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**July 2016** 

**Volume 16, No. 7** 

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





Heros All! Members and Center friends enjoy ice cream and good friends during our volunteer recognition last month. On left, Alvina Menard relishes her honorary lifetime membership, and on right, Lorraine LaRoche says she was "surprised and shocked" to be named Volunteer of the year.

Volunteers celebrated

# some of our best!"

More than 50 volunteers and several People Plus board members were feted during the annual party to recognize and celebrate volunteers and volunteering at People Plus on Tuesday, June 20. Everyone enjoyed an old-fashioned ice cream social with a tropical flair, and the "meet and greet" that followed was a rousing success indeed.

Special attention was given To Lorraine LaRoche, named Volunteer of the Year; to board member David Forkey, named Board member of the year; to Teen center volunteers Hank Welzel and Winnie Chan; and to volunteers Alvina Menard and Ralph Laughlin. Casey Hensen offered a series of gifts to a group of her Meals on Wheels volunteers; and Gladys Szabo offered special bags "and lots of hugs" to what she called, "her incredible kitchen crew." Executive Director Stacy V. Frizzle matched a lengthy

list of names to job descriptions at the center, and declared, "these folks are some of our best, the Center as we know it could not exist without this dedicated, passionate gang of volunteers!"

LaRoche, from Topsham, has been a Center member for many years, and a dedicated score-keeper for both Bridge and Cribbage clubs at the Center. She often tracks door prizes at our luncheons, and, as Frizzle said, "is one of those members you can go to when you need help with almost anything." Forkey, Welzel and Chan were all recognized for their exceptional efforts to feed Teen Center members. Forkey offered "huge casseroles" each week of the past their grass skirts and blue outfits.

season, Welzel and Chan visited the Center "at least weekly... with bags of fruit and goodies," Frizzle said. Menard was called, "one of the longest attending members of the Center," and described as a "living history book." For more years than editor Frank Connors of the People Plus News can remember, Menard has been a faithful deliverer of the Center's monthly newspapers. "Alvina recalls when it was called the Brunswick Area Center for Senior Citizens News," Connors said.

All members attending were given gift bag, coupons, and sincere thank you. George and Merry Hermans "stole the show again," with

### **Balance & Falls Workshop with Head to Toe Physical Therapy**

Come join Dr. Christina Levesque, PT, DPT for the first of four Head to Toe Physical Therapy of Topsham quarterly Balance & Falls presentations on Monday, July 18 at 2 pm! Learn what balance truly means, how to obtain good balance, how to prevent a fall, how to properly handle a fall if one occurs and much more! In addition to the lecture, Dr. Levesque will offer free fall risk screenings to all who attend along with coupons for a free, 15 minute screening at Head to Toe PT in Topsham if you feel physical therapy could benefit you! Free, open to the public. Registration appreciated!

### Annual Campaign

## Over the top!"



Donations to the Annual Campaign have exceeded our \$50,000 target amount, with more than a week to go before the end of the fiscal year, according to office manager Betsy White. On June 22, the total stood at \$50,839., White said, and there may still be a few more "year-end contributions, coming." She added. The Teen Center total stood at \$12,902.54, a record number and nearly \$3,000 more that it's fiscal goal. The Teen Center total is not included in the People Plus Center appeal. The People Plus total includes \$3,587 extra donated by members at the time of re-enrolling as members, White said.

"This is so amazing," Executive Director Stacy V. Frizzle observed, "we've had responses from several large donors, but most of this money comes a few dollars at a time from members who really treasure their Center. In so many ways, this Annual Campaign remains as a barometer to how we really are serving members of the Center.

### **Bowdoin International Music** Fest artists offer concert

People Plus is excited to once again Over its more than 50 years of service host guest musicians of the Bowdoin International Music Festival in a free concert on Thursday, July 14, beginning at 1 p.m.

The Bowdoin Festival's Artist's of Tomorrow community concert series features, "gifted classical musicians from around the world, performing in solo and in chamber music arrangements." This years student artists represent more than a dozen foreign countries, as well as students from many of the United States.

to classical music, the Bowdoin Festival has established itself as a unique service throughout the music world. Founded in 1964 by professors Lewis Kaplan and Robert K. Beckwith, the mission of the festival is to prepare gifted young musicians through study and interaction with worldclass artists.

To reserve your seat at this free concert, please call Pat at 729-0757.

FMI visit: www.bowdoinfestival.org.



The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

#### news@peopleplusmaine.org

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

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

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# A "Legacy" from old friends

the misty morning garden with a blanket around my shoulders and a mug of coffee warming my fingers as I listen to the doves

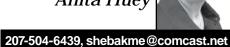
I'm thinking about Deane Lanphear and K Schmidt. Two long time and dedicated Board members of People Plus who both passed away recently.

They were strong, clearheaded and outspoken individuals. K was known for her gregarious nature. I am sure the term 'wallflower' was never, ever, ever used to describe her - and when I joined the organization she sat me down in my office and had a word with me about exactly how she expected things would be run.

She made it clear she had worked a long time on behalf of her beloved People Plus, even going so far as to give a donation toward establishing the endowment fund; and she expected that I would be "socially liberal and fiscally conservative" (is how she put it). And if I wasn't, I'd hear about it from her.

And Deane was the conscience of the Board. A lifelong minister and private school headmaster, he brought with him a conservative approach to finances and a "love thy neighbor and always take care of them first" approach in his counseling of

### From Anita's **Plate** Anita Huev



Summer is the time for BBQ's, parties and summer visitors. I recently asked a client if they had any challenges coming up and their reply was "yes all the BBQ's that I get invited to. I went to 3 graduation parties and was overwhelmed with the amount of food that was served." How do we manage these situations? We can take charge of our surroundings. I am always thinking about how do we make it easier for people to make better choices. My daughter just graduated from high school and I was determined not to have too much food at the party. Stacy was at the party so you can check with her to make sure there was enough to eat!

