

Plus! People NEWS!

The center that builds community

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

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35 Union St. / PO Box 766, Brunswick, ME 04011 729-0757 www.peopleplusmaine.org August 2017 Volume 17, No. 8

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



Fun and food abounded at the Center's Annual Summer Picnic. More photos inside.

New Website's UP!

Over a year in the making, the new People Plus website has finally launched with our new fiscal year!

Thanks to the hard work of Jill Ellis and Jenn Felkay who worked in conjunction with David Tripp and Artopa Web Design, the new website can still be found at

www.peopleplusmaine.org.

Filled with pictures, news and events,

Frank's Field Trips

Poking around Popham

What's August without a visit to the best beach in Maine? Membership man Frank Connors is leading this one, with plans to explore the history, the mystery and the visuals of ol' Fort Popham, older Fort Baldwin, and all the sand that surrounds. There will be "sidebars of info," (quoting Connors here,) regarding the Seguin Lighthouse, Fox Island, Parker's Head and the ancient Roger's Family Cemetery in Phippsburg. Date will be the week of August 21, but we'll be watching the weather and trying to pick the best day!

Cost is only \$8, thanks to

generous sponsorships by Scott Lemieux of Ameriprise Financial and Coastal Landing Retirement Community, both of Brunswick. Registration goes to the first 12 who sign up, you must be a registered member of People Plus to participate. Van leaves People Plus at 10 a.m., we'll stop for lunch at Percy's Store (you buy your own) after a stroll on the beach. Be sure to wear appropriate foot wear, bring your own sun screen and bottled water. If you want to go overboard, bring your own towel. Should be back at the Center in time for Frank's 3 p.m. nap.



calendar updates, links to all of our popular *News & Views* and *People Plus Cooks* shows; the new website is easy to navigate and a joy to behold. We invite you all to check it out and let us know what you think!

Changes made to People Plus Board

With the end of one fiscal year and the beginning of the next, there are always changes made in the Center's 18 member governing Board of Trustees. Long-time board member and former interim Executive Director Jim Pierce is retiring after more than a dozen years on the Board. Robert Davis of Harpswell and Claudia Adams of Brunswick have finished two, three-year terms and Tony Sachs of Brunswick is retiring after one term.

Carol S. Aderman of Freeport is the new Board Chairperson, and is excited to be the first woman to serve in that position since Barbara Hall did 15 years ago. "I joined because my passion has always been about our aging population and how to continue

their quality of life as this process occurs. It has been a bonus to become familiar with our Teen Center and learn the impact we have on young adults at this very vulnerable time in their life. I have a strong commitment to the work that is done at People Plus and am inspired by staff and volunteers who are involved. I look forward to the next two years and helping to strengthen and grow this organization." David Forkey is the new First Vice Chairman, Jack Hudson continues as the Center's Second Vice Chairman. Charles Evans of Topsham is the Board's new Secretary, and Kelsie West-Ezzo is Treasurer for the coming year.

New Board members Catherine Jarrett and Steve Loeb are profiled on page 2.

Senior Health Expo is Oct. 17

The fifth edition of your People Plus Senior Health Expo is coming to the Cook's Corner Shopping Mall on Tuesday, October 17, 2017, and all expectations are that this will be the biggest and best expo ever. Some 75 sponsoring organizations, businesses and individuals are expected to participate.

"This is certainly the premier event of its kind in our community," People Plus Programming Coordinator Jill Ellis said, "last year, more than 700 seniors attended, and our sponsorship and exhibition opportunities were sold out!" She added that the expo is a "great meet and greet opportunity" for vendors and visitors alike. Visitor admission to the expo is always free.



Partner PLUS Sponsors



Partner PLUS Sponsors already signed on include Coastal Landing Retirement Community, Mid Coast-Parkview Health, and Highland Green. Event Sponsors already signed on include Neighbors, Inc., and Banker's Life, and our first Refreshment Sponsor will be Red Fin. Event space is provided as a public service by Summit Realty Partners.

Non-profit exhibitor tables are still only \$75 (same as last year) and for-profit tables are still only \$125. Businesses can be event sponsors for \$500, or Partners for \$1,000. Registration is already open, and tables are released on a first-come, first-served basis. "We're filling up fast," Ellis observed.

Visit www.peopleplusmaine.org for more information, or contact Jill Ellis at 729-0757.

163rd Topsham Fair
August 8-13, Seniors Day is Tuesday, Aug. 8

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area.

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

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

People Plus Board of Trustees

- Carol S. Aderman, Chair Freepport
David R. Forkey, 1st Vice Chair Georgetown
Jack Hudson, 2nd Vice Chair Brunswick

People Plus Staff

- Stacy V. Frizzle Executive director
Jill Ellis Program and outreach coordinator
Elizabeth White Office manager

Spectrum Generations Staff

- Casey Henson Meals on Wheels coordinator
Lynn Boardway Aging & Disability Resource counselor
Hannah Tompkins Aging & Disability Resource counselor

Check out past newspapers at www.peopleplusmaine.org

Stetson's Funeral Home
12 Federal St. Brunswick, Maine 04011
www.stetsonsfuneralhome.com
207.725.4341

Busy days of summer...

