

40 Years! Plus! People NEWS!

The center that builds community

People Plus
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Brunswick, ME
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Non-Profit Organization
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Brunswick, ME 04011
Permit No. 52

35 Union St., Brunswick, ME 04011 729-0757

www.peopleplusmaine.org

September 2016

Volume 16, No. 9

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



Springing towards fall, Members of the Brunswick Area Teen Center are barely able to contain their enthusiasm as they prepare to return to school and another season at the Teen Center.

Fall Open House set

Join staff, Board members and friends on Thursday, Sept. 29, for an Open House at the People Plus Center. "Do we need a reason to have a party?," asked Jill Ellis, our Program Director, "here we are, opening fall with new programming, renewing friendships, and oh, yes!, it is still our 40th anniversary year!"

There will be fresh pizza, cider, coffee and delectable munchies for everyone. "Our core purpose is to recruit new members and

get everyone excited about the new season," Ellis explained. Membership chairman Frank Connors echoed her excitement. "We're starting the fall with a sweet deal," he said, "Any member bringing in a new (or renewing) prospect who buys a membership, that recruiter gets a \$5 credit toward his (or her) dues next year." He guessed, "with 5-6 new programs opening, and dozens of regular programs retooled, reworked and/or energized for the

fall season, there will be lots to look at and talk about."

Executive Director Stacy V. Frizzle shares the enthusiasm of her staff. "We're coming off a very successful fiscal year just ending, and we have every reason to expect this year will be even better. We want everyone to be part of the excitement at People Plus.

Festivities open at 12 noon, and will continue until 2 p.m.

Senior Health Expo is filling fast

With a mid-September registration deadline looming, it's already clear that local businesses, organizations and individuals are lining up to present at the fourth annual People Plus Senior Health Expo, being held again in the indoor concourse of the Cooks Corner shopping Mall on Tuesday, October 18, from 9 a.m. until 1 p.m. Special thanks to Summit Realty Partners/Winslow Property Management for providing the event space.

"Most of our standbys are already signed on," People Plus Programming Coordinator Jill Ellis reported, "and there's a sprinkling of new and exciting exhibitors that will keep it interesting, exciting and fun." She said more than 600 visitors attended last year, and guesses that number will increase this season. "We packed the space and sold every exhibitor opportunity last year," she added, "and interest seems to grow every year."

Coastal Landing Retirement Community is our 2016 Expo Partner PLUS, and 2016 Expo Partners so far include Mid Coast-Parkview Health and The Vicarage by the Sea. 2016 Sponsors so far are Avita of Brunswick/Sunnybrook, Bill Dodge Auto Group, Mary's Affordable Hearing Aids and The Times Record. Exhibitors at press time include: All Thumbs Computer Care, Bath Housing, Beltone Hearing Aid Center, Brunswick Area First Responders, CHANS Home Health Care, Chick's Do Chores, LLC, Everyday Nutrition Associates, LLC, Home Instead Senior Care, It's My Death, Maine Bureau of Insurance, Maine Insurance Group, Maine Medical Center Joint Replacement Center/Maine Medical Partners - Division of Orthopedics and Sports Medicine, Maine Senior College Network, Mid Coast Senior Health Center, Pejepsot Terrace, Rite Aid, SKY-HY Conference & Renewal Center, Spectrum Generations Aging and Disability Resource Counseling, Spectrum Generations Meals on Wheels, The Dempsey Center, Volunteers of America - NNE, and the Write On Writers group of People Plus.

Admission to the Expo is free to all visitors. Six-foot Non-profit exhibitor tables are still only \$75 and for-profit tables are \$125. Businesses can be Sponsors for \$500, and Partners for \$1,000. Contact Ellis at 729-0757 for more information. Open registration ends on Friday, Sept. 16, and tables are released on a first come, first registered basis.



CHANS Flu Shot Clinic

Thursday
Sep 15
11:30 am

School's open, remember our Teen Center

Those big yellow buses are back on the road, kids are filling our crosswalks, there's lots to remember when the calendar changes to September. First rule of the road is to always drive carefully, and defensively. Treat the kids you see as if they are YOUR grandchildren!

As the Teen Center begins its 11th season (Jordan, you're a wonder!) it's sometimes tough to realize too many of our students have needs that are sometimes beyond their means.

