



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

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



NO CONTEST! George Hermans (left) and George Tetu won table favors at last month's luncheon by proving they were the oldest diners at their tables. Hermans is 90, Tetu only 88.

Annual fund “Breathlessly close” to successful finish

One large check and a fistful of smaller donations in May left the effort to raise \$50,000 for the Center's Annual Fund, “breathlessly close” to its successful conclusion. “It's so wonderful,” Executive Director Stacy V. Frizzle observed, “the Annual Campaign is that last piece of our fiscal puzzle, when we offer a challenge, people always seem to step up.”

Office manager Betsy White said the total stood at \$48,922 on May 22, A total of \$3,060 extra has been contributed at time of paying annual dues, White said. “We're hopeful and confident,” added Frizzle, “We're so very close.”

100
90
80
70
60
50
40
30
20
10
98%

People Plus
 Raised through May 22
\$48,922
 Annual Fund Goal
\$50,000
 Fiscal year ends June 30
 Your donation of \$25 or more in “New Money” contributes to a 100% challenge match.
Each donation matters!

Volunteer recognition party set

The annual celebration of People Plus Center volunteers opens Thursday, June 29, at 12 noon. Join this popular event as we munch on pizza and treats, and recognize the important contributions made every day, day after day, by our volunteers.

“There is just no way the People Plus Center we all know and love it could exist

without the daily contributions of our Volunteers,” Program Director Jill Ellis observed. “They remain and will always be the heart and soul of our center!” Ellis estimates some 300 people routinely and regularly volunteer time and talents to the center, working as receptionists, drivers, gardeners, instructors, cooks, callers,

cleaners, greeters and more.

We're planning live music, some “special awards” lots of food and treats, a “new supply” of Frank dollars, strawberry coupons, handouts and surprises. You won't want to miss this one.

Please confirm with the front desk (729-0757) if you plan to attend.

Broadway to Brunswick Bunch

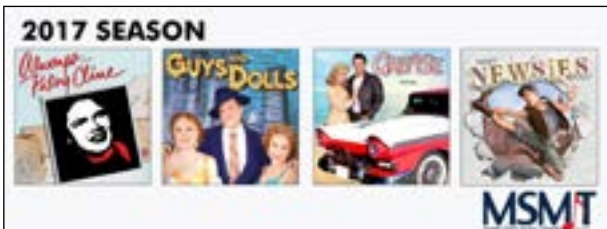
Curtain's UP!

Acting interns and production staff from the Maine State Music Theatre return to the People Plus Center on Thursday, June 8, at 1 p.m., to present songs and trivia from Broadway shows in their new **Brunswick to Broadway Bunch** show. Songs from the 1930's, 40's, 50's and 60's will be featured.

Curt Dale Clark, Artistic Director at the theatre, will preview the 2017 season, which includes, “Always... Patsy Cline,” “Guys and Dolls,” “Grease,” “Newsies,” and will no doubt offer a surprise or two of his own. Clark

has called his acting interns, “the heart of our theatre,” and each intern will be personally introduced.

Refreshments will be served and pre-registration is required, as seating is limited. The program is free and open to the public.



Ticket offer is back!

Again this season, the Maine State Music Theatre is offering the People Plus Center a main-floor block of tickets to sell at discounted rates to members only. Tickets that normally sell for over \$60 will be available, on a first come, first served basis, for only \$40. All tickets are for the first Friday night performance of Always Patsy Cline, Guys and Dolls, and Newsies. Ticket to Grease are not included in the offer.

Tickets are available only for active, dues-paying Center members and their guests, and may be purchased at the People Plus information desk. Just ask Pat or Jill to see what's available. Purchases are not refundable, may not be exchanged for other shows, and all payments should be made in cash or by check. A portion of each ticket purchased is donated back to the Center by the theatre.

“It's a Luau” at Coastal Landing!

Tue, June 20, 11-12:30.

Coastal Landing invites People Plus to their Brunswick Landing location for a Hawaiian themed FREE lunch! Dress for the Hawaiian theme and enjoy lunch along with door prizes and trivia questions on each table! Need a ride? Coastal Landing will have their bus (wheelchair accessible) available to pick you up at the People Plus Center. Just let us know when you call to register to put you on the bus list then be at PP by 11:15 for a ride to lunch!

Got Sun?

Costa Rican trip highlighted

Wed, June 14, 4:30 pm.

People Plus and Collette Travel have teamed up for another wonderful trip, Discover Costa Rica, from March 17-25, 2018. Highlights for this 9 day trip include San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge Riverboat Cruise, Zarcero, and the National Theatre. Matt Voccola from Collette will be here on June 14 at 4:30 to tell us all about it. Free, open to the public. Call to register. FMI visit <https://gateway.gocollette.com/link/764093> or contact Jill at 729-0757.



People Plus News

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

news@peopleplustmaine.org

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

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Open House / Elder Fair

at Pejepscot Terrace

(off Jordan Avenue, Brunswick)

June 27, 2017, 10 am-1 pm

Apartment tours, exhibits, information, refreshments
Equal housing opportunity • 62 and older or disabled
Call 207-729-8006 for more information.



EQUAL HOUSING OPPORTUNITY

New year, new ideas!

From the Executive Director

Stacy Frizzle



So I had my 49th birthday in May. I always feel reflective when I'm about to change decades. It seems like a few moments of reflection on where I've been and where I'm going would be appropriate.

It's impossible to do that without thinking of People Plus, as so much of who I am as a person is now linked with this wonderful organization.

We finish the 41st year of business in June. Our fiscal year comes to an end and we will be finishing right on track with our exceptionally tight budget. Betsy and I are always monitoring the balance in the checking account (nearly daily!) this time of year to make sure we've got enough to cover things. And I'm not embarrassed to admit that it's tight. But that's how a nonprofit runs isn't it?

We've changed a few of our processes this past year and the town is tightening things up as well. They've organized a mechanical services contract for all of the town buildings which is going to save a lot of money and improve our services for the heating/cooling system, elevators, etc.

