

Welcome to the 2016 SENIOR HEALTH EXPO "Connecting Communities"

Presented by Spectrum Generations and People Plus



People
40 Years!
The center that builds community

spectrum
generations
PRESENTS
Plus!
People
SENIOR HEALTH
Expo
CONNECTING COMMUNITIES

TUESDAY, OCTOBER 18, 2016 • 9 A.M. to 1 P.M.
Cook's Corner Mall • 172 Bath Road, Brunswick

EXPO EVENTS

ONGOING EVENTS (9 A.M. - 1 P.M.)

- ~ 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 Presidential Button display ~
- ~ FREE Hearing video-scope screenings ~
- ~ FREE Technology help ~
- ~ FREE Yellow Dot registration ~
- ~ FREE Good Morning Call program registration ~
- ~ FREE Volunteer Transportation Network registration ~
- ~ Write On Writers: book signings & sales ~

www.peopleplusmaine.org

Welcome to the fifth annual People Plus Senior Health Expo presented by Spectrum Generations!

We are so thrilled to bring you access to over 70 vendors, organizations and businesses who service the ever-increasing senior population of the Midcoast.

At this event, you will find something for everyone including healthcare, housing options, transportation options like the train, how to winterize your car, information on hospice, information about end-of-life procedures, exercise opportunities, how to improve your hearing, how to make talking on the telephone easier, what insurance program is best as you age, how you can stay longer in your home as you age, and answers to all your questions on where to live, what to eat, and more!

There are also a number of free scheduled activities including free flu shots, free massages, free technology help, yellow dot program registration, free hearing videoscope screenings and more!

There's also a raffle with the chance to win two free tickets on the Amtrak Downeaster.

So if you are getting a little older, and who isn't, then this is the place for you to learn everything you need to know to have the best years of your life!

As People Plus is winding down its 40th anniversary, the leaves are turning colors, there's a nip in the air, and we can't wait to see you here at the Senior Health Expo; with People Plus, the Center that Builds Community.

Stacy Simpson Frizzle
Executive Director, People Plus



Senator Angus S. King was keynote speaker at the People Plus 40th Anniversary celebration in March. Joined by Brunswick Town Manager, John Eldridge; People Plus Board Chair, Don Kniseley; People Plus staff and nearly 200 members.

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

People *Plus!*
The center that builds community

35 Union Street, Brunswick
(207) 729-0757

www.peopleplusmaine.org  Like us on Facebook

Join us today!



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

Find your way to



COASTAL LANDING
RETIREMENT COMMUNITY

142 Neptune Drive
Brunswick, ME
837-6560

www.coastallanding.com



In 2014, Mitch and Janet Rousseau of Rousseau Management saw an opportunity to redevelop a piece of property located at Brunswick Landing into quality, affordable housing for seniors. Their vision came to fruition almost one year later as Coastal Landing Retirement Community and Coastal Shores Residential Care which opened in the beginning of October this year. Coastal Landing Retirement Community and Coastal Shores Residential Care is located at 142 Neptune Drive on the site of the former Gateway Inn and Suites.

Coastal Landing Retirement Community has 82 independent-living apartments. They offer a selection of apartments ranging from studio, 1 bedroom, and 2 bedroom options. Coastal Landing is a residence for those who do not require

assistance with most daily activities, but may benefit from senior-friendly surroundings, convenient services, and increased social opportunities. Coastal Landing Retirement Community allows and enables those who wish to maintain an independent lifestyle to do so. Further assistance from Rousseau Management's home care agency is available as well if necessary.

Coastal Shores Residential Care has 40 assisted living based apartments. This residence consists of furnished private rooms and is mainly for older adults. Coastal Shores is designed for those who require assistance with personal care support, home making chores, and most daily activities such as meals, medication management, bathing, dressing and transportation. Coastal Shores offers individualized care and encouragement for each resident to live life to their fullest.

As providers of healthcare in the mid-coast Maine region since 1982, Rousseau

Management's hope and vision aims at providing amenities and the comforts of home to their residents who will truly embrace and enjoy them throughout the years. Life at Coastal Landing Retirement Community and Coastal Shores Residential Care will consist of a plethora of wonderful amenities and comforts to those who live there. These include delicious home cooked meals, various exercise programs, beauty parlor, spa, a cozy café bistro, a state-of-the-art movie theater, an ice cream parlor, an outdoor patio area, community-based events, transportation, housekeeping, and a variety of other services. The front porch lends itself as the ideal spot to spend an afternoon or evening catching up with family or making new friends. All residents are encouraged to take part in a full activity program that promotes socialization, volunteerism, and community spirit.

Brunswick Landing offers an idyllic setting for Coastal Landing Retirement Community and Coastal Shores Residential Care. The surrounding area is rich with history and offers an abundance of recreational based activities such

MOVIE THEATER



EXERCISE ROOM



ART ROOM



DINING HALL



CHAPEL



as walking trails, picnic areas, bird watching, wildlife viewing, golfing, and the area altogether promotes a great sense of community. For those living at the facility who wish to stay active, there are all the advantages to do so just waiting, literally at the front door.

For more information or to schedule a tour, please contact Susan Cary at 837-6560 or the admission's director, Michael Hernandez 522-1438.

We invite you to learn more about Rousseau Management and what they have to offer.

Building Community for 40 years!



The People Plus "Write On Writers" celebrated 20 years as a writing group last fall. The group meets weekly at the Center to share their own works, have guest authors, critique works in progress, discuss the process of writing and support each other's creativity. Members of the group have published over 20 individual works and over 6 books as a group, their most recent being a collection of poetry, prose and photographs featuring the works of 21 local writers and artists. They welcome members of all writing levels and skills and are always looking for new participants.

"The Center" at Forty

"We're just getting started..."

At People Plus, we proudly point at our forty year record of achievement and tell our friends, "We're just getting started!" Executive Director Stacy Simpson Frizzle, with a confident eye on the future, is quick to suggest, "It's always about our people...we're here working for our people - our seniors and teens - and it's all about making those lives better, one day and one person at a time."

The Brunswick Area Community Center for Senior Citizens can trace its beginnings from the late 1960s, when retired folks would gather in local church basements and storefronts on Maine Street, playing cards, telling stories, reading books and papers, sharing snacks and pictures of grandchildren. That all changed in June of 1976, when the Town of Brunswick purchased the former St. Charles Church at Noble and Maine for \$79,000, and established "committees" to decide how best to use that property "for the betterment of local senior citizens."

