



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

Non-Profit Organization
 U.S. Postage PAID
 Brunswick, ME 04011
 Permit No. 52

35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org March 2017 Volume 17, No. 3

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



Perfect winter weather made Ed Webster's Mount Everest base camp experience "exhilarating and fun" according to one participant. Webster showed slides in the People Plus Main Hall then led everyone outside to "set tents and do some cooking." Richard Giustra and Steve Winter share their tent (left) and teams of members "compete," making believe they were working at 10,000 feet in 50 knot winds.

Teen Center passes goal, People Plus Center on track

Two generous checks for more than \$1,000 each to the Brunswick Teen Center have helped that annual campaign surpass its goal of \$10,000; and the effort to raise \$50,000 for the People Plus Center moved ever closer to its goal, needing just over \$10,000. Office manager Betsy White said as of February 21, the Teen Center effort stands at an "impressive" \$11,322, and donations to the People Plus campaign totaled \$37,866.

"Thanks to those two very generous donations," offered Executive Director Stacy Frizzle, "our teen food program should make it through the summer, and then, of course, we start the cycle all over again." She was quick to add, "we're always looking for and so appreciate it when people want to bake or make a little something and drop off food for the teens, in addition to the

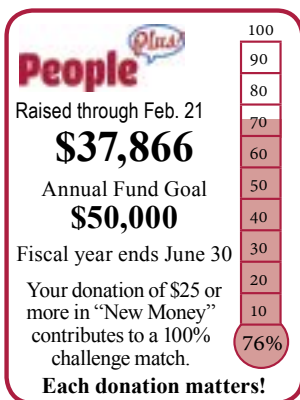
monetary donations."

Out-right donations to the People Plus annual campaign total \$35,751.05, with an additional \$2,135 donated by members when they renew their annual memberships. White said that total of nearly

\$38,000 leaves the annual campaign with only \$12,113.95 to raise with more than four months left in the current fiscal year.

Frizzle added that challenge donations made by Ellen Asherman, Robert and Marge Healing, Richard and Eleanor Morrell, and Suzan Wilson and Dan McLaughlin compound

the probability that the annual goal will be reached. "These wonderful, public-minded people add value to every donation made to the Center," she said.



Help Wanted for VTN Program

With numbers of "provided rides" setting records, the call is going out for more volunteer drivers to support the People Plus Volunteer Transportation Network. "We have almost doubled the number of registered riders in the VTN program," Coordinator Jenn Felkay said last week, "we are trying to expand outside our traditional service area (Brunswick, Topsham and Harpswell) to include surrounding towns like Bath, so **we especially need drivers from Bath.**"

"We need more help!" Felkay said, with scheduling rides, as well as driving. People Plus is hiring a new VTN office staff person (see classified on page 16).

Gala prep hits high gear

With just a month to go before our 15th annual Music in April Gala, "We're crossing t's and dotting i's," executive director Stacy Frizzle said, "we have every reason to anticipate this will be our best effort yet. We have a new venue, we're adding a couple new dining surprises, and the auctions are both doing very, VERY well!"

Topsham's Sky-Hy Conference Center is the site of this season's gala. "We're excited," Frizzle said, "a new site, fresh ideas, Tickets are going fast!" The excitement starts at 5 p.m., April 6, again under the watchful eye of legendary general chairperson O Jeanne d'Arc Mayo, who has had a steadying hand on all 15 programs. "There is just no reason not to anticipate perfection," Frizzle said. Here's a list of our valued sponsors, to date:

Fortissimo Gala Sponsor: Coastal Landing,

Crescendo Healthcare Sponsor: Mid Coast-Parkview Health,

Crescendo Financial Sponsor: Bangor Savings Bank,

Mezzo Decor Sponsor: Maine State Music Theatre,

Duet Event Sponsor: Spectrum Generations,

Forte Table Sponsors: Atlantic Regional FCU; Bar Harbor Bank and Trust; Bath Savings Institution; Bill Dodge Auto Group; Brackett Funeral Home; CHANS Home Health Care; Developers Collaborative; Edward Jones Investments, Brunswick Branch Office; Goodwin Motor Group; Hammond Lumber Company; The Highlands; Key Bank; The McLellan; Mid Coast Senior Health Center; Neighbors, Inc.; Norway Savings Bank; Primerica; Riley Insurance Company; Rousseau Management; Rusty Lantern Markets; Thornton Oaks; **Mezzo Forte Sponsor:** Maine Event Design and Decor; **Location Sponsor:** Sky-Hy Conference Center.

Individual tickets are still only \$50, reserve yours at 729-0757.

FYI! Focused on Seniors



Thu, Mar 23, 1 pm

As Outreach Director for Senator King, Teague Morris focuses on senior, veteran and low-income policy issues and constituencies. He's a former long term care social worker who previously worked with Spectrum Generations, Central Maine's Area Agency on Aging.

Teague will share highlights of the Senator's legislative accomplishments and priorities on behalf of Maine seniors. As the state with the oldest median age in the country and a growing proportion of people age 65 and older, Maine and its seniors will face challenges – as well as opportunities – unique to its changing demographics. How we embrace both over the next few decades will leave a lasting impact on the next generation of seniors in Maine, who are grappling with immediate needs like more affordable and accessible housing; lower prescription drug and healthcare costs; and

a secure retirement. Supported correctly, Maine seniors – who could comprise nearly 30 percent of the state's population by 2032 – are a key economic engine for our state. You are part of our workforce, you volunteer in our community, and your ideas and contributions keep Maine moving forward in a positive direction.

Senator King understands that Maine's growing senior population is going to help shape Maine's future, which is why he plans

on continuing to advance public policies that address the challenges facing Maine's seniors so it's easier for them to share their full potential. Open to the public. Registration required.

Wed, Mar 22, 2:30 pm.

Brunswick writer Paul Betit talks about his newest book *Let Me Tell A Story* and how it came to be.

Let Me Tell A Story is quite a departure from the military crime novels Betit has published in the past. A mix of short fiction and memoir, the book is a collection of short stories that take place over a 55-year period.

"The book reads like a novel, but it isn't one," Betit said. "The narrator in one story is

not necessarily the narrator of the next story or any of the stories that follow, but the book has a definite chronological arc and a melancholy feel to it."

Half of the ten stories in *Let Me Tell A Story* take place in Maine. A lot of the pieces are based on the author's

experiences during the Vietnam War and its aftermath. One reviewer, columnist George Smith of Mount Vernon, liked the book's mix of fact with fiction. "I would love to know what is fact and what is fiction, but part of the fun is trying to figure that out," he said.

Betit, who grew up in Augusta, has worked as a general assignment newspaper reporter or a sportswriter in Maine for more than 40 years, including stints at the Kennebec Journal in Augusta and at the Portland Press Herald and Maine Sunday Telegram.

During his talks, Betit shares back-stories, reads from current writing projects and discusses the publishing game. He always leaves plenty of time for Q&A. For more information about Betit and his books, visit paulbetit.com. Free, open to the public. Call to register.



SAVE THE DATE!
GELATO FIASCO
 INSPIRED BY ITALY. PERFECTED IN MAINE.
BRUNSWICK TEEN CENTER
SCOOP-A-THON
 April 26, 2017

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsam-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:

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

People Plus Board of Trustees

- Don L. Kniseley, Chair Brunswick
- Carol S. Aderman, 1st Vice Chair Freeport
- Jack Hudson, 2nd Vice Chair Brunswick
- Chris Perry, Treasurer Portland
- David R. Forkey, Secretary Georgetown
- Thomas Farrell, Ex-officio Brunswick
- Claudia L. Adams Brunswick
- Mitchell W. Brown Brunswick
- Robert Davis Harpswell
- Charles S. Evans Topsham
- O. Jeanne d'Arc Mayo Topsham
- Jim Pierce Brunswick
- Richard J. Rizzo Yarmouth
- Tony Sachs Brunswick
- Dustin Slocum Brunswick
- Annee Tara Brunswick
- Kim Watson Topsham
- Kelsie M. West-Ezzo Topsham

People Plus Staff

- Stacy Simpson-Frizzle Executive director
director@peopleplusmaine.org
- Jill Ellis Program and outreach coordinator
programming@peopleplusmaine.org
- Elizabeth White Office manager
betsy@peopleplusmaine.org
- Frank Connors Member services
frank@peopleplusmaine.org
- Jennifer Felkay VTN and marketing coordinator
marketing@peopleplusmaine.org
- Amy Feeley VTN and programming assistant
- Jordan Cardone Teen Center coordinator
teens@peopleplusmaine.org
- Patricia Naberezny Receptionist
reception@peopleplusmaine.org

Spectrum Generations Staff

- Casey Henson Meals on Wheels coordinator
chenson@spectrumgenerations.org
- Lynn Boardway Aging & Disability Resource counselor
lboardway@spectrumgenerations.org

Check out past newspapers online at www.peopleplusmaine.org

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

Join the march!

