



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

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35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org April 2017 Volume 17, No. 4

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



Maine Senator Angus S. King (center, standing) Enjoys a light moment with People Plus members and guests last month, after leading a panel discussion at the Center regarding the state of healthcare in America.

Gala fundraiser is April 6th

The curtain rises on the 15th annual Music in April gala on Thursday, April 6th. Doors open promptly at 5 pm, this year located for the very first time in the Sky Hy Conference Center, off Meadow Road in Topsham. "This one is will be fresh, new, and springy," Executive Director Stacy Frizzle predicted, "a different venue, the very best from past events and only the newest for the new side, will come together for an unforgettable evening."

Two dozen of the area's finest restaurants (listed below) have once again offered their pick of house specials for our buffet line, and more than two dozen local businesses and organizations (listed below) lead our longest list of sponsors, ever!

More than two dozen items fill the live auction list, led once again by auctioneer extraordinaire John Bottero of Thomaston Place Galleries. Favorite items include original and printed art, ocean and lake-side getaways, plane, boat and train rides, and food treats; and there is "just enough new stuff to keep it all interesting." Another record setting list of silent auction items will fill those tables.

Live music routines come from jazz artist Touching Base, and the preview sound before the live auction is the Porch Time Quartet, specializing in Barbershop Harmony.

Last year's sold-out event was attended by more than 250 people, and raised over \$45,000 for the People Plus Center. There are a few individual tickets remaining at press time, each still costing only \$50. Transportation to the event may be arranged in advance. Call the information desk at People Plus -729-0757- to be sure yours is reserved.

FYI! Speaking of Bowdoin!



Bowdoin College President Clayton S. Rose, 58, will visit the People Plus Center on Thursday, May 13, beginning at 1:30 pm, to share his vision for the future of the College, his thoughts on the costs of higher education, and much, much more. The 15th President in the history of Brunswick's college, Rose has underscored the essential importance of a liberal arts education, and has emphasized the themes of discourse and inclusion. He has said the central mission of the college is "to foster an environment of vigorous and respectful intellectual engagement," and is expected to offer details of the new Roux Center for the Environment.

You need to register in advance for this discussion, call 729-0757.

Music In April Sponsors

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Our Chefs

Big Top Deli • Bowdoin College • Byrnes' Irish Pub • Captain Mike's • Coast Bar and Bistro
 Columbus Club • Ebenezer's Brew Pub • El Camino • Frontier Café • Henry and Marty Restaurant
 and Catering • Kennebec Tavern • Lemongrass • Pedro O'Hara's • Portland Pie Company
 Scarlet Begonias • The Brunswick Tavern • The Highlands • Thornton Oaks • Trattoria Athena
 Union Street Bakery & Cake Shop • Wicked Joe Coffee • Wild Duck Pub • Wild Oats Bakery

For Roland Levesque

Memorial cribbage tournament set

The Brunswick Lodge, Knights of Columbus will host a cribbage tournament on April 8, 2017, at the People Plus Center to honor the memory of Roland Levesque. A three-time Past Grand Knight and Past Faithful Navigator of the Brunswick Lodge, Levesque was a leader in cribbage gaming at the lodge before his unexpected death in February.

The tournament will commence at 1 p.m. at People Plus, Union St., Brunswick, and should take two or three hours to complete. It will be played in doubles format, with points awarded for each win. Partners will change

after each game. K. of C. members and wives, plus members of People Plus are eligible to participate. Entry fee will be \$5 per person, plus an additional \$1.00 for the highest hand throughout the tournament.

Prizes will be awarded for the following, depending on the size of the prize fund: First place is 50% of the prize fund; Second place is 30% of the prize fund; Third place is 20% of the prize fund. In case of ties, winners split the prize money. You may sign up at the People Plus Center any Monday-Friday from noon until 2 pm or call Lou Levesque at 841-9082, anytime before Friday, April 7.

Tompkins Joins Spectrum Generations at People Plus

Hannah Tompkins has joined the Spectrum Generations team, serving the Central Maine Area Agency on Aging as an Aging and Disabilities Resource Counselor at People Plus. As soon as she finishes her accreditations, she expects to be at the Center on a regular basis on Tuesday and Wednesday, joining Lynn Boardway who serves as a Resource Counselor at the Center on Thursdays.

Tompkins lives in Damariscotta, and has a Rehabilitation Services degree from the

University of Maine at Farmington. She graduated with a 4.0 GPA, and minored in Psychology. She plans to pursue her masters degree in social work in the fall. She has been working at Maine General since 2011 as a customer service associate and as a Nutrition Care Partner. She completed her internship at SeniorsPlus last spring, and is "excited" to be bringing her knowledge and experience to the team at

People Plus.



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GELATO FIASCO
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BRUNSWICK TEEN CENTER
SCOOP-A-THON
 April 26, 2017



Support Brunswick-area youth by purchasing a dish of gelato or cup of coffee at regular prices. Gelato Fiasco will donate all sales beyond the daily seasonal average to the Brunswick Area Teen Center. Last year, more than 1,000 people came together to support the Teen Center. All purchases qualify all day.

Visit gelatofiasco.com for celebrity scooper schedules.



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@peopleplussmaine.org

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

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“Raising Funds to Support our People”

Finally above freezing this morning for the first time in a couple of weeks and the giant snow piles actually appear to be receding ever so slightly. It finally feels like winter just might end as we approach April 2017.

April is always our big fundraising month here at People Plus. We have both our Music in April dinner/auction gala on April 6th as well as the Brunswick Teen Center Gelato Fiasco Scoop-A-Thon event that runs 11 AM through 11 PM on Wednesday, April 26.

This is our 15th annual Music in April event and long-time board member and former Bowdoin College Sports Department Physical Therapist Jeanne Mayo has been at the helm for all of them. It's truly a labor of love when you take on a project like this dinner gala auction and turn it into the premier fundraising gala in Brunswick while providing the primary funding source for the senior center program.

With her stalwart committee of auction organizers, restaurant wranglers, and musical menagerie, the event will be sure to be a hit. There are over 200 amazing auction items and we've got a fun new location this year to host us.

The Sky-Hy conference center in Topsham used to be a ski resort where both Frank Connors and Jeanne Mayo skied in the “old days”. It's been turned into an event and banquet hall and we cannot wait to decorate it and fill it with twinkly lights, amazing auction items, music, and bright, happy people who have all come together for one reason and one shared goal; which is to raise funds to provide services for the elders, seniors and teens of our

community.