The lazy days of summer are upon us. At least I think they're supposed to be...

Nowadays however, at the People Plus Center, summer is the time for planning, preparation and fresh new ideas...

It takes about \$445,000 a year to run the organization and we are so thankful to partner with the town of Brunswick...

The staff will all work on different areas of our fundraising campaigns. Some of them will write grant applications like Jordan in the Teen Center...

the face and voice of People Plus and always prove to be our best agents in the field. Sadly, the end of the fiscal year also means we lose a few board members...

From the Executive Director

Stacy V. Frizzle



With the launch of the new website, a brand new executive committee on the board, six or seven new foundations targeted for grant writing, a new membership combo-deal...

PHEW!! The teamwork around here is fantastic and everyone has their role to play! I help with grants, create the budget, manage the staff and usually do the bulk of the "big asks"...

And our board of trustees does a huge part of the heavy lifting for the annual fund as they will hand write a note on approximately 50 letters each that get mailed out in November.

The board is a really critical and crucial piece of our fundraising effort. Those 18 people represent our organization out in the world in the business sector...

New People Plus Board Members



Catherine Jarratt

Catherine was appointed to the board in July 2017. She moved to Brunswick in 1974 from Tehran, Iran with her husband Rob and taught school at the Iranian/American School.



Stephen F. Loeb, PhD

Stephen was appointed to the board in July 2017. He is Professor Emeritus of Health Policy and Management at The Ohio State University and a Research Associate at Bowdoin College.

is currently on the Board of Directors for OASIS Free Clinics and Consumers for Affordable Health Care.

From Anita's Plate

Anita Huey
207-504-6439, shebakme@comcast.net

easily find these recipes on line but if you have any trouble please give me a shout by email or a phone call.

- Zucchini lasagna
Stuffed tomatoes
Marinated grilled onion on the grill

- Grilled slices of zucchini
Roasted inter squash
Grilled cabbage wedge

The diabetes prevention group has completed 11 weeks! It always amazes me how quickly these weeks to by.

Red Velvet Salad

Ingredients:

- 2 C. of ready-to-serve (cleaned and rinsed) raw spinach
1/2 C. shredded beets
1/4 C. halved cherry tomatoes

Directions:

Toss all ingredients together in large bowl and serve immediately. Serves 2.

making progress and learning new tools to help in their weight and fitness goals. Don't forget as it heats up to drink plenty of water!

I hope you have a great month and if you run into me let me know if you tried any of these ideas.

Town Dynamics by Sally Hartikka

Five social groups have graced our area: One was a liberal arts college, To provide lectures, music, youth, And infuse the area with knowledge.

Factory workers came to town Bringing industry and love of family. They toiled hard and went to Church... Instilling in their children a pride of ancestry.

Many who came back to retire Were once stationed at the air base. They had discipline and pride in their country As they protected this nation's air space.

Fishermen and lobstermen had integrity And gave us the fruits of the seas. They looked after one another In small tight-knit communities.

The farmers were the salt of the earth And fed the rest of us grounded. Early settlers to this land, They were the ones who helped found it.

Each group enriched our town with its presence And added its special attributes, As it settled into this special place, And firmly implanted its roots.

NOT my favorite thing to do by Marcia Good Townsend

Ceiling covered with bright lights and squares and, in my thoughts I am SO elsewhere.

Gr-r-r and whr-r-r, and gr-r-r-r again will this ever finish, ever end?

Grit is now between my teeth when, oh when, will I get relief?

This is some I could do without I hate the feeling and maybe I'll SHOUT!

Dental cleanings are not much fun I'd rather take a walk, or run.

As far away as I can get I'd take that walk and accompany my pet.

She'll wiggle and wag and try to play tag.

That's much better than pulling my hair Each time I sit in the dentist's chair...

Lincoln's Autobiography

by Charlotte Hart

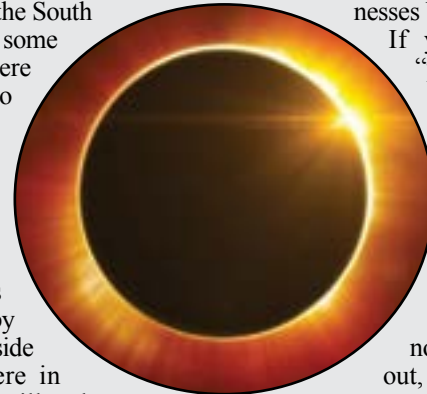
My name is Lincoln. Today, July 18, 2017, I am starting a rough draft of my autobiography. One day, about 14 years ago, I was running, running, running. I have always loved to run! I don't remember my first home.