We also got a handicapped auto door installed! I've used it a bunch because it seems my hands are always full when coming in and out of the building and I certainly hope that Lloyd Jones likes it. It's sort of a no-brainer for the senior center to need automatic doors...

Also, we are finalizing a new lease on the building with the town. Before I can go out and fundraise to try and add a second floor to the building for the Teen Center, it seems prudent to make sure we can stay in the building for at least a decade if not longer. We are looking at the revised lease and will have one signed

before the end of the fiscal year that enables us to do just that!

And many of our programs are bursting at the seams! Our Volunteer Transportation Network (VTN), now has over 330 participants and we gave nearly 1700 rides in the past year totaling over 15,000 miles. The service enables homebound elders and people unable to drive the chance to get out into the world. They get taken to medical appointments, the grocery store, pharmacy, etc., and it changes their lives in an incredibly positive way.

As we move into the new fiscal year, I will be grant writing galore to try and start a couple of really important outreach programs. In-home tech help and in-home handyman services both need funding before I can launch them. It's vitally important that these two programs have insurance and liability coverage which will cost a little money as well as funding to help offset the cost of the contractors. We would also like to help people get those plastic storm windows built for their houses. Dick Brautigum has a group that's happy to build them and it's only about \$25 per window but it could be cost prohibitive so I'm going to grant write to see how many we can get built for our seniors. If you are interested in getting insert windows made for your home, please tell Frank.

Speaking of Frank, we're trying to craft a new program next year called, "On The Road with Frank." He wants to lead members on one day excursions. This will be a once a month outing and it looks like Coastal Landing may let us use their 15 passenger van to do it. (LOVE those Rousseau's!). If the trips gain momentum (per se), and grow a little larger,

we will rent a school bus or something. But doesn't that seem like a fun day? Hop on board the bus at People Plus in the morning, spend the day with your friends and Frank as he chats nonstop about history, stories of the area, his grandkids, etc. Then have a nice lunch and see a lighthouse or go to a museum or go shopping or see a show and be delivered back to your car by 4 or 5 pm.

And it makes me realize that I'm so happy with our staff. They are really all very lovely people and so invested in the success of this community center. We serve seniors and our area youth equally as well and they are really the bookends of society who need a little extra help.

Our board and volunteers are ALL equally wonderful and I find that we're all just a bunch of do-gooders... (what could be better??)

So as we enter People Plus' 42nd fiscal year, we do it on budget, with no drama, and no angst, with a whole lotta people who enjoy helping others; by creating fun events, making sure you've got enough food, ensuring you get out into the world, encouraging you try a new experience, learn something interesting, and that your quality-of-life is just a little bit better because of People Plus, this amazing Center That Builds Community right here in Brunswick, Maine.

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

The Diabetes Prevention Program is off to a great start! I have a student, Emma Macey, who has gone through the training and she is helping me facilitate the program. We have six people enrolled and after only 5 weeks the group is working really well together to help support and encourage one another.

I continue to be amazed by what clients can do to improve their lab values. Three months ago I had a new client who had been recently diagnosed with diabetes. Hemoglobin A1C (hgb A1c) is one of the blood tests used to diagnose pre-diabetes, diabetes and glucose control.

Hemoglobin A1c:
Normal is less than 5.7 %
Pre-diabetes is 5.7-6.4%
Diabetes is 6.5% or higher

My client's value was 6% higher than the diagnosis level!!! She was placed on a medication that could lower her value by only 1.5-2%! We talked about what they could do to modify their food choices and increase their physical activity. After following the plan for 3 months they had another hgbA1c done. The results were fabulous!!!! They lowered their value by 5%!!! I am sure

Shrimp Stackers

Ingredients:

- 1 1/3 c. cooked short-grain brown rice, cooled
- 2 Tb. rice vinegar
- 8 ounces cooked shrimp
- 1 c. diced cucumber
- 1 teaspoon chopped green onions
- 1/2 c. mashed avocado
- 4 t. reduced-sodium soy sauce
- 4 t. mayonnaise
- 1 t. sriracha sauce

Directions:

1. Cut shrimp into 1-inch cubes. In a small bowl, combine cucumber and green onions. In another small bowl, combine mayonnaise and sriracha sauce.
2. Using a 1-cup dry measuring cup, layer ¼ cup cucumber, then 2 Tb. of avocado, then ¼ of the shrimp, and 1/3 c. rice.
3. Carefully turn the cup upside down to turn the stack out onto a plate. Drizzle with 1 t. soy sauce and sriracha mayonnaise.

Makes: 4

that with continued effort their value will go down even further. This is the power of healthier eating and increased physical activity. These results can be achieved but it doesn't mean that you cannot enjoy some of your favorite foods. It is finding the balance and watching the portions.

This is a great time of year to make changes in your food choices. The grocery stores and farmer's markets will be filled with fresh produce!! The best plan is to start slowly and make it your plan. I tell my clients that you know that your plan is

working if:
1. You are losing some weight (for most people).
2. Your labs values are improving or staying the same.
3. Most importantly, that you are enjoying the food that you are eating.

If you are not happy with what you are consuming, it is unlikely that you can continue and you may not be able to maintain what you have accomplished.



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?

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THE FIRST DAY OF JUNE

by Elizabeth B. Bates

My spirit soars like a butterfly,
looking for a place to land.

A wandering breeze moves every leaf,
into a green and fluttering dance.

In the glittering light of the morning sun,
the earth awaits my caring hands.

The seeds drop down into warming soil,
while swallows fly through a cloudless sky,
returning to their summer home.

Winter is gone...goodbye...goodbye!

Praying

by Nonie Moody

Do not delay in your praying
To those with a strong urge to call on
The Lord who is always listening
Especially if a heart is drawn.

Come acknowledging God's sovereignty
Finding a private place to pray
Alone just between you and God
Telling Him your hearts story today.

