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



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 programing, 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 Parnters 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, Pejepscot 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.

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

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

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"Sleepy summer? I really don't think so!"

It's hard to believe that summer is winding at the Center. It'll run for a couple hours down. There is definitely a crisp and won- and you'll be able to meet and greet with derful feel to the air in the evenings and I have upgraded to my "mid-weight" bathrobe for my morning coffee with Jonathan

And we are a little more than halfway through the 40th anniversary year for People Plus. It's been fun so far with loads of activities and it's not over yet! We got a crazy idea to hold an open house in September to let the general public see all the fantastic programs we offer here. (It's still surprising to me that people don't always know what we do and what amazing people they will meet by joining in on the fun!)

So mark your calendar for September 29 at noon for our Open House pizza party here

Winterize your car!

The techs from Bill Dodge Auto group will be on hand Sept. 29, beginning at p.m., to offer tips and advice, and do's and don'ts, to help you and yours "winterize" your vehicle. Rich Martin, a service director for the Brunswick dealership, will lead a classroom discussion, with plenty of ime for questions and answers, and then the group will move outside and "look under some hoods." He'll use a vehicle nspection form, just like they use at the garage, to help us all begin the new season

We expect this group to fill up fast, (it's free to members,) please register by calling 729-0757

From

Plate

207-504-6439, shebakme@comcast.net

When I first became a dietitian many years

ago, no I will not tell you how many years

that has been! I really thought that educat-

ing a client was the most important thing

to do. As time went on I realized that it

was important but there is another really

big piece, people need tools to help them

make good choices for the short term and

the long term. I share with people that it is a

journey to making healthy choices and will

not happen in a week, month or maybe even

a year. What I provide are sample meals,

healthy recipes and meal makeovers. I have

several cards that I give to clients to help

with meal planning and adding layers of

flavors and nutrition. My next card that I

am working on is about how do we stay the

course and not get derailed by the choices

What does that mean?

Anita's

Anita Huey

representatives from all of the various clubs and programs. We will also have a winterization Cartalk here that day at 1 PM so you could come at noon and browse for an hour through the open house and then head to the back room to hear all about the best ways to winterize your car with Bill Dodge Auto

The summer sometimes seems a bit slower here at the Center, but it really provides an opportunity for the staff to gear up for the fall and do a year's worth of planning. This primarily affects Jill, Frank and Jenn the

The Annual Senior Health Expo is looming on October 18th with our lead sponsor Coastal Landing and Midcoast Health Services back (thanks!!) and there's a huge amount of details for them to organize. Yet Jill still manages to brainstorm a years worth of stuff to do!

She's already got apple picking set up for September 20 followed by Apple cider pressing that same afternoon here at the center. She's also planning monthly Lunch and Learns focused on aging well, along with interesting and informative lectures booked with Clayton Rose the President of Bowdoin College in March, Seth Levy the Brunswick lawyer who teaches us about wills, power of attorney, and living wills in October, and the VA hospital is coming down from Togus to talk about veterans benefits in December. PHEW!!

We are actively trying to recruit Susan Collins for a talk here this year and will keep you posted if that gets booked.

So, I'm headed out this afternoon to do

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

some back-to-school shopping for my daughters. I will plan to pick up some extras for the teens upstairs as well, since they really need a little extra support especially with all of the school supplies that are required and new clothes. If any of you can take a minute to pick up a gift card to a local area store, or some school supplies listed on

page nine, we would all really appreciate it. The back to school annual appeal launches in September as well. Did you know that the teen program is free for the teens? Yet it cost \$10,000 a year just to feed them! They eat a ton of food at that age and most of them are on free breakfast and free lunch in school, so getting a healthy meal here at the end of the day is vitally important.

We probably have another 6 to 8 weeks of really nice weather so I hope you'll get out and enjoy it. Bring a friend down to the People Plus Center and if they sign up to become members we will give you five dollars off your next membership fee. Patsy Bergeron has already saved herself five dollars next year by bringing in a friend or two! (Yes, Frank, I know Patsy is a lifetime Center member).

And as the days get shorter, we do hope to find you joining us here at the Center for a game, a meal, to visit with friends or have a work out. Because we are the Center that Builds Community year after year!

Fall Tomato Basil Salad

Ingredients:

- 1 yellow tomato
- 1 plum tomato
- • 1/2 cup cherry or grape tomatoes • 1 bunch basil leaves
- · Avocado or olive oil
- Balsamic vinegar glaze
- • Cracked black pepper, to taste

Directions:

- 1. Thinly slice the yellow and plum tomatoes and place them in a single layer on a large white platter.
- 2. Arrange the whole basil leaves on the
- 3. Cut the cherry or grape tomatoes into quarters and place them with the sliced
- 4. Sprinkle everything lightly with the oil and balsamic vinegar glaze. Dust with a light amount of cracked black
- 5. Serve immediately.