The next thing I knew, a big guy carried me into a place called the Tender Touch Veterinary Clinic. What a place. They got rid of my pain. They bandaged my leg. They gave me baths. They gave me good meals. My leg got better. They let me out into their yard. I was starting to run again.

Finally Heidi told the other people at Tender Touch Veterinary Clinic that she knew it would be fine with Peter if she and Peter adopted me. Best news I've ever heard! Soon I was getting used to living with Heidi and Peter and three other pit bulls and a bunch of cats.

TOTAL SOLAR ECLIPSE? by Russ Kinnear

wow, what an impressive title, and what an impressive event! Our moon, which you all know, circles our earth (ditto) and when it does, it throws its shadow on the earth.



But this year, WOW! - the shadow travels from Oregon to South Carolina. This is the "path of totality" where the sun is completely covered by the moon's disk. Outside this path -- like here in Maine - the moon will only seem to take a bite out of the sun's disc.

Please DON'T take a chance with the only eyes you'll ever have. Special "eclipse glasses" are available online for a dollar or two, and I'm sure will be offered free by local businesses before the eclipse.

If you can get to the "path of totality", some 1100 miles south of here, you're in for a real treat. Hard to describe what it's really like. You can see the Great Shadow racing towards you, the sunlight dims to most nothing, the stars come out, some birds think it's sunset and go to roost, the temperature drops dramatically, and you know you're in the presence of some sort of enormous, cataclysmic happening. You'll never forget it.

So enjoy it, but please be sensible about watching it. Be sure babies & toddlers are turned away from it too. You can tell them about it later.

Choice Overload

by Bonnie Wheeler

In my yesterdays, my choices were simple; I ate what mom put on the table, my small closet held 6 changes of clothes, school clothes, play clothes, and Sunday clothes, and 2 pair of shoes.

Bound To Happen

Well, I should have known that it was inevitable. When we moved down here I was told by certain relation of the difficulties of getting a car registered in Virginia.

Long story short, we decided to trade in the old car, get a new one, and let the dealership handle all the paperwork. So we went out to a local dealer and purchased a 2016 Chevy Cruze.

The car is so electronic that it practically starts itself. It took me a day and half to find what three quarters of the buttons worked. Not only that, it doesn't even have a key. That wasn't the problem. The problem was it is bright, and I mean bright red!

Now in of itself the color shouldn't matter, but there's a myth, especially in the South, that "red" cars attract law enforcement more than any other color. Of course, I didn't believe that. But, I soon found out differently...

About a week after getting the car, I'm going along with everyone else when I hear a siren and see the flashing red and blue lights behind me. The Red Car curse has hit. I pull over and the officer came up to the car, and based upon his expression, fuming expecting to find a teenager, hot rodder at the wheel not an old geezer.

He politely told me I was going 43 in a 25 zone. I didn't argue, only saying I was new to the town and that I thought the limit was 35. He wrote up the ticket, and when he handed it to me he said I could request to go to "driver improvement" class to avoid the fine and loss of points.

Three weeks later I was up early and in a seat at the local courthouse five minutes before 9 AM, the time of my appearance. Thirty-five

Stay a While by Sally Hartikka

Stay a while in the forest with me; Enjoy the song of the birds. Hear wind whisper in the trees. Just listen, and say no words. Sit a while on the shore with me; Listen to waves hit the rock.

Write on Writers meet Wednesdays at 1 pm

Larry the Lonely Lupine by Vince McDermott

Several years ago my wife and I planted a few lupines in our garden. They grew and slowly spread. We had a good number of blossoming plants last year.

Larry did well. He grew tall and straight and proudly displayed his purple flower. He has faded now, but I hope his seed will spread - but not too far.

My motion was granted. I was sent off to pay the court costs and sign up for the class. I paid the court cost and given a piece of paper telling me where I had to go to sign up for the course. It was somewhere in the next town over.

A thirty-three minute drive brought me to a deserted strip mall that housed on the Court-Community Corrections Program. As I entered the pretty stark office I was wondering if I would be walking out in orange, or strips. Another 25-minute wait got me to the head of the line, which promptly closed.

You guessed it...for lunch. Fortunately, another window opened fifteen minutes later and I found myself handing over my money order and scheduling a date.

By the time I left it was two-thirty in the afternoon. Fortunately, no uniforms were issued. As the appointment date is just 12 days away, I'll let you know next month how the class goes, provided I pass it.

Moral: Drive the limit, or a couple miles under. Traffic tickets are the way the South makes Damn Yankees pay for, as they say it, the War of Northern Aggression.

Memorial Donation in Memory of Barbara McLaren April 3, 1933-- July 14, 2017

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

August at People Plus...