The very first prayer is special
Realizing that God's love is for you.
Opening the door of your heart
To a God who is holy, perfect and true.

The call from God to forgive our sin
Is hard to yield one's own strong will
A battle comes within the soul
To choose light or darkness to fulfill.

GONE TO SEA

by Ralph N. Laughlin

You've gone back to the sea
to sail across deep blue waters,
driven by a warm soothing breeze.

You were born on Maine's shore,
yet the ocean beckoned and
You walked through her door.

Fore Seals or Frogman, as UDT
you risked your life in the war,
so that others could be free.

And after the second world war
you came back to be a postman,
delivering your wards door to door.

But your love of the deep blue
was ever so strong within
It would never leave you.

You rode the tides of life and
when destructive waves crashed in
you triumphed over the strife.

Through thick and thin,
you never surrendered or gave in;
You pushed on to win.

You came late to Write On's dance,
wearing a favorite plaid shirt
and suspended baggy pants.

You always gave us great reads,
stories of your wonderful life
"Give us more" we would plead.

Now that it's your chosen time
to set sail on a different plane
We will miss your words and rhyme.

Whether poetry or prose,
your sense of one's reality
left no one to sleep or doze.

Your humor was grand
Your vision of life so real
Nothing was ever bland.

It's time to say good-bye,
sending you on your journey
to your new home to lie.

Sail away, sail away on your sea.
Yes Charlie, we will MISS you
and always, always REMEMBER thee.

Walls

by Sally Hartikka

Frost talks about the mending wall,
but most walls I know don't mend.
Instead, walls are built to keep people out;
quite different message they are intended to send.
"Stay out, we don't want you." is what they say
in a most emphatic and mean spirited way.
Whether it's the famous Great Wall in China
or the wall Trump wants to build someday.

Other walls, just as hateful and mean
are built to keep people inside.
The Berlin Wall was the perfect example.
Because of it, many citizens died.
They died trying to escape a dictatorship,
had loss of freedom and strict censorship.
They wanted to escape East Germany
and adopt a different citizenship.

Rather than build another wall,
let's see that bridges are built.
Bridges for better understanding...
bridges that won't carry shame or guilt.

THE VISIT

by Elizabeth B. Bates

My son has been with me a few days now.
A Westerner is he, from the mountainous farmland
of Utah and Idaho, and the Salt Lake City temple.

Some of my grandchildren and great-grandchildren are there,
wearing cowboy hats on their heads, bluejeans and great
big-buckled belts around their waists, with horses and
cattle chewing grass behind them.

We went out to eat pizza.
The sky was bright, but it was still cold
in this seaside town. His two sisters were there, too.

We had such a good time together!
Family, Family, Family.

Today, he is flying back to his home.
When I look up to the sky,
can I see him that high?

Goodbye, goodbye, goodbye!
The tears come later.



Ode to a seaman

by Charlie Payne

Today I forged a link in my chain of days
four fathoms deep, or more,
down where Jonah's Leviathan lies
caught in that hateful Sargasso Sea
where only eels can play
I have followed the course
true to my Captain's compass
and the stars like floatsam and jetsam.
I'm tossed about and I want out!

I've finished the course
now I want to reach that fabled Shangri -La.
No more rocks and shoals for this hardy soul
just a quiet cove in some fair land
where no raging sea nor northerly gales
shall reach the gunnels of my fair craft,
nor bend my topsails to the greedy deep.

Give me that slumber that I seek,
Amen and Amen.

Memorial Donation in Memory of

Charles N. Payne Jr.

April 24, 1925 - May 12, 2017

Meal Memories

by Nonie Moody

The garden was more than an acre.
Mom planted green beans & tomatoes
And filled all her quart canning jars.
And Dad planted rows of potatoes.

Meat was saved for Sunday dinners
With weekly tasty casserole meals.
Canned peas were cheap four for a dollar.
Adding peas was one of Mom's ideals.

Tuna, noodles and Libby Peas.
Leftover chicken, gravy and peas.
Elbow macaroni, cheez whiz and peas.
Soups and stews and those mushy peas.

Navy beans in one hundred pound bags
Was Dad's purchase for provision.
The lowly bean has poor respect
Parboiling twice ends pollution.
Then it was beans in the morning,
Beans at noontime and supper time.
Soup beans slowly cooked with ham bone
Is a favorite meal of mine.

Years later we ate great northern beans
And then the pretty pinto beans.
We never starved or went hungry
As Mom's peas and beans met our means.

Yesterday is Memory Tomorrow a Mystery Today a Gift That's why it's called the Present

A Visit to the DMV

by Goober, People Plus News Stringer

To get a driver's license one must go
through a Department of Motor Vehicles
(DMV). As soon as we got here we started
to hearing horror stories of the local DMV
office. "Go early." "Plan to stay late." "Be
sure to pack a lunch." Those were just a few
of the comments.

With all those stories, I took the first step
to finding out what was required to get a
Virginia driver's license. After driving by
the turn off to the place three times, I finally
pulled into the mammoth parking lot, only
to find the one remaining parking place was
the one farthest away from the entry.
After what seemed like a ten-minute jog, I
walked through the front doors. The sight
that greeted was almost breath taking. The
entry was at one end of the building. The
end seemed to be at least **A VIEW FROM THE LOWER 47** fill out. When it came
to the question of hair
color, I, being a smart
ass, raised my hat and said, "What should I
put? None?" The bus erupted with laughter.
Gray became the ultimate entry.
From that point on everything went great.
No frowns, no short sentences, nothing
but smiles and a few laughs, mostly at my
expense. Normally a DMV will take your
old license upon doing your new license. Not
the case this time. She fell in love with the
"moose" on the Maine licenses. She asked if
I had posed for that picture as well. When
she handed us our new licenses, she gave us
back our Maine licenses as she was sure we
would want to keep them as mementos.
The whole experience took less than 25
minutes. The moral of the story is: if you
must get a new driver's license, take the bus
route to Virginia. That's it for now. I have to
drive to the grocery store...legally.