Back for a third year, our music will be provided by Touching Base. We love this local band from Bath who provides just the right blend of jazz and light rock background music to keep the entertainment flowing through the night.

And we are super excited to have Porch Time Quartet - a barbershop quartet - entertain us during the break between the silent and live auction. For many years this has been filled by the Bowdoin College Longfellows but we decided to shake things up a bit and go with the barbershop. I'm excited for this change and I'm sure everyone will be enthralled.

Back for his 10th year in a row, head chef and food director for the Highlands, Chris Toole is a legend in this town and he has wrangled the restaurants on our behalf for the last 10 years! Organizing 22 restaurants to provide a side dish, dessert or an appetizer that feeds 200 people is no small feat and I don't know where this event would be without him! We are so appreciative of his continued support.

And with Jill Ellis as the lead staff event coordinator, we really feel like we are in good shape. Jenn has done all the marketing, Amy collected 200 auction items, Betsy kept us all on track. The night of the event, Frank, Don Kniseley, The Director of Thornton Oaks and Chair of our board and I will act as MC while John Bottero is our auctioneer extraordinaire! And we are so happy that Jim Howard with Priority Real Estate Group has put up a \$5000 match for anyone

From the Executive Director Stacy Frizzle

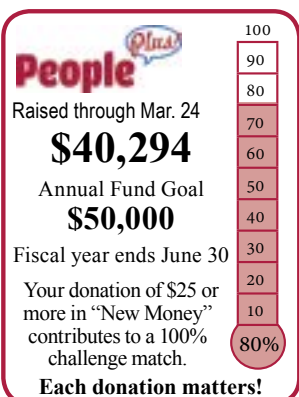


that wants to pledge food for the Teen Center program. These pledges run in \$25 increments and John Bottero our auctioneer from Thomaston auction house is a master at getting the audience to bid on lots of \$25 food baskets. And it's a good thing because those teenagers certainly eat a lot!

So we hope for a good night with fun, friendship, and plenty of dollars brought in to sponsor the seniors of our community who struggle to support themselves and really need our help. And then when the night is over, we will jump right back into organizing mode as we prepare for the Gelato Fiasco scoop-a-thon on Wednesday, 26 April.

It is a full day beginning at 11 AM where we sell as much gelato, coffee, t-shirts, and gift cards as possible. The Gelato Fiasco organization donates anything over a regular day sales to the Teen Center program. So our job is to get as many people as possible to go buy stuff that day at Gelato Fiasco. We hope you will join us for the fun as we have different musical acts every hour, balloons, face painting, frivolity, entertainment, and more - inside and outside at the Gelato Fiasco on Maine Street in Brunswick!

Phew! See what I mean about April being so busy?? Come on down and join us here at the Center that Builds Community in Brunswick on the corner of Union and Cumberland Streets. We are always here - hoping you'll drop in.



From Anita's Plate Anita Huey



207-504-6439, shebakme@comcast.net

Last month I wrote about the “Mighty” nutritious bowls. Recently, I did a little experimenting with the concept and made 2 marvelous meals. First I made a stir-fry and then used the leftovers to make this month's recipe to serve to my cousin who came up to visit. He gave me a rating of 9.5 out of a scale from 1-10!

Currently there is a push to make the dates on sell by or used by be made the same from store to store. Have you ever notice that each chain uses different language. The reason to make this change is to reduce food waste. What we see in the future is “use by” for perishable foods and “best if used by” for everything else. I will be you posted on updates.

I will start my 4th Diabetes Prevention Program at the center on April 27th from 3-4 pm. I already have 5 people signed up and it looks to be another great

Ingredients:

- 2 cups cooked chicken
- 1 cup cooked rice
- 2 cups cooked cabbage, onion and asparagus
- 1 cup lentils
- 1 package Saffron Road coconut curry sauce
- 1 cup low sodium chicken broth

Curry Bowl

Directions:

1. Place the chicken, rice, vegetables and lentils in a skillet. Warm on medium heat.
 2. Add the curry sauce and broth. Cook until warmed through.
- Serves: 3
- Notes: I bought the lentils frozen in the specialty section at Shaw's and the curry sauce at Hannaford's.

group. I am excited about using the new curriculum. The cost for the year long program is only \$125 for members! The programs that I have held have helped participants decrease elevated glucose levels, lose weight, increase physical activity and in one case 2 people are now best friends!! On April 5th from 3-4 pm I will be holding an informational session on the program. This is an opportunity to take the risk test for diabetes and learn more about this robust

evidenced based program. Are you one out of three Americans who are at risk for developing diabetes? Which are 86 million Americans. This program reduces diabetes by 58% and 71% in adults over 60 years old. This program promotes a 5-7% weight loss, 150 minutes of physical activity and identifies and addresses barriers to healthier living. Please come to this session at no charge. Please feel free to contact me at 504-6439.