In February of 1977, the 55 Plus Center officially opened for business in the little brown church on Noble Street, and since that date, the People Plus Center has never looked back.

That site on Noble Street, with its formidable parking and assorted storied buildings, served the Center well for more than 30 years, as the Center evolved into a service-based local agency, providing programs and activities with ever-widening goals and audiences.

Today, People Plus is a thriving Center with more than a thousand members from Brunswick, Topsham, Harpswell and a dozen other area towns. We're the one stop source for what's social, what's educational, what's healthy, and what's fun in our area. Based in the recently renovated Union Street School, you need to find us on-line, check out our newspaper, or drop in and ask questions, but come find us, you won't be disappointed.



Everything Presidential...

"I Like Ike"

The presidential campaign button collection of Bowdoin's Corley Anne Byras will be on display during the People Plus Senior Health Expo, at the Cook's Corner Mall on October 18th.

"My mother started the collection," Byras explained, "when she was a kid." There are over 400 buttons in the collection, all focusing on American presidential elections, beginning with the Garfield presidency in 1880, and continuing to the coming election. Byras said she has only a few Clinton or Trump buttons, "It's easier to find them after an election," she explained. Byras said her favorite campaign button is called, "the Jimmy Carter peanut... you just need to come see," she challenged.



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

NOVEMBER 1, 2016

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, September 22-29, 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!

Bring your friends to People Plus

Are you already a regular visitor to People Plus?

Is there one special program or event you use regularly?

Do you have a friend, or two, that you just don't seem to see as often as you like?

Encouraging friends' memberships at People Plus is a great way to visit, to stay focused and become more social, more fit and more engaged. Imagine if you started to share what YOU like best about People Plus with one or several of your best friends.

All you need to do is encourage a friend to join, cost is still only \$35 if you live in Brunswick, \$45 if you live anywhere else. Your

friends will start getting our great little newspaper, and before you know it, they'll be calling you about meeting at programs and events.

Remember, People Plus is one of the reasons the Brunswick area is one of the very best places for seniors to live in our great State of Maine!

Do show your membership card proudly at area businesses, and you'll have the opportunity to save every day!

Sign up for a NEW People Plus Membership at the Senior Health Expo and save \$5.



The Lunch & Connection kitchen crew was singled out last year and provided with warming mitts, "for providing amazing meals, month after month." You can sample their talent each third Thursday of the month, join us at noon.

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

- Autometrics**, 10% off parts, anytime
21 Bath Road, Brunswick, 729-0842
- Bill Dodge Auto Group**, 10% off parts and service
262 Bath Rd., Brunswick, 800-652-6118
118 Pleasant St., Brunswick, 729-6653
www.billdodgeautogroup.com
- Brunswick Ford**, 10% off parts and service
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

RECREATION / ENTERTAINMENT

- Eveningstar Cinema**, Discount bag of popcorn at evening shows (\$1 small, \$1.50 medium)
149 Maine 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
- Fairground Café**, 10% off, anytime
Topsham Fair Mall, Topsham, 729-5366
- McDonald's**, Free dessert with purchase
Cook's Corner, Brunswick, 729-4416
- Sam's Italian Foods**, 10% off, excluding specials (patrons over 60)
Cook's Corner, Brunswick, 725-4444
- Tavern at Brunswick Hotel**, Buy one entrée, get one half off
4 Noble St., Brunswick, 837-6556
www.thebrunswickhotelandtavern.com/
tavern_dining/
- The Great Impasta**, 15% off Wednesday lunch (food only)
42 Maine St., Brunswick, 729-5858
www.thegreatimpasta.com

RETAIL

- 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
www.portlandglass.com

People Plus is on TV!

40 Years! Plus!

People Plus Cooks!

Stirring things up at the Center!

News & Views with People Plus

The center that builds community

People Plus Executive Director Stacy Simpson Frizzle and Membership Coordinator Frank Connors tape two monthly TV shows: **People Plus News & Views** which discusses our monthly activities, and our new monthly cooking show, **People Plus Cooks!** featuring historical recipes from our senior community. Episodes of our shows are taped at Harpswell TV14 each month with volunteer cameramen Ed Harris and Gordon Brigham and Director, Bernie Breitbart. The shows air on TV14 and Channel 3 in Brunswick and can be viewed any time on our website, www.peopleplusmaine.org or on the People Plus video page <https://vimeo.com/peopleplusmaine>.



People Plus 40 Years! Plus!

PEOPLE PLUS MEMBERSHIP

Name (1) _____ (LAST) _____ (FIRST) _____ Phone _____ Birthdate _____ Female Male

Name (2) _____ (LAST) _____ (FIRST) _____ Phone _____ Birthdate _____ Female Male

Mailing Address _____ City _____ State _____ ZIP _____

I would like **People Plus News** via Mail Email Email address _____

I heard about **People Plus** via _____

Yearly Membership Fee:

\$35 per person (Brunswick residents) New Member Renewal

\$45 per person (all other towns) New Member Renewal

\$250 for **Lifetime Membership** (65 or over)

Cash/Check (Payable to People Plus)

Membership Dues: \$ _____

Additional Donation*: \$ _____

(*Donations above Membership Fees are tax deductible)

Total: \$ _____

OFFICE USE: Accounting Data Membership Card Sent



Since 1998, The Vicarage by the Sea has been making a difference in the lives of those living with dementia. Our philosophy believes that every human being deserves the opportunity to grow, regardless of age or ailment, emphasizing a personalized care.

Our family setting embraces and respects the individual reality of each resident. This normalization of dementia defines The Vicarage culture. Our environment lessens social stigmas about dementing illnesses. Such normalization allows for continued growth and preservation of residents' dignity and the continued development of relationships among family, peers and staff.