Twenty-three stations to serve the public; and
the public was lined up four, five, six deep at
each station, not to mention the ones sitting
in chairs waiting to get into a line.
I asked a guard where I could get find out
about getting driver's license information.
He said take a number and get in line. He
pointed to the twenty-third station...at the far
end of the building. An hour and a half later I
got to the head of the line, had a thirty-seven
second discussion and left with the eight
sheets of papers I needed for car registration
and getting a license.

Three weeks later, just before we were
going to become illegal in the eyes of
Virginia, we steeled ourselves to go forth and
do battle with the dark forces of the DMV. At
the last minute, one of our neighbors said we
should go the mobile unit. What mobile unit?
Well, it seems the Virginia DMV has mobile

NEIGHBORHOOD SALE COMING

The ninth annual Northwest Brunswick Historic District Yard Sale opens at 8 a.m. on Saturday, June 24, and this season, members of the People Plus Center are being encouraged to participate. This "SUPER SALE" spans multiple homes on 13 streets between Brunswick's Maine and Cushing streets, and is described as "a unique reason to walk, explore, and buy stuff!"

Homes and businesses participating in the sale will be marked by clusters of balloons. Organizers expect at least 15 separate "vendors," some selling snacks and soft drinks. This year, the People Plus Center is offering its parking lot for members to operate tables, and Casey Henson, our Meals on Wheels coordinator, will have a site selling refreshments to benefit her program. Contact Jill Ellis, 729-0757, for information about renting tables. The annual sale is another fun, community-building event sponsored by the Northwest Brunswick Neighborhood Association.

June at People Plus...



Zumba Gang. Bea Blakemore (front) poses with her exceptional Monday morning Zumba Crew.

Lunch & Connections Grilled chicken with veggie medley

Fresh chicken, marinated overnight in lemon juice and butter, then grilled to perfection right on the lawn at People Plus, will be our featured luncheon on June 15. "This is always a fun one," Center chef Frank Connors predicted, "Chicken like the Colonel won't cook it! There are very few things that compare to chicken fresh and hot off the grill and served up with some super sides!"

"Super sides" this month include a healthy helping from a mac & cheese casserole, a grilled medley of onion chips, zucchini, and yellow squash, a three-bean salad, and of course, our famous and fresh, lightly-dressed green garden salad. Drinks include steaming coffee and tea water, juices and milk, and to mark National Iced Tea Month, we'll bring back a pot full of Normans' secret iced tea recipe. Our bread this month is coming from the Union Street Bakery, and our dessert for June is something Gladys likes to call "dirt!" Yup, DIRT!

These monthly Lunch & Connections meals

are sponsored by Spectrum Generation, and are planned to focus on nutrition, useful information, variety and fun. A CHANS home health-care professional is always in attendance to take and record members' blood pressures; and Mary Morano of Mary's Affordable Hearing Aids is available in the quiet and privacy of the Teen Center to complete free hearing checks.

Please plan to arrive after 11:15 a.m. to claim your favorite place setting and chat with your friends. That leaves plenty of time to pick up your 50/50 raffle ticket, (last month's winner was paid \$46) and to register for one of our several free door prizes

Cost of our meal is still only \$6.00 for Center members and \$8.50 for non-members, payable when you arrive at our doors. Seating is limited to the first 68 folks who register, and you MUST pre-register to be included. Yes, you can pre-order a takeout meal, and pick it up after 11:30 am. We serve our buffet-style luncheon, beginning at 12-noon.

Alzheimer's Association's Brunswick Area Social Engagement Info Meeting

Mon, June 12, 1:30 pm.
Want to make a positive difference in the lives of persons with dementia? Then consider becoming a Social Engagement Volunteer! The Alzheimer's Association, Maine Chapter is seeking volunteers to arrange 1 to 2 social events monthly for those with Alzheimer's disease or memory challenges and their care partners. Museum tours, guided nature walks, library lectures -- you can brighten the lives of persons with dementia and have fun with such activities! Learn more by attending the Social Engagement Information Meeting on Monday, June 12, from 1:30 to 2:30 pm. For more information, contact Mark Pechenik at 772-0115 or by email: mpechenik@alz.org. To register, contact People Plus at 729-0757. Free, open to the public.

Cabbage Island

Summer Lobster bake coming

What's summer without a boat ride on the ocean and a destination lobster-clam cookout on a Maine Island? If you're looking for both, you might want to check out what's become a tradition in Maine, the Cabbage Island Clambakes. Members of People Plus, the Bath Senior Center and the Merry Meeters of Topsham are invited to the July 12th bake, with the bus leaving Bath at 10:30 a.m. Cost is \$70 for members, \$75 for non-members, a limited number of tickets are available, and registration goes to the first 48 people who sign in and pay at the Bath Senior Center office. Full payment is required by July 7.

A typical menu of a Cabbage Island Clambake includes lobsters, soft-shell clams, corn on the cob and dessert. You may register by calling the Bath Senior Center, 443-4937, but you are not registered for the event to you have paid in full.

"The Lower Back" with Dr. Giustra

Thur June 22, 10 am. WOW! The LOW BACK. So much to know but some basic anatomically based knowledge will allow you to function at a higher level with much less pain. Come join me for a session loaded with useful tips on how to promote and maintain a healthy low back. This multi media program emphasizes overall wellness with an added-in healthy home-made snack. Free members, \$5 non-members. Call to register.



Join us on June 1st & 2nd from 1-5 pm at People Plus for the chance to become a volunteer Matter of Balance Coach!

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels.

Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, and exercise to increase strength and balance.

Some of the qualities and leadership skills we are looking for in a candidate are:

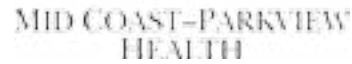
- Excellent communication skills
- Enthusiasm and dependability
- Willingness to lead a small group
- Interest in working with older adults
- Educational or health care background is a plus
- Ability to perform range of motion and low-level endurance exercises
- Ability to carry up to 20 lbs.

