

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

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

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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



PERFECT PICNIC. More than 120 members and friends enjoyed the People Plus picnic at Thomas Point in July. (Pictured from top left) Sarah and Al wait ever so patiently for their cheeseburgers; Taylor and Merrilyn, are happy, just watching the people; Carmella and Gladys were key "presenters" of the event. Bottom (from left), Dottie and Ed called this the best picnic yet and, finally, the Gott family was very well represented at the event.

Fiscal year-end brings Board changes

As one fiscal year ends and another begins, there are always changes in the Center's 18-member Board of Trustees. Two-term Board member Lennie Burke, Brunswick, and Topsham Board member Amy Berube are both retiring, making room for new members Kim Watson and Annee Tara.



Annee Tara is a freelancer writer and does special projects from her home in Brunswick where she lives with her husband Tom Rumpf.

She volunteers at Mid Coast Hunger Prevention Project and serves on the Davis Fund Board and the Village Review Board in Brunswick. She also works with the Immigrant Legal Advocacy Project in Portland.



Kim Watson is the Administrator at Mid Coast Senior Health Center in Brunswick. Kim is originally from Wisconsin, and has a Master's

Degree in Speech-Language Pathology from the University of Wisconsin - Madison. She has worked in the field of geriatric rehabilitation for more than 20 years. Kim has served as Chair of the Healthcare Division for United Way for the past two years; and is a recent graduate of the Hanley Leadership Development program - now serving on the alumni board. Kim has been an active volunteer with the a local cubscout/boyscout troop since her son was 6 years old. Her son is now 17, and just became an Eagle Scout! Kim also has a 20 year old daughter who is a social work/political science major at the University of Maine in Orono.

continued on p. 5

Knights of Columbus

Joining forces with our neighbors

by Frank Connors

In a move that is being called both "temporary... and kind hearted," it now appears almost certain that sometime this fall and winter, the Brunswick lodge of Knights of Columbus will be sharing space at the People Plus Center.

"They need a place to go," said People Plus Executive Director Stacy V. Frizzle, "and we feel the need to return the favor. For at least the past ten years, the Knights of Columbus have loaned their hall to the Center for our Music in April event, why not step up when they need us?"

The local lodge has sold its hall off Columbus Drive, and is "in negotiations" for another, smaller space. They are seeing the People Plus

Center as their bridge.

In the negotiations, the Lodge is requesting meeting space for the first and third evenings of each month, possible use of the Center on Saturdays for Breakfast and Bingo and a Tuesday nite "game night" in the activity room. There will also be a need for space for a "daily" Cribbage game from approximately noon till 2 p.m., located in the Cafe Area. Frizzle points out the Center is "lightly used" on Saturdays and she expects only light impact from the other afternoon and evening uses. She said the Lodge management has been "very careful" to work around the Center's existing schedules. "I bet we pick up some new members during this effort," she predicted.

Some Center members may

remember it was the K of C lodge that purchased the People Plus bingo machinery when the Center went out of that business more than ten years ago. It is still open to question whether or not State gaming officials will allow the Lodge to run its games during this transition. Frizzle said this is NOT an open ended contract. She said the Lodge needs to move out and relocate quickly or it stands to lose considerable funding. Last years Music in April event at the Knights of Columbus lodge earned more than \$50,000 for the People Plus Center, and Frizzle guessed the total would have been considerably lower, without "financial considerations, and concessions, from the Lodge".

"It's a great chance to repay a favor to a real friend," she said.

"Olympics" coming to People Plus

With the Summer Olympics coming to Brazil this month, your friends at People Plus are trying to figure out novel and fun ways to watch and learn from what we expect will become a summer spectacle.

First, of course, is our wide screen television in the Cafe. We expect it to get longer and extra play when the games open August 5. We want you to feel welcome to come get a cup of coffee, sit in one of our easy chairs and watch, second guess the judges, help us keep a medal count, and chat with your friends and suggest how you might just have done that maneuver better!

Back to school

Teen Center Wish list

- Book covers
- Calculators
- Pencils
- Colored pencils
- Pens
- Lined-paper notebooks
- Steno pads
- Black sharpies



(if you want to donate a few dollars to our "group purchase", leave it with Pat at the front desk)

Senior Health Expo is Coming

The fall edition of your People Plus Senior Health Expo comes to the Cook's Corner Shopping Mall on Tuesday, Oct. 18, and all expectations are this will be the biggest and best expo ever with more than 70 sponsoring organizations, businesses and individuals expected to participate.

"This is the premier event of its kind in our community." People Plus programming coordinator Jill Ellis said, "Last season more than 600 seniors attended and our sponsorship and exhibitor opportunities sold out." She said the expo is a great "meet and greet opportunity," for vendors and visitors alike.

Thanks to returning Partners Mid Coast-Parkview Health and The Vicarage and new sponsor Avita of Brunswick/Sunnybrook,

as well as Summit Realty Partners/ Winslow Property Management for providing the event space..

Non-profit exhibitor tables are still only \$75, (same as last year) for-profit tables are \$125. Businesses can be Sponsors for \$500, Partners for \$1,000 or new this year, a Refreshment Sponsor for \$250. Open registration begins August 1, and tables are released on a first come, first registered basis. Visit www.peopleplusmaine.org for more information or call Jill Ellis at 729-0757.

Free Healing Clinic with Greater Brunswick Physical Therapy

Friday, August 26, 1:00 pm - 5:00 pm

Free massages and healing treatments at People Plus with professional health practitioners, massage therapists, physical therapists and Reiki masters. No pre-registration; appointments on a first-come, first-served basis. Free, open to public. Donations appreciated!



People Plus News

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

news@peopleplusmaine.org

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

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Check out past newspapers online at
www.peopleplusmaine.org



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Community connections abound...

Last night is the one night every year that I get really nervous. Part of my job at People Plus is to present every summer in front of the MSMT crowd of 600 people. The bright lights shine straight in my eyes so I can't see anything, but the sound of the crowd is right there – very near at hand...

The pulsing energy in the theater is palpable or maybe it's just my heartbeat pounding, either way it's 90 seconds of nerve-racking anxiety in which I have NEVER managed to

say what I should've said to promote People Plus and after getting off stage I spend the next four hours kicking myself for not making a better speech.