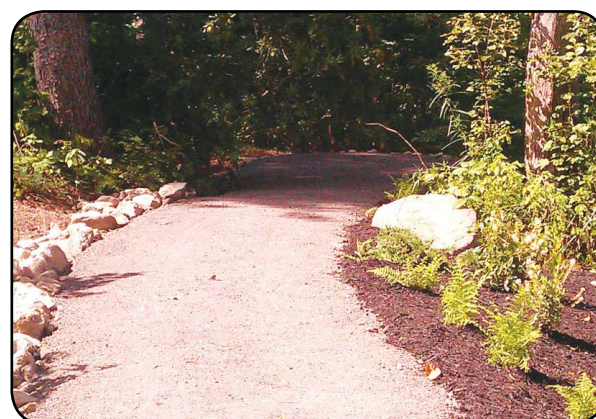
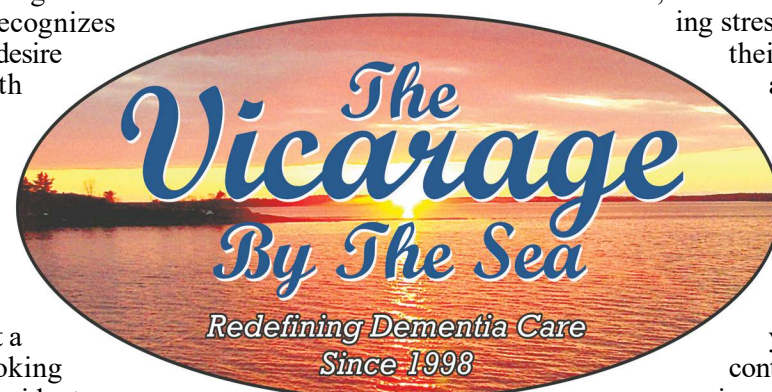
Our home, perched on the shores of beautiful, private Curtis Cove in Harpswell, sits on a wooded lot with lovely flower & bird gardens. The Vicarage mission recognizes the human need and desire for connection with the beauty of nature and its healing properties. Our Freedom Trail, a handicapped accessible path meandering through woods and ending at a sitting area overlooking Casco Bay, gives residents a safe, serene & private place to reflect and enjoy the stunning natural beauty. Safety and security of residents are ensured using technology, such as motion detectors, and an exceptional staff to resident ratio of 1 to 4. Residents, accompanied by staff, are encouraged to engage with the outdoors and walk along the beautiful lane and ocean-side sitting areas. Our superior staff to resident ratio creates the highest level of personalized care for your loved one and ensures individuals' needs are understood and met.

Staff prepare three home-cooked meals daily with local foods and ingredients grown in our bountiful,

vegetable gardens. In addition, we haul and serve fresh lobsters and crabs from our traps. Menus incorporate residents' preferences and favorite recipes. Residents may help with the meal preparation. It is not uncommon to visit The Vicarage and find staff and residents cooking together. We respect each resident's personality and interests, designing activities to meet these needs. We are a multi-generational home, including babies, children & adults. Each generation provides love and care in their special way.

The Vicarage is an aging in place home. Residents stay throughout the entire life process and are not required to move to another location as the disease progresses. This is vital to our philosophy and the well-being of our residents. It creates stability in residence, relationships and routine, reducing stress for our residents and their families. Residents are welcome to decorate and furnish their rooms with their own belongings. In addition, pets are welcome at The Vicarage. After almost 20 years, The Vicarage continues to offer a holistic environment that encompasses elders, their families, the community, and the natural world around us. Our philosophy in dementia care provides higher quality of life to its residents than a traditional, "locked facility." Those living with memory loss can be cared for in a more humane manner. We are advocates for better care of this vulnerable population in American society.

Johanna Wigg, Ph.D., along with Dementia Care Specialist Cheryl Golek, provide dementia education through regular events and on their website. Johanna also provides professional counseling to families who are coping with the challenges of dementia and meet with residents' families and loved ones regularly.



The Vicarage By the Sea

9 Vicarage Lane, Harpswell, ME • 207-833-5480 • www.thevicaragebythesea.com

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 729-0991
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 - 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
<http://avitaofbrunswick.com/>

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 Royal River is a place you'll love to call home. From the traditional stone fireplace, to world-class service and amenities, we invite you to come celebrate life with friends. Feels like coming home to your favorite seaside inn, where a caring staff and full calendar of activities make it easy to enjoy every day.
27 Forest Falls Dr, Yarmouth, ME 846-0044
www.baysquareatyarmouth.com

Belton Hearing Aid Center

Most trusted brand in hearing care industry among adults 50 and older. Our passion is to bring people back into life's conversations. Offer free hearing screenings, along with 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.beltonene.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

Birchwoods at Canco

Birchwoods @ Canco Assisted Living Community is a beautiful landscaped community in a private setting. Has 4 Independent Cottages. Main building has studio and 1 bedroom apartments. We have 5 levels of services, chef prepared meals, continual activities, transportation to and from Dr.'s appointments as well as a lot of other amenities.
86 Holiday Dr, Portland, ME 772-1080
www.seniorlivinginstyle.com/assisted_living/Portland_ME

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 therapists, 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 1-801-293-6572
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 Ave, 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 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
837-6560
<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.greatscottpaudiology.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, Suite 220,
Topsham, ME 729-1164
greaterbrunswickpt.com

Harpwell Aging at Home

Harpwell Aging at Home is a community organization helping older adults address the challenges of aging at home. They need information about services, help with home maintenance and basic needs such as food and transportation, and opportunities to socialize. Our goal is helping older adults find the services they need.

18 Leeman Road, Orr's Island, ME
833-3359

[facebook.com/harpwellagingathome](https://www.facebook.com/harpwellagingathome)

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
www.headtotoeptoptopsham.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 and 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 and well-being of dying individuals AND their community.

PO Box 1271, Wiscasset, ME 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
772-0954
www.kindredathome.com

Linda's Home Care Planning and Staffing

Serving elderly so they can remain at home. Dedicated team provides 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.mainezero.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, U.S.M., Portland, ME
780-4128 maineseniocollege.org

Maine Veterans' Homes - Augusta

Maine Veterans' Homes provides outstanding quality care to Maine's 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

Progressive, not-for-profit organization providing primary health care and health insurance plans. Our seven health care centers in Maine and New Hampshire accept most major insurance plans. Offer Generations Advantage Medicare plans in Maine and New Hampshire, and the US Family Health Plan (TRICARE Prime®) in northern New England, New York, and Pennsylvania.

331 Veranda Street, Portland, ME
253-6140 martinspoint.org

Mary's Affordable Hearing Aids

Hearing evaluations and hearing aid fittings in the comfort of your own home with licensed hearing specialist Mary Marino. Free hearing exam, quality hearing aids at affordable prices, personalized service. Over ten years of experience, satisfaction guaranteed, 30 day trial period. Home visits.