FMI: contact Lyn Neiz, 930-8082 or lneiz@spectrumgenerations.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
People Plus in the Media News & Views with Frank & Stacy Viewed weekly on Cable Channel 3, Brunswick Community TV: Mon 4 pm, Wed 7 am, Sun 9 pm. And viewed online, anytime: http://vimeo.com/harpwelltv	8:30 Women's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm Balance Coach Training 3:00pm Diabetes Prevention Program 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	8:30 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm FYI! Curtain's Up! 3:00pm Diabetes Prevention Program 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	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	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 6:30pm Civil War Book Club	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 6:30pm Civil War Book Club
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	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 Aerobics Lite 12:30pm Medicare 101 Session 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting 6:00pm Knights of Columbus 6:00pm Belly Dancing	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 4:30pm Collette Travel Presentation: Tropical Costa Rica 6:30pm Brunswick Coin&Stamp	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 6:30pm Folk Dance Brunswick	9:00 KOC 10:00 Bridge 2:00 Private Event
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	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 Member Lunch at Coastal Landing 12:30pm Aerobics Lite 1:00pm Quilters 3:00pm Books a la Carte 6:00pm Knights of Columbus 6:00pm Belly Dancing	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 5:30pm Knights of Columbus	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 "The Lower Back" with Dr. Giustra 11:00 Yoga 3:00pm Diabetes Prevention Program	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 6:30pm Folk Dance Brunswick	8:00 Northwest Brunswick Yard Sale 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 Lunch & Learn Thumbs Up!	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:30pm Café en Français 6:00pm Knights of Columbus 6:00pm Belly Dancing	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:00 'Easy Riders' Biking Club 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin&Stamp	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 12:00pm Volunteer Appreciation Pizza Party 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 6:30pm Folk Dance Brunswick	People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm

'Aging Well' Lunch & Learn: "Thumbs Up!"

Mon, June 26, 12 pm.
Josh Martell PT, CHT, of Mid Coast Medical Group Orthopedics, will present on hand health and management of thumb arthritis.



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

Join the Easy Rider bikers

Already in its fourth season, the Easy Rider Biking Club meets each Wednesday, weather permitting, at 9 a.m. (earlier in hot weather). Rides average 10-15 miles and take about two hours from your morning, with members usually gathering for "coffee and..." at the end.

"Biking is aerobic exercise without pounding the joints," member Corey Hammond said, "it's social, it's safer, and it's satisfying to see yourself get stronger and break-through your own levels of performance."

Last season, "the biker gang" pedaled all over Brunswick, Brunswick Landing, Freeport, Lisbon Falls and Bowdoinham. Call the People Plus information desk, 729-0757, to confirm your weekly time and destinations.

Medicare 101 Session with Spectrum Generations

Tue, June 13, 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.



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Happy Father's Day! June 18, 2017

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Drivers Needed!!

Did you know that the Volunteer Transportation Network (VTN) provides FREE rides for community members in need of transportation?

Sign up to drive People today!

Volunteer Transportation Network

FMI 729-0757
www.peopleplusmaine.org

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

SUDDENLY SPRING! Members of the Thursday hikers explore the ledges and walkways while hiking in the LaVerna Preserve on the Pemaquid peninsula, in Bristol.



BOWDOIN GOTHIC. Center Executive Director Stacy Frizzle (left) and friend Jonathan offer this striking photograph at their farm in Bowdoin recently. We're all thinking there may be a calendar in our future, HUH? Of course they're wearing bathing suits!

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 Ray @ 207-542-7229
 Email: Info@noreasterschorus.org
www.noreasterschorus.org

"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!
 *menu subject to change

MONDAY MUNCHIES MENU

June 5 Ham & Lentil Soup	June 19 Zucchini Soup (vegan)
June 12 Chicken & Rice Soup	June 26 Pasta Salad



NOONTIME SERENADE! Members of the Nor' Easters barber shoppers offered a quick concert with some unforgettable tunes during last month's luncheon. They promised to return, "soon.!"

"Get summer's to do lists, GONE!"

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 - DUMPSTONS - LABEL - MOW - MULCH - PAINT - RAKE - SPLIT/STACK WOOD - TRIM - WEED etc.
 ★ RUN ERRANDS FOR YOU or WITH YOU!

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Books A La Carte Reading List

FICTION
The Boston Girl by Anita Dimant (Author of *The Red Tent*)

NON FICTION
Citizens of London by Lynne Olson - The story of three Americans in London during WWII who had a major influence
The Zookeeper's Wife by Diane Ackerman
Being Mortal by Atul Gawande
Color by Victoria Finley - a natural history of the Palette
Option B by Sheryl Sandberg - facing adversity
A Good Man with a Dog by Roger Guay - a game warden's 25 years in the Maine woods

MYSTERIES/THRILLERS
Louise Penny books featuring Inspector Gamache - recommended by several members
The Burial Hour by Jeffrey Deaver - Catherine Aird British police procedurals set in the English countryside. Written with subtle humor

NEW BOOK
Into the Water by Paula Hawkins (author of *The Girl on the Train*). Should provoke controversy among readers

If you have comments about the above works or wish to recommend books contact the editor at news@peopleplusmaine.org

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Donations of gently used items in good and clean condition are always welcome!

Sponsored and operated by the Friends of the Curtis Library with all purchases and donations in support of the library.

Find us on Facebook at Twice-Told Tales Bookshop or email us at twicetoldtales@curtislibrary.com

Members of the Curtis Friends receive a 10% discount with their membership card.