As I sat down this year to watch Fiddler on the Roof, Jonathan leaned over and whispered "That was great Honey, and now it's done". It WAS a huge relief to have it behind me and hope that I reached at least a few people with my "plug" for People Plus.

Because it really is all about awareness when it comes to attracting new members and garnering support for this amazing organization. So if one person thinks about what I said last night as I reminded Curt Dale Clark that it is time to renew his subscription, (upon which he whipped out \$35 and handed it right over), then maybe one more person will start coming here and joining in on the games, meals and fitness classes. Then they'll tell two friends...

That awareness thing helped to create a new matching support gift recently as well. David Knight and I went to see Bob and Marge Healing out at their house last week. The Healings have been long time supporters of the Center and we were hoping they might consider helping us with a matching gift to kick off the new annual fund cycle for 2016-2017.

After sitting with them for about an hour on their back deck where we discussed the programs we offer, the teen center, the home-bound elders that benefit from our meals and free rides, the good morning call program that provides a daily check in system, and the socialization and well being that generally abounds both here and with our members who can't always make it in – they said would be think about a gift that might encourage others to give more.

We left them to think it over – but for added insurance, we had brought one of

From the Executive Director
Stacy V. Frizzle



Jane Connor's famous strawberry-rhubarb pies (with rhubarb from my garden!) and hoped it would seal the deal.

When I logged into email that evening I was tickled to see a letter from the Healings saying that yes, they would be honored to offer a match for up to \$5000 for any new or increased dollars to this year's annual fund-raising campaign. I immediately broke into tears as I was flooded with both relief and gratitude for their generosity. And they said that Jane's pie wasn't necessary, but it sure was a nice treat to have in the icebox!

I had another awareness related event this month as we mourn the loss of our dear friend Deane Lanphear; we were reminded by a letter from his lawyer that he has left a gift to People Plus in his will. He was an original member of our "Legacy Society" and never ceased to champion that cause. I have yet to discover what the gift is, but we are honored to be a part of his estate planning and pleased that People Plus meant that much to him.

So as we move into a new fiscal year, I thank each and every one of you for being a part of the People Plus community; for reading this entire article, and for considering telling your friend or neighbor about us. Perhaps that awareness will rub off in the form of a new member, a new donor or someone (like yourself) who will list People Plus in your will as a new member of our Legacy Society. Let's make Deane and the Healings proud to be a part of this Center that Builds Community.

Grilled Peaches with Honey Lemon Yogurt Sauce

Ingredients:

- 6 oz. nonfat plain Greek yogurt
- 2 t. honey
- ½ t. lemon juice
- 4 peach halves
- 1 t. olive oil

Directions:

1. In a small bowl, mix the yogurt, honey and lemon juice. Set aside.

2. Brush the grates of the grill with olive oil. Heat the grill to a high temperature.
3. Brush each half of the peach with olive oil.
4. Place the fruit cut side down on the grill and grill for 2 minutes until grill marks appear.
5. Turn the peaches over and grill for another 2 minutes.
6. Transfer to a platter and drizzle the lemon yogurt sauce.

- Meat kabobs with a marinade of olive oil and Mrs. Dash
- Veggies in a grill pan
- Grilled cabbage wedge or asparagus
- Whole carrots with the greens still on with lime juice and cilantro

I don't know about you but these ideas really sound tempting. If you try something please let me know what you think. Let's make this summer a grill time for some different and healthy. Enjoy!

Memorial Donation in Memory of

Deane Lanphear

May 12, 1935 - June 18, 2016

Andrew 'Andy' H. DeBiasio

June 9, 1923 - July 21, 2016

The Mosquito Again

by Vince McDermott

A man in a suit approached a farmer in a field. "Hello. You from around here?"

"Guess so. Lived here all my life."

"Great. I'm from the Coastal Daily News. We heard a preposterous story of a man being carried off by a mosquito. Know anything of it?" "Yep. I was right here...he was thar...just about where yur stand'in now."

"And a great big mosquito came along and carried your friend off? Get real, farmer! Do you expect me to believe that?"

"Don't know about that. You can see for yourself. Here comes one now."

The reporter looked around. "I don't see anything. Wait! What's that? Looks like a drone. It's headed for me. HELP!"

A few months later, a tattered cheap suit was found in the woods.

AUGUST

by Patty L. Sparks

sweltering stillness
the scent of approaching rain
red dress on the floor

MOMENTS OF SERENITY

by Gladys Szabo

Nose to nose
Sunny and I

Her soft velvet paw upon my cheek
My hand stroking her silky fur
Sun shining through the window
Warming the body and soul
Silence throughout the house
Serenity like none other
Thank you God

WORN GLORY

by R. Laughlin

What has happened to you Old Glory?
We've made you into shirts,
sox,
shoes
and capes.

What have we done to you?
We've turned you into swim suits,
beach towels,
painted faces,
and flip flops.

Why do we do this to you?
We've turned you into Underpants,
wristbands,
handkerchiefs
and key chains.

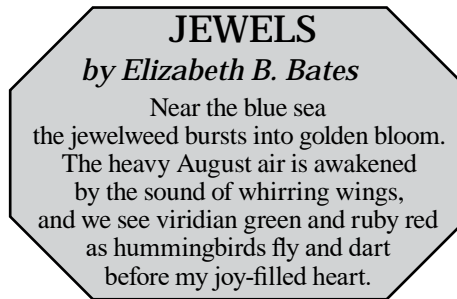
And if that isn't enough!
We choose to wear you as gloves
T-shirts,
dresses,
and diapers.

You are the banner of our country,
yet, we treat you most mundane.

Yes, you are a piece of material
But what you stand for is so much more!

We should not forget what we owe you.
Allegiance.
Respect.
Homage.

It's time to rethink our pride.
Time to put vanity and profit aside.



JEWELS

by Elizabeth B. Bates

Near the blue sea
the jewelweed bursts into golden bloom.
The heavy August air is awakened
by the sound of whirring wings,
and we see viridian green and ruby red
as hummingbirds fly and dart
before my joy-filled heart.

The Seagull

by Sally Hartikka

The Nor'easter was raging with all its might,
Wind propelling waves to a great height.
When a seagull appeared, attempting to fly
Against the gale, very low in the sky.

He beat his wings with rapid motion
Trying to avoid going into the ocean.
But no matter how hard he tried to proceed,
He only seemed to lose air speed.

