

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

People Plus
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October 2016

Volume 16, No. 10

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



UNCOMMONLY GOOD!
A team of Bowdoin College students came to People Plus last month and, after clearing the yard, repainted all of our parking striping, including two handicapped parking spaces!
Thanks, Bowdoin Students!

From Spectrum Generations

New Resource Counselors serve from People Plus

Spectrum Generations Aging and Disability Resource Counselors Lynn Boardway and Joshua Rich begin splitting consumer advice duties at the People Plus Center on October 1.

Boardway has been a licensed social worker in gerontology for 30 years. She has worked in Maine and Hawaii as a director of social services in a hospital assisted living and nursing home setting. A Maine native, she has been with Spectrum Generations for nearly five years, working as a help-line specialist, adult day care leader and Aging & Disability Specialist at the Muskie and Cohen centers. She also serves as the Senior Medicare Patrol Coordinator for Maine's Sagadahoc, Lincoln, Waldo and Kennebec counties.



Lynn Boardway

Africa, where he has been stalked by leopards and faced 50 degree below zero winters. Though he is young yet, he says, he would like to tell those he serves that they should "not get hung up" on his youthful appearance, that it is "not the age that counts but the mileage."



Joshua Rich

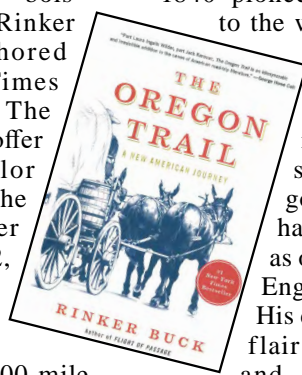
Rich will normally have regular office hours on Tuesdays at People Plus; Boardway expects to be available on Thursday. The two will plan to share duties during the monthly Welcome to Medicare programs held at the Center once each month on the second Tuesday. To make appointments with either counselor, call the People Plus Center at 729-0757 and ask for Pat. For information anytime call the Spectrum Generations Consumer HelpLine at 1-800-639-1553.

The Oregon Trail

Mule driver to lead book talk

Nicholas Buck, the "boisterous brother" of Rinker Buck, who authored the New York Times Bestselling book, *The Oregon Trail*, will offer photos and "color from the trip" at the People Plus Center on Tuesday, Oct. 12, beginning at 2 p.m.

The Buck brother's book chronicles their nearly 2,000 mile, four month-long journey as they retraced the original trails of



1840 pioneers from Missouri to the west coast. In dedicating the book to his brother, Rinker Buck said, "with rare gumption and skill, (my brother) got us there." Nick has long been known as one of the great New England team drivers. His collection of photos, flair for the dramatic, and Maine sense of humor promises to make this an interesting afternoon.

Tour of Cowboy Country planned

Want to wander the wild west and never worry about the details? The "next" Collette Travel experience being planned in conjunction with People Plus goes to the heart of America's Cowboy Country from September 22-29, 2017, and you get a sneak preview, with sign-on discounts, at the People Plus Center on Nov. 1, 2016, beginning at 4:30 p.m. "This will be the first Collette travel experience we've planned within the United States," said People Plus Program director Jill Ellis, "we're

very excited about it!" This eight-day trip commences in Wyoming's Jackson Hole, and ends Sept. 29, 2017, in Rapids City, South Dakota. You'll visit Yellowstone, Grand Teton and Badlands national parks; see the Mount Rushmore and Crazy Horse memorials; and experience Custer State Park, Buffalo Bill Center of the West, the Black Hills, and the rowdy western town of Deadwood. From America's tallest mountains to the flatlands and badlands of our country's

prairies, you'll enjoy your tour in guided comfort.

Tour includes roundtrip air fare from Boston's Logan airport, with transfers, 11 meals and seven nights lodging. Come to our primer Nov. 1, to get all the details from our Collette representative, who'll happily share pictures, specific information and costs, based on single, double or triple occupancy. If you did not receive your six-page brochure in the mail, stop by the Center and we'll offer you a brief description.



Expo Extra!

The People Plus Senior Health Expo opens at 9 a.m. on the heated, indoor concourse at Brunswick's Cook's Corner Shopping Mall on Tuesday, Oct. 18. Sponsors and vendors have filled the spaces, leaving all to anticipate another exciting event. See our pull-out "Preview".

Teen Center campaign building steadily

Just two weeks into the Brunswick Area Teen Center's annual campaign, there is good news to report. Office Manager Betsy White said the campaign total stands at \$4,130, and donations are "coming in steadily."

Nearly 800 appeal letters were mailed last month, suggesting a \$25 donation to cover one youth sponsorship, or \$50 to buy a week's worth of healthy food snacks such as peanut butter, cheese, crackers, fruit, breads and more. As the Teen Center enters its 11th season, coordinator Jordan Cardone has called enrollment numbers challenging. She said last season was the Center's busiest, with over 2,300 youth visits, and this season opened with

49 new members! "We depend on contributions from our members, friends and local businesses," she said, "we receive no state or federal funding."

People Plus Executive Director Stacy V. Frizzle said the \$10,000 annual campaign goal is a number that covers the Teen Center's food budget. "It is gratifying to see the numbers increase quickly," she said, "no one ever seems to question that line."

K of C hosts lobster dinner at People Plus

The Brunswick Lodge, Knights of Columbus, will host their end of summer Lobster dinner at the People Plus Center Saturday evening, Oct. 15th. The Menu includes a fresh Maine lobster, homemade potato salads, cole slaw, plus drinks and dessert. Cost is only \$12 per person. The meal is by reservation and open to lodge members, People Plus members, and the general public.

Serving starts at 5 p.m., you should purchase your ticket before Wednesday, Oct. 13th, so chef Roland Levesque knows how many lobsters to prepare. Tickets are available at the People Plus Center, you may purchase directly from a lodge member, Monday thru Friday between the hours of 12 noon and 2 p.m., or see Pat at the People Plus information desk.

See YOU at the Senior Health Expo!

People Plus News

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

news@peopleplusmaine.org

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

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Check out past newspapers at www.peopleplusmaine.org

Five years and counting!

As of October 11, I will have worked at the People Plus Center and with all of you lovely folks for 1825 days!

Or to put it differently, it's been just over five years since Greg Shea and Gordon Brigham offered me the position sitting at Tim Hortons in Topsham.

Five years sounds like a long time - but it's gone by in a flash.

Jill, Anita and Pat have all been here over three years and Jenn has been working with us almost a year as well! Amy, our intern has decided she'll never leave, (and what would the Monday munchies be without her???)

Frank celebrated his 15 year anniversary this year and Betsy is at 16 years! And we can't forget Jordan upstairs in the Teen Center. She has been around as long as that program has been operating - which is now in it's 11th year!

I guess it says something about the organization when the turnover rate is so low. Maybe it means that it's a really fun place to work? Maybe it's nice that all the people who come here are interesting and full of great stories and genuinely happy to see each other and be involved in the community? Maybe the staff knows how intrinsically important the work we do is for our senior population?

I certainly find it to be incredibly rewarding. And, I'll admit that I have never had more fun at any other job while being able to do so much good for so many people.

Being able to work with and hopefully improve the lives of thousands of seniors

in our community, while also having such a positive impact on the youth in this area is more than I could've hoped for. In fact, we just sent out the back to school fundraising letter and it's already brought in over \$4000 in quick responses! Our goal is \$10,000 so if you'd like to support our teens - they could really use the help! They eat a ton of food while getting time to relax in a safe, structured environment. It couldn't be better for them.

In the last five years we have seen hundreds of teenagers use that program and we have fed them countless cheese sticks, bagels, casseroles of mac & cheese and lasagna as well as loads of home baked brownies and breads made by our senior volunteer members. We are always looking for more people to help bake and cook food for our teens so if that's something you'd like to get involved with, please let Jordan know.

In the last five years we have seen some pretty serious growth in our senior population as well. We routinely have about 1000 senior members a year. We feed around 400 people a month with all of the lunches and breakfasts and we see about 35,000 people visit our Center over the course of a year. They come for fun, for social time, to play games and get fit. They eat, they laugh and they love their companions. As I am typing this, I can hear Dottie out in the cafe, laughing and talking with her pals.

The only downside to loving this community so much is when we lose a member. And I would say the worst part about this

From the Executive Director

Stacy V. Frizzle



job is that we do lose a higher percentage of people in this population than at other places I have worked. Dozens of friends whom I have come to love have moved on since I started here and I will always remember their gentle souls, their generous spirits and their encouraging words about the People Plus Center and how important it is and was in their lives.

I hope that you'll come for a visit soon and help me celebrate being here five years. Do you have a People Plus memory to share? I'd love to hear it as you stop by for a little visit at this Center That Builds Community.

Hospice care

Third Tuesdays at the Orr's Island Library continue with Chris Corrivau, RN, CHPN, discussing how you know when hospice care is needed, who to turn to for advice and assistance, what decisions need to be made, and when those decisions need to be made.

Tuesday, October 18, 2016, 7:00 p.m.
Orr's Island Library, 1699 Harpswell Islands Road (Route 24)

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

Nutrition is in the news a lot and often people are following something that has a lot of rules and may be very restricted. Most of these rules and plans have never been researched. They have everyone doing the same thing without any thoughts as to what a person would like to eat and how often. All this information can be overwhelming and can lead people to be confused about what to eat. Researchers are always finding out new things about the foods we eat. Just this week I received an email about anthocyanins! These are water-soluble pigments that have been shown to reduce the risk of diabetes, in high-risk groups, by 15-18%! Blackberries, blueberries, grapes, raspberries and red cabbage are all excellent sources. Why would we want to restrict any food that my offer huge health benefits.

