



People Plus  
P.O. Box 766  
Brunswick, ME  
04011-0766

Non-Profit Organization  
U.S. Postage PAID  
Brunswick, ME 04011  
Permit No. 52

35 Union St., Brunswick, ME 04011 729-0757 www.peopleplusmaine.org June 2016 Volume 16, No. 6

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

## Volunteer recognition party coming

Our annual party to recognize People Plus volunteers is coming to the Center on Tuesday, June 21, beginning at 1 p.m.

A tropical ice cream social takes center stage, as staff and board members take on the "serious business" of "helping volunteers understand how important their contributions are" to the Center, according to Program coordinator Jill Ellis. The ice cream bar will be served along with tasty finger foods, fresh fruit, cookies, punch and good conversation.

"There is just no way that People Plus could offer half of the programs, activities and services we provide without our volunteer core," Ellis added, "they remain the heart and soul of this Center!"

Ellis estimates some 300 people ("more or less") routinely and regularly volunteer time and/or talents to the Center, working as receptionists, drivers, instructors, cooks, callers, cleaners, gardeners, greeters and more.

We hope you will plan to attend this very special event.

Please confirm with the front desk by calling 729-0757, this will help us to know how much ice cream and treats to prepare.



## Annual Fund nears successful finish

With a full month remaining in the Center's fiscal year, office manager Betsy White reports the Center is only \$1,034 short of its intended goal of \$50,000. As of May 19th, the campaign total stood at \$48,966, and that total includes \$3,352 donated as an extra gift by members at the time of paying dues.

"We're hopeful and confident," offered Executive director Stacy V. Frizzle, "We're close, so very close. People Plus means so much to so many people, the annual fund is the last piece of the fiscal puzzle."

## Marvelous Mystery Dinner.

Guests enjoy dinner with all the trimmings at the home of Linda Cronkhite as part of the celebration for a Music In April benefit live auction item last month. In the inset (right) retiring board member Lennie Burke and husband Robert Beaumont join the celebration.

## Journeys and Reflections

## Write On Writers to celebrate Author's Chat

Members of the Write On Writers will mark the release of their latest work during an Author's Chat at the Center on Wednesday, June 8, beginning at 2 p.m. The 230-page, soft-covered book contains 76 stories and 120 poems, written by 24 member-authors of the WOW group, with 108 original illustrations and 11 photographs.

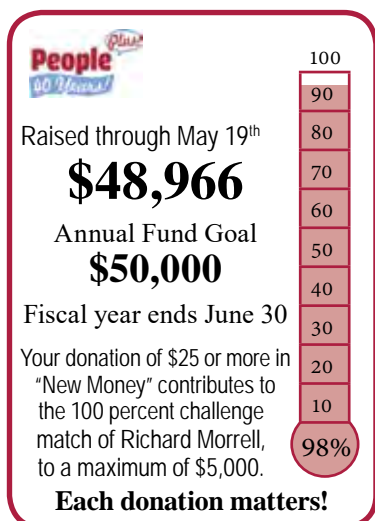
Self-published by the writers group, *Journeys and Reflections* contains original fiction and non-fiction, stories and poetry offered by members including: Betty Bavor, Elizabeth Bates, Robert Dow, Ruth Foehring, Marcia Good-Townsend, Judy Gray, Charlotte Hart, Sally Hartikka, Paul Karwowski, Russ Kinne, Richard Krejsa, Joni Larlee, Ralph Laughlin, Rose Marie Mayer, Vince

McDermott, Charlie Payne, Ginny Sabin, Wilma Sarna, Karen Schneider, Nancy Sohl, Patty Sparks, Gladys Szabo, Woody Townsend and Bonnie Wheeler. Original illustrations in the book were done by Marcia Good-Townsend.

"From cover to cover," Write On member and author Ralph Laughlin reported, "this book is absolutely the most professional book that our Write On Writers have ever produced. Whether it's poetry, fiction or non-fiction, it is all of the highest standard!"

Copies may be purchased at the Center for \$14.95. Proceeds benefit the People Plus Center.

Join us Wednesday, June 8 at 2 pm for readings, refreshments and book signings. Free, open to the public.



## Broadway to Brunswick Bunch

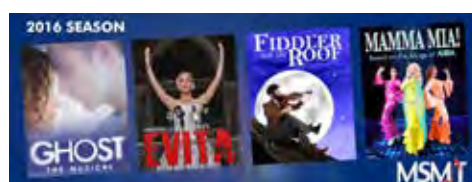
## FYI! Curtains up with MSMT!

Acting interns and staff from the Maine State Music Theater return to People Plus on Thursday, June 9, at 1 p.m. to serenade with show pieces from the 1930's, '40s, '50s, and '60s, and "lots of little hints" from the coming summer theater season in Brunswick.

Curt Dale-Clark, Artistic director at the theater, will preview the 2016 season, which includes, "Ghost," "Evita," "Fiddler on the Roof," and "Mamma Mia!" and may offer a surprise or two of his own. Clark referred to his acting interns as, "the heart of our theater," and adds, "some of these kids are involved with every show this summer."

Interns expected to present at our Brunswick to Broadway show include: Giovanni DiGabriele, Alex Drost, Megan Flynn, Berkley Jones, Kyle Laing, Marty Lauter, Haley Ostir, Katie Whittemore.

Refreshments will be served and pre-registration is required. Please call the People Plus information desk at 729-0757 to sign up.



## Ticket offer is back!

For the third consecutive season, MSMT is offering People Plus members a main-floor block of tickets to sell for three of the four show's first Friday night performance. Tickets that normally sell for over \$60 will be available, on a first come, first sold basis, for only \$40! The season's fourth show, "Mamma Mia!" is not included in the offer.

Tickets are available only for active, dues-paying members and their guests, and may be purchased at the People Plus information desk. Ask for Pat or Jill. Purchases are not refundable, and should be made in cash or by check. A portion of each ticket cost is donated by MSMT back to People Plus. Help us raise money and enjoy a show for less!

## SAVE THE DATE

### Annual summer picnic

Thomas Point Beach

July 21, 11 am - 2 pm

Beans, burgers, hot dogs...





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

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

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

### People Plus Board of Trustees

Don L. Kniseley, Chair	Brunswick
Robert Davis, 1st Vice Chair	Harpswell
Jack Hudson, 2nd Vice Chair	Brunswick
Chris Perry, Treasurer	Portland
David R. Forkey, Secretary	Georgetown
Thomas Farrell, Ex-officio	Brunswick
Claudia L. Adams	Brunswick
Carol S. Aderman	Freeport
Amy Berube	Topsham
Mitchell W. Brown	Brunswick
Lennie Burke	Brunswick
Charles S. Evans	Topsham
O. Jeanne d'Arc Mayo	Topsham
Jim Pierce	Brunswick
Richard J. Rizzo	Yarmouth
Tony Sachs	Brunswick
Dustin Sloucum	Brunswick
Kelsie M. West-Ezzo	Topsham

### People Plus Staff

**Stacy V. Frizzle**  
Executive director  
[director@peopleplusmaine.org](mailto:director@peopleplusmaine.org)

**Jill Ellis**  
Program and outreach coordinator  
[programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org)

**Elizabeth White**  
Office manager  
[betsy@peopleplusmaine.org](mailto:betsy@peopleplusmaine.org)

**Frank Connors**  
Member services  
[frank@peopleplusmaine.org](mailto:frank@peopleplusmaine.org)

**Jennifer Felkay**  
VTN and marketing coordinator  
[marketing@peopleplusmaine.org](mailto:marketing@peopleplusmaine.org)

**Jordan Cardone**  
Teen Center coordinator  
[teens@peopleplusmaine.org](mailto:teens@peopleplusmaine.org)

**Patricia Naberezny**  
Receptionist  
[reception@peopleplusmaine.org](mailto:reception@peopleplusmaine.org)

### Spectrum Generations Staff

**Casey Henson**  
Meals on Wheels coordinator  
[chenson@spectrumgenerations.org](mailto:chenson@spectrumgenerations.org)

**Aryana Davis**  
Aging & disability resource counselor  
[adavis@spectrumgenerations.org](mailto:adavis@spectrumgenerations.org)

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

## Six ways to stretch a dollar

I thought May was going to be slow. We could all lay back and rest on our laurels in recovery mode from what was a very busy April here at the Center.

We had two giant fundraisers that help pay the bills and keep these doors open for the good people of Brunswick, Topsham, Harpswell and surrounding area; we got our taxes filed for the organization on time which is no easy feat and we are projecting to just barely make our budget numbers for the year again. Phew!

The expression "by the skin of our teeth" seems to define us here at People Plus but that's how we know how to do things. We hunker down, we make the most of what we have and we can stretch a dollar like nobody's business.