As I write this column I'm sitting at Logan International Airport in Boston.

I'm about to depart with my eldest daughter Daphne who turned 17 yesterday. We are headed to Florence Italy to look at an art school she may attend when she graduates this June from Mt. Ararat. It's her first trip out of the country and such an exciting journey to be taking. Hard for a mom to swallow that her child is growing and wanting to leave the nest but my fingers are crossed that she is well prepared for the journey.

The month of March always makes me think of a parade or things progressing forward. The march of time perhaps as my daughter is getting older.

I think of all of us as we are marching through our days together sharing time and activities at People Plus and how special those hours of every day can be for each of us as we are impacted by the good work this Center does.

Not only are we working on expanding our community outreach programs to include some in-home tech help, and light chores/

handyman service, and our social wellness checks, but we are also ramping up our scholarship options for our members who would like to participate in more of our paid exercise classes but are feeling the pinch in their wallets this winter.

So I think it's important to make sure all of you know that Mid Coast-Parkview Health supports scholarship programs not just for memberships to our wonderful Community Center but also for any of the fitness and health classes that we offer.

And even though all of our health classes are only five dollars each, if that five dollars (per class - three or four times a week!), adds up to more than a member wants to take on, Mid Coast-Parkview Health has their back!

So please don't be shy about asking Pat at the front desk or Betsy or Jill about taking health classes for free. The scholarship is there and ready to be used...

And we should all take advantage of it as we march toward a healthier spring for us all.

As I head off for a week's vacation, I have to thank Jill, Jordan and Jenn for pulling

From the Executive Director Stacy Frizzle



together all of the United Way information a full week before it was due; enabling me to leave knowing that our applications have all been submitted. Frank even offered to drive the box full of applications to Bath next week. What a peach!

They just called initial boarding here and the chaotic march for the gate has begun, so I suppose I'll wrap this up and send it off to Frank. I'm not sure he's ever had my column so early!

Before I go, I need to invite you again to take part in a couple of our new classes this spring. There's no better time to march toward good health and join us down here at this wild and crazy place we call People Plus - the center that builds community.

From Anita's Plate Anita Huey



207-504-6439, shebakme@comcast.net

March is National Nutrition Month and this year's theme is "Put your best fork forward!" This is a concept that I always try and encourage. This means how do we be more nutritious with every bite we take! Keeping this in mind seems like a good time to introduce my latest project. It is called the "Mighty Nutritious Bowl!" Bowls are one of the new trends, at home or in a restaurant. They provide layers of nutrition and very eye appealing. It is a great way to use leftovers in a different way and use your creative side to make a meal.

- To build your bowl you will need:
- Lean protein
 - Whole grains
 - Vegetables
 - Extras...i.e. hummus, guacamole, nuts, olives, fruit, seeds etc.
 - Sauces

I have included a sample of a bowl and recipes for sauces. You can make us the sauce and keep it in a mason jar.

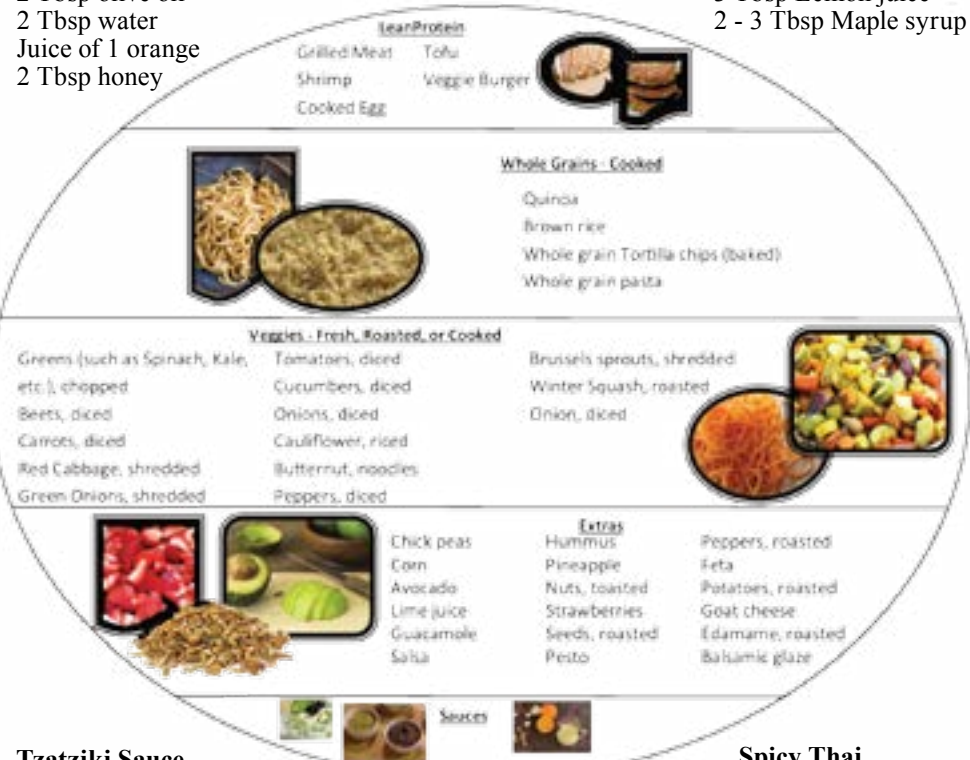
The next diabetes prevention program will begin on Thursday April 27th from 3-4 pm. I will be using the new curriculum. It is still the high quality program that I have been facilitating but with some updates. This year long program is a great way to help prevent or delay diabetes in high risk individuals. The cost for the whole program is \$125 for members and \$150 for non-members. Please contact me for more information or to enroll in the program. Anita Huey, MS, RD, LD, CDE (phone:504-6439).

Orange Tahini Sauce

- 1/2 cup Tahini
- 2 Tbsp olive oil
- 2 Tbsp water
- Juice of 1 orange
- 2 Tbsp honey

Maple Tahini Sauce

- 1/2 cup Tahini
- 3 Tbsp Lemon juice
- 2 - 3 Tbsp Maple syrup



Tzatziki Sauce

- 1 cup Greek yogurt
- 1 English cucumber, grated and drained
- 3 cloves garlic, minced
- 1 Tbsp lemon juice
- 2 tsp dill, fresh Black pepper to taste

Mediterranean Olive Sauce

- 1 cup olives, pitted and chopped
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 Tbsp water
- 1/4 cup red pepper flakes

Spicy Thai Peanut Sauce

- 1/2 cup peanut butter
- 1 tsp Sesame oil
- 1/4 cup rice vinegar
- 3 Tbsp soy sauce, low-sodium
- 2 Tbsp water
- 1 Tbsp Sriracha

Memorial Donation in Memory of

Roland Levesque
Aug. 7, 1939 – Feb. 15, 2017

Normand Rocheleau
Feb. 22, 1929 – Feb. 7, 2017

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

Why let it go to waste?

Treating the individual, not just the injury

www.headtoeopt.com

Comeback - February 5, 2017 *

by Mark Biscoe

The outlook sure looked dreadful for the Patriots' fans that day ; The score stood 28 - 3 with just a quarter and a half to play. Atlanta's speed was hard to match ; Matt Ryan zinged the leather. We were outplayed ; the future grim ; our boys seemed not together.

Brady's pass was intercepted ; Blount's fingers dropped the ball ; Some fans gave up, turned on CNN, the stands took on a pall. A miserable few got up to leave ; hopes dashed and all but certain Unless a miracle occurred, the Falcons had pulled the curtain.

Coach Belichick's half time speech was calm ; he did not have to shout : "I know the score ; we're way behind ; but we are far from being out. Points on the board - that's what we need ; adjustments will help in kind." Logan Ryan shouted from his bike, " A COMEBACK is on MY mind !"

Brady to Amendola started it off, and two field goals by Gostkowski, Now it was 28 - 12 - (oh, how we missed Gronkowski !)

Another pass, another score ; James White made it 28 - 20 ; Now Tom (12) Brady was in tune ; Atlanta tired plenty. Edelman hauled in an incredible catch - with only a millimeter to spare ; We dared to hope - could it be true ? Our team was getting near. A fumble caused by Hightower, Flowers' sack behind the line ; A penalty ; White tied it up ; we were now in overtime !

Matt Slater called the coin flip ; "Always HEADS, my father says." We had the ball, Tom drove the field, a Touchdown puts it away. James White, the man, ramming it in ; we had come back and had WON ! 25 points down, in the Super Bowl ; never had it been done !

