

TUESDAY, OCTOBER 20, 2015 • 9 A.M. to 1 P.M.

Cook's Corner Mall • 172 Bath Road, Brunswick

spectrum
generations
PRESENTS

Plus!
People
SENIOR HEALTH
Expo

CONNECTING COMMUNITIES

www.peopleplusmaine.org

Welcome to the 2015 SENIOR HEALTH EXPO "Connecting Communities"

Presented by Spectrum Generations and People Plus

We are "Connecting Communities" with over 70 exhibitors/vendors at this year's event!

Last year's expo saw over 600 people in the Cook's Corner Mall and we expect to top that on Tuesday, October 20. So join us from 9 AM to 1 PM as People Plus brings together the businesses, healthcare providers, technology experts, financial institutions, and services that cater specifically to the needs of our senior community.

If you are over age 50, this is the place for you to get information regarding how to live your life to the fullest!

Check out the full listing in this supplement.

It's amazing!! We have organized multiple events for the day including FREE technology help (bring your device or laptop!) and have lots of resources including legal aid services, car dealership services, financial planning services, an AARP table and your local first responders.

You will also have an opportunity to get a free hearing scope, a free flu shot, learn about long-term care planning options, sign up for Meals on Wheels and other programs, and so much more!

It's a great opportunity to meet vendors and businesses in your community who provide services and products that you might need - now or in 20 years from now - (and most have a freebie for the swag bag from Bangor Savings!)

So come enjoy strolling the mall (great exercise!) while you meet new business owners, see your neighbors, and experience the Connection of Community.

Presented by Spectrum Generations and People Plus - The Center That Builds Community.

**HOPE TO SEE
YOU THERE!!**

Stacy V. Frizzle
Executive Director,
People Plus

EXPO EVENTS

9 A.M. DOORS OPEN

**11 A.M.-1 P.M. FREE Massages courtesy of
Greater Brunswick Physical Therapy**

ONGOING EVENTS (9 A.M. - 1 P.M.)

FREE Flu shots courtesy of CHANS

**FREE Hearing Video Scope
Screenings courtesy of Mary's
Affordable Hearing Aids**

**FREE Technology help
courtesy of All Thumbs Computer Care**

**FREE Reiki treatments
courtesy of Hearts & Hands Reiki**

**FREE Yellow Dot registration
courtesy of People Plus**

**FREE Good Morning Call Program and
Volunteer Transportation Network (VTN)
registrations courtesy of People Plus**

**FREE book signings and author
chats courtesy of Write On Writers**

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

People

The center that builds community

35 Union Street, Brunswick
(207) 729-0757

www.peopleplusmaine.org



Like us on
Facebook

Join us today!



When you are contemplating a move...

to a Retirement Community, enjoy a visit to the new COASTAL LANDING in Brunswick to see all we offer in independent retirement living. (Assisted Living available on the same campus.)

Included in your monthly rent:

- * Choice of Two Meals Daily
- * Activities and Social Events
- * Light Housekeeping
- * Private Bathroom and Kitchenette
- * Other services available for a reasonable monthly fee.
- * Scheduled Local Transportation
- * Heat and Electricity
- * Maintenance Service
- * Free Laundry Room

Find your way to



**COASTAL
LANDING**
Retirement Community

142 Neptune Drive, Brunswick
www.coastallanding.com * 837-6560

MOVIE THEATER



EXERCISE ROOM



ART ROOM



DINING HALL



CHAPEL





Since 1998, The Vicarage by the Sea has been making a difference in the lives of those living with dementia. Our philosophy believes that every human being deserves the opportunity to grow, regardless of age or ailment, emphasizing a personalized care.

Our family setting embraces and respects the individual reality of each resident. This normalization of dementia defines The Vicarage culture. Our environment lessens social stigmas about dementing illnesses. Such normalization allows for continued growth and preservation of residents' dignity and the continued development of relationships among family, peers and staff.

Our home, perched on the shores of beautiful, private Curtis Cove in Harpswell, sits on a wooded lot with lovely flower & bird gardens. The Vicarage mission recognizes the human need and desire for connection with the beauty of nature and its healing properties. Our Freedom Trail, a handicapped accessible path meandering through woods and ending at a sitting area overlooking Casco Bay, gives residents a safe, serene & private place to reflect and enjoy the stunning natural beauty. Safety and security of residents are ensured using technology, such as motion detectors, and an exceptional staff to resident ratio of 1 to 4. Residents, accompanied by staff, are encouraged to engage with the outdoors and walk along the beautiful lane and ocean-side sitting areas. Our superior staff to resident ratio creates the highest level of personalized care for your loved one and ensures individuals' needs are understood and met.

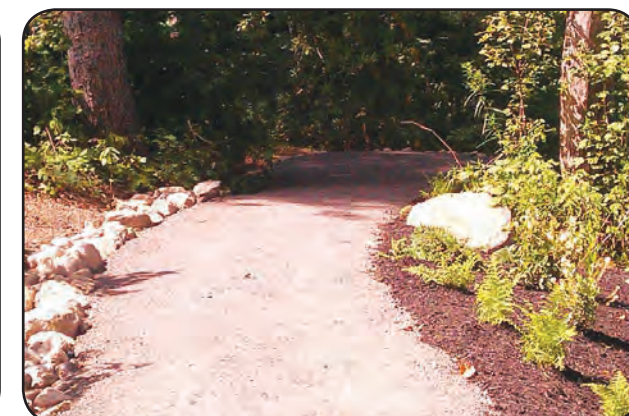
Staff prepare three home-cooked meals daily with local foods and ingredients grown in our bountiful,

vegetable gardens. In addition, we haul and serve fresh lobsters and crabs from our traps. Menus incorporate residents' preferences and favorite recipes. Residents may help with the meal preparation. It is not uncommon to visit The Vicarage and find staff and residents cooking together. We respect each resident's personality and interests, designing activities to meet these needs. We are a multi-generational home, including babies, children & adults. Each generation provides love and care in their special way.

