

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

People Plus
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People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages



Serving up for People Plus. Celebrity server Curt Dale Clark of MSMT(above), serves up another gelato at the 8th Annual Gelato Fiasco Scoop-A-Thon to benefit the Brunswick Area Teen Center. Right: Local teens serve a sumptuous buffet at 14th Annual Music in April Gala. Both fundraisers exceeded expectations and set records.



Music in April, Scoop-a-thon called, "huge successes"

Preliminary numbers are tabulated and it seems obvious that the 14th annual Music In April Gala and the Gelato Fiasco Scoop-a-thon just two weeks later are both being called "huge successes" by Executive Director Stacy V. Frizzle.

"I just never stop being amazed by the generosity of our communities," Frizzle said, "the businesses, our organizations, the hundreds

of individuals who rally 'round us every year, every event, it makes me so proud, so humble." She referred to the Music in April Event as a "perfect storm" built on contributions by sponsors, restaurateurs, community members and volunteers. She said that event would net over \$50,000, "when the dust settles," and that was a new record for a gala which has become a Brunswick tradition. Last

year's event netted about \$45,000

The 12-hour long Gelato Scoop-a-thon marathon on April 27 seemed to follow the same winning path. New sponsorships, old friendships, and loyal patrons pushed the total amount raised to benefit the Brunswick Teen Center to a record high of \$6200 (revised from paper edition).

"We just can't possibly put into words how grateful we remain for support from our members, friends and our communities."

Turn to pages six and seven for additional pictures, information and lists from these events.



Raised through Apr. 26th
\$48,445
 Annual Fund Goal
\$50,000
 Fiscal year ends June 30
 Your donation of \$25 or more in "New Money" contributes to the 100 percent challenge match of Richard Morrell, to a maximum of \$5,000.

100
90
80
70
60
50
40
30
20
10
97%

Each donation matters!

"Aging Well" Lunch and Learn: Reverse Mortgage - Fact and Fiction

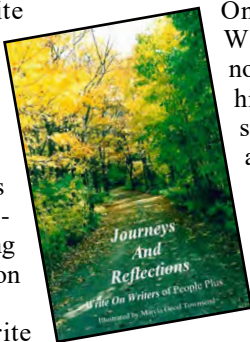


Monday, May 23, 12 pm

Join us as Mechelle Nash from Coastal Enterprises, Inc. (CEI) explains the ins and outs of reverse mortgages to help you decide if they are right for you. CEI offers Home Equity Reverse Mortgage counseling to eligible Maine homeowners over age 62. Free to members, \$5 non-members. Bring your lunch (or grab take-out from our Monday Munchies), we provide chips, drinks and dessert. Call to register.

New Write On Writers book is here

Journeys and Reflections, the latest, and seventh endeavor of the Write On Writers, was delivered to the People Plus Center in late April. The 230-page book, the first produced with illustrations by Marcia Good Townsend, was self-published by the writers group, and will be formally introduced to the general public during an Author's Chat at the Center on June 8.



"From cover to cover," Write On member and author Ralph Laughlin said, "this book is absolutely the

most professional book that Write On Writers has ever produced. Whether it's poetry, fiction or non-fiction writing, it is all of the highest standard. If I had to use a single word to describe *Journeys and Reflections*, it would be the initials of our group...WOW!"

The soft-covered volume contains 76 stories and 120 poems written by 24 member-authors, plus 108 original illustrations and 11 photographs. It went on sale May 1 for a cost of \$14.95.

BRUNSWICK TEEN CENTER SCOOP-A-THON

MID COAST-PARKVIEW HEALTH

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2016 Sponsors

Happy Mother's Day!

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpwell 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

The "Magic" is in the numbers

As I write this, I'm headed to Gelato Fiasco in downtown for the Brunswick Area Teen Center fundraiser event today. There is excitement in the air and I am looking forward to what could be our biggest event yet. We have at least 100 people involved in the logistics through volunteering, scooping, musical acts, and organizing. And we expect to see nearly 1000 people participate before 11 PM tonight.

Last year that event raised about \$5000 for our teen program and we're hoping to beat that record and potentially surpass it.

We broke records at Music in April this year by raising \$50,000 and I'm again amazed by the sheer number of people involved in making that happen. It takes months of organizing and volunteering to put the event together with staff and volunteer support and then the night of sees nearly 250 people come together to support the seniors in our community.

So how does this happen? How do we continue to grow the success of our fundraising events? Double and triple membership numbers? Expand our exposure in the community through newspaper and television and radio?

I'll tell you how, it's the fantastic staff at People Plus as well as the Board of Directors and volunteer crew that cultivate and create these successes.

Really it starts with the core staff. And just as you enter the door there sits Pat in the mornings and volunteers in the afternoons. Pat manages the flow of traffic, the scheduling of participation, and all the behind-the-scenes statistics about how many people attend events,

maintains that membership database, and has a handle on everything going on at the Center.

And with Betsy White as the office manager making sure all the bills get paid, the vendors are taken care of, the instructors get their paychecks, and the heat stays on, we can always rest at night knowing the finances are in order and there's paper in the copier! She's reduced the vendor spending, saving the organization thousands of dollars a year.

With Jill at the helm of programming and building scheduling, we have increased attendance at events - triple fold. We have rental income that supports the low membership rates and program communication to newspapers, websites, community calendars and more that lets the world know about the benefits of People Plus.