Our donation box remains in the lobby at People Plus, if you can drop

off extra pencils, calculators, book coverings, pens, notebooks, sharpies, steno pads and other school related supplies, we'll see that they get to the right place. If you choose to offer money, remember \$25 supports one teenager, \$50 works for two, if 100 people offered us \$100 each, we'd be very close to replacing the \$10,000 we spend every year, purchasing food for our after-school programs. Every dollar helps each donation matters.



FYI! "An Eye Opener"

Thursday, September 8, 1:00 pm

Dr. Kurt Kelley, a board-certified comprehensive ophthalmologist with Mid Coast Eye Associates in Brunswick, will be giving a talk on Thursday 9/8 at 1pm titled "Seeing To Your Health: Tips for protecting and optimizing your vision as you age". Topics discussed will include how often one should have an eye exam, the evidence for nutritional supplements ("eye vitamins"),



and an overview of the most important eye problems currently facing older individuals in the U.S.: cataract, glaucoma, and age-related macular degeneration.

A Maine native, Dr. Kelley graduated magna cum laude from Colby College and received his medical degree from the University of Vermont College of Medicine. He completed his residency in Ophthalmology at the University of Michigan Kellogg Eye Center in Ann Arbor, Michigan. He specializes in small-incision cataract surgery as well as the diagnosis and medical treatment of a variety of eye conditions. Free, open to the public. Call to register.

.....an apple a day

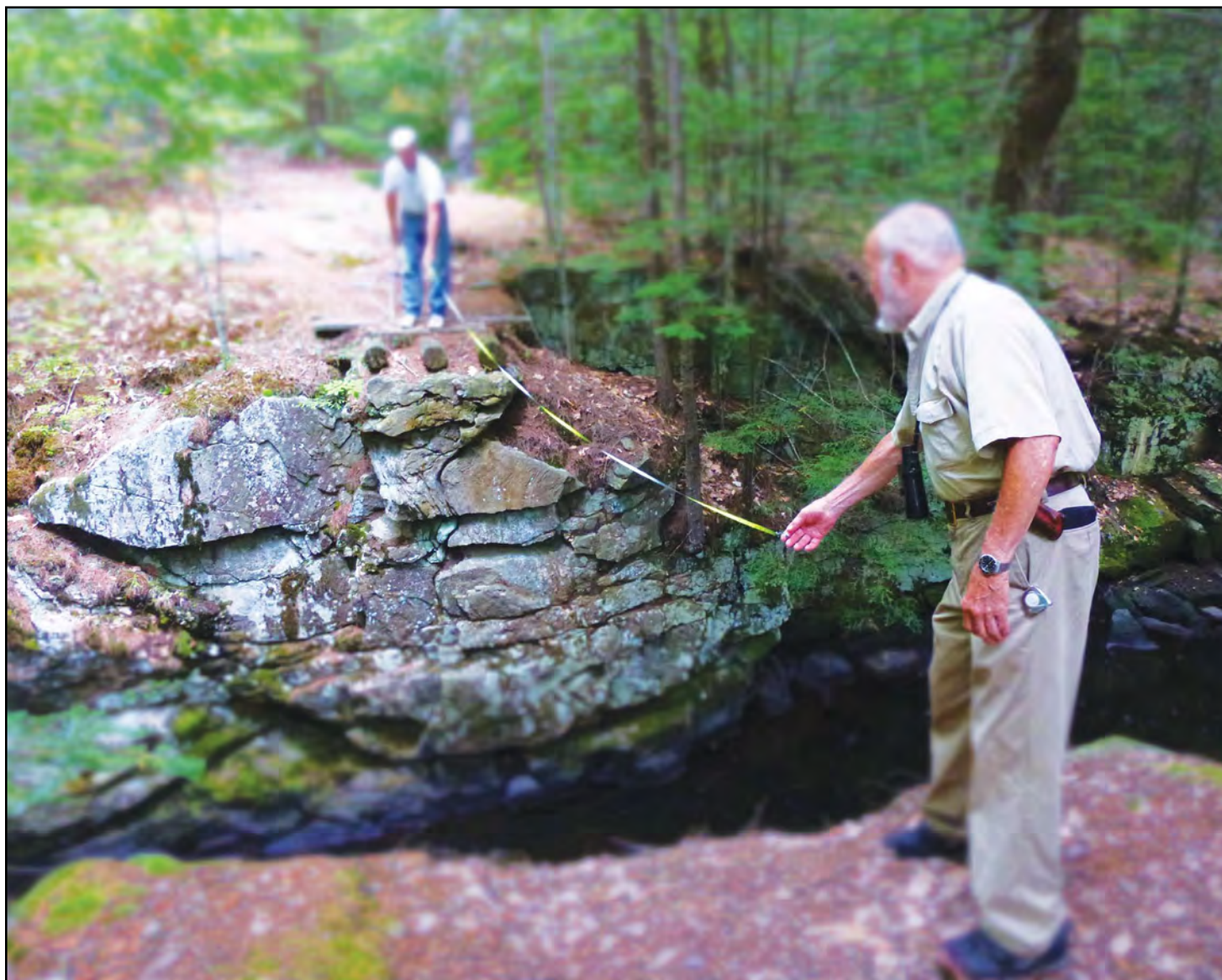
We celebrate fall this season with our annual trek to Rocky Ridge Orchards on Tuesday, Sept. 20. Register for a car pool if you want a ride, or join us at the orchard at 11:30 a.m. Your valid People Plus membership card will get you a cup of fresh-pressed cider and a homemade doughnut. Sandwiches, homemade pickles, jams and other goodies are at the Rocky Ridge store, waiting for you to order. Later the same day, (3 p.m.) we'll have our own cider pressing here at the Center, led by Frank and Grant Connors. If you remember pressing cider as a kid, you'll want to come help the