The Vicarage is an aging in place home. Residents stay throughout the entire life process and are not required to move to another location as the disease progresses. This is vital to our philosophy and the well-being of our residents. It creates stability in residence, relationships and routine, reducing stress for our residents and their families. Residents are welcome to decorate and furnish their rooms with their own belongings. In addition, pets are welcome at The Vicarage.

After almost 20 years, The Vicarage continues to offer a holistic environment that encompasses elders, their families, the community, and the natural world around us. Our philosophy in dementia care provides higher quality of life to its residents than a traditional, "locked facility." Those living with memory loss can be cared for in a more humane manner. We are advocates for better care of this vulnerable population in American society.

Johanna Wigg, Ph.D., along with Dementia Care Specialist Cheryl Golek, provide dementia education through regular events and on their website. Johanna also provides professional counseling to families who are coping with the challenges of dementia and meet with residents' families and loved ones regularly.



People

The center that builds community

AARP Maine

AARP is a nonprofit, nonpartisan membership organization for people age 50 and older. AARP is dedicated to enhancing quality of life for all as we age. We lead positive social change and deliver value to members through information, advocacy and service.

53 Baxter Boulevard, Suite 202,
Portland, ME

866-554-5380

www.aarp.org/me

Access Health

Access Health, a local Healthy Maine Partnership coordinated by Mid Coast Hospital, works with local partners to create and promote healthy choices for all community members, with a focus on tobacco prevention, physical activity, healthy eating, substance abuse prevention, medication safety, and mental health awareness and wellbeing.

66 Baribeau Dr #7,

Brunswick, ME

373-6957

www.accesshealth.org

Advanced Modifications Inc.

Our focus is providing Freedom, Accessibility and Mobility Solutions through sales and service of Wheelchair Accessible Vans; Driving Aids; Specialty Seating; Patient Lifting Systems; Wheelchair/Scooter Sales and Service, Wheelchair Lift/Carriers; and Home Health Care Products. Visit www.AdvancedModifications.com to view the many products and services available.

89 Mussey Road, Suite 102,

Scarborough, ME

848-8226

www.advancedmodifications.com

Aerus

Since 1924, Aerus has been the standard of excellence in design, performance, and durability. Our unique solutions purify the air you breathe, decontaminate surfaces in your home, and eliminate harmful pollutants. We provide medical grade air purification, HEPA filtered vacuums, and water purification systems that reduce your exposure to contaminants.

119 Bath Road, Brunswick, ME 729-3811

www.aerushome.com

Aging Excellence

Our mission: Keep adults active and independent in their own home/community. We are committed to the delivery of services and products that provide physical, social, or personal value to maximize functional independence and socialization. Our vision: Provide the best approach, products and non-medical services to assist individuals and communities in aging successfully.

113 Pleasant St, Brunswick, ME 729-0991

<http://www.seniorsonthego.com>

All Thumbs Computer Care

Beth Aldrich is owner of All Thumbs Computer Care, focusing on customized technology learning for older adults. With a B.S. in Business Administration, she has worked as an analyst for several businesses over the past 30 years. Offering personalized service and solutions for your computer, tablet and smart phone questions.

36 Page St, Brunswick, ME 650-9457

AT&T

At AT&T, we're bringing it all together. We're helping people connect with advanced mobile services, next-generation TV, high-speed Internet services and smart solutions for businesses. Fast, secure and mobile connectivity – to everything on the Internet, everywhere, at every moment and on every device – is what drives us at AT&T.

190 Bath Rd, Brunswick, ME 725-7210

www.att.com

Bar Harbor Bank & Trust

Bar Harbor Bank & Trust at 2 Main Street, Topsham offers banking, financial services and trust services. Founded in 1887 this true community bank recognizes, appreciates and supports the unique people and culture in the places they call home. Member FDIC. Equal Housing Lender.

PO Box 1089, Ellsworth, ME 667-7100

www.bhbt.com

Bath Housing

Bath Housing provides safe, attractive, efficient and affordable housing. The organization administers the Housing Choice Voucher program as well as owns and manages 160 affordable apartments serving elderly and disabled households and families. To receive more information about Bath Housing check our website bathhousing.org or call (207) 443-3116.

80 Congress Ave, Bath, ME 443-3116

www.bathhousing.org

Bay Square at Yarmouth

Our Assisted Living lifestyle offers a personalized balance of assistance and independence. Enjoy the privacy of your own apartment and the support of our caring staff for anything you may need – from personal care and transportation, to medication and continence management, or even just a friend to check in and chat.

27 Forest Falls Dr, Yarmouth, ME 846-0044

www.baysquareatarmouth.com

Bill Dodge Auto Group

We are Maine's Family owned dealership located in Brunswick, Westbrook, and Saco. It all began in 1970, and today we have 9 new car franchises and 4 pre-owned super centers! We pride ourselves on revolving our business around customers and their families!

262 Bath Rd, Brunswick, ME 721-8300

www.billdodgeautogroup.com

Brackett Funeral Home

Family owned and operated for over 150 years, we help guide your family to create a meaningful way to honor the life, the wishes, and the memory of a loved one. No matter how it's tailored, we believe our community deserves the highest quality of dignified and professional care to honor both loss and life.

29 Federal St, Brunswick, ME 725-5511

www.brackettfuneralhome.com/

Brentwood Center for Health and Rehabilitation

Our comprehensive model of care is designed to get you back on your feet again following hospitalization or a debilitating illness. We're a team of therapist, physicians, nurses and specialists whose goal is to get you back home. Occupational, Physical and Speech Therapies ...and great hospitality and customer service!