Working with Jill is a new addition to our staff, Jenn Felkay. She creates our marketing materials and lays out the newspaper with Frank, but most importantly she coordinates our Volunteer Transportation Network (VTN); matching up riders with drivers to provide for vital services that are lacking in a lot of our homebound elders' lives.

There's Jordan upstairs in the Teen Center program with her sidekick Donna. Jordan is a force of nature in that she can wrangle the teens every day with skill and grace, while writing weekly columns, generating grant applications, and maintaining her sanity under stress.

Anita Huey is not officially staff but works her magic with nutrition and coaching every day out of our center providing a vital service for preventing diabetes, weight loss, and

From the Executive Director
Stacy V. Frizzle



improved health. She also contributes to the weekly email blast and the newspaper.

Our intern Amy has become a regular part of the scene and despite graduating from college this May she has committed to stay active on Mondays serving the munchies on a regular basis. And we couldn't be more grateful for that commitment!

Lastly, there is Franklin. Making birthday phone calls, producing the newspaper, writing his two cents, managing the membership database, organizing the lunch crew and following Gladys and Rose's orders while really being the face of the organization is no easy feat and he does it smoothly and professionally - like he was born for it.

It's this crew of people lead by volunteers and our board who make the place run so well. And this allows me to be out and about in the community forging connections with other nonprofits, fundraising, and developing partnerships that keep the finances healthy and the community involved with People Plus.

I couldn't be more proud than I am of our staff and volunteers. I ask all of you to join me in thanking them on a regular basis - for the gift they give our community comes back to all of us at the *Center That Builds Community* for seniors and teens on the Midcoast.

From Anita's Plate
Anita Huey



207-504-6439, shebakme@comcast.net

We always seem to be celebrating something. A birthday, anniversary, wedding, shower and this month will be mother's day. Most people celebrate with desserts. I have noticed that wherever you go the portions get bigger and bigger. A dessert can easily contain over 1,000 calories. This could quickly derail ones efforts at weight control. What are some strategies to help manage these situations? Recently there have been some creative ways to lower the calories in desserts and even make them healthier! One year my daughters and I made an edible fruit arrangement to bring to my mother in law on Mother's Day. Well it was my idea but the girls really pulled it off! Here are some other ideas:

- Canned black beans for flour. I have tried this and it works great!
- Unsweetened applesauce for sugar.
- Avocado puree for butter. This can also be used to make frosting!
- Vanilla for sugar. Try cutting the sugar in half and add 1 teaspoon of vanilla!
- Fillo cups for a crust instead of a piecrust!
- Fruit Kabobs. Make a dip for them by combining Greek strawberry yogurt, 1 t vanilla and 2 Tb. of low fat cream cheese!
- Meringues make for a great low calorie cookie!

Raspberry Beet Cheesecake

- Crust:**
 - 1/2 cup vanilla wafers
 - 1 tablespoon olive oil
- Cheesecake:**
 - 1 cup roasted, skinned red beets (about 2)
 - 1 pound 30% lighter cream cheese
 - 1/2 cup sugar
 - 4 eggs
 - 1 egg yolk
- Topping:**
 - 2 cups fresh raspberries
 - 1/4 cup low-fat sour cream
- Directions:**
 1. Grind the vanilla wafers in a food processor until they are the texture of fine crumbs. Add the olive oil, then press the crumbs into the bottom of a 9-inch metal cake pan.
 2. Grind the beets in a food processor until smooth. Add the cream cheese, sugar, and eggs. Blend until the mixture is smooth again, scraping the sides intermittently.
 3. Pour the cheesecake batter into the pan over top of the crumbs.
 4. Set the pan in a water bath and bake on 325 degrees until the cheesecake is firm in the center, about 55-60 minutes
 5. Remove from the oven. Cool.
 6. Sprinkle sugar on top of the cheesecake and invert it out of the pan, leaving its top side up on a plate.
 7. Top with raspberries. Slice and serve with sour cream.

These are just a few ideas for healthier desserts. I hope that you will try them. Of course you could also settle for a smaller portion or share it!

It is hard to believe that the Diabetes Prevention Group has just completed their 7th week! Wow, has that gone by quickly! The energy and enthusiasm of the group is just awesome!!

Check out this month's recipe offering a healthier dessert. They have just identified an anti-oxidant in beets. So this dessert will be good for you!!

Memorial Donation
in Memory of

- David Barlag**
Nov. 2, 1939 – Mar. 18, 2016
- Jeanette Cross**
Aug. 3, 1925 – April 5, 2016
- Gladys Totten**
Jan. 30, 1919 – Mar. 28, 2016

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MID COAST-PARKVIEW HEALTH



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

May 26, 1999: To honor Older Americans Month, the 55 Plus Center and the Brunswick Evergreens Club are co-sponsoring an Ice Cream Social at the Evergreen's Center. The evergreens are the oldest senior citizen group in Brunswick, and only recently rebuilt their facility after suffering a devastating fire last year.

May, 1984: The new Bingo machine, just installed at the Center is making the bingo games even more enjoyable.

May, 1986: Libby Bailey of Orr's Island will teach the Seminole art of making pine needle baskets. Classes run three consecutive weeks from 9:30-11 a.m., cost is \$3

May 12, 1986: Kim Forbes, a local Mary Kay beauty consultant, will be at the CMAAA Senior Meal for a make up and color analysis workshop. Participant will actually do a free facial with Mary Kay products.

