

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

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July 2016

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



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

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 their grass skirts and blue outfits.

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!

Bowdoin International Music Fest artists offer concert

People Plus is excited to once again 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 year’s student artists represent more than a dozen foreign countries, as well as students from many of the United States.

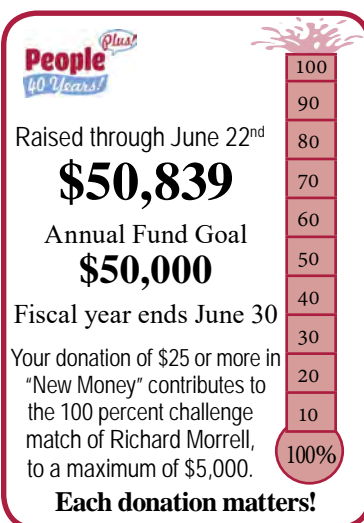
Over its more than 50 years of service to classical music, the Bowdoin Festival has established itself as a unique service throughout the music world. Founded in 1964 by professors Lewis Kaplan and Robert K. Beckwith, the mission of the festival is to prepare gifted young musicians through study and interaction with world-class artists.

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

FMI visit: www.bowdoinfestival.org.

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 than 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.”

ANNUAL SUMMER PICNIC

July 21, 11 am - 2 pm

at Thomas Point Beach

Beans, burgers, hot dogs...

(see page 5 for details)

WHAT'S HAPPENING IN JULY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm</p> <p>News & Views with 60 Years Plus! People The center that builds community</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: http://vimeo.com/peopleplusmaine</p> <p>60 Years Plus! People Cooks! Stirring things up at the Center!</p> <p>Brunswick Area Teen Center Summer Hours Tue/Wed/Thu: 1:30-4:30 pm</p> <p>Closed for July 4th Holiday Weekend</p> <p>10:00 Bridge</p>	<p>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 STRAWBERRY PICKING 10:30 Yoga with Ann 1:00pm Quilters 6:00pm Girl Scout Troop Meeting 6:00pm Belly Dancing</p>	<p>8:30 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers</p>	<p>8:30 Table Tennis 8:30 WOMEN'S BREAKFAST 9:00 Beg/Intermediate Bridge 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p>	<p>9:00 Loosen Up 9:00 Mah-Jongg 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p>	<p>10:00 Bridge</p>
<p>Happy INDEPENDENCE DAY Closed for July 4th</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>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Welcome to Medicare 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting 6:00pm Girl Scout Troop Meeting 6:00pm Belly Dancing</p>	<p>8:30 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp</p>	<p>8:00 MEN'S BREAKFAST 8:30 Table Tennis 9:00 Beg/Intermediate Bridge 1:00pm BOWDOIN INT'L MUSIC FEST 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p>	<p>9:00 Loosen Up 9:00 Mah-Jongg 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p>	<p>10:00 Bridge</p>
<p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Tech Time 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 2:00pm BALANCE/FALLS CLASS 6:30pm Square&Round Dance</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>8:30 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers</p>	<p>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 11:00 MEMBER PICNIC: Thomas Point Beach 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p>	<p>9:00 Loosen Up 9:00 Mah-Jongg 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p>	<p>10:00 Bridge</p>
<p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Bridge 12:00pm LUNCH & LEARN Five Questions You Can't Live Without</p>	<p>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 2:30pm Café en Français 6:00pm Girl Scout Troop Meeting 6:00pm Belly Dancing</p>	<p>8:30 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp</p>	<p>8:30 Table Tennis 9:00 Beg/Intermediate Bridge 11:00 Diabetes Program Follow-up 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p>	<p>9:00 Loosen Up 9:00 Mah-Jongg 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick</p>	<p>10:00 Bridge</p>



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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 your 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.


These monthly Lunch & Connections events 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 wonderful 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 event!

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

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

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




Monday, July 25, 12:00 pm

Do you think you are getting 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 benefit.

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 healthcare provider to get the right amount of health care. Bring your lunch (or grab take-out from our Monday Munchies), we 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.

Easy Riders Biking Club: 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.

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 Eastern 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?