370 Portland St, Yarmouth, ME 846-9021

www.brentwoodcenterrehab.com

Bridges Home Care

Bridges Home Care, a division of Spectrum Generations, is a registered home care agency with the State of Maine employing certified and insured Personal Support Specialists helping to maintain independence at home. Our professional staff can help with home-making, hygiene assistance, nursing supervision, meal preparation, companionship, and even 24/7 care.

One Weston Court, Augusta, ME 623-0761

www.spectrumgenerations.org

Brunswick Area Respite Care

Private, non-profit adult day care service program. Entering 26th year, our mission is to provide supportive care and information to families facing the disabilities of aging. Although not dementia specific, 99% of program participants are those individuals and their families facing the challenges of living with Alzheimer's disease and other dementia.

41-4 Greenwood Rd., Brunswick, ME

729-8571

www.respite-care.org

Brunswick First Responders

Members of our local emergency services will be at the event to answer any questions you may have.

- Brunswick Police Department
- Brunswick Fire Department
- Other area first responders

CaptionCall

Do you or someone you know have trouble hearing on the telephone? With the free CaptionCall telephone, you can understand every word of every call. Its large, easy-to-read screen quickly displays written captions of what your callers say. That means you can get more from your conversations – and from life.

4215 S Riverboat Rd., Salt Lake City, UT

801-293-6572

www.captioncall.com

Catholic Charities SEARCH – Greater Bath Program

SEARCH (Seek Elderly Alone, Renew Courage & Hope). SEARCH provides FREE services by matching trained volunteers with elderly homebound individuals living in Sagadahoc County and the Bath/Brunswick area. Our mission is to enable vulnerable seniors to remain independent and create a long-term support system to meet their needs.

125 Congress St., Bath, ME 837-8810

www.ccmaine.org/SEARCH

CHANS Home Health Care

CHANS Home Health Care is full service, non-profit, Joint Commission Accredited agency providing nursing, rehabilitation, palliative, hospice, and private duty care services, and an array of community-based wellness clinics and support services in the Midcoast Area. CHANS is part of Mid Coast-Parkview Health.

60 Baribeau Dr, Brunswick, ME 721-1278
www.chanshomehealthcare.com

Chicks Do Chores

Chicks (and sometimes Chuck) Do Chores – so you don't have to! We'll tackle your to-do list! Attics, basements, decks, fences, garages, gardens, office, etc. Includes clean, clear-out, file, dump runs, label, mow, mulch, paint, rake, split/stack wood, trim, weed, etc. We'll run errands for you or with you! Licensed/Insured.

PO Box 385, Brunswick, ME 729-5760

CHIP (Community Health Information Partnership)

The Community Health Information Partnership (CHIP) of Curtis Memorial Library, Mid Coast Hospital and Parkview Adventist Medical Center provides current, quality health and wellness information in a variety of formats to residents of the Midcoast Region.

23 Pleasant St, Brunswick, ME 725-5242 x214
www.curtislibrary.com

Coastal Landing Retirement Community

Located inside the former Brunswick Naval Air Station and set to open October 1st, 2015, Coastal Landing Retirement Community houses 82 independent apartments. It is locally owned and operated by Rousseau Management, a family-owned company devoted to providing quality, affordable healthcare in Midcoast Maine since 1982.

142 Neptune Drive, Brunswick, ME 725-4071 <http://coastallanding.com>

Coastal Qigong

Beginning tai chi and qigong classes in Greater Brunswick area. Classes consist of gentle movement, deep relaxed breathing, and meditation. My goal is to help you strengthen the body and increase flexibility while assisting in achieving a deeply healing state where the body can function with greater ease. Standing or seated.

20 Cushnoc Lane, Brunswick, ME 725-8799
www.coastalqigong.com

College Guild

The only provider of free correspondence courses available to all prisoners. Nationwide, 5300 inmates have enrolled in our 25 enriching courses since 2001. With the help of a skeleton crew, distinguished board and 125 volunteers, 450 students now take our courses – a gateway to a better society. Can you volunteer?

PO Box 6448, Brunswick, ME 729-0043
www.collegeguild.org

Collette Travel

Collette has been providing exceptional travel experiences for almost 100 years. Collette plans every detail so you don't have to. From finding the perfect hotel, enriching cultural experiences, to the must see sights, all led by our expert tour manager. Join us!

180 Middle St. Pawtucket, RI 02860
800-852-5655 x 3213 www.gocollette.com

Comfort Keepers

Interactive Caregiving is a way of delivering care to our seniors. We keep our seniors stimulated; enabling enjoyment, physical wellbeing and quality of life. Our exceptional caregivers seize opportunities in everyday activities, transforming these into opportunities to communicate and engage clients.

661 Maine Street, Suite #2, Damariscotta, ME 563-2272 www.comfortkeepers.com

Disability Rights Maine – Deaf Advocacy & Communication Access

Disability Rights Maine is a non-profit agency that provides communications solutions to people who have a disability that prevents them from using standard phone equipment. Equipment provided by the program includes captioned telephones (CapTel), amplified phones, and photo-button and voice answering phones. Reconnect with your family and friends!

68 Bishop Street, Suite 3, Portland, ME 797-7656 www.drme.org

Eastern Admin Services LLC

Confidential, trustworthy, reliable assistance to families, friends, caregivers, elderly and disabled community, applying for Long Term Care, Residential Care, Boarding Home or Maine Care. Our goal is to eliminate the paperwork burdens to give freedom to families or others to use where it is meant to be – supporting their loved one.