May, 1987: Did you know that Henry Thibodeau walks every day from Topsham, picks up two dozen delicious donuts contributed by Frosty's Donuts, and brings them to the Center? We mean EVERY day! Thanks Henry, THANKS, FROSTY'S!!
May, 1988: "Our Trustees:" Frank Russo, Chair; Ralph Torti, Vice Chair; Dora Jordan, Sec.; Patricia King, Treasurer; Esther Lewis; Anne Stein; Dorothy McHenry; John Bibber & Tom Farrell, ex officio; and Gladys Wilson, honorary member.

May 19, 1992: Senior Spectrum annual gourmet dinner at the Center, featuring Filet Mignon and all the trimming. Cost is only \$12, entertainment after by Randy Bean.
May 1999: A few good volunteers needed to come to the Center on May 8th to join a group of stalwarts willing to clean the Annex for our open house on May 14th.

May, 1999: In observance of National Older Americans Month, the 55 Plus Center is encouraging all mature citizens to wear a purple ribbon, signifying that we are part of a valuable resource.

May 18, 1999: The newly formed Outreach Committee is having its third meeting on Tuesday, May 18th at 7 p.m. with two tasks before us. 1. Find a way to identify our membership. 2. Talk about ways we can encourage wider participation from elders in our area.

May 10, 2000: Elder Expo time at Cooks Corner Mall, the Center will be hosting an ice cream social from 12:30-2 p.m.

May, 2002: "Very active volunteer," Chris Rosen volunteers to take on the job of Volunteer Coordinator for the Center.

May, 2002: Sally Mowart of Harpswick has agreed to become our Volunteer coordinator of Healers helping to schedule massage, Reike and healing sessions.

May 6, 2002: New Member Spaghetti Supper starts at 5:30 p.m., come "be a new member, or meet one!" there is a \$5 charge if you are NOT a new member.

May 15, 2002: World Premier of show "Soldier Come Home," at 1:30 and 7 p.m. at the center. Directed by Frank Wicks of Orr's Island, features readings of Civil War-era letters.

May 17, 2002: Sig Knudsen hosts the first ever "Men's Breakfast" at Center. Serving "Muffins and other stuff." Knudsen expects the meal to become a monthly event.

May 11-17, 2003: National Senior Center week. Come visit the center and learn why "Senior Centers add more to life!"

May 10, 2004: The original 4x8 foot mural, Chuting the Androscoggin painted by John Gable and reproduced as a print for the Center, is placed in Topsham's new public Library on permanent loan.

May 4, 2005: State of Maine Attorney General Steven Rowe speaks at first annual Toni Martin Community Forum.

May 12, 2005: Margaret Enright named Volunteer of the year.

May 12, 2009: Madeleine Ashe named Volunteer of the year.

May 9, 2012: First Walk That Walk of the People Plus Walking Club. Explore the 250th Anniversary Park with Frank Connors... his depth of trivia, local history and useless knowledge is amazing!

May 16, 2012: Ed Webster, climber of Mt. Everest and author of "Snow in the Kingdom" shares slides and stories at a 2 p.m. Author's Chat.

The Thieves by R. Neil Laughlin

We will seize you in broad daylight or slither up to you in the dark of night. We will attack you senses and reason, regardless of the time or season. We will drive you completely crazy, making you berserk or totally lazy. You can run fast, far and wide but from us you can't hide. We are mothered by insecurity, fathered by unknown. We can only be stopped if you stand tall and repudiate us and all our gall. We act like bullies but really are chicken just look us in the eye to give us a lickin'. Close scrutiny turns us to jell sentencing us to an isolated cell. Who are we that can drive you to tears? We are the ones...we are your FEARS!

Deer Dancing on My Deck

Deer like a certain big rhododendron bush in my yard. It provides munchies and a hiding place. They also approach the house and deck. The tops of some green bushes are attractive. They just nibble a bit. I don't think they really like the taste. Once in a while I think I hear a bump. My be is on the deck side of the house. It could be a deer brushing up against the house as it noshes. One year I looked out my downstairs window and stared directly into the eyes of a deer as it chomped on my plants. One night I went to bed after a long, tiring day. A few hours later I heard a loud THUMP. I tried to sleep, but more noises kept me awake. The din grew even louder. It turned into a clatter. I had to get up to find out what was going on. I went to a window and looked down on the deck. There were three deer on the deck. They were dancing! No way - deer don't dance. This couldn't be happening! I turned to chase them away, but slipped on a rug. I went down, hit my head, and passed out. When I woke up I was in bed. How did I get there? Then I realized what had happened. It had been a dream. I relaxed and lay back. Soon I was asleep. I was awakened a few hours later by a loud THUMP.

PULLETS

by Nonie Moody

Cute little pullets
Yellow and fuzzy
Busy little guys
All in a frenzy.
Four hundred pullets
In such a big coop
Stepping carefully
Your feet have to scoot.

Grain bed is empty
The fryers are snippy
Market price is good
Truck loaded, yippee!

KEEPING INSPIRED TO WRITE

by Betty Bavor

I stay always inspired to write. It keeps me thinking every night. Wednesday is the special day, when Write On Writers gather to have their say. We feel like family around the table, telling stories and poems with everyone able. I never imagined myself to be here, with a group of writers and readers all sharing with cheer. Talent, variety, depth and elegance through & through- it is so good to be among you. Physically, intellectually, spiritually, this is what the doctor ordered imperatively.