Lunch & Connections

Summer Salad Medley coming for August

Our Lunch & Connections dinner, served in the air conditioned comfort of the Center's Maine Hall on Thursday, August 17, will feature an interesting, varied and delicious assortment of cold salads and chilled meats. "No one really likes to cook in August," chef Frank Connors complained, "so the gang's going creative on me," he said. Lunch will be an assortment of favorite salads, including potato, macaroni, fresh fruit, three bean and jello salads, with a bin of sausage and chicken chips, pan-fried in onions and multi-colored peppers. "Of course we'll have our huge and fresh green garden salad," Connors added, "bigger and better than ever, reflecting all the good stuff that's coming from our gardens." Dessert will be cookies and sherbet.

These monthly meals are sponsored by our friends at Spectrum Generation and are planned to focus on nutrition,

fun, variety and useful information. A CHANS home health-care professional is always available to take and record members blood pressures, and Mary Morano of Mary's Affordable Hearing Aids is waiting in the privacy of the Teen Center to complete free hearing checks.

Please plan to arrive after 11:30 a.m. to chat with your friends and claim your favorite seat. There will be plenty of time to pick up your 50/50 raffle ticket (last month's winner took home \$48!) and to register for our several free door prizes. Pre-registration is required and accepted only AFTER the first of the month.

Cost is still only \$6 for card-carrying members and \$8.50 for non-members. We start serving our buffet-style lunch at 12 noon.

FREE Healing Clinic

Fri, Aug 18, 11-5 pm.

Free massages and healing treatments are coming to People Plus, provided by professional health practitioners, massage therapists, physical therapists and Reiki masters. This quarterly event is hosted by Greater Brunswick Physical Therapy. No appointments, first-come, first-served.

AARP Smart Driver Class at People Plus

Thursday, Oct 26, 8:30-12:30 pm

Register now for the AARP Smart Driver class at People Plus on Oct 26. Designed to help older drivers hone their driving skills and learn recent law changes. Registrations should be made by contacting instructor Read Rich at 729-0775. Cost is \$15 for AARP members and \$20 for non-members. Drivers can be eligible for discounts on insurance upon completion of the class. Registration required.

2nd Annual People Plus Open House

SAVE THE DATE: **Thu, Sept 28, 12-2 pm.** Enjoy refreshments as you tour the Center on Union Street, chat with representatives of classes and clubs and meet the staff. Get \$5 off membership when you bring a friend who joins!

Medicare 101 Session with Spectrum Generations

Tue, Aug 8, 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.



Shopping trip set

There's a bus to South Portland for a shopping trip to the Christmas Tree Shops on Tuesday, August 8, leaving the Bath Senior Citizens Center at 9 a.m., and picking up at the Home Depot Shop and Ride about 15 minutes later, between 9:15 & 9:25 am. Cost of transportation is \$7 if you are a member of People Plus or the Bath Center, or \$8 for non-members. The group stops for lunch at the Olive Garden restaurant, (you purchase your own) and returns to the Brunswick area by mid-afternoon.



You need to pre-register for this trip, as a minimum is required to reserve the bus. Register by contacting the Bath Center at 443-4937.

New Bridge Time Added!

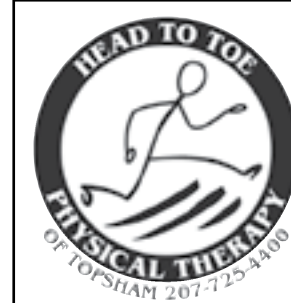
New times have been added for playing Bridge at People Plus

- **Mondays, 9 - 11:30:** Advanced Bridge
- **Mondays, 12-3:00:** Intermediate Bridge
- **Tuesdays, 9:30 - 11:30:** Begin./Intermed. Bridge
- **Fridays, 9:30 - 11:30:** Begin./Intermed. Bridge
- **Saturdays, 10 - 2:** Intermediate Bridge

Come play with us! Free, for members only.

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.



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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
People Plus Hours Mon-Thu: 8:30-4pm Fri: 8:30-1 pm	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters	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	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 3:00pm Diabetes Prevention 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	10:00 Bridge
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 Intermediate Bridge	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:30 Yoga 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 Session 3:00pm Kaffeestunde! German Club	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	8:00 Men's Breakfast 8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 3:00pm Diabetes Prevention 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	10:00 Bridge
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 Intermediate Bridge 6:30pm SAGE Dance	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 3:00pm Books a la Carte	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	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch & Connections 3:00pm Diabetes Prevention 6:00pm Beginning Line Dancing 7:15pm Advanced Line Dancing	9:00 Mah-Jongg 9:00 Loosen Up 10:30 Meals on Wheels 11:00 World Affairs 11:00 Free Healing Clinic with Greater Brunswick PT 6:30pm Folk Dance Brunswick	10:00 Bridge
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 Intermediate Bridge	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:30 Yoga 12:30pm Aerobics Lite 2:30pm Cafe en Francais	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	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 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	10:00 Bridge
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News & Views with **People Plus** **People Cooks!**
People Plus videos can be viewed online at <http://vimeo.com/harpwelltv>

