



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

Non-Profit Organization
 U. S. Postage PAID
 Brunswick, ME 04011
 Permit No. 52

35 Union St. / PO Box 766, Brunswick, ME 04011729-0757

www.peopleplusmaine.org

September 2017 Volume 17, No. 9

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



Great Gleanings! Kelly Davis, Gleaning Coordinator of the new Merrymeeting Gleaners delivers fresh-picked produce, “rescued” from area farms and gardens to the Center every Thursday to be shared by Center members and Meal on Wheels recipients. “Everyone benefits!,” Kelly suggests excitedly.

Fall Open House planned

Join center staffers, board members, class instructors and friends on Thursday, Sept. 28, for the second annual People Plus Center Open House. Activities begin at noon with pizza, cider and munchies served while they last, and at one p.m. there's an opportunity to check your car's winterization prospects. At 2 p.m. you're invited to view our latest plan for Collette travel partner's trip, and in your “slack time,” chat with your friends and hear all the latest news about People Plus.

“We're going into another exciting fall schedule,” Program director Jill Ellis explained, “We want everyone to get ready for it!” She said some class instructors and club leaders will be on hand for a meet and greet and to answer questions, and descriptions of new and

reworked classes will be available.

Membership chairperson Frank Connors echoed Ellis' excitement, and added “we're starting the fall with a sweet deal,” he said, “any member bringing a new (or renewing) prospect to buy a membership, that recruiter and their friend gets a \$5 credit toward his (or her) dues for the coming year. Connors said, “it's always interesting to know what's going on at the Center.”

Executive Director Stacy Frizzle shares the enthusiasm of her staff. “We're coming off a very successful fiscal year, and we have every reason to expect we can make this year even better. We want everyone to be a part of the excitement that IS People Plus.”

Festivities open at 12 noon, and will continue through 2 p.m.

Coming October 17, 2017

Senior Health Expo, “Looking great!”

Local businesses, organizations, and individuals are lining up to register for the fifth annual People Plus Senior Health Expo, being held once more in the indoor concourse of the Cook's Corner Shopping Mall on Tuesday, Oct. 17, from 9 a.m. until 1 p.m. “It's looking great,” Center program coordinator Jill Ellis said, “we're excited for a great mix of repeating and new exhibitors.”

Last year, more than 700 visitors attended the event. “We packed the space and sold every exhibitor table last year,” Ellis agreed, “and interest seems to grow every year.”

Admission to the Expo is free to all visitors, and six-foot non-profit exhibitor tables are still only \$75. For-profit tables are again \$125. Open registration ends on Friday, Sept 8, tables are released on a first come, first registered basis.

Expo highlights include: FREE CHANS Flu Shots, a chance to win Amtrak Downeaster tickets, FREE Greater Brunswick Physical Therapy massages, FREE Hearing Scopes with Mary's Affordable Hearing Aids, FREE registration for Good Morning and Volunteer Transportation Network programs, FREE Yellow Dot registration with People Plus, Meet Local Authors - The People Plus Write On Writers group will be signing and selling books.

Event space is again provided by Summit Realty Partners/Winslow Property Management, and participants to date include:



Partner PLUS Sponsors: Coastal Landing Retirement Community, Highland Green, Mid Coast-Parkview Health, The Times Record.

Partners: Spectrum Generations, The Vicarage by the Sea.

Event Sponsors: Avita of Brunswick/Sunnybrook Senior Living, Bankers Life, Bill Dodge Auto Group, Neighbors, Inc., The Highlands.

Refreshment Sponsors: ClearCaptions, Redfin

Exhibitors: American Heart Association, Amtrak Downeaster, Area First Responders, Bath Housing, Brackett Funeral Home, Catholic Charities Search Program - Greater Bath Site, CHANS Home Health Care, Disability Rights Maine, Harpswell Aging at Home, Home Instead Senior Care, Kennebec Pharmacy and Home Care, Maine Bureau of Insurance, Maine Insurance Group, Maine Pines Racquet and Fitness, Maine Veteran's Homes - Augusta, Mary's Affordable Hearing Aids, Merrymeeting Triad, Mid Coast Hospital, Mid Coast Senior Health Center, New England

Rehabilitation Hospital of Portland, Pejepscot Terrace, People Plus, Rite Aid, Spectrum Generations Aging and Disability Resource Counseling, Spectrum Generations Meals on Wheels, Topsham Dental Arts, Write On Writers.

Flu Shot Clinic @People Plus
FREE and open to public!
Thur, Sept 21 at 11:30

VTN looking for Bath drivers

The People Plus Center's free Volunteer Transportation Network (VTN) continues to grow and is expanding its service area to include Bath!! In order to service the Bath ride requests, we are in need of Bath area residents to become drivers for the program. “There is a definite need for our program in Bath based on the number of calls we get from Bath residents looking for rides,” VTN Coordinator Lynn Ellis said.

Ellis said it's simple to become a volunteer driver. A person needs a valid driver's license with at least 3 years experience and insurance. Every volunteer driver will be “cleared” by a background check and Motor Vehicle check, provided by the People Plus Center. For more information, call Lynn Ellis at 729-0757.



Trips to America's West Coast, Spain planned

Collette Travel is partnering again with the People Plus Center for an America west coast trip in May, 2018. “Go west, young man (or woman)” will be introduced to Center members on Thursday, Sept. 28, immediately following the Center's fall open house. The trip includes visits to Seattle, Washington, Mount Saint Helen, Portland, Oregon, Redwood National Forest, Columbia River Gorge, Newport, Bandon State Natural Area, and San Francisco, California. This exceptionally illustrated program is open to the public, but you need to pre-register.

An October, 2018, trip to Spain, featuring visits to Lisbon, Fatima, Nazare, Madrid, the Royal Palace, Granada, Seville, and Cordoba will be introduced at the Center on Wednesday, October 18, at 4 p.m. Watch for more details on this trip in next month's PPNewspaper. Program manager Jill Ellis also reminds us there are still a few openings on the nine-day trip to Costa Rica, leaving in March, 2018. FMI, contact the Center at 729-0757.

Apples, donuts, cider!

Celebrate the fall season with our annual trek to Bowdoin's Rocky Ridge Orchard on Thursday, Sept. 14. Register for a car pool at 11 a.m. if you want a ride, or join us at the orchard at 11:30 a.m.. Your valid People Plus card will get you a cup of fresh-pressed cider and homemade Rocky Ridge cider-sugared donut. Pumpkins, sandwiches, homemade pickles, jams and other goodies are available at the Rocky Ridge store, waiting for you to order on your own.

Last season, Frank and Jill hosted more than a dozen Center members, who enjoyed this day at the orchard, picking their own apples and eating lunch and treats with friends. To reach Rocky Ridge, drive through Topsham approximately 12 miles on Maine route 201, you'll see orchard signs and apple trees on your left. IF you get to the intersection with local route 125 to Bowdoin or Bowdoinham, you've gone too far. Please register by calling Pat at 729-0757.



‘Aging Well’ Lunch & Learn: “Play it Safe!”

Mon, Sep 25, 12 pm. Financial exploitation is more common than people realize. Scam artists have become far more sophisticated over the years. We have to be vigilant to try and remain one step ahead of scammers in order to safeguard what we have worked so hard to earn and save. Trying to keep up with the latest scams may seem overwhelming, but do not despair! Kati Chandler, Assistant Bank Manager,

Norway Savings Bank, Brunswick along with Crystal Card, AVP, will review common scams (phone, computer, charity), how to avoid getting caught up in the moment, and what to do if you believe someone has wrongfully obtained access to your financial information.

Bring your lunch (or try Monday Munchies!) and we will provide drinks, chips and dessert. Call to register.

