



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 May 2017 Volume 17, No. 5

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



Left: O. Jeanne d'Arc Mayo shows off her serving of gelato at the Gelato Fiasco Scoop-a-Thon to benefit the Brunswick Area Teen Center. Right: Amy Berube serves up a heaping serving of gelato to Volunteer Transportation Network (VTN) and Meals on Wheels volunteer driver Peter Boulais.

“Two great events...”

Preliminary numbers are totaled and it appears obvious that “despite weather complications,” both the 15th annual Music in April event and the ninth annual Gelato Fiasco Scoop-a-thon are in the books as “huge successes,” according to People Plus Executive Director Stacy Simpson Frizzle. “Never mind the weather,” Frizzle quipped, “We had two great events.”

The first-ever Music in April at the Sky Hy conference center in Topsham set a new record for this annual fund-raising gala, clearing nearly \$50,000. “I’m

just amazed the way these events come together,” Frizzle said, “the working volunteers, the sponsors, the restaurants, the folks who donate auction items...year after year, it just keeps getting better.” Thunder showers in the area April 6th made the darkened parking areas “challenging” but Frizzle said she was aware of “no one” who cancelled their seating for that evening because of the new venue or the weather. “Our members and friends are amazing and so dedicated,” she added.

The Scoop-a-thon on April 26 brought more steady rain but no dampened spirits.

Totals were not available a press time, but Frizzle was confident of the outcome. “we go into these events with enough support from sponsors so we know the effort will be successful. Some of these sponsors step up time and again, year after year!” The 12-hour marathon Scoop-a-thon is expected to generate “very close” to an estimated \$10,000 record total for the Brunswick Teen Center.

Turn to pages six and seven for additional pictures of the events, plus lists and information about our sponsors.



Maine State Music Theatre Behind the scenes tour set

A “Behind the scenes tour” of the Maine State Music Theatre home offices, led by “people who know all the secrets” will be a Center members-only treat on Monday, May 15, beginning at 2 pm. The theater’s Development Director Barbara Quinn, with “stand-ins” by Artistic Director Curt Dale Clark, will make the afternoon “educational and unforgettable” according to People Plus Program Manager Jill Ellis.

Quinn said the Theater purchased and renovated the old bus garage on Brunswick’s Elm Street in 2003, and consolidated its production and administration at the site the same year. The tour will include a walk through and explanation of the paint shops, prop shop, costume rooms and design spaces. The 59th season of the summer theater opens June 7th. Advanced sales of single tickets for the coming season opened April 26.

This event is for members-only. Space is limited and you must preregister by calling Pat at 729-0757.

VTN expanding, gets new Coordinator

Lynn Ellis has been hired as a part-time coordinator for the ever-expanding Volunteer Transportation Network (VTN) operated by the People Plus Center. The VTN provided a record 205 rides in the month of March, according to Jennifer Felkay, who had been shepherding the service with other marketing duties at the Center. The VTN has more than 300 registered riders, and an expanding list of drivers. “The need is constant,” Felkay said, “and constantly expanding.”

Ellis lives in Brunswick where she describes herself as “active with social justice at the UU Church.” Ellis has a Masters Degree in Social Work from the University of NewEngland, as well as a Certification in Gerontology. She recently retired after a 40-year career in Social Work that included mental health case management and hospice social

work. She said she is excited to accept the challenges of this expanding program, which is funded by a grant from the Brunswick Area United Way.

The People Plus Center is currently seeking drivers in the Bath area so the volunteer program can expand “toward Bath.” While Ellis busies herself learning the program and meeting drivers, she said she gets “daily calls” from residents in Bath looking for this free rider service.

Derby Dance set

The Brunswick Lodge, Knights of Columbus is hosting a Kentucky Derby Dance on Saturday, May 6th from 7:30-11:00 p.m. at the St. Charles Church Hall of All Saints Parish. Live music will be provided by the “Delta Knights.”

Admission in advance or at the door is only \$12 per person. Advance tickets may be purchased at the People Plus Center from noon until 2 p.m. daily

Walking the walks

Trail Challenges return for Summer

Colleen Fuller of Brunswick’s Access Health will take part in the Center’s FYI! presentation series on Thursday, May 25, at 1:30 p.m. to introduce the 2017 Edition of the Southern Midcoast Summer Trail Challenge. This is the third summer that Access Health, working in a unique partnership with local land trusts, has highlighted local trails and outdoor sites, offering prizes and recognition to people who go out and “walk the walks!” Last

season’s walks included trails in Brunswick, Bath, Topsham, Harpswell, West Bath, and Georgetown, on property managed by the Brunswick-Topsham Land Trust, the Kennebec Estuary Land Trust, and the Harpswell Heritage Land Trust.

You do not need to be a land trust member or People Plus member to attend this introductory lecture. Please contact Pat at the People Plus information desk, 729-0757 to register.

People Plus News

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

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

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. Knisley, 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 Siocum 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 Marketing coordinator marketing@peopleplusmaine.org
- Jordan Cardone Teen Center coordinator teens@peopleplusmaine.org
- Patricia Naberezny Receptionist reception@peopleplusmaine.org
- Lynn Ellis VTN coordinator driver@peopleplusmaine.org
- Amy Feeley Programming assistant

Spectrum Generations Staff

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

Check out past newspapers online at www.peopleplusmaine.org

“Rabbit, rabbit!”

From the Executive Director

Stacy Frizzle



going on all day...

I'm always amazed at the generosity of the community and their willingness to show up for fundraising events, participate in ribbon-cutting's, pull together for donations, bake brownies for the teens, bring in items for the kids stockings, etc. Brunswick is a community unlike any other I've ever experienced in its giving and generosity.

So those two events along with the annual fund campaign, funding from the towns of Harpswell and Brunswick, rental partnership in the building with Spectrum Generations, the United Way, and lots of grant writing, make up the bulk of our income for a year.

But still by this time of year Betsy and I are scraping together our nickels to keep the doors open at People Plus - so these events are a much-needed monetary infusion in the spring.