There are some tools that we can use to help in these situations:

- Check out the food table to decide what to choose.
- Fill half of your plate with fruits and vegetables.
- · Bring a healthy choice when you go to a
- Have a small snack before you go.
- When you are tempted by food at a party use the word "pause." Pause is used to take a moment to decide if you really want to choose a food and maybe choose a smaller portion.
- 90/10 means that you try to make 90% of your choices healthy and take 10% to have a few extras!



I'm up early this morning, sitting out in Deane was one of the first members of our "Legacy" group. Those are people who have added People Plus to their estate will. He believed in the organization and its mission and his wisdom will continue to be a gift and mockingbirds sing their songs. that keeps on giving.

Deane and I share a birthday. We are both Taurus. And Deane would counsel me on being an effective leader without being a bull in a china shop. He used to call me "kid". He would say "do the right thing kid", and in the end you'll know you've

As we close out this fiscal year for People Plus, I hope that we do the right thing every day and that we have made Deane and K.

We at People Plus have all worked very hard to save money where we can, spend less, and care for our community of seniors, elders and teens.

I hope we have earned respect in our community and that local businesses and

From the **Executive Director** Stacy V. Frizzle

residents continue to trust us with their donations to be used toward feeding seniors, providing them transportation, offering health and wellness classes and all of the really lovely things we do at People Plus.

Honoring the work and dedication of our former Board members is one of my most important goals as an Executive Director at People Plus.

And I hope that all of you will join me in taking a minute to appreciate all the volunteers who work on behalf of this organization including the Board trustees. Without them we would not be the Center

that Builds Community!

### Classic Scam

## Purse in the grocery cart

A lady was grocery shopping at a local mall, in it, all her personal papers and credit cards omeone grabbed her wallet, and as soon as her. she noticed it was missing she reported the theft to store personnel.

After returning home, she received a phone call from mall security to say that they had her mall security, they could lure her from her

and left her purse sitting in the child's seat of seemed in order. She immediately went to pick ne cart while she reached to collect some- up her wallet, only to be told by mall security ning off a nearby self. While she looked away, that there was a mistake, they had not called

By the time she returned home again, her house had been burglarized. The thieves had know that by calling and saying they were wallet and although there was no money left home long enough to burglarize it.

### Bean and Tomato Salad with Vinaigrette

- beans, rinsed
- ½ c red onion, minced
- ¼ cup cider vinegar
- 1 t canola oil • 4 t honey
- • 8 ounces green beans, cooked and cut into 2 inch pieces
- 2 large tomatoes, sliced
- Ground pepper, to taste
- ½ cup basil, thinly sliced

#### Procedure:

- Two (15 ounce cans) low sodium white 1. Place white beans, cooked green beans, onion, vinegar, oil and honey in a large bowl. Toss gently and let marinade for
  - 2. Slice the tomatoes and place around the outside of a platter.
  - 3. Place the bean mixture in the center of the platter and top with basil and ground

Note: I have made this several times and someone always asks me for the recipe. It is a beautiful salad that is easy to makes and uses the vegetables that are grown in the garden! Great to bring to a BBQ or party or have for summer guest! Enjoy!

We can manage these challenges and still enjoy some "treats". Each week I have clients let it become a fall! who come in and they have used these tips and have still lost weight! However, just remember party or have for summer guests.

that if you do slip with food choices just don't

This month's recipe is a great one for a BBQ,

## Memorial Donation in Memory of **Allan Brother**

Apr. 27, 1936 - Feb. 25, 2016 your friends in the Easy Rider bike group

### Pati Crooker Mulligan

Feb. 24, 1948 - June 12, 2016



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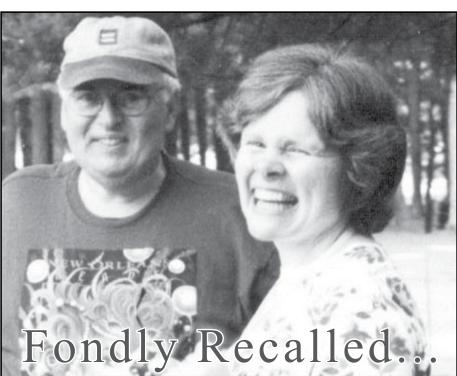
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**JULY 2016** 



Former People Plus Executive Director, Sig Knudson, and "new" Center employee, Betsy White, enjoy a laugh at an early Thomas Point Beach summer picnic (circa 2004).

#### ALI by P.K. Allen \*

He refused to enter the Army,

(6/93) – by P.K. Allen

summer sky.

The day is spent.

A promise made,

A promise kept.

Which proved to be less important

so they took back what he had achieved,

than the principles in which he believed.

\*From IMPRESSIONS From an Ordinary

Person Of Famous People I've Never Met

A promise kept

by Charles Payne

Fluffy, lazy clouds drift across a

The sun drives shadows away.

Azure sky and deep blue sea

Westward to the setting sun.

A ruby blaze, a last "hurrah,"

Tall ships go to rest near some carib

Joys and sorrows are left behind.

Mosquito

He started out as a man named Clay with fists so quick and true. He won an Olympic Gold Medal, and the Championship three times through.

He "floated like a butterfly" and he "stung like a bee." He became a Black Muslim, and took the name, Muhammad Ali.

### Learning about fireworks by Elizabeth Bates

When I was a young boy, I lived in an old house with the ocean out front. There were three apple trees in front of the house. I used to climb on them, but they were old so their fruit was usually wormy, and I didn't try to eat it. From the trees, I could see the boats moving fast in the water, a long way from me. I wished I had a boat, but I didn't.

On the porch by the front door one afternoon was a box that I was told not to touch. My father said we couldn't open it until the fourth of July. My mother was out to the grocery store, my father was at work in his boat shop. My big brother was at school. I knew no one would know if I peeked in the box.

So I opened it. There were some strange looking sticks in there. I took one out and stared at it. I read the label and it said, "FIREWORKS!" Then I knew what it was!

You could light it with a match and it would fly up in the sky and make a big bang. There were a lot of them in the box, no one would know if I lit just one!

