



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

Non-Profit Organization  
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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



“Just because it's fun...”

## Volunteers recognized at special event

More than 60 volunteers gathered at People Plus on Thursday, June 29, to “fete friends and celebrate volunteerism.” Awards, ribbons and certificates were presented to dozens of members. Executive director Stacy Frizzle acknowledged the “power and importance” of volunteers, and everyone enjoyed pizza and the “meet and greet” that followed.

Special attention was given to Vince McDermott, named Volunteer of the Year; to board member Charles Evans, named Board member of the Year; to Teen Center volunteers Winnie Chan and board member David Forkey; and to volunteers Carmella Pellerin, Barbara Wyman, Judy Krok, Dorothy Boddart and Ed Cardali, among others. “This Center as we know it would not exist without this dedicated, passionate and talented roster of amazing-AMAZING-volunteers,” Frizzle said.

Spectrum Generations Meals on Wheels coordinator Casey Henson offered a series

of tributes and gifts to a line of her meal deliverers, and announced more than 30,000 meals were delivered from the Center last year. “Super” volunteer Gladys Szabo offered special bags and “lots of hugs,” to the gang she called her “incredible Kitchen crew.”

McDermott, from Brunswick, was called a “veteran People Pluser” and was cited for his associations as varied as the Write On Writers, Table Tennis, and Books a la Carte. He was called “THE” go-to guy at People Plus, and called an “institution” at the Center. Evans, after just a year on the Center’s Board of Trustees, has made his mark volunteering at events and helping “shepherd” the programming committee. He’s most recently known about town as a member of the Highland Green’s “Off Their Rockers” band. Winnie Chan and David Forkey were identified as “staple fare” in the Teen Center program, both coming in “nearly every week” with donations as varied as fresh fruit and casseroles.

Peter Boulais was feted for, “driving the most miles” in the Center’s Volunteer Transportation Network, and Gladys Szabo was honored for providing the most rides. Joan Peck was cited as a “hail Mary,” and Ray Moody recognized for always “going the extra mile,” for the Center’s Volunteer Transportation Network. “Supreme opening bidder” David Bracy was acknowledged for his contributions, “keeping the Bridge tables under control.”

Judy Krok is a former Volunteer of the Year (2005) and recognized “in absentia” for “at least 25 years managing the front desk and TRYING to manage Frank Connors!”

Carmella Pellerin and Barbara Wyman were called “bakers of the year,” Pellerin for a series of exceptional desserts (fruit pizza? Bushels of

cookies?) and Wyman for her contributions to Women’s Breakfasts. Chef Amy Feeley was given a certificate and an apron for her work with the Center’s Monday Munchies program.

Doctor Richard Giustra was cited for “improving the health and mobility of Center members,” directing a series of “lectures of aches and pains,” and Ed “the Birdman,” Cardali was feted for making uniquely carved and painted birds a “staple” of our Lunch & Connections meals. George and Merry Hermans were recognized by Frizzle “just for coming to everything, all the time,” and Merry responded saying, “we come because it’s fun.”

### Board, dues changes

## Center enters new Fiscal year “looking good, looking ahead”

People Plus entered its new fiscal year with changes on its Board of Trustees and a “minor increase” in dues. New board members are Catherine Jarratt of Brunswick and Steve Loeb of Topsham; out-going board members include Jim Pierce, Tony Sachs and Claudia Adams of Brunswick, and Robert Davis from Harpswell.

Annual dues for all members are increasing just \$5 per year. Brunswick residents will pay \$40 in the new year, residents of all other towns are asked to pay \$50. Membership coordinator Frank Connors said the Center’s Board debated the dues increase “strenuously” and decided the Brunswick Town Council mandated increase for everyone was “most fair.” In

an effort to soften the charges, the Board created a new category for couples (\$70 in Brunswick, \$80 from other places) with those costs following the old formulas. “We are hugely concerned about pricing seniors out of our market,” Connors said, “we never will do that...we have a scholarship program and a give-back \$5 program in place to help out.” Connors promised the scholarship program, sponsored by Midcoast-Parkview Health Center, guarantees, “no one will be excluded because they can’t afford annual membership costs.”

Executive Director Stacy Frizzle said the Center finished the year, “right on budget, in good shape...looking good and looking ahead.”

## FYI! Browntail 101

Thursday, July 13, 1 pm.

Jay Astle, Brunswick Town Arborist / Parks and Facilities Manager, will discuss this year’s Browntail Moth infestation in the Brunswick area, what’s in store for us in 2018, and ways that you can limit their effect on you. Free, open to the public. Registration appreciated.



### Frank's fieldtrips

## Visit planned to State Museum, Governor's house

Augusta may never be the same after a visit to the Maine State Museum and the Blaine Mansion by members of People Plus and the Bath Senior Center on July 26. Docents from the museum will direct the tour, and after the visit, the group busses across the Kennebec River for lunch on your own at the Red Barn restaurant. Cost of the trip is \$5 for members and \$8 if you are not a member of People Plus and/or the Bath Center. “The museum is a unique representation of what Maine is and what Maine

used to be,” tour leader Frank Connors said, “and it’s always fun to walk through the State House and visit the Governor’s house.”

The bus leaves Bath’s Senior Center at 9:30 am, and picks up at the Topsham Home Depot Park & Ride at 9:45 am. Preregistration is required, the first 48 to sign up and pay at the Bath Center will go, if you are from People Plus, see Frank about your registration.



### Community Concert

## Bowdoin International Music Festival



**Mon, July 10, 2 pm.** People Plus is excited to once again host a Bowdoin International Music Festival Community Concert. These concerts are performed by the talented student musicians who come to the Festival each year from all over the world. Free and open to the public. Advance registration appreciated. FMI <http://www.bowdoinfestival.org>.



## ANNUAL SUMMER PICNIC



**July 20, 11 am - 2 pm**  
**at Thomas Point Beach**  
 Beans, burgers, hot dogs...  
 (see page 4 for details)



## 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@peopleplustmaine.org](mailto:news@peopleplustmaine.org)

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

The Editor, People Plus News  
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Brunswick, ME 04011-0766  
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### People Plus Board of Trustees

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Check out past newspapers at [www.peopleplustmaine.org](http://www.peopleplustmaine.org)

# “A bittersweet farewell”

## From the Executive Director

Stacy Frizzle



It's July which means a brand new fiscal year for the People Plus organization! One of the best and worst things about the new fiscal year might not be what you think. You might assume it's finishing up a financial annum, breathing a sigh of relief that you've met all your goals and can thankfully pay the bills, and then without even one day's breath, you launch right into a new fiscal year with 12 long months of fundraising and pennypinching ahead of you.