12 Springer St, Richmond, ME
1-781-249-5330
marysaffordablehearingaids.com

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.midcoasthealth.com



MID COAST-PARKVIEW
HEALTH

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, medication 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
662-8082 www.nerhp.com

Northern New England Poison Center

The Northern New England Poison Center (NNEPC) is located at MaineHealth in Portland. NNEPC is staffed with specially trained and certified nurses available 24/7. All calls are confidential. NNEPC manages poison questions, exposures and overdoses from the states of Maine, New Hampshire and Vermont.

MaineHealth, 22 Bramhall Street,
Portland, ME
662-7224 www.nnepc.org

Pejepscot Terrace

Pejepscot 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 Pejepscot Terrace, Brunswick, ME
729-8006
www.pejepscotterrace.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



The center that builds community

RightCare Alliance/Lown Institute

Visit our Lown Institute Right Care Action Week "Listening Booth". Poppy Arford and Kathy Day will interview people to gather responses to "What is your greatest worry" about healthcare. Contact information will also be gathered from people interested in the Lown Institute's Right Care Alliance and in a Right Care Maine Chapter. FMI <http://lowninstitute.org>.

21 Longwood Ave., Brookline, MA
1-617-992-9322
righthcarealliance.org

Rite Aid

Rite Aid Pharmacy, located in downtown Brunswick. Providing our community, as well as our nation, FREE quality health care services. Over 50 years of reliable, trustworthy experience, embracing the needs of our patients. Vaccination clinics for all work types, senior long-term, assisted care and independent living venues.

156 Maine St., Brunswick, ME
729-8100
www.riteaid.com

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; 24 hour 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

Ship Shape Financial, LLC

An independent firm of Walter Reynolds and Robert E. Frank at Fort Andross in Brunswick which helps those approaching retirement and already retired to build or remodel their financial boats. With decades of experience, we advocate for our clients, preparing for comfortable and dignified retirements. Complimentary Consultation.

14 Maine St, Ste 213A, Brunswick, ME
406-4086
shipshapefinancial.com

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 Drive, Topsham, ME
725-7577
www.sky-hy.net

Spectrum Generations

Helping older and disabled adults - and their caregivers - live healthy, independent lives in their own homes and communities. 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
35 Union St, Suite 1, Brunswick, ME
1-800-639-1553
www.spectrumgenerations.org

Stetson's Funeral Home

Stetson's Funeral Home and Cremation Services is a family owned/operated business. We've thought about all the details we would want taken care of during difficult times, giving you one less thing to think about, offering many services to create a memorable, customized experience, including two celebrants, unique to our Funeral Home.

12 Federal Street, Brunswick, ME
725-4341
www.stetsonsfuneralhome.com

The Dempsey Center

Leader in quality of life care for individuals and families impacted by cancer. Provides personalized, holistic and integrated approach to cancer prevention, education & support. We simplify the complexity of the cancer journey. The *Dempsey Model* champions evidence based approaches while involving patients, their medical teams, and their entire community of caregivers as equals.

29 Lowell St., 5th Floor, Lewiston, ME
795-8250 www.dempseycenter.org

The Highlands

The Highlands provides a beautiful setting for experiencing all the benefits of a maintenance-free retirement lifestyle. Our 95-area campus features a blend of historic buildings and custom cottages, with cooperative home ownership and rental options. The Highlands is so much more than a place to live. It's a place to call home.

30 Governors Way, Topsham, ME
725-2650 www.highlandsrc.com

The McLellan

The McLellan will be 18 creatively designed residences with services and amenities that allow every resident to remain at home, independent and making choices for their own lives and for their whole life. The McLellan will look and feel like the home you carry in your heart.

Love, Amy McLellan, RN
26 Cumberland St., Brunswick, ME
671-9033 www.themclellan.com

The Times Record

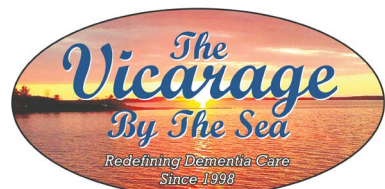
The Times Record is Midcoast Maine's only daily newspaper and your best source for local news and information. Like us on Facebook and follow us on Twitter for breaking local news.

3 Business Parkway, Brunswick, ME
504-8220 www.timesrecord.com

The Vicarage By the Sea, Inc.

Since 1998, The Vicarage by the Sea has provided long-term, specialized dementia care in a safe, homelike setting overlooking beautiful Casco Bay! Staff to resident ratio of one to four provides personalized care for loved ones. We believe that every human being deserves the opportunity to grow regardless of age or ailment.

9 Vicarage Lane, Harpswell, ME
833-5480
www.thevicaragebythesea.com



Topsham Dental Arts

You'll find a relationship based approach to your dental health at Topsham Dental Arts. Your needs and priorities are central to developing your care plan. Modern dentistry has extensive technology that includes 3D imaging, comfortable Wand anesthesia and Invisalign. Call for an appointment. Conveniently located adjacent to the Topsham Library.

37 Foreside Road, Topsham, ME
798-6700
www.topshamdentalarts.com

Volunteers of America-NNE

For seniors, maintaining independence is very important. At Volunteers of America, we provide housing for seniors who want to live independent lifestyles where they can thrive and age in place. Our residents deserve the quality of life that they desire and our commitment to service-enriched housing offers them just that.

14 Main St, Suite 301, Brunswick, ME
373-0350
www.voanne.org/

Winship Green 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!

51 Winship St., Bath, ME 443-9772
www.winshipgreencenterrehab.com/

Write On Writers

The Write On Writers meet every Wednesday at People Plus to read and share their works of poetry and prose, and to improve their writing skills. They have published five books and recorded one CD. New members are welcome at any time. Experience is not necessary.

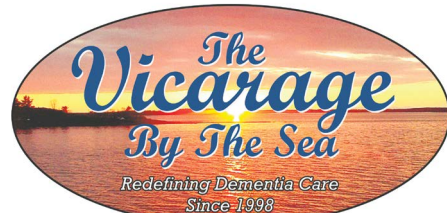
35 Union St, Brunswick, ME
729-0757
www.peopleplusmaine.org

Thank You to our SENIOR HEALTH EXPO Partners and Sponsors!

2016 PARTNER PLUS



2016 PARTNERS



2016 SPONSORS



Avita coming to Brunswick in winter 2016



The Northbridge Companies is coming to Brunswick for a second time this year. First was Sunnybrook Senior Living, an independent and assisted living community, now second will be Northbridge's signature memory care program, Avita, just down the road from Sunnybrook. The brand-new state-of-the-art community will specialize in memory care and will have three home-like secure neighborhoods.