Note: a great way to use tomatoes from the

- Avoid a slip becoming a fall.
- Avoid all or nothing thinking.
- Using the 90/10 guideline....try to stay the course 90% of the time but give yourself some room for "other"
- Positive self-talk.
- Problem solving
- Mindful eating

It is amazing what these tips can do! Try

My diabetes prevention group continues to do great! What a wonderful group! They love it when I leave the room and that chat among themselves!! They continue to lose

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Seasonal flu shots to be offered at People Plus this fall!

THE CLUBHOUSE by Elizabeth B. Bates

Every summer, I was a boy in a small town on the seashore in Maine. In the winter I lived in a city in Massachusetts. I loved leaving the city to come to Maine. I could go barefoot and wear shorts all day. My brother and I had made friends with some other boys who lived there all the time. My mother called them "natives". I didn't know what that meant.

SEPTEMBER 2016

We could all fish using lines that hung from our hands and that were baited with periwinkles or clams or with whatever we could find. There was a rowboat we could use if we wanted to. By August, we were looking for something new to do.

There was a dilapidated cottage we sometimes visited in the woods. No one had been there for many years. There was a shed there, too, which had some old wood and windows stacked in it. We wondered if we could build a clubhouse with those. We decided to do it.

We built it pretty quick. We managed to get into it and have a meeting. We were

by Vince McDermott

"That is nice. But what are abs?"

clothes on to get them clean."

OOOOEEEIOOEEOOOW.

There are occasion of pauses

In our duration here below

Intervals of joy and sadness

Each one helping us to grow.

Allowing the body to sleep

From sickness or accidents

On vacation or traveling

Personalized Catering

Private Family Room

"Help Yourself" Kitchen

Spacious Chapel

There are pauses of quietness

The body and soul can recoup.

There are days or months of rest

And there are times that we weep

Where thoughts bring us to regroup

"Oh. But I do not wear clothes."

"Oh, I see. But what is a washboard?"

"Thank you, Jane."

Tarzan and Jane at Home or

How Tarzan Got His Yell

"Tarzan - you were really great in your latest movie."

"You know - your stomach muscles. With a man as fit

as you are your stomach looks like a washboard."

"That's the thing you take to the lake and rub your

"You wear a loincloth. Don't you ever wash it?"

"I do not have to. I swim and it gets washed. But

of a thorn tree. That is when Tarzan goes

after some time it comes apart. That is good and bad.

The good is that I can soar through air with nothing on.

The Pauses of Life by Nonie Moody

I am like a bird. The bad is when I go through the top

"Women really liked your washboard abs."

very happy with our clubhouse. Everything was going great until one of the native boys told his father about what we had done. He thought his father would like it. His father did not like what we had done. He told the boy that we had to take the clubhouse down and put everything back where it had been. We were very angry about that.

We took our time taking our clubhouse apart. We were getting more and more angry as we did it. Finally, we had another meeting. We were not going to put everything back where it was. The boy's father would never bother to see it. We were going to put it all in the middle of the river. No one else could have it. It was our clubhouse. We carried the windows one by one to the rowboat. The wood we left in the woods, under some bushes. We rowed out and dumped the windows into the water. They sank out of sight.

We felt better after that. The summer was almost over anyway. Next year we would build a better clubhouse.

Goals

At age 16 – Your goal is to get your driver's license

At age 70 – Your goal is keeping your driver's license

At age 80 – Your goal is remembering your friends' names

At age 35 – Your goal is having a great job with money in the bank

At age 21 – Your goal is drinking until you puke

At age 90 – Your goal is not peeing your pants

At age 4 – Your goal is not peeing your pants

At age 50 – Your goal is feeling successful

First Kiss

by Bonnie Wheeler

Way too exciting to mis

My very first kiss

He closed his eyes

I closed my eyes

And darn it –

WE MISSED

There are periods of delay

For a special season or place

From job change or retirement

With new precepts to embrace.

Anniversaries and births come

Happy times with many pictures

Celebrating with song and drum.

Accepting pauses takes courage

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Funeral Home

Which gives new vision and scope

For life's views keep moving onward

And every morning brings new hope.