As we start crunching numbers for the

new fiscal year the town of Brunswick, Topsham and Harpswell are in their budget cycle as well. We are incredibly appreciative of the financial support we receive from the town of Brunswick and it's good taxpayers, as well as the town of Harpswell. I am still working diligently to get Topsham to donate a little to our cause and if there are any Topsham residents out there who want to join with me on this mission I welcome it.

The funding for an organization comes from so many different areas. We received no state or federal funding but the town funding, combined with Spectrum Generations, the United Way, the annual giving campaign, the back-to-school letter for the teen center, Music in April, the Gelato Fiasco fundraiser, and several grants and foundation's support; we manage to cobble together a living that

## From the Executive Director

Stacy V. Frizzle



benefits over 1000 seniors and 225 teens in our community.

May has been such a lovely month for the emergence of flowers and leaves and greenery in nature. I hope that your world is in bloom as well. Our tulips are thriving, as is the Monday Munchies program and lots of the others classes we offer here at the Center.

I invite you to come check us out on the corner of Union and Cumberland Street at the Center That Builds Community to see what all the hoopla is about!

## From Anita's Plate

Anita Huey



207-504-6439, [shebakme@comcast.net](mailto:shebakme@comcast.net)

This past week has been pretty awesome. One of my clients has lost over 60 pounds!!! He is now wearing clothes that he has never been able to wear. Today someone came into my office and has lost 20 pounds. I was describing the idea of holding 2 five-pound bags of flour and 2 five-pound bags of sugar as a point of reference for this awesome achievement. Just then I thought of my bag. Have you ever seen me walk around with my big bag? I asked her to please pick up my bag. I was thinking that it weighed about 20 pounds. Let's just say the bag is heavy. Believe it or not when we weighed the bag it was indeed 20 pounds! Two clients with diabetes have improved their glucose so much that it is now in the normal range. Most of the time nutrition and physical activity can work better than medication. My clients are cooking more and eating out less. Without a doubt the comments are always the same:

- "I feel so much better."
- "I am sleeping better."
- "I have so much more energy."
- "I really like the food that I am preparing."

The name of my business really says it all. Everyday Nutrition is really meant to have everyone make their own plan, eat everyday nutritious foods and make progress in improving their overall health. We talk about making a shift in food choices.

As we think about the Father's day we can use the concept of meal makeover. Let's face it most of the fathers are probably going to want steak. If we make over the meal we can cook up a steak, slice it thin and make some grilled chicken to go along with it!

Keep on going with your journey to eating healthier and finding the right balance for you!

## Korean Grilled Chicken Breasts

### Ingredients:

- 1 pound thin boneless, skinless chicken breasts
- 1/4 cup low sodium soy sauce
- 1/4 cup unsweetened apple sauce
- 1 tsp sesame oil
- 1/2 t ginger, onion and garlic powder
- 1 Tb. light brown sugar
- 1 teaspoon red pepper flakes (optional)

### Directions:

1. Place all the ingredients except the chicken in a Ziploc bag. Mix to combine.
2. Marinade for at least one hour or overnight.
3. Cook over a grill until not longer pink on the inside.

Note: This is quick and easy! Delicious!

### What's it worth?

## Appraisal fair coming to Highland Green Community Center

Do you need to sell or bequeath or insure some of your valued treasures? Or are you just curious if something you own is worth millions? If so, start searching your house now and bring them to the Appraisal Fair!

On June 11 from 1:00 to 4:00 pm, an appraisal fair will be held in Topsham at Highland Green's Community Center, 7 Evergreen Circle. Four expert appraisers from Freeman's Auction House, based in Philadelphia, will be appraising your antiques, fine art, decorative arts, historical documents, or jewelry. Freeman's is one of the oldest and most respected auction houses in the country.

Appraisal fairs are fun and informative events that are always salted with unexpected surprises. If you have watched "Antiques Roadshow" on PBS, you know how fun the process can be. Two of the appraisers who will be providing verbal appraisers for the event are "Antiques Roadshow" regulars: Kelly Wright and Virginia Salem. Wright serves as a Director of Freeman's Trusts & Estates department and is the New England Representative. Salem is an expert appraiser of jewelry. Matt Wilcox, a Bowdoin grad, serves as VP of Freeman's Trusts & Estates department and is the Mid-Atlantic Representative.

Ben Truesdale will share his knowledge of Rare Books, Maps & Ephemera.

Individuals are encouraged to bring their treasured items for valuation and will be asked to offer a donation of \$10 for each item appraised or 3 items for \$25. All items are welcome with the exception of coins, stamps, guns, or carpets. Although it is easier to put a value on items that can be seen in person, the appraisers are willing to do the appraisal from photos if items are too bulky or fragile.

While you wait your turn, refreshments will be served and chairs will be available for you to watch the proceedings. If interesting items appear, the appraisers will make sure that you get to hear all the details about it.

Reservations are preferred, but walk-ins are welcome. To place a reservation and avoid long waits, register online at <http://uubcAppraisal.brownpapertickets.com> or contact Susan Michaud at 729-4857 or at [michaud\\_susan@comcast.net](mailto:michaud_susan@comcast.net).

To reach the Highland Green Community Center, turn in the entrance off Route 196/Topsham Connector and drive past the golf club. The Community Center is just beyond on the right with ample parking and easy access with no steps.

## Memorial Donation in Memory of

Katherine "K" Schmidt

July 11, 1917 - May 4, 2016

♥ Nursing and Rehabilitative Care

♥ Hospice Care

♥ Private Duty Care

(207) 729-6782

60 Baribeau Drive, Brunswick, Maine 04011

[www.chanshomehealthcare.com](http://www.chanshomehealthcare.com)

# CHANS

## homehealthcare

MID COAST-PARKVIEW HEALTH

## International Clubs

by Sally Hartikka

I have been a school librarian much of my life, and in two of the high schools I served, I organized and oversaw an International Club. I recognized the need for kids to appreciate other cultures and experience the values and lifestyles of non-Americans. Our activities were varied and included visiting a Hindu service, sponsoring foreign students for study at the schools, and touring other countries. We welcomed exchange students into our group and helped them become acclimated; we celebrated the holidays of other nations; we discussed political events concerning other nations. At both schools, the clubs were active and drew many interested students.

Over the years, I have followed the continuing success of both groups and have been delighted to learn they both still exist and continue to be committed to international understanding. I feel it is important to stress to kids at an early age that we are not lone on this planet, and must learn to cooperate with people of many backgrounds. To relate with them, we must appreciate "where they are coming from." This understanding should help dispel the fear and hate of foreigners that seems to have overtaken too many Americans...and our politicians.

### The music of words

by Charlie Payne

"BRAVO" to all you masters of the written word! You have created a rhapsody that I will play over and over on those days dreary and dour that invade my soul. You will chase away those brooding, dark, cloudy thoughts of the futility of life's journey. I will play it each time I falter, just as I used to play Gerhwin's "Rhapsody in Blue." You have put the full spectrum of colors in this publication of "Journeys and Reflections." "CHEERS" to the team of the masters, and to the talented writers in its printing.

### FIRE

by Elizabeth B. Bates

In the early Spring, when the grass was showing green, it was still too cool to put out the fire in our wood stove. We were sitting in our living room looking out the glass doors. The view was of our cove, with the various kinds of ducks swimming by. There were eiders, and mergansers, and old squaws, and even a loon or two. We loved seeing them. The cat was lying in front of the stove in her usual nap. The stove was burning brightly and life was good!

At first, we didn't notice that the usual slight smell of smoke was getting worse. All of a sudden there was a roaring filling the cottage and the cat was running into the kitchen. My husband shut the doors of the stove to keep the worst of the smoke out and ran to the telephone to call the town fire department. It was a volunteer fire department, so it took a while for them to get there. Some low-class jokers in the town called them "the cellar savers". I ran into the bedroom to get my purse because that was where the credit cards were, and then into the kitchen to grab the cat and open the kitchen door. I ran out and to the old cottage we also owned next door.