Oh, somewhere down in Boston town the snowflakes fill the air ; The duck boats rumble through the streets ; happy people pressing near. Five Super Bowl trophies brandished ; people yell and shout. There is joy in old New England ; Brady's Patriots have won out. * (with obvious assistance from Ernest Thayer, the author of Casey at the Bat.)

POWER OUTAGE

By Virginia Sabin

Candlelight deepens playful shadows
On walls and ceiling
With flickering light
Enhances color in wall paintings
Softens scarred tables
And aging faces
Summons closeness
To read by the light
And warm by the hearth

Whiter Than Snow

by Nonie Moody

The wet snow is coming down
Slowly collecting on the trees.
Each branch is now coated in white
A favorite sight to see.

The trees cast a beautiful scene
With shadows on the snow
From the sun shining so bright
It makes a beautiful show.

Snow is mentioned in the Good Book
Recorded by David we know.
A request for God to wash him clean
That he would be whiter than snow.

God gives snow like lovely wool,
A reminder to praise the Lord
For His creations of snow and clouds
Fulfilling His word from heaven adored.

FIRE AND ICE

by Elizabeth B. Bates

Robert Frost wrote this poem in the last century:
"Some say the world will end in fire,
Some say in ice.....
I think I know enough of hate
to say that for destruction ice
is also great,
and would suffice."
February is a month of snow and ice, not fire, except of course when we have our dwellings warmed by fire. No ice inside except in our food-filled freezers, if we are

that lucky. However, our minds in March are picturing our gardens we will be planting in April and May. The ice will be gone. Our sun, which we are told is a gigantic ball of fire, is unimaginably far away. But things change!
The Bible talks about the Apocalypse. The Mayans and the Egyptians thought they had it all figured out. They were wrong, we think. But maybe it is just a question of timing.
Our January this year is said to be the warmest on record. In the Arctic, the icebergs



No Poetry

by Charlotte Hart

There was no poetry that drizzly day.
For pomp and inspiration came the crowd.
The lion roared and tried to make his case.
No wise, high voltage linguist was allowed.

"On the Pulse of Morning"? Where, dear Angelo?
"The Gift Outright"? No Frost that day was heard.
No "Praise Song for the Day" for us rang out.
Triumphphant Blanco's "One Today"? No—not one word

She lifts her lamp as high as ever now—
The lady tall beside the golden door.
Some saw her weep. Some said real tears did flow.
Is Lazarus' poem gone forevermore?

FOREVER FRIENDSHIP

by Bonnie Wheeler

She doesn't have to knock my door
Pours her own cup of coffee
Can talk or be comfortable in silence
Makes my favorite pie
Loves my children
Calls to see if I'm all right
Hugs me when I need hugging
May not agree and says so
Easy to laugh and cry with

As her life fades away with Alzheimer's
I hang on tighter
She doesn't understand
And won't remember

How now, brown moth?

by Russ Kinne

It's been quite a while since anyone complained about the SERIOUS itching caused by the infamous Brown Tailed Moth. Chances are pretty good you've never seen one, since the adults only appear in June, and though they are white they are also nocturnal. But the larvae - those caterpillars - are around from April to June. They shed tiny, airborne hairs coated with an effective -and memorable- skin irritant. Hard to avoid such an airborne problem!

My own rash came a day after I'd given blood, so I assumed it was an allergy of some sort. HAH! - not so! Those caterpillar hairs were to blame! These insects are tough and durable, but apparently can't tolerate severe cold. They appeared in the United States in 1897, and even today are found mostly on the Maine Coast and Cape Cod.

They over-winter as caterpillars (unusual) in webby nests much like the more common tent caterpillars. But the Brown Tail Moths nests are out near the tips of branches, not in crochets near the trunk, like the tent caterpillars.

Fall is the best time to control these nasties. After the leaves drop, the web-nests are easily visible, though too many may be too high to reach. I recall men burning tent caterpillar nests; this may be dramatic, but it's not necessary. If you can saturate a web-nest with gasoline, turps, kerosene or any similar stuff, you will kill the nest. No real need for flames. I believe the best, easiest, most readily-available and safest "treatment" is still diesel fuel. Get yourself a plastic squirt bottle, such as a shampoo or dishwasher fluid comes in, fill it with diesel, and squirt every nest you can reach.
Next year, you'll be glad you did!

AFTER CHRISTMAS

by Virginia Sabin

The brightness of Christmas fades
The harsh freeze of January pervades
As the red heat of Valentines go cold
The tempest winds of March blow
Driving April showers
Carpets of spring flowers
In soft water colors
Framed in a bright blue sky

Grandma's Love

by Nonie Moody

"Good morning," I say to my love
As my grandson is carried inside
Sitting in his car seat snugly
All smiles enjoying his ride.

The beginning of a new day
With hugs and kisses till wide-awake
He sits on Grandma's lap
Enjoying smooches till daybreak.

Our sort of routine is in place
Of eating, playing and sleeping
I enjoy watching his movements.
He thoroughly loves our bonding.

Our day is spent in many ways
Of reading aloud his books and mine.
We enjoy our inside stroller rides
And singing, both at the same time.

Here comes Mommy & Daddy
Who are welcomed with sweet smiles.
He will have lots to tell them later
Just wait till he can talk for miles.

The

by Winnie Silverman

In viewing the books in my bookcase, it struck me that most of the book titles begin with "The". In French "The" would be Le or La depending on gender. In Spanish, that I know of, it would be El or La.

Typical "The" titles: The Red Tent, The Best of Everything, The Girl on the Train, The Boston Girl, The Kite Runner, The Burgess Boys. All need the "The".

Some books that don't rely on "The" and seem to me to paint a picture that pulls me in to read them: All the Light We Cannot see, What Alice Forgot, Atonement, Defending Jacob, Orphan Train, Everything I Never Told You, Miller's Valley (and, of course, Speaking Frankly).

The most outstanding author who doesn't rely on "The", in my thinking, is Richard Russo: Elsewhere, Nobody's Fool, Everybody's Fool, Straight Man, Empire Falls.

If a title intrigues you check it out on the Curtis Library website or Amazon.com.

All Saints Parish
St. Charles Borromeo Church

LENTEN SUPPERS

Mar. 3proceeds benefit
Warm Thy Neighbor

Mar. 10proceeds benefit
Oasis Free Clinic

Mar. 17proceeds benefit
Tedford Housing

Mar. 24proceeds benefit
The Gathering Place

Mar. 31proceeds benefit
Habitat for Humanity, 7 Rivers Maine

Apr. 7proceeds benefit
Mid Coast Hunger Prevention

Adults \$8.00, Youth \$4.00
Under 5 yrs. \$2.00
Served 5 to 6:30 p.m. on Fridays

Come all! Tickets available at door. 132 McKeen St., Brunswick



Tasty Fish Dinner ...
Baked Haddock, Mashed Potato, Corn or Green Beans, Coleslaw, Rolls, Beverage, Dessert
Pizza also available

March at People Plus...

What's a Watch D.O.G.S.?



Members of the local Knight of Columbus lodge who've played Cribbage at People Plus almost daily this winter are answering the call for Watch D.O.G.S!

What's a Watch D.O.G.S., you might ask? Volunteers willing to provide positive MALE role models for students fill that bill, and our K of C members are going to make their presence known at Brunswick's Harriet Breecher Stowe elementary school this month. Coordinator Willo Wright is excited, saying the men intend

to visit the school as a group, reading to and working with students, eating lunch with them, and monitoring hallway and entrance activities. Providing an extra pair of eyes to enhance school security and reduce bullying is another goal of the program.

If you are interested in more information about this program, Contact Frank at the People Plus Center, 729-0757.

Free AARP Tax Aide

AARP aides will be at People Plus Tuesday mornings and Thursday afternoons through April 15. Call for an appointment.

'Aging Well' Lunch and Learn:

Mon, Mar 27, 12 pm. Protect yourself and your family from fraud. Senior citizens are most likely to have a "nest egg", to own their home, and / or to have excellent credit - all of which make them attractive to con artists. Come join us in a conversation about investment and other fraud that you should be aware of in order to protect yourself from becoming a "target". Facilitated by Rose Murphy, Director of Internal Audit and Compliance, Atlantic Regional Credit Union and Carol Aderman, Financial Advisor, Abenaki Retirement Investment Services. Bring your lunch (or try Monday Munchies) and we will provide drinks, chips and dessert. Free, open to public. Registration appreciated.

Medicare 101 Session with Spectrum Generations

Tue, Mar 14, 12:30 pm. 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, open to the public. Registration required. Please notify us two weeks prior to an event if you require special accommodations.

Lunch & Connections Corned beef and cabbage is cooking

Help us celebrate St. Patrick's Day AND the beginning of spring "with a heaping helping of corned beef and vegetables" with 75 of your closest friends, when we serve up our Lunch & Connections dinner at noon on Thursday, March 16. The person wearing the most "GREEN" will automatically "get some green" from chef Frank!