I went to the kitchen to find a match, I knew where some were on a shelf in the kitchen. My mother used them to light the fire in our old black stove. I climbed onto the kitchen counter and got a match. I ran back to the porch and picked up one of those sticks. I had forgotten to strike the match on the matchbox so it would light! I ran back to the kitchen, climbed back on the counter, got the matchbox and brought it to the porch. I got the match to light up, and held it to the top of the stick so it would burn. I couldn't seem to do it, and the burning match was getting so close to my fingers that I had to drop it. The match fell into the box, which was right in front of me. I was sure it had gone out! Darn it! I did not want to light another match!

I turned my back on the box and left the porch, when all of a sudden, there was a big

I looked back at the porch and a couple of the fireworks had flown out of the box and were headed my way! I fell down on the grass and covered my head. The fireworks passed over me and landed in the water! Behind me, the box was shooting out firecrackers and making a lot of noise! One of my neighbors came running with a bucket of water. He poured it in the box and finally, everything went quiet again.

At our house that July fourth, we didn't have any fireworks to watch. Everyone was mad at me, except my mother, who said she was glad I didn't get hurt! I was glad, too! My father and brother went to Town to see the fireworks, but I wasn't allowed to go. I really didn't care, it would be a long time before I would want to see fireworks again!

### WHEN FREEDOM DIES

#### By P.K. Allen

**PEOPLE PLUS NEWS** 

When freedom dies It takes our soul away, Leaving behind the ashes Of hope and the will to pray.

When freedom dies It takes our compassion away, Replacing love and kindness

With hatred and dismay.

When freedom dies It takes our honor away. Replacing courage and integrity With fear and moral decay.

When freedom dies It takes our rights away, Leaving behind the ashes Of liberty, justice, and the American way. This can be our future

When truth turns into lies. Democracy will perish On the day – When Freedom Dies.

#### **IMAGE** by Patty L. Sparks

adirondack chair sun-warmed ledges, rhythmic waves ah...summer in Maine

#### Crows

by Sally Hartikka

One of the most odious birds I know Is my not so friendly neighborhood crow. He sits in a nearby tree at dawn And screams to his buddies as I stifle a yawn. Once they start having their group conversation, There's no more sleeping or hibernation.

Another misdemeanor for which I have objection Is that they steal garbage awaiting collection. They tear open plastic bags with their beaks, Spread trash around until everything reeks, Then leave the mess for me to make ship-shape While they fly away and make hasty escape.

One of the interesting things 'bout this bird Is its intelligence, or so I have heard. They are said to have large vocabulary Which can be anything but arbitrary. They have specific calls for each need, Like "here comes the cat," and "where's the next feed?"

Given the fact that these are smart creatures, With ability to communicate one of their features, I guess I should give these birds some respect And not complain of their negative aspect, Though I wish they'd not wake up at daybreak And such an terrible commotion make.

### WHY?

Two old friends meet in a field. "Hey sam. How you doin?" "Tolerable, Jed. You?"

by Vince McDermott

"Middlin. Crops OK" "Yep. You?"

"Could be better. Skeeters bad." "I dunno. Ain't see that many." "True. But thar big."

"Seen worse in '03." "These are much bigger." "Think you're seein things."

"Could be. Here comes one now." "Big deal. What are you fraid of?" "Better duck!"

"I ain't fraid of no skeeter! Let him come!"

"Let him...wait...let me go...let me go!" Sam was never seen again.

### By Charlotte Hart

Why is her birthday so special? Why don't they celebrate me? What's the deal about my big sister?

I know Mom and Dad do love me.

Big Sister Jane goes to school now. She's smart; she just finished first grade. Her birthday is coming. With music and flags! The whole town will have a parade.

My birthday's the fourth of September. We'll have ice cream and cake. (Well, that's cool.) My cousins will come; we'll play games in the yard

I'll get a new dress 'cause I'll go to pre-school. On Jane's birthday the whole town celebrates. They picnic. They light up the sky. Why don't they do that for me on September fourth?

### THRU THE YEARS

### a 40th anniversary feature

PAGE 3

July 27, 2005: You're invited to the first annual Downeast Lobster fest at People Plus: Boiled lobster dinners, \$25; Lobster Roll dinners, \$20; Lobster roll, \$10. Clams in broth, strawberry shortcake extra (included with dinner) to benefit the People Plus Center.

**July, 1992:** Let us know when anyone of our **55-Plusers** are sick or in the hospital, we can mention it in our next newsletter.

July 31, 1992: Come see La Cage Aux Follies at the Brunswick Music Theater, we have a block of tickets for this matinee. cost is only \$18. July 14, 1998: Turn your Memories to

**Memoirs** begin a series of workshops with Dennis LeDoux for two weeks in July, August and September.

July 1, 2000: Betsy White hired as first full-time office Manager. July. 2000: BINGO! Is played at the 55

Plus Center's Jordan-Wilson Hall every Friday & Saturday evening from 6:30 p.m and Sunday afternoons, beginning at 1 p.m. July 28, 2000: Bus, Boat to see tall ships! **Tall ships** are in Portland harbor, we have a bus to Freeport, boat to Portland, only \$35 per rider, this will fill up fast!

July, 2003: 'Chamberlain Trail' has great addition. Brunswick got a fine new landmark this month in the form of a larger than life bronze statue of Maine's famed general, governor and college president-Joshua Lawrence Chamberlin.

July, 2003: Brunswick Time-dollar Exchange opens office at 55 Plus Center, Charlene Roberts is coordinator. Exchange embraces simple concept that all of us have value and everyone has something to

**July 13, 2003:** At least 200 55-Plussers enjoyed burgers, hot dogs, watermelon and soft drinks during Third annual summer barbecue at Thomas Point Beach. Seniors are free, other adults are \$5, and children are \$4. Gordon Hersom's band will play. July 15, 2004: First "Not-so great Ice

cream walk" does swinging bridge, downtown Brunswick route. **July, 2005:** Development Director Steve Mayberry mailed annual campaign letters to members and friends of the Center. Goal this year is \$30,000, "a 66% increase over

last year's effort." July 1, 2009: Brunswick Teen Center formally merges with People Plus. July 13, 2009: First day of work for

Susan Cole, Executive Director of People

July 30, 2009: Sig Knudsen resigns as People Plus Executive director.