That might be what you would assume is

one of the best and worst things about a new fiscal year but what I actually find to be more impactful is the changing of board members as they finish their term and leave us only to be replaced with new board members who have risen to the challenge.

It's the bittersweet and challenging sadness that comes with saying goodbye to someone who's been willing to volunteer his or her time on behalf of the organization for up to six years. That adds up to approximately 500 hours of volunteer time per board member in a six-year term. If you factor in all the meetings and fundraising events they attend on behalf of People Plus or the Teen Center.

And the four board members who are terming out are really among the cream of the crop. Let's start with Tony Sachs who owns the Big Top Deli. He's been on the board for a couple of years acting as the liaison from the Teen Center Advisory Committee on which he has served for at least six years or longer. Tony is, as I'm sure you all know from eating in his restaurant, a big, smart, generous and gregarious figure. His empathy and delight in life fill whatever space he occupies and he will be sorely missed. Thankfully he remains on the Teen Center Advisory Committee - seemingly in perpetuity!

Claudia Adams is finishing six years on the board and her energy, and enthusiasm for creative programming has been a light among us. With a background in programming at The Highlands, she has lots of creative ideas and even lead a cooking class for several years at the Center. It was one of our most popular programs ever!

Bob Davis is also finishing a six-year term on the board which means he and Claudia both joined the organization only a few months before I did. He was kind enough to be the

chair of the board of People Plus for three full years which means half his term was served as chair. He has become a mentor to me, a leadership coach and a philanthropic guru to us all. Under his tutelage we steered the People Plus organization into the financial black for the first time in a decade. I've begged Bob to remain on the finance committee so hopefully his expertise end guidance are not lost to us.

And lastly, Jim Pierce is finishing roughly 10 years on the board of People Plus. He was halfway through a term when they asked him to step in as the interim director of the organization. After a year of that they hired me and he spent nearly a year educating, training and leading me toward financial and managerial stability for the organization.

So it is with deep appreciation and heart-felt gratitude that I say farewell to these four lovely people who have spent the better part of a decade with me on this journey of People Plus. Their guidance and leadership has been invaluable and I will forever be in their debt.

As we honor all of our volunteers at today's volunteer appreciation pizza party, I am once again reminded how this organization only has a staff of seven part-timers and me. Without all of our volunteer work, we just absolutely would not be the Center of that Builds Community.

I invite all of you to come down and check us out on the corner of Union and Cumberland Streets in Brunswick. It's a happening place to be (with air-conditioning!) all summer long!

## Annual Campaign Goal “met and exceeded”

Office manager Betsy White confirmed on June 21 that donations to the 2016-17 Annual Campaign for People Plus have “met and exceeded” the target amount of \$50,000 for the second consecutive year. White said on the first day of summer, the total stood at \$54,007.05, “and there may still be a few more year-end contributions coming.” The total includes \$3,315 donated by members at the time of re-enrolling. White added. The Brunswick Teen Center total stood at \$11,347 on the same date, with the BTC Endowment reaching \$5,300.

Executive Director Stacy Frizzle called the totals, “amazing and gratifying...We've had responses from several large donors, but most of this money comes a few dollars at a time, donated by members who treasure and value their Center. In so many ways,” she added, “this Annual Campaign remains a barometer to how we really are serving members of the Center's community.”

## From Anita's Plate

Anita Huey



207-504-6439, [shebakme@comcast.net](mailto:shebakme@comcast.net)

Summer is upon us and we have already had some really hot days. Many people have already gone to BBQ's and graduation parties. I am in the mist of planning food for 20 people that will arrive at my mother's camp in the Adirondacks for the 4th of July. How can we manage these gathering and still eat healthy. I have come up with some ideas that I hope you will find helpful and plan to do for the 4th.

- Have lots of cut up watermelon and fruit kabobs
- Prepare a bean salad
- Make healthier s'mores with plain yogurt sliced strawberries and chocolate syrup on a graham cracker

## Bean Salad

### Ingredients:

- 1 (15 ounce) cans low sodium black beans, rinsed and drained
- 1 (15 ounce) can low sodium pinto beans, rinsed and drained
- 1 cup frozen corn, thawed
- 1 (4 ounce) can chopped green chilies, undrained
- 1/2 red bell pepper - cored, seeded and finely chopped
- 1/2 green bell pepper - cored, seeded and finely chopped
- 1/2 small red onion, finely chopped
- 1/4 bunch cilantro leaves, finely chopped

- 1/8 cup rice vinegar
- The juice of one lime
- 1/4 cup olive oil
- 1/8 cup white sugar
- 1/4 teaspoon garlic powder

### Directions

1. Mix the black beans, pinto beans, white corn, green chiles, red and green bell peppers, red onion, and cilantro together in a large bowl.
2. To make the dressing, stir the rice vinegar, limejuice, olive oil, sugar, and garlic powder together in a pan. Bring to a boil, then remove from heat, and cool. Pour dressing over bean mixture, and toss to mix evenly.

- Prepare or bring less of the foods that are not the healthier choices
- Change things up and offer pesto chicken roll-ups instead of burgers and hotdogs

- Offer hummus and guacamole with black bean chips instead of chips and dip
- Make a macaroni salad with cauliflower instead of the pasta

Just last week we used some of these at my father in laws 91st birthday. I brought just enough meat and mashed potatoes for the group, my sister in law brought a tossed salad and my niece bought a smaller cake. Everyone enjoyed their meal without overdoing it!

It is hard to believe that the Diabetes Prevention Group has completed 8 out of the 16 weekly classes! Last week my volunteer, Emma Macey, made hummus for the group. It was the first time some of them had it and I bet they will either make it or buy some!! Next week they are going to cauliflower pizza crust!! I have made it before and it is really yummy.

Have a great July and I hope that you will try some of these suggestions!

## Summer Storm

by Elizabeth B. Bates

A beautiful day, not a cloud in the sky... a sudden change in the air...then the impossible drops of beginning rain, as night-time falls on the earth.

An increase in wind, an explosion of light... the mouse runs for his hole, while I lie taut with primal fear, down to my penitent soul.

A shrieking sound as a tree goes down, the lamplight shudders, betrayed. In the funeral dark...though I seldom do... I kneel at my bed and pray.

## Darn Bugs

by Bonnie Wheeler

They sense a picnic when I go outside Uninvited they feast, I scratch all over Swelling closes my eyes Oh, Spring - All Winter I waited for this?