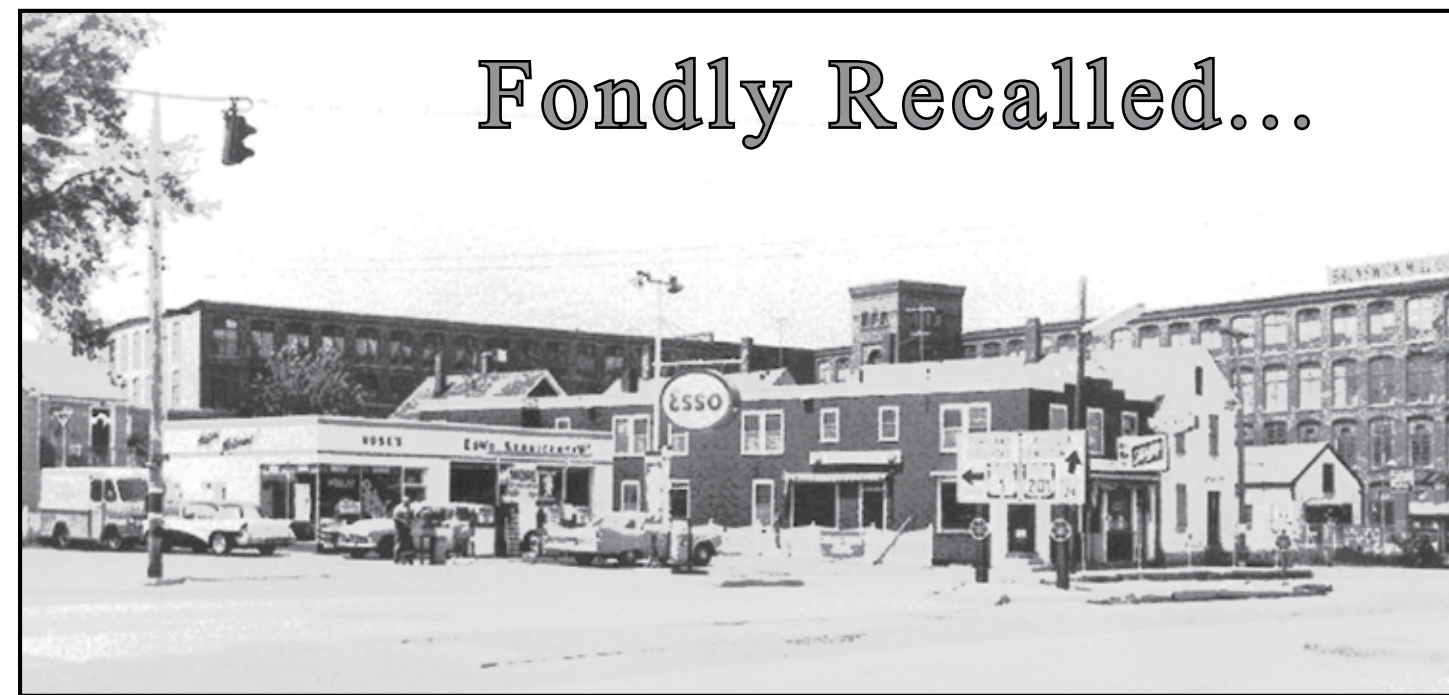
I looked out the window from there to see the firemen arriving. They got onto the roof and started spraying water. The roaring diminished and finally disappeared. We were very lucky that the fire had not melted our Metalbestos chimney. The firemen said that all was now okay and left.

My husband told our neighbors who were watching that I had saved my money and our cat running away without saving him. He was joking, of course.

### Haiku by Virginia Sabin

Forsythia will  
Flaunt its wild sprays of spring gold  
In darkened woods

# Fondly Recalled...



Gasoline sold for five gallons for a dollar, and Ed or Paul Vose was there to pump it for you AND wash your windshield in this full service station that used to stand "on the falls end of Brunswick's Maine Street." This garage and several small businesses all went away when the Route one underpass was constructed in early 1961. From the collection of Alvina Menard.

## THRU THE YEARS a 40th anniversary feature

**June, 1976:** Town of Brunswick purchases the former St. Charles Church, at Noble and Maine streets for \$79,000, structures to be used for "betterment of local senior citizens."

**June, 1987:** Shape Up Fitness, with Pat Robinson and Arlene Hanchett, will resume in the fall.

**June, 1988:** Romeo Bernier's oil painting class is taking the summer off, June through Sept., come paint with us again in the fall.

### Sonnet to Sylvie's Sea of Gold

by Charlotte Hart

"Don't mow that field!" cries Sylvie with dismay. Leave dandelions' brilliant quilt of gold. Beside the stone wall, daffodils hold sway, In regal rows our awed attention hold. Forsythia bursts like fireworks by the fence, Wild, showy, startling, glowing there for weeks. The tulip bed a royal show presents. It does not offer comfort that one seeks. O dandelion, favorite, constant friend, Your leaves, your roots hold great medicinal powers. You close your golden blooms, announce day's end, Reminder of the time for restful hours, My sweet sprite Sylvie gathers blooms for me Of dandelions. She is wise at three!

### OVERLOAD

by Bonnie Wheeler

I use to do everything  
Today I cannot  
I am 74 and counting  
I am enjoying my journey  
I am thankful for enough  
In my past, a little was a lot  
Over the years, I collected too much  
I am overloaded  
Today my needs are simple  
Yet my house overflows  
Have I traveled the path wisely?

## C & C SITTING

by Betty Bavor

Allie and Biggie are Maine Coon cats and the Girls are three chickens - hence C & C, cats and chickens. "Mom, are you available to take care of our cats and chickens for ten days while we hike Utah's National Parks?" "It would be a pleasure," was my immediate reply. "I am going on a church retreat Friday and Saturday so your Vet will need to come by twice for insulin shots." "No problem, I will call her and thank you," she said. I have done weekend sitting but never a long term so the plan was to commute daily from Topsham to Durham to stay overnight.

Biggie has diabetes and requires daily insulin shots at 7 am and 7 pm which I have learned to give him. One of the Girls lays an egg each day which needs to be collected. Of course all need to be watered, fed and entertained!

My sitting run-thru began with a dry-run to get acquainted with where food is located, letting the Girls out daily, putting them to roost at night, insulin needle supply, litter box routine and picking up the mail. Day one torrential rain as I traveled the route through the bridge construction site and on to the house. When I arrived everyone was waiting for my greetings as I picked up the egg, petted the cats and collected the mail. The evening was relaxing - oh I forgot to mention the refrigerator was well stocked for my entire stay so

dinner, shoot the cat and early to bed. My 6 AM alarm clock was Allie meowing, checking me out by walking on me and sniffing my face. My cat chores done a farewell pat, I was off to let chickens out. Their

humble abode is an enclosed house, a small space with open sides, a roof cover and door, and a long open fenced in run. My direction was to let them out in the roofed section. I had grapes for their morning treat and when I opened the door out they all ran. I managed to catch 2 of them but the third took off around the back of the house. It was a sunny day, wet grass and chicken # 3 was not about to be caged in for the day. Finally, I coaxed it back, secured the door and was off for my day's events.

I settled in with a routine for the rest of the week, however the next to last day when I was getting the mail, I noticed three people slowly walking the side of the road. The woman came over to me and said they were looking for her son's class ring. He had put a box on the roof of their car while getting a dog inside the car and off they went forgetting the box. As luck would have it, in the rearview mirror, they saw it fly off. This box contained collectables and they were trying to find them. She said coins, a football ring and several trinkets were found but no college class ring her son had received a week ago and he is devastated. The dad said it had to be there so I also took a look without success. I walked the area again the next day. I have left a phone message for them hoping to hear they returned with a metal detector and did find the ring.

### Reality

by R. Neil Laughlin

The past is remembrance.  
The future is speculation.  
The present is real,  
enjoy the moment, EVERY moment!

**June, 1992:** Rusty Chute has offered to be our gardener again this year. If you have any perennials to thin out, we'd love to have them. People coming to our center really appreciate our "homeyness."

**June 10, 1998:** Celebration of Summer, old Port. You pay for your lunch, trip cost is \$6.

**June 16, 1997:** Sig Knudsen begins work as Executive Director of 55 Plus Center. **June 22, 1998:** Celebration of Summer, Thomas Point Beach from 11 a.m. to 2 p.m.; old fashioned cookout with hot dogs, hamburgers, salads-BRING YOUR FAMILY- cost is only \$5.50, event held in rain or shine.

**June, 1999:** Walter Cucci, aka "the roadrunner" is cutting down his extraordinary workload as a volunteer here, and we need someone to take over selling ads for and distribution of our newsletter. (1,165copies each month)

**June 2, 1999:** Gertrude "Trudi" Catlin of Brunswick is named the second recipient of the Leona Harris Volunteer of the Year award. She contributes an average of 30 hours weekly to the center as a craftsperson, program committee member, desk volunteer and "tireless organizing."

**June 20, 2000:** Beverly Salmon is planning a gathering where by members bring a hobby to share and discuss. The meeting will be followed by enjoying strawberry shortcakes.

**June, 2000:** Evelyn Cucci, Volunteer/Activities Coordinator and Dorothea Hallenback, Office Coordinator, are both leaving their jobs at the end of the month, as the center is establishing a full-time Administrative assistant position.

**June 14, 2001:** Maine Gov. Angus S. King, Jr., "the Center's most famous neighbor," keynote speaker at Center's 25th Anniversary breakfast event.

**June, 2001:** Town Manager Donald Gerrish recommends old high school on Spring St. be converted into intergenerational center for People Plus and the Brunswick Recreation Dept.