August is high Summer in Maine! Concerts for a Cause features Lipbone Redding

Storyteller, songwriter, guitarist and voice-instrumentalist Lawrence "Lipbone" Redding will appear at Unitarian Universalist Church (1 Middle Street, Brunswick) on Saturday, September 9th at 7:30pm. Lipbone is most noted for his amazing ability to vocally imitate trombones, trumpets, bass and percussion and incorporate them into live musical performances. His original songs effervesce with New Orleans jazz, swing, soul and funk. An engaging and entertaining show for all ages and musical tastes. Tickets \$15 in advance, \$18 at the door, \$8 Students/Children. Available at the church office, Gulf of Maine Books, or online at brownpapertickets.com. Proceeds from the Concerts for a Cause series raises money for church programming and local charities.

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The Harpswell Garden Club will meet Thursday August 17, 2017 at 12:30 p.m. at the Kellogg Church in Harpswell. Tollof Olsen of Aquaculture in Maine will present "Kelp is on the Way." Free and open to the public. FMI call Becky 833-6159.

Do you live alone?

The *Good Morning* program is a **FREE** daily safety check-in phone call. Providing peace of mind.

Sign up now!

In Partnership with Brunswick Police Dept.

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

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

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Above. Visiting the Blaine mansion last month, Center members enjoyed the Governor's garden and were able to peek at the Statehouse through the Blaine House windows.

Right. Rowan Joyce dances during a sneak preview of *Carousel*, performed by Midcoast Youth Theater, at the Member Picnic.



Left. Members form an impressive line at the Annual Summer Picnic at Thomas Point Beach last month.

Above. Board Members (old and new) gather for a photo op. at the picnic.

Below. Yoga class members delight with the first garden produce collected by Merrymeeting Gleaners during the growing season and shared every week at People Plus.



People Plus was pleased to host a classical music concert as part of the Bowdoin International Music Festival Community Concert series sponsored by Thornton Oaks.

The concert featured several of BIMF's over 240 extraordinary young musicians participating in the Festival this summer from conservatories and graduate schools all over the world. Guests at the People Plus Center were treated to a "harp extravaganza" with harps and duets with violin and viola, as well as a chance to hear a little about each artist before the concert. Pictured, l to r, are Kevin Sung (US), violin; Joshua Lin (US), harp; Alethea Grant (US), harp; Sissi He (China), harp; Sarah Yeoh Wang (US), harp; and Alexandra Simpson (US), viola.

WANTED!
MEN WHO LOVE TO SING

Nor'Easters Barbershop Chorus

Contact us
 Ray @ 207-542-7229
 Email: Info@norceasterschorus.org
 www.norceasterschorus.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	
Aug 7 Split-Pea & Ham Soup	Aug 21 Ham Salad
Aug 14 Spaghetti with Sausage	Aug 28 Hot Dogs & Coleslaw

"Summer's flying, have you cleaned that storage space yet?"

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 (AND SOMETIMES CHUCK)
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 CALL OR EMAIL FOR ESTIMATES OR SCHEDULING -
 CDC4U@COMCAST.NET
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www.chicksdochores.com

Books A La Carte Reading List

FICTION

Tarzan - The Greystoke Legacy Under Siege by Ralph Laughtin and Ann Johnson (People Plus Writers) - set in the 1980s, the book immerses Tarzan and his offspring, including his great grandson, in a battle for survival. It also offers a solution to the murder of Dian Fossey (who studied African gorillas.)

Paris, He Said by Christine Sneed - a woman moves to Paris with her wealthy lover and benefactor to become an artist.

The Story of Edgar Sawtelle by David Wroblewski - a retelling of Hamlet set in rural Wisconsin. A mute boy grows up on a farm breeding dogs. His own dog speaks for him. The boy investigates the death of his father.

NONFICTION

Option B by Sheryl Sandberg and Adam Grant - facing adversity and loss; building resilience and finding joy.

West With the Wind by Beryl Markham - the classic by an aviator equal to Amelia Earhart.

MYSTERIES

Grantchester Mysteries by James Runcie - books for fans of the PBS series. Each book contains a number of stories.

Death Sits Down to Dinner by Tessa Allen - a mystery set in the 1930s featuring famous people like Churchill.

Book Series by Catherine Aird - police procedurals set in rural England.

Book Series by Stuart Woods featuring Maine Barrington.

Book series by Paul Doiron featuring Maine game warden Mike Bowditch.

Killer Smile by Lisa Scottoline.

Fidelity by Thomas Perry.

Please send comments and suggestions to the editor at news@people-plusmaine.org

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

Brunswick Area Teen Center

Thumbs Up for Upward Bound!