NEW SEASON

by Patty L. Sparks

buds of May breathe-in the passion of warm breezes sweet with life

A B C's

by Winnie Silverman

A dam
B egan
C hasing his
D og, but
E ventually his efforts were
F ruitless.
G roaning,
H e
I nstead
J umped
I nto a pond,
K icked up some water, and then
L aid back and let the water soothe him. In the
M entime, the dog looked toward the pond.
N o longer being chased, he came
O ver and
P roceeded to lap up some water to
Q uench his thirst, forgetting all about
A dam, who then
R eced toward the dog at the water's edge,
S wimming furiously.
"T imes
U p, Dog" Adam shouted.
V ainly, he tried to reach the
W ayward dog. They both
"X ited" the pond, Adam out of breath, the dog wagging his tail.
"Y ou're Dead Meat", he muttered, as he lunged toward the playful pooch. Give him "A" for effort and
"Z iltch" for results.

Good Shepherd Lutheran Church
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
Good Shepherd Lutheran Church • 330 Maine St, Brunswick • 725-6561

WHAT'S HAPPENING IN MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 1:00pm Quilters 5:00pm NAMI Maine Workshop 6:00pm Girl Scout Meeting	8:45 Cribbage 9:00 Mah-Jongg 9:00 'Easy Riders' Biking Club 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers	8:30 Women's Breakfast 8:30 Table Tennis 9:00 Beg/Intermediate Bridge 11:00 Diabetes Prevention 3:00pm Apple 101 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	10:00 Bridge
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	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Welcome to Medicare 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting 5:00pm NAMI Maine Workshop 6:00pm Girl Scout Meeting	8:45 Cribbage 9:00 Mah-Jongg 9:00 'Easy Riders' Biking Club 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	8:00 Men's Breakfast 8:30 Table Tennis 9:00 Beg/Intermediate Bridge 11:00 Diabetes Prevention 1:00pm FYI! "Say Cheese!" 3:00pm Apple 101 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Tech Time 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 1:30pm Center Stage Players 6:00pm Belly Dancing 6:30pm Civil War Bookclub	8:30 Table Tennis 9:00 Beg/Intermediate 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	8:45 Cribbage 9:00 Mah-Jongg 9:00 'Easy Riders' Biking Club 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers	9:00 Beg/Intermediate Bridge 11:00 Meals on Wheels Bake Sale 11:00 Diabetes Prevention 11:30 CHANS BP Clinic 12:00pm LUNCH/CONNECTIONS 3:00pm Apple 101 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Bridge 12:00pm LUNCH & LEARN "Reverse Mortgage: Fact and Fiction"	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 VTN Driver Appreciation 2:30pm Café en Français 5:00pm NAMI Maine Workshop 6:00pm Girl Scout Meeting	8:45 Cribbage 9:00 Mah-Jongg 9:00 'Easy Riders' Biking Club 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 11:00 Diabetes Prevention 1:00pm The Truth About Tanks 3:00pm Apple 101 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	10:00 Bridge
Closed for Memorial Day	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 6:00pm Girl Scout Meeting				

Closed for Memorial Day



Ruby anniversary. 91 year-old Write on Writers member, Charles Payne, came to the Center last week and made a gift of a 40th anniversary platter. Let's put it on the wall and be proud of it, he said.

MAY is Older Americans Month

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People Plus in the Media

News 9 Views with **People**

With **Frank Connors & Stacy Frizzle**
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 viewed online, anytime: <http://vimeo.com/harpwelltv>

People Plus staff discuss the Center on **Radio 9 WCME** each Monday morning at 8:35 a.m. on AM 900 or radio9wcme.com

Check out the **Pulse Page in the Times Record** on the fourth Monday of every month; and the **"People Plus Pic of the Week"** every Friday.

Check out **What's Cookin' at People Plus**

People Plus Business Hours

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

Friday
8:30 am to 1 pm

"Home Modifications" outlined at library

Home modification specialist Lisa Gellatly will discuss some simple and some not so simple modifications anyone might do to their home so they can remain safely at home as they age. The May 17th talk is part of the Third Tuesday lecture series offered by the Orr's Island Library, and begins at 7 p.m. Gellatly is an occupational therapist. Lectures are free to the public and the library is located at 1699 Harpswell Islands Road (Route 24), Orrs Island. FMI call 833-5430.

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.

—Legion of Chiropractic

Dr. Tim Coffin

More May Programming...



Easy Rider Bike Club members at Brunswick Landing last month.

Easy Riders Biking Club

Now in its 3rd season, this group meets at People Plus every Wednesday (weather permitting) at 9 am (earlier in hot weather, later in cold weather). In 2015, we biked May through December mostly in the Brunswick/Topsham area. Occasionally we put bikes on bike racks and drove 15 minutes to towns such as Freeport, Lisbon Falls and Bowdoinham for an adventure. Rides average 10-15 miles and about 2 hours, usually gathering for "coffee and" at the end. Make sure to call People Plus to confirm the weekly time and destination.

FYI! "Say Cheese!"

Thursday, May 12, 1:00 pm
Did you know Maine is a leading supplier of mice in America? In the world? Did you know that there are more than 8000 varieties of mice available from Jackson Laboratory and they have been shipped to labs in 56 countries? Find out more from Rachel Malcolm, of The Jackson Laboratory (JAX), who joins us on May 12 at 1 pm to tell us about JAX Mice! Free to members, \$5 non-members. Call to register.

Lunch & Connections

Ah, Spaghetti and a-meat-a-balls!