**June 30, 2002:** Frank Connors hired as part-time Program Director.

**June 9, 2004:** Former State Legislator Charlene Rydell will offer her take on Medicare Prescription Drug Cards in Jordan-Wilson Hall at 1:30 p.m.

**June 1, 2005:** The Brunswick Teen Center, housed in the newly refurbished basement under Jordan-Wilson Hall, will open for business June 1.

**June 12, 2008:** Special screening of "Young At Heart" film at Eveningstar Cinema for People Plus members. Film follows experiences of 27 singers, aged 73 and older, who tour America. Cost is \$6.25

**June, 2008:** Suzanne Benoit leaves as Interim Executive Director, Sig Knudsen returns. **June 25, 2009:** Susan Cole hired as Executive Director, People Plus **June 9, 2011:** Gladys Szabo "volunteer coordinator extraordinaire, and Hank Welzel named Volunteers of the year at Appreciation event.



# WHAT'S HAPPENING IN JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>News &amp; Views with 40 Years Plus People</b> The new! Fresh! Bold! Community!</p> <p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 10:00 Apple Club 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge</p>	<p>Frank Connors and Stacy V. Frizzle chat about People Plus programming 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: <a href="http://vimeo.com/peopleplusmaine">http://vimeo.com/peopleplusmaine</a></p> <p>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 1:00pm Quilters 6:00pm Girl Scout Troop Meeting 6:00pm Belly Dancing</p>	<p>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 - Adv. 1:00pm Write On Writers 2:00pm Author's Chat with WOW 6:30pm Brunswick Coin/Stamp</p>	<p>8:30 WOMEN'S BREAKFAST 8:30 Table Tennis 9:00 Beg/Intermediate Bridge 11:00 Diabetes Prevention 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing</p> <p>8:00 MEN'S BREAKFAST 8:30 Table Tennis 9:00 Beg/Intermediate Bridge 11:00 Diabetes Prevention 1:00pm FYI! Curtains Up! with MSMT 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing</p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beg. 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</p>	<p>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 1:30pm Take a Hike Trail Challenge! 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting 6:00pm Girl Scout Troop Meeting 6:00pm Belly Dancing</p>	<p>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 - Adv. 1:00pm Write On Writers</p>	<p>9:00 Beg/Intermediate Bridge 11:00 Diabetes Prevention 11:00 Hearing Screenings 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 Beg. 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 10:00 Tech Time 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge</p>	<p>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 1:00pm Quilters 1:00pm VOLUNTEER APPRECIATION ICE CREAM SOCIAL 3:00pm Books a la Carte 6:00pm Girl Scout Troop Meeting 6:00pm Belly Dancing</p>	<p>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 - Adv. 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp</p>	<p>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing</p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beg. 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 12:00pm Bridge 12:00pm LUNCH &amp; LEARN "4 Your Eyes Only"</p>	<p>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 2:30pm Café en Français 6:00pm Girl Scout Troop Meeting 6:00pm Belly Dancing</p>	<p>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 - Adv. 1:00pm Write On Writers</p>	<p>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 6:00pm Beg. Line Dancing 7:15pm Adv. Line Dancing</p>	<p><b>40 Years Plus People Cooks!</b> Stirring things up at the Center!</p>	<p>People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm</p>

## Harpswell hiking challenge set

The fifth annual Harpswell Hiking Challenge opens the weekend of June 4 and 5, highlighting many local trails and marking National Trails Day with a great local celebration.

Each year, the challenge selects four town trails and four Harpswell Heritage Land Trust trails to hike-total hiking mileage is under ten miles- hikers can hike all the trails in one day or over the entire weekend, you can start wherever and whenever you like. There are sticker boxes prominently displayed on each trail, stickers should be placed on your participation form. You can drop your completed form at the information booth behind the town offices, or in the drop box at the town office main entrance.

Download your participation form on the town of Harpswell web site, using the key word: Recreation. The first 100 people to register receive free t-shirts. Prizes will be awarded randomly to some of the participation forms turned in completed.

The 2016 Challenge is sponsored jointly by the Harpswell Recreation Department, the Harpswell Heritage Land Trust, Healthy Maine Walks, Access Health, Roxanne York Real Estate, the Giant Stairs Grill, Your Island Connection, the Island Candy Company and the Casco Bay Tuna Club.



## Thomas Point Beach

### The "Beach" awaits

It is NEVER too early to pencil in Thursday, July 21, on your calendar, so you do not miss the annual People Plus summer picnic at Thomas Point Beach. "This is our big summer membership event," Member Services coordinator Frank Connors explained, "burgers, beans, hot dogs, live music and sunshine," he said, "if the weather is half as good as last year, the day will be spectacular-AGAIN!"

Connors added that beach owner Patti Crooker has arranged for the tide to be, "just a little past full" this season. The band Pejepscot Station is booked for the day, "We can't wait to get this one going," he said. Grant Connors has promised to return and grill "dogs and burgers...and we're hoping Ralph is back in time to supervise operations," Connors said. Cost is only \$7 for

members, and \$10 for non-members. If members pay \$10 (and non-members pay \$15) they get a free People Plus 40-year celebratory t-shirt.

Again this season, Crooker is extending her special offer to members of People Plus. Flash your valid, paid-up membership card at the gate ANY weekday, Monday through Friday, and general beach admission for the day is only \$1! (Regular admission is \$3 per tide.) Crooker said she makes this offer each summer to honor her parents, Harry C. and Marion Crooker, who were "great Brunswick boosters" and long-time members and supporters of People Plus.

Beach goes over the age of 80 (and under the age of 3) are always admitted free, she added.

### DON'T FORGET THE WATER

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

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

The human body is composed of 75 percent water and as adults we can only survive three to four days without water. Only nerve function and the air we breathe are more important for life than water. Hydrated people perform better on tests than dehydrated people.

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

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

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

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

Stay tall and maintain nerve integrity as you age. The loss of height and decreased nerve function seen in some individuals can be linked to dehydration as well as joint dysfunction.

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

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

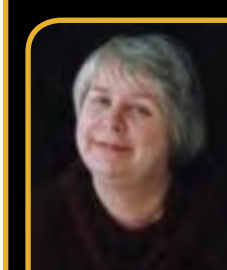
Keep hydrated and get your nervous system and spinal systems checked to improve overall function and the quality of your life.



Dr. Tim Coffin

-Legion of Chiropractic

Senior Real Estate Specialist, SRES • Accredited Staging Professional, ASP



I love selling homes along the Midcoast. Military Retired Spouse with a lot of moving experience!

Nancy Beal, Realtor  
(207)751-0752

nancy.beal@century21.com  
www.midcoastmainehomes.com



Century 21 Baribeau Agency, 51 Pleasant Street, Brunswick ME 04011

# Programming to open your summer...



Zumba instructor Bea Blakemore leads a highly-charged Zumba class in the People Plus main hall each Monday morning, beginning at 10 a.m. "Try it, you'll like it!"

## "Aging Well" Lunch and Learn: 4 Your Eyes Only

Monday, June 27, 12:00 pm

Do you wear or need glasses? Are you wearing the best glasses for you? Michael Cartwright, ABO, the optician from Berries Hearing and Optical Center, will discuss the ins and outs of eyewear on Monday, June 27 at 12 pm. Topics include understanding prescriptions, lens, frames, styles and choices. Free, open to the public. Bring your lunch (or grab take-out from our Monday Munchies), we provide chips, drinks and dessert. Call to register.

## 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.

## AARP Smart Driver Class at People Plus

**Thursday, September 22, 1pm - 5 pm**  
Register now for the AARP Smart Driver class at People Plus on September 22, from 1- 5 pm. This class is designed to help older drivers hone their driving skills and learn about any recent law changes. Registrations should be made by contacting the instructor, Read Rich, directly at 729-0775. Class size is limited to 20. Cost is \$15 for AARP members and \$20 for non-members. Drivers can be eligible for discounts on insurance upon completion of the class.



People Plus Celebrates Its Volunteers June 21, 1 pm

Remember to bring your invitation with you to be eligible for prizes.

## 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.

## Need Glasses or Contacts?

Our certified opticians offer a variety of affordable glasses, sunglasses, and contact lenses as part of our comprehensive eye care services.

**Two Convenient Locations**  
8 Mason Street, Brunswick / (207) 729-7979  
130 Centre Street, Bath / (207) 443-8141

Bring in this ad and get 10% off your purchase! \*  
\*Some exclusions may apply.

**MID COAST Eye Associates—Optical Services**

## Lunch & Connections

### Chicken, grilled like the "Colonel" won't do!

Fresh chicken, marinated overnight in butter and lemon juice and grilled to perfection on the lawn at People Plus, will be our luncheon feature on Thursday, June 16. "We always have fun with this one," Center chef Frank Connors said. "There are few things that compare to chicken off the grill, served up with some super sides!" He added that the "sides" include roasted red potatoes with peppers and sweet onions, cranberry sauce and butternut squash.