## Summer Visits

by Nancy Sohl

It's summer once again in Maine And the welcome mat is out We want friends and family all to come It's worth the trip, there's no doubt

We'll eat lobster on buttered buns We'll enjoy the ocean breeze We'll visit breweries and vineyards A visit, I know will please

A few rules will make it all go well I take my shower at eight With our well-water and septic tank Please take yours early or late

I might just cook dinner at home But plan on going out to eat Fried clams, fish & chips, bowls of "chowdah" I can promise you a treat

My last rule deals with length of stay To stay a week I think is wrong A three day visit seems just right Much more than that seems too long So come and leave me wanting more Our time apart's a bummer You know you're welcome any time Want to come again next summer?

## They Are Coming

by Bonnie Wheeler

Look at the beauty of Spring Trees and flowers and the joy they bring Snow tires gone, roads clear No coats, boots, or gloves to wear Oh, wait, those out-of-state tourists to be bare

## Surfing

by Virginia Sabin

I flee with such abandon Barely leaving footsteps in the sand With ribbons and hair flying To outrun the foaming surf To rise above its power To knock me down And hold me prisoner again

## Charlie Payne

by Bonnie Wheeler

God got a good one today Charlie Payne went home to stay A long life well lived Leaving memories he shared One empty chair around our table That no one else can fill Grateful for our season together



## THE FOURTH ON THE LAKE

by Charlotte Hart

The cottage is open. Soft lake breezes sigh. Giant pines whisper welcome under Maine's bluest sky. Be here on time. Before noon. You ask why? Boat parade on the lake on the Fourth of July!

Speed boats! Row boats! Kayaks! A canoe. Uncle Sam's barge. A house boat or two. A flag flies from each vessel. Red, white, and blue! The boat house sports bunting, patriotic and new.

On Uncle Sam's barge—musicians! A band. Trumpets. Banjos. A joyful noise reaches land. Liz and her cousins march on the sand. "It's a grand old flag," they shout back. Simply grand!

Ice cream we are making in the old cottage churn. It won't take much longer. Each child takes a turn. We'll have barbecued chicken, juicy steak for to die! Then smooth white ice cream on three-berry pie.

Evening will come. To a great day good-bye. Fireworks on the island will light up the sky. From sleeping porch cots, we'll hear loons' soothing cry. Under star-spangled heavens on the Fourth of July.

## Empty Cup

by Nonie Moody

There is a problem in my home With bottles and cups sitting around And only one person is to blame As I frown viewing the battleground. The computer desk has two bottles Water bottles sits in the den Another cup next to the couch The car has four waters, again. I'm sure the memory is in tact Knowing water is for hydration. But why can't I remember the empty cup?

It seems my mind takes a vacation. My endeavors are important

They strike bells in my head Hurrying to complete each chore On my list before I go to bed.

It is not a problem of the mind I just don't see the empty bottle Jumping from one job to another There is no time left to dawdle.

## Ocean

by Virginia Sabin

Sunshine slowly dissipates The morning sea mist Bejeweling droplets On damp green leaves On rose petals Filling the senses A taste of the ocean



## Time Capsules

by P.K. Allen

The sun comes up The sun goes down Weeks come and go Months abound

Spring is here Gone summertime A new year begins Then Auld Lange Syne

Kindergarten classes A college degree A successful career Retirement decreed

Years turn to decades Generations pass by Time goes by faster Than the blink of an eye

The Summer heat Then Winter cold When once we were young Now we are old

## Relative Matters

by Goober, People Plus News Stringer

The other night a group were sitting around talking, about nothing in particular. As the evening progressed and an ample supply of liquid imbibement loosened a few lips, the conversation turned to the exploits and experience of some family ancestors. Soon the talk centered around Grandmother on the Hill.

She was born in the mid 1880's in North Carolina as Edith and grew leading an idyllic and privileged life UNTIL one day her sister, who was somewhat short on brains, got mad at the father, got a gun and shot him dead. Well, the family was distraught, not so much about the killing, but because what damage it would do to the family name should the word get out. So, they did what was necessary - they buried the father in the front yard, and told everyone that he had gone to Europe to do some business.

Well, hard-times fell on the family and money was getting so tight that Edith decided she needed to go the Charleston, West Virginia, which at that time was a boom town for coal, lumber and livestock, to see if she could arrange accommodations for herself and her mother. i.e. she set out to get herself a man! A woman had to do what she had to do.

She stayed with her brother, who arranged for her to meet a man in his thirties, one Issacs Wigginton. After a couple of supervised afternoon teas, Issacs asked Edith out to lunch. During the lunch, he told her he had five children from a previous marriage (the wife had recently died) and then proceeded to dare him to marry him...that afternoon!

Behind the scenes she had checked up on him and knew that he had over 3,000 acres of timberland in Virginia and was a highly successful horse breeder. Armed with that she took up his dare. They went from the

luncheon to the court house and got hitched. Within in a few weeks she, along with her mother, were living in a mansion in south-west Virginia, cared for by a bevy of household help.

Things went well for a couple of years but then Issacs starting drinking, and worse than that had given the plantation overseer a power of attorney for running of the plantation. One morning, there was a knock on the door. It was the sheriff with an eviction notice. Seems the overseer had literally "lost the farm" in a card game.

They packed up the kids and moved into town to a small house on a hill. Only thing he knew how to do was work with leather, so he became a cobbler; she knew how to sew, so she made shrouds for the local funeral homes. They went on to raise a total of ten children, his previous five and another shared five. Many years later, when asked by one her grandchildren how she felt at the time, she said, "I could of killed him, but that would not have changed the past, so we moved on."

In later years, after Issacs had died and the kids had their own kids, the grandchildren would fear going to Grandmother on the Hill's home because the first thing she would do was squeeze their chins between her thumb and forefinger and shake their head back and forth and say, "Give me some sugar." That wasn't the worst. Then she would hug each one, burying their head between her gigantic bosoms (their word not mine). After the first-time experience, everyone knew to gulp in a big breath and hold it, all the time hoping it was enough oxygen to last until she released them from her loving but smothering embrace so you could come up for a breath of fresh air.

In the end, I think that her story proves, for-bearers do matter because they set the path for the next generation to live a better life. Yes, no matter their story, Relatives Matter.