Connors boys with this project!

Chris at Rocky Ridge predicts there will be Macs and Paula Reds ready for picking, and says a few "early" Cortlands, "might be ready." Last season, more than a dozen Center members enjoyed this day at the orchard, picking their own apples, eating lunch and treats with friends. To reach Rocky Ridge, drive through Topsham nearly 12 miles on Route 201, the orchard is on your left. If you get to Route 125 to Bowdoin, you've gone too far.

Please register for the event by calling Pat at 729- 0757.



Grant Connors (left) is just a blur as he helps Russ Kinne measure the Cathance River at the site of Barnes' Leap, in the Cathance River Nature Preserve.

Measuring Barnes' Leap!

There's nothing like checking, and rechecking history.

There is a long-standing tradition in Topsham telling of an early settler who saved his scalp one day by leaping across a narrow part of the Cathance River, thus escaping from several native Americans who had some sort of grudge with him. We checked with local historian Dana Cary, who confirmed all the details, "as you said them!" He offered no new and definite information. The site of this famous feat is now safely protected within Topsham's Cathance River Nature Preserves, and is a favorite haunt for hikers in the area.

Last month, a group of our Tuesday afternoon hikers, working to fill their Summer Trail Challenge cards, showed up at Barnes' Leap, and wouldn't you know it, they were carrying a tape measure! After some slipping and dipping, Grant Connors got to the far side of the stream, we tossed him the dumb end of the tape, and hiker Russ Kinne did the figuring and fine work from our side.

We can tell you with complete accuracy that the leap is 19 feet, 8 inches, give or take maybe an inch or two. IF Barnes DID make the leap, he would have had to jump from the Bowdoin side of the river, to the Topsham side, as there is a two foot change in elevation, the Topsham shore being the lower side. After some very "FRANK" discussions, it was decided, sure, the jump could be made, if there was enough peril involved, "heck," said one hiker, "some of the Olympians are getting over 30 feet, I watched them do it!" but there was NO ONE in our group who wanted to try it.



Happy Hikers. (right) Just back from a tour of the Devil's Back trail, in Harpswell, this crew of hikers all said they have two or ten entries in their Midcoast Maine Summer Trail Challenge cards "and the devil's Back is one of my favorites," called out one of the guys!