Our bread this month is coming from the Union Street Bakery; our dessert this month will be a sumptuous serving of strawberry rhubarb crisp, topped with a knob of vanilla ice cream.

A fresh, lightly-dressed green garden salad will be waiting for everyone; drinks include coffee, fruit juices and milk, and to mark national iced tea month, we'll bring back Norman's secret iced tea recipe. June favors will commemorate Flag Day, National SMILE Day, and, most important of all, the beginning of SUMMER!

Our monthly Lunch & Connections are

sponsored by Spectrum Generations, and are planned to focus on nutrition, useful information, fun and variety. A CHANS home healthcare professional is always in attendance to take and record members' blood pressures, and Mary Morano of Mary's Affordable Hearing Aids is available in the quiet and privacy of the teen center to complete free hearing checks.

Arrive at 11:30 a.m. to chat with your friends and claim your favorite place setting. There's always time to pick up your 50/50 raffle ticket (last month's ticket paid \$48!) and to register for one of several free door prizes. Seating is limited to 68, so pre-registration is required, and only after the first of the month. Please remember, if you ARE registered and can't attend, call us so we can activate our waiting list.

Cost is still only \$6 for card carrying members, \$8.50 for non-members, we can only rarely accommodate walk-ins. Yes, you can pre-order a takeout, and pick it up after 11:30 a.m. We start serving our buffet-styled luncheon at 12-noon.

## Join the Challenge and Take a Hike!

Tuesday, June 14, 1:30 pm

Southern Midcoast Maine offers fantastic hiking, beaches, and beautiful views on the many properties managed by local towns and land trusts. Colleen Fuller, of Access Health, joins us Tuesday, June 14 at 1:30 pm to talk about their Summer Trail Challenge jointly sponsored by Access Health, Brunswick-Topsham Land Trust, Harpswell Heritage Land Trust, and Kennebec Estuary Land Trust. Learn how to participate, about raffle prizes, websites, and about highlighted trails that are part of the challenge. Watch the People Plus calendar for regular summer hikes to challenge destinations with additional prizes for People Plus members! Free, open to the public.

## World Affairs Conversation Series with Ed Knox

Fridays 11:00 am - 12:30 pm

Ed Knox moderates our World Affairs Conversation Series that meets on Fridays 11:00 am - 12:30 pm. Ed has lived and worked professionally in the Middle East and taught Middle East History. Visit the group's website at <http://worldaffairsconversation.weebly.com> to see materials gathered by the group, suggested readings and research and past topics. Free, for People Plus members only.

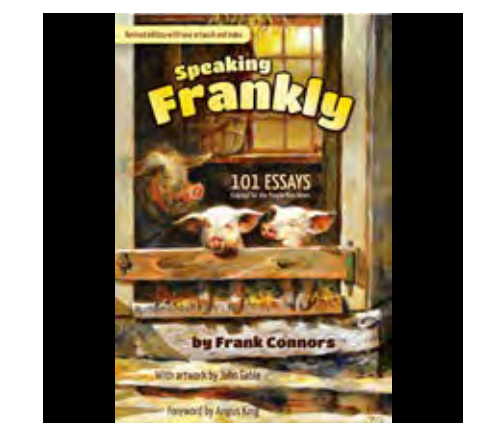
## Bus to Oxford Casino

There is a bus scheduled for a day trip to the Oxford Casino on June 8. The bus leaves the Bath Senior Center at 9 a.m., and picks up at the Home Depot Park & Ride in the Topsham Fair Mall at approximately 9:15 a.m. Cost is still only \$30, and there will be coupons for fun money. Bus leaves Oxford for the trip home at 4 p.m. Call the Bath center 443-4937 to confirm your seat.

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

## Easy Riders Biking Club

Now in its 3rd year, 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.



## Open House Elder Fair

at Pejepscot Terrace (off Jordan Avenue, Brunswick)

June 28, 2016, 10 am-1 pm

Apartment tours, exhibits, information, refreshments  
Equal housing opportunity • 62 and older or disabled  
Call 207-729-8006 for more information.





# Thursday Hikers

Winding through the junipers on Prouts Neck , Cape Elizabeth (top).



Solitude and reflection on Morse Mountain, Phippsburg (center).

On the beach at Prouts Neck, Cape Elizabeth (bottom).



**Minding Your Medications** | Ounce of Prevention SERIES

**Monday, June 13 • 11 a.m.–NOON**  
Community Room at MID COAST SENIOR HEALTH CENTER  
58 Baribeau Drive, Brunswick

Join **Hailey Choi, PharmD**  
Ambulatory Care Pharmacist at MID COAST MEDICAL GROUP-Bath  
and Assistant Clinical Professor at University of New England College of Pharmacy

**You will learn about—**

- Physical changes that occur as we age and their effects on medication use
- Medications to be avoided by older adults
- Precautions to take when using over-the-counter medications

FOR MORE INFORMATION,  
call **373-3646**.

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

Presenter Photo by Jeff Morris of The Press Star, Brunswick



### “MONDAY MUNCHIES”

“Best meal I’ve had since last Monday,” muttered the guy at the window claiming his second bowl of chicken-corn chowder last month. “Keep it coming,” he added.

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

### MONDAY MUNCHIES MENU

- June 6: Beef Stew
- June 13: Pork barbecue with Cornbread & Slaw
- June 20: Steamed Hot Dogs with Potato Salad
- June 27: Chili



**SWEET SUCCESS.** Spectrum Generation staffers Aryana Davis (left) and Casey Henson collaborated at last month’s Lunch & Connection’s meal, selling cookies, cupcakes and other goodies to benefit the local Meals on Wheels program. More than a hundred dollars was raised, said MOW coordinator Henson, in just a couple quick hours, thanks to the dozens of folks who donated items, or purchased treats.



**“WAY TO GO, AMY!”,** Amy Feeley came to People Plus as a Social Work intern on January 20, 2016, and graduated, Magna cum laude, (3.8 GPA) from the University of Maine at Augusta with a B.S. Degree in Mental Health and Human Services, on May 14, 2016. Amy became a key member of the Center’s new Monday Munchies team, and hopes to return to the Center to volunteer, “as time allows,” to continue working with the meal program and continue to serve the many new friends she made during her “too short” internship . She has taken great pride in helping with the menu for the program, and describes her internship at People Plus as, “very beneficial.”

**Assisted Home Care II**

“Our Family Assisting Your Family”  
Assisting Families since 1997.

Now expanding our services to the Midcoast Region!

- Registered Home Health Care Service Agency
- Private Duty Care & Staff Relief
- 24 hour Personal Care and Response
- Guarantee Continuity of Caregivers
- Assist with Independent Living at Home

**11 Bank St., Brunswick • 212-6736 • assistedhomecare.org**

## Here comes summer!

**COASTAL LANDING**  
RETIREMENT COMMUNITY



**When you are contemplating a move...**

to a Retirement Community, enjoy a visit to the new COASTAL LANDING in Brunswick to see all we offer in independent retirement living. (Assisted Living available on the same campus.)

Included in your monthly rent:

- \* Choice of two meals daily
- \* Activities and Social Events
- \* Light Housekeeping
- \* Private Bathroom and Kitchenette
- \* Other services available for a reasonable monthly fee.
- \* Scheduled Local Transportation
- \* Heat and Electricity
- \* Maintenance Service
- \* Free Laundry Room

Find your way to **COASTAL LANDING** RETIREMENT COMMUNITY

142 Neptune Drive, Brunswick  
837-6560  
[www.coastallanding.com](http://www.coastallanding.com)

See you at **FIVE GUYS**  
June 15, 5-8 p.m.  
Buy a burger, support Meals on Wheels  
(see story on page 9)

**“No project’s too small, always give us the call!”**

**chicks DO chores**  
(AND SOMETIMES CHUCK)

So you don't have to!

WE’LL TACKLE YOUR TO-DO LIST!

- ★ ATTICS- BASEMENTS- DECKS- FENCES- GARAGES- GARDENS- OFFICES- YARDS ETC.
- ★ CLEAN- CLEAR-OUT- FILE- DUMPTRUNKS- LABEL- MOW- MULCH- PAINT- RAKE- SPLIT/STACK WOOD- TRIM- WEED ETC.
- ★ RUN ERRANDS FOR YOU OR WITH YOU!