As we look towards wrapping up our fiscal year at the end of June, we will start the whole funding cycle over again. Businesses are being taxed more than ever, and disposable income for households is likely to decrease. I expect our funding for the next several years will become even more difficult.

So we celebrate this year and thank all of you for your help with it. We are a community that supports each other and comes together and it's because of that, that we at People Plus serve you all!

It's supposed to bring good luck if you say "Rabbit, rabbit" on the first day of every month before you utter another word. I almost never remember but I thought I would get a jump on things this month.

And even though we had bad luck with the weather for both of our fundraisers in April, we still had the dedication of our volunteers and community behind us as both events were an amazing success!

Music in April was held at Sky-Hy, a new venue in Topsham, and we had over 200 people in attendance to raise funds for People Plus programs that help seniors in our community have improved quality-of-life, and stay in their homes longer. Despite a couple of cars getting stuck in the mud, we didn't see any negativity around the rain as people showed up in droves!

And don't ever underestimate a "Mainahs" desire to eat a sweet treat! Over 1000 people participated in a ceremonial check passing at the Gelato Fiasco Scoop-A-Thon Teen Center fundraiser on the last Wednesday in April and despite some rain, we had a

wonderful turnout! It was a record-breaking year set for the at-risk youth in our community who benefit from having a safe warm place to go after school and in the summer!

None of our fundraising would happen without our volunteers. It takes a group of about 30 to pull off Music in April and we start a good nine months in advance! The Gelato Fiasco event has even more volunteers than that (closer to 100!), as we have different scoopers every single hour, entertainers, face painters, organizers, and general rabble-rousing



Mitch Rousseau (right) and his wife Janet (center) join People Plus Executive Director Stacy Frizzle for a ceremonial check passing at the Center's Lunch & Connections dinner last month. The Rousseaus, owners of Coastal Landing Retirement Community and Rousseau Management, were acknowledged for their continuing support of the Center at events like Music in April and our Senior Health Expo. Community partners like the Rousseaus are vital to the success of the Center, and People Plus thanks them for their support.

From Anita's Plate



207-504-6439, shebakme@comcast.net

Last year 20,000 new food products came on to the market. How do we navigate through the hype and marketing to know if these new products or the other ones on the shelves are healthy foods to purchase? There are a few things that can help up make those good choices. For the last few years we have had the 100% and basic stamp for whole grain products. Now the 50% stamp is being introduced.

This is what the stamps signify:
• The 100% stamp is for products where all the grain is whole grain, with a minimum requirement of 16 grams of whole grain per serving.
• The 50% stamp is for products where at least 50% if the grain is whole grain, with a minimum requirement of 8 grams of whole grain per serving.
• The basic stamp is for products containing significant amounts of whole grain but less than 50% of whole grain, the minimum requirement is 8 grams of whole grains per serving.

Spaghetti Squash Taco Boats

Ingredients:

- 1 small spaghetti squash
- Olive oil spray
- ½ pound 93% ground turkey
- ½ t. garlic powder
- ½ t. cumin
- ¼ t. chili powder
- ¼ t. paprika
- 1/4 t. oregano
- 1/2 small onion, minced
- 2 Tb. bell pepper, minced
- 1/4 c. Water
- 2 oz. can tomato sauce
- ½ cup part-skim shredded Mexican cheese blend
- 2/3 c. Salsa

Directions (serves 2):

1. Preheat oven to 400F degrees. Line a baking sheet with parchment paper. Cut the squash in half lengthwise, and use a spoon to scrape out the seeds and soft yellow strands. Spray the inside of the squash with olive oil and sprinkle lightly with pepper. Place the squash face down on the baking sheet and bake for 50 minutes or until the flesh easily pierces with a fork.
2. Brown turkey in a large skillet breaking it into smaller pieces as it cooks. When no longer pink add dry seasoning and mix well. Add the onion, pepper, water and tomato sauce and cover. Simmer on low for about 20 minutes.
3. Once the squash is cool enough to handle, use a fork to scrape the inside so the strands appear. Spoon 1/2 cup meat inside each squash bowl. Top each with 2 tbsp cheese and transfer them to the oven and bake another 5 minutes, until the cheese is melted. Remove from the oven, top with salsa.

Good Housekeeping is introducing a Nutritionist approved seal. Manufacturers will ask Good Housekeeping to evaluate their products and their staff will decide if their products meet the guidelines for a "Nutritionist approved seal." So in the mist of all the marketing for "sweet potato" crackers and "Quinoa" chips and so many other marketing campaigns, we will now have some seals that will help us make some better choices! I am hoping that the

seals will inspire companies to make their product healthier so they can receive the seal.

The diabetes prevention program got off to a great start on 4/27. The new curriculum is great and I have asked Emma to help me facilitate the program. She has a great interest in nutrition and will add a fresh touch to this wonderful class. I will continue to provide updates on this year long program.



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

Good Shepherd Lutheran Church
welcomes you to join us for

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

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



NASTURTIIUMS AND "DINNAH" PAILS

by Charlotte Hart

On my first day of school in September 1941, I rode the school bus from Mee's Corner in West Newfield, Maine to the Ethan Stone School in Newfield. I clutched a bouquet of nasturtiums for the teacher. Mom had wrapped the stems in wet newspaper, then waxed paper. Miss Bray put those orange and yellow blossoms in a glass on her desk. That morning I also carried a brand new green lunch box. My two kindergarten classmates, Clayton Chute and Carol Mee, told me it was supposed to be called a "dinnah pail".

Before Miss Bray rang her bell for us to enter her room, the school yard was a lively place. Children stood in lines to take turns on the tall slide and swing set. Milkweed seeds and fluff drifted by on the warm September breeze. Down the hill behind the school ran the peaceful Little Ossipee River.

Ethan Stone School was a large wooden building. Inside the entrance was a big hallway. To the left was a cloakroom with rows and rows of hooks. Two big classrooms took up the main floor. One of them was for K (then called "sub-primary") through grade four. Miss Bray taught reading, writing, and arithmetic, and penmanship and patriotism and cooperation to those five grades. The other main floor room housed grades five through eight and their one teacher. Each morning, fourth grade boys went to a well to get pails of water to fill the cooler in Miss Bray's room. Boys' Rooms and Girls' Rooms (four seaters) were attached to the back of the building. In the winter, children hurried back to class from those unheated rooms. Upstairs the two big classrooms were for high school students and their two teachers.