"This is a dinner the membership waits for," chef Frank Connors said, "we always fill the house! We salt our own beef, we use locally grown veggies and the results are spectacular, or better!"

This traditional New England feast includes corned beef with potatoes, carrots and turnip, all boiled slowly in a flavorful onion broth. Yes, we have a side of pickled beets, and of course there will be a fresh and green lightly dressed salad for all. Coffee, tea, fruit juices and milk are available with each meal, and we try to keep your water glasses fresh on every table.

Dessert will be a generous slice of frosted carrot cake, and you'll just have to see what Gladys and company are doing as table treats to observe St. Patrick's Day, the first day of Spring AND American Chocolate Week!

Our monthly Lunch & Connections meals are sponsored by a grant from Spectrum Generations, and are intended to focus on good nutrition, useful information and variety. A CHANS healthcare professional is always in attendance to offer and record free blood pressure checks, and Mary Morano of Mary's Affordable Hearing Aids is available in the privacy of the Teen Center to complete free hearing checks from 11 a.m. until noon.

Please remember you must pre-register after the first of March to be included. Cost of the meal is still only \$6.00 for members and \$8.50 for non-members, always payable when you arrive at the door. Yes, you can still pre-order a take-out meal, and pick it up after 11:30 a.m.

Plan to arrive at the Center after 11:15 a.m. to claim your seat and chat with your friends. You will be automatically registered for one of our several free door prizes, and you might want to enter our 50/50 raffle. (January's 50/50 winner took home more than \$50, you'll remember the February luncheon was cancelled because of foul weather)

Our buffet-style luncheon is served, beginning at 12-noon.

New Late Afternoon Class Dance and Movement for Wellness

Tuesdays, 4-5:15 pm (no class Mar. 7 & 14) Focusing on gentle streaming movement and dances with spoken poetry and melodies with instructor Lisa Ruth. Can be done seated. Try the first class for free! \$5 members/\$10 non-members. Call to register.

AAA Roadwise Driver Classroom Course

Fri, Mar 31, 9:00 am - 1:00 pm This four-hour classroom program is designed for drivers 55 years and older who want to maintain their driving ability as they age. The curriculum focuses on safe driving awareness and confidence behind the wheel, and is designed to be fun, interactive, and anxiety-free. Discussions are led by friendly AAA trained and certified instructors. This course may qualify for insurance premium discounts. Inquire with your insurance carrier. Cost is \$15 for AAA members, \$20 non-members. Call AAA directly to 729-3300 to register.

Computer Tutor: Windows 10 (101) with Jack Hudson

Thu, Mar 9, 9 am. Bring your own device or laptop for a basic introduction to Microsoft Windows 10. Members Only. Call to register.

"The Shoulder" with Dr. Giustra

Wed, Mar 15, 3 pm. Brachiation is a term applied to a form of locomotion used by the Gibbon, a monkey, to travel through jungle trees. This is possible because of the great mobility and power of the shoulder. We don't walk on our hands as a routine but maybe we are not using our shoulders as effectively as we might. Come to People Plus to learn basic functional anatomy of the shoulder as it contributes to our overall wellbeing. There will be a healthy little treat to enjoy and a friendly, relaxing place to just hang out. Members Only.

STORM POLICY

When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. The Center may remain open for business, unless conditions warrant a complete closure. Check our website, www.peopleplusmaine.org, or local media for closure information.

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

WHAT'S HAPPENING IN MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 People Plus in the Media: viewed online at http://vimeo.com/harpswelltv		8:45 Cribbage 9:00 Mah-Jongg 9:00 Winter Outing Group 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Adv 1:00pm Write On Writers 5:30pm Knights of Columbus	1 8:30 Women's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 9:30 Exploring Great Religions 11:00 Yoga 1:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	2 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brun.	3 9:00 KOC 10:00 Bridge
6 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Apple Club 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 1:30pm Pickleball* *at Bruns. Rec Center	7 8:30 Table Tennis 8:30 AARP Free Tax Aide 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 4:30pm Collette Trip Presentation 6:00pm Knights of Columbus	8 8:45 Cribbage 9:00 Mah-Jongg 9:00 Winter Outing Group 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Adv 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp	9 8:00 Men's Breakfast 8:30 Table Tennis 9:00 Computer Tutor: Windows 10 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	10 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brun.	11 9:00 KOC 10:00 Bridge
13 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 1:30pm Pickleball	14 8:30 Table Tennis 8:30 AARP Free Tax Aide 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Welcome to Medicare 12:30pm Aerobics Lite 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting 6:00pm Knights of Columbus	15 8:45 Cribbage 9:00 Mah-Jongg 9:00 Winter Outing Group 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Adv 1:00pm Write On Writers 3:00pm "The Shoulder": Dr. Giustra 5:30pm Knights of Columbus	16 9:30 Beg/Intermediate Bridge 9:30 Exploring Great Religions 11:00 Hearing Screenings 11:30 CHANS BP Clinic 12:00 Lunch and Connections 2:00pm AARP Free Tax-Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	17 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs 12:30pm Table Tennis 6:30pm Folk Dance Brun.	18 9:00 KOC 10:00 Bridge
20 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 1:30pm Pickleball 6:00pm Belly Dancing 6:30pm Civil War Book Club	21 8:30 Table Tennis 8:30 AARP Free Tax Aide 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 4:00pm Dance/Movement Wellness 6:00pm Knights of Columbus	22 8:45 Cribbage 9:00 Mah-Jongg 9:00 Winter Outing Group 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:00 March for Meals 12:30pm Tai Chi - Adv 1:00pm Write On Writers 2:30pm Author's Chat - Paul Bettit 6:30pm Brunswick Coin/Stamp	23 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 1:00pm FY!! Focused on Seniors 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	24 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs 12:30pm Table Tennis 6:30pm Folk Dance Brun.	25 9:00 KOC 10:00 Bridge
27 9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Bridge 12:00pm Lunch & Learn Protecting From Fraud 1:30pm Pickleball 6:00pm Belly Dancing	28 8:30 Table Tennis 8:30 AARP Free Tax Aide 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 4:00pm Dance/Movement Wellness 6:00pm Knights of Columbus	29 8:45 Cribbage 9:00 Mah-Jongg 9:00 Winter Outing Group 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Adv 1:00pm Write On Writers	30 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	31 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brun.	People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm

Travel 2017

"Switzerland, Austria, Bavaria"

Join us **Tuesday, Mar 7, 4:30 pm** for a Collette Travel presentation on "Discover Switzerland, Austria, Bavaria", **Oct 10-31, 2017**, 10 days. Highlights include Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Oberammergau, Tyrolean Folklore Show, Bern, Château de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne. Registration appreciated.

Visit <https://gateway.gocollette.com/link/800264> for more information.

"America's Cowboy Country"

Sept 22-29, 2017. An eight day trip including 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! **Last Chance! Deposits Due March 15, 2017.**

Visit <https://gateway.gocollette.com/link/764098> for more information.

Healthy Weight for a Lifetime

FREE INFO SESSION
Thursday, March 14 from 5-6 p.m.

Suite 2200, 121 Medical Center Drive, Brunswick

• Program overview • How to enroll • Q&A
Healthy Weight for a Lifetime—formerly the Center for Weight & Lifestyle Change—provides a long-term solution for weight loss by addressing the emotional, physical, and nutritional issues contributing to obesity. The 12-week **mindful living program** includes nutrition counseling, integrated behavioral health, and exercise coaching, creating a foundation for overall better health.

NEXT SESSION STARTS Thursday, APRIL 13

For more information, please call (207) 406-7446
www.midcoasthealth.com/weightloss



MID COAST Center for Community Health & Wellness

www.midcoasthealth.com/wellness

Changing your perception on health care

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

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

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

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

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

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

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

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



Dr. Tim Coffin

Good Shepherd Lutheran Church welcomes you to join us for

Ash Wednesday Services March 1 at 7:00 pm

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 • 336 Maine St, Brunswick • 725-6561

Reception Room
Personalized Caring
Spacious Chapel
Private Family Room
"Help Yourself" Kitchen

Stetson's
Funeral Home

12 Federal St. Brunswick, Maine 04011
www.stetsonsfuneralhome.com
207.725.4341
apurinton@gwi.net

Anthony B. Purinton • Funeral Director



SNOWED IN?? Old man winter played his games with our parking lot AND schedules February, cancelling our Valentines Party, Lunch & Connections and Men's Breakfast. Most of the record snowfall was under control by month's end, thanks to a warming springish trend, and snow removal/relocation by the recreation center's Bobcat snowmachine.