There are weeks and months of waitin



PEOPLE PLUS NEWS

WHAT'S HAPPENING ON THE HILL



PAGE 3

6 Noble Street, Brunswick, ME 04011 ~ 729-0757 ~ March 2004 ~ Volume 4, No. 3

THRU THE YEARS a 40th anniversary feature

Sept 1983: Hello, my name is Barbara Edmond and I am the new Senior Citizens Center director. I began work in April to plan programs, coordinate use of the Center and to provide services for all senior citizens in the Towns of Brunswick, Topsham and Harpswell.

We hope to periodically distribute a newsletter such as this (single, 8 1/2x 11 inch sheet of colored paper) to keep you informed. Due to budget considerations they will be dispersed around town rather than mailed.

Sept, 2009: 2009-10 Board of Trustees: Edward Harris, Chair.; Martha Cushing, Vice Chair.; J. Gregory Shea, Sec.; John McCurrach, Treas.; Thomas Farrell, Ex-officio; Ed Knox; Richard Brautigam; Joan Phillips; Charles Frizzle; Dean Lanphear; Patricia Conner; Fraser Ruwet; Gordon Brigham.

Bad Poetry: Limericks

There was a young sailor from Topsham

Who threw overboard lots of flotsam.

All due to the sailor from Topsham.

by Bonnie Wheeler

by Sally Hartikka

It mucked up the bay,

Impeded headway,

Sept 12 & 19, 2002: Introductory Karate Classes for seniors, offered free at Center by Nelson Vaughn of Topsham's Shotokan Karate Academy. Sept 8, 1983: We would like to start a weekly

town. Meet at the Center at 9:30 a.m. **Sept 1984:** Congratulation, Tape Collectors! Yes, we won \$20 in this quarter's register tape

walking group - just short walks around

must be guaranteed eight people a month, so please register in advance. Sept 19, 1985: United Way Day at Brunswick's senior center. We help them

Sept 24, 1985: Eldercare will sponsor a once a month Aquatic exercise program at the Sports ETC Club. Cost is 75 cents per person Sept 1, 1986: Join us in welcoming Maynard Carter, our new Bingo manager, and we offer a heartfelt thank you to Don & Shirley Hart, who have done a terrific job these past three

cents per cup, making it the cheapest cup in town! Remember, we rely on the honor

There was a thin lady from Maine Who when bathing slipped down the drain Sept 1988: New Policy: ALL persons 55 She ended at sea, Near the Isle of Capris And never revisited Maine A shipbuilder lived in Bath

Who would often express his wrath At gulls who expelled Matter that smelled Directly in front of his path. A soprano at Carnegie Hall

Had a significant pitfall: Too much vibrato When she sang obligato Produced echos at Carnegie Hall.

A waitress lived in Brunswick, Who when she smelled fish became sick. Cod made her queasy And haddock uneasy, This fisherman's daughter in Brunswick.

STANDING IN LINE **FOR AMERICA**

by Elizabeth B. Bates

It was a long, long line. It had been moving slightly for over an hour. In my hands was the most important paper needed to exist in wartime. Today I needed butter. My ration card would be needed and hopefully I would get the butter before there was no more. Coffee and sugar and meat were also rationed, as were some clothing articles. I needed shoes, but only two pairs a year were allowed. I had already bought those. Long lines existed everywhere there was a need. There was always a rush to get in line, even if you didn't know what the line would be getting you. This was true!

Nylon stockings had just been made, but were not available to us. We had to wear those rayon stockings with the ugly vertical seam line in back. Nylon fabric was being used in parachutes, we were told. We could not complain! We were fighting a war! (I finally got my butter!)

contest at Cottle's Shop 'n Save, collecting over \$86,800 worth of tapes. Sept 1985: A barber will be available the 2nd Monday of each month in the Main Hall to cut hair for men or women for \$5. The barber

prepare pins and flyers for the fall campaign. Coffee and refreshments will be served.

Sept 1, 1986: Coffee at the center is still 15 system, if everyone pays their fair share, we won't need to raise the price.

years and older may participate in all activities at the Center. All persons except residents of Brunswick, Topsham & Harpswell will be charged an additional 33% to participate in trips, classes and related services, beyond nominal cost to donor-town registrants. Sept 15, 1999: First meeting of volunteer drivers hope to launch all-volunteer "Driving

Miss Daisy" ride program on Oct. 1 Sept 13, 2000: The 55 Plus Walkers are planning a walk up Morse Mountain. The hike takes you through thick woods, across a salt marsh and end on a deserted expanse of beach, facing the sea.