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**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

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**Memorial Donation in Memory of**

**Vivian J. Kemp**  
July 2, 1945 - May 31, 2017

**Michael Hernandez**  
Sept. 14, 1958 - June 19, 2017



# Summer Picnic at Thomas Point Beach is Thursday, July 20th

Hot dogs and hamburgers char-grilled to (near) perfection, a heaping pot of steaming hot baked beans, chairs in the shade, a breeze off the water, are all certain signs that it's time for the next summer People Plus picnic at Thomas Point Beach. "It begins with a check-in at 11 a.m., Thursday, July 20, and continues until all the food and all the fun is done," according to Center chef Frank Connors. "This is always just a great time," he added, "we assume the weather will be perfect and build from there."

Just back from a television gig on 207 and a hot review in Downeast Magazine, the Highland Greens classic rock group "Off Their Rockers" will play their magnificent music, "songs of our senior generation," and then join the crowd enjoying the day. A special thank you goes to Scott Lemieux at Ameriprise Financial, for being our primary picnic sponsor, again this year.

Come early to try your luck at cornholing with Jack, or just take a leisurely stroll along what has to be one of the prettiest beaches in Brunswick. (We're working on having the tide HIGH again this year. Osprey sightings are guaranteed, and if you're willing to get

your feet damp (and chilled) Grant Connors (of Critter Catchers) will be around the tide line, showing you where you might find a Horseshoe Crab.

"Those Connors boys" (Frank and Grant) will be cooking again this year ("we keep trying to get it right," Frank says) flipping burgers and dogs off our duel gas and charcoal grills. Featured drinks include iced bottled water and canned sodas. Sure, our condiments include fresh tomatoes, cucumbers, pickles, cheese, onions, relishes, potato chips and watermelon. You can skip your bun and garnish your burger with Frank's special home baked beans, if you want.

Hoping to streamline play their magnificent music, "songs of our senior generation," and then join the crowd enjoying the day. A special thank you goes to Scott Lemieux at Ameriprise Financial, for being our primary picnic sponsor, again this year.

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Special thanks to Mike Mulligan, who agreed to continue this People Plus tradition started by the Crooker family and his mother, Patti Crooker, at Thomas Point Beach at least 20 years ago. The donation of this site each summer makes the whole event possible and affordable. We'll all miss Patti's gracious smile at the picnic this season, and hope Mike will come by, introduce himself, and share a burger.



**Off Their Rockers.** This unique rock and roll band from Highland Green will be our special guest performers at the picnic this year.

This month there is NO limit for seating, but your preregistration helps us plan and order accordingly.

Betsy White will begin policing the beach gate at 10:30 a.m., please bring your own lawn chair if you worry about hard picnic table benches. Remember your hat and sunscreen, and I'm sure there will be "pick-up" bridge game, or two, before the tide changes.

To preregister, simply call the People Plus information desk at 729-0757, and ask for Pat. Food service begins at 12 noon, in case of inclement weather, the picnic will NOT be rescheduled.

A big Thank You to our Annual Picnic Sponsor: Scott Lemieux

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

## Midcoast Senior College Fall Registration begins July 10

Registration for classes of the Midcoast Senior College's Fall Semester opens July 10 and continues until classes fill up. "Many of the classes fill very quickly," a MSC staff spokesperson advised, "early registration is a great idea." Attendees may register on-line at midcoastseniorcollege.org, click on "Fall 2017 Courses," and follow the prompts to register; OR calling by phone at 725-4900 during regular office hours (Monday-Friday, 9 a.m. until 1 p.m.); OR in-person at the 10 Tibbetts Drive office in Brunswick, during the same regular business hours.

All registrations will be confirmed by email. Selections will be granted until the courses are filled. All students are charged a \$15 per semester membership fee, most MSC course charges are based on a cost of \$7 per week per session. Average class costs may vary from \$28-\$56. After being assigned a course, a student may withdraw before the first class and receive a full refund. Books may be returned only if unmarked. A limited number of printed course lists are available at people Plus.

## Medicare 101 Session with Spectrum Generations

**Tue, July 11, 12:30 pm.** This session is designed to provide you with knowledge about Medicare and its many "Parts" so that you can make an informed decision about health care coverage. This class is held the 2nd Tuesday of each month from 12:30 - 2:00 pm. Free, open to the public. Registration required. Please notify us two weeks prior to an event if you require special accommodations.

Don't miss the People Plus ads in the Coffee News

## Casino outing planned

There will be a day-long outing to Oxford Casino on Wednesday, July 12. The bus leaves the Bath Area Senior Center at 9 a.m. and the Topsham Park & Ride in front of Home Depot at 9:15 a.m. Cost of the bus, and a day of "Wicked good Fun," is only \$30, payable when you get on the bus at either location. The bus is scheduled to leave Oxford at 4 p.m. Register at the Bath Center by calling 443-4937, and remember to attend if you register. The trip will need to be cancelled if no interest is shown.

## "The Elbow" with Dr. Giustra

**Thur July 27, 10 am.** Tommy John was a pitcher for the LA Dodgers in the 1970s whose wild pitch into the stands changed forever the way the elbow would be viewed as a critical link between the shoulder and wrist in the dynamics of pitching. Learn the importance of a healthy elbow. Free members, \$5 non-members.

## Join the "Easy Riders" bike club

Already in its fourth season, the Easy Rider Biking Club meets each Wednesday, weather permitting, at 8 a.m. (new time for Summer months). 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 breakthrough your own levels of performance." Last season, "the biker gang" pedaled from May through December, touring 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.

**Tropical Costa Rica**

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. FMI visit <https://gateway.gocollette.com/link/764093> or contact Jill at 729-0757.

**HEAD TO TOE PHYSICAL THERAPY OF TOPSHAM 207-725-3400**

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

**Why let it go to waste?**

Treating the individual, not just the injury

[www.headtoeopt.com](http://www.headtoeopt.com)

## 'Aging Well' Lunch & Learn: "Essential Oils for Healthy Aging"

**Mon, July 24, 12 pm.** Have you heard of essential oils? Do you think they are just nice smells? Learn about using essential oils for supporting good sleep, soothing aches and pains, improving your mood and

more with Katie Joyfulheart, a doTERRA Wellness Advocate. Bring your lunch (or grab Monday Munchies) and we provide drinks, chips and dessert. Free, open to the public. Registration appreciated.