Neighbors, Inc.
 The Home Care Company
 ...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	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

"We'll get you Spiffy in a Jiffy!"

Chicks Do Chores
 (AND SOMETIMES CHUCK)

So you don't have to!

WE'LL TACKLE YOUR TO-DO LIST!
 ★ ATTICS - BASEMENTS - DECKS - FENCES - GARAGES - GARDENS - OFFICES - YARDS etc.
 ★ CLEAN - CLEAR-OUT - FILE - DUMPTRUCKS - LABEL - MOW - MULCH - PAINT - RAKE - SPLIT/STACK WOOD - TRIM - WEED etc.
 ★ RUN ERRANDS FOR YOU or WITH YOU!

MARY ELLEN ROSENBERG - OWNER
 CALL OR EMAIL FOR ESTIMATES OR SCHEDULING -
 CDC.4U@COMCAST.NET
207-729-5760

www.chicksdochores.com

Welcome Spring
 with the Cumberland County Sheriff's Office
 and the Merrymeeting Bay Triad

April 5, 2017 10:00 am
 St. Charles Church Hall
 132 McKean Street, Brunswick, Maine

For Seniors to Lunch and Learn
 There will be many Special Guests bringing information relevant to Seniors safety and well-being.

Go to: <https://www.facebook.com/cumberlandcountysos/> for updates to the event

Sign up by calling: (800) 266-1444 ext 2176 or emailing maines@cumberlandcounty.org

"Tales of the Early Ulster-Scots of Maine"

The next monthly meeting of the Pejepscot Genealogical Society (PGS) will be held in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, March 12, 2017 at 2 pm. Guest speaker John Mann is Chairman of the Maine Ulster-Scots Project, whose mission is to save and share the stories of the Ulster-Scots who came to Maine 300 years ago. They came from Ulster County in northern Ireland in the 18th century with hopes of owning land, but then struggled to "keep" it. Family accounts tell of homesteads raided or burned by native peoples and of family members being killed, scalped or kidnapped and taken to Canada for trade. Many Ulster-Scot families persevered, however, and their descendants continue to thrive in the area! Mr. Mann descends from one of these families and has authored a book titled "Ulster-Scots on the Coast of Maine, Volume 1, The Means Massacre, Background & Location." Join us to hear more about these early settlers.

Everyone is invited to join to the group 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.

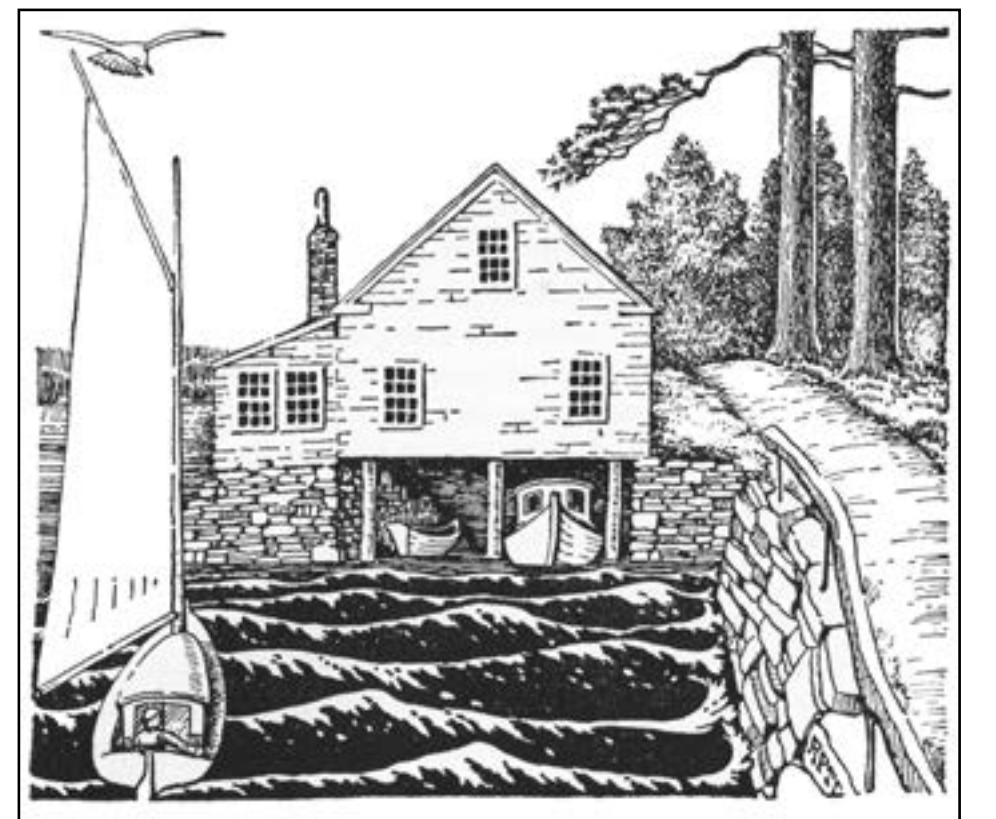
Robert P.T. Coffin: A Maine Treasure



Noted Maine author/artist Robert Peter Tristram Coffin was born in the shadow of Bowdoin College, Brunswick, on March 18, 1892, and spent most of his childhood days on his father's salt water farm on Harpswell's Great Island. He wrote his first poem at the age of eight, and took his childhood education in a one-room, brick school house at Prince's Point, and graduated from Brunswick High School in 1911. Coffin Entered Bowdoin College in the

fall of 1911, and graduated four years later, with the highest rank in his class. He was elected to Phi Beta Kappa, he was "Odist" on Ivy Day, editor-in-chief of the Bowdoin Quill, and class poet. He won a Henry W. Longfellow Scholarship to Princeton, and was chosen a Rhodes Scholar at Oxford, England. His first volume of Poems, "Christchurch" was published in 1924. He was named a life-long member of the National Arts Club

after publishing "Portrait of an American" in 1931, and within five years, he was named National Honor Poet, and had won a Pulitzer Prize for the book of poems called "Strange Holiness." He was a member of the English department at Wells College, in New York, and returned to head the English Department at Bowdoin College. He wrote more than 40 books, most of them being collected poems, but some were biographical. His "Portrait of an American" told his father's life story, "Captain Abbie & Captain John," told the story of a Pennell family sea-faring legacy. His "Kennebec, Cradle of Americans," gained him national prominence and his "Lost Paradise" laments his life after leaving his boyhood farm. This March 18, 2017, we're celebrating Coffin's 125 birthday. If you want to see a larger collection of his woodcut art works, just stop at the People Plus Center, any day this month.



by Frank Connors



Daphne and Stacy Frizzle took a "holiday" to Europe last month, while Daphne visited prospective schools. Daphne took an hour to enjoy(?) her People Plus News during an intra-city train ride in Italy.



Thursday hikers enjoy the sights and a bumper crop of snow last month, tracking through Topsham trails and the Libby Hill Preserve.




Avita
of Brunswick
A Northbridge
Memory Care Community

GRAND OPENING CELEBRATION



AvitaofBrunswick.com

"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 *menu subject to change

MONDAY MUNCHIES MENU

- | | |
|------------------------------|---|
| Mar 6 Tuna Casserole | Mar 27 White Bean & Ham Soup w/ Cornbread |
| Mar 13 Irish Potato Soup | |
| Mar 20 Chicken Tortilla Soup | *menu subject to change |



Books A La Carte Reading List

Fiction

The Eastern, Book 1 by Deb Gould (People Plus Member/Writer). Historical fiction. Tales of settler families along a river in Maine in the early 1800's. Based on true accounts. Very well researched.

Nonfiction

Once We Were Sisters by Sheila Kohler. Powerful story of two sisters in South Africa. When the older sister dies, the younger is launched into a writing career, and tries to understand her sister's death.

Stealing Buddha's Dinner by Bich Minh Nguyen. Memoir of a Vietnamese girl growing up in 1980s Grand Rapids, MI. Humorous and informative.

Alice Waters and Chez Pannise by Thomas McNamee. Details the beginnings of Alice's Restaurant and the beginning of the farm to table movement.

We Two by Gillian Gill. For fans of "Victoria" on PBS. Many more details of Victoria and Albert's life together.

Mysteries/Thrillers

Agatha Christie: The Woman and Her Mysteries by Gillian Gill. Part bio and part discussion of Christie's mysteries. Very interesting.

Books for Living by Will Schwalbe. A journey through a life of reading by the author of *End of Your Life Book Club*.

Inspector Gamache series by Louise Penny. Set mostly in a very small town in Canada. Recommended by several members. WARNING - this series is addictive.

The Wrong Mother by Sophie Hannah. Two daughters, two mothers murdered.

Killer Smile by Lisa Scottoline.