The school was heated by wood stoves, one in each room. In the winter we had hot lunch. The teacher would put thick slices of homemade bread on the top of the wood stove. One student's job was to watch and turn that toast. A kettle of soup, usually Campbell's tomato, simmered on the back of the stove.

There are many delightful memories. Oh the thrill of recognizing that beautiful black letter "A" on the white page. I was learning to read! A wonderful place in the room was the "library", a bookcase with 50 story books. Mr. Gatchell came once a week to teach us to read music and to sing rousing songs such as "Golly Molly Pitcher" (about the woman who bravely fought the British in the American Revolution). I did wish I could look like one of the fifth grade girls, Marilyn Gerry. She looked like Marilyn Monroe.

Sadly the Ethan Stone School burned in the great forest fires of 1947. My dad saved our home at Stevens Corner with lots of help from Newfield men who fought to save much of the lovely old town. I remember Mom talking about that fire that started in East Wakefield, New Hampshire and raged through Newfield and Shapleigh and on to Goose Rocks Beach in Kennebunkport.

What Memorial Day is about!

by Rob D. Luehring

Here's a little history lesson to remind everyone what Memorial Day is all about.

My grandfather was a US Navy pilot, and died in a plane crash while serving our country, before my mother was born. Tomorrow, I will again be reminded how drastically different my mother's life would have been, and in turn, how different MY life would have been, if he hadn't made the sacrifice he did for all of us. I find myself sad, but at the same time



so very proud to be able to call him my grandfather, even though I and my mother have never had the honor to have met him, but the honor of being here because of him is a small condolence. So please don't forget tomorrow that the reason you are able to spend the day relaxing with friends is because of the sacrifice my grandfather and people like him made for you, your family, and our Country. Please do enjoy your weekend everyone, and have a happy and safe Memorial Day.

The St. George River Race

by Virginia Sabin

They came weaving among rocks emerging from low water. Their keels scraped, dragged and caught in brushwood. The paddlers strained, grimaced, oblivious to friends urging them on. Oldsters, children, men and women, all part of this "brotherhood."

A spring sun warmed them on this early April day, Lingering snow and cool breeze kept them from overheating. As they neared the finish line, they put on a burst of energy. So photographers could see how hard they were competing.

My daughter, one of them, her first kayak race ever With a broad smile as she finished, rightly proud of her feat. A gutsy, determined, delightful young woman. Though not in first place, her achievement so sweet.

On to the Kenduskeag!

Vitamin F

by Bonnie Wheeler

I take vitamin B-complex to make my day calmer.
I take vitamin D to supply my need for sunshine.
I take vitamin C to keep me from getting a cold.
But the vitamin I need most is vitamin F.
F stands for friends.
I need F to be happy, to share my life, to give me advice, to go to the movies with, to go out to eat with, or to hold my hands.
How is your day going?
Maybe you need vitamin F.
I highly recommended it for good health.

SPRING IS HERE

by Virginia Sabin

Pussy willow bud	Dormant bulbs boldly thrust
Waits on a twig	Drifts of daffodils
Braving the lion's roar	In a brown landscape
Under snow, crocus bloom	And winter is gone
Poppy's green fern show	
Primrose grace gentle slopes	
Of sturdy pine and oak	

THE NAUTILUS

by Elizabeth B. Bates

They called me sailor, imagining that I was free to sail the surface of the sea with membrane open to the wind's design. But I am no skimmer of that great ambivalence, that fickle skin between ocean and sky, not I. I graze the pastures of the deep, content within myself, tentacleing what I can reach of all that is good and fine, leaving the rest behind. But, don't think me unadventurous, dull, sticking like a barnacle to the first comfortable place I find. Suddenly, I wish to fly, live up to my name, lift my airy chambers high and let them go where they will, like balloons through the salt and watery sky.

Ah, Spring

by Vince McDermott

6:30 AM. Early April. Ah, spring. The birds are singing. Sunlight is flooding into my bedroom. Wonderful! Flowers are coming up. Snow is melting. All is good.

6 AM. Mid April. Birds are singing again - lots of them. The sun is even brighter. I really love to see the flowers starting to bloom. Most of the snow is gone.

5:30 AM. End of April. Birds are really noisy this morning. Sunlight is very bright in my bedroom. The snow is gone. Flowers continue to grow.

5:15 AM. Mid May. Those birds are becoming a nuisance, as is the sun. I should get some thicker shades. I guess the flowers are doing well - I haven't looked lately.

5 AM. End of May. Damn birds - why don't they sleep in? I must get an eye mask - it is too bright in here. I'm not getting enough sleep. Oh for some clouds and a little snow.
Ah, spring. Ah, choo!!!

Nothing is Forever

by Betty Bavor

NPR, on January 15, 2017, announced "The Greatest Show on Earth" Ringling Brothers Barnum & Bailey Circus will have their final performance in May 2017. Declining ticket sales, the company retiring the touring elephants, coupled with high operating costs and an audience 'mood shift' led to this heart wrenching decision. I had seen a TV interview with the first woman Ringmaster and wondered if she was privy to this information. she was enthusiastically looking forward to her duties ushering in 'The Greatest Show on Earth'.

Asian elephants with smaller ears than their African cousins were a mainstay of the circus for nearly 150 years. Animal Rights Advocates were critical of care, handling and training of elephants prompting their retirement from the circus environment. All elephants were to be moved to the Center for Elephant Conservation in Polk City, Florida, a 200 acre facility by 2018. The Feld family, who bought Ringling in 1967, reported all other animals will go to suitable homes. They employ 500 people. Feld Entertainment developed two touring shows - Circus Extreme and Out of this World plus also high profile traveling shows - Monster Jam, Supercross, Marvel Universe Live and Disney on Ice.