As a privately owned company, Northbridge is known as the next generation of senior living and an industry leader in memory care. Northbridge first set foot in Maine at Avita of Stroudwater in Westbrook, where they saw a great need for memory care services. Avita has become a cornerstone of the Westbrook community - and Northbridge looks to grow similarly in Brunswick. Avita of Brunswick will be their 5th standalone memory care community. Gary Currier, the community's Executive Director, will work hand in hand with Avita's sister community, Sunnybrook, to be wonderful resources to Brunswick area seniors.

The name of the community, Avita, which translates to "For Life," was inspired by Northbridge's desire to create a safe and fulfilling environment where expert caregivers take the time to get to know the residents and their families in order to make each day worthwhile.

Avita is proud to offer services and programs designed to allow families to spend more quality time together and less time worrying about the care of a loved one. The community offers comfortable spaces for quiet visits, game rooms for fun with grandkids and catered dining to celebrate family traditions. Avita communities honor all the wonderful moments in each resident's life. From their hidden talent for painting, their favorite song, to that recipe that their family dearly loves - Avita brings those elements into the resident's world.

If someone you know has need for Avita's supportive and caring community, please do not hesitate to contact Avita's Sales Director, Bethany Tyler at 207.729.6222

Meals and Presentations at People Plus



FULL HOUSE! Meals at the center are always popular, as these ladies at a Women's Breakfast will agree. Come to our Monday Munchies, our Lunch & Connections Luncheon or Men's and Women's Breakfast to discover what all the good times are about!

MEALS:

Monday Munchies

Weekly meal program at People Plus. Meals served every Monday from 11-12:30. Eat in or take out or both!

Women's Breakfast

The first Thursday of the month at 8:30 am. Start your day with a healthy meal and good company.

Lunch Out

Organized get-together at local restaurants on the second Tuesday of each month.

Men's Breakfast

The second Thursday of the month at 8 am. Start your day with a healthy meal and good company.

Lunch/Connections

Third Thursday of the month at noon. Sign up early for this always sold out meal! Also includes free hearing screenings and free blood pressure checks.

PRESENTATIONS:

Author's Chats

Maine authors tell us about their books and experiences.

Welcome to Medicare with Spectrum Generations

2nd Tuesday of every month, 12:30-2 pm. Designed to provide you with knowledge about Medicare and its many "Parts".

FYI! (For your Information) - Lecture Series

Monthly programs to tantalize the mind with interesting and stimulating presentations and light refreshments.

'Aging Well' Lunch and Learn

The 4th Monday of every month at noon with programs focusing on healthy minds and healthy bodies. Bring your lunch, we provide drinks, chips and dessert.

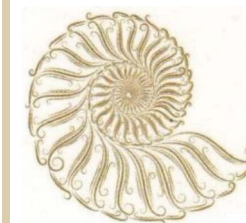
MEDICARE PLANS and PRIMARY CARE

Offering care and coverage to keep Midcoast seniors healthy!



MARTIN'S POINT
HEALTHCARE

www.MartinsPoint.org



- Maine Geropsychology -

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 Maine St., Box 77, Brunswick, ME • 373-8932 • www.mainehero.com

Need a Ride?



VTN Driver Gladys Szabo gives VTN Rider Dorothy Boddaert a ride home from a volunteer "lunch crew" shift at People Plus.

The People Plus Volunteer Transportation Network (VTN) coordinates a network of volunteer drivers to provide free rides for those in need of transportation.

- Who can ride?** Adults (over 18) who:
- can't drive (temporarily or permanently)
 - are able to get in and out of a car with minimal assistance (no wheelchairs)
 - live alone or have no means of transportation
 - live in the greater Brunswick area
 - completed VTN Rider Registration

Where/When? VTN provides rides during the day, Monday-Friday. Ride requests should be made at least three (3) business days in advance for appointments such as:

- medical visits
- food bank/soup kitchen/other services
- shopping/pharmacy/library
- hair or other personal care appointments
- gatherings, classes, workshops

- Who can drive?** Adults (over 18) who have:
- valid driver's license & car insurance
 - been driving for more than three (3) years
 - completed VTN Driver Application
 - cleared background checks
 - regular access to email

If you are interested in becoming a rider or driver, or to learn more about the program, please check out www.peopleplusmaine.org/content/transportation or contact the VTN Coordinator at 729-0757 (or driver@peopleplusmaine.org).

DRIVERS WANTED!!

Sign up to Ride or Drive Today!

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

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

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

Neighbors, Inc.

The Home Care Company

Locally owned and operated for over 27 years!



725-9444

www.neighborsinc.com



It all started in 1942 when Bill Dodge's father, Winfred, opened a Chevrolet dealership in Bowdoinham, Maine. Since then, the Bill Dodge Auto Group has grown to currently include 8 family owned franchises in Maine: BMW, Infiniti, GMC, Cadillac, Buick, KIA, Hyundai and Nissan in four locations within Westbrook, Brunswick and Saco.

The Bill Dodge Auto Group is still run today by the Dodge Family, including co-owners Win & Stacy Dodge, a dynamic brother / sister duo who you probably hear on the radio! Win and Stacy work very hard to make sure employees and customers alike feel like "part of the family." Outside of the dealership walls, you will see the Bill Dodge Auto Group actively involved with Community events and sponsorships. Each year the Dodge Family puts generous amounts of time and financial support into the communities in which we serve.

From Otto the Moose attending parties and parades... to fighting childhood hunger in Maine...to supporting the Boy scouts, People Plus, Youth Sports, Big Brothers Big Sisters, Easter Seals, American Heart Association, American Red Cross, Camp Sunshine, and over 40 others in 2015! We truly want to be "Maine's Family Dealership" and the only way to do so is to do everything we can to support Maine Families.

The Bill Dodge Auto Group is comprised of over 300 employees, all working with one mission in mind: to be the greatest dealership around by providing the best customer care, great value and to leave you saying "Bill Dodge is a great place to be!" We look forward to seeing you soon.



Rick Martin, Service Director Hyundai & A/C DELCO, Bill Dodge Auto Group, gave tips on winterization and the do's and don'ts of doing a live multi-point inspection at a recent Car Talk at the People Plus Center.