July 21, 2011: Center's annual picnic returns to Thomas Point beach-front site, 125 members enjoyed hamburgers, hot dogs, baked beans, sodas and "good times," also dance music by Gordon Hersom Band.

July 1, 2013: Dues are \$25 for members from Brunswick or Harpswell; \$30 for members from any other town.

July 1, 2013: Spectrum Generations moves its Meals on Wheels distribution and other operations to People Plus, closing its Topsham Resource Center to move closer to "one-stop shopping for area

I've seen some interesting signs lately. At least I found them interesting. For example at Merrill Auditorium recently I saw a sign on the door leading to the seating area that said "NO OPEN FLAME". a sign? Do people come in to take their seats carrying torches? Maybe people who really like the performance raise their BIC lighters in tribute. Probably not since the 60's, but the sign is there just in

nteresting. I saw a sign that announced "LOW plane is flying low enough to interfere with my ar, it's a plane problem and not a car problem.

And then there are the "DEER CROSSING" signs. Deer clearly on't read or understand these signs because there are a lot of dead

way from Harpswell to Brunswick. It says "SLOW DOWN IN ICY CONDITIONS". This one just seems obvious to me, but maybe some people might not know they could do that if there wasn't a sign. Of course there's no such sign going the other way, so good luck getting home in the winter.

Then there are my long time favorite signs. "DEAD END / NO OUTLET". How would you like to live on that street? It's not only redundant, it's depressing. There's just no hope. No way out!

And of course the sign "CAUTION: SLOW CHILDREN PLAYING" is just silly and wrong. We all know that fast children are much more of a danger than slow children. You should be more cautious around the fast children with their running and darting, but where

is the sign for that?

One more sign I've come to like is the "HIDDEN DRIVEWAY" sign. This is the start of a game my husband and I play as we drive. The winner is the first one that can find the hidden driveway and yell "gotcha". Signs are fun. You just have to pay attention.

#### Why for Jane on the fourth of July? I Saw The Signs by Nancy Sohl

Really? Has that been a problem that needs to be addressed by

I've seen signs along the highway that are FLYING AIR PLANES". Seems to me that if a To sign will help either of us at that point.

deer nowhere near these signs. Also it seems like the "sign people" clearly aren't very good at knowing where the deer really cross. Closer to home, there is the sign along Rt. 123 that I pass on my

Flaunt its wild sprays of brightness In darkened woods

**HAIKU** by Virginia Sabin

Forsythia will

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### WHAT'S HAPPENING IN JULY







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# July's a jewel at People Plus



Pejepscot Station is returning to provide entertainment for the annual picnic for a third year.

**Lunch & Connections** 

### **Annual Picnic set for Thomas Point Beach**

Hamburgers and hot dogs grilled to (near) perfection, and pots full of baked beans will be served up on Thursday, July 21, beginning at 11 a.m., and continuing, "until all the food and all the fun is gone," according to Center chef Frank Connors.

"This is our annual summer extravaganza, and always a great time," Connors added, "We just assume the weather will be perfect, and with our spot on the beach, how can we possibly go wrong?"

Blues-band Pejepscot Station is returning this year, sounding off their unique blend of blues, country and jazz. Our sincere thanks again to picnic sponsor Scott Lemieux at Ameriprise Financial for making the band program possible.

Come early to try you luck at beanbag tossing, or just take a quiet stroll along this scenic piece of Brunswick shore (we're working on having the tide HIGH again this year). Osprey sightings are guaranteed, and if you're willing to get your feet damp, Grant Connors might show you where to find a Horseshoe Crab. Ralph Laughlin will be cooking again this year, trying to coach "those Connors boys" -Frank and Grant- as they flip burgers and dogs off our duel gas and charcoal grills. Featured drinks include iced, Bottled water and canned sodas. Sure, there will be condiments like fresh tomatoes, onions, relishes and potato chips.

Trying to streamline some of the lines, you may Preregister and pay at the Center BEFORE the day of the picnic. EVERYONE wearing a People Plus commemorative tee shirt at the picnic will be eligible to win cash and other unique prizes. IF you don't yet have your tee, you may purchase it at the Center, we have, red, white and blue teeshirts available, get yours while the sizes are all available. Betsy will be staffing the gate at Thomas Point Beach, beginning at 11 a.m., please bring your own lawn chair if you can, tables will be arranged and ready. Cost, including beach admission, is still \$7 for members, and \$10 for non-members. Sign up early (after July 1) and \$10 buys you the picnic, beach admission AND your choice of tee shirts! Cost for the same package for non-members is \$15.

are sponsored by Spectrum Generations, and are planned to focus on nutrition, information, fun and variety. This month, there is NO limit for seating, but your preregistration helps us plan and order accordingly. To register, simply call the People Plus information desk at 729-0757. A special note of tribute to Pati Crooker, owner of Thomas Point Beach and a wonder-

These monthly Lunch & Connections events

ful friend of People Plus, who passed away last month after a valiant battle with cancer. Her donation of this site each year has made this summer tradition possible and affordable. Pati, we'll miss your smiling face at our

Food service begins at 12 noon, in case of inclement weather, the picnic will NOT be

## Picking Party!

Been strawberry picking yet? The berries are ripe at Bowdoinham's Fairwinds Farm, and we want you to get yours. Come to the Center (or meet us at the fields) at 10 a.m. on Tuesday, July 5th. We'll carpool to Bowdoinham and you'll have a chance to use your volunteer coupon to pick and buy berries.

### Technology Clubs

Apple Club is moving to the 2nd Monday this month due to July 4th holiday. Monday, July 11, at 10:00 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.