Weekly Winners

Senior Intermediate Cribbage

- April 19: Mike Linkovich & Joe Tonely, (tied) 691
George Hardin, 690
- April 26: George Hardin, 725
Gabriele Niffka, 716
Mike Linkovich, 711
- May 3: Lorraine LaRoche, 726, (Perfect Game!)
Rolande Fortin, 689
Gabriele Niffka, 670
- May 10: Anita Owens, 713
Joe Tonely, 705
Lois Fournier, 698
Anne Bouchard, 691

Monday-Saturday Bridge

- April 22: David Bracy, 4,290
John Rich, 3,820
Cathy Cooper, 3,610
- April 24: Fran Lee, 3,860
Cathy Cooper, 3,720
Sherry Watson, 3,630
John Rich, 3,419
- April 29: Lorraine LaRoche, 3,880
Donna Burch, 3,810
- May 1: Anne Nichols, 4,050
Lorraine LaRoche, 3,570
David Bracy, 3,120
Jeff Lauder, 3,100
- May 6: Lorraine LaRoche, 5,750
John Rich, 4,920
David Bracy, 4,230
- May 8: Anne Brautigam, 4,540
Paul Betit, 3,540
Bill Coop, 3,330
- May 13: John Rich, 4,320
Lorraine LaRoche, 3,560
- May 15: John Rich, 4,190
David Bracy, 3,650
Lorraine LaRoche, 3,640

Brunswick Area Teen Center

“Flip flops, finals and fieldtrips”

June! So soon! For our Teen program members this means flip-flops, field trips, finals, finishing up the school year and finally the first day of summer!!!! Area students are set free at the end of the day on June 23rd! The very next week we welcome an Upward Bound Intern or two for about 6 weeks and our hours change to being open Mon-Thurs from 1-5 p.m. for the summer.

After our very successful scoop-a-thon, which brought in nearly \$7600! Thank you all you gelato eaters out there!!! As well as donations of Gelato Fiasco gift cards that will enable us to do “field trips” to Gelato Fiasco this summer, we did indeed relax and have fun in May!

With some great recent donations of games, more sewing supplies and crafts, we have lots to keep us entertained in the afternoons!

We had a good group of kids this school year. Many are involved in sports, clubs and other activities before and after coming into the TC. We have a more than usual amount of kids making honor roll at school! Quite a few of the kids got their first job this year and also driver permits, we had a higher average of High School students vs. Jr. High students this year with many of the H.S. students being TC members for years now. We continued to have a record number of girls attending the TC this school year! And, we lost a record number of kids who moved during the school year or right before it started and are too far away to continue to come to the TC! We are gearing up now for the anticipated arrival of kids finishing 5th grade this year who will now be able to sign up at the TC!

In the meantime, in June, we will

Teen Center News



Jordan Cardone

continue to work on sewing projects, playing some of the new games we got, and assuring kids who have trepidation about going from Jr. High to High School next year that it will be fine!!!! I just realized that we do not have any kids finishing High School this year! Next year will be hard; quite a few of them will be seniors!

Until then we will enjoy the summertime, which is finally getting here! Until Next Month, Jordan and the gang

TEEN OF THE MONTH Kelly Ledsworth

Kelly Ledsworth is our Teen of the Month and it certainly isn't the first time! Kelly has been attending the TC program for over 3 1/2 years. Kelly may be familiar to many you as she has volunteered at events such as Music In April, Gelato Fiasco Scoop-a-Thon and has joined myself and/or Stacy at various public presentations and has served on the Teen Center Advisory Committee for years now!



Asking Kelly to say a few words about the TC program after being a member for so long, this is what she had to say “It feels like a home away from home, I come here every day it is open and everyone here feels like family” “it has helped me grow as a person and I hope one day I can come volunteer and help out at the TC.” Congratulations Kelly! Kelly has received 2 tickets to The Regal Cinema.



Ready for summer. Our kids goof off during a light moment at the Teen Center

Teen Center Summer Hours
Mon-Thu
1-5 pm

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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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 207-729-0475 | www.spectrumgenerations.org

June 2017



How Can I Choose Wisely?

A Community Conversation on Healthcare Changes and Rising Costs

Thursday, June 8, 2017

Brunswick Hotel & Tavern | 4 Noble Street

5:00 - 6:30 pm | Town Hall Meeting
 6:30 - 7:30 pm | Quality Counts Member Mingle & Networking

Event Made Possible By:



Maine Quality Counts, a member driven organization working to improve better healthcare and better health in Maine and Northern New England. Members make events like this possible. Made possible in partnership with **Mid Coast Hospital** and **Spectrum Generations** as part of **Maine Quality Counts' Initiative "Spreading Choosing Wisely in Maine."**

Panelists:

- Lois Skillings, President & CEO
MidCoast-Parkview Hospital
- Erin Steele, DO
Martin's Point Health Care
- Emily Brostek, Executive Director
Consumers for Affordable Health Care
- Employer
TDD
- Policy Person
TRD
- Joanne Bean, Moderator
St. Joseph's College

Enter to win a FitBit!

Discussion Questions:

- How can I reduce my healthcare costs?
- What are the varied costs of healthcare?
- How do my choices impact Maine communities?
- What are current challenges in Maine healthcare?

Join Us!

This is a **Free Event!**
 Light food/snacks provided.
 Please Register By June 2nd
www.mainequalitycounts.org
 620-8526 x1011

Introducing: Life Care Consulting



It is hard to know if you are doing the right thing for your aging loved one. You ask yourself, are they safe? What will happen if things don't go as planned? Is there something we should be doing?

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Our Life Care Consulting service will help you, or your loved one, successfully age in place at home and in the community. Concentrated around an in-home face to face assessment and paired with follow-up face to face or telephone consultations, our process is specifically geared toward finding answers that are individualized to fit both the loved one's and caregiver's healthcare and personal needs.

We understand that there are times when care planning becomes complicated and there are legal processes for issues involving elder abuse and financial exploitation cases, probate and trust administration, asset preservation, transfers of assets, guardianships and conservatorships. Our staff is able to assist elder care attorneys in gaining the information needed in order to best represent a loved one or family in court. We always stand behind our clinical assessments and our staff is willing to testify on their observations and findings.