**Neighbors, Inc.**

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725-9444

[www.neighborsinc.com](http://www.neighborsinc.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Center Closed July 3rd &amp; 4th Have a Safe Long Weekend!</b></p> <p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:00 Advanced Bridge 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Interm. Bridge 2:00pm Bowdoin Int'l Music Festival Concert</p>	<p><b>HAPPY 4TH OF JULY!</b></p> <p>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 Medicare 101 Session 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting 6:00pm Knights of Columbus</p>	<p>8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 5:30pm Knights of Columbus</p>	<p>8:30 Table Tennis 8:30 Women's Breakfast 9:30 Strawberry picking w/ Frank (or meet at Fairwinds at 10) 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm Quilters 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick</p>	<p>9:00 KOC 10:00 Bridge</p>
<p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:00 Advanced Bridge 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Interm. Bridge 6:30pm SAGE Dance</p>	<p>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 1:00 Quilters 3:00 Books a la Carte 6:00pm Knights of Columbus</p>	<p>8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 5:30pm Knights of Columbus</p>	<p>8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 1:00pm FY!! Browntail 101 3:00pm Diabetes Prevention 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick</p>	<p>9:00 KOC 10:00 Bridge</p>
<p>9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 9:00 Advanced Bridge 10:00 Zumba 11:00 Monday Munchies 12:00pm Interm. Bridge 12:00pm Lunch &amp; Learn Essential Oils</p>	<p>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 12:30pm Aerobics Lite 2:30pm Café en Français 6:00pm Knights of Columbus</p>	<p>8:00 'Easy Riders' Biking Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Frank's fieldtrips: Augusta 10:00 Meals On Wheels 10:00 Table Tennis 12:30pm Tai Chi - Advanced 1:00pm Write On Writers 6:30pm Brunswick Coin/Stamp</p>	<p>8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 "The Elbow" with Dr. Giustra 11:00 Yoga 3:00pm Diabetes Prevention 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing</p>	<p>9:00 Mah-Jongg 9:00 Loosen Up 10:00 Beginner's Tai Chi 10:30 Meals on Wheels 11:00 Qigong 6:30pm Folk Dance Brunswick</p>	<p>9:00 KOC 10:00 Bridge</p>
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**Happy Independence Day!**  
**Tues, July 4, 2017**

Investments designed with you in mind

**BATH SAVINGS TRUST COMPANY**

1-866-670-7517 [bathsavings.com](http://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.

**Drivers Needed!!**

Did you know that People Plus provides FREE rides for community members in need of transportation?

**Volunteer Drivers Needed** for the growing number of ride requests in the Bath area!

Sign up to drive TODAY!

FMI 729-0757 [www.peopleplusmaine.org](http://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).

**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?**

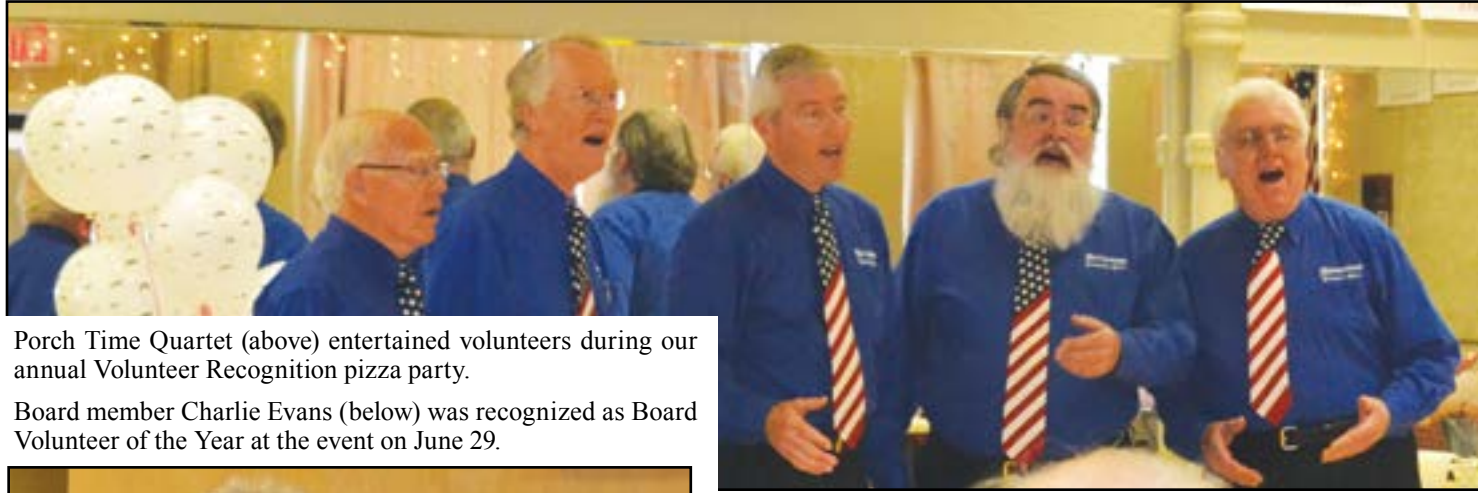
- US spends more on healthcare than the next 3 countries combined
- Spends over \$8,000 per person per year
- US ranks 37th in world health care through studies done by world health organization
- Neighbors to the north have not figured it out either they rank 30th
- Better living through pharmacology?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





Porch Time Quartet (above) entertained volunteers during our annual Volunteer Recognition pizza party. Board member Charlie Evans (below) was recognized as Board Volunteer of the Year at the event on June 29.



WOW! People Plus volunteer, Megan Rosenberg, took first place last month in the Special Olympics 1-mile road race.



DAWN TO DUSK GORGEOUS! Members of the Thursday Hikers squad enjoyed three wonderful days in early June, exploring the spectacular Schoodic Peninsula in Eastern Maine.



**WANTED!**  
**MEN WHO LOVE TO SING**

**NOR'EASTERS Barbershop Chorus**

Contact us  
 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**

July 10 Franks-n-beans	July 24 Brunswick Stew
July 17 Egg Salad Sandwich & chips	July 31 Grilled Ham & Cheese

**"Lazy days of summer?!?"**  
**...not for us!**

**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!

MARY ELLEN ROSENBERG - OWNER  
 CALL OR EMAIL FOR ESTIMATES OR SCHEDULING - CDC4U@COMCAST.NET  
**207-729-5760**

[www.chicksdochores.com](http://www.chicksdochores.com)



LUAU BOUND! More than 40 People Plus members attended the holiday Luau celebration hosted by Mitch and Janet Rousseau at Coastal Landing June 20! Almost a dozen of the luckiest members drove to the party in style, riding on the Landing's van.

**Twice-Told Tales**  
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**Selected Used Books of the Highest Quality**

Fiction, Mystery, Biography and Memoir, Civil War and other History, Political Thought, Maine, Travel, Foreign Languages, Gardening, Cooking, Crafts and How-To, Poetry, Children's and Teen's, Books on CD, DVDs, Music CDs, and much more!