Left: Line drawing by People Plus member Marilyn Moores



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Guest Panelists

William P. Stamey, MD
MID COAST MEDICAL GROUP-Neurology

Tim Knight, RN
Director of Clinical Services
MID COAST SENIOR HEALTH CENTER

Florin Olteanu, MD, CMD, Medical Director
MID COAST SENIOR HEALTH CENTER

7 p.m., Tuesday, September 27

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"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! www.peopleplusmaine.org

MONDAY MUNCHIES MENU

Sep. 12: Chicken Noodle Soup
Sep. 19: Cheesy Ham&Broccoli Bake
Sep. 26: Chili with slow cooked beef

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UUCB Concerts for a Cause State Street Traditional Jazz Band

On Saturday, September 24th at 7:30 pm, the UU Church of Brunswick will present the first concert in its 2016-2017 Concerts for a Cause series. Portland's State Street Traditional Jazz Band will provide a taste of New Orleans jazz of the early 1900's. UUCB Concerts for a Cause are held at the Unitarian Universalist Church at 1 Middle Street in Brunswick and raise money for the church and local non-profits.

The State Street Traditional Jazz Band formed in 1989 and consists of a number of master musicians playing trumpet, trombone, tuba, banjo, clarinet, drums and piano. This is not Dixieland, nor is it straw hat music. It is the authentic music heard at the turn of the last century through-out New Orleans and played by the masters like Louis Armstrong and the original Preservation Hall Jazz Band.

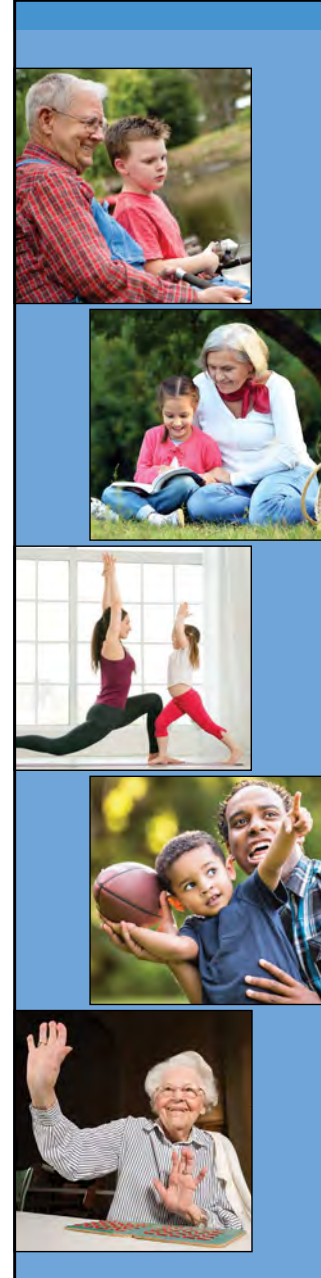
You do not want to miss this performance which delights audiences of all ages with pure joy. Audience members will be invited to join in a mardi gras parade when the band plays "When the Saints Go Marching In." For extra fun, bring a decorated parasol to make the event even more festive.

To learn more about the band, visit their website at www.statestreettraditionaljazzband.com/home.html.

Admission is \$12 in advance; \$15 at the door, available in the church office, at Gulf of Maine Books, or online at <http://StateStreet.brownpapertickets.com>.



CLIP & SAVE



Your best shot at avoiding the flu is to get your flu shot!

SEPTEMBER Seasonal Community Flu Shot Clinics

All CHANS Home Health Care clinics are first-come, first-served. Vaccine is for anyone 6-months-of-age or older. Insurance or donations accepted.

FLU SHOT FRIDAYS
MID COAST SENIOR HEALTH CENTER
58 Barbeau Drive, Brunswick
9:00 a.m. to NOON Fridays
September 16 through December 2