As we move into August we will sadly have to say goodbye to two wonderful young men who have spent the past 6 weeks with us in the Teen Center!

Both are Interns from the Upward Bound program this summer.

Daniel Mills is from Bath, Maine, attended Morse High School and is going to attend college at the University of New England in Biddeford Maine. Daniel's intended major is athletic trainer, working with sports injuries and physical therapy for injuries. Daniel said he hasn't given thought yet to whether he would most likely stay in Maine after college or plan to move away, he would "like to branch out but I have no big preference". Daniel enjoys sports, theater and drama, plays the drums and he is also

religious.

Dalton Theriault is from Perry, Maine and attended Shed school (and yep, many comments were thrown around this summer about living "up north" and going to school in a shed!). Dalton will be attending the University of Maine in Farmington and hopes to go into education and become a High School math teacher and coach soccer. Dalton says when he graduates college, he is planning to live somewhere outside of Maine, having really never been away from Maine except for one trip to Disney when he was younger! Dalton is also into sports and acting.

When asked about the benefits of going through the Upward Bound program both boys really recommend the program saying

it helps you improve your grades while in High School, helps insure that you graduate and helps you out personally-gaining confidence etc. Dalton has been with the program for four years and Daniel for three years and are in the Bridge Program this year which is the last summer of the program before UB students go off to college. When asked how they heard about or ended up in the program, both had older siblings that had gone through the program.

Asked to say a few words about their volunteering experience with the Teen Center program this summer they stated that they both enjoy it and look forward to coming in and they can see how it benefits the kids who attend and think it's a great environment. I believe they are also envied by the other UB interns for getting the best volunteer stint :) - we've built a reputation over the years among the interns apparently we are fun and have air conditioning too!!!! And food!!!!

These two have been a great match for the program this summer as we have certainly had more boys coming in than girls so far this summer and the kids look forward to their arrival each afternoon and already have "plans" for them when they get there. As well as being great with the kids, they have also been a big help to me with hauling stuff up and down to the basement or out to the truck and moving heavy stuff around and I was able to get some shelves put together, etc. Their ability to bond so well and so quickly with the kids attending the program (rarely needing any advice or

Teen Center News

Jordan Cardone



suggestions from me) was great. The kids do not want to "let them go!" (me either!) and our summer will be very different without them there in the afternoons. We will miss them and wish them great things once they go off to college and we hope they let us know how they are doing!
Jordan and the gang

TEEN OF THE MONTH Matt Lemieux

Our Teen of the Month is Matt Lemieux. Matt has been attending the TC program for about 3 years and is about to enter 11th grade. Matt's favorite thing to do while at the center is to play games on the computer with the other teens. Matt also likes coming to the center to talk to people. We enjoy having Matt at the center and we have watched him make friends there over the years. Matt received 2 tickets to the Regal Cinema. Congratulations Matt!



Upward Bound Interns share a moment with their Brunswick Area Teen Center friends last month.



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August 2017

Let's Talk Together

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ARE YOU
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- If you have been on SSDI for 24 months, you will be automatically enrolled in your 25th month.
- Open Enrollment Period: October 15—December 7 (This is the time to reevaluate your current drug coverage and decide if it is still meeting your needs or if you need to switch drug plans).
- Disenrollment Period: January 1—February 14 (Opportunity to leave an Advantage Plan and return to original Medicare).
- Don't forget to take advantage of the preventive visits included with your Part B coverage.
- If you receive extra help paying for your Medicare, make sure to update, sign, and return your annual review to DHHS to continue benefits.

Call 1-800-639-1553 to speak with a certified SHIP Counselor today!



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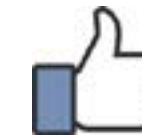
We are in prime time for home repair scams. A common tactic is a "contractor" will come to your door and offer to do work on your home at a steep discount.

He or she will likely demand payment upfront and then disappear. Or they will do the work but it will be shoddy or they will demand more money to finish the job. Avoid working with contractors who contact you. Before you start any work, ask for references and check them, get a written estimate and compare bids. Also, check with the Better Business Bureau for complaints. And never pay for anything until you have a written contract.

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



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PROUD TO PARTNER WITH PEOPLE PLUS

Things Are Heating Up!

Join us as four Celebrity Chefs from mid-coast Maine compete in a fun, friendly competition of "best dish" using locally grown ingredients while following Meals on Wheels rules and guidelines.



Celebrity Chef Challenge

Maine Maritime Museum
Bath, Maine

September 19

Local celebrities and volunteers will "deliver" meals to your table while celebrity judges sample and score each dish to declare a champion. Diners will also get to vote for their favorite dish for the coveted "People's Choice Award".

The evening will also include a silent auction and special reception including cash bar and light hors d'oeuvres prepared by each participating chef.

Good health starts with good nutrition. All proceeds help end senior hunger by going back into our Meals on Wheels program which helps keep seniors happy, healthy and independent in their own homes.