Memorial Donation in Memory of Ernestine King

Nov. 5, 1917- Feb. 24, 2017

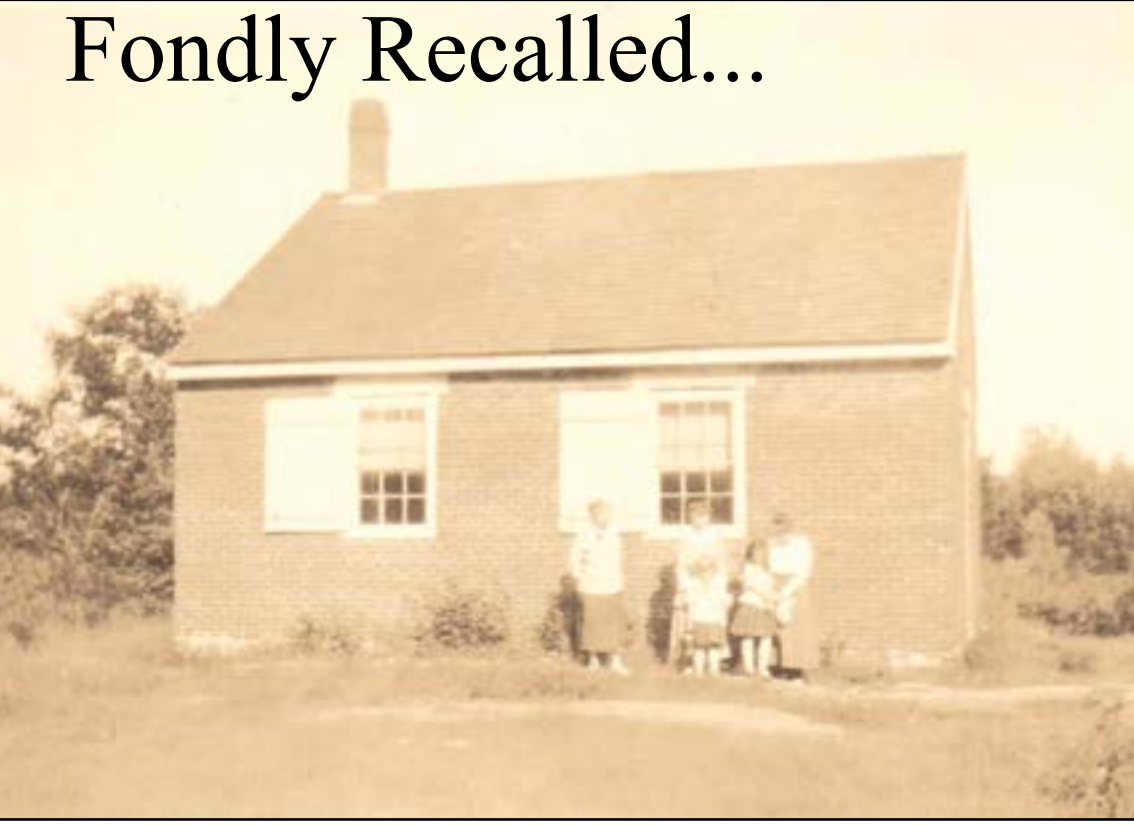
Good Shepherd Lutheran Church

welcomes you to join us for

Maunder Thursday Worship April 13 at 7:00 pm
Good Friday Worship April 14 at 7:00 pm
Easter Service April 16 at 9:00 am followed by Brunch

Sunday morning worship, 9:00 am
Celtic Evening Prayer, Sun. 5:30 pm (not Apr 16)
Thurs. Evening Prayer, 6:30 pm
Free Community Breakfast, 2nd Sat, 9:00-10:30

Good Shepherd Lutheran Church • 336 Maine St, Brunswick • 725-6651



Brunswick's Red School House on Prince's Point, about 1940. Poet Robert P.T. Coffin was a student here from about 1900-1908.

SPRING

by Virginia Sabin

A smell faint as whisper blue in crocus
Intoxicating as deep purple in hyacinth
As musty as green moss
Growing over stone in shaded nooks
A smell of earth
Of manure in the air
All being driven by the ferment of spring

HE STOPPED WRITING POEMS ONE APRIL

In memory of Robert E. Hart (August 1920 - April 2004)

by Charlotte Hart

His winter poems were mountains,
Ski slopes, forest trails, warm wood fires.
His springtime poems were fishing, and brooks,
Pale green poplars, glistening white church spires.
Dancing surf, green fairways, blue lakes—soft and flat
Cushioned his summertime odes, staccato-ed by the crack of the Red Sox bat!
In autumn, his memory poems grew—
A gigantic Midwest family tree,
Boyhood years in northern Maine,
A long World War II war cruise at sea.
He wrote no poems of Christmas and Thanksgiving.
He was too full of joy and family and feasting and loving!
He stopped writing poems one April.
The cruellest* month was dark and forlorn.
He stopped writing poems that April.
His poetry is now being born.

*“April is the cruellest month...” T.S. Eliot, “The Waste Land”

BIRTHDAY PRESENT

by Virginia Sabin

Oh Ma, thank you
For the many mounds of mulch
You gave me
Oh happy mulch, intoxicating mulch
Yards and yards
Year after year
Laid here
Standing in ankle deep softness
Plunging into its heavy
Heady darkness
Emerging lightly atop a shovel
In repeated and rhythmic arcs
To a waiting wheelbarrow
A dump here
A dab there
Its rich earth color a stunning contrast
To spring greening
Boldly sketching curves
Boundaries of bushes and beds
Earth's vast ever changing canvas stood
still for a moment
Ah yes, it is done
A landscape painting

Thank you, thank you, thank you!

by Ralph Laughlin

I have been delinquent in thanking everyone from People Plus for the wonderful sendoff they gave to Dianne and myself. Not as an excuse but I had been trying to come up with some sort of grand statement of appreciation. The trouble is, there are too many people and too many things that resulted from being associated with People Plus to unfold into words. During that struggle, I remembered the old saying, “there is a time for words, and a time for THANK YOU!”

Thus, let me say now, from the depths of our hearts, to everyone, a “thank you” for the fellowship and the many enrichments that we received from our association and our participation with People Plus: Thank you, Thank you, THANK YOU!
In an earlier note, Ralph reported: “Arrived safe and sound, sandwiched between storms. Still trying to find where to put things, and to remember where we put things. Best advice I can offer after this latest move is, “DON'T MOVE! Stay in place and die in your house! Let someone else figure out what to do with all your accumulated stuff!”
Having said that, I now have to go find where I put my MEDS!”

Monster Storms

People are very different in different parts of the country. Yet, at the same time, they are very similar. Here's what I mean.
A couple of weeks ago a major storm was sweeping across the country. Almost a week before the storm was to materialize, the weather people began going crazy, doing their daily countdowns, quoting at least three different forecasting models, none of which provided the same information. Record accumulations were A VIEW FROM THE LOWER 47 snow; while in Salem, southwest Virginia, we were being told to brace for up to eight inches. Yes, eight inches. That's a big deal in the South. Two inches would close governments, schools, and most businesses for at least one to two days. (I know, wimps.)
The storm came and went. It wasn't the monster of all storms as billed. It was in the realm of average. Brunswick got fifteen inches. Salem got nothing. Nod da. Zip. Yet, at the bugle blowing weather people we had all scrambled to get what we needed tounker down for the big blow. We may be from different backgrounds, but we all react the same when a threat to our normal life looms over us. That's kind of nice to know. Talk again, soon.

Spring, Where Are You?

by Nancy Sohl

You might not be able to see it because of all the blowing snow, but I'm waving my white flag. I surrender. I can't take any more snow squalls, “unsettled weather”, plowable snow, or nor'easters. No more snow! Spring, where are you?

After the latest 18 inch dump of snow on Tuesday, we had gone to dinner on Thursday. It was so depressing to pull into the driveway in the twilight and see nothing but deep snow between the road and the house - no bare patches of grass, no grey shingles visible on the roof, nothing but piles of snow along the drive. It was not the scene I should expect to see in mid-March. Spring, where are you?

