreams Home Furnishings • Target • The Broadway Deli
 The Cabin Restaurant • The Dolphin Marina and Restaurant • The Music Center
 The Southgate Family Restaurant • Trattoria & Enoteca Athena • Walmart
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Auction and Raffle item lists are current at time of printing and are subject to change.



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DON'T FORGET THE WATER

This time of year it is important to stay hydrated. Most people agree that drinking water is common sense.

We also know many people report they never drink just water, and literally live on liquids that dehydrate the body. Examples of such dehydrating liquids are coffee, soda and tea, all of which contain caffeine. Switching from these dehydrating beverages can be the first step toward the health you desire.

The human body is composed of 75 percent water and as adults we can only survive three to four days without water.

Only nerve function and the air we breathe are more important for life than water. Hydrated people perform better on tests than dehydrated people.

Twenty percent more strength and aerobic power can be seen in a typical 150 pound person who has optimum body water levels as compared to individuals who lose three pounds of water weight during the same activity.

Water as an aid to weight loss. We often turn to food when in fact we're only really thirsty. Drinking water can fill you up, replenish fluids and even give you energy allowing your body to function properly and reduce weight.

Water and toxin/waste removal. Water prevents damage to kidneys by helping dissolve the waste the kidneys remove. Without water a person

would be poisoned by their own waste products and toxins resulting from their body's metabolism.

Stay tall and maintain nerve integrity as you age. The loss of height and decreased nerve

function seen in some individuals can be linked to dehydration as well as joint dysfunction.

If each spinal disc loses 10 percent to 12 percent of its water content, an average person will lose approximately two inches in spinal height as they age. This loss of height impairs proper nerve signals exiting the spine and reduces overall health. The combination of proper hydration and proper spinal hygiene can help to minimize nerve and disc issues.

The Action Steps: How much water is enough?

DAILY water requirements can be calculated by dividing your body weight in pounds by two. That number is the number of ounces of water that you should have. Water requirements come from clear fluids. Add 2 glasses of water per day for each cup of coffee, tea, pop, or serving of alcohol.

Keep hydrated and get your nervous system and spinal systems checked to improve overall function and the quality of your life.



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“...one if by land, two if by sea!”

*“Listen my Children, and you shall hear
Of the midnight ride of Paul Revere.
On the eighteenth of April in seventy-five...”*

How wonderfully those old words from the poet Longfellow stir the mind toward patriotism and so many things American. There was a time when this poem was required reading in all our New England schools, and most of us kids happily memorized it, with visions of our earliest heroes dancing in our heads. But it was last summer when I read my first real primer on Paul Revere, and I have to say, it was revealing and impressive!

Did you know that he never finished his famous ride? He did spot those lanterns in the old north church, he did paddle under the belly of the Samoset British man-of-war, he did find his hidden horse and did make his way to Lexington, enduring great peril. Listen to his own explanation: “the moon shone bright,” he remembered, “I had got almost over Charlestown Common, towards Cambridge, when I saw two (British) officers on horseback, standing in a narrow part of the road. I was near enough to see their holsters and cockades. One started his horse to me, the other running up the road, I suppose to head me off should I escape the first. I turned

my horse about, and rid upon a full gallop for Mystic Road.” No shots were fired and, if words were spoken, Revere did not record them.

As the road to Cambridge was blocked, he followed the Mystic River, which he crossed, entering Medford over a plank bridge. Revere continued the story: “Here I awakened the Captain of the Minute Men; and after that I alarmed every house till close upon midnight, I got to Lexington and sounded the alarm.”

Beyond Lexington and just before Concord, Revere’s luck ran out. He encountered four more mounted British officers, pistols drawn, who forced him into a fenced pasture. “If you go an inch further,” one of them said to him, “You’re a dead man!” Revere was pushed off his horse, and walked back to Lexington under armed guard, the alarm at Concord came from other riders on other roads.

Did you know that Revere was a famous post rider before Concord? In 1774, it was he who alerted neighboring Portsmouth to a British expedition to seize precious colonial gun powder; and the year before, he represented the Sons of Liberty on a ride to New York City, and then Philadelphia, announcing to other northern colonies the news of Boston’s

great and defiant tea party. It’s been suggested Revere rode thousands of miles on horseback, in the defense of America’s cause.

Before the American Revolution, Revere saw a year’s action in the French & Indian wars, and after the Revolution, he was back in Boston, a master silversmith, a dentist of some merit, a caster of bells, an inventor of ship’s hardware and a father of eleven children. He was a Boston free Mason, served on many municipal committees, one that placed the city’s first street lights, others that rebuilt some of Boston’s most famous churches and public buildings. A biographer said, “he made a nice balance between good sense and boldness.”

I find amazing inspiration in a life such as his.

I, Jane and the grandboys were all in Boston last month, and the city has recently developed what it calls Paul Revere Park, not far from where old Ironsides rests and where the Freedom Trail winds through old Boston. It’s a wonderful, peaceful piece of green on the bank of the Charles River, with several planks and plaques saluting this remarkable life. Sitting there, telling the boys some of my newest Paul Revere stories, we made plans to

Speaking Frankly

Frank Connors



return this month on “the night” to mark his famous ride.

How better can we inspire these kids to be better people?