When the Music's Over by Peter Robinson. (Inspector Banks series) Two fictional investigations - both based on recent true events in England - one similar to the Bill Cosby situation and the other to organized sex trafficking in two towns.

Learn firsthand about the MID COAST Center for **JOINT REPLACEMENT!**



FREE EDUCATIONAL SESSION
Thursday, March 16 • 1-2 p.m.

MID COAST HOSPITAL Café Conference Rooms
123 Medical Center Drive, Brunswick

Do you want to do things you haven't done in ages, gain relief from pain you've lived with for years, and be able to exercise and improve your overall health?

Join members of our Orthopedic Care team—including William P. Simpson, PA-C, Donna Gioia, PT, OCS, and Buffie Breed, OT/L—to learn about the first-class orthopedic care available right here, close to home.

Mark F. Henry, MD, a joint replacement surgeon with MID COAST MEDICAL GROUP—*Orthopedics*, will also be on hand to discuss surgery and answer questions.

For more information, please call (207) 386-0418



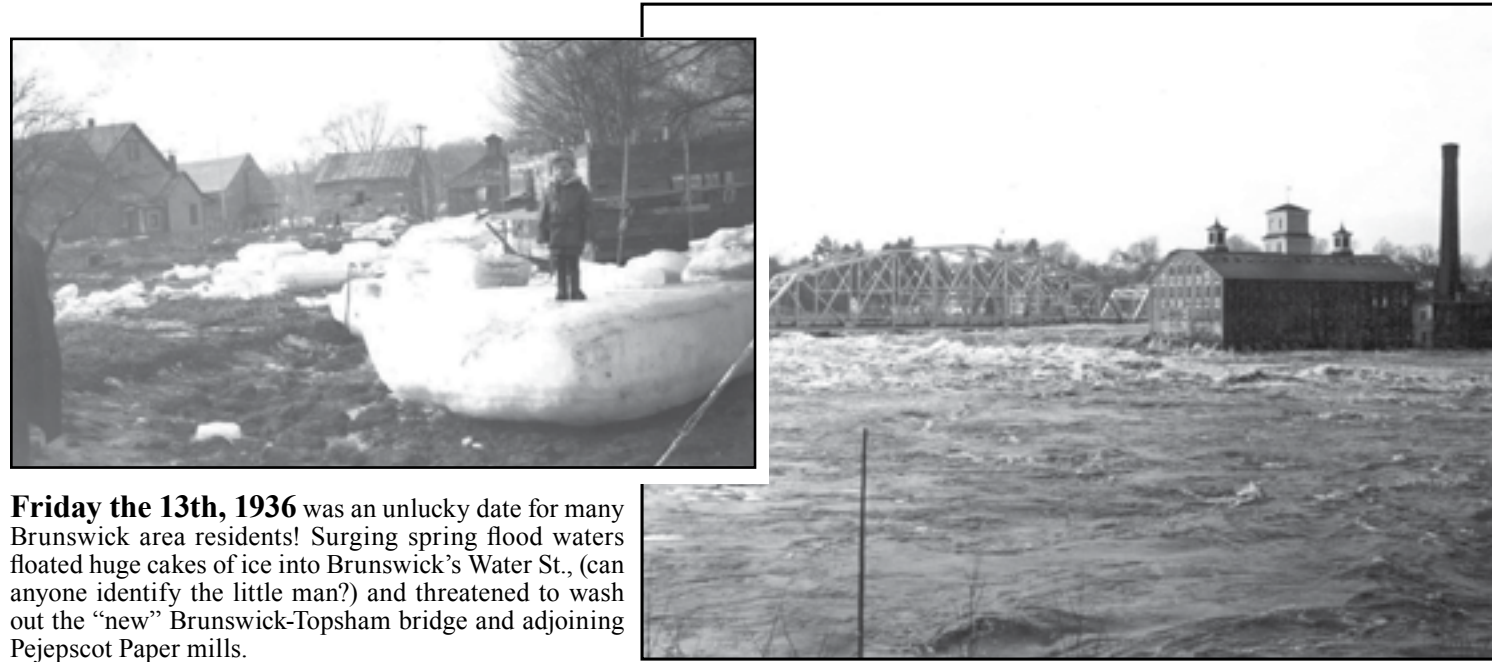
MID COAST HOSPITAL

123 Medical Center Drive, Brunswick, Maine 04011

www.midcoasthealth.com/joint



RSVP: 207.729.6222



Friday the 13th, 1936 was an unlucky date for many Brunswick area residents! Surging spring flood waters floated huge cakes of ice into Brunswick's Water St., (can anyone identify the little man?) and threatened to wash out the "new" Brunswick-Topsham bridge and adjoining Pejepscot Paper mills.

Need a Ride?

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!

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

SALE

Annual Craft 'n Flea Market
Saturday, March 4
8-2pm

Woodside Elementary School
42 Barrows Drive, Topsham

Event Sponsored by: **WOW Woodside One Wheelers**

RM ROUSSEAU MANAGEMENT, INC.
 Skilled and Assisted Living in Midcoast Maine

We take your loved ones comfort and health to heart.

COASTAL LANDING RETIREMENT COMMUNITY
 142 Neptune Drive, Brunswick (207) 837-6560

COASTAL SHORES ASSISTED LIVING
 142 Neptune Drive, Brunswick (207) 725-5801

DIONNE COMMONS
 24 Maurice Drive, Brunswick (207) 725-4379

ASSISTED HOME CARE II
 11 Bank Street, Brunswick (207) 212-6736

Horizons Living & Rehab Center
 29 Maurice Drive, Brunswick (207) 725-7495

Weekly Winners

Senior Intermediate Cribbage

- Jan. 25: Lois Fortin, 703
 Rick Fortin, 688
- Feb. 1: Joe Tonely, 726 (perfect game!)
 Julie Swol, 702
 Tim Owens, 693
 Anita Owens, 693
- Feb. 8: Lorraine LaRoche, 704
 Gabriele Niffka, 686
- Feb. 15: Anne Bouchard, 714
 George Hardin, 713
 Harry Higgins, 703

Monday-Saturday Bridge

- Jan. 21: Lorraine LaRoche, 3,340
 Nina Mendall, 3,330
- Jan. 23: Lorraine LaRoche, 4,170
 Bill Coop, 3,830
 Paul Betit, 3,730
 Dick Brautigam, 3,460
- Jan. 28: Lorraine LaRoche, 3,010
 Bill Coop, 2990
- Jan. 30: David Bracy, 4,890
 Anne Brautigam, 3,710
 Dick Brautigam, 3,490
 Sherry Watson, 3,410
- Feb. 4: Lorraine LaRoche, 4,320
 Richard Totten, 3,750
- Feb. 6: Bill Coop, 3,110
 Lloyd Jones, 3,010
 Alan Reder, 2,920
 Sherry Watson and Lorraine LaRoche, (tie) 2,900
- Feb. 13: David Bracy, 4,730
- Feb. 18: Betsy Mace, 4,790
 Richard Totten, 4,620

15th Annual Music in April 2002 - 2017

April 6, 2017
Sky-Hy Conference Center, Topsham

*Confirmed sponsors as of print date

UUCB Concerts for a Cause

WOMEN IN HARMONY



Women in Harmony presents a concert of choral music that reflects their vision for the world, including songs about working to make the world a better place. Their songs convey the need for action, for honoring the earth and one another, for seeking unity among people, and helping those in need. The program includes Holly Nears "Fired Up", "Common Woman" by The Righteous Mothers, "Arlington" and "One Voice" by the Wailin Jennys, "Everybody Eats When They Come To My House" (made famous by Cab Calloway), "Bound for Freedom", "Swimming to the Other Side" by

Emmas Revolution, and more. Women in Harmony has been singing for social justice for over 20 years. They are a diverse group of women, gay and straight, musically sophisticated and musically untrained who unite in song and a spirit of fairness. Women in Harmony is dedicated both to musical excellence and social justice. This intersection of high-quality music and thoughtful social action gives them a unique niche among singing groups in Northern New England. The chorus serves the community by providing learning opportunities for women of diverse musical backgrounds, partnering regularly with other local organizations, and promoting the work of women composers and musicians. Women in

Harmony sings for unity among women, advocating social, political, and economic equality for all. Their music is culturally and stylistically varied, daring, and full of life. The songs, while diverse in style, all convey the importance of connection and community. Proceeds from the Concerts for a Cause series raises money for church programming and local charities. Saturday, April 8, 2017 @ 7:30 pm Unitarian Universalist Church of Brunswick, 1 Middle Street, Brunswick. Tickets: \$12 in advance, \$15 at the door. Available at the church office (729-8515), Gulf of Maine Books, or online at <http://womenharmony.brownpapertickets.com>.