My ties to the Midwest are strong, so I check their weather and their forecasts. They do get cold. They may even have snow flurries. But then it passes through and they are back in the 40's, 50's, and even 60's. Their flowers are blooming. Their birds are singing. They don't have to worry about their milk and toilet paper supplies. They don't need to plan ahead for what days they can get out to run errands. They don't have to put boots on to walk the dog or check the mail. I put boots on, and take boots off, an average of three times a day and I'm tired of it! I can't get back to fill up my bird feeders - and it's the middle of March! Spring, where are you?

A long snowy winter changes who we are. With the cold, the snow, and the possible icy roads we withdraw to our homes and begin to question the need to socialize, explore, or even have fun. You hate to make long-term plans because you never know what the weather will do. Long-distance car trips are out of the question and even travel by air is “ify”. If you can get away, what will you come back to? Easier to stay home and defend the fort. I don't like who I've become. Spring, where are you?

In two weeks it will be April and we are throwing caution to the wind and driving to the Midwest. I need to see green grass, flowers, and trees with leaves. I plan to leave my boots and mittens behind. My dog needs to roll in the grass. I need to feel the sun on my face, which doesn't happen now with my hood blocking the icy wind. I need to find Spring. I'm guessing it's west of Buffalo. When I come back from our trip, I'll let you know. Spring is out there somewhere. I'll go west to find it. Spring, I'm coming!

A Whiff of Taxes

by Bonnie Wheeler

Good heavens - just when you think you've heard everything, along comes something so unbelievable, it must be a joke. If the government has its way, farmers may have to pay a tax because their cows pass gas. I would love to be around the table to hear that discussion.

Those poor farmers - How are they expected to control their cow's gas passing? I spent many hours on Grandpa's farm and never saw this as a problem. When I went to the pasture to bring the cows back to the barn, what I watched for was cow patties, not farts.

Today, cows!!! How about horses, sheep, pigs, chickens, turkeys, deer, and moose? Don't their natural habits need taxing? If you owned a large herd of cattle and were taxed, could you lose your farm? Who would qualify to be cow followers? Is there a college course? How would you determine which cows were the worst offenders? And last question - How about humans, would we be taxed? Thinking of my husband and sons, holy-moly - we just couldn't afford it.

April at People Plus...



Completely Green. Jan Rigazio (left), Joan and Roland Melcher took away best green awards at last month's Irish lunch.

"Aging Well" Lunch and Learn: "Oh My Aching Back"

Monday, Apr 24, 12 pm
On Monday, April 24th at 12pm, Maine Quality Counts and Spectrum Generations will talk about Advanced Imaging Tests (X-rays) for Low Back Pain, and why they may be unhelpful or even harmful to your health.

Diabetes Prevention Program

with Anita Huey, Everyday Nutrition

Are you one out of three Americans who are at risk for developing diabetes (that's 86 million Americans!) Anita Huey, Everyday Nutrition, starts her 4th Diabetes Prevention Program at the Center on April 27th. Held weekly, on Thursdays from 3-4, this program has shown to reduce diabetes by 58% (71% in adults over 60 years old), promotes a 5-7% weight loss, 150 minutes of physical activity and identifies and addresses barriers to healthier living.

Balance and Falls Clinic with Head to Toe Physical Therapy

Thur, April 27, 11:00 am.
Join us at People Plus as Head to Toe Physical Therapy of Topsham teaches what balance means, how to prevent a fall, and how to properly handle a fall if one occurs. Free, open to the public. Registration appreciated!

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

The goods on Google

Thurs. May 4, 10-11:30 am
Join instructor Craig Snapp if you'd like to learn more about using Google Earth, Google Maps, Google Search or smartphone GPS mapping Apps. These are FREE and user friendly computer tools that can help you plan trips, map trails or explore life history and genealogy projects. Bring your own device or laptop. Register with Pat at 729-0757.

Lunch & Connections Lasagna, meatballs coming for April

Our luncheon on Thursday, April 20, will featured deep-dish lasagna casseroles, loaded with cheeses, spices and zesty tomato sauces, with sides of our Italian meatballs in tomato sauce and green beans. "Sure," Chef Frank Connors admitted, "we're repeating our February menu, and just hoping we don't get snowed out. I did promise last month to have the parking lot cleared by April," he added with a ready smile.

As usual, there will be a fresh, lightly-dressed green garden salad for everyone, and our bread this month will be your choice of warmed and crisp Italian Bread, choosing from either garlic buttered or plain. Our choice of drinks will include coffee, teas, fruit juices and milk. Iced water is also available on each table. Our special April dessert will be a bowl of fruit cocktail, orange sherbet and a cookie.

Underwritten each month by our friends at Spectrum Generations, our Lunch & Connections events are designed to focus

Medicare 101 Session with Spectrum Generations

Tuesday, Apr 11, 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.

"The Hip" with Dr. Giustra

Wednesday, April 19, 3:00 pm
The Hip is the critical link between the all important core and the initiator of weight bearing ambulation for the human body. Beginning at the anatomical model, learn how to maximize performance from your hips in the overall context of good health. We plan to have a nourishing snack, multimedia entertainment and learning in a user friendly package. Free to members. Non-members \$5.

Discover Switzerland, Austria and Bavaria

Collette Travel and People Plus present a trip for fall 2017. "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. Visit <http://gateway.gocollette.com/link/800264>

Center Stage Players Present "Master Pieces Theater"

Monday Apr 10, 2:00 pm
Have you ever wondered what those portrayed in famous works of art are thinking? Or of what the painter's models were thinking? Or of what the artist's intent was? We have. The Center Stage Players spring production, "Master Pieces Theater" features our original interpretations of well-known paintings. Van Gogh, Picasso, Seurat and Grant Wood will be featured...along with a surprise story inspired by the works of Dahlov Ipcar!
The Center Stage Players, a Readers' Theater group, is always looking to recruit new members. We meet Monday mornings from 10:30-Noon at Thornton Oaks for most of the year. While we mostly read from scripts (except when we improvise), each performance is different, sometimes focusing on published scripts, other times on scripts we write (as we did in this show), and other times on improvisation. Some performances include a little of each. If you are interested or have questions, please talk with one of us after the show.
The spring show will be performed at People Plus on Monday, April 10th at 2 pm and on Tuesday, April 11th at Thornton Oaks at 1 pm. Other performances, dates yet to be determined, will be scheduled in May at the Theater Project.