Years ago the circus came to Norwalk, Connecticut in the middle of the night. At day break an immense circus tent was put up behind a middle school with the help of the elephants. Many local families would get up early to watch all the action. My daughter remembers elephant's "long pissing" and my son said he remembers elephants being big and strong. Times change, treasures become history as life goes on with new events, shows and ideas. I am glad to have experienced the Greatest Show on Earth - Ringling Brothers Barnum & Bailey Circus.

Bits and Pieces

by Ralph Laughlin

Obituaries can provide some interesting reading and insight. The followings are excerpts from a few obits that I read recently while bidding time at the local library. Names have been changed or omitted to protect the integrity of the deceased from what their survivors have written. Points in italics are mine.
...Harold, 104, was preceded in death by his parents...If his parents were still alive they would be close to 120 years old.
...Dave pursued a career in business and excelled at being self-employed... Is this a nice way to say that he had a hard time working for and with others?
...In addition to his wife of residence... guess that means they lived together, not apart.
...At the age of 75 she could still be seen driving around town in her red Firebird, sporting a nice pair of Ray-Bans and a good gospel or country son playing on the car stereo. She took great care when it came to appearance. She never left the house without her hair styled, nails

manicured, and accessorize to the hilt... Go Granny Go!
...She always believed "My family comes first" and she enjoyed daylilies, irises, birds but her favorite was the humming-birds and bluebirds; also butterflies and poetry.
...In lieu of flowers the family has requested that you buy a bottle of wine and toast to a great man...Best use of flower money yet. I'll drink to that!
...William, 82, of Blackburg, took his final lap around the farm and joined his wife and those who knew it was his last lap.
Let me close with words to express for the first anniversary of a young woman's death.
We begin to remember not just that you died, but that you lived. And that your life gave us memories too beautiful to forget... May that be said for all of us when our time comes.
That's it for now from the lower forty-seven. Until next time, this is Goober.

Memorial Donation in Memory of

Dorina Poulin Morin
September 19, 1925 – April 15, 2017

Reception Room
Personalized Catering
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

May at People Plus...



John and Joan Peck "seize the moment" going to a local cemetery to remove Brown-tail Moth nests from a cherry tree. "Every nest removed means less worms in May," Joan Peck said, "wouldn't it be great if more people went out this weekend and cut off nests as a community service!"

Lunch & Connections Pork, potatoes and veggies!

Our Thursday, May 18th Lunch and Connections dinner will feature generous portions of roast pork, mashed potatoes, yellow squash and a side of spinach-cheese casserole. "Spring is finally here," noted head chef Frank Connors, "it's safe to start packing on the carbs again!" (Yes Anita, he was smiling when he said it!)

Of course there will be a fresh and green, lightly dressed garden salad for everyone, with coffee, hot herb teas, fruit juices and milk available with each meal, and iced water is always waiting on every table. Our bread this month is again coming from Wild Oats Bakery. Dessert will be our own spiced cake, with a side of ice cream.

Underwritten each month by our friends at Spectrum Generations, our Lunch & Connections meals are designed to focus on nutrition, information, fun and variety. A CHANS healthcare professional is always available to offer and record free

blood pressure checks, and Mary Marino of Mary's Affordable Hearing Aids is available in a quiet corner of the teen center to offer free hearing examinations.

Remember, you do need to preregister after the first of the month to be included, as seating is limited to the first 68 folks who sign in. Please plan to arrive after 11:15 am to claim your seat. We hope you'll register to win one of our free door prizes and purchase your 50/50 raffle tickets. (Last month's 50/50 raffle winner took won nearly \$50 and gave it back to the Center!)

Cost of our meal is still only \$6.00 for members and \$8.50 for non-members, payable when you arrive at our door. Yes, you can pre-order a take out meal and pick it up after 11:30 am. Drive to the center with a friend if you can, as parking is always at a premium.

Our buffet styled luncheon is served, beginning at 12 noon.

'Aging Well' Lunch and Learn: Dementia Conversations

Mon, May 22, 12 pm.

This program from the Alzheimer's Association, is primarily designed for working adults who have a family member or close friend beginning to experience Alzheimer's or another dementia. It will offer helpful tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans. Topics covered will include: Tips for having difficult conversation around some of the

most common issues that arise regarding Alzheimer's or another dementia, the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's, connecting with helpful resources to enhance quality of life for everyone involved and hearing from people who are dealing with similar issues. Bring your lunch (or try Monday Munchies) and we will provide drinks, chips and dessert. Free, open to public.

Medicare 101 Session with Spectrum Generations

Tue, May 9, 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 Knee" with Dr. Giustra

Tue, May 30, 1 pm.

Learn about basic knee anatomy in the context of generalized good health. The knee holds a special place in the heart of Dr. Giustra because pain there challenges his resources to deal with it while maintaining an active lifestyle. We plan to have a nourishing snack, multimedia entertainment and learning in a user friendly package. Free to members, \$5 non-members..

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

Books A La Carte

Tue, May 16, 3 pm.

Books A La Carte is a group of readers who gather to discuss, trade, lend, and donate books. Members read books of any genre. There is no assigned list. Readers describe books they have read and provide an opinion, pro or con, of the books. If you need to increase your supply of

books, you may pick some up at the People Plus lending, trading, donation library, which is located in the cafe.

The group meets on the third Tuesday of each month at 3 pm at People Plus. The next meeting is scheduled for May 16th. For additional info, call Vince at 729-0685.

People Plus
Good Morning Program
Volunteer & Participant Coffee
is Tuesday, May 23, 10:00 am

The goods on Google

Thurs. May 4, 10-11:30 am

Would you like to know more about using Google Earth, Google Maps, Google Search or smartphone GPS mapping apps? These free friendly computer tools can help you with personal projects like vacation and adventure travel planning, vicarious exploration of the world, life history and genealogy documentation, and trail mapping. If any of these project categories capture your interest then come to a People Plus presentation by Craig Snapp from 10-11:30 am on Thursday May 4.

Craig Snapp moved to Brunswick in 2003 after a career in Silicon Valley semiconductor technology. Since then he's been an active volunteer for land trust conservation using his knowledge of GPS, digital photography and mapping. He has also taught short courses and given presentations on "Exploring Your World and Beyond using Google Earth" at the Midcoast Senior College, People Plus and the Curtis Memorial Library. Bring your own device or laptop. Registration required

FREE Healing Clinic with Greater Brunswick PT

Fri, May 12, 11am-5 pm.