Understanding Heart Disease | Ounce of Prevention SERIES

Monday, March 13 • 11 a.m.–NOON
 Community Room at MID COAST SENIOR HEALTH CENTER
 58 Baribeau Drive, Brunswick

Join **Enrique J. Rivas, MD**
 A Cardiologist with MID COAST Cardiology

You will learn about –

- Factors involved in the development of heart disease
- How blockages of the arteries develop and heart attacks occur
- What can be done to prevent a heart attack: the first and future ones

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

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

RESCHEDULED FROM FEBRUARY



COOKING MATTERS! Nearly a dozen members of the Brunswick Area Teen Center enjoyed cooking classes conducted by Addie Browne in the People Plus kitchen last month. The six- week classes explored nutrition, working with fresh foods, and "had to eat everything they cooked!"



Brunswick Area Teen Center

Something is always cooking!

March! Hup two three four----- here we go! But first-February was a pretty quiet month for us between snow days and school vacation days, it was a very short month!

Two of my favorite happenings in February; On Tuesday, February 14th ♡, staff members from Avita, the new Assisted Living Facility for patients with Dementia or Alzheimer's located at Brunswick Landing (ok-I typed "The Base" first-I admit it-but I caught myself!), arrived at the Teen Center with hand-made Valentine's cards and homemade brownies for the kids, all made by residents! That made our day! On Wednesday of that same week, the 6th and last "Cooking Matters" class took place with a graduation afterwards. The group had made crepes for the last class with fillings to create either breakfast ones with eggs and ham etc. or ones filled with yogurt and fruit etc. The crepes (made with wheat flour) were so good and we are definitely going to be making these again!!! Before getting their certificates, each student had to share something they learned and I was impressed by their responses, they really did learn some great stuff during this course. All of us are sad to see it end but are committed to continue to come up with creative things to do on Wednesday afternoons. Dance class was a popular vote but more cooking classes got even more votes!

I am being "railroaded?" into creating a monthly event (like we do Teen of the Month every month) consisting of cake and ice-cream to celebrate everyone who had a birthday in that month. We have tried to be low-keyed about birthdays because there are so many kids! As we have gained more and more younger kids, they are not low-keyed about their birthdays, especially when they are turning 13 (an official teenager!!!!) or 16 and then 18! So, if you are in the building



Teen Center News

Jordan Cardone



towards the end of any month you may hear us all singing upstairs! I did have to tell them about candles and sprinkler systems etc. which bummed them out (no candles) but also kind of got them all excited-I mean how cool would it be if it started raining on all of us inside? SOOO COOL! So now to tamper down that desire, we are probably going to have to take them outside and let them run around in the rain once a month too! I would do that (they love puddles too) except we don't have a dryer and even though they may say "we don't care if we're wet!" - yes they will!!!! Speaking of puddles, I expect we will have lots of them this month once all the snow is melting.....

March and April are always busy months around PP with our two biggest fundraisers both taking place in April! Music in April is on April 6th and The Gelato Fiasco Scoop-a-Thon on April 26th. Both of these events take months of planning and preparation and bring in much needed funding for the many great programs we offer! There are many of you already out there working on or who have already donated to these events and we thank you, ALOT!

Remember, we are all blessed with a dose of Irish luck this month, Irish or not, so enjoy! Find a lucky penny, find a four-leaf-clover, buy a power-ball ticket.....who knows!

Here's to a lucky month! Jordan and gang!

Teen Center Winter Hours
Monday-Thursday
2:30-5:30 pm



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

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



Senior Real Estate Specialist, SRES • Accredited Staging Professional, ASP



I love selling homes along the Midcoast. Military Retired Spouse with a lot of moving experience!

Nancy Beal, Realtor
(207)751-0752

nancy.beal@century21.com
www.midcoastmainehomes.com



Century 21 Baribeau Agency, 51 Pleasant Street, Brunswick ME 04011



Pickleball Pros! A great group of Pickleballers played at the Center every Monday last month and March 6th, 1:30-3 p.m., they'll be going to the Brunswick Rec Center, 220 Neptune Drive, Brunswick Landing, to try their skills on the "big floor!" If you want to join them, please call to register. Of course, we're going to set up the court at People Plus every other Monday in March, same time, same place, as long as there is interest.

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

- Autometrics**, 10% off parts, anytime
12 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

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 Cafe**, 10% off, anytime
Topsham Fair Mall, Topsham, 729-5366
- McDonald's**, Free dessert with purchase
Cook's Corner, Brunswick, 729-4416
- Wild Oats**, 725-6287, 10% off on Mondays
149 Maine St., Brunswick, 725-6287
wildoatsbakery.com

New Location for 2017 Music in April!



Adult Day Program Includes:

- Daily Transportation
- Hot nutritious meals and snacks
- Health monitoring
- Recreation
- Social Services
- Counseling
- Special services for physically and mentally challenged adults
- Physical and occupational therapy

Sky-Hy Adult Day Program is licensed and certified by the Bureau of Elder and Adult Services...and approved by MaineCare, MediCare Waiver, Home Based Care and the Veterans Administration.

32 Sky-Hy Drive, Topsham, ME • 207-725-7577
www.sky-hy.net • adultdayprogram@servant.net

People **PEOPLE PLUS MEMBERSHIP**
PO Box 766 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757

Name (1) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____
(name) (phone) (relationship)

Name (2) _____ Phone _____ Birthdate _____ Female Male
 Email _____ Emergency Contact _____
(name) (phone) (relationship)

Mailing Address _____ City _____ State _____ ZIP _____

Yearly Membership Dues (Scholarships Available)

\$35 per person (Brunswick): ___ New Member ___ Renewal
 \$45 per person (all other towns): ___ New Member ___ Renewal
 \$250 for **Lifetime Membership** (65 or over)

OFFICE USE: Accounting Data Membership Card Sent

Date _____
 Cash/Check (Payable to People Plus)
 Membership Dues: \$ _____
 Additional Donation*: \$ _____
(*donations above membership dues are tax deductible)
 Total: \$ _____



Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center
35 Union St, Brunswick, ME 04011 Suite 1
207-729-0475 - www.spectrumgenerations.org

March 2017

March for Meals with Spectrum Generations

Meals on Wheels serves virtually every community in America and is powered by a network of independently-run providers, like Spectrum Generations. Every March we come together to raise awareness for the program and the seniors we serve.

Providing so much more than just a meal - At the core of the Meals on Wheels service is a nutritious meal, companionship and a watchful eye on the health and safety of our seniors.

- A nutritious meal - Adequate nutrition is necessary for health, functionality and the ability to remain independent. Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems. Meals on Wheels ensures that seniors have access to adequate nutrition even when family support, mobility and resources are lacking.
A friendly visit - For many seniors, the trusted Meals on Wheels volunteer who shows up with a hot meal and a warm smile is the only person they see or speak with all day. This special delivery is a reason to get up in the morning, something to look forward to, and a reminder to take good care of themselves.



- A safety check - Along with the inevitable impacts of aging come the increased risks of medical emergencies, falls, and accidents. The safety check that accompanies each meal delivery helps to reduce falls, trips to the hospital, or premature institutionalization. It also ensure that, in the case of an emergency or problem, medics will be called, families will be notified and our seniors will not be forgotten.

Please join us at the Southern Midcoast Aging & Disability Resource Center, located in the People Plus building at 35 Union Street in Brunswick, on Wednesday, March 22nd for a special March for Meals community lunch. Everyone in the community is invited to come and have soup, a sandwich, and salad and learn more about the Meals on Wheel program. Lunch will be served from noon until two and will be provided at no cost, although donations will gratefully be accepted. For more information about the March for Meals community lunch, please contact Casey Henson at 207-607-4406.

To learn more about March for Meals, visit www.marchformeals.com and for more information about the services that Spectrum Generations provides, visit www.spectrumgenerations.org



SCAM ALERT BULLETIN BOARD

Ads for jobs guaranteeing you will make a certain amount of money or that you can work from home are probably scams. If you respond to the ad, you'll likely be asked to send money so you can either get the job, acquire more job listings, receive supplies to start a business at home, or obtain special "certification" that's supposed to get you a job. If an ad for a job sounds too good to be true, it probably is.

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



Have you "liked" Spectrum Generations yet? Search Spectrum Generations on Facebook and like our page to stay up to date with all that we have offer in your community!



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



Food Assistance Program Expands Into the Brunswick Area!

Are you over 60? Could you use a little extra food every month?

The Maine Commodity Supplemental Food Program (CSFP) works to improve the health of low-income seniors by supplementing their diets with nutritious USDA foods.

The CSFP provides seniors age 60+ with a FREE 30 pound box of non-perishable foods each month. Food packages include a variety of foods, such as nonfat dry milk, juice, oats, cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables.