Brentwood Winship Green

Center for Health & Rehabilitation, LLC Center for Health & Rehabilitation, LLC

Winship Green Center for Health & Rehabilitation has been an exceptional healthcare resource for the Greater Bath community for many years. Our center is managed by National Health Care Associates, a private, regional leader in senior healthcare with 40 short-term rehabilitation and skilled nursing centers throughout the Northeast. Winship Green Center and National Health Care share a common mission: "to provide our residents and their families with superior care delivered by staff dedicated to the principles of kindness, compassion, service, and excellence."

Whether you join us for a brief stay or call us your home, we want you to feel as comfortable as you would amongst family, while receiving care such as short-term rehabilitation following a hospital stay or skilled long-term care nursing services. We also offer short-term respite care, for vacationing caregivers - providing a much needed respite, allowing caregivers time away for a business trip or a much needed vacation. Our center is proud to provide National HealthCare's signature Passport Rehabilitation Program, featuring physical, occupational, and speech therapies, as well as a myriad of medical services including pulmonary rehabilitation, heart failure services for CHF, cardiac recovery, amputee rehabilitation, stroke rehabilitation and wound care management to name a few.

Our Passport to Home Rehabilitation program was specifically designed for individuals looking for a short-term, specialized rehabilitation "journey" home following hospitalization or an acute medical episode, focused on returning you to the best quality of life possible.

Winship Green Center prides itself on our customer service and maintains a common commitment to the highest level of quality care, all while providing a nurturing environment for both patients and families.

Contact us today to learn more about our services/programs and see how we can help you or a loved one.

Classes, Games, and Clubs at People Plus

CLASSES (fee-based, open to public):

Loosen Up!
M/W/F, 9 am. Instructor Suzanne Neveux. Includes resistance training, core strengthening, and exercises intended to improve balance and posture. Performed standing and seated. Take it once, twice or three times a week.

Zumba
Mondays, 10 am. Instructor Bea Blakemore. Aerobic and dance moves set to popular music. Low-impact for seniors.

Art with Connie Bailey
Tuesdays, 10-12 pm. All levels welcome. Explores different mediums each month.

Yoga
Tuesdays, 10:30 am with Ann Kimmage and Thursdays, 11 am with Leslie Ballin. Stretch, flex, breathe and relax for optimum well being.

Aerobics Lite
Tuesdays, 12:30 pm. Instructor Suzanne Neveux. Combination of sitting and standing movements while moving to music with low impact steps.

Line Dancing – Beginner and Advanced
Beginner: Thursdays, 6 pm, Advanced: Thursdays, 7:15 pm. Instructor Janice McLaughlin. Choreographed dance with a repeated sequence of steps in which a group of people dance in a line, all facing the same direction and doing the steps at the same time.

Qigong
Fridays, 11 am. Instructor Suzanne Neveux. Related to Tai Chi.

Tai Chi – Beginner and Advanced
Beginner: Fridays, 10 am, Advanced: Wednesdays, 12:30 pm. Instructor Suzanne Neveux. Exercises your mind and body. The body is challenged with moving slowly to keep your feet underneath you to enhance the power of your movements.

GROUPS (Free, members only):
Easy Riders Biking Club
Wednesdays, 9 am, weather permitting. Rides either begin at People Plus or off-site location and usually last about an hour.

Table Tennis
Most days – check calendar for schedule. For serious players with a sense of humor. Bring athletic shoes or sneakers.

Walking Club
Visit the Brunswick Parks and Recreation indoor track and log your walks in the member logbook.

GAMES (Free, members only):

Mah-Jongg
M/W/F, 9–12 pm. Chinese multi-player tile game. All skill levels welcome.

Bridge - Experienced
Mondays, 12–3:30 pm, Saturdays, 10 am – 3 pm. Play several games with different partners.

Bridge - Beginner/Intermediate
Tuesdays and Thursdays, 9–11:30 am. A less formal Bridge group. All levels welcome.

Cribbage - Experienced
Wednesdays, 8:45–11:30 am. Play cribbage with different partners.

CLUBS (Free, members only):

Crafters
Mondays, 9–11 am. Bring your current project (knit, crochet, scrapbook, etc) and socialize while working.

Apple Club
First Monday of the month. Bring your Apple device and questions.

Quilters
First and third Tuesdays of the month at 1 pm. Bring our own project and socialize while you work.

Kaffeestunde! German Conversation Group
Second Tuesday of the month, 3 pm. Whether you are just learning, need a refresher or are a pro who wants a chance to speak a language you love.

Write on Writers
Wednesdays, 1–2:30 pm. Read and share your works of poetry and prose, and to improve writing skills.

Exploring the World's Religions Conversation Group
Second and fourth Thursdays of the month, 9:30–11 am. Facilitated by Reginald Smart, former Harvard chaplain and Bath resident.

World Affairs Conversation Group
Fridays, 11 am. Ed Knox will moderate this club. He has lived and worked professionally in the Middle East and taught Mideast History.

Tech Time
Third Monday of the month, 10 am. Just like Apple Club but for non-Apple products. Bring your device questions.

Civil War Book Club
Third Monday of the month, 6:30 pm.

Books a la Carte
Third Tuesday of the month, 3 pm. Unique book club! Share what you've been reading and learn about what others think are good, too!

Cafe en Francais
Fourth Tuesday of the month, 2:30 pm. Spend a lively hour once a month speaking French with good company.

Why choose Winship Green Center for your Short-Term Rehab Stay?

Left to Right: Erika Leubner, PT, Sherri Barrett, PT, Lisa O'Laughlin, SLP, Raylene Capp, OT, Susan Ross, OT, Director, Tina Mitchell, Rehab Dept. Asst.

Come tour our newly remodeled **Short-Term Rehabilitation Unit.**

Our rehabilitation team works to restore you to health after a recent hospitalization or medical episode through individualized rehabilitation tailored to a series of realistic, short-term achievements. The ultimate goal is getting you home.