Advance tickets are required and space is limited so be sure to reserve your place at the table today!

Tickets

\$75 per person

(provides 15 meals for our homebound seniors and disabled adults)

or

\$550 for a table of eight

(provides 110 meals).

For sponsorship opportunities or to donate an auction item call or email Sarah Brown at (207) 620-1677 or sbrown@spectrumgenerations.org



Fashion Statement. Conspiracy? Revolution? Members of Suzanne Neveux's Loosen-Up class last month showed up all dressed in red. Hmmm?

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!

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! People Plus Volunteer Transportation Network

FMI 729-0757
www.peopleplusmaine.org

PEOPLE PLUS MEMBERSHIP APPLICATION Form with fields for Name, Phone, Birthdate, Email, Emergency Contact, Mailing Address, City, State, ZIP, and Membership Dues. Includes a box for 'Become a Friend of People Plus with an additional gift of \$25 or more!' and 'OFFICE USE' checkboxes.

Membership Benefits

The following businesses offer discounts for People Plus members.

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118 Pleasant St., Brunswick, 729-6653
www.billdodgeautogroup.com

Lee's Tire & Service, 10% off parts (excludes tires)
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27 Monument Place, Topsham, 729-1676

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Topsham Fair Mall, Topsham, 725-7020
www.tirewarehouse.net

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Studio 119 Hair & Nail Design, FREE haircut with color or perm; services
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9 Pleasant St., Brunswick, 725-7177

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www.eveningstarcinema.com

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www.msmt.org

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Advertisement for **Century 21** featuring **Nancy Beal, Realtor** (729-751-0752) and **www.midcoastmainehomes.com**. Includes the Century 21 logo.

Moseying up to Moosehead

From 'metropolitan' Greenville in the south to Seboomook village in the north, my Moosehead is something like fourteen miles of wild and wonderful, wide open lake. If you look it up in your Delorme's Atlas, you'll see Moosehead's blue expanse covers parts of four pages, and if you close one eye and squint the other, you WILL see an ever so slight resemblance to a moose's head, antlers and all! Statisticians say Moosehead is 117 square miles (74,900 acres) of water, making it Maine's largest lake, and one of America's largest bodies of water, wholly contained within the boundaries of a single state.

About 150 miles from Brunswick, you shouldn't visit without a plan, it IS a long drive. The quicker route is up 95 to Newport, head north on the Moosehead Trail—you'll see the signs. Me, I prefer the roads less traveled, so if Jane's napping, (or not paying attention) I'll slip off the Interstate at Fairfield and do Route 201 to Bingham, then 16 to Abbott, where you just turn left and still get the best part of the Moosehead Trail, all the way to Greenville City.

This is a great place to point out that Moosehead Lake is the head water for the Kennebec River, and the best place to see the Kennebec is from Route 201, (unless you're parked in Bowdoinham). At Skowhegan, follow the river through Norridgewock, Anson and Solon; and at Bingham, find Route 16 and head into the woods! (This is where Jane gets a little anxious.) I lie just a little about how close Abbott Village is, and before she knows it, we're there! (Abbott, not Moosehead.)



The Kennebec makes not one but TWO outlets from Moosehead, both suitable for wading (if you're careful) wet rocks are always slippery. I consider a summer "above average" when I've wet my feet in the Kennebec at Moosehead, and again at Popham, where this magnificent river reaches the sea.

I won't go to Moosehead without a stop at Abbot's Corner to see that set of moose antlers wired to a pole beside the road, ever seen 'em? My kids loved that spot, used to get up on my shoulders and try to reach them, and now it's time for the grandboys to do the same! The story is that the Indians used to mark trail directions in the same manner, Antlers pointing North!

Jane likes Monson, a neat little village that appears almost suddenly on the side of the road. The Appalachian Trail shoots straight up Main Street, just before it twists back into the woods and enters the

infamous, "Hundred Mile Wilderness," and the ridges of Katahdin. Monson's also the home of tradition slate mining in Maine, we don't pass up Main Street without me reminding Jane I'd love to have a Slate gravestone when I die, and she reminds me they're wicked expensive, and I'll just have to trust her....

My fascination with the lake started in high school with scouting outings; and after Vietnam, a Bowdoinham buddy and I actually traced the entire Moose River (Jackman to Rockwood) by canoe. That's less sensational than it sounds, really, lots of lake and pond paddling and just a taste of "white" water, but we had moose encounters galore, and I was hooked! When the kids came of age and Miles developed a taste and talent for catching Sunnies, we had several summer vacations in rent-a-shacks on the lake shore, and the tradition was passed to the next generation. One memorable weekend after the kids were married, a Moosehead trip whose highlight was "supposed" to be a float plane flight over Moosehead and Katahdin, went just a little south when I unexpectedly filled a "burpbag" and changed the focus of the trip immediately and forever. "Dad," said Miles, "aren't you the one who used to jump out of planes?"