For more information please contact **Tricia Payson, LCPC**, via email at lifecare@spectrumgenerations.org or by phone at (207) 622-9212.

Golf Fore a Cause!

Swing out to support seniors on **Monday, June 12**, at the Waterville Country Club! You will receive a complimentary tournament goodie bag, green fees, card, men and women's awards for closest to the pin, longest drive and accuracy drive, lunch during the awards ceremony, entrance into our silent auction, as well as options to purchase unlimited putting strings, mulligans, 50/50 raffles and more. Also, no golf tournament would be complete



without a chance to **win a new car** sponsored by Central Maine Motors!

Event is rain or shine and registration is due by June 6th. All proceeds benefit Meals on Wheels and other programs at Spectrum Generations that help seniors and disabled adults maintain independent and healthy lives! To purchase tickets, call 1-800-639-1553 or visit spectrumgenerations.org/events/golf



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Bring a friend to People Plus

Are you already a regular visitor to People Plus? Is there one special program or event you use regularly? Do you have a friend, or two, that you just don't seem to see as often as you'd like?

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

All you need to do is encourage a friend to join, cost is still only \$35 if you live in Brunswick, \$45 if you live anywhere else. Your friends will start getting our great little newspaper, and before you know it, they'll be calling YOU about getting to programs, or events.

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

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

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

Tucker Ford, 10% off invoice, parts and service
157 Pleasant St., Brunswick, 725-1228

BEAUTY/HAIR SALON

Reflections (Salon), 10% off. Mon and Fri
12 Center St., Brunswick, 729-8028
www.reflectionsbylucie.com

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119 Bath Road, Brunswick, 729-6119

CANDY

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www.paulinesbloomers.com

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www.berriesopticians.com

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Email _____ Emergency Contact _____ (name) (phone) (relationship)
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(*donations above membership dues are tax deductible)
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Center Stage. Maine State Music Theatre (MSMT) Artistic Director, Curt Dale Clark, has a captive audience on a People Plus Members-only tour of the technical studios at MSMT last month.

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www.msmt.org

Thomas Point Beach, \$1 weekday admission
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www.thomaspointbeach.com

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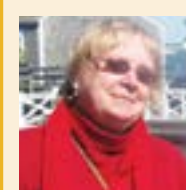
McDonald's, Free dessert with purchase
Cook's Corner, Brunswick, 729-4416

Wild Oats, 725-6287, 10% off on Mondays
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wildoatsbakery.com

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Senior College Summer Wisdom series set

Midcoast Senior College is offering a new and varied schedule in its 2017 Summer wisdom Series, commencing June 7 and continuing each Wednesday evening through the end of the month.

On June 7th, Jan Wilk retells the story of The Code Talkers, more than 400 Native Americans who used their native dialects to thwart Japanese attempts to break Allied communications in World War II. Wilk is a former History teacher and was Brunswick Citizen of the year in 1998.

On June 14th, Prof. Stephen Loebs presents an overview of the issues surrounding The Future of Medicare and Obamacare in the time of President Trump and a Republican Congress. Loebs is a graduate and Distinguished Lecturer at Bowdoin College. His research and writing often focuses on the structure and issues of the American health care system.

Patricia Welsh offers, "The Gallows

Walk." Executing Justice in 1930's American Films on June 21st. Her talk considers how Hollywood movies in the 1930's depicted the American criminal justice system. Welsh is a Professor of Cinema Studies at Bowdoin College.

On June 28th, Prof. Robert C. Williams talks about Moscow On The Potomac. Russians have had an official representation in Washington, DC., since the Imperial Russians in 1917 to the new Russia today, under Vladimir Putin. Williams has taught Russian history at Bates, Davidson and Williams colleges, and is the author of fifteen books.

All Summer Wisdom presentations are conducted from the Morrell Room at Curtis Memorial Library, are free and open to the public and begin promptly at 7:30 pm. FMI contact 725-4900 or check midcoastse-niorcollege.org. This series is sponsored by Thornton Oaks retirement community.

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Our "Perpetual Place" in Bowdoinham

Jane and I bought a cemetery lot last week, not because we have an immediate need, and not because there was a sale, or a deal, or anything like that. Getting that cemetery piece done has been on our short list of stuff for us "to do so the kids won't have to," for too long, and now it's off the list. I kinda thought of it as just another real estate transaction, Jane thought even less. She just told me to go do it.

You may remember I'm sort of a cemetery expert. As President and Chief Operating Officer of BayView Cemetery in Bowdoinham for more than 30 years, I still mow the occasional lot and dig the occasional grave...in fact, it's part of my job to present and to sell cemetery lots to prospective buyers!

Turns out this was one of my easiest sales ever! I find some solace, knowing there's a place in Bowdoinham for someone to dump my ashes. And I need a proper place, after all, to set my veteran's stone. Jane and I have had the conversations together, and late on, when we needed them, we got the kids involved. Everyone who needs to know knows I want to be cremated, I want no "end of life heroics," and I'd prefer to pass peacefully at home.

(Maybe in a chair, maybe a beer in my hand, maybe watching the sun go down one last time) I was quick to point out this was only a general timeline, after a close friend got a little more excited about the concept than I thought was appropriate.

I love to tell the story of a great old friend, Caroline Lang, who I once badgered during the last century because she had purchased a cemetery lot, then a fancy stone with her name on it, birth-date...everything but the death date. It sat there for decades before she actually need it, and used it, but in the intervening decades, she became a faithful visitor to the site, often planting flowers, trimming grass, keeping the place tidy and nice. Even now, years after her death, if I pass her stone I stop, smile, offer her my best wishes and recall what she told me: "Frank, you don't die a day sooner by making sure you get ready!"