MARY ELLEN ROSENBERG - OWNER  
CALL OR EMAIL FOR ESTIMATES OR SCHEDULING-  
CDC4U@COMCAST.NET  
**207-729-5760**

Reception Room  
Personalized Catering  
Spacious Chapel  
Private Family Room  
“Help Yourself” Kitchen

**Stetson’s**  
Funeral Home

12 Federal St. Brunswick, Maine 04011  
[www.stetsonsfuneralhome.com](http://www.stetsonsfuneralhome.com)  
207.725.4341  
apurinton@gwl.net

Anthony B. Purinton • Funeral Director





Drivers for the Volunteer Transportation Network (VTN) gather for an Appreciation Coffee, held at People Plus on May 24th. From left: Cecelia Hitte, VTN Coordinator Jennifer Felkay, Jack Rhode, Joan Peck, Gloria Beeman, Gladys Szabo, and Stephanie MacNeille.

Brunswick Area Teen Center

# Summer's on its way...

It's been a great Spring for the teen program! We've got a good group of kids who love coming to the Center! With the help of many, together we have been able to provide more than just "fun" for the kids. From happier holidays to help with basic needs and making sure they are getting enough to eat, the program has become much more to our youth members than just a physical space. And for us, with more and more kids attending the program for multiple years, we get to watch them grow, change, deal with life transitions, accomplish goals and so much more!

I love watching and hearing from our members. It is apparent that the kids feel accepted, respected and cared about when they are here. Many of them will tell you they "love it here", "best part of the day", "so much fun" and the one that really makes me feel good is how many of them say "I feel safe here".

I think we really have something very special here with this program ♥

As we move towards summer, we say goodbye to our Bowdoin College volunteers and hope to soon be welcoming an intern or two from the Upward Bound Bridge program. For many years now we have had Interns helping out at the TC for about 6 weeks each summer. They do their community work Tuesday-Thursday from 1:30-4:30 so those have been our summer hours and will be again this summer! The last day of school for Brunswick students is Friday, June 17th and our new hours will begin the following week, which is the week Upward Bound also starts! School does not begin again until September 6th this year!

Our summer attendance is generally lower than during the school year but if what I hear from the kids is accurate, it could be a busier summer than usual. Quite a few of the influx of new kids we got this past September seem to be around this summer, with a new group

Teen Center News  
Jordan Cardone



of just about to graduate from 5th grade kids apparently ready to appear at our door the first day of our summer schedule!!!! We allow kids to start attending in the summer between 5th and 6th grade. It helps to start in the summer when it is not quite as noisy and busy with everyone coming in off the school bus at the same time!!!!

The kids think we should do "Teen of the Month" during the summer months too. We have not done that over the past few summers because we had a small group of the same kids all the time in the summer but last year was busier so yes....I guess.....we should! Everyone wants to make it at least once and it is hard for some but, like for next month, kids can choose to work on a behavior (or 2!) that we specifically tell them is preventing them from being Teen of the Month and if they do well with that or those, bingo!

They sit around looking at the pictures up on the wall of past T.O.M.'s and say things like "I can't believe so and so made it" "I can't believe how many times so and so is up there" etc.

Everything is important to them I have learned!!!!

So, summer on it's way, flowers and plants being sold and planted everywhere I went this past weekend (including my place!) and the sun seems to have been out more than not lately! All good signs! We'll be back with news for July! Jordan and gang

**People Plus!**  
Volunteer Transportation Network

Providing free rides for medical appointments and grocery shopping, as well as personal needs such as trips to the bank, post office, and hair salon. For more information call 729-0757.

Become a Registered Rider or Driver Today!

**TEEN OF THE MONTH**  
**Lillyanah Fitzsimmons**

Lilly is in 6th grade this year at BJH and began attending the Teen program this September along with her older brother Alex (who is helping her sign in!). Lilly says she likes coming to the Teen Center Program because "it is nice and relaxing where she can hang out with her friends and have fun".

Over the school year, Lilly has developed into a positive addition to our afternoons! Congratulations Lilly! Lilly received 2 tickets to Regal Cinema as her reward.

**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

**Neighbors, Inc.**  
The Home Care Company

...helping people live independently and in their own homes as long as possible...

Non-Medical Home-Based Services from 1 to 24 Hours a Day

At-home Assistance	Errands/Shopping	Bookkeeping
Meal Preparation	Appointments	House Checks
Personal Care	Transportation	Pet Care
Chores/Laundry	Medication Reminders	Respite Care
Companionship	Paperwork	Organizing

Locally owned and operated for over 27 years!

725-9444  
www.neighborsinc.com

**Weekly Winners**

**Senior Intermediate Cribbage**

April 27: Mike Linkovich, 708  
Lorraine LaRoche, 704  
Lois Fournier, 694

May 4: Lois Fournier, 726 (perfect game)  
Coleen Petrin, 716  
Joe Tonely, 703

May 11: Anita Jones, 723  
Mike Linkovich, 707  
Colleen Petrin 705

May 18: Mike Linkovich, 711  
Lorraine LaRoche, 699  
Lois Fournier, 696

**Monday-Saturday Bridge**

April 18: Bill Coop, 3,370  
John Rich, 3,350  
Lorraine LaRoche, 3,070

April 23: Martha Cushing, 3,920  
Bill Buermeyer, 3,510

April 25: David Bracy, 3,510  
Bill Buermeyer, 3,360

Dick Brautigam, 3,080  
Joyce Lyons, 2,980

April 30: David Bracy, 5,190  
Bill Coop, 4,590  
John Rich, 4,550

May 2: Art Trefley, 3,660  
Bill Coop, 3,650  
Anne Brautigam, 3,110

May 7: John Rich, 4,590  
Martha Cushing, 4,310  
Tom Alley, 4,090

May 9: Fran Lee, 4,330  
Bill Buermeyer, 3,860  
Joyce Lyon, 3,760  
Lorraine LaRoche, 3,690

May 14: Bob Cressey & Dick Brautigam, (tie) 3,610

May 16: John Rich, 4,710  
David Bracy, 3,460  
Bill Buermeyer, 3,330  
Jeff Lauden, 3,290

**The Boothby Group**  
Albert C. Boothby, Jr • Sarah C. Boothby

**KELLER WILLIAMS**  
REALTY

207-553-1380 • 50 Sewall St, Portland, ME  
www.boothbygroup.com



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

June 2016

**14th Annual Golf Fore A Cause!**

Thursday, June 16, 2016  
Waterville Country Club, Oakland  
9am Check In - 10am Tee Time

\$100/person or \$400/toursome includes goodie bag, green fees, cart & lunch

Shot Gun scramble format - all skill levels welcome! Plus a silent auction and options to purchase strings, mulligans 50/50 and more!

To benefit Spectrum Generations Programs, such as Meals on Wheels, that help seniors and disabled adults remain healthy, independent, and at home

WIN A NEW CAR!  
Hole in 1 Contest sponsored by Central Maine Motors Auto Group

REGISTER ONLINE TODAY!  
WWW.SPECTRUMGENERATIONS.ORG/GOLF  
Like Us On Facebook!

**World Elder Abuse Awareness Day is June 15<sup>th</sup>, 2016**

Every year an estimated 5 million, or 1 in 10, older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23.5 cases go unreported.

**WORLD ELDER ABUSE AWARENESS DAY** World Elder Abuse Awareness Day (WEAAD) serves as a call-to-action for individuals, organizations, and communities to raise awareness about abuse, neglect, and exploitation of elders. The International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations (UN) launched the first WEAAD on June 15, 2006 in an effort to unite communities around the world in raising awareness about elder abuse. Spectrum Generations is commemorating WEAAD by hosting events at our centers throughout our six-county area. FMI visit spectrumgenerations.org

Help Support Meals on Wheels With **FIVE GUYS** BURGERS and FRIES

Join us at Five Guys Burgers and Fries in Cooks Corner, Brunswick on Wednesday, June 15th between 5 and 8pm for a delicious Meals on Wheels fundraiser. Five Guys will be donating 10% of all sales during that time to our local Meals on Wheels program.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

**Spectrum Generations Caregiver Respite Program**

Although there are many rewards in caring for a friend or family member with dementia, family caregivers can become stressed and exhausted over time. Respite, the opportunity to take a break, is vital to caregiver well-being.

The Caregiver Respite Program supports family caregivers by helping to cover the cost for someone else to provide care for the person with dementia. This may take place in the home, at an adult day-care program, or overnight in a facility (on a limited basis). The care may be provided by a family member, friend, neighbor, someone from a homecare agency or an adult day program. The respite program allows caregivers the opportunity to take some time for themselves to re-energize, do something for fun, or get necessary errands done.

The Caregiver Respite Program can reimburse up to \$3,040 a year (which is 80% of a total annual cap of \$3800) of what it costs to have someone come into the home a few hours a week, or several hours of adult day care per week. It can also help with the cost of up to two full weeks of overnight continual care in an assisted living or nursing facility. Furthermore, up to \$2,000 (lifetime) can be used to help cover the cost of home modifications needed to promote independent living.