Free massages and healing treatments at People Plus with professional health practitioners, massage therapists, physical therapists and Reiki masters. Hosted by GBPT. No appointments, first-come, first-served.

Merry Pop-Ins Program

We Need Your Help!

We want everyone to know they are not forgotten. Please let us know of any members who are unable to get to the center for any reason, are going through tough times or have any other reason they could use an uplifting card, call or maybe flowers, fruit or simply ask if they would like a book, errand run or meds picked up.

Please help us help others by letting us know who is in need. Everyone feels better helping someone else. You may leave names with receptionist for Gladys Szabo.



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Mah-Jongg 9:00 Loosen Up 9:00 Crafters 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 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 1:00pm Quilters 6:00pm KOC	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 KOC	8:30 Table Tennis 8:30 Women's Breakfast 9:30 Beg/Intermediate Bridge 10:00 Google Earth with Craig Snapp 11:00 Yoga 3:00pm Diabetes Prevention Program 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge 4:00pm Middle Eastern Dance Party
9:00 Mah-Jongg 9:00 Loosen Up 9:00 Crafters 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 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 KOC	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 Club	8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 3:00pm Diabetes Prevention Program 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 GBPT Healing Clinic 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Loosen Up 9:00 Crafters 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 2:00pm MSMT Tour 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 6:00pm KOC	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 KOC	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS Blood Pressure Clinic 12:00pm Lunch and Connections 3:00pm Diabetes Prevention Program 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
9:00 Mah-Jongg 9:00 Loosen Up 9:00 Crafters 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Bridge 12:00pm Lunch & Learn Dementia Conversations	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 GM Volunteer Appreciation 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:30pm Café en Français 6:00pm KOC 6:00pm Community Info Session	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 Club	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:30pm FYI! Trail Challenge 3:00pm Diabetes Prevention Program 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 11:00 World Affairs 12:30pm Table Tennis 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge
Center Closed Memorial Day!	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 "The Knee" with Dr. Giustra 6:00pm KOC	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			

May 14, 2017 Happy Mother's Day!

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.

Taking Root plant sale

Calling All Gardeners....

The 6th annual Taking Root Plant Sale is on Saturday, May 27th from 9am till 1pm at the Masonic Hall on Baribeau Dr.

This sale is the major benefit for the BTLT Tom Settlement Community Garden that includes the MCHPP Common Good Garden, where we raise produce for Mid Coast Hunger Prevention Program.

All our perennials are locally grown donated plants...nothing from the Big Box stores.

We'll also have annual flower, veggie and herb plants...as well as trees & shrubs.

And we also need and appreciate your perennial donations. You can call Claudia Adams at 721-0068 or at clabellaadams@gmail.com if you've got plants to donate.

We'd love to see you at this fun sale that benefits so many so save the date!

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



Thank You Sponsors!



15th Annual Music in April 2002 - 2017

The 15th annual Music in April gala fundraiser was a record setting year bringing in nearly \$50,000 for the seniors and teens of our community! More than 200 people enjoyed wonderful musical performances. It was a night to be remembered and our appreciation goes out to all of our volunteers, sponsors, restaurants, donors, and participants! We could not have done it without you!

THANK YOU!

Fortissimo Gala Sponsor: **Coastal Landing**

Crescendo Financial Sponsor: **Bangor Savings Bank**

Crescendo Healthcare Sponsor: **Mid Coast-Parkview Health**

Duet Event Sponsor: **Spectrum Generations**

Dolce Decor Sponsor: **Maine State Music Theatre**

Forte Sponsors

Atlantic Federal Credit Union, Bar Harbor Bank & Trust, Bath Savings Institution, Bill Dodge Auto Group, Brackett Funeral Home, Camden National Bank, CHANS Home Health Care, Developers Collaborative, Edward Jones Investments, Brunswick Branch Office, Goodwin Motor Group, Hammond Lumber Company, The Highlands, Key Bank, The McLellan, Mechanics Savings Bank, Mid Coast Senior Health Center, Neighbors, Inc., Norway Savings Bank, Primerica, Priority Real Estate Group, Riley Insurance Agency, Rousseau Management, Rusty Lantern Markets, Thornton Oaks, Kathleen S. Winn, DMD

Mezzo Sponsor: **JHR Development, LLC**

Decoration/Staging Sponsor: **Maine Event Design & Décor**

Location Sponsor: **Sky-Hy Conference & Renewal Center**

Restaurants

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

Entertainers

Touching Base and Porch Time Quartet

Special thanks to the Sky-Hy Conference & Renewal Center, Columbus Club of Brunswick, John Bottero of Thomaston Place Auction Galleries, and Robyn Allen with Maine Event Design & Decor for their generous support.

BRUNSWICK AREA TEEN CENTER SCOOP-A-THON WEDNESDAY, APRIL 26



2017 Sponsors



"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

- May 1 Baked Ziti
- May 8 Chili
- May 15 Chicken Corn Chowder
- May 22 Hot Dogs & Slaw

menu subject to change



"May...flowers, birds, and clean slates"

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 - DUMPSTERS - 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
CDC4U@COMCAST.NET
207-729-5760

www.chicksdochores.com

WANTED

MEN WHO LIKE TO SING!