People Plus News

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

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

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

People Plus Board of Trustees

- Carol S. Aderman, Chair - Freeport
- David R. Forkey, 1st Vice Chair - Georgetown
- Jack Hudson, 2nd Vice Chair - Brunswick
- Kelsie M. West-Ezzo, Treasurer - Topsham
- Charles S. Evans, Secretary - Topsham
- Mitchell W. Brown - Brunswick
- Thomas Farrell, Ex-officio - Brunswick
- Catherine Jarratt - Brunswick
- Don L. Kniseley - Brunswick
- Steve Loeb - Topsham
- O. Jeanne d'Arc Mayo - Topsham
- Chris Perry - Portland
- Richard J. Rizzo - Yarmouth
- Dustin Slocum - Brunswick
- Annee Tara - Brunswick
- Kim Watson - Topsham

People Plus Staff

- Stacy V. Frizzle - Executive director, director@peopleplusmaine.org
- Jill Ellis - Program and outreach coordinator, programming@peopleplusmaine.org
- Elizabeth White - Office manager, betsy@peopleplusmaine.org
- Frank Connors - Member services, frank@peopleplusmaine.org
- Jennifer Felkay - Marketing coordinator, marketing@peopleplusmaine.org
- Jordan Cardone - Teen Center coordinator, teens@peopleplusmaine.org
- Patricia Naberezny - Receptionist, reception@peopleplusmaine.org
- Lynn Ellis - VTN coordinator, driver@peopleplusmaine.org
- Amy Feeley - Monday munchies coordinator

Spectrum Generations Staff

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

Check out past newspapers at www.peopleplusmaine.org



Reception Room
Personalized Catering
Spacious Chapel
Private Family Room
"Help Yourself" Kitchen

12 Federal St. Brunswick, Maine 04011
www.stetsonsfuneralhome.com
207.725.4341
apurinton@gwi.net

Anthony B. Purinton • Funeral Director

“Labor of Love..”

From the Executive Director

Stacy V. Frizzle



bucks feeds all the kids for a week and Lord knows they eat a lot of food! With the season changing we are also looking at Music in April locations. We may be back at Sky Hy but we are keeping our options open. If anyone knows of a venue where 200 people can be seated for dinner and they'll let us bring our own food, would you please give me a jingle? I would love to hear from you on that.

Our People Plus Open House is set for September 28th and it should be a really

And the Senior Health Expo planning is going strong. Jill and Jenn already have over 26 vendors and a dozen sponsors. We're so excited about Highland Green, Mid Coast-Parkview Health and Coastal Landing as the three of the big sponsors this year! It will be a great event with lots of things to do, people to meet, swag bags, give outs and more!

So it seems like fall is really taking shape. This is the sort of labor that we all like - with great payouts in the end. On that note, I will be taking my daughter to Italy at the end of September as she was accepted into the Florence Academy of Art. I know that our lives' work are ultimately our children - and the job is preparing them for the world, but it sure is hard to watch them fly the nest. Thankfully I've still got two more left at home and of course all of you wonderful folks here at the Center that keep me busy



Summer sailors. What's a summer without a boat ride or two? Jonathan Edgerton, high bidder in the Music in April auction, enjoyed a friendly cruise on Casco Bay with David & Margot Knight, along with friends Win and Sharon Dodge.

great time. Come on down and check out all the activities that you may not even know exist at People Plus. Stop in for the Bill Dodge Auto car talk that day and the Collette travel presentation on the next big trip.

and in good company every day. So let's labor together this fall to keep People Plus, the Center that Builds Community a thriving activity center for Seniors and Teens on the Mid Coast. I hope we will see all of you down here soon!

From Anita's Plate

Anita Huey



207-504-6439, shebakme@comcast.net

It is hard to believe that the 4th Diabetes Prevention Group at the Center has just completed 16 weekly sessions! The group is doing great. They are engaged and working towards on-going success!

I love helping people make step-by-step changes to improve their eating habits. Each person's plan is individual and geared towards what they want to accomplish. So often I hear that they have more energy, feeling better and even last week someone said that they could tie their shoes for the first time in a year! It doesn't get any better than! There are some key elements to long-term change:

- Are you confident that you can continue with the plan? If not, what needs to change?
- Are you finding the balance? This concept hinges on being able to have some "other" choices. For example, a small ice cream cone over the summer.
- Are you using tools? These could be dipping your fork in the butter and then the lobster. Bringing a healthier item to a BBQ or having fruit for dessert.

These are some of the elements that need to become part of a person's long-term plan. After a person has worked with me for a while, I can often be heard asking

Dill Pickle Relish

Ingredients:

- 2½ lbs. cucumbers, peeled, center row of seeds removed, and finely diced
- 1 large yellow onion, finely diced
- 1 small red bell pepper, finely diced
- 1 small green bell pepper, finely diced
- 3 cloves garlic, finely minced
- ¼ cup salt
- 3 cups white vinegar
- ¼ cup sugar
- 2 teaspoons dill seeds
- 1 tablespoon yellow mustard seeds
- 2 teaspoons celery seeds
- ½ teaspoon turmeric
- 2 bay leaves

Instructions

1. Place the diced cucumbers, onion, bell pepper, and garlic in a large mixing bowl combine with the salt and pour water over the mixture until covered. Let sit for at least 6 hours or overnight.
2. Drain the cucumber mixture in a colander, rinse thoroughly with water, and drain again.
3. In a large stockpot, add the sugar, vinegar, and spices and bring to a boil. Reduce the heat to medium-low and simmer for 5 minutes. Add the drained cucumber mixture and return to a boil. Reduce the heat to medium-low and simmer, uncovered, for 10 minutes. Discard the bay leaves.
4. Ladle the hot relish into mason jars, leaving ¼ inch of headspace. Wipe the rims of the jars clean and seal tightly with the lids.
5. The relish will keep in the fridge for at least a month.

Makes about 4 Pints

this question, "what percent of people who started a plan that was strict and not tailored to them are still on board. The answer is very few.

News flash!! As of January 1, 2018, Medicare will cover the cost of the Diabetes Prevention Program. This is very exciting and our hope is that more private insurances will follow with coverage. This robust, evidenced based program has proven results in prevention diabetes in 71% of people over the age of 60. More information about this program to come next month. My daughter grew some cucumbers and we

have been given quite a few so I choice this month's recipe to help use all the cucumbers that have grown in the garden.

GO DRAGONS! A BUCK - A GAME!

Brunswick Seniors (over 60) get into any Brunswick High School sports event for ONE dollar!



Good Shepherd Lutheran Church
welcomes you to join us for
Sunday morning worship, 9:00 am
Celtic Evening Prayer, Sun. 5:30 pm
Thurs. Evening Prayer, 6:30 pm
Free Community Breakfast, 2nd Sat, 9-10:30 am

Good Shepherd Lutheran Church • 336 Maine St, Brunswick • 725-6561

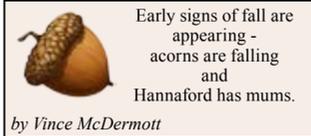


Class of 1903 Gates, Whittier Field, Bowdoin College. Pen & Ink, Claude Bonang

Life Lessons I've Learned From My Dog

by Nancy Sohl

1. If you want good things to follow, greet people warmly.
2. Don't be in such a rush that you don't take the time to smell the smells along the way. In other words, appreciate the little things it's easy to over-look.
3. Be grateful for the people in your life who will clean your muddy feet and pick up after you.
4. Always leave a little something of yourself behind so others will be aware of your passing.
5. You don't need words to tell someone you love them. Sometimes just being there is enough.
6. There's nothing wrong with a nap.
7. If you're happy, show it. We've all got a tail to wag.



Early signs of fall are appearing - acorns are falling and Hannaford has mums.

by Vince McDermott

WAKE UP CALL

by Gladys Szabo

Six AM wake up call
Unveiling sun glittering through my window
Chirping birds on feeders flock
Squirrels squabbling over food
No need for an alarm.

The bound oak

by Sally Hartikka

I am the bound oak.
Standing here for centuries,
Since long before the settlers came,
Cleared the land, laid their claims
And used me for their boundaries.

I am the bound oak.
I've seen the town grow and thrive.
I saw history occur
And atrocities recur
In sixteen hundred and seventy-five.

When Major Waldron slaughtered natives.
And sold some into servitude.
That same year, three women were bound
And forced from the town when he found
They were Quakers, whom he sought to exclude.

I am the bound oak.
Children have played at my base
And lovers have had their trysts there
To make plans and secrets share
And undertake a forbidden embrace.