In order to qualify for the Caregiver Respite Program, there must be a written diagnosis of Alzheimer's disease, dementia, or related memory disorder from a physician, liquid assets cannot exceed \$50,000 for one person or \$75,000 for a couple, and there must not be any assistance from any other state subsidized programs.

For more information, or to apply, contact the Family Caregiver Program at Spectrum Generations at 1-800-639-1553.





Members of the Write on Writers gather each Wednesday at 1 p.m. to coach and encourage each other about working literary projects. Lately, they've been spending more than a little time congratulating themselves on the recent completion of their book, "Journeys and Reflections".

### We're here for you!

Last month, a lady came with a friend for our Lunch & Connections meal and confessed she has been paying her dues for two years, "and this is the first time I've darkened your door!" But she was quick to add, "I'll be back, you have a wonderful place here!"

That's one of the things that makes People Plus special. There are members who come to the Center so frequently, some days they are confused with staff members, and there are others who pick and choose their events, dropping by once a month, or once each week. However YOU decide to use your Center, know that we're here for you, and because of you!

Annual dues are still only \$35 for Brunswick residents, and \$45 for folks from anywhere else. Always remember to keep that membership card close, as dozens of area businesses and organizations 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 offer it proudly! Before you know it, you will pay for your annual membership several times over!"

Listed below are some of the local businesses and organizations offering discounts and deals to members and friends of People Plus:

<p><b>AUTO SERVICE/SALES</b></p> <p><b>Autometrics</b>, 10% off parts, anytime 21 Bath Road, Brunswick, 729-0842</p> <p><b>Bill Dodge Auto Group</b>, 10% off parts and service 262 Bath Rd., Brunswick, 800-652-6118 118 Pleasant St., Brunswick, 729-6653 www.billdodgeautogroup.com</p> <p><b>Brunswick Ford</b>, 10% off parts and service 157 Pleasant St., Brunswick, 725-1228</p> <p><b>Lee's Tire &amp; Service</b>, 10% off parts (excludes tires) 35 Gurnet Road, Brunswick, 729-4131 27 Monument Place, Topsham, 729-1676</p> <p><b>Tire Warehouse</b>, 20% off labor Topsham Fair Mall, Topsham, 725-7020 www.tirewarehouse.net</p> <p><b>BEAUTY/HAIR SALON</b></p> <p><b>Reflections</b> (Salon), 10% off, Mon and Fri 12 Center St., Brunswick, 729-8028 www.reflectionsbylucie.com</p> <p><b>Studio 119 Hair &amp; Nail Design</b>, FREE haircut with color or perm; services by Missy Stockford 119 Bath Road, Brunswick, 729-6119</p> <p><b>CANDY</b></p> <p><b>Wilbur's of Maine</b>, 10% off, anytime 43 Maine St., Brunswick, 729-4462</p>	<p><b>CHIROPRACTOR</b></p> <p><b>Augart Chiropractic</b>, Free consultation and cursory exam 9 Pleasant St., Brunswick, 725-7177</p> <p><b>DRY CLEANER</b></p> <p><b>J&amp;J Cleaners</b>, 10% off pickups: Wednesdays (customers over 55) Maine Street, Brunswick, 729-0176</p> <p><b>FLORIST</b></p> <p><b>Pauline's Bloomers</b>, 10% off, anytime (within normal delivery range) 153 Park Row, Brunswick, 725-5952 www.paulinesbloomers.com Hearing and Optical</p> <p><b>Berrie's Opticians</b>, 20% off complete pair of glasses, 10% off retail price for hearing aides 6 Maine St., Brunswick, 725-5111 www.berriesopticians.com</p> <p><b>Maine Optometry</b>, \$30 off complete pair of glasses 82 Maine St., Brunswick, 729-8474 www.maineoptometry.com</p> <p><b>LEGAL</b></p> <p><b>Attorney N. Seth Levy</b>, Discounted legal services/documents including wills, living wills and estates 14 Maine St., Brunswick, 319-4431 www.sethlevylaw.com</p>
--	---

**HEAD TO TOE PHYSICAL THERAPY**  
OF TOPSHAM 207-725-4100

Did you know Medicare Part B will pay up to \$1,960 each year for out-patient physical, occupational or speech therapy?

**Why let it go to waste?**

*Treating the individual, not just the injury*

[www.headtootoe.com](http://www.headtootoe.com)

**Member Benefits**

**RECREATION / ENTERTAINMENT**

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

**Maine State Music Theatre**, Senior discount (60+) on matinee tickets  
22 Elm Street, Brunswick, 725-8769  
www.msmt.org

**Thomas Point Beach**, \$1 weekly admission  
29 Meadow Road, Brunswick, 725-6009  
www.thomaspointbeach.com

**Yankee Lanes**, \$1.85 per string (7 days, 9-5)  
276 Bath Road, Brunswick, 725-2963  
www.yankeelanes.com

**RESTAURANT**

**Arby's**, 10% off, excluding combos/coupons  
Topsham Fair Mall, Topsham, 729-8244  
www.arbys.com

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

**Fairground Café**, 10% off, anytime  
Topsham Fair Mall, Topsham, 729-5366

**McDonald's**, Free dessert with purchase  
Cook's Corner, Brunswick, 729-4416

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

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

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

**RETAIL**

**Indrani's**, 10% off non-sale items, Mondays  
Tontine Mall, Brunswick, 729-6448

**Portland Glass**, 10% off materials (\$50 max)  
61 Bath Road, Brunswick, 729-9971  
www.portlandglass.com



**Need Help with...**

- ♦ in-home support
- ♦ transportation
- ♦ shopping, errands
- ♦ light housekeeping
- ♦ companionship
- ♦ laundry
- ♦ pet care
- ♦ cooking
- ♦ "...this 'n that!"

call **Time Together NOW!**

*Experienced help for seniors at very reasonable rates*

Call or email **Jill Standish**, Social Worker  
240-707-7716 • jipstandish@gmail.com

**"It's time to call Jill!"**

**People Plus 40 Years!**

**PEOPLE PLUS MEMBERSHIP**

Name (1) \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Name (2) \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

I would like **People Plus News** via  Mail  Email Email address \_\_\_\_\_

I heard about **People Plus** via \_\_\_\_\_

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)

OFFICE USE:  Accounting  Data  Membership Card Sent

Cash/Check (Payable to People Plus)

Membership Dues: \$ \_\_\_\_\_

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

Total: \$ \_\_\_\_\_

# The reason for the holiday...

## Speaking Frankly Frank Connors



I'd been to the lumber yard, getting supplies for a weekend project and when I came back to my truck, here's this guy leaning on my bumper, smoking a cigarette. I nodded, told him the truck was about to move, and indicated he might want to smoke somewhere else. I figured I'd been as polite as I needed to be.

"This your truck?" he asked, jerking his thumb; I nodded again, kept walking toward the door.

"I've been waiting for you," he said, puffing his chest just a little, "I want you to know I'm a veteran, and I think this treatment of MY flag is disgraceful!" He fingered a heap of 75 or 80 spent flags laying in the bed of my truck. Yes, these little flags had blown in the wind for a year, most were tattered and faded, now they were dirty and not a little wet, and indeed, they were laying unkempt where I'd dropped them, waiting for what was next.

But I didn't care for the attitude I was getting, and he wasn't letting go of my truck.

"Mister," says I, "you're not the only vet in this parking lot. You don't need to worry one more minute about those flags, they are in my care. Every one of them will be stripped from its staff, flattened, and given to MY legion post for a ceremonial burn. You want to follow me home, I'll let you understand my process a little better. I'll even let you help me!"

Maybe he choked a little on his cigarette, there was an audible cough.

Every spring before Memorial Day, I wander the cemeteries of my Bowdoinham,

inserting fresh flags atop some 350 veteran's graves. The project gives me great personal pride. I visit more than a couple dozen cemeteries, too many of them forgotten and abandoned. I cross swamps, I feed ticks, I get bitten by mosquitoes. I fall on my face in puddles, trip over rocks, scratch myself and rip my clothes on bushes. I've been doing this long enough to remember the good years making the visits with my kids, and now I get to go with my grandboys! When I finish the night before the holiday, I've offered my silent tribute to veterans from America's Revolution, from her civil war, from the war to end all wars, and from the five or six wars we've fought since that one. Every year, I await the job with a great deal of anticipation.

"I'm a Vietnam COMBAT vet," I told the guy on my bumper, "You?"

"16 years in the air force," came his answer, "I missed Vietnam." His answer was diminished, he took his foot off my truck, turned and started the walk back toward the store. "Guess this means you don't want to bother helping," I called after him. He didn't look back.