| | |
|---|-----------------------|
| Sept. 07-Bath Area Family YMCA, 303 Centre Street, Bath | 9:30-10:30 a.m. |
| Sept. 12-Westrum House, 22 Union Park Road, Suite 1, Topsham | 11:30 a.m.-12:15 p.m. |
| Sept. 14-Pine Tree Society, 149 Front Street, Bath | 12:30-2:00 p.m. |
| Sept. 15-People Plus, 35 Union Street, Brunswick | 11:30 a.m.-12:30 p.m. |
| Sept. 15-West Bath Volunteer Fire Department, 192 State Road, West Bath | 4-6 p.m. |
| Sept. 17-Totman Library Senior Citizens' Fair, 1060 Main Street, Phippsburg | 10 a.m.-1 p.m. |
| Sept. 20-Bowdoinham Wellness Fair, Fire Station, 57 Post Road, Bowdoinham | 9 a.m.-NOON |
| Sept. 21-Wiscasset Community Center, 242 Gardiner Road, Wiscasset | 4:30-5:30 p.m. |
| Sept. 22-Freeport Community Services, 53 Depot Street, Freeport | 10-11 a.m. |
| Sept. 23-Pejepscot Terrace, 36 Pejepscot Terrace, Brunswick | 9:30-10:30 a.m. |
| Sept. 27-Sagadahoc County Courthouse, 752 High Street, Bath | 9:30 a.m.-12:30 p.m. |
| Sept. 27-Grace Episcopal Church/Food Truck, 1100 Washington Street, Bath | 1:30-2:30 p.m. |
| Sept. 29-Topsham Town Office, 100 Main Street, Topsham | 2-5 p.m. |
| Sept. 30-Georgetown Town Office, 50 Bay Point Road, Georgetown | 10:15 a.m.-1:00 p.m. |

Visit www.midcoasthealth.com/flu for a complete list of free local clinics provided by CHANS Home Health Care.
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September 2016

Jellybean, official pet food drive mascot, poses with just a sampling of the pet food collected at the Animeals Pet Food Drive held at Petco in Topsham last month.



Thank you to everyone who donated and thank you to Petco for hosting the event! With your donations we are able to provide pet food to Meals on Wheels recipients so that they may keep their beloved companions at home without having to sacrifice their own food and nutrition.

As reported in many news and health care related journals, hunger and the lack of proper nutrition among our nation's seniors has contributed to an increase in hospital readmission rates among this population, causing poorer outcomes for patients and putting an undue burden on hospitals and treatment centers.



Our over 40 years of experience as a Meals on Wheels provider positions us to cost-effectively deliver freshly made meals for patients at risk for failing nutrition. When there is a concern about a patient's nutrition and the patient does not qualify for Meals on Wheels, individuals or providers can contract with Spectrum Generations' Maine-ly Delivered Meals service and have prepared meals delivered directly to the patient's home. For more information about the Maine-ly Delivered Meals program, call 607-4406.



SCAM ALERT BULLETIN BOARD

Connecting to the Internet in a public space like a coffee shop, the library or an airport is a wonderful modern convenience, but it comes with significant risk. Fraudsters have come up with a number of ways to steal information from you or attack your computer while you are on public Wi-Fi. It is never safe to assume any privacy on public Wi-Fi, even when prompted for a password. Keep your surfing safe when on public Wi-Fi by sticking to things like reading the news and checking the weather. In short, never do anything on public Wi-Fi that requires a password.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Contact local law enforcement or the AARP Fraud Watch Network www.aarp.org/fraudwatchnetwork or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.

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PROUD TO PARTNER WITH PEOPLE PLUS

Get aboard the Freedom Trail

Speaking Frankly
Frank Connors



Perhaps you remember I'm a history buff, maybe you've see my t-shirt that reads, "History buff; I'd like you better if you were dead!" (I try to be careful where I wear that!) Anyway, as a t-shirt wearing history buff, there are few urban places I more enjoy spending weekends than on Boston's Freedom Trail. Sure, my grand-boy Jadon lives in a Boston suburb, and he stands in as a willing accomplice on some of my forays, but I've been know to head out on my own, to explore, to look and to learn, and this piece is all about encouraging you to do the same (and has nothing to do with the coming election!)

From Boston's beautiful, walkable, central Common to the top of Charlestown's 221-foot Bunker Hill monument, (on Breed's Hill) this three-mile, red-brick path meanders through and past more historical sites than you'll find anywhere else this side of Washington D.C. There's an abundance of old houses, old buildings, graveyards and memorial plaques, bunches of churches, places to eat, to shop, and listen to lectures. There's a carousel, a frog pond with no frogs, and that grand old battleship, The

Constitution! You'll come away with a new appreciation for history, and the part New England has played in it. ...and there's food! Start with a hot dog on the Common, end with Italian treats in the North End. Quincy Market has everything from chowders to pizza to fudge, and I defy you to nibble your way through the crowds, or get a bowl of Boston baked beans at Durgin Park. If you want to go "upscale,"

Dome Car to Boston

Amtrak's "spectacular" Dome Car, allowing panoramic views of the Maine Coast, is seeing limited service from Brunswick until September 18. -NO EXTRA CHARGE FOR SEATING- Check at the Transport Center for scheduling.

the Union Oyster House is the longest continually operating restaurant in America. If you're caught in the rain (or snow) you can do a day in old Quincy Market and its wings, and never be bored. Just remember,

this is a walking tour, (don't even "wonder" if you could follow the route in a car, people have tried and have never been seen again) and too much food, and waiting in too many lines, can only slow you down.