**Monday through Saturday: 10 to 4**

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](mailto:twicetoldtales@curtislibrary.com)

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



Brunswick Area Teen Center

# School's Out, Summer's On!

School's out for summer! Well, it will be by the time you read this. As I am writing, we have one more week to go and for High School students, that's exam week. First of course is the St. John's Bazaar, which the kids still look forward to each year.

On Wednesday, June 21 we will welcome two male Upward Bound interns to our program for 6 weeks. I am already making a "to do" list (hoping they are somewhat burly cause there's some lifting on that list). Having extra hands is always a good time for moving stuff and cleaning out shelves and cupboards! We've never had two males, no females before, hmmm I think that will make the girls act even sillier than usual but hopefully will also include some male bonding with the boys.

We start July off as usual with the 4th of July holiday and fireworks (and I believe Bath still seems to be the place the kids try to see them). Our youth members enjoy sleeping in in the mornings and not having homework for the summer! Those who work are able to work more hours per week during the summer, some will be going camping and others will go on vacation or off to visit relatives at some point during the summer, and

## Teen Center News

Jordan Cardone



of course we will have the inevitable swimming in the Androskoggin... eek

I have put our July weather request in to Mother Nature; warm, but not too hot to spend time outside and no more than a brief shower a day (for the garden) so keep your fingers crossed!

The Times Record donated a bunch of tickets to the 7 p.m. June 26th Brunswick Night Seadogs game and I am really happy to report that we had a number of kids who asked at home if their parent(s)/family would take them and we have had a number of yeses and the kids are excited.

We have been discussing getting some gelato trips in over the summer, and just going to sit on the Mall outside and recently someone mentioned we should look into candlepin bowling which is also within walking distance and I think that's a great idea!

As I finish this up (not obviously the same day I started it ☺) 4 more days of school!!!! The excitement is electric... they do not remember how bored they usually are by August 1st!!!!

Break out those Grills and coolers, uncover those pools, make those vacation reservations because it's finally SUMMER! Back in August

Jordan and the gang!

*Update - interns are here! (see pic) We love them! More info next month!*



**Good to go!** Daniel Mills (left) and Dalton Theriault are the two Upward Bound Bridge program interns from Bowdoin College working at the Teen Center this summer. Both are from Maine, both are excited by the challenge and uniqueness of working at the Center through July.



**Thank you** from all the teens to the Maine Women's Giving Tree for this year's grant award of \$2,500! This funding goes directly toward the purchase of food and paper goods for the teen center program. "They are a hungry bunch," says Jordan Cardone "and we couldn't do it without the support of our community!"

## TEEN OF THE MONTH Morgan Jensen

Morgan Jensen is in 6th grade at BJH and has been attending the TC for only a few months and only at the very beginning of the afternoon each day, then she is off to ballet which seems to be her main activity when not at school! What Morgan says she likes about the TC is being able to hang out with

people she knows. Morgan is a joy to have and we hope we see more of her once school is out! Morgan received two tickets to Regal Cinema. Congratulations Morgan!



## Weekly Winners

- Senior Intermediate Cribbage**
- May 17: Julie Swol, 717  
Lois Fournier & Patricia Johnson, (tie) 706  
Lorraine LaRoche, 700
  - May 24: Joe Tonely, 726, Perfect Game!  
Anne Bouchard, 702  
Rick Fortin & Rollande Fortin, (tie) 701
  - May 31: George Tetu, 707  
Mike Linkovich & Rick Fortin, (tie) 708  
Lois Fournier, 693
  - June 7: Joe Tonely, 697  
Mike Linkovich, 690  
Lorraine LaRoche, 685
- Monday-Saturday Bridge**
- May 21: David Bracy, 4,390  
Mary O'Connell, 3,870  
Betsy Mace, 3,820
  - May 23: Lorraine LaRoche, 4,420  
Cathy Cooper, 4,510  
Sherry Watson, 3,580  
Bill Coop, 3,540
  - May 27: Sherry Watson, 4,420  
Richard Totten, 4,300  
Libby Scully, 3,430
  - May 29: Lorraine LaRoche, 3,640  
Sherry Watson, 3,420  
Mary O'Connell, 2,670
  - June 3: David Bracy, 4,390  
John Rich, 4,180
  - June 5: Joyce Lyons, 3,930  
John Rich, 3,640  
Alan Reder, 3,550
  - June 10: Richard Totten, 3,540  
Bob Cressey, 3,420
  - June 12: Lloyd Jones, 3,360  
Terry Law, 3,250  
Jeff Lauder, 3,220  
Art Trelfry, 3,190



**Primary Care First**

**Ounce of Prevention**  
SERIES

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

Join  
**Margaret C. Wheeler, DO**  
A Family Practitioner with  
MID COAST MEDICAL GROUP - Family Practice at Parkview

You will learn about—

- Options for local Primary Care
- The differences between a DO and an MD
- Women's Health and Geriatrics in a Primary Care setting

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

MID COAST Center for  
**Community Health & Wellness**

www.midcoasthealth.com/wellness



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

July 2017

All Spectrum Generations' locations will be closed on Tuesday, July 4th, in observance of Independence Day.



## Celebrity Chef Challenge

**SAVE THE DATE:**  
**TUESDAY, SEPTEMBER 19, 2017**  
**MAINE MARITIME MUSEUM, BATH**

For more information on how to be involved in this year's event, visit [www.spectrumgenerations.org](http://www.spectrumgenerations.org) or call 1-800-639-1553.



Thank You!



Thank you to everyone who supported our Meals on Wheels bake sale and yard sale last month! We raised over \$400 to help feed local homebound seniors and disabled adults. Last year, Spectrum Generations delivered over 30,000 meals in Brunswick, Harpswell, and Sagadahoc County, all of which wouldn't be possible without our volunteers and support from the community. Thank You!

As reported in many news and health care related journals, hunger and the lack of proper nutrition among our nation's seniors has contributed to an increase in hospital readmission rates among this population, causing poorer outcomes for patients and putting an undue burden on hospitals and treatment centers.



Spectrum Generations has over 40 years of experience as a Meals on Wheels provider, positioning us to cost-effectively deliver freshly made meals for patients at risk for failing nutrition. When there is a concern about a patient's nutrition and the patient does not qualify for Meals on Wheels, individuals or providers can contract with Spectrum Generations' Maine-ly Delivered Meals service and have prepared meals delivered directly to the patient's home.

For more information about the Maine-ly Delivered Meals program, call 607-4406.



## 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](http://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](http://www.aarp.org/fraudwatchnetwork) or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.