He kept up his efforts five minutes or more,
Before giving up and going ashore.
I wondered why he had to go seaward
When he really should have been going leeward.

Was he aware of some sumptuous feast
That lay somewhere out there to the east?
Or was he just trying to get home to his clan,
And this storm just wasn't part of his plan.

I admired his courage, his stubborn resolve
And observed to see if he could solve
This intractable enemy he was defying
Or would he turn back or end up dying.

He gave up at last, turned tail and was blown
By wind to the area from which he had flown.
I often think of that brave little sea bird
And of the struggle that he incurred.

L.B.J. Ate Here!

August 20, 1966 was a beautiful late summer day. Lyndon Baines Johnson was President of the United States. On the morning TV news, the lead story was that President Johnson would land at Brunswick Naval Air Station that afternoon, then go by motorcade through downtown Brunswick and Topsham and on to Lewiston where he would speak at Kennedy Park.

"Mom! Dad!" said six-year-old Carolyn, "Maybe we'll see the President!" "We just might," said my husband. "We'll go down Maine Street and wait by the Frank Woods Bridge. L.B.J.'s motorcade will go over that bridge."*

At about 4:00 P.M., we found a parking spot by the Topsham end of the bridge. Brunswick's Maine Street, the bridge, and Topsham's Main Street were lined with folks hoping to get a glimpse of the President. After we had waited for a while,

One August Afternoon....

by Charlotte Hart

three-year-old Larry asked, "Could we go up to the Dairy Queen and get a cone?" "Oh please!" said Carolyn. "We can wait there to watch the President go by!"

"Too close to supper time." I told them. "A Dairy Queen cone would spoil your supper."

"I would eat a good supper," Larry promised.

"We probably should stay put now," said my husband. We waited a while longer. Then police were keeping the street clear. Finally it happened. The motorcade moved quickly. I caught a glimpse of L.B.J.'s profile. My most vivid memory is the view through the Presidential limousine's rear window of Lady Bird Johnson's shiny black hair. We made our way home to Thompson Street in Brunswick for supper and the 6:00 o'clock news. "Oh no! No! No! No!" The Portland news anchors were telling their

55 Plus Center
WHAT'S HAPPENING ON THE HILL
6 Noble Street, Brunswick, ME 04011 ~ 729-0757 ~ March 2004 ~ Volume 4, No. 3
The mission of the 55 Plus Center is to enrich and enhance the quality of life for people who are 55 years of age or older through advocacy, organized social, recreational and educational programs; and to serve as their center for information, referrals and support services.

THRU THE YEARS a 40th anniversary feature

Aug. 1, 2001: MEMBER NOTICE: If you do not have a PURPLE membership card, your membership has expired. Membership is FREE and lasts two years. Please reregister! A one-year subscription to the Newspaper is still only \$5.

SALVATION (haiku)

by Elizabeth B. Bates

From a sleepless night,
the sun comes out of dark clouds
and lifts me to light.

OLLIE

by P.K. Allen



When your pet is ailing and suffering,
It comes time to make it all end.
The decision is not an easy one,
Just remember that he's been your friend.

He deserves the reward of peace
In a quiet and gentle way
To show him that he was loved
And in your heart he'll stay.

Remember your times together
As he purred curled up on your lap,
While you were lying on the recliner
Taking an afternoon nap.

Though the end will be easy for him,
We'll still shed a tear and cry.
He won our hearts and favor,
Now it's time to say goodbye.

He won't leave you with any riches,
Not even one single thin dime,
But the treasure of his memory
Will last an entire lifetime.

Aug. 1988: We need, in good working order, an iron and ironing board for our boutique.
Aug. 1988: Knives & scissors sharpened, thanks to Ludger Berube... "get a better edge on life!"

Aug. 26, 1988: Old-fashioned Lobster Bake at Thomas Point Beach- lobster, clams, potato, corn and blueberry cake- only \$14.50

Aug. 1992: Rudi Smith has agreed to coordinate our Walkers For Health Group, meeting at the Center Saturdays and then going walking. Please join us.

Aug. 8, 1997: First "Muffins & Musings" hosted by Sig Knudsen. "I'll bake some muffins, you come introduce yourself..."

Aug. 1998: Rose Mary Denman hired as Outreach Coordinator for Center. She has been a minister, college instructor and has a Ph.D. in Metaphysics.

Aug. 1999: Jean Martz's Writing group has published a literary journal called, "Poets and Story tellers-Writing for Fun!" cost is only \$5.

Aug. 30, 2000: Bus trip to Portland Museum of Art exhibit, "N.C.Wyeth: Precious Time." Lunch after at a Portland restaurant. Cost is \$18.

Aug. 20, 2002: Calling All Crooners...If you like to sing, and have a little ham in you, come to the Karaoke Party, beginning at 1:30 p.m. FREE. Bud Perkins is your DJ.

Aug. 8, 2003: Soldier, Come Home! Popular civil war play produced by Frank Wicks, will play in First Parish Church. Premier was offered at People Plus several months ago.

Aug. 26, 2003: Climbing Mount Katahdin, is Brown-bag slide lecture by Frank Connors at noon in the Center hall. Show is FREE, and worth it!

Aug. 5, 2005: Destination Downtown, a celebration of In-Town Brunswick. Moonlight Madness sales, Concert on Mall, Civil War encampment, much more...

Aug. 29, 2005: First Annual, Age DOES Matter Golf Tournament, Brunswick Golf Club. 18 holes, scramble, shotgun start. Age-based handicap!

Aug. 2007: Twenty members of Center's Write On! Group produce, release "It's About Time" compact disc.

Aug. 23, 2007: Local historian Chris Gutcher leads tour of Brunswick's old Merrymeeting Park site.

Aug. 17, 2008: First-ever Brunswick Beach Benefit, featuring Don Campbell Band, held at Thomas Point Beach to benefit People Plus, Brunswick Downtown Association, Brunswick Teen Center and the Mid-Coast Hunger Prevention Program.

Aug. 13, 2009: Congress woman Chellie Pingree toured old Center site on Noble St., and reviewed plans for the new Union St. site. Walked through Maine Street Station project.

Aug. 19, 2009: Center celebrates "First Day" at Union Street site, with tours, hot dogs, watermelon and music by Claude Bonang.

Aug. 2011: Spectrum Generations Board of Directors hires Gerald Queally to succeed Marial Scott as CEO.