I was the bound oak, but gone now,
Hewn down as age ravaged my boughs.
For years people loved my foliage and shade,
Enduring each year my acorn cascade;
They cherish the memories that I arose.

Shared travels

by John M Rich

As we travel down this path of life, our legs may get tired, or we may feel dizzy and start to lose our balance, remember Please don't fall.

Rather take my hand or take my arm and together we will find a bench on which to sit and rest till you feel better. Then you may continue on your journey.

I can only offer you my hand and arm and a reminder Please don't fall.

The Cardinals

by Vince McDermott

I have recently seen and heard cardinals all over our neighborhood and in many other areas of Brunswick. The ones I have seen are typical of the breed - relatively small and trim. A few years ago, one family settled into a bush under my kitchen window and I was able to follow the birth of their young. I considered myself a proxy grandfather at the time. In the many years in which I put out feeders I had not seen any cardinals on them. I did see a few pecking at spilled feed on the ground. I was therefore pleasantly surprised recently to see a very young cardinal on the feeder. He was BIG. He looked like a lopsided fuzzy red tennis ball. I thought it was a fluke until I saw both his mother and him on the feeder. She was also BIG. She took time to take a seed and place it in his beak. My guess was that a new family came from away and either moved into the area or was just passing through. I have not seen them lately. I will report any further sightings.

Cathedral of our summer sky

by Charlotte Hart

Our hearts explode with gratitude and praise
For glorious summer dawn in the Eastern sky.
Columns of lordly pine our architect does raise.
We worship at mighty alters, mountains high.

We travel cloistered paths through forest lush
Farmed fields, contented herds, groomed homes pass by.
Orchards, groves, the songs of the wild wood thrush
Floor the vast cathedral of our summer sky.

A symphony begins-white-throated sparrow songs
Brook's aria! Majestic river's sigh-
Adagio! Cascading waters roar,
Surf thunders, white gulls swoop, and eagles fly.

Bright blazing glory streaks the clouded west.
A brilliant promise, gently fading light,
the glasslike surface of the lake-moon blessed
Cathedral summer sky prepared for night.

Familiar prayerful songs precedes the night,
"Round campfires, hymns of hope rise high
Sagittarius' new stars form precious light!
We worship the Creator of our summer sky.

Metamorphosis

by Elizabeth B. Bates

mad with thirst
I drink sea water.
salt crystallizes in my pores.
small animals approach shyly
and begin to lick my skin.
they make nests in my seaweed hair.
my eyes water and turn green.
my mouth is round like a sand dollar.
my breasts are fins.
a wave washes me and I swim
to the deep center.
the small animals drown.
the sea is no place
for land creatures.

FROM ACORNS

by Virginia Sabin

A slip of spring green
In a decaying forest
Touches the green in me
Growing up as I grow old
A sturdy oak centering
On a window facing east
Capturing morning sun

When I Saw It, I Knew I Had To Have It! My Cat Tootsie!

by Elizabeth B. Bates

I had a cat named Tootsie. She was a shelter cat with no known history. I had to have her! They told me at the shelter that she was about two years old. I brought her home and she immediately tried to go outside. I did not let her. Apparently, in her former life, she had been allowed to do that. When I opened my door to go out, she would try to slide through my legs quickly. It became a battle of wills. One day, my close neighbor phoned me. "Your cat is outside, on the grass, just sitting there."

"No! I saw her upstairs on my bed taking a nap. It must be some other cat."
"Well, it looks like her."
I went upstairs as fast as I could. I looked at my bed. No cat. I looked under my bed.

WHERE'S THAT CRITTER CATCHER WHEN YOU NEED ONE

Our apartment is one of thirty-four in a complex located in the residential part of town. Our thirty by twenty backyard consists of a few flowers along the four-foot high picket fence and a patch of grass that is easiest mowed with a weed whacker. Beyond the fence is a narrow five-foot strip of land where a Dogwood tree and a Maple tree grow, providing summer shade. Then there's twenty-foot ravine, tree and brush lined, that drops down to a creek bed that is aptly named Dry Run Branch. Beyond the other side of the creek is an open field lined with houses. While it would seem to be a quiet, tranquil place, looks can be deceiving. From dawn's first light all through the day there are cardinals, chickadees, sparrows, wrens, robins, blue jays and more chirping away; males trying to hook up with mates. It's a regular bird brothel!

Then as evening comes on, as the birds tone down, the crickets and accompanying company tune up, chirp, chirp, chirping away. Let me be clear. None of the above requires a critter catcher; not even when an occasional scent of Peppe La Pew floats through the air. Shortly after we moved in, I was sitting on the back porch looking across the field and what emerges from the small wooded area that borders one side of the field but two bucks and five does. The white tails proceeded across to the far end of the field and dropped down into the foliage surrounding the creek.

About a month later, we're sitting on the back porch when out of nowhere a face appears at the fence, looking directly at us with those soft, penetrating brown eyes. My wife was ready to run in the house. I said we should stay very still, thinking the doe would just move on. Well it did move...it jumped the fence landing in the backyard. It took two steps forward and gave us not the once but twice over. Then, apparently satisfied, turned re-jumped the fence and strolled down the

MORNING SERENITY

by Gladys Szabo

Furry body snuggled close
Velvet purr affectionately on my cheek
Quiet purrs bring calmness
God's significance of serenity

A weed asks

by Winnie Silverman

What do you have against us?
Why are you bent on destroying us?
Why do you callus "weeds," when we are nature's natural "flora?"

We sleep underground during the cold months, until our bed of earth warms, then we march upwards. We have natural impediments to combat, but we struggle and emerge from every crack and every rock, hard clay and too soft sand. We must then survive your efforts to eradicate us.

May I remind you that what you call "flowers" are actually pretty "weeds!" they are our brothers and sisters which you tend to carefully, feeding and watering them. We all enjoy this extra attention.

You are losing the battle, admit it! We are tough! We survive and return again and again. Though some of us could be considered pretty, you still don't like us. Why can't you just give up and let us be? Better yet, why not create a "weed garden," where we can flourish unimpeded.

No cat. I looked at the window, which was screened. Someone had pushed it out a few inches. The roof over the downstairs extension could have made a nice landing place for a cat. From there, it was still a high place from which to land.

I ran downstairs and went outside. There was a cat sitting on the lawn. Was it Tootsie? I swear she was smiling triumphantly. She let me pick her up to take her inside. I checked her body to make sure she was alright, but she was fine.

Tootsie went over to where her cat bed was waiting. She settled down for her nap. She was still smiling.
I sat in my comfortable chair and drank a hot cup of tea!

A VIEW FROM THE LOWER 47

Next day, our inspecting found a new hole in another section of the fence. It appeared that he couldn't be stopped.

We upped our game and spread moth balls around the holes. It seemed to work, but only for a few days. Then towards twilight a few nights later I hear a blood curdling scream from coming from the back porch. I ran to see what was happening, only to see a furry butt disappearing over the top of the fence. Deterred by the moth balls, our persistent pestilent critter had taken to leaping the fence. My wife's scream scared him so bad, that he turned and hopped back over the fence into the protective underbrush. She was sure it was a bear. I was pretty sure it was a ground hog. That's when we named it Grover, Grover the rover.

From then on, every time I fill in the hole, he climbs back in to the yard in the middle of night and unfills it. As long as I leave his hole alone, he doesn't show up. But as soon as I fill it he re-digs it. Nothing seems to persuade Grover.

That's why I will end by saying, "Where is Grant when you need him! ?!"

September at People Plus...



Apple Club moving to a new day!

Starting Sep 7, Apple Club will now take place on the first Thursday of every month at 10:00 am. Bring your device and Stacy will help answer your questions! Free, for members only.

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



Working their moves. Members of Suzanne Neveaux's Advanced Tai Chi class meet each Wednesday at the center's main hall.

Frank's Field Trips

"Back to School??"

Tuesday, Sep 19, 10:00 am
Follow Frank to his old digs in Bowdoinham for a visit to the classically restored Jellerson School House. "School Marm" Betsy Steen leads us on a tour of the school, offers a glimpse at the way the "three R's" used to be taught, and there's a rumor that Frank will be playing the part - again - of class dunce!