Our Thursday, May 19th Lunch & Connections meal will feature a heaping helping of spaghetti and meatballs. "We all have our own ideas of what good spaghetti sauce is," chef Frank Connors observed, "people just need to wait till they get a bite of ours!" he added. Connors recalled that the Center has long been "famous" for its spaghetti suppers and dinners, "and this meal is being planned not to disappoint," he said.

This meal will include our homemade spaghetti sauce; spaghetti, meatballs, garlic bread, and salad. Dessert will be a special treat for you from us, "Mississippi MUD!" You have to come see, come sample," Connors said.

Our salad will be a fresh, green, lightly-dressed garden salad, our drinks will include coffee, herb teas, fruit juices and milk. Our garlic bread will be warmed and crisp. Everyone gets a glass of iced water, and each place setting gets a surprising and fun, take-home favor.

Our Lunch & Connections meals are underwritten by a grant from Spectrum Generations, and are designed to focus on nutrition, variety, information and fun, and a CHANS home healthcare professional is always on hand to take and record free blood pressure checks.

Remember, pre-registration is required but ever so simple. Just wait until May 2 and call 729-0757. Pat will add you to the list. Cost of our meal is still only \$6.00 for card carrying members, \$8.50 for non-members; we can only rarely accommodate walk-ins. Yes, you can preorder a takeout, 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 \$38!

Our buffet-styled luncheon is served at noon.

Welcome to Medicare with Spectrum Generations

This session is designed to provide you with knowledge about Medicare and its many "Parts" so that you can make an informed decision about health care coverage. This class is held the 2nd Tuesday of each month from 12:30 - 2:00 pm. Free and open to the public. Registration is required.

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

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www.midcoasthealth.com/mcmg

"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.peopleplussmaine.org

MONDAY MUNCHIES MENU

May 2: Franks & Beans
May 9: Amy's Tuna Casserole
May 16: Chicken Corn Chowder
May 23: Pizza Party

Technology Clubs:

Apple Club meets the first Monday of every month at 10 am. Bring your Apple device and questions and Stacy will help answer your questions.

Tech Time (for non-Apple devices) meets the 3rd Monday of the month (watch calendar changes due to holidays) at 10 am. Same as the Apple Club but for non-Apple devices. Beth from All Thumbs Computer Care will help answer your questions! Both clubs are free and for members only.

Apple 101 Series

Bring your MacBooks, iPhones, iPads, iPods to Apple 101 with instructor Drew Dow! Each week of this four week session will feature a different topic to learn: May 5 will be an introduction to Apple apps such as calendar, maps, notes, etc; May 12 will be an entire class on Facebook (non-Apple users welcome!); May 19 will focus on iCloud and other backup options and finally May 26 will focus on photos. The class runs for 4 weeks on Thursdays (5/5-5/26), 3-4 pm. It is free for members and \$10 per class for non-members. Sign up for one class or all four! Class size is limited so call to register!

"Tank guy" offers stories

George McConnon, a Center member and Korean War veteran, will offer his description of what it was like to live and work from the confines of a United States army tank during the war. The Korean War is sometimes referred to as the "forgotten War," his talk at the Center on Thursday, May 26, beginning at 1:00 p.m., will include a few pictures he has from those days, and a small model he'll use to explain, "how five guys can live in a tank." The program is intended honor Center veterans several days after Armed Forces Day and several days before Memorial Day.

"making it all work...."



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- 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
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Bowdoinham Library Plant Sale
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Weekly Winners

Senior Intermediate Cribbage

Mar. 23: Patricia Johnson, 712; George Hardin, 709.
 Mar. 30: Lois Fournier, 713; Joe Tonely, 690; George Hardin, 668.
 April 6: Anita Owens, 726, (perfect game); Gabriele Nifro, 709; Richard St Cyr, 701.
 April 13: Gabriele Nifro & Joe Tonely, (tie) 718; Lois Fournier, 717.
 April 20: Coleen Petrin, 726, (perfect game); Anita Owens, 685; Nancy Laffely, 684.

Monday-Saturday Bridge

Mar. 26: Bill Buermeier, 7,140; Bill Coop, 5,690.

Mar. 28: John Rich, 5,080; Bill Coop, 4,780; David Bracy, 3,980.
 April 2: David Bracy, 5,870; Bob Cressey, 3,820.
 April 4: Lorraine LaRoche, 3,460; Paul Betit, 3,250; Fran Lee, 3,150; David Bracy, 2,990.
 April 9: Lorraine LaRoche, 5,040; Sherry Watson, 4,220; Bill Buermeier, 4,030.
 April 11: David Bracy, 3,620; Bill Coop, 3,390; Jeff Lauder, 3,240; Lorraine LaRoche, 3,220.
 April 16: Sherry Watson, 4,860; Martha Cushing, 4,720; David Bracy, 4,530.

"From the Revolution to the Close of the Nineteenth Century, the Remarkable Women of the Quincy Family"

The May meeting of the Pejepsot Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, May 1, 2016 at 2 pm. Our guest speaker is Nancy Carlisle, Senior Curator of Collections at Historic New England. She will be presenting "From the Revolution to the Close of the Nineteenth Century, the Remarkable Women of the Quincy Family". In a family where six successive generations of Quincy men held prominent public roles in the civic life of Boston and New England, the women in the family have long been overshadowed. But in reality, it is because of them that we know as much

as we do about their husbands, fathers, and brothers. When we shine a light on the lives of the Quincy wives and daughters, we learn about the role that intelligent, articulate, and engaged women played in the political and cultural life of the region.