To qualify,

A sample of what is included in the CSFP boxes seniors must meet income guidelines, be a Maine resident, and be able to pick up their food box (or designate a proxy) on the third Tuesday of every month between 11:00am and 1:00pm at the People Plus building in Brunswick.

Spectrum Generations is now taking applications for it's new Brunswick pick-up site at People Plus! For an application or for more information, call Casey at 607-4406.

New Websites Have Launched!

Have you visited Spectrum Generations online yet? A great resource for finding all that Spectrum Generations has to offer, our new updated website can be visited at: www.spectrumgenerations.org

Bridges Home Services also has a new website: www.bridgeshomeservices.org

Check them out today!

One worm at a time

As surely as our grass grows green and our tree buds blossom into leaves, we know our area will suffer another Brown-tail Moth infestation this spring. I'm pretty selective in the ways I use the word "hate," folks, but I have to tell you a flurry of four letter words come to my mind when I think of these crawling, creeping, itching little bastards. I apologize if that sounds just a little strong!

Our home is located on a sweet little ridge that is crested by a grove of mature oak trees. I can point to ten or a dozen of these majestic, century-old trees from my front door, and know each of these beauties will soon enough be in peril again from these raunchy little worms. Though I'm not the kind of guy to sit idly by and let bad things happen, I know there's not too much I can do about it.

Not too much. I want you to join me in the all but futile effort to eradicate these pesty worms from

our woods. I'm saying futile because I know any puny or trifling effort I make will do little to reduce, even diminish this creeping hoard, but at the end of the day, I will feel better!

I work up next season's fire wood, right there in the shelter of my oak trees. If it gets too late in the season, I can hear the worms, climbing in the leaves, and see the little poop pellets they drop all over me and my stacking wood! I'm guaranteed a case of the itch and rash, and that's never good!

We're in the third year of our infestation. I'm thinking last year was worse than the year before, so I'll do what I can to make this one better. Last season, I put a gallon of water in a five gallon bucket, added a dash of gasoline for taste, and spent too many hours just flicking the little fellows into the drink. Jane suggested I was sadistic, that my paratrooper mentality was showing. I told her I was looking for a worm that could

swim. The fact is, if I caught a smart one trying to climb from the bucket, I gave him another dose! On a good night, I'd "do" a couple hundred of the little buggers. I know this probably saves no trees, but I always went to sleep with a clear conscience.

Right now is the time we all can really hope to make a working difference. In their dormant stage as they overwinter, the Brown-tail Moth is in a twisted little colony spun together in 3-4 inch webbed nests of dried leaves and a white silk suspended at or near the tips of branches of Oak, Apple



trees, Black Cherry, and other assorted hard woods and ornamental shrubs. I know you've seen them and not even known what they were! NO, I'm NOT suggesting you go climb a hundred year old Oak, harboring nests 75 feet in the air, but we can all go snip a few off the trees nearest the ground. I'm told every bit helps!

A hand-out from Maine's Department of Agriculture (Stop at People Plus, I'll show it to you) says ever web contains from 40-400 larvae caterpillars, and suggests you simply clip them off, and dispose of them by burning or soaking in soapy water. If you snip them and just let them fall on the ground, you'll certainly be doing the colony mortal damage. You need to remember there may be some of those barbed-end caterpillar hairs in the webs, so handle them sparingly or wear gloves, or both. Being careless might lead to an early case of itchy, painful rash. Me, I snip 'em, let them fall into a garbage can and take them to a burn

Speaking Frankly

Frank Connors



pile where I incinerate them.

My good buddies in the Bowdoinham Public Library (of all places) are sharing the use of aerial lifts, AND letting folks borrow professional snips that will let you get more nests, higher up! Check out THEIR website in the Bowdoinham News! My chimney sweep Albert up in Bowdoinham says he sprays the base of his trees with an

insecticide he thinks is related to Agent Orange, and that stops the worms from transferring from tree to tree and leads to a body count that he calls impressive. I'm not a great lover of spraying stuff I'm unwilling to drink, but I might give Albert's idea a try, just on a tree or two.

You get into a conversation with my Jane about Brown-tail Moths, and she's almost certain to tell you about the time some moths, or their nasty hairs at least, got into my swimming suit while it was drying on the clothes line! One lap across the pool, and I thought I could DIE! She was always too busy laughing to help me with the ointment!

So if you see my little red truck parked in a ditch, and an older looking, white-haired guy snipping buds off a neighbor's trees, don't call the cops, get out and help! At least toot your horn in support, and go home and take care of your own trees! When caterpillar season starts, you'll thank me and so won't your trees.



Cherish the moments Take them with you



The McLellan Live better.

Contact Amy McLellan, RN to learn more about living at The McLellan.

Do senior living differently.

There is that day when the yearly trip to Sugarloaf doesn't happen. Don't be sad that those moments are gone, be happy that they happened! At The McLellan those moments are not gone, they come with you and we can't wait to relieve them. Taking future reservations for eighteen creatively designed residences with services, amenities and age-in-place care, all in historic downtown Brunswick.

(207) 671-9033 | amy@themclellan.com | www.themclellan.com

BRACKETT FUNERAL HOME A Ladner Family Service TRADITIONAL FUNERALS MEMORIAL GATHERINGS CREMATION SERVICES Honoring Loss. Celebrating Life. Peter W. Ladner • Rick A. Gagne • Christopher Ladner 29 Federal Street • Brunswick, Maine 04011-1590 Phone 207-725-5511 • Fax 207-729-5930 www.brackettfuneralhome.com

CLASSIFIED ADS

VTN Office Coordinator needed immediately. Part-time office help, Mon-Thurs., 10-3, 20 hours per week, paid position. **MUST** have excellent communication, computer skills with high attention to detail. 729-0757

Mobility Scooter: We've been offered a "nearly new" mobility scooter, that's available free to the right person. Needs a replacement battery that costs about \$100. Call Frank at the Center for more information, 729-0757.

Exercise balls. People Plus would like to place several exercise balls, some 24-inch, some 22-inch, in new homes. Take your pick, still only \$10. See Frank at the Center, or call 729-0757.

Nuisance Wildlife? Call Critter Catchers (Grant Connors) at 729-0460 for the safe and humane removal of skunks, opossum, squirrels and other natural pests. ADC licensed. Call 729-0460.

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

“With decorations by the Author”

A special and unique collection of black and white Woodcut reproductions, originally created by Brunswick's own poet and artist Robert Peter Tristram Coffin, are being displayed in the Union Street Gallery at People Plus, through the end of March.

Coffin, who won the Pulitzer Prize for a book of poems he titled "Strange Holiness," was an accomplished artist and often illustrated his books with his artworks. A Bowdoin College graduate (1915) he was awarded the Henry W. Longfellow Graduate Scholarship to Princeton University and was later chosen as a Rhodes Scholar to Oxford University, in England. He published more than 30 books of poetry, plus several novels and works of history. His 125th birthday will be celebrated March 18, 2017.

Artwork in this show originally appeared in his books, *Maine Doings*, *Coast Calendar*, *Primer for America*, *One-horse Farm*, and *Yankee Coast*. The show may be seen during normal business hours, in the cafe area of the People Plus Center, 35 Union St., Brunswick.



Are you Signed up yet??

The Good Morning Program is a free daily safety check-in program created by People Plus and the Brunswick Police Department. It is managed by People Plus and physically located at the Brunswick Police Department. This program is available to older adults or the disabled in Brunswick, Harpswell, and Freeport. It enables those who have registered to call in by phone seven mornings a week, 365 days a year, from the time they wake up until 9:30 a.m. to say they are O.K. If a resident is signed up to call in and does not, a volunteer will call them at home. If they do not answer, an emergency plan is enacted upon which can include local police making a house visit to check on them.

Giving peace of mind to participants and their families, the Good Morning Program is ideal for those who live alone and are concerned about their comfort and safety and for caregivers. It is also helpful for those who have recently returned from the hospital or a rehabilitation facility. Family and friends often refer prospective participants to the Good Morning Program.

The program has enough People Plus volunteers to expand the program and we are looking for new participants!

For more information, call People Plus at 729-0757 or Brunswick Police, non-emergency number, 725-6621, extension 4310 to register. Or visit peopleplusmaine.org/content/good-morning-program to download an application.

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



Lunch out!

March 14th at 11:30 a.m.



1 Bowdoin Mill Is, Topsham



Be sure to sign up for the car pool!



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
- * 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



142 Neptune Drive, Brunswick
837-6560
www.coastallanding.com

AGING EXCELLENCE



Contact Us:

113 Pleasant St.
Brunswick, ME 04011

207.729.0991
866.988.0991
www.seniorsonthego.com

SWIFT Wellness Program

Certified Professional Geriatric Care Management
Community Support Specialists/Social Companions
Personal Support Specialist/Personal Care Services
Handyman Services