You know I love old cemeteries, and the Freedom trail has some beauties! Boston's North end has Copp's Hill (you heard me right the first time, it is NOT "Corpse Hill") and the Granary Burial Ground is just off (and used to be part of) the Boston Common. Copp's is elevated and has some rare, tree-shaded views of the city, with burial sites dated from 1660. British troops used old Cops as a fighting position in the Revolutionary War, and more than one slate stone remains pocked by musket rounds. The two-acre Granary ground claims to be the resting place of "more famous people than any other small cemetery in America." Paul Revere is buried here, not a few feet from Samuel Adams. There are also three signers of the Declaration of Independence here, the five victims of the Boston Massacre, and nine Massachusetts governors.

You really should buy a guide (I have 2-3 good ones) not because you want to look like a tourist stepping off a curb with your nose in a book, but because there is just so much to see, so many exciting, interesting details, you'll miss too much if you haven't read up on your walk, before you walk. I'm partial to my fourth edition of something appropriately called, "The complete guide to Boston's Freedom Trail," It costs about \$8 and is worth every cent. I like to flip through a couple guides, find a few new and interesting points to locate, and just go do it!

So do make it your personal goal for this fall. Take the Downeaster to Boston (seniors are half price every day-roundtrip under \$40-and if your grandchildren are under 12, they can ride free) The Freedom Trail is just a long block from North Station, where a left turn puts you in Charlestown, a right turn into the North End. It'll be a day full of sights you'll never forget, I guarantee.

Celebrity Chef Challenge

Wednesday, September 14th
Maine Maritime Museum, Bath
\$75.00 per person
\$550.00 per table of 8

Things Are Heating Up!

Four Celebrity Chefs from mid-coast Maine compete in a fun, friendly competition of "best dish" using locally grown ingredients while following Meals on Wheels rules and guidelines.

This year's Celebrity Chefs are:

Dave Mallari
Sinful Kitchen, Satly Sally's Bar and Grille, and the Pig Kahuna: Portland

Justin Bard
Riverside Farm Market: Oakland

Nick Krunkkala
Liquid Riot, Portland

FOURTH CHEF
TO BE ANNOUNCED

This year's Celebrity Judges include Chris Toole, Executive Chef at the Harraseeket Inn and 2015 Celebrity Chef Winner; Meredith Goad, Food Writer for the Portland Press Herald; and Shonna Milliken Humphrey, established food journalist and novelist who's work has appeared in The Atlantic, The New York Times, Salon, Down East, and Maine magazine. The judges have the difficult but delicious task of sampling each plate to choose a champion.

There will also be a "People's Choice" vote. Chris Hart, Executive Chef from The Blaine House in Freeport will join the event as the Culinary Consultant and Mac Dickson from 92 Moose will be the Master of Ceremonies.

Silent Auction and Cash Bar at event.

All proceeds help end senior hunger by going back into our Meals on Wheels program which helps keep seniors happy, healthy and independent in their own homes. Good health starts with good nutrition.

Tickets can be purchased at: spectrumgenerations.org/meals-wheels-celebrity-chef-challenge or by calling 207.620.1655

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* indicates new membership
• indicates donation made with membership

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Saturday, Sept. 10, Harpswell Garden Club's Fall Fest, Centennial Hall, Rte. 123 Harpswell Center. Yard Sale, baked goods, crafts, mums, kale, flowers. 8:30 a.m.-1 p.m.

Palliative Care

Third Tuesdays at the Orr's Island Library continue with Jess Vickerson, FNP, MSW discussing what is palliative care, when it is needed, and how to ask for it.