Nancy Carlisle has been a curator for close to thirty years at Historic New England where she oversees roughly 110,000 historic artifacts in thirty-six house museums located in five New England states. She is the author of the award-winning book *Cherished Possessions, A New England Legacy*, and is co-author with Melinda Nasardinov of *America's Kitchens*. She has spent the past three years focusing on

TEEN OF THE MONTH

Lilli P'ele



For most improvement shown

She did it!!!! She worked hard on it and she really did it!!!! Pictured here (wearing her good luck necklace from Punta Cana) is Lilli P'ele who is in 6th grade. Lilli and I have gone up and down and all around during the 10 months she has been attending the Teen program! Her transformation of late has been awesome. ♥ Lilli-keep up the good work and congratulations! Lilli is going to the movies with a friend-on us.

Quincy House and the family who lived there as part of a major reinstallation that was completed this year.

Join us on May 1st as we learn more about the Quincy women! 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.

Teen Center News

Jordan Cardone



Hey! It's May! OMG as the kids say. Time is flying by! Last month I was just headed off for a vacation week in the D.R. and it was wonderful! We did break down and finagled a deal with a local vendor to purchase "good luck" necklaces (for males and females :) for our Teen Program members. I was back in time for Music In April...I was working the silent auction while I heard pledge after pledge, amassing to thousands of dollars, raised to help fund our Teen Center Area program! It was amazing and very much appreciated. I love that we are a community who cares so much about and for the kids who attend the Teen Center! Thank You!

And..onward to the next event....by the time you are reading this we will have held our 8th annual Gelato Fiasco fundraiser, now a scoop-a-thon, where many of you will have stopped by to scoop or sing or socialize or buy some gelato and raffle tickets! I'll say thank you in advance and more next month!

All is well at the Teen Center these days. The kids had a blast this month learning how to make balloon animals. They continue to be well-fed and entertained while at the center and so many of them have made friendships here and they get together outside of the center as well. Life is good! Until Next Month, Jordan and gang



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

May 2016



Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year's theme is "Blazing a Trail," acknowledging the perennial contributions of older adults to our nation and celebrating how older adults take charge of their health, get engaged in their communities, and make a positive impact in the lives of others.



Whether it be socialization, life-long learning, wellness classes or volunteerism, we invite you to "Blaze a Trail". The possibilities are endless at Spectrum Generations and People Plus! Visit www.spectrumgenerations.org for more information.

Annual Meals on Wheels Bake Sale

Thursday, May 19th • 11-2



Come on down to the Southern Midcoast Aging & Disability Resource Center to pick up a delicious treat *and* help us provide nutritious meals to homebound seniors and disabled adults.



All of your favorite bake sale staples will be there as well as vegan, gluten free, and diabetic-friendly treats. All proceeds will go to the Spectrum Generations' Meals on Wheels program.



SCAM ALERT BULLETIN BOARD

Turns out free WIFI may not be so free after all. Scammers love to frequent places that offer free WIFI and set up "hotspots" that actually enable them to redirect your connection so they can see what you are working on. Unknowingly, you may be sharing important emails and credit card information directly with these hackers. Here is what to watch out for: Suspicious activity such as someone else logging into your email or malware taking over your computer. Be cautious with what you are sharing and doing when using free WIFI. Scammers may be sitting around the corner.

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.

All Spectrum Generations locations will be closed on Monday, May 30th in observance of Memorial Day.



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

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

Start Talking

Don't let the blues get you down

Join Kevin Mannix and a panel of local professionals for a discussion of overcoming the stigma of personal depression at the Church of Jesus Christ of Latter-day Saints, in Damariscotta, on Thursday, May 5, beginning at 5:30 p.m.

Mannix, a local weatherman and co-author of the book, "Weathering Shame" joins social workers Brenda Hamilton and Francis Magrogan; with storytellers Reverend Robert Hargreaves and Linda Rota; as they share their professional and personal perspectives on depression. Being "down in the dumps," over a period of time is not a normal part of aging, the press-release stated. Bill Byrnes moderates this discussion, during the spring session of Aging in the Right Place symposium, sponsored by the Coastal Community Center. F.M.I., contact the Community Center hotline at 1-800-639-1553.

Food Addicts in Recovery Anonymous

Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free Twelve Step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. Meetings are held Monday through Saturday at various different locations and times. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or locally at 207-838-8991, or visit: www.foodaddicts.org.

Informational meeting will be held in Freeport: Thursday, May 26 at 9 am, First Parish Congregational UCC, 40 Main St., Freeport.

Another of life's milestones!

Once you turn 50, it is important that you talk to your doctor about getting screened for colon cancer.

It's preventable, treatable, beatable.

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Taxed out. AARP volunteer Tax Aides finished tax returns for more than 400 clients at People Plus on Tuesdays and Thursdays between February and April. Front from left: Marleen and Su. Rear: Wells, Perry, and Hollis.



Volunteer Transportation Network expanding service

Do you need a ride...to a doctor's appointment, to Hannaford, to get your hair done, to get to the food pantry, to meet friends for lunch? Would you be willing to drive someone who needs a ride?

The People Plus Volunteer Transportation Network (VTN) coordinates a network of volunteer drivers to provide rides for those in need of transportation.