There's another story about a friend I'll just call Neil. His wife of many years passed, forcing him to deal with the lot, the stone, everything else. While negotiating costs with his stone mason, the subject of adding his own name was discussed, and he was convince to include it. "Costed me next to nothing," he loved to say. Then

came the subject of his own death date! Neil had a stone mason with a sense of humor, I'm telling you, for the guy told Neil, "you want to take a guess at it, I'll carve it for you right now for NOTHING!" Neil was a man who could recognize a bargain, and his logic told him he was only guessing the year, so his odds were one in 365! He picked a year and the guy put it in stone. You know how this story ends. Neil lived another decade past the year he had carved on his stone, and it cost his kids nearly a thousand dollars to grind, re-carve and fix his stone.

Jane's folks and both her brothers are buried in a pretty little cemetery in Topsham, and she has always been quick to point out "there's room for us there." Norman and Barbara were always wonderful to me, and I certainly wouldn't mind being buried with them; but Jane, THEY are in Topsham! MY mother and father, MY grandfather and grandma, they are all buried in MY cemetery, in Bowdoinham, thus explaining some of my continued affection for that place!

Speaking Frankly

Frank Connors



One dark night, I told Jane my plan was to die before she did. I said just couldn't abide the idea of living without her. What would I do? Why would I want to live after her? She got a little more emotional than I expected, finally offered this evil little chuckle and said, "do we really need a cemetery lot? Maybe I'll just dump you in a ditch, IF you leave the decision to me!"

For me, the lot will become a wonderful place to visit, just another reason to continue my affection for cemeteries, and for Bowdoinham. Every spring, we do plantings at Jane's folks cemetery, and now we can do our own. I just think that's nice. And Caroline's right, we don't have to hurry up and use this lot, just because we have it! Here's one last point. I've decided it would be cool to dig my own grave (remember, only a small hole is required) My boy Miles and I are looking at this one.

Counselor wins Service Award

Hannah Tompkins, a Spectrum Generations resource counselor working from the People Plus Center, was chosen as one of two recipients of the Community Service Award for 2017 at the Rehabilitation Services Program at the University of Maine, Farmington. An announcement from the school said the award, "is given to an outstanding senior who has consistently gone above and beyond to give back to the community," and is intended to "recognize two students for academic achievement and community service." Students in the Rehabilitation Services Program nominate and vote for the eventual winners. Tompkins graduated from the University on May 12.

Tompkins is an Aging and Disability Resource Counselor and a State Health Insurance Assistance Program Counselor at the People Plus Center in Brunswick and at the Spectrum GenerationsCoastal Center in Damariscotta.



Photo line: Professor Katherine Kemp (left) University of Maine, Farmington, congratulates Hannah Tompkins after awarding her a Community Services Program award last month.

Thomas Point Beach

"Our" Beach awaits

It is NEVER too early to set Thursday, July 20, on your calendar so you do NOT miss the annual People Plus Summer Holiday Picnic at Thomas Point Beach. "This is always our big, BIG summer event," member services coordinator Frank Connors explains, "burgers, baked beans, hot dogs, live music, watermelon, games and sunshine," he said, "if the weather is half as good as last year, the day will be spectacular...AGAIN!"

Also this season, the Crooker family is still extending its time-honored special offer to members of People Plus. If you flash your valid, paid-up membership card at the beach gate on ANY WEEKDAY, Monday through Friday (unless there is a "special event") your general beach admission for the day is only \$1! Regular admission to the beach is \$3 per tide. Beach owner Patti Crooker

always made this offer "to honor my parents" Harry C. & Marion Crooker, who were "great Brunswick boosters" and long-time members and supporters of the Center. Patti Crooker died last year, and this spring her son Michael indicated he wanted to maintain the tradition, "for all the right reasons."

The Harpswell Garden Club will meet Thursday June 15, 2017 at 12:30 p.m. at the Kellogg Church, Rte. 123, Harpswell Center. Joe and Laura Grady will present "Two Coves Farm-the Benefits of Raising Animals on Pasture: Human, Animal, Environmental." Free and open to the public. FMI call Becky 833-6159



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Student Show brightens Cafe Gallery

A collection of original work by students of Consuelo Bailey's art classes are on display through July in the Union Street Galley of People Plus. This multi-media exhibition features more than two dozen new and original works by the student artists of People Plus, and is the first of the season show for Bailey's popular classes.

Student artists invited to exhibit include: Beth Aldenberg, Lorraine Berte, Sandra Cox, Karen Guistra, Myrtle and Tony LaCroix, Donna Lemieux, Mary Maverick, Richard Nickerson, Ralph Palmer, Ann Sanfasin, Frances Stone, Valerie Robbins and Alfred Tyrol.

Bailey's mixed-media classes include instruction in the uses of watercolors, watercolor pencils, graphite and charcoal, colored pencils, pen and ink, pastel chalks and scratchboard. It is Bailey's "plan" to expose her students to, "several major forms of expression," during a typical class cycle, and to encourage them to practice and then work in the media where they feel the most comfortable, and to become the most proficient. Weekly classes are typically conducted Tuesday mornings and run approximately two hours.

These collected works are always framed and "almost always" for sale. The show may be seen during normal business hours at the People Plus Center, 35 Union Street, Brunswick.



YELLOW BIRD, colored pencil by Val Robbins.



Lunch out!
Tuesday, June 13th
at 11:30 a.m.

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"Picnic Time at PGS"

The Pejepscot Genealogical Society (PGS) will hold its last monthly meeting for the 2016-17 season at the Harpswell Historical Society (HHS) on Rte. 123 in Harpswell on Sunday, June 11, 2017. The actual address is 929 Harpswell Neck Road, just beyond the Elijah Kellogg Church. HHS president Dave Hackett will be our host and will lead tours of the Old Cemetery, Historic Meeting House, Centennial Hall and the Historical Society Museum. We will meet prior to 1:00 pm to begin the first tour of the Old

Cemetery. Our picnic lunch is planned for 2 pm, with possible additional tours after, at will.

Please bring your own picnic lunch and a folding lawn chair. Members will bring a potluck of salads and desserts to share. PGS will provide lemonade, cups, plates, utensils and napkins. In case of rain, we will meet inside Centennial Hall.

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



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