Let's think a bit differently and apply a concept called "mindful eating." Mindful eating happens when a person consumes food while staying aware of their hunger and not passing judgment on the food. When practicing mindful eating a person listens to their internal hunger and feeling of fullness. We need to identify if are really hungry or is it boredom or the fact that food is around us. A feeling of fullness means that we have had

Red Cabbage with Apples

Ingredients

- 2 Tb. vegetable oil
- 8 cups shredded red cabbage
- 1 onion, chopped
- 2 tart apples - peeled, cored and sliced
- 2 Tb. water
- Ground black pepper, to taste
- 1½ Tb. white sugar
- 3 Tb. distilled white vinegar

Directions

1. Heat oil in a medium size saucepan. Stir in cabbage and onion; fry until wilted. Stir in apple, water and pepper. Cover and simmer about 25 minutes.
2. Pour vinegar and sugar into the mixture while tasting for desired sweet and sour taste. Cook another 5 to 6 minutes.

enough to eat but are not stuffed. Sitting down to eat is a good start without distractions like driving, the TV, a book or on the computer. Savor the food that you are eating and take the time to enjoy it. Sound nutrition becomes the guideline for food selection but if we choose something that is high in fat, sugar or sodium, the portion and frequency becomes that biggest factor.

Mindful eating does take practice but it is

something we are born with. Infants know when they have had enough and stop feeding. Over time we can lose this skill if we are given larger portions and asked to finish our meal. Mindful eating is an opportunity to return to the concept of stopping when we have had enough to eat and listen to our internal cues for eating. Use sound nutrition to guide your food choices and stay away from all of the food rules.

Memorial Donation in Memory of

June E. Wilson

June 2, 1938 – Aug. 27, 2016

Virginia F. Gay

Aug. 17, 1929 – Sept. 13, 2016

Barnes' Leap revisited

by Charlie Payne

The young locals of Cathance quite often referred to Barnes' Leap as "The Rips." The important thing to keep in mind is that in those days, the Cathance was a river born clear and pure, bubbling up from its source, upstream.

As youngster, we did not go very far from the falls because it was stony, and had no moss on it. Near to the lip of the falls, there was a good covering and we slid down over that lip, screaming in delight till we landed in the roiling pool below. We drifted downstream several feet, then climbed up the bank, back to the Rips, to do it all again!

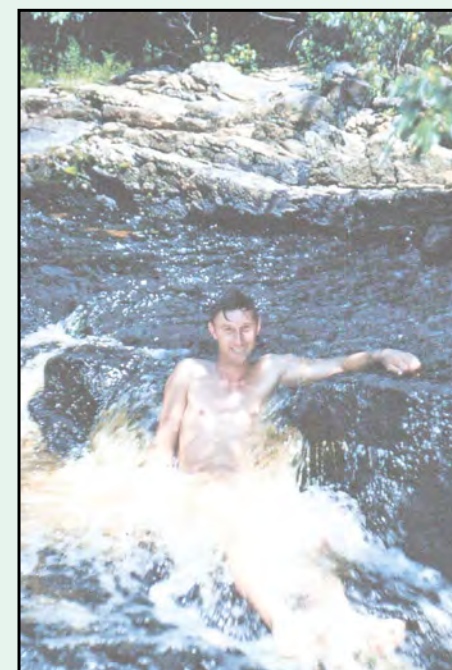
This was summer at its best, and for most of us, this was our only recreation. In our innocence, it was enough.

Getting there was part of the experience. We started across the bridge from the feldspar mill, upstream, then cut inland behind the Willis house to a beaten path that went to the Fisher farm. This was the part where "boys will be boys." (Sorry, no girls were allowed.)

The Fisher farmhouse was deep in the woods, one of the female heirs lived there alone. To discourage anyone from breaking in when Hattie was away, she placed a very convincing dummy in a chair, way away from the window, in the shadows. We would all whoop and dash around the house, as if the devil himself was ready to grab us. Story is that Hattie was alone because of a love that was lost to her sister in the Willis house; she never spoke to her sister again, as far as any of us knew.

You must realize that we were deep in the woods, away from anyone except the miners working the Fisher mine, still a distance inland.

There was a bridge across the river at one time. You got to it from Cathance Road, by the edge of the Roger's Cemetery. I may



Charlie Payne enjoying Barnes' Leap.

be off as the exact location, but after all, The Rips was the narrowest place to cross. Our parents didn't know we were swimming there, we always skinny dipped so we wouldn't go home with wet clothes.

Bathing suits? Be real, who had money to waste on that?

That place still got to me on that July of 1955, when I came home on delayed orders from "Operation Caesar, and I revisited the Rips. This time I went in at the end of the Tedford Road, turned right and parked just a short distance from my old stomping grounds. Like her father, my daughter skipped school and with a gal pal, snuck through the woods to that place of wonderful memories.

Autumnal Sign

by Patty L. Sparks

Oldness of summer cricket chant at shut-of-day single red leaf...falls.

The Lighthouse

by Sally Hartikka

I have saved many a seaman
Coming home in dark and drear.
The rough-hewn rock on which I stand
Formerly would bring fear.

Once my light could pierce the night
And foghorn warn of danger,
I brought comfort to those who sailed,
Both local man and stranger.

Named for my location
In the middle of Casco Bay,
I have watched whales spouting
And dolphins at their play.

Storms there were that bashed my shore
With waves rolling o'er this rock,
Wiping out the buildings and
Tearing out the dock.

It took a courageous man
To run my remote light
Which now is run by solar power
But still lights up the night.

Here's to the lighthouse keepers
Who for so many years
Provided help for sailors
And helped allay their fears.

It's The Little Things That I'll Miss Most

by Nancy Sohl

The summer of 2016 is almost over. Soon the sun will set before 7:00 and then it's a downhill rush from there. We often mark our summers by holidays, visits from friends and relatives, and trips we take by car or plane.

For me it's not the big things that make my summer memorable. It's the little things that, as summer turns to fall, I will miss the most. Here's what I will miss about summer.

I will miss open windows. Open windows let in fresh air, the sound of the wind chime, and the soothing sound of a gentle rain.

I will miss my hummingbirds of course. I love how they zoom and dart around the

feeders.
I will miss my flowers and the blooming hydrangea tree outside my kitchen window. Its blooms go from white to pink as the summer lengthens and then shortens. It's a beautiful little tree and I'm so glad we planted it in just the right spot for viewing. The other flowers come and go - the lilacs, the iris, the daisies, the lupines, the hydrangeas, the cone flowers, and now the mums. So little work for such a show of color.

I will miss lobster dinners at Estes here in Harpswell. There are lots of places for lobster in Maine, but few have this view and are so easy to get to. And nowhere will you find a waitress friendlier than Dawn. Through the winter I will be thinking of Dawn and lobster dinners by

55 Plus Center

WHAT'S HAPPENING ON THE HILL

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

The mission of the 55 Plus Center is to enrich and enhance the quality of life for people who are 55 years of age or older through advocacy, organized social, recreational and educational programs; and to serve as their center for information, referrals and support services.

THRU THE YEARS a 40th anniversary feature

Oct 1983: The Walking Group has become a weekly activity, walking every Thursday, weather permitting, about a mile and a half. We leave the Brunswick Senior Citizen's Activity Center at 9 a.m., and are usually done by 10:30 a.m.

Old Oak Ringer Wall Phone (Short Story without the word "THE")

by Nonie Moody

I do remember that old oak ringer wall phone hanging just above my head at every meal. Its metal cone shaped piece coming about center with a cord that hung along side with a receiver one would enclose over your right ear. Politeness was to listen only when your ring was heard. Our phone was put in for one reason. That being my Grandmother lived in town about three miles away and my parents wanted to check on her daily.

That phone was a big concern for me as a little girl. With my folk's large dining room table in a small room, and chairs positioned around it, my chair landed underneath that old oak wall phone. Below this metal cone shaped piece was a little downward slanted oak shelf that protruded out about 3 inches with purpose to write a message or phone number. After supper each evening my Mother would say to me, "Watch your head Naoma." I heard her say this everyday. Sometimes I would listen but more than likely I would give my head a good whack. I never saw anyone ever use that shelf and thought it was useless. It was there for only one reason to give one small child a headache.

SONG OF THE WHITE-THROATED SPARROW

(A Brunswick Golf Course welcome)

By Charlotte Hart

In seasons warm we marched our fairways green
From apple blossom time through brilliant fall.
One gentle slope—always the fairest scene
Was graced with sounds and scents. Oh do recall!
Beside our walk an ancient apple tree
Would blossom white and pink one May week long.
Through every season—welcome sound for me—
Eleventh green harbinger's lovely song.
From scenic tee with spruce and pine in view
White-throated sparrow song is faint and pure.
We near the green. Bird song is clearer, true.
Observing ancient Scottish contest sure?
No matter why, white-throated sparrow song
Is warm and sweet and sure, remembered long.