- Who can ride?** Any adult (over 18) who:
- is unable to drive (temporarily or permanently)
 - is able to get in and out of a car with minimal assistance (no wheelchairs)
 - lives alone or has no one who can provide transportation
 - lives in Harpswell, Brunswick, or Topsham
 - has filled out and returned the VTN Rider Registration

Where/When? The VTN provides rides during regular business hours, Monday-Friday. Requests can be made at least three (3) business days in advance for local appointments such as:

- doctor's appointments, physical therapy, diagnostic testing, therapy sessions
- visits to food bank/soup kitchen/other services
- shopping
- hair or other personal care appointments
- gatherings, classes, workshops

Exciting News! The VTN will be extending the local service area to allow for rides within the greater Brunswick area, including Bath and Durham.

Who can drive? Any adult (over 18) who:

- has a valid driver's license
- has valid vehicle insurance
- has been driving for more than three (3) years
- has filled out and returned the VTN Driver Application
- has been vetted with criminal background and motor vehicle checks (arranged and paid for by People Plus)
- uses and checks email regularly (this is the main method for communication with drivers)

Though the VTN services residents of Brunswick, Topsham and Harpswell, many who live in Harpswell have not taken advantage of this program. Now, with a new partnership with Harpswell Aging at Home (HAH), we have seen a dramatic increase in volunteer drivers from the Harpswell area. With the addition of these new drivers, there has never been a better time to sign up as a registered rider!

If you are interested in becoming a rider or driver, or to learn more about the program, please check out www.peopleplusmaine.org/content/transportation or contact the VTN Coordinator at 729-0757 (or driver@peopleplusmaine.org).



Sign up to Ride or Drive Today!

Boston train this spring?

Join an informal group headed to Boston on the Amtrak Downeaster May 17. "We just wonder sometimes why more people don't just pop onto the train and make a day of it," explained member services coordinator Frank Connors, "So we've decided to lead the charge."

Trains leave Brunswick every morning at 7:05 a.m., arriving in Boston about 10:30. The train makes the return from Boston at

5 p.m., arriving in Brunswick about three and a half hours later. "In between there's time to tour the city," Connors said, "ride a shuttle-tour bus, eat a special lunch, or just shop and hang out in a very special place." Round trip is under \$50 for seniors weekdays, check at the Brunswick Transportation Center and buy your own ticket. "It will be interesting to see if two or 20 people show up," Connors said.

Studio 119 Hair & Nail Design, 729-6119, FREE haircut with color or perm; services by Missy Stockford

Tavern at Brunswick Hotel, 837-6556, Buy one entrée, get one half off

The Great Impasta, 729-5858, 15% off Wednesday lunch (food only)

Thomas Point Beach, 725-6009, \$1 weekday admission

Tire Warehouse, 725-7020, 20% off labor

Wilbur's of Maine, 729-4462, 10% off, anytime

Yankee Lanes, 725-2963, \$1.85 per string (7 days, 9-5)



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"It's time to call Jill!"

Every bucket counts

You should know there is a difference between soil and dirt.

Bowdoinham's famous farmer Harry Prout was an early mentor of mine. When I was too young to do much else, I worked on his crew of weeders, marching down quarter mile-long rows of bushy green carrot tops, pulling the pig weeds, rag weeds, thistles and what, anything that made that field anything less than perfect. More often than not, Harry's delightful if somewhat dictatorial wife Dot was our supervisor, riding herd and keeping order, moving the crew and making good Christian boys (or girls) of us all. Or trying to.

Age and experience advanced me to harvesting Harry's carrots, picking his beans, peas or parsnips, loading squash, then driving tractors and trucks to get stuffs to markets. Along the way, the Prout family contributed mightily to my love of Maine and of Bowdoinham, to my appreciation for the outdoors, and to my willingness to work the soil and enjoy reap its rewards. When I returned from Vietnam, it was the Prout sons who picked me up, added me to their paint crew and made me believe in my future again, but there's food for

another story.

May is the month of tilling soil in Maine. Now I wrestle with a borrowed rototiller, grinding at the earth to prepare it for yet another year of gardening. Jane wonders if the work is good for my pacemaker, I grumble under my breath, wondering if there could be a better way to die. The occasional rock does make me bounce and bruise, but I go after it, knowing the land I'm tilling has been a garden spot for generations, and our job is to only and always try to make it just a little better. We've dumped sand to break the clay, we've dumped chicken dressing to make it richer, or cow manure, and more sand, and leaf mulch, and finally, more soil. Every May, the expectation is that the garden will be better.

Opening the soil is a noble cause. There is a luscious smell as the winter season is swept away, and the new, damp soil is exposed. Leaf mulch chops into the soil, worms roll under my feet, and there's an anticipation, an excitement that's hard to explain. I annually resist the temptation to go barefoot! "Too early," Jane warns, "You could catch your death in May... there's time for barefooting when you

weed in June." Isn't she's such a practical, wonderful girl?

I rototill once, then again, sometimes again. Miles, the professional master gardener of the family, tells me I till too much, I tell him that's not possible. He likes to turn his gardens with a fork, but at least he gets the idea. The Prouts had a huge rototiller, grinding behind a mammoth old John Deere. When it was done working those riverine soils of East Bowdoinham, we could easily be standing ankle deep in soil so marvelous its hard to imagine, unless you've seen it, felt it, walked in it.

Our garden is in Brunswick now, and it was Norman's spot before it was ours. Last fall, as has been my habit, I went to Bowdoinham, filled a dozen or more five-gallon buckets with soil from a pile in a field we still own, drove it to Gurnet and cast it lovingly across the garden place. Last weekend I repeated the process. When I till, that fine soil will be melded forever into our garden.