Van leaves People Plus at 10 am and arrives at this 1850 one-room school at 10:30. Cost is only \$8, we'll do lunch on your own in downtown Bowdoinham. Of course there will be a nickel tour of Bowdoinham, led by the town's former mayor, we should be back in metropolitan Brunswick by 2 pm. For members only. Registration required.

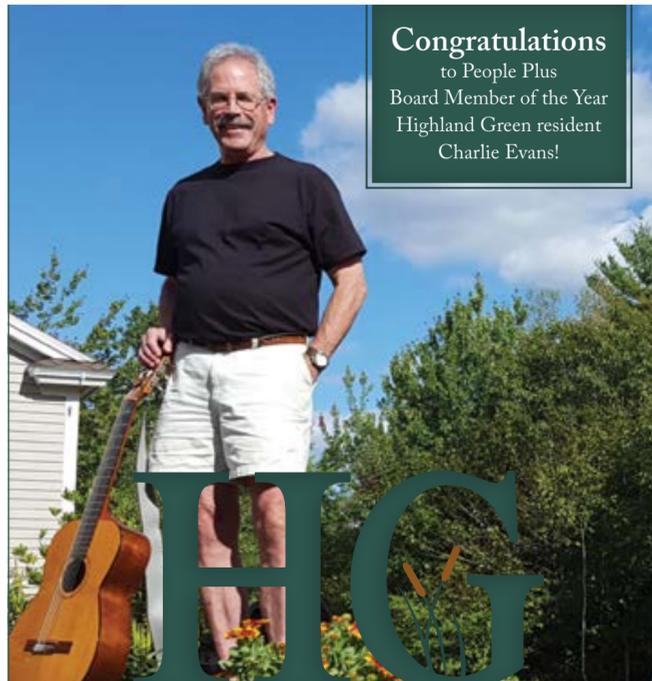


Chair Yoga - NEW CLASS

Tuesdays, 2-3 pm beginning Sep 12.
People Plus is pleased to now offer Chair Yoga, a wonderful blend of breathing and stretching to improve balance, stability and peace-of-mind. The class offers both poses and helpful techniques to be your most comfortable self. Open to all levels (Beginner to advanced yoga practitioners)
Instructors Audrey and Joe Palma have been studying and teaching yoga for over twenty years. Students of ISHTA

(Integrated Science of Hatha Tantra and Ayurveda) founder, Alan Finger, the pair integrate breathing, poses and meditation to balance one's self. Through the combination of technique, humor and grace, the instructors make the benefits of yoga available to all.
Open to all levels (Beginner to advanced yoga practitioners). \$5 per class for members/\$10 non-members. You can try any class once for free.

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



Congratulations
to People Plus
Board Member of the Year
Highland Green resident
Charlie Evans!

HIGHLAND GREEN™

7 Evergreen Circle, Topsham, Maine | 207-725-4549 | HighlandGreenLifestyle.com

Lunch & Connections

Spaghetti and meatballs: "an Italian delight"

We'll be serving steaming hot spaghetti and meatballs when we gather for our next Luncheon on Thursday, Sept. 21. "We used to serve spaghetti regularly at People Plus when Larry Paradis was in and out of our kitchen," chef Frank Connors explained, "maybe that's a tradition we should get back to!" Connors added that Paradis is a "sometimes" visitor to the Center, and he promised to check in with the one-time chef to find "secret recipes".
"It's all about the Sauce," Connors said, and he claimed "absolute faith" in "HIS" family's recipe. "I like to drop in some chipped sausage and extra onions," he said, "people will just have to come see how it all measures up!" Connors promised a "separate pot" of meatless sauce for those who prefer vegetarian options.

There will be garlic buttered and plain Italian breads waiting at the end of the serving line, and the side veggie will be broccoli crowns.

Dessert will be orange sherbet and Vanilla ice cream with a cookie on the side. As usual, there will be a fresh, lightly-dressed green garden salad for everyone, and our drink table will feature coffee, some early season cider, iced water and milk.

These monthly Lunch & Connections meals are sponsored by our friends at Spectrum Generations and are planned to focus on nutrition, useful information, variety, fun and socialization. A CHANS professional is always in attendance to complete and record personal blood pressure checks, and this month, another team from CHANS will be waiting in the activity room to provide first of the season flu shots! A free hearing check with Mary Marino of Mary's Affordable Hearing Aids is also available in the Teen Center from 11 am until noon.

Come to the Center early to claim your favorite seat, but remember, the dining room opens AFTER 11:15 am! Pick up your 50/50 raffle ticket (it's been TWO months since we had our last winner!) and make sure you register for one of our several free door prizes. Space is limited to 68 diners, so pre-registration is required. Cost is still only \$6 for card-carrying People Plus members, and \$8.50 for non-members. We start serving our buffet-styled luncheon at 12 noon.

Bridge at People Plus!

Mon, 12-3:00: Intermediate Bridge
Tue/Thu, 9:30 - 11:30: Beginner/Inter. Bridge
Fri, 1-4 pm - Adv. Bridge (new day & time)
Come play with us! Free, for members only.

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.

The Harpswell Garden Club will meet on Thursday Sept. 21, 2017, 12:30 pm, at Thornton Oaks in Brunswick. Featured speaker is Donna Anderson, executive director of McLaughlin Garden in South Paris. Free and open to the public. FMI call Becky 833-6159.



Medicare 101 Session with Spectrum Generations

Tue, Sep 12, 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.

A Matter of Balance with Spectrum Generations

Oct 2-30, Mondays & Thursdays, 1:30-3:30
This program, hosted by Spectrum Generations, is designed to control and manage the fear of falling and encourage physical activity.
This is a free workshop led by trained facilitators and participants receive a free workbook full of useful information. This class meets twice a week for 4 weeks on Mondays and Thursdays in October, 1:30-3:30 pm (no class Oct 9). This program is free, but donations are welcomed. Open to the public. Registration required.

Neighbors, Inc.
The Home Care Company
...helping people live independently and in their own homes as long as possible...
Non-Medical Home-Based Services
from 1 to 24 Hours a Day

At-home Assistance	Errands/Shopping	Bookkeeping
Meal Preparation	Appointments	House Checks
Personal Care	Transportation	Pet Care
Chores/Laundry	Medication Reminders	Respite Care
Companionship	Paperwork	Organizing

Locally owned and operated for over 27 years!
725-9444
www.neighborsinc.com

Mon	Tue	Wed	Thu	Fri	Sat
People Cooks! Stirring things up at the Center!	People Plus in the Media News & Views with Frank & Stacy Viewed weekly on Cable Channel 3, Brunswick Community TV: Mon 4 pm, Wed 7 am, Sun 9 pm. And viewed online, anytime: http://vimeo.com/harpswelltv	News & Views with People The center that builds community	People Plus Hours Mon-Thu: 8:30-4 pm Fri: 8:30-1 pm	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 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge
Center Closed LABOR DAY	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 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 8:30 Women's Breakfast 9:30 Beg/Intermediate Bridge 10:00 Apple Club 11:00 Yoga	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 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Intermediate Bridge	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 11:30 Lunch Out 12:30pm Aerobics Lite 12:30pm Medicare 101 Session 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club 4:30pm TCAC Meeting	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 11:00 "Apples, donuts, cider!" (or 11:30 @Rocky Ridge)	9:00 Mah-Jongg 10:30 Meals on Wheels 11:00 World Affairs 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 11:00 Table Tennis 12:00pm Intermediate Bridge 1:30pm Legacy Storytellers 6:30pm Civil War Book Club	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 1:00pm Quilters 2:00pm Chair Yoga 3:00pm Books a la Carte 10:00 Frank's Field Trips "Back to School??"	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	9:30 Beg/Intermediate Bridge 11:00 Hearing Screenings 11:30 CHANS BP Check 11:30 CHANS Flu Shot Clinic 12:00pm Lunch & Connections	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 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge
9:00 Mah-Jongg 9:00 Crafters 9:00 Loosen Up 10:00 Zumba 11:00 Monday Munchies 12:00pm Intermediate Bridge 12:00pm Lunch & Learn "Play it Safe!"	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga 12:30pm Aerobics Lite 2:00pm Chair Yoga 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 6:30pm Brunswick Coin/Stamp	8:30 Table Tennis 9:30 Beg/Intermediate Bridge 11:00 Yoga 12:00-2:00pm Open House 1:00pm Car Talk 2:00pm "Go West, Young Man"	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 1:00pm Advanced Bridge 6:30pm Folk Dance Brunswick	10:00 Bridge 11:00 - 3:00 Cram the Van for AniMeals at Petco

Here's Lookin' at FALL!