Southern Midcoast Summer Trail Challenge
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Trails listed on map: Bradley Pond Farm Preserve, Androscoggin Riverwalk, Tom Gattinen Community Garden, Crystal Spring Farm, Skelton Preserve, Wagon Cove Trail, Mitchell Farm Preserve, Curtis Farm Preserve, Giant's Spout Trail and Adirondack Preserve, Cuthance River Trail, Cuthance River Nature Preserve, Androscoggin River Bicycle Path, There Head Reserve, Whiting Trail North, Small Woods Preserve, Whiting Trail South, Lilly Pond Community Forest, Green Pond Preserve, Long Reach Preserve, Deer's Back Trail, West Bath, Mena Pond Preserve.

Photo by Ron Davis

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Take a Hike!!

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 Cuthance 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.

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.

Weekly Winners

Senior Intermediate Cribbage

May 25: Joe Tonely, 710	May 28: Lorraine LaRoche, 5,170
Anne Bouchard, 703	Martha Cushing, 4,650
Mike Linkovich, 699	John Rich, 4,390
June 1: Rollande Fortin, 710	May 30: Libby Scully, 4,330
Mike Linkovich, 694	David Bracy, 3,650
Anne Bouchard, 684	Bill Coop, 3,630
Colleen Petrin, 681	Fran Lee, 2,920
June 8: Mike Linkovich, 721	June 4: Bill Buermeyer, 6,370
Anne Bouchard, 715	Martha Cushing, 4,790
Lorraine LaRoche, 702	Bill Coop, 4,700
June 15: Ray Lourie, 717	June 6: David Bracy, 4,990
Anne Bouchard, 713	Lloyd Jones, 4,500
Anita Owens, 690	Lorraine LaRoche, 4,050
Monday-Saturday Bridge	June 11: Bill Coop, 4,900
May 21: Richard Totten, 4,150	David Bracy, 4,670
Sherry Watson, 3,980	Lorraine LaRoche, 4,100
Hazel Guyler, 3,880	June 13: Lloyd Jones, 5,250
May 23: David Bracy, 4,430	Bill Coop, 4,900
Bill Buermeyer, 3,710	Libby Scully, 4,800
Anne Nichols, 3,700	Joyce Lyons, 4,320
Mary O'Connell, 3,490	

Avoiding Falls | Ounce of Prevention SERIES

Monday, July 11 • 11 a.m.–NOON
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- What conditions put you at risk
- What you can do to prevent falls

FOR MORE INFORMATION, call 373-3646.

MID COAST Center for Community Health & Wellness

"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

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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 Center.

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

Teen Center News

Jordan Cardone



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 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.

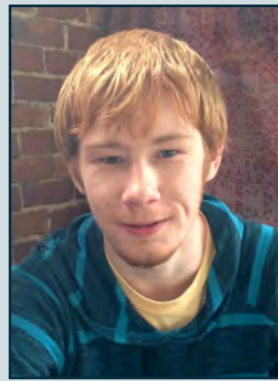
Dr. Tim Coffin



-Legion of Chiropractic

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
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Thursday Evening Prayer, 6:30 pm

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35 Union St, Brunswick, ME 04011 Suite 1
207-729-0475 - www.spectrumgenerations.org

July 2016

Save The Date:



Celebrity Chef Challenge

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 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.

Member Benefits

The following businesses offer discounts for 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 service
262 Bath Rd., Brunswick, 800-652-6118
118 Pleasant St., Brunswick, 729-6653
www.billdodgeautogroup.com

Brunswick Ford, 10% off parts and service
175 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 Stockford
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)
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Darrow's Barn, DRA's Round Top Farm, 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

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www.msmt.org

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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
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www.thebrunswickhotelandtaVERN.com/
tavern_dining/

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

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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
Frank Connors



"Frank, it's Dave, would you come over and help me... I've fallen, and I can't get up." 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

him how to roll slowly to his side, lift carefully 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. I reminded him we'd practiced before.

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

knees and arms to sit him up, then I put my arms around his chest, grunted and heaved, twisting him into his chair. We were both relieved when he landed safely.

"Better?" I asked. He smiled, there was 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.

I hated every minute of training. But I always said, "don't quit! Suffer now and live the rest of your life as a champion."
-MuhammedAli

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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 Nathaniel 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.



Lunch out!

July 12th at 11:30 a.m.



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