PROMISE

by Virginia Sabin

After a bitter winter
Lacking snow cover
Discerning signs of burgeoning life
Where purple sage once appeared
Faithfully spring after spring
Fail to show
A healing herb with greyish green leaves
And blissful aroma
To season a baking chicken
From its cavity
Curiously, neighboring lavender and thyme
Do not invade this seemingly empty space
Discerning a healthy plant
Surviving a bitter winter
Only needed more time
To show itself back in Edeni

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

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WHAT'S HAPPENING IN OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Apple Club 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 3:00pm Books a la Carte 6:00pm Knights of Columbus	8:30 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 5:30pm Knights of Columbus	8:30 WOMEN'S BREAKFAST 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Balance & Falls Workshop 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
Center Closed 	9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Retired Educators Potluck 11:30 LUNCH OUT 12:30pm Welcome to Medicare 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting 6:00pm Knights of Columbus	8:30 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 2:00pm Book Talk 6:30pm Brunswick Coin/Stamp	8:00 MEN'S BREAKFAST 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 9:30 Exploring the Great Religions 11:00 Yoga 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 10:00 Tech Time 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing 6:30pm Civil War Book Club	8:30 Table Tennis 9:00 Senior Health Expo 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 3:00pm Books a la Carte 6:00pm Knights of Columbus	8:30 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 2:30pm Center Stage Players Show 5:30pm Knights of Columbus	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Clinic 12:00pm LUNCH&CONNECTIONS 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm LUNCH & LEARN Can't Sleep? 12:00pm Bridge 6:00pm Belly Dancing	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:30pm Café en Français 6:00pm Knights of Columbus	8:30 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 9:30 Exploring the Great Religions 11:00 Yoga 1:00pm Viva la French Fest 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs Talk 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	 The center that builds community	Frank Connors and Stacy V. Frizzle chat about People Plus programming Viewed weekly on Cable Channel 3, Brunswick Community TV Monday at 4 P.M., Wednesday at 7 A.M., and SUNDAY at 9 P.M. and view online, anytime at: http://vimeo.com/peopleplusmaine	 Stirring things up at the Center!	People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm	

October at People Plus...

"Aging Well" Lunch and Learn: Can't Sleep and Tired of Counting Sheep?



Monday, October 24 12:00 pm

Do you think you are getting unnecessary health care tests and procedures? Do you ever wonder why you need a test or a procedure, but were afraid to ask? Some medical tests, treatments, and procedures provide little benefit.

On Monday, October 24th at 12pm, Maine Quality Counts and Spectrum Generations

will talk about **Insomnia and Anxiety in Older Adults**. Come learn more about why sleeping pills may not be the best solution and discover low-risk alternatives. Bring your lunch (or grab take-out from our Monday Munchies), we provide chips, drinks and dessert. Call to register. Free, open to the public.



Viva la France!! It's French Fest at the Center!

Thursday, October 27, 1:00 pm

Join us for a French Octoberfest! Enjoy French food and music as we take a tour of Paris with Director Stacy Simpson-Frizzle and Jonathan Edgerton as they share photos, memories and adventures from Paris. And meet Michael Sanders, Brunswick author of "From Here, You Can't See Paris" and "Families of the Vine" - he's an enthusiast of all things French and will guide us on an introduction to French wines provided by Tess's market. Our very own French club will entertain with songs and homemade delicacies and much more! For Members Only! Registration required!!

Bus to Christmas Tree shops

Join our friends from the Bath Senior Center on a shopping spree at the Christmas Tree Shops on Tuesday, Oct. 11. The day includes lunch on your own at the Hometown Buffet, in South Portland, and costs only \$7 if you are a member of People Plus or the Bath Area Senior Center. The bus leaves Bath at 9 a.m., and picks up at the Topsham Fair Mall's Home Depot Park and Ride at approximately 9:20 a.m. The bus returns to Topsham and then Bath by mid-afternoon. Cost of the trip for non-members is \$8. If you want to register for this trip, please contact the Bath Center at 443-4937.

Home to Home

On Tuesday, October 11 the Mid-Coast Retired Educators Association will gather at 10:30 am at People Plus located at 35 Union Street in Brunswick. The program will be about People Plus and also Home to Home which will be presented following the business meeting. Following the program, a pot-luck luncheon will be held. The fundraiser for local high school scholarships will be a Trick or Treat Bags Sale. Any retired educator in the area is welcome to become part of this Association. For more information, please contact the president, Ed Nunery at 272-0847 or ednunery@gmail.com

Welcome to Medicare with Spectrum Generations

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

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

Reminder - All People Plus Clubs are for Members Only!

Center Stage Players Present:

"A Dark and Stormy Night"

Ghosts, ghosts, ghosts. Join us for our pre-Halloween show and meet all sorts of ghosts: friendly ones, angry ones, sad ones. The program includes "The Halloween Lunch", written by our cast member, Sybil Baker. Sybil introduces us to a group of New York theatrical agents reminiscing about their worst clients, including, believe it or not, a ghost. The story takes a turn that will surprise you.

In "Till Death Do Us Part" written by a former cast member, Earl Inman and Al Miller, our director, we meet a man confessing a long held secret to his dead wife. Be prepared to be shocked! A retelling of the Saki (H. H. Munro) story, "The Wolves of Cernogratz" has a twist that only Saki could write. And finally, LC Van Savage, Brunswick poet and columnist for the Coastal Journal, makes a guest appearance reading her poem "My Ghost." Bring tissues!

This show is always free and open to the public, see it at Thornton Oaks on Tuesday, Oct. 12, at 2:30 p.m.; at The Highlands in Topsham on Thursday, Oct. 14 at 2 p.m.; or at The People Plus Center on Wednesday, Oct. 19, at 2:30 p.m. Registration appreciated.

Lunch & Connections

Fall Veggies take Center Stage

The fall harvest is in and our October Lunch & Connections meal will feature many local and tasty vegetables. "It's fall and its time to celebrate the harvest," chef Frank Connors said, "it is going to be another great time."

Scheduled for Thursday, Oct. 20, the luncheon will feature Maine-raised potatoes, yellow squash, beets and carrots. "We're roasting pork with brown gravy," Connors added, "and we're making a batch of my applesauce as a side treat."

There will be a lightly-dressed, tossed green garden salad for all; plus fresh cider, hot coffee, tea, iced-water and milk available for drinks. Dessert this month will be another of our fall favorites, deep-dish apple crisp, smothered by vanilla ice cream.

Each monthly Lunch & Connections meal is underwritten by Spectrum Generations, and designed to focus on nutrition, information

and variety, and a CHANS home-health care professional is on hand to offer and record a free blood pressure check. Mary Marino from Mary's Affordable Hearing Aids is also available to offer a free hearing check from 11 a.m. until noon.

Join us at 11:30 a.m., to select your favorite seat and purchase your 50/50 raffle ticket. (last month's raffle winner took home \$47) and everyone is automatically registered to win one of our several free door prizes. Seating is limited to 68 people, so reservations are encouraged, and obtained by calling the People Plus information desk at 729-0757.

Meals are always open to the public; members still pay only \$6, and people who aren't members yet pay \$8.50. Take out orders may be picked up after 11:30, lunch is always served, beginning at noon.

Yoga for Seniors - Now Tuesdays and Thursdays

Tuesdays, 10:30 am, Thursdays, 11:00 am Stretch, flex, breathe and relax for optimum well being with instructors Ann Kimmage (Tuesdays) and Leslie Ballin (Thursdays). Designed for older bodies, this yoga is a wonderful way to re-balance and feel grounded. \$5 per class members/\$10 non-members per class.

Exploring the Worlds Religions - New Conversation Series!

2nd and 4th Thursdays of every month, 9:30-11 am. How is religion defined? What was mankind looking? What has he found? Using the book God Is Not One, former Harvard chaplain and Bath resident Reginald Smart facilitates the group. For members only.

Aerobics Lite - New Class!

Tuesdays, 12:30 pm Suzanne Neveux introduces this new weekly class. A combination of sitting and standing movements gradually work to goal of standing for the whole hour while moving to music with low impact steps. \$5 members/\$10 non-members per class. Try it once for free!

Balance & Falls Workshop with Head to Toe Physical Therapy of Topsham

Thursday, October 6, 11:00 am Come join Dr. Christina Levesque, PT, DPT for the second in a series of Head to Toe Physical Therapy of Topsham quarterly Balance & Falls presentations! Learn what balance truly means, how to obtain good balance, how to prevent a fall, how to properly handle a fall if one occurs and much more! In addition to the lecture, Dr. Levesque will offer free fall risk screenings to all who attend along with coupons for a free, 15 minute screening at Head to Toe PT in Topsham if you feel physical therapy could benefit you! Free, open to the public. Registration appreciated!

Technology Clubs

Apple Club meets on Tuesday October 4 at 10 am. Bring your Apple device and questions and Stacy will help answer your questions.

Tech Time (for non-Apple devices) meets on Monday, October 17 at 10 am. Same as the Apple Club but for non-Apple devices. Beth from All Thumbs Computer Care will help answer your questions! Both clubs are free and for members only.




COASTAL LANDING RETIREMENT COMMUNITY

When you are contemplating a move...
to a Retirement Community, enjoy a visit to the new COASTAL LANDING in Brunswick to see all we offer in independent retirement living. (Assisted Living available on the same campus.)

Included in your monthly rent:

- * Choice of two meals daily
- * Scheduled Local Transportation
- * Activities and Social Events
- * Heat and Electricity
- * Light Housekeeping
- * Maintenance Service
- * Private Bathroom and Kitchenette
- * Free Laundry Room
- * Other services available for a reasonable monthly fee.