Nor'easters Barbershop Chorus

The Nor'easters Barbershop Chorus of Brunswick is looking for a few good men to join us in singing good barbershop music. We just celebrated our 50th Anniversary as a chartered chorus of the Barbershop Harmony Society. Currently the chorus has 18 plus men from high school age to 88 and all ages in between. We perform throughout the year at local senior housing, nursing homes, assisted living facilities, benefit concerts for area non-profits, as well as our annual Fall Concert and Singing Valentines. Our chorus supports Brunswick High School students acapella groups (both male and female), and has sponsored local students each summer at Harmony Explosion in Worcester MA, often having fundraisers to keep scholarship money available to send as many students as possible. We invite men in the local area who currently have time on their hands, can sing a tune and keep on pitch, and would like the experience of being with men who have fun signing together. The chorus meets on Tuesday nights at 7 p.m. at the United Methodist Church, 340 Oak Grove Road in Bath. For more information, call Ray at 207-542-7229

Call Ray at (207) 542-7229 or email rayrobi2@yahoo.com

Weekly Winners

Senior Intermediate Cribbage

- Mar. 22: Lorraine LaRoche, 726, (Perfect GAME!!)
Joe Tonely, 723
George Hardin, 701
- Mar. 29: Lorraine LaRoche, 702
Gabriele Niffka, 695
George Hardin, 691
April 5: Joe Tonely, 711
George Hardin, 703
Gabriele Niffka, 698
- April 12: Gabriele Niffka, 726, (Perfect GAME!!)
Tim Owens, 696
Colleen Petrin, 664

Monday-Saturday Bridge

- Mar. 13: Joyce Lyons, 3,860
David Bracy, 3,730
Lorraine LaRoche, 3,460
- Mar. 18: Richard Totten, 4,430
John Rich, 4,310
Libby Scully, 3,750
- Mar. 20: David Bracy, 3,990
Jeff Lauder, 3,780
John Rich, 3,450
Anne Brautigam, 3,330
- Mar. 25: John Rich, 5,630
Lorraine LaRoche, 4,380
- Mar. 27: John Rich, 4,200
Joyce Lyons, 3,730
Lorraine LaRoche, 3,700
- April 3: David Bracy, 5,650
Sherry Watson, 4,980
Paul Betit, 3,830
- April 8: Bill Coop, 5,480
Bob Cressey, 5,360
Betsy Mace, 5,250
- April 10: Paul Betit, 3,630
Bill Coop, 3,370
Libby Scully, 3,110
Jeff Lauder, 3,070
- April 15: Donna Burch, 6,620
David Bracy, 4,770
Lorraine LaRoche, 4,370
- April 17: David Bracy, 5,430

Brunswick Area Teen Center

May is the season for "fun stuff"!

Hey! It's May! I look forward to May! The weather frenzy dies down and the frenzied days of preparing for and holding large fundraisers have come to an end. Sports have started up giving the kids more outlets for their energy, there is more daylight which improves all of our energy and moods and... we can open the windows and let that fresh air in!!!

The kids are coming in with summer attire on (maybe just a bit too soon!). The end of the school year is in sight for the kids now...the countdown is on!

I feel like it is a month to look forward (summer is coming!), look back (survived another winter!) and relax a little.

At the Teen Center, we are looking forward to starting some projects. One of our teens found some fabric she loved (with fish on it) and is bringing it in to make a dress! I found some fabric (blueberries) I had stashed away for far too long to make curtains, which I am

bringing in to finally do it! Or, have the teens do it for me!!!

My goal in May is to take a break from fundraising and grants etc. and do fun stuff the kids have been patiently waiting to do! But...currently, until then, I am engrossed in preparation for the Gelato Fiasco Scoop-a-Thon, which will be over when you read this! I am sure it will be a success, it always is! And so much fun! I hope you were able to make it!

Results and details will be in a future peek of the week-so stay tuned!

Do you get the Peek? Every Friday an e-mail is sent out to all members who have "registered" their e-mail address with us and it tells you weekly what has happened and what is happening at the center! If you don't get it, and you want it, contact Jill at programming@peopleplusmaine.org and she will get you on the list!

I am typing this with one hand because I

Teen Center News

Jordan Cardone



have my fingers crossed on my other hand that it won't rain on the 26th (scoop-a-thon day) as much as predicted!!!

So, May-good weather here to stay..... here's hoping!

Until next month, Jordan and the gang

Teen of the Month Alex Holbrook

Alex Holbrook is in 6th grade this year and attends BJH. Alex likes coming to the Teen Center "to get time away from his parents" and "he likes the games at the TC. His favorite is the Roblox game they play on the computers! We really enjoy having Alex as part of "the gang". The very same day I told Alex he made Teen of the Month, he handed me his report card showing me that he made Honor Roll!!!! It was a good day! Congratulations Alex! Alex has received two movie tickets for his reward.



Cribbage tournament finishes with tie



More than two dozen players attending the first-ever Roland Levesque Memorial Tournament at People Plus April 8, found the competition fierce and friendly. "A great time was had by all," observed tournament organizer Louis Levesque.

Omer Gagne, Rick Fortin and Anita Owen were all tied with seven points and shared top winner prizes worth more than \$100. Gabrielle Neffka and Harry Higgins of the People Plus Wednesday Cribbage Club also tied for High Hand with 24 points. Attendees included family members and friends of Levesque, members of the Brunswick Lodge, Knights of Columbus, and members of People Plus.

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

HEAD TO TOE PHYSICAL THERAPY
OF TOPSHAM 207-723-4400

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.headtotoept.com

BRUNSWICK AREA STUDENT AID FUND
BOWDOIN • BOWDOINHAM • BRUNSWICK • HARPSWELL • TOPSHAM

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

BRUNSWICK AREA STUDENT AID FUND
BOWDOIN • BOWDOINHAM • BRUNSWICK • HARPSWELL • TOPSHAM



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

May 2017

All Spectrum Generations' locations will be closed on Monday, May 29, in observance of Memorial Day.



Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year's theme is "Age Out Loud." is intended to give aging a new voice — one that reflects what today's older adults have to say about aging.



The 2017 theme gives us an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible.

Whether it be socialization, life-long learning, wellness classes or volunteerism, we invite you to "Age Out Loud". The possibilities are endless at Spectrum Generations and People Plus! Visit www.spectrumgenerations.org for more information.

Girls Scouts Give Cookies

Under the guidance of troop leaders Dawn Grimes and Gladys Szabo, Girl Scout Troop 1644 recently delivered over 200 boxes of delicious Girl Scout cookies to Spectrum Generations' local Meals on Wheels recipients through their cookie share program.



Thank you girls, for all of your hard work and dedication and thank you to everyone who purchased a box to donate!