Monday, July 18, 10:00 am: Windows 10

### **Linda's Home Care Planning & Staffing**



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### "Aging Well" Lunch and Learn: **Five Questions You Can't Live Without**



unnecessary health

care tests and procedures? Do you ever wonder why you need a test or a procedure, but were afraid to ask? Some medical tests, treatments, and procedures provide little

On Monday, July 25th at 12pm, Maine Quality Counts and Spectrum Generations will talk about the Five Questions You Can't Live Without when going to see your doctor or health care provider. Come discover five simple questions you can ask your

Monday, July 25, healthcare provider to get the right amount of health care. Bring your lunch (or grab Do you think take-out from our Monday Munchies), we you are getting provide chips, drinks and dessert. Call to register. Free, open to the public

This class kicks off a quarterly series of Lunch & Learns from the Choosing Wisely campaign. Additional events scheduled are: • October 24, 2016 – Can't Sleep and

Tired of Counting Sheep?

- January 23, 2017 Viruses or Bacteria? What's Got You Sick?
- April 24, 2017 Oh, My aching Back!



#### 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.

### New time for summer!

Now in its 3rd year, this group meets at People Plus every Wednesday (weather permitting) at 8:30 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.

### Easy Riders Biking Club: 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 Mideast 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.





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# Have you joined the Summer Trail Challenge?



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Summer's short, get out there!

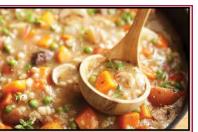
If you still haven't picked up your Summer Trail Challenge score card, come to the Center ASAP and get yours! Here is a chance to see some of the very best places in the mid-coast, and make yourself eligible for prizes at the same time. Sites are located in Bath, Brunswick, Georgetown, Harpswell, Topsham and West Bath. Several are wheelchair accessible, all are worthy of an afternoon in your summer!

Still need coaching? Frank and Grant Connors will lead two hikes this month,

two next! Join us (if you dare) July 5 for a stroll along Harpswell's spectacular Giant Staircase; and July 19 for a tour around Topsham's Bradley Pond, considered by many to be the headwaters of Bowdoinham's mighty Cathance River. Both tours start at People Plus at 3 p.m., where we organize for a car pool. We should have you back without incident before 5 p.m.

The Southern Midcoast Summer Trail Challenge is sponsored by Access Health and several local land trusts. You have until Labor Day to tour any one or all 24 trails on the challenge





### "MONDAY MUNCHIES"

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

www.peopleplusmaine.org

### MONDAY MUNCHIES MENU

July 4: People Plus Center CLOSED - Happy Independence Day!

July 11: Spaghetti and Meatballs

July 18: Tomato Soup and "Grilled Cheese"

July 25: Split Pea Soup

### Seen at the 2016 Volunteer Recognition

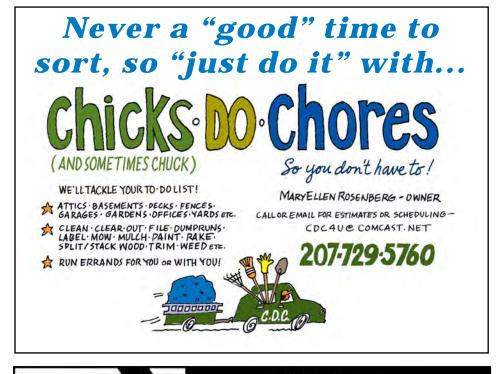


Top: Meals on Wheels volunteers toast with Coordinator Casey Henson.

Bottom left: George and Merry Hermans dressed for the day.

Center right: Betty Bavor and O. Jeanne d'Arc Mayo, college classmates more than 50 years ago, have re-connected at the People Plus Center.

Bottom right: Table Tennis wizard Steve Winter breaks training with a double cherry ice cream sundae.







**Congratulations to the happy couple.** People Plus members Becky Hatmaker and Eithel Berry were married on May 28 and had their reception in the People Plus Hall.



Senior Intermediate Cribbage May 25: Joe Tonely, 710

Anne Bouchard, 703 Mike Linkovich, 699 June 1: Rollande Fortin, 710 Mike Linkovich, 694 Anne Bouchard, 684

Colleen Petrin, 681 une 8: Mike Linkovich, 721 Anne Bouchard, 715 Lorraine LaRoche, 702

June 15: Ray Lourie, 717 Anne Bouchard, 713 Anita Owens, 690

Monday-Saturday Bridge May 21: Richard Totten, 4,150

Sherry Watson, 3,980 Hazel Guyler, 3,880 May 23: David Bracy, 4,430 Bill Buermeyer, 3,710 Anne Nichols, 3,700

Mary O'Connell, 3,490

May 28: Lorraine LaRoche, 5,170 Martha Cushing, 4,650 John Rich, 4,390

May 30: Libby Scully, 4,330
David Bracy, 3,650
Bill Coop, 3,630
Fran Lee, 2,920

June 4: Bill Buermeyer, 6,370 Martha Cushing, 4,790 Bill Coop, 4,700

June 6: David Bracy, 4,990 Lloyd Jones, 4,500

Lorraine LaRoche, 4,050 June 11: Bill Coop, 4,900 Judy Gray, 4,780 David Bracy, 4,670

Lorraine LaRoche, 4,100

June 13: Lloyd Jones, 5,250 Bill Coop, 4,900 Libby Scully, 4,800 Joyce Lyons, 4,320



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**JULY 2016** PAGE 8 **PEOPLE PLUS NEWS JULY 2016 PEOPLE PLUS NEWS** Page 9



**Providing free food.** People Plus Executive Director, Stacy V. Frizzle, and Board member, Mitch Brown, were delighted to accept a \$2,500 grant from the Maine Women's Giving Tree to provide free food for the after school program at the *Brunswick Area Teen* 

### TEEN OF THE MONTH

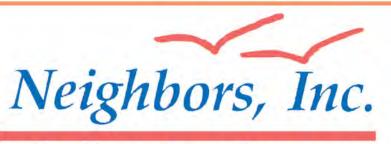
### **Cody Carter**

Cody is one of our teen members who could be teen of the month every single month! Cody just finished 9th grade at BHS and has been coming to the teen center for a number of years now. "Cody the Quiet" is an apt nickname for him! He can most often be seen with his headphones on listening to music but once in awhile he takes them off to play the game Apples to Apples with us or to join the others for a video game. Cody has been (and still is!) a nice addition to our program! Congratulations Cody and Cody chose 2 tickets to Regal Cinema for his reward.