Find your way to  **COASTAL LANDING** 142 Neptune Drive, Brunswick 837-6560 www.coastallanding.com



Linda's Home Care Planning & Staffing

A dedicated, caring and compassionate team of caregivers to assist your elderly loved one

Linda Adams
Owner

lahcplanning@gmail.com
Phone/Text 207-607-9083
Fax 207-666-1134
Pager 580-5747

Bonded/Insured

Changing your perception on health care

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

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

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


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

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


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

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

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



Dr. Tim Coffin



Healthy Aging | Ounce of Prevention SERIES


Monday, Oct. 3 • 11 a.m.-NOON
Community Room at MID COAST SENIOR HEALTH CENTER
58 Baribeau Drive, Brunswick


Join **Paul Gerrard, MD**
Physiatrist & Associate Medical Director at New England Rehabilitation Hospital of Portland

You will learn about -

- What is normal aging
- The influence of physical activity on changes that occur with age
- Dietary modifications for good physical and mental health in older age

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


MID COAST Center for Community Health & Wellness
www.midcoasthealth.com/wellness





Katahdin Wilderness experienced. Members of the Thursday hikers traveled to "the Katahdin area" recently to experience first-hand the new Katahdin Woods and Water National Monument.

Good Shepherd Lutheran Church
welcomes you to join us for

Sunday morning worship, 9:00 am
 Celtic Evening Prayer, Sun. 5:30 pm
 Thurs. Evening Prayer, 6:30 pm
 Free Community Breakfast, 2nd Sat, 9:00-10:30

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

What the Ala Carte Book Club has been reading.

Archangel by Robert Harris
Present-day Russia is the setting. It tells the story of four days in the life of Fluke Kelso, a dissipated, middle-aged former Oxford historian, who is in Moscow to attend a conference on the newly opened Soviet archives. One night, Kelso is visited in his hotel room by an old NKVD officer, a former bodyguard of the secret police chief Lavrenty Beria and claims to have been at Stalin's dacha on the night Stalin had his fatal stroke, and to have helped Beria steal the dictator's private papers. His inquiry in the Lenin Library soon turns into a murderous chase across Moscow and up to the vast forests near the White Sea port of Archangel, where the final secret of Josef Stalin has been hidden for almost half a century.

Silence of the Sea by Yrsa Sigurdardottir
The queen of Icelandic crime fiction. The book opens with a luxury yacht crashes into a Reykjavik pier. But the boat is empty; no one is on board. What has happened to the crew and the family who were very much present when on the yacht when it left Lisbon?

Black Widow by Daniel Silva
A continuance of the author's Gabriel Allen series, a secret Masad assassin using the cover of an art restorer. A lady doctor is recruited to penetrate ISIS with the objective of killing its leader. Along the way the story gives a realistic narrative on how ISIS grew and its objectives.

Paris Architect by Charles Belfoure
In 1942 Paris, gifted architect Lucien Bernard accepts a commission to design a secret hiding place for a wealthy Jewish man, a space so invisible that even the most determined German officer won't find it.

Last Bus to Wisdom by Ivan Doig
Donal Cameron is being raised in Montana by his grandmother. When she becomes ill he is sent to her sister in Wisconsin. Aunt Kate is mean to him...and her husband Herman. Finally Kate sends him on a Greyhound back to Montana. The husband joins the boy. The pair meet a classic Doigian ensemble of characters and have rollicking misadventures along the way. This was his last novel.

Last of the President's Men by Bob Woodward
The untold story of Alexander Butterfield, the man who disclosed the secret taping system in the Nixon White House, its impact on history.

Now You See Me by S.J. Bolton
A suspense thriller as a young local Bobbie tries to solve a series of "Jack the Ripper type" murders. You will not guess the ending!

Secret Rooms by Catherine Bailey.
A true story of family secrets and aristocratic intrigue in the days before WWI. After more than 60 years the author became the first historian given access to the sealed rooms. What she discovered was a mystery: The Duke had painstakingly erased three periods of his life from all family records—but why? Therein lies the read.



Spectacular falls of water mark portions of the Penobscot River in America's newest National Monument.



JOB WELL DONE, Brunswick's Dr. Richard Guistra (center) was among 23 Maine Physicians honored at the 163rd annual session of the Maine Medical Association (MMA). Dr. Guistra is an active member and presenter at The People Plus Center, he was feted by the MMA for 50 years service. Pictured with him (right) is Pat Bergeron, Secretary of the MMA, and Dr. Gordon Smith (left) of the MMA. Brunswick's Dr. Peter McGuire was also recognized, but not photographed. Bergeron is a life member at People Plus and wanted us to know the very first meeting of the Maine Medical Assoc. was held in Brunswick in 1853 at the old Tontine Hotel.

CLIP & SAVE

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

OCTOBER 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 Baribeau Drive, Brunswick
9:00 a.m. to NOON Fridays
September 16 through December 2

- Oct. 01 - Brunswick Public Schools, Stowe Elementary, 44 McKeen Street, Brunswick 8 a.m.-1 p.m.
- Oct. 04 - FHC Cathance Fitness Center, 1201 Main Street, Bowdoin 10:30 a.m.-1:00 p.m.
- Oct. 04 - RSU 5, Freeport High School, 30 Holbrook Street, Freeport 3-7 p.m.
- Oct. 06 - Harpswell Town Office, 263 Mountain Road, Harpswell 9-NOON and 5-7 p.m.
- Oct. 08 - Bath Citizen Involvement Day, Bath Waterfront Park, Bath 9:30 a.m.-12:30 p.m.
- Oct. 11 - Maine Senior Guide Expo, Hilton Garden Inn, 5 Park Street, Freeport 9 a.m.-3 p.m.
- Oct. 12 - Richmond Golden Oldies, 314 Front Street, Richmond 9 a.m.-NOON
- Oct. 12 - The Highlands, Maine Lodge, 30 Governor's Way, Topsham 10:30 a.m.-NOON
- Oct. 12 - The Highlands, Cadigan Lodge, 54 Governor's Way, Topsham 3:30-4:30 p.m.
- Oct. 13 - Brunswick Landing, L.L. Bean Learning Commons, 29 Sewell Street, Brunswick 11 a.m.-2 p.m.
- Oct. 15 - Elijah Kellogg Church, Public Supper, 917 Harpswell Neck Road, Harpswell 5-7 p.m.
- Oct. 18 - People Plus Senior Health Expo, Cook's Corner Mall, 172 Bath Road, Brunswick 9 a.m.-1 p.m.
- Oct. 19 - Horizons Living and Rehab Center, 29 Maurice Drive, Brunswick 1 p.m.-3 p.m.
- Oct. 19 - Wiscasset Community Center, 242 Gardiner Road, Wiscasset 4:30-5:30 p.m.
- Oct. 20 - Lisbon Schools, Lisbon High School, 2 Sugg Drive, Lisbon Falls 2-5 p.m.
- Oct. 22 - RSU 75, Mt. Ararat Middle School, 66 Republic Avenue, Topsham 9 a.m.-NOON
- Oct. 22 - Bath Area Senior Citizens, 56 Floral Street, Bath 3:30-6:30 p.m.
- Oct. 26 - Bowdoinham Town Office, 13 School Street, Bowdoinham 3-6 p.m.
- Oct. 29 - Bowdoinham Fire Department, 57 Post Road, Bowdoinham 4-6 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!

MID COAST-PARKVIEW HEALTH
Our Community. Our Health.

Neighbors, Inc.
...helping people live independently and in their own homes as long as possible...

The Home Care Company
 Non-Medical Home-Based Services
 from 1 to 24 Hours a Day

At-home Assistance	Errands/Shopping	Bookkeeping
Meal Preparation	Appointments	House Checks
Personal Care	Transportation	Pet Care
Chores/Laundry	Medication Reminders	Respite Care
Companionship	Paperwork	Organizing

Locally owned and operated for over 27 years!
725-9444
www.neighborsinc.com

Account Executive
 Full and/or part-time for
 Radio 9 WCME 900AM and
 Radio9WCME.com

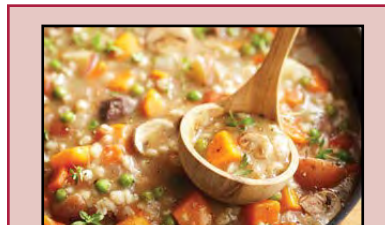
- Sales experience desired
- Confidence mandatory
- Commissions generous

Resumes to Jim
 at jimwcme@gmail.com

Radio 9 WCME
 WCME - Midcoast Maine's News Station

Pot Roast Supper
Benefits the Harpswell Scouting Assistance Association
 Saturday, October 15th, 5-7 p.m.
 Elijah Kellogg Church,
 917 Harpswell Neck Road
 \$9 per person, children under 12 \$5
 Menu: Pot roast, potatoes, carrots, onions, salad, brownie sundae
CHANS will hold a free flu clinic

The October meeting of the Pejepscot Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, October 9, 2016 at 2 pm. Guest speaker PGS President John Webster will reprise his Jordan Family program "The Family History" related to his being a Vice President of the "Rev. Robert and Sarah (Winter) Jordan Foundation". Join us on October 9th as we learn more about the Jordan Family! Everyone is invited to join to the group, beginning with a brief social period before and after the speaker. A business meeting will follow. For more information contact John Webster, PGS President at (207) 833-5430.