PO Box 670, Manchester, ME 213-4819
www.easternadminservices.com

Everyday Nutrition Associates LLC

Anita Huey, MS, RD, LD, CDE is the owner of Everyday Nutrition Associates. Anita provides Medical Nutrition Therapy for individuals, facilitates the CDC diabetes prevention program and most recently has teamed up with Marie Veselsky, MS, RD, LD, CDE to bring a fully accredited diabetes program to the People Plus Center.

35 Tedford Road, Topsham, ME 504-6439
www.nutritionforeveryday.com

Funeral Alternatives

Funeral Alternatives is a locally-owned and operated family business. We have built our business over the years by offering "sensible alternatives" for the value-conscious consumer. We specialize in simplified, low cost, dignified arrangements with excellent service. We offer cremations, burials, viewings, church funerals, graveside services, personalized memorials and caring, personal support.

8 Pleasant St, Brunswick, ME 406-4028
www.funeralalternatives.net

Greater Brunswick Physical Therapy

Providing skilled and compassionate care since 1988, GBPT provides holistic therapy in a welcoming environment while utilizing the most current manual therapy techniques. Our treatments help to facilitate the healing process and we are committed to providing the educational and emotional support to help your recovery.

11 Bowdoin Mill Isl., Ste 220, Topsham, ME 729-1164
www.greaterbrunswickpt.com

Head to Toe Physical Therapy

A privately, locally owned and operated outpatient physical therapy clinic with two locations in Topsham and Lewiston, Maine. We have been serving patients in central and midcoast Maine since 2006. We pride ourselves in Treating the individual, not just the injury. Our therapists have extensive training in manual therapy.

439 Lewiston Rd, Topsham, ME 725-4400
<http://headtotoept.com>

Healthcentric Advisors

Located in downtown Brunswick, Healthcentric Advisors is the health care quality improvement organization for New England. We offer a free diabetes self-management program to help with problem-solving, healthy eating, stress management and more! Contact Geneva for more information, 207-406-3972, gwilgus@healthcentricadvisors.org

14 Maine St, Suite 208, Box 1, Brunswick, ME 406-3972

www.healthcentricadvisors.org

Thank You 2015 Partners



MID COAST-PARKVIEW
HEALTH



2015 Sponsors



Hearts & Hands Reiki

Have a Reiki treatment at the expo! Slide effortlessly into the deeper part of you that knows what you need for your well-being. Reiki can help improve sleep and reduce chronic or acute pain. Practicing and teaching for 20 years, I maintain a full time practice in Brunswick.

4 Magean Street, Brunswick, ME 751-5339
www.hearts-n-hands.com

HillHouse Assisted Living

HillHouse is an elder care facility located in North Bath, Maine, on grounds overlooking Whiskeag Creek and Merrymeeting Bay. HillHouse cares for elders along a continuum of needs, from independent living to end-of-life and hospice care. HillHouse staff offer personalized care to all residents in a home-like environment.

166 Whiskeag Rd, Bath, ME 443-6301
www.hillhouseassistedliving.com

Independence Association

We support individuals with disabilities to live inclusive lives in their chosen community. We celebrate the abilities of all who face the challenges of intellectual and developmental disabilities.

87 Baribeau St., Brunswick, ME 725-4371
www.independenceassociation.org

Integrated Optimal Health

Provide quality health care through integrated health pathways, which consists of a more holistic approach to health and working with other quality health care professionals in the community to utilize their expertise. Approach the patient as a whole and providing education on options.

229 Center St, Auburn, ME 603-770-4856
www.integratedoptimalhealth.com

It's My Death

A 501(c)(3) public charity providing services, education to people who wish to explore the meaning of life through embracing the certainty of death. At home, hospital, or hospice location or through workshops/discussion groups. Our goal is to help people connect with death and dying as a part of living authentically and vulnerably.

PO Box 1271, Wiscasset, ME 240-3186
www.itsmydeath.com

Thank You 2015 Partner PLUS



Maine Bureau of Insurance

The Maine Bureau of Insurance (BOI) regulates the insurance industry in the State and provides consumer education and protection. BOI staff answer consumer questions by phone (1-800-300-5000), email (insurance.pfr@maine.gov), or in person, and investigate insurance-related consumer complaints, resulting in millions of dollars recovered on behalf of consumers each year.

34 State House Station, Augusta, ME 624-3445
www.maine.gov/insurance

Maine Estate Services, LLC

Maine Estate Services (MES) helps homeowners, estate attorneys, families and real estate agents manage the disposition of personal and household assets due to moving, downsizing or a death in a family. MES has the expertise and resources to answer the question, "How do we deal with all our things?"

13 Pleasant St., Brunswick, ME 798-2834

Maine Insurance Group

Maine Insurance Group is an independent insurance agency specializing in Medicare and Final Expense Insurance, connecting seniors in need of quality and affordable insurance coverage with providers who can best address their particular insurance needs. We work for the best interest of the senior, not the interests of the insurance industry.

1 Brookside Ave., Augusta, ME 629-3861
www.maineinsurancegroup.com

Maine Medical Partner-Division of Orthopedics & Sports Medicine

The Joint Replacement Center at Maine Medical Partners Orthopedics & Sport's Medicine is nationally recognized as a leader in advanced hip, knee, and shoulder surgeries. We perform more than 1800 joint replacement procedures each year, the highest volume in Maine. We commit to providing the highest quality care for each patient's needs.

5 Buckman Road, Falmouth, ME 781-1551
<http://www.mainemedicalpartners.org/orthopedics-sports-medicine>

Maine Senior College Network

Maine Senior College Network (MSCN), offering 17 senior colleges from Fort Kent to Wells, for people over 50 years of age. Learn for the fun of it! There are no tests, no papers, and no grades! The MSCN is coordinated by the University of Southern Maine.