Aug. 2011: There will be no Men's Breakfast in August. Our Kitchen is being renovated and our chef is in cooking school.

Aug. 9, 2011: Harpswell's Driftwood Inn serves up "lunch" to benefit People Plus. Benefactor Al Moren pays Center \$10 for each diner attending lunch of baked haddock or scallops, fried clams or broiled swordfish.

*The Merrymeeting Bridge Coastal Connector was built in 1997.

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WHAT'S HAPPENING IN AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:30 Yoga with Ann 1:00 Quilters 3:00pm Trail Explorers 6:00pm Girl Scout Troop Meeting 6:00pm Belly Dancing	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 5:30pm Knights of Columbus	8:30 WOMEN'S BREAKFAST 8:30 Table Tennis 9:00 Beg/Intermediate Bridge 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Loosen Up 9:00 Mah-Jongg 10:30 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	9:00 Knights of Columbus 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:00 Apple Club 10:30 Yoga 11:30 LUNCH OUT 12:30pm Welcome to Medicare 3:00pm Kaffeestunde! German Club 6:00pm Girl Scout Troop Meeting 6:00pm Knights of Columbus	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	8:00 MEN'S BREAKFAST 8:30 Table Tennis 9:00 Beg/Intermediate Bridge 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	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	9:00 Knights of Columbus 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:30pm SAGE Square/Round Dance	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:30 Yoga 1:00 Quilters 3:00pm Trail Explorers 6:00pm Girl Scout Troop Meeting 6:00pm Knights of Columbus	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	9:00 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS Blood Pressure Clinic 12:00pm LUNCH&CONNECTIONS 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	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	9:00 Knights of Columbus 10:00 Bridge 11:00 CRAM THE VAN @ Petco
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:30 Yoga 2:30pm Café en Français 6:00pm Girl Scout Troop Meeting 6:00pm Knights of Columbus	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	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	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 1:00 HEALING CLINIC - GBPT 6:30pm Folk Dance Brunswick	9:00 Knights of Columbus 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 10:00 Tech Time (non-Apple) 11:00 Monday Munchies 12:00pm Bridge 12:00pm LUNCH & LEARN Living with Pets	8:30 Table Tennis 9:00 Beg/Intermediate Bridge 10:30 Yoga 6:00pm Girl Scout Troop Meeting 6:00pm Knights of Columbus	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	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	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 1:00 HEALING CLINIC - GBPT 6:30pm Folk Dance Brunswick	9:00 Knights of Columbus 10:00 Bridge

News & Views with 40 Years Plus! People
The center that builds community

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>

August at People Plus...



With coaching from Jean Anthony of the Bath Senior Citizens Center, more than a dozen People Plus members got a real "feel" for Lawn Bocce.

Bocce Buddies Sought

Perhaps you were among the dozen or more members who played Bocce during the picnic at Thomas Point Beach last month, and maybe, just maybe, you've played Bocce before?! Several years ago, we sent a "team" of Bocce players to the Bath Senior Citizens club, where Bocce is "hugely popular" and there certainly appeared, at least temporarily, to be interest in this game on "this side" of the New Meadows River.

Bocce enthusiast Jean Anthony, of Bath, really wants the People Plus Center to field a team, and is quick to point out that several of the regular players in Bath are People Plus members! If you're interested in starting a People Plus team, please contact Jill Ellis or Frank Connors, and we'll set up a fall experimental schedule with the Bath Center, and another demonstration here in Brunswick.

If you don't know what Bocce is, you need to admit that to Frank and he can explain the game very quickly. His explanation would begin with the phrase, "anyone can do this," and perhaps end with the prediction, "you ARE going to love it!"

Technology Clubs:

Apple Club (NEW DATE for this month) meets on Tuesday, August 9 at 10 am. Bring your Apple device and questions and Stacy will help answer your questions.

Tech Time (for non-Apple devices) meets the 5th Monday this month (watch calendar changes due to holidays) at 10 am. Same as the Apple Club but for non-Apple devices. Beth from All Thumbs Computer Care will help answer your questions! Both clubs are free and for members only.

AARP Smart Driver Class at People Plus

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

Welcome to Medicare with Spectrum Generations

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

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

Lunch & Connections

Salad Medley coming for August

No one likes to cook in August, right?

Our Lunch & Connections dinner, serving in the air-conditioned comfort of our Main Hall on Thursday, August 18, will feature an interesting, exciting, varied and delicious assortment of cold salads and chilled meats. "The crew is going creative on me," Chef Frank Connors explains, "this will be an assortment of favorite salads, including, three bean, macaroni, potato and jello salads, with a bin of sausage and chicken chips, pan-fried onions and multi-colored peppers." Connors added, "of course we'll have a huge and fresh green garden salad, bigger and better than ever, reflecting all the good stuff that's going on (coming out) of our home gardens."

Our bread this month will again be supplied by the crew over at Union Street Cafe, and our dessert will be cookies and ice cream.

Our monthly Lunch & Connections meals are sponsored by Spectrum Generations, and

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

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

"Aging Well" Lunch and Learn: Living with Pets

Monday, August 29, 2016, 12:00 pm



Which pet is right for you as you age? Charles Evans, retired canine Physical Therapist, discusses types of pets, size, cost, care and more. Can you afford initial purchase? Can you guarantee daily exercise? How will your pet be cared for when you travel? Are certain breeds better than others? 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.

"LITE" Aerobics coming this fall

Coming in September, our own Suzanne Neveux will introduce a new class focusing on fitness and personal energy by using Light Aerobics. A massage therapist and personal trainer, Neveux has taught fitness, Tai Chi, and Qigong at People Plus for "many" years, and is currently leading the extremely popular LoosenUP! classes on Monday, Wednesday and Friday mornings.

The new Aerobics class will begin this fall, opening on Tuesdays from 12:30 - 1:30 p.m. For more details watch for your September PP News.

Olympics - from page 1

Second, we're designing Olympic "medalions" of our own, (with absolutely NO precious metals involved). Through the month, we'll be presenting these awards to stand-out members of all our classes; from Table Tennis, to Cribbage, to Loosen UP!, to Painting. We hope you'll be engaged, and that you will offer friends and classmates as suitable winners. Special recognition will need to go to our members who are already competing, again, in the Maine Senior Games! To make this a true "Community" event, feel free to nominate a community member you may know who is promoting the Olympic champion's spirit, for whatever reason! The list should make some interesting reading for the September People Plus News.