Investments designed with you in mind

BATH SAVINGS TRUST COMPANY

1-866-670-7517 bathsavings.com

Bath Savings Trust Company is a wholly-owned subsidiary of Bath Savings Institution. Investment products are not insured by the FDIC, are not deposits or obligations of the Bank, and are not guaranteed by the Bank. Investment products are subject to investment risk, including the possible loss of principal. Past performance is not an indication of future results.

"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

Sept 11	BBQ Pork	Sept 18	Tuna Melts	Sept 25	Chili
---------	----------	---------	------------	---------	-------

Changing your perception on health care

Medical definition of health care: The maintaining and restoration of health by the treatment and prevention of disease especially by trained and licensed professionals (as in medicine, dentistry, clinical psychology, and public health).
What is your definition of health?

WHO definition of health: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Health care vs Sick care - We live in a nation that focuses on trying to fix problems rather than preventing them. We live in a "Sick Care" world.

Symptoms vs Cause - Are we just chasing symptoms or treating the cause? Simply look at the drug commercials; we are chasing one symptom after another covering up one with a drug to have to cover another caused by the same drug. I use a metaphor all the time that I think makes it easy to understand. Think of your problem as a burning fire, the smoke alarm is going off letting you know that there is a problem (symptom). Does it make more sense to take the battery out of the smoke alarm so the sound stops and go about your business (drugs) or to put out the fire (take care of the cause)? We tend to cover up issues rather than putting the fire out.

Where do you think the US ranks within the world in terms of health?

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

Prevention is the key. It is easier to maintain a healthy body than it is to regain one. Proper health starts day 1 of life. Healthy kids make healthy adults.

The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - Thomas Edison

Dr. Tim Coffin



Look, the Eclipse! That gang "Poking 'round Popham" with Frank last month got an added bonus, pausing on a sand dune at Small Point and again on Hatch's Point, Phippsburg, to view the solar eclipse. "No one died," Connors offered as a summary of the trip, "and that loaned van from Coastal Landing drives like a dream."

CLIP & SAVE

Your best shot at avoiding the flu is to get your flu shot!

SEPTEMBER Seasonal Community Flu Shot Clinics

All CHANS Home Health Care clinics are first-come, first-served. Vaccine is for anyone 6-months-of-age or older. Insurance or donations accepted.

FLU SHOT FRIDAYS
MID COAST SENIOR HEALTH CENTER
58 Baribeau Drive, Brunswick
9:00 a.m. to NOON Fridays
September 15 through November 17

Sept. 19–Bowdoinham Wellness Fair Fire Station, 57 Post Road, Bowdoinham	10 a.m.-NOON
Sept. 19–FHC Cathance Fitness Center 1201 Main Street, Bowdoin	8 a.m.-NOON
Sept. 20–Pine Tree Society 149 Front Street, Bath	12:30-2:00 p.m.
Sept. 21–Pejepscot Terrace 36 Pejepscot Terrace, Brunswick	10:30-11:30 a.m.
Sept. 26–Sagadahoc County Courthouse 752 High Street, Bath	9:30 a.m.-12:30 p.m.
Sept. 26–Mid Coast Senior Health Center 58 Baribeau Drive, Brunswick	4-6 p.m.
Sept. 27–Georgetown Town Office 50 Bay Point Road, Georgetown	10:00 a.m.-1:30 p.m.
Sept. 28–Topsham Town Office 100 Main Street, Topsham	2-5 p.m.

Visit www.midcoasthealth.com/flu for a complete list of free local clinics provided by CHANS Home Health Care.

Because you have better things to do than come down with the flu!

MID COAST-PARKVIEW HEALTH
Our Community. Our Health.

Books A La Carte Reading List

FICTION

My Grandmother Told Me To Tell You She's Sorry by *Fredrik Backman* (author of *A Man Called Ove*) - a girl's grandmother dies, leaving a series of letters.

Paris Was the Place by *Susan Conley* - a woman teaches at a center for immigrant girls.

Silent Child by *Sarah Denzil* - a little boy is presumed dead. Ten years later he returns.

The Last Bus to Wisdom by *Ivan Doig* (his final novel) - a boy is sent from Montana to Wisconsin in 1951.

Imperium by *Robert Harris* - historical novel involving Cicero.

Me Before You by *Jojo Myers* - an ordinary girl takes a job working for a wheelchair bound ex-Master of the Universe.

Rising Tides by *Emilie Richards* - family secrets in Louisiana.

NONFICTION

Braiding Sweetgrass by *Robin Kimmerer* (a native American) - about wisdom, scientific knowledge, and the teaching of plants.

Wild by *Cheryl Strayed* - walking the Pacific Crest alone (made into a movie.)

MYSTERIES

Commander by *Patrick Davis* - set in South Korea.

Members continue to enjoy the mysteries of *Catherine Aird*, *Paul Doiron*, and *Louise Penny*.

~Recent Books Now Being Read~

Into the Water by *Paula Hawkins* (author of *The Girl On the Train*.)

The Making of Jane Austen by *Devoney Looser*.

A Truth Universally Acknowledged - 33 great writers on why we read Jane Austen

Please send comments and suggestions to the editor at news@peopleplusmaine.org

WANTED!

MEN WHO LOVE TO SING

NOR'EASTERS Barbershop Chorus

Contact us
Ray @ 207-542-7229
Email: info@norceasterschorus.org
www.norceasterschorus.org



On land, on water. Members of the Thursday Hikers have had a busy season already, kayaking, hiking and enjoying "wild life" all over the region.



There's retirement. And then there's THE HIGHLANDS.

CELEBRATING 27 YEARS SERVING MIDCOAST MAINE

- Maintenance free, worry free lifestyle
- Vibrant activities programs
- Restaurant style, all day dining
- Transportation to local shops and events
- Extensive Fitness programs and indoor heated pool
- Housekeeping

SAVE THE DATE!
Campus Wide Open House
Saturday, October 28, 2017
11:00 AM - 3:00 PM

THE HIGHLANDS
A CFP Living Community

Call us to schedule your personal tour at 207-725-2650

Independent Living
Cooperative Ownership
Monthly Rentals
Assisted Living

30 Governors Way • Topsham, ME 04086 • www.highlandsrc.com

Twice-Told Tales

QUALITY USED BOOKS

11 Pleasant Street, Brunswick, ME 04011
(207) 725-8888

Selected Used Books of the Highest Quality

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

Monday through Saturday: 10 to 4

We welcome your donations of books, CDs, DVDs, and audiobooks

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

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

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

Brunswick Area Teen Center

“Here come the busses!”

September... Time for our youth members to head back to school! School clothes, shoes (always quite the interesting shoes appear this time of year), backpacks and school supplies are being readied. Lists and schedules to fill and follow have been printed out and moaned and groaned over along with check in's about who has who for a teacher or what "group" are you going to be in this year? This was the end

of August buzz in the Teen Center. Down East Energy and Mechanics Savings Bank have dropped off some back to school supplies to get our members off to a good start! Thank you!

The start of the school year is always a transformation for the Teen Center. It goes from fairly mellow during the summer with kids arriving and leaving at various times throughout the afternoons and attendance tends to be lower in summer. The school year brings more kids, less mellowness and most of the kids arrive all at once (the school bus), running up the stairs and bursting into the room after sitting at

school all day. "The bus is here!" is usually shouted out and staff take a deep breath, exhale and ready themselves for the barrage of talk, talk, talk which usually takes place in the first few seconds/minutes and sometimes hours after the kids arrive.

The food table is the first area the kids migrate to after school, always, and we have food ready and waiting!

Within the first week or two we will have a pretty good idea of who our "core" (most regular and frequent) group of kids will be and who will be there what days and either before or after what sport or club...we try

Teen Center News

Jordan Cardone



to remember all this...but..... As always, our members entering Jr. High or H. S. for the first year are the most "nervous" about starting school.

I have to say, I feel like this summer went by faster than usual. We got some good organizing done, had a blast with the Upward Bound interns and I squeezed a vacation week in there as well. We were pretty amused most of the summer with the "boys" at the TC who seemed to form somewhat of a game "club", anxiously awaiting each day for others to arrive so they could get started. I'm not sure what's going to happen for that group once school starts...more noise and higher demand for computer use may throw a kink into their afternoon plans ☺

Well, ready or not, September is here and "here comes the bus!" Until Next Month, Jordan and gang

TEEN OF THE MONTH

"C.J." Colby McDorr

C.J. (Colby McDorr) is headed into 8th grade at BJH and began attending the Teen Center program this summer and has been one of our every-dayers since then! C.J. has been a joy to have and her ability to easily hang with the boys is admirable, many days being the only girl here! C.J. says that her favorite things about the TC



are " its a good way to escape from home if you need to and there is no drama here and its a fun way for kids to be entertained" and she added "I love the staff" :) Congratulations Colby! She's off to the movies on us!

"Pesky chores still on your list?"

Chicks Do Chores (AND SOMETIMES CHUCK)

- WE'LL TACKLE YOUR TO-DO LIST!
★ ATTICS - BASEMENTS - DECKS - FENCES - GARAGES - GARDENS - OFFICES - YARDS etc.
★ CLEAN - CLEAR-OUT - FILE - DUMPSTONS - LABEL - MOW - MULCH - PAINT - RAKE - SPLIT/STACK WOOD - TRIM - WEED etc.
★ RUN ERRANDS FOR YOU or WITH YOU!



www.chicksdochores.com

Where you want to be... Together!



By offering a full-range of healthcare and living options, MID COAST SENIOR HEALTH CENTER enables individuals to live at the highest level of independence possible.

This also allows couples, companions, and siblings to join each other, residing at the same location and receiving the right level of care in the most supportive setting.



MID COAST SENIOR HEALTH CENTER

MID COAST-PARKVIEW HEALTH

Rehabilitation • Assisted Living • Memory Care Long-Term Nursing • Hospice

58 Baribeau Drive, Brunswick, Maine 04011 www.midcoastseniorhealthcenter.com (207) 373-3646



Weekly Winners

Senior Intermediate Cribbage

- July 26: Robert frost, 720 George Tetu, 714 Joe Tonely, 709 Patricia Johnson, 704
Aug. 2: Anita Owens, 723 Ray Lourie, 705 George Hardin, 677
Aug. 10: Don Dirkin, 711 Harry Higgins, 702 Lois Fournier, 696 Tim Owens, 693
Aug. 16: Rollande Fortin, 721 Lorraine LaRoche, 701 Colleen Petrin, 693 Mike Linkovich, 686

Monday-Saturday Inter. Bridge

- July 17: David Bracy, 5,830 Fran Lee, 3,710 Alan Reder, 3,500 Ellie Peterson, 3,350
July 22: Richard Totten, 5,600 Lorraine LaRoche, 4,120
July 24: Paul Betit, 4,750 David Bracy, 4,650 Lloyd Jones, 3,770 Mary O'Connell 3,400
July 29: David Bracy, 3,860 Mary O'Connell, 2,870
July 31: Lloyd Jones 5,160 Paul Petit, 4,350 Lorraine LaRoche, 3,170
Aug. 5: Betsy Mace, 4,430 Bill Coop, 4,250 John Rich, 4,240
Aug. 7: Bill Coop, 4,890 Paul Betit, 4,290 Mary O'Connell, 4,180
Aug. 12: David Bracy, 4,600 Lorraine LaRoche, 3,850
Aug. 14: John Rich, 3,980 Mary O'Connell, 3,750 Lorraine LaRoche, 3,520

Monday Advanced Bridge

- July 24: Lorraine LaRoche, 3,930 Bill Coop, 3,150
July 31: John Rich, 1,790 Lorraine LaRoche, 1,620
Aug. 7: Bill Coop, 2,240 Lorraine LaRoche, 1,860
Aug. 11: Sherry Watson, 5,870 Tina Iffland, 5,010



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

September 2017

Help Us Cram the Van for the AniMeals Program!



Spectrum Generations is partnering with Petco for a "cram the van" event to support the AniMeals program, which brings pet food to homebound seniors and disabled adults on the Meals on Wheels program. AniMeals allows individuals to keep their beloved companions at home while avoiding sacrificing their own food and nutrition to feed them.

Please join us on Saturday, September 30, from 11:00 a.m. — 3:00 p.m. at Petco's Topsham location: 131 Topsham Fair Mall Rd (next to Target) and pick up some pet food to donate to a furry friend in need!



Lost in a Marketplace and Medicare Maze?



HERE ARE THE FACTS:

- Medicare was created especially for those over 65 and those who are disabled. When you get to age 65, you need to switch to Medicare.
• If you are under 65 and have been receiving Social Security disability payments for 2 years, you are automatically enrolled in Medicare and must dis-enroll from your Marketplace policy.
• If you stay on a Marketplace policy after 65, or are disabled and are on Medicare and a Marketplace policy, you may face serious financial penalties.

1-800-639-1553

Call Spectrum Generations your local Area Agency on Aging to get FREE help and make the switch today!



SCAM ALERT BULLETIN BOARD

If you're planning to move this summer, be on the lookout for unlicensed movers and fake moving companies. You should get at least three quotes from prospective moving companies before hiring one. Be aware of movers that don't send an estimator to your house beforehand, demand cash or a large deposit up front, and/or have unrealistic low-ball offers. Make sure you know whom you're working with before you pay any money.

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.

All Spectrum Generations locations will be closed on Monday, September 4, in observance of Labor Day.



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS

Celebrity Chef Challenge

Maine Maritime Museum Bath, Maine

September 19

As this is the fifth year, the event is a culminating challenge and brings back competitors from the previous four years: Justin Bard from Riverside Farm Market in Oakland, Chris Toole from The Highlands in Topsham, Tim O'Brien from Trattoria Athena in Brunswick, and Chris Deer from Freeport's Tuscan Bistro will be competing.

The chefs will compete by preparing a main dish using Meals on Wheels guidelines and locally grown ingredients as part of the Spectrum Generations' We Sustain Maine initiative. The chefs will be given a chosen protein, vegetable, starch, and a secret ingredient to create their meals.

The night will include a silent auction and special reception including a cash bar, staffed by celebrity bartender Chris Gatchell of The Wallingford Dram in Kittery. Light hors d'oeuvres prepared by each participating chef will be passed during cocktail hour. The reception will start at 5:00 p.m. followed by dinner and the program beginning at 6:00.

Executive Chef Chris Hart of The Blaine House will also be returning this year as a Culinary Consultant to assist the four celebrity chefs as they prepare their meals and well-known locals and celebrities will be delivering meals to guests. The Judges' Choice and People's Choice winner, chosen by diners in attendance, will receive awards and have their dish incorporated in Spectrum Generations' Meals on Wheels menu.

Tickets are \$75 per person or \$550 for a table of eight. Tickets may be reserved by contacting Sarah Brown at sbrown@spectrumgenerations.org or by calling (207) 620-1667.



Bikers to beach.

Easy Rider bike club members, Richard Guistra, Libby Hyatt, and Donald Dunn enjoyed a bike trip around the big circle at Thomas Point Beach last month.

Do you live alone?

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



In Partnership with Brunswick Police Dept.

729-0757 www.peopleplusmaine.org

Fabulous Fall Fest & Sale

Saturday, Sept. 9, 8:30 -1:00 p.m. at Centennial Hall, Route 123 Harpswell. Mums, bouquets, baked goods, yard sale & crafts.

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!

PEOPLE PLUS MEMBERSHIP APPLICATION Form with fields for Name, Phone, Birthdate, Email, Emergency Contact, Mailing Address, City, State, ZIP, and Membership Dues options.

Membership Benefits

The following businesses offer discounts for People Plus members.

AUTO SERVICE/SALES

Autometrics, 10% off parts, anytime 21 Bath Road, Brunswick, 729-0842

Bill Dodge Auto Group, 10% off parts and service 262 Bath Rd., Brunswick, 800-652-6118 118 Pleasant St., Brunswick, 729-6653 www.billdodgeautogroup.com

Lee's Tire & Service, 10% off parts (excludes tires) 35 Gurnet Road, Brunswick, 729-4131 27 Monument Place, Topsham, 729-1676

Tire Warehouse, 20% off labor Topsham Fair Mall, Topsham, 725-7020 www.tirewarehouse.net

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

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

Studio 119 Hair & Nail Design, FREE haircut with color or perm; services 119 Bath Road, Brunswick, 729-6119

CHIROPRACTOR Augat Chiropractic, Free consultation and cursory exam 9 Pleasant St., Brunswick, 725-7177

DRY CLEANER J&J Cleaners, 10% off pickups: Wednesdays (customers over 55) Maine Street, Brunswick, 729-0176

FLORIST Pauline's Bloomers, 10% off, anytime (within normal delivery range) 153 Park Row, Brunswick, 725-5952 www.paulinesbloomers.com

HEARING AND OPTICAL Berrie's Hearing and Optical Center, 10% off a complete set of eyewear, up to \$500 off costs of hearing aids 86 Maine St., Brunswick, 725-5111 www.berriesopticians.com

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

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

Fairground Caf , 10% off, anytime Topsham Fair Mall, Topsham, 729-5366

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

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

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

Maine Optometry, \$30 off complete pair of glasses 82 Maine St., Brunswick, 729-8474 www.maineoptometry.com

LEGAL Attorney N. Seth Levy, Discounted legal services/documents including wills, living wills and estates 14 Maine St., Brunswick, 319-4431 www.sethlevy.com

RECREATION / ENTERTAINMENT Eveningstar Cinema, Discount bag of popcorn at evening shows (\$1 sml \$1.50 medium) 149 Maine St., Brunswick, 729-5486 www.eveningstarcinema.com

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

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

Advertisement for Rousseau Management, Inc. featuring retirement communities like Coastal Landing and Coastal Shores, and assisted living centers like Dionne Commons, Assisted Home Care II, and Horizons.

Advertisement for Nancy Beal, Realtor, Senior Real Estate Specialist, SRES, Accredited Staging Professional, ASP. Includes Century 21 logo and contact information.

My Miss Maggie

Maggie was scratching and spitting when she joined our family, even before her eyes were fully opened. I'm remembering it was some sixteen years ago, our sweet Abbie was between semesters, happened to see a stray cat sneaking under the barn, and did some investigating. She found four tiny kittens, and a mother who hastily moved them when she realized she had been found, but Abbie was hot on the trail. Two days later, she trapped the kittens in a box, and brought them into the house for what soon became one of Abbie's notable summer rescue projects.

Those first weeks were tough. The kittens would hiss every time we entered the room, and would scratch Abbie's wrists whenever she tried to feed them. Two of the kittens -toms- went off to a shelter, and Abbie pronounced the other two sisters would be members of our family and commenced working her magic.

Kitten one, light gray with a white breast, became "Pacer," so-named because she'd spend almost every waking hour walking back and forth, lion-like, on the rear ledge of our make-shift cage. Kitten two, a perfect striped, tiger-marked cat with a jetblack "M" between her ears, became "Maggie." When Abbie went to school that fall, the cage was gone, "the girls"

were adequately trained to have the run of the house, and Abbie suggested they'd become "good company" for us ol' folks while the kids were away.

"The girls" became cats of course, and they made the transition from Bowdoinham to Brunswick with us. The kids graduated, and married and started bringing grandchildren to visit "the girls," who often spent their days under a bed. "Once a feral, always a feral" was the excuse we used when we surprised friends by saying there were cats in the house, but over the years, Pacer adopted Jane, and Maggie adopted me.

As older ladies, Pacer and Maggie became almost troublesome under our feet, and bookends on our bed. The two were inseparable and only fought when it was time to be closest to the woodstove. They were indeed great company for us old folks. Maggie became overweight, both had bouts with sneezing that our veterinarian told us was probably Asthma. Neither one ever became a lap cat, though Maggie would follow me around the house like a puppy, often settling beside me, resting against one foot or the other. She recently developed this habit of crossing her front paws, "looking regal" we called it, and when she decided it was time to eat, she'd

walk to the corner where her food dish waited, and she'd rattle it until someone grabbed her some food.

Grandboy Jadon was visiting last week, we went off for burgers at Fat Boy and passed Maggie on the front steps. It was a pleasant evening, and she chose not to return inside. I'll tell you that she winked at Jadon, and crossed her paws in contentment.

When we came home two hours later, our Maggie was spread-eagled and lifeless on the lawn. Her neck snapped, her body bitten in too many places, surely victimized by a marauding dog. Friends visiting upstairs and a neighbor both reported hearing "noises" and seeing an "agitated dog" running around the neighborhood. No one saw the attack of course, so a check with the local animal control officer assured me there was little we could do. She encouraged me to file a report, she told us she was sorry for our loss.

Jadon helped me place our pet in a pillow case, and insisted that she be buried that evening. He and I opened the grave together. It was almost dark when we started, and when we placed that wrecked body to rest, we were using a flashlight, and I was glad for the darkness. Jadon, always curious about my military service, took my hand as we walked toward the house where Jane was backlighted in a window. In a weak little voice, he asked me if we used to bury our casualties in Vietnam. "No," I answered him, "we put them in bags and always got them home."

Jadon, Jane and I rested fitfully that night and the next morning, we were up early. Jadon said breakfast could wait, there was something he "needed to do. . . ."

Speaking Frankly

Frank Connors



he added, "alone," when I moved to follow him outside. I watched Jadon as he walked to one of Jane's gardens and picked a single bloom, a large white Hydrangea, which he carried around the corner and placed on Maggie's new, rough grave. He then took a walk in the field before he came in for a plate of Jane's blueberry pancakes.

So here's my new reality folks, my sweet little Maggie is gone, and my precious little man Jadon, God bless him, he's growing up too fast.

Bowdoinham Wellness Fair set

The 4th annual Bowdoinham Wellness Fair is Tuesday, Sept. 19, from 10 a.m. until 1 in the afternoon at the Bowdoinham Fire Station. Sponsored by the Bowdoinham Advisory Committee on Aging, the fair is free and open to everyone. You could try an exercise class, explore volunteer opportunities, learn stress relief techniques, watch a demonstration about how to get up after a fall, get your free flue shot, chat with your neighbors and find out about programs and services that will help you celebrate aging. Of course there will be give aways and door prizes!

For more information, please call the Bowdoinham Town office, 666-5531, ask for Missy.

Advertisement for Head to Toe Physical Therapy. Text: "Did you know Medicare Part B will pay up to \$1,960 each year for out-patient physical, occupational or speech therapy? Why let it go to waste? Treating the individual, not just the injury www.headtotopt.com"

Advertisement for Brackett Funeral Home. Text: "New or renewing members for August" followed by lists of members for Brunswick, Harpswell, Topsham, and Other places.

Advertisement for Brackett Funeral Home. Text: "BRACKETT FUNERAL HOME A Ladner Family Service TRADITIONAL FUNERALS MEMORIAL GATHERINGS CREMATION SERVICES Celebrating Life Peter W. Ladner • Christopher C. Ladner Rick A. Gagne • Gregory A. Giberson 29 Federal Street • Brunswick, Maine 04011-1590 Phone 207-725-5511 • Fax 207-729-5930 www.brackettfuneralhome.com"

Advertisement for Page Monuments. Text: "Page Monuments 207-729-9936 • monuments@comcast.net 204 Bath Road • Brunswick, Maine 04011"

Advertisement for Brunswick Area Student Aid Fund. Text: "BRUNSWICK AREA STUDENT AID FUND BOWDOIN • BOWDOINHAM • BRUNSWICK • HARPSWELL • TOPSHAM Since its founding in 1954 by Brunswick High School Principal Mario Tonon, the Brunswick Area Student Aid Fund has been helping area students with funding their post-secondary education. Over 4,700 awards have been granted. Help us make a difference in a student's life! Visit www.studentaidfund.org Donations may be sent to: BRUNSWICK AREA STUDENT AID FUND P.O. Box 867, Brunswick, ME 04011"

CLASSIFIED ADS

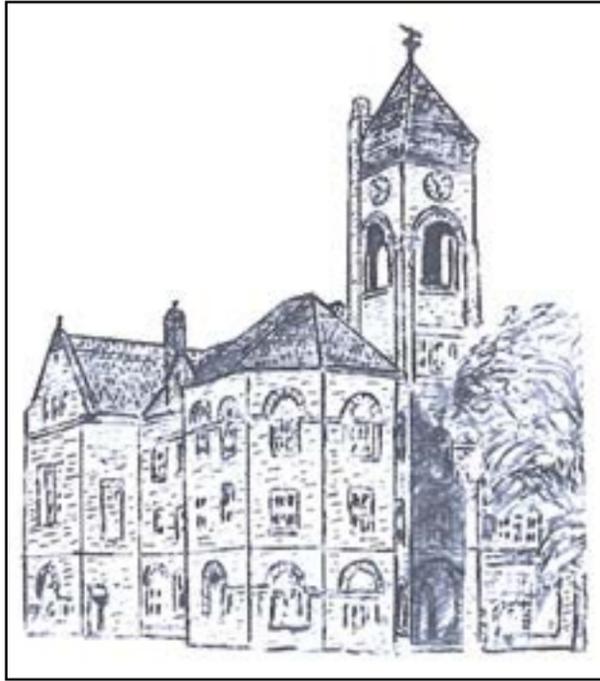
Computer driving you nuts? I can help you tame the beast. 20+ years experience, friendly, patient & affordable. I can help with Macs, PC, iPhone and Chromebook. Can handle system setup, troubleshooting, internet and e-mail help, tutoring, virus and malware removal. John Fischer, 522-1238email: John@carpediem-me.net

Wanted to buy: Used, small-sized Bose radio-CD player. Reasonable cost, please. Call Matilda at 207-594-8179

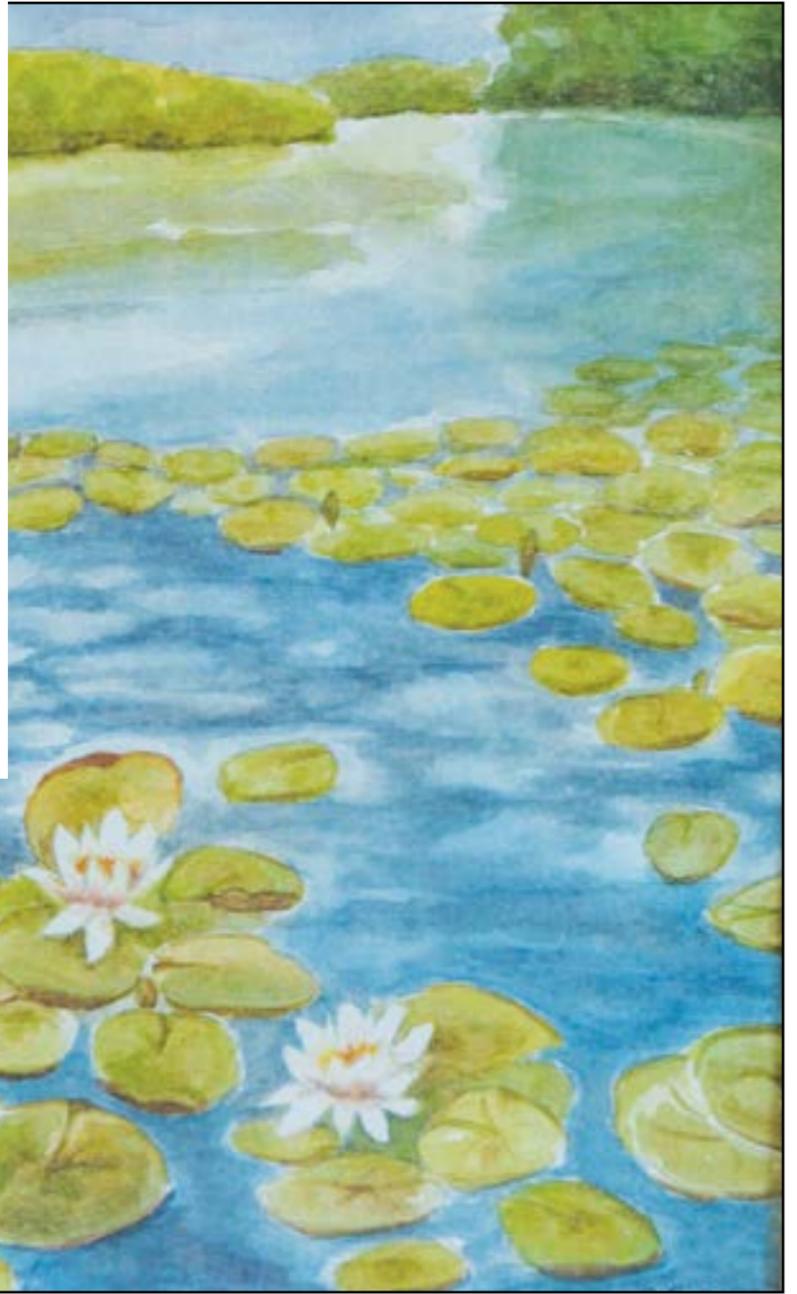
Nuisance Wildlife? Call Critter Catchers (Grant Connors) at 729-0460 for the safe and humane removal of skunks, opossum, squirrels and other natural pests. ADC licensed. Call 729-0460.

Items to sell? Services to offer? Contact over 4,000 readers, in print and online. Advertise in these classifieds. Cost is only \$10 per inch, per month, paid in advance. Call 729-0757

Bonang show generates interest



Brunswick Town Hall, (top) pen & Ink by Claude Bonang, and (right) Lilly Pond Blooms, water color by Ann Bonang.



The art show featuring works of Claude and Ann Bonang continues in the Union Street Gallery of People Plus through the month of September. "This is as much a tribute to the artists as it is to their art," show producer Frank Connors explained, "the Bonangs have dedicated their lives to our area, this is a little bit of a pay back."

Claude is a Brunswick native, a graduate of Saint John's Catholic School, Brunswick High School and Bowdoin College. For more than 30 years, he taught Biology at Brunswick High School and in retirement, has followed his interests in local history and marine trivia.

Ann Bonang is a Westbrook, Maine, native, and also retired after an exception career in teaching. Both Claude and Ann took art lessons with Connie Bailey at the old 55-Plus Center, "too many years ago," according to Claude, and from those classes came the "will and desire and direction to paint and to create!"

This show includes a collection of Ann Bonang's water colors, most of which reflect her interest in nature in general and Maine natural scenes in particular; and an "introduction" to the historical sketch works and the unique marine mobiles and three-dimensional marine art that has brought fame to Claude. Groups of former students have come to the center in the past month, enjoying the art exhibition and sharing their stories of the Bonangs. Claude has published two books, Memories in

Verse and Memories in Verse & Prose, which he has loaded with illustrations, photographs and memories of his life in the Brunswick area.

These collected works are well-framed and "almost always" for sale at a reasonable cost. Copies of Bonang's books are also available for sale 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.

Lunch out!

Tues, Sep 12th, 11:30 am



32 Bath Rd, Brunswick

Sign up for the car pool!



COASTAL LANDING

RETIREMENT COMMUNITY



When you are contemplating a move...

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

Included in your monthly rent:

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

Find your way to



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

AGING EXCELLENCE



SeniorsOnTheGo.com

Contact Us:

113 Pleasant St.
Brunswick, ME 04011

207.729.0991
866.988.0991
www.seniorsonthego.com

SWIFT Wellness Program

Certified Professional Geriatric Care Management
Community Support Specialists/Social Companions
Personal Support Specialist/Personal Care Services
Handyman Services