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



Spectrum Generations is an equal opportunity provider.

**PROUD TO PARTNER WITH PEOPLE PLUS**



**Food Assistance Program Expands into the Brunswick Area!**

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



# Bring a friend to People Plus

Are you already a regular visitor to People Plus? Is there a special program/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?

Spending time 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 friends.

All you need to do is encourage a friend to join, cost is still only \$40 if you live in Brunswick, \$50 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
- Studio 119 Hair & Nail Design**, FREE haircut with color or perm; services  
119 Bath Road, Brunswick, 729-6119

### 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 Hearing and Optical Center**, 10% off a complete set of eyewear, up to \$500 off costs of hearing aids  
86 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

- Maine State Music Theatre**, Senior discount (60+) on matinee tickets  
22 Elm Street, Brunswick, 725-8769  
www.msmt.org

- Thomas Point Beach**, \$1 weekday admission  
29 Meadow Road, Brunswick, 725-6009  
www.thomaspoinbeach.com

### RESTAURANT

- Arby's**, 10% off, excluding combos/coupons  
Topsham Fair Mall, Topsham, 729-8244  
www.arbys.com

- Big Top Deli**, 10% off, anytime  
70 Maine St., Brunswick, 721-8900  
www.bigtopdeli.com

- Fairground Café**, 10% off, anytime  
Topsham Fair Mall, Topsham, 729-5366
- McDonald's**, Free dessert with purchase  
Cook's Corner, Brunswick, 729-4416

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

### SWEETS/CANDY

- Wilbur's of Maine**, 10% off, anytime  
43 Maine St., Brunswick, 729-4462

## BRISK BUSINESS.

Betty Bavor was one of several People Plus members participating in the ninth annual Northwest Brunswick Neighborhood yard sale last month, her tailgate sale was in the People Plus Center's yard.



# Yard art with a touch of history

"Really," Jane asked, "don't you think you already have enough stuff in the field to mow around?" At stake was an absolutely useless antique mowing machine, located outside the door of the little hardware store in Bowdoinham. Last spring, I'd noticed it, "got the bug" and asked Jon, the owner, my friend, "how much?" When he told me it was a rare find, and the price was \$250, I'd chuckled, wished him luck and left the store. But the seed had been planted. On the ride to Brunswick, I started convincing myself how nice it would look in the field in front of our house. Jane, laughed and reminded me I might be needing a new truck, come fall....

All that summer, as I rode around our area, I'd spot these haying relics parked in brush filled fields. I seemed trapped in a conspiracy! One day I stopped in Alna, asked a guy if he'd sell me the machine languishing untended in a pasture not far from his house. "No suh, son" he said, "that was my grandfather's mowing machine. You don't have enough money to buy it!" I discovered a Bowdoinham field where there were TWO abandoned machines, and told Jon how common they were. Jon nodded knowingly, advising me if one of those machines suddenly disappeared, he'd know where to look. Did I want that on my conscience? Did I have the means to load a machine, if I "found" one?

In October, I was back in the store, leaving Jon a stack of Speaking Frankly books for the anticipated Christmas rush. The machine was still there! I feigned tripping over the thing when I walked through his door, reminded him that soon enough he'd have to move the

heavy device home OR clear snow from it all winter OR sell it cheap to get rid of it. "Make me an offer," he said; "\$50!" I said; "\$100!" he said; "Deal!" I said, and before I knew it, we were shaking hands. I had buyer's remorse almost immediately. I was thinking about Jane again, her birthday was coming up, not mine. Bottom line, this was a rust-colored, cast iron, hundred dollar piece of junk, and now it was headed to our place in Brunswick! "You have to help me load it," I added as a condition to the sale. He nodded his head, "it's yours!" he said.

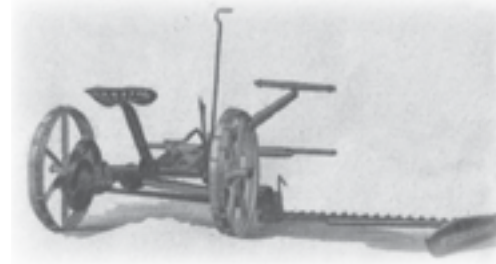
That weekend, we used a John Deere tractor to lift that vintage McCormick-Deering mowing machine into the back of my Ford Ranger. It was all the little truck could handle. Part of the machine's cutter bar kept the tail gate from latching. We put two planks under the thing to keep it tipped forward, bungee cords to make it all look secure. "I'd stay off the interstate and drive slow," Jon advised. I got in the truck, realized my steering was light. I considered the route home, thinking about where the cops might be waiting and where the steep hills would be. In my head I tried to craft a route where I didn't see either,

and away I went, wondering if I should have waited till after dark.

Turns out Sunday morning wasn't a bad time for the move. The run down Route 24 was uneventful, except for the one car that came up behind me kind of quick, and disappeared almost as fast. He probably had this vision of my new yard art bouncing into the center of his car, and decided to give me all the room I needed. I took the Connector to Cooks Corner, ignoring the strange looks from all the cars that passed me, and got home with no tragedy to record.

Jane was mercifully still at Church, and 80-something Evelyn had just come home and was nice enough to offer me assistance. She took an immediate liking to my machine, saying there had once been one like it on her father's farm in South Paris. She wondered how I got the thing on the truck, and offered to help me unload. I suggested she might call 911 if the operation went terribly wrong. I drove the truck into the field...have you ever heard a little Ford groan, or seen one bend? I backed up to a down-leaning hillock, collected a pair of sturdy pressure-treated planks and pulled off the bungee cords. Even Evelyn questioned what might happen next, and quickly took two steps backwards.

This mowing machine, with its five-foot cutter bar, was designed as a two horse rig. You can only guess how it responded to



## Speaking Frankly Frank Connors



me trying to bully it off the truck. But I'm stronger than I look, smarter too, and in just a couple minutes, me and she were inching across the field. Evelyn stayed back and encouraged, finally offering to climb on the seat and drive.

Before Jane came home, I had that mowing machine parked on a couple stones, looking all but majestic between a pair of Larch trees. I can tell you it looked like a farmer left it there in the last century. When Jane did arrive, she had six-year old Silas and three-year old Zander in tow. "Bump," Zander asked me, pointing his little finger, "what's that thing in the field?"

## Pickin' Party!

The strawberries are ripe at Fairwind Farms in East Bowdoinham, and we want YOU to go pick yours! Immediately following the Women's Breakfast July 6 (9:30 a.m.) we'll have a carpool leaving the Center (or meet us at the fields at 10 a.m.) This is a great chance to pick a few berries, get out in the fields with your friends, and use that coupon (pick three, get the fourth quart free) you earned last month at our volunteer recognition party.