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WHAT'S HAPPENING IN APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
People Plus Business Hours Monday-Thursday: 8:30-4 pm, Friday: 8:30-1 pm					9:00 KOC 10:00 Bridge
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 6:00pm Belly Dancing	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 4:00 pm Dance & Movement 6:00pm Knights of Columbus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 3:00pm Diabetes Prevention Info 5:30pm Knights of Columbus	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 5:00pm Music in April Gala 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 1:30pm Center Stage Players Present 6:00pm Belly Dancing	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 4:00 pm Dance & Movement 4:30pm TCAC Meeting 6:00pm Knights of Columbus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin&Stamp	8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm AARP Free Tax Aide 1:30pm FY!! Clayton Rose 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 10:30 Meals on Wheels 11:00 World Affairs 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
Center Closed PATRIOTS DAY					
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Lunch & Learn Oh My Aching Back 12:00pm Bridge 6:00pm Belly Dancing 6:30pm Civil War Book Club	8:30 Table Tennis 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 4:00 pm Dance & Movement 6:00pm Knights of Columbus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 5:30pm Knights of Columbus	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Clinic 12:00pm Lunch and Connections 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Lunch & Learn Oh My Aching Back 12:00pm Bridge 6:00pm Belly Dancing 6:30pm Civil War Book Club	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:30pm Café en Français 4:00 pm Dance & Movement 6:00pm Knights of Columbus	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 11am-11pm Gelato Fiasco - Teen Center Scoop-a-thon! 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin&Stamp	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm Balance Coach 3:00pm Diabetes Prevention 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 World Affairs 11:00 Qigong 12:30pm Table Tennis 1:00pm Balance Coach 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge

Ah-h-h Spring!

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Health Fair coming to Richmond

Nearly two dozen service providers will gather at Richmond High School on Saturday, April 29, for a Senior Health & Wellness Fair sponsored by the Golden Oldies Senior Center, of Richmond. The fair opens at 9 a.m., admission is free, health screenings, light refreshments, and exhibitions will be plentiful, and donations are being accepted to benefit the Richmond Area Food pantry. Author and retired weatherman Kevin Mannix will be a guest speaker.
Golden Oldies Director Laurie Saunders said a focus of the fair is to make life more enjoyable for seniors, and to provide answers to their questions and concerns. Expect to visit with folks and discuss Legal matters, living wills, veteran affairs and home safety. Other topics represented include exercises for seniors, healthcare concerns, hearing, dental, foot, chiropractic, and balance concerns; downsizing, diabetes, fire safety and protection against scams.
The High School is located at 132 Main St., Richmond; for more information, contact Laurie Saunders at the Golden Oldies Senior Center.

Changing your perception on health care

Medical definition of health care: The maintaining and restoration of health by the treatment and prevention of disease especially by trained and licensed professionals (as in medicine, dentistry, clinical psychology, and public health).
WHO definition of health: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
Health care vs Sick care - We live in a nation that focuses on trying to fix problems rather than preventing them. We live in a "Sick Care" world.
Symptoms vs Cause - Are we just chasing symptoms or treating the cause? Simply look at the drug commercials; we are chasing one symptom after another covering up one with a drug to have to cover another caused by the same drug. I use a metaphor all the time that I think makes it easy to understand. Think of your problem as a burning fire, the smoke alarm is going off letting you know that there is a problem (symptom). Does it make more sense to take the battery out of the smoke alarm so the sound stops and go about your business (drugs) or to put out the fire (take care of the cause)? We tend to cover up issues rather than putting the fire out.
Where do you think the US ranks within the world in terms of health?
• US spends more on healthcare than the next 3 countries combined
• Spends over \$8,000 per person per year
• US ranks 37th in world health care through studies done by world health organization
• Neighbors to the north have not figured it out either they rank 30th
• Better living through pharmacology? - How is this working out for us.
Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.
The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison



Dr. Tim Coffin



New auction item. Summer visit to Wood Island.



MEDICATION COLLECTION

Unused...unwanted...outdated **HOUSEHOLD PILLS • OINTMENTS • DROPS**
Prescription • Over-the-Counter • Veterinary

Please, no needles or thermometers.

Saturday, April 29 • 10 a.m.–2 p.m.

ONLY at these **COMMUNITY COLLECTION POINTS**

- Bath Police Department, 250 Water Street
- Brunswick Police Department, 85 Pleasant Street
- Topsham Public Safety Building, 100 Main Street

Please **DO NOT** drop off earlier

DON'T FLUSH / DON'T STASH

Keep medications out of the environment where they cause harm. Prevent the danger of unintentional misuse or abuse.

A collaborative effort of the above and...

- US and Maine Drug Enforcement Agencies
- All Area Law Enforcement Agencies • MID COAST HOSPITAL TRIAD • Sagadahoc Board of Health
- Communities Against Substance Abuse (CASA)

Learn more!

For more information, contact 373-6957.

Making Our 15th Annual Music in April Extra Special...

Special Thanks

This evening would not have been possible without the dedicated organizing committee. The Board, staff, and members of People Plus extend our deepest thanks. Please take a moment to thank them as you enjoy your night. They include the following hard-working volunteers:

Claudia Adams, Nancy Adams, Carol Aderman, Betty Bavor, Amy Berube, Gordon Brigham, Bernie Breitbart, Mitchell Brown, Terri Burgess, Lennie Burke, Jordan Cardone, Frank Connors, Robert Davis, Drew Dow, Jill Ellis, Charlie Evans, Thomas Farrell, Amy Feeley, Jenn Felkay, David Forkey, Stacy Simpson Frizzle, Alison Harris, Casey Henson, Jack and Judi Hudson, Anita Huey, Don Kniseley, Claudia Knox, Lorraine LaRoche, O. Jeanne d'Arc Mayo, Chris Perry, Jim Pierce, Chief Richard Rizzo, Mary Ellen Rosenberg, Clara Ross, Tony Sachs, Wilma Sarna, Rob Schulz, Dustin Slocum, Gladys Szabo, Annee Tara, Hannah Tompkins, Jean Tompkins, Chris Toole, Corie Washow, Kim Watson, Kelsie West-Ezzo, Betsy White, Judy Wilbur, Ria Woodman, and many others.

And these wonderful event partners:

The Knights of Columbus; Sky-Hy Conference and Renewal Center; Robyn Allen of Maine Event Design & Décor; Our musicians, Touching Base and Porch Time Quartet; Auctioneer John D. Bottero of Thomaston Place Auction Galleries; The donors of our splendid auction items; The food and beverage purveyors who donated their culinary creations; Rick Wilson and the students from Brunswick High's Service Learning.