Sept 23, 2002: Nancy Porter joins staff as a University of New England Social Worker field placement, doing outreach and supporting grandparents raising grandchildren. Sept 26, 2002: "Tryouts" for informal theater group to open at People Plus, under the direction of "theater professional" Frank

Sept 1, 2003: Margaret Enright named Volunteer Coordinator at People Plus. Sept, 2004: Brunswick Teen Center opens in the basement of 55 Plus Center.

Sept 6 & 7, 2006: Barbara & Bob Sawyer lead trip to Castle in the Clouds, Kancamangus Highway and New Hampshire Heritage Museum. Cost only \$150 per person, \$145 for double.

Sept 2006: Seth Wilson & Tracy Scott are UNE interns at People Plus.

Sept 30, 2007: 7th Annual Picnic, canceled by bad weather in July, held at Thomas Point Sept 8, 2008: Center Stage Players, formed

in 2002 moves meetings, rehearsals and performances to The Theater Project. Sept 20, 2008: Weathering Winter, a community forum sponsored jointly by People Plus and Spectrum Generation, opens at

Brunswick High School at 9 a.m. Focus on energy efficiency, home safety and community Sept 24 2008: Ride the Maine Eastern

Railroad to Rockland, tour the Farnsworth Gallery. Train leaves Brunswick at 10:20 a.m., cost is only \$33 for the first Sept 19, 2010: Sig Knudsen dies at the age



SEPTEMBER 2016 PAGE 4 **PEOPLE PLUS NEWS**

WHAT'S HAPPENING IN SEPTEMBER







When you are contemplating a move...

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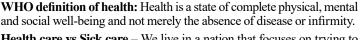
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Changing your perception on health care

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 What is your definition of health?



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

SEPTEMBER 2016 **PEOPLE PLUS NEWS**

September at People Plus...



Monday handiworkers meet in the Activity room to knit, do fancy work and chat about what's right with the world, you might want to join them at 9 a.m.

Class to explore "Great Religions"

A new discussion group aimed at exploring the world's major religions opens Thursday, Sept. 29, meeting from 9:30 to 11 a.m., and led by retired Harvard College Chaplain Reginald Smart. "What were they looking for that made them religious, and what did they find?" our bi-weekly, two-hour conversations will ask this and other questions, such as: How has their quest changed things, for themselves? For others? For society? For history? Participants concerns and interests will always help to determine program topics. The background book used for this program will be Boston University Professor Prothero's take on the eight major Religions, titled "God Is Not One."

Smart is a sixth generation Australian with a Masters in Theology from Boston University and is an ordained minister. While practicing architecture in Singapore, he became a keen observer of the practices of local Hindus, Buddhists and Muslims. As a Harvard Chaplain in the 1960's, he directed an interfaith organization called the International Ministry. During the subsequent 50 years as a professor. consultant and pastor, he was also deeply influenced by Jung's psychology. He describes himself as a "committed agnostic."

Meetings will be held on the second and fourth Thursday, and are always free to

"Aging Well" Lunch and Learn: **Health Care Fraud**

Kenneth A. Capron, MemoryWorks, discusses different types of fraud, how to spot it and where to go for help. Capron, a former financial fraud investigator, will walk you through a fictional case based on a true story right here in Maine. Bring your lunch (or grab take-out from our Monday Munchies), we provide chips, drinks and dessert. Call to register. Free, open

"Cowboys, Buffalo, Geysers...Yee Haw!"

NOV 1, 2016 - SAVE THE DATE

New trip for fall 2017! Join us Tuesday, November 1 4:30 pm for a Collette Travel presentation "America's Cowboy Country". The eight day trip from 9/22-9/29, 2017 includes Jackson Hole, Grand Tetons, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Crazy Horse Memorial, Mount Rushmore, Badlands National Park and a Chuckwagon dinner!

Bus to the TITANIC!

Join with our friends at the Bath Senior Center for a tour of the Titanic

exhibition at the Portland Science

Center on Wednesday, Sept. 21. This

exhibit contains more than 100 actual

artifacts recovered from the wreck of

this great ship, and any number of pho-

People Plus and the Bath Senior Center, \$20 for non-members. We'll do lunch

(on your own) at Becky's Diner on

Portland's Commercial St., and tour the

science center immediately following.

Bus leaves Bath at 10:30 a.m., with

pick up at the Topsham Home Depot Park and Ride at 10:45 a.m. Register at

the Bath Senior center by calling 443-

4937, we need a minimum of 20 people

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ping, as well as personal needs such

as trips to the bank, post office, and

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for the trip to go.