Good Shepherd Lutheran Church welcomes you to join us for **Sunday Morning Worship, 9 am** Thursday Evening Prayer, 6:30 pm

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



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**Brunswick Area Teen Center** 

## School's out, Teen Center's "IN"!

School is officially over now and we are into our summer program schedule! We are open Tuesday, Wednesday and Thursdays from 1:30-4:30 in the summer. The summer schedule was created in response to available volunteer summer staff over the years, which consisted for many years of Upward Bound students! This year however, we are not getting any Upward Bound students! We recently learned that they have very few participants in the program this summer! We will miss having them but we are all set with summer staffing, with our TC staff assistant Donna approaching her one year anniversary with us!

This past school year was incredibly busy for us! From September through June during the 2014-2015 school year we had 1,592 youth visits to the program with 29 new members signing up during the school year. From September through June 2015-2016 school year we had (estimating June because it is not quite over yet:). 2,255 visits with about 40 new members joining during the school year. That was 663 more visits we had this school year and many of the kids who enrolled in 2014/2015 remain regulars along with the 40 new kids from this school year!

Biggest differences we saw this past year, lots more girls!!! More High School students who began coming in Jr. High and continue to in H.S. and of course a large number of 6th graders who (finally :) get to attend the program! Also added this past school year (and not included in our above numbers!) was a once a month Friday afternoon Teen Center gathering created and overseen by Barbara Swisher who is a Special Education teacher at Mt. Ararat Middle School and who served on our Teen Center Advisory for years, for Special needs students to gather and hang out. I have received at least two very special thank





you notes from a couple of the kids who were attending the Friday afternoon's at the TC. This year the attendees were primarily from Mt. Ararat and Barb hopes to get some Brunswick special needs kids attending next school year.

We got a good rhythm going with the food program this year also. I feel so fortunate to have the help we have had with feeding these guys/gals! We have been fortunate with raising funds for this program but in addition to that, we have had two members of People Plus COOKING on a regular basis so that every week there was at least one hot hearty dish and then at least two as MCHPP added a hot meal to the weekly supplies we get from them! And to have another People Plus member come in every single week and ask "what do you need" and then head off to Hannaford for usually, fruit, milk, cheese etc, well, what can I say? THANK YOU!!!!!

I really feel like the program had a "banner" year, with a good group of kids, lots of steady food support, successful funding for our biggest needs, an added assistant and aside from the teen entrance door getting egged recently Surprised (culprit apprehended and cleaned up the mess), we just didn't have much "trouble". I do say that knowing I could be blocking bad memories...but really, I don't think so...?? We will see what and who summer brings now! Stay tuned! Until Next Month! Jordan and gang

### DON'T FORGET THE WATER

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

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 ontain caffeine. Switching from these dehydrating beverages can be the first step toward the ealth you desire

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

Only nerve function and the air we breathe are nore important for life than water. Hydrated peole perform better on tests than dehydrated peo-

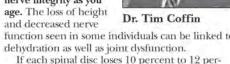
Twenty percent more strength and aerobic power can be seen in a typical 150 pound person who has optimum body water levels as compared to individuals who lose three pounds of water weight during the same activity

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 unction properly and reduce weight.

lamage to kidneys by helping dissolve the waste function and the quality of your life. the kidneys remove. Without water a person

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

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



cent 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

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 Water and toxin/waste removal. Water prevents and spinal systems checked to improve overall

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

July 2016

### Save The Date:



All proceeds benefit Meals on Wheels

### Wednesday, September 14th Maine Maritime Museum, Bath

#### **Girls Scouts Give Cookies**

Under the guidance of troop leaders Dawn Grimes and Gladys Szabo, Girl Scout Troop 1644 recently delivered over 200 boxes of delicious Girl Scout cookies to Spectrum Generations' local Meals on Wheels recipients through their cookie share program.

Thank you girls, for all of your hard work and dedication and thank you to everyone who purchased a box to donate!



#### Volunteers Needed!

Spectrum Generations' Southern Midcoast Aging & Disability Resource Center is currently looking for the following volunteers in the Brunswick/Harpswell & Sagadahoc County area:

Money Minders Volunteer: help clients with some or all of the following depending on client needs: read and sort mail, create a basic budget, prepare (but not sign) checks, record transactions in check register, communicate with vendors about billing issues, and reconcile the check register to a bank statement.

Volunteers should have previous experience managing their own household budget, bill paying, and account reconciliation. Previous experience with banking, bookkeeping, or helping an older relative with bill paying is helpful but not required - we provide all of the initial training as well as regular in-service training sessions. For more information, contact Aryana Davis at 607-4405.

Meals on Wheels Substitute Driver: deliver meals to Meals on Wheels recipients in the Brunswick, Harpswell, and Sagadahoc County area. The ideal candidate will have a flexible schedule, be available on short notice, and have a clean driving record with a reliable car. A great volunteer opportunity for retirees! For more information, contact Casey Henson at 607-4406.



All Spectrum Generations locations will be closed on July 4th in observance of Independence Day.



### 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.

Spectrum Generations is an equal opportunity provider.

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### Member Benefits

The following businesses offer discounts for Maine Optometry, \$30 off complete pair of People Plus members.