Volunteers for the 2016 Music in April Gala pause for a photo.



Food

With 22 restaurants on board we are sure to have a spectacular dinner. Thank you to the wonderful restaurants who each contribute a side dish, appetizer, or dessert to complement the carving station sponsored by People Plus. It takes a lot of work to organize all those restaurants and Chris Toole has been doing it for 10 years!

Music

With music from *Touching Base* and *Porch Time Quartet* we know there will be sparkling entertainment while people shop and sip a glass of wine or munch on appetizers. And then about halfway through dinner, we are excited this year to have a small barbershop quartet (insert info here), entertain us as they close the silent auction for the evening.

Touching Base

A local group that loves the traditional organ trio formula. We pride ourselves with creating a full sound while keeping our volume low enough for whatever room we are in so people can enjoy both us and their conversations. The musicians, all from Bath and Arrowsic, are Lawrence Kovacs (organ), Bob Knowles (guitar), and Dave Rawson (drums).

Porch Time Quartet

Porch Time is a successful Barbershop Harmony Society District Quartet that was formed in the Spring of 2014. Recently, members of the Nor'easter chorus had an opportunity to join this excellent ensemble. As a result, Porch Time has several participants giving us redundancy in voice parts. Quartet participants for tonight's Music in April Gala are Al Sargent (tenor), Lew Flagg (lead), Brad Mitchell (baritone), and Ed Robinson (bass).

Auction Items

Live auction items include many new things this year such as a tiki bar evening for eight with beverages and appetizers, a curling adventure for eight with refreshments in Belfast, an airplane ride over scenic Midcoast, one week Beachhouse rental at Popham Beach, season ticket passes for the Maine State Music Theatre paired with four restaurants, A sailing cruise on Casco bay with Margo and David Knight, and a homemade Chinese dinner for eight prepared in your home by Mike Feldman, and so much more. The silent auction includes over 200 wonderful items.

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/cumberlandcountysa/> for updates to the event

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

Know Your Medications | Ounce of Prevention SERIES

Monday, April 10 • 11 a.m.–NOON
Community Room at MID COAST SENIOR HEALTH CENTER
58 Baribeau Drive, Brunswick

Join Sara Nussbaum, RPh and Melissa Fochesato, PS-C
Pharmacist | Director of Health Promotion
MID COAST HOSPITAL | MID COAST HOSPITAL

You will learn about medication safety—

- Questions to ask your provider to better understand your medications
- Which medications may appeal to others for illegal or unintended use
- Recommendations for safe storage and disposal of your medications

FOR MORE INFORMATION, call 373-3646.

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

“MONDAY MUNCHIES”

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

MONDAY MUNCHIES MENU

Apr 3: Knights of Columbus Haddock Chowder
Apr 10: Vegan Butternut Squash Soup
Apr 24: Split Pea Soup

Respite Care Adult Day Service
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Win dinner for two to the Dolphin Marina

Saturday, April 22nd, 2017

United Methodist Church
320 Church Rd.
Brunswick
Silent Auction Doors Open 1:00PM
Concert Begins at 2:00PM

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Handicapped Accessible

Advance Tickets: \$15.00
Door Tickets: \$10.00
Under 12 Free
Call 729-8571
To reserve your tickets today

Weekly Winners

Senior Intermediate Cribbage

- Feb. 22: Anita Owens, 722 Rick Fortin, 715 Colleen Petrin, 707
- Mar. 1: Tim Owens, 702 Rick Fortin and Lorraine LaRoche (tied), 697 Colleen Petrin, 691
- Mar. 8: George Hardin & Rick Fortin, 726 (tie, Perfect GAME!) Harry Higgins, 718 Lorraine LaRoche, 692
- Mar. 15: Storm day, no games.

Monday-Saturday Bridge

- Feb. 20: Anne Brautigam, 4,470 Sherry Watson, 4,120
- Feb. 25: Lorraine LaRoche, 3,780 Richard Totten, 3,570
- Feb. 27: Fran Lee, 4,390 Libby Scully, 3,650 Bob Cressey, 3,130
- Mar. 4: Martha Cushing, 4,220 Richard Totten, 2,800
- Mar. 6: Paul Betit, 4,220 Joyce Lyons, 3,470 Lorraine LaRoche, 3,390
- Mar. 11: Richard Totten, 4,540 Lorraine LaRoche, 4,050

Brunswick Area Teen Center

April Showers bring May Flowers.....

"Netflix and Chill", "Maine Wild Blueberry", "Ripe Mango", "Torched Marshmallow S'more", "Peanut Butter" just to name a few..... of our favorite flavors of Gelato and Sorbetto at the Gelato Fiasco! Yes! It's that time again when for 12 straight hours The Gelato Fiasco on Maine St. in Brunswick will be manned with "celebrity" scoopers from all over the community, with local entertainment outside on and off until 11:00 p.m. Along with balloon animals and face painting inside. There will be a 50/50 raffle during the event with the winning name drawn at 11:00 p.m. From 7:00-11:00 p.m. Scoopers and entertainers will be Bowdoin College students! For years now we have been fortunate to have some great music performed at the event, including some of the Bowdoin a capella singing groups. Since the Teen Center program only holds one fund-raising event a year, we try to do it BIG! We've had some of our TC members doing karaoke at this event and last year, minus our TC alumni who was an ace at doing balloon animals but happened to be in Florida during last years event, the kids made their own balloon animals at the event. Our balloon man Dan is back this year I am happy to report!!!!

Teen program members love this day. We have a "field trip" all walking down as a group around 4:00 to check out the action and say hi to lots of folks who have come out to help support the program. The kids each enjoy a free gelato before heading back to the Teen Center.

All together, over 1,000 people participate in this event, either as volunteers, sponsors or customers! That's a lot of people coming together in one place in one day! It's so much fun and each year we manage to raise just a bit more than the previous year.

As I am writing this I realize I'm cold, even my fingers are cold, which is reminding me that another great reason to stop by the Gelato Fiasco Wednesday, April 26th is for a cup of their delicious coffee!

April is always the busiest month of the year at People Plus with two major fund-raisers taking place (Music In April is the other one). There is only one major fund-raiser a year to benefit other programs at People Plus and one to benefit the Teen program, and somehow they are both in April!!!! Every year!!! I think staff is looking forward to chilling some in May but not not not the "because it's cold outside" kind of chill!!!!