Norman used to doubt that I'd ever be happy living in Brunswick, saying my roots were just too deep in Bowdoinham. I can't tell you the number of times I've

Speaking Frankly Frank Connors



help him into my truck, hauled him to our field, or my cemetery, and filled buckets with soil for the move to Brunswick. Along the way, we'd tell war stories, eat hot dogs, hear little bits about Jane's childhood, talk history or football or the Red Sox or politics. Those joy rides always ended with a good laugh and a question, always tempered with love and respect. "If I haul enough Bowdoinham soil to Brunswick," I'd ask, "don't you think I could be happy living down here?"

Once the tiller has done its magnificent work, all is ready. Our topsoil is sometimes four, maybe six inches deep, and we dwell in it proudly. The Robins come in behind me, excited by the feast I've exposed for them. Robins have to eat too! Jane will come after, flipping the hoe, tossing in seeds, trying to cheat weeds with newsprint, and other mulches.

How will I know when I'm done? The soil will be ankle deep, tilled perfectly and filled with smiling worms, just like the fields of Harry Prout.

"A thousands things to a thousand people"

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.

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!"

Membership Benefits

The following businesses offer discounts for People Plus members.

Arby's, 729-8244, 10% off, excluding combos/coupons

Attorney N. Seth Levy, 319-4431, Discounted legal services/documents including wills, living wills and estates

Augat Chiropractic, 725-7177, Free consultation and cursory exam

Autometrics, 729-0842, 10% off parts, anytime

Berrie's Opticians, 725-5111, 20% off complete pair of glasses, 10% off retail price for hearing aides

Big Top Deli, 721-8900, 10% off, anytime

Bill Dodge Auto Group, 800-652-6118, 10% off parts and service

Brunswick Ford, 725-1228, 10% off parts and service

Eveningstar Cinema, 729-5486, Discount bag of popcorn at evening shows (\$1 small, \$1.50 medium)

Fairground Café, 729-5366, 10% off, anytime

Indrani's, 729-6448, 10% off non-sale items, Mondays

J&J Cleaners, 729-0176, 10% off pickups: Wednesdays (customers over 55)

Lee's Tire & Service, 729-4131, 10% off parts (excludes tires)

Maine Optometry, 729-8474, \$30 off complete pair of glasses

Maine State Music Theatre, 725-8769, Senior discount (60+) on matinee tickets

McDonald's, 729-4416, Free dessert with purchase

Pauline's Bloomers, 725-5952, 10% off, anytime (within normal delivery range)

Portland Glass, 729-9971, 10% off materials (\$50 max)

Reflections (Salon), 729-8028, 10% off, Monday and Friday

Sam's Italian Foods, 725-4444, 10% off, excluding specials (patrons over 60)

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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)

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Membership Dues: \$ _____

Additional Donation*: \$ _____
 (*Donations above Membership Fees are tax deductible)

Total: \$ _____

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New or renewing members for April

* indicates new membership
• indicates donation made with membership

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- Robert Foehring *
- Ruth Foehring *
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Lunch out!

May 10th at 11:30 a.m.

Chick-A-Dee "of Lewiston"

1472 Lisbon Street, Lewiston

Be sure to sign up for the car pool!

Students' show is spring feature

Students in Connie Bailey's Art class are being featured during May and June in the Union Street gallery of People Plus. This perennial multi-media exhibition features more than two-dozen new and original works by our student artists, and is the first of the seasons shows for Bailey's popular Tuesday morning class.

Bailey's mixed-media instruction includes watercolors, watercolor pencils, graphite and charcoal, colored pencils, pen and ink, pastels and scratchboard. It is her "plan" to expose her students to "several forms of expression" during a class cycle, and to encourage them to work in the media where they are most comfortable, and become the most proficient. Class times usually run for two hours.

Students invited to exhibit include: Beth Aldenberg, Lorraine Berte, Sandra Cox, Karen Guistra, Natalie Johnson, Richard Jordan, Myrtle and Tony LaCroix, Donna Lemieux, Mary Maverick, Richard Nickerson, Ralph Palmer, Valerie Robbins, Ann Sanfasin, Wilma Sarna, Frances Stone and Alfred Tyrol. These collected works can be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick.



Colored pencils by Val Robbins.

Bluebird

Center stage players

"I just want to talk to a human"

If you have ever caught yourself saying, "I just want to talk to a human," when you're pumping gas, trying to figure out an ATM machine, or just checking yourself out at the supermarket, then you need to attend the Center Stage Players latest production. All the Players have been around long enough to remember the sound of another human voice at the other end of the phone, and most agree that human contact is still the best.

The Center Stage Players have created a program of amusing improvisational skits that deal with the clash of today's technological gadgetry and what might have been yesterday's common sense!

Subject matter includes: "At the movies," "Machine Madness" - "Those Good Ol' Days," plus a few audience suggestions.

The Center Stage Players are a volunteer group of senior citizen who love

to entertain. The cast includes: Jean & Bill Konzal, Sybil Baker, Millie Ackley, Ann Cort, Claire Naum, George Phipps, Mike & Beth Rowe, Susan White, and Nancy Worthington.

Mark your calendar for the following performances: The Theater Project, Saturday

& Sunday, May 14 & 15, at 2 p.m.; People Plus, Monday, May 16, at 1:30 p.m.; Curtis Memorial Library, Wednesday, May 18, at 1:30 p.m.; and Thornton Oaks, Monday, May 23, at 1 p.m. No admission is charged, but donations are accepted. FMI, call Millie Ackley 729-5883.

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