Back to Longfellow’s poem for my closing:
*“You know the rest, from the books
you have read*

*How the British Regulars fired and fled,
How the farmers gave them ball for ball...
So through the night rode Paul Revere,
And though the night went his cry of alarm
To every Middlesex village and farm,
A cry of defiance and not of fear,
A voice in the darkness, a knock on the door,
And words that shall echo forevermore...”*

Edit note: My special thanks to the publishers of “Favorite Poems of Henry Wadsworth Longfellow,” Doubleday & Company, 1947; also, “Paul Revere & The World He Lived In,” by Esther Forbes, Houghton Mifflin Co., 1942

New or renewing members for March

* indicates new membership
• indicates donation made with membership

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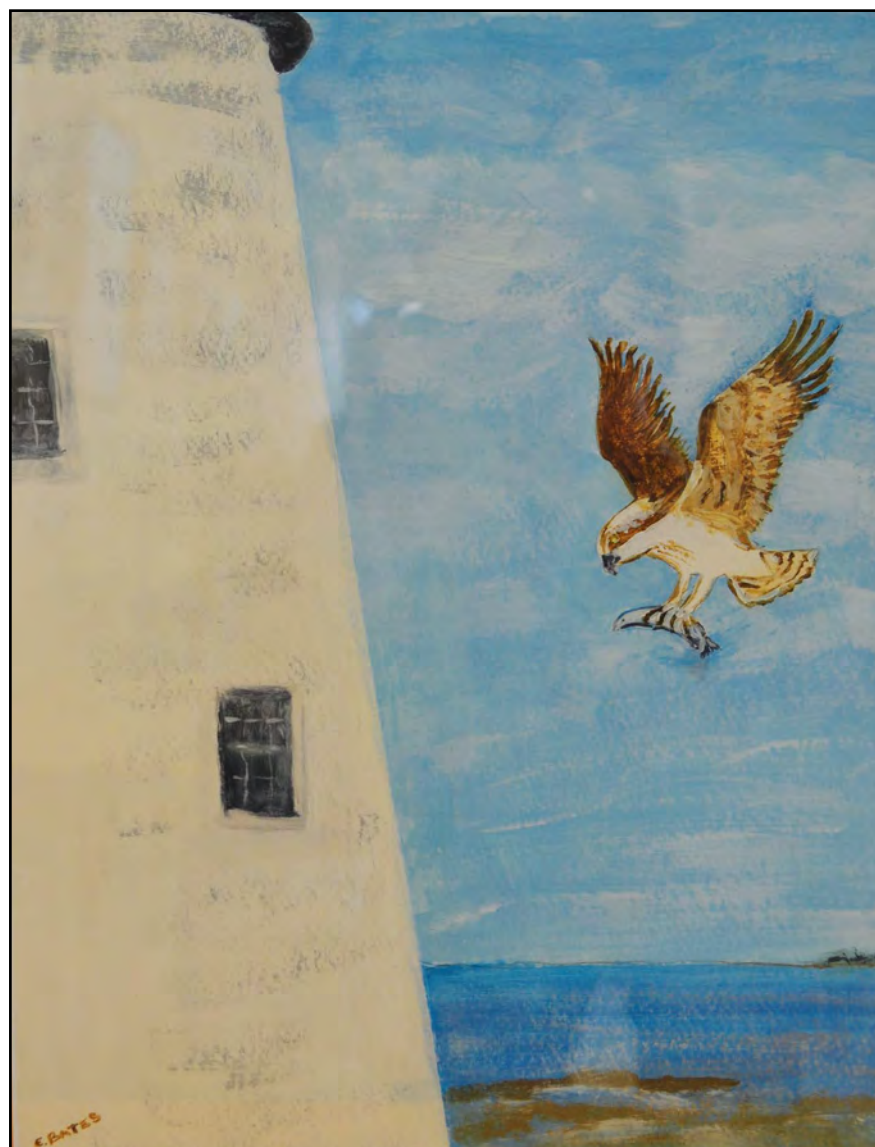
Bates oils continue at Gallery

The oil paintings of Elizabeth Bates remain on exhibit at the Union Street Galley of People Plus through the month of April. This collection of interesting seascapes, landscapes and flowers has created lots of interest at the Center, and Bates, who is a member of the Center's writer's group and luncheon committee, says she has had lots of positive feedback from members.

Bates has been an amateur painter for years, first taking instructions from Elizabeth Knox, Audrey Bechler and Daisy Green, all teachers at the Round Top Center for the Arts, in Damariscotta. She added that her husband was an excellent painter, and she learned much from him. She has painted in watercolors and acrylics as well as oils, and says her heart is in working with oil paints.

Bates said, "I was born in Puerto Rico in 1926." She explained "my mother was from Boston, my father from the island of Mallorca, in the Mediterranean Sea." She said her parents met in New York City and her brother and sister were born there. "I have always loved classical music, reading, and writing poetry," she added.

The collected works may be seen during normal business hours at the People Plus Center, 35 Union Street, Brunswick. Bates said all the pieces are for sale, and any proceeds from sale will be donated to the Center.



Osprey at Pemaquid. Oil on canvas.

Bus to Cape Cod, Martha's Vineyard has openings

The Richmond Golden Oldies Center is sponsoring a Diamond Tours bus to Cape Cod and Martha's Vineyard for four days in June, and they have invited members of People Plus to participate. The luxury coach leaves the Richmond Senior Center at 8 a.m., on June 20, motors through Massachusetts and visits Plymouth Plantation and Plymouth Rock, spending the first night with dinner on Cape Cod. Day two includes tours of Sandwich and Hyannis; day three is a ferry ride and tour of Martha's Vineyard; and day four is a visit to historic old Sturbridge Village. The \$395 tour (per person, based on double occupancy) includes travel, three nights lodging, six meals and general admissions. \$75 is due at signing, you need to register with Laurie Saunders, 737-2251, at the Richmond Center.



Lunch out!

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