#### **AUTO SERVICE/SALES**

Autometrics, 10% off parts, anytime 21 Bath Road, Brunswick, 729-0842

Bill Dodge Auto Group, 10% off parts and

262 Bath Rd., Brunswick, 800-652-6118 118 Pleasant St., Brunswick, 729-6653 www.billdodgeautogroup.com

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

Lee's Tire & Service, 10% off parts

(excludes tires) 35 Gurnet Road, Brunswick, 729-4131 27 Monument Place, Topsham, 729-1676

Tire Warehouse, 20% off labor Topsham Fair Mall, Topsham, 725-7020 www.tirewarehouse.net

#### **BEAUTY/HAIR SALON**

Reflections (Salon), 10% off, Mon and Fri 12 Center St., Brunswick, 729-8028 www.reflectionsbylucie.com

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

119 Bath Road, Brunswick, 729-6119

#### **CANDY**

Wilbur's of Maine, 10% off, anytime 43 Maine St., Brunswick, 729-4462

#### CHIROPRACTOR

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

#### **DRY CLEANER**

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

#### **FLORIST**

Pauline's Bloomers, 10% off, anytime (within normal delivery range) 153 Park Row, Brunswick, 725-5952

#### www.paulinesbloomers.com **HEARING AND OPTICAL**

Berrie's Opticians, 20% off complete pair of glasses, 10% off retail price for hearing aides 6 Maine St., Brunswick, 725-5111 www.berriesopticians.com



### **SUMMER BENEFIT** BARBEQUE & DANCE

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#### **Damariscotta** Saturday, July 23, 2016 7:00 pm

The Dance Benefits Spectrum Generations Coastal Community Center's programs and services such as Meals on Wheels & Senior Fitness

### **Stone Cove Catering's BBQ** Style Pub Grub & Spirits

Available for purchase from 5:30 pm on...

Tickets in advance \$10.00, 521 Main Street, Damariscotta or \$15.00 at the door

For more information or to order tickets call 207-563-1363 www.spectrumgenerations.org

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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 weekday 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

**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



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



**Chicken Flipper.** Ralph Laughlin grills chicken for the June Luncheon under the watchful eye of Chef Frank Connors. Laughlin's special marinade won rave reviews.

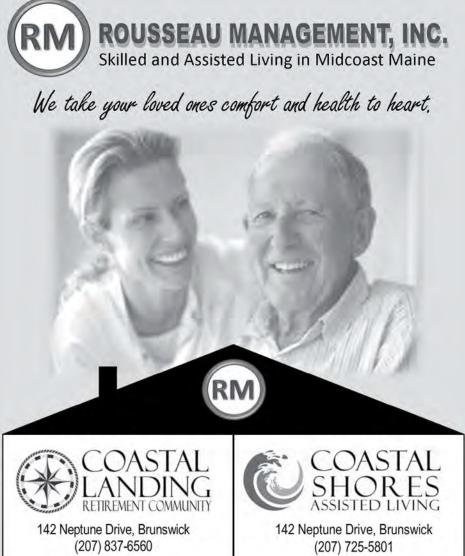


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# "I've fallen, and I can't get up..." Speaking Frankly

and help me.... I've fallen, and I can't get up."

**JULY 2016** 

I'd just walked through the door, the phone was ringing as I crossed the outside deck. I was tired after work, and looking forward to a little mindless entertainment. My plan was to mow the lawn for a while before supper, then do the evening news. There was a sigh I hoped he didn't hear. "Sure," said I, looking out at the growing grass, "I'll be right over."

Dave is "over 90," and living in the house across the street. He's a great neighbor. He's all alone most of the day, most every day. Jane and I look in on him when we can, do his odd jobs, cook stuff for him, swap morning and afternoon papers with him, and give him rides to places and appointments since we talked him into giving up his car. His one son lives in New Jersey and calls six or ten times each year, a daughter lives in Portland, but she's always busy. His door is never locked.

I walked into his living room, and was immediately alarmed by what I saw. Dave was prone on the floor, his coffee table tipped upside down, the end table flipped onto its edge. The morning paper was scattered all over the place, and several sheets of it were spattered with blood. He still appeared to be bleeding from a cut on his hand, and a bruise on his elbow.

"Ain't you a sight," I said.

I walked into the room, got on my hands and knees and put my face hard into his.

"Damn it," he said, "can you believe this?" "Sure," said I, "anyone can fall down, let me show you how to get out of it!" I intended to get flat on my back, like him, and show

"Frank, it's Dave, would you come over him how to roll slowly to his side, lift care- knees and arms to sit him up, then I put my fully with his elbow and shoulder, then sit on his butt, catch his breath for a second, roll to his hands and knees and finally, carefully, use the surrounding furniture to get his feet back under him. It all seemed pretty easy to me. "Watch me," I said with a grin.

> But there was a sad, defeated look on Dave's face. "I've been here trying that for two and a half hours," he said, "I'm tired, can you just get me up into my chair?"

I reminded him we'd practiced before.

Dave's a pretty big guy, but so am I. "Sure," I said hopefully. I got behind him, using my

arms around his chest, grunted and heaved twisting him into his chair. We were both relieved when he landed safely.

genuine sigh of relief. I handed him a damp towel for his bruises. "How about a rum and coke?" he asked. "How about a glass of water?" I laughed

right back at him. "We know you're tired, I'm sure you're dehydrated and you may even be in shock." I got him a water, picked up the mess and adjusted his furniture.

"Hey," I asked, "Where's your lifeline

### 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

#### Our own "meet-up" group

With so many 50+ers still working, would it be nice to see more evening events at People Plus? There's no need to wait till we retire. How about a dinner event at least once a month at a local restaurant...or an evening of bowling...or a movie evening? People Plus could become its own meet-up. Thank you, Rae

#### Who moved Prout's Neck?

Of course I read the People Plus News each month from cover to cover (except perhaps page 11.) In your June issue (page 6) I noticed the Thursday hiker's photo said, "Prout's Neck, Cape Elizabeth." Perhaps you know that I know my way around Cape Elizabeth. Prout's Neck is in Scarborough. I've been on that beach Scarborough- been on those trails -Scarborough-....it all looks like Scarborough to me! I bet if we had scratch 'n sniff ink, I could definitely tell the difference! A loyal reader, Jeff, Cape Elizabeth, Me.

Frank **Connors** 

**PAGE 11** 

device, do you still have it? You could have "Better?" I asked. He smiled, there was pushed THAT two hours ago and got yourself out of this mess," His smile was only a little sheepish. He pointed at the small bump under his shirt, pulled at the chain around his neck. "Oh, it's right here, I didn't think I needed it...I knew vou or Jane would be along...I didn't want to end up in the hospital again!