"MONDAY MUNCHIES"

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

www.peopleplusmaine.org

MONDAY MUNCHIES MENU

- October 3:** Split pea & ham soup
- October 10:** center closed
- October 17:** Chicken corn chowder
- October 24:** Grilled cheese sandwich w/tomato soup
- October 31:** Black & Orange Halloween Surprise! (Black bean soup w/ sausage & carrots)

Avoid the flu and you could be...

Making beautiful memories together.

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

MID COAST-PARKVIEW HEALTH
Our Community. Our Health.



Senior Health Expo 2016

“Connecting Communities!”



Tuesday, October 18
9 am to 1 pm
Cook's Corner Mall

EVENTS NOT TO MISS!

FREE Swag bag for the first 200 attendees!

FREE coffee and treats!

Chance to win Amtrak Downeaster train tickets!

FREE massages and Reiki treatments

FREE flu shots

FREE Hearing video-scope screenings

FREE Technology help

FREE Yellow Dot registration

FREE Good Morning Call program registration

FREE Volunteer Transportation Network (VTN) program registration

Book signings, sales and author chats with Write On! Writers

The *People Plus Senior Health Expo*, presented by Spectrum Generations, is a premier event in our community; providing a link to local and regional resources for older adults.

Visit www.peopleplusmaine.org for more information.

- Medical Services
- Fitness and Health
- Technology
- Legal
- Community Services
- Housing/Respite Care
- Financial/Banking
- Insurance

(This Expo preview is accurate as of the date of printing.)



2016 Senior Health Expo Exhibitors

Aging Excellence

Our mission: Keep adults active and independent in their own home/community. We are committed to the delivery of services and products that provide physical, social, or personal value to maximize functional independence and socialization. Our vision: Provide the best approach, products and non-medical services to assist individuals and communities in aging successfully.

113 Pleasant St., Brunswick, ME
207-729-0991
<http://www.seniorsonthego.com/>

All Thumbs Computer Care

Making Technology Learning Fun! All Thumbs strives to design specific, efficient learning methods for customers to confidently and enjoyably use their electronic devices and software applications. Stop by All Thumbs' booth with your device(s) and questions!

36 Page Street, Brunswick, ME
650-9457

Alzheimer's Association, ME Chapter

Serves the entire state of Maine. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

383 US Route One, Ste 2C, Scarborough, ME 772-0115
alz.org/maine

Amtrak Downeaster

The Amtrak Downeaster is your car-free connection from Brunswick, Maine to Boston, Massachusetts and points in between. Shop at world famous L.L. Bean in Freeport. Stroll through historic New Hampshire cities. Take in the endless array of entertainment in downtown Boston.

75 West Commercial Street, Suite 104, Portland, ME 780-1000x109
www.amtrackdowneaster.com

Avita of Brunswick

Northbridge Memory Care Assisted Living Community, opening fall 2016, newest member of Avita family. We create a safe, fulfilling home-like environment designed for those living with Alzheimer's disease and dementia. Our goal is to make a positive difference in people's lives by creating a special place where residents can thrive and families can have peace of mind.

89 Admiral Fitch Ave, Brunswick, ME
729-6222

Bath Area Family YMCA

Active older adults are our largest growing member group. From aquatics programs through our yoga, tai chi, and Muscle Time classes, we encourage strengthening spirit, mind and body for all ages and abilities. We always strive to provide our services without regard for one's ability to pay for such services.

303 Centre Street, Bath, ME
443-4112
www.bathymca.org

Bath Housing

Stable housing is at the core of health and wellness. Bath Housing is a mission driven organization that works to enhance housing stability for seniors, those with disabilities, and families in the greater Bath, Maine area in order to have a safe, vibrant, just and prosperous community.

80 Congress Ave, Bath, ME
443-3116
www.bathhousing.org/

Bay Square Assisted Living

Just beyond the beautiful Royal River is a place you'll love to call home. From the traditional stone fire place that welcomes you, to our world-class service and amenities, Bay Square at Yarmouth invites you to come celebrate life with friends by your side.

27 Forest Falls Dr, Yarmouth, ME
846-0044
www.baysquareatyarmouth.com/

Beltone Hearing Aid Center

The most trusted brand in the hearing care industry among adults 50 and older. Our passion is to bring people back into life's conversations. Offer free hearing screenings, and our BelCare service, which is our commitment to you, to cover every step of the process, and ensure the highest level of long term patient satisfaction.

275 Bath Road, Brunswick, ME 615-0336
www.beltone.com

Bill Dodge Auto Group

We are Maine's Family owned dealership located in Brunswick, Westbrook, and Saco. It all began in 1970, and today we have 9 new car franchises and 4 pre-owned super centers! We pride ourselves on revolving our business around customers and their families!

262 Bath Rd, Brunswick, ME 721-8300
www.billdodgeautogroup.com

Brackett Funeral Home

Family owned and operated for over 150 years, we help guide your family to create a meaningful way to honor the life, the wishes, and the memory of a loved one. No matter how it's tailored, we believe our community deserves the highest quality of dignified and professional care to honor both loss and life.

29 Federal St, Brunswick, ME 725-5511
www.brackettfuneralhome.com/

Brentwood Center for Health and Rehabilitation

Our comprehensive model of care is designed to get you back on your feet again following hospitalization or a debilitating illness. We're a team of therapist, physicians, nurses and specialists whose goal is to get you back home. Occupational, Physical and Speech Therapies ...and great hospitality and customer service!

370 Portland St, Yarmouth, ME 846-9021
www.brentwoodcenterrehab.com

Brunswick Area First Responders

Members of our local emergency services will be at the event to answer any questions you may have.

- Brunswick Police Department
- Brunswick Fire Department
- other area first responders

Brunswick Area Respite Care

Private, non-profit adult day care service program. Entering our 27th year, our mission is to provide supportive care and information to families facing the disabilities of aging. Although not dementia specific, 99% of program participants are those individuals and their families facing the challenges of living with Alzheimer's disease and other dementia.

41-4 Greenwood Rd., Brunswick, ME
729-8571

www.respite-care.org

CaptionCall

CaptionCall's captioning telephone is for anyone who has trouble hearing on the phone. CaptionCall uses voice recognition technology to provide written captions of what callers say on an easy-to-read screen. The phone, combined with red-carpet installation and captioning service is 100% complimentary for the hard of hearing.

4215 S Riverboat Rd., Salt Lake City, UT
801-293-6572

www.captioncall.com

Catholic Charities SEARCH – (Seek Elderly Alone, Renew Courage & Hope) Program

SEARCH (Seek Elderly Alone, Renew Courage & Hope) is a Program of Catholic Charities. SEARCH provides FREE in-home volunteer support services to seniors living in Sagadahoc County and Brunswick. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs.

125 Congress St., Bath, ME 837-8810
www.ccmaine.org/SEARCH

CHANS Home Health Care

CHANS Home Health Care is a full service, non-profit, Joint Commission Accredited agency providing nursing, rehabilitation, palliative, hospice, and private duty care services, and an array of community-based wellness clinics in the Midcoast Area. CHANS is part of Mid Coast-Parkview Health.

60 Baribeau Dr, Brunswick, ME 729-6782
www.chanshomehealthcare.com/

Chicks Do Chores

Chicks (and sometimes Chuck) Do Chores – so you don't have to! We do most anything you, as a homeowner, would normally do - but you may just need extra hands or just can't do it any longer. Anything from lightbulbs to deck painting. We're here to help tackle your TO-DO list!

PO Box 385, Brunswick, ME 729-5760

CHIP (Community Health Information Partnership)-Curtis Memorial Library

The Community Health Information Partnership (CHIP) of Curtis Memorial Library and Mid Coast-Parkview Health provides current, quality health and wellness information in a variety of formats to residents of the Midcoast Region.

23 Pleasant St, Brunswick, ME 725-5242
x214

www.curtislibrary.com

Coastal Enterprises, Inc (CEI)

Coastal Enterprises, Inc. (CEI) is a mission-driven lender and investor specializing in rural economic development in Maine and throughout the U.S. CEI combines financing, advising services and policy leadership to help create economically and environmentally healthy communities in which all people, especially those with low incomes, can reach their full potential.

30 Federal Street, Brunswick, ME
504-5900

www.ceimaine.org

Coastal Landing Retirement Community

Coastal Landing will be celebrating its' 1 year anniversary in October. We are a retirement community serving the greater mid-coast area. Please come visit us during our Open House in October or call Sue Cary at 837-6560 to schedule your visit and see for yourself why so many people are calling Coastal Landing their home.

142 Neptune Drive, Brunswick, ME
725-4071

<http://coastallanding.com/>

Funeral Alternatives

Funeral Alternatives is a locally-owned and operated family business. We have built our business over the years by offering "sensible alternatives" for the value-conscious consumer. We specialize in simplified, low cost, dignified arrangements with excellent service. We offer cremations, burials, viewings, church funerals, graveside services, personalized memorials and caring, personal support.

155 Bath Road, Brunswick, ME 406-4028
www.funeralalternatives.net

Great Scott Audiology

Great hearing is a vital part of your overall health and well-being. At Great Scott Audiology, we believe that everyone has the right to healthy hearing, regardless of their life situation. We'll help you cut through the clutter of ads and special offers to find the personalized hearing solution that's right for you.