Two years ago, I started the list. "You can't do this forever," Jane keeps telling me, "and wouldn't it be good if the town had a list to use when you're done." At first I took her declaration with a certain amount of disbelief, but I've come to accept the wisdom in what she's telling me, again. The list is by veteran, by cemetery, and by the alphabet. Even a civilian could use it. With each name I add any essential information I collect: Service, rank, war, dates of birth

and death. Now the list is taking a life of its own. Occasionally a family will call me and offer a newspaper clipping, a letter, or some other bit of oral history, and I dutifully write it down. Something else for the Town to deal with when I'd done. One lady wanted to know if I collected dog tags, and I told her not yet.

I started doing my 2016 flags the other night, and fell over a rock in the very first cemetery I visited. "Here we go again," I said to myself, spitting dried leaves out of my mouth. In the second cemetery, I noticed

a stone with a death date of 1863. It was a guy, he was twenty years old when he died. "Hm-m," said I, and checked the list of Civil War vets I keep in my truck. "William Aderton," I said with more excitement than even Jane might appreciate, "This year, you get YOUR flag!"

Enjoy your Memorial Day holiday, but DO take a moment to recall why we celebrate.

### In Others' Words...

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 35 Union St, Brunswick, ME 04011 or [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

I wanted you to know that I received outstanding assistance from People Plus in preparing my tax return on March 17. This was my first experience in seeking help without having to pay, and I must admit that the AARP volunteer at People Plus far exceeded my expectations.

Karen spent over two hours with me, taking the time to ask questions and research answers. She was very polite and attentive to my questions and concerns. I never felt hurried or embarrassed because I was a little unprepared and did not have all the immediate information that she needed. While I had been advised a year ago that I might not have to file, Karen figured out that it would be to my benefit to do so, and she ended up getting me a small refund from the state because of her persistence. In the end, she took the time to review my return and then finished the job with the electronic submission. Marlene was also patient in her greeting to me in the reception area and outlining what might happen, and then in the final double-check to ensure accurate figures.

I signed up for the appointment not certain of what was going to happen, except for some guidelines in what to do. I was pleasantly surprised when the tax return was completed the very day, and I did not have to worry further about it. I would recommend this service without hesitation for the professionalism, knowledge, and competency in seeing a job through from start to finish. Thank you for the opportunity to have a dreaded project done far better than I could do and at no charge, which is important to those of us on a limited retirement budget.

Sincerely, Karin

## New or renewing members for May

\* indicates new membership  
• indicates donation made with membership

### Brunswick

- Suzanne Austin \*
- Elma Avery
- Janet Baribeau
- Eithel Berry \*
- Al Boothby \*
- Sarah Boothby \*
- Ethel Brady
- Arleen Brother
- Leon Burgess \*
- Donna Chale
- Mary Coleman \*
- Judy Collette
- Martha Ellison
- Debra Fairweather
- Dianne Gutscher
- Becky Hatmaker \*
- Jean Hodgkins

- Al Levesque
- Joye Levesque
- Darlene Manzella \*
- Diana Szurgot \*

### Harpswell

- Geoffrey Hole
- Sharon Hole
- Barbara McLaren
- Parker McLaren
- Virginia B. Wright

### Other places

- Joyce DeVito, \*
- Georgetown
- Richard DeVito, \*
- Georgetown
- Mechelle Nash, \*
- Woolwich

### Topsham

- Elizabeth Bavor \*
- Dana Cary

Do your dues!

**BRACKETT FUNERAL HOME**  
A Ladner Family Service

TRADITIONAL FUNERALS MEMORIAL GATHERINGS CREMATION SERVICES

*Honoring Loss. Celebrating Life.*

Peter W. Ladner • Rick A. Gagne • Christopher Ladner

29 Federal Street • Brunswick, Maine 04011-1590  
Phone 207-725-5511 • Fax 207-729-5930  
[www.brackettfuneralhome.com](http://www.brackettfuneralhome.com)

**RM ROUSSEAU MANAGEMENT, INC.**  
Skilled and Assisted Living in Midcoast Maine

*We take your loved ones comfort and health to heart.*

**COASTAL LANDING RETIREMENT COMMUNITY**  
142 Neptune Drive, Brunswick (207) 837-6560

**COASTAL SHORES ASSISTED LIVING**  
142 Neptune Drive, Brunswick (207) 725-5801

**DIONNE COMMONS**  
24 Maurice Drive, Brunswick (207) 725-4379

**ASSISTED HOME CARE II**  
11 Bank Street, Brunswick (207) 212-6736

**Horizons Living & Rehab Center**  
29 Maurice Drive, Brunswick (207) 725-7495



**CLASSIFIED ADS**

**Unwanted Computers** accepted by donation. Good parts reused, bad parts disposed of properly. Call Gene of Free Computer Resurrection, Topsham. Services provided as a hobby, no charge for diagnostics or complete repair.

**Call 729-8464;**  
**e-mail: gr.ric@comcast.net**

**Nuisance Wildlife?** Call Critter Catchers (Grant Connors) at 729-0460 for the safe and humane removal of skunks, opossum, squirrels and other natural pests. ADC licensed. Call 729-0460.

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

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

# Spring Student show continues

The collected works of students in Connie Bailey's art classes remain on display through June in the Union Street Gallery of People Plus. This multi-media exhibition features more than two-dozen new and original works by our student artists, and is the first of the season show for Bailey's popular classes.

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, Richrd Nickerson, Ralph Palmer, Valerie Robbins, Ann Sanfasin, Wilma Sarna, Frances Stone and Alfred Tyrol.

Bailey's mixed-media classes include instruction in 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 typical class cycle, and to encourage them to practice and work in the media where they feel the most comfortable, and become the most proficient. Weekly class schedules usually run for two hours.

These collected works are usually for sale, and may be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick.



Shore Birds

Acrylic by Sandra Cox

## Golf for Big Brothers Big Sisters at the Brunswick Golf Club

Big Brothers Big Sisters of Bath/Brunswick is holding its annual Big Swing Golf Tournament on Friday, September 16th at the Brunswick Golf Club. Teams of four will enjoy 18 holes of golf with cart, contests, lunch, awards, and prizes. A \$150.00 donation (per golfer) or \$500.00 per foursome (team) will provide a day filled with fun. Sign up for our "special deal" and save: a \$600.00 registration will provide entry fee for your team and your company name to be displayed on one of 18 holes on course - a \$100 sponsor savings. This tournament will be limited to 29 teams so sign up soon!

No matter how someone chooses to be involved, golfer, sponsor, or volunteer,

each person has a hand in helping to start a child on the right path to future success. Every dollar raised through The Big Swing directly funds our mentoring programs and helps to maintain and sustain mentoring relationships, increasing each child's chances for success.

The average cost to support one Big and Little match through the year is \$1,000. As a non-profit organization that does not receive state or federal funding, BBBS of Bath/Brunswick relies on its community supporters to continue vital programming. Donations and sponsorship support

Community-Based Mentoring and 15 School-Based Programs that are offered in Brunswick, Harpswell and the communities of Sagadahoc County. The organization is presently serving 192 active Big and Little matches and supported a total of 296 matches in 2015. There are currently 18 children waiting for the right match with an adult Big in the Community.

More information can be obtained by calling 729-7736 or email [director@bbbsathbrunswick.org](mailto:director@bbbsathbrunswick.org). You may also visit the organization's website: [www.bbbsathbrunswick.org](http://www.bbbsathbrunswick.org)

**Lunch out!**

June 14th at 11:30 a.m.  
**Muddy Rudder**  
1335 US Route 1, Yarmouth

*Be sure to sign up for the car pool!*

**AGING EXCELLENCE**  
*SeniorsOnTheGo.com*

**Contact Us:**  
113 Pleasant St.  
Brunswick, ME 04011  
207.729.0991  
866.988.0991  
[www.seniorsonthego.com](http://www.seniorsonthego.com)

SWIFT Wellness Program  
Certified Professional Geriatric Care Management  
Community Support Specialists/Social Companions  
Personal Support Specialist/Personal Care Services  
Handyman Services

**Neighbor to neighbor**  
Bath Savings Institution

**KEEPING BRUNSWICK STRONG**  
Special Neighbor To Neighbor Offer

Open a Bath Savings echecking NOW account today, and we'll donate \$25 to one of these six Brunswick non-profits.

- Coastal Humane Society
- Curtis Memorial Library
- People Plus-Brunswick Community Center
- Tedford Housing
- Sexual Assault Support Service
- The Theatre Project

You'll also receive a \$10 gift certificate to a business we're proud to call neighbor.

\$100 minimum deposit to receive gift certificate, eStatements required.  
3 Pleasant Street, Brunswick 729-8039

**Bath Savings Institution**  
Since 1852

MEMBER FDIC © EQUAL HOUSING LENDER [bathsavings.com](http://bathsavings.com) 1-800-447-4559