Volunteer

call 729-0757.

tographs that you'll find interesting. Cost is only \$15 for members of

"Attention Collette London/Paris **Trip Travelers**" **Document Party**

Thursday, Sep 22, 10:00 am Come get last minute forms luggage tags and ask questions.

Lasagna is September Luncheon

Deep-dish lasagna, drenched in cheeses, Generations, and are planned to focus on spices and tomato sauces and loaded with chips nutrition, public information, variety and of sausage and beef, will be our luncheon specomes at us fast for a third Thursday" observed chef Frank Connors, "I hope everyone get registered and excited about this one. This meal growing up," he added, "we cook it thick and juicy, just like the kids liked it."

There will be garlic buttered and plain italian breads, waiting at the end of the table, the side veggie will be broccoli crowns, and of course we'll prepare a meatless lasagna for our vegetarian friends. Dessert will be a fresh from the oven spice cake, crowned with a scoop of orange sherbet. As usual, there will be a fresh, lightly-dressed green garden salad for everyone, and our drink table will feature coffee, some early season cider, iced water and milk.

These monthly Lunch & Connection meals are sponsored by our friends at Spectrum

events.

Reminder – All People Plus Clubs are for **Members Only!**

socialization. A CHANS professional is always cialty on Thursday, September 15. "This one in attendance to complete and record personal blood pressure checks, and this month, another team from CHANS will be waiting in the activity room to provide first of the season was a favorite in our house when the kids were flu shots! A free hearing check with Mary Marino of Mary's Affordable Hearing Aids is also available in the Teen Center from 11 a.m.

PAGE 5

Come to the Center early, but remember, the dining room opens AFTER 11:15 a.m., pick up your 50/50 raffle ticket (our August winner took home \$46) and make sure you register for one of our several free door prizes. Pre-registration is required for lunch, as space is limited. Cost is still only \$6 for card-carrying members and \$8.50 for people who aren't members yet! Take out orders may be picked up after 11:30 a.m., lunch is served at noon.

Please call 729-0757 to register for classes and

with Spectrum Generations

Welcome to Medicare

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.

Technology Clubs:

AARP Smart Driver Class at People Plus

Thursday, September 22, 1 – 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. Driver can be eligible for discounts on insurance upon completion of the class.

Apple Club meets on Monday, September Tech Time (for non-Apple devices) meets on 12 at 10 am. Bring your Apple device and Monday, September 19 at 10 am. Same as questions and Stacy will help answer your 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.

World Affairs Conversation Club

with Ed Knox resumes Friday Sept 9. Ed Knox moderates our World Affairs Conversation Series. Knox has lived and worked professionally in the Middle East and taught Mideast History. This class will meet most Fridays from 11:00 am until 12:30 pm (check the online calendar). Visit the group's website, http://worldaffairsconversation.weebly.com, to see materials gathered by the group, suggested readings and research, and past topics.



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





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 definate 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, watched them do it!" but there was NO ONE in our group who wanted to try it.

"MONDAY MUNCHIES"

Join us Mondays (11-12:30) at People Plus for our weekly meal program providing a healthy and low-cost unch 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 Cheesey Ham&Broccoli Bake Sep. 26 Chili with slow cooked beef

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Summer's slipping, how's your "to do" list doing?

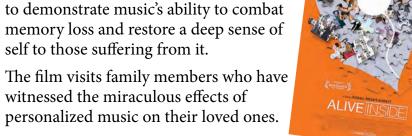
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Guest Panelists

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Tim Knight, RN Director of Clinical Services

Florin Olteanu, MD, CMD, Medical Director

7 p.m., Tuesday, September 27

Frontier Café+Cinema+Gallery 14 Maine Street, Mill 3 Fort Andross, Brunswick

Admission is FREE, but SPACE IS LIMITED. TICKETS REQUIRED. GET TICKETS to hold your seat at www.explorefrontier.com/schedule/film For general information, call (207) 725-5222.

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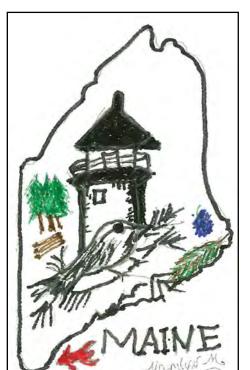
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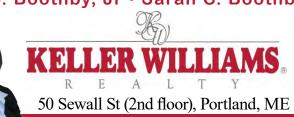
Happy Hikers. (right) Just back from a tour of the Devil's Back trail, in Harpswell, this crew of hikers all said they have two or ten entries in their Midcoast Maine Summer Trail Challenge cards "and the devil's Back is one of my favorites," called out one of the guys!