FRAUD WATCH NETWORK SCAM ALERT BULLETIN BOARD

The Federal Trade Commission reports that the virtual child kidnapping scam has resurfaced. The scam begins with a call from someone claiming to have kidnapped a child in your family. The scammer demands money by wire transfer or prepaid card. These calls are fake and law enforcements organizations, like the FBI, are aware of this type of scam. If you get a call like this, resist the urge to send money immediately, no matter how dramatic the story. These scammers are good at pressuring you to send money before you have time to think. Before you send anything, contact your child or grandchild directly, then you can report this fraud at ftc.gov/complaint

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.

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? Do you live in Brunswick, Harpswell, or Sagadahoc County?

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.



A sample of what is included in the CSFP boxes

To qualify, 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 11:00 a.m. — 1:00 p.m. at the People Plus building in Brunswick or the second Tuesday of every month between 9:00 — 11:00 a.m. at the Bath Area Senior Citizens Activity Center.

Spectrum Generations is now taking applications for its new pick up sites at People Plus AND the Bath Area Senior Citizens Activity Center!

For an application or for more information, call Casey at 607-4406.

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 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, 10% off complete pair of glasses, up to \$500 off 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 sml, \$1.50 medium)
149 Maine St., Brunswick, 729-5486
www.eveningstarcinema.com

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

Cash/Check (Payable to People Plus)

Membership Dues: \$ _____
Additional Donation*: \$ _____
(*donations above membership dues are tax deductible)

Total: \$ _____

Ping pong players needed!



People Plus has a good contingent of ping pong (table tennis) players. But we are always looking for more to share our recreational sport (the most played sport in the world some say ... remember the Chinese). Mostly we are folks that incidentally played ping pong in our younger days, then got involved in working and the usual busi-ness of life, and then in retirement started playing again. The game is often credited with considerable benefits for older folk: not too hard on the

body, good body exercise if you keep moving and bending, good mind exercise (if you diabolically scheme to outwit your opponent, let alone try to instantaneously calculate the physics of the situation), good mind-muscle coordination exercise, and an opportunity to laugh a lot with other players. We find it doesn't take too much time for past players to remember ... and if you want a little challenge we can all improve ... usually a lot. If you are good, we would love to learn from you. If you would like some hints from us, we are glad to help. For the competitive amongst you, there is the Maine Senior Games ... which is one of the few competitions with 5 year age brackets ... otherwise we are up against the young whippersnappers that can see, move, hear, and are strong ... all unfair advantages in our opinion. We often do well at the Senior Games.

If you would like to try us out, we meet Monday through Thursday at the People Plus building in Brunswick, Maine. The times vary and are in the People Plus calendar (729-0757).

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, 729-6009
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

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

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

SKY-HY
Conference & Renewal Center

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.info • adultdayprogram@servant.net

Time to empty the junk from the trunk?

Who keeps stuff like this? There's a North Vietnamese flag, looks like it has a bullet hole in its lower right corner. There's a set of dog tags, some spent rifle cartridges and two bullets that are probably still live. Add a rusting Pabst Blue Ribbon beer can with its top gone, a tattered Bible, a Vietnamese phrase book, a bronze bell, a tin canteen, a tiny pair of "Ho Chi Min" sandals, a black silk "uniform," bunches of photographs, a few sealed C-ration cans (is that can of peanut butter starting to bloat?) a file folder filled with yellowing newspaper clips, a bunch of old letters, still in their "Free,Vietnam," envelopes, and reams of stacked papers, and you've seen most of the highlights. I was there the day we seized that flag, and yes, I can tell you, live rounds were flying. The beer can came home before I did, filled with film that spoiled before it could be developed. You know, in the Nam, we were issued a single, 16-ounce can of room-temperature PBR beer every

month, if we wanted it or not. Most guys took it without question. Have you ever "chugged" a full can of warm beer? I check the dog tags when I need to be reminded of my blood type, I keep a spare on my truck keys. The Bible was a gift from a loving friend, I used the margins to scribble notes, the pages to store pictures, the front cover to log my year. To this day, I don't understand why I didn't spend more time reading that book. The sandals and uniform came from a pile of spoils, no real story there, and the bell came from a water buffalo that didn't need it any more. The photos? a few were taken of me, during a time that's now all but surreal, but too many of pictures are of guys who will never be 75 years old. Yup, all that stuff is packed into an old suitcase, collecting dust under my side of the bed. Maybe I open it once a year, on a specific, special date that comes to mind; maybe it sits there unnoticed, unopened, unwanted, for years at a time. My sweet

Jane has walked into our bedroom more than once, noticed what I was into and just left the room. Sometimes there's an acknowledgment, a question, a hug... sometimes not. Jane has always had that sense, that understanding, knowing when to step in, and when to step away. The reasons for keeping this motley collection of riff-raff may have changed over the years... "my kids might want it some day; maybe there's a museum somewhere; maybe I can sell some of this stuff"... but the morbid, harsh truth is I can't EVER be the one who would redistribute it, or throw it away. There are too many pieces of me in that suitcase. My year in Vietnam opened 28 May, 1967, fifty years ago this month. I stepped willingly off that air-conditioned TWA jetliner, into the stifling, tropical heat of Saigon. Just 20 years old, I was a pumped-up paratrooper who knew there was NOTHING in the world I couldn't do, but I was really just weeks away from being beaten and humbled within inches of my life. Soon enough I would

Speaking Frankly

Frank Connors



be counting the hours between the next night and that day when I could finally return home. This past winter, I spent blocks of snowy days, pulling my own old letters from their envelopes, putting them into handy, readable plastic folders. They became hundreds of pages, all neatly arranged by date. Surely if there is an anniversary to celebrate, thought I, this is the logical place to start. Most of the letters had been mailed to my mother, some to my sisters, my aunts, and a few other friends in Bowdoinham. Many times this old guy would stop, read and re-read, fascinated by the voice of that crazy young kid coming at me from those pages. Too many nights in the past 50 years, I've laid quietly in my bed, thinking about those letters, and about those days. Maybe this year, this anniversary I can embrace the history, and get further from it.

New or renewing members for April

- * indicates new membership
- * indicates donation made with membership
- LIFE MEMBERSHIP**
- James Friedlander, Portland
- Claudia Knox, Brunswick
- D. Edward Knox, Brunswick
- Linda Tetreault, Topsham
- Brunswick**
- ElaineArchambault
- Mary Ellen Banton
- Russell Banton
- Francis Bigelow *
- Nan Bigelow *
- Lorraine M. Caron
- Susan Chadwick *
- Vivian Chadwick *
- Jane Colby
- Lincoln Colby
- Sandra C. Cox
- Lynn Ellis *
- Clarinda M. Gray
- Tom Hallenbeck
- Monica Hawkins
- Nancy Jennings *
- Jack Kennedy
- Sue Kennedy
- Paul Krakauske
- Andre Labrie
- Joan Labrie
- Frances C. Lee
- Barbara Lemieux
- Virginia V. McLaughlin
- Jane McGraves *
- Janet A. McGraves *
- Amy McLellan
- Elizabeth Moloff *
- Ronald Moloff
- Elaine Mower
- Alicia Pietraho
- Jane Primmer
- Stan Primmer
- Mary Ellen Rosenberg *
- Megan Rosenberg *
- Frank C. Slinger Jr.
- Alan Sockloff *
- Carol Sockloff *
- Barbara A. Tobin
- Joanne S. Wright-Laughlin
- Harpwell**
- Elna Hunter
- Topsham**
- Robert F. Bouchard
- Verian D. Kellner
- Joyce Munier
- Mary A. O'Connell
- Ellen Wood *
- other places**
- Barbara Anderson, Bowdoin
- Clara Forkey, Georgetown
- Linda M. Loring, Bath

"Tale of a Topsham Tombstone"

The Pejepsot Genealogical Society (PGS) will hold its next monthly meeting in the Morrell Meeting Room of the Curtis Memorial Library, Brunswick, Maine on Sunday, May 7, 2017 at 2 pm. Coastal Journal writing contributor Susan Sorg will be presenting "Tale of a Topsham Tombstone". Coming upon a sad inscription on a tombstone in the First Parish Cemetery on Middlesex Road a year ago

inspired her to delve into the history of what had happened to the deceased and how it affected so many. Join us to hear the story of a local freak shooting accident over 200 years ago! There will be a brief social period with refreshments before and after the speaker. A business meeting will follow. For more information contact John Webster, PGS President at (207) 833-5430.



Live with Purpose

Bowdoinham Library Plant Sale
Saturday, May 20th
9 am to 4 pm
THE LONGEST RUNNING PLANT SALE IN MAINE!

Bowdoinham Town Hall
Call 666-8405 for more information

M

Do senior living differently.

The McLellan
Live better.

At the heart of The McLellan is "Purposeful Living." We all need a reason to get up every morning. Come reconnect and "Live better" with purpose. Eighteen creatively designed residences with services, amenities and age-in-place care, all in historic downtown Brunswick.

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

(207) 671-9033 | amy@themclellan.com | www.themclellan.com
26 Cumberland St. Brunswick, ME

CLASSIFIED ADS

BATH DRIVERS NEEDED. The Volunteer Transportation Network (VTN) has a desperate need for volunteer drivers in the Bath area. Must have a valid driver's license & car insurance, been driving for more than three years, and clear background checks (provided by People Plus). Call 729-0757.

Housing Needed: Lynn Ellis is looking for affordable housing (a room or house share in Brunswick area) along with her cat. If you know of or have something to offer please be in touch. lynnsellis62@gmail.com or 479-5208.

Prom Season! I have a selection of lovely gowns, (black, red, mauve, etc.) priced right for the perfect person. Call Merrillyn for your fitting. 725-2424

LAWN & YARD CARE. Call Corey Wallace Landscape Co. for your mowing, trimming, yard clean-up and mulching needs. We offer full service with a full staff of trained professionals. Personal service: coreywall1977@yahoo.com Call 720-0397.

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



Wixom Works continue on display

The colorful, whimsical, and unique oils and watercolors of Vivian Wixom, remain on display in the Union Street Gallery cafe at People Plus through the end of May.

A Topsham native, Wixom says she has developed her unique style of Painting over many years. "I started painting when I was nine years old," she offers proudly, "mu-

mother was working in Brunswick's old Chandler's Book Store, and one day she brought me home a tablet and some paints. I did a little house, and that was the start of it!"

Now "over 80," Wixom paints in both oils and watercolors, and is know all over the country for her primitive styled presentation of people's homes and landscapes. She said she likes to use her work to "tell a story about people's lives, and their surroundings." She says living near the Maine Coast has offered her an endless variety of subjects, from light-houses, to mountain scenes, to old farms, to harbor views and the open sea.

Wixom's work has been exhibited on the west coast in several shows, and at the "Old Island Days" in Key West, Florida. Many of

her original painting have been reproduced into salable prints. She has won numerous awards and recognitions, and has original 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 non-profit organization's 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 in the Cafe area of the People Plus Center, during normal operating hours. Find us at 35 Union Street, Brunswick, call 729-0757 to be sure we are open.

Lunch out!



May 9th at 11:30 a.m.

568 US Route 1, Freeport

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

Freeport chorus to perform Love's Great Ocean

The Greater Freeport Community Chorus will present its spring concert, "Love's Great Ocean," May 6 and 7 in Brunswick and Cumberland.

The 55 singers, residents of more than 15 midcoast towns, are led by Director Virgil Bozeman and accompanied by pianist Kellie Moody. They will perform at 7:30 p.m. Saturday, May 6, at the Universalist Unitarian Church of Brunswick, 1 Middle St, and at 2:30 p.m. Sunday, May 7, at the Tuttle Road United Methodist Church, 52 Tuttle Road, Cumberland.

The centerpiece of the concert will be "Heavenly Hurt: Songs of Love and Loss," a setting of several Emily Dickinson poems composed by Alice Parker. Performing with the chorus will be Karen Jung, principal cellist for the Midcoast Symphony Orchestra and music librarian at Brunswick's Bowdoin College.

Admission is \$10, with a per-family maximum of \$25. Tickets may be purchased at the door.

For more information, visit the chorus on Facebook or at its Web site, www.gfccsings.org.

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