I didn't get angry, only a little agitated. "What do you pay for that thing every month?" I asked. "You don't get hospitalized when you push that button, YOU GET HELP!" I knew who was on his call list. "You push that button, you get your daughter, you get me, you get out of a mess! You only go to the hospital if we send you!"

"I guess I wasn't sure," he said meekly.

I was still a little upset. "Look," I said, "you remember writing that check for taxes last month, don't you?" I knew he did, he hates to pay taxes. "It's not like you have kids in school anymore, a ride in an ambulance might not be such a bad payback once

He put his head back on his chair, closed his eyes and said softly, "I know what you're

I patted his shoulder, "I know you do," I said, then smiled at him, knowing next time, he'd work just as hard NOT to ask for help again! "I'll check in with you later," I promised, "maybe you can have that rum and coke

### New or renewing members for June

\* indicates new membership indicates donation made with

membership

**Brunswick** Betsy Bailey Jo Bouchard Patricia Brown Linda Bubar Joan Bussiere • **Jacqueline Caron** Brenda Darcey • Priscilla Davis • Shirley Davis Margaret Dunlop Guy Emery • Robert Galloupe Muriel Gamache Arlene Gauvin •

Gwenyth Gilson '

Eleanor Grafe • Louise Harding Sally Hoople Mike Hory \* Nancy Hory '

Terry Howell • Karen Jones • Audrey Keating

Sixta 'Cita' Levine • William Mason Louise McIntire Elizabeth Newman Joseph Norton Sandra Norton JoAnn Paul Philip Paul JoAnne Peabody • William Peabody • Joan Peck

John Peck

**Bob Pinette** 

Sue Pinette George Potter Priscilla Rooth Eliza Stark Joe Stilwell ' Ruth Stone

**Topsham** 

Marilyn Austin 7 Paul Austin \* Helen Becker \* Carol Evans \* Jennifer Ford April Furbush Debra Hoskins Sandy Martin \*

Ralph Newton

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Joline Pelletier

Romana Cornish Shirley Donahue Martha Linscomb ' Judy Michaud

Alice Ponziani Harpswell

Virginia Sabin

**Donald Adams** Marilyn Austin

**Sharon Newton** 

Linda Despres Jane Harris • John LaForge Peggy LaForge

### Other places

Marilyn Moores, Lisbon Falls Mechelle Nash, Woolwich \*

Do your dues!

rest of your life as a champion.'

I hated every minute of training. But I always said, "don't quit! Suffer now and live the



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



Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid fund has been helping area students with the cost of post secondary education. Over 4,000 awards have been granted.

To learn more about the Fund and how you can make a difference in a student's life, please go to our website: www.studentaidfund.org



#### CLASSIFIED ADS

Shed for sale, you buy, you move. Built by "Hillview Mini Barns," measures 8' x 10' with high (69") walls, 1 set double doors, gable vents, loft storage and two storage cabinets. Architectural shingled roof. Located in Topsham; asking \$1,700 – OBO. You move. FMI, call (207) 607-4086.

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.

**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

# Lunch out! July 12th at 11:30 a.m. 161 Main St, Woolwich Be sure to sign up for the car pool!

## Wyman Photographs are featured in Gallery

A collection of original color photographs produced by Barbara M. Wyman will be exhibited in the Union Street Gallery of

People Plus during the months of July and August.

A native of East Rumford, and a loyal People Plus member, Wyman has lived in Maine her entire life. "Why would you want to be anywhere else,"

she is quick to ask. Her favorite subjects continue to be the flowers and animals of her native state.

Wyman's first camera was a manual Pentax K-1000, "it wasn't fancy, it would make you think about your shot," she explained. Now she works with an "all but fully-automatic" Nikon digital camera. After taking pictures for years, "the thrill of getting that shot just right is always there." She says she took a photography class "many years ago" with local photographer Mark Royall, and since then is seldom far from her cameras.

Wyman worked at Bowdoin College in Accounting and then the Service Bureau for a total of 32 years. Now living on Mere Point in Brunswick, she enjoys perennial



"Frog with bow tie"

photo by Barbara Wyman

gardening, walking, biking and doing jigsaw puzzles when she can't be outside. Her collection of photographs can be seen during normal business hours at the People Plus Center Cafe, 35 Union St., Brunswick.

### Summer fun "downtown!"

An outdoor movie and live music concerts are activities offered for free in downtown Brunswick this month. Brunswick's Downtown Association has opened its Wednesday concert series, and the Movies

in the Park series is continuing.

Jurassic World is the Movie in the Park July 21, commencing at dusk in the Nathanial Davis Park behind Tess' Market, off Pleasant St. Rain date is Sunday, July 24. The movie is sponsored by the Northwest Brunswick Neighborhood Assn.

and the Brunswick Parks and Recreation Department.

The always popular BDA Music on the Mall opens June 29 with the "earthy folk & blues sound" of Hilton Park.

The July 6 concert features, Cilantro, with Classics from the past 50 years; July 13 is the Cajun sounds of Jimmy Jo & the Jumbol'Ayahs; July 20 has blues and R &B by the Colwell Brothers Band; and July 27,

is children's night, (starting at 5 p.m.) with Anne Sparling & Jimmy Junkins.

Admission is always free, all concerts open at 6 p.m., bring your own chair and blanket. Rain date performances will be held on Thursday evening, if the space is available. The music on the Mall event is co-sponsored by Brackett Funeral Home, Maine Natural Gas, Midcoast-

Parkview Health, Sunnybrook Retirement Community, and JHR Development.

Neighbor

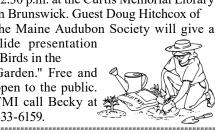
to neighbor

**Bath Savings** 



The Harpswell Garden Club will meet on Thursday July 21, 2016 at 12:30 p.m. at the Curtis Memorial Library in Brunswick. Guest Doug Hitchcox of the Maine Audubon Society will give a slide presentation "Birds in the Garden." Free and open to the public.

FMI call Becky at \$ 833-6159.







# KEEPING BRUNSWICK STRONG

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

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