Left: Line drawing by People Plus member Marilyn



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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. Portland¹s State Street Traditional Jazz Band will provide a taste of New Orleans jazz of the early 19001s. 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 or is it straw hat music. It is the authentic music heard at the turn of the last century throughout 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.



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.

Sept. 14-Pine Tree Society, 149 Front Street, Bath

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

12:30-2:00 p.m.

4:30-5:30 p.m.

9:30-10:30 a.m.











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. 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

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. 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. Because you have better things to do than come down with the flu!



September offers more fitness, reading opportunities Stand-in instructor offers new twist

Tuesdays, 10:30 am in September.

Yoga continues while Ann's away thanks to fabulous substitute teacher Leslie Ballin.

Leslie resides in Brunswick with her husband and new Havanese puppy, Rajah. She grew up in New York City and moved her family to Maine over 18 years ago from the suburbs, seeking a life style not found on the commuter rail. Stand-up paddle boarding, cycling and camping in her old VW camper van are an integral part of her life here and yoga has been a big part of it as well. Yoga has been at play in her life since she discovered it in college. Leslie has traveled to India and strives to incorporate yoga in her life on a daily basis. She was finally able to take her teacher training

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at YogaWorks in New York City in 2007, and in 2012 received a certification in Restorative Yoga, as well as yoga for Baby Boomers. YogaWorks method focuses on intelligent, safe and sensible sequences using props to modify poses to accommodate all body type

Since becoming certified Leslie has led a wide range of classes; from teaching restaurant chefs and staff to high school students and elementary school teachers. Leslie has also enjoyed practicing in the Sivananda tradition, taken Kundalini and Anusara classes. A great gift that yoga bestows is knowing the importance of transitioning from the mat to our daily lives. After all, that's truly where the fruits of our practice are manifest.

Books a la Carte

Back for the fall and now meeting 2 times

Have you read a book recently? Come to the Book Café, a People Plus book club where people share their views about what they have been reading. Fiction, Nonfiction, Murder Mystery, High Drama, Spy, Suspense it doesn't matter. Discussion of all types of books is encouraged: The more variety the better the exchange. The Book Café is an informal way to share opinions and ideas on what you're reading. Starting this fall the book club will meet two times a month on the 1st and 3rd Tuesday of every month at 3:00 pm. First meeting of the fall will be Tuesday, September 6!

Neveaux offers "lite" Aerobics class

New Class starting in October with "Try-It" introductory class on September 27.

A new class is being added to the People Plus program list this fall on Tuesdays from 12:30-1:30 called Aerobics Lite. This will be a three month program (October thru December) in which we will start out easy with a combination of sitting and standing movements. Gradually we will work up to our goal of standing for the whole hour while moving to music with low impact

Low impact steps are basically walking steps, forward and back or side to side. One foot is always on the floor, so no jumping or leaping or other kind of high impact moves. As we gain stamina and balance, we'll add crossing steps and knee lifts and maybe even some turns. The addition of arm movements will help get the heart rate up. One or two pound hand weights will be available or bring your own if you have them.

Mystery Authors coming to Curtis Library

Mark your calendars and join Curtis Friends, Sisters in Crime, and Maine Crime Writers for a fascinating evening with Ron Chase as we launch the 2016 Mystery Author Series, on Tuesday, September 13 at 7 pm in the Morrell Meeting Room at Curtis Memorial Library. Free refreshments will be provided by the Bohemian Coffee House, and Gulf of Maine will have copies of Mr. Chase's books for sale. For more information, call 725-5242 or visit www.curtislibrary.com.

- September 13: Ron Chase The Great Mars Hill Bank Robbery
- September 20: Maureen Milliken Cold Hard News and No News is Bad News
- October 4: Amy Ray Dangerous
- October 18: Chris Holm The Killing Kind and Red Right Hand

All programs are free and no registration is necessary.

Suzanne Neveux teaches aerobics with the philosophy of PPE, Perceived Personal Exertion, in other words, if you think you're working hard then you are working hard enough. Participants should be able to talk (maybe even sing along with the music) at all times, since we want the breath to support our exercises. If you can't comfortably talk, then you are not getting in enough air to perform that level of exercise.