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Bonded/Insured

Changing your perception on health care

Medical definition of health care: The maintaining and restoration of health by the treatment and prevention of disease especially by trained and licensed professionals (as in medicine, dentistry, clinical psychology, and public health).

What is your definition of health?

WHO definition of health: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Health care vs Sick care - We live in a nation that focuses on trying to fix problems rather than preventing them. We live in a "Sick Care" world.


Symptoms vs Cause - Are we just chasing symptoms or treating the cause? Simply look at the drug commercials; we are chasing one symptom after another covering up one with a drug to have to cover another caused by the same drug. I use a metaphor all the time that I think makes it easy to understand. Think of your problem as a burning fire, the smoke alarm is going off letting you know that there is a problem (symptom). Does it make more sense to take the battery out of the smoke alarm so the sound stops and go about your business (drugs) or to put out the fire (take care of the cause)? We tend to cover up issues rather than putting the fire out.

Where do you think the US ranks within the world in terms of health?

- US spends more on healthcare than the next 3 countries combined
- Spends over \$8,000 per person per year
- US ranks 37th in world health care through studies done by world health organization
- Neighbors to the north have not figured it out either they rank 30th
- Better living through pharmacology? - How is this working out for us.

Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison



Dr. Tim Coffin

162ND TOPSHAM FAIR

AUGUST 9-14, 2016
TUESDAY THRU SUNDAY

ADMISSION
\$10.00 ea Tuesday-Wed & Sunday (Includes Rides)
\$12.00 ea Thursday-Saturday (Includes Rides)
Kids under 36" tall FREE
Tuesday Senior Citizens Day \$3.00
Sunday Children's Day
Children of Military Families 1/2 off on Sunday (with ID under 16yr)
FREE HARNESS RACING Sunday 8/7 & Monday 8/8

Gates Open: 8AM Tuesday-Sunday
Exhibition Hall: 10AM Tuesday-Sunday
Cattle Barn & Old McDonald's Farms: 10AM Tuesday-Sunday
Midways: 12PM Tuesday, Sat & Sun - 2PM Wednesday - Friday
Grandstand & Wagon Museums: 12PM Tuesday-Sunday
4-H Building: 11AM-8PM

TOPSHAM FAIR GROUNDS
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www.topshamfair.net
(207) 729-1943

Dementia & Nutrition

Ounce of Prevention SERIES

Monday, August 8 • 11 a.m.-NOON
Community Room at MID COAST SENIOR HEALTH CENTER
58 Barbeau Drive, Brunswick


Join **Timothy R. Howe, MD**
of Parkview Medical Associates

You will learn to -

- Reduce your risk of dementia with nutrition
- Understand the close link between nutrition, lifestyle, and the development of dementia

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

MID COAST Center for Community Health & Wellness





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 Albert C. Boothby, Jr • Sarah C. Boothby

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 www.boothbygroup.com
 207-553-1380 (office) 522-3461 (AI) 233-3801 (Sarah)

Those who serve. People Plus is honored to have Don Kniseley, the chair of the board, formally sign a second three-year contract with Spectrum Generations continuing a partnership that has proven to be beneficial for the communities of Brunswick, Topsham and Harpswell by providing seniors with one stop shopping for not only their social, health and wellness needs, but also meals on wheels and free aging and disability resource counseling which is provided by Spectrum Generations. Spectrum Generations Executive director Gerald Quealey (extreme left) is joined by People Plus Board members Richard Rizzo, Lennie Burke, Robert Davis, Carol S. Aderman, David Forkey, Thomas Farrell, O Jeanne d'Arc Mayo, Jack Hudson, Claudia Adams, Charles Evans, Kelsie M. West-Ezzo, Chris Perry, and Amy Berube.

Tuesday, Aug. 9 is Senior's Day
162nd Topsham Fair
 Admission for seniors is only \$3 all day

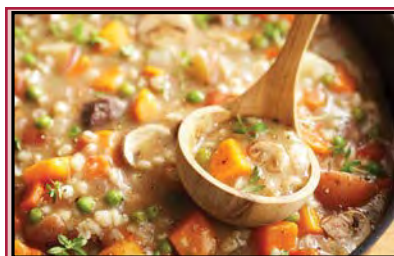


Avoid the flu and you could be...

Angling for the big one together.

Get your flu shot! Visit www.midcoasthealth.com/flu for a list of free local clinics provided by CHANS Home Health Care.

MID COAST-PARKVIEW HEALTH
Our Community. Our Health.



"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**
- Aug. 1: Chicken Corn Chowder
 - Aug. 8: Hot Meatball Sub
 - Aug. 15: Hamburger Soup
 - Aug. 22: Chicken Pasta Salad
 - Aug. 29: Steamed Hot Dog



Musician Danielle McBryan entertained Center members last month during a Community Concert offered by the Bowdoin International Music Festival.



Grant Connors (right), a retired SAD 75 science teacher, lectures to Center Members walking the Bradley Pond loop during the summer trail challenge. You have until Labor Day to complete YOUR challenge!

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"Summer's flying, have you cleaned that storage space out?"

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 (AND SOMETIMES CHUCK)
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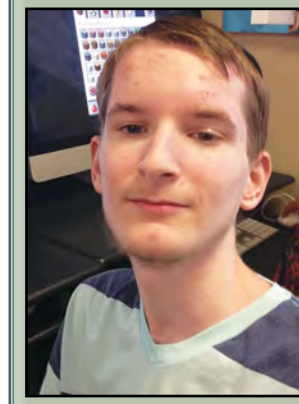
We're located at: 340 Bath Road in Brunswick, Maine

Find us online: sunnybrookvillage.com



TEEN OF THE MONTH

Matt Lemieux



Matt Lemieux just completed 9th grade and has been attending the Teen Center program for about a year now. At first attending occasionally, Matt has become an every day attendee this summer! Matt's favorite's about the program are the people there to hang out with and he especially likes the activities especially the field trip to The Gelato Fiasco event! I have to add that being a part of the MineCraft playing that has sprung up this summer seems to be one of Matt's favorite things to do while at the center! Matt is a fun addition to our program and we really enjoy having him! Off to the movies he goes with 2 tickets to Regal Cinema. Congratulations Matt!