Teen Center News

Jordan Cardone



We have another school vacation week coming up in April. Between snow days (6 so far as I write this) and vacation weeks, the school breaks are feeling more and more frequent. We are keeping our fingers crossed that we have seen the last "snow day cancellation" for this winter!

A new interest with some of the kids in the program now, after all the cooking classes have ended, is sewing! Yes, for real! We are off to a good start, not only did we get quite a bit of fabric donated in March, we also received a donation of a sewing machine and a new adventure begins....

See you Wednesday, April 26th!!!!!! Mark your calendars now! Until then, Jordan and the gang

Savvy Caregiver classes set

The Brunswick Area Respite Care Program and Mid Coast Senior Health Center are cosponsoring a six-session caregiver program, commencing Friday, May 5th from 10 a.m. until noon.

In a prepared statement, Savvy Caregiver Trainer Sara Grant explained, "for most caregivers, caregiving itself is a new experience, one for which trained is needed, and useful." She added, "participants will learn what dementia is and how it can affect the

individual. The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing and how best to provide individualized care."

This class is free, and the six-week session will fill up fast. For more information or to register, call Sara Grant at (207) 441-4668 or e-mail her at sgrant@spectrumgenerations.org. Classes are conducted at the Mid Coast Senior Health Center, 58 Baribeau Drive, in Brunswick.

Teen of the Month Gavin DePalmer

Gavin is in 8th grade at BJH and has been a member of the



TC for two years now, along with his sister Grace. Gavin is getting Teen of the Month for most improvement shown in February. He did a great job! When asked to say a few things about the Teen program, Gavin stated "It's been a really good experience, I've made new friends here and met really good people that I will probably know forever and have made memories here that I will have for the rest of my life."



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24 Maurice Drive, Brunswick
(207) 725-4379



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



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29 Maurice Drive, Brunswick
(207) 725-7495



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

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

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



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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

April 2017

Spectrum Generations Seeks to Add Board Member

Spectrum Generations – a partner of People Plus – serves the needs of midcoast adults through a variety of programs and services. Primarily, Spectrum Generations serves Meals on Wheels and offers other nutritional support, and provides resource counseling on a variety of topics including Medicare, Medicaid, and fraud prevention, as well as caregiver respite, and free respite care for military families.

Spectrum Generations is currently inviting candidates interested in joining the Board of Directors to email a letter of intent to the CEO, Gerard Queally, at gqueally@spectrumgenerations.org. In order to qualify, you must be a resident of Brunswick, Harpswell, Orr's Island, or Bailey Island, or any town in Sagadahoc County, and have a general interest in advancing the mission of Spectrum Generations: to promote the lifelong learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults.

April is Volunteer Appreciation Month!

Spectrum Generations relies on over 500 volunteers to bring a wide variety of vital services to communities across the counties of Kennebec, Lincoln, Sagadahoc, Knox, Waldo, and Somerset, plus the towns of Brunswick and Harpswell.

Whether it be delivering Meals on Wheels, helping in the kitchen, sharing a talent or hobby, waiting tables, answering phones, helping a senior balance their checkbook or create a budget, or just by brightening someone's day, our volunteers are committed to our mission of promoting life-long learning, health, wellness, nutrition, community engagement and social well-being of all older and disabled adults.



Thank you for all that you do!



Commodity Supplemental Food Program
a Senior Food Assistance Program

Food Assistance Program Expands into the Brunswick Area!

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, seniors must be at or below 130% of the Federal Poverty Income Guidelines and be a Maine resident.

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 607-4405.

Save the Date!

15th Annual Golf Fore A Cause!

Monday June 12, 2017
Waterville Country Club



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS



Spectrum Generations' Veterans Program Receives National Recognition

Spectrum Generations' Legacy Corps Program, which caters to the caregiving needs of veterans and their families, recently received two national awards. Bestowed by the University of Maryland, the awards are a direct reflection of the efforts made to grow the program and enhance people's lives through the support it offers.

The Eisenhower Award was presented to Spectrum Generations as a symbol of our leadership in modeling how to retain members. The Startup Award was presented in recognition of demonstrated growth of the program through both volunteers and families seeking services, year over year. The two awards were out of only four presented, nationwide.

Legacy Corps is a national AmeriCorps project that operates in 9 states at 16 project sites, including Spectrum Generations located at People Plus in Brunswick. At Spectrum Generations, the Legacy Corps program provides companionship respite care for veteran and military families and their caregivers, throughout central and midcoast Maine. The volunteers are trained and carefully matched with each client they work with to help support the specific needs veterans and military families often face, as well as decrease feelings of burden and stress for caregivers when caring for a loved one.

Veterans of any age, and their families members are welcome to contact Spectrum Generations' Tricia Payson at 620-1670 for more information on how to begin services. Volunteers for the program are also needed and invited to contact Betty LaBua at 620-1662 for more information on upcoming training opportunities.

More information can be seen at spectrumgenerations.org/legacycorps

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
- Lee's Tire & Service**, 10% off parts (excludes tires)
35 Gurmet 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.sethlevy.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.thomaspoinbeach.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

- Wild Oats**, 725-6287, 10% off on Mondays
149 Maine St., Brunswick, 725-6287
wildoatsbakery.com



Fine Art for Music in April. Members of the Monday Craft group, Shirley Bello (left) and Dorothy Boddaert, busy finishing handiwork for the auction at Music in April.

Senior Garden plots available

It's not too early to register for your garden plot in the Senior Gardens off Industry Road. "The snow is melting fast, AGAIN;" Garden Coordinator Ursula Desjardins said recently and added, "we'll be ready before you know it!" If you are a resident of Brunswick and want to exercise your green thumb, the process is pretty simple. Call the People Plus information desk, 729-0757, ask for Pat and she'll put you on the waiting list. People who have been "plot farmers" in the past are given priority over newcomers, according to Desjardins, who has managed the farm for more than a dozen years, but each year, there are a number of plots available.

Each spring and fall, the entire quarter acre of land is rotated by the Brunswick Parks & Recreation Dept., and Desjardins supervises the subdivision of the area into some 30 plots, each measuring "close" to 20 x 24 feet. Each plot is served from common paths, and water is available from common hoses. Desjardins said the soils are quite sandy and forgiving, and reminded us the gardens are located right beside what she called the community leaf/mulch pile. She said the average gardener might easily have a few rows of vegetables, a hill or two for squash and cucumbers, and a row or more for flowers. "The only real requirement is an interest in gardening and a willingness to keep your weeds under control," she added.