But the jewel of Moosehead still has to be Rockwood. This trim little lakefront village snuggles between where the Moose River comes into the lake, and where the Kennebec West Branch goes out. It also marks "the narrows" of Moosehead, and unique Mount Kineo is "right there," daring you to come climb. If you time it

Speaking Frankly

Frank Connors



right, you can hire a whaleboat ride over for a few bucks and make the half-hour climb in a couple hours. The sheer face of Kineo is a feast for the eyes, a piece of Maine you'll never forget.

I'll close with a FINAL personal story. When Miles & Abbie were young teens, Jane and I took them across the lake in our canoe for their first ascent of Kineo. We summited without incident, and as sometimes happens, Jane found a "rock of the day" she wanted for her garden in Bowdoinham. Miles and I dutifully sat the boulder gently into the bottom of the canoe. It was a late August afternoon, and the lake turned up a sudden and fierce chop on the return run. Miles wanted to ditch the rock, I predicted if anyone moved, we'd flip over. Everyone got real quiet, I pointed the canoe to run with the wind, and we got to camp damp but late, safe and sound.

Years later, Miles was at School in Farmington, and made a rare phone call home to his parents. "Dad," he asks, "Did you hear the news?" When I said no, he offered a tragic story of a father and son drowning in the lake, "under the shadow of Kineo" after their canoe swamped in a squall. I asked him if he knew what happened and he said no, then he guessed, "coulda' been some fool with a boat full of rocks."

Trust me, You should check out Moosehead Lake this summer.

Advertisement for **Page Monuments** with phone number 207-729-9936, email monuments@comcast.net, and address 204 Bath Road • Brunswick, Maine 04011.

Advertisement for **BRUNSWICK AREA STUDENT AID FUND** featuring a testimonial from James Tierney, BHS Class of 1965, and website www.studentaidfund.org. Includes the fund's logo.

Advertisement for **BRACKETT FUNERAL HOME** with tagline "Compassionate. Dignified." and contact information for Peter W. Ladner and Christopher C. Ladner.

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Art show features Bonang works



Sand Dunes at Pine Point

watercolor by Ann Bonang

Lunch out!



Tuesday, Sep 12th at 11:30 a.m.

515 Basin Point Rd, South Harpswell

Sign up for the car pool!

The mid-summer art show in the Union Street Gallery at People Plus is as much a tribute to the artists as it is their art. Claude and Ann Bonang are all but legendary in the Brunswick area, and their art, in so many ways, is a direct reflection of their lives.

Claude is a Brunswick native, a graduate of St. John's School, Brunswick High School and Bowdoin College; and for over 30 years, he taught Biology at Brunswick High School. In retirement, he took art classes from People Plus Art Instructor Connie Bailey and soon opened a second (or third) career as an artist. He has published two books, *Memories in Verse* and *Memories in Verse and Prose*, which he has loaded with illustrations and memorabilia of his life in the Brunswick area, and lately, his unique marine mobiles have become "must have" items for Brunswick homes.

Ann is a Westbrook, Maine, native, also retired after an exceptional career in teaching. She also took art classes with Bailey at our Center, and now paints for pleasure and profit. Since she has always enjoyed nature, many of her best paintings picture Maine scenes. Most of her work has been in watercolors.

These collected works are well-framed and "almost always" offered for sale. Copies of Bonang's books are also available at the center. The show may be seen free of charge during normal business hours at the People Plus Center, 35 Union Street, in Brunswick.

Hospice Volunteer Training Set

CHANS Home Health & Hospice is offering a free training course for individuals interested in becoming a Hospice Volunteer. The Volunteer Training Program will begin on September 7 and run for ten consecutive weeks on Thursdays, from 4:00 – 7:00 p.m. Classes will be held in the conference room at CHANS Hospice located at 45 Baribeau Drive in Brunswick. A completed application and pre-training interview is required before being admitted to the program.

This free training prepares individuals to deal compassionately and sensitively with end-of-life issues in a volunteer capacity. Topics covered will include an introduction to the hospice philosophy, ethical issues, communication, spirituality, grief and loss, and other topics that facilitate the therapeutic relationship between the patient, family, and

volunteer.

Once certified a Hospice Volunteer will be able to offer individualized support, through the CHANS Home Health & Hospice, to a person with a terminal illness, and their family, during the last phases of life. Volunteers serve as companions to the terminally ill and may be a supportive listener, run errands, and/or provide respite for caregivers. Volunteers are supported by the Hospice Volunteer Coordinator, the Hospice Volunteer community, and continuing educational offerings.

For more information, or to register for the training, please call Margaret Zillioux, Hospice Volunteer Coordinator at (207) 721-1271, or email mzillioux@midcoasthealth.com. Applications will be accepted through August 25.



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