331 Maine St, Suite 4, Brunswick, ME
729-4086

www.greatscottaudiology.com

Greater Brunswick Physical Therapy

Providing skilled, compassionate care since 1988. Two time Business of the Year award winners. We provide holistic therapy in a welcome environment while utilizing the most current manual therapy techniques. Our treatments help facilitate the healing process, we are committed to providing the educational and emotional support to help your recovery.

11 Bowdoin Mill Island, Topsham, ME
729-1164
greaterbrunswickpt.com

Head to Toe Physical Therapy of Topsham

A privately, locally owned and operated outpatient physical therapy clinic located in Topsham, Maine. We have been serving patients in midcoast Maine since 2006. We pride ourselves in Treating the individual, not just the injury. Our therapists have extensive training in manual therapy.

439 Lewiston Rd, Topsham, ME
725-4400

<http://headtotoept.com/>

Hearts & Hands

At the Expo - offering profound relaxation and pain relief through hands-on Reiki healing combined with a Biomat to lay on. Biomat is a tabletop mat full of amethyst crystals that provides negative ions and infrared heat. Try 15-minute session with Martha Spruce, Reiki Master teaching and practitioner for over 20 years.

4 Magean Street, Brunswick, ME
751-5339

www.hearts-n-hands.com

HillHouse Assisted Living

HillHouse is an elder care facility located in North Bath, Maine, on grounds overlooking Whiskeag Creek and Merrymeeting Bay. HillHouse cares for elders along a continuum of needs, from independent living to end-of-life and hospice care. HillHouse staff offer personalized care to all residents in a home-like environment.

166 Whiskeag Road, Bath, ME 443-6301
www.hillhouseassistedliving.com

Home Instead Senior Care

Home Instead Senior Care provides non-medical care for Cumberland County seniors. Our services range from simple companion care to 24/7 end of life care, and our CAREgivers are carefully selected, thoroughly screened, and well trained. "To us it's personal"

502 Main St., Gorham, ME 839-0441
www.homeinsteadmaine.com

It's My Death

A 501(c)(3) public charity providing services, education to people who wish to explore the meaning of life through embracing the certainty of death. Compassionate facilitation around personal topics related to death and dying is a dire necessity to the deep healing an well-being of dying individuals AND their community.

PO Box 1271, Wiscasset, ME
207-240-3186

www.itsmydeath.com

Kindred at Home

Kindred home health care offers skilled rehabilitative care in the home covered under your Medicare A benefit. Offering skilled nursing physical therapy occupational therapy speech therapy medical social work and home health aide. With locations in portland Bangor and Sanford. Call us at 772-0954

881 Forest Ave., Portland, ME 894-4642
www.kindredathome.com

Linda's Home Care Planning and Staffing

Serving elderly so they can remain at home with team who provide the best quality care. Treat our clients as we would treat our own family, with dignity and respect. Plans for individual needs, 2 to 24 hours a day. Includes supervising safety, assisting with personal care, errands, transportation to appointments, meal prep, housekeeping, companionship, respite.

PO Box 515, Topsham, ME 607-9083
lindahomecare.com

Maine Bureau of Insurance

The Maine Bureau of Insurance (BOI) is a state agency that regulates the insurance industry and protects consumers. Activities include licensing insurance producers and companies; performing company examinations and audits; reviewing rates and policy forms; investigating consumer complaints; and educating consumers about their rights and responsibilities under state laws.

34 State House Station, Augusta, ME
624-8445 www.maine.gov/insurance

Maine Estate Services, LLC

Maine Estate Services (MES) helps homeowners, estate attorneys, families and real estate agents manage the disposition of personal and household assets due to moving, downsizing or a death in a family. MES has the expertise and resources to answer the question, "How do we deal with all our things?"

13 Pleasant St., Brunswick, ME 798-2834

Maine Geropsychology, LLC

Maine Geropsychology, LLC. Provides services to older adults and caregivers in need of psychological support. Evidence-based psychotherapies are provided to help with issues such as depression and anxiety, and difficulties associated with aging (e.g., loss of independence). Maine Geropsychology, LLC. also provides cognitive evaluations for issues such as memory loss.

14 Main St., Box 77, Brunswick, ME
373-8932 www.mainehero.com

Maine Insurance Group

Maine Insurance Group serves seniors throughout Maine, specializing in Medicare plans, where the primary focus is on the senior, rather than the insurance company. We provide each individual with a better understanding of Medicare by explaining the various Medicare options and help to find the right plan that works best.

PO Box 5225, Augusta, ME 629-3861
www.maineinsurancegroup.com

Maine Medical Center Joint Replacement Center/Maine Medical Partners - Division of Orthopedics & Sports Medicine

Nationally recognized as a leader in advanced hip, knee, and shoulder surgeries. Our team performs more than 1800 joint replacement procedures each year, the highest volume in Maine. We commit to providing the highest quality care for each patient's specific needs.

5 Buckman Road, Falmouth, ME
781-1551
<http://mainemedicalpartners.org/orthopedics-sports-medicine>

Maine Pines Racquet & Fitness

Maine Pines Racquet & Fitness located on the Harpswell Road is a full service tennis and fitness facility providing programs for all ages and levels. We can't wait to show you how our programs can lift your spirits, change your life and do good things for your body!

120 Harpswell Road, Brunswick, ME
729-8433

www.maine-pines.com

Maine Senior College Network

Midcoast Senior College provides non-credit academic courses and other educational events for people 50 years and older to continue lifelong learning. Midcoast Senior College is part of the Maine Senior College Network and serves the area from Damariscotta to Freeport and inland towards Augusta.

34 Bedford St, USM, Portland, ME
780-4128

maineseniorecollege.org

Maine Veterans' Homes – Augusta

Maine Veterans' Homes provides outstanding quality care to Maines' Veterans and their spouses. Our facilities are recognized for their modern amenities, exceptional programs and full continuum of care. Our success can be directly attributed to our staffs unwavering commitment to our mission and core values in taking care of Maine's Veterans.

310 Cony Rd, Augusta, ME 622-2454
www.maineveteranshomes.org/

Martin's Point Health Care

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Mid Coast Hospital

Full-service, 93-bed, independent, not-for-profit hospital governed by community Board of Directors. Medical staff includes more than 200 providers in over 30 primary care and specialty areas. Accredited by The Joint Commission, recognized as a Magnet™ facility by American Nurses Credentialing Center for exceptional nursing and patient care. Part of Mid Coast-Parkview Health.

123 Medical Center Drive, Brunswick, ME
373-6000

www.midcoastseniorhealthcenter.com/

Mid Coast Senior Health Center

Mid Coast Senior Health Center offers a full continuum of senior healthcare and living options in Brunswick, Maine. Services include assisted living, memory care, long-term care, skilled nursing and rehabilitation, as well as Lifeline emergency response. Mid Coast Senior Health Center is part of Mid Coast-Parkview Health.

58 Baribeau Dr, Brunswick, ME 373-3646
www.midcoastseniorhealthcenter.com/

Neighbors, Inc.

Neighbors, Inc is a non-medical organization specializing in supporting mostly elderly individuals to remain independent and stay in their own homes as long as possible. We provide transportation, meal preparation, help with chores, medical reminders, shopping and companion/safety care. Services are available from 1 hour to 24 hours daily.

PO Box 728, Brunswick, ME 725-9444
neighbors.com

New England Rehabilitation Hospital of Portland

NERHP is Maine's only freestanding acute rehabilitation hospital, a 90-bed facility specializing in physical rehabilitation for stroke, orthopedic, brain injury, amputee, spinal cord injury, oncology and general rehabilitation in both inpatient and outpatient settings. NERHP holds joint commission disease-specific certification in Stroke, Amputee, Hip Fracture, and Traumatic Brain Injury rehabilitation.

335 Brighton Ave, Portland, ME
207-662-8082
<http://www.nerhp.com/>

Pejepsco Terrace

Pejepsco Terrace, located in Brunswick off of Jordan Avenue, offers affordable housing for the elderly and disabled household. We offer one and two bedroom apartments. Equal housing opportunity.

36 Pejepsco Terrace, Brunswick, ME
729-8006

www.pejepscoterrace.com

People Plus

People Plus, located in Brunswick, supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages. We offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach.

35 Union St, Brunswick, ME 729-0757
www.peopleplusmaine.org

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156 Maine St., Brunswick, ME 729-8100
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Sexual Assault Support Services of Midcoast Maine (SASSMM)

Founded in 1983, Sexual Assault Support Services of Midcoast Maine (SASSMM) has been providing sexual assault support services to community members across the lifespan. SASSMM services include: community outreach & prevention sessions; 24hour crisis/support line services; support groups; and one-to-one advocacy in Eastern Cumberland, Sagadahoc, Lincoln, Knox, and Waldo Counties.

PO Box 990, Brunswick, ME 725-2181
www.sassmm.org

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14 Maine St, Ste 213A, Brunswick, ME
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Spectrum Generations

Helping older and disabled adults – and their caregivers – live healthy, independent lives in their own homes and communities. Spectrum Generations provides answers and support for those in need of resources throughout central and midcoast Maine, regarding health, wellness, aging in place, access to nutritious meals, caregiver support, and health insurance counseling. 1.800.639.1553

Sky-Hy Conference and Renewal Center

Sky-Hy Adult Day Program offers a caring, nurturing environment with services for the elderly and other adults in need of assistance with social, recreational, nutritional and personal care.