- Physical, Occupational & Speech Therapies available 7-days-a-week
- Patient Centered Goals-Discharge to home ASAP
- Home safety evaluation performed by therapist, if needed
- Selective menu and varied diets accommodated, including gluten-free, vegetarian and more
- Included amenities: Cable TV, Wi-Fi, Daily Newspaper, DVD Players, and Movies

For a personalized tour of our facility, please call: **Sarah Krajewski: 207.522.4099**

Winship Green
Center for Health & Rehabilitation, LLC
51 Winship Street
Bath, ME 04530
207.443.9772 | F 207.442.9201
www.WinshipGreenCenterRehab.com

An affiliate of National HealthCare Associates, Inc. National HealthCare

SAVINGS UP TO 50% OFF ON HEARING AIDS



Mary Marino of Mary's Affordable Hearing Aids started her company with ten years of experience after she saw a need in the market for less expensive hearing aid options combined with a lack of transportation in the hearing impaired community. So she began offering free home visits and hearing aids at affordable prices.

"They are too expensive.", and "Sounded great in the office but as soon as I left, it's

not the same.", are just a few of the comments she heard. By going to people's homes, not only does Mary save people money, she also provides the service where people spend the most time! All stages of the purchase take place in your home, including a complete exam, the fitting of the new hearing aids and adjustment follow-up. Mary loves what she does and it shows in her work. You can find Mary giving free hearing screenings at People Plus in Brunswick on the 3rd Thursday of each month at 11am and at the Bath Senior Center the 1st Wednesday of each month at 10am. OR, Call her for a free hearing test in your home at 1-781-249-5330 or email at mary@marysafordablehearingaids.com. You will be very happy you did. Hearing well improves your quality of life and those around you. "You don't know what you're missing if you miss it!"

Don't delay Call today

Mary's 1-781-249-5330

Affordable Hearing Aids

Traveling Hearing Aid Specialists

www.MarysAffordableHearingAids.com
Mary@MarysAffordableHearingAids.com

spectrum generations

For information about our services available in the midcoast and throughout central Maine, call **1.800.639.1553**

Aging & Disability Resource Center | Meals on Wheels

35 Union Street, Suite 1, Brunswick
www.spectrumgenerations.org

People Plus! Good Morning Program

Who ya gonna call?

The Good Morning Program is a free, daily safety check-in program created by People Plus and the Brunswick Police Department. Available to older adults or those with disabilities in Brunswick, Harpswell, and Freeport, this program enables participants to call in by phone seven (7) mornings per week from the time they wake up until 9:30 a.m. to say they are OK. If a participant does not call in, a volunteer will call the participant's home. If there is no answer, an emergency plan will be enacted; which may include local police making a "wellness check" at the home. Saving at least one life a year and giving peace of mind to hundreds, the Good Morning program is ideal for older adults or those who live alone or with someone with disabilities. (Even if you are healthy, what would happen if you fell? Could your family member get help?) It is perfect for those concerned about their comfort and safety or for those who have recently returned from the hospital or a rehabilitation facility. For more information, call People Plus at 729-0757 or Brunswick Police, non-emergency number, 725-6621, extension 4310 to register.



"Just calling to say that I'm OK"

Get signed up for FREE and let us give you and your family peace of mind!

Local lender and national leader in rural business development

CEI

We invest in the creative economy. To work with us, call 207-504-5900.

www.ceimaine.org

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. 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.
Nov. 03—Curtis Memorial Library, 23 Pleasant Street, Brunswick	9:00-10:30 a.m.
Nov. 03—Freeport Town Office, 30 Main Street, Freeport	1-3 p.m.
Nov. 04—Harpswell Wellness Fair, Town Office., 263 Mountain Rd, Harpswell	10 a.m.-2 p.m.
Nov. 08—Bath Vote and Vax, Bath Middle School, 6 Old Brunswick Road, Bath	8 a.m.-8 p.m.
Nov. 12—Brunswick Early Bird Sale, Tontine Mall, 149 Maine Street, Brunswick	7 a.m.-NOON
Nov. 17—RSU 5, Freeport High School, 30 Holbrook Street, Freeport	3-7 p.m.
Nov. 18—Town of Woolwich, Central School, 137 Nequasset Road, Woolwich	2:30-5:00 p.m.
Nov. 29—RSU 75, Mt. Ararat Middle School, 66 Republic Avenue, Topsham	4-6 p.m.
Dec. 07—Bath Area Family YMCA, 303 Centre Street, Bath	9:30-10:30 a.m.
Dec. 13—Bath Adult Ed, Morse High School, 826 High Street, Bath	4:30-6:30 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 Sponsors Scholarships

Mid Coast-Parkview Health underwrites a special sponsorship/scholarship program to support People Plus membership fees and program fees. If the yearly membership fee feels a little steep for you (or for you and your spouse combined), please let us know if you'd like some sponsorship for it! You could do a buy one get one free, for instance, for a married couple or either a partial or full membership for an individual.



New members Sumner and Anne Ricker, of Harpswell, recently took advantage of the buy one, get one free scholarship for People Plus memberships.

We also help with the cost of classes upon request. So don't miss out on a great opportunity to exercise and have a fantastic social experience underwritten by Mid Coast-Parkview Health!

Save money with a Lifetime Membership

If you are over 65, you can join the "hundred plus" People Plus members who have already taken advantage of our lifetime membership clause. For just \$250, you will receive a Life Membership in the People Plus Center.

If you do the math, you'll see the value, and the hidden bonus is "you'll never be bothered by our membership coordinator (Frank Connors) again!"

DID YOU KNOW...

You can automatically pay for your subscription each month? Costs much less than newsstand price - the coupons alone pay for it!

Only \$14.00 Per Month

The Times Record
 207.729.3311

SWIFT Wellness Program
 Certified Prof. Geriatric Care Management
 Community Support Specialists/
 Social Companions
 Personal Support Specialist/
 Personal Care Services
 Handyman Services

AGING EXCELLENCE

SeniorsOnTheGo.com

113 Pleasant St, Brunswick, ME • 207-729-0991 (866-988-0991)

Call today to arrange your complimentary chef-prepared meal and personal tour!

207-772-1080

BIRCHWOODS AT CANCO
 Assisted Living Community
 86 Holiday Drive, Portland, ME

Tips to Prevent Medication Errors

By Carl DeMars, MD

In order to avoid errors and harmful drug interactions, it is important for you and your healthcare providers know what medications you are taking. For your safety, it is best to keep a medication list with you at all times. A Personal Medication Card will help you keep track of your medications, proper dosage, and the reason for taking it.

It is important to remember to list ALL the medications you are taking including prescriptions, over-the-counter medications, vitamins, and herbal supplements. Every time you have a medical appointment, you should review your medication list with your healthcare team. When you change, stop, or begin new medications, make sure to update your list.