34 Bedford St, USM, Portland, ME 780-4128
maineseniorcollege.org

Maine Veterans' Homes

Maine Veterans' Homes provides outstanding quality care to Maine's veterans and their spouses. Our facilities are recognized for their modern amenities. Exceptional programs and full continuum of care. Our success can be directly attributed to our staffs unwavering commitment to our Mission and Core Values in taking care of Maine's veterans.

310 Cony Rd, Augusta, ME 622-2454
www.maineveteranshomes.org

Mary's Affordable Hearing Aids

Hearing evaluations and hearing aid fittings in the comfort of your own home with licensed hearing specialist Mary Marino. Free hearing exam, quality hearing aids at affordable prices, personalized service. Over ten years of experience, satisfaction guaranteed, 30 day trial period.

32 Penny Lane, Stoneham, MA 81-249-5330
www.marysaffordablehearingaids.com

Mid Coast Hunger Prevention Program

A nonprofit in Brunswick dedicated to giving hungry people access to healthy food, improving the quality of their lives, and serving them in a manner that recognizes their dignity. Food bank, food pantry, soup kitchen, Summer Food Service Program for children 2-18, Reaching Elders delivery program, Backpack program and monthly food mobile.

84 A Union St., Brunswick, ME 729-8647x19
www.mchpp.org

Mid Coast-Parkview Health

Mid Coast-Parkview Health is a dynamic healthcare organization addressing a full continuum of community health, wellness, and prevention needs with a full-service 93-bed hospital, a diverse medical group, a senior health center, and home health care services.

www.midcoasthealth.com/mid-coast-parkview-health

Mid Coast Senior Health Center

Offering a full range of award-winning senior health services and living options, all in one place. They include Thornton Hall Assisted Living, The Garden Memory Care Community, Mere Point Long Term Nursing Home, Bodwell Nursing and Rehabilitation Center, Mid Coast Geriatric Assessment Clinic, and Lifeline 24-hour Emergency Response System. A part of Mid Coast-Parkview Health.

58 Baribeau Dr, Brunswick, ME 721-1278
www.midcoastseniorhealthcenter.com

Mid Coast Hospital's Center for Community Health & Wellness

Mid Coast Hospital's Center for Community Health & Wellness provides quality, evidence-based prevention and wellness information and resources through classes, clinical care, workshops, support groups, literature and online resources for an array of important topics for all ages.

www.midcoasthealth.com/wellness

Neighbors, Inc.

Neighbors, Inc is a non-medical companion care business which provides services such as transportation, help with chores and errands, meal preparation, overnight safety care and companionship. Our mission is to support clients to remain in their own homes for as long as possible.

PO Box 728, Brunswick, ME 725-9444
www.neighborsinc.com

New England Rehabilitation Hospital of Portland

NERHP is Maine's only freestanding acute rehabilitation hospital, a 90-bed facility specializing in physical rehabilitation for stroke, orthopedic, brain injury, amputee, spinal cord injury, oncology and general rehabilitation in both inpatient and outpatient settings. NERHP holds joint commission disease-specific certification in Stroke, Amputee, Hip Fracture, and Traumatic Brain Injury rehabilitation.

335 Brighton Ave, Portland, ME
 662-8082
<http://www.nerhp.com>

Northern New England Poison Center

The Northern New England Poison Center located at Maine Medical Center manages calls from ME, NH and VT. The center is staffed with specially trained toxicology nurses providing free, confidential information 24/7. The center manages accidental poisonings, overdoses and poison information questions for the general public, hospitals and health care providers.

901 Washington Ave, Ste 104,
 Portland, ME 662-7224
www.nnepc.org

Pejepscot Terrace

Pejepscot Terrace offers quality, affordable housing for those 62 and older or disabled. Pejepscot Terrace is located off Jordan Avenue in Brunswick. There are 114 apartments and most are on the ground floor with separate outside entrances. See our website www.pejepscotterrace.com or call 207-729-8006 for more information.

36 Pejepscot Terrace, Brunswick, ME
 729-8006
www.pejepscotterrace.com

Penquis Foster Grandparent Program

Started in 1965, the program provides tutors and mentors to children and youth who are disadvantaged or have disabilities. Working one-on-one or in groups and serving between 15 and 40 hours a week, it provides support in schools, Head Start centers, child care centers and other public and non-profit locations.

262 Harlow St., Bangor, ME 973-3611
www.penquis.org

People Plus

People Plus, located in Brunswick, supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages. We offer numerous choices for fitness and wellness services, recreation and learning opportunities, education and outreach.

35 Union St, Brunswick, ME 729-0757
www.peopleplusmaine.org

Sartoris Law, LLC

Planning long term care or estate goals for yourself or an elder? Jackie Sartoris, Esq., provides elder law services in the Brunswick area, helping families ensure that their assets benefit their loved ones. She graduated cum laude from the Maine Law School, and received her B.A. from the University of Pennsylvania.

14 Bowdoin St., Brunswick, ME 441-4654
www.sartorislaw.com

Spectrum Generations

Helping older and disabled adults maintain healthy, independent lives in their own homes and communities. There is no wrong door to whatever answers or support you may need such as staying healthy, aging in place, wellness, access to nutritious meals, caregiver support, and health insurance counseling. 1.800.639.1553

One Weston Ct, Suite 203,
 Augusta, ME 620-1678
www.spectrumgenerations.org



Stetson's Funeral Home

Stetson's Funeral Home and Cremation Services is a family owned/operated business. We've thought about all the details we would want taken care of during difficult times, giving you one less thing to think about, offering many services to create a memorable, customized experience, including two celebrants, unique to our Funeral Home.

12 Federal Street, Brunswick, ME 725-4341
www.stetsonsfuneralhome.com

The Patrick Dempsey Center for Cancer Hope and Healing

The Patrick Dempsey Center for Cancer Hope & Healing provides free services to anyone impacted by cancer through support, education, integrative medicine, outreach and prevention. Our interactive display at the Senior Health Expo will focus on good nutrition as a way to reduce your risk of cancer.