Big Brothers Big Sisters

What if every child fulfills his or her potential?

What if every child is set on the right path today? What if every child graduates high school, and gives back to his or her community? What could that start? It could be the start of something BIG!

65% of alumni Littles agreed that their Big helped them reach a higher level of education than they thought possible. 90% of former Littles agreed that their Big made them feel better about themselves. 90% of former Littles said their relationship with their Big helped them make better choices throughout their childhood.

The successes for youth served by our Big Brothers Big Sisters programs are astounding, while the concept is rather simple. Volunteers in our School-Based programs will commit to a match for the academic-year and will meet with their Littles one day per week for 1-2hrs during a lunch/recess break or after school (depending on the program). School-Based matches participate in games, arts and crafts, academic support, share lunch and have conversations. Volunteers are consistent, committed, and caring friends that Littles can depend on seeing every week while at school. As you can see by the above results, these positive relationships are often life-changing for both Littles and their Bigs.

The need is growing for children that are facing adversity to have caring older student and adult role models, so our agency is expanding it's reach and scope of services to include 17 programs in 12 area schools starting this fall.

Our volunteer recruitment initiative starts now and you can help us today by:

- Consider people you know (family, friends, neighbors, colleagues) who would make a great potential Big Brother or Sister. Let them know we need to recruit at least 38 new volunteers!
- "Like" Big Brothers Big Sisters of Bath/Brunswick on Facebook and share our page/posts, click here for our Facebook Page.
- Talk with your employer about posting a BBBS flyer in your place of business. Help us set up a meeting with your Human Resources Dept. or ask if we can join you at a staff/team meeting.
- Direct friends to our website www.bbbsbathbrunswick.org or email community@bbbsbathbrunswick.org or school@bbbsbathbrunswick.org for more info.

We must recruit the following number of adult volunteers for School and Community-Based Mentoring Programs:

- 17 volunteers in Bath
- 3 volunteers in Bowdoin
- 4 volunteers in Brunswick
- 2 volunteers in Georgetown
- 4 volunteers in Phippsburg
- 8 volunteers in Topsham

Thank you for considering this opportunity for yourself and for sharing information with your friends, family members, colleagues and employer. Our important work is successful when supported by the community.

Weekly Winners

Senior Intermediate Cribbage

- June 22:** Lois Fournier, 710
Lorraine LaRoche, 709
Mike Linkovich, 704
- June 29:** Mike Linkovich, 726 (perfect game!)
- Rollande Fortin, 720
Harry Higgins, 698
- July 7:** Anita Owens, 708
Robert Frost, 688
Joe Tonely, 687
- July 13:** Joe Tonely, 695
Mike Linkovich, 694
Ray Louree, 678

Monday-Saturday Bridge

- June 18:** Tom Duran, 4,550
Richard Totten, 4,370
Bill Buermeyer 4,130
- June 21:** Lloyd Jones, 3,940
Jeff Lauder, 3,780
John Rich, 3,420
Libby Scully, 3,140

- June 25:** John Rich, 5,690
Sherry Watson, 4,090
Lorraine LaRoche, 3,760
Hazel Guyler, 3,400
- June 27:** David Bracy, 3,960
Hazel Guyler, 3,750
Fran Lee, 3,550
Sherry Watson, 3,380
- July 2:** Tom Duran, 5,600
Richard Totten, 4,700
Bob Cressey, 4,630
- July 9:** Richard Totten, 4,500
Donna Burch, 4,060
John Rich, 3,960
Bill Buermeyer & Bill Coop, (tie) 3,800
- July 11:** Bill Buermeyer, 4,550
Tina Iffland, 3,960
Paul Betit, 3,510
- July 16:** Bill Buermeyer, 4,550
Tina Iffland, 3,960
Paul Betit, 3,510



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

Why let it go to waste?

Treating the individual, not just the injury

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Brunswick Area Teen Center

August already...?

August already? I feel like we just finished the countdown to how many days were left of school and now soon will begin the countdown to how many days until school starts again!

July continued to be busy in the Teen Center. Along with more of our school year regulars continuing to come in, we have had 9 new members sign up so far this summer. I looked back on past years and in 2013 our average per day in July was 5 kids and in 2014 it was 6 kids, jumping in 2015 to July's average being 8 kids a day and this year it looks like our avg. will be 10/11 per day for July. Unusually high attendance for summer!

It has been fun (and sometimes funny) having new members who will be entering 6th grade in the Fall join us this summer. They seem soooooo young! They are soooooo excited to be there finally!

What have we been doing? Enjoying the air conditioning for one!

We have some additions to our kitchen items that we have been experimenting with this summer. We have a chocolate fountain to melt chocolate in and use for dipping bananas, strawberries and pretzels in. We also have a toaster oven now that is big enough to actually bake a 9x12 cake in or we tried cinnamon rolls and we did a big pan of mac and cheese in it too. It's fun doing it with the kids when it is not quite so busy as it is during the school year.

July marked Donna's first anniversary as teen program staff assistant! Congratulations Donna and Thank You! As challenging as some of our afternoons can be, Donna really cares about our youth members and says working here with the kids is a rewarding experience for her.

What will August bring? Football practice!!!! Beach trips, some weeks at camp

Teen Center News

Jordan Cardone



or friends "camps" for the kids, as many sleepovers as they can possibly fit into a summer w/o the "school night restriction" There will be moaning and groaning about summer ending and school beginning. There will be shoe shopping (new shoes seem essential to starting a new school year), clothes shopping, school supply shopping. This usually is what is going on the last week of August while we are closed.

Donna and I will spend time freshening up the space, coming up with some school year food planning etc. Oh, and also take a little (needed) break to rejuvenate ourselves hopefully before we begin another school year.

The first day of school the kids will get a list of required items to bring to school and last year, thanks to donations from the Topsham Branch of Edward Jones Investments, we were able to help the kids out with a lot of the items they needed. If anyone would like to donate any school supplies for this year, last year, calculators, colored pencils, pens, lined paper notebooks and black sharpies and a red pen were popular list items and one thing that the kids were needing which we did not have were book covers! Thank you in advance for any items you may have on hand you'd like to drop off!

Happy August, make the most of it before it is poooof, gone! We will! Until Next Month, Jordan and gang

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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

August 2016

Help Us Cram the Van For the AniMeals Program!