New Location for 2017 Music in April!




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People 		PEOPLE PLUS MEMBERSHIP		Date _____
Name (1) _____		Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
Email _____		Emergency Contact _____ (name)	(phone)	(relationship)
Name (2) _____		Phone _____	Birthdate _____	<input type="checkbox"/> Female <input type="checkbox"/> Male
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Campin' with the boys

We Connors boys could hardly wait for spring. I mean, let April pop onto the calendar, see the snow bake back into the treelines, and the ice crack open on the creeks, and we'd start sneaking around the neighborhood, looking for stuff to do. Too long we'd been cooped up in the house, or making our woodland excursions on skis, or snowshoes. Spring always made everything new again, and we were always ready to start over. Spring created that perfect doubleheader, exposing treasures from under the receding snow, and adding new stuff daily as everything budded and broke out.

Grant was leader of the pack, you know,

he was older.

We'd camp out as soon as mom would let us out of the house, and come April, I think she was as anxious to get us out of the place as we were to go! We'd pack a pot for potatoes, add a biscuit or two in a bag, some hot dogs, a jar of peanut butter, some crackers, some cookies, whatever we could find, and away we'd go, and we'd stay away till we ran out of food.

We liked to camp beside the Abagadasset River, maybe a mile from home. The river is tidal, and the current slack, so ice cakes would hang in the coves for a week, even three, in good year, and geese came in just as soon as the shore was exposed.

Geese were true migrants in those days, and the waters around Bowdoinham were first class habitat for the big birds. Have you ever push-poled an ice cake downriver, into a nervous gaggle of geese? The trick was always to look for the sentinel, the one with the beady black eyes and the erect neck, and just stare right back at him. We used to cover ourselves with a loose old bed sheet and get pretty close. Another trick was to push them toward the river's edge, making it tougher for them to jump and fly.

We liked to think we were indians, or soldiers, or pioneers. Grant scared up an old 22 rifle somewhere, and after we realized it pulled to the right, we got pretty good at shooting it. Squirrel tastes pretty good if you cook it REAL good, and you're real hungry when you eat it. We had a couple old guys in the neighborhood where we could visit, warm our feet, replenish our food and hear some stories. We loved to build campsites. In those days there were no ticks in the woods, and none of our neighbors seemed to care if we "wandered" onto their side of the fence. The railroad was right there, and we had an occasional freight train. We carried rejected railroad ties a half mile through the woods one spring, only to build a better, all-weather camp. One of us always carried an axe or a bow saw (or both) and when we camped we always kept a little firespot. Alden and I were usually in charge of keeping the fire all night, and we were never ever turned in to the fire department.

We knew where the fresh water springs were for a quick drink, we knew where the fiddleheads grew, and where the arrowhead plant roots were found. We had a

Speaking Frankly

Frank Connors



full collection of Straight Arrow cards, a library of Ben Hunt and Lew Dietz books, and we never worried about trying something twice, or until it worked.

There was an old bridge in the neighborhood that used to pass River Road over the railroad tracks, and if the weather turned wet, we'd head for it, camping there until we were ready to go home.

You know, the State Department of Transportation took that bridge out a decade ago? The old neighborhood woods are now 15 miles from where Jane and I live, and when I drive through, I notice the woods are rimmed with no trespassing signs. Some family from out of state built a vacation home overlooking our Abbey River, and I haven't seen a real flock of migrating geese in years.

This spring, yes every spring lately, I catch myself remembering, and wondering if MY kids will ever let my grandboys go camping with me! Maybe THIS April we'll make it.

The Harpswell Garden Club will meet Thursday April 20, 2017 at 12:30 p.m. at the Curtis Library in Brunswick. The topic is "Extending Your Garden Season" a lecture by Nate Drummond & Gabrielle Gosselin, owners of Six River Farm, Bowdoinham. Free and open to the public. FMI call Becky 833-6159





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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.

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Union Street Gallery

Wixom works on display

The colorful, whimsical, and unique collected works of Vivian Wixom go on display in the Union Street Gallery of People Plus April 4. A native of Topsham, Wixom has developed her unique style of painting over her lifetime. "I started painting when I was nine," she offers proudly, "my mother was

working in the old Chandler's book store, and brought me home a tablet and some paints. I did a little house, and that was the start of it." Now "over 80" she paints in both oils and watercolors, and is well-known all over the country for her primitive styled painting of people's homes, using the work to tell a story of their lives and surrounding area. She said living near the Maine Coast has offered her an endless variety of subjects, from lighthouses, to mountains, to old farms, to harbor scenes and the sea.

Her work has been shown on the west coast in several shows and at the "Old Island

Days" in Key West, Florida. She has won numerous awards and recognitions, and has work in many private collections. She has designed seasonal cards and note paper for many organizations, including the National Diabetes Association. She has donated prints to many fund-raisers, has organized art shows for the Topsham Garden Club and the Merrymeeting Art Association, and taught art classes for several years.

This show is free and open to the public during normal business hours in the cafe area of the People Plus Center, 35 Union St., Brunswick.

Early Gravestones in Southern Maine: The Genius of Bartlett Adams

The Pejepscot Genealogical Society (PGS) will hold its next monthly meeting in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, April 9, 2017 at 2 pm. Maine author Ron Romano will speak about Bartlett Adams (1776 - 1828), who moved to Portland, Maine, in the fall of 1800 and established the area's first stone-cutting shop. Adams supplied hearthstones and mantle pieces to the area's homes, but his more lasting - and visible - impact can be found in the early cemeteries throughout southern Maine. His busy shop produced hundreds of slate and marble gravestones, a nice variety of which survive today in the historic burial grounds of Brunswick, Harpswell, and Topsham.

Ron Romano leads cemetery tours and serves

on the Board for Spirits Alive, the ³Friends of Eastern Cemetery² in Portland. His original research on the life of Bartlett Adams and his surveys of Adams' gravestones at more than 250 Maine cemeteries led to the publication of his first book, *Early Gravestones in Southern Maine: The Genius of Bartlett Adams* (The History Press, 2016). His new book, about the 350-year-old Eastern Cemetery in Portland, will be released by The History Press later this year. Please join us as we hear about this local master stonemason and his legacy, left in stone.

Everyone is invited to join to the group with a brief social period, both before and after the speaker. A business meeting will follow.

For more information contact John Webster, PGS President at (207) 833-5430.

Lunch out!

April 11th at 11:30 a.m.



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