29 Lowell St., 5th Floor, Lewiston, ME
 795-8250 www.dempseycenter.org

The Times Record

The Times Record is Midcoast Maine's only daily newspaper and your best source for local news and information. Like us on Facebook and follow us on Twitter for breaking local news.

www.timesrecord.com

The Vicarage By the Sea, Inc.

Since 1998, The Vicarage By The Sea has provided long-term, specialized dementia care in a safe, homelike setting overlooking beautiful Casco Bay! Our staff to resident ratio of one to four provides personalized care for loved ones. Our philosophy believes that every human being deserves the opportunity to grow regardless of age or ailment.

9 Vicarage Lane, Harpswell, ME 833-5480
www.thevicaragebythesea.com

Topsham Dental Arts

We are dedicated to relationship based dental health. We believe that we must know your needs and priorities to best assist you toward your dental goals. In order to facilitate your care we provide a full range of services including implant placement, cosmetic dentistry, root canals, oral surgery, crowns, dentures and periodontal care.

37 Foreside Rd, Topsham, ME 798-6700
<http://www.topshamdentalarts.com>

United Way of Mid Coast Maine

United Way of Mid Coast Maine's mission is to improve lives by mobilizing the caring power of communities. In partnerships with thousands of donors, United Way works to improve education, financial stability, and health for people in Brunswick and Harpswell, Sagadahoc and Lincoln Counties.

34 Wing Farm Pkwy, #201,
 Bath, ME 443-9752 [uwmc.org](http://www.uwmc.org)

US Cellular

Home Phone provides a simple, affordable option for home phone service. Use a corded or cordless telephone. Keep your existing telephone number. Set it up anywhere – kitchen, garage, or even a hotel room. Enjoy the cost savings. This device is only \$0.01 and service is only \$20 a month!

11 Winners Circle, Suite 4,
 Topsham, ME 725-2383
<http://www.uscellular.com>

Volunteers of America

Volunteers of America is one of the largest providers of affordable senior housing in the nation. We believe that service-enriched housing allows seniors to maintain independence and age in place with dignity.

22 Union Park Road,
 Topsham, ME 373-0350
www.voanne.org

Winship Green Center for Health and Rehabilitation

Our comprehensive model of care is designed to get you back on your feet again following hospitalization or a debilitating illness. We're a team of therapist, physicians, nurses and specialists whose goal is to get you back home. Occupational, Physical and Speech Therapies ...and great hospitality and customer service!

51 Winship St., Bath, ME 443-9772
www.winshipgreencenterrehab.com

Write On Writers

The Write On Writers meet every Wednesday to read and share their works of poetry and prose, and to improve their writing skills. They have published four books and recorded one CD. New members are welcome at any time. Experience is not necessary.

35 Union St, Brunswick, ME 729-0757
www.peopleplusmaine.org/content/write

AARP Real Possibilities in Maine

Leaving Con Artists out in the Cold

AARP Maine does a lot of work to raise awareness about fraud and scams in Maine. The Federal Trade Commission reports that last year 814 individuals in Maine were conned through "impostor scams." Impersonating police officers,

federal agents or financial service companies, scammers use their "authority" to scare a person into paying them.

In addition to impostor scams, it is important for each of us to safeguard our personal information at all times. It is estimated that in the United States, someone's identity is stolen every two seconds. To protect yourself from identity theft make sure you're securely disposing of all your personal documents. Paperwork that contains your birth date, Social Security number and address are the prime pieces that identity thieves need to be successful. Many organizations, including AARP Maine, host shredding events where you can take a box of your own documents to be shredded by a licensed shredding company.

As of October 15th, Mainers of all ages can take advantage of the most effective way to prevent identity theft: They can place a "freeze" on their credit reports with all three major credit bureaus for free. Without access to personal information, an identity thief is unable to obtain credit in that person's name. Once the freeze is in place, the consumer has control over who can receive their credit report. Consumers are able to freeze and unfreeze their credit reports for free as needed through a unique Personal Identification Number. For more information about the credit freeze, contact the Maine Attorney General's Office at (207) 636-8800 or www.maine.gov/ag

You can learn more about common scams and how to avoid them at www.aarp.org/fraudwatchnetwork or by calling 1-877-908-3360. AARP's Fraud Watch Network is free for everyone and you don't have to be an AARP member to take advantage of the tools and resources it has to offer. If we're in this together, the scammers won't stand a chance!



What? Never been to People Plus?!!

I could be just a little prejudiced, but I have to suggest that the People Plus Center may be the Brunswick area's best kept secret! Cribbage or Bridge, Mahjong or Ping Pong? Just loosening up or looking to improve your Yoga or Pilates stance? Need a biking club, hiker's contact or walking group? Working on your belly dancing, Zumba moves, Tai chi or Qigong? Want an art class, writer's group, craft group or quilting circle? Want some conversational French or German, or a chance to offer your opinion in a deep discussion of current world events?

Breakfast with the boys? (or ladies?) or a fine luncheon with 60 of your closest new friends? These and so many more experiences are yours,

just as soon as you walk through our doors.

The coming year brings yet another milestone to the Center, 40 years of service to some of the best people living in Maine. We have so much already planned: a hundred regular classes, a bunch of new events, meals, deals, celebrations, surprises, discussions and some plain ol' parties. There is almost always something exciting brewing at the little Center on Union Street. You need to come see us, and join us, to understand and enjoy what's really going on. We're here for you, and because of you, and we're always working to support the social, physical, and intellectual needs of the senior community in our area. What can we do for you?