Tuesday, September 20, 2016, 7:00 p.m. Orr's Island Library, 1699 Harpswell Islands Road (Route 24), Orr's Island, Maine FMI contact John Webster, 833-5430, jwebster85@comcast.net

The Harpswell Garden Club
Sept. 15 Thursday Harpswell Garden Club Meeting at Kellogg Church. "Return of the Natives" landscaping with native plants lecture and slides by Kookie McNeerney of the University of Maine Extension Service. 6:30 p.m. Free and open to the public. FMI Call Becky 833-6159

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

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

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

MSMT exhibit moving to Center's Gallery

Maine State Music Theater: Past, Present, Future, a "mixed-media exhibition of theater memorabilia collected and presented in collaboration with Brunswick's Curtis Memorial Library," will move to the Union Street Gallery of People Plus for the month of September. "We just hate to see it go away," Theater Artistic Director Curt Dale Clark said, "and we know so many of our most faithful patrons are also members of People Plus."

The exhibit was created by Clark and theater staff to publicize the Theater's \$2 million, three-year Capital Campaign, and to recognize more than 58 years of professional theater in Brunswick. There is not enough room to display the entire collection, so Clark and company will need to "pick and choose," according to Frank Connors, who sets up exhibitions in the Center's Gallery. "Even if you noticed and enjoyed the exhibition at the library," Connors explained, "you'll want that second look at People Plus."

The exhibition opens with glimpses into the storied past of the Brunswick Music Theater, under the loving direction of Victoria Crandall, and fast-forwards to 2016, which

closed recently as one of the most successful years ever at the Theater. Numerous photographs, news reviews and other devices are used to "light the path along the way." the exhibition is organized into five sections: Then and Now; From Stage to Silver Screen and Back; Legendary Administrators, Stage Directors and Choreographers; Make Believe for Young Audiences; and MSMT: Today and Tomorrow.

Next month, A one-person show featuring work by Connie Bailey will fill the gallery. Bailey is a long-standing instructor at People Plus and recently won the Best of Show award at the South Portland Summer Art Expo. The MSMT collection can be seen during normal business hours in the People Plus Center's Cafe gallery, 35 Union Street, Brunswick.

Overlong 'Camelot' Still Jewel To Muse Over At Brunswick. By FRANKLIN WRIGHT. BRUNSWICK — Victoria Crandall has brought up the topic on her 58th season at the Brunswick Music Theater with an exciting visit to a land of enchantment. That's Camelot, not New Mexico. ... What an absolutely marvelous idea. A land dedicated to the principle of "might with right" rather than "might is right" — a land of equality, justice and peace for all. ... THE PURITY AND BEAUTY of the ideal and the rich, colorful tapestry of King Arthur's court are depicted with clarity, energy and intensity in the Crandall production of the Lerner and Loewe classic, "Camelot." ... As it did then, the production stars Bernard Wurger as King Arthur, and he portrayed in one of profound understanding and complete devotion to the character of the idealistic monarch. ... *BERNARD WURGER (Oscar Jaffe) is celebrating his 25th consecutive season of summer theatre — 23 of which have been at Brunswick Music Theater. On the Twentieth Century is the 125th production in which he has been involved at BMT. His extensive credits have included director, singer, dancer, choreographer, stage manager, actor and light board operator. Away from his second home of Brunswick, Bernie teaches at Bowler University in Indianapolis, Indiana. He will be returning



Lunch out! Sept. 13th at 11:30 a.m.

Cracker Barrel Old Country Store. 357 Maine Mall Rd, South Portland. Be sure to sign up for the car pool!

Saturday Night Specials! For members of People Plus only! 8 p.m. shows: Saturday September 3 and September 10. Tickets only \$50 when you mention People Plus. Call Portland Stage Co. at 774-0465. The Irish ... And How They Got That Way by Frank McCourt. Produced by Portland Stage in collaboration with Maine State Music Theatre. Original musical arrangements by Rusty Magee. Aug 16 - Sept 4, 2016.

Bowdoinham Wellness Fair. The Town of Bowdoinham Advisory Committee on Aging 3rd Annual Wellness Fair is Tuesday September 20, 2016, from 9am-12pm at the Bowdoinham Fire Station, 57 Post Road, Bowdoinham Maine. Admission is Free! Free flu shots! Try an exercise class, learn stress relief techniques, find out about programs and services that will help you celebrate aging. Door Prizes! For more information please call the Bowdoinham Town Office at 666-5531 ext 110.

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