32 Sky-Hy Driver, Topsham, ME 725-7577
www.sky-hy.net

Stetson's Funeral Home

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TEEN OF THE MONTH

Gage Somerville

He may look familiar because this is the second time this year he has been Teen of the Month! Gage remains one of the most helpful Teens we have. He has taken on a more responsible role with the younger kids now that he is in 10th grade :) He is king of MineCraft and always willing to jump into a game of Apples to Apples! Congratulations Gage! Off to the movies on us!



Things are "falling" into place!

October! Already? The school year has gone well so far! Unlike last year where we were bursting at the seams with new members right at the beginning of the school year, this year we have kids continue to join at a slower and more manageable pace!

We have a mix of new 6th graders, a handful of HS students who we haven't seen in awhile and our remaining regulars. About 15 kids a day when the majority show up. We are feeling the absence of 6 of our regulars who have either moved or graduated from HS. It has been interesting to watch the realization of two of our 11th graders who have been attending for years, that they are now the "older kids". For whatever reasons, this has been a "WOW" for them. Time flies!

We have gotten a reprieve from celebrating Halloween to any big extent in the TC over the past few years because of what day it fell on. Not this year! The 31st is a Monday sooo there must be costumes and candy oh boy! And I guess that will be true for a few years to come!

The end of August, beginning of September, sooooo many school supplies were donated to hand out to our members! I was in awe of the response to help make sure our youth members had what they needed to start school. My heart was happy, the kids were very happy...many thanks to all of you who brought items in! Really!

We have some overstock now to continue to replenish items throughout the school year

that are needed (or lost!) as the year continues. I have been working to organize our food program. It is no small feat to maintain this! As well as a quick after school snack, we provide a more substantial food item, often a cooked dish of some sort before they leave for the day.

I think I have a pretty good system set up for now! The only things we really lack are baked goods. These kids love homemade desserts and muffins! Our schedule is kind of like this; 2:45ish bus arrives 2:46ish kids are headed right to the food table and want drinks and then ask, "What are we having today!" 3:45/4:00 ish, we say OK, here is what we are having today and second feeding begins 4:30-4:45 ish, dessert item put out (3rd feeding!), 5:00-5:15, last call for food before we begin to put it away (4th food frenzy) and that is also when we pack up items for kids who want to take food home when we have it to send! As you can probably tell, food is a huge part of our afternoons in the TC!

Some of the younger more energetic boys in the TC who are into sports are loving me right now because I agreed to get my hands

Teen Center News

Jordan Cardone



on a video game, Madden '17 (the boys also play football)! I got it, I am bringing it to work tomorrow, score!!!

So, September was a good month and I anticipate a good October!

And!!!!!! Very important!!! We sent out our 2016 back to school fundraising letter in Sept.! This is the only letter the TC program sends out each year so if you get one, don't put it in your junk mail pile!!! Please!!! Since I reminded you of it, this would be a good time to go get it and fill it out and send it back!!!!

Happy October, Happy Halloween and Thank you! Our youth members are so lucky that they have us and guess what? They know it!!! And they LOVE it here!

Jordan and gang



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(207) 212-6736



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Living & Rehab Center

29 Maurice Drive, Brunswick
(207) 725-7495

Weekly Winners

Senior Intermediate Cribbage	
<p>Aug. 24: Anita Owens, 726 (Perfect Game!) Colleen Petrin, 715</p> <p>Aug. 31: Colleen Petrin, 689 Lorraine LaRoche, 684 Robert Frost, 680</p> <p>Sept. 7: Anita Owens, 722 Lois Fournier, 717 Anne Bouchard, 703 Rick Fortin, 701</p> <p>Sept. 14: Lois Fournier, 712 George Hardin, 702 Scott Ellis, 700 Anne Bouchard, 689</p> <p>Sept. 21: Tim Owens, 716 Colleen Petrin, 710 Lois Fournier, 709 Mike Linkovich, 696</p>	<p>Bill Buermeyer, 3,520 Lorraine LaRoche, 3,250</p> <p>Aug. 27: John Rich, 5,850 Richard Totten, 4,610 David Bracy, 4,090</p> <p>Aug. 29: David Bracy, 4,510 Lloyd Jones, 3,870 Hazel Guylar, 3,210 Terry Law, 3,130</p> <p>Sept. 3: Lorraine LaRoche, 4,800 Bill Coop, 4,130 John Rich, 3,910 Anne Nichols, 3,590</p> <p>Sept. 5: Terry Law, 2,860 Martha Cushing, 2,830 Lorraine LaRoche, 2,790</p> <p>Sept. 10: Mary O'Connell, 3,740 John Rich, 3,710 Donna Burch, 3,600 Tina Iffland, 3,210</p> <p>Sept. 12: David Bracy, 6,650 Lloyd Jones, 4,870 Joyce Lyons, 3,950 Jeff Lauder, 3,690 Paul Betit, 3,300</p>
Monday-Saturday Bridge	
<p>Aug. 20: Fran Lee, 6,790 Bill Buermeyer, 3,880 Bill Copp, 3,780</p> <p>Aug. 22: Bill Copp, 4,560 Jeff Lauder, 4,420</p>	

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Albert C. Boothby, Jr • Sarah C. Boothby



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www.boothbygroup.com

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(AND SOMETIMES CHUCK)


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

October 2016

The 2016 Celebrity Chef Challenge is in the books and Spectrum Generations would like to send out a huge thank you to all of the sponsors, chefs, judges, wait staff, hungry diners, and everyone else who made this event a huge success!



Congratulations to chef Justin Bard from Riverside Farm Market for taking home the Judge's Choice award and to chef Nick Krunkkala of Liquid Riot for winning the People's Choice award.

Together we raised over \$17,700 to help bring Meals on Wheels to hungry seniors and disabled adults in our communities. THANK YOU!!



Spectrum Generations is proud to partner with People Plus to bring you the 2016 People Plus Senior Health Expo at the Cooks Corner Mall in Brunswick on October 18th from 9-1.

The People Plus Senior Health Expo brings together a wide variety of resources and provides an excellent opportunity for seniors to learn about products and services available to them in our community.

Stop by the Spectrum Generations table and learn more about the services we provide. Hope to see you there!

On October 24th at noon, Spectrum Generations and Maine Quality Counts will be hosting a Lunch & Learn at People Plus entitled "Can't Sleep and tired of Counting Sheep?"

Come and join the conversation and learn about how:

- sleeping pills may not help much
- sleeping pills can have serious or even deadly side effects
- the new "Z" drugs also have risks
- to try non drug treatments first

An initiative of the ABIM Foundation

Bring a bag lunch (drinks, chips, and cookies will be provided) or have a hot lunch from People Plus' Monday Munchies program (suggested \$4 donation). This Lunch & Learn is free and open to the public and pre-registration is appreciated. Call Pat at 729-0757 to register.

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.

For Nutrition at Home

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.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Sukeforth Family Festival of Trees

At the Hathaway Creative Center
In Waterville
Benefiting
Spectrum Generations
Hospice Volunteers of Waterville Area,
November 18-20 & 25-27
Fridays ~ 10:00 a.m. - 8:00 p.m.
Saturdays ~ 10:00 a.m. - 8:00 p.m.
Sunday 20th ~ 10:00 a.m. - 6:00 p.m.
Sunday 27th ~ 10:00 a.m. - 4:00 p.m.

How It Works

The Sukeforth Family Festival of Trees is a fundraising event that brings local and surrounding organizations and businesses to donate fully decorated artificial trees that will be displayed throughout the double weekend event. The public is invited to come and see this extravaganza of trees, as well as some special displays benefiting the Christmas theme.




Raffle tickets will be available for sale so that viewers may enter their tickets in hopes of winning a beautiful tree. Each tree's winner gets to take it home fully decorated and all ready for the holidays with everything that is on it and under it.

There will also be a café and special hours to visit with Santa Claus.

Admission is \$2.00 for adults and children under 12 are free.

If your business or organization would like to donate a tree, please contact Annette Sukeforth Marin at (207) 313-3216 before October 15th.

For more information visit:
facebook.com/sukeforthfamilyfestivaloftrees

Membership Benefits

The following businesses offer discounts for People Plus members.

- Arby's**, 729-8244, 10% off, excluding combos/coupons
- Attorney N. Seth Levy**, 319-4431, Discounted legal services/documents including wills, living wills and estates
- Augat Chiropractic**, 725-7177, Free consultation and cursory exam
- Autometrics**, 729-0842, 10% off parts, anytime
- Berrie's Opticians**, 725-5111, 20% off complete pair of glasses, 10% off retail price for hearing aides
- Big Top Deli**, 721-8900, 10% off, anytime
- Bill Dodge Auto Group**, 800-652-6118, 10% off parts and service
- Brunswick Ford**, 725-1228, 10% off parts and service
- Eveningstar Cinema**, 729-5486, Discount bag of popcorn at evening shows (\$1 small, \$1.50 medium)
- Fairground Café**, 729-5366, 10% off, anytime
- Indrani's**, 729-6448, 10% off non-sale items, Mondays
- J&I Cleaners**, 729-0176, 10% off pickups: Wednesdays (customers over 55)
- Lee's Tire & Service**, 729-4131, 10% off parts (excludes tires)
- Maine Optometry**, 729-8474, \$30 off complete pair of glasses
- Maine State Music Theatre**, 725-8769, Senior discount (60+) on matinee tickets
- McDonald's**, 729-4416, Free dessert with purchase
- Pauline's Bloomers**, 725-5952, 10% off, anytime (within normal delivery range)
- Portland Glass**, 729-9971, 10% off materials (\$50 max)
- Reflections (Salon)**, 729-8028, 10% off, Monday and Friday
- Sam's Italian Foods**, 725-4444, 10% off, excluding specials (patrons over 60)
- Studio 119 Hair & Nail Design**, 729-6119, FREE haircut with color or perm: services by Missy Stockford
- Tavern at Brunswick Hotel**, 837-6556, Buy one entrée, get one half off
- The Great Impasta**, 729-5858, 15% off Wednesday lunch (food only)
- Thomas Point Beach**, 725-6009, \$1 weekday admission
- Tire Warehouse**, 725-7020, 20% off labor
- Wilbur's of Maine**, 729-4462, 10% off, anytime
- Yankee Lanes**, 725-2963, \$1.85 per string (7 days, 9-5)



NICELY DONE! Steve Winter, one of our most dedicated table tennis players, applies the third and finish coat to a drywall patch in the hall. He primed and repainted the area when it was completely dry. "We bust 'em," he said of the hall walls, "we fix 'em!" Thanks Steve!