Spectrum Generations is partnering with Petco for a "cram the van" event to support the Meals on Wheels AniMeals program.

The AniMeals program delivers pet food to seniors and disabled adults that receive Meals on Wheels from Spectrum Generations. We currently serve over 120 pets in our service area - and the number is always growing!

AniMeals allows individuals to keep their beloved companions at home while avoiding sacrificing their own food and nutrition to feed them.

Please join us on **Saturday, August 20th, from 11-3 at Petco's Topsham location** at 131 Topsham Fair Mall Road (next to Target) and pick up some pet food to donate to a furry friend in need!

How Does Our Garden Grow?

With the support of our community and volunteers, of course!

A big thank you to Meals on Wheels volunteer Jen Haskins (pictured on left) for spearheading the effort to rejuvenate the vegetable and annual gardens. Not pictured are volunteers Hollis, Martha, Rudi, and Shirley who braved the heat to help dig, plant, and water.

Also, thank you to Forrest Reddy (pictured on left), owner of The Imperial Hosta on Old Bath Road in Brunswick for providing the annuals and to Hunter Excavation for providing a truckload of compost.



Need Help Balancing Your Monthly Bank Statement?

Spectrum Generations offers **MONEY MINDERS**... a **FREE** program to assist people age 55 and older who need help balancing a checkbook and writing checks.



To learn more or to see if you are eligible, call 207-607-4406 or visit <http://www.spectrumgenerations.org/services/money-minders>

Save The Date:



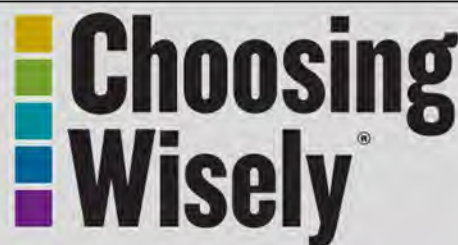
All proceeds benefit Meals on Wheels

Wednesday, September 14, 2016

Maine Maritime Museum, Bath

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



An initiative of the ABIM Foundation

Does your lower back hurt?

You probably don't need an MRI, CT scan, or X-ray and here's why:

- They won't help you feel better any faster.
- They have risks, including exposure to radiation.
- They aren't cheap

What can you do to feel better?

Here are five easy ideas:

1. Stay active and walk.
2. Use heat.
3. Take non-prescription pain relievers like Tylenol, Advil, or Aleve.
4. Sleep on your side or your back, with a pillow between or under your knees.
5. Ask your health care team about acupuncture, massage, yoga, or physical therapy.

There are still times when you might need an imaging test. Talk to your health care team about your symptoms to find out if you need imaging tests - or if you can wait to see if you just get better with time.

Learn more at: www.ConsumerHealthChoices.org/BackPain



Spectrum Generations volunteers celebrate Choosing Wisely Wednesday at their Brunswick location at People Plus. This initiative highlights the importance of conversations between healthcare providers and their patients.

Building "the camp"

Speaking Frankly
Frank Connors



Mom was the motivator for our "place away." Back in the early 60's, our family of seven kids included a sister beginning college, three or four of us in high school (depending on the year) and two little sisters in grammar school. Our stepdad had a pretty successful home heating oil business running from our front yard - the office was attached to our house - and my mother, a transplant from "the County" (Aroostook) and used to having her space, was "feeling cornered." I remember she and "Hink" (my stepdad) talking about the situation, and crafting a solution.

We spent much of one June, driving around Maine, looking for a place we might buy. We started driving circles around Richmond's Pleasant Pond and Gardiner's Lake Cobboscoate, but nothing rang any bells. Place after place seemed, "too rustic... too dirty... too small... to remote." There was a foray or two over towards Sebago, near where we boys had been going to scout camp; other rides toward the Belgrade Lakes; even a run up to Rangeley, where "Hink" had some roots. In the years since, I've often wondered what some of those real estate folks thought when the nine of us

plied out of our station wagon and started asking questions and slamming doors, but there's fodder for another day!

A chance Sunday ride through Fayette brought us a change in strategy and some real progress. Some out of state outfit had bought up a bunch of lakefront property on David Pond, punched in a gravel road and was selling 50 foot lots for about \$1,000 each! (this was in the days before the DEP, LURC, and all the rest of the alphabet of regulators) We left "Hink" dicker with two guys in a travel trailer, walked the dirt road to a point of land where we picked a cup of wild blueberries, took off our shoes and waded the rocky shore, and decided among ourselves that this place just might be better than Bowdoinham! On the ride home, we were told we were buying two lots, and next weekend, we'd be back to cut trees and explore the area. Turned out the lots were adjacent to that point where we had been exploring!

With axes, bow saws, and shovels, "Hink" and we boys "camped" off the back of our pickup and "pioneered" a spot big enough for our building in less than a day. When Mom and the sisters arrived Saturday noon with sandwiches, baked beans and swimming suits, we were throwing gas on slash

and green wood, clearing space for our camp. We moved stones, set cement pads and spruce posts and by Sunday night, had built a deck that seemed level, was warmed by the sun, and measured something like 18x26 feet. In our spare time, we kids took off in a train of truck tire tubes, catching sunnies and exploring our new and exciting lake in the woods.

We found ourselves a two-man saw mill on Manchester's Granite Hill, where we could buy green boards and dimension lumber cheap if we hauled it ourselves; so morning and night, we'd load the pickup with studs, 2-bys, and sheathing, and haul it out that camp road to our site. "Hink" would have us riding in back, holding the load by spread-eagling on top, and would tell us to get off and walk where the axle started to drag. There was no electricity that first summer, so each and every cut was done by hand. "Hink's" watchful eye supervised it all, we boys cutting, holding, hammering; erecting first one wall, then two, then four and a second floor deck. On the side facing the water, we used some windows we found in our barn and reglazed. We bought a new door, out-swinging, to save space and keep people from breaking in. "Hink" worried about that more than the rest of us.

The rafters went up hard and steep, and mom decided to stay home the day we sheathed it in. "Call me if someone falls off," I remember her saying. The whole roof deck was matched six-inch pine that we just nailed in place, snapped a chalk line and trimmed at the end of the day. Me being the only left-handed guy on the "crew," I had to trim that whole front edge by myself. Maybe that's the day I decided I wanted to jump out of planes!