Contact us at 729-0757 or www.peopleplusmaine.org

by Frank Connors, Member Services



People Plus! Good Morning Program

The Good Morning Program is a free, daily, safety check-in program created by People Plus and the Brunswick Police Department. Available to older adults or the disabled in Brunswick, Harpswell, and Freeport, this program enables participants to call in by phone seven (7) mornings a week from the time they wake up until 9:30 a.m. to say they are OK. If a resident is signed up to call in and does not, a volunteer will call them at home. If they do not answer, an emergency plan is enacted upon which can include local police making a house visit to check on them.

Saving at least one life a year and giving peace of mind to hundreds, the Good Morning Call program is ideal for older adults and their families or neighbors who live alone or with a disabled adult. (Even if you are healthy, what would happen if you fell? Could your disabled family member get help?) It is perfect for those concerned about their comfort and safety or for those who have recently returned from the hospital or a rehabilitation facility.

For more information, call People Plus at 729-0757 or Brunswick Police, non-emergency number, 725-6621, extension 4310 to register.

Get signed up for FREE and let us give you and your family peace of mind!

People Plus!
The center that builds community

"London Tower to Eiffel Tower" trip is being planned!

An 8 day trip to London and Paris will be the focus of a slide presentation-lecture presented at the People Plus Center on October 26, beginning at 6 pm. Highlights of the trip include Buckingham Palace, Big Ben, London Theatre Performance, Eurostar Train, dinner on the Eiffel Tower, Seine River Cruise, Arc de Triomphe, and Paradis Latin Cabaret.

A travel associate from Collette Tours will offer the program. People Plus has reserved 12-15 seats on this tour, set for early October 2016. FMI on this or other tours, visit the Collette table at the Expo!



AGING EXCELLENCE

Seniors On The Go®

Caring for Someone with Dementia? Find Support from an Aging Life Care™ Expert.

Caring for someone with dementia is a challenge to even the strongest of relationships. The anxiety, agitation and erratic behavior often associated with dementia may be hard for a spouse or adult child to understand or manage.



Dementia is a progressive and often times, heart-breaking disease. Though every individual is different, there are three primary stages of dementia, each with its own unique set of symptoms. Different care strategies for each stage allow for a reduction in frustration and needless suffering for the caregiver as well as for the individual with dementia.

If you are caring for a loved one with dementia, it is important to look for help and support from others. Asking for assistance or support does not make you less of

a caregiver. In fact, it enables you to be a better caregiver. Caring for someone with dementia at any stage can be challenging and emotionally taxing. Having patience and compassion for the person and yourself as a caregiver will help alleviate distress and maximize your ability to cope with changes as the dementia progresses. Your local Alzheimer's Association is a great resource of information and support groups, and many communities have an Area Agency on Aging that may direct you to resources in your area.

Aging Life Care Professionals™ are also an excellent source of information and support. Aging Life Care Professionals work with families to find solutions to caregiving challenges and can help you understand your loved one's dementia and associated behaviors. If you are caring for a loved one with dementia or know of someone who needs help, contact an Aging Life Care Professional. You can find an expert in your area at www.aginglifecare.org.

Resources:
Maine Alzheimer's Association
83 US Route One #2C,
Scarborough, ME 04074
(207) 772-0115

Spectrum Generations –
Area Agency on Aging
35 Union St, Brunswick, ME 04011
(207) 729-0475

Aging Excellence
113 Pleasant St., Brunswick, ME 04011
(207)-729-0991
www.seniorsonthego.com
kate@seniorsonthego.com

Kate Adams, CMC
Aging Life Care Expert



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Making a Will

One of the simplest ways to properly settle your personal and financial affairs is to make a will. A will clarifies your intentions and may save your heirs legal fees and taxes.

What Is A Will?

A will is a legal document that transfers what you own to others when you die. It also names a Personal Representative (PR) to settle your affairs and carry out your wishes. Your signature and those of two witnesses make the will authentic. Many Americans die without a will. If you do, your assets will be distributed by a probate court in a manner that may differ from your wishes.

Changing Your Will

There are many reasons to change a will – the death of an heir, marriage or divorce, increased wealth or new tax laws. Major changes require a new will that clearly states that it replaces the old one. Minor changes may be handled with a codicil, or written amendment.

Do You Need A Lawyer To Draft A Will?

The more complex your situation or the more assets you have, the more it makes sense to consult a lawyer who specializes in trust and estate law. Lawyers frequently charge by the hour, so you can save money by providing good records and making key decisions before your meeting.



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The Times Record

207.729.3311



Winship Green Center for Health & Rehabilitation has been an exceptional healthcare resource for the Greater Bath community for many years. Our center is managed by National Health Care Associates, a private, regional leader in senior healthcare with 40 short-term rehabilitation and skilled nursing centers throughout the Northeast. Winship Green Center and National Health Care share a common mission: "to provide our residents and their families with superior care delivered by staff dedicated to the principles of kindness, compassion, service, and excellence."

Whether you join us for a brief stay or call us your home, we want you to feel as comfortable as you would amongst family, while receiving care such as short-term rehabilitation following a hospital stay or skilled long-term care nursing services. We also offer short-term respite care, for vacationing caregivers - providing a much needed respite, allowing caregivers time away for a business trip or a much needed vacation.

Our center is proud to provide National HealthCare's signature Passport Rehabilitation Program, featuring physical, occupational, and speech therapies, as well as a myriad of medical services including pulmonary rehabilitation, heart failure services for CHF, cardiac recovery, amputee rehabilitation, stroke rehabilitation and wound care management to name a few.

Our Passport to Home Rehabilitation program was specifically designed for individuals looking for a short-term, specialized rehabilitation "journey" home following hospitalization or an acute medical episode, focused on returning you to the best quality of life possible.

Winship Green Center prides itself on our customer service and maintains a common commitment to the highest level of quality care, all while providing a nurturing environment for both patients and families.