There will be a "try it out" class on September 27. So if you know you need a bit more activity in your life, this will be a fun and supportive way to get motivated to

🔪 Weekly Winners 🚉

Senior Intermediate Cribbage July 20: Mike Linkovich, 724 Nancy Fortin, 723 Anita Owens, 686 Anne Bouchard, 678

Parkinson's Ounce of Prevention

Monday, September 12 • 11 a.m.–NOON

Community Room at MID COAST SENIOR HEALTH CENTER

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You will learn -

July 27: Lorraine LaRoche, 715 Anita Owens, 713 Rollande Fortin, 709 Aug. 3: Rollande Fortin, 721 Anita Owens, 707 Joe Tonely & Ray Lourie (tie) 705 **Aug. 10:** Tim Owens, 715

Patricia Johnson, 711 Rick Fortin, 709 **Aug. 17:** Joe Tonely, 725 Tim Owens, 724 Mike Linkovich, 719 Lorraine LaRoche, 707

Monday-Saturday Bridge

July 16: Bill Buermeyer, 4,390 Cathy Cooper, 4,350 John Rich, 4,120

July 18: Lloyd Jones, 6,760 Jeff Lauder, 5,680 Fran Lee, 4,440

Lorraine LaRoche, 4,070 July 23: Richard Totten, 5,990

John Rich, 5,400 Bill Buermeyer, 4,500 **July 25:** David Bray, 4,280 Bill Buermeyer, 4,100

Alan Reder, 3,850 Lorraine LaRoche, 3,640 Lloyd Jones, 3,150

July 30: Bill Buermeyer, 4,710 Bill Coop, 4,210

Richard Totten, 4,190 Aug. 1: David Bracy, 4,070 Lloyd Jones, 3,850

Tina Iffland, 3,770 Sherry Watson, 3,270 **Aug. 6:** David Bracy, 4,930

Donna Burch, 4,520 Cathy Cooper, 4,410 **Aug. 8:** Paul Betit, 4,390

Lloyd Jones, 4,240 Sherry Watson, 4040

Tina Iffland & David Bracy, (tie) 3,670 **Aug. 13:** David Bracy, 5,200 Martha Cushing, 4,610 John Rich, 4,150

Aug. 15: Bill Buermeyer, 3,550 Fran Lee, 3,430 Lloyd Jones, 3,410

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

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

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

Lee's Tire & Service, 10% off parts (excludes tires) 35 Gurnet Road, Brunswick, 729-4131 27 Monument Place, Topsham, 729-1676

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

BEAUTY/HAIR SALON

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

Studio 119 Hair & Nail Design, FREE haircut with color or perm; services by Missy 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) Maine Street, Brunswick, 729-0176

FLORIST

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

HEARING AND OPTICAL

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

Maine Optometry, \$30 off complete pair of glasses 82 Maine St., Brunswick, 729-8474

www.maineoptometry.com

LEGAL

Attorney N. Seth Levy, Discounted legal services/documents including wills, living wills and estates 14 Maine St., Brunswick, 319-4431

www.sethlevylaw.com

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Eveningstar Cinema, Discount bag of popcorn at evening shows (\$1 small,\$1.50 149 Mainé St., Brunswick, 729-5486

www.eveningstarcinema.com

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

www.msmt.org Thomas Point Beach, \$1 weekday admission 29 Meadow Road, Brunswick, 725-6009 www.thomaspointbeach.com

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

RESTAURANT

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

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

Brunswick Area Teen Center

September? "Not Ready!"

September!!!!! Not ready!!!

Center this year! And I am sure we'll have a great school year ahead (I hope, I hope).

very different than in the summer. Summer brings in fewer kids, lower energy levels, the kids consume less food and they don't all arrive at one time! This changes drastically in September.

Our afternoons begin with the arrival of the school bus, staff downstairs hear the thunderous sound of many feet running up the stairway and then kids burst into the room, backpacks being tossed in the office, multiple reports on the school day or the bus ride (everyone talking at once, of course) very high energy after sitting in school all day and they come in ravenous. While we await the arrival of the bus, Donna and I prep, once the bus arrives over the years to end up with some we practice patience until all the verbal "reports" have been shared. The kids

immediately grab a snack and drink and We had a great summer in the Teen ask us "what are we having today?" this question refers to something more substantial we have been lucky enough to The Teen Center during the school year is provide for them before they head out for the evening.

Kids who are starting in the Jr. High or High School and have worried about it all summer will have finally made the transition (and survived). We will hear a lot about school for a few weeks or so especially in September. And watch the kids compare how heavy their backpacks are school starts and will be able to help out

(moan and groan), etc. Clubs and sports will begin and before we know it, leaves will be falling! two. We have been incredibly lucky fantastic volunteers from Bowdoin!