The girls had it easier. They went down by the beach and cut everything but the blueberries. They piled it, we moved it. They picked stones off the bottom, and relocated them to a pile off shore that was soon big enough to dive from. That was the summer I discovered it's easier to lift a rock underwater than on shore, did you know that? We brought some old oil barrels from home, and made a rustic float from left over spruce planks. It became a season of hard work, ready play and an experience that bonded our family in so many ways, and when that summer had ended, it was obvious to us all we'd built so much more than a camp.

Trail Challenge offers summer fun, exercise.

by Frank Connors

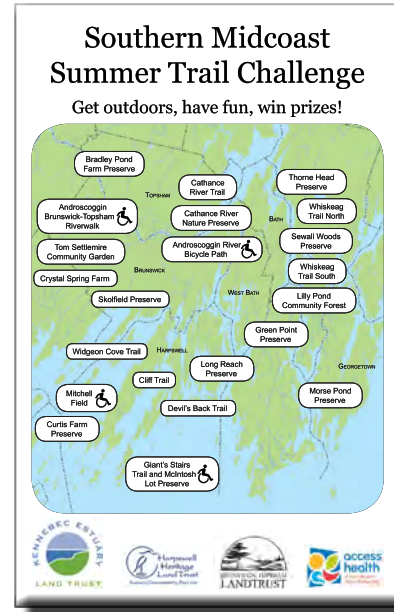
The Southern Midcoast Summer Trail Challenge card is one of the hottest commodities in the area this summer, have you started yours yet? It is your key to exploring more than two dozen of the, "prettiest places on the Midcoast," trails located in Brunswick, Topsham, Harpswell, Bath, Georgetown and West Bath. Several are wheelchair accessible, several will challenge your outdoor skills, all will help make your summer of 2016 that much more memorable and fun.

Last month, my brother Grant and I led Tuesday trips to Topsham's Bradley

Pond and Harpswell's spectacular Giant Staircase, and we had such a good time, we decided to repeat.

This month, August 2 at 3 p.m., we're doing the Devil's Back on Orr's Island and August 16, 3p.m. join us as we explore the trails of the Cathance River Nature Preserve (CREA) in Topsham.

The Southern Midcoast Summer Trail Challenge is a joint project of Access Health, The Harpswell Heritage Land, The Brunswick-Topsham Land Trust, and The Kennebec Estuary Land Trust. Cards are still available at the People Plus Center.



New or renewing members for July

- * indicates new membership
 - * indicates donation made with membership
- | | | | |
|---|---|---|---|
| Brunswick | Catharine Chase
Grant A. Connors •
Yvonne Fast
Nancy Grote •*
Donald Harris
Nancy Laffely
Mary Libby •
Raymond Lourie
Kathy MacLeod •
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The Harpswell Garden Club will meet Thursday August 18, 2016 at 12:30 p.m. at Thornton Oaks, 25 Thornton Way, Brunswick. Neil Lash of Medomak Valley High School will give a presentation with slides of the "Heirloom Seed Project." Free and open to the public. FMI call Becky 833-6159



Lunch out!

August 9th at 11:30 a.m.

MORSE'S CRIBSTONE GRILL

1945 Harpswell Islands Road, Bailey Island

Be sure to sign up for the car pool!

Collection of Photographs continues in Gallery

A collection of original color photographs produced by member/photographer Barbara Wyman, of Brunswick, will remain on display in the Union Street Gallery of People Plus during the month of August.

Wyman, a native of Rumford, Maine, and a loyal People Plus member, has lived in Maine her entire life. "Well, so far, anyway," she quips with that ready smile, "why would you want to be anywhere else?" She says her favorite subjects to photograph continue to be the flowers and animals of her native state.

Wyman says her first camera was a manual Pentax K-1000. "There was nothing fancy about it," she explained, "it would make you think about your shot." Now she works with an "all but fully automatic" Nikon digital camera. "Sometimes I think it's smarter than I am," she added. Having taken pictures for years, she says, "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 for Bowdoin College for a total of 32 years, first in the Accounting department and then the Service Bureau. She lives with her husband on Brunswick's



"Brutus"

photo by Barbara Wyman

Mere Point where she enjoys perennial gardening, walking, biking and doing jigsaw puzzles when she can't get outside.

Her collection of photographs can be seen during normal business hours in the People Plus Center's Cafe gallery, 35 Union St., Brunswick. All her photographs are offered for sale.

United Way Loaned Executive/ Campaign Assistant

Organized individual with excellent communication skills needed at United Way of Mid Coast Maine full-time for ten weeks beginning September 6, 2016, to help with the annual United Way Campaign. Intensive, challenging work includes helping area companies organize and run successful employee campaigns to help local charities. Work experience is used by major area companies as a management development program. You will receive professional week-long training in project management and public speaking. This is a great opportunity for those in transition: retirees, recent college graduates or anyone exploring new career paths. Send cover letter with resume by August 12, 2016 to Tom Blatz, Campaign Director, United Way of Mid Coast Maine, 34 Wing Farm Parkway, Suite 201, Bath, Maine 04530 or by e-mail at tblatt@uwmcm.org.

More volunteer opportunities

Mid Coast-Parkview Health looking for volunteers

Mid Coast Hospital Courtesy Shuttle Drivers needed for large 6-seat golf cart.

There are two open shifts from 11am – 2pm on both Monday and Tuesday afternoons. I would also consider adding another shift from 2 – 5:30pm, M-F, if I could round up another five drivers. The purpose of the Courtesy Shuttle service gives rides to patients/families/employees going to and from their cars to the hospital, as well as the other buildings on the campus. It is a very fun and social position. We use walkie-talkie communication between the shuttle and the Main Entrance Info Desk at the hospital.

Mid Coast Hospital Café

Early Risers needed. We are in need of volunteers who like to get up early and greet the

incoming doctors/nurses/staff/visitors in our Café with fresh brewed coffee and perform other light kitchen tasks such as wiping down table and counter tops, food prep, and possibly serving breakfast on the food line or working the cash registers. This shift is 7 – 10am, M-F, and is a very social position.

Parkview Medical Center Café

Chef Mendillo at Parkview needs a few people willing to help him out in his kitchen with food prep, dish washing, and operating the cash registers when his two regular helpers are out sick or on vacation. The ideal shift is 10am – 2pm, but he would take people earlier in the morning too. The Parkview Café operates at a slower pace than Mid Coast Hospital but is equally as social.

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