People Plus Volunteer Transportation Network

Providing free rides for medical appointments and grocery shopping, as well as personal needs such as trips to the bank, post office, and hair salon. For more information call 729-0757.

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<input type="checkbox"/> \$250 for Lifetime Membership (65 or over)		
OFFICE USE: <input type="checkbox"/> Accounting <input type="checkbox"/> Data <input type="checkbox"/> Membership Card Sent		Additional Donation*: \$ _____ <small>(*Donations above Membership Fees are tax deductible)</small>
		Total: \$ _____

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 Thursday, October 13, 2016 at 1:00pm & 6:00pm
 Thursday, October 27, 2016 at 1:00pm & 6:00pm
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 Space is limited. Please make a reservation for yourself and up to three guests.
 RSVP, Call 207-729-0734 or email scott.l.lemieux@ampf.com
 This is an informational seminar. There is no cost or obligation.



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 Financial Advisor
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On NOT being "inactive"

Speaking Frankly

Frank Connors



My computer just told me that the latest weekly Morbidity and Mortality Report (MMR) from the Center for Disease Control (CDC) shows that 28% of American adults aged 50 years old or older are classified as inactive. "INACTIVE!"

What, you didn't see the report? The Internet is a wonderful thing, is it not? I find it hard to believe, first of all, that the CDC has a weekly report that focuses on morbidity and mortality, and I'm thinking that only someone already wickedly "inactive" would have the means, and take the time, to read such a report. But honestly, when I take a few minutes to think about it, why not? We have become a society of sitters. Inactivity seems to be encouraged! We have machines doing so many senseless things for us, from brushing our teeth to driving our cars! I'm thinking we could lose our upper body strength before we lose our minds!

Last Christmas, a buddy whose doctor had just called him "pre-diabetic," looked at me with a critical eye and suggested I might be healthier if I was a little lighter! What are friends for? Maybe he just wanted to deflect some of his pain. We discussed our situation over a couple beers and decided a competition was in order. First guy to loose ten pounds had to treat the other to a dinner at the restaurant of the winner's choice. Jane muttered something about male logic, but I told her this was serious business. We sat the deadline for ourselves of April Fool's Day, why not?

So all last spring, we competed. I'm thinking he actually did some exercises on a machine. Both of us increased our walking schedules, skipped hot dogs, paid more attention to not doing snacks. When April first came and went, I had shed nine useless pounds, enough to beat my buddy and earn me that free supper.

I'm surprised more of you didn't notice my weight loss.

By July first, I'd reacquired maybe half of that weight back to my waistline. But a subtle mind change had been made. I realized I honestly WAS feeling better, being lighter. I had started checking my weight ever week... every Sunday, just as regular as Church! I was drinking less beer, more water. (I drink water out of an empty beer bottle, I find that it tastes better) I was eating more sensibly, cutting back on seconds, reducing my impulse snacking. I was consciously exercising just a little bit more, and these minor, if subtly changes HAD made a difference.

Now I'm looking at fall, the season of comfort foods, less ideal weather, fewer opportunities, and reasons, to get out and exercise. Sensible mammals are thinking about hibernation, right?

Perhaps you remember I was a paratrooper in my much younger days. In those days we'd shuffle five miles before breakfast, we'd do push-ups and sit ups by the hour. I was in the shape of my life, and probably fifty pounds lighter than I am now. I know I'll never go

back there. I don't want to go back there! I can point to a calendar from 1967 and tell you the date I swore I'd NEVER do another push-up.

But I had another landmark birthday this year, and want to keep having them, so this is my plan. Bad knees tell me not to run, but good sense tells me to walk places where I might normally ride. Little men Silas and Zander seem to be willing companions, so this winter, we'll visit the track at the Rec Center, walk the driveway and field when it's nice, the shopping center when it's not. I'm going to get even better about what I eat, and every week, I'll keep checking my weight and adding it to my journal.

The big goal will be to stay active, to engage my friends and family in activities that keep me from being inactive. Feel free ask me how I'm doing if you like, but I'd prefer if you'd tell me how YOU are doing on YOUR plan...we're all in this together, you know.

New or renewing members for September

* indicates new membership
 • indicates donation made with membership

Brunswick

- Tom Alley
- Lenore Armellino
- Evelyn Bryant
- Mariette Bulger
- Donna Burch
- Elizabeth Callan
- Miriam Charette *
- Lillian Connors
- Robert Cressey
- Selma Powers
- Carolyn Dalphin
- Hillard Devereux
- Sara Fogler
- Robert S. Galen
- Howard Gould
- Janet Gould
- Dorothy Hassfeld
- Ann Hillis
- Patricia Holmes

- Doris Howes
- Paula Kappel
- Laura Katz
- Mary Kelley
- Nancy Kenney
- Richard Kezer
- Leon Laffely
- Susan T. Law
- Deb Lepkowski •
- Marcy McGuire •
- Calvin Morgan
- Delma Patenaude *
- Caroline C. Payson *
- Colleen Petrin
- Joanne Rioux
- Valerie Robbins
- Rik Sandelin
- Ann Schroeder •
- Suzanne Shanahan
- Georgette Sisto
- Rudi Smith

- Wanda Smith *
- Sue Stableford
- Judith Stoy
- George Tetu
- Joann Thompson •

Topsham

- Denise Deshaies
- Gerald Deshaies
- Barbara P. Hutchinson •
- Harold B. Hutchinson •
- Carla Rensenbrink
- Margaret Sanfasin •

Harpwell

- Nancy C. Dorian •

Other places

- Pat Hix, Lisbon Falls
- Joni Larlee, Lisbon
- Karleen O'Connor, Richmond *
- Kelley Rollins, Bowdoinham *

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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.**

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Spring in Bowdoin Pines.

Connie Bailey, Paper Batik.



Lunch out!

October 11th at 11:30 a.m.

Antonia's
PIZZERIA
Bar & Grille

193 Lower Main Street, Freeport

Be sure to sign up for the car pool!

Can YOU share a teddy bear?

The Teddy Bear Club was started in an effort to offer comfort to children and elderly patients that come to Mid Coast Hospital's Emergency Department, Medical/Surgical Unit, or those coming in for lab testing and other medical procedures. Coming to the hospital can be such a scary time, our teddy bears offer a tremendous amount of comfort and security for little ones that need to come in for visits. The Teddy Bear Club is currently run by the Mid Coast Hospital Auxiliary and depends of donations from local individuals and businesses. We ask that all donations of teddy bears (or any stuffed animals) be new with tags. Currently, we give out about 200 bears per month! We greatly appreciate any donations made on behalf of the



Bailey's work is Gallery feature

Selected works created by Consuelo (Connie) G. Bailey are being exhibited in the Union Street Gallery of People Plus during the month of October. Bailey, an Art Instructor at the People Plus Center and a resident of Brunswick, has won many awards for her work. She is an accomplished artist who specializes in the difficult medium of Batik, but enjoys working in other mediums, such as scratchboard and colored pencil.

Bailey was born in northern Michigan, and holds a degree in Art Education from Eastern Michigan University. Early in her career she began taking Botanical and Natural History classes at the Morton Arboretum, in Lisle, Ill, and today she is a charter member of the Nature Artist's Guild at that Arboretum. She moved to Maine in 1989, she first exhibited her Batiks in the summer of 1991. She has received 115 technical awards since 1983, mostly for her work in Batik or watercolor, and this past summer she earned the prestigious Best of Show award for the 2016 Art in

the Park, in South Portland, Maine.

Bailey has taught mixed media art classes at People Plus for at least 20 years, and continues to take part in area shows. She is a member and past Curator/Manager of Harpswell's Sebascodogan Summer Gallery; she is Gallery Coordinator for Topsham's public Library; a member of the Merrymeeting Art Association and of Designing Women.

Many of the pieces on exhibit are for sale. This exceptional collection can be seen during normal business hours at the People Plus Center, 35 Union Street, Brunswick.

The Harpswell Garden Club will meet Thursday October 20, 2016 at 12:30 p.m. at the Kellogg Church, rte. 123 Harpswell. After a brief business meeting, Susan Betz of Bouquet of Blooms, Cape Elizabeth will present "Fall Floral Designs." Free and open to the public. FMI call Becky 833-6159.

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