Contact us today to learn more about our services/programs and see how we can help you or a loved one.

Why choose Winship Green Center for your Short-Term Rehab Stay?



Left to Right: Erika Loubier, PTA, Sherri Barrett, PT, Lisa O'Laughlin, SLP, Raylene Copp, OTR/L, Susan Reno, OTR/L, Director, Tena Mitchell, Rehab Dept. Asst.

Come tour our newly remodeled Short-Term Rehabilitation Unit.

Our rehabilitation team works to restore you to health after a recent hospitalization or medical episode through individualized rehabilitation tailored to a series of realistic, short-term achievements. The ultimate goal is getting you home.

- Physical, Occupational & Speech Therapies available 7-days-a-week
- Patient Centered Goals-Discharge to home ASAP
- Home safety evaluation performed by therapist, if needed
- Selective menu and varied diets accommodated, including gluten-free, vegetarian and more
- Included amenities: Cable TV, Wi-Fi, Daily Newspaper, DVD Players, and Movies

For a personalized tour
of our facility, please call:
Julie Kalloch:
207.522.4099

Winship Green
Center for Health & Rehabilitation, LLC

51 Winship Street
Bath, ME 04530
207.443.9772 | F 207.442.9201
www.WinshipGreenCenterRehab.com

An affiliate of National HealthCare Associates, Inc.

National HealthCare
Associates, Inc.



It all started in 1942 when Bill Dodge's father, Winfred, opened a Chevrolet dealership in Bowdoinham, Maine. Since then, the Bill Dodge Auto Group has grown to currently include 8 family owned franchises in Maine: BMW, Infiniti, GMC, Cadillac, Buick, KIA, Hyundai and Nissan in four locations within Westbrook, Brunswick and Saco.

The Bill Dodge Auto Group is still run today by the Dodge Family, including co-owners Win & Stacy Dodge, a dynamic brother / sister duo who you probably hear on the radio! Win and Stacy work very hard to make sure employees and customers alike feel like "part of the family."

Outside of the dealership walls, you will see the Bill Dodge Auto Group actively involved with Community events and sponsorships. Each year the

Dodge Family puts generous amounts of time and financial support into the communities in which we serve.

From Otto the Moose attending parties and parades...to fighting childhood hunger in Maine...to supporting the Boy Scouts, People Plus, Youth Sports, Big Brothers Big Sisters, Easter Seals, American Heart Association, American Red Cross, Camp Sunshine, and over 40 others in 2015! We truly want to be "Maine's Family Dealership" and the only way to do so is to do everything we can to support Maine Families.

The Bill Dodge Auto Group is comprised of over 300 employees, all working with one mission in mind: to be the greatest dealership around by providing the best customer care, great value and to leave you saying "Bill Dodge is a great place to be!" We look forward to seeing you soon.

The Volunteer Transportation Network (VTN) provides free rides within Brunswick, Harpswell, and Topsham, for adult residents of those communities who are unable to drive (temporarily or permanently) and have no other access to transportation. The program increases independence, community connections, and mobility.

All drivers are volunteers who have clean background and license checks. Rides are available for medical appointments, food shopping, or personal needs, and must be requested 72 hours in advance. Both riders and drivers must register to participate and receive ID cards.

Registration forms are available from People Plus and partner organizations in the network.



Call **729-0757** for more information.

Flu Shot Keeps You Well, Saves Lives



MID COAST-PARKVIEW
HEALTH

Many people get infected with seasonal influenza each year. Some will require hospitalization and some may die from complications. Infection with the influenza (flu) virus can make existing medical conditions much worse. Vaccination can help prevent such complications.

According to the U.S. Centers for Disease Control and Prevention (CDC), flu vaccination is especially important for people at higher risk of severe complications from illness, and for persons who are in close contact with those at higher risk. High-risk groups include adults over 65, children younger than 5, and pregnant women. Individuals with certain health conditions – such as heart, lung or kidney disease, or a weakened immune system – can get much sicker from infection with seasonal flu.

Large-scale community-based seasonal flu vaccination clinics have been identified as an important component to increasing the overall vaccination rate for our communities and supporting the health of our population.

Over the next several months there will be many free vaccination clinics offered throughout the Midcoast region. A list of clinics is available at www.211maine.org or by calling 2-1-1. Additionally, most primary care providers will receive a supply of vaccines that will be made available to their patients. The CDC recommends getting a flu vaccine as soon as it is publically available to help decrease lost work time and complications caused by infection with seasonal flu.

In addition to getting a flu shot, individuals should wash their hands regularly and keep away from others if they have cold and flu symptoms. Most importantly, seeing a doctor for regular check-ups will help individuals stay healthy throughout the year.

4 SIMPLE STEPS

to Stay Well During Flu Season

1

Get a flu shot every year.

For a list of **FREE** clinics in your area, visit midcoasthealth.com/flu



2

Prevent the spread of germs.

Cough and sneeze into your sleeve. Wash your hands often.



3

Keep away from others if you are sick.

If you or your children have any cold or flu symptoms, stay home from school and work.



4

Get regular check-ups.

Routine care will help you stay healthy all year and keep you up-to-date on your immunizations. Need a primary care provider? Visit midcoasthealth.com/doctors



Graphic Illustration by Graham Nash, High Point Graphics, Printing & Mailing

*Thank You for Helping to
Keep Our Community Healthy and Well!*



MID COAST-PARKVIEW
HEALTH



MARTIN'S POINT®
HEALTHCARE

A primary care doctor provides routine care helping to catch health concerns early on, preventing them from becoming chronic issues, and avoiding far more expensive hospital care. A regular

doctor will also ensure that all immunizations are up-to-date, keeping both the individual and the community safe from spreading harmful diseases.