Center News

Jordan Cardone

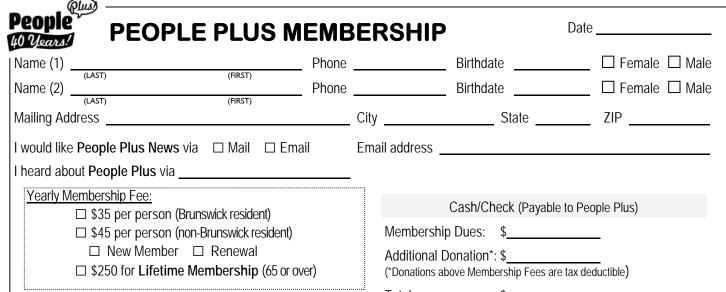
Thank you to those of you donating back to school supplies for our youth members, we were able to get some stocked up before more kids once school begins!

PAGE 9

I feel so fortunate that the Teen program has such wonderful support from others, Bowdoin College Volunteer Fair happens enabling us to do so much for these guys early September and I will be there (and gals). Every little thing we do impacts hoping to sign up a great volunteer or our youth in a positive way and they will all remember their years here!!!!

Happy September! Until next month,

Jordan and gang



OFFICE USE: ☐ Accounting ☐ Data ☐ Membership Card Sent **Fairground Café**, 10% off, anytime Topsham Fair Mall, Topsham, 729-5366 **McDonald's**, Free dessert with purchase Cook's Corner, Brunswick, 729-4416

(207) 725-4379

Sam's Italian Foods, 10% off, excluding specials (patrons over 60) Cook's Corner, Brunswick, 725-4444 Tavern at Brunswick Hotel, Buy one entrée, get one half off 4 Noble St., Brunswick, 837-6556

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

www.thegreatimpasta.com

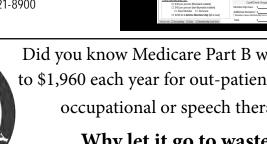
www.portlandglass.com

www.thebrunswickhotelandtavern.com/

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Indrani's, 10% off non-sale items, Mondays Tontine Mall, Brunswick, 729-6448 **Portland Glass**, 10% off materials (\$50 max) 61 Bath Road, Brunswick, 729-9971

Dues are still only \$35 - Brunswick res. \$45 - all other towns





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PAGE 10 SEPTEMBER 2016 **PEOPLE PLUS NEWS**



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

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 costeffectively 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.

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

Spectrum Generations is an equal opportunity provider.

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, Portlamd

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, ealthy and independent in their own homes. Good health starts with good nutrition.

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

Thank you to our Reception Sponsor! The DAVENPORT TRUST FUND

PROUD TO PARTNER WITH PEOPLE PLUS

SEPTEMBER 2016 **PAGE 11** PEOPLE PLUS NEWS

Get aboard the Freedom Trail

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 grandboy 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 221foot 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

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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

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,

Perhaps you remember I'm a history buff, Constitution! You'll come away with a new 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 Copps 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

Speaking Frankly Frank **Connors**

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

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.

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.

New or renewing members for August

* indicates new membership tion made with

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Brunswick

Gary L. Aldridge Alfred Tyrol June Austin Lillian Bates Sheila Benner Marlene Budd • William Coop Cathy Cooper Dorothy Richard Cooper Marguerite Curtis Omer Gagne Nancy Garland Cecelia Hitte

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Harpswell

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Sally Kelley, Bath

Do your dues!

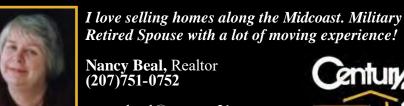
Palliative Care

Third Tuesdays at the Orr¹s 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. Orr¹s Island Library, 1699 Harpswell Islands Road (Route 24), Orr¹s 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 McNerney 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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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.







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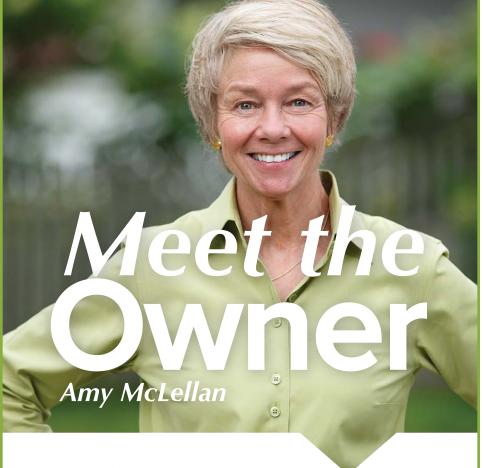
For members of People Plus only! 8 p.m. shows: Saturday September 3 and September 10. Tickets only \$50 when you mention People Plus. Call Portland Stage Co. at 774-0465



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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