Knowing and understanding your medications can help you take an active role in your healthcare.

Here is a list of things you should learn about every medication you take:

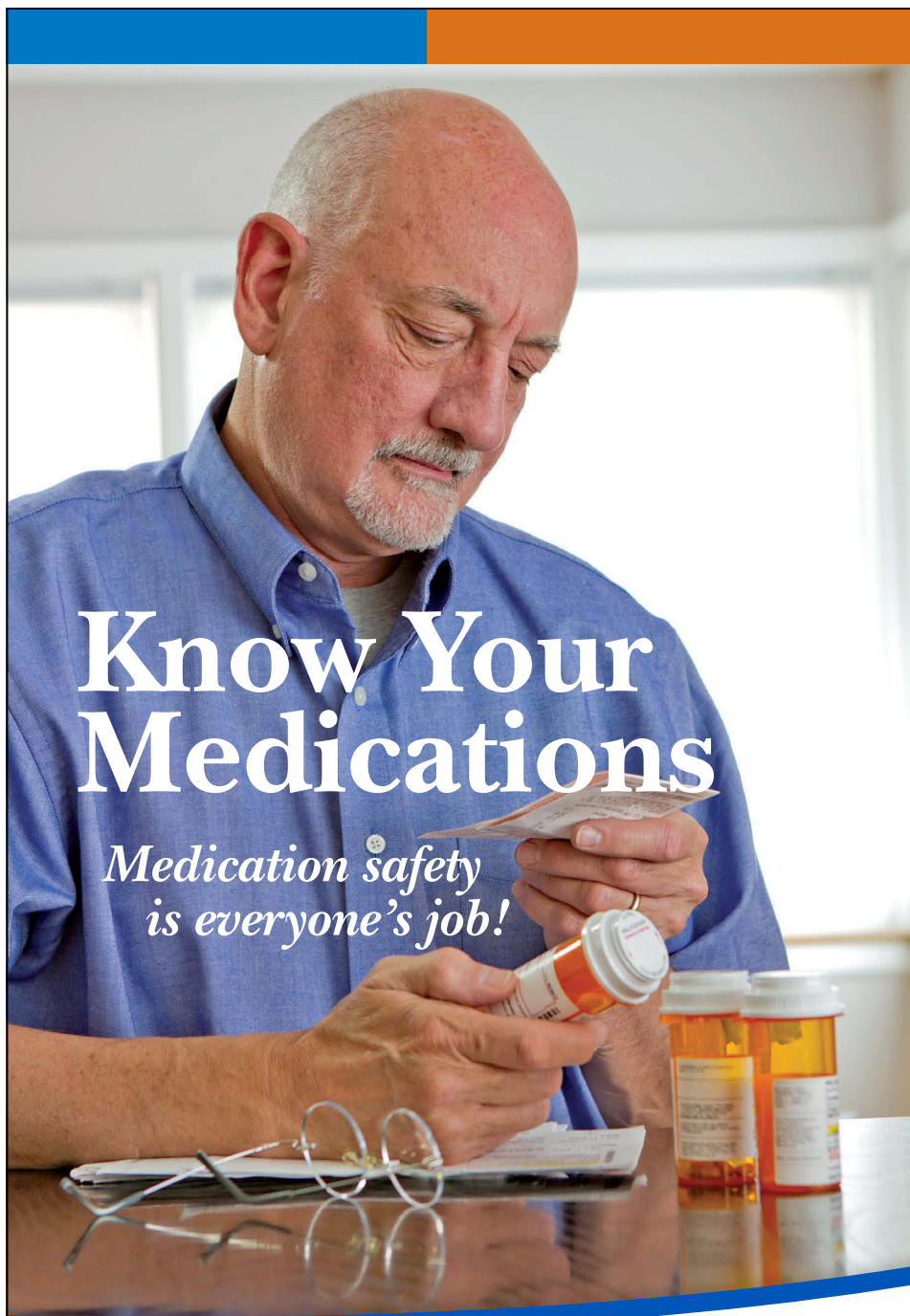
1. The name of the medication.
2. The reason you are taking the medication and what it is supposed to do.
3. When and how to take the medication, and for how long.
4. What to do if you miss a dose.
5. Foods, drinks, and activities (including being in the sun) to avoid while taking the medication.
6. Possible side effects of the medication and what to do if you experience them.
7. How to safely dispose of your unused medication.

If you would like more information about the medications you are taking, ask your provider or pharmacist. Your healthcare team can also help with finding lower cost medications and treatments.

Also remember to ask your provider about what medications may not be needed and if there are other treatments that may be more helpful. The Choosing Wisely® campaign, an initiative of the ABIM Foundation in partnership with Consumer Reports, is a national effort to help patients and physicians have conversations to ensure the right care is delivered at the right time.

Choosing Wisely encourages the use of five questions when talking to your health care provider about which tests, treatments, and procedures you need — and which you don't need.

1. Do I really need this test or procedure? Medical tests help you and your health care provider decide how to treat a problem. And medical procedures help to actually treat it.
2. What are the risks? Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?
3. Are there simpler, safer options? Sometimes all you need to do is make lifestyle changes,



Know Your Medications

Medication safety is everyone's job!

MEDICATION SAFETY REMINDERS

- Keep track of your medications with a Personal Medication Card.
- Review your medications at every medical appointment.
- Learn about your medications (name, dose, purpose, side effects, and things to avoid while taking it).
- Use your medications only as prescribed and never share with others.
- Ask your provider what medications may not be needed and if there are other lower cost treatment options.
- If you are no longer taking a medication, learn how to properly dispose of it at your local police department.

For a free, downloadable Personal Medication Card, please visit www.midcoasthealth.com/medsafety



MID COAST HOSPITAL

Our Community. Our Health.

www.midcoasthealth.com

such as eating healthier foods or exercising more.

4. What happens if I don't do anything? Ask if your condition might get worse — or better — if you don't have the test or procedure right away.
5. How much does it cost? Ask if there are less-expensive tests, treatments or

procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

The more educated you are, the more prepared you will be to ask questions of your physician, understand recommendations, and weigh the pros and cons of different treatment options. When you make the most of your

doctor visits, you get better care and see better health results.

Carl DeMars, MD is a primary care physician with Mid Coast Medical Group-Bath, a recognized Patient-Centered Medical Home by the National Committee on Quality Assurance, a private, non-profit organization dedicated to improving health care quality.