Thanks for registering with Pat if you need a ride to the fields. Don't forget to bring your own containers, your hat, your sunscreen and a little water.



**The Harpswell Garden Club** will meet on Thursday July 20, 2017 at 12:30 p.m. at the Curtis Memorial Library in Brunswick. Gail Faith Edwards of Blessed Maine Herb Farm will present "Herbs and Their Uses." Free and open to the public. FMI call Becky 833-6159.



## New or renewing members for June

\* indicates new membership  
• indicates donation made with membership

### Life Membership

- Arleen Morris, Brunswick
- Janet Rousseau, Brunswick
- Mitch Rousseau, Brunswick
- Steve Stern, Brunswick

### Brunswick

- Marie Barlow \*
- Ann Barry \*
- Dorothy Boddart
- Albert Boothby \*
- Sarah Boothby \*
- Jo Bouchard
- Ethel Brady
- Frank Broadbent
- Leon Burgess
- Louise Burgess
- Joan Bussiere \*
- Shirley Chase
- Priscilla Davis \*
- Shirley Davis
- Christine A. DeTroy
- Stephen Donahue \*
- Diana Dove
- Luanne Downey
- Margaret Dunlap
- Ann Durkin \*
- Donald Durkin \*
- Guy Emery \*
- Jennifer Felkay
- Robert Galloupe \*
- Muriel Gamaiche
- Arlene Gauvin
- Eleanor L. Grafe
- Nancy J. Grote \*
- Jean M. Hodgkins
- Melvin E. Hodgkins
- Eugenie 'Jean' Holland \*
- Sally Hoople
- Barbara Johansen
- Audrey Keating
- Mona Kinney
- Patsy Kortegast
- Sixta (Cita) Levine
- Susannah MacDonald
- William Mason
- Elizabeth Newman
- Marilyn Nulman
- Joan Peck

### John Peck

- Robert Pinette
- Susan Pinette
- George Potter
- Lauralee Poutree
- Ann Robinson \*
- Beverly Romano \*
- Ronna Romano
- Priscilla Rooth \*
- Marden H. Seavey
- Gail Schen \*
- Peggy Sullivan
- Donna Tompkins
- Mary Lee Ward \*
- Alice Willard-Michaels

### Harpswell

- Donald Adams
- Jane Harris \*
- John LaForge
- Peggy LaForge

### Topsham

- Deb Considine
- Pat Davies
- Carol Evans
- Betty Bavor \*

### Al Levesque

- Judith Michaud
- Ralph Newton
- Sharon Newton
- Irene Oakes
- Donna Perreault \*
- Alice Ponziani \*
- Sharon Porter
- Thomas Porter
- Janice Weisz \*

### Other places

- Ronald C. Pulsifer, Bowdoinham
- Donna Schlick, \* Bowdoin

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## CLASSIFIED ADS

**BATH DRIVERS NEEDED.** Volunteer drivers needed for 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.

**PERSONAL SUPPORT.** Call Grammie B's Cleaning/Helper to discuss your needs, solve your problems. FMI call 207-939-5019

**Hutch for sale.** We're downsizing, cabinet like new, built by Chilton's Furniture. Original cost was \$1,100, selling for \$500. Call 725-5805 for more details.

**Computer driving you nuts?** I can help you tame the beast. 20+ years experience, friendly, patient & affordable. I can help with Macs, PC, iPhone and Chromebook. Can handle system setup, troubleshooting, internet and e-mail help, tutoring, virus and malware removal. John Fischer, 522-1238 email: John@carpediem-me.net

**Orbtrek Exerciser** for sale: All assembled, never used. Stand or sit, has movable arms, calorie counter and distance traveled. Easy on the knees. FMI contact: Marsha at 373-1747.

## Student's show continues in Cafe Gallery

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

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

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

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



*Mixed Fruit.* Water color pencil by Al Tyrol

## Guys and Dolls in July at MSMT

Maine State Music Theatre presents Frank Loesser's celebrated musical comedy about rolling the dice and falling in love, *Guys and Dolls*. Considered by many to be the "perfect musical comedy," *Guys and Dolls* runs from June 28 - July 15.

Set in a mythical New York City, *Guys and Dolls* follows gambler, Nathan Detroit, as he tries to find the cash to set up the biggest craps game in town while the authorities breathe down his neck; meanwhile, his girlfriend and nightclub performer, Adelaide, laments that they've been engaged for fourteen years. Nathan turns to fellow gambler, Sky Masterson, for the dough, and Sky ends up chasing the straight-laced missionary, Sarah Brown, as a result. *Guys and Dolls* takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City, but eventually everyone ends up right where they belong.

The production stars Charis Leos as Adelaide, James Beaman as Nathan Detroit, Stephen Mark Lukas as Sky Masterson, and Kristen Hahn as Sarah Brown.

The cast includes Steve Gagliostro as Nicely-Nicely Johnson, Joe Gately as Lt. Brannigan, John Edmonds as Angie the Ox, Danny Rutigliano as Big Jule, Danny Arnold

as Harry the Hors and Joey Biltmore, Cathy Newman as Gen Cartwright, Brad Bradley as Benny Southstreet, Raymond Marc Dumont as Rusty Charlie, Glenn Anderson as Arvide Abernethy, Brad Bradley as Benny Southstreet.

The cast is rounded out by the ensemble: Aleka Emerson as Agatha/Hot Box Girl, Lily Tobin as Mimi/Hot Box Girl, Samantha Schiffman as Martha/Hot Box Girl, and Gerianne Perez, Matty Rickard, Zach Eisenberg, Ronnie Bowman, Jr., Mike Baskowski, Glenn Davis, Kyle Laing, Cameron Wright, Giovanni DiGabrielle, Brian Liebson, Natalie Bellamy, Rebecca Rene Kelley, Sara Sargent, Tracy Sokat, Michael Carrier, Kevin Murakami, John Pletka, and Mickey White.

The show is directed by DJ Salisbury, with music direction by Brian Cimmet. Set design is by Robert Andrews Kovach. Costume design is by Ryan Moller, with wig design by Gerard James Kelly. Lighting design is by Annemarie Duggan and sound design by Shannon Slaton.

For more information, and to buy tickets, please visit [www.msmt.org](http://www.msmt.org) or call the Box Office at (207) 725-8769.

## Lunch out!



Tuesday, July 